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KILLARNEY Outlook

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Contact John for representation or
to highlight issues of concern to you.

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CHARITIES ANNOUNCED AT RING OF KERRY CYCLE LAUNCH

Representatives from the 10 main charities who will benefit from the 2016 Ring Of Kerry Charity Cycle gathered in Aghadoe in Killarney on Wednesday.

The 10 Kerry based charities include South West Counselling services, St Joseph's Nursing Home, Killorglin, Aras Mhuire Listowel, St Ita's & St Joseph's Special School Tralee, Pieta House Kerry, Kerry Branch Irish Kidney Association, Recovery Haven Cancer Respite, St. Francis Special School, Derrynane Inshore Rescue, Talbot Grove, Castleisland. Speaking at the announcement, Ring of Kerry Charity Cycle PRO Cathal Walshe said; "The charities were chosen after an application process that began before Christmas, and we were genuinely overwhelmed with the number of submissions received. It was hard to choose from so many deserving causes and we would like to thank all the unsuccessful applicants for their efforts. The chosen charities provide fantastic support to the people of Kerry and will benefit hugely from the money they receive from this year's Fundraising effort. Last year over €1.85 million was raised and shared amongst the 9 chosen charities as well as 28 smaller charities in Kerry". The cycle, which is now in its 33rd year has raised over €10.6 million for charities that benefit all the communities across the county of Kerry.

Michael Moriarty, of St. Josephs Home Killorglin,



REPRESENTATIVES OF THE CHARITIES WHO WILL BENEFIT FROM THIS YEAR'S RING OF KERRY CYCLE PICTURED THIS WEEK. PICTURE: DES O'CONNOR.

explained how important the Ring of Kerry Charity Cycle is in their fundraising efforts, "St. Joseph's Home provides vital care for the elderly in the Mid and South West Kerry area. In order to maintain the high standard of care offered and meet HIQA requirements, we need to invest significant money to convert existing 3 bed wards to single rooms, in 2017. Without the financial support raised through the Ring of Kerry Cycle, this will not be feasible. It is thanks to this one day fundraising event that we are able to keep our doors open and our valued staff can continue to serve the community".

Reminding interested participants how this year's registration process will work, Cathal continued "This year the charities will have a limited amount of places to fill in and we cannot reiterate enough that the best chance of getting a place is to register your interest online. Registration for the lottery closes on the 31st January, leaving less than 3 weeks for people to register, I would suggest that all interested parties get moving and get registered!"

This year's Cycle will take place on Saturday July 2nd.

"Killarney Cardiac Response Unit:

"EVERY SECOND COUNTS" AS GROUP BENEFIT FROM FUNDRAISER



PICTURED AT THE CHEQUE PRESENTATION FROM THE PRE CHRISTMAS FUNDRAISER IN AID OF KILLARNEY'S CARDIAC RESPONSE UNIT AT BELIEF FIT WHEN CO OWNERS JOSIE SUGRUE & ERIC McDONNELL TOGETHER WITH BELIEF FIT MEMBERS COMPLETED 20,000 REPS ACCUMULATING €1,100 FOR THE CHARITY. BACK ROW L-R FIONA McMAHON, KCRU, ERIC McDONNELL & AISLING CROSBIE, KCRU. FRONT ROW L-R JOSIE SUGRUE & DAMIEN BAKER, KCRU. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

A fundraiser held at Belief Fit before Christmas has raised €1,100 for a hugely important service which is new to Killarney.

The Killarney Cardiac Response unit KCRU is a Community First Responders Group for Killarney Town Center and surroundings areas.

The aim of the group is to respond to 999/112 Emergency Cardiac Calls. KCRU work alongside the HSE Ambulance service and the aim of the group is to give valuable assistance to patients of Heart Attacks, Cardiac Arrests, Stroke and Choking until HSE intervention.

Marie Wade, who is a member of the group

approached her local gym Belief Fit / CrossFit Killarney as every year the proprietors Josie and Eric do a fundraiser morning for a local charity.

"They loved the idea of what I was involved in, how important this service is to our local community and most of all it's completely voluntary and about saving lives", Marie told the Killarney Outlook.



ORGANISER OF THE EVENT: MARIE WADE.

"They came up with the concept of 20,000 reps in 3 hours of 10 challenging exercises from Burpees, toes to bar, box jumps to Push ups to Pull Ups. The buzz on the morning was amazing. Everyone worked as a team to get this challenge done of 20,000 reps! And we completed it in 2 hours and 22 minutes raising a whopping €1,100 for Killarney Cardiac Response Unit", she added.



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DEVASTATION AT REEN PIER

Members of the Workmen's Rowing Club are currently assessing the devastation caused by Storm Frank at their Boat house at Reen Pier at Ross Castle.

The Boathouse is only accessible by boat since the recent flooding and storms. The damage caused to the 200 year old boathouse and racing boats is estimated to be over €60,000 and because of its location on the shores of Lough Lein, the members are worried that further flooding will render the Boathouse unusable.

Members braved the elements in late December to save some of the boats and move them to higher ground.

"Killarney has a long tradition of rowing on Lough Lein, dating back 260 years. It is a very important amenity in the community", Timmy Moynihan, Chairman of the Workmen's Rowing Club told The Killarney Outlook.



TIMMY MOYNIHAN, CHAIRMAN WORKMEN'S ROWING CLUB WITH MEP SEAN KELLY, AND MIKEY JOE BURNS, HEAD COACH, WORKMEN'S ROWING CLUB, ACCESSING THE DAMAGE TO THE BOATHOUSE AND BOATS AT WORKMEN'S ROWING CLUB, ROSS CASTLE, KILLARNEY NATIONAL PARK. THE DAMAGE IS ESTIMATED AT €60,000. PHOTO: VALERIE O'SULLIVAN.



MIKEY JOE BURNS, HEAD COACH, WORKMEN'S ROWING CLUB, ACCESSING THE DAMAGE TO THE BOATHOUSE AND BOATS AT WORKMEN'S ROWING CLUB. PHOTO: VALERIE O'SULLIVAN.

"We are looking to the State and the National Parks and Wildlife Service to come to our aid", Timmy said.

"We cater for over 60 members, including families, youths and volunteers. We are worried for the safety of our members, who train 4 days a week, all year round. It is a wonderful facility, but the future is uncertain", he added.

The club are desperately looking for help and are currently assessing the possibility

of building of an environmentally friendly structure to house the valuable racing and leisure boats, and could also be available for other leisure activities on Lough Lein.

This week MEP Sean Kelly, was on hand to view the damage and problems caused by recent storms and flooding at Ross Castle and Lough Lein.

SUCCESS FOR SPA - CROWNED MUNSTER CHAMPIONS



MUNSTER SCOR NA NOG MUNSTER CHAMPIONS: KATIE CRONIN, GARY O'SULLIVAN, LIAM SPILLANE, AINE BROSNAN, KIANAN O'DOHERTY, EOIN O'DONOGHUE, AVA O'SULLIVAN AND ANNA O'CONNOR.

A superb performance sealed the deal for the Spa Scór na nÓg Rince Seit team who won the title of Munster Champions in Ceapach Choinn on Sunday last.

The team were the only Kerry team to win on the day.

Their next important engagement will be on 30th January in Killarney's INEC where they will be expecting to bring another All-Ireland title to The Kingdom.

The Spá (Cill Airne) Scór na nÓg quiz team will also be taking part in the All-Ireland final on 30th January. As the Kerry qualifiers, they go straight into the national final. This team also won the 2015 quiz title.

There was a very high standard and all participants who performed admirably at such a very high level.

WALKING FOR RECOVERY

Recovery Haven, Cancer Support House have begun their 2016 walking groups for those recovering from cancer.

The group will meet on Tuesday 12th January at 5 Haigs Terrace, Tralee at 10 30am

OSCAR NOMINATION FOR FASSBENDER

As expected, Killarney actor Michael Fassbender has been nominated for his role in the film Steve Jobs. The nominations were announced yesterday afternoon and also include Irish actor Saoirse Ronan for her role in Brooklyn with Lenny Abrahamson also getting

the nod in the Best Director category for Room. The 88th Academy Awards will take place on Sunday, February 28 at Hollywood's Dolby Theatre, with comedian Chris Rock on hosting duties.



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TUESDAY

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

Flower Arranging

7 weeks - €105

Cooking

7 weeks - €120

Sign Language

7 weeks - €90

Creative Writing

7 weeks - €90

Introduction to Digital Photography

7 weeks - €90

Staying Healthy with Nutrition

7 weeks - €90

Pilates (6.45 - 7.45pm)

7 weeks - €50

Senior Chair Pilates (8 - 9pm)

7 weeks - €50

Drawing & Sketching

7 weeks - €90

Acrylics for the more Advanced

7 weeks - €90

Introduction to Interior Design

6 weeks - €75

Intermediate English

7 weeks - €90

Spanish (Improvers)

7 weeks - €90

Improvers Computer Course

7 weeks - €90

Occupational First Aid Fetac Level 5

(7:00 – 10:00 p.m.)

9 weeks - €230 – Limited Places

Certificate/Diploma in Autism Studies UCC (please contact

Brenda Healy Course Co-ordinator b.healy@ucc.ie or 086-8079204 in relation to this course)

THURSDAY

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

Absolute Beginners in Dressmaking & Alterations

7 weeks - €90

Genealogy Training in researching your Ancestors

6 weeks - €75

Beauty Therapy

7 weeks - €90

Zumba – (6:45 – 7:45 p.m commencing 28th January)

7 weeks - €50

Tai Chi – (7:30 – 9:00 p.m commencing 4th February)

7 weeks - €75

Watercolour & Sketching Class

7 weeks - €90

Spanish (Beginners)

7 weeks - €90

Irish

7 weeks - €90

Computers for Absolute Beginners

7 weeks - €90

FEES: Fees must be paid in full before beginning classes.

All course fees are receipted.

CANCELLED CLASSES: Refund of fees is made only where classes are cancelled due to insufficient enrolment numbers. A refund of your tuition fee will be prepared and forwarded to you at your postal address.

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FANTASTIC TALENT ON SHOW AT THE RAMBLING HOUSE

The Travel Inn in Fossa hosted the annual Fossa, Two Mile CCE's Rambling House on Saturday night last.

Entertainers of all ages took to the floor and performed to a packed venue. The best of traditional Irish music, song and dance was on display and everyone present enjoyed the evening along with the traditional Brack and Tea that is always served at a Rambling House.

Fossa Two Mile CCE would like to thank the management and staff of the Travel Inn for providing a wonderful venue for the event. Congratulations must also go to Tim Kissane and his officers for a highly entertaining night, really looking forward to next years show.

Meanwhile in other Comhaltas News Sult Na Nog is to be held on 27th and 28th of February. All entries must be in to the County Secretary before Thursday 18th February.

Killarney CCE have their branch meeting this Thursday. The venue for the next County Board meeting is the Meadowlands Tralee on Friday 22nd January at 8.00pm. An assistant County Secretary is to be appointed' anyone interested please contact the County Secretary.

County Secretary Tadhg Creedon has a new email address. Contact him on; secretarykerrycce@gmail.com.



THE FOSSA TWO MILE CCE BRANCH FROM LEFT: SARAH GRIFFIN, THERESA AND TIM KISSANE, EILEEN LUCEY, NORRITTA CRONIN AND NOEL LUCEY..

Fleadh Cheoil Chiarrai will be on in Tralee from 18th to 22nd May this summer. The County Fleadh Cheoil committee hold a meeting Tuesday night at IT Tralee. The programme of events is in it's final stages and will be available soon.

Fleadh na Mumhan is to be held in Listowel from the 12th to 17th July. Fleadh na Mumhan hold their officers meeting in Christy's The

Square Listowel on this Thursday night.

RTE will be screening Fleadh Ceoil on RTE1 starting Friday 22nd of January at 8.30pm. John Creedon and Aibhinn Ni Shuilleabhain present a series of six television programmes from the Sligo Fleadh Cheoil.

Classes in your local branch have restarted since New Year, for further details log on to our site at www.kerrycomhaltas.ie.



YOUNG ENTERTAINERS AT THE RAMBLING HOUSE FROM LEFT: MICHAEL HEALY, KIRILL HEALY, ROSS CRONIN AND JACK CRONIN.



MIKE CRONIN AT THE FOSSA TWO MILE CCE RAMBLING HOUSE IN THE TRAVEL INN, FOSSA ON SATURDAY NIGHT.



ROSS CRONIN PLAYING HIS GUITAR AT THE FOSSA TWO MILE CCE RAMBLING HOUSE IN THE TRAVEL INN, FOSSA ON SATURDAY NIGHT.



THE KELLIHER FAMILY PERFORMING AT THE RAMBLING HOUSE, MICHAEL, SEAN, MARY AND BRED. .



THE O'DONOGHUE SISTERS AT THE RAMBLING HOUSE IN THE TRAVEL INN FOSSA.



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MENOPAUSE THE MUSICAL FOR THE INEC



MARY BYRNE WHO STARS IN MENOPAUSE THE MUSICAL.

Due to overwhelming public demand, the 2015 sell-out tour of Menopause the Musical has been extended.

Don't miss Mary Byrne (X Factor), Linda Nolan (The Nolans) and Sue Collins (The Nualas) make fun of their lives experiencing "The Change", forgetfulness, mood swings, wrinkles, night sweats and chocolate binges.

Presented by Robert C Kelly, Óskar Eiriksson & GFour Productions LLC Menopause The Musical is hilarious celebration of women and 'The Change', the all-singing, all-dancing comedy brings together four women (at a department stores lingerie sale), who have nothing in common but a black lace bra and hot flushes, night sweats, memory loss, chocolate binges, plastic surgery and more!

Menopause has already played 3 sold-out Irish tours so don't delay, call your friends and book your tickets today. The show is on Thursday 11th February.

Tickets available from www.inec.ie

GLEESON CALLS FOR CLARITY



CLLR MICHAEL GLEESON.

"At the December 2015 monthly meeting of Kerry County Council, Councillor Michael Gleeson asked that Kerry County Council would clarify the situation for applicants for housing development in locations where

Japanese Knotweed is growing or has until recently been growing on the proposed site. Kerry County Council replied that in light of recent research, information and training

associated with invasive introduced species, it is now considered opportune to attach a Condition to Planning Permissions in relation to the control and eradication of such species including the Japanese Knotweed. The Condition will be included in the relevant Planning Decisions from early 2016.

Councillor Gleeson welcomed the reply and stated that it is vitally important that intending house purchasers or builders should ensure that the site has been rendered totally free from all Knotweed infestation. He stated that this eradication process may require a multi-annual spraying procedure."

MASS OF REMEMBRANCE

Mass will be celebrated in memory of all those whose funeral took place in the parish in 2015 on the 25th January at 7pm. There will be no 6.15pm Mass on that night. Everyone is welcome to the Mass including family, relatives, neighbours and friends.

For any parishioners whose loved ones have died and anyone from the parish whose funeral took place outside the parish, would the families please submit their names to the parish office before January 19th 2016.

POSSIBLE MAY DATE FOR ARUS PHADRAIG TAKE OVER

Seven years after the Franciscan Friars gifted the Arus Phadraig to the people of Killarney, it is hoped that the handover will be completed by early Summer.

The building will undergo a refurbishment and be available for community groups in the Killarney area as an entertainment and recreation facility.

FR LIAM LAWTON WORKSHOP

Fr Liam Lawton presents a workshop for parish choirs. The workshop is based on his new collection Eternal. It will be held at the Church of the Resurrection Park Road on Thursday

January 21st at 8pm. Admission is €10.00 per person and includes book of the new music.

For further details email:

pastoralcentre@dioceseofkerry.ie

TICKETS FOR THE ALLIANZ LEAGUES ARE NOW ON SALE!

Tickets are now on sale for the Allianz Football and Hurling Leagues at a pre purchase discounted price of €10 for Division 1 and 2 in Football and Division 1A and 1B in Hurling. The cut off time for the pre-purchase discount will be midnight on the night before the fixture (Tickets on match day will be €15).

Tickets will be available from the usual sources including participating Centra and Supervalu stores throughout the county. A link will also be made available on the Kerry GAA Website to purchase tickets. The GAA Season Tickets are still on sale from Croke Park and renewals are on-going.

JOKER 3 FUNDRAISER

'Joker 3' weekly draw in aid of Nagle-Rice Community Centre was held in Langford's Bar last Sunday and jackpot of €5600 was not won. Patricia Spillane won €100 with Donal Corkery and Karl J Daly winning €25 each. Down to 34 cards next Sunday January 17th and jackpot increasing to €5800 with draw in O'Shea's Bar. Thanks for your continued support.

EURO BRIDGE CLUB

RECENT COMPETITION RESULTS

Club pairs competition

10th January

1st. Andy Cole and Joan Culloty.

2nd. Marjorie Barton and Mela Burke.

3rd. Maureen Culloty and Phyllis O'Regan.

TOP 30 SPOT FOR WISTERIA

Wisteria Boutique on High Street has made it into the Irish Independent Top 30 Boutiques in Ireland. The shop which is run by Shirley Mahony and Maureen Ahern.

The shop stocks classic styles and amazing exclusive brands at very competitive prices.

KERRY PERSON OF THE YEAR

Brian McCarthy has been named Kerry Person of the Year. The Cork man founded Fexco, which is one of the biggest employers in Kerry, was awarded the title because of the significant contribution to the county and to his own locality. The award will be presented at an awards ceremony in March.



Kerry ETB Training Centre



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

Sports Recreation & Exercise Course (ETK69) - Killarney.

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

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

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

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

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

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

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

Healthcare Support Traineeship (ETS97) - Tralee.

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

Heavy Goods Vehicle Driving Rigid (HGV) (ET394) - Tralee.

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

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

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

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

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

Legal Administration Traineeship (ETS07) - Tralee.

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

Beauty Therapy Traineeship (TRS52) - Tralee.

This course offers participants the opportunity to develop the knowledge, skills and attitudes required to work as beauty therapists. It integrates theory, practice and industry experience so that participants gain a clear understanding of the various treatments and therapies practiced in the industry. **Start Date:** 11th April 2016. **Duration:** 50 weeks. **Certification:** I.T.E.C., CIBTAC and CIDESCO Diplomas.

Visit Our New Walk-In Information Service Every Tuesday and Wednesday
At Kerry ETB Head Office, Centre Point Building, John Joe Sheehy Road, Tralee.
(Opposite Tralee Bus and Train Stations)

To apply or get further information on any of the above courses please contact

Kerry ETB Training Centre,

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

www.kerryetbtrainingcentre.ie, E-mail: training@kerryetbtrainingcentre.ie



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My running mates are Jimmy Deenihan TD and Grace O'Donnell

STRICTLY MOVIE MAGIC



STRICTLY COME DANCING REHEARSALS 2016 AT THE KILLARNEY AVENUE HOTEL WHERE MICHELLE O'DONOGHUE (LEFT) SHOWS CONOR GLEESON (RIGHT) EXACTLY HOW IT'S DONE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

With classic films *Pretty Woman* and *Pulp Fiction* featuring this year's *Strictly Come Dancing*, it's a night sure to be filled with Oscar winning performances. The premiere performances will see 12 individual couple dances, two show stopping dances from the new dancers as well as a professional dance Choreographer Joe Burket who has a new partner this year for a slower number with one or two special guests gracing the INEC stage also.

"With a brand new class of 24 dancers, I was tasked with making our 2nd *Strictly Come Dancing* event something really different in terms of style and content while still capturing everything that made it brilliant last year", Joe

told the Killarney Outlook. "I can promise that there will be all the same dance styles from last year including a romantic waltz to a classic and well known song as well as a sizzling and sexy samba filled with flicks and lifts", he added.

Taking on the icon *Pulp Fiction* jive is Niall O'Sullivan and Marie Carroll O'Sullivan. This is a fast and lively jive and one that I'm sure will have everyone on the feet clapping and tapping along. Salsa couple Dermot Healy and Mary Hartnett Cussen will set the floor alight with the sharp moves and fun steps.



STRICTLY COME DANCING REHEARSALS 2016 - VERA HEALY & MIKE DOYLE (LEFT) FLY THROUGH THEIR ROUTINE AS CHOREOGRAPHER JOE BURKETT (RIGHT) DEMONSTRATES WITH MARY HARTNETT CUSSEN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



STRICTLY REHEARSALS 2016 - MARY CRONIN STEPPING IT OUT WITH TIMMY MOYNIHAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

A fun and funky Charleston, a *Pretty Woman* stepping out with a well-known rogue to the Cha Cha, a Quickstep for a pair of hot steppers, a Paso Doble from within the ring, a Foxtrot that is of Broadway standard, an American Smooth that is oh so sweet, a Rumba with a daring lift and a tantalising Tango complete the mix.

Rehearsals have started in earnest and presently all couples are doing fantastically well. They are pushing themselves really hard to ensure that the show is as good as it can possibly be. With new dance routines and daring new moves and lifts, it really is going to be a night not to be missed.

NEW YEAR, NEW HAIR! SEAN TAAFFE HAIR AND BEAUTY SALONS OFFERING AMAZING DEALS FOR JANUARY



Sean Taaffe Hair and Beauty, with six salons across Tralee, Killarney and Killorglin, are offering customers amazing offers to give their hair a new lease of life for January. With a team of 50 talented hairdressing

professionals across their salons, the Sean Taaffe team are sure to see you leave with a pep in your step and a bounce in your blowdry! **BLOWDRYS €15:** Beat the January blues by treating yourself to a famous Sean Taaffe salon blowdry for just €15, all day Monday to Saturday for the month of January.

SIGNATURE BLOWDRY €35: Why not ramp up your blowdry by opting for the Sean Taaffe Signature Blowdry (often referred to as a mini

12 week blow-dry), which will leave your hair frizz free and fabulous for up to 3 weeks for just €35.

12 WEEK BLOWDRY: For serious beauty addicts looking for a glossy mane to take them through to spring, why not try the Sean Taaffe 12 week blowdry, using only Lisse Design products, to make sure your hair is frizz free and beautiful for up to 3 months. The Sean Taaffe 12 week blowdry is available at a special price of €150 from Monday to Thursday for the month of January.

Sean Taaffe Hair and Beauty prides itself on providing 5 star hotel luxury surroundings but with a personal touch and the best quality hairdressing service. The Sean Taaffe salons are recognised in Ireland and abroad as one of the clear leaders in the hair and beauty industry. No stranger to awards, Sean Taaffe and his team have won a number of prestigious



awards including the National Salon of the Year at the reputable Schwarzkopf Irish Hairdressing Business Awards.

Sean himself has also won titles at the biannual Organisation Mondiale Coiffure (OMC) Hairworld Championships and the Asia Cup in Malaysia. He is also one of the first in Ireland to achieve the gold standard in Professional Hair and Beauty (PHAB).

To book an appointment at any of the Sean Taaffe salons.

Please call **(064) 662 2513**, or for further information visit

www.seantaaffe.com

COMPETITION TIME


Sean Taaffe Hair and Beauty, offers Killarney Outlook readers the chance to win **"A Signature blowdry for you and a friend"**

So just fill in the coupon below and send it to
The Killarney Outlook, 30 High Street, Killarney, Co. Kerry.

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DONATIONS STILL ROLLING IN FOR MARY'S NEPAL FUNDRAISER



DANCE TO NEPAL, AN EVENING ORGANISED BY MARY O'LEARY TO RAISE FUNDING FOR HER UPCOMING TRIP TO NEPAL WHILST CELEBRATING HER 60TH BIRTHDAY WITH FRIENDS ON THE SAME EVENING AT THE GLENEAGLE HOTEL. L-R PHIL DOOLAN, MARY O'LEARY, CATHAL P WALSHE AND VOURNEEN O'DONOGHUE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



HAVING A GREAT EVENING AT 'DANCE TO NEPAL' GLENEAGLE HOTEL WERE L-R KAY O'LEARY, EMMA PHILLIPS, MOSSIE O'LEARY, PAT MOYNIHAN AND ANN MARIE O'LEARY.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

Over 500 people attended a dance in the Gleneagle Hotel on Friday night last organised by Mary O'Leary who is planning a trip to Nepal during the Summer.

Mary, who has paid for her own flights, was fundraising for the six week trip where she will work in a school under the Umbrella Foundation Rural Schools Project in Nepal.

"It was a fantastic night over 500 people attended and the donations are still pouring in

- it has so far exceeded any of our expectations", Mary told the Killarney Outlook.

"I'm so grateful to my family and to the committee and ticketsellers who helped me organise it for all their patience and kindness, to the Gleneagle for their wonderful support, and to all the musicians, sound engineers and those who helped in the background who gave their time so generously", she said.

"The music was brilliant all night and the people who attended really enjoyed dancing

- it was certainly a trip down memory lane for many", she added.

Mary would like to thank all the businesses who gave such generous spot prizes and thanks to all who turned out on the night. "They were a super crowd for whose support I'm forever indebted, I know there are so many worthy causes that need support nowadays but people's kindness was overwhelming", she added.

A LEGION OF MEMORIES



THE LEGION UNDER 21 SIDE OF 1974. FRONT ROW (L TO R), DONAL BROSANAN, MIKIE LYNE, PAT MOYNIHAN JIMMY REEN, TADGH MORIARTY, SEAN MURPHY, EAMON MURPHY, MIKE MURPHY. BACK (L TO R), PA DOYLE (RIP), FRANKIE O'SULLIVAN, GERALD O'CONNOR, EAMON McDERMOTT, DENNY MURPHY, DENIS O'BRIEN (RIP), MIKE MOYNIHAN, PADRAIG BROSANAN, JOHN CRONIN, PADDY GRIFFIN, (RIP), JIMMY O'SULLIVAN (RIP).

As Killarney Legion begin their 87th year in existence Killarney Outlook will be publishing a weekly photograph from the club's archives.

The first photograph will certainly generate a lot of interest as it features many well known faces from town.

The club's new chairman Enda Walshe gave a little background history of the club to The Killarney Outlook.

The club was founded on a March evening

in 1929 when a group of eleven men held a meeting in the then Temperance Hall in High Street, Killarney, next door to the Killarney Outlook Office where O'Shea's garage is today.

The club has won one senior County Championship in 1946. Notable players include Johnny Culloty, Weeshie Fogarty, Diarmuid O'Donoghue and The Lynes of Cleeney. In more recent times Legion's U14 team represented Kerry in the Feile



competition of 2006 held in Wicklow and again in 2009 held in Kildare. Also the minor teams have reached three County League Finals in a row since 2007, winning two.

Legion won the Under 21 Club Championship in 2011 and 2012. Legion's senior team qualified for the 2015 County Senior Football Championship Final for the first time in 69 years by beating Mid-Kerry, Feale Rangers, Kerins O'Rahillys and Rathmore. They were beaten by South Kerry in an epic County Final replay. Today notable players are Jonathan Lyne, Podge O'Connor, Brian Kelly, James O'Donoghue while more recently Conor and Shaun Keane, Jamie O'Sullivan and Damien O'Sullivan have worn the County jersey.

MONEY MATTERS....

By Dermot Cronin,
Financial Advisor



WHAT IS A TRACKER BOND AND IS A TRACKER BOND RISKY?

Tracker bonds are usually considered low-risk investments because many of them offer 100% capital security once you leave your money invested for the full term. This means you are guaranteed to get the original amount of money you invested back. However, even if you get all of your money back, you may have lost money because of the impact of inflation.

Generally, the lower the risk, the lower the level of return on your investment. The rate of return usually depends on the growth of the financial index which the bond tracks. There will usually be a limit on the amount of the growth you are entitled to, for example, a maximum of 50% of the growth.

The return tends to be higher in the case of tracker bonds that don't give you 100% capital security at maturity for example 90% or 95% capital security.

If you have any queries in relation to the above or any other matter you can contact **Dermot Cronin** at **06466 22775**.

HENNIGAN Auctioneers

WANTED URGENTLY - PROPERTIES
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FOR SALE

WHITE HEATHER COTTAGE, SHRONE, RATHMORE, CO. KERRY

Stunning Cottage set on approximately 0.5 acres completely renovated internally yet retaining Old World character and charm. Well located on the main Killarney-Rathmore road, the property is just 3 miles from Rathmore village, close to schools, supermarket, train and bus stations etc. The mature gardens with an array of shrubs, trees and lawns further enhances this fine property. Ideally suited to U.K. purchasers looking for a tranquil, picturesque setting.

PRICE: €155,000



CUMMEEN, KILLARNEY, CO. KERRY

Superb choice of Family Residence located in a popular residential setting just 3 miles from the popular tourist town of Killarney. The landscaped gardens bounded by a unique stream and potential water feature further enhances the property.

PRICE: €230,000

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

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

PRICE: €165,000



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PROPERTY OUTLOOK

THROUGH THE KEYHOLE....

A PICTORIAL LOOK AT PROPERTIES ON THE MARKET



Address: 1 Rockfield School, Faha, Killarney. Charming 3 Bedroom end of terrace south facing property (approx 1,300 sq ft) with natural stone front porch. Private large garden to the side with a timber storage shed & a greenhouse. Oil fired central heating & ample parking. Close proximity to Faha Primary school & Milltown Secondary school. Only 15 minutes drive to Killarney Town Centre.

Agent: ● Property Partners Gallivan ● College Square, Killarney, Co. Kerry ● Tel: **064 6634177** **www.propertypartners.ie**

Guide Price: €140,000



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

KERRY FINALISTS IN WEDDING AWARDS



TARA DONOGHUE, PHOTOGRAPHER, TRICIA O'SULLIVAN (MUNSTER MOBILE HAIR) AND GEORGINA MACKESSY (MAKE UP ARTIST) - ALL FINALISTS IN THE WEDDINGSOnline AWARDS 2016.

Four Kerry wedding suppliers are finalists in this years weddingsonline Awards 2016 which will be announced at a Black Tie Gala Dinner & Ceremony on Monday 15th February 2016 at the Grand Hotel, Malahide.

The event, which will be hosted by Lisa Cannon from Xposé will see the top wedding suppliers in Ireland come together for the event.

Photographer Tara Donoghue is hoping for third time lucky this year as she has been

recognised for a finalist for the last three years. She is joined by Tricia O'Sullivan, Munster Mobile Hair and Georgina Mackessy, Make Up Artist.

The Dingle Skellig Hotel is a finalist in two categories, - Hotel Venue of the Year Munster and Waterside Venue of the Year.

Since its inauguration in 2008, this event has become a permanent fixture in the diaries of Ireland's wedding industry professionals and brides and grooms-to-be alike. The weddingsonline Awards recognise the success, dedication and extremely high levels of quality and service given by the Irish wedding industry. "I don't think there have ever been four Kerry suppliers to get picked as finalists in the one year", so hopefully we can come back with some awards for the county and do everyone proud", Tara Donoghue, Photographer, told The Killarney Outlook.

"It is great to see that Kerry Wedding Suppliers are being recognised country wide as some of the highest standard in the industry", she added.



THE DINGLE SKELLIG HOTEL.

KERRY GAA GALA FUNDRAISING DINNER IN DUBLIN

The inaugural Kerry GAA Gala Fundraising Dinner will be held at the Hilton Doubletree Hotel, Dublin, on Friday 29th January. This exciting black tie event will take place on the eve of the opening game in the Alliance Football League in which Dublin and Kerry will meet again in Croke Park. In fact, the enduring rivalry between our great footballing counties will be a central theme of our Gala Dinner which will be attended by many of the stars of the legendary Kerry-Dublin clashes over the decades. We will also be joined by leading personalities from other sports. All funds raised on the night will be invested in the development of training and coaching facilities at the Kerry Centre of Excellence Project. A table of ten costs €2,000 and includes:

- Dinner and entertainment, compared by RTÉ's Darragh Moloney, Music, led by the great Liam O'Connor.
 - The chance to participate in an auction of Kerry and Dublin GAA and other collector's sporting memorabilia.
 - Tickets to the Kerry V Dublin National League opening match on 30th January.
 - Tickets for a legends Tour of Croke Park to take place on the afternoon of the match
- To book a table please visit www.kerryfundraiserdublin.com or contact Carley Donegan on info@kerryfundraiserdublin.com

KWOTE LADIES LUNCH

The ladies from KWOTE donned their finery and enjoyed a Women's Christmas lunch on January 6th at Hannigans in the International Hotel.

The next KWOTE Killarney Women's

Organisation for training & empowerment next monthly meeting will be held on Wednesday January 20th 8pm Scotts Hotel. Guest speaker will be Fire Officer Mark Brady of Killarney Fire

Station.

Members €2 non members €3.



MEMBERS OF THE KWOTE ENJOYING LUNCH IN HENNIGAN'S RESTAURANT IN THE INTERNATIONAL HOTEL.



MEMBERS OF THE KWOTE ENJOYING LUNCH IN HENNIGAN'S RESTAURANT IN THE INTERNATIONAL HOTEL.

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



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NEW TO MARKET

MAUGHANTOURIG, GNEEVEGUILLA, KILLARNEY

Beautifully presented four bedroom cottage, constructed in 1963, on half acre site. Cottage is well presented in excellent condition with double glazed pvc windows, oil fired central heating and pumped cavity walls. Ideal first time buyer property in walk-in condition.



BER E2

Price Region: €65,000

18 COILL CORRAN, PARK ROAD, KILLARNEY

Well finished large two bedroom penthouse 148.64 sq. m./1,600 sq. ft. apartment with open fireplace, new walnut timber floor to living room, integrated appliances in kitchen, master bedroom has walk in wardrobe, en suite bathroom and double balcony. This well located apartment also has a dedicated car parking space.



(BER Pending)

Price Region: €199,000

Joint agency: Property Partners Gullivan, College Street, Killarney 064-6634177

PROPERTIES FOR SALE

7C THE ASH, THE AVENUE, COUNTRESS ROAD, KILLARNEY

4 Bed Duplex Unit
Turn Key Finish
Town centre location
Asking Price: €220,000
BER Rating: C1



3 COLL CORRAN, PARK ROAD, KILLARNEY

2 Bed 1st Floor Apartment
Recently refurbished
Walking distance of town centre
Asking Price: €165,000
BER Rating: C2



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COYNE & CULLOTY

FOR SALE

11 LAKEVIEW VILLAS, AGHADOE, KILLARNEY



€155,000—3 Bedroom semi detached property just 4 miles from Killarney town centre with stunning views overlooking Killarney Lakes and mountains.

43 Castle Falls, Ross Road



€247,500—Excellent presented 3 Bedroom semi detached property. Private rear garden. Ideal investment property.

5 O'Sullivan's Place, Killarney

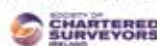


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AHERNS PHARMACY HELPING TO IMPROVE COMMUNITY HEALTH IN 2016

On Tuesday 1st of December last, Aherns Pharmacy Farranfore, held a personal health improvement event in the Marion Hall Furies.

THE EVENT CONSISTED OF PRESENTATIONS FROM:

- 1) Dan Ahern on the key findings of a trial programme that Dan ran in the pharmacy in 2014. These included significant reductions in waist and weight measurements, increases in levels of physical activity, better control of chronic health conditions and improvements in physical and mental wellbeing.
- 2) Dietician Deirdre Kelly demonstrated to the audience how a couple of small changes in diet and eating habits can have major benefits to their health.
- 3) Micheál Dillon from Kinetic Health & Fitness demonstrated how increasing levels of exercise can start in the comfort of your home and also the benefits of interval training.
- 4) Mark Doe, from Just Cooking, prepared some tasty and healthy dishes on the night and also advised on healthy ingredient alternatives for use in the kitchen.

Everyone who attended on the night received a personal health information pack as well as getting to sample Mark's delicious dishes.



PICTURED AT THE AHERNS PHARMACY FARRANFORE, PERSONAL HEALTH IMPROVEMENT EVENT IN THE MARION HALL FIRIES.

L:R: MARK DOE FROM JUST COOKING, DIETICIAN DEIRDRE KELLY, DAN AHERN FROM AHERNS PHARMACY AND MICHEÁL DILLON FROM KINETIC HEALTH AND FITNESS.

"We hosted the event as one of our key aims at Aherns Pharmacy is to improve and maintain the health and wellbeing of our customers and community. I was delighted with the feedback from the event, the key message is that getting healthier needn't be hard work or expensive, it takes just a few simple changes in diet and a bit more physical activity for results to be seen", said Dan Ahern.

Aherns Pharmacy
Farranfore,
Telephone: 066 9764110

Advertiser



MARK DOE, FROM JUST COOKING.



DIETICIAN DEIRDRE KELLY.



MICHEÁL DILLON FROM KINETIC HEALTH AND FITNESS.

FUNDING ANNOUNCED UNDER A NEW ROUND OF SCHEME TO SUPPORT NATIONAL ORGANISATIONS



SENATOR MARIE MOLONEY.

Senator Moloney welcomed the announcement of a new round of funding for the Scheme to

Support National Organisations by Ministers Kelly and Phelan. This grant scheme provides multi-annual funding towards the core costs of national organisations in the community and voluntary sector to assist them to operate and fund core staff positions. The funding that will be provided will focus on addressing poverty, social exclusion and on promoting equality. Speaking to The Killarney Outlook, Senator Moloney said "I am delighted that Government can help the efforts of voluntary organisations. I have worked on this initiative over the years and I am delighted that funding is being provided again this year. This Scheme is vital for the community and voluntary sector to support

key staff positions. The staff involved do a wide variety of valuable work that enhances Irish society."

The Scheme will be administered by Pobal. Further information on the Scheme, including the Application Guidelines, Application Forms and details to register for an information event on January 19th are available at www.pobal.ie. There is a budget of approximately €10 million over 3 years for the SSNO, subject to a number of factors. The amount that organisations can apply for is between €20,000 minimum and €90,000 maximum, and they must show evidence of need.

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'Shelton' Ballydowney Killarney

4 bedroom detached residence in an excellent location within minutes walk of Killarney town. Large mature front and rear gardens. Superb opportunity to redevelop a detached family home in an excellent location.

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IS THE SPORT LOSING THE FUN AND ENJOYMENT?

Jim O'Shea, Veteran Athlete tells The Killarney Outlook his views on the world of sport today....



JIM O'SHEA, VETERAN ATHLETE.

As we start 2016 let us just think of what a glorious sporting year that 2015 was. The World Cup in Rugby, The Euro Qualifiers in soccer, The Wimbledon Tennis, The British Open in golf, The World Athletics Championships

and on the domestic scene, the All-Ireland Football and Hurling Championships. But are we losing the sporting element and is sport today just a business?

The top performers in sport today are earning mind boggling figures in money terms. Last year Jordan Spieth won ten million dollars for his victory in a golf tournament and because he finished top points scorer over a select six tournaments, he netted a further twelve million dollars; a total of twenty two million in one week.



GOLFER JORDAN SPIETH

Another example, Wayne Rooney of Manchester United is reputedly on a weekly wage of three hundred thousand pounds sterling, these are just two examples of the crazy earnings in sport today.

Rugby is also gone professional in recent years. I can remember back in the 1960's, when the famous Mike Gibson from Northern Ireland was awarded the Texaco trophy for outstanding rugby player in Ireland for that year but was barred from accepting it by the I.R.F.U. on the

grounds that it would infringe on his amateur status. Today rugby players go to clubs where the best financial package is to be found.

To reach the top in the sport today, some sports people resort to drug taking, blood doping and other suspect means to reach the big money. Over the years, drug testing was quite common in athletics. Ben Johnson was probably the best known as he "won" the Olympic 100 metres title. He was stripped of his gold medal but it was later proved that six out of eight men in that final were drug takers. Just a few weeks ago, a marathon runner from Kenya in an effort to win the cash prize on offer in a race in his own country engaged in blood doping and collapsed and died during the race.

Blood doping entails the athlete taking blood (usually one pint) from the body and storing it in a refrigerated state until three or four days before the event when it is pumped back in and allows the athlete to have extra oxygen during his/her event. This unfair method has been widely used all over the world, in this country and indeed in this country.

Cycling is another sport that has a history of drug taking. British cyclist Tommy Simpson collapsed and died by the side of the road during a stage of the Tour DE France in the 1960's and through the year's right up to the



LANCE ARMSTRONG

recent banning of Lance Armstrong, the sport of cycling has been bedevilled by drug taking. Nowadays, young boys who want to progress rapidly in field sports are attending gyms and lifting weights far in excess of what their young bone structure are capable of. The result is joint problems and hip operations in their very early

twenties. Many are also taking excessive doses of whey and protein powders which bulk up the body but which can have disastrous results later in life with kidney and other health issues. Even in GAA circles, the quest for success comes at a price. Practically all counties and indeed the major clubs now have managers, coaches (for goalkeepers, backs and forwards), physios, medical staff etc. Croke Park's bosses will tell you that all those people are only on expenses, but believe me, expenses can cover a multitude. Many counties and clubs are deeply in the red because of such structures. An example is Mayo Co. Board who is reputed to be eleven million euro's in deficit. This applies to other counties and clubs albeit for lesser amounts. And is it getting tougher on the players? Of course it is. Some clubs now have training sessions at seven o'clock in the morning in the build up to finals. We hear of players giving up the day job to concentrate on football or hurling. But we also hear of players packing it all in at 28 or 29 years of age. The pressures take a toll at an earlier age.

Less young people take part in sporting activities today, and of those who do a high number drop out at the age of 16 or 17 due to school pressures and over demanding coaches in lots of sports teams.

We are told that you cannot stop change but I pose the question, is sport losing its fun and enjoyment? I say a very definite yes. It would be good if people went back again to simple sport for enjoyments sake. People of course should be competitive and try to achieve the highest standard that they can without putting themselves through undue pressures and stresses. Sport should be a level playing field and nobody should resort to methods which will give them an unfair advantage over their fellow competitors.

KILLARNEY OUTLOOK

WELCOME READERS TO SEND IN THEIR VIEWS ON TOPICS OF THEIR CHOICE FOR PUBLICATION.

Editor's Decision is final

THE KERRY GAA SUPPORTERS NIGHT OUT

The Kerry GAA Supporters Club hold their annual social on Saturday 23rd of January in the Ballygarra House Hotel in Tralee.

There is plenty to celebrate there too with All Ireland titles by the Minor and Junior footballers and National titles as well by the Senior and Minor Hurlers as well as eight All Stars between

football and hurling not forgetting Dominick Lynch's exploits on the Handball scene. So a big night as usual in the Ballygarra House on 23rd – tickets available from Donie O'Leary, John King, Martin Leane and any of the committee members.



If you want to keep up to date on a daily basis make sure to follow us on @killoutlook

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Their Special Day



CAROLINE MURPHY FROM KILLORGLIN AND PÉADAR O'SULLIVAN FROM COOLEA, POSE FOR A PHOTOGRAPH ON THEIR WEDDING DAY.

THE COUPLE HELD THEIR CEREMONY AND WEDDING RECEPTION IN BALLYSEED CASTLE TRALEE CO. KERRY.

PHOTO MICHEÁL O'SULLIVAN PHOTOGRAPHY
WWW.OSULLIVANPHOTOGRAPHYIRL.COM



SINÉAD FLEMING FROM MUCKROSS AND DANIEL MAC SWEENEY FROM BALLAUGH WHO WERE MARRIED IN MUCKROSS CHURCH.

THE COUPLE HELD THEIR RECEPTION IN THE MUCKROSS PARK HOTEL.

PHOTO MICHEÁL O'SULLIVAN
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Photographers

who wish to submit wedding pictures

for inclusion on the page can email them to editorial@outlookmags.com

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operation TRANSFORMATION

Chicken Noodle Soup

Serves 3 adult portions. - (Each serving contains approx 300 calories.)

Ingredients

- 1 tablespoon rapeseed oil
- 2 carrots, chopped
- 1 onion, sliced
- 2 sticks celery, thinly sliced
- 950ml chicken stock (950mls water + 2 stock cubes)
- 1 teaspoon dried thyme
- 90g whole wheat fusilli pasta
- 150g cooked chicken



Method

1. In a large pot, heat the oil over medium heat.
2. Add the carrots, onion and celery.
3. Add 950mls of chicken stock mixture to the pot.
4. Now add the thyme, pasta and chicken.
5. Bring to the boil, reduce heat to medium and simmer for 10 – 15 minutes until pasta is cooked.

Brunch Quiche Cups

Serves makes 6 servings. 1 cup and 1 pita per serving. - (Each serving contains approx 195 calories.)

Ingredients

- 90g chopped broccoli
- 30g Baby spinach
- 30g cheddar cheese
- 1 tablespoon chopped parsley
- 10g onion
- 2 eggs
- 60ml low fat milk
- ¼ teaspoon salt
- ¼ teaspoon mustard
- ¼ teaspoon ground pepper (optional)
- 6 small wholewheat pitta breads (1 pitta per serving)



Method

1. Preheat oven to 200°C.
2. Put paper liners in a muffin tray.
3. Steam the chopped broccoli for 5 minutes.
4. Grate the cheese, and chop the onion.
5. In a medium bowl, beat the eggs. Then add milk, mustard, salt, pepper, onions, parsley. Whisk again.
6. Divide the spinach and cooked broccoli equally among muffin cups.
7. Pour egg mixture evenly into the muffin cups.
8. Place the muffin tray in the oven for 20 minutes or until eggs set or top becomes lightly golden. Sprinkle on the cheese for the last minute of cooking until melted.
9. Toast pitta to lightly golden. Slice the quiche cup in two and place in pitta.

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MOVE INTO BODY & MIND FREEDOM!

Getting fit is one of the main resolutions that many people make this time of year. And whilst we all want to be fit and healthy it's interesting that much of traditional fitness training is focussed on muscles, repetition and placing an emphasis on trying harder and harder. The result is often sports injuries or over training to a point of exhaustion. We need to shift our focus from the muscles to the brain. Fascinating research shows us that any change in fitness is preceded by a change in our brain first. When you move with mindful focussed awareness and attention you begin to flood the brain with new information, which leads to new neural pathways, possibilities and positive results. Body and mind freedom come from being able to make space in both areas. When you stop the incessant chatter of the mind and begin to move with slow, gentle, meaningful movements, you create peace, harmony, balance, health, vitality and wellness in all areas of your life. If you would like to experience this for yourself, sign up for my Chakranetics classes – details below.

New Chakranetics™ classes (Mindful Movement Meditations) starting Monday 18th January at 7.30pm and Tuesday 19th January at 10.00am! (At the Travel Inn, Fossa!) Book early to secure your place! €60.00 for six weeks!

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LET'S GET PREPARED!

STEP 1: PREPARE YOURSELF A WEEKLY FOOD PLANNER CONTINUED...

1. It is important to write your Weekly food plan somewhere you can refer to easily. Most of us could write the book on healthy eating so get the pen and paper out and tap into all the information you have read over the past few months or years. Write your own Healthy eating Book. No one knows your palette better than yourself! Putting it on paper will give it structure and more guarantee that you will stick to it.

2. Don't worry about getting it wrong. Very few of us will realistically plan a week of pizza, chips and takeaway on paper and if you do don't expect any great miracles. Whatever you write out can only be an improvement of what you are eating already.

3. However, don't totally overhaul your diet completely take it step by step and work on the obvious culprits that could be removed or modified, and work from there. Preplanning your meals for the week sets you up for the next step.

STEP 2: PREPARE A SHOPPING LIST

1. Now that you have planned your weekly food plan you can easily make a shopping list of what you need based on the meals you set out for yourself. Again write it down so you don't forget anything.

2. You may have to make 2 trips to the supermarkets as I would encourage eating lots of fresh veg, but won't it be worth it when you are looking and feeling fabulous.

3. Only include the exact items on the list and don't bulk buy, as this may lead to overindulgence on certain items. Stick to your plan!

4. Oh and last thing. DO NOT GO SHOPPING HUNGRY! I know you have heard this one before so no need to go into reasons why.

IF YOU ARE STRUGGLING WITH ANY OF THESE POINTS DON'T WORRY I WILL BE HOLDING A HEALTHY EATING WORKSHOP, COVERING ALL THESE TOPICS AND MORE, NEAR THE END OF THE MONTH SO KEEP AN EYE ON THE OUTLOOK FOR DETAILS.

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DIET TIP

MAKE ONLY ONE MEAL.

Instead of making something high-cal for the family and low-cal for yourself, get everyone on the same healthy-eating page. Weight loss and maintenance is easier when everyone's eating the same thing -- and you're not tempted to taste someone else's calorie-dense food.



Beauty tip



HAVE SOME HAIR FORESIGHT.

If you know about your evening plans in advance, try to wake up a bit earlier that morning to give your mane a supersleek blowdry before work. This will ensure that it still looks good later on, whether you want to put it up or just wear it down.

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PICTURED AT MD O'SHEA'S FOR THEIR SUPER SALE WERE STAFF MEMBERS L-R DEANE MURPHY, EILEEN RAHILLY, CHRIS GABBETT & BERNIE KELLIHER. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



A FAMILY AFFAIR FOR THE PALMERS AT THE SUPER SALE AT MD O'SHEAS. BACK ROW L-R TJ, TOMMY, SAMANTHA, CIARA & CATHY. MIDDLE ROW STEPHEN, SARAH & CHRISTOPHER AND IN FRONT REVECCA. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



SHANNON KNEE AND HER MUM MARIE ENJOYING THE SUPER SALE AT MD O'SHEA'S ON SUNDAY. PICTURE MARIE CARROLL-O'SULLIVAN 087 3914808



ALL IN PINK...LAUNCHING THE 'PINK HAT' DAY AT KENMARE MART CO-OP, CO KERRY. FROM LEFT, MIKE TIM O'SULLIVAN, CHAIRMAN, KENMARE MART, ANITA DONOVAN, DAIRYMASTER, CLLR DAN MCCARTHY, MANAGER KENMARE MART, MARY MULVIHILL, DAIRYMASTER, MIKEY JOE MURPHY, DAIRY FARMER AND EUGENE O'SULLIVAN, OLDEST DROVER IN IRELAND. PHOTO: VALERIE O'SULLIVAN.



PICTURED AT THE GLENEAGLE HOTEL FOR DANCING TO NEPAL FUNDRAISING EVENING WERE L-R LAURENCE & KARINA COURTNEY WITH SIOBHAN & JOHNNY O'MEARA. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



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Keep a very close eye on the CAO timeline

(By Billy Ryle)

The CAO application season is up and running and continues until all college places have been allocated in October. With more than 80000 applicants competing for about 49000 coveted CAO college places, it's vital to submit a complete application form. So stay focussed and be aware of the key dates and the important tasks to be undertaken in the weeks ahead. The 2016 CAO online application opened on 5th November and remains open until 1st February. Open your CAO interactive online account via "Apply" on www.cao.ie, by 20th January to get a discount rate of €25. After that the fee increases to €40 until the 1st February. The closing date for online Change of Course Choices, which is free, is 31st January.



You may also use the online Change of Course Choices facility from 5th February to 1st March on payment of an additional processing fee of €10. This facility can be used to add any restricted courses not already listed on an application or by restricted category applicants. All other applicants should use the free Change of Mind option, between 5th May and 1st July, to make any course changes.

Completed online Higher Education Access Route (HEAR)/Disability Access Route to Education (DARE) forms must be submitted by 1st March. HEAR/DARE supporting documentation must arrive in CAO by 1st April.

Late online applications, accompanied by a fee of €50, will be accepted up to 1st May. Late application may not be made for restricted application courses. From 5th May, you may register a change of course choices online at **www.cao.ie**. Check that your courses have been updated by using the "My Application" facility before 1st July. Before the end of May, you will be sent a Statement of Application Record to enable you to verify that all information has been recorded accurately. If there is any inaccuracy in the document, contact the CAO immediately. If the data is correct, you need do nothing.

Course choices and preferences may be changed as often as desired, free of charge, between 5th May and 1st July. If you submit a Change of Mind, it cancels all the previous course choices, which you have submitted. The two categories (Level 8 and Level 7/6) are completely separate from each other for this purpose. Any restricted application course, added for the first time via a Change of Mind will not be considered unless it shares the same assessment procedure with a course you had applied for by 1st February.

In early July, offers of places (Round A) are issued to deferred applicants, mature applicants and to those who need to make visa arrangements. Last year, 6922 applicants received offers in Round A. In early August, offers of places (Round Zero) are issued to certain non-standard categories of applicants such as FETAC and graduate applicants. Last year, 2797 applicants received offers in Round Zero. **Round One:** the main body of offers will be issued on the 22nd August. Last year, 50427 applicants received offers in Round One. **Round Two:** a second round of offers will be issued on 31st August to fill any remaining vacancies. Last year, 1162 applicants received offers in Round Two. Thereafter, offers will be issued as necessary until the 19th October to fill any vacancies, which may arise.

If you are applying to CAO for any of the five undergraduate medical courses you must also apply for the HPAT- Ireland test by 5.15pm on 20th January. The test will take place on 27th February at centres in Cork, Dublin, Galway, Limerick, Sligo and Waterford.

In the next article, I will guide you through “Apply” – the CAO interactive online application system.

Billy Ryle is a Career Guidance Counsellor and freelance writer



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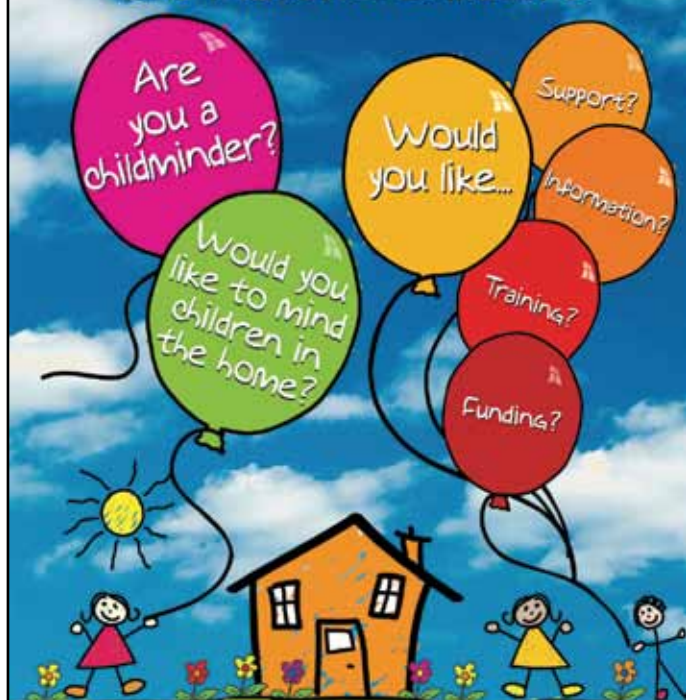
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THANK YOU

We wish to thank most sincerely everyone who contributed to our Annual Christmas collection in Killarney parish. Also The parishioners of Beaufort, Fossa, Kilcummin & Glenflesk. On behalf of the Society we wish you all God's blessings in the year ahead.

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Course Details

Killarney course

Date: commences Thursday 21st January 2016

Times: course runs over 8 Thursday mornings from 9.30am to 12.45pm

Location: The Brehon Hotel, Killarney

Tralee course

Date: commences Friday 22nd January 2016

Times: course runs over 8 Friday mornings from 9.30am to 12.45pm

Location: Fels Point Hotel, Tralee

The course is very heavily subsidised. Fee of €100 applies. Places are limited.

HOW TO BOOK YOUR PLACE

Booking through Kerry Local Enterprise Office. Please telephone Fiona Leahy on 066 7183522 to book or for further details.

Booking can also be done online at www.localenterprise.ie/kerry





OUTLOOK SPORTS NEWS

Editor : Donal Barry

Email : news@outlookmags.com



SPORTS NEWS FROM AROUND THE COUNTY

KERRY CHALLENGE FADES ON THE DAY AS GALVIN RETIRES

MCGRATH CUP ROUND 1

KERRY 0-9

CLARE 0-12

On a day when an under strength Kerry team failed to defeat Clare it was the news of a retirement that made the headlines.

Following their opening McGrath Cup loss Kerry manager Éamonn Fitzmaurice confirmed that Paul Galvin has retired from inter-county football.

Galvin initially retired at the start of the 2014 season, but made a shock return in March 2015.

"Paul won't be back," Fitzmaurice said. "He is finished up. He got married, is moving back to Dublin. Other than that everyone else will be back." Clare recorded their first win at senior level over Kerry since the 1992 Munster Final when they consigned the Kingdom to defeat in last Sunday's McGrath Cup at Fitzgerald Stadium, Killarney.

Eamonn Fitzmaurice fielded a largely experimental side which featured none of the team that lost last September's All-Ireland final to Dublin.

With the Kingdom likely to be shorn a number of first-team regulars for the early stages of the league, this was a welcome opportunity for players who have aspirations of playing Senior Football with Kerry in the future to answer the call.

One of these players, Gavin O'Grady from the Glenbeigh-Glencar club, certainly caught the eye as did the Austin Stacks pair of Shane O'Callaghan and Wayne Guthrie.

Shaun Keane from Killarney Legion made a notable impression when introduced in the

second half while Jeff O'Donoghue also caught the eye.

The first-half was a relatively cagey affair and after 19 minutes the sides were level on 0-3 apiece but Kerry finished the stronger and scores from Jamie O'Sullivan, Jeff O'Donoghue, a member of last year's All-Ireland Junior panel, and Gavan O'Grady pushed the Kingdom four clear at the break, 0-7 to 0-3.

A physically stronger Clare outfit grew with confidence as the game wore on and points from substitute David Tubridy (two) and Eoin Cleary brought the Bannermen back into contention.

Keelan Sexton levelled for Colm Collins' side in the 49th minute and Sean Collins' point in the 56th minute put the Claremen into a lead they refused to surrender.

Kerry continue their McGrath Cup programme next weekend when they face Tipperary in Sean Treacy Park, Cashel.

Teams and Scorers

Clare: Joe Hayes Manus Malone, Gordon Kelly, Enda Ralph, Pierce Lillis, Jamie Malone, Martin McMahon, Cathal O'Connor (0-2), Gary Brennan, Sean Collins (0-1), Enda Coughlan, Thomas Downes, Eoin Cleary (0-4, 0-1f), Kieran Malone, Keelan Sexton (0-1).

Subs: Conor O'Halloran for M Malone (half time), David Tubridy (0-3) for Thomas Downes (half time), Damien Burke for Enda Coughlan (inj, 40), Graham Kelly for Enda Ralph (51), Martin O'Leary (0-1) for Kieran Malone (52), Sean Haugh for K Sexton (63)

Kerry: Shane Murphy, Brian Ó Beaglaoich, Ger Hartnett, Paul O'Sullivan, Pádraig O'Connor, Damien O'Sullivan, Tom O'Sullivan, Brendan



KERRY STAR PAUL GALVIN RETIRED FROM INTER COUNTY FOOTBALL.

O'Sullivan, Wayne Guthrie, Philip O'Connor, Jamie O'Sullivan (0-3, 0-2 frees), Shane O'Callaghan, Pa Joy, Gavin O'Grady (0-3, 0-3 frees), Jeff O'Donoghue (0-2, 0-1 free)

Subs

Shaun Keane for Wayne Guthrie (45) Darragh O'Brien (Austin Stacks) for Pa Joy (49), Kieran Crowley for Jamie O'Sullivan (52), Maurice Foley for Tom O'Sullivan (52), Tom O'Sullivan for Kieran Crowley (black card, 63) and Jamie O'Sullivan for Shane O'Callaghan (64)

Referee: Michael Collins (Cork)

ST BRENDAN'S TO STAR ON NATIONAL STAGE

Kerry will be represented at the showpiece of Irish basketball with St. Brendan's Tralee through to the Hula Hoops Men's National Intermediate Club Championships Final.

The Moyderwell based side saw off Cork Celts in Sunday's semi-final in Portlaoise with the help of 20 points from Kieran Donaghy. Fergal O'Sullivan and Mike O'Donnell were the other top scorers as St. Brendan's built on their 34-26 half-time lead.

The final will take place as part of the Hula Hoops National Cup finals weekend at the National Basketball Arena on the weekend of January 30th and 31st.

The National Intermediate Club Championships is a new competition for clubs below national league level. St. Brendan's have also beaten Shannon Jets, Portlaoise Panthers and Phoenix BC of Belfast on their route to the final.

SHEEHAN NEW KERRY CAPTAIN

Bryan Sheehan nominated to be the new Kerry Captain

County champions, South Kerry have informed the secretary of the Kerry County Committee that Bryan Sheehan is to be their nominee to captain the Kerry Senior Football team in 2016.

The St Marys clubman, who previously led the Kingdom in 2010, and who made his championship debut against Tipperary back in 2005, has made 60 championship appearances in the green and gold for Kerry scoring a whopping 6 goals and 153 points.

The nomination will be ratified at the next meeting of the Kerry County Committee.



NEW KERRY CAPTAIN BRYAN SHEEHAN

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CLOSING DATE WEDNESDAY JANUARY 27TH 2016

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Comhairle Contae Chiarraí

Kerry County Council

2016 ARTS GRANTS DEONTAIS EALAÍON

Application forms are now available
from the Arts Office, Kerry County Council.
Closing date for receipt of applications is
4.00pm, Wednesday, 17th February 2016.

Tá na foirmeacha ar fáil anois ón
Oifig na nEalaíon, Comhairle Contae Chiarraí.
Dáta deiridh d'iarratais líonta
4.00in., Céadaoin, 17th Feabhra 2016.

066 7183541
arts@kerrycoco.ie
www.kerrycoco.ie/en/allservices/arts/forms



KERRY HURLERS, TOM MURNANE, DANIEL COLLINS AND BRENDAN O'LEARY LEAVE THE FIELD EMPTY HANDED AFTER A GREAT TUSSELE WITH CORK IN THE MUNSTER LEAGUE ON SUNDAY.

EAST KERRY NOTES

With Áine Ní Shúilleabháin PRO

EAST KERRY MINOR CHAMPIONSHIP – DIVISION 2 SEMI FINAL FIRIES 1-15 LEGION 3-05

Last Sunday, Furies qualified for the Division 2 Final of the 2015 East Kerry Minor Championship, sponsored by The Tatler Jack, in a skilful and exciting game. The first half was tit for tat with the sides evenly matched up to the closing minutes. Legion pointed and Furies replied with a point and before Conor Randles gave the visitors the lead with a goal, within ten minutes. Legion responded with a point from play quickly followed with a Conor Culloty goal to lead by the minimum, 1-2 to 1-1. Furies were denied a number of goal chances when Legion keeper, Conor McCarthy, made a number of saves, from point blank range. The game was evenly balanced until Legion scored two goals in quick succession in the first goal by Peter McCarthy, quickly followed with a Dara Doherty goal, giving Legion a five point lead at the break on a scoreline of Legion 3-3 Furies 1-4. Furies dominated the scoring in the second half and reduced the margin to the minimum going into the last quarter – 3-4 to 1-9, with 5 unanswered points, Donacha O'Sullivan their main scorer in the game, with William Courtney, Cian O'Callaghan and Cathal O'Shea also adding their name to the scoreboard. A great point from distance levelled the game with fourteen minutes remaining. Furies pulled ahead in the next five minutes with three unanswered points, two from play and a lovely long distance pointed free, to lead 1-13 to 3-4 with ten minutes remaining in the game. Legion, to their credit, played with determination to the final whistle and pressed forward creating scoring opportunities, but were held to a single point, while Furies notched up two points in the final ten minutes of the game. It was Furies ran out winners, to meet Rathmore in the final, on a full time score of Furies 1-15 Legion 3-5. The Final will be fixed for the first available date. Referee: Brendan Brosnan (Glenflesk).

EOGHAN RUADH UNDER 14'S CORE

WORK 2016: Eoghan Ruadh Under 14 Core Work will commence on Saturday 16th January 2016, from 5 pm to 6 pm in Gneeveguilla C.L.G. hall. The aim of the indoor sessions is to provide players with basic core conditioning, developing balance and improving functional movement skills and flexibility. All coaching officers have been contacted in advance. Eoghan Ruadh Under 14 club players are getting an excellent chance over the coming weeks to build a solid platform for 2016. Regular attendance will see positive results. Pat Cremin (Rathmore) will deliver the sessions in Gneeveguilla hall and East Kerry/ Kenmare GDA Vince Cooper will be attending the sessions in Gneeveguilla hall on a regular basis to monitor progress.

EAST KERRY BOARD ANNUAL

CONVENTION: The Annual Convention of the East Kerry Board will be held in the Killarney Heights Hotel on Thursday the 21st January 2016 starting at 7.30pm. There will be Mass for deceased members at 7pm, prior to the meeting. Clubs are reminded that all nominations and motions must be with the East Kerry Board Runai by Thursday the 14th January.

CULTURAL ACTIVITIES – SCÓR

COMPETITIONS: The East Kerry Finals of Scór Sinsir, sponsored by Killarney Credit Union, will be held in Killarney Racecourse on Friday night, starting at 8pm. This promises to be a most enjoyable night's entertainment with the best of the great talent which abounds in East Kerry, on show. Well done to Spa Set dancers on winning the Munster title in Scór na nÓg last Sunday and the best of luck in the All Ireland Finals in the INEC on the 30th January. Commiserations to the other competitors from East Kerry who represented their clubs and East Kerry so well.

MID KERRY NEWS

MID KERRY SENIOR FINAL: On this Sunday 17th January, the Mid Kerry Senior

Championship Final between Glenbeigh/ Glencar and Milltown/Castlemaine will be played at 2pm in J P O'Sullivan Park, Killorglin. Man of the Match Award is kindly sponsored by Sean and Kathleen Counihan of Griffin's Bar Castlemaine. (Replay in the event of a draw will be on Sunday January 24th) Please come along and support our senior team.

MID KERRY MINOR FINAL REPLAY:

On Sunday 24th January the Mid Kerry Minor Championship Final Replay between Milltown/Castlemaine & Laune Rangers will be played at 2pm in Beaufort. Man of the Match Award is being kindly sponsored by Trophy World, Boherbee, Tralee.

GAA LOTTO: Our next club lotto draw for €5,600 will be on Friday January 15th 2016 in Griffin's Bar, Castlemaine. Lotto tickets are available from usual sellers and at various outlets in Milltown and Castlemaine.

Special thanks to our generous sponsors Mike O'Shea and sons - Builders, Farran and also to our many loyal supporters and ticket sellers.

FUN FOOTBALL: Marcus, Garry, Mike, Turlough and John along with other club mentors are continuing Fun Football in the new community hall on Monday nights. During these sessions, children will be learning Fundamental movement patterns that are needed for them to lead active lives in their teenage and adult years. A startling report recently released by the WHO remarked about the level of inactivity among children in Ireland, how sedentary children are becoming and how Ireland's children are going to be the most obese in Europe by 2030. Drop out from sport is huge in the teenage years due to being "bad" at sport. If children realise that they are really good at some sports or at a particular aspect of a sport then they can go ahead and pursue that - be it Basketball, Athletics, Martial Arts, Gymnastics, swimming... The list is endless and it is important to remember that all sports will complement each other. Gum shields are necessary and €2 per child to help cover the cost of the hall rental. Further details available from the mentors or on our Face-Book Page.

KERRY SENIOR TEAM: Well done to our own club player, Cathal Moriarty who lined out with the Kerry senior team on Sunday last, in their clash with Clare in the McGrath Cup.

SPA CLUB NOTES

COUNTY LEAGUE DIVISION 2

PLAY-OFF

SPA 1-11 ST MARY'S 1-8: Played in Farranfore, our seniors put in a great display to overcome St Mary's on Sunday. Cormac Cronin and Mike O'Donoghue (2) opened the scoring for Spa and by the end of the first quarter the sides were level on 0-3 apiece. Points from Evan Cronin and Mike O'Donoghue put Spa ahead before Shane Cronin was brought down in the small square and Michael Foley converted the resulting penalty. Another point from



O'Donoghue made it 1-6 to 0-5 at the break. Dara Moynihan scored a great point from the throw in but after just 5 minutes St Mary's had drawn level at 1-7 apiece. Michael Foley, Dara Moynihan (2) and Mike O'Donoghue all replied with well taken points to make for a very exciting finish, with just a goal separating the sides, but some solid Spa defending, especially in the last quarter secured the win for Spa, who now face John Mitchels in a playoff for promotion to Division 1.

TEAM: James Devane, Paul Russell, Michael Finnegan, Shane Lynch, David Spillane, Alfie Giles, Shane Cronin, Matthew Moynihan, Andrew Garnett, Mike McCarthy Evan Cronin (0-1), Michael Foley (1-1), Cormac Cronin (0-1), Mike O'Donoghue (0-5), Dara Moynihan (0-3). sub: Eric O'Donoghue

SCOR NA NOG: Congrats to our set dancers who became Munster champions over the weekend in Cappoquin, Waterford. Our figure dancers were unlucky after giving a brilliant performance. Also to coaches Triona and Mairead Mangan who once again are passing on their own All Ireland winning successes to their students. The set dancers along with the quiz team will compete with the best of Ireland, on January 30th, in INEC Killarney. Anyone interested in supporting our All Ireland hopefuls please contact Sheila McCarthy 0877614847, ASAP for tickets as all entry must be pre booked.

SENIOR SCÓR: East Kerry final on January 15th in Race Course, Killarney at 8.00pm. Best of luck to our competitors: **FIGURE DANCING:** Sinead Cronin, Tricia Murphy, Clare Moynihan, Katie O'Connor, Fiona Kelly, Ciara O'Shea, Sarah Jane Taylor, Ann Marie Nelligan, Marie O Mahoney.

SOLO SINGING: Ciara O'Shea.

RECITATION: Ray O'Sullivan.

SET DANCING: Sinead Cronin, Tricia Murphy, Niamh Fenton, Marie O'Mahoney, Katie O'Connor, Alice Culloty, Clare Moynihan and Sarah Jane Taylor.

SCÓR NA BPAISTI : Club members (Primary school children) who may be interested in participating in forthcoming Scór na bPaistí competitions are invited to contact Spa Scór Officer Sheila McCarthy at 0877614847. Scór disciplines are Set and Figure Dancing, Recitation, Drama, Solo Singing, Instrumental Music, Ballad Group and quiz.

LOTTO: 10-1-16. Jackpot numbers 2, 12, 26, 28. No winners. Lucky dips Neily Foley, Barleymount. Frank Hickey, Minish, Timmy Moynihan, The Park, Melissa O'Connor, Kilcummin. Next weeks jackpot €14,400

WEDDINGS: Congrats to former Spa GAA club secretary, John Cronin Mangerton Road on his marriage to Gemma Kavanagh St Annes Road. Also to Daniel McSweeney Ballaugh on his marriage to Sinead Fleming Muckcross and Brendan Cahill Knocknahoe to Claire O Donoghue Muckcross Drive.

SYMPATHY: Is extended to the relatives of

Catherine O'Leary nee Cronin, Knocklebede, Kilcummin and late of College Street who died at the weekend. Also to the relatives of Martin Beckett, Woodlawn Road who passed away last week (relatives living locally). May They Rest In Peace.

DR CROKES CLUB NOTES

AGM: The annual AGM will take place on January 19th, nomination and motion forms are available on Dr Crokes Website and Facebook page.

PROGRESSIVE 31: Progressive 31 will continue every Wednesday night. Time 7.45pm. Everyone welcome. Bring €5 and a partner.

LOTTO: 8, 16, 17, 24 Jackpot €5700 not won. Match 3 8 by €50. Draw Sunday 17th of January in Tatler Jack. Jackpot €6000.

BEAUFORT GAA NOTES

THE AGM: Of Beaufort GAA Club will be held on Friday, 15th January at 8pm. All members are invited to attend. Please come along and show your support for the club as they continue to do great work for all our players, both male and female.

THE LOTTO DRAW: For a Jackpot of €2,400 was held in The Inn Between on Sunday last. Result next week.

The next Draw will be held on Sunday, 24th January. Tickets are available from usual sellers and are also available in local shops, bars and restaurants. It can now be played on-line.

WELL DONE: To Senior captain Gerard Hartnett who lined out at full-back for the Kerry Seniors in the McGrath Cup against Clare on Sunday last.

EXERCISE CLASSES: Early Spring Programme is as follows beginning Monday, 11th January for 5 weeks until before mid-term: Monday mornings 10am-10.55am Pilates with Jonathan, 11am-11.55am Over 50s Pilates/ Exercise Class with Jonathan.

Monday evenings 7pm-7.55pm and 8pm-8.55pm Pilates with Tony.

Thursday morning 9.30am-10.30am Core Strength with Tony.

Saturday morning 9.45am-10.45am Girls 11-14 years Exercise Class with Amy.

Classes €7 per class. Any 5 for €30. Discount for over 50s and girls class.

CLUB GEAR: Available for all players, members and supporters from Mary Cronin or Nora Hallissey. This includes Jerseys, shorts, socks, half zip tops, polo shirts and a special offer on hoodies at present.

A NATIONAL CLUB DRAW: Is being organised by the GAA in Croke Park to assist clubs with expenses. Beaufort are participating in same. Tickets are available from any committee member. Great prizes include a car, holidays, All Ireland packages. Tickets are €10 each.

LEGION GAA CLUB NOTES

AGM: A very large crowd attended our Agm last Friday night at the clubhouse where outgoing chairman Jimmy Reen sincerely thanked all the committees for their ongoing hard work. He thanked outgoing officers, Barry Slattery, Kevin Griffin, Paddy Osbourne and Tom Moriarty for their time and dedication before swapping roles with last years vice chairman Enda Walsh. Enda then went on to give a powerful address to the members outlining his hopes and plans for the year ahead and from everyone in the club, we wish him the best of luck as we also do for new secretary Denise Fogarty. Officers elected are

Chairman Enda Walsh, Vice Chairman Jimmy Reen, Secretary Denise Fogarty, Treasurers John Foran and Marion O'Connor, Registrar Tom Griffin, County delegate Brian Moriarty, East Kerry delegate John Hegarty, Scór officer Carol Ann Spellman, Hurling officer Tommy Galvin. Juvenile chairman and Juvenile Secretary and PRO to be elected at first executive meeting.

MINORS: The minors squandered a five point halftime lead to eventually lose by three points to Firies in the East Kerry Div 2 Final last Sunday at Derreen. Score legion 3-05 v Firies 1-15.

SENIOR TEAM MANAGER: Killarney Legion GAA Club are delighted to announce that, following ratification by the club's executive, the new senior team manager is Kieran Cronin. Kieran, whilst playing for the Kerry Under 21s, suffered a career ending injury which necessitated an extended spell in hospital. Following recovery he kept up his GAA passion by getting involved in coaching. Having been involved in the background of St Michaels Foilmores All Ireland Intermediate success he stepped forward to spend 4 years, 1 as selector and 3 as manager with his native club. In that period they cemented their place in the Top 4 of the County League Division 1 and under his management won back to back South Kerry Championships. Having moved to Cork due to employment he took up the role of coach with the Macroom senior team and spent 2 years in that position. Currently assisting Jack O'Connor preparing the Kerry Under 21s based in Cork.

A keen believer in the modern game and methods we are delighted to be welcoming Kieran as our Senior team manager. His backroom team will be finalised in the very near future.

WHERE ARE THEY NOW: The club hopes to send off its roaming reporter around the globe again in the near future where he hopes to catch up with a few more Legionaires who have departed their hometown. This time last year the club caught up with twelve clubmen and found out a little about how life is treating them now and of their memories of their days playing in the green and white. Anyone who would like to see a particular person interviewed please text Kevin Griffin 087 2484394 or email kevingriffinkillarney@gmail.com



FARRANFORE MAINE VALLEY ATHLETIC CLUB

The Munster Junior & U23 Indoor Championships were held on January 2nd and 3rd in Nenagh Indoor Arena. Rossa Foley got off to a great start to the season when he won the Junior Weight for Distance (6.11m) and came second in the Shot (9.68m).

The first county road race of 2016 took place in Beaufort on January 1st, organised by Star of The Laune AC. This annual event was expanded this year to include 5K option and another novelty was that the 10K route was run in the opposite direction to accommodate 5K and to reduce traffic on route. In good Kerry tradition, it was cold and "not dry" at the start.

Representing our club in the 10K, George McCarthy for first over the line, followed by Ger Ladden and Aidan Benson. Caitriona Barry was first lady, 6th overall followed by Michelle Hoare.

CLUB TRAINING: Tuesday at 7pm indoors at Farranfore Sports Hall, Maria has her cardiorespiratory, strength, endurance and flexibility exercise class. The programme is designed to improve all the components of fitness that constitute physical fitness of an individual. €5 per session.

Junior / Senior training Thursday at 6:40pm in GAA grounds Farranfore. €2 club member, €4 non club member.

ATHLETIC'S FIXTURES: County Juvenile XC Relay Team Selection (U10, U12 & U14), Sunday 17th January in Killarney Demesne 11am Start. Munster Senior & Masters Indoor Championships, Sunday 17th January 2016 in Nenagh Indoor Stadium at 10.30am.

Munster Juvenile Indoor Relay Championships, Sunday 24th January 2016 in Nenagh Indoor Stadium.

To compete in Munster fixtures you must be registered with Athletics Ireland for 2016.

Membership Fees for 2016 are now open online for all FFMV athletes. Please follow link on our website www.ffmvac.blogspot.ie

FOSSA ROWING CLUB NOTES

WEDDING BELLS: Congratulations to Brenda Allman and her new husband Sean Noonan and Josie Sugrue and her new husband Erik McDonnell. Best wishes for the future.

SYMPATHY: The club extends their deepest sympathy to Norma Talbot and her family and the death of her sister Catherine. Féadfaidh sí an chuid eile i síocháin.

WORKMENS ROWING CLUB

A very Happy New Year to all our members, friends and families.

WINTER TRAINING: Indoor training continues as per your trainers' instructions. Of course it has been greatly hampered by the flooding at our clubhouse at Reen Pier which has been inaccessible for over a month now. However,

where there's a will there's a way..... and many are still training away at the gym and at home. Many thanks to our trainers for keeping our athletes focussed and fit for the coming season.

IRISH INDOOR ROWING CHAMPIONSHIPS

In November we had the 'Provinces' where we came home with a string of medals and many personal bests. Now we look forward to our equivalent of the 'All Irelands', where we are pitted against the cream of rowing talent from all over the country. The venue, as before, is the University of Limerick. The date is fast approaching, the 23rd of January. We wish all our competitors, trainers, friends and family a safe journey and look forward to a fantastic day of competition once again. Beirigi bua a chairde!!

VISIT OF MR. SEÁN KELLY M.E.P.: As has been mentioned before, we have been flooded out of our clubhouse for over a month now and this flooding has been much worse than previous years, leaving us with precious equipment and valuable boats damaged. Seán Kelly M.E.P. paid us a visit to view first hand this damage and to hear how this is impacting on us as a club. We thank him most sincerely for taking the time to come down to Reen Pier with committee and club members, and look forward to his support in our future endeavours to solve this problem.

STRICTLY COME DANCING...

Timmy takes a twirl!!

It is with great excitement that we have heard that our very own Timmy Moynihan will take to the stage of the INEC on Friday February 5th to dance in 'Strictly Come Dancing'. We wonder if he'll be wearing his wellies and waders??? Can't wait to see him in full swing. Tickets (€20) are available from Who's For Shoes, Variety Sounds and word has it that Pauline has a few too. So, buy your tickets early. All proceeds go to the Irish Cancer Society, a charity very close to our hearts.

KILLARNEY COUGARS BASKETBALL CLUB

SENIOR NEWS: MEN'S DIV. 1

GNEEVEGUILLA 67

KILLARNEY COUGARS 97: Our senior mens started the new year with a great win on the road as they overcame Gneeveguilla to make back to back wins for the first time this season. Cougars started well with three pointers from Pa Murphy, Eugene Bowler and Darren Gaffey to lead 25-20. The Cougars kept the lead going throughout and were 51-45 ahead at half time with Jourdan contributing an impressive 14 points in the quarter. Cougars continued to increase the lead throughout the second half to finish comfortable winners with the result never in doubt.

WOMEN'S DIV III

BALLYBUNION WILDCATS 40

KILLARNEY COUGARS 42: Cougars ladies travelled to north Kerry on Saturday evening and continued their good league form with a hard earned win over the Wildcats to maintain

their league challenge.

The home side made the better start and led in the early stages but Cougars gradually came into the game and once they took the lead they kept in front despite strong pressure from the home side Cougars completed a league double over Ballybunion. Best for Cougars on this occasion were Abigail Graham, Katie Talbot, Fiona McSweeney, Caroline Kelly and Emer O'Shea. Next up for Cougars is the Cup Semi final against Caherciveen.

JUVENILE NEWS:

U16 GIRLS KERRY CUP FINAL

KILLARNEY COUGARS 37

ST MARYS 34: The Presentation Gym hosted the 2016 Div 1 Cup Final on Saturday evening and the large attendance saw the Cougars take the title in a thrilling finish to the game.

Cougars were in a determined frame of mind for this final and they had to show huge character to come from behind with a big performance in the final qtr. Cougars with a strong and organised defence started well and the Cougars took the early lead with good baskets by Kate Maher but trailed through the first half missing good chances, but the excellent defence kept St Marys within reach 25-15. Cougars were dominating possession but were continuing to miss good scoring chances with some good play going unrewarded before Cougars started to find the range more consistently with better shooting in the third quarter to trail 29-24 entering the last quarter.

Cougars were still well on top in defence and they began to press the Castleisland side into errors as Cougars finally tied the game with a great passing move that ended with Kate Stack going to the line to make to free throws to tie the game in the closing minute. Cougars defence again remained rock solid as St Marys again turned over the ball with Stack again finishing a fast break to leave Cougars ahead with time running out for St Marys the Cougars defence ensured the title was coming to Killarney. Cougars had strong performances throughout the game which was a great sporting contest and great entertainment for the large attendance.

FIXTURES: Monday January 18th

Div I Mens Cougars v Tralee Imperials in Pres Gym 7pm.

Sunday January 17th

U14 Div III Vixens v Cougars in Athea 2pm.

Cougars Juvenile Academy resumes this week Friday January 15th at the Parish Hall. Girls 5pm Boys 6pm

Further details on training schedules, fixtures and results log onto the website

www.killarneycougars.com or facebook.

GNEEVEGUILLA ATHLETIC CLUB

LOTTO: No winner of our lotto 08/01/2016, numbers drawn were 11, 19, 20 and 29. Sellers prize winner: Margaret Hayes, €50 Y/T prize to Ted Feehan Newmarket, €50 lucky dip winner:



Catherine Fitzgerald c/o Mgt Hayes, €40 each to Mike O'Keeffe Bounard, Sean Quinn Kiskeam and Chris Crowley Gullane. Bonus not won, numbers drawn were 10, 23, 24 and 27. Next week's jackpot €7,400 plus €1,000 bonus.

WATERFORD ½ MARATHON: Well done to Simon Mangan who finished in 8th place in Waterford ½ marathon in a time of 1 hour 14 mins on Saturday last. Seamus Murphy also took part and had a good run.

CLUB RELAY TRIALS: A great turnout for relay trials on Sunday last in Gneeveguilla. Next set of trials / training will be on Sunday January 24th at 3pm in Gneeveguilla GAA Grounds. Competition will be held in Caherciveen on Sunday 31st January.

INDOOR SPORTS HALL GAMES: We will be holding our second indoor sports hall games on Saturday 16th in Rathmore gym at 12.30 pm competitions for children born 2003 – 2009. All children training with the club in any of our venues are encouraged to attend.

MUNSTER MASTER INDOOR COMPETITION: Best wishes to athletes who will be competing next weekend.

COUNTY CROSS COUNTRY RELAYS: Trials will be held on Sunday next in the Demense Killarney. All athletes are eligible to attend.

MEMBERSHIP & LOTTO TICKET RENEWALS: Yearly tickets are now due for renewal so too is membership. Please pay up this week.

KILLARNEY VALLEY AC

AGM: The AGM of Killarney Valley AC will take place in the Killarney Court Hotel at 8pm on Tuesday 19th January. Members and non members welcome.

NEW MEMBERS: Killarney Valley AC welcomes new members and our 2016 registration night on January 7th was a great success. Your last chance to register for 2016 is Thursday January 21st in the Gymnasium at St. Brendans College from 6-7. Membership forms are available on the night if you haven't filled one out already. Payment must be made on the night – Juniors & Juveniles €25 each – Seniors & Masters €30. Could any new members please bring a copy of your birth certificate to complete your registration with the AAI. Those not registered cannot take part in competitions. For membership enquiries please text the club number 0872499566.

PLEASE NOTE THE FOLLOWING FIXTURE:

Sunday 17th January: County Juvenile Relay Team Selection

Venue: Killarney Demense 11am start.

Juvenile even age Relays Boys & Girls - Selection of county teams for Munster & National Juv. Relays in U10, U12 & U14.

Distances: U10 and U12 250m, U14 500m.

Those selected must be available to compete on Sunday 7th February in Enniskeane, West Cork.

For other upcoming fixtures please see <http://www.munsterathletics.com/fixtures/fixtures.htm> and <http://www.athleticsireland.ie/juvenile/fixtures/>

If you haven't yet got your club singlet please contact Brid on 087 2650720 to arrange to purchase one - singlets are €25 each. Killarney Valley AC now have club hats for sale at €10 each. Our new half zip club jackets are now in – contact Brid if you would like to buy one.

If you have any news you would like to include in the notes please text Maighread on 0868588988 and please like our Facebook Page www.facebook.com/KillarneyValleyAC to get our news and updates.

KILLARNEY BADMINTON CLUB

CONGRATULATIONS: To Killarney A won against Causeway with a score of 5-1. Well done to all who took part in Listowel last weekend, Sinead Galvin and Carmel Hudson runner up in division 1/2 and also Ciaran Creahen and Renee Murphy who won the division 3's.

Good luck to the division 4 ladies playing in final on Wednesday. Good luck to all playing in graduates and senior 2 on Sunday in Killarney sports and leisure, a great day of badminton will be had.

NEW MEMBERS: Always welcome anytime of year. Pres hall Monday, Wednesday nights at 8.30pm - 10.30pm.

RATHMORE GNEEVEGUILLA COMMUNITY GAMES

MUSIC AND SINGING EVENT:

Wednesday 20th January at 8pm at Teach Isogain, Rathmore for the following local event. Winners to go forward to the County Finals, to represent our area.

Group singing - Team Event: 2 competitions.



WILLIE MURPHY, CAPTAIN OF DOOKS GOLF CLUB 2015 PRESENTING A CHEQUE OF €1000 ON BEHALF OF DOOKS GOLF CLUB TO THE KERRY BRANCH OF DOWNS SYNDROME IRELAND LEFT TO RIGHT: DENIS GEURIN, CAPTAIN OF DOOKS GOLF CLUB 2016, VALERIE HEFFERNAN, BRIAN HEFFERNAN, NOREEN HEFFERNAN AND WILLIE MURPHY.

U12 and U16 All Boys/All girls/Mixed - Maximum 6 - Minimum 2.

Group Music: Team Event: 2 competitions. U12 and U16 All Boys/All girls/Mixed - Maximum 6 - Minimum 2.

Solo Singing: Individual Event: 2 competitions: U12, U16 Boys or Girls.

Solo Music: Individual Event: 2 competitions: U13, U16 Boys or girls.

There is also a Solo Recitation competition for U12 or U16 Boys or girls.

We look forward to a big turn out as this was an extremely enjoyable evening last year. Cost per child: €2.00. We would like to wish all our participants the very best of luck in all these competitions: More information from Ann on 087 2226007 Cynthia on 086 0818606 or Aeneas on 087 6577167

Anyone interested in taking part in u13 Indoor soccer (county finals take place February 7th) please contact one of our committee members.



If you want to keep up to date on a daily basis make sure to follow us on @killoutlook



SCHOOLBOY SOCCER

INTER LEAGUE BEGINS FOR 12'S AND 16'S:

The Inter League campaigns for the Kerry 12's and 16's began with both teams having away games.

The 12's defeated Clare 6-0 with Adam Owens hitting 3 and Colin Dooley, Dave O'Connor and Eoin Hassett getting one each. Their next game is at home to Limerick District.

The Kerry u16 went down 6-0 to Cork in their opening game. They conceded late goals in both halves to a strong Cork side. However Kerry will have 3 of their remaining 4 games at home with Waterford next up.

They then go to South Tipperary before home ties against Limerick District and Clare with the top two teams in the Group qualifying for the National semi-finals.

FULL ROUND OF FIXTURES AFTER THE STORM: DALY SUPERVALU 13'S:

13 Premier: Camp Juniors 6 v 1 Inter Kenmare (Played mid-week).

Camp Juniors 1-0 Listowel Celtic.

Killarney Celtic 7-0 Inter Kenmare.

Killorglin 5-0 Park A.

Division 1: Park B 7-2 Killarney Athletic.

Mastergeeha 4-0 Killorglin B.

Division 2: Iveragh United 8-0 MEK.

Fenit 0 - 4 Tralee Dynamos B.

FOUNDATION SPORTS 14 PREMIER:

Killorglin 3-2 Tralee Dynamos.

KILLARNEY PLAZA 15'S: Premier:

Park A 3-0 Tralee Dynamos.

Killorglin 8-1 Listowel Celtic.

Killarney Celtic 3-0 Inter Kenmare.

Division 1: Iveragh United 0-7 Mastergeeha.

Castleisland 1-3 Ballyhar.

Killarney Celtic B 1-3 Killarney Athletic.

Division 2:

Asdee 0-2 Park B. Fenit 3-3 St Bernards.

Listowel Celtic B 4-8 Ballyheigue.

Girls 14 Premier:

Iveragh United 0-6 Listowel Celtic.

REPORTS: DALY'S SUPERVALU 13'S:

Camp's 'Vardy' earns them 6 points:

Camp Juniors have made to perfect start to 2016 in the Daly's Supervalu 13 Premier as there 2 wins from 2 this week has seen them move joint top of the table on 10 points. Firstly in mid-week they were 6-1 winners over Inter Kenmare. Maurice O'Connell 2, Cian Wright, Oisín Smailes Calum O'Meara were the goal scorers for the home side. Camp Juniors moved their home game on Saturday against Listowel Celtic, a team they hadn't been in a few seasons to the KDL. Up stepped O'Connell to score for his 12th game in as row, at both 13's and 14's, and his goal was the only one in the game. This is a great achievement for the young striker and a big win for Camp Juniors which sees them level with Killarney Celtic at the summit of the 13 Premier.

Killarney Celtic's win over Inter Kenmare at home sees them continue to sit at the top of the Division. Daniel Okwute was in unstoppable form and his goals were added to by one each from Cian McMahon, Kieran Dennehy, Harry Burns, William Shine and Ronan Coffey.

Killorglin move into second place following their home win over Park A who drop down a

place. Dylan Moriarty with 2 and 1 each from Calumn Russell, Eoghan Hassett and Cillian Burke sees them move onto 7 points.

PARK CONTINUE TO LEAD DIVISION 1:

The Park are still the team to catch at the top of the 13's Division 1 after they overcame Killarney Athletic. Matt Healy led the way with a hat trick while the Tralee side also had goals from Adam Walker, Conor Brick, Danny Fisher and Dean Callaghan. Eoghan Mulvaney hit both Athletics goals.

Mastergeeha had a good win over Killorglin at Kilbreen Park to move into joint third place thanks to two goals from Cian Foley and one each from Brendan O'Leary and Gearoid Mulvihill.

LEADERS IVERAGH UNITED KEEP GAP AT THE TOP OF DIVISION 2:

Leaders Iveragh United are still unbeaten and made it 4 wins from 5 to move onto 13 points. Keith Brennan, Breece O'Sullivan, Darragh Devlin, Alex Coffey and Cathal O'Shea were the goal scorers for the South Kerry side in their win.

The late game saw Fenit take on Tralee Dynamos B at the Tralee IT All Weather and it was Dynamos who took the points and sees them remain unbeaten in the League. Philip Evans and Daniel Burke both scored 2 each in the win.

KILLARNEY PLAZA 15'S: PARK AND KILLARNEY CELTIC REMAIN UNBEATEN:

The Park were 3-0 winners over Tralee Dynamos to remain unbeaten in 5 games. Two goals from Leo Gaxha and one from Jordan Barry were the difference between the sides. However Dynamos were a little unlucky not to take something from the game as they were only 1-0 down at half, had a couple of efforts off the crossbar and didn't get the rub of the green either on a couple of occasions.

Killarney Celtic are keeping up pressure and they are 4 wins from 4 after a 3-1 home win over Inter Kenmare. Evan Lyne scored twice and Ryan Kelliher once in Celtic's win.

Killorglin move level with Dynamos in third place after they were too strong for Listowel Celtic A. Dylan O'Neill 3, Gabriel Griffin 2 and one each from Eoin Clifford, Tim O'Shea and Dean Callan got the goals.

ATHLETIC NOW 4 FROM 4 AND LEADERS OF DIVISION 1:

Killarney Athletic made the trip across town a winning one as they defeated Celtic B 3-1. Caoimhean Boyne with 2 and Harry Potts the third sees them remain unbeaten and are now on 12 points from their 9 games.

Mastergeeha and Ballyhar are both now on 9 points following away wins over Iveragh United and Castleisland respectively. Down south Mastergeeha proved too strong for the South Kerry side in Cashersiveen. 2 goals each from Niall O'Connor and Sean Brosnan and 1 each from Dylan Murphy, Paul O'Shea and Darragh O'Leary gave Mastergeeha the three points.

Ballyhar travelled to Castleisland and won 3-1. Jason Brennan, Jack Duggan and Darragh Brosnan were the scorers.

AWAY WINS FOR TOP 2 IN DIVISION 2:

St Bernard's continue to top the 15's Division 2 but their lead is cut to 1 point after they were

held to a 3-3 draw at Asdee in a game played on the KDL All Weather. Jack Parker, Aaron Malik and Oisín Maunsell were on the mark for the Saints.

Ballyheigue's 5th win from 5 sees them move onto 15 points as they continue their perfect run in the League. However they were pushed all the way by Listowel Celtic B with the game level at half time. Cian McGrath and Tim Scanlon both hit doubles for Celtic. Ballyheigue, who took over in the second half, had Sean Sheehan, Nathan O'Driscoll, Conor Corrigan and Rory Duggan amongst their scorers.

The Park B were 2-0 winners over Asdee thanks to goals from Dara Heim and Josh Hayes.

14 GIRL'S PREMIER: In the only girls game played Listowel Celtic got the better of Iveragh United in the 14 Premier Division thanks to goals from Eimear O'Donoghue and Jade Harkin.

KILLARNEY ATHLETIC NOTES

RESULTS:

GREYHOUND BAR CUP:

KILLARNEY ATHLETIC 1-1
CASTLEISLAND

In a very competitive and exciting cup game Athletic can count themselves unlucky not to be through to the next round. We fell behind against the run of play 15 minutes in. However we were level just before the break with a wonder strike from Shane Doolan. In the 2nd half it was athletic who pushed for the winner with only a goal line clearance insuring the visitors got a replay.

FIXTURES

Saturday 16th January

JK u12 Premier:

Park A v Killarney Athletic 10-30am.

Foundation Sports u14 Premier:

Killarney Athletic v Killorglin 11-45am.

Trophy World u16 Div.1

Camp v Killarney Athletic 12-30.

Sunday 17th January

Denny Premier A

Tralee Dynamos v Killarney Athletic 11-30am.

GET WELL SOON: The club wish a speedy recovery to Senior player Rob Hunt who dislocated his knee while playing with the B's last Sunday.

300 CLUB: Forms are still readily available for this years 300 club draw from any committee member. All support is greatly appreciated.

THANK YOU: The club would like to thank each and everyone who did a wonderful job restoring the playing surface at the Ferndale grounds making the pitch playable last weekend.

KILLARNEY ATHLETIC WEBSITE:

Please check the website on

www.killarneyathletic.com or facebook for match reports, club information or contact details.

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

KILLARNEY CELTIC NOTES

TABLE QUIZ AND AWARDS NIGHT:

Support our u14's in the National Cup Last 32 at our Fundraising Table Quiz for the u14's trip to Donegal to play Bonagee United.

The Table Quiz will be on in the Killarney Avenue Hotel at 7.30pm, Friday, January 22nd. Underage and Adults welcome. Table €25. Spot prizes and raffle on the night. Questions, based on 2014, by Jimmy Darcy and Pdraig Harnett. The Table Quiz followed by Celtic Party and Awards night. All welcome.

CLUB SHOP: Our range of Celtic gear has been updated and is now available from the club shop on Saturdays from 12 noon to 2.00pm. Contact Mary Lyne 086-6485809 or Mags O'Neill on 087 6451913 for enquiries.

40TH ANNIVERSARY

COMMEMORATIONS: Our Club has a big birthday when it turns 40 this year. To help mark the occasion and to preserve our history for future Killarney Celtic generations, we will shortly be compiling a Digital Archive of club photos, news reports, memorabilia etc. That will require current and past members to rummage out whatever you might have in display cases, old biscuit tins and photo albums.

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

RESULTS:

GREYHOUND CUP: KILLARNEY CELTIC

5 DINGLE BAY ROVERS 3: This was a thoroughly exciting game from start to finish. Dingle went 2-0 but Celtic powered back with a great header by Joe Hurley, a penalty neatly converted by Gary Keane, and a clinical strike by Trevor Nagle. Dingle weren't finished by any means and came back to draw level but a superb goal by Peter McCarthy put us back in front and Trevor Nagle sealed it with his second goal. As well as the aforementioned, Roy Kelliher, Brian Spillane, Conall Murphy, Chris O'Leary, Stephen McCarthy, Fergal O'Donoghue, Cathal O'Shea, Conor Randall, and Stephen Hayes were all outstanding for Celtic.

DENNY PREMIER B: BALLYMAC GALAXY

5 KILLARNEY CELTIC B 1: A great effort, but in fairness Ballymac showed great class and composure and ran out deserving winners.

U17 LEAGUE: KILLARNEY CELTIC 4

LISTOWEL CELTIC 0: An understrength Celtic couldn't match the visitors – Listowel were superb – but gave it everything they had.

U16 DIV ONE: KILLARNEY CELTIC 7

ASDEE 1: A brilliant performance by all involved. Evan Lyne grabbed a hat-trick, with Keelan Deegan scoring twice and Caolan Ryan and Colm Cagney also on target.

U15 PREMIER: KILLARNEY CELTIC 3

INTER KENMARE 0: Celtic made it four wins from four games with a convincing victory over a good Kenmare outfit. Evan Lyne struck twice and Ryan Kelliher was also on the mark for us.

U15 DIV ONE: KILLARNEY CELTIC 1

KILLARNEY ATHLETIC 3: We lost 3-1 despite an Adam Kissane's superb goal, Athletic won on merit but we put up a great battle.

U13 PREMIER: KILLARNEY CELTIC

7 INTER KENMARE 0 Celtic were in scintillating form here, with Daniel Okwute unstoppable and Harry Byrne, Ronan Coffey, Kieran Dennehy, Cian McMahon, and William Shine all on the mark as well.

U11: Killarney Celtic at home to Killorglin.

Killarney Celtic hosted Killorglin U11s on Saturday morning. They played three games, Celtic winning one and Killorglin winning two – which is of course irrelevant, what really matters is that every player got plenty of game time and every player enjoyed themselves.

CONGRATULATIONS: To U13 player Daniel Okwute on making the Kerry Schoolboys/Schoolgirls team of the week.

FIXTURES: Munster Junior Cup: Killarney Celtic away to Holycross, Limerick, UL Astro Pitch, Sunday, 2.00pm.

Munster Youths Cup: Killarney Celtic at home to College Corinthians, Saturday, 2.00pm.

U16 Premier: Killarney Celtic away to Listowel Celtic, Saturday, 2.00pm.

U14 Premier: Killarney Celtic away to Tralee Dynamos, IT Tralee, Saturday, 1.00pm.

U14 Div One: Killarney Celtic B away to Camp, Saturday, 11.00am.

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

U12 Premier: Killarney Celtic away to Tralee Dynamos, Saturday, 11.45am.

U12 Div One: Killarney Celtic away to Mastergeeha, Saturday, 10.30am.

U12 Div Two: Killarney Celtic C away to Listowel Celtic, Saturday, 12.45pm.

LOTTO: Numbers drawn 8, 12, 20, 23. No winner, eight x match 3, Fiona Cronin, Coolgarraive, Jennifer Lynch, Fossa, Geraldine Fleming, Den c/o Arbutus, Fred O'Sullivan c/o Ray, Stephen Brosnan, PJ Lynch, Fossa, Brack c/o Mary, €20 each. Next week's jackpot €2200, draw in the Failte on Monday night. Tickets available from all club officers. Yearly tickets

available.

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

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

Check out

www.killarneyceltic.com for Killarney Celtic news, match reports, or photos.

MASTERGEEHA FC

U13: MASTERGEEHA 4 KILORGLIN 0:

They started the new year well with a good win at home on Saturday morning. Two goals from Cian Foley and one each from Brendan O'Leary and Gearoid Mulvihill gave the boys the deserved win.

U15 IVERAGH 0 MASTERGEEHA 7: In this game in South Kerry the boys were the better team. Paul O'Shea, Dylan Murphy, Darragh O'Leary Sean Brosnan (2), Niall O'Connor (2) were the scorers in a good team performance.

YOUTHS: MASTERGEEHA 6 KILLARNEY

ATHLETIC 3: In this local derby the boys started well and played the better soccer throughout. James Nagle (3), Gearoid Kerins, Sean O'Leary and Jake Moynihan were the scorers following a good team performance.

PREMIER A: TRALEE DYNAMOS 1

MASTERGEEHA 0: In this tough game in Tralee the seniors battled all the way with last year's Champions. The home side started the better and went ahead in the fifteenth minute. Mastergeeha created some chances in the first half with Derry Ahern going closest and played much better in the second half with Scott Mahoney and Gearoid Kerins unlucky not to score.

DIV 1 B: MASTERGEEHA 2 KILORGLIN 2

In this game the senior were the better side but it was the visitors that took the lead early on. However Mastergeeha equalised shortly after when Damien Breen passed to Eoin Horan to score. After this Damien Breen hit the upright with a good shot before Alan Brosnan scored with a header just before the break. In the second half the seniors continued to dominate with Chris Keane and Damien Breen going close. However with 5 minutes remaining the visitors got the equaliser and even though Mastergeeha pushed for the remainder of the game they could not get the winning goal.

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AT THE PRESENTATION OF THE PRIZES FOR THE DONAL CONSIDINE GOLF SHOP SPONSORED COMPETITION AT THE ROSS GC WERE FRONT (L TO R) IAN MILLIS, JORDANAS JONIKIATIS WINNER, DONAL CONSIDINE - THE GOLF SHOP, DENIS CRONIN CAPTAIN. BACK (L TO R) DONIE MULCAHY PRESIDENT, SEAN MOYNIHAN, JIMMY SMYTH.

KILLARNEY GOLF AND FISHING CLUB

COURSE CLEAN-UP. Club Captain Liam Hartnett and Lady Captain Mary O'Rourke wish to advise all of those persons who may be interested that the proposed next course clean up will take place, tomorrow, Saturday, the 16th of January, and similar to the previous clean-up which took place on the 19th of December last, all are requested to come to the maintenance sheds at 8.30 a.m. Course Manager Enda Murphy and his maintenance crew will be on hand to indicate what work will be undertaken, where to go, and what needs to be done.

Please bring with you either a pitch fork, a rake or a shovel, whichever you will be most comfortable using, and it is envisaged that the "work shift" will end at approximately 12.30 p.m. when soup and sandwiches will be served once again at the clubhouse as a small gesture of "thank you" from the Club. If you are unable to come at 8.30am then please come along at whatever time that you may be available, and you are only being asked to do as much as you may feel comfortable with. Captain Liam Hartnett has advised that some of our neighbouring Golf Clubs have indicated their willingness to help out and to participate in the clean-up, and all are most very welcome, and a special thank you goes to the crew of 6 Dooks Golf Club members who assisted so very willingly in our previous clean-up in December. It is very much hoped that as much of the work required will be carried out on the day as possible, Enda Murphy was most thankful to all of those who assisted in the December clean-up when over 60 intrepid persons participated, despite working in atrocious weather conditions, that work was carried in a great spirit of good humour and camaraderie and he very much hopes for at least a similar, if not even bigger turn out next Saturday, Enda says that the amount of work that was completed on the last occasion was just staggering, and he is once again hoping very much for a similar effort which will almost completely "break the back" on what needs to be done to get our Golf Courses back up and running and in good

shape as quickly as possible.

KILLORGLIN GOLF CLUB

RESULTS: OF MENS 12 HOLE SINGLES COMPETITION AT KILLORGLIN GOLF CLUB 10/01/2015

1st Brendan Murray 29 pts.
2nd Jason McCormack 28 pts.
3rd Aidan Spillane 27 pts.
4th Brendan Murray 25 pts.
Sunday 31st January Captain's Drive In at 10.00 a.m.

MURPHYS GOLF SOCIETY

9th January, O'Mahonys Point
SPONSOR: GREEN BELT, GER MORONEY

1st Sean Goulding (12) 45 Points.
2nd Paul Corridan (13) 42 Points.
3rd Mike Casey (13) 41 Points.
4th Gerry Adams (6) 40 Points.
5th Chris Collins (9) 39 Points.
6th Niall O'Meara (10) 39 Points.
Front 9: Matthew O'Connor (12) 22 Points.
Back 9: Con O'Mahony (20) 21 Points.
Next Outing 27th of February, O'Mahonys Point.

DERPARK PITCH & PUTT NOTES

By: John Kelly

During the course of a wide ranging address to the Annual General meeting of the club held in the Avenue Hotel on Monday night club chairman Derry McCarthy paid tribute to all who contributed to yet another most successful year for Deerpark which included our sponsors, committee members and those involved the various fund raising initiatives and prize presentations. Particular highlights included the Ricky Kelly Memorial, and the Night Time Pitch & Putt both of whom made substantial contributions to the local branches of Cystic Fibrosis and Irish Kidney Association. Derry went on to congratulate the players who had brought honour to the club which included Jason O'Brien (Munster Intermediate

Matchplay Champion/Munster Intermediate Strokeplay Runner Up) County Senior Matchplay/Strokeplay champions, John McGrath and Conor McCarthy and County Intermediate Matchplay champion Michael Cronin. Congratulations also to Jason O'Brien who has been shortlisted for a Radio Kerry Sports Star award on the back of his tremendous success in 2015. Paul Cronin was congratulated for his contribution to the junior section during the season with a special word of congratulations to Sean Courtney on his runner up placing at the National Junior Strokeplay championships and it is worthy of note that the Kerry junior team was comprised of all Deerpark players this year which stands as testament to the work being carried out in recent years in this section. A special word of thanks was reserved for the Keogh family who were in charge of the clubhouse and to the Grounds committee and FAS team who ensured that the course was always in excellent condition for the various competitions. Derry gave a brief outline of the various improvements to the course and the projected works for 2016 and here he congratulated all involved in making successful application for Sports Capital Funding and Community Funding which included club secretary, Fiona O'Donnell, Jason O'Connor, Aidan O'Donoghue, John Keogh and Deputy Brendan Griffin who ensured that the application would be forwarded to the relevant Department. Club secretary Fiona O'Donnell during the course of her report thanked all the members and the various officers and sub committees for their wonderful work for the club and for their support during her first year in office. All meetings were well attended during the season and Fiona hoped that this would continue during 2016 (Officers and Committee reports to follow in future editions). The following officers were elected for 2016 Chairman Derry McCarthy, Vice Chairman Paul Cronin, Hon. Secretary Fiona O'Donnell, Registrar Sean Kelly, Hon Treasurers Colm O'Dowd and Aidan O'Donoghue, PRO John Kelly, Competition Secretaries Ger O'Connor and Jason O'Connor, Juvenile Officer Conor McCarthy and second officer to be co-opted, Gents Captain John McGrath, Lady Captain Sheila O'Donoghue, Development Officers Aidan O'Keeffe and Damian Fleming. Grounds Officer and committee to be elected at next meeting.

SENIORS OUTING: Last Wednesday's Seniors Outing to Castleisland included a fine turnout of seniors from Newmarket, Casteisland and Deerpark and results as follows- 1st Daniel O'Callaghan, Johnny McCarthy (Castleisland) and Ger Casey (Deerpark). 2nd Pat Mitchell (Castleisland), Hugh O'Sullivan (Deerpark) and Connie Buckley (Newmarket). Next Outing to GlenEagle on Wednesday February 3rd 10-15am

SYMPATHY: Is extended to the relatives of Catherine O'Leary - nee Cronin Knocklebede Kilcummin and late of College Street who passed away at the weekend. May she Rest In Peace.



STREETSMART KIDS



StreetSmart is an exciting initiative set up by the Road Safety Authority which aims to bring issues of road safety to life for young school children. StreetSmart is designed for three distinct age groups: 4-5, 5-8 and 8-12 years. There is a combination of interactive activities available for each age group.

StreetSmart also involves a streetscape mat which invites children to carry out typical, everyday cycling or pedestrian tasks. They can dress up and adopt various roles such as a nurse, doctor, fire officer or ambulance driver. The Road Safety Authority representatives are on hand to coordinate the activities with the help of teachers at the school. It is an action packed, fun filled day that enhances the student's knowledge of the rules of the road.

WHAT WILL YOUR CHILD/STUDENT LEARN?

- Road Safety
- Cycle Safety
- Travelling safely in a car/bus

How will your students learn these lessons?

Step Left, Step Right quiz

This will test the child's knowledge on a range of common road safety issues, educating them as to the right way of doing things through fun and engaging exercises.

A VIEW FROM A WHEEL

This will allow children to sit behind the wheel of a toy car, letting them see the traffic conditions from the perspective of a motorist and illustrating how it can be difficult to see pedestrians.

ROAD SAFETY DVD

Using a series of filmed street scenes, we will ask children for feedback as to what constitutes safe and unsafe pedestrian behaviour.

ROAD SAFETY STORIES

The objective is to get pupils discussing issues of road safety, prompted by a series of short stories.

PERSONALISED SAFETY LICENCES

As part of the programme students will receive a personalised safety license as a reward for completing their road safety activities.

STREETSMART STREETScape

As mentioned above this is a typical street scene where students take on different roles such as pedestrians, cyclists and motorists. They learn from their own experiences and those of their classmates. The Streetscape is in the form of a giant mat (9 metres x 10 metres) with a number of props provided to simulate a



real street and which is assembled in the school hall or community centre.

BOOK STREETSMART FOR YOUR SCHOOL

If you would like the StreetSmart for your school then you should contact the Road Safety Authority by email at streetsmart@rsa.ie.

There are several questions that we need to ask you about your location before we can process your request for StreetSmart.

ROAD SAFETY UPDATE— HAZARDOUS ROAD CONDITIONS

The Road Safety Authority (RSA) is advising road users to take extra care on the roads as temperatures have dropped.

THEY HAVE ISSUED THE FOLLOWING ADVICE:

- Check local and National weather forecasts before setting out on a journey. Clear your windows and mirrors before you set out, carry a screen scraper and de-icer. Do not use hot water on the windscreen as it can crack the glass.
- Remove ALL snow from your vehicle before commencing your journey. Snow left on the roof will become loose and can drop onto the windscreen during braking, thereby causing sudden and severe restriction to your vision. It can also fall off during your drive and cause injury to pedestrians or a reflex action by another driver.

- In snow and icy conditions manoeuvre gently, slow down and leave extra distance between you and the vehicle in front. Too much steering is bad and avoid harsh braking and acceleration. Use the highest gear possible to avoid wheel spin. Select a low gear when travelling downhill especially if through bends.
- Remember that heavy snowfall can reduce visibility. Use dipped headlights and decrease speed smoothly.
- Use your dipped headlights so that others will see you. Make sure your headlights and taillights are all in working order, replace broken bulbs.
- Watch out for vulnerable road users such as pedestrians, cyclists and motorcyclists and allow extra space.
- Check tyres, including spare wheel, replace them if the tread depth falls below 3mm and

make sure they are inflated to the correct tyre pressure. Lack of grip can occur even on treated roads so drive slowly in the highest gear possible, manoeuvre gently and avoid harsh braking.

PEDESTRIANS AND CYCLISTS ARE ADVISED TO:

Be seen. Wear bright clothing with reflective armbands or a reflective belt.

Take extra care when near traffic or crossing the road in snowy conditions as visibility can be greatly reduced.

For advice on severe weather driving tips please see severe weather advice on the RSA website or check out the RSA Facebook and Twitter pages.

For more weather updates visit Met Eireann's website www.met.ie



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RATHMORE/ GNEEVEGUILLA NEWS

by Michael O'Mahony

SLIABH LUACHRA ACTIVE RETIREMENT

GROUP: Will resume after Christmas break on Friday January 15th 2016 at 11am in Tureencahill School House. All members are urged to attend as our AGM will be held. New members will be very welcome.

GNEEVEGUILLA GAA CLUB: Caretaker needed by Gneeveguilla GAA Club under a Community Employment Scheme. Applicant must be receiving a Social Welfare Payment for 12 months or more. Position to start in early January 2016. Contact Donal on 087 2875821.

GNEEVEGUILLA GAA SOCIAL: Will be held on February 27th in community centre.

RATHMORE GAA'S VICTORY BANQUET: Will take place on January 16th at 8 pm. It will be held in the Dromhall Hotel in Killarney and music will be provided by The Celts. Tickets, are €25 are available to purchase from The Washbasket, Donal Murphy (087 2548153), Dermie Moynihan (087 4197669) or Tim O'Brien (087 9048086).

MARIAN PLAYERS RATHMORE: Present their 29th Annual Pantomime, Babes In The Wood which opens in The Community Centre Rathmore on Saturday January 23rd @ 7:30pm with Matinees on the following two Sundays, January 24th and 31st at 3.00pm.

There are additional night shows on Wednesday, January 27th, Thursday, January 28th and Saturday, January 30th at 7:30pm. Booking Office: Tel: 064 7758526 or 087 9562920. All proceeds to Local Services of Kerry Parents and Friends Association. A Show not to be missed.

CULLEN AND DISTRICT SPECIAL NEEDS ASSOCIATION: Annual sponsored Weigh

In Monday last January 11th at 8pm. Zumba Fitness Class commencing Monday January 18th. All welcome.

SLIABH LUACHRA COMHALTAS: Would like to wish you all a very happy and musical 2016. Music classes with Nicky McAuliffe will resume on the 11th of January in Gneeveguilla National School and Junior Set Dancing with Marie Sheehan will resume on the 13th of January in Teach Fáilte, Gneeveguilla, we look forward to seeing you all then.

SULT NA NOG COMPETITIONS: Will take place over the weekend of the 27th and 28th of February, music and singing on Saturday 27th in the I.T. Tralee with set and ceili on Sunday 28th in Fossa Community Centre. This is a novice competition, age groups u9, 9-11 and 11-13. Entries on or before Monday, 1st of February 2016, any enquiries to our branch secretary by email sliabhluachracomhaltas@gmail.com or telephone 087 2871357

Please note Kerry Co. Board of Comhaltas now has a new e-mail address for the Secretary of the Co. Board, secretarykerrycc@gmail.com, going forward all matters relating to Comhaltas, including all enquiries and competition entries should be sent to this email.

GNEEVEGUILLA ATHLETIC CLUB: Membership and club Lotto: Asking all athletes to kindly forward their 2016 membership. All membership must be paid in full before you are eligible to enter any Competition. Our Lotto Jackpot is currently €7,200, yearly tickets are up for renewal, anyone wishing to join the Lotto contact Tom Joe this is a vital fundraiser for the club.

THE RATHMORE SOCIAL ACTION GROUP: Wish everyone in the Community a very Happy New Year. We would like to thank everyone who sponsored the October Doors to Door challenge. The final amount raised this year for October Door to Door challenge is €12,179, Thank you.

MILLSTREET COMMUNITY HOSPITAL: Best

wishes for 2016 from everyone in Millstreet Community Hospital. Thank you for your great support in 2015.

SYMPATHY: To families, relatives and friends of Denis Martin Ryan, Hollymount, Rathmore, Margaret Dennehy Ard Mhuire, Rathmore and Carmel Twomey, Templeacre, Avenue Cork city, and Bru na Sinsear Rathmore, whose deaths took place last week. May they all rest in peace.

CALLING ALL PARISH CHOIRS: Fr. Liam Lawton will present a workshop for parish choirs. Based on his new collection, Eternal, the workshop will be held on Thursday January 21st at 8pm in Church of the Resurrection, Park Road, Killarney. Admission to the workshop is €10 per person and each participant will receive a book of the new music. For further information and to book your place by Friday January 15th 2016, please email pastoralcentre@dioceseofkerry.ie or phone 064 6632644.

THREE LAKES HOTEL STAFF REUNION: On Saturday January 30th we are having a reunion for all former staff members of the Three Lakes Hotel, Killarney in the Porter House in Killarney. We are meeting up at the at 7pm on Saturday meal at 7.20, music in the bar from 9pm.

In order to book our table we need to get an idea of numbers so we would really appreciate anyone letting us know if they would like to go. We also would really appreciate it, if anyone who reads this and knows of anyone who worked in the Three Lakes, to let them know please.

Please contact Catherine Howe or Catherine Ring on 083 3498778 for any further information, (will let you know menu, cost etc when you get in touch). Please contact by Sunday January 24th.

NOTES: Anyone's 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 6pm Sunday.

GLENFLESK NEWS

AGM: The AGM of Glenflesk GAA club will take place in the first week of February.

GLENFLESK LOTTO: The latest Glenflesk Lotto draw was held on Monday the 4th of January 2016, in the Kerry Way. Jackpot: €8,400. Numbers drawn: 7, 9, 14, 22. No Winner. **€50 EURO DRAW:** First draw: Ger Lenihan, Killarney. Seller: Mike O'Shea. Second draw: John Lyne, Killarney. Third draw: Harry Donovan, Headford. Fourth draw: Donal McCarthy, Rathmore. Next draw will take place in Spillane's on January 18th, Jackpot €8,600.

RAHEEN NS: Congratulations to Sean and Kathleen O'Sullivan who had the winning lotto no. 16 on Saturday the 19th and Saturday the 26th of December. Congratulations to Eamon Bowler who had the winning lotto no. 6 on Saturday the 2nd of January. Congratulations

to Teresa Bowler who had the winning lotto no. 37 on Saturday the 9th of January.

RAHEEN COMMUNITY PLAYGROUP: Raheen Community Playgroup will hold an open/registration day for September 2016 on Saturday January 16th between 11am and 1pm. Further enquiries can be made by contacting the Playgroup on 087 1347581.

GLENFLESK COMHALTAS: The Christmas Concert was held in St. Agatha's Community Centre, Glenflesk on Friday, the 18th December. This was a tremendous success. The children performed to a packed hall and well done to all of them. Thanks to all who helped out to make the night such a success, everyone who helped to prepare the hall, serve refreshments and teas, sell tickets for the raffle, to everyone who contributed to the raffle prizes and

provided food. Many thanks to all the teachers who trained the groups and to everyone who helped out with door tickets, backstage and on stage. Thanks also to the parents and all who supported the concert.

GLENFLESK LOTTO: Glenflesk Lotto draw was held on Monday the 21st of December 2015, in the Kerry Way. Jackpot: €8,200. Numbers drawn: 6, 7, 14, 19. No Winner. **€50 EURO DRAW:** First draw: Dan Renehan, c/o The Kerry Way. Second draw: John Lyne, Annaghmore (Yearly). Third draw: Rosie Healy, Shroneadraugh. Fourth draw: Eileen O'Shea, Blackwater, Killarney.

CONTACT: We welcome items of local interest. Please contact PRO Donal on 087 668 7926 or pro.glenflesk.kerry@gaa.ie.

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KILCUMMIN NEWS

SYMPATHY: We wish to extend our deepest sympathy to the families of Catherine O'Leary, Knocklebede and to Raymond Carolan, Inchicullane who died recently. May they rest in peace.

JUNIOR SET DANCING: Junior Set Dancing Classes commence on Friday 22nd January in the Recreational Hall from 7pm to 8pm for beginners and intermediate and 8pm to 9pm for advanced. Enrolment will take place on Friday 15th January from 7pm to 7.30pm in the same venue. All welcome including children from outside the parish. To avoid unnecessary delay on the first night of dancing we would encourage as many as possible to turn up on enrolment night. Further information contact Mary 087-9620135 or John 086-1579381.

SINGING CLASSES: Traditional Singing Classes with Martina Ryle O'Sullivan will commence shortly in Kilcummin Rural Dev. Office. Contact Martina at 087-2971213

ADULT SET DANCING: Adult Set Dancing resumes on Wednesday 20th January in the G.A.A. Hall beginning from 7.30pm – 8.30pm. Advanced 8.30pm – 10pm. Everyone welcome. For more information contact Marie Lehan 087-9181973

PARENT AND TODDLER GROUP: Kilcummin Parent and Toddler Group continues every Monday in the Recreational Hall, - 10.30am – 12.30pm, - €3 per family. All welcome. For more information contact Catriona Doolan 087-9573877

KILCUMMIN ICA: Work-night Wednesday January 20th at 8pm in Rural Dev. Office.

COMMUNITY ALERT: We deeply appreciate your generosity to our annual collection.

Wishing all Parishioners a very happy and safe New Year. Let us watch out for each other in 2016!

VACANCIES: Vacancies are presently available on the Kilcummin Rural Development C.E. Scheme for an Office Administrator based in Kilcummin and Retail Assistant in Killarney town. These positions are a development opportunity and no experience is necessary. Accredited training will be provided to support your career. Please contact your Local DSP employment service/Intreo office to check your eligibility. To apply please forward C.V. and PPS No. for the attention of supervisor to the Office by post or email toinfo@kilcumminparish.com Further information contact John 086-1579381.

VOCATION: Maybe you have been thinking about the Priesthood as a way of life for you? Maybe you have felt you are being called? You are invited to St. Patrick's College, Thurles, on February 5th & 6th. This event is an opportunity for you to 'come and see'. We start on February 5th with dinner at 6.30pm followed by some time for prayer, meet others thinking of the priesthood and some recently ordained priests. Stay overnight. On February 6th there is prayer, breakfast, a brief talk on discerning a vocation, preparation for Mass, lunch, discussion, depart. For more information contact Fr Michael Moynihan PP, Glengarriff at 087-6551902 or Fr Liam Comer, PP Dromtariff, 087-2401246.

ANNUAL PANTOMIME: Marian Players Rathmore present their 29th Annual Pantomime, Babes In The Wood which opens in The Community Centre, Rathmore on Saturday, January 23rd at 7.30pm with Matinees on the following two Sundays, January 24th and 31st

at 3pm. There is additional night shows on Wednesday, January 27th, Thursday, January 28th and Saturday January 30th at 7.30pm.

Booking Office: Tel: 064 7758526 or 087 9562920. All proceeds to Local Services of Kerry Parents and Friends Association. A show not to be missed.

KILCUMMIN GAA AGM: Takes place on Sunday January 24th at 5pm. Motions and position proposals to be with club Secretary by Monday next.

RAMBLING HOUSE: The next rambling house will take place at 8.30pm on Friday 29th January instead of the First Friday in February. All proceeds on the night will be donated to the Recovery Haven.

SYMPATHY: The club wish to extend its heartfelt sympathy to the family of Catherine O'Leary, Knocklebede who died last week. Catherine was a valued member of the GAA Ladies committee and brought an energy and sense of fun to its work as well being a dedicated worker. Catherine will be sorely missed by those who had the pleasure to know her. May she rest in eternal peace.

Sympathy is also extended to the family of Raymond Carolan, Inchicullane who died last weekend and Michael Murphy, Lawlors Cross on the death of his uncle Bill Kelleher.

MASTERGEEHA FC LOTTO: There was no winner on Friday 8th January 2016. Numbers drawn were 5, 6, 14, 17. Consolation prizes were €100 Laurance O'Callaghan, c/o Patie Nagle. €60 Kenny Dwyer, Anabla, Kilcummin. €30 K. O'Donoghue, Kilcummin. €30 Dan McGlynn, Glounanea, Kilcummin. €30 Ciss O'Connor, Milleen, Kilcummin. Jackpot now €3,900.

FOSSA NOTES

FOSSA GAA: LOTTO: 10th January 2016. Numbers drawn were 1, 4, 10, 11. There was no jackpot winner and the €40 consolation prize winners were Mai Bergin, Lackabane, Kathleen Cronin, Ardschanavooley, Katherine Cronin, Knopogue, Michael Walsh, Fossa and Margaret Clifford, Barleymount. Next weeks jackpot will be €4,800. 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.

CONGRATULATIONS: Congratulations to our Fossa girls Erica McGlynn, Grace Cahillane, Ciara Griffin, Shelly Clifford and Captain, Anna

O'Reilly who helped Killarney Cougars U-16 Girls to victory in the Cup Final over St Marys, Castleisland last weekend. This was a great win, well done to all the girls involved and also to their coach, Mike Cahillane who deserves great credit for success.

FOSSA COMMUNITY ALERT: AGM of Fossa Community Alert will be held in the Travel Inn Hotel on Friday the 22nd of January at 8pm. Everyone welcome.

ASTROTURF ALL WEATHER PITCH: All weather pitch at Fossa National School. Opening hours Monday/Friday 4pm/10pm, Saturday/Sunday 10am/10pm. All types of sport are played on this floodlit pitch.

Now taking bookings for birthday parties. Contact Ger O'Connor 083 4228977 or email fossaweatherpitch@gmail.com

SYMPATHY: Fossa GAA Club extends its sympathy to Norma Talbot and her family of Aghadoe on the death of her sister, Catherine O'Leary (nee Cronin), Knocklebede, Kilcummin and late of College Street, Killarney. Ar dheis Dé go raibh a anam.

FOSSA NOTES: If anybody has any item they would like included in the notes, please email information to John O'Neill at pro.fossa.kerry@gaa.ie. Please forward information before Sunday at 11am.

LISTRY NOTES

CHIROPEDIST: Paula will be doing house calls in the Milltown area on Wednesday 20th January 2016. Enquirers to Paula at 087-6606585. Cancellations please give 24 hours notice if can. Please and thank you.

PHOTOGRAPHY CLASS: Listry Community Council conjunction with Kerry Education Training Board intend running a Photography class beginning in Listry Community Centre on Thursday evening February 11th at 7.30pm. There is a few vacancies in this class

presently, anyone interested in joining the class should contact Patricia on 089 4540453 or Listry community council on 086 7944494 immediately please.

TAX Matters with



MINIMUM RATES OF PAY

Since 1 January 2016, the national minimum wage for an experienced adult employee is **€9.15 per hour**. An experienced adult employee for the purposes of the National Minimum Wage Act is an employee who has an employment of any kind in any 2 years over the age of 18.

There are some exceptions to those entitled to receive the national minimum wage. The legislation does not apply to a person employed by a close relative (for example, a spouse, civil partner or parent) nor does it apply to those in statutory apprenticeships. Also some employees such as young people under 18 and trainees are only guaranteed a reduced or sub-minimum rate of the national minimum wage.

Rates on or after 1 January 2016

	Minimum hourly rate of pay	% of minimum wage
Experienced adult worker	€9.15	100%
Aged under 18	€6.41	70%
First year from date of first employment aged over 18	€7.32	80%
Second year from date of first employment aged over 18	€8.24	90%
Employee aged over 18, in structured training during working hours		
1st one third period	€6.86	75%
2nd one third period	€7.32	80%
3rd one third period	€8.24	90%

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SouthWest Counselling Centre

UNDERSTANDING AND MANAGING SUICIDE

Suicide is something we hear about thanks to the recent openness which started some years ago. Talking about it has been and is a challenge as previously we did not consider it something we could be up front about due to the associated stigma. This stigma which is still hanging on for some has its roots deep in our psyche and history. In Greek and Roman times suicide was accepted if life had become impossible and the State even assisted by paying technicians who advised on it. In post Judo Christian tradition, it was looked less kindly on it and St Thomas Aquinas in the 13th century equated it with rejection of God's love so it was prohibited initially by religious precept and then the legal system. Suicide does not discriminate between people of differing faith and no faith.

Most people if they are honest will have had passive suicide thoughts at some time but more active suicidal thinking and planning to commit suicide is most often encountered when we are depressed or experiencing another mental illness or overwhelmed by the enormity of life. People when completing suicide see death as the only alternative and as they become more accustomed to the thought it may gain more currency as a viable option for them.

The evidence is that we can do a great deal to influence people when they are feeling hopeless and if these thoughts are disrupted and the person is facilitated to explore alternative options, the outcome can be different. People experiencing thoughts of suicide are often withdrawn from friends and family, hopeless and unhappy, they may have disturbed sleep pattern, feel unwanted or that believe they are a burden and are unable to access an alternative in the "stuckness" of the moment. The priority here is keeping the person safe, allowing them to talk openly without judgement, letting them see you are concerned and want to help and getting them to see their GP or taking them to a place of safety. It's important that they avoid self-medicating with non-prescribed drugs or alcohol as this lessens the natural inhibition and increases risk. People who are feeling suicidal see no point in living but the evidence is that after getting through the hopelessness phase, they regain their previous zest for life.

Thankfully we are inching away from a time when an attempt at suicide would have defined someone moving to a place where we are ready to acknowledge the strength and courage shown by people who talk about it.

Care of those bereaved by suicide should focus on firstly helping them through the crisis by meeting their immediate needs. Staying available to them for the longer haul is equally important as there can be an awkward bashfulness around knowing what to say or how to sit with their grief. The advice from those who have lived through it is to help them with the practical things if needed, stay close, avoid hollow reassurance, don't ask for an explanation, help them celebrate the life of the deceased, acknowledge the uncertainty and don't be afraid to allow them to grieve openly. A compassionate approach is the key to enabling them to re find their bearings.

Donal Fitzgerald, MSc. Accredited Cognitive Psychotherapist

SouthWest Counselling Centre will run an 8 week Programme for Parents of Children aged 5 to 12 years, starting on 19th January in Killarney, cost €25 and also starting on 19th January in Kenmare an 8 week Programme for Parents of Adolescents, cost €25. Call 064 6636416 for more information.

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

Kerry LifeLine provides FREE counselling and support to anyone feeling suicidal or bereaved through suicide. info@kerrylifeline.com To make an appointment call 064 6636416/064 66364100

SouthWest Counselling Centre is a not-for-profit organization.

All funds raised through fundraising go directly to service provision.



ON THE BOX KILLARNEY OUTLOOKS WEEKLY SOAP COLUMN SELF-CONFESSED SOAP ADDICT, JOE BURKETT TAKES A LOOK AT WHAT'S IN STORE IN THE SOAPS THIS WEEK



Emmerdale

Aaron Livesy will face a big week in Emmerdale as he faces up to three shocking secrets. First up, Aaron is shocked when he discovers that his Mum Chas Dingle has been secretly dating his father Gordon Livesy again. Aaron who has a troubled relationship with his father, isn't best pleased by this.

Later, in the week, Aaron is rushed to hospital by Robert Sugden after he collapses from sepsis. While he hospital, Aaron confesses to Robert that he's been self-harming.

Robert promises to stand by Aaron after Aaron discharges himself from hospital after one night. However, Robert is unprepared when Aaron confesses a shocking secret. What exactly has Aaron been hiding all these years? And how is it connected to his father?

Eastenders

It's a huge for the Slater family in Albert Square as they bury Charlie Slater. Its most upsetting for his daughter Kat Moon when the family make it clear that she's not welcome. As Kat struggles with her emotions, she decides to make her own memorial to Charlie by raising a toast to him in the Vic.

Later, Kat's sister Belinda Peacock turns up and the sisters are close on a cat fight as Kat defends her cousin Stacy Branning from Belinda's accusations. However, once Kat and Belinda begin to talk, Kat opens up about her secret son leading to Belinda confessing something she remembers from the time that Kat was pregnant.

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

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Killarney – Mondays, KDYS at 8pm.

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NSAI ISSUES WARNING AFTER CHARGER CAUSES FIRE

NSAI (National Standards Authority of Ireland) is warning consumers to be extremely careful when buying and using electrical products. It comes after a fire broke out in an apartment in Islandbridge, Dublin this week.

A charger left on a bed overheated and burst into flames, causing extensive damage.

"Everyone knows the rules of basic fire safety and indeed many look out for safety standards, such as the CE Mark, when buying electrical products. However, although the device may be manufactured to the correct safety standards, it can still become very dangerous, very quickly, if not used in the appropriate environment," warned Pat Bracken, NSAI's Director of Corporate Services.

"Electrical products like hair straighteners, hairdryers, laptops and phone chargers can be incredibly dangerous if left on beds or sofas. Although duvets and quilts often undergo flam-

mability tests, accidents like this can still occur," he added.

Between 2005 and 2014, there have been 326 fatal fires in Ireland, claiming the lives of 366 people. In the 158 instances where the cause of the fire was known, electrical appliances were suspected in 28 fatal fires (18% of cases) while a further 3 per cent of fatal fires were attributed to electric blankets. In 2011 alone, 241 fires in Ireland were caused by electrical equipment.

NSAI Fire Safety Tips

1. Smoke alarms: Make sure you have at least one on every floor.
2. Test your smoke alarms weekly or ask someone to check it for you.
3. Obvious dangers: Look for fire risks like overloaded sockets, candles and unattended appliances.
4. Plan your escape route: Keep access routes clear and have your keys at the ready.

For further information, visit NSAI.ie or follow us on Twitter @NSAI_Standards





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UNICEF'S GOAL IS TO VACCINATE EVERY CHILD

In recent years, an estimated 2 to 3 million deaths, along with countless cases of illness, were prevented thanks to vaccinations. However, out of the 22.4 million children born each year, nearly 1 out of 5 is still not immunised. Fortunately, as the largest buyer of vaccines, UNICEF has helped quadruple global immunisation rates since the 1980s. By working with governments, communities and other partners to increase the demand for immunisations and the supply of lifesaving vaccines, UNICEF has been able to increase awareness and provide vaccinations for more than one third of the world's children.

THE PINEAPPLE IS THE UNIVERSAL SYMBOL FOR HOSPITALITY

If you were a rich 1700s nobleman, had a dinner table, and wanted to impress your fellow gentry, a pineapple would be the way to go. Thanks to centuries of pillaging and colonising, the pineapple has travelled far and wide and come to represent something more than tasty fruit. Up until the 15th century, pineapples were not known by the Western world. In South American countries like Brazil, they were grown and enjoyed by the locals, but few others outside these countries knew of the pineapple's existence. Historical accounts claim that Christopher Columbus was the first European to come face to face with the fruit during his second voyage in 1493, when he and his crew found a Caribbean village that ate pineapple. They tried it and reportedly liked it quite a bit, deciding to bring it back to their European home. The very concept of pineapples equating to hospitality comes from these Caribbean trips, explorers went to these remote islands, and discovered that natives who hung the fruit in front of their entrances were welcoming to strangers. Once they reached Europe pineapples became widely considered a gentry symbol of hospitality. The concept travelled to America too, where colonial houses began showcasing the pineapple's image in common areas. Plantations took up the trend and started carving pineapple-like shapes into columns at their entrances. This, in fact, became a well-

known addition to entrance architecture.

The European pineapple symbol, however, meant more than just hospitality - it meant prestige. The richest of the rich bought these fruits, however expensive to show off to other their ability to have them. Since demand relied on the few shipments between the far-off continents, supply would often be scarce. This led to a brand new pineapple rental market taking the European gentry by storm, although, by the 1700s, Europeans started growing them in their own hothouses. In America, one pineapple could be sold for as much as the equivalent of \$8000. In Europe the price was no less excessive, with a pineapple's value reaching as much as the equivalent of £5,000. It became a trend for hostesses to show off the large spiny fruits in parlours and dining rooms.

TRAINING A PUP

Mouthy puppies can be sweet and funny when they are little, but nipping can become dangerous fast. Don't allow your dog to make teeth-to-skin contact with anyone, ever. When dogs first learn how to play, their litter mates and mother teach them what an acceptable mouthing pressure is, and what kind of wrestling is tolerated among other dogs. It is your job to teach your dog the appropriate way to play with humans. Even if it's a playful accident, let your dog know that nipping isn't okay by exclaiming "OUCH!" and by walking away. Don't play with your pup for fifteen to thirty seconds. Your dog will soon figure out that if they don't play appropriately, the game will end.

QUOTE

"That will never be a sport until they give the deer a gun." President John F. Kennedy on the subject of deer hunting in the United States.

ON THIS DATE – JANUARY 15TH

1535 - King Henry VIII of England begins using the title 'Supreme Head of the Church on Earth'.

1759 - The British Museum opens to the public with 33 rooms of exhibits and the contents of three libraries.

1761 - British forces capture the city of Pondicherry after a six-month siege, ending French dominion in India.

1797 - The first top hat worn (John Etherington of London).

1821 - Thomas Clarke Luby, Fenian, is born in Dublin.

1847 - The first Swedish magazine in US, Scandinavia, published in New York City.

1863 - The first US newspaper printed on wood-pulp paper, Boston Morning Journal.

1880 - The first telephone directory for the UK published; it is six pages long.

1919 - Jan Paderewski becomes the first prime minister of the new Polish Republic.

1939 - IRA Army Council and Republican survivors of 2nd Dáil Éireann declare war on England.

KOREA ANNOUNCES BAN ON ANIMAL TESTING FOR COSMETICS

The Korea National Assembly has passed a Bill to ban companies testing cosmetics and ingredients on animals by 2018. It comes two years sooner than was originally planned. The Bill, proposed by Representative Jeong-Lim Moon, will be signed by the President in the next few days. The ban follows two years of work by Cruelty Free International with Rep. Moon, members of the Korean government and the Ministry of Food and Drug Safety.

Cruelty Free International Director of Policy Dr Nick Palmer began discussions with the Korean National Assembly two years ago. He said: "This is a great start to the New Year. With bans already in place in the EU, India and New Zealand, Korea joins the ever-growing list of nations that no longer see animal experiments as necessary for cosmetics. We are delighted to have played a big role in this breakthrough and look forward to helping other Asian countries take similar steps in 2016."

A CHAIR THAT FOLDS DOWN TO THE SIZE OF A BEER CAN

While standing around for hours at a music festival, a couple of Danish entrepreneurs started thinking about chairs. The standard folding chair is awkward to carry, awkward to unfold, and awkward to use in a standing crowd. At large festivals, the chairs also tend to end up in the rubbish when the music is over. Three years later, the pair has come up with a portable chair called SitPack that fits in a pocket. Folded up, the chair is a couple of inches taller than a standard beer can, and about the same diameter. It flips open to create a seat, and a pole pulls out to create a base. Though made of plastic, it's strong enough to hold someone weighing up to 286 pounds. The chair is also designed to keep your spine and pelvis in the right position, and your legs stay active as you balance. Since the design is so compact, the startup hopes that people will begin to use it in everyday life. It might even encourage more people to take public transport, since it's a guaranteed seat. The designers say "You can just pop it out when you're waiting for the bus or the train and you can also actually flip it out and lean

back when you're inside. It has a rubber foot, so it doesn't slip around, and it's safe to use even in a moving bus. Unlike a typical folding chair, it can also go in the recycling bin".

"It's made of polycarbonate, the same material as Lego bricks and riot shields. It's absolutely durable, and can be unfolded and folded thousands of times" the designers added.

WYOMING CAN NOW PUT YOU IN JAIL FOR SHARING NATURE PHOTOS WITH THE GOVERNMENT

You can face a \$5000.00 fine and up to a year in prison if you share your nature photography with the government, according to a new Wyoming law. Ostensibly a private property/trespassing law, Bill 12 is incredibly wide-reaching: It makes it a crime to "collect resource data" from any "open land," meaning any land outside of a city or town, whether it's federal, state, or privately owned. The statute defines the word collect as any method to "preserve information in any form," including taking a "photograph" so long as the person gathering that information intends to submit it to a federal or state agency. In other words, if you discover an environmental disaster in Wyoming, even one that poses an imminent threat to public health, you're obliged, according to this law, to keep it to yourself, unless you've obtained specific permission from the landowner before collecting that data — you would be breaking the law by reporting it to the authorities.

The Clean Water Act clearly articulates that citizens should be involved in helping to keep the water clean and the source of E. coli in Wyoming's water is clear. It comes from cows spending too much time in and next to streams, but don't take a photo of the cows to show to the government.

MUSLIM MAN SMASHES STEREOTYPES BY GIVING THE HOMELESS CHRISTMAS PRESENTS

Generosity, goodwill, peace, and love - those are just some of the virtues associated with the spirit of Christmas. But at a time when anti-Islamic prejudice is on the rise in some parts of the world, a video by 23-year-old British resident Nubaid Haroon serves as a heartwarming reminder that such qualities transcend religious differences. As seen in the clip, Mr. Haroon decided to play Santa on the streets of London and give gifts to people in need. He purchased presents with his own money, wrapped them, and distributed the festive packages to the homeless. Along with helping out folks who have fallen on tough times, Mr. Haroon also set out to dispel stereotypes about Muslims. "I think that a lot of people think because Muslims don't celebrate Christmas that we don't accept it when people

celebrate Christmas, but in reality my family give chocolates and food to neighbours and friends regardless of their race or religion. Muslims accept all religions and celebrations, it's just about being one with the community" Mr. Haroon said. The video captures the surprised reactions of homeless people when they realise Mr. Haroon is offering them a gift. "A few did ask questions as to why I was offering them gifts when it wasn't something that Muslims celebrate. I was more than happy to share my opinions with them and explain how important it is to spread love," Mr. Haroon added. As for what he'd like people to do in their own communities after watching his video, Mr. Haroon has one wish: "Ideally, I'd just like people to go out and just take into consideration how other people are and how they feel rather than stereotyping everyone in the same way," he said. "Whether that person is Muslim, homeless or whatever they are. We're all the same, and that's the notion I want to spread."

DID YOU KNOW?

The Corning Museum of Glass, in Corning, New York, explores every facet of glass - including art, history, culture, science and technology, craft, and design. The Museum is home to the world's most comprehensive collection of glass - more than 45,000 glass objects, spanning 3,500 years of glass making history. Located in the Finger Lakes region, in one of the most prominent glass making towns in America, the Museum is an educational institution, dedicated to the preservation and exhibition of the art, history and science of glass.

WHALES OLDER THAN MOBY DICK STILL SWIM THE SEAS

It's incredible to know that there are likely whales alive today that were already swimming the oceans when the legend of Moby Dick was born. Scientists studying bowhead whale populations off the coast of Alaska have discovered several individuals near the second century mark and at least one that may be 250 years old. It's now believed the species is the longest-lived mammal in the world. Evidence for the species' longevity first appeared in the early 1980s, after native Alaskan Inupiat hunters began finding harpoon tips made of ivory and stone in the blubber of freshly killed bowhead whales. The use of those materials in hunting would date the whales to at least 1880. It wasn't until 2000, however, that a more accurate dating method, one involving the amino acids in the lenses of a whales' eyes, discovered individuals aged 172 to 211 years old.

A FOSTER FATHER IS BRINGING CHANGE TO MYANMAR


When Jim Connor from Pennsylvania was a teenager his disenchantment with America's

public school system inspired him to explore an alternative education. At the age of 15, he got into yoga, meditation, Buddhism, and being vegetarian, and he realised that life is kind of about being happy, says the now 43 year old. "I hadn't been happy, and I found the school system oppressive. I thought there must be some other way of teaching and learning, and I was set to find that." After graduating from Evergreen State College in Washington, where he created his own curriculum focusing on holistic childhood development, Mr. Connor began seriously considering becoming a foster parent.

"Adoption was expensive, and I started thinking that there are lots of kids who are stuck," says Mr. Connor. "Instead of adopting one child for \$50,000, I thought I could travel and take that and support a large number of kids." In 2004, he founded his NGO, Whispering Seed, and began caring for 25 children of sex workers on a 12-acre farm in Sangkhlaburi, Thailand, 10 miles from the Myanmar border. The children — many born in brothels, where AIDS, abuse, and malnutrition were common — previously had no access to health care or education. For nine years, Mr. Connor cared for these children, and after nearly a decade, almost all were placed back with family members or caregivers deemed willing and able to support them. Four Burmese children, however, were left with no one, so in January of 2013, Mr. Connor decided to move to Myanmar with these children to give them a fresh start in their native land. For three years now, Mr. Connor and his children, who range from 12 to 21, have lived like a proper family in Myanmar, and he's turned his efforts to various education initiatives in addition to fighting for paperwork for three of his four children. His eldest received citizenship in early 2013.

"My three youngest children can get into government school, but it's challenging. They're not eligible for a national registration card, which would give them citizenship, allow them to own property, work, and vote," explains Mr. Connor. Working to give his children the life they were deprived of in Thailand while sticking to his long-held education values, Mr. Connor supports an array of engaging, interactive initiatives, for both children and adults that take learning beyond textbooks and classrooms. Trained in earthen building, Mr. Connor is also facilitating the construction of 13 schools, including a heart-shaped kindergarten, in Myanmar's northern Kachin State using permaculture, sustainable design, and international expertise. "We're teaching locals to develop vegetable gardens, compost pits, water catchments, fruit orchards and the like, which are all part of a school's design," says Mr. Connor. "We're now bringing in people from Thailand and Indonesia to teach bamboo treatment."

Looking to give teenagers the education he once longed for, Mr. Connor organises workshops that expose them to creative, outside-the-box learning methods from around the globe.



A WORD OF VICTORY

Welcome back dear reader a question often asked is 'how do I know what I believe in and follow is right?' There are many religions in the world, even Christianity has so many denominations and voices, each claiming to be 'the way'. What did Jesus have to say on this matter? Mark's Gospel chapter 16 is quite clear. Verse 15 tells us the message Jesus brought from Heaven to all mankind was to be preached, the message is called the Gospel (Good News) that God so loved this world that He sent His Son Jesus to take away our sins completely, making a way for sinful man to return to God by accepting our redemption through Jesus' death and resurrection. Accepting the Gospel gives us eternal life, rejecting the message brings damnation and total separation from God forever in Hell. This is the truth, there was no other Gospel - Jesus is the Way, the Truth and the Life - and no-one comes to the Father except through Him alone (John 14:6). The Gospel is so simple - it took man to complicate it by adding to what Jesus said; rules and regulations which have nothing to do with walking in relationship with God. It has always been like this, God begins something good and man messes it up! It's time for the body of Christ (the Church) to return to the teaching of Jesus - not to do so is sin ('don't sin by straying from the simplicity that is in Christ' - 2 Corinthians 11:3). God the Father loves you and wants to help you friend. He is willing and He is able - now you need to reach out and take His hand by accepting Jesus as your Saviour and Lord. Call on Him before it's too late. More next week....

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PRAYER TO THE HOLY SPIRIT

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

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

THANKSGIVING ST. JUDE

St. Jude come to my assistance in my need that I may receive the consolation and help of heaven in all my necessities particularly (mention request) and that I may praise God with you and the elect throughout eternity. I promise you O Blessed Jude to be ever mindful of this great favour and I will never cease to honour you as my special and powerful patron and to do all in my power to encourage devotion to you. Amen. Say for 3 days and publish immediately. Favour granted after 3 days.

PRAYER TO ST. JOSEPH

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

THANKSGIVING ST. JUDE

O Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near Kinsman of Jesus Christ, this faithful intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depth of my heart and humbly beg to whom God has given such great power, come to my assistance. Help me in my present urgent petition in return I promise to make your name known and cause you to be invoked.

Three Our Father, three Hail Mary and three Glory Be.
St. Jude pray for us and all who invoke your aid. Amen.

THE MIRACLE PRAYER

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

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

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

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

THE MIRACLE PRAYER

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

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

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

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

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

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

ST THERESE

O glorious Saint Therese, whom Almighty God has raised up to aid and counsel mankind, I implore your Miraculous Intercession.

So powerful are you in obtaining every need of body and soul our Holy Mother Church proclaims you a "Prodigy of Miracles...the Greatest Saint of Modern Times." Now I fervently beseech you to answer my petition (mention here) and to carry out your promises of spending Heaven doing good upon the earth... of letting fall from Heaven a Shower of Roses. Henceforth, dear Little Flower, I will fulfill your plea "to be made known everywhere" and I will never cease to lead others to Jesus through you.

Amen. Say the above for 9 days and you will receive a flower or a rose in some form during or after 9 days as an indication that your request will be granted.

MONTHS MIND NOTICE



In loving memory of

SHANE O'DONOGHUE

It is with great sadness that we announce that the death has occurred in the USA of Shane O'Donoghue, the son of the late Laurence O'Donoghue and grandson of Roddy & Joan O'Donoghue of High Street, Killarney.

Shane (35) passed away at his home in Palos Park, Chicago on Christmas Day after a long and incredibly courageous battle with cancer.

Like his father, Shane was a gifted athlete.

Amongst his achievements he rose to All Star level in US College Basketball. A late comer to Gaelic football Shane went on to captain the Chicago Parnells Gaelic Football Club to win the Chicago championship and compete in the North American GAA finals.

Shane paid many a visit to his family in Killarney and made many friends here throughout that time.

He is survived by his loving mother Eileen (nee Cronin) whose father Paddy originated from Sneem and her mother Chris from Looscaunagh, his stepfather Mike, his sisters Meghan and Colleen, stepbrother Brendan, brother in law Geoff, nephew Owen in Chicago as well as several uncles, aunts and cousins.



A Month's Mind Mass will be celebrated in his memory at 4.00p.m. on Saturday 23rd January in St. Mary's Cathedral, Killarney.

Ar dheis Dé go raibh a anam dílis.

ACKNOWLEDGEMENT & 1ST ANNIVERSARY



In Loving Memory of

JOHN BEHAN

Rocklodge Loughill, Co. Limerick.

Who died on the 20th January 2015.

On the first anniversary of John's death his wife Kathleen and extended family, his sister Eileen and Pat Sugrue, wish to thank most sincerely all those who sympathised with them, sent Mass cards and all who travelled to Healys Funeral Home, Glin, for the removal and Loughill for the funeral Mass. A special word of thanks to Father Larry Kelly and Father Pat O'Donnell who concelebrated the Mass with Father Austin McNamara. Please accept this acknowledgement as a token of our grateful appreciation.

Mass was offered for your intentions on December 22nd 2015.

MEMORARE TO OUR LADY OF LA SALETTE

Remember Our Lady of La Salette, true Mother of Sorrows, the tears you shed for us on Calvary. Remember also the care you have taken to keep us faithful to Christ, your Son. Having done so much for your children you will not now abandon us. Comforted by this consoling thought, we come to you pleading, despite our infidelities and ingratitude.

VIRGIN OF RECONCILIATION

Do not reject our prayers, but intercede for us, obtain for us the grace to love Jesus above all else. May we console you by living a holy life and so come to share the eternal life Christ gained by his cross. Amen.

PRECIOUS MOTHER OF JESUS

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

NOVENA TO THE SACRED HEART

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

2ND ANNIVERSARY



In Loving Memory of

MICHAEL O'DONOGHUE

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

We hold you close within our hearts,
And there you shall remain,
To walk with us throughout our lives,
Until we meet again.
So rest in peace dear loved one,
And thanks for all you've done,
We pray that God has given you,
The crown you've truly won.

Very sadly missed by your loving wife Anne.

Anniversary Mass for Mike is celebrated on Sunday 24th January at 9.30 a.m. in Our Lady of the Wayside Church, Clonkeen.

NOVENA TO THE SACRED HEART

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

PRAYER TO THE HOLY SPIRIT

Holy Spirit you make me see everything and show me the way you 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 one more that I never want to be separated from you no matter how great the material desires may be. I want to be with you and my loved ones in your perpetual glory. Amen. (Say this prayer three consecutive days without stating the request after, 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.)

DEBT REMOVAL PRAYER

Lord, I confess I've made mistakes, I have accumulated too much debt, and now I cannot imagine overcoming it without your help. Please Lord, I beg of you to intercede on my behalf. Provide me with the financial means to be able to breath again. Please forgive my sins Lord. Walk with me and help me to make the right decisions throughout my life. In your name I pray. Amen. You must say 3 Our Fathers for 7 Days. Must promise publication. Never Know to fail.

THE POWERFUL PRAYER OF SILENCE

Silence when going in and out of the Church is a powerful prayer of respect.

Offer it for peace in the world and for your own intentions.

God himself will bless you. Please Promote

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

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

NOVENA TO THE SACRED HEART

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

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