

"Out First Every Friday"

# KILLARNEY Outlook

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**THE NIGHT BEFORE**  
(76) 110m  
7 Days 6:30 9:00



**THE PEANUTS MOVIE**  
(G) 100m  
Sat/Sun 12:10 2:10 4:10



**SISTERS** (15A) 125m  
Sat-Thurs 6:30 8:55



**STAR WARS** (PG) 145m  
Thurs 6:05 8:45

**THE GRINCH** Christmas  
Christmas in Killarney  
KIDS CLUB SCREENING SUNDAY 12:15



**BRIDGE OF SPIES**  
(12A) 150m  
Friday 6:00 8:35  
Sat-Wed 8:35



**BLACK MASS**  
(15A) 130m  
7 Days 6:35 8:45



**MOCKINGJAY**  
(12A) 150m  
7 Days 8:40 2:40



**THE GOOD DINOSAUR**  
(PG) 110m  
Sat/Sun 12:10 2:10 4:10  
7 Days 6:20



**BROOKLYN**  
(12A) 125m  
Friday 9:00 6:30  
Fri-Wed 6:30



**SPECTRE**  
(12A) 160m  
Sat/Sun 2:30



**HOTEL TRANSYLVANIA 2**  
(G) 100m  
Sat/Sun 2:10 4:10

**KIDS CINE CLUB** Sat 12th & Sun 13th Dec

INSIDE OUT (G) 110m	Saturday ONLY	12:05
GHOSTHUNTERS (PG) 85m		12:05
PAN (PG) 120m		12:15

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# Christmas in Killarney SANTA 5km FUN RUN

## Sunday 13th December 2015

**Start:** Laurels bar @ 11am

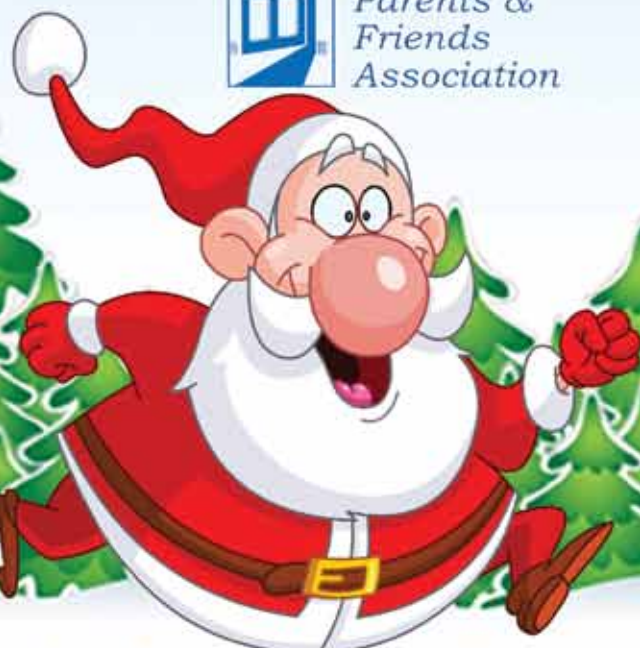
**Finish:** The playground opposite  
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Grab your running shoes & your  
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In aid of  
and



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Friends  
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Cost: €10 for adults, €5 for Children under 12 and €25 for 2 adults and 2 children under 12

Registration: 9.30am to 10.30am @ the Laurels Bar, Main Street, Killarney

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# SIMPLY STUNNING: PIANO RECITAL SURPASSES ALL EXPECTATIONS

What was billed as an exciting opportunity to see a world class concert pianist at work and a real treat for music lovers certainly lived up to and surpassed its expectations on Sunday evening last at The Friary in Killarney.

An audience of in excess of 400 filled the pews of The Friary as the scene was set for a wonderful evening of musical entertainment. Michael Gleeson MC for the evening welcomed the assembled and opened the evening in almost total darkness with the recital of a beautiful poem about the power of music. As Michael concluded his poetry and welcomed his audience the light rose on the altar and Michael introduced the first performer of the evening Doireann O'Carroll who enthralled the crowd with her rendition of a Chopin study followed by a sparkling prelude from Rachmaninoff. This really set the tone and you could feel the audience



YOUNG CHOON-PARK WITH MUSICIANS MEGAN O'NEILL AND HANNAH SHERRY AT THE EVENING PIANO RECITAL WITH YOUNG CHOON-PARK AND GUESTS AT THE FRANCISCAN FRIARY, KILLARNEY, ON SUNDAY NIGHT. PICTURE: EAMONN KEOGH (MACMONAGLE.COM).



YOUNG CHOON-PARK WITH PAUL SHERRY, KILLARNEY ROTARY CLUB AND CHRISTMAS IN KILLARNEY, CLLR MICHAEL GLEESON, MC, AND FR PADRAIG BREHENY, FRANCISCAN FRIARY GUARDIAN, AT THE EVENING PIANO RECITAL WITH YOUNG CHOON-PARK AND GUESTS AT THE FRANCISCAN FRIARY, KILLARNEY, ON SUNDAY NIGHT. PICTURE: EAMONN KEOGH (MACMONAGLE.COM).

take note that this was not going to be any ordinary Sunday night concert in Killarney. Doireann was closely followed by Soprano Megan O'Neill who with the voice of an angel sang "One Kiss from New Moon" followed by "Oh Holy Night" the MC Michael Gleeson had alluded to the fact that this was going to be something really special I don't think even

he anticipated the response she would get. Megan deservedly got the applause from her audience that rocked the walls of the Friary and felt like it would go on forever. Hannah Sherry was next up and gave a powerful rendition of two movements from Fantasiestuke opus 12 by Schumann. Hannah the last performer before the interval had really warmed up The Kerry County Council Steinway D Concert Piano and again the audience responded with rapturous applause. Hard to believe that what had just been witnessed had been performed by teenagers.

And so to the much anticipated performance by Young Choon Park. A very slight lady took up her position at the piano and proceeded to take us through over an hour in length of the most wonderful musical rollercoaster you could imagine. Two Beethoven Sonatas No 1 in F minor followed by No 3 in C Major with a stunning Chopin Scherzo No 2 to finish. To say it was stunning, amazing, and brilliant just lends no real description to the quality of this performance. The audience got to their feet and gave an amazing standing ovation which left her with no option but to return to the Steinway. Her encore was a Mozart piece she told me that she is still learning and was in her own words not performance ready. I can honestly say it bore the same hallmark of the



FR PAT CREAN-LYNCH, TRICIA, MEGAN AND BILLY O'NEILL AT THE EVENING PIANO RECITAL WITH YOUNG CHOON-PARK AND GUESTS AT THE FRANCISCAN FRIARY, KILLARNEY, ON SUNDAY NIGHT. PICTURE: EAMONN KEOGH (MACMONAGLE.COM).

rest of entire evening. Simply Stunning.

Two hours approximately after it started the evening piano recital with Young Choon Park and Guests was over. It was not necessary to be a lover of classical music to enjoy this evening, it was a classical performance delivered with class and skill and panache there was no doubt that we had been in the company of a master musician.

Our MC thanked the audience on behalf of Christmas In Killarney and The Rotary Club Of Killarney and handed over to Fr Padraig of The Franciscan Friary who thanked all the musicians and all involved in bringing this wonderful concert to his Church.

## THE GRINCH RETURNS TO THE CINEMA KIDS CLUB

As we start the countdown of the visit of Santa Claus and his sleigh full of presents from the North Pole, why not get into the Christmas spirit with a family day out at the cinema. This Sunday, Cinema Killarney will be hosting a Christmas Kids Club by reintroducing one of the most popular Christmas family movies The

Grinch.

Cinema Killarney along with Christmas in Killarney have arranged a special screening of How the Grinch Stole Christmas this Sunday 13th December at 12.00pm at the reduced price of €3.00 per adult and €3.00 per child.





**Christmas Season Opening Times:**

Day	Date	All Traders	Debenhams	Tesco
Wednesday	9 Dec	9.30-18.30	9.30-21.00	8.00-24.00
Thursday	10 Dec	9.30-21.00	9.30-21.00	8.00-24.00
Friday	11 Dec	9.30-21.00	9.30-21.00	8.00-24.00
Saturday	12 Dec	9.30-19.00	9.30-20.00	8.00-24.00
Sunday	13 Dec	11.00-19.00	11.00-20.00	9.00-23.00
Monday	14 Dec	9.00-19.00	9.00-21.00	8.00-24.00
Tuesday	15 Dec	9.00-19.00	9.00-21.00	8.00-24.00
Wednesday	16 Dec	9.00-20.00	9.00-22.00	8.00-24.00
Thursday	17 Dec	9.00-22.00	9.00-22.00	8.00-24.00
Friday	18 Dec	9.00-22.00	9.00-23.00	8.00-24.00

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## ITS SHOWTIME....

The eagerly awaited Tops of the Town - The Twelve Acts of Christmas is set to raise the curtains at the INEC tonight, Friday 11th December at 8pm.

The charity fundraiser which will benefit both the Kerry/Cork Health Link Bus and the Chemotherapy Day Unit at Kerry General Hospital is set to woo audiences over a three hour show.

12 acts from all aspects of the community have been busy rehearsing over the past few weeks and this week all held dress rehearsals at the venue which has played host to some of the biggest names in entertainment in the past.

The night promises to be one full of laughs, fun and huge talent as groups perform acts which

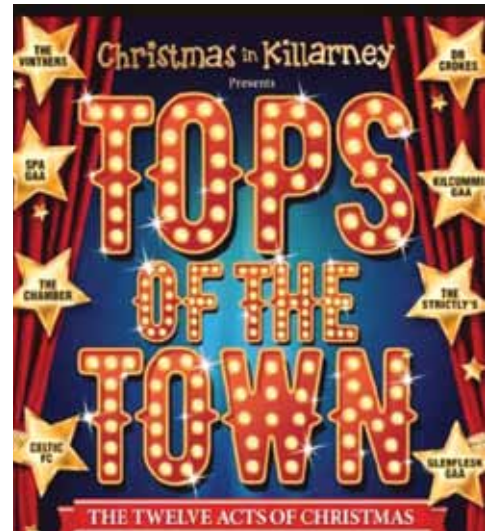
bring song, music, dance and drama to the stage for a 10 minute slot each

"The show features the massive talent that is in Killarney with groups representing sporting, commercial, educational and artistic elements of the town" Grainne O'Sullivan, of Christmas In Killarney told the Killarney Outlook.

"We are just blown away by the talent and the commitment that everyone has put into this show which is for a great cause".

"Killarney has amazing community spirit" she added, "even at this busy time of year, everyone is more than willing to give up their time for this fantastic event".

There are still some tickets available for the show and can be purchased at the INEC box office on the night or at Killarney Outlook or Whos4Shoes, both on High Street.



## ARE YOU READY.... STEADY.... GO.... FOR THE SANTA 5K RUN

Running shoes to the ready, santa cap in hand are you ready for one of the biggest events on the CIK calendar.

Join hundreds of Santa's for a day of fun and Christmas banter at this year's Santa Fun Run which will take place this Sunday 13th December.

The 5km run will start from the Laurels bar at 11.00am and will now finish at Deenagh Lodge.

The cost of taking part is Adults €10.00, Children under 12 €5.00 and a Family of 2 adults and 2 children under 12 €25.00.

Registration will take place from 9.30am to 10.30am at the Laurels Bar, Main Street, Killarney.

At the finish line at Deenagh Lodge, everyone will receive a Santa Hat and Medal for completing the run.

The organisers suggest to dress in your best Christmas attire, Christmas Jumpers, Santa suits, whatever you have, the more colourful the better.

All in aid of two great charities, KDYS and Kerry Parents and Friends Killarney you can also register at Feet First on High Street or by emailing [info@eliteevents.ie](mailto:info@eliteevents.ie)



WARMING UP AT LAST YEAR'S SANTA RUN.



TAKING A BREAK AT SANTA'S POST BOX JUST BEFORE LAST YEAR'S SANTA RUN.



## DANIEL BRAVES STORM DESMOND TO MEET KERRY FANS

Braving Storm Desmond - fans of wee Daniel flocked to the INEC on Saturday morning last to purchase tickets for the up coming shows. Donegal singer and Strictly Come Dancing Star Daniel O'Donnell returns to the stage in Ireland for five very special shows in the INEC Killarney next year. The shows are set to take place on the 9th, 10th, 12th, 13th and 14th of August 2016.

And the maestro himself was there to greet fans when the box office opened at 9.00am sharp at the INEC in Killarney on Saturday 5th December. Daniel devotees had the

opportunity to meet the star for a wee chat or selfie!

Over the last two months Daniel has participated in BBC's Strictly Come Dancing and UTV Ireland series Daniel & Majella's BnB Road Trip, which has sent his popularity soaring up the Richter scale adding to his already massive fan base here at home and in the UK.

Last month Daniel released his latest studio album 'The Hank Williams Songbook' which is still riding high in the charts in Ireland and the UK.

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**December 30th**

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## MAY THE FORCE BE WITH YOU....



**LOOKING FORWARD TO THE PREMIER OF STAR WARS: THE FORCE AWAKENS** ARE JASON LEE, MAX O'GARA, CONOR HENNIGAN, TRACEY COYNE, DECLAN MULVANEY AND KATE O'LEARY, PRESIDENT KILLARNEY CHAMBER OF TOURISM AND COMMERCE.

Star Wars fans are in for a special treat at Killarney Cineplex next week when Killarney Chamber treat Kerry to special preview screening of Star Wars: The Force Awakens.

Kate O'Leary, President of the Killarney

Chamber of Tourism and Commerce has welcomed the decision.

"Killarney Chamber of Tourism and Commerce in association with Disney and Lucas film are delighted to host the only special screening in Ireland other than Dublin. The special screening has been gifted by Disney as a gesture of appreciation to the people of Kerry .... Some of the production team and locals involved in the Skellig filming from South Kerry will be in attendance as well as some very special guests", Kate told the Killarney Outlook.

The chamber are hosting pre screening refreshments for the attendees. "We are delighted to be working with Disney and recognize the far reaching benefits of having part of our magnificent coastline show across the globe in this epic production", she added. Disney Ireland and Lucasfilm decided to gift a preview special screening of Star Wars: The Force Awakens to Kerry as a 'thank you' for hosting the shoot of some scenes for the movie

on Sceilg Mhichíl. The screening will take place at lunchtime on December 17th in Killarney Cineplex; it will be the first screening of the movie in the area.

"The enchanting and mystical beauty of South Kerry caught the attention of the filmmakers, but it was the hospitality of the local people which helped to make the film shoot a success. I am really pleased that Disney and Lucasfilm are arranging a special Kerry screening of the Star Wars: The Force Awakens as a way to say thanks to those locally who gave such a welcome to the cast and crew", said Heather Humphreys, Minister for Arts, Sport and Tourism.

"Star Wars: The Force Awakens will help to showcase the unique natural and built heritage of Sceilg Mhichíl and it will bring images of this beautiful region of South Kerry to an unrivalled global audience. The success of the shoot also helps to reaffirm Ireland's capacity to support high-end film production."

## TOP AWARD FOR VALERIE AT HOSPITALITY AWARDS

Killarney woman Valerie Steinbeck has been honoured with a prestigious award from the Irish Hospitality Institute recently.

The mother-of-three from Countess Grove works with The Gleneagle Group was awarded Hospitality Manager of the Year in the Revenue category. She was presented with her award by Minister for Transport, Tourism and Sport, Paschal Donohoe, TD at a gala black tie event in Dublin's Double Tree by Hilton.

Valerie faced strong competition from other entrants from right across the country before qualifying as a finalist and ultimately winning her category. The panel of judges commended her hard work, leadership skills and her ability to implement strategies that achieved and even surpassed sales targets right across The Gleneagle Group.

"We are delighted that Valerie's hard work and dedication has been recognised by our peers in The Hospitality Institute," says Patrick O'Donoghue, Managing Director of the Gleneagle Group. "Managers of Valerie's calibre are an integral part of the tourism industry in Ireland and it is great that the IHI



VALERIE STEINBECK IS PRESENTED WITH HER AWARD BY MINISTER FOR TRANSPORT, TOURISM AND SPORT, PASCHAL DONOHOE, TD AND MARTIN MANGAN, PRESIDENT OF THE IRISH HOSPITALITY INSTITUTE

recognise this."

General Managers John Dolan of The Gleneagle and Brian Bowler of The Brehon were shortlisted as finalists in the Hospitality

Manager of the Year category which was won by Vincent O'Gorman of The Westbury Hotel in Dublin.

## BRENDAN LAUNCHES CLUB CALENDAR

Kerry All Star goalkeeper Brendan Kealy was on hand to launch his local club's 2016 calendar. The Kilcummin GAA Club juvenile club launched the calendar at the club house recently.

The calendar is a significant fundraiser for the club and includes photographs of all the 2015 teams along with some historical pictures.

PICTURED AT THE LAUNCH WERE: FRONT FROM LEFT: TOM LESLIE, KERRY ALL-STAR GOALKEEPER, BRENDAN KEALY, (WHO LAUNCHED THE CALENDAR), MARIE JANOT. BACK ROW: EOGHAIN MORIARTY, DARRAGH LEHANE, NESSA MCCARTHY AND DONAL DWYER.



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**OWNEYCREE ANGLING CLUB**

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Plus over 30 Spot Prizes  
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to the Glenflesk Community Alert Group and  
Knockanes N.S. Astro Turf Pitch Appeal  
Admission: €10.00



## RING OF KERRY CHARITY CYCLE ANNOUNCE NEW REGISTRATION SYSTEM



TOM O'SHEA, IVAN O'SULLIVAN & STEFAN McMAHON AS THEY CROSSED THE FINISHING LINE AT THE RING OF KERRY CYCLE LAST JULY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

It has been announced that registration for The Ring of Kerry Charity Cycle, the biggest one-day charity fundraising event in Ireland, will open on Friday, 11th December.

For the first time in its 31 year history registration will be done by way of lottery. In 2015, there was an unprecedented demand for one of the 11,500 places and many regular supporters were left disappointed.

Taking this on board the committee members decided that the fairest system, in order to allow everyone a chance of entry, has shown to be a lottery.

The 2015 event was one of the most memorable cycles so far, raising over €1.85 million, and in 31 years The Ring of Kerry Charity Cycle has raised over €10 million for charities in Kerry.

Cathal Walshe, Ring of Kerry Charity Cycle PRO, explained how it will work:

"We are very excited to get started on our event for 2016 and will open the pre-registration for the lottery on Friday, 11th December, it will remain open for 6 weeks. There will be no need to rush, the final selection is not based on how early you register; in line with any lottery, all selections will be random. This year two entries are permitted per person to allow training buddies and friends register together. There will be a fee of €10 per person to register for the lottery, this fee is non-refundable and all proceeds will go to the cycle's charities. If you are successful this fee will be deducted from your minimum charitable donation, which is the same as last year at €85."

With the date of registration and new format now confirmed, Cathal continued:

"Pre-registration will remain open until midnight on Sunday, 31st January 2016. Then on Monday, 15th February 2016, the Lottery winners will be emailed to inform them that they have been successful along with final instructions on how to confirm their place."

"On Sunday 20th February, 2016, those who have not accepted will see their place reallocated."

So mark your calendar folks – Friday, 11th December 2015; register your interest, start training and join us on Ireland's biggest one-day fundraising event – The 2016 Ring of Kerry Charity Cycle!

## HAIRRAISING FUNDRAISER THIS WEEKEND

Sherwoods Bar in Farranfore is the place to be this Saturday night, December 12th, when four brave local men will volunteer to shave their beards and heads in aid of the Irish Heart Foundation.

Tom Murphy, Conor Donoghue, Pat O'Leary and Thomas Murphy are hoping for a big turnout at 8pm to support this very worthy cause.

If you can't be there to enjoy the night donations can be sent to mycharity.ie Shave to Save



TOM MURPHY, CONOR DONOGHUE, PAT O'LEARY AND THOMAS MURPHY ARE HOLDING A FUNDRAISER THIS WEEKEND.

## FUNDRAISING DANCE

The annual Oweyccree Angling Club Christmas dance and fundraising draw will take place on Friday 18th December next. There will be superb Christmas hampers on the night.

Music on the night will be provided by P.J. Murrihy.

The Oweyccree Angling Club are an extremely

progressive group, regularly visiting schools in the East Kerry area offering fishing lessons to students.

All proceeds from the night will go towards the Glenflesk Community Alert Group and the Knockanes National School Astro Turf Pitch appeal.

## VOLUNTEERS NEEDED

The Kerry Branch of the Samaritans are looking for volunteers in Knocknagoshel, Cordal and Castleisland to help with their annual Christmas Collection on Christmas Eve and Christmas Day. Any help would be gratefully appreciated. Contact Mary on 086-3848916.

## PAIRED READING VOLUNTEER REQUIRED

KDYS Killarney Youthreach programme is currently recruiting Paired Reading volunteers to assist young people in reading. Paired reading is a technique that a volunteer can use to help a young person with reading practice. The method involves the volunteer who is a skilled reader and the young person who is improving their literacy, reading together. If you are available for 1 hour a week (Thursdays mornings) over an eight week period and want to make a difference to a young person's life by supporting, encouraging and assisting them in their reading, volunteer today.

All volunteer applicants must be at least 21 years old, complete an application and undergo an intensive screening, clearance, training and interviewing process before being selected.

To find out more about the Paired Reading Programme and receive an application, contact Linda on 0646631748/lindamurphy@kdys.ie or call into KDYS Killarney.

Visit us on [www.kdys.ie](http://www.kdys.ie) to see centre locations.

## KILLARNEY BRIDGE CLUB

### RESULTS OF RECENT COMPETITIONS:

Christmas Hampers

1st Marjorie Barton & Hazel O'Connell.

2nd Joan Culloty & Phyllis O'Regan.

3rd Doreen Bresnan & Mary O'Connor.

4th Kathleen Naughton & Mary Ryan

5th Ursula Daly & Theresa Griffin

6th Pauline Lyne & Joan Lenihan

30/11/15

1st Evelyn O'Leary & Eileen Murphy.

2nd Joan Culloty & Phyllis O'Regan.

3rd Anne Healy & Mary O'Connor.

4th Kathleen Naughton & Mary Ryan.

Pauline wishes all the members a Happy and Peaceful Christmas and looks forward to seeing everyone back at Bridge on 11/01/16.

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## PROPERTIES OF THE WEEK

**RICS** the mark of property professionals worldwide



**2 MANGERTON CLOSE, KILLARNEY**  
**Guide Price €190,000**

3 Bedroom (1 ensuite) Semi-detached property (1,150 sq ft) with south facing terrace area & private parking. Superbly located in Killarney Town Centre & close to all amenities.

Oil Fired Central Heating.

REF 813 **BER D2**



**ANABLATHA, KILCUMMIN**  
**Guide Price €210,000**

4 Bedroom (1 ensuite) Detached property (1,722 sq ft) on cira 0.7 acre site with fully landscaped gardens only 10 minute drive to Killarney Town Centre. Finished to a high standard with great views, patio area. Opposite

Anablatha Primary School.

REF 827 **BER Pending**



**27 ATH SOLAS, MILLTOWN**  
**Guide Price €150,000**

3 Bedroom (1 ensuite) Semi-detached property (1,500 sq ft) with private walled-in rear garden. Sunroom, double glazed PVC windows, teak front door, red deal internal doors, patio area, oil fired central heating.

REF 793 **BER Pending**

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# LISSIVIGEEN RESIDENTS ENJOY ANNUAL CHRISTMAS GATHERING

Storm Desmond wasn't going to keep the people of Lissivigeen away from their annual Christmas Party at the weekend. Braving awful weather conditions the Lissivigeen and District Community Alert held their annual Christmas Party at the Torc Hotel last Friday night. After Mass celebrated by Father Michael Doherty the large attendance were treated to the film "Jackie Farmer and Friends" made in 1985. Storytelling and songs from characters that live in Lissivigeen and Ballaugh with some having passed away captivated the audience. With such lovely music from the late Donal O'Sullivan and Pat O'Sullivan (Minish) on the accordion, everyone marvelled at the beauty and unity of the set-dancing as the brothers played in the background. Indeed it wet the appetite for later on when Jer Healy "The Singing Jarvey" took to the stage and entertained the crowd for the rest of the evening with a lively performance. The big raffle was eagerly awaited with three hampers and twelve prizes to be given out. Eighty seven year old Nora Kelly Ardaneanig received a huge applause when she drew the winning ticket for



PRIZEWINNERS AT LISSIVIGEEN AND DISTRICT COMMUNITY ALERT RAFFLE AT THE ANNUAL CHRISTMAS PARTY LAST FRIDAY NIGHT AT THE TORC HOTEL WERE L.R PAUL HERLIHY 2ND, NORA KELLY 1ST AND ANN CRONIN 3RD. SEATED AT THE BACK WERE COMMITTEE MEMBERS DENIS RUSSELL, CHRISTY LEHANE AND MARGARET DOYLE. PHOTO PAT KELLEHER.

the first large hamper.

Prizewinners on the night included, 1. Nora Kelly (Ardaneanig), 2. Paul Herlihy (Lissivigeen), 3. Ann Cronin (Knockmanagh), 4. Assumpta McCarthy (Cummeen), 5. Marie Kelly (Ardaneanig), 6. Ger Healy (Gap of Dunloe),

7. Maura Foley (Ballaugh), 8. Noel Gammell (Ballaugh), 9. Shane O'Sullivan (Clash), 10. Nuala Doherty (Knocknahoe), 11. Alice O'Sullivan (Minish), 12. Mary Kelly (Ardaneanig).



LEGENDARY KILLARNEY DANCER SEAN O'DONOGHUE ON THE DANCE FLOOR WITH KITTY BRENNAN LAST FRIDAY NIGHT AT THE TORC HOTEL DURING LISSIVIGEEN AND DISTRICT COMMUNITY ALERT CHRISTMAS PARTY. PHOTO PAT KELLEHER.



NEIL CASEY, RENA CASEY, DANNY CAHILL, DOREEN HORAN, NOEL GAMMELL, PADDY HUGHES, GERRY HUGHES, MAURA GAMMELL, MARY LEHANE AND KATHLEEN GLEESON ENJOYING THEMSELVES AT LISSIVIGEEN AND DISTRICT COMMUNITY ALERT CHRISTMAS PARTY LAST FRIDAY NIGHT AT THE TORC HOTEL. PHOTO PAT KELLEHER.

## DERELICT HOUSE RECEIVES A MAKEOVER IN BARRADUFF



A community effort to enhance an old house in Barraduff Village has been a huge success. The former hair salon which is based on the

cross roads in the village has recently received a huge revamp courtesy of residents of the village and students at the local National School.

What had become a bit of an eyesore in the village is now a lovely painted building with lovely paintings undertaken by children in the local national school.

The Tidy Towns group would like to thank everyone who helped in any way especially Pat Murphy Fitted Kitchens for all the wood work and Pat Kelliher for fitting the windows. Artistic director for the project was Caitriona Cotter who was responsible for drawing the



windows and the students and teachers of Barraduff N.S. for all the painting. Community spirit is certainly alive and well in Barraduff.

## MONEY MATTERS....

By Dermot Cronin,  
Financial Advisor



### IF YOU HAVE A PENSION WHAT ARE YOUR OPTIONS WHEN YOU RETIRE?

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 you 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 before you make your final decision. As well as the above there are much more to be discussed about your pension. You should discuss your retirement options with an independent financial advisor before making any decisions, they will help you with the above options and any other queries you may have.

To discuss the above or any other matter **Dermot Cronin** can be contacted at **064 6622775** or [kerrymortgagecentre@eircom.net](mailto:kerrymortgagecentre@eircom.net)

## HENNIGAN



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### FOR SALE

**3 COLL CORRAN, PARK ROAD,  
KILLARNEY, CO. KERRY**

Stunning spacious penthouse apartment superbly located in a peaceful, residential, private, exclusive development just off Park Road, close to Killarney town center. The apartment is completely refurbished internally to include new walnut wood flooring and porcelain tiling throughout. The apartment is sold fully furnished completed with high quality furniture and electrical appliances.

**PRICE €190,000**



**RUSHEEN, FIRIES, KILLARNEY,  
CO. KERRY**

Magnificent property finished internally and externally to an exceptional standard just 10 minutes drive to Killarney town and Kerry Airport. The property is close to the popular village of Fines with Primary School and shops nearby. The property, constructed in 2007, has an exceptional internal finish including high quality porcelain tiling, solid wood flooring and recessed lighting.

**PRICE €329,500**



### FOR LET

**LEAMNAGUILLA, KILCUMMIN,  
CO. KERRY**

Recently renovated Bungalow, new P.V.C. double glazed windows etc., with scenic countryside views, located 6.5 miles from Killarney town. Featuring: Kitchen/Dining room, Sitting room, 4 Bedrooms, Bathroom, outside garage under construction to be completed with toilet and electric shower.

**€150 PER WEEK**



**16 WOODFORD MANOR,  
KILLARNEY, CO. KERRY**

Popular small private development in Killarney town just 1 mile from Killarney town centre close to Daly's Supermarket, St. Oliver's Primary school etc. This semi-detached house is in good decorative order and is fully furnished throughout overlooking large green area. Peaceful family setting. No pets allowed.

**€750 PER MONTH**



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## PROPERTY OUTLOOK

### THROUGH THE KEYHOLE....

#### A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET



**Address:** Castle Falls, Ross Road, Killarney. Excellently presented 3 bedroom semi-detached property just a ten minute walk from Killarney town centre. This is an exceptionally well presented semidetached house which has been very well maintained by the current owners. Viewing is highly recommended.

**Agent:** ● REA Coyne & Culloty ● 2 Main Street, Killarney ● Tel: 064 6631274 E: [info@killarneyproperty.com](mailto:info@killarneyproperty.com)

**ASKING PRICE:** €247,500

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

## CAKE OFF AT THE OUTLET CENTRE



Home bakers will have their spatulas to the ready when they descend on the annual Christmas In Killarney Cake competition.

The organisers are delighted to announce that the Cake Competition will be held in the Killarney Outlet Centre on Saturday 19th December at 5.00 pm.

The Christmas in Killarney Christmas Cake Competition promises to be a mouth-watering and colourful showcase of home baked festive cakes by bakers of all ages and skills.

Whether is a show stoppers dusted with festive trimmings to granny's fruit cake recipe with a twist, come show your skills and share your kitchen secrets with fellow cake fanatics.

Christmas in Killarney are honoured to have Tracy Coyne, Winner of last year's Great Irish Bake Off as our Judge in The Great Christmas Cake Off Competition.

"I hope to see bakers of all ages and skill level entering this years' competition to show their skills in the kitchen. We have a wonderful array of prizes sponsored by local businesses and there is a category for everyone so get your

mixing bowl and piping bags out and let's get baking!" invited Tracy, who is a previous winner of this very competition and says her success here was what prompted her to enter the hugely successful Great Irish Bake Off on TV3! Cakes will be tasted and judged on the day in the following categories:

- Cupcake Junior Bake (Open to Bakers Under 10 Years of Age)
- Cupcake Junior Bake (Open to Bakers Under 14 Years of Age)
- "What Christmas Means to Me" Decorated Cake (Open to Bakers Under 16 Years of Age)
- Best Traditional Christmas Cake – Open to Bakers of All Ages
- Show Stopper Novelty Cake - Open to Bakers of All Ages
- Best International Flavour Signature Cake - Open to Bakers of All Ages

So, whatever your Christmas Cake style, get baking and allow enough time to add any family secrets and baking methods to the mix!! Further information is available on [www.christmasinkillarney.com](http://www.christmasinkillarney.com)



## HIDDEN GEMS AT THE TREASURE CHEST

Uncover hidden gems at the Treasure Chest The Treasure Chest has developed into one of the county's finest gift shops over the past 20 years with so many fantastic pieces to choose from you will not be disappointed Discover perfect gifts for everyone including fine art, clocks, crystal, occasional furniture, and a gorgeous collection of Christmas items. Our range of unique gifts and present ideas will have you looking no further.

Located in the Island Centre on Main Street there are wedding, birthday, retirement, new home and new baby gifts you will find that perfect something for all occasions at the Treasure Chest, Castleisland. They also stock a wide range of products unique to the Treasure Chest, it's that teamed with our friendly, and informative staff that makes us stand out from the rest. Give a call into the Treasure Chest where the friendly staff will be more than happy to assist and where you will without doubt have a most enjoyable shopping experience.



DEBBIE CHAPMAN AND JIMMY O'CONNOR WHO WERE MARRIED RECENTLY AT THE GLENEAGLE HOTEL, KILLARNEY. THE COUPLE RESIDE IN KILLARNEY.

## SCARTAGLEN RAMBLING HOUSE

A Special Christmas Rambling Rambling House will be held at Heritage Centre Scartaglen on Monday 14th December at 8.30 pm. Admission free, raffle and refreshments. All are welcome.

## NEW LIGHTS AT FAHA N.S.

Following representation from Cllr. Brendan Cronin new solar powered lights have been installed at Faha N.S.

"I am delighted to report that the new solar powered school flashing lights at Faha NS have recently been installed following requests I made in September this year", Cllr Cronin told The Killarney Outlook.

"The new school warning lights are critically important to help improve safety for all attending the school on an extremely busy section of road", he added.

## KILLARNEY PARISH SILVER CIRCLE

### RESULTS OF WEEK 9

**1st Prize €500:** Darragh O'Brien, Tralee. Seller: Fr Kieran.

**2nd Prize €250:** Bernie O'Donoghue, The Farm, Coolcaslagh Seller: Parish Office.

### Winners of €100 each are as follows:

Bridie Brosnan, Rookery Rd Seller: Anne O'Leary. Denis Cronin, Loreto Rd Seller: Eileen O'Connor. Lynn O'Shea, Ross Rd Seller: Tadhg Fleming. Bernie & John J. Murphy, Aghadoe Seller: Church of Resurrection. Zelig O'Donoghue, Ross Dara Seller: Patricia Lyne.

### Winners of €75 each are as follows:

Elizabeth Brosnan, New St Seller: Eileen O'Connor. Darcy L. Tangney, Muckcross Close Seller: Danny Ferris. Majella Hayes, Coolea, Macroom Seller: Eileen Hayes. Josie McCarthy, Ballycasheen Seller: Mary O'Sullivan Darcy. Sheila Coakley, Upper Park, Seller: Tadhg Fleming. Paddy O'Donoghue, 'Paddys', Main St Seller: Anne O'Leary. Mrs B. MacMonagle, Ardshanavooley Seller: Maisie O'Sullivan. Chrissie O'Donoghue, St Brendan's Pl Seller: Mary O'Keefe.

This week's prize money is sponsored by: O'Sullivan Darcy Engineering Ltd, Martin Walsh Construction Ltd, O'Brien Coffey Accountants & Boramic Candles.




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**NEW TO MARKET**

**5 FRIARY DOWNS, PARK ROAD, KILLARNEY**

Open Viewings Wednesday, 16th December between 5.00pm and 6pm  
Very well presented three bedroom semi detached property, conveniently located, just off the Park road, in quite cul de sac development. Property is with walking distance of all town centre facilities, bus and train stations, Outlet Centre and Deerpark Shopping Park. Ideal family home or investor property.

Price Region: **€205,000**

**BER D2**



**76 PARK DRIVE, PARK ROAD, KILLARNEY.**

Well presented South facing four bedroom semi-detached family home, convenient to all town centre amenities, in quiet location just off Park Road.

The property which has views towards Mangerton mountains, is not over looked and faces large green to the front and to the rear has private access to second large green area. Ideal retirement/first time buyer/investment property.

Price Region: **€220,000**

**BER F**



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## WHAT IS CHRISTMAS?

A concert focusing on the meaning of Christmas will take place on Sunday 13th December, 7.30 pm in The Church of the Resurrection, Park Road, Killarney.

The concert, which has been organised by Grace Foley and Paul O'Raw will guide you through the real meaning of Christmas, focusing on word, music and song.

MC on the night will be Liz Ryan and the concert will feature Risen, the Church of the Resurrection Folk Group, Students of Grace Foley, including students from The Killarney School of Music, and various musicians and St. Oliver's Primary School Choir under the directorship of Josephine Doncel along with Aoife O'Carroll, Ellen Courtney and Noel O'Sullivan with help also from Fr. Niall.

"It is a concert looking at Christmas from both the happy and fun side and also the more difficult aspects of the festive season" organiser Grace Foley told The Killarney Outlook.



PICTURED AT ST OLIVERS NS, THE SCHOOL CHOIR, TEACHERS & FR NIAL H HOWARD WHO WILL TAKE PART IN 'WHAT IS CHRISTMAS' AT THE CHURCH OF RESURRECTION THIS SUNDAY 13TH DECEMBER AT 7.30PM. ALL ARE VERY WELCOME. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

"We are delighted to give all donations on the night to the charity Aware", she added.

## LOCAL TROOP ON THE LOOKOUT FOR SCOUTS



THE SCOUTS PICTURED AT LISSIVIGEEN NS TO BE INVESTED WITH NECKERCHIEF & WOGGLE, WITH THEIR LEADERS (BACK CENTRE L-R) FRANK HICKEY, KAREN CROSSLEY (LEADER), TARA BOWLER & AGNES SCWAB. THE SCOUTS IS OPEN TO BOTH BOYS AND GIRLS. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

A Group of young boy scouts were invested into their troop at a ceremony in Lissivigeen National School on Tuesday night last.

Under leaders, Karen Crossley, Tara Bowler and Frank Hickey, the boys received their neckerchief and woggle.

The 6th Killarney cub group meet every Tuesday night in Lissivigeen School in Killarney. The age group is 9-11 yrs boys and girls.

"We do a number of activities including Hiking, Orienteering, Camping, Badgework and Plenty of games and lots of fun" Leader Karen told the Killarney Outlook.

"We are looking for more recruits and if you wish to try please come down and see us", she added.

## SEM WELCOMES DEUTSCHUMOBIL TO THE SCHOOL

The German department at St. Brendan's College welcomed the Deutschmobil to the school last week.

The Deutschmobil is a collaboration between the Goethe Institut in Dublin and the German, Swiss, and Austrian embassies. The aim of the project is to promote the learning of German, to work with groups of students and teach the language in a fun way. This is the third visit of the Deutschmobil to the College.



PICTURED AT THE VISIT ARE: ST BRENDAN'S COLLEGE STUDENTS DAVID PAYNE; DARA LAWLOR; JASON REEN; SEAN O'SHEA; JAMES LYNCH; PATRICK D'ARCY; CONOR LUCEY; CONOR O'LEARY; MAX HUGGARD; KIERAN SUGRUE; DAVID O'MAHONY; KIANAN O'DOHERTY; EINO MOYNIHAN; OSCAR ZWIERZCHLEWSKI; FRANK MCGUIRE; JJ BUCKLEY (FRONT) DANIEL LUCEY; MS. SUSAN FOLLIN (GERMAN TEACHER); DYLAN O'ROURKE; KATHARINA SIEBERT; (GOETHE INSTITUT); CALLUM MYERS; JANINA BACH (GOETHE INSTITUT) WITH TEACHER SUSAN FOLLIN; KATHARINA SIEBERT AND JANINA BACH OF THE GOETHE INSTITUT AT ST BRENDAN'S COLLEGE; KILLARNEY.

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# OPERATION RESUSCITATION TRAINEES BRAVE THE STORMS

Despite the presence of Storm Desmond, over 70 brave souls arrived at Killarney Racecourse on Saturday last to learn how to do CPR and use a defibrillator.

"It is amazing to see people willing to come out in the worst weather in years in order to protect their friends and neighbours from cardiac arrest," said Dr Fiona Gallagher of Operation Resuscitation Killarney (OR Killarney).

"When enough people in the community learn these skills we will have the incredible achievement of saving hundreds of lives every year."

Kerry Stars made a big impact by training 20 of their coaches. Their newly purchased AED was handed over to Tom Tobin by Hanna Lenihan of Michael Linehan Heartsafe Killarney.

Tom Tobin said CPR and AED use was essential to the sports club. He hoped they'd never have to use it but they wanted to be prepared by having a large proportion of their coaches trained and an AED at hand to give the athletes the best possible chance if something did ever go wrong.

Dr Crokes had several for training and there was a good contingent from Spa Muckross.

The business community was also represented, Daly's SuperValu had a large number of staff taking part in training.

The course is a short (two-hour) and simple American Heart Association course showing



PICTURED AT THE KILLARNEY RACE COURSE, HAN LINEHAN (SEATED CENTRE) PRESENTING A DEBRILLATOR TO BREDA O'SULLIVAN, KERRY STARS. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808.

how to recognize cardiac arrest, how to do CPR and how to use a defibrillator. People will know how to do these lifesaving procedures after the course. The aim is to train a large portion of the population in order to reduce the death rate from out of hospital cardiac arrest.

"The usual story of cardiac arrest has been one of incredible pain and loss, there are however a small but increasing number of people coming

from cardiac arrest alive and well," said Dr John Geaney of O.R. Killarney.

"Eventually many more people will survive. We want that time to be sooner rather than later. The only thing stopping us from saving these people is the small number of people who know CPR."

The next session is on Friday, January 8; see OR killarney.com for details and booking.



PICTURED AT KILLARNEY RACE COURSE FOR OPERATION RESUSCITATION TRAINING WERE L-R CATHERINE MCCARTHY, AIDAN FOGARTY, SELENA FINN, MIKE CRONIN, GERALDINE MURPHY (INSTRUCTOR/HEART SAVER AED) & MARGARET O'CONNOR. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT KILLARNEY RACE COURSE FOR OPERATION RESUSCITATION TRAINING WERE L-R DR FIONA GALLAGHER, MIKE TIM O'SULLIVAN, FIONA MCSWEENEY & GERALDINE MURPHY (INSTRUCTOR/HEART SAVER AED). PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

## PRIMARY CARE CENTRES

Killarney was included in the expression of interest for Primary Care Centres which was advertised at the end of 2014 and it is currently at an advanced stage in the procurement process.

The proposal has been forwarded to the National Director of Primary Care and the property committee for sign off. The Development will allow for all primary care services, childrens disabilities services, mental

health and dental services in Killarney to be co-located with at least 5 GPs with a possibility of more GP's located there also.

Deputy Michael Healy Rae has stated that anything that will assist the service users is to be welcomed and co-location should be of benefit to people accessing treatment, help and assistance.

## MUCKROSS ICA

The monthly meeting of Muckross guild of ICA takes place on Monday 14th December at 7.45 in Loughguittane NS.

New members always welcome.



# BeliefFit

## CrossFit Killarney

### Christmas Charity Event 2015 @ Belief Fit CrossFit Killarney in aid of Killarney Cardiac Response Unit!



L-R Cyril Stack, Elaine O'Connor, Justin Healy, Paul O'Neill, Marie Wade & Bernice McMonagle and in front Josie Sugrue & Eric McDonnell.



Pictured at Belief Fit the members who took part in the charity fundraiser for Killarney Cardiac Response unit. Up for the challenge in completing 20,000 Reps which marked the 2nd year anniversary for the popular fitness centre.



L-R Michelle O'Donoghue, Shelly O'Neill, Anne Marie Hickey & Sarah O'Carroll.



Members of Belief Fit Fitness Centre taking part in the charity fundraiser where the challenge was to jointly complete 20,000 reps for Killarney's Cardiac Response Unit.



L-R Breda Keillher, TJ O'Sullivan & Jacinta Buckley.



L-R Aoife Smith, Co Owner Josie Sugrue & Helen McAuliffe.

**50 people took the challenge of  
20,000 reps of 10 movements  
in 3 hours!  
Very successful morning raising  
€1,100 for this charity!**

**Thank you to all for participating  
and donating and helping us  
celebrate our 2nd year Anniversary  
at the Shire that night!**

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**Skincare specialists Maura Conroy & Maureen Murphy will ensure you find the perfect gift instore at Aherns Pharmacy Farranfore this Christmas.**

Maura, who was nominated as best newcomer at this year's Vichy & La Roche Posay Skin Health awards says, "There is no better way to show how much you care by getting the perfect skincare gift for someone special. Both Vichy and La Roche-Posay have created something unique and suitable for all skin types."

Maureen in particular recommends the specially designed gift sets.

"There are six beautiful Vichy giftsets to choose from, and personalised giftsets can also be made up.

La Roche-Posay has designed fabulous giftsets this year and are amazing value; you will receive two free gifts worth €20.00



PICTURED L:R: MAUREEN MURPHY AND MAURA CONROY SKINCARE SPECIALISTS AT AHERNS PHARMACY FARRANFORE.

when you purchase two or more La Roche Posay products."

Maura and Maureen will be delighted to assist you in store in Farranfore and ensure you will have Christmas all wrapped up this year.

Aherns Pharmacy  
Farranfore,  
Telephone: 066 9764110

*Advertorial*

## CONSIDER MICROSUCTION FOR EARWAX REMOVAL

In this week's information feature, we offer reasons why you should consider Microsuction for Earwax Removal

### THE PROBLEMS OF SYRINGING EARWAX

There are several issues associated with earwax removal by syringing of the ear canal. Syringing could and in many cases, did cause issues such as otitis media (middle ear infection), Otitis Externa (outer ear infection), perforation of the ear drum and trauma to the external auditory meatus (the ear canal). Not just that, it actually wasn't very effective at removing the earwax in many cases. That is why the procedure was generally abandoned several years ago. Most earwax removal undertaken in Ireland is now done with an irrigation system.

### IRRIGATION IS SAFER THAN SYRINGING

Of course, modern irrigation is safer than syringing, however there are still the possibility

of some of the same complications arising. It can cause Otitis Media and Otitis Externa, but there is little chance of perforation of the eardrum. Many Patients complain though that it is an uncomfortable process. Because water is used it can also sometimes be messy. This is why we were determined to introduce microsuction earwax removal to our Practice.

### MICROSUCTION EARWAX REMOVAL SERVICE

Introducing microsuction to our Practice allowed us to introduce completely safe, effective and comfortable earwax removal in the comfort of our Practice. Microsuction involves no introduction of liquid or any other material to the ear canal which completely ensures that no infection is introduced. It also means that there is no chance of over pressure bursting the eardrum.

Because we can clearly see what we are doing through the microscope the chance of injury to the ear canal or eardrum is reduced. We are committed to ensuring that we offer cutting edge audiological services to our Patients. For us, the decision to introduce microsuction earwax removal to our Practices was an easy one.

Audiology Medical Services at the Bon Secours Hospital and Scotia House Tralee is Kerry's only independently audited hearing centre of excellence. AMS is the exclusive supplier of the Lyric Hearing Aid which can be worn 24/7, even in the shower and without having to change batteries.

For free trial of the Lyric Hearing Aid, Call **1800 501 501**.

## GLEESON DISAPPOINTED WITH MINISTERIAL RESPONSE

Councillor Michael Gleeson has received the following Reply from the Minister for Finance, Michael Noonan, T.D., to his request that the Department would waive the 23% VAT charge on the purchase of Defibrillators by sporting clubs and voluntary organisations:

The Minister states the VAT rating of goods and services is constrained by EU Vat law with which Irish VAT law must comply. Defibrillators,

other than implantable ones, are liable to VAT at the standard rate of 23%. Parts or accessories are also liable to VAT at the standard rate.

The Minister states that there is no provision under EU VAT law that would make it possible to exempt defibrillators from VAT or apply a zero rate to the supply of defibrillators.

Councillor Gleeson expresses great

disappointment at the response as he had asked the Minister and the Department of Finance to consider refunding the VAT (if it is not possible to exempt or zero rate) following purchase.

He intends pursuing the matter further with the Minister as this point was not addressed in the reply received.



**Aherns**  
Pharmacy

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066 9764110  
[www.ahernspharmacy.com](http://www.ahernspharmacy.com)

*Wishing all our customers a very Happy Christmas and a Prosperous New Year*



VICHY

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• KILLARNEY •

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FROM KIDS TO ADULTS  
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Tralee salon open Sunday 20th December 10-6pm

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*Lir Chocolates & Killarney Outlook would like to treat you to a*

## Special Christmas Giveaway



There are 9 Super Delux Sizes Boxes of Chocolates to be won!  
All you have to do is answer the following question:

**Where is Lir Chocolates situated this year?**

**ANSWER:**

**NAME:**

**ADDRESS:**

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ALL ENTRIES MUST BE SENT TO KILLARNEY OUTLOOK,  
30 HIGH STREET, KILLARNEY BY 5PM ON TUESDAY 15TH DECEMBER




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The Treasure Chest

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



### HOW TO GET YOUR WORK- OUT DONE WHEN THERE IS SO MUCH HAPPENING AROUND CHRISTMAS TIME?

With Party season looming and Christmas parties and Christmas preparations on the go there just doesn't seem to be enough hours in the day? Sound familiar?

Its all too tempting to ditch the workout and promise yourself you will do it tomorrow.....then tomorrow comes and no workout done.....then a week passes and still no workout and so on..... we are all guilty of it!!!!

So how do I fit it in? Try these handy time saving & motivating tips, they may help you out!

- Break your workouts up into 10mins slots. Eg 10mins in the morning before work, 10mins after work. Choose high intensity workouts for this type of short fast programme that recruit every muscle of the body. It saves you time but you have to be willing to train hard for that 10mins. Great fast workouts I love are combining a circuit of Skipping, kettlebell swings & Explosive snatches, Mountain Climbers, Burpee's, Pushups, & Jumping Lunges. There are loads of workouts to choose from and chop and change to suit you. Need help????... then give me a call, text or email.

- Set your alarm an hour earlier and get to your exercise class or to the gym for an early morning burn before the rush of the day takes over and you start making excuses for reasons not to do your workout. At least if you get up first thing and get it out of the way its done!!!! Plus you will turn your body into a calorie burning machine first thing!!! We have some fun Early morning classes in the studio from 7am-7.45am that are very popular if you would like to try them out we love seeing new faces joining in.

- Instead of sitting in a café for an hour at lunch reading a magazine, bring your workout gear and go for a run/ brisk walk for a half hour. You will still have time to grab lunch and freshen up. It will give you a great energy booster for the rest of the day and the air will revive you if you have been sitting in an office all day.

## MORE TIPS NEXT WEEK...

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WWW.FITNESSWITHEDELE.COM



## OUTLOOK FASHION CASUAL CLOTHES

Change the way you see casual – casual doesn't have to be boring. Have fun with clothes, or take some inspiration from those who approach casual a bit differently.

## DIET TIP

### FRUIT AND VEG!!!

Fruit and vegetables are low in calories and fat, and high in fibre – three essential ingredients for successful weight loss. They also contain plenty of vitamins and minerals.



## PARTY SEASON TIP

### ADD SOME GLITTER

A glittery accessory adds instant glamour to any look.



## HEALTHY OPTIONS AND PORTION SIZES *This Christmas*

Portion sizes are important at Christmas so try to eat the same amounts as you would normally.

Turkey and ham are favourites and for a healthier option, you can trim the skin from your turkey or fat from your ham. Sausage stuffing is also a favourite but if you want something healthier maybe try a breadcrumb stuffing made with breadcrumbs, chopped garlic, nuts, seeds and seasonal fruit like berries and raisins.

Roast potatoes are also a Christmas dinner favourite – try making them with a little vegetable oil as a healthy alternative to butter. You can also make mashed potatoes with low fat milk or a splash of olive oil instead of butter.

Steaming vegetables is a great alternative to boiling them, giving them a wonderful taste and texture, and is healthier too. For other healthy vegetable options this Christmas;

Why not try honey or a dash of lemon juice with carrots instead of butter?

Parsnips and butternut squash are full of flavour Brussels sprouts are delicious topped with

crumbled, low-fat cream cheese

And after all that, if you can fit in some Christmas pudding, maybe try a smaller portion than usual, topped with some custard!

A healthy diet and lifestyle can really take a hammering over Christmas. The extra nights out mean there are more opportunities for temptation, and less inclination to be active the next day. No one wants to spoil the fun, but it's worth arming yourself with a few facts on how to beat the bulge. Experts estimate that most people gain one pound (0.5 kg) over the Christmas period. That's around 3,500 extra calories in a couple of weeks!

The trick to preventing this is by trying to make small changes to reduce what you normally eat over Christmas, or by taking the opportunity to be more active during your free time. Reducing your portion sizes is probably the best way to keep your diet under control at Christmas. That way, you can eat a little bit of all your favourites, rather than cutting out seasonal treats completely. Next week: A few switches to you help avoid that extra pound.

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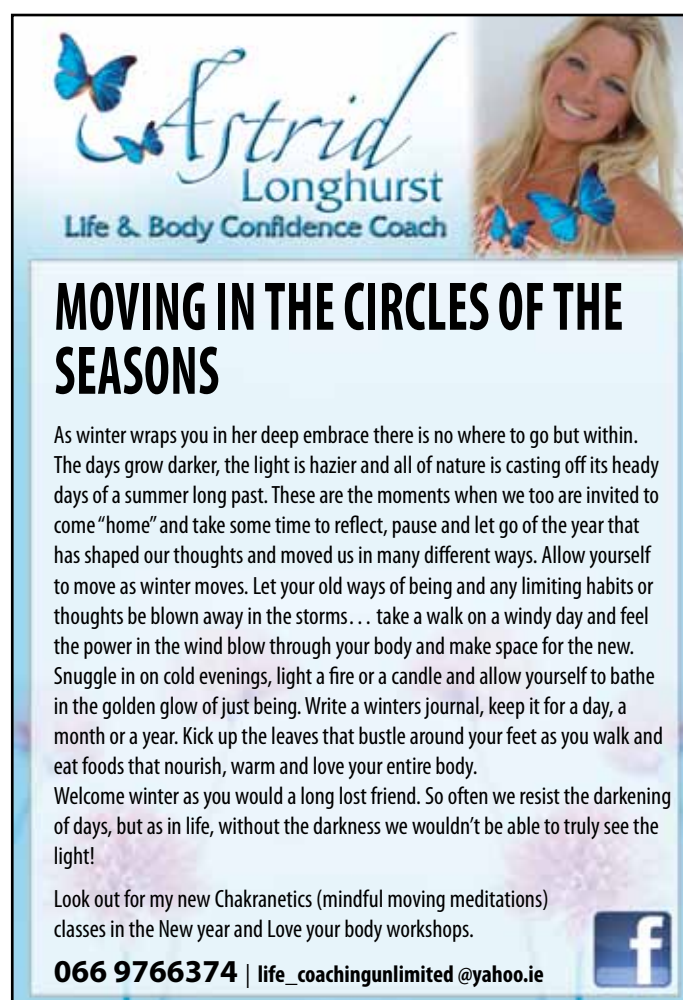
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## MOVING IN THE CIRCLES OF THE SEASONS

As winter wraps you in her deep embrace there is no where to go but within. The days grow darker, the light is hazier and all of nature is casting off its heady days of a summer long past. These are the moments when we too are invited to come "home" and take some time to reflect, pause and let go of the year that has shaped our thoughts and moved us in many different ways. Allow yourself to move as winter moves. Let your old ways of being and any limiting habits or thoughts be blown away in the storms... take a walk on a windy day and feel the power in the wind blow through your body and make space for the new. Snuggle in on cold evenings, light a fire or a candle and allow yourself to bathe in the golden glow of just being. Write a winters journal, keep it for a day, a month or a year. Kick up the leaves that bustle around your feet as you walk and eat foods that nourish, warm and love your entire body. Welcome winter as you would a long lost friend. So often we resist the darkening of days, but as in life, without the darkness we wouldn't be able to truly see the light!

Look out for my new Chakranetics (mindful moving meditations) classes in the New Year and Love your body workshops.

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**LYRIC** is breakthrough technology from Swiss hearing healthcare company Phonak. The soft hearing aid is comfortably inserted in the ear canal and remains in place for up to 3 months. Due to its position in the ear canal, it is completely invisible, with natural sound quality.

"In the 40 years I have practised as an Audiologist, in my opinion the Lyric hearing aid has revolutionised the hearing aid industry."  
Charles Lewis



FOR YOUR RISK-FREE TRIAL CONTACT  
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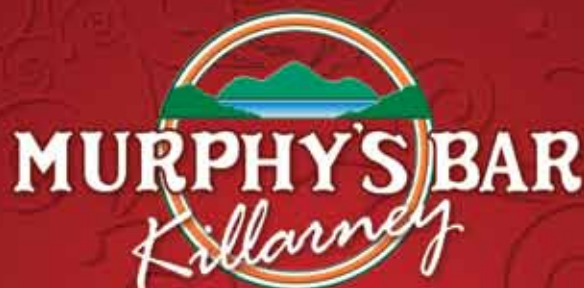
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Open Mon- Sat 10am to 4pm

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**12th & 13th December 2015**

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*We wish a Peaceful & Joyous Christmas to all*



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

### Sports Recreation & Exercise Course (ETK69) - Killarney.

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

### MTA Software & Networking Fundamentals Course (ET1Z4) - Tralee.

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

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

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

### Manual & Computerised Payroll and Bookkeeping (ET0Z5) - Tralee.

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

### Healthcare Support Traineeship (ETS97) - Tralee.

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

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

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

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

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

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

### Legal Administration Traineeship (ETS07) - Tralee.

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

Visit Our New Walk-In Information Service Every Tuesday and Wednesday  
At Kerry ETB Head Office, Centre Point Building, John Joe Sheehy Road, Tralee.  
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To apply or get further information on any of the above courses please contact

**Kerry ETB Training Centre,**

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

[www.kerryetbtrainingcentre.ie](http://www.kerryetbtrainingcentre.ie), E-mail: [training@kerryetbtrainingcentre.ie](mailto:training@kerryetbtrainingcentre.ie)



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**Saturday 26th:** The Ferrymen Front Bar 10.30 - close  
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Sat 19<sup>th</sup>. "Timmy O Connor" 10pm - 12am

Sat 26<sup>th</sup>. "DJ Mikey" 8 - 10pm

**"The Singing Jarvey"** 10.15pm - 12.15am

Sun 27<sup>th</sup>. "Ml. O'Brien & Co" (Accordion @ its BEST) 9 - 11pm

Tue 29<sup>th</sup>. "Martin Williams" 9.30 - 11.30pm

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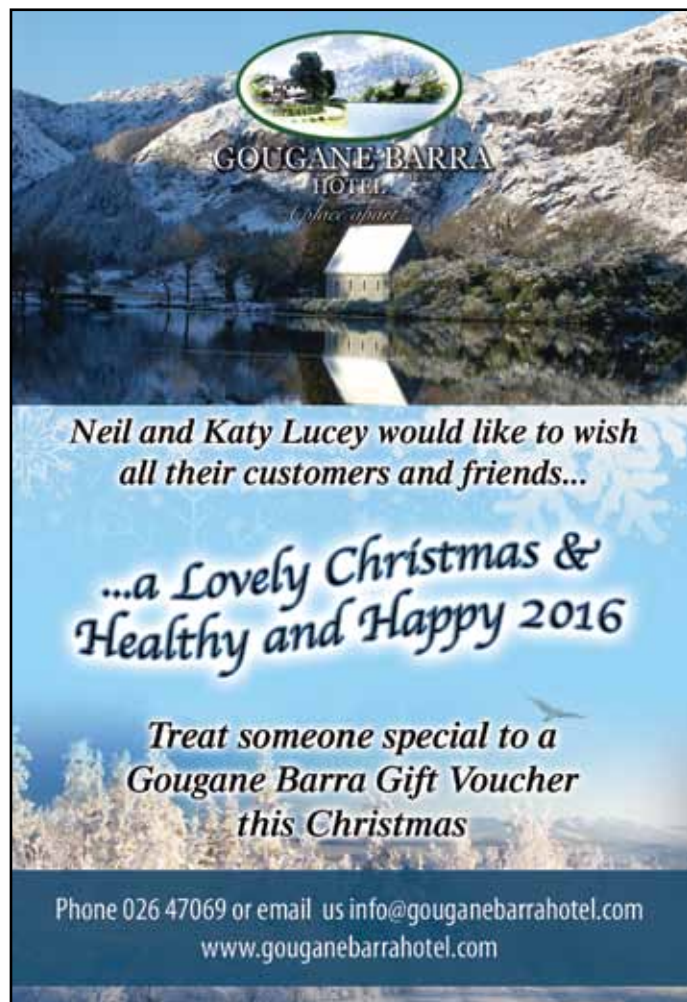
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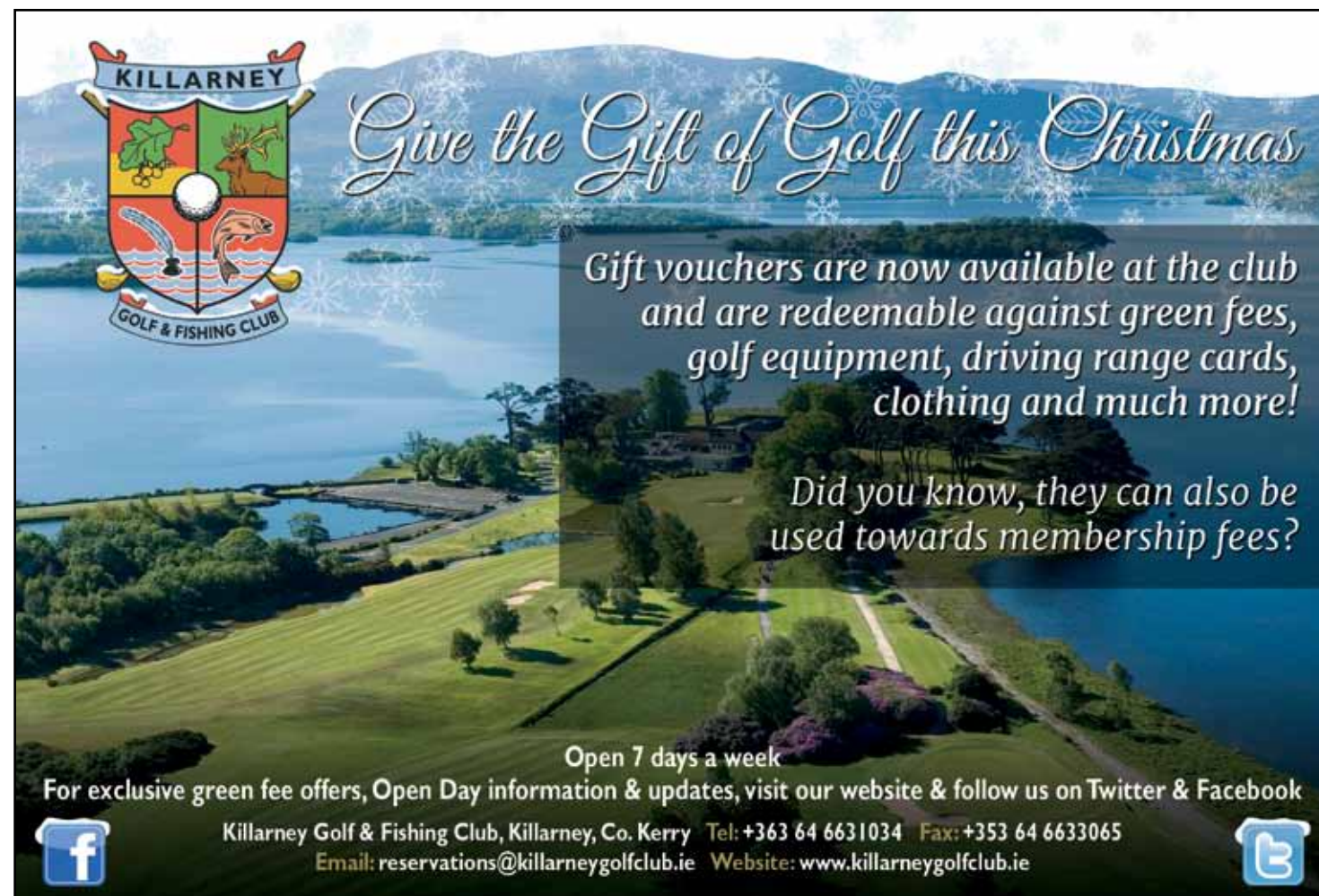


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## Arthur J. Spring TD

*Wishing the people of Kerry a happy Christmas and a healthy and prosperous 2016*

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*Denis Hickey*



THE SPA SCOR NA NOG QUIZ TEAM THAT WON THE COUNTY FINAL IN KILLORGLIN RECENTLY. THIS IS THEIR 3RD TITLE IN A ROW. THEY WILL BE DEFENDING THEIR ALL IRELAND TITLE IN THE INEC ON JANUARY 30TH. THE QUIZ TEAM GO STRAIGHT THROUGH TO THE ALL IRELAND. INCLUDED IN PHOTO ARE LEONA TWISS (COUNTY SCOR OFFICER), SHEILA MCCARTHY (SPA SCOR OFFICER), SEAMUS CLIFFORD (COACH), EILEEN AHERNE (COACH) AND TOM HANRAHAN MUNSTER COUNCIL, DANIEL O'SULLIVAN, JAMES LYNCH, MICHAEL AHERNE AND THOMAS FLEMING.

## EAST KERRY NOTES

### WITH ÁINE NÍ SHÚILLEABHÁIN PRO EAST KERRY UNDER 21 CHAMPIONSHIP - DIVISION 2 SEMI FINAL RATHMORE 4-10 FIRIES 2-11 AET

The Division 2 Semi Final of the East Kerry Under 21 Championship, sponsored by Acorn Holistics and Sports Centre, Killarney was an entertaining game, despite the extremely difficult weather conditions. Played last Saturday, in Farranfore, Rathmore, playing with the very strong wind in the opening half, began in flying form and had 3 goals recorded before Firies got to grips with the conditions, Donnchadh McCarthy, Shane Ryan and Patrick O'Callaghan, on target for the Rathbeg side. Three points from William Courtney and a goal and a point from Billy O'Rourke had Firies back in the game. Rathmore led by 8 at the break. On resumption, Firies, with the aid of the wind, started to eat into the lead and a goal by Willuam Courtney had Firies within striking distance. In an exciting end to normal time, a point by Cathal O'Shea had the sides level and the game went to extra time, with a scoreline of Firies 2-9 Rathmore 3-6.

Rathmore again had the wind to their backs in the opening period of extra time and out scored Firies by 3 points, to lead at the short whistle on a scoreline of Rathmore 3-9 Firies 3-6. Firies came back, with the aid of the wind in the final period of extra time but a second Shane Ryan goal for Rathmore put this game beyond Firies reach. Great credit is due to both sides for an entertaining game well officiated by referee Tom Moriarty (Legion). Rathmore progress to meet neighbours Gneeveguilla in the Final, on a scoreline of Rathmore 4-10 Firies

2-11.

### AQUILA CLUB O'DONOGHUE CUP:

Aquila Club O'Donoghue Cup Semi Finals  
The finalists for this years Aquila Club O' Donoghue Cup will be decided next weekend with the playing of the semi finals. On Saturday, Kilcummin, who were semi finalists in 2014, take on last years winners, Rathmore, in Fitzgerald Stadium, starting at 2.15pm. Kilcummins pathway to the final was a home win against Glenflesk in Round 1 and away Cordal in the quarter final. Rathmore reached the semi final winning their quarter final game at home against Listry. Rathmore had an automatic bye to the quarter final, having won last years title. The second semi final, sees Dr Crokes play last years finalists, Legion, on Sunday in Fitzgerald Stadium with throw in at 2pm. Dr Crokes, overcame last years semi finalists, Spa, at home in Round 1 and recorded victory away against Gneeveguilla in the quarter final, in difficult weather conditions. Legion had an automatic bye to the quarter finals, having been finalists in last years final. Legion played Firies in Dereen, in this years quarter final. There will be extra time if necessary in both semi finals

## DR CROKES CLUB NOTES

**PROGRESSIVE 31:** Progressive 31 continues every Wednesday night in the clubhouse at 8 p.m sharp. €5 entry. Tea / coffee served from 7.30p.m. It is open to Members and Non Members.

**SYMPATHIES:** Deepest sympathies to the family and friends of Tommy Fleming RIP who passed away recently.

**LOTTO:** Lotto numbers 3, 4, 12, 20. Jackpot €4200 not won match 3 12 by €35. Next draw

Sunday 13th of December in Speakeasy. Jackpot €4500. Also 3 €50 vouchers were drawn last Sunday night.

**JUVENILE A.G.M.:** The Dr Crokes Juvenile A.G.M. takes place in the Dr. Crokes clubhouse on Thursday 17th December at 7:30 PM. All members are invited to attend to review 2015 and discuss plans for the Juvenile section of the club for 2016.

**CHRISTMAS PARTY:** The popular Dr. Crokes Christmas Party takes place in the Dr. Crokes clubhouse on Friday, 18th December, 6 PM to 8 PM. The Dr. Crokes Christmas Party is one of the highlights of the year, with a disco, party games, photos and a special visit from Santa Claus. It is hoped to see all the boys and girls from the Saturday Morning Academy. Parents welcome also to join in the fun, so remember the dates - Thursday 17th Juvenile AGM, Friday. 18th Kids Christmas Party.

## SPA CLUB NOTES

### ANNE HOLLAND

### SENIOR COUNTY LEAGUE RD 11

**SPA 2-14 CURROW 1-14:** Our seniors pulled off a great win in the last round of the league with a very comprehensive win.

A great end to the league which secures our position in the 2nd Division. Best wishes to David Spillane on a speedy recovery who picked up a leg injury at the game.

**SPA COISTE NA NÓG:** Annual Draw Friday, 11th December. Tickets can be returned to Aidan Cahill, Lissivigeen N.S., Conor Gleeson, Tiernaboul N.S., John O'Donoghue, Loughquittane N.S., or to the Torc Hotel (formerly Darby O'Gills) on the evening of Friday 11th before 9pm. Fundraising is vital for the ongoing success of the club, so please do return all tickets sold and unsold. Please contact Bernie Courtney for further details 0871385612.

**SCÓR NA BPAISTI:** Club members who may be interested in participating in forthcoming Scór na bPaistí (Primary school children) competitions are invited to contact Spa Scór Officer Sheila McCarthy at 087-7614847. Scor disciplines are Set and Figure Dancing, Recitation, Drama, Solo Singing, Instrumental Music, Ballad Group and quiz.

**SCÓR NA NÓG:** Munster final on 3rd Jan 2016 in Cappaquinn at 2.00pm. A bus to Cappaquinn will be organised, depending on demand. If you are interested, please contact Sheila McCarthy at 087-7614847.

**MERCHANDISE SHOP:** Contact Mathilda 0876487356 for last minute Christmas orders or give your loved one a gift voucher for Christmas.

**SPA LOTTO:** €13,200 no winner in McSweeney's. Numbers drawn: 7, 10, 22, 25. LNext weeks draw for €13,400 in Jimmy Briens Bar.

**SANTA:** Santa had a bumpy ride to Spa



through Storm Desmond but arrived to greet the exciting kids last Friday night. Thanks to Sheila McCarthy and her committee for hosting this annual event.

**SCHOOLS LINK:** Congrats to the Sem team on their recent O'Sullivan win. The TY students in St. Brigids and St Brendans who starred in the Musical Bugsy Malone. A brilliant show with top class performances from leading man Adam Dennehy, fellow actors Niall McCarthy, Sean Cahill, Stephen McKenna and production team Cian Fahy and Oran Claffey. Long may this great initiative continue.

**COMMUNITY NOTES:** Sympathy is extended to the relatives of Frankie Moloney, late of Lissivigeen, who died in Birmingham. Also to the family of Josie O'Shea, Woodlawn Road, whose late husband Donal "Dodo" O'Shea won a Junior East Kerry medal with Spa in 1952. May They Rest in Peace.

## BEAUFORT GAA NOTES

**BEAUFORT MINORS:** Played Laune Rangers in the Mid-Kerry Minor Championship semi-final on Sunday. Beaufort began brightly but had a few wides before the homeside opened the scoring with a point from play. It took 5 minutes for the next score which came from play from Aaron Foley after Cian O'Sullivan won a good ball. Beaufort should have taken the lead but were wide with a free and Laune Rangers had 2 points. They were also wide with a goal chance. Aaron Foley sent Mike Breen through for a good point from play. Laune Rangers extended their lead to 3 points before Mike Breen was dragged down, the foul going unpunished but Mike Breen scored the free. He followed up with another free after Cian O'Sullivan was fouled. Cian O'Sullivan won another good ball at full-forward and sent Mike Breen in for another point. Beaufort defended well but a silly push gave Laune Rangers a free before half-time to lead 0-6 0-5 at the short whistle.

Dylan O'Sullivan replaced Paul Murphy at half-time. Beaufort began the 2nd half well and had a goal from Joseph Glinwood and were also defending well with Cormac O'Connor and Ian McGillycuddy doing particularly well. Jonathan Kissane saw red after 10 minutes of the 2nd half which made Beaufort's effort a whole lot harder. Laune Rangers cut the lead to the minimum. Pdraig Cronin replaced Pdraig Cronin. Mike Breen had a free when Cian O'Sullivan was fouled. Laune Rangers had a free. Paudie Coffey replaced Keith Moloney. The home side levelled matters on 20 minutes. Kealan Cahill replaced Kevin Coffey. Laune Rangers had a goal attempt well saved by Darragh Curran but the rebound was finished to the net. Laune Rangers had 2 point from play and a from a free to finish the stronger and leave the full-time score Laune Rangers 1-11 Beaufort 1-6. They now play Milltown/Castlemaire in the final.

**BAG PACKING:** In SuperValu in Killorglin on Wednesday, 23rd December. Parents help

is required. Contact Bridget Hartnett, Eileen O'Hagan or Nora Hallissey. One and a half hours is what the time slots are beginning at 9.00am. Please help out.

**LOTTO:** Results of Lotto Draw for a Jackpot of €4,400 held in Kate Kearney's Cottage on Sunday night. Numbers drawn 6, 10, 15, 20. Winner Sonya Butler. Beaufort Valley. Next Draw for a Jackpot of €2,000 will be held in Galvin's Bar. This is also the Christmas Draw with extra prizes of festive hampers and bottles.

**CLUB GEAR:** With Christmas around the corner anyone interested in 'Christmas stocking fillers' should contact Mary Cronin or Nora Hallissey as soon as possible in case any gear has to be ordered. Special Offer on Club Hoodies. Contact Mary Cronin or Nora Hallissey.

**EXERCISE CLASSES:** Classes continue as follows: Pilates with Jonathan. Mondays 10am to 10.55am. Active Retired Exercise Mondays 11am-11.55am. Pilates with Tony: Monday 7 to 7.55pm, intermediate 8 to 8.55pm, intermediate to advanced.

**GAA NATIONAL CLUB DRAW:** Beaufort is taking part in G.A.A National Club draw. It is organised by G.A.A., Croke Park to assist Clubs with expenses. All money is retained by Club. There is first prize of car and other prizes of holidays and All Ireland ticket packages. Tickets are €10 each. They are available at present from any Beaufort Committee member.

**LADIES FOOTBALL:** Exciting times ahead in the Club. A Senior team is being formed in the Club as there are a lot of girls playing at this grade outside of the club so it would be great to get them back and play with their home club. Any girls interested in playing or being involved with the club can contact Nora Hallissey, MaryJo, Cliona Coffey or Amy Foley.

**QUIZ:** The very popular GAA QUIZ will be held this year on Sunday, 27th December in Kate Kearney's Cottage.

## KERRY COISTE NA NOG

**AGM:** Kerry Coiste na nOg held a very well-attended and successful AGM last Thursday in the Kerins O'Rahillys Clubhouse.

Outgoing Vice Chairman Reggie Griffin, Secretary Tadhg O'Halloran, and Asst. Treasurer Kieran Coffey stepped down from their posts under the five year rule, and very warm tributes were paid to their enormous contribution to Coiste na nOg, most particularly by Chairman Tom Keane. Tadhg assumes the position of Secretary, while Reggie and Kieran will be staying on as Executive delegates.

There was generous applause when Kenmare and Kilgarvan were jointly awarded the Bob Walsh Memorial Trophy for Best Club of the Year.

Among the highlights of the night were the speech by County Board Vice Chairman Diarmuid O Se, a presentation on Health and Safety by Child Welfare Officer Bernie Reen, and Development Officer Eamon Whelan's

presentation on the enormous work carried out in coaching and development in Kerry over the past year.

One of the main talking points was the preparations for hosting the National Feile 2016, which Coiste an nOg is looking forward on the weekend of June 24th, 25th, and 26th next year.

The incoming Executive of Kerry Coiste na nOg is:

Uachtarain – Patsy Cremin (Spa).

Chairman – Tom Keane (St. Marys).

Vice Chairman – Tadhg O'Halloran.

Runai – Mags Evans (Keel).

PRO – Aileen Stack (Moyvane).

Asst. PRO – Jimmy O'Sullivan Darcy (Spa).

Treasurers – Mike Hussey (Ballyduff), Derek Daly (Churchill).

Registrar – Mary Jo Coffey (Beaufort).

## LISTRY NOTES

Sunday 6th December, 2015

Winning Numbers 3, 12, 17, 25

Jackpot €8,000 Not Won.

Draw Entrant: John O'Donoghue C/o Maura

Jackpot next week Sunday, 13th December. €8,150. €1,000 Draw Winner for 2015: Tim Lynch.

## LIEBHERR THROUGH TO ALL IRELAND SEMI FINALS

**LIEBHERR CONTAINER CRANES 0-19 ELI LILLY 0-06:**

Liebherr are through to the All-Ireland Senior Inter-Firm Semi-Final after overcoming Eli Lilly of Cork in last night's Senior Final played in perfect conditions in Lewis Road. The home team led at half time, 0-9 to 0-1, though Eli Lilly started the brighter but were then hampered by the loss of Cork County Star Fintan Gould 15mins into the 1ST half. Liebherr's work ethic was brilliant on the night and they played some great football against a strong & competitive Eli Lilly Team. Liebherr now face an away trip to take on the Winners of the Leinster Finalists in the All-Ireland Semi Final in late January.



PICTURED PETER DENNEHY & MICHAEL MULCAHY (INTERFIRM BOARD) & EOIN LAWLOR (CAPTAIN) OF THE LIEBHERR TEAM WHO BEAT ELI LILLY IN LEWIS ROAD.



PICTURED WITH SPA MANAGER OF THE AGHADOE HEIGHTS HOTEL, NOREEN MIDDLETON (CENTRE) WERE BERNIE HEALY (LEFT) & SHELLY MURPHY (RIGHT) ENJOYING THEIR CUSTOMERS CHRISTMAS SPA EVENING. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE AGHADOE HEIGHTS HOTEL SPA EVENING WERE SEAN TAAFFE PERSONNEL WHO WORK CLOSELY WITH THE SPA AND WERE AVAILABLE FOR DEMONSTRATION TO GUESTS OF THE SPA ON THE NIGHT L-R SHAUNA RIORDAN, REBECCA ATKINSON, KARA O'SHEA & IN FRONT, SIMONE ZIOBAKAIT. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



SANTA AT KILLARNEY OUTLET CENTRE.. VISITING SANTA CLAUS IN HIS CHRISTMAS CABIN AT KILLARNEY OUTLET CENTRE LAST WEEKEND WERE CON, MOIRA AND ANN O'DONOGHUE, MUCKROSS



CHRISTMAS IN KILLARNEY TEA DANCE LAST WEDNESDAY EVENING AT THE MALTON HOTEL. PICTURED FRONT L-R NEILY O'CONNOR, NORA FLEMING, CLLR MICHEL GLEESON, SUE MC DONOUGH AND CAHIL WALSH, BACK L-R KATHLEEN KENNY, MARY CASEY, PADRAIG HARNETT, EILEEN MC SPARRON AND JOAN BUCKLEY. PHOTO BY MAREK HAJDASZ MH PHOTOGRAPHY



DENISE BRENNAN VALERIE FOLEY MONIKA STOPA MAGDA MENTELSKA KAREN CROSSLEY DANUTA MACOIL AND TERESA O MAHONY ALL THE GIRLS FROM LEADING LABELS AT THE BREHON SATURDAY NIGHT CHRISTMAS PARTY



THE DOOLAN FAMILY, DENIS AND CATRIONA, WITH THEIR CHILDREN, LUKE, ALEX, EVIE AND JESSIE, ENJOYING THE ANNUAL CHRISTMAS TREE LIGHTING AND SANTA VISIT, AT THE BREHON HOTEL, KILLARNEY IN AID OF ST VINCENT DE PAUL. PHOTO: VALERIE O'SULLIVAN



YOUNG CHOON-PARK WITH ROSEMARY JENKINSON, HANNAH, WILLIAM AND PAUL SHERRY, DAVID BROWNE AND LIZ SHERRY AT THE EVENING PIANO RECITAL WITH YOUNG CHOON-PARK AND GUESTS AT THE FRANCISCAN FRIARY, KILLARNEY, ON SUNDAY NIGHT. PICTURE: EAMONN KEOGH (MACMONAGLE.COM)



PICTURED AT THE INEC AND ENJOYING THE IHF BALL WERE L-R MARK SCALLY, CATRIONA SCALLY, GEMMA RING & PAUL O'NEILL. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



SANTA AT KILLARNEY OUTLET CENTRE.. VISITING SANTA CLAUS IN HIS CHRISTMAS CABIN AT KILLARNEY OUTLET CENTRE LAST WEEKEND WERE ADRIAN AND ANNE MARIE MORIARTY, RATHMORE, WITH CHILDREN DARA, AINE AND ROSS.



SANTA AT KILLARNEY OUTLET CENTRE.. VISITING SANTA CLAUS IN HIS CHRISTMAS CABIN AT KILLARNEY OUTLET CENTRE LAST WEEKEND WERE MAX, MARCO AND STEPHANIE REGASO, KILLARNEY.



## KILLARNEY COUGARS BASKETBALL CLUB

### JUVENILE NEWS

#### BOYS U14 LEAGUE DIV I

##### BOBCATS 41 KILLARNEY COUGARS 53

The Moyderwell Gym was the venue for this Div 1 clash as the Bobcats hosted the Cougars with the visitors having to recover after a strong start by the home side. The Bobcats raced into an early 10 point lead with a strong performance by Sean Pollman Daamen contributing 9pts before the Cougars recovered well to trail 13-8 by the end of the qtr with Tommy Bowler on target with a couple of good baskets.

The Cougars improvement continued were now up and running in the second qtr as Ruairi Murphy with 9pts to push Cougars ahead by half time with Colm Talbot strong on the boards for Cougars. The Cougars continued to impose their game on the Bobcats with Sean O'Brien in top form contributing 12pts in the third qtr to have Cougars ahead 37-28, with Tim Pollman Daamen hitting some good baskets for the home side. The sides went basket for basket in a fast open game in the final qtr as the Cougars secured another good win on the road. Best for the Bobcats were twins Sean & Tim Pollman Daamen and Jack Tobin with Cougars having fine performances from Tommy Bowler, Colm Talbot, Sean O'Brien and Eoghan Myers.

#### BOYS U14 LEAGUE DIV II

##### KILLARNEY COUGARS 23 ST MARYS 37

Cougars hosted the unbeaten League leaders at the Pres Gym and despite a good first qtr they went down to the visitors from Castleisland. Cougars led 9-5 at the end of the first qtr with Daire Murphy and Cian Power scoring some good baskets. The Castleisland boys responded well to dominate the second qtr to lead 19-13 by halftime and went onto control the third qtr before Cougars responded well with good baskets by Harry Byrne in good final qtr but it was too little too late. Best for Cougars were Roan Coffey, Simon Coffey, Jackson O'Mahony, Cian Power and Harry Byrne.

#### GIRLS U17 CUP:

##### KILLARNEY COUGARS 45

##### GNEEVEGUILLA 25

Cougars good run in the league carried over into this Cup game as they comfortably accounted for Gneeveguilla. Cougars led throughout with Grace Cahillane opening well for the Cougars with two good baskets and Shelly Clifford, Kate Stack and Kate Maher all contributing good baskets. Cougars led by five points at the break with Gneeveguilla working hard to stay in the game with Catherine Daly impressing with 6 points. Cougars upped their intensity in the second half with Kate Stack and Kelly Ahern both contributing some fine scores to push Cougars ahead by 10 entering the final qtr. Cougars controlled the final stages with a good spread of scores with Ciara Griffin and Anna O'Reilly all stepping up on defence to see the Cougars advance to the semi-final.

#### BOYS U16:ST BRENDANS 30

#### KILLARNEY COUGARS 38

Cougars travelled to the Moyderwell and came away with a deserved win thanks to a strong second qtr performance. The teams were level 14-14 at the end of the first qtr with David Bartlett and Daniil Alekseinko in good form with 6 pts each. Cougars dominated the second qtr to open a good lead thanks to great baskets by Eoin O'Donnell, Callum Hennessy and Eoin Talbot to lead 26-18 by halftime. The teams went basket for basket through the second half and Cougars kept the lead in tact to the end to secure a good win on the road.

#### SENIOR NEWS: LADIES DIV III:

##### KILLARNEY COUGARS 36

##### ST ANNES FARRENFORE 41

Cougars hosted St Anne's on Tuesday evening and the meeting of the two unbeaten sides in the league was a close contest and entertaining game with the visitors coming from behind to take the points. The visitors made a confident start to lead 6-0 with Deirdre O'Sullivan impressing before Cougars responded well to lead 11-10 by the end of the opening qtr with Fiona McSweeney, Ciara Meaney and Debra Murphy all hitting good scores. St Annes dominated the second quarter as both sides rotated the bench players into the game with Deirdre O'Sullivan again impressing adding 4 points as they went in ahead at half time deservedly 22-18. The Cougars again responded well with great defence to causes

several turnovers leading to good baskets on the fast break from Ciara Meaney 6pts and Abigail Graham. St Annes were far from finished and a very composed final qtr saw them hit the front again and once ahead they held onto the lead to frustrate Cougars with Coach Timmy Clifford getting the maximum from his side with a great spread of scores and some good defence to deny the Cougars any chance of a final comeback.

#### MENS LEAGUE DIV I

##### PAULS 67 KILLARNEY COUGARS 62

Cougars travelled across town to take on Pauls in the Killarney Sports & Leisure Center on Friday evening and a close well contested encounter throughout with Pauls making home advantage count to come out on top. Pauls were dominant on the boards throughout the evening and this proved decisive on the night with a strong

defensive performance in the final qtr to deny Cougars a late surge.

Pauls led 20-18 at the end of the opening qtr and they increased the lead to 38-32 by half time with Billy Wiseman shooting some good early baskets and Paul Clarke and Sarunas both dominant on the boards with some well worked scores inside with Cougars three point shooting of Darren Gaffey, Jourdan Devoll and Alan Flynn keeping them in contention.

Pauls managed to hold the lead throughout the second half with the sides going basket with Cougars trying hard they couldn't get the baskets to close the gap as time ran out as Pauls held out to take the points. Best for Pauls were Billy Wiseman, Phillip O'Connor, Paul Clarke and Sarunas with Darren Gaffey, Alan Flynn and Eugene Bowler impressing for the Cougars.

#### SENIOR FIXTURES.

December 13th, Mens Senior Div 1

Killarney Cougars v St Brendans 3.30pm

Moyderwell. December 15th, Womens Senior

Div 1, Killarney Cougars v St Bridgets 7.45pm

Mitchels Gym.

Mens Senior Div 1

December 17th

Killarney Cougars v Gneeveguilla 7pm Pres

Gym.

Further details and updates available on the website and facebook or contact the club secretary on 087-4175493 or email [secretarykillarneycougars@gmail.com](mailto:secretarykillarneycougars@gmail.com)

**Outlook**  
MAGAZINES

**The Souvenir Edition of  
Killarney Outlook will be available on  
Wednesday 23rd December.**

**The Killarney Outlook Office will close for the  
Christmas Holidays at 1pm on Wednesday 23rd  
and will reopen on Monday 4th January 2016.**

*We wish all our Readers, Advertisers and  
Contributors a Happy Christmas and New Year*



## FARRANFORE MAINE VALLEY

Thanks to all our club members who turned out to support the Ger Daly's Fundraising 5K in Killarney last Sunday. There was great support from all the locals and enough money was raised for Ger to purchase his new racing wheelchair.

Dunnes Stores of Killarney has kindly allocated us a day to fundraise in their store on Friday 11th December. Please come along to support. Plans are well on the way for our Annual St. Stephen's Day 5Km Road Race / Fun Run. This is one of the longest running road race in Ireland, now in its sixty fourth year. The race starts and finishes in Farranfore village. Start time is 12 noon & registration is from 10:45am at the Farranfore Sports Hall. Prizes for first six men & women and all age categories with plenty of spot prizes. Check out our website & Facebook for full details.

**CLUB TRAINING:** Junior / Senior training Thursday at 6:40pm in GAA grounds Farranfore. The session will help to improve your running technique, endurance and speed. Club members €2, non-club members €4.

Training is outdoors, so come prepared for all weather conditions.

**ATHLETIC'S FIXTURES:** Farranfore Maine Valley AC Annual 5K Road Race/Fun Run - Saturday December 26th at 12 noon in Farranfore. Registration on the Day in Sports Hall. All information on our website: [www.ffmvac.blogspot.com](http://www.ffmvac.blogspot.com)

## MUCKROSS ROWING CLUB

**SYMPATHY:** The club extends its sympathies to Ger, Martina, Shannon and all the O'Shea and Gavin families on the death of Josie O'Shea. Ar dheis De go raibh a nam uasal.

**MUCKROSS HOR UPDATE:** It was with great regret that the club was forced to cancel the staging of our annual Head Of the River time trial event scheduled for Saturday last, due to weather conditions. The event had once again attracted a major crew entry from around the county but unfortunately Storm Desmond would ultimately dictate matters countrywide last weekend. Our thanks go to everyone who had volunteered to help out and all involved in the significant planning of the event behind the scenes. The club is reviewing the possibility of rescheduling the event for mid January.

**THANK YOU:** Our thanks to BluePoint Laboratories based in Little Island, Cork for their recent generous support to the club.

**STORM DESMOND:** It is fair to say that few anticipated the scale of the impact wreaked upon the Killarney valley last weekend by Storm Desmond. While training was cancelled, the club's Old Boathouse could not escape the force of the driving rain, storm force winds and rising water levels at the lake shore. The swell in the lake marked a height on the rear wall of the boathouse, an extremely rare event in the past generation. On Sunday morning, club

members literally waded in to the boathouse to see the impact of the storm within. While water levels caused some boats to be raised in a float off their racks, thankfully damage was minimal overall with nothing beyond repair. Our thanks to all who helped with the recovery mission on Sunday, looking forward to waters receding and normal service resuming at the Muckcross shore!

**FUNDRAISER:** Our thanks to everyone who supported our Bag Packing fundraiser held last week and to all who volunteered their time to help out.

**MEMBERSHIP 2016:** A final word of thanks to all who attended our Registration Day. Club membership and Rowing Ireland subscription fees are due for all existing members for 2016. Completed renewal forms and fees are to be returned to Club Registrar Jeremy Kenny as soon as possible.

## FOSSA ROWING CLUB NOTES

**AGM 2015:** The club held their annual AGM Friday night. We would like to congratulate our new chairman Mr Conor Griffin and wish him the very best in the hot seat. We would like to thank our former chairman Connie Daly on the amazing work he did and the time he gave to the club the past few years. However, Connie will always remain in the club and keep us all on the right path as he takes the position of vice chairman. We also would like to welcome our new club captain Donal Daly to the officer committee.

**CHRISTMAS CYCLE 2015:** Time of year has come again for the bikes to be dusted! Fossa rowing club once again will hold a Christmas cycle on January 2nd at 10am. The cost is €10 a child and €20 an adult. There will be plenty refreshments available after the cycle. Volunteers and stewards on the day would be greatly appreciated. Meeting in relation to the cycle will be held on December 21st to discuss the route and to finalise all decisions and opinions.

**MEMBERSHIP:** Membership is now due and can be made payable to any club officer. The rates are €40 child (price includes regatta fees), €80 an adult, €100 family and non rowing members €20.

**CHURCH GATE COLLECTION:** Fossa Rowing Club annual church gate collection will be held the weekend before Christmas in Fossa Church. Any members available your help will be greatly appreciated. Thanks for the support.

**HAPPY BIRTHDAY:** The club would like to wish Raphael Murphy a happy belated 50th birthday.

**CONGRATULATIONS:** A big congratulations goes to our newly elected club captain Donal Daly on his engagement last week to Nicola. We wish ye both the very best for the future.

**HAPPY CHRISTMAS:** The club would like to wish all our members and everyone in the community a very Happy Christmas and a peaceful new year.

## KILLARNEY RFC NEWS

**STORMS:** In a weekend where the weather wreaked havoc across the county, Storm Desmond wreaked havoc to many sporting fixtures across the country. Killarney RFC was not immune to the storm as Desmond caused the cancellation of fixtures and training. Basically everything on Saturday was cancelled. The U14's were due to travel to Cromane to play a match V Killorglin but this game had to be cancelled. The minis training was cancelled on safety grounds as the worst of the weather hit Saturday morning, we felt that it would be unfair to expect parents to travel or kids to train. We will be back training next weekend.

**FETHARD V KRFC SENIOR XV:** Our seniors travelled to Fethard RFC to play the next round of the Munster Junior League on Sunday. Following the very poor weather on Friday and Saturday, Sunday was a very mild, dry day and was perfect for rugby. Chris Myers crossed the line for us while the returning Padraig Sheahan had a great day from the boot, kicking 2 penalties and a conversion. The game finished 13 - 12 to the visitors. Well done to Ger Moynihan's charges and a huge welcome back to Padraig, who has returned from injury. This was Padraig's first full game in almost two years. Good to see you back!

**U18'S V SHANNON:** Killarney/Castleisland took on Shannon at Cragreens on Sunday and narrowly lost out on a scoreline of 8 points to 5 points. Hard luck lads.

**MINIS CHRISTMAS PARTY:** The Killarney RFC Mini's Party takes place next Sunday, the 13th at the Killarney Avenue between 1 - 3 pm. Come along and have some fun and meet Santa on the day. All minis payers welcome and their families. Contact Mini Co-Ordinator Liam Murphy on 087-4145662 for further details.

## KILLARNEY SOUTH COMMUNITY GAMES

A big thank you to all the parents and the wider community for the support for the blue token Killarney South Community Games Tesco Fundraiser continuing in the Tesco, New Street store. This is the time of year when we decide what events to enter for 2016. Please check the Kerry Community Games website and if there is any Sporting or Cultural event that you would like to enter a team or individual in 2016 please contact Anthony Greaney, Chairman, on 087-7098695 and he will be pleased to assist and complete the entry process for you. We will be arranging a meeting also to discuss same and everybody in the Killarney South area with an interest in Community Games is welcome to attend. Full details to follow.

#lovekillarney



## KILLARNEY SWIMMING CLUB NOTES

What a fantastic fortnight it has been for the club with swimmers taking part in an Invitational gala in Tralee on the 28th of November and in a "B" gala in Askeaton on the 6th of December. Showing huge commitment and improvements all around, our swimmers can now look forward to a break from competition until the New Year, with only our own annual fun gala, on the 20th of December in Killarney, scheduled for between now and Christmas. Well done to all.

**UNDER 11 GIRLS:** Congratulations to Pia Hickey who put in some powerful displays in Tralee taking silver in the 100 metres backstroke and a second silver in the 50 metres freestyle. Barely pausing to draw a breath, she proceeded to win silver in the 200 metres freestyle and in the 100 metres butterfly in Askeaton.

**UNDER 11 BOYS:** Some great performances by these young lads in Askeaton with Ethan O'Neill winning gold in the 100 metre breaststroke and silver medals in the 100 metres backstroke and the 200 metres Individual Medley. Nathaniel Doncel won a trio of bronze medals in the 200 metres freestyle, the 100 metres butterfly and the 100 metre breaststroke while Colm Looney won bronze in the 100 metres backstroke with a very fast time indeed.

**UNDER 13 GIRLS:** In Tralee, Wiktorja Niewiadomska had a great day in the pool winning gold in both the 200 and 50 metres freestyle and also picking up a bronze in the 100 metres backstroke while in Askeaton Saibh O'Brien won a tricky gold in the 100 metres backstroke and a stylish silver in the 100 metres butterfly. Meanwhile, Ellen Farndon took a well-deserved bronze in the 100 metres backstroke and Aisling Coffey, showing great pace, won a bronze medal in the 100 metres butterfly.

**UNDER 13 BOYS:** Charles O'Brien showed some serious style in Tralee taking a difficult bronze in the 200 metres breaststroke and then dismissing all opposition in Askeaton to seize the gold in the 100 metres breaststroke. Also in Askeaton the Daly brothers, Donal and John were knocking lumps out of each other (and anyone else who stood in their way) in all disciplines with Donal winning silvers in the 200 metres Individual Medley and the 100 metres breaststroke together with bronze medals in the 200 metres freestyle and the 100 metres backstroke.

**UNDER 15 GIRLS:** In Tralee, Margaret O'Brien won a spectacular gold medal in the 200 metres butterfly, undoubtedly the hardest race on the card.

**UNDER 15 BOYS:** Also in Tralee, Alan O'Shea won a very tasty bronze in the 200 metres backstroke. In Askeaton, John Daly was refusing to be outdone by his younger brother and took silver in the 100 metres backstroke, the 100 metres butterfly and the 200 metres Individual Medley together with a handy bronze in the 200 metre freestyle - both brother easily notching up "A" gala qualification times.

**OVER 16 GIRLS:** A special entry in Tralee was Marta Doberschuetz who took to the waters for the club in some style winning gold in the 100 metres breaststroke, silver in the 200 metres breaststroke and another silver for good measure in the 100 metres freestyle. In Askeaton Janine O'Connor, relying on her speed, won a gold medal in the 200 metres freestyle, and a pair of silver medals in the 100 metres backstroke and the 200 metres Individual Medley - they'll look good on the Christmas tree in Fossa!

**OVER 16 BOYS:** In Tralee, Shane Courtney won a bronze medal in the most difficult and closely watched swimming stroke of all, the 200 metres butterfly. Robert O'Brien produced some powerful strokes to win silver in the 100 metres breaststroke, bronze in the 100 metres butterfly and yet another bronze medal in the 200 metres backstroke while Shane Kerins drew attention by winning silver in the 100 butterfly and bronze in the 50 metres freestyle.

**RELAYS:** Under 12 girls - Well done to Aisling Coffey, Ellen O'Connor, Moya Noctor and Ellen Farndon who won gold in the freestyle relay and silver in the Medley relay.

**UNDER 12 BOYS:** Nathaniel Doncel, Colm Looney, Charles O'Brien and Ethan O'Neill did the business for the club in the 200 metres Medley Relay winning gold medals.

**UNDER 14 BOYS:** Paul O'Leary, Rian O'Donovan, Sean Farndon and Donal Daly, who were on fire all day, won gold in the Medley Relay and silver in the freestyle relay.

A special mention for Elizabeth McGuire who was taking part in her first "B" gala and who had some really superb swims - definitely one to watch for the future. Also Eva Quinn who became our first soldier injured in combat when she fell in Tralee and broke a bone - but that didn't stop her travelling to Askeaton, complete with crutches, to support her teammates! Well done Eva and we'll see you back in the pool in January. Thanks to our coaches who travelled to Tralee and to Cathal O'Brien and Leontia Doody who were fantastic in Askeaton. Thanks also to all parents who travelled in poor weather conditions, especially those who took part in the timekeeping.

## GLENFLESK COMMUNITY GAMES

If interested in participating in the following Community Games events, please contact Helena on 087-2468396 before 18th December 2015.

### INDIVIDUAL EVENTS:

Music solo Under 12, Under 16.  
Singing solo Under 12, Under 16.  
Recitation Under 12, Under 16.  
Projects Under 10, 12, 14, 16.

### MIXED TEAM EVENTS:

Basketball Under 11, over 9.  
Draughts Under 10, over 7.  
Draughts Under 12.  
Draughts Under 14.  
Music Group Under 12, Under 16.  
Singing Group Under 12, Under 16.

### BOYS TEAM EVENTS:

Badminton Under 15, over 12;  
Basketball Under 13, over 10;  
Basketball Under 16, over 13;  
Indoor Soccer Under 10, over 8;  
Indoor Soccer Under 13, over 10.

### GIRLS TEAM EVENTS:

Badminton Under 15, over 12;  
Basketball Under 13, over 10;  
Basketball Under 16, over 13;  
Indoor Soccer Under 10, over 8;  
Indoor Soccer Under 13, over 10.

Please note that competitors must be resident in the parish of Glenflesk.

## WORKMENS ROWING CLUB NOTES

**WINTER TRAINING:** Storm Desmond reared his head last weekend, closing Ross Road and causing Lough Leane to invade our boathouse. Never fear, Mikey Joe and comrades were there to save the day. Well done and thank you all for rescuing our precious equipment. A very special 'go raibh maith agaibh' to Bernard Ford and Olga Ni Riain for their help lifting the boats. Your help was greatly appreciated!!!

**OFF WATER TRAINING:** Continues at the usual times.

### MEMBERSHIP OF ROWING IRELAND 2016:

This is due to our treasurer as soon as possible. For all those wishing to compete in the New Year, fees are as follows:

Adult €55, junior €25, recreational €27.50.

**CALENDAR:** We hope to be able to take pictures for our calendar this Saturday, weather permitting. Members will be notified of the time, by text.

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## DARCY HAT TRICK HELPS KERRY SEE OFF CORK:

### 15'S INTER LEAGUE:

**KERRY SL 5-2 CORK SL:** As winners of the Kennedy Cup in June this Kerry squad will be the target for all others as the 15's Inter League gets underway. And that was certainly the case in this opening round against Cork in Celtic Park, Killarney. The visitors blitzed Kerry in the opening minutes and went ahead after 4 minutes when Tyreik Wright got on the end of a Ethan Varian cross to knock the ball home.

And before Kerry could recover they were 2-0 down after an Oran Daly free kick found its way into the home side's net. Indeed only for a very good Mark Kelliher save from Adam Murphy Kerry would really have been in trouble.

But you don't go through the Kennedy Cup unbeaten unless you can handle adversity and gradually Kerry's overall work rate and ability began to pay dividends. In the 15th minute a very good move ended with James Rusk setting up Darragh Lyne who shot brought a great save from Cork keeper Adrian Hegarty. Kerry then forced a number of corners and from the final one Rusk found David Dineen who forced the ball home to half the deficit. As the half ended Kelliher made another good save to leave Kerry behind 2-1 at the break. However the second half was a totally different affair as Kerry took over and were level within five minutes of the restart, David Rogers, who had a big impact when he came on, put in a pinpoint cross that Patrick Darcy nodded home. With the new Roll On / Roll Off substitutes the Kerry management made some very good moves and shortly after coming on Caolan Ryan was causing havoc on the right wing. Ten minutes into the second half he again beat the Cork defender for pace and once again Darcy was in the right place to complete the Kerry comeback and put them ahead for the first time in the game.

This seemed to knock whatever fight was left in Cork out of them and Kerry looked dangerous with every attack. On the 55th minute Darragh Lyne put in a very dangerous free kick that Dylan Murphy beat the Cork keeper to but his effort came back off the bar. However Darcy was buzzing now and he completed his hat trick with a smart finish.

4 became 5 in the 62nd minute when good play from Lyne, Rusk and Ryan saw the latter cross into the box. Ryan Kelliher swivelled spectacularly to volley the ball home. Overall bar the first ten minutes this was a very good Kerry performance with a very high work rate from all the players and in the end a well-deserved victory.

Kerry are in a 5 team group and will play again in February when they are away to North Tipperary. This will be followed by a home game against South Tipp in March and they round out their Group games away to Clare in early April. There are two Groups in Munster

and following these matches the two Group winners will play off for a place in the National Semi-Final.

**Kerry Squad:** Mark Kelliher, David Rogers, Ronan O'Shea, James Rusk, David Dineen, Dylan Murphy, Peter O'Sullivan, Patrick Darcy, Ryan Kelliher, Seb Vassiu, Darragh Lyne, Paul O'Shea, Paddy O'Rourke, Mike Lenihan, James Sheehan, Caolan Ryan, Dylan O'Neill, David O'Donoghue, Alex O'Connor.

**Cork Squad:** Aidrian Hegarty, Jake O'Brien, Matt Quinn, Scott Philpott, Adam Granger, Aidan Murphy, Oran Daly, Ethan Varian, Padraig Power, Adam Idah, Tyreik Wright, Eoin Ryan, Luke Casey, Sean O'Donnell, Ricardo, Craig Sweeney, Tom O'Sullivan.

## KILLARNEY ATHLETIC NOTES

**FIXTURES:** Saturday 12th December

JK Sports U12 Premier

Dynamos A v Killarney Athletic 11am

JK Sports U12 Div.2

Dynamos B v Killarney Athletic B 12-30pm

Foundation Sports U14 Premier

Dynamos A v Killarney Athletic 10-30am

Trophy World U16 Div.1

Camp v Killarney Athletic 12-30pm

FAI Youth Cup 2nd Round

Askeaton Fc (Limerick) v Killarney Athletic 2pm

**GIRLS FIXTURES:**

Trophy World U16 Premier

Killarney Athletic v Inter Kenmare 2pm

**SUNDAY 13TH DECEMBER:**

Denny Premier A

Castleisland Afc v Killarney Athletic 11-30am

**GIRLS TRAINING** Girls training every Wednesday in Ferndale, Woodlawn for U12, U14 and U16. Any enquiries please contact Shane on 087-9395158

**300 CLUB** 300 club draw for November and December takes place this Saturday the 12th of December in Scotts Hotel. Names are now being taken for next year's 300 Club Draw. All support is greatly appreciated and forms are readily available from Mike O Shea (087-2226185) or any committee member.

**STREET COLLECTION:** The Killarney Athletic Street Collection will take place on Saturday the 23rd of January 2016. All members are asked to give one hour of your time on the day all support is greatly appreciated.

**KILLARNEY ATHLETIC WEBSITE**

Please check the website on [www.killarneyathletic.com](http://www.killarneyathletic.com) or facebook for match reports, club information and contact details.

**CONTACT** If you have anything to add to Killarney Athletic A.F.C notes please contact Alan Daly on 085-1913244 or [aland15@live.ie](mailto:aland15@live.ie).

## KILLARNEY CELTIC NOTES

**KILLARNEY TOPS OF THE TOWN**

Congratulations to everybody involved in Killarney Tops of the Town on Friday night,

especially our Killarney Celtic representatives.

### 40TH ANNIVERSARY

**COMMEMORATIONS** Our Club has a big birthday when it turns 40 next year. To help mark the occasion and to preserve our history for future Killarney Celtic generations, we will shortly be compiling a Digital Archive of club photos, news reports, memorabilia etc. That will require current and past members to rummage out whatever you might have in display cases, old biscuit tins and photo albums. There's no better time than over the winter months for such flicking through history so please spread the word.

We'll be publishing more details here and via the press of the project and how you can get us your materials (and get them safely back).

**RESULTS** Thanks to Storm Desmond, all games were called off last weekend, unquestionably the right decision. Thankfully everyone came through it safely.

**FIXTURES:** Munster Junior Cup: Killarney Celtic v Fenit Samphires, Mounthawk Park, Friday, 7.30pm

**DENNY DIV ONE:** Killarney Celtic B at home to Castleisland B, Sunday, 11.30am

**YOUTHS LEAGUE:** Killarney Celtic at home to Castleisland, Saturday, 2.30pm

**WFAI U16 CUP:** Killarney Celtic at home to Carrick United, Sunday, 2.00pm

U16 Premier: Killarney Celtic at home to Inter Kenmare, Saturday, 10.30am

U16 Div One: Killarney Celtic at home to Asdee, Saturday, 2.00pm

**U14 PREMIER:** Killarney Celtic away to Park, Saturday, 12.15pm

**U14 DIV ONE:** Killarney Celtic away to Camp, Saturday, 11.30am

**U12 PREMIER:** Killarney Celtic away to Listowel Celtic, Saturday, 11.45am

**U12 DIV ONE:** Killarney Celtic away to Park B, Saturday, 11.00am

**U12 DIV TWO:** Killarney Celtic at home to Listowel Celtic, Saturday, 11.45am

**LOTTO** Numbers drawn 2, 3, 18, 24. No winner, 3 x match three, Paddy Courtney, John Vermiglio, Old Presbytery, Jan Chadzynski, SPX, Tiernaboul, Tomas Lyne, Cleeney, €50 each. Next week's jackpot €3200, draw in the Failte on Monday night. Turkey vouchers on December next week. Tickets available from all club officers. Yearly tickets available.

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

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

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# OUTLOOK SPORTS NEWS

Editor: Donal Barry

Email: news@outlookmags.com



## SPORTS NEWS FROM AROUND THE COUNTY

### SKY TV AND PLAYER ELIGIBILITY HOT TOPICS AT CONVENTION

Annual Convention, held in the Gleneagle Hotel on Monday night, was a livelier than usual affair and that in itself was a very welcome change. There were no election contests to whet the appetite – all officers were returned un-opposed – but a couple of motions on the Clár did generate quite a bit of debate. A motion from the Beale club which stated that: "At the conclusion of the current T.V. broadcast rights contract, that all televised games be available on free to air TV", was passed despite advice from the Runáí that Convention should be wary of tying the hands of the GAA negotiators. The issue generated a lot of debate and delegates felt that the best way to get the message to "Croke Park" was to pass the motion which is exactly what happened.

There were a number of very important changes made to County Bye-Law No. 5 which deals with Playing Eligibility and Transfers. "Permanent Residence" for the purpose of a transfer has now been defined as follows: "Permanent residence shall mean residing at a fixed address which the CCC considers to be his private principal place of residence for 96 weeks prior to date of application". The 96 weeks stipulation replaces the previous wording of "...for the entire previous playing season...".

Heretofore, two of the main criteria for playing eligibility for a player were determined by where that player resides or where the player works. The exact wording was as follows: "A player may play



COUNTY BOARD CHAIRMAN PATRICK O'SULLIVAN PRESENTS JACK O'CONNOR WITH HIS ALL IRELAND MINOR WINNERS MEDAL AT A SPECIAL FUNCTION AT THE GLENEAGLE. PHOTO PADDY WHITE.

only with a club in the Parish; i) Where he resides; ii) Where he works". The second criteria i.e. "where he works", has now been deleted from the bye law and that obviously means that players can no longer transfer to a club in a parish based solely on that fact that they are working (but not residing) in that parish. Certainly, this is an important change for the smaller rural club who have seen a player drain to the larger urban areas where players work.

The Byelaws were also updated to reflect the work of the Parish Rule and Player Registration Sub-

Committee" under the leadership of Joe Crowley where agreements have been reached between clubs in relation players living in areas adjoining neighbouring parishes. Some of these areas have been designated "Open Areas" and the rules have been updated accordingly to reflect the existence of these "Open Areas" as follows; "Open Area" shall mean a specified area overlapping neighbouring parish boundaries designated by the County Committee as "Open" to two or more named clubs".

All those Byelaw changes were overwhelmingly carried. Another successful motion was one to bring our rules in relation to the post of Children's Officer into line with those at national level. The holder of that position is appointed at Convention (as distinct from "elected") on the recommendation of the outgoing executive committee and a change to the Byelaw at Convention means that the Children's Officer is no longer subject to the "5 Year Rule" i.e. they do not have to vacate the position after serving five years in office.

The Treasurer reported a healthy day to day operating balance surplus of €96,000 which was welcome news given the fact that many of our intercounty teams in both football and hurling reached the finals of their respective competitions. This surplus increases to €907,417 when income from development fundraising schemes are taken into account.

### MINORS AND JUNIORS RECOGNISED AT MEDALS PRESENTATION

The achievements of the Kerry Minor and Junior Footballers in winning All-Ireland titles was recognised by the Kerry GAA when both teams were presented with their All-Ireland medals at the Gleneagle Hotel in Killarney last Saturday night. It was a night to remember for the Minors and their manager Jack O'Connor as they achieved back-to-back All-Ireland titles this season while the Kerry Juniors achieved notable success in August when they defeated Mayo in their All-Ireland final in Croke Park to claim the County's 16th title.

The respective captains, Mark O'Connor and Alan O'Donoghue both addressed the gathering while the principal speaker on the evening was Kerry Senior manager Eamonn Fitzmaurice who had the honour of presenting



KERRY SENIOR FOOTBALL MANAGER EAMONN FITZMAURICE PICTURED WITH MEMBERS OF KERRY'S ALL IRELAND WINNING MINOR FOOTBALL TEAM AT A SPECIAL FUNCTION AT THE GLENEAGLE HOTEL AT THE WEEKEND. PHOTO PADDY WHITE.

the medals along with County Board Chairperson Patrick O'Sullivan.

Eamonn Fitzmaurice complimented both the Minors and Juniors on their achievements and



EAMONN FITZMAURICE PRESENTS MARK O'CONNOR KERRY MINOR CAPTAIN WITH HIS ALL IRELAND MINOR WINNERS MEDAL AT A SPECIAL FUNCTION AT THE GLENEAGLE AT THE WEEKEND. PHOTO PADDY WHITE.

congratulated the respective managers Jack O'Connor (Minor Manager) and Stephen Wallace (Junior Manager).

## KILLORGLIN GOLF CLUB

**LADIES RESULTS:** Golfer of the Year: Maura O'Boyle.

**SILVER SWANS: CHRISTMAS PUTTING COMPETITION:** 1. Marian Healy, 2. Eileen Bell, 3. Christina O'Sullivan.

Thanks to Mary & Christina for a great day at the Swans Christmas Lunch & party last week. 12 Hole re-entry sponsored by Hannah Mary's XL is now in progress and will continue until further notice.

**MENS RESULTS: CHRISTMAS HAMPER 06/12/2015**

1st Vincent O'Sullivan 42 pts.

2nd Jimmy Foley 41 pts.

3rd Derek Commerford 41 pts.



THE FIRST FAIRWAY AND GREEN ON KILEEN COURSE UNDER WATER AT KILLARNEY GOLF CLUB LAST SATURDAY DURING STORM DESMOND. PHOTO PAT KELLEHER.

## DEERPARK PITCH & PUTT NOTES

**By John Kelly**

**SYMPATHY:** Of all Deerpark members is extended to the relatives of our former club President Tommy Fleming Dalton's Avenue who passed away at the weekend. May he Rest In Peace

**CLUB FOURBALL:** The club Fourball scheduled for last Sunday had to be postponed to a later date due to the inclement weather conditions at the weekend.

**SENIORS OUTING:** Nett Mick Long (GlenEagle) Dan O'Callaghan (Castleisland) and Hugh O'Sullivan (Deerpark) Gross Michael O'Connor John Murphy (Deerpark) and Pat Mitchell (Castleisland). Next Seniors Outing will be in Castleisland on Wednesday January, 6th 10--15am.

Last Wednesday's Seniors Outing in Deerpark attracted a large turnout of members from Newmarket, Castleisland, GlenEagle and Deerpark and results are as follows:

**JOHNNY KELLY MEMORIAL:** The annual Johnny Kelly Memorial Shield competition will

be played on St Stephen's Day.

**AGM JANUARY 11TH:** The annual General Meeting of the club will be held at the Avenue Hotel on Monday January 11th and all nominations and motions to be forwarded to club secretary Fiona O'Doneel by January 3rd.

## KILLARNEY GOLF CLUB

**MENS:**

The Fourball planned for last Sunday was called off on Friday afternoon due to the worsening weather forecast, and on Sunday morning it was not even possible to get to within 300 yards of the clubhouse, thanks to Storm "Desmond", so, for the second week in a row, no golf has been possible at the Club.

The worst news is that the re-arranged "President's and Captain's drive in competition" being a shotgun start, mixed competition, comprising of 4 competitors due to take place on Sunday next the 13th of December has now been called off, once more.

Captain Liam Hartnett believes that it may not be possible to rearrange this competition until well in to the new year, and Lady Captain

Mary O'Rourke said that while this was totally understandable, it was such a great disappointment for all concerned, especially as the competition was going to be played over the Club's original "old course" and a great amount of preparation had been done by Enda Murphy Head Groundsman and his staff, in the arranging of the course, and by other committee members who had special score cards, team packs etc. printed for the occasion, the good news is that whenever it does go ahead, it will be played over the "old course", so all of the preparation will not go to waste.

The Captain has indicated that a massive clean-up of those holes that have been most affected by "Desmond" will be required, to help to make both courses playable once again, and every able bodied member will be asked to assist in this clean-up, and to show the same spirit of willingness that was shown after the storms of February 2013 when hundreds of members, over the course of 2/3 weeks gave assistance in that clean up, which resulted in the course's being opened up as soon as practical afterwards.



KILLARNEY GOLF AND FISHING CLUB MEMBER GERRY ADAMS RETURNS TO SOLID GROUND AFTER CHECKING HIS BOAT IN THE PONTOON LAST SUNDAY MORNING. PHOTO PAT KELLEHER.



THE RIVER FLESK BATTERS THE TOP OF WHITEBRIDGE AT BALLYCASHEEN DURING STORM DESMOND LAST SATURDAY. PICTURE: PAT KELLEHER.

IF YOU HAVE A STORY...

Contact Aisling on **086 0400 958** or  
Email: **editorial@outlookmags.com**

## DEERPARK SUPPORT WORTHY CAUSES



DEERPARK PITCH & PUTT CLUB PRESENTED A CHEQUE FOR €1600 TO THE IRISH KIDNEY ASSOCIATION AT THE SHIRE BAR FOR THE NIGHT TIME PITCH & PUTT EVENT LAST SEPTEMBER. INCLUDED ARE CONNIE BROSNAN (CHAIR OF THE LOCAL BRANCH OF THE IKA), OLLIE FAVIER (THE SHIRE BAR, CO-SPONSOR), JOHN KEOGH AND DERRY MCCARTHY. ABSENT FROM PHOTO IS AIDAN O'DONOGHUE (EVENT ORGANISER) AND IAN CRONIN (IAN CRONIN PHOTOGRAPHY, CO-SPONSOR).



DEERPARK PITCH & PUTT CLUB PRESENTED A CHEQUE FOR €2000 TO CYSTIC FIBROSIS AS PART OF THE PROCEEDS FROM THEIR RICKY KELLY MEMORIAL EVENT IN JULY LAST FRIDAY NIGHT IN THE TATLER JACK BAR. PICTURED L TO R: FIONA O'DONNELL (CLUB SECRETARY), DERRY MCCARTHY (CLUB CHAIRMAN), COLLETTE O'DONOGHUE (CYSTIC FIBROSIS), DEBORAH O'SHEA (TATLER JACK, EVENT SPONSOR) AND JAMES CAHILL (KELLY FAMILY).

CHEQUES totalling €3600 were presented by Deerpark Pitch and Putt Club last Friday night to two worthy charities as part of the proceeds from two fundraising tournaments held at the course in the past year. Firstly a cheque for €2000 was presented by the club to Cystic Fibrosis as part of their annual Ricky Kelly

Memorial event back in July at the Tatler Jack Bar (event sponsors).

Secondly a cheque for €1600 from the third Night Time Pitch & Putt event held in September at the course was presented to the Irish Kidney Association at the Shire Bar. Chairman of

the local branch of the organisation Connie Brosnan was grateful for everyone's efforts in making that event such a success. The Night Time event was co-sponsored by The Shire Bar and Ian Cronin Photography.

## GER'S IN THE DRIVING SEAT AS FUND FOR NEW CHAIR ARE RAISED

Over 160 took to the roads of Killarney National Park on Sunday the 6th December for the Ger Daly 5k (predict your time fundraiser).

Ger Daly is one of Kerry's only wheelchair athletes is now set to race in a state of the art sports chair following the successful events. Ger's story was told in the Killarney Outlook and his fellow athletes and members of the various athletic groups in the county took on the challenge to raise funds for a proper sports chair for him.

Ger's story struck a cord with lots of people and runners came to support him from Cork, Kerry and Limerick.

Ger has taken part in 19 events so far this year, is held in the highest esteem as a role model for young and old and was delighted with the turn out on the day.



GER DALY AND PROUD DAD MAURICE DALY ALONG WITH FAMILY MEMBERS AND FRIENDS AT THE RACE ON SUNDAY.

Run organiser Joanne Harty was also delighted with the event and the post race reception at the Killarney Towers hotel as the worries of the weather forecast matched the prediction of a wonderful Sunday forecast.

Ger Daly both at the start and at the reception spoke emotionally as he was "overwhelmed with the turnout".

The route taken was on an out and back route to the Castlerosse hotel on the path passing Santa's thatched cottage twice on route.

The winner was Martha Coffey who predicted her time exactly at 33.01.

The run had a very special atmosphere in a beautiful and calm setting and all are looking forward to seeing Ger in his new sports chair in

the new year.

Paralympic sport is rightfully gaining coverage around the world with growing participation levels.

The organisers would like to thank everyone who took part including: Gardai, Killarney National Park, Order of Malta, Athletic clubs Athletic Association of Ireland, St. Brendans's college, Kerry outdoor sports shop, Feet first, Killarney Towers Hotel, Timmy O'Connor (musician), Lidl, Gleneagle hotel, Killarney Court Hotel, Costa Coffee, Killarney Leisure Centre, Jarveys, Volunteers.



THE RACE GETS UNDERWAY IN THE KILLARNEY NATIONAL PARK.

## BILLY COLEMAN AWARD FOR YOUNG KILLARNEY DRIVER

A young Killarney Rally driver has been awarded the highest accolade in Irish Motorsport.

22 year old Robert Duggan from Aghadoe Killarney was awarded "The Billy Coleman Award" and the title of the Best Young Rally Driver of the Year 2015 at the Motorsport Ireland Champions of Irish Motorsport Awards held in Dublin on Wednesday 2nd December.

Robert received his nomination on the back of strong drives throughout the year which saw him win the junior sections of the Killarney, Donegal and Cork International Rallies. Following on from that, he was also crowned as the inaugural R2 Champion in Northern Ireland gaining him a prize drive in Wales Rally GB, the final round of the 2015 World Rally Championship. At the Circuit of Ireland, which was also a round



BILLY COLEMAN AWARD WINNER ROB DUGGAN WITH MOTORSPORT IRELAND REPRESENTATIVES AND FRIENDS FROM KILLARNEY. PICTURE: MARTIN WALSH.



BILLY COLEMAN AWARD WINNER ROB DUGGAN (RIGHT) WITH MARTIN McKENNA, PRESIDENT OF MOTORSPORT IRELAND. PICTURE: MARTIN WALSH.

said: "What an honor, privilege and acknowledgment it is for me to win this accolade of an Award. This Award was not only achieved by me, but by the huge team behind me. I just want to say a big Thank You to absolutely everyone. It means so much and very much appreciated. Hopefully we will have some exciting news to be announced with our plans for 2016 shortly. Ultimately I want to take on the best in the World Rally Championship and using the international recognition that comes with winning the Billy Coleman will help me get there. I look forward to receiving the support and mentoring that comes as part of the award that has helped the likes of previous winners Craig Breen, Keith Cronin and Daniel McKenna make their mark on the World and European stages. It's an absolute dream end to a perfect year."

Killarney & District Motor Club PRO Johnny Hickey said "On behalf of KDMC we are proud and delighted with Rob's success, he has proven his driving ability, commitment and sheer ambition towards the sport of Rallying and is an ambassador for his Club, his Team and Irish Rallying throughout the World. We would like to congratulate Robert on winning this



ROBERT DUGGAN AND GER CONWAY IN ACTION. PICTURE: MARTIN WALSH.

coveted award and wishing him the very best for 2016.



of the European Rally Championship, Duggan showed he had the pace to match the best that Europe has to offer as he went on to win his class while coming 4th in the overall National Rally. Duggan was also a finalist for the young rally driver of the year award in 2013.

As the winner he will now receive €50,000 worth of support for the 2015 season. Speaking at the awards ceremony, Duggan



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# PICTURE PARADE



MÉABH AND HAZEL DINEEN, ENJOYING THE ANNUAL CHRISTMAS TREE LIGHTING AND SANTA VISIT, AT THE BREHON HOTEL, KILLARNEY IN AID OF ST VINCENT DE PAUL. PHOTO: VALERIE O'SULLIVAN



PICTURED AT THE INEC FOR THE CARNIVAL THEMED IHF BALL WERE L-R KATE O'LEARY, DB O'CONNOR & MARIE WADE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



JASON, LOUISE, FAYE, EMMA AND CAOIMHE, O'BRIEN ENJOYING THE ANNUAL CHRISTMAS TREE LIGHTING AND SANTA VISIT, AT THE BREHON HOTEL, KILLARNEY IN AID OF ST VINCENT DE PAUL. PHOTO: VALERIE O'SULLIVAN



CHRISTMAS IN KILLARNEY TEA DANCE LAST WEDNESDAY EVENING AT THE MALTON HOTEL. PICTURED SHEILA MORRIS, MARY CASEY, JOE BURKE, MARGARET ROCHE, ANN CUSACK AND EILEEN MCSPARRON. PHOTO BY MAREK HAJDASZ MH PHOTOGRAPHY



PAMELA O'BRIEN WITH HER CHILDREN, COLUM AND KIERAN O'BRIEN AND PARENTS BILLY AND HONOR DOYLE, ENJOYING THE ANNUAL CHRISTMAS TREE LIGHTING AND SANTA VISIT, AT THE BREHON HOTEL, KILLARNEY IN AID OF ST VINCENT DE PAUL. PHOTO: VALERIE O'SULLIVAN



THREE GENERATIONS ENJOYING THE FUN AT TESCO DEERPARC FOR THE ARRIVAL OF SANTA'S COCA COLA TRUCK L-R CATHY, AMELIA & NORA HAYES. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



SANTA AT KILLARNEY OUTLET CENTRE.. VISITING SANTA CLAUS IN HIS CHRISTMAS CABIN AT KILLARNEY OUTLET CENTRE LAST WEEKEND WERE CRAIG, MARK AND ANNMARIE O'SULLIVAN, KILLARNEY. SANTA WILL BE AT HIS CABIN ON ON THE GROUND FLOOR OF KILLARNEY OUTLET CENTRE AGAIN THIS WEEKEND AND NEXT WEEKEND ON SATURDAYS AND SUNDAYS FROM 1.00 PM TO 6.00 PM EACH DAY.



SALLY MACMONAGLE AND JOHN HUSSEY, ANNIE MACMONAGLE AND JOHNNIE BUCKLEY, LILY MACMONAGLE AND LIAM SHANNON, AT THE OPENING OF THE PINK LOUNGE GIN & CHAMPAGNE BAR AT THE ROSS HOTEL, KILLARNEY, ON THURSDAY NIGHT. PICTURE: EAMONN KEOGH (MACMONAGLE.COM)



DINE IN KILLARNEY NIGHT IN ASSOCIATION WITH CHRISTMAS IN KILLARNEY. PICTURE AT THE BREHON HOTEL L-R MARY LYNE O'TOOLE, EMILY KISSANE, SHEILA MCCARTHY AND CHRISTINE CARROLL. PHOTO BY MAREK HAJDASZ MH PHOTOGRAPHY.



ENJOYING THE IHF BALL AT THE INEC WERE L-R CAROLINE HENNIGAN, EMER & DENIS CORRIDAN & MONICA MAJEROVA. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ENJOYING THE IHF BALL AT THE INEC WERE L-R JOHN HERLIHY, BREDA LOONEY-HERLIHY, CAROLINE HURLEY & DERMOT HURLEY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



DINE IN KILLARNEY NIGHT IN ASSOCIATION WITH CHRISTMAS IN KILLARNEY. PICTURE IN THE BRIGIN RESTAURANT L-R TARA, BILLY, BREDA AND PAT O'CONNOR. PHOTO BY MAREK HAJDASZ MH PHOTOGRAPHY.



CHRISTMAS IN KILLARNEY TEA DANCE LAST WEDNESDAY EVENING AT THE MALTON HOTEL. PICTURED L-R KATHLEEN DELANEY, KATHLEEN CORCORAN, MARY O'FLAHERTY AND TRISH O'FLAHERTY. PHOTO BY MAREK HAJDASZ MH PHOTOGRAPHY



STAFF AT THE BREHON HOTEL TAKING TIME OFF TO ENJOY THE ANNUAL CHRISTMAS TREE LIGHTING AND SANTA VISIT, AT THE BREHON HOTEL, KILLARNEY IN AID OF ST VINCENT DE PAUL. PHOTO: VALERIE O'SULLIVAN



PICTURED AT THE OFFICIAL OPENING OF BRADLEY'S CHEMIST, NEW STREET WITH CELEBRITY BLOGGER SUZANNE JACKSON WERE L-R JOAN WILLMS, BRIAN PAGNI (MD), SUZANNE JACKSON & CATHERINE DUKE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



RETIRED NURSES GATHER AT THE KILLARNEY OUTLOOK FOR A CHRISTMAS GET TOGETHER. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

## RATHMORE/ GNEEVEGUILLA NEWS

by Michael O'Mahony

**RATHMORE SOCIAL ACTION GROUP:** 40th Anniversary Social - Sunday 27th December, 2015. The Gleneagle Hotel, Killarney. Music by the Threshing Mill Boys. Tickets €30. To book contact 064 7758588. Congratulations to members of Rathmore Social Action Group who represented the group at the recent Cork West Garda Division's Achievement Awards.

**RATHMORE SOCIAL:** Action Group won the group award. The event was held on November 27th at the Maritime Hotel in Bantry and highlighted the good work being undertaken by young people in their local communities.

**RATHMORE RAVENS BASKETBALL CLUB:** **SHOOTING HOOPS BASKETBALL CAMP:** January 4th, 5th & 6th in Rathmore Gym, 6-11yrs 10-1pm, 12-17yrs 2-5pm. Top National Coaches will be in attendance. €45 for first child and €40 each for additional siblings, inc. Camp T-shirt. Ideal Christmas gift for basketball fans, gift vouchers available from 'The Washbasket'. Any queries and booking form contact 087-9449288 or [rathmorebasketball@gmail.com](mailto:rathmorebasketball@gmail.com)

**SYMPATHY:** To the families & friends of Bridie Moynihan, Doocarrig, Headford, Killarney, whose death took place last weekend. May she rest in peace.

**SLIABH LUACHRA COMHALTAS:** Membership subscriptions are now due for the coming year, contact 087 2871357 for application form, junior €6, senior €12, family €20.

**SPECIAL CHRISTMAS RAMBLING RAMBLING HOUSE:** At the Heritage Centre Scartaglen Monday 14th December at 8.30 pm. Admission free, raffle and refreshments. All are welcome.

**FLOWER ARRANGING NIGHT:** On Tuesday 15th December we will be holding a Flower Arranging event with Breda Nagle in Teach Failte Gneeveguilla beginning at 8pm. Spot prizes on the night. Admission €5. Looking forward to seeing you there.

**BINGO:** Rathmore Community centre every Friday night at 8.30pm. Everybody welcome:

**HOLLYMOUNT N.S:** Rathmore St Vincent de Paul 'Food Appeal box' will be placed in our school from December 2nd - 16th. All items must be non-perishable & ensure that all items have an expiry date well into 2016. Your support is greatly appreciated.

**SOCCER:** The annual Denny Miah 7 aside soccer tournament will take place on the 28th and 29th December. In the astro pitch Rathmore. In aid of Rathmore community council.

**COLLECTION:** St Vincent de Paul Annual Collection, will take place this weekend 12th and 13th December at all Churches in the Parish. We ask you to give generously to this collection and assure you that the funds collected are used locally to help those in need. We gratefully appreciate your very generous contributions in past years.

**ADVENT/CHRISTMAS DECEMBER 2015 - SACRAMENT OF RECONCILIATION:**

On Sunday 20th December, the Sacrament of Reconciliation will be available from 3.00pm to 6.00pm in Rathmore Church. The Priests of the Pastoral Area will be available during this time. Reconciliation Services will take place in other Churches in the deanery on the following dates: Friday 18th Boherbue 7.30pm, Monday 21st Ballydesmond 7.30pm, Tuesday 22nd Millstreet, 7.30pm Wednesday 23rd Dromagh 7.30pm

**RATHMORE CREDIT UNION RE: ART COMPETITION 2015:** Congratulate to all the children who took part in the Credit Union Art Competition 2015. As usual we had an exceptional amount of entries, close to 700 entries, and again of a very high standard. We had 1st, 2nd and 3rd place winners in each of the following categories; 7 years and under, 8 - 10 years, 11 - 13 years and 14 - 17 years. Alex Wright from Rathmore was the winner of the 18 years and over category. Alex's entry was the national winner last year and is displayed on the front of all the 2016 credit union calendars. We also had school prize winners and the prize money was sponsored by Rathmore & District Credit Union which amounted to €1,200.

The Credit Union Art Competition encourages individuals to use self-expression, creativity and imagination and gives young artists a chance to profile their artistic talent. This is something the credit union is very proud of.

In appreciation, a party was held on Wednesday, 2nd December in Rathmore Community Centre between 7:00pm and 8:00pm when all winners were presented with their prizes. We are grateful to all children, parents, guardians and teachers who attended the event and contributed to the success of this initiative. We thank you for your generous support and co-operation in running this competition.

**RATHMORE'S 29TH ANNUAL PANTO:** Babes in the Wood. Calling all children in 3rd, 4th and

5th classes in our parish schools to the first rehearsal in The Community Centre, Rathmore at 12.00 midday till 1.00 pm 13th December 2015. Enrolment forms were distributed to the schools on Monday 30th November. The panto commences on Saturday January 23rd all proceeds going to the local services of Kerry Parents & Friends Association.

Adult rehearsals are already well under way for what promises to be another great show.

**NEW BOOK: "THE HAPPINESS HABIT"**

Give "The Happiness Habit" to somebody this Christmas. It is a new book by Fr. Daniel (Donal) O'Leary. Rathmore It is full of spiritual gems suitable for short reflections and meditations. It can be picked up to read at any time during the year. It is now on sale in The Friary, Killarney, Easons and Veritas. All proceeds to Trocaire and Cafod. Cost €10. Author was signing in The Friary, Killarney Tuesday last December 8th.

**FUNDRAISER:** Sliabh Luachra Cycling Club has postponed the draw for their fundraiser in aid of their Juvenile Club to the 1st of April 2016. The reason for the postponement is that there are other fundraisers in the locality and we are conscious of local people supporting a lot of them this side of Christmas and we do not want to pursue them again so soon.

**RATHMORE GAA CLUB SHOP:** At Washbasket and see the new arrivals just in time for Christmas. All you could need for Christmas. The Club Shop at the Washbasket, Rathmore is open Monday to Saturdays 9:30am to 6pm.

**CHRISTMAS GOLF OUTING:** The Rathmore GAA annual Christmas Golf Outing takes on Tuesday 29th of December on the Mahony's Point course in the Killarney Golf and Fishing Club starting at shotgun start 10.30am. To book your place contact anyone of the following: John D. O'Keeffe - 087-2527545; Michael O'Sullivan - 085-1471487; Kieran O'Keeffe - 087-2702730; Dan O'Leary - 087-9299116

**CULLEN PIPE BAND:** Will host a bumper Christmas 45 drive on Sunday 13th in Cullen hall at 4.00pm.

**OWNEYCREE ANGLING CLUB:** Christmas Dance and Fundraising Draw in Killarney Avenue Hotel, on Friday 18th December, 2015 Music by: P.J. Murrihy Band.

5 superb xmas Hampers and door prizes to be won on the night. Adm €10.

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

Before 6pm Sunday.

## MILLTOWN NOTES

**JOKER 3 FUNDRAISER:** 'Joker 3' weekly draw in aid of Nagle-Rice CC was held in Gerry Griffin's last Sunday and jackpot of €4600 was

not won. Róisín O'Malley won €100 with Joan Fleming and Jerry Fitzgerald winning €25 each. Down to 39 cards next Sunday December 13th

and jackpot increasing to €4800 with next draw in Killorglin Golf Club. Thank you for your continued support.

IF YOU HAVE A STORY...

Call: Aisling on **086 0400 958** or Email: [editorial@outlookmags.com](mailto:editorial@outlookmags.com)

## LISTRY NOTES

### LISTRY SOCIAL COMMITTEE:

**CHORAL RECITAL:** We also wish to thank the men of "Killorglin Men's Social Club Choir" who attended the Listry Community Centre on Sunday 29th November and gave an excellent performance. We hope to have you back again in the New Year.

**CHIROPEDIST:** Foot health practitioner Paula wish to thank all who support her throughout the year. She wish everybody a very Happy Christmas and a Prosperous and Healthy New Year.

**CHRISTMAS BINGO:** The Christmas Bingo session will be held in Listry Community Centre on Wednesday night December 16th at 8pm. Please come along for a good night's entertainment with lots of Spot prizes & Hampers etc. The proceeds from the Bingo sessions go towards the care of the elderly in

the Area. Your support is always very much appreciated.

### LISTRY WEEKLY LOTTO RESULTS:

**LOTTO:** Yearly Draw Entrant Winner €1000: Tim Lynch.

Hamper: Jerry Sheehan, Killorglin G.C.

Hamper: Timothy McCarthy, Brisbane.

Btl whiskey: Eileen Murphy, c/o Faha NS.

Btl whiskey: Lou Quirke, Laharn.

1st Draw Entrant for Next Year: John O'Donoghue c/o Maura K.

Next week Jackpot: €8,150 on December 13th.

**PARENT & TODDLER GROUP:** Listry Milltown parent and toddler group wish every one Merry Christmas & happy new year. Hope to reopen again the end of January 2016.

**MEALS ON WHEELS:** Listry meals on wheels service operates on 3 days per week - Monday, Wednesday and Friday. The meals are prepared

by Cathriona in the kitchen at the Community Center. The meals are collected at 12 noon each day, by a team of drivers who provide the service on a purely voluntary basis. They give of their time and transport freely. Each client has their meal delivered to them for around 1pm each day. The Community Council wish to express sincere thanks to all our drivers without whom the service could not operate. The service covers the areas of Faha, Ballyhar, Listry & Milltown. Anyone in these areas who wishes to avail of the service should contact Cathriona at 087-9381063.

**CHRISTMAS AND NEW YEAR WISHES.** The Cathriona & meal on wheels committee wish to thank all Drivers and clients for all their work throughout the year. We wish everybody a very Happy Christmas and a Prosperous and Healthy New Year.

## KILCUMMIN NEWS

**NAPPY APPEAL FOR CHERNOBYL:** Gillian and Gerard Fitzgerald are running a Christmas nappy appeal for much needed nappies for Cherven Orphanage for physically and intellectually disabled children in Belarus. As after a recent visit to this orphanage they discovered that these children are only changed once every 24 hours. The drop off points for the nappies are: Kilcummin Post Office, Dealz, O'Sullivan's Pharmacy, Trant's Pharmacy, and Sewell's Pharmacy, Killarney. The brand of the nappies is irrelevant as long as they are size 5 and/or 6. You can also contact Gillian on 087-3373627 or Gerard on 087-2043109. All donations would be greatly appreciated.

**KILCUMMIN MEMORY TREE:** In Association with Kilcummin National School Parent Association, we are very pleased to launch our new fundraiser The Memory Tree this December. A tree in the grounds of Our Lady of Lourdes Church will have LED Light Bulbs draped and lit from Thursday 17th December until Thursday 31st December each night from 5pm-9pm. Christmas is a special time when we remember our loved ones who have departed before us. The Parent Association invested in the project therefore we need your support

with this. Each light will cost €10. When you purchase a light you will receive a card. Write the name of the deceased person on the card and present this to those who have lost a loved one. Cards will be on sale in Kilcummin National School, The Post Office Kilcummin and The Rural Development Office from Friday 27th November. There is a limited supply so you are advised to purchase early. The ceremony will take place immediately after the school concert on Thursday 17th December at approx. 8pm. everyone is invited to attend. We hope you will support our much needed fundraiser at this poignant time. K.N.S. Parent Association.

### FRESH CHRISTMAS WREATHS FOR SALE:

Pre-order and collect or buy on the day. Available in the Recreational Hall on 19th December after 7.30 Mass and again Sunday 13th of December after 11.15am Mass. Contact Mary Brosnan on 087-6447536. Price: 10"- €10 & 12"- €13.

**FUNDRAISER:** Festive Cake Sale and Crafts at Our Lady of Lourdes Care Facility December 12th from 2.30 to 4.30pm. Proceeds will go towards our Dementia Garden & Animal Care. We look forward to seeing you on the day.

**KILCUMMIN LOOKING GOOD:** Thank you

to everyone who supported our successful clothing collection fundraiser.

### KILCUMMIN GAA GAA CLUB DRAW

Please support our Christmas Draw in aid of the juvenile club. Tickets are now on sale for the draw which will take place in the clubhouse on Sunday 20th December. Tickets €5 each with three for €10. Prizes for the draw are; Aghadoe Heights Hotel Two nights B&B; A Bicycle sponsored by O'Sullivan's cycles Killarney; €200 voucher for MD O'Sheas; €200 voucher for Star Outdoors Adventure Centre Kenmare; €200 voucher for Adam's Jewellers.

### AQUILA CLUB O'DONOGHUE CUP

Kilcummin play Rathmore on Saturday 12th December in Fitzgerald stadium at 2.15pm in the Semi-Final of the O'Donoghue Cup.

### TOPS OF THE TOWN

Kilcummin GAA Club are taking part in this Christmas charity event in the INEC on Dec 11th at 7pm. Tickets are €20 and proceeds go to Cork-Kerry link bus and Cancer treatment day ward in KGH and are available in the INEC, "Who for shoes" High St. and Killarney Outlook.

## FOSSA NOTES

**FOSSA GAA: LOTTO:** Numbers drawn were 12, 17, 22, 25. There was no Jackpot winner and next weeks Jackpot will be €4,050. There will also be meat vouchers up for grabs next week as part of the Christmas promotion. Tickets are on sale at The Golden Nuggett Bar, The Castlerosse Leisure Centre, The Travel Inn, The Old Killarney Inn, Foley's Spar Shop, The Laurels Bar and Committee members.

**KILLARNEY LIBRARY:** Killarney Library will host an art exhibition entitled "Placing the Word" by Killarney native Dolores Lyne from 12th December to 30th January during library opening hours. Billy Keane will officially launch the exhibition on Saturday 12th December at 2pm and admission is free to both the

exhibition and the launch.

**FOSSA/TWO MILE COMHALTAS:** Christmas Ceili on Sunday 13th December in Fossa Community Centre 3 - 6 Music by Neily O'Connor Band. All welcome.

Adult Set Dancing Classes continue on Tuesday nights 9 to 10.30, all welcome.

**RAMBLING HOUSE:** Our annual rambling house will be held on Saturday 9th January 2016 in Travel Inn Fossa. A great night of music, song, dance and storytelling. Anyone interested in taking part contact Tim 087 241 3116 or Eileen 087 628 4053.

**ASTROTURF ALL WEATHER PITCH:** All weather pitch at Fossa National School. Opening hrs. Monday/Friday 4pm/10pm,

Saturday/Sunday 10am/10pm. All types of sport are played on this floodlit pitch. Now taking bookings for birthday parties. Contact Ger O'Connor 083 4228977 or email fossaweatherpitch@gmail.com

**SYMPATHY:** Fossa GAA Club extends its sympathy to Deborah Devane and family, Nunstown, Aghadoe on the death of Deborah's father, Patrick Morris, Glencare. May he rest in peace.

**FOSSA NOTES:** If anybody has any item they would like included in the notes, please email information to John O'Neill at

pro.fossa.kerry@gaa.ie. Please forward information before Sunday at 11am.

# A look through the lens on whats happening in Killarney in the run up to **CHRISTMAS**



PICTURED AT THE OFFICIAL OPENING OF BRADLEY'S CHEMIST, NEW STREET WITH CELEBRITY BLOGGER SUZANNE JACKSON WERE L-R FIONA KELLY, SUZANNE JACKSON, MOIRA GREER & EMMA WADE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE OFFICIAL OPENING OF BRADLEY'S CHEMIST, NEW STREET WITH CELEBRITY BLOGGER SUZANNE JACKSON WERE L-R DENISE O'MAHONEY, SUZANNE JACKSON & MOIRA GREER. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



MEGAN O'NEILL, DOIREANN O'CARROLL AND HANNAH SHERY WHO PERFORMED AT THE EVENING PIANO RECITAL WITH YOUNG CHOON-PARK AND GUESTS AT THE FRANCISCAN PRIORY, KILLARNEY, ON SUNDAY NIGHT. PICTURE: EAMONN KEOGH (MACMONAGLE.COM)



DINE IN KILLARNEY NIGHT IN ASSOCIATION WITH CHRISTMAS IN KILLARNEY. PICTURE IN THE BRICIN RESTAURANT L-R LISA TANGNEY, ANN MARIE O'CONNELL, CATHERINE LYNE, KATE PRINDIBILLE, ELAINE DILLON, AMY NI CHIARDUBHAIN AND MAIRAD O'SHEA. PHOTO BY MAREK HAJDASZ MH PHOTOGRAPHY.



DINE IN KILLARNEY NIGHT IN ASSOCIATION WITH CHRISTMAS IN KILLARNEY. PICTURE IN THE BRICIN RESTAURANT FRONT L-R KATE O'CONNOR, MIRIAM BROSANAN AND NOREEN QUILL, BACK L-R HELEN LENIHAN, PATRICIA O'NEILL, SINEAD O'MARA, MARTINA HEALY AND KATIE O'SULLIVAN. PHOTO BY MAREK HAJDASZ MH PHOTOGRAPHY.



PICTURED AT TESCO DEERPARK FOR THE ARRIVAL OF SANTA'S CHRISTMAS COCA COLA TRUCK WERE L-R JESSICA LEAHY, RAY LYNE, INDY LYNE, LAYLA LYNE & KAMILA LYNE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



CHRISTMAS IN KILLARNEY TEA DANCE LAST WEDNESDAY EVENING AT THE MALTON HOTEL. PICTURED SHEILA MORRIS, MARY CASEY, JOE BURKE, MARGARET ROCHE, ANN CUSACK AND EILEEN MCSPARRON. PHOTO BY MAREK HAJDASZ MH PHOTOGRAPHY



BILLY BREEN PICTURED WITH HIS BROTHER AT THE COCO COLA TRUCK LAST WEEKEND.



NIAMH DWYER, CIARA TREACY (ROSS HOTEL MANAGER) AND PATRICIA RYAN AT THE OPENING OF THE PINK LOUNGE GIN & CHAMPAGNE BAR AT THE ROSS HOTEL, KILLARNEY, ON THURSDAY NIGHT. PICTURE: EAMONN KEOGH (MACMONAGLE.COM)



SANTA AT KILLARNEY OUTLET CENTRE.. VISITING SANTA CLAUS IN HIS CHRISTMAS CABIN AT KILLARNEY OUTLET CENTRE LAST WEEKEND WERE SEAN AND SAMUEL O'DONOGHUE, KILLARNEY.

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## AVAILABLE

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## WANTED

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Electronic Tax Clearance Certificates (eTC) will be introduced from 2016.

From 1 January 2016 all applications for tax clearance will be made through the new online eTax Clearance system. The up-to-date tax clearance status of customers will be available to be checked by Public Service Bodies, taxpayers and their agents online on an ongoing basis.

Applicants will apply for Tax Clearance in the new eTC system and will be given a Tax Clearance Access Number which they will provide to the Public Service Body and other parties as required to verify their tax clearance status.

The Public Service Body will use the PPSN / tax reference and the Tax Clearance Access Number to verify the Tax Clearance status of the applicant via Revenue's On-Line Service (ROS).

Allman House, Tralee Road, Killarney, Co. Kerry

T: 064 6632045 E: [info@obriencoffey.ie](mailto:info@obriencoffey.ie)

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## Citizens Information

### Know Your Rights: ONLINE SHOPPING AND VAT

#### QUESTION

I do a lot of online shopping from American websites. What are the rules about VAT and customs duties when shopping outside the EU?

#### ANSWER

If you buy goods over the internet or from a mail order catalogue or if you receive goods that have been sent as a gift from abroad you are importing goods. In general when goods are imported into Ireland from a country outside of the EU they become liable to import charges. Import charges include VAT, customs duty and excise or other duties where relevant. In some cases, you can get relief from import charges.

If someone sends you a gift from outside the EU, and it is valued at under €45, you do not have to pay any import charges. To qualify for this relief the gift must be of an occasional nature and sent from one private individual to another. You can buy some goods from outside the EU up to a value of €22 without paying VAT. If your purchase costs more than €22 you must pay VAT. VAT is calculated on the full value of the item, plus postage and duties, and not just the value above the allowance.

If you buy goods from outside the EU valued at more than €150 you will have to pay customs duty as well. Customs duty is normally calculated as a percentage of the value. Customs duty is charged on the full value of the goods plus the cost of postage, packaging and insurance. VAT, customs duty and excise duty are always charged on excisable products (such as alcohol, tobacco and perfume) from outside the EU, whatever their value.

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**Further information is available from the Citizens Information Centre below.**

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

Information is also available online at [citizensinformation.ie](http://citizensinformation.ie) and from the Citizens Information Phone Service, 0761 07 4000.

### ON THE BOX KILLARNEY OUTLOOKS WEEKLY SOAP COLUMN

SELF-CONFESSED SOAP ADDICT, JOE  
BURKETT TAKES A LOOK AT WHAT'S  
IN STORE IN THE SOAPS THIS WEEK



#### Christmas Preview

Here is your festive guide to all the top plots and sneak peeks at what our favourite soaps have in store for us this festive season.

##### CORONATION STREET

- Carla Connor will go into self-destruct after she discovers that Johnny Connor is her real father leading to her cheating on Nick Tilsley. Carla will have a one-night stand with Robert Preston who just so happens to be Carla's sworn enemy Tracy Barlow's boyfriend.

Expect fireworks.

- Tyrone Dobbs will make his sickly little step-daughter Hope's dreams come true when he turns Coronation Street into a Winter Wonderland for her. But an even better surprise awaits Fizz Snape as Tyrone will ask her to marry him. What will her answer be?

##### EMMERDALE

- Zak Dingle's affair with Joanie Wright is set to be exposed on Christmas Day. How will Lisa Dingle react to the fact that her beloved husband has been sleeping with their house guest?

- Debbie Dingle will depart the Dales during the Christmas season but the details surrounding her exit are currently secret. What we do know is that Ross Barton will be involved in a robbery with Aaron Livesy, baby Moses will be rushed to hospital and Emma Barton pays Charity Dingle a prison visit.

##### EASTENDERS

- Albert Square will be rocked with a Christmas Day death as one Walford favourite will breathe their last. Rumour has it that Fatboy will be the unlucky resident.

- Stacy Branning is set for her most dramatic Christmas ever as she will finally learn the truth behind her father's key, her mother Jean Slater will return and she will give birth.

- Mick and Linda Carter's New Year wedding will end in disaster as Dean Wicks takes his revenge.

## **SouthWest Counselling Centre** **SELF ESTEEM IN CHILDREN**



Last week we looked at the many ways we can raise our self-esteem and begin to feel better about ourselves. We also identified how these patterns of low self-esteem can start very early in life – and thus it makes sense that we think about developing and promoting self-esteem in childhood. Parents and caregivers can promote positive self-esteem in their children by encouraging their children and making sure they feel loved, secure and competent.

Children who are scared to try new things and speak negatively about themselves may have low self-esteem. They tend to give up easily or wait for someone else to do the task for them. They can also be overly critical and easily disappointed in themselves. They tend to view temporary problems as permanent and can be pessimistic. In contrast, children with healthy self-esteem are comfortable in social settings and enjoy interacting with others. They enjoy working independently as well as interacting in groups. They work towards finding a solution when faced with a challenge and don't put themselves down. They are generally more optimistic and know their strengths and weaknesses.

To help build your child's confidence, encourage your child to take healthy risks. Allow them to take (age-appropriate) chances, make choices and take responsibility for them. When children make their own age-appropriate choices this empowers them and gives them a sense of control over their bodies.

Children also need opportunities to demonstrate their competence and feel that they make a valuable contribution. This can mean asking them to help out at home – by setting the table or dusting. Encouraging them to take on tasks that they show particular interest in is a great way to boost their confidence. Teach your child to set goals and take pride in their accomplishments. It is important to ensure that their goals are within reach and at an appropriate level for their ability. However, if your child tries and doesn't succeed, this is a fantastic opportunity for you as parent to help build their self-esteem. Let them know that no matter what the result, your love is unconditional. Encourage them to try and try again.

Overly praising a child is not the way to develop their self-esteem and confidence. Confidence comes from them trying, failing and trying again. If we tell them they are doing a 'terrific job' whatever they do, this confuses children and they learn not to trust their own instincts. However when praise is appropriate, specific and earned it is a valuable self-esteem builder.

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


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

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




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




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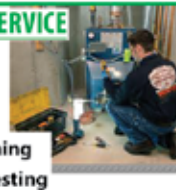
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## CALLING ALL KILLEENTIERNAS GOLFING EXILES

The fifth Moss Keane Memorial Golf Challenge is fixed for Monday the 28th of December at Killorglin Golf Club. As usual "Parish rule" applies; competitors must be from the parish or resident in the parish. 2014 saw 42 golfers take the challenge with Liam Browne taking the title with 40 pts. The winner will have his/her name inscribed on the trophy and gets the singular honour of wearing the Irish team blazer worn by Moss on the tour of Australia in 1979. To win requires the capacity to perform in winter golf and overcome that combination of dodgy weather and a field of over 40 golfers. As always we welcome all golfers from the hotshots to those who turn up and give the game a go on the day. New players are especially welcome and we would like to see more lady golfers play. The event has become an annual meeting place for players who live outside of the parish and the presentation of prizes in the Brown Flesk Inn has become a social event not to be missed. The Kerry/Cork Health Link Bus was the nominated charity last year and €1870 was raised from the day's activities. This year's proceeds will go to the Castleisland Branch of Kerry Hospice who are fundraising for the new Palliative Care Unit in Tralee. A group text has gone out to last year's players to be replied to by 10th of December. New players can apply by contacting Donie O'Shea on 087/903 1967 or Charlie Daly on 087/238 9995.

## ARE YOU THINKING OF GETTING A PET THIS CHRISTMAS?

A pet is for life not just for Christmas and if you are fully committed to caring for a pet, that is wonderful and please give an unwanted pet a home. But how many pets that will be fussed over at Christmas this year will have the following story to tell? I was a cute puppy when my owner no doubt paid a breeder a lot of money for me. I am a Beagle and I am just over a year old now. I'm not sure when my owner decided he no longer wanted to

care for me but I lived a life of neglect before finally being dumped on the streets. Dogs like me have nobody to turn to in sad situations like this. Alone and uncared for, I developed horrendous skin problems. I was starving and emaciated and over time, all my beautiful fur started to fall out. My body was covered in crusty, weeping sores from my constant scratching and I had severe anaemia from being so malnourished. I will never understand why my owner couldn't love me as I loved him. I will never see my next birthday as I am about to be put down because nobody wants me, but even that is better than existing as I was – it is too late for me but if you are going to really care for a pet – any kind of pet – please choose an animal or bird that would otherwise be put down.

## 5 DINNER-TABLE CONVERSATION STARTERS

1. Ask, "What's the funniest thing you saw today?" TV counts. So do the wildlife and the strange people at the local supermarket.
2. Try "What was the worst thing that happened today?" If it was a pretty lousy day for all of you, try this variation. Sometimes by sharing a bummer of a story yourself, you can get others at the table to either commiserate with their own tales of woe or work to cheer you up -- which lifts everyone's moods.
3. Ask, "What are you looking forward to tomorrow?"
4. Ask, "What do you think?" Come prepared to talk about a current headline or trend. Invite the person sitting next to you to share what he or she thinks about the matter.
5. Share pop culture. Let children talk about a funny video they're watching or song they like.

## ANSWER TO LAST WEEKS RIDDLE

What is greater than God, more evil than the devil, the poor have it, the rich need it, and if you eat it, you'll die? Answer Nothing.

## QUOTE

"God gave you a gift of 86,400 seconds today. Have you used one to say 'thank you?' " - William Arthur Ward.

## ON THIS DATE 11TH DECEMBER

- 1844 - First dental use of nitrous oxide, Hartford, Connecticut.
- 1882 - Boston's Bijou Theatre, first American playhouse lit exclusively by electricity.
- 1905 - Birth of Erskine Childers, Republic of Ireland's fourth president.
- 1909 - Coloured moving pictures demonstrated at Madison Square Garden, New York City.
- 1917 - German-occupied Lithuania proclaimed independence from Russia.
- 1918 - An armistice ending World War One was signed at 11:00 am.
- 1930 - New York's branch of Bank of the United States announced that it had gone belly-up.
- 1936 - In the wake of the abdication of Edward VIII, the Dáil passed legislation removing the King from the Irish Constitution and abolishing the position of Governor General.
- 1941 - Buick lowered its prices to reflect the absence of spare tires or inner tubes from its new cars. Widespread shortages caused by World War II had led to many quotas and laws designed to conserve America's resources.
- 1979 - Charles Haughey elected Taoiseach.

## RIDDLE FOR THIS WEEK

I stand when I'm sitting, and jump when I'm walking. Who am I? Answer next week!

## TONGUE TWISTER

Tie twine to three tree twigs.

## THE WORLD OLDEST RINGED BIRD

Wisdom, a Laysan albatross who is the oldest known ringed bird in the world, has continued to surprise wildlife officials and her fans by reappearing every year at the Midway Atoll National Wildlife Refuge in the Pacific, and this year is no exception. On November 19th at the tender age of 64 she returned again with her mate. Wisdom was first ringed back in 1956 when she was believed to be just 5-years-old and has managed to survive decades, outliving many of her relatives whose lifespans are estimated to be between 12 and 40 years in the wild. She's also believed to have logged six million ocean miles of flight time since then. According to the U.S. Fish and Wildlife Service (FWS), which oversees the refuge, her most recent reappearance is almost a year to the day she returned to these nesting grounds last year, when she thrilled her supporters after meeting up with her mate and laying an egg. Laysan albatrosses mate for life, after engaging in an elaborate courtship ritual and lay only one egg every year. However, it's suspected that Wisdom has had more than one partner during her long life and has raised as many as 36 chicks since she was first ringed. Her longevity and success as a mother in light of the growing problems seabirds face has offered

hope for these birds and is seen as a sign that conservation efforts to protect the refuge, which lies within the Papahānaumokuākea Marine National Monument, are paying off. "In the face of dramatic seabird population decreases worldwide – 70% drop since the 1950s when Wisdom was first banded – Wisdom has become a symbol of hope and inspiration," said Refuge Manager, Dan Clark. "We are a part of the fate of Wisdom and it is gratifying to see her return because of the decades of hard work conducted to manage and protect albatross nesting habitat." Today, the refuge, which is about 1,200 miles northwest of Hawaii, is home to the world's largest population of Laysan albatross, who are listed as Near Threatened on the IUCN Red List of Threatened Species. The main threats to their survival include getting caught in fishing gear, and an unfortunate amount of plastic pollution. Sadly, many albatross parents unwittingly feed deadly plastic debris to their chicks, which is taking a devastating toll.

## CHINA TO CLONE 1 MILLION COWS A YEAR

Boyalife, the first stem cell bank in China, is now underway in cloning cows to meet the country's skyrocketing demand for beef. The company hopes to initially produce 100,000 cow embryos annually and eventually increasing that number to 1 million annually. The product could be available on Chinese shelves by next year. In addition to beef cattle, the facility in which roughly \$31 million (200 million yuan) has been invested into the project will clone other animals including drug sniffing dogs, pet dogs and racehorses. The centre, which will be the largest facility of this kind worldwide, will also include a gene storage area and a museum. The mass production of cloned animal meat isn't new in China. The Chinese company BGI, the world's largest centre for the cloning of pigs, reportedly produces 500 cloned pigs a year. Dolly a sheep, the world's first mammal to be cloned from an adult cell, was born in 1996 in Scotland.

## EXPENSIVE WEDDINGS DO NOT ALWAYS HAVE POSITIVE MARITAL OUTCOMES

A study found that couples who spend less on their wedding tend to have longer-lasting marriages than those who splurge. The study, by two economics professors at Emory University, in the US found a similar correlation between less-expensive engagement rings and lower divorce rates. The research was based on a detailed survey completed by 3,151 adults in the United States who are, or have been, married. The authors believe theirs is the first academic study to examine the correlation between wedding expenses and the length of marriages. Research showed that women whose

wedding cost more than \$20,000 divorced at a rate roughly 1.6 times higher than women whose wedding cost between \$5,000 and \$10,000. And couples who spent \$1,000 or less on their big day had a lower than average rate of divorce. Planning a wedding? In addition to slashing costs, you might want to invite those extra co-workers and far-flung cousins. The Emory study also found that the greater the number of people who attend a wedding, the lower the rate of divorce. "This could be evidence that support from friends and family may help the couple to get through the challenges of marriage, or it could be that the type of couples who have a lot of friends and family are also the type that tend not to divorce as much" one of the study authors said.

## USEFUL HINTS

- Add two aspirins to the water in a vase of flowers and your flowers will stay fresh for longer. You can also do this by using lemonade instead of water.
- Save yourself some time and effort when cleaning by placing waxed paper on top of your kitchen cabinets. The paper will prevent dust and grease from building up.
- Try crisscrossing two rubber bands over the claw of your hammer before you remove a nail from one of the walls in your home. The bands will prevent the wall from getting damaged.
- Rubbing waxed paper along your shower's curtain rod will stop your shower curtain from getting stuck every time you try to open or close it.
- Hot sauce doesn't just set your mouth on fire – it's great for shining any copper fixtures or ornaments that you may have in your home.
- Brighten up your silver by using whitening toothpaste to remove any tarnish. Using whitening toothpaste will also retain any patina built up on the silver.
- Lime buildup can be taken care of by making a paste from one tablespoon of vinegar and two tablespoons of salt. Apply the paste to your shower, sink or other fixtures and rub the lime buildup with a cloth to remove it.


## A COAT TO HELP THE HOMELESS IN BRUTAL WINTERS

When Veronika Scott was a student at the College for Creative Studies in her native city of Detroit, Michigan, she received an assignment to "design to fill a need." She dreamed up an idea for insulated overcoats that would double as sleeping bags, made 25 of them, and handed them out to people living in makeshift shelters on a run-down city playground. While her efforts were greeted mostly with enthusiasm from those braving Detroit's brutal winters, one woman voiced dissent. "We don't need coats; we need jobs," she told Veronika. Then she had her second inspiration. Veronika, now aged 26, found an expert to teach two homeless women to

sew and hired them to assemble the coats. She paid them with donations she received through her blog. At first, the coats were constructed in a homeless shelter's utility closet. After graduating from college in 2012, she moved the shop into an old downtown warehouse for socially conscious businesses and founded the Empowerment Plan, a nonprofit organisation. Clothing manufacturer Carhartt donated several old industrial sewing machines and reams of fabric and zippers. GM and other companies chipped in operating funds and insulating material. To date, the Empowerment Plan has produced more than 10,000 coats and distributed them in 30 states, Canada, and elsewhere abroad. The group employs about 20 people—mostly single mothers, some of whom have served time or worked as prostitutes—and pays them more than Michigan's minimum wage. The Empowerment Plan provides free GED and financial-literacy classes and offers micro-loans to those who qualify. Nearly all the employees eventually move into permanent housing, and some go on to jobs in the auto industry and construction.

## MAKING THE CHRISTMAS HOLIDAYS SAFER FOR YOUR CAT

Ribbons and tinsel are tempting toys for a curious feline. But if your cat swallows these objects, they can cause serious problems if they get "stuck" in the intestinal tract or wrapped around your cat's tongue. Keep these types of decorations out of the reach of your cat. Many of the holiday plants that are popular this time of year are dangerous for our cats. Though poinsettias are generally over-rated in terms of their potential for toxicity, they can still cause mild intestinal upset for your cat. More importantly, holly can be very toxic, as can some types of mistletoe. In addition, lilies can be deadly for your cat and are often found in holiday flower arrangements. Do not leave these plants where your cat can chew on them. Scented candles and potpourri are popular holiday decorations as well. Though they make our homes smell wonderful, they may be dangerous for curious cats. Even worse, an open flame can easily become a fire hazard if knocked over. Many of the decorations we enjoy during the holidays are electric, and the cords can become a target for a playful cat. Biting into an electrical cord can pose an electrocution threat. Be cautious of dangling cords and place them where your cat cannot access them. Be sure to spend a little extra time with your feline friend during the holidays. A little extra attention from you may help ease some of the tension of the holidays for your cat. Make certain your cat has a place to retreat when company arrives if he feels the need. Your cat's safe place should have a litter box, a food and water station, and a soft comfortable place to rest. It should be a private area where guests are not allowed.



## A WORD OF VICTORY

Welcome back dear reader let's take a look at a day in the life of Jesus while He was on this Earth - rising early and going to a quiet place to pray and communicate with His Father on what God's plans were for that day, we see Jesus preaching and teaching on the Kingdom of God at lakesides or on mountain-sides and thousands of people coming out to hear what He had to say. He would teach on Scriptures such as Isaiah chapter 61 'the Spirit of the Lord is upon me because He has anointed me to proclaim good news to the poor. He has sent me to heal the broken-hearted, to proclaim freedom for prisoners (of pain and sickness) and to set the oppressed free' (see also Luke 4:18). Then He would speak healing on the multitudes commanding sicknesses and infirmities to leave the people's bodies - even those who were being tormented by evil spirits were set free. Yes friend - Jesus healed them all. After a long day ministering the multitudes would follow Him looking for more. There seemed to be nothing impossible to Him, but yet when He came to His hometown He could do no miracles there because the people recognised Him as the carpenter's son and were offended and because of their unbelief He was limited in carrying out His commission. Only a few were healed there and He was astonished at this (Mark 6:5). We read in Mathew chapter 28 after Jesus was crucified and raised from the dead all authority in Heaven and on Earth was given to Him. He then delegated this authority to His followers who He told to do the things that He had done and even greater things all through the power in His Name - the Name Jesus (John 14:12). Friends it's the very same today thousands of mirades are taking place all over this world in the name of Jesus but many don't receive because of their unbelief. More next week.....

**Contact: 064 - 66 22950 E: [wovkillarney@gmail.com](mailto:wovkillarney@gmail.com)**

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### PRAYER TO THE VIRGIN MARY

#### NEVER KNOWN TO FAIL

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

X

### PRAYER TO THE VIRGIN MARY

#### NEVER KNOWN TO FAIL

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

X

### NOVENA TO SAINT MARTHA

O St. Martha, I resort to thee and to thy petition and faith, I offer up to thee this light which I shall burn every Tuesday for nine Tuesdays. Comfort me in all my difficulties through there great favour thou didst enjoy when Our Saviour lodged in thy house. I beseech thee to have definite pity in regard to the favour I ask (mention favour). Intercede for my family that we may always be provided for in all our necessities. I ask thee St. Martha to overcome the dragon which thou didst cast at thy feet. One Our Father and three Hail Marys, and a lighted candle every Tuesday and the above prayer made known with the intention of spreading devotion to St. Martha. In thanksgiving.

### PRAY TO ST. EXPEDITE

Saint Expedite, Noble Roman youth, martyr, You who quickly brings things to pass You who never delays, I come to you in need: (Clearly express what you want and ask him to find a way to get it to you)  
Do this for me, Saint Expedite, and when it is accomplished, I will as rapidly reply with an offering to you (State your vow or promise)  
Be quick. Saint Expedite!  
Grant my wish before your candle burns out and I will glorify your name  
Amen. Thank you St. Expedite for answering my request. I promise publication to spread your devotion.  
For anyone in need say this prayer and your request will be granted. My request was granted.  
Amen. X

### THE MIRACLE PRAYER

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

### PRAYER TO THE VIRGIN MARY

#### NEVER KNOWN TO FAIL

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

X

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### NOVENA TO THE SACRED HEART

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

## 15TH ANNIVERSARY



In Loving Memory of

### DONAL MURPHY

**Annaghmore, Headford, Killarney  
who died on the 10th December 2000**

*Memories are like leaves of gold  
they never tarnish or grow old.  
No more tomorrows for us to share  
But yesterday's memories  
will always be there.  
Never very far away from our thoughts.*

**Sadly missed by your wife Kathleen  
and extended family.**

## NOVENA TO THE SACRED HEART

Sacred Heart and Our Lady a thousand thanks.  
And to all of the Angels and Saints and the Holy Spirit.

## 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**

## 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**

## PRAYER TO THE VIRGIN MARY

### NEVER KNOWN TO FAIL

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

## NOVENA TO THE SACRED HEART

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

## GRATEFUL THANKS

Sacred Heart of Jesus, Our Lady of Lourdes, St. Padre Pio, St. Clare, Our Lady of Mount Carmel, Divine Mercy St. Faustina, St Michael Archangel and St Anthony for health favours received.

## PRAYER TO ST. JOSEPH

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

## NOVENA TO THE SACRED HEART

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

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

### NEVER KNOWN TO FAIL

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

## PRECIOUS MOTHER OF JESUS

Mother of Divine Grace, you can find a way, where there is no way. Please hear my prayer and grant me my request. (Say 6 times daily and your request will be granted).

## NOVENA TO THE HOLY SPIRIT

O Holy Spirit, you who solve all problems, light all roads so that I can attain my goal. You gave me the divine gift to forgive and forget all evil against me and that in all instances of my life you are with me. I want in this short prayer to thank you for all things you have given me as you confirm once again that I never wanted to be separated from you in spite of all material illusions. I wish to be with you in Eternal Glory.  
Thank you for mercy towards me and mine. This prayer must be said for three days, after three days the favour will be granted.  
**C.W.**

## NOVENA TO THE SACRED HEART

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

## PRAYER TO THE VIRGIN MARY

### NEVER KNOWN TO FAIL

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

**P**

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## NOVENA TO THE SACRED HEART

Sacred Heart and Our Lady a thousand thanks.  
And to all of the Angels and Saints and the Holy Spirit.

## NOVENA TO THE SACRED HEART

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

## NOVENA TO THE SACRED HEART

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



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