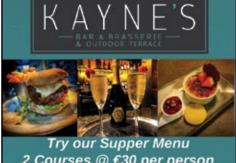
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Star Trails at the Gap of Dunloe, Beaufort, taken on a cold January night. This amazing shot was captured by Denis Mangan.



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With the snow and icy weather well and truly behind us, we have a busy magazine for you this week.

A Junior Minister role is on the cards for Kerry TD, Michael Healy Rae, a Killarney man and his family have lost everything in the LA fires and dancers are getting their cowboy boots on as Strictly Goes Country in aid of the Irish Cancer Society. St. Francis Special School is in line for a major development, three Kerry sisters hit the headlines following their win at the BT Young Scientist & Technology Awards and a fantastic initiative at a local shop could save a life!

Rehearsals are underway for Snow White & The 7 Dwarfs in Rathmore, the South Kerry Jobs Fair has been launched and things are taking shape ahead of the 2025 Season at Kerry FC.

There was disappointment for Dr. Crokes in the All Ireland Club Semi Final, over  $\in$ 4,000 and rising has been raised for the family of the late Philip O'Sullivan at a Charity Soccer match between his beloved Killarney Celtic and Kerry FC and there was only one point in the end as St. Paul's lose out in the Paudie O'Connor National Cup Semi Final.

We have lots of great offers from our loyal advertisers and lots more news, sport and photos for you to enjoy in this week's Killarney Outlook!

Aisling Crospic

Everyone needs a dose of Vitamin Sea.... captured beautifully by Bridget Gleeson Healy



SEND YOUR PERFECT PICTURE TO: news@outlookmags.com for inclusion in the Killarney Outlook.

## THIS WEEK

CHECK OUT PAGE 4 FOR OUR UP TO DATE NEWS!

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## KILLARNEY FAMILY LOSE EVERYTHING in California Fires

Killarney man living in Altadena, California, with his family has lost his home in the devastating fires that are sweeping across the area.

Renowned music engineer, Ruairi O'Flaherty along his wife Sidney Pogatchnik and their two daughters, Mirabel and Ellie have lost everything when their home was completely destroyed by wild fires last week. With no time to pack, they left with just their passports.

The son of Josie and Corrie O'Flaherty from

Coolgrean Park in Killarney, Ruairi has worked with some of the biggest stars in the music industry including, Taylor Swift and was nominated for a Grammy for his work on Lana Del Ray's album "Did You Know There is a Tunnel under Ocean Blvd".

This week, one of Ruairi's friends in LA, Graham Cruser Marsh has started a GoFundMe to help the family rebuild their home.

He said, his dear friend Ruairi O'Flaherty and his loving wife Sidney Pogatchnik as well as their two beautiful daughters, Mirabel and Ellie, have suffered and unimaginable loss. Their home was completely destroyed.

They are the kindest and most selfless family I know and they have lost everything in the devastating Eaton Fire that took place in Altadena, CA this week.



Ruairi O'Flaherty, his wife Sidney Pogatchnik and their two daughters, Mirabel and Ellie have lost everything when their homes was completely destroyed by wild fires last week.

Ruairi is an amazing mastering engineer who has helped countless engineers, producers, and audio companies around the globe for the past three decades. He is looked up to as one of the most thoughtful and talented humans in the audio industry.

I hope that by making this family a GoFundMe, we can help lift them up so they can secure new housing, living essentials, and cover the necessary expenses they will need to rebuild their home and life.

Anyone that knows Ruairi and Sidney, knows that they would never ask for anything. I'm asking for all the help from the community, friends, producers, artists, and collaborators to come together in this time of need. Please consider a donation for the O'Flaherty Family", Graham Cruser Marsh said.

To donate go to: www.gofundme.com/f/help-the-oflaherty-family-rebuild-after-fire

# Strictly Goes Country in Aid of the Irish Cancer Society

Ten years after the Killarney Branch of the Irish Cancer Society held their first Strictly Come Dancing, they are back again in 2025 with Strictly Goes Country.



Launching the 'Strictly Goes Country' competition in aid of Cancer Society, which will be held at the INEC, Killarney on Saturday, 8th of March 2025. At the launch were front from I-r: Michelle Hickey, Chloe O'Doherty, Cassie Leen (choreographer), Kathrina Breen of Cancer Society, Eleanor O'Doherty of Cancer Society, Seánagh Cronin, Dale McCarthy; middle row from I-r: Connie Daly, Joanna Hughes, Fred O'Connor, Esther Brosnan, John O'Brien, Chelsey Conway, Adrian Kelleher; back from I-r: Katie O'Leary, PJ Reidy, Teresa Mangan, Conor Coffey, Claudia Buckley, Padraig O'Callaghan, Nicole Coffey, Norrette Slattery, Anna Maria O'Donoghue.

Ten couples are currently spending all of their spare time on the dance floor, perfecting their moves for the attendees at the show which is planned for Saturday March 8th in the INEC. The dancers who are from different parts of Kerry along with one who is travelling from Millstreet are learning their moves from choreographer is Cassie Leen from Tralee who who have previously worked with Strictly come Dancing shows in the INEC.

#### The dancers are :

Nicole Coffey & Padraig OCallaghan Katie OLeary & Fred OConnor Teresa Mangan & Frank Doran Seanagh Cronin & Kianan Doherty Joanna Hughes & Adrian Kelleher Anna Maria O'Donoghue & PJ Reidy Claudia Buckley & John OBrien Norette Riordan & Dale McCarthy Michelle Hickey & Conor Coffey Ester Brosnan & Connie Daly Chelsey Conway & Brian McCarthy

The show, which has always been a sell out in the past will open with a drinks reception on arrival and a raffle at the interval

"We are keeping the judges a secret for the moment", Katherine Breen from the Killarney/South Kerry Branch of the Irish Cancer Society told Killarney Outlook.

On the night, the audience can vote on their favourite couple and once the winner has been announced there will be dancing to a live band. The money raised will be used for essential services in the Killarney/ South Kerry area including Night Nursing, the Home Care Team, Drive to Care, Freephone Information, Breast check and bowel screening.



## Mes Minister / MICHAEL HEALY RAE IN LINE FOR JUNIOR MINISTER ROLE

IS

MINISTER



Deputy Michael Healy-Rae =pictured at the count of the 2024 General Election. Photo: Valerie O'Sullivan (File Photo)

IN NEXT THE GOVERNMENT. Following negotiation this week, he said that "It's fair to say that role will be going in my

RAE

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HEALY

JUNIOR

direction, but as for what that is going to be, that is obviously at the direction of the incoming taoiseach. "It's fair to say that there is an arrangement in place where there will be a role

at a department at a minister of state level for the Healy-Raes.

"At the end of the day, the giving out of any positions is obviously a matter for the incoming taoiseach, we'll respect that role."

It is expected that the role will be at the Department of Agriculture.

Meanwhile, Minister for Education and Kerry TD Norma Foley has welcomed the publication of "Securing Ireland's Future" - the draft Programme for Government.

Minister Foley was a member of the negotiating team that put together the document during weeks of talks with representatives of Fine Gael and the Regional Independent Group. She said that the 162-page programme contains many important commitments to provide the country and people of Kerry with more homes, better infrastructure,

KERRY TD, MICHAEL i high quality public services and a strong and stable economy. "I am very pleased that we have secured agreement on key measures which will help families to deal with the cost of living, including a cap of €200 per child per month on the cost of childcare."

> "I also know the enormous contribution that family carers make to Irish society, so we are committed to phasing out the means test for the carer's allowance during the lifetime of the Government."

> "We have committed to reducing the pupil teacher ratio from 23:1 to 19:1 at primary level, to continue investment in the school building programme and to roll out supports to protect the viability of small schools."

> There is a further commitment in the Programme for Government to increase the number of pupils on the school transport scheme by 100,000 pupils by 2030. This is a scheme which is of vital importance to Kerry. Minister Foley said she was particularly pleased that a specific reference had been included in the Programme for Government to "take all necessary action to ensure and protect Ireland's energy security."

> "This means all initiatives to protect and enhance energy security will be examined, up to and including an LNG facility. This is a hugely important reference in the Programme for Government for North Kerry."

> The draft Programme for Government contains a target to deliver more than 300,000 new homes by the end of 2030, which equates to an annual homebuilding target of 60,000 per year. There is a strong emphasis on balanced regional development and providing more housing in rural areas, including one-off rural housing.

> Specific provision is also made for the ramping up of investment and delivery of road infrastructure. There are new measures too across a variety of key sectors such as health, agriculture and the marine, tourism, business and hospitality. There is a specific commitment to examine the VAT rate for the retail and hospitality sectors, given the cost pressures they are experiencing.

### DEEP SADNESS AT THE PASSING OF A GENTLEMAN

There was a palpalable air of sadness in Killarney and Listry in particular following the untimely passing of one of their favourite sons, Kevin O'Sullivan on Friday 9th January.

A family man to the core, Kevin will be greatly mourned by his wife Siobhan and his children, Orla, Keven and Darragh, family members, relatives and many many friends.

Hundreds attended the removal of the popular Head Concierge at Aghadoe Heights Hotel on Sunday evening at Flynns Funeral Home in Castlemaine and also at Kevin's Requiem Mass on Monday at Listry Church.

The Lissivane native was a gentleman through and through and always had a smile on his face, touching countless lives through his work in the Forestry and in the Aghadoe Heights, where he spent 30 years as Head Concierge.

In a glowing tribute to Kevin, General Manager at the Club, Brian Bowler said that "as our Head Concierge and a cherished member of the Aghadoe Heights family for over 30 years, Kevin was a familiar and well-loved presence to both staff and guests. During his time with us, he touched countless lives - those of his coworkers and every visitor who walked through

#### our doors.

Kevin had a deep connection to the history and culture of Aghadoe and Kerry. He shared his extensive knowledge with humour, professionalism, and warmth, often delighting quests with a witty story or a touch of humour. His natural ability to fulfil even the most challenging requests brought joy and admiration from those who encountered him. Although I did not have the personal pleasure of working closely with Kevin, I was fortunate to meet him during his visit to the hotel before Christmas. Even in that brief encounter, it was clear he was a gentleman of great character and kindness.

We extend our deepest sympathies to his wife Siobhán, daughter Orla, sons Keven and Darragh, his extended family, and his many friends during this difficult time.

Kevin, our dear friend, you will be sorely missed by your Aghadoe family.

The parish of Listry was very important to Kevin. He was involved in all aspects of life in Faha, in earlier years togging off with Listry GAA Club and more recently taking up golf and being a pivitol member of Listry Golf Society.



However, it was always family that was the most important to Kevin, his wife Siobhan was the love of his life and he was so proud of his three children, Orla, Keven and Darragh.

Speaking at the Eulogy on Monday morning, his youngest son Darragh said that Kevin was known by many affectionate nick names, but to them he would always be their dad.

Before Kevin's burial at the adjoining cemetery, Kevin's wife Siobhan and his daughter Orla, sang Kevin's favourite song in tribute to him. Ar dheis Dé go raibh a anam dílis.



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The story behind the shot .....

Our front page photo this week is a stunning shot captured by Denis Mangan at the Gap of Dunloe. Speaking to the Killarney Outlook this week Denis told us how he managed to get such an amazing photograph.

"I took a five minute long photograph to expose for the foreground. I was fortunate that a car drove into frame as I was taking the shot. The light trail along the road is the car driving along the road to Kate Kearneys over a five minute period", Denis said.

"I then took 250 shorter photographs of the night sky over a 90 minute period. Each of these photos shows the stars have moved slightly in their position. You then blend all of these together to give the impression of movement across the night sky.

So what you are actually seeing in effect is the earth's rotation through the solar system in a 90-110 minute period in relation to the stars.

Denis who is a Fire Fighter in Killarney is looking forward to capturing many more fantastic photos in 2025.





## Major new development for St Francis special school

There has been a broad welcome for the news that initial project approval has been given for a major new development for St Francis Special School.

The school in Beaufort will get five new classrooms, a sensory room, a music room, a cookery room and a withdrawal room.

Minister for Education and Kerry T.D. Norma Foley said that "this exciting new development will support the excellent work that happens every single day in St Francis Special School. It is part of a programme of increased investment in special education that has included the approval of 16 new special schools and the doubling of special classes to more than 3,300 across the country. I look forward to seeing the works in St Francis Special School progressing in a timely fashion."

The existing buildings in St. Francis Special School are getting retrofitted and upgraded to a Building Energy Rating (BER) of B with renewable heating. This is a separate development under the Pathfinder school programme operated by the Department of Education and the Sustainable Energy



#### Authority of Ireland.

The news of the project approval has also been welcomed by Michael Cahill TD and Councillor Tommy Cahill of Fianna Fáil in Kerry.

Both Cahills admit to being strong admirers of the work carried out there and the provision of 5 new classrooms, a sensory room, a music room, a cookery room and a withdrawal room at St Francis Special School in Beaufort, will make a fantastic difference to all students and staff.

They have also welcomed the fact that all the existing buildings in St Francis Special School are being retrofitted and upgraded to a Building Energy Rating (BER) of B, with renewable heating.

This is a major vote of confidence in the future of St Francis Special School in Beaufort according to Michael and Tommy Cahill and relieves a lot of the stress that those involved had been under.

Deputy Michael Cahill commented that he feels that there will always be a need for a residential setting such as St Mary of the Angels, on lands there that were originally donated by the Doyle family for that specific purpose.

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#### KERRY FAMILY WIN TOP PRIZE IN BT YOUNG SCIENTIST

Three sisters from Tralee have won the 2025 BT Young Scientist & Technology Award.

The Murphy sisters, Ciara, age 17 in 5th year, Saoirse, age 15 in 3rd year, and Laoise, age 12 in 1st year, won the top prize with their project, ACT (Aid Care Treat): App-timising emergency response. The BTYSTE perpetual trophy was presented to the winner this evening at the RDS by Minister for Education, Norma Foley TD and Managing Director of BT Ireland, Shay Walsh.

ACT is a medical assistance app designed to support emergency healthcare responses. It integrates crucial features to provide swift and effective aid during critical situations. This is the second year this project has been recognised at the exhibition having previously been awarded Runner-Up Group in 2024.

The 2025 BTYSTE winners is / are the 61st person / group of people to win the overall prize, and as this year's winners, take home €7,500. This year, for the first time ever, the overall winner, along with one senior project from each of the four remaining categories, will be awarded a trip to the World Expo, in Osaka, Japan. Held every five years, World Expo brings the world together to explore the future of industry, technology, and progress. Inspired by Ireland's theme 'Creativity Connects People,' the winners will have the opportunity to create meaningful intercultural connections, experience cuttingedge science, and showcase their research on a global stage. The overall winner of BTYSTE 2025 will also represent Ireland at the European Union Contest for Young Scientists (EUCYS) in Riga, Latvia this September.

Minister for Education and Kerry T.D Norma Foley has hailed the strong performances of Kerry students in the BT Young Scientist and Technology Exhibition – which was won by



Shay Walsh, Managing Director BT Ireland and Norma Foley TD, Minister for Education present the BT Young Scientists & Technologists of the Year to Ciara Murphy (17), Laoise Murphy (12) and Saoirse Murphy (15) from Presentation Secondary School Tralee Co Kerry for the project 'ACT {Aid Care Treat}: App-timising emergency response. A technological aid, featuring a comprehensive repository of medical information - iterative development'.

three sisters from her former school.

She congratulated sisters Ciara, Saoirse and Laoise Murphy from Presentation Secondary School in Tralee, County Kerry on being announced winners of the 2025 BT Young Scientist and Technology Exhibition for their ACT (Aid, Care, Treat) app to improve emergency response.

Minister Foley said: "I'm thrilled beyond measure that the three girls from my own school, Presentation Secondary School, and from my home town of Tralee, have won the top prize at the BT Young Scientist and Technology Exhibition.

I want to acknowledge the tremendous work ethic of the students and the great honour they have brought to their family, school and local community.

I also want to congratulate their teacher Helena Madigan for her sterling mentorship and support of the three girls."

Minister Foley also congratulated all the Kerry students involved in the 24 projects which were selected for this year's BT Young Scientist exhibition in the RDS, with many of them winning separate awards.

"I am also so pleased that there was such strong

representation and success by Kerry schools in the competition. A phenomenal achievement for the county."

Minister Foley paid tribute to the role of BT, which has been the organiser and sponsor of the exhibition for the past 25 years. She also thanked all the teachers and staff in all the schools in Kerry who had guided their students "every step of the way."

"It was a joy for me to meet some many really articulate and capable young people from our schools in Kerry and around the country at the exhibition in the RDS last week. Every single student I spoke to told me how much they've enjoyed it. So it combines great learning with great fun," she said.

There were 24 projects from schools in Kerry among the 550 projects in this year's BT Young Scientist exhibition. This included 11 projects from Mercy Secondary School Mounthawk, four from Pobalscoil Inbhear Scéine in Kenmare, three from Presentation Secondary School Listowel, two from Presentation Secondary School Tralee and CBS The Green and one each from Gaelcholaiste Chiarraí and Presentation Secondary Milltown.



Therese Gunning, Legal Director at BT Ireland presents the 2nd place Intermediate Group Social and Behavioural Sciences Category Award to Esther Tyther and Siobhan Murphy, Presentation Secondary School Milltown Co Kerry for the project 'To ask or not to ask - that is the question!'



Jeri Maeve Samonte, Abigail Adetunji and Jolin Weng from Mercy Secondary School Mounthawk Kerry with their project 'Peeling Back The Science: Purifying fast fashion run-off with orange peels' at the 61st BT Young Scientist and Technology Exhibition in the RDS Dublin. Peter Houlihan : Fennell Photography



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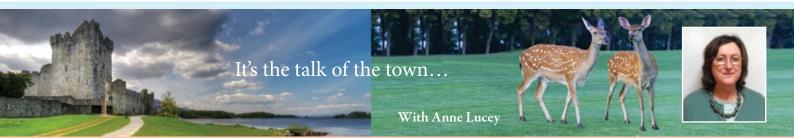
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Anne Lucey looks at the positive news happening in the town of Killarney



#### Four legs good, two legs bad

Last week we highlighted the big projects in train for the national park but the small things matter too. More benches are needed, not least a reflective bench for the blue pool in Muckross to allow us sit and gaze. Other things are warranted too. Where is our Dog run for instance?

The National Park as an ideal location for a dog run was first put forward formally two years ago. The idea was proposed in January 2023 by Councillor John O'Donoghue. This would be in a secure area, without causing problems on walkways frequented by pedestrians.

Dog ownership has soared since the pandemic lockdown. And a growing number of businesses are advertising themselves to be dog friendly, John argued cogently. Because of the scarcity of other land around the town, the doggie park would of course be the national park alongside or somewhere near the cycle path and walkway, and the playground of Port Road. An ideal site would have been at the Ballydowney end, several people suggested.

There, dogs could be left off their leads to romp happily and to socialise - much like two legged people do on the nearby football pitch, or the gym. But where dogs could be left of their lead and romp happily is now earmarked for biodiversity, it appears. As if the 25,000 acres of Killarney National Park is not bio diverse already!

The dog park idea was backed strongly and the argument strengthened by other examples from Lucan to Westmeath. More recently Limerick has joined the canine romps. Alas, management of dog parks is an emerging issue, with the human owners not playing ball as much as their canine followers- allowing their mutts to lose control off the lead, as well as in terms of toilet facilities. "The four legged creatures are not the problem -it's the two legged owners!" John remarked to me.

He is not at all optimistic there will be a dog park for Killarney because of the experience elsewhere.

#### **Trees in Snow**

The big freeze of last week was not all about snow or humans either. Trees too have lessons for us and they cope very differently in snow. The big oaks and beech and ash have no leaves now, nor has the birch. These bare leaf structures stand out like ghost ships in snow. The most dramatic trees are those with what we loosely term pine trees - the needle leaves.

A walk, really a trudge, in the woods on the first day of the big snow brought home to me how our native "needle leaves" are the best. The silence of heavy snow is one of the big takeaways. Broken only by branches falling - some too close for comfort. If you read the books on trees, you will learn this is because of the weight of snow. But that is only part of the story.

Trees prepare for winter in these parts in the way we humans bring in the wood and put up the thermal curtains. They move their water around so their barks won't burst. And the needle pines produce scented antifreeze chemicals so their leaves won't burst. The native Scots Pine, the red bark pine that is not shaped like Christmas Trees, copes very well. It will let go a branch or two so the whole tree is not at risk. Many of the Scots on Mangerton are hundreds of years old, I reckon. The forest now is spattered with discarded Scots branches.

Up in Brosna and Mount Eagle the commercial forest which is densely packed with no breathing space behaved very differently. The quick growing shallow-rooted trees fell over entirely bringing with them whole ESB lines. Nothing new there.

There were 14 power cuts in Brosna last year even without the snow. Most were attributable to falling trees and branches from the over-crowded spruce.

Not just native trees coped well in the snow of last week. Exotic tree ferns survived with a bit of help in the form of a bag or two over them. The grass like bamboos and the eucalyptus righted themselves too - again cleverly bamboos bend right over and do not break.



#### **Trolley numbers**

Is it time we had a rethink about the way we talk about what is happening in our hospitals year in year out, from Limerick to Cork to Tralee? Munster has the worst figures. But nurses unions might need to sit up a bit when it comes to communicating the vital statistics. Trolley figures are not cutting through anymore. Over the past week or so I have come across reports from England and how they are coping with their ever worsening hospital situation. Management

in some acute hospitals are advertising for "corridor nurses." This is almost Florence Nightingale with the lantern in the Crimean War ( the nineteenth century one, not the current one!) . There are so many people on trolleys in corridors now, specific skills are needed. Not least of these is improvisation. Most corridors will not have the number of plugs required for oxygen and other equipment and there will be very poor lighting for languishing patients - like here it can be days before a bed is found. Staff are being forced to deliver "compromised care". This is putting patients in danger and "out of sight of staff and out of the reach of emergency call bells" and represents "a serious deprivation of privacy and dignity," the nurses in the UK make clear.

To me the "corridor nurse" communicates far more effectively what is now necessary in modern war time situation medicine in the UK and in Ireland: making do.

Many of us will either have been on trolleys or visited loved ones on trolleys in the UHK in

Tralee and the situation is extraordinary. Bags of personal belongings piled up at the end of beds. Food, equipment and other trolleys wheeling by. No means of escaping the light or the noise. A babble of different languages everywhere. Airports don't come near it!

Corridor nursing is the new skill these days. It is a sad indictment of our society in 2025. Let's hope our new Government with their rural focus addresses it.



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### **LGFA 2025 LIDL NATIONAL LEAGUE LAUNCHED**

idl Ireland shines spotlight on need for visibility of women's sport as new research reveals 42% of Irish public more likely to attend female games to watch a high-profile player.

Lidl Ireland and the Ladies Gaelic Football Association (LGFA) this week launched the 2025 Lidl National Football League season and unveiled striking new research spotlighting the importance of developing and elevating Irish female sporting role models for the positive impact they can have on individuals, society and their sport.

Continuing the momentum of Lidl and LGFA's hard-hitting 'Get Behind the Fight' campaign, new research conducted by Red C in November 2024 revealed the need for more high-profile female players in sport as 42% of the Irish public said they would be more likely to attend a women's sporting event in person if someone well-known was playing.

However, the challenge of player visibility and audience connection remains, with 43% believing that not knowing anyone who is playing is a barrier to attending a female sports event – an increase from 33% of respondents surveyed in Lidl's 2023 research study – illustrating the growing importance of raising the profile of female athletes to attract fans.

The unveiling of this new research comes with the 2025 Lidl National Leagues about to get underway. There are four fixtures in Division 4 next Sunday, January 19th, as Kilkenny, Antrim, Leitrim, Fermanagh, Sligo, Wicklow, Longford and Derry commence their campaigns. The 2025 Lidl National Football League season gets underway this weekend with four fixtures across Division 4, while action across Divisions 1 to 3 gets underway from the 25th January.

. . . . . . . . . . .



Kerry Captain Siofra O'Shea joined Lidl and the LGFA to 'Get Behind the Fight' at the 2025 National Football League Launch in Croke Park this week. Lidl and the LGFA have unveiled new research examining the public's attitudes towards female sporting role models, with 42% of consumers stating they would be more likely to attend a female sports event if a high-profile player was involved. Picture Conor McCabe Photography.

TG4 All-Ireland Senior champions Kerry host Lidl National League Division 1 title holders Armagh in the opening round of Division 1 on the 25th of January.

The 2025 Lidl National Leagues conclude across the weekend of the 12-13th April with the Divisions 1 and 2 Finals taking place in Croke Park on Saturday 12th and broadcast live by TG4. The Divisions 3 and 4 finals will take place on Sunday 13th April.

The LGFA and TG4 have confirmed live coverage of 13 fixtures from the 2025 Lidl National

Leagues, via linear TV and the Spórt TG4 YouTube page, commencing with the Kerry-Armagh clash from Austin Stack Park, Tralee, on Saturday January 25th.

Peil na mBan Beo will be available to audiences globally on the TG4 Player at www.tg4.ie/beo and on the TG4 Mobile and Smart TV App.

Tickets to attend the group fixtures of the 2025 Lidl National Football League matches are available via the host county boards and ticket information will be available on www. ladiesgaelic.ie



TEAMWORK: Patricia and Kevin Ennis with manager John Reilly and staff member Cara O'Leary pictured at Sheehan's Centra on Muckross Road with the Defibrillator which they purchased with funds collected after they returned plastic bottles in the Deposit Return Scheme.

# Your trash could save a life at Sheehans

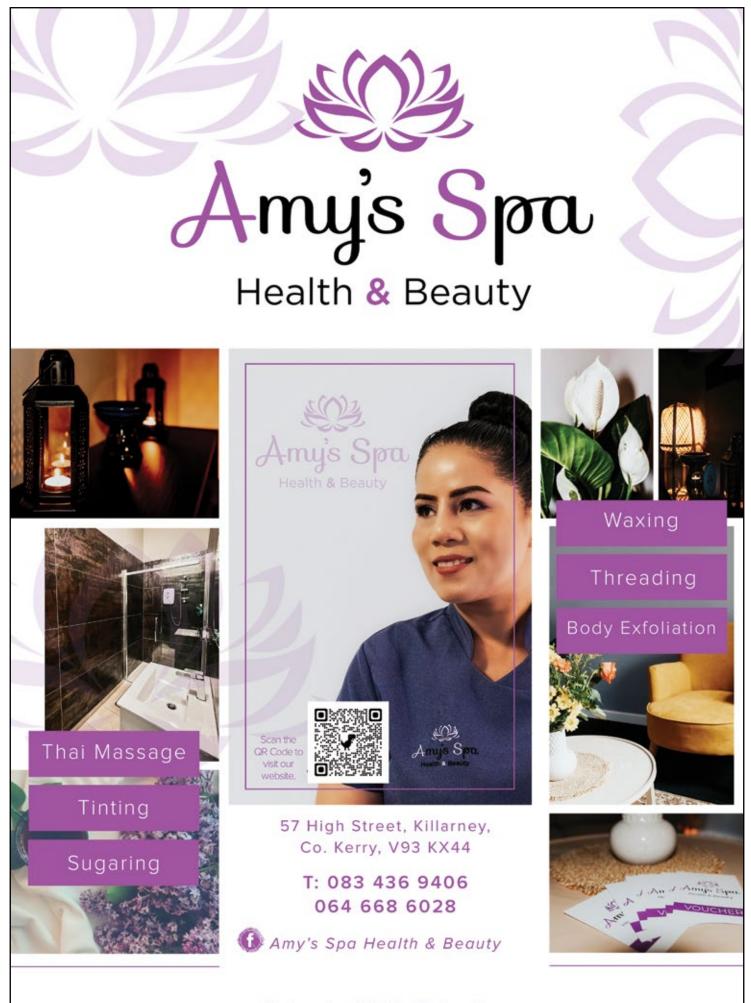
When the Deposit Return Scheme began early in 2024, staff at Sheehan's Centra on Muckross Road launched an initiative to use the deposits in a positive way. Staff members Kevin and Patricia Ennis suggesting that everyone collect the deposits from every plastic bottle disposed of at the store and the team at the shop jumped on board. Their vision was simple: every cent counts. Over the following months, thanks to the dedication and teamwork of the Centra Muckross Road staff, enough bottles were collected and returned, and the deposit funds gradually accumulated. Through their collective effort, they've reached a milestone this week.

The staff were thrilled to announce that they were able to purchase a new defibrillator which is now situated at our store. While they hope it's never needed, in the event of an emergency, it could make all the difference and save a life. "I am so proud of the team here at Sheehan's Centra on Muckross Road for all the work they put into the purchase of a new defibrillator" Aisling Sheehan told Killarney Outlook.

"We have a few more exciting projects in the pipeline and are looking forward to revealing those in time to come", she added.

Well done to all involved in this fantastic initiative.

Re-turn, the operator of Ireland's Deposit Return Scheme, this week announced that over 900 million plastic bottles and cans have been returned since the Scheme launched last year.



Photos courtesy of Katie Marie Photographie.

Milltown Bids Garewell to Sr. Canisius

The funeral mass of Sr. Canisius Collins took place in Milltown on Saturday January 11th at the Sacred Heart Church.

Sr Canisus Collins was Principal of Presentation Milltown for 18 years before retiring in 2005.

Her dedication and commitment to the students and families of Presentation Milltown from the day she entered the school to long after her retirement was unquestionable.

Students and teachers formed a guard of honour as the remains left the church for burial in the local cemetery.

Ar dheis Dé go raibh a hanam



Students and teachers form a Guard of Honour as the remains of Sr. Canisius Collins, former principal at The Presentation Secondary School, Milltown, County Kerry are brought to Milltown Cemetary for burial following her requiem Mass on Saturday. Photo Don MacMonagle





Students and teachers form a Guard of Honour as the remains of Sr. Canisius Collins, former principal at The Presentation Secondary School, Milltown, County Kerry are brought to Milltown Cemetary for burial following her requiem Mass on Saturday. Photo Don MacMonagle

The late Sr. Canisius Collins, former principal at The Presentation Secondary School, Milltown, County Kerry. Photo Don MacMonagle



The funding includes €1 million for the Active Travel Scheme for the Park Road in Killarney

### Minister Foley confirms €3.35 million in Active Travel funding for Kerry

Minister for Education and Kerry TD Norma Foley has confirmed that €3.35 million will be provided for Active Travel projects in Kerry this year.

The funding includes €1 million for the Active Travel Scheme for the Park Road in Killarney and €350,000 for the active travel scheme for the Bracker O'Regan Road in Tralee.

Minister Foley said: "I am delighted to confirm €3.35 million will be provided for Active Travel projects in Kerry this year. Better walking and cycling facilities can boost people's transport options and promote healthier lifestyles."

There will also be improved bus stops in the county, with €350,000 provided under the Bus Stop Enhancement Programme and €100,000 for the Killarney local transport plan.



**NEWS** 

Celebrate Jalentine's Day

with the Gift of Adventure and Connection at Wander Wild Festival in Killarney

his Valentine's Day, prioritise some selflove or show your special someone just how wild you are about them with a truly unforgettable experience — a romantic adventure from sunrise to starlight at Ireland's premier outdoor and wellness festival. Wander Wild Festival takes place from 4th-6th April in the breathtaking 26,000-acre UNESCOprotected Killarney National Park. From the colourful first rays of dawn to the twinkle of the night sky, Wander Wild Festival delivers a host of activities designed to inspire love and connection with your partner or like-minded adventurers:

**Sunrise Dip and Sauna Bliss** — Start your day with a sunrise plunge at Dundag Beach, followed by a rejuvenating sauna overlooking the serene Muckross Lake and majestic mountains. The perfect way to awaken your senses.

**Reach new heights on Ireland's Highest Peak** — Climbing Carrauntoohil, Ireland's tallest mountain, with panoramic views and an unforgettable feeling of personal and shared triumph.

**Paddle into Romance** — Paddle solo or in unison with a Stand-Up Paddleboarding (SUP) session across the picturesque Lakes of Killarney or get your kayak stroke in sync on a lake tour to Inisfallen Island or Ross Castle.

**Forest Bathing and Yoga** — Slow down and connect with nature and yourself with a serene forest bathing experience or a couples' yoga and breathwork session.

**Grounded Connection** — Reconnect with your individual bodies and calm your mind with a soothing, restorative, earth-inspired guided meditation.

**Breathe in Unison** - Learn to breathe in cool situations with a Wim Hof Method workshop in the lake, or a Cold Water Talk.





**Candlelight Yin** — Experience blissful relaxation together with a gentle combination of mindfulness and yin yoga in romantic candlelit.

**Cow to Cone Tour** — Discover the sweet side of romance with a visit to Muckross Creamery. John Fleming, a 5th-generation dairy farmer will showcase how dairy farming has evolved over the generations.

**Re-imagined Date Night** — Enjoy an intimate night walk through the National Park, illuminated by nature and led by a knowledgeable park ranger

**Meet Like-Minded Adventurers** - Enjoy a range of fireside chats with inspiring adventurers

**Dark Sky Night Hike** — Observe constellations, planets and shooting stars on a romantic hike

in one of the world's best stargazing spots, guided by expert storytellers.

All events are individually ticketed so you can create the perfect weekend just for you or you and your partner. Due to high demand, early booking is recommended at wanderwildfestival.com to secure your spot and create the ultimate love-filled adventure.

Killarney offers a romantic retreat for every taste, whether you prefer a charming glamping experience, cozy self-catering, or luxury accommodation at a four- or five-star hotel.

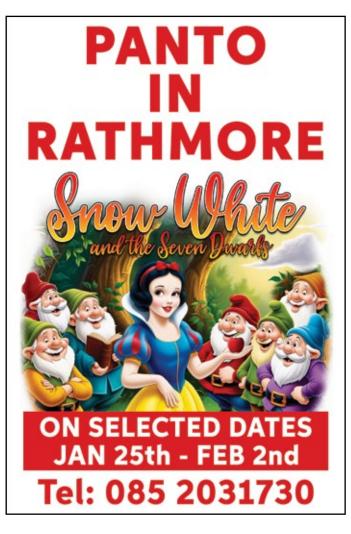
Wander Wild Festival is proudly sponsored by Nature Valley and supported by Fáilte Ireland, Kerry County Council, and the Killarney Chamber of Tourism & Commerce.

For updates and more information, follow WanderWildFestival on Instagram and Facebook or email info@wanderwildfestival. com.



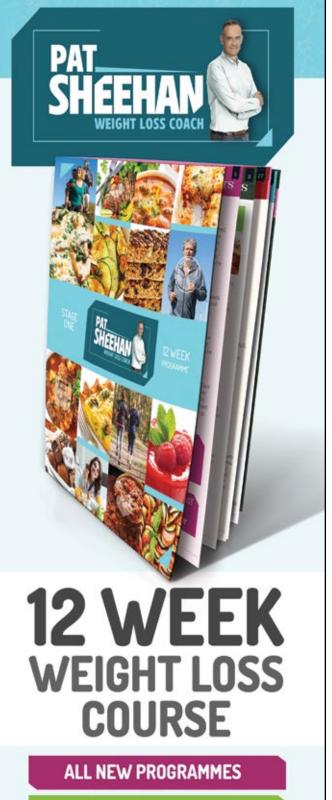


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## **STUDENTS SHINE IN ENTERPRISE** in Presentation Castleisland

Pocket Pal and Miles were the two big winners at Presentation Castleisland's School Enterprise final held in December. The school has a history in recent years of cultivating entrepreneurial talent among its students, with multiple successes in the Student Enterprise programme at both county and national level.

The batten has been handed over to the current first year classes in the school. Pocket Pal (Loren Caldwell, Caoimhe Fleming, Ciara O'Donoghue, Eva Burke and Ava Hickey) have developed a business making stick-on phone pouches for the back of mobile phones to store notes and coins. This is a niche invention that is proving to be popular among teenagers, as many students still bring cash to school for the canteen. The team hope to expand their business to be selling online in early 2025. Gwen O'Sullivan and Ellen Casey have set up their business, Miles, designing robust and sturdy stands for bicycles. Their idea came about as a result of dissatisfaction with many existing bike stands that do not properly support a bike on uneven ground.

to be fantastic. Well done to them all for their great energy (Absent from photo - Caoimhe Fleming) and enthusiasm to present, with passion, their projects to

parents, students and teachers at the school final'. Other business ideas on display at the school final included odd sock organisers, student locker shelving units, memory books and much more.

Principal Pierce Dargan acknowledged and commended the excellent work by the promising entrepreneurs. He added "The Student



Enterprise Teacher, Edward Clarke, remarked 'The standard Pocket Pal – Ciara O'Donoghue, Eva Burke, Ava Hickey and Loren Caldwell receiving their first place of innovation and ambition among all First Years continues prize from Margaret Murphy (Kerry Local Enterprise Office), with Enterprise Teacher, Edward Clarke

Enterprise programme is an excellent programme to instil in students an entrepreneurial spirt from a young age. It gives them a glimpse into the life of a business owner, and helps to develop skills and attributes that will support them across all subjects and in their studies and careers after secondary school. We wish Pocket Pal and Miles continued success with their enterprises as they take them forward".



Gwen O'Sullivan showcasina her team's bike stand innovation



Gwen O'Sullivan receiving her prize from Margaret Murphy (Kerry Local Enterprise Office), with Enterprise Teacher Edward Clarke (Absent from photo - Ellen Casey)



Grace Ni Ifearnain from Gaelcholaiste Chiarrai Kerry with their project 'Nature takes on nature to eradicate invasive species' at the 61st BT Young Scientist and Technology Exhibition in the RDS Dublin.



The Housing Agency Award presented by Head of Policy & Practice Roslyn Molloy to Colm Cronin, Ethan Brennan and Rossa Mac Gearailt, Pobalscoil Inbhear Sceine Kerry for the project 'Hands on or hands off? The trade puzzle' at the 61st BT Young Scientist and Technology Exhibition in the RDS Dublin.



## CASTLEMEATS INDOOR CATERING MENU Having a party at home this winter?

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All dinners served with creamy mashed potatoes, steamed seasonal veg and roast potato

#### **KIDS CORNER**

€8 per person Cheeseburger & Chips, Sausage & Creamy mash, Penne Bolognese & Garlic Bread or Chicken Goujons & Chips

#### FRESH SALADS

1kg €16 or 2kg €28 Homemade Creamy Coleslaw, BBQ Chicken Breast, Tomato Pasta salad & much more

#### DESSERTS

€6 each Homemade Cheesecake, Chocolate Fudgecake & Cream, Apple Tart/Apple Crumble

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## Living In A Winter Wonderland

Photos: Gary Buchanan

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## **Olympians to Ignite Passion for STEM**

for Irish Girls at Largest-Ever I Wish Showcase

#### OLYMPIC ROWER ZOE HYDE FROM KILLORGLIN, CO KERRY TO JOIN THE EXTRAORDINARY LINE UP

Several female Olympians and STEM (Science, Technology, Engineering, and Mathematics) graduates will lead an extraordinary lineup of speakers at the largest-ever 11th annual I Wish Showcase, taking place on 6 February at the RDS, Dublin.

Olympic sprint star Phil Healy will be joined at the Showcase by rower Zoe Hyde, who also competed in the 2024 Paris Olympics. Claire Dunne, a member of the 4x400m relay squad at the London 2012 Olympic Games and now Head of Social Impact at Deloitte, will also speak. Together, they will inspire over 4,000 female teenage students from across the island to consider STEM careers, highlighting how advancements in STEM innovation drive success in sports and beyond.

IWish, a community committed to showcasing the power of STEM to teepage girls has

the power of STEM to teenage girls, has Former President, Mary Robinson (centre), with I Wish co-founders, Gillian Keating (left) and Caroline O Driscoll (right) held its renowned annual Showcase — with pictured with students at last year's I Wish showcase. Several female Olympians and STEM graduates will lead an inspirational speakers, interactive exhibitions extraordinary lineup of speakers at the largest-ever 11th annual I Wish Showcase, taking place on 6 February at the and workshops — since 2015, engaging with <sup>RDS, Dublin. Photo:</sup> Naoise Culhane

over 62,000 students in this time, hosting

over 1,000 speakers, and partnering with over 130 industry leaders. Registration is still open at iwish.ie/register.

The 2025 I Wish Showcase will feature a new Sport Innovation Hub where attendees can explore how advancements in technology are revolutionising performance, training and competition. Additionally, the event will debut a Food Science Hub, offering a glimpse into how STEM is reshaping what we eat and how it's made. Other innovative hubs dedicated to construction, entrepreneurship and emerging STEM fields will showcase the latest breakthroughs shaping these industries.

This year's event features ongoing transport partnerships with larnród Éireann and Bus Éireann, along with a new partnership with Translink, making the event fully accessible to students from Northern Ireland for the first time.

## PILGRIMS OF HOPE WEBINAR starts this Sunday

Diocese of Kerry is hosting a series of webinars, beginning on Sunday the 19th of January, until Wednesday the 22nd.

This year's theme is Pilgrims of Hope, picking up the theme of Pope Francis' Jubilee Year. These days offer us a time to gather in reflection and in prayer, online, in parishes and at home. Like the traditional Parish Mission, all are welcome to participate, whatever your age or whether you are actively involved in your local parish community or more on the fringes of organised faith. Everyone is welcome!

For this series of Webinars we will have a different fascinating guest speaker each evening: Brother Richard Hendrick OFM, a Capuchin Franciscan priest-friar, who has spent over two decades promoting Christian Contemplative traditions.

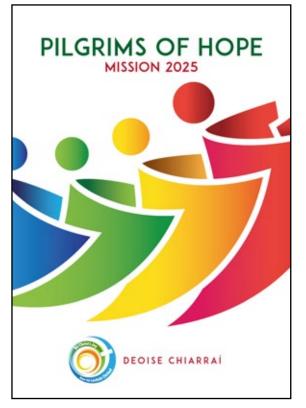
Caoimhe De Barra, CEO of Trócaire since August 2018, who has over 20 years of leadership experience in global development and humanitarian efforts

David Wells, who has spoken at over 2,000 global conferences and has contributed to the Bishop's Conference of England and

Martina Lehane Sheehan, who has over 30 years of experience, blending psychology and Christian contemplative spirituality to inspire mindfulness and emotional resilience.

The Radio Kerry programme 'Horizons', the daily'Just a Thought', and the diocesan website, will also highlight the themes of the mission. Please register for this event on our website dioceseofkerry.ie or using the QR Code







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### NEWS BITES...

### PINK NIGHT THIS SATURDAY IN KILCUMMIN

Kilcummin Ladies Committee will host their Pink Night, tomorrow, Saturday the 18th of January in the Klub Bar. They are looking forward to seeing everyone there for the fundraiser to support Comfort for Chemo. A great night guaranteed!

#### KILLARNEY ACTIVE RETIREMENT RESUME MEETINGS

Killarney Active Retirement will resume Monthly Meetings on Friday January 17th in the CDYS (back of Franciscan Friary Bookshop) 2 to 4 PM - new members welcome -20euro membership collected on the day.

#### **BINGO**

Dr Crokes Bingo continues every second Sunday in St. Mary's Parish Hall. Doors will open at 7pm with the first game commencing at 8pm. Next game is January 26th.

#### **'RACE IS ON' FOR KERRY SCHOOLS**

News likely to appeal to Kerry teachers and pupils looking to get the New Year off to a healthy start is the announcement from Fyffes that its search to find 'Ireland's fittest school 2025' is now open for registration ahead of the January 20th start.

Running for 10 weeks, the top four schools from each province will then compete headto-head across four live regional qualifier events in April, after which the top school from each will progress to May's grand final at which the prize package will include €8,000 worth of sports equipment.

Schools can register online at www. fyffesfittestschool.ie



#### **IRELAND LIGHTS UP**

The GAA's popular 'Ireland Lights Up' walking initiative has returned in clubs across the county. Ireland Lights Up (ILU) encourages GAA clubs across the 32 counties to turn on their floodlights and open their walking tracks to enable their local communities to come together to walk and talk in a safe environment during the long dark evenings of winter.

For more information contact your local GAA Club.

## Would you like to dance?

A brand new dance class is set to take place in Killarney starting on Tuesday 4th February and it will run for four weeks.

It is the ideal opportunity to make new friends and learn new dances including Waltzing, Line Dancing, Jiving, Fox Trots and Social Dancing. There is also an opportunity to avail of private dance classes for Wedding Couples.

There is no need to bring a partner for the evening which will be full of fun with a great atmospere. Cost is  $\leq 50$  for the four classes, payable on the first night.

The venue is Spa GAA Clubhouse V93KN53 from 7.45 to 9pm and to book you can call or text 087 7541631



## **DATE FOR YOUR DIARY..**

## RATHMORE PANTO INVITE YOU TO SNOW WHITE & THE 7 DWARFS

The highly anticipated 2025 Marian Players Production of Snow White & The Seven Dwarfs is set to take place at the Rathmore Community Centre on the following dates:

January 25th, Wednesday 29th & Thursday 30th Saturday 1st February night shows at 7-30pm & Matinees on Sunday January 26th & February 1st at 3pm

The office adjacent to the hall will be open form 1-30pm to 5-30pm Monday to Saturday from Thursday January 16th onwards and will have the booked tickets ready for collection otherwise they can be collected at the hall door before show time all proceeds to kerry parents & friends Association booking office phone 0852031730.





## Introduction to GAA

GAELIC GAMES THE FUN WAY -FOR BOYS AND GIRLS

THESE EVENTS ARE FREE OF CHARGE AND ARE RUN BY QUALIFIED GAA COACHES COME AND TRY OUT GAELIC FOOTBALL, AND HURLING, WITH THE CROKES CUBS



6 week program in Killarney Sports & Leisure Centre (The Aura) & commencing from Saturday 18th January @ 9:30am



David Byrne 087 2460330 drcrokesjuvsec@gmail.com 9.30am -10.30am

ALL SESSIONS ARE INDOORS!!!

Our club embraces diversity and inclusivity, creating a supportive environment for all kids to learn and grow together. No matter the background, ability, or skill level, everyone is invited to join the excitement.

## **SOUTH KERRY JOBS FAIR** in Killarney this February

With just over 3 weeks to go, significant preparations are already underway for this years South Kerry Jobs Fair. Planned for Thursday, February 13th at the Great Southern Hotel in Killarney, the event promises to have its usual mix of jobs on offer as well as a range of workshops covering topics such as CV Tailoring, Upskilling and Interview Techniques. The event has proven to be hugely successful in the past for both job seekers as well as companies offering positions given the skill set of the job seekers and the range of jobs available. More than 1,500 people visited the event last year and it is anticipated that companies from a broad range of sectors including Hospitality, Health & Social Care, Engineering, Education & Training, Financial Services, Manufacturing will be in attendance again this year. The event is organised by South Kerry Development Partnership CLG.

SKDP's Enterprise Officer Joanne Griffin said that they are delighted to be organising the event again this year and its success over the last couple of years is a testament to the range and number of jobs being offered by the employers present. "In addition to the companies offering employment opportunities, there are also a range of other service and education providers who can offer opportunities to those attending on the day" Joanne said. She added that the advice workshops are also proving very popular with those attending and these again provide up



Pictured at the launch of the Kerry Jobs Fair at the Great Southern Hotel are from left: Noel Spillane, CEO SKDP, Shauna O'Donoghue, Great Southern Hotel, Alina Terzi, Rico Stein, Kerry Education & Training Board, Gretal O'Sullivan, Joanne Griffin, SKDP and Alan O'Connor, TFI.

to date information for job seekers to help them be better positioned to secure employment.

SKDP CEO Noel Spillane noted that the event provides a great opportunity for job seekers to engage with a wide array of employers and provides employers with an ideal platform to showcase their available vacancies to a very wide pool of potential employees. Noel noted that many businesses across the region are having difficulty in recruiting people and this event gives them the opportunity to speak directly with potential employees to see if they can match the skillsets available with the roles on offer.

The event will open to the public from 10.30am to 1.30pm and no prior registration is required for jobseekers. Workshops will run throughout the event from 10.45am on. Candidates are advised to bring copies of their CV's with them so they can present them to potential employers.

## CLIMATE CHANGE

The newest Councillor on Kerry County Council is calling on the incoming Government to initiate a massive afforestation programme in lands not suitable for other agricultural purposes, to reduce our Carbon Footprint in a genuine way and to provide income for hard pressed small farmers/ landowners who agree to participate.

"This would be a proper Green Initiative, whereby we can make an enormous impact, if we go about it correctly and at the right scale. There should be no need to increase taxes and we can multiply the amounts of oxygen being produced on our planet. Blaming farm animals for our woes on climate change is a farce, when we all know that one of the main causes is the felling of trees over centuries, without replacement" stated Councillor Tommy Cahill.

"Afforestation is a simple and possibly the single largest solution to our air quality issues and we should tackle it now before it is too late" added the Rossbeigh Fianna Fáil man.





## **PUBLIC LECTURE** ON HISTORY OF KERRY GROUP

A public lecture on the history of Kerry Group will be hosted by the Kerry Archaeological and Historical Society on Tuesday next.

The lecture will be delivered by Tony Bergin, president of the Society, at Tralee Library at 7pm on Tuesday 14 January and is open to members of the public.

The presentation, which was postponed from December due to adverse weather, marks the 50th anniversary of the formation of Kerry Co-operative Creameries in 1974.

"By coincidence, this lecture coincides with the announcement recently that Kerry Co-op will acquire the Dairy and Foods businesses of Kerry Group PLC in early 2025, another major milestone for both entities," said Tony Bergin.

"I hope that anyone who is interested will come along and learn more about this iconic brand and one of the greatest success stories in the history of business in Kerry," he said.

The full programme of events hosted by the Kerry Archaeological and Historical Society for 2025 is now available at www.kerryhistory.ie



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The Killarney Celtic Team who lined out against Kerry FC for the fundraiser



Raring to go.... the mascots for both teams



Officials at the match

### **KILLARNEY CELTIC AND KERRY FC CLASH** draws big numbers in Killarney

The friendly pre-season fundraiser between Kerrv District League side Killarney Celtic and League of Ireland outfit Kerry FC is being hailed a massive success as spectators flocked to Celtic Park in Killarney on Friday, raising over €4,000.

A dry and mild evening allowed for a large number of spectators to come out and support the event, which was held to raise funds for the family of the late Philip O'Sullivan. A former coach with Killarney Celtic, Philip's legacy will be forever felt in the Killarney club.

Supporters from all corners of the county took the opportunity to catch the action popular member of Killarney Celtic up close. For Kerry FC, it was the first run out of pre-season, with



The late Philip O'Sullivan who was a

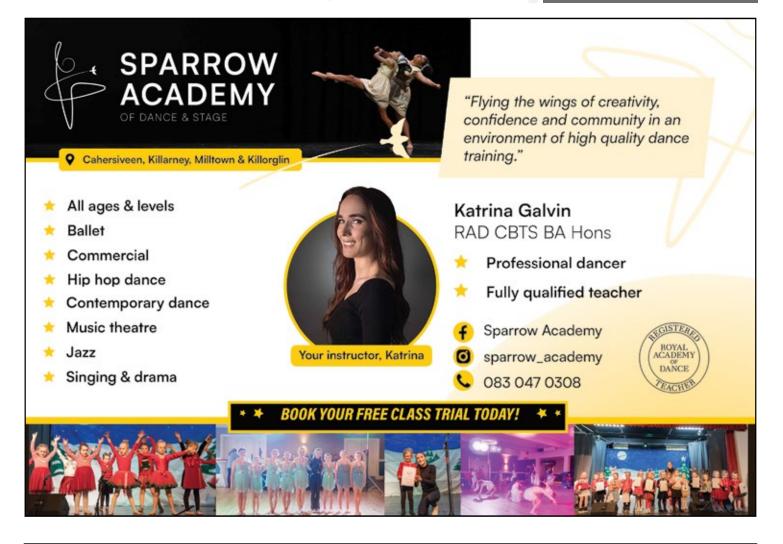
the league proper getting underway in a little under a month's time on February 14th. Kerry played a string of players, 23 in total on the night which included cameo appearances from new signings, older faces and players on trial with the club.

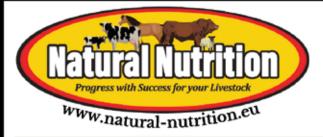
But it was the Killarney outfit who took the spoils on the night as a push for another league title recommences after the Christmas break. A Matt Keane penalty late in the first half saw Celtic go in at the break 1-0. A raft of half-time changes for Kerry, 10 in total, meant Head Coach Conor McCarthy could see the full potential of his squad. But it was Stephen McCarthy, a brother of the Kerry FC Head Coach, who put his Killarney Celtic side 2-0 up inside 50 minutes with a well-taken free kick.

Again, it was a fantastic occasion which was well supported by Celtic and Kerry supporters. The total amount raised is still to be confirmed, but the night raised a four-figure sum which will be donated in full to the O'Sullivan family. Kerry FC would like to give a heartfelt thanks to everyone in Killarney Celtic for being fantastic hosts and the League of Ireland side look forward to returning to the East of the county again in the not so distant future.



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30th Sept 330kg

Customer delighted to report 1.95KG weight gain per day, using MuscleRight Cattle and Complete Copper Cobalt Solution.



30th Nov 450kg



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O)

## KERRY FC SQUAD taking shape ahead of the 2025 season

Killarney-based head coach Conor McCarthy is busy piecing together the final pieces of his 2025 jigsaw as a new look Kerry FC squad is beginning to come together a month out from the start of the 2025 SSE Airtricity Men's First Division season.

Before Christmas, fan favourite Killarney striker Ryan Kelliher signed a new contract with the Kingdom and the number 9 is sure to impress once again in 2025. Sean McGrath, Sean O'Connell and Academy youngster Luke Palmer also signed new contracts with the club for 2025. Others to re-sign ahead of the new season are Killarney winger Daniel Okwute, Finn Barrett, Samuel Aladesanusi, Killorglin goalkeeper Darragh Foley as well as Nathan Gleeson, Cian Brosnan and Oran Crowe. There has been several new arrivals in Mounthawk Park as well. Former Manchester United and Man City Academy player Theo Marcel Farquharson joined the club from the National League in England. Former Liverpool Academy player Niall Brookwell, who was coached by Liverpool legend Steven Gerrard signed from Cork City where he Oran Crowe re-signs for Kerry FC played against Kerry in 2024. Also signed is Glaswegian Chris McQueen. A former Celtic academy and reserve player, the centre-back signed from Scottish League 2 side Stranraer. The latest arrival is Alex Dunne. An experienced right-back who previously played Premier Division football for both Shamrock Rovers and UCD has made the switch from the students to Kerry FC for the 2025 campaign.

The new season officially kicks off on Valentine's night, February 14th, with a home tie against Donegal-based Finn Harps. Kerry have been busy with pre-season friendlies and preparations. They played in a successful fundraiser in Killarney Celtic on Tuesday last, and tonight they face Cobh Ramblers in the Last 16 of the Grandons Toyota Munster Senior Cup. Kick-off is at 19:30 in Mounthawk Park.





The latest arrival to Kerry FC is Alex Dunne

## FIRST TEAM MANAGER CONOR MCCARTHY confirms his 2025 Management Team

As things begin to take shape ahead of the 2025 SSE Airtricity Men's First Division, Kerry FC's First Team Manager Conor McCarthy has today named his 2025 Management Team.

We would like to thank James Sugrue, Shane Guthrie and Del O'Shea, who are all stepping away from the first team management. A very committed trio during their time with the club over the last 2 seasons at senior level. Goalkeeping coach Del O'Shea steps away due to increased work commitments, while it's a similar story for Shane Guthrie. Shane is currently building his own personal business, and we wish him every success with his project. For James, we hope to help him achieve the required coaching badges to manage at the League of Ireland level.

The team will be guided by the Killarney man who made his step up to head coach last year. As manager in 2025, McCarthy has drafted in former Galway United coach Chris Collopy as his assistant manager for the new term. Collopy, a native of Limerick, worked under John Caulfield during Galway's route to promotion from the First Division and guided the Connacht side to a 5th-place finish in the SSE Airtricity Men's Premier Division. Collopy brings a wealth of knowledge to the Kerry FC dressing room and has already started to put his stamp on the Kingdom's preseason preparations.

Cormac Buckley has come into the First Team Management as a Strength and Conditioning (S&C) coach. Buckley, who is from Cork will be a wellknown face to some of the Kerry FC faithful as he signed as a player under Billy Dennehy in the club's inaugural year back in 2023. Owner of Mid Cork Coaching, Buckley brings another dimension to the club's backroom team and, as a former player, understands the needs of a player in 2025.

Speaking to kerryfc.com after announcing his 2025 management team, First Team Manager Conor McCarthy said "Firstly, I'd like to say a big thank you to Shane, Del and James for all the hard work during their time with the club. They've been a great asset to us, even going back as far as the Academy days. It's great to have Chris and Cormac in with us now. The two lads are extremely committed and hard-working, and I can see their work on the players already at this early stage of the season. I'm looking forward to going into 2025 with them."

#### Kerry FC Management Team 2025

Conor McCarthy - First Team Manager Chris Collopy – Assistant Manager Cormac Buckley – S&C Coach TBC – Goalkeeping Coach





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## Keep a close eye on the fast-moving 2025 CAO application timeline

#### SUBMIT

CAO application season is in full swing and with 85,000 plus applicants competing for about 52,000 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 2025 CAO online application remains open until 1st February. Open your CAO interactive online account via "Apply" on www.cao.ie, by 20th January to get a discount rate of €30. After that the fee increases to €45 until the 1st February. The closing date for online Change of Course Choices, which is free, is also 1st February.

#### CHANGE

You may use the online facility to amend course choices, fee €10, from 5th February 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 6th May and 1st July, to make any course changes.

#### HEAR/DEAR

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

#### **CAO 2025 APPLICATION TIMELINE**

• 17th Jan: closing date at 5.15pm to register for HPAT (Under Graduate Med.) test

- 20th Jan: apply to CAO, www.cao.ie by 5pm to avail of online discount rate of €30
- 20th Jan: closing date at 10am to register for GAMSAT (Graduate Medicine) test
- 1st Feb: online change of course choices (free) closes at 5pm
- 1st Feb: normal closing date, at 5pm, for applications
- 5th Feb: online facility to amend course choices opens at noon (€10 fee)
- 14th/23rd Feb: HPAT-Ireland test takes place

documentation must arrive in CAO by 15th March.

#### LATE

Late applications, fee €60, will be accepted from 5th March to 1st May. From 6th 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 emailed "Statement of Application Record." Inform CAO if you do not receive it.

#### CHANGE

Course choices and preferences may be changed as often as desired, free of charge, between 6th 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 Level7/6) 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.

#### ROUNDS

In early July, offers of places (Round A)

- 1st March: closing date, at 5pm, for amending course choices
- 1st March: completed online HEAR/DARE forms must be submitted by 5pm
- 1st March: closing date, at 5pm, for completion of mature student application form
- 1st/2nd and 21st/23rd March: GAMSAT test window
- 5th March: late application facility opens at 12.00 noon (€60 fee)
- 15th March: HEAR/DARE supporting documentation must arrive in CAO by 5pm
- 1st May: closing date, at 5pm, for late CAO applications
- 6th May: online change of mind facility (free)

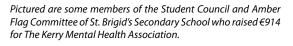
are issued to deferred applicants, mature applicants and to those who need to make visa arrangements. In early August, offers of places (Round Zero) are issued to certain nonstandard categories of applicants such as FET/ QQI and graduate applicants. Round One, the main body of offers, will be issued shortly after the Leaving Cert results.

#### STATISTICS

CAO has release details of the finalised 2024 offers and acceptance summary. Last year. 67,298 applicants received at least one offer in 101,718 offers made by CAO in its various rounds of offers. The offers consisted of 64,694 at Level 8 (Honours Bachelor Degrees) where demand is always strong and 37,024 at Level7/6 (Ordinary Bachelor Degrees/Higher Certificates) where interest continues to decline. CAO always issues more offers than there are places available in anticipation of a level of refusal by applicants. Offers are issued independently in respect of the two lists (Level 8 and Level 7/6), so it's well worth filling in both lists. The net applicant acceptance figure in 2024 was 51,534 - 45,547 at Level 8 (Honours Bachelor Degrees) and 5,987 at Level 7/6 (Ordinary Level Degrees/Higher Certificates).

opens at 12.00 noon

- 31st May: Statement of Application Record sent to all applicants before this date
- · Late May: GAMSAT test results released
- Late June: HPAT-Ireland test results released
- 1st July: change of mind facility (free) closes
- at 5pm
  - Good luck with your 2025 CAO application.
  - Billy Ryle is a Career Guidance Counsellor and Educational Commentator Email: rylebilly@gmail.com Tel: 087 9808979



These students organised a whole school Christmas jumper day and took part in a talk delivered by John Drummey from the Kerry Mental Health association.







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Is féidir le hiarratasóirí cur isteach tríd an tairseach nó trí ríomhphost, post nó seachadadh láimhe. Is féidir na sonraí go léir maidir le riachtanais iarratais a fháil ar an suíomh Gréasáin <u>www.kerrycoco.ie</u>. Beidh an próiseas iarratais ar oscailt d'aighneachtaí ar feadh 6 seachtaine agus dúnfaidh sé Dé Céadaoin 19 Feabhra 2025.

Má tá aon cheist agat maidir leis an ábhar seo, ná bíodh drogall ort teagmháil a dhéanamh linn ag Ceantar Bardasach Chill Airne <u>killarneymunicipaldistrict@kerrycoco.ie</u>

Kerry County Council is inviting Expressions of Interest through a Public Call process for the development and use of lands at Derreen, Killarney, County Kerry. The Derreen Public Call is now open on the Kerry County Council Consultation Platform <a href="https://consult.kerrycoco.ie/">https://consult.kerrycoco.ie/</a>



Applicants can submit through the portal or by email, post or hand delivery. All details of application requirements can be found in the consultation portal on the website <u>www.kerrycoco.ie</u>. The application process will be open to submissions for 6 weeks and will close on Wednesday 19<sup>th</sup> February 2025.

If you have any questions in relation to this matter, please do not hesitate to contact us at Killarney Municipal District <u>killarneymunicipaldistrict@kerrycoco.ie</u>



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#### KILCUMMIN

#### **JUNIOR SET DANCING**

Junior Set Dancing Classes will commence on Friday 24th January in the Recreational Hall. Beginners and Intermediate are from 7-8pm. Advanced are from 8-9pm. Registration night is this Friday 17th Jan. from 7-8pm in Recreational Hall. To avoid any delays on the first night of class it is vitally important that you attend registration on the 17th. Contact Mary on 087 9620135 for more info.

#### NEW DATE FOR PINK NIGHT

Please note our Pink Night will now take place on Saturday the 18th of January in the Klub Bar. Looking forward to seeing you there for our fundraiser to support Comfort for Chemo. A great night guaranteed! **KILCUMMIN GAELIC FOR MOTHERS AND OTHERS** 

Kilcummin Gaelic for Mothers and Others are delighted to invite you to their Dinner Dance Fundraiser on in the 7th of February in the Killarney Oaks Hotel. This fundraiser is in aid of Comfort for Chemo and Kilcummin Gaelic for Mothers and Others and promises to be a night full of good food, music and dance. All welcome to support this great cause! Tickets cost  $\epsilon$ 60 or if you book before January 17th there's an early bird special for  $\epsilon$ 55. Contact - Ann Marie (087) 9047274 or Elaine (087) 781 9882

#### ANABLA PLAY 'N' LEARN PRESCHOOL, ANABLA NS

Enrolment forms now available for Anabla Play 'n' Learn Preschool, Anabla N.S., Kilcummin. ECCE places available for children aged 2 years 8 months. Subsidised NCS places available for children aged from 2 years 6 months. Please contact Ann- Marie on 087-6666196 or email anablapreschool@ outlook.com to request an enrolment form or for more information. 31 CARD MEMORIAL TOURNAMENT

31 card memorial tournament in memory of Dermot "Brady" Moynihan will take place on Sunday 2nd February in Klub bar @4pm. All proceeds on the day will be donated to Comfort for Chemo.

#### KILCUMMIN GAA

GAA Annual awards night will be held on Saturday February 1st at 8pm in the clubrooms. Come along and support the stars of 2024. *GAA LOTTO* 

#### There was no winner on Monday 13th January of the Jackpot for $\in$ 15,500. Numbers drawn were 02,10,16,21. Consolation prizes of $\in$ 50 Esther Dwyer, Eamonn John O 'Donoghue, Lynch O 'Doherty family, Rachel Clifford. The next draw will be on Monday 27th January for Jackpot of $\in$ 15,750.

#### **KILCUMMIN CCE**

Caher Comhaltas visit the Klub bar this coming Friday at 8.30pm to join with Kilcummin CCÉ for a night of music, song and dance. MASTERGEEHA FC

#### LOTTO

There was no winner on Sunday 12th January 2025 of the Jackpot €3,600. Numbers drawn were 01,02,12,24. Consolation prizes of €50 went to Tina Lyne Healy, Joe Scanlon, Neil Sheehan, Donal Doherty. The next draw will be on Friday 17th January for Jackpot of €3,800.



Top Irish Dietitian Shares Her Nine Best & Easy Foods to Incorporate This January to Help Combat the Excesses of the Festive Season & Kick-Start a Healthy New Year

After the common overeating, excess alcohol consumption, and general overindulgence of the Christmas season, Registered Dietitian Ciara McNulty reveals her top ten foods to help detox, debloat, and re-establish a healthy routine for January.

"January is the perfect time to reset after the indulgences of the Christmas season," Ciara explains. "The key is not extreme dieting or deprivation but focusing on nourishing, whole foods that support your body's natural detoxification processes and promote overall health."

**SPINACH** – High in fibre and rich in iron, this is the perfect dark leafy green to support gut health at the time we need it most. Easily work spinach into your diet with smoothies, salads, or sautéed as a side dish.

**BEETROOT** – The richer the colour, the more potent the anti-oxidant! Beetroot boosts "polyphenols" and antioxidants to combat internal stress such as lack of sleep. It's easy to add to your meals as roasted slices, grated into salads, or blended into a vibrant smoothie. As beetroot contains nutrients and compounds that support the liver in detoxification and overall function, this is a superfood for the post Christmas festive season!

**SALMON** –Salmon boasts high levels of omega-3 fatty acids and natural vitamin D. Omega-3s are renowned for their antiinflammatory properties. Enjoy it in sushi or as a baked main to accompany your roast potatoes, it's a perfect ingredient for a balanced meal.

The Magnificent Mine

**LIVE YOGHURT**- Our gut, or, our "second brain" need all the TLC they can get post festive season. Introducing healthy bacteria is an easy step to promote a flourishing gut. Make sure to pick up live yoghurt with added cultures and a no-added sugar granola to create the perfect breakfast or snack.

BERRIES Loaded with \_ antioxidants, vitamins, and fibre, berries like strawberries, blueberries, and raspberries help neutralise free radicals, protect cells from damage, and aid digestion. Use them as a healthy sweet snack or add them to porridge, yoghurts, or smoothies. OATS – A whole grain that supports heart health, stabilises blood sugar levels, and keeps you feeling full. Swap out the fry this January for a delicious bowl of overnight oats. Add cinnamon,

berries, and vanilla drops for a nutritious start to your day.

**ACAI** – The superfood star, acai is packed with antioxidants, healthy fats, and essential nutrients for an energy boost and overall health.

CHIA & FLAX SEEDS- These versatile toppings are rich in omega-3 fatty acids, magnesium, fibre, and antioxidants, helping to reduce stress, support digestion, and provide slow-releasing energy. Sprinkle them over smoothies, yoghurts, acai bowls or oatmeal for a crunchy and nutritious boost. MATCHA - Rich in antioxidants, matcha contains caffeine, but also high levels of L-theanine, an amino acid that promotes calmness and focus. This combination provides a slow and sustained release of energy without the jittery feeling or sudden crash often associated with coffee, making it perfect for busy individuals who need a healthier energy boost.





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# **KERRY HOUSE PRICES EXPECTED TO RISE 5PC** in 2025 - survey



Donal Culloty of REA Coyne and Culloty, Killarney.

The price of the average secondhand three-bed semi in Co Kerry is predicted to increase by 5pc in 2025, according to a national survey by Real Estate Alliance.

Three-bed semi-detached homes in the county now cost an average of  $\in$ 353,500, up 17pc on the December 2023 average of  $\in$ 302,500, the Q4 REA Average House Price Index shows.

Killarney prices rose 9.7pc in 2024 to €395,000, while prices in Tralee rose by 26.5pc to €310,000.

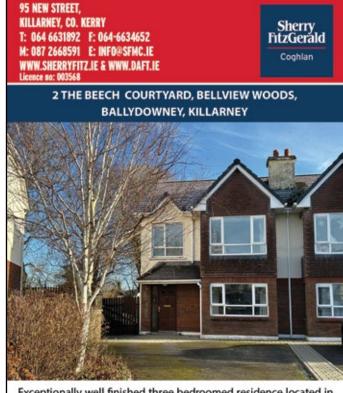
"There is still no new stock coming online," said Donal Culloty of REA Coyne and Culloty, Killarney.

"There are a number of planning permissions in the pipeline, but

nothing set to be built in the coming year. "All new developments are for social housing, and we are seeing very little private home building."

The REA Average House Price Index concentrates on the sale price of Ireland's typical stock home, the three-bed semi, giving an accurate picture of the second-hand property market in towns and cities countrywide.

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#### RATHMORE GNEEVEGUILLA

#### **RATHMORE GAA CLUB JOHN STEPHEN O SULLIVAN** RIP

Méala mór is ea bás Sheáin Stiofáin Uí Shúilleabháin dá dheirfiúr Áine, dá chairde líonmhara ag baile agus i gcéin. Laoch mór do pharóiste na Rátha Móire, do chumann GLG na Rátha Móire, don Ghaeilge agus don Ghaelachas ab ea Seán. Stairí gan sárú. Comharsan séimh, cineálta. Bhí am aige do gach éinne agus ba léir an sásamh a bhain sé i gcónaí as bheith ag caint le daoine. John Stephen has left us a priceless legacy in the form of a 596-page magnum opus entitled 'Aililiú Rathmore - a history of Gaelic activities in the parish'. This book chronicled the club's first century, from 1888, the earliest record of games in the parish, until 1988. John Stephen's purpose and goal in documenting this history was 'to record rather than entertain'. What an invaluable chronology, account and narrative John Stephen endowed us with! The club chairman, Micheál Ó Súilleabháin, in his address in the introduction to the book, declared, 'As you enjoy this book, it will become evident that many people have contributed a great deal to our club over the past 100 years, none more so than Seán Ó Súilleabháin......' How correct and true! The club will be forever grateful to John Stephen for undertaking and completing this mammoth commission. Apart from his highly invaluable contribution to the club in writing 'Aililiú Rathmore', John Stephen acted as Club Chairman from 1967 to 1969 and Rúnaí an Chlub from 1973 to 1974. He also served as juvenile secretary and undertook trojan work guiding underage teams both in Rathmore and Knocknagree, where he taught for most of his teaching career. His love for amateur drama involved him being a prominent figure in the highly successful and entertaining Tops of the Parish series, which delivered much-needed funding for the GAA Club. John Stephen produced and acted in numerous novelty acts for 'Scór' and mentored many young people who wanted to participate in 'Scór na bPáistí. John Stephen was intensely interested and skilled in guizzes and enjoyed numerous successes with his teammates. The Rathmore Scór Quiz team, of which John Stephen was a member, won their first All Ireland in 1995 and subsequently triumphed in numerous County, Munster and All Ireland 'Scór' and 'Seachtain na Gaeilge' guiz competitions. Codladh sámh, a dhuine uasail. Solas na bhFlaitheas d'anam uasal cineálta Sheáin Stiofáin May he rest in peace

#### **MARIAN PLAYERS RATHMORE PANTO 2025**

Snow White and 7 Dwarfs at Rathmore community centre Saturday January 25th continue Wednesday 29th & Thursday 30th Saturday 1st February night shows at 7-30 & Mattaines Sunday January 26th & February 1st at 3pm. The office adjacent to the hall will be open form 1-30pm to 5-30pm Monday to Saturday from Thursday January 16th onwards and will have the booked tickets ready for collection otherwise they can be collected at the hall door before show time all proceeds to kerry parents & friends Association booking office phone 0862031730.

SYMPATHIES to Michael Kelleher, Ciara, Ian and Mark & families on the death of Hillary Kelleher, Gortnahanebee, Rathmore, wife, mother & grandmother, Her brothers & sisters and families. Hillary's funeral took place in Rathmore on Tuesday 7th January. To Eileen, Mary Ann & Jimmy Murphy & families on the death of their brother Denis (Den Pete) Murphy Coom/ Sliabh Luachra, Gneeveguilla, Den Pete's Requiem Mass took place on Tuesday 7th Jan in Gneeveguilla. May Hillary & Denis rest in peace

#### **FUNDRAISER**

Michael O'Mahony, Rathmore took part in the 80K in October challenge in support of Autism Assistance Dogs Ireland (AADI). Thank you for supporting me as I completed 80 kilometres during the month of October! Total amount collected was €920. Big Thanks you to everyone for their support very much appreciated

#### **ST VINCENT DE PAUL**

LOCAL CONFIDENTIAL - CONTACT 087 3462332 NOTES

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

#### BEAUFORT

#### LOTTO

Sunday, 12th January results. Jackpot €4,000. Numbers: 4, 6, 22, 24. No jackpot winner. Consolation Prizes: €80 Celine O'Keeffe. €50 Chris Manton, Beaufort, Seán O'Connor, Keelohane, O'Brien family, Keelohane. The next draw for a jackpot of €4,200 will be on Sunday, 19th January in Beaufort Bar. Tickets are available from usual sellers, shops, and public houses and online at www.beaufortgaa.com.

Thank you to everybody who support our lotto. It is greatly appreciated. **IRELAND LIGHTS UP** 

Ireland Lights Up will start on Monday, 13th January and will run Monday to Friday for six weeks. Time will be from 6.30pm to 8.30pm in G.A.A. pitch.

#### EXERCISE CLASSES

Spring classes in Beaufort G.A.A Clubrooms will begin shortly on week nights Monday to Friday.

Classes at present are Yoga and Pilates. Pilates with Colleen include Ladies, Men's and Active retired classes.

Please contact Colleen at 086 1731469 for times and details. Yoga mixed class by Ondata-Well-Being.

Please contact 085 1350417 for details or the Club at 087 997573 2025 CLUB MEMBERSHIP will be available from this week. Please contact Patie 087 2515311 for more information.

#### LISTRY

#### LOTTO

We are also taking part in the Irish Life Every Steps Counts Challenge. The aim of the challenge is that the club collectively walks 4000km between 8th January and 12th February, The more participants we have the quicker we reach our goal.

To participate in the My Life Every Step Counts Challenge complete the following steps:

Step 1. Download the Mylife App from AppStore or Google Play Store Step 2. Join the Challenge

Tap Social >Challenges>Pending

Tap Munster GAA>Every Step Counts Challenge 2025> Listry Gaa All clubs who achieve the 4,000km target will be entered into a draw. There are three prizes of €2,500 to give away per province.

Jackpot €6,600. Winning Numbers 8,11,19,21. Not Won. €100 Caitriona Spillane, Sleveguara. €50 Paul O'Sullivan, Bike Shop Killarney. €50 Angela & Benny, Borisaleigh. €25 Rosaleen Murphy, Galway. €25 Caoimhe Griffin, Milltown. Jackpot next week : €6,750. Next Draw: January 19th

**IRELAND LIGHTS UP AND EVERY STEP CHALLENGE** 2025

Listry GAA are delighted to announce that we are taking part again in 'Ireland Lights Up' and the Irish Life "Every Steps Challenge" again this year as part of our Healthy Club initiative.

Starting the week of January 13th 2025 nightly from 7-9pm we invite all the Community to take part light will be on or feel free to turn them on .

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

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For more information or to make an appointment to discuss the above or any other query you have contact Dermot Cronin QFA, at 064 6622775, or dermotcroninifa@gmail.com

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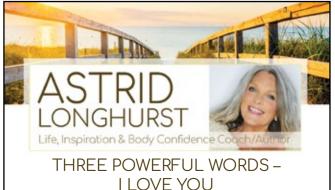


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These three words, when said to others or to yourself have the power to change how you feel and therefore how you act and think. Love feels wonderful but it's more than just a feeling - it's a daily decision. Love is a choice of how to live - it's a 'doing" word that implies action. Every moment of every day brings us decisions of how we will choose to respond to what is happening around us and within us.

For example, whenever you have to make a decision about anything in your life, quietly ask yourself if the choice you make comes from a loving and kind place. This can be applied to every area of your life. Is the food you eat loving towards your body? Is the company you keep loving and supportive? Do your lifestyle choices show you that you love and care about yourself? Every moment of every day we are invited to choose our responses to events and situations in our life. When you come from a loving place, there is more potential for possibility, joy and inner peace.

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loreen

#### THICKER EYEBROWS ARE EASY, EFFORTLESS AND EN VOGUE

Natural looking brows are now requested from young and old when having their eyebrows shaped. To get this natural brow look you need to stay away from your tweezers for a few weeks. Use a spoolie with some hair gel to sculpt and hold your brow hairs upwards. You should be able to see a little skin through the hairs so less powder or pencil is needed unless your eyebrows are very sparse. This naturally thicker brow is straighter with less of an arch underneath. Use your highlighter under the brow bone for definition.

Eyebrow lamination is a semipermanent treatment that lasts



about 8-12 weeks to give you this look. It involves restructuring your brows by straightening curved hairs, filling gaps and setting them in place to look naturally fuller. Growth serums to get fuller brows are a great investment as our hair thins naturally with age. Powder brows is a more long term investment to fuller looking brows.

Noreen Mangan Tel: 0646630712 www.whatwomenwant.ie

Fitness Expert Edele Dalyguides you TIPS TO HELP B WELL YOU STAY MOTIVATED FITNESS CLUE



#### (continued from last week)

Mindset Matters - stay positive, focus on your progress rather than perfection. Getting fit is a journey, and results take time. Stay committed even when there are days or weeks where things do not go to plan.

Incorporate Rest - make sure you include rest days in your plan to allow your body the time it needs to recover, and to help prevent injuries. Listen to your body at all times, if you're feeling fatigued or in pain, take a break or modify your routine.

Education and Resources - consider hiring a personal trainer or attending fitness classes to learn proper techniques and get personalized guidance. This is especially important if you are new to the gym.

Make it a lifestyle - rather than thinking of it as a chore that has to be done try to integrate fitness into your day-to-day routine. Look for opportunities to be active throughout your day-take the stairs, go for a walk during lunch, or do quick workouts at home.

Community Support – join classes. Participating in fitness classes or clubs can create a sense of community and provide additional motivation.

Whatever else you do enjoy the fitness journey, stay flexible and adjust your goals as needed. Enjoy the process and remember that you are doing it for you, no one else! If you are uncertain and need help then please contact us here at B Well Fitness Club on 087-7643449



#### WINTER EYE HEALTH

#### Driving in winter

In winter you may have more difficulty seeing clearly because of darker evenings .When it is dark your pupils become larger to let in more light. However this can results in your vision becoming more blurred. This is why you may be more reliant on your glasses at night.

The glare of a low-lying sun can also make it more difficult to see, so make sure your windscreen is clean, both inside and out. It is useful to have a pair of polarised sunglasses in the car to help with the glare from the sun, even in winter.

#### Dry eyes

If you already have dry eyes, central heating may make them worse. Here are some simple steps you can take to minimise the discomfort caused by dry eyes in winter:

• Lower the temperature in rooms when possible.

• Blink more often.

• Use a humidifier. Opening windows for a few minutes on cold days will also help.

• Lubricants. Certain lubricating eye drops may be helpful for you.

#### Increased screen time

People tend to stay in and watch more television and spend more

time using computers during the winter. Using a screen will not damage your eyes but prolonged use can make your eyes tired and dry.

Remember to take breaks and operate the 20:20:20 rule; every 20 minutes, take a 20-second break and focus your eyes on something at least 20 feet away.

#### Watery eyes

In cold and windy conditions, many people complain that their eyes water more than normal. Wearing glasses will provide protection against the wind, even if you don't usually wear them outdoors. Winter sun

Snow and ice are reflective, so the sun's damaging UV rays can reach your eyes from below as well as above. UV exposure is cumulative, so although you may not feel any immediate effects, you could be putting yourself at risk of long-term damage and risk cataracts and age-related macular degeneration (AMD) if you don't wear good quality sunglasses or goggles.

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Eoghan O Bogail from Pobalscoil Inbhear Sceine Kerry with his project 'THOR: Lightning Detection & Alert System 'at the 61st BT Young Scientist and Technology Exhibition in the RDS Dublin.

#### Health for Mind&Body 🛇 🍪 🍪 🗸

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#### KILLARNEY COUGARS BASKETBALL

All teams returned to practice this week, a week later than planned following the unexpected snow fall disrupted all training and games, so a busy return with games to be rescheduled as soon as possible.

#### **JUVENILE NEWS**

#### KERRY U14 GIRLS PLATE KCYMS 27 Killarney Cougars 44

The young Cougars U13 girls continued their winning run with a good performance on Sunday away in Kilorglin versus Kcyms and remain unbeaten starting the new year as they finished 2024. Some big games coming up in a busy schedule.

#### **NEW MEMBERS WELCOME**

email : secretarykillarneycougars@gmail.com for further information.

#### **SENIOR NEWS**

Basketball Ireland National League Division One Saturday January 18th

*Killarney Cougars v Mater Private Malahide* Presentation Gym at 7.30pm.

#### **KERRY BADMINTON NEWS**

**MUNSTER GRADE C, F & H CHAMPIONSHIP** The Munster grade C, F and H Championships took place this past Sunday in the Killarney Sports and Leisure Centre. After a long day of badminton with 179 entries altogether and almost 200 games being played from 9am to 9pm that night.

With big entries in each of the different grades, many of our own Kerry players performed very well reaching semifinals and finals.

In the grade C, Edel Kenny (Ballyheigue) teamed up with Niamh O'Connor (Waterford) who is from Dingle and played all her juvenile badminton here in Kerry. Unfortunately they lost out to Aisling Chapman and Caroline Hayes of Cork in the final.

Tom Bourke also made it to the final of the mens grade C singles beating his fellow Kerry man Fergal Hannon in a great semifinal match as is every match played between the two. Tom unfortunately went on to lose out to Carrigaline's Adam Barry in a very good final 18-21 and 20-22. In grade F, Jennifer Estella (Tralee) and Olena Paiuk (Tralee) made it to the final of the ladies



Killarney Cougars U13 Girls in Kilorglin on Sunday morning last.



Sinead Galvin and Tom Bourke in the grade C mixed doubles competition.

doubles unfortunately losing out to Naoise Murtagh (Waterford) and Michaela Tuan (Clare) in the final. In the Mixed doubles, Josie Gilbert (Ballyheigue) and Alvin Rahman (Killarney) made it to the semifinals losing out to Oisin Hannigan & Molly Keneally (both Waterford) in

a close 3 set game.

A big well done and thanks to all that were involved in the organizing and running of the competition on the day.



Therese Gunning, Legal Director at BT Ireland presents the 2nd place Senior Group Chemical, Physical and Mathematical Sciences Category Award to Kate McGann and Lusai de Faoite Pobalscoil Inbhear Sceine, Kerry for the project 'How does the geological makeup of a region impact land use? An analysis of agricultural practices in the Kenmare hinterland'.



Congratulations to Taylor Drummond KPFA recently receiving her Certificate of Achievement for her hard work and dedication in helping An Post and people of Killarney. She is pictured with her parents John and Joanne Drummond, Connie O Shea, postman and Sean Byrne Manager of Killarney PO

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# NEW GOVT MUST USE OPPORTUNITY TO RADICALLY ALTER PLANNING PROCESS TO ACHIEVE HOUSING TARGETS

- GOLD PLATING OF EU REGULATIONS MUST END TO ALLOW US TO HOUSE ALL OF OUR PEOPLE -

Fianna Fáil MEP Billy Kelleher has said the next Government must use the opportunity of a change in administration to radically alter the planning and permitting processes in Ireland's housing system.

Kelleher, an MEP for Ireland South, was commenting after meeting with and engaging with homebuilders and developers over recent weeks who outlined that, on average, it takes longer for a new housing development to go through the planning process than it does for the physical homes to be actually built.

"Progress has been made and it is clear that we will hit 40,000 homes in 2025. However, I do not believe the current system will ever be capable of reaching the 60,000 plus homes that we need to stabilise our housing system and address the housing crisis.

"The reform of the Planning Act helped in recent years, but we need to go further. I worry that the planned investment in water infrastructure will not deliver tangible results due to delays in permitting and planning. This is an essential component of delivering homes in regional and rural Ireland.

"I have repeatedly called for Ireland's lethargic

planning and permitting system to be overhauled. It is holding us back as a society. Now is the time to do it; a new government with a new, stronger mandate must grasp this issue, and finally address it.

"There are many in Ireland who would lay the blame on the EU for the slow and lethargic systems we deal with in Ireland. This is far from reality.

"The gold-plating of regulation in Ireland is a

decision of Irish authorities. Over the last five years, I've seen how other Member States apply European regulations, and they are not as onerous as they are in Ireland.

"We have a generational chance, with a new government, to change how we build in Ireland. We owe it to our people to use this opportunity to secure their housing future," concluded Kelleher.





# DANNY **HEALY-RAE** TD

#### WEEKLY CLINIC ON: SATURDAY AT SCOTT'S HOTEL. **KILLARNEY AT 11AM**

We are available to meet constituents at any time. Give us a ring to arrange a suitable time and place.

# **CIIr MAURA HEALY-RAE**



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1st Monday 8.15 PM 8:30 PM 9.00 PM 9.30 PM 1st Wednesday 8.00 PM 8.30 PM 9.00 PM 9.30 PM 1st Thursday 8.30 PM 9.00 PM 9:30 PM 10:00 PM 1st Friday 9:30 PM 10:00 PM 10:30 PM 3rd Monday 8.30 PM 9.00 PM Walsh's Bar, Knocknagoshel 9:30 PM Kate Pat's Bar, Brosna 9.45 PM Sportsfield Bar, Brosna

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**3rd Friday** 7.30 PM 8.00 PM 8.15 PM 9.00 PM 9:30 PM 4th Thursday 7:00 PM 7.30 PM 8:15 PM 8.45 PM 9.15 PM 9.45 PM 4th Friday 8.30 PM 9.30 PM 10.00 PM 10.45 PM Last Monday 8:00 PM 8:30 PM 9:00 PM 10:00 PM

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Golden Nugget, Fossa

Galvin's Bar, Beaufort O'Grady's Bar, Killorglin Larkin's Bar, Milltown Griffins Bar, Castlemaine Anvil Bar, Boolteens

Kenmare & Sneem Area

The Roughty bar, Kenmare Riney's Bar, Sneem Blackwater Tavern O'Connor's Bar Kenmare

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# SMALL BUSINESS OWNERS WANT ACTION NOW

- Ní Mhurchú

Small business owners from Carlow to Kerry tell Ireland South MEP Cynthia Ní Mhurchú that they want to see a dramatic change in the new Programme for Government to help the ailing SME sector

Ireland South MEP Cynthia Ní Mhurchú has said, that small businesses that she has met throughout her Ireland South constituency, have told her that they are at breaking point because of a rise in both state inflicted regulations and a rising cost base.

The MEP called on her colleagues in Fianna Fail to heed their warnings and lead an ambitious and comprehensive plan as part of the new Programme for Government to roll back red tape for Irish SMEs and reduce their operating cost base

One large pub owner in Limerick told Ní Mhurchú that he is unfairly hit with excessive regulations regarding food safety.

"While public health is a priority, the sheer volume of paperwork, inspections, and

. . . . . . . . . . .

frequently changing regulations can be overwhelming, especially for small, family-run pubs that have limited staff. Standardising food and hygiene regulations or simplifying reporting requirements could ease this burden without compromising safety"

A retailer in Carlow told Ní Mhurchú,

"A new licensing fee for retailers who sell Vapes and Tobacco products means that they must now pay a new €1,800 annual license fee to sell those products. Whilst retailers are not guestioning the rationale behind a regulatory regime for selling tobacco related products. they do feel that an additional €1,800 annual licence fee is a kick in the teeth to small shops that are the heart of the community"

One small engineering firm in the South East of the country told Ní Mhurchú that it couldn't find any general operatives locally and was looking to the Philippines to bring in operatives to keep the business going. That business owner described "lengthy waiting periods at

each stage of the visa application process", and "extremely slow processing times" by our government agencies.

Ní Mhurchú said it is time to wake up to the regulatory burden that has been allowed to develop for SMEs. She said it is impeding local businesses that provide vital jobs in rural Ireland. According to the CSO, 7 in every 10 workers in Ireland are employed in SMEs in Ireland

She has called for an audit of the regulations that SMEs face and a comprehensive plan to reduce them and to bring down the operating costs of the sector.

According to Ní Mhurchú, "Our approach of giving grants to ailing SMEs is not sustainable. They want to be able to make profits, not depend on state grants to survive. And not have their valuable time trying to run businesses swallowed up by dealing with red tape."



Cynthia Ní Mhurchú MEP has praised students Ciara, Saoirse and Laoise Murphy from Presentation Secondary School, Tralee for doing their county proud at the recent 2025 BT Young Scientist & Technology Exhibition. Cynthia Ní Mhurchú attended the event and was encouraged by the sisters talent and enthusiasm for science, technology and innovation. The girls won for their Project: 'Aid Care Treat', a medical assistance app designed to support emergency healthcare response.

#### CALL FOR MORE PARKING IN KILLARNEY

At Wednesdays Killarney Municipal District Meeting, Ind Cllr Martin Grady, called for Killarney Municipal District to source alternative suitable vacant land to provide additional parking for the town as we await the completion of the proposed high rise parking development.

"We saw drawings and plans of a multi-storey car park. Yet we are facing into another summer without an extra parking space. There's various lands within the town that could provide the people with additional parking while we wait for the multistorey to come to fruition, realistically I believe this will take time and don't want the locals or visitors to suffer another session, this will also help the traffic situation as motorists circle the town seeking a parking space", Cllr Grady said.

#### Time for Irish Govt to pick a side when it comes to the pharma sector and Intellectual Property rights - MEP Kelleher

"The new Government must pick a i "The Government position is known side urgently when it comes to the importance of Intellectual Property rights in the pharmaceutical sector," says Fianna Fáil MEP Billy Kelleher. Kelleher was commenting as negotiations in Brussels trundle on concerning the General Pharmaceutical Legislation, which will have a major impact on pharmaceutical companies in Ireland.

"At the heart of this issue is the question about how long a company can hold exclusive rights over the production and sale of a medicine. In 2023, the European Commission made a proposal to drastically reduce IP protection from 10 to 8 years.

"Thankfully MEPs agreed their position nearly 10 months ago with only a minor reduction of six months. While this wasn't my preferred option, it was the only option on the table.

"However. Member State governments are still currently negotiating their position at present. However, according to a variety of sources, Ireland hasn't picked a side and is seen as one of the last countries to make up its mind on this issue.

to be split with the Department of Health favouring a reduction in rights in the hope it will deliver cheaper medicines while the Enterprise and Finance departments favour keeping the status quo to ensure that pharma companies continue to see the benefit of investing in R&D and retaining jobs in Ireland.

"Ireland is the fifth largest exporter of pharmaceuticals globally. With 120 pharmaceutical companies based here in Ireland and over 60,000 people directly employed, it is a critical part of our industrial policy.

"There is a balance to be struck in terms of improving quicker access to the medicines but we cannot do it in such a way that undermines the EU's competitiveness and ultimately our economy.

"We need the next ministers for health and enterprise to get on the same page quickly, and to ensure that Ireland's voice is heard sooner rather than later in the discussions in the Council of Ministers," concluded Kelleher.

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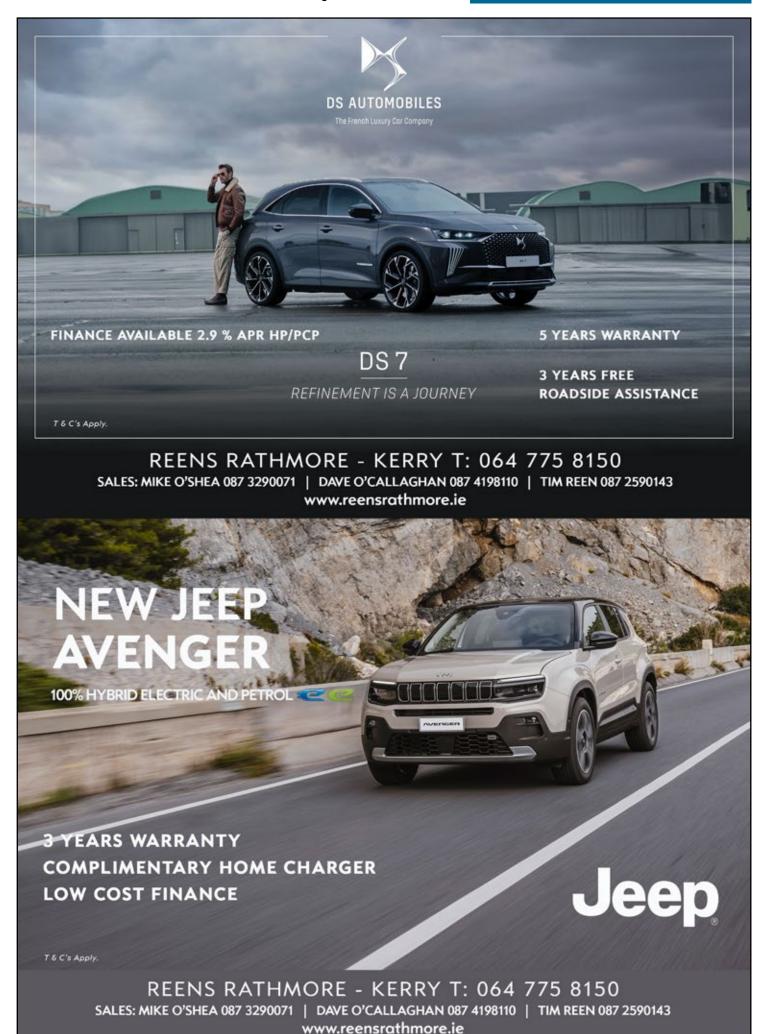


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Proactive vehicle maintenance is a year-round responsibility

#### NCT Is Not a Diagnostic Tool

The Road Safety Authority (RSA) has called on vehicle owners to embrace year-round responsibility for maintaining their cars, rather than relying on the National Car Test (NCT) to identify faults.

Customer satisfaction surveys have continuously highlighted the disappointing culture of vehicle owners using the NCT as a diagnostic tool, contributing to inefficiencies in the system and increasing risks to road safety. NCT: A Roadworthiness Test, Not a Diagnostic Service

The NCT is designed to ensure vehicles on the road are roadworthy and safe at a point in time when the test is undertaken. However, many vehicle owners are presenting their cars for testing without addressing known maintenance issues. The Service tested over 1.7 million vehicles in 2024 - an increase of 144,000 vehicles compared to 2023. To ensure that the growing demand is met, it is important that well-maintained vehicles are presented for testing.

"Maintaining your vehicle is a year-round responsibility. We use our vehicles for work and to transport our families, so ensuring our vehicles are maintained to a high standard should be a year-round focus not something



to focus on only before your NCT," said Brendan Walsh, Chief Operations Officer with the RSA. "Regular upkeep ensures your car is safe, roadworthy, and operating efficiently at all times. Proactively addressing known issues before your test improves your chances of passing and helps the NCT system operate more efficiently, freeing up capacity for others." Increase in "Fail Dangerous" Results: A Cause for Concern

In 2024, 7.4% of vehicles received a "Fail Dangerous" result following the NCT, up from 6.9% in 2023. This concerning increase poses a direct and immediate risk to road safety. It is an offence to drive a vehicle with dangerous defects on public roads.

Tyres are the leading cause of "Fail Dangerous" results, often due to tread depths below the legal limit of 1.6mm. Other significant causes include issues with the chassis/underbody and

brake lines/hoses. The RSA reminds vehicle owners of the critical importance of regularly checking and maintaining these components to avoid serious safety risks.

What Happens When a Vehicle receives a 'Fail Dangerous' test result?

Vehicles that receive a "Fail Dangerous" result are subject to the following actions:

 $\cdot$  A "Failed Dangerous" sticker is affixed to the vehicle, with legal information provided on the reverse.

· Vehicle owners are advised verbally and in writing not to drive the vehicle until the defects are repaired.

• The vehicle's details are shared with the National Vehicle and Driver File (NDVF) and the Gardaí, who have direct access to this information for enforcement purposes.

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*Maurice O'Donoghue Cup 2024 Presentation* (I to r) Peter Wickham, Captain 2025, John Nolan, Winner, Aine O'Donoghue, Sponsor, Johnny Brosnan, Captain 2024



The 2024 Club Matchplay Championship sponsored by Killarney Medal and Trophy Centre

Peter Wickham, Captain 2025, Virginijus Jonikaitis accepts the Winner's Prizes on behalf of his son, Jordanas and Johnny Brosnan, Captain 2024.

#### **DEERPARK PITCH & PUTT CLUB**

#### AGM

Thanks to those who attended Monday night's AGM in the clubhouse as Margaret B and Margaret C Looney both stepped down from the Committee tonight as we thank them for their efforts over the last five years. Colm O'Dowd also stepped down as main Treasurer after 12 years in the role but will be staying on as Assistant Treasurer this year with Noel Moynihan taking up the role for 2025. We welcome Connie O'Sullivan Jnr to the Committee as Competition Secretary alongside Gearóid Cronin as Damien Fleming takes up the position of Club Secretary like his father and sister have held in the past. We also welcome John McGrath back as Club Captain and also welcome James Foley to the Committee for the first time.

#### 2025 COMMITTEE

Chairman: Sean Kelly, Vice Chairman: TBC, Secretary: Damien Fleming, Treasurer: Noel Moynihan, Assistant Treasurer: Colm O'Dowd, Registrar: Bobby Kelly, PRO: Jason O'Connor, Competition Secretaries: Gearoid Cronin & Connie O'Sullivan Jnr, U16 Officers: Derry McCarthy & TBC, Non-Portfolio: Aidan O'Keeffe & James Foley and Grounds Committee Chairman: TBC.

#### **BRIDIE O'SULLIVAN RIP**

The club was saddened to hear of the death of Bridie O'Sullivan (nee Gorman) last Friday. One of the members of Kerry's 1995 Ladies Inter-County winning team in Tralee, Bridie and her late husband Paul were notable figures in the game and she served as Registrar of the club back in 1990. We offer our condolences to Bridie's family and friends at this time.

#### SOCCER FOCUS

#### **BALLYHAR DYNAMOS FC**

#### TEAMS

With the snow departing last weekend the club got two teams out on Sunday, the U17s welcomed Mastergeeha B to Murt Scott Park where the visitors took the win on a 1-5 scoreline. Jayden Muj with the Ballyhar goal with Eoin O Mahony, Conor Giles, Killian Slattery, Conrad Long, Conor O Regan, Davin Quilter & Tom Costello playing well for Ballyhar.

The Seniors travelled to Asdee on Sunday morning where they were defeated on a 5-3 scoreline. Ballyhar trailed 2-1 at half time with the three goals coming from Padraig O Connor, Luke Ring & Conor O Sullivan with Micheal Fitzgerald, John Power, Michael O Sullivan, Ger Fitzgerald & Maurice O Donoghue putting in solid performances.

#### SYMPATHY

The club offers its condolences to the Brosnan Family, Ballyhar on their recent family bereavement. May Mary rest in peace.

#### **KILLARNEY ATHLETIC AFC NOTES**

#### KILLARNEY ATHLETIC AFC 300 CLUB MEMBER DRAW FOR 2025

The "300 club" is open to new members for 2025. The draw takes place each month - with 6 winners every month -  $\in$ 1000 in prizes each month. This is our main fundraiser within the

Club & with plenty of projects to be completed at our grounds

First draw takes place on January 31st. If anyone is interested in entering this draw they can check log in to Club force or contact Mike 0872226185/Martin 0831229008 or any member of Killarney Athletic

#### THE SENIOR A'S ARE PLAYING THE FAI JUNIOR CUP THIS SATURDAY

#### Senior A Fixture : FAI Junior Cup, last 32

Ringmahon Rangers FC vs Killarney Athletic A.F.C., Saturday, 18th January a tRingmahon Rangers. Kick off; 2pm

Big game for Senior A Team this Saturday as they look to book their place in the last 16 of the FAI Junior Cup against Ringmahon Rangers from Cork. All support is welcome.

#### **KILLARNEY CELTIC**

#### **CELTIC LOTTO**

Numbers drawn 5,16,18,26. No jackpot winner. Match 3 winners received €75. Next jackpot €15,000 on Monday January 20th. Tickets available from The Dungeon Bookshop, Amber Shop (Top of Ross Road), club members and online through clubzap.

#### CHARLEVILLE CHEESE PREMIER B Camp Utd 2-1 Killarney Celtic B Matt Keane

Celtic went down to the league leaders last

weekend but Celtic remain in contention for a league final place.

#### CHARLEVILLE CHEESE WOMEN Castleisland AFC 1-1 Killarney Celtic Abbie Finnan

The 1st game of 2025 saw the senior women gain a point in Castleisland. Celtic hit the front when Abbie Finnan found the net. Castleisland pressed hard but Celtic remained in front to the break. The 2nd half was an even affair but Castleisland levelled matters after some good play.

**CONDOLENCES** to Academy coach John O Shea following the passing of his mother in law.



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# KERRY COUNTY COUNCIL STOPPING HOUSE BUILDING IN KERRY

With the country in the midst of a unprecedented housing crisis and builders are putting the blame for this squarely on the shoulders of senior management staff of Kerry County Council, accusing them of making the problem worse.

Builders have expressed the view that it is easier to build houses in Cork than it is in Kerry. In Cork, for example, builders carry out the work, a snag list of any outstanding issues is created, the builders rectify those issues and any bond funds are promptly returned to the builder. Bond funds are amounts of money held back from the builder by the bank until all work has been completed. If the council delays signing off on the completion of the snag list, the bond funds are not released back to builder and they are left out of pocket. In Cork, once the snag list has been signed off, the maintenance of any new housing development is promptly taken over by Cork County Council.

Builders claim that it is much more problematic dealing with Kerry County Council. It can take years for an official snag list to be created. The saga does not end here. When that list is finally completed, more maintenance issues are added. Builders have claimed that this final stage can take years and can add unnecessary financial stress. In effect, builders are being used to maintain an estate, post-build. In many cases, the builder ends up just forfeiting the bond, as it becomes too costly to continue completing the constant snag lists generated by Kerry County Council. Works are rarely carried out with these bond funds and ultimately the money ends up in the road maintenance programme for the whole county.

While waiting for Kerry County Council to take over the maintenance of their estate, the residents are obliged to pay for that maintenance themselves, and all the while, Kerry County Council continue their delaying tactics. These residents already pay road tax which goes towards

A builder built an extra thirteen houses in an existing housing estate. The builder rerouted heavy traffic away from the estate and used an existing farm road at the rear of the site to access the building site. The photo shows the relief road and this road was in existence long before his company built these houses. After the houses were built the Council instructed the builder to go onto private property and dig up the relief road and turn the area into a green field otherwise Kerry County Council will take  $\leq 20,000$  via a bond from the builder.

Kerry County Council contacted this publication stating that the heading of this article is "grossly misleading and incorrect". Nobody wants badly built estates but this example does not entice builders to build houses.





This is a photo of an item on a snag list from a builder. Kerry County Council wants the builder to remove the fence and replace it with a fence that's a few inches taller. Because there is a slope in the green area the fence measures 2 mtrs when measured from the back and 1.85mtrs when measured from the front because of the slope in the green area. Does it really matter if this fence is a few inches shorter. This is an example of the nonsense that builders have to put up with from Kerry County Council.

road maintenance. And they are also paying local property tax. Why are the most pressured group in society being treated so badly? Typically these are young people with young families struggling to pay bills and Kerry County Council has the power to make their lives a little bit easier but unfortunately, the opposite is the case.

A number of County Councillors have said that they do not have the power to change things. They were critical of council management who have just brushed their concerns aside.



This is a photo of a manhole that was built in 2008. This manhole is in perfect condition after sixteen years.

The specifications on building a manhole has changed recently and Kerry County Council wants all the manholes in the estate dug up and rebuild under the updated specifications and this work will cost the builder  $\leq$ 45,000. Kerry County Council does not accept that this decision is a gross abuse of power. There is no appeal system and no consequence for the decision makers.

"ERRATIC PLANNING DECISIONS WITHOUT CONSEQUENCES ....... FOR KERRY COUNTY COUNCIL"





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# CRONIN CHOOSES CITROËN FOR TARMAC TITLE DEFENCE

Keith Cronin will defend his NAPA Auto Parts Irish Tarmac Rally Championship title in a Citroën C3 Rally 2. The West Cork driver, who will again be navigated by Killarney's Mikie Galvin, will line up in the French machine for the first time at the opening round of the Tarmac series, the Galway International Rally, which takes place on February 1st and 2nd.

For Cronin, the move sees him return to a marque with which he has enjoyed much success in the past. He won his third of four British Rally Championships in a DS3 R3T in 2012, and in the same model took a WRC3 win at Rally Finland the following year. In 2016, he and Galvin won their first Irish Tarmac Championship in a DS3 R5.

"We looked at various options, and the Citroën came up as the best overall package for us for 2025," said Cronin. "Their current Rally 2 car won over 130 rallies last year on every sort of surface, all over Europe, in Africa and in North and South America, and scored five WRC2 victories in the World Championship. C3 drivers won the French, Danish, Mexican and Ivory Coast Championships. Hopefully we can replicate that type of form with it in Ireland," he added.

The Citroën will be prepared and run by Tom Gahan Motorsport, as was the Ford Fiesta that brought Cronin to the 2024 Tarmac title, and the Volkswagen Polo he drove in 2022 and '23.

Continuing the Gallic flavour, Cronin and Galvin will run on Michelin tyres in 2025.

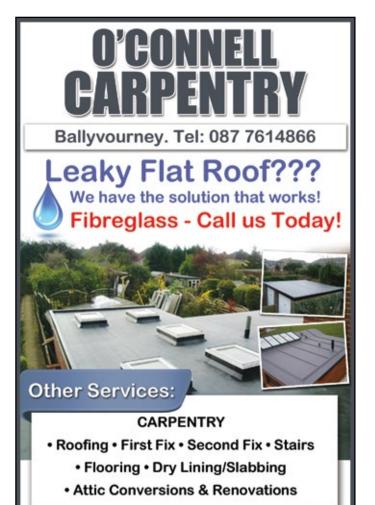
In addition to committing to their Tarmac Championship campaign, Cronin and Galvin have also entered the opening round of the Probite Brakes British Rally Championship, the East Riding Stages, which falls three weeks after Galway, but they are currently on the reserve list for the Yorkshire closed road event. "We'll have to wait and see firstly as to whether or not we get a start," remarked Cronin. "If we get going, we'll take the BRC on a round-by-round basis after that and see how things progress."

Sol

The Galway Rally will additionally see a second Citroën bearing the Cronin name amongst the line up, as Keith's brother Daniel will also be out in a C3 Rally 2, ahead of a tilt at the Motorsport Ireland National Rally Championship. He and co-driver, Donnchadh Burke, took third in the 2024 National standings, and they will be aiming to improve on that once this year's series gets under way with the Midland Rally in Longford, at the beginning of March.

NAPA Auto Parts Irish Tarmac Rally Championship Calendar Feb 01-02:Galway International Rally Mar 14-16: West Cork International Rally Apr 18-19: Circuit of Ireland Rally May 03-04: Killarney Rally of the Lakes Jun 20-22: Donegal International Rally Aug 15-16: Ulster Rally Oct 04-05: Cork '20' International Rally









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Danielle O Halloran with her mom Marian Favier at Glenflesk GAA Ireland Lights Up Healthy Club last Wednesday night.

Derry and Aileen Healy with Denis O Sullivan Aat Glenflesk GAA Ireland Lights Up Healthy Club last Wednesday night.



Rian O Connor at Glenflesk GAA Ireland Lights Up Healthy Club last Wednesday night.

# Glenflesk GAA Lights Up in Healthy Club Initiative

Photos: Seamus Healy



Glenflesk GAA Ireland Lights Up Healthy Club last Wednesday night.

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UTILITY TRUST ST PAULS VS KILLESTER PAUDIE O CONNOR NATIONAL CUP SEMI FINAL REPORT

Paudie O Connor National Cup Semi final Saturday January 11th Neptune Stadium Cork

#### UTILITY TRUST ST PAULS 69 KILLESTER 70

#### Report by Enda Walshe

Defeat can be a bitter pill, losing by the bare minimum making it worse. The big crowd in the Cathedral of Cork Basketball, the Neptune Stadium may have paid for their seats but they spent the majority of this blockbuster sitting on the edge of them. Not for the first time this season Utility Trust St Pauls went toe to toe with a heavyweight and gave as good as they got. The result was still in doubt as the clock ticked down to its final seconds but James Fleming's side just came up short and despite defeat they can still look themselves in the mirror and know that they gave it everything they had.

Killester are the reigning league champions, with a host of Irish Internationals and they were the first to admit that it took all that they had to edge past the Killarney side. Their talismanic figure Michelle Clarke said as much afterwards when she acknowledged that her side needed every morsel of grit. determination and experience to get them over the line. It really was that close.

St Pauls were outstanding especially in the first half where their game plan was perfectly executed. Alex Wittinger and Gracen Kerr were scoring freely, Mathilde Diop was finding her range while defensively they worked hard on shutting down the influence of Samantha Haiby. You could argue that they probably deserved more than a six point lead at half time and with a bit of temerity questioning a few of the refereeing decisions that saw the foul count at 8-2 at the end of the first quarter. But Killester roared back into the game in the third quarter and St Paul's grip on the game was never as strong thereafter. You'd have to factor in the absence of Rheanne O Shea and Leah McMahon also as when you take these teams on you need every tool in your armoury.

Straight from the tip off Gracen Kerr skipped in for a basket but Destiny Strother replied with a three . St Pauls were diligent on defence and that helped them run into a 13 - 8 lead. Kerr and Mathilde Diop were the architects of that advantage with accurate outside shooting and it was left to leva Bagdanaviciene to light the Killester fire. St Paul's intensity though was starting to get pockmarked by fouls , perhaps with some

in the debatable category. Lorraine Scanlon and Paris McCarthy ran into early trouble but the introduction of Lynn Jones, Siofra O Shea and Denise Dunlea didn't weaken the cause. Dunlea hit five points and Wittinger was heating up and at the end of a high quality first quarter it was St Pauls in front, at 27-25.

Wittinger struck early in the second followed by a Kerr three as Haiby was trying to pull the Killester strings. Hannah Thornton was starting to be a handful for the Pauls defence but the offence was really clicking into gear. Diop and Wittinger hit threes and Killester called a timeout trailing by 40-33. Paris McCarthy picked up her third foul but Lorraine Scanlon offset that blow with great work inside. With a 44-35 lead the game was about to enter a critical stage, either side of half time. Firstly Haiby finished the half with a three and exchanged free throws with Dunlea to close the gap to six.

But even crucially Killester emerged from the dressing room a different team and hit twelve points without reply. Strother, Haiby, Michelle Clarke and Bagdanaviciene were rampant and it necessitated a St Pauls timeout to clear the heads. It had the required effect as Wittinger and Kerr steadied the ship and even though Thornton netted again the recovery saw St Pauls 56-55 ahead, heading into the final period.

You could cut the tension with a knife as there was never more than the width of a cigarette paper between the two sides. It made for huge excitement as they traded blows with Wittinger, Diop and Scanlon answering the efforts of Haiby, Strother and Thornton. Both sides seemed thankful for the time out with 5.27 to go and Wittinger pounced to put her side one clear again, 64.63. In what looked like a decisive move Thornton and Haiby put the Metropolitans three clear but in the blink of an eye Kerr reeled them in with a three.

St Pauls were now on team fouls but a combination of solid defending and errant

Killester free throw shooting lessened the effect. Kerr was most unlucky when her three point shot bounced out but when Diop wriggled in to put her side 69-68 ahead you wondered was it going to be their night. But Haiby was fouled as Killester searched for redemption. She was nerveless from the charity stripe to give her side the lead. St Pauls tried in vain for a winner, their best moment when McCarthy weaved into the paint with seconds on the clock, only to see her effort blocked. With that went St Pauls hopes of a first National Cup final appearance but they certainly died with their boots on!!

Alex Wittinger netted 24, Gracen Kerr had 20, Mathilde Diop 13, Denise Dunlea 6, Lorraine Scanlon 6, Paris McCarthy, Lynn Jones, Siofra O Shea, Meabh Barry.

For the winners Samantha Haiby had 20, Hannah Thornton 13, leva Bagdanaviciene 12 and Destiny Strother shot 11.

#### **NEXT LEAGUE FIXTURES**

Saturday, January 25th 4pm Womens Superleague Basketball, Killarney Sports and Leisure Centre *Utility Trust St Pauls vs Brunell* Saturday January 25th 7pm Mens Basketball League, Ballinfoyle, Castlegar *Scotts Lakers vs Titans BC* 









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# Supporters Are At The Heart Of Every Team

All Ireland Senior Club Semi-Final: Errigal Ciarán V Dr. Crokes



































JIMMY O'SULLIVAN-DARCY

takes a look at all things sport...

# DR. CROKES BOW OUT IN A THRILLER

ALL IRELAND SENIOR CLUB SEMI-FINAL:

#### Errigal Ciarán 2-18 Dr. Crokes 1-18

There's no softening some blows; I truly wish there was one. This is a game that just got away. There's a lot of easy analysts - and I'm using the term loosely -throwing around their small couple of cents worth, as always happens on occasions as these. I have no such feigned wisdom to offer. A grain of rice, as Páidí famously said many years ago before leading rank underdogs Westmeath into history. A single grain of rice can tip the scale. Especially when a game is as finely balanced as this one. The great man had other requirements to win a game, and Dr. Crokes produced every last bit of that at all stages along this journey. Both teams did. I'd almost say that it came down to a lottery, but in fairness that would be to detract from an Errigal Ciarán side who were themselves magnificent. Just grains of rice between ecstacy and heartbreak. Kipling famously described both as imposters; I wouldn't necessarily agree with him. Sport teaches you things about life and about yourself, but to suggest that it's all about the journey rather than the destination.....you never see a drop of sweat or blood or dirt on the people saying that kind of stuff. Last Saturday was not that kind of day, and all the better for it. Good work by Micheál Burns handed the first chance to Crokes, but it's just a fraction wide. No big deal, that's a good, purposeful start. As expected, Errigal Ciarán were already funnelling back. The question was how would Crokes line out? The answer? They are happily going one-on-one and going hunting. Whether they won or lost, this was going to be a football game.

Look, I was worried about what kind of game we were going to get here. It wasn't really going to matter to either side – of course, their only focus is winning the game – and frankly I have seen an awful lot of bad football games this year. One in an inclement early January that had already been postponed for a week because of the weather? I was not only fearful; I was more than half expecting a low-scoring refusal to engage snoozefest. This....was anything but that.

Crokes deserve the greater share of the credit for that aspect, but Errigal Ciarán soon showed that they have no fears of playing that kind of game either. They strung a really nice move together and Darragh Canavan – he's put on a fair bit of muscle since I saw him last - kicked over a composed beauty. Was Fionn Fitzgerald fouled in the buildup? I honestly thought it was late contact, but referee Brendan Cawley didn't bother consulting me. A minute late Errigal Ciarán were coming in again, with a lovely threaded ball inside, but Gavin O'Shea read it superbly to clear. Great piece of defending....and it needed to be.

Brian Looney was already doing serious damage with his penetration and positional sense, just always stretching Errigal Ciarán's rearguard, and he losted over from the wing. Did Cian McMahon get a fractional touch as it went in? I don't think so, but I'm not certain. Not that it matters, neither Brian nor Cian were going to care so long as the flag went up, and it did. Tony Brosnan converts a handy free after a careless Errigal Ciarán foul on David Shaw. In my eyes, that was a very bad score for any team to cough up so easily. It gave me hope; maybe Errigal Ciarán defenders weren't used to teams willing to press forward? 0-2 to 0-1. Low enough scoring, but very good football, it's just that the defending was as good as the attacking on both sides.

Brilliant. An absolutely spectacular steal by Tom Doyle – might look simple, but that was absolute craftsmanship. Good quick transfer as well. Micheál Burns and Brian Looney were probably the two best players on the pitch at this stage, and Burns obliged with a great finish. 0-3 to 0-1. Crokes' fearless approach is working.

Errigal Ciarán weren't exactly sitting back either, though. They were obviously happy to have the two Canavans as target-men inside. And once Ruairí Canavan gathered a good, quick ball in (Errigal Ciarán's transitions into attack were seriously impressive) and lost his marker with a great shimmy before calming slotting over, you could see why.

A trademark slalom run by Gavin White, who was deployed on Darragh Canavan for the most part saw Tony Brosnan win another careless enough free. Good work by Tony, who got very little change out of Cormac



Quinn but another one that the Tyrone outfit's management probably felt that they gave away too cheaply. Tony clipped it over and Crokes were two ahead again.

Not for long. Darragh Canavan found his younger brother and Ruairí twists before splitting the posts again. That pair were really starting to ignite.

Good play by Crokes as they worked it down the field and Tony cut along the end-line. He tried a piledriver – I didn't really think it was on myself, but I'd say it would be a small bit daft not to defer to the likes of Tony when it comes to making those judgement calls! Side-netting.

Darragh Canavan with another superb dummy and finish. A brace each now for the brothers. Surely this pace couldn't be maintained, though – this was very hard sprinting on both sides.

Errigal Ciaran pressure beginning to tell. Tiarnan Colhoun and Ciarán McGinley with decent chances, but both tail off wide. They weren't exactly bread and butter opportunities, but at this level, chances like that are going to be at a premium.

Ruairí Canavan again. Crokes had made a change at this stage, but, well, is a nickname like his fathers '...the Great' subject to inheritance tax? Ruairí brilliantly won a free after good work by Ciarán McGinley and calmly slotted it over himself.

Clever play by Gavin O'Shea won a free. Brian Looney took possession, looked over, and spotted Micheal Burns drifting into space....if there was one Crokes player the

#### ALL THINGS...**SPORT**





opposition should have been watching like a hawk, it was Burns, and no surprise that it was Brian who spotted him, All of Crokes were playing their hearts out, but like the Canavans for Errigal Ciarán, it was clearly that duo plus midfield general Mark O'Shea who were leading the charge. 0-5 apiece.

Darragh Canavan again, happy to just fist it over the bar. The Tyrone outfit edged back in front. At times this is looking like a spectacular double act and, as if to prove the point, Ruairí lofts an absolutely fantastic score over from distance. Two points between them.

I'd be getting worried if it gets to three. It doesn't. Charlie Keating was fouled. The Errigal Ciarán supporters were furious at the decision but I'm a bit confused as to why, visibility was definitely declining at that stage, but there was clear contact. Not dangerous, not malicious, but ye have to actually know that's a free, yeah? I manfully resisted the urge to dispense benevolent wisdom as Micheál Burns sent it between the posts.

Ruairí Canavan fouled at the other end. Definitely no arguments about that one. First yellow card of the day, fair enough. Ruairí put it over himself. 0-8 to 0-6.

Mark O'Shea had been Crokes' main target for kick-outs and in the hard trenches all day. On this occasion he found himself in a bit of space and went for it himself. Great score. As the first half stretched into injury time, Brian Looney once more spotted a gap and sliced through it. Ruairí Canvan – credit to the lad, he isn't hesitating at the hard yards any more than spectacular scores – tackled him very, very late and picked up a yellow himself. Micheál put it over and there was just a point between the sides.

Crokes attacked but couldn't get a shot off and are turned over. Errigal Ciarán countered fast and hard, but were called for overcarrying. That didn't impress their huge support too much either. Again, it's genuinely a very clear call. He took four steps, realised as he was about to release the ball that the defender was closer than he had thought, and took two further steps to his left. Don't get me wrong in any way, there was no aggression, no nastiness. Actually, a nice atmosphere for a game.

Half-time Errigal Ciarán 0-8 Dr. Crokes 0-7

Crokes had the first chance of the second half, a good effort by a sparkling Micheal Burns, but the angle was too tight. It was only a harbinger, though, good work by Cian McMahon teed up David Shaw and he fired over confidently. Level pegging again.

Darragh Canavan. God, once they get their hands on the ball, you are already finished, you just don't realise it yet. Superb score.

Chance for Tony Brosnan after good work by Mark O'Shea, but it fades away. There was definitely a sense of both teams starting to feel their legs now; this is very tough going. Brilliant to watch, not that any of them will or should care.

A defensive lapse as two players went for one ball. It's a mistake, and you can't make mistakes like that with a player like Micheál Burns in the vicinity; he pounced instantly to fire it over.

Ruairí Canavan with a good effort off the post. It's a day for the fine margins. First substitution of the day, as Tom Doyle is called ashore and Kieran O'Leary steps onto the field.

Good run by Micheál Burns and Tony Brosnan finisheses off a good move. Crokes a point in front now and this is the kind of game where that actually feels like a fair-sized margin.

Disaster. Absolute disaster. A goal for Darragh Canavan, and one that will haunt Dr.Crokes. A brilliantly timed run and suddenly he had acres of space after a precision pass from his brother. This is the price you pay for not having a sweeper in there; I kow there's robbing Peter to pay Paul in that regard,but that one hurts. The form he is in, Darragh Canavan was always going to be tucking that one away. 1-19 to 0-10 and twenty minutes left.

Cometh the hour....not for the first time, it's the veteran of many a battle to step up when the need is most, with Brian Looney firing over to trim the gap back to a single point. A goal like that can kill you stone dead. Or it can drive you on. A big part of that is simply the mood in the camp, the trust in each other. It's an intangible thing; despite numerous attempts over various disciplines going back for generations, it's unquantifiable. it's either there or it isn't. And it's here right now. Crokes have it in spades.

Maidhcí Lynch won a free and Tony Brosnan

did what Tony does. Level pegging, 0-12 to 1-9.

A good run by Ben Mc Donnell saw the ball arrive to Ruairí Canavaan; you almost know what he's going to do even before he does it. Errifgal Ciarán in front.

Not for long. A foul on Micheál Burns sees Tony Brosnan level matters. Tony has had a very tough afternoon from a tight-marking Cormac Quinn – fair play to the Tyrone U20 player; that's exactly his job – but the Kerry sharpshooter is showing signs of growing confidence now.

Good play by Peter Harte. Crokes got pressure on him, but he had the presence of mind to find the pass to Pádraig McGirr, who fires oer. Part of me is thinking "oh look, an Errigal Ciarán scorer who isn't a Canavan". But a real part of me is also thinking "that's composure, and you just have to admire it". Good football is good football. You have to admire it; it's not like we see an awful lot of it these days". Errigal Ciarán back in font.

Tired legs now. God, are you kidding me? This is actually exhausting just to watch. Both teams are feeling it.

Tony with another free. All square again.

Five minutes left. A burst of pace from Darragh Canavan and he fists over. 1-12 to 0-14.







Tony Brosnan with a beauty from play.Into the dying minutes now, and all to play for. Literally.

Errigal Ciarán with a good chance. Ruairí Canavan – you'd put the house on him for that one with his display today, but it's a very uncharacteristic wide. They have another chance; they can't take that one either. WE are in injury time now.

Micheál Burns. Just stunning. As good a point as you will see. Crokes in front. Is it enough? The tank is virtually empty on both sides and we are measuring in seconds rather than minutes now, but.....

Peter Óg McCartan. God, Errigal Ciarán are dogged. Absolutely no give in them. That's a good score and yeah, I might not like admitting it, but that's a deserved equaliser. I actually didn't think he was going to take on the shot, let alone put it over. Shows what I know.

#### Extra-time. It's as much about endurance as ability now.

It opens with a fierce burst by Errigal Ciarán. A nerveless Shane Murphy does really well to deflect a Darragh Canavan rocket over the bar. I don't think Crokes could have come back from a goal at that stage – mind you, both of these teams have been defying all of the odds all day.

Crokes are labouring a bit. Once again it's Brian Looney who lifts the pressure with a fine score; could have been a goal on another day, but Darragh McAnenly did well. Joe Oguz has done well all game. Nothing spectacular, but rock solid, and there's a lot more to be said about that kind of thing than many people realise. I actually thought he was a hair's breadth away from being turned over; in fairness, he worked the chance and fisted a point. That's a big, big score.

Tony Brosnan with a free. I think it was Charlie Keating who won it; it's getting hard to tell with the declining visibility. Bread and butter by his standards. All square again.

Half-time of extra-time. 0-18 to 1-15.

It's attrition now. The sheer fact that these players can still hurl their bodies into action... jaysus, there is people in the crowd panting at the intensity, let alone the players. It's been years – genuinely, years – since I was at a game like this. I'd almost forgotten that just occasionally, played in the right spirit, this game of ours can be glorious. And today it is. Second half of extra-time. Cagey start, but suddenly Errigal Ciarán spark into life. Once again they find space up front and big Joe Oguz finds space. I thought he would take a point, but it's a bullet of a shot and Shane Murphy can't do anything about it. Goal.

There has been a trend of Northern teams outlasting the Kerry sides in the closing minutes of games. The game against Armagh last year, the Austin Stacks game....I'd actually argue that it isn't just Northern teams. Dublin did it to us a lot over the past decade as well. We don't close out too many games strongly; the All Ireland Final against Galway in 2022 was one of the few exceptions. That's just my own observation; I'm not speculating as to why or what to do about it (how would I know? This is a specialist area).

Ruairí Canavan wins and converts a free. Four points in it. Ben McDonnell fists another. Mark Kavanagh with a good score. No point in pretending; it very much feels like game over. Errigal Ciarán are powering towards the finish line.

Except....Crokes just refuse to die. Bloodied, battered, almost out on their feet...but 'almost' is a very big word in that sentence. Dying seconds. Crokes by the corner flag. A high ball across, and Charlie Keating is there to bury it. Just a goal between them now.

They give it everything. There is no possible way that anyone could have given any more. To say that they died the death of champions is a pallid comfort at a time like this. The final whistle sounds with just that goal between the sides and Errigal Ciarán marching into an All Ireland Final. No grudges; they earned it the hard way, and the very best of luck to them. But Dr. Crokes were applauded off the field too, and not just by the Kerry supporters. There are days where it transcends any tribal rivalries or loyalties. Days where magnificence deserves its own tribute and this was sheer raw magnificence.

Errigal Ciaran: Darragh McAnenly, Cormac Quinn, Aidan McCrory, Ciaran Quinn, Tiarnan Colhoun, Niall Kelly, Peter Og McCartan (0-1), Ben McDonnell, Joe Oguz (1-1), Peter Harte, Ruairi Canavan (0-7, 3f), Ciaran McGinley, Thomas Canavan, Darragh Canavan (1-6), Odhran Robinson. Subs: Mark Kavanagh 0-1 (for Thomas Canavan, 43 mins), Pádraig McGirr 0-1 (for Odhran Robinson, 53 mins), Ronan McRory (for Tiarnan Colhoun, 65 mins), Eoin Kelly (for Peter Óg McCartan, 70 mins), Dermot Morrow (for Cormac Quinn, 71 mins), Peter Óg McCartan (for Ciarán McGinley, 79 mins).

Dr Crokes: Shane Murphy, Evan Looney, Fionn Fitzgerald, Maidhcí Lynch, Charlie Keating (1-0), Gavin White, Brian Looney (0-3), Mark O'Shea(0-1), Michael Potts, Michael Burns (0-5, 1f), Gavin O'Shea, Tom Doyle, Tony Brosnan (0-8, 7f), David Shaw (0-1), Cian McMahon. Subs: Kieran O'Leary (for Tom Doyle, 37 mins), Daithí Casey (for Cian McMahon, 46 mins), John Payne (for Charlie Keating, 47 mins), David Naughton (for Michael Potts, 52 mins), Alex Hennigan (for David Shaw, 62 mins), Cian McMahon (for Micheal Burns, 69 mins), Michael Potts (forBrian Looney, 74 mins), David Shaw (for Gavin O'Shea, 75 mins).

Referee: Brendan Cawley (Kildare).





SOUTH KERRY DEVELOPMENT PARTNERSHIP CLG PRESENTS

# **13<sup>TH</sup> FEBRUARY 2025** GREAT SOUTHERN HOTEL, KILLARNEY TIME: 10.30AM TO 13.30PM

# WORKSHOPS ON THE DAY

**10:45**AM CAREER CHANGE by Rico Stein Kerry College / Kerry ETB

11:30AM CVS & COVER LETTERS by Mary Murray Kerry Local Area Employment Service

12:15PM SUPPORTS FOR JOB SEEKERS by Intreo (DSP)

# COME ALONG AND BRING YOUR CV ON THE DAY. NO REGISTRATION REQUIRED.

Meet Employers from Hospitality, Healthcare, IT, Finance, Construction, Manufacturing, Retail and many more.

A CALL FOR EMPLOYERS WISHING TO EXHIBIT! ontact jgriffin@skdp.net by COB on FRIDAY 71H FEBRUARY 2025.













The Social Inclusion and Community Activation Programme (SICAP) is co-funded by the Irish Government, through the Department of Rural and Community Development, and the European Union through the European Social Fund Plus under the Employment, Inclusion, Skills and Training (EIST) Programme 2021-2027. GAA | AROUND THE COUNTY |



#### **DR. CROKES**

#### ALL IRELAND CLUB SEMI FINAL

#### Dr. Crokes 1:18 Errigal Ciarán 2:18 (AET)

Our fantastic season has come to an end after a Titanic battle against the Tyrone Champions in Newbridge. With two evenly matched teams fighting for a spot in the All Ireland Final it was always going to be a tough battle. We started well, winning the hop and getting the first opportunity to put a score on the board but unfortunately Micheal Burns' effort swung narrowly to the left and wide. With points from Cian McMahon, Tony Brosnan, Micheal Burns and Mark O'Shea we were unlucky to be trailing by the minimum at the break 0:07 to 0:08. After a great ball in from Gavin O'Shea in the 15th minute, Tony Brosnan were unlucky not to find the back of the net. The second half was as nail biting as the first with both teams giving everything they had. It was hard to separate the sides with points being traded for much of the half. A crucial goal for our opponents in the 38th minute meant that we had to work harder to make up the difference. Points from Brian Looney and Tony Brosnan saw us level things for the 6th time in the game. The last 5 minutes had us all on the edge of our seats and when Tony Brosnan put us in the lead with a brilliant point from play in the 58th minute it looked as if the game was ours to take. We fought hard to hold our lead until the dying seconds of the 5 additional minutes when the Errigal Ciaran wing back levelled matters and forced us to extra time. The first period of extra time could not separate the sides but it only took the first minute of the second for the Tyrone men to add the maximum to the scoreboard, leaving us trailing by 3. Charlie Keatings 80th minute goal came a little too late. This has been an unforgettable campaign for our senior footballers who have brought us on many great days out this season while also adding plenty of silverware along the way. Well done to all of the team and management, we are so proud of how well they represented our club on the national stage.

**LOTTO** took place January 13th. Numbers drawn were 12, 16, 18, 25. Jackpot of €7,700 was NOT WON. 4 patrons matched 3 numbers and received €100 each. Jackpot for draw on January 20th will be €8,000. Play online by following the link below and follow instructions attached https://play.clubforce.com/play\_newa.asp?ll\_id=734#Anchor(https://play.clubforce.com/ play\_newa.asp?ll\_id=734#Anchor)

**FR. PADDY'S CARDS NIGHT** will return on Wednesday 15th of January from 8pm in the clubhouse.

**GENTLE YOGA** for men and woman returns on Thursday January 16th until February 6th from 6:15pm-7pm. It is €40 for 4 weeks.

#### DR. CROKES SHOP

You can shop worldwide on our online shop. Follow the link https://www.oneills.com/shopby-team/gaa/ireland/dr-crokes-gaa.html?p=2 BINGO

Dr Crokes Bingo continues every second Sunday in St. Mary's Parish Hall. Doors will open at 7pm with the first game commencing at 8pm. Next game is January 26th.

**CONDOLENCES** to the John O'Shea and Family on the recent passing of his mother in law Mary O'Gorman. Ar dheis Dé go raibh a hanam. NOTES

NOTES

If anyone has anything they want to add to our club notes please email pro.drcrokes.kerry@gaa. ie

#### **FOSSA NOTES**

#### LOTTO

The numbers drawn on 12/01/2025 for a jackpot of  $\in$ 7,650 were 1, 5, 7, 23. There was no jackpot winner. The  $\in$ 40 consolation prize winners were; Emma Redmond, Maria Vaughan, John Murphy, Maria Falvey, Nora O'Neill. Tickets are available from our sellers and can also be bought online with the following link

https://fossagaa.clubforce.com/products/lotto/ fossa-gaa-club-lotto

#### LAST MAN STANDING

We are pleased to announce the Fossa GAA Last Man Standing Fundraiser

for the Allianz League. Last Man Standing Rules; Pick a winner for each of the 7 league matches. Win = progress, lose or draw = out. No picking the same team more than once. €750 to be won plus a chance to win a signed Paudie and David Clifford Jersey. Massive thanks to our sponsors The Golden Nugget and The Old Killarney Inn. Selections can be submitted via Google form which can be found on our Facebook page or Instagram page. We will also have a handful of hard copy sheets available in The Nugget, The Old Killarney Inn and Foleys shop. The deadline for entering the competition is Friday 24th Jan. €10 entry (cash or Revolut). Can be paid to Fossa Senior Team or Club Member or Revolut to @ danieln2ff.

#### **U14 GIRLS**

Congratulations to Fossa U14 Ladies player Emma O'Connor who has been selected for the Kerry Ladies U14-football-panel for 2025: We are extremely proud of her and wish her all the best for the season ahead.

#### **HEALTHY CLUB**

Any Fossa club members looking to get January off to a healthy start, My Life Every Step Counts Challenge- commenced on January 8th but it's not too late to start now! Download the My Life App and choose, Every step counts, challenge. Fossa GAA can be found in Munster section

ust click on Fossa to join the group. A chance to get fit and possibly win some money for the club if the challenge target is reached.

#### **YOGA AND PLILATES**

Yoga and Pilates Classes commencing this week in Fossa GAA Clubhouse.

Pilates class - by Coleen Coffey, commencing Monday morning 13th January - Early morning classes - 7 to 7.45 am. Six week block - 55 euro - payment upfront. To book your place please message Coleen directly at 353 (86) 173 1469. Yoga with Fiona Collins , Tuesday - 7.30pm, Thursday 7.30-8.30pm, Friday 9.30 - 10.30 am. Contact Fiona directly on (085) 728 2160.

Sympathy is extended to Breda Breen and family, Barleymount on the recent death of Breda's father, Michael Sullivan, Ballydonagh, Cloughjordan, Co. Offaly. May He Rest In Peace. Sympathy is also extended to Finbarr and Ted Kennelly and family, Dromin on the death of their mother, Marion Kennelly (née Kennedy) Knockananlig, Castleisland Co.Kerry. May She Rest In Peace.

#### **KERRY GAA SUPPORTERS CLUB**

#### KERRY V DERRY OVERNIGHT TRIP

Bookings will be taken on Monday night 20th January in Ballygarry House Hotel and at the Listowel Arms Hotel at 7pm. Price as follows: €145 per person sharing. €165 single room limited to 5 rooms. Bus Drivers will get 2 of those rooms. Those prices include Bus, Dinner, B&B. Car only €105 Dinner, B&B per person.

#### EAST KERRY NEWS

#### EAST KERRY CONVENTION

East Kerry convention to be held on Friday 31st December.

The position of Chairperson is vacant due to the untimely death of our Cathaoirleach John Dineen.

The positions of Secretary and Assistant Secretary are also vacant.

#### MUNSTER GAA CLUB FORUM

Munster GAA are running a Club Forum on Saturday 25th January in Mary Immaculate College Limerick. The theme of the Forum is "Best



Practice in Coaching and Club Development" The day will consist of a series of workshop that cover a number of important areas that will be of huge benefit to Club Coaches and Administrators.

We would encourage all clubs in Kerry to send representatives to the Forum as it would also be a very valuable opportunity to connect and meet with other coaches and administrators.

Please find the link below with details of times, list of workshop presenters and content.

https://munster.gaa.ie/event/2025-munstergaa-club-forum/

You can register for the forum on the link above (All registrations must be done online

#### **KILLARNEY LEGION**

#### DATE FOR YOUR DIARY

Mark Friday January 31st into your diary as the club will be hosting its annual social. On the night we will be celebrating a great year for our Senior ladies team as well as honouring our annual award winners. Keep the date free. Tickets for the event will be held in the Killarney Heights Hotel, are now available for the great value of €50. That will provide you with a four course meal, music to Truly Divers, a DJ till late and a bar exemption. They must be purchased before the night to finalise numbers (no payment at the door) and are available from Dave Randles, Denise Fogarty, Sharon O'Shea, Fergal Moynihan, Ted Healy (and from his office DNG Ted Healy New Street) and Enda Walshe.

# SENIOR LADIES YOUNG PLAYER OF THE YEAR

Our Senior Ladies Young Player of the Year award is in a safe pair of hands for 2024 with our senior goalkeeper Amy Walshe being awarded the accolade. Hailing from Bridgefield, the daughter of club stalwart and previous club person of the year Enda Walshe and the late Breda, Amy has been a familiar face around Direen from a very young age, regularly accompanying her Dad to the club in between lining out at every age grade over the years. Numerous underage titles were won over the years with Amy forming the last line of defence .The position of goalkeeper is the most high-pressure position to fill but one which Amy has made her own over the years. 2024 was a season which saw our regular senior ladies goalkeeper retire which paved the way for Amy to make the step up.

Having been involved in the senior set up for the previous couple of years, management confidently handed Amy her opportunity and she grasped it firmly with both hands and never looked back. Amy has worked diligently on the position this year and the improvement in performance is evident for all to see - be it shot stopping, high balls or kickouts Amy has not disappointed. The category of Young Player of the Year was extremely competitive this year, a very encouraging factor for the future, with a number of players putting their hands up for consideration. From stand out defending to marauding half forward play to scoring full forwards the list of contenders was long and warranted close scrutiny. When it came to the crunch of nominating the winner, Amy's name stood out on top of that impressive list.

#### SENIOR LADIES PLAYER OF THE YEAR

When the senior ladies management team of Ted Healy, John McCarthy and Orla Culloty were asked for their senior ladies player of the year for 2024, one name was unanimously agreed on from the outset - that of Keri Ann Hanrahan.

Keri Ann put in a stormer of a year for our senior ladies in a record-breaking season with her trademark runs from the half back line a joy to behold. Anyone watching Keri Anns progress over the years will not be surprised with this award – she has been making great strides for club and county from an early age.

Playing at all age grades, the Muckross girl won numerous club titles over the years making her senior Legion debut at the age of just 15 and over the course of the past 6 seasons she has become in integral part of our Ladies senior team. Keri Ann has not been found wanting on the county scene, having represented Kerry at all age grades, including senior. She has Munster honours at all underage grades and captained the Kerry Minor team. Keri Ann was a member of the National League winning senior side of 2023 before she returned to concentrate on her club football. 2024 will live long in the memory for our senior ladies' players, and Keri Ann was a driving force behind the success. Always available to train, often putting in extra work after sessions, a great presence in the dressing room and on the field, Keri Ann is a very popular and most deserving winner of our Senior Ladies player of the year for 2024.

SENIOR MENS YOUNG PLAYER OF THE YEAR The Jim Trant Award goes to the young player who made the biggest impact in the previous twelve months and gave a hint of what future promise might hold. Having played all age groups growing up, Conor Gammell took a break from football to concentrate on athletics. But he didn't stay away too long, and 2024 can be labelled his breakout year. He was a consistent trainer and made his senior team debut in the East Kerry Superleague . Through his work ethic at training and performances on the pitch, he soon became a regular on match days. Given the experience of the defence, it may have been a tall order, but his athleticism and speed marked him out as one for the present as well as the future. It's hoped he will be a manistay of the senior team for years to come.

#### SENIOR MENS PLAYER OF THE YEAR

This is this player's second time winning the John O Grady Cup and when you consider that the first time he won was in 2010 it tells you all you need to know about the commitment and dedication he possesses. Fourteen years later, he is still a vital cog in the senior team wheel, and his performances in 2024 make him a worthy recipient. Jonathan Lyne has, of course, sandwiched an inter county career in between those dates, but it was a testament to his professionalism and enthusiasm that he stood out as the teams outstanding player. Those characteristics can be held up as an example to the younger players in the club, and if any of them can come close to replicating his career, the club will be all the better for it.

#### **KERRY LADIES**

Well done to Ali Bowler, Sophie O Shea, and Leah Mannix, who were all named on Kerry LGFA Panels for the season ahead. Both Ali and Sophie will line out for the Kerry U16 ladies while Leah will be playing with the Kerry U14s. We wish the trio the very best of luck for the season ahead. LOTTO

Results Monday 6th January. Numbers were 4, 8, 16, 18. Bonus No15. Match 3s / Lucky Dips 3 x€50: 1. Declan Grimes Bruach Na hAbhainn 2. Brian O'Shea c/o Brian James 3. Pat O'Sullivan c/o Paddy Powers





#### **17.**01.25 | **73**



# Bord Oideachais agus Oiliúna Chiarraí Kerry Education and Training Board

Kerry Education and Training Board (Kerry ETB) is a statutory education and training authority for County Kerry, established in accordance with the provisions of the Education and Training Boards Act 2013.

Kerry ETB is a provider of Primary, Post Primary and Further Education and Training services in Co. Kerry. The ETB has c. 1,388 staff, an annual budget of c. €81 million, c.38 Centres of Education and Training including the Kerry ETB Head Office located in Tralee, Co. Kerry.

# Job Opportunity

Applications are invited for the following post(s) which may arise. All appointments are to Kerry ETB - centre of first assignment is indicated here for the assistance of applicants.

# **Permanent Caretaker Post**

Centre of first assignment: Killarney Community College, Killarney Co. Kerry

Please complete application form which can be downloaded from our website www.kerryetb.ie/opportunities and return by email only to jobs@kerryetb.ie. No C.V.'s, only official application form will be accepted.

#### Applications must be received not later than 12 noon, Thursday 30th January 2025.

Colm Mc Evoy Chief Executive

> Kerry Education & amp; Training Board services Gaeltacht areas. Cuirfear fáilte roimh chomhfhreagras í nGaeilge. Garda Vetting of successful candidates will take place prior to offer of employment. Canvassing will automatically disqualify.

Short-listing will take place on the basis of the information provided in the application form. Depending on the qualifications and experience of applicants, short-listing thresholds may be higher than the minimum standards set out.

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- Ability to work independently and as part of a team

To apply, email Cover Letter and CV to: info@orm.ie ORM Accountants Ltd, First Floor, 82 New Street, Killarney, Co Kerry.





# Medical Administrator

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#### **Requirements:**

- Proven experience as a Fire Officer or similar role.
- In-depth knowledge of fire safety regulations and best practices.
- Excellent communication and training skills.
- Relevant certifications in fire safety and emergency response.

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We seek a reliable, responsible, and skilled driver/ general operative to join our team.

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We seek a highly organised, detail-oriented, and proactive Office Administrator to join our team.

- The ideal candidate will manage and oversee the office's day-to-day operations, ensuring a smooth and efficient working environment.
- This role requires excellent communication skills, a strong work ethic, and the ability to work independently and as part of a team.

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With these bare-rooted trees you will still have a few weeks left to plant them. If you plant beofre the end of March, it will give the tree a better chance of rooting into the ground that bit guicker. When planting your bare rooted tree, dig the hole big enough, that you can spread out the roots all around the hole. Then drive your stake into the hole roughly about 6 to 8 inches below the bottom of the hole, place your tree and spread the roots out well. If possible place your stake on the side of the prevailing winds as this will ensure that the tree is blown up against the stake when the wind is high. Fill in the soil mixed with compost around the roots and firm in with the heel of your foot. Lastly, place your tree ties on - one near the top and one at the bottom with a spacer in between to stop the bark being damaged by the stake.



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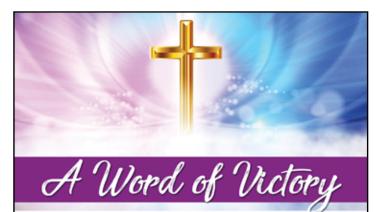
.....

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# THE TRUMPY AND **MUSKY DUO**

By Nicky Barry

There have been some great double acts, over many years, Like Laurel and Hardy, who made children laugh and cheer. They bumbled through their movies, in plain black and white, As a pair of eejits, who could get nothing right. Then along came Bud Abbot, and buddy Lou Costello, Who made a generation laugh, as two crazy fellows. Dean Martin and Jerry Lewis, paired up for a while, With Jerry's funny faces, and Dean's charming guile. Then the Morecombe and Wise duo, were winners on TV, And sparkled every Christmas, on the BBC. But lately I have noticed, a new pair on TV, Who can work an audience, into frenzied glee, But these guys are not funny, in fact they are obscene, For now Trumpy and Musky, have joined forces as a team. These are frightening people, who have awesome power, And they adore each other, making millions by the hour. The world can only wait and watch, this obnoxious couple, As they both take over it, and will no doubt cause trouble. At least Trumpy was elected, for better or worse, But Musky is a maverick, whom no one can trust!



#### "On the day when I called You answered me. You emboldened me and strengthened my soul... Though I am in the midst of trouble, You revive and protect me." (Psalm 138:3,7).

Welcome back dear student, the hymn "What a Friend we have in Jesus" asks, 'have we trials and temptations? Is there trouble anywhere? Jesus knows our every weakness take it to the Lord in prayer'. God promises He is . . . 'a very present Help in trouble' urging us to 'be still and know that I Am God' (Psalm 46). Being 'still' in a crisis is not easy. The flesh may respond in anxiety, racing thoughts, and tremors. Remaining stable, tranquil, and composed is both imparted and learned (Jeremiah 6:16). The study of God's Word delivers from fear through the Power of His Spirit in the Word (John 6:63; Hebrews 4:12). Unfortunately, if people don't know it, they don't avail of the Lord's help, often ending up in worse trouble trying to find solutions everywhere else. All this world has to offer is superficial, and feel-good effects always wear off, for it is false peace (Jeremiah 6:13). King David's relationship with God gives us Hope. David constantly writes of the times the Lord delivered him from every kind of trouble (1 Samuel 17:34-37; Psalm 34:4-8). Once, when David and his army were away from home, enemy raiders came and burned their town to the ground, abducting their wives, children, livestock, and possessions. They literally wiped out everything, crushing them. David's men were bitter, angry, and turned on him.

Human nature often looks for someone else to blame and vent anger on, and those closest usually get the brunt of it. It's spiritual immaturity. David turned instead to the Lord, looking to Him for help. "David strengthened and encouraged himself in the Lord" (1 Samuel 30:6). The gratefulness in David's heart for all the Lord had done for him, resulted in him being wise enough to ask God for His plan to retrieve their loved ones? God directed him to go after the raiders, assuring him of complete recovery. David's courage and wisdom brought focus to those he was leading, and together they united to recover all that was stolen. God caused everything to fall into place for them, and they rescued not only their wives, children, and animals, but they gained all the plunder the enemy had amassed. This was restoration and breakthrough, and it is God's plan for all His children in relationship with Him (Jeremiah 29:11-13; Isaiah 43:2). Our enemy Satan is a thief - he attacks to bring destruction, but if we will only wait on the Lord worshipping Him, growing to know Him more by prayer and studying His Word, listening for direction from Him; not giving into the works of the flesh (doubt, strife and offence, bitterness and fear), then God will cause us to have victory even in the darkest places. Isaiah noted that those who wait upon the Lord renew their strength and mount up with wings like an eagle. The eagle uses storms to fly at higher altitudes than it's used to giving him supernatural strength to soar above, when all the other animals are running for cover. This is God's plan friend. We have no power in ourselves, but through Christ we can do all things (Philippians 4:13). In Him you are an overcomer and more than a conqueror, but it's through humility: leaning on Him, that we experience the power of His Love and Deliverance (Romans 8:35-39). "He gives power to the weak, and to those who have no might He increases strength" (Isaiah 40:28-31). Our latest podcast episode

Bible Study and Prayer every Sunday @ 11am and Thursday @ 7.30pm at Word of Victory Christian Fellowship Killarney V93V6X4

on Spotify called 'Soul Healing' is worth a listen for further study - details on our

f Word of Victory Christian Fellowship Killarney

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Facebook page.

- 😑 Email: wovkillarney@gmail.com
- (1) Text for Prayer: 087- 4471797

Podcasts on Spotify: A WORD OF VICTORY

**EXPOSITION OF THE BLESSED SACRAMENT:** Church of the Resurrection 5pm - 9pm Tuesdays St Mary's Cathedral 11am – 5:45pm Wednesdays Church of the Holy Spirit Muckross 4pm—6pm Thursdays Exancisean Ericary 2pm 7pm Eridays Holy Hour

Franciscan Friary 2pm –7pm Fridays Holy Hour Sundays @ 6pm

# MASS OF REMEMBERANCE FOR THE DECEASED OF 2024

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 2024 (i.e. January 1st to December 31st 2024 inclusive) There is No 6.15 pm Mass that evening. We invite family, relatives, neighbours and friends to join us 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 Monday 20th January.

THE DIOCESAN MISSION, PILGRIMS OF HOPE, will take place from Sunday January 19th-Wednesday January 22nd. Each day you are invited to join in the mission talk, prayer, mass, video reflection, prayer petition and family time. Speakers include Br. Richard Hendrick, Caoimhe De Barra, David Wells, and Martina Lehane Sheehan. To register in the mission, register through the diocesan website, www.dioceseofkerry.ie

**KERRY DIOCESAN PILGRIMAGE TO FATIMA** Led by Fr. Noel Spring 11-15th May 2025. Return coach included from Kerry to Shannon Airport to Porto. For further information please contact: Barters Travel Cork 021-4851700.

**AN AFTERNOON OF PRAYER** will be on in Our Lady of Lourdes Church Scartaglen on next Sunday January 19 starting at 2:30pm.

**KILLARNEY ACTIVE RETIREMENT** will resume Monthly Meetings on Friday January 17th in the CDYS (back of Franciscan Friary Bookshop) 2 to 4 PM - new members welcome - 20E membership collected on the day -

# NOVENA TO ST. JUDE

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

Oh Sacred Heart of Jesus, pray for us. St. Jude worker of miracles, pray for us. Helper of the hopeless, pray for us.

Say this prayer nine times a day, by the eighth day the prayer will be answered. It has never been known to fail.

# NOVENA TO ST. CLAIRE

Ask St. Claire for three favours, one business, two impossible and say nine Hail Mary's for nine days with lighted candle. Pray whether you believe or not. Publish on ninth day. Powerful novena.

May the Sacred Heart of Jesus be praised, adored, glorified and loved today and every day throughout the whole world forever. Amen Say six times daily for nine days. Your request will be granted no matter how difficult it may seem. Favour publication must be promised. MOC





#### IN MEMORIAM

#### TO PLACE A MEMORIAL ON THE KILLARNEY OUTLOOK

Please email details to: graphicdesign@outlookmags.com and the verse and photo you would like to include.

If it is a repeat anniversary we will have your photo and verse on file, just call Emma on: 087 6593427

Please include a contact name, address and telephone number.

#### Full Column: €30 2/3 Column: €25 1/3 Column: €20 Prayers: €10 each

Payment can be made via credit card by calling 066 7143505 from 9am-1pm Monday to Friday

### THE MIRACLE PRAYER

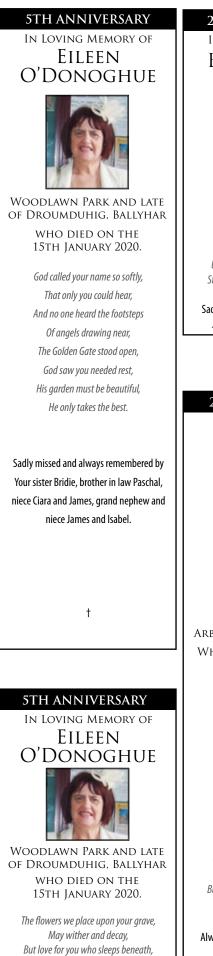
Dear Heart of Jesus in the past I have asked many favours. This time I ask you this special one, (mention favour). Take it dear heart of Jesus and place it within your own broken heart where your Father sees it. Then in his merciful eyes it will become your favour not mine. Amen. Say this prayer for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

# THE MIRACLE PRAYER

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Loved and always remembered Your brother Jerry, nieces Maria and Eileen

Will never fade away.

# 25TH ANNIVERSARY In Loving Memory of BRIDIE HEALY



Late of Old Bridge, Headford Who died on 13th January, 2000.

The ones we love don't go away, They walk beside us everyday, Unseen, unheard, but always near, Still loved, still missed, still very dear.

Sadly missed by your brothers Dan and Jim, sister Kay and sisters-in-law.

#### 2ND ANNIVERSARY

IN MEMORY OF MY TWIN SISTER MARGARET (PEGGY) MOORE



Arbutus Grove, Killarney Who passed away on the 16th January 2023

If roses grow in Heaven Lord Please pick a bunch for me, Place them in my Sister's arms and tell her they're from me.

Tell her I love her and miss her, and when she turns to smile, Place a kiss upon her cheek, and hold her for a while.

Because remembering her is easy, I do it everyday, But there is an ache within my heart, that will never go away.

Always fondly remembered by her twin sister Nora , sister Mary Ann, brother Thomas and Tom and John.

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# OUR BROTHER DAMIAN O'SHEA

**19TH ANNIVERSARY** 

WITH LOVE WE REMEMBER

LATE OF OAK HILL, BALLYDRIBBEEN, KILLARNEY & FORMERLY OF ST. BRENDAN'S TCE., KILLARNEY. WHO PASSED AWAY SUDDENLY ON 22ND JANUARY, 2006. REST IN PEACE.

A beautiful nature, A heart of gold, Your loss to us can never be told, We hold our tears when we speak your name, but the pain in our heart will always remain. No words we write will ever say, how much we miss you day by day, Simple words but very true, we miss you Damian and love you so.

Until we meet again Damian.

Always in our hearts, Finbarr, Patrick, Elaine, Darren, Karen, Colm and David, Jackie, Karen M, Brendan, Lucy, Darcie and Daniel. XXX

Anniversary Mass in St Mary's Cathedral on Wednesday, 22nd January, 2025 at 6.15pm.

#### 19TH ANNIVERSARY

In Loving Memory of DAMIAN O'SHEA



late of Oakhill, Ballydribben, Killarney and Formerly of 62 St. Brendan's Place, Killarney Who died on the 22nd January 2006

Deep in our hearts your memory is kept, To love, to cherish and never forget.

Always remembered by your brother Connie, Mary and Ian.

#### 8TH AND 18TH Anniversary

In Loving Memory of

#### Sheila and Bernie O' Connor



O KELLY'S VILLAS, KILLARNEY Sheila who died on the 21st of January 2017 and Bernie who died on the 16th of January 2007.

Loving parents are now at rest, For each of us they did their best, Their love was great, their hearts were kind, A beautiful memory they left behind.

> In heaven they rest No worries, no pain In God's own time We will meet again.

For those we love don't go away, They walk beside us every day. Unseen, unheard, but always near, Still loved, still missed and held so dear.

Lovingly remembered by their family, Phil, Dermot, Ber, Eileen and Angela grandsons, Simon, Jack, Ben and Mark. granddaughter Niamh.

Anniversary Mass will be held at St. Mary's Cathedral at 10.30am on Sunday 19th January 2025.

# NOVENA TO ST. CLAIRE

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BUILT FOR A BETTER WORLD

# JANUARY OFFER

Lock in the 2024 SEAI grant amount! We're covering the €300 drop in the SEAI grant, saving you up to €2,100 on your solar installation.

Save on your energy bills with solar panels that work year-round!

Solar PV panels work off daylight not just sunlight so even in the snowy and icy conditions we are facing you would still be producing electricity!

Any Solar Panel installation completed in January will automatically be entered into a draw to win a €1,000 Cork Builders Providers voucher!



Grants Available Rated Excellent ★ Trustplot O26 68004
 solar@jmenergy.ie
 Ballingeary, Co.Cork

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