

"Out First Every Friday"

KILLARNEY Outlook

To Advertise call Des: 087 659 3427 or Tel: 064 66 70000 Email: killarneyoutlook@outlookmags.com

Xin Garden Chinese

Park Road, Killarney, Co. Kerry.
(Adjacent to Park Road Pharmacy)

FAST FOOD TAKE AWAY

tel: 064 66 71790 / 66 71792



*Guaranteed fresh food
prepared while you wait
in our open plan kitchen.*

**With every €20 spent you will receive
a €2 voucher against your next purchase.**

OPENING HOURS

Monday - Thursday 4pm - 11.30pm
Friday - Sunday 4pm - 12 Midnight

A Dream Drive for 2015

NEW PEUGEOT 508

**FOCUSED ON
YOUR SENSATIONS**



REEN'S CAR SALES RATHMORE

Oldchapel, Rathmore, Co. Kerry

Tel: 064 7758150

MOTION & EMOTION



PEUGEOT



t. 1850 77 44 55 / 064 66 31195



FREE BACK DOOR WITH ANY ORDER OF 10 WINDOWS
Offer ends 20th February 2015



O'Carroll Windows & Doors
Tralee Rd, Killarney, Co. Kerry

WINDOWS | DOORS | CONSERVATORIES

THE
fabulous
FABRIC
company
Beyond Measure

**Free
professional
advice**



**f Curtains · Blinds · Wallpaper
Headboards · Upholstery fabrics**

Tel: 020 45235 Email: info@tffc.ie Web: www.tffc.ie
Ballymakeera, Co. Cork

Image Courtesy of Matthew Williamson



TRADITIONAL CHINESE MEDICINE

Acupuncture Clinic | Natural Fertility Clinic | Countess Centre, Park Rd (Over Hegarty's)

• Acupuncture • Herbal Medicine • Dietary Therapy • Bio-Resonance Testing • Cosmetic Acupuncture

Kathleen McAuliffe
Lic. TCM CHM

Clinics: Killarney & Millstreet
Tel. 086 2670068 / 029 70498

ARE YOU ONE OF THE 35,000 PEOPLE THAT READ THE BEST FREE PUBLICATION IN KERRY... THE KILLARNEY OUTLOOK

DONT MISS OUT ON COLLECTING YOUR WEEKLY EDITION OF KERRY'S BRIGHTEST AND MOST READ PUBLICATION..... THE KILLARNEY OUTLOOK. THE GLOSSY MAGAZINE IS DELIVERED TO BUSINESS OUTLETS EVERY FRIDAY AND IS SNAPPED UP WITHIN MINUTES OF DELIVERY.

FARRANFORE

JLT Tiles
Farranfore Garden Centre
Londis Moriarty's
Liam Lynch Garage

KILLARNEY

Murphy's Garage
Amber Centra
Carry Out Licence
Chinese Restaurant
Topaz Centra
Maher's Butchers
Kennelly's Pharmacy
Sean Taffee
I.C. Photo Ian Cronin
Killarney Garden Centre
Holy Cross Day care Centre
Dept. Tourist

INNISFALLEN MALL

O'Sullivan Bike-Shop
Horan's Fruit & Veg
Pork Shop Jones
Frame Shop
(Upstairs) Glow Beauty
Des Shop
Killarney Credit Union

PARK ROAD

Topaz Petrol Station
Tesco Petrol Shop
Tesco Supermarket
Sheehan's Butcher
Marks & Spencer's
Geraldine's Hair Salon
Horan's Fruit & Veg
Park Road Pharmacy
Hegarty's
Outlet Centre
Malton Hotel
Killarney Toning Studio

COLLEGE STREET

KDYS
GALA Bronny's
Specsavers
Sean Taffee
Dominos Pizza
South West Counselling
Fairview Guesthouse
Killarney Hardware
Casey Video Shop
Dungeon
Cronin's
Failte Hotel
Kerry Phone Shop
Scotts Hotel
Variety Sound
McSorley's
Ladbrokes
Dan Lenihan Bar
SCOTT'S LANE
The Streat Café

Urban Optics
Torc Travel
Golden Chopsticks
Food Fayre Café
COLLEGE SQUARE / PLUNKETT STREET

Sean Leo's Auctioneers
O'Leary Electrical
White-Heather Florist
Allegro
Music Express
Joeany Leather Goods
Gallivan Auctioneers
Reens (Chemist)
Allure Hairdressers
Killarney Household Gifts
Mike's Fast Food
Tatler Jack

GLEBE LANE

Killarney Barber Shop
Continental Café (Spolgers)
Goggins Hair Salon
Jam Café
J MAC Office
Kerry Mortgages

MAIN STREET

Town Hall
Killarney Hair Studio
Medical Hall
Euro City
Macs Restaurant
John Reidy
(Bar & sweet shop)
EBS
Coyne & Culloty
Christy's Irish Stores
MD O'Shea's
Killarney Bookshop
Sheehan's Pharmacy
Brian James
Abbey Travel

HIGH STREET

Quill's Fashion
Keane's Jewellers
Sceal Eile
Julies Barber Shop
O'Connor's Bar
Smoke House
Cronin's Butcher
Salvador's Pizza
Corkery's
Paddy Power
O2 Phone Shop
Ladbrokes
Speak Easy (bar)
Eagers
JC O'Shea
B.DE Stack Jewellery Shop
Feet First
Killarney Outlook Office
Tru-Care Cleaners

Daybreak Shop (top of High Street)
Gallivan Murphy Hooper Dolan
NEW STREET

Presbytery near Bishop Palace
Hennigan's Auctioneers
Killarney Photographic
Killarney Med Centre
Pharmacy (O'Sullivan)
Kennelly's Pharmacy
Dunnes Stores
Healy's Newsagents
Sarah Jane
Jasmine Boutique
Stack O'Brien Optician
McKenzie's Coffee Shop
Subway Restaurant
Healy (DNG)
Sheila's Hairdressers
Siodori Na Riochta Jewellers
Eddie Rockets
Frank Coffee Shoes
Walsh Shoes
Gloria Jeans Coffee Shop
Phone Shop
Sherry Fitzgerald Coghlan

TESCO SHOPPING ARCADE

Euro Hair Style Salon
Dry Cleaners
CHAPEL PLACE
Physique Gym
Craft Shop

BEECH ROAD

Liam O'Connor's
Ashe's Butchers
Leaders
Horan's Health Store

WOODLAND INDUSTRIAL ESTATE

Cronin's Foodstore
Daly's Super Valu
Off Licence
Daly's Petrol Shop
Supermac's
Killarney Sports Centre
Killarney Tyres
Kerry Tool Hire
Killarney Glass
Maurice Prendiville
RM Audio
Killarney DIY
Keogh Decorator
Factory Carpet
National Tile & Bathroom Centre
Murphy's Print
Buddies
M.D.O'Shea's
Killarney Autos
Park-Lane Dry Cleaners

CORK ROAD

Killarney Heights Hotel
Bowler's Garage

Our-House.ie

MUCKROSS ROAD

Handy Stores
Tom Spillane
Amber Station Muckross rd quick pick
Carry Out Licence
Ross Golf Course
Randles Court Hotel
Randles Nissan Garage
Doyle Shop
Brehon Hotel
Gleneagle
Victoria House Hotel
Chinese Restaurant (after Gleneagle)
Spar (Hegarty's)
Oaks Hotel
Molly Darcy's
Muckross House Restaurant
Lake Hotel

ROAD TO RATHMORE

CRL Oil
Darby O'Gills
Healy's Garage

GLENFLESK

Kerry Way Pub
P.O. Filling Station
BARRADUFF
Laundry Room
Hickey's Butchers
Nagles Right
Buy Shop
Takeaway
Sizzlers
O'Donoghue Shop
Murphy Motor Mitsubishi

RATHMORE

Reen's Garage Peugeot
McCarthy's Londis
O'Keefe's Hardware
Sapphire Signs
Renault Motors
Centra Shop
Credit Union
Haven Beauty Salon
Esso Shop
GNEEVGUILLA
Post Office McCarthy's
Fr Kevin
Dunnes
O'Keefe's

FOSSA

Tony's Shop
McCarthy's Centra
Killarney Golf Club
Golden Nugget PUB
Hotel Europe

BEAUFORT

Beaufort Bar
In-Between Pub
Carson's Supermarket
Kilgobnet Breen's Shop
O'Sullivan's Shop
MILLTOWN
Londis Top Shop
Milltown Farmer's Market (old church)
Café Beag
O'Shea's Pub
Pharmacy
Burke's Butchers
Pharmacy
Milltown Fruit & Veg shop
Spar
Larkin's
Alma's
Murphy's
Little Pavillion (take away)
O'Neill's Power Equipment
P.O.

CASTLEMAINE

Organic Store
Cronin's Petrol Station
Tool Hire
Geaney's Oil
Griffin's Bar
Boyles Hardware
Post Office / Shop
Kerry Group Creamery
Tyre Centre

FIRIES

Shop - (Bridies)
Pub
The Ballinvarrig Inn
Supermarket
CASTLEISLAND
Outlook Office.



KCINEMAKILLARNEY
East Avenue Rd, Killarney, Co. Kerry **.com**

Friday **16th** - Thurs **22nd** Jan 2015

 AMERICAN SNIPER (15A) 140m 7 Days 8:10 8:45	 TAKEN 3 (12A) 120m 7 Days 6:50 9:00	 FOXCATCHER (15A) 140m 7 Days 8:15 8:45	 INTO THE WOODS (PG) 135m 7 Days Sat/Sun 1:30 4:00
 UNBROKEN (12A) 145m 7 Days 8:50	 DUMB & DUMBER (15A) 120m 7 Days 6:30 9:00	 NIGHT AT THE MUSEUM (PG) 110m Sat/Sun 2:20 4:30	
 2D THE HOBBIT (12A) 160m Sat/Sun 3:45	 PENGUINS OF MADAGASCAR (G) 100m Sat/Sun 2:15 4:15 12:15	 TINKERBELLE (G) 105m Sat/Sun 2:05	
 PADDINGTON BEAR (G) 105m Sat/Sun 12:10 2:10 4:10	KIDS CINE CLUB Sat 17th & Sun 18th Jan NATIVITY 3 (G) 105m 12:15 TINKERBELLE (G) 90m 12:05		

www.cinemakillarney.com

CELEBRATE YOUR BIRTHDAY WITH US

SPECIAL BIRTHDAY PACKAGES AVAILABLE INSTORE FOR AS LITTLE AS €3 PER CHILD



FOUR STAR PIZZA

 KENMARE PLACE KILLARNEY
064 66 30222

Fitness with Edele
Positive Motivation & Exercise Classes that will work for you!

4 x weeks of unlimited classes for **€60**

INCLUDES nutrition starter pack
weekly weigh in & body assessments
weekly food diary analysis

January 2015 Timetable

	7.05-7.45	10.00-10.45	13.30-14.15	18.30-19.15	19.30-20.15
MON			KICKFIT / KETTLEBELL	KICKFIT / KETTLEBELL	MENS CONDITIONING CLASS
TUES	EARLY BIRD			TONING / GYMBALL	TONING / GYMBALL
WED	EARLY BIRD	MID MORNING MIX		XTREME CARDIO MIX	MENS CONDITIONING CLASS
THURS	XTREME CARDIO MIX			KETTLEBELL INTERMEDIATE	KETTLEBELL BEGINNERS
FRI	EARLY BIRD			TONING / GYMBALL	

Fitness with Edele, St. Anthony's Place Killarney
Personal Training also available. Please Enquire.
www.fitnesswithedele.com
contact no **087-7643449**
email: edeledaly@hotmail.com
Follow me on facebook at fitnesswithedele 

BOOKING ESSENTIAL FOR ALL CLASSES SO
CALL OR TEXT EDELE ON **087-7643449**

MARK COYNE TYRE SHOP

"HONEST ADVICE" "HONEST PRICE"

STOCKISTS OF QUALITY KUMHO TYRES

EXPERT QUALITY SERVICING
ALL MECHANICAL WORK CARRIED OUT



BASIC CAR SERVICE STARTING FROM €60

- 2010 FORD FOCUS -

- OIL & FILTER CHANGE • SPARK PLUGS REPLACED
- AIR FILTER REPLACED • TOP UP ALL FLUIDS
- CHECK LIGHT BULBS • CHECK BRAKES
- FREE MECHANICAL EVALUATION

€120

087 2726287 / 064 6671987
UPPER ROSS ROAD (BELOW AMBER FILLING STATION)

Advanced Chiropractic & Xray Clinic

Please call us for an appointment: **064 66 36835**



Expert care for all physical injuries | Specialist in the treatment of:

:: Back Pain :: Neck Pain :: Headache :: Sciatica :: Disc Injuries :: Pinched Nerve
:: Whip lash :: Arthritis :: Postural Pain :: Muscle Spasm :: Joint Pain :: Scoliosis :: Leg Pain (Hip, Knee , Ankle, Foot) :: Arm Pain (Shoulder, Elbow, Wrist, Hand)

FOOT & ANKLE CLINIC CERTIFIED ORTHOTIC PROVIDERS!

Gaitscan precision computer foot analysis system

SPORTS INJURY ALL SPORT RELATED INJURIES TREATED

Overuse, strained muscles, sprained ligaments, rehabilitation and sport optimization through improved biomechanics.

Therapeutic Ultrasound Machine
For the treatment of shoulder, elbow, knee
and ankle problems etc.

X-RAY SERVICE AVAILABLE

For your safety it is important to make sure your chiropractor
is registered with the Chiropractic Association of Ireland.

PARK CLINIC MEDICAL & WELLNESS CENTRE Park Road, Killarney, Co.Kerry. (Above Daly's Supervalu in Killarney.)

:: Dr. Lyndsey O'Leary BSc Hons Chiro DC MCAI
e: tasminf1@gmail.com www.killarneychiropractic.com

Members of the Chiropractic Association of
Ireland VHI and Laya Healthcare Approved



T.CRONIN & SONS



Special Offer

Buy 2lb of
Beef Mince,
Get 1lb
extra FREE.



9 High Street, Killarney t: 064 66 31181 f: 064 66 37387

Star Seafoods Ltd



High Street, Killarney

064 6633607 | 6641755 | 087 9063351

Our Fish Shop is Open 6 days a week from 9am-4pm
Saturday 9am-2.30pm

We are located in the lane opposite to Keanes Jewellers



We Supply a fine variety of Fresh Local Catch
Seafood on a Daily Basis.

• All Fish can be Boned & Filleted to your liking •

Make the most of your
Fish Dish by picking up our
FREE Recipe Book.
Now available in our shop.





O'CALLAGHAN COACH HOLIDAYS

"The Way to Get Away More... For Less"



Your coach Holiday Team Specialists

A Weekend of Music in Clonakilty

DATES: Friday 27th Feb
Sunday 1st March

Enjoy a weekend in Clonakilty with music, history and sightseeing. Visit the new and exciting Michael Collins Visitor Centre, enjoy dancing each night and explore Kinsale on Saturday.

INCLUDES:

- ◆ Return Luxury Coach Transport
- ◆ Professional Driver/Guide who will act as Tour Manager for the group
- ◆ 2 Nights Hotel Accommodation
- ◆ Full Irish Breakfast on 2 mornings, Evening Meal on 2 evenings and lunch on 1 day
- ◆ Entrance into the Michael Collins Visitor Centre
- ◆ Guided Walking Tour of Kinsale Harbour Cruise

PRICE
€225
pp

UPCOMING DAY TRIPS

- Thursday 5th March - Cork: Butter Museum, Shandon Bells & Farmer's Market
- Thursday 12th March - Snippets of Kerry
- Saturday 14th & Saturday 21st March - Ballymaloe Country House.
- Thursday 19th March - Cork: Dripsey, Cork City Gaol and The English Markets.
- Saturday 28th March - Cobh & Spike Island.

Experience Dáil Éireann & Dublin City

DATES: Tuesday 10th March
Wednesday 11th March

On this exciting and popular tour of Dublin City enjoy a visit to Dáil Éireann, a unique tour that will give you an insight into Ireland's political world with much history explored. Visit the National Museum of Ireland where you will see such artefacts such as the Ardagh Chalice. Experience a Guided Coach Tour of Dublin City and a Guided Tour of Croke Park.

INCLUDES:

- ◆ Return Luxury Coach Transport
- ◆ Professional Driver/ Guide who will act as Tour Manager for the group
- ◆ 1 Nights Hotel Accommodation
- ◆ Evening Meal on 1 evening
- ◆ Full Irish Breakfast on 1 morning
- ◆ Lunch on 1 day
- ◆ Entrance into Dáil Éireann, National Museum of Ireland and Guided Tour of Croke Park
- ◆ Guided Coach Tour of Dublin

PRICE
€170
pp

Discover Donegal, The Walls of Derry, Belleek & Daniel O' Donnell

DATES: Monday 13th April
Thursday 16th April

Discover the breath-taking scenery, traditions, culture and history with a great value tour to vibrant Donegal. Experience Glenveagh National Park, Daniel O' Donnell Visitor Centre and the history steeped Walls of Derry along with a stop in Knock and Belleek Pottery.

INCLUDES:

- ◆ Return Luxury Coach Transport
- ◆ Professional Driver/Guide who will act as Tour Manager for the Group
- ◆ 3 Nights Hotel Accommodation
- ◆ Full Irish Breakfast, Lunch and Evening Meal on 3 days
- ◆ Entrance into Glenveagh National Park, Belleek Pottery and Daniel O' Donnell Visitor Centre
- ◆ Guided Walking Tour of Letterkenny and the Walls of Derry

PRICE
€330
pp

Climb Snowdon on a Guided Walking Holiday in Wales

DATES: Thursday 23rd April
Monday 27th April

We are teaming up with leading guiding company KerryClimbing.ie to provide you with expert guides for 3 days of exhilarating climbing in Wales.

One of the highlights of this holiday is an ascent of Mount Snowdon. You'll Leave with a huge sense of achievement, some unforgettable memories and maybe some tired legs!

INCLUDES:

- ◆ Return Luxury Coach Transport and Ferry
- ◆ Professional Driver/Guide who will act as Tour Manager for the group
- ◆ Accompanying Mountain Guides from Kerry Climbing
- ◆ 4 Nights Hotel Accommodation
- ◆ Full Irish Breakfast on 4 mornings
- ◆ Evening Meal on 4 evenings & Lunch on 4 days
- ◆ Tea/Coffee & Scones on 1 day
- ◆ Entrance into National Slate Museum
- ◆ Welsh Highland Railway Journey

PRICE
€590
pp

For further information contact:

O'Callaghan Coach Holidays 064-6631095 Email: info@ocallaghancoachholidays.ie Website www.ocallaghancoachholidays.ie
To receive a free brochure please text your name and address to 087-2611188

DRIVE IN STYLE

with a Killarney Credit Union Ltd Car Loan

Why should I choose a Car Loan with Killarney Credit Union?

- Car loans are insured at no direct cost to the eligible member.
- No hidden fees or transaction charges.
- Repayments calculated on the reducing balance of the loan. This means smaller interest repayments as you repay your loan.
- Repayment terms to suit your particular circumstances.
- You can repay the loan earlier with no penalty.
- Additional lump sum repayments accepted with no penalty.
- Flexibility to make larger repayments than agreed with no penalty.

Low Rate
Exceptional
Service

Check out our Highly Competitive Rate of....

...7.49% APR 7.8%

€8,000 over 3yrs would cost €57.27 per week.

€10,000 over 5yrs would cost €46.11 per week.

Terms & conditions apply. Killarney Credit Union Ltd is regulated by the Central Bank of Ireland.

Killarney
Credit Union

Beech Road t: 064 663 1344 f: 064 663 5440
Park Road t: 064 663 7800 f: 064 663 7818
info@killarneycu.ie www.killarneycu.ie



WHERE MEMBERS MATTER MOST



OPERATION TRANSFORMATION GETS KILLARNEY WALKING THIS WEEKEND

There isn't a better time to get your walking shoes on with the Operation Transformation walk taking place in Killarney tomorrow, Saturday January 17th at 10am.

1000's of people across the country will take to the roads of Ireland and Kerry walkers will certainly be doing their part, building on what is regarded as a fantastic day out. As Operation Transformation has linked in with the Irish Sports Council, Kerry Recreation & Sports Partnership is responsible for organising and coordinating the walk. The Kerry walk will start from Mission Road, Killarney Town Centre at 10.00am with registration from 9:00am – 9.45am. Participants are asked to meet at the Monsignor Hugh O'Flaherty monument side of Mission Road.

Walkers will have the option of taking part in an easy 5km or moderate 10km walk led by experienced walkers, through the beautiful surroundings of Killarney National Park & Killarney Golf and Fishing Club. Saturday's walk is free of charge. People of all ages, fitness levels and abilities are invited to come along on the day, however for safety reasons no dogs or bikes are allowed.

The roll out of the event is not possible without the collaborative support and efforts of a number of agencies and their dedicated representatives from An Garda Síochána,



LAUNCHING THE 2015 OPERATION TRANSFORMATION WALK AT KILLARNEY NATIONAL PARK THIS WEEK WERE FROM LEFT: PAT DAWSON, NATIONAL PARKS AND WILDLIFE SERVICE, KATE O'LEARY, PRESIDENT, KILLARNEY CHAMBER OF TOURISM AND COMMERCE, PEGGY LYNCH, CIVIL DEFENCE, CORA CARRIG, KERRY RECREATION & SPORTS PARTNERSHIP, PADRAIG O'SULIVAN, NPWS, DAIRE O'BRIEN, KDYS, KIERAN O'HALLORAN KERRY COUNTY COUNCIL, NOEL O'LEARY KILLARNEY MUNICIPAL DISTRICT AND JOHN LEHIHAN, FITZGERALD STADIUM STEWARDS COMMITTEE.

PICTURE: DES O'CONNOR.

Civil Defence, Fitzgerald Stadium, KDYS, Kerry County Council – Killarney Municipal District, Killarney Chamber of Commerce, Killarney National Park and the voluntary team of walk leaders, registration officials and route stewards.

On the day there will be a number of

establishments in Killarney Town offering healthy options and a complimentary tea & coffee with a main course. This was made possible with the assistance and coordination of Killarney Chamber of Commerce.

MINDLESS THUGS TARGET STAIN GLASS WINDOWS

The beautiful stain glass windows at St. Mary's Church of Ireland have been vandalised resulting in damage running into tens of thousands of euros.

In the early hours of last Sunday morning, windows, which date back to 1800's were targeted by mindless thugs who threw rocks and flower pots at the back of the church at Kenmare Place.



VANDALISED, AN OUTSIDE VIEW OF THE STAINED GLASS WINDOW, DATING BACK TO 1889, AT ST MARY'S CHURCH OF IRELAND. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



VANDALISED, THE NATIVITY SCENE, A STAINED GLASS WINDOW DATING BACK TO 1889 AT ST MARY'S CHURCH OF IRELAND. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

Rev. Simon Lumby told the Killarney Outlook that there is a long and arduous process ahead of them. "With the age of the glass and the damage caused we need to get specialist reports before we know where we stand, but we believe it will be tens of thousands of euros to repair the damage done", he said.

CHURCH GATE COLLECTION

The Irish Wheelchair Association will hold their national church gate collection this weekend on Saturday 17th and Sunday 18th January 2015.

Your generosity would be much appreciated.

KILLARNEY GIRL RELEASED FROM HOSPITAL IN PERTH

Karen Brosnan, who along with her parents Ger and Marguerite, was involved in a fatal road traffic accident in Perth has been released from hospital.

Ger and Marguerite Brosnan, from Port Road in Killarney are both in a stable condition at the Royal Perth Hospital having suffered serious injuries in the crash which claimed the life of a family friend.

A 20 year old Perth man is due to appear in court in connection with the accident early next month.

#lovekillarney

LYNES OF KILLARNEY

1/2 PRICE SALE

Starting Friday 16th January

All winter stock must clear

Showing: Boys & Girls Communion & Confirmation
DEPOSITS TAKEN

BOSS
HUGO BOSS

Timberland

MONNALISA

GANT

DKNY
DON'T LA HARRA NEW YORK

69 High Street, Killarney, Co. Kerry
Telephone 064-6631146



**WE WON'T
BE BEATEN
ON
PRICE**



Affordable & Stylish Kitchens & Wardrobes



JANUARY SALE NOW ON!

KITCHEN

DISCOUNT WAREHOUSE

LOW COST KITCHEN SOLUTIONS



Monavalley Tralee.

- Manufactured Locally
- Classic & Contemporary Kitchens
- 3D Plan & Design Service
- Supplied & Fitted

OPENING HOURS:

Monday- Friday 9am -5.30pm
Saturday 9am - 1pm.

Unit 10 Westside, Monavalley Business Park, Tralee | Call Mike at 066-7186594
(opposite Kingdom Crash Repair)

ABIGAIL'S CREST IS A WINNER FOR MEK UNITED



LAUNCHING THE NEW CREST DESIGNED BY MEK, MID & EASTERN KERRY UNITED WERE THE ORGANISERS, PLAYERS AND DESIGNER OF THE NEW CREST ABIGAIL O'SULLIVAN (SEATED CENTRE). PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ABIGAIL O'SULLIVAN (CENTRE) DESIGNER OF THE NEW CREST FOR SOCCER CLUB MEK, MID & EASTERN KERRY UNITED WITH L-R LIAM MURPHY (PRO & VICE CHAIRMAN), PA MURPHY (CHAIRMAN) AND ROBERT O'NEILL (TREASURER). PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

A newly formed Soccer Club came up with a novel idea for the design of their crest. MEK United had dozens of entries for "Create Our Crest" competition with 8 year old Abigail O'Sullivan from Rockfield claiming the top honour and a soccer jersey of her choice. A third class pupil at Faha National School, Abigail's crest will now be the official crest of

MEK United.

The club U8's & U10's academy will start on Saturday 21st February, from 2-4pm, in Fossa astro turf pitch (behind Fossa NS) with registration for the academy taking place on Saturday 7th February from 2-3pm in the same venue. The cost per player will be €10 (registration) and €2 per session thereafter

(10 sessions in total). The club also hope to participate in some soccer blitzes, organised by the Kerry Schoolboy/girl League. Contact Pa (087 7943220) or Liam (087 4145662) or any queries.

Organisers at the club would like to thank everyone who attended their prize presentation in Fossa at the weekend.

LIFE THROUGH THE LENS IS GOOD FOR KILLARNEY PHOTOGRAPHER

A Killarney photographer who was awarded Associate Distinction from the Irish Photographic Federation in November has been nominated for The Societies' Photographer Of The Year 2014.

Teddy Sugrue a keen photographer submitting a print panel of 15 black and white images comprising of seascape images both from Iceland and Ireland to gain the distinction. But it is all eyes on this Saturdays event and his nomination now.

"The Societies' are the largest all welcome association for the serious photographer. Going up against some of the worlds most renowned photographers I will compete for the prestigious award of Pictorial Photographer Of The Year and The Societies Photographer Of The Year with the winner being announced at The Societies' 2015 Convention Awards being



TEDDY SUGRUE RECEIVES HIS AIPF CERTIFICATE FROM MICHAEL O'SULLIVAN PRESIDENT OF THE IRISH PHOTOGRAPHY FEDERATION.

held tomorrow, 17th January in London" said Teddy. Over 12,500 images were entered in to the competition and photographers from around the globe have put forward their images making this a truly international competition.



WINTER MORNING - TEDDY SUGRUE'S IMAGE SUBMITTED FOR THE SOCIETIES PHOTOGRAPHER OF THE YEAR 2014.



SEA STACKS-ICELAND - WAS PART OF THE AIPF PRINT PANEL PHOTOGRAPHED BY TEDDY SUGRUE.

FESTIVAL LAUNCH



Killarney Festival of Music & Food will be launched at L'Ecrivain Restaurant in Dublin on Tuesday next, 20th January. The festival is due to take place in Killarney on 27 & 28 June 2015.

Invitees will be treated to lunch at Derry Clarke's Michelin star restaurant on Baginbun Street and a line up of some of the concerts will be announced.

LITTLE RED RIDING HOOD PANTO

Marian Players Rathmore present their 28th Annual Pantomime, Little Red Riding Hood at the Community Centre Rathmore on Saturday January 24th at 7:30pm. There will be matinees on the following two Sundays at 3.00 pm along with additional night shows on Wednesday, January, 28th, Thursday January, 29th and Saturday January 31st at 7:30pm. and again Sunday 1st February.

All proceed to Kerry parents friends association and tickets can be booked by calling 064 - 7758526



killarney
sports & leisure centre

Winter/Spring Fitness Courses

All courses are 6 weeks in duration and you can book place at reception on 064 6636554

Deep Water Aqua Aerobics

Starting Tuesday 27th of January, 10am

Hatha Yoga

Starting Friday 30th January, 10am



Kettlebells **FULL**

Next course starting Tuesday 17th February, 7pm



Pilates **FULL**

Next course starting Wednesday 18th February, 7pm

Check out our Fitness Timetable on www.coralleisure.ie

All fitness classes open to members and pay as you go customers, over 30 classes to choose from throughout the week.

NEW FOR 2015 12 Week Get Fit Programme!

This programme will help you achieve your New Year's Resolution to get fit, shape up and get healthy and keep you motivated for the 12 weeks. Whether your goal is to run a marathon, cycle the Ring of Kerry, tone up or build muscle.

What this programme will offer:

- ✓ 12 week personal exercise programme designed to suit your body and goals
- ✓ Weekly meeting with a fitness instructor to keep you motivated
- ✓ Health analysis and fitness testing throughout the 12 weeks
- ✓ Exercise challenges
- ✓ Full use of our facilities pool/gym/fitness classes/health suite

Limited places, book at reception before the 1st of February 2015

With Childhood obesity at an all time high we are now offering
TEEN CIRCUIT CLASSES
on Thursday at 5pm. Free to members or €5 pay as you go.

Remember we are offering 20% off all full membership!



Call today for details on any of the above on 064 66 36554 Killarney Sports & Leisure Centre, Park, Killarney, Co. Kerry www.coralleisure.ie Email: sales@killarneyleisure.com



Find us on Facebook



INEC KILLARNEY

www.inec.ie

23RD JANUARY 2015

MARY DOWN THE CROOKED ROAD BLACK

THE TOUR

Doors 7.30 | Show 8.30pm | €30 including booking fee

BOX OFFICE 064 6671555

All ticket prices include booking fee | Telephone and Internet Bookings Subject to Service Charge
Ticketmaster Ticketmaster 0818 903001 | www.ticketmaster.ie

KEEP FIT FANS RAISE FUNDS FOR PIETA HOUSE

BeliefFit proprietors Eric McDonald and Josie Sugrue came up with a novel way to raise money for their favourite charity.

The couple who run the highly successful fitness studio BeliefFit held four classes as usual and donated all the fees to Pieta House. The classes which consisted of yoga, kettle bells, cross fit and women on weights resulted in a whopping €700 being raised for the charity.

OWNERS ERIC McDONALD (BACK LEFT) & JOSIE SUGRUE (CENTRE) ALONG WITH MEMBERS OF BELIEFIT KILLARNEY PRESENT A CHEQUE TO MARIE O'CARROLL, PIETA HOUSE TOTALLING €700.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



HOTELIERS DONATE TO WORTHY CAUSE



SEAN O'DRISCOLL, PRESIDENT KERRY BRANCH OF THE IRISH HOTELS FEDERATION PRESENTS A CHEQUE FOR €5,000 TO COLLETTE O'DONOGHUE FROM THE CYSTIC FIBROSIS-KERRY BRANCH, THE PROCEEDS FROM THE KERRY BALL IN THE DROMHALL HOTEL RECENTLY. OTHER HOTELIERS IN THE PICTURE ARE FRONT ON LEFT BERNADETT RANDELS AND BRIAN BOWLER. BACK FROM LEFT, MARK BOWE, JASON CLIFFORD, GERALDINE AND MICHAEL ROSNEY AND EMER CORRIDAN. PICTURE BY DON MACMONAGLE.

Following a hugely successful Hoteliers Ball in the Dromhall Hotel, in December, Sean O'Driscoll, President of the Kerry Branch of the Irish Hotels Federation presented a cheque

for €5,000 to Collette O'Donoghue from Cystic Fibrosis Kerry Branch proceeds of the night. Sean was joined by other hoteliers in the town for the presentation.

SLIABH LUACHRA CELEBRATED AT NIGHT OF CULTURE

A night of culture celebrating the Sliabh Luachra area will be held in Murphy's Bar Barraduff on February 6th 2015. Organised by local woman Joan Murphy, the night is an opportunity for anyone who would like a platform for original short-stories, poems or songs. There will be spot prizes and light refreshments on the night, and live

performance of selected works. This event is open to all, including primary and post-primary students. The event will also benefit the Barraduff Community Field project. The closing date for the submission of material to Murphy's Bar is Thursday January 22nd. Contact Joan on 087 9219049 for further details.

MUCKROSS PARK HOTEL SOLD FOR €6.5 MILLION

MUCKROSS Park Hotel and Spa in Killarney, has been sold to iNua Hospitality, a Cork-based hotel firm.

DTZ Sherry FitzGerald closed the deal for €6.5m.

The iconic 5 star hotel was previously owned by Bill Cullen and Jackie Lavin and boasts 68 bedrooms, 10 self catering apartments and a luxury spa.

iNua Hospitality also own the Radisson Blu Hotels in Cork and Limerick.



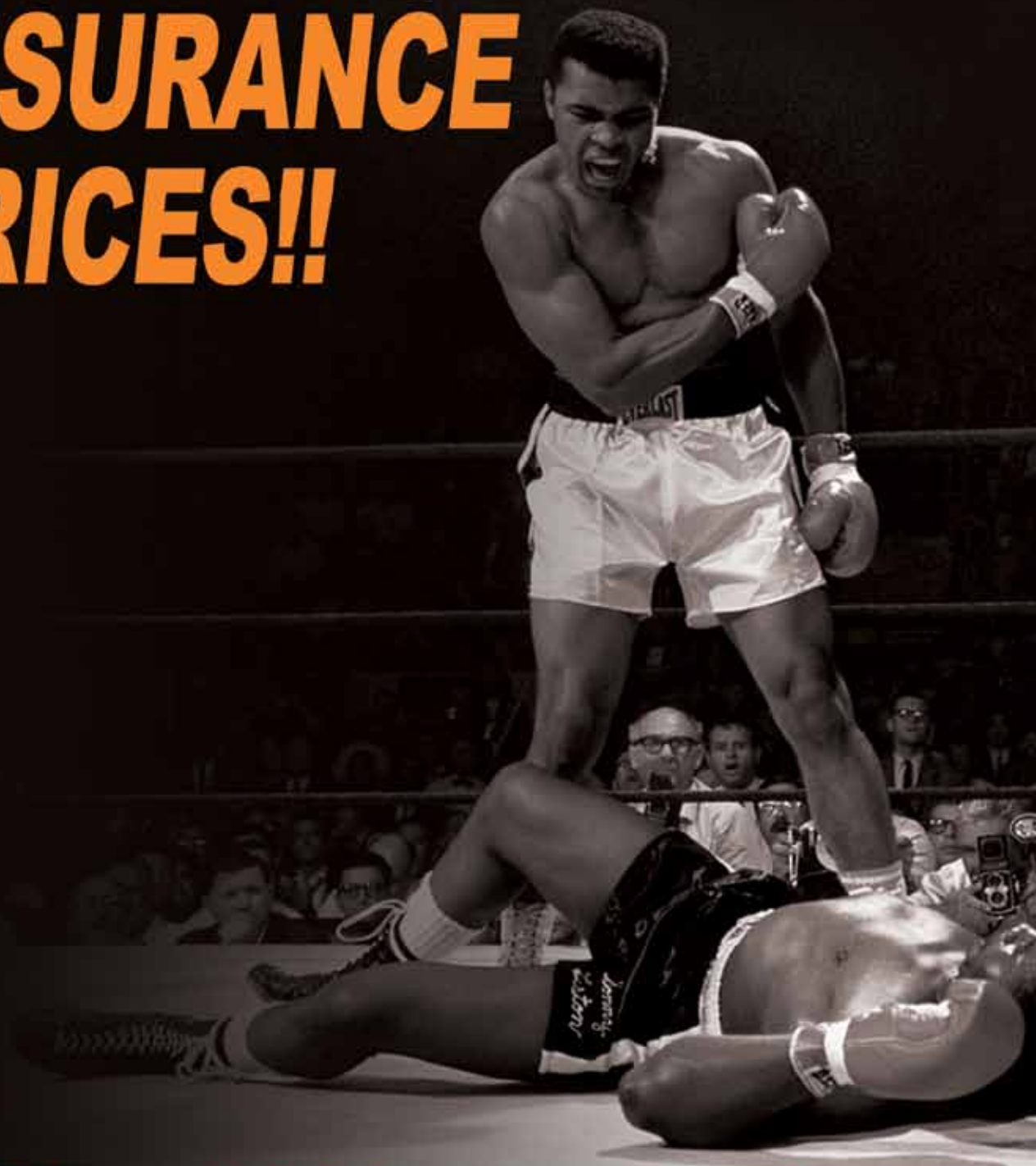
MARIE STEPS DOWN AT AGHADOE

Marie Chawke, General Manager of the Aghadoe Heights Hotel has resigned her position.

Following 14 years at the helm of the prestigious 5 star hotel, Marie said that while she is looking forward to the adventures ahead, she will miss the team at the hotel dreadfully.

The hotel was purchased last Summer by a European investor.

KNOCKOUT INSURANCE PRICES!!



 Follow us on facebook for great competitions and giveaways!

Call us today on 064 6634632 or drop into our office

**Gallivan Murphy
Hooper Dolan**
INSURANCES

t: **064 66 34632** info@gmhd.ie | www.gmhd.ie

Killarney Business Centre | Upper High Street

Gallivan Murphy Hooper Dolan Insurances Ltd t/a
Gallivan Murphy Hooper Dolan Insurances is regulated by The Central Bank of Ireland



FIVE YEAR PLAN TO SHAPE OUR DIOCESE

Conscious of the changing reality of society and church today, the Diocese of Kerry is preparing a new Pastoral Plan for 2015-2020. The diocese plans to carry out a comprehensive listening process in order to hear people's hopes, challenges and expectations at this time. The pastoral plan will provide the diocese with a road-map/direction over the next 5 years. Launching the listening process, Bishop Ray Browne said "It is important to consult and listen to what people are saying. At times we

think we know what people need, but that is not always accurate, so it is important to ask. We believe that listening to people speak about their concerns is an essential starting point."

To hear people's concerns and hopes, there will be gatherings held throughout the diocese. From now until mid-March, there will be a listening meeting held in each of 12 pastoral areas, with the first meeting being held in the Dromhall Hotel, Killarney on Monday 19th January. Each evening will begin at 8pm and conclude by 9.30pm, and there will be an opportunity for everyone present to share their concerns, hopes and expectations. The diocesan pastoral team will facilitate the gathering. All comments will be noted and will form the basis for drawing up the pastoral plan. Everyone is welcome to attend. For further information about your local listening gathering, check out your parish newsletter, check Upcoming Events on this site and listen in to Horizons or Community Diary on Radio Kerry.

SCHEDULE OF SHAPING OUR DIOCESE MEETINGS: Monday, January 19th Killarney pastoral area meets in The Dromhall Hotel Killarney at 8pm.

Monday, February 2nd Naomh Bhréanainn pastoral area.

Monday, February 9th Iveragh pastoral area.



BISHOP RAY BROWNE.

Wednesday, February 11th Bearn pastoral area.
Tuesday, February 24th Millstreet pastoral area.
Wednesday, February 25th Killorglin pastoral area.

Monday, March 2nd Castleisland pastoral area.
Wednesday, March 4th Listowel pastoral area.
Thursday, March 5th Corca Dhuibhne pastoral area.

Monday, March 9th North Kerry pastoral area.
Tuesday, March 10th Kenmare pastoral area.
Wednesday, March 18th Tralee pastoral area

You can also e-mail your input to:

shapingourdioecese@dioceseofkerry.ie



PICTURE PERFECT



MARK O'BRIEN CAPTURED THIS AMAZING PICTURE OF MAIN STREET, KILLARNEY, ON WEDNESDAY NIGHT DURING A SNOW SHOWER. IF YOU WOULD LIKE TO SUBMIT A PHOTOGRAPH FOR PUBLICATION IN PICTURE PERFECT, YOU CAN EMAIL IT TO EDITORIAL@OUTLOOKMAGS.COM

LEARN SOMETHING NEW THIS YEAR AT KILLARNEY COMMUNITY COLLEGE

The new year can offer you the opportunity to learn something new. It may be a hobby you always had your eye on or a course that will benefit your career.

We look no further than the Killarney Community College who have launched their Night Class Programme for the New Year 2015 and which will commence on Tuesday 20th January.

From beekeeping to salsa dancing, there are classes there to suit everybody including hobby courses, certified courses and some BTEI Courses (Back to Education Initiative). Prospective participants are asked to enrol online or call into the school office by Friday 16th January. A full list of all our courses can be seen on page 9 in this edition or on our website

www.killarneycommunitycollege.com

Get your weekend off to a **bright** start with the **KILLARNEY Outlook**
First every **FRIDAY MORNING** with the best Advertising, News, Sport & Community News



REVIEW YOUR INVESTMENTS

DERMOTCRONIN
TRUSTED FINANCIAL ADVISOR

Call 064 6622775 NOW
to arrange an appointment
or email us on kerrymortgagecentre@eircom.net

- :: Pensions
- :: Life Insurance
- :: Income Protection & Serious Illness Cover
- :: Mortgages
- :: Investments

Dermot Cronin via Kerry Mortgage Centre is regulated by the Central Bank of Ireland.

HENNIGAN Auctioneers

WANTED URGENTLY - PROPERTIES TO SELL AND TO LET - NO SALE NO FEE - NO LET NO FEE

2 BARLEYMOUNT EAST, AGHADOE, KILLARNEY



MAGNIFICENT CHOICE OF FAMILY RESIDENCE

Stunning located bungalow with lake and panoramic mountain views and the Gap of Dunloe set in the highly popular and scenic Aghadoe area. The property is beautifully maintained and finished internally to include solid walnut and oak flooring, handcrafted ash Kitchen, conservatory with vaulted French pine ceilings, modernistic tiling etc.

FEATURING: Spacious open plan Kitchen and adjoining conservatory style Dining area with architect designed vaulted ceiling, large Utility/Laundry room and adjoining guest toilet, 4 spacious Bedrooms (2 ensuite), spacious Bathroom, Oil Fired Central Heating, landscaped gardens and barbeque area

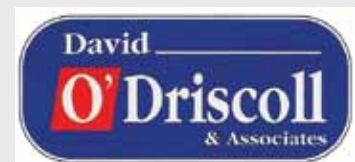
PRICE REGION: €372,000

Hennigan Auctioneers 66 New St., Killarney t| 064 6634582 m| 087 2354416 www.daft.ie/hennigan

PROPERTY OUTLOOK

THROUGH THE KEYHOLE....

A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET



Address: Lissivigeen, Killarney. 4 Bed Detached (3 Bedrooms En-Suite), 0.44 Acre Site. Close Proximity to Killarney Town.

BER CERT: C2 rating

Agent: ● David O'Driscoll & Associates ● 2 Bunrower Court, Ross Road, Killarney ● Tel: **087-7958386** info@doddriscoll.com

Asking Price: €349,000

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

DANCER JOE IS STRICTLY IN CHARGE

While Strictly Come Dancing continues to gather momentum.... Aisling Crosbie takes a look at the man behind the scenes who is putting the participants through their paces and teaching even the worst dancers (herself included) how to move it and shake it in aid of the Irish Cancer Society.

Joe Burkett has been teaching dance for over ten years having studied through the All Ireland Dance Federation.

A devoted fan of Strictly Come Dancing Joe is in fact heading to London to take in the live tour in February.

With a passion for the stage and all things theatrical, Joe is no stranger to shows.

Having appeared in many shows in Siamsa Tire, he has also directed the sold out "Summer Lovin" - a stage production for St. John of Gods, The proprietor of Synergy Stage School which is based in Ballyheigue, Ardfert and Abbeydorney

for the past four years, Joe is also currently preparing students at St. John of Gods for their upcoming show "I Have A Dream" a stage production loosely based on Mamma Mia.

An accomplished performer himself, Joe spent many years Irish Dancing and competed in the All Ireland Dance Championships with Tenacity School of Performance where they were unbeaten in the slow dance section for many years.

With the right moves, Joe is hoping to set the INEC Stage alight with sizzling sambas and once again direct another sell out show.

Strictly Come Dancing in aid of the Irish Cancer Society will take place in the INEC on Friday February 13th. Tickets are available from all the dancers, at the Killarney Outlook office on High Street and all dancers have sponsorship cards - so dig deep for this great cause - all funds raised on the night will stay local.



CHERNOBYL GROUP FOCUS ON WORK IN BELARUS FOR 2015

After 21 years of bringing children to Killarney from Chernobyl, the Killarney Branch of the Friends of the Children of Chernobyl have decided this year that the focus of their work will be based in Belarus and they won't be bringing any children to Killarney in 2015.

The group have had huge support from host families in Killarney and surrounding areas over the past 21 years and are indebted to them and to the people of the town who continue to support the charity. The group plan to continue to fundraise to help improve the living conditions of the children and their families in their homes, schools, hospital and the orphanage that the group support.

The group had a successful year of fundraising and are involved in a number of important projects in Belarus. This year the group plan to send the children that would have been due to come to Killarney to month long summer camps where they will get three meals a day



LAST YEARS GROUP OF CHERNOBYL CHILDREN PICTURED WITH BETTY CROSBIE, PRESIDENT, MARY O'LEARY, CHAIRPERSON AND COLM COOPER AT THEIR WELCOME PARTY IN THE DROMHALL HOTEL., PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

and engage in fun activities. Chairperson of the group, Mary O'Leary along with committee member Frances O'Toole and her daughter Aoife, spent a week in Belarus at the end of last year. During their time there they met with principals of both schools that the Killarney group support.

This enables the group to see firsthand exactly where the fundraising goes and how it benefits the children. A day spent in the children's psychiatric orphanage with special needs

children as young as 4 strapped and restrained to beds with socks was a heartbreaking experience for the committee members and proved to be a huge eye-opener. It is projects like this that will benefit from the fundraising that will be done in Killarney.

Other beneficiaries of the fundraising include clothes and shoes for families, weekly food shopping for families, medicine and medical aids for hospitals and photocopying paper and ink for schools.



Jerome O'Regan

AUCTIONEER & VALUER

Tel/Fax: 066 9761200 | Mob: 087 2833410

Email: jeromeoregan@eircom.net | Web: www.jeromeoregan.ie



SITE FOR SALE

Very scenic 1/2 acre site with full planning for the above bungalow at Leamnagulla, Ballyhar, Killarney. (just off the Tralee rd. at Scart Cross) This architecturally designed split level bungalow consists of 2,800 sq. ft. and takes full advantage of the beautiful views.

REASONABLY PRICED.

TO LET OR FOR SALE



CLOONEYDONIGAN, BALLYHAR, KILLARNEY.

Charming stone built farmhouse on c.3 acres, stables for 4 horses and an arena. Mature trees and very scenic only 4 miles approx from Killarney. Professionally restored reflecting most of its original features. 3 bed 1 en-suite, kitchen/dining/living area, fully fitted utility, bathroom and very large sun lounge. BER Pending. **P.O.A.**



68 NEW ST. KILLARNEY.

A large street front property, formerly used as an antique shop. A three storey building with an extensive back garden containing a store/apartment. Approx. area ground floor = 84.5 sq. mts. 1st floor = 103 sq. mts. 2nd. Floor 84.5 sq. mts.

P.O.A.



CURROW/KILCUMMIN, KILLARNEY AREA

57 acres approx. (40 acres recently reseeded) with an old slate roof farmhouse and farm buildings. Also included 8/95th share of 240 acres. The lands have access to electricity and water. Approx 9 mls. from Killarney, 4 mls. from Currow village and 6 mls. approx. Kerry Airport.

P.O.A.

KILLORGLIN TOWN Large house in town centre. Bargain.

KILLORGLIN TOWN, LANGFORD ST. 2 storey street front property with 4 apartments at the back. It has a rear entrance. Great value with great potential.

CARAGH LAKE, KILLORGLIN. Two storey detached house (requires major repair) on 3.5 acres approx. Beautiful, much sought after area.

FARM WANTED. GOOD QUALITY LAND. 50 ACRES OR MORE. CLOSE TO KILLARNEY OR WITHIN 7 OR 8 MILES FROM KILLARNEY TOWN. TOP PRICE PAID FOR SUITABLE PROPERTY.

WANTED Properties, houses, farms commercial etc. in all areas, for a growing list of genuine buyers.

BALLYHAR, KILLARNEY Beautifully restored 3 bed farmhouse on c3 acres, stables for 4 horses, mature trees and very scenic.

BEAUFORT Old style cottage with an unfinished extension, on c. 1 acre, dry land, Ballymalis area, beautiful convenient location. Great value with many options.

MILLTOWN VILLAGE, Killarney Beautiful 3 bed semi in a small well built private development. beside schools, shops etc. Fully furnished as new. €115,000

BEAUFORT AREA Old house c.2 acres. Very scenic, dry & elevated. Bargain.

MILLTOWN VILLAGE Magnificent, detached two storey house, approx. 1,800 sq. ft. Building about to commence. Purchaser could make internal changes or put their own stamp on it. Only a few minutes walk to schools, shops etc.

REEKS GATEWAY TO KILLARNEY Commercial/office space for sale or lease. Various sizes and configurations available to suit the client. Prices negotiable.

BALLYMALIS, BEAUFORT, KILLARNEY Cottage with partly constructed extension on c. 1 acre. Great central, attractive location. Guide price €60,000 o.n.o.

BEAUFORT, KILLARNEY, on the Main Ring of Kerry road, stunning 8 bed (all ensuite) B&B. Extensive frontage along the river Laune, with fishing rights. Panoramic views.

UPPER PARK ROAD, KILLARNEY, 3 bed detached bungalow on a large site.

ROSSBEIGH, GLENBEIGH Old style dwelling, Electricity, water, septic tank Only 1 mile from beach. V. scenic and private.

FIRIES VILLAGE Detached, 4 bed bungalow, close to school shops etc

MILLTOWN VILLAGE Commercial property w/ back yard. Great investment V. reasonable reserve.

MUCKROSS, KILLARNEY 6 bed detached, v. scenic, priced to sell.

TIERNABOUL, KILLARNEY 4 bed bungalow, beside N.S. only 2 mls to Killarney town.

BALLYMALIS, BEAUFORT, KILLARNEY Detached, luxury 4 bed detached bungalow, almost new, great location.

KILLARNEY 6 miles approx. to rent or for sale old farm yard on c. 1 acre off the Tralee Road. Secure and convenient location.

FAHA, KILLARNEY 4 bed 3 ensuite detached dormer.

KILLORGLIN 2 MLS Beautifully restored stone house on c.6 acres. In pristine condition.

GLENBEIGH, RING OF KERRY RD. New detached 4 bed bungalow, stone fronted with spectacular sea views, completed to a very high spec.

CARAGH LAKE, KILLORGLIN New dormer bungalow 4 bed (2 ensuite) set on a large site with mature trees.

GNEEVGUILLA VILLAGE Modern 3 bed semi w/ top energy saving ratings, complete finish

BEAUFORT KILLARNEY, OLD HOUSE on c.2 acres, very elevated, dry, extremely scenic setting, reasonable reserve. **UNIQUE PROPERTY.**

FOSSA KILLARNEY Large commercial/private property beside the golf complex and on the main road.

MUCKROSS ROAD/WOODLAWN CROSS, KILLARNEY- c. 1/3 acre site. Superb location. **MILLTOWN, KILLARNEY** (Ardmeelode area) Partly built detached bungalow.

Nice views. **BARGAIN.**

TULLORUM/TIRNABOUL KILLARNEY AREA 11.5 acres approx. Close to school etc.

KILLORGLIN, GOLF COURSE ROAD Delightful 2 bed detached bungalow, as new, superb location.

BEAUFORT, Killarney Beautiful, almost new detached dormer bungalow with stunning mountain views. Comprising approx. 2,300 sq. ft. 4 bedrooms, 2 ensuite. Kitchen/dining room, utility, lounge, bathroom. Built to the highest standards.

KILLORGLIN TOWN 2 town centre buildings, one has a very large back garden. Very reasonably priced.

KILLORGLIN TOWN Large modern warehouse **TO LET.**

KILLARNEY TOWN 68 New St. Killarney. Large street- front property with an extensive back garden. Great potential at a reasonable price.

FARMS/LAND

c.57 acres with old farmhouse and sheds, Currow area, 40 acres recently reseeded.

c.10 acres with good sheds, extremely scenic. Artgalvin, Headford area. 5 mls from Killarney.

c. 35 acres of mixed land in one lot, Ballyhar, Killarney area.

Tullorum, Tirnaboul, (Spa) Killarney 11.5 acres approx. 3 miles from Killarney.

Farranfore-Killarney rd 17 acres with or without a dwelling house.

Firies area, Killarney 44 acres approx. excellent land with or without a dwelling house.

SITES

LOUGHGUITTANE/MUCKROSS area- Site with lake view, roadside.

LEAMNAGUILLA Off the Tralee Rd. very scenic 1/2 acre site with full planning.

AGHADOE Site roadside, approx 1 mile from town 1/2 acre selling subject to planning.

BEAUFORT AREA Elevated, scenic site c. 1/2 acre.

BEAUFORT, KILLARNEY 1 acre with full planning.

COOLIES, MUCKROSS, KILLARNEY c. 1 acre, private scenic location.

KILLARNEY 2 MILES APPROX 3 acres or more subject to 1 planning.

ROSSBEIGH, GLENBEIGH Site with full planning for dormer, no residency clause.

Killorglin 1 mile 3/4 acre site. On the main Killarney/Ring of Kerry road. Dry, elevated and scenic. On the main sewer and with all services.

Faha, Killarney, c. 1/2 acre, dry, roadside, great location, bargain.

RAHEEN, HEADFORD, KILLARNEY, Site with full planning permission €20,000.

DRIVING INTO 2015 IN STYLE.... HELEN WINS CREDIT UNION CAR DRAW



PAT DELANEY CHAIRMAN KILLARNEY CREDIT UNION AND MARK MURPHY CEO PRESENTING THE FORD CAR TO WINNER HELEN O'DONOGHUE KILLARNEY WITH (FROM LEFT) JULIE, OLGA AND DONAL O'DONOGHUE, JACKIE, COLIN KIELY, DERMOT GRIFFIN KILLARNEY CREDIT UNION AND DERMOT MORIARTY OF KILLARNEY AUTOS FORD DEALERSHIP KILLARNEY AT THE KILLARNEY CREDIT UNION MEMBERS DRAW AT THE KILLARNEY CREDIT UNION, BEECH ROAD, KILLARNEY.



MARK MURPHY CEO KILLARNEY CREDIT UNION (SEATED SECOND FROM LEFT) WHO PRESENTED CHEQUES FOR €500 TO NOREEN DOOLAN, BETTY TWOMEY, PAUL HORGAN, JIM O'SHEA AND PATRICK O'SULLIVAN WITH (FRONT RIGHT) JACKIE O'LEARY KILLARNEY CU (BACK LEFT) PAT DELANEY CHAIRMAN KILLARNEY CU AND (RIGHT) DERMOT GRIFFIN KILLARNEY CU AT THE KILLARNEY CREDIT UNION, BEECH ROAD, KILLARNEY.



DERMOT GRIFFIN AND JACKIE O'LEARY KILLARNEY CREDIT UNION (FRONT LEFT) PRESENTING €250 CHEQUES TO WINNERS NANETTE O'LEARY (BACK) ELISH CLIFFORD, SHEILA MURPHY, ANNE MCCARTHY AND EILEEN DINEEN IN THE KILLARNEY CREDIT UNION MEMBERS DRAW WITH (BACK CENTRE) PAT DELANEY CHAIRMAN KILLARNEY CREDIT UNION AT THE KILLARNEY CREDIT UNION, BEECH ROAD, KILLARNEY.



DERMOT GRIFFIN, MARK MURPHY CEO AND JACKIE O'LEARY KILLARNEY CREDIT UNION PRESENTING €300 CHEQUES TO WINNERS HELEN O'SULLIVAN, SEAMUS O'CONNOR, TIM O'SULLIVAN, ANN MARIE, AOIFE AND JAMES O'CONNOR, JOSEPHINE CURTIN, MICHAEL MURPHY AND PATRICK LEAHY WITH IN THE KILLARNEY CREDIT UNION MEMBERS DRAW WITH (BACK LEFT) PAT DELANEY CHAIRMAN KILLARNEY CREDIT UNION AT THE KILLARNEY CREDIT UNION, BEECH ROAD, KILLARNEY.



MARK MURPHY CEO KILLARNEY CREDIT UNION (SEATED LEFT) PRESENTING A CHEQUE FOR €1000 TO BREDA HORGAN WHO ACCEPTED ON BEHALF OF HER DAUGHTER MARY AND (BACK CENTRE) PAT DELANEY CHAIRMAN KILLARNEY CU PRESENTING A CHEQUE FOR €1500 TO JIMMY CARTON IN THE KILLARNEY CREDIT UNION MEMBERS DRAW WITH JACKIE O'LEARY, DERMOT GRIFFIN AND COLIN KIELY KILLARNEY CREDIT UNION AT THE KILLARNEY CREDIT UNION, BEECH ROAD, KILLARNEY.



BUDDING STUDENTS OF THE KILLARNEY SCHOOL OF MUSIC AWAIT THE STAGE FOR THEIR ANNUAL CONCERT AT THE INEC. L-R CIAN O'SULLIVAN, SCOTT O'MEARA, OISIN DINEEN, KIRILL HEALY, HARPISIT ROISIN O'SULLIVAN, GRACE & COLLEEN ANGLAND. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



THE BURTON FAMILY OF MUSICIANS WHO PERFORMED AT THE KILLARNEY SCHOOL OF MUSIC CONCERT AT THE INEC. ON THE HARP INDIA, VIOLINIST CLAUDIA, TIN WHISTLES SOPHIA & MICHAEL AND FOR MORAL SUPPORT CHRISTIAN (SEATED LEFT). PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

MONEY MATTERS.....

By Dermot Cronin,
Financial Advisor



THE KEY ELEMENTS FOR INVESTMENT SUCCESS

We all often hear the words "don't put all your eggs in one basket" this applies to investing your money as well. If you invest all your money in one type of investment and this investment goes down then you could lose a large amount of your money in a very short time. However, if you spread your money into various types of investments and if one of these investments goes down it is unlikely to affect your overall investment very much. Financial advisers have access to financial institutions who offer a wide variety of different investment products and these products should be explained in detail to you before you make up your mind as to what investments suit you best. It is also very important that risk is discussed in detail with you so that you understand if there is any risk attached to the products you are considering. Finally you need to know if there are any costs or charges for the products you are considering and these need to be compared with different providers.

For more information or to make an appointment to discuss the above contact Dermot Cronin APA, at **064 66 22 775** or **087 2893649**.

95 NEW STREET,
KILLARNEY, CO. KERRY
T: 064 6631892 F: 064-6634652
M: 087 2668591 E: INFO@SFMCI.E
WWW.SHERRYFITZ.IE & WWW.DAFT.IE

Sherry
FitzGerald
Coghlan

NEW TO MARKET

'THE KYMIN', KNOCKLABEDE, KILCUMMIN.

Remarkable four bedroom detached 286 sq. m./3,080 sq. ft. bungalow with detached garage on over one acre site with countryside views. This family home which is in walk-in condition has spectacular finish both inside and outside. Viewing highly recommended.

PRICE: €335,000

BER C1



COILL DOIRE, FAHA EAST, KILLARNEY

Exceptionally well finished superior new four bedroom detached residences of 186 sq.m./2,008 sq. ft. only 8 kms from Killarney town with countryside views overlooking green area.

Price Region; €285,000

(BER Pending)



O'CONNOR FUELS

KILLARNEY, CO. KERRY

Special Winter Offers...

FREE DELIVERY

Deal 1

5x 40kg Bags Premium Polish Coal
5x Bags Firewood Blocks
2x Bags Kindling FREE

ONLY €99

Deal 2

10x 40kg Bags Premium Polish Coal
10 Bale Briquettes
3x Bags of Logs FREE

ONLY €209

Deal 3

5x 40kg Bags Cosyglow Smokeless Coal
5x Bags Firewood Blocks
2x Bags of Kindling FREE

ONLY €105

Deal 4

10x 40kg Bags Cosyglow Smokeless Coal
10x Bale Briquettes
3x Bags of Logs FREE

ONLY €219

10 Bags of 40Kg Premium Coal Only €144



m: 087-6178379 t: 064 77 50661 f: 064 77 56534



FAMILY FRIENDLY DENTISTRY Smile & the whole world smiles with You!

Professional scale & polish personalised oral hygiene instructions & useful tips to help you achieve healthy teeth & gums and a better brighter smile.

€60 Hygienist Available

Medical Card, PRSI &

Private Patients all welcome

Open Mon - Sat: 9am - 6pm

Late evening appointment available

Milltown Dental Practice - 066 976 5635

Cahersiveen Dental Practice - 066 947 2411

Bleaching on offer €250

For more information or to arrange an appointment please contact:

t/f: 066 9765635 or 066 9472411

MUSIC STUDENTS TAKE CENTRE STAGE

Students from the Killarney School of Music took centre stage at the INEC for their annual concert on Sunday last.

With 50 acts and over 500 students participating, this year's concert was the biggest to date.

The audience was entertained by huge variety of performances including instrumental, song and dance from traditional, classical and contemporary genres.

For the first time, the concert saw performances from their new Speech and Drama group, their newly formed Adult singing group and even a duo performing a song they composed themselves!

"Our annual concert is a wonderful opportunity for our students to perform on the "big stage" said Tadgh O'Donoghue of the Killarney School of Music. "Thanks to the help of Eileen O'Donoghue, it is possible to run our concert on the biggest stage of all - the INEC", he added.



PICTURED AT THE INEC FOR THE KILLARNEY SCHOOL OF MUSIC CONCERT WERE FRONT ROW L-R CIARA CASEY, PADRAIG CASEY, AOIFE POFF, LAURA SCANLON & AVRIL ROONEY. BACK ROW L-R DAN CASEY, BREDA CASEY, AUSTIN & JAMES ROONEY, AGNES ROONEY, HENRY SCANLON & MARY ROSE SCANLON. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PAT MAHONY TUNES UP HIS SHINY NEW BUTTON ACCORDIAN FOR THE KILLARNEY SCHOOL OF MUSIC'S ANNUAL CONCERT. PICTURED AT THE INEC WITH HIS MUM MARY AND SISTER SARAH MAHONY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



STUDENTS OF THE KILLARNEY SCHOOL OF MUSIC PICTURED AT THE INEC FOR THE ANNUAL CONCERT L-R JACK CRONIN, ANTHONY CREMIN, GAVIN CRONIN AND MICHAEL HEALY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE INEC FOR THE KILLARNEY SCHOOL OF MUSIC CONCERT WERE L-R EVIE & LYNE FAHY, KATE SHINE & TEEGAN O'SULLIVAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

KILLARNEY MUSICAL SOCIETY NEWS

And so the dust has settled on 2014 and Killarney Musical Society have welcomed 2015 with great excitement and great expectations as we endeavour to produce our 30th. anniversary production, the Irish Premiere of Ghost The Musical on March 11th, 12th and 13th. 2015 at the INEC, Killarney. Rehearsals have recommenced at Holy Cross Mercy N.S. for Chorus work, Production meetings are taking place, costumes are being organised, Musical Scores being fine tuned.... it's all happening. And of course we need finance to make it all happen and to this end we are holding our Annual Table Quiz on this Friday night, January 16th. 2015 at 8 p.m. in the Killarney Oaks Hotel, Tables of 4 at €10 per person entry fee - so please make an effort to come along and enjoy a wonderful night of fun and entertainment and a bit of mind googling too. Lots of prizes to be won on the night so see you there. We would like to give our patrons who have submitted their patronage for our forthcoming production a special word of thanks. As you all know we are eternally grateful to you for your generous patronage as this is the back bone of

our finances within the Society, thus allowing us the privilege of producing our award winning Musicals yearly. We would like to take this opportunity to wish Gerard, Marguerite and Karen Brosnan of Port Road a full and speedy recovery from their recent horrific accident in Perth. The Brosnan family have been a huge part of Killarney Musical Society since its inception 30 years ago, and are great patrons of the society, Jack has tread the boards with us over the years, while Gerard has worked for many years with set construction and back stage in our earlier productions. Our thoughts and prayers are with you all at this time. On a happier note our Seamstress Extraordinaire, namely Anne O'Shea of O'Sullivan's Place, celebrated 50 years of Marriage with her husband Paddy over the New Year. Anne has been involved with the society for the past 30 years in so many ways and we congratulate her and Paddy on this wonderful milestone... may ye be blessed with many more happy and healthy years together. And so until next week, Thank You from Killarney Musical Society.

MUCKROSS ICA NEWS

Muckross ICA have been keeping busy with plans for 2015. At their meeting on Monday 12th January their guest speaker on the night was Pat. F. O'Connor, local Solicitor, who gave a very informative and even entertaining talk on the subject of Wills. It got people thinking and planning which is a good thing. The group plan to resume their aqua aerobics at the Killarney Sports and Leisure Centre and pilates with Emir Coffey. Craft night back from next Tuesday night 20th January at the school and the group hope to have the very able Mary Scanlon join them on the night.

#lovekillarney

Celebrating over 10 years in Business

Niall O'Connor

Plumbing & Heating

Knockeen, Castleisland

CALL

087-9816607
066-7163877



10% off all Heating Upgrades and Bathroom Refurbishments

Offer ends on February 16th



- :: Supply & fit Solid fuel Stoves
- :: Bathroom Upgrades
- :: New build & Extensions
- :: All types of grant upgrades
- :: Maintenance contracts
- :: Free Quotations

- :: 24hr Call out services
- :: Solar Panels
- :: Heating Upgrades
 - * Condensing Oil Boiler
 - * Radiator Replacement
 - * Wash out Heating System
 - * Zoned Heating System

Domestic, Commercial & Industrial

Southwest Drains

ENVIRONMENTAL SERVICES

Pipe Relining and Patching Specialists



WORKING TOGETHER FOR A BETTER ENVIRONMENT

Southwest Drains is the leading Irish owned provider of next generation environment solutions to the national, commercial and domestic markets

*Trenchless Technology • Hydro-Jetting • CCTV Inspections
Pressure Testing • Leak Detection • Grease Management.*

Abbeydorney, Tralee, Co. Kerry

Tel: 066 7135677 | 087 2787617 | 086 8328106

Email: swdrains@hotmail.com

PADDY O'KEEFFE

SUPERMARKET & GENERAL STORE

Gattabawn, Gneeveguilla, Co. Kerry | Tel: 064 66 43195 | Fax: 064 66 43105

Old Time Irish Marmalades & Chivers Jams
Only €2 Each



Brita Water Filter Jugs
reasonable prices

Buy a Snickers Work Jacket & Snickers Trousers & get a FREE Beanie Cap, Knee Pads & Belt
worth €46-Limited Stock



& GET A FREE LOGO BEANIE

FREE

7084 Logo Beanie

Hitachi 18v Combi Drill & Impact Driver with 2 Lithium Ion 5amp Plus 1 - 4amp Batteries
Only €53.9



But 5 Rolls of Attic Insulation (4"6"8") and get one FREE

See our Super DeWALT offers instore UP to 50% OFF

CAITRIONA AND STEPHEN SAY "I DO" AGAIN AS ELVIS COMES TO TOWN

As hundred of fans descended on the INEC last weekend to celebrate the 80th birthday of rock legend Elvis Presley, a Milltown couple took the opportunity to renew their wedding vows in The Gleneagle's version of the famous "Little White Chapel". Caitriona and Stephen O'Donoghue from Lissivane in Milltown were celebrating their 11th wedding anniversary and decided it would be fun to renew their vows. The couple, who are huge Elvis fans were joined at the show by their son Cathal and daughter Naoise and friends Donie, Aisling and Daniel Evans.



ENJOYING THE ELVIS SHOW AT THE INEC WERE THE EVANS FAMILY, DONIE, AISLING AND DANIEL AND THE O'DONOGHUE FAMILY, STEPHEN, CAITRIONA, CATHAL AND NAOISE.

AN INVITATION TO DINNER WITH DERVAL



Having recently hung up her spikes and retired from the world of athletics, World Indoor Champion and Irish Olympian Derval O'Rourke has turned her attention to healthy eating. Derval will share her top tips on how healthy eating can fuel you on your path to fitness at a special talk at The Brehon, Killarney on Saturday February 7.

Derval recently published her first cookbook Food for the Fast Lane which features original healthy and delicious recipes for meals that fuel the body, give energy and help power performance. Her holistic approach to training resulted in numerous successes on the track and her recipes were key to helping her reach her professional goals.

"I started out eating healthy and tasty food. This grew into a passion for cooking my own healthy and tasty food and I began experimenting in the kitchen," says Derval. "I love to take a recipe and make substitutions for any of the ingredients that could do with a healthier alternative. Many of my recipes came about because I was experimenting."

Derval has competed at the highest level in world for 12 years and to abide by her mantra of eating and training, not dieting and exercising.

GENEROUS THESPIANS SHARE THEIR SPOILS

Beaufort Drama Group made three very kind donations from the proceeds of the Drama held in December 2014. Kerry Mountain Rescue Team received €500 while Beaufort Community

Care and Action for Children with Special Needs at St. Francis School received €1,500 each. The presentation took place at The Beaufort Bar on Saturday night night.



MEMBERS OF KERRY MOUNTAIN RESCUE TEAM, DAMIEN COURTNEY, 2ND LEFT AND JOHN O'SULLIVAN, FAR RIGHT, WITH MEMBERS OF BEAUFORT DRAMA GROUP, DAVEY LEANE, 2ST LEFT, AND PADRAIG CLIFFORD, 3RD LEFT, DIRECTOR OF THE DRAMA GROUP, WHO DONATED €500 TO THE RESCUE TEAM FROM THE PROCEEDS OF THEIR RECENT DRAMA SUCCESS AT BEAUFORT HALL IN DECEMBER 2014. THE €500 WILL GO TO GREAT USE AT KERRY MOUNTAIN RESCUE TEAM TO INSURE THE DAY TO DAY RUNNING OF THIS VITAL EMERGENCY SERVICE IN KERRY. PHOTO: VALERIE O'SULLIVAN



PICTURED AT THE PRESENTATION WERE FRONT ROW FROM LEFT, ROSE MANGAN, JOHN O'SULLIVAN, KERRY MOUNTAIN RESCUE TEAM, WHO RECEIVED €500, AMANDA O'SHEA, BEAUFORT COMMUNITY CARE, €1500, PADRAIG CLIFFORD, DIRECTOR, BEAUFORT DRAMA GROUP, JOSEPHINE O'SHEA, ACTION FOR CHILDREN WITH SPECIAL NEEDS, ST FRANCIS SCHOOL, €1500, IRENE McDONNELL, BACK ROW, MARGARET O'SHEA, COLM O'SHEA, DAMIEN COURTNEY, KMRT, MARY GALVIN, DAVEY LEANE, PAT CUFFEE, NOEL O'SULLIVAN, BERNIE COSTELLOE, BERNARD SWEENEY, CAITRIONA KELLY AND TIMMY MORIARTY, CHAIRMAN BEAUFORT COMMUNITY COUNCIL. PHOTO: VALERIE O'SULLIVAN

DESIGNER MINDS OPEN UP A WHOLE NEW WORLD FOR YOUR CHILD



Designer Minds is a new educational service for primary school children from 1st-6th class in County Kerry. For one hour each week in Tralee, Killarney and Listowel, **Designer Minds** clubs allow primary school children to explore science, design and technology in a hands-on and interactive manner. Clubs are designed to be fun yet educational with new projects and experiments carried out each week.

Club sessions cover topics in science, technology, engineering, art and maths (STEAM) including physics, chemistry, biology, electronics and computing. Design and creativity are involved when exploring all of these subjects and children also engage in specific design and engineering activities.

"Our aim is to inspire a passion in younger children for STEAM topics so that they may become comfortable with these subjects before entering secondary school", says Helena Lyne, director of Designer Minds. "Science, Technology, Engineering, Art and Maths are becoming ever more important for future success and we want to show children that these subjects need not be boring! Our clubs are suitable for children who are interested in science, engineering and technology but also for creative types who can learn to use these subjects in an imaginative way".

Each club session brings a new topic, for example, stop motion animation, chemical reactions, building circuits, coding and lego engineering. Sometimes, projects and experiments involve using simple everyday objects. Other sessions involve using equipment and

materials not always found at home or at school; tablets, microscopes, conductive ink, magnets.... "This term, we are very excited to introduce 'littlebits' amazing little modules which make it easy to learn and prototype with electronics".

Designer Minds is run by Helena and Donal Lyne, a husband and wife team who combined have qualifications in biochemistry, computer engineering and child psychology. More information can be found on their website: www.designerminds.ie or by calling Helena on 087 631 0411.



CHILDREN AT DESIGNER MINDS, TRALEE, PERFECTING THE CARBON DIOXIDE BUBBLE.

YOUR COMPLETE NETWORK & IT SERVICE

ISLANDcomputers

COURT YARD HOUSE - LEWIS ROAD - KILLARNEY
TEL (064) 66 70 800 FAX (064) 66 70 803

VOICE & DATA STRUCTURED NETWORKS :: VOICE & TELEPHONE SYSTEMS
 MAINTENANCE & TECHNICAL SUPPORT
 SERVER, SECURITY & STORAGE :: HARD/SOFTWARE SOLUTION PROVIDER
MICROSOFT, COMPTIA & CISCO CERTIFIED

WWW.ISLANDCOMPUTERS.IE

Galvin Physiotherapy Clinic

21 Clover Lane | College St. | Killarney | Co. Kerry
Tel. 064 66 23100 | Fax. 064 66 23111
Email. info@galvinphysiotherapy.ie | Web. www.galvinphysiotherapy.ie

- Manual Therapy
- Sports Injuries
- Biomechanical Assessment

- Dry-needling
- Orthotics

Jimmy Galvin MISCSP MCSP
Chartered Physiotherapist
 Approved by all major Health insurance providers.

Katie Purtill MISCSP
Chartered Physiotherapist
 Approved by all major Health insurance providers.

PILATES CLASSES

Beginner & Intermediate available

★ DO YOU HAVE ONGOING LOWER BACK PAIN?
 ★ DO YOU FEEL YOU HAVE A WEAK BACK?
...if this is the case Pilates are an effective treatment and management technique for these and many more conditions.

For further information speak to Katie on: 064 6623100
Men Only Classes Are Available

€10 MILLION SPORTS AND ADVENTURE CENTRE FOR KILLARNEY

Its all systems go for the National Sports and Adventure Centre, a facility which will provide a state of the art sports centre for people with physical or intellectual disabilities at Dereen, Killarney.

An Bord Pleanála upheld Kerry County Council's decision to grant full permission for the 10 million euro National Sports and Adventure Centre (NSAC) which will incorporate a large social hub with Kitchen and hospitality facilities, a six-lane bowling alley, state of art adapted changing rooms and shower area leading to a mini adapted spa facility and two fully adapted assisted changing rooms. The ground floor will also incorporate a dance studio, gymnasium, physiotherapy studio and a first aid room.

Project managers, Impact360, described the decision as a watershed moment for one of the most ambitious and ground-breaking Irish projects in decades.

The planned centre will be constructed on a 4.7 acre site located at Dirreen, Killarney, and will be the first fully-accessible sports and adventure centre in Ireland, designed to top European and international accessibility standards.

The campus includes the first ever European-designed adapted adventure course which allows people with all abilities, including disabilities, experience this leisure and recreation thrill and team-building experience. Every single person in society will be given the opportunity to enjoy any part of the centre, including people with disabilities, which is the real meaning of equal opportunity.

Another main feature is a full seven-a-side astro pitch built within a dome - similar to premiership football team's indoor training facilities in the UK and Europe.

The building will also have a full-size international sports arena with adapted seating and large space off court.

The second floor comprises a rehabilitation and health suite, including a counselling suite, speech and language therapy room, occupational therapy treatment room, sensory suite, sensory garden and consultant rooms.

There are several offices on the second floor alongside a board room and a VIP box area overlooking the sports arena.

A sensory walk will be included in the project from the main building to the green area adjacent to the river, taking in a wide range of experiences through senses, relaxation and fun.

The building's main entrance for visitors is to be built from glass and is designed in the shape of the Olympic torch. This represents the bravery of every athlete and person that enters the complex and its flame itself represents purity, the pursuit of perfection and also represents peace, friendship, enlightenment and hope.

Up to half of the car park spaces are designed in size for adapted cars, mini buses and coaches.

The complex will be landscaped, taking into account the beautiful setting of Killarney and its natural beauty.

Impact360 CEO, Paudie Healy, said:

"The core and heart of every part of the project is to facilitate and promote equal opportunity, social integration and enhance the quality of life for people of all abilities. This centre will facilitate national and international competitions for elite sports athletes and teams along with leisure sport athletes, the general public and visitors in recreation and adventure. The NSAC will also be very focused on



AMBASSADORS FOR THE NATIONAL SPORTS AND ADVENTURE CENTRE, SEAMUS MOYNIHAN, FORMER KERRY ALL IRELAND WINNING CAPTAIN AND CAPTAIN OF THE IRELAND INTERNATIONAL RULES TEAM (RIGHT) PICTURED WITH AMIE HYNES FITZPATRICK, YOUNG GLOBAL ADVOCATE AND INTERNATIONAL SPEAKER ON INCLUSIVENESS AND PAUDIE HEALY CEO IMPACT 360 PROJECT MANAGEMENT COMPANY FOR NSAC.

supporting people through the rehabilitation suite, health supports and education programs also within the facility."

"From a corporate perspective along with all the other offerings in the project, a Theatre for performances along with hosting seminars and conferences will be also facilitated in a fully-accessible international centre of excellence for all users, regardless of age, size or ability."

"Impact360 will now finalise governance and policies for the project and create a national and international funding strategy which will be launched later this year" Mr Healy said.

MENTAL HEALTH IRELAND SEARCH FOR FACEBOOK PROFILE DONATOR

The latest fad on Facebook is to post your first Facebook profile to your page for all to see. It is now a global trend and someone, somewhere decided to text to donate €4 to Mental Health Ireland as part of his or her post and Mental Health Ireland want to find this person!

Jill O'Herlihy, Head of Communications, Mental Health Ireland said "In the past 24 hours 300 people have donated €4 by texting MHI to 50300. This represents a significant jump in our donations and we really want to find the person who started it all to thank them".

Mental Health Ireland promotes positive mental health and wellbeing to all individuals and communities, and through our network of Mental Health Associations, we support people

who experience mental health difficulties on their journey of recovery.

We also provide training and education about positive mental health awareness to community groups and work places nationwide.

The money raised from the Facebook Post Campaign will go directly to provide Training Bursaries for people undertaking training in mental health awareness.

Jill O'Herlihy said, "If anyone knows the person who started the donations can you please get in touch with us on our facebook page or on info@mentalhealthireland.ie so we can thank you!"

WATER PROTEST IN CASTLEISLAND

Right2water Castleisland was launched on January 7th in the Ivy Leaf in Castleisland.

The group is a community action group, made up of the people of Castleisland and the surrounding area.

Next Saturday, 17th January, there will be a protest march from the Ivy Leaf, Church Lane, Castleisland, at 2pm. This will be a peaceful protest.


KWOTE MEETING

KWOTE (Killarney Women's Organisation for training & Empowerment) monthly meeting will be held on Wednesday January 21st 8pm at Killarney Heights Hotel. Guest speakers will be Citizens Information Killarney. Members €2 Non members €3"

Killarney Massage Therapy Centre

Advanced Clinical & Sports Massage

Specialist treatment of soft tissue manipulation for the treatment of chronic pain or sports injuries.



1 hour massage only €50
90 minute massage only €70
 First massage includes **FREE** consultation and assessment

At KMTC we incorporate a range of advanced bodywork techniques such as Myofascial Release, Trigger Point Therapy, Sports Stretching, Hot and Cold Therapy and STR (Soft Tissue Release) for the effective relief from:

Neck & Shoulder Pain, Low Back Pain, Sciatica, Piriformis Syndrome, Headaches, Leg & Foot Pain, Fibromyalgia, Rheumatoid Arthritis, Frozen Shoulder, RSI's, Scar Tissue, Pregnancy Related Discomforts & much more.

Call 087-2922851
 to find out how we can help you!

Park Medical & Wellness Centre, (above Daly's Supervalu),
 Park Rd, Killarney
www.killarneymassagetherapycentre.ie

M.&J. KELLEHER LTD.

MJK oils



CONTACT OUR LOCAL MAN IN YOUR AREA ON:
087 9314007

● HEATING OIL ● ROAD DIESEL ● LUBRICANTS
 ● TRACTOR DIESEL ● STORAGE TANKS



KEEN PRICES PROMPT DELIVERY

Killarney / Kenmare Tel Mike:
087 9314007 / 064 6630020

Kingdom Installation.Ltd

GRANT AVAILABLE FOR:

Cavity wall • Attic • Dry-lining • BER

REDUCE HEATING BILLS BY 60%

Quick and easy to install

Apply with us for Enprova Grant. More convenient for homeowners.
 Hassle Free. Immediate Grant payout

CALL US, FOR FURTHER INFO & YOUR FREE QUOTATION



CAVITY WALL INSULATION • ATTIC INSULATION

KERRY 066-7135991 fax: 066-7135677
LIMERICK 061-320953
TIPPERARY 062-72761



www.kingdominstallation.com
 email: enquiries@kingdominstallation.net

Seodóiri Na Ríochta

KINGDOM JEWELLERS

● RETAIL JEWELLERS ● GOLD & SILVER JEWELLERY
 ● MANUFACTURER & REPAIRS

Seodóiri Na Ríochta



● JEWELLERY REPAIR SPECIALISTS
 ● BESPOKE WEDDING RINGS
 ● COMPLETE VALUATION SERVICE ● FULLY INSURED
 (All work carried out on the premises)

WE BUY GOLD FOR CASH!!

Proprietors:: Angela & Stephen Donnelly
 Telephone & Fax :: 064 66 36388
 :: 10 New Street :: Killarney :: Co. Kerry

GEARING UP FOR THE NEW SEASON

A group of Kerry footballers have joined a list of sports people such as the All Blacks rugby team, Manchester United FC, Team Sky Cycling and top Irish domestic cyclist Damien Shaw in using the cutting edge indoor training bike, Wattbike. The Wattbike was first developed back in 2008 when British Cycling requested an indoor training bike that could record extensive data for pros and amateurs alike and is described as the world's most advanced indoor training bikes.

These bikes are now available through a Kerry based company "Power Up Cycle and Tri". "Technology of this type was only available to top level cyclists only a few short years ago, but now is available in a number of locations including Tralee, Killarney, Dingle and Fenit, we offer group cycling sessions, individual & group fitness testing and rehabilitation programmes" says business owner /head coach Liam Mc Donough "while developed for cycling the Wattbike has been adopted by a number of sports from Rugby to Sailing and can help any sports person.

Tommy Walsh talks about his experience of using the Wattbike as a training tool "We used the Wattbikes at the Sydney Swans, at first the lads were unsure of how cycling was going to help them play football but after a few sessions



PICTURED ON THE INDOOR TRAINING BIKE WATTBIKE ARE AIDAN O'MAHONY, JOHN O'CONNOR, LIAM MC DONOUGH, TOMMY WALSH, AND BARRY O'SHEA.

we could see our fitness improving FAST".

The Wattbike measures the progression of the cyclist's foot 100 times during one single pedal revolution and it uses the data to calculate 40 different readings including power, pedal efficiency and Heart rate zones to get the very best out of every session.

A training tool like the Wattbike is very valuable for me on my return from injury as it allows the opportunity to train at a high intensity without risking further injury" Aidan O' Mahony.

For more information please contact Liam Mc Donough on powerupcycleandtri@gmail.com

NEW GOVERNMENT SUPPORT AVAILABLE TO DRIVE KERRY BUSINESS SUCCESS

Business owners across Kerry are set to benefit from a subsidised Business Growth Programme commencing this February.

ManagementWorks, an initiative by the state agency Skillnets, provides a range of subsidised training programmes to SMEs under the Government's Action Plan for Jobs. Roughly, 2,000 business owners are currently or have participated on ManagementWorks Programmes across the country and are already seeing the concrete impact it is having on company performance.

The ManagementWorks Business Growth Programme, due to commence in Tralee this February, is facilitated by leading business coaching and training company Business Coaching Ireland. The programme, which is delivered over a 6 month period, is designed to assist Business Owners achieve greater levels of success in their business. Structured workshops focus on revenue growth, operational efficiency and enhanced productivity. A unique feature of the programme is the one-to-one mentoring support participants receive from an experienced business coach, targeted to

their individual businesses. Participants that have completed this programme have achieved fantastic results so far in their businesses.

In addition to the tangible results in terms of sales and creation of jobs, participants also benefit from networking with other local companies and have described how the interaction with their mentor has helped build confidence in their business.

Speaking to the Outlook Magazines Paul Fagan, Managing Director of Business Coaching Ireland states "We are proud to be associated with this programme with ManagementWorks. It is wonderful to see how participating companies have grown their businesses and created new jobs. This is a superb initiative by the Government and is tangible support to local businesses. Every business in Ireland should avail of this programme".

Killarney Business Owners are invited to attend a Business Growth Seminar & Information Briefing taking place in The Ballygarry House Hotel, Tralee on Tuesday 27th January from 9:30am - 12:30pm.

GALLEON CONCERT TO REMEMBER TOM FLEMING



THE LATE TOM FLEMING

Popular traditional Irish music group, Galleon will perform a very special concert in The Danny Mann Irish Pub in Killarney in memory of the late Tom Fleming. Tom passed away late last year. For different reasons members of Galleon and the late

Tom Fleming go back a long way. Tom was a "next door neighbour" of Tim O'Sullivan so they knew each other all their lives because of their association with White Bridge area of Killarney. Tom and Andy Dunne became very close friends down through the years because of their shared experiences through illness and their many shared visits to the dialysis unit in Cork University Hospital. Tom's love of life and his determination to beat the odds inspired Andy to write a very special song called "Take This Man" which he has always dedicated to Tom Fleming. The concert will be held on Thursday 5th February in The Danny Mann will be an occasion to remember and celebrate the life of Tom Fleming. All proceeds from this event will be donated in Tom's name to the Kerry Branch of The Irish Kidney Association.

Doors open at 8.00pm and tickets at €10 each are available at the door, from Teresa Looney - 087 2059205 and from Reception Danny Mann - 064 6631640.

If you have a
picture you would like to publish.

Email to: editorial@outlookmags.com



Society of St. Vincent de Paul

SOCIETY OF ST. VINCENT DE PAUL | Ozanam House, Greenlawn, Killarney, Co. Kerry

THANK YOU

The Society of St. Vincent de Paul in Killarney wish to thank most sincerely the following for your generosity, support and help not only at Christmas but throughout the year.

- People of Killarney and area for the generous response to our house to house collection.
- Priests and Parishioners of Fossa, Beaufort, Glenflesk and Kilcummin for the Church gate collections.
- Bishop, Priests of Killarney Parish, Franciscan Community, Mercy, Presentation & Little company of Mary Sisters and Presentation brothers & Brothers Of Charity.
- Teachers and Students of all Killarney Colleges and Schools for their Carol Singing and hampers
- Speakers at Churches and Volunteer Collectors

- Killarney Soroptomists
- Liebherr Container Cranes Ltd.
- Girl Guides & Lady Birds
- Fáilte Ireland
- Torc Bridge Club
- Church of Ireland Select Vestry.
- Killarney Rotary Club
- Mandate Union
- Knockanes N.S.
- Kerry P&B Association, New York

- Killarney Credit Union
- Heartbeat Group
- Marks & Spencers Killarney
- Brehon Hotel
- Kerry Vintners
- Astellas Ireland
- Fossa Bridge Club
- Ring of Kerry Cycle
- East Avenue Hotel - SVP Table Quiz

St Vincent de Paul "We are there to Help"
Contact 064 6622668 or 087-6164888.

BUILD YOUR OWN BRIDGE TO WELL-BEING

Health and well-being educator, Brighid Daly, starts her 12 week Bridge to Well Being Programme at The S.A.O.R. Centre in Ballymacelligott, Co Kerry, on Tuesday evenings, starting on January 27th, 2015. This programme takes the form of weekly workshops that pave the way to a whole person first wellness plan.

Whether presently well or unwell, sad or happy, shy or confident, powerful or powerless, this Bridge is for anyone wishing to make positive change, no matter how small or ambitious. Change by gradual change we move into a journey of what is now known as self-development.

Those of us who find our health and well-being challenged need to do this kind of work. However, in these rapidly changing times people are now giving greater attention

to prevention and to understanding how to protect their existing health. This is the aim of Brighid's Bridge. Brigid explains that "The purpose of taking care of ourselves is not just to avoid ill-health or pain, but to realize our potential to lead a free and fulfilling life despite our personal circumstances. In short, to become strong and whole human beings, capable of meeting the challenge of a life. Each evening explores one crucial aspect of genuine self-care. Attention is given to nutrition, our physical needs, movement, detox, stress, relationships, emotions, being true to yourself, energy, spiritual connection, your space, your community and the natural world".

"Any bridge can be crossed, one step at a time. Come along to my workshop and explore endless possibilities".

Please connect with me to explore if this



HEALTH AND WELL-BEING EDUCATOR, BRIGHID DALY.

experience is for you.

For further information and dates: Brighid Daly (IAHIP Credited) **087 9185255** /

www.brighiddaly.com or follow us on facebook.

ARTS OFFICER TO FORMULATE NEW PLAN

When it comes to talking about the Arts in Kerry, you will not find a more enthusiast advocate than Kerry county Art's Officer Kate Kennelly. However, she wants to reverse the roles in the coming weeks as she seeks out your opinions to help formulate the new County Arts plan 2015-2020.

Speaking to the Outlook Magazines ahead of her planned road trip around Kerry to unearth new ideas and possibly some new talent, Kennelly is aware that while funding may have shrunk over the last few years that it is vital put "proper structures in place in line with the national plan for the next five years so we can cultivate another generation of artists, musicians and actors in the county"

Kennelly is now facing into her third Arts plan and is somewhat a veteran at this stage. She is surprised at the amount of talent that is unearthed in Kerry each summer but wants "some sustainable tools to be put in place so members of the Arts community can at the very least be able to make a living from their passions"

The 2015-2020 plan we see a county wide search for ideas as they will hold meetings in nine different venues including Killarney and Killorglin.

While it is very much a blank canvass with

regard to what the plan will do, Kennelly would like to see a lot more done for younger people.

"We need to tap more into the children of the county at a much younger age, where they are at their vibrant best. To be honest Schools are doing their best but we must arm teachers with the best tools available so that we can provide them with a chance to roll out various programmes". While the Arts may at times carry the stigma of the elite, the reality is very different from the perception.

"The Arts covers a wide spectrum really, from the person who is involved in amateur drama, to the person who like to paint to even someone who like to perform music, it's a real wide spectrum"

Despite the width of the spectrum, Kennelly is looking to best target specific areas with the financial resources available to her and in time she hopes that, they too might increase at which time they can further help any budding or existing artists in Kerry.

So could you be the next Louis le Brocquy, John B Keane or even Michael Fassbender? Well make sure you check out www.facebook.com/KerryCoArts for further details.

"KILLARNEY IS AN INCREDIBLE PLACE TO VISIT"

Killarney has been named in the 50 unpredicable and non-cliched places to travel to in your 20's. Elite Daily has listed Killarney among places like Okinawa Island, Japan, Galle, in Srilanka, and Lofoten Islands In Norway saying "Killarney is quaint, yet energetic town in south western Ireland. It's a great place for walking, as its located right next to the Killarney National Park. If you like whiskey, nature, history and authentic Irish culture, Killarney is

an incredible place to visit".

According to Elite Daily, "There is no better time to travel to these places than when you're in your 20's because as we get older, the comfort and ease of guided tours become increasingly appealing, so explore the world now while you still have the energy".

Yet another great endorsement for this great town of ours....

€186,808 SHAVED OFF KERRY COUPLES HOME MORTGAGE

A Kerry Couple with a young family have had €186,808 written off their home mortgage.

Prima Finance Debt Solutions, this week finalised a debt write down on their home mortgage for a young couple living just outside Killarney. Their bank, AIB, agreed to an immediate debt write down on €186,808, a further portion of €74,934 is parked interest free, and if they maintain their agreed repayments of €554 per month, a further €3,500 will be written off their mortgage on year 5 and again at year 10.

This couple with young kids, who fell on hard times these past few years, must now repay a mortgage of €178,934 rather than a mortgage of €440,307.

Prima Finance has agreed other similar deals for individuals/families struggling with debts around Kerry over the past 12 months.

Brian Leslie, MD of Prima Finance said "People struggling with financial problems need to stop letting guilt or shame prevent them from getting professional advice anymore, professional help is available and there are solutions available for all people, regardless how bad they think their situation might be. Prima Finance Debt Solutions can be contacted on **064-6630340**

 **PRIMA FINANCE**
DEBT Solutions
IRELAND'S MOST COMPREHENSIVE DEBT MANAGEMENT SERVICE

THE Height's Hotel KILLARNEY

HEAD CHEF PERMANENT/ FULL TIME POSITION

THE CANDIDATE MUST:

- Have experience in working in a 4/5* hotel/ restaurant,
- Be HACCP certified
- Have excellent organisation and communication skills
- Have experience in managing a team of 6+
- Be flexible regarding working hours
- Be able to perform under pressure

THE MAIN RESPONSIBILITIES OF THE CANDIDATE WILL BE:

- Managing a busy kitchen with an extensive Weddings and Functions business as well as a 7 day per week Carvery Lunch
- To check and ensure that all food products are consistently prepared at the highest quality standard.
- Be self-motivated and creative with an interest in healthy, nutritional local seasonal food.
- Stock control with an ability to maintain high margins all year round and take responsibility of all food production, costs, quality & service within the hotel

This is an exciting hands on role with a "lead from the front" approach. You should be passionate about food & their flavours. The successful candidate has full control of the kitchen and will report directly to the Hotel Manager.

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



Kiltallagh N.S. CASTLEMAINE

TEL: 066-9767718 WWW.KILTALLAGHNS.IE

Now Enrolling for September 2015

WE OFFER:

A kind, caring and happy learning environment

- Small Class Sizes
- School Bus Transport
- Free School Lunches
- After Schools / Homework Club (directly adjacent to the school)
- Specialist P.E. Teachers
- Artist in Residence
- Music / Recorder Lessons
- Regular Educational Trips
- Laptops / I-Pads
- Jungle Gym Play Area
- Visiting Theatre Company
- Pet Days
- Cooking / Baking
- Chess
- Credit Union Quiz



CREATIVE AND STIMULATING APPROACHES TO MEDIATING THE CURRICULUM

KILTALLAGH N.S. - HELPING YOUR CHILD TO BE THE VERY BEST THAT THEY CAN BE!

**- Open Parent Information Evening -
Thursday January 29th 2015 at 8pm**



**killarney
celtic F.C.**

INTERNATIONAL FOOTBALL at

KILLARNEY CELTIC

Ireland u15's V Scotland u15's

Friday 23rd January

Kick off: 7.15pm

ADMISSION FREE: FOR FURTHER INFORMATION

PLEASE CONTACT PADRAIG: 087 2731321

Entry only from the By Pass PLEASE



APPLICATIONS FOR BACK TO WORK DIVIDEND NOW BEING ACCEPTED

Senator Marie Moloney is pleased to confirm that the Back to Work Dividend applications are now being accepted, to help jobseekers with families to return to work and benefit from the economic recovery.

Intreo Offices have this week begun accepting applications for this new scheme from people who are taking up employment which was announced in Budget 2015. It aims to help families to move from Social Welfare into employment, and those in receipt of jobseekers allowance or one parent family payment will receive an additional increase of €29.80 per week for each child, subject to a maximum of 4 children for the first year in employment. Half the payment, €14.90, will continue for the second year provided the family remain

outside the welfare system, excluding Child Benefit payments or FIS. The Back to Work Family Dividend can be paid in addition to the Family Income Supplement (FIS) and is not part of a means test for FIS.

While applications are being accepted from this week, payments won't be made until after April 2015 when the legislation is enacted, but all payments will be backdated fully to the date of application.

Senator Moloney said "This new scheme provides incentives to get people back to work and proves that work always pays. Everybody will benefit from the improving jobs situation and from the growing economy. This type of



SENATOR MARIE MOLONEY.

legislation shows how Labour in government is making a difference."

SEAN RETIRES AS MEDIATOR



SEAN COUNIHAN.

Former Town and County Councillor Sean Counihan announced yesterday (Thursday) that he is retiring as a mediator with the Local Employment Service after almost 19 years.

Sean has been based in High street for the last two years and previous to that was based in the old FAS office in Kenmare Place.

Over the years Sean Counihan has helped many people to achieve their goals, whether that was through the world of work Training or education. Sean was previously employed in Pretty Polly for twenty nine years. A former town and county councillor Sean Counihan served twice as mayor of Killarney. Sean has worked with hundreds of people, the majority of whom were decent people looking for work and he would love to see a day when a good industry would be re-established in the old Pretty Polly site.

Following his retirement, Sean is hoping for a good summer and lowering his golf handicap. Everyone at Killarney Outlook wish Sean and his family every happiness in his retirement.

COUNCIL MATTERS

At the recent Killarney Municipal Area Meeting, Councillor Michael Gleeson asked:

"Has the National Roads Authority (NRA) agreed to the provision of funding for Safety Barrier at Ardaneanig on the N22 as previously (3 occasions) requested?"



CLLR MICHAEL GLEESON

Kerry County Council replied that they have been informed by the NRA that the requirement for additional Road Safety Barriers on the National Roads Network will be assessed through their

new Road Safety Inspection procedure that was introduced by the NRA to comply with the EU Directive on Road Infrastructure Safety Management.

A report in relation to the N72 is complete and the Council is awaiting funding from the NRA to carry out the work.

Councillor Gleeson welcomed the reply and hope that the Safety Barrier will be installed as soon as possible.

ACCESS TO THE US MARKET FOR IRISH BEEF IS A BOOST TO KERRY FARMERS - GRIFFIN

"The announcement that Irish Beef is to be available on the US market is a huge endorsement of the beef industry in Ireland and will benefit Kerry farmers" said Brendan Griffin, Kerry TD.

"Since the BSE crisis in the 1990's beef from the EU has been banned in the US. The news that the market is to reopen and that Ireland is the first EU state to secure access is indicative of the top quality beef we are producing in this country and the high standards being applied by Irish farmers.

"The announcement represents a multi-million euro boost for the Irish beef industry. Ireland will have first-mover advantage as a result of being the first EU member state to gain entry.

"In the US, the majority of beef is produced from animals that are fed on grain in factory type settings. Ireland is unique in that the majority of our cattle are grass-fed and hormone free. This is a growing and a very attractive market in the US.

"The Minister for Agriculture, Simon Coveney has been working on this development for over two years and I would like to commend him on his dedication and persistence.

"The fact that Ireland has been approved by the US as a beef supplier is testament to the quality and reliability of our beef.

"This is good news for beef farmers and for all food producers in Kerry."

#lovekillarney



Arts Office Area Clinics

Kerry County Council is currently drafting an Arts Plan for the years 2015 to 2020. From the 19th to the 22nd January Kate Kennelly, Kerry's Arts Officer will conduct area clinics inviting you to discuss issues of arts development with her. Meetings are by appointment only, and will take place in locations at Waterville, Cahersiveen, Killorglin, Kenmare, Killarney, Tralee, Listowel, Daingean Uí Chúis, Castleisland. To view area clinic times please check www.facebook.com/KerryCoArts. Information, as well as a questionnaire will be available until February 12th from each public library in Kerry and is posted on our Facebook page.

To book an area clinic appointment, email arts@kerrycoco.ie or phone 066 7183541

Clinicí Áitiúla Oifig na nEalaíon

Tá Plean Ealaíon á ullmhú ag Comhairle Contae Chiarraí don tréimhse 2015-2020. Beidh clinicí áitiúla ar siúl ag Ceití Ní Cionnhaolaidh, Oifigeach Ealaíon na Comhairle, chun forbairt na nEalaíon a phlé leis an bpobal. Buailfear le daoine, ar choinne amháin, sna háiteanna seo leanas, An Chóiréan, Cathair Saidhbhin, Cill Orglan, Neidín, Cill Áirne, Trá Lí, Lios Tuathail, Daingean Uí Chúis agus Oileán Ciarraí. Tá amanna na gclinicí le feiscint ag www.facebook.com/KerryCoArts. Beidh eolas agus ceistneoir ar fáil ó gach leabharlann phoiblí i gCiarraí agus ar n-ár leathanach Facebook go dtí an 12th Feabhra.

Chun coinne a dhéanamh glaoigh ar 066-718 3541 nó cuir r-phost go arts@kerrycoco.ie

GROW YOUR BUSINESS IN 2015

ManagementWorks
Learn Lead Succeed

Programme Delivered By:
**Business
Coaching
Ireland**
Business Success Experts

ATTENTION KERRY BUSINESS OWNERS

Announcing A New Subsidised Business
Growth Programme Available For You!

FREE INFORMATION & BRIEFING SEMINAR

WHEN: TUESDAY 27TH OF JANUARY

TIME: 9:30AM-12:30PM

WHERE: BALLYGARRY HOUSE HOTEL, TRALEE

Our course participants have
achieved these great results.

Can your business afford not to?

60%
CREATED
JOBS

68%
INCREASED
PROFITS

80%
INCREASED
SALES

96%
IMPROVED
OVERALL
BUSINESS

BOOK NOW AT:

<https://businessgrowth2015tralee.eventbrite.ie>

OR CALL Stephen Kirwan 01 891 6220



ManagementWorks is an initiative of Skillnets Ltd.
funded by member companies and Skillnets from the National
Training Fund through the Department of Education and Skills.



Skillnets
Empowering
Learning Networks

JOB VACANCY/FOLÚNTAS POIST

General Operator or Machine Setter

Required by small precision engineering company.
Experience on CNC Milling and Turning machines would be
desirable but not essential.
Good standard of English required.

Apply in writing or forward a CV to:

Michael McSweeney
Innealtoireacht MCS Teoranta
Gortnascarty East
Ballymakeera
Macroon
Co.Cork
mcsteoranta@gmail.com

Tá Gníomhaire Ghinearálta nó Socraitheoir Innealra á lorg ag
comhlacht bheag bheacht-innealtóireachta.
Ba mhaith é taithí ar obair le h-innealra muilleoireachta agus
deileadóireachta de chuid CNC a bheith ag an iarratasóir, ach níl sé
gátharach.

Their Special Day

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



BRENDA HARRINGTON AND CORMAC FOLEY PHOTOGRAPHED AT LADIES VIEW ON THE OCCASION OF THEIR WEDDING, THE COUPLE WERE MARRIED IN TEMPLENOE AND CELEBRATED WITH FAMILY AND FRIENDS IN THE BREHON HOTEL IN KILLARNEY.

PHOTO MICHEÁL O'SULLIVAN
WWW.OSULLIVANPHOTOGRAPHYIRL.COM



LAURA CAHILLANE AND EDWARD LOONEY WHO WERE MARRIED IN KILLORGLIN AND HELD THEIR RECEPTION IN THE MALTON HOTEL IN KILARNEY.

PHOTO MICHEÁL O SULLIVAN WWW.OSULLIVANPHOTOGRAPHYIRL.COM



ORNA MORRISSEY WHO RECENTLY MARRIED GERARD O'MAHONY OF NEWTOWN SHANDROM, CORK AND HELD THEIR WEDDING RECEPTION AT THE KILLARNEY AVENUE HOTEL.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

2015 KERRY COUNTY COUNCIL ARTS GRANTS DEONTAIS EALAÍON COMHAIRLE CONTAE CHIARRAÍ

Application forms are now available from the
Arts Office, Kerry County Council.
Closing date for receipt of applications is 4.00pm.,
Wednesday, 18 February 2015.

Tá na foirmeacha ar fáil anois ón
Oifig na nEalaíon, Comhairle Contae Chiarraí.
Dáta deiridh d'arratais líonta 4.00in.,
Céadaoin, 18 Feabhra 2015.



Tel: 066 71 83541
email: arts@kerrycoco.ie
www.kerrycoco.ie/en/allservices/arts/forms



Michael Healy-Rae T.D.
Will Attend Scotts Hotel
every Saturday at 3.00pm
Castleisland Clinic
River Island Hotel
3rd Monday of every month 6.30pm & the
last Friday of every month 9.30pm
Killorglin Clinic
Jim Shea's Vintage Bar
2nd Monday of every Month at 7.00pm
Kenmare Clinic
Atlantic Bar 10pm Every Saturday Night
Kilgarvan Clinic
Healy-Rae's Shop 9pm-10pm every Sunday
Healy-Rae's Bar 10pm-11pm every Sunday
Other Clinic held throughout the Constituency
on a very regular basis and advertised locally

Michael Healy-Rae T.D.

Will Attend Scotts Hotel
every Saturday at 3.00pm

Castleisland Clinic

River Island Hotel

3rd Monday of every month 6.30pm & the
last Friday of every month 9.30pm

Killorglin Clinic

Jim Shea's Vintage Bar

2nd Monday of every Month at 7.00pm

Kenmare Clinic

Atlantic Bar 10pm Every Saturday Night

Kilgarvan Clinic

Healy-Rae's Shop 9pm-10pm every Sunday

Healy-Rae's Bar 10pm-11pm every Sunday

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

HOT YOGA

Killarney Sports Centre
Starting Tuesday 13th
Tuesday; 11am Hot Yoga
Tuesday; 8.30pm Hot Yoga
Thursday; 8.30pm Hot Yoga
Sunday; 11am Hot Yoga

Brandon Hotel Tralee
Starting Monday 26th
Monday; 7pm Hot Yoga
Wednesday; 6.30pm Hot GentleFlow
(Pre-booked 6 week course) Call now!!
Wednesday; 8pm Hot Yoga

Call; 0863427957 facebook/Hotyogakerry



Michele O'Brien

Dip. Couns. & Psychotherapy, MA Supervision, MIAHIP

Professional Counselling,
Psychotherapy & Supervision

Stone Arch, Munster &
Leinster Bank,
Shelbourne Street, Kenmare.

064 6642503 / 087 2564189

mob11@eircom.net

www.feelwell.ie/michele-obrien



Kerry ETB Training Centre



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

CAD - Computer Aided Draughting and Design Course (ET115) - Tralee.

This course will enable you to produce the detailed 2D drawings and 3D models required at the various stages of complex engineering, manufacturing and construction projects. You will use computers and CAD software that the professional use and produce drawings and models on the latest wide format and 3D printers. Applicants must have technical drawing and maths in the Leaving Certificate or an equivalent level of relevant industrial experience or training. On completion of this course you can bring your 3D modelling skills to the next level on the CAD - 3D Parametric Modelling course. **Start Date:** 2nd February 2015. **Duration:** 32 weeks. **Certification:** City & Guilds Level 3 Awards in 2D and 3D Computer Aided Design.

CISCO Certified Network Associate (CCNA) Certificate - Online Tutor Support & Workshops Course (ETL62).

This course provides participants with the knowledge, skills and competencies to install, configure, operating and troubleshoot medium sized, routed and switched computer networks. It's aimed at people with previous networking experience. A combination of on-line computer based learning & tutor led workshops are employed to deliver the course. Workshop dates are decided on the first day of the course. **Start Date:** 26th January 2015. **Duration:** 15 weeks. **Certification:** Cisco Certified Network Associate (CCNA) Certification.

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

This course is for people who are able to build and maintain static websites using HTML and CSS? It offers participants the opportunity to develop their MySQL and PHP knowledge and skills to create dynamic websites incorporating efficient and secure content retrieval from databases. **Start Dates:** 2nd February 2015. **Duration:** 24 weeks. **Certification:** Oracle Certified Professional MySQL 5.6 Developer Certificate and W3C Schools certified PHP Developer Certificate.

Reception and Clerical Skills (ET0N1) - Killarney.

If you are a friendly, polite and confident person with good verbal and written communication skills and would like to work as a receptionist this is the course for you. **Start Date:** 9th February 2015. **Duration:** 19 weeks. **Certification:** FETAC Level 5 Component Certificates in Information and Administration, Word Processing, and Customer Service.

Food Preparation and Cooking Course (ET20A) - Dingle.

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

Tour Guiding Course (ET20B) - Dingle.

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

IT Support Traineeship (ETS78) - Tralee Training Centre.

This traineeship is for people who wish to pursue careers in IT support services. It offers a comprehensive grounding in core hardware, operating systems, networks and cloud computing. Graduates of the course will seek employment installing, configuring, maintaining and upgrading IT equipment. **Start Date:** 23rd February 2015. **Duration:** 48 weeks. **Certification:** CompTIA A+, CompTIA Network+, and CompTIA Cloud Essentials.

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

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

Healthcare Support Traineeship (ETS97) - Tralee.

This course provides participants with the knowledge, skills and competencies to work as part of a multidisciplinary team in the provision of effective and appropriate healthcare supports to clients in a variety of care settings. **Start Date:** 23rd March 2015. **Duration:** 41 weeks. **Certification:** FETAC Level 5 Major Award in Healthcare Support.

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

Kerry ETB Training Centre,

Monavalley Industrial Estate, Tralee,

TEL 066 7149600 / 066 7149638 / 066 7149676, E-mail: training@kerryetbtrainingcentre.ie

Entry requirements and other information on our courses are available at www.solas.ie



RATHMORE /GNEEVEGUILLA NEWS By Michael O'Mahony

Marian Players Rathmore presents our 28th Annual Pantomime. LITTLE RED RIDING HOOD opens in The Community Centre Rathmore on Saturday January 24th @ 7:30pm. with matinees on the following two Sundays @ 3.00 pm. There are additional night shows on Wednesday, January 28th, Thursday January, 29th and Saturday January 31st @ 7:30pm. and Sunday 1st February booking Tell: 0647758526.. All proceed to Kerry parents friends association, A show not to be missed.

CLASSES: Rathmore Social Action Group are running a number of classes at Teach Iosagain, Rathmore for more information contact 064-7761000 WWW.SAG.IE

KNOCKNAGREE N.S. PARENTS COUNCIL: In association with Gneeveguilla Athletic Club are holding a 5K Road Race:- Run, Jog, Walk, Family Fun Run in Knocknagree on Sunday 8th March, 2015 at 1:00pm. Registration from 11:00am in Knocknagree Hall. Electronically timed.

Entry Fee Adults €10.00, Children €5.00 or €20.00 per Family.

Refreshments, Prize giving and a Raffle taking place in the Hall Knocknagree GAA Annual Social: will take place on Saturday January 24th in Killarney Avenue Hotel.

TUREENCAHILL COMMUNITY GROUP :

We would like to thank everyone who attended our recent Seamus Begley / Donagh Hennessey Concert a wonderful night was had by all .

SLIABH LUACHRA ACTIVE RETIREMENT GROUP meetings recommencing on Friday morning January 16th @ 11am. New members welcome. YOGA CLASSES will resume on Monday January 19th to book a place ph.

0870617247 or 0877564795. COMPUTER CLASSES for beginners starting end of January Ph.0879178836 .

Join us for AFTERNOON DANCING on Sunday January 25th 3.30 to 5.30pm.

SYMPATHY: to family Relatives & friends of Ann Murpahy (née Cassidy)

Pilown and Boston, Youghal, Cork who died recently. May she rest in peace.

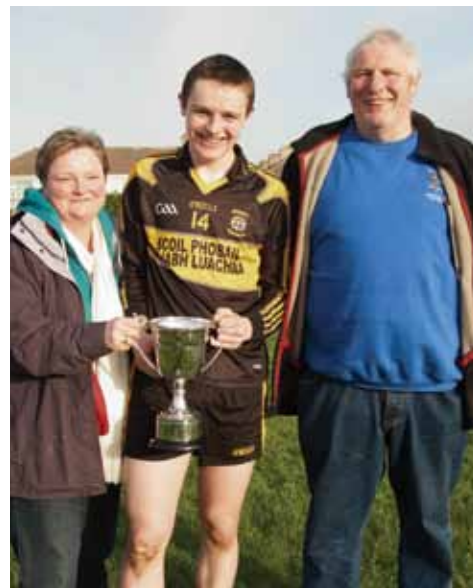
GNEEVEGUILLA GAA CLUB: Anyone who wishes to participate in Scor na bPaisti this year please contact. Gaa scor officer Ellen O'Keeffe before Febuary 1st. At 0876981764.

CONGRATULATIONS to €100 winners in the National Draw: John Collins, Aeneas O' Leary, Tim O'Callaghan, D JKeane, Damian Daiton, Annual social will take place on Saturday February 28th at Killarney heights Hotel more details later.

OWNEYCREE ANGLING CLUB: Results of Christmas Hamper. Draw, 1st prize: €200 Hamper: Eileen Kelly, Kilquane,Headford, 2nd prize; €200 Hamper: Maire Shannon, Lissivigeen, 3rd prize; €150 Hamper Noreen O'Donovan, Ballpnehane, cork City. 4th prize; €150 Hamper Ruth Meade, Ahane, Cullen Mallow co, cork.

5th prize; €100 Hamper Michael J & Eileen Moynihan Gullane, Gneeveguilla. Thank you to everybody who supported our draw and to all our generous sponsors for their spot prizes for our Christmas dance.Happy new year to everybody.

RATHMORE GAA CLUB : The AGM of Club will take place this Saturday 17th January at 7:30pm in the Club Rooms, Rathbeg.



EUGENE AND SHEILA MCSWEENEY WHO CONGRATULATE THEIR SON EOGHAN CAPT OF THE SCOIL PHOBAIL SLIABH LUACHRA RATHMORE, FOOTBALL TEAM WHO DEFEATED CAUSEWAY COMPREHENSIVE, IN THE MOYNIHAN CUP ON MONDAY AT KERINS O'RAHILLY'S STRAND ROAD, TRALEE. PIC JOE HANLEY

Club Victory Banquet is on Friday 23rd January@8pm. in the Killarney Avenue Hotel. Seniors, U21s and minors will be presented with their medals. Tickets now on sale.

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

BEAUFORT NEWS

Beaufort Rambling House next Session will take place on Saturday, February, 7th. A great evening of music, song, dance and story-telling guaranteed. Tea and Refreshments will be served. Doors open at 8.30p.m. Everybody welcome.

BEAUFORT TIDY TOWNS: Happy New Year to all our volunteers over the year. If 2015 is the year you would like to volunteer more, then we would be more than happy to see you during

the year. Sponsors: A big thank you to all our Sponsors of our Afternoon Tea at Beaufort House on the 13th and 14th December and our Tidy Towns night on of 28th Dec. last, in Beaufort Bar. These were Cameron Family of Beaufort House, O'Donnells Bakery, Mary and Pat Joe O'Connor of Beaufort Free Range Eggs, Spillanes Seafood and Star Seafoods. Also Kissane's Shop, Melvin Carson Daybreak, Beaufort Bar, The Dunloe, Heather Restaurant,

Frank Murphy, Killarney Jaunting Cart/Sleigh Rides, Beaufort GAA, Killarney Leisure Centre, Kate Kearney's Cottage, Breen's Shop, MD O'Shea's. Two great occasions in the parish and we hope you enjoyed them.

Returning garden tools: We will be at Beaufort Barracks this Sat 17th Jan between 2-3pm to collect Tidy Towns tools that may have been borrowed during the year.



JANINE O'CONNOR (KILLARNEY), URSULA EARLEY (TRALEE) AND LORRAINE NASH (LYREACROMPANE), REPRESENTING GAEL CHOLAISTE, TRALEE PICTURED AT THE YOUNG SCIENTISTS EXHIBITION. THE GIRLS FEATURED IN LAST WEEK'S KILLARNEY OUTLOOK WITH THEIR PROJECT ON EROSION AND WAVE POWER WHICH GENERATED A LOT OF INTEREST FROM THE PUBLIC. THEY WERE PRAISED BY THE JUDGES AND WON AN AWARD FOR THEIR DISPLAY). THEY NOW GO FORWARD TO TAKE PART IN THE KERRY EDUCATION AND TRAINING BOARD AWARDS WHICH TAKES PLACE IN THE IT IN TRALEE TODAY, FRIDAY THE 16TH OF JANUARY.

Had a great CHRISTMAS?

It's time to 'Get back on it'

Killorglin (A Fit Body Gym)

Monday 7pm

Tuesday 10.30am

Friday 9.30am

Killarney (KDYS)

Thursday 9.30am

Thursday 8pm

Beaufort Hall

Tuesday 7.30pm



**KERRY
KICK START FATLOSS
Club**

Learn how to detoxify, nourish, exercise and motivate yourself to achieve a lean, healthy, happy body

Contact Áine on 086 105 2427 email info@afitbody.ie

Club meetings in Killarney & Killorglin

From banger to beaut.



Quick car loan approval in 3 hours.

Talk to Kay Fitzgerald

Call: 086 7843863

Email: katherine.k.fitzgerald@aib.ie

Drop in to
AIB Killarney today.



Quick 3 hour car loan approval applies to AIB customers who make a formal application for a personal car loan up to a maximum loan amount of €75,000. Excludes applications to restructure or clear existing AIB credit facilities and customers who are in financial difficulty. Not available through our Business Centre Channel. We aim to provide you with a decision within 3 business hours, this period may be extended for technical or other legitimate reasons. Business hours are Monday to Friday from 9am to 5pm, excludes bank holidays. Minimum loan amount €1,000. Loan terms from 1 to 5 years. Lending criteria, terms and conditions apply. Credit facilities are subject to repayment capacity and financial status and are not available to persons under 18 years of age. Security may be required. Online Personal Loans only available to sole applicants who are registered users of AIB Phone & Internet Banking. Online loan applicants must have an AIB current account for a minimum of 6 months and their salary must be paid into this account. Maximum online loan amount €30,000.

Allied Irish Banks, p.l.c. is regulated by the Central Bank of Ireland.

KILCUMMIN NEWS

DANCING CLASSES Will resumes on Wednesday the 21st of January at 8.30pm in the G.A.A Hall everyone welcome. For more information contact Marie on 087-9181973.

COMHALTAS MUSIC SESSION Our next Sunday music session will be held on the 25th January at 2.30 to 5pm in Kilcummin Recreational Hall. All musicians of any age and ability are very welcome to come along and join us. Refreshments available in the break!

KILCUMMIN COMMUNITY ALERT Appreciates your generous support of our annual collection. Let us all watch out for each other in 2015.

KILLARNEY LIBRARY: On Tue 20th Jan the National Learning Network will hold an advice clinic in the Library from 11am-1pm

GNEEVGUILLA ATHLETIC CLUB once again run their Winter Series of road races every Saturday starting on Jan 31st and continuing on Feb 7th, 14th, 21st at 11am sharp from the Old Monastery, Port Road. Run 3 out of 4 races to claim a prize. The course is flat and is one of the best races in the South of Ireland.

FOUND Ladies wrist watch found on the footpath leading to Mountain View on Sat 3rd Jan. Contact 064-6643241 for return.

SHAPING OUR FUTURE The Diocese of Kerry is preparing a new pastoral plan for 2015-2020. The plan will provide the diocese with a

road-map for the next 5 years. To hear people's hopes and concerns, listening gatherings will be held throughout the diocese. The listening gathering for Killarney Pastoral Area will be held on Monday, January 19th at the Dromhall Hotel starts at 8.00pm and will conclude by 9.30pm. All are welcome to attend.

KILCUMMIN GAA

A.G.M. This Sunday January 18th @ 5p.m. In addition to normal business the club will present an update and future plans in relation to the development of extra playing facilities. This meeting is open to everyone especially the large number of people, male and female who are involved in the different aspects of the club. Come along and have your say in the future of your parish.

EAST KERRY All Star awards night will be held this Friday 16th January in the Gleneagle Hotel. Kilcummin have four nominees for selection on the 2014 team Brendan Kealy, Daniel O Leary, Kevin Gorman and Noel Duggan Tickets €35.00 are available from club officers

KILCUMMIN AWARDS NIGHT Will be held in the Clubhouse on February 7th. More about this later.

MAJOR CHARITY FUND RAISER (FUNKY HAT) GAA Ladies committee organised a special fund raising night in the Klub on Saturday January 3rd last. All proceeds raised

which amounted to € 2,200 went to the Oncology unit in Kerry General Hospital which provides an invaluable service in providing Kerry people with daily Cancer treatments. The ladies committee wish to thank the large number of people who attended and gave so generously, their numerous sponsors and donors who promoted their efforts so enthusiastically.

SYMPATHY The club's sympathies are extended to the family, friends and neighbours of Sean McCarthy Glounacoppal who died this week-end. A great family man and GAA follower there was no doubting his great love for his parish and his immeasurable passion for his club Kilcummin. He will be sorely missed by all who had the pleasure of knowing him. May he rest in eternal peace. Thank you Sean.

SCÓR NA BPAISTÍ Primary School children interested in Scór, dancing, singing, music, drama, Quiz – please text details – name, age, class & act interested in – to Club Secretary. Tel: 089-0583207

JUVENILE GAA CLUB AGM will take place on Friday 23 January at 8pm

LADIES GAA CLUB AGM will take place on Sunday 25 January at 5pm

CLUB CALENDARS Can be bought in the Post Office for €5

FOSSA NEWS

GAA The East Kerry All Stars Awards will take place on Friday night next, 16th January in the Gleneagle Hotel. This promises to be a great night and has been a huge success over the past few years, thanks to the generous sponsorship by the Aquila Club and The East Kerry Board. There will be a guest speaker and spot prizes galore. Fossa GAA Club will have extra interest in this years proceedings as we have two players, Tadgh O' Shea and Lorcan Daly, nominated for East Kerry Intermediate Player of the Year along with Kevin Courtney of Listry. We wish Tadgh and Lorcan the best of luck in their quest to win this prestigious award and we hope that as many people as possible from the parish will go to support them on the night, tickets are available from the club secretary, Merry Talbot.

SOCIAL 2014 was a fantastic year for Fossa GAA and we are holding a social on Friday 6th February in the East Avenue Hotel to mark it, tickets are €25 per head, all are welcome so lets have a great night to match the year!

LOTTO 11th January 2015.

Numbers drawn were 1, 15, 16, 26. There was no Jackpot winner and next weeks Jackpot will be €7,950. The €40 consolation prize winners were Mary McCarthy, 2 Mile School, Liam Walsh, Curragh, John Nagle, Corbally Killorglin, Johnny Culloty, O' Sullivan Place, Pat O'Donoghue, 2 Mile School. Tickets are on sale at The Golden Nuggett Bar, The Castlerosse Leisure Centre, The Travel Inn, The Old Killarney Inn, Foley's Spar Shop, The Laurels Bar and Committee members. Next draw takes place on Sunday night 18th January at 11pm in the Golden Nuggett. Thanks to everybody who supports our Lotto each week as well as those who sells tickets.

MEMBERSHIP: Membership now due. Family membership Euro60.00 for 2015, adult remains Euro30.00, while youth/student is Euro15.00

U-21'S Training has commenced for our U-21 players, competition will be starting in the next few weeks so we encourage all our players of the age to attend training. Any queries can be

made to Willie Buckley, James O' Shea or Kieran O'Brien.

COISTE NA NOG: The AGM of Fossa Coiste na nOg will take place on Monday 19th January at 8pm in the Clubhouse, (please note change of date).

SYMPATHY: Sympathy is extended to Dan O' Meara and the Cronin family of Gortaree on the death of Tadgh O' Meara. Sympathy is also extended to Pat Clifford and family of Dromin on the death of Pat's mother, Breda, in Waterville.

ATHLETICS: Gneevguilla A.C. will be holding athletics training sessions in Fossa Community Centre each Monday evening from 8:45pm to 9:45pm which will run to the end of March. All boys and girls of school going age are welcome.

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

For creative and eye catching advertising call the experts - Killarney Outlook

Call Des on 087-6593427



OUTLOOK ON THE It's January, so it's time to focus on your 2015 CAO application

(By Billy Ryle)



Continued...

Before you tackle the CAO application, study the CAO Handbook 2015, which explains the procedure to be followed when applying for a third level college place. The institutions in the CAO system are listed in alphabetical order by location. All the courses available in a college are listed directly under the college title, with 'Level 8' courses being listed separately from 'Level 7 & Level 6' courses. Using a single application, select your personal preferences from the entire range of courses mentioned in the Handbook. Each course is assigned a code, which you enter on the application. You may apply for up to ten courses in each of the two categories – listed in order of your preference in each case.

The CAO Handbook 2015 does not contain information about general academic requirements, specific course entry requirements nor content of courses. Don't apply for any course without first consulting the information literature or the web site of the institution offering that course. Carefully study the content and the ultimate designation of each course for which you intend to apply. Poor quality research may result in you ending up in a course to which you are unsuited. In that event, you may lose interest in the course or in a worst case scenario you may drop out of college without a third level qualification.

In the next article, I will look in detail at the important CAO 2015 dates.

CHECKLIST

- The CAO processes applications for admission to undergraduate courses in Higher Education Institutions (HEI) in Ireland
- Using a single application, you may choose from the entire range of courses in the CAO Handbook 2015
- Almost all applications from school leavers will be made via "Apply" this year
- The fee for the online application is €25, if you apply by 20th January and €40 if you apply by the standard closing date of 1st February
- Before you tackle the CAO application, study the CAO Handbook 2015
- Select your personal preferences from the entire range of courses in the Handbook
- You may apply for up to ten courses in each of the two categories – listed in order of your preference in each case
- Don't apply for any course without first consulting the information literature and/or the college web sites
- Poor quality research may result in you ending up in a course to which you are unsuited

**Billy Ryle is a Career Guidance
Counsellor &
freelance writer**



POWERUP
cycle+tri

We get you faster, faster!

Your Cycling Objectives:

- Improve your cycling technique?
- Increase fitness level and power?
- Eradicate bad cycling habits?
- Complete a specific goal or cycling challenge?
- Avoid being dropped on rides and want to improve your power or endurance?

Then our **WATTBIKE** sessions or testing are just the thing for you! Venues throughout Kerry

Liam Mc Donough B.Sc.
M: 087 6845874
E: info@powerupcycleandtri.ie
W: www.powerupcycleandtri.ie
Facebook: Power up Cycle and Tri
Twitter: @PowerUpIreland

POWERED BY

The Wattbike is the only indoor bike endorsed by both British Cycling and Cycling Australia. For more information visit www.wattbike.com

CAREER GUIDANCE COUNSELLOR

Billy Ryle

MEd DCG BA HDE CMIGC
=====

The Spa, Tralee, Co. Kerry.

Tel: 087 9808979
or **066 7136661**

Email: bryle@eircom.net

**Which ?
Where ?
Why ?
How ?**

SARAH JAYNE

LINGERIE - NIGHTWEAR - SWIMWEAR

SALE NOW ON

Measuring Service Available & Gift Vouchers

TAUBERT SCHIESSER DKNY

25 New Street, Killarney, Co. Kerry | Tel: 064 66 33224

GIFT VOUCHERS AVAILABLE

GLENFLESK NEWS

WITH DONAL KELLY

EAST KERRY GAA – ANNUAL AWARDS:

Congratulations and well done to our own Dan Favier who will receive the Personality of the Year Award from the East Kerry Board this weekend at the annual East Kerry All-Star Awards gala banquet to be held in the Gleneagle Hotel on Friday January 16th 2015. Dan is being honoured for a lifetime of dedicated service to his club, district and county. Congratulations also to Spa's Patsy Cremin, who is also being honoured by the EK Board on the night for his long and distinguished service to underage football in the county. Tickets are available from club officers €35.

BARRADUFF SHOWCASES SLIABH

LUACHRA TALENT: Murphy's Bar Barraduff will host a Sliabh Luachra cultural night on February 6th 2015. Organised by local woman Joan Murphy, the night is an opportunity for anyone who would like a platform for original short-stories, poems or songs. There will be spot prizes and light refreshments on the night, and live performance of selected works. This event is open to all, including primary and post-primary students. The event will also benefit the Barraduff Community Field project. The closing date for the submission of material to Murphy's Bar is Thursday January 22nd. Contact Joan on 087 9219049 for further details.

GLENFLESK GAA AGM: The AGM of Glenflesk GAA club has been fixed for Thursday January 29th 2015. All motions to be with the Club Secretary Denis O'Sullivan by Thursday January 21st. All members are invited to attend.

GLENFLESK LOTTO: Glenflesk Lotto draw was held on Sunday the 4th of January 2014, in the Corner House. Jackpot: €3,200. Numbers drawn: 1, 3, 6, 23. No Winner. €50 EURO DRAW: First draw: Tracy Kelly, Headford (YEARLY TICKET). Second draw: Jason O'Connor, Gneeveguilla. Third draw: Bernie Buckley, Faha. Fourth draw: Denis Lucey, Lisbaby. Next draw will be held on Sunday January 18th in the Kerry Way, Jackpot €3,400.

SCÓR: Club members who may be interested in participating in forthcoming Senior Scór or Scór na bPáistí (primary school children) competitions are invited to contact Glenflesk

Scór Officer Rosie Healy at 087 2072512 without delay. Scór disciplines are Figure and Set Dancing, Recitation, Drama, Solo Singing, Instrumental Music, Ballad Group and Quiz. East Kerry competitions will be held in February.

GLENFLESK COISTE NA N-OG: Thanks to all those who supported the very successful and enjoyable 'Leathering the Tar' event on St. Stephen's Day, especially those who helped out in any way on the day. Proceeds will be used to purchase a new set of juvenile goalposts.

PILATES WITH DENIS CORRIDAN: Before you give up on the new year's health and fitness resolution why not consider joining Denis Corridan's pilates classes? Classes are suitable for men and women of all ages and fitness levels. The classes will be held in St. Agatha's community hall Glenflesk, starting on Wednesday January 21st for 7 weeks, at 7pm and 8pm (€50). Contact Denis to book a place 086 8375142.

RAHEEN COMMUNITY PLAYGROUP: Registration for children attending Raheen Community Playgroup in September 2015 will take place during the month of January. Please make contact with the Playgroup at (087)1347581 in order to obtain and complete registration forms otherwise your child's place cannot be guaranteed. A completed enrolment form must be lodged with the service during the registration timeframe. Children will be admitted on a 'first come first served' basis following the submission of enrolment forms.

RAHEEN NS: Raheen N.S Parents Association would like to thank all who supported their Christmas Crib

Raffle in the Outlet Centre, congratulations to Ann O Meara winner of the crib. Congratulations to Teresa Bowler who had the winning lotto number 37 on Saturday the 3rd January. Congratulations to Eoin Casey who had the winning lotto number 23 on Saturday the 27th December. Congratulations to Mary O' Sullivan who had the winning lotto number 8 on Saturday the 10th of January.

GLENFLESK COMMUNITY GAMES 2015: Happy new year to all from Glenflesk Community Games. Here are the competitions

we are entering for 2015. If anyone is interested in being part of the following activities please contact us on the numbers below. Group music u14. Recitation u12 & u16. Solo Signing and group signing u14 & u16 (entries by 18th January). Indoor soccer boys u10 & u13. *New event*: Indoor soccer girls u10 & u13. Basketball u11 mixed (boys & girls). Projects u11 & u13 & u16. Chess u13 & u16 (entries to Leonard 0872310793 by 7th February). Quiz u14. Swimming u8, u10, u12, u14 & u16 (entries to Helena 0872468396 by 1st February). As with all competitions only children resident in the parish of Glenflesk can compete. Please contact Helena O' Donoghue 0872468396: Elizabeth Switzer 0863584104: Kathleen Fleming 0876816413 or send us a message via our Facebook page -"Glenflesk Community Games".

COMMUNITY GAMES ART: Art competition, handwriting and quiz will be on in St Agatha's Hall in Glenflesk on Saturday 14th February 2015. Handwriting 10.30-11.30 am. Art 11am - 2pm. Quiz (u14) from 1.30-2.30 pm.

Art paper will be supplied. Please bring your own colours/paints. Art u8, u10, u12, u14 & u16. Hand writing u10 & u12.

NATIONAL LEARNING NETWORK: On Tuesday 20th January the National Learning Network will hold an advice clinic in Killarney Library from 11am-1pm. See www.NLN.ie for more details.

LITTLE RED RIDING HOOD: The Marion Players Rathmore present their 28th Annual Pantomime, opening in the Community Centre Rathmore on Saturday Jan 24th at 7:30pm. Matinees on the following two Sundays (Jan 25 and Feb 1) at 3.00 pm. There are additional night shows on Wednesday January 28th, Thursday January 29th and Saturday January 31st, all at 7:30pm. Booking 0647758526. All proceed to Kerry Parents and Friends Association.

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



KAMILA FUDYMA, NATALIA SKIBA, AND KAROLINA GUNIA
KILLARNEY COMMUNITY COLLEGE STUDENTS WHO TRAVELLING
TO THE 51ST BT YOUNG SCIENTIST EXHIBITION IN THE R.D.S.
DUBLIN



IT Tralee

From learning space to work place

Choose from our many courses in the

School of Science, Technology, Engineering and Mathematics **& YOU** could be:

an **Agri-Machinery Designer**, a **Food Scientist**, a **Farm Manager**, a **Horticulturist**, a **Heritage Officer**. Or how about being... a **Cosmetic Scientist**, a **Conservation Ranger**, a **Farming Journalist**, an **Engineer**, a **Laboratory Scientist**, an **Ecologist** and much more.....

For further information on all our courses contact the Admissions Office on **066 7145638** or



INSTITUTE OF TECHNOLOGY
TRALEE
INSTITIÚID TEICHNOLÓGIAIDHEATHA TRALEE



go online: www.ittralee.ie

SEM BOYS EXHIBIT AT BT YOUNG SCIENTIST EXPO

A young Killarney student with a passion for cycling took part in the BT Young Scientist Exhibition in Dublin last week. Eoghan Patwell, a first year student at St. Brendan's College, Killarney aspired to improve on traditional bicycle models by adopting a novel approach to existing bicycle designs. He came up with

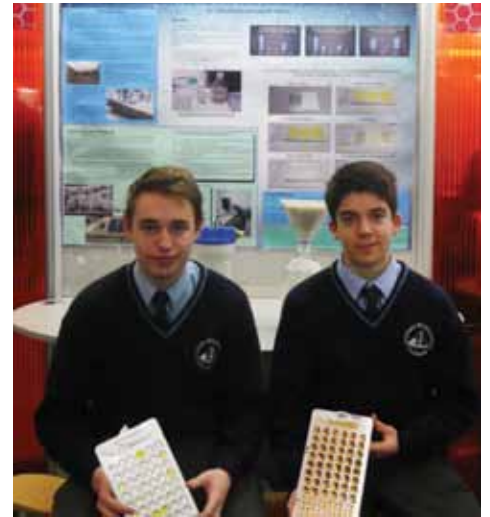


EOGHAN PATWELL PICTURED AT THE BT YOUNG SCIENTIST EXHIBITION NEXT TO HIS INNOVATIVE DOUBLE CHAIN BICYCLE MODEL.

the idea of designing a double chain model. This involves fitting an additional chain to existing models with the supplementary chain running parallel to the original chain.

Eoghan carried out numerous tests on his new design. He tested the bike numerous times on a variety of terrains and over a large range of distances. He collected some very surprising results. Eoghan's project was well received at the exhibition and was the subject of immense interest from the visiting public; particularly those with an interest in cycling. Eoghan plans to continue work on his innovative bicycle design. He is now looking at options to further sophistication of his model by comparing suitable materials and testing their resistance to wear and tear. He plans to enter his new and improved model into St. Brendan's in-house science competition which will be held in March and subsequently into the annual Scifest science competition at I.T. Tralee.

Two other students at St. Brendan's, Luke Murphy and Cian Buckley O'Sullivan, also exhibited their project at the BT Young Scientist Exhibition. They designed a water purifier which can be run with power generated by solar panels. Their project was one of the few projects visited by Mary Robinson at the exhibition. She questioned Luke and Cian on



LUKE MURPHY AND CIAN BUCKLEY O'SULLIVAN PICTURED AT THE BT YOUNG SCIENTIST EXHIBITION WHERE THEY EXHIBITED THEIR SOLAR POWERED WATER PURIFIER.

the feasibility and practicalities of using the product in developing countries.

The boys will continue to work on their project over the next few months to improve on the durability and stability of the design. They also plan to enter the project into the Scifest science competition at I.T. Tralee.

AWARD FOR KILLORGLIN COMMUNITY COLLEGE STUDENTS



COMREG AWARD WINNERS TIMOTHY MCGRATH AND DONAL BRENNAN PICTURED WITH THEIR PARENTS AND TEACHER DONAL O'REILLY AT THE BT YOUNG SCIENTIST AWARDS.

This year's BT Young Scientist & Technology Exhibition had the highest number of entries on record with almost 2500 projects being submitted. Among the 550 successful projects that have been shortlisted are eight from Kerry Education & Training Board schools from across the county.

Included in these were ComReg Specialist Award Winners Timothy McGrath and Donal Brennan from Killorglin Community College with their project:

Can Near Field Communication in phones/tablets aid visually impaired students

"We are very honoured to win this award and are very proud of Donal & Timothy. They

worked extremely hard over the past few months and displayed characteristics equalling university students. They were already winners in our eye but the ComReg award is the icing on the top for us. This is yet another example of how Killorglin Community College and its students continue to rise to the top in all areas. The learning that occurs during projects like this compliments that which occurs within our classrooms. The skills developed are lifelong and can be utilised in everyday life. The week in Dublin at the exhibition was fascinating and educational. This will most certainly be an annual event for us in the future." stated Donal O'Reilly, Deputy Principal, Killorglin Community College.

KERRY SCHOOLS REPRESENTED AT RDS PRIMARY SCIENCE FAIR

Four schools from Kerry were at the RDS Primary Science Fair which ran from January 8-10.

They were amongst the almost three thousand 4th, 5th and 6th class students from across the country who displayed their class projects at the event. Supported by the RDS for the sixth successive year, the RDS Primary Science Fair, which displays at the BT Young Scientist & Technology Exhibition, proved once again to be very popular with tens of thousands of visitors for the primary school projects.

Working under the supervision of their teacher, the entire class are encouraged to be inquisitive and curious about the world around them. This led to Kerry school projects such as:

Firies NS - What are the healing, cleaning and biodegradable properties of banana skins and Nagle Rice NS, Milltown, Kerry's Gold: What gives our beaches their colour?

The Fair is part of the RDS Science and Technology programme which aims to encourage the development of science and mathematical skills in primary school aged children by fostering education innovation and is part of a suite of RDS work that aims to enrich Ireland culturally and economically.



**KILLARNEY
COMMUNITY COLLEGE**

Killarney Community College

Adult Education - Night Classes

New Road | Killarney | Co Kerry

Tel 064-6632008

Email kccadulthoodeducation@eircom.net
www.killarneycommunitycollege.com

TUESDAY

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

- Flower Arranging**
7 weeks - €120
- Absolute Beginners in Dressmaking & Alterations**
7 weeks - €90
- Sign Language**
7 weeks - €90
- Creative Writing**
7 weeks - €90
- Beekeeping**
6 weeks - €75
- Genealogy Training in Researching your Ancestors**
6 weeks - €75
- Protect your Head Heart and Hips with better nutrition**
7 weeks - €90
- Introduction to Life Coaching/Personal Development**
7 weeks - €90
- Pilates** – (6:45 – 7:45 p.m. class; 8:00 – 9:00 p.m.class)
7 weeks - €50
- Drawing & Sketching**
7 weeks - €90
- Acrylics for Improvers**
7 weeks - €90
- Batik for Beginners**
7 weeks - €102 (incl. materials)
- Intermediate English**
7 weeks - €90
- Spanish (Beginners)**
7 weeks - €90
- Improvers Computer Course**
7 weeks - €90
- Occupational First Aid Fetac Level 5** (7:00 – 10:00 p.m.)
9 weeks - €230

THURSDAY

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

- Cooking** (Phase 2 New Recipes)
7 weeks - €120
- Salsa Dancing** – (8:00 – 9:00 p.m.)
7 weeks - €50
- Beauty Therapy**
7 weeks - €90
- Reflexology**
7 weeks - €90
- Zumba** – (6:45 – 7:45 p.m.)
7 weeks - €50
- Tai Chi** – (7:30 – 9:00 p.m.)
7 weeks - €75
- Introduction to Digital Photography**
7 weeks - €90
- Printmaking for Beginners**
7 weeks - €102
- Spanish Improvers**
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.

Enrolment for above Courses.

Enrolment open for the following courses. Enrol online at www.killarneycommunitycollege.com or call to the Adult Education Office (9:00 – 4:00 p.m.) Closing Date: - Friday 16th January 2015. Classes will commence Tuesday 20th January & Thursday 22nd January 2015 (number dependant)

BTEI – BACK TO EDUCATION INITIATIVE

Are you in receipt of Social Welfare?

Are you a Medical Card Holder?

Do you have less than Upper Secondary Level Education?

If you have answered YES to any of the above questions tuition is free for the following BTEI Course

INFORMATION TECHNOLOGY SKILLS FETAC LEVEL 4 Component Certificate

Learn everyday computer tasks: keyboarding, file management, word processing, internet and email.

DIGITAL MEDIA FETAC LEVEL 3 Component Certificate

The programme aims to develop the Learners understanding of a limited range of digital media devices and their application in daily life contexts. The Learner will practice the skills involved in using digital media devices to communicate text, sound and visual images. The Learner will further develop these skills by developing digital content; to include music play lists and audio recordings, photographic and video content.

For BTEI Course enrolment details please contact Adult Education Office

Tel 064-6632008 or email kccadulthoodeducation@eircom.net for a BTEI Application Form





TOP TIPS ON HOW TO AVOID A SLIP AND FALL IN ICE AND SNOW

While walking on footpaths and in public places, or entering and exiting your car or truck, DO NOT underestimate the dangers of snow and ice, advised the Road Safety Authority this week.

Each winter slips and falls on ice or snow cause serious injuries. Even when surfaces do not look especially icy or slippery, it is very possible that a thin sheet of transparent ice or "Black Ice" is covering your pathway putting you at risk. When you approach a footpath or roadway that appears to be covered with ice or snow, always use extreme caution.

Emergency Departments see a big increase in injuries due to falls as a result of snow and icy conditions. The most typical injuries seen are fractures and dislocations of the wrist, shoulder and ankle.

Advising pedestrians Ms. Moyagh Murdock, CEO, Road Safety Authority said, "Many slips and falls happen in places people regard as safe and secure, typically outside their front door, on the door step, on the path or while getting out of the car."

"My advice is to wear appropriate footwear, don't walk with your hands in your pockets, walk with your hands out and wear gloves so you can break your fall if you do slip. You would be surprised at the number of people who pick up with injuries after falling while out jogging. Not a good idea in these conditions. Probably best to postpone until they improve."

Ms Murdock concluded by appealing to people to help their older relatives and neighbours. *"Give them a call and offer to run any errands or feed animals so they don't expose themselves to the risk of falling on slippery yards and paths."*

The RSA has issued the following "Top 10 Safety Tips for Pedestrians" to help avoid the possibility of a broken bone that could easily lead to an operation and a long recovery:

- If a journey cannot be avoided walk on a footpath, not in the street. If there are no footpaths walk on the right hand side of the road (towards oncoming traffic). Be extremely careful as frost, ice and snow will make walking on footpaths very dangerous.
- Remember that footpaths may not be treated so walk with extreme care, make sure you are wearing appropriate footwear and in extreme conditions consider an appropriate walking stick or walking pole.

stick or walking pole.

- Avoid walking in the streets at all costs if possible. Remember, cars and trucks slip and slide, too! If it's an emergency, and you can't avoid the street, wear bright or reflective clothing.
- Visibility is reduced in snowy condition so wear high visibility clothing or carry a torch
- Wear clothing that does not restrict your vision. Stay warm, but DO NOT impair your vision with hoodies, ski masks, scarves, hats, etc. This type of clothing could prevent you from spotting icy conditions that may lead to a fall or not enable you to see a car that is spinning out of control.
- Snow and ice cause havoc quickly, so use extra caution when crossing roadways, and always cross at pedestrian crossings.
- Ice can easily hide under a light dusting of snow. Just because you don't see the ice doesn't mean it's not there waiting for your unsuspecting footfalls.
- If you can't avoid the ice and snow, bend your knees slightly and take slower, shorter steps to

help reduce the chance of a slip and fall and an injury.

- If forced to use the steps at someone's home, apartment, or other public building, walk slow and take shorter steps when descending. The same is true of driveways and other hilly terrain; these areas can be very dangerous when they become slippery with ice or snow. Steps especially can be hard to clear and build up ice easily.
- Be aware of overhead hazards! Falling icicles and chunks of snow pose a serious risk. In extreme cold weather icicles can build up in size very quickly and are lethal. Be aware of what's happening above you, and stay clear from the edges of buildings.

The RSA has prepared a helpful guide 'Severe Weather Advice for Road Users' which you can download from the RSA's website. It has lots more useful advice on dealing with the difficult road conditions.



SEVERE WEATHER ADVICE FOR PEDESTRIANS, CYCLISTS AND MOTORCYCLISTS

- If a journey cannot be avoided walk on a footpath, not in the street. If there are no footpaths walk on the right hand side of the road (towards oncoming traffic).

- Be extremely careful as frost, ice and snow will make walking on footpaths very dangerous
- Remember that footpaths may not be treated so walk with extreme care, make sure you are wearing appropriate footwear and in extreme conditions consider an appropriate walking stick or walking pole.
- Visibility is reduced in snowy condition so wear high visibility clothing or carry a torch and ensure the lights on your bike are working correctly.
- Cyclists should adhere to the requirement of a solid white light to

the front and a red solid light to the rear.

- Wear an approved helmet and consider clear eye protection.
- Motorcyclists/Cyclists should not compromise their safety by their 'need' to travel in icy/snow conditions. Cancel your journey or take alternative transport.
- Motorcyclists should avoid wearing a dark visor in any bad light conditions.
- Remember other road users may not 'expect' you and could therefore compromise your safety



SIMPLY CLEVER

ŠKODA



NEW DIESEL ENGINE. NEW DIESEL PRICE!

Octavia Range from €179* per month including servicing.

One of Ireland's best loved cars with over 40,000 happy drivers on the road the Octavia needs no introduction. For 2015 we have made the Octavia even more attractive with the introduction of a brand new fuel efficient 1.6 TDI, 90bhp diesel engine that delivers on average 69 mpg (4.1l/100km). With a new engine comes an even more attractive price with the Octavia diesel now starting from €21,745. That's €700 better value than before.

To cap it off, for a very limited time you can avail of **0% APR PCP** on the complete Octavia range starting from just **€179* per month** inclusive of **three years servicing**.

Liam Lynch Car Centre, ŠKODA dealer of the year,
Farranfore, Killarney, Co. Kerry. T. 066 9793066. W. www.liamlynchskoda.ie

skoda.ie



Terms and conditions apply. Prices displayed exclude dealer delivery and related fees. Every effort is made to ensure accuracy, however errors may occur and specifications may change without prior notice. 0% APR PCP Finance is available with the Octavia model only, for terms and conditions see skoda.ie. Typical Finance example: Octavia 1.2 TSI 86 bhp DTRP €19,555. Deposit: €5,348.54. 36 monthly payments of €179 (including service plan at €10.99 p/m). Optional Final Payment: €7,599. APR 0%. Total Cost of credit: €0. Minimum deposit is 10%. Hire purchase agreement, subject to lending criteria. Volkswagen Bank GmbH Branch Ireland, trading as ŠKODA Finance is authorised by the Federal Financial Supervisory Authority in Germany and regulated by the Central Bank of Ireland for conduct of business rules.

THINK AHERNS...

...THINK OPEL

Order your new 151 Opel
Now with 5 Year Warranty,
3 Years free Servicing
before Jan 31st



The New Opel Corsa

Weekly
from
€43.90

Model	Vehicle RRP	Customer deposit/Trade in	Finance amount	Total cost of credit	60 Monthly payments of	Terms	APR
Corsa Excite 1.4i 5door	€17745	€7500	€10245	€1296.38	€190.24	60 months	4.9%



Associate
Sponsor



Wir leben Autos.

Finance example. Terms and Conditions apply

For more information call us today on 066 7143000 or log on to aherns.ie

Aherns Garage

Castleisland | 066 7143000 | aherns.ie



GEANEY OIL

CASTLEMAINE

Phone: 066 9767272

Contact our local representative

Michael Murphy: 087 4109963

Email: castlemaine@geaneyoils.com

Delivering in your Area 6 Days a week



* Based on figures compiled by SEAI, 1 Oct 2014

^ Based on wholesale price movements

Very competitive prices on:

- Kerosene
- Agri-Diesel
- Auto-Diesel
- Unleaded Petrol
- Plastic Oil Tanks
- Castrol Lubricating Oils

New Passat.
From €329 per month.



As advanced as you are.

Call into us today and find out about the new Passat or visit newmarketmotors.ie for details.



Das Auto.

Newmarket Motors

Main Street, Newmarket, Co Cork.

029 60100 | newmarketmotors.ie

Typical Finance example: Passat GTD €20,890. Deposit €8,997.21. 36 Monthly payments of €329. Optional Final Payment €11,376. Total Hire Purchase Price €32,567.21. Total cost of credit includes acceptance fee (€75) and completion fee (€75). Minimum deposit is 50%. Subject to lending criteria. This offer is made under a hire purchase agreement. Volkswagen Bank GmbH Branch Ireland is authorised by the Federal Financial Supervisory Authority in Germany and regulated by the Central Bank of Ireland for conduct of business rules. Terms and conditions apply. Visit www.volkswagen.ie for details.



KINGDOM SHEDS

MANUFACTURERS & ACCESSORIES SUPPLIERS



Designed & Manufactured to
Customers Requirements...

BOX PROFILE STEEL FRAME

- Garages • Workshops • Stables •
- Garden Sheds (both timber & steel) •
- Agri Cladding & roof sheeting Also for Sale •
- Concrete Bases Poured if Required •

Top Quality & Reasonably Priced



Killarney, Co. Kerry - 086 871 1564 / 064 6670996

Email: kingdomsheds@gmail.com | www.kingdomsheds.com





Farranfore, Co. Kerry | 066 9764099 / 087 2214189
Sales | Mike O'Shea: 0873290071

ALL TYRE BRANDS SUPPLIED | FREE TRACKING & BALANCING

 <p>2011 VW Golf 1.6 tdi blue motion</p>	 <p>2011 Ford Focus 1.6 tdi zetec</p>	 <p>2014 Ford Focus 1.6 tdi zetec only 6,000 km</p>	 <p>2010 Ford Focus 1.6 tdi titanium</p>
 <p>2011 Kia Ceed 5 Door Hatch, 34k, 7 yrs warranty</p>	 <p>10 Ford Galaxy 2.0L, Titanium, One Owner, Full Ford Service History 80k</p>	 <p>11 Ford Mondeo 2L Titanium X, 80k, 1030hp, 1 owner, Full Ford service history</p>	 <p>2011 V.W Golf 1.6 tdi Blue Motion, 77k</p>

DIESEL CARS

12 Hyundai IX 20 1.4 CRDI 69 km
 11 Ford Focus 1.6 TDCI, 44k
 11 Ford Mondeo 2.0L, Zetec, 1 owner, full Ford S/H
 11 Peugeot 5008 1.6 HDI 7 Seater
 10 Ford Focus 1.6 TDCI, sports, 83k, full Ford S/H
 10 Ford Galaxy 2.0, Titanium, Full Ford S/H, 80k
 07 Renault Megane Scenic 2yr Test
 06 VW Passat 1.9 TDCI, Black, NCT Tested
 06 Citroen C5 1.6 HDI, 106k, 1yr Test
 05 VW Golf 1.9 TDI, Black, Alloys

05 Opel Mireva 1.3 CDTi, left hand drive
 04 Opel Zafira 1.7 Dsl, 1yr Test
 03 Citroen C3 1.4 HDi
 03 Skoda Octavia 1.9 TDI, silver, 1 owner
 11 VW Golf 1.6 TDI, blue motion, Black
 11 Ford Focus 1.6 TDCI, Zetec (new model)
 05 Citroen C414 3dr
 00 VW Golf 1.9 GT TDI Very clean NCT
 141 Ford Focus 1.6 TDCI - Choice
 141 Hyundai 1x35 - 14k
 10 Ford Focus 1.6 Titanium

14 Ford Focus 1.6 tdi zetec only 6klm
 10 VW Scirocco 2ltr TDI
 09 Kia Rio 1.5 CRDi
 10 VW Golf 1.6 TDI

CARS

12 Ford Fiesta 1.2
 09 Toyota Yaris 90klms, black
 08 Kia Rio 1.4, Automatic
 07 Renault Megane Cabriolet 1.6, full leather
 07 Nissan Almera 1.5 SXE, alloys, air con
 07 Renault Megane Full Leather
 05 Suzuki Liana NCT Tested

05 V.W Golf 1.4 Comfort Line
 05 Ford Focus 1.4 zetec
 04 Opel Zafira 1.6 Club, 7 seater, 1 owner, €2,700
 03 Toyota Avenis Allows, Fogs, As New
 03 Nissan Micra 1.0L
 132 Ford Fiesta Choice of colours

COMMERCIAL

11 Citroen Berlingo Full service history
 11 Citroen Dispatch
 09 Opel Combi Van 90klm
 08 Opel Combi 1.3 CDTi
 05 Mitsubishi Pajero Sport Silver, 2.5, very clean



McCarthy Insurance Group

Your Trusted Partner And Advisor



Great house cover and prices

Abbey Court, Tralee 066 7121777
Castledrum, Castlemaine 066 9767325
West End, Rathmore 064 7751111

Charles McCarthy Insurances Ltd. t/a McCarthy Insurance Group is regulated by the Central Bank of Ireland



Spread the Cost over 12 months

ONE LUCKY CUSTOMER WILL WIN THEIR PREMIUM BACK EVERY MONTH



- KILLARNEY OUTLOOK -
KEEPING YOU SAFE ON THE ROADS

Drive safe, be safe.





BULLYING

Bullying is defined as the tendency of individuals or groups to use persistent aggressive or unreasonable behavior against an individual. It can take different forms including physical, verbal, cyber, social and mental bullying.

There is a common misbelief that the victim of bullying somehow brings bullying on themselves. Some victims wrongly believe that if they were stronger or different in some way then they wouldn't be bullied. But I cannot stress strongly enough that anyone can be a target of bullying and the responsibility for bullying always lies with the bully. There are many reasons why people are targeted by bullies and these can vary from personality characteristics to personal vulnerabilities. People can be targeted by bullies because of physical features, an illness or disability, sexual orientation religious or cultural beliefs or belonging to a particular racial group. Bullies often bully as a means to exert power over others and to make themselves feel better. They are most likely doing it as a way to deal with their own problems, insecurities and low self-esteem. And not because of anything you've done. No one deserves to be bullied and it should not go unchallenged. Dealing with bullying can be tough yet it is really important to do something about it.

If you are being bullied – verbally, physically, socially, psychologically or online – telling someone about it and seeking advice can help. There is nothing weak about reporting a bully or getting advice and just confiding in someone can help to lighten your load. If you don't feel you can talk about it out loud or face to face, then write it down in a letter or an email. Many bullies want attention so ignoring them or walking away is your best bet. Be assertive and confident; adopt a 'Don't mess with me attitude' (even if you are trembling inside). It is important to not take anything bullies say to heart. Show them that their words have no effect on you. Some bullies may be jealous of you because of your success or popularity – so be proud of who you are.

Over the next few weeks we will look at workplace bullying, cyber bullying and how we can deal with these.

Helpful websites include <http://www.antibullyingireland.com> and www.reachout.com

If you would like to speak to a counsellor, SouthWest Counselling Centre provides affordable professional counselling to children, adolescents adults and couples – both at its **Killarney Centre (Lewis Road)** and at **Kenmare Family Centre**.

info@southwestcounselling.ie. Kerry Lifeline provides **FREE** counselling and support to anyone feeling suicidal or bereaved through suicide.

info@kerrylifeline.com To make an appointment call **064 6636416**

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

Health Matters....

With Dr. Michael O'Doherty

FLU VACCINATION INFORMATION

WHAT IS INFLUENZA (FLU)?

Influenza is a highly infectious acute respiratory illness caused by the influenza virus. Influenza affects people of all ages. Outbreaks of influenza occur almost every year, usually in winter. This is why it is also known as seasonal flu.

HOW SERIOUS IS FLU?

Flu is often self limiting with most people recovering in 2-7 days. However, flu can be severe and can cause serious illness and death, especially in the very young and in the elderly. Serious respiratory complications can develop, including pneumonia and bronchitis, to which older people and those with certain chronic medical conditions are particularly susceptible. Pregnant women have also been found to be at increased risk of the complications of flu. Some people may need hospital treatment and a number of mainly older people die from influenza each winter.

HOW DO PEOPLE CATCH FLU?

Flu is a highly infectious illness. A person carrying the virus can spread the illness by coughing or sneezing. A person can spread the virus from 1-2 days before they develop symptoms and for up to a week after symptoms develop.

WHO IS MOST AT RISK FROM FLU?

Anyone can get the flu but it is more severe in people aged 65 years and over and anyone with a chronic medical condition. Chronic medical conditions include chronic heart conditions, chronic respiratory disease, diabetes mellitus and immunosuppression due to disease or treatment. Pregnant women have also been found to be at increased risk of the complications of flu. These groups of people are targeted for influenza vaccination.

How can Flu be prevented ?

Flu can be prevented by vaccination. Flu vaccine is a safe, effective way to help prevent flu infection, avoiding hospitalisation, reducing flu related deaths and illnesses.

WHAT IS THE SEASONAL (ANNUAL) FLU VACCINE?

Each year the seasonal (annual) flu vaccine contains three common influenza virus strains. The flu virus changes each year, this is why a new flu vaccine has to be given each year.

CONTINUED NEXT WEEK...



Dr. Michael O'Doherty,
General Practitioner
and Occupational Health Specialist
The Killarney Medical Centre,
47 New Street, Killarney.
t: 064-6620628.



LADIES DIVISION 2:

Bridget's gain revenge over KCYMS ST BRIDGET'S 72 KCYMS 31

In the second meeting of these two sides this season, St Bridgets were out to even the score after going down by seven points, away to KCYMS in their first game of the season.

Both teams showed some rustiness after the Christmas break in the first few minutes of the game. Some wayward passing by St Bridgets and some forced outside shooting by KCYMS saw the team's level at 8 apiece, with three minutes left the first quarter. In fact this the only time the sides were on parity and things were to go down hill for Killorglin after this.

Mary Ellen Scanlon for St Bridgets opening her scoring with 2 points from the line. She would prove to be a thorn in the side of KCYMS for the rest of the game, ending with a total of 16 points.

Lorraine Wall kept the scoreboard ticking over for KCYMS with a game total of 13 points, but St Bridgets proved too strong, extending their lead quarter after quarter.

RESULTS:

Boys U16 Div 2 Gneeveguilla A 67- TK Vixens 40.

Girls U16 Div 2 Gneeveguilla 77- TK Vixens 41.

Boys U14 Div 3 Plate

Gneeveguilla 44 - St Anne's 40.

Boys U14 Div 1 Gneeveguilla 32- St Mary's 34.

BOYS U18 DIV 1:

St Pauls repeat Cup win over Gneeveguilla GNEEVEGUILLA A 68 ST PAUL'S 74

Gneeveguilla came close to avenging their cup defeat to St Paul's in front of a large crowd in Rathmore Sunday evening. Gneeveguilla started strongly winning 1st quarter 19-15 with Thomas Fleming shining in the first quarter but the impressive Dylan O'Sullivan kept St. Paul's in touch. Gneeveguilla went 10 points clear

with Baskets from Jack O'Connor and Shane O'Sullivan but the unstoppable Paul Clarke steadied St Paul's and the half time score was 34-32. The third quarter was played at a frantic pace and Billy Courtney and Mark O'Shea pushed St Paul's 5 points ahead despite good baskets from Jamie Brosnan and John O'Leary. This game was in the melting pot until the final few seconds with Connie O'Connor scoring some great baskets and JJ Herlihy denying Paul Clarke any easy baskets. A great display of basketball played in a sporting manner ended with St Pauls winning 74-68.

BOYS U12S COUNTY CUP GAME:

Gneeveguilla hold all the aces GNEEVEGUILLA 43 ST BRENDAN'S 26

Gneeveguilla started strongly with 9 points in the first quarter. Graham Sheehy scored Brendans sole basket. Quarter 2 went better for Brendans with Garry Lynch scoring 5 pts and a basket each from Ryan McHugh and Jack Clapham.

However, Gneeveguilla relinquished only a single point of their lead going into the second half 17 pts to Brendans 11. In quarter 3 Gneeveguilla totally dominated with Paudie O'Leary, Jack O'Leary and Liam Brosnan scoring 16 points to Brendan's single basket from Liam Kingston. Brendans never gave up and fought back in the 4th quarter with some staunch defence from Joshua Roche, Cormac Clifford, and Sam McCarthy. Mikey McCarthy got 2 nice lay-ups, Tadgh Reen got 3 points and Sean Dillane had a very nice basket from the top of the key. Graham Sheehy scored and Jack Clapham took the ball through the defenders at the top of the key and shot the final score of the game. The final score was Gneeveguilla 43 St. Brendan's 26. It was a slight improvement on the league game just before Christmas.

PLAYERS & SCORERS: Garry Lynch 5; Jack Clapham 4; Graham Sheehy 4; Mikey McCarthy

4; Tadgh Reen 3; Ryan McHugh 2; Sean Dillane 2; Liam Kingston 2; Joshua Roche; Sam McCarthy.

CLUBS NOTES:

● Happy New Year and I hope you all enjoyed the Christmas break. All clubs should now have a list of TBC fixtures in the leagues being appointed by the KOA (Referees). The cup semi-finals are scheduled for the first week in Feb there are 6 semi-finals to be fixed. These games need to be fixed ASAP.

● The mens cross division games finish on the 18th of January. Teams will then be divided into division 2 and division 3 depending on the results of the cross division games. Clubs will have until 5pm on Wednesday the 21st of January to make fixtures and will be able to slot fixtures into the week beginning the 26th of January and also into to February. Some dates will be blocked out but Clubs will be let know those dates on the 16th of January (after the February cut off). Clubs will have to email the Executive Secretary the dates for the Division 2 and Division 3 men's games as Esports will be closed off.

● The next county board meeting will be on Thursday 5th of February.

● St Brendan's Basketball Club Tralee is running two tournaments in March this year. The annual James Hobbart Memorial Tournament for U17 Boys takes place on Saturday March 7th and the Jimmy Curran Memorial Tournament for U14 Boys is scheduled for Saturday the 21st and Sunday 22nd March (it may be one day depending on the amount of teams that enter). Three teams have already confirmed places in both tournaments; St. Brendan's, Tralee Imperials and Gneeveguilla. Both tournament cost €100 registration fee. If you are interested in participating please contact Geraldine Collins Ph. 087 1208862 Email: stbrendansbasketballclub@gmail.com or Fergal O'Sullivan Ph. 085 1188533 Email: fergalosull@yahoo.ie

● Reports to moth1960@gmail.com



#lovekillarney

2014 MURPHY CUP WINNER, KEVIN MCCANN PICTURED WITH GER FLYNN AT THE FIRST ROUND OF THE MURPHY CUP LAST WEEK.



LEGION GAA CLUB

EAST KERRY ALL STARS: Best of luck to our nominees in this Fridays East Kerry All Stars banquet in the Gleneagle hotel, namely goalkeeper Brian Kelly, defenders Podge O'Connor and Jonathon Lyne and forwards Conor Keane, David O'Sullivan and Kieran Slattery

IT TRALEE: Well done to Conor Keane who played an integral part in IT Tralees McGrath cup victory over Kerry bagging two goals in the process. Final score Kerry 0-16 v IT Tralee 4-12

BEST WISHES: The club sends its best wishes to Leo Casey for a speedy recovery from a recent illness and also to Ian Trant who is recuperating from a recent surgery for a shoulder injury.

SYMPATHY: Condolences from the club to Jack Foran and his family on the recent death of his mother Noreen. Ar Dheis De go raibh a Anam.

LOTTO: Numbers drawn 7, 9, 14, 21.

jackpot of 11400 not won. 5 x lucky dip were Bryan, Kyle and Emma Griffin, Pat Kissane, Karl McCarthy, Phil O'Connor 47 O'Kellys Villas, DNR, c/o Richie Kelly Laune Bar.

BEAUFORT GAA

LOTTO: Lotto results of Sunday, 11th January for jackpot of €2,600. Numbers drawn: 1, 8, 16, 17. No jackpot winner. Consolation Prizes. €80 James Tobin, Beaufort Park. €50 Deborah O'Connor, Carnahone, David and Darragh Foley, Dunloe, John Sugrue, Gortbee. Next draw for jackpot of €2,800 will be in Inn Between Bar on Sunday, 25th January. Tickets available from usual sellers.

EXERCISE CLASSES: Spring Exercise Classes will begin on Monday, 12th for 8 weeks. Timetable is as follows: **Mondays:** Pilates from 7-8pm. Mixed pilates from 8-9pm with Katie.

Thursdays: Step aerobics from 7.15pm-8.15pm with Jonathan. **Fridays:** Pilates from 10am-11am with Jonathan. Over 50's Pilates/Gym from 11.10am-12.10am with Jonathan. Juvenile classes to be arranged later. Book places with Bridget 087 9975737, Susan 087 1276677, Eileen 087 7802606, Nora 086 1556181

CLUB GEAR: With the beginning of the New Football Year all club gear is available from U-6 to Seniors. Hoodies, Half-zip Tops, Jerseys, shorts and socks at 2014 prices. Contact Mary 086 0640065 or Nora 086 1556181 for same.

MEMBERSHIP: As the new year begins membership can be paid to registrar Patie Hartnett or any of the Officers of the Club. There are no changes to membership prices.

AGM: The Annual General Meeting of Beaufort GAA was held in the Club Rooms on Friday night. Report on same next week.

LEGION GAA CLUB

WHERE ARE THEY NOW

Legion PRO Kevin Griffin chats to former club members who are living abroad.....

For our first delve into the archives of Legionnaires that have moved away from their hometown, we touch down in Chicago USA and catch up with former underage and senior star LIAM O'CONNOR. Liam who hails originally from Marian Terrace, Killarney was well known and respected in both Gaa and soccer circles in the town, playing his soccer trade with Killarney Celtic. Liam started his football career as a wirey ten year old when he donned the Legion jersey for the first time back in 1976 and quickly made a name for himself as a tenacious and skilful midfielder. He played at all age groups for the club, improving every year, and it was no surprise when he got the call up to play with the Kerry minors in 1984. At this stage he was already a central player with the clubs senior team. Liam speaks highly of a lot of the players that he lined out with and against during his playing years but the players that he respected the most were Timmy Moloney and Denis O'Mahony of the Legion and Pat O'Shea of Dr Crokes, the latter being a player that often broke his heart on the playing pitch he recalls. In soccer, Liams standout players of that era were Ray Hoctor, who also played football for Legion and Tommy O'Shea who is still very active in soccer circles working for FAI. 1985 was a sad year for Legion as Liam decided to travel to Chicago but he came home soon after as sadly his Dad passed away. Liam stayed in Killarney for a while and in 1987 he had a dilemma as he was on the Kerry U21 team but

he also had a desire to return to Chicago. His dilemma was sorted when after starring for the County u21 team in successive games, he was informed on the Tuesday before a major championship game that despite having impressed in the previous matches that he was not to be on the starting 15, and by the Friday before the game he went back to a place he now calls home, Chicago. Liam by his own admission never held a hammer in his hand until he got off the plane in America but now he runs a successful construction business in the windy city, something, he reckons his former woodwork teacher Des Mangan, in the Killarney Community College would find rather amusing. It was inevitable that Liam, being the keen sportsman that he was, wouldn't take long to get involved in Gaa in his newly adopted hometown and soon joined local club St Brendans Chicago where he played for many years up to 1996 with a brief sabbatical in 1991 when he returned home to Killarney for five months. The reason for his trip was to play senior football for the club and in doing so, he helped them gain promotion back to Division 1. After that Liam settled full time in America and found love in Ann Connolly. The couple got married and now have two sons, Rory aged 16 and Cathal aged 14. When Liam's playing days were finally over, he stayed actively involved in the GAA and was a founder member of a new club Windy City Gaels and is currently secretary of the club. When asked if he still keeps an interest in Legions activities and progress, he says that he definitely does mostly online and through social media and as he says, with his



LIAM O'CONNOR TRAINING CHILDREN AT WINDY CITY GAELS.

nephew Podge O'Connor captaining last years senior side, he has an added reason to keep an eye on progress. Though Chicago is now Liam's permanent residence, he returns every year to see his mother, Patricia who he adores and his brothers Chris, Joe, Padraig, Michael, sister Geraldine and cousin Michael Dann and his many friends. Speaking about things that he misses most about Killarney, he says his old neighbours from Marian Tce. are what he misses most, the popping in and out of each others houses to borrow a cup of sugar etc. He says the likes of neighbours like Con O'Keeffe were one in a million and he says to this day he brags that his neighbourhood had the best looking women in Killarney. I asked Liam if he saw much of a difference between footballers now and from back in his playing days and he reckons that the footballers of today are definitely fitter and stronger but argues that the skill level was higher back then. When I finally asked him who in the Legion club had an influence on him during his playing days, he had no hesitation in saying Larry Fagan and Weeshie Fogarty.

Anyone who would like to see a particular person interviewed please email kevingriffinkillarney@gmail.com Next week we travel to Perth in Australia



EAST KERRY NOTES

With Áine Ní Shúilleabháin PRO

EOGHAN RUADH UNDER 14 TRAINING:

Core Work for Eoghan Ruadh Under 14 team will continue every Tuesday night in Gneeveguilla hall. Twenty two players attended last week showing great interest in the programme. All indoor sessions will take place from 7pm to 8 pm. This is an excellent opportunity for all club players to improve mobility, flexibility and running technique during the eight sessions. Regular attendance will see positive results. Contact East Kerry/ Kenmare GDA Vince Cooper for further details.

EAST KERRY BOARD ANNUAL CONVENTION:

The Annual Convention of the East Kerry Board takes place on Thursday the 22nd January 2015 in the Killarney Heights hotel at 7.30pm. Mass will be celebrated for deceased members beforehand, at 7.00pm.

CONGRATULATIONS: Congratulations to East Kerry players, Captain Cian Horan (Glenlesk), Connor Keane and Alan Moriarty (Legion), Mark Egan, Jason Lyne and Gavin O'Shea (Dr Crokes) and Padraig O'Shea (Currow), who were on the victorious Tralee IT team in the McGrath Cup game against the Kerry Side.

DR. CROKES GAA CLUB

LOTTO: Draw took place in the Tatler Jack on Sunday last. Numbers drawn: 1, 7, 14, 24. The jackpot of €3,900 was not won. Match 3, 17 received €25. Next week's jackpot is €4,200. Draw will take place in the Tatler Jack.

DATES FOR YOUR DIARY: Strictly Come Dancing, Thursday 5th March 2015 and Annual Social, Monday 16th March 2015.

STRICTLY COME DANCING: On Thursday, 5th March 2015 Dr. Crokes go Strictly Come Dancing in the INEC, Killarney. The line-up of dancers - some of which you will definitely not want to miss - as well as other details to be released soon. Keep up-to-date with our club notes and social feeds as well as the Dr. Crokes website for the latest information.

ANNUAL SOCIAL: This years social will take place on Monday, 16th March 2015. Tickets are on sale now and are available from club officers.

EAST KERRY AWARDS: East Kerry All Star Awards Banquet and presentation of Awards takes place this Friday evening, 16th January 2015 in the Gleneagle Hotel. Guest speaker on the night will be Rathmore and former Kerry Senior Goalkeeper, Declan O'Keefe. Please support this event by attending. Admission is by ticket only which are available from club officers and East Kerry Board delegates and cost €35.

WELL WISHES: Happy to hear Donie Sheehan is recovering well after a short stay in hospital. Best wishes on a full recovery. Also, wishing



THE BRENNAN FAMILY WHO WON THE LISTRY LOTTO € 11,450 RECENTLY. PICTURED BACK ROW L/R MIKE KENNEDY, JOHN JOE COURTNEY, DENIS COURTNEY CHAIRMAN LISTRY GAA, TONY DARMODY CHAIRMAN LISTRY COMMUNITY COUNCIL, MIKE O'SHEA, JOHN JOE TANGNEY AND ANTHONY CLIFFORD. FRONT ROW L/R DAVID KENNEDY TICKET SELLER, DYLAN BRENNAN, TED SCANNEL CHAIRMAN LISTRY LOTTO, SINEAD BRENNAN WINNER, LEAH BRENNAN AND ADRIAN BRENNAN.

Ger, Marguerite and Karen Brosnan a speedy recovery following a serious car accident in Australia.

CONGRATULATIONS: To Paddy and Anne O'Shea on their recent celebration of 50 years of marriage.

SYMPATHY: To the family, relatives and friends of Noreen Foran, O'Kelly's Villa, Killarney, who was laid to rest last weekend. She actively promoted our club lotto and sold many a ticket from its inception 20 years ago right up to the present day. Ar dheis Dé go raibh a anam dílis.

LISTRY NOTES

LISTRY WEEKLY LOTTO RESULTS:

Sunday 11th January, 2015. Winning Numbers 2, 5, 19, 25. Jackpot €2,450. Not Won. 1 x €100 Kevin Mannix, Keel. 2 x €50 Mark Keane, Culleeneymore, Pat Quirke, Laharn, 2 x €25 Sarah Hickey, Laharn, Kathleen Cronin, Ballytrasna. Draw Entrant Margaret Collins C/o K. Hobbins. Jackpot next week, Sunday 18th January €2,600.

LISTRY SOCIAL: After having such a successful year and winning the Novice Championship, the club has decided to hold a Victory Celebration and Social to celebrate Novice Championship Win including medal presentation. This will take place at the Killarney Oaks Hotel on Saturday, 31st January at 8.30pm. Music will be by the Two Mikes. Tickets are €30 each and will be available from Club Officers - Anthony Clifford, John Wrenn, Denis Courtney and also Beaufort Shop. Tickets will also be available on Friday 23rd January in the clubrooms from 8pm - 8.30pm. Looking forward to a great night!

KILLARNEY LIBRARY: On Tuesday 20th January the National Learning Network will hold an advice clinic in Killarney Library from 11am-1pm.

MILLTOWN/LISTRY LADIES FOOTBALL: The A.G.M. of Milltown/Listry Ladies Football

will be held on Thursday 22nd January 2015 at 8pm in Milltown Castlemaine Club House. After a very successful year in football it is hoped that there will be a good attendance at the A.G.M. so please come along and support your local Ladies Football Club.

SPA NOTES

At the Recent Annual General meeting the following officers were elected. Chairman Ger Mangan thanked everyone for attending and expressed his gratitude to everyone who helped out the club throughout the year. The major change in officership was the stepping down of Club secretary Deirdre O'Sullivan Darcy after holding this position for 3.5 years. She was a brilliant diligent and ever so efficient worker and approached the position with a professional attitude.

2015

President, Fr Tim O'Sullivan, Vice Presidents Fr Michael O'Donoghue, Steve Healy, Bernard O'Riordan, John Kelly, Patsy Cremin, Denis Fenton. Trustees Lifetime Appointment, Maurice Gleeson, Gerald McKenna (Co. Board), Donal Nealon (Munster Council), Cathaoirleach Ger Mangan, Leas Cathaoirleach, John O'Donoghue, Secretary VACANT, Assistant Secretary, VACANT, Treasurer, Assumpta O'Donoghue, Assistant Treasurer Andrew Garnett, Appointed Auditor Tadhg O'Sullivan, PRO Anne Holland, Registrars Peter Spillane, Donagh Cronin, Co. Board Delegate Cait O'Sullivan Darcy, EK Board Delegates VACANT, Seamus Clifford, Scór / Cultural Officer Sheila McCarthy, Ladies Football Anne Holland, Executive Committee 2014 Ger Mangan, John O'Donoghue, Deirdre O'Sullivan Darcy, Assumpta O'Donoghue, Mathilda Cronin Andy O'Sullivan, Tom Doherty, Adrian O'Sullivan, Cait O'Sullivan Darcy, Sheila Curtin Anne Holland, John Kelly, Michael Cronin, Seanie Kelliher, Fintan Lawlor, Dave Herlihy,



Ann Mangan, Andrew Garnett, Paddy O Keffe Ivor Flynn, Tadhg O'Sullivan, Sheila McCarthy Tadhg Hickey, Lotto Chairperson, Tadhg Hickey Child Protection Officers, Seamus Clifford & Anne Holland, ASAP Officer VACANT, Players' Representative, Ivor Flynn, Schools Officer James Devane, Coiste na nÓg Chairperson John O'Donoghue, Secretary Bernie Courtney Asst Secretary, Susan Gleeson Treasurer, Paul Casey, Asst Treasurer Philomena O'Sullivan.

SCÓR NA NOG: Best of luck to our set and figure dancers in the Munster final in Cappoquin on Sunday 18th January at 2.30pm. Bus going from Spa and anyone wishing to travel to support our young competitors please contact our Scór officer Sheila McCarthy 087 7614847.

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

UPCOMING EAST KERRY DATES: Senior final Saturday 7th February Scór na bPaistí: Friday 20th February.

EAST KERRY ALL STAR AWARDS NIGHT: Friday January 16th at 8pm in the Gleneagle. Michael O'Donoghue, Andrew Garnett and Shane Cronin are shortlisted for all star team. Patsy Cremin will receive Hall of Fame Award (congrats also to Dan Favier Glenflesh who is EK Personality of the Year). Contact 0876332773 for tickets €35 each.

KNOW YOUR SPORT: Congratulation to Michael O'Donoghue and Dermot O'Mahony for 2014 Know your Sport having prevailed by the narrowest of margins with an impressive 15 correct predictions apiece. As a result of this, they now share 1st prize (€500) and 2nd prize (€300) between them due to the dead heat rules coming into play. This gives our two winners a total of €400 each. Following them home on an equally impressive 14 correct predictions we have 7 players who will share 3rd prize (€200) between them, again due to dead heat rules applying. The magnificent 7 are: Ivor Flynn, Helen Cooper, Billy Morris, Damien Doody, Kevin O'Callaghan, Brendan Cahill and Gerard O'Sullivan. Congratulations to each of these who will receive €30 each.

Feedback for the competition was extremely positive and we are delighted to announce we are running a similar competition for 2015. The closing date for return of entries for the 2015 competition is January 31st so it is very important you get your form as quickly as possible. Please Contact John O'Donoghue 0879403517.

LOTTO: DRAW SUNDAY JANUARY

11TH: Numbers drawn 4, 11, 18, 22.

No jackpot winner. Lucky dip winners, Teeny Dempsey, Knocknaskeha, Kevin Cotter, 92 and na Sidhe, Kevin O'Sullivan Clash, Marian Collins, Kilcummin. Lotto next week, €4000 Arbutus.

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

CLOTHES/BOOKS/OLD PHONES DRIVE COLLECTION: We collect all year round. All

proceeds goes towards the underage section of this club. Time to clear those wardrobes and can be dropped off to Spa clubhouse during the day or in the evening. All clothes any condition (clean), belts, bags, shoes and books (no school text books) and any old phones can be collected. Contact Anne Holland 0857780883 or John O'Donoghue 087 9403517.

NEW ARRIVAL: Congratulations to Patrick and Marie Cronin on the birth of their first child daughter Charley.

SPA COMMUNITY NOTES: Congratulations to Denis Doolan Gortagullane and Erika Dick Dublin on their recent marriage.

MILLTOWN/CASTLEMAINE

AGM: The AGM will take place on the 23rd of January at 7:30 pm in the club rooms, all motions and nominations are to be submitted to Mike Carroll by next Friday the 16th.

LOTTO: Our Lotto Jackpot has now reached €11,000. Don't miss out on the chance to win this massive Prize for just €2 entry. Get your tickets in local shops and bars.

There was no winner of last weeks lotto, the numbers drawn where 02, 08, 12, 20.

Consolation prizes where
€50 Annemarie McCarthy, Cork.

€50 Mary Teahan, Ballyfinnane.

€25 Mathew Edwards, Callinafercy.

€25 Shane and Laura Murphy, Cloonmore.

€25 Mary A Foley, Cahir.

€25 Kevin O'Brien Beaufort.

The next draw will take place on the 16th of January in the Cosgroves Bar.

KENNELLY PLEASED WITH STUDENTS

Tralee IT manager has always said that his focus was on the first round of the Sigerson Cup and in the face of his side's victory over a depleted Kerry in the McGrath Cup. They now get at least another tough outing next Friday under lights at Tralee IT at 7.30pm against UCC where they will come up against at least half a dozen Kerry players.

Kennelly Spoke to The Tralee Outlook after the game and was pleased with his team

"The more competitive games we can play at this time of the year is very important for us. I was very pleased with our attitude and the contributions of Conor Keane and Jack Savage who are serious players. We had two clear-cut goal chances in the second half. We got the penalty at the right time. Our fellas got tremendous confidence from that" Kennelly who had a busy week saw his Listowel lose out in the North Kerry final has called for people to come out and support his student side on Friday.

KERRY HURLERS OPEN WATERFORD CRYSTAL CAMPAIGN

Kerry's first competitive senior inter county hurling game of 2015 will take place on this Saturday, 17th January when they take on U.C.C. in the quarter final of the Waterford Crystal Cup. Venue is Austin Stack Park where there will be a 1.30p.m.

Admission to the game is just €5 with all under 16's free.

Kerry lost their game last season to Tipperary but performed well on the day to the eventual beaten All Ireland finalists. A great run in the league saw them win the Division decider against Carlow but came up short in the much maligned promotion play off to Offaly. Kelly regrouped his troops for an assault on the Christy Ring Cup where they lost out to Kildare in the final. Their third loss in four finals.

The 2015 management team consists of manager Eamon Kelly (Kildangan, Co. Tipperary) and selectors Tom O'Connell (Abbeydorney)

and D.J. Leahy (Causeway). A new coach has come on board this year, Conor Gleeson from the Boherlahan/Dualla club in Tipperary. The 2015 Kerry senior hurling captain will be John Griffin (Lixnaw).

Kerry will commence their Allianz National Hurling League campaign on Sunday, 15 February with a home game against Derry.





OUTLOOK SPORTS NEWS

Deadline: Monday 5pm Email : news@outlookmags.com



KEANE STUDENTS PUT ONE OVER ON ALL-IRELAND CHAMPS

MCGRATH CUP KERRY 0-16 TRALEE IT 4-12

KERRY O'SHEA

Kerry's first foray into competitive action since winning the Sam Maguire Cup last September ended in defeat as Noel Kennelly's IT Tralee dominated this opening McGrath Cup tie before 829 hardy souls who braved the blustery elements.

The Kerry senior team and manager Eamonn Fitzmaurice were on their way back from South Africa.

In their absence, the team, which played on Sunday, was made up largely of under 21 and junior panellists, managed by Under 21 boss Darragh O'Se. The highly rated Killarney Legion clubman Conor Keane, a worthy Man of the Match turned in a star performance notching 2-5 with 2-3 coming from open play.

Those who had hoped to get a glimpse of Tommy Walsh in action were disappointed, as he did not line out.

Former Munster Minor Player of the Year, Jack Savage, who lined out for the under 21's twenty-four hours earlier, had another profitable afternoon, scoring 0-3.

Aided by a 10th minute goal from Conor Keane, the Tralee IT students led 1-6 to 0-8 at half time.

Kerry, with Gavin O'Grady, Gary Sayers and Na Gaeil's Jack Barry, the first player from his club to play inter-county football at competitive level, catching the eye at midfield, built up a 0-13 to 1-6 lead within ten minutes of the second half and looked good for victory. Keane scored his second goal from the penalty spot, which brought the students back into contention. Further goals before the finish from Currow's impressive stalwart Padraig O'Shea and Limerick's Peter Nash sealed an impressive win for Noel Kennelly's Tralee IT side.

Teams and Scorers

Kerry: Shane Murphy; Sean T Dillon, Caoimhin Ó Beaglaoich, Donal Maher; Paul McMahon, Tadhg Morley, Shane O'Connor, Colin McGillicuddy (0-1), Jack Barry, Adam Barry (0-1), James Crean (0-2, 0-1 free), Gary Sayers (0-2), Kevin McCarthy (0-1), Gavan O'Grady (0-3F), Tom O'Sullivan (0-1)

Subs: Brian O'Beaglaoich for Donal Maher; Paul Kennelly (0-2) for James Crean; Killian Spillane (0-1) for Adam Barry; Liam Carey (0-1) for Caoimhin

O'Beaglaoich, Killian Spillane (0-1F) for Adam Barry, Michael Burns (0-1) for Kevin McCarthy, Cormac Coffey for Shane O'Connor.

Tralee IT: Shane Kenny; Mark Egan, Gavin Crowley, Jason Lyne; Denis McElligott (0-1), Cian Horan, Cillian Cromwel (0-1), Padriag Quille George Bastible, Ciaran O'Connell (0-1), Conor Keane (2-5, 0-2 frees), Alan Duggan, Gavin O'Shea, Peter Nash (1-0), Jack Savage (0-3, 0-2F).

Subs: Padraig O'Shea (1-1) for Padraig Quille; Sean Flynn for Mark Egan, Alan Moriarty for Jack Savage, Conor O'Brien for Ciaran O'Connell Jason Brennan for Denis McElligott. Referee: Michael Collins (Cork).



THE KERRY TEAM WHO WERE DEFEATED BY IT TRALEE IN THE FIRST ROUND OF THE MCGRATH CUP



THE IT TRALEE TEAM WHO DEFEATED KERRY IN THE FIRST ROUND OF THE MCGRATH CUP

CAVAN SAVAGED BY KINGDOM IN HASTINGS CUP

HASTINGS CUP KERRY 1-17 CAVAN 1-8

CÓILIN DUFFY

It was a busy weekend for a large number of Kerry footballers, with the Under 21's claiming their first Hastings Cup win of 2015, thanks to a 12-point victory over Cavan in Emo. Co. Laois Jack Savage top-scored with 1-7 in a game where

Cavan lorded possession early on, but failed to make it count, as Kerry kicked ahead 0-4 to 0-3 after 17 minutes following a Savage point and they never relented.

Darragh Ó Sé's charges outscored Cavan by 1-4 to 0-2 over the remainder of the half, with both of Cavan's scores coming from free taker Niall Walsh.

In contrast, Kerry kicked fine points from play, with excellent efforts from Cillian Fitzgerald and Denis Daly.

Savage netted the only goal of the hour after 28 minutes, with Dr Crokes clubman Michael Burns rounding off the half was a well taken point from play, to ensure a 1-8 to 0-5 interval lead.

Kerry led by 1-12 to 0-8 with 11 minutes remaining, and fired five unanswered points in the closing stages.

Kerry will face Meath at Dr. Morris Park in Thurles next Saturday

at 2pm, with Tipperary facing Longford on the other pitch at the Tipperary venue at same time.

KERRY: Darragh O'Shea; Cormac Coffey, Gavin Crowley, Cathal Murphy; Conor Jordan, Denis Daly (0-1), Ronan Murphy; Greg Horan (0-1), Jack Barry; Michael Burns (0-3), Jack Savage (1-7, 5f), Brian Crowley; Dara Roche (0-1), Cillian Fitzgerald (0-4), Matthew Flaherty. Subs: Liam Carey for B Crowley (53); Brian Ó Beaglaoich for G Crowley (53); Killian Spillane for Roche (54); Tom O'Sullivan for Murphy (56); Adrian Spillane for Horan (58); Kevin McCarthy for Burns (58).

CAVAN: Mark Fegan; Dan Wharton, Aaron Watson, Barry Fortune; Eoin Somerville, Cormac Daly, Ciaran Brady; Liam Buachanan, Greg McGovern; Kevin Brady, Jonathan McCabe, Ben Conaty; Niall Walsh (0-6, 5f), Tom Hayes (0-1), Conal Sheridan (0-1). Subs: Mattie McKenna for McCabe (HT); Caoimhin O'Reilly for Conaty (38); Niall Clerkin for K Brady (43); Andrew Graham for Sheridan (50); Ryan Connolly for Walsh (56).



KERRY'S JACK SAVAGE WHO TURNED IN A GREAT PERFORMANCE SCORING 1-7 AGAINST CAVAN



KILLARNEY DARTS TOWN LEAGUE

KNOCKOUT CUP SEMI-FINALS

SPONSORED BY O'NEILL'S, PLUNKETT ST. FIXTURES FOR THURSDAY 22ND JANUARY

Tatler Jack v Murphys Bar in the Tatler Jack.
Dan Linehans v Lals Bar, in Dan Linehans.
Both games to commence at 9:00 p.m.
Town League sponsored by Mustang Sallys.
League Points to Date (with results in).

Group 1: Lals Bar - 58, Murphys Pinters - 44
Jimmys Jokers - 38, Sportsmans Bar - 38
Dunloe Lodge B - 34, Kenmare Rooms - 31
Golden Nugget Old Timers - 27

Group 2: Tatler Jack - 54, Murphys Bar - 48
Corkerys - 39, Dan Linehans - 36
Dunloe Lodge A - 35, Jimmy Briens - 29
Klub Bar - 20

Group 3: Old Killarney Inn - 52, Mustang Sallys - 47, Avenue Heros - 44, Charlie Foleys A - 35
Teddys - 34, 98 A - 25
Nugget Night Owls - 15

Group 4: Mustang Sallys B - 47, Charlie Foleys B - 30, Klub Bar Reserves - 23,
Team Danny Mann - 21, 98 B - 21
Scruffys - 11

LEAGUE GAMES RE-COMMENCE 29TH JAN

FOSSA ROWING CLUB NOTES

TRAINING: Training continues every Monday and Wednesday evening at 7.30pm in the old church, Fossa. New members welcome.

THANKS YOU: Fossa Rowing Club would like to thank everyone who took part in our Christmas Cycle recently. We would also like to thank everyone who helped out on the day because without them it would not have been possible. Your continued support is greatly appreciated.

GNEEVEGUILLA ATHLETIC CLUB

LOTTO: No winner of our lotto 9/1/15, numbers drawn were 1, 13, 27 and 29. Sellers prize Tom Joe O'Donoghue, €50 Y/T Marguerite O'Connor Rathmore Townland, €50 Margaret Buckley Barna, €40 each to Oliver Moynihan Gullane, Aoife Vaughan Scartaglin, Ella & Mary Francis c/o Petro's Bar. Bonus was not won, no's drawn were 9, 11, 16 and 26. Next week's jackpot €6,400 plus €1,000 bonus.

MUNSTER CROSS COUNTRY JUVENILE RELAY'S AND MUNSTER JUNIOR AND SENIOR CHAMPIONSHIPS: At the Munster Cross-country Juvenile Relays in Waterford City last Sunday Delia Foley was a member of the Kerry team which was the 1st U10 girls team, The Kerry U14 boys team were third, Francis Cronin and Donal Daly were on this team. Katie Buckley was on U14 girls, Jack O'Leary and Jack Greaney were on U12 boys team who did their best but came up short on the day. At the senior men race Robert Purcell Snr, Simon Mangan and Robert Purcell Jnr all did well on the Kerry team which was placed 3rd. Andrew

Purcell competed well in the junior category. All that is left in the Cross-country season now the colleges which will be on in a few weeks so keep on training lads.

CLUB TRAINING: All shoulders to the wheel as the club training resumes this week. Members are reminded that they should train at least twice a week if they are to be in the frame to win something.

TRAINING TIMES: Monday 5pm - Cullen, 7pm Gneeveguilla, 7.45 Fossa. Tuesday 5pm Dromtariff, 6.15pm Boherbue. If somebody wants to go to Jerry Horgan for conditioning, ring him at (087) 2820672, or Shelia for beginners throwing art (086) 8136523. Juveniles look out for a surprise in these notes shortly.

RATHMORE/GNEEVEGUILLA COMMUNITY GAMES

DRAUGHTS TRAINING: Continues every Monday night at Teach Iosagain, Rathmore, at 7.30pm, all beginners welcome.

Anyone interested in participating in the following events for 2015, please contact Aeneas O'Leary 087 6577167, Cynthia Daly 086 0818606 or Ann O'Leary 087 2226007.
Solo Music - Under 13/16.

Group Music - Under 14/16.

Recitation - Under 12/16.

Solo Singing - Under 14/16.

Group Singing - Under 16.

Indoor Soccer (boys) - Under 10/13 (Indoor soccer for girls to follow at a later date).

PLEASE NOTE: FOR 2015 SEASON: If your child tries out and qualifies for any team/relay event at local level, then he/she is committed to this team. Should the team/relay be successful in winning a County GOLD medal, the child (GOLD medalist only) is committed to this team and is not eligible to participate in any other team/relay event at local level for the remainder of the 2015 season.

Further information can be found on our new FACEBOOK page -

Rathmore/Gneeveguilla Community Games

SPAMUCKROSS COMMUNITY GAMES NOTES

Anyone interested in participating in any of the following events, should contact Denise Moynihan on 086 6684002 by Friday 23rd January:

Art, Gymnastics, Handwriting U10 over 8, U12 over 10, Recitation U12 & U16, Solo music U13 & U16, Solo singing U14 & U16, Quiz U14

Follow us on Facebook for more events.

MILLTOWN/LISTRY COMMUNITY GAMES

We're looking forward to a new year in 2015, after a successful one last year and a lot of activities are planned for the year ahead. Our

draughts training commenced last Sunday and we had good numbers there. We are still encouraging more children who play draughts, between the ages of 8 and 13 to come along to Milltown/Castlemaine GAA Clubhouse on Sunday evenings at 6pm. Anyone also interested in participating in the following events please contact Denis O'Mahony 087-9662332: Solo Music U13/U16, Group Music U14/U16, Recitation U12/U16, Solo Singing U14/U16, Group Singing U16, Boys Indoor Soccer U10/U13 (Girls Indoor Soccer will be held at a later date). Our area is due to host the Recitation and Solo/Group Singing competitions on February 8th so this is a very welcome development as we haven't hosted a Co. Community Games competition for a good many years. Our facebook page is updated regularly so please check this out when you can.

KILLARNEY COUGARS BASKETBALL CLUB

JUVENILE NEWS

U15 GIRLS CLBB DIV I

KILLARNEY COUGARS 57 MALLOW 36

Cougars produced a strong final quarter to defeat Mallow at the Pres Gym on Saturday evening. The visitors took the early lead but Cougars responded by the end of the opening quarter to lead 8 6. Cougars improved as the game progressed and led 38 30 entering the final quarter with Mallow challenge starting to fade Cougars pressed the visitors into errors to finish comfortable winners by the finish. This was a second consecutive win in the Cork League having defeated Brunell in late December. Cougars best performances on the day came from Kate Maher, Grace Cahillane and Shelly Clifford.

U15 GIRLS CORK CHAMPIONSHIP QUARTER FINAL

FR MATHEWS 44 KILLARNEY COUGARS 34

Cougars travelled to Cork for this Championship game against unbeaten Father Mathews and Cougars despite a great effort in a competitive game, were unable to topple the favorites.

The home side led throughout and made the better start to lead 10 6 at the end of the opening quarter. The second quarter was all Father Mathews as Cougars struggled for scores and trailed 28 15. The sides went basket for basket in the third quarter and despite a strong final quarter the home side held out for a deserved win. Best for Cougars were Anna O'Reilly, Erica McGlynn and Shelly Clifford.

U12 GIRLS KERRY DIV II

WILDCATS 9 KILLARNEY COUGARS 49

Cougars made the long journey to Ballybunion early on Sunday morning and produced a strong team performance to comfortably secure the points. Cougars were in top form and produce some great scores and were strong in defence to make an impressive start to the new year for the U12 girls. Best for Cougars were Adele O'Brien, Grainne Murphy, Niamh Horgan,



Meave Bellew and Holly Kennelly.

COUGARS BOYS TRAVEL TO NATIONAL CUP WEEKEND:

Cougars Boys U14, U13 and U12 teams and their coaches travelled to Cork on Friday evening last for the Men's National Cup games at the UCC Mardyke Arena and enjoyed some great action. Congratulations to Cougars U14 Ruairi Murphy who won two tickets to finals in Dublin in a free throw competition held at halftime on the night scoring 6 free throws in 30 seconds to win the prize. Well done Ruairi.

COUGARS BASKETBALL ACADEMY: Cougars boys and girls U10 and U8 return to training on this Friday January 16th at the Parish Hall.

Girls 5pm and boys at 6.30pm. New members welcome. A full list of the latest training times and upcoming fixtures is available on the website www.killarneycougars.com

MURPHYS CUP 2015

The Murphy Cup 2015 kicked off last Wednesday night the 7th January with a new format. Ger Flynn beat last year's champion Kevin Mc Cann 3-1 in the final of the night. Ger is the 1st to advance to the last 16 of the Murphy Cup and Kevin qualifies for the last 16 of the Peg Murphy Cup.

PAST WINNERS OF THE MURPHY CUP:

1977 Donal Doherty, 1978 Jer Kelly, 1979 Peter O'Leary, 1980 Derry Kelly, 1981 Peter O'Leary, 1982 Ger Healy, 1983 Pat Brosnan, 1984 Dan Doonan, 1985 John Whelan, 1986 Pat Brosnan, 1987 Pat Brosnan, 1988 Pat Brosnan, 1989 Brian O'Callaghan, 1990 Jack Leen, 1991 Joe Flynn, 1992 Donal Kelly, 1993 Pat Linehan, 1994 Moss Joy, 1995 Pat Linehan, 1996 Joe Flynn, 1997 Mike Hennessy, 1998 Ted Riordan, 1999 Donal Kelly, 2000 Jack Leen, 2001 Kevin Mc Cann, 2002 Danny Brosnan, 2003 Dermot Kelliher, 2004 Colm O' Shea, 2005 Danny Brosnan, 2006 Matt Lacey, 2007 Gabriel Donnan, 2008 Leonard Fitzgerald, 2009 Jamie Kelliher, 2010 Ger Flynn, 2011 Stephen Peb O'Neill, 2012 Leonard Fitzgerald, 2013 Jamie Kelliher, 2014 Kevin Mc Cann, 2015 ????????

KILLARNEY RUGBY CLUB NEWS

U14S: Have not been out since before Christmas. They trained last Tuesday between 6pm and 7:30 and went well. They have an away match against Abbeyfeale Saturday 17th and the bus leaves around 9:15 am – contact Dominic Kiely for this info.

U16S: Killarney went down 17-12 to Killorglin in the west Munster league. Joe McAuliffe capped off a brilliant performance with two fine tries one of which was converted. U16s turn around next weekend and face Killorglin again on Saturday at 11am at Dirreen Killarney.

U18S: South Munster Under 18s League, South Kerry v Muskerry - South Kerry hosted Muskerry in their final group league match on Saturday 10th January in Killarney. The game was played in windy and showery conditions. South Kerry

kicked off and started strongly. From strong pressure by the forwards South Kerry went through several phases close to the line until David Corlett burst over to score a try which was unconverted. South Kerry attacked again from the restart and were awarded a kickable penalty that they decided to instead run but no score ensued. Muskerry mounted their first attack and came close to scoring but for stout defence. South Kerry were up against a much larger pack but put in tremendous covering and tackling to keep out the opposition. Returning to the attack South Kerry played a long spell in the Muskerry 22. While unable to score a try, they came away with 3 points from a penalty kicked by Jesse McCormack in front of the posts. More heroic defending was required to keep out the big Muskerry runners and keep the half time score at 8-0 for the home side. The second half proved to be quite "stop start" in nature between injuries and disciplinary issues that the referee dealt with. From an early period of territorial dominance South Kerry found themselves pinned back on the defensive and several minutes were spent within 5 metres of the home try line with Muskerry continually repelled by firm tackling and good discipline. Ultimately, Muskerry were awarded a penalty that they kicked to narrow the gap to 8-3. South Kerry began to regain the upper hand and Aidan Kelly was unlucky not to hold a kick ahead that would have seen a try result following a great chase by him. As Muskerry attacked, they dropped a pass in midfield that Jesse McCormack swiftly kicked on and chased. As he closed on the ball in the Muskerry 22 he was tackled off the ball and the referee awarded a penalty try which Jesse converted. This effectively ended the contest and South Kerry played out the rest of time dominating a tiring Muskerry team to win 15-3. At the final whistle, South Kerry players, coaches and supporters celebrated an overdue victory and what is going to be a springboard for the rest of the season. A tremendous team effort by all involved. Indeed congrats to the conjoined Killorglin and Killarney teams who finished 6th in the league of 8 teams ahead of creditable Old Christians and Muskerry. They did not make the playoffs but demonstrated a good partnership between the players of both clubs. Our thanks to Paul Sheahan for his efforts among other parents who provided transport etc for the squad thus far. We await further news of possible fixtures.

MUNSTER JUNIOR LEAGUE DIV. 2 – ABBEYFEALE 24 KILLARNEY 0 With high expectations although we were missing a few regulars for this very important encounter and in the windy conditions never really got going. The home side had done their homework and were always in control. Feale scored three converted tries and one penalty without reply. Our need for a dedicated kicker is never more desired. We travel to Newport in Tipperary for a real face-off next Sunday at 2.30pm. Any support for this would be fantastic to help our

boys retain their divisional status so brilliantly won 2 seasons ago. Newport were shattered 36 – 6 by Clanwilliam in a league and cup double fixture last weekend. So all to play for.

SYMPATHIES: The club extends its sincere sympathies to stalwart Clubman Paul Murphy and his extended family. Paul lost his Dad quite suddenly recently and just this past weekend lost a nephew. Paul who hails from Wexford has been incredibly selfless in his willingness to take on the tough work of jobs like Child/Player welfare, fundraising, coaching and still finds time to raise a very young family. So it seems doubly unfair that he has suffered greatly in the recent weeks and we wish him and his family strength and compassion at this difficult time. May they rest in peace.

FUNDRAISING: Club will hold a raffle tickets sale for 6 Nations tickets and Munster Euro Cup tickets in the coming weeks. More anon.

WORKMEN'S ROWING CLUB

The Annual General Meeting of Workmen's Rowing Club, Killarney, was held at the Killarney Avenue Hotel, last Friday night, on 9th January 2015. A fantastic turn out attended this important Meeting. The following Officers were elected: Chairman: Timmy Moynihan, Secretary: Kieran Counihan, Treasurer: Pauline O'Brien, PRO's: Dervla Ireland and Valerie O'Sullivan, Club Captain: Pat Doherty, Head Coach: Mikey Joe Burns, Safety Officer: Anthony McCarthy, Child Welfare Officer: Tomás Murphy, Registrars: Mary Moynihan/Dervla Ireland. Committee Members, Mike Sweeney, Mike Quirke, Pat O'Donoghue, Hanna Majella O'Donoghue, Anthony McCarthy, Mags Greene, Sylvie Bartlett and Dervla Ireland.

A special presentation was made to Pat O'Donoghue, who worked tirelessly for the Club last year. Hauling boats, trailers, Timmy, Hanna Majella, making the finest soap and sandwiches, homemade burgers (though Pat Docs are better), making sure everyone arrived on time and got home safely. Well Done to Pat and his family, very well deserved.

BADMINTON NEWS

A happy new year to all from killarney badminton club. Well done to all who took part in Listowel tournament. Division 5 ladies final had two ladies from Killarney Rebecca Murphy and Jessica Galvin. Well done to Rebecca on winning the ladies final with her partner but no joy in the mixed final. Division 1 and 2 well done to Sinead Galvin and her partner Tom Burke on winning the mixed title. Hard luck to our division 3 and 4 ladies and men's teams who gave their all on the night of the finals but not to be this year. Well done to both teams. Looking forward to a lot more badminton for the new year,

Also a well done to Eileen O'Connor from Killarney on her win in the doubles competition in the Listowel tournament with partner Brid Murphy.

SCHOOLBOY/GIRL SOCCER

JK SPORTS 12'S: PREMIER:

Tralee Dynamos 0-6 Killorglin A

Listowel Celtic A 0-2 Killarney Celtic A

DIVISION 1: Mastergeeha 0-2 Inter Kenmare

Killarney Athletic 1-2 Ballyhar

DIVISION 2: Park C 3-3 Killarney Celtic C

Tralee Dynamos B 0-4 3 Camp Juniors

FOUNDATION SPORTS 14'S: PREMIER:

Killorglin 1-4 Park A

Killarney Celtic A 5-0 Killarney Athletic

DIVISION 1: Ballyhar 2-3 Mastergeeha

Camp Juniors 6-1 Iveragh United

14 GIRLS PREMIER: Park 0-2 Killarney

Athletic. Mastergeeha 0-6 Listowel Celtic

TRALEE TROPHY WORLD 16'S: PREMIER:

Killarney Celtic 8-0 Listowel Celtic

Mastergeeha 0-4 Tralee Dynamos

DIVISION 1: Killarney Athletic 1-2 Ballyhar

Park A 2-0 Camp Juniors

Inter Kenmare 5-3 Fenit

DIVISION 2: Iveragh United 4-4 Castlemaine

Killarney Celtic B 4-2 Park B

REPORTS: JK SPORTS 12'S:

KILLORGLIN REMAIN TOP OF PREMIER:

Killorglin were the only one of the top 3 sides in action and took advantage to extended their lead by a further 3 points with a home win over Tralee Dynamos. Eoin Hassett, Tom Whittleton, Dylan Moriarty, Mikey O'Donnell, Adam Owens and Cillian Burke all got their names on the scoresheet. Killarney Celtic closed the gap on the sides above them, moving into third place, with a 2-0 away win in Listowel Celtic. Ciaran Dennehy and Cillian O'Sullivan got the goals for the Killarney Hoops. Top two win in Division 1 as Inter remain top: Both the top sides were on the road but both won. Inter Kenmare remain top on 16 points as they defeated 3rd placed Mastergeeha 2-0 thanks to goals from Tadgh O'Donoghue and Mark Casey. Ballyhar won 2-1 away Killarney Athletic and remain only one point behind the leaders. John Power and James Horgan were the Ballyhar scorers with Rossa Bellew replying for Athletic. Goals galore in Division 2:

Leaders Park B were not playing so second placed Killarney Celtic C were hoping to take all three points to narrow the gap. However the leaders can thank their club mates as the C's held Killarney Celtic C to a 3 all draw.

Evan Foley got 2 and Marcelo the third for the home side at Christy Leahy Park while Celtic C scorers were Josh Livingstone scored twice for Celtic with Aaron Moloney getting the other. Tralee Dynamos and Camp Junior were involved in a 7 goal cracker with the Tralee side just getting the win 4-3. Dynamos went 3-0 ahead before Camp started the comeback. However the 4th made it a bridge too far. Adam Wharton scored twice for Dynamos with Dylan Walsh and Maurice O'Connell getting one each. Ryan Newstead got 2 for Camp Juniors added to by a goal from Kian Griffin.

FOUNDATION SPORTS 14'S:

THE PARK AND KILLARNEY CELTIC THE NEW LEADERS OF THE 14 PREMIER:

The Park travelled to Killorglin unbeaten in 3 but a point behind the home side. But a 4-1

win saw the Tralee side move to the top of the table. Two goals from Sean McGrath and one each from Leon Shambala and Junior Bio gave The Park the win with Eoin Clifford replying for Killorglin. Killarney Celtic's 5-0 win over neighbours Athletic saw them also move onto 12 points but they have a game more played than the Park. All the goals came in the first half from Eanna Coleman 2, Caoilean Ryan, Mike Lenihan and Peter O'Sullivan. Camp Junior now 6 from 6 in 14's Division 1: Camp Juniors travelled to Caherciveen to take on Iveragh United having won 5 from 5. After the game they remain unbeaten with Killian Falvey 2, Colm and Colin Moriarty and Chris Kane on score-sheet and they also benefited from an og. Second placed Mastergeeha were pushed all the way by Ballyhar who are in third. A 3-2 win at Murt Scott Park saw the Kilbreen side stay just 2 points behind the leaders. Dylan Murphy scored twice and Niall O'Connor once in the win. Jason Brennan and Patrick O'Connor were the Ballyhar scorers.

GIRLS 14 PREMIER: There were wins for both the away sides in the Girls 14 Premier. Ellen Coffey got the Athletic goals as they beat newcomers The Park. Listowel Celtic had too much experience for the other new side as they beat Mastergeeha in Kilbreen Park. Caoimhe Spillane, Jessie Sullivan, Mairead McKenna and Ava Grimes were the scorers for the North Kerry girls.

TRALEE TROPHY WORLD 16'S: KILLARNEY CELTIC AND DYNAMOS

TOP OF PREMIER: Killarney Celtic had goals from Michael Potts 3, Oran O'Donoghue 3, Thando Dube and Cian Gammell in their home win over Listowel Celtic. They are now on 12 points from their 4 games. Tralee Dynamos are level on points with Killarney Celtic but have a game more played. They enjoyed a 4-0 win away at Mastergeeha. Podge Looney scored twice added to by goals from Dara Goulding and Patrick Roche.

INTER LEAGUE LOSSES FOR KERRY

INTER LEAGUE RESULTS:

12'S KERRY 0-4 LIMERICK DISTRICT

A game that was 0-0 for long periods saw Limerick District finish the stronger with the aid of a strong wind. At 12's the League has the policy of equal game time for all players. This was the first foray into competitive Inter League action for these players and Oisin Smailes, Leon O'Shea, Philip Evans and Emmet Kelly were some of the Kerry Players that stood out.

13'S KERRY 2-3 LIMERICK DISTRICT

Having gone 2-0 down early into the second half Kerry fought back to parity with goals from Mervin Shambala and Sean McGrath.

However with minutes left they conceded a penalty and the outstanding Limerick player Ethan O'Sullivan made no mistake from the spot to give his side the win.

Both the Kerry 12's and 13's will be at home again on February 1st against Limerick County.

KILLARNEY ATHLETIC A.F.C. NOTES

FIXTURES Kerry Schoolboys/Girls League

Saturday 17th January 2015

Moriarty's Centra Under 11

GROUP 3 Killarney Athletic v Iveragh 2.00pm

JK Sports Under 12 Girls Premier

Inter Kenmare B v Killarney Athletic 10.30am

Daly's Supervalu Under 13 Division 1

Killarney Celtic C v Killarney Athletic 10.00am

Killarney Plaza Under 15 Division 1

Park B v Killarney Athletic 12.30pm

SENIORS Friday night 7.30 Senior A Killarney Celtic v Killarney Athletic

Saturday 2.30 Youths Killarney Celtic v Killarney Athletic

Sunday 11.30 Senior B Killarney Athletic v Castlemaine A

RESULTS:

SENIOR CASTLEISLAND 2 KILLARNEY

ATHLETIC 2: After a couple of unfortunate results our A's got a good result away to the current champions when we came from 2 - 0 down to get late goals from Martin Crowley (84) and Brian O'Donoghue (88) to grab a draw that our performance deserved. Even in injury time we could have got a winner when Lindsay O'Carroll, and Shane Doolan all had great chances. Best for Athletic were Martin Crowley, Cillian Fitzgerald and Ryan O'Carroll.

Youths

KILLARNEY ATHLETIC 2 CASTLEMAINE

UNITED 1: Athletic have changed formations at under 18 and senior B level and it seems to have finally paid dividends with some great attacking football being played. Unfortunately Athletic went down 1 - 0 today due to a defensive error with former Athletic player Pdraig O'Brien scoring but the boys in blue battled away and substitute Eoin Foran scored from an Alan Daly corner in the 75th minute to level scores. When Luke Doran received his marching orders in the 89th minute for a late challenge on midfield general Julian Iff, Athletic attacked the Tommy Counihan cross and Alan Daly got on the end of it to guide the ball to the net in the final minute. Castlemaine had 2 final chances but Donal O'Neill was solid in goal, great team performance with Eoin O'Meara, Finbarr Murphy and Alan Daly star performers.

UNDER 14: Killarney Athletic under 14 lost 5 - 0 away to Killarney Celtic on Saturday last. After starting first 10 minutes brightly lads were soft without the ball. Going in 5 down at half time! This has been a problem with lads but also never giving up has been a theme. Came out a different team in 2nd half and competed well with some decent passages of play and finished match with half time score! Caomhin Boyne and Eamon Long brought some steel when introduced and with Tadgh Doolan, Ronan Buchanan and Danny Cronin involved in some good play. But all can be very proud of reaction in 2nd half when things weren't going our way.

UNDER 12: KILLARNEY ATHLETIC 1

BALLYHAR 2: Athletic were very unlucky not to get at least a draw from this game when they put in a great effort. Athletic went a goal up when Rossa Bellew scored after latching onto a through ball. Ballyhar levelled before the break to leave it 1 all. Ballyhar took the lead midway through the second half after a harsh

refereeing decision and try as they did Athletic just could not get an equaliser.

NEW 300 MEMBER CLUB DRAW: We encourage all supporters of Killarney Athletic to support us on this major source of fundraising and contact any member of the club for an Application Form. The first draw will take place on January 31st in Scott's at 9.00pm. 6 prizes to be won 1st prize €500.00 and 5 prizes of €100.00.

ANNUAL STREET COLLECTION: Our annual street collection is taking place on 24th January. Please contact Aaron Quill 087 9403514 or Sean (Blackthorn) O'Donoghue 087 6621066 if you can cover an hour over the day. Please support.

KILLARNEY ATHLETIC ABROAD Diarmuid O'Carroll with 2 goals in a 6 - 0 win for Crusaders in the Northern Ireland Irish cup. A cup Diarmuid has previously won with Cliftonville Football Club, Belfast. Well done Diarmuid. Brendan Moloney with an assist, clean sheet and a full 90 minutes on Sunday last with Northampton Town to take them out of the relegation zone.

KILLARNEY ATHLETIC WEBSITE: Please check the website on www.killarneyathletic.com or facebook for match reports, club information and contact details.

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

KILLARNEY CELTIC NOTES

BEST WISHES: Best wishes from all at Killarney Celtic to U14 player David Dineen for a speedy recovery.

INTERNATIONAL SOCCER FOR CELTIC PARK: International underage football returns to Killarney Celtic when the Irish U15's face Scotland next month. On Friday January 23rd under lights the sides meet at 7.15pm and the following Sunday they clash again in Listowel at noon. Anyone who can volunteer on the night, please contact any committee member.

RESULTS DENNY PREMIER: KILLARNEY CELTIC 1 TRALEE DYNAMOS 2: We went up 1-0 when Joe Hurley pounced on a deflected Presley Dube effort and drilled it into the top corner, but after a harsh enough red card, Dynamos scored twice in the second half to take the win. Both sides lost a man to dissent before the finish.

KILLARNEY CELTIC: Roy Kelliher, Gary Keane, John McDonagh, Brian Spillane, David Hayes, Presley Dube, Stephen Hayes, Jamie Spillane, Matt Keane, Joe Hurley, Cathal O'Shea. Subs Fergal O'Donoghue, Lee O'Callaghan, Trevor Nagle

DENNY PREMIER B: SPA ROAD 1 KILLARNEY CELTIC B 4: A great win for our B side over in Tralee. The outstanding Paudie Clifford notched a hat-trick, with Stephen McCarthy scoring the other. Nicholas Retman, James Hurley, and Conor McCarthy impressed for Celtic.

MUNSTER YOUTHS CUP: REGIONAL

UNITED 0 KILLARNEY CELTIC 2: This was a tough battle against a very good Regional side. Cathal O'Shea opened the scoring and Lee O'Callaghan clinched it with Celtic's second.

U16 PREMIER: LISTOWEL CELTIC 0 KILLARNEY CELTIC 6: A magnificent display. Michael Potts and Oran O'Donoghue both scored hat-tricks (I suppose technically we should give them half the match ball each as a keepsake?) with Thando Dube and Cian Gammell also on target, while Patrick O'Leary was hugely impressive in defence.

U16 DIV ONE: KILLARNEY CELTIC B 4 PARK B 2: Celtic just managed to get the upper hand on their own ground, and had to work hard to do so, with Lee Downing, Michael Devlin, Paul Moriarty, Mark Donnellan, Barry Slattery, and Ryan Casey all playing big roles in a hard-won victory.

U14 PREMIER: KILLARNEY CELTIC 5 KILLARNEY ATHLETIC 0: Eanna Coleman scored two, with Caolan Ryan, Mike Lenihan, and Peter O'Sullivan also on target. Eanna, Mike, Mark Cooper, and Darragh Lyne stood out in a great team performance.

U12 PREMIER: LISTOWEL CELTIC 0 KILLARNEY CELTIC 2: Kieran Dennehy and Killian O'Sullivan were on target for us, while William Shine had a storming game.

U12 DIV TWO: ST. BRENDANS PARK C 3 KILLARNEY CELTIC C 3: An honourable draw between two well-matched sides. Josh Livingston (2) and Aaron Moloney were our goalscorers.

FIXTURES: Denny Premier A: Killarney Celtic at home to Killarney Athletic, Friday, 7.30pm
Ladies: Killarney Celtic at home to Inter Kenmare, Sunday, 2.30pm

Youths League: Killarney Celtic at home to Killarney Athletic, Saturday, tbc

U15 PREMIER: Killarney Celtic at home to Mastergeeha, Saturday, 12.30pm

U13 Premier: Killarney Celtic away to Ballyhar, Saturday, 10.30am

U13 DIV ONE: Killarney Celtic at home to Killorglin, Saturday, 11.30am

U13 Div Two: Killarney Celtic C at home to Killarney Athletic, Saturday, 10.00am

U11 GROUP ONE: Killarney Celtic A at home to Listowel Celtic A, Saturday, 2.00pm

U11 GROUP TWO: Killarney Celtic B at home to Listowel Celtic B, Saturday, 2.00pm

U11 GROUP THREE: Killarney Celtic C at home to Inter Kenmare, Saturday, 2.00pm

LOTTO RESULTS: Numbers drawn 3, 6, 16, 23. No winner, one x match three, Damien McCarthy, Farran, Milltown, €150 each. Next week's jackpot €5800, draw in the Failte on Monday night. Tickets available from all club officers. Yearly tickets available.

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

U12: MASTERGEEHA 0 INTER KENMARE

2: The boys played top of the table side Kenmare in their first game of the New Year. In the opening half the visitors took the lead early on but Mastergeeha battled back and created a number of chances with Barry Lenihan and Cian Murphy going close. In the late stages of the game the visitors scored again to ensure the win.

U14: BALLYHAR 2 MASTERGEEHA 3

Mastergeeha started well and went ahead early on when Niall O'Connor scored from a corner by Cian O'Mahoney. Towards the end of the first half Mastergeeha scored again when Paul O'Shea played a pass to Dylan Murphy which he finished well. In the second half Mastergeeha continued to create some good chances and when further ahead when Dylan Murphy scored from the penalty spot after being fouled. However the home side scored two goals in quick succession with 10 minutes remaining. In the final stages Mastergeeha defended well and got the deserved win. all played well.

U16 MASTERGEEHA 0 TRALEE DYNAMOS 6 In this home game on Saturday the boys played a very good side from Tralee. Mastergeeha created a number of chances throughout but the better finishing of the Dynamos ensured they took the points.

U14 GIRLS MASTERGEEHA 0 LISTOWEL 5 Despite going down to the Listowel side the girls showed signs of improvement on previous performances.

SENIORS PREM B BALLYHAR 1 MASTERGEEHA 2 In this close local derby the seniors just edged it. In the opening stages Mastergeeha some good chances with Damien Breen and Tony Brosnan forcing good saves from the home keeper. In the second half Mastergeeha took the lead when Tony Brosnan scored following a pass from Alan Moynihan. However the home side equaliser with 20 minutes remaining. With ten minutes to Mastergeeha took the lead again when Derry Ahern scored following a cross by Ricky Fleming. All involved played well.

SENIORS DIV 2 MASTERGEEHA 1 BALLYMAC CELTIC 0 In this close game the seniors played with the wind in the first half created some good chances with JJ Fleming, Eion Horan and Noel Moynihan going close. In the second half Mastergeeha defended well with Kevin Gorman leading by example. With 5 minutes remaining the seniors scored the vital goal when Corey Mitchell finished following a goal mouth scramble.

MASTERGEEHA F.C. LOTTO There was no winner on 9th January. Numbers drawn were 4, 15, 18 & 20 Consolation prizes €100 Gerard Mangan, Kilbrean, Killarney €60 Lino, c/o Bertie Curtin €30 Makaela Curtin, Knocklebede, Kilcummin, €30 Gerard Mangan, Kilbrean, Killarney €30 Aeneas Healy, Mastergeeha, Kilcummin Draw every Friday night in the Village Inn, Kilcummin. Jackpot now €3,300



AT THE PRESENTATION OF PRIZES AT THE ROSS GOLF CLUB RECENTLY FOR THE FRANK DORAN SAFEGUARD SECURITY BACKSTAKES COMPETITION WERE :- FRONT (L TO R) PETER O'BRIEN, WINNER, FRANK DORAN AND GERALDINE DORAN, SPONSORS, DENIS CRONIN, CAPTAIN. BACK (L TO R) DENIS LUCEY, GER LENEHAN, RENALDAS BENDIKAS, TERENCE MULCAHY.

CASTLEROSSE GOLF CLUB

RESULTS: Competition played on Sunday 11th January 2015, 12 Hole Stableford, winner Trevor Shine (15) 29 pts. Overall runner up, Dan O Connell (21) 28 pts. Overall 3rd place Daniel Shine (07) 26 pts.

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

KILLORGLIN GOLF CLUB

RESULTS:

MENS 12 HOLE COMPETITION 12/01/2015

- 1st Pat Sheahan (18) 29 Pts.
- 2nd Joe Kennedy (6) 29pts.
- 3rd Mike Tangney (22) 28 Pts.
- 4th Aidan Spillane (7) 27 Pts.

DEERPARK PITCH & PUTT NOTES

During the course of a wide ranging address to the 42nd Annual General Meeting on Monday night Chairman Derry McCarthy thanked the many people who had contributed to the club during the past season and while there had been a short drop in membership in recent years Deerpark still has a very satisfactory level of membership. Derry went on to thank retiring club secretary Jason O'Connor for his eight

years of dedicated service as club secretary and thankfully Jason will be still very much part of the club for the coming season. Reports were presented from the various officers - details of which will be published in forthcoming editions of the club notes.

THE FOLLOWING OFFICERS WERE ELECTED FOR 2015: Chairman Derry McCarthy, Vice Chairman Ger O'Connor, Hon Secretary Fiona O'Donnell, Registrar Sean Kelly, Hon Treasurers Colm O'Dowd and Damian Fleming, Competition Secretaries John McGrath and Gearoid Cronin, PRO John Kelly, Juvenile officer Paul Cronin, Development Officers Aidan O'Keeffe and Aidan O'Donoghue, Gents Captain Jason O'Connor, Grounds Committee Chairman Gerald Cullinane Lady Captain to be elected at next committee meeting.

A minutes silence was observed at the commencement of the meeting as a mark of respect to deceased club members who had served to club well in former years.

JOHNNY KELLY MEMORIAL SHIELD: A total of 30 members participated in the annual Johnny Kelly 36 Hole competitions and the results are as follows - 1st Nett Ger Casey Mick Long and John Kelly, 2nd Nett Paul Cronin, Mary O'Brien and Vincent Hegarty, Gross Jason O'Brien, Michael "Seve" O'Leary and Kieran Buckley. Club registrar Sean Kelly thanked all who participated in this competition which commemorates his late father Johnny Kelly.

CO BOARD AGM ON JANUARY 20TH: The

2015 Co Board AGM will be held in The Avenue Hotel on Tuesday January 20th at 8pm.

SPORTS PREDICTOR: Cards at €10 each for the clubs annual Sports Predictor competition which is one of the clubs fundraisers are now available from club Treasurer Colm O'Dowd.

RING OF KERRY GOLF

RESULTS FOR THE RING OF KERRY GOLF CLUB:

11TH JANUARY 2-PERSON TEAM EVENT OVER 16 HOLES

- 1st: Joe O'Neill (3) and Joe Harrington (20) 49pts.
- 2nd: Simon Stauch (12) and Michael O'Sullivan (13) 48pts ocb.
- 3rd: Eugene O'Sullivan (22) and Mick O'Brien (19) 48pts

UP COMING FIXTURES: 17th / 18th January
- Person OPEN team Event Visitors €20.

KILLARNEY GOLF CLUB

LADIES:

RESULTS: OF CLUB SPONSORED 13 HOLE VOUCHER COMPETITION SUNDAY 11TH JANUARY, 2015- MAHONY'S

- 1st Katie O'Connell, (34) 30 pts.
 - 2nd Betty O'Farrell, (16) 26 pts.
- Next Competition, Sunday 18th January, Club Sponsored voucher Competition, 13 hole-Killeen Course.

ROSS GOLF CLUB

GENTS CLUB

RESULT: On Sunday Jan 11th we held a 3 man rumble competition.

THE FOLLOWING WERE THE WINNERS:

- 1. Rolandas Bendikas, Renaldas Bendikas, Virjinuis Joniakitis 82 pts.
- 2. Denis Lucey, Seamus McCarthy, John O'Donoghue 77 pts.
- 3. Jonathan Casey ,Mike Casey, Jimmy Smyth 77 pts.

FIXTURES: On Sunday January 18th we will hold a 3 man 18 hole scramble. Pick your own team or take pot luck on the timesheet. The timesheet is now available in the clubhouse so please add your name to it as soon as possible.

CONGRATULATIONS: To the Ross team who recently beat Parknasilla in the junior section of the Kerry Challenge Cup.



Killarney Outlook

Killarney's Best FREE Magazine

..keeping you....on the ball!

nobody comes close

10,000 COPIES FREE EVERY WEEK

TO ADVERTISE CALL

Des: 087 6593427 t/f: 064 66 70000

e: des@outlookmags.com



ROWING TO RIO

The Monika Dukarska Blog

The story of a professional athlete



Welcome and thank you for joining me on my exciting journey in seeking Olympic qualification in rowing and hopefully will ultimately lead me to racing in the 2016 Olympics at Rio in Brazil

This journey will be interesting and one of a kind. It will be filled with loads of hard work, excitement and enjoyment but also frustration, disappointment and pain. There is also an element of routine, which is crucial in an athlete's life. This corner will give you an idea what I am getting up to on a weekly basis and what it takes to aim to compete for Ireland in rowing at the highest level possible.

I have been involved in rowing for the past eight years and I always aspire to get to the top. However, it requires a lot of sacrifice. Besides having no social life, little personal time and sometimes even energy to do anything demanding outside of rowing, it also forces you to have your life very structured and quite simple in nature.

Full time athletes usually sleep, eat and row. This cycle is ongoing. Training starts at 7:30am each day, first session begins at 8am, second at 11:30am and two to three times a week I have a third session which starts at around 3:30pm. In between training, which consists of activities like rowing on the water, ergometer, bike work and weight lifting, I eat and sleep. After returning home, I eat again, cook for the next day or go food shopping.

Training during the winter aims at building endurance; it means I spend a lot of time on the water or in the gym covering long distances to build my stamina. During the summer months, my work will consist of racing preparation. This is shorter but the workouts are very fast and more dynamic.

As much as I would love to have stayed in Kerry, chasing the Olympic dream has forced me to relocate.

In order to be part of the Irish High Performance team I had to move to Cork and train at the National Rowing Centre in Farran Wood in Inniscarra.

Over the next few weeks, I will give you an idea of my training. Since the national trials in December, which I won in the Women's Single category, I have been injured and my training had to be modified to aid recovery. I suffered from a protruding joint in my lower back, which restricted my hip movement and caused pain. Thankfully, it has now settled and long hours on a watt bike are finally over. Training full time with a day off every three to four weeks strains your body and mind. Unfortunately some small niggles sometimes turn into bigger problems which need to be addressed.

I hope you will join me weekly in pursuit of my Olympic dream and you will find this journey as exciting as I do.

Why not follow Monika on Twitter @MDukarska



AINE MCKENNA 'THE UNDERCOVER HERO'

It was strange to see the women's national cup semi-finals go by without any Kerry Interest but Duagh's Aine McKenna was keen to write her own headlines in her Glanmire's side's 71-65 victory over rivals DCU.

McKenna turned in an amazing performance for a Cup semi-final scoring 20 points. The 25 year old who was a late convert to Basketball only took the game up full time when she first went to Cork and seven years on she already has four cup medals to her name and now is looking to a fifth.

Winning her first title in 2007 as part of a three in a row, She broke the hearts of Kerry girls Louise Galvin and Loretta Maher last season as they took the Cup after overtime was needed to separate

her side from UL Huskies.

This season Cup run has seen Glanmire stumble along already losing in the cup in the Quarter finals, which are played over two legs to Brunell, but they still had 11 points to spare over the two legs to reach the semi-finals.

DCU were dispatched in the semi-final and now they await Killester in the Final who had a one point victory against UL to prevent a repeat of last season's final.

McKenna's own seasons to date has seen her play in seven of their eight league games, Only twice hitting double digits figures with 15 against Brunell and 11 against Meteors while she ranks in the top 15 with assists with 18 to date in the league.

The final will take place on the 24th January 6pm tip off.



AINE MCKENNA WHO HIT 20 POINTS IN LAST WEEKENDS CUP SEMI-FINAL.

MCCARTHY LOOKING FOR LIGHTENING TO STRIKE TWICE

While Stephanie Roche failed to get over the line in the FIFA Puskas Goal of the year award for Savannah McCarthy and her UCD waves team its back to the pitch where it all happened for the former Peamount player.

McCarthy's Waves who are currently third in the Continental Tyres Women's National League travel to second place Wexford Youths on Sunday next.

McCarthy is the only Kerry player applying her trade in the current league and she has nailed down

a regular starting place with the Dublin based side.

The League took a break over the Christmas period with their last match abandoned due to floodlight failure.

McCarthy who came through the ranks of Listowel Celtic is already a highly decorated Irish International who featured prominently in last years under 19 Europeans Elite Finals. She was named The Irish Times / Irish Sports Council 'Sportswoman of the Month' for April 2014.



ACTISAF REDUCES ACIDOSIS AND IMPROVES BUTTERFATS

Dairy farmer, Michael McGrath, has a longstanding focus on cow performance. Back in 1985 he won the Creamery Milk Supplier of the Year award, and the pedigree Robinview herd continues to go from strength to strength, with current average milk yields of 10,238 litres per year and annual milk solids of 730kg.

The 120-strong herd of pure Holsteins are run on a grazing-based system, typically turned out around March 1 with additional buffer feed through April and then again from mid September. Around 40 per cent of the herd calves in the winter, with the remainder calving in the spring to make the most of grazing. Milk is sold to Dairygold on a manufacturing contract, so Michael is focused on milk solids as much as he is on yield.

"We have a real focus on breeding for type, but also look for bulls that add at least 400kg of milk," explained Michael. "All our cows are bred to Holstein, and we sell any heifers that are not needed as replacements."

Michael started farming back in 1966 and moved the family's dairy cows there in 1974. Since then

he has been focused on growing the farm and the herd, buying and leasing land whenever the chance came up. The family now runs two dairy herds on nearby farms, with a total of 240 cows.

Over the years herd output has also increased, although Michael used to see problems with acidosis, particularly after the cows went out in the spring.

"We used to see stomach upsets and acidosis when we turned the cows out to grass and had more LDAs than we would like," he explained. "We discussed this with our nutritionist and he suggested we add Actisaf live yeast to our ration."

Actisaf improves rumen function, resulting in improved performance, particularly when cows are being fed lush grazing or are on diets high in starch.

It is now two years since Michael started using Actisaf and the benefits have been clear. "Since we



started adding Actisaf to our ration we've seen far fewer problems with acidosis and our butterfats in the spring are much improved," Michael said. "We used to find that a cow that had acidosis never really got to peak and was held back for the whole lactation, which was a big issue, but thankfully those days are behind us."

Actisaf live yeast is available as a farm pack for inclusion in home mixed diets, fed through diet feeders/feeder wagons, from Kelliher's Farm & Agri Store, Tralee.



Spring Dairy Seminar Series

Managing through 2015 - Your Dairy Levy Working for You

Thursday, 22 January

Ballyroe Heights Hotel, Tralee

Teagasc is organising a series of events to provide dairy farmers with strategies to manage through 2015.

Topics to be covered will include:

- Sustainable Systems - Planning for 2015
- Spring Grazing and Early Lactation Nutrition
- Looking after your cows - Health and Fertility
- Rearing Healthy Calves with reduced workload

Workshop on 'Financial Planning for the year ahead':

- Creating a simple cash flow budget for your farm
- Coping with a tough year - managing yourself to get through 2015

Seminar will run from 7pm - 10pm

Visit www.teagasc.ie/events or call your local Teagasc office

MACRA MATTERS

Kerry Macra na Feirme currently has six clubs. These clubs are Causeway, Kilmoyley, I.T. Tralee, Killeenternia, Mid Kerry and Kenmare. Macra is a great outlet to meeting new people, trying something new and going new places. Macra is primarily aimed at people between the ages of 17 and 35. Kerry Macra in November celebrated 70 years with a dinner dance in the Killarney Oaks Hotel. The success of this night was an indication of how strong Macra is becoming once again in Kerry. The night saw over 330 people sit down to a four course meal with many others joining afterwards to dance the night away. Macra has six key areas which are travel, young farmers, sports, performing arts, community involvement and public speaking. Currently all clubs in Kerry participate in all areas, both on a county and national level. So if you are looking for a new social life with a difference come join us. Find us on Facebook or contact 0864461540 to find out about your nearest club.

Kerry Macra Young Farmers are holding a free talk open to all farmers in the Brehon Hotel Killarney on the 29th January at 8pm. Derry Dillon, Agriculture and rural affairs manager with Macra will be discussing CAP and young farmer schemes and Donal Murphy M.V.B.M.R.C.V.S. Vet of Sliabh Luachra Veterinary Services will be discussing calving and calf rearing. Both will be taking questions on the night. Again all welcome to attend.

IFA CALL FOR REVIEW OF ENERGY REGULATOR AS ENERGY BILLS FAIL TO REDUCE

IFA's Inputs Project Team Leader James McCarthy has called for an immediate review of the performance of the energy regulator, following the failure of energy companies to fully pass back savings to businesses and consumers, as a result of massive reductions in oil and gas prices.

He said, "The CER is failing to deliver on its responsibility of improving the competitiveness of the energy sector. This is costing hard-pressed farm

businesses and families. Each year farmers spend over €500m on diesel fuel, electricity and other energy. It is not acceptable that energy prices rise rapidly when oil and gas prices increase, but then fail to go down quickly when prices fall."

Mr. McCarthy called on Minister for Energy, Alex White TD to intervene with the CER and ensure that costs are reduced in line with international oil and gas prices.

IFA SAYS CATTLE PRICES RISING

IFA National Livestock Chairman Henry Burns has said cattle prices are continuing to drive on into the new year with prices rising and factories having to pay above quoted prices to get tighter supplies.

He said the base price of steers has moved up to €4.00/kg and for heifers to €4.10/kg. He said more is being paid to get numbers and top prices of €4.20/4.30 paid in order to procure specialist lots over the last few days.

Henry Burns said a large number of plants are very active to purchase bulls ranging from O grade Friesians at €3.90 to R and U grade continentals, making €4.10/kg.

The IFA Livestock leader said cattle supplies have tightened considerably and factories are having to pay higher prices to get stock from feeders. He said agents are finding it very difficult to get numbers and feeders are digging in, insisting on higher prices to cover the extra costs of shed feeding.

Henry Burns said cattle supplies will be very tight this spring with Bord Bia forecasting numbers to be back 150,000 head for 2015. "Tighter supplies will make a big difference and should swing the balance in favour of the feeder selling."

The IFA Livestock leader said a critical factor for the beef sector going forward is a strong live export trade for dairy calves. He said the decisions farmers make regarding calves from the dairy herd this spring will be crucial in the years ahead. What happens this spring will have a significant impact for farmers selling cattle in two years' time.

Henry Burns said IFA is very clear that we need to have a strong live export trade for price competition

and particularly for male calves from the dairy herd. He said in 2014 the live export trade was strong with total volumes of almost 240,000 head, up 27,000 or 13% on 2013 levels. He said calf exports were strong with almost 40,000 head to Holland, 22,000 to Belgium and 44,000 to Spain. The international live trade was also active with almost 18,000 head exported to Libya. He said there are very strong opportunities for live exports in 2015 and IFA will work hard to drive this and maximise price competition in 2015.



IFA NATIONAL LIVESTOCK CHAIRMAN
HENRY BURNS

FARMERS FRIEND

**Farm repairs and maintenance.
General farm work.**

**Get Bord Bia ready.
Household repairs also**

CONTACT 087 1274673.



Green Belt
OVER 30 YEARS OF SOLID GROWTH
Planting since 1982

Get Professional Advice From Your Local Experts




- Forest Establishment & Maintenance
- Forest Management & Insurance
- Forest Road Consultants
- Thinning, Harvesting & Timber Sales
- Forest Acquisition and Sales

New Forestry Scheme Available
Earn up to €249 per acre
For more information contact
Your Local Representative
Gerard Moroney
Mobile: 086 838 0915 • Landline: 064 662 6615
Freephone: 1800 200 233

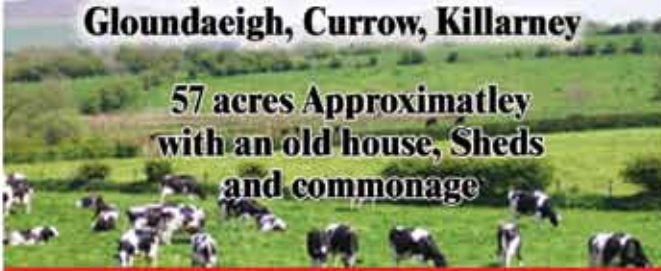


Farm for Sale

Gloundaeigh, Currow, Killarney

**57 acres Approximatley
with an old house, Sheds
and commonage**

**Contact: Jerome O' Regan, Auctioneer & Valuer
087 2833410 or 066 9761200**



Farming Outlook

*For the greatest value, choice and Quality
Advertise your products or services in
The Farming Outlook*

**Contact Sales on 066 7143512
or email info@outlookmags.com**



Outlook Marts Directory

CASTLEISLAND CO-OP

LIVESTOCK MART LIMITED. PSRA. 002537

FRIDAY JANUARY 16TH: SPECIAL DAIRY SALE

INCLUDING CLEARANCE SALE OF 37 TOP CLASS DAIRY COWS (33 ROTBUNT, 4 FREISAN) AND 11 INCALF HEIFERS. ALL COWS IN CALF TO ROTBUNT BULL CALVING FEB/MARCH, HEIFERS INCALF TO ANGUS BULL, CALVING FEBRUARY. SELLING ON THE INSTRUCTIONS OF MR.

JAMES O'CALLAGHAN, FARRANFORE.

EVERY MONDAY: SUCK CALVES AND WEANLINGS SALE

EVERY WEDNESDAY: GENERAL CATTLE SALE

TEL (066) 7141247 WWW.INFO@CASTLEISLANDMART.COM

GORTATLEA MART

OPENING SALE

ON FRIDAY 23RD OF JANUARY

Calves, weanlings and general cattle sale, Starting at 12noon, intake of animals from 8am.

numerous enquiries for quality cull cows, weanlings, beef and store bullocks and heifers.

SALE FRIDAY 30TH OF JANUARY

Clearance Sale of 10 SIM suckler cows, some calved, the remaining calving February/March.

Under New Ownership

For information contact

Maurice Brosnan 087 2344433



Patrick Lynch Agribild+plus

Kilgarvan

GRANT APPROVED

CE APPROVED

20 YEARS GUARANTEE

ROOF CLADDING

For the largest stocks of **READY TO GO ROOF SHEETING & CLADDING** in Ireland

PRICES FROM ONLY €1.75 PER FOOT (EX. VAT)

Call Patrick on 087-2543499 / 064-6685411

www.patricklynchroofcladding.com

Outlook Farming

Classifieds

PLANT NOW ORDER NOW: Whitethorn, Beech etc etc all hedging and tree plants. Glas AEOS, REPS, Country Management, Plant trees for firewood. Ring for 24 hour friendly service and a chat. 087 2743914. www.irishshamrocktrees.com



COW AND SHEEP SCANNING.

services available. Contact Charles 0874101078

FENCING CONTRACTOR: Pat O'Connor.

All types of fencing including Farm Fencing & Site Fencing.

Contact 086 6088166

AT GARAGE DOORS

All types of

Garage Doors. Different sizes &

Colours. Insulated & Non insulated

Doors. Domestic & Industrial Roller &

Sectional doors. Personal Steel Doors. For Free Quotation contact

Pat Tel 029 61125 / Mob 087 9515912

AVAILABLE DIGGERS FOR HIRE:

Dumpers self hire available –

6 ton and 12 ton. Grass cutting. Call Ian 087 6304241.

FOR SALE:

-New Ross more 1100 tanker -New Hi spec 1000 dung

spreader -S/H Hi spec 2500, in very good condition, farmer owned

tanker -S/H Abbey 2000 tanker, going

100%....farmer owned tanker also due in

this week Hi-spec 1350 with rain gun Call

Seamus o Connor 087 2631359, Kerry

Agricultural Services

JM GROUNDS WORKS – Concrete work,

drainage, drives and site clearance. Fully

insured. Tel 068 53858 /087 9648855.

DRIVEWAYS

ground work, tarmacadam, concrete, stone drainage,

curbing, patios brick and slab, gravel tipping. Free estimate.

Contact Denis Lynch on 086 3584956

CASH FOR SCRAP,

Top prices paid contact 087 3737370 or

064 6635666.

FOR SALE,

Galvanised Cattle Trailer.

New and Used. 8' x 5' - 10' x 5' 6' -

12' x 6' - 14' x 16', Nugent,

Hudson, Murphy's, McCullagh,

Ivor Williams. Tel: 087 250 4441



TO PLACE A CLASSIFIED ADVERT AND BE SEEN BY 88,000 READERS WEEKLY
CONTACT SALES 066 7143512 OR EMAIL INFO@OUTLOOKMAGS.COM

PHIL DOONA

QUALITY GRAIN MERCHANT

Beaufort • Killarney • Co. Kerry
ESTABLISHED FAMILY BUSINESS.

STOCKIST OF SOUTHERN MILLING PRODUCTS

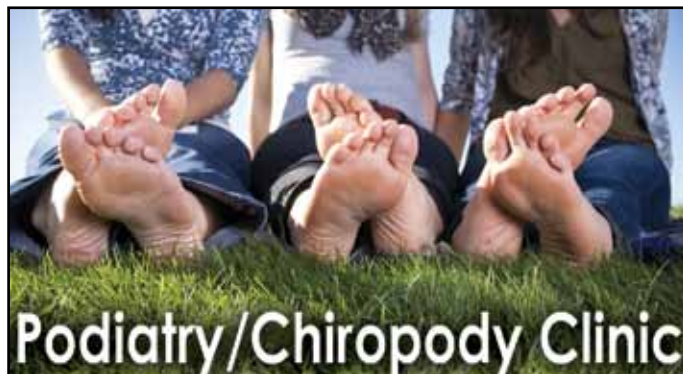
NOW SELLING

- ◆ CATTLE FATTENING RATION
- ◆ EWE AND LAMB NUTS
- ◆ LAMB FATTENING NUTS
- ◆ MAIZE MEAL ◆ BEEF NUTS
- ◆ LAYERS PELLETS
- CALF NUTS ◆ WEANLING FEED

**6
WEANLING
FEED
for €45**

ALSO SELLING FIREWOOD AND KINDLING

CONTACT PHIL **087 9888801**



Podiatry/Chiropody Clinic

Jennifer Cahill - BSc Pod.M.Inst. Ch.P. HPC Reg.
Killarney Medical Centre, 47 New Street, Killarney.

TREATMENTS INCLUDE A RANGE OF
FOOT RELATED CONDITIONS:

Ingrown Toenails, Corns & Callus, Fungal Nails
Thickened Nails, Arch Pain, Heel/Knee/Leg/Back Pain
Diabetic Footcare, Rheumatoid Footcare,
Orthotics for all ages.

Open by appointment. Please call **087 7116675**

Saturday appointments available.

Clinic also in Kenmare Medical Centre (Mondays Only)



THE SECRET IS OUT!

KILLARNEY OUTLOOK TRALEE OUTLOOK & SLIABH LUACHRA OUTLOOK ARE AVAILABLE ON-LINE EVERY WEEK

- YOU CAN NOW BROWSE THE PAGES OF YOUR FAVOURITE **FREE** MAGAZINE FROM WHERE EVER YOU ARE IN THE WORLD
- KEEP UP TO DATE WITH WHATS HAPPENING AT HOME WITH ALL THE BEST NEWS, PICTURES, SPORT AND ADVERTISING

www.outlookmags.com

OUTLOOK LIFE STAGES

Older adults

As you grow older, it's as important as ever to eat well. The right diet can help you feel better and stay more active. If you have a specific health condition, then your doctor will advise you on the diet that's best for you. But if you're in good health, then the usual healthy eating guidelines apply.

It's important that you keep active too if you can. Walking, gardening, dancing and climbing stairs all count. Staying active helps keep older bodies flexible and is the best way to keep your appetite. There are a few little extras to consider in your later years too...

HEALTHY BONES

We often think of children and young people when we talk about needing calcium for strong bones. But the truth is we need to look after our bones just as much as we grow older. Getting enough calcium and vitamin D helps to protect your bones and keep them strong.

Dairy foods like milk, cheese and yoghurt are the best sources of calcium. Other

good sources of calcium are:

- Tinned fish with the bones (like sardines or salmon)
- Green leafy vegetables (like broccoli or cabbage, but not spinach)
- Soya beans and tofu

Make sure to eat some calcium-rich foods every day.

Vitamin D helps your body to use the calcium you get from food. This vitamin is actually made in our bodies when we expose our skin to the summer sunlight.

We also get it from:

- Oily fish like herring, mackerel, sardines, salmon and trout (oily fish are also great for heart health)
- Egg yolks
- Some brands of milk and dairy spreads which have vitamin D added (check the label)

You may not be getting enough vitamin D if you are over 65 and:

- rarely get outdoors, or wear clothes that cover all of your skin when you are outdoors
- are of Asian origin
- eat no meat or oily fish

Speak to your doctor or pharmacist if you are concerned. Some older people will need to take a supplement of 10µg (micrograms) of vitamin D each day.

FIBRE AND A HEALTHY GUT

When it comes to preventing constipation and keeping your gut healthy, fibre is the way to go. But many of us don't eat enough fibre. Here are some simple tips to keep your digestion healthy:

- Switch from white starchy foods (like white bread, pasta or rice) to the wholegrain versions (wholegrain bread, wholewheat pasta, brown rice and wholegrain cereals)

Eat four portions of fruit and vegetables each day

Include peas, beans and lentils in your diet

Try to drink 8 glasses of fluids each day. Water and milk are best.

More next week..

www.safefoods.eu

Reduce your risk of Cancer

DON'T SCRIMP ON SUNSCREEN

Most people already know that sun exposure increases your risk of skin cancer but do not know how much sunscreen to put on. When in the sun, you should wear the equivalent of two tablespoons worth to cover your body and a teaspoon's worth for your face. Always reapply after swimming and do not go out in the midday sun. Never use sun beds.

ARM YOURSELF WITH NATURE'S ANTI-CANCER ARSENAL

Fruits and vegetables contain phytochemicals and antioxidants which research suggests help to protect you against cancer. Different foods offer different protective benefits, so be sure to eat a variety of different colours. Broccoli and kale may reduce the risk of colon cancer, while tomatoes can help to protect you against cancers of the stomach and pancreas.

BE THE DESIGNATED DRIVER

Besides the fact that being the designated driver will make your weekends more affordable, evidence suggests drinking

increases your risk of cancers in the bowel, esophagus and liver. Alcohol is also linked with an increase breast cancer risk for women taking hormone replacement therapy (HRT) or with a family history of the disease.

BE ON THE LOOKOUT

Cancers such as breast cancer, testicular cancer and skin cancer sometimes have symptoms that you can see and feel. Get to know your body so that you know what is normal for you. If something changes, go to your GP to get it checked out. It may be nothing, but your GP can tell you for sure.

SAY "YES" TO THE TEST

If you are invited to participate in screening programmes such as BreastCheck, CervicalCheck or BowelScreen, say "yes." These are government-funded programmes designed to keep you healthy. They usually involve quick, often painless health checks that will see if you have abnormal cell growth and, if so, will mean doctors will catch any problems at any early stage when they are easy to solve

New Year Resolution Tips for Health & Fitness



**FITNESS EXPERT
EDELE DALY
GUIDES YOU
TO A FIT AND
HEALTHY
NEW YEAR**

1. Lacking of motivation?

Then join a group exercise class to help

you get group motivated or join your local gym and get them to set you out a programme. Exercise dvd's, you tube exercise workouts and fitness app's are another motivational tool to get fit and are easy on the pocket.

2. Mix up your workouts if you get bored easily

3. Remember food is 80% part of a healthy lifestyle. Make sure you make a healthy eating regime as much part of your new regime as exercise. Don't reward yourself with unhealthy foods after exercise thinking "I've burned that off in the gym I can treat myself to it now". You will only undo all your good work.

4. Keep Hydrated throughout the day.

5. Keep a food diary.

6. Only eat when hungry.

7. Avoid processed foods, and junk. If you eat crap you will feel like crap. You are what you eat.

8. Pick your weakness or trigger food and flaws and focus on working on one per week starting with the worst. It may be impossible to give every thing up but if you take it step by step it might be more achievable.

9. Treat your body like a successful business. Make it work and keep working at it. Change the mind set of "I'll do this now for the next 4xweeks and shir I'll be fine then". No successful business works like that, neither does your body. Make your changes positive and make them realistic changes you can stick to for the rest of your life.

MORE TIPS NEXT WEEK...

FITNESS WITH EDELE

087-7643449

WWW.FITNESSWITHEDELE.COM

OUTLOOK DIET TIP OF THE WEEK

Be choosy about nighttime snacks.

Mindless eating occurs most frequently after dinner, when you finally sit down and relax. Snacking in front of the TV is one of the easiest ways to throw your diet off course. Either close down the kitchen after a certain hour, or allow yourself a low-calorie snack, like a 100-calorie pack of cookies or a half-cup scoop of low-fat ice cream.



Fashion Tip

Instead of a necklace, why not try a soft scarf... loop a bright fabric scarf to perk up an otherwise boring outfit. You can mix prints for a fun and simple look and wrap it once or twice around your neck letting both ends hang loose.

OUTLOOK BEAUTY TIP OF THE WEEK



To make your cheek bones appear higher, use bronzer under the cheekbone and highlighter on the actual cheekbone and remember to blend...contouring at its best.

A TRIP DOWN MEMORY LANE...



ST FINANS HOSPITAL WINNERS OF THE TOWN CUP 1941.

FRONT L:R: DENNY MCCARTHY, DENNY HEALY, PADDY MOYNIHAN, PADDY D M O'SULLIVAN, DENNY MCSWEENEY.

SECOND ROW L:R: TIM O'SHEA, PADDY O'DONOGHUE, DARBY MOYNIHAN, JERRY O'MAHONEY, NOEL BREEN DAN O'CALLAGHAN.

BACK ROW L:R: TIM MORIARTY (MANAGER), BILLY LANDERS (MASCOT) DEE O'CONNOR, PADDY MURPHY, MIKE MOYNIHAN, BILL LANDERS, PADDY GALVIN, DR JACK O'CONNOR, DR EAMON O'SULLIVAN (TRAINER). MISSING FROM THE PHOTO TOM LYNCH AND JIM CASEY. PHOTO COURTESY OF JOHN KELLY.



St BRENDANS ROWING CREW 1954

FRONT L:R: KATHLEEN ANN FOGARTY, ESTHER AHERNE.

BACK L:R: MARGARET BREEN, GIRLIE JOHNSON, NOREEN CAHILL, BREDIA CLIFFORD.

PHOTO COURTESY OF JOHN KELLY.



SHOEMAKERS IN HIGH STREET. PICTURED L:R: DO DO O'SULLIVAN AND PATIE O'SHEA.

PHOTO COURTESY OF MAUREEN CRONIN AND FAMILY.



PICTURED AT THE RAILWAY GATES, BESIDE THE INTERNATIONAL HOTEL 1970.

L:R: FR BRIAN DALTON, JOHN MANGAN, FR BRENDAN DALTON, DONIE COFFEY AND TWO DALTON

PRIENTS UNCLAS OF FR BRIAN AND BRENDAN.

PHOTO COURTESY OF JOHN MANGAN.

Fully Licensed Restaurant & Bar
Treyvand's
Specialising in International Cuisine

*Closed for
 Annual Holidays
 Open January 29th
 2015*

 Find us on Facebook

Reservations: **064 66 33062**

62 High Street, Killarney Fax: 064 66 22793

**THIS PREMIUM
 ADVERTISING
 SPACE**

**FROM ONLY
 €30.00 +VAT
 PER WEEK**

CONTACT DES ON
087 659 3427
 killarneyoutlook@outlookmags.com

SCÉAL EILE
 Restaurant
 Killarney, Co. Kerry Tel: 064 6635066

Ideal for Private Parties
 including birthday's,
 anniversaries and
 office parties
 Custom designed
 menus
 Free Celebratory cake

Upstairs restaurant with open fire and full beer
 and wine licence available


CONTACT MAURICE, ANNETTE OR
 DENNIS
 Tel: **064 66 35066**

**OUTLOOK
 RECIPES**

**Stuffed Chicken with
 Mozzarella & Chilli**

Serves 2 - (Each serving contains approx 457 calories.)

Ingredients
 2 chicken breasts (350g)
 30g mozzarella
 1 lemon zest, grated from the skin of a lemon
 1 tablespoon parmesan, grated
 1 teaspoon capers
 1 teaspoon chilli flakes
 1 tablespoon rapeseed oil
 2 garlic cloves, chopped
 1 can chopped tomato
 200g potatoes
 200g broccoli
 cocktail sticks



Method

- Preheat oven to 200C / Gas Mark 5.
- Cut a slit in the side of each chicken breast and use your finger to make a pocket.
- Mix the mozzarella, lemon zest, the parmesan, capers and chilli flakes in a bowl.
- Place the mixture into the pocket of each chicken fillet and secure each with a cocktail stick.
- Put oil at the bottom of an oven proof dish. Place the chicken in the dish and sprinkle the chopped garlic and pour in the canned tomatoes. Bake for 15 – 20 minutes until cooked through.
- In a pot of boiling water, place the potatoes and simmer for 10 – 15 minutes until cooked. Remove dish from oven.
- Steam the broccoli for 5 minutes.
- Serve with potatoes and steamed broccoli.


 MAGAZINES

 **operation TRANSFORMATION**

**Healthy Snack
 Smoked Salmon Roll**

Serves 1 - (Each serving contains approx 96 calories.)

Ingredients	Method
30g smoked salmon	• Place smoked salmon flat on a plate
35g light cream cheese	• Spread cream cheese over smoked salmon
	• Roll up and serve.



*Follow us here at the Killarney Outlook,
 each week for more recipes from
 Operation Transformation!*

Citizens Information

Know Your Rights: INCOME TAX BANDS AND RATES

JANUARY 2015

QUESTION

What are the income tax bands and tax rates for 2015?

ANSWER

The income tax bands and tax rates for 2015 were announced in Budget 2015.

Nearly all income is liable to tax. The amount of tax that you have to pay depends on your personal circumstances. There is a range of income tax reliefs available that can reduce the amount of tax that you have to pay.

Tax is charged as a percentage of your income. The percentage that you pay depends on the amount of your income.

The first part of your income, up to a certain amount, is taxed at what is known as the standard rate of tax. The amount that it applies to is known as the standard-rate tax band. The remainder of your income is taxed at a higher rate of tax.

For 2015 the standard rate of tax remains at 20% but the standard-rate tax bands have been increased as follows:

	2014	2015
Single person	€32,800	€33,800
Married couple/civil partners, one income	€41,800	€42,800
Married couple/civil partners, two incomes	€41,800	€42,800
	(1st income)	(1st income)
	€23,800	€24,800
	(2nd income)	(2nd income)
One parent family	€36,800	€37,800

The higher rate of tax that applies to the balance of your income has been reduced from 41% in 2014 to 40% for 2015.

Further information is available from the Citizens Information Centre below.

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

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

GARDENING OUTLOOK



with John O'Sullivan

FOCUS ON EARLY SPRING FLOWERING SHRUBS

Now that the storms have hopefully abated and with the hope that the rain will ease somewhat, it is a good time if you are planning a new garden or trying to add some colour to an established garden to plant some early flowering spring shrubs. One of the best known shrubs is the Camellia and these popular shrubs are starting to flower in most places at the moment. The Camellia is a very valuable shrub in the garden as it can give a focal point to any shrubbery all year round with its glossy green leaves and showy blooms from early spring. A lot of people think that Camellias are a difficult shrub to grow, but in fact they are no more difficult than Rhododendrons or azaleas, and most varieties on sale now are hardy. When choosing the spot to plant your Camellia, make sure it is sheltered from cold winds as they can damage the flowering buds as can frost. When planting your Camellia make sure to mix plenty of moss peat with the earth, rather than on its own around the plant, as it will tend to root out quicker. Camellias are also ideal for growing in containers. Remember if you are planting your Camellia in the ground, that it might be small initially but most will grow to the size of a small tree, so allow plenty of room around it. There is very little maintenance with Camellias only to prune out old dead wood, clean up old blooms that fall to the ground, and to mulch around the base of plants every spring with some moss peat. There are a lot of other good spring flowering shrubs, here is a list of just a few: Forsythia, Cythisus, Corylus, Berberis Darwinii, Ribes, and Skimmia.

Next week I will focus on hedging.

JOHN O'SULLIVAN, FOUR SEASONS GARDENING SERVICES, KILLARNEY 087-2787160.

CLEARY'S PHOTOGRAPHY



Great Family Photography at Great Prices,
Family portrait vouchers on sale
13 Russell st, Tralee ph 06671-22761

WWW.CLEARYSPHOTOGRAPHY.COM



PRIVATE CLASSIFIEDS - COST: Up to 20 words €5

BUSINESS CLASSIFIEDS - COST: Up to 10 words €10 • 10 - 20 words €20

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

DEADLINE IS WEDNESDAY AT 5pm

Call: 064 6670000 | **Email:** killarneyoutlook@outlookmags.com | **Post:** The Killarney Outlook, 30 High St., Killarney.

ADVERTS WILL NOT BE INCLUDED UNTIL PAID FOR IN FULL

BUSINESS

SOUTHWEST COUNSELLING CENTRE, KILLARNEY

Offers professional, caring, confidential affordable counselling to Children, Adolescents, Adults and Couples. Further info and appointments.

Call: 064 66 36416 Mon to Fri 10am - 5pm

AVAILABLE

Diggers for Hire. Dumpers self hire available - 6 ton and 12 ton. Grass cutting.

Call: Ian 087 6304241.

10502

SOUL MATES

Don't be alone

Love is all there is! Find that special person. For friendship and romance with like minded people in a safe, secure & trusted environment.

Call: 087 9216302 / 087 7720250

ED 05 PROFESSIONAL ONE - ONE TUTORING

Adult reading help. Evening study help. Give your child a head start. Professional tutoring in reading, spelling, English and mathematics. All ages.

Call: 087 2979912 for free evaluation.

Confidentiality assured.

ED 05 7853 REMOVAL SERVICE

Household, Office, Local, Nationwide. Deliveries anytime 7 days a week. Also, all kinds of clear-outs etc.

Call: 087 2600407 or 064 66 31979

ED 03

YOGA CLASSES

Starting January 2015.

visit kerryyoga.ie

Tel Michael 087 / 2700518.

Season greetings to all.

AWARE SUPPORT GROUP MEETINGS

Aware Depression Support Group meets:

Killarney - Mondays, KDYS at 8pm (from October 6th) (please note change of time from 7pm)

Aware Support Groups are free to attend, no referral necessary. www.aware.ie.



FOR SALE

Ed 03 7843 FOR SALE

Aloe Vera Forever Living Products. Also our new Clean 9 Pack the perfect kick start to a new healthier regime. For more information.

Call Margaret: 087 6789990

Ed 03 7865 FOR SALE

Bales of Silage (2014). Rathmore and Barraduff areas - reasonable price.

Call: 087 2728987

Ed 03 7862 FOR SALE

A Mini Well Massage Device.

As new, never used. Suitable for many health problems. Was €150 selling for 1/2 price.

Call: 087 2419109

Ed 03 7863 FOR SALE

Good quality clothes (sizes 10, 12, 14) and shoes (sizes 6-7). Some never worn.

Person moving abroad.

Call: 089 2217605 after 6pm

Ed 03 7867 FOR SALE

Round Bales of Hay Barraduff Area.

Call: 087 6883643



TO LET

Ed 03 7870 TO LET

Luxury 2 bedroomed apartment.

Town Centre. Private parking. All mod cons.

Call: 087 6387337

For all your printing requirements

walsh
COLOUR PRINT

FREEPHONE: 1800 613 111



EDUCATION

Ed 03 7863 MATHS TUITION

Leaving Cert Ordinary level, Junior Cert all levels. State examiner, Mid Kerry region.

Call: 089 2217605 after 5 pm

Ed 03 7868 GRINDS

4 weeks until the mock exams: does your child need help putting an effective study-plan in place and developing their study skills? Academic mentoring delivered by experienced teacher.

Call: 087 4660040 or like us on Facebook

"Academic Mentoring Kerry" for further details on service.

Ed 03 7868 SPANISH GRINDS

Available (Junior and Leaving Cert.). Delivered by qualified and experienced teacher. Available in the Killarney and Tralee area. €30 per session.

Call: 087 4660040



AVAILABLE

ED 03 7866

CHILDMINDER AVAILABLE IN KILLARNEY

Kind, caring and gentle mother of three available to mind children in her own home in Killarney- Monday to Friday.

Call: 087-2409040 to find out some more information or to meet me.

Enjoy your break while they enjoy theirs!

COZY CAT B&B

The guesthouse for your pet!

Curraghogue, Blennerville, Tralee, Co. Kerry
info@cozycatbandb.com

#lovekillarney



Keep the drafts out & the heat locked in
Supreme
foam insulation
Supreme performance

Contact Denis
 087 2946807/066 9793936

Rathmore Co. Kerry
 info@supremefoaminsulation.net
 www.supremefoaminsulation.net

Also Supplier of Multi Fuel Heating Systems - Low cost heating Solutions

For all your
ELECTRICAL REQUIREMENTS

- ◆ All Domestic Electrical
- ◆ New Builds
- ◆ Extensions
- ◆ Rewire
- ◆ Electrical Maintenance

Reliable, Reasonable and Fully Insured
Lawrence
087 6932197

Patrick Reen
Painting & Decorating
 Interior & Exterior including Paper Hanging

No Job Too Big or Too Small

- Reasonable Rates -

087 095 4582

Patrick O'Brien
Tiling Contractor
Over 25 Years Experience

Complete renovations of Bathrooms & Wet Rooms incl. for the disabled

Also Ceramics, Mosaics, Marble, etc.

FREE QUOTATIONS

Tel: 086 124 9097

FLESK
SCHOOL OF MOTORING

€30 PER LESSON

- Utmost consideration given to nervous beginners
- Dual controlled car
- Beginners to Pre-Test
- Gift Vouchers Available
- 7 days a Week

Phone John Galvin at
 087 9433402 or 087 0678087

Soprano
 Megan O'Neill

- ◆ Weddings ◆ Funerals & Corporate Events

M: **087 6963195**
 t: **064 66 43276**
 e: patricianl193@gmail.com

PAT O'CONNOR
FENCING CONTRACTOR

All types of Fencing
 • Post and Rail
 • Site Fencing and Farm Fencing

Material Supplied & Erected if required

Lisheen, Gneeveguilla.
Contact: 086 6088166

Emerald Tree Services

- Comprehensive Insurance
- Hazardous Tree Felling
- Pruning + Stump Grinding
- Tree Replacements
- Removal of all Waste Material
- NPTC Training + Assessment

RICHARD SHERIDAN
 FARRANFORE
087 9220317
 U/I 066 9793974
 emeraldreeservices@hotmail.com

RAYMOND CLIFFORD
BUILDING SERVICES
ROOFING CONTRACTOR

ALL TYPES OF CARPENTRY WORK
 EXTENSIONS, GARAGES, ETC

FREE QUOTATIONS
NO JOB TOO BIG OR TOO SMALL
MILLTOWN
086 812 9677

John O'Mahony
HORIZON MEMORIALS

HEADSTONES IN MARBLE, GRANITE & LIMESTONE

Cleaning & Inscriptions
 Grave Maintenance
 Tullig Beg, Killorglin

CALL FOR A BROCHURE ON:
087 2298179 / 066 9790657
 email: john_o_mahony@eircom.net

PRECAST CONCRETE PRODUCTS
SEAN ROCHE

Slieveveagh, Ballyvourney, Co. Cork.

Patio Slabs (Different Designs), Full Rope Top Kerb & Lawn Edging, Gate Posts & Fencing posts, Timber Style Ranch Post & Rail Fencing, Wall & Pillar Capping

FREE QUOTATIONS for site Fencing Patio & Kerb Laying
 Delivery Service Available
 Tel: 086-6765694
 026-45649

FALVEY
Oil Burner Service
 Killarney
 Approved Firebird Boiler Service Agents

FIREBIRD

T: Conor: **087 8296288**
 Todd: **087 2386276**
 Office: **064 77 58654**

Also Approved Agents for **STANLEY OIL COOKERS**

THIS SPACE AVAILABLE

FOR ADVERTISING RATES & INFORMATION CONTACT

Des on
087-6593427

Daniel O'Connell
WINDOW CLEANING SERVICES

Cleaned by Pure Water Pole System
 Office Cleaning

Contact: 087 2950083

CASEY
Septic Tank Cleaning
 Permitted Waste Collector
Domestic & Commercial
GREASE TRAP & SEWER CLEANING

Fast, effective & clean service!

087 6322276
 johncaseystc@gmail.com

FOUR SEASONS
GARDENING SERVICES

- Landscaping
- Design & Layout
- Garden Maintenance

All Varieties of Trees, Shrubs, Flowers & Seasonal Plants Supplied.

Reliable :: Friendly :: Efficient
John O'Sullivan
tel 087 2787160

NOEL'S HOME & GARDEN SERVICES
 - Fries Killarney -

Home:
 Roof - Gutter - Fascia & Soffit Cleaning
 Power Washing - Painting Interior & Exterior

Garden:
 Full Garden Landscaping & Maintenance
 All lawns cut - Large & Small
 Hedging Supplied & Planted
 All Types of Fencing - Patio & Decking
 All Garden waste disposed of

Call Noel Today:
087 7790341 / 066 9763226

Kieran Casey

Plumbing & Heating
 Gneeveguilla, Co. Kerry

Heating, Control Upgrades
 Solar Panels

Complete Bathroom Renovations
Tel: 087 6637386

FOR SALE
TOP QUALITY HARD SOUND DRY TURF
DELIVERED ANYWHERE

PHONE MOSS
087 205 9464

A.B.C
SEPTIC TANK CLEANING

MAY OFFER
Domestic Tanks Cleaned FOR ONLY €130
 CERT GIVEN FOR EACH TANK
Fully Licensed & Insured
 Call Ned Moran, Moyvane
087 6097701
 ABCsepticTankCleaning.ie

BUSINESS SLOW?

GET THINGS MOVING CALL DES ON 087 659 3427

ADVERTISE YOUR BUSINESS ON THIS PAGE

FOR AS LITTLE AS €8.00 +VAT PER WEEK

CONTACT DES ON 087 659 3427

064 66 70000 • killarneyoutlook@outlookmags.com

Outlook
 MAGAZINES



LAVIN PLANT HIRE

LANDSCAPING - From Creation to Completion
Consultancy Service Available

LAVIN PLANT HIRE COVER: • Ground Works
• Drainage • Fencing • Patio Laying & Sleeper Kerbing
• Top soil can be provided where needed

ALSO AVAILABLE FOR HIRE WITH DRIVER ARE:
A Track Machine, Rock Breaker, Tractor, Stone Rake & Power Harrow.

Contact Eddie: **064 66 20677 / 087 981 8367**
Tiernaboun, Killarney

FOR SALE

Top quality turf and timber in bags or trailer loads, also kindling, Hardwood, Oak, Ash & Birch

CALL: **085 7540508**
OR **087 9673881**

DIAMOND

PROFESSIONAL WINDOW CLEANING

- Domestic & Commercial Frames Included
- Pure Filtered Water System
- High Reach Pole System
- Specialists in Facias, Soffits & Conservatories
- Refresh your Drive
- Gutter Cleaning
- Power Washing Service - Fully Insured

Firies, Killarney, Co. Kerry T: **086 8692633**

Lawlors

Window/ Door Repairs & Glass Replacement

Handles, Hinges, Locks, Patio Rollers, Letterboxes etc.
Replace all fogged & broken double and single glaze units

Ph: Mike: **086 4043901**

Ger O'Doherty

Painting & Decorating

Interior, Exterior, Domestic, Commercial & Industrial.
Fully Insured, Fire Restoration.

Lisheenacanna, Ballyhar.
085 1619672
gerardodoherty@live.com

Green & Growing

087 4177070

Comprehensive Insurance
Hazardous tree felling
Pruning & reducing trees
Hedge cutting
All staff Are fully NPTC TRAINED
All waste removed
Wood chipper hire
Also Lawn cutting

www.greenandgrowingtreesurgery.com
0874177070

Kerry Chimney & Boiler Services

HIGH STANDARDS - LOW PRICES kcbss@live.ie

OIL BOILER SERVICE

- Servicing
- Repair
- Fitting
- Commissioning
- Efficiency Testing

CHIMNEY SERVICES

- Sweeping
- Inspection
- Stove Fitting
- Problem Solving
- Carbon monoxide Testing
- Bird Guards & Cows supplied & Fitted

www.kcbss.ie
"We guarantee a clean reliable & professional service"
For Bookings or Pricing call Damien or Mark Dennehy:
087 9595 323
Certified Boiler Technicians Qualified Chimney Inspectors

Flesk Upholstery

Mill Rd, Killarney.
Tel: **064 66 35395**
Mobile: **086 8122672**

Huge range of Materials to choose from
All Upholstery work undertaken.

Hotels, Bars, Guest Houses, Private House.
FREE Quotations
Contact: John McCarthy

TOM MURPHY WINDOWS

Milltown | Co. Kerry.
Call Tom on **087 2787655**

WINDOW & DOOR INSTALLATION

- Repairs to all existing Aluminium and UPVC Windows & Doors
- Locks • Hinges • Handles etc
- Glass & Double Glazing

Kerry Drain Services

- Unblocking of Drains & Sewers • Septic Tanks Emptied
- CCTV Inspection • Bio - Units Desludged • Grease Management

Call us today for a free quote
066 9767744 / 087 9107777
web: www.kerrydrainservices.ie

Killarney Dental Studio

Est 1999, 15 Years Experience

DENTURE REPAIRS

- Cleaning & Polishing at very reasonable prices.
- Provides Dentists with quality dentures.
- Next to Tesco Arcade in the centre of town.

Open 9.30am-5pm Mon-Fri
Saturday Appointments Available
Contact Soren
96 New Street, Killarney
087 1256440

FIREWOOD FOR SALE

**SPLIT & DRIED
READY FOR BURNING**

CONTACT CATHAL ON
087 - 2888869

100% Irish Company
in business over twenty years

Outdoor Canopies

Repair • Replace • Maintenance
Supply and Fit

ALL WEATHER SOLUTIONS

- Covered Clothesline
- Patio Cover
- Car Port
- Garden Storage

Make use of space and Save Money!

Fascia • Soffit • Gutters
New and existing houses
Commercial Premises

Call Tadhg at: **087 2601 467** e-mail: kgutters@gmail.com
Phone: **064 66 31124** web: www.outdoorcanopies.ie

THIS SPACE AVAILABLE

FOR ADVERTISING RATES & INFORMATION CONTACT

Des on
087-6593427

Irish Drain SERVICES

DOMESTIC & COMMERCIAL

"ONE STOP SHOP FOR ALL YOUR DRAINAGE PROBLEMS"

- Septic Tank Cleaning
- Non Dig Solutions
- Unblocking (eg. toilets & sinks)
- C.C.T.V. Pipe Surveys

4 Park Business Centre, Farranfore, Co. Kerry.
Phone/Fax: **066 9763070** Mobile: **087 9359035**
Email: info@irishdrainservices.ie Web: www.irishdrainservices.ie



Hello Readers, this week I am going to begin my Ramblings with a Riddle - How many of each species did Moses take on the ark with him? The answer will be included in next week's Ramblings, sorry there isn't a prize but if you like solving Riddles this could become a regular feature and of course I would be delighted if young and not so young readers would send me Riddles or Tongue Twisters for publication, in the meantime here is a Tongue Twister to keep you going:

Three grey geese in a green field grazing – grey were the geese and green was the grazing!

6 WAYS TO KEEP SENIORS SAFE DURING WINTER WEATHER:

Though we all hope we will not get freezing temperatures and frost and snow, in case the worst happens readers might find some of the following tips useful:

- **Hypothermia:** The elderly are particularly susceptible to becoming dangerously chilled because they have less fat, slower circulation and a more sluggish metabolism. A senior can even become hypothermic while indoors, so the thermostat should never be set below 18.5°C for a person who is 75 or older. Make sure that an elderly person is warmly dressed when inside the house as well as outside.

- **Dehydration:** Seniors are especially prone to becoming dehydrated simply because they eat and drink less than younger people, thus they consume less water. In general, people also feel less thirsty during the winter and so are more prone to not drinking enough as they should. Make sure your elderly loved one is drinking consistently.

- **Ice and snow:** Footpaths slick with ice and snow pose a serious falling hazard for an elderly person. Make sure that the porch, driveway, footpath, etc. of the senior has been thoroughly cleaned. Try not to let them do it themselves - bring a shovel or hire somebody. To maximise a senior's stability, be sure that they have rubber-soled shoes and new treads

on their walker or cane.

- **Disaster kit:** Winter storms can be fierce enough to knock down power lines and forcibly confine seniors to their homes. It is essential to make sure a senior is equipped with a disaster kit to help them get through these times. Each kit should include enough food and water for several days (at least 3 gallons of water per person per day), a few days-worth of medication for the senior, a flashlight, a weather radio, extra batteries, and first-aid essentials.

- **Space heaters:** While they can provide an elderly person with some much-needed warmth during the colder months, precautions need to be taken so these sources of heat don't become health hazards. If the heater is gas powered, make sure the senior has a fully-functional carbon monoxide detector. If the heater is electric, make sure the cords aren't damaged or fraying. Keep all heaters away from flammable materials such as cloth and paper and make sure the smoke detector is working properly.

- **Clothing:** Mittens, scarves, sweaters, hats, and coats are a few of the must-have articles of clothing for seniors. Even when an elderly person is indoors, they should be dressed in warm layers so they can take clothes off if they are too hot, or put more on if they are too cold.

AUSTRALIAN PEOPLE ARE BEING ASKED TO HELP MAKE MITTENS FOR BURNED KOALAS:

People are being asked to help make mittens for koalas that burned their paws in the recent bushfires in Australia. The Australian Marine Wildlife Research and Rescue Organisation Inc (AMWRRO) have been sharing photographs of an injured koala they have named Jeremy who has suffered second degree burns to his paws on their Facebook page.

AMWRRO said Jeremy was injured in a bushfire in the Sampson Flat area. Bushfires have been sweeping across parts of Australia, not only

damaging homes but also affecting local wildlife.

The recent bushfires were the worst seen in South Australia for three decades.

Jeremy is said to be "doing very well and is in great spirits and AMWRRO says they hope to release him back into the wild in weeks to come.

AMWRRO is asking people to donate to help animals like Jeremy, which can be done through its website. The International Fund for Animal Welfare is encouraging people to make mittens to help protect the koalas' paws. It has a mittens pattern on its website.

THIS WEEKS QUOTE:

"Life is like riding a bicycle. To keep your balance, you must keep moving." - Albert Einstein

ON THIS DATE – JANUARY 16TH

1547 - Ivan IV, 'the Terrible', was crowned tsar of Russia, becoming the first ruler to assume the title.

1581 - English Parliament outlawed Roman Catholicism.

1707 - The Scottish Parliament ratified the Act of Union, paving way for the creation of Great Britain.

1794 - Death of Edward Gibbon, British historian and author of 'The History of the Decline and Fall of the Roman Empire'.

1822 - Birth of Thomas Clark Luby, co-founder of the Fenian Brotherhood.

1853 - Birth of Andre Michelin, French inventor of pneumatic tyres.

1868 - Refrigerator car patented by William Davis, a fish dealer in Detroit.

1920 - Percy French gave his last concert in Glasgow. He died in Liverpool eight days later.

1922 - Michael Collins took control of Dublin Castle from the British authorities on behalf of the new Irish state

1935 - Death of Gobnait NiBhrudair (Lady Albinia Broderick), Nurse and Irish republican activist.

Today is the 60th anniversary of the death of Gobnait Ní Bhrudair who was one of the foremost Irish republican women of the twentieth century. A lifelong radical, Gobnait campaigned passionately for causes as diverse as the reform of nursing, protection and promotion of the Irish Language and the freedom of Ireland from British rule.

Gobnait was born the Hon. Albinia Lucy Brodrick in London on December 17 1861. She was the fifth daughter of William Brodrick, 8th Viscount Midleton and his wife Augusta Mary. The family had an estate in Surrey as well as estates in Co. Cork.

An uncompromising activist all her life, at the age of 42 she trained as a nurse in England. She went on to qualify as a midwife in Dublin, and got certificates as a health visitor and health inspector. Throughout her life she advocated the training and registration of nurses to ensure high standards of care. She was also an ardent

campaigner for nurses' rights and pressed for the formation of a union for nurses.

Appalled at the poverty she had witnessed in South Kerry on an earlier visit during which she had learnt Irish, she returned to Kerry in 1908 to build a hospital in Derrynane. The area was covered by the Congested Districts Board of Ireland which was set up with the aim of promoting development in overpopulated areas where the inhabitants were regarded as permanently close to starving.

With her father's death in 1907 she had become financially independent and in 1908 bought 13.5 acres of land on the Burns-Hartopp estate from the Board for £40, the price it had paid for the land.

She reclaimed 4 acres from the bog, planted 5000 trees, laid a road and dug a 6m deep well. The same year she established an agricultural cooperative there to develop local industry. She organised classes educating people on diet, encouraged vegetarianism and, during the smallpox epidemic of 1910, nursed the local people. She sunk all her money into construction of the hospital but by 1912, she did not have the funds to finish and open the building and went to the U.S. to fund-raise.

She offered the British government the use of the hospital for treating the wounded of WWI but the British war office informed her in 1915 that it wouldn't be needed.

By this time, the venture had cost £11,000 a vast some of money in those days for example according to the London 1910 Land Tax Valuation, the Old Bailey in London was valued at £6,600.

At the age of 54, Ms. Broderick, sister of the staunch Southern Unionist Lord Midleton, rejected the imperialist views she was raised on and changed her name to Gobnait Ní Bhruadair. (Gobnait, the patron saint of bee keepers, was a 6th century Irish abbess of Ballyvourney, Co. Cork) she became an ardent republican, supporting the 1916 Easter Rising, visiting republican prisoners and nursed several of the wounded Irish freedom fighters as well as playing the harmonium in her local protestant church in Sneem.

She joined Cumann na mBan, became a member of the republican party Sinn Féin and went on to become Sinn Féin Councillor for Kerry in 1920.

In 1921, Civil war broke out over the Anglo-Irish Treaty. She hid both men and arms during this period. A cyclist, she travelled everywhere wearing her blue nurse's uniform. One day in May 1923, she cycled on a republican errand to Sneem. When the sixty-one year old refused to stop her bicycle for the pro-treaty forces, they shot her in the leg.

She was imprisoned in the North Dublin Union where, despite her wounds, she immediately went on hunger strike. 14 days later, and close to death, she was released.

She owned the paper supporting republicanism, 'Irish Freedom' from 1926 to 1937, contributing articles and acting as editor in its later years. At the 1933 convention of Cumann na mBan, Ms. Broderick and others split from the group. She formed a new group,

Mna na Poblachta with her close friend Mary McSwiney, sister of Terence McSwiney, Lord Mayor of Cork who had died in October 1920 after 74 days on hunger strike in Brixton prison. Ms. Broderick had ploughed all of her wealth into building the hospital but perhaps, due to her political views, she never got official approval for her plans for the hospital. After all her efforts, it just lay empty and unused and though she kept the co-op shop going until her death she was forced to wear her boots until they wore out and her clothes until they were worn to a thread.

She died at home in 1955 at the age of 93 leaving an estate worth £17,000. She left the hospital to republicans "as they were in the years 1919 to 1921 – a bequest that was ruled by Justice Sean Garron decades later in 1979 to be "void for remoteness". The land was later returned to the Brodrick family.

The abandoned ruins remain and thankfully are listed buildings they are now a reminder of ("Lady" - a title she despised) Albinia Brodrick's pioneering and altruistic dreams for a hospital for the "children haunted by tuberculosis, the women tortured by childbirth and the men struck low before their time", and promoted daylight and open windows for sick children instead of the darkened closed rooms which had previously been the norm.

It is also mostly forgotten that The Sound of Music is based on the story of the children of her niece Agathe, her husband Georg Ludwig von Trapp and his second wife, Maria.

Gobnait Ní Bhruadair is buried in the Church of Ireland graveyard in Sneem.

THE DANDELION HAS INDUSTRIAL WORTH AS AN ALL-NATURAL RUBBER RESOURCE:



Mitas, a Czech Republic-based manufacturer whose North American branch exclusively produces agricultural tires, has been researching ways to turn the Kazakh dandelion into rubber and will have dandelion tyres to test later this year.

The Kazakh dandelion is a rarer cousin of our golden wildflower variety and originates from the Kazakhstan/Uzbekistan region. The latex extracted from its roots is of particular high quality; perfect for Mitas' rugged tractor and combine wheels. Mitas is part of the DRIVE4EU project, an industrial and research consortium that aims to leverage the Russian dandelion for both rubber and inulin, a common plant carbohydrate that can be converted to alcohol

fuel.

This is not the first time the species has been harvested as a synthetic rubber alternative. During World War II, the Soviet Union successfully produced dandelion rubber tires for some of its military ground fleet; the U.S., cut off from traditional trade routes, also began experimenting with an all-natural tire. After the war the natural tire was abandoned until worldwide depletion of rubber trees and a renewed interest in sustainable materials made the researchers look to the past for ideas for the future.

At Ohio State University researchers have been breeding and rebreeding the Kazakh dandelion, attempting to create a more generative form of the wildflower, at present the U.S. imports its rubber from Southeast Asia at a cost of \$3 billion a year. The Ohio State researchers believe they can cultivate an acre of the dandelion for just \$100, as they require no irrigation and no fertilizer.

BEE RUSTLING IN THE US IS TAKEN SERIOUSLY

In the rich agricultural fields of California's Central Valley, bee hive thefts have increased over the past decade as the number of bees has shrunk.

Since Colony Collapse Disorder began decimating hives by the thousands across the United States in 2006, the incentive to steal bees is greater and many of the Bees Rustlers are experienced beekeepers themselves.

Two years ago one commercial beekeeper discovered hundreds of hives missing during a routine check of his hives, he immediately organised a search, drove down country roads in search of clues, found lids from the stolen hives scattered along a road, leading to the broken-down apiary.

The thief knew the beekeeping rudiments well enough to know that no matter how fierce competition may get among beekeepers, it's understood, that you don't hurt the bees.

The owner of the destroyed hives called the Sheriff and the thief was arrested but was immediately out on bail and over two years later was tried for the \$65,000 bee robbery, the thief was convicted, sentenced to 3 years in jail and had to make restitution payments of \$65,000.

Commercial Beekeepers in the US now often make their living travelling from State to State leasing out their hives to fruit producers etc as the bees are needed to pollinate the crops and there are no longer "wild" bees to do so.

FINALLY THIS WEEK

Taking the time to name a "richness of martens", "a conspiracy of lemurs" a "a shrewdness of Apes" a "cauldron of Bats or a "murmuration of starlings," for example, suggests a basic lack of contempt for the wildlife in question. Even our more derogatory labels, like an "obstinacy of buffalo" or an "unkindness of ravens," reveal a certain respect for the nonhuman neighbours that share our environment.



KILLARNEY MEMORIALS



**New Showroom NOW OPEN
on Glebe Lane Killarney**

(Adj to car park)
Open Sat 10am to 5pm &
Sunday 12 to 5pm

or anytime by appointment.

- Wide Range Of New Headstones
- Old Headstones Cleaned, Sandblasted & Extra Names Engraved
- Small Plaques, Hearts, Books etc.
- Granite and Limestone Shop Fronts & Window Sills supplied and fitted



Contact Jason: 087 2982665
email: killarneymemorials@live.com

SERENITY Memorial Cards



- | MEMORIAL CARDS
- | ACKNOWLEDGEMENT CARDS
- | BOOK MARKS

CHOOSE FROM OUR
LARGE RANGE OF SAMPLE CARDS

OR...

...WE CAN DESIGN
YOUR OWN
UNIQUE
PERSONALISED
CARDS



TEL: 087 6870929

OLD MARKET LANE (NEXT TO KERRY MORTGAGE CENTRE)
KILLARNEY, CO. KERRY.

Astrid Longhurst
Life & Body Confidence Coach



WHAT'S YOUR PERCEPTION ON LIFE?

How you view your life determines what you will experience from it! This is one of the most exciting realizations you can ever have – why? Because it means that **YOU** get to **CHOOSE** how you **FEEL, THINK & ACT!** It means that life isn't something that is done to you and that you are not a victim or powerless over what happens.

A great example of this kind of wonderful positive perception is illustrated in this story: A small boy was auditioning with his classmates for a school play. His mother knew he had his heart set upon being in the play and she feared how he would react if he was not chosen. On the day the parts were awarded the little boy's mother went to the school gates to collect her son. The little lad rushed up to her with his eyes shining with pride and excitement. "Guess what mum," he shouted and then said the words that provide a lesson to us all, "I've been chosen to clap and cheer!"

Chakranetics – Mindful Movement Course!

Six-week course starting Tuesday 20th January in The Travel Inn, Fossa, Killarney. 10 – 11.15am. Also at The Meadowlands Hotel, Tralee beginning Monday 19th January from 7 – 8.15pm.

Booking is essential for these courses.

For Daily Motivational Coaching tips please visit my Facebook page and click "LIKE" to receive!

066 9766374 | life_coachingunlimited@yahoo.ie



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. **J.K.O.C.**

NOVENA TO THE SACRED HEART

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

THE MIRACLE PRAYER

Dear Heart of Jesus in the past I have asked many favours. This time I ask you this special one, (mention favour).
Take it dear heart of Jesus and place it within your own broken heart where your Father sees it.
Then in his merciful eyes it will become your favour not mine.
Amen.
Say this prayer for three days.
Publication of prayer and favour will be granted. **x**

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL
O Most Beautiful Flower of Mount Carmel, Fruitful Vine, Splendour of Heaven, Blessed Mother Son of God, Immaculate Virgin, assist me in this my necessity. O Star of the Sea, help me and show me herein you are my Mother. O Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succour me in this necessity. (make request). There are none, that can withstand your power. O show me herein you are my mother. Oh Mary conceived without sin, pray for us who have recourse to thee (3 times). Holy Mary, I place this cause in your hands, three times. Thank you for your mercy to me and mine. This prayer must be said for three days and after that the request will be granted and the prayer must be published immediately. **x**

THE MIRACLE PRAYER

Dear Heart of Jesus in the past I have asked many favours. This time I ask you this special one, (mention favour).
Take it dear heart of Jesus and place it within your own broken heart where your Father sees it.
Then in his merciful eyes it will become your favour not mine.
Amen.
Say this prayer for three days.
Publication of prayer and favour will be granted. **N.K.**

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. **N.K.**

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.)

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. **M.T.A.B.**

NOVENA TO THE SACRED HEART

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

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL
O Most Beautiful Flower of Mount Carmel, Fruitful Vine, Splendour of Heaven, Blessed Mother Son of God, Immaculate Virgin, assist me in this my necessity. O Star of the Sea, help me and show me herein you are my Mother. O Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succour me in this necessity. (make request). There are none, that can withstand your power. O show me herein you are my mother. Oh Mary conceived without sin, pray for us who have recourse to thee (3 times). Holy Mary, I place this cause in your hands, three times. Thank you for your mercy to me and mine. This prayer must be said for three days and after that the request will be granted and the prayer must be published immediately.

NOVENA TO ST. CLAIRE

Ask St. Claire for 3 favours, 1 business, 2 impossible, say 9 Hail Mary's for 9 day's with a lighted candle. Pray whether you believe it or not. Publish on the 9th day. "May the Sacred Heart of Jesus be praised, adored, glorified and loved today and always. Request will be granted no matter how impossible it may seen.
Publication must be promised.

LA SALETTE INVOCATION

Our Lady of La Salette,
Reconciler of sinners, pray without ceasing for us who have recourse to you.

NOVENA TO THE SACRED HEART

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

ST. THERESA

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

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

NOVENA TO THE HOLY SPIRIT

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

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. **M.O.S.**

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.
T.C.

McElligotts

CASTLEISLAND



Vanity Unit
Now
€209



**Extra
30%
OFF**
Large
Selection
of Vanity
Units with
Basins

Now
**20%
OFF**



Extra 20% OFF

Many LUXURY Wall and Floor Tiles Displayed
in Our New Showroom

THE FAMOUS SALE

NOT TO BE MISSED

Now
€399

**QUADRANT
ENSUITE
PACKAGE**
INC Door, Tray,
ensuite,
Taps and Seat



NOW
€129

**ENSUITE
INCL
TAPS &
SEAT**



**EXPERT
HELP AND
ADVICE ON
BATHROOMS
FOR
SPECIAL
NEEDS
AND
SENIOR
CITIZENS**



From
€6.50
per Yd

Tiles from €6.50 Yd



From
€14.95
per Yd

**1/2 Price
Quality
Wood
Effect
Floor
Tiles**



Now
€15.99
per Yd

**SUPER QUALITY POLISHED
PORCELAIN FLOOR TILES**



**Pivot Shower
Doors From
€70**

**New Shower
Door
Showroom -
Over 35
Displays**



Now
€999

**Up to 12
Rad Cast
Iron Boiler
Stove**



Now
€299

**6-8KW
Cast Stove**



**Fireplaces
from
€899**

**New Quality
Selection of
Delightful
Fireplaces**



OVER 60 STOVE MODELS ON DISPLAY INCLUDING TOP BRANDS ESSE AND STRATFORD. FIRST FOR SPARE PARTS, PIPES AND GLASS"

Opening Hours Mon-Sat: 9am-6pm & Sun 1pm-5.30pm.
Tralee Road, Castleisland T: 066 7141327

Picture for illustration purposes only.