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The pages of this week's Killarney Outlook are full of fantastic offers from our advertisers - perfect for Christmas presents for the important people in your life! The men and women of Rathmore GAA Club danced the night away at the INEC last week while Legion GAA honoured their young stars after a fantastic year on the field.

The Stephen Lyne Foundation launched a soccer tournament, the students at St. Brigid's are passing on their tech skills to people in the community and The Spa at the Aghadoe Heights Hotel has been named Munster Spa of the Year. There is a new Chairman of Kerry GAA, a Killarney charity worker highlights the plight of refugees at Christmas and Killarney Judo Club celebrate at the Irish Judo Championships. So take some time out of the frantic rush up to Christmas, sit back and enjoy this week's Killarney Outlook. Out first every Friday!

*Aisling Crosbie,
Editor.*

RATHMORE GAA DANCE THE NIGHT AWAY

BY FIONNBHARR HICKEY

The members of Rathmore GAA Club put on their dancing shoes for their Strictly Come Dancing event in the INEC last Thursday.

The night was planned to help raise funds for the club but it turned out to be so much more, gathering members from the entire Rathmore community for the first time in many years.

More than 800 people packed the INEC to catch a glimpse of the 12 courageous couples who graced the dance floor. The competition was intense with each pair impressing the judging panel made up of Kerry Ladies Captain Aisling Desmond; journalist Aidan O'Connor; local model Mags Milliner and renowned Irish dancer Kelly McDonnell.

Sheila McCarthy and Arthur Moynihan were crowned as the winners by the audience and the judges vote went to Elaine O'Leary and



ELAINE O'LEARY AND JOHN BURNS, WINNERS OF THE JUDGES VOTE AT RATHMORE GAA STRICTLY COME DANCING AT THE INEC LAST THURSDAY NIGHT, PICTURED WITH COMMITTEE MEMBERS DONAL MURPHY AND NORA O'CONNOR.

John Burns.

"We are absolutely delighted with what was achieved on the night, there was a huge attendance and everyone enjoyed the fantastic entertainment. Huge thanks to creative directors Joe Burkett and Joanna O'Connor for their fine work and to MC for the night, Brian Hickey, who recently performed in the hit musical 'Patrick' ", a spokesperson for the club told the Killarney Outlook.



THE MALE DANCERS WHO TOOK PART IN RATHMORE GAA STRICTLY COME DANCING AT THE INEC LAST THURSDAY EVENING. BACK L-R DAN O'LEARY, DERRY LINEHAN, PAVEL SWIES, DONAL O'SULLIVAN, ARTUR MOYNIHAN, ERIC MURPHY. FRONT L-R DECLAN TWOMEY, JIM CLOGLAN, ANTHONY MURPHY, BRIAN MOYNIHAN, KIERAN O MAHONY, JOHN BURNS.



ARTHUR MOYNIHAN AND SHEILA MCCARTHY, WINNERS OF AUDIENCE VOTE AT RATHMORE GAA STRICTLY COME DANCING PICTURED WITH DONAL MURPHY (LEFT) AND NORA O'CONNOR (THIRD LEFT).



THE FEMALE DANCERS WHO TOOK PART IN STRICTLY COME DANCING FOR RATHMORE GAA IN THE INEC LAST THURSDAY NIGHT. ELAINE O'LEARY, DEBRA HOULIHAN, KAY O'KEEFE, FIDELMA RAHILLY, AINE CAROLAN, SHEILA MCCARTHY, LAURA O'CONNOR, ANNE NAGLE. FRONT L-R MONIKA MOKARSKA, ROSIE HEALY, JOANNE O'CONNOR, MARGARET O'LEARY AND FIONA FOGARTY.



MAYOR BRENDAN CRONIN PICTURED ON MAIN STREET, KILLARNEY WITH MINNIE MOUSE, MINUTES AWAY FROM SANTA'S ARRIVAL AT THE CHRISTMAS IN KILLARNEY PARADE... NEXT PARADE TOMORROW AT 6PM.. PICTURE MARIE CARROLL-O'SULLIVAN.

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STEPHEN LYNE FOUNDATION SOCCER TOURNAMENT TO KICK OFF IN NEW YEAR

By: Fionnbharr Hickey

The Stephen Lyne Foundation Annual Indoor Soccer Tournament was launched in Scott's Hotel Killarney this week. With the help of Mike McSweeney, Thiemen Van Benthem and Joe Daly, the tournament is set to be an annual fun event but most importantly it is run for a great cause. The tournament will help to raise much needed funds for the Stephen Lyne Foundation which does great work in Killarney's schools to help children reduce levels of aggression. The children are taught empathy through the award-winning program Roots of Empathy. This is also a wonderful way to honour the memory of Stephen Lyne, a young Killarney man who was also a very skilled soccer player and loved the game.

"It is great to see local people in Killarney taking on a challenge like this to support a



LAUNCHING THE STEPHEN LYNE FOUNDATION INDOOR FOOTBALL TOURNAMENT WERE JOE DALY, PAUDIE MURPHY, LOTTIE AND DENIS LYNE, RAY LYNE, TOM TOBIN, MICKE MCSWEENEY AND THIEME VAN BENTHEN WHICH WILL BE HELD ON THE 7TH AND 8TH JANUARY IN THE KILLARNEY SPORTS AND LEISURE CENTRE.



THE STEPHEN LYNE FOUNDATION ANNOUNCED THE SUCCESSFUL LAUNCH OF THE ROOTS OF EMPATHY PROGRAM IN THREE KILLARNEY SCHOOLS. BENEFITTING MORE THAN 200 SCHOOL CHILDREN IN KILLARNEY IN ITS FIRST YEAR, THE FOUNDATION EXCEEDED ITS GOAL BY TRAINING SIX ROOTS OF EMPATHY INSTRUCTORS IN ST. OLIVER PRIMARY SCHOOL, HOLY CROSS MERCY SCHOOL AND PRESENTATION MONASTERY PRIMARY SCHOOL. MAIREAD KERRISK, EMPATHY TUTOR, AT ST OLIVER'S PRIMARY SCHOOL, PRINCIPAL RORY D'ARCY, VICE PRINCIPAL, TIM HORGAN, LOTTIE LYNE, DIRECTOR, STEPHEN LYNE FOUNDATION, SYLVIE ROSSA-ZBYLUT, JOSEF ISLAM, FERUZ SHEHABALI, MAKSMIYLIN FILA, ADAM OATRYKIEWICZ, FILIP ZBYLUT, ROSS TWOMEY. PHOTO: VALERIE O'SULLIVAN.

charity that is close to our town, hopefully in the future it will inspire other people to begin their own initiatives to raise money for the Stephen Lyne Foundation so it has enough resources to be able to help children learn these vital life skills. Nobody can run the charity on their own but with the support of the community behind them the foundation can continue to grow in 2017", Lotte Lyne told the Killarney Outlook.

The Tournament is to run in the New Year

on Saturday the 7th and Sunday the 8th of January. The venue for the tournament is the Killarney Sports and Leisure Centre, and it costs €100.00 per team to sign up. The deadline for the sign up is the 30th of December, so make sure to gather a group of friends or family and get entered to support this great cause. The top teams will receive trophies and medals sponsored kindly by Tom Tobin and the victors will receive a cup in memory of Stephen Lyne sponsored by Scott's hotel which will be passed on to the winners of the tournament annually. The Stephen Lyne Foundation launched the Roots of Empathy program in three Killarney schools in 2016. In its first year, the foundation exceeded its goal by training six Roots of Empathy instructors in St. Oliver Primary School, Holy Cross Mercy School and Presentation Monastery Primary School.

"We are thrilled to honor Stephen's memory by making a direct, positive impact on children in Kerry. During the upcoming holiday season, we always count our blessings and definitely consider launching this program, through the support of our generous community, one of our biggest blessings this year," said Lotte Lyne, Founding Director of the Stephen Lyne Foundation.

In fact, the foundation is already setting goals for 2017, including training ten additional Roots of Empathy instructors bringing the total

instructor count to 16, and allowing for more than 700 children to benefit. In order to reach this goal, the foundation will need to raise approximately €70,000 throughout 2017. Via an ongoing partnership with Barnardos, the foundation ultimately aims to reach every child in the county by implementing the Roots of Empathy program across Kerry schools.

Sign up forms and details for the soccer tournament are all supplied on the website www.stephenlynefoundation.org Contact Denis Lyne **087 3287325** or Joe Daly **085 1248235** for more details about the tournament.



MAIREAD KERRISK, TEACHER AT ST OLIVER'S PRIMARY SCHOOL, WITH PUPILS, JANE KENNEDY, MICHELLE TAMIE, JOEY LYNE-O'CONNOR AND FILIP ZBYLUT. PHOTO: VALERIE O'SULLIVAN.

CALL FOR THE OPENING OF DEER LODGE

"At the December 2016 meeting of Kerry County Council, Councillor Michael Gleeson called as a matter of great urgency on the HSE and the Minister for Health to open for immediate use the fairly recently built Deer Lodge 40 bed residential unit in Killarney".

Councillor Gleeson stated that recent years have seen the development of a new and more

modern approach to dealing with psychiatric illness. There has been a welcome emphasis on developing purpose built residences. Deer Lodge is such a building and it is designed to ensure that residents will at all times have proper and dignified care. At present the patients are in a building that is no longer regarded as fit for purpose particularly when

a state of the art building lies idle and waiting. The Motion received the unanimous support of the Council members.

Councillor Gleeson welcomes the prompt response of the HSE and the Minister to the Motion and asks that the transfer of the residents and their carers would take place with immediate effect."

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LEGION G.A.A. HONOUR THEIR YOUNG STARS

Legion GAA clubs successful U14 and U16 winning teams were presented with their rewards on Sunday night last after a busy year on the field.

On hand on the night were Honourary Life member Joanne O Riordan and All Ireland Minor winning manager Peter Keane.

During the course of the night both Joanne and Peter addressed the large gathering.

Joanne donned her Legion colours on recent trip to Russia and educated the locals on Gaelic Football when they enquired as to what club she was affiliated to. She told the U14 and U16 boys she looked forward to seeing them progress in the next few years and how important it was to believe in what they are doing in order to achieve their goals. The U14 boys were then presented with their East Kerry League and Championship winners medal. This was a remarkable feat given the ultra competitive nature of the



PICTURED AT THE KILLARNEY AVENUE HOTEL FOR AWARDS PRESENTATION EVENING, THE U14 TEAM WITH PATRON JOANNE O'RIORDAN (CENTRE). PICTURE MARIE CARROLL-O'SULLIVAN.



PICTURED AT THE KILLARNEY AVENUE HOTEL FOR THE KILLARNEY LEGION AWARDS PRESENTATION EVENING WERE THE U15 & U16 TEAMS WITH PATRON JOANNE O'RIORDAN & KERRY MINOR MANAGER PETER KEANE (CENTRE). PICTURE MARIE CARROLL-O'SULLIVAN.

region. They were also the highest ranked Kerry team in the National Feile last June. The U16 boys had a great year, reaching the

top 4 in the County League Division 1, and qualifying for both the East Kerry League and Championship Division 1 finals.

Having succumbed to a strong Kilgarvan-Tuosist side in the League final they bounced back in great style to put in their best performance defeating Cordal/Scartaglin in the Championship Final. Peter Keane impressed on the lads the need to continue to hone their skills and work hard on their game. All this so that you can be as good a player as you can be. Peter also presented Cian Gammell with a memento to give due recognition for his year with the Kerry minors. Huge credit also is due to the mentors of both teams. The U14s were under the stewardship of Paddy Osborne, Diarmuid O'Donoghue, Daithi McGillicuddy, Timmy Joe Fleming, Aaron Benson and Cathal O'Grady.

The U16 management team was Donal O'Donoghue, Conor Mc Niece, John O'Leary, Mike Hanrahan and Noel Kelliher.

The Club is very proud of their achievements in 2016.



JACK CORRIDAN U14 CAPTAIN EAST KERRY LEAGUE DEVISION 1, DAMIEN MURHILL U15 CAPTAIN EAST KERRY SUPER TOUCH, JACK HANRAHAN CAPTAIN U16 EAST KERRY DEVISION 1 CHAMPIONSHIP & DION O'NEILL U14 CAPTAIN EAST KERRY DEVISION 1 CHAMPIONSHIP PICTURED AT THE KILLARNEY AVENUE HOTEL WITH KILLARNEY LEGION PATRON JOANNE O'RIORDAN FOR THE CLUBS PRESENTATION OF MEDALS NIGHT ON MONDAY EVENING. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



JOANNE O'RIORDAN, PATRON, KILLARNEY LEGION (CENTRE) PICTURED WITH KERRY MINOR MANAGER PETER KEANE (LEFT), PADDY OSBORNE (RIGHT) & ENDA WALSH (BACK CENTRE), AT THE KILLARNEY AVENUE HOTEL FOR THE PRESENTATION OF AWARDS TO KILLARNEY LEGIONS U14, U15 & U16 TEAMS. PICTURE MARIE CARROLL-O'SULLIVAN.

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Hamper D

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1^{lb} Back Rashers & 5^{kg} Potatoes

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THE SPA AT AGHADOE HEIGHTS NAMED MUNSTER SPA OF THE YEAR

The Spa at Aghadoe Heights are celebrating after being named 'Munster Spa of the Year' in the coveted Irish Tatler Spa Awards 2016. Additionally, it was highly commended for 'Best Service', 'Best Therapist' for Georgina Dempsey and was listed in 'The Top 10 Irish Spas' in the People's Choice Award. "Service with a smile is the ethos at Aghadoe Heights Hotel and Spa which is why you feel instantly at home once you arrive. Set on a hilltop overlooking Lough Leane and the MacGillycuddy's Reeks mountain range, it's hard to imagine a more perfect setting..." (Irish Tatler, Dec 2016 Issue)

Those in search of a complete spa experience



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THE SPA AT AGHADOE HEIGHTS ARE NAMED 'MUNSTER SPA OF THE YEAR'.

can opt for one of our dedicated spa packages. Detoxing, recharging, indulging in a pampering girls' getaway, a couples' retreat or a specific mothers-to-be experience - the options are endless. Alternatively, let The Spa therapists prepare a bespoke selection of treatments to suit your needs.

"The entire team is very passionate and constantly strive to create the most memorable experiences for each and every guest. We are delighted to be named amongst the winners and very proud to work with such a great group of people in the most beautiful location" – Spa Manager, Noreen Middleton told the Killarney Outlook.

STUDENTS WELCOME LOCALS FOR SHARED LEARNING EXPERIENCE



ABBIE CRONIN, JULIE GAFFEY AND ANDREA O'DONOGHUE PICTURED IN ST. BRIGID'S.

TY students of St. Brigid's Secondary School welcomed members of the local community on a shared learning experience of all things

digital.

THE 121digital programme teaches digital know how to learners (adults in the local community) starting from their current level of knowledge to their desired level at their individual pace. Their 121digital course is tailored to their needs. Students work, one-to-one, with them. Learners are invited to bring their laptop, tablet and/or smartphone to school for tuition, by transition year students who have digital skills to share under the guidance of volunteer Facilitators.

Courses comprise of 8 hours of tuition over 4 or 6 lessons, one lesson per week. Learners are encouraged to practice between lessons – to reinforce their learning. Certificates of course completion are awarded to Learners (and to Tutors) and lessons are free.


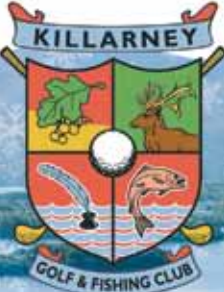
Nearly 2,000 learners have completed 121digital courses since 2010, in more than 50 companies, schools, universities, libraries and other training centres.



HELEN COSTELLO, CHLOE MAI DUGGAN AND ELENA PARELLA PICTURED IN ST. BRIGID'S.

These learners were taught by nearly 2,000 volunteer Tutors who offered to share their digital skills.

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EILEEN CRONIN, A LADY WHO LOVED LIFE AND ALL THAT IT BROUGHT HER

Eileen Cronin, Cronins Yard passed away this week. She loved life and all that it brought her.

Here is an excerpt from the Valerie O'Sullivan's book The MacGillycuddy Reeks in which she featured prominently.

Christmas Eve in the Glen ... Eileen Cronin of Cronin's Yard, Mealis, Beaufort, lives in the foothills of the MacGillycuddy's Reeks, at the entrance to the Hag's Glen, the traditional starting point for ascents of Carrauntoohil and the MacGillycuddy's Reeks. Eileen, originally from Ballyledden, Beaufort, married Joe Cronin, a fifth-generation sheep farmer, in 1964. They have two sons, John and Ger Cronin. Joe Cronin sadly passed away in 2006. The Cronin home and yard became the base for the Kerry Mountain Rescue team, the local Gardaí and the Civil Defence whenever the teams were called out on a mountain rescue. Eileen remembers fondly the early days of the mountain rescues, when the team would arrive to their home. The constant cups of tea, buttered brack and ham sandwiches were legendary. 'We had great craic, no matter how serious the rescue was, the house was always open, we'd stay up all night, waiting for news. I loved making the tea and sandwiches, keeping the fire going. We were all great friends and still are today. Members of the Rescue Team and Gardaí would still call to me, we had great laughs.'

Eileen loves meeting the mountaineers



THE WELCOME AND WARMTH IS PART OF A 200-YEAR-OLD CRONIN TRADITION. WHILE EILEEN WELCOMED THE OPENING OF THE TEAROOMS; EVERYBODY REMINDED HER THAT HER HOUSE WAS STILL THE REAL HEADQUARTERS. PHOTO: VALERIE O'SULLIVAN.

heading off in the morning. 'In the earlier years: Back in the seventies and eighties there weren't so many coming out to climb the mountains – in the winter you'd barely see one or two, and not many more in summer. But now they're coming out all year round. You could have cars in the yard at six in the morning.'

She and Joe would always have kept a close eye out, watching for returning hikers to the yard, and especially for those who did not return, and would contact the Kerry Mountain Rescue if they had any fears or doubts by late evening.

Eileen receives Christmas cards and letters from

people all over the world, and now spends her free time connecting with friends and family on Facebook. She is a huge fan of Daniel O'Donnell and loves going to his shows at the INEC, Killarney. She enjoys the local Rambling Houses and meeting her brother Michael O'Sullivan. She has two grandchildren, Katie Cronin and Setanta Gearóid Cronin.

In 2007 Eileen's son John, a member of the Kerry Mountain Rescue team and mountain guide, with his wife Esther, opened the tearooms at Cronin's Yard with an open fire, modern facilities and home-made baking.

LETTER TO THE EDITOR



TOMIES WOOD: PICTURE PETER O'TOOLE.

A Chara,
Its Time to call in the Army... Invasive Species Action Plan For Kerry & Cork Region
Killarney National Park is on the brink of ecocide. An ecological disaster is taking place in the first national park to be established in the State. One of the world's oldest oak forests is slowly dying. The rhododendron infestation and increased deer population across the region has not been adequately tackled. The infestation is now out of control. It is annihilating native flora and preventing new native species of oak, etc from growing. Nothing short of calling in the Army to break the back of the problem will suffice.

At the COP 13 UN Biodiversity Conference now taking place in Cancun, Mexico from 4th–17th December 2016, the more than 190 countries attending have been requested to ramp up actions to protect biological diversity. A number of countries have adopted the Cancun Declaration. The Declaration represents an unprecedented recognition from the international community that biodiversity protection must involve different governmental and economic sectors and not just the environmental ministries. Today we are seeing mass damage and destruction to the environment and people's lives on a scale that has never been seen before in history. This sort of destruction is seriously impacting the natural world-the source of life. Our planetary boundaries (i.e., safe operating space for humanity) on a number of fronts, for example biological diversity, have already been crossed. Other planetary boundaries includes 'land use', 'fresh water use' and 'biogeochemical flows'. The more we cross our planetary boundaries the greater the threat to our survival by making Earth less inhabitable.

Just Forests are now calling on the Government to put the necessary financial and legal instruments in place to make the proper removal of rhododendron from every garden, hedge row, field, forest and woodland in this area compulsory as a matter of urgency. We are calling for an Invasive Species Action Plan For Kerry & Cork Region. The objectives of the plan is to eradicate rhododendron and control the spread of existing invasive alien species (IAS) and to prevent any new IAS from becoming established in the Kerry/Cork region.

The real value of biodiversity to tourism, agriculture, fisheries and the forestry sectors in Ireland is priceless and beyond question. It is now time to act and give the next generation the security of a functioning and healthy natural world before it's too late. It is not unusual for small States around the world to deploy their armies to act in the Public Interest – now is such a time for Ireland.

Yours,

Tom Roche

Just Forests, Dromickbane,
Muckross, Killarney

Lee Strand would like to wish everyone a Merry Christmas and a Happy New Year

Lee Strand



TASTE THE FRESHNESS

Welcome home to everyone this Christmas ...

We know how great it is to be back with family and friends and of course having a pint of chilled Lee Strand milk with your Christmas dinner. It is the little traditions that make Christmas great. Enjoy!

Lee Strand Trifle with Strawberries & Chocolate Flake

This recipe is simple to make yet delicious to enjoy at Christmas.



INGREDIENTS

300g fresh strawberries
1 x 135g block jelly made up to one pint
160g packet trifle sponges
3 tbsp sweet sherry
500ml readymade custard
500ml Lee Strand Fresh Cream, softly whipped

Line the bottom of the dish with trifle sponges, sprinkle with sherry and leave to soak for 5 minutes. Slice the fresh strawberries thickly and lay evenly over the trifle sponges. Press the strawberries lightly with a fork to release juices. Pour over the liquid jelly to cover the trifle sponge. Then, place the dish into the refrigerator and leave until the jelly is set. Once set, spoon over the custard to create a thick layer. Then spoon the whipped Lee Strand Fresh Cream over the custard. Finally, sprinkle with chocolate flake.

PS - you may wish to omit the sherry if serving to children.

Chocolate Chip Cookies

These cookies are so much fun to make with kids and are a perfect treat for Santa on Christmas Eve.



PS don't forget to leave a glass of Lee Strand milk out for Santa too!

INGREDIENTS (makes 18 cookies)

225g Lee Strand Butter 1 tsp vanilla extract
1 egg 225g chocolate chips
170g soft brown sugar A pinch of salt
280g self-raising flour

Heat the oven to 180C and line two baking sheets with parchment. In a large bowl mix all the ingredients together to create a dough mixture. With a spoon, place nine blobs of the mixture on each tray, leaving plenty of space between to allow the cookies to spread out.

Cook for about 15 minutes or until they have turned golden brown. Let the cookies cool, then enjoy with a glass of chilled Lee Strand milk.

Lee Strand Baileys Coffee

Relax and unwind with the perfect Christmas indulgence by the fire on Christmas night.



INGREDIENTS

110ml of hot freshly brewed coffee
50ml Baileys Irish Cream
Lee Strand Fresh Cream
Chocolate Shavings

First, heat the glass with hot water. Pour in 50ml of Baileys and then stir in the coffee. Top with freshly whipped Lee Strand Cream. Sprinkle with chocolate shavings.



Enjoy Lee Strand Fresh Cream this Christmas!

GO FOR LIFE GRANT SUCCESS FOR 58 OLDER GROUPS IN KERRY

A total of 9 groups in Killarney are celebrating the awarding of grants to fund physical activity for older people over the age of 50. The Go for Life Grant Scheme from Age & Opportunity and Sport Ireland is awarding over €16,000 to groups around Killarney. These grants are aimed at improving the health and wellbeing of older people across the country and now in our town of Killarney. These grants provide many groups with opportunities to engage their members in physical activity and sport. The recipients of these grants include Active Retirement Groups, ICA guilds, Local Sports Partnerships, Sports Clubs, Family Resources

Centres and many others who provide older people in our community with an opportunity that they might not have had before at this age that is to get active. The grants help to support and empower older people and is a very important addition to the various groups.

The successful Killarney groups are: Kilcummin Community Care, Kilcummin ICA, Listry Community Council Ltd, Ballyspillane Community and Family Resource Centre (Elderly project) FRC, Beaufort GAA Club Healthy Club Project, "K.W.O.T.E (Killarney Womens organisation for training and Empowerment)", Killarney Community Hospital

(St. Columbanus Home), Muckross ICA, Killarney ARA Age & Opportunity's goal is to turn the period from age 50 onwards into one of the most satisfying times in people's lives, by getting older members of our communities opportunities to engage in artistic, cultural and physical activities. It will hopefully improve the attitudes and practices in relation to ageing and older people in Killarney. It will help them to become more active citizens and will contribute to enhancing their quality of life. It is a superb improvement to our town especially for our older residents.

KILLARNEY PARISH SILVER CIRCLE

RESULTS OF WEEK 9

1st Prize €500: Patrick O'Brien, Coolcorcoran
Seller: Sheila Lucey.

2nd Prize €250: Noreen Collins, Ross Road
Seller: Patricia Lyne.

Winners of €100 each are as follows:

Marie Kelliher, Loreto Road. Seller: Paddy O'Donoghue. Annette Sheehan, Crohane, Fossa. Seller: Bridie Bartlett. Orla Tarrant. Rookery Road. Seller: Mary O'Sullivan Darcy. Kevin Counihan, c/o Ballydribeen. Seller: Pa McGillicuddy. Niall Keogh, Mill Road. Seller: P.J. Bruton.

Winners of €75 each are as follows:

Peggy McCarthy, Dromhall Heights Seller: John Dwyer. Eithne Kennedy, Muckross. Seller: Aidan Kennedy. Con Murphy, Headford, Barraduff.

Seller: Anne O'Leary. John Broderick, Millwood
Seller: Josephine Brosnan. Betty McCarthy, Marian Terrace. Seller: Parish Office. Annette O'Leary, Cullen, Mallow. Seller: Mary O'Keeffe. Pat Fleming, Arbutus Drive. Seller: Pa McGillicuddy. Eileen Creedon, Coolea, Co. Cork. Seller: Eileen Hayes

Congratulations to all winners, and thanks to all who supported, promoted and sponsored the draw this year. Tickets are still available from the Sacristies and Parish Office.

This week's prize money is sponsored by:

The Killarney Towers, The Plaza Hotel, J.P. Healy Insurance, The Dromhall Hotel, Randles Court Hotel, & Safeguard Security.

EAST KERRY CLUBS TAKE SCÓR NA NÓG BY STORM

Halla na Féile, Cashel, County Tipperary, staged the Semi Finals of Coiste Scór na nÓg na Mumhan on Sunday last December 11th where Kerry were represented in all of the seven categories. Once again a huge crowd was in attendance with the Kingdom representatives having plenty vocal support and despite facing stiff opposition from Limerick, Tipperary and Waterford they had a most successful outing going through to the Munster finals in six of the seven disciplines.

The East Kerry Board, as they had done in the recent County Finals, took the competition by storm with four of their five clubs who participated going forward. So success for East Kerry with both Set and Figure Dancers from Spa going through, Cian Sheehan from Firies in the Recitation and the Ballad Group from Glenflesk making it a great day for the East Kerry Board. Instrumental Music experts, Ballydonoghue did North Kerry proud while Na Gaeil from the Tralee/St Brendans area impressed the adjudicators in the Leiriú (Novelty). However in the Solo Singing Mark O'Leary from Gneeveguilla, despite giving a marvellous performance, did not make it through to the finals. The next step in the journey will be on Sunday January 8th, 2017, at 2pm at the Community Centre, Ovens, County Cork where this year's Munster Finals of Scór na nÓg will be staged. **The following will participate at the finals:** Figure Dancing: Spa, East Kerry Board, (Alice O'Donoghue, Aislinn O'Donovan, Lia Murphy, Ailbhe Gallagher, Erin Holland, Meghann Cronin, Aine Brosnan, Katie Lawlor). Recitation: Cian Sheehan, Firies, East Kerry Board. Ballad Group: Glenflesk, East Kerry Board (Allison Cronin, Alicia Cronin, Aileen Healy, Maeve Tangney, Sinead Gleeson). Set Dancing Spa, East Kerry Board, (Kianan O'Doherty, Liam Spillane, Gary O'Sullivan, Cian O'Sullivan, Erin Holland, Meghann Cronin, Aine Brosnan, Orlaith Spillane).

CYCLING FESTIVAL DONATES TO LIVELIFE FOUNDATION



MAUREEN COURNAME, MARKETING DEPARTMENT, GLENEAGLE HOTEL, AND ORGANISER OF 'WRONG WAY ROUND, KILLARNEY CYCLING FESTIVAL, PRESENTING A CHEQUE OF €1186 TO FIONNBAR WALSH, DONAL WALSH LIVELIFE FOUNDATION FROM THE PROCEEDS OF THE CYCLE IN AUGUST. PHOTO: VALERIE O'SULLIVAN.

This year's Wrong Way Round Cycling Festival

which took place in August has netted an impressive €1186 for the Donal Walsh LiveLife Foundation. Well established in the calendar of events for cyclists the length and breadth of the country the Wrong Way Round cycle brings the cycling season to a close with either one of these truly rewarding cycles August 26th.

A twist on the traditional Ring of Kerry, The Wong Way Round has a few surprises up its sleeve or challenge yourself on the scenic Hard Way Round that circles the spectacular Skellig Ring, taking in some of the most spectacular vistas on the planet! 180 km long the route diverges from the Wrong Way Round by taking a right for Ballaghbeama through the heart of Kerry to Ballaghaoisin, then there's a further detour around the stunning Skellig Ring voted number 10 in Lonely Planet's Best in Travel 2017..

To register visit www.killarneycyclingfestival.com and avail of the early bird for a limited time only! More information email info@killarneycyclingfestival.com

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AIB KILLARNEY CELEBRATES CASH REWARD SCHEME FOR KERRY GAA CLUBS

Anyone who switches or purchases a new AIB Home Insurance policy can nominate a GAA club of their choice to receive a €50 cash reward. To celebrate its recently announced AIB Home Insurance GAA reward scheme, AIB Killarney visited Dr Crokes GAA Club to launch this initiative. AIB are long standing supporters of the GAA Club Championships for a 25th consecutive year, to celebrate this sponsorship AIB has recently



PICTURED AT THE LAUNCH AT DR CROKES FOOTBALL CLUB, KILLARNEY WERE FROM LEFT, BRIAN LOONEY AND COLM COOPER FROM DR CROKES WITH SEAN HEALY, AIB REGIONAL DIRECTOR. PHOTO: DON MACMONAGLE.

Anyone can now support their local GAA club while protecting their home with a new AIB Home Insurance policy. Everyone who switches or purchases a new AIB Home Insurance policy can nominate a GAA club of their choice to receive a €50 cash reward by simply completing the 'reward my club' form. There is no limit to the number of nominations a club can receive and the scheme is open to all GAA clubs nationwide.

Denis O'Callaghan, Head of AIB Retail Banking, emphasised the importance of AIB's partnerships with the GAA and AIB's new GAA reward scheme, "GAA clubs play a vital role in Irish communities but are constantly faced with the challenge of raising funds to support their upkeep and grassroots development. We're delighted to have launched AIB's new Home Insurance GAA reward scheme which provides clubs with the opportunity to receive €50 donations from new AIB Home Insurance customers".

For more information on AIB's Home Insurance GAA reward scheme, and details on how to nominate and register your local GAA club please visit www.aib.ie/gaainsurance. Clubs and customers are also encouraged to drop into their local AIB branch for more information.



PICTURED AT THE LAUNCH AT DR CROKES FOOTBALL CLUB, KILLARNEY WERE FROM LEFT, PATRICK O'SULLIVAN, CHAIRMAN, KERRY COUNTY BOARD, BOBBY O'DWYER, MANAGER, AIB, KILLARNEY, EDEL CRONIN, LADIES CAPTAIN, SEAN HEALY, REGIONAL DIRECTOR, AIB, PAUL DOWNEY, DR CROKES CLUB SECRETARY AND EDWARD STACK, AIB, KILLARNEY. IN FRONT ARE BRIAN LOONEY AND COLM COOPER. PHOTO: DON MACMONAGLE.

announced details of a new GAA reward scheme for Kerry GAA clubs.

For exclusive content and to see why AIB are backing Club and County follow us @AIB_GAA and at facebook.com/AIBGAA

KILLARNEY JUDO CLUB CELEBRATES



JACK HANRAHAN.

Killarney exponents of the great art had a weekend that they will never forget at the Irish Judo Championships, with nine competitors entering in multiple weight and age divisions. At the end of the competition, despite stiff opposition from 350 participants,

ranging from beginners to seniors, the competitors from the club emerged having won nine medals.

The club had triumph in various categories with two new All-Ireland champions being crowned, Cora Joy who was victorious in the junior under 63kg and Michael Prendergast who achieved first place in the junior under 81kg competition. Five members of this talented club accomplished silver medals and those who celebrated that great feat were Oran Horgan, Mairead Bennett, Jack Hanrahan, Cora Joy and Michael Prendergast.

A special mention must go to Jack Hanrahan who recently returned to judo and fought

against judoka representing Ireland abroad. Mairead Bennett also had a string of hard fought battles at both cadet and junior level, she heroically fought against higher level belts and older judoka. Jack and Mairead both accomplished bronze.

Despite fighting valiantly on the day, Cathal, Grainne and Thomas Swords, along with Liam O'Donoghue narrowly missed out on medals. The club will finish training on December 22 and they will be back in action on January 9 for seniors and January 12 for under 12's.

Special thanks to club coaches Tadgh Kelly, Michael Prendergast and Alan Morgan.

KERRY NAMED MOST GENEROUS COUNTY IN IRELAND

Kerry has been found to be the most generous county in Ireland, with Kerry people digging deep to sponsor more vulnerable children with Action Aid per percentage of the population than any other county. By making these much needed donations, the people of Kerry are supplying over 700 children in the poorest

parts of Africa and Asia with everyday basics like food, shelter, clean water and education.

Siobhan McGee, Chief Executive of ActionAid Ireland said: "At a time when life is financially harder for most of us, the generosity of people in Kerry is inspiring and absolutely vital to support ActionAid's work." People in Kerry are

already spearheading ActionAid's program but more help is always needed and it would be much appreciated by ActionAid to sponsor a child this Christmas to keep them safe from harm just like every child should be at Christmas and hopefully change their lives.

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NEW CHAIRMAN TAKES OVER AT KERRY GAA

BY JOHN O'LEARY, PRO KERRY GAA

The Annual Convention of Kerry GAA took place on this Wednesday evening in the Rose Hotel Tralee with a starting time of 7:30 and the meeting will herald a change at the top of Kerry GAA when Brosna native Tim Murphy takes over the position of chairman from the outgoing Patrick O'Sullivan whose five year term in the chair will come to an end due to the five year rule.

End of an era as O'Sullivan bows out

It certainly is the end of an era for the Dr Crokes man who was first elected an officer of the Board nineteen years ago in 1998 as Development Officer and was subsequently elected Vice Chairman in 2008. Having spent four years in that position he contested the position of chairman at the 2012 Convention where he brushed aside the challenge of Johnny Mulvihill to go on and lead Kerry GAA for the last five years. His tenure of office will be remembered especially for the advancement of the Centre of Excellence project at Currans and while the official opening of that long awaited facility will not now take place until next year, it will forever be associated with his time in the chair. Patrick worked tirelessly for the advancement of the project, particularly with regard to the very necessary fundraising associated with such a huge capital undertaking a fact readily acknowledged by his successor Tim Murphy who, as Development Officer and project manager, worked closely with him during his term of office; "It would be remiss of me not to mention and acknowledge the contribution that Patrick O'Sullivan has made over the past 19 years but in particular over the past five years as chairman of Kerry GAA. I have seen at first hand the level of effort and commitment that Patrick has brought to bear during his tenure as chairman. His fundraising abilities are unequalled and he brought a

unique single-mindedness in formulating a vision for the development of Kerry GAA in the years to come".

O'Sullivan's tenure in office will also be remembered the fantastic achievement which has seen Kerry minor teams achieve the elusive 3-in-a-row of All Ireland titles, while on the hurling front, it has also been a very exciting time with the county winning the Christy Ring cup and subsequently consolidating their senior league and championship status.

County secretary, Peter Twiss, also paid tribute to the Dr Crokes man in his report to convention; "This Convention sees our Cathaoirleach Patrick O'Sullivan stepping down after completing his 5 years in the position. To Patrick, his wife Frances and children Zoe, Laura and T.J. I would like on behalf of the County Committee to thank you for the time and commitment you have given to the position. As Cathaoirleach you achieved a huge amount and we wish you well as you take a well-earned break. No doubt your love of Kerry will see you continue to play a major role in the affairs of the GAA in this county for many more years to come".

Tim Murphy takes over as Chairman of Kerry GAA

The new man at the helm of Kerry GAA Tim Murphy, has been Development Officer for the past five years and during that time has overseen the major development and construction of the Kerry GAA Centre of Excellence at Currans which is due to become operational next Spring. He has also project led the recent redevelopment of Austin Stack Park, a project that is ongoing. Prior to becoming County Development Officer in 2012 he served as Chairman of the Brosna Club for 11 years.

Murphy, an engineer by profession, takes over the reigns at what is a very challenging time for Kerry GAA. While the structures are in



OUTGOING CHAIRMAN PATRICK O'SULLIVAN.

pretty good shape, many clubs, particularly in the rural areas of the south and north of the county, are struggling as a result dwindling playing numbers while others are feeling the financial strain caused by the increasing cost of fielding teams and maintaining their club facilities. On the playing fields the Kerry senior football team is facing a transitional period as Eamonn Fitzmaurice is tasked with blending in the undoubted talent that is coming through with the current squad of experienced but ageing players. His first task on the hurling front, even before he takes office, was to set up a committee to appoint a new senior manager in succession to Ciarán Carey who stepped down last week. He will also have to oversee the completion of the Centre of Excellence projects in both Currow and IT Tralee. These of course are but a few of the many demanding tasks that lie ahead of the Brosna native but he has served a good apprenticeship and is certainly well equipped to lead Kerry GAA into the future. We wish him well.

KILLARNEY CHARITY WORKER HIGHLIGHTS THE PLIGHT OF REFUGEES THIS CHRISTMAS



MARTINA O'DONOGHUE FROM BARRADUFF.

By Fionnbharr Hickey

With all the conflict and disrupt in the Middle East and Africa at this current time a lot of help is given to these countries by various charities and organisations. We can be proud to say that

we have a brave, compassionate aid worker from our town of Killarney helping those experiencing conflict and extreme poverty. Martina O'Donoghue from Barraduff is asking the people of Kerry, her home county, to support Trócaire's work with refugees and other vulnerable groups throughout the developing world this Christmas.

The Killarney native who is Trócaire's programme Manager in Uganda, East Africa said "I would like to say a huge thanks to the people of Kerry for their continued support of Trócaire's overseas programmes"

Martina is seeing how the donations change the lives of the people who receive them and has the support of her Killarney community behind her while she helps Trócaire give the gift of hope and solidarity as well as much needed gifts from Trócaire's Christmas appeal which

she says "Allows people in Kerry to buy, real, practical gifts for some of the most vulnerable people in the world."

Our town is helping Syrian refugees by donating to Trócaire so they can provide them with shelter, hot food, shoes, hygiene kits, baby supplies and health services. Last year over €1 m was collected by the charities Christmas appeal with some donated by the residents of our town, allowing the humanitarian agency to provide life-changing support to communities in over twenty countries around the world. Martina with our help is changing the lives of hundreds of conflict and poverty stricken people.

To support Martina O'Donoghue a native of our town Killarney you can donate at trocaire.org/ Christmas or by calling 1850 408 408



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Price: €210,000 BER C1



57 Countess Grove, Killarney

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

Price: €220,000 BER D1



26 Ath Solas, Milltown

Superbly finished 3 bedroom semi-detached house situated on the edge of Milltown. Turn key property in pristine condition. Generous private rear garden with concrete block shed. Located within walking distance of shops & both new schools and within easy driving distance of both Kerry Airport and Killarney.

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1603 PARK COURT, PARK ROAD
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BER C2

12 THE ASH, BELLVIEW WOODS, BALLYDOWNY
€240,000



This three bedroom property is superbly located adjacent to the Killarney National Park and just one mile from Killarney Town Centre. This property has been tastefully decorated and maintained. The choice of colours and fittings is exceptionally attractive and adds a remarkable touch of luxury to the property. Bellview Woods is a very attractive development with spacious green areas are very well maintained and are an added bonus.

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DUBLIN COACH LANDS AT THE GLENEAGLE HOTEL

The distinctive green buses of Dublin Coach are to become a familiar sight at The Gleneagle Hotel as it was announced that the landmark Killarney hotel is the newest stop on the hugely popular bus service to and from Dublin.

"We are delighted to welcome Dublin Coach to The Gleneagle, our guests can avail of their fantastic service and enjoy being dropped and collected right outside our doors," said Patrick O'Donoghue, Managing Director of the Gleneagle Group. "Dublin Coach is providing a much needed service direct to Dublin, and in particular to Dublin airport, which benefits both locals and visitors alike." There are a total of eight departure times and eight arrival times daily, visit www.dublincoach.ie for the full timetable. Northbound coaches also pick-up on East Avenue road in Killarney while inbound coaches also drop off on Mission Road. This should make it very accessible for locals in the town and the surrounding area.

"We are providing a direct link for passengers into Kerry from Dublin Airport and Dublin city at an affordable price with customers travelling in comfort and style," said Ms Aoife Dunphy, Marketing Manager with Dublin Coach.

Dublin coach departs daily from Killarney making stops in Abbeyfeale, Newcastle West,



JOHN REILLY, LEFT, AREA MANAGER, DUBLIN COACH, AOIFE HICKEY, MARKETING MANAGER, DUBLIN COACH AND PATRICK O'DONOGHUE, MANAGING DIRECTOR, GLENEAGLE GROUP ANNOUNCING DETAILS THAT DUBLIN COACH WILL BECOME A FAMILIAR SIGHT AT THE GLENEAGLE HOTEL. THE LANDMARK HOTEL IS THE NEWEST STOP ON THE HUGE POPULAR BUS SERVICE TO AND FROM DUBLIN. PHOTO: VALERIE O'SULLIVAN.

Adare, Limerick City, University of Limerick, Kildare Village, Red Cow Luas and Dublin City centre with connections at the Red Cow Luas to both Dundrum town centre and also Dublin Airport.

Fares for the Dublin Coach service start at an affordable €10 one way to Limerick and €20 one way to Dublin from Killarney with two children under 12 travelling free with every paying adult.

The luxury transport provider uses top-of-the-line Mercedes Tourismo coaches with leather reclining seats, free Wi-Fi and toilet facilities.

This new facility provides a great mode of transport for the town whether you are going to college, on a work commute or simply going Christmas shopping.

GAVIN JAMES FOR THE INEC



GAVIN JAMES.

Direct from his show in the 3Arena, Gavin James announces headline gig in the INEC Killarney on February 18th 2017. The last 2 years have been a blast for Gavin James, but it's only the beginning for the toweringly-tall, down-to-earth Dubliner whose

heavenly voice, heart-warming, spine-tingling songs and habit of jumping in to audiences to start sing-alongs has won him an army of fans around the world. In the spring of 2015, he appeared on U.S. television's Dancing with the Stars and released a four-track EP titled For You.

Later that year, he was invited to open for chart-toppers Ed Sheeran and Sam Smith on their respective tours, and released singles including "Bitter Pill" from his full-length studio debut of the same name. He has been supporting act for Kodaline, Tori Kelly, Sam Smith and Ed Sheeran on their tours. In 2016 James performed at RTÉ's Centenary Concert to mark the 100 year anniversary of Ireland's Easter Rising. Earlier this year Spotify announced Gavin James to be a 'Spotify Spotlight Artist of 2016' 2017 is going to be his busiest year yet and don't miss him in the INEC Killarney on February 18th. Tickets go on sale Thursday 15th December at 10am from www.inec.ie or from www.ticketmaster.ie Grab your tickets for the perfect Christmas present.

OPEN AUDITIONS FOR FEATURE FILM TO BE SHOT IN KERRY

This weekend at the Imperial Hotel in Tralee, open auditions will take place for a feature film shooting in Kerry in January. Details on the film are being kept very much under the radar, as a number of high profile talent are attached to the film. The production company behind the film are looking for talent of all ages, from 18 years of age and upwards to attend the audition and will be looking to cast supporting roles. All the roles will be paid.

Speaking to the Killarney Outlook, a spokesperson from the film said "We are looking for people of all ages, backgrounds, male and female and above the age of 18. We welcome everyone in their 20's, 30's, 40's, 50's, 60's and so on. We just want to sit down and have a chat with them, and if they have a prepared piece, then they should bring that. Also if you have no experience in acting, that is okay too. If you have experience, then that is a bonus. We are looking for raw fresh talent of all ages".

The open auditions will take place from 2pm to 5pm on Sunday the 18th of December at the Imperial Hotel in Tralee. All welcome.

SOUTH WEST BINS WELCOMING NEW CUSTOMERS

South west bins are a leading provider of comprehensive waste and recycling services throughout Kerry and Limerick. They are a long established company in operation with over 25 years. They have grown significantly to become one of the largest waste recycling companies in the South West. They are proud and honoured to continue to service our valued existing customers and welcome all new customers. South West Bins have adopted a sustainable

approach to waste management in the South West of Ireland. Their Team of experienced customer service reps are both professional and friendly with a focus on maintaining excellent relationships with all customers. Call today for an affordable, flexible payment solution to your waste management needs. Contact John O'Connell on **087 1415444** or South West Bins Office on **068 21969**.

MONEY MATTERS....

By Dermot Cronin,
Financial Advisor



WHY SHOULD YOU REVIEW YOUR PENSION?

As you have probably seen or read in the news recently pensions are being discussed very often. This shows how important pensions are, so if you have a pension it is very important that you review your pension regularly. You may or may not be contributing to your pension anymore but it still needs to be reviewed. You need to know what kind of pension you have and what funds your pension is invested in. Your pension could be invested in very high risk funds which means that the value of your pension could substantially decrease or substantially increase over a very short period of time. You also need to look at the fees and charges associated with your pension, there may be more competitive options available to you where the fees and charges are less. If you do not review your pension you will not know if your pension is increasing or decreasing in value or if your pension is on track to get you the income you need at retirement. So whether you are currently contributing to a pension or have a pension that you paid into in the past it is very important that your pension is reviewed by an independent advisor regularly.

To discuss this or any other financial matter you can contact **Dermot Cronin QFA APA** (Pensions, Investments, Loans, Life Assurance) at **064 66 22775** or **dermotcroninifa@gmail.com**

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Price Region: **€260,000**

BER C2

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Price Region: **€215,000**

BER C1

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ASKING PRICE: €850,000 BER TBA

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BEHIND THE FACE – STORIES OF INTERNATIONAL PEOPLE LIVING IN KERRY

Behind the Face is the remarkable and inspiring true life stories of 15 international people who have made Kerry their home.

The Tralee Rugby Star was on a break from training and returned home to launch the book at Siamsa Tire in Tralee. The book makes a unique and impactful statement about the diversity of the new Kerry and helps us to go behind what we see, and look into the lives of the people we pass on the street, and challenge any possible stereotypes we may have. Ultan was delighted to be home and to help launch this important book that is aimed at promoting integration. "It helps us understand why and how people came to Kerry," he told the Killarney Outlook. "As a child growing up in Tralee I had a lot of international friends whose families had made Kerry their home."

The Irish Rugby International was originally born in Paris to an Irish mother and a father from the Ivory Coast, but grew up in Tralee and began his rugby career at Tralee Rugby Club. Ultan moved to Tralee when he was seven years old and at the time he only spoke French but he soon made the town his home just like many of those in the new book. Also in attendance was author Billy Keane who wrote the foreword for the book. He says that Kerry should welcome its international community with open arms. Behind the Face, which was supported by Kerry County Council's Community Support Fund and

NEWKD through SICAP funds, tells the stories of people like Ahmed Lulu who came here from Palestine to escape Hamas and a life of war and terror; Eddie Ong came from Malaysia to follow his dream of cooking and learning about new foods; Galina Cotter came to Kerry for love and now has two children and runs a business with her husband, and Hashim Al Hadeedy came to escape fear and terror from Isis in his home county of Iraq. All these stories and more are contained in Behind the Face which is hoped will help the public understand that Kerry's new residents all have their own reasons for coming to the county. The book was compiled by Mary Carroll, Sinead Kelleher and Susan McElligott. Mary is the co-ordinator of the Tralee International Resource Centre which helps support Sinead Kelleher is a journalist with Kerry's Eye and believes that Kerry should open its arms to its new residents. Susan McElligott is a counsellor who works with international people on a daily basis. She is a US citizen who now lives in Ireland.

She is one of 15 people who shares her story in the new book. The book is available from TIRC (066 7127918) and Siamsa Tire in Tralee or Khao Restaurant on High Street in Killarney or call Sinead on 087 9303061. It costs €10 with all proceeds going to support the work TIRC do on promoting integration.



IRISH INTERNATIONAL RUGBY PLAYER ULTAN DILLANE WHO LAUNCHED BEHIND THE FACE WITH CO-AUTHORS MARY CARROLL, PICTURED WITH HER DAUGHTER IMOGEN CARROLL KELLY, SINEAD KELLEHER AND SUSAN MCELIGOTT

More details are also available on the book's Facebook page www.facebook.com/InternationalpeopleinKerry.

KILLARNEY STUDENTS ENJOY TRIP TO THE EU



PAUL BROSINAN PICTURED WITH LOCAL MEP SEAN KELLY IN BRUSSELS.

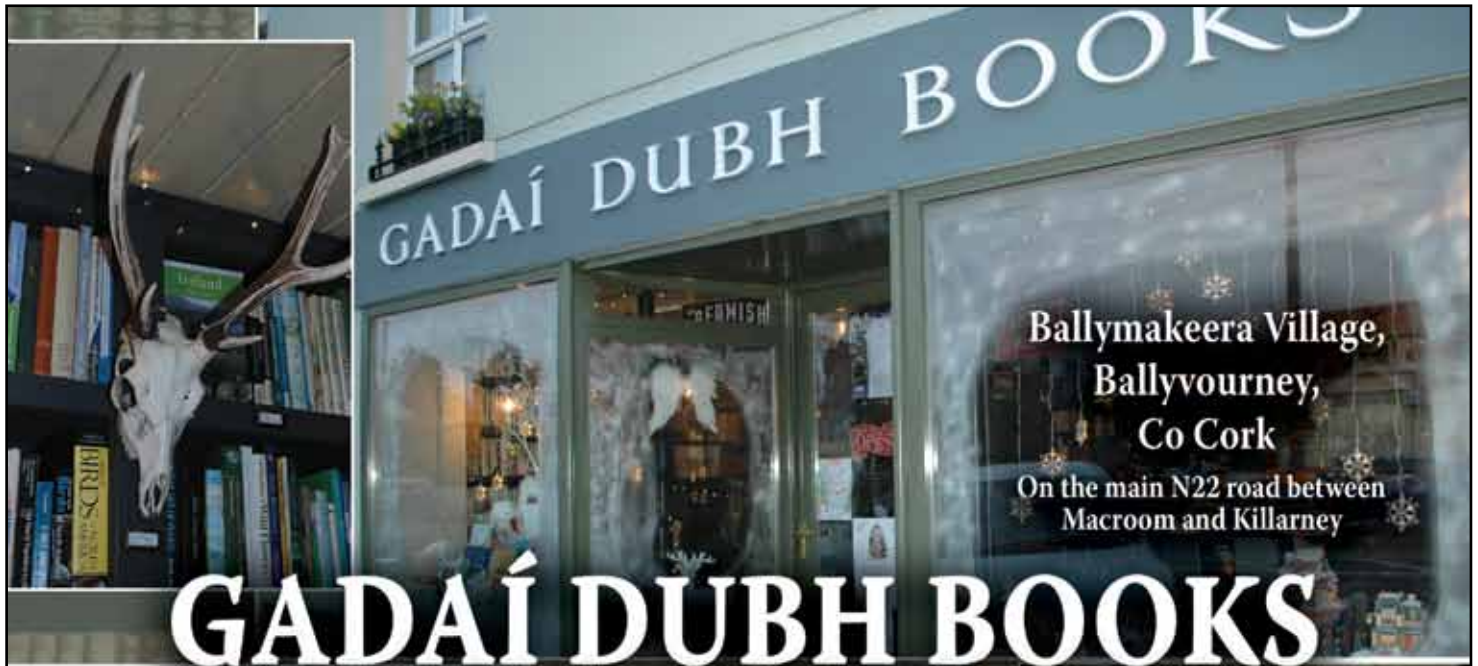
Killarney Community College Student Paul Brosnan recently travelled with a group of students to Brussels for a Meet Your MEP Programme - He won the trip as a result of writing an essay about what the EU means to him.

Here he shares his experiences with the Killarney Outlook.

On the 8th December, I landed in Brussels Airport to begin some of the best days of my academic life so far. Some months earlier, I wrote an essay on why the European Union is important to me. My teacher Ms. K. McCarthy entered my essay into a competition to meet

your MEP, as a result our EU Representative, Mr. Sean Kelly (MEP) invited me and twenty nine other students to Brussels to meet him. The agenda included meetings and tours in the European Parliament and the European Commission, free time in Brussels (including the famous Christmas Markets), and the visit to the Atomium and Mini-Europe. During this trip, I visited the European Parliament twice. I was able to tour the parliament, learn about its history and how it works. During the first trip, I met Sean Kelly. Mr Kelly represents constituents in the constituency of "Ireland South". It was truly a pleasure to meet him. I found out that he lives in the same Parish in Kerry as I do. What I liked most about Sean however was that I felt immediately at ease when talking with him. Despite being a powerful political figure, it was as if I was talking to one of my own acquaintances. Mr. Kelly and his team were generous enough to finance our entire trip, including our flights, accommodation and meals. We were set up in a very modern yet comfortable hotel in the centre of Brussels. He arranged for us to eat in very nice restaurants. Every aspect of the trip was thoroughly planned through, meaning that all my colleagues and I had to do, was to focus on what was important, the politics and the European Union. As a result of this, I could enjoy all that Belgium had to offer.

One of the major highlights of the trip was visiting the Christmas Markets in Brussels and Brogue. The amount of chocolate for sale was mind boggling. In these cities I was able to stock up on all of the Christmas gifts I needed to buy, and I was able to acquire a decent supply of chocolate for myself and family members. In addition to the shopping, we saw the main attractions and sights of Brussels. My favourite was the Mannequin De Piz in the main square. This is an iconic statue of a boy which attracts thousands of tourists every year. I also enjoyed the main Cathedral in Brussels, which every hour would ring its bell which could be heard in every part of the city. It's hard to write an article that perfectly sums up those three days. It's not every day that one gets to meet his EU Representative, visit Brussels, visit the European Parliament and indulge in piles of chocolate, but I was fortunate enough to do all those things. After this trip, I feel proud to be a member of the European Union. I look forward to following the Union's progress, as it goes from strength to strength. Someday I might even consider working in the parliament. I would like to thank MEP Sean Kelly, for affording my colleagues and me such a life changing experience.



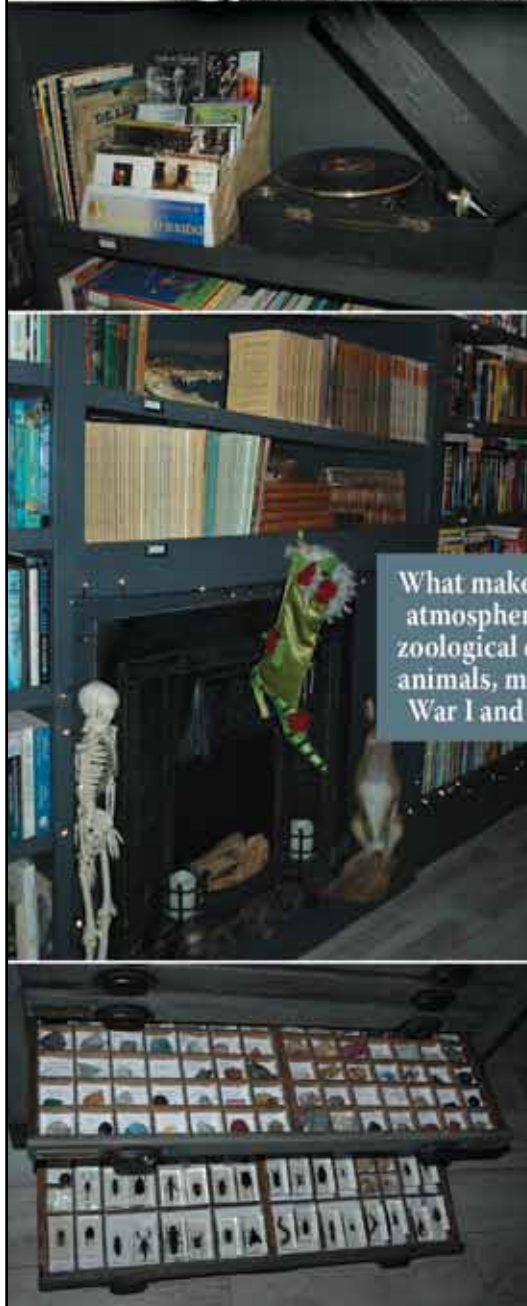
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Put Safety Top of Your Christmas List

- NSAI (National Standards Authority of Ireland) is advising last minute Christmas shoppers to always check for the CE Mark, especially when buying toys and electrical products this festive season
- By law, all toys and electrical products sold in Ireland must display the CE Mark, indicating the item meets the high safety, health and environmental protection requirements of the European Union
- 11 children's toys and 10 electrical products have been recalled from the Irish market so far this year, over safety concerns

NSAI (National Standards Authority of Ireland) is advising last minute Christmas shoppers to always check for the CE Mark when buying electrical products or toys this festive season. Between 2005 and 2014, there have been 326 fatal fires in Ireland, claiming the lives of 366 people. In the 158 instances where the cause of the fire was known, electrical appliances were suspected in 28 fatal fires (18% of cases) while a further 3 per cent of fatal fires were attributed to electric blankets. In 2011 alone, 241 fires in Ireland were caused by electrical equipment.

"From Christmas fairy lights, to tablets or mobile phones; electrical products make up the majority of our Christmas shopping lists and therefore it's vital you ensure what you are buying is safe and complies with safety standards" said CEO of the NSAI, Maurice Buckley.

"By law, all toys and electrical products for sale in Ireland must display the CE safety mark. The CE mark is the manufacturer's declaration that the product complies with safety standards and it must be visible on the product itself or on its packaging. If it doesn't have the CE mark, don't buy it," Mr. Buckley added.

Under Irish and European law, toys must also display the CE mark, demonstrating that the product has undergone safety testing in the design and manufacture process and that it complies with the Irish and European standards. The Competition and Consumer Protection Commission (CCPC) has recalled

11 children's toys and ten electrical products have been removed from the Irish market so far this year over safety concerns.

"Most of the products and services we encounter every day are governed by standards. But unfortunately, due to counterfeiting or the misuse of the CE Mark, there is never a 100% guarantee that a product bearing the mark is safe," said CEO of NSAI, Maurice Buckley.

"That's why NSAI is advising consumers to familiarise yourself with the CE Mark and always buy products from trustworthy shops and online outlets," Mr. Buckley added.

The black market is now costing the Irish economy €1.4bn a year, with one-third of black market activity occurring over the peak Christmas shopping period. The Revenue Commissioners recently confirmed the seizure of counterfeit Disney goods, including 'Frozen' DVDs and toys, as well as fake Apple iPhones, Samsung Galaxy handsets and hundreds of fake GHD hair straighteners.

NSAI'S TEN SAFETY TIPS FOR LAST MINUTE CHRISTMAS SHOPPERS

1. LOOK FOR THE CE MARK

Only buy toys and electrical products that contain the CE Mark. The CE mark should be visible on the product itself or on its packaging.

2. CHECK THE PRODUCT

When buying a toy, take time to examine it first for rough edges, dangerous or detachable small parts or small holes that could trap little fingers. Check Christmas lights carefully for signs of damage such as frayed or exposed wires, broken or cracked sockets, or loose connections. If your Christmas lights look worn, it is much safer to replace them altogether rather than repairing them.

3. KEEP AWAY FROM FIRE

Reduce the chances of causing a fire and keep decorations and combustible materials well away from light fittings and other sources of heat such as heaters, fireplaces and candles.

4. SWITCH OFF

Switch out all Christmas lights last thing at night and when leaving the house to protect

against the risk of fire. For extra safety, always switch off and unplug appliances and other items when not in use.

5. MIND THE ELECTRICS

Always take care when buying toys with electrical parts or a transformer. Read the safety instructions. The device should be properly insulated and protected to prevent a risk of contact with live wires. Don't mix old and new or different strength batteries in the toy. That can make the old or weaker batteries very hot. Always unwind extension cords completely to avoid overheating and don't overload sockets with adaptors or extension blocks.

6. CHECK ALARMS

Test your Smoke and Carbon Monoxide Alarms to ensure they are working.

7. AGE APPROPRIATE

Pay attention to minimum age warnings, for example, "Not suitable for children under three years old" and other warnings. When buying a computer game, check the age cert in case it portrays violence or contains material of an adult nature.

8. GET THE RIGHT GEAR

If Santa delivers bikes, roller skates, skateboards or other wheeled items this year, make sure those riding them have the right protective gear. A CE Mark is also required for personal protective equipment, such as helmets, knee pads etc. Never buy protective equipment without a CE Mark.

9. TAKE ACTION

If you come across a toy or an electrical that seems unsafe or doesn't have a CE Mark, don't buy it. Instead, contact The Competition and Consumer Protection Commission (CPCC).

10. RECYCLE AND BE SAFE!

Always dispose of (in your recycling if possible) discarded wrapping paper, plastic bags, ribbons, string, plastic tags, used batteries etc. as soon as they're not needed any more. Make sure younger children don't play with anything that could cause suffocation.





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TOWN TALK



MICHAEL BRENNAN, GENERAL MANAGER, THE EUROPE HOTEL & RESORT, KILLARNEY PICTURED WITH A HOST OF AWARDS THE HOTEL GROUP WON DURING 2016. INCLUDED ARE THE PRESTIGIOUS 'EUROPEAN SPA OF THE YEAR 2016'; BEST OVERALL IRISH HOTEL IN THE NATIONAL HOSPITALITY AWARDS; KEELINGS BEST 5* SPA IN IRELAND AWARD AND THE 'BEST FAMILY FRIENDLY HOTEL IN IRELAND FOR THE DUNLOE. PHOTO: DON MACMONAGLE.

WELCOME HOME DISCO

Christmas is just around the corner and the festive spirit is beginning to consume Killarney and its residents so it's time to dust off those Christmas hats and see who will be rocking around the Christmas tree this year in the Laurels at the famous Welcome Home Disco.

Back by popular demand is the Christmas in Killarney Welcome Home Disco in the Laurel's Bar on the 23rd of December.

The annual pre-Christmas celebration is one of the highlights of the year for locals and visitors alike. It brings friends, family, colleagues and neighbours together for a fun filled night sure to get you ready for Christmas.

It's the perfect time to catch up with people who are home for Christmas, sparking up old friendships and even making a few new ones! Dance the night away to the greatest hits from the 80's, 90's, 00's all your Christmas favourites will be there too on DJ Botty's playlist. We promise you won't be able to leave the dance floor until your feet hurt. Tickets are €10.00 available at the door. Doors Open at 10pm. There is limited capacity at this very popular event, so make sure to get there early to enjoy the jubilant, merry and festive celebrations.

CHRISTMAS DRAW

Don't miss the Owneycree Angling Club grand



THE CHILDREN FROM THE HEGARTY SCHOOL OF DANCING PICTURED AT THEIR CHRISTMAS PARTY HELD RECENTLY.

Christmas Draw and dance this Saturday 17th December in the Killarney Avenue Hotel. Music by Eddie Lee & James Kelliher. Five Christmas Hampers + Door prizes + spot prizes. Admission €10. Everyone welcome !!!

PRES REUNION

The Pres leaving cert class of 1986 will hold their 30 year reunion on Wednesday 28th December at Killarney Avenue Hotel.

Festivities will kick off at 8.45 pm.

Tickets are €10 and will include some festive finger food. They can be purchased on the night, however if you are attending please contact Siobhan on **086 1523801** or email tina.dennehy@hotmail.com so that the organisers can give numbers to the hotel.

NEW CEMETERY GRAVEYARD CHRISTMAS WREATH BLESSING

There will be a Christmas Blessing in the New Cemetery Graveyard on Sunday 18th December at 2pm. Family and friends are invited to attend and to bring along Christmas Wreaths or flowers for blessing.

DON'T BE LONELY THIS CHRISTMAS

Senior Help Line, Ireland's only national listening service for older people will be open every day over Christmas and the New Year from 10 am to 10 pm. We are here to take your call if you are on your own, feeling isolated, worried or would like someone to talk to. Christmas can be a sad time for many people, and in the midst of apparent universal gaiety, some of us can feel alone.

Senior Help Line volunteers are trained older people who understand the ups and downs of life, and are happy to listen, to keep company and to support. LoCall **1850 449 444**, no call costs more than 30 cents.

OPERATION RESUSCITATION

KILLARNEY IS BACK!!

Over 800 people involved in Killarney, with 4 people resuscitated in the year by local people. There will be CPR & AED 2 hour training on the following dates. Jan 7th, Feb 4th and March 4th 2017. €10 per person.

KILLARNEY MEMORY TREE

Located at Holy Cross Mercy School, New Road, the Killarney memory tree is in place again this Christmas. Lights on the Memory Tree can be dedicated to your departed loved ones, and can be organised through the school, the Parish Office, or local outlets

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Killarney

TOWN TALK



NATIONAL GRAND CHAMPIONS OF THE 21CC CHEER LEADING, KILLARNEY SCORCHERS PICTURED AT ST OLIVERS NATIONAL SCHOOL WITH AN ARRAY OF TRIOPHIES FROM 1ST TO 4TH PLACE IN VARYING CATEGORIES RESULTING THE RECENT COMPETITIONS HELD AT GORMANSTOWN CO. MEATH. PICTURE MARIE CARROLL-O'SULLIVAN.

DANCERS CELEBRATE CHRISTMAS

Children from the Hegarty School of dancing recently enjoy a fun christmas party. On the day a special presentation was made to Scott O'Meara and Tara O'Sullivan to mark their huge achievement in qualifying for the World Championships at Easter. Along with 8 hand teams from the Hegarty Academy, Tara and Scott will be competing in solo competitions. To qualify for the World Championships is a 'dream come true' says Tara. The whole Academy is behind them and cheering them all the way to Citywest at Easter.

KÍLA IN TOWN

Killarney to be treated with performance from Kíla this month. The renowned, talented Irish folk music group Kíla will be visiting Killarney this month after they announced their winter tour. The group will be visiting the INEC's Acoustic Club on December 30th. The brilliant band have now place Killarney on their list of annual concerts to celebrate an eventful year of incredible concerts both abroad and at home. It is not a chance to be missed, the groups formed in 1987 and have collaborated with such groups as U2, the Dubliners and Glen Hansard.



A GROUP TROPHY HUG FOR KILLARNEY SCORCHERS L-R NICOLA MCCARTHY, ALANNA LOUGHNANE & ALLIE BOWLER AT ST OLIVERS NATIONAL SCHOOL ON RETURNING FROM RECENT COMPETITIONS AT GORMANSTOWN CO. MEATH. PICTURE MARIE CARROLL-O'SULLIVAN.



LISA AND MAUREEN HEGARTY MAKE A SPECIAL PRESENTATION WAS MADE TO SCOTT O'MEARA AND TARA O'SULLIVAN TO MARK THEIR HUGE ACHIEVEMENT IN QUALIFYING FOR THE WORLD CHAMPIONSHIPS AT EASTER.

Tickets for the show are now available from the INEC box office and are set to cost €20, doors open at 8pm.

KILLARNEY SCORCHERS CHEER TO VICTORY

Killarney cheerleaders showed off their silverware last Thursday, December 8, at their awards evening in Ballycasheen School. The Killarney Scorchers recently dominated at the national '21st Century Cheer leading Championships.'

The growing sport is proving popular in Killarney with a lot of talented members, the club finished first in three competitions and took home two second place trophies and one for fourth. The Scorchers were one of the best teams competing in the prestigious competition and were awarded with the Grand Cheer Championship and the Grand Dance Championship. Megan Brosnan a member of the club even was awarded with the coveted cheerleader of the year award 2016.

All the cheerleaders and their instructor were delighted with their recent success. Club members represented Ireland at the World Championships and we brought numerous awards back to the Kingdom.

AN EVENING WITH BRIAN KENNEDY

Singer songwriter Brian Kennedy returns to Killarney on Friday, January 20 to perform in the luxurious surrounds of The Brehon.

This intimate, cabaret style performance will take place in the plush Brehon Suite and a special pre-concert menu is available in Danú Restaurant.

Tickets cost €20

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RATHMORE/ GNEEVEGUILLA NEWS

by Michael O'Mahony

DUHALLOW BUSINESS AWARDS: Billy Mangan (Corkman Sales Executive) presenting the Best Start-Up Company Award to Ann McEnery, Rathmore Townland (McEnery Bespoke Framers and Conservation). Maura Walsh (CEO of IRD Duhallow) presenting the Creative Industry Award to Paddy Buckley of Buckley Ironworks, Gneeveguilla. Congratulations to both Business on they awards recently.

CUMMAN LUACHRA: The 17th year of the Sliabh Luachra Journal 17th edition is on sale now €12.

RE-DEDICATION OF GNEEVEGUILLA CHURCH: Bishop Ray Browne will celebrate Mass. Fr Pat McCarthy will speak at the Mass re-dedicated of Gneeveguilla Church on this Saturday 17th December at 7.30pm followed by light refreshments in GAA Hall. (Please note that Mass at 10am on Sunday 18th December will be in Knocknagree.)

2017 PARISH CALENDAR: A very special parish calendar will be available this weekend. They will be delivered to every home with the parish envelopes. It promises to be a nice surprise!!!!

NEWS: Cllr Maura Healy Rae is glad to announce that she has allocated €5,000 euros from her councillors Allocation to support the Gneeveguilla Town & Village Renewal Scheme, works will include resurfacing of carpark, undergrounding of pipes and cables and provision of new footpaths.

COLLECTIONS: Recent Diocesan Collection The Diocesan Youth Services collection held recently raised €905. Your generous support is greatly appreciated.

KERRY SAMARITANS: Church Gate Collection: Will take place on Christmas Eve and Christmas Day at all Churches throughout Kerry. Your generous support will help them to provide continued help and emotional support to all who call them and the community.

WEDDING BELLS: Congratulations Greta Breen Leamyglissane, Gneeveguilla and Eoin Brennan, Piltown, Co, Kilkenny who got married recently in the Church of the Holy Rosary Gneeveguilla. The Reception was held in the Brehon Hotel Killarney. Wishing you both every happiness in the future.

RIP: Sympathy to families & firends of Catherine Lehané (née Sullivan) Rock Park Avenue, Tralee, Rathmore. Cornelius (Con) Rahilly, Gardiners Hill, Cork City, & Rathmore. May they all rest in peace.

WISHES: Best of luck to Rathmore & Kerry star Aidan O'Mahony who will be on Dancing with the stars which includes hosts Amanda Byram and Nicky Byrne by RTÉ Air in January 2017.

WISHES: Former Rathmore & Kerry All-Ireland winner Declan O'Keeffe has been appointed as Roscommon's new goalkeeping coach.

The two-time All-Ireland medallist and ex-Ireland International Rules netminder joins Kevin McStay's senior set-up for the 2017 season and will have an input into the entire team preparation we all wish him well in new role.

CON HOULIHAN MEMORIAL CONCERT: The annual Con Houlihan Memorial Christmas Concert will take place on this Saturday night December 17th. Tickets are €20 and should be purchased in advance. Tickets are €25 on night from The River Island Hotel @ 066-7142555 or by calling 087-6870581. Doors open at 7.30pm on the night and the concert kicks off at 8pm. Follow us on Facebook at 'Con Houlihan Memorial Concert' and be in with a chance to win free concert ticket

STRICTLY COME DANCING: Rathmore Ladies & Mens GAA took place in the INEC on Thursday 8th of December. The winners were John Burns Boherbue Co Cork with Elaine O'Leary Knocknagree Co. Cork picked by judges, and Arthur Moynihan Bridge Bar Rathmore with Sheila McCarthy Rathbeg Rathmore, picked by Audience by votes.

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

FOSSA NOTES

FOSSA GAA: LOTTO: Numbers drawn were 2, 6, 8, 19. There was no jackpot winner and the €40 consolation prize winners were Denis O'Donoghue, 78 St. Brendan's Place, Donal Doherty, Spa, John Allman, Rockfield Furies, Cliona O'Sullivan, Knockasartnett and Denise O'Sullivan, c/o Kaynes Bar. The meat voucher winners were Liam and Darragh Brosnan, Swinemount, Furies and Marguerite Herlihy, 17 Innisfallen, Bellview Woods. Next weeks jackpot will be €12,000. 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.

CLUB SOCIAL: To celebrate a fantastic and hugely successful year for Fossa GAA Club, we will hold a club social on December 27th in the Killarney Avenue Hotel. Tickets will be available over the next couple of weeks and are priced at €25. More details will be posted over the coming weeks.

CONGRATS: Congratulations to David Clifford who has been announced as Munster Minor Footballer of the Year for 2016. This is yet another prestigious award for David who has had a tremendous year on the field of play and is a fitting tribute to a player who has done his family and his club proud.

CLUB GEAR FOR CHRISTMAS: If anyone wishes to order Club gear for Christmas, can you please contact Rhona Buckley on 087 6685952 asap, she needs to place the orders very shortly with O'Neill's as there is quite a long delivery time, especially at this time of year.

FOSSA/TWO MILE COMHALTAS: The Comhaltas music session due to be held in the Travel Inn, Fossa on Saturday 17th December has been postponed until the New Year. Details will be given closer to the new date.

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

soon as possible.

KILLARNEY LIBRARY: Athbheochan na Gaeilge & 1916 exhibition will be displayed at Killarney Library from Wednesday 7th - Friday 23rd December during library opening hours. Developed by Conradh na Gaeilge and portraying Irish History from Famine times through to 1916, it forms part of the 1916 Easter Rising commemorations.

FOSSA YOUTH CLUB

Fossa Youth Club are holding a bingo night on this Friday 16th December at 8pm in Fossa Community Centre. Books €5. Funds go to Fossa Youth Club and a Defibrillator for the community. Raffle at break. Everyone welcome.

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





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BEAUFORT NOTES

BEAUFORT HISTORICAL ARCHIVE: The hunt is still on for the lyrics to the song The Boys of Meanus which was written many years ago by a Jer Hartnett from Meanus himself. The song seemingly deal with the people of note who lived in Meanus in the 30's or so. Like Butty and Fly Sugrue, John Mangan, Doyles, O'Neills etc.,

Another song needed is the old composition of the Kilgobnet Biddy.

A little question for you. Where were you on 5/2/1987 & 4/2/1988 . A hint being Biddy !!! So instead of fighting over the turkey drumstick or the wishbone on Christmas Day, have a discussion as to your whereabouts on the above dates. All will be revealed after the festive season.

Beannachtaí na Féile agus Nollag faoi shéan is

faoi mhaise diobh go léir.

Thomas O Sullivan, BHA Beaufort. 0879807122 kerryonwalking@gmail.com

SEASONS GREETINGS: Sincere thanks from Beaufort Pioneer Council to everybody who supported events during the past year. Special thanks to those who subscribe to the Pioneer Magazine. A very Happy Christmas and a Prosperous New Year to everybody.

GLENFLESK NOTES

GLENFLESK LOTTO: No winner of the lotto which took place in John Dans Bar on 05/12/16 Jackpot - €3,000.

1. Florrie Riordan Annaghmore (Yearly ticket).
2. Denis & Caroline Murphy Killaha (sellers prize) Yearly Ticket.
3. Noel Lucey Curraglass.
4. Margaret Kelliher Carraigeen.
5. Bernie O'Shea, Barraduff.

The next draw will take place in Spillanes Bar on 19/12/16 and the Jackpot is €3,200.

SCOR NA NOG: Our junior ballad group took part in the Munster semi final of Scor na nOg in Cashel on Sunday last. Representing Glenflesk

and Kerry were Alicia Cronin, Alison Cronin, Aileen Healy, Marve Tangney and Sinead Gleeson. Well done to the girls who are through to the Munster Final in Ovens on the 8th of January.

GLENFLESK CLUB MERCHANDISE: Club merchandise is on sale at the Hall every Monday before Christmas while stocks last. You can contact Martina Dineen for more information at 0872381597.

CHRISTMAS CHOIR: Choir practice for Christmas Eve Mass in Clonkeen, is on Friday 16th of December in Clonkeen Church. All singers and musicians very welcome.

LET YOUR BALLS SPILL ON BARRADUFF

HILL: The first ever Glenflesk GAA golf ball race will take place in Barraduff on St Stephens Day 2016 at 1pm. Contact any Glenflesk senior player to buy a ball for €5 or three for €10 and if your ball reaches the bottom of the old school hill first you can win some great prizes!

RAHEEN N.S. Congratulations to Gerard Warren who had the winning lotto no.43 on Saturday the 11th of December

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

KILCUMMIN NEWS

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

KILCUMMIN N.S. PARENTS ASSOCIATION Memory Tree will be lit on December 15th. Lights dedicated to your loved ones. They are available to buy from the Post Office, Rural Development Office, The Friary Office, School & Parents Association at a cost of €10.

CHRISTMAS WREATHS FOR SALE: Christmas Wreaths (Grave & Door) for sale or pre-order and collect in Kilcummin Recreational Hall on the weekend of the 17/18 December after 7.30pm & 11.15am Mass. Grave Wreaths €10 & Door wreaths €13. Contact Mary at 087 6447536.

COMHALTAS: KILCUMMIN CHOMHALTAS

BRANCH: Would like to thank all singers, musicians and dancers who performed at Heatherlee Nursing Home and Our Lady of Lourdes Care facility last Saturday. Míle Buíochas.

MUSIC GROUP: Kilcummin Comhaltas are presently inviting young musicians to contact us if they are interested in joining a music group within the Branch. This will be an ideal opportunity for young people to perform together at either competition or social events. Please contact Irene at the Rural Development Office if interested.

RAMBLING HOUSE: Kilcummin Rambling House will be open for its Christmas Special on Friday 16th December from 8.30pm. All welcome Fáilte isteach, Kilcummin Rambling House is supported by Kerry County Council's Arts Office.

SLIABH LUACHRA JOURNAL: The 17th edition now available in Kilcummin P.O. Price €12.

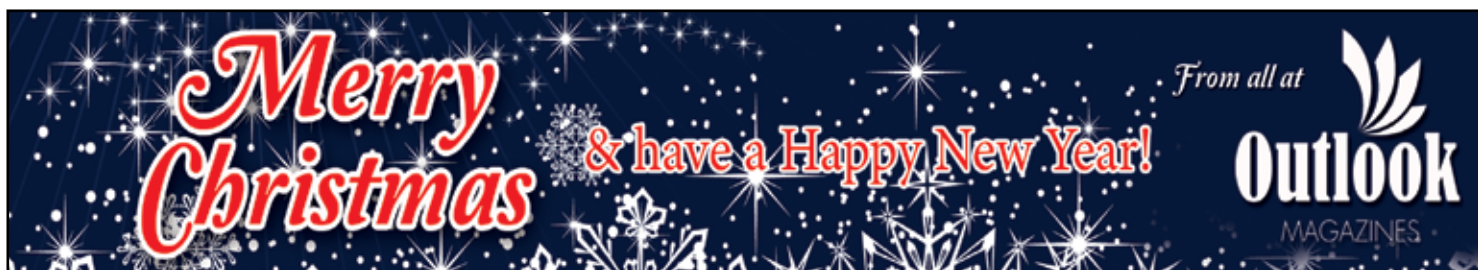
COMMUNITY GAMES: If you are interested in taking part in the following-under 12 solo music, solo singing, group music, & group singing. Under 16 solo music, solo singing,

group music and group singing, please contact Maria on 087 4619954 as soon as possible.

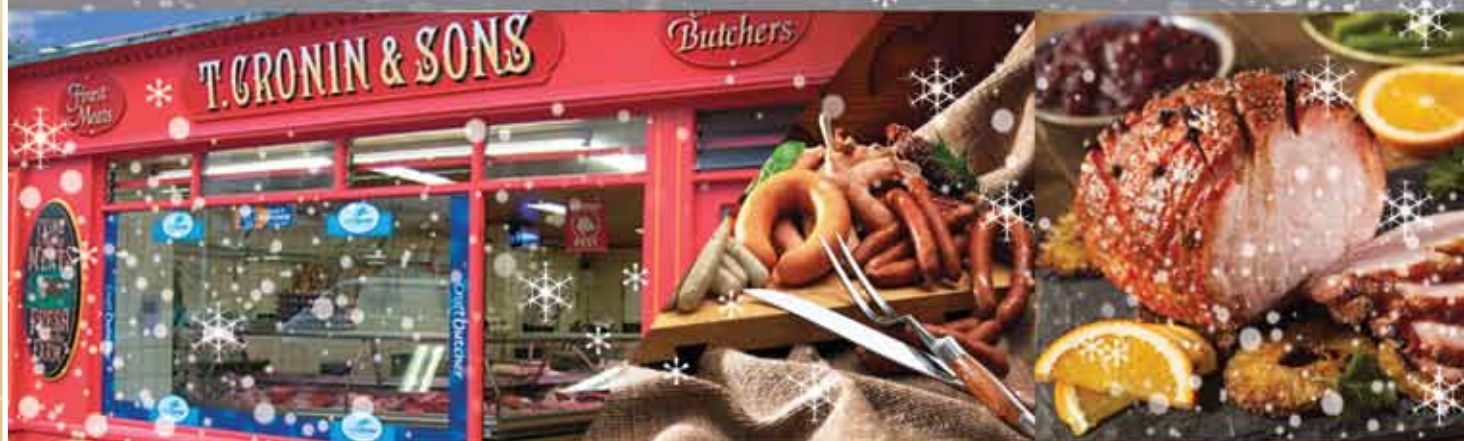
SPECIAL SEISIÚN: There will be a special Seisiún in Bruach na Carraige Rockchapel, on Friday the 16th of December, starting at 8.30pm. The proceeds from this Seisiún will go to assist our concertina player and traditional dancer Sarah O'Keeffe, who is travelling to Siliguri in India. She is part of a group from Mary Immaculate College in Limerick who are volunteering to work with abandoned children with mental and physical disabilities, in Sister Francesca's Flame of Hope home. Your support for this worthy project would be much appreciated.

KILCUMMIN GAA

RAMBLING HOUSE: The Kilcummin Rambling House are inviting all singers, musicians, dancers and storytellers to come along and join them for a special on Friday 16th December from 8.30. As a special treat we are delighted to invite Kilcummin Drama Group on this occasion. Refreshments will be served and a raffle will also be held on the night. Tae braic agus craic, Fáilte isteach. Kilcummin Rambling House is supported by Kerry Co Co Arts Office.



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 Black Water Sound Ballroom 10pm

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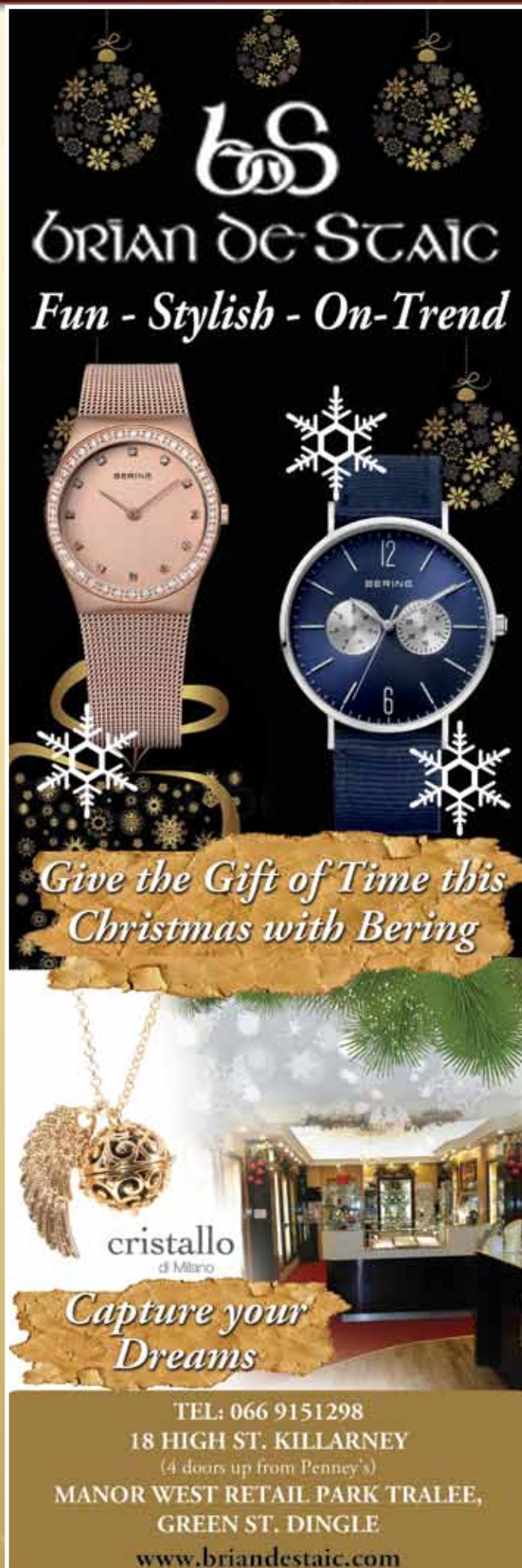
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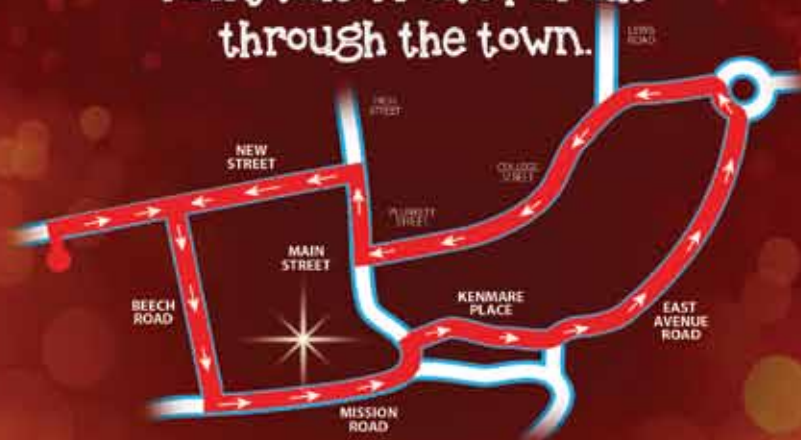
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FROM €209 PER ROOM



2ND JAN BRENDAN SHINE

JAN
€15

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FROM €99 per room

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FROM €129 PER ROOM

JASON BYRNE



27TH JAN
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G I B&B & TICKET
FROM €165 per room

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5TH JAN DICKIE ROCK

JAN
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FROM
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11TH - €220.60
12TH - €180.60

1 B&B
FROM
11TH €180 PER ROOM
12TH €109 PER ROOM



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**18TH
MAR**
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TOMMY FLEMING

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& TICKET**
FROM €139 per room PN
(min 2 nights)

1 B&B
FROM
€179 PER ROOM



**25TH
MAR**
€27.90

SAW DOCTORS

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GAVIN JAMES



**18TH
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**15TH
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**25TH
APR**
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FITNESS EXPERT EDELE DALY GUIDES YOU TO A FIT AND HEALTHY NEW YOU...



CREATE A CALORIE DEFICIT

I always say to my clients give yourself 6x weeks until they see any notable differences. Each one of us is different, and sometimes these changes are not visual. Here is a list of the other benefits you should focus on in the first 6x weeks apart from just weight loss and the scales

- Just simply feeling better about yourself because you are sticking to the plan
- Increased energy at work, Home and play
- Positive Habit changes that you can be proud of, weekly exercise and healthy eating choices
- More confidence in exercising
- Improved exercise technique
- Improved strength
- Able to get up the stairs easier without gasping for air
- Better sleep
- Improved moods
- Healthier eating habits which will have long term health benefits
- Decrease in the amount of "down days" as exercise ignites the happy hormones

So next time you feel like giving up, please stop, take a moment to reflect on why you started this and remind yourself of the prize!!!! A new happier, healthier, fitter you!!!! And I promise you won't be disappointed. Focus on all the other positive changes that are taking place besides how u look or weigh.

MORE TIPS NEXT WEEK...

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OUTLOOK FASHION PILE ON GOOD ACCESSORIES



Before bed, pour two or three tablespoons of baking soda into sweaty workout sneakers and tilt the shoe to distribute the soda evenly. This will eat any odour and absorb perspiration.

HEALTH TIP

LIMIT YOUR SUGAR INTAKE. If you can't have things unsweetened go for sugar substitutes. These things are just as sweetening but are certainly not fattening.



Beauty tip

Red Lips

When you wear a red lip it's important that it stays exactly where you put it. Using a long wearing lip pencil to create the perfect shape and a lip color are key to having a perfect red lip.

EDELE'S HIIT HOLIDAY WORKOUT



Do the first set of exercises for 1 minute each. Rests 30 seconds, then do each exercise in the set again for 30 seconds. Rest 30 seconds, then move onto the next set. Finish with 2 minutes of stretching, for a total of 30 minutes.

- Set 1 - Squats + Mountain climbers
- Set 2 - Alternating Backwards lunges + Oblique plank twists
- Set 3 - Lateral jumps + Push ups
- Set 4 - Jumping Jacks + Plank Hold
- Set 5 - Alternating Curtsy Lunges + sit ups
- Set 6 - Plank Jacks + Bicycle Crunches
- Set 7 - Jump squats + Burpees



EDELE'S 10 TIPS FOR A HEALTHY HOLIDAY SEASON

1. Load your plate with Healthy options
2. Wait 15 minutes before getting seconds
3. One sip o water between each bite
4. Leave the table as soon as everyone is finishes eating
5. Don't forget to EXERCISE!
6. Skip liquid calories, stick to water & tea
7. Portion Control- use a smaller plate, limit to one bite only, and pack for leftovers before you begin eating.
8. DO NOT go to an event hungry! Starving yourself in anticipation for more calories will result in binge eating!
9. Eat sloooooowly!
10. Limit extras like butter, mayo, stuffing and gravy



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- TMJ pain and dysfunction
- Low back pain
- Piriformis Syndrome/Sciatica
- Headaches and more

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30 Minutes Relaxation Time to enjoy freshly prepared ginger tea and fruit
Relax and Enjoy a Light Lunch served in THE BREHON BAR

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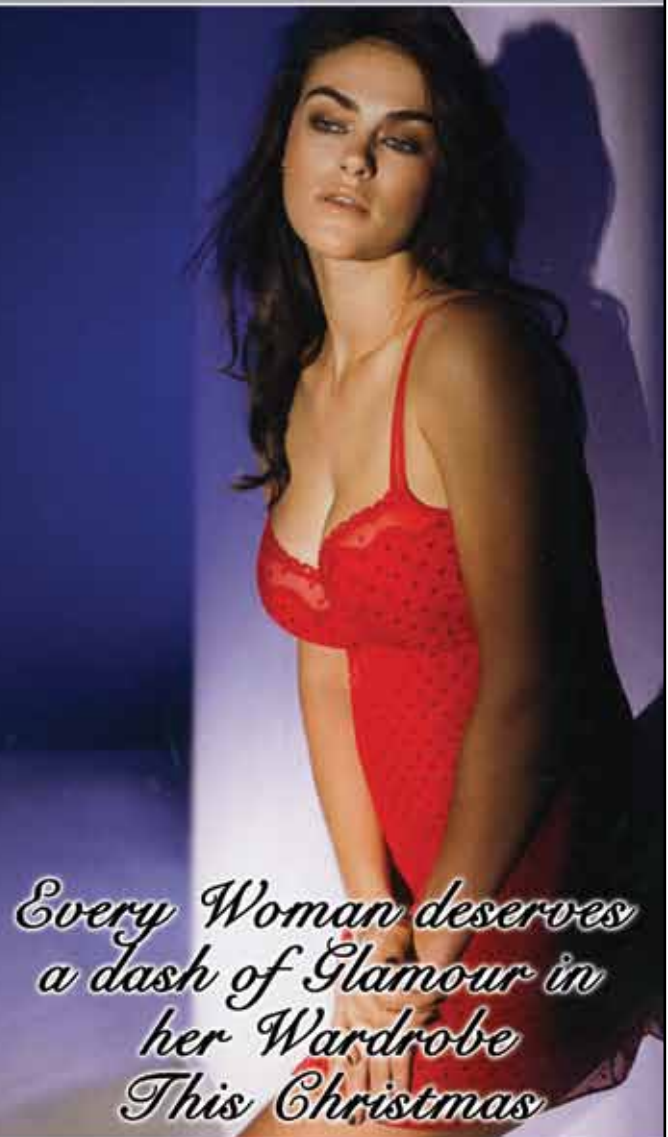


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Jimmy Galvin MISCSP MCSP

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PGdip. EXERCISE AND SPORTS MEDICINE

Chartered Physiotherapist

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Donal O'Sullivan MISCSP MCSP

MSC. PHYSIOTHERAPY
BSc. ATHLETIC THERAPY AND TRAINING

Chartered Physiotherapist

Approved by all major Health Insurance providers.

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OSTEOARTHRITIS

'Have you found your knees become stiff and painful over a period of time?'

One possible cause may be **OSTEOARTHRITIS (OA)**. OA is a chronic localized joint disease and a leading cause of musculoskeletal pain and disability. Arthritis Ireland report that approximately 915,000 people in Ireland live with arthritis, with OA the most common form of this condition. It is projected that this number will rise significantly in the coming years due to population aging, increasing obesity and inactivity. The knees are the most common weight bearing joints that are affected but it can occur at almost any joint including the hips, shoulders, back and small bones in the hands and feet. The disease process involves the **WHOLE** joint (cartilage, bone ligament, muscle). Pain is the most common symptom but can be accompanied by joint stiffness, instability, swelling and muscle weakness. These can affect one's ability to climb stairs, walk or complete household duties. Currently there is no CURE for OA with total knee or hip replacements the most common outcome for advanced stages of OA. Fortunately there are preventative measures which can be taken to delay or even prevent reaching this stage!

EXERCISE is regarded as the corner stone of conservative management for the disease. Regular exercise can improve physiological impairments associated with OA including: muscle strength, joint range of movement, balance and overall cardiovascular fitness. Other benefits include improvements in mobility, decreased risk of falls, weight, mental well being and metabolic abnormalities. Muscle strengthening is one of the main components in exercise regimes to alleviate painful symptoms.

PHYSIOTHERAPISTS are ideally positioned to prescribe home and gym-based exercise programs tailored to the severity of the client's condition and environmental circumstances. Most exercises can be completed without the use of equipment in the comfort of your own home. There is a large body of evidence demonstrating the beneficial clinical effects of exercise in people with lower limb OA varying in severity from mild to severe. Adherence to physiotherapy-based exercise programs are associated with better patient outcomes both for pain and physical function.

Donal O'Sullivan MISCSP

BSc Athletic Therapy and Training, MSc Physiotherapy

Spiritual Intuitive Energy Healer

Trisha Moloney



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

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

Angels only philosophy is love.

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

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

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f t i



MAKE IT A MEANINGFUL CHRISTMAS!

This time of year means different things to different people. While many will be celebrating the festivities others also may be in a very different space. I am always aware that underneath the bright lights and the copious amounts of TV adverts promoting the "perfect" Christmas, that many people will be feeling very alone at this time of year. I write this piece with this very much in mind. Christmas (like many other celebrations) is a time of meaning. However, it is the meaning that Christmas has for YOU that is important. For some it's the religious aspect that shines brightly, for others it's a time of parties and time spent with family. For some it may mark an anniversary of a loved one's passing and for others Christmas has no symbolic or religious meaning at all. What really matters is what YOU make this time of year mean to you.

CHRISTMAS COACHING TIP

It's so easy to get caught up in the "should's" and "must haves" of Christmas and a good way of stepping back from this is to ask yourself what this time of year means for you? What is REALLY important to you and what MATTERS? What are the feelings that you most desire to feel this time of year? Name at least four feelings that you would like to embody most. You may desire to feel happy, peaceful, rested, connected, healthy, loving, giving, calm etc. Make it your mission to create these feeling states as often as you can throughout this time – give them priority!

We cannot often control what happens in life, however we can always choose our response to any event or situation. Choose the feelings that bring you joy and allow yourself to sparkle throughout the winter season.

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a Happy Christmas and
a prosperous New Year



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Its beginning to look a lot like Christmas



SANTA AT KILLARNEY OUTLET CENTRE.. VISITING SANTA CLAUS IN HIS CHRISTMAS CABIN AT KILLARNEY OUTLET CENTRE LAST WEEKEND WAS DENIS HARRINGTON. SANTA WILL BE AT THE KILLARNEY OUTLET CENTRE AGAIN THIS WEEKEND. PICTURE: EAMONN KEOGH



SANTA ARRIVES WITH HIS COLOURFUL PARADE ON HIS SLEIGH TO MUCH APPLAUSE FROM CHILDREN AND ADULTS ON MAIN STREET, KILLARNEY AT THE WEEKEND. PHOTO DON MACMONAGLE.



L-R DAVID & BRIAN FLEMING ENJOYING THE CHRISTMAS IN KILLARNEY PARADE ON FRIDAY EVENING. PICTURE MARIE CARROLL-O'SULLIVAN.



SANTA AT KILLARNEY OUTLET CENTRE.. VISITING SANTA CLAUS IN HIS CHRISTMAS CABIN AT KILLARNEY OUTLET CENTRE LAST WEEKEND WAS CEARA SCANLON WITH CHILDREN LOTTIE AND MAX MOYNIHAN.



A HIGH FIVE TO DONALD DUCK AT THE TURNING ON OF THE LIGHTS PARADE ON FRIDAY EVENING. PICTURE MARIE CARROLL-O'SULLIVAN



SANTA AT KILLARNEY OUTLET CENTRE.. VISITING SANTA CLAUS IN HIS CHRISTMAS CABIN AT KILLARNEY OUTLET CENTRE LAST WEEKEND WERE GERRY O'LEARY AND CIAN O'SULLIVAN.



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

Christmas..... Everywhere you go.....



SANTA ARRIVES ON HIS SLEIGH TO MUCH APPLAUSE FROM CHILDREN AND ADULTS ON MAIN STREET, KILLARNEY AT THE WEEKEND. PHOTO DON MACMONAGLE.



SANTA ARRIVES WITH HIS COLOURFUL PARADE ON HIS SLEIGH TO MUCH APPLAUSE FROM CHILDREN AND ADULTS ON MAIN STREET, KILLARNEY AT THE WEEKEND. PHOTO DON MACMONAGLE.



SANTA AT KILLARNEY OUTLET CENTRE.. VISITING SANTA CLAUS IN HIS CHRISTMAS CABIN AT KILLARNEY OUTLET CENTRE LAST WEEKEND WAS FAYE GRIFFIN.



DENISE AND DAN FITZPATRICK, KNOCKNAGREE, WITH CHILDREN RITA, MAIRE, DENIS, SHONA, DANIELLE, NIAHM AND CARA FITZPATRICK MEETING SANTA CLAUS IN KILLARNEY OUTLET CENTRE AT THE WEEKEND.



ONE SANTA'S MANY HELPERS ON FRIDAY EVENING, KEEPING A WATCHFUL EYE AT THE CHRISTMAS IN KILLARNEY PARADE. PICTURE MARIE CARROLL-O'SULLIVAN.



TREVOR, LAURA AND JAMES RYAN MEETING SANTA CLAUS IN KILLARNEY OUTLET CENTRE AT THE WEEKEND.



VISITING SANTA CLAUS IN HIS CHRISTMAS CABIN AT KILLARNEY OUTLET CENTRE LAST WEEKEND WERE DAVID, KAYLEE, ALAN AND MELISSA O'LEARY WITH PARENTS MAEVE AND AENEAS O'LEARY, RATHMORE.

DANNY HEALY-RAE TD



CLLR MAURA HEALY-RAE



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Every Saturday 11.30am.

Last Friday of the month

Scartaglin at 8.15pm. Castleisland: River Island Hotel at 9.30pm and Kearneys Bar at 10pm. Cordal Hughes Bar 10.45pm.

3rd Monday of the month

Walshes Bar Knocknagoshel 9.30pm & Flanagan's Bar Brosna 10.30pm.

CONTACT:

dhealyrae@gmail.com - 0872316055

maurahealyrae@gmail.com - 0877816432



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IS YOUR VEHICLE WINTER-READY?

You should get your car serviced before winter sets in to make sure it is ready for the conditions which will undoubtedly arrive when least expected! There are some things you can do yourself:

LIGHTS - Make sure all your indicators and headlamps are clean and working

Liquids - Make sure the water reservoir is up to the maximum mark and correctly mixed with anti-freeze. You may also need to top up your coolant and screen wash

Oil - Check your dipstick and top up the oil if necessary. Look for signs of leakages on the ground under the car

Electrics - Check your dashboard before and after starting the engine. Listen for a weak battery and replace if necessary

Windscreen wipers - you should clean them regularly and replace them every 12 months

Tyres - Check your tyre treads and pressure, including the spare. While the minimum legal limit is 1.6mm, a minimum tread of 3mm is advised for winter driving

Safety Assist - Check your vehicle's owner's manual and find out if it has any safety assist technology e.g. ABS

BE PREPARED - EMERGENCY EQUIPMENT TO HAVE IN YOUR CAR

- High Visibility Vest
- A hazard warning triangle
- A torch with batteries - check it monthly
- Tow rope
- A shovel
- Jump Leads
- A Fuel Canister
- Spare fuses and bulbs
- De-icing equipment (Both for glass and door locks)
- First aid kit
- A Map or GPS (Charged)
- Appropriate clothing and footwear in case you have to leave your vehicle
- Have a charged mobile phone
- Some simple supplies to sustain yourself (drink and food)
- Planning a journey in winter



- Do you really have to travel by car? You could:
- Consider delaying your trip until the weather and road conditions improve
- Use public transport where available

IF YOU REALLY HAVE TO TRAVEL BY ROAD, BE PREPARED FOR SEVERE CONDITIONS

Ensure your vehicle has a more than adequate supply of fuel for the journey. If possible keep your fuel tank full in winter

Check your emergency equipment

Allow extra time and drive with caution. Let someone know your route and when you expect to arrive

Check to see if there are any problems on your intended route before you leave. Information is available from the National Roads Authority, (NRA) website www.nrtraffic.ie and you can follow them on Twitter @NRATraffic. You can register with the NRA to receive email alerts for a chosen journey, and there is also an NRA app available to registered users

You could also check the AA Roadwatch website www.aaroadwatch.ie or follow them on Twitter @aaroadwatch. Listen to TV or radio bulletins and check the weather forecast. Remember that the best road conditions are likely to occur between 10am and 4pm

If you do not know your route, and are using

SatNav/GPS, be sure it does not bring you over a dangerous route, such as across mountainous terrain or along narrow back-roads, which may be hazardous due to snow and ice. e.g. Sally Gap, Co Wicklow or Barnesmore Gap, Co Donegal. Do not rely totally on a SatNav/GPS, look at your route on a map

DRIVING IN HAZARDOUS CONDITIONS REMEMBER THE FOLLOWING SERIOUS HAZARDS:

Snow and ice will always be worse in mountainous areas and higher ground – try to route around such places. There is information about road conditions and road temperatures on www.nrtraffic.ie

Beware of high sided vehicles in strong winds, particularly when over-taking. If you are driving a high sided vehicle try to anticipate exposed sections of roadway where winds will be stronger

Beware of fallen trees or other debris

Leaving your vehicle is dangerous, wear a high visibility jacket and use your hazard lights to enable other traffic to avoid collision with your vehicle. However, on a motorway, it is safer to get out of your car and stand behind the safety barrier. Call for assistance immediately.



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DAVID CLIFFORD ACCEPTING THE MUNSTER MINOR FOOTBALLER OF THE YEAR AWARD FROM MUNSTER GAA CHAIRMAN JERRY O'SULLIVAN AT THE 2016 MUNSTER GAA AWARDS HELD ON SATURDAY LAST AT THE ROCHESTOWN PARK HOTEL CORK.

GNEEVEGUILLA GAA

GNEEVEGUILLA GAA LOTTO NUMBERS

: 9,13,15,18. No Jackpot winner next weeks jackpot €7,250.

€40 Marian O'Keeffe Bounard.

€40 Joe & Catherine Cahill.

€40 Damien & Mark Cronin Tureenamault.

€30 John & Norma O'Leary Knocknagree.

€30 Joan Cronin Kilcummin.

€20 Melissa O'Leary Yearly ticket.

GNEEVEGUILLA GAA CLUB

MERCHANDISE: Will be on sale Monday at 9pm in the Club Bar. Monthly meeting Tuesday at 9pm. Thanks to those who volunteered last Sunday for our very successful bucket collection. Knock 31 continues every Wednesday night in the Club Bar. Gneeveguilla Gaa would like to wish all club members a very happy Christmas

EAST KERRY NOTES

WITH ÁINE NÍ SHÚILLEABHÁIN PRO EAST KERRY U21 CHAMPIONSHIP A SEMI FINAL:

DR CROKES 2-11 RATHMORE 1-06:

On Sunday last, the East Kerry Under 21 A Championship reached the Final stage when Dr Crokes came out on top against Rathmore in the semi final. Played in Dr Crokes club grounds, the first half was a close affair but Dr Crokes pulled away in the second half and progressed to the final against neighbours Spa with a convincing display. It was tit for tat in the first ten minutes. Micheál Burns opening the scoring with a point from play and Brian Friel quickly replied. The sides traded points, David Shaw, Dr Crokes and Shane Ryan for the visitors – 2 points a piece after ten minutes. Dr Crokes dominated the the next 5 minutes, and a brace of points from the boots of David Shaw and Jordan Kiely, was

followed by a well worked goal when Jordan Kiely turned over the ball and made no mistake rattling the Rathmore net. Dr Crokes led 1-4 to 0-2 going into the second quarter. Both sides created goal chances. A Dr Crokes rasper just skimmed wide while Rathmore hit the upright and the rebound came out and was cleared. Dr Crokes pressed for goal only to have the ball cross the goal mouth and trail just wide. The sides traded points (Jordan Kiely pointed free and Shane Ryan from play for the visitors) 1-5 to 0-3 on the 26th minute. Rathmore then had the better of the play. The visitors won the kick out passed to Shane Ryan, who rounded the Dr Crokes defence and gave the goal keeper no chance netting the ball – 1-5 to 1-3. A Tommy Sheehan point from play was followed immediately with a Mark Ryan point and the sides were level as the half time whistle approached. A nice David Shaw point gave Dr Crokes the lead by the minimum at the break: Dr Crokes 1-6 Rathmore 1-5. On resumption, Rathmore levelled the game with a Shane Ryan pointed free on the 35th minute but a well worked Jordan Kiely goal on the 37th minute gave Dr Crokes a lead they did not relinquish. Rathmore pressed forward and were denied a goal with a great save by the Dr Crokes goal keeper, Johnny O'Leary on the 39th minute. In the remainder of the half, Dr Crokes turned defence into attack and notched up a further 5 points without reply to progress to the final on a full time score of Dr Crokes 2-11 Rathmore 1-06. Referee: Denny O'Sullivan (Scartaglen). The East Kerry U21 A Championship Final Spa V Dr Crokes is fixed for Sunday 18th December at 1.30pm. Neutral Venue TBC.

DR CROKES TEAM: Johnny O'Leary, David Naughton, Brian Fitzgerald, Creagh Courtney, Darren O'Doherty, Jack Griffin, Sean Coppinger, Paul Clarke, Micheál Burns (0-2), Micheál Casey (0-2), David Shaw (0-4), Chris Doncel, Mark O'Shea, Jordan Kiely (2-3;2f), Lurnece Bynes Subs: Mark Arnott, Aaron Murphy, Jason O'Leary, Lorcan Mac Monagle.

RATHMORE TEAM: TJ Friel, Padraig Callaghan, Micheál Mahoney, Damian Cronin, Brian Crowley, Killian O'Connor, Tommy Sheehan (0-1), Mark Ryan (0-1), Tadhg Mahoney, Brien Friel (0-1), Dean Fitzgerald, Patrick Callaghan, Mark Nagle, Shane Ryan (1-3;1f), Cian Jenkins Subs: Cillian O'Sullivan The winner will play Spa in the 'A' Final, on the 18th December at a Neutral venue, TBC. With throw in at 1.30pm.

MUNSTER SEMI FINALS SCÓR NA NÓG: Well done to all the Kerry Participants in the Munster Semi Finals of Scór na nÓg last Saturday on great performances. Best of luck in the Munster finals in Ovens Co Cork on Sunday the 8th January 2017 particularly to those who progressed from from East Kerry: Spa – Figure Dancers and Set Dancers; Glenflesk – Ballad Group and Furies – Recitation.

DATE FOR THE DIARY: The East Kerry Convention will take place on Thursday the 19th January 2017.

BEAUFORT GAA NOTES

BEAUFORT U16S: Sponsored by Killarney Credit Union lost out to the combination team of Glenbeigh/Glencar/Cromane on Sunday in Glenbeigh in the Mid-Kerry B Final. Beaufort never really got going in this game and were behind 1-3 to 1-7 at half-time with Beaufort's goal coming from Darragh Dennehy. G/G/C dominated around the middle and drove on from there. They led 1-16 to 1-7 on 23 minutes, Two late goals from Ian McGillicuddy and Jason Coffey Hallissey gave Beaufort a brief hope of a comeback but a late point by the homeside ensured victory. Ciaran O'Sullivan playing in a new role at centre-forward and John O'Connell were Beaufort's stand out players.

BEAUFORT SENIORS: Sponsored by Maurice Foley of MF Decorating are looking forward to the Mid-Kerry Final which takes place in JP O'Sullivan Park, Killorglin on Sunday next at 2pm. Plenty support is needed and we wish the team and management the best of luck. This in Beaufort's first appearance in a final since 2007. The Club would love if members showed their support by putting out flags in the village and throughout the Parish.

LOTTO: Results of Sunday, 11th December for jackpot of €2,600. Numbers drawn: 1,13,23,25. No jackpot winner. Consolation Prizes: €80 Catherine Raymond, c/o Denis. €50 each Holly Joy, Caherciveen, Richard Dando, Coolmagort, Conor O'Sullivan, Cappaganeen.

CHRISTMAS HAMPERS: Louis Hanafin, c/o Inn Between, Margaret Galvin, Beaufort, Kerry Coffey, Killarney and William and Grace Joy, Dunloe. Bottles: Jennifer Kissane, Cappaganeen, Gerard Doyle, Carnahone and Australia and Sonya Butler, Beaufort Valley. Next draw for jackpot of €2,800 will be in Kate Kearney's Cottage on Wednesday, 28th December.

ANNUAL GENERAL MEETING: Beaufort GAA Annual General Meeting will be on Saturday, 14th January at 5pm in Clubrooms. Forms can be collected from Clubroom reception from next Friday, 16th.

HEALTHY CLUB PROJECT: Beaufort G.A.A Club has been presented with a Defibrillator to be installed in Club grounds this week. The Defibrillator was kindly sponsored by Irish Life Insurance who are G.A.A. Healthy Club partners. As you might be aware, the Club is taking part in Phase 2 of a Pilot Healthy Club Project in conjunction with G.A.A. Croke Park which will continue into 2017. The Healthy Club Pilot Project began in 2013 and its aim is to promote health and wellbeing in the Club, the Community and beyond. Activities planned by the Club for 2017 include Exercise Classes for all, Coach education, Wellbeing programme, Club Walk and Cycle and other Social Activities, Improvements to Gym, Clubhouse and Grounds. If you want to become involved, please contact Club at 087 9975737 or any Committee member.



SPA CLUB NOTES

UP COMING FIXTURE:

U-21 East Kerry Championship Final
Sunday 18th at 1.30pm Venue: TBC
Spa V. Dr Crokes.

SANTA: Santa will be touching down in Spa this Saturday December 17th 5-7pm with his reindeer. Celebrations will start off the festive season with a Christmas Disco upstairs. A chance to get your photo with Santa. Santa will have a present for all the boys and girls on his list. All welcome.

SCOR NA NÓG: Best of luck to all the competitors in the Munster Final in Ovens, Cork, Sun Jan 8th at 2pm.

FIGURE: Alice O'Donoghue, Aislinn O'Donovan, Lia Murphy, Ailbhe Gallagher, Erin Holland, Meghann Cronin, Aine Brosnan and Kate Lawlor.

SET DANCERS: Erin Holland, Meghann Cronin, Aine Brosnan, Orlaith Spillane, Kianan O'Doherty, Liam Spillane, Gary O'Sullivan and Cian O'Sullivan.

Well done to the other Kerry Clubs Glenflesk (Ballad), Firies (Recitation), Leiriú (Na Gaeil) and Music (Ballydonoghue) who will join Spa in the Munster Final in the New Year.

SCÓR SINSEAR: Any club members interested in taking part in Scór Sinsear in the New Year, please contact Eileen Aherne on 087 9940594.

LOTTO 05/12/16: Draw held in The Killarney Oaks Hotel. Numbers drawn 01, 03, 08, 10.

Jackpot €11,000 not won. Lucky Dip winners €50 each: Pat Doyle, Jibb; Tara O'Connor, Kilbreen; Connie Kelly, 6 Maple Drive; Margaret McGellan, Pinewood. Annual ticket holders draw €50: Jim Bob O'Brien. Turkey voucher draw winners: Pat McLafferty, 085-1566164; Mike & Niamh O'Connor, Ardeneanig. Next week's draw will be in The Torc Hotel for a huge Jackpot €11,200. A great Christmas gift for your loved ones home and abroad.

SPA MERCHANDISE SHOP: Still time to get a great Christmas gift. Please contact Mathilda McCarthy (087) 648 7356.

DR CROKES GAA

PROGRESSIVE 31: Progressive 31 is on every Wednesday night in the Crokes Clubhouse starting at 8pm. Everyone welcome. Bring €5 and a partner. This will be the last Wednesday night of cards for 2016.

SOCIAL: Victory dance will take place on the 29th of December in the INEC commencing at 7pm with a drinks reception. Tickets are €40 and can be bought from the Club Shop, Tatler Jack, Vince Casey 087-2461599 or any of the events committee.

CHILDREN'S CHRISTMAS PARTY: The children's Christmas party will take place in the Clubhouse at 6pm on Tuesday 20th of December. All welcome

LOTTO: Lotto 3, 5, 10, 17. Jackpot €12300. Not

won match 3 26 by €25. Next draw on Sunday 18th of December in Tatler Jack. Jackpot €12600. 3 by €50 vouchers also drawn.

LISTRY GAA NOTES

WEEKLY LOTTO RESULTS: Sunday 11th December, 2016. Winning Numbers 1, 12, 14, 26. Jackpot €3,350. Not Won. Well Done to Draw Entrant: Eamonn Courtney who won €1,000 in our annual christmas draw.

Hamper: Seamus Scannell, Ballymalis.

Hamper: Carmel O'Keefe, Milltown.

1 x €100 Fergus & Frances Clifford, Lahard.

2 x €50 Lyno, Killarney.

Denis & John, Top Table.

2 x €25 Derry, John. Ed & Bernard.

Abbie Gallagher, Keel, Faha.

Draw Entrant Zack Campion, Ballymalis.

Jackpot next week Sunday 18th December, €3,500

LISTRY TABLE QUIZ: A huge thank you to all that supported our table quiz last Friday night. It was a huge success. To all who attended, donated prizes and helped out on the night, we are very grateful. Congratulations to all the prize winners on the night.

CHARITY 31 CARD DRIVE: This will take place next Sunday, 18th December at 5pm in Faha Court. €10 per entry. 1st prize: Hamper, Runners up prizes: Whiskey. Raffle and finger food on the day. Proceeds to Fr. Pat O'Donnell Cancer Support Service.

ST. STEPHENS DAY FUN PARISH

LEAGUE: A date for your diary and a worthy cause. The senior squad are organising a fun parish league to take place on St. Stephens Day in Faha. Games will be short and fun. All monies raised will go to the Oncology unit in Kerry University Hospital. If you know of anyone who would like to play please contact Jimmy O'Leary or Damien Clifford.

LEGION GAA NOTES

LOTTO ONLINE: We are delighted to announce that you can now play the Legion lotto and renew your club membership online by going to our brand new website legiongaa.com. It's now easier for everyone both at home and, importantly, abroad to play. Many thanks to myclubfinances.com and all involved for their help. It has been a long time coming.

LOTTO RESULTS: Winning numbers: 8, 16, 20, 28. No winner. 5 x €50: Gerry Looney (Woodlawn Road), Joyce Trant (Flesk Grove), Michael O'Leary (St Brendan's Place), Balint Kaman (Countess) and Joan Lenihan (Árdanéanig).

THE LEGION SHOP: The Legion Shop at the clubhouse will be open on Monday evening, December 19th from 6.30pm-7.30pm. Club jerseys, shorts, socks, gloves, training tops, skinny pants, jackets, hoodies, polo shirts and gear bags are in stock in a range of sizes.

We look forward to seeing you for some last minute Christmas shopping!

MILLTOWN CASTLEMAINE GAA NOTES

FESTIVE FUNDRAISING FUN..... What a brilliant night was had at our Fundraising Race Night in The Plough Bar, last Saturday night. A fantastic amount of money was raised for our ever growing GAA Club. A special thanks to our sponsors for their very generous support. Congratulations to Melissa O'Connor, Abbey lands, who won the best dressed lady and to Nigel Wrenn, Kilderry who won best dressed gent. Enjoy your winnings! Mile buíochas to Denis and Bernie who were wonderful hosts on the night. We were treated to lots of delicious hot and cold finger food. Well done to the entire committee for all their hard work in ensuring the success of this fundraiser.

UNDER 16'S: Hard luck to our under 16 boys who were defeated in the Mid Kerry Final on Sunday last, by Laune Rangers.

These boys have reached a few finals this year and have been very unlucky to miss out on the silver ware. There are great things to come for you at minor and senior level!

Special thanks to David, Brian, John and Paud for all their work with these boys throughout the year.

CLUB CALENDAR: There has been a fantastic response to our club calendar which is now available from any of the club executive. These would make an ideal Christmas present-so get your order in before they are all gone! Special thanks to Melissa from Murphy Print and Design, Killarney for producing our calendar. You really did an amazing job!

SENIORS: Best of luck to our senior team as they take on Beaufort in the Mid Kerry Final on Sunday next. Come along to Laune Rangers GAA Pitch and show your support.

AGM: The AGM of our club will be in the next few weeks. As always we will be seeking nominations for many positions in the club.

We are continually seeking volunteers to assist us in the running and management of our ever expanding club. Getting involved in your local GAA Club is a wonderful way to form new friendships - as well as giving opportunities for skills and expertise to be shared - for the benefit of all in our community. If you would like to become involved in any aspect of our club, please contact any member of our club executive.

LOTTO: Please note change of draw date...

Our Lotto Jackpot is now at an amazing €12,200. Wouldn't that be an amazing Christmas present? Draw takes place on this Thursday December 15th 2016, in The Castle Inn, Castlemaine. Between now and Christmas - an extra special prize: Match 3 lucky numbers and you could win or share €500. Tickets for the lotto are available from our regular sellers and business outlets. Thank you to each person who has supported our Lotto draw. To all the ticket sellers-your endeavours are very much appreciated too.



COISTE NA NOG CHIARRAI AGM 2016

Officers and delegates of Kerry Coiste na nOg gathered in The Rose Hotel in Tralee for the 2016 AGM last week.

The Executive Committee remains unchanged from last year. Uachtarán: Patsy Cremin, Spa. Cathaoirleach: Tom Keane, St. Marys. Leas Cathaoirleach: Tadhg O Halloran, St. Pats Blennerville. Runai: Mags Evans, Keel. Leas Runai: Ger Hannafin, St. Brendans. PRO: Aileen Stack, Moyvane. Assistant PRO: Jimmy O'Sullivan Darcy, Spa. Cisteoiri: Mike Hussey, Ballyduff and Derek Daly, Churchill. Clárúitheoir: Mary Jo Coffey, Beaufort

Kerry Coiste na nOg were able to show an overall surplus of €7305 for the year. Our main sponsors Lee Strand and many local businesses gave us great support as always – without them, none of it could happen. The Senior County Final Programme (Kerry Coiste na nOg produce and derive income from it) was very well supported and gate receipts also well up – a great compliment to the standards and the great efforts of clubs and coaches. A special mention to match officials and to the game and referees' co-ordinators.

Overall, Kerry Coiste na nOg saw 765 games of football and 170 hurling games at juvenile grades. In a very successful year, the hosting of Feile was a huge

highlight, again thanks to a wonderful cohort of able and willing volunteers that showed Kerry hospitality and sportsmanship at its finest.

Leas-Cathaoirleach of the County Board Diarmuid O Se, Donal Daly, Kerry Coaching and Games Development Officer, and Bernie Reen, Kerry Childrens' Officer all addressed the meeting and Kerry Coiste na nOg is a key beneficiary of their brilliant and crucial work at all levels.

Kenmare and Kilgarvan's great efforts and successes in both codes saw them retain the Bob Walsh Award as Kerry Juvenile Club of the Year.

Tributes were paid by the Chairman and Guests on the achievements of the many successful Kerry teams, clubs, and schools this year and tributes were paid to the memory of the great Kerry gaels who sadly could not be with us.

Kerry Coiste na nOg would like to thank all our sponsors, supporters, and participants over the year and wish everyone a happy and peaceful Christmas.



OFFICERS AND DELEGATES OF KERRY COISTE NA NOG GATHERED IN THE ROSE HOTEL IN TRALEE FOR THE 2016 AGM.



CHAIRMAN TOM KEANE PRESENTS KENMARE SHAMROCKS WITH THE CLUB OF THE YEAR AWARD



ULÁN DILLANE WITH MARY CARROLL, SINEAD KELLEHER AND SUSAN MCELIGOTT, THE AUTHORS OF 'BEHIND THE FACE' AT THE LAUNCH OF THE BOOK AT SIAMSA TÍRE ON FRIDAY NIGHT. ALSO PICTURED WERE THE PEOPLE WHO PLACED STORIES IN THE BOOK. PHOTO BY: DOMNICK WALSH © EYE FOCUS LTD ©



GNEEVEGUILLA ATHLETIC CLUB

LOTTO: No winner of our lotto draw 09/12/2016, numbers drawn were 1, 3, 6 & 18. Sellers prize winner Tom Joe O' Donoghue. €50 Y/T prize to Joan Barry Cronin Knockmanagh, €50 to Catriona Kelly Fenit, €40 each to John Moriarty Coom, Eileen O'Connor Commons Newmarket & Calen & Mike Moynihan Gneeveguilla. Bonus not won numbers drawn were 1, 12, 24 & 25. Next week's jackpot 46,000 plus €1,000 bonus. Our second Christmas Hamper was won by Jim O'Mahony, Islanderagh.

NATIONAL CROSS COUNTRY FINALS: Well done to Shona O'Brien who came 12th in U17 at the National Cross Country finals in Dundalk on Sunday last.



MEMBERS OF KILLARNEY RFC WHO TRAVELED TO LISTOWEL LAST SATURDAY FOR A GIRLS RUGBY EVENT AIMED AT DEVELOPING GIRLS RUGBY ACROSS KERRY.

CYCLING NEWS

CYCLIST'S CABINETS FULL FOR CHRISTMAS:

The Killorglin Cycling Clubs Hamper Ride took part on a perfect day with 98 riders tackling the two courses. The club had a big group of officials and marshals on duty for the rides which were controlled by lead cars until the riders were released to make the dash back to Killorglin. The long course was over 75km and Killarney Cycling Club's Conor Kissane was the first rider home. Second was Sliabh Luachra's Denis Lynch with Kanturk's Dylan Corkery third and all three took home the hampers.

Also winning hampers were David Fitzgerald from Kanturk CC who was the first rider over the line from the 50km course while Ed Casey was the first rider from the host club, Killorglin CC, home. Thanks to the generosity of local businesses many other prizes were raffled off amongst the rest of the riders.

FLESK VALLEY ROWING CLUB

Well done to all our underage crews who competed in the recent Muckross Head of the River which was held at the National Rowing Centre, Cork. With many of the crews competing in their first head of the river they put in fine performances. Thanks to Danny Lyne and Clara O'Connell for coxing on the day and all who help with the transport of boats on the day.

Training continues each weekend with new members always welcome.

GET WELL SOON: Best wishes to Ellen Hickey from all at Flesk Valley Rowing Club. Wishing her a speedy recovery and hoping to have her back in the boat as soon as possible.

FARRANFORE MAINE VALLEY ATHLETIC CLUB

There was another excellent showing at the

Irish Life Health National Novice and Uneven Age Cross Country Championships in Dundalk IT on Sunday December 11th. The competitors were blessed with the weather, temperatures in the double digits and bursts of sunshine in a well laid out course made running very fast. Shauna McCarthy competing in the U13 2500m race was part of the Munster team following her 4th place finish in the Munsters XC. Shauna ran very well, keeping with the lead group for the most part of the race. Shauna crossed the line in 23rd place out of 137 runners. Cian Spillane also competing in the U13 category ran a very gutsy race. Keeping with the lead group for all of the race. The pace was very fast, yet Cian held on and fought hard to finish in an unbelievable 3rd place. He also lead the Munster team to Gold. A great performance by both athletes. A special thanks also to their coach & mentor Maria McCarthy for her hard work throughout the year.

We will end the 2016 year with an evening in which the success of our Juveniles will be heralded. On Thursday December 15th at 7pm in Farranfore GAA Sports Hall our juvenile celebrations will be on the agenda as we come together to offer thanks to our athletes who have delivered through their personal endeavors. An open invite extended to all club members, parents and those who were involved with us this year in any capacity to come along and join us. Refreshments for all. Looking forward to seeing you and your families there.

Our 55th Annual St. Stephen's Day 5Km Road Race / Fun Run is fast approaching. One of the oldest road races in Ireland, it has been run since 1961 along the same route. The course is run from Farranfore to Firies and back to the finish in Farranfore. The road is closed to traffic making it safer for all runners and spectators. Registration is at the GAA Sports Hall, Farranfore with ample parking & changing rooms available. Prizes for the first six male &

female with category prizes for all age groups. Commemorative medals for all finishers. Refreshments and prize givings post race same place as registration. €10 entry & €5 for those U16.

Dunnes Stores of Killarney has kindly allocated us 2 days to fundraise in their store. This is on Friday 16th & Saturday 17th December.

CLUB TRAINING: Final Training for all groups will be Thursday 15th December. We will return again after the holidays.

ATHLETIC'S FIXTURES: Mon 26th Dec. Farranfore Maine Valley AC St. Stephen's Day 5K Road Race / Fun Run, 12 Noon in Farranfore.

KILLARNEY RFC NEWS

GIRLS RUGBY: Last Saturday, Killarney RFC coaches Denise Treacy and Liam Murphy traveled to Listowel RFC with the girls from KRFC to take part in Listowel RFC's #giveitarty event. This event was designed to help develop girls rugby right across West Munster. We were delighted to be in a position to have girls from Killarney take part and get really stuck in. The mornings session consisted of a training session, some fun games and a match. The Killarney girls were excellent and really enjoyed themselves, getting stuck in and showcasing their skills leaned to date. It is great to have the girls play other girls teams and a fantastic day was had by all. We would like to say a huge thank you to Kieran O'Reilly and Chip from Listowel RFC for hosting us as well as the parents who drove over to Listowel on Saturday. If you have a girl who would like to play rugby, why not come along each Saturday morning to Aghadoe between 10:30am and 12 midday when training takes place, or contact Minis Coordinator Liam Murphy on 087-4145662 for any details. We will host our own #giveitarty event for girls in the new year. #kerrygirlsplayrugby



KRFC MINIS RAFFLE IN AID OF CLUB

DEFIBRILLATOR: The minis are hosting a raffle and sheets have been given out to all players to sell lines for this raffle, which will take place next Sunday at our Christmas Party. Lines are only €2 with all funds raised going towards the purchase of a defibrillator for the club - a vital piece of equipment for every sports club. We need all the completed cards back next Saturday at training, so please hand them to your coach. Thanks to everyone who has contributed to the prizes to date, if you have anything you would like to give, let Liam Murphy know on 087-4145662.

MINIS CHRISTMAS PARTY: Our KRFC Minis Christmas Party takes place next Sunday, December the 18th at 1pm. The venue is the Killarney Avenue hotel and we would like to thank Denis and the staff at the Killarney Avenue for looking after the clubs Minis as always. A great day of fun is guaranteed with Santa and his Chief elf, Jacob, set to make an appearance. So, why not come along and bring your brothers and sisters along to meet Santa! All parents welcome to come along and join in the festivities also! See you all there!

SENIORS: Hard luck to our seniors who took on Ulster Bank League side Bruff in the Munster Junior Cup. The match was played in perfect conditions at Aghadoe yesterday, with the visitors leading 15 to nil at half time. The second half saw a resurgent Killarney side bring the scores to 10-20 in the end. Hard luck lads. Next up the lads are due to take on Killorglin at Ballymalis next weekend in round 2 of the Martin O'Sullivan Cup. Best of luck lads.

KILLARNEY COUGARS BASKETBALL CLUB.

JUVENILE NEWS. BOYS U16 DIV I

RATHMORE RAVENS 39

KILLARNEY COUGARS 40

Rathmore hosted the Cougars on Saturday morning and an exciting and closely contested game throughout needed overtime to separate the sides with Cougars Sean O'Brien hitting the winning basket with just seconds remaining in a game neither team deserved to lose.

Cougars led 10-8 in the opening qtr with Cougars enjoying a good spread of scores and Rathmore Darragh Rahilly impressing for the home side with a couple of good baskets. Rahilly continued his good form throughout the game added a further five points in the second qtr with Sean O'Brien adding six points for Cougars to keep the visitors ahead 18-17.

The home side had a good third qtr and looked good for victory as they led 31-26 with Brian Mahoney four points and a further ten points by Darragh Rahilly giving Rathmore control of the game. Cougars found a good response in the last qtr with the excellent Eoin Talbot adding a couple of baskets and Sean O'Brien bring his total to 18pts to put Cougars a point ahead with seconds remaining. Rathmore pressed and forced Cougars into a turnover and

a foul to leave Rathmore with two free shots and they made one to tie the game 38-38 and take it to overtime. A tense period of overtime saw Rathmore again going ahead from the free throw line but Cougars Sean O'Brien rescued the game for the league leaders with a great basket as time ran out. Best for Cougars were Sean O'Brien, Eoin Talbot, Daniel Alekjsenko.

BOYS U14 PLATE Q/F

TRALEE IMPERIALS 36

KILLARNEY COUGARS 23: A strong performance by the Cougars who led this knockout Plate quarter final game until the closing stages at the Pres Tralee on Thursday last Cougars led by two late in the third qtr and didnt get the calls in a tight final qtr as the home side put on the pressure to regain the lead. Cougars had strong defensive performances on the night from Rian Colleran, Cian Doyle, Sean Dineen and Patrick Lyons in a fine team performance against the odds.

GIRLS U18 DIV I: CAHERCIVEEN 41

KILLARNEY COUGARS 36: Cahersvieven came form behind with a late burst of scoring to take the point in this first game of the U18 league. Cougars raced into the early lead but the game became more competitive as the game progressed with the sides level at the break. Cougars with Shelley Clifford good on the boards and good baskets by Kelly Ahern, Niamh Griffin and Grace Cahillane kept the visitors in contention until the home side came strong in the second half with a late burst of scoring to take the points. The sides meet again in the Cup in the coming weeks.

GIRLS U16 DIV II: KCYMS 45

KILLARNEY COUGARS 41: Kilorglin Sports Complex was the venue for this exciting game with little between the teams throughout, Cougars lead until the closing stages before the home side came good with some big baskets to take the points. Best for Cougars on this occasion were Ciara Casey, Holly & Shelley Clifford and Fiona Dineen.

SENIOR NEWS

NATIONAL INTERMEDIATE CUP QUARTER FINAL: ST MARYS 62

KILLARNEY COUGARS 45: St Marys came through the all Kerry Cup clash as they made home advantage count but they were made to work hard all the way by a determined Cougars with St Mary's strong third qtr surge saw them advance to the semi finals next month.

Cougars made a good start to the game but their was little between the sides in the opening qtr Cougars opened the scoring with a Lynn Jones basket but St Marys finished the qtr ahead 14-13 with Jones in flying form for the Cougars who missed good chances to take the lead. A very good second qtr saw the sides going basket for basket with St Marys just edging it 32-29 with Cougars missing some good chances to be ahead with Lorraine Scanlon causing huge problem on the boards as she contributed some big scores and Amanda Brosnan and Allyson Caggio getting some hard earned scores to keep Cougars in contention who again had chances to hit the

front in this closing stages of the qtr. The game turned in favour of the home side in the latter stages of the third qtr as St Marys played to their strenghts and were very dominant on the boards at both ends of the court giving Cougars no opportunities as they controlled proceedings to lead 48-33 with Miriam Leane and Eileen O'Connor impressing with some very good baskets that denied a Cougars comeback. Cougars picked up their game in the final qtr but the lead was well maintained by St Marys as they matched the Killarney girls basket for basket to finish deserving winners to advance to meet Maree in the Semi finals next month. Cougars have a busy schedule ahead with a Kerry Cup semifinal v The Falcons and a trip to the Annual Christmas Blitz to take on Brunell and Fr Mathews.

Top scorers Cougars Lynn Jones 19, Amanda Brosnan 11, St Marys Miriam Leane 17, Lorraine Scanlon 14, Aofie Nolan 11.

ACADEMY: Training at Cougars Academy for the Cubs ends for Term 2 on this Friday for U8 & U10 girls and boys and will resume after the Christmas Break in early January at the Parish Hall. Thanks to Coaches Alan, Tommy, Kelly, Colm and Mary for their dedication every Friday evening.

Further details on All Killarney Cougars Clubs schedules and events log onto the website at www.killarneycougars.com or find us on Facebook.

WORKMEN'S ROWING CLUB

TRAINING NEWS: Training continues this weekend on Saturday and Sunday morning at Reen Pier. Gym and 'erg' training continues for the various age groups as per coaches' texts.

UPCOMING EVENTS: 'Ho Ho Ho Row': Weather permitting, we hope everyone has a santa hat / reindeer antlers (or whatever takes your fancy!!!) ready for this Sunday morning's session. It'll surely be a row with a difference with festive refreshments afterwards for all.

'WORKMEN ON ICE': Due to popular demand, our juveniles (and some just acting like juveniles) will take to the ice this week for a test of balance and endurance in sub-zero conditions. Our advice is... steer clear of any adults and skate your own course.... for your own safety!!!!

BIRTHDAY GREETINGS: Birthday Greetings this week Ciara Moynihan who turns 'sweet sixteen' on this Tuesday the 20th December. Have a wonderful day Ciara, from all of your friends at Workmen's Rowing Club.

For a full list of upcoming rowing events and other information about the sport of rowing, please visit www.rowingireland.ie

Why not keep in touch with us by liking us on facebook: 'Workmen's Rowing Club'.

KILLARNEY VALLEY AC

Happy Christmas to all our members young and old!

INDOOR TRAINING: For athletes aged from



7-12 year olds is now finished for 2016 and will start again on January 12th (Thursday) 2017 from 6pm - 7pm. Registration for 2017 membership will also take place on the 12th of January. More details to follow after Christmas on our Facebook Page.

Anyone wishing to buy KVAC half zip tops, singlets or hats in time for Christmas please contact Brid Stack 0872650720

BASKETBALL NEWS

U-12 BOYS:

ST PAULS 25 ST. BRIDGETS 27

St. Pauls hosted St. Bridgets of Currow at the Killarney Sports Centre last Friday evening in a Div two league game. It was a close and exciting match from beginning to end. Both sides were tied at half time with St Pauls taking the lead in the third quarter. But it wasn't to be this time. Currow came back in the fourth to win by a narrow margin of just two points.

The boys will be in action again on December 14th away to Gneeveguilla, and December 17th against Tralee Imperials in Tralee.

TEAM: Dara O'Shea, Timmy Moynihan (2), TJ O'Sullivan, Gearoid Healy (2), Tim McClain (6), Eoghan Crowley (3) Sam Norton (2), Mark Sheehan, Robbie Hartnett (2), Jack O'Sullivan (6), Shane O'Donghue (2)

U-16 BOYS: St Pauls U-16 Boys travelled to Kenmare on Saturday and came out on top with a well deserved victory on a scoreline of 48-41. St Pauls were in control of this game in the first half and led at half time by 14pts. The second half was well contested with Kenmare closing the gap with some good outside shooting and some great scores from Colin Crowley (15 points). Early in the fourth quarter Kenmare closed the gap to two points. St Pauls settled again and remained in control to



KIERAN O'LEARY OF K-TOWN BAR KILLARNEY PRESENTS A NEW SET OF PLAYING GEAR TO THE ST. PAUL'S BASKETBALL CLUB SENIOR MENS TEAM. FRONT FROM LEFT ARE LAWRENCE KELLY, DAINIUS CIGANKOVAS, KIERAN O'LEARY (K-TOWN), PADRAIG WELDON (ST. PAUL'S CHAIRMAN), SHANE HORGAN AND DONALD CRONIN. BACK FROM LEFT ARE MUHAREM MUKI VUGDALIC (COACH), BILLY WISEMAN, NIAL O'BRIEN, SARUNAS GARDZIJASKAS, COLM HICKEY AND JARLATH LEE. PICTURE: EAMONN KEOGH.

emerge victorious.

SCORERS: Brian Oukate 14, Dara Lyne 11, Jack Corridon 8, Donal Lucey 7, Ryan O'Grady 4, Willaim O'Brien 2 and Gavin O'Regan 2.

This scoring was helped with some great defensive play by Owen Benson, William O'Brien and great rebounding by Jack Corridon and Dara Lyne.

K-TOWN: Kieran O'Leary of K-Town Bar Killarney presented two new sets of playing gear to St. Paul's Basketball Club this week. The club is most appreciative of this generous sponsorship.

FIXTURES

Friday December 16th:

B U14 Div 2 - St Pauls Vs Tralee Imperials 6pm in

Killarney Sports Centre.

Academy Boys Pool 2: St Pauls B Vs St Annes at 6pm in Farranfore.

Saturday December 17th:

B U14 Div 3 - St Pauls Vs Kenmare at 10am in Killarney Sports Centre.

B U12 Div 2 - St Pauls Vs Tralee Imperials at 12.45pm in Mounthawk, Tralee.

Sunday December 18th:

B U14 Div 3 - St Pauls Vs St Brendans at 11am Moyderwell School, Tralee.

Academy Boys Pool 2 - St Pauls B Vs Rathmore at 11am in Rathmore.

St Pauls Vs St Annes at 11am in Killarney Sports Centre.



TO CELEBRATE ITS LONG STANDING SUPPORT OF GRASSROOTS GAA AND SPONSORSHIP OF THE GAA CLUB CHAMPIONSHIPS FOR A 25TH CONSECUTIVE YEAR, AIB TEAMED UP WITH DR CROKES AND KERRY FOOTBALLER, COLM COOPER AND DR CROKES TEAMMATE, BRIAN LOONEY TO ANNOUNCE DETAILS OF A NEW GAA REWARD SCHEME. PICTURED AT THE LAUNCH AT DR CROKES FOOTBALL CLUB, KILLARNEY WERE FROM LEFT, BRIAN LOONEY, SEAN HEALY, AIB REGIONAL DIRECTOR, COLM COOPER, EDWARD STACK AND BOBBY O'DWYER, AIB, KILLARNEY. PHOTO: DON MACMONAGLE.



EILEEN GEANEY ACCEPTING THE MUNSTER SENIOR FOOTBALLER OF THE YEAR AWARD ON BEHALF OF HER BROTHER PAUL GEANEY FROM MUNSTER GAA CHAIRMAN JERRY O'SULLIVAN AT THE 2016 MUNSTER GAA AWARDS HELD ON SATURDAY LAST AT THE ROCHESTOWN PARK HOTEL CORK

IF YOU HAVE A STORY...

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

SCHOOLBOY/GIRL SOCCER

SKECHERS NAT CUP, SUBWAY INTER LEAGUE AND LEAGUE:

SUBWAY INTER LEAGUE:

12's Kerry 1-1 Clare.

15's Kerry 2-1 Limerick District.

16's Kerry 3-0 Limerick District W/O.

RESULTS: JK SPORTS 12'S:

GIRLS PREMIER:

Mastergeeha 0-3 Inter Kenmare.

Boys Premier:

Listowel Celtic A 2-2 Killorglin A.

Killarney Celtic A 3-2 Park A.

Mastergeeha A 2-3 Iveragh United.

DIVISION 1: Park B 0-8 Fenit.

Inter Kenmare 2-5 Killarney Athletic A.

Camp Jr 2-3 Killarney Celtic B.

DIVISION 2: Mastergeeha B 8-4 Killarney Celtic C.

Killarney Athletic B 3-0 MEK.

Dingle Bay Rovers 8-0 Tralee Dynamos.

FOUNDATION SPORTS 14'S: PREMIER:

Mastergeeha 0-0 Camp Juniors.

Park A 1-4 Killorglin A.

Listowel Celtic A 2-5 Killarney Celtic A.

DIVISION 1: Killarney Celtic B 2-4 Iveragh United.

Tralee Dynamos 4-2 Ballyhar Dynamos.

Fenit 2-2 Dingle Bay Rovers.

Killarney Athletic 3-2 Park B.

TRALEE TROPHY WORLD 16'S:

DIVISION 1: Listowel Celtic A 4-1 Ballyheigue.

DIVISION 2: Fenit 2-1 St Bernards.

REPORTS:

KERRY TEAMS ONE WIN AWAY FROM

ALL IRELAND SEMI -FINALS:

Kerry met Limerick District at 15's in the Subway Inter League at Mounthawk Park winning 2-1. This is the sides 4th win and they top the Group. Mervyn Shalemba and Leo Gaxha got the Kerry goals in a game the dominated and were unlucky not to add to the score. Limerick District's consolation came with the last kick of the game. Kerry 15's now take On Cork in Carrigaline this Sunday with a place in the All Ireland semi-finals the prize for the winners.

16'S WALK-OVER: The 16's have also qualified for their provincial play-off, with a game to spare, but did so without kicking a ball as Limerick District did not travel. Kerry 16's will face Waterford as they bid to reach their All Ireland semi-final.

OPENING DRAW FOR 12'S: The Kerry 12's began their Subway Inter League campaign with a 1 all draw away to Clare. Alex Hennigan put the Kingdom side ahead and they were unlucky not to double their lead as they went close on a number of occasions. However Clare kept Kerry out and got their reward with a late equaliser with 5 minutes to go. Kerry and Clare have large numbers in its Academy and those players not on the competitive squad on this occasion played a number of friendly games. Kerry won one of the games 5-0 with Ray McGrath, David Obina, Darren Allman and Jack Lynch on the mark. Kerry drew the second game 1-1 while Clare won a third encounter 5-2. Kerry are in a 6 team Group with Limerick

County, Desmond and District and North Tipperary being the other teams. The winners of the two Groups meet for a place in the National semi-finals.

HOME AND AWAY DRAWS IN SKECHERS

NATIONAL CUP: The draws for the Last 32 Round of the Skechers National Cup took place at the weekend and it saw Killarney Celtic get two home draws while both St Brendan's Park have to travel for their two games. In the 12's Killarney Celtic will welcome Carndonagh from Donegal to Celtic Park while The Park will be away to Belvedere. The Park 14's go to Naas for their Last 32 clash while Killarney Celtic 15's are at home to Ferrybank from Waterford.

These games will take place at the end of January while all 4 Kerry sides are also into the last 5 in their respective Regional finals.

GIRLS LEAGUE: JK SPORTS 12 PREMIER:

Aideen O'Brien hit the net 4 times with Aine Devlin, Elizabeth Coffey and Niamh Doran each scoring once in Killarney Celtic's 7-1 win over Camp Juniors. Celtic also had impressive debuts from Abbie Finnan and Aine Fitzgerald.

IVERAGH UNITED 2 FROM 2 IN BOYS

12'S PREMIER: In the JK Sport 12 Premier Iveragh United made it 2 wins from 2 with a 3-2 away win at Kilbrean Park. Oisín Breen scored twice and Ian O'Sullivan once for the South Kerry side with Sean Doolan and Jack O'Donoghue getting the Mastergeeha goals.

Killarney Celtic A were also 3-2 winners. They defeated The Park thanks to two goals from Eoghan Crowley and one from Robert Brooks. Jamie O'Shea and Dara Cummane got the Tralee sides goals. Listowel Celtic A and Killorglin played out an exciting 2-2 draw. The visitors to Pat Kennedy Park scored twice from set pieces to lead 2-0 at half time. However Richard Wong's side were a different proposition in the second half. Cormac Dillon pulled one back for Listowel Celtic before Shane O'Sullivan came off the bench to level up the game.

And Listowel Celtic could have won the game but Killorglin's keeper Dara Crosby was again in great form making two vital saves to earn his side a point.

KILLARNEY ATHLETIC TOP DIVISION 1:

Jason Coffey was on fire in Killarney Athletic's 5-2 away win at Inter Kenmare as hit the net 4 times. Alex Hennigan scored the other goal to move Athletic onto 6 points. Camp Juniors had the chance to join the Killarney side on that mark but went down 3-2 to the other Killarney side in the Division. Nada Zulategui hit a hat trick for Killarney Celtic B with CJ Daniels and Paudie Fitzgerald replying for Camp. Fenit proved too strong for the Park B and took the points with goals from Gary O'Riordan, Oran Murphy, Billy Doyle, Barry Hamilton, Gearoid O'Connor, Tomas Godley and Josh Elvins.

3 SIDES ON 6 POINTS IN DIVISION

2: Things are very tight in the JK Sports 12 Division 2. MEK remain on 6 points as Killarney Athletic B took the points on a 3-0 score-line. Mastergeeha pulled away in the second half to defeated Killarney Celtic C. Goals from Ewan Evans, Dave O'Riordan, Mark O'Connor, Gavin Cronin and Ryan McGuirl sees the Kilbrean side go joint top of the table. Brian Lavoc and Josh

Bowler got the Celtic goals.

Dingle Bay Rovers are also move onto 6 points after their win over Tralee Dynamos. Oscar Donegan, Paddy Ryan, Danny Kavanagh and James Hoare scored for the West Kerry side.

KILLORGLIN 3 FROM 3 IN 14'S PREMIER

BUT CAMP STILL LEAD: Killorglin made it 3 wins from 3 played in the Foundation Sports 14 Premier with a 3-1 win over the Park in Tralee. Dylan Moriarty, Tom Whittleton and Cillian Bourke scored for Killorglin with Darragh Caplis replying for The Park. But it is Camp Juniors who still lead the way, but only just. They were held to a 0-0 drawn away at Mastergeeha, dropping their first points in their 4 games. Killarney Celtic A took the 3 points from their visit to Listowel Celtic A. Cian McMahon and Ruairi Dorian both scored twice and Daniel Okute once in their 5-2 win. Ben O'Connor and Cian Clancy replied for Listowel.

LEADERS BALLYHAR BEATEN BUT

STILL TOP IN DIVISION 1:

Tralee Dynamos enjoyed a vital win over Ballyhar Dynamos in the clash of the two top sides in the Foundation Sports 14 Division 1. This was the first defeat in 7 for Ballyhar who remain top on 18 points while Tralee Dynamos are now only 2 points behind the leaders. Denis Brosnan, Andy Rogers and 2 from Patrick Moravski gave Tralee the points while Aaron O'Shea and Peter Cosgrave scored for Ballyhar in the battle of the Dynamos. 2 goals from Aaron O'Shea and one from Jason Lee saw Killarney Athletic take the win and the three points in a 3-2 win over Park B. Fenit and Dingle Bay Rovers shared the points following their 2 -2 draw. Lorcan Ryan and Eddie McCarthy from the penalty spot were the Fenit scorers with Cormac O'Connide and Tomas O'Se replying for Dingle Bay.

LISTOWEL CELTIC TAKE THE POINTS IN

16 DIVISION 1:

There was one game in the Tralee Trophy World 16 Division 1 with Listowel Celtic A taking the points defeating Ballyheigue 4-1. Brendan O'Neill 2, Max Alvares and Adrian Miravet scored for Listowel Celtic with Conor Corrigan replying for Ballyheigue.

FENIT DEFEAT SAINTS IN DIVISION 2:

Goals from Joe Carmody and Brendan O'Connor gave Fenit the points in a 2-1 win over St Bernards.

MASTERGEEHA FC

U12 PREMIER: Mastergeeha Fc 2 Iveragh 3. In this close game the boys were unlucky just to come up short. Sean Doolan and Jack O'Donoghue got the goals.

U12 DIV 1: MASTERGEEHA 10

KILLARNEY CELTIC 4: The boys had good win over the near neighbours. Ewan Evans (3), Dave O'Riordan (2), Mark O'Connor (2) and Ryan McGuirl got the goals.

U14 PREMIER: MASTERGEEHA 0 CAMP

0: In this game the boys battle all the way against lead leaders Camp. All played well with Joe Coughan in goals and the defence outstanding.

U18: MASTERGEEHA 4 DINGLE 4. After going 2-1 down early on the boys lead 4-2

with twenty minutes remaining. In the closing stages the visitors got the equaliser. James Nagle (2), Cian Fahy and Anthony Darmody were the scorers.

PREM B: MASTERGEEHA 5 CLASSIC

2: Mastergeeha got a deserved three points with a good win at home on Sunday morning. Mastergeeha lead at the break 2-1 with Damien Breen scoring both. In the second half Mastergeeha played the better soccer with Damien Breen, Noel Moynihan and Tommy O'Sullivan scoring.

DIV 1B: MASTERGEEHA 0 STRAND

ROAD 4: In this game against table topper Mastergeeha battled hard and defended well for 60 minutes until the Tralee side opened the scoring. The visitors got further goals late on to ensure the win.

MASTERGEEHA FC CHRISTMAS LOTTO

DRAW: Will take place on the 16th December 2016. Extra prizes of Hampers. Extra prizes also included in the draw on 23rd & 30th December.

MASTERGEEHA FC LOTTO: There was no winner on Friday 9th December, 2016. Numbers drawn were 3, 6, 9, 23. Consolation prizes were €100 Millie O'Sullivan, Tournanough, Kilcummin. €60 Lil O'Keeffe, Gneeveguilla. €30 Rose Maher, Rathanane, Kilcummin. €30 K. Fleming. €30 Darren Lehane, Lacca, Kilcummin. Jackpot now €4,050.

KILLARNEY CELTIC NOTES

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

INTER LEAGUE WINS: Congratulations to Kerry's U12, 15, and U16 teams that all recorded important results over Clare (1-1), Limerick District (2-1) and Limerick District w/o respectively, especially all the Celtic players involved.

CONGRATULATIONS: To Sean McGrath of St. Brendans Park on scoring a hat-trick for the Irish U15 team.

Congratulations also to Celtic players Cian Mc Mahon, Keelin O'Brien, Daniel Okwute, Killian O'Sullivan, William Shine, Gearoid Healy, Liam O'Donoghue, Luke O'Neill, Dara O'Shea, and Jack O'Sullivan, all of whom have been selected for Kerry ETP training.

RESULTS:

DENNY PREMIER: RATTOW ROVERS 1

KILLARNEY CELTIC 4: We kept up our great momentum with a convincing win away to Rattoo – never an easy task! Wayne Sparling hit the target twice, with Jamie Spillane and Scott O'Mahony getting the other goals.

YOUTHS LEAGUE: KILLARNEY CELTIC

2 KILLARNEY ATHLETIC 1: Celtic took the lead but Athletic equalised and it was a real ding dong match after that. Celtic were reduced to ten men but kept their shape and focus and struck twice late on to win.

U14 PREMIER: LISTOWEL CELTIC 2

KILLARNEY CELTIC 5: Cian McMahon and

Ruairi Dorian both scored twice and Daniel Okwute once in a very convincing win.

U14 DIV ONE: KILLARNEY CELTIC B 2

IVERAGH 4: A great game between two very good teams, with Iveragh deserving their win but Celtic justifiably proud of the battle they put up.

U12 GIRLS: KILLARNEY CELTIC 7 CAMP

JUNIORS 1: Aideen O'Brien hit the net 4 times with Aine Devlin, Elizabeth Coffey and Niamh Doran each scoring once. Celtic also had impressive debuts from Abbie Finnan and Aine Fitzgerald.

U12 PREMIER: KILLARNEY CELTIC A 3

PARK A 2: Celtic defeated The Park thanks to two goals from Eoghan Crowley and one from Robert Brooks.

U12 DIV ONE: CAMP JUNIORS 2

KILLARNEY CELTIC B 3: This was an important win that keeps us within touching distance. All of Celtic played well, but the star of the show was unquestionably Nacho Zulatuigi with a hat-trick.

U12 DIV TWO: MASTERGEEHA B 10

KILLARNEY CELTIC C 4: Celtic were missing a few regulars and an astute Mastergeeha just had too much firepower, leading 4-2 at the break and able to exploit the gaps further in the second half. Celtic midfielder Jason O'Sullivan was excellent, while Brian Iacov nailed a superb hat-trick and Josh Bowler drilled home a beauty.

FIXTURES

Munster Junior Cup: Kerry Area Final!
Killarney Celtic v Dingle Bay Rovers, Mounthawk Park, Sunday, 2.00pm.

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

U15 Premier: Killarney Celtic away to Killarney Athletic, time tbc.

U13 Div One: Killarney Celtic A at home to Mastergeeha, Saturday, 1.00pm.

U13 Div Two: Killarney Celtic B at home to Killarney Athletic B, Saturday.

U12 Premier: Killarney Celtic at home to Mastergeeha, Saturday, 10.30am.

U12 Div One: Killarney Celtic B at home to Park B, Saturday, 10.30am.

U12 Div Two: Killarney Celtic BC away to Tralee Dynamos, Saturday, 10.30am.

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

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

KILLARNEY ATHLETIC NOTES

RESULTS: DENNY PREMIER A:

KILLARNEY ATHLETIC 3-3 FENIT

SAMPHIRES: A draw that felt like a loss for our senior A team in Woodlawn.

We raced out of the blocks and were 3 up within 25 mins of start with goals from Paudie

Clifford, William Courtney and Eamon Iavin. Cruising to half time a loss of concentration allowed Fenit pull 1 back just before the break. We never got into our groove in 2nd half and Fenit dug in to pull back the 2 goal deficit.

YOUTHS: KILLARNEY ATHLETIC 1-3

KILLARNEY CELTIC: A game where Athletic threw it away. Celtic scored against the run of play in the first half before a Ruairi O'Keeffe header levelled matters. Athletic had the majority of the play but couldn't capitalise against the 10 men of Celtic who had Cian Casey sent off. In the final moments, Celtic scored twice to take all 3 points.

U14 LEAGUE:

KILLARNEY ATHLETIC 3 PARK 2: The lads started brilliantly with Aaron O'Sullivan looping a header over the keeper into the top corner for the lead inside the first minute. Playing one & two touch football Athletic created lots of chances in the first half, the second coming from top scorer O'Sullivan again, after a brilliant set up by Mulvaney down the right. Park got one back as the defence was caught napping by a long ball, but 5 minutes before halftime Jason Lee got on the end of a through ball and expertly guided it past the on rushing keeper to make it 3-1. Athletic had Darragh Doolan to thank for the halftime lead after an amazing double save from a corner. Into the second half, Athletic defended brilliantly with Keelan Foley making another super save from a corner. Park got another one back midway through the second half but a huge defensive performance by Pierce, Komosa & O'Brien meant Athletic held out for their second win of the season.

FIXTURES

Saturday 17th December 2016

JK Sports U12 Div.1

Killarney Athletic A v Camp Juniors 11-45am.

JK Sports U12 Div.2

Killarney Athletic B v Mastergeeha B 10-30am

Daly's Supervalu U13 Premier

Park A v Killarney Athletic A 11-45am.

Daly's Supervalu U13 Div.2

Killarney Celtic B v Killarney Athletic B 11-45am.

Dalys Supervalu u13 Div.2

Killarney Athletic v Killarney Celtic A.

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 the Killarney Athletic A.F.C Notes please contact Alan Daly on 085-1913244 or aland15@live.ie



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



BEAUFORT GOLF CLUB CHRISTMAS HAMPER AND OTHER PRIZE WINNERS NIGHT IN THE BEAUFORT GOLF CLUB LAST SUNDAY. PICTURED GEAROID KEATING (PRESIDENT), PETER O'BRIEN (2ND PLACE IN CHRISTMAS HAMPER COMPETITION), JOE KENNEDY, JOHN DOHERTY (5TH PLACE IN CHRISTMAS HAMPER COMPETITION), EOGHAN O'SULLIVAN, SHANE O'SULLIVAN (MENS CAPTAIN), BRIAN REGAN (6TH PLACE IN CHRISTMAS HAMPER COMPETITION), JOHN EAGAN (3RD PLACE IN CHRISTMAS HAMPER COMPETITION), KENNETH WEST (1ST PLACE IN CHRISTMAS HAMPER COMPETITION), PAT TANGNEY, BARRY WOULFE, JAMES JONES, BRIAN O'CONNOR, JOSEPH O'SULLIVAN (4TH PLACE IN CHRISTMAS HAMPER COMPETITION), COLIN MORIARTY AND JERRY O'SHEA.

KILLORGLIN GOLF CLUB.

LADIES RESULTS: 12 HOLE RE-ENTRY STABLEFORD SPONSORED BY COMMITTEE MEMBER JENNY PIGOTT:

1. Mary Murphy Garvey (34) 31 pts. 2. Mary Conway (29) 23 pts (B6). 3. Emma Daly (19) 23 pts (B3). Golfer of the Year sponsored by the Club: Winner: Emma Daly. The Chum sponsored by Lady Captain Anne Kenny Foley: Winner: Emma Daly.

FIXTURE: 12 Hole Festive Stableford re-entry sponsored by The Club is now in progress and will continue until further notice.

The Killorglin Ladies Golf Club held their AGM last week and the following Officers and Committee were elected. Lady Captain Ann Walker, Lady President Betty Griffin, Vice Captain Emma Daly, Hon. Secretary Eileen Bell, Hon Treasurer Jenny Pigott, Hon H/C Secretary Coral Kiely, Ex Officio Anne Kenny Foley, Committee Phil Anne Foley, Betty Foley, Anne Myers Foley. Wishing everyone a great year in 2017.

DEERPARK PITCH & PUTT NOTES

John Kelly

A total of 23 members played in Saturday's Juvenile Christmas Hamper competition in ideal weather conditions. A special thank you to competition sponsor Damian Fleming who sponsored the Overall Nett and Overall Gross prizes and to John "Yogi" Keogh for organising the Pizzas from Four Star Pizza Killarney. Thanks to Helena Cronin, Martin and Gearoid Cronin for their assistance as well as our U-16 Officer Conor McCarthy for organising Saturday's event.

RESULTS: Overall Nett Nathan Cronin.

Overall Gross Jack McCarthy.

U-16 Prize Cilian Courtney.

U-13 Prize Cathal Kelly.

U-10 Prize Brian McCarthy.

Hole in - One Robbie Harnett.

Bonus Prizes Tom Cronin and Eoin Looney.

Lorcan Martin, Padraic Looney, and Cilian Courtney were honoured for their achievement in finishing among the prizes at the National

Strokeplay at Royal Meath in August.

SENIORS OUTING: Wednesdays Seniors Outing to Castleisland attracted the regular contingent of players from Newmarket, Castleisland, GlenEagle and Deerpark and **RESULTS AS FOLLOWS:** Nett Johnny McCarthy (Castleisland) and Jim O'Sullivan (Newmarket)

Gross Sean Ashe (GlenEagle) and Hugh O'Sullivan (Deerpark).

Hole -In-One Con Buckley (Newmarket).

Next Outing will be to Deerpark on Wednesday January 4th 10.15 am

ST STEPHENS MORNING COMPETITION: A 3 Ball 18 Hole Scramble has been scheduled for St Stephen's morning 9-30am and is open to all members and non members of the PPUI.

ANNUAL GENERAL MEETING: The club AGM has been scheduled for Monday January 16th at Killarney Avenue Hotel 7-30pm and Motions and Nominations to be forwarded to club secretary Fiona O'Donnell email office@deerparkpitchandputt.com or by post as early as possible.

CHRISTMAS GREETINGS: Christmas Greetings are extended to all our members sponsors, supporters and to the various media outlets for their ongoing support during 2016

ROSS GOLF CLUB

GENTS CLUB -

On Sunday last we held the Annual Christmas Party and 10 Hole Mixed Scramble which was very well supported.

The scramble was followed by the Christmas party and the end of year prize giving for some recent competitions.

The party was very enjoyable and we had a full house for a very sociable evening with food, music and craic. A good time was had by all in the best traditions of the Ross.

The Ross Gents Club wishes all members, their families and our sponsors a very Happy Christmas and a Prosperous New Year.

On Sunday next Dec 18th we will hold a three man 10 hole Rumble. You can pick your own team or take pot luck with the timesheet which is now available in the clubhouse.



DONAL CONSIDINE PRESENTING FIRST PRIZE IN THE GOLF SHOP MENS COMPETITION TO WINNER (LEFT) SIMON GALLIVAN WITH DECLAN MCCARTHY CAPTAIN AT KILLARNEY GOLF, KILLARNEY.



DERRY MCCARTHY (DEERPARK PITCH & PUTT CLUB CHAIRMAN) AND CONOR MCCARTHY (U-16 OFFICER) MAKING PRESENTATIONS ON BEHALF OF THE CLUB TO CILLIAN COURTNEY (U-13 PRIZE), LORCAN MARTIN (RUNNER-UP) AND PADRAIC LOONEY (THIRD PLACE) IN RECOGNITION OF THEIR PERFORMANCES AT LAST AUGUST'S NATIONAL BOYS STROKEPLAY CHAMPIONSHIPS IN ROYAL MEATH, CLONEE.

MURPHYS BAR GOLF SOCIETY

CHRISTMAS HAMPERS

10TH DECEMBER, OLD COURSE,
KILLARNEY

SPONSOR: GER MORONEY, GREEN BELT

1st Jim Morris (21) 44 Points.
2nd Sean Goulding (12) 43 Points.
3rd Niall O'Mara (10) 41 Points.
4th Dan Joe Cahill (14) 41 Points.
5th John O'Shea (11) 40 Points.
6th Alan Flynn (7) 39 Points.
Front 9: Paul Corridan (13) 20 Points.
Back 9: Brendan Keogh (7) 22 Points.
Golfer Of The Year: Jim Morris.
Match Play Winner: Seamus Doheny.
Merry Christmas.
Now taking new members for 2017

KILLARNEY GOLF AND FISHING CLUB

MEN'S CLUB REPORT AND RESULTS.

Club Captain Declan McCarthy wishes to advise our members that there won't be any further

competitions for the Men's Club members until St. Stephen's Day, when the traditional playing of the Arbutus Cup has been scheduled. Declan on behalf of The entire Club, would like to take this opportunity to wish all of our Club Members and their Families, a very Happy Christmas, and Declan is hoping to meet with you all in the New Year. The Arbutus Cup, and the traditional "Mixed Foursomes" on the 27th will complete the competition schedule for 2016.

The competition on Sunday the 11th of December was a team of four event, The competition was won by a team that regularly features in these competitions, and they won by a clear three points, which for this type of



BILLY AND LUCY O'CALLAGHAN SPONSORS OF THE DRIVE IN MIXED COMPETITION PRESENTING FIRST PRIZE TO WINNERS (LEFT) BARRY DUGGAN AND GRACE DENNEHY WITH AMY DUGGAN LADY CAPTAIN (BACK FROM LEFT) PAT AND MARIE CHAWKE 2ND, KELLY BROTHERTON AND EOIN O'DONOGHUE BEST GROSS, ANNE DUGGAN AND DERMOT ROCHE 3RD, LIZ AND PAT KELLEHER 4TH, BREDAGAN DUGGAN CLUB PRESIDENT AND DECLAN MCCARTHY CAPTAIN AT KILLARNEY GOLF CLUB, KILLARNEY.

competition was clear daylight between them and the runners up, the members of winning team were Donie MacSweeney, John Herlihy, Sean Goulding and Eddie MacSweeney, with the great score of 100 points.

RESULTS WERE AS FOLLOWS.

1st Donie MacSweeney (14), John Herlihy (8), Sean Goulding (12), Eddie MacSweeney (16), 100 points.

2nd Billy Tarrant (11), Chris Twomey (10) Mike Dennehy (20), John Twomey (19), 97 points.

3rd Brian Fitzgerald (14), Liam Healy (11) Franc O'Rourke (27), Tom O'Sullivan (19), 96 points.

Victor Mulcahy,
PRO Men's Club.

BEAUFORT GOLF CLUB - MEN'S CLUB RESULTS & FIXTURES RESULTS

10/11 Nov: Winter League - Week 3:

1st Donal Carroll (21) 28pts.

2nd Gearoid Keating (19) 27pts.

OVERALL WINTER LEAGUE:

1st Donal Carroll, 2nd Gearoid Keating, 3rd Pat Quill.

8 Dec: Open Seniors - 1st John Doherty, 2nd Michael Lynch.

MIXED MATCHPLAY WINNERS: Gabhan O'Loughlin & Noeleen Mackessy.

FIXTURES: 18th Dec: Flock & Bottle, meet at 10am for shotgun scramble. Followed by mulled wine and mince pies.

KERRY PUPILS HIGHLIGHT ROAD SAFETY IN 2017 CALENDAR

Primary school pupils from around the county have demonstrated their artistic skills by highlighting road safety in their entries for inclusion in the 2017 Kerry County Council Road Safety Calendar competition.

On Thursday morning, Paul Neary, Senior Engineer, Operations & Safety Department, Kerry County Council presented the twelve winning pupils from various primary schools around the county with a copy of the 2017 Road Safety Calendar which features their artwork. Each month features one of the images created by the twelve winning pupils who were selected from a total of over 400 entries.

The Cathaoirleach of Kerry County Council, Cllr. Michael O'Shea presented individual prizes to the winning pupils which included three from Killarney.

Teddy Muldoon, St. Olivers, NS, Ballycasheen; Ali Cahill, Knockanes NS. Headford and Emma

Byrne, Lissivigeen NS, Killarney.

Cathaoirleach of Kerry, Cllr. Michael O'Shea congratulated each of the pupils on their wonderful drawings and said that "the standard of the competition is extremely high and it is great to know that these pupils, through their drawings, are contributing to raising awareness of road safety throughout the county".

Eileen Cunningham, Road Safety Promotion Officer with the Road Safety Authority for the Limerick and Kerry areas praised the pupils on the high standard of their drawings and said that "the competition reinforces the message of road safety, encourages school children to use their imagination and illustrate road safety issues that are important to them."

Co-ordinator of the event, Michelle Mullane, Staff Officer, Operations & Safety Department, was delighted with all the entries. "We had



PICTURED WITH THE WINNING PUPILS, BACK L-R: MICHELLE MULLANE (KERRY COUNTY COUNCIL), CLLR JOHN LUCID, EILEEN CUNNINGHAM (ROAD SAFETY AUTHORITY), CATHAOIRLEACH Cllr MICHAEL O'SHEA, PAUL NEARY (KERRY COUNTY COUNCIL), Cllr THOMAS McELLISTRIM.

over 400 entries from schools around Kerry. It is fantastic that the teachers and pupils got so strongly involved and it is my hope that each pupil who took part will have an increased awareness of road safety as a result".

CHRISTMAS DINNER TIPS:



* Whether you are a host, caught up in hectic last-minute preparations, or a guest faced with a long drive in Christmas traffic, don't make the mistake of trying to skimp on breakfast to save room (or calories) for the main event. Help yourself to an energizing morning meal; a protein and complex carbohydrate combo, is a healthy choice. This will keep you going till the Christmas feast and make you less tempted to heap your plate at dinnertime.

*If you're a guest, feel free to bring a modest thank you gift, but remember that unless you've been specifically asked to bring your famous sweet potato casserole, your hosts are more likely to appreciate a potted plant. As a host, if an invitee shows up with his or her specialty dish, put it on the table, regardless of whether it goes with your theme or menu.

*Don't force seconds (or even firsts) on a reluctant eater at the Christmas table - never, ever, comment in public on what or how much anyone is eating. If you are genuinely concerned about the eating behaviour of a family member or close friend, speak to them about it tactfully later, in a less pressured setting.

*Take the same light approach with drinks as with eats - have a variety of non-alcoholic drinks on hand for designated drivers, abstainers, and underage celebrants.

*Give careful thought to a seating plan that will help mix and match your invitees with congenial conversational partners. Preparing seasonally decorated place cards in advance is a fun activity to get your youngsters in the holiday spirit.

SCOTLAND'S FIRST ECO-VILLAGE FOR THE HOMELESS WILL OFFER EDUCATION TOO:

Scotland will begin construction of its first eco-village for the homeless in 2017 with its residents moving in by the summer.

The Edinburgh village will contain 10 tiny homes that can house up to 20 people for 12 months each. Since it costs the city council about £17,155 annually to provide one person with housing and food at shelters, the village is expected to save the government £200,000 a year.

Each house will cost roughly £30,000 to build, but their design offers a safe, transportable, and energy-efficient environment for its residents to break the vicious cycle of homelessness.

The community will also offer job training, counselling, therapy, budgeting advice, and education to help the tenants get back on track before moving onto more permanent accommodation.

Social Bite, the charity responsible for the village, is already renowned for attracting the recognition of Oscar-winning actors George Clooney and Leonardo DiCaprio. The social enterprise currently trains and employs the homeless to work in their sandwich shops throughout Edinburgh. All their proceeds are donated to charity.

Once the village's residents complete the training and year-long stay, either Social Bite or any of its partnering companies will reportedly have job opportunities waiting for the graduating tenants.

30 year old Social Bite co-founder and social entrepreneur Josh Littlejohn already heads up five sandwich shops and a new restaurant with a difference, 1 in 4 of the staff are formerly homeless and 100% of their profits go to charity.

TOWN ALLOWS RESIDENTS TO DONATE FOOD AND TOYS INSTEAD OF PAYING PARKING TICKETS:

Nobody likes arriving at their car only to find a parking ticket tucked under the wipers - but the Canadian town of Innisfil, Ontario offered residents a chance to give back with their parking fines instead.

The second annual Scrooge The Ticket programme ran from November 30th to December 9th and allowed recipients of parking tickets to donate toys, gift cards, or non-perishable food items to the needy instead of paying the fees.

"We really saw our residents get into the spirit with this last year and we are excited to hold our second 'Scrooge the Ticket' campaign," said Innisfil Mayor Gord Wauchop. "No one likes to get a parking ticket, but this is a thoughtful way to have our residents give generously to a great cause leading into the holiday season."

QUICK-THINKING TEEN 'BEFRIENDS' COUPLE TO THWART KIDNAPPING IN PROGRESS:

It was none of his business, maybe, but Malyk Bonnet didn't like the way the man at the bus stop was treating the woman he was with. And she looked scared.

He thought maybe he should intervene, but how?

The 17-year-old cook who had just completed a shift at work in Montreal, decided to keep his eye on the couple and follow his instincts and saw his chance to help when the man asked him for money, saying he and the woman needed bus fare to get to the town of Laval, some 25 miles (40km) away.

Thinking on his feet, Mr. Bonnet not only got the money for them, but also announced that he, too, was headed to Laval. He hopped on the same bus as the couple, and when they stood up to get off, Bonnet stood up, too, and offered

to buy them dinner.

Pretending to go to the restroom, Mr. Bonnet instead borrowed a stranger's mobile phone to call police. So good was the teen's facade that when law enforcement arrived to arrest the man and escort the woman to safety, the kidnapper had no idea it was Mr. Bonnet who had tipped them off.

"The woman looked at me, and she was almost crying, and I said to myself, 'I did good,' Mr. Bonnet said later in an interview. He did more than good a police spokesperson said, the 29-year-old woman had been kidnapped a few hours earlier, and authorities were pretty sure they knew by whom—a dangerous ex-boyfriend who was under a court order to stay away from her.

The Laval Police were so impressed with Mr. Bonnet's decision-making, which they said probably saved the woman's life that they took up a collection to reimburse him for the money he spent. They raised \$255 for the quick-witted young hero.

Mr. Bonnet was delighted to have his cash returned, and his proud mother bought up eight newspapers as keepsakes.

QUOTE:

"It's marvellous to be popular, but foolish to think it will last" - Dusty Springfield

ON THIS DATE – DECEMBER 16TH:

1631 - Mount Vesuvius erupted, destroying six villages and killing up to 4,000 people.

1653 - Oliver Cromwell was sworn in as Lord Protector of Ireland, England and Scotland.

1689 - The 'Bill of Rights', establishing the supremacy of parliament over the monarch, became law in England.

1895 - Royal Canadian Sea Cadet Corps organised to interest young men in serving in a planned Canadian Navy.

1901 - Guglielmo Marconi was officially notified by the Anglo-American Telegraph Company that it would take legal action against him unless he immediately ceased his wireless experiments and removed his equipment from Newfoundland.

1910 - Group of 800 Canadian farmers marched on Ottawa, to demand US reciprocity and more preference for British goods.

1922 -The American Committee for Relief in Ireland was founded in New York to provide support for those affected by the War of Independence.

1964 - Singer Dusty Springfield was deported from South Africa, because she performed for a multi-racial audience.

1989 - British TV censors banned a festive RSPCA advert showing a puppy as it wandered towards a mantrap.

1997 - 700 people, mostly children, were hospitalised following the broadcast of a cartoon which triggers *'Nintendo epilepsy'*.

*'NINTENDO EPILEPSY':

On December 16th 1997, over 700 people in Japan were rushed to hospital suffering similar, but unusual, symptoms of simultaneous seizures. The common factor was that they had all watched a cartoon segment on the

"Pokemon" show, based on Nintendo's "Pocket Monsters" Game Boy game. The catalyst to their problem seemed to be a scene featuring an explosion, which was then followed by several seconds of flashing red light in the eyes of one of the show's characters. Viewers who were admitted to hospitals complained of convulsions, vomiting, and other symptoms. Major video game manufacturers now admit that some games can trigger seizures or "seizure-like symptoms" in some video game players. Such seizures are usually triggered by repetitive flashing lights, combined with the presentation of certain geometric patterns within the games.

TINY THERAPY HORSES HAVE BIG IMPACT ON HURTING HUMANS:

The Mini Therapy Horses nonprofit introduces adorable, tiny trained ponies to groups and individuals that have undergone trauma. Their partnerships with American law enforcement, and children's and veteran agencies have facilitated equine meetings with all types of troubled souls in need of comfort.

"After having just one meeting with a miniature therapy horse," said Victoria Nodiff-Netanel, founder of Mini Therapy Horses, "individuals have been known to speak for the first time in years, smile, and tell their stories of deepest pain and tragedy."

For the last 8 years, Ms. Netanel's team of volunteers and their equine partners have soothed over 45,000 crisis victims each year. The ponies – Black Pearl, Willow Blue, Liberty Belle, American Valor, Blue Moon, Sweet Louise, and Bluebell – are all experienced, intelligent animals that seem to have an instinctual understanding of human suffering.

Many of their heartbroken human counterparts include burn victims, veterans with PTSD, orphans, rape survivors, or hospital patients.

When asked what inspired her to start the unusual therapy project, Ms. Netanel said "I have always loved horses and prior to me becoming a competitive rider and horsewoman, I had stuffed toy horses as a small child. Later in life, when my daughter left home for college, my 'empty nest' purchase was a miniature horse named Pearl. I taught Pearl every trick in the book and developed a passion to help others so I wanted us to do it as a team.

CARRIER BAGS MADE OF POTATO & TAPIOCA THAT CAN BECOME ANIMAL FOOD ON DISPOSAL:

The partial or total ban on plastic bags in several Indian cities is seen as a welcome move by most people. But for those who cannot afford alternatives like cloth bags, using just hands to carry eggs and vegetables home can be a juggling act. It was this problem faced by ordinary citizens that disturbed Ashwath Hegde, a 25 year old Mangalore-born but now Qatar-based NRI entrepreneur.

After researching the problem for about four years, Ashwath founded EnviGreen – a company that produces 100% organic, biodegradable, eco-friendly bags and employs 60 people.

They look like plastic bags but are made from 12 ingredients, including potato, tapioca, corn, natural starch, vegetable oil, banana, and flower oil. If placed in a glass of water at normal temperature, an EnviGreen bag dissolves in a day. And when placed in a glass of boiling water, it dissolved in just 15 seconds! These bags take less than 180 days to biodegrade naturally once discarded. So users can throw them away without worrying about harming the environment. The bags are even edible and will cause no harm to animals if ingested.

The company does not use any chemicals at all and the paint used for printing on the bags is natural and organic.

The Karnataka State Pollution Control Board (KSPCB), which has approved the use of these bags, conducted several tests to ensure there were no plastic elements in them. The tests included placing a hot iron on a small piece of EnviGreen sheet. The sheet neither melts nor sticks to the hot iron surface. The bags also don't melt, drip, or release any toxic fumes when burnt, unlike conventional plastic bags. They have been tested by the Central Institute of Plastic Engineering and Sriram Institute for Industrial Research as well.

Currently, the company produces 1,000 metric tonnes of bags every month and hopes empower farmers in rural Karnataka by sourcing all its raw materials from them. It is also planning to distribute seeds to help them produce the amount of materials required to make the bags.

U.S. VETERANS ARRIVED AT STANDING ROCK TO FORM HUMAN SHIELD AROUND PROTESTORS:

Native American members of the Sioux Tribe in North Dakota have endured water cannons and rubber bullets from police forces seeking to evict the protestors – but some much-needed allies showed up when 2,000 military veterans with the Veterans Stand for Standing Rock organisation arrived at the Standing Rock campsite to surround and protect the protestors on December 4th. Some said they would stay indefinitely, while others planned on going home on Dec. 7th as the campsite had the maximum amount of occupants it could hold and a further 1000 veterans were expected to arrive within the week.

On December 5th the U.S. Army Corps of Engineers issued a statement saying it would deny a permit to Energy Party Transfers to drill under the Missouri River, this has stopped the pipeline construction, at least for now.

The Sioux tribe have been protesting the construction of the Dakota Access Pipeline: a \$3.8 billion, 1,172-mile pipeline that would stretch underneath a lake on the Standing Rock Sioux Reservation. Not only would the DAPL threaten the safety of their water supply, but it also violates the land that is sacred to the tribe.

HOMELESS MAN SHARES HIS MEAL WITH OTHERS:

On a prosperous street in Santa Barbara where late at night the homeless beg for the contents of the little bags people carry home leftovers

from restaurants, a young woman approached an older white man and handed him a carry-out plate holding several slices of pizza, asking, "Would you like some dinner?"

Surprised, he shyly took the food and expressed his thanks, then as he was enjoying his meal, a voice from a fellow homeless man boomed out from the dim light, "Steve-O!", the black man said he was after having a few drinks and was doing well. Steve-O immediately offered to share his pizza with his friend, the man was grateful, and then moved on down the street. Suddenly, the young lady appeared again. She must have observed his generosity because she said, "That was a nice thing you did," and handed him a new plate of food–this time bigger and made to order. He was rather dumbfounded by this repeated gesture of kindness, but managed to give heartfelt thanks to the girl.

As quickly as she left, a tall, young white man walked up and greeted Steve by name, and asked if he could have some of his food. Steve's weather-worn hands unwrapped the foil top to reveal his new bounty. "Can I have two?" the youth asked. "Go ahead," said Steve, as he lifted up the plate, grinning because of his good fortune.

What neither the young girl nor the homeless men knew was that the entire episode was watched by a reporter.

DID YOU KNOW?

*The image of Santa Claus flying in a sleigh started in 1819 and was dreamt up by author Washington Irving.

*Rudolph was actually conceived by a department store, Montgomery Ward, as a marketing gimmick to get children to buy colouring books.

*The first batch of eggnog in America was crafted at Captain John Smith's Jamestown settlement in 1607, and the name eggnog comes from the word "grog," which refers to any drink made with rum.

*"Silent Night" is the most recorded Christmas song in history, with over 733 different versions copyrighted since 1978 though "White Christmas" is the best-selling song of all time.

*The highest-grossing Christmas movie of all time is the Jim Carrey version of How the Grinch Stole Christmas.





Kerry ETB Training Centre



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

MTA Software & Networking Fundamentals (ET124) - Tralee.

This entry level course offers experience on the technical side of software development and computer networks. It's the ideal starter course for people considering a career in information and communication technology. **Start Date:** 23rd January 2017. **Duration:** 14 weeks. **Certification:** Microsoft Technology Associate Certification.

Healthcare Support (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 January 2017. **Duration:** 41 weeks. **Certification:** QQI Level 5 Major Award in Healthcare Support.

Bus Driving - D Licence (ET07114) - Tralee.

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

Food & Beverage Service (ETS8741) - Killarney.

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

Angling Guiding (ET09061) - Fenit.

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

Traditional Stone Wall Construction (ET4R8) - Tralee.

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

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

This course is for people who wish to develop a range of manual and computerised payroll and bookkeeping skills. **Start Dates:** 13th February 2017. **Duration:** 10 weeks. **Certification:** QQI Level 5 Component Certificates in Manual and Computerised Bookkeeping and Payroll.

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

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

Digital Media Production Course (TRY18) - Tralee.

The Digital Media Production course offers participants the opportunity to learn and develop real-world production skills in a broad range of media disciplines. The course covers design, digital imaging, photography, sound, video, digital publishing and media project management. **Start Date:** 20th February 2017. **Duration:** 52 weeks. **Certification:** TBD.

Fibre Installation Technician (ET08632) - Tralee.

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

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

Kerry ETB Training Centre,

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

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



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**The Christmas Edition of
Killarney Outlook
will be available on
Thursday 22nd December.**

**The Killarney Outlook Office will close for the
Christmas Holidays on Thursday 22nd and will
re-open on Tuesday 3rd January 2017.**



**The Souvenir Edition of
Killarney Outlook will be available on Thursday 29th December.**



@bell_beehive
WELCOME DECEMBER #lovekillarney



@lorikpomidorik11 ONE HAPPY KID #christmas
#lovekillarney



@gleneaglehotelkillarney CHEF DRUMMOND & CAROLINE
ARE ALL READY FOR THE TOYSHOW TONIGHT #lovekillarney



@sorch_28 DILIGENTLY STANDING GUARD
#killarneyplaza #lovekillarney

#lovekillarney



@kprocki KILLARNEY FULL OF STARS! #lovekillarney

...share the love with #lovekillarney on



Its beginning to look a lot like Christmas



ALL SMILES AT LITTLE AILISE HAYES CHRISTENING AT ST. BRENDAN'S CHURCH CURRAHEEN TRALEE. PICTURED WITH HER PARENTS CATHERINE AND SEAN HAYES AND FR. NOLAN. PHOTO: LISA O'SHEA.



SAOIRSE REEN DOODY MEETING SANTA CLAUS IN KILLARNEY OUTLET CENTRE AT THE WEEKEND. PICTURE: EAMONN KEOGH.



SANTA ARRIVES ON HIS SLEIGH TO MUCH APPLAUSE FROM CHILDREN AND ADULTS ON MAIN STREET, KILLARNEY AT THE WEEKEND. PHOTO DON MACMONAGLE.



SHEILA MARIE, PADRAIG AND PA SHEEHAN, KILLORGLIN, MEETING SANTA CLAUS IN KILLARNEY OUTLET CENTRE AT THE WEEKEND. PICTURE: EAMONN KEOGH.



JEREMIAH AND MARIE MANGAN WITH CHILDREN NIAMH, AINE, EIMEAR AND EDELE MANGAN, KILLARNEY, MEETING SANTA CLAUS IN KILLARNEY OUTLET CENTRE AT THE WEEKEND. SANTA WILL BE IN HIS CABIN ON THE GROUND FLOOR OF KILLARNEY OUTLET CENTRE AGAIN THIS SATURDAY DECEMBER 17TH AND SUNDAY 18TH FROM 1.00 PM TO 6.00 PM EACH DAY. PICTURE: EAMONN KEOGH.



EDEL FINN (CENTRE) PICTURED AT THE CHRISTMAS IN KILLARNEY PARADE WITH HER SONS L-R ALEX & NOAH.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



VISITING SANTA CLAUS IN HIS CHRISTMAS CABIN AT KILLARNEY OUTLET CENTRE LAST WEEKEND WERE ALISON AND LAURA HICKEY, KILLARNEY. PICTURE: EAMONN KEOGH.



SIOBHAN O'DONOGHUE WITH SOPHIE AND SHAYNA FITZGERALD, RATHMORE, MEETING SANTA CLAUS IN KILLARNEY OUTLET CENTRE AT THE WEEKEND. PICTURE: EAMONN KEOGH.

Christmas..... Everywhere you go.....



GARY AND JOHN O'CONNOR, MUCKROSS, KILLARNEY, MEETING SANTA CLAUS IN KILLARNEY OUTLET CENTRE AT THE WEEKEND. PICTURE: EAMONN KEOGH.



SANTA ARRIVES ON HIS SLEIGH TO MUCH APPLAUSE FROM CHILDREN AND ADULTS ON MAIN STREET, KILLARNEY AT THE WEEKEND. PHOTO DON MACMONAGLE.



STUDENTS FROM ST OLIVER'S NATIONAL SCHOOL BEING FRAMED BY MR ELF AT THE CHRISTMAS IN KILLARNEY PARADE. PICTURE MARIE CARROLL-O'SULLIVAN.



ALL ABOARD FOR A SANTA SLEIGH RIDE AROUND KILLARNEY AT THE WEEKEND WERE, FINN O'CONNELL, DAISEY ARRONDALE, FIA QUINN, MILLIE ARRONDALE, RIAN O'DONNELL, DARRAGH QUINN, CLONA QUINN, BRIDIE O'DONNELL, JAMES O'DONNELL, SAOIRSE QUINN AND ALFIE ARRONDALE FROM KILLARNEY. PHOTO DON MACMONAGLE.



MIRIAM, MARGUERITE, CIARA, SEAN AND DANIEL DINEEN, RATHMORE, MEETING SANTA CLAUS IN KILLARNEY OUTLET CENTRE AT THE WEEKEND.



MICHELLE AND TOMAS MACGEARAILT WITH CHILDREN ROSSA, MEADHBH AND OGIE MACGEARAILT MEETING SANTA CLAUS IN KILLARNEY OUTLET CENTRE AT THE WEEKEND.



GARY AND JOHN O'CONNOR, MUCKROSS, KILLARNEY, MEETING SANTA CLAUS IN KILLARNEY OUTLET CENTRE AT THE WEEKEND.



ROSIE HEALY AND HER DAUGHTER MUIREANN, AT THE ANNUAL CHRISTMAS TREE LIGHTING IN AID OF ST VINCENT DE PAUL AT THE BREHON HOTEL, KILLARNEY. PHOTO: VALERIE O'SULLIVAN.

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GARDENING OUTLOOK



with John O'Sullivan

HOW TO TAKE HARDWOOD CUTTINGS

A lot of hardwood cuttings are grown on, outside in prepared beds but if you are only taking a small amount of cuttings you can grow them in pots as well. When taking a hardwood cutting pick a good healthy shoot that has grown in the current year. Next, remove any soft growth at the tip of the cutting. Then cut into sections of about 6 - 10 inches above a bud at the tip with the cut sloping so water can't rest on it. Then cut at the base below a bud or pair of buds and then dip the lower bud into some rooting powder. Next prepare a trench that is well dug over and has good drainage or if you are growing them in pots - make sure there is plenty of drainage.

Insert the cuttings two thirds into your pots or ground and allow about 4-5 inches between cuttings. Cuttings should be left until the following autumn and remember to water in dry spells.

JOHN O'SULLIVAN, FOUR SEASONS GARDENING SERVICES, KILLARNEY 087-2787160.

ON THE BOX KILLARNEY OUTLOOKS WEEKLY SOAP COLUMN

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



On the Box

CORONATION STREET

Mon: Bethany is caught in the act and forced to confess all. Mary's secret is revealed to all.

Wed: Aidan and Adam come to blows. Steph considers quitting her job.

Fri: Andy steals pills from his GP. Johnny discovers Maria and Aidan's affair.

EASTENDERS

Mon: The Carters have some magical news to reveal. Ronnie worries for Roxy.

Tues: Martin lunges at Shakil. Later, Shakil and Louise share a kiss at the Walford play.

Thurs: Phil drops a massive bombshell.

It's the opening night for the Walford play.

Fri: Phil decides to leave his family. Mick and Lee have a heart to heart.

EMMERDALE

Mon: A confused Ashley accuses Laurel of cheating on him with Marlon.

Tues: We see through the eyes of Ashley his descent into dementia as he embarks on a terrifying journey.

Wed: Jimmy returns to the village. Pete kisses Moria.

Thurs: All hell breaks loose when Jacob collapses and Moria hits Pete with her car.

Fri: Zak and Lisa reconnect. Moria breaks down and Cain runs to her aid.

Drop off/Post: Killarney Outlook, 30 High St, Killarney Tel: 064 667 0000

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AWARE SUPPORT GROUP MEETINGS

Aware Depression Support

Group meets: Killarney – Mondays, KDYS at 8pm. Aware Support Groups are free to attend, no referral necessary. www.aware.ie

KILLARNEY AL ANON

The Killarney Al-Anon meetings are held Tuesday nights at 8.30pm, also Thursday mornings at 11am in St. Claires, Vincent de Paul Building, Tesco carpark, Beech Road, Killarney

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ALONE - SHOW AN OLDER PERSON YOU CARE THIS CHRISTMAS

Charity call on the public to remember older people who may be lonely or isolated

ALONE, the charity that supports older people to age at home, is asking members of the public to reach out to the older members of their community this Christmas and offer support to those who may be lonely or isolated.

Sean Moynihan, CEO of ALONE commented, "No one should feel alone at Christmas, however, in ALONE we meet many older people who have no one to celebrate this special time of year with. This Christmas we are asking members of the public to check in with their older neighbours and to show them that you care. We can all be guilty of getting caught up in the build up to Christmas as we reunite with friends and family, but it is important to remember that many older people have no friends or family to reunite with."

ALONE say that there are a number of ways that the public can help an older person this Christmas. These include; calling by an older person's house to say hello, ensuring they have enough food, medication and heat, bringing them out for a drive or to a social event and

giving them a hand with their shopping.

As part of this year's Christmas Campaign, ALONE is also urging older people not to be afraid to ask for the care and support they deserve and are entitled to. Moynihan continued, "ALONE's Christmas Campaign this year is not just about charity, it's about rights. Older people not only deserve to live with dignity but they have a right to. We want them to know that they have a right to be supported, to receive the care they need and to live in a place of their own choosing." He concluded, "Over the winter period calls for support dramatically increase and loneliness is one of the main issues that older people face. Many older people think that by asking for help and support they are bothering people. We want them to know that they deserve more than a little help and support and they shouldn't be afraid to ask for it. For those who may feel that they have no one to ask for help, ALONE offers supports and services that can link older people back in with their community and neighbours."

This Christmas Day, ALONE's volunteers will bring hot Christmas dinners to over 100 older people living on their own. In the lead up to Christmas ALONE also hosted a social dinner dance, a vital social outlet for service users that was attended by over 180 older people. They also delivered over 500 hampers full of vital supplies to help older people who use ALONE services through the Christmas period and bring a little Christmas magic back into their lives. ALONE's most vital area of service provision during the winter months is the Support Coordination service, which deals with emergency calls for assistance as well as longer term supports in ensuring people can age at home with comfort, safety and security.

For those who have concerns about their own wellbeing, or the wellbeing of an older person in their community, ALONE can be contacted on (01) 679 1032. To make a donation and help aid ALONE's work this Christmastime visit www.alone.ie



Know Your Rights: BUYING GOODS ONLINE

QUESTION

I have ordered a few presents from a Belgian website. Can I return them if I'm not happy with them when they arrive?

ANSWER

Online purchases within the EU are covered by the EU Directive on Consumer Rights. Under this Directive you are entitled to a cooling-off period of 14 days. During the cooling-off period, you can cancel distance contracts such as online purchases without giving a reason and without incurring charges or penalties, other than possible charges incurred in returning the goods. The 14-day cooling-off period begins on the day that you receive the goods.

Upon cancellation, the distance seller is obliged to repay you within 14 days, including delivery costs. If you chose a more expensive type of delivery than the seller's cheapest standard delivery, you are only entitled to be refunded the cost of the cheaper delivery type.

The seller can withhold the repayment until the goods are returned or until you supply evidence that you have sent the goods back.

You must send the goods back within 14 days of informing the seller of the cancellation. You have to pay for the cost of returning them, unless the seller did not inform you before you ordered the goods that you would have to bear the cost. The seller should have provided you with confirmation of the contract, as well as information on aftersales and guarantees, how to cancel the contract and a postal address for complaints. If the seller did not provide you with information on your right to cancel, the cooling-off period can be extended by 12 months.

Cancellation may not be accepted in certain cases, for example, if the goods were made especially for you.

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.



WORKPLACE STRESS II

This week we will look at more key ways to deal with stress in our lives. Knowing we are stressed when we are stressed is important. Each person is different – so know your own 'stress busters'. The following are some tips:

1. Taking Responsibility for our own physical and emotional well-being.
2. Avoid knee-jerk reactions and falling into old habits.
3. Learn to communicate better – which can improve relationships with coworkers.
4. Recognise your own emotions and know how to control your emotions and behaviour. If you ignore your emotions you will be unable to fully understand your own needs and find it difficult to communicate with others.
5. Delegate responsibility - let go of the need to control every little step.
6. Be willing to compromise – finding a middle ground with a co-worker can help reduce stress levels for everyone.
7. Balance your daily schedule – as all work and no play leads to burnout. Balance your time between work, daily responsibilities, family life and social activities – ensuring you get some downtime.
8. Avoid over-scheduling your time by trying to fit too much into one day. If you have a lot on – distinguish between the 'shoulds' and the 'musts' and drop any task that isn't completely necessary to the bottom of the list or delete them entirely.
9. Give yourself time – getting up or leaving home ten minutes earlier can decrease stress levels and avoid that frantic rush to get to work on time.
10. Take a quick stroll during the day to clear your mind.
11. There is no better way to alleviate stress than a good laugh – watching a comedy or meeting up with friends and sharing a joke can all help to reduce stress.
12. Don't try to seek perfectionism – this will only add to unnecessary stress. When you set unrealistic goals you set yourself up for failure. Aim to do your best.
13. Watch your thoughts. Negative thinking can drain our energy and motivation – so try to stay positive and avoid negative people as much as possible.
14. Don't try to control the uncontrollable. Many things in life are beyond our control – especially the behaviour of other people. Rather than focusing on the things we can't control, we give our attention to that which we can control – i.e how we react to the problem.

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

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

To make an appointment call 064 6636416.

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



We are very grateful to Katrin Pietzonka who has created an inspirational 2017/2018 Calender as a fundraiser for SouthWest Counselling Centre. These are available through the centre.

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Rates on or after 1 January 2017		
	Minimum hourly rate of pay	% of minimum wage
Experienced adult worker	€9.25	100%
Aged under 18	€6.48	70%
First year from date of first employment aged over 18	€7.40	80%
Second year from date of first employment aged over 18	€8.33	90%
Employee aged over 18, in structured training during working hours		
1st one third period	€6.94	75%
2nd one third period	€7.40	80%
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A WORD OF VICTORY

Welcome back dear reader it's that time of the year again - for many it is a dreaded time due to so much tension and stress, all brought about by a culture that is not normal - it's off the rails! Flustered people trying to buy expensive gifts for relations they may not like with money they don't have - it's absolutely mindless. There is obviously a spirit behind it; a spirit of the world being forced on us by manufacturing giants who see this time as an opportunity to make vast fortunes to fill their bank accounts with. Fuelled by the media, parents and children alike are bombarded with advertising of very expensive technology, toys and designer labels etc., which puts severe strain on the ordinary people that are targeted. Children and teenagers looking at this vast array of expensive things then persuade their parents to buy them because they feel they must have them, bringing the parents under condemnation if they cannot provide them as no-one wants to let their children down. So, the money has to be got through loans or postponing other important utilities. Reader, check this for yourself in your own house and see is this true? The Scripture says 'train up a child in the way he should go and when he is old he will not depart from it' (Proverbs 22:6) If children are not trained to use balance and wisdom on what they want in accordance with what can be afforded, they will grow up wild, feeling they are entitled to have all the things they see. It's a vicious circle, but if parents could have courage and just say "no", and explain why, it would be good instruction for these young future adults and alleviate the pressure on parents. It's was this type of undisciplined thinking that helped bring the financial crash on our country, when people without restraint just borrowed and borrowed. Had discipline and wisdom being taught to those involved, we would not have ended up in such a disaster for which many are still paying the price today. Friend, it's time to change. Be strong! More next week....

Contact: 064 - 66 22950 E: wovkillarney@gmail.com

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NOVENA TO THE SACRED HEART

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

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

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

NOVENA TO ST. CLARE

IN THANKSGIVING

Novena to St. Clare. Ask for three favours, one business, two impossible. Say nine Hail Mary's for nine nights with lighted candles. Pray whether you believe or not. Publish on ninth day. Powerful novena. Say may the Sacred Heart of Jesus be praised, adored glorified and loved today and everyday throughout the whole world now and forever. Amen
Your request will be granted no matter how impossible it may seem.

THANKSGIVING

St. JUDE come to my assistance in my need that I may receive the consolation and help of heaven in all my necessities particularly (mention request) and that I may praise God with you and the elect throughout eternity. I promise you O Blessed Jude to be ever mindful of this great favour and I will never cease to honour you as my special and powerful patron and to do all in my power to encourage devotion to you. Amen
Say for 3 days and publish immediately
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MOB: 087 2598664



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.

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

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

NOVENA TO ST. CLARE

Ask St. Clare for 3 favours, 1 business, 2 impossible, Say 9 Hail Mary's for 9 days with a lighted candle, and finish with "May the Sacred Heart of Jesus be praised, adored, glorified and loved today and every day throughout the world forever, Amen." Pray, whether you believe or not. Publish on the 9th day. Your request will be granted no matter how impossible it may seem.
Favour often granted on the third day.

14TH ANNIVERSARY



In loving memory of

DANIEL CRONIN

**Late of Gneeveguilla Upper,
Rathmore, Co. Kerry**

*Wrap your arms around him Lord
Don't leave him on his own
For its his Anniversary
And he can't come home
Call his name softly
And when he looks your way
Tell him that we love him
And miss him every day*

**Always remembered by his loving
wife Nora, daughters, sons, sons in
law, daughter in law and all your
grandchildren.**



NOVENA TO THE SACRED HEART

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

NOVENA TO THE SACRED HEART

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

NOVENA TO THE SACRED HEART

Dear Heart of Jesus in the past I have asked
many favours. This time I ask you this special
one, (mention favour).
Take it dear heart of Jesus and place it within
your own broken heart where your Father
sees it.
Then in his merciful eyes it will become your
favour not mine.
Amen.
Say this prayer for three days. Publication of
prayer and favour will be granted.
F

NOVENA TO ST. CLARE

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impossible, Say 9 Hail Mary's for 9 days with
a lighted candle, and finish with "May the
Sacred Heart of Jesus be praised, adored,
glorified and loved today and every day
throughout the world forever, Amen."
Pray, whether you believe or not.
Publish on the 9th day.
Your request will be granted no matter how
impossible it may seem.
Favour often granted on the third day.

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

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

X

LETS PRAY TOGETHER INTO THE WORD

Psalm 116. I love the Lord because he listens to
me and my pleas for mercy. I will pray to him
as long as I live. The fear of death encompasses
me it gives me distress and anguish. Please
Lord deliver my soul. Our Lord God is gracious
righteous and merciful. When I feel low in
spirit he saves me. O my soul rest the Lord has
bountifully dealt with my soul. (7). (9) I walk
with the Lord. I will lift up the cup of salvation
and call on the Lord. I am your servant you
loosen my bonds. Verses 7 and 9 means prayer
faith and the Word the Bible are necessary and
very precious. Communion with God is beautiful
and very helpful. His providence is very fruitful.
Dependence on God gives us strength and life
and guidance these are very real things. Amen.
For Prayer Requests.
laurencewoodley63@gmail.com

GRATEFUL THANKS

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

NOVENA TO ST. ANTHONY

St Anthony, I resort to they protection and aid and
as proof of my affection and faith I offer this candle
which shall burn every Tuesday.

Comfort me in my difficulties and through the
lodgings in the house of the saviour intercede for
me and my family, so that we may always hold God
in our hearts and be provided for in our necessities.
I beseech thee, St Anthony to have infinite pity in
regard to the favour I ask of thee: Mention Favour.
Please help me to overcome all difficulties I now
leave at they feet (say 3 x Our Father's, 3 x Hail
Mary's and 3 x Glory BE's) This is said for 9 Tuesdays
in succession and each Tuesday a candle shall be
lit and a copy of this prayer left in Church to help
another soul in distress and increase the devotion
to St. Anthony. This Miraculous Saint grants
everything no matter how difficult and before the
termination of the 9 Tuesdays. It is not necessary to
go to the Church every Tuesday except the first one
to leave the copies. For the remaining 8 Tuesdays,
it can be done at home lighting the candle and of
course with FAITH. Dear St Anthony Pray for us!

Thanks to the universe for everything.

GRATEFUL THANKS

To our Lady, Sacred Heart, St Faustina,
St Padre Pio, St Anthony and Infant of
Prague, St Rita, St Theresa, St Joseph,
Mother of Perpetual Help, Michael
Archangel, Archangel Chamuel,
My Guardain Angel.
Thank you for favours received.

NOVENA TO ST. ANTHONY

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

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

THE MIRACLE PRAYER

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many favours. This time I ask you this special
one, (mention favour).
Take it dear heart of Jesus and place it within
your own broken heart where your Father
sees it.
Then in his merciful eyes it will become your
favour not mine.
Amen.
Say this prayer 3 times for 3 days and your
favour will be granted. Never known to fail.
Must promise publicaton of prayer. **J.D.**

NOVENA TO ST. JUDE

May the Sacred Heart of Jesus be praised,
adored, glorified and loved today and everyday
throughout the world now and forever.

Sacred Heart of Jesus pray for us.
St Jude of the helpless pray for us.

Ask St Jude for 3 favours,
2 of which seem impossible.

Say 9 hail Mary's for 9 days ending with
St Jude pray for us.

THE MIRACLE PRAYER

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many favours. This time I ask you this special
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favour will be granted. Never known to fail.
Must promise publicaton of prayer.

NOVENA TO THE SACRED HEART

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



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