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LA LA LAND 125 mins SAT/SUN 3:35, 6:15, 8:45	BALLERINA 100 mins SAT/SUN 12:15, 2:05

TUESDAY 17TH THE DAWN 90 minutes
A war of independence story - filmed in and around Killarney in 1914 and 1915
TUES 7:00

ASSASSINS CREED 145 mins 7 DAYS 6:15	MONSTER TRUCKS 120 mins SAT/SUN 12:10, 2:10, 4:10
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Declan 11:30am - 1:00pm Jive + Quickstep
Sandra 2:00pm - 3:30pm Advanced Jive
Declan 3:30pm - 5:00pm Line Dancing
Tom 5pm - 6:30pm Junior Jive
Tom, Sandra & Declan 8pm - 9:30pm Advanced Jive Moves
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With the mountains covered in a blanket of snow, people are doing their best to get out and about in an effort to continue with their new year's resolution of keeping fit and healthy. There was a great turnout at the Operation Transformation Walk at Muckross Traditional Farm last weekend. The ladies of the town turned on the style to celebrate Nollaig na mBán while the contestants in the third annual Strictly Come Dancing in aid of the Irish Cancer Society are busy practising their moves. A local postman took delivery of the Crokes lotto jackpot and the first talking film, The Dawn is set to be screened over the next few weeks. Lir Cafe are planning a fundraiser in aid of the Irish Motor Neurone Disease Association and students around the county are looking towards the CAO closing date.

With plenty of pictures, a round up of local news and lots of great offers from our advertisers, I hope you enjoy this edition of the Killarney Outlook.

*Aisling Crosbie,
Editor.*

STRICTLY GOES BACK TO THE '80'S

The third annual Strictly Come Dancing in aid of the Irish Cancer Society is set to take centre stage at the INEC on Friday February 10th. The 26 dancers are busy rehearsing under the tutelage of dance teacher Debbie Driscoll for the 80's themed show.

Speaking to the Killarney Outlook, Chairperson of the Killarney South Kerry Branch of the Irish Cancer Society, Eugene O'Sullivan said it was all systems go for the show. "With the theme 'Strictly Goes Back to the 80's' we are all looking forward to a great show", he said.

Taking part in this year's show are Jennifer McCarthy and Timmy O'Connor; Denise Fogarty and Tim O'Sullivan; Rene Dooley and Noel Crowley; Marion O'Shea and Andrew O'Sullivan; Kerry O'Connor and Jim Morris; Norma Lucey and Séan Canty; Máire Devane and John O'Donovan; Tracy Sheehan and Padraig O'Connor; Deirdre Lyne and Pat McGrath; Kathleen O'Sullivan and Robert Lucey; Kate Crowley and Pat Sheehan; Bríd O'Donnell and Den Tomo O'Sullivan and Mags Cronin and Darby O'Donoghue.

Strictly Goes Back to the 80's is on Friday 10th



"THE BIG REVEAL" THE FACES OF STRICTLY COME DANCING 2017 WHO WILL BE 'DANCING THEIR SOCKS OFF' AT THE INEC ON FRIDAY 10TH FEB FOR THE IRISH CANCER SOCIETY. BACK ROW L-R THE COMMITTEE: EUGENE O'SULLIVAN, KATHRINA BREEN, ELEANOR O'DOHERTY, KATHLEEN CRONIN, KATHLEEN O'SHEA & TIMMY MORIARTY. THIRD ROW L-R (DANCING COUPLES) KATIE O'CONNELL & PAT SHEAHAN, KERRY O'CONNOR & JIM MORRIS, MARION O'SHEA & ANDREW O'SULLIVAN, CHOREOGRAPHER DEBBIE DRISCOLL OF KERRY DANCE & FITNESS, MAGS CRONIN & DIARMUID O'DONOGHUE, MARIE DEVANE & JOHN O'DONOVAN, NORMA LUCEY & SEAN CANTY (MISSING FROM PHOTO). SECOND ROW L-R (DANCING COUPLES) TIMMY O'CONNOR & JENNIFER MCCARTHY, TIM O'SULLIVAN & DENISE FOGARTY, ROBERT LUCEY & KATHLEEN O'DONOGHUE, RENE DOOLEY & NOEL CROWLEY. FRONT ROW L-R (DANCING COUPLES) PAT MCGRATH & DEIRDRE LYNE, DEN TOMO & BRID O'DONOGHUE, TRACEY BROSNAN SHEA & PADRAIG O'CONNOR. PICTURE MARIE CARROLL-O'SULLIVAN.

February 2016. Tickets are €20 for adults and €10 for children under 12 and are available from Dancers, Committee, Kerry's Boutique,

Whos4Shoes and INEC Killarney. It promises to be a great night with a drinks reception upon arrival and is not to be missed.

POSTMAN BRIAN TAKES DELIVERY OF THE CROKES LOTTO JACKPOT



Popular local postman Brian Clarke has just taken delivery of €13,500 when he won his club's weekly lotto jackpot. The Dr. Crokes clubman, who is well known through the town for his sporting exploits on the football field, basketball court and golf course choose the numbers 7, 10, 14 and 23 to win the club's biggest ever jackpot.

FRONT FROM LEFT ARE MALACHY WALSH (LOTTO COORDINATOR), BRIAN CLARKE (WINNER) AND PA O'BRIEN (LOTTO COORDINATOR). BACK FROM LEFT ARE PAUL DOWNEY (SECRETARY), DER BROSNAN (SELLER), MOSS HARMON (LOTTO COORDINATOR) AND ED STACK (TREASURER). PICTURE: EAMONN KEOGH.

DAWN FILM TO BE SCREENED AGAIN

Iconic film The Dawn is set to be screened in the Cinemakillarney on four dates over the next four weeks.

Admission to the first "talkie" is €5 and all money raised will go towards the Heart of Killarney Project, the group responsible for the new defibrillator which is housed in the old Telephone Box on Main Street.

The group are currently fundraising for a second telephone box.

The film will be screened on Tuesday 17th, 24th and 31st January and 7th February.

Tickets are available from the Box Office at the Cinema.



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LIR CAFE FUNDRAISER FOR MOTOR NEURONE DISEASE

A coffee morning due to be held on Wednesday 25th January at Lir Cafe is set to raise much needed funds for Motor Neurone Disease.

The charity is very close to the heart of proprietor and organiser of the event, Alan Oliver, who lost his Mum to the harsh disease in November.

Bernadette Oliver was an active woman and mother of seven children when she contracted the disease at the young age of 69.

"She was very active, playing badminton and ten pin bowling when she was diagnosed and lived for three years with the degenerative condition before passing away at the young age of 72" Alan told the Killarney Outlook.

"We cannot praise enough the help we got from the Irish Motor Neurone Disease Association (IMNDA) during my mother's illness", he said. "They provided all the equipment needed for my mother to live her life to the best of her ability including home nursing", he added. Alan who is the proprietor of Lir Cafe plans to run the event from 8am to 2pm and one of his regular customers has come on board with an offer he couldn't refuse. Frank Murphy of Monex is a regular at Lir Cafe and when he heard about the charity event he



PICTURED AT LIR CAFÉ FOR THE LAUNCH OF THE COFFEE MORNING TO SUPPORT THE IRISH MOTOR NEURON DISEASE ASSOCIATION WERE ORGANISERS ALAN OLIVER (PROPRIETOR) & FRANK MURPHY (MONEX). THE COFFEE MORNING WILL TAKE PLACE AT LIR CAFÉ ON WEDNESDAY 25TH JANUARY FROM 8AM-2PM AND ALL ARE MOST WELCOME. PICTURE MARIE CARROLL-O'SULLIVAN.

promised to match euro for euro everything that Alan raises on the day.

"At the moment there are 13 people in Kerry and three in Killarney suffering from Motor Neurone Disease" Alan said "and anything

we can do to help their suffering would be fantastic".

You can support Alan's fundraiser by dropping into Lir Cafe, on Kenmare Place on Wednesday 25th January from 8am onwards.

IRISH LIFE HELP BEAUFORT GAA TO SAVE LIVES IN THE COMMUNITY



BEAUFORT GAA CLUB MEMBERS MOSS AND OISIN FOLEY, NATHAN BREEN, RONAN MURPHY, MARY O'CONNOR, FRANK COFFEY, AND BRIDGET HARTNETT AT THE RECENT INSTALLATION OF IRISH LIFE SPONSORED DEFIBRILLATOR.

The vibrant community in Beaufort have just taken delivery of a Defibrillator which is installed at the local GAA Clubrooms thanks to an initiative by the GAA and sponsored by Irish Life. Beaufort Community have a very energetic Defibrillator group under the leadership of Mary O'Connor which has led to numerous people in the Parish trained in using it on an ongoing basis. The club got involved when they were selected to take part in a GAA Healthy Club Project. It was a pilot project run by the GAA in conjunction with the HSE. The project

was launched in Croke Park in 2013 by the then President Liam O'Neill and Tony Holohan, CMO with the HSE. Phase 1 encompassed a broad spectrum of health related issues including promotion of health through physical activity, social inclusion initiatives and activities, health and safety, healthy eating and diet, drug and alcohol misuse, mental health and well-being, suicide prevention and response, promotion of health through physical activity, social inclusion initiatives and activities for non-playing members. The club have set up a Healthy Club

Committee, its first job was to access the Club and highlight the good work already being done in the area of health promotion and identify areas the Club would like to prioritise in the future. The assessment fell under 4 general categories: Governance, Environment, Partnerships, Programmes. The initiatives the club has been involved in since getting involved include running Exercise/Pilates Classes for all ages from over 50s to teenage girls and Gym programmes for boys. The progressive club also host the annual Ring of the Reeks Cycle which goes through one of the most scenic areas of Kerry along with a Good Friday Walk in aid of the local Cancer Hospice as well as other walks throughout the year.

There is an annual Quiz held also at Christmas time which gets locals and people home for Christmas enjoying the festivities together.

"We encourage healthy snacks at underage medal presentations and for Blitz's etc. when held in the club", a spokesperson for the club told the Killarney Outlook.

"We are now in Stage 2 of the Healthy Club Project promoted by Community and Health Department in Croke Park with partners HSE and Irish Life Insurance.

"We hope to build on the good work already in place, get more members involved and continue with new activities for all the community", the spokesperson added.



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INAUGURAL SOCCER TOURNAMENT HONOURS THE LATE STEPHEN LYNE

The inaugural Stephen Lyne Foundation Indoor Football tournament was played at the weekend and organisers are delighted with its success. The tournament was held to raise funds for the Stephen Lyne Foundation which works with children in Killarney schools helping to reduce levels of aggression.

The children are taught empathy through the award-winning roots of empathy programme. The event was also a wonderful way to honour the memory of Stephen Lyne, a young Killarney man who was tragically killed.

Stephen's parents Lotte and Denis Lyne are the inspiration behind the project and the tournament also honoured the fact that Stephen was a very skilled soccer player who loved the game. The winner of the inaugural football tournament was "Does Your Dog Bite" and they were crowned champions on Saturday January 7th.

A team of the tournament medal was presented to the Kerry Stars Special Olympics Club.

The tournament welcomed ten teams to the Killarney Sports and Leisure Centre on Saturday

and proceeds raised through the event will support implementing the Roots of Empathy program across Kerry schools via an ongoing partnership with Barnardos.

"Despite it being the tournament's first year, the competition was tough. We left all our emotions out on the pitch and were proud to play in a well-run tournament that helps schools across Kerry promote empathy – an emotion many need to understand better. We look forward competing at next year's event," Paudie Looney, manager of the winning team said.

"We are grateful to both the sponsors and teams for the success of our inaugural tournament" Lotte Lyne, Founding Director of the Stephen Lyne Foundation, told the Killarney Outlook.

"We look forward to our second annual tournament being even bigger and better as this event ties to one of Stephen's favourite sports so it's close to our hearts."

To learn more about the Stephen Lyne Foundation, visit its website,



LOTTE & DENIS LYNE, FOUNDERS OF THE STEPHEN LYNE FOUNDATION, PICTURED AT KILLARNEY LEISURE CENTRE FOR THE STEPHEN LYNE INDOOR FOOTBALL TOURNAMENT.
PICTURE MARIE CARROLL-O'SULLIVAN.

stephenlynefoundation.org or its Facebook page.



TAKING PART IN THE STEPHEN LYNE FOUNDATION SOCCER TOURNAMENT AT KILLARNEY LEISURE CENTRE WERE FRONT ROW L-R PAUL O'SHEA & MARK COOPER. BACK ROW L-R JORDAN LEAHY, PA D'ARCY, EVAN LYNE, TIMMY LYNE & JOE HURLEY.
PICTURE MARIE CARROLL-O'SULLIVAN.



PICTURED AT THE STEPHEN LYNE FOUNDATIONA SOCCER TOURNAMENT AT KILLARNEY LEISURE CENTRE WERE THE KERRY ALL STARS. BACK ROW L-R TOM TOBIN, DALE O'SULLIVAN, MARK O'SULLIVAN, TIM HORGAN, TADHG McMULLIN & GAVIN O'SULLIVAN. FRONT ROW L-R KEVIN LOONEY, GARY O'SULLIVAN & DENIS GUERIN. PICTURE MARIE CARROLL-O'SULLIVAN.

LETTER TO THE EDITOR POPE FRANCIS – GOD'S GIFT TO THE WORLD



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as Jesus did in simple words. Because he is

A Chara, Pope Francis is almost the embodiment of Jesus in today's world. He lives and speaks as Jesus did over 2,000 years ago, relating to all people, of every faith and no faith, especially the sick and outcasts of society. He acts as Jesus did, speaks

so humble and human with his good humour and perpetual smile he attracts many to God, people of all faiths and no faith. Every day he offers Mass in the chapel of St. Martha's Guest House where he lives in simplicity. He invites ordinary people to his Mass in which he gives a very good practical homily based on the scriptural readings of the Mass. These topical homilies are contained in a book published by Orbis Books, Maryknoll, New York, USA.

Fr. Con McGillicuddy

Sacred Heart Residence,
Sybil Hill Road,
Raheny,
Dublin 5

Fr. Con McGillicuddy is a retired priest and a native of Killarney. He worked as a priest in many parishes in Dublin – since his ordination in 1956 and has many relatives and friends in Killarney and throughout the county of Kerry.

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HEALTHY OUTLOOK

KILLARNEY GETS MOVING ON OPERATION TRANSFORMATION WALK DAY

Killarney people were among thousands of people across Ireland who took part in the biggest ever RTÉ Operation Transformation series of Nationwide Walks on Saturday last.

With twenty new walks, this year's event, which has been organised in conjunction with Sport Ireland and the Local Sports Partnerships, is the biggest in the show's ten year history.

Young and old, experienced walkers and those looking to jump-start their January health kick all took the opportunity to join the walk at Muckross Traditional Farms at 9.30am on Saturday last.



READY FOR ROAD, MAGS CRONIN (LEFT) & CASS BUCKLEY (RIGHT) AT THE OPERATION TRANSFORMATION WALK ON SATURDAY AT MUCKROSS. PICTURE MARIE CARROLL-O'SULLIVAN.



OPERATION TRANSFORMATION WALK 2017 WHICH BEGAN AT MUCKROSS TRADITIONAL FARMS ON SATURDAY. PICTURE MARIE CARROLL-O'SULLIVAN.

Operation Transformation Fitness expert Karl Henry said: "Walking is the easiest and most accessible exercise there is. It's great for all levels of fitness and gets the heart pumping."

Walking is an excellent opportunity to get your 2017 off to a great start and to support our five new leaders. It's totally free and walkers can take it at their own pace - but remember if you're not panting, you're not working hard enough."



READY FOR TAKE OFF AT THE OPERATION TRANSFORMATION WALK ON SATURDAY AT MUCKROSS TRADITIONAL FARMS WERE L-R KATHERINE MULVIHILL, EILEEN BREEN, KATHLEEN O'DONOGHUE, TERESA CLIFFORD, BREDAG DUGGAN, MARIE O'CONNOR & JOANNE BROSNAN. PICTURE MARIE CARROLL-O'SULLIVAN.

HERE ARE SOME OPERATION TRANSFORMATION RECIPES FOR YOU TO TRY....

Honey Nut and Banana Porridge

Serves 1 -

(Each serving contains approx 280 kcal)

The Ingredients

- 30g oats
- 150ml low fat milk
- ½ teaspoon cinnamon
- ½ teaspoon honey
- 1 tablespoon chopped almonds
- ½ chopped banana

THE METHOD

Place oats with milk in a pot and place on the hob.

Cook for 5 mins on medium heat until creamy
Sprinkle with cinnamon.

Top with chopped nuts, sliced banana and honey.
Serve hot.



BBQ Chicken Salad

Serves 1 -

(Each serving contains approx 380 kcal)

The Ingredients

- 75g chicken
- 50g butterhead lettuce
- 50g spinach
- 100g baby tomatoes
- 25g black eyed beans
- 50g sweetcorn
- ¼ cucumber
- 1 scallion
- 2 tablespoons Aoife's BBQ sauce
- 20g cheddar cheese
- 1 tablespoon chopped coriander



BBQ Sauce

- 1 tablespoon orange juice
- 100g tomato ketchup
- 50g cider vinegar
- ½ tablespoon honey
- ½ tablespoon worcestershire sauce

The Method

Wash and dry the vegetables.
Place on plate.

Top with chopped chicken, black eyed peas, sweet corn, chopped cucumber, scallion, grated cheese and coriander.
Drizzle with Aoife's BBQ sauce.

Sweet and Sour Vegetable and Cashew Nut Stir Fry

Serves 2 -

(Each serving contains approx 540 kcal)

The Ingredients

- 1 onion, chopped, 2 carrots, chopped
- 1 courgette, sliced, 10g broccoli, cut into florets
- 100g mushrooms, sliced, 55g cashew nuts
- 50g pineapple, cut into chunks
- 100g wholewheat noodles

Food Staples

- 1 tablespoon olive oil
- 1/2 teaspoon chilli flakes
- 1 tablespoon honey
- 2 tablespoons light soy sauce
- 1 tablespoon rice vinegar

The Method: Bring a pan of water to the boil, add noodles and simmer for approximately 5 minutes, stirring occasionally. Heat the olive oil in a wok or pan and stir fry the onions for 1-2 minutes. Add in the carrots, courgettes and broccoli and stir fry for 2-3 minutes. Add the mushrooms, pineapple, honey, soy sauce and vinegar and cook for a further 1-2 minutes
In a separate pan, dry fry the cashew nuts for approximately 1 minute and add to the vegetables. Serve the cashew nut and vegetable mixture with the wholewheat noodles.



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NEW YEAR NEW VENTURES FOR STUDENTS

-6th Year students weigh up their options as the CAO deadline approaches

6th January 2017: Every January, 6th year secondary students all over Ireland begin to weigh up their options, looking towards their futures and the opportunities they can target in the coming year. As the CAO deadline of Wednesday 1st of February is fast approaching it can be overwhelming attempting to choose which path they should follow.

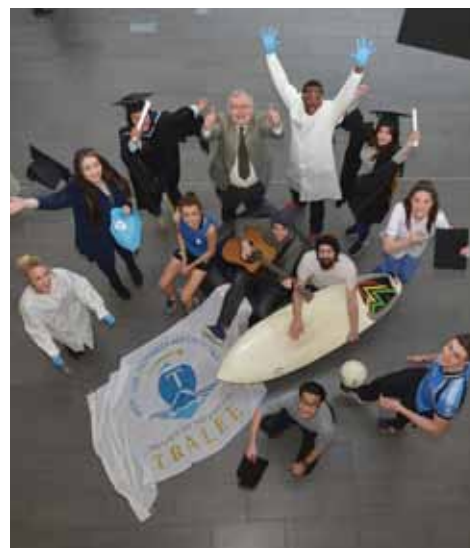
Choosing which college to put as a first choice is a big decision for both the students and their families. IT Tralee has always been a popular choice for students from the greater Munster region and all over Ireland and with such a wide range of perks, from the academic to social, it is no wonder it retains this status. Prospective college students look for a variety of courses, the standard and quality of lecturing staff and facilities, as well as looking towards their future career and graduation opportunities. IT Tralee, with courses ranging from Business and Computing to Agricultural Engineering, Health and Leisure, Nursing and Pharmaceutical Science ticks all of these boxes plus more.

Speaking about the upcoming CAO deadline, President of IT Tralee, Dr Oliver Murphy commented: "Students across Ireland have come to a major junction in their lives and are faced with a big decision on what path to take. Every year we look forward to welcoming a new group of students who choose to come on their exciting journey with us. With 41 high-quality internationally recognised and

accredited courses through the CAO to choose from, we have something to suit everyone. Our staff are a huge asset and with one of the best student to staff ratios in the country you are not just a number, you are part of a concise, tight-knit, world-class community that values independent thinking and fosters academic scholarship, along with diversity and a fulfilling student experience.

While college is an exciting time, it can also be stressful and worrying for parents and students faced with funding this adventure into further education. "Parents and students will be glad to hear that the cost of living in Tralee is significantly lower than Dublin (50% less) and Limerick or Cork (25% less). There is a whole host of affordable, high quality student accommodations available here, all within walking distance of the IT Tralee campuses and the many amenities that the Tralee area has to offer. This is surely an important factor when weighing up options," added President Murphy. To help students with their CAO applications, the financial assistance available, how learning differences are supported, what to do if you are a mature applicant and more, IT Tralee will hold a free CAO information evening for current Leaving Certificate, PLC and VTOS students, mature applicants, parents and friends on Tuesday 10th January 2017 at 6pm sharp on their North Campus. Those interested can find more information at www.ittralee.ie/caoinformation.

One-to-one assistance will also be available



IT TRALEE - A GREAT CHOICE.

on Friday 13th January at 2pm at the Business and IT Building at the IT Tralee North Campus and again those interested can find out more information at www.ittralee.ie/caoinformation.

For more information on the perks and opportunities that studying at IT Tralee has to offer and for queries from students or parents interested in knowing more, please visit www.ittralee.ie. Applications should be made via the CAO at www.cao.ie before 5.15pm on Wednesday 1st February 2017.

KILLARNEY COMMUNITY COLLEGE HAS YOUR CAREER SORTED



ALL SET FOR THE CAREERS FAIR.... NAOISE BROSANAN, ROSS BRENNAN, SARAH FINNAN, EILISH O'LEARY DP, SEAN FLEMING AND CHELSEA COFFEY.

CAREERS FAIR - WEDNESDAY JANUARY 18TH 2017 5.30PM-8.00PM

Killarney Community College will host a Careers Fair on Wednesday next January 18th

The Fair is an opportunity for students to meet with, learn about and gather information from Irish Universities, Institutes of Technology, PLC Colleges and employers, Local and National to enable them with their parents, make informed choices regarding their College Courses and post school opportunities.

Staff members from University College Cork, University of Limerick, NU IGalway, Institutes of Technology Tralee, Cork, Limerick and Waterford, Kerry College of Further Education, St. John's Central College, Killarney Community College, Mallow College and North Kerry College of Further Education are among the education institutes who will be attending. Liebherr will host a stand focusing on careers with them and O Carroll Engineering will be on hand to talk about their apprenticeship programmes, the Gardai will also have a stand explaining their recruitment process.

Killarney Credit Union and Bank of Ireland will to advise on the financial supports they offer to students, sensible savings plans and the value of forward planning.

The Careers Fair is open to everybody in the Killarney Catchment Area. So if you are a Leaving Cert student or parent and are still unsure about CAO choices this Fair is an opportunity to come and talk to the experts from the Universities and Institutes of Technology and to firm up possible PLC programmes.

Fifth Year is the time to research post school opportunities, look around, see which College offers what, become familiar with basic

minimum entry requirements, specific subject requirements and costings. A trip to the Careers Fair will point you in the right direction and support your upcoming college choices.

If you are a Third Year student you will be expected to choose your subjects for Leaving Cert in the next few weeks. A visit to the Careers Fair with your parents will help. You will hear from the experts out about the the subjects needed for specific courses and the subjects that will help if you are interested in a particular area of study.

Apprenticeships are opening up again. Learn about the possibilities here in Kerry.

Over the weekend the national media told us that up to 70% of first year students dropped out of some college courses! Lack of research plays a large part in that. This Careers Fair for the Killarney Catchment area is an ideal learning and research opportunity for parents and students.

Stella Loughnane, Principal and Eilish O Leary Deputy Principal, Killarney Community College looks forward to welcoming you to the Careers Fair on the 18th

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23 COLL CORRAN, PARK ROAD Guide Price €185,000

Brand new contemporary 2 Bedroom ground floor apartment (approx 861 sq ft) with private parking. Gas heating with high efficiency radiators. Finished to a high specification. 5 minutes' walk to Town Centre.

REF 976 **BER C1**



WOODLAWN CROSS, WOODLAWN ROAD Guide Price €450,000

NEW BUILD 4 Bedroom (1 ensuite) detached property (approx 2,347 sq ft) completed to builder's finish, offering discerning purchasers the opportunity to complete to their own style. Trutone slate roof, concrete first floor, triple glazed windows, air to water heating, off street parking. Excellent location just off the Muckcross Road. Only 5 minutes' walk to town centre.

Joint Agent with Sherry FitzGerald Coghlan

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15 GLENVIEW DRIVE, WOODLAWN Guide Price €215,000

4 Bedroom Bungalow (approx 1,200 sq ft) in a small quiet residential area just off the popular Woodlawn Road. Front & rear gardens & block built garden shed to the rear. Oil fired central heating

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KERRY GAA BRIEFS

WITH JOHN O'LEARY PRO KERRY COUNTY BOARD

MUNSTER SCÓR NA NÓG

FINALS: Kerry were represented in six of the disciplines at the Munster Scór na nÓg finals in Ovens on Sunday last but unfortunately only the Spa Set Dancers have made it through to the All Ireland finals which will be held in Waterfront Theatre, Belfast on Saturday February 11th. So All Ireland glory beckons for Kianan O'Doherty, Liam Spillane, Gary O'Sullivan, Cian O'Sullivan, Erin Holland, Meghan Cronin, Aine Brosnan and Orlaith Spillane. The Spa Quiz team had already qualified for the finals.

KERRY GAA SUPPORTERS CLUB ANNUAL SOCIAL:

The Kerry GAA Supporters Club Annual Social will take place on Saturday 28th January at Ballygarry House Hotel, Tralee. Guests of honour on the night are each football legends in their own rights in the persons of Darragh, Tomás and Marc Ó Sé. Other guests will include minor football winning captain Sean O'Shea, minor hurling captain Shane Conway and junior football captain Paul O'Donoghue along with the respective team managers and 2016 All-Star, Paul Geaney. Music is by Neily O'Connor. Tickets are available from club members.

CLUB FORUM TO TAKE PLACE ON JANUARY 21ST:

A Club Forum will take place in the Rose Hotel Tralee on Saturday January 21st. All clubs are asked to make sure they are represented, ideally by the Chairperson and Secretary plus two others, one of whom should be from the club's juvenile section. The forum will start at 10.30am and finish at 4pm with a break for lunch. The Forum will provide the basis for our new County Strategic Plan, so it would be very important that all clubs are represented to voice their opinions.

Some of the big issues for discussion will include the very viability of Clubs, team amalgamations, player registration etc. and all this discussion will feed into the new Strategic Plan.

KERRY GAA SUPPORTERS CLUB TRIP TO DONEGAL:

The Kerry GAA Supporters club are organising an overnight trip to Donegal for the Kerry v Donegal Allianz Football League game on Sunday 5th February. All bookings must be made together with full payment on Monday 23rd January at the Listowel Arms Hotel and the Ballygarry House Hotel Tralee at 8.30pm. This is the final night for bookings. For further



SO ALL IRELAND GLORY BECKONS FOR KIANAN O'DOHERTY, LIAM SPILLANE, GARY O'SULLIVAN, CIAN O'SULLIVAN, ERIN HOLLAND, MEGHAN CRONIN, AINE BROSANAN AND ORLAITH SPILLANE WHO QUALIFIED FOR THE ALL IRELAND FINALS.

details, contact Martin Leane, John King or Donie O'Leary.

KENMARE – NEW YORK FUNDRAISER:

Friends of Kenmare Shamrocks in New York are holding a big fundraiser in the Central Bar, 109 East 9th St. on Friday 20th January with Auctions and Raffles go leor to aid in the fundraising for Kenmare's All Ireland Club Championship campaign. For further details contact Sean Price (516 9033531) or Denis Sullivan-Morgan (646 7690367).

INTERCOUNTY FOOTBALL FIXTURES GUIDE:

With Christmas behind us supporters are already eagerly looking forward to the commencement of the Allianz Leagues and the start of the competitive intercounty action – here is a reminder of some of the fixtures to note:

Kerry open their Allianz Football League campaign away to Donegal in Letterkenny on February 5th in the first of three away games, the others being away to Roscommon and Cavan.

Kerry have four home games with two fixed for Tralee's Austin Stack Park – both under lights against the All Ireland Finalists – Mayo on February 11th and Dublin on March 18th. The remaining two home games are against Monaghan and Tyrone. The following is the complete list of League games:

- Rd. 1 Feb 5th Donegal V Kerry Letterkenny.
- Rd. 2 Feb 11th Kerry V Mayo Austin Stack Park Under lights.
- Rd. 3 Feb 26th Kerry V Monaghan Fitzgerald Stadium.
- Rd. 4 Mar 5th Roscommon V Kerry Hyde Pk.
- Rd. 5 Mar 18th Kerry V Dublin Austin Stack Pk Under lights.

Rd. 6 Mar 26th Cavan V Kerry Breffni Pk.

Rd. 7 April 2nd Kerry V Tyrone Fitzgerald Stadium.

There will be no Division One semi-finals this season. Instead, the top two teams will contest the final on April 9th, one week after the Round 7 matches have been completed.

The dates, and venues for the 2017 Munster GAA Football Championship are known with the Quarter-Finals fixed for the weekend of May 27th/28th and the semi-finals will take place on June 10th/11th. Munster Senior Football finalists Kerry and Tipperary have byes to the semi-finals.

The defending champions Kerry will await the winners of the Quarter-Final meeting of Limerick and Clare. If it's Kerry V Limerick the game is in Fitzgerald Stadium and if it's Kerry V Clare the game is in Cusack Park. Tipperary will play either Cork or Waterford on the other side of the draw. The 2017 Munster Senior Football Final is fixed for Sunday July 2nd.

Meanwhile Kerry Minor footballers will play Clare at a Kerry venue on April 12th and on the same day Tipperary are home to Cork with the winners of both of those games almost certain to meet each other in the semi final. The losers of the minor semi finals on May 10th will see their season come to an end.

Once again Kerry will have a triple assault on the All Ireland Club Championships to look forward to this Spring. In the Senior, Dr Crokes meet Corofin of Galway on Saturday February 11th in the Gaelic Grounds in Limerick with a cracking game in prospect. Two weeks earlier, on Sunday January 29th. there is a very attractive Kerry/Mayo double header in Cusack Park Ennis; In the Intermediate semi final Kenmare Shamrocks meet Lee Keegan's Westport and in the Junior semi final Glenbeigh-Glencar will play Louisburgh.



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Price: €210,000 BER C1



57 Countess Grove, Killarney

3 bed semi detached property with adjoining garage located within minutes walking distance of Killarney town.

Price: €220,000 BER D1



Kilcummin, Killarney

3 bedroom detached bungalow (1,500 Sq.Ft.) with converted garage on c.0.37 acre site located in Kilcummin Village. Convenient location next to National school and Kilcummin GAA grounds. Private landscaped site not overlooked with mountain views to the rear. Spacious well maintained living accommodation.

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PLANS TO HONOUR JOHNNY EGAN GAIN MOMENTUM

A memorial to honour the late great John Egan is set to be erected in the footballers home village of Sneem.

The local GAA club's fundraising campaign to erect a bronze memorial to the late Kerry GAA star is advancing well and the Memorial Committee reports that to-date almost half of the €30,000 cost involved has already been raised. "This is mainly due to some very generous donations from companies and individuals both from Kerry and elsewhere. Among these are Bishopstown GAA in Cork, Dan Tim O'Sullivan from Glenbeigh and London, Kerry Group, The O'Connor Brothers of Glencar who are based in New York, Parknasilla Hotel, Mick O'Sullivan (Concrete) of London and Templenoe, Kerry GAA Board, Johnny Riney in the US and the Egan Family of Church Rd. in Sneem", Tim O'Sullivan, Chairman of the John Egan Memorial Committee told the Killarney Outlook.

"Our Memorial Committee has also contacted all of John Egan's County team mates between 73 and 84 and to date quite a number have already responded with generous contributions. It is hoped that all his team mates will be able to attend the unveiling ceremony in Sneem in June 2017", he added. The memorial committee is now appealing to the many thousands of Kerry GAA fans who would have enjoyed the very many fantastic displays given by John Egan during the Golden Era of Kerry football to consider making a modest donation. It has written to all GAA clubs in the County, asking them to help us by accepting such donations from those aforementioned fans and passing it on to us.



THE JOHN EGAN MEMORIAL.

Alternatively donations can be sent directly to 'The John Egan Memorial Fund', C/o Tim O'Sullivan, Sneem GAA Club, Sneem, Co. Kerry or directly to the John Egan Memorial Fund in the Bank of Ireland, Kenmare.

For people more familiar with the Internet, donations can also be made by logging on to the "GoFundMe" website. The link is gofundme.com/john-egan-memorial-2vqt4g4s

For people on Facebook just insert '@JohnEganMemorial' into the search tab on the top of your homepage. The GoFundMe link is also found on the Facebook page.

Upcoming fundraisers include the Tahilla Ladies Club Annual Biddy Ball Dance which will take place in the Sneem Hotel on Saturday

February 4th at 9.30p.m.

With music by The Singing Jarvey, biddy dress is optional and there will be a raffle and finger food. The fun night is always very popular and all proceeds will go to the fund. Tickets will be on sale on the door on the night costing €10.

A John Egan Memorial Golf Classic is arranged for Macroom Golf Course on April 28th 2017. The Macroom venue is to facilitate the many John Egan fans from Cork where John spent most of his working life. In addition plans are presently being made to have a John Egan Memorial Cycle in the Spring.

Finally, all 'John Egan fans' are invited to attend the unveiling ceremony in Sneem on June 17th 2017.

GMHD.IE INSURANCES LAUNCH JUVENILE CLASSIC



GMHD.IE JUVENILE CLASSIC 2017 LAUNCH AT GMHD HEAD OFFICE IN KILLARNEY: SIMON GALLIVAN, DECLAN DOWLING (SALES & OPERATIONS MANAGER, KINGDOM GREYHOUND STADIUM), DENIS MURPHY (MD, GMHD INSURANCES) & KEVIN O'CALLAGHAN.

Gallivan Murphy Hooper Doolan have launched the Juvenile Classic which is set to be the first of the year at the Kingdom Greyhound Stadium. "GMHD.ie Insurances are again delighted

to sponsor the first classic of the year at the Kingdom Greyhound Stadium. This has grown to be Ireland's leading unraced event with a production line of superb greyhounds that go on to contest all the major events in Ireland and the UK. The 2015 event's winner Sidarian Vega went onto win the Boylesports Race of Champions and finalist Ballymac Matt went onto win the 2015 Boylesports Irish Greyhound Derby as did the 2016 winner Escapism," Denis Murphy, MD of GMHD insurances told the Killarney Outlook.

"The stadium is very grateful to GMHD.ie Insurances Killarney for their continued sponsorship of our premier event here at the stadium and would urge all greyhound owners and patrons to support Denis and his company when insuring their various assets", Declan Dowling, Sales and Operations Manager at the Kingdom Greyhound stadium said.

The 2016 event proved to be of the highest

quality with winner Escapism going onto contest the final of the Boylesports Irish Greyhound Derby in Shelbourne Park.

"I have no doubt that 2017 will be of the same calibre and we could be looking at entrants from this event competing in both the English Derby at Towcester and the Irish premier event at Shelbourne Park. All of Ireland's top owners and trainers have expressed an interest in having runners in this years event and I am really looking to the start date of February 10th," he added.

The entries for the upcoming event that starts on Friday February 10th for Jan 2015 whelps or later, are now being taken. Official and unofficial trials from entrants to the Juvenile will take place on the three Friday evenings preceding the event. Any owners or Trainers who wish to trial their dogs in Tralee from here to close of entries on Tuesday February 7th should call the racing office on **061 448057**.

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MONEY MATTERS....

By Dermot Cronin,
Financial Advisor



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BER C2

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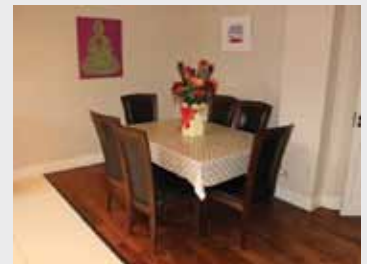
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BER B3

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Killarney

TOWN TALK



ON DUTY AT THE BREHON HOTEL TO CELEBRATE WOMEN'S CHRISTMAS WERE KILLARNEY SOROPTIMISTS AT THE GALA CHARITY DINNER WERE L-R EILEEN FOLEY, PRESIDENT CLAIRE BOWLEY, CATHERINE GLEESON, NOLEEN O'SULLIVAN & SHEILA CASEY. PICTURE MARIE CARROLL-O'SULLIVAN.

EMPOWERING WOMEN TO MEET

KWOTE Killarney Women's Organisation for Training & Empowerment will host their monthly meeting on Wednesday 18th January at 8pm in Scotts Hotel. A Garda officer will give a talk on topics including personal security & burglary prevention.

SPARKLER

Congratulations to Killarney couple Diarmuid Coakley and Ann Mc Enery who announced their engagement over Christmas. Every good wish to them both for the future.

ANGLERS RAISE €8740

AT "THE CHARITY"

Details of a whopping €8740 raised at "The Charity" were discussed at the 73rd Lough Lein Anglers AGM which took place recently in the Dromhall Hotel.

Anglers from Kerry, Cork and beyond were in attendance.

Matters arising from last years AGM were discussed and reports from the outgoing officers were presented to the meeting.

Once again "The Charity" fishing competition was hugely supported with anglers raising €8750 euro.

Under new Chairperson John Lyne, the group elected officers and a club committee for 2017. The following is a list of our competitions for this year. April 23rd --The Charity.

July 9th -- Clonee Lakes.

August 20th -- Lough Currane.

September 3rd -- Carragh Lake.

September 24th -- Lough Lein Annual.

As the salmon fishing season begins, the club wish all anglers tight lines & safe fishing.

FOSSA COMMUNITY ALERT

The AGM of Fossa Community Alet will take place on Friday 20th January at 7.30p.m. in the Travel Inn Hotel. The Text Alert subscription can be paid on the night.

New members are welcome to join and everyone is welcome on the night.

FANTASTIC NIGHT AT THE RAMBLING HOUSE

Fossa/Two Mile Comhaltas Branch held their annual rambling house in the Travel Inn Fossa last Saturday night. What a fantastic night of entertainment it was, with music, singing, dancing and storytelling galore. A huge thanks to all who performed on the night and to all who came along to support. Thanks to all at the Travel Inn for their help on the night.

ST BRENDAN'S STUDENTS GO ON A SWISS EXCHANGE!

French students at the Sem are returning to the Swiss town of La Chaux de Fonds for a one week exchange. Following a very successful exchange last year, the boys are looking forward to a week in temperatures of -10 degrees! They will attend school every day with their Swiss exchange partners and will enjoy skiing and skating in the evenings.

"Last year's exchange was a huge success and I feel that the boys benefitted enormously from it in terms of the amount of French they learned and also the friends they made. Some even returned to Switzerland over the summer holidays for a second visit!" their teacher, Mr. Paul Kelliher told the Killarney Outlook.

The Swiss will come to Killarney for a return visit in Spring.



MUSICIANS PLAYING AT THE FOSSA.TWO MILE RAMBLING HOUSE WHICH WAS HELD LAST WEEKEND.



GARY VAUGHAN, DARA FLEMING, PIERCE LYNE ROBERTS (BACK) ROB LEE, JAKE FLEMING AND TEACHER PAUL KELLIHER TRAVELLING TO SWITZERLAND ON A STUDENT EDUCATION EXCHANGE THIS WEEK.



KILLARNEY
COMMUNITY COLLEGE

Night Classes KILLARNEY COMMUNITY COLLEGE

Day Enrolment/Registration open (9:00 – 4:00 p.m.) for the following courses.
Classes will commence Tuesday 7th February & Thursday 9th February 2017
(number dependent)



BORD OIDEACHAIS
AGUS OILIÚNA CHIARRAÍ
KERRY EDUCATION
AND TRAINING BOARD

CERTIFIED COURSES

QQI Level 5 (Component Certificates) Limited Places

Occupational First Aid & Defibrillation Thursday (7:00 – 10:00p.m) 9 weeks **€230**
Safety & Health at Work Tuesday (6:30 – 9:30p.m) 10 weeks **€250** (core module of Healthcare Support)
Special Needs Assistant Tuesday (6:45 – 9:45 p.m) 10 weeks **€250**
There is an additional €20 QQI Certification Fee (medical card holders are exempt)

TUESDAY

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

Circuit Training 7 weeks (6:45 – 7:45 p.m) - **€50**
Genealogy 6 weeks - **€75**
Cooking 7 weeks - **€120**
Introduction to Digital Photography 7 weeks - **€90**
Creative Writing 7 weeks - **€90**
Staying Healthy with Nutrition 7 weeks - **€90**
Pilates (6:45 – 7:45 p.m) 7 weeks - **€50**
Introduction to Interior Design 6 weeks - **€75**
Intermediate English 7 weeks - **€90**
Spanish (Beginner's) 7 weeks - **€90**
Computers for Absolute Beginners 7 weeks - **€90**

THURSDAY

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

Drawing & Sketching 7 weeks - **€90**
Acrylics for Beginner's 7 weeks (5:15 – 7:15 p.m) - **€90**
Acrylics Advanced 7 weeks - **€90**
Latin American Dancing 7 weeks - **€50**
Beauty Therapy 7 weeks - **€90**
Tai Chi (7:30 – 9:00 p.m) 7 weeks - **€75**
Spanish (Improver's) 7 weeks - **€90**
Irish 7 weeks - **€90**
Improvers Computers 7 weeks - **€90**

For further information please contact Adult Education Office
(064) 6632008 or email adulted@killarneycc.ie



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WEDDING EVENT

Saturday 21st January 2017

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KILLARNEY CELEBRATES N



ENJOYING WOMENS LITTLE CHRISTMAS AT GOLDEN CHOPSTICKS WERE BACK ROW L-R KATE SHEAHAN, MARY SHEAHAN, SHEILA O'NEILL, ANN MARIE O'CONNOR & HELEN FITZGERALD. FRONT ROW L-R CIARA O'CONNOR, SINEAD O'CONNOR & LAURA SHEAHAN. PICTURE MARIE CARROLL-O'SULLIVAN



PICTURED AT KHAO ASIAN RESTUARANT TO CELEBRATE WOMENS LITTLE CHRISTMAS TOGETHER WERE L-R TERESA O'SULLIVAN, TRACEY McCAFFREY, AUDREY O'SULLIVAN, DENISE O'CALLAGHAN & LISA O'CALLAGHAN. PICTURE MARIE CARROLL-O'SULLIVAN



AT THE WOMEN'S LITTLE CHRISTMAS NIGHT AT THE LIQUID LOUNGE IN THE KILLARNEY GRAND ON FRIDAY NIGHT WERE SEATED FROM LEFT, LINDA GALLIVAN, MARIE O'CONNOR, DENISE SMITH, SIOBHAN O'SULLIVAN AND MARIE COFFEY. BACK FROM LEFT ARE NORMA MCHUGH, NUALA MURPHY, SUE BARRETT, MARY COFFEY STRAKA AND MARY COFFEY. PICTURE: EAMONN KEOGH



ENJOYING WOMEN'S LITTLE CHRISTMAS AT THE INTERNATIONAL HOTEL WERE BACK ROW (STANDING) L-R MARGARET SLEVIN, SHEILA COFFEY, KAREN BARRY, LIZ O'SULLIVAN & YVONNE SLEVIN. FRONT ROW (SEATED) L-R BLOGGER LORRAINE O'CONNOR, MARIE O'BRIEN, JOAN O'CONNOR, PEGGIE WATSON & CHRISTINA LEAHY. PICTURE MARIE CARROLL-O'SULLIVAN



PICTURED AT THE BREHON FOR THE SOROPTIMISTS GALA CHARIT DINNER WERE BACK ROW (STANDING) L-R EILEEN O'CONNOR, MARGARET RYAN, MAUREEN CREEDON & JOAN BUCKLEY. FRONT ROW (SEATED) L-R NOREEN BUCKLEY, MARY GLEESON, MAURA FITZGERALD, AILISH MULCAHY, MAUREEN CULLOTY & WINNIE RYAN. PICTURE MARIE CARROLL-O'SULLIVAN



PICTURED AT THE BREHON HOTEL FOR THE KILLARNEY SOROPTIMISTS GALA CHARITY DINNER FOR WOMEN'S LITTLE CHRISTMAS WERE L-R MIRIAM D'ARCY, CATHERINE McMULLIN, FRANKIE McMAHON, NOREEN BROWNE, MARGORIE FLYNN & EILEEN BROWNE. PICTURE MARIE CARROLL-O'SULLIVAN



ASSUMPTA O'DONOGHUE AND MANDY WYNNE, KILLARNEY, ENJOYING THE WOMEN'S LITTLE CHRISTMAS NIGHT AT THE LIQUID LOUNGE IN THE KILLARNEY GRAND ON FRIDAY NIGHT. PICTURE: EAMONN KEOGH



ELAINE LENIHAN AND LYNDA COLLINS, KILLARNEY AT THE WOMEN'S LITTLE CHRISTMAS NIGHT IN THE KILLARNEY GRAND ON FRIDAY NIGHT. PICTURE: EAMONN KEOGH



GRACE MANGAN AND MICHELLE O'CONNOR, BEAUFORT, ENJOYING THE WOMEN'S LITTLE CHRISTMAS NIGHT IN THE KILLARNEY GRAND ON FRIDAY NIGHT. PICTURE: EAMONN KEOGH

OLLAIG NA MBÁN IN STYLE



PICTURED AT MAC'S OF MAIN STREET CELEBRATING WOMENS LITTLE CHRISTMAS WERE L-R EILEEN HOULIHAN, AILEEN CRONIN, EITHNE REEN & EILISHA CREEDON. PICTURE MARIE CARROLL-O'SULLIVAN



THE LADIES OF KILLARNEY TONING & BEAUTY STUDIOS ENJOYING WOMEN'S LITTLE CHRISTMAS AT THE PORTERHOUSE. BACK ROW L-R VIVIANNE AHERNE, CATHERINE COFFEY, SHARON MACINDOE, ANN WHITE, MARY R O'DONOGHUE, MARY MCENERY & GINA BROSNAN. FRONT ROW L-R NIAMH WALSH, JILL DUGGAN, LOUISE QUILLIGAN, NOREEN MCGILLYCUDDY & CATRIONA DUNLEA. PICTURE MARIE CARROLL-O'SULLIVAN



ENJOYING WOMENS LITTLE CHRISTMAS AT CELLAR ONE, THE ROSS HOTEL WERE L-R JENNY FREIL, ELAINE O'DONOGHUE, SIOBHAN QUINLANN, CARAGH MOLONEY, JENNIFER PINE, CHRISTINE HEGARTY & EVELYN MCCARTHY. PICTURE MARIE CARROLL-O'SULLIVAN



ENJOYING WOMEN'S LITTLE CHRISTMAS WITH THE SOROPTIMISTS AT THE BREHON HOTEL WERE L-R PEARL O'CONNELL, NOREEN LESLIE & TERESA KELLY. PICTURE MARIE CARROLL-O'SULLIVAN



PICTURED AT MAC'S OF MAIN STREET TO ENJOY WOMEN'S LITTLE CHRISTMAS TOGETHER WERE BACK ROW L-R EILAIN CRONIN KATIE BROSNAN, EDEL SHORTEN & SARAH FITZGERALD. FRONT ROW L-R KATHLEEN CRONIN, MARY BROSNAN & HANNAH MARY CRONIN. PICTURE MARIE CARROLL-O'SULLIVAN



NAOMI TARRANT, RACHEL KELLIHER AND GERARDINE PIERCE, KILLARNEY, ENJOYING THE WOMEN'S LITTLE CHRISTMAS NIGHT AT THE LIQUID LOUNGE IN THE KILLARNEY GRAND ON FRIDAY NIGHT. PICTURE: EAMONN KEOGH



PICTURED AT MAC'S OF MAIN STREET TO ENJOY WOMEN'S LITTLE CHRISTMAS WERE BACK ROW L-R KATHLEEN GETTINGS, ANNETTE CROWLEY & BREDIA CROWLEY. FRONT ROW L-R CATHERINE CAHILLANE & MAUREEN McAULIFFE. PICTURE MARIE CARROLL-O'SULLIVAN



VALERIE CALLAGHAN O'SHEA, MARY O'HALLORAN, BALLYHAR, CLAIRE CALLAGHAN, MAIREAD O'CONNOR AND SIOBHAN O'SHEA, FARRANFORE, ENJOYING THE WOMEN'S LITTLE CHRISTMAS NIGHT AT THE LIQUID LOUNGE IN THE KILLARNEY GRAND ON FRIDAY NIGHT. PICTURE: EAMONN KEOGH

RATHMORE/ GNEEVEGUILLA NEWS

by Michael O'Mahony

DENIS (GARY) O'LEARY: Rathmore community has been shocked and saddened by the death of Denis (Gary) O'Leary who passed away, suddenly, on Tuesday January 3rd. A busy hackney driver, Gary was well known to almost everybody in Rathmore and the surrounding areas as he regularly collected passengers to drive them home from social occasions and other events. He was as a great husband, father and brother, a great neighbour, successful businessman, a cyclist and a greyhound owner. As a mark of respect, the Rathmore GAA Club victory dinner dance, initially planned for last Saturday night, was postponed until further notice. The local bingo held every week was also postponed as was women's Christmas celebrations in the local pubs due to Gary's deaths. Large crowds attended his funeral with stewards from Rathmore Community Council & Rathmore GAA and guards help to make sure everything went off well. Guard of honour at the Church by Sliabh Luachra Cycling Club and Rathmore GAA Club both clubs extended its sympathy to the O'Leary family.

SAMARITANS COLLECTION: Held at Christmas Masses in the Rathmore parish. Rathmore €1713.13. Shrone €552.03. Gneeveguilla €1112.12. Knocknagree €1222.24. Thank you

for your continuous support and help greatly appreciated. Mary Sheehan Samaritans Tralee.

GNEEVEGUILLA BASKETBALL CLUB: On behalf of Gneeveguilla Basketball club would like to wish everyone a Happy New year. Thanks to everyone who helped them any way during 2016. A special word of thanks to Aengus O'Leary Ventilation for his kind and generous sponsorship. It is very much appreciated by everyone in the Club.

FROM THE PARISH RECORDS: Here is the breakdown of Funeral Masses, Baptisms & Marriages celebrated in Rathmore parishes in the four churches from January to December 2016: Funerals - Rathmore 20. Knocknagree -16 Gneeveguilla -17.5 Shrone-2.

Baptisms - Rathmore - 28 Knocknagree 12. Gneeveguilla -9 Shrone -8. Marriages- Rathmore - 7 Knocknagree -7 Gneeveguilla -5 Shrone -3.

RTÉ DANCING WITH STARS: Congratulations to Aidan O'Mahony Rathmore & Kerry star taking to the dance floor with Dancing with stars last Sunday night on Ireland's version of Strictly Come Dancing. He did Kerry & Rathmore proud and we all wishing him best of luck in competitions.

PANTO: Rathmore Panto Sleeping Beauty starts in Rathmore Community Centre on Saturday January 28th at 7.30pm. For booking & information contact: 0647758526. or contact Phil 0879562920.

TUREENCAHILL COMMUNITY GROUP: Would like to thank all of our loyal supporters & Sponsors & all who helped in any way throughout the year. We wish you and your

families a very Happy & prosperous New year. We look forward to seeing you all in 2017. Kerry ETB will shortly run a computer course for Farmers in Tureencahill Community Centre. For enquiries please Ph.0877564795/ 0870576107.

KERRY HOSPICE CHRISTMAS CARDS: The local committee would like to acknowledge with grateful thanks the sum of €1295 from the sale of 185 packs of Kerry Hospice Christmas cards. Thanks to all those who purchased these cards. Thanks also to the local businesses and people who facilitated the sales. Your continued support is graciously appreciated.

SYMPATHY: To the families & friends of Denis (Gary) O'Leary Gleann na Gréine and The Forge, Rathmore, & Abina Sheehan (née Healy) Banteer, Cork whose deaths occurred last week. May they all rest in peace.

BE EFFECTIVE PRO FOR 2017: Former Kerry Ladies PRO & editor of Sliabh Luachra Outlook Donal Barry is running a one night PRO workshop in Castleisland on Monday 23rd January at Castleisland Community Centre from 7.30-9pm. This could be very beneficial for all club PRO's in the county - but hurry, places are strictly limited. For booking news@outlookmags.com

ENGAGEMENT: Congratulations to Diarmuid Coakley and Ann Mc Enery who announced their Engagement over Christmas. Every good wish to them both for the future.

NOTES: if you would like to add to the notes, please email Michael O'Mahony (momahony14@gmail.com) or ring or text 087-6676817. Before 6pm Sunday,

BEAUFORT NOTES

BIDDY'S DAY: A Biddy Festival called. Biddy's Day is well advanced in the planning stage with regard to Killorglin 4th February to celebrate Brigid the Goddess and Bríd the Saint with parades, lectures, Biddy craft workshops and especially rare video footage of Biddy Balls in Beaufort Hall 1987/88/91. Perhaps you were there if you now are in the 50 something bracket. And admitting to be of that vintage, then you can view yourself and your beloved of the day. The old video footage will be shown at Boyles Old Shop throughout the festival via the compliments of John Doona who recorded the events almost thirty years ago. The competing Biddy Groups such as Kilgobnet/Ceannouree/Glenbeigh/Killorglin CCE will be taking part in a grand torchlight parade from the Fishery and at the same venue, a presentation of Finnegan's Wake in music, song and story. Check into Facebook Biddys Day for details and other events. www.biddysday.ie

The hunt for the Boys of Meenus song lyrics is still on.

HAPPY NEW YEAR: On behalf of the GAA Club I would like to wish all our members and supporters both at home and abroad a very happy, healthy and successful new year.

QUIZ: A big thank you to all who supported



PICTURED AT GOLDEN CHOPSTICKS FOR WOMEN'S LITTLE CHRISTMAS WERE L-R MARY LUCEY SHEEHAN & JOHN SHEEHAN WITH MAURA & PAT STEWART. PICTURE MARIE CARROLL-O'SULLIVAN.

our Christmas Quiz which was held in Kate Kearney's Cottage over the festive season, especially Sean Coffey of Kate Kearney's who sponsored the Quiz prizes and also raffle prizes, to all who sponsored and donated raffle prizes and to all our patrons who participated. Well done to all involved in making the night a very enjoyable one.

LOTTO: Results of Sunday, 8th January for jackpot of €3,000. Numbers drawn: 2, 14, 20, 21. No jackpot winner. Consolation Prizes: €80 Mary Doyle, Carnahone. €50 Eileen Spillane, Coolmagort. Gerard Doyle, Carnahone/Australia, Tom and Aileen Murphy, Beaufort Park. Next draw for jackpot of €3,200 will be in

Galvin's Bar on Sunday, 22nd January.

AGM: Annual General Meeting of Beaufort G.A.A Club will take place on Saturday, 14th January at 5pm in Clubrooms. All members and new members welcome to attend.

FIXTURES: 2017 Fixtures will begin on Sunday, 29th January when Beaufort Under 21's will be home to Laune Rangers at 2pm in Mid Kerry U21 Championship, Preliminary Round. Winner will play Keel/ Listry in Keel in semi-final on Sunday, 5th February at 2pm.

WELL DONE: To Liam Carey and the Kerry U21s who defeated Tipperary in the McGrath Cup in Tralee on Sunday last.

FOSSA NOTES

LOTTO: Numbers drawn were 1, 7, 14, 15. There was no jackpot winner and the €40 consolation prize winners were Regina Neilan, Rossarney, St Margaret's Road, Saoirse and Lucy O'Shea, Doireann Alainn, Trish O'Sullivan, 2 Chestnut Drive, Michael O'Connell, Killarney and Francis Moran, Curragh. Next weeks jackpot will be €12,600. 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.

CÓISTE NA NÓG: The Cóiste Na nÓg/Juvenile AGM has been fixed for Thursday 26th January at 8pm at the clubhouse. All are welcome.

SENIOR SCÓR: Anyone wishing to take part in Senior Scór or Scór na Bpáistí, which will take place sometime in New Year, are asked to contact Theresa Kissane on 087 6816169 as soon as possible.

COMMUNITY ALERT: The A.G.M. of Fossa Community Alert will take place on Friday 20th January in the Travel Inn Hotel at 7.30pm. Everybody welcome.

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.

GLENFLESK NOTES

LOTTO: Glenflesk lotto held in The Corner Bar Barraduff Monday 2/1/17 no winner. Numbers 4, 11, 12, 23. Jackpot 3,400. Winners €50. 1. Jimmy & Karen Healy loughitane, yearly. 2. Donie & Joan Cronin Barraduff, yearly. 3. Maryann Culloty Anaghmore. 4. Connor Daly kilquane. 5. Stephen & Louise O'Donoghue Llisbabe. Next draw 16/1/17 The Kerry way. Jackpot €3,600.

GLENFLESK A.G.M: The Glenflesk GAA AGM will take place on Wednesday January 25th. The closing date for receipt of motions and nominations to the Secretary by Wednesday January 18th.

GLENFLESK SCOR NA NOG: Our junior ballad group too part part in the Munster final of Scór na nÓg last Sunday in Ovens. The girls performed brilliantly but unfortunately didn't reach the All Ireland final. Representing

Glenflesk and Kerry were Alicia Cronin, Alison Cronin, Aileen Healy, Marve Tangney and Sinead Gleeson

GLENFLESK COMHALTAS NEWS: Set dancing classes resume on Wednesday 18th January at 5.30pm to 6.30pm. Music classes will resume on Thursday 26th January at 7.30pm. Registration at 7.15pm. New members always welcome. For more details contact Margaret Creedon 087 2766390. It was with great sadness that we heard of the untimely death of Kevin Casey. Gortacoosh. Music was one of Kevin's many talents. We extend our deepest and sincere sympathy to all members of his family and extended family.

BARRADUFF TIDY VILLAGE GROUP: Thanks to every single person who attended our Festive Quiz in John Dan's Bar Barraduff on December 30th. Great night and it was enjoyed by all! We

are just blown away with the hugh support we have received. With out your support we just could not continue to do the work we do. Sincere thanks to all and warm wishes from all at Barraduff Tidy Village Group.

RAHEEN N.S.: Congratulations to Gene Bowler who had the winning lotto no. 38 on Saturday the 7th of January.

SYMPATHY: The members of Glenflesk GAA wish to extend their sincere sympathy on the death of Kevin Casey, former player and Scór competitor with our club. We wish to extend our sympathy to his wife Marguerite, sons Paul, Mark and James, parents Paddy and Mary, sisters Maria and Majella and brother, Martin. May he rest in peace

CONTACT: We welcome items of local interest. Please contact PRO Paudie on 087 7692220 or pro.glenflesk.kerry@gaa.ie.

KILCUMMIN NEWS

JUNIOR SET DANCING: Junior Set Dancing will commence on Friday 13th January in the Recreational Hall at 7pm for beginners and intermediates and 8pm for advanced. Registration will take place on Thursday from 7pm to 7.30pm in the Recreational Hall (back room). Please contact Mary on 087-9620135 for further details.

30TH ANNUAL MARIAN PLAYERS RATHMORE: Panto Sleeping Beauty opens on Saturday January 28th at 7.30pm. There are additional night Shows Wednesday February 1st & Thursday 2nd & 4th Saturday at 7.30pm nightly. Matinee at 3pm. Sundays January 29th & February 5th at Community Centre Rathmore all proceeds to Kerry Parents Association. More information & booking Tel. 064 7758526, or contact Phil 087 9562920.

PINK NIGHT: The ladies committee would like to thank everyone who made their fundraiser such a marvellous success last Friday night. Special mention to the sponsors who provided a large number of spot prizes and the huge number of people who attended on the night



SPA SET DANCERS - MUNSTER SCOR NA NÓG CHAMPIONS.

and were very generous. All proceeds go to the Oncology unit in Kerry University Hospital.

KILCUMMIN GAA CLUB AGM: The AGM goes ahead on Sunday January 22nd at 4pm. A

detailed presentation will be made in relation to a new development plan for the club and everyone is welcome.

IF YOU HAVE A STORY...

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

Get fit and healthy in 2017

If you are looking for motivation to get fit and healthy this new year then look no further than the pages of the Killarney Outlook. Working out is called working for a reason.... its not easy but it is definitely worth the effort. If you need a little inspiration to get going in 2017 then Killarney has amazing experts on hand to guide you on your way. There are gym packages to suit all budgets, more gentle exercising options available, scheduled events for you to aim for and lots of massage, wellness and physio experts on hand to deal with any issues you have. Here are a few tips to get you started on your journey and keep you motivated on the way.

1. Write down you goals and refer to the list often.
2. Get a fitness buddy - even if you don't train together you can keep each other motivated.
3. Get a good playlist to listen to while you exercise.
4. Be competitive - challenge yourself
5. Keep a specific goal in mind - maybe a 5k or more!
6. Stay on track by following a specific programme.
7. Consider working with a personal trainer to keep on track.
8. Wear a fitness tracker.
9. Exercise at a time and pace that suits you.
10. Remember that your exercise time is "you time".



Galvin Physiotherapy Clinic

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Jimmy Galvin MISCSP MCSP

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PGdip. EXERCISE AND SPORTS MEDICINE

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- Release pain and old negative habits
- Move into freedom, joy, inner peace and vitality!

Six week courses at the Travel Inn, Fossa, Killarney starting Monday 16th January from 7.30 - 8.45pm and Tuesday 17th January from 10.00 - 11.15am.

Only €60.00.



Everyone is welcome!
Suitable for all shapes, sizes, abilities and ages!

Call **066 9766374** to book your place now!







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Angsana Spa Complimentary 60 Minute Massage*

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6 Months	€55 per month
12 Months	€50 per month
Platinum <small>(includes a 60min Massage)</small>	€125.00 per month

Corporate and couple membership also available.

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Opening Hours : Monday to Friday 8am - 8pm | Weekends 8am - 7pm Contact Us on 064-6623980

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*Last Autumn, one of our Members, Frances Arthur
finished 3rd in the World Drug Free
Power Lifting Championship.*

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2017 is our 10th Birthday!!



PUCK WARRIORS DUATHLON 2017 3 Races

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It is important to mention at the start of this article that the body will naturally detoxify itself

So technically speaking there is no need for detoxing to rid your body of toxins. However everyone needs a good clean out now and again and repeated consumption of foods that are making us toxic can put serious stress on the body internally, as it metabolises these foods and drinks & painstakingly eliminates the toxic overspill off them. The more toxic a food is the more pressure it will put on your body to try and process it & eliminate the waste and unwanted toxins. Repeated consumption of toxic foods with no rest or breaks or detox periods means the bodies renewal or natural detox process is under pressure & may not be able to work as fast as the toxins are being pumped in, causing pressure on the organs and risk of disease and illnesses. I suppose it is like making your dishwasher work on overdrive to continually clean the dishes non stop and all of a sudden it just packs in as it has had no rest! Now do you get the picture? If the body is under pressure or stress it will break down.

There is so much info out there about the importance of reducing emotional, physical & psychological "stress" but have you ever considered the stress you are putting your body under by consuming too much toxic foods & drinks. You may be a very calm "stress free" person your body could be under a different form of stress internally, as you try and eliminate and process all the toxic foods. Symptoms may present themselves as low energy, irritability, irregular bowel movements, low immune system, depression, anxiety and the list goes on.

MORE TIPS NEXT WEEK...

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HEALTH TIP

AVOID CRASH DIETS

They are bad for health and you will gain what you have lost once you take a break. Crash diets are not a solution to weight loss. It might seem as if you have lost few pounds but the moment you give up on the crash diet everything will bounce back with a vengeance.

DIET



Beauty tip

Eye Makeup

For smudge-proof eye makeup, take blotting tissue to remove any oil or any excess makeup from the eye area. Then, apply a small dab of cream concealer to hold things in place.





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TELL A NEW STORY!

Life is made up of lots of different stories. We hear stories of the day's events on the news and on the radio. We tell each other stories of how our days have gone, what happened, who said what-who did what etc. We watch stories on the Television or go to the cinema to be entertained by a story. Right from the beginning of time life's most valuable lessons were passed down through story telling, fables and parables. Essentially we learn through the stories we hear and also the stories we tell. Life itself is a never-ending story. One of the things that has always fascinated me is that no matter what may be happening externally in our lives, the real story is the one that is happening within our heads. It is what we are TELLING ourselves about our life that has the power to change and shape the experience of our life. If you walk through life with a story that creates negative drama, hardship, struggle, bitterness, anger and resentment then this is what you will experience. It can't be any other way. And even if your life is full of all of those things if the story in your mind is one of hope, love, freedom and the will to overcome and go beyond your limitations, this is what you will create. When you realize that no matter what may be happening "out there" it is what you are creating within you that is the most powerful story of all. Tell your greatest Life story this year!

Just a reminder that my new mindful movement six week course (Chakranetics) restarts on **Monday 16th January at 7.30pm and Tuesday 17th January at 10.00am!** Both are held at the Travel Inn, Fossa, Killarney.

Course costs **€60.00** and booking is essential!

066 9766374 | life_coachingunlimited@yahoo.ie



Spiritual Intuitive Energy Healer

Trisha Moloney



Trisha Moloney is a Spiritual Intuitive Energy Healer, who is a native of Co. Kerry. She will be holding *Angel workshops* in Tralee for January. Booking is essential as places are limited.

Trisha works in Tralee and Killarney on a weekly basis. Trisha says "my unique energy healing is a non-invasive treatment, very gentle yet powerful, life changing but very effective with immediate results. It treats everything from **auto immune diseases, liver disease, pancreatitis, chronic anxiety, depression, emotional behavioural issues in kids, autism, ADHD, anger issues, digestive fatigue, low self-esteem issues (in teens), arthritis, trauma, headaches, migraine, back problems**, to name a few."

Angels only philosophy is love.

Advice is also given on nutrition if required and Trisha also practices Cognitive Behavioural Therapy (CBT)

Opening **Soon New Healing Centre Soul Aurora** in Tralee, across from Hennebery's Sports Shop.

Call: Trisha 085 1625095



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WINTER BREAKDOWNS

CAR PROBLEMS CAUSED BY EXTREME COLD

The winters of 2009/10 and 2010/11 were among the worst in living memory with widespread snow and ice for weeks on end and temperatures regularly dropping well below -10C.

Records tumbled as the AA had its busiest day ever on Monday 4 January 2010 and then again, less than 12 months later on Monday 20 December 2010 when AA patrols handled more than 28,000 breakdowns.

Battery faults are far and away the most common cause of breakdowns at this time of year but such extreme weather throws up some unusual types of breakdown as well.

Frozen screen washers: Not really a breakdown, unless you keep running the pump until it burns out and blows a fuse affecting something like the immobiliser system! Use a screenwash additive all year round - undiluted in winter.

Frozen wipers: Trying to operate windscreen wipers stuck solid to the glass can lead to blown fuses affecting other more vital systems. If low temperatures are forecast make sure that automatic windscreen wipers are turned off – so they don't try to operate when you turn the ignition on. Make sure the wipers aren't stuck to the glass, before setting off too.

Frozen engines: Due to lack of anti-freeze. Make sure you get it checked regularly and top-

up using a mix of the correct type of anti-freeze. **Stripped teeth on cambelt causing engine damage:** Try to start a car with a frozen waterpump and you could strip the teeth off the timing belt leading to expensive internal engine damage.

Frozen door locks and door seals: A squirt of a water-dispersant like WD40 in the locks will help as will a light smear of Vaseline or silicone polish on the door seals. If snow falls clear it from the car while still soft rather than leaving it for days on end – the car will turn into a block of ice.

Frozen ignition locks: It's hard to keep the inside of the car completely dry when it's cold and wet outside but it'll help avoid this rare but annoying problem – don't leave wet clothes or boots in the car overnight.

Windows frozen to their frame: Windows can become detached from the mechanism inside the door if you try to power them down while the windows frozen in the frame. Best left until the car's warmed up and the ice melted.

Diesel fuel waxing: In extreme cold, wax crystals form in diesel fuel and can block fuel lines and filters. All diesel sold in the UK between 16 November and 15 March has to meet the 'Winter diesel standard' which ensures protection against waxing down to -15C. There's not much you can do to avoid it if the temperature goes really low – apart from using a garage overnight if you have one and trying to keep the car warm. Electric fuel filter heaters are available.



Electronic parking brake not releasing: If the driven wheels are on an icy road and can't grip it's possible that an automatic parking brake won't release.

Frozen rear drum brakes and handbrake cables: It's good to clean your car regularly through the winter to remove corrosive road salt but not if you use a hose or pressure washer and blast water inside brake cables or drums and the temperature drops. A drive after cleaning can help but it's best to take care when hosing wheel arches or wheels.

Frozen alternators: Fortunately very rare, but poor design of under-bonnet drains can lead to water from the windscreen getting into the alternator and freezing the rotor. A screaming noise from the 'fanbelt' accompanied by smoke, a burning smell and a battery warning light on the dash will tell you there's something wrong.

BATTERY BREAKDOWNS

Most common cause of breakdown at any time of year but particularly in winter.

Battery faults are the most common cause of breakdown. AA patrols were called to more than half a million battery breakdowns in 2010 and replaced more than 140,000 batteries.

Batteries can die at any time of year but it's more likely in winter when cold temperatures hit car batteries with a triple-whammy:

Power output drops ability to accept a charge drops, so the battery doesn't recharge as quickly when you're driving, load increases – lights, blowers, wipers, heated seats, rear-screen heater etc are all used more. Add in the fact that many cars stand unused over the

Christmas holiday and it's no surprise that the first day back to work after New Year is always one of the busiest of the year for the AA.

Battery problems can be avoided: The garage that services your car should check that clamps and connections to the battery are secure and free from corrosion, but there are a few simple tips you can follow to reduce the chance of your battery letting you down in the depths of winter;

Age: If the battery is more than five years old and there's any sign of it struggling to start the car, get it replaced. Some will struggle on for a bit but many won't. It's much better done at your convenience than as a roadside

emergency.

Charge: If you mostly do short journeys or leave the car standing for days at a time, invest in a modern battery conditioner/intelligent charger. These can be left connected to the battery indefinitely and can prolong its life without overcharging it.

Load: Check that everything electrical is turned off when you park up – even an interior light, boot light, or radio left on overnight can kill a battery when it's cold.

Give the battery a chance: Switch off everything electrical and dip the clutch to reduce the load on the battery when you start a cold car.



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CYCLE TO WORK SCHEME

Benefits of the scheme for employees/directors?

As the bicycle and/or safety equipment are exempt from tax the employee/director will not be liable to income tax at his or her marginal rate, employee's PRSI or USC on the cost of the benefit, as reflected in the amount of the salary sacrificed.

Benefits of the scheme for employers?

The employer benefits in that the employer's PRSI is not payable on the cost of the bicycle and/or safety equipment.
Note, however, that employers will not be able to reclaim the VAT paid on the bicycle and/or safety equipment.

Do all employers have to participate in the scheme?

Participation in the scheme is voluntary for employers. However, employers choosing to participate in the scheme must make it generally available to all employees/directors who wish to avail of it.

How often can an employee avail of the scheme?

The tax exempt benefit-in-kind may only be provided to an individual employee once in any period of five consecutive tax years. The tax year in which the bicycle is provided is counted as the first year.
Employees should note that if they avail of the scheme for even a small amount of expenditure relating to the provision of bicycles and/or safety equipment they will not be able to avail of the relief again for five years.

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PLAN FOR SUCCESS



Planning ahead, in whatever task we do, can help smooth the way and prevent problems from arising later on. Confucius, the Chinese philosopher rightly said, "A man who does not plan long ahead will find trouble at his door." It is said that "Planning is bringing the future into the present so that you can do something about it now." Chances are, if you speak to anyone who has been successful they will tell you that planning ahead was a vital ingredient in their formula for success.

Planning ahead can be a very effective way to stay on top of things and not get too stressed. Feeling in control of your life is the foundation of stress management – and whilst we can't control for everything – planning ahead helps us to achieve a balanced life – with time for work, relationships, relaxation and fun.

Planning ahead can enhance our performance, make us more productive and ultimately help us to become more effective in what we do. Mark Sanborn – a writer in this field - claims that "Thorough preparation creates tremendous performances."

Planning ahead helps us to be **proactive rather than reactive** – and take the right course of action when faced with difficulties and challenges. We can also save money by planning ahead – as tickets can often be cheaper when bought early on and cheap deals usually book up in advance. Of course, we don't just make a plan and leave it at that. Effective plans need to be reviewed and updated regularly. Our plans evolve over time – and can help us to stay on course and get to our destination. Now might be a good time to begin to plan ahead (or review your current plan). This may be for the new school term, for Christmas, a holiday next year or maybe a career change. Whatever your goal is - follow these golden rules of planning and watch your plan fall into place:

1. Know where you're going – what are you aiming for?
2. Set specific goals, tasks and intentions
3. Create measurable milestones
4. Break down large tasks into smaller more manageable chunks
5. Set timeframes and deadlines
6. Create a visual representation of your plan
7. Set daily actions to help accomplish your task
8. Stick with your plan and **don't give up**
9. Revise & update if necessary
10. Realise your goal.

Many of us harbour limiting beliefs and negative habits which block us from success. In next week's issue we will address the skill, tools and discipline needed to overcome our psychological barriers to success.

SouthWest Counselling Centre Killarney provides affordable professional counselling to children, adolescents adults and couples – both at its Killarney Centre (Lewis Road) and at Kenmare Family Centre. info@southwestcounselling.ie
Kerry LifeLine provides FREE counselling and support to anyone feeling suicidal or bereaved through suicide. info@kerrylifeline.com



To make an appointment call 064 6636416/064 66364100
SouthWest Counselling Centre is a not-for-profit organization.
All funds raised through fundraising go directly to service provision



Kerry ETB Training Centre



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

MTA Software & Networking Fundamentals (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:** 23rd January 2017. **Duration:** 14 weeks. **Certification:** Microsoft Technology Associate Certification.

Bus Driving - D Licence (ET07114) - Tralee.

This course provides participants with the skills and related knowledge in the rules of the road, driving a Large Public Service Vehicle (LPSV), customer service, documentation, first aid, manual handling and fire safety, digital tachograph, technical standards and work experience. Applicants must have a current full Class B Driving Licence and Class D Learner Permit. **Start Date:** 30th January 2017. **Duration:** 14 Weeks. **Certification:** Class D Driving Licence, RSA Driver Certificate of Professional Competence, QQI Level 5 Component Cert in Occupational First Aid and CILT - Digital Tachograph.

Food & Beverage Service (ETS8741) - Killarney.

This course is an excellent starting point for anyone wishing to work front of house in the hospitality industry. Participants will gain the knowledge and practical skills to provide a timely, efficient and professional food and beverage service to customers. **Start Date:** 30th January 2017. **Duration:** 28 weeks. **Certification:** City & Guilds Diploma in Food and Beverage Service Level 2.

Angling Guiding (ET09061) - Fenit.

This course is designed for people who provide or wish to provide guiding services to anglers. Participants will gain the professional, technical, social and administrative skills to offer a quality, customised guiding service to a range of market profiles. **Start Date:** 30th January 2017. **Duration:** 14 weeks. **Certification:** QQI Certification.

Traditional Stone Wall Construction (ET4R8) - Tralee.

This course offers participants the opportunity to develop the knowledge and skills required to build a variety of traditional stone walls. It's a hands-on course where participants learn the principles and techniques of stone working and dry stone wall construction using hand tools and locally sourced stone. **Start Date:** 13th February 2017. **Duration:** 32 weeks. **Certification:** QQI Level 5 Special Purpose Award in Traditional Stone Wall Construction.

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. **Start Dates:** 13th February 2017. **Duration:** 10 weeks. **Certification:** QQI Level 5 Component Certificates in Manual and Computerised Bookkeeping and Payroll.

Cisco on-line Blended Learning (ETL62) - Tralee.

This course focuses on network infrastructure. It covers switching, routing, wireless access, security and connectivity used in local and wide Area networks. A combination of on-line learning and tutor led workshops are used to deliver it. Previous computer networking experience is required for this course. **Start Date:** 13th February 2017. **Duration:** 15 weeks. **Certification:** Cisco Certified Network Associate Certification (CCNA).

Digital Media Production Course (TRY18) - 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:** 20th February 2017. **Duration:** 52 weeks. **Certification:** TBD.

Fibre Installation Technician (ET08632) - Tralee.

This course is designed to provide the communications cabling industry with personnel who have the specialist knowledge and skills to install, fault find, repair and test fibre optic and copper communications networks. **Start Date:** 27th February 2017. **Duration:** 24 weeks. **Certification:** City & Guilds Level 2 Award in Communications Cabling (3667-02).

Foundation in Media (TR08743) - Tralee.

This full-time course offers you the opportunity to develop practical production skills in Media Project Management, Video Production, Sound Production, Photography, Digital Imaging and Media Publishing. **Start Date:** 10th April 2017. **Duration:** 14 weeks. **Certification:** QQI Level 3 Award Media Expressions 3N0792.

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,

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EAST KERRY NOTES

EAST KERRY ANNUAL CONVENTION:

The 2016 East Kerry Annual Convention will be held on Thursday the 19th January. Nominations and motions to be with East Kerry Runai, Dermot O'Connor by Friday 13th January.

EOGHAN RUADH: Eoghan Ruadh Under 16 indoor sessions continue on Monday 9th January in Gneeveguilla hall. All coaching officers have been contacted in advance. It is vital that all players are in attendance (8.30 pm to 9.30 pm) on the night. The coaching sessions will continue in advance of the minor football league. Contact East Kerry /Kenmare GDA Vince Cooper for further details.

COACH EDUCATION: East Kerry/ Kenmare clubs interested in doing a Foundation Level coaching course should contact Vince Cooper as soon as possible. The course can be delivered over two nights or on a Saturday. Clubs must have at least twelve people in attendance. Amalgamations will be accepted between clubs to reach the required numbers. This course is aimed at assistant coaches. Courses will be given on a first come first served basis.

MUNSTER SCÓR NA NÓG CONGRATULATIONS:

Congratulations to Spa Set Dancers on winning a Munster Scór na nÓg title on Sunday in Ovens Co Cork. Hard luck to the other East Kerry competitors, who did their clubs and District proud, but it was not to be on the day.

SYMPATHY: We extend sympathy on the passing away of Kevin Casey in Waterford to his parents Paddy and Mary Casey, Glenflesk, to his family, relatives and friends and to Glenflesk C.L.G. We also extend sympathy to East Kerry Committee Chairman Tim Ryan, family, relatives and friends on the passing away of his aunt Hannah Lynch (nee Ryan). Ar dheis Dé go raibh a n-anamacha dílse.

GNEEVEGUILLA GAA

GNEEVEGUILLA GAA LOTTO: Numbers 9, 11, 14, 30. No jackpot winner next week's jackpot €8250.

€40 Niall O'Riordan C/o Bud.

€40 Patrick Cronin C/o Timmy Cronin.

€40 Mike Dillane Quarry Cross.

€30 Denis Lawlor C/o Billy McCarthy.

€30 Eleanor Leary C/o Jack McCarthy.

€20 Joan Finnigan Yearly ticket.

GNEEVEGUILLA GAA SOCIAL: Will be on Saturday February 25th in the hall again this year with limited tickets available the Kelts will be providing entertainment on the night.

A big thank you to Paul Murphy and Darren Brosnan who presented medals to our underage player's on Sunday night.

FIRIES COISTE NA NOG

Our Club was very proud to have the talented



FIRIES COISTE NA NÓG CELEBRATES ITS CONTINUED SUCCESS

ON SUNDAY, 8TH OF JANUARY, FIRIES COISTE NA NÓG CELEBRATED THE ACHIEVEMENTS OF THE CLUBS' YOUNG MEN. OVERALL, THE SEASON PROVED TO BE VERY SUCCESSFUL FOR THE CLUB. THE U-12s, U-14s, U-15s AND THE FIRIES MINORS FROM 2016 WERE ALL IN RECEIPT OF THEIR MEDALS FROM THEIR INDIVIDUAL AGE CATEGORY AND SUBSEQUENT SUCCESSES. EUGENE COSGRAVE, CHAIRMAN OF THE COISTE NA NÓG ALONG WITH THEIR DILIGENT COACHES PRESENTED THE MEDALS AND EXPRESSED THEIR DELIGHT IN THEIR ACHIEVEMENTS THROUGHOUT THE YEAR. MANY THANKS TO ALL WHO CONTRIBUTED TOWARDS THE EVENING.

Cian Sheehan represent Firies GAA Club in the Munster Finals of Scór na nÓg in Ovens, County Cork last weekend. Unfortunately, despite a fantastic performance, the title went to the Rebel County. Well done Cian, you did both the Club and County very proud.

If you are interested in developing and bringing fresh ideas to the to our club, please make contact with Eugene Cosgrave, Firies Coiste na nÓg chairman at 087 3999988.

O'Doherty, Liam Spillane, Gary O'Sullivan and Cian O'Sullivan.

LOTTO: No jackpot winner in the Arbutus. Numbers drawn 4, 13, 14, 21. Lucky dips (monthly draw for annual ticketholders: Jonah Casey, Tullorum. Pat, Arbutus Drive. Nora Murphy, Dept of Justice. Niamh Fleming, Niall Dennehy Artigallivan. Next Monday's draw in the Killarney Heights will be for €12,000.

KERRY LADIES FOOTBALL NEWS



GRAHAM SHINE THE NEW KERRY SENIOR LADIES MANAGER.

Graham Shine is the new Kerry Senior ladies manager. The Listowel Emmets clubman went through an interview process last Tuesday evening and was recommended as the best candidate for the position. Shine was ratified at last Thursday night's county board meeting in Connolly Park, and his

two year appointment was met with universal approval from the delegates present. Shine has previously managed the Kerry U/16 ladies in 2015 and 2016 with success winning Munster and All Ireland titles in both years with these teams. He also coached the Listowel Emmets and Rathkeale men's teams in 2016 and he was also the physical trainer with Feale Rangers County Championship team.

A qualified personal trainer and fitness instructor, Shine will be naming his backroom team over the next few days. He has just over 3 weeks to prepare his team for their first round Lidl National Football league Division 1 away fixture on January 29th against reigning league and All Ireland champions Cork.

Things don't get any easier as Kerry will face All Ireland finalists Dublin at home on February 5th. Dublin were much sharper than the Kingdom girls in the corresponding fixture last year but the new Kerry management will be hoping



for a better result this time around. Improving Donegal will make the long journey south on February 19th, while Kerry will have their third home fixture in a row against Monaghan on February 26th. While Kerry comprehensively defeated the Farney in last year league fixture, the Monaghan girls had a 16 point victory over the Kingdom in last August's All Ireland championship quarter final.

The league will then take a 3 week break and the Kingdom will travel to Galway to take on the locals on the 19th March before playing host to Armagh on 26th March, the third Ulster team that has to travel south to take on the Kerry girls. Kerry will then travel west again to play the last round of the league against Mayo on the 2nd April, a fixture that always ensures a tight contest between the 2 teams.

A tough campaign awaits the new Kerry management. Shine has stated that the present team is very talented and that he will largely be sticking with the current group of players. Some new players will also be blooded of course to see if they can they perform at senior inter county level There are good senior footballers in the county and Kerry will be hoping to maintain their Division 1 status by the time they finish with Round 7 of the league. Meanwhile Jonathan Griffin of Glenbeigh was



JONATHAN GRIFFIN OF GLENBEIGH THE NEW LADIES MINOR COUNTY MANAGER.

also ratified for a 2 year term as the new ladies minor county manager. Griffin, a well known referee in the county, will have a number of the successful U/16 girls available to him as Kerry strive to win an All Ireland minor title for the first time since 1995. The Kerry minors will also play their first round Munster

championship game on March 18th, with the final scheduled for Monday May 1st. Kerry were well beaten by Cork in last year's final, however with the talent available, they are sure to present a formidable challenge for the title this year.

Also at the County Board meeting new Development Officer Donal O'Doherty presented a discussion document on a new Development squad structure. O'Doherty spoke at length on the proposed changes and strategies but stressed that the process is still very much in it's infancy. After taking questions from the floor, it was agreed that the implementation of certain aspects of the proposals still needed further discussion.

It was also agreed that the formation of a new Bord na Nog wing of the County Board was necessary. The clubs were asked to nominate suitable candidates for the positions of Chairperson, Secretary, Treasurer and PRO. The Bord na Nog executive will work in conjunction with the senior board.

MILLTOWN/CASTLEMAINE NOTES

MEDAL PRESENTATION: On this Saturday January 14th, our club will host a medal presentation ceremony for the Under 12 teams as well as our Minor teams of 2015 and 2016, along with their parents / guardians in the Nagle Rice Community Centre-commencing at 7.30 sharp. We look forward to welcoming our other underage teams and their families to this special occasion too. We will have a surprise special guest to make the presentations! Hot/cold finger food along with teas/coffees will be served. If you would like to assist with the serving of the refreshments, please contact Deirdre on 086/1703332. Any help would be most gratefully appreciated. After the medal presentation, we will proceed to Larkin's Bar and Restaurant where we will make presentations to our senior panel - followed by our First GAA Lotto Draw for 2017.

LOTTO: The First GAA Lotto Jackpot of 2017 is an amazing €12,600. Wouldn't a win or share be a super way to begin the New Year..... ???

To help ease away those New Year Blues, we are giving away a once off additional prize of a €100 voucher for Aghadoe Heights Hotel and Spa to one of our lucky ticket holders on the night. We will have our regular consolation prizes on offer too. So head on out and purchase your ticket on or before Saturday next, January 14th. Draw will take place in Larkin's Bar and Restaurant. Good luck to all !

AGM: The AGM of our club will be on Friday January 20th 2017, at 7.30, in The Clubhouse. It will also incorporate the Coiste na nOg AGM. Please note that there are a number of positions in which people are not seeking re-election. If you or anybody you know wish to be nominated for a position or would like to put forward a motion- please do so before Friday 13th January in the attached form. The nominations may be forwarded to our club secretary-Mike Carroll, Kiltallagh or e mail to Mike.Carroll@openeir.ie

Please ensure that you have sought the prior permission of any person that you are proposing. We are continually seeking volunteers to assist us in the running and management of our ever expanding club.

Getting involved in your local GAA Club is a wonderful way to form new friendships- as well as giving opportunities for skills and expertise to be shared -for the benefit of all in our community.

DR. CROKES GAA NOTES

PROGRESSIVE 31: Progressive 31 is on every Wednesday night in the Crokes Clubhouse starting at 8pm. Everyone welcome. Bring €5 and a partner.

CONGRATULATIONS: Congratulations to Senior Footballer Kieran O'Leary on his recent wedding to Andrea Leahy Hartnett. All the best

with the future.

APPEAL FOR JUVENILE VOLUNTEERS

Interested in becoming a Referee - Contact Ger Sugrue on 087-9928740.

You must be a minimum of 17 years of age.

DIARY DATES: Juvenile AGM will take place on 16th of January at 8pm and the Main Club AGM will take place on January 23rd.

DEEPEST SYMPATHIES: Deepest Sympathies to the Daly family on the recent death of Winnie and to the Foley family on the recent death of Kieran. RIP

LOTTO: Lotto 7, 10, 14, 23. Jackpot €13500. Winner Brian Clarke. Next draw on Sunday 15th of January in Tatler Jack. Jackpot €3000.

LEGION GAA NEWS

EXECUTIVE COMMITTEE

A message from our Executive Committee:

The Executive Committee of the Killarney Legion GAA Club wish to thank all those who helped out in any way during 2016. We express our sincere thanks to all of our sponsors for their generous support throughout the year and we hope you will continue to support us in 2017. Your contribution, big or small, is greatly appreciated and helps us to maintain our grounds and run our club. We wish to thank all our voluntary workers, team mentors, office holders and field committee members, and also the people who help out with food, the shop and others too many to mention. What you do, giving so generously of your time and talent to help our youth, is a truly noble gesture and your enthusiasm is evident for all to see. We wish to thank you, our club members, for your contribution and hope you will continue to help and renew your membership. To all our players and teams who donned the green and white so proudly during 2016, thank you for the fun and enjoyment you gave us. We have so many reasons to be proud of you. We would invite anyone who might wish to contribute in a voluntary capacity for the coming year to contact any officer of the club. People can assist in so many different ways and anyone who does assist finds they get a true feeling of satisfaction and enjoyment from it. To all the parents of our players we want to reassure you of our commitment to ensuring that your children are in the very best of care while with us. All of our mentors are Garda vetted and we always do our best to make sure that the children are enjoying themselves whether we win or lose. So for 2017 the Executive Committee will be committed to doubling our efforts to continue to bring success and enjoyment to our club. We ask you to please pay your membership and attend as many games as you possibly can to lend your support to our players. Help out in any way you can. Once again thank you all and God bless us all for 2017. We hope you have a healthy and happy year.

AGM: Our AGM is being held at our clubhouse in Derreen. We have many important and interesting items on the agenda. Please make an effort to attend on Friday, January 20th.

KILLORGLIN GOLF CLUB

LADIES RESULTS: The 25th Drive-in took place last Sunday and was attended by over 100 members, family and friends. Captain Michael and Lady Captain Ann thanked everyone for coming and congratulated all the winners. **9 HOLE SCRAMBLE:** Front 9: 1. Pat Foley (16) Tom Finnerty (14) Mike Breen (21) Mary Garvey (32) 24.7. 2. Mark Kennedy (15) Brendan Campbell (21) Jer Joy (11) Eileen Devane (28) 25.5. Back 9: 1. Jason Foley (13) Eamon Sheahan (18) Connie Doherty (14) Jenny Pigott. 24.8. 2. Danny Brosnan (13) Jerry Sheahan (28) Christina O'Sullivan (27) Damien McLoughlin (17) 25.5.

FIXTURE: 12 Hole re-entry Stableford, sponsored by Little Pavilion for the month of January continues until further notice.

KILLARNEY GOLF CLUB

MENS

GENTS FOURBALL SPONSORED BY KILLARNEY GOLF AND FISHING CLUB - MEN'S CLUB ON MAHONY'S POINT.

DATE: 8TH JANUARY 2017

1st - PJ Cronin (16) & Paul O'Sullivan (21) 50pts.
2nd - Brian Holden (16) & Connie Brosnan (18) 49pts.
3rd - James Devane (9) & Andrew Garnett (15) 48pts bb6.

ROSS GOLF CLUB

GENTS CLUB

RESULTS: On Jan 8th we held a single stableford competition.

RESULT AS FOLLOWS:

1 Jonathan Casey (10) 36 pts.
2 Donnagh Moynihan (10) 36 pts.
3 Leo Casey (16) 36 pts.

FIXTURES: On Sunday Jan 15th we will hold an 18 hole 2 man scramble. Pick your own partner or take your luck with the timesheet which is now available in the clubhouse so please add your name to it immediately.

On Sunday Jan 22nd the Captains and

Presidents Drive in is planned - weather permitting. More information next week.

SYMPATHY: We extend our sympathy to our former Captain, Sean McMonagle and all his family on the recent death of his mother Bernie McMonagle R.I.P.

DEERPARK PITCH & PUTT NOTES

Despite the unfavourable weather conditions last Wednesday's Seniors Outing attracted a fine turnout of players from Castleisland, Newmarket, Deerpark and GlenEagle. Winners were Sean Ashe (GlenEagle) and Robbie O'Brien (Deerpark), 2nd Sheila O'Donoghue (Deerpark) and Jim O'Sullivan (Newmarket). A special word of thanks to the Castleisland club for hosting the competition at short notice and to Sean Ashe and Jason O'Connor who issued the notifications re change of venue.

Next Outing will be to Deerpark on Wednesday February 1st 10.15am.

ANNUAL GENERAL MEETING: The annual general meeting of the club will be held at the Avenue Hotel on next Monday night January 16th at 7.30pm and a special appeal is extended to all members to be in attendance. Members who may have submitted a motion for discussion are obliged to be present to move that particular motion.

JOHNNY KELLY MEMORIAL: The annual Johnny Kelly Memorial competition has been scheduled for Sunday February 19th. Details to follow.

KILLARNEY GOLF CLUB

LADIES

RESULTS OF 11 HOLE COMPETITION SUNDAY 8TH JANUARY, KILLEEN COURSE, CLUB SPONSORED.

1st Julie Leonard (22) 25 pts.
2nd Mary Sheehy (3) 23 pts and best gross.
3rd Winnie Ryan (23) 22 pts.
4th Clare Coleman (35) 21 pts.

RESULTS OF MARY GEANEY SCRAMBLE SUNDAY 11TH DECEMBER, 2016

1st Kelly Brotherton (0), Anne O'Leary (25), Mary B. O'Connor (30) 68.5.
2nd Catriona Griffin (3), Kathleen Healy (36), Liz O'Connor (24) 69.7.
3rd Mary Cronin (16), Maura Fitzgerald (20), Lora Beth Malloy (30) 70.4.
4th Maureen Creedon (12), Noreen C. Buckley (20), Maureen Culloty (30) 73.8.
5th Corrina Griffin (14), Sheila Crowley (22), Margaret Curtin (27) 74.7
Next Sundays competition is 13 hole s/ford, Mahony's point club Sponsored.

BEAUFORT GOLF CLUB MEN'S

RESULTS & FIXTURES: OPEN SENIORS - THURSDAY 5TH JANUARY 2017.

1st Edwin Spence.
2nd Gerard Collins.

11 HOLE SCRAMBLE - 8TH JAN 2017

Winners: Timmy Lyne, Tado McCarthy, Gerard Collins.

FIXTURES: 15th Jan Scramble 10am.

CASTLEROSSE GOLF CLUB

RESULTS OF COMPETITION HELD ON SUNDAY 8TH JANUARY 2017, 18 HOLE STABLEFORD.

Overall winner, Gintaras Bendaravicius (16) 44pts.
Overall runner-up, Steve Shine (18) 40pts.
Overall 3rd place, Mick Clifford (21) 40pts.

OFFICER BOARD FOR 2017: President, Stephen Dennehy, Captain, Danny Lynch, Secretary, Donal O'Reilly, Treasurer, Daniel Shine, Competition Secretary, Peter McGrath, Handicapping Secretary, John O'Reilly, Committee, Mick Clifford, Dan O'Connell, Pat Doyle, Ger O'Connor & Gintaras Bendaravicius. Membership now available for 2017 contact Castlerosse 064 6631144 for details.

SOCCER ACADEMY RECEIVE INVITE FROM MAN UTD



PARTICIPANTS AT THE TOTAL SOCCER ACADEMY CAMP WHICH WAS HELD OVER CHRISTMAS.

Total Football Academy has this week received an invitation from Manchester United Academy Coach Tom Statham for our U-15s (boys born in 2002) to participate at the Oakham Academy Tournament in August which will include the

likes of Manchester United, Chelsea, Leicester City and Dundee United. The invitation follows from the academy's successful trip to the Oakham Academy Festival last August in which our 2002 boys defeated clubs such as Nottingham Forest, Birmingham City and

Bradford City.

"Our 2002 boys will also travel to Amsterdam on February 28th to play friendly matches against FC Volendam and Wooter Academy. These matches will be attended by AFC Ajax Head of Scouting Patrick Ladru, who will also take the boys for a training session during our stay in Amsterdam", Robin O'Day, Co-Founder & Director of Coaching at Total Football Academy told the Killarney Outlook.

"We are excited about the opportunity for TFA to compete against clubs of the calibre of Manchester United and Chelsea, and we look forward to providing further opportunities in the future as our network of contacts continues to grow in the UK and Europe", he added.



FARRANFORE MAINE VALLEY ATHLETIC CLUB

The Munster Junior & U/23 Indoor Championships & Juvenile/Youth Indoor Pentathlon Championships were held at the Nenagh Indoor Stadium last weekend. David Kenny, competing in the Junior Race Walk finished in second place in a time of 26:08. Michael O'Connor won his age category race walk in a time of 17:27. Neesan O'Brien Shea, competing for his first time at munster level, did well to finish in 6th place for the 60m sprint in a time of 8.13sec. Rossa Foley competing in the U23 category was 3rd in the shot with a throw of 9.30m. 3rd in the Weight for Distance 35 lb with a throw of 7m and 2nd in the Long Jump 5.36m.

Full results on Munster Athletics website.

ROAD RACE: The Charles O'Shea Memorial Cup Beaufort 10K & 5K fun run was held on New Year's Day. The road race is organised by Star Of The Laune AC. Well done to our following club athletes who participated. In the 10K: Ger Ladden, Caitriona Barry, Eileen Egan & Michelle Hoare. 5K: Cian Spillane, Christine Spillane & Marie McKenna.

CLUB MEMBERSHIP: Membership for 2017 is now due. In order to be eligible to take part in athletic competitions & avail of our club training it you need to be registered. Full details posted on our club website. Newcomers welcome with information in regards athletics and our club also available on our website. www.ffmvac.blogspot.ie

CLUB TRAINING: Secondary School /Junior / Senior training every Thursday starts back again at 6:40pm in GAA grounds Farranfore from Jan 12th. This is endurance training for all levels with emphasis on running form and technique. €2 club member, €4 non club member.

ATHLETIC'S FIXTURES: Sat 14th Jan: AAI Indoor League Round 1, AIT Indoor Arena, Athlone.

Sun 15th Jan. Munster Senior & Masters Indoor Championships, Nenagh Indoor Stadium at 10am.

Sat 21st Jan: AAI Indoor Combined Events Championships (All Ages), AIT Indoor Arena, Athlone.

Sun 22nd Jan: Munster Juvenile Inter-Club Relay Championships & Pole Vault Championships, Nenagh Indoor Stadium.

Sun 22nd Jan: AAI Intermediate XC & Juvenile Inter-Club XC Relays, Palace Grounds, Tuam, Co. Galway.

Sat 28th Jan: AAI Indoor League - Round 2, AIT Indoor Arena, Athlone.

Sun 29th Jan: AAI Junior & U/23 Indoor Championships, AIT Indoor Arena, Athlone.

Sat 4th & Sun 5th Feb: Munster U/9 to U12 Indoor Championships, Nenagh Indoor Stadium. See Munster Athletics website for full fixture lists & timetable for events. Pre-registration required. Contact Club Secretary well in advance.

GNEEVEGUILLA ATHLETIC CLUB

LOTTO: No winner of our lotto 06/01/2017, numbers drawn were 9, 16, 18 & 25. Sellers prize winner: Margaret Hayes, €50 Y/T prize winner: Vincent Carmody Banard, Lucky dip draw, €50 to Eileen O'Leary Mountcain, €40 each to Mary Houlihan c/o Mgt Hayes, Denis Kissane Masrour & Cynthia Daly Tureencahill. Bonus not won numbers drawn were 6, 11, 13 & 20. Next week's jackpot €6,800 plus €1,000.

AWARD WINNER: A good start to the year with Catherine O'Sullivan Moynihan wining Munster Master Athlete of the year 2016. Catherine is the 4th athlete from the present club to win this Masters award from the present team. Other winners were Annette O'Brien, Elaine Cronin & Shelia O'Donoghue. Josephine Hickey won this award a number of years ago. Congratulations again to Catherine. The presentation is next month, so we look forward to that.

MUNSTER JUNIOR & U23 INDOORS: Held in Nenagh 7th & 8th January, Mel O'Callaghan won bronze in 200m & was 5th in 60m U23. Amy Cronin won gold in 60M & 200m. Well done to both of you.

MUNSTER SENIOR & MASTERS: This competition will be held w/end 14th & 15th January. The club will be represented by Catherine O'Sullivan, Shelia O'Donoghue, Eileen Riordan & Robert Purcell. Best of luck to all competitors.

TRAINING: Club are back training as and from Monday 9th January. Couch to 5K training in Barradubh Mondays & Friday's at 7.30 pm.

SYMPATHY: The sympathy of the club goes out to Gary O'Leary's family, Rathmore on their sad, sad bereavement. Gary & Antoinette's children, who will miss their Dad greatly have been coming to club training in Gneeveguilla over the past few years.

KILLARNEY COUGARS BASKETBALL CLUB

JUVENILE NEWS

U16 BOYS

KILLARNEY COUGARS 50

ST BRENDAN'S 34: Cougars hosted St Brendans at the Pres Gym and produce a good second half performance to take the win their was little between the sides in the opening half with Cougars just ahead 13-11 at the end of the opening qtr and they increased the lead before halftime thanks to good performances from Daniel Aleksenjenko, Colm Talbot and David Bartlett to see Cougars ahead 30-20. Cougars maintained the lead throughout the second half with Eoghan Myers and Ruairi Murphy adding some great scores to see Cougars finish comfortable winners.

U17 BOYS: KILLARNEY COUGARS 53 VIXENS 54: A thrilling game at the Pres saw the Vixens withstand a late Cougars comeback to take the win in a very entertaining game.

The visitors with held the lead throughout with the three point shooting of John Sexton and Andy Ahern. Cougars stayed in touch with Sean O'Brien Nykta Poutkalis and Eoin Talbot all in good scoring form. Athea led 29-27 at halftime but lead by 45-35 entering the last qtr with Cougars mounting a big comeback in the closing but time ran out as Athea just held out for the win.

U18 DIV 1 GIRLS CUP SEMI-FINAL

KILLARNEY COUGARS 41 CAHERCIVEEN 42:

A thrilling Cup semi-final at the Pres Gym saw Caherciveen win the game from the free throw line in the final second in a game neither side deserved to lose with overtime looming. Cougars led in the early stages with good baskets by Shelley Clifford and Niamh Griffin and led 10-8 at the end of the opening qtr. Cougars dominated the early stages of the second qtr to lead 18-10 with baskets by Grace Cahillane 4pts and Kelly Ahern 4pts before a late rally by Caherciveen saw Johana Vogel 4pts and Caoimhe Teehan 7pts saw the game tied at half time. The visitors confidence was up and they continued to have a good spell in the third qtr to lead 31-27 with Eva Murphy hitting 6pts. Cougars dominated the final qtr with baskets from Niamh O'Connor and Shelly Clifford in top form scoring 6pts in this period but missed some good opportunities with the game heading for overtime a harsh call saw the visitors go to the line to win this very entertaining game for the good attendance.

ACADEMY TRAINING: Cougars Academy training resumes this week on Friday evening Jan 13th for the Cubs U8 & U10 girls at 5 pm and boys at 6 pm at the Parish Hall.

FIXTURES: SENIOR MENS

Jan 16th Div II

Killarney Cougars v Kcymys Pres Gym 7pm.

SENIOR WOMENS: Jan 20th Div II Cup Q/F Vixens v Killarney Cougars Athea 8pm.

Jan 20th Div I

Glenbeigh v Killarney Cougars Glenbeigh 8pm Further details on All Killarney Cougars Clubs schedules and events log onto the website

WORKMEN'S ROWING CLUB NOTES

ONGOING TRAINING: On an off-water training continues as per coaches' texts. We have had some amazingly pleasant sessions on the water right through December and the early days of January and let's hope this continues.

RECENT ACTIVITIES: As well as our usual training sessions, our club enjoyed a festive 'Ho Ho Ho' Row just before Christmas, where everyone took part by wearing some seasonal attire for a row out, followed by warming drinks and festive fare at the clubhouse. Many thanks to everyone who helped out in any way to mark the Christmas season. To follow this, many of our senior members joined forces with scores of our juniors for two sessions on the ice at Killarney Ice Rink, one session just before Christmas and due to popular demand, another



KILLARNEY RFC SENIOR PLAYER COLIN MCCARTHY IN ACTION. PHOTO BY CHRISTINA HOULIHAN TYDINGS.

session just after. No bones were broken and the speed and agility by some of our skaters surprised even themselves!!

UPCOMING EVENTS: Our next event on the rowing calendar is the Irish Indoor Rowing Championships being held in the University of Limerick on Saturday 21st January. Registrations are in by now, so best of luck to all partaking!

MEMBERSHIP DUE: This Saturday 14th January membership will be collected by Pauline and Siobhán at the clubhouse between 10 and 12 noon. We encourage everyone to avail of this time to settle your Individual or Family Membership as well as the Affiliation to Rowing Ireland Membership which is also due at this time.

CALENDAR: Our glossy Workmen's Rowing Club Calendar is available for collection at the clubhouse. We would like to thank sincerely all of our sponsors, without whom it would not be possible to continue its production.

BIRTHDAYS: A very special belated Happy Birthday to Anne Moynihan who we're sure celebrated in style on Friday the 6th January. Also greetings go to Hannah Majella who celebrates her birthday this Sunday 15th, and not forgetting Maria Browne who will celebrate hers on next Friday the 20th. All of these ladies contribute so much to our club and we wish you all the best on your special days and for the year ahead.

SPAMUCKROSS COMMUNITY GAMES NOTES

Happy New Year to everyone. Our U13 boys basketball team is participating in the county competition this Sunday, 15th Jan at 10am in Duagh. It is the first event in 2017 for us. Best of luck to the team. A huge thanks to Tim O'Sullivan for managing the boys, and Emir Coffey for assisting. Our U13 boys Futsal team also began training last weekend in preparation for the county competition on 5th February.

KILLARNEY RUGBY CLUB NEWS

YOUTHS: U14'S: Killarney U14 welcomed neighbours Castleisland to Aghadoe on Saturday last for the first game of 2017, in phase 2 of the West Munster u14 league. Not having played a proper game for a few weeks meant that the team did not start with the now accustomed flair but they quickly found their feet. With a wet ball the emphasis was always going to be on doing the basics well and no player disappointed. Changes were made in majority of positions with a number of first "caps" for some of our younger warriors who got their first taste of playing on a full pitch and really stepped up. Castleisland never gave up and helped serve up a nail biting match where Killarney came out one try ahead. Finally, many thanks to all the supporters that continue to give this team the support from the sidelines. We are looking forward to resuming training outdoors under the new lights from 7 to 8p.m. on Tuesday. Next match is at home next Saturday against Tralee.

U16'S: Killarney travelled to Listowel last Saturday for the first-round game of the Under 16 Munster Bowl competition. As expected, Listowel were really up for this game as Killarney had beaten them comfortably on their previous two encounters this year. A tight encounter with defence the key, saw Killarney finish the first half 3-0 up, with a penalty kick coolly converted from the 22 by no. 9 Chris Carey. The second half resumed as the first ended with both sides defending aggressively, Killarney's breakthrough came on 45 minutes when no. 10 Cian Murphy scored under the posts off a rehearsed rolling lineout maul, Murphy then converted his own try to make it 10-0. Almost immediately from the restart, Listowel scored a converted try under the posts as a result of a huge defensive mix-up by Killarney's backs. Killarney's Chris Carey again scored a long range penalty kick, with 10 to go to leave the score 13-7, again almost identical to the first try. Killarney finished off the game with captain Richard Wallace scoring off a rolling maul, final score 18-7. Next game v Dolphin at home next Saturday to KO at 11.30am. Training in Aghadoe Thursday 6.45 to 8pm

U18'S: Last Saturday, KRFC were hosts to the combined squad of Castleisland/Abbeyfeale in the first round of the U18 Bowl competition. Things started badly as the official referee never turned up and a visiting person agreed to referee the match. A hugely competitive match got underway with the visitors scoring two unconverted tries in the first half, and the fantastic Alan Lynch crossing the white line for Killarney, with Kieran O'Connor converting, with 5 minutes to go in the second half. The visitors scored a third try to make the score 15-7, early in the second half. However, luck was not on Killarney's side as Shane Looney crossed the line for the first of our disallowed tries.

The National Final of both these events take place in Dublin on 6th May as part of the 50th anniversary celebrations of Community Games.

KILLARNEY VALLEY AC

Happy New Year to you all!

Back to business!!

Mondays at 7pm Circuit Training with Donal for athletes aged 12 and over only. Indoor training on Thursdays 6-7pm for the younger athletes aged 7 -11yrs. Training takes place in the Sem Gym.

Athletes must be registered or be turned away. Please bring €2 each to cover the cost of the hall for the night and plenty of water. Registration costs €30 for under 19s and €35 for 19yrs and over. New members please bring a copy of your birthcert. Registration fee covers: club membership, insurance, affiliation to Athletics Ireland (without which we cannot get insurance), affiliation to Kerry Athletics and entry to any Munster/National Competitions.

Jerry's Jogging Group for adults will be starting back on Wednesday 25th of Jan at 7pm meeting at New Road. More details on our Facebook Page or from Jerry Griffin on 087/6879186. Beginners welcome, must be registered with the club. Adults only. Registration for over 19s costs €35.

AGM: Our AGM will be held in the Killarney Court Hotel on Wednesday 18th of Jan at 8pm – all are welcome.

Good news!! entries for the 2017 Killarney 10 Mile are now open!! Please check their facebook page <https://www.facebook.com/killarney10mile/> for more details and follow the link to register. <https://register.primoevents.com/ps/event/TheKillarney10mile>

Anyone wishing to buy Kvac half zip tops, singlets or hats please contact Brid Stack 0872650720



However, Killarney dominated the action and with 10 minutes to go, Dylan McCarthy, playing the game of his life, crossed the line, and Kieran converted again, bringing the scores to 14-15 in the visitors favour. With the game almost over, and Killarney pushing for the win, Alan Lynch again crossed the line to the delight of the home crowd. However, the referee deemed the last pass a forward pass, and did so from almost the half way line! The general consensus was the try was perfect and with the referee 50 yards away, it's a decision that irked the home crowd. A hugely disappointing finish for the lads, a game they did not deserve to lose. Special mention has to go to Alan Murphy, Cathal Healy and Jack Kelliher who were outstanding with the sublime Dylan McCarthy leading from the front as he has done all season.

SENIORS: Our Seniors travelled the short distance to Ballymalis in Listry last Sunday to take on Killorglin in the semi final of the Martin O'Sullivan Cup. Conditions were perfect for the epic encounter that ensued, with Killorglin steaming ahead in the opening exchanges scoring a penalty and a try within the first ten minutes. Our lads responded with a very well worked try coming from Aaron Jones on the left wing, leaving a difficult conversion which went left and wide. Just before half time, Killorglin scored another try, however we were awarded a penalty try following someserious pressure on the home side's line. Killarney's Paudie Sheahan slotted some excellent penalties home to bring the scores even with a few minutes to go. The pack was outstanding in the scrum and when



WINNERS OF THE MAYE BREEN CUP LAURA KEANE AND PARAIC O'MAHONY.

Killarney were awarded a penalty at the death, with the scores 18 points each, Killarney went for the scrum, with Colin O'Sullivan crossing for the winner. The final score was 18-23 to Killarney and the crowd witnesses a cracker of a match from Ger Moynihan's charges. Colin O'Sullivan and J.P. Kissane really stood out as the whole team played cracking rugby. The final has been fixed for the 26th of February with venue to be confirmed.

MINIS: Our minis return to training this Saturday between 10:30am and 12 midday at Aghadoe and all boys and girls between the ages of 5 and 11 are more than welcome to come along. Details: Liam Murphy 087-4145662

DARTS NEWS

THE MAYE BREEN CUP: The Maye Breen Cup final and semi-finals were played on Monday 9th January in Murphy's Bar. In the first semi-final Maureen & Gery Mc Cormick beat Danielle and her father Danny Looney. In the second semi-final Laura Keane and Paraic O'Mahony beat Helen O'Neil and Dale Mc Carthy in a cracking game to set up a final with the Mc Cormicks. In the final Paraic and Laura after a struggle got the better of 1990 winner Maureen and Gery to win the Maye Breen Cup for the first time. Congrats to all players for a great night and thanks to everybody for taking part in this year's Maye Breen competition.

KILLARNEY AND DISTRICT MOTOR CLUB CELEBRATE



MEMBERS OF THE KILLARNEY AND DISTRICT MOTOR CLUB MAKE A €2000 DONATION TO MULTIPLE SCLEROSIS AT THEIR AWARDS NIGHT WHICH WAS HELD AT K-TOWN BAR RECENTLY.

Killarney and District Motor Club held A Christmas Celebration Night on Tuesday the 29th Dec at The K Town Bar Killarney. All Local Cups and Awards that were won throughout the year were on display, old club Videos and In-Car camera's were shown on the night, Special presentation awards, Spot prizes and

general good craic was had. Competitors, Marshals, Organisers, Anyone that helped out or were involved in any way throughout the year, were invited and about 150 people showed up to celebrate. The Club made a very special presentation on the night of a "Life-Time Dedication Award" to Mike Marshall (Muckross

Rd Killarney) in receipt for his endless time, commitment and passion for motorsport in the club over the past four decades. Mike received a standing ovation from the huge crowd. "Club Person of the year" was presented to Martin Farrell (Loretto Killarney) by the club Chairman Diarmuid Cronin. A presentation was made to Emma Looney (Kilcummin), acknowledging her service to the club as Club Secretary past 5 years. Club Competitors were also acknowledged for their achievements throughout the year. Keith Cronin & Mikie Galvin as winners if the Irish Tarmac Rally Championship. Charlie & Johnny Hickey as winners of the plasticbags.ie Southern 4 Rally Championship. Donal O'Connor (Rathmore) as winner of the Historic category Southern 4 Rally Championship.

The club also presented Geraldine McCarthy of the South Kerry Branch of Multiple Sclerosis with a €2000 Donation on the night.

The organisers of the night Diarmuid Lynch, and Johnny Hickey would like to thank the management & staff of K Town bar Killarney for hosting the event and Wish everyone a Happy New Year.



CEDAR GALAXY KILLARNEY WHO PLAYED TRALEE BAY, IN THE FIRST ROUND OF THE GREYHOUND CUP AT MOUNTHAWK PARK, TRALEE ON SUNDAY.

SCHOOLBOY/GIRL SOCCER

FIRST FULL WEEKEND OF 2017 ACTION:

GIRLS LEAGUE: JK SPORTS 12 PREMIER:

Listowel Celtic 3 -0 Mastergeeha.

Camp Juniors 1-2 Inter Kenmare.

TRALEE TROPHY WORLD 16 PREMIER:

Mastergeeha 2 -7 Killarney Celtic.

BOYS LEAGUE: JK SPORTS 12'S

PREMIER: Killorglin A 2 - 2 Mastergeeha .

Killarney Celtic A 6 -0 Listowel Celtic A.

Iveragh United 1-0 Park A.

DIVISION 1: Camp Juniors 1-4 Inter Kenmare.

Killarney Athletic 8 -1 Park B.

DIVISION 2:

Dingle Bay Rovers 4-1 Killorglin B.

MEK 2 -2 Mastergeeha B.

DALY'S SUPERVALU 13 DIVISION 1:

Iveragh United 0-3 Castleisland.

FOUNDATION SPORTS 14 PREMIER:

Listowel Celtic A 1 - 4 Killorglin A.

Killarney Celtic A 4 - 2 Mastergeeha.

DIVISION 1:

Park B 5 - 4 Killorglin B.

Inter Kenmare 4 - 0 Fenit Samphires.

Dingle Bay Rovers 5 - 2 Killarney Celtic B.

Iveragh United 4 - 0 Tralee Dynamos.

KILLARNEY PLAZA 15 DIVISION 1:

Ballyhar 7 - 0 Ballyheigue.

TRALEE TROPHY WORLD 16 PREMIER:

Tralee Dynamos 5 - 1 Killorglin.

16 DIVISION 1:

Inter Kenmare 6 - 2 Listowel Celtic A.

16 DIVISION 2:

St Bernard's 5 - 1 Iveragh United.

Asdee Rovers 7 - 2 Listowel Celtic B.

REPORTS: LEADERS IVERAGH UNITED REMAIN UNBEATEN IN 12 PREMIER:

Iveragh United picked up where they left off in 2016 as they are now on 4 wins from 4 and top of the JK Sports 12 Premier. They were pushed all the way by the team in joint second place The Park with Ben O'Donoghue's goal the only one in the game giving Iveragh a 1-0 win. Killarney Celtic A closed the gap on the sides above them as they defeated Listowel Celtic A thanks to 2 goals from Calvin O'Sullivan and Eoghain Crowley one each by Robbie Harnett and Robert Brooks. Killorglin and Mastergeeha

have to be happy with a share of the points following a 2-2 draw. Dara O'Connor got both for Killorglin with Alan O'Leary and Adam Murphy scored for the Kilbreen side.

KILLARNEY ATHLETIC MAKE IT 4 FROM 4 IN DIVISION 1:

Killarney Athletic are the team to beat in the 12's Division 1 and so far no one has been able to do that. This weekend they were too strong for Park B. Alex Hennigan was unstoppable hitting 4 with Tom Healy, Neil O'Carroll, Ciaran Byrne and Tom Benson also hitting the net. Inter Kenmare were 4-1 winners over Camp Juniors for whom Paudie Fitzgerald scored.

DINGLE BAY WIN AS CHASERS DRAW:

Dingle Bay Rovers are another side that are unbeaten and they added another 3 points after defeating Killorglin B 4-1. Paddy Ryan hit 2 with Antaine O'Seaghda and Oscar Donnegan also scoring. The West Kerry side will be delighted with the other result in the Division as two of their closest chasers MEK and Mastergeeha B drew 2 all. Finn Kennelly put MEK ahead only for David O'Riordan and Mark O'Connor to hit the net for Mastergeeha B. Kennelly levelled matters when his cracking free kick from outside the box went into the net off the inside of the post.

CASTLEISLAND CLOSE THE GAP IN 13

DIVISION 1: Castleisland closed the gap to Iveragh United in second place to 2 points having defeated the South Kerry side 3-0 in mid-week. Liam O'Sullivan scored twice and Nicholas Molloy the third in the win.

KILLORGLIN GO TOP OF 14 PREMIER:

With leaders Camp Juniors and joint second placed Park A's game called off Killorglin A took full advantage by taking the three points they needed to go two point clear at the top and preserve their unbeaten record. Dylan Moriarty was the man of the match hitting all his sides four goals in their 4-1 win while Aidan Swan replied for Listowel Celtic. Killarney Celtic A added an important three points to close up on the top three. Goals from Rory Dorrian 2, Cian McMahon and Daniel Okute saw them defeat Mastergeeha 4-2.

BALLYHAR STAY TOP OF 14 DIVISION 1 DESPITE NOT PLAYING:

With Tralee

Dynamos going down to Iveragh United the Tralee side missed out on the chance to overtake Ballyhar at the top of the table. They went down 4-0 to Iveragh United. The goals for the South Kerry side came from Andrew Walsh 2, Keith Brennan and Cathal O'Shea. Washington Solomon was the best of the day for a Dynamos team missing a few players.

3rd placed Inter Kenmare secured an important 3 points as they defeated Fenit 4-0. Tadgh O'Donoghue, Corey Murphy 2 and Ryan Henton were the Inter scorers. Dingle Bay Rovers defeated Killarney Celtic B thanks to goals from Mark Manning 3, Cormac O'Conneide and Tadgh Kennedy. The Park B were 5-4 winners in a goal fest at home to Killorglin B. Leonit Salinag 2, Matt Healy, Danny Fisher and Niall Heaton scored for the side from Christy Leahy Park.

BALLYHAR GO 2ND IN 15 DIVISION 1:

Ballyhar were too strong for Ballyheigue in the Killarney Plaza 15 Division 1 and have moved into second place on 10 points from 4 games played. They are 4 points behind Camp Juniors but they have two games in hand.

Adam Lenihan, Conor O'Sullivan, Craig O'Sullivan, Dylan Callaghan, Patrick O'Connor, Josh McCarthy and Seamus Nagle all score one goal each in the win.

DYNAMOS CLOSE THE GAP IN 16

PREMIER: Tralee Dynamos closed the gap to leaders The Park to three points in the Tralee Trophy World 16 Premier thanks to a 5-1 win over Killorglin. Leo Gaxha scored twice while Soni Rramani, Patrick Dowling and Junior Ankomanh.

INTER WINNERS IN 16 DIVISION 1:

There was only 1 game in the 16 Division 1 with Inter Kenmare defeating Listowel Celtic A 6-2. This game was closer than the final result. Inter had six different players on the score sheet - Tommy Cronin, Timmy Murphy, Mark Looney, Ruiri Burns, Kane Reidy and Boki Nikic.

TOP SIDES CANNOT BE SEPARATED IN

16'S DIVISION 2: St Bernard's and Asdee both won again to stay joint leaders at the top of the 16's Division 2. St Bernard's were 5-1 winners at home to Iveragh United thanks to goals from Darragh Slattery, Jack Palmer, Liam Rice, Declan O'Donoghue and Mikey Clifford. Dylan Huggard replied for Iveragh. Asdee had goals from Conor Carmody, James Donnegan, Bernard O'Callaghan 2, Barry O'Neill and Eric Daly as they won 7-2 at home to Listowel Celtic B.

GIRLS LEAGUE: In the JK Sports 12 Girls Premier Inter Kenmare defeated Camp Juniors 2-1 in a cracking game. Chloe Cremin and Helena Donoghue scored for Inter who also had good performances from Mia Granville and Lucy Harrington. Carla Evans got the goal for Camp Juniors who had a player of the match performance from Siobhan Lyne who made 3 point blank saves. Listowel Celtic were 3-0 winners over Mastergeeha.

In the Tralee Trophy World 16 Girls Premier Killarney Celtic defeated Mastergeeha 7-2 thanks to goals from player of the match Kate Murphy who hit a hat trick as did Lauren Burke. Mairead Bennett scored the other goal.

Kate Lynch scored both goals for Mastergeeha who also had good performances from Kelin O'Donoghue, Martha Fitzgerald, Blevin Brosnan and Caoibh Crowley.

MASTERGEEHA FC

PREMIER U12: KILLORGLIN 2

MASTERGEEHA 2: The boys had to battle all the way to get a point away in Killorglin on Saturday morning. Alan O'Leary and Adam Murphy got the goals.

DIV 2 U12: MEK 2 MASTERGEEHA 2:

In this game the boys went a goal down early on but lead 2-1 with five minutes remaining. David O'Riordan and Mark O'Connor got the Mastergeeha scorers.

PREMIER U14: KILLARNEY CELTIC

4 MASTERGEEHA 2: In this game the home side lead throughout but Mastergeeha battle hard and got a goal back after the break when Brendan O'Leary scored to make in 2-1. However as the boys pushed forward the home side scored again. Mastergeeha pulled a goal back late on when Padraig Finnegan scored.

U16 GIRLS: MASTERGEEHA 2

KILLARNEY CELTIC 6: In this exciting game the visitors took the lead but Mastergeeha equalised straight away with Kate Lynch scoring. The visitor led 2-1 at the break. After this Mastergeeha pushed forward and created some good chances but the visitors scored on the break. Mid way through the second half Kate Lynch scored again for Mastergeeha. All did well with good performances from Keelin O'Donoghue, Martha Fitzgerald, Beibhin Brosnan and Caoibh Crowley.

SENIORS PREMIER B: SKELLIGA 2

MASTERGEEHA 3: In this close game the Seniors took the lead early on when Damien Breen scored. However the home side lead 2-1 mid way through the second half. After this Mastergeeha pushed forward with Paul Mahoney and Tommy O'Sullivan scoring in this good away win.

SENIORS DIV1B: MASTERGEEHA 1

AC ATHLETIC 1: In this close game the Mastergeeha took the lead early in the second half when Danial Kelly scored following a corner. After this both sides created some chances with Jamie Donnelly going close for Mastergeeha. However in the closing stages the visitors got the equaliser.

MASTERGEEHA FC LOTTO: There was no winner on Friday 6th January, 2016. Jackpot now €4,650.

MEK UNITED F.C.

MEK U13'S V KILLORGLIN B U13'S: MEK got off to a great start with 2 early goals in this friendly on Saturday morning played at the Intermediate School in Killorglin. However a strong fightback from Killorglin saw the half time score at 3 - 3.

A cracking second half saw Killorglin go 6 - 4 ahead before 2 excellent late goals saw MEK earn a deserved draw. Scorers Eddie Moroney 4 Marc O'Sullivan Rouse 1 and Charlie Keating 1. MEK United Squad Matthew O'Connor, Conor



MEK UNITED UNDER 13 TEAM.

Harty, Tadgh O'Sullivan, Darragh O'Brien, Stephen O'Brien, Dariusz Diebler, Cian Fleming, Dean Sheehan, Marc O'Sullivan Rouse, Leo Healy, Sam Griffin, Eddie Moroney, Charlie Keating and Mason Courtney. U13's Training continues on Wednesday night's at 19.00 in Fossa.

FIXTURES: Saturday the 14th of January 2017 Daly's Supervalu U13 Div 3, Listowel C v MEK United at 12.30 pm.

ACADEMY TRAINING: Indoor Training will restart at the Nagle Rice Community Centre in Milltown on Saturday the 14th of January 2017. A charge of €2 per child is compulsory to cover costs as are shin guards.

· 2 pm to 3 pm for U6's, U7's and U8's.

· 3 pm to 4 pm for U9's and U10's.

KILLARNEY CELTIC NOTES

CONGRATULATIONS: Congratulations to Megan Duggan on her well-deserved Garda Youth Achievement Award for her work as a coach with Killarney Celtic Football For All.

FAI NATIONAL CUP: Killarney Celtic will face Newmarket Celtic of Clare in McDonagh Park in Newmarket next Sunday in the FAI National Cup at 2.00pm. This is a repeat of the same fixture played 30 years between the two sides, and Killarney Celtic progressed by a 3-1 win. Hopefully history will repeat itself! The club are running a supporters bus which has been filling very fast. Highlights will be shown on EirSports on Irish TV later that evening.

We will be playing Ringmahon Rangers B (Cork) in the Munster Junior Cup next week.

JUVENILE NATIONAL CUP DRAWS:

Killarney Celtic U15s have been drawn at home to Ferrybank of Waterford and our U12s have been drawn at home to Carndonagh of Donegal. Both of these games will take place at the end of January in Celtic Park.

RESULTS: GREYHOUND BAR CUP:

KILLARNEY CELTIC B 2 CASTLEMAINE UNITED 0. Aaron Cahill scored just before half-time and Matt Moynihan made it 2-0 on the 65th minute to book our passage to the second round.

YOUTHS LEAGUE: DINGLE BAY ROVERS

2 KILLARNEY CELTIC 2: 10 man Celtic had

to show all their character to take something out of this one. They trailed 1-0 at the break and went down 2-0 shortly after, but switched Cian Casey as a lone striker and that made a huge difference as Celtic's workrate got them back into the game. Cian made it 2-1 and there was still enough time left for him to nail an equaliser. A well deserved and hard-earned point by players and management.

U16 GIRLS: MASTERGEEHA 2

KILLARNEY CELTIC 7: A very good display and convincing win. The outstanding Kate Murphy claimed a hat-trick, as did Lauren Burke, with Mairead Bennett also on target.

U14 PREMIER: KILLARNEY CELTIC 4

MASTERGEEHA 2: An excellent game, but Celtic got the upper hand and the win after cracking goals by Ruairi Dorrian (2), Daniel Okwute, and Cian McMahon.

U12 PREMIER: KILLARNEY CELTIC 6

LISTOWEL CELTIC 0: A quality performance. Celtic led 2-0 at the break and, as Listowel gamely tried to attack in the second half, were able to fully exploit the gaps with four more. Scorers were Calvin O'Sullivan (2), Eoghan Crowley (2), Robert Brooks, and Robbie Harnett.

FIXTURES

U17 League: Killarney Celtic away to Tralee Dynamos, Saturday, 2.00pm.

U16 Premier: Killarney Celtic at home to Park, Thursday, 7.15pm.

U15 SFAI Regional Final: Killarney Celtic at home to Nenagh, Saturday, 2.00pm.

U15 Div Two: Killarney Celtic B away to Park C, Saturday, 10.30am.

U13 Div One: Killarney Celtic A at home to Castleisland, Saturday, 10.30am.

U13 Div Two: Killarney Celtic B at home to Inter Kenmare, Saturday, 11.45am.

U12 Div One: Killarney Celtic B away to Fenit Samphires, Saturday, 12.30pm.

U11: Killarney Celtic A and B away to Iveragh, Saturday, 2.00pm.

LOTTO: Numbers drawn 5, 9, 14, 15. No winner, two match three, John Donovan c/o Dunloe Lodge, Ray Hctor, €75 each. Next week's jackpot €3800, draw in the Failte on Monday night. Tickets available from all club officers. Yearly tickets available.

DOG SHOW:

Tralee & District Canine Club will hold their All Breed Open Show (Under Licence of the Irish Kennel Club) on Sunday, 5th February 2017 at The Community Centre, Currow. Judging begins at 1.30 sharp.

Entries close on Friday 20th January 2017 with Hon Show Secretary: Mrs. Maudie Burke, "Sandwood" Killarney Road, Castleisland, Co. Kerry. Tel. (066) 7141 423. Email: traleecanineclub@hotmail.com

CLEANING PRODUCTS YOU SHOULD NEVER MIX:

*Two different drain cleaners or even using one right after the other. These are powerful formulas, and could even explode if combined. Use one product according to package directions. If it doesn't work, don't try another product. Instead, call a plumber.

*Baking soda is basic and vinegar is acidic. When you put them together you get mostly water and sodium acetate. Vinegar causes baking soda to foam up; if stored in a closed container, the mixture can explode.

*Combining hydrogen peroxide and vinegar in the same container creates peracetic acid, which is potentially toxic and can irritate the skin, eyes, and respiratory system.

*Bleach + vinegar produce chlorine gas, which even at low levels, can cause coughing, breathing problems, and burning, watery eyes.

*Bleach and ammonia produces a toxic gas called chloramine. It causes the same symptoms as bleach and vinegar — along with shortness of breath and chest pain. Many glass and window cleaners contain ammonia, so never mix those with bleach.

*Make it a rule to never mix bleach with anything but plain water.

FRENCH WORKERS NOW HAVE LEGAL RIGHT TO IGNORE OUTSIDE OF OFFICE HOURS EMAILS FROM BOSS:

A new law, already in effect from January 1st is mandating French companies grant their employees a "right to disconnect" from work-related technology outside of office hours. The mandate applies to companies with 50 or more employees, and employers will be granted a grace period to negotiate the details with workers. If an agreement can't be reached, companies will instead create an explicit charter spelling out what rights and obligations workers have when at home. The law will not necessarily ban any after-hour emails from popping up, since some employees might decide for themselves when they'd like to receive them.

People in every field are dealing with more and more workplace stress, in part because they feel they can't turn off from work once they leave the office.

BALLOON RELEASES ARE KILLING WILDLIFE AND MARINE ANIMALS:

While those who organise and participate in balloon releases probably have the best of



intentions, what they fail to consider is what happens when those balloons eventually land – and when they do the results are detrimental to wildlife and marine animals.

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

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

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

If you know of someone planning a balloon release, please urge them to reconsider and use earth- and animal-friendly options instead, there are so many other symbolic acts that don't involve the use of balloons, the list is almost endless and freely available on the internet or why not use your own imagination.

MILLIONS OF PEOPLE STILL RENT DVD'S:

Streaming sites have grown so much over the past couple years that the "experts" said in 2014 that DVDs would go the way of VHS starting in 2016 and be near obsolete in 2018.

But just one company in the United States of America alone says about 5.3 million people still wait for DVDs and Blu-rays to get delivered to their mailboxes from them, with subscribers paying \$5 to \$12 each month for a collection of more than 93,000 titles that bring in about \$132 million in revenue each quarter.

While numbers are dwindling the world over, whether it's because people want more selection than streaming services have to offer or because

they don't have great Internet where they live, the demand for DVD's is still alive and well.

However if you have a favourite singing artist or film actor maybe it's time to start building up your DVD library before they become impossible to buy.

U.S. NAVY-TRAINED DOLPHINS TO HELP THEIR ENDANGERED PORPOISE FRIENDS:

The Vaquita, a tiny porpoise that lives in the Gulf of California and is considered by the World Wildlife Federation to be the rarest marine mammal in the world, might get some help repopulating its species from Navy-trained dolphins.

The Navy Marine Mammal Programme, which trains dolphins to use their sonar to find sea mines, will deploy four of its dolphins to find the elusive Vaquitas, of which fewer than 60 are believed to still exist. The hope is that they can be rounded up and placed in a large pen, where they'll be safe and free to breed in semi-captivity.

However the World Wildlife Fund fears that attempts to capture Vaquitas, which were discovered in 1958 and have never been captured alive, will only cause more of them to die without any guarantee that they would even breed. But if conservationists do nothing at all, the Vaquitas, whose population has declined dramatically due to being caught in illegal fishing nets, may be extinct within just a few years.

If all goes as planned, Navy dolphins will start rounding up Vaquitas this spring.

EVER HEARD OF A SMART CLOTHES PEG?

The clothes peg dates back at least to the 1800s, but in 2016 it became "smart." Peggy, the laundry peg will "help you lighten the load" by telling you when the washer cycle is over and if the weather is nice enough to hang your clothes outside. The device connects to your phones and sends you alerts when the weather changes or when you need to remove your clothes.

What a marvellous invention when you remember back to when you and your ancestors had to rely on common sense to tell you when the weather was lousy by simply

looking outside and in slightly more modern times you knew when your cycles were over when the washer and dryer stopped making noise.

However the product is also another way hackers can get into your home as the more technology you have, the greater the chance of hackers breaking your codes.

QUOTE:

"Every religion is good—every religion is true to him who in his good caution and conscience believes it" - Daniel O'Connell Irish Political Leader.

ON THIS DATE – JANUARY 13TH:

0614 - St. Kentigern (nicknamed St. Mungo) Scottish bishop died, and was buried at his church in Clas-gu which later became Glasgow.
1607 - The Bank of Genoa failed after announcement of national bankruptcy in Spain.
1796 - Death of John Anderson, founder the Anderson Institute, the forerunner of the University of Strathclyde.
1800 - Daniel O'Connell made his first public speech, opposing Union with England
1842 - Dr William Brydon, a surgeon in the British Army during the First Anglo-Afghan War, became famous for being the sole survivor of an army of 16,500 when he reaches the safety of a Garrison in Jalalabad, in eastern Afghanistan.
1890 - By defeating Irishman Ike Weir at San Francisco, 'Torpedo' Bill Murphy became the first New Zealander to win a world professional boxing title.
1893 - The British Independent Labour Party was founded by Keir Hardie who was born in the Scottish hamlet of Legbrannock in Lanarkshire.
1942 - Car-maker Henry Ford patented the plastic automobile body.
1947 - Britain's Privy Council ruled that Canada was within its rights in passing legislation making the Supreme Court of Canada the final court of appeal; marked the end of legal recourse to the Judicial Committee of the Privy Council, except in federal-provincial matters.
1949 - Birth of Rakesh Sharma, first Indian and 138th man to visit space.

THE CAR OF THE FUTURE WILL PREDICT ITS OWN BREAKDOWNS:

The Israel-based "predictive maintenance" startup company, 3DSignals, has developed an artificial intelligence system that can decipher your car's weird sounds better and earlier than you can by using neural networks to learn how a machine should sound when it's functioning properly, the goal is that their system will detect any disruption that might mean a problem is about to arise.

The company is currently working with a major steel manufacturing and a renewable energy company where ultrasonic microphones in those factories and plants are recording audio so the neural network can learn how the machines are supposed to sound. Initially, these companies are only benefiting from a basic feature that predicts when some machine parts may wear out based on physics models. But as the system records more data, it will be able to detect unusual sounds. Clients can then train the system by labelling sound patterns

that connect to particular problems.

At the moment, the systems are only being used on industrial machinery but it is believed the technology will soon be adopted by auto manufacturers' services.

BRAVE MAN SAVES A DROWNING 400-LB BLACK BEAR:

Bears have an incredible sense of smell, and when they're hungry, bears will go to some pretty crazy extremes to get their paws on a snack. Bears are also very intelligent, so once they learn that humans provide a seemingly endless supply of snacks, by way of rubbish or half-eaten candy bars that get left behind, they will search out residential areas to find something tasty to eat.

A 400-pound black bear set out to follow his nose and wandered all the way from his home in Osceola National Forest to a residential area in Alligator Point, Florida. When he was discovered shuffling through one of the residents rubbish, wildlife authorities set out sedate the animal as that would be the safest way to capture him so they could transport him back to his home.

After being hit with a tranquilizer dart, the bear took off towards the ocean and hopped into the water. As he was swimming out into the Gulf, the tranquilizers began to kick in and he became drowsy and started to drown.

Luckily, Adam Warwick, a biologist with the Wildlife Commission was nearby...without even flinching at the size and strength of the bear, Mr. Warwick dived into the sea and grabbed hold of the floundering animal, but the bear was beginning to lose feeling in his legs and struggled to crawl onto Mr. Warwick to stay afloat.

Knowing he would need to act quickly and stay as calm as possible, Mr Warwick began to drag the bear to shore while trying to keep his head above water as the bear was losing more and more mobility.

The brave biologist just kept swimming, despite the growing weight of the 400-pound bear and managed to tow the bear the entire 25 yards to land. Finally on shore, the groggy bear and exhausted Mr. Warwick were hoisted onto land, as the bear weighed too much for the crew to handle they used a tractor and loader to move the still sedated bear and Mr. Warwick made sure the bear made it safely onto the transport vehicle.

11 YEAR OLD RAISES MONEY BY OFFERING ADVICE TO STRESSED NEW YORKERS:

Ciro Ortiz – also known as the Emotional Advice Kid – sets up his work station in a New York City subway to offer emotional advice at \$2 per five minute session.

The 11-year-old first got the idea for his entrepreneurial adventure after he was bullied in school. Because he was raised by parents who encouraged him to be kind to others, Ciro funnelled his feelings into helping his fellow New Yorkers with their life problems.

On a typical day, this young shrink can make up to \$50, which he always funnels back into feeding his classmates at school.

Ciro reportedly has a knack for addressing anxious adults with impressively simple responses for instance one afternoon recently;

he was approached by a husband who was upset that his wife had become a vegan. "I told him she likes to eat what she wants and he likes to eat whatever he wants so they're just gonna have to deal with it."

Ciro said he hears the most grief from his patients about how the times are changing and the world used to be so much better in the old days. His response? "Try to accept change. Everything changes. We have to change too."

DOG SPENT DAYS PROTECTING INJURED FRIEND FROM PASSING TRAINS:

A devoted guard dog was found recently keeping watch over a fallen canine companion who had injured herself on a set of snowy train tracks in western Ukraine, protecting his friend by keeping her warm and ducking their heads every time a train went by.

The two were finally found on Christmas Day by Denis Malafeev who posted pictures of the striking friendship on Facebook. Although their rescue attempts took several tries due to the male's viciousness in protecting his companion, she was eventually lifted off of the train tracks and taken to a veterinarian.

"He kept her warm for at least two days under the constant threat of danger!" wrote Mr. Malafeev "I don't know what to call it: instinct, love, friendship, attachment. I only know this: not every human is capable of this. We should all learn from it!"

The dogs, named Panda and Lucy, were treated for their injuries and then returned to the original owners who had reported them missing.

IRISH MOTHER IS DONATING TWO ORGANS TO SAVE HER LITTLE BOY'S LIFE:

Sarah Lamont from Antrim says she hasn't doubted for a second her decision to donate both a kidney and part of her liver to save her 4-year-old son Joe.

Born with a rare condition - autosomal recessive polycystic kidney disease - Joe was forced to have his kidneys removed and has depended on constant dialysis ever since.

He has also developed advanced liver disease, which could prove life threatening without a transplant.

Joe has been on the transplant list for more than a year and his mother said she could wait no longer to get him the help he needs, there has already been a few times where she has been told he's not going to make it.

Ms. Lamont adds that Joe's experience shows how vital organ donation is. "I'm lucky I can give Joe a liver and kidney, but if he had a heart problem he could die waiting," she explained. "You also don't know how long organ transplants last, so he'll probably need multiple transplants in his life."

Urging others to register as a donor immediately she said: "If you're on your deathbed of course you would take an organ, so if you're prepared to take it you should of course be prepared to give." The liver transplant is planned for January 25th, with the kidney operation in the following months when both mother and son have recovered.

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The rates payable are €2000 per school plus €22.20 per mainstream pupil in primary schools and in post-primary it's €2000 plus €31.90 per pupil.

Additionally per capita payments will be paid for pupils in DEIS schools, Special Classes and Special Schools.

Approx breakdown of Post-Primary Schools per year:

St Brendan's	€21,363
St. Brigid's	€17,631
Killarney Community College	€14,696

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Scoil Bhride, Muckross	€4,397
Holy Cross	€10,902
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St. Oliver's, Ballycasheen	€19,227
Gaelscoil Faithleann, An Phairc	€7,017
Muire na Mainistreach	€5,707
Ahanablaith	€3,531
Fossa	€7,572
Faha	€6,174
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A WORD OF VICTORY

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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. **S.P.**

PRAYER TO THE VIRGIN MARY

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

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 known to fail. Must promise publication of prayer. **G.M.C.**

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NOVENA TO THE SACRED HEART

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

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

NOVENA TO THE SACRED HEART

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

NOVENA TO THE SACRED HEART

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

ACKNOWLEDGEMENT & FIRST ANNIVERSARY



In Loving Memory of

MARGARET SPILLANE

Headford, Killarney, who died on 21st January 2016.

The family of Margaret Spillane wish to express their sincere thanks for the kindness and sympathy shown to them on their sad loss. We wish to thank all those who attended the removal, funeral Mass, burial and all those who called to the house especially family, friends and neighbours.

As it would be impossible to thank everyone individually we hope this will be accepted as a token of our appreciation.

The holy sacrifice of the Mass will be offered for your intentions.

*Deep are the memories
Precious they stay
No passing of time
Can take them away
They bring a smile
Sometimes a tear
But always a wish
That you were still here.*

Sadly missed & always remembered by your loving family.

Anniversary Mass in Barradubh Church on Friday 20th January at 7.30 pm.



ACKNOWLEDGEMENT & FIRST ANNIVERSARY



In loving memory of

JOHN (SEAN) HORGAN

The Garage, Clounmellane, Furies.

*Soft in the evening, John
Heard a gentle call.
He took the hand God offered
Him and quietly left us all.*

On John's first Anniversary, the Horgan family wish to say a big 'Thank you' to friends, neighbours and relations who supported, consoled and helped out in any way at that heart breaking time, and continue to do so.

Thanks to the ambulance crew and the very caring sensitive staff at University Hospital Kerry.

Thanks to the Priests who concelebrated Mass and to O'Connor's Undertakers.

Mile Búioches to the Musicians, Sean would have loved the session. Again, we say a huge 'Thank you' to everyone.

A donation has been made to a Charity in your name.



Anniversary Mass in Furies Church on the 17th of January 2017 at 7:30 p.m.

3RD ANNIVERSARY



In Loving Memory of

MICHAEL O'DONOGHUE

Derryreague, Clonkeen, Killarney. Who died on 23rd January 2014.

*Those we love don't go away
They walk beside us every day
Unseen, unheard
but always near,
So loved, so missed,
so very dear.*

Very sadly missed by your loving wife Anne.

Anniversary Mass for Mike will take place on Sunday 22nd of January at 9.30a.m. in Our Lady of the Wayside Church, Clonkeen.

LET'S PRAY TOGETHER INTO THE WORD

Psalm 51 (6) God you delight in truth in the inward being and teach me wisdom in the secret heart (meaning). Speak words of faith everyday, keep your confession truthful, and positive. Confess what Gods word says about your situation eg if you are unwell, it isn't truthful to say you are sick. Turn a negative situation into a positive one. Say I believe in God's healing power is working in me, and I am getting better all the time. Psalm 51 (10) Create in me a clean heart oh God and renew a right spirit within me (meaning). We are either miserable or joyful, by the mind set that we have towards life's situations. Mind sets are patterns in our minds that normally operate towards a certain determination eg if we look at the things we need to do today, it may look like there is too much to do. But if we use God's mind set, he will help us through it, and see how everything falls into place. AMEN.

For Prayer Requests
laurencewoodley63@gmail.com

GRATEFUL THANKS

O Mother of Perpetual Help,
Sacred Heart, Michael Archangel,
Gabriel, St. Anthony, St. Joseph,
St. Theresa, St. Jude, Infant of Prague,
St. Padre Pio, St. Martin, Our Lady of Mount Carmel, St. Colette.
Thank you for favours recieved.

NOVENA TO ST. ANTHONY

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

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

ST. THERESE OF THE LITTLE FLOWER

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

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

O Most Beautiful Flower of Mount Carmel, Fruitful Vine, Splendour of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in this my necessity. O Star of the Sea, help me and show me herein you are my Mother. 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. 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.

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

O Most Beautiful Flower of Mount Carmel, Fruitful Vine, Splendour of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in this my necessity. O Star of the Sea, help me and show me herein you are my Mother. 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. This prayer must be said for three days and after that the request will be granted and the prayer must be published immediately. Thank you for favours received. **S.P.**

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 3 times for 3 days and your favour will be granted. Never known to fail. Must promise publication of prayer. **K.G.**

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.



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PREMIUM PET SUPPLIES:

For Dogs, Cats, Small Furrries and Feathers
including Food,
Clothing, Bedding, Shampoos etc.

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Matilda's Pet Shop**

Will take place on **Sunday 22nd January**
from 12:30 p.m. to 4:30 p.m.

20% OFF most stock.

Food, drink and nibbles for all humans and
doggy cakes for dogs.



f Matilda's Pet Shop Killarney
Email: matildaspetsshop16@gmail.com