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Enjoying the Fossa GAA 50th Anniversary Social at the Dromhall Hotel were L-R Mary Kennelly, Julie Talbot, Saoirse Bennett, Amy Moriarty & Betty O'Carroll. PICTURE: MARIE CARROLL-O'SULLIVAN

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EDITOR'S NOTE

A

s we face into Election 2020, we have a busy magazine for you this week.

From beauty products to health checks and from election promises to pitch performances - there is something for everyone in this week's Killarney Outlook.

Pieta House is set to benefit from a raffle at Liebherr, preparations are underway for the Kerry Clubs Fair and Fossa GAA Club celebrated their 50th Birthday in style.

A local oscar-nominated film producer talks about her 2020 plans, Dochas have huge plans

to entertain you and schools football is stronger than ever in the Kingdom.

All this and lots more in this week's Killarney Outlook!

Aisling Crosbie,
Editor | 086 0400958



IF YOU HAVE A STORY...Contact Aisling on: 086 0400 958 | Email: news@outlookmags.com

Natural Beauty

is the *best Beauty* for Rosemary



Rosemary O'Connor, Therapist at 3 popular Killarney Hotels - The Castlerosse, The Riverside & The Killarney Court, and in demand amongst tourist and locals alike for her organic creation Killarney Oils & Beauty products. Pictured at the Castlerosse Hotel boasting one of the finest views in Killarney. PICTURE: MARIE CARROLL-O'SULLIVAN

A Killarney Beauty Therapist has created a new range of Organic Products called Killarney Organic and they are chemical free and environmentally friendly.

Rosemary O'Connor, who owns and runs Renew Beauty Body and Holistic Killarney operates out of three Killarney hotels, The Killarney Court Hotel, The Riverside Hotel and the Castlerosse Hotel. "The idea for Killarney Organic

initially came about as I was buying organic products for the salons in hope of fully changing over to organic", Rosemary told the Killarney Outlook.

"I found that a lot of these companies were either very expensive or they didn't have a full range. I suffer from dry, sensitive and irritable skin myself and found it difficult to source really rich products that wouldn't cause my skin to become dry again in just a few hours", Rosemary said.

"Having done some research in the area I decided to upskill and pursue qualifications in the area of organic natural products and successfully completed a number of courses over the last 12 months. This is an area I feel strongly about and I continue to pursue additional courses to ensure I remain current. A number of the courses I completed were science based while others were focused on the natural ingredients and their components, including environmentally friendly ingredients and how best to use nature's own garden".

"I personally loved the organic approach so I began experimenting with skincare ideas and creating bespoke products for my friends and family just for fun at the beginning but the response and support I received was phenomenal", she added. Rosemary is very happy and proud to say that all of her products have been safety tested and verified by Oxford Biosciences. The Organic products use a range of skin loving plant oils butters and waxes which are bursting with vitamins, mineral and antioxidants.

Rosemary currently has eight products available:

- 1 Luxury Cleansing Oil (with Chamomile & Calendula).
- 2 Moisture Extreme Recovery balm (with Rosehip & Vitamin E).
- 3 Rosehip and Sea Buckthorn Miracle Elixir (with Vitamins A, C & E).
- 4 Rose & Sheanut Whip.
- 5 Lavender & Sheanut Whip.
- 6 Feet treat Recovery (with Maychang & Peppermint).
- 7 Body Calm Balm.
8. Lavender infused balm.

IRISH HEART FOUNDATION'S OFFERS FREE HEART HEALTH CHECKS IN GNEEVGULLIA

The Irish Heart Foundation's Mobile Health Unit, sponsored by Pfizer Bristol-Myers Squibb will provide free heart health checks in Gneevgullia on Friday 31st January from 10am - 2pm. Nurses will offer locals a blood pressure check, a pulse check, heart health information and lifestyle advice in the unit's professional consultation rooms. 80% of premature heart disease and stroke is preventable so it is important that the public take the opportunity to receive their free check and advice when the Mobile Health Unit visits their locality. This year, the total number of people in Ireland with high blood pressure is predicted to be more than 1.2 million, so



the Irish Heart Foundation is urging people in Kerry and nearby to avail of the quick and non-invasive free heart health check and to pop into the Mobile Health Unit on its visit to Castleisland, Tralee, Ballyduff and Gneevgullia.

Speaking ahead of the visit, Marese Damery, Health Check Manager at the Irish Heart Foundation, said: "We look forward to meeting the people of Gneevgullia and surrounding areas at the Mobile Health Unit from 10am - 2pm.

The Irish Heart Foundation's heart health checks are free, and the charity encourages all adults aged 18 and over to have their blood pressure checked. For more information about the Mobile Health Unit and to view its upcoming locations in your area, please visit irishheart.ie, or call the Irish Heart Foundation at 01 6685001.

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Liebherr staff **RAISE OVER €9,000** for Pieta House



The generous staff at Liebherr made a sizeable donation to Pieta House this week.

Every December the Liebherr Sports & Social Club hold their annual charity raffle and this year it was hugely supported by Liebherr employees who raised an amazing €4,100.

"Pieta House is an important charity to Liebherr employees and an additional €5,005 was also raised and donated in November 2019, bringing the grand total to €9,105", Bronagh O'Keeffe from the Liebherr Sports & Social Club told the Killarney Outlook.

Con O'Connor from Pieta House was presented with the cheque by members of the club.

Pieta House provides a free, therapeutic approach to people who are in suicidal distress and those who engage in self-harm.

From humble beginnings, Pieta House has grown to almost 270 therapists and administration staff, and the demand for their service hasn't let up. In 2018 alone, nearly 8,000 people came through the doors of Pieta House suffering from suicidal ideation and/or engaging in self-harm, or to avail of suicide bereavement counselling.

As it has been from day one, everything is free of charge and our staff are fully qualified and provide a professional one-to-one therapeutic service for people who are experiencing suicidal ideation, people who have attempted suicide and people who are engaging in self-harm. A doctor's referral or a psychiatric report is not required.

As 90% of the income comes from fundraising events, we rely heavily on the support and encouragement of our volunteers and friends of Pieta.

Con O'Connor, Pieta House accepts a cheque from Bronagh O'Keeffe and the Liebherr Social Club following their Christmas Raffle. Also included in the picture are: Paul McConologue, John McGrath, Cathriona Kelleher, Michael Morrissey, Kieran O'Mahony, Kevin Gorman & Mary McGillicuddy. **PICTURE: MARIE CARROLL-O'SULLIVAN**

FREE **CHILDCARE** talks at Killarney Library

Kerry Library is holding a series of childcare talks and workshops over the next few weeks in a number of libraries. These free talks and workshops are ideal for parents, caregivers and educators. Killarney Library is the venue for 12 of these events that will run until the end of March. The first event at Killarney Library takes place on Thursday 23rd January at 6.30pm.

The talks include:

Get Autism Aware – Dr. Susan Crawford

Thursday 23rd January 6:30pm

Understanding Dyspraxia in Primary School

Dr. Trevor O'Brien

Thursday 30th January 6:30pm

Play as a vehicle for developing language,

Communication and motor skills for

Children with additional needs –

Dr. Eucharía McCarthy

Thursday 6th February 6:30pm

Understanding and supporting challenging

Behaviour for children with ASD –

Dr. Claire Griffin



Thursday 13th February 6:30pm

Teaching Interventions for children and

Adults with ASD– Dr. Susan Crawford

Thursday 20th February 6:30pm

Explore the Kerry Library Toys and Sensory

Resources Collection–Lorraine O'Hanlon

Saturday 22nd February 11:00am - 1:00pm

Adolescent mental health & wellbeing–

Dr. Eileen Brosnan

Thursday 27th February 6:30pm

Get Autism Aware Workshop–

Dr. Susan Crawford

Saturday 29th February 10am - 4pm

Understanding & Supporting

Independence for children with special

Needs–

Dr. Claire Griffin

Thursday 12th March 6:30pm

Autism and transitioning from home to

School–

Dr. Michele Dunleavy

Thursday 12th March 6:30pm

From Worries to Wellbeing –

Dr. Mary O'Kane

Thursday 19th March 1:00pm

Sensory Integration for children & adults

With ASD–

Dr. Susan Crawford

Thursday 26th March 6:30pm

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KERRY CLUBS FAIR MAKES A WELCOME RETURN



Pictured at Killarney Race Course for the launch of Killarney Lions Club 'Kerry Clubs Fair' sponsored by Killarney Credit Union. Back Row L-R Denis Doolan (Lions Club), Tim O'Donoghue (KDYS), Garda Darren Rowan (Killarney No Name Club), Donal McCarthy & Ian Holohan (Order of Malta), Helen Courtney Power (Killarney Credit Union) & Ronan Doyle (Lions Club).. Front Row L-R Assumpta Sweeney (KDYS), Megan Daly Tyrell (Killarney Race Course), John Fuller (Chapter 23), Christy Killeen (Chapter 23) & Nancy Hegarty (Killarney Active Retirement & Muckross ICA). PICTURE: MARIE CARROLL-O'SULLIVAN

Following huge success last year, in which over 800 people dropped into The Killarney Racecourse to see what was on offer, The Kerry Clubs Fair returns on January 26th, 2020, from 2pm – 5pm. The event, which is free and open to the public, gives people in Kerry an easy way to find out about volunteering opportunities and new activities they can participate in. The Kerry Clubs Fair is sponsored by Chapter 23 Kerry and West Limerick Credit Unions, and will again be organised by Killarney Lions Club. The aim is to highlight opportunities for people

in Kerry to get involved in something new this coming year.

"Last year's turnout shows that people want to find out about clubs and other organisations that are active in their community," says Killarney Lions Club President, John Fuller. "We are hoping that this year we can expand our reach and attract individuals from all over the county. So if anyone wants to get involved in something new for fun or recreation, the Kerry Clubs Fair will be well worth a visit".

The Killarney Lions Club is hoping that in

addition to providing awareness about activities that people can get involved in, the Kerry Clubs Fair will help improve health and well-being by encouraging inclusion of people from all backgrounds in their local community, addressing isolation and promoting the benefits of volunteering to people of all ages.

John O Regan, PRO, Chapter 23, Kerry and West Limerick Credit Union said "We are delighted to be the main sponsor of the Kerry Clubs Fair this year. As credit union are embedded into the communities that they operate in, the clubs fair is wonderful opportunity for people to support those clubs, by volunteering, learning a new skill and becoming involved in a new activity in your local community. We commend the hard work of the Killarney Lions Club in organising such a worthwhile event and we would encourage all our members to come along on the day and support" he concluded.

Over 50 clubs are registered this year including: Order of Malta, No Name Club, Local Link Kerry, Kerry Public Partnership Network, Killarney Triathlon Club, Foodshare Kerry, Men's Shed, First Responders, Irish Countrywomen's Association, Tidy Towns, Southwest Counselling, Ring of Kerry Cycle, Kerry Volunteer Centre, KDYS, Tralee Art Group, Toastmasters, Kerry Stars, Scouts, South Kerry Community Games, The Saoirse Foundation/BUMBLEeance children's charity, Macra Na Feirme, Killarney Active Retirement Group, Team Hope etc.

Clubs and societies that are interested in participating can call 087 8343150 or email: killarneylionsclub@gmail.com

The Killarney Lions club through its members, assists various groups and individuals in and around the community. Lions do this through voluntary activities, fundraising and by holding various types of events in support of a great many local causes.

Local based author launches new book

A book focusing on the Faction Fighters of Kerry was launched last night at Killarney Library.

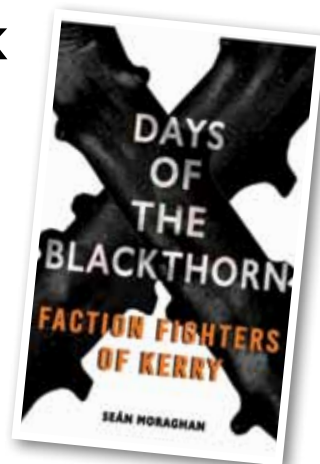
In, Days of the Blackthorn, author, Seán Moraghan, uses eyewitness descriptions, as well as the oral history of local communities, to provide a visceral sense of this exciting and brutal activity in Kerry. From the Battle of Ballyeagh between the Cooleens and the Lawlors that left eighteen dead, to the savage combats of various strongmen, such as Seón Burns or 'Big Mick' Foley, this is a fascinating account of a wild and violent time in Ireland's history.

On town streets or in green fields, at fairs, race meetings and saints' patron days, rival gangs of Irishmen used to meet to battle

and beat each other with cudgels and sticks. The practice was particularly prevalent in the 1800s, and involved tens, hundreds and even thousands of men and women at a time.

Days of the Blackthorn uses eyewitness descriptions, as well as the oral history of local communities, to provide a visceral sense of this exciting and brutal activity in County Kerry. From the Battle of Ballyeagh between the Cooleens and the Lawlors that left eighteen dead, to the savage combats of various strongmen, such as Seón Burns or 'Big Mick' Foley, this is a fascinating account of a wild and violent time in Ireland's history. In a study of homicide in nineteenth-century

Ireland, it was observed that faction fighting received surprisingly little attention from historians. Faction fighting in Ireland lasted for over 200 years, it involved gangs of men attacking each other heartily with various cudgels, sticks, reaping hooks and sometimes guns. Only a single analysis of the activity was undertaken while it was actually occurring. Regarded as an embarrassment by nationalist Ireland both before and after independence, faction fighting was rarely discussed afterwards. Seán Moraghan has been a bookseller, librarian, and folklore researcher. He has also worked as an editor, indexer and proofreader. Following a visit to Killarney, he



moved to County Kerry where he has lived for over thirty years. Seán previously published Puck Fair: A History, and a new readers edition of The Ancient and Present State of the County of Kerry.

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Fossa Celebrate a fabulous fifty

Over 300 gathered at The Dromhall Hotel on Saturday night last to celebrate the 50th anniversary of Fossa GAA Club.

Guests of honour on the night were the founding members of the club who were joined by club members and residents in the parish for a beautiful meal which was followed by music, dancing and singing long into the night.

The club recently launched their 50th anniversary book - Fossa - A Sense of place - 50 Years - 1970-2020.

The book is a pictorial look at the parish and all its clubs and groups and was a firm favourite as a stocking filler over the Christmas period.

It is still available to purchase in Foley's Spar, O'Connor's Newsagents and Eason and all funds raised in the sales will go to the production of the book and the club.

Fossa GAA Club boasts impressive grounds in the heart of the parish with two playing pitches, and a club house with a fully equipped gym.



Pictured at the Dromhall Hotel for the Fossa GAA 50th Annual Social evening, the founding members - Front row L-R: Gene Moriarty, Gerald Fitzgerald, JJ O'Connell. Back row L-R Dermot Griffin, Mike Griffin, Mick Spillane, Bernie Cronin, Brendan Lynch. PICTURES: MARIE CARROLL-O'SULLIVAN



Kevin & Karen Myers.



L-R Joe Cahillane, William Murphy, Naoise Buckley & Eoghan Myers.



L-R Georgina, Jamie & James O'Shea with Shona Murphy



Caroline Cronin
& Racing
Photographer Pat
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Reel Wisdom...

Fodhla plans to film in Kerry in 2020

Peter Doyle spoke to Oscar nominated film producer Fodhla Cronin O'Reilly from Cromane about her latest film *Ammonite* which stars both Saoirse Ronan and Kate Winslet.

Even though she is based in London, Fodhla Cronin O'Reilly still comes home to Kerry on a regular basis. The film maker is originally from Cromane and attended Intermediate School, Killorglin.

Fodhla's mother Irene works in accounts for the Randles Hotel Group and her father Patrick is well known throughout Kerry through his work as a

Fire Inspector. Fodhla first shot to fame in 2013 when "Head over Heels" an animated short film that she produced was Oscar nominated. Fodhla explained, "that was my graduate film, and the acclaim it received gave me the confidence that I could produce feature length films." Fodhla has since formed her own production company "sixty six pictures" and has produced several feature length films including the well known film "Lady Macbeth".

Ammonite is written and directed by Francis Lee and features an impressive cast. It is a period

drama. The film is based on the life of Mary Anning 1799 - 1847 who was an English fossil collector and palaeontologist. The film is currently in post - production stage.

Fodhla's next film will be shot in Ireland and they are hoping to shoot it in Kerry but Fodhla explained, "it is still early days so we are still looking at locations, the script is still been developed, the film is been made with Screen Ireland, the Irish film board." The film will be made over 2020.

Fodhla explained, "that the role of a producer is essentially to be the person to put the project together, the producer can originate an idea, but then hire a writer and director to develop the project. The producer raises the finance but is also responsible for enacting the vision of the director."

Fodhla highly recommends the National Film and Television school in Beaconsfield UK where she completed her Master's. Fodhla explained, "it is a post graduate school so it is for people who know what they want to specialise in." Fodhla also believes the Dun Laoghaire film school is a good place to study for students hoping to pursue a career in film and television.

Fodhla believes Screen Ireland give great support and for that reason there are a lot of opportunities. Fodhla finished by saying that her up coming project will keep her busy for 2020.

Dóchas Drama Group

Invite You To Eight Short Plays

The perfect solution to the January blues has been solved by the members of Dóchas Drama Group and even though the snowdrops have appeared with the promise of Spring flowers and longer days, we all need something to look forward to.

The members of Dóchas Drama Group have found a way to keep them busy during the dark winter and would like to share the results

of their efforts with you to help brighten these dull days. EIGHT SHORT PLAYS by various authors will be presented by the group at Killarney Avenue Hotel early next week. These are all new scripts by local authors Brian Bowler, Liz Ryan, Mary McCarthy, Michael Mills and American author, Scott Mullen and Sadie Delaney from Dublin. All are being staged for the first time.

A variety of themes and genres are explored – you will recognise some character types, you will love some, pity some, identify with some and question the intentions of others! The plays present a glance at a variety of characters and situations and you are sure to enjoy the evening in their company. Alfred Hitchcock is quoted as saying that "theatre is life with the dull bits cut out."

Maybe that's because we get a chance to see imaginary situations which include imaginary people but deep down we know people like these are real!

You can judge for yourselves.

The venue and date for your diary is Killarney Avenue Hotel on Monday 20th, Tuesday 21st, Wednesday 22nd or Thursday 23rd January at 8pm. Admission €10 at the door.



Chloe Ballaster, Lorraine O'Sullivan, Ryan Jones and Jessica in a scene from "Pilates" by Michael Mills.



Rena Daly, Karen Brennan and Charlene Brosnan in a scene from "My Scale is Lying to Me" by Scott Mullen.



Ryan Jones, Liz Ryan, Brian Bowler and Charlene Brosnan in "If Needs Must" by Brian Bowler.



Michael Mills, Maggie Huntington and Aisling O'Sullivan-Darcy in "Going Home" by Scott Mullen.

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**Curragh, Aghadoe
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GUIDE PRICE €75,000

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V93 XK25**

Detached three-bedroom bungalow with garage & storage sheds. Standing on 0.5 acre site with countryside views located only 500 metres to Castlemaine Village. Separate access to the rear of the property. This property is in need of modernisation throughout, presented as a blank canvas awaiting a new owner to fully realise its potential.

GUIDE PRICE €90,000

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**Rathanane, Kilcummin V93 NC3H**

Located just 7 km to Killarney town centre & 1.5 km to Kilcummin Village, this stunning 2,300ft² four bedroom detached Dormer Bungalow is a beautiful family home. Situated on a 0.54 acre elevated site with stunning mountain views & a west facing rear garden some of the features offered in this home are open plan living areas, two reception rooms & ground floor bedrooms. Viewing is recommended.

GUIDE PRICE €255,000



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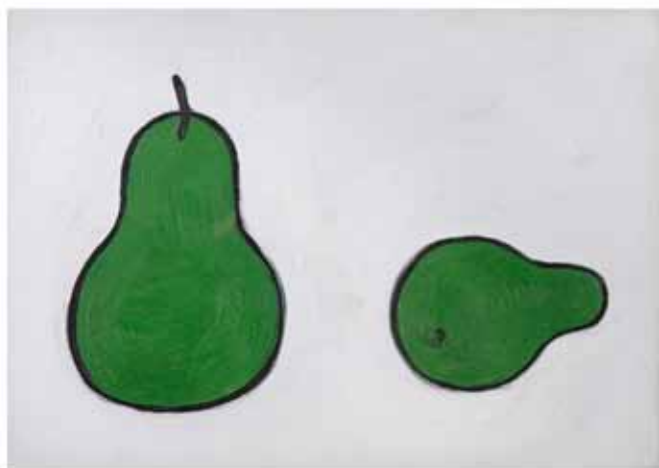
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Countrywide Valuation Tour

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After a hugely successful 2019, our team is on the road again providing professional, discrete appraisals and gathering high quality lots for our 2020 auctions.

Last year's auction results confirmed that now is the time to sell at auction in Ireland and that Adam's is the auctioneer of choice when it comes to achieving great results.

This January/February we will be on-hand across a range of venues, to provide complimentary and confidential valuations, on any pieces of jewellery, art, antiques or items of interest that clients may wish to consign to one of our auctions.

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schedule of auctions covering all departments:

- o Fine Art & Period Interiors (Adam's At Home & Country House Collections Auctions)
- o Important Irish Art
- o Fine Jewellery & Watches
- o 20th Century Furniture & Design (Mid Century – Modern Auction)
- o Important Historical Documents & Artefacts (The History Sale)

We look forward to welcoming clients at our various venues across the country in order to share our experience and to build new relationships for the future.

Adam's Countrywide Valuation Tour Schedule:

Monday 27th January: Belfast

Tuesday 28th January: Derry/Londonderry

Wednesday 29th January: Galway

Thursday 30th January: Limerick

Friday 31st January: Killarney

Saturday 1st February: Kilkenny

Sunday 2nd February: Cork

To make an appointment on any of these dates or alternatively at a time more convenient to you, please do not hesitate to contact us by telephone on +353 1 676 0261 or by email on: valuations@adams.ie



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**GUIDE PRICE: €305,000
BER D1**



**WILLOW COTTAGE, 5 FOREST
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Stunningly located detached property 1100 sq ft in the much sought after Fossa area just off the main Fossa to Killarney road opposite the beautiful Killarney National park adjacent to Fossa primary school and short driving drive to the popular tourist town of Killarney. This detached property is set at the rear of this small prestigious development enhanced by the private rear garden and barbeque area for the property at Willow Cottage.

GUIDE PRICE: €289,500



**Full Details Selling Agent Hennigan Auctioneers
064-6634582/087-2354416**

**Hennigan Auctioneers 66 New St., Killarney t) 064 6634582
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MONEY MATTERS.....

**By Dermot Cronin,
Financial Advisor**



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If you have any other queries regarding the above or any other matter you can contact Dermot Cronin QFA at 0646622775 or dermotcroninifa@gmail.com

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**35 ROSSDARA, LORETO ROAD,
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This superbly finished detached four bedroom residence comes to the market representing a rare opportunity to purchase an exceptional property in a very sought after development just off Killarney's famed Muckross Road. This property has four double bedrooms, spacious lounge and a private rear garden with decking area and large double driveway.

Price Region: €350,000



**2A THE OAK, AVENUE, COUNTRESS ROAD,
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Exceptional two bedroom, ground floor apartment, with independent own door access within walking distance of town centre. The property is in pristine condition, with large open plan living room, kitchen and dining area, with all integrated appliances and private walled south facing garden/seating patio area, with direct access from the living room.

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Set in a small, mature, cul de sac adjacent to Kilcummin Village, 7 Mountain View offers extensive living space including 4 bedrooms, large living room and wonderful kitchen with outstanding hand crafted units. Wonderful property for those seeking a family home or superb investment property. Viewing highly recommended.

BER C2

NO 2 SUNNYHILL, KILLARNEY, CO KERRY. €240,000



Exceptional two-bedroom terraced house in an unrivalled location close to Killarney town centre. This property is in show house condition with a large rear garden and shed. Viewing is a 'must' for those seeking an exceptional starter home, to downsize or a wonderful investment property.

BER C3

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THROUGH THE KEYHOLE....

A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET

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Address: LISHEENNACANNINA, BALLYHAR, KILLARNEY, CO. KERRY

Stunning architect designed spacious 2700 sq ft contemporary property set on 1.25 acres well located just 5 miles from Killarney town and all amenities. The property benefits from high vaulted ceilings with generous ground floor and first floor living space capturing an abundance of natural sunlight and commanding beautiful scenic views of the Gap of Dunloe and surrounding countryside.

Agent: ● Hennigans Auctioneers ● 66 New St., Killarney ● Tel: **064 6634582 / 087 2354416** www.daft.ie/hennigan

Price Region: €379,000 BER: PENDING

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

Liam Scoops a BT Young Scientist Award

ARathmore student was among those awarded at last week's BT Young Scientist and Technology Exhibition awards ceremony.

Liam McSharry, a student at Scoil Phobail Sliabh Luachra impressed the judges and took home an award in the Social & Behavioural Sciences category. A total number of 10 projects represented Kerry at the exhibition this year.

Liam outlined his project for the Killarney Outlook:

"My project is a new emotion-recognition system for computers. An emotion recognition system is a system used to figure out someone's emotion based on a particular feature. There have been a few emotion recognition systems developed thus far, e.g. by analysing people's facial features from photos, and many new Emotion recognition systems have

turned to Electroencephalography for ideas. Electroencephalography (EEG) is a test used to measure the electrical activity of the brain. Your brain cells communicate via electrical activity and this can be read by metal disks called electrodes attached to the scalp. My new emotion recognition system uses EEG and shows its correlation with feelings and words. This is done by having participants in an experiment listen to 20 pieces of audio and ask them to rate their feeling on the clip. The audio is then categorised via 42 Neurally Plausible Semantic Features. This means that the audio is broken up into their individual word components and categorised i.e. "The Man went to the Shop", e.g. "Man"- "Person"- "Animate being". This allows me to correlate a person's feeling (based on the valence/arousal emotion model), the frequency of



the EEG (based on Hz) and the word which caused a unique response (based on 42 Neurally Plausible Semantic Features). A model can be developed based on these variables which can be used to train Artificial Intelligence to understand a person's emotional state and empathize with them based on the words they used. I have spoken to a few Neurophysiologists of the Bon

Secours regarding my project along with two professors at UCC and UCD both of whom along with the Neurophysiologists support my project as they believe it is of high standard and unique and are helping me get through the ethics department of the hospital so I can begin human trials". Teachers and students at the school are extremely proud of Liam's success.



Transition Year Students at St. Brigid's Secondary School in Killarney pictured on their recent 3 day visit to Dublin. The group visited a number of tourist attractions including Dail Eireann before the dissolution of the 32nd Dail. They also enjoyed an eventful and enjoyable evening at 'Jump Zone' indoor trampoline park. Followed by sessions at Skillzone indulging in a variety of fun indoor sports activities.



This week on Tuesday, January 14th Killarney Community College's u14 and u19 badminton teams took part in the Kerry Schools Competition 2020 with 35 other teams. Both teams were competing for the first time at this level and represented the school exceptionally well, our u19s narrowly missed out on a 3rd place playoff by just 7 points. Congratulations to all players: Robert Labuda, Adam Carey, Alex Hobbs, Anthony Polyak, Pierce Cassidy, Daniel O'Connor, John Teahan, Kristy O'Brien and Fionn O'Shea. Congratulations to all.

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CAO APPLICANTS: KEEP A CLOSE EYE ON THE TIMELINE!

By Billy Ryle



CAO application season is in full swing and with 80,000 plus applicants competing for about 48,000 college places, it's vital to submit a complete application form. Stay focussed and be aware of key dates and the important tasks to be done in the weeks ahead. The 2020 CAO online application remains open until 1st Feb. Open your CAO interactive online account via "Apply" on www.cao.ie, by 20th Jan to get a discount rate of €30. After that the fee increases to €45 until the 1st Feb. The closing date for online Change of Course Choices, which is free, is also 1st Feb.

You may use the online Change of Course Choices facility, fee €10, from 5th Feb to 1st March to add any restricted courses not already listed. Restricted category applicants may also use this facility. All other applicants should use the free Change of Mind option, between 5th May and 1st July, to make any course changes. Completed online Higher Education Access Route (HEAR)/Disability Access Route to Education (DARE) forms must be submitted by 1st March. HEAR/DARE supporting

documentation must arrive in CAO by 15th March.

Late online applications, fee €60, will be accepted from 5th March to 1st May. From 5th May, you may register a change of course choices online at www.cao.ie. Check that your courses have been updated by using the "My Application" facility before 1st July. Before the end of May, you will be sent a Statement of Application Record to verify that all your information has been recorded accurately. If you find any error in the document, contact the CAO.

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

In early July, offers of places (Round A) are issued to deferred applicants, mature applicants and to those who need to make visa arrangements. In early August, offers of places (Round Zero) are issued to certain non-standard categories of applicants such as FET/QQI and graduate applicants. Round One, the main body of offers will be issued shortly after the Leaving Cert results. Last year, 50,010 applicants received offers in Round One. CAO will release details of the finalised 2020 offers and acceptance schedule later in the year.

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

*Billy Ryle is a Career Guidance Counsellor and Educational Commentator
Email: rylebilly@gmail.com - Tel: 0879808979*

CAO 2020 APPLICATION TIMELINE

- **20th Jan:** apply by 5.15pm to avail of the online discount rate of €30
- **20th Jan:** closing date to register for HPAT (Under Graduate Med.) test
- **1st Feb:** online change of course choices (free) closes at 5.15pm
- **1st Feb:** normal closing date, at 5.15pm, for applications
- **1st Feb:** closing date to register for GAMSAT (Graduate Medicine) test
- **2nd Feb:** closing date to register for MSAP (Mature Students) test
- **5th Feb:** online facility to amend course choices opens at noon (€10 fee)
- **22nd Feb:** HPAT-Ireland test takes place
- **1st March:** closing date, at 5.15pm, for amending course choices
- **1st March:** completed online HEAR/DARE forms must be submitted by 5.15pm
- **1st March:** closing date, at 5.15pm, for amending course choices
- **1st March:** completed online HEAR/DARE forms must be submitted by 5.15pm
- **1st March:** closing date, at 5.15pm, for completion of mature student application form
- **5th March:** late online application facility opens at 12.00 noon (€60 fee)
- **7th March:** MSAP test takes place
- **15th March:** HEAR/DARE supporting documentation must arrive in CAO by 5.15pm
- **21st March:** GAMSAT test takes place
- **1st May:** closing date, at 5.15pm, for late applications
- **5th May:** online change of mind facility (free) opens at 12.00 noon
- **31st May:** Statement of Application Record sent to all applicants before this date
- **1st July:** change of mind facility (free) closes at 5.15pm

Pictured at the ABP stand at the recent BT Young Scientist and Technology Exhibition are students from Presentation Secondary School Castleisland with William Bergin from ABP Cahir.



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THE RACE IS ON

as General Election 2020 begins

The bid to secure a seat in the 33rd Dail is well underway in Kerry following the dissolution of the current Dail on Tuesday and an announcement by Taoiseach Leo Varadkar that a General Election will take place on Saturday 8th February.

For the first time in over 100 years the vote will take place at the weekend. A Saturday election will benefit families who are working and would have, in the past, had to arrange child care or take time off when an election was held on a weekday. It will also benefit students and those working from home who will now be able to cast their vote at the weekend.

There are currently 10 candidates running in Kerry, including sitting deputies, Fine Gael's Brendan Griffin, Fianna Fail's John Brassil and Independents Michael and Danny Healy-Rae. Martin Ferris, TD will not contest the election and Pa Daly is on the ticket for Sinn Fein in his place.

Other contenders to date include Norma Foley, Fianna Fail, Norma Moriarty, Fianna Fail, Mike Kennelly, Fine Gael, Cleo Murphy from The Green Party and Sonny Foran from Aontú. The Labour party have still to nominate a candidate, as Cllr. Terry O'Brien decided on Thursday that he would not run for the party in the election.

ELECTION 2020 ELECTION 2020 ELECTION 2020



Sitting TD John Brassil (Fianna Fail)



Sitting TD Brendan Griffin (Fine Gael)



Sitting TD Michael Healy-Rae (Independent)



Sitting TD Danny Healy-Rae (Independent)



Cleo Murphy - Green Party Candidate



Norma Foley - Fianna Fail Candidate



Norma Moriarty - Fianna Fail Candidate



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Call for Controlled Pedestrian Crossing

Councillor Michael Gleeson has requested Kerry County Council to reveal when it is intended to provide a controlled pedestrian crossing on Mission Road to facilitate the many who wish to access the beautiful Killarney House and Gardens.

"The present situation is a danger to people's well-being and is disrespectful to visitors", Cllr. Gleeson told the January 2020 meeting of Killarney Municipal Area.

Kerry County Council replied that following traffic counts it has determined that there is a need for a pedestrian crossing at this location. Following consultation with the TII the proposed pedestrian crossing is on hold pending the construction of the Muckross Road/Hahah safety scheme which is expected to commence in early 2020.

Councillor Gleeson welcomed the acceptance of the great need for the pedestrian crossing and asked that it would be provided at the earliest possible opportunity.



KILLARNEY RESIDENTS FEEL LET DOWN

by empty promises as traffic congestion threatens the town's economic future

Deputy John Brassil kicks off his 2020 election campaign highlighting Governments failure to make progress on the Killarney Bypass.

Fianna Fail election candidate John Brassil has hit out at what he describes as a lack of interest in Kerry road projects by the last government. Speaking as he launched his 2020 election campaign, Brassil described the lack of progress on the proposed 27 kilometre Killarney Bypass as unforgivable. "This is one of the biggest issues facing residents in Killarney as they head

into another busy tourism season. They need action, not words. Action which was promised last May. This is one of the biggest tourist towns in the country which comes to a standstill with heavy traffic at peak times during the season.

"Tourism brings in millions of euros to Kerry every year and Killarney is at the epicentre of that growth. If services, locals and tourists can't get around because they are stuck in continual traffic, the town starts to feel it." I want to make this road a priority. The 200-million-euro bypass

would be the biggest ever undertaken in Kerry and I think it would show the ambition we have to grow our local economy, create more jobs and continue to make Kerry a great place to visit.

Brassil has called for urgent talks with Transport Infrastructure Ireland to discuss moving this road project forward and has vowed it will be a key priority for a Fianna Fail led government, should the public place their trust in them.

Deputy John Brassil highlights lack of progress on 27km Killarney bypass. Generic motorway photograph.

SAFETY NOTICE

to all Groups and Parties involved in the General Election

ESB Networks has issued a reminder to all groups and parties involved in the upcoming General Election that the erection of posters on ESB electricity poles poses a serious safety risk to ESB Networks staff, contractors and members of the public and is strictly prohibited.

Dangerous situations have been created in the past by individuals or parties erecting posters on electricity poles. There is a very real danger to life when placing posters on live electricity poles. Posters have caused the pole to catch fire as well as creating blind spots for traffic.

ESB Networks has been required to interrupt the electricity supply to households and businesses in order to safely remove these dangerous posters. Posters that are erected on electricity poles will be removed by ESB Networks and the costs incurred may be recovered from the respective parties and groups involved.

ESB Networks regularly advise the general public to always stay clear of electricity poles and wires through its TV, radio and social media campaigns. It is important that these messages

are taken on board in the interest of safety.

In the event of a dangerous situation or emergency, the public are reminded to immediately phone ESB Networks emergency service on 1850 372 999 (24 hour/7 day service).



Vote No 1 HEALY-RAE DANNY



*I ask the people of Killarney and East Kerry, Castleisland and Cordal and all the areas in between to give me their **No. 1 Votes** so that I can continue working for the people of Kerry and to give your No. 2 Votes to Michael Healy-Rae in this area.*

HARD WORK AND COMMON SENSE IS WHAT I AM PROMISING THE PEOPLE OF KERRY

VOTE HEALY-RAE

IN ORDER TO PROVIDE A COMPLETE
POLITICAL SERVICE TO THE PEOPLE OF KERRY

**MICHAEL HEALY-RAE
and DANNY HEALY-RAE
REQUEST YOUR VOTE**

If you support us please cast your vote
in accordance with your location
as shown on this map.

It is only with your support
that we can get elected.

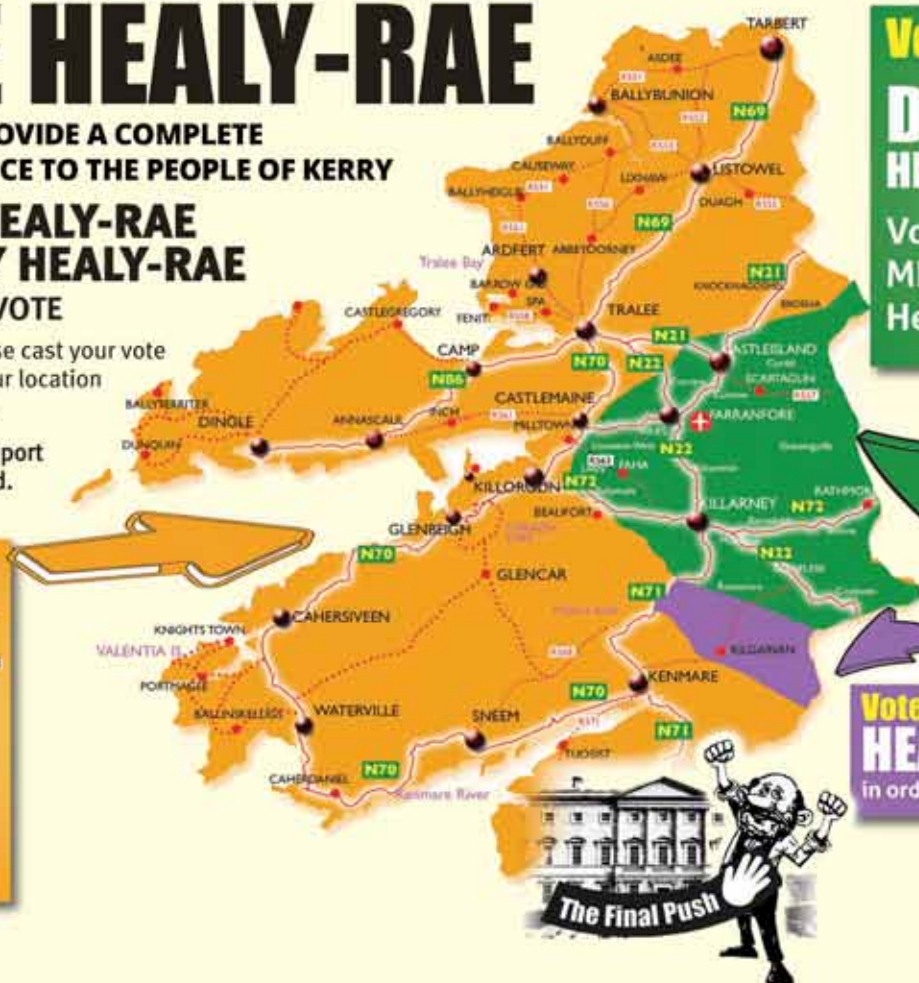
Vote No 1

**DANNY
HEALY-RAE**

Vote No 2
**MICHAEL
Healy-Rae**

**Vote No 1
MICHAEL
HEALY-RAE**

Vote No 2
**DANNY
Healy-Rae**



**Vote No. 1 & No. 2
HEALY-RAE**
in order of your choice

Contact: 087 2316055 / 064 6685315 Email: danny.healyrae@oireachtas.ie



LABOUR

Councillor
MARIE MOLONEY

Clinic:

Killarney Court Hotel
Saturday 18th January at 10am.

Contact details:
Mobile: 086 3049422
Email: cllr.marie.moloney@kerrycoco.ie



Killarney Clinic:
Scott's Hotel, Killarney
Every Saturday 11.00am

PASSPORTS :
If you are planning a trip abroad and your passport has expired contact Eileen 087 9975419 / 064 6685315 for advice before you apply to ensure you get your passport on time.

BUSES TO BELFAST FOR: CATARACT/TONSIL REMOVAL, HIP/KNEE REPLACEMENT CONSULTATIONS
Full refund of procedure cost under cross border directive
31ST JANUARY
For more information call me directly 087 2316055 or call my office 064 6685315

CLLR MAURA HEALY-RAE
CONTACT: maurahealyrae@gmail.com
T: 087 7816432

CONTACT DANNY DIRECTLY:
danny.healyrae@oireachtas.ie
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FOR KERRY**



1

NORMA FOLEY

 **FIANNA FÁIL**
THE REPUBLICAN PARTY

*If you would like to be involved
in the campaign in any way,
please contact me*

Thank you

CONTACT: 086 3900312
E: normafoley1@eircom.net

Please continue your preferences
for my party colleagues.

MORIARTY



Cllr NORMA

Fianna Fáil General Election Candidate

“I aim to focus & work diligently in guarding against the affect a hard Brexit will have on Businesses & communities in Kerry, I seek to support our Tourism Industry & ensure it thrives & develops and extends seasonal work & provide decent jobs that mean people can support their families to remain & thrive in the community. I am determined to ensure better delivery of services in Health, Education and the Economy. I want to fight against Rural decline”



Respectfully asking for your
No. 1 Vote

On Saturday, 8th February 2020



Office: 2 Main St. Caherciveen, Co Kerry



086-8581841



Email: moriartynorma@gmail.com



@normamoriarty

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Edele Daly guides you



TIPS TO HELP
YOU STAY MOTIVATED

B WELL
FITNESS CLUB

PUT THE PHONE AWAY

As we always say "we are so busy!", but are we really? If we all made some small changes to our day, wouldn't we all have more time to exercise and prep our healthy meals, & get some headspace to breathe and relax. A big change to give yourself some extra time is substituting the time spent on your phone scrolling through social media, with some valuable time spend on improving your Mind, body & Soul. Saving yourself even an hour each day can be used productively in steps to a Happier you. Here are some tips for the week ahead to use your time productively so put that phone away and put your time to good use. • don't overwhelm yourself with unrealistic outcomes and goals

THIS WEEK'S HEALTHY TO DO LIST ON YOUR 'PHONE FREE' TIME

- 30 mins Exercise every day
- Have **Protein** with every meal, plan out your daily meals & ensure you have a well-balanced diet.
- Make time for **Friends** outside of the pub. Go for a walk or Hike to catch up with friends & share a laugh & a giggle. Laughing and being around those you love is therapy for the soul and has massive healing benefits on the body.
- Do 1 **Large Food Shop** each week. Having the healthy foods to hand is essential to a healthy eating plan.

B WELL FITNESS CLUB: 087-7643449
www.fitnesswithedele.com

Change your energy - Change your life!

The New Year brings us a chance to begin again – to make positive changes in our lives to enable us to be the best we can be. This might be with health, financial abundance, relationships, careers or pursuing a long-held dream that you have put on the back burner. However, what activates all of these changes is energy.

Everything in life is made of energy and when you know how to align your own energy with what you desire, you allow those things to flow towards you.

For example, in order to have happiness in your life – you need to feel and be happy first. In order to be healthy, you


have to feel and be healthy first. This may feel counterintuitive; however, it is the key to manifesting anything you want in your life. I will be teaching a three-hour energy & life manifestation workshop on Saturday 25th January from 10 – 1.00pm at the Meadowlands hotel, Tralee. Cost is 40.00 euros. Booking is essential.

My three top tips for manifesting what you want:

- Always reach for the thought that makes you feel better.
- Set your intentions
- Become master of your energy

Astrid Longhurst

Life & Body Confidence Coach

T: 066 9766374 
E: life_coachingunlimited@yahoo.ie



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Be your own
kind of beautiful...

Cindy Walsh takes a look at all things beauty!

A couple of weeks ago, I noticed my skin was feeling and looking a little bit dull and lifeless and all the normal products that I have used and trusted for years just weren't working for me anymore. Does this sound familiar to you? If it does, then this might just do the trick for you too. After careful examination of all my lotions and "magic" potions, I started to eliminate some of the fluffier and unnecessary ones that were cluttering up my cabinet and my skin. We are attracted to the latest miracle products, entranced by the promises and lure of the packaging and all too often forget the very basics of what our skin actually needs. I needed to do something. My skin was dry and lacking in vital lipids that weather, diet and socializing had robbed it of. And so I began a pared back routine of just 3 steps and it has worked. And it worked fast!! Within 2 days there was a noticeable difference. Once I had cleansed my skin, I used an exfoliating glycolic wash by Neostatra. This will foam up and tingle on the skin and dissolve any dry flaky skin that is there.

All products mention in the article are available in all good pharmacies. Getting rid of the dry skin means that everything you apply to your face afterwards works ten times better!!! I then use an anti aging serum, one with Vitamin C is always a good choice and La Roche Posay do a really good one. I ditched my usual expensive anti aging face cream for Trilogy's Rosehip Oil and what a difference this little bottle of oil has made to my skin!! It is amazing, and my skin immediately felt soothed and hydrated. Not the best smelling might I add, but who cares once it works, right?? Sometimes we need to stop overloading our skin with every single thing we can lay our hands on and just keep it simple.

Our skin changes with the seasons and then some, so it's always good to keep in touch with your routine and not get too bogged down with the latest hero product, it may not be the right choice for you.

Cindy x



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BE KIND TO YOUR EYES

20/20 IS THE YEAR TO START

Choose eye health for your New Year's resolution and make it the one you won't break

A fifth of people have not had a sight test within the last two years, but regular checks protect sight by making sure eye conditions are picked up and treated early

As well as an eye health check, a sight test can detect signs of general health conditions, such as diabetes, high cholesterol and high blood pressure. Losing weight, more exercise, saving money and learning a new skill all make the top 10, but keeping to your New Year's resolutions is conspicuously more difficult than it seems.

At least 50% of all sight loss is avoidable so having checks, regularly, is the most important thing you can do to protect it.

Other New Year's resolutions that are kind on your eyes

1. Stop smoking

Many people are unaware of the link between smoking and eye disease. Smoking significantly increases the risk of developing eye diseases, such as cataracts and age-related macular degeneration.

2. Eat healthily

Eating a healthy, balanced diet reduces your risk of eye disease. Include lots of omega-3 fats, found in oily fish, and lutein, found in dark-green, leafy vegetables such as spinach and kale. Vitamins A, C and E are also helpful, so eat at least five portions of fruit and vegetables a day.

3. Wear prescribed glasses

Many eye and vision problems develop or increase as we get older. Contrary to the myth, wearing glasses and contact lenses doesn't make your eyesight worse – they help your eyes work more efficiently.

4. Wear sunglasses

Sunshine may seem a distant memory at this time of year but as well as making your vision more comfortable, sunglasses protect your eyes from UV light. When choosing sunglasses, you should always make sure that they carry the CE or British Standard marks.

More people than ever can now avail of a free sight test using their PRSI or medical card. To find out more call in store or contact us on 064 6636477



The new
weight watchers

WW CLASSES IN KERRY

● KILLARNEY

Killarney Sports and Leisure Complex
Tuesday 6.00pm

● TRALEE

Kerins O'Rahilly Club House
Thursday 9.30am and 5.45pm

● CASTLEISLAND

Castleisland Community Centre
Tuesday 9.30am and 5.45pm

● LISTOWEL

Listowel Community Centre
Wednesday 10.00am

● BALLYBUNION

Ballybunion Health and Leisure Centre
Thursday 10.00am

● MACROOM

St Colemans BNS
Wednesday 7.00pm

Contact: Eileen Nyhan

T: 086 2570812

T: 01 8703900

for further information on class details.

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KILLARNEY

TOWN TALK

MASS OF REMEMBRANCE FOR THE DECEASED OF 2019

There will be a special concelebrated Mass on Monday 27th January at 7p.m. in the Cathedral in memory of all those who died in our Parish in 2019 (i.e. January 1st to December 31st 2019 inclusive) There is No 6.15 pm. Mass that evening. The parish invite family, relatives, neighbours and friends to join them for this Mass. Parishioners whose loved ones have died, and whose funeral took place outside the parish and whose family would like them to be remembered, please submit their names to the Parish Office before Mon January 21st.

EAST KERRY ALL STARS AWARDS NIGHT

East Kerry All Stars Awards Night will take place tonight Friday January 17th at the Brehon Hote. Best of luck to the players who have been nominated for these awards.

BETTER BALANCE BETTER BONES

A Physical Activity Programme that will improve strength and balance in association with Baile Mhuire Tralee and the HSE will begin on Wednesday January 15th @10am- 11am (8 Week programme) Killarney Sports Centre. For Further information contact Sinead 085 2537742. Booking is essential.

KILLARNEY MUSICAL SOCIETY NEWS

Another busy week of fantastic rehearsals in KMS, we cannot believe how close we are getting to Showtime with Joseph and The Amazing Technicolour Dreamcoat, February 25th. to 27th. inclusive, Tuesday to Thursday, Gleneagle INEC Arena, so be warned. Mark the date in the Diary folks, I promise it's one not to be missed. This past week has been extra special to us all here in KMS as one of our former members and great friend Jessie Buckley received her first Bafta Nomination, we are thrilled for her and feel so very proud of her achievements so far. Ironically 20 years ago in February 2000 we staged Joseph and The Amazing Technicolour Dreamcoat in the Arus Phadraig and Jessie was in our children's



Killarney Great Southern Employee of the Year Kieran Belshaw pictured in front with fellow staff members at the annual staff awards at the weekend. Included are at back, Yohan Moulon, Andy Breen, Marko Kofijac, Thomas McNally, Marcin Kuc, Richard Whelan, Brian Burke, Robert Spillane, Sean McAllister, Garth Fuller, Sasha Dokic, Aleksas Slabkovskis, Joe Scally, Minto Mia, Elise Guilloteau, Danijela Medved, Etienne Van Vrede, Milandi Basel, Martina O'Leary, Marian Grzelak and seated front, Luboslava Holesova, Michaela Kissane, Kamile Lyne, General Manager, Dovile Motiejumaitė, Olga O'Donoghue. PHOTO: DON MACMONAGLE - MACMONAGLE.COM

chorus, what wonderful memories we have of great days in the past. Jessie went on to grace the stage with us in KMS for many more years, her final performance with us was back in 2008 in our production of Carousel winning her an A.I.M.S. Best Actress Award. This was a sign of things to come for sure as she literally left our final night's performance to head to London to take part in Andrew Lloyd Webber's BBC Talent show, I'd Do Anything and so began the journey for Jessie. We wish her so much joy and happiness and of course luck, In our eyes she's a winner, always has been and always will.

BINGO

BINGO IN ST MARY'S PARISH HALL: every Thurs at 9pm.

MINDFUL PHOTOGRAPHY

Learn about Mindfulness and how you can bring Mindful Photography into your life at a workshop run by Killarney photographer Trevor O'Donoghue. The workshop will be fun and interactive and is designed for anybody who likes taking pictures and would like to learn how to use their camera in a more mindful

way. Any camera from a smartphone to a professional cameras will work on the day. This event is taking place in the heart of Killarney in The Killarney Park Hotel and will include an nutritious lunch and a Mindful Photography walk.

Trevor is a professional photographer with 15 years of experience who is also certified in mindfulness. "Mindfulness and Photography are an amazing combination".

The course will take place tomorrow, January the 18th and for more information contact Trevor on facebook.

BACK TO WORK COURSE FOR WOMEN

A new course for women thinking of returning to work is set to begin in Killarney at the end of January. New Directions is a series of free workshops delivered once a week over 14 weeks, will explore career and employment options, work related skills, strategies to overcome barriers, health and wellbeing. The programme, is delivered by the National Collective of Community Based Women's Networks (NCCWN South Kerry) under the ESF



PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

PEIL Programme and has already been successfully delivered in Caherdaniel, Cahersiveen and Killorglin under ESF PEIL 2014-2020.

The Killarney programme will be delivered on a Wednesday morning from 9.30am-12.30pm in the Ballyspillane Family Resource Centre. The programme free and is open to all women over 18 NOT in receipt of Jobseeker Payments (other social protection payments are eligible such as Lone Parent or Disability).

For more information or to register your interest, please call Cathy on 087 146 2374.

JOIN THE FITZGERALD STADIUM STEWARDING TEAM!

Fitzgerald Stadium are recruiting Men and Women for Voluntary Safety Stewards in early 2020. A full training course will be arranged by the Munster Council.

For further information please contact John Lenihan, Events Controller, via any of the means below:

Telephone : 087- 7763500 (text your name, address and phone number) or Email: JI@fitzgeraldstadium.ie (give your name, address and phone number)

PAINTING&PROSECCO

A Painting & Prosecco event will take place in Killarney On Thursday next January 23rd.

Paintclub Killarney - 'Storm Clouds Gather' will take place in the Celtic Whiskey Bar & Larder on New Street.

Every month the group host fun painting classes in Killarney so you can get creative and have a drink while you're at it.

'Storm Clouds Gather', looks difficult but it's not so bad as all the materials

will be provided along with step by step instructions - all you have to do is just show up ready to paint! Absolutely No Experience is Required. Tickets cost €35 and include 1 glass of prosecco or house wine, book your tickets now here <https://paintclub.ie/.../paintclub-killarney-storm-clouds-ga.../>

CHILDCARE TALKS

Kerry Library is holding a series of childcare talks and workshops over the next few weeks in a number of libraries. These free talks and workshops are ideal for parents, caregivers and educators.

Killarney Library is the venue for 12 of these events that will run until the end of March. The first event at Killarney Library takes place on Thursday 23rd January at 6.30pm and is an Autism Awareness workshop. This workshop will be delivered by Dr. Susan Crawford.

For more information on the talks see article on Page 6.

IRELAND LIGHTS UP WEEKLY WALKS

Well done to all walkers that braved the bad weather last Thursday for the first night of the Ireland Lights Up walks in their local GAA Club.

All club 's involved will have their grounds lit up every Thursday night from 7-8pm for any walkers from the local community (members & non-members) that want to take part in the Operation Transformation Ireland Lights Up walks.

IWK COLLECTION

The National Collection of the Irish Wheelchair Association takes place this weekend 18th/19th January. Your support is greatly appreciated.



Killarney Great Southern Employee of the Year Kieran Belshaw pictured in front with fellow staff members at the annual staff awards at the weekend. Included are at back, Yohan Moulon, Andy Breen, Marko Kofjac, Thomas McNally, Marcin Kuc, Richard Whelan, Brian Burke, Robert Spillane, Sean McAllister, Garth Fuller, Sasha Dokic, Aleksas Slabkovskis, Joe Scally, Minto Mia, Elise Guilloteau, Danijela Medved, Ettienne Van Vrede, Milandi Basel, Martina O'Leary, Marian Grzelak and seated front, Luboslava Holesova, Michaela Kissane, Kamile Lyne, General Manager, Dovile Motiejumaitė, Olga O'Donoghue
PHOTO: DON MACMONAGLE - MACMONAGLE.COM



A new course for women thinking of returning to work is set to begin in Killarney at the end of January. Pictured are from left: Andrew Marr (EU funds section of Department of Justice & Equality) Miriam Holt (National Coordinator NCCWN) Sharon Geraghty (National Administrator NCCWN) and Conor Marr (EU funds section of Department of Justice & Equality)

RATHMORE | GNEEVEGUILLA NEWS

Written by: Michael O'Mahony | Email: momahony14@gmail.com

PENCIL BOX ART CLASSES, TEACH IOSAGAIN, RATHMORE taught by professional artist Deborah O'Keeffe. Mondays Ages 5 to 8 4.30 – 5.30pm Ages 9 to 12 5.45 – 7pm. €10 per class includes all supplies and snacks starting 20th Jan. For bookings/information call 089 7038774.

Tureencahill Community Centre are running the following Classes: Tai Chi resumes Monday 20th Jan from 1.30 – 2.30pm Yoga begins Tuesday 21st from 7.30- 8.30pm for 6 Wks. €70pp.

Contact 086 3159744 for details on any of the above Classes. All Very Welcome

KERRY HOSPICE

The proceeds from the sale of Christmas Cards in the parish this year amounted to €1106. The local committee would like to extend thanks to all who purchased and sold cards. The ongoing support of the people of Rathmore parish to the work of Kerry Hospice is greatly appreciated. The rewards for your generosity has been experienced by a growing number of local families who have availed of the Kerry Hospice funded Palliative Care Unit at University Hospital Kerry and the exceptional care delivered there to people with life limiting illnesses. Should anyone wish to make a contribution to Kerry Hospice or organise a fundraiser you can contact any member of the local committee.

SYMPATHY on deaths of families & friends of John Moynihan Gullane, Gneeveguilla May he rest in peace

EAST KERRY GAA ALLSTARS 2019

Gala Night Friday 17th January 2020 at BREHON HOTEL Tickets available at Kerry GAA store local clubs Board officers sponsored by kerryman, The QUILLAClub & East Kerry GAA presentations to allstar players senior & intermediate and U21 players of 2019 Hall of fame 2019. person of year 2019

KERRY GAA SUPPORTERS' CLUB SOCIAL

The 30th annual Kerry GAA Supporters' Club



A Cheque for €5,770 handed over to Kerry Bus link Committee last Friday night in the Bridge Bar Rathmore, proceeds from a walk organised on New years day.

Ballygarry House Hotel The social takes place on the 18th January beginning with a drinks reception at 7 O'clock in association with the Ballygarry House Hotel. Tickets are on sale from club members at a cost of €35, Ticket available from Donal O' Leary 087 -9289906 or any committee member

NOTES

if you would like to add to the notes, please email Michael O'Mahony (momahony14@gmail.com) or ring or text 0876676817. before Sunday 6pm.

VILLAGE WORKS

New footpaths, new public lights, surfacing taring and under-grounding of electricity wires, We are delighted to have worked closely with Kerry county Council and our local Councillors in securing the funding for village improvement works recently completed.

Phase 1 of this project was the improvements made to the car park at the GAA grounds that included leveling, surfacing and fencing of the

car park.

Phase 2 was just completed prior to Christmas which involved replacing the existing Public Lights and installing extra lights where needed particularly from the Grotto to the Church, replacing and leveling the footpaths, surface taring and the under-grounding of the electricity wires which facilitated the removal of the wooden poles.

This work has greatly improved our village in appearance and made it safer with the improved lighting and replaced footpaths.

We would like to thank those in the village who facilitated the works by allowing equipment be installed on their property and everyone that cooperated with Kerry County Council and the contractors while the works were ongoing.

Also the Councillors who gave generously from their Councillor allocation to bridge the gap between the grants secured, Kerry Co Co funding and the final cost of the project.

The Great Southern Hotel honour their staff

Pictured above at staff at The Great Southern Hotel, Killarney who received Customer Service Excellence Awards at the annual staff party night at the weekend. Included are in front Martina O'Leary, Kamile Lyne, General Manager and Kathleen Bhuiyan. Middle row: Ettienne Van Vrede, Milandi Basel, Sean McAllister, Svetlana Luniova, Joe Scally and at back is Stephen Quinlan. PHOTO: DON MACMONAGLE



KILCUMMIN NEWS

Written by: John Moriarty

SYMPATHY

Sympathy is extended to the family of the late Eddie Kelliher, Leamnaguila who died recently. May he rest in peace.

ADULT SET DANCING

Adult Set dancing continue every Tuesday in Kilcummin GAA Clubhouse. Contact Mary 087 9620135 / John 086 1579381.

JUNIOR SET DANCING

Classes will be commence on Friday 17th January at 7pm for beginners and intermediates and 8pm for advanced. Contact Mary on 087 9620135.

KILLARNEY LIBRARY

History Book Launch - Days of the Blackthorn - Faction Fighters of Kerry by Sean Moraghan will be launched on Thursday 16th January at 6.30pm. Free admission.

SCÓR NA BPÁISTÍ

Anyone in 5th or 6th class interested in the following; Céili/Set Dancing, Solo Singing, Music Group, Ballad Group, Quiz, Recitation please contact Marie on 087 4619954. Sixth class will get first preference.

KILLARNEY COMMUNITY COLLEGE

Enrolment for Adult Education Night Classes is now open. Please call to school office Monday-Friday 9.30am-4.00pm. For further details please contact 064 6632008 or email adulted@killarneycc.ie and www.killarneycc.ie

VACANCIES

Vacancies presently exist on the C.E Scheme. These positions involve Community Care, maintenance of Village and a Gardener in Killarney. It is for 19.5 hours per week. This is a development opportunity & no experience is necessary as full training is provided. Contact your local Intreo Office to check



Killarney Great Southern Employee of the Year Kieran Belshaw receiving his award from Kamile Lyne, General Manager with Joe Scally, proprietor and Etienne Van Vrede, General Manager Hayfield Collection. PHOTO: DON MACMONAGLE

your eligibility. If interested please forward your CV to the Supervisor at the RD. Office. Full details contact John 086 1579381.

KILCUMMIN RURAL DEVELOPMENT OFFICE

Kilcummin Rural Development Office provides a full Secretarial Service to all groups and individuals. Wedding Booklets, Assignments, Essays, Projects & C.V's professionally typed, confidentiality assured. Other services include photocopying, laminating, e-mail, paying motor tax or property tax online, renewing your passport. Documents for the movement of cattle can also be scanned and sent to the Dept. of Agriculture from the office. Tel. 064

6643357 or e-mail info@kilcumminparish.com. Office Hours: Mon to Thurs, inclusive 9am to 5pm and Friday from 9am to 4pm.

KILCUMMIN GAA GAA LOTTO

There was no winner of the Lotto on Sunday 12th January. The numbers drawn were 1, 12, 15, 16. Consolation prizes €50 John Moriarty, Ballinamanagh, €50 Trevor Fleming, €50 Margaret Fitzgerald, €50 Kathleen Cahill. Next draw Sunday 26th January 2020. Jackpot €11,150.

FOSSA NEWS

Written by: Shane Kelly

DEEPEST SYMPATHIES

The club would like to pass on our deepest sympathetic to the Clifford family on the passing of Mrs. Noreen Clifford. RIP.

The club would also like to pass on our DEEPEST SYMPATHIES to the family of Michael JOHN Moynihan Gneeveguilla.

LAST MAN STANDING

By popular demand last man standing is up and running forms can be got from any senior player or management.

SOCIAL

A fantastic night was had by all last Saturday

night a huge thanks to all involved .

Congratulations to our players of the year

Ladies: Anna O' Reilly

Men's: Brian Myers

Minor: Colm Talbot.

MEMBERSHIP:

Fossa GAA membership now open for 2020 register on line.

LOTTO

No winner.

Date 12th January 2020 Numbers Drawn

5, 4, 11, 19

5 * €40 WINNERS

MURPH, PALLAS FOSSA

NELLIE FOLEY, BARLEYMOUNT WEST; GERALDINE MURPHY, C/O DISTRICT HOSPITAL; LISA COUNIHAN, RATHMORE; MICHELLE MITCHEL, C/O KAYNE'S BAR.

Draw takes place every Sunday night in the Golden nugget bar, restaurant and Off - License. Killarney Library:

History Book Launch - Days of the Blackthorn: Faction Fighters of Kerry by Sean Moraghan will be launched at Killarney Library on Thursday 16th January at 6.30pm. Free admission.



Fossa Bridge Club pictured with President Peggy Barrett at the club's New Years Party in the Beaufort Bar, a wonderful night and a great start to 2020.

SPA GAA

Written by: Deirdre O'Sullivan-Darcy



Spa U14 East Kerry Division 3 Medal Presentation at the Torc Hotel on Saturday January 11th with Spa senior players Evan Cronin and Dara Moynihan.

U14 BOYS MEDAL PRESENTATION

Our U14 Boys received their East Kerry Division 3 medals at the Torc Hotel last Saturday evening from Dara Moynihan and Evan Cronin, along with their coaches Pat O'Neill, Kieran McCarthy, Des Spillane, Donagh Cronin, Michael Finnegan and David O'Sullivan.

SPA GAA ANNUAL AWARDS NIGHT

The annual Spa GAA Club Awards Night will take place at the Torc Hotel on Saturday February 1st 2020. Tickets are €20 and are available at the clubhouse on Weds from 7-8pm or from members of the Awards Committee: Andrew Garnett (0861911263), Anne Holland (0857780883), Ivor Flynn (0871003142), Mathilda McCarthy (0876487356), Adrian O'Sullivan (0834510776) and Seanie Kelliher (0876298613). The award recipients and nominees are as follows:

Lifetime Achievement Award: Dinny Doolan
Social / Cultural Person of the Year: Triona Mangan

Senior Player of the Year Nominees: Evan Cronin, Dan O'Donoghue, James Devane
Ladies Player of the Year Nominees: Katie O'Connor, Mags Cronin, Ciara Moynihan
Junior Player of the Year: Shane Fenton
Young Player of the Year: Thomas Cronin

This is a sell-out event each year so people are advised to get their tickets as soon as possible to avoid disappointment

KNOW YOUR SPORT

Well done to sporting gurus Shane Costelloe and Ciarán Favier who emerged victorious in the 2019 edition of our Know Your Sport competition. Shane from Limerick and Ciarán from Glenflesk beat off all the other entrants to share our top prize of €1000. Forms for the 2020 edition are out now and if you fancy yourself as a sporting expert, contact John O'Donoghue (0879403517) or club officers and you could be receiving a cheque for €1000 next year. For an entry fee of €20 you will get 12 months of sporting enjoyment- It couldn't be simpler, predict who will win in 30 different sports events in 2020. The person with the



2019 Spa GAA Club Know Your Sport Joint-Winners. L-R John O'Donoghue (organiser), Ciarán Favier (winner), Michael Cronin (Club Chairman), Shane Costelloe (winner) and Michael O'Donoghue (organiser).

most correct predictions wins!

SPA GAA CLUB REGISTRATION

Registration is now open for 2020 and will remain open until March 31st. Registration is available online through spagaa.com or our registrars will be in Spa on Thursday evenings from 7pm-8pm. All players, officers, coaches etc MUST be registered club members to take part in club activities in 2020.

EAST KERRY ALL STARS AWARDS NIGHT

East Kerry All Stars Awards Night will take place on Friday January 17th at the Brehon Hotel. Tickets are available from Club Treasurer Marguete (0877714516). Senior players Evan Cronin and Liam Kearney are among the shortlist of nominees for the 2019 East Kerry All Star team.

HEALTHY CLUB

Spa GAA Club have signed up to take part in Phase 4 of the Croke Park GAA Healthy Club initiative. A number of events will be taking part over the next 18 months.

LOTTO RESULTS 06/01/2020

Numbers drawn: 1, 4, 15, 21. No winner and €50 Lucky Dips going to Gerard Moynihan, Nora Moynihan, Peggie O'Connor and Amber

Fleming. Annual ticket holder monthly draw winner is Stephanie Treyvaud. Next draw will take place in Jimmy Briens and jackpot is now €9,500. Play online spagaa.com or in usual outlets.

SPORTS HALL & MEETING ROOMS HIRE

Meeting Rooms and Sports Hall available for hire. For enquiries contact Eileen on 0876577312 (after 6pm only) or Ann on 0879403508.

IRELAND LIGHTS UP WEEKLY WALKS

Well done to all walkers that braved the bad weather last Thursday for the first night of the Ireland Lights Up walks in Spa. The club grounds will be lit up every Thursday night from 7-8pm for any walkers from the local community (members & non-members) that want to take part in the Operation Transformation Ireland Lights Up walks.

ITEMS FOR NOTES

Any items for the club notes please contact Deirdre at pro.spa.kerry@gaa.ie or 0851216359 before 8pm on Sundays.

IF YOU HAVE A STORY... **Contact Aisling on: 086 0400 958**

LISTRY NEWS

Written by: Anne Sugrue O'Brien

LISTRY GAA AGM

The following officers appointed for 2020 in Listry Gaa Club from our AGM on 12th January 2020

PATRON - Patrick Sugrue
 PRESIDENT - Pa Mannix
 VICE PRESIDENTS - John Joe Tangney, Mike Mannix, Patsy Mannix
 CHAIRMAN - Jerome Kennedy
 VICE CHAIRMAN - Denis Murphy
 SECRETARY - Anthony Clifford
 ASS. SECRETARY: Mike Tangney
 TREASURER - John Joe Courtney
 ASSISTANT TREASURER - Tim Fitzgerald
 PRO - Anne Sugrue O'Brien
 CO. BOARD DELEGATES - Mike Kennedy
 EAST KERRY BOARD DELEGATE: JJ Tangney
 A.S.A.P - Anne Sugrue O'Brien
 CHILDREN'S OFFICER - John Lehané
 COACHING OFFICER - Mark Curran
 MEMBERSHIP OFFICER - Mike Tangney, Cathal O Shea
 DEVELOPMENT OFFICER - Noel O Sullivan
 SCOR OFFICER: Amanda Hoare
 AUDITORS- Pat Quirke, Cathal O Shea

EAST KERRY SECRETARY

Congratulation to Noel Kennedy appointed East Kerry Secretary 2020. Best of Luck Noel.

MILLTOWN/LISTRY COMHALTAS TABLE QUIZ

Milltown /Listry Comhaltas are holding a Table Quiz on January 31st in Faha Court Bar and Restaurant at 8.30pm in aid of Fleadh Cheoil Chiarrai. Please come and support.

LOTTO RESULTS

5,16,19,20
 €100 - Lou and The Quikes, Laharn.
 €50 X 2 - Lyno. Kieran Hobbins, Coolroe.
 €25 X 2 - Dylon Dwyer c/o Mike Dwyer. Tadgh Breen, Ballyhar.
 Draw Entrant: Robert O'Sullivan, Castleisland.
 Next Sunday 18th January Jackpot €2,150

U14 KERRY LGFA

Congratulation to our Listry juveniles, Elli Mai Nugent and Aideen O'Brien who played for Kerry U14 LGFA against Roscommon in a challenge match in Dr. Hyde Park, Roscommon on Sat 11th January.

EAST KERRY C.L.G ALL STARS AWARDS

Best of Luck to Ronan Buckley who short listed for East Kerry CLG All Stars Awards on Friday 17th January in The Brehon Hotel.

DEEPEST SYMPATHY

Listry GAA would like to send deepest sympathy to Adrian Brennan and family on the recent death of his father, Gerry Brennan RIP, Dillon's Cross, Cork. Deepest Sympathy to The O'Sullivan Family, Shrone on the recent death of Rita O'Sullivan RIP.

MEMBERSHIP 2020 LISTRY GAA

Listry GAA membership is now due. You can download forms from our website www.listrygaa.ie. The following is the cost to join our club. Adult member €60. Family Members €120. Senior player with gym €100. Adult with gym €160. 2 Adult with gym €200. Adult Family with gym €320. Student/Minors with gym €75. Juveniles €40 U6 Juveniles €20. Life/OAP €30.

GLENFLESK NEWS

Written by: Seamus Healy

SCOR NA NOG

Our ballad group compete in the All Ireland final of scor na nog which takes place on February 1st in the inec. Tickets are available through the club. Adults €20 and U16's €10. Tickets are available on the day but cost €25/€15. If you wish to order tickets contact Paud o Donoghue scor officer 0872586448. Glenflesk Abu!!

IRELAND LIGHTS UP

Everyone is welcome to the track at Glenflesk every Thursday from 7pm to 8pm until February 26th. Ireland Lights up entices non members

also to walk so come along and enjoy the walk.

MAIN PITCH

The main pitch will remain closed until further notice.

2020 SENIOR FOOTBALL LEAGUE DIV 3

Rd 1- 8 March Ardfert v Glenflesk Rd 2 - 15 March Glenflesk v St Senan's
 Rd 3 - 17 May Brosna v Glenflesk Rd 4 - 23 May Glenflesk v Milltown/Castlemaine
 Rd 5 - 7 June Duagh v Glenflesk Rd 6 - 14 June Glenflesk v Laune Rangers
 Rd 7 - 20 June St Pats Blennerville v Glenflesk

Rd 8 - 5 July Glenflesk v Currow
 Rd 9 - 12 July Churchill v Glenflesk Rd 10 - 26 July Glenflesk v Listowel Emmets
 Rd 11 - 16 Aug or 6 Sept Keel v Glenflesk

KILLARNEY LIBRARY

History Book Launch - Days of the Blackthorn: Faction Fighters of Kerry by Sean Moraghan will be launched at Killarney Library on Thursday 16th January at 6.30pm. Free admission.



Congrats to Aileen O'Brien who picked up the Legion Lotto Jackpot of €6,300 on Monday! She is pictured with Justin Healy Legion Lotto Committee member.



James Darmody in action for Scoil Phobail Sliabh Luachra in the Corn Ui Mhuire Quarter final v Ballincollig.



BALLYHAR-FIRIES GAA

LOTTO

No's Drawn 6, 10, 11 & 13

No Winner

€30 Winners were

Moss Mitchel Currow

Tom Barry & Tone Brosnan c/o Ulicks

Healy Family Doneen Kilcummin

Margaret Sayers c/o Sheehan's shop

Patricia O'Riordan c/o Airport

The draw for next weeks Jackpot of €4,900 will take place in O'Keeffe's Bar Furies on Friday 17th January. Get your lotto tickets from all the usual sellers, Club Officers, Senior Players or from the stand in Moriarty's Centra, Farranfore.

Thank you all for your continued support.

PARISH LEAGUE 2020

Save the date. Tomorrow in Pairc Eamonn, Farranfore will see the return of the Senior Parish League after 16 years. Teams from Furies, Farranfore and Ballyhar will play off to take the bragging rights. Ballyhar are the reigning champions but all three teams are very evenly matched. The day could see the return of some "Legends" that graced the field from the last Parish League and plenty of new talent that has come on the scene since. Teams are open to anyone over 17 and living within the parish or former players/members who have moved away and wish to take part. Keep an eye on our social media accounts for more information.

MCGRATH CUP FINAL

Congratulations to Pdraig De Brun and his Limerick Teammates who beat Cork in the McGrath Cup Final at the weekend.

EAST KERRY ALL-STAR'S

This year's All Star celebration will be held tonight in the Brehon Hotel.

After 20 years since East Kerry last took home the Bishop Moynihan Cup, they pay tribute to the East Kerry team manager and Former Furies Player and Manager, Jerry O'Sullivan by awarding him "East Kerry Person of the Year"

So it would be great for as many club members as possible be present on the night to support Jerry. Tickets are available from Club Chairperson Tom Kelliher or Secretary Kevin Cronin who can be contacted on 0872998231.

HURLING

Hurling club presentation awards night takes place for all age groups this Saturday evening at 5pm in the hall in Farranfore. Special guests on the night and all welcome.

MCGRATH CUP FINAL

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KEEL GAA CLUB

IRELAND LIGHTS UP

Keel GAA will be taking part in this years 'Ireland Lights Up' walking initiative which returns in January 2020, in partnership with the GAA and Operation Transformation. We had over 40 people walking on the track last Thursday. Well done to you all for braving the weather conditions. The lights will be on every Monday and Thursday night from 7-9pm. We hope to see you all there. Please make sure you sign in on arrival.

HEALTHY CLUB PROJECT

Keel GAA has been chosen by the GAA to take part in phase 4 of the healthy club project. Over the coming weeks we will be setting up a team in the club to set up some healthy habits for Keel GAA. If you would like to be part of this team please contact us on our Facebook page or email pro.keel.kerry@gaa.ie showing your interest. We are one of 6 clubs in Kerry to be chosen so we are delighted to be taking part in this initiative. It is a really exciting opportunity for us to allow our members and local community to develop some healthy habits.

LOTTO

There was no winner of the jackpot €3500 on Monday 6th January. The numbers drawn were 4,9,21,27. €50 winner, Nora Ahern Farnes, €25 winner, Joe Long Cahirfillane, Mary O Shea Milltown, Tom Evans Keel, Alana Evans Keel.

DR CROKES CLUB NOTES

PROGRESSIVE 31

Progressive 31 is on every Wednesday night in the Dr Crokes Clubhouse and starts at 8pm and all you need to bring is €5!

BINGO

Bingo is on every Sunday night in St Mary's Parish Hall. Doors open at 7.30pm and starts at 8.30pm.

DEEPEST SYMPATHIES

Deepest sympathies to the Mc Nevin (Co Mayo) and Mc Monagle families on the death of Martin (Matt) Mc Nevin Grandfather to Lorcán Mc Monagle. RIP

LOTTO

Lotto 3, 19, 25, 28. Jackpot €7100 not won match 3 6 by €70. Next draw on Sunday 19th of January in Tatler Jack. Jackpot €7,400.

EAST KERRY GAA NEWS

by Michael O'Mahony

East Kerry GAA held their 95th Annual Convention last Friday January 10th at Killarney Heights Hotel. All clubs attended Everyone was welcomed by chairman of East Kerry Board Johnny Brosnan.

Dermot O' Connor Furies, Outgoing Secretary stepped down under 5 year rule and he was replaced by Noel Kennedy, Listry. Dermot O' Connor will continue as assistant secretary.

Pat O'Brien, outgoing joint, Treasurer St Patrick Hurling Club, East Kerry has stepped down following 13 years as PRO & Hurling Officers joint Treasurer.

The following officers were elected:

President Ger Gavin Spa

Vice president: Pat Favier Glenfesk, Donie Sheehan, Dr Crokes, Pat Sweeney, Fossa, Sean

Kelly, Kilcummin. Dermot Griffin Fossa, Tim Ryan, Kilcummin and John Lenihan, Kilcummin.

Chairman Johnny Brosnan Currow

Vice Chairman John Dineen Fossa.

Secretary Noel Kennedy Listry.

Assistant Secretary Dermot O' Connor Furies

Treasurer Domhnaill O'Sullivan Fossa

PRO Michael O'Mahony Rathmore

Hurling Officers Garry Halloran Kilcummin.

Scor officer Amy Reidy Cordal

Children's officer Noreen O' Connor Cronin Gneeveguilla.

MOTIONS

Fossa motion: That no East Kerry club should be excluded from the opportunity to participate in Dr O' Donoghue Cup.

To facilitate this, the 16 teams go in to an unseeded open draw, played off, if possible over 4 weeks. The Fr.Gavin should run concurrently. Draw being made as teams eligible for it exit the Dr .O'Donoghue cup. Team eligible to play in Fr Gavin cup who reach semi Final of Dr O'Donoghue cup forfeit playing in the Fr Gavin cup -for that that year. withdrawal

Scartaglen motion: To give clubs the option of taking part or not taking part in the Dr O'Donoghue cup competition and to let East Kerry Board know of their decision by February for that decision to maybe last for 2 years/ seasons withdrawn.

GLENFLESK MOTION

For the O'Donoghue cup structure that all teams have selected whether they are either playing in the said competition or not. This would make it easier on the clubs that want to play. Withdrawn.

EAST KERRY BOARD & COMPETITION CONTROL COMMITTEE AMENDMENT

Clubs to decide by April meeting whether to take part in the Dr. O'Donoghue Cup or not.

Vote of Sympathy passed at Convention deaths of Mike John Moynihan

Gullane, Gneeveguilla former Gneeveguilla footballer & Eddie Kelliher

Leamnaguilla, Kilcummin. May they both Rest in Peace

EAST KERRY GAA ALLSTARS 2019

Gala Night this Friday 17th January 2020 at Brehon Hotel Tickets available at Kerry GAA store, local clubs, Board officers and is sponsored by The Kerryman, The Aquila Club & East Kerry GAA presentations to All Star players senior & intermediate and U21 players of 2019 Hall of fame 2019. person of year 2019

FITZGERALD STADIUM NEEDS YOU

Stewards required for crowd control in Fitzgerald stadium. Munster Council are willing to arrange a course for stewards for further information contact John Leunihan events controller 087-7763500.Or any officer of East Kerry GAA Board as soon possible.

ST BRENDANS COLLEGE

St Brendans College TY students completed a two day coaching course in the school. The course was delivered by Vince Cooper East Kerry/Kenmare GDA and Colm O'Brien South Kerry Hurling GDA. The aim of the course was to improve and develop all students practical and theoretical ideas enabling them to assist all clubs in coaching underage players during the 2020 season. Thanks to Sean Coffey (Principal) for his support in running the event.

MILLTOWN CASTLEMAINE GAA NOTES

Fundraising Lotto Jackpot is now: €11,800...
Another Match 3 winner

Huge congratulations to Jamie Fleming, Killarney who was a Match 3 winner in our lotto jackpot draw on Friday night last-winning €200 for himself. Drawn numbers were: 1, 10, and 12 with 18 being the bonus number. This is hot on the heels of our Match 3 winner-Niamh Twiss from two weeks ago who won €400.

Our next Lotto draw will take place on Friday January 24th, in The Castle Inn Bar, Castlemaine with €11,800 on offer. We will also have €200 for a Match 3- along with our 6 consolation prizes. Please make sure you have your ticket in this week- to be in with a chance of winning or sharing in some of the prize money. We would like to remind people to ensure that numbers are always written on the ticket, that the correct part of the ticket is in the envelope and that the numbers are clearly written! We have had quite a number of tickets recently that either had no numbers completed or numbers were very difficult to decipher. Also numbers are 1-32! Sincere thanks for your co-operation in this matter and for your ongoing support.

CHILDREN'S CHOIR

In our parish we are extremely lucky to have a wonderful children's choir that performs at the 11.15 mass on Sunday mornings here in Milltown Church. With 25 plus active members, many of whom are footballers in our club, their beautiful voices and sweet music enhance our Sunday liturgies every other Sunday. Talk about being multi-talented! We cater for participants from senior infants upwards. If you would like to join our children's choir, please contact Deirdre on 086/1703332.

Progressive 31 Card Drive continues on Tuesday January 14th at 9 pm sharp, in the Nagle Rice Community Centre. We look forward to seeing you then for cards, tea and Larkin's Brack!

TAKING THE MIC:

Mark Easter Sunday, April 12th, 2020, Ballygarry House Hotel, into your diary for our club fundraiser "Taking the Mic". Keep an eye on our Facebook page for all the updates! If you want to become involved, please contact any member of our executive. It promises to be a great night of fun! Beidh óiche iontach againn gan dabht! Remember the famous quote....You can't sing, you can't dance, you look awful-you'll go a long way!

IT TRALEE: SIGERSON CUP

Hard luck to I.T. Tralee who were defeated by Carlow I.T. in Round 1 of the Sigerson Cup on Sunday last. Played in front of a large crowd in Austin Stack Park, it was a closely fought contest. Milltown Castlemaine had two players on the panel-Jonathan O' Sullivan and Gavin McKenna. IT Tralee held the lead for most of the game with some superb play from David Clifford and Barry John Keane. Jonathan O' Sullivan was introduced in the 2nd half -replacing Jack Savage. However, two goals late in the game sealed a victory for the visitors. Beidh lá eile ag an bpaorach againh.

KERRY SENIORS

Best of luck to Peter Keane and the Kerry senior



Elli Mai Nugent and Aideen O'Brien from Listry playing for U14 Kerry LGFA in a challenge match against Roscommon.



Niamh Twiss, from Killorglin who won €400 in Milltown Castlemaine GAA Club's Fundraising Lotto Jackpot Draw, having matched 3 numbers. Also included are members of the executive, Podge Leane, Ian Twiss (seller of the winning ticket), Emmet Spring, Eileen Lovett, Emir Bevan and Philip O'Reilly. Niamh is heading off to Australia in the coming weeks to pursue her nursing career and is delighted with her New Year windfall! Congratulations Niamh and many thanks for supporting our Lotto. Our Jackpot is currently at €11,800- so well worth investing in a ticket!

panel in their Round 1 National League game versus Dublin on January 25th.

ALL IRELAND JUNIOR FINAL

Comhghairdeas to Na Gaeil on a hard fought win in extra time on Saturday last over Kilmaine of Mayo- securing a place in the All Ireland Junior Final. We wish you well on All Ireland Day!

LEGION GAA

JUVENILE ACADEMY

Our juvenile teams will be dusting off the winter cobwebs and getting back in action for the upcoming season very soon. All new members welcome - boys and girls under 12, 14, 16 & 18. All coaches are Garda Vetted & Qualified. Why not give it a go for 2020?? Message us or contact Donal on 086 8528768 for more information. Our younger members aged 6-10 will return to the Academy in March.

AWARDS NIGHT

Save the date!!! Killarney Legion will hold the annual awards night on Friday February 7th at

7:30pm at the Killarney Avenue Hotel. Tickets €35pp are available for any member of the executive committee.

KILLARNEY LEGION MOTHER'S N OTHERS

Training returns at the Killarney Aura on January 15th @8pm. All new members welcome for good fun and exercise. Come along and kick start January.

EAST KERRY AWARDS

Killarney Legion would like to congratulate the Legion players nominated for East Kerry GAA All Star Awards on January 15th, Good Luck lads.

ANNUAL AGM

Killarney Legion Agm is on Thursday January 16th at 8pm at the clubhouse, all members please attend.

LEGION LOTTO

3-5-9-16 Congrats to Aileen O'Brien in Aghadoe, Winner of the Jackpot. Well done Aileen.

JIMMY O'SULLIVAN-DARCY

takes a look at all things sport...

NEW PLAYING RULES FOR THE GAA

The new rules as passed by a Special Congress of the GAA have come into force for all gaelic football competitions since January 1st, and it was announced last week that they will be retroactively applied to the latter stages of competition like the latter stages of the Corn Uí Mhuirí (Munster Senior Colleges) competition going forward -0 St. Brendans, PS Sliabh Luachra, and Tralee CBS were all in action in the quarter-finals last Wednesday.

But what exactly are the new rules?

Kick-outs will be taken from the 20 metre line and must be kicked forward. All players except the kicker must be outside the 20 metre line, outside the semi-circle, and must be at least 13 metres away from the ball as it is kicked. The idea is to eliminate the extreme conservatism of short kick-outs in recent years and force teams to go on the attack and contest possession.

A 'mark' i.e. a free kick from where a player cleanly catches a kick-out past his own 45 metre line, shall be awarded by the referee sounding his whistle as indication if that player raises his arm in the air to claim one. The player then has 15 seconds to take his kick. The player has the option of playing the ball without claiming a mark. Again, the rationale is to encourage more high fielding in midfield rather than the present defensive conservatism.

The Advance Mark. If an attacking player cleanly catches a ball that has been kicked from outside the 45m line into the opponent's defensive and has travelled at least 20 metres, that player can claim an 'advance mark' by raising his arm. On the referee blowing his or her whistle to indicate the mark, the player has 15 seconds to take a free kick from which he can score. It is important to note that an ordinary free kick will be awarded if the defense do not retreat promptly enough from the kick. Should the mark be claimed inside the large square, the kick is taken from the 13 metre line (this happened early on in IT Tralee's defeat to IT Carlow in the opening round of the Sigerson Cup). This new rule is to discourage blanket defending and incentivise attacking play.

The 'Sin Bin'. A disturbing trait in recent All Ireland Finals in particular was the propensity for cynical fouling by the team in front late in the game. Since the penalty of a black card for such offences included the offending player being replaced by a substitute, the GAA decided to bring in a sanction that would prove more effective in the latter stages of games. Consequentially, where a player now receives a black card (deliberate body check, pull down, or trip of an opponent, verbal abuse of any other player, including a team-mate, or remonstrance with a match official) they will

be sent off for a ten minute period, without a substitute replacing them with a team-mate. The time starts when the referee resumes play and the player can only return when the referee gives permission for the player to rejoin play.

IT TRALEE SUFFER LATE DEFEAT IN SIGERSON OPENER

IT Tralee have a huge amount of work put into their Sigerson Cup campaign under a management team that included Liam Brosnan of Currow and Kieran Donaghy of Austin Stacks as joint managers and Aidan O'Mahony of Rathmore as physical trainer. Players who featured included a Dr. Crokes quartet of Mark Fitzgerald, Mark O'Shea, Paul Clarke, and Tony Brosnan (0-3, 1f), Seán Kelliher of Beaufort joint captain Conor Keane of Killarney Legion, and man of the match David Clifford of Fossa (0-7, 3f). Aaron McCarthy of Listry, Evan Cronin of Gneeveguilla, Danny Healy of Beaufort, and Eddie Hora was on the panel, while Michael Potts (Dr. Crokes), Eddie Horan (Scartaglin) and Dara Moynihan (Spa) were among a number of players who were on the injured list.

IT Tralee conceded the first score after not retreating fast enough from an advance mark but, with David Clifford giving an exhibition, they led by 1-10 to 0-7 after 49 minutes. IT Tralee lost Iarla Courtney (Ardfert) to a black card at that stage and the effectiveness of the new sanction was proven as the tide turned completely. They lost Mark Fitzgerald to a red card during the concession of a penalty and IT Carlow used their two man advantage to plunder two more late goals to win by 3-9 to 1-13.

IT Tralee must now face Athlone IT this coming Saturday at a neutral venue in a relegation battle.

FREWEN CUP ST. BRENDANS 1-9 HAMILTON HS, BANDON 1-5

In a thoroughly entertaining game. Bandon were actually as good as an excellent Sem team in all departments except for the unfortunate malaise of being unwilling to shoot. They fielded great ball, linked with each other well, covered and tackled with controlled aggression....but every time they got withing shooting distance, they would pass it backwards rather than cough up possession. They only shot twice in the first half, both early and both wide. That said, Peter Cosgrave was probably the Sem's best player and Harry Byrne was another defender who shone brightly.

The Sem, equally impressive in open play, were more direct. With the competition being

played under new rules, Cian McMahon had the presence of mind to claim and complete an offensive mark. Sam Benson had two points, the opener from a tight angle and a free, with Michael Moriarty and Jack Clifford helping the Sem into a 0-5 to 0-0 half-time lead.

Cork minor panellist Ciarán O'Connell got Bandon off the mark with a free and wing back Ben Hamilton, probably the best player overall (he won't be playing Cork minor because of other sporting commitments), cracked a superb goal. Byrne, now switched to wing forward, picked out Cian McMahon with a lovely pass and he teed up Jack Clifford for a goal in reply. Ciarán McCarthy, Seán Ryan, and Richard O'Sullivan picked off frees for Bandon but Liam Randles (2) and Killian O'Sullivan were able to close it out for the Sem. A better test than it sounds, but the Sem came through it unscathed.

St. Brendans: Aaron O'Sullivan (Killarney Legion), Cian Doyle (Fossa), Dara O'Callaghan (Kilcummin), Peter Cosgrave (Furies), Harry Byrne (Dr. Crokes), Rian Collieran (Fossa), Darragh Fleming (Killarney Legion), Killian O'Sullivan (Glenflesk), Michael Moriarty (Beaufort) Aodhán O'Neill (Renard), Cian Foley (Kilcummin), Liam Randles 0-2 Dr. Crokes), Sam Benson 0-2, 1f (Killarney Legion), Cian McMahon 0-1 (Dr. Crokes), Jack Clifford (1-10. Subs Ethan O'Neill 0-1 (Killarney Legion), for Michael Moriarty, 38 mins, Cian Lynch (Glenflesk) for Darragh Fleming, 43 mins, Jamie Alade (Killarney Legion) for Aodhán O'Neill, 47 mins

St. Brendans will now face IS Killorglin, who had sparkling performances themselves from the likes of Eoghan Hassett (0-8) and Stephen Palmer (3-1) in a comfortable 3-16 to 0-6 victory over Coláiste Chríost Rí. It sets up a cracking Kerry derby quarter-final between the sides, while another one to watch out for will be the all-Kerry clash of Mercy Mounthawk versus Tralee CBS. This competition is of particular interest to Kerry minor management since the change of age to U17 at inter-county minor: Kerry minor manager James Costelloe was among a number of interested spectators last Wednesday in Naomh Aban, Ballyvourney.

PS Sliabh Luachra (backboned by the County U16 champions of Eoghan Ruadh and featuring players like Michael Dennehy of Rathmore, Paudie O'Leary of Gneeveguilla, and Dylan Roche and Tommy Bowler of Glenflesk) will play St. John the Baptist of Limerick in the opening round of the Corn Liam Uí hUiginn (Munster U16.5 B) competition next Wednesday.

FOSSA ARE FIFTY

Congratulations to Fossa GAA, who celebrated their 50th birthday in fine style last Saturday night in The Dromhall Hotel. The club was founded exactly 50 years earlier on January 11th, 1970.



ST. BRENDANS 1994 CORN UÍ MHUIRÍ REUNION

The Sem won the Corn Uí Mhuirí in 1994, two years after winning their first ever Hogan Cup. Surprisingly, they didn't win the Munster crown again for 14 years. On December 28th, the team held a hugely enjoyable reunion in the K-Town Bar. The team that beat St. Flannans (the Sem's opponents in the quarter-finals last Wednesday) that day included Kevin O'Donoghue and Fergal Moynihan (Killarney Legion), Toirdealbhach Ó Lionaird, Darren Gaffey, James Fleming, Seán O'Donoghue, and Aidan Lynch (all Dr. Crokes), Derry O'Leary and George Lenihan (Kilcummin), Eamonn Spillane (Glenflesk), Conor Gleeson, Damien O'Sullivan, and Seán Casey (Spa), Eoin Long and Michael Guerin (Fossa), Derek Riney and Brendan Hussey (Sneem), Donal Moriarty and Timmy Lynch (Castlegregory) Barry O'Shea (Kerins O'Rahillys), Brendan Buckley (Ballydonoghue), and Conor McSwiney and Jerry O'Sullivan (Kenmare), Denis O'Riordan (Millstreet) and John O'Sullivan (Dromtariffe). The team was managed by Robert and James O'Brien along with selectors Michael Lynch, Seamus Grealy, and Sean O'Riordan.

ALL IRELAND CLUB CHAMPIONSHIPS

Commiserations to Templehoe, who lost out to Oughterard of Mayo by 1-12 to 0-12 in the All Ireland Intermediate Championship Semi-Final but congratulations to Na Gaeil, who beat Kilmaine of Mayo in the Junior Championship Semi-Final by 0-13 to 1-9. Donie O'Sullivan of Spa was one of the founders of Na Gaeil in 1978, while Kathleen Rice, wife of Templehoe trainer (and former Fossa GAA Chairman) John and Eamon Browne, secretary of Na Gaeil, work side by side in the Killarney Public Library and this writer who is among many who can attest that they are among the friendliest and most helpful people in town.

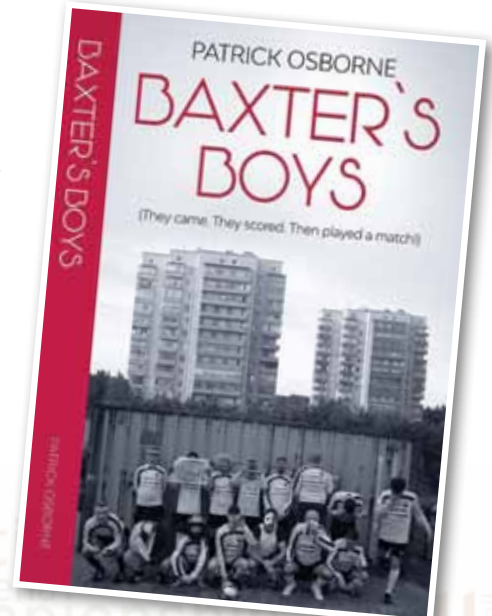
Na Gaeil will now face Rathgarogue-Cushinstown of Wexford as the first part of a triple header of the club Junior and Intermediate Finals in Croke Park on January 25th that concludes with the National League game between Kerry and Dublin.

KERRY SCHOOLS CROSS COUNTRY CHAMPIONSHIPS 2020

The Kerry Schools Cross Country Championships will take place on January 23rd, starting at 11.30am in the Desmense, Killarney. Medals will be presented to the first six individuals and the first three teams (4 to score). Perpetual Trophies will be awarded to the Best Overall School in both boys' and girls' events. Entry fee is just €3 per person, entry forms and fee must be handed into the Secretary prior to the first event.

BOOK LAUNCH

Congratulations to local coach, referee, and all-round good guy Paddy Osborne on the release of his new novel *Baxter's Boys*. The popular Dubliner is a Killarney native in all practical respects, especially in regards to the popular 'Killarney Down Memory Lane' facebook group along fellow Legion stalwart. While the story itself looks filled with Paddy's natural humour and human insight, the front cover will be of particular interest of locals – it has various well known people in disguise such as Enda, Daniel Okwute, Danny McClure, Tommy Brosnan, Seanie Burchill, David Osborne, Brian Bowler, Evan Smith and Several more superimposed on a photo-shopped background. I know the same characters well – I'd say Baxter had his work cut out for him! I'm certainly looking forward to reading what sounds like the most unlikely but most lovable cup runs in the history of sport.



KERRY U14 GIRLS

The Kerry U14 Girls, including local players like top scorer Lori O'Connor, Gráinne Kennedy, and Amy Breen (Beaufort), Siola Colleran, Elizabeth Coffey, and Lucy O'Sullivan (Fossa), Andrea Murphy and Lauren Kelly (Killarney Legion), Eabha Rudden and Aoibheann Gleeson (Glenflesk), Leah McMahon (Dr. Crokes), and Leah Murphy and Sarah O'Connor (Rathmore) played two challenge games against Roscommon U14 girls in Hyde Park last weekend. Kerry won two good games but more importantly, had a great time. Manager Charlie McCarthy was full of

praise for Roscommon LGFA and especially for Longford LGFA, who not only provided both Kerry and Roscommon squads with full meals but also provided some great fun bowling (the Roscommon and Kerry girls formed mixed teams for the bowling; the friendships made are just as important as the sporting competition at this level) and great craic was had by all.

Killarney Cougars BC

Senior News

Kerry Airport Senior Mens Cup

Killarney Cougars 62

Tralle Tigers 47

Cougars made home advantage count with a good win over the Tigers in the opening Cup game. Cougars led 10-8 after an even first quarter but a strong second quarter saw Cougars push further ahead to lead 29-21 with three pointers from Darren Gaffey, Alan Flynn and Dan Cronin. The Tralee side stayed in touch with three point baskets by Timmy Collins. Cougars held on to the lead through the second half to book a place in the next round away to Glenbeigh.

Best for Tigers were Timmy Collins, Eric Bohan,

Dara Moynihan Patrick McLaverty, Cougars had good performance from Tomas Armonas, Eugene Bowler and Daniel Cronin.

Juvenile News

U14 Boys Plate Semi Final

Killarney Cougars 25

Rathmore Ravens 26

An exciting semi final saw the Rathmore come from behind in the second half to secure the win with a one point victory in a very exciting game. Both sides were very committed and the result was in doubt until the buzzer with Mathew Kennedy for the Ravens and Eanna Murphy Cougars producing some big scores

but the Ravens held on in a thrilling finish as time ran out for the Cougars on this occasion. Best for the winners were Adam Whitty , Mathew Kennedy and Darragh O'Keeffe with Andy Casey and Eanna Murphy trying best for the Cougars .

Academy News

The Cougars Academy continues on Friday at 4.45pm with U8 Girls & Boys. U10 Girls 5.45pm and U10 Boys 6.45pm all at the Parish Hall. Further details on training schedules, fixtures go to our website www.killarneycougars.com or follow us on facebook.

Cup and League action continues in Kerry Airport KABB

St Mary's reach Men's Division 1 Cup final

St Mary's have qualified for the Men's Division One Cup final after a hard fought 69-65 semi-final win over Tralee Imperials.

St Mary's led 16-13 at the end of the first quarter as Darragh Kennelly and Caolan Crowe leading the way for the Tralee side and the O'Connell's Shane and Darragh on the mark for the Castleisland side.

Imperials made a big move in the second quarter with Crowe again finding his range hitting 8. St Mary's needed a 5 points from Seamus Brosnan and two big three's to keep in touch as they trailed 30-36 at the half.

A Brosnan three got St Mary's going in the third quarter and by the end of the ten minutes the gap was halved with Imperials on 51 to St Mary's 48.

Daire Kennelly showed his class in the final quarter hitting 7 of 8 from the free throw line but Gary O'Sullivan came up big for St Mary's with a three followed by a quick 2 to see them lead by a basket. Crowe responded with three of his own but it wasn't enough as Seamus Brosnan once again showed he doesn't feel pressure as he made two from two from the line to wrap up the win.

For St Mary's Brosnan ended with 26, Gary O'Sullivan 14, Shane O'Connell on 13 and Darragh O'Connell had 12. Caolan Crowe led the Imperials scoring on 25, Daire Kennelly 21 and Raul Venczel on 7.

St Mary's will meet either St Paul's or St Brendan's in the Cup final.

Bridget's win in Boy's 16 Division 2: There was an opening day win for St Bridget's in the Boys

u16 League Division 2. They defeated Kenmare Kestrels 64-43. The opening half of this game was a tight affair with the Currow side leading by 6 at the break 31-25. It took until the last quarter for them to pull away and take the win. St Bridget's are in second one point behind Kenmare Kestrels in the early stages of this League. For St Bridget's Cathal Brosnan hit 32 and John O'Connor 14 while for Kenmare Aidan O'Connor ended with 13 and Tommy O'Sullivan 10.

St Annes win by 1 point in 14 Boys Division 2 cracker: The crowd in the Farranfore hall were treated to a cracker in the Boys u14 Division 2 where St Annes were 42-41 point winners over KCYMS.

The home side's Gearoid Evans and Killorglin's Patrick Radney both hit 4 points in the opening quarter to see St Annes leading 10-7. Simon O'Leary was having a big game under both boards and hit 8 in the second quarter to lead 24-13 with Dara Hogan having hit 6 points for KCYMS.

KCYMS took over in the third quarter with Conor Buckley and Hogan adding 7 each to their total and it was 31-30 to the visitors with ten minutes to play.

The game was on the line with KCYMS leading 41-39 with just 25 seconds on the clock but Gearoid Evans became the hero as the home side took the win thanks mainly to their wide spread of scorers.

The top scorers for St Annes were Simon O'Leary on 9, Gearoid Evans on 8 and Colm Riordan, Daithi o'Shea and Micheal Fitzgerald

all ending with 6 points. Dara Hogan led the KCYMS scoring on 17 while Conor Buckley shot 14 and Patrick Radney on 8.

St Mary's runners up in the Limerick Celtic's Tournament: St Mary's Boys u14 team brought home the runner's up prize from the Limerick Celtic's tournament after the beat Dublin Lions 44-30 and Portlaoise Panthers 43-38 before going down to the hosts.

Wildcat's girls into Plate semi-final: There was a thriller in the u12 Girls Plate with Ballybunion Wildcats defeating Kenmare Kestrels 19-18 in overtime in a nail biter. Wildcats will have to wait to see who their semi-final opponents are while St Colmans Rockets and Glenbeigh Falcons will meet in the other semi-final.

St Anne's the first team into Division 2 Plate final: St Annes welcomed Killarney Cougars in the opening u14 Girls Division 2 Plate semi-final. After a nervous start by both sides St Anne's Caoimhe McCarthy found her range and with Katie Doe having a very good second quarter the Farranfore girls led 17-9 at the break despite the best efforts of Sinead Collieran of Cougars. Both teams were evenly matched in the third quarter with scores from Aoife O'Sullivan and Doireann O'Shea helping St Annes lead 31-23 going into the final quarter. Laura Flynn and Katie Doe were amongst the St Anne's scorers in the final quarter to ensure the win and book their place in the Plate final where they will meet the winners of TK Cobras / St Josephs and Caherciveen.

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HIGHEST HONOUR FOR ST. MARY'S BASKETBALL CLUB

St. Mary's Basketball Club, Castleisland was awarded the highest civilian honour that can be bestowed in the county on Wednesday last, a Civic Reception was held in its honour at the Castleisland-Corca Dhuibhne Municipal District meeting. Over 40 people attended the event including past and present members, former chairpersons, sponsors and captains from the first Blitz back in 1970.

The club held their 50th annual Christmas Blitz in December and this achievement was acknowledged by the Council.

The Civic Reception was proposed by Castleisland local, Fine Gael councillor Bobby O'Connell who gave an emotional speech outlining the impact the tournament had not just on the locality and wider community but on himself as a child growing. Mr. O'Connell said he had been involved as a player, coach and sponsor and spectator. He claimed that the club is the most successful in Ireland and that there is no sporting competition as successful as The Blitz. He also praised founding member, tournament director Donal O'Connor.

Breandán Fitzgerald, Cathaoirleach of the Castleisland-Corca Dhuibhne MD also praised the event and those involved for their outstanding contribution to the community.

John Breen, Municipal District Manager, noted that the event is more than just a sporting event and that it brings a social and economic contribution to the wider community.



Current and former members of St. Mary's basketball club who received a civic reception in recognition of the success of the annual Christmas Blitz. L to r Tim Egan, Sile Kenny, Aoife Nolan, Eamon Egan Chairman, Brid Kenny, Reidin O Loughlin, Maurice Casey, Joan Nolan Donal O Connor, Liz Galwey and Ned O Callaghan.

St Mary's PRO Liz Galwey thanked Kerry County Council for the honour she said that "it is an honour to be acknowledged in this manner but even more rewarding to be acknowledged in our own town at this reception, we are both humbled and delighted to be here"

Club chairman Eamon Egan and Donal Duke O'Connor accepted the honour with Ned O'Callaghan who was, along with Duke and Canon Noel Spring, one of the founding members of the Blitz.

GET ON YOUR BIKE IN 2020 WITH KILLARNEY CYCLING CLUB

Killarney Cycling Club has something for everyone. Are you thinking of taking up cycling this year, or getting more seriously involved? Perhaps you have a child who is showing an interest in cycling, or would like yourself to ride with a supportive and knowledgeable group of your own ability?

Maybe you have dreamt of doing the Ring of Kerry Charity Cycle someday, but thought you could never be able for it? Or mountain biking on Killarney's scenic off-road trails might appeal to you, or even hard-core bike racing? Whichever aspect of cycling appeals to you, Killarney Cycling Club will welcome and support you, and you can join up or find out more at the club's Open and Registration Night which will be held in the Dromhall Hotel Killarney on January 30th between 7-9 PM.

The club is one of Ireland's largest and most active, catering for all tastes and disciplines. There is a large and sociable leisure section with groups of different abilities, along with a mentoring programme to help adults get back into cycling and introduces them to cycling comfortably in a group on the road.

A dedicated Youth Academy within the club



Pictured are a happy group from Killarney Cycling Club on Coomakista during the Ring of Kerry charity cycle 2019. Pictured L to R back; Fiona O'Dowd, Brigid O'Connell, Cauty Coakley, Marie Goulding, Ann Sheehan, Lillian Murphy, Mariam O'Connor, Deirdre Murphy. Front; Eileen Carolan, Siobhan O'Donoghue.

has qualified coaches who train children from 10 upwards and Youth competitors usually feature at National Championship level each year. A vibrant mountain bike section makes the best use of the beautiful landscape, both for leisure spins and various types of off-road racing for all age groups.

Whatever your particular interest in cycling is, come along to the open night on the 30th and members of the club will be on hand to advise you on working towards your cycling ambitions for 2020.

ROSS GC, KILLARNEY GENTS CLUB

RESULTS

On Jan 12th we held a 12 hole sweep in place of the planned SS competition due to in the inclement weather.

The winners were :-

- 1... John Cushkelly.
- 2....Ken Grieve.
- 3....Michael J Casey.
- 4....Seamus McCarthy.

KILLARNEY GOLF CLUB

MENS' CLUB

Results of the Mens' Club sponsored Team of Four event on Mahony's Point on Sunday 12th of January.

1st Eugene McSweeney, Joe Scanlan, Donald McSweeney, Ian Millis (98 pts).

2nd Sean Kelliher, Pdraig Sweeney, Eugene O'Sullivan, Sean Devane (96 pts).

3rd John Twomey, John Murphy, Colum Fraser, Conor Twomey (96 pts).

4th Gavin Doherty, Shane O'Sullivan, Daniel Kelly, Mark Brett (95 pts).

Next Sunday, the 19th, sees the Mens' Club sponsored Scotch Foursomes take place on Killeen.

DEERPARK PITCH & PUTT CLUB NOTES

AGM

Our Annual General Meeting took place on Monday night at the Killarney Avenue Hotel and we wish to thank the Hotel for their tremendous hospitality on the night once more. We welcome Ger O'Connor, Danny Looney & John McGrath back onto our Committee as we wish John 'Yogi' Keogh well in stepping back from the Committee this year. We are also delighted to welcome Paula Heery onto our Committee for the first time. 2020 Committee Honorary President: Kay O'Sullivan, Vice-President: Jeremiah Buckley Snr, Chairman: Damien Fleming, Vice-Chairman: Ger O'Connor, Secretary: Fiona O'Donnell, Treasurer: Colm O'Dowd, Registrar: Margaret B Looney, PRO: Jason O'Connor, Competition Secretaries: Sean Kelly & Noel Moynihan, U-16 Officers: Paula Heery, second position to be co-opted by Committee, Club Captain: John McGrath, Non-Portfolio Officers: Aidan O'Keeffe & Danny Looney, Grounds Committee Chairman: Aidan O'Donoghue.

SUNDAY DRAWS

Fourball Betterball- First Nett: Sean Ashe & Betty O'Brien 35, Gross: Noel Moynihan & Sean Ashe 45, Second Nett: Sean Kelly & Betty O'Brien 39 and Hole-In-One: Sean Ashe. Same again this Sunday. Remember new draw times of 9am & 11am.

Over 50's: Wednesday January 8th saw the Over 50's play their first competition of the year in Castleisland. Two Ball Scramble- Nett: Sean Ashe (Gleneagle) & Betty O'Brien 37 Gross: Robbie O'Brien Snr & Jimmy O'Sullivan (Newmarket) 47. Next event in Deerpark on Wednesday February 5th.



Photographed at the presentation of the prizes for the McSweeney Arms sponsored competition in the Ross GC are : (l to r) Mike Casey, John Cushkelly, Captain, Kevin O'Callaghan, Sponsor, Jonathan Casey, Winner, Ambrose O'Donovan, Alan Flynn, Seamus McCarthy.



Photographed at the presentation of The Keanes Jewellers Gold Medal Competition in the Ross GC are : (Back l to r) Rolandas Bendikas, Dermot O'Connor, Leo Casey. Front l to r) John Cushkelly, Captain, Tony Lenihan Winner.



Marguerita Mulcahy Club President (fifth from left) presenting first prize in the Joe Geaney Castleisland Mixed Competition to winners Máire and John Geaney with (left) Mary Geaney and Dermot Roche 2nd, Harry O'Neill Club Captain, Anne Looney Lady Captain (back) Amy Arthur and Donal Considine Best Gross, Breda Neeson and Brian Clarke 5th, Gemma and Kevin Leacy 3rd, Denis Coleman and Marguerita Mulcahy 4th at Killarney Golf Club.

Munster U18 Cup

PIRATES PILFER THE POINTS

Killarney 11

Cobh Pirates 14



One of the competitions favorites Cobh Pirates travelled to Killarney on Sat 11th and were delighted to escape with a narrow 3 point victory against a gallant home side who rose to the occasion in a high class combative game. Killarney exploded out of the blocks and played their best rugby of the season during the first quarter. High intensity defensive work and controlled aggressive ball carrying propelled the home team on the offensive. Early pressure yielded a successful penalty kick for prop Ciaran O'Brien after 3 minutes. Killarney's pace and control impressed and early line breaks by Matt McAuliffe, Craig McKensie Vass and Donnchadh Grealy following incisive power plays broke the gain line. With 9 minutes gone Killarney won an attacking scrum deep in Cobh territory. John McCarthy intelligently picked from the base and powerfully took a direct line between flailing

defenders to score near the left corner.

Now 8 points in arrears Cobh realized they were in a battle and intensified their efforts. With a powerful forward running game and a slick well drilled lineout they enjoyed territory and possession. Cobh came close to a try in the left corner after 15 Mins but a Ronan Buckley cover tackle saved the day. The visitor attacking intensity was matched however by the resolute defensive tackling of the home team with Dion O'Neill, Adam Walsh and James Kennelly putting in powerful hits. Cobh turned down several penalty opportunities either going down the line or taking a running option. The home team however remained cool and composed defensively, successfully executing exit strategies, and following up with hounding chasing of kicks that kept the visitors frustrated. With 25 minutes gone a Mark Sheahan clearance

kick resulted in an opportunity for another 3 pointer when a number of chasers including fullback Michael Og Casey forced the turnover, however the kick sailed narrowly wide. Cobh eventually opted for the kicking option with the last kick of the half but it also did not register and the half time score was 8_0 to Killarney.

The attritional nature of the battle unfortunately impacted severely on Killarney with No9 Adam Walsh being replaced at the break and with Dion O'Neill following shortly after the restart the home team were forced into a rearranged formation with usual forwards Padraic Talbot, Krystian Komosa and Evan Mannix deputising bravely in the backline. Facing a shock defeat Cobh threw everything into attack early in the second period and following some frenzied forward carries and frantic defensive efforts they eventually crossed the line under the posts and the successful conversion brought the score to 8_7. Killarney did not sit back and from the restart exerted pressure on the visitors and on 50 mins Donnchadh Grealy successfully kicked a penalty to stretch the lead to 4 points. Cobh got a break with 15 Mins remaining when a promising Brendy O'Donoghue counterattack was pulled back for obstruction and with a foothold in the 22 they piled on the pod carries until eventually burrowing over again under the posts for the crucial winning score. Killarney tried valiantly to grab the winning score in the time remaining however Cobh's big game experience pulled them through particularly when they turned over a Killarney attacking lineout in the 22 down the home stretch. Cobh celebrated loudly on the final whistle and although bitterly disappointed Killarney stood proud having performed so heroically.

On the day props Rob Nealon, Ciaran O'Brien and Adam Cronin combated bravely in the trenches. Hooker Craig McKenzie Vass again gave a MOTM performance with boneshuddering tackles and carries. Sam Casey gave a commanding 2nd row performance aided in the engine room by the classy Padraig Talbot. Adam McKenney and Evan Mannix also ably added their shoulders to the effort in the 2nd half. Munster academy players John McCarthy and Brendy O'Donoghue illustrated their class throughout and captain Matt McAuliffe displayed all his leadership abilities.

The ever changing resilient backline gave their best collective display of the season particularly in their tigerish defence and counterattack intensity. The players were Adam Walsh, Donnchadh Grealy, Dion O'Neill, Mark Sheahan, James Kennelly, Michael Og Casey, Ronan Walsh, Krystian Komosa and Aidan Keane.

Killarney will enjoy a break next weekend with two final home Munster Cup games against Middleton and Highfield to look forward to before the end of the month.

IF YOU HAVE A SPORTING STORY... **Contact Aisling on: 086 0400 958**

GNEEVEGUILLA ATHLETIC CLUB

LOTTO

No winner of our lotto draw 10/01/2019, numbers drawn were 2, 5, 19 & 26. Sellers prize winner The Bridge Bar, €50 Y/T prize to Denny McSweeney Kilsarcon, €50 to Eric Murphy c/o The Bridge Bar, €40 each to Trish O' Keffe Newmarket, Jerry Murphy Lisheen & Shelia Dobbins Sliabh Luachra. Bonus not won, numbers drawn were 6, 7, 9 & 16. Next week's jackpot €9,000 plus €1,000 bonus.

TRAINING

Club training resumes this week, scheduled as follows: Boherbue Comprehensive School 6.00 – 7.00 pm for smaller children, 7.00 – 8.00 for older children and adults, Fridays Barradubh 7.00 – 8.00 pm & Gneeveguilla 8.00 – 9.00 pm. Throwing training session in Boherbue Saturday mornings 9.15 for all throwers.

KILLARNEY RFC NEWS

RESULTS

Seniors: Killarney 32 - 3 Bantry Bay
Second XV: Killarney RFC 0 - 22 Clonakilty
U18: Killarney 11 - 14 Cobh Pirates
U16: Kanturk 0 - 20 Killarney
U14 Girls: Shannon 27 - 14 Killarney

FIRST AID COURSE

10 of our coaches took part in the IRFU Safe Rugby Level 1 Course. Organised by Tom O'Leary and Shane Mooney of the IRFU, the course covered CPR, concussion, injuries and was a very interesting and informative course. Well done to everyone who took part.

SPLIT THE BUCKET

Our split the bucket draws continue every Sunday evening. Simply place €2 into an envelope at any participating venue to be in with a chance of winning big. The club is growing at a fantastic rate with huge numbers playing at all ages. The work carried out last year is paying dividends but we need to keep up the investment. To this end we encourage our members, players, coaches, supporters to support the draw and complete a form to enter the draw weekly by direct Debit. This ensure that you will be in the draw every weekend as well as support the club. The forms are available from any committee member.

MINIS

Tomorrow our Minis are due to travel to Listowel to take part in the West Munster Blitz at Listowel RFC. This is subject to weather so keep an eye on facebook etc. We will meet at Listowel at 10am Saturday morning with matches kicking off at 10:30am and the blitz is for all ages. Details: Liam Murphy 087-4145662.

FARRANFORE MAINE VALLEY AC

The Masters Committee has proposed to hold a training day for masters athletes in An Ríocht track on Sunday, February 2nd, from 11am to 1pm. This may be an ideal opportunity to prepare for the Munster indoor championships two weeks later as well as providing an opportunity for new athletes to become involved. The track has been provisionally booked. All field events will be available.



Killarney Rugby Club coaches who participated in the IRFU Safe Rugby First Aid course last weekend.

Athletes are asked to bring their own shots, etc. The Kerry Development Squad Training has started up again. These sessions are open to all athletes U13's of age and older. Training times will be posted in advance on Kerry Athletics website.

CLUB TRAINING

Maria's Strength, Endurance & Flexibility Exercise Classes will commence on Tuesday 14th January from 7pm at the Sports Hall in Farranfore. Class is designed for all abilities from secondary school upwards. €5 per class. Juvenile Indoor Training will commence on Tuesday 21st January from 6pm at the Sports Hall in Farranfore. Please bring €2, water and suitable footwear for indoors. New members welcome.

Thursday Nights from 6:30pm for Seniors and juveniles competing in Munster Schools XC. Grass Session on GAA Field Farranfore. €2

CLUB MEMBER REGISTRATION

NOTE: You need to be registered with Athletics Ireland to take part in training and/or athletic competitions. We will take registrations before training or you can register through Paypal from our website.

€25 Juvenile/Junior and €45 Adult.

ATHLETIC'S FIXTURES

Sat 18th Jan: National Indoors Combined Events, AIT Athlone

Sun 19th Jan: Munster Juv. Relays & Pole Vault, Nenagh

Thur 23rd Jan: Kerry Schools XC, Demense Killarney

Sat 25th Jan: National Junior & U23 Indoor C'Ships, AIT Athlone

Thur 30th Jan: South Munster Schools XC, Tramore Valley Park, Cork

Sat 8th Feb: National Juv. "B", Masters & Intermediate XC, TBC

Sun 9th Feb: National Indoor Games, Abbotstown

Thur 13th Feb: Munster Schools XC, Clarecastle Co. Clare.

Sat 15th Feb: Munster U/9 to U/11 Indoors & Juv. & Women's & Men's Walks & Men's 3km, Nenagh

You are required to pre-register for all athletic competitions. If you wish to compete please contact club registrar, Maria McCarthy on 085-1909509 well in advance.

MUCKROSS ROWING CLUB

AGM

Our thanks to everyone who attended our AGM on Friday last. A summary report and list of elected officers and committee members is available on our Facebook page. The club wishes to especially thank our outgoing Secretary Noel Kelleher for his work throughout the year gone. We wish our new Secretary Elaine Horgan every success.

MEMBERSHIP

Club membership is now due for 2020 and is to be returned to our Treasurer and Registrar Mike Daly. Membership forms may be downloaded from the club website as advised by email. Completed forms and fees are to be returned as soon as possible.

MUCKROSS HOR

The rescheduled Muckross Head of the River is set for Saturday, February 1 at the National Rowing Centre. Our call is out once more for volunteer support to help with the running of the event and our thanks to everyone who has got back so far. If you can assist, please contact Tim O'Shea or any committee member.

CARLOW RC VISIT

This weekend, we are delighted to welcome a visiting contingent from Carlow Rowing Club to the Muckross shore.

SPA MUCKROSS COMMUNITY GAMES NOTES

BASKETBALL

Well done to our U13 boys who competed in county basketball competition on Sunday in Castleisland. Closely contended matches made for great excitement. A big thanks to Brian Looney who managed and coached the boys. Also thanks to the parents who travelled to support the boys.

Good luck to our U13 girls who will be playing Sunday 19th.

Art and Handwriting: The local Spa Muckross art and handwriting competition will be on Sunday the 2nd of February from 3pm to 5pm upstairs in the Spa clubhouse. If your child is interested in entering please contact Linda on 087 610 3195.

MUSIC

If anyone is interested in the following events please contact Maureen on 0872628766. Registration needs to be done by the end of January. The categories include, Group Singing, Group Music, Solo Music, Solo Recitation and Solo Singing.

KILLARNEY VALLEY ATHLETIC CLUB

WELL DONE to Darragh O'Leary who came 2nd in the 1500m in the Munster Junior Indoor Championships in Nenagh.

TRAINING

sessions will be revised when we have access to the track, but in the meantime, Brid's Strength & Conditioning will take place Monday nights 7-8pm, for all members aged 12 upwards. Jerry's running group also meet at 7pm on Mondays, while juvenile training is on Thursdays 6-7pm in St. Brendans Hall. Bring €2 and water.

REGISTRATION

night for 2020 will take place on Thursday, January 23, 6-7pm in St. Brendans Hall.

It was agreed at the AGM that registration fees will be increased this year to €55 for U19's and €60 for Senior members. The increase was justified due to the availability of the track for all future training sessions and the extra benefits that it will provide to our athletes. As usual, a discount will be applied to all families with



Rathmore Gneeveguilla U13 Boys Basketball County Winners pictured in Castleisland last Sunday.

more than 1 child registering. Any questions/queries please contact any of the coaches or email killarneyvalleyac@gmail.com

Please keep an eye on your emails and also check our facebook page for any updated information on training.

RATHMORE GNEEVEGUILLA COMMUNITY GAMES

NOTES

A great start to the year with our U13 Boys Basketball team winning the County Final

against Currow Currans .after 3 successive wins against Killarney, Furies and Spa Muckcross and beating Castleisland in the semi..Big thanks to their coaches Mary V O'Leary and George O'Keeffe and good luck in the Munsters in April.. Team were as follows Andrew Moynihan, Sean McAuliffe, Cathal Casey, Oisín Hurley, David Darmody, Oisín O'Leary, Damien Moynihan, Jamie Cronin, Marcus Kulauts and Tadhg Jack O'Leary.

Best of luck also to our U16 and U13 girls who take part in this weekends county basketball finals ..follow us on facebook for updates on the day.



Sinead Galvin, Junior Griffin and Helen Brown who won the Listowel Ladies Doubles Div 1 and 2.

BADMINTON NEWS

COUNTY LEAGUE FINAL

Hard luck to the Division 3 men who lost to Listowel (4 games to 2) in the Kerry County final on Wednesday 8th in Tralee Sports and Leisure complex. Team: Kieran Crehan, Aidan Evan's, Ger O Connor and Mike O Shea.

LISTOWEL TOURNAMENT

Well done to Sinead Galvin and her partner Helen Brown (Moyvane) who beat Sam Hayes and partner Miriam Rohan to win the Division 1&2 ladies doubles tournament in Listowel on the 11th January.

UPCOMING TOURNAMENTS

Grade D and G intercounty championships take place in Killarney on the 19th January. Grade CE and F will take place in Waterford on the 26th. The next Kerry county championship is the Division 1,3 and 5 singles on the 24th January in the Aura.



Killarney Rugby Club Under 16 team member pictured taking a penalty in terrible conditions at the weekend.

MEK GALAXY NEWS

U-12 B had a 3-1 win against Killorglin 1-0 down at half time and came back with 3 great goals in the second half with 2 from Leo Allen and 1 from James O'Meara! Man of the match was Daragh Whelton in goals who kept us in the match in the first half. Well done lads

U14:

MEK 1 vs 4 Killorglin.

Seniors: KDL 2B: MEK Galaxy B 3 - Lenamore Rovers 1

Goals: Breandan Savage, Jack Dee, Conor Collins.

BEST ON THE DAY

Frank Cronin, Laurence Byrnes, Jack O Driscoll
Good win leaves the B team on top of the table with a slight cushion after overcoming a very hardworking Lenamore Rovers. Great work rate by our own lads and a cracker of a finish by Conor Collins for our 3rd goal. Keep up the good work all best of luck to Lenamore for remainder of their campaign, great to see a team like them progress on all fronts with plenty good people involved.

KERRY SCHOOLBOYS/GIRLS

GAYNOR, INTER LEAGUE AND LEAGUE ACTION

Gaynor 2020 Qualifiers:

Kerry 13's 0-5 Limerick Desmond

Kerry 15's - Limerick Desmond

SFAI Subway 13's Munster Semi-final

Cork 7-0 Kerry

SFAI Subway 14's Inter League

Cork 0-0 Kerry

JK Sports 12 Premier

Mastergeeha 2-2 Listowel Celtic

Camp Juniors 4-5 Killorglin

12's Division 1

Ballyhar Dynamos 5-2 Inter Kenmare

12's Division 2 North

Mastergeeha 0-7 Park

Camp Juniors 2-8 Ballyheigue

12's Division 2 South

Killarney Celtic B 2-1 Inter Kenmare B

Killorglin B 1-3 MEK Galaxy B

Dingle Bay Rovers 5-3 Killarney Athletic B

Daly's Supervalu 13's Division 1

Killarney Celtic 0-3 Killarney Athletic

Camp Juniors - Inter Kenmare

Slattery's Carpets 14's Premier

Listowel Celtic 4-4 Killarney Celtic

Killorglin 0-3 Park

14's Division 1

Mastergeeha 1-1 Killorglin

Killarney Celtic B 1-7 Dingle Bay Rovers

14's Division 2

MEK Galaxy B 1-4 Killorglin C

Park 1-2 Ballyhar Dynamos

Tralee Trophy World 16's Premier

Park 5-0 Killorglin

16's Division 1 North

Ballyheigue 1-8 Listowel Celtic

16's Division 1 South

Ballyhar Dynamos 8-0 Killorglin B

Reports

Lots of positives from Gaynor Openers as 15's win 2-1:

Kerry 13's and 15's Gaynor teams began

their journey that will end up at the Gaynor Tournament on the last week of July in either the Cup or trophy with home games against the Desmond League.

Played in Georgie O'Callaghan Park the 13's took on a visiting side that were a little more experienced than the Kerry girls. And Limerick Desmond took advantage to score early and then doubled their lead before Kerry almost pulled one back only to see the ball cleared off the line. The Limerick Desmond girls pushed on a despite some good saves by the Kerry keeper they were 5-0 ahead at half time.

However the Kerry girls regrouped and held their opponents scoreless for the second half and were unlucky not to get a couple back.

The Kerry 15's took on a Limerick Desmond side that included many girls that had played at the Gaynor at the younger age group. But the home side were very disciplined and the game was scoreless at the break. Limerick Desmond finally made the breakthrough 15 minutes into the second half. But Fiana Bradley levelled matters soon after with a cracker from 25 yards out. And then the same player put Kerry ahead. Kerry saw out the game for a great win for the squad and management.

Both the Kerry 13's and 15's will have 4 more qualifying games over the next few months before its decided which section they will play in in UL.

SUBWAY INTER LEAGUE ACTION

Kerry's great run in the Subway SFAI Munster u13 competition ended with a semi-final defeat away to a very strong Cork side the majority of which are expected to sign for Cork City in the League of Ireland in the next month.

Cork led by 3 at the half and despite their best efforts Kerry were unable to make in-roads into the lead. Darragh Lynch tested the Cork keeper with a long range effort while Aaron Doyle was a threat to the Cork rear-guard all game.

In defence Kerry's keeper Brian Dineen saved a penalty with Oran Horgan, Ned Ryan and Shayne Stack also putting great efforts.

Great Point for the 14's: With Cork on two wins from two and Kerry having won their opening game in the 14's SFAI Subway Inter League this was always going to be a vital game.

The home side started the better on the Douglas Hall pitch but found Kerry's keeper Oisín O'Halloran in excellent form making 4 big saves to keep the game scoreless.

Kerry came more into the game in the second half and came close to taking the lead but Oisín Healy's header hit the post and Finn Barrett also went close. Kerry were unlucky not to take the win in the end but will be happy with an away point. Next up is an away trip to February on the weekend of February 2nd.

10'S BLITZ DRAGON'S DEN

10's players from clubs all over the county gathered in Dragon's Den for the first Blitz of their season. 32 teams with over 300 players were involved in a great day's action. The Blitz's for the u10's and u11's will continue ahead of our Emerging Talent Programmes for the younger age groups.

Killorglin the big movers in 12 Premier:

JK Sports 12 Division 1 leaders Killarney Athletic were one of sides who game fell to the weather.

In this Division the big movers were Killorglin who are up to 4th after winning 5-4 in a 9 goal thriller against Camp Juniors.

In the other game Mastergeeha and Listowel Celtic shared the points in a 2-2 draw. Ben Crowley and Rory O'Connor scored for the home side with Cathal Byrne getting both for Listowel Celtic.

INTER STAY TIED AT TOP OF 12 DIVISION 1

Inter Kenmare remain tied at the top of the 12's Division 1 despite going down to Ballyhar at Murt Scott Park. Harry O'Connor and Jim O'Dowd both hit two each and Conrad Long the 5th for Ballyhar while Philip O'Sullivan and Caoileann Desmond replied for Inter.

7up for Park B in Division 2 North:

The Park B continued their unbeaten season with a win away at Mastergeeha. The goals for the Tralee side came from Marciel Kubik 4, Mateusz Plasscica 2 and Sean Martin and they now have 7 wins from 7 played.

Ballyheigue took the win away at Camp Juniors thanks to goals from Aodhan Horgan, Xavier Wensierski, Mathew O'Sullivan, Brandon Leen and Adam Lee. David O'Donnell and Jason Barrett replied for Camp Juniors.

LEADERS DINGLE BAY MAKES IT 7 WIN IN DIVISION 2 SOUTH

Dingle Bay Rovers are the team that no one has beaten so far in the 12's Division 2 South and are on 7 wins from 7. Goals for Dingle Bay came from Pdraig Manning 3, Jack Diver and Cillian McNamara. Timmy Ryan, Eli Anderson and David O'Donoghue were on the mark for Athletic.

Athletic up to 3rd in 13's Division 1:

There was one game in the uneven age groups played in mid-week with Killarney Athletic making the cross town trip a winning one as they defeated Killarney Celtic 3-0 in the Daly's Supervalu 13 Division 1. Dara Griffin hit all three goals for Athletic.

PARK LEADS 14 PREMIER

In the Slattery's Carpets 14's Premier The Park were 3-0 winners against Killorglin while the two Celts - Killarney and Listowel - played out a cracking 4-4 draw.

Listowel Celtic led 2-1 at the break and then went 4-1 up before Killarney Celtic fought back to earn a share of the points. Aaron Carey and an Evan Boyle hat trick were the Listowel Celtic scorers with Josh Bowler 2, Jamie Moynihan and Caoileann Cronin scoring for Killarney Celtic.

Dingle Bay up to second in 14's Division 1:

With the unbeaten Killarney Athletic B not playing Mastergeeha looked to close the 6 point gap. They did this but only by a point as they were held 1-1 at home to Killorglin. Dara Moynihan equalised for the Kilbreen side after the visitors led 1-0 at the break.

But it was Dingle Bay Rovers that made the big move from 4th to 2nd as they won at Killarney Celtic B and are now 4 off the top but do have more games played. For the West Kerry side James Hoare hit 2 with Diarmuid O'Seaghda, Cian McGearailt, Páidí Fitzgerald, Conor Corduff and Sean Roche all getting one each. Pearce Moynihan replied for Celtic.

Killorglin win vital game in 14's Division 2:

Leaders Killorglin made the trip to joint second placed side MEK Galaxy B a winning one thanks to two goals in each half from Kuba Ciesla. Tadgh



Congratulations and well done to Killarney Athletic Senior Squad and Management, Stuart, Diarmaid and Brendan on Winning the Munster Junior Cup Kerry Area Final in Mounthawk Park against a very Sporting Tralee Dynamos Side.



Killarney Athletic U12's - Munster Junior Cup Kerry Area Winners

Gosney had put MEK Galaxy B 1-0 up. Ballyhar Dynamos are now second on their own after they won 2-1 away at the Park. Jack Dicker and Aaron O'Sullivan were on the mark for Ballyhar.

LEADERS PARK EXTEND LEAD IN 16 PREMIER

The top two met in the Tralee Trophy World 16 Premier and it was leaders the Park that took the win in Christy Leahy Park over Killorglin. Cianan Cooney and Cillian Murphy both hit two each with Ronan Teehan getting the 5th.

Listowel Celtic close gap to Dynamos in 16 Division 1 North

With Tralee Dynamos, 5 wins from 5, leading the way not in action due to the weather Listowel Celtic made the most of their opportunity defeating Ballyheigue. The Celtic goals came from Jack Moloney 4, Adam Segal 2 and Ajay Behan 2.

Ballyhar Dynamos up to 2nd Division 1 South: Ballyhar Dynamos are up to second after their win over Killorglin at Murt Scott Park. The goals came from Luke Ring 4, James Horgan, Colin Callaghan, Padraig Fell and Aaron Burke.

Girl's Roll of Honour: With all the Girls action in the Gaynor qualifiers the players that stood

out were Katie Foster, Hannah Fitzgerald, Lucy O'Connor and Suvi O'Connor from the 13's. And from the excellent 15's Fiana Bradley, Eabha Lyne, Mary Kearney, Emily Fitzgerald, Lauren O'Reilly and goalkeeper Muireann O'Brien.

Team of the Week:

Darragh Whelton

MEK GALAXY 12'S

Alex Doolan Adam Lee

Tiernan Lynch

Nicolai O'CALLAGHAN

KILLARNEY ATHLETIC 12'S

BALLYHEIGUE 12'S

DINGLE BAY ROVERS

12'S LISTOWEL CELTIC 16'S

Martin O'Brien Luke Ring

Cian Lyons

Michael Jones

Killarney Celtic 12's

Ballyhar Dynamos 16's

Killorglin 16's

Inter Kenmare 12's

Maciej Kubik

Dara Moynihan

Park 12's

Mastergeeha 14's

KILLARNEY ATHLETIC

In miserable conditions our U12 B's took on Dingle this morning. This was a top of the table clash and it didn't disappoint. Dingle sitting top of the table and athletic looking to close the gap. Athletic started the game excellently and pressed for the opener only to find the unbeaten Dingle side holding out and defending well. Athletic were hit with a sucker punch in the first ten minutes when a clearance deflected off one of our defenders and rebounded into our net. Soon after, Dingle went 2-0 up when their striker finished off a great move. It was 3-0 shortly after, when a goal mouth scramble ended up in our net. With 10 minutes to go in the first half athletic found themselves 4-0 down again another mixup in the defence and the ball ended up in our net. Athletic created 7 clear chances in the first half and were extremely unlucky to concede again before half time to make it 5-0 to the away team. This was an amazing score line considering the amount of ball and chances athletic created. The boys dusted themselves down and came out in the second half fighting. 10 minutes in the immense Timmy Ryan won a free kick and slotted it past the Dingle wall and goal keeper. 5-1. Athletic dominated the majority of this game and clawed another goal back through Eli Anderson, a great move saw the ball slipped through to Eli and he made no mistake. Chance after chance were being created by athletic and a super through ball saw David o Donoghue race through and Cooly slot the ball past the advancing Dingle keeper. 5-3 Time was not athletics friend and although we created some good chances in the final minutes, the die had been cast and the game finished Athletic 3 Dingle 5. These boys can hold their heads up high, the score line not a true reflection on the day. However, to the victors goes the spoils and Dingle left Killarney with all 3 points. Thanks to Dingle for a great game and we look forward to our return game down there in a few weeks. Thanks also to the parents for turning out as it was a miserable morning. This group never gives up and the coaches are extremely proud of them.

U13 DIVISION

KILLARNEY ATHLETIC 3

KILLARNEY CELTIC 1

A great performance and result from the boys in Blue this evening in Celtic park. All the lads played their parts in their best game of the season so far, with Dara Griffin getting a brilliant Hat trick.

Congratulations and well done to our Senior Squad and Management Stuart, Diarmaid and Brendan

On Winning the Munster Junior Cup Kerry Area Final in Mounthawk Park Today against a very Sporting Tralee Dynamos Side .

MASTERGEEHA FC

U-10 BLITZ

Our U-10 girls and boys travelled to the Dragon's Den astroturf in Killorglin on Sunday to participate in the U-10 7-a-side blitz. They had an excellent day out where we fielded 3

teams and each team play 3 matches. They did themselves, their families and the club very proud.

U-12 Premier

Mastergeeha F.C. 2 - 2 Listowel Celtic

Our U-12s hosted Listowel Celtic in a rain drenched Kilbrean Park on Saturday morning. In an extremely competitive game, we were unlucky to only come away with a draw. Both teams took time to get to grips with the conditions and a number of chances were created at either end. Midway through the first half Rory O'Connor opened the scoring following a great move followed by a cool finish. Just as we began to gain greater control Listowel hit us on a counter attack to equalise. Both teams continued tit for tat for the remainder of the half and only for a fantastic save by the Listowel keeper we would have gone in at half time ahead. We had the better of the second half and went ahead again through a Ben Carmody finish following a bursting run and cross by James Kelly. Listowel did not lie down and equalised a second time in the last ten minutes. Our lads pushed hard for a winner and created a number of goal scoring chances following some great moves. Our defence of Jack Ahern, Zach Cronin and David Lowin were solid throughout and well marshalled by Ryan O'Sullivan in goal. Jack Buckley captain on the day led by example in the middle of the field supported by Daniel Cotter, James Kelly and Brian Lenihan. Charlie Higgins and Thomas Myers caused problems for the Listowel defence on numerous occasions. Ronan O'Connor showed great versatility playing in a number of positions during the course of the game. Thanks to Listowel for a very sporting game and as always thank to parents/families for their great support.

U12 DIVISION 2

Mastergeeha F.C. 0 - 7 St Brendan's Park Fc

In a top of table clash in Division 2 North, our boys came up against a very strong Park team. Heavy rain and wind did not deter a huge squad of players 17 in total turning out on the day. The boys were very competitive in the first half however we conceded a number of goals to a very dangerous Park forward line during the first half. We created chances of our own but just didn't get the break of the ball that we needed in order to get back into the game. We ran the changes throughout the second half with all players contributing and giving it their all. Despite the score line, our boys never gave in and continued to look to create chances. In what has been a very promising season to date for this team we still lie in second place in the Division and the boys will have learnt a lot from the day. Cillian Miley captain on the day let by example throughout and he was supported by good performances by all and in particular by Jakub Hyciek, Conor O'Rourke and Eoghan O'Riordan. Thanks to Park for a very sporting game and as always thank to parents/families for their great support.

U-14 DIVISION 1

Mastergeeha F.C. 1 - 1 Killorglin AFC

On Saturday morning, we welcomed Killorglin to a wet and windy Kilbrean Park where both sides shared the points available, playing out



Mastergeeha U12 Division 2



Mastergeeha U-14 Division 1

a 1 all draw in difficult playing conditions for both sides.

From the off, there were 2 contrasting styles of play, through good teamwork we worked the ball up the pitch to create our opportunities; Killorglin favoured the 1990's Jack Charlton long ball approach and to give them credit, they took the lead within 20 minutes from a long ball out of defence and one of their players took to wide of the goal to strike it well to go 1 up. This was against the run of play and we had the majority of possession in the first half with Diarmuid Furlong, Danny Coffey, Con Carroll and Jack Tagney, linking up well with our midfield of Cian Guerin, Cian O'Connor, Dara Stack and Aaron Buckley. At half time, our boys showed strength and believe that they would get a result. During the second half, we continued to dominate the play but we were not clinical enough in front of goal. At the other end, TJ Healy, made a handful for excellent saves. Ringing the changes, Gavin Barry, Bobby Gallivan and Dara Moynihan along with captain Emmet Spillane and Kieran Nagle allowed us to turn the screw on Killorglin where Dara Moynihan positioned himself well to finish. With about 5 minutes left, we tried to steal the win but the clock rang out. Thanks to Andrew and his Killorglin team for a very sporting game and as always thank to all our great supporters. Scorer: Dara Moynihan

Congratulations to Dara for making the Kerry Schoolboys team of the week

YOUTHS

Castleisland AFC 2 - 2 Mastergeeha F.C.

Thanks to Tadhg Brosnan for the match report. After an even opening half the home side lead

at the break 1-0 with Mastergeeha having a goal disallowed and Dara Tagney going closest. Early in the second half Brian O'Driscoll forced a good save from the Castleisland goalkeeper. From the resulting corner, Thomas Scott headed home the equaliser. After this Mastergeeha created the better chances and took the lead when Philip O'Leary converted from the penalty spot. With 10 minutes remaining the home side equalised following a fast break out of defence. Both sides had some chances late on with Mastergeeha hitting the cross bar and Brendan O'Leary going close with a well struck shot.

Seniors: Rattoo Rover's Football Club 1 - 0 Mastergeeha F.C.

In this close game the home side started the better and took the lead after 15 minutes. Just before the break, we thought we had equalised only for the goal to rule out for an infringement. In the last play of the first half, James Nagle had a good effort saved. In the second half Mastergeeha pushed forward but came up against a tough defence. Dylan Murphy, Barry O'Leary and James Nagle had good efforts saved and some crosses cleared off the line as we tried to get the equaliser. However, our seniors could not find the net despite the best efforts of all involved.

Mastergeeha FC hosted UEFA B Coaches Licence Assessment.

Mastergeeha FC hosted UEFA B Coaches Licence Assessment in Kilbrean Park on Saturday. We provided a warm welcome to all the participating coaches and Tom O'Connor from the FAI.

Throughout the day, our clubhouse was

used for presentations and briefings and on the pitch they took our boys through some excellent sessions. Thanks to Tom O'Connor, Ramona Keogh Burchill who has been working with our boys for a few months now and to all the travelling coaches. Thanks to all members involved on the day to allow this event run so well.

Mastergeeha FC wishes all the coaches well with the remainder of your UEFA B qualification.

MASTERGEEHA FC LOTTO

There was no winner of the Lotto on Friday 10th January 2020. Numbers drawn were 1, 17, 20, 22. Consolation prizes went to the following €50 Clare O'Keefe, c/o Dalys Supervalu, Killarney, 50€ Hugh O'Donoghue, Mucross, Killarney, €50 Ian Aherne, c/o John Lenihan, €50 Cathriona Doyle, Jibb, Headford. Next draw on Friday 17th January. Jackpot €16,800.

Tickets can be purchased from our very supportive local business or excellent lotto sellers. You can also play online: www.mastergeeha.com/lotto

As they say, "if you are not in, you can't win"

MASTERGEEHA FC BINGO

Our next Bingo evening is on Monday, January 27th in The Recreational Hall in Kilcummin.

KILLARNEY CELTIC NOTES

PREMIER A

Killarney Celtic 5, Listowel Celtic 0

Wayne Sparling, Stephen McCarthy, Lee Downing, Matt Keane, Jamie O'Sullivan.

Our A team resumed winning ways with a convincing win over Listowel. 3 goals in the 1st half laid a solid foundation for an impressive win. In the 2nd half we added 2 more goals to run out comfortable winners. This win leaves the team on 10 points from 4 games. Next up is a Celsius League Cup game away to Killorglin.

PREMIER B

AC Athletic 0. Killarney Celtic B 5.

Evan Cronin (2), Chris Keane (2), Oran Donohue The B team picked up their 3rd league win of the season with this impressive win away to AC



Ryan Kelliher receiving the Jimmy Falvey 2019 Killarney Celtic Youth Player of the Year Award.

Athletic. Celtic got off to a good start with early goals to give the team control of the game. Next up is a home tie in the Celsius League Cup. Jimmy Falvey Memorial Youths Cup 1st Round Killarney Celtic 4, St Brendan's Park 4, Celtic win 5-4 on pens

PADRAIC LOONEY (3), JACKSON O'MAHONY

There were goals aplenty, excitement and drama as Celtic fought their way back in this 1st round cup tie to finally triumph on penalties. Padraic Looney grabbed 3 goals to keep Celtic in touch before Celtic won a tight penalty shootout to earn a home tie in the quarter finals.

U14 PREMIER

Listowel Celtic 4, Killarney Celtic 4

Josh Bowler (2), Callum Cronin, Jamie Moynihan A slow start saw our 14A team fall 2 behind but Callum Cronin pulled 1 back to leave us 2-1 down at the break. However Listowel jumped ahead again with 2 more goals to leave us facing an uphill battle in tough conditions. Killarney rose to the challenge with Josh Bowler starting the comeback and then Jamie Moynihan scored from a free kick to leave it

game on. Peter O'Doherty put Josh Bowler in for the equaliser. Killarney were on the attack looking for the winner when the final whistle was blown.

U14 DIV 1

Killarney Celtic B 1, Dingle Bay Rovers 7
Pearce Moynihan

U12 DIV 2

Killarney Celtic B 2, Inter Kenmare 1
Mark Looney, Sean Collins

Played in wet and windy conditions the B team gained a fine win with some excellent play. Marl Looney set the ball rolling before Sean Collins added a 2nd to leave it 2-0 at half time. Kenmare got a goal back in the 2nd half but Celtic played well throughout and deservedly gained the win.

Congrats to Martin O'Brien 12B who was named on the KSGL Team of the Week.

CELTIC LOTTO

Numbers drawn 12, 14, 15, 18. No jackpot winner. 1 Match 3 receives €150. Next jackpot €13,600.



Killarney Rugby Club Under 14 girls who took on Shannon pictured with coach Liam Murphy.

REPORT BY LEONA TWISS, PRO



KERRY GAA SCENE

NOTICE OF MOTION!

Notice of Motion to the Kerry County Committee - 'That the Captain of the Kerry Senior Hurling & Football teams shall be selected by the Team Management in consultation with the Chairman of the Kerry County Committee. This Motion if passed is to be applied from 2021 onward'.

This motion will be dealt with at a meeting of the County Committee on Monday the 27th of January 2020. All Clubs are asked to give the motion due consideration. County Board Delegates are to ensure that they are fully aware of the views of their club prior to voting on this motion at the meeting. All delegates are asked to attend this meeting.

CROKE PARK AWAITS FOR NA GAEL AND KERRY!

Kerry's opening game in the Allianz football league is less than 2 weeks away when we play Dublin on Saturday January 25th at 7.15pm in Croke Park. Peter Keane and his panel are back in training and everyone is looking forward to the League.

The Kerry versus Dublin game is the third game in a triple header as it will be preceded by the All Ireland Junior and Intermediate club finals. We are delighted that Na Gaeil will feature in the Junior Final where they will meet Rathgarogue-Cushinstown at 3.15pm. We wish Na Gaeil the very best of luck in the final! Unfortunately, Templenoe won't feature in the Intermediate final following last Saturday's defeat to Oughterard - hard luck to all associated with Templenoe but they fought a brilliant campaign and everyone is very proud of what they have achieved in 2019.

UPDATE FROM THE REFEREES' COMMITTEE

The first Referees In-Service Course took place last Friday night in Austin Stack Park with up to 50 referees in attendance. There was a great debate on the new rules led by tutors Pat Sheehy, Muiris O Sullivan and Eddie Barrett. The second In Service Course takes place this Friday January 17th in the Centre of Excellence Currans at 7pm.

The hurling In Service takes place Friday the 24th January in Abbeydorney at 7.30pm and every hurling referee in the county both senior and juvenile is invited to attend.

The second Foundation Course takes place on Friday the 7th, 14th and 21st February at 7pm in Currans and this is a last chance for any club without a referee to nominate someone to undertake the course.

The Referees' Committee wish to congratulate Brendan Griffin. Brendan refereed the McGrath



Congratulations to Scoil Phobail Sliabh Luachra who qualified for their first Corn Ui Mhuire semi final in Mallow on Wednesday. The Rathmore school defeated Colaiste Cholm, Ballincollig on a scoreline of 2-16 to 0-06.

PHOTO: SEAMUS HEALY

Cup Final last Saturday between Cork and Limerick. It was a proud moment for Brendan's club Clounmacon.

KERRY GAA SUPPORTERS' CLUB

The Kerry GAA Supporters Club will take coaches to Croke park for the Kerry versus Dublin National League game on January 25th. All seats must be booked before Wednesday night the 22nd of January. The following are the times for travel - Farranfore 8.30am, Tralee 9am and Listowel 9.30am. For booking contact Donal O'Leary, John King or Martin Leane.

UPCOMING COACHING COURSE

Kerry GAA are delighted to deliver a cutting-edge free performance workshop, entitled "Training the Way We Want to Play". This event will take place in IT Tralee on Wednesday January 22nd from 7.00 - 8.30pm. and it is free to attend. This interactive workshop will focus on the monitoring of training loads for injury prevention. It is ideally suited for Coaches, Athletes, Physiotherapists, S&C Coaches and Teachers. The presenters have over 25 years' experience working as applied strength and conditioning coaches and are currently the S&C team for the Kerry Senior football team for 2020 (Jason McGahan, Niall O'Mahony and Podge Murphy). To register for a place please log onto <https://www.eventbrite.com/KerryGAAClubWorkshop>. For further information, please email Jason.mcgahan.kerry@gaa.ie or centreofexcellence.kerry@gaa.ie

MOMENTUM 2020

KerrySciTech and Kerry GAA join forces for the Momentum 2020 event taking place on January 31st at Kerry GAA Centre of Excellence, Currans. "With almost 70 science, technology and engineering companies in the region, Kerry has huge potential as a target location

for talent and investment. By capitalising on a strong history of success in business and sport, Kerry can emerge as a regional powerhouse, sustaining and growing jobs, driving new start-ups and attracting and retaining talent" KerrySciTech has said ahead of its flagship Momentum 2020 event in partnership with KerryGAA. Now in its second year, KerrySciTech's flagship event will take place from 6pm on Friday 31st January, at the Kerry GAA Centre on Excellence, Currans, with the theme "Staying ahead of the game," highlighting the parallels between sport and business. Sustained high performance is best achieved by prioritising teams' well-being and using technology to transform performance and develop a winning mind-set for a highly competitive playing field. The event will explore a range of topics, including the associations between enhanced employee well-being and higher productivity, company performance and talent retention. Headlining this year's event is Carole Ann Clark, co-founder and CEO of I Am Here and former captain of the Irish women's rugby team. Drawing on over 20 years' experience, Carole Ann will discuss the importance of embedding a positive culture around mental health and wellbeing in corporate culture. A panel of thought leaders from business and sport, including Kerry Group's Frank Hayes, Salaso's Aoife Ni Mhuiri, former Kerry GAA star, Aidan O'Mahony, and Jason McGahan, Head of Athletic Development, Kerry GAA, will discuss key issues and challenges facing all organisations as we embrace the new technologies and ways of working that are driving change, not just in the workplace but at the highest levels in sport. Tickets are available through <http://kerrysciotech.eventbrite.com/> or by contacting KerrySciTech at info@kerrysciotech.com. Numbers are limited so early booking is essential.

IF YOU HAVE A SPORTING STORY... **Contact Aisling on: 086 0400 958**

KERRY SIDES REACH CORN UÍ MHUIRÍ SEMI-FINALS



Kerry sides have won 17 of the last 20 Corn Uí Mhuirí titles and 9 of the last 10, and three Kerry schools reaching this year's semi-finals indicates that it's a trend that's likely to continue.



St. Brendans Celebrate Their Comeback Against St. Flannans at the Final Whistle. Photo: JC O'Shea.

Cracking game sees Sem through to the semi finals

St. Brendans 0-14 St. Flannans 1-10

Unquestionably the best game of the lot. The Sem were hit early on when Clare U20 player Mark McInerney set up Killian O'Connor for an opening goal. The loss of Kerry U20 hurler Michael Lenihan was costly for the Sem in that half. They coughed up 8 of 15 kick-outs directly to Flannans and trailed by a whopping 1-8 to 0-4 at the break. It should actually have been more; Flannans kicked 7 wides to the Sem's 2 in the half. In fairness, the introduction of Jason Kerins to midfield made a big difference and they had a slight wind advantage as well as the sun at their backs in the second half. More importantly, they were much sharper onto breaking ball, started off-loading faster instead of running into tackles by the strong Flannans players, and tore hungrily into the game. William Shine, Harry Buckley, Pdraig Looney, and Eoghan O'Sullivan trimmed the gap. It was one-way traffic, albeit with 6 wides along the way. With 15 minutes left, Ryan O'Grady stepped up and confidently nailed three great points in a row and the Sem were level. McInerney put Flannans in front one last time, their first score of the half, but Emmet

O'Shea replied and O'Grady struck for two more. McInerney pulled one back but a brilliant full-length block by Mark Cooper on Cian Galvin's boot sealed victory and a comeback as amazing as anything in Corn Uí Mhuirí history.

The Green hammer Bandon to progress

Tralee CBS 4-13 Hamilton HS, Bandon 0-7

Wins against a fancied Corca Dhuibhne, Mounthawk, and Ballincollig had catapulted Bandon up among the favourites, but the Green are old hands at this game and showed all their formidable class with a superb performance. An early goal by Seán Quilter was the difference in the two sides in a first half that saw Tralee lead by 1-5 to 0-5 at the break. The Green had the measure of their opponents now, though, and the second half was more of an exhibition than a contest. Tralee were always in control at the back, restricting Bandon to just two second-half points, while nailing a further 3-8 themselves. Joe Lenihan and Conor Horan dictated the game from midfield. Quilter finished with a total of 1-8, 5f, Fergal O'Brien had 1-2, Cian Purcell and Jordan Kissane picked off two great goals, and an always-lively Conor Hayes nailed 0-3, 1f. This was a master-class –

Tralee CBS haven't won a Corn Uí Mhuirí since 2007 (the presence of Mercy Mounthawk and Gaelcholáiste Chiarraí in the town, two great GAA colleges in their own right, is a significant factor) but the hunger burns as bright as ever and, on this display, may well be assuaged this year.

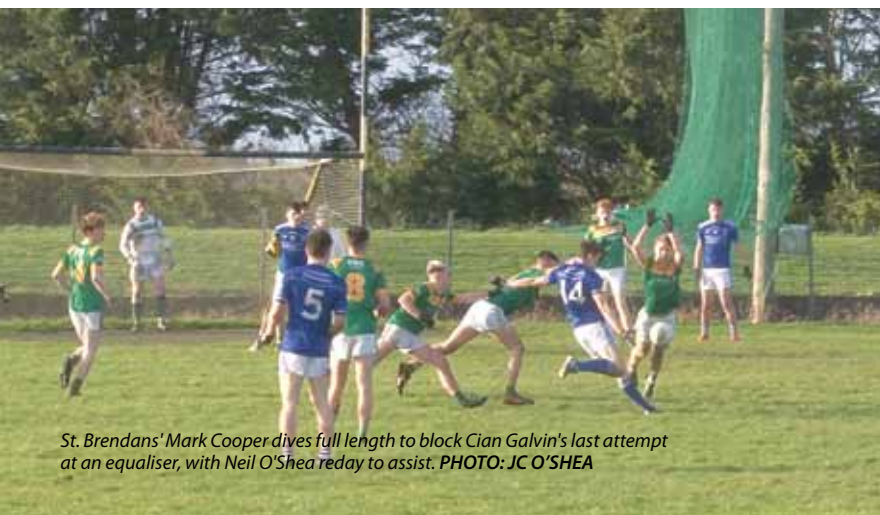
SP Sliabh Luachra continue their ways

SP Sliabh Luachra 2-16

Coláiste Choilm, Ballincollig 0-6

Ballincollig's population has expanded exponentially in the past decade, whereas Rathmore have three clubs and one Knockagree player to call on. They had three U16 players starting (this is an U19 competition!) and they have never, ever, reached this stage before. Sliabh Luachra do have experience of winning All Ireland titles – but that would always have been their Ladies teams (they won the Junior C and lost the Senior C Finals as recently as 2016). However, the boys did reach last year's Paddy Drummond (All Ireland B) Final and manager David McCarthy and sports co-ordinator Pat Brosnan have helped talented players into the last four of Munster. They led by 0-7 to 0-3 at half-time against a heavy wind and the writing was on the wall already. Cathal Ryan (1-5) goaled to make it 1-10 to 0-4 and Sliabh Luachra added 1-5 on the trot, James Darmody (1-4) with the second goal. Alan Dineen was again imperious at the back and Dan Murphy and Ronan Collins in midfield provided a winning platform that saw Ballincollig put to the sword long before the final whistle.

Tralee CBS will face SP Sliabh Luachra in a Kerry derby semi-final. St. Brendans will face St. Francis Rochestown, who finally saw off a great Clonakilty challenge by 4-11 to 2-13 after extra-time on Thursday.



St. Brendans' Mark Cooper dives full length to block Cian Galvin's last attempt at an equaliser, with Neil O'Shea ready to assist. PHOTO: JC O'SHEA



Action from the SP Sliabh Luachra V Coláiste Choilm, Ballincollig game.

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The massive growth in social media
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Questions which can arise:

- Can you discipline an employee for what they do outside the workplace on their "own" social media channel?
- Are the comments likely to impact negatively on your company?
- Have you a duty of care in respect of other employees for comments made by employees?

Employers should consider dealing with all these cases on their individual facts and circumstances. You may take into account, whether or not it was a one-off incident; the real likelihood of the employer being brought into disrepute; and the employee's knowledge of the rules.

In some cases, a sanction short of dismissal may be appropriate for a first offence.

The right an employee has to freedom of expression under Article 10 of the European Convention on Human Rights does not prevent dismissal where the reputation of the employer is damaged.

What to Do Now?

- Ensure you have an up to date social media policy and it is brought to the attention of all employees.
- If you need to carry out a disciplinary procedure be certain to afford fair procedures and natural justice to the employee.

For help, support and advice on the above or on any of your HR & Payroll needs please feel free to contact us.

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*If you do not have an ice scraper, anything with a plastic edge, such as a spatula or a credit card will work just as effectively on windscreens covered in frost.

*Your car's side-view mirrors are often forgotten during the cold winter days, but they, too, can suffer from frost and mistiness, which can affect your visibility. This can be avoided by covering your mirrors with sandwich bags or ziplock bags when not driving.

*You can use cooking spray on shovels and ice scrapers to help avoid the snow and ice sticking to your tools.

*Cat litter makes an excellent alternative to salt when trying to ensure traction for vehicles. Though it cannot help melt the ice, it can help to prevent sliding of vehicles on icy roads.

*Remember antifreeze is deadly poison for pets and always bang on the front, sides and back of your vehicle to frighten out any animals taking shelter there.

NATURAL SERVICES FROM A CULTIVATED BUT SOMEWHAT UNMANICURED LAWN

Lawns, as has been reported by me before on this very website, were a European invention, and though a symbol of wealth as much as anything, convention of the day couldn't help but make them useful. Lawns were originally cultivated with advantageous herbs and plants, and even as they transitioned to grasses, they were used for grazing sheep. Some practical, productive function was included in their make-up.

When gas-powered machinery entered the scene their purpose began to change and suddenly, keeping up with the Joneses required mowing the yard once a week rather than sheep grazing on it. And, there was no space for biodiversity. The goal was a one species of grass, a carpet so to speak, without a dandelion, buttercup or daisy

to be found. Then, because this kind of lawn was antithetical to nature, a slurry of fertilisers, reseeding, and chemical weeding were included in an annual crusade for the perfect lawn. Furthermore, it didn't matter where we were—arid desert or Ireland—we tried to produce the same results, in some cases pulling freshwater reserves from community piped water supplies to grow grass just to cut it down once a week. In other words, humans went crazy.

The truth is that a lawn, essentially a paddock with no grazing animals, largely left to its own devices doesn't grow one species of grass. It grows a multitude of herbaceous species, including grasses but more so "weeds". Of course, weeds don't really exist when we don't put that label on them. Within this biodiversity, we are able to find a multitude of functions. Bio-diverse plants will invite bio-diverse wildlife - birds, insects, bats, and so on - into the ecosystem as well. Furthermore, we can add productive, desirable components—mustard greens, the mint family, chamomile, sorrel, chives etc. to this herbaceous mix.

Dandelions and other 'weeds', we have rediscovered, are actually a great source of food. Common offenders like clover, wild violet, and stinging nettle, are edible and offer a considerable amount of nutrients to those who take advantage. Keep the chemicals off the lawn and not only will these grow, but they'll be organic and again, we can add our own specially selected productive plants to the herbal lawn mix.

ON THIS DATE - January 17th

1820 - Birth of novelist and poet, Anne Brontë. She was the youngest member of the Brontë literary family. Their father, Patrick Brontë (1777-1861), was born in a two-room cottage in Emdale, Co Down.

1860 - Birth in Castlerea, Co. Roscommon, of Douglas Hyde, playwright, folklorist, founder of The Gaelic League and the first president of Éire.

1897 - Birth in Seattle, Washington of trade union activist, lecturer and participant in the Easter Rising Lily Kempson.

1917 - The US paid Denmark \$25 million for the Virgin Islands.

1920 - First day of prohibition of alcohol in the US as a result of the 18th Amendment to the

Constitution.

1945 - Soviet and Polish forces liberated Warsaw during World War II.

1964 - The Campaign for Social Justice (CSJ) was formed. The forerunner of the civil rights movement it began publicising the widespread discrimination, in a number of areas of life, against Catholics in Northern Ireland.

1997 - Israel handed over its military headquarters in the West Bank city of Hebron to the Palestinians, ending 30 years of occupation there.

1984 - The US Supreme Court ruled 5-4 that the private use of home VCRs to tape TV programs did not violate federal copyright laws.

WOMEN NOW OUTNUMBER MEN ON U.S. PAYROLLS

Job growth in the U.S.A. slowed last month as employers added just 145,000 jobs and 95% of the net jobs added in December went to women, who now hold just over half of all payroll jobs in America, for only the second time in history. The first was during the Great Recession, when a wave of layoffs hit male workers first, temporarily giving women an edge in the workplace.

The hospitality industry alone added 40,000 jobs in December. Women hold 77% of the jobs in health care and education - fields that now eclipse the entire goods-producing sector of the economy.

The sectors that typically tend to employ men, like mining and manufacturing are in steep decline with Factories shedding 12,000 jobs in December, while mining and logging lost 9,000 though construction is one male-dominated field that showed growth last month, adding 20,000 jobs and the Labour Department's count of payroll workers excludes both farmers and the self-employed. Men still dominate both of those categories.

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Ken-kun enjoys the enviable status of the only known dog currently 'manning' a Japanese food stand, but he's not the only Shiba Inu working in the service industry. That honour also goes to the businesslike assistant shop keeper at Tokyo's Suzuki tobacco stand, who retired after three years on the job. Ken-kun, however, gets the award for inspiring honesty in the hearts of visitors to the honour-system stand where they place their 200 yen (1 Euro 64 Cents) through his wholesome presence alone.

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ISLA GRANT
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Scotland's most popular singer-songwriter Isla Grant is now established in Ireland, Australia, GB, Canada and America as a singer/songwriter of the highest quality. Her highly entertaining concert show will feature all her wonderful 'Hit' songs plus a few surprises and her special guest will be her husband Al.

Bookings: 064 667 1555 Doors: 7.30pm | Show: 8.30pm.



Gardening
with Killarney Outlook
by John O'Sullivan

HEDGING

Hedges can make a much more natural background to a garden than a wall or a fence. They can provide shelter and are cheaper and require a small amount of maintenance. Because a hedge allows the wind to filter through it reduces its velocity. Tall or low growing, clipped or informal, there is a hedging plant for every purpose. One thing to remember about a hedge is that it is intended to be a permanent feature in the garden so therefore should be chosen with care and planted in well prepared soil. to choose the right hedge for your garden here are a few pointers to think about

1. The type of soil you have.
2. How exposed the garden is, i.e. what direction is it facing.
3. The eventual height and width the hedge will be.
4. Does it need to be evergreen.

When you have chosen the type of hedge that you want it is time to prepare the soil. start preparing the soil by digging thoroughly and forking in some well rotted farmyard manure. Hedges can be planted all year around, but the ideal time is between November and March as all hedging plants will be dormant at this time. What that means is when you go to buy your hedging plants they are lifted straight from the ground and are called bare-rooted hedging. This enables you to replant straight back into the ground when you get them home. Just make sure when planting that the roots are spread out well as this will encourage them to root quickly when the growing season starts. Now is the perfect time to plant hedging, however if you wish to wait until the end of March you can plant container grown hedging all year around. Next week I will focus on trees.

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

#lovekillarney



Citizens Information

Know Your Rights:

Question

I was in hospital recently and I was not happy with my experience there. When I complained to the nurse in charge I wasn't satisfied with the response. How can I take my complaint further?

Answer

The Health Service Executive (HSE) has a complaints system, called Your service your say, that you can use to make a complaint about your experience of a service provided by the HSE or on behalf of the HSE.

If you want to make a complaint about a public hospital to the HSE, you can get support from the new Patient Advocacy Service to help you make your complaint. The Patient Advocacy Service is fully independent of the HSE. It is a free and confidential service that provides information and support to people who want to make a formal complaint about an experience they have had in a public acute hospital.

The Patient Advocacy Service provides support by phone helpline, on 0818 293003, and on its website, patientadvocacyservice.ie, where you can find information and a contact form. The service can explain how to make a formal complaint, including what you should include in your complaint and how to write it.

If there is a delay with the processing of the complaint or if you are not satisfied with the outcome, the Patient Advocacy Service can give you information about your options.

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.



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

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

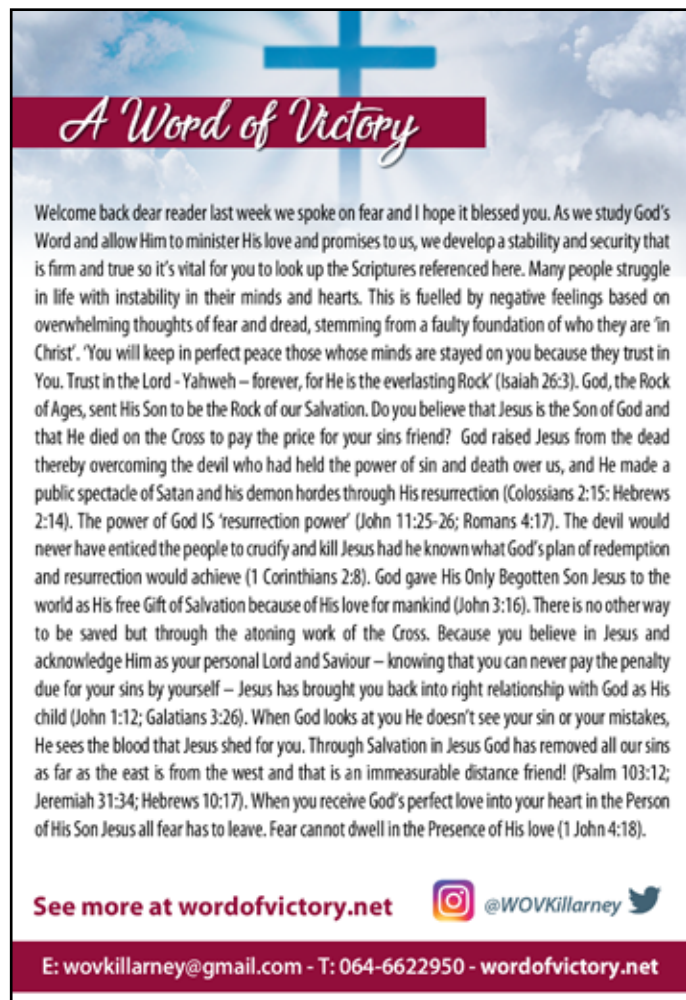
Our brain can try to make sense of the feeling of loneliness by telling us things such as 'It is because nobody loves me' or 'There is something wrong with me'. These thoughts are not facts – and can make us feel worse. Thus it is important to accept how we are feeling without overreacting. When we feel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

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

Loneliness is a profoundly human emotion and a signal that our need for connection is going unmet.



SouthWest Counselling Centre, Killarney provides affordable professional counselling to children, adolescents adults and couples at its Killarney Centre (Lewis Road). To make an appointment call: 064 6636416/064 6636100
E: info@southwestcounselling.ie

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



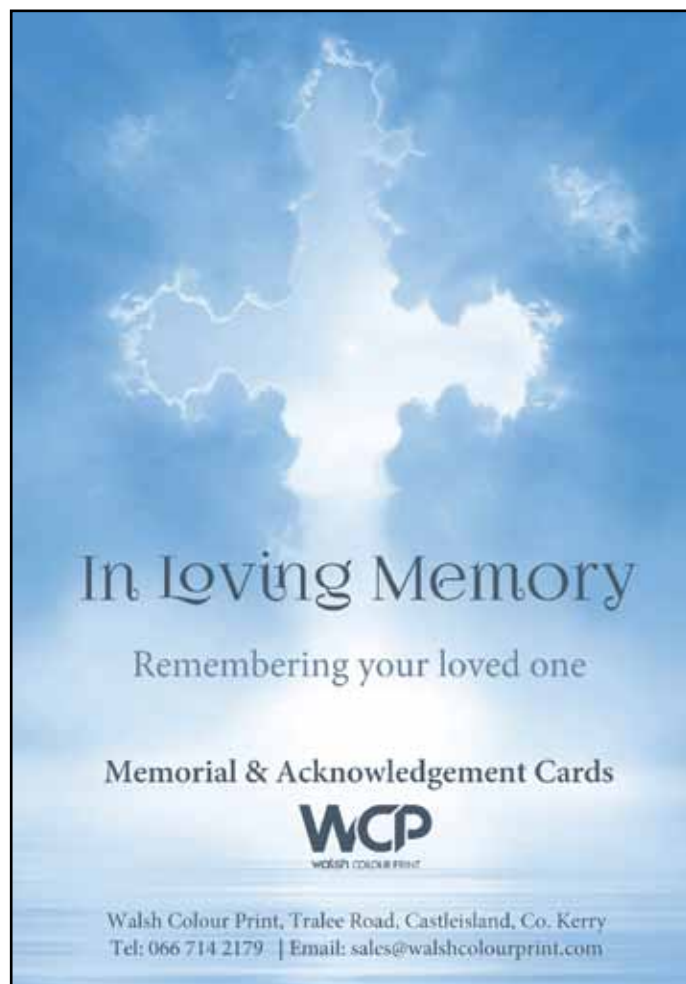
A Word of Victory

Welcome back dear reader last week we spoke on fear and I hope it blessed you. As we study God's Word and allow Him to minister His love and promises to us, we develop a stability and security that is firm and true so it's vital for you to look up the Scriptures referenced here. Many people struggle in life with instability in their minds and hearts. This is fuelled by negative feelings based on overwhelming thoughts of fear and dread, stemming from a faulty foundation of who they are 'in Christ'. 'You will keep in perfect peace those whose minds are stayed on you because they trust in You. Trust in the Lord - Yahweh - forever, for He is the everlasting Rock' (Isaiah 26:3). God, the Rock of Ages, sent His Son to be the Rock of our Salvation. Do you believe that Jesus is the Son of God and that He died on the Cross to pay the price for your sins friend? God raised Jesus from the dead thereby overcoming the devil who had held the power of sin and death over us, and He made a public spectacle of Satan and his demon hordes through His resurrection (Colossians 2:15; Hebrews 2:14). The power of God IS 'resurrection power' (John 11:25-26; Romans 4:17). The devil would never have enticed the people to crucify and kill Jesus had he known what God's plan of redemption and resurrection would achieve (1 Corinthians 2:8). God gave His Only Begotten Son Jesus to the world as His free Gift of Salvation because of His love for mankind (John 3:16). There is no other way to be saved but through the atoning work of the Cross. Because you believe in Jesus and acknowledge Him as your personal Lord and Saviour - knowing that you can never pay the penalty due for your sins by yourself - Jesus has brought you back into right relationship with God as His child (John 1:12; Galatians 3:26). When God looks at you He doesn't see your sin or your mistakes, He sees the blood that Jesus shed for you. Through Salvation in Jesus God has removed all our sins as far as the east is from the west and that is an immeasurable distance friend! (Psalm 103:12; Jeremiah 31:34; Hebrews 10:17). When you receive God's perfect love into your heart in the Person of His Son Jesus all fear has to leave. Fear cannot dwell in the Presence of His love (1 John 4:18).

See more at wordofvictory.net  [@WOVKillarney](https://www.instagram.com/WOVKillarney) 

E: wovkillarney@gmail.com - T: 064-6622950 - wordofvictory.net

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4TH ANNIVERSARY

IN LOVING MEMORY OF

MARGARET SPILLANE



HEADFORD, KILLARNEY
WHO DIED ON 21ST
JANUARY 2016


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

SADLY MISSED &
ALWAYS REMEMBERED BY
YOUR LOVING FAMILY

2ND ANNIVERSARY

IN LOVING MEMORY OF

JOHN P SUGRUE



LISSIVANE WEST, MILLTOWN
WHO DIED ON
JANUARY 20TH, 2018

*Will you who think of Johnnie today,
a little prayer to Jesus say.*

**Anniversary Mass on Tuesday 21st
January at 7pm in Listry Church.**

THE MIRACLE PRAYER

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

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

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

Amen.

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

X

NOVENA PRAYER TO ST JOSEPH

O Saint Joseph, whose protection is so great, so strong, so prompt before the throne of God, I place in you all my interests and desires.

O Saint Joseph, assist me by your powerful intercession and obtain for me from your Divine Son all spiritual blessings through Jesus Christ, Our Lord; so that having engaged here below your heavenly power, I may offer my thanksgiving and homage to the most loving of Fathers.

O Saint Joseph, I never weary contemplating you and Jesus asleep in your arms; I dare not approach while He reposes near your heart. Press Him in my name and kiss His fine head for me, and ask Him to return the Kiss when I draw my dying breath. Amen

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.

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If Mary and John sound like you...then get in contact today.



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* For a €3,000 bills loan with an rate of 8.2% and an APR of 8.5% with 52 weekly repayments of €60.13, the total cost of credit is €3,126.32. Loans are subject to approval. If you don't meet the repayments on your loan, your account will go into arrears which may limit your ability to access credit in the future. Killarney Credit Union Limited is regulated by the Central Bank of Ireland.