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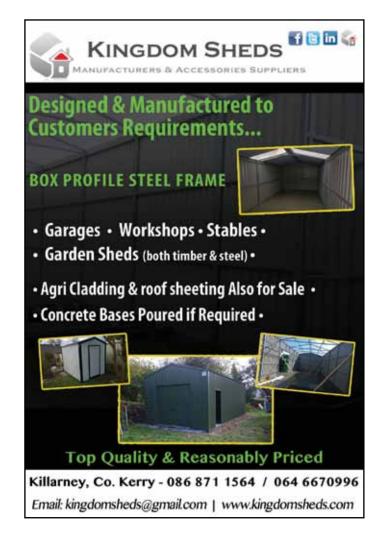
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ITS SHOWTIME.... STRICTLY COME DANCING IS ON TONIGHT



Announcing the four judges who will put the dancers to the test for 'Strictly Come Dancing Killarney' benefitting the Irish CANCER SOCIETY. L-R CHOREOGRAPHER JOE BURKETT WITH JUDGES SONIA ELMSTROM, SEAMUS MOYNIHAN, SEAN TAAFFE AND SEATED CENTRE SEANIE O'DONOGHUE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

The Strictly journey comes to an end tonight, Friday 13th February in the INEC when 24 dancers take to the stage and entertain an audience of 2250 with a show that is promising to be positively amazing.

Under the expert tutelage of chorographer Joe Burkett, the dancers have put their lives on hold for the past five weeks in an effort to make this show a resounding success.

From damaged knees to bruised ribs and all the injuries inbetween the group have been sweating blood, sweat and tears for the epic fundraiser which is in aid of The Killarney/South Kerry Branch of the Irish Cancer Society.

Dancing couples on the night include Aisling Crosbie and John Fenton, Kate O'Leary and Pat O'Neill, Breda O'Connor and Batt O'Sullivan, Gemma Kavanagh and Adrian O'Sullivan, Grainne O'Sullivan and Micheal Bernard O'Donoghue, Catriona White and Derry Healy, Lorraine Kelly and John Joe Culloty, Mary MacMonagle and Joe Gaffey, Lisa Ragosa and Brian Finnegan, Marie Wade and Terry Cummins, Breda Joy and Mike O'Leary and Norrita Cronin and Leonard Sullivan.

With a range of dances from the Charleston to the Salsa and from the Waltz to the Rumba the judges will be scoring each couple on rhythm, presentation of lifts, interaction with the audience and interaction with each other along with style, grace and elegance.

Judges on the night are Sonya Elston, Sean Taaffe, Seanie O'Donoghue and Seamus Moynihan.

The show will begin and end with group dances with the couples taking to the stage inbetween, Liam O'Connor will provide the interval entertainment while Botty will have the house rocking as he spins the discs long into the night.

Its going to be some show....

Chorographer Joe Burkett certainly got himself into the strictly mood last weekend when he jetted off to London to take in the live show....

JOE'S **BLOG CONTINUES...**



Sitting in a crowd of 10,000 Strictly Come Dancing fans at the O2 London, I felt my mind wander back to my Strictly dancers in Killarney. I found myself looking down on the Strictly dance floor and visualizing my gang hot footing across that dance. So as the music started and the show began I was completely enthralled by sizzling steps being thrown by champion of the glitter ball Caroline Flack. The atmosphere was electric, the judges were on fire with their witty one-liners and their comical critique, the dancers exploded onto the floor with their seductive Samba's and their roaring 1920's inspired Charleston routines. My Strictly dreams were coming true. I was finally watching Strictly Come Dancing Live having been a fan of the show for 10 years. It was an indescribable feeling but if I was to liken it to anything it would be the feeling I had this week when I saw my Strictly dancers take to the stage in the INEC for group rehearsal; to see how far they have come, to know the effort and commitment they've shown and to see the finished results. Huge pride but as well as pride, I felt empowered. Empowered to know that my dancers are every bit as good as the Strictly pro's and their celebrities. I may be mistaken but I do think that's my phone ringing. It must be the O2 in London hoping to book Strictly Come Dancing Killarney!!



CATRIONA WHITE AND DERRY HEALY LISA RAGOSA AND BRIAN FINNEGAN





Breda O'Connor and Batty



GEMMA KAVANAGH AND ADRIAN





BREDA JOY AND MIKE O'LEARY





Mary MacMonagle and Joe Lorraine Kelly and John Joe



AISLING CROSBIE AND JOHN **FENTON**



CUMMINS



MARIE WADE AND TERRY KATE O'LEARY AND PAT O'NEILL NORRITA CRONIN AND LEONARD



SULLIVAN





PAUL'S POPULAR SHOW BACK ON OUR **TV SCREENS**



CELEBRITY CHEF, PAUL TREYVAUD.

Killarney's own celebrity chef is set to hit our TV screens again next week. Paul Treyvaud will return to our screens this Wednesday, February 18 at 9pm on Sky 191 in series two of Cooking with Treyvaud, exclusively on Irish TV.

The brand new series of Cooking with Treyvaud starts Wednesday, February 18 at 9pm on Sky 191, Freesat 400, eVision 191, all free-to-air boxes and online at irishtv.ie. "It's all about great family recipes that even the most novice of cooks can recreate in their own homes," said Paul who runs the award-winning Treyvaud's Restaurant with his brother Mark in Killarney.

"While there will be a serious side to it, there will also be the usual fun and laughter along the way to keep people entertained."

The new series sees Treyvaud feature some real family favourites likes a classic beef stew and chicken tray bake, as well as some unusual dishes like roast rabbit with cider.

Treyvaud has signed a deal for two more series on Irish TV and he has also just been confirmed as one of the chefs to demonstrate his skills at this year's Killarney Festival of Music and Food in June.

KILLARNEY **SCHOOLS** MENTAL HEALTH **FIRST**

Secondary schools in Killarney have joined forces with community youth and health services to effectively support the mental health and well-being of all their secondary school students. This exciting pilot project has been developed by the 3 Schools in the town, Killarney Community College, St Brigid's Presentation Secondary and St Brendan's College Killarney together with Kerry Diocesan Youth Service, South West Counselling Centre, Kerry Life Skills, and with the support of the National Educational Psychological Service (NEPS), Child and Family Agency, the HSE and Ballyspillane Family Resource Centre and it is being led by Kerry Children's Services

Through this pilot project it is hoped that links between schools and community support services will be strengthened; links with parents and home with be strengthened; and pastoral care teams in schools will be up-skilled. In particular, the project will identify and develop ways in which supports can be enhanced and strengthened for students with identified additional mental health needs. The project will benefit approximately 1500 students across the 3 secondary schools in Killarney.



KILLARNEY GIRL GUIDES TO RECEIVE **BOOST TO BODY CONFIDENCE AND**

SELF-ESTEEM

Killarney Girl Guide leaders were among 40 from Kerry, Cork and Tipperary who attended a training session in an effort to boost body confidence and self esteem in girls aged seven to 14.

The ground-breaking programme Free Being Me programme, which empowers girls to speak out and challenge body image myths, will be introduced by the Guide leaders in coming weeks.

The Council of Irish Guiding Associations (CIGA), which includes the Irish Girl Guides and Catholic Guides of Ireland, decided to introduce the programme to its members following the revelation in a Department of Children and Youth Affairs survey that 21% of Irish girls are "dissatisfied" with their body image. Free Being Me unmasks society's beauty myths by exposing air-brushing and challenging



GIRL GUIDE LEADERS WHO ATTENDED A TRAINING SESSION ON BODY

unhealthy body talk. Through a series of fun, interactive and thought-provoking activities, girls are challenged to stand up and take action to stop unhealthy body ideals affecting the next generation of girls.

It is hoped that 16,000 girls in Ireland will take part in the programme over the next few months.

SPA GIRLS GET GREAT ENCOURAGEMENT FROM LORD OF THE **DANCE**

Young dancers from Spa GAA club were thrilled beyond belief this week when they received a letter from one of the world's top dancers. Taking time out of his busy schedule, Michael Flatley penned a few words of encouragement to the girls who recently qualified for the All Ireland finals.

Dancers Leah, Sarah, Rachael, Lamia, Aine, Kate, Katie, Ava and Meghan received the letter from none other than Michael Flatley and were just trilled that he has acknowledged their hard work, effort and inititive. He said "If you're willing to work for it, you can have anything you want. Follow your dreams." Very inspirational words coming from one of the best dancers in the world. This statement alone should definitely provide motivation for the girls and hopefully they will strive towards winning in the Scor Finals. Best of luck to Spa Gaa!





Foleys Spar Express, Fossa Killarney Tel: 064 6633907 Opening Hours: Mon - Sun 7.00am - 10.30pm

Foleys Spar Express, Iveragh Rd, Killorglin Tel: 066 9761118 Opening Hours: Mon - Sat 7.00am -11.00pm Sun 8.00am - 11.00pm







MAJOR ACCOLADE FOR KILLARNEY ADVENTURE RACE

The organisers of the Helly Hansen Killarney Adventure Race are in celebratory mood this week following the announcement that the event has been voted the best Outdoor Events in the annual 'Outdoor Event of the Year' competition held by the country's leading outdoor and adventure sports publication 'Outsider Magazine'.

The Killarney Adventure Race saw off stiff competition from over 40 other events around the country. The event was a sell out in 2014, with over 2,300 competitors running, cycling and kayaking some of the most dramatic, breathtaking and remote scenery in the world.

The organising team from Elite Event Management are thrilled with the award and are planning to build on the success of the 2014 event. Oliver Kirwan from Killarney based Elite Event Management said "the race would not have been possible without the help of the people of Killarney, the National Parks, Sponsors, the Civil Defence, and everyone who contributed to make this the best and biggest adventure race in world".



This year's Killarney Adventure Race is all set to be another great adventure weekend on the 3rd of October. Organisers are advising to register early to guarantee your place. For more information and online registration go to www.killarneyadventurerace.com

KILLARNEY'S NIAMH TO DELIGHT AUDIENCES AT CONCERT



KILLARNEY MUSICIAN NIAMH NÍ CHARRA.

An amazing Killarney musician who has been acclaimed world wide will perform at a concert in Ionad Cultúrtha an Dochtúir Ó Loingsigh in Ballyvourney on the 27th February.

Niamh Ni Charra will be accompanied by Kevin Corbett on guitar on the night.

Niamh is a daughter of Olivia and Eoin Ni Charra and is from Park Road in Killarney. Strongly influenced by the wealth of local Sliabh Luachra musicians, Niamh started playing at the age of 4 under the watchful eye of Nicky McAuliffe.

A multiple award winner on both fiddle and concertina, she toured from 1998 to 2006 as a soloist with Riverdance, before returning to Ireland where she is now based.

Most recently she was awarded "Female Musician of the Year 2014 in the Live Ireland Music Awards, compiled by respected and renowned industry.

Along with touring extensively as a solo artist and with her own band, Niamh Ní Charra has also performed and recorded with The Chieftains, and with Carlos Núñez. and in 2011 released an album "The Basque Irish Connection"

in collaboration with Basque musician Ibon Koteron. She still performs occasionally with Riverdance, most recently for a tour of China, where she took on the additional role of Musical Director. She regularly gives workshops and master classes, on both fiddle and concertina, and has performed for several presidents and members of royalty and has additionally coordinated concerts hosted by the Irish embassy, on behalf of the government.

FOSSA MUSICIANS HAVE ALL IRELAND GLORY IN THEIR SIGHTS

A group of talented musicans from Fossa are heading for All Ireland glory when they represent their parish and county in the Community Games finals in Athlone.

The group which consists of Tova Buckley, Aoife Kissane, Holly Kennelly, Maeve Bellew, Rian Colleran and Tom Cahillane won the Under 14 mixed group at the county finals at the weekend

The group are tutored by Cathy Hayes.

PICTURED TOVA BUCKLEY, AOIFE KISSANE, HOLLY KENNELLY, MAEVE BELLEW, RIAN COLLERAN AND TOM CAHILLANE IN ABBEYFEALE AT THE WEEKEND.







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NEW PLAQUES UNVEILED AT O'FLAHERTY **MEMORIAL GROVE**



The new Rome Escape Line Plaques have now been installed at the O'Flaherty Memorial Grove

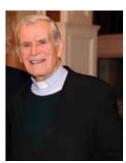
in Muckross Arboretum this week. The Grove was originally opened in June 1994 to mark the 50th Anniversary of the WW2 Liberation of Rome (June 4th 1944) and the role played by Monsignor Hugh O'Flaherty in saving some 6500 people from Gestapo capture.

On the occasion of the 1994 opening, renowned poet Brendan Kennelly penned and read a wonderful poem titled, "O'Flaherty's Trees". As well as referring to the June 1944 Liberation, the new plagues present the full text of this poem.

The Hugh O'Flaherty Memorial Society wishes to acknowledge that the installation of these new plaques was made possible through the support of Killarney National Park, stonemason Simon Mangan from Woodlawn, Killarney and Keith McMahon & John Carroll from MC Construction.

90 YEARS HONOURED **TOWNS COMMITTEE**

The inspiration behind all tidy towns volunteers Kerry, Archdeacon Michael Murphy, has just celebrated 90th Birthday and to honour occasion Killarney **Towns**



ARCHDEACON MICHAEL MURPHY.

Committee has been running a volunteer recruitment drive to bring the number of litter picker volunteers in our town to The 90 Mark. They have succeeded in recruiting 1 litter picker volunteer for every year of Fr Michael's life!

The Daly Family of Super Value Killarney has kindly agreed to host the launch of the new recruits to Fr Murphy's Army on this coming Monday, 16th February at 7.30pm in the Brown Sugar Café. On the night all volunteers will be presented with a new High Vis Jacket sponsored by Super Value, branded green litter bags from Kerry County Council and litter picking sticks from Killarney Tidy Towns and Kerry County Council.

Fr Michael's life long enthusiasm for the Super Value Tidy Town's Campaign is infectious and we in Killarney Tidy Towns have had as a result of this a fantastic response to our recruitment drive.

KILLARNEY ROTARY SERVES UP FUNDS FOR ST VINCENT DE PAUL

The sixth annual Killarney Rotary Afternoon Tea at The Malton last September was a sell-out success and last Wednesday (February 11) organisers hosted representatives of the beneficiary, the Killarney branch of the Society of St Vincent de Paul who told the gathering at The Malton how the funds raised had made a difference to people in need in the community.

Killarney Rotary President Mike Stack thanked all who supported the charity event and paid tribute to the women members of Killarney Rotary for co-ordinating the event.

A champagne reception and delicious afternoon tea were followed by a catwalk show, organised free of charge by local multi-award winning local designer Clodagh Irwin Owens who also showcased her latest collection. Annbury's, Tralee, also showed its autumn/winter collection. Annbury's is owned by Killarney native Danny Leane who himself won the Hi Magazine Stylist of the Year award last year.

The models also wore jewellery from Brian de Staic Jewellers, High Street, Killarney. The models

gave their time for free and the sound equipment, by Mike Neeson, and music on the day, by Foley, Killian were also provided free of charge.

people ensures that all



"This generosity KILLARNEY ROTARY PRESIDENT MIKE STACK.

the monies raised for the chosen charity will go to the charity," said Killarney Rotarian Ciara Irwin Foley, organiser.

"Thank you to all for purchasing the tickets well in advance and also buying raffle tickets on the day. We are already looking forward to the 2015 event."



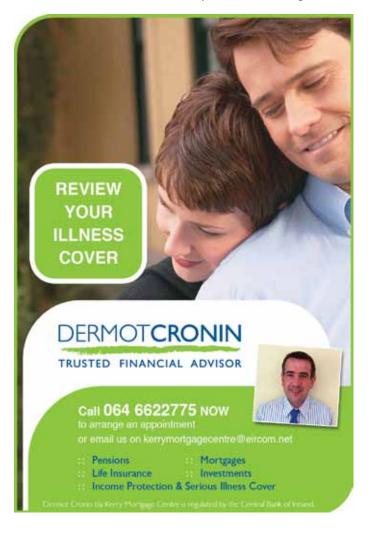
#lovekillarney

MINISTER VISITS EDUCATE.IE

DAMIEN ENGLISH MINISTER OF STATE AT THE DEPARTMENT OF EDUCATION AND SKILLS AND JOBS, ENTERPRISE AND INNOVATION ON A RECENT VISIT TO WALSH COLOUR PRINT AND EDUCATE.IE IN CASTLEISLAND.

IN THE PICTURE FROM LEFT TO RIGHT: BRENDAN GRIFFIN T.D, JIM McGann Sales Manager Educate.ie, Damien English MINISTER, TONY WALSH MD EDUCATEJE AND CLLR BOBBY O'CONNELL.

PROPERTY OUTLOOK





CULLEN VILLAGE, MALLOW, CO. CORK



Traditional style country pub and adjoining living accommodation located in the popular Cullen Village just off the main Killamey/Mallow road and close to the Villages of Knocknagree, Boherbue, Rathmore etc. This bar is popular with locals and has built up regular trade and was leased for the past 10 years. Close to the large factories of Munster Joinery, Cadbury etc.

PRICE REGION: €200,000

PARKNASMUTTANE, CURROW, KILLARNEY



Charming located cottage superbly located adjacent to Kerry Airport, Farranfore Train & Bus stations and just off the main Killamey/Tralee Road close to Farranfore Village. The property is tastefully decorated and maintained internally and the new solid fuel economy stove impressively heats the cottage and the radiators, water etc.

Featuring:

Large open plan Kitchen/Dining room, Living room further enhanced by the vaulted ceilings, separate Kitchen, 2 spacious Bedrooms, shower room, toilet, large site at rear, separate spacious outbuildings and shed. Private Parking.

PRICE REGION: €125,000

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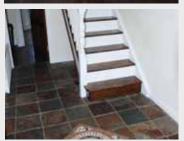
PROPERTY OUTLOOK

THROUGH THE KEYHOLE....

A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET











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Guide Price: €175,000 • BER CERT: PENDING

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

2015 - KILLARNEY RUGBY CLUB'S YEAR....



year is set to be momentous for vear Killarney Rugby Club with the opening of their new facilities Aghadoe. Mike **Fuller**

MIKE FULLER.

looks back on what has been a long journey for the club....

Rugby has been played in Killarney off and on since the 1880s and the McGillvcuddv was among the participants. Since then the club has been re-established at least four times, the most reason being in 1983. In those years the great sporting people of Kerry and the greater Killarney Valley have generously supported the club through prohibition and Great Wars. The club has been in transit for over 130 years, but in 2012 it finally took root at Caher, Aghadoe when it purchased 13.5 acres of land with the help of massive local support right across the community. The club had been accommodated in no less than seven different locations including: the Cricket Field (Muckross Road by Flesk bridge), Killarney Racecourse (several times), The Demesne (McShane's Estate), Knockreer (still home to our Mini Rugby every Saturday), St. Finan's Hospital grounds, Deerpark (courtesy of McCarthy Family), Dirreen Ballydribbeen (current location by arrangement with HSE). Changing and clubhouse facilities were generously given by the management of Ryan's Hotel, Park Road (as it was then) and the Muckross Hotel. More recently O'Donoghue-Ring Hotels and the Killarney Avenue have hosted our after-match catering which is much appreciated.

Having viewed over 54 different sites across the community in a period of 12 years, the fundraising committee spearheaded by Liam McGuire, together with Field Development Committee Chairman Paudie Sheahan, reached a deal with the O'Leary family and a major development plan was launched over many long nights. Since then two major fundraising drives have been launched including a massive prize draw, a night at the Dogs in Tralee. The main sources of funding apart from these have been: Govt. Sports Capital Grant last year and loans from IRFU and our bankers. It already costs over €50,000 to run the club annually but this new development will require a total funding of €1.3million on top of club needs. So fundraising is centre stage at all times. But Kerry and Killarney people are incredibly generous to all causes and we have great support on all our initiatives. A massive excavation task removed several acres under 1 metre of bogland. A careful drainage process ensued and cleverly the contractors stock-piled the peat which could be blended later with other topsoil and subsoil, most of which was received out of the major expansion of Liebherr Container Cranes Ltd in Fossa just below Aghadoe. Without this opportunity and generosity it would have been a mammoth task. Despite delays with archaeological digs and certain planning terms and conditions, the grounds have undergone massive transformation. The new grounds welcome you with spectacular set of pillars and decorative gates, inside which are two full-size pitches and a Juvenile pitch. We procured a temporary clubhouse from Castlegregory Golf Club which will suffice as changing facilities until the clubhouse proper has been built. So presently the home and away dressing rooms display "Ladies & Gents"! We have facilities now which will serve as canteen / kitchen area, meeting rooms, shop and storage. All these tasks including stone picking and other duties have been done by generous time of our members and friends in the community in a

meitheal system of many hands.

The club has recently been awarded funding from Coca-Cola Ireland as part of its Community Thank You initiative. A "Trim Trail" is planned which is an exercise track. This will trace inside the boundary of the grounds - some 1.3km - and every 100m or so different exercise equipment will be available. It is hopes that the community in Aghadoe will be able to avail of this facility as an amenity for all ages as well as our teams. A training area, parking and lighting will all have to be done prior to next September when we hope to have an official opening of the grounds and facilities for the start of the next 2015/2016 season. Further fundraising initiatives are planned including presently we have a draw for 2 6 Nations tickets for Ireland v England in March, then a further major draw is being hatched for the autumn as well an Auction in the Killarney Outlet Centre.

Our sincere thanks to the people of Killarney and the wider community for their generosity. We hope to create a most welcoming topclass venue for all sportsmen and women to come and enjoy. Longer term goals include development of our venue for Rugby Tourism to invite teams and clubs from overseas to use our facilities even in the off-season and experience the magic of Killarney and Kerry. Of course we are mindful of the World Cup in 2023, when we hope Killarney RFC can play its part in welcoming international teams to Kerry during the competition.



MORE ACTS ADDED TO KILLARNEY FESTIVAL OF MUSIC & FOOD

The 'Killarney Festival of Music and Food' is delighted to announce that sixteen more acts have been added to the line-up of the family friendly boutique festival which will bring eclectic music, comedy and gourmet food together in Killarney on Saturday 27th & Sunday 28th June 2015. Acts will perform across six stages including the Main Stage, Marquee Stage, Comedy Tent and Acoustic Stage.

New additions to the eclectic line up include Walking On Cars from Dingle, American folk singer songwriter Father John Misty, Damien Dempsey, Marc Almond (special guest Jools Holland & his Rhythm & Blues Orchestra), Delorentos, Kormac's Big Band, Colin Devlin, Morrissey & Marshall, We Banjo 3, Ham Sandwich, Giulia, Elaine Mai, David Lyttle, Not Squares, Sleep Thieves, Gingerbeard Family and The Billy Doherty Ceili Band.



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PRICE REGION: €225,000

BER D2



PRICE REDUCTION

18 MUCKROSS VIEW, KILLARNEY

Well presented three/four bedroom detached family residence with independent two bedroom apartment in excellent residential location, at Muckross View, walking distance of town centre and all amenities, Ideal opportunity purchase a family home with apartment, ideal for granny flat, "work from home" or letting.



PRICE REGION: €340,000

(BER Pending)

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PROPERTY OF THE WEEK



Pairc Chuimin, Kilcummin, Killarney 3 bed semi detached house in popular residential development adjacent to Kilcummin Village & only 5 kms approx from Killarney.

Price: €150,000 BER C2

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MONEY MATTERS

By Dermot Cronin, **Financial Advisor**



SHOULD I FIX MY MORTGAGE NOW?

Mortgage interest rates have reduced substantially by most lenders in Ireland over the past few months. These reductions in interest rates have been very big, in some cases by up to 1%. As most people with mortgages know a reduction like this will substantially reduce a person's monthly repayment. However, not all banks have reduced their rates by the same amounts and some banks variable rates are now higher than their fixed rates which is very unusual. A big decision for anyone with a mortgage is whether to fix the mortgage now or wait to see if interest will go down even further, the problem with this is that interest rates could increase while you are waiting for the them to decrease. It is important to talk to an independent financial advisor about interest rate options and also to compare interest of different lenders as your lender may not be offering interest rates as good as other lenders.

To discuss this or any other financial matter you can contact **Dermot** Cronin at 064 66 22775 or kerrymortgagecentre@eircom.net

SEM BOYS PARTICIPATE IN MODEL UN



ST BRENDAN'S COLLEGE STUDENTS CIAN O'SULLIVAN, JOHNATON HORGAN (BACK LEFT) DAVID CASEY AND SIMON KITA PARTICIPATED IN THE FIRST MODEL UNITED NATIONS TO BE HELD IN IRELAND WITH SCIENCE TEACHER MARIAN O'GORMAN.

Five TY students from St. Brendan's college travelled to Davis College, Mallow to participate in the first Model United Nations (MUN) to be held in Ireland recently. The participating students were Szymon Kita, Johnaton Horgan, James Flavin, David Casey and Cian O'Sullivan. The MUN is an authentic simulation of the General Assembly of the UN. Students are assigned roles as delegates from different countries around the world. Students research and debate resolutions which could be undertaken by member states

in order to make the world a better place. Participating students gained invaluable skills encompassing research techniques, speech construction and presentation, public speaking and the art of debate as well as interpersonal and team skills. Furthermore the experience was thoroughly enjoyed by all. In the words of one of our participants 'All in all I really enjoyed model UN and would recommend it to anyone'. A special mention is due to Szymon Kita who won two communication awards.

WE'RE OFF TO THE PANTO....

Having played to full houses for a week long run in Killorglin in January this year's annual trip to Fantasyland, from this endurable and entertaining group of panto experts, takes a lighted hearted look at the well known tale 'Jack and the Beanstalk'. The action starts in the village of Boravia where Dame Declan Mangan, her son Jack (Jack Healy) and daughter Silly Sally (Jackie O'Mahony) have to sell their only cow to makes ends meet. Boravia itself is in trouble, the Waterfall which supplies water to the area is in the control of the Giant (Kevin Moriarty) who is threatening to cut off the water supply and charge water tax for further use. (sounds familiar?).

As usual, with this Killorglin Group, there is fast moving comedy, a lavish display of colourful costumes from Anne Mangan, lively music under the baton of Martin Hurley, and Strictly Come Dancing choreography from Jackie O'Mahony. A huge chorus ensemble of over 40 singers/ dancers, a show stopping scene with Killorglin's Kutest Kiddies, and imaginative scenery from Mike Ahern, all combine to make this a must see event.

Killorglin Pantomime Group brings their 52nd Annual Pantomime 'Jack and the beanstalk' to the INEC Killarney on Sunday February 15th for



ALL SET TO BRING THE HOUSE DOWN IN THE INEC

one final show at 6pm.

Get your ticket now at ticketmaster.ie or by calling the INEC directly on 064 6671555. You will be guaranteed a magical show.

EXHIBITION AT THE LIBRARY

An exhibition of the work of Martyn Bell and his family will take place in Killarney Library from Tuesday 3rd March running until Monday 16th March. The exhibition will be officially launched on Tuesday 3rd March at 7pm. Martyn started painting in 1972 after a building accident gave him time to teach himself to paint. Water colour became his preferred medium and remained so until recently when his daughter got him involved with the medium of wool and the art of felting. He has had one-man shows in Dublin, London, Cork and Cavan, and locally in Tralee and Annascaul. His work has been regularly seen in mixed exhibitions in Killarney.

He moved to Ireland with his wife Doris in 1995 and soon began working with Pauline Bewick as her studio assistant and has hung many of her exhibitions including her permanent "Seven Ages" collection at Waterford Institute of Technology and Kerry County Council Killorglin Area Office.

For a number of years he taught art in Killorglin. His art has both been inspired by nature and has celebrated nature. All the work has wool in common as the medium used

KWOTE MEETING

(Killarney women's Organisation for training & empowerment) monthly meeting will be held on Wednesday 18th February 8pm at Killarney Heights Hotel. Guest speaker Tara Collins TLC Coaching will be joining us on the night with conversation on self development & mindfulness. Members €2 Non members

FANCY A GAME OF TOUCH RUGBY

After a short winter break, Kerry Touch Rugby are returning to training. Kerry Touch return to Fossa NS Thursday's at 8pm, this year KTRA will appear in four competitions throughout the year, including the League Culture Cup in Manchester, and 3 Kerry based competitions, there are fixtures planned against RLI opposition as well as the regular social sessions at Fossa. The club is mixed and open to a broad range of ages. For more information and to get involved, contact coach Des Foy,

086 8622522. Or log onto to www.Facebook.com/ktra



KERRY BUSINESS WOMEN PUT BEST FOOT FORWARD

Lego Making, Photo Books, Pet Sitting, Yoga and financial advice, if one thing was certain at last week's Kerry Business EXPO it was there is a diversity of endless talent among Kerry women in business.

Show casing over 130 tables, there was a hive of busy excitement from early morning as exhibitor scrambled for their display units and with all the skill of a busy regiment they built their exhibits to show case their skills, products and businesses in their most positive way.

Meanwhile our own Outlook table was patrolled throughout the day with Sales manager Caoimhe Scannell busy taking over 700 entries into our special €1,000 advertising draw. "There is great excitement about it really, so many businesses really depend on advertising and this will give the winner a real leg up by giving them some valuable promotion," She said

Chief Organiser of the Event Liz Maher was delighted with the event "I think this was one of the best ones, we have a huge range of businesses on display and people have provided us with great feedback

Michael Healy Rae TD who told the Killarney



OUTLOOK MAGAZINES SALES EXECUTIVES KATHERINE MCCARTHY LEFT AND CAOIMHE SCANNELL RIGHT PICTURED WITH MICHEAL HEALY RAE TD AT THE BUSINESS EXPO ON SUNDAY. PIC JOE HANLEY.

Outlook, "The future is certainly bright here in Kerry with the amount of new business starts ups but I feel there could be a lot more done to make it easier for them to survive and then grow. Small to medium size businesses are the life blood of the economy and it's great to think that people can attend an event such as this and mingle and share ideas"

FULL STEAM AHEAD FOR THE KILLARNEY VALLEY CLASSIC & VINTAGE



Members of Killarney Valley Classic & Vintage recently presented a cheque for €1500 from proceeds of our Annual Christmas Walk to the Kerry - Cork Health Link Bus. This brings to a total of €23,500 donated to this very worthy cause from Killarney Valley Classic & Vintage during 2014.

The Killarney Valley Classic and Vintage launched the Killarney Ploughing at the successful Ploughing Match in Fossa last September. It was revived after along absence, 1965 was the last time such a match was organised in the South Kerry area. At the recent ploughing match in Ardfert, two Killarney members did very well in the competition. Katie O'Connell, mentored by Michael Leslie

finished 2nd in the Ladies Novice Competition and Kieran Madigan mentored by Seamus O'Donoghue and Thomas Wharton finished 2nd in the Vintage competition. This was a great start for the Killarney group and members are looking forward to competing in the next match in Causeway on Sunday 1st March. A practice session is being organised in Ballyhar on the 22nd February for any interested parties.

All members and new members are welcome to attend. Please contact Tom Leslie for further details on 087 2383809.

WELDING DEMONSTRATION: Killarney Valley Classic & Vintage are organising a welding demonstration at the Men's Shed in Killarney on Monday 16th February at 8 pm. All members and friend are welcome to attend.

NEW MEMBERS: We welcome any new members who have an interest in vintage or classic cars, tractors or ploughing. Please follow us on facebook and our website is www.killarneyvintage.com.

Tel. 087 3381842 for general enquiries.



Katie O'Connell competing in the recent Ploughing Match in Ardfert.







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CLLR. NIALL KELLEHER DECLARES AS FIANNA FAIL CANDIDATE FOR GENERAL **ELECTION**



CLLR NIALL KELLEHER

Αt a Fianna Fail Cumann meeting Rathmore (held Tuesday 10th February), local Fianna Fail representative Cllr Niall Kelleher expressed his view that Fianna should three candidates in the new Kerry

Constituency for the next General Election and signaled his intention to be one of these three candidates.

Speaking about the upcoming General Election,

Cllr Niall Kelleher said "Fianna Fail need to be ambitious in this election and also we need to have candidates that help the party potentially win two seats. I explained to the Fianna Fail members in Rathmore that I would allow my name to go forward to the convention to select candidates for the General Election for Fianna Fail. As a sitting councillor from Rathmore and as an employer in Killarney, I'm ideally placed to be one of three Fianna Fail candidates to contest the General Election."

Cllr Niall Kelleher continued, "a date has not yet been set for the Fianna Fail selection convention, however my announcement at the Fianna Fail meeting in Rathmore is my expression of interest, in advance of the formal nominating process commencing. As a party locally we need to be putting a strong team forward and I believe I can play my part on that team to help maximise the Fianna Fail vote in Kerry."

NEWS FROM THE SQUASH CLUB



At the presentation of prizes of The Gleneagle Squash Club monthly competition sponsored by The Killarney Big Red Bus were front FROM LEFT, SEAN O'GRADY (REPRESENTING THE KILLARNEY BIG RED BUS), TOM COLEMAN, WINNER, AND BARRY GOODMAN. SECOND ROW FROM LEFT ARE MATT O'CONNOR, GER FOLEY, MIKE O'DONOGHUE AND MARTA PRZYBORSKI. THIRD ROW FROM LEFT ARE EAMON MCKENNA, RAY O'CALLAGHAN, MIKE CROWLEY, STANLEY WADE AND SEAN CASEY. BACK FROM LEFT ARE BERNICE ENRIGHT, CONNIE DOYLE, OSKAR PRZYBORSKI, KEN MALONE AND KEVIN DONNELLY. PICTURE: EAMONN KEOGH (MACMONAGLE.COM).

The 2015 Squash Season kicked off in earnest with the conclusion of the January competition last week. The New Year has brought plenty of the usual heads back but there have also been some new members which is great to see. This month's competition saw Magic and Barry Goodman lead their teams through the group stages and reach the final. Unfortunately, some of the scheduled games did not take place due to unforeseen circumstances leaving us with only a few games. In the first

game Ken Malone had a little too much for Tom Coleman winning 3-0. The next game saw Michael McCarthy emerge victorious over Eamonn McKenna. This match saw McCarthy play very well and he had too much firepower for his opponent, such was his display that a promotion to Division 3 looks to be imminent. Unfortunately the other games were all conceded as walkovers so that resulted in Team Magic taking the overall spoils. Thanks to Barry and Connie who played an exhibition match on

the night to try and make up for the lack of games. In this instance Barry had too much for Connie and brought him back down to earth following his win over Magic. Thanks also to all who participated in last month's competition and make sure to pencil your name in for the February edition. A word of thanks also to The Killarney Big Red Bus for sponsoring the January competition. Finally, if you are interested in playing squash, pop in to the Aquila Club for details on how to get involved. All are welcome!!

AIBBUILDABANK CHALLENGE

Over 180 schools nationwide have registered for this year's AIB Build a Bank Challenge (BABC), GAA star and AIB Youth Ambassador Colm 'Gooch' Cooper announced.

The competition, which is now in its 13th year, sees secondary school students operate their own school bank during the school year. For the past five months Transition and 5th Year students have been running their own school bank, with the support of their AIB student officer, and at the same time learning about managing their own business. Students develop their management, marketing and people skills by implementing creative customer loyalty programmes and fully exploiting technology to create a successful school bank.

DIASPORA INVITED TO TAKE PART IN RING OF **KERRY CYCLE**

Jimmy Deenihan TD this week announced a new initiative to attract members of the diaspora to participate in two of Ireland's major charity events: The Ring of Kerry Charity Cycle and the SSE Airtricity Dublin Marathon. The Department of Foreign Affairs and Trade will work with the IDA. Enterprise Ireland and Tourism Ireland to organise a number of networking events around the Cycle and the Marathon.

The events will be promoted around the world by the Department of Foreign Affairs and Trade's Embassies and Consulates General and by the State agencies.

FULL HOUSE FOR KNOCKNAGREE **LADIES**

Knocknagree Ladies Football Club is holding a fundraising BINGO for all the family on Sunday February 15th at 3pm sharp in Cullen Community Centre.

Everyone welcome to come along on the day, Double book €15, Single Book €10 and Half Book € 5. Shop and Raffle on the day. Please support if you can. Any business who could sponsor a line or full house, please call Catherine on 083 3498778, we would be delighted with all support, great afternoon out for all the family.









BABY DESMOND'S CHRISTENING

FAMILY & FRIENDS GATHER AT JACK'S RESTAURANT IN CROMANE AFTER THE CHRISTENING OF BABY DESMOND OWENS. SEATED FROM LEFT TO RIGHT WERE TERESA IRWIN, GODMOTHER MARTHA FLEMING, MUM CLODAGH IRWIN-OWENS, BABY DESMOND, DAD GLENN OWENS, GODFATHER AIDAN O'SHEA & MARGUERITE OWENS.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



"Key of the Door" for Oisín O'Mahony who celebrated $\,$ his 21st birthday with family &FRIENDS AT THE MALTON HOTEL ON SATURDAY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



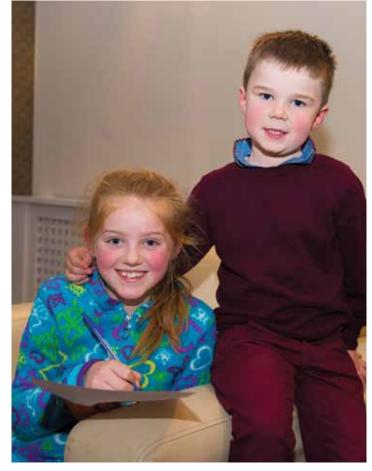
TEACHERS OF THE MON SUPPORTING THEIR SCHOOL TABLE QUIZ AT THE KILLARNEY OAKS HOTEL. BACK ROW L-R JOHN BUCKLEY, COLM O'SUILLEABHÁIN & ALICE O'BRIEN. FRONT ROW L-R NIAMH O'SHEA, MARY BROSNAN, OLGA NCUBE & PAULA COUNIHAN. PICTURE MARIE CARROLL-O'SULLIVAN



PICTURED AT THE KILLARNEY OAKS HOTEL FOR THE MON TABLE QUIZ WERE L-R MARK MOYNIHAN, Donnacha Warren, Neil O'Shea, Senan O'Leary, Cian O'Leary, Matthew Horgan, Christian CASEY, JASON LEE, DARA O'SHEA, ETHAN SLATTERY & CIAN McMAHON.



PICTURED AT THE KILLARNEY AVENUE HOTEL FOR THE FOSSA SOCIAL WERE L-R JODIE MURPHY, MARK DENNEHY, CAROLINE SHEEHAN, SHARON O'SULLIVAN, DAMIEN DENNEHY & PAMELA DENNEHY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



COUSINS LEAH McMahon & LUKE O'SHEA ENJOYING THE MON TABLE QUIZ AT THE KILLARNEY OAKS HOTEL. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

FOOD FOR THOUGHT









RATHMORE / GNEEVEGUILLA NEWS By Michael O'Mahony

FAMILY NATIONAL RATHMORE: Enrolment for new pupils will take place on Friday 6th March 2015 in the School at 1.00p.m. Enrolment/Registration Forms are available from School Office from Friday 6th February and are to be returned by Monday 2nd March, 2015.

RATHMORE CREDIT UNION: SCHOOL QUIZ: Last Sunday we held our annual Credit Union School Ouiz. A total of 24 teams took part in both the U-11 and U-13 Competition. The children were complimented on the day by our Quiz Master Liam Fitzgerald for their exceptional behaviour and co-operation. The winning team in the U-11 Competition are Knocknagree N.S. Michael McSweeney, Ellen O'Connor, Ella Willis and Jack Devitt. The winners in the U-13 Competition are Holy Family N.S. Paraic Finnegan, Sean Burke O'Donoghue, Ciara O'Keeffe and Maggie Buckley. We congratulate both teams and wish them the very best of luck in the Chapter level being held in the Ballyroe Heights on 1st March.

SHRONE N.S. We are currently enrolling for the school year 2015/2016. Enrolment forms are available at the School or contact Michelle on 064 7758687.

RATHMORE RAVENS BASKETBALL CLUB:

Wishes to thank everyone who contributed to the success of our Ouiz Night held in Cahill's Bar on January 30th. Thank you to all who sponsored spot prizes and to everyone who helped out on the night.

RATHMORE: HOLLYMOUNT ENROLMENT 2015: Enrolment forms can now be collected from the School Office. Enrolment afternoon for newly enrolled Junior Infants Parents/Guardians Friday 27th Feb 2015.

SCHOOL: GNEEVEGUILLA NATIONAL Enrolment Application forms for the school year 2015/2016 now available from the School. **CONGRATULATIONS:** To Elaine Cronin who received the 2014 Munster Master Track & Field Athlete Award at a function in Blarney Hotel & Resort recently.

DIOCESAN COLLECTION FOR LOURDES HELPER: Collection taken up at all Masses in parish last weekend on 7th and 8th February last, your generosity was appreciated towards this collection. This ensures that many young helpers in our parish and in other parishes throughout the Diocese will get an opportunity to go to Lourdes.

DANÚ RAMBLERS GROUP: The group meet every Monday and Wednesday at 7pm and Saturday morning at 9.30am at the Post Office Rathmore. We walk the pathway towards the Church. This walk is suitable for all levels of fitness, you walk at your own pace. Registration is free so come along and get active and socialise with fellow walkers.

NOVENA: Our Annual Novena to The Lady of Lourdes commences in Knocknagree on Tuesday 3rd February to 11th February which was great success and Large crowds attend. Great credit is do to all priests that attended included our former parish priest Larry and Bishop Ray Browne. Credit also do to our uwn Fr. Kevin, who was in the Church afterwards for blessing or confessions. The children's . of Hollymount and Knocknagree Schools also attend

SYMPATHY: To the families and relatives and friends of Agnes Desmond (née Hickey),

Bealnadeega, Headford, Killarney. Julia Dineen (née Corrigan) Woodview, Rathmore. Nora Moynihan nee Lenihan England and late of Gortdarrig Headford and Donal O'Callaghan Fáilte Hotel, Killarney, who deaths occurred last week. May they rest in peace.

SLIABH LUACHRA COMHALTAS: Ceol an Geimhridh - The Munster finals of Ceol an Geimhridh 2014/2015 took place in Hazelwood College, Drumcollogher, Co. Limerick on Sunday the 1st of February. Well done to Shane Warren, receiving 2nd place in the U13 Storytelling. Congratulations Shane!!

SULT NA NÓG 2015 COMPETITIONS: Music/ Singing will take place on the 28th February in the I.T. Tralee, commencing at 10.30am and Set and Ceilí Dancing on Sunday 1st March in Fossa Community Centre, commencing at 10.30am. Please contact our Secretary Maureen Dalton on (087) 2871357, for further information.

KERRY COMHALTAS: For up to date news and events in the County visit www.kerrycomhaltas. com, Facebook page: Kerry CCÉ- The pages of the Kerry County Board of Comhaltas or follow on twitter @kerrycomhaltas

KNOCKNAGREE LADIES FOOTBALL CLUB:

Our Club is holding a fundraising Bingo for all the family Sunday February 22nd at 3pm PLEASE NOTE THAT DATE HAS BEEN CHANGED TO THIS SUNDAY 15th February 3pm. sharp in the Cullen Community Centre. Any business who could sponsor a line or full house, please call Catherine on 083 3498778, we would very much appreciate the support. Everyone welcome to come along on the day, double book €15, single book €10 and half book €5. Shop and raffle on the day. Please support if

RATHMORE 5TH ANNUAL ST, PATRICK **DAY PARADE:** Will take place on Sunday 15th March 2015, at 2pm. All floats welcome, no street traders welcome. For further information contact: 087 6676817.

CONFIRMATION DAY: We wish all children from the parish for confirmation well and their families on confirmation Day. This Tuesday 17th February at Rathmore Church at 2pm.

RATHMORE COMMUNITY CENTRE ANNUAL 45 CARD DRIVE: The 7 Wednesdays of Lent Begining Wednesday February 18th at 9.00 pm. **RATHMORE LADIES FOOTBALL:** The Agm of the Rathmore Ladies football club was held in Teach losgain last Friday night. Officers elected on the night were chairperson Marie O'Sullivan, Vice Chairperson Nora O'Connor, Secretary Stephanie Brosnan, Treasurer Sheila Rahilly, Pro Kathleen Sheehan, Child Protection Officer Emma Cremin. Also on the night the under 12 girls received their medals for winning the East Kerry Division 1 championship. The most improved player award was presented to Theresa Downey. The Under 10 girls were also presented medals on the night. Medals were presented by the 4 girls who won all Ireland medals with the Kerry Under 14 team, Aoife Callaghan, Brid Ryan, Sinead Warren and Rachel Fitzgerald. The senior ladies will begin their league campaign next Sunday in Rathbeg against Laune Rangers.

NOTES: Anyone has any information they would like to add to the notes, please email Michael O'Mahony (momahony14@gmail.com or ring or text 087-6676817 before 6:00 on Sunday.





PICTURED AT THE KILLARNEY AVENUE HOTEL FOR THE FOSSA SOCIAL WERE THE SENIOR TEAM. IN FRONT ROW L-R KEVIN MYERS (SELECTOR), TOMMY CRONIN (CHAIRMAN), DAN O'SULLIVAN, DERRY O'SULLIVAN (CAPTAIN), DENIS REEN (COACH) AND MIKE CLIFFORD.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

FOOD FOR THOUGHT









KILCUMMIN NEWS

MEMORIAL FUNDRAISER: The inaugural Brendan O'Leary memorial fundraiser on behalf of the Oesophageal Cancer Fund will be held in the Village Inn, Kilcummin on Saturday 21st February. This fundraiser coincides with Brendan's first anniversary and Oesophageal National Lollipop week. Lollipops will be on sale at all local schools up to this date for one euro each a lollipop or a donation of choice. The balloons fundraiser for loved people in the sky will be on sale after all Masses in the parish hall for five euro this weekend the 14th /15th February. We hope everyone who has lost a loved one to cancer will buy a balloon and the name of your loved one will be entered in to a scroll and mass will be said for them. You can personally release your loved ones balloons after 7.30pm Mass in Kilcummin on the 21st February. The final part of the fundraiser will be the novel camel race in the Village Inn where everyone is welcome to a night of making much needed funds for the Oesophageal Cancer Fund. Please contact Una O'Leary on 087 9569103 if you need further information. Your support will be much appreciated.

COMHALTAS: Our next Branch Meeting will be held on Tuesday 3rd March at 8.30 pm in the Rural Development Office. We need more of our members to attend these meetings, because important decisions have to be made and we need people to express their opinions in order for us to act in the members' best interests. All members are welcome and anyone interested in joining our Branch is also very welcome to attend.

calling all MUSICIANS! We are holding a monthly music session in Kilcummin Recreational Hall on Sunday 22nd February from 2.30 pm to 5pm. We are calling for new musicians of any age who have never joined us before from complete beginners to advanced level to please come along and join in the fun.

You do not have to be a member of the branch! The first 30 minutes of our new sessions will be dedicated to complete beginners! For more information telephone Mags Connolly on 087-696-1681.

The County Board are organising a meeting for those who are interested in promoting the Irish language within the County on Tuesday 3rd March at 8pm in the Meadowlands Hotel in Tralee. All welcome.

CEOL AN GHEIMHRIDH: Well done to all our members who competed at the Ceol an Gheimhridh Final last Sunday. We had some fabulous results! U13 ladies Set 1st, 13-17 ladies Set 2nd, 13-17 mixed Set 3rd, U13 4 hand Ceili lst and 3rd (2 teams), U 13 8 hand Ceili lst and Shauna O'Leary U13 singing 1st. Thanks to everyone who competed in this competition and represented our branch so well!

I.C.A: Knitting sessions will continue on Wednesday nights.

FOSSA NEWS

FOSSA GAA: LOTTO: 8th February 2015

Numbers drawn were 7, 11, 20, 25. There was no Jackpot winner and next weeks Jackpot will be €8,550. The €40 consolation prize winners were Annette Huggard, Geoffery Mahony, Anglont, Killorglin, Bridgid Harvey, Lackabane, Fossa, O'Connor family, Leabrook Fossa, Mary O'Shea, 5 O' Kelly's Villas. 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. Next draw takes place on Sunday night 15th February at 11pm in the Golden Nuggett. Thanks to everybody who supports our Lotto each week as well as those who sells tickets. We are currently organising another lotto team from the Ladies Football side of the club, if anybody is interested in becoming involved please contact any of the club officers, it would only be one in every six weeks so it isn't a huge commitment.

MEMBERSHIP: Membership is now due. Family membership €60.00 for 2015, adult remains €30.00, while youth/student is €15.00. All players have to be registered before they play or train.

SENIORS: Our seniors will play Scartaglin in Scartaglin on Sunday 15th at 12 noon in the 2nd round of the East Kerry Super league.

U-21'S: Fossa played Legion in the quarter final of the Division 2 East Kerry U-21 Championship in Fossa on Sunday afternoon. This game was delayed for a period of time due to fog, but it was worth the wait as both teams served up a feast of football when matters finally got under way. Fossa opened the scoring with a Tadgh O' Shea free. Legion replied with a pointed free and one from play. This was the pattern of the half with both defences playing particularly well and this made scoring chances scarce but nevertheless some great scores were manufactured by precision teamwork. Legion went in at the break leading 0-7 to 0-5. Scott Mahony opened the scoring in the second half

with a free for legion to leave 3 pts in it, however Fossa hit a purple patch and they scored 3 pts without reply, 2 frees from Tadgh O'Shea and a Paudie Clifford point from play to level matters. This was turning into a real ding dong battle with both sides giving it their all and it remained that way until 3 mins from the end when Legion struck for a decisive goal which put them 4 pts up. This took the wind out of the Fossa teams sails and Legion added another goal before the end which scarcely reflected the nature of what was a very tight and competitive game. Legion were best served by Jack O'Neill at midfield and Scott Mahony and Peter McCarthy in the forwards who posed a constant threat to the Fossa defence. For Fossa, Maurice Prendeville was outstanding in goal and certainly didn't deserve to be beaten twice in the dying moments of the game. Tadgh O' Shea played well and was accurate from frees all day, while Paudie Clifford will always be a threat with his ball winning ability and vision. Legion had the edge in the sense that they were able to get their scores that bit easier than Fossa, but the final scoreline of Legion 2-11 to Fossa 0-10 wasn't a true reflection of what was a very entertaining and sporting game.

ATHLETICS: Gneeveguilla A.C. will be holding athletics training sessions in Fossa Community Centre each Monday evening from 8:45pm to 9:45pm which will run to the end of March. All boys and girls of school going age are welcome. FOSSA COMMUNITY GAMES: A massive congratulations to our U-14 mixed music group who won the County Final this weekend in Abbeydorney, the group of talented musicians were as follows, Ton Cahillane, Holly Kennelly, Maeve Bellew, Rian Colleranand Tova Buckley. They will now represent Kerry in the National Finals in Athlone on August 21st. Special mention too for Saoirse Bennett, 2nd in Solo Singing, Ava Burke (U-12) and Alicia Burke (U-16) 4TH in their Recitiations on Sunday. You can keep up to date with Fossa Community Games by liking us on Facebook and keep an eye on www.communitygames.com for upcoming events. Finally we will be having a church gate collection before each Mass on this coming weekend and your support would be greatly appreciated.

KILLARNEY LIBRARY: The next meeting of the Sewing & Fashion Club will take place on Friday 13th February 11am-1pm at Killarney Library.

FOSSA/TWO MILE COMHALTAS: Adult set dancing classes have resumed in the Fossa Community Centre on Tuesday's, beginners 8pm to 9pm, improvers and advanced 9pm. Contact Catherine Joy at 087 6799330.

Junior set dancing classes have also resumed in the Fossa Community Centre on Fridays 7pm to 8pm. Contact Norita Cronin at 087 7424468. CHARITY FUNDRAISER: A Car and Motorcycle Treasure Hunt will take place on Sunday 15th February from 12 noon. Registration from 12-1pm at the Golden Nugget. Answer sheets to be returned by 4.30pm and prize-giving, spot prizes and refreshments will be at the Golden Nugget from 5pm. Event is in memory of Rian Griffin and all proceeds on the day will go to the Kerry/Cork Health Link bus and Temple Street Children's hospital. Please come along for what promises to be a fun day out and support both these worthy charities.

SCOR: Congratulations to our Senior Scor Drama Group who won the East Kerry Senior Scor title on Saturday night, a great victory after a few near misses over the past few years! The group consisted of Theresa Kissane, Eileen Lucey, Amy Moriarty, Francis Healy, Gene Moriarty, Michael Sheehan, Mike Kelliher and Mike Griffin.

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 on before Sunday at 11am.

AIB Mortgage Information Day.

In AIB Castleisland on Friday 20th February 2015 9am to 8pm.

Light refreshments will be served.





To meet Michelle O'Neill personal Mortgage Advisor during our awareness day please call: 066 7141224 or 0867840175 or email: 936251@aib.ie

Drop into AIB Castleisland • www.aib.ie



WARNING: YOUR HOME IS AT RISK IF YOU DO NOT KEEP UP PAYMENTS ON A MORTGAGE OR ANY OTHER LOAN SECURED ON IT. THE PAYMENT RATES ON THIS HOUSING LOAN MAY BE ADJUSTED BY THE LENDER FROM TIME TO TIME.

Note:The above notice in respect of adjustments to repayment rates will not apply during any period when the loan is at a fixed rate. If you or your dependants intend to use the property as a principal place of residence, you must show evidence of mortgage protection insurance, unless you are exempt under the Consumer Credit Act 1995. Maximum loan to value of Owner Occupier Residential Properties 92% of purchase price or valuation whichever is lower. Normal Lending levels are subject to monthly repayment burden, typically not exceeding c.35% of borrowers disposable income and will vary according to individual circumstances. Loan requests considered on the basis of proof of income, financial status and demonstrated repayment capacity (including capacity to repay at higher interest rates). Loans not available to people under 18. Mortgage loans by their nature require to be secured by a mortgage and charge on the subject property. A typical €100,000 20 year Variable interest rate mortgage for an Owner Occupier Residential Property with LTV greater than 80% will have monthly repayments of €644.66 APR 4.83%. If the APR does not vary during the term of the mortgage, the total cost of credit i.e. total amount repayable less the amount of the mortgage, would be €54,718.40. The effect of a 1% increase in interest rates for such a mortgage will add €55.30 to monthly repayments. Surcharge Interest Arrears attract surcharge interest at 6% per annum in addition to the interest rate that applies to the loan. Execution and registration of the mortgage deed will involve payment by you of your solicitor's fees, outlays and registration fees.

Allied Irish Banks, p.l.c. is an authorised agent and servicer of AIB Mortgage Bank in relation to origination and servicing of mortgage loans and mortgages. AlB Mortgage Bank and Allied Irish Banks, p.l.c. are regulated by the Central Bank of Ireland.

LISTRY NOTES

PARENT & TODDLER GROUP: Listry/Milltown parent and todder group has restarted at Listry community centre on Friday mornings 11am to 12,15pm. all welcome

LISTRY SOCIAL COMMITTEE: We wish to remind seniors in the Listry / Milltown and surrounding areas that the next Social day will be held in Listry Community Centre on Tuesday February 24th from 12noon-4pm. The usual Bus service will operate on the day and will start collecting passengers at approx 11am. We look forward to meeting you all again. BINGO: February bingo will be held on Wednesday 25th February 2015 at Listry Community Centre at 8pm.

VOTES OF SYMPATHY: At recent meeting of Listry Community Council a vote of sympathy was passed to the bereaved family relatives and friends of Mrs Eileen O'Shea of As borough, Gurrane East, Killorglin and Lissavane East. John Behan of Rocklodge, Killeery, Lough Hill, Limerick. Dan (Donie) O'Meara of Culleeney More. Denis Scannell of England. James Hickey Cullen and Kerry. Mrs Noreen Foran of O'Kelly's villas. Mary Doyle of Culleeney More. May their souls rest in peace.

MILLTOWN/LISTRY COMMUNITY GAMES:

SOLO/GROUP MUSIC: These events were held in Abbeydorney last Saturday evening and there was a very high standard in all competitions. We had Annalee O'Mahony representing us in U13 solo and Abigail Gallagher in U16 solo and while both girls played very well unfortunately they were not in the medals. However Annalee and Abigail combined together with Tallulabelle Courtney and Katie Howe and the girls did brilliantly to finish 4th and so were awarded the certs. We thank Megan O'Connor for coming in and helping with practice for the girls. We thank the families for travelling to support the children.

SOLO/GROUP SINGING AND RECITATION: We hosted these events for Kerry last Sunday in Milltown Hall and we were happy how the day went considering the large number of participants involved. It was great to see local participants who all performed very well but unfortunately were not successful. We would like to thank the following who competed for us in these competitions: Recitation - Paudie Horgan, Solo Singing - Kayley Roche, Group Singing - Milly Mason, Caoimhe Burke, Caoimhe O'Donoghue-Flynn, Amanda Flynn, Orla Cronin and Eve Mackessy. We thank all those who helped them in their preparation and also the large local crowd who turned up to support our participants and these events.

CHURCH GATE COLLECTION: Our annual Church gate collection will take place at Listry and Milltown Masses this coming weekend. Your support will be appreciated.

FACEBOOK PAGE: A reminder that our facebook page has regular updates on all our news and also present and upcoming events. Please check us out on this page if not already doing so.

BEAUFORT NEWS

TIDY TOWNS NEWS: We are looking for help with bag packing in Dunnes Stores this Friday, 13th February between 11.30am and 9pm. Store policy requires volunteer to be over 16 years of age. Please call Joann on 087 3164664 if you can lend a hand for any length of time. We need to keep on top of litter on road side in your area as we seem to be going through a bad spell at the moment. Let us know if you need any supplies please. Any rubbish collected on roadside can be dropped to the back of the G.A.A. clubrooms. Please let us know if you do this as we need to arrange for it to be collected.

BEAUFORT COMMUNITY COUNCIL: Beaufort Community Council Dance at Kate Kearney's Cottage Saturday 28th February. Music on the night by the 2 Mikes. Admission €6. Finger Food and spot prizes on the night.

IF YOU HAVE A STORY...

Contact Aisling on **086 0400 958**

GLENFLESK NEWS

WITH DONAL KELLY

DUHALLOW INVITATIONAL TOURNAMENT: The Glenflesk U21s, sponsored by the Jarvey's Rest, had a comprehensive victory over an understrength Ballyvourney side in the Duhallow invitational tournament game played in Glenflesk on Sunday February 8th. They have now qualified for the semi-final of this competition.

COUNTY MINOR LEAGUE: The Glenflesk minor team will open their county league campaign against Keel on Saturday February 21st at 4pm in Glenflesk.

GLENFLESK LADIES: U16 and Senior ladies training continues on Friday evenings at 7.30 in Barraduff field. The U14 girls return to training on Sunday February 15th from 12 to 1 in Glenflesk. Please bring runners and towel/exercise mat for indoor training also boots for outdoor work. Finally, we'd like to wish a speedy recovery to Keelie O'Connor.

SCÓR SINSEAR: The East Kerry Finals of Scór Sinsear were held in Fossa Community Centre on Saturday 7th February. Glenflesk participated in Rince Fóirne, Solo Singing, Instrumental Music and Ballad group and were winners in all four events, they also secured the best overall club award on the night. Rince Foirne: Joanne Cashman, Norita Cashman, Rose Kelliher, Orla Kelliher, Aine O'Sullivan, Marie Cronin, Katelynn O'Keeffe and Juliette O'Shea. Solo Singing: Máiréad Kelleher. Instrumental Music: Máiréad Kelleher, Róisín Kelleher, Sinéad Moynihan, Jennifer Murphy and Denis O'Sullivan and the same group also won the Ballad Group competition. Well done to all involved for their time, dedication and effort and the whole parish will be behind you as you aim for county titles at the County Final in Brosna on Saturday, 21st February.

GLENFLESK COMMUNITY GAMES: Reminder: Art and Handwriting Competition Saturday 14th February in St. Agatha's Hall, Glenflesk, from 11.00am to 2.00pm. Participants please bring own colouring material, i.e. colours/paints. A3 drawing paper will be supplied. Handwriting competition from 10.30 - 11.30am.

Quiz Under 14 at 1.30-2.30pm. Judging for all competitions immediately afterwards.

COMMUNITY GAMES DEADLINES: PROJECTS: Closing date for entry is 21st March. Competition will be held April 10th in Tralee KDYS. Contact Helen Burke at 087 7985763 for rules and further details. Girls Indoor Soccer: Closing date this week for Under 10 and Under 13 GIRLS indoor soccer, please contact Helena 087 2468396 or Kathleen 087 6816413 to put your name forward. As with all competitions only children resident in the parish of Glenflesk can enter.

CONGRATULATIONS: Well done to the music group representing Glenflesk Community Games who came second in the county finals on Saturday in Abbeydorney, Finn and Caoimhe O'Sullivan, Kate Lynch, Dara Tangney, Alison O'Sullivan and Peter O'Sullivan. Also well done to Eabha Healy representing Glenflesk Community Games in Miltown who came 3rd in Recitation on Sunday in the county finals.

RAHEEN COMMUNITY PLAYGROUP: The Playgroup will host its 5th Annual Table Quiz in Murphy's Bar, Barraduff on Friday February 27th at 8.30 pm. Table of four is forty euros. There will trophies and a prize of 100 euros for the first place team, second place team will receive a prize of forty euros. Spot prizes and refreshments on the night. All are welcome to attend!!

CUL CAMPS 2015: The annual GAA Cul camps will take place in Glenflesk in the week beginning July 13th 2015.

RAHEEN NS: Enrolment forms for the year 2015 / 2016 are now available in the school 064 7754447 or on our website www.raheenns.com. Congratulations to Caroline Kissane who had the winning lotto no. 11 on Saturday the 7th of February.

RAMBLING HOUSE: A date for your diary - the rambling house will return to Glenflesk on Saturday March 14th between 8pm and 11pm.

NATIONAL LEARNING NETWORK: On Tuesday 17th February the National Learning Network will hold an advice clinic in Killarney Library from 11am-1pm.

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



Kerry ETB Training Centre



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

MySQL and PHP for Dynamic Websites Course (ETR81) - Tralee.

This course is for people who are able to build and maintain static websites using HTML and CSS? It offers participants the opportunity to develop their MySQL and PHP knowledge and skills to create dynamic websites incorporating efficient and secure content retrieval from databases. Start Dates: 16th February 2015. Duration: 24 weeks. Certification: Oracle Certified Professional MySQL 5.6 Developer Certificate and W3C Schools certified PHP Developer Certificate.

Food Preparation and Cooking Course (ET20A) - Dingle.

This course is for people who wish to pursue careers in professional cookery. Participants will learn the practical skills and underpinning knowledge of safety at work and food safety, menu planning and costing, and preparing, cooking and presenting a wide variety of dishes including healthy foods and special diets. Start Date: 16th February 2015. Duration: 20 weeks. Certification: City & Guilds Level 2 Diploma in Food Preparation and Cooking.

Tour Guiding Course (ET20B) - Dingle.

Are you an outgoing, friendly person with an interest in Irish history, heritage and culture who would like to share your knowledge with other people? If so, this may be the course for you. This course provides participants with the opportunity to develop the skills needed to work as tour guides in the provision of information to clients in a variety of settings. Start Date: 16th February 2015. Duration: 15 weeks. Certification: QQI Level 6 Special Purpose Award in Regional and Local Guiding, QQI Level 5 Minor Award in Occupational First Aid, and QQI Level 4 Minor Award in Tourism Visitor Care.

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

This course is for people who wish to develop a range of manual and computerised payroll and bookkeeping skills. It's designed for those with no prior experience in the topics. Start Date: 16th March 2015. Duration: 10 weeks. Certification: FETAC Level 5 Component Certificates in Manual and Computerised Payroll and Bookkeeping.

IT Support Traineeship (ETS78) - Tralee Training Centre.

This traineeship is for people who wish to pursue careers in IT support services. It offers a comprehensive grounding in core hardware, operating systems, networks and cloud computing. Graduates of the course will seek employment installing, configuring, maintaining and upgrading IT equipment. Start Date: 9th March 2015. Duration: 48 weeks. Certification: CompTIA A +, CompTIA Network +, and CompTIA Cloud Essentials.

Digital Web Design with Adobe Dreamweaver Course (ET3Z6) - Tralee.

This course is for people who would like to combine creativity and computer skills to design, build and redesign web sites. The work involves formulating ideas, visualising the finished product and having the technical skills to build and commission web sites. Start Date: 23rd February 2015. Duration: 22 weeks. Certification: FETAC Level 5 Component Certificates in Computer Illustrated Graphics, Web Authoring, and Work Experience. Plus, Adobe Certified Associate in Web Communication Using Adobe Dreamweaver CS5.

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

This entry level course offers experience on the technical side of software development and computer networks. It's the ideal sample course for people considering a career in information and communication technology. Graduates of the course may progress to the IT Support Specialist Traineeship or Java Associate course. Start Date: 23rd March 2015. Duration: 19 weeks. Certification: Microsoft Technology Associate Certification (MTA) in Software Development Fundamentals, .Net Fundamentals, and Networking Fundamentals.

Healthcare Support Traineeship (ETS97) - Tralee.

This course provides participants with the knowledge, skills and competencies to work as part of a multidisciplinary team in the provision of effective and appropriate healthcare supports to clients in a variety of care settings. Start Date: 23rd March 2015. Duration: 42 weeks. Certification: FETAC Level 5 Major Award in Healthcare Support.

Java Associate Course (ET0R7) - Tralee.

This entry-level course offers participants the opportunity to take the first step towards a career in Java programming and software development. They will gain an excellent insight into the programming language and learn the knowledge and skills needed to develop applications in Java. It's suitable for people from a range of backgrounds who have an aptitude for programming. The course covers the system development life cycle, application development, project work, job seeking skills, and 10 weeks in-company work experience. Start Date: 20th April 2015. Duration: 50 Weeks. Certification: Oracle Certified Professional Java Programmer I & Certified Professional Java Programmer II.

Retail Skills Health and Beauty Traineeship (ETS95) - Tralee.

This traineeship offers participants the opportunity to develop the knowledge, skills and competencies required to work in the retail sector, particularly in pharmacies and in health and beauty outlets. Start Date: 27th April 2015. Duration: 37 weeks. Certification: FETAC Level 4 Major Award in Retail Skills.

> 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, E-mail: training@kerrvetbtrainingcentre.ie Entry requirements and other information on our courses are available at www.kerryetbtrainingcentre.ic









JOB VACANCY

CUSTOMER SERVICE PERSON **REQUIRED**

APPOINTMENTS & NOTICES

for North Kerry business to cover maternity leave for a minimum of 8 months. Must be capable of working in a busy, team-orientated environment.

Replies in writing to Tralee Outlook PO Box 6000, Tralee Road, Castleisland.

APPLICATIONS INVITED FOR POSITION

as a pa<u>rt-t</u>ime **Dental** Nurse/Receptionist

to cover maternity leave in Killarney.



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WORKING FOR YOU

OUTLOOK ON THE

What CAO courses are likely to be popular in 2015?

(By Billy Ryle)

CONTINUED ...

Degree courses in law, once thought to be immune from CAO trends, declined in popularity in recent years. First preference applications for law courses dropped during the recession with a proportionate decrease in the minimum points required. Opportunities in legal careers declined significantly in the economic recession. With the economic outlook looking much brighter, interest in legal careers is reviving. Still the class of 2015 should find it relatively easy to secure a college place in a great choice of law courses.

The humanities and business courses always appeal to a very large number of applicants. In total, arts and social science courses account for about 25% of all honour degree applications. Points' requirements for a range of general arts courses are modest. Last year, NUI Galway's vibrant Arts degree was offered at a nominal 300 points, while UCC's excellent arts course was available at 345points. The liberal arts and business courses will again be very popular in 2015 but there is unlikely to be any significant increase in the minimum points required for these courses.

With the economy still vulnerable from years of recession there is a rush to college. As you ponder your choices keep in mind that you won't arrive on the jobs market for four or five years. By then, hopefully jobs in all disciplines across the economy will be more plentiful.

In the next article, I'll explore the Post Leaving Certificate (PLC) route to employment and higher education.

Checklist

- Some applicants base their course choices on their favourite school subjects
- Others apply for courses, which suit their interests and
- The jobs market is never far from the minds of CAO applicants
- Huge interest in nursing and teaching will kept the points for these courses high
- Students are opting in a major way for STEM (Science, Technology, Engineering and Mathematics) courses
- The green chutes of economic recovered have revived interest in the "build environment" courses
- Courses in health sciences, as always, will generally require well in access of 500 points
- With a brighter economic outlook interest in legal careers is showing steady revival
- Courses in the humanities and business always appeal to many
- Closing date for online Change of Course Choices (Free) via "My Application" is next Saturday, 31st January at 5.15pm
- Closing date for the normal CAO online application (€40) via "Apply" is next Sunday, 1st February at 5.15pm



STUDENTS GET A TASTE OF **MEDICINE**

Laura McGillycuddy and Joan Brosnan, Transtion Year Students at Scoil Phobail Sliabh Luachra, Rathmore taking part in the Prep-for-Med day organised by UCC for students interested in studying medicine. In the photo the girls are shown blood pressure techniques by 3rd year Medicine student, Dan



The event featured hands on experience of what it is like to be a Med student and a tour of the State of the Art Medical School in UCC. The afternoon session, which took place in Cork University Hospital provided excellent information sessions on Forensics of a Crime Scene by Dr. Margaret Bolster, on Trauma and Emergency Services by Jason Van der Velde, on difficult ethical issues and students got to see surgeon Matt Hewitt perform a Caesarian Section live!

KILLARNEY COMMUNITY COLLEGE STUDENTS SAVING FOR THEIR FUTURE!!

Over the past couple of weeks Transition Year students in the school set up their school bank and have been very busy recruiting new members in conjunction with Bank of Ireland, Killarney. Prior to the opening of the bank, interviews took place in order to secure a place on the Bank of Ireland Team. Killian Young and Sean Brosnan interviewed the students and recruited who they thought were the best people to fulfill the positions in the Bank of Ireland Team. The Bank of Ireland School Bank has been designed to support schools in providing financial education to students. It gives students the opportunity to work in the School Bank branch across a variety of roles from Bank Manager to Customer Service Official learning about banking and how to work as an effective team. The School Bank also provides the opportunity for students to open a bank account and makes it easy for them to save on a regular basis, via frequent onsite School Bank visits. The Student School Bank team is supported by experienced Bank of Ireland staff member Mr. Sean Brosnan from the local branch to ensure the smooth operation of the School Bank, and to support the team with any questions and queries they may have. According to Ms. K. McCarthy

"the students are developing their communication skills participating while and running the school bank.

efficiency Their second to none and they are providing a very professional service in the college. Sean's expertise and excellent rapport with the students is allowing the smooth running of the bank to take place".



APPOINTMENTS & NOTICES



DUTY MANAGER

- Experience of working in a 3* hotel within the hospitality industry
- Liaising with all departments for overseeing daily and weekly business
- Being actively involved with all functions, conferences and weddings
- Dealing with customers and queries in a professional and timely fashion
- Have a positive attitude, excellent communications skills and be customer orientated

FOOD & BEVERAGE ASSISTANTS

- Experience of working in a bar / restaurant
- Have a positive attitude, excellent communications skills and be customer orientated
- Work well within a team

To apply for this position, please send your CV for the attention of Collette Andre, Managing Director to collette@killarneyheights.ie or Call 064 663 1158.



Experienced spray painter / panel beater required for full time position.

Duties to include preparation and painting of coaches, tankers and trucks.

Minimum 5 years experience required.

Applications / CVs to Email: info@sapphiresigns.com or in writing to Sapphire Signs Ltd. Main Street, Rathmore, Co. Kerry

www.sapphiresigns.com





Applications for enrolments are now being taken for September 2015

All applications to be received by March 27th 2015

Application forms are available at the school



Tá fáilte roimh chách! All Welcome! Alles Wilkommen! Bienvenue á toutes! Witamy wszystkich! Laipni aicināti! Visus Kviečiame!

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& Electrical Services Limited killarney

064 6632900

Due to ongoing expansion we have the following vacancies:

SECURITY TECHNICIAN

Duties to include the service and installation of Intruder, Access, Fire, CCTV. And automatic gate systems.

Applicants must have Full/Clean Drivers Licence, Electrical experience and the ability to deal with the public

SALES/MARKETING REPRESENTATIVE

Duties to include expanding our existing customer base.

Applicants must have Full/Clean Drivers Licence, Experience or qualifications within the Sales/Marketing industries.

CVs for both positions to be sent to oloughlinsecurity@eircom.net

Their Special Day

A look at the Wedding's taking place in Killarney.





PICTURED ABOVE, NICOLA MULVIHILL AND FABIAN CORKERY PHOTOGRAPHED ON THE OCCASION OF THER WEDDING. THE COUPLE WERE MARRIED IN ST. MARYS CATHEDRAL IN KILLARNEY AND CELEBERATED WITH FAMILY AND FRIENDS IN THE MALTON HOTEL.

PICTURED LEFT; MANAGEMENT AND WORK COLLEAGUES OF THE MALTON HOTEL GIVE NICOLA MULVIHILL AND FABIAN CORKERY A GUARD OF HONOUR ON THE OCCASION OF THEIR WEDDING.

PHOTO MÍCHEÁL O SULLIVAN WWW.OSUILIVANPHOTOGRAPHYIRI.COM















LONELINESS

As social beings, we are hard wired to connect and most of us feel the need for rewarding social contact and relationships. Loneliness is the feeling we get when our need for this type of contact is not met. Loneliness of course is not the same as being alone. We may choose to be alone and live very happy lives without much contact with others. Or indeed we may have much social contact, be constantly surrounded by people, and yet feel very lonely. Loneliness can have a significant impact on our mental health and can contribute to mental health problems, such as anxiety and depression. Loneliness can have many different causes and affects people in different ways. Some people feel lonely due to their personal circumstances (e.g moving to a new area, loss or bereavement). For others however, loneliness can be a deeper more constant feeling that comes from within.

Connecting with the World around us can be a great way to combat loneliness. This may be having a small conversation with the cashier when we pay for our groceries or saying hello to someone we meet in the street. Phoning or sending an email to family and friends can be a good reminder that we do have people in our

Our brain can try to make sense of the feeling of loneliness by telling us things such as 'It is because nobody loves me' or 'There is something wrong with me' These thoughts are not facts – and can make us feel worse. Thus it is important to accept how we are feeling without overreacting. When we feel lonely, the tendency might be to withdraw into ourselves and this can be counterproductive. The healthiest thing to do if we are feeling lonely is to reach out and cultivate friendships. Reaching out can be difficult and at times we will resist it. However, think of it in the way you might approach exercising - whilst we may feel tired or lazy it is a beneficial thing to do.

We need to tackle loneliness one step at a time. It may involve finding a new hobby or joining a club or exercise class. Another skilful way to combat feelings of loneliness is to volunteer as it's a great way to meet new people and also to learn new skills.

Loneliness is a profoundly human emotion and a signal that our need for connection is going unmet. Next week we will discuss loneliness in Older Adults and explore ways we can tackle this.

SouthWest Counselling Centre Killarney provides affordable professional counselling to children, adolescents adults and couples - both at its Killarney Centre (Lewis Road) and at Kenmare Family Centre. info@southwestcounselling.ie. Kerry LifeLine provides FREE counselling and support to anyone feeling suicidal or bereaved through suicide. info@kerrylifeline.com To make an appointment call 064 6636416.

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

Health Matters.... With Dr. Michael Moloney

PLANNING TO BECOME PREGNANT-

GENERAL ADVICE BY DR MOLONEY

FOLIC ACID

You should take folic acid tablets. Ideally, do this from at least one month before you get pregnant, and continue taking them until at least the end of the 12th week of pregnancy. Folic acid is a vitamin which occurs naturally in certain foods. However, you need a good supply of folic acid when you are pregnant to help with the development of the baby. If you take folic acid tablets in early pregnancy you reduce the risk of having a baby born with a spinal cord problem such as spina bifida.

VITAMIN D SUPPLEMENTS

Vitamin D is needed for growth. Vitamin D supplements are recommended for all pregnant women, breast-feeding women and breast-fed babies. The dose if you are pregnant or breast-feeding is 400 units (10 micrograms) daily. Some experts think that women who get little or no sunshine on their skin need a higher dose, such as 800 units (20 micrograms) daily. This is because most of the vitamin D that we get is made in the skin with the help of sunlight.

ALCOHOL

Alcohol gets to a baby through the placenta if a pregnant woman drinks alcohol. A baby cannot process alcohol very well. So, any alcohol in your baby stays in their body much longer than in you. This is known to be a risk for causing serious problems such as: a low birth weight; learning, behavioural, and thinking (cognitive) problems; defects of the heart and other organs; abnormal facial features. When these problems are severe, the condition is called fetal alcohol

However, there has been debate over the years as to whether small amounts of alcohol are safe to drink during pregnancy. Recent research supports the advice of not drinking any alcohol whilst pregnant.

SMOKING

If you smoke, you are strongly advised to stop before getting pregnant. Tobacco smoke contains poisonous chemicals which pass into the baby's blood and can slow the baby's growth. The risk of having a miscarriage, premature birth, or stillbirth are higher if you smoke. For many women who smoke, planning to become pregnant is a good incentive to stop smoking.

OVERWEIGHT AND OBESITY

If you are obese or overweight, try to lose some weight before becoming pregnant. Women who are overweight or obese have a greater risk of pregnancy complications such as pre-eclampsia, stillbirth and the need for a Caesarean section compared with women who are not overweight.

CONTINUED NEXT WEEK.









Tyre Centre





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- **12 Hyundai i30** 1.6 TDCi
- 11 Ford Focus 1.6 TDCi, 44k 11 Ford Focus 1.6 TDCi Estate Silver
- 11 Ford Mondeo 2.0L, Zetec, 1 owner, full Ford S/H 11 Peugeot 5008 1.6 HDI 7 Seater 11 VW Golf 1.6 TDi, blue motion, Black

- 11 Ford Focus 1.6 TDCi, Zetec (new model)



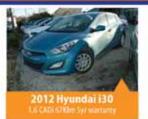


- **10 Audi A4** 2ltr TDi 86k Black
- **10 Ford Focus** 1.6 TDCI, sports, 83k, full Ford S/H
- 10 Ford Galaxy 2.0, Titanium, Full Ford S/H, 80k
- 10 VW Scirocco 2ltr TDi 10 Ford Focus 1.6 Titanium
- 10 VW Golf 1.6 TDi Grey 09 Kia Rio 1.5 CRDi
- **07 Renault Megane Scenic** 2yr Test
- **06 VW Passat** 1.9TDCi, Black, NCT Tested **06 Citroen C5** 1.6HDi, 106k, 1yr Test
- **05 Citreon C414** 3dr
- 05 VW Golf 1.9TDi, Black, Alloys





- 05 Opel Mireva 1.3CDTi, left hand drive
- **04 Opel Zafira** 1.7 Dsl, 1yr Test **03 Citroen C3** 1.4 HDi
- 03 Skoda Octavia 1.9 TDi, silver, 1 owner
- 00 VW Golf 1.9 GT TDi Very clean NCT
- 132 Ford Fiesta Choice of colours
- 132 Ford Fiesta
- 12 Ford Fiesta 1.2
- 09 Toyota Yaris 90klms, black
- 08 Kia Rio 1.4, Automatic 07 Renault Megane Cabriolet 1.6, full leather 07 Nissan Almera 1.5 SXE, alloys, air con





- 07 Renault Megane Full Leather
- 05 Suzuki Liana NCT Tested
- 05 V.W Golf 1.4 Comfort Line
- **05 Ford Focus** 1.4 zetec **04 Opel Zafira** 1.6 Club, 7 seater, 1 owner, €2,700 **03 Toyota Avensis** Allows, Fogs, As New
- 03 Nissan Micra 1.0L
- 11 Citroen Berlingo Full service history
- 11 Citroen Dispatch 09 Opel Combi Van 90klm
- **08 Opel Combi** 1.3CDTi
- 05 Mitsubishi Pajero Sport Silver, 2.5, very clean

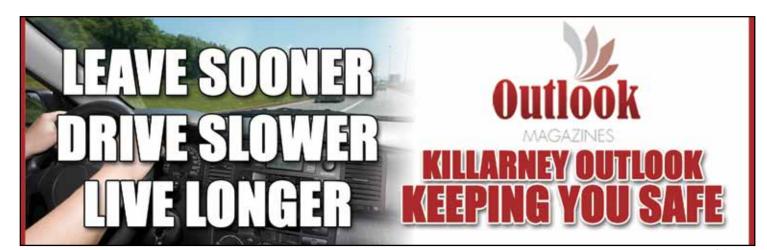
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HOW TO PASS YOUR THEORY TEST

By Ross Brennan

The first step to becoming a driver is passing your theory test. This task can be made much easier with the correct mindset, and to be aware of how to approach it. A few of these tips should hopefully assist you in passing the test.

- Repitition is the first and without a doubt the most important key. You can practice the Theory Test online for free as many times as you want. Practice the exam over and over until all those answers are drilled into your
- head and you're getting 100% every time.
- Be calm going into the exam and do not allow yourself to think that you won't pass. If you go in to the exam thinking negatively that is exactly how you will perform.
- If there are any questions you're unsure of or if there is something you do not understand, that is perfectly okay. Talk to an older person that's had experience driving for years and they will most likely be able to answer any



questions you have.

- If you think you got a question wrong, don't worry about it. You can afford to get a few wrong and still pass.
- Focus is also an important key. If you have been studying for a long time and go into the exam dozing off or daydreaming, you will have wasted 40 euro and some of your valuable

Fact: All the guestions that come up will be the exact extracts from the mock/practice one you have done at home. Prepare correctly, and every question you studied will come up in the exact same form on the test. Best of luck!











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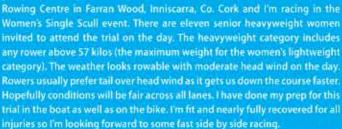


LADIES SPORTING OUTLOOK

ROWING TO RIO

The Monika Dukaraska Blog The story of a professional athlete

I'm facing the last week of preparations for the national trials. The racing kicks off on Saturday with finals taking place on Sunday. The trials are held at the National



Day after the trial, on Monday the 16th of February I depart to Varese, Italy for an eleven day training camp. Varese is located in north-western Lombardy. northern Italy, 55 kilometres north of Milan. It is my first camp with the team. Due to difficulties with securing funding the team didn't travel anywhere for over 3 years. The focus of the camp will be technical work in the designated rowing boats as well as loads of mileage in the single. The training schedule includes 3 training sessions nearly every day. It will be an intense camp but being away enables you to rest and relax in between of training sessions eliminating the everyday tasks that each one of us needs to do e.g. cooking. shopping etc.. This camp will be a great opportunity for me to get back into single sculling and perfecting my technique. The focus for me will be the arrival and the pick up at the catch. This is the moment when the oars enter the water and the boat picks up speed/ accelerate.

During the week I was also named the Sports Women of the Day on the www.sportswomen.ie website which was an honour, thank you. Keep up to date with Monika on twitter at @MDukarska



BASKETBALL

RESULTS:

Women's Division One

ITC Basketball 47, Garveys Tralee Imperials 57

Team Denjoes American Style 57 Oblate Dynamos 28

UPCOMING FIXTURES:

Saturday 14 February 2015 Women's Division One

Team Denjoes American v Portlaoise Panthers, St. Marys Community Centre 19:30

NUIG Mystics v Garveys Tralee Imperials Claregalway Community Centre 19:30

NATIONAL LEAGUE DIVISION 1 ROUND 2 NO FAIRYALE ENDING FOR KERRY

Cork 1-13 Kerry 1-12

Kerry certainly banished the bad memories of last years Munster Final defeat to Cork with a spirited display that saw them pipped late by Cork in Round2 of the National League

In a game where Cork seemed to have been cruising up to the 24th minute where they led 1-8 to 0-3, they somehow managed only one score, a point from Emma Farmer in the next 32 minutes as Kerry produced some sparkling football to first level and go then ahead of the All Ireland champions.

Cork were out of the traps early and enjoyed a 0-3 lead within minutes of the start.

Kerry were misfiring with a lot of wayward passes proving little trouble for the Cork defence. Claire O'Sullivan finally opened the Kingdoms account with a welltaken 35M effort and despite Sarah Houlihan, adding shortly afterwards it was Cork with Ciara O'Sullivan dominant at midfield that drove on as they hit a purple patch and added a further 4 points to take a deserved 0-7 to 0-2 at the end of the first quarter. Houlihan had her second of four shortly afterwards as the diminutive figure proved a handful all afternoon.

Rhona Ni Bhuachalla had the game's first goal on the 21st minute but it was Kerry with Scanlon moved to the edge of the square that finally found a little rhythm and finished the half with 3 well taken scores from Galvin, O'Sullivan and Scanlon to leave Kerry very much in the contest at half time despite trailing 1-8 to 0-6.

> totally dominated the third Hallisesy quarter. and Houlihan had early points before Ni Mhuirtcerataigh found space in a crowded square to squeeze her goal bound shot home on the 50th minute. It got Kerry to within a point with Megan O'Connell getting the equaliser on the 52nd minute. Cork then had Valerie Mulcahy



NA GAELS MARIA QUIRKE LEADS THE KERRY CHARGE DURING THIFR OLASH WITH CORN

sin binned for a foul on Aislinn Desmond. She could have got her marching orders a little earlier with a kick on the Rathmore defender going unpunished.

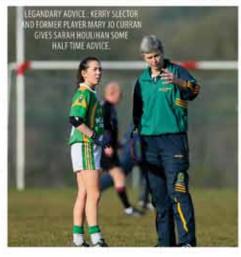
Lousie Galvin would have Kerry ahead a minute later.

Still Cork never panicked. O'Flyyn got the equaliser from a free as the game opened up with the action now end to end, Anna Galvin edged Kerry ahead again. Buckley replied. Houlihan's 58th minute point looked to have won it but as they did in the All Ireland Final Cork found the two scores they needed late on to inflict Kerry's first league defeat of the season.

Kerry: Edel Murphy, Gina Crowley, Aislinn Desmond, Ciara Murphy, Kate O'Sullivan, Cait Lynch, Caroline Kelly, Lorraine Scanlon 0-1, Maria Quirke, Sarah Houlihan 0-4 (0-1F), Louise Ni Mhuirtceartaigh 1-0, Denise Hallissey 0-1, Anna Galvin 0-1, Louise Galvin 0-2, Claire O'Sullivan 0-2

Substitutes: Bernie Breen for Quirke (38), Megan O'Connell 0-1 for Claire O'Sullivan (47)

Cork: Martina O'Brien, Aisling Hutchings, Roisin Phelan, Brid Stack, Vera Foley, Roisin O'Sullivan, Ger Flynn 0-3 (0-1F), Ciara O'Sullivan, Marie O'Callaghan, Annie Walsh 0-1, Grace Kearney 0-3, Jennifer Barry, Rhona Ni Bhuachalla 1-1, Valerie Mulcahy 0-3F, Emma Farmer 0-1.





Deadline: Monday 3pm Email: editorial@outlookmags.com

KABB JUVENILE FINALS – WRAP:

The Pres Gym rocked on Saturday and Sunday as eleven Plate Finals (Girls and Boys) and the U-12 Girls and Boys Cup Finals, were staged before huge and vociferous crowds, who came to support their teams. It was for many the first time they would have played in such a cauldron, and credit to all 26 teams who gave it their all on the floor and while there had to be winners, in realty at Juvenile level, the honest endeavour, youthful enthusiasm, lack of any agendas, meant they were all winners. Well done to their coaches and to their parents, and above all, to the players who served two days of sporting entertainment, in one of the fastest moving games there is and as always we had drama, tension as well a few predictable results where one side was obviously stronger than the other. However the overriding feeling, that permeated through the Pres Gym over the weekend, was that basketball is on the up and the game is now getting stronger and growing all over the county, which is a huge positive for the KABB executive, who do so a massive job, in organizing and promoting the game.

U-12 GIRLS DIV. 3 PLATE FINAL: Imperials reverse league result TRALEE IMPERIALS 25 KCYMS 14

The first final was the U-12 Girls Div. 3 Plate with Tralee Imperials beating KYCMS 25-14 after a tight contest. Imperials led 15-9 at half time and it was an even enough contest, with Sive Carmody draining 5 points for Imperials while Katie Ross added a late first quarter basket as Imperials led 7-4 at the end of the first 1/4- with Jade Costello shooting all KCYMS tally.

Orla O'Brien was really carrying the ball well for KCYMS and is surely a star of the future as she drained two baskets and a free throw from Laura Leslie brought KCYMS to 9 but Tralee Imperials were still looking the stronger side as another 5 took the floor for the second quarter, with baskets from Nicole Healy, Aoife O'Connor - a real impressive performer with ball in hand and Aoife Bourke who drained a beauty leaping towards the hoop like a salmon to score her first ever basket. Ellie Stack added a free throw and So Imperials led 15-9 at the half time hooter. The third quarter saw Imperials increase their lead, thanks to two Katie Ross baskets as Imperials led 19-11. The final quarter again was keenly fought as but KCYMS could only add 3 points, with Anna Kerrisk dropping one in but Tralee Imperials finished the stronger - with Lauren Smullen getting inside a wall of KYCMS players to sink one and this killed off the KYCMS challenge

U-14 GIRLS - DIV. 2 PLATE FINAL: Ailbhe Clifford shoots the lights out. GLENBEIGH FALCONS 54 GNEEVEGUILLA 19

This was a one sided affair as Glenbeigh Falcons

proved far too strong for a gallant Gneeveguilla side 54-19, who were in the contest until half time but just could not handle Glenbeigh's Ailbhe Clifford who emerged as a rising star, and Gneevequilla had nobody to curb her. In a tight opening quarter Gneeveguilla led 11-8 with Roisin Griffin excelling for Glenbeigh, scoring 6 points and Tierna Sheehan getting a couple but Gneeveguilla responded well with baskets from Michele and Ciara Brosnan (2) and Hanorah Hurley with 3 points. Glenbeigh had more strength in depth and in the second quarter, they settled this contest as Ailbhe Clifford entered the fray and she was to shoot the lights out. Ailbhe added 10 points and Cora Joy chipped in with three buckets and Gneeveguilla tried hard but could match the power of Ailbhe Clifford as Glenbeigh Falcons led 23-16 at half time. Unfortunately the third and fourth quarters saw everything Glenbeigh put up, dropped while Gneeveguilla could not by a basket scoring only three points for the rest of the game. Meanwhile Glenbeigh appeared to score at will with Ailbhe Clifford bringing her total to 16, Roisin Griffin, a brilliant guard had 11, Clifford brought her tally to a game high 26 and a MVP display - while Cora Joy and Sheehan and Griffin, ensured that Glenbeigh had a fine win

U-16 GIRLS: DIVISION 2 PLATE FINAL: Coughlan inspires Gneeveguilla to a big win GNEEVEGUILLA 57 CAHERSIVEEN 37

A deserved win for Gneeveguilla, who beat a never say die Cahersiveen side 57 - 37 with a power packed display of run and gun basketball. Gneeveguilla jumped 19-8 clear at the end of the first quarter, thanks to 10 points from their star player Laoise Coughlan and 4 points from Rachel Fitzgerald and one each from Catherine Daly and Maura Amy O'Connor. Cahersiveen with Caoimhe Teahan (daughter of Kerry legend John) tried hard along with Ciara Quigley, scoring 4 each. The second quarter was tight as Ellen O'Sullivan shot 8 points and Caoimhe Teahan added two free throws and Gneeveguilla only managed to win the second quarter 12-11, thanks to 10 pts. from the precocious Laoise Coughlan. Cahersiveen kept plugging away in the third quarter as the game got tighter - with Cahersiveen outscoring the winners 10-6 thanks to baskets from O'Sullivan, Teahan, Quigley Chloe O'Donoghue and Muireann Egan, with Coughlan adding 4 more to her tally. However Gneeveguilla raced clear in the final quarter with Coughlan draining basket after basket, and the MVP had to be Laoise Coughlan top scored with 35 points!

U-12 BOYS CUP:

Culloty inspires Bobcats to victory TK BOBCATS 26 KCYMS 16

TK Bobcats were always in control of this contest as KYCMS had a very poor second quarter, trailing 16-4 at half time. Bobcats with the brothers Sean and Tim Pollmaan along with Cathal Culloty and Donal Daly were playing

as a team, while KYCMS despite the forceful play Michael Keane, who was tigerish in the extreme. Cathal Culloty drained three baskets in a row in the third quarter, along with one from Dominic Finnegan saw Bobcats, move 24-10 clear with Callum Russell and Matthew Reenstierna getting baskets for Killorglin. Billy McGaley ran his bench in the final quarter as KCYMS outscored the winners 6-2 but it was too little too late with Cathal Culloty top scoring with 12 points.

GIRLS U-12 DIV. 2 PLATE:

St Paul's height advantage crucial in derby

ST PAUL'S 21-TK COUGARS 14

St Pauls raced into a 10-3 first quarter lead thanks to strong play from Jade Potts (4), and Eve Crowley, Clodagh Sheehan, and Sarah McGrath with Cougars failing to score from the field. Holly Clifford and Meabh Colman Horgan made a difference for Cougars who closed the gap to 13-9 at half time. Cougars failed to score in the third as they found the height of Holly Power and Jade Potts impossible to get past, and both added baskets as St Pauls led 15-9 entering the final quarter. It was Potts and Power who kept Cougars at bay, who tried hard but just came up short on the day.

BOYS U-12 DIV. 3 FINAL: TRALEE TIGERS 35 GLENBEIGH FALCONS 13

It was great to see Tralee Tigers back in the winner's enclosure again, as they proved much stronger to a young and inexperienced Glenbeigh side. Jack McElligott, Paddy Walsh, Luke Kerins and Austin Fitzgerald had Tigers always in control as they led 17-10 at half time. Cian Lyons, Noah Falvey and Ethan Victor tried hard for Glenbeigh, but they were over run in the second half as Tigers roared to victory.

GIRLS U-16 DIV. 3 PLATE FINAL ST MARY'S 38 GLENBEIGH 27

After a bright opening when St Mary's and Glenbeigh battled in an even first quarter, with St Mary's leading 10-6, thanks to 3 points from Hannah O'Connor, and baskets from Ellie Daly while the three pointers from Rachel and Laura Sheahan kept Glenbeigh in touch. However Hannah O'Connor kept St Marys in front as they led 19-10 at half time and then St Marys made their move in the third quarter, with O'Connor and Aoife O'Connor and Hazel McCarthy excelling

BOYS U-14 DIV. 3 PLATE FINAL ST MARYS 36 RATHMORE 28

Despite a spirited comeback by Rathmore, St Mary's had too much scoring power for the losers as David Dillon, Dean Bradley Cronin, Sean O'Sullivan and Danil ALeksejenko were just too good. Rathmore put in a storming final quarter with Michael Twomey and lan O'Connor closing the gap but they left it too late.

Deadline: Monday 3pm Email: editorial@outlookmags.com



LEGION GAA CLUB NOTES

BEST WISHES: Best wishes to club stalwart Nora Kissane who is recovering from a recent leg injury. Best wishes also to Mike Lucey for a speedy recovery from his recent illness.

CLUB MEMBERSHIP: Club membership is now due and can be paid to any of the newly formed Registrar Committee, Tom Griffin, Connie O'Shea, Paudie Lynch, Mikey Bernard O'Donoghue and Dan Murphy. Rates are the same as last year. Rates are as follows; Adult €35, couple €50 , family €70, senior player €65 [incl insurance], juvenile €15 and its worth noting that with the start of the season upon us, players must have their membership paid. **HURLING:** Our young hurlers continue indoor training Thursday evening from 6pm to 7pm in the Community College. New players always welcome from u6 upwards. We supply hurleys,

helmets and other equipment.

CARDIAC FIRST AID: Many thanks to Order of Malta members Donal McCarthy, Anne Nagle and Claire Looney who ran a course on emergency cardiac response in the club recently. David Randles, Mike Doody, Susanne Smith, John Doona and Jason Stack successfully completely the course. The course will run again in the near future and it is envisaged that a cross section of members covering all areas of

LEGION GAA CLUB

WHERE ARE THEY NOW

In what I must say has been one of the most enjoyable interviews that I have done to date, I spoke with the Mario Balotelli of the GAA, a man that seems very well suited to the easy going, laid back lifestyle of Americas west coast. Its hard to believe that Kieran "MOP" Guerin has been gone from Killarney for over 11 years already as he left these shores back in 2003 and went straight to California where he still resides today. Kieran, or, Mop as he is better known picked me up at San Fransisco Airport a little after 4pm which worked out very handy as he was just finishing work for the day, delivering truffles and mushrooms all over the city and surrounding areas. With my bags collected, I hopped up into his large truck and away we went, admiring some beautiful scenery for the next hour or so as we travelled north along Interstate 80 until we landed at Mops home in the famous wine region known as the Nappa Valley. Mop still very much has the Irish accent despite being gone for over a decade but every now and again, you could hear a little twang, and when he called out to me whilst I was relaxing on his deck and he yelled "you wanna beer guy ?", I laughed just loud enough for him to hear. Before we started talking of his playing days at home, he was filling me in on life in California and he absolutely loves the way of life there and although he has encountered a few minor earthquakes in a city that is built on a major vaultline, he says the that the positives totally outway the negatives and of course the warm weather is a huge bonus and its something that he reckons could play a big part in any decision making on returning home for good at any stage in the future. Mop is now divorced from ex wife Krista whom he met in San Fransisco but the couple still have a great relationship and get on very well together. He, as I already said drives a delivery truck mostly around the city but he also does a bit of freelancing for one of the many wine companies in the region. When he said freelancing, I wasnt sure if he meant delivering for them or tasting but going by the smirk on his face, Id say the latter. I asked him if he ever got involved playing GAA or any sport out here and he quickly responded that he hasnt

kicked a ball or an opponent in 11 years . He does however try to get in the occasional game of golf. Mop reminded me that he only played with Legion until he was ten years of age and then the parish rule kicked in and he was nearly twenty years old when he was persuaded by the Griffin brothers, Paddy and Kevin to rejoin the club. In the interim ten years Mop developed into an exceptional footballer, temperamental, but exceptional and was on the Kerry minor football team in 1994, the year they won the All Ireland Final but Mop got injured in August but he reckons it wouldnt have mattered anyway as his relationship with the then manager Charlie Nelligan had deteriorated by then and a famous dressing room incident between the two which would have comparisons to a well documented Ferguson/Beckham altercation meant that Mop was off Charlies Xmas card list. After rejoining Legion Mop was part of an u21 team in 1997 that had a decent run in the County Championship and were six points up against a very talented Feale Rangers side only for the North Kerry side to force a replay which they won and went on to win the Championship. Mop played on a lot of decent Junior Legion teams but as he says, back then, it was very hard to keep a good junior team together as each week you could have a different panel. I asked Mop the usual questions about who he remembers as being the top footballers during his playing days and straight away he says that Brian Clarke was outstanding and he also said that he has often been told that Pa O'Donoghue was a brilliant footballer but he says thankfully that the last few times that he has been home, that Pa has stopped telling him that. For his own club, Mop reckons that Seanie Culloty for sheer tenacity and bravery was a superb footballer but for raw speed, it has to be Kevin O'Carroll, he has never seen anyone get from the dressing room to the bar down town so fast, and he singles out Mikey Bernard for special praise for his unwavering dedication to training. Its obvious from talking with Mop, that he keeps well up to speed with Legion affairs as he has a grasp on everything that is currently going on, and that is partly through social media but mostly down to friends at home,

especially Kevin O'Carroll keeps him up to date, even though as Kieran Guerin. he says, Kevin



is a bit like Chris Kamara in that he has been known to show up at the wrong pitch from time to time. Mop, as much as he loves life here in San Fransisco, also loves coming home to Killarney, or Gortroe, to be precise and is actually coming home this summer for his sister Tracys wedding where he will be reuniting with his Mom, Teresa and his five brothers, Kevin, Sean, Noel, Dicky and lastly Stephen, who Mop admits taught him everything he knows. Mops Dad, Noel passed away some years ago. Whilst at home for the wedding, Mop hopes to take in a Legion game as he always does when at home, and loves nothing more than being in Derreen on the hill in Fitzgeralds Stadium cheering on his club but he says he is somewhat bemused by the noise restrictions in some areas of the grounds. As we chatted through the night, Mop reminisced on some of the great times he had playing junior football with the club and of some of the great characters that he played with down through the years and he recalls one night in Kenmare when during a county league junior game when the team was operating with a two man full forward line of Willie Df and the afforementioned speed merchant, Kevin O'Carroll when in comes a long booming ball from Sean O'Donoghue, which Mop says was the first straight kick Sean had delivered all evening, and with the style and grace of a gorrilla with a toothache, up go the two lads and the goalie, with all three completely missing the ball only for it to hit off a defender that Kevin Carroll had already pushed into the melee and as the ball trickled over the line, all you could see were the two lads in green n white jersies celebrating Tardelli style unaware that neither of them were even close to touching the ball Great times. Next week we take our first visit to New Zealand and anyone with any person that they would like to see tracked down and interviewed

please email kevingriffinkillarney@gmail.com



Deadline: Monday 3pm Email: editorial@outlookmags.com

the club will attend. The importance of having people proficient in the use of a defibrillator cannot be under estimated. Many thanks to Blaithin Stack for her initiative on this subject.

U21 EAST KERRY CHAMPIONSHIP: Our U21 side beat Fossa last Sunday in Fossa to qualify for the semi final of the East Kerry Championship. The game was in the balance up until the last ten minutes when Peter McCarthy

found the net to open up a five point lead and ensure victory and a semi final meeting with Gneeveguilla next Sunday at noon at Derreen . **U14 TRAINING:** U14 outdoor training every

MINOR COUNTY LEAGUE: Next week sees the start of the County League and we are due to play Rathmore in the opening game on Saturday February 21st.

Monday and Friday at 6.30pm.

KERRY SENIORS: Well done to Jonathon Lyne and to Podge O'Connor who both played against Derry last Sunday as they made their long journey north worthwhile, coming away with a solid victory

EAST KERRY LEAGUE: This years Senior East Kerry league started last weekend but this weekend coming will see the first outing of 2015 for our senior team as we host Gneeveguilla at Derreen due to be played on Saturday 14th February at 3.30pm but please keep a check in local papers.

SYMPATHY: The club extends its sincere sympathy to the O'Callaghan family of College St. on the passing of Donal. A true gentleman that will be sadly missed. Ar Dheis De go raibh

LOTTO: Numbers drawn were 8, 14, 17, 23. Jackpot of 12200 was not won. 5 x lucky dip drawn from match x 3 were Catriona Mahoney Ardrahan Galway, Aidan Kelly Beaufort Bridge, Vincent Scott c/o Pat Moynihan, Mgt O'Sullivan Myles Cappa Blackwater ,Denis Doody 30 Rossdara Killarney. NEXT WEEKS JACKPOT IS ANOTHER RECORD HIGH OF €12400

CROKES **CLUB** DR. GAA **NOTES**

LOTTO: Draw took place in the Speakeasy on Sunday last. Numbers drawn: 8, 12, 15 and 18. There was one winner of the jackpot of €5,100, Paddy O'Connor, Old Woodlawn. Next week's jackpot is €3,000. Draw will take place in the Tatler on Sunday 15 February 2015.

SYMPATHIES: The Dr. Crokes Club extends its sympathies to the family, relatives and friends of the late Donal O'Callaghan, Failte Hotel, Killarney. Ar dheis Dé go raibh a anam dílis.

MATCH FIXTURES: Senior Team start their competitive season with two East Kerry Senior League fixtures.

Both games at Lewis Rd, first up Listry on Wednesday 11 February 2015 at 7.45pm, followed by Cordal at 8.00pm Friday 13 February 2015. Also the U21s play their previously postponed East Kerry Div 1 Championship game away to Rathmore on Sunday 15 March at midday.

DATES FOR YOUR DIARY: Strictly Come Dancing, Thursday 5th March 2015 - Club Social, Monday 16th March 2015

STRICTLY COME DANCING: There is a real buzz developing as the big night on 5th March approaches. The dancers are training hard and the production meetings are ongoing. A brilliant nights entertainment is guaranteed with additional musical performances also on

Tickets priced €15 adults & €5 for under 16s, will be available from 14 February 2015 from the participants, the INEC Box Office and from the organising committee of Matt O'Neill, Ger O'Shea, Terry Potts and Vince Casey.

Special family tickets (2 adults and 2 children) available from Vince (087-2461599), orders taken in advance. Entrance ticket will also serve as a voting voucher for your favorite dance couple as you enter the show.

See DRCROKES.COM for latest updates.

Also thanks to those who organised, assisted and supported both the Race Night on Friday 6th February 2015 and the Annual Church Gate Collection on the weekend of the 7/8 February 2015. All these fundraisers are vital to the clubs finances which service our considerable expenditure in fielding all teams, from Juvenile to Senior, so support in any way you can.

HURLING: Dr. Crokes GAA Club are a true dual GAA club and we are currently seeking new members, both adult and underage, living in the greater Killarney area, to join our hurling section. We have a vibrant underage coaching structure catering for boys and girls from six years old and upwards. Coaching and training is on Saturday mornings and parents are assured that their children will be looked after is a safe, friendly, healthy and welcoming environment. Visit DRCROKES.COM, Coiste na nOg section for more information. We are also seeking adult hurlers coming to, or living in, the Killarney area, either locals or from another county and who may be looking for a great club to join. Our Senior team competes in the County Hurling League and the Kerry County Intermediate Hurling Championship. We were beaten county finalists in 2014 and it is our hope to go one better in 2015. Like our football section, we welcome all levels of ability and you will find a genuinely warm welcome, make new friends and feel proud you are a member of Dr Crokes. Contact us at secretary.drcrokes.kerry@ gaa.ie

SCOR: Any queries regarding competitions contact Teresa 086-3487671.

OFF THE BOOZE AND ON THE BALL: Dr

Crokes have registered for the GAA's health challenge, Off the Booze. . . On the Ball. A number of members have volunteered to abstain from alcohol for four weeks in February and to focus on their health and well-being all the while raising funds for the club in a fun and healthy way. For further details see gaa.ie/ thechallenge

SCHOOLS: Unfortunately in the Corn Ui Mhuiri semi final played in Mallow on Saturday 7 February 2015, St Brendans went down to St Francis College Rochestown on a 1-10 to 1-9 scoreline, having lead for much of the game, despite having lost key players to injury both before and during the game. Hard luck to the large Crokes contingent involved.

CLUB DEVELOPMENT: The first of the seats have been installed in the stand and anyone who can lend assistance to the further installations can do so by contacting Der Brosnan.

COACHING COURSE: Vince Cooper will do a foundation coaching course on Friday February 20th from 6 to 8 in st Brendan's college gym. The 2nd night will take place on the following Monday February 23rd.

GAA CONGRESS: The 2015 GAA Annual Congress will take place in the Slieve Russell Hotel, Co. Cavan this month on 27th and 28th of February. Uachtarán Liam Ó Neill will hand over the reigns to Uachtaráin-Tofa Aogán Ó Fearghail, who will become the first Cavan man to take up this position. The event will see Ard Stiúrthóir Páraic Duffy present his annual report to Congress, while delegates will also be presented with the 2014 GAA financial results. The GAA National club draw will also take place on the Friday of Congress weekend

For all the latest news, photos and videos, visit our website DRCROKES.COM as well as our Facebook page (facebook.com/DrCrokesGAA) & Twitter Accounts (@drcrokesgaa & @ nextgencrokes). Any items for inclusion in Club Notes or on our social media outlets, email to crokesclubhouse@gmail.com or contact P.R.O. at 085-8426667. Please note deadline for inclusion in Club Notes is 9pm Sundays, unless previously arranged with P.R.O.

BEAUFORT GAA NOTES

LOTTO: Lotto draw results of Sunday, 8th February for jackpot of €3,000. Numbers drawn: 3, 6, 9, 14. No jackpot winner. GAMES: Beaufort Under 21s are at home to Keel/Listry on Saturday, 14th February at 2.30pm in the Mid-Kerry Championship semi-final.

Beaufort Seniors sponsored by Maurice Foley of MF Decorating are at home to Laune Rangers Sunday, 15th February at 2pm in Round 1 of the Mid Kerry League. The Minor County League campaign will begin on February 21st while the Seniors County League campaign in Division 3 will be March 22nd. The Senior Mid-Kerry League will begin on February, 15th.

MEMBERSHIP: Membership is due at this time for the 2015 season. Rates are as follows: Family €50 - this covers U18 players and younger in a family and it also gives one adult (over 18) use of the gym. Senior players - €50. Adult only (no gym) membership - €30. Membership must be paid by 31st March, 2015. Gumshields are compulsory for all age group from adult players to U6 boys and girls both during games and training.

Deadline: Monday 3pm Email: editorial@outlookmags.com



CLASSES: Are continuing in the Clubrooms with Pilates with Katie on Mondays 7.00-7.55pm and 8.00-8.55pm. Thursdays Aerobics with Jonathan 7.15pm to 8.15pm. Fridays Pilates with Jonathan 10.00am-11.00am. Over 50's Pilates/Gym 11.10am-12.10am with Jonathan. Juvenile girls class with Amy Saturdays 9.45-10.45am. Book places with Bridget 087 9975737, Susan 087 1276677, Eileen 087 7802606, Nora 086 1556181

GYM BEAUFORT: Gym is open from 7.00am to 10pm. Great value in Membership at only €50. Please contact Bridget re same-087 9975737. An instructor will be available for introduction to the use of the gym. More details later.

MEETING/ACTIVITY ROOM: There is a new room available in the Clubrooms for anyone who wants to hold meetings, activities etc. Contact Bridget on 087-9975737.

CLUB GEAR: All club gear is available from U-6 to Seniors. Hoodies, half-zip tops, jersies, shorts and socks at 2014 prices. Contact Mary 086 0640065 or Nora 086 1556181 for same.

MILLTOWN / LISTRY LADIES FOOTBALL

Our club's annual get together will take place on Saturday February 14 in Killarney Country Club. Tickets adults €10 and children €5. (Available at the door). Doors open at 7pm. Medal presentation, buffet, music and door Prize. Sam Maguire with special guest will attend on the night. All are welcome.

Thanks to everyone who supported our recent clothes recycling fund raiser. A total sum of €411.00 was made on the day.

SPA CLUB NOTES

COISTE NA NOG: Registration continues next Friday 20th night 6.30-7.30pm.

TRAINING SCHEDULE:

U6/U8 TBC after registration

U10 Boys Friday 7-8pm. U12 Boys Friday 6-7pm.

U14 boys Friday 8-9pm.

U16 Boys Sunday 10-11am.

SCHOOLS LINK: Hard luck to St Brendan's College who lost by a single point to Rochestown last Saturday in Mallow. Great effort by all the Spa players and management: selector Kieran Herlihy players - David Carroll, Ciarán Spillane, Michael McCarthy, Liam Kearney, Dara Moynihan, Evan Cronin, Michael Foley, Aydan Mulvaney and Mikey Moynihan.

LADIES FOOTBALL: U6/U8/U10 will commence indoors every Wednesday 5-6. please bring runners.

U12: Girls began training Sunday mornings indoors 11/12. Please bring gear for indoors and outdoors.

Senior Ladies training continues every Friday night 6.15 -7.15.

SPA V KILCUMMIN: SUPER LEAGUE: First Round. 06/02/15.

SPA 2-13 KILCUMMIN 3-13

Spa Seniors began their 2015 season with a Super League game against Kilcimmin in Spa. It was a very entertaining game with some great scoring by both teams. Craig Hickey got Spa off the mark after one minute with a fine point. Andrew Garnet finished off a good move with another point in the fifth minute followed by an excellent point by Aidan Shepherd from the wing in the sixth minute. However Kilcummin were matching Spa score for score. In the fifteenth minute Noel Duggan banged in a super goal for Kilcummin to give them a three point lead. In the 22nd minute K. Teehan, who was very influential at mid field for Kilcummin, got their second goal. This put Kilcummin six points ahead with 22 minutes gone. Spa, to their credit, did not drop their heads and managed to score two goals before half time. The birthday boy, Craig Hickey scored the first followed by a cracking low shot to the net from corner forward John Falvey. Half way through the first half Donal Murphy had to go off after picking up an injury. He was replaced by Kevin O'Sullivan who was making his first appearance for the seniors. Kevin went on to have a great game at wing back and looked very comfortable at this level. After a free flowing first half Spa were very happy to have reduced the lead to just one point, Spa 2-6. Kilcummin 2-7. With the very first attack of the second half Kilcummin scored a goal and this score was to prove decisive. Craig Hickey certainly had his shooting boots on as he added another 5 points to his tally in the second half. Ryan O'Carroll, who came on at center forward in the second half, also added a point as did Jamie Spillane who replaced Pat Cronin at full forward. Kilcummin were very sharp throughout the second half and never let their three point lead slip. The final score was Spa 2-13, Kilcummin 3-13.

Overall it was a very positive performance from Spa with some solid performances from our younger players. Timmy Hussey had a fine game at corner back and Aidan Shepherd also did well at wing forward. Rory O'Riordan put in a very good display at wing forward also.

It was disappointing to lose the first match of the season but Kilcummin played really well on the day and punished any mistakes Spa made. It was still a very good team performance with plenty to look forward to in the season ahead.

UPCOMING FIXTURES: East Kerry league round 2. Glenflesk V Spa (Sunday February 15th at 12 noon).

MINOR CO. LEAGUE UPCOMING FIXTURES AT 4PM:

Rd 1 21st Februay home to Dingle. Rd 2 7th March Away to Austin Stacks. Rd 3 14th March Home to Dr. Crokes.

SCÓR SINSEAR: Well done to Ray O'Sullivan who goes through to the Co Final in Recitation. **SCÓR NA NÓG:** Best wishes to all our competitiors who travel to City West, Dublin next weekend to compete in the All Ireland Scór na nÓg final on Saturday February 14th. Tráth na gCeisteanna competition takes place

at 11.30pm. Kerry will be represented by our Spa team of Niamh Clifford, Thomas Fleming, Michael Aherne and James Lynch. The main Scór program begins at 3.00pm where Munster will be represented in figure dancing by our Spa dancers: Aine Brosnan, Katie Cronin, Leah Moynihan, Rachel Moynihan, Ava O'Sullivan, Lamia Switzer, Meghan Cronin and Sarah Randles. Sub Kate Lawlor.

SCÓR NA BPAISTI: Best wishes to our Primary school children who will compete in the East Kerry Final 20th February.

CONGRATULATIONS: To John Kelly newly elected President of East Kerry at the AGM. John is truly and deservedly in receipt of this honour for his service to East Kerry and its great to see the many decades John has put in as a volunteer in many roles to be recognized.

LOTTO: Winning numbers 1, 17, 25, 28. No Jackpot winner. Lucky dips Garreth Fitzgerald, co John O'Sullivan. Patrick Galvin Currow c/o Cronins. Kevin and Marie McSweeneys and Bridie Costigan, Lissivigeen. Next weeks draw in McSweeneys Jackpot €4,800.

GAELTACHT SCHOLARSHIPS: Anyone interested in applying for scholarship please contact the Secretary 087 6332773 for a form. Please note the applicant must apply separately to the Coláiste to book a place, after which they will get a booking number to put on their application form. Anyone over 18 such as trainee teachers attending the college as part of their degree are not eligible for scholarships. Deadline for all completed forms to be sent to Co. Board c/o Leona Twiss is March 31st.

CLUB MERCHANDISE: Please contact Mathilda McCarthy (087) 648 7356 to purchase our new range of Club gear.

SPA COMMUNITY NOTES: Sympathy is extended to the relatives of the following who died during the past week Breda Murhill Gortahoonig Muckross, to John O'Donoghue NT Lissivigeeen NS on the death of his mother-in-law Agnes Desmond, to Ann McCarthy Ballaugh on the death of her brother in Castlemaine, to Gearoid and Noreen Cronin Ballaugh on the death of Noreen's mother in Limerick and to the relatives of Donal O Callaghan the Failte Hotel May They Rest in Peace.

COMMUNITY TRANSPORT: Kerry Community Transport Ltd continues to operate the regular three routes servicing the local area each week. Full detaills from KCT at Scartaglin 1890-528-528.

EAST KERRY NOTES

Áine Ní Shúilleabháin PRO

FIXTURES: UNDER 21 CHAMPIONSHIP SPONSORED BY ACORN HOLISTICS, KILLARNEY

Sunday 15th February 12 noon. First named team has home venue. Extra time if necessary. **Division 1 Quarter Final:** Rathmore v Dr Crokes.

Division 2 Semi Final: Legion V Gneeveguilla.



Deadline: Monday 3pm Email: editorial@outlookmags.com

EK Senior League sponsored by Frank Doran Safeguard Security.

Friday 13th February

Division 1: Dr Crokes V Cordal Lewis Road, 8pm. Saturday 14th February, 3.30pm. First named team has home venue **Division 1:** Legion V Gneeveguilla

Sunday 15th February, 12 noon

Division 1: Currow V Listry, Glenflesk V Spa. **Division 2:** Firies V Kenmare, Scartaglen V

EASTKERRY UNDER 21 CHAMPIONSHIP LEGION 2-11 FOSSA 0-10

Fossa hosted Legion last Sunday in the Division 2 quarter final of the East Kerry Under 21 Championship, sponsored by Acorn Holistics and Sports Centre, Killarney. Both teams served up a feast of football. Fossa opened the scoring with a Tadgh O'Shea free. Legion replied with a pointed free and one from play. This was the pattern of the half with both defences playing particularly well which made scoring chances scarce. Nevertheless, some great scores were manufactured by precision teamwork. Legion went in at the break leading 0-7 to 0-5.

Scott Mahony opened the scoring in the second half with a free for Legion, and extended their lead to 3 points. However Fossa hit a purple patch and levelled matters, with 3 points without reply, 2 Tadgh O'Shea frees and a Paudie Clifford point from play. This was a ding dong battle with both sides giving it their all and it remained that way until 3 minutes from the end when Legion struck for a decisive goal which put them 4 points up. Legion added another goal before the end, leaving the final scoreline Legion 2-11 Fossa 0-10, after what was a very entertaining and sporting game, the outcome of which was in the balance until the last minutes. Legion host Gneeveguilla in a Semi Final, on Sunday at 12 noon.

EAST KERRY SENIOR LEAGUE KILCUMMIN 3-11 SPA 2-11

The East Kerry Senior League, sponsored by Frank Doran Safeguard Security got under way last Saturday with a lively, entertaining and close encounter between neighbours. Kilcummin were the more inventive early in the first half, and recorded great points by Gary O'Leary and goals by Noel Duggan and Kelvin Teahon. Spa took control in the last ten minutes of the half, when Craig Hickey reduced the deficit to the minimum, with two goals. Half time score: Kilcummin 2-7 Spa 2-6. On resumption, Kilcummin got off to a dream start with a Shane Mc Sweeney goal but from there to the final whistle it was a matter of both teams exchanging some wonderful points. Andrew Garnett got a foothold on midfield for Spa but Kilcummin's defence withstood the numerous attacks and came through with 3 points to spare. A most entertaining football match from two relatively young teams.

RATHMORE 2-14 CORDAL 3-05

Cordal started their East Kerry campaign at home to the East Kerry champions last Sunday

in Cordal. Both teams started at a good pace. After Rathmore knocked over their first score, the home side went down the other end and won a penalty, calmly despatched by Padraig Dignan. Rathmore began to show their Division 1 pedigree as they gained control of the game midway through the first half, as they slotted over some good points either side of two goals scored by Dunach McCarthy. The half time score line read 2-06 to 1-02 in favour of Rathmore. The second half saw Cordal came into the game and an early goal by John Culloty kick started a good passage of play for the home side, where they converted a couple of scores. However, Rathmore kept the pressure on and points mounting. A second goal by Padraig Dignan was not enough to swing the inevitability of this tie. Rathmore finished 6 points the better on a scoreline of 3-05 to 2-14.

KENMARE 5-11 SCARTAGLEN 1-07

Last Sunday, Scartaglen and Kenmare got their seasons off to a start with a first round game in the East Kerry Senior League, sponsored by Frank Doran Safeguard Security, in Rathmore. A minutes silence was observed before the match in honour of Jack O'Connor, Scartaglen GAA President who passed away last week.

The first half was a competitive affair with both getting their share of chances. After a scatter of points from both teams, Denis Lenihan bagged a goal for Scartaglen in the last minutes of the second guarter. Kenmare replied when Kevin O'Sullivan won the ball, popped it to Shane O'Sullivan and he produced a great finish to the net just on the half time whistle. Kenmare led at half time by a single point. Half time score: Scartaglen 1-03 Kenmare 1-04. Kenmare took control in the second half, scoring 4 goals, leaving Scartaglen with only a handful of chances. Scartaglen worked hard throughout the half, but Kenmare dominated possession and upped the tempo, using the ball much faster and to greater effect, Kenmare ran out deserved winners in the end on a final scoreline of Kenmare 5-11 Scartaglen 1-07.

EAST KERRY SCÓR: The East Kerry Scór Sinsear was held last Saturday, in Fossa. The winners were Glenflesk (Figure Dancing, Solo Singing, Music, Ballad Group), Spa (Recitation), Fossa (Leiriu).

EAST KERRY SCÓR NA BPAISTÍ: Will be held on Friday 20th February in Fossa, starting with quiz at 4pm and remainder of the programme starting at 5pm. A new category for Sean Nós Dancing, has been added this year on a trial basis and there has been a huge interest in this event. Anyone interested in taking part please contact your club secretary.

Best wishes next Saturday 14th February, in the All Ireland Finals of Scor na nÓg to Spa Figure Dancers and Quiz team, taking place in City West Hotel. Dublin.

EAST KERRY/KENMARE AWARD 1 CHILD COACHING COURSE: Will start in Firies from 7pm to 9pm on Monday 2nd March and continues on Saturday mornings 7th

and 14th March from 10am to 3pm. Coaches must have completed the Foundation Level coaching course to attend this course. The cost of the course is €25 per person. The course will consist of practical and theoretical modules. Please contact East Kerry/Kenmare GDA Vince Cooper for further details.

CONGRATULATIONS: Kilcummin CLG held their club awards night 2014, last weekend. Club Person of the year: Willie Fleming; Players of the year: Noel Duggan (Senior), Eamonn O'Donoghue (Junior), Eimer Casey (Ladies); Merit Awards: Tom O'Sullivan and Denis Crowley; Special presentations were made to the Senior Ladies football team (Co. League Division 3 winners); All Ireland Scór Sinsear Set Dancers, coach Philip O'Connor, Aileen Moriarty Scór Officer, and Christy O'Leary.

LISTRY NOTES

LISTRY WEEKLY LOTTO RESULTS: Sunday 8th February, 2015. Winning Numbers 3, 20, 21,

23. Jackpot €3,050. Not Won.

1 x €100 Steven O'Brien, Lahard.

2 x €50 Brendan O'Mahony, C/o Conways.

L & F O'Connor Foley, C/o David.

 $2 \times \le 25$ Mary Maloney, Beaufort, Sandra C/o Pa Mannix. Draw Entrant Jack Flynn, Milltown Jackpot next week Sunday 15th February $\le 3,200$.

LISTRY MEMBERSHIP & GYM:

Membership of Listry GAA Club & Gym for 2015 is now due. At our recent AGM the club decided to increase the gym element of the membership by €30 as our treadmills need to be upgraded. Rates for 2015 are as follows: Full membership with use of gym: €150. Full membership without use of gym: €50.Student/ OAP membership with use of gym: €80. Student/OAP membership without Use of gym: €25. Youth Membership (U-16 & Under): €15. Family membership with use of gym (gym for 2 full members): €300. (Family membership = 2 x full members and all youth members in family). Family membership without use of gym: €100. (Family membership = $2 \times \text{full members}$ and all youth members in family). Life membership with use of gym: €130. Life membership without use of gym: €30. For insurance purposes any member joining the gym for the 1st time is obliged to do an induction course with Fiona Griffin at a cost of €10.00 which is payable directly to Fiona. Members will not be allowed to join the gym without having this induction done first. Contact Fiona to arrange on 086-3023852. Membership forms and fees must be returned to Mike Tangney before Sunday 1st March 2015. To avail of the club text message service please fill in your mobile phone details in the space provided on the application form. Please provide your email details also for future correspondence. (Full members only not for youth members). Membership will not be accepted without returning the relevant application form along with payment.

KILLARNEY SPORTS

Deadline: Monday 3pm Email: editorial@outlookmags.com



RATHMORE/GNEEVEGUILLA COMMUNITY GAMES

Congratulations to the following participants, who performed at our first county competitions of 2015!! The competitions were held in Abbeydorney and Miltown....

Mark O'Leary - 4th place (cert) - Music U14. Shane Warren - 3rd place (bronze) - Recitation U16. Katie O'Sullivan - 3rd place (bronze) - Singing U14. Six of our girls took part in the group singing competition U14 and won 3rd place (Bronze), Well done to: Muireann Hughes, Aimee Cremin, Leah Kennedy, Emily Reddington and Laura Phelan.

We are very proud of our very talented musicians/participants, for doing so well in their respective competitions... well done everyone. A great start to 2015, for Rathmore/ Gneeveguilla Community Games.

U13 INDOOR SOCCER FOR BOYS: The following trial will take place on Friday 13th February, 7-8pm in Gneeveguilla hall. €2 entry fee.

U10/U12/U14/U16 MODEL MAKING (INDIVIDUAL EVENT): In preparation for our model making competition, classes have been organised for any child, interested in taking part. Girls and boys U10, U12, U14 and U16 are eligible for this competition, for more details, contact Aeneas on 087 6577167, Cynthia on 086 0818606 or Ann on 087 2226007.

FIRIES COMMUNITY GAMES

The Co Finals of music and singing took place in Milltown at the weekend. Firies were represented in the solo singing and group singing. Rachel Hoctor sang The Broken Road and was just beaten by last year's winner. Congratulations to Rachel who won a silver medal for her performance. In the group singing Rachel Hoctor, Aine Barry & Emma Murphy performed "travelling soldier". They gave an outstanding performance and were very deserving of the gold medals. Rachel, Aine and Emma will represent Kerry in the All Ireland finals in Athlone.

BASKETBALL U11 MIXED TRIALS: Will take place on Saturday 14th next at 12 midday in Farranfore hall with coach Brid O'Connor, contact Franes Murphy re any further details of basketball. Other events coming up are art, projects, hand writing, draughts, model making, swimming, soccer boys u12, tag rugby, gymnastics, skittles, athletics, judo, Gaelic football. All events will be advertised through local schools, local papers and newsletters.

The Annual church gate collection on behalf of Firies community games will take place at all Masses in Firies and Ballyhar church next Weekend, 14th & 15th February.

KILLARNEY RUGBY CLUB NEWS

MINI'S: Following the cancelled away trip to

Kenmare the previous weekend, our minis welcomed teams from Tralee RFC and Killorglin RFC for some friendly matches. Tralee sent teams at U7, U8 and U9 ages, while Killorglin sent players at U10 and U12 age grades. This meant that there was a fantastic buzz around Knockreer on Saturday morning. Some fantastic rugby was on display by all players and we must say how proud we are of our Killarney RFC charges who played their hearts out and put into practise everything they have learned. The number of children turning out to training is a true credit to Tom and his coaches. Also the kids are a credit to their parents and their attitude and love for rugby shows! Keep up the good work! Training as normal next Saturday (10:30am at Knockreer).

U14'S: KILLORGLIN 17 KILLARNEY 34 Killarney travelled to Killorglin last Saturday morning. A hard fought but sporting contest. Killarney opened the scoring with a try by Conor Sheahan converted by Sean Murphy then Sean scored a try himself in the corner. Killarney were awarded a penalty try when Damien Switzer was held back from scoring without the ball, Sean converted with a drop kick. We led 19 pts to 10pts at the break. Both teams playing open attractive rugby Killorglin scored a try from a well placed kick taken it 19 pts to 17pts going into the last ten minutes. Conor Sheahan struck again with a superb run converted by Sean Murphy who finished off the Killorglin challenge with a lovely try and a late penalty. This was a great team performance. The forwards tackled and harried Killordin and provided plenty of ball for the backs to use. The standout players were Adam Walsh. Evan Manix, Eoghan Pattwell, Craig Mc Kenzie, Michael Horgan, Richard Wallace Mark Neary. U16'S: PAN MUNSTER U16'S - KRFC 8

BALLINCOLLIG 3 Killarney hosted Ballincollig on Saturday morning. The scoring was opened by a penalty, which was taken by Oisin O'Shea. Later in the match a well worked try was finished off by Mike Healy. The resultant conversion was just missed and our boys ran out the victors with a 5 point win over Ballincollig.

U18'S: SOUTH MUNSTER UNDER 18S LEAGUE PHASE 2: SOUTH KERRY 33 **BALLINCOLLIG 17: SENIOR XV: MUNSTER** JUNIOR LEAGUE, DIVISION 2: KILLARNEY 8 BALLINCOLLIG 17. Hoping to bounce on from last week's Junior Cup win with a win in the league, Killarney faced a stern test against Ballincollig. This was always going to be a very hard fought match with so much at stage in Division 2. For a while, earlier in the morning it looked as though we would be covered in a shroud of fog, however the fog lifted and the sun blazed through to make perfect conditions before kick-off. Killarney played well with the opening exchanges going our way. However a sin bin for Killarney allowed Ballincollig to get over for a try. This was followed up in quick succession by another sin bin for Killarney and another try for Ballincollig. Both tries were unconverted. Paul O'Sullivan slotted home a penalty to give the home side points on the board, however, Ballincollig ran over for a well worked try to leave the scoreline at 3 points to 17 at half time, in favour of the visitors. The second half started with both teams contesting everthing and Killarney's hard work paid off when Alan Muligan went over for a try, which went unconverted. The game finished 17 points to 8 in favour of Ballincollig. Killarney will feel that points were left on the pitch as the work rate by the lads deserved a better scoreline. Luck wasn't on our side today. The next game for the senior XV is away to St. Mary's in the Munster Junior Cup next weekend.

CLUB DRAW: Fundraising raffle for Ireland V England tickets is underway. Contact any member to purchase raffle tickets. All tickets to be returned to the coaches or club officers as soon as possible as the draw takes place on the 25th of February. All proceeds go towards the running of the club and development funds.

MUCKROSS ROWING CLUB

cork Head of the River: On Saturday last, 14 crews represented the club at the annual Cork Head Of the River. In almost ideal conditions, rowers enjoyed a great day of rowing from early morning to afternoon. Congratulations go to Zoe Hyde on her win in the Womens Junior 18 Single Scull and also to Dearbhail Ryan who was third in the same category. Zoe and Dearbhail enjoyed further success in the Womens Junior 18 Double placing second to Cork Boat Club. Well done to all crews involved and our thanks to coaches and parents who travelled to the city marina for the event. Special thanks once again to Alan Lyne who towed the club trailer.

EVENTS: St. Michael's Head Of the River takes place on Saturday 21st February. The Galway Head Of the River is scheduled for Saturday 14th March.

FUNDRAISING: The Muckross Lottery continues to provide an invaluable source of funding towards the ongoing running of the club and investment in new equipment and facilities. With the extension of the Muckross Community Centre now up and running it is a timely reminder of the fantastic results which the support for our local lottery continues to deliver. We are ever grateful to all those who continue to support the lottery weekly. We would appeal to all club members, parents, supporters and friends who are not currently a ticket buyer or seller to now get involved. For newcomers a ticket costs €2 for two chances to win the weekly jackpot draw, with a minimum iackpot prize of €1,000. If there is no iackpot winner, Match 3 winners share a pot of €200. Green tickets may be purchased for a rolling weekly subscription, from two weeks to fifty two. Green tickets can also be paid by direct debit. The weekly draw takes place every Saturday night and the venue alternates between the Gleneagle Hotel, Lake Hotel, Killarney Oaks Hotel and Muckross Park Hotel. If you wish to support the Muckross Lottery

please contact an adult member of the club or a committee member.

GNEEVEGUILLA ATHLETIC CLUB

LOTTO: No winner of our lotto draw 6/02/2015. numbers drawn were 14, 20, 26 and 30. Sellers prize winner: Shelia O'Donoghue, €50 Y/T winner: Noreen Maher Kilcummin, €50 to Tom Lane Glountanefinnane, €40 each to Michael O'Donoghue knocknageeha, Tom Fleming Scartaglin and Kate O'Connor Lisheen. Bonus not won numbers drawn were 1, 25, 26 and 30. Next week's jackpot €7,200 plus €1,000 bonus. 5K WINTER SERIES 2ND LEG: Well done to our young star Matthew Collins Ballydesmond who won the 2nd leg of our winter 5K league in The Demense Killarney last Saturday. RESULTS: 1st Matthew Collins Gneev. AC, 2nd Tony Hurty Riocht, 3rd Donal White Listowel, 4th Simon Mangan Gneev. AC, 5th Kevin Bouse Eagle AC, 6th Vernos Tess F/fore, 7th Robert White Kenmare, 8th Seamus Murphy Gneev. Ac, 9th Ger O' Shea Iveragh, 10th Roland Roberts Unatt., LADIES: 1st Martina Kiely St Finn., 2nd Caroline McCarthy Kilguane, 3rd Gillian O'Sullivan S.O.T.L, 4th Geraldine O'Sullivan Bantry, 5th Mary O'Connell Gneev. AC, 6th Bernie Mahoney unatt., 7th Ann Mcglynn St Brendan's, 8th Caoimhe O' Leary Millstreet, 9th Orla Dineen Fossa & Gneev AC, 10th Emir O' Leary Millstreet. Others from the club to run were Donal Dalv 2nd U14, Garv O'Connor 3rd U17, Ciara Kennelly, Ava Burke, Danielle and Eileen O' Riordan and Delia Foley. The 3rd leg is on next Saturday at 11am.

TRAINING: Training has commenced at Riocht track Fridays 6.30 – 7.30pm. Asking all athletes to come along and make good use of this session.

LOTTO AND MEMBERSHIP RENEWALS:

Thanks to all those that have renewed lotto and membership, there are still athletes who have to renew membership, €25 adult and €20 juvenile membership, if you want to compete with the club and be part of team events your annual membership must be paid up. Asking all athletes and members to be good enough to pay up within the next two weeks.

EURO BRIDGE CLUB

COMPETITION RESULTS: JANUARY 27TH

1st Miriam Darcy and Phyl Spillane. 2nd Finola Spillane and Lynda O'Connor. FEBRUARY 3RD SIMULTANEOUS PAIRS 1st Maureen Culloty and Phyllis O'Regan. 2nd Ger McSweeney and Mike O'Shea. 3rd Mary Trant and Mary Walsh.

KILLARNEY COUGARS BASKETBALL CLUB

SENIOR NEWS: COUGARS THROUGH TO CUP FINAL AFTER EXTRA WIN OVER TIGERS Senior Mens Cup Semi-final

TRALEE TIGERS 46 KILLARNEY COUGARS

51: Cougars travelled with a full panel to Tralee on Monday last for this important Cup game and a slow start by Cougars saw Tigers come very close to knocking the Cougars out with overtime required for Cougars to escape with the win and a place in the final. A very determined Tigers led 14-5 at the end of the opening quarter with 10pts from James McCauley. Cougars came to life in the second quarter and dominated to take the lead 20-16 by halftime with Cougars Captain Niall O'Brien contributing 9pts. The sides went basket for basket in the third period with McCauley for Tigers in top form with a further 9pts with Cougars Alan Flynn on target with a couple of three pointers as the visitors held on to a narrow lead 31-30 entering the final atr. The game was very much in the balance and could have gone either way in the closing stages with Cougars James Fleming two three pointers looking like being the decisive scores but Tigers responded with a basket from the free throwline taking the game to overtime. Tigers were in foul trouble and with a player disqualified in tense closing stages didnt help the home sides cause. Cougars impressive point guard James Fleming made them pay in overtime drawing the fouls and scoring from the free throwline each time to see Cougars through to another final appearance with next month. Top scorers Cougars James Fleming 18pts, Niall O'Brien 13pts. Tigers James McAuley 19pts.

JUVENILE NEWS: BOYS U12 DIV 1

KILLARNEY COUGARS 32 ST BRIDGETS

25: Cougars boys turned in another good performance to pick up their third win of 2015 with a strong second half against the visitors from Currow. Cougars trailed after a slow start in the opening quarter by 10-3 with St Bridgets in great form scoring some fine baskets. Cougars responded well in the second quarter to trail by just a point 18-17 with six points by the impressive Harry Byrne getting the Cougars back in the game. Their was little between the sides in the third quarter with the teams going basket for basket. Cougars better defence was starting to have an impact as Tommy Bowler, Rossa Bellew and Conor Horgan all added baskets in quick succesion in the final quarter as St Bridgets challenge began to fade Cougars took full advantage in the closing stages. Best for Cougars were Jackson O'Mahony, Jack Lynch, Harry Byrne, Conor Horgan and Rossa Bellew.

BOYS ACADEMY U11 DIV 1 KILLARNEY COUGARS 15 ST BRENDANS 31: Cougars hosted league leaders St Brendans at the Pres Gym on Monday last. Cougars were under pressure throughout the game despite great baskets by Harry Kelly and the hard working Cougars defence keeping Tralee scores to a minimum before the pressure gradually the visitors gradually began to dominate to lead by 10pts at haltime. Cougars worked hard but were not able to get the scores to get back in the game with St Brendans finishing deserving winners. Best for Cougars on this occasion were

Harry Kelly, Oran O'Sullivan and Dean Sheehan. **GIRLS U12 FINAL:**

KILLARNEY COUGARS 14 SAINT PAUL'S 21

Cougars hopes of third consecutive U12 county title were dashed in the the opening quarter of this game as Pauls dominated the early exchanges to lead by seven points at the end of the opening quarter. Cougars went in to the game confident following last month league win over Paul's but the more determined effort came from Paul's on this occasion and their early baskets proved crucial at the end. The teams were more evenly matched going basket for basket for the remainder of the game and Cougars had reduced the lead to four by halftime but determined defence despite strong Cougars pressure always kept Pauls in front. Cougars never reached the high level of their recent performances and good chances were missed as Pauls determine defence ensured victory. Cougars had good performances from Katie Joy, Niamh Horgan, Meave Bellew and Holly Clifford with Holly Power for Paul's with 10pts their best performer. **COUGARS BASKETBALL ACADEMY: Cougars** boys and girls U10 and U8 term 3 is under way at the Parish Hall every Friday. Girls 5pm and boys at 6.30pm. New members welcome.

A full list of the latest training times and upcoming fixtures is available on the website www.killarneycougars.com

KILLARNEY SOUTH COMMUNITY GAMES

A number of events will take place for Killarney South Region in the next few weeks including boys U10, indoor soccer 1st March, boys U13 basketball 22nd March, U14 quiz 3rd April, basketball U11 mixed 11th April, projects 10th April - Names now being taken for these events. Reminder church gate collection this Saturday 14th and Sunday 15th March Cathedral Masses - Collectors Wanted. Please contact Anthony on 087/7098695

SPAMUCKROSS COMMUNITY GAMES

RESULTS: Congratulations to Treasa O'Sullivan, who secured 1st place in the U16 county recitation competition held in Milltown last Sunday. This is not the talented all-rounder's first county gold medal, as she has represented Kerry at National level in both swimming and recitation in recent years. Well done Treasa!

CHURCH GATE COLLECTION: Our Church Gate collection is taking place next weekend, 14th and 15th February. Brid, our Treasurer is working hard behind the scenes to ensure that it's a success, but needs more help, so please contact Brid on 087 2650720 if you can spare 30 minutes next weekend. It will be very much appreciated.

COUNTY ART COMPETITIONS: U8, U10, U12, U14, U16 Saturday 7th March at 1pm in Listowel.



PLAYER DEVELOPMENT ACADEMY PICTURED AT FOSSA ALL WEATHER PITCH WITH COACHES, ROBIN O'DAY, DARREN O'DAY, ANTHONY O'NEILL, AND SHANE RYAN. THE ACADEMY IS OPEN TO BOYS BORN BETWEEN 2008 AND 2001. THE INDEPENDENT FOOTBALL ACADEMY WHO OFFER TECHNICAL & TACTICAL COACHING AS WELL AS PROMOTING GAME INTELLIGENCE AND TEAM BUILDING EXERCISES.

KILLARNEY ATHLETIC A.F.C. NOTES

FIXTURES: Kerry Schoolboys/Girls League Saturday 14th February 2015.

Kerry Cup Under 11's /4 Prelim Games Round of 16

Listowel A v Killarney Athletic A 11.45am.

Kerry Cup Under 13's /4 Prelim Games Round of 16

Tralee Dynamos v Killarney Athletic 12.00 noon. **Kerry Cup Under 15's Round of 16**

Camp v Killarney Athletic 12.00 noon.

LEAGUE FIXTURES:

JK Sports Under 12 Girls Premier

Listowel Celtic v Killarney Athletic 2.00pm.

300 MEMBER CLUB DRAW: New 300 Member Club. Tickets are still available for the 300 member club draw, please contact Mike O'Shea on 087 222 6185 for further information. We encourage all supporters of Killarney Athletic to support us on this major source of fundraising 6 prizes to be won each month 1st prize €500.00 and 5 prizes of €100.00.

RESULTS: UNDER 17 KILLARNEY ATHLETIC 2

CASTLEMAINE 3: A game certainly lost for Athletic. Despite Castlemaine controlling the first half, we took the lead through Tommy Counihan strike from edge of the box to lead 1-0 at half time. Athletic were re enforced at half time but despite warnings from management, the boys didn't heed warning and found themselves down 3-1 within 15 minutes. It was all out attack by Athletic and Dion Marcos got one back and despite attacking waves by Athletic, Castlemaine held out for the win.

UNDER 16:

PARK 3 KILLARNEY ATHLETIC 0: A close fought encounter but 2 speculative efforts from outside the box from Park effectively ended the contest. We worked hard and were solid in defence but ultimately could not create enough chances to put Park under enough pressure to make the game closer.

GIRLS UNDER 14 LEAGUE: AT FERNDALE KILLARNEY ATHLETIC 4

MASTERGEEHA 1: A comprehensive and well deserved victory for the Killarney Athletic

girls. Rachel Campbell and Ciara Moynihan were prominent in a solid defensive formation which was well marshalled by Fiona Galvin. Mairead Lehane and Ciara O'Mahony dominated the midfield encounters led by Ciara Tangney who was the outstanding player on view, chipping in with a magnificent solo goal to complement a passing and tackling master class. Upfront Ellen Coffey's blistering pace tormented the opposition defence and she was well supported by the Faulds sisters Ciara and Katie. Ellen Coffey, Ciara O'Mahony, Ciara Tangney & Katie Faulds were on the score sheet for Athletic with Anna Hannigan replying for a valiant and ever improving youthful Mastergeeha side.

UNDER 12: Killarney Athletic under 12's were playing their first game in a month and it showed in their play, and it took Athletic some time to get into the game. Athletic were beaten on the day but showed some great character and attitude and kept trying to the end and should have been rewarded with a few goals in the later stages of the game. Inter Kenmare were too strong on the day but they are the league leaders. Things can only get better for this young Athletic team.

CONDOLENCES: Sincere Sympathy to the O'Callaghan family The Failte Hotel on the recent sad death Donal O'Callaghan.

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

SCHOOLBOY/GIRL SOCCER HEARTBREAK IN THE WEST FOR CELTIC'S GIRLS:

Results: 16's FAI Women's National Cup: Salthill Devon 4-3 Killarney Celtic AET.

Girls 14 Premier:

Killarney Athletic 4-1 Mastergeeha. **JK Sports 12's Premier** Tralee Dynamos 1-3

Killarney Celtic. Park 2-1 Listowel Celtic,

Division 1: Ballyhar 1-0 Killarney Celtic B.

Killarney Athletic 0-6 Inter Kenmare. **Division 2:** Park B 4-0 Asdee.

Camp B 0-0 Park C.

Foundation Sports 14 Premier:

Killarney Celtic 2-1 Park A. Listowel Celtic 2-2 Tralee Dynamos.

Division 1: Killarney Celtic C 2-1 Killarney Celtic

B. (Played Mid-Week).

Killarney Celtic C 0-5 Ballyhar.

Division 2: Listowel Celtic C 3-1 Listowel Celtic B. St Bernards 0-2 Park B.

Tralee Dynamos B 0-0 Fenit.

Tralee Trophy World 16's:

FINAL:

Division 1: Park 3-0 Killarney Atheltic.

Division 2: Castleimaine 1-2 Killarney Celtic

FAI WOMEN'S U16'S NAT CUP 1/4

SALTHILL DEVON 4-3 KILLARNEY CELTIC AET.

The only time Salthill Devon led in this game was in extra time but that was enough to see them progress to the semi-final on a 4-3 score-line. Things started very brightly for the Killarney Celtic girls with Leah Henry having a bullet header cleared off the line and Hannah O'Donoghue bringing a great save from Mulvey in the Galway girls goal. But eventually the pressure told in the 25th minute and Celtic opened the scoring. Elizabeth Mohan and O'Donoghue were involved to set up Henry who made no mistake. The visitors doubled their lead in the 39th minutes when Kate Stack finished a Mohan free-kick to the net. But that old cliché of 2-0 being the most dangerous lead came back to haunt Celtic as Salthill Deveon were level early in the second half with 2 quick goals in the 50th and 53rd minute. But the Kerry girls raised their game and were ahead again in the 60th minute when Leah Henry spotted the Salthill Devon keeper off her line and sublimely chipped her to make it 3-2 to Celtic. The home side now threw everything at Celtic and they held out until the very last minute when a free kick wasn't cleared and was bundled home for the equaliser. Momentum was now with Salthill and the took that decisive lead 2 minutes into the first period of extra time and try as hard as the Celtic girls did they couldn't not find an equaliser. Credit to Salthill Devon for never giving up when they were behind but the Celtic girls also deserve huge praise for their performance both in this game and for getting this far.

9'S/ 10'S BLITZ: OUR YOUNGEST STARS ENJOYED THEIR DAY: The latest in the League's series of blitz's for the younger ages saw the 9's and 10's of Camp Juniors, Inter

saw the 9's and 10's of Camp Juniors, Inter Kenmare, Killorglin, Castleisland and Lisselton / Ballybunnion Rovers enjoying a Blitz in the All Weather in Killorglin.

MORIARTY'S CENTRA 11'S: Castleisland and The Park C played out a thrilling draw in the only game in the 11's that took place.

JK SPORTS 12'S: PREMIER 2ND AND 3RD CLOSE GAP ON LEADERS: With leaders Killorglin not in action it was important for 2nd placed The Park and 3rd placed Killarney Celtic to pick up three points to close the gap and both did that. The Park were 2-1 winners against Listowel Celtic at Christy Leahy Park. Darragh Sheehy and Graham Caplis scored for the Park with Seam Stackpoole replying for Listowel Celtic. Killarney Celtic won 3-1 away to Tralee Dynamos with Cian Doe hitting 2 and Kevin Bowler the third for The Hoops.

INTER KEEP 2 POINT LEAD IN DIVISION

1: The battle for the Division 1 title is a cracking one with Inter Kenmare and Ballyhar separated by only 2 points. Inter Kenmare lead the way on 20 points following their 6-0 win away to Killarney Atheltic. Corey Murphy hit a hat trick and goals from Mark Torpey, Tadgh O'Donoghue and Jimmy Lehane gave Inter all three points. Ballyhar remain only two points behind the leaders following their 1-0 win over Killarney Celtic B at Murt Scott Park. Ethan Campbell got the all-important goal for the home side to move them onto 18 points.

LEADERS WIN IN DIVISION 2: The Park B took a big step towards this title with a 4-0 win over Asdee. David O'Callaghan was the Park's star as he hit all of the goals. Second placed Tralee Dynamos were beaten by Killarney Celtic C thanks to goals from Aaron Moloney, Oran Smith and Cian McCann. This win means Celtic C and Dynamos B are tied in second place.

Camp B and the Park C ended scoreless. **FOUNDATION SPORTS 14'S:**

PARK'S UNBEATEN RUN COMES TO AN

END: Killarney Celtic's 2-1 win at home to leaders The Park has thrown this Division wide open. Ryan Kelliher scored the first for Celtic with the second coming after a Darragh Lyne cross found its way to the Park's net, possibly coming off a defender. Sean McGrath replied for The Park who remain on 15 points with Killorglin second on 13 and Killarney Celtic now on 12 with a game in hand.

Elsewhere in the Division Listowel Celtic and Tralee Dynamos played out a 2 all draw. Devon McKenna scored both for Listowel Celtic with Sean Kennedy getting the two goals for Dynamos.

JOINT THIRD PLACED SIDES BOTH WIN IN DIVISION 1: The top two sides in this Division were not playing so the two in joint third closed the gap with wins. Ballyhar won away to Killarney Celtic C thanks to goals from Dillon Callaghan 2, Jason Brennan, Aaron Horan and TJ Palmer.

Earlier in the week it was better news for Killarney Celtic C who were 2-1 winners over Killarney Celtic B. Niall McGillicuddy for both for the C's with Adam McMahon replying for the B's. Inter Kenmare were home winners against Killorglin B. Mark Looney, Tom Murnane, Conor Ryan, Cian O'Connor, Boki Nikic 2, Dion Murphy and Dan McCarthy all got themselves on the score-sheet.

KILLARNEY CELTIC B GO JOINT TOP:

2 goals from Lee Downing gave Killarney Celtic B a 2-1 away win at Castlemaine, who had Daniel Cronin on the score-sheet. This win sees Killarney Celtlc B join Iveragh at the top of the table with both on 13 points from their 6 games played.

GIRLS 14 PREMIER: ATHLETIC JOIN NEIGHBOURS CELTIC AT THE TOP:

Killarney Athletic joins Killarney Celtic at the top of the Girls 14 Premier thanks to a 4-1 win over Mastergeeha. Ellen Coffey, Ciara O'Mahony, Katie Faulds and Ciara Tangney got the goals for Athletic who had solid performances in defence by Rachel Campbell and Ciara Moynihan with Fiona Galvin controlling matters. As well as the players mentioned Ciara Faulds and Mairead

Lehane also impressed. For Mastergeeha Anna Hannigan scored with Niamh O'Leary, Eabha Dwyer and Ciara Kearney all impressing in a side that is quickly improving in their first year back in the League.

MEK UNITED

The club would like to thank all the parents and players who have shown their support to the newest schoolboy/girl club in Kerry, MEK United. We hosted our registration day on Saturday 7th February and to say it was a success would be an understatement. We have already registered over 70 children, ranging from 6-10 years old. If that wasn't impressive enough, we have also had a lot of interest from children looking to play U12 soccer, boys and girls. We hope to accommodate this as soon as we can. This would mean our club numbers could reach very close to 100 players.

I know our committee and coaches will deliver a fun, football environment for all involved. The committee have worked tirelessly to reach this point, and we will work harder during the course of the academy to deliver a club that the surrounding communities can be proud of. With the support of local businesses, schools and groups, we are looking at a great future for soccer in Mid & East Kerry.

KILLARNEY CELTIC NOTES

DONAL O'CALLAGHAN RIP: Another member of the Celtic family is this week gone to that great Stadium in the sky, Donal Callaghan (of the Failte). He was a life long supporter of the club and played for the B's. But the strongest memory we in Celtic will have of Donal is the great fight he put up against his illness. He was brave to the end. He is now above with the boss, his late father and our great President. The club extends its deepest sympathies to all the O'Callaghan family, to Carol and to all his friends.

TABLE QUIZ: Killarney Celtic Football For All team will be having a table quiz on Thursday 19th February 2015 at 8.30pm in The Killarney Avenue Hotel. This is a no smart phone event. Everybody welcome. This a fundraiser to bring our team to the FAI National Blitz in Dublin. Contact Jane 086-2243435 or Amelia 087-9192117.

RESULTS: DENNY PREMIER: CASTLEISLAND 0 KILLARNEY CELTIC 0

A very good result away to the reigning champions and this result keeps us right in the hunt, especially with Dynamos and Park also drawing on the day.

MUNSTER YOUTHS CUP QUARTER-**FINAL: KILREEN CELTIC 2**

KILLARNEY CELTIC 0: An understrength Celtic's cup run came to an end against a very good Kilreen Celtic side at quarter-final stage.

U16 DIV ONE: CASTLEMAINE KILLARNEY CELTIC B 2 This win sees Killarney Celtlc B join Iveragh at the top of the table with both on 13 points from their 6 games played. Lee Downing got both our goals.

U14 PREMIER: KILLARNEY CELTIC 2 DYNAMOS 1: This win moves Celtic to within three points of leaders Dynamos with a game in hand. Ryan Kelliher scored the first for Celtic with the second coming after a Darragh Lyne cross found its way to the Park's net.

U14 DIV ONE: KILLARNEY CELTIC B 1 KILLARNEY CELTIC C 2: A great game played in mid week for both teams - believe me, no quarter asked or given, but some great soccer played. Niall McGillicuddy was on the mark twice for the C team while Evan McMahon scored for the B's. The C team back four were very strong and a big thanks to the U13 players James Darmody, Jason Kerins, Paudie Looney and Evan Looney who made up the numbers and ensured a good competitive game that will stand to both sides.

U14 DIVISION ONE: BALLYHAR 6 KILLARNEY CELTIC C 0: Unfortunately Ballyhar were much too strong and ran out comfortable winners despite a great effort by our lads.

U12 PREMIER: TRALEE DYNAMOS 0 KILLARNEY CELTIC 3: Cian Doe was on the mark twice and Kevin Bowler added another to put Celtic right on the heels of league leaders Killorglin.

U12 DIV ONE: BALLYHAR DYNAMOS 1 KILLARNEY CELTIC B 0: A great performance by our B team, who were very unlucky not to take something from this one.

U12 DIV TWO: KILLARNEY CELTIC C 3

DYNAMOS B 0 A great win for our C team thanks to goals from Aaron Moloney, Oran Smith and Cian McCann. This win moves us into ioint second place.

Congratulations to Keelan O'Brien (U12) and Leah Henry (U16) who both made the Kerry Schoolboys/Schoolgirls Team of the Week.

Congratulations and best wishes to Tralee Dynamos' Rian O'Sullivan, who has been called into the Irish U16 Development Squad.

FIXTURES: Denny Premier: Killarney Celtic away to Listowel Celtic, Sunday, 11.30am.

Denny Premier B: Killarney Celtic B away to Classic FC, Sunday, 11.30am.

U17 League: Killarney Celtic away to Castleisland, Saturday, 2.30pm.

Kerry U15 Cup: Killarney Celtic away to Inter Kenmare, Saturday, 10.30am. Kerry U15 Cup: Killarney Celtic B away to

Listowel Celtic, Saturday, 12.30pm. Kerry U15 Cup: Killarney Celtic C at home to

Park A, Saturday, 12.30pm. Kerry U13 Cup: Killarney Celtic B at home to

Killorglin, Saturday, 11.45. Kerry U13 Cup: Killarney Celtic C away to

Mastergeeha, Saturday, 10.30am. U12 Girls: Killarney Celtic away to Inter

Kenmare, Saturday, tbc Kerry U11 Cup: Killarney Celtic A at home to

Killarney Celtic B, Saturday, 10.30am Kerry U11 Cup: Killarney Celtic C away to Camp,

Saturday, 11.45am

LOTTO RESULTS: This week's lotto has been postponed as a mark of respect to Donal O'Callaghan.

If anyone has information for the notes contact Jimmy O'Sullivan Darcy 087 9633397 or jimmyosdarcy@gmail.com.



PHOTOGRAPHED AT THE PRESENTATION OF PRIZES AT THE ROSS GOLF CLUB RECENTLY FOR THE GOLF SHOP SPONSORED COMPETITION WERE: - (L to r) Jordanas Jonikaitis, Donie Mulcahy, President, Donal Considine, The Golf Shop, Sponsor, Denis Cronin, Winner, RENALDAS BENDIKAS, AIDAN O'CONNOR, CAPTAIN 2014.

RING OF KERRY GOLF CLUB **RESULTS**

2-PERSON BETTER BALL (16 HOLES)

1st: Michael Kirby (16) and Martin Veldhoen (19) 43pts ocb.

2nd: Michael O'Sullivan (13) and Henk Bons (6) 43pts

UP COMING FIXTURES: Saturday 14th / Sunday 15th - 2-Person Open Team Event Visitors €20. Please call 064 66 42000 to book.

ROSS GOLF CLUB KILLARNEY

GENTS CLUB

FIXTURES: On Sunday February 15th Captain Denis Cronin, Lady Captain Sinead O'Shea and President Donie Mulcahy we will hold their Drive ins at noon. We will also hold a mixed scramble with shotgun starts at 9.30am and 12.30 pm. This competition is sponsored by the Prize Bond Company. Please add your name to the entry sheet as soon as possible as the draw for playing partners will take place at 4pm on Saturday.

OUR INTERMEDIATE TEAM: are now in the final of the Kingdom Challenge Shield following their defeat of Beaufort GC in this competition at the Ross on last Saturday.

SYMPATHY: Is extended to Mark Coffey and the Coffey Family following the recent death of his sister, Patricia Ann Coffey R.I.P.

KILLORGLIN GOLF CLUB

LADIES: 12 Hole re-entry Stableford sponsored by Lady Captain Phil Anne Foley: 1. Maura O'Boyle (26) 27 pts. 2. Emma Daly (21) 26 pts. 3. Betty Griffin (35) 25 pts. 12 Hole re-entry Stableford sponsored by Lady President Betty Foley is now in progress for the month of February.

VALENTINE SCRAMBLE: Entry Sheet for the Valentine 12 Hole Scramble this Sun 15th February is posted on the Notice Board. Scramble starts at 10.30am. Draw for partners.

CASTLEROSSE GOLF CLUB

RESULTS: Competition played on Sunday 8th February 2015, 12 Hole Stableford, winner Gintaras Bendaravicius (20) 30 pts. Overall runner up, Alan O' Meara, (21) 26pts Overall 3rd place Michael Leahy (18) 26 pts.

FIXTURES: Weekend competition, 12 Holes, Stableford Format. Play Friday, Saturday or Sunday. Use time sheet.

DEERPARK PITCH & PUTT **NOTES** John Kelly

Sympathy is extended to Gearoid and Norren O'Sullivan on the death of Noreen's mother in Limerick May She Rest In Peace.

SENIORS OUTING: There was a good turnout for first Seniors Outing of 2015 at GlenEagle on last Tuesday winners were Sean Ashe, Hugh O'Sullivan and John Kelly. Next Outing will be on the Deerpark Course on Wednesday March 4th I0am.

SPORTS PREDICTOR: Deadline for the return of all Sports Predictor cards was last Friday February 6th.

REGISTRARS REPORT AT 2015 CONVENTION:

During the course of his AGM report

Registrar Sean Kelly indicated an increase in membership during 2014 to a total of 170 members categarised as follows 79 gents, 21 ladies, 66 juveniles and 4 students and while the club should continue to increase the Juvenile membership this was still most satisfactory. On competitions Sean stated that it was most encouraging to focus on the result sheets coming in from club competions where Deerpark members competed including, Kilbeggan, Rocklodge, Douglas, Bishopstown, Parteen, Mellows, Riverdale, Collins, Tipp Hills, Stackallan, Kilmichael, St Stephens, as well as from the Kerry clubs. After congratulating the members who competed at those venues Sean stated that they were most worthy ambassadors for the club. He also thanked the sponsors, course and clubhouse committees as well as his fellow committee members for their assistance during 2014.

KILLARNEY GOLF CLUB

LADIES RESULTS OF COMPETITION SUNDAY 8TH FEBRUARY, 2015- CLUB SPONSORED **FOURSOMES:**

1st Mary Geaney (11), Sheila Crowley (24) 36 pts. 2nd Peggy O'Donoghue (18) Mary B. Lynch (19) 34 pts BK9.

Next Competition Sunday next 15th February, 3 Person Team Killeen -S/ford

BROSNAN FAMILY FUNDRAISER/OPEN DAY: Will take place on Mahony's point on Sunday 22nd February - ladies team of 4 - 100 euros. Time Sheet now open please call 06466-31034. The Club will also host a table guiz on Sunday 22nd February, commencing at 7.30 p.m. at the Club House, for the Brosnan family, table of 4-60 euros, open to all.

KILLORGLIN GOLF CLUB

RESULTS RE 1ST ROUND MENS SPRING LEAGUE AT KILLORGLIN GOLF CLUB:

RESULTS of Mens Spring League at Killorglin Golf Club Week 1

1st Team J (T. Powell, J. Carmody, E. Sheehan, J. Sheehan) 86 pts.

2nd Team: D (M. Ashe, D. Kissane, M. Joy, A. O'Sullivan) 80 PTS.

3rd Team A (T. Farrelly, M. J. O'Sullivan, J. Doherty), B. Murray) 78 pts.



Michael Healy-Rae t.d. Will Attend Scotts Hotel

every Saturday at 3.00pm Castleisland Clinic

River Island Hotel 3rd Monday of every month 6.30pm & the

last Friday of every month 9.30pm Killorglin Clinic

Jim Shea's Vintage Bar 2nd Monday of every Month at 7.00pm

Kenmare Clinic Atlantic Bar 10pm Every Saturday Night

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

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



Tommys Farming Week

As I write Simon Coveney is on the "week in politics", he is agreeing with almost everything that the presenter says in her opening salvo. Then he turns her statement on its head and effortlessly proceeds to spin it into a positive promotional piece. Tomorrow evening he will be in New York and he will be spinning again but it will be a positive promotion of Irish beef, to the great and good that matter in US food circles.

A market that spends almost \$50 billion on beef is hugely important and the opportunity to advance the image of our food industry cannot be passed up. Farmers will not doubt the minister's ability to do a good job; he has proven himself capable of all tasks put before him to date. Timing is always important and the removal of the ban on Irish beef is undoubtedly influenced by the deficit in supply within the US. This deficit also means that we are pushing an open door and Simon is the perfect salesman to pitch our product.

The market he is aiming at is mature and discerning, our image of natural, hormone free, grass grazing animals is the niche product. There is no deception here, it is the product we produce and this event would not be taking place if substantial deals were not in the offing. Still one cannot help but wonder if it is a market driven only by expediency. When US beef output increases, will their interest in Irish beef disappear?

The deficit in US beef output will not be permanent and may very well be short lived. The cause was drought, largely in Texas and Oklahoma and lately in California. This saw a reduction of 5% in the national herd. Small enough in itself but in a finely balanced market, a tiny surplus or shortage can lead to huge swings in price. The dramatic increase in cattle prices has seen a turnaround in sentiment and supply. The drought is over, feed supplies are better, Livestock numbers are up 1.5% on last year and more significantly, pregnant heifers are up over

Two years from now the US market will be a very different place. Their scale and costs of production, energy, labour, fuel, feed, etc., are all significantly lower than ours are and currency fluctuations can

Money talks and while we may have a unique product, will we really have guaranteed access to an American audience if local beef is once again plentiful and cheaper. I fully support Minister Coveney and his delegation but I wonder if the long-term opportunities are there. Without a specific Irish branded product, identifiable to that niche market.

I have my doubts. If that brand existed, then we could take on the world.

By Tommy Roche

Got a News Tip? Got a Story? **Get in Touch**

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THE KILLEENTIERNA MACRA TEAM THAT WON THE COUNTY ROUND OF FARM SKILLS AT THE CAUSEWAY , PLOUGHING MATCH, LEFT TO RIGHT ARE NIALL KERINS, DIARMUID MCCARTHY AND PADRAIG HERLIHY.



PUTTING THE FINAL REPAIRS TO THE PLOUGH AT THE CAUSEWAY PLOUGHING COMPETITION ON SUNDAY: L-R: MIKE O'HALLORAN; RICHARD AND LIAM O'MAHONY (BALLYREIGUE) PIC JOE HANLEY.



JUST FINISHED F[PLOUGHING AT THE CAUSEWAY PLOUGHING COMPETITION ON SUNDAY; L-R: CHRISTY O'MAHONY (BALLYHEIGUE); MICHAEL, J AND JIMMY DONEGAN (CAUSEWAY). PIC JOE HANLEY





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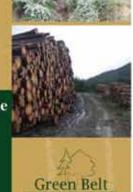
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Gerard Moroney

Mobile: 086 838 0915 + Landline: 064 662 6615

Freephone: 1800 200 233



US DEFINITION FOR GRASS-FED BEEF IS VERY STRICT

The US Department of Agriculture has a strict definition for grass-fed beef and which is 'very' defined according to Bord Bia's US Office Manager, Karen Coyle.

Speaking following the launch of Irish Beef's return to the US market, she said the definition basically means that the animal is must be on grass for its entire life and has got to be either fed grass or grassbased products like silage or hay.

According to Coyle, the definition has come from the fact that in the US there is a huge amount of grain-fed beef and the grass fed option is a markedly different product. Coyle said 'grass fed' falls within a category called 'natural' which a hugely growing sector in the US.

"When we talk to the US authorities, they understand that we have a different grass-fed production system," she said.

Covle said the US officials understand that for animal welfare and environmental purposes Irish farmers bring their animals inside for a short time of the year are fed concentrates

"While that strictly takes us out of the strict definition here in the US, we are now working with them to develop the definition for 'Irish grass fed beef' or 'Irish sustainable grass fed beef'.

"That means we can go to the US and say this is how we produce and this is how we measure what we say grass fed beef is."

According to Coyle, the US officials do recognise that we produce beef differently in Ireland. "We believe that prospects in this area are looking good and that we will get a definition for 'Irish grass fed beef," she said.



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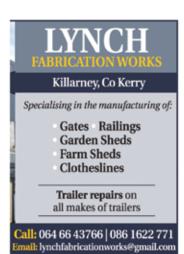
First Calf & Weanling Sale Thursday 19th February

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TEAGASC OFFICIALLY LAUNCHED THE KERRY/LIMERICK ADVISORY REGION STRATEGIC PLAN 2015-2020.

The plan sets out the key priorities and strategic actions for the regions publicly funded advisory service over the next five years. The main purpose of this exercise was to engage with stakeholders regarding the future services to be provided in the region in the context of Food Harvest 2020 targets and the post milk quota era. Each of the twelve Advisory Regions of Teagasc has produced a Strategic Plan. The plan was launched by today John O Callaghan General Manager Kerry Agribusiness who highlighted the critical role the Teagasc Advisory Service in Kerry/Limerick has in supporting farmers over the coming vears.

Speaking at the event, Teagasc Board member, Professor Gerald Fitzgerald, said that the detailed strategic planning exercise had highlighted the enormous opportunities for growth in the farming sector in the Kerry/Limerick Region. He underlined the need for a well-resourced advisory service if the Food Harvest 2020 targets are to be achieved. Teagasc Advisory Services have a vital role to play in leading and guiding growth and expansion in the Region. Teagasc has seen a 39% decrease in advisory numbers since 2008. Mr O Callaghan said that 'it is imperative that we maintain a strong advisory service in the Region. Because of increasing demand for Teagasc Advisory Services and reduced staff numbers, advisers are carrying unsustainable workloads and this is putting the achievement of Food Harvest 2020 at risk. This Strategic Plan clearly sets out the minimum number of advisers required to support the sector between now and 2020 and it is essential that impending retirements are replaced immediately.'

At the launch, Teagasc Regional Manager for John Donworth, said that Teagasc is 'committed to delivering high quality support to the industry locally and to working in close association with farmer clients, State agencies and local partners in achieving the 2020 targets. This process has provided us with a set of solid strategic actions for the next five years. Following consultation with our stakeholders we anticipate an increase in the order of 30% in milk supplies in the region over the next five years. In addition we anticipate increased output from our sheep industry and better profit from efficiency in cattle. Our new education courses will help farmers implement low carbon environmentally friendly and safe farming. This is an exciting time for agriculture in the Region.'

The strategic plan profiles the farming systems, land type and fertility, and the farm sizes in Kerry/Limerick. Teagasc facilities and staff are then examined and the consequences for the service if current trends of declining staff numbers continue. Also highlighted are the partners with which the service works

The document concludes with a listing of the main research requirements specific to the area and how stakeholders will be engaged with during the period of the plan. Hard copies of the plan have been printed and are available at each of the Teagasc offices in Kerry/Limerick.

Summary of Strategic Targets

Key Targets set out in the Teagasc Kerry/ Limerick Advisory Region Strategic Plan

- •Target 30%+ increase in milk output •Increase numbers participating in discussion groups in all enterprises
- ·Work with Kerry Agribusiness and Dairygold and other milk processors in the Region to support dairy expansion
- ·Promote expansion in sheep as a profitable enterprise
- ·Targeted actions to stabilise suckler cow number
- ·Provide a one to one service for new entrants and expanding dairy clients
- ·Teagasc will work jointly will Animal Health Ireland to improve milk quality and disease status of livestock in the region.
- •Target 50% clients to move to lower carbon farming and completing Carbon



SITTING FROM LEFT, JOHN DONSWORTH, REGIONAL MANAGER, TEAGASC, KERRY/LIMERICK, NED DALTON, TEAGASC LISTOWEL, BACK ROW FROM LEFT, BEN FLANAGAN, TEAGASC, NEWCASTLEWEST, CLLR JOHN BRASIL, CHAIRMAN, KERRY COUNTY COUNCIL, GERALD FITZGERALD, BORD MEMBER TEAGASC &UCC, AND JOHN O'CALLAGHAN, KERRY AGRI BUSINESS.PHOTO: VALERIE O'SULLIVAN



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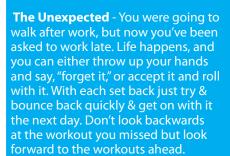
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ACT ON WHAT YOU FEEL – NOT WHAT YOU THINK!

It is said that we think around 75-80 thousand thoughts a day! Many of these get filtered out of our awareness and many are just background musings about what is happening or the situation we find ourselves in. Many are simply repetitive judgments that we make. It is our thoughts that determine the kind of actions we will take but how do you know if a thought is right for you? The answer is simply in being able to recognize how a thought affects your subtle feelings. Feelings like anger, frustration, sadness, grief and love are usually easy to identify. Yet, the clues to living our best lives lie in the more subtle feelings such as being able to sense the difference between passion and adrenaline or between inspiration & ego. For example many people often say that they feel terrified at the thought of starting something new but very often when they look closer they realize that it's excitement they are feeling and not terror at all! This can make a huge impact on how you approach everything in your life.

GET IN TOUCH WITH YOUR SUBTLE FEELINGS: To recognize subtle feelings you need to be in a state of calm to fully feel them. Too often we are too revved up, busy, exhausted, anxious or over whelmed to know what we are truly feeling. Take a few minutes every day and throughout the day to get in touch with your feelings. If you're not sure how you are feeling ask yourself what colour that feeling might be or if it has a certain shape or sound. Warm is a feeling — so is fuzzy but we very often ignore these more subtle energy states. Allow yourself to be as creative as possible. The next time that you find yourself saying you are too scared to take that next step — check that the feeling is true! You may actually find that you're excited, apprehensive, curious and buzzing instead!

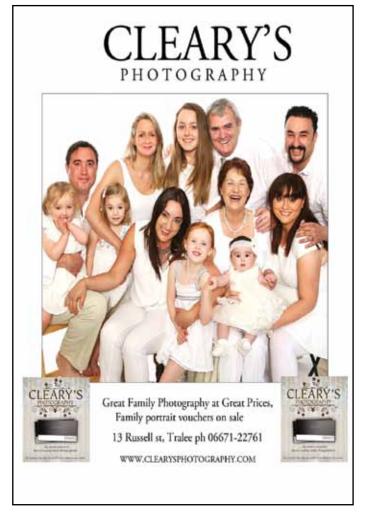
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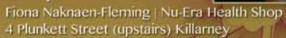






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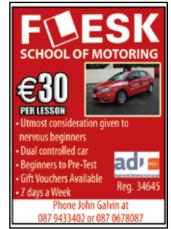














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DID YOU KNOW THE ANSWER TO LAST WEEKS RIDDLE?

Paul's height is six feet, he's an assistant at a butcher's shop, and wears size 9 shoes. What does he weigh? Paul weighs meat.

ARE YOU READY FOR A MAJOR POWER CUT?

Our lives depend on electricity more than just about anything else, but it is one of the things we take so much for granted. So far this year we have been very lucky with the weather but with the way the climate is changing we could be in for a bad storm at any time, and though we all know the linesmen will repair the damage as quickly as possible, working night and day in an emergency as they always do, it is still safer to be prepared.

Here's a list of but a few things that go away in the event of a general power outage:

LIGHTS

Heat and cooling — even gas heating requires electricity to pump the air

Baths and showers — no heat means cold washing

MEDICAL SUPPORT SYSTEMS

Food storage — refrigerators and freezers **Food preparation** — microwaves, and cookers **Entertainment** — television and radio (not to

mention video games) **COMMUNICATION** — Mobile phone towers and Telephone Service - exchanges require

Fuel for your transport — fuel pumps run on electricity.

That's the bad news. The good news is there is a lot you can do to prepare yourself and do when a massive power cut strikes unexpectedly.

- Have at least a few days worth of dry food rations stored away, especially high-energy foods, bread, milk, cereal and other basics that can be eaten without cooking. Also include some comfort/stress foods: biscuit's, sweets, instant coffee, tea bags, cup a soups etc if you know you will be able to boil water. Oh, and don't forget a manual can opener.
- If you have a patio grill, get a stovetop kettle

if you don't have one. That will allow you to boil water outside. Never use a generator, grill, camp stove or other petrol, gas or charcoal burning devices inside a home, garage, attic, or any partially enclosed area, or near open windows or any place that carbon monoxide could enter the house.

• If you're using an extension cord to bring power from a portable generator to your appliances, it needs to be rated for the amount of power coming through. And it should never be plugged into an outlet in a home. This can cause backfeeding, which means that power travels the opposite way through power lines and can injure or kill utility workers trying to restore power.

It's a good idea to keep a few two-litre bottles filled with water in your freezer — they will keep food cold for longer when the power goes out.

- Get a flashlight, candles and lighter (or matches). And be sure to add a supply of batteries. A good option is keeping a half-dozen cheap solar garden stake lights lying around. They'll charge every day and have enough light to last most of the night.
- If you are on electrically operated life support systems or special equipment for heart or kidney problems, be sure to notify your electricity provider now, in advance of any cuts. They will put you on a list and make sure your power needs are provided for first.
- If you have an automatic garage door or gate, check the instructions or with the manufacturer to learn how to open them door manually.

*Be sure to unplug or shut off everything, because when the power comes back on, there may be surges which can cause damage, but leave a single light turned on, so you can see when power is restored.

- To maintain the refrigerated and frozen foods, keep fridge and freezer openings to a minimum.
- And, finally, don't forget to have a few board games. You'll have a lot of time with little else to do, so you may as well turn the crisis into a fun, bonding experience.

EXPERTS SAY SPUDS ARE NOT NUTRITIONAL DUDS

All the starch contained in spuds can raise blood sugar. And potatoes - which are often consumed with loads of fat (think crisps and chips) - may not do our waistlines any favour, but the reputation of the humble spud may be on the mend. In the US an expert committee from the Institute of Medicine says that potatoes "contribute useful quantities of potassium and fibre to diets" something most of us aren't getting enough of and recommends that white potatoes be eligible for purchase with WIC vouchers - that's shorthand for the Special Supplemental Nutrition Program for Women, Infants and Children. WIC is a food assistance program for low-income, nutritionally at-risk women, infants and children.

And, the panel says, many Americans including women and children - are falling short of the recommended targets for starchy vegetables which include potatoes, corn and peas. Senator Susan Collins, released a statement in support of the recommendation saying "A medium baked potato contains 15% of the daily recommended value of dietary fibre, 27% of the daily recommended value for vitamin B6, and 28% of the daily recommended value of Vitamin C. On one hand, if you're aiming to control your blood sugar due to type 2 diabetes or pre-diabetes, perhaps going heavy on potatoes isn't a good idea, but if you're looking to boost nutrients such as potassium and fibre, don't rule the spud out. To get the most from your potatoes, eat the

skins. "Ounce for ounce, the skin contains more nutrients - including the majority of the vegetable's fibre - than the rest of the potato," according to Victoria Jarzabkowski, a registered dietician at the University of Texas at Austin.

QUOTE FOR THE WEEK

"Appreciation is a wonderful thing. It makes what is excellent in others belong to us as well." – Voltaire

ON THIS DATE - FEBRUARY 13TH:

1658 - Swedish forces besieged the Danish capital Copenhagen by marching across a frozen sea.

1692 - In the 'Massacre of Glencoe', Scotland, the Campbells slaughtered the MacDonalds for opposing the new king, William of Orange.

1759 - In Halifax Nova Scotia the first use of secret ballot in Canada; first legislature in British territory to permit secret voting.

1826 - American Temperance Society, formed in Boston.

1894 - Auguste and Louis Lumire patent the Cinematographe, a combination movie camera and projector.

1920 - League of Nations recognised perpetual neutrality of Switzerland.

1938 - Country singer, the late Larry

MARGARET'S RAMBLINGS

Cunningham, born in Granard, Co. Longford. 1945 - The Allied bombing of Dresden, Germany, killed at least 25,000 people, causing a public outcry in Britain.

2001 - Kosovar refugees living in Tralee and Waterford celebrated their right to become Irish citizens, almost two years after they first arrived in Ireland. A total of 140 Kosovar refugees, displaced as a result of an ethnic war in their homeland, were to allowed live in Ireland permanently on humanitarian grounds. 2015 - Isla Grant in Concert in the Acoustic Club, Gleneagle Hotel, Killarney.

TWO PASTS, ONE FUTURE

Chester and Elsa both came to the ASPCA in September, 2014, but that's about as far as their similarities go. Elsa was transferred from the local city shelter and at three years old, the little grey lady was confident, friendly and eager to find a home. Four-year-old Chester, on the other hand, had overcome a more difficult past. Abandoned in the Bronx, New York, Chester sustained physical trauma before being rescued by the ASPCA. He had to have his right eye removed, a laceration on his left hind leg repaired and a neuter surgery performed before he was ready to be adopted. Fortunately for both cats, Christina B. and her husband, Jim, came to the ASPCA Adoption Centre at just the right moment. "When our beloved rescue Persian passed away this summer, we were devastated," Christina said. "We didn't think we would adopt again so soon, but our home felt empty without a cat and we really wanted to rescue another animal". Thinking that it would be nice to adopt two pets for companionship, Christina and Jim met a few pairs of bonded cats at the Adoption Centre, but none seemed the perfect fit. That's when a volunteer introduced them to Elsa. "She was so striking, and she stepped out of her cage right onto Jim's lap wanting love," Christina said. Though Chester and Elsa weren't bonded - in fact, it's likely that they had not interacted much at all - Christina spotted the dark grey boy and was instantly intrigued. "While Jim was rubbing Elsa, Chester, with his sweet oneeyed stare, was meowing to us across the room," she recalled. "He stepped out, rubbed against our legs, allowed me to hold him, and they immediately felt like family!" The couple adopted both cats that day and headed home to begin a new life together in their Bronx apartment. Though Chester and Elsa weren't bonded or related, they soon became the best of friends. "We were pleasantly surprised by how quickly they acclimated," said Christina. The two cats love snuggling together, playing and sharing windowsills while they nap in the sun. Their favourite game is hide-and-seek, and they are a joy to watch". "Elsa talks to all three of us constantly, and her favourite spot in the middle of the night is on our heads," laughed Christina. "Chester is our quiet, gentle little boy who loves to have his head rubbed. We feel so blessed and we're pretty sure they do, too!"

Congratulations to this fabulous foursome for proving that it only takes one thing to form a

family: love! If you are thinking of getting a pet, please adopt from a shelter, do not buy pets from advertisements or pet shops – there are rescue associations for every breed of animal in this Country, many specialising in distinctive breeds, if you use the Internet and would like a Kerry Blue Terrier for example, just enter Kerry Blue Terrier Rescue Ireland in your search engine, if you are not really choosy and just want to give a pet a good home please contact your local animal shelter or the Pound in Tralee, but above all please do not shop - adopt, otherwise you could be supporting a "puppy farm" or a rabbit or ferret "farm" etc where the mothers are kept in tiny cages, in horrible conditions and bred until they die.

CHURCH BULLETIN BLUNDERS

Whether you're a regular church-goer or not, hopefully these 4 bulletin mistakes will make you laugh.

- 1. At the evening service tonight, the sermon topic will be "What is Hell?" Come early and listen to our choir practice.
- 2. Barbara remains in the hospital and needs blood donors for more transfusions. She is also having trouble sleeping and requests tapes of Pastor Jack's sermons.
- 3. Bertha Belch, a missionary from Africa, will be speaking tonight at Calvary Methodist. Come hear Bertha Belch all the way from Africa.
- 4. For those of you who have children and don't know it, we have a nursery downstairs.

NUDGING CHANGE IN THE **FOOD SYSTEM**

The biggest food companies in the world think Nestle, PepsiCo, Mars, Smithfield, Cargill, General Mills, Unilever, Coca-Cola, Kellogg — are the major players in the food system. They control the supply chain from the raw materials to the packaging, and set the labour and environmental precedents of much of what we consume. There are now a wide range of campaigns aimed at pushing these global companies to respond more directly to consumers' concerns about everything from antibiotics to greenhouse gas emissions to labor abuses. Take, for instance, Oxfam's Behind the Brands, which is putting pressure on the 10 biggest food companies to be more transparent about how they do business.

Oxfam has leaned on these global brands to disclose the companies in their supply chain. When a problem is identified - like the working conditions of cacao farmers in West Africa Oxfam has pushed the companies to use their leverage with suppliers to address issues like gender inequality. And what came of these efforts? Agreements with three large chocolate companies - Mars, Mondelez and Nestle - which committed to doing more to address the issues of poverty and worker's rights. When it comes to nudging the meat industry to rethink how it uses antibiotics, the Pew Charitable Trusts, Keep Antibiotics Working and other groups

have advocated for using the drugs only to treat sick animals. Those activists were applauded in September when Perdue Farms announced it had stopped injecting antibiotics into eggs that are just about to hatch.

Palm oil is a hot issue too, the rain forest protection coalition Forest Heroes has been lobbying many companies that rely on the oil to cut ties with suppliers that have a history of clear-cutting rain forests and destroying wildlife habitat and carbon-rich peatlands. And they've made inroads with Krispy Kreme, Dunkin' Brands and Kellogg, the maker of Pop-Tarts and other products made with palm oil.

GOOD NEWS

A young orangutan named Budi, who was saved after spending nearly his entire life suffering in a cage as a person's personal plaything, has hit an important new stage in the process of his recovery. International Animal Rescue (IAR) in Indonesia says the 10-month-old, admitted to a clinic in December malnourished and on the verge of death, is now strong enough to do something that seemed impossible just a few weeks earlier: lift a bottle to feed himself.

It might not seem like such a major achievement, but rescuers say that for a youngster in his condition, it's a heartening indicator that he's getting better with treatment. "Budi continues to improve every day, and surprises his caregivers with his newly gained skills, each milestone achieved is a wonder, but we remember that it's all relative. The swelling and pain in his body has receded, but this has revealed the misshapen and weak muscles of his arms and legs" said a spokesperson for IAR. Rescuers say that Budi still has a challenging road ahead of him to heal from the physical maladies and emotional distresses lingering from the many months he spent cooped up as a house pet. But although he tires easily and often cries himself to sleep, the little orangutan has proven to be far more resilient than his fragile frame might suggest. "Our team remains optimistic," said the spokesperson. "Budi has a strong spirit and is being provided with supplements, vitamins, and all the love and care he needs to correct his abnormalities and continue to develop." Although Budi's history is unclear, the circumstances he was rescued from are all too familiar. The World Wildlife Fund reports that baby orangutans are routinely stolen from their parents to be sold into the exotic pet trade — where an estimated four to five baby orangutans die for every one that survives long enough to make it to market. Meanwhile, other problems persist for the iconic primates. In the past two decades alone, 80% of orangutan habitat has been cleared to make room for large-scale agricultural projects, like massive palm oil plantations.

FINALLY THIS WEEK

What gets broken without being held? Answer next week.

And this weeks tongue twister Can you can a can as a canner can can a can?

Citizens Information

Know Your Rights: RENEWING YOUR PASSPORT

FEBRUARY 2015

QUESTION

I have just noticed that my passport is out of date and I am going on a skiing holiday in 2 weeks. Will I be able to renew my passport in time before I travel?

ANSWER

The time it takes to renew a passport can vary, depending on how you make the application. The Passport Office recommends sending your application using An Post's Passport Express service. In general, this guarantees that you will get your passport within 10 working days, but it may take longer at busy times of the year. Check passport.ie for current turnaround times. The standard adult passport costs €80 through Passport Express, with a processing charge of $\in 9$ – a total charge of $\in 89$. You can hand in your completed application at any An Post

The Passport Office no longer accepts applications submitted by regular or registered post from applicants living in Ireland and it is not possible to apply online.

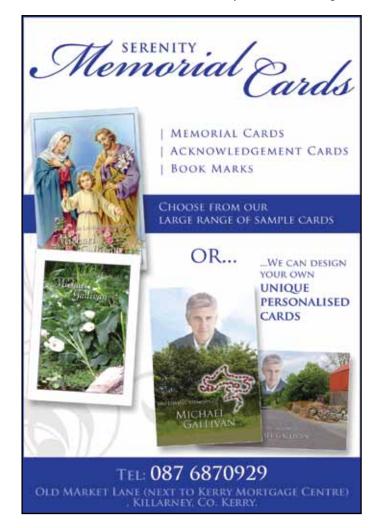
Applying in person at the Passport Office costs €95 and is only recommended if you are due to travel in less than ten days. In this case, you can use the Passport Appointment Booking Service, passportappointments.ie. There is an additional urgent fee of €55 if you need your passport issued in 3-5 working days. It is not usually possible to issue a passport in less than three days unless immediate travel is required due to the death or serious illness of a family member or because you need emergency medical treatment.

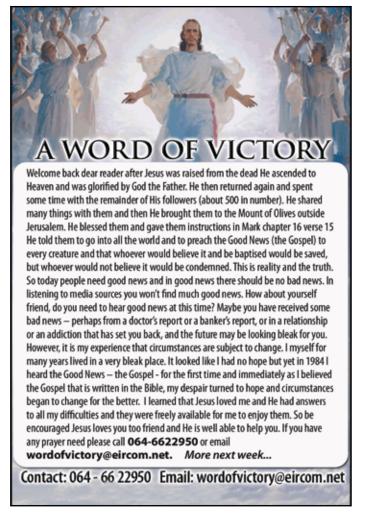
You can get a passport renewal application form at any Garda station or An Post office. It is not available online.

To avoid forgetting to renew your passport in time, the Department of Foreign Affairs and Trade provides a Passport Reminder Service, which sends you a reminder email before your passport is due to expire. You can register for this service at passport.ie.

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

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





MEMORIALS & REMEMBRANCE

2ND ANNIVERSARY

In Loving Memory of



BEHAL DÁIRE ETIENNE

68 Arbutus Grove, Killarney, Who died on 14th February 2013

In pride and deep sorrow ever missed and loved. A wonderful son, brother, uncle and friend to and of many people. You are ever in the thoughts and prayers of your loving family, parents Richard and Bernardine. brother and sisters, Julien, Erinna, Simone & Chantal. Their respective partners Noleen, Finbar and Noel, Dáire's nephews and nieces, Rosie, Samuel, Ella, Max and Oscar-Dáire.

Anniversary Mass on Monday 16th February, 6.15pm in St. Mary's Cathedral, Killarney.

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

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

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

BARRADUFF MEMORIAL WORKS

LIMESTONE, GRANITE. MARBLE HEADSTONES

SANDBLASTING

OLD STONES CLEANED AND RE-LETTERED

TOM MURPHY PROPRIETOR BARRADUFF, KILLARNEY

TEL: 064 7754021/064 7754262 MOB: 087 2598664



A VERY POWERFUL PRAYER

Say nine Our Father's every day for God's will to be done on earth Please promote.

ST. THERESA

St Therese, the little flower, please pick me a rose from the heavenly garden and send it to me with a message of love.

Ask God to grant me the favor I thee implore and tellHim I will love Him each day more and more. Amen.

PRAYER TO THE **HOLY SPIRIT**

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

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

NOVENA TO THE SACRED HEART

You have said O Divine Jesus, ask and you shall receive, seek and you shall find, knock and the door shall be opened to you. Relying on these promises, I come with confidence during this novena to beg of you the favours that I need (make request). For whom shall I ask Lord Jesus, if not from you whose heart is an unfailing source of graces and merits. Most loving heart of my God. I believe in your power, I believe in your knowledge, I believe in your personal love for me, and therefore O Sacred Heart of Jesus I place all my trust in you. Our Father, Hail Mary and Glory, say 9 times for 9 days. Must promise publication. M.M.

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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 known to fail. Must promise publication of prayer.

M.O.S.

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.

LA SALETTE **INVOCATION**

Our Lady of La Salette,

Reconciler of sinners, pray without ceasing for us who have recourse to you.

NOVENA TO THE SACRED HEART

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

THE MIRACLE PRAYER

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

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.

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

Amen.





TRAD MUSIC SESSIONS

Throughout the weekend!

INEC Killarney

18th - 22nd FEBRUARY

thegathering.ie

WEEKEND PASSES AVAILABLE

Ceilis

Wednesday | Neily O Connor Thursday | Ui Bhriain Friday 5 Counties Ceili Band Saturday | Striolán Ceilí Band Sunday Johnny Reidy Ceili Band



oncerts

Saturday 21st

Sean Keane & Band. Arcady

with Johnny Ringo McDonagh, Patsy Broderick, Nell Ni Chronin, Rick Epping,

Michelle O Brien, Pete O Halloran, Conor Keane, Angelina Carberry 9.30pm | €25

Sunday 22nd

The Unwanted

with Jackie Daly, Matt Cranitch, Geraldine O'Callaghan, Conal O'Grada

Paul De Grae and Kathy Jordan, Séamus O'Dowd and Rick Epping

8pm | €20

Thursday 19th

Meaití Jo Shéamuis ó Flathartha, Charlie Harris, Tim Kerins, Brid O Shea & Mike Kelleher,

Niamh Dalton. Cathal Flood & Séan Kelliher 8pm | €16

Friday 20th

A Stór Mo Croí

with Pauline Scanlon, Eilis Kennedy, John Spillane, Donogh Hennessy, John McSharry and Dónal O Connor.

> Brogan and Orlaith McAuliffe 9.30pm | €20







