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THE GENTLEMEN 14 100 mins 7 DAYS 6:20 9:00

JUMANJI: THE NEXT LEVEL 12A 120 mins 7 DAYS 6:25 8:55 SAT/SUN 2:05 4:20

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EDITOR'S NOTE

A

As we welcome the little stretch in the evenings, we also welcome you to the first edition of 2020. It's a busy magazine for you this week, there is no time for you to let your New Year's Resolutions lapse as applications have now opened for the Annual Ring of

Kerry Charity Cycle. Killarney is in the headlines again this week as the town has come second in the annual IBAL awards and local actor Jessie Buckley has been nominated for a BAFTA.

There is funding available for community projects, young quiz

buffs are brushing up on the skills and it's time for students to focus on their CAO choices.

All this and so much more in this week's Killarney Outlook - Enjoy!

Aisling Crosbie,
Editor | 086 0400958



IF YOU HAVE A STORY...Contact Aisling on: 086 0400 958 | Email: news@outlookmags.com

KILLARNEY RANKS SECOND IN IRELAND IN IBAL



The tireless work of the volunteers in the Killarney Tidy Towns Association and employees of Killarney Municipal District were rewarded this week when the 2019 IBAL litter rankings were published.

Killarney came second in the rankings, pipped at the post by Kilkenny, who has won the award four times.

Killarney and Tralee are among the cleanest towns in the country, according to the final litter survey of 2019 by business group Irish

Business Against Litter (IBAL). Killarney was followed closely by Tralee who were 6th in the ranking of 40 towns and cities. The survey showed overall litter levels in Ireland's towns were up on a year ago.

The An Taisce report for Killarney stated: "Killarney stands out for its consistent cleanliness - a great tribute to the businesses and community in this busy tourist town. With so many top ranking sites, there were some which deserve a special mention - the

shopping streets at New Street, Plunkett Street and College Streets were all very good with regard to litter. Court House & Environs wasn't just clean but was also very well presented and maintained. It was great to see the Recycle Facility at New Street Car Park so clean and tidy. High Street was moderately littered, as was the connecting road to Limerick." Congratulations to all involved!

Bafta Nomination for Jessie

Killarney actor Jessie Buckley has been nominated for a BAFTA Award for her performance in the film Wild Rose. Jessie, the daughter of Tim Buckley and Marina Cassidy rose to fame following the BBC show "I'd Do Anything" in 2008.

This is her second BAFTA nomination in a row, last year she was up for the award for her role in Beast.

She is joined by fellow Irish actor Saoirse Ronan in the Leading Actress Category. The EE British Academy Film

Awards recognise the best in film of the past year. Also nominated in this category is Scarlett Johansson for Marriage Story, Charlize Theron for Bombshell and Renée Zellweger for Judy. This week Minister for Culture, Heritage and the Gaeltacht, Josepha Madigan TD, has today extended her congratulations both actors on being nominated for the BAFTA award in the leading actress category. Minister Madigan said: "I am delighted to see two amazing, young talented Irish

actors being nominated for such a prestigious award - the BAFTAs are among the premier annual film industry awards and to be nominated, particularly in this category, is an honour. It is fantastic to see Irish talent capturing the attention of both the public and the film industry at an international level."

The winners of the awards will be announced at British Academy Film Awards on 2 February 2020.



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TIME TO REGISTER NOW

FOR THE 37TH ANNUAL RING OF KERRY CHARITY CYCLE!

If you're searching for the perfect excuse to stay motivated throughout 2020 and keep those positive New Year's health and fitness resolutions in check, look no further than the annual Ring of Kerry Charity Cycle. Participants are now being encouraged to sign up for the annual fundraising event, which is both a test of endurance and an unforgettable experience.

The event will take place on Saturday 4th July, 2020 and registration is now open at www.ringofkerrycycle.ie for one of the nation's favourite charity cycles, #ROKCC2020, with organisers looking forward to welcoming returning hardy perennials who have taken part in this epic cycle more than once, as well as newbies eager to prove their mettle on the 175k route around the stunningly scenic Ring of Kerry.

"The Ring of Kerry Charity Cycle is considered a 'bucket list' experience by veterans of the annual event," said Bridget McGuire, Chairperson for the Ring of Kerry Charity Cycle. "The route will undoubtedly test your fitness and endurance, but the camaraderie of fellow cyclists that travel all over the world just to take part, encouragement from spectators, and the knowledge that your fundraising efforts can make such a big difference to deserving charities is all the motivation you'll need to get you around the route!"

Each year, six charities are shortlisted from a long list of applicants to become approved beneficiaries of the Ring of Kerry Charity Cycle. This year, cyclists

can choose to raise much-needed funds for the following charities:

Ard Chúram Day Care Centre, Listowel

– A daycare service that operates from Monday to Saturday and caters for older people in a purpose-built centre in Greenville, Listowel.

Banna Rescue – A voluntary inshore and land rescue unit covering one of the busiest and best beaches in the country.

Breakthrough Cancer Research – An Irish medical research charity focused on raising vital funds for cancer supports and services.

Cunamh Iveragh – A respite home for adults with special needs in South Kerry.

Down Syndrome Ireland (Kerry branch) – Helping people with Down Syndrome to make their own futures as bright and independent as possible by providing them with education, support and friendship every step of the way.

St Francis Special School – Providing educational programmes in Beaufort for students with moderate/severe/profound general disabilities.

Bridget McGuire added: "We are immensely proud that over the course of our 37-year history, the Ring of Kerry Charity Cycle has raised almost €17 million for more than 160 charities. With our cyclists' help, we're looking forward to boosting our fundraising efforts this year so we can continue to generously support our nominated charities."

Registration for #ROKCC2020 costs €100 plus a 3.5 percent service fee per entry. Cyclists can fundraise with an official Ring of Kerry Charity Cycle 2020

sponsorship card or through the online fundraising platform, www.everydayhero.com. While the six main beneficiary charities benefit thanks to the efforts of the cyclists, an additional number of charities will receive funds raised through the registration process.

Cathal Walshe, PRO for the Ring of Kerry Charity Cycle, said: "Each year, an army of volunteers offer their time free of charge to weary cyclists in search of a refreshing cup of tea, a tyre pump or even a simple word of encouragement. We honestly couldn't even attempt to hold this event without their faithful support, so from the bottom of our hearts, thank you."

With an entry limit of 6,500 cyclists this year, places on Ireland's favourite charity cycle are expected to sell out quickly, so participants are encouraged to secure their spot soon. The #ROKCC2020 team will be posting regularly across its social media channels, where they'll offer training tips and hints on how cyclists can boost their fundraising, highlight the beneficiary charities, and introduce followers to a number of cyclists ahead of July 4th, so be sure to follow and tag as you prepare for the big event.

For more information and to register visit, www.ringofkerrycycle.ie

To set up your fundraising page, visit: <https://ring-of-kerry-charity-cycle-2020.everydayhero.com/ie/sign-in>

Facebook: @RingofKerryCharityCycle

Instagram: @RingofKerryCycle

Twitter: @RingOKerryCycle

#ROKCC2020

Pictured during the 2019 Ring of Kerry Charity Cycle is Fiona O'Donoghue, left, with Commentator and Writer, Billy Keane and Cancer Survivor Marie Kehoe-O'Sullivan, cycling for Recovery Haven Cancer Support Group, at the halfway stage on the 175km course. The Ring of Kerry Charity Cycle is the biggest fundraising event in Ireland, having raised almost €17 million for more than 160 charities over the course of its 37-year history. Registration is now open for this year's event, which will take place on 4th July.

PHOTO: VALERIE O'SULLIVAN



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Celebrating the Solstice

Climbers gathered on the summit of the Paps of Anú, to celebrate the Winter Solstice 2019, in aid of Kerry Hospice Foundation Palliative Care.

The sacred summits, The Paps of Anú, resemble a pair of breast shaped hills known as 'The Paps' in the Derry Na Saggart Mountains close to the Cork Kerry border. The Paps have long been associated with mythology, mystic

and majesty. The Goddess Anú represents all that is earthly fertile, abundant and protective. Over 200 people gathered to celebrate in song, dance and ancient blessing at the summit. With kind permission of local landowner Sean O'Donoghue, Glenflesk, and neighbour Jimmy Moynihan, over 200 people departed from Garries Bridge at 5.45am. The long walk in to the summit has two strenuous inclines, leading

to the Western Pap at 690 Metres. Sunrise and Craic begin, with Glenflesks finest musicians Derry and Rosie Healy, setting the pace for a Kerry polka set, followed by an ancient ceremonial Blessing by another Glenflesk Native, Mary Cronin. The trek was led by expert Mountaineer Donie Mulcahy and crew.

Making their way to the summit for the Winter Solstice to honour our ancient ancestors on the summit of the Paps of Anú, in aid of Kerry Hospice Foundation Palliative Care. The sacred summits, The Paps of Anú, resemble a pair of breast shaped hills known as 'The Paps' in the Derry Na Saggart Mountains close to the Cork Kerry border. The Paps have long been associated with mythology, mystic and majesty. The Goddess Anú represents all that is earthly fertile, abundant and protective. Over 200 people gathered to celebrate in song, dance and ancient blessing at the summit. PHOTOS: VALERIE O'SULLIVAN



Gathered around the fire.. enjoying the Winter Solstice with our ancient ancestors on the summit of the Paps of Anú, in aid of Kerry Hospice Foundation Palliative Care.



Shane Dennehy and Chris Crowley, enjoying the Winter Solstice with our ancient ancestors on the summit of the Paps of Anú, in aid of Kerry Hospice Foundation Palliative Care.



Celebrating the Solstice.. Johnny 'The Rock' O'Brien, from Glenflesk, on the summit of the Paps of Anú, to celebrate this years Winter Solstice 2019, in aid of Kerry Hospice Foundation Palliative Care.



Christine and Denis Carroll, celebrating the Winter Solstice and our ancient ancestors on the summit of the Paps of Anú, in aid of Kerry Hospice Foundation Palliative Care.

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KERRY HEROES

ARE HONoured FOR THEIR ACTIONS

From extraordinary kindness, dedication on the pitch to caring for loved ones, seven Kerry heroes of 2019 have been announced.

The awards, which are supported by Fexco, were presented to Dr Patricia Sheahan and the staff at UHK Palliative Care Unit; the Kerry Senior Football Team and Peter Keane; Jack Fitzpatrick of the St Mary of the Angels Parents' and Relatives' Association; Dr Susan Mary Lawlor of State of Mind, the Kerry Camogie Team (Clanmaurice); Margaret and John Quilligan, and Ryan Murphy. The winners were presented with specially commissioned original awards created and sponsored by Louis Mulcahy Pottery.

In a year of challenges for the county on the football pitch, inclement weather, community tragedies, the ongoing threat of Brexit to our economy and more, so many individuals and groups have shown outstanding courage, vision and leadership. Following a call out to listeners to nominate who they felt deserved to be recognised, over 40 submissions were received. The judging panel of Susan McCarthy and Helena Buckley of Fexco along with Fiona Stack and Treasa Murphy of Radio Kerry had the unenviable task of choosing seven to be honoured as the Kerry Heroes of 2019.

Dr Patricia Sheahan and the staff at UHK Palliative Care Unit, were nominated by Haulie and Carol Liston, and by Denise Murphy. In nominating the Palliative Care Unit, Carol wrote: "My mother Catherine Liston passed away last May. I will never forget the trust that mom placed in Dr Sheahan. The care, kindness and love that was shown to mom under Dr Sheahan's care was incredible. At the time I was heavily pregnant with twins; they were born two weeks before mom passed away. My family and I will never be able to thank Dr Sheahan and her team for the help they gave our family at the time."

The Kerry camogie team were nominated by Kathleen Fitzgerald who wrote: "Two All Irelands from this very disciplined and dedicated panel. The final whistle in Croke Park provided memories that will never be forgotten."

Ryan Murphy, aged 10, was nominated by Joanne Morgan who praised the Ballyduff boy



Recipients of the Kerry Heroes Awards included Dr Patricia Sheahan and the staff at UHK Palliative Care Unit; the Kerry Senior Football Team and Peter Keane; Jack Fitzpatrick of the St Mary of the Angels Parents' and Relatives' Association; Dr Susan Mary Lawlor of State of Mind, the Kerry Camogie Team (Clanmaurice); Margaret and John Quilligan, and Ryan Murphy.

HEROES ARE ORDINARY PEOPLE WHO MAKE THEMSELVES EXTRAORDINARY

for raising money for Kerry Hospice and Palliative Care "to the tune of €8,000 and still counting. He wanted to honour his late dad, Jim, who spent his last weeks in palliative care."

The Kerry Senior Football Team and Peter Keane were nominated for uniting the county, giving us belief and making everybody proud to wear the Kerry jersey.

Laura Fitzpatrick nominated her father Jack because he "spearheaded a campaign to stop the closure of St Mary of the Angels residential

facilities, so his son, my brother Bernard, and other residents could stay in their home. He formed a parents' and relatives' association which helped raise over €400,000 to improve and maintain St Mary of the Angels."

Sylvia Coffey nominated her aunt and uncle, Margaret and John Quilligan, who became her and her siblings' parents when their own father and mother were killed in a crash. Sylvia wrote: "When I was 10, my parents were killed in a crash leaving five of us, from the age of 12 down to nine months old orphaned. My aunt and uncle took us in, they wouldn't allow the family be broken up. I can't begin to tell you the happiness and love we felt in that small house because of them."

The State of Mind mental health organisation nominated its co-founder in Ireland, Dr Susan Mary Lawlor for her continuous efforts to help raise awareness of mental fitness throughout GAA clubs in Kerry and in the county's community at large. Dr Lawlor co-founded the organisation in Ireland with her late brother Dr

CALL FOR HSE TO PAY FOR SPECIALISED NURSES



At the December 2019 monthly meeting of Kerry County Council, Councillor Michael Gleeson proposed:

"That Kerry County Council calls on the Department of Health (H.S.E.) to pay the salaries of the four specialist Nurses employed nationally by the Irish

Motor Neurone Disease Association (MNDA) as their work is (a) absolutely vital for

the people with the degenerative disease, (b) They save the State some considerable cost in Hospital / Nursing care and which would without them be necessary and (c) they afford assistance and relief to the immediate relatives / carers".

Councillor Gleeson stated that Motor Neurone Disease is a progressive neurological disease that attacks the Motor Neurones (Nerves) in the brain and spinal cord and impedes the transmission of messages from the brain to the muscles. The sufferers ability to breathe, walk, talk, eat, drink etc can be gradually diminished.

The 4 specialist Nurses have a vitally important role in assisting the approximately 360 sufferers at any one time in this country.

"It is very sad that the funding for the 4 wonderful Nurses depends totally on voluntary donations. The 4th Nurse was recently employed as a result of the money raised by Fr Tony Coote (who died in August 2019 aged 55) on his round Ireland wheelchair journey. I call on Government to allocate the cost neutral finance to the MNDA to allow for the salary payment for those vitally important Nurses", Cllr Gleeson said.



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Applications open for 2020 Killarney Community Support Fund

Now in its sixth year, applications for the 2020 Community Support Fund are now open, with local and community groups invited to submit their applications for community projects.

Countywide, supports of €750,000 are available to community-based projects and initiatives. To date, the Kerry County Council Community Support Fund has provided funding of €3.5m to community groups and projects across the county.

In Killarney Municipal District, projects which have benefitted from support through the Killarney Community Support Fund include specific projects such as the Killarney Microtrack Project as well as many community group projects such as:

- Killarney Tidy Towns,
- Enhancement and accessibility works Kilcummin
- Christmas Lighting in towns and villages in the Killarney Municipal District
- St Patrick's Day Parades & Christmas Festivals throughout the Killarney Municipal District
- Kilcummin Historical Group
- Kilcummin Looking Good
- Rathmore Social Action Group
- Sports Organisations in Killarney Municipal District

• Kerry-Cork Link Bus

In particular, the Community Support Fund has allowed key strategic projects to leverage additional grant funding from other sources.

For 2020, the fund will target funding under five categories of support:

- Growing and Sustaining Communities
- Community Tidy Towns Initiatives and Amenity Projects
- Community Sport and Physical Activity Programmes
- Community Economic Innovation
- Community Based Tourism, Festivals and Events .

The Chair of Killarney Municipal District, Cllr Michael Gleeson, praised to the success of the Community Support Fund since its inception in 2015, highlighting its support of key sustainable local projects within the Municipal District, building on the work being carried out by local communities.

The closing date for receipt of completed applications is Monday, 20 January 2020 and application forms may be downloaded from the council's website. Further information is available for Kerry County Council's Community Department at 066 7183680.

Killarney Microtrack among projects to benefit



Announcing details of Kerry County Council Community Support fund 2020, Cathaoirleach Killarney Municipal District, Cllr Michael Gleeson, and Angela McAllen, Manager, Killarney Municipal District. The overall aim of the funding scheme is to provide flexible financial support to community groups and local organisations in Kerry who wish to undertake projects which will improve the range and quality of community projects and facilities within their areas. PHOTO: VALERIE O'SULLIVAN

THE GRIM REAPER'S QUADRUPLE QUOTA

BY NICKY BARRY



Swish, swish, swish, swish, went the Grim Reaper's scythe,
As he slashed open Irish hearts, and four loved ones died.
They were cherished by the nation, as great communicators,
Who entertained us for a lifetime, as media gladiators.
In a studio, or on a stage, they had their fingers on the pulse,
Of Irish folk of every age, and they convulsed,
Us all with laughter, and equally with tears,
For they understood our psyche, and our dreams and fears.
Brendan Grace as Bottler, and as the Father of the Bride,
Had us cracking up with stitches, in our seats and in the aisles.

Gaybo was there every morning, lifting all our hearts,
With his canny observations, and at times mischievous darts.
He made the Late Late an institution, with all his famous guests,
And rattled many politicians, in wicked gentle jest.
Marion was an airwaves queen, for over forty years,
Asking the right questions, that she knew we had to hear.
The reaper took her in her sleep, without a fond goodbye,
And left a nation destitute, and all of us wondering why.
Legend Larry was the fourth to go, a loveable Dee Jay,
And now Ireland is bereft, at the reaper's callous way.

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SOME OF THE PROPERTIES WE SOLD IN DECEMBER 2019



Verdelen House & Dunboyne Lodge, Lissivigeen, Killarney



56 Hawthorn Avenue, Woodlawn Road, Killarney



3 Orchard Close, Countess Road, Killarney



Knockinane East, Kilcummin, Killarney



68 Ardshanavooly, Killarney



9 Castle Park, Park Road, Killarney

SOME OF THE PROPERTIES WE SALE AGREED IN DECEMBER 2019



Apartment 9, Barradubh Village



10 The Court, Greenfields, Fries



1 Beech Road, Ard na Greine, Milltown



4 Heather Close, Cumeen, Killarney



5 Roseville Avenue, Muckcross Road, Killarney



4 Emmets Terrace, Killarney

IF YOU ARE THINKING OF SELLING YOUR HOME IN 2020 CALL US TODAY FOR OUR EXPERT ADVICE!

YOUNG QUIZ BUFFS GET THEIR THINKING CAPS ON



Lissivigeen National School came in joint 3rd in the Under 13 age category. They beat off stiff competition from their rival teams in their respective age categories at the grand final in the RDS, Dublin. The team comprised of Harry Bolger, Shane O'Sullivan, Aoibhinn Kelly and Donnchadh Daly.

School children around the country are getting ready to do battle as the Credit Union Schools Quiz returns. Killarney Credit Union is encouraging children and schools in the South Kerry area to get fighting fit to claim victory in the 29th annual Quiz. As usual, the Quiz will culminate in a fiercely fought national final at the RDS, Dublin. Each year around 25,000 schoolchildren take part in the Quiz. The Quiz begins with a knock-out stage at local level, organised by Killarney Credit Union to

take place at INEC, Gleneagle Hotel on the 2nd of February 2020. There will be some fantastic prizes for the winning teams-of-four, who will also progress to the regional knockout stage in early late February/early March.

The winning teams from the regional stage will then make it through to the Grand Final in April 2020. Here they will pitted in a nerve-wracking battle of the wits against a number of other formidable teams of four. Today FM DJ, Fergal D'Arcy, who was a huge hit at last year's final,

returns as Quizmaster this year. All teams will have their eye on the prize with a total of €4,000 up for grabs for the overall winning schools.

Speaking about the quiz, Karena McCarthy, Youth Officer, Killarney Credit Union said: "We are putting the war cry out for children and schools to do battle in this year's quiz. It's a fantastic opportunity for schools in the South Kerry area to nurture a culture of partnership among students, and we would really encourage all schools to get registered for the 2020 event. A core focus of this event for children to gain experience at teamwork to help equip them with the skills necessary for successful teamwork in the future."

In the past few years, we have seen schools from South Kerry progress to the national level and we hope that again this year, we will see this happen. In 2019, Lissivigeen National School came in joint 3rd in the Under 13 age category. They beat off stiff competition from their rival teams in their respective age categories at the grand final in the RDS, Dublin on Sunday 7th April. The team comprised of Harry Bolger, Shane O'Sullivan, Aoibhinn Kelly and Donnchadh Daly.

Registration for the 2020 Schools Quiz is now open and primary schools in the South Kerry area will be send a registration pack in the coming week with application details. If your school has not received an application form and is interested in applying, please contact Karena on 064-66331344 or k.mccarthy@killarneycu.ie

Students interested in brushing up on their knowledge this year can avail of a new online interactive quiz on www.creditunion.ie

SUCCESSFUL APPLICATIONS UNDER THE 2019 COMMUNITY ENHANCEMENT PROGRAMME

Councillor Michael Cahill has welcomed funding for Community Groups and Organisations right across County Kerry. The Fianna Fail County Councillor said "These are very important grant's and will help these voluntary groups carry out significant improvements in almost every Town, Village and Parish in our County." "This funding will help make our county more attractive not just for the residents but also for thousands of visitors" stated the Rossbeigh man.

Local groups who received funding include:

Castlemaine Community Services Group €1,000 Polytunnel project involving senior citizens

Keel Community Council Keel €5,00 Equipment storage for

Seomra Room
Keel GAA Club Walking Track €1,750 Shelter and seating area alongside the existing walking track

Beaufort Community Care Group €750 Purchase sports equipment
Kilgarvan Ag Rith €3,000 Outdoor gym equipment

SKDP Killarney & Kenmare €2,000 Equipment for meditation/calm/relaxation spaces in three Direct Provision

Centres
SKDP South Kerry Area €7,000 Equipment for home maintenance project across South Kerry.

The Black Valley Community Group €750 Memorial stone bench in the heart of the Black Valley

Ballydribeen Residents Association

Killarney €500 Gardening project targetting older and younger members of community.

Ballyspillane CFRC Killarney €500 Equipment for age-friendly recreational and social events

Ballyspillane Resident's Association Killarney €5,500 Additional outdoor lighting

Barradubh Men's Shed €1,000 Polytunnel project

Fossa Bridge Club €1,000 Bridge Scoring Programme

Killarney Cycling Club €6,500 Trishaw for 'Cycling without Age' project in Killarney

Killarney Looking Good Committee €4,000 Intergenerational project and age-friendly wooden benches with arm rests.

Killarney Men's Shed €500 Kitchen

equipment

Killarney Sports & Leisure Complex €3,000 Disability changing bench

Rathmore Social Action €2,000 Voice recording and archiving project with Centre users

Rathmore Social Action €6,500 Trishaw for 'Cycling without Age' project

Sliabh Luachra Cycling Club €1,500 Recumbant bikes suitable for use

by people with reduced mobility, health issues

and older people.

Sliabh Luachra Men's Shed Sliabh €1,000 Equipment to facilitate operation of Shed



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Stunning townhouse 1400 sq ft approx superbly located adjacent to Ross Castle and opposite the magnificent national Park, Killarney Racecourse and Golf Club and short walking distance to the beautiful tourist town of Killarney and all amenities. The townhouse is finished internally to an exceptional standard featuring granite top kitchen work top and solid oak flooring.

GUIDE PRICE: €270,000



58 CAHERNANE MEADOWS, KILLARNEY, CO. KERRY

Set in a mature established residential setting just off the Muckross road "Killarney's Golden Mile" and close to the centre of the popular tourist town of Killarney and all amenities. The semi-detached property has been refurbished to high quality holiday let standard and is the ideal holiday, retirement or owner occupier property in a private tranquil setting.

GUIDE PRICE: €299,950




Full Details Selling Agent Hennigan Auctioneers
064-6634582/087-2354416

Hennigan Auctioneers 66 New St., Killarney t| 064 6634582 m| 087 2354416 www.henniganauktioners.com

MONEY MATTERS.....

By Dermot Cronin, Financial Advisor



WHEN CAN YOU ACCESS YOUR PENSION & WHAT ARE YOUR OPTIONS WHEN YOU WANT TO RETIRE?

You can normally get access to your pension from age 60, a lot of the rules depend on whether you are an employee or self employed. If you are coming close to retirement you are probably wondering what options you have when you want to get access to your pension. It depends on what type of pension you have but generally there are four options:

Tax Free Cash: Most people will be entitled to a tax free lump sum, the amount varies however generally you will get at least 25% of the value of your pension in a tax free cash lump sum.

Taxable Cash: You may be able to take sum of your pension in taxable cash.

Annual Pension: This is a guaranteed income for the rest of your life that is purchased with the money left after your tax free lump sum.

Approved Retirement Funds: You may be entitled to keep some of your money in an approved retirement fund, money can be taken from the fund to give you a regular income.

It is extremely important that you take your time and have all the options explained to you in plain simple English and that you understand all your options clearly before you make your final decision. As well as the above there is much more to be discussed about your pension. You should discuss your retirement options with a financial advisor who has access to a number of different pension providers before making any decisions, he or she will help you with the above options and any other queries you may have.

To discuss the above or any other matter Dermot Cronin QFA can be contacted at 0646622775 or dermotcroninifa@gmail.com

David O'Driscoll
License No. 003895 & Co. Ltd

PROPERTIES FOR SALE

KNOCKANES, HEADFORD, KILLARNEY

4 Bed Detached Bungalow on an elevated site (c.35 acres) with mountain views close to Knockanes School. The property is located off the main Cork/ Killarney Road close to Killarney town (10 minutes drive). Ideal as a family home. In need of some modernisation.

GUIDE PRICE: €195,000

BER D2



GLANOORAGH HOUSE, DOONRYAN, KILLARNEY

Magnificent 4 Bed Detached property with three en-suite bedrooms and one ground floor bedroom. The property is finished to a very high standard with triple glazed windows, solar panels, central vac system to name a few features. Situated on a private site of c. 0.6 Acres, this will make a great family home for those looking to live on the periphery of town. Viewing comes highly recommended!

GUIDE PRICE: €460,000

BER B3

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3 OAKFIELD, PARK ROAD, KILLARNEY €265,000



Superbly located 3 bedroom semi-detached house. Master bedroom en-suite. Bright spacious rooms with private walled-in front and back gardens. Adjacent to the Church of the Resurrection, Daly's Supervalu, nearby national schools and all other amenities. Viewing highly recommended for those seeking a family home, holiday or investment property.

NO. 2 ANNAGILYMORE, HEADFORD, KILLARNEY, CO. KERRY V93NX99 €295,000



Exceptional four bedroom detached family home extending to 143sq. mtrs on landscaped 0.6 acre site. The property is located in a private cul-de-sac of three houses only 9.5km from Killarney town. The landscaped gardens surrounding the house are in immaculate condition and there is a lovely patio area to the rear of the property. **BER 93**

www.killarneyproperty.com

Contact Donal Culloty
064 6631274/087 2354790

CHARTERED SURVEYORS RICS

THROUGH THE KEYHOLE....

A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET

PROPERTY PARTNERS
GALLIVAN



Address: 9 Forge Lane, Barraduff, Killarney, V93 HE3Y

Stunning three bedroomed semi-detached family home (1,320 ft²) presented in show house condition throughout with no expense spared by its current owners. Excellently located just 10 minutes to Killarney Town Centre. The accommodation on the ground floors comprises of an entrance hallway with a timber stairs with hardwood balustrade, guest bathroom, living room, kitchen / dining area. Upstairs there are three generous sized double bedrooms, master ensuite, family bathroom and a walk in wardrobe off the hallway. The property also has an attic space ideal for conversion which will allow for multiple additional rooms. Outside benefits from a private, secluded south facing rear garden which is ideal for dining alfresco or entertaining guests. A fenced boundary provides extra privacy and the property also comes with two parking spaces.

Agent: ● Property Partners Gallivan ● College Square to Killarney Business Centre, Upper High Street, Killarney, Co Kerry V93 K5CF
● Tel: **064 6634177** **www.propertypartners.ie**

Price Region: €225,000 BER PENDING

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

GROW YOUR BUSINESS HERE - WITH US!

This week the Killarney Outlook looks at Lee Strand Co-Op and Killarney Economic Conference.



Lee Strand wins prestigious European Environmental Award at the EMAS Awards in Bilbao in Spain (l to r) Kestutis Sadauskas, Director Green Economy, European Commission; Jerry Dwyer, Milk Operations Manager, Lee Strand and Martin Baxter, Chair of the EMAS Awards July 2019. PHOTO CREDIT: EUROPEAN COMMISSION.

Kerry based cooperative, Lee Strand was presented with a prestigious award at the European Eco-Management and Audit Scheme (EMAS) Award Ceremony in the Guggenheim Museum in Bilbao, Spain recently. The awards organised by the European Commission recognise environmental excellence, commitment to environmental management and continuous improvement of environmental performance. The theme of this

year's awards was "Driver of Change".

Following the awards ceremony Jerry Dwyer, Milk Operations Manager stated "Lee Strand has a strong commitment to producing high quality products, sourcing our milk from farms who operate sustainably and adhering to environmental excellence in our milk operations. We are delighted to be recognised on the European stage with the frontrunners in the industry. The recent launch

of our new environmentally friendly carton which is the world's first fully renewable pack also shows our commitment to environmental excellence in order to protect the environment for the next generation. Our packaging innovation is 100% Renewable and 100% Recyclable and offers customers a fully renewable carton and cap that is made from materials that can be traced back to their plant-based source."

Prestigious European Environmental Award for Lee Strand

The recent launch of our new environmentally friendly carton which is the world's first fully renewable pack also shows our commitment to environmental excellence in order to protect the environment for the next generation.

EMAS is a voluntary environmental management tool that organisations use to increase resource efficiency and savings, reduce environmental impacts, ensure legal compliance and report to stakeholders in a transparent manner. The Awards recognise and reward organisations that took a step towards sustainable transition. Since 2005, the European Commission organises every two years an EMAS Award ceremony. The objective of this ceremony is to reward EMAS registered organisations for their outstanding performance in their category. The European EMAS Awards, are described as the most prestigious award in environmental management.

Annual dialogue between economic, civic and political leaders from Ireland, the UK and Europe at this year's Killarney Economic Conference

Economic, civic and political leaders from Ireland, the UK and Europe will gather in County Kerry for the third annual Killarney Economic Conference which has been confirmed for Friday, January 24.

The one-day event, at The Brehon in Killarney, will see former Taoiseach Bertie Ahern reflecting on the Good Friday Agreement and the likely impact of Brexit on the future of Northern Ireland. The former Fianna Fáil leader will also share his views on the way forward for the North-South relationship.

Carwyn Jones, the former First Minister of Wales, will discuss the policy achievements of its Labour government over the last decade and the lessons Ireland can draw in areas such as language policy and sustainability.

Brexit is once again on the agenda, with key

discussions based on its impact on Northern Ireland and Ireland's economic and diplomatic relationship with Germany in a post Brexit world.

Other topics for discussion include sustainable rural development and protecting the family business in the rapidly changing economy.

Conference organiser, Dr William Sheehan, said family business is at the centre of the economy and is a principle provider of jobs, especially in rural Ireland.

"Family businesses employ around 50 of the Irish workforce. Nevertheless, they face considerable challenges. Our panel has a deep and diverse range of experience with family business," he said.

Speakers lined up will include Ralf Litteck, CEO of the German-Irish Chamber of Commerce;


Fiona Graham, Director of External Affairs and Policy at the Institute of Family Business and John McGrane, Director-General of the British-Irish Chamber of Commerce."

Climate change presents very significant issues for Ireland and the response could be very challenging for rural areas. Speakers lined up to discuss the key issues include Green Party leader Eamonn Ryan, Richard Byrne from Harper Adams University in the UK, Fraser Grieve, Scottish Council for Development and Industry and Niamh O'Sullivan who heads Kerry County Council's rural development department.

A special networking lunch will be available at The Brehon, at a cost of €25 per person. This can be booked in advance by emailing info@killarneyeconomicconference.com

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Guide price €295,000



BALLYMALIS BEAUFORT
3 bedroom (2 en suite) detached property. Site of approx 0.48 acres. Detached garage. Excellent location a quiet country road with easy access to Killarney and Killorglin. Superb views.
Guide price €249,000



3 MONASTRY GARDENS, MILLTOWN
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It's January, so it's time to focus on the 2020 CAO college application

By Billy Ryle



With the arrival of a new year, the CAO applications season gets into full swing as the deadline looms large. Indeed, it's shaping up to be a very promising year for the 80,000 plus applicants – about 2,500 from Kerry – seeking a third level college course. More than 48,000 college places will be available next August. Applicants have until 5.15pm on 1st February to submit a completed application form. So, use the remaining weeks wisely. Carefully consider your course choices. Follow your heart but keep an eye on the jobs market in a buoyant economy.

Since the new Leaving Cert grading system and CAO common points scale were introduced in 2017, points' requirements for many courses have stabilised. But keep in mind that points' requirements for courses fluctuate up and down from year to year, so predicting cut off points is an inaccurate science. Each Leaving Cert candidate should aim to achieve her/his best possible result in that exam. Points' requirements for courses will take care of themselves in due course.

The CAO processes applications for admission to undergraduate courses in third level colleges in Ireland. Every public sector university, college and institute in the country, as well as a number of private colleges, participates in the CAO system. An applicant may choose from the entire range of courses in the CAO Handbook 2020. The courses are categorised as 'Level 8' or 'Level 7/6'. The 'Level 8' category contains the Honours Bachelor Degrees (HD). The 'Level 7/6' category contains Ordinary Bachelor Degrees (DG)/Higher Certificates (HC).

All you have to do is submit a single application to compete for one of the available third-level places. The interactive online application system, 'Apply' has made the process very straightforward. 'Apply' is easy to follow, particularly as the CAO provides an 'Interactive Demo' to enable you make a trial application. The CAO Handbook 2020 also contains detailed easy-to-follow information on how to apply for the courses on offer. Almost all applications

are now made via 'Apply'. The interactive online application service will remain open on the CAO website, www.cao.ie until 5.15pm on 1st February. The fee is €30, if you apply by 20th January and €45 thereafter until the 1st February.

Before you apply, study the CAO Handbook 2020, which explains how to apply for a third level college place. The colleges in the CAO system are listed in alphabetical order by location. The courses in each college are listed directly under the college title, with 'Level 8' courses being listed separately from 'Level 7/6' courses. Select your personal preferences from the entire range of courses in the Handbook. Each course is assigned a code, which you enter on the application. You may apply for up to ten courses in each of the two categories, listed in order of your preference.

As the CAO Handbook 2020 doesn't contain information about general academic requirements, specific course requirements nor content of courses, consult the colleges' Prospecti and websites for that information. Consider the potential career value of each course for which you are applying. Play to your strengths as you do your course research during the next few weeks. Jot down your personal career profile, including such variables as ability, achievement, application, aptitude, ambition, values, interests and personality (SAVIP). Select courses that suit you in order to have a fulfilling and successful college experience.

2020 CAO Common Points Scale

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

- 1) 25 bonus points are awarded for Higher Level Maths for H6 or above if Maths is one of the six subjects being counted for points calculation
- 2) Foundation Level Maths: F1 and F2 are valued at 20 and 12 points, respectively
- 3) LCVP: Distinction, Merit, Pass are valued at 66, 46 and 28 points, respectively

In the next article, I will take a detailed look at the CAO 2020 application timeline.

CHECKLIST

- ✓ Familiarise yourself with the H and O grades and the respective points' values
- ✓ Be aware of the minimum and specific course entry requirements
- ✓ The CAO processes applications for admission to third level undergraduate courses
- ✓ Almost all applications to CAO are now made via 'Apply'
- ✓ The fee for the online application is €30, if you apply by 20th January
- ✓ Thereafter the fee is €45 until the standard closing date of 1st February
- ✓ Before you tackle the CAO application, study the CAO Handbook 2020
- ✓ Select your personal preferences from the entire range of courses in the Handbook
- ✓ You may apply for up to ten courses in each of the two categories
- ✓ Don't apply for a course without consulting the Prospectus or college web site
- ✓ Play to your strengths as you consider your course choices
- ✓ Jot down your personal career profile, based on the 'SAVIP' method
- ✓ Good quality research will result in you securing a suitable course

*Billy Ryle is a Career Guidance Counsellor and Educational Commentator
Email: rylebilly@gmail.com - Tel: 0879808979*

The LCA students at St. Brigid's organised a Fun day event for 1st years as part of their Leisure and Recreation project. Students presented a cheque for €100 to the chairman of The Kerry Spina Bifida Association, Mr. Don O Donoghue.



SOLD

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FULL-TIME COURSES

CODE	COURSE TITLE	START DATE	DURATION/ WEEKS
269205	Coded Pipe Welding Get ASME IX and EN 9606-1 certified.	13 January	24
232081	Digital Photography Learn the craft of digital photography.	17 February	14
256901	NEW Computer Aided Draughting & Design Newly Revised & Updated. Become a qualified CAD Technician.	24 February	34
246899	Wind Turbine Maintenance Technician Traineeship Unique industry-led traineeship with 100% job placement. Only one in Ireland.	24 February	38
256912	Retail Skills Health & Beauty (Pharmacy) Traineeship Comprehensive training for pharmacy and over the counter sales.	2 March	39
256918	Bus Driver - D Licence, Killarney Gain D-Licence & CPC. Pre-Requisite: D-Licence Learner Permit.	2 March	12
269810	Manual & Computerised Payroll & Bookkeeping, Killarney Become job ready in this essential business skill.	23 March	13
274217	Deciding Your Future Mentored programme. Explore your work and further study options.	30 March	11
274213	Fibre Installation Technician Become a qualified fibre installation technician in just 6 months.	6 April	24
256905	European Computer Driving Licence V6 (ECDL) Master your PC skills. Internationally recognised qualification.	27 April	18
269805	Culinary Arts (Food Preparation & Cooking) An excellent introduction to the Culinary Arts.	11 May	20
271748	NEW Construction Ground Work Skills Develop key construction and groundwork skillsets.	18 May	22
274205	Healthcare Support (Castleisland/Killarney) Become a qualified carer for the elderly 20 weeks work practice.	18 May	20
270309	Manual & Computerised Payroll & Bookkeeping, Tralee Learn payroll and booking become job ready.	8 June	13
270321	IT Support Specialist Traineeship Spend 12 months in our Cloud Lab Comptia & Microsoft accreditations.	15 June	56
271748	Construction Groundwork Skills Learn essential construction and groundwork skills.	22 June	22

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NIGHT CLASSES

KILLARNEY COMMUNITY COLLEGE



DAY ENROLMENT/REGISTRATION NOW OPEN (9:30 – 4:00 P.M.) FOR THE FOLLOWING COURSES.
CLASSES WILL COMMENCE TUESDAY 21ST & THURSDAY 23RD JANUARY 2020 (UNLESS OTHERWISE STATED AND NUMBER DEPENDANT)

CERTIFIED COURSES - QQI LEVEL 5 & LEVEL 6 (COMPONENT CERTIFICATES)
CLASS TIMES 6:45 - 9:45P.M. CLASS DURATION 10 WEEKS.

- Safety & Health at Work 5N1794 - Tuesday - €250
- Challenging Behaviour 5N1706 - Thursday - €250
(Start date Thursday 30th January 2020)
- Palliative Care 5N3769 - Thursday - €250

- Child Health & Well Being 5N1765 - Thursday - €250
- Special Needs Assisting 5N1786 - Tuesday - €250
(Start date 14th January 2020)
- Special Needs Assisting 6N1957 - Thursday - €250 - **THIS CLASS IS FULL**

THERE IS AN ADDITIONAL €20 QQI CERTIFICATION FEE (MEDICAL CARD HOLDERS ARE EXEMPT)

TUESDAY - ALL CLASSES ARE 7:30 – 9:30 P.M. UNLESS OTHERWISE STATED

- Introduction to Sign Language - 6 weeks - €80
- Genealogy - 6 weeks - €80
- Pilates - 9 weeks (6:15 – 7:15 p.m.) - €60 - **THIS CLASS IS FULL**
- Pilates - 9 weeks (7:15 – 8:15 p.m.) - €60 - **LIMITED PLACES AVAILABLE**
- Acrylics for Beginners - 7 weeks - €90 (Start date 28th January 2020)
- Introduction to Interior Design - 6 weeks - €80
- Intermediate English - 7 weeks - €90
- Spanish (Improvers) - 7 weeks - €90
- Improvers Computers - 7 weeks - €90
- Introduction to Digital Photography - 7 weeks - €90

THURSDAY - ALL CLASSES ARE 7:30 – 9:30 P.M. UNLESS OTHERWISE STATED

- Irish - 7 weeks - €90
 - Tai Chi - 7 weeks (7:30 - 9:00 p.m.) - €80
 - Spanish (Beginner's) - 7 weeks - €90
 - Gardening with Debbie - 6 weeks - €80
 - Acrylics Advanced - 7 weeks - €90 (Start date 30th January 2020)
 - Computers for Absolute Beginners - 7 weeks - €90
 - Salsa Dancing - 9 weeks (7:00 - 8:00 p.m.) - €60
- For further information please contact Adult Education Office (064)6632008 or email adulted@killarneycc.ie**



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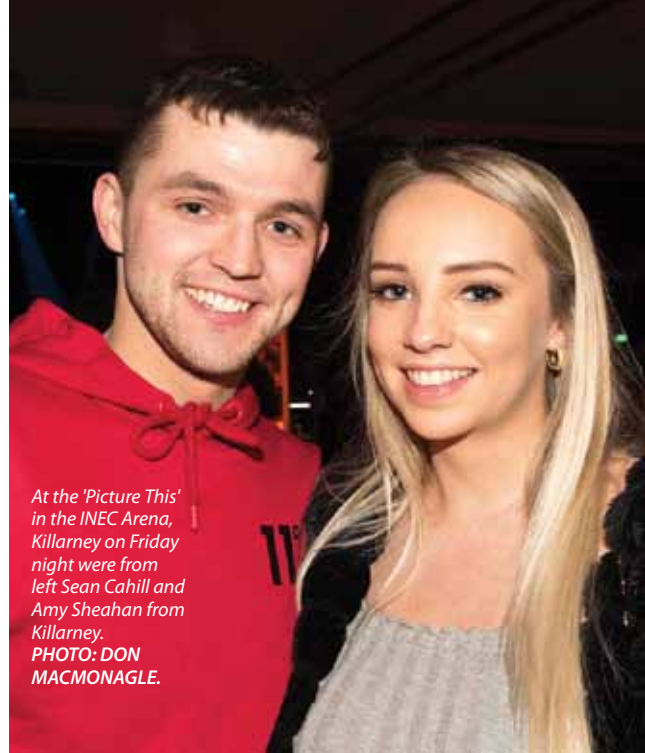
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PICTURE PERFECT



Pictured at the Killarney Heights Hotel for the cheque presentation of €5,670 to Comfort for Chemo resulting from a recent Variety Concert held at the hotel. Front Row L-R Hotel Proprietors Bernard & Helen O'Riordan, Organiser Geraldine Guilfoyle, Mary Fitzgerald of Comfort for Chemo Kerry, Organiser Maurice Guilfoyle & Hotel Manager Jason Doyle. **PICTURE: MARIE CARROLL-O'SULLIVAN**



At the 'Picture This' in the INEC Arena, Killarney on Friday night were from left Sean Cahill and Amy Sheahan from Killarney. **PHOTO: DON MACMONAGLE.**



Owen Cardiff, Jimmy Rainsford, Ryan Hennessy and Cliff Deane from 'Picture This' pictured with Killarney girls Cariosa Fleming, Muireann Fleming before going on stage on Friday night. **PHOTO: DON MACMONAGLE.**



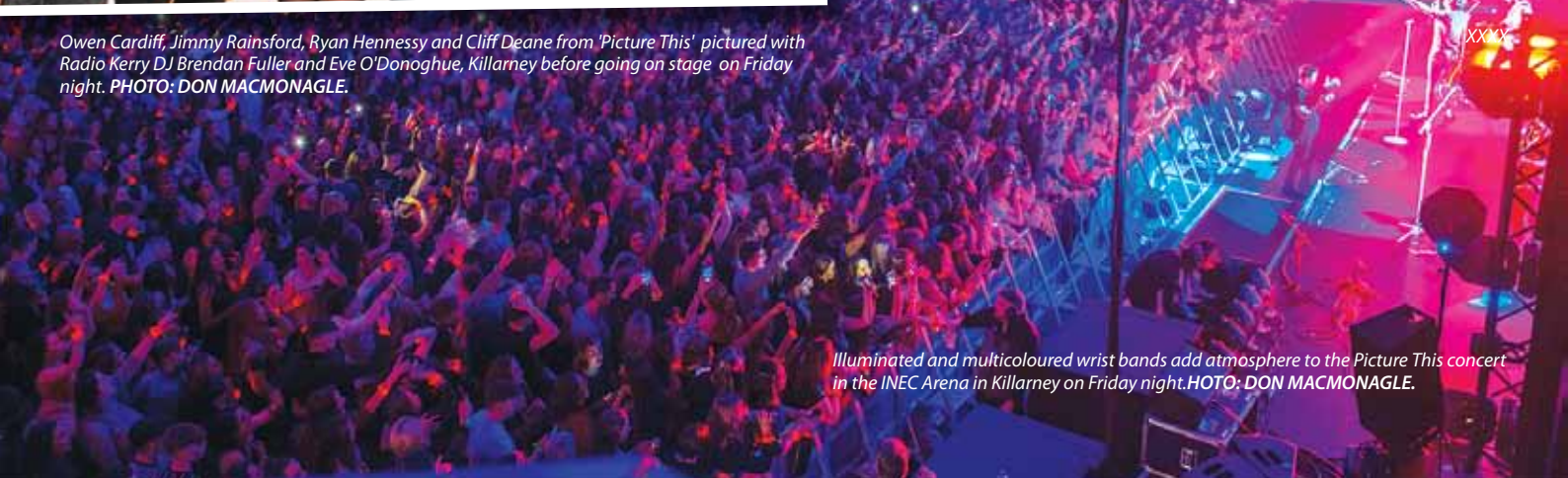
Enjoying the Listry GAA Club Quiz at Faha Court were Cathal O'Shea, Anthony Kennedy, Mike Dwyer, Derry Ahern and Noreen Dwyer.



Owen Cardiff, Jimmy Rainsford, Ryan Hennessy and Cliff Deane from 'Picture This' pictured with Radio Kerry DJ Brendan Fuller and Eve O'Donoghue, Killarney before going on stage on Friday night. **PHOTO: DON MACMONAGLE.**



Enjoying the Listry GAA Club Quiz at Faha Court were Tom Doona, Donie Counihan, Anne Sugrue O'Brien and Emmett Kennedy.



Illuminated and multicoloured wrist bands add atmosphere to the Picture This concert in the INEC Arena in Killarney on Friday night. **HOTO: DON MACMONAGLE.**

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CLLR. WELCOMES NATIONAL ROADS GRANTS

Cllr. Marie Moloney has welcomed the details of the National Roads Grants which were announced recently.

"I very much welcome this funding in particular the funding for works at Aghadoe junction where improvement works is badly needed", the Labour Councillor said. This funding is solely in relation to improvement and maintenance works on the national road network. Funding for works on the Regional & Local Road network, from the Department of Transport, Tourism and Sport in the past was announced in early February.

The overall grant allocation from the TII for Kerry is €25.29m, which is an overall increase of €6.3m on the initial allocation last year (€18.98).

The main points to note are as follows:-

€6.5 m to progress the construction of the Listowel By-Pass in 2020

€500,000 for N22 Farranfore Killarney Scheme – to allow for the progression of the environmental studies and engineering design of the scheme
€5.38m for pavement improvement works on the National Secondary Road network including
€2.5m for pavement improvement works on the



N71 Kenmare to Molls Gap Road €1m for the
N72 Rathmore Pavement Strengthening Scheme
€1.14 m for pavement improvement works in Listowel

€0.3 m for pavement strengthening on the N70 at Caherleaheen Tralee to mitigate for the road flooding

€2m for the construction of the N72 Stagmount

Junction Scheme. €2m for the construction of the N70 Brackaharagh Road Improvement Scheme
€3.4 million for the N86 Tralee to Dingle Road, including close out of final accounts and to progress land acquisition and the next phase of the scheme. €370,000 for road safety improvement measures on the National Primary Road network including

€250k for the N22 Aghadoe Junction and

€80,000 for the N21 Tralee to Abbeyfeale Road

€200,000 for the N22 Garries Bridge Scheme to complete the design and planning consent process.. €625,665 for road safety improvement measures on the National Secondary Road network including €140k for the N69 Bridge Road in Listowel,

€120k for the Square in Kenmare,

€255,665 for the N71 Ard Bhearna to Sneem Road junction Safety Scheme in Kenmare

Additional Funding. €40 million has been allocated to Cork County Council to progress the construction of the N22 Macroom Ballyvourney Bypass.

€1,151,960 funding for Firies Food Hub

The Kerry Food Hub in Firies is set to benefit from a grant of € 1,151,960 in funding following the third call of the Regional Enterprise Development Fund according to Minister of State for Tourism and Sport, Brendan Griffin TD.

The 'Kerry Food Hub' is a not-for-profit community project located in Firies, Co Kerry. The Hub was purpose-built on a greenfield site to provide food production facilities to start-up entrepreneurs and small but growth-oriented food businesses seeking the opportunity to expand and develop. The Hub currently has 100% occupancy. Current tenants range from Contract Food Producers to Private Label Artisan Producers targeting the retail market and employing 35 people such as; **Bally Goats Cheese - Private Label - Retail Ballyhar Foods - Contract production - Food service. Fruity Farm - Contract production - Food service. Leen's Salads / Krave Lunches - Private Label - Retail.**

This project entails the expansion to the current facilities, plus the development of a new online sales tool designed to provide greater connectivity between the local/regional Artisan producers and buyers in one of their key target markets. The expansion will go from 4 x 1000 sq. ft units to 10 units with an addition of 6,000 sq. ft. - all of which will be food production grade incubation spaces. The second element of this proposal involves the development of an online e-commerce Artisan marketplace designed to connect both the Hub-based and regional artisan suppliers to key hotel buyers in Killarney. Killarney has 1 million visitor nights per year and sells €10m in food each year. This on-line tool will be a Cloud-based system, browser-accessed and fully scalable. It is a B2B marketplace which will be built on a platform provided by leading B2B solutions provider, Magento. Detailed discussions and agreements to use the system have been completed with a range of 4 & 5 star hotels and restaurants in the town who are seeking differentiated product offerings from a single source.

HSE's National Service Plan 2020 overlooks University Hospital Kerry

As trolley crisis worsens UHK gets no funding for additional beds

Fianna Fáil TD for Kerry, John Brassil, has said the overcrowding crisis in hospitals around the country is only going to get worse until extra bed capacity is made available.

Deputy Brassil said he was disappointed that University Hospital Kerry (UHK) has been overlooked by the HSE in its recently published National Service Plan 2020. The plan which was released shortly before Christmas announced an additional 6.3% in funding.

The budget set for 2020 is up €1 billion to €17.4 billion however the plan includes no mention of University Hospital Kerry and no additional funding for the hospital. He said, "Time and again we see that the worst hit hospitals, when it comes to the trolley crisis, are all outside of Dublin. Limerick, Cork and South Tipperary hospitals are continuously placed among the worst hit, they are bursting at the seams and this is having a knock-on effect on UHK.

'Yet while all the major hospitals in the South South-West Hospital Group have received project funding under the service plan, UHK has been skipped over.



"It's clear as day to see the Government place absolutely no emphasis on UHK and are immune to the pressures on the overcrowded ED and on hard working staff. "The HSE itself recognised the opportunity for additional beds in 2016, it's National Bed Review identified 33 additional beds available in UHK, however none of these beds have been opened as funding is required to refurbish wards and hire additional staff and this was not provided for in the Plan.

"How much longer are the people of Kerry going to have to wait for their health needs to be taken seriously by this Government?" he concluded.

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- don't overwhelm yourself with unrealistic outcomes and goals
- Be realistic
- Choose a plan you like the sound of and know you could easily stick to for more than 4 weeks
- Pick exercises and activities that make you smile and u enjoy
- Pick a food plan or meals you know your mouth will be watering to consume
- Pick small habit changes each week to pick away and make a lasting lifestyle change.
- Don't try and change 'you' just work on improving 'you'. Start with the mindset.
- Surround yourself with positive people, experiences, attitudes to people and situations and watch your life evolve into something wonderful.
- Fuel yourself with good clean food & you will feel the same.
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It's time to unwrap your dreams!

This year has flown by for me. It doesn't seem a moment ago that I was putting away the decorations, only to be putting them up again now. As I look back on my year, I have loved the events I have done, the fabulous people I have coached and the positive difference I hope I have made to people's lives. These are my dreams. To be living them daily brings me so much joy and fulfillment. And yet it wasn't always like this for me. There were some very bleak times in my life when I didn't believe I could do the things I wanted to do. I consistently held back and doubted every move I made. The result was that I lived in a state of low energy, tiredness and at times chronic ill health.

Love yourself enough to give you what you truly desire...

• If you have been wanting to make some kind of a positive change in your life, make a decision that this needs to become a top priority for you.

• Write out what making this change will give you - mentally, emotionally, physically & spiritually.

• Remember that dreams are there for a reason. There is something within you that is waiting to be born - to be created. Whether this is a book, a new recipe, a better relationship or a new career - go for it! Make 2020 the year you unwrap the best gift of all - Your fullest potential!

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(inc. ACL, Rotator cuff, Total Knee/Hip Replacement)

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Are you pregnant or have you recently had a new baby?
Do you suffer from urinary incontinence?

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- Public group classes

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KILLARNEY TOWN TALK

RECYCLE YOUR CHRISTMAS TREE

Kerry County Council is providing a free mulching service for used Christmas trees and holly for residents in the greater Killarney area. The free recycling service is available until Friday, 17 January 2020 at the Lower New Street Car Park in Killarney.

The council is urging people to avail of the service and dispose of trees correctly and in an environmentally friendly way.

PARENTING COURSE

Mindful Parenting - A 6 Week Course in Mindful and Compassionate Parenting presented by Anne Healy MA Play Therapy and Mindfulness Meditation Teacher will take place at the South West Counselling Centre on Lewis Road in Killarney. Parents, guardians and carers will be introduced to the foundations of mindfulness and the effects of mindfulness training on emotional regulation and stress reduction.

The fee for the workshop series is €180 and it will be held on January 26th, February 9th, 23rd, March 8th, 22nd and April 12th 2020.

MUSICAL SOCIETY NEWS

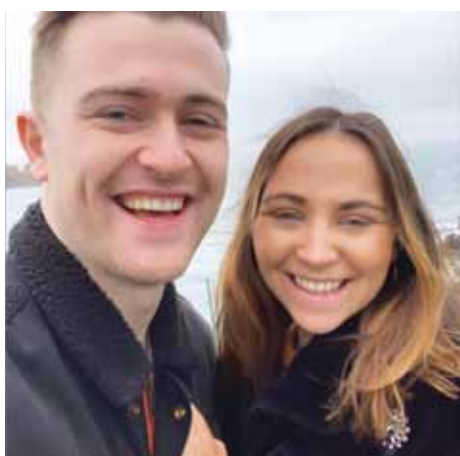
Happy New Year to you all.. and hoping you all had a wonderful festive season.....well it's finally here ...2020...Joseph and The Amazing Technicolor Dreamcoat is getting real. The countdown has begun, we are back rehearsing and wow, oh wow.....it's amazing. We can't wait for February 25th to 27th inclusive at the Gleneagle INEC Arena...go go go JOSEPH!

OISIN SHORTLISTED IN THE TOP 100

Congratulations to Killarney jockey, Oisín Murphy who is enjoying much success in the horse racing field. Oisín, was recently shortlisted in the 100 top sports people in Ireland for 2019, having been crowned British Champion Jockey in October 2019. Oisín is following in the footsteps of his uncle Jim Culloty who won both Cheltenham and the Grand National in the same season some years ago. A very special documentary was aired on RTE recently, which documented his journey so far and outlined the support from his parents Johnny and Maria along with many others. Well done Oisín and continued success to you.



After an outstanding reaction to a plea for donations, St. Brigid's TY students were humbled to give over 80 dignity packs and Argos vouchers to Adapt Tralee & St Vincent De Paul. Both very worthwhile charities. Both charities do outstanding work in Kerry. One looking after women and children of domestic violence and one looking after those in need Kerry and Cork. Thank you to everyone who donated. The staff, the students, the parents and the community of St Brigid's. Students were so grateful for every single item.



Congratulations to Brendan Fuller and Eve O'Donoghue who announced their engagement at Christmas!

NEW WRITING FROM DÓCHAS DRAMA GROUP

It's a new year, a new decade, a new month – time for renewal, resolutions and recovery! Many of us have already made our resolutions, indeed many have probably already been broken. Many of us repeat the same resolutions

on an annual basis with similar or no success!! You could try "Pilates", go on a trip, renew old friendships, examine your relationship and/or place your trust in "A Little Magic!" Some of us invest in a new weighing scales!

While we all try to create new, positive habits, it is good to sit back

and see how others manage to deal with various situations. This is always easier when characters are fictional but recognisable!!

Dóchas Drama Group will give you the opportunity to think about such things if you come along to the production of some new 10 Minute Plays in Killarney Avenue Hotel.

Last year's production of new writing proved to be very popular with audiences and the new scripts should be of similar interest.

These shorter pieces also give the opportunity to include more members on stage and is especially valuable in introducing new actors. It is also a showcase for local writers as well as some from further afield. You will see pieces from local writers such as Brian Bowler, Mary McCarthy, Liz Ryan and Michael Mills along with more pieces from Scott Mullen and Sadie Delaney. 18 actors, some on stage with Dóchas for the first time will present a varied



PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

programme which is guaranteed to entertain. Please come along to Killarney Avenue Hotel on Monday 20th, Tuesday 21st, Wednesday 22nd or Thursday 23rd, January 2020 at 8pm nightly. Admission €10 at the door.

KWOTE MEETING

KWOTE Killarney Women's Organisation for training & empowerment monthly meeting will be held Wed 15th Jan. at 8pm in Scotts Hotel. Guest Speaker will be Jerome O'Connor who will give a talk on Nutrition.

€21,000 DONATED TO LOCAL KERRY PROJECTS

Tesco Ireland has announced the Tesco Community Fund donated a total of €21,000 to local projects across Kerry in 2019. Throughout the year, Tesco customers nominated local Kerry projects close to their hearts for inclusion in the programme, with the 2019 Tesco Community Fund supporting 84 worthy Kerry projects and causes including Kilcummin Comhaltas, Barradubh Mens Shed, An Ríocht Athletic Club and many more.

Since 2014, through the Community Fund Tesco has helped over 15,000 local projects nationwide. At the moment in Killarney Town Tesco you can support Rathmore Ravens Basketball Club, Kilcummin Day Care and the Stephen Lyne Foundation while at Tesco Killarney Park project include Glenflesk Gaa Club, Gneeveguilla National School and Park Scataglen Ladies FC



Donie Whitty O'Sullivan received his certificate of achievement in Regional Tour Guiding from Kerry College. The graduates were presented with certificates at an awards event at the Rose Hotel Tralee.



Owen Cardiff, Jimmy Rainsford, Ryan Hennessy and Cliff Deane from 'Picture This' pictured with Emily Cahill and Molly O'Mahony from Killarney before going on stage on Friday night. PHOTO: DON MACMONAGLE



St. Brigid's students, Sarah Trant and Mieke Rice Steinbeck St. Brigid's students took part in a Street Collection for Novas Kerry Homeless Service and collected an impressive sum of €1,827.47. Well done girls

RATHMORE | GNEEVEGUILLA NEWS

Written by: Michael O'Mahony | Email: momahony14@gmail.com

KERRY GAA SUPPORTERS' CLUB SOCIAL

The 30th annual Kerry GAA Supporters' Club Ballygarry House Hotel The social takes place on the 18th January beginning with a drinks reception at 7 O'clock in association with the Ballygarry House Hotel. Tickets are on sale from club members at a cost of €35, Ticket available from Donal O' Leary 087 -9289906 or any committee member

LOTTO: No winner of our lotto draw 27/12/2019, numbers drawn were 14, 20, 23 & 26. Sellers prize winner Tom Joe O' Donoghue, €50 Y/T winner Mike Kelliher Knocknagree, €50 Nealie Casey Leam, €40 each to Eileen O'Riordan Millstreet, Cathriona & Noel c/o Mgt Hayes & Seamus O' Brien Gneeveguilla. Bonus not won numbers drawn were 6, 12, 23 & 29. Next week's jackpot €8,600 plus €1,000 bonus. The jackpot was €241 and our winner was Caroline Heelan.

Congrats to you Caroline.

We also had 2 extra draws this week

Killarney Heights Vouched was won by Jackdaw The True Beauty voucher was won by Darren Jones. Congrats to you all!

Guaranteed winner every week, go to our Facebook page to find out how and where you can play. REMEMBER if YOU are not in you can't win

<https://www.facebook.com/gneeveguilla/>

Draw takes place every Friday eve @9pm on Facebook live

TEACH ISOGAIN

Would you be interested in joining a Book Club in Rathmore

To kick off 2020 we thought that introducing a Book Club to the community would be a great way for people to get out, meet for a chat over a cuppa and a book!

What a fabulous way to meet other people and to chat and share opinions about a read book. If you would be interested please message us or contact Us on; 064 77 61000.

SPLIT THE POT

The proceeds from split the pot for last six months were handed over to Rathmore

Rathmore Gaa Quiz team of Donal O'Leary, John Stepen O' Sullivan, Dan V O'Connor, & Tony Moynihan, who came 2st in the All Ireland Tráth na gCeist (Craobh na hÉireann de chomórtas na gCeist) in Croke Park. Churchill GAA came 1st overall winners



Peter Twiss secretary of Kerry County Board of GAA presenting a County Championship U21 medal to Anthony Darmody at East Kerrycounty Championship medal presentation evening at Killarney Heights Hotel.

Community Council Sliabh Luachra Cycleing club Rathmore Ravens Basketball Club Sliabh Luachra men shed.

They received €1000 each & Rathmore Community Council €3000.

Benny O'Dea Sliabh Luachra Cycling club Michael O'Mahony Rathmore community Council Cynthia Daly, Dan Healy, Sliabh Luachra men shed, Denis Hickey, Sliabh Luachra Men shed Hugh Ryan, Treasurer of Rathmore Community Council who handed over money Ber Murphy, Rathmore Ravens Basketball at Cahills Bar.

SYMPATHY To families & friends of Margaret Allman (née Cronin)

Ballincarrig, Firies, Killarney, & Rathmore, & Eileen Breen Scrahanagullane, Rathmore, John Francis Moynihan, Stagmount, Rathmore, May they rest in peace.

QUIZ

Congratulations to Rathmore Gaa Quiz team

of Donal O'Leary, John Stepen O' Sullivan, Dan V O'Connor & Tony Moynihan, who came 2st in the All Ireland Tráth na gCeist (Craobh na hÉireann de chomórtas na gCeist) in Croke Park. Churchill GAA came 1st overall winners

WEDDING BELLS: Congratulations to Damien Hickey Rathmore who married Margaret O' Mahony Scartaglen recently.

Rambling House Scartaglen Heritage Centre Monday 13th January 8.30 pm

Raffle and refreshments.

All are welcome.

EAST KERRY GAA ALLSTARS 2019

Gala Night Friday 17th January 2020 at The Brehon Hotle. Tickets available at the Kerry GAA store, local clubs, Board officers and sponsored by The Kerryman, The Aquila Club & East Kerry GAA presentations to allstar players senior & intermediate and U21 players of 2019 Hall of fame 2019. person of year 2019.



KILCUMMIN NEWS

Written by: John Moriarty

SYMPATHY

Sympathy is extended to the family of Dan Joe McSweeney, Toremore who died recently. May he rest in peace.

ADULT SET DANCING

Looking for something to do in the New Year with great fun, plenty exercise and making new friends then get your dancing shoes polished and come along to join John & Mary Moriarty's class. Waltzing and jiving also catered for. Beginning Tuesday 14th January in the GAA Clubhouse. Contact Mary 087 9620135 / John 086 1579381.

JUNIOR SET DANCING

Classes will commence on Friday 17th Jan at 7pm for beginners and intermediates and 8pm for advanced. Registration will take place this Friday 10th Jan from 7pm to 7.30pm. Fee €55 for 11 weeks. Contact Mary on 087 9620135.

COMMUNITY ALERT

Your generous support of our Annual Collection is deeply appreciated. In 2020 let us all watch out for each other and report any suspicious activity in your area to the Gardaí.

VACANCIES

Vacancies presently exist on the C.E Scheme. These positions involve Community Care, maintenance of Village and a Gardener in

Killarney. It is for 19.5 hours per week. This is a development opportunity & no experience is necessary as full training is provided. Contact your local Intreo Office to check your eligibility. If interested please forward your CV to the Supervisor at the RD. Office. Full details contact John 086 1579381.

KILCUMMIN RURAL DEVELOPMENT OFFICE

Kilcummin Rural Development Office provides a full Secretarial Service to all groups and individuals. Wedding Booklets, Assignments, Essays, Projects & C.V.'s professionally typed, confidentiality assured. Other services include photocopying, laminating, e-mail, paying motor tax or property tax online, renewing your passport. Documents for the movement of cattle can also be scanned and sent to the Dept. of Agriculture from the office. Tel. 064 6643357 or e-mail info@kilcumminparish.com Office Hours: Mon to Thurs, inclusive 9am to 5pm and Friday from 9am to 4pm.

NEW YEAR'S GREETINGS

Wishing all our parishioners health and happiness throughout the New Year. Athbhliain faoi mhaise.

KILCUMMIN GAA**KILCUMMIN GAA ALL IRELAND MEDAL CEREMONY AND AWARDS NIGHT**

Held in Killarney Avenue Hotel on Friday 27th

and attended by 260 guests this proved to be a roaring success. Hosted by Tim Moynihan Radio Kerry Sport our Minor team received their East Kerry medals, our Ladies team received their County Junior winners Medals and our Senior team were presented with their All Ireland club medals by former GAA President Sean Kelly. Numerous players and mentors outlined the importance of the club in their lives and what winning in the clubs colours meant to them. The importance of culture in the club was underlined by performances from traditional musicians and Irish dancers.

Other awards on the night included.

"Clubperson of the Year" John Purcell for his work in the ongoing club development. Senior Player of the year - Gary O'Leary Young Player of the year - Sean O'Leary Junior Player of the year - Paul O'Riordan Neily O'Connor and DJ Gav kept the celebrations going late into the night.

GAA LOTTO

There was no winner of the Lotto on Monday 30th December. The numbers drawn were 9, 13, 15, 21. Consolation prizes €50 Podge Gleeson, €50 Denny O'Connor, Rathanane, €50 Trevor Fleming, Killarney, €50 Jerry Dwyer, Glounacopple. Next draw Sunday 12th January 2020. Jackpot €10,800.



Bernadette Randles, Chairperson, Kerry Branch of the Irish Hotels Federation, with Catherine Geary, left and Judi Pheysey from the Kerry Branch of the Irish Guide Dogs Association pictured after receiving a cheque for €2000 which was raised at the recent Kerry Hoteliers Ball in The Aghadoe Heights Hotel. Kerry Mountain rescue also benefited on the night and they received a cheque for €3,000. PHOTO: DON MACMONAGLE



Michael O'Sullivan, Mike and Imelda Cronin, Brian and Cathy Ann Dennehy after a walk to raise funds for Health Link Bus. Picture: Seamus Healy.



Members of Faha Court Social Spin enjoy their Christmas night out at Larkin's Bar in Milltown.



Janet Cremin, Mikhael O'Sullivan, Rena Cooper pictured after the walk to raise funds for the Health Link Bus.

SPA GAA

Written by: Deirdre O'Sullivan-Darcy

SPA GAA ANNUAL AWARDS NIGHT

The annual Spa GAA Club Awards Night will take place at the Torc Hotel on Saturday February 1st 2020. Tickets are €20 and are available from members of the Awards Committee: Andrew Garnett (0861911263), Anne Holland (0857780883), Ivor Flynn (0871003142), Mathilda McCarthy (0876487356), Adrian O'Sullivan (0834510776) and Seanie Kelliher (0876298613). This is a sell-out event each year so people are advised to get their tickets as soon as possible to avoid disappointment

2020 CO LEAGUE DIVISION 1 PROVISIONAL FIXTURE LIST

Rd1 - March 8th: John Mitchels v Spa
Rd2 - March 15th: Spa v Austin Stacks
Rd3 - May 17th: Kerins O'Rahillys v Spa
Rd4 - May 23rd: Spa v Rathmore
Rd5 - June 7th: Dr Crokes v Spa
Rd6 - June 14th: Spa v Beaufort
Rd7 - June 20th: Kilcummin v Spa
Rd8 - July 5th: Spa v Kenmare Shamrocks
Rd9 - July 12th: Dingle v Spa
Rd10 - July 26th: Legion v Spa
Rd11 - August 16th/September 6th: Spa v An Ghaeltacht

SPA GAA CLUB REGISTRATION

Online Registration is now open for 2020 and will remain open until the GAA deadline of Tuesday March 31st. Our Registrars for this year are Ger Mangan and Sean O'Sullivan. All players, officers, coaches etc MUST be registered club members to take part in club activities in 2020. The link is open on the website spagaa.com (right column).

EAST KERRY ALL STARS AWARDS NIGHT

East Kerry All Stars Awards Night will take place on Friday January 17th at the Brehon Hotel. Tickets are available from Club Treasurer Margauite (0877714516).

SCÓR NA NÓG MUNSTER FINALS

Well done to our Set Dancers and Tráth na gCeist teams who competed in the Munster Finals of Scór na nÓg in Ovens at the weekend. Our Tráth na gCeist team will join Glenflesk (Ballad) and Finuge (Music) in the All Ireland



Batty O'Sullivan, left, Rachael Cullen, John O'Sullivan, Paddy Lawlor, Shanon Cullen and Mike Doherty, Shane Dennehy and Chris Crowley, enjoying the Winter Solstice with our ancient ancestors on the summit of the Paps of Anú, in aid of Kerry Hospice Foundation Palliative Care. The sacred summits, 'The Paps of Anú', resemble a pair of breast shaped hills known as 'The Paps' in the Derry Na Saggart Mountains close to the Cork Kerry border. The Paps have long been associated with mythology, mystic and majesty. The Goddess Anú represents all that is earthly fertile, abundant and protective. Over 200 people gathered to celebrate in song, dance and ancient blessing at the summit. Photo: Valerie O'Sullivan

Finals at the INEC in Killarney on February 1st.

LOTTO RESULTS 30/12/2019

Numbers drawn: 1, 15, 27, 28. No winner and €50 Lucky Dips going to Aoife Sheehan; Niamh Diarmuid & Archie O'Connell; Mark O'Connor; Padraig Daly. Next draw will take place in McSweeney's and jackpot is now €9,200. Play online spagaa.com or in usual outlets.

SPORTS HALL & MEETING ROOMS HIRE

Meeting Rooms and Sports Hall available for hire. For enquiries contact Eileen on 0876577312 (after 6pm only) or Ann on 0879403508.

IRELAND LIGHTS UP WEEKLY WALKS

Spa GAA Club are once again taking part in the Operation Transformation Ireland Lights Up initiative, where a walking track will be lit up on the club grounds each Thursday night starting

January 9th. Every Thursday night participants walk at their own pace around the 1km looped trail set out along the club grounds, some completing the loop multiple times. The clubhouse and walking trail will be lit up every Thursday night from 6.30pm to 8.30pm until February 13th, and everyone is welcome to come along and join in at any time. The walk is open to everyone in the local community and beyond (members and non-members) both young and old, and all participants are welcome to pop into the clubhouse for a cuppa or a healthy snack afterwards.

ITEMS FOR NOTES

Any items for the club notes please contact Deirdre at pro.spa.kerry@gaa.ie or 0851216359 before 8pm on Sundays.

Killarney Comhaltas News



Killarney branch of Comhaltas is delighted to wish a happy new year to all our members' friends and supporters. Now that the Christmas celebrations are all over we can focus and look forward to a bright

new year of events. Set dancing classes resume in The Torc Hotel on Monday 13th January 8.30 pm to 10 pm, beginners 7.30 to 8.30 all welcome. This class is celebrating over twenty years under the accomplished dance tutor Ann Mangan, contact Ann 087 9403508.

Music classes resume at St Brendan's College on Saturday 11th January.

Important dates for your diary:

Sult na nOg dates 7th and 8th March, all who wish to compete must have their entries with our honorary secretary Ann Mangan by 1st February. Munster final Ceol an Gheimhridh will be held on 16th February in Hazelwood College Dromcollier Co Limerick.

Munster convention 2020 will be hosted in The Hibernian Hotel Mallow date to be confirmed. National Congress 2020 Culturlann na hÉireann, Baile Atha Cliath 2nd and 3rd May.

Fleadh Cheoil Chiarrai 2020 hosted again this year in Milltown 17th to 21st June.

Fleadh Cheoil na Mumhan Newcastle West Co Limerick 13th to 19th July.

Fleadh Cheoil na hÉireann Mullingar Co Westmeath 2nd to 9th August.

Our next branch meeting will be held in The Meeting Rooms Park Road on Tuesday 21st January at 9 pm new members welcome.

IF YOU HAVE A STORY... **Contact Aisling on: 086 0400 958**

BEAUFORT NEWS

Written by Cliona Coffey

ANNUAL GENERAL MEETING

Beaufort GAA Club Annual General meeting will be on Sunday, 19th January at 5pm in Clubrooms.

Closing date for nominations and motions, Monday, 6th January.

BAG PACKING

Thank you to everybody who helped with the bag packing in Dunne's stores before Christmas.

Thanks to Dunne's Stores for allowing us to bag pack in their store.

EXERCISE CLASSES

Thank you to everybody who took part in the Autumn classes. Early Spring timetable will be available shortly. Get Ireland Walking in

GAA field for members will begin on Thursday nights from 6.30pm to 8pm starting on Jan, 9th to Feb, 28th.

THANK YOU

We would like to thank all players, trainers and parents for their commitment and effort throughout the year. Beaufort GAA are very thankful for the amount of volunteers that put in so much work in the club to ensure that everything runs smoothly. To the trainers who spent countless nights at the pitch, and to the parents and guardians who provided drives to the underage players, thank you.



Beaufort U12 boys receiving a set of jerseys from Daly's SuperValu, Killarney.

LISTRY NEWS

Written by: Anne Sugrue O'Brien

NEWS FROM CLLR BRENDAN CRONIN:

Cllr. Brendan Cronin has allocated €2000 to carry out further improvements and enhancement to the footpaths in Listry Cemetery, this work will involve putting tarmacadam on internal footpaths to join up with previous works. It will improve accessibility within the Cemetery, particularly for people who have difficulty with mobility.

DEEPEST CONDOLENCES: Listry GAA would like to send deepest condolences to The Courtney Family, friends and neighbours on the recent death of Mary Courtney RIP, Lacharue, Milltown.

LISTRY LOTTO: Congratulations to Jamie Mannix Killogherane winning our jackpot of €3,050. Number drawn 4, 7, 11, 24

Draw Entrant: Danno Coffey, Dromin.

Next Sunday 13th Jackpot €2,000

RICHARD GILES DARKNESS INTO LIGHT TRACTOR RUN:

The Giles family would like to thank all those who supported Richard Giles Tractor Run 2020 in aid of Pieta House on Sunday 5th January. Over 200 tractor participated in the event. Thanks to Sean and staff of Faha Court who provided refreshments for the event.

TABLE QUIZ: Listry GAA would like all those who supported our recent Table quiz on 28th December in aid of new gym equipment for our gym. Thanks to everyone who provided spot prizes and to Faha Court Bar and Restaurant for the finger food for the event.

LISTRY AGM: Listry AGM will be held on 13th January at 2pm in the Clubrooms. All members please attend.



Members of the Giles family along with friends pictured at the annual Richard Giles Tractor Run 2020 in aid of Pieta House on Sunday 5th January. Over 200 tractor participated in the event.

GLENFLESK NEWS

Written by: Seamus Healy

MUNSTER SCORN A NOG

Glenflesk Ballad group are the Munster Champions, Well done to the outstanding group, and well done to their coach Rosie Healy and Scor Officer Paud o Donoghue, The All Ireland is on in the INEC in February.

RAHEEN NS

Congratulations to Brigid & Flor Ó Riordan who had the winning lotto no. 36 on Saturday 4th of January. Congratulations also to our December winner Mike & Mary Murphy, Corner Bar, Eugene Bowler, Michael Ó Keefe and Susan Bartlett.



Walkers gathered outside the Bridge Bar after raising funds for Kerry Link Bus. Picture: Seamus Healy



Tim Murphy of Kerry County Board of GAA presenting East Kerry Captain Dan O'Donoghue with his county senior Championship medal at East Kerry county Championship medals presentation evening at Killarney Helig Hotel.



The Roche brothers from Glenfesk who were part of all fourth county Championship teams in 2019 Dara Roche (senior) lan (u21 & senior) Dylan (under 16) pictured with the cups at East Kerry county Championship medals presentation evening at Killarney Heights Hotel.

EAST KERRY GAA

by Michael O'Mahony

EAST KERRY GAA ALLSTARS 2019

Gala Night Friday 17th January 2020 at BREHON HOTEL Tickets available Kerry GAA store local clubs Board officers sponsored by Kerryman, The Aquila Club & East Kerry GAA presentations to allstar players senior & intermediate and U21 players of 2019 Hall of fame 2019. person of year 2019.

East Kerry GAA Board AGM on this Friday 10th January at 7-30 at Killarney Heights Hotel

PLEASE NOTE:

East Kerry GAA Board A.G.M. will be preceded by Mass for deceased members at 7:00pm.

SCOR

-Well done to all participants from East Kerry C.L.G. and in particular from East Kerry C.L.G. who represented their clubs, Districts and County with distinction on Sunday last 5th January 2020 at Ovens, Co Cork in the Munster Finals of Scor na nOg Heartiest Congratulations to the Results - Munster Scor na nOg Finals Glenfesk won ballad group and Spa were 3rd in Quiz

SYMPATHY

We extend sympathy to FossaGAAClub delegate to East Kerry Committee - Micheal Clifford and family on the passing away of his mother Noreen Clifford (nee Murphy), R.I.P. Barleymount East & late of Knockasartnett, Killarney Co. Kerry. Ar dheis Dé go raibh a hanam dílis.

FOSSA GAA

50 YEARS GALA SOCIAL

Saturday night 11th January 7.30pm Dromhall Hotel see you there.

MEMBERSHIP

Fossa GAA club membership now open for 2020 register online.

LOTTO

No jackpot winner:

1,9,14,18

5 * €40 WINNERS

STEPHEN MANGAN, WOODLAWN KILLARNEY;

JIM CONNOLLY, C/O KAYNE'S BAR;

BREDA KELLIHER, 24 LACKABANE VILLAGE;

JAMES O'SHEA, DROMIN FOSSA;

MIKE SWEENEY, TOMIES BEAUFORT.

Next weeks jackpot €5,700.00

Draw takes place in the Golden Nugget every Sunday night.

DR CROKES CLUB NOTES

DEEPEST SYMPATHIES

Deepest Sympathies to the Clifford and McEnery on the death of Noreen Clifford Nee Murphy. RIP.

PROGRESSIVE 31

Progressive 31 is on every Wednesday night in the Dr Crokes Clubhouse and starts at 8pm and all you need to bring is €5!

BINGO

Bingo is on every Sunday night in St Mary's Parish Hall. Doors open at 7.30pm and starts at 8.30pm.

DATE FOR DIARY - AGM

Dr Crokes GAA Club Main AGM will take place on Thursday 16th of January at 7.30pm.

LOTTO

Lotto 1, 3, 11, 27. Jackpot €6800 Not won Match 3 9 by €45. Next draw on Sunday 12th of January in Tatler Jack. Jackpot €7100.

KEEL GAA

We would like to wish all our members a very happy, healthy and prosperous New Year. We are looking forward to the year ahead.

IRELAND LIGHTS UP: Keel GAA will be taking part in this year's 'Ireland Lights Up' walking initiative which returns in January 2020, in partnership with the GAA and Operation Transformation Our first walking night will take place on Thursday the 9th from 7-9pm in Keel GAA Grounds. We can't wait to see ye all there

LOTTO: There was no winner of the jackpot

€3400 on Monday 30th December. The numbers drawn were 1,23,27,31. €50 winner, Matthew Griffin Ardcanought, €25 winner, John B Dowling Castlemaine, Marie Godley Castlemaine, Ryan Griffin Shanakeale, Kenneth Clifford Castlemaine.

HEALING MASS:

Sincere thanks to all those who attended the healing mass for Thady O' Sullivan, one of our senior players, in Fries Church, on St. Stephens's morning. We join all in our community and beyond to wish Thady a full recovery.

LEGION GAA CLUB

ANNUAL AGM

Killarney Legion Agm is on Thursday January 16th at 8pm at the clubhouse, all members please attend.

CONGRATS

Well done to Darragh Lyne who lined out in midfield for the Kerry Seniors at the weekend. Massive Congrats to Denis O'Neill and his wife Moolan on the birth of a beautiful baby boy Jeremy O'Neill.

LEGION LOTTO RESULTS

4-10-20-27 Bonus 8

Match 3's

Liz Foley, Barleymount, Fossa
Rosemary Carrol, Hawthorn Ave
Eilish O'Donoghue

Tim Moriarty, Muckcross

Marcus Twomey, Larchfield house, Dromhale, Killarney

Jackpot €6,200 plus €10,000 Bonus no. draw next Sunday @9pm Murphys Bar.

MILLTOWN/CASTLEMAINE GAA NOTES

SYMPATHY

We extend our sincerest sympathies to the relatives of Noreen Riordan nee Harrington, Milltown and Mary Courtney, Lackarue, on their recent bereavements.

AGM:

Our club AGM was held on Friday evening last with a very positive attendance. Sympathy was extended to all in our community who were bereaved in the past year -with special mention to the family of our late vice president-George McAuliffe.

All present at the AGM passed on their best wishes to our senior player Thady O' Sullivan, for a complete recovery from his present illness. Thady has shown much resilience both in sport and academics, always striving to reach his goals. We hope this admirable trait will shine through again for you Thady in the coming weeks and months.

Our club secretaries provided extensive reports on all the various age groups. It has been a really busy year on the playing field with much progress being made at all levels. Our chairman, Podge Leane acknowledged the wonderful sponsors of our senior board - Larkins Bar and Restaurant and Kelly's Londis- Topshop. The equally generous financial support of Foley's Spar and Burkes Butchers to our underage teams was also acknowledged. Almas Take Away and Pizzeria have also been extremely supportive to our club and their contribution was aptly noted.

The support of the community at home and abroad in our fundraising drive was also reiterated to those present. The club is now in a position to proceed with the redevelopment of our main playing pitch, thanks to all our contributors as well as our Sports Capitation Grant. So another busy year ahead for the executive of our club!

We are delighted to welcome Sinéad Clendennen to our executive as Cultural Officer. John Joe Harmon has also made a welcome return to assist Colin O'Grady and Eileen Spring with the busy finances. Mile buíochas to you both.

FUNDRAISING LOTTO JACKPOT IS NOW: €11,600

Our next Lotto draw will take place on Friday January 10th, in The Shanty Bar, Ballyfinnane, with €11,600 on offer. We will also have €200 for a Match 3- along with our 6 consolation prizes. Please make sure you have your ticket in this week- to be in with a chance of winning or



Tim Murphy of Kerry county Board of GAA presenting Kerry & East Kerry footballer David Clifford with his senior county Championship medal at East Kerry county Championship medals presentation 2019 evening at killarney Helight Hotel,

sharing in some of the prize money.

We would like to remind people to ensure that numbers are always written on the ticket, that the correct part of the ticket is in the envelope and that the numbers are clearly written! We have had quite a number of tickets recently that either had no numbers completed or numbers were very difficult to decipher. Also numbers are 1-32! Sincere thanks for your co-operation in this matter and for your ongoing support.

PROGRESSIVE 31 CARD DRIVE:

Resumed on Tuesday January 7th at 9 pm sharp. We look forward to seeing you then for cards, tea and Larkin's Brack!

SAVE THE DATE:

Mark Easter Sunday, April 12th, 2020, Ballygarra House Hotel, into your diary for our club fundraiser "Taking the Mic". Keep an eye on our Facebook page for all the updates! If you want to become involved, please contact any member of our executive. It promises to be a great night of fun! Beidh craic mór againn gan dabht!

KERRY PLAYERS:

Congratulations to Ronan Buckley from neighbouring club Listry and David Mangan from Laune Rangers who were part of the Kerry senior panels over the weekend. We wish you both well with both your respective club and county for the coming season.

HORSE RACING:

Comhghairdeas mór to Oisín Murphy who is enjoying much success in the horse racing field. Oisín, whose dad Johnny hails from The Bridewell, Milltown, was recently shortlisted in the 100 top sports people in Ireland for 2019, having been crowned British Champion Jockey in October 2019. Oisín is following in the footsteps of his uncle Jim Culloty who won both Cheltenham and the Grand National in the same season some years ago. A very special documentary was aired on RTE recently, which documented his journey so far and outlined the support from his parents Johnny and Maria along with many others. Well done Oisín and continued success to you.

Glenflesk Munster Champions Ballad Group Scor na nOg pictured with their teacher Rosie Healy. PICTURE: SEAMUS HEALY.



TIPPERARY HOLD OFF KERRY YOUNGSTERS

McGrath Cup Tipperary 1-13 Kerry 1-11



Kilcummin's Paul O'Shea scored 1-3 for Kerry.

A spirited second half comeback from a very inexperienced and youthful Kerry side saw them fall just short to Tipperary at Clonmel last Sunday.

With the Kerry senior team holidaying in Thailand, Kerry U/20 manager John Sugrue took charge of the side for the

McGrath Cup and it gave him a further chance to cast his eye over some potential starters.

Tipperary looked the better team throughout the game and led by 1-8 to 1-5 at half time and Conor Sweeney, with a goal from the penalty spot, and 5 points, was a constant threat up front for the premier county.

To their credit Kerry hung in well and didn't let Tipperary pull away in the second half. A late goal from Kilcummin's impressive 18 year old Paul O'Shea brought Kerry to within a single point of their opponents with just 2 minutes left to play, but Tipperary's Jack Kennedy sealed the win with a point straight afterwards.

The Kerry senior team preparations will now turn to the National League campaign which will kick off with a mouth-watering clash against All Ireland champions Dublin in Croke Park at 7.15

pm on January 25th. It has also been confirmed that the All Ireland JFC final (possibly featuring Na Gaeil), and the All Ireland IFC final (possibly featuring Templenoe), will also be played as part of a triple header on the day.

Kerry Scorers: Paul O'Shea (1-3), Sean Quilter (0-4 frees), Cormac Coffey (0-1), Ronan Buckley (0-1), S Keane (0-1), Evan Cronin (0-1).

Tipperary Scorers: C. Sweeney (1-6, 1-0 penalty, 0-2 frees), S. O'Brien (0-2), J. Kennedy (0-2), G. Henry (0-1), P. Loomam (0-1), C Kennedy (0-1).

KERRY: Deividas Uosis; Pa Kilkenny, Dylan Casey, Sean T Dillon; Cormac Coffey, Colm Moriarty, Dan McCarthy; Darragh Lyne, M O'Shea; Ronan Buckley (capt), Paul O'Shea, Adam Donoghue; Sean Quilter, S Keane, Kieran Falvey. Subs: Evan Cronin for S. Keane (29), Owen Fitzgerald for D. McCarthy (40), Luka Brosnan for A. Donoghue (blood, 40), B. O'Neill for S.T. Dillon (44), M. O'Gara for C. Moriarty (48), D. Mangan for D. Casey (48).

TIPPERARY: M. O'Reilly; L. Fahey, C. O'Shaughnessy, D. Brennan; B. Maher, R. Kiely, P. Loomam; S. O'Brien, T. Nolan; D. O'Meara, J. Kennedy, G. Henry; L. Boland, C. Sweeney (capt), L. Treacy. Subs: C Kennedy for D. O'Meara (h/t), C Kennedy for S. O'Brien (h/t), J. Lonergan for L. Treacy (45), J. Harney for D. Brennan (63), D. McEnroe for T. Nolan (63).

Referee: D. Murnane (Cork).



Legion's Darragh Lyne who lined out at midfield for Kerry.

John Kerins Cup

Kerry U/20s fall just short to Cork

Kerry 3-12 Cork 1-19

Glenflesk's Marc Kelleher was between the posts for Kerry. PICTURE: SEAMUS HEALY.



Kerry U/20's fell just short to Cork in a very entertaining tussle at Austin Stack Park last Saturday. Cork led by 0-10 to 1-3 at half time with Cork's full forward Fionn Herlihy causing the Kingdom's rearguard all kinds of problems.

Kerry had their moments in a lively first period with Paul Walsh's accuracy proving a highlight, and a goal in the 21st minute from Darragh Rahilly following a superb pass from Walsh, nudged Kerry 1-2 to 0-4 ahead. Cork pushed on from here however and took a 4 point lead in at the half time break.

Cork held a slender one point advantage, 0-13 to 1-9, midway through the second half and soon pushed 3 points ahead, but Killian Falvey's goal in the 53rd minute levelled up matters for the kingdom.

Kerry suffered a killer blow soon afterwards when Conor Corbett found Darragh Hayes for a Cork goal to push them 1-19 to 2-11 ahead with time running out. Kerry, with reserve goalkeeper

Brian Lonergan now on as an outfield player, earned a penalty after a high ball into the square. Walsh dispatched to the back of the net with expert precision, and Falvey added a point from play straight afterwards. It was too little too late though, and as the final whistle sounded, Cork escaped with the win.

Kerry: Marc Kelliher, Sean Óg Ó Morain, Alan Dineen, James McCarthy; Adam Curran, Sean O'Connell, Sean O'Brien; Griffin Wharton, Darragh Rahilly; Danny Hickey, Sean Keane, Michael O'Gara; Dylan Geaney, Paul Walsh, Conor Hayes. Subs: Killian Falvey for Keane (37), B O'Neill for Hickey (37), David Mangan for McCarthy (45), Brian Lonergan for O'Gara (45).

Cork: J O'Keeffe; B Curtin, D O'Mahony, C Smith; J Mullane, D Phelan, S Desmond, J Lawton, D O'Connell, J Murphy, A Ó Luasa, B Murphy; C Corbett, F Herlihy, C Russell. Subs: C O'Sullivan for Phelan (23), E O'Hanlon (for O'Connell (32), D Hayes for Russell (35), E Lehan for Smith (45), D Cashman for Desmond (54).

Referee: C Maguire (Clare)



KERRY GAA SCENE



pictured is East Kerry Board officers right Pat O'Brien, (Treasuer) Ger Gavin (president)Michael O' Mahony, (PRO) John O'Leary, (MC) johnny Brosnan, (Chairman) with Bishop Moynihancup) Tim Murphy; (Chairman of the Board) Dermot O' Connor, (secretary) Aine Ni Shuilleabhain of (PR PROMOTION COMMUNICATION Committee) Garry Halloran, (Hurling Officers) at the East Kerry county Championship medals presentation 2019 evening in the killarney Helignt Hotel,

PRE SEASON GAMES!

Last Saturday's John Kerins U20 Development League game in Austin Stack Park was very entertaining. While we lost to Cork by 1 point, a lot of positives can be taken from the performance. The next fixture for the Kerry U20s is away to Galway on January 18th. In our opening McGrath Cup game, Kerry experienced a heavy defeat to Cork but a more assured performance was delivered in Clonmel for our second group game last Sunday. It was a valiant second half comeback as Paul O'Shea's goal had us right back in it but we came up short with a second loss for Kerry in the McGrath Cup. The benefit of these pre-season games unquestionably is getting game time for players ahead of the League. Our opening game of the Allianz football league is less than 3 weeks away when we play Dublin on Saturday January 25th at 7.15pm in Croke Park. The Kerry versus Dublin game is the third game in a triple header as it will be preceded by the All Ireland Junior and Intermediate club finals.

AIB CLUB CHAMPIONSHIP

Best of luck to Templeogue and Na Gaeil in their respective semi-finals next weekend. At 2pm on Saturday, Templeogue face Oughterard of Galway in Kilmallock. At 1.30pm Na Gaeil will face Kilmaine of Mayo in Cusack Park, Ennis. Extra time will be played if necessary. The Intermediate and Junior Finals are fixed for January 25th in Croke Park and we will be hoping for both clubs to feature in the respective finals!

In the Munster Junior B football competition,

Banogue of Limerick will play Scartaglen on Sunday 26th January at 2:00pm in Knockaderry. Best of clubs to all the Kerry Clubs!

REFEREE IN-SERVICE

In Service courses for all referees will be held in Austin Stack Park at 7pm next Friday and in the Centre of Excellence in Currans on January 17th at 7pm. Referees who intend to referee this year must attend one of these courses as there are a number of new rules being introduced this year. Referees must bring their garda vetting and club membership with them.

HOW TO AGE WELL!

The 'How To Age Well' seminar is coming to Kerry on February 10th. This is a free community event and will be delivered by leading Irish expert, Professor Rose Anne Kenny at The Rose Hotel, Tralee, from 7pm to 9pm. The real secrets of how to age well, will be shared at this seminar in Tralee, organised by Kerry GAA Health & Wellbeing Committee and TILDA and supported by Irish Life.

Did you know

- That people living by the sea are less likely to be depressed?
- That optimists live longer?
- That friendship and good social life is as important as low cholesterol for heart disease?
- That quality of life continues to get better after 50 for almost another 30 years?

These nuggets of knowledge, and much more,

will be explored by Professor Rose Anne Kenny a world expert in healthy ageing, as part of this series of public talks entitled 'How to Age Well: Evidence from TILDA – the Irish longitudinal study on ageing'. For further information, Contact - Kerry GAA Health & Wellbeing Committee – chair.hwc.kerry@gaa.ie Jimmy Mulligan, Chairperson - Phone: 087-698 7700 or Aine Ni Shuilleabhain Runai - Phone: 087-3381843

CHILD WELFARE AND PROTECTION COURSES

It is mandatory for everyone who is in contact with children through the GAA to complete this course. Kerry GAA would like to once again offer all clubs the opportunity to book a place over the coming months to host a course in their club. The people in the club who must participate in the course are: The Senior Chairperson, The Juvenile Secretary, All Coaches up to and including Senior management (if they have u18 on the panel), Any Development Squad coaches involved with County squads attached to your club, Referees both senior and juvenile, P.R.O., Social Media Person, Registrar and Children's Officer. The cost of the course is €150 and is for 3 Hours. For further information, please contact Bernie Reen childrensofficer.kerry@gaa.ie or by phone at 0872020143

KERRY GAA SUPPORTERS' CLUB

The Kerry GAA Supporters Club 30th Annual Social will take place on Saturday night 18th January in the Ballygarry House Hotel. The club will honour the five Kerry players that have won eight All Ireland medals. In attendance on that night will be the legendary Mick O'Dwyer who masterminded so much success as a player and manager. Also the All Ireland Junior football champions, the U21 hurlers and the Kerry Camogie Champions will be honoured. Tickets are available from club members priced at €35.

The Kerry Supporters Club will travel to Tyrone for the National League game on the 9th February. This is an overnight stay. Bookings with full payment can be made on Monday night 27th January in the Ballygarry House Hotel and in the Listowel Arm's Hotel at 8.30pm.

OUTLOOK BASKETBALL

KABB NEWS

Big Inter League Weekend ahead

This weekend is a big one on the KSBGL Inter League front with our boys and girls in action. On Saturday we have the opening games in the 2020 Gaynor Cup qualifiers when Limerick Desmond come to Georgie O'Callaghan Park in Castleisland.

The 13's kick off at 5pm and the 17's at 7pm. These are the Kerry girls first games as part of a 6 game qualifying group. On Sunday the Kerry 13's are in the SFAL Subway Munster semi-final. They finished second in their Group and travel to Carragiline

to face Cork who won all their Group games. Kick off is at 2pm.

The 14's are in Inter League action when they play their second game having won their opener. Kerry are away to Cork at 12 noon in Douglas Hall with Cork on 2 wins from 2.

OUTLOOK BASKETBALL

Killarney Cougars BC

SENIOR NEWS

Kerry Airport Senior Mens Div II

Killarney Cougars 97

Athea Vixens 37

The Athea Seniors made the long journey to Killarney on Friday last and they met an in form Killarney side with too much experience for the Leagues newest and youngest Senior mens team in the league.

A good first quarter saw Cougars ahead 27 15 with the Cougars dominating the boards the lead was 48 21 by halftime. Cougars three point shooting with in particular Dan Cronin hurting the visitors.

Best for Athea Jack O'Neill and John Sexton Cougars Pa Murphy 30pts and Dan Cronin 20pts were in top for the home side.

Juvenile News

U14 Girls Div II

Rathmore Ravens 30

Killarney Cougars 45

Rathmore Ravens hosted the Cougars and the

visitors secured the points with strong second half to defeat a very determined Raven side in a good competitive contest.

Cougars led by 9pts in the opening minutes but the home side recovered to trail 13-10 at the end of the first Qtr with Mia Griffin impressing for the Killarney girls. The sides went basket for basket in the second qtr as Cougars just about held the lead 22-19 at half time with Leah Daly doing well for the Ravens. Cougars got a grip of the game in the third qtr with good baskets by Katie O'Driscoll to give Cougars a deserved lead 31-23. Cougars held their advantage through the final qtr with a strong finish to secure a good win on the road. Best for Cougars Mia Griffin, Ciara O'Donoghue, Katie O'Driscoll.

Top scorers Cougars Mia Griffin - 15, Ravens Leah Daly - 8.

U14 Girls Div III

St Josephs Duagh 27

Killarney Cougars 32

St Josephs hosted the Cougars in Duagh on

Sunday evening and the visitors secured the win in a close encounter in a very entertaining game.

Cougars led throughout the game but St Josephs put the pressure on to make an impressive come back in the final quarter which saw Cougars in serious foul trouble. Both teams battled till the end but the Killarney girls secured the win and the points. Good performances for Cougars were Catherine Ryan, Gemma Murphy, Avril Ahern, Zio Geaney and Kate O'Sullivan.

Academy News

The Cougars Academy resumes this week on Friday January 10th at 4.45pm with U8 Girls & Boys. U10 Girls 5.45pm and U10 Boys 6.45pm all at the Parish Hall.

Further details on training schedules, fixtures go to our website www.killarneycougars.com or follow us on facebook

National League Division One

LAKERS SUFFER DEFEAT IN TOP TABLE CLASH

IT Carlow 70

Scotts Lakers Killarney 111

SCOTTS Lakers picked up their fourth win on the trot with a very impressive and comprehensive victory on the road against IT Carlow last Saturday. A dominant third quarter along with a whopping 16 three-pointers in the game which included eight threes from Brian O'Neill were the key factors that secured the victory.

Carlow were well in contention at an early stage with Jordan Fallon, Jimmy and Brendan Butler impressing. However Scotts Lakers were inspired by the outstanding three-point shooting of Brian O'Neill who hit five threes in the opening quarter. Toby Christensen and Mark Greene also added baskets and Lakers led 25 - 17 at the end of the opening period.

Carlow kept in touch with Lakers throughout the second quarter, scoring 23 points to Lakers 24. The Killarney side had solid contributions from Seamus Brosnan, Brian O'Neill, Mark Greene, Aaron Jackson, Carlton Cuff and Toby Christensen and they led 49 - 40 at the interval. Upon the resumption Lakers really got into their stride, doubling Carlow's score. Jordan Fallon banged a big three-pointer for Carlow, Kevin Donohoe three baskets, Brendan Butler two and James Butler one. Brian O'Neill hit another three-pointer for Scotts Lakers, as did Carlton Cuff, Mick McGinn, Mark Greene and Xavier Talton. Aaron Jackson, Toby Christensen, Carlton Cuff and Xavier Talton added further scores and the Killarney side enjoyed a commanding 81-56 lead entering the final quarter.

The final quarter was a formality, with Kevin

Donohoe scoring five baskets and two free-throws, with James Butler a single basket. Scotts Lakers extended their lead, with an on-fire Toby Christensen scoring a three-pointer, four baskets and two free-throws. Aaron Jackson scored two baskets and Seamus Brosnan a three-pointer and a basket, Mark Greene a three-pointer while Brian O'Neill scored another big three-pointer to make it his eighth of the game and Lakers' sixteenth. At the final buzzer, Scotts Lakers had a comfortable 41 points to spare.

Scotts Lakers : Toby Christensen 27, Brian O'Neill 26, Mark Greene 14, Carlton Cuff 14, Aaron Jackson 13.

Carlow IT: Kevin Donohoe 23 points, James Butler 17, Sean Broderick 11 and Jordan Fallon 10.

HOME GAME

SCOTTS Lakers are in third place on the league table with a 10-3 winning record. Fr Mathews have also played 13 games and are in second place with a 11-2 record. League leaders Ballincollig are out in front and remain unbeaten with a 13-0 record and are the visitors to Killarney Sports Centre on this Saturday night, January 4th for an important league clash.

It really is a game that Lakers need to win to close the gap on the league table and be in a stronger position to challenge for honours at the end of the season. However Ballincollig will be raging hot favourites again following recent clashes between both sides. In six games between the teams in the past three seasons the Cork side have emerged victorious

in each one and will travel to Killarney in confident form. The most recent clash was the national cup match in October with Ballincollig winning 81-68.

Scotts Lakers have been enjoying some good form recently and the addition of new American Xavier Talton has made them a more formidable outfit. In the cup clash in October Ballincollig's American Andre Nation and Spaniard Inigo Zabala dominated proceedings and combined for 50 points between them. Their Irish players Ronan O'Sullivan, Ciaran O'Sullivan, Dylan Corkery and Ian McLoughlin are some of the best in the league and will relish the challenge to match up against Lakers best players. A significant factor in that cup match was the ability of the likes of Dylan Corkery to play superb defence on Lakers American Aaron Jackson for long periods and limit his scoring threat until late in the game.

Lakers should be able to make it tougher for the visitors this time round and the option to rotate Xavier Talton with Aaron Jackson will provide extra options. Big Toby Christensen also has the power and strength to trouble Ballincollig under the boards while Lakers will also require big contributions from Mick McGinn, Brian O'Neill, Mark Greene, Carlton Cuff, Seamus Brosnan and Jamie O'Sullivan.

Home advantage is a big plus for Scotts Lakers, who will be determined to get the Ballincollig monkey off their back and finally secure a badly needed victory over them. Tip-off in Killarney Sports Centre is at 7.30 pm.

St Pauls take the U/16 crown at the St Mary's Basketball Blitz

It would be safe to say that the 50th annual St Mary's Christmas Basketball Blitz was the most successful yet.

Huge crowds flocked to the St John's Hall and the Castleisland Community Centre over the 5 days of the basketball extravaganza with the final day in particular drawing record crowds. There was certainly a lot of razamatazz as well, with Alan Finn of Radio Kerry doing a running commentary on the big games, whilst Basketball Ireland streamed the National Schools Senior A final and the Premier Men's final live on its website.

The Premier Men final was a particularly mouth watering affair with Killorglin coming out on top against Tralee Warriors on a 48-46 scoreline, with Rami Gahanem picking up the MVP award. The lights were turned off before the game and the crowd were provided with glow sticks which gave a colourful and atmospheric feel to the occasion. The action was hot on the court though, with the game going right down to the wire.

There were some very special awards given out as well with the founding father and driving force behind the blitz, Donal Duke O'Connor, inducted into the Hall of Fame. The appreciation and standing ovation that greeted Duke as he accepted his award showed the esteem that the great man is held in within the Kerry basketball community.

There was a total of 21 competitions played at this years basketball blitz. Killarney carried home some of the especially commissioned 50th year medals as well, with St Paul's capturing the U/16 boys title with a 26-14 victory over St Bridgets. Superbly drilled by their coach Andrew Fitzgerald, St Paul's played a brand of fast explosive basketball that their opponents had no answer to. Senan O'Leary picked up the MVP award for the game whilst Dara O'Brien shot some superb scores. St Paul's were captained by Ben Switzer.

There was also joy for Gneeveguilla in the Mens Division 2 final where they had a 26-20 victory over St Mary's. Ronan Collins and David Gleeson were powerful for the winners and Don Murphy gave an MVP display. St Mary's looked like they were going to make a comeback towards the end of the game after a brace of 3 pointers, but Lorcan Keane came up with a big 3 himself to put the issue beyond doubt.

At the end of the night there were awards given to many St Mary's committee members that had made the event possible. Also, Siofra O'Shea of St Mary's was presented with the Best Overall Ladies Player award and Eoin O'Sullivan of KCYMS received the Best Overall Gent Player award.

St Mary's ladies face Portlaoise in the National Cup semi final

St Mary's ladies make the journey to the Parochial Hall in Cork next Saturday to take on old rivals Portlaoise in the semi final of the National Cup. Killarney's Cassandra Buckley is a pivotal member of the St Mary's side and will need to be in top form for what is expected to be a very close contest.



St. Paul's Under 16 team who captured the Under 16 Boys title.



Gneeveguilla Mens Team who were crowned Division 2 Mens Champions.



Don Murphy, Gneeveguilla who won the MVP. He was presented with his award from Miss Basketball Paris McCarthy.



St Paul's Senan O'Leary receives the MVP award from Miss Basketball Paris McCarthy with St Mary's Chairman Eamon Egan.



Club President Marguerita Mulcahy (front centre) with (from left) Christian Casey Junior Boys Captain, Harry O'Neill Captain, Anne Looney Lady Captain and Corrina Griffin Junior Girls Captain and club members at the President and Captain's Drive In at Killarney Golf and Fishing Club, Killarney on Friday.

CASTLEISLAND GOLF

Results single stableford 18 hole 05/01/2020

1st Kevin McNamara 44pts

2nd Tone Brosnan 40pts

3rd Jonathan Kelliher 40pts

Next week 12/01/2020

Captains drive 12 hole scramble @10am...

best of luck to Brendan and Marian for 2020

DEERPARK PITCH & PUTT CLUB NOTES

FESTIVE COMPETITIONS: The club had a busy period of competitions over Christmas and New Year period, the highlight of which was the Danny Nolan Memorial on St Stephens Day claimed by the trio of John O'Brien, Aidan O'Keeffe & Jason O'Connor with 13 under par.

Sun Dec 22nd Results: Singles- First Nett: John Murphy 42, Gross: Noel Moynihan 51 and Second Nett: Robbie O'Brien Snr 45

DANNY NOLAN MEMORIAL: St Stephens Day Three Ball Scramble- Nett: John O'Brien, Aidan O'Keeffe & Jason O'Connor 31 2/3, Gross: John McGrath, Hugh O'Sullivan & Betty O'Brien 43

Sun Dec 29th Results: Fourball Betterball- First Nett: Sean Kelly & John Murphy 36½, Gross: John McGrath & Colm O'Dowd 47, Second Nett: Aidan O'Keeffe & Noel Moynihan 40.

NEW YEARS DAY RESULTS: Two Ball Scramble- First Nett: George Mulcahy & Colm O'Dowd 38, Gross: Sean Kelly & Noel Moynihan 41 and Second Nett: Mick Long & Declan Kelly 38 1/2

Sun Jan 5th Results: Fourball Betterball- Nett: Robbie O'Brien Snr & Colm O'Dowd 39 ½ and Gross: Sean Kelly & Robbie O'Brien Snr 47

NEW DRAW TIMES: Please note the draw times on Sunday will change to 9am & 11am from this Sunday forward.

AGM: Our 2020 AGM will take place on Monday

night January 13th in the Killarney Avenue Hotel beginning at 7.30pm. All members encourage to attend.

ROSS GOLF CLUB

RESULTS

On Jan 5th we held an open non qualifying stableford competition.

The winners were

1....Donal Doherty (18) 35 pts.

2... Ger Murphy (19) 35 pts

FIXTURES:-

On Jan 11th/12th we will hold an open non-qualifying SS competition and the timesheet is now available in the Clubhouse.

KILLARNEY GOLF CLUB MENS' CLUB

Results of the Mens' Club sponsored 2 Man Scramble, 15 hole competition on Killeen on the 5th of January.

1st David O'Donoghue & Brendan Lynch 54.2 (57 - 2.8)

2nd Con Healy & James Lynch 54.3 (58 - 3.7)

3rd David Moloney & Peter O'Brien 54.5 (57 - 2.5)

Sunday the 12th of January sees the Mens' Club sponsored Team of 4 event, with shotguns at 8.50am & 12.50pm. Full handicaps apply, off the White markers, with two scores to count from the 1st to 17th hole and four scores to count on the 18th hole.

KILLORGLIN MEMBERS GC (MEN'S SECTION)

Results of 14 Hole Turkey on 22 Dec 2019 are as follows:

1st - Aidan Spillane (9) 31 Points

2nd - Mike Ashe (12) 30 Points

Results of 14 Hole Turkey on 29 Dec 2019 are as follows:

1st Gerry Sheehan (29) 32 Points

2nd Pa Callaghan (12) 31 Points

FIXTURES

Next week is another 14 hole club sponsored Competition.

KMGC Management Committee AGM will take place on Friday 31st January 2020 at 8.00pm in the Clubhouse.

RYDER CUP

Murphys Golf Society got off to the perfect start in their annual Ryder Cup Match against Killarney Heights at Mahonys Point last Saturday when their Captain Chris Collins and President Sean Murphy won the opening match by 2/1. It was a tight affair for the remaining six games and finished in a draw 3 1/2 to 3 1/2 but as Murphys were the holders they retained the cup and were worthy winners for 2019. They now lead the Heights by fourteen to thirteen in overall victories. A great evening was spent after the golf was over at Murphys.

Results (Murphys names first)

Chris Collins & Sean Murphy 2/1 Pat Kelleher & Peter O'Brien.

Brian O'Regan & Con O'Connor halved Sean Casey & George Vass.

Dermot O'Connor & John Gilhooley won on eighteenth Daniel Glavin & Eddie Slattery.

James Rock O'Neill & Pat Carroll won on eighteenth Eugene O'Sullivan & Donal Cronin.

Gerry Adams & Matthew O'Connor lost 3/2 Donal Gap O'Sullivan and Seanie Kelleher.

Jonathan Casey & Jimmy Smith lost on eighteenth Matt Lacey and Sean Devane.



Photographed at the presentation of The Golfer of the Year in the Ross GC are : (l to r) Seamus McCarthy, Captain, John Cushkelly, Winner.



Photographed at the presentation of The Maurice O'Donoghue Memorial Cup in the Ross GC are: (l to r) Seamus McCarthy, Captain, Margaret O'Donoghue, Sponsor, Rolandas Bendikas-Winner, Ivo O'Sullivan President.



Sean Murphy and Pat Casey with other team members after winning the Ryder Cup in 2019. Back left: Jonathan Casey, Jimmy Smith and Con O'Connor. Middle Pat Cussen, Matthew O'Connor, Brian O'Regan and Dermot O'Connor. Front Pat Carroll and John Gilhooley.



Sean Kelly receiving the Dan O'Leary Memorial Shield as Deerpark Pitch & Putt Club's recipient of the Club Person of the Year award for 2019 from Dan's brother Seanie and sister Doreen prior to the Christmas period.



Killarney Golf Club members Alicia Burke, Corrina Griffin and Niamh Dinham who were presented with the winners medals in the Kerry Under 19 Girls League with (from left) Harry O'Neill Captain, Marguerita Mulcahy Club President and Anne Looney Lady Captain at Killarney Golf Club recently.



James Curran Captain 2019 (right) presenting the 2019 Golfer of the Year award to David MacIndoe at Killarney Golf Club recently.

KILLARNEY RFC NEWS

RESULTS:

Seniors: Killorglin 14 - 11 Killarney
U18.5: Bruff 6 - 0 Killarney
U16: Killarney 10 - 29 Nenagh Ormond
U14: Corcha Dhuibhne 15 - 12 Killarney
U14 Girls: Killarney 17 - 15 Shannon

FIXTURES:

U18.5: Killarney V Cobh - Sat, Aghadoe 1:30pm
Seniors: Killarney V Bantry Bay - Sun, Aghadoe 2:30pm

SPLIT THE BUCKET:

Congrats to Keith O'Leary who won €312 in last Sunday's split the bucket draw. To be in with a chance to win simply put €2 into an envelope at participating venues. Winners every week.

MINIS:

Our Minis continue training on Saturday morning between 10:30am and 12 midday. Mini rugby is open to new players and great fun is guaranteed. Boys and girls aged between 5 and 11 more than welcome. Details - Liam Murphy 087-4145662

U14 GIRLS V SHANNON - MATCH REPORT BY MILO:

The signs were ominous at 11am Sunday morning as 90 mins before kickoff, a dark screened bus came through the gates of Killarney rugby club and the team, already toggled out, stepped off looking for somewhere to warm up. They brought with them great support, a strong coaching background team and four years experience. And to meet them was a team with a mere four months of coaching, so it certainly looked bleak at the outset. But each game the girls have played seems to be standing to them and it certainly showed as the ref blew for the game to start. Before Shannon could launch any attack, the girls were in on top of them. It was soon clear that Shannon were in a bit of trouble as the girls fought for everything.

It was from pressure that ten minutes into the game, Killarney earned a scrum and from a set move, Niamh did brilliantly to get past her opposite winger and touch down in the corner. Shannon were awestruck as this wasn't expected. It was through some gritty determination, that indeed and to everyone's amazement, except their coach, that they actually led the game up to the half..what an outstanding result, but could they possibly keep it up for another 25 minutes. All sides have a purple patch and as Killarney started slowly in the first 15 minutes of the second half, it was inevitable that such a good side as Shannon would punish any lap in concentration and, so they did and the girls were soon 17-5 points down, and it looked like the floodgates would open.

But the passion to compete and be the best they can be was still in this young outfit, and back they came having being shocked into action!

Robyn, Bronagh, Holly, Katie, Melisa, Kate and Niamh, as our backline, did a sterling job defending and attacking for the last ten minutes, but could Killarney come back from such a score. Again, from an ensuing penalty, a set piece was set up to punch a hole near Shannon's try line. As it came out from the ruck, it was player of the match, Ella who took on three players and carried them over the line for a 17-10 scoreline with six minutes to go.



Killarney RFC U14 girls who were in action at the weekend

From the kick off, it was again relentless pressure from Killarney that forced errors from Shannon. Up the field they went with the forwards of Ella, Molly, Jasmine, Clodagh, Nell, Shauna, Joanne and captain of the day, Fia, though tired, were giving their all only for the powerpack that is Katie, to touch down for 17-15 with one minute left on the clock.

But, alas, there it was to end, but when the match was over, Shannon's coach declared that Killarney were a better outfit and that a draw would have been the fairest result, a high compliment indeed from such a prestigious club. Shannon knew they were lucky. The girls can be immensely proud of their effort and with more experience will prove one tough, talented outfit!

A big thank you all the ladies who helped out with the catering and making Shannon feel welcome and a special mention to Liam who is giving his time to the coach and the girls. Kudos to all.

FARRANFORE MAINE VALLEY AC

BEAUFORT 5K & 10K

Weather conditions were ideal for this years Annual New Years Charle's O'Shea 10K & 5K. Held in Beaufort and organised by Star Of The Laune AC it attracted record numbers for both races with temperatures reaching 12oC and sunshine with no wind it was ideal for all runners and spectators. Our club was well represented. In the 5K Brendan Lynch was 3rd male (18:32) with Cian Spillane in 4th place 18:55. Mike O'Connor was first O70 23:13. In the main event, the 10K, Caitriona Barry, returning from a long term injury, did very well to finish third female in a time of 41:11. Shauna McCarthy, competing in a 10K distance for the first time was 8th overall and first U17 in a time of 44:13. Ger Ladden was second O55 in a time of 43:22.

Munster Indoors Junior / U23 & Juv. Combined The first athletics competition of the year was held in Nenagh Indoor Stadium on Sunday 5th January. Isaac & Ryan Vickers were competing in the Juvenile Combined events. In the Juniors we had Siofra Foley who took part in the Shot Putt and Weight For Distance (WFD). Siofra won the Junior WFD.

CLUB TRAINING

Maria's Strength, Endurance & Flexibility Exercise

Classes will commence on Tuesday 14th January from 7pm at the Sports Hall in Farranfore. Class is designed for all abilities from secondary school upwards. €5 per class.

Juvenile Indoor Training will commence on Tuesday 21st January from 6pm at the Sports Hall in Farranfore. Please bring €2, water and suitable footwear for indoors. New members welcome.

Thursday Nights from 6:30pm for Seniors and juveniles competing in Munster Schools XC. Grass Session on GAA Field Farranfore. €2

CLUB MEMBER REGISTRATION

NOTE: You need to be registered with Athletics Ireland to take part in training and/or athletic competitions. We will take registrations before training or you can register through Paypal from our website.

€25 Juvenile and €45 Adult.

ATHLETIC'S FIXTURES

Sat 18th Jan: National Indoors Combined Events, AIT Athlone

Sun 19th Jan: Munster Juv. Relays & Pole Vault, Nenagh

Sat 25th Jan: National Junior & U23 Indoor C'Ships, AIT Athlone

Thur 30th Jan: South Munster Schools XC, Tramore Valley Park, Cork

Sat 8th Feb: National Juv. "B", Masters & Intermediate XC, TBC

Sun 9th Feb: National Indoor Games, Abbottstown
Thur 13th Feb: Munster Schools XC, Clarecastle Co. Clare.

Sat 15th Feb: Munster U/9 to U/11 Indoors & Juv. & Women's & Men's Walks & Men's 3km, Nenagh
You are required to pre-register for all athletic competitions. If you wish to compete please contact club registrar, Maria McCarthy on 085-1909509 well in advance.

Attached are some photos from our annual St. Stephen's Day Road Race.

00_2019_5K: Winners of the 5K: Michelle Finn (Leevale AC) & Conor O'Mahony (An Riocht AC)

01_2019_5K: A view of the 5K as they approach Furies Village.

01_2019_5K_1: Leading lady Michelle Finn (Leevale AC) with Cian Murphy Iveragh AC, Arthur Fitzgerald (FFMV), Donal Leahy Listowel AC, Derek Griffin and Sean McGrath East Cork

FARRANFORE ST. STEPHEN'S DAY 5K

It was a beautiful day for our 58th Annual Farranfore St. Stephen's Day Road Race held



Eoin Horan (Gleneagle Aquila Club), presents the Gleneagle O'Donoghue Cup to overall winner Paul O'Brien at The Gleneagle Squash Club Christmas competition. Also included are prizewinners Sean Lane, Seamus Kerrisk, Zoe McHale, Paula McElligott, Sean McCarthy, Mike Buckley, Tom Murphy and Eamonn Bowler. **PICTURE: EAMONN KEOGH**

on Thursday 26th December 2019. The dry weather brought out more than 400 runners and spectators. We had more than 100 participants in the 2K Fun Run/Walk. This was our first time holding this event and feedback was very positive. We had 320 participants in our main event, the 5K timed Race. The race was started by long serving club member and chairman, Jerome Crowley. Conor O'Mahony of An Ríocht AC was coming from a great season of running, winning the County Senior Cross Country and placed fourth in the National Novice XC only two weeks previous, made his presence felt by leading from the starting gun. A few meters behind was Eddie O'Connor of Listowel AC. Approaching the turn around point, O'Mahony had opened a sizable gap from O'Connor and some distance behind was a group of six athletes working together to try and keep the gap from increasing. Amongst this group of men was our leading lady, Michelle Finn (Leevale AC). Michelle also had a great season, representing Ireland in the European & World Steeplechase. Recently she ran 9:03 for 3000m and broke 16mins in the New Market 5K. Amongst the men was our club member, Arthur Fitzgerald, Cian Murphy Iveragh AC, Donal Leahy Listowel AC, Derek Griffin and Sean McGrath East Cork.

Approaching the long pull back into Farranfore, Conor has increased his lead further, with Eddie O'Connor holding onto second place. The fight now was for third place. Michelle Finn began to take the lead within the group of men and slowly one by one they began to fall off. Conor O'Mahony was the clear winner at a time of 15:47 and Eddie O'Connor second place 16:05. Michelle Finn was third and overall female winner in a time of 16:18, breaking the course record by 8sec from 2015 champion Laura Crowe (An Ríocht AC). Just behind Michelle was Cian Murphy of Iveragh AC (16:19) holding off Sean McGrath to take third place. Sorcha Nic Domhaill (West Limerick AC) was second female 17:49 and Niamh O'Mahony (An Ríocht AC) was third 18:10. Arthur Fitzgerald was first club member home finishing in 8th place 16:48.

Well done to all our club members who competed. Category winners were:

Barry Murray 1st & Dermot Dineen 2nd O40. Ger Ladden 2nd O55, Michael O'Connor 1st O70, Cian Spillane 1st U17. Mary Daly 6th Senior, Deridre Nagle 1st & Liz Lynch 2nd O40, Caitriona Barry 1st & Emer Bevan 2nd O45 and Shauna McCarthy 1st U17,

On behalf of Farranfore Maine Valley Athletic Club, we would like to take this opportunity to

thank all those who sponsored, volunteered and participated in the event. This annual event helps raise money in support of the club's year-round programs. Thanks to more than 400 runners, family members, and volunteers who came out to support. We hope this annual event continues to grow and receive the continued support of the community.

The club acknowledges the following area businesses and organizations whose kind support helped to enable us to run a safe and successful event.

In closing, the club would also like to thank all race participants, the local council, Order Of Malta, An Garda Síochána and all of the special volunteers who took the time to help on race day and for all of the "behind the scenes" work. We could not have done it without you! Hope to see you all next year.

Be Active, Be Healthy... Be There!

ATHLETIC'S FIXTURES

Sun 5th Jan: Munster Indoors Junior / U23 & Juv. Combined, Nenagh

Sun 19th Jan: Munster Juv. Relays & Pole Vault, Nenagh.

KILLARNEY VALLEY ATHLETIC CLUB

The Munster Junior Indoor Championships was the first competition of the New Year and Well Done to Sam Griffin who competed in the Long Jump and did very well indeed.

TRAINING starts back on Monday nights with strength & conditioning 7-8pm for members aged 12 upwards. Bring €2, water and a mat if you have one.

Thursday evening for ages 7-12 in Sem Gym 6-7pm. Bring €2 water and loads of energy.

We will need volunteers to help out going forward. If anyone is interested in coaching or helping out with our young athletes in any particular area, we would be delighted to have you on board for the new year. Membership will be paid for and full training will be given.

Please keep an eye on your emails and also check our facebook page for any updated information on training etc. and for date of registration for 2020.

Outstanding Contribution to Sport Award for Mary

One of Kerry's greatest sporting heroes was honoured at The Irish Times Sport Ireland Sportswoman Awards when Mary Geaney was presented with the Outstanding Contribution to Sport Award 2019.

Geaney captained her native county to All-Ireland football glory before going on to lead Cork's camogie team to All-Ireland success, the first player to achieve such a feat. The Castleisland woman captained Kerry to football success in 1976 – she scored 3-2 in the final win over Offaly, the first hat trick in a lady's final – before going on to win three All-Ireland camogie medals with Cork. Geaney, who scored a hat trick in the 1978 final, captained the team in 1980 – the final against Limerick went to a replay – and won a third medal in 1983. She also won two club football All-

Irelands with Castleisland Desmonds in the early eighties. While her GAA exploits form a huge part of the Mary Geaney story, there is much more. Geaney also played hockey for Ireland, making her international debut as goalkeeper in 1971 against England. She went on to represent her country 65 times and was a member of the Ireland teams that won the 1977 Triple Crown and the 1983 Women's Intercontinental Cup. She was inducted into the Irish Hockey Association Hall of Fame in 2010. She also played squash, badminton and golf for Munster and managed her golf club, Killarney, to Irish Senior Cup success in 2017. Hockey player and November Sportswoman of the month Roisin Upton presented Mary with her award.



MEK GALAXY FC NEWS

SENIORS: KDL Premier A : MEK Galaxy 0 - Killarney Athletic 2

Best on the day: Conor Murphy, Harry Buckley, Gary Cassidy

Not our best or worst performance and a bit unlucky with an offside call being punished 33 minutes into 1st half. Had 2 penalty shouts but the man in the middle wasn't in the giving mood after xmas, Lots of good spells and good work rate but Athletic added a 2nd with 2 mins remaining, back to the training ground for now.

GIRLS RESULTS:

U13 GIRLS FIRST DIVISION

MEK Starz 6 - Fenit Green 0

Scorers: Saoirse O'Sullivan, Avril Rooney, Lily O'Riordan, Holly Barrett, Keeva Riordan, Sarah O'Sullivan.

U13 PREMIER DIVISION

MEK Kickers 5 - Listowel Celtic 0

Scorers: Naoishe O'Donoghue x 3, Sarah Fitzgerald x 2

Fantastic results from the girls today. Both games were excellent, real team efforts and the girls thoroughly deserve these results after all the hard work they have put in. A 2nd win in a row for the Starz with the Kickerz beating the league leaders!

U13 RESULT MEK 7 KILLORGLIN 1 (HALF TIME 2-0)

A good solid display by our boys. Once again with Jamie Vousden showing that he is one of the best finishers of his age in Kerry with 4 goals 2 each side of half time. Other scorers were Noah O'Shea, Liam Casey and Sam Clerkin. Special mention to Tom ODowd who had a great game on the right wing with 3 assists for Jamie Vousden's goals. This week we give joint man of the match to both Jamie Vousden and Tom ODowd

TEAM OF THE WEEK: Congrats to Tom O'Dowd on making this weeks Team of the week and to Naoise O'Donoghue and Sinead O'Sullivan for making this weeks Girls Roll of honour. Very well done guys!

KILLARNEY CELTIC NOTES

PREMIER A

Premier A

Castleisland 2, Killarney Celtic 2

Lee Downing, Matt Keane

Our A team travelled to Castleisland last Sunday for their 1st game of 2020 and came home with a share of the points. Celtic started well but Castleisland held out and indeed Castleisland took the lead midway through the 1st half but Lee Downing equalised to leave the scores tied at 1-1 at the break. Celtic again started the half well putting Castleisland under pressure and eventually that pressure led to Matt Keane putting Celtic ahead but Castleisland struck for an equaliser to leave it all square at the final whistle.

SPREMIER B

Killarney Celtic B 4, QPR 1.

Ryan Kelliher (2), Cathal O Shea, Liam Curran

U17 LEAGUE

Killarney Athletic 6, Killarney Celtic 2



Pictured above Danny Roche who received the Aidan Cronin "A team Player of the Year Award for 2019" at our recent christmas party in the Killarney Avenue Hotel.



U10's These young Blues made the Trip to Inter Kenmare this morning for a Pre Christmas Friendly sporting games loads of goals and Fun. And a great display of good Sportsmanship from these young Blues well done guys and to Joe and Martin U10. Killarney Athletic.

Erin Moloney, Ryan O Leary

U15 PREMIER

Inter Kenmare 2, Killarney Celtic 5

Adrian Casey, Edward Myers, Calvin O Sullivan, Josh Bowler, Luke O'Neill

The U15A team maintained their 100% record in the league with this win away to Inter Kenmare and are now 5 wins from 5.

U13 PREMIER

St Brendans Park 1, Killarney Celtic 2

Oisín Fleming, Sean Maher

The U13A team came from behind to gain a valuable win in their 3rd away game in a row. Park lead 1-0 at half time but 2 goals inside the last 10 mins saw the game turned on its head and Celtic are now back in the mix for league honours.

Our U11s played in the blitz in Killorglin last Sunday where they enjoyed 3 games.

U13 Girls Div 1, Ballyheigue 1 Killarney Celtic 11. Hannah Casey (4), Jessica Leggate (4), Emma Daly (3) as Celtic keep tabs on the leaders.

Congrats to Odhran O Shea who made the KSGSL Team of the Week and to Hannah Casey

and Cora O Donovan who made the Girls Roll of Honour.

Best of luck to all our girls who are part of the Kerry U13 and U15 squads who will play in the Gaynor Cup qualifying round this weekend.

Celtic Lotto

Numbers drawn 14,15,23,27. No jackpot winner. Match 3 receives €150. Next jackpot €13,400.

SCHOOLBOY/GIRL SOCCER

FIRST FULL WEEKEND OF VITHIT LEAGUE FIXTURES OF 2020:

JK Sports 12Premier:

Listowel Celtic 1-3 Killorglin

Daly's Supervalu 13Premier:

Tralee Dynamos 5-0 LB Rovers

Park 1-2 Killarney Celtic

Inter Kenmare 1-0 Listowel Celtic

13's Division 1:

Tralee Dynamos 5-3 Park

Mastergeeha 3-4 Iveragh United

13's Division 2 North

LB Rovers 5-4 Park C

Fenit 3-1 Listowel Celtic

13's Division 2 South
Killarney Athletic 2-2 Mastergeeha
MEK Galaxy C 7-1 Killorglin B
Ballyhar 3-6 Inter Kenmare
Killarney Plaza 15 Premier
Park 3-1 Killorglin
Inter Kenmare 2-5 Killarney Celtic
15's Division 1
Fenit 2-1 Rattoo Rovers
Tralee Dynamos 8-1 Dingle Bay Rovers
15's Division 2
LB Rovers 4-3 Killorglin B
Girls Divisions
13 Premier
MEK Kickerz 5-0 Listowel Celtic
13's Division 1
Ballyheigue 1-8 Killarney Celtic Green
MEK Starz 6-0 Fenit
Park 2-5 Castleisland
LB Rovers 0-0 Dingle Bay Rovers
15 Premier
Listowel Celtic 3-0 Castleisland

REPORTS

First of the younger ages Blitz's a big success: With the League running an ETP for our future stars at u10's and u11's starting next month a number of blitz's at both ages have been organised from where the ETP players will be selected.

The first of these took place on Sunday on the Dragon's Den All Weather with 17 clubs being represented by multiple teams. This weekend it will be the turn of the u10's.

KILLORGLIN WIN AWAY IN 12 PREMIER

Three was only one game in the Even ages on this weekend with Killorglin winning away at Listowel Celtic in the JK Sports 12 Premier. Brian Mangan, Giovanni McCarthy and Colm Evans got the Killorglin goals.

Killarney Celtic close the gap in 13 Premier With the leaders Killarney Athletic not playing and a depleted second placed LB Rovers well beaten by Tralee Dynamos it was Killarney Celtic that will be the happiest. They took the three points from their trip to Christy Leahy Park winning 2-1. Oisín Fleming and Sean Maher were the Celtic scorers with Ryan O'Driscoll having put the Park ahead from the penalty spot.

Tralee Dynamos enjoyed their day in front of goals with Adam Evans, Nick Lacey, Shayne Stack, Mathew Rogers and Pierce Lowth all on the mark in their win over LB Rovers.

A Michael Tangney goal was the only one in the game and it saw Inter Kenmare defeating Listowel Celtic 1-0.

Iveragh United win big game in 13's Division 1: With leaders Dingle Bay Rovers who are 15 points not playing there was a big game where Mastergeeha who had one both their game took on Iveragh United who started the day in second place on 9 points.

And in the end it was the Caherciveen side that took the win and move onto 12 points thanks to a 4-3 win. Daithí Sugrue got 2 and Cillian O'Sullivan the other goal for Iveragh United to leave the game tied at 3-3 entering the final stages. However it was Iveragh's Alex Kelly who had the final say as he cracked home the winner from distance late on. Mathew Kennedy 2 and Sean McAuliffe were the Mastergeeha scorers.

The other game saw Tralee Dynamos defeating neighbours The Park 5-2 with Oliver Lata and Jack Daly getting their goals.

LB GO TOP OF THE 13 DIVISION 2 NORTH:

There was a cracking game, including 9 goals shared between the sides, as LB Rovers welcomed The Park C who were top of the table on 12 points from their 4 games played. However Rovers were only 2 points behind but with a game more played they needed to win. Archie Walsh put LB ahead before Sean Martin replied for the Park. Sam Enright scored twice for LB Rovers and Shay Murphy got another but Michael Quirke and Alan O'Neill pulled two back for The Park to leave the score at 4-3 to the North Kerry side at half time.

Charlie Ryan then put LB two ahead but the Park boys fought back again with Ethan Ballard making it 4-3. But try as the might the Park were unable to breach the determined LB Rovers again and they took the win 5-4.

In the other game in that Division Fenit will be happy to have three points on the board thanks to goals from Paddy Hannon 2 and Michael O'Sullivan in a 3-1 win over Listowel Celtic.

TOP TWO WIN IN 13 DIVISION 2 SOUTH:

Leaders MEK Galaxy had to put in a big second half to see off the challenge of Killorglin B who were only 2-0 down at the break. But with Jamie Voudsen hitting 2 in both half the League leaders pulled away to win 7-1. The other MEK Galaxy goals came from Noah O'Shea, Liam Casey and Sam Clarke while Callum Russell was on the mark for Killorglin B.

Inter Kenmare who are in second place also needed a big second period as they were being held 2-2 at the break at their game away to Ballyhar Dynamos. Jack Wiggins and Alex Sheehan both hit 2 with John O'Sullivan and Darragh O'Sullivan getting the goal for Inter. Eugene Daniel did all he could to get Ballyhar Dynamos something from the game by hitting a hat-trick.

Both Killarney Athletic B and Mastergeeha had to be happy with a share of the points after the sides drew 2-2 in Woodlawn. Joshua Switzer and Mieske scored for the Woodlawn side with Ronan O'Connor and Jack Buckley getting the goals for the Kilbreen side.

Killarney Celtic and Park win in 15 Premier Leaders Killarney Celtic have made it 5 wins from 5 in the Killarney Plaza 15 Premier thanks to a 5-2 win away at Inter Kenmare. The Celtic goals came from Adrian Casey, Edmund Myers, Kelvin O'Sullivan, Josh Bowler and Luke O'Neill. Darragh O'Sullivan and Zack O'Shea replied for Inter.

The Park were 3-1 winners at home to Killorglin who goal came from Tony Og Duffy.

DYNAMOS EXTEND LEAD IN 15 DIVISION 1

Tralee Dynamos extended their lead over second placed Dingle Bay Rovers, who were short a few starters. Dynamos are having an impressive season in this division and their goals in this game came from Jamie O'Shea, Alex Hoare, Adrian Horgan, Dylan Buckley, Rory Clifford and Elvis Ankomah.

Fenit scored one in each half, from Cian O'Gara and Billy Walsh, in their 2-1 win at home to Rattoo Rover. Fenit needed their keeper David Chute to be in great form to secure the win.

LB win and extend lead in 15 Division 2:

In the one game played in the 15's Division 2 leaders LB Rovers took the win 4-3 having led 3-1 at half time. Thavien Buckley hit a hat trick in the first half with Mikey Dunworth getting the vital goal in the second half.

Girls Reports

KICKERZ KICK ON IN 13 PREMIER

In the Girls 13 Premier MEK Kickerz had a good win at home to Division leaders MEK Kickerz. The MEK goals came from Naoishe O'Donoghue 3 and Sarah Fitzgerald 2.

6 Up for Castleisland

Two of the top three sides won in the Girls 13's Division 1. The League leaders Castleisland are now on 6 wins from 6 after they won away at the Park. Aoife Begley hit two for the Park in the first half with Erin O'Connor replying for Castleisland. However O'Connor hit three more in the second half and Edel O'Donoghue hit a 5th in their 5-2 win.

Killarney Celtic Green are also unbeaten in their 5 games and were a little too experienced for Ballyheigue who had Clogadh Carroll on the mark and who tried hard all game. For Celtic Hannah Casey and Jessica Leggate hit 3 each with Emma Daly getting 2 in the win.

LB Rovers lost their first game on the season going down to Dingle Bay Rovers thanks to goals from Hannah Nic Gearailt, Ciara Kennedy and Sibeal Nic Sheaghda. Roisin Fogarty got the LB goal.

MEK Starz took the win at home to Fenit with Saoirse O'Sullivan, Avril Rooney, Lily O'Riordan, Holly Barrett, Keeva Riordan and Sarah O'Sullivan all getting one each.

Listowel Celtic Girls open year's action:

The first game of 2020 in the VITHIT Kerry Schoolboys Girls League was the Friday afternoon 15 Girls game which saw Listowel Celtic defeat Castleisland 3-0. Ciara Henderson hit a hat-trick for Listowel Celtic which sees them move onto 3 wins from 3 and into second place on 9 points. Killarney Celtic lead the way on 4 wins from 4.

KILLARNEY ATHLETIC NOTES

DENNY PREMIER A

Killarney Athletic -2 MEK-Galaxy -0

Scorers: Killarney Athletic

Tadhg Doolan, Darren Mulcahy.

UNDER 17 LOCAL DERBY

Killarney Athletic -6 Killarney Celtic -2

Hat trick by Matthew Horgan

Two goals for Cian McCann a-penalty by Eoin Mulvaney made it 6 fantastic performance by All well done to our Back Four in Defence Killarney Athletic U13(Team 3) Vs Mastergeeha 2-2

Goal scorers for the Blues Joshua Switzer & Miesko.

MASTERGEEHA FC

U-11 BLITZ

Mastergeeha U11 had 27 players attend the Kerry U11 blitz in the Dragon's Den, Killorglin on Sunday. Our Gold Team played 3 games winning 2 and drawing once. No goals were conceded in the process.



Killarney Athletic U13 (Team 3)



Killarney Athletic U17 TEAM



Killarney Celtic B team who played QPR.

Our Red Team also played 3 games with a win, draw and defeat.

Overall, our boys and girls acquitted themselves in an exemplary manner and were a credit to both themselves and their parents.

U-13 DIVISION 2

Killarney Athletic 2 - 2 Mastergeeha FC
Our first team out had a trip to Killarney Athletic where we had a number of debutants, amongst them Jack Buckley and Ronan O'Connor getting the goals in a 2-2 draw. All played well.

Scorers: Jack Buckley & Ronan O'Connor

U-13 DIVISION 1

Mastergeeha FC 3 - 4 Iveragh FC

Our other team welcomed Iveragh F.C. to Kilbrean Park, and came off on the wrong side of a 4-3 scoreline. In a close encounter, Iveragh scored first before Matthew Kennedy equalized for us. Iveragh converted their chances well going 3-1 ahead and to be fair to our boys, they worked hard getting it back to level scores. While going for the win, conceded right at the death in debatable circumstances. It was a tough game where the boys were rusty after

the Christmas break.

Scorers: Matthew Kennedy & Sean McAuliffe

U-17 DIVISION 1

KILLORGLIN AFC 3 - 4 MASTERGEEHA FC

In this close game, our U-17's got the deserved three points away on Saturday afternoon. The boys started well and took the lead when Kevin Bowler crossed for Gearoid Mulvihill to slot home. After this Mastergeeha played the better and created some good chances and deservedly took the lead when Cian Foley scored following a Brendan O'Leary corner. Just before the break Mastergeeha went two up; Cian Foley scored again following some good work by the Mastergeeha midfield. In the second half the home side pulled a goal back early on and in the 50th minute scored the equaliser from the penalty spot. On the 75th minute, Mastergeeha pushed forward and got the winner when Cian Murphy converted from the penalty spot after Róiri O'Connor was fouled. All played well.

Scorers:

Cian Foley, Gearoid Mulvihill & Cian Murphy

SENIORS:

Mastergeeha FC 1 - 0 Mainebank FC

Our senior team welcomed Mainebank FC to Kilbrean Park for our first match of the year where we took the 3 points to continue our current run of form.

From the off, this was a competitive game where both sides held possession well and created a number of chances throughout. The only goal of the game came mid-way through the first half from a set piece, Gearoid Kerins stood over the ball and send it curling into the top corner where Mainebank's keeper didn't have a chance. Overall, Mastergeeha deserved the win on the day with all players winning there 1 on 1 battles and working hard for each other in claiming a valuable 3 points.

Scorers: Gearoid Kerins.

MASTERGEEHA CHRISTMAS BINGO

We held our monthly bingo in the Recreational Hall in Kilcummin on Monday, December 30th. We are grateful for the large crowd of about 100 people that joined us for the night. There were plenty of winners on the night, between the bingo prizes and hampers, there was plenty of smiling faces at the end of the night.

As this was our second event, we will continue to review how it is run and make suitable adjustments to ensure that we continue to improve the event.

Our next monthly Bingo is January 27th - Doors open at 7:30pm

MASTERGEEHA FC LOTTO

There was no winner of the Lotto on Friday 1st January 2020. Numbers drawn were 2, 8, 15, 18. Consolation prizes went to the following €50 Seamus Darcy, c/o Patie Nagle, Mastergeeha, 50€ Mary O'Donoghue, Lacca, Kilcummin, €50 Michael Fleming, Toremore, Kilcummin, €50 Marie Cronin & Michelle Devane, Mastergeeha. Next draw on Friday 10th January. Jackpot €16,600.

You can buy tickets from our great ticket sellers and local businesses.

Buy lotto online <https://mastergeeha.com/lotto>.

U-21 County Hurling Championship Title Comes South

HISTORIC WIN FOR NEWLY FORMED HURLERS

In October, the South Kerry combination of Kenmare / Kilgarvan / Dr. Crokes won the U21 Co. Hurling Championship, the first time in over 30 years. Michael O'Keeffe, PRO, South Kerry Hurling Bord na nÓg looks back on the historic win.

Kenmare/Kilgarvan/Dr. Crokes 2-16 Lixnaw 1-14

The newly-formed combination of Kenmare/Kilgarvan/Dr. Crokes were crowned County U-21 Hurling Champions, causing a major upset when they defeated Lixnaw in the final played at Austin Stack Park on Bank Holiday Monday 28th October 2019.

This was a historic win as it is over 30 years since any team outside of North Kerry has won the U-21 Title. However, this team really made their mark this year and were worthy champions, beating last year's Champions Crotta O'Neills in the first round, Causeway in the semi-final and now Lixnaw in the final.

While they might have surprised many, the majority of these lads were also part of a successful South Kerry U-16 Team that won a County Title back in 2015.

It is one thing to have potential - it is another thing to go out there and win it! This team are naturally all Dual players and probably play 2 to 3 times more football than hurling. However, they are excellent Dual players and proved that they can manage to play both!

The first round game against Crotta, played in Kilgarvan, was a cracking game and it was only in the last 20 minutes which saw a great come back, Kenmare/Kilgarvan/Dr. Crokes scoring 3 goals and going on to win by 4 points, shocking the fancied holders. In the Semi-final against Causeway, it was again in the last quarter that they played their best hurling to get over the line. Lixnaw, with Shane Conway in their ranks, were hot favourites to win the Final. A strong wind favoured Kenmare/Kilgarvan/Dr. Crokes in the first half and they seized the opportunity with a great start when a long delivery in from mid-fielder Dan McCarthy was brilliantly caught by full-forward Michael Lenihan who was fouled in the square. Donal O'Sullivan buried the resulting penalty and Kenmare/Kilgarvan/Dr. Crokes went on to dominate the first half. Centre-forward, James McCarthy also contributed a great goal just before half-time to give Kenmare/Kilgarvan/Dr. Crokes a commanding lead of 2-08 to 0-09.

Kenmare/Kilgarvan/Dr. Crokes were up against it in the second half, playing against a strong wind and a man down, as their corner-back, Gary Randles, was harshly sent off just before the break. But County Titles don't come easy and these young men stood up to the task and really put in a great second half shift. Try as they might, Lixnaw never managed to get closer than 3 points and in the end, it was a sweet victory from Kenmare/Kilgarvan/Dr. Crokes.

Kenmare/Kilgarvan/Dr. Crokes had many stars on the Day: Michael Horgan was solid in goals, Liam Twomey was excellent at full-back, Gearoid



Michael Horgan and Michael Lenihan, close friends of Ian O'Connell, who brought the Cup to him in celebration following the victory. Ian played hurling in Dr. Crokes with both Michael's and was delighted to be there for the victory.

Fennessy hurled extremely well throughout in this game, and indeed the whole Championship, and, as Captain, led from the front. Both Dan McCarthy & Jack Foley did very well at mid-field. James McCarthy was very effective at centre forward and his goal before half-time turned out to be a very important contribution. Ronan Foley worked very hard at wing-forward. All 3 in the full-forwards made massive contributions scoring 1-15 between them: Daniel Casey 0-3, Michael Lenihan 0-11 & Donal O'Sullivan Down 1-1.

Teams & Scorers:

Kenmare/Kilgarvan/Dr. Crokes:

Michael Horgan (Dr. Crokes), Gary Randles (Kilgarvan), Liam Twomey (Kilgarvan), David Cronin (Kenmare), Sean Casey (Kilgarvan), Gearoid Fennessy (Kilgarvan)(0-1), Tommy Cronin (Kenmare), Jack Foley (Kilgarvan), Dan McCarthy (Kenmare), Ronan Foley (Kilgarvan), James McCarthy (Kenmare)(1-0) Richard O'Sullivan (Kilgarvan), Daniel Casey (Kilgarvan) (0-3), Michael Lenihan (Dr. Crokes)(0-11 frees), Donal O'Sullivan Down (Kilgarvan)(1-1 1-0 pen.). Subs: Pdraig Dillon (Kilgarvan), Pdraic Looney (Dr. Crokes), Sean Sutter (Kilgarvan), Tom Doyle (Dr. Crokes), Liam McSherry (Dr. Crokes), Patie Murphy (Kilgarvan), Jack Maye (Kenmare), Patrick Crehan (Dr. Crokes), Cian O'Sullivan (Kenmare), Darragh O'Brien (Kilgarvan), Phoenix Randles (Kilgarvan).

Man of the Match: Michael Lenihan (Kenmare/Kilgarvan/Dr. Crokes)

Referee: Mike Hennessey (Ballyduff)

Manager: Mikey Foley (Kilgarvan)

Mentors: John Foley & Flor O'Brien (Kilgarvan)

John Lenihan & Timmy Hourigan (Dr. Crokes)

Conor Daly & Eugene O'Sullivan (Kenmare)

Lixnaw: Robert Siles, Daire Shannon, Liam Mullins, Niall Cullen, Darragh McElligott, Conor O'Keeffe, Mathew Pike, Brian McAuliffe, Shane McElligott, Jack Brosnan (0-1), Shane Conway (1-11, 1-0 s/l, 10 frees 1'65), Jamie Galvin (0-1), Mikey Kelliher, Colin Sheehy (0-1), Aodhan Shanahan.

Subs: Aidan O'Brien for D. Shannon (L/t), Evan McCarthy or B. McAuliffe (inj. 62)



Citizens Information

Know Your Rights:

Question

I usually get a gift voucher at Christmas. What are the new gift voucher rules that came in recently?

Answer

Gift vouchers are any voucher, coupon or other document (including an electronic document) that can be used instead of money to pay (or pay in part) for goods and services.

Since 2 December 2019, the Consumer Protection (Gift Vouchers) Act 2019 sets out the following new rules for gift vouchers:

- Gift vouchers must have no expiry date or be valid for at least 5 years.
- Traders cannot specify that a gift voucher is spent in one transaction.
- Traders cannot charge a fee to change the name on a gift voucher, (if you have to register a name on the voucher).
- If the balance remaining on a gift voucher is more than €1 after you buy something with it, a trader must reimburse the balance to you. They can give you cash, make an electronic transfer or give you another gift voucher.

These new rules do not apply to:

- Vouchers that you can only use to buy specified goods and services at a discounted price, from a specified trader on a specified date, or for a specified period of 3 months or less. For example, vouchers from deal websites such as Groupon or Pigsback.
- Vouchers issued as part of a customer loyalty or promotion scheme.
- Vouchers issued as a refund for goods you returned to a trader.
- Vouchers and gift cards sold before 2 December 2019. The expiry period and the terms and conditions that applied at the time of purchase apply to these vouchers.

The new rules do not apply to electronic money gift cards (for example, One4all gift cards) which are already covered under the European Communities (Electronic Money) Regulations 2011.

Further information is available.

You can take parent's leave in one 2-week block or in 2 one-week periods. You can visit citizensinformation.ie to find more about parent's leave.

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

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



Michael Healy-Rae TD
Will Attend Scotts Hotel, Killarney every Saturday at 3.00pm

Castleisland Clinic: River Island Hotel
Last Friday of every month at 7.00pm

Killorglin Clinic: Jim Shea's Vintage Bar
2nd Monday of every month at 7.00pm

Kenmare Clinic: Atlantic Bar
Every Saturday Night at 10.00pm

Kilgarvan Clinic: Healy-Rae's Shop 9pm-10pm every Sunday
Healy-Rae's Bar 10pm-11pm every Sunday

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

Contact Numbers:
01 618 3363/064 66 85782 E: Michael.Healy-Rae@oireachtas.ie



FIANNA FAIL
THE REPUBLICAN PARTY


John Brassil TD

Killarney Constituency Office Open Hours:
Wednesday 15th, Thursday 16th and Friday 17th January from 9.30am - 5.30pm

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

John will hold a Clinic in the Killarney Office every Friday from 3pm - 5pm
Cllr. Niall Kelleher 087-6694101 office@niallkelleher.ie

For advice and representation please feel free to call into the office or clinics
Office: **064 66 94199/083 8541447**
Email: john.brassil@oireachtas.ie John mobile: **087 2362330**



Killarney Clinic:
Scott's Hotel, Killarney
Every Saturday 11.00am

PASSPORTS:
If you are planning a trip abroad and your passport has expired contact Eileen 087 9975419 / 064 6685315 for advice before you apply to ensure you get your passport on time.

BUSES TO BELFAST FOR: CATARACT/TONSIL REMOVAL, HIP/KNEE REPLACEMENT CONSULTATIONS
Full refund of procedure cost under cross border directive
31ST JANUARY
For more information call me directly 087 2316055 or call my office 064 6685315

CLLR MAURA HEALY-RAE
CONTACT: danny.healyrae@oireachtas.ie
T: 087 7816432

CONTACT DANNY DIRECTLY:
T: 087 2316055 / 064-6685315

MILLSTREET MOTOR FACTORS
Macroom Rd., Millstreet

require a Full Time Store Person

The successful candidate must have an interest in the motor trade, be hardworking, dedicated and flexible to work between the shop in Millstreet and Macroom on request. Experience desirable but not essential as training will be provided.
A full drivers licence is required.

Please reply with your CV by post to Millstreet Motors Factors, The Star Ballroom, Macroom Road, Millstreet or by email to millstreetmf1@eircom.net.

Hotel Recruitment Event



Are you interested in a career in the Hotel Industry?

Do you want a change in career?

South Kerry Development Partnership CLG in conjunction with some of Killarney's Top Hotels is holding a recruitment open day on **Thursday February 6th.**

Get the chance to meet with the Department Managers and HR Personnel and put your skills to the test.

You HAVE to register to attend

Contact Joanne Griffin

jgriffin@skdp.net or phone **066 9761615**



The Social Inclusion and Community Activation Programme (SICAP) 2018-2022 is funded by the Irish Government through the Department of Rural and Community Development and co-funded by the European Social Fund under the Programme for Employability, Inclusion and Learning (PEIL) 2014-2020



Damien McCarthy Assoc. CIPD
086 - 1936752

Bullying and harassment in the workplace

Employers have a common law and statutory duty to protect both the physical and mental health of their employees in the workplace or during the course of employment.

Bullying, harassment, and sexual harassment claims by employees against employers can be incredibly costly & timely affairs.

Employers who do not have a workplace policy in place dealing with these issues will have a hard time defending claims made against them.

An employer can potentially face civil and criminal proceedings for failure to provide a place of work that is free from bullying.

How to minimise the risks?

Adopt a Dignity at Work Policy dealing with the prevention of bullying, harassment and sexual harassment in the workplace.

Make provision for informal and formal complaints procedures.

Ensure that staff and management who have responsibilities in relation to the policy are fully aware of it and are properly trained to deal with such complaints.

Communication of the policy is essential. There is no point in having a policy if the employees don't know about it.

Deal with allegations of work-related bullying, harassment or sexual harassment quickly. If necessary seek guidance from an occupational health expert.

Monitor the effectiveness of the policy. Update to reflect changes in the workplace and/or legislative changes.

Promoting a workplace free from bullying and harassment will go a long way to minimising the risks of such allegations arising.

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HELPFUL HINTS FOR COOKING

*Ginger can be tricky to peel with all its bumps and irregularities. Rather than using a paring knife or vegetable peeler, reach for the spoon. Scrape it against the skin and it'll come right off, following every contour and minimizing waste.

*Cut a lemon or lime in half and squeeze it directly through a strainer into the pot to eliminate the need to pick out seeds afterwards.

*Use a scale for baking - with a scale, you know that your cup of flour is exactly the same time after time, giving you better, more consistent results and rather than using different cups to measure out every ingredient, just place a bowl on your scale, and measure directly into the work bowl as you go.

*Save your Parmesan rinds (or any hard cheese rind) after you finish off the cheese and store it in a sealed bag in the freezer. It can be used to add intense flavor to broths, soups, and stews by adding it to the simmering liquid for 20 to 30 minutes.

*The empty half of an egg shell is the best tool to extract stubborn bits of cracked shells that have ended up in the bowl.

BALLOON RELEASES ARE KILLING WILDLIFE AND MARINE ANIMALS

Balloons negatively impact our environment by littering streams, lakes, and beaches. It's basically the same as intentionally throwing trash on the ground or into the ocean. Even balloons marketed as biodegradable or "eco-friendly" can still take years to disintegrate, meaning they're not any better for the environment than standard balloons.

When balloons make their way into the water, their tattered ends and floating pieces can resemble jellyfish or other sea life consumed by marine animals such as sea turtles, fish, and dolphins. When the pieces of latex or Mylar are mistaken for food and ingested, they can get lodged in the digestive tract, inhibiting animal's ability to eat and causing a slow and painful death by starvation.

Wildlife can also fall victim to balloons and balloon strings when the pieces fall to the ground or onto trees and bushes. Birds have been found injured with ribbons wrapped around their beaks or wings, and have strangled themselves when they become entangled in strings attached to trees or power lines. And just like marine animals, they can succumb to a painful death after ingesting balloons.

If you know of someone planning a balloon release, please urge them to consider earth- and animal-friendly options instead – for instance bubbles are not only fun but can create stunning photo ops. Watching hundreds of bubbles float up into the sky can be mesmerizing and just as symbolic as seeing a balloon float away, but without the resulting of litter and endangerment to wildlife and marine animals.

Planting native trees and wildflowers is a beautiful way to create a memory that lasts for years to come – and give a little something back to nature. Another fun idea is to have people release milkweed seeds, which helps populations of monarch butterflies thrive by replenishing depleted supplies of the milkweed plant that is essential to their survival. Just remember: If you choose to plant trees or flowers somewhere other than your own garden make sure you have prior.

Celebrations and commemorative events are meant to allow us to reflect on important times in our lives, there is no reason these should come at the expense of wild animals.

ON THIS DATE - January 10th

1912 - The world's 1st flying boat's maiden flight took place at Hammondsport, New York.
1917 - Wild West legend Buffalo Bill (real name William F. Cody) died in his sister's home in Denver.

1920 - Inauguration of the League of Nations held in Paris.

1928 - The Soviet Union ordered the exile of Leon Trotsky.

1938 - Birth in Dublin of Capitol Showband Singer and the first Irish singer to represent Ireland in the Eurovision Song Contest Butch Moore (real name James Augustine Moore).

1949 - RCA introduced the 45 RPM vinyl record.
1958 - Jerry Lee Lewis' "Great Balls of Fire" reached No1 on the British pop charts

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

1980 - The last broadcast of the "Rockford Files" on NBC. It began on the NBC network on September 13th, 1974.

1984 - The United States and the Vatican established full diplomatic relations after 117 years.

A TEXAS MAN IS MAKING CANES FOR VETERANS USING DONATED CHRISTMAS TREES

After serving in the US Army for eight years, Jamie Willis was left a 100% disabled veteran completely unable to work.

When the cane he was given by the Veterans Affairs had no style, kept collapsing and wasn't what he deemed trustworthy, he turned to a Florida organisation called Free Canes for Veterans which was giving out 500 canes, he was told that they had no more canes, but Oscar Morris, the man behind the organisation, instead taught Mr. Willis how to make his own.

"When I successfully sat down and made my very first cane, I asked him if I could branch it off and start Cane for Veterans in Central Texas and he said he would love for me to do that," Mr. Willis said.

This is the second year Mr. Willis has asked for tree donations and says he has been overwhelmed with the support this year.

Each tree is the equivalent of about one cane, which takes Mr. Willis an entire day to make, package, and ship to the veteran who will use it. While he sometimes asks them to cover delivery costs, Mr. Willis covers all costs from out of his own pockets as well as donations, and pays for delivery if the veteran can't afford it.

NEW YORKERS CREATED THE "WORLD'S WORST SANDWICH" FOR A SPECIAL REASON

Near the end of the 19th century, when New Yorkers out for a drink ordered an ale or whisky, the waiter or bartender would bring it out with a sandwich. Generally speaking, the sandwich was not edible as it was often made from dust-laden bread and very stale ham or cheese. Bar staff would commonly take the sandwich back seconds after it had arrived, pair it with the next beverage order, and whisk it over to another patron's table. Some sandwiches were kept in circulation for a week or more.

Bar owners invented this charade to avoid breaking the excise law of 1896, which restricted how and when drinks could be served in New York State.

The 1896 Raines Law was designed to put many drinking establishments out of business. It raised the cost of an annual liquor license to \$800, three times what it had cost before and a tenfold increase for beer-only taverns. It stipulated that saloons could not open within 200 feet of a school or church, and raised the drinking age from 16 to 18.

Those in favour of the Sunday ban, generally middle-class and Protestant, saw it as a cornerstone of social improvement. For those against, including the city's tide of German and Irish emigrants, it was an act of repression—an especially spiteful one because it limited how the average labourer could enjoy himself on his one day off.



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When choosing the spot to plant your Camellia, make sure it is sheltered from cold winds as they can damage the flowering buds, as can frost. When planting your Camellia make sure to mix plenty of moss peat with the earth, rather than on its own around the plant, as it will tend to root out quicker. Camellias are also ideal for growing in containers. Remember if you are planting your Camellia in the ground, that it might be small initially but most will grow to the size of a small tree, so allow plenty of room around it. There is very little maintenance with Camellias only to prune out old dead wood, clean up old blooms that fall to the ground, and to mulch around the base of plants every spring with some moss peat. There are a lot of other good spring flowering shrubs, here is a list of just a few: Forsythia, Cythuis, Corylus, Berberis Darwinii, Ribes, and skimmia.

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

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

Another avenue worth exploring is visiting your GP. Describe to your doctor how you feel and what you are experiencing recently. Discuss your concerns and fears and how others i.e. family or friends, may have noticed a change that concerns them. Again you have begun the process of reaching out. Your doctor can listen and make some suggestions or refer you to other services. They can discuss your support network and request a repeat visit to them so that they can monitor and support you as necessary.

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

SouthWest Counselling Centre, Killarney provides affordable professional counselling to children, adolescents adults and couples at its Killarney Centre (Lewis Road). To make an appointment call: 064 6636416/064 6636100
E: info@southwestcounselling.ie

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

HUNDREDS ATTEND PUBLIC TALK ON FAITH

Faith in the face of life's challenges a public talk hosted by the Diocese of Kerry attracted hundreds to The Gleneagle Hotel on Wednesday night. Each January The Diocese of Kerry hosts a Public Talk in Killarney. This year the format was changed from the single speaker to a panel of speakers. The Diocese of Kerry hosted a conversation on Faith in the face of life's challenges and Ian O'Connell, Killarney, Elma Walsh, Tralee, Anne Alcock, Killarney and Fr. Donal O'Connor, Tralee shared their experiences on how faith has enabled them to face what life has thrown at them and Deirdre Walsh, Radio Kerry, chaired the conversation.



Pictured at the Gleneagle Hotel for Face in the Face of Lifes Changes were guest speakers L-R Elma Walsh, Ann Alcock, Fr Padraig Walsh, Radio Kerry presenter Deirdre Walsh & Fr Donal O'Connor and in front Killarney's Ian O'Connell.

PICTURE: MARIE CARROLL-O'SULLIVAN



Pictured at the Gleneagle Hotel for Face in the Face of Lifes Changes were guest speakers L-R Gráinne & Sheila Cremins. PICTURE: MARIE CARROLL-O'SULLIVAN




L-R Margaret Culloty with Patricia O'Donoghue & Fr Eamon McCarthy, Radio Maria, pictured at the Gleneagle Hotel for Faith in the Face of Lifes Challenges on Wednesday evening. PICTURE: MARIE CARROLL-O'SULLIVAN



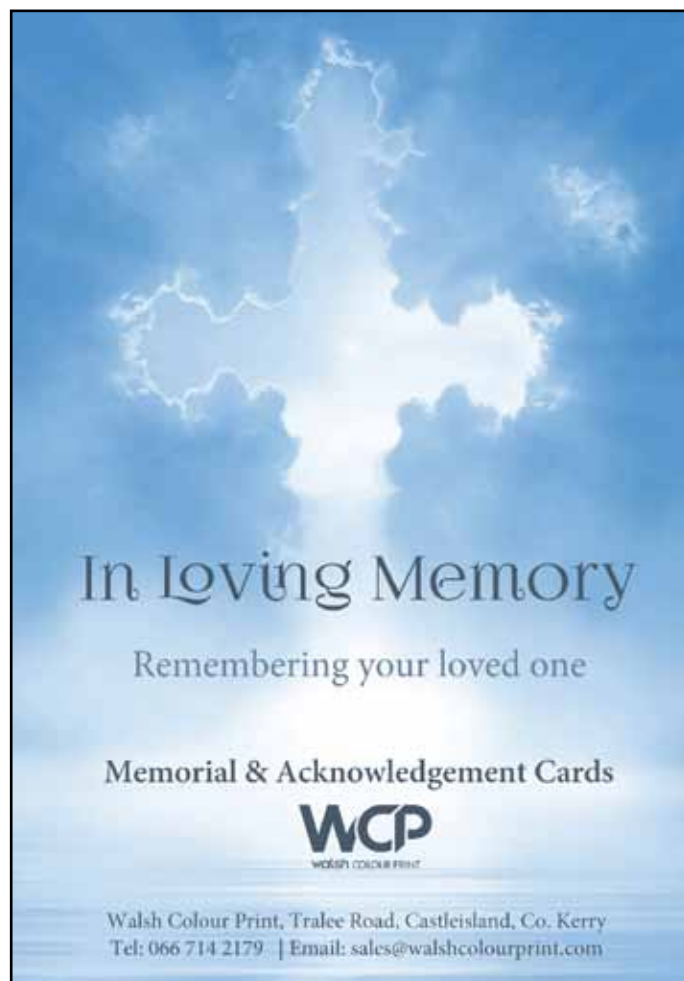
A Word of Victory

Welcome back dear reader and Happy New Year to you from everyone at Word of Victory Christian Fellowship. Jesus said "you will hear of wars and threats of wars, but don't fear" (Matthew 24:6). This new decade has certainly come in with plenty of fear with many sounding alarms of war. Jesus foretold all this in the Word of God warning us not to fear or panic. Look up the Scriptures here or Google them yourself. There is an epidemic raging - fear of threatened wars, fear of fires and earthquakes, fear of climate change disasters, even fear of the flu and sickness. Fear is not of God. It is a weapon used by Satan to control people and make their lives miserable (Hebrews 2:14). Jesus alerts us about this too ... "men's hearts failing them for fear, and for those things which are coming on the earth: for the powers of heaven shall be shaken" (Luke 21:26). The reason the devil use's the weapon of fear against people is because he himself is consumed with it for what he is facing, as the return of Jesus draws near. Do you know that Jesus is coming back friend? Yes, really, He is coming back! (Matthew 24:37-39; Luke 17:22-37). Young people are terrified about their future because they are being pumped with fear about the world they will inherit, yet that is all a distraction - a clever tool the enemy has delivered through educated voices that people trust. No-one is sounding the alarm that yes - all people both young and old, are in perilous danger, but weather and pollution is the least of their problems. It is eternal destruction that people need to worry about. Let me ask you this friend - if you die tonight where will you go? What will you open your eyes in eternity to see? Oh, you can act the big man or the big woman but be honest - where are you headed for eternity? (Matthew 10:26-33) Many hope to go to heaven because of good deeds they have done, but the Word of God is quite clear - that unless you accept God's free gift of Salvation by repenting for your sin, and believing in His Son the Lord Jesus as Saviour, you need to be very afraid (John 3:16-21). "Whoever calls upon the name of the Lord shall be saved" (Romans 10:9-13). God's incredible love for you has already made 'The Way' to bring freedom from all fear (John 14:1-6).

See more at wordofvictory.net  @WovKillarney 

E: wovkillarney@gmail.com - T: 064-6622950 - wordofvictory.net

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Remembering your loved one

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ACKNOWLEDGEMENT & 1ST ANNIVERSARY

IN LOVING MEMORY OF

EILEEN O'CARROLL



LATE OF 90 SCRAHAN MEWS
AND ROSS ROAD
WHO PASSED AWAY
ON JANUARY 10TH 2019

*One year has passed since that sad day when
you closed your eyes and slipped away.*

*You left us quietly and made no fuss but
broke the hearts of all of us.*

*She was a mother so very rare content in her
home and always there.*

*On earth she toiled in Heaven she rests.
God bless you mother you were one of the
best.*

**SADLY MISSED BUT NEVER
FORGOTTEN BY ALL HER
FAMILY**

On this the 1st anniversary of her passing we her family want to thank everyone who helped us care for our mother and enabled us to keep her at home.

A special word of thanks to all her relatives, neighbours, many friends and wonderful carers for all their support and kindness.

It would be impossible to express here in words our thanks in full to everyone so please accept this acknowledgement as an expression of our appreciation and gratitude.

*The Holy Sacrifice of the Mass will be offered
for all your intentions.*

**Eileen's 1st Anniversary Mass will be
celebrated on Friday 10th January at
6.15pm in St Mary's Cathedral.**

THE MIRACLE PRAYER

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

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

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

Amen.

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

X

30TH ANNIVERSARY

IN LOVING MEMORY OF

PETER D.J. O'SULLIVAN



ANNAGHMORE, HEADFORD,
KILLARNEY, CO. KERRY
WHO DIED ON
JANUARY 7TH, 1990

*Two calloused hands from work are stilled,
A million Jobs undone.
At rest, at last, in Gods Own House,
Content, At Peace, At One.*

Ar dheis Dé go raibh a anam

**ALWAYS REMEMBERED
BY YOUR LOVING WIFE
PHILOMENA & FAMILY.**

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.

B.O.S

PRAYER TO THE HOLY SPIRIT

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

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

In thanksgiving.

ROSS MEDICAL PRACTICE

KILLARNEY



Karen Underwood
Singer

"As a singer, the combination of Egans and my Opn hearing aid means I can fully enjoy my passion."

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the latest Oticon Opn.
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Eilish O'Carroll
Winnie McGoogan
from Mrs Brown's Boys

"For me being introduced to Egans and the new Opn hearing aid has been a life changing experience."

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