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### FARRANFORE

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Liam Lynch Garage

### KILLARNEY

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

### INNISFALLEN MALL

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

### PARK ROAD

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

### COLLEGE STREET

KDYS  
GALA Bronny's  
Specsavers  
Sean Taffee  
Dominos Pizza  
South West Counselling  
Fairview Guesthouse  
Killarney Hardware  
Casey Video Shop  
Dungeon  
Cronin's  
Failte Hotel  
Kerry Phone Shop  
Scotts Hotel  
Variety Sound  
McSorley's  
Ladbroke's  
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Golden Chopsticks  
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Killarney Barber Shop  
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Goggins Hair Salon  
Jam Café  
J MAC Office  
Kerry Mortgages  
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Killarney Hair Studio  
Medical Hall  
Euro City  
Macs Restaurant  
John Reidy  
(Bar & sweet shop)  
EBS  
Coyne & Culloty  
Christy's Irish Stores  
MD O'Shea's  
Killarney Bookshop  
Sheehan's Pharmacy  
Brian James  
Abbey Travel

### HIGH STREET

Quill's Fashion  
Keane's Jewellers  
Sceal Eile  
Julies Barber Shop  
O'Connor's Bar  
Smoke House  
Cronin's Butcher  
Salvador's Pizza  
Corkery's  
Paddy Power  
O2 Phone Shop  
Ladbroke's  
Speak Easy (bar)  
Eagers  
JC O'Shea  
B.DE Stack Jewellery Shop  
Feet First  
Killarney Outlook Office  
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Kennelly's Pharmacy  
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Subway Restaurant  
Healy (DNG)  
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Pharmacy  
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Pharmacy  
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Friday **23rd** - Thurs **29th** Jan 2015

|  |  |  |  |
|--|--|--|--|
| <br><b>THE THEORY OF EVERYTHING</b><br>(12A) 12:00<br>7:00pm 8:15 8:45 | <br><b>EX MACHINA</b><br>(15A) 12:00<br>7:00pm 8:15 9:00              | <br><b>KINGSMAN</b><br>(15A) 14:00<br>7:00pm 8:15 8:45            | <br><b>AMERICAN SNIPER</b><br>(15A) 14:00<br>7:00pm 8:15 8:45 |
| <br><b>TAKEN 3</b><br>(15A) 12:00<br>7:00pm 8:15 9:00                  | <br><b>FORCATCHER</b><br>(15A) 14:00<br>7:00pm 8:15                   | <br><b>INTO THE WOODS</b><br>(PG) 14:00<br>7:00pm 8:15 12:15      |  |
| <br><b>THE HOBBIT</b><br>(12A) 12:00<br>7:00pm 8:15                   | <br><b>PENGUINS OF MADAGASCAR</b><br>(PG) 12:00<br>7:00pm 8:15 12:15 | <br><b>NIGHT AT THE MUSEUM</b><br>(PG) 14:00<br>7:00pm 8:15 4:30 |  |
| <br><b>TINKERBELLE</b><br>(PG) 12:00<br>7:00pm 8:15 4:00             | <br><b>PADDINGTON BEAR</b><br>(PG) 12:00<br>7:00pm 8:15 4:30        | <b>KIDS CINE CLUB</b><br>Sat 24th & Sun 25th Jan<br><b>NIGHT AT THE MUSEUM</b> (PG) 14:00 12:15<br><b>TINKERBELLE</b> (PG) 12:00 12:05             |  |

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## GREAT LINE UP FOR KILLARNEY FESTIVAL

Burt Bacharach, Jools Holland, TEXAS and The Proclaimers are just some of the headliners at this year's 'Killarney Festival of Music and Food' which will take place on 27th and 28th June.

With tickets on sale today, Friday 23rd January, other performers include The Undertones, Something Happens, Declan O'Rourke and Gemma Hayes to name a few. The Killarney Festival of Music & Food, a unique family friendly boutique festival which brings eclectic music, comedy and gourmet food together, will take place in the town on the last weekend in June. Acts will perform across seven stages including Main Stage, Marquee Stage, Irish & Emerging Artists Stage, Comedy Tent, Acoustic Stage and Trad music stage.

Tony Fenton hosted the launch event in L'Ecrivain, Dublin on Tuesday last and said "Killarney Festival of Music & Food has something for everyone however we are particularly proud to support Irish talent – we



JOHN JOE CULLOTY MAYOR OF KILLARNEY AND THE PRESIDENT OF THE CHAMBER OF COMMERCE KATE O'LEARY AND CLLR NIALL KELLEHER PICTURED AT THE LAUNCH OF THE 'KILLARNEY FESTIVAL OF MUSIC AND FOOD'. PHOTOS BY © MICHAEL CHESTER 087 8072295 INFO@CHESTER.IE



PICTURED AT THE LAUNCH OF THE 'KILLARNEY FESTIVAL OF MUSIC AND FOOD' ARE PRESIDENT OF THE CHAMBER OF COMMERCE KATE O'LEARY, DERRY CLARKE AND MICHAEL HEALY. PHOTOS BY © MICHAEL CHESTER 087 8072295 INFO@CHESTER.IE

are so lucky to have a wealth of talent in Ireland to choose from every year."

Over 60 Irish and international musicians and bands will perform at Killarney Festival of Music & Food which will also include a Comedy Tent which is always hugely popular at the festival and will feature ten top comedians from home and abroad including actress and comedienne Deirdre O'Kane and Après Match with Barry Murphy, Ristard Cooper and Gary Cooke.

The Killarney Gourmet Food Village will be an extensive showcase of wine and food not only for the region of Kerry but for Ireland as a whole. The food village will be dedicated to excellence in taste and food lifestyles. There will be a Wine Bar featuring Wines of the World, a Craft Beer Lounge and a Cocktail Lounge

where visitors will not only be able experience magnificent cocktails but attend cocktail making masterclasses. A number of chill-out zones will be available for the visitors to sit and enjoy the festival atmosphere while sampling the delights that they have purchased.

The Killarney Festival welcomes all ages and of course kids under 12 years of age are allowed in for free accompanied by an adult when tickets are booked in advance. The Killarney Kids Zone (KKZ) will have a fairground, giant games and kids' activities for all ages including arts and crafts. There will also be cookery demos for children in the Killarney Gourmet Food Village. It looks like its going to be an amazing event.

## TIGHT LINES FOR JERRY AS HE CATCHES FIRST SALMON



THE FIRST SALMON OF 2015 CAUGHT IN KERRY BY JERRY LOONEY, WOODLAWN TERRACE, IN THE LONG RANGE RIVER OUTSIDE KILLARNEY AT 8:35AM ON SATURDAY WEIGHING IN AT 11LBS. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

A fisherman all his life, Jerry Looney has caught the first salmon of 2015.

Jerry was out early on Saturday morning last and landed his catch at 8.35 am on the Long Range River at the back of Dinis Cottage.

The generous Woodlawn resident sold the prize 11lb catch to Kate O'Leary from The Laurels and the proceeds were donated to the Irish Cancer Society through Strictly Come Dancing.

This is the second time Jerry has been lucky enough to catch the first salmon of the year - the last time being in 2009.

#lovekillarney



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The Urgent Care Centre is located on the main hospital corridor, close to reception





## PARISHIONERS GATHER TO SHAPE OUR DIOCESE

The Diocese of Kerry held the first of twelve listening gatherings in Killarney on Monday night last, January 19th. Over eighty people assembled in the Dromhall Hotel, to share their hopes and expectations for the diocese. Representatives from all five parishes of Killarney Pastoral Area were present, this includes Fossa, Furies, Kilcummin, Glenflesk and Killarney. The pastoral plan will provide the diocese with a road-map/direction over the next five years and according to Bishop Ray Browne "it is important to consult and listen to what people are saying".

The gathering was facilitated by the pastoral team and Bishop Ray Browne was also in attendance. There will be another eleven meetings throughout the diocese until March 18th next.



PICTURED AT THE DROMHALL HOTEL, THE PASTORAL TEAM WHO WERE GATHERING THE COMMUNITY FOR INPUT AND SUGGESTIONS ON SHAPING OUR DIOCESE. L-R FR. KIERAN O'BRIEN, BISHOP RAY BROWNE, FRANCES ROWLAND (PASTORAL TEAM) & FR. GER GODLEY.  
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE DROMHALL HOTEL FOR SHAPING OUR DIOCESE PASTORAL PLAN 2015-2020 WERE L-R SR KATHLEEN LISTON, KATE WHELAN, PATRICA O'DONOGHUE & MARGARET O'SULLIVAN.  
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE DROMHALL HOTEL FOR SHAPING OUR DIOCESE PASTORAL PLAN 2015-2020 WERE L-R FR PAT HORGAN, MARY QUINLAN, FR DICK DOWLING & LILY TERRY.  
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

## AOIFE IS LA BOUND



AOIFE COOPER  
FUNDRAISING AS A  
VOLUNTEER FOR SPECIAL  
OLYMPICS.

A Killarney girl with a passion for helping others has been chosen as a volunteer with Special Olympics. Aoife Cooper from Lissivigeen will travel to LA for the 2015 games. To achieve this amazing opportunity, Aoife needs to raise €4,750 for the trip. The former St. Brigid's Presentation School pupil and winner of the Orla Benson Award, Aoife, who

is training to be a physiotherapist is organising a fashion show in the Killarney Oaks Hotel. All proceeds from the fundraiser will go directly towards Special Olympics Ireland to help subsidise the trip with the remainder going to help Special Olympics Ireland carry on with the amazing work they are doing. There will be seven local shops participating in the show along with a few surprise celebrities taking to the catwalk.

So it's a date for your diary.... Killarney Oaks Hotel, Wednesday 11th March, 2015.

## BOGUS WATER METER WORKERS

Killarney Gardaí have arrested a male in his early twenties in relation to the ongoing investigation into a number of reports of bogus water meter workers calling to homes in the Killarney area. In these scams vulnerable and elderly residents were targeted.

The male who has addresses in west Limerick and Killarney was later charged and appeared in court on unrelated matters.



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# 1000 WALK FOR OPERATION TRANSFORMATION

Almost 1000 warmed up on Saturday morning to take part in the Operation Transformation Walk despite the chilly weather. The determined walkers took to the pathways of Killarney National Park to participate in the RTE's Operation Transformation National Walk Day, which was organised nationally by the local sports partnerships, an initiative of the Irish Sports Council.

On Saturday morning remarkable numbers gathered on Mission Road. They were treated to complimentary cups of teas and coffee courtesy of Civil Defence and Kerry Recreation and Sports Partnership. Having participated in a fun warm up, all walkers left Mission Road at 10am, and entered the beautiful grounds of Killarney National Park. Striding it out, walkers opted for either the 5k or 10k walk. The 5k route stayed within the Park, whilst the 10k route ventured out towards the grounds of Killarney Golf and Fishing club. Both routes presented spectacular scenery especially the



WARMING UP FOR THIS YEAR'S OPERATION TRANSFORMATION WALK TAKING OFF FROM MISSION ROAD.  
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



NIAMH MCCARTHY ENJOYING THE 'WARM UP' BEFORE SETTING OFF ON THE OPERATION TRANSFORMATION WALK.  
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

lake and snow capped mountain scenes. Córa Carrigg, Sports CoOrdinator Kerry Recreation & Sports Partnership paid tribute to everybody who made the event such a success. "One thing for sure is that without the support of the 60 person team of volunteers an event like this simply doesn't happen," she said. "We had huge assistance from our voluntary team of walk leaders, registration officials from the

community and Kerry Volunteer Bureau as well as stewards from Fitzgerald Stadium. She continued to explain that a number of key agencies were involved behind the scenes in making the event a successful roll out, notably personnel from An Garda Síochana, Civil Defence, Kerry County Council, KDYS, Killarney National Park, Killarney Chamber of Commerce as well as Order of Malta members.



READY FOR ROAD AT SATURDAY'S OFFICIAL OPERATION TRANSFORMATION WALK STARTING ON MISSION ROAD WERE DARRAGH & NANCY KENNEDY WITH THEIR DOG JESSIE.  
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



THE TUCKERS OUT IN FORCE TO COMPLETE THE OPERATION TRANSFORMATION WALK ON SATURDAY. AT THE BACK L-R DENIS & DONAL AND IN FRONT LAUREN & DYLAN.  
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

## JESSIE MAY AND ASHTON WIN COMMUNION COMPETITION

It is not often that people have the power to make the dreams of a little princess come true but that is what the Outlook magazines have done according to Debbie O'Connor. The delighted mother of seven-year-old Jessie May one of the winners of these years "Win your first holy Communion Competition" winners where all prospective communion children were invited to send in a letter about their big day. The Outlook Magazines announced the winners this week as Jessie May O'Connor from Cahernane Meadows, Killarney with The winning boy Ashton O'Meara from Faha, Killarney and the big news was certainly greeted in joyous scenes in both families. For Jessie May she will be transformed into the Princess that her father Jimmy has always

told she is. With the help of a new communion dress and accessories from Lynes of Killarney, her shoes from Costello Footwear, Castleisland, her hairstyle at Sean Taaffe, a family meal at The Gleneagle Hotel, professional photographs on the day and a photobook to keep all the memories in. In all it will be a total red carpet, treatment and Jessie May told the Outlook "she can't believe it and can't wait to try on all her new clothes and eat in a fancy hotel" Meanwhile the win came as a huge surprise to another mother, "It was amazing as we never knew he had even entered the competition. Its fantastic news really" said Therese O'Meara The winning boy was Ashton O'Meara from Faha, Killarney who won his suit from Divas

& Dudes in Castleisland, his shoes from Costello Footwear, Castleisland, his hair cut at Julie's Barbershop, a family meal at The Meadowlands Hotel, professional photographs on the day and a photobook to keep all the memories in. We will be checking in with both winners in the next few months as we follow their communion journey through to the big day.





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## PROPERTIES OF THE WEEK



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REF 692

**Guide Price €398,000**

Five bedroom (all ensuite) dormer bungalow (3,500 sq ft) with detached garage. Standing on 1 acre of maintained mature gardens. Oil Heating

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### 4 COILL DOIRE, FAHA EAST

REF 684

**Guide Price €285,000**

Superior new four bedroom (1 ensuite) detached house (2,008 sq ft). 8kms to Killarney Town Centre. Offers potential purchasers the opportunity to complete to their own specifications.

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REF 651

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## BROSNAN FAMILY OVERWHELMED BY SUPPORT FROM HOME



THE BROSNAN FAMILY FROM KILLARNEY, FROM LEFT, MARGUERITE, GERARD AND KAREN WHO ARE RECOVERING AFTER A CAR ACCIDENT IN PERTH AUSTRALIA. PICTURE BY DON MACMONAGLE.

Claire Brosnan, the daughter of Ger and Marguerite has issued a heartfelt thank you to the people of Killarney.

Claire on behalf of her parents, sister Karen and partner Mark has said that the family is completely overwhelmed with the love and kindness from everyone in Ireland and Australia. "We are all devastated at the loss of our dear friend Marty who was doing a good deed dropping everyone home on the night on the accident" said Claire.

Marty's wife Christina (who comes from Dublin) is a very dear friend of the family and she was a passenger also injured in the crash. She is being cared for at home and thankfully doing well.

Karen and Mark, Claire's partner have both been able to go home and finish their recovery and while they are both getting stronger, they have a long road ahead but are doing well.

"Dad has been getting stronger each day and I am amazed at his progress. He was transferred to the Fiona Stanley hospital at the weekend and will begin his rehab in the next week", said Claire. "Mom has overcome all of her surgeries well and once her bones heal a bit more she will be going to the same hospital with dad to begin her rehab. They are both fighters and everyday I can see a little improvement which is all I can ask for.

Claire asks that the people of Killarney keep her family in their thoughts and prayers.

## SANTA'S GROTTO DELIVERS FOR DOWN SYNDROME KERRY



CIARA TREACY, CHAIRPERSON, CHRISTMAS IN KILLARNEY COMMITTEE PRESENTS A CHEQUE FOR €1,000 TO BERNIE CRONIN OF DOWNS SYNDROME ASSOCIATION, THE PROCEEDS FROM SANTA'S GROTTO IN THE DEENAGH LODGE AT CHRISTMAS. ALSO IN PHOTO ARE FROM LEFT, PAT DAWSON, REGIONAL MANAGER, NPWS, MARGARET O'SULLIVAN, GILLIAN AND EMILY TWISS. PICTURE BY DON MACMONAGLE.

Generous parents and children who visited Santa's Grotto in Deenagh Lodge in the Killarney National Park helped raise €1000 for Down Syndrome Kerry.

The grotto was open every weekend in December and welcomed lots of families, who in turn donated to the worthy charity.

## IRISH TV TO CREATE 20 NEW JOBS

Twenty new jobs will be created in Kerry following the launch this week of Irish TV's new Munster regional hub in Tralee.

The posts will be in a range of skilled media disciplines as the channel expands its range of locally-produced programming from the six Munster counties through its new regional office.

Households in Ireland have access to Irish TV on Sky TV 191, Freesat 400, eircom eVision 191 and online at irishtv.com.

Irish TV expects to be available on the Saorview platform in March, and is currently in negotiations with a range of overseas networks.

Kerry broadcaster Brian Hurley has been appointed as Munster Regional Manager for Irish TV and he will be responsible for all programming from the region.

## INTERFIRM SEMI FINAL

The All-Ireland Senior Interfirm Football Semi-Final between Liebherr Container Cranes and Portlaoise Prison Officers will take place tomorrow, Saturday 24th January at 1.30pm in Dr. Crokes Pitch.

## REMEMBRANCE MASS

Killarney Cathedral will hold a special remembrance Mass on Monday next, January 26th in memory of all those who passed away in 2014.

Everyone is welcome to attend and if you would like a loved one to be remembered please submit their name to the Parish Office.

## TABLE QUIZ

Parents at The Mon are organising a Table quiz to raise funds for the school.

So get your thinking caps on and head to the Killarney Oaks Hotel on Friday 6th February at 8pm.

Everyone is welcome and there will be a raffle and spot prizes on the night.





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## PROPERTY OUTLOOK

# THROUGH THE KEYHOLE....

## A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET

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● [www.dng.ie](http://www.dng.ie)

Asking Price: €239,000 BER: C2

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



## EXCEPTIONAL STUDENTS RECEIVE AWARDS

Karen Gearon humanitarian and equality activist and one of the original 11 Dunnes Stores strikers was the guest speaker at the Kerry Education and Training Board Annual Student Awards event which was held in the Institute of Technology Tralee, North Campus, Dromtacker, Tralee last Friday evening. Over 220 people attended to see awards presented to 78 exceptional students on the night.

Over 3,100 students attend Kerry ETB post primary schools and 120 participants attend Youthreach centres. Kerry ETB is very proud of their schools and centres which provide a comprehensive education for all



THE AWARD WINNING STUDENTS FROM KERRY ETB SCHOOLS AND YOUTHREACH PROGRAMMES WITH GUEST SPEAKER KAREN GEARON AND KERRY ETB STAFF AT THE KERRY ETB AWARDS NIGHT AT THE IT TRALEE ON FRIDAY.



STAFF AND AWARD WINNING STUDENTS FROM KILLARNEY COMMUNITY COLLEGE WITH GUEST SPEAKER KAREN GEARON (SEATED CENTRE) AT THE KERRY ETB AWARDS NIGHT AT THE IT TRALEE ON FRIDAY.

their students. Over the last 6 years through the Kerry ETB Developing Schools Enriching Learning initiative Kerry ETB schools have put huge additional efforts into improving the quality of teaching and learning and pastoral care.

Paul Lucey husband and the family of the late Kathleen Lucey a former Irish Teacher of Tralee Community College have kindly commissioned a special award for Oral Irish in Kathleen's

memory. This is now an annual award for the student who achieves the highest results in the Optional Oral Irish in the Junior Certificate.

Kerry ETB wishes to warmly congratulate and thank all the students who received awards for their courage and commitment. School and Youthreach centre management, teachers, resource workers and parents/guardians also deserve our appreciation for their enormous contribution to education.

## RAMBLING HOUSE RAISES FUNDS



A recent night of music and song at Kilcummin Club House has raised €900 for the South Kerry Parkinsons Association.

The Kilcummin Rambling House Committee made the presentation to the charity at the weekend.

INCLUDED ARE FRONT ROW FROM LEFT: PAT O'SULLIVAN, CONNIE DOOLAN, KATHLEEN O'SULLIVAN, KATHLEEN HANNIGAN. BACK ROW FROM LEFT: WILLIE FLEMING, TOM O'CONNOR, BREDA FLEMING, BRIDIE GARVEY, MARIE O'LEARY AND EOGHAIN MORIARTY.

## KILLARNEY ON TOP IN 2015 TRIP ADVISOR AWARDS

Killarney hotels have once again made it into the top ten of the 2015 Trip Advisor "Travellers Choice" Awards for the best hotel in Ireland. The Killarney Park Hotel has come in at number 4 on the list of the top 10 hotels in Ireland with the Dunloe Castle coming in at number 7 and the International Hotel at number 10.

Killeen House Hotel were announced as the number one hotel in Ireland in the service category while Lough Lein Country House were awarded the number two spot in the best small

hotel in Ireland and also in the service section and number 3 for Romance in Ireland.

Other Kerry winners were Ballygarry House Hotel in Tralee and Dingle's Castlewood House. The winners are chosen based on the millions of reviews in a single year on the Trip Advisor website.

Meanwhile in another survey, the Daily Mirror has placed Muckross House in Killarney in fourth spot in the most romantic place in Ireland to celebrate Valentine's Day.





# MONEY MATTERS....

By Dermot Cronin,  
Financial Advisor



## INVESTMENTS

When you compare investment products, you should consider two key factors:

● **The likely return** - risk and return go hand in hand, so as a general rule the lower the risk the lower the rate of return you should expect. With longer-term and higher-risk products, you can expect higher returns, but this is not guaranteed and you could lose some or all of your money. You need to consider carefully the effect of this on your financial situation.

● **Risks involved** - some investments do not give you a capital guarantee. How much of your original capital would be at risk? Is there a risk of poor returns? Is there inflation risk? You also need to consider how long your money will be tied up for.

**WHEN YOU COMPARE INVESTMENTS, LOOK AT:**

- The minimum investment amount - can you top up your investment without having to take out a new product and pay full charges again?
- The minimum recommended investment term for your money.
- Access to your money - are there any penalties if you withdraw your cash early.
- What fees and charges apply, as they reduce the value of your investment.

Financial advisors advise on these products on behalf of the main providers. It is important that you find out from the advisor if they are tied to any one provider or if they deal with a number of different providers and who are these providers.

For more information or to make an appointment to discuss the above contact

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# PARTY TIME IN KILLARNEY.....



PICTURED AT THE LAURELS, JULIE MCGOWAN SEATED CENTRE WHO RECENTLY CELEBRATED HER 50TH BIRTHDAY WITH HER HUSBAND GERRY, DAUGHTER RACHEL, SON GARY, FAMILY & FRIENDS.  
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ELLEN BUCKLEY (SEATED CENTRE) CELEBRATING HER 21ST BIRTHDAY AT COURTNEYS BAR WITH HER FAMILY AND FRIENDS. FRONT ROW L-R DAD JERRY, NAN JOANIE, ELLEN, GRAN UNCLE JERRY, MUM SIOBHAN AND RIGHT BEHIND ELLEN, HER SISTER CASS.  
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



89 YEARS YOUNG! TESS CARROLL WHO RECENTLY CELEBRATED HER BIRTHDAY WITH HER SONS AND DAUGHTERS AT LORD KENMARES RESTAURANT.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



THE AGHADOE HEIGHTS HOTEL & SPA ENJOYING THEIR 'END OF YEAR' STAFF PARTY RECENTLY AT THE KILLARNEY PARK HOTEL. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808





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## ALL IRELAND SCOR NA NOG FINAL BECKONS FOR SPA



**QUIZ TEAM:** JAMES LYNCH, THOMAS FLEMING, NIAMH CLIFFORD AND MICHAEL AHERNE.

Spa GAA figure dancers and quiz buffs are Dublin bound on Valentines Day to contest with the cream of Irish talent in the All Ireland Scor na nOg finals.

The figure dancers earned their title over the weekend in Cappoquin in Waterford and are trained by former All Ireland winners, Mairead Mangan and Maureen Hegarty Vogels. The team includes Katie Cronin, Kate Lawlor, Ava O' Sullivan, Rachel Moynihan and Lamia Switzer.



**FIGURE DANCERS:** FRONT ROW: KATIE CRONIN, KATE LAWLOR, AVA O'SULLIVAN, RACHEL MOYNIHAN AND LAMIA SWITZER. BACK ROW: COACH MAUREEN HEGARTY VOGELS, SARAH RANDELS, AINE BROSNAN, LEAH MOYNIHAN, MEGANN CRONIN AND MAIREAD MANGAN.

Sarah Randels, Aine Brosnan, Leah Moynihan and Megann Cronin.

The quiz team from Spa are also competing in the All Ireland final at City West Hotel.

This is the second year in a row that the quiz team have reached the finals. Coached by Seamus Clifford and Eileen Aherne, the team of James Lynch, Thomas Fleming, Niamh Clifford and Michael Aherne are competing at 11.30am on February 14th.

## DR. CROKES SWOP BOOTS FOR DANCING SHOES



PICTURED AT THE DROMHALL HOTEL FOR THE LAUNCH OF THE DR. CROKES 'STRICTLY COME DANCING' WERE THE PARTICIPATING DANCERS WHO HAVE BEEN TRAINING SINCE THE NEW YEAR UNDER THE CAREFUL EYE OF DAVID REA, CELTIC STEPS. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

With the dancers in training since the New Year, Dr. Crokes GAA Club are set to host Strictly Come Dancing in the INEC on Thursday March 5th. The show promises to be a night of glamour, talent and entertainment and is being produced by David Rea of Celtic Steps.

The pairings are as follows; Francis O'Sullivan & Niall O'Callaghan; Andrea Leahy Hartnett & Andrew Kenneally; Maggie Casey & Ger O'Shea;

Kelly-Ann McSweeney & Mike Milner; Sinead Galvin & Brendan McMahon; Aine McMahon & Maurice O'Donoghue; Katie Hickey & Colm Foley; Helen Fitzgerald & Johnny McGuire; Mary Brosnan & Brian O'Callaghan; Gemma Kavanagh & Johnny Courtney As well as generating club funding, a significant portion of ticket sales on the night will also go to assisting the Brosnan family on the road to recovery, after their serious recent traffic

accident in Australia.



PICTURED AT THE DROMHALL HOTEL FOR THE LAUNCH OF THE DR. CROKES 'STRICTLY COME DANCING', AND PAIRED TO DANCE ON THE NIGHT, WERE NIAL 'BOTTY' O'CALLAGHAN & FRANCES O'SULLIVAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

## OPEN HOUSE AT KITCHEN INCUBATORS

If you have an idea for a food based business and don't know your next step then why not drop into Kitchen Incubators Kerry this Sunday.

Located in 4 Park Business Centre, Farranfore, Kitchen Incubators boast a fully equipped bakery, chefs kitchen, confectionery kitchen and a demonstration kitchen along with a meeting/Training room.

On the open day you can take a look for yourself at what is on offer and get expert advice from Eileen McClure.

The open day starts at 12 noon until 6pm and there is no need to book - just drop by.

## HEARTBEAT OFFER SUPPORT FOR CARERS

Heartbeat and the Carers Association have come together to host a support event for people from Killarney who are caring at home. Family carers are invited to the Serenity Centre on St. Anne's Road, Killarney on Monday night next, January 26th at 8pm when there will be treated to a range of relaxing therapies including hand, neck and shoulder massage available to everyone. There will also be a short presentation from the Carers Association and a family carer who will outline her life as a carer. Carers are the unsung heroes of the community and their own needs are often forgotten. It is to this end that the organisers are hoping to help and encourage as many carers to come along and enjoy the benefits of this free event.

## TEXACO LAUNCH CHILDREN'S ART COMPETITION

The search to find the young artists who will win awards in this year's Texaco Children's Art Competition has begun with the closing date fixed for Friday, 27th February next. Details are available through Texaco service stations and online at [www.texacochildrenart.com](http://www.texacochildrenart.com)

Now in its 61st year, judging will take place in March and winners will be announced in mid-April, with prize giving to follow in May.





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## SEAN WINS OVERALL ACHIEVEMENT AWARD

A 16 year old Fossa native, Sean Kelliher has been announced as the Overall Winner of the Lee Strand Kerry Garda Youth Achievement Awards 2014. Seán was presented with a specially commissioned crystal trophy and the Overall Winner Certificate to mark his achievement. Seán was recognised for his numerous volunteering achievements within the local community. Sean has raised funds for charities and is an active member of the Student Music Department in Killarney Community College. Sean who is also a member of the school choir, teaches music to his fellow students and also helps Junior and Leaving Certificate students with their practical state exams. Sean also shares his musical talent with the local community and regularly plays traditional Irish music at the Kerry Parents & Friends Association, St Mary's of the Angels Beaufort and entertains residents and patients at St Columbanus in Killarney. Sean also won Gold at the World Fleadh Cheoil in Derry two years ago.

The Voluntary Group Achievement Award 2014 was presented to the Killarney No Name Club. A Merit Award Certificate was also presented to each of the twenty one Merit Award 2014 Winners including from Jordan Lee, Killarney; Rachel Mc Gowan, Killarney; Liam Morris, Killarney and DJ Murphy, Glenflesk.



SEAN KELLIHER FROM KILLARNEY OVERALL WINNER, PICTURED WITH BRENDAN KELLIHER, JOHN O'SULLIVAN LEE STRAND, GARDA PAT SULLIVAN, SHEILA KELLIHER, MARY KELLIHER AND BREDa KELLIHER

Brendan Walsh, Chairperson, Lee Strand commented "Lee Strand is delighted to support the Kerry Garda Youth Achievement Awards. It is a fantastic celebration of the outstanding achievements of our youth and the voluntary organisations within our community." Chief Superintendent Pat Sullivan "An Garda Siochana are once again delighted this year to

partner with Lee Strand in one the highlights of the social calendar in Kerry. Lee Strand in association with An Garda Siochana have always been proactive in acknowledging and identifying the positive work by young people and voluntary groups to enhance community life in Kerry."



THE LEE STRAND GARDA YOUTH ACHIEVEMENT AWARDS RECIPIENTS 2015 .  
PHOTO BY: DOMINICK WALSH / EYE FOCUS LTD © TRALEE PHONE MOBILE 087 / 2672033



DJ MURPHY GLENFLESK WHO MET WITH FAMILY AND FRIENDS AFTER HE WAS PRESENTED WITH A GARDA YOUTH ACHIEVEMENT AWARD 2014 IN ASSOCIATION WITH LEE STRAND, TRALEE ON FRIDAY NIGHT IN BALLYROE HEIGHTS HOTEL, TRALEE L-R: DENIS KERINS, KAREN, DJ AND SEAN MURPHY (GLENFLESK).  
PIC JOE HANLEY

## KILLARNEY GROUP SHORTLISTED FOR AWARD

Killarney Adult Basic Education Centre has been shortlisted for the AONTAS 2015 STAR Awards with their project 'The Power of Partnership'. 'The Power of Partnership' is based on the radio play 'The Let Down'. This programme came about as a result of a themed literacy programme about Tom Crean and was written by one of the learners. This project is an example of how organisations

(Killarney ABE, Lime Grove Recovery and Therapeutic Centre and Radio Kerry) working together results in a positive learning outcome for the learners.

The next phase of the judging process involves meeting the judging panel on the 5th February, 2015 and the overall STAR awards ceremony will be held in Dublin on the 23rd February, 2015.

## PAIDI O'SÉ CONCERT

A concert to raise funds to erect a bronze statue in memory of the the late Paidi O'Sé will take place in the INEC on January 30th. The concert will feature The Begleys from Dingle among other performers. The statue to honour the eight times All Ireland winner will be unveiled this Summer.



THE LATE  
PAIDI O'SÉ

If you have a picture you would like to publish.

Email to: [editorial@outlookmags.com](mailto:editorial@outlookmags.com)





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## MOVERS AND SHAKERS GATHER FOR BRAINSTORMING SESSION

120 business people - the movers and shakers in Killarney town gathered at the Avenue Hotel on Friday evening last for a three hour brainstorming session to discuss plans for the town going forward.

With guest speakers, John Breen, area manager of the Killarney Municipal District, Peter Bellew, Flight Operations Manager with Ryanair and James Burke, Retail Guru, the evening was an overwhelming success for the Killarney Chamber of Tourism and Commerce who were expecting an attendance of 40 - 50.

Kate O'Leary, President of the Killarney Chamber of Tourism and Commerce was extremely happy with the turnout. "The people of Killarney are always looking forward and are never happy to rest on their laurels".

The event augurs well for the year ahead which everyone is hoping to be even better than 2014.



PICTURED AT THE KILLARNEY AVENUE HOTEL FOR KILLARNEY CHAMBER OF COMMERCE "BRAIN STORMING" EVENING WERE L-R PAUL O'NEILL (VICE PRESIDENT KILLARNEY CHAMBER OF COMMERCE), JOHN BREEN (KERRY COUNTY COUNCIL), KATE O'LEARY (PRESIDENT KILLARNEY CHAMBER OF COMMERCE) & PETER BELLEW (DIRECTOR OF FLIGHT OPERATIONS AT RYANAIR). PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE KILLARNEY AVENUE HOTEL FOR KILLARNEY CHAMBER OF COMMERCE "BRAIN STORMING" EVENING WERE L-R TANYA O'SHEA, JUSTIN HEALY, GEMMA RING & AISLING CROSBIE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE KILLARNEY AVENUE HOTEL FOR KILLARNEY CHAMBER OF COMMERCE "BRAIN STORMING" EVENING WERE L-R BERNADETTE RANGLES, PADRAIG TREACY, SUPERINTENDENT FLOR MURPHY & CONOR HENNIGAN. PICTURE MARIE CARROLL-O'SULLIVAN



PICTURED AT THE KILLARNEY AVENUE HOTEL FOR KILLARNEY CHAMBER OF COMMERCE "BRAIN STORMING" EVENING WERE L-R RUTH ALLEN, TERRY CUMMINS, VINCE CASEY & JAMES O'BRIEN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

## STRICTLY COME DANCING - IT'S THE TALK OF THE TOWN

With rehearsals well underway and dancers fine-tuning their dance skills, the overwhelming support for Strictly Come Dancing in aid of the Irish Cancer Society has become a huge talking point in Killarney.

At this stage the tickets sales have reached 1500 and counting. Its not only the people of Killarney that are looking forward to the event. Kenmare residents also plan on descending on the INEC in their droves to support two of their

own. Three buses have been booked from the town for the event and their is great support for the Kenmare contestants - Brian Finnegan and Lisa Ragosa.

Brian is well known in the town of Kenmare, and is very involved in the local GAA scene as well as being a keen athlete and cyclist.

Brian is also well known for his singing exploits so won't be any stranger to the stage.

Lisa is chairperson of the Kenmare Pink Ribon

Walk which is held every year in the town.

To date Lisa, and her band of 10 volunteers have raised an amazing €31,550 for the Irish Cancer Society. They plan to hold this year's walk on Sunday May 17th and expect an record turnout for the event.

Strictly Come Dancing takes place at the INEC on Friday 13th February at 7.30pm in aid of the Irish Cancer Society.



REHEARSING AT THE GLENEAGLE HOTEL, THE MAJORITY OF THE CAST OF STRICTLY COME DANCING WHO WILL PERFORM AT THE INEC ON FRIDAY 13TH FEBRUARY. TICKETS ARE AVAILABLE FROM THE INEC BOX OFFICE AND VARIETY OF SOUNDS ON COLLEGE STREET. ALL PROCEEDS WILL GO TO THE SOUTH KERRY BRANCH OF THE IRISH CANCER SOCIETY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808





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## RATHMORE /GNEEVEGUILLA NEWS By Michael O'Mahony

**DANÚ RAMBLERS GROUP:** (Come join and let's go walking). A ten week walking programme will commence on January 21st. The route is from Rathmore Post Office to the Church or part of, on Monday's and Wednesday's at 7pm and on Saturday mornings. This programme is suitable for all levels of fitness. Due to participant safety no dogs allowed.

**THE RATHMORE SOCIAL ACTION GROUP:** Wish to thank everyone who supported us for our October door to door collecting. We would like to take this opportunity to wish you all a very happy 2015. The money raised will go towards St. Joseph's Day Centre and Third World Projects.

**MUSICAL MOVERS:** The Fun, Interactive Music Group for accompanied children aged 0-5 returns on Saturday 31st January at 10am in Knocknagree Community Centre. See Musical Movers on Facebook or contact 087 1246163 for more info. No need to book! €5 adult + child / €2 per extra child and refreshments are included! Come along and have some fun!

**MARIAN PLAYERS RATHMORE:** Present their 28th Annual Pantomime. LITTLE RED RIDING HOOD opens in The Community Centre Rathmore on this Saturday January 24th at 7:30pm with Matinees on the following two Sundays January 25th and Sun. 1st February. at 3.00 pm. There are additional night shows on Wednesday January 28th, Thursday January 29th and Saturday January 31st at 7:30pm. Booking Tel: 064 7758526 Mobile: 0879562920. The Booking Office will be open at Fr. Corridan Centre opposite Rathmore Church from 2pm. to 6:30pm daily. Admission Adult: €12, Children €8. All proceeds to Kerry Parents and Friends Associated. To whet the public appetite, the panto team has just released a fun-filled video promotion to highlight the attractions of the big stage show, with the talented Michelle O'Callaghan in the role of Red Riding Hood, Jimmy Kelly as the granny – and the wolf as Matt Riordan. On your tube and on Rathmore pantomime Facebook page.

**RATHMORE/GNEEVEGUILLA COMMUNITY GAMES:** Draughts Training continues every

Monday night at Teach Iosagain, Rathmore, at 7.30pm, all beginners welcome.

Anyone interested in participating in the following events for 2015, please contact Aeneas O'Leary 087 6577167, Cynthia Daly 086 0818606 or Ann O'Leary 087 2226007.

Solo Music - Under 13/16.

Group Music - Under 14/16.

Recitation - Under 12/16.

Solo Singing - Under 14/16.

Group Singing - Under 16.

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

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

**A MESSAGE FROM JOAN MURPHY BARRADUFF:** I am attending a course which requires us to do a project to benefit the community. The Committee and I invite you to write a poem, Short Story or Song and submit to Murphy's Bar, Barraduff by 23rd January. On 6th February a selected number will get the chance to perform their work. Light refreshments, spots, etc. on the night. All proceeds to Barraduff Field Development.

**KNOCKNAGREE GAA SOCIAL:** Will take place on Saturday January 24th in the Killarney Avenue Hotel.

**GNEEVEGUILLA GAA SOCIAL:** Is on February 28th in the Castle Heights. Music on the night by Stephen Falvey.

**RATHMORE GAA CLUB:** Lotto results 12/01/2015. No's drawn: 6, 10, 22, 24. No Jackpot Winner. Consolation Prizes: €40 O'Keeffe's XL Gift Voucher: Kathleen Murphy, Cahirbarnagh. €40 each: Mary Dilworth, c/o SAG. Timothy A. Moriarty, Muckcross. Kieran O'Keeffe, Carrigaline. Dan Cahill, Church Place. Next week's Jackpot is €6,600 and next week's

Lotto is sponsored by The Old Chapel Bar.

**RATHMORE GAA VICTORY BANQUET:** Celebrating a year of outstanding success, Rathmore GAA Club are holding a Victory Banquet this Friday night, 23rd of January at 8pm in the Killarney Avenue Hotel to bid a fond farewell to what has undoubtedly been an immensely successful year in sport for the Club. On the night, players will be presented with the East Kerry O'Donoghue Cup medals along with East Kerry U21 Championship and County Minor League medals. The coveted Club Merit award along with Player of the Year will also be presented on the night. For anyone interested in securing tickets for what is sure to be a fantastic night, please contact Nora in the Washbasket 087 9173201 or Dermie in the Creamery 087 4197669 Sliabh Luchra Vets Surgery 087 2548153. Meal and entertainment on the night.

**CONGRATULATIONS:** To Rathmore's Mark Reen who was selected as East Kerry player of year last Friday night at the East Kerry All stars night other Rathmore players who were award East Kerry all stars Kerry star Aidan O'Mahony, George O'Keeffe, Kerry star Paul Murphy, and Cathal Murphy,

**KERRY GAA SUPPORTERS CLUB:** Annual social this Saturday January 24th. At Ballygarry house hotel. Tickets €35 each and are available from Donie O'Leary Clounts, music is by Neily O' Connor doors close at 8.30pm.

**ANNUAL BRIDGE BAR CHARITY WALK:** Thank you to everyone who supported Our annual walk at Christmas from Clonkeen to the Bridge bar in aid of Kerry Mountain Rescue and Peta House. Thanks to Sapphire sign for all posters a special thanks to all our bus drivers, those that donated spot prizes and everyone that helped with refreshments all done voluntary. Presentation of money at the Bridge Bar on Friday 30th January at 9pm.

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

## KILLARNEY MUSICAL SOCIETY NOTES


Following on from a very successful and truly enjoyable evening at our recent Table Quiz we would like to thank all those who helped in its success in any way, from taking a table for the quiz, buying raffle tickets, the Killarney Oaks

who as always were superb hosts, Brid Mills and Judy Rezin for organising it all and finally to Fergal Cleary for being a great quizmaster and MC for the night. Well done to all and Thank you once again. Next on our list is the

2nd. Kerry School Choir Showcase which will be held in the Malton Hotel, Killarney on Thursday 12th. February. This was a wonderful night last year and we hope to build on it this year.







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# KILCUMMIN NEWS

**SYMPATHY:** Sympathy is extended to the family of the late Kate Brosnan, Tournonough, who died recently. May she rest in peace.

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

**SULT NA NÓG:** Anyone interested in competing in Sult na nÓg singing, music or dancing competitions on 28th February/1st March please contact Marguerite on 086-0810208. Final date for entries is February 5th. Classes in Music, Singing and Figure dancing available. Please contact the Branch Secretary Marguerite on 086-0810208 for more details.

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

**KERRY COMMUNITY TRANSPORT LTD:** "You're Community Bus". Cost of travelling: €5 single or day return. Under 12's €2.50. Free Travel Pass accepted. Telephone Lo Call 18901 528 528 or 066-7147038 to book a seat on the bus. Website: [www.kerrytransport.ie](http://www.kerrytransport.ie) & also on Facebook.

## MASTERGEEHA FC

### U15: KILLARNEY CELTIC 4 MASTERGEEHA 0

In this local derby the boys went a goal down early on. After this Mastergeeha created a number of chances with Dylan Murphy and Sean Cahill going close. In the second half Mastergeeha started the better and again created some good chances with Darren Looney and Paul O'Shea having shots on target. However on a quick break out of defence the home side scored again. After this both sides created some chances with Killarney Celtic being the more clinical adding further goals late on.

### U17: FENIT 3 MASTERGEEHA 3:

In very heavy conditions away on Saturday the boys earned a good point. Trailing on three occasions through the game the boys showed good character to come back to draw. Gearoid Kerins (2) and Paul O'Connor were the scorers on the day.

**MASTERGEEHA F.C. LOTTO:** There was no winner on 16th January. Numbers drawn were 5, 6, 13 & 23 Consolation prizes €100, Benny Heffernan, 11 Friary Downs, Killarney, €60, Eddie Doolan, 105 Woodlawn Park, Killarney, €30, Donie O'Connor c/o The Village Inn, €30, Sean and Gearoid Kerins, Mastergeeha, €30, JP c/o Bertie Curtin. Draw every Friday night in the Village Inn, Kilcummin. Jackpot now €3,450.

**JUVENILE GAA CLUB AGM:** Will take place on Friday 23 January at 8pm. The club would like all who have children taking part in club activities to come along and participate in the discussions about the club, its planned developments and any other issues of interest.

**LADIES GAA CLUB AGM:** will take place on Sunday 25 January at 5pm. The club invites anybody with an interest in Ladies football in the parish to come along and take part at the AGM.

Juvenile Club Calendars are still available for €5.



THE PAPS, SUNRISE. PHOTO BY: SEAMUS LONG.

# GLENFLESK NEWS

WITH DONAL KELLY

**GLENFLESK LOTTO:** Glenflesk GAA Lotto draw was held on Sunday the 18th of January 2014, in The Kerry Way. Jackpot: €3,400. Numbers drawn: 9, 12, 16, 24. No Winner. €50 DRAW: First draw: Helen Keogh, c/o Seamus O'Brien. Seller: Seamus O'Brien. Second draw: Joan Murphy, c/o John Dan's. Third draw: Ciara O'Sullivan, Headford. Fourth draw: Laurence O'Donovan jnr., Shronedraugh. Next draw will be held on Sunday February 1st in John Dan's, Jackpot €3,600.

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

**SCÓR NA BPÁISTÍ:** The East Kerry finals of Scór na bPáistí will be held in Fossa on Friday, February 20th at 4pm. In preparation for this, primary school children of the parish, who are interested in taking part, are invited to the Hall in Glenflesk on this Saturday, 24th January where entries will be decided upon.

**THE PROGRAMME OF EVENTS IS AS FOLLOWS:** Quiz at 12.30pm, Set Dancing at 1pm and Singing, Recitation and Instrumental music thereafter. All are welcome. For any further information, please contact Glenflesk Scór Officer, Rosie Healy at 087 2072512.

**GLENFLESK COMHALTAS MUSIC CLASS:** Music class resuming in St. Agatha's Community Centre, Glenflesk on Thursday, the 29th January at 7.15 pm. Registration at 7.00 p.m. Beginners very welcome. Contact Margaret Creedon on 087 2706390

**RAHEEN NS:** Raheen N.S children will be going from house to house in the surrounding area on the Biddies on Thursday evening January 29th, please support! Enrolment forms for the year 2015/2016 are now available in the school 064 7754447 or on our website [www.raheenns.com](http://www.raheenns.com). Congratulations to Eilis Culloty who had the winning lotto number 33 on Saturday the 17th January.

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

**LITTLE RED RIDING HOOD:** The Marion Players Rathmore present their 28th Annual Pantomime, opening in the Community Centre Rathmore on Saturday January 24th at 7:30pm. Matinees on the following two Sundays (January 25 and February 1) at 3.00 pm. There are additional night shows on Wednesday January 28th, Thursday January 29th and Saturday January 31st, all at 7:30pm. Admission: Adults €12 and Children €8. The booking office will be open from Thursday January 22nd at the Fr. Corridane Centre opposite Rathmore Church from 2pm. To 6:30pm daily. Tel: 064 77 58526 or 087 9562920. All proceeds to Kerry Parents and Friends Association.

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

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



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## LISTRY NOTES

**LISTRY SOCIAL CARE COMMITTEE:** WE wish to remind Seniors in the Listry / Milltown Parish and Surrounding areas that the Seniors social day will be held in Listry Community Centre on Tuesday January 27th from 12 noon-4pm. The usual Bus service will operate on the day and will start collecting passengers at 10.30am. We look forward to seeing you all on the day.

**BINGO IN LISTRY COMMUNITY CENTRE:**

The 1st Listry Bingo session of New year will be held in Listry Community Centre on Wednesday night January 28th at 8pm. Please come along for a good night's entertainment.

**CHIROPEDIST:** Foot health practitioner will attend Listry community center on Monday January 26th. Enquirers to Paula at 087 6606585 and cancellations please give 24 hours notice. Please and thank you.

**LISTRY WEEKLY LOTTO RESULTS:** Sunday 18th January, 2015. Winning Numbers 7, 11, 13, 26. Jackpot €2,600. Not Won

1 x €100 Eoin McCarthy, Milltown.

2 x €50 Mary Treacy, Faha, Breda Tangney, Listry

2 x €25 Neil Blennerhassett, Culleeneymore,

Dio Buckley, Rockfield. Draw Entrant John O'Sullivan, Ballytrasna.

Jackpot next week

Sunday 25th January €2,750.



TOGETHER FOR EVER.. SWANS PICTURED ENJOYING THE WINTER SUNSHINE AT ROSS GOLF CLUB. PHOTO: DES O'CONNOR.

## BEAUFORT NEWS

**ATHLETICS:** Well done to Fiona Doyle Star of the Laune A.C. who won a silver medal in the Athletics Ireland u15 Indoor combined events championship with total points tally of 2858 which was held in Athlone International Arena last weekend. Fiona jumped 4.41m in long jump, 1.5m in high jump, ran the 800 m in 2 minutes and 26 seconds, 60m hurdles in 10.07 seconds and through shot putt 7.99m.

**BEAUFORT RAMBLING HOUSE:** Next Session will take place on Saturday, February, 7th. A great evening of music, song, dance and story-telling guaranteed. Tea and Refreshments will be served. Doors open at 8.30p.m. Everybody welcome.



TASTING SOME OF MARGUERITE'S CAKES SCEAL EILE, KILLARNEY AND NEWCASTLE WEST AT THE WEDDING FAYRE IN THE FELS POINT HOTEL, TRALEE ON SUNDAY L-R: YVONNE LOONEY (MARGUERITE'S CAKES), POPPY CREGAN, NOELLE AND PAULA CREGAN AND ANNETTE HORGAN (MARGUERITE CAKES). PIC JOE HANLEY



MARION PLAYERS RATHMORE: FINAL REHEARSALS FOR THE CAST OF LITTLE RED RIDING HOOD TOOK PLACE THIS WEEK WITH THE SHOW SET TO START TOMORROW, SATURDAY 24TH JANUARY AT 7:30PM AT THE COMMUNITY CENTRE RATHMORE WITH MATINEES ON THE FOLLOWING TWO SUNDAYS AT 3.00 PM. THERE ARE ADDITIONAL NIGHT SHOWS ON WEDNESDAY JANUARY 28TH, THURSDAY JANUARY 29TH AND SATURDAY JANUARY 31ST AT 7:30PM AND SUNDAY 1ST FEBRUARY ADM: ADULT €12, CHILDREN €8. ALL PROCEED TO KERRY PARENTS FRIENDS ASSOCIATION.





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- ring for details.

Contact Office: 064 6632034  
Mobile: 086 3049422  
Email: [marie.moloney@oic.ie](mailto:marie.moloney@oic.ie)



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## Saint John of God Community Services Ltd

### Saint John of God Kerry Services

Saint John of God Kerry Services provides a range of programmes and services for adults and children with an intellectual disability in the Kerry region. A person-centered approach to service delivery is promoted in accordance with the Order's values and ethos and in keeping with its commitment to the continuing development of community-based services.

#### RESIDENTIAL SERVICES CO-ORDINATOR(S)

39 hour per week permanent employment  
Two Posts Available

Suitably qualified candidates must meet the following criteria:

- Candidates must have a recognized qualification in one of the following: Degree or Diploma in an Allied Health Profession/Health and Social Care/Nursing.
  - Must have a minimum of 3 years post qualification experience at which three needs to have been at supervisory/management level.
  - Previous relevant experience of working with adults and/or children with a range of intellectual disabilities.
  - High Level of report writing with excellent communication skills and commitment.
  - An in depth knowledge of the health act 2007 (care and support of Residents in Designated Centres for persons (Children and Adults with Disabilities) regulation 2013 and The National Standards for Residential services for Children and Adults with disabilities.
  - Proven experience and ability to properly discharge the functions of the role.
  - A full clean driving license suitable for manual vehicles
- Personal Attributes:**
- Excellent leadership, communication and organisational skills.
  - Have ability to co-ordinate and motivate staff in service delivery.
  - Enthusiastic, hardworking and self-driven
  - Be available to work flexible hours when required.

If you believe you have the necessary enthusiasm, competencies and experience to bring to this role please forward your letter of application along with your Curriculum Vitae to Dolores Parker, Human Resources Dept, Saint John of God Kerry Services, Monavalley Industrial Estate, Tralee or email [dolores.parker@sjog.ie](mailto:dolores.parker@sjog.ie) before 5.00pm on Friday 6th February 2015. Interviews for the above posts will take place Thursday 12th February 2015

Informal enquiries to Ms Nora Brosnan Programme Manager,  
Day Services. Tel: **066 71 24333**

*Saint John of God Community Services Limited is an equal opportunities employer.*

**CARE COMPASSION RESPECT JUSTICE EXCELLENCE  
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## YOUNG KERRY ARTIST GIVES KDYS YOUTH CAFES A MAKEOVER

Emma Brosnan a trained interior architect and Kerry artist has been helping the KDYS a charity supporting young people bring their youth cafes to life with vibrant new colours and design schemes.

The KDYS support 5 volunteer led youth cafes in Kerry.

It's always been difficult to fundraise for more general youth services such as youth cafes and youth clubs and in particular the last number of years has been very tough as Government funding has been seriously depleted in this area.

Assumpta Sweeney oversaw the changes to the youth café in KDYS Killarney said, Emma came in and within a few days had done up some drawings, Young people were involved in developing the plans and once they approved its was full steam ahead. One of the best things for the KDYS was that the plans Emma drew up were simple so it would cost very little but have a big impact on the centre. A lot of Emma's designs just added more colour and brightened up the space

which meant we could use in-house resources to get the job done. Young people love the changes and it's great to offer them a bright positive space.

Once the changes took place in Killarney, Listowel and Tralee quickly followed suit.



## SCHOOL CHOIRS TO SHOWCASE THEIR SKILLS



Primary schools across Kerry are preparing for the 2nd Kerry School Choir Showcase which will take place this year in the Malton Hotel, Killarney on Thursday, February 12th.

Organised by the Killarney Musical Society, ten National School Choirs will perform on the night which will culminate in a group performance by all participating choirs of a chosen musical number. To this end the children are receiving vocal coaching from vocal coach, Gemma Sugrue of Voiceworks Studio, Cork. Gemma is a past member of Killarney Musical Society as was her mother, Breda Sugrue. Gemma is delighted to be involved with us this year for the showcase and is very impressed with the fantastic standard of the choirs which she has met thus far. Great credit

must go out to the individual teachers also within each school who take the time and interest to coach young children for School Choirs, it is a wonderful thing for any person to gain confidence in performance.

Killarney Musical Society are delighted to encourage this and give the students an opportunity to showcase their talent in a non competitive manner. The following schools are participating in this years Showcase...St Oliver's N.S. Killarney, Holy Cross Mercy N.S. Killarney, Monastery Boy's N.S. Killarney, Fossa National School, Furies N.S., Kiltallagh N.S., Nagle Rice N.S. Milltown, Gaelscoil Mhic Easmainn N.S. Tralee, Listellick N.S. Tralee and Spa N.S. Tralee.

## AISLING HAS THE ANSWER TO YOUR EXAM WORRIES

With the "pre's" looming and the Junior and Leaving Certificate a mere few months away, a Killarney teacher is offering the answer to all your exam worries. Aisling O'Connor offers study planning and study skills training along with grinds in Spanish and English for both Leaving and Junior Cert.



Her one-to-one sessions are invaluable to the student and could make all the difference when the exams come around.

Aisling is conscious of the financial pressure parents are under and is charging €30 for the one-to-one grinds.

**For more information contact Aisling on 087-4660040 and see her advert on this page.**

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Dr Aisling O'Connor (PhD, PDE, SDip. BA)

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## Kerry ETB Training Centre



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

**CAD - Computer Aided Drafting and Design Course (ET115) - Tralee.**  
This course will enable you to produce the detailed 2D drawings and 3D models required at the various stages of complex engineering, manufacturing and construction projects. You will use computers and CAD software that the professional use and produce drawings and models on the latest wide format and 3D printers. Applicants must have technical drawing and maths in the Leaving Certificate or an equivalent level of relevant industrial experience or training. On completion of this course you can bring your 3D modelling skills to the next level on the CAD - 3D Parametric Modelling course. **Start Date:** 2<sup>nd</sup> February 2015. **Duration:** 32 weeks. **Certification:** City & Guilds Level 3 Awards in 2D and 3D Computer Aided Design.

**CISCO Certified Network Associate (CCNA) Certificate - Online Tutor Support & Workshops Course (ETL62).**  
This course provides participants with the knowledge, skills and competencies to install, configure, operating and troubleshoot medium sized, routed and switched computer networks. It's aimed at people with previous networking experience. A combination of on-line computer based learning & tutor led workshops are employed to deliver the course. Workshop dates are decided on the first day of the course. **Start Date:** 26<sup>th</sup> January 2015. **Duration:** 15 weeks. **Certification:** Cisco Certified Network Associate (CCNA) Certification.

**MySQL and PHP for Dynamic Websites Course (ET881) - Tralee.**  
This course is for people who are able to build and maintain static websites using HTML and CSS? It offers participants the opportunity to develop their MySQL and PHP knowledge and skills to create dynamic websites incorporating efficient and secure content retrieval from databases. **Start Dates:** 2<sup>nd</sup> February 2015. **Duration:** 24 weeks. **Certification:** Oracle Certified Professional MySQL 5.6 Developer Certificate and W3C Schools certified PHP Developer Certificate.

**Reception and Clerical Skills (ET8N1) - Killarney.**  
If you are a friendly, polite and confident person with good verbal and written communication skills and would like to work as a receptionist this is the course for you. **Start Date:** 9<sup>th</sup> February 2015. **Duration:** 19 weeks. **Certification:** FETAC Level 5 Component Certificates in Information and Administration, Word Processing, and Customer Service.

**Food Preparation and Cooking Course (ET20A) - Dingle.**  
This course is for people who wish to pursue careers in professional cookery. Participants will learn the practical skills and underpinning knowledge of safety at work and food safety, menu planning and costing, and preparing, cooking and presenting a wide variety of commodities and dishes including healthy foods and special diets. **Start Date:** 16<sup>th</sup> February 2015. **Duration:** 20 weeks. **Certification:** City and Guilds Level 2 Diploma in Food Preparation and Cooking.

**Tour Guiding Course (ET20B) - Dingle.**  
Are you an outgoing, friendly person with an interest in Irish history, heritage and culture who would like to share your knowledge with other people? If so, this may be the course for you. This course provides participants with the opportunity to develop the skills needed to work as tour guides in the provision of information to clients in a variety of settings. **Start Date:** 16<sup>th</sup> February 2015. **Duration:** 15 weeks. **Certification:** QQI Level 6 Special Purpose Award in Regional and Local Guiding, QQI Level 5 Minor Award in Occupational First Aid, and QQI Level 4 Minor Award in Tourism Visitor Care.

**IT Support Traineeship (ETS78) - Tralee Training Centre.**  
This traineeship is for people who wish to pursue careers in IT support services. It offers a comprehensive grounding in core hardware, operating systems, networks and cloud computing. Graduates of the course will seek employment installing, configuring, maintaining and upgrading IT equipment. **Start Date:** 23<sup>rd</sup> February 2015. **Duration:** 48 weeks. **Certification:** CompTIA A+, CompTIA Network+, and CompTIA Cloud Essentials.

**Digital Web Design with Adobe Dreamweaver Course (ET326) - Tralee.**  
This course is for people who would like to combine creativity and computer skills to design, build and redesign web sites. The work involves formulating ideas, visualising the finished product and having the technical skills to build and commission web sites. **Start Date:** 23<sup>rd</sup> February 2015. **Duration:** 22 weeks. **Certification:** FETAC Level 5 Component Certificates in Computer Illustrated Graphics, Web Authoring, and Work Experience. Plus, Adobe Certified Associate in Web Communication Using Adobe Dreamweaver CS5.

**Healthcare Support Traineeship (ETS97) - Tralee.**  
This course provides participants with the knowledge, skills and competencies to work as part of a multidisciplinary team in the provision of effective and appropriate healthcare supports to clients in a variety of care settings. **Start Date:** 23<sup>rd</sup> March 2015. **Duration:** 41 weeks. **Certification:** FETAC Level 5 Major Award in Healthcare Support.

To apply or get further information on any of the above courses please contact  
**Kerry ETB Training Centre,**  
 Monarally Industrial Estate, Tralee.  
 TEL: 064 714968 | 064 714968 | 064 714968, E-mail: [training@kerryetbtrainingcentre.ie](mailto:training@kerryetbtrainingcentre.ie)  
 Entry requirements and other information on our courses are available at [www.kerryetb.ie](http://www.kerryetb.ie)





# SOUTH KERRY INDEPENDENT ALLIANCE

## CHURCH GATE COLLECTION

### Killarney and Muckross

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THE VERY BEST THAT THEY CAN BE!**

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



## OUTLOOK ON THE CAO online application is the way to go

(By Billy Ryle)



Almost all applications to the CAO are now made via "Apply," the online application, which remains open on the CAO website, [www.cao.ie](http://www.cao.ie) until 5.15pm on 1st February. You may choose from the entire range of courses in the CAO Handbook 2015. All courses are categorised as 'Level 8' or 'Level 7/Level 6'. Up to 10 courses may be chosen in each category – listed in order of preference in each case. As course offers are issued independently in each category, some applicants will receive two offers simultaneously. For example, in Round One last August, 74013 offers were made to about 49276 applicants. The early bird fee was €25 until 20th January and is now €40 until 1st February. Pay your fee online by credit/debit card or, at a Bank, by using the Application Fee Payment Form.

Click "Apply" to access the CAO online application form. Enter your personal details as they appear on screen. Tick the section that is relevant to you on the qualifications and assessment summary. In the majority of cases, this will be the Irish Leaving Certificate Examination. Register your payment option and confirm your acceptance of the terms and conditions that apply to your application. Protect your CAO application by entering an account password of choice.

Click on "Proceed with Application" to advance to the next step. Take note of your 2015 CAO application number, which you will need with your password to log on to "My Application", your online CAO application. Continue to complete the personal details section. Proceed to type your course choices onto one or both of the lists. If you intend applying for a student grant, indicate this on your CAO online application. CAO will then provide details of your identification, contact, offer and acceptance to the grant authority, SUSI.

Tick the appropriate box to disclose a disability or specific learning difficulty. Complete the Supplementary Information Form (SIF) and also tick the DARE (Disability Access Route to Education) box, if it applies to you. If you wish to be considered under HEAR (Higher Education Access Route) tick the appropriate box. You will be guided to further instructions about completing the DARE or HEAR sections. Once you have completed the CAO form print or save the screen receipt of your online application. You may also confirm receipt of your application by logging on to "My Application" on the CAO website.

**MORE NEXT WEEK....**

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



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For more information on our service please ring **066 7163660**.



# FEEL GOOD | LOOK GOOD



## THERE IS NO BETTER TIME THAN NOW TO START LIVING HEALTHY

Admit it; it is something you do every year. Indulge over the Christmas break with the knowledge that you will be a new you in January. You are going to join the gym, take up fitness classes, spend on all the latest and best of vitamins and be on the lookout for all the new trends to make a better you. Last year your enthusiasm got as far as the middle of February before you fell back into your old habits. It is not you of course. Its work, it is the time you give extra to your children, it is the bad weather and of course, it is only one biscuit with a quick sit down on the couch for your favourite soap. Before long, it's a few cups of tea, a little bit of swiss roll and it is time for bed. Sure, the night was too bad to do anything. Now before you decide the fall down again this year read the following stats. Ireland's population, has overweight

and obesity levels in excess of the European average, according to a comprehensive global study of the problem. Research, shows 26.5% of Irish girls and 16% of Irish boys under the age of 20 are classed as overweight or obese. A massive 66% of Irish men over 20 are also considered overweight or obese, as are 50.9% of Irish women over 20 years; well in excess of the western European average of 47.6%. Between 1980 and 2013, the number of overweight and obese people rose from 857 million to 2.1 billion. This represents an increase of 28% for adults and 47% for children. So why not make a promise to yourself to do something positive about it for 2015. Flick through the supplement and made a decision to pick up the phone and let anyone of our advertisers help you along your way to feel good and look good.



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Friday 9.30am

Killarney (KDYS)  
Thursday 9.30am  
Thursday 8pm

Beaufort Hall  
Tuesday 7.30pm



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

**Contact Áine on 086 105 2427 email [info@afitbody.ie](mailto:info@afitbody.ie)**  
Club meetings in Killarney & Killorglin





## KEEPING KIDS ACTIVE

Introducing your kids to the games you played at their age is a great way for everyone to get exercise and have fun. Here are some old favourites you can try. Maybe you have your own name for these games or play them a different way. Why not join in yourself? That way you can keep an eye on them and make sure the kids play somewhere safe. Kick the can, duck, duck, goose, rounders, Simon says and Hopscotch are all great games to keep kids active.



## ACTIVE FAMILIES



It's easy for kids (and parents!) to get into the habit of spending their spare time sitting down – watching TV, playing computer games, listening to their iPods – but active kids are healthy kids! It's important for them to be active so that they grow and develop properly with strong muscles and bones.



Physical activity can help kids maintain a healthy weight – especially important these days when more than a third of children in Northern Ireland are overweight or obese.



Active children also tend to do better at school, and activity is also good for their mental health, helping them to deal with stress better.

The younger you can establish the habit of being active in your children the better, but it's never too late to start. Children need more physical activity than adults – at least 60 minutes every day. However, just like adults, they can accumulate this amount in several smaller chunks of 10 to 15 minutes.

## 5 FACTS YOU NEED TO KNOW

1. Carrying fat around your middle is linked to many chronic diseases, including heart disease, diabetes and cancer.
2. 2 out of 3 adults on the island of Ireland are overweight.
3. A waist greater than 32" in adult women and 37" in men is an indicator that excess fat is being stored around organs like kidneys, liver and heart.
4. For most people height doesn't matter; carrying fat around your waist area contributes to more serious health problems than carrying it elsewhere on your body.
5. Our social circles can influence what we consider to be normal or healthy and whether we become overweight.

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## STAYING IN SHAPE

Fad diets may promise you the world, but they tend not to work in the long-term. They're normally too drastic for people to stick to for very long. Most of them are nutritionally unbalanced too.

The key to successful weight loss is to make small, gradual changes to your eating and physical activity habits that you can keep up for life. Don't think of yourself as being on a diet. Instead, look upon it as a series of small lifestyle changes that you need to make - one by one - in order to reach, and stay at, a healthy weight.

The first step in any successful weight loss programme is making changes to your lifestyle - eating less, and becoming more physically active. We know that gyms don't suit everyone and it's important to remember that exercise can take any kind of activity such as walking or cycling, washing the windows, or vacuuming around the house.



You may have heard about new medications that claim to help with weight loss. While a small number of these have been shown to be effective in supporting weight loss among obese individuals, this is only in combination with changes in lifestyle, for example eating less and being more physically active.

One simple way to reduce calorie intake is to try and eat smaller portions of foods. Switching from fatty foods to lower-calorie foods like wholegrain breads and cereals, and plenty of fruit and vegetables can also help.

Eating meals at regular intervals throughout the day can help with any hunger pangs don't forget to drink plenty of water as well.

### TO KEEP ON TRACK WITH A WEIGHT LOSS PROGRAMME, TRY TO:

- weigh yourself once a week
- keep a diary of your progress
- keep a food diary of what you eat each day - it's a really handy way to focus on what you are eating and prevent you going back to old habits.
- get a friend or family member involved as it will motivate you both!

If you don't have success with these changes, consult your GP, practice nurse or dietitian for more detailed advice.

Fad diets and quick-fix pills are not long-term solutions to weight loss; think of small steps you can achieve over time and adopt these lifestyle changes for good.

- See more at:  
<http://www.safefood.eu/>



## LET'S MAKE 2015 COUNT

New year is filled with new starts and hope. Quit smoking, lose weight, overcome fears etc. Good intentions but they commonly fail around now. Why? By using willpower you are using your logical practical mind, your short term memory and unfortunately results can be short term. By harnessing the power of the subconscious mind through hypnosis you can make lasting changes with ease to change any behaviour, habit or emotion that is negatively impacting your life.

Imagine if you could reprogram your mind using the latest hypnotic techniques to have and live the life you really want and release your true potential to overcome the emotions and obstacles that stand in your way. Thoughts are powerful they control your emotions and behaviour. Its true when you change your thoughts you then change your life.

Hypnosis can help you to overcome childhood traumas, grief, addictions, habits and behaviours. Come on. 2015 is the year when you start living. Action is what's needed to make your dreams come true, otherwise they are just dreams.

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- Exercise challenges throughout the 12 weeks i.e fitness testing, indoor triathlon, obstacle course
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### Invisalign Clear braces...Go wireless!

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Invisalign is the best way to transform your smile without interfering with your day-to-day life. If you're ready for a smile that transforms your appearance, Invisalign may be the answer. Although there are many choices out there, no other orthodontic treatment works as comfortably as Invisalign.

Invisalign has been available for over 10 years and the company invests \$60 million annually in research and development. 40% of adult orthodontics in the USA is now carried out using Invisalign and over 2.5 million people have been treated worldwide so that the system has a proven track record.

Awareness is growing in Ireland and the system was recently showcased by TV3 on their Celebrity Apprentice show.

Invisalign treatment consists of a series of nearly invisible, removable braces that you change every two weeks for the next set. Each aligner is individually manufactured for your teeth, and your teeth only. As you replace each aligner, your teeth will move - little by little, week by week - until they have straightened to the final position prescribed by your dental practitioner.

What's more, a virtual 3D treatment plan (ClinCheck® treatment plan) shows the series of movements your teeth will go through over the course of the treatment. This allows you to see upfront what your teeth are expected to look like at the end of the treatment. From the results of the ClinCheck treatment plan, your custom-made, clear aligners are produced especially for you.

Invisalign is available in Kerry from Dr. Colin O'Loughlin in Tralee. He has been providing Invisalign since 2003 and has treated hundreds of cases. Assessment is currently free so why not contact him to see if you are suitable. The cost of treatment is tax deductible and payment plans are available.

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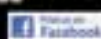
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# RSA & GARDAI WARN DRIVERS OF 'SUN GLARE' LINK TO ROAD DEATHS

The Road Safety Authority (RSA) and An Garda Síochána are reminding drivers to be aware of the danger posed by 'sun glare', which results in drivers being temporarily dazzled or blinded by the intensity and brightness of a low sun on the horizon.

The appeal comes as provisional crash reports suggest that drivers being temporarily blinded by 'sun glare' may have been a contributory factor in some fatal collisions in 2014.

Commenting on the issue Ms. Moyagh Murdock, CEO, RSA said "Because, at this time of the year, the sun sits so low in the sky, late in the morning and early evening, corresponding with the main commuting times, the sun visor on the car isn't really much help at all. If a driver is driving straight into such a sun he or she can

be completely dazzled by the sheer intensity and brightness of its rays. The situation is made worse if the windscreen is dirty or greasy or if it's been raining, or the ground is covered with snow. In this situation the glare reflects off the wet or snow covered road to further dazzle the driver.

Chief Superintendent Michael O'Sullivan, Garda National Traffic Bureau, advises driver on what they should do, "Reducing your speed is the first and most obvious thing to do. Slowing down on the approach to junctions, corners and bends is critical. You simply don't know what hazard may be up ahead at these potential risk spots, and one you certainly won't be anticipating is being blinded by sun glare."

"Ensure your windscreen is clean inside and

out. Add windshield washer fluid to the water in the reservoir and check that the wipers are not worn away or damaged. Replace them if they are. Buying polarised sun glasses, and keeping a pair in the car is also a must. They will help greatly if driving into a sun that's low on the horizon." He added.

Concluding Ms Murdock said, "If you are heading East in the morning, the direction the sun rises or heading West in the late afternoon, where it sets, please be conscious of sun glare. By simply being aware of this problem, which we all need to take more seriously, we will be able to read the environment and conditions and make better decisions when we are driving. Importantly we won't get caught out or blinded by the sun when turning the next corner"

# MICHELIN WORKING TO CONSIGN PUNCTURES TO HISTORY

Puncture problems could soon become a thing of the past when technology being developed by Michelin comes into popular use.

At its recent Challenge Bibendum event in China, the tyre maker demonstrated the effectiveness of its Selfseal technology.

Likely to be popular in China where motorists experience a puncture on average every 5,700 miles compared to Europe where the average is one every 48,000 miles, Selfseal works when a thin layer of rubber compound inside the tyre surrounds the area where a puncture has occurred to plug the hole, maintain pressure and prevent air from escaping.

In a parallel development, Michelin has commenced mass production of its pioneering Tweel - an airless tyre that comprises flexible, deformable polyurethane spokes that criss-cross between a fixed hub and the outer casing. Production will be confined to agricultural and commercial applications initially



# ANTIFREEZE

A continuous squealing noise as soon as the engine is started is a sign the water pump is frozen - it's the fan belt slipping on the pulley. The cylinder block could be frozen too. Stop the engine immediately and allow it to thaw out. This may take several days unless the car can be moved to a heated garage.

If the car begins to overheat a few miles from home it's likely that the radiator has frozen

preventing coolant from circulating. Stop straight away to avoid serious damage and allow the radiator to thaw.

Antifreeze costs only a few pounds, but a frozen and cracked engine block will cost hundreds of pounds to repair.

Most modern cars use long-life antifreeze - it's important to use the right type and avoid mixing different types. Check the handbook or

ask a dealer for advice.

Some types of antifreeze may need to be changed after only two years. Check the manufacturer's service schedule.

You need a 50-50 mix of antifreeze and water in the cooling system for winter. This gives maximum protection down to -34° centigrade, and without it, severe engine damage costing hundreds of pounds can occur.



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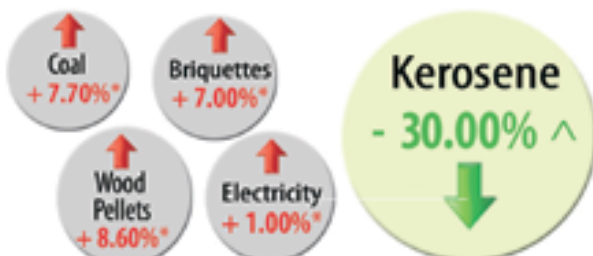
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|   |  |  |  |
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 10 Ford Focus 1.6 TDCI, sports, 83k, full Ford S/H  
 10 Ford Galaxy 2.0, Titanium, Full Ford S/H, 80k  
 07 Renault Megane Scenic 2yr Test  
 06 VW Passat 1.9 TDCI, Black, NCT Tested  
 06 Citroen C5 1.6 HDI, 106k, 1yr Test  
 05 VW Golf 1.9 TDI, Black, Alloys  
 05 Opel Mireva 1.3 CDTI, left hand drive

04 Opel Zafira 1.7 Dsl, 1yr Test  
 03 Citroen C3 1.4 HDI  
 03 Skoda Octavia 1.9 TDI, silver, 1 owner  
 11 VW Golf 1.6 TDI, blue motion, Black  
 11 Ford Focus 1.6 TDCI, Zetec ( new model)  
 05 Citroen C414 3dr  
 00 VW Golf 1.9 GT TDI Very clean NCT  
 141 Ford Focus 1.6 TDCI - Choice  
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## WORKPLACE BULLYING

Workplace bullying can be quite common and difficult to deal with. Bullying at work can take the form of physical, social or psychological intimidation. Examples include threatening behaviour, sexual harassment, verbal abuse, exclusion, psychological harassment, being given pointless or impossible tasks, deliberately making work difficult for you and withholding information necessary to get your work done properly. This type of bullying can be difficult to identify as it isn't always obvious, but it can have a serious effect on one over time. Workplace bullying can lead to a drop in productivity, lowered confidence and self-esteem, increased anxiety, stress and depression. It can also lead to physical symptoms such as tiredness, headaches and backache.

Workplace bullying can have a serious impact on family life and put stress on relationships. The target of the bullying may feel unable to share what is happening at work because they should feel grateful to have a job and may not want to worry a partner or spouse. It may put extraordinary pressure on the victim to the extent that they can take it out on others, even to the extent of engaging in abusive or aggressive behaviour at home. If you are experiencing workplace bullying it is vital that you seek some much needed support. This support may be from a Human Resource Manager, a supervisor or your employer. If the situation continues or is serious, you may need to make a written complaint. It can be very helpful to keep a diary documenting everything that happens, including what you've done to try stopping it. Make sure you are informed – find out what the organisation's policies and procedures are for preventing and handling bullying. All employers have a duty to ensure the health and safety of their employees. Section 8 of the Safety, Health and Welfare at Work Act 2005 states that the employer is required to "prevent any improper conduct or behaviour likely to put the safety, health and welfare of employees at risk". As employees, we are duty bound not to engage in behaviour that would endanger the health, safety and welfare of ourselves and others.

It is also wise to get external information and advice from bodies such as the union representing your industry, the Health and Safety Authority or the Equality Tribunal. These organisations work to ensure that workplace bullying in not tolerated and can give you advice on your options and your rights.

Next week we will look at cyberbullying and ways in which we can deal with it.

If you would like to speak to a counsellor, SouthWest Counselling Centre provides affordable professional counselling to children, adolescents adults and couples – both at its **Killarney Centre (Lewis Road)** and at **Kenmare Family Centre**. To make an appointment call **064 6636416; info@southwestcounselling.ie**. Other helpful websites include <http://www.antibullyingireland.com> and [www.reachout.com](http://www.reachout.com)

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

## Health Matters.... With Dr. Michael O'Doherty

### FLU VACCINATION INFORMATION

#### CONTINUED....

#### WHO SHOULD BE VACCINATED ?

Vaccination is strongly recommended for :

- Persons 65 yrs. And over
- Those with a long-term medical condition such as diabetes, heart or lung disease.
- People whose immune system is impaired due to disease or treatment
- Residents of Nursing Homes and other long stay institutions
- Persons with a body mass index (BMI) over 40
- Pregnant Women (can be given at any stage of pregnancy)
- Health Care Workers
- Carers
- People with regular close contact with poultry, water fowl or pigs.

#### HOW DOES SEASONAL FLU VACCINE WORK?

Seasonal flu vaccine helps the person's immune system to produce antibodies to the flu virus. When someone who has been vaccinated comes into contact with the virus these antibodies attack the virus.

#### WILL THE FLU VACCINE GIVE ME THE FLU?

No, flu vaccine will not give you the flu. Flu vaccine contains killed or inactivated viruses and therefore cannot cause flu. It does, however, take 10 – 14 days for the vaccine to start protecting against flu.

#### WHEN SHOULD I GET VACCINATED?

The vaccine should be given in late September/October each year. The vaccine starts to work within two weeks.

**Please contact Killarney Medical Centre on 064 6620628 to make an appointment for this years Flu Vaccine.**



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





## U-14 BOYS DIV 3:

**Falcons savaged by Ravens**  
**RATHMORE RAVENS 44:**  
**GLENBEIGH FALCONS: 18**

The Ravens U14 Boys Div 3 team played Glenbeigh Falcons at home, with Glenbeigh making the trip in spite of the weather. Great pace by the boys put them 10-4 ahead in the 1st quarter, with scores by Ian O'Connor, Alan Dineen and Kieran Fitzgerald. The 2nd quarter was fast paced and scores by PJ McAuliffe, James Darmody and Sean Burke O'Donoghue put the Ravens further in front leading 21-6... In the third quarter Alan Dineen added further scores along with Lee Phelan and Cathal Ryan. The final quarter was very fast paced and exciting with Dan Murphy adding to the scores. Sean Page from Glenbeigh contributed 6 points to their score with two great 3-pointers.

## JUVENILE UPDATE:

Following Castleisland Blitz and Juvenile Cup finals it was back to County League action over the last week. In the Academy Boys KCYMS lost their unbeaten record with a home defeat to St Brendans who now are top of the league.

In the Under-12 Boys Div 1 Tk Bobcats are unbeaten with St Marys beating Gneeveguilla by a basket in a thriller last weekend.

In Under-12 Boys Div 2 Caherciveen are unbeaten.

The under-12 girls Div 1 league is proving to be a thriller with St Marys, St Josephs and Gneeveguilla unbeaten. There should be some cracking games here over the next few weeks.

The under-12 girls Div 2 Tk Cougars and Glenbeigh are proving too strong for most other teams. Rathmore, Tralee Imp B and KCYMS are leading the way in under-12 girls Div 3

In Under-14 Boys Div 1 St Pauls are leading the way with 5 wins out of 5 closely followed by St Marys and Gneeveguilla.

In Under-14 Boys Div 2 Tralee Imp and Caherciveen are unbeaten. St Brendans B are leaders of Under-14 Boys Div 3.

St Marys are continuing their unbeaten run in under-14 girls Div 1 and are on course for a cup and league double.

Glenbeigh and Gneeveguilla are unbeaten in under-14 girls Div 2.

Ballyunion look on course to win the under-14 girls Div 3.

St Marys are league leaders in Under-16 Div 1 Boys. In the under-16 Girls Div 1 it looks like the league will be decided on 19/2/2015 when St Marys and St Josephs meet.

Gneeveguilla are unbeaten in Under-16 Div 2 Boys with Tralee Imperials and Gneeveguilla leading the way in Under-16 Div 2 Girls. St Marys B looks like taking Under-16 Div 3 title.

## LADIES DIV 1:

**O'Callaghan lifts Cougars with three point**

### shooting

**KILLARNEY COUGARS 51 ST MARYS B 35**

Cougars ladies returned to winning way as they reversed last months loss to the Castleisland ladies B team, but they had to come from behind in the second half. Cougars trailed 18 - 9 at the end of the opening quarter with Marguerite Glover doing the damage for the visitors with 8 points. Cougars improved in the second quarter but still trailed by a point 26-25, with good baskets by Marion O'Callaghan, Kate Looney and Amanda Brosnan getting Cougars back into the game. Cougars dominated a tiring St Marys in the third quarter to push ahead with two three pointers by O'Callaghan, and at the end of the quarter pushing Cougars ahead 35 - 30. Cougars started well in the final quarter with good baskets by Alma O'Mahony, Mags Cronin, Megan Buckley and Katie Talbot to finish comfortable winners. Best for Cougars were Marian O'Callaghan, Kate Looney and Amanda Brosnan with the visitor's best performances coming from Joanne Walmsley, Marguerite Glover and Leanne O'Connor.

## MEN'S CUP QUARTER FINAL:

**Dan Cronin shoots eight from down town**

**KILLARNEY COUGARS 75**

**LARTIGUE LISTOWEL 44**

Cougars hosted Listowel in this cup clash at the Pres Gym and the Cougars with a full panel to call on produce another solid performance to control this game to advance to the semi-final meeting with Tigers. Cougars hit eleven three pointers through the game with player coach Dan Cronin leading the way with eight three pointers in a personal tally of 34 points. Cougars led comfortably 39 19 at halftime. Listowel tried hard to the end and were unlucky to meet a Cougars team in great shooting form. Shane Garvey for Listowel tried best for the visitors with 16 points.

## BOYS U-14 DIV 1:

**Lyne impresses for St Pauls**

**ST. BRIDGETS 45 ST. PAUL'S 50**

The home side had the lead in the first and second quarter, but at half time, St Pauls led 28-25 to St. Paul's. However St. Paul's pressed hard in the 3rd quarter with Darragh Lyne scoring some excellent baskets, extending St. Paul's lead to 46-37. St Bridgets fought back well in the final quarter narrowing the gap however St. Paul's won by 5 pts, after a very competitive game.

## BOYS U-14 DIV II:

**It's Murphy's Law in Ballyunion**

**BALLYUNION WILDCATS 34**

**KILLARNEY COUGARS 48**

Wildcats hosted the Cougars on a cold and frosty Sunday morning in Ballyunion and both sides produced an entertaining game

with Cougars high on confidence from recent performances coming through to take the points. Cougars were quick to settle and led 11-8 in the opening quarter. Cougars increased their lead to 24 -15 by halftime. The Wildcats came strong in the third quarter but Cougars held firm to maintain the lead. The final quarter saw Cougars finishing the game well with some great passing moves and three pointers by Ruairi Murphy to see Cougars increase the lead at the final buzzer and maintain their push for the playoffs.

## GIRLS U12 KERRY DIV II:

**Cougars too strong as Wildcats struggle without best player**

**WILDCATS 9 KILLARNEY COUGARS 49**

Cougars made the long journey to Ballyunion early on Sunday morning and produced a strong team performance to comfortably secure the points. Cougars were in top form and produce some great scores and in defence were very determined to make an impressive start to the New Year for the U12 girls. Best for Cougars were Adele O'Brien, Grainne Murphy, Niamh Horgan, Maeve Bellew and Holly Kennelly. Wildcats best performers were Leah Hythe, Millie Byrne and Maeve O'Neill. However Wildcats are without their best player long term and if that was known in advance, they would be down in Div 3 but while not winning, they are learning.

## GIRLS U14 DIV II:

**Cougars do damage in first half**

**KILLARNEY COUGARS 43 ST ANNE'S 23**

Cougars came out of the blocks quickly for their first home game of 2015 leading 14-6 at the end of the opening quarter with the excellent Anna Clifford dominating with ten points with Sarah Kennedy replying with good baskets for the Farranfore girls. Cougars second quarter was equally impressive as they increased the lead by halftime despite a hardworking St Anne's defence. The sides went basket for basket in the second half but the visitors could reduce the first half arrears. Best for Cougars were Shelly & Anna Clifford, Maggie Kingston, Orla Moynihan and Ciara Griffin. St Anne's best performers were Brid Flynn, Sarah Kennedy and Chloe O'Connor.

## KABB NOTICE FOR CLUBS:

Our next under 10 blitzes is on next Sunday 25th in Duagh and Caherciveen. Clubs have till Wednesday to pull their teams. Otherwise clubs will have to pay the 30 euro fee. I won't be sending any fixtures until Thursday.

## BOYS U14 DIV 3:

**The O'Connor boys edge Gneeveguilla home**  
**GNEEVEGUILLA B 26 ST ANNES B 20**





## LEGION GAA CLUB NOTES

**KERRY U21:** Well done to Conor Keane who notched 3-02 with the Kerry U21 team as they beat Tipperary in the Hastings Cup last weekend.

**MC GRATH CUP:** Last Friday nights McGrath cup semi final pairing of UCC and IT Tralee saw four Legion players in action with Podge O'Connor and Shaun Keane lining out for UCC and Alan Moriarty and Conor Keane donning the Tralee college jersey again this week but the latters team couldnt sustain the momentum that saw them see off the Kerry senior team the previous week as UCC ran out winners and booked themselves a place in the final

**BIRTHDAY WISHES:** Happy birthday to Tess O'Carroll who celebrated her birthday last weekend

**BEST WISHES:** Everyone at the club sends its best wishes and support for a healthy recovery

to Ger and Margeurite and Karen Brosnan who are recovering in Perth Australia after a serious accident early in the new year .

**EAST KERRY ALL STARS:** Congratulations to all the recipients on the night at the gala banquet for the East Kerry All Stars awards last Friday night and especially to our 6 nominees who all collected an award namely, Brian Kelly, Podge O'Connor, Jonathon Lyne, Kieran Slattery, David O'Sullivan and Conor Keane.

**TOP SELLING BOOK:** Well done to Breda Joy on her book "Hidden Kerry, The Keys To The Kingdom", which was one of the top selling books over the Christmas with many copies being sent abroad to give our emigrants a taste of home .

**UNDERAGE TRAINING:** Strength and conditioning training will continue for our under 13 & 14 boys (Wednesdays 7-8pm) & for our under 15's, 16's & minors (Wednesdays 8-9pm) under the instruction of coaching

officer Noel Kelliher & senior players Damien O'Sullivan & Kieran Slattery every Wednesday

**YOUR CLUB NEEDS YOU:** Don't just sit on the fence! Make 2015 the year that you get actively involved in your club and help make a difference. There is still time to lend a hand with our juvenile teams. Don't worry if you've never trained a team before, our experienced coaches will show you the ropes. We'll also let you know when the excellent Kerry GAA coaching courses are coming up so that you can book your place. Getting involved with a team can be a very rewarding experience as well as helping to keep fit, for further information please contact Enda Walshe, Noel Kelliher or Paddy Osbourne as soon as possible.

**FIXTURES:** U21 East Kerry Championship preliminary round v Rathmore in Derreen on this Sunday 25 January at 12 noon.

**LOTTO:** Numbers drawn 9, 13, 14, 21. No jackpot winner 5 x lucky dip Shirley Mc

## LEGION GAA CLUB

### WHERE ARE THEY NOW

After last weeks trip to Chicago, this time we headed off in the opposite direction as we touched down in Perth in the southwest coast of Australia where there was no shortage of Irish accents and Killarney ones at that. This week we chat to Woodlawn native Paudie O'Connor originally from Woodlawn Park and later of Sycamore Lodge Ballycasheen. Paudie is a son of Pat and Mary [Murphy], of the renowned local building firm WK O'Connors Ltd. Paudie fondly remembers his days growing up in Killarney and especially on the Green in Woodlawn Park where he says there was always some game going on and it was from here he recalls being rounded up for Legion games and training by Pat Healy back as early 1987 when he was just 6 years old. Paudie was following in the footsteps of his two older brothers William and the late Sean, both of whom were very accomplished footballers and before that his two uncles Billy and Paul both wore the green and white. Paudie was a very intelligent footballer but he also had a huge love for soccer, starring for Killarney Athletic FC. at all age levels right up to senior throughout his career and lining out for the Kerry senior soccer team on numerous occasions. In his juvenile days with Legion, he picked up a few East Kerry medals along the way and says with a smile, that they had a good team but so did everybody else. He talks of a particular night in Spa GAA pitch when himself and Mark Pyne brought their soccer skills with them and they dribbled the ball most of the length of the pitch without being dispossessed but that didn't go down well with Tim Moore and the other mentors . He remembers players of the calibre of Conor Spellman, Shane

Myers, Kenny and Donald Dwyer as being the standout players when he was growing up but his fondest memories of his Legion days were from the clubs then annual trip to the Erins Isle GAA club in Dublin where along with the likes of Gearoid Nagle, they played the local club and had the craic and as he says the fact that the house that himself and Gearoid were staying in had twin daughters that were easy on the eye, was an added bonus. When Paudie finished school, he went on to study Structural Engineering in college and when he qualified, he went to work for well known engineering firm Niall Fitzsimmons in Cork but this was not his first venture into the workplace as whilst studying, he tells me that he started off his career as General manager of O'Neills Fishing shop in Plunkett St. where he had great times with Mary, Jeremy and Mary Joe O'Neill and trained in their son Denis who now runs the shop, and Paudie managed to tell me this just before breaking into laughter. As with a lot of young people back in 2007 , Paudie along with friends, Danny Leane, Billy O'Connor and Gari Murphy decided to depart these shores and in September 2007 they headed off and after 4 months travelling through Asia, they landed in the new capital of Ireland, Perth. Paudie started work soon after in the mines which were situated a long way north of Perth but later moved back to the city, where he still resides and is currently working as a Project Manager with a construction company in the city. Now well settled in Perth, and married to Audrey Kelly from Sligo town, the couple had the joy of bringing their baby boy, Sean into the world. He was born on St Patricks Day of



PAUDIE O'CONNOR PICTURED WITH HIS SON SEAN.

last year 2014 in Sligo . I asked Paudie, who is now 33 years of age if he played any sports since he moved abroad and he said that he has been involved with Shamrock Rovers club in Perth since he arrived seven years ago but hasn't played as much as would have liked over the last two years due to various commitments but is hoping to give it one last go this year. His interest in Legion affairs has never waned and he keeps up to speed through the internet and he says he is very encouraged by the amount of good young players that seem to be coming through and he feels that the club definitely seem to be moving in the right direction. Paudie comes home once every 18 months are so and would love to come more often, but as he says, its a costly trip but he is planning to be home this September. Of the things about home that he misses most, he says family, friends, the scenery, the long summer evenings and of course his days of playing sport in Killarney. Paudie, on the question of ever retuning home for good, says its hard to say at the moment but the powers that be need to sort out the country first. When I posed my final question to Paudie on who would have been an influence on him during his playing days in Derreen, he says that a lot of good people were involved during his time but Pat Kissane stands out. Next week, on the advice of our club treasurer, after coming this distance, we stay in Australia but this time we head east to Sydney .





Gough c/o St Oliver's school Ballycasheen, Daniel Cronin Murphys bar, Leah Mannix Ross Rd, Malachy Walsh Knockeendubh, James Joy Muckcross. Next weeks Lotto, a whopping €11800

## LISTRY GAA NOTES

### LISTRY WEEKLY LOTTO RESULTS SUNDAY 18TH JANUARY, 2015

Winning Numbers 7, 11, 13, 26. Jackpot €2,600 Not Won

1 x €100 Eoin McCarthy, Milltown.

2 x €50 Mary Treacy, Faha.

Breda Tangney, Listry.

2 x €25 Neil Blennerhassett, Culleeneymore.

Dio Buckley, Rockfield.

Draw Entrant John O'Sullivan, Ballytrasna

Jackpot next week Sunday 25th January €2,750.

**AGM:** At our recent AGM the following officers were elected to serve for the coming year. Patron Patrick Sugrue, President John Joe Tangney, Vice-President Patsy Mannix, Pa Mannix, Chairman Denis Courtney, Vice-Chairman Jerome Kennedy, Secretary Anthony Clifford Assistant Secretary Mike Tangney, Treasurer John Joe Courtney, Assistant Treasurer Keith O'Donnell, PRO Paula Courtney, County Board Delegate Mike Kennedy, East Kerry Board Delegate John Griffin, ASAP Anne O'Brien, Child Protection Officer John Lehane, Coaching Officer Colman O'Shea, Membership Officer Mike Tangney 087 6162786, Development Officer Noel O'Sullivan, Auditors Pat Quirke and Cathal O'Shea.

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

## FOSSA GAA

### FOSSA GAA: LOTTO 18TH JANUARY 2015

Numbers drawn were 2, 4, 12, 23. There was no Jackpot winner and next weeks Jackpot will be €8,100. The €40 consolation prize winners were Nellie Foley, Barleymount West, Kate O'Leary, Barleymount West, Nellie O'Meara, Crohane, Mary Flemming, Clydine, Kilcummin and Jonathan Falvey, Two Mile School. Tickets are on sale at The Golden Nuggett Bar, The Castlerosse Leisure Centre, The Travel Inn, The Old Killarney Inn, Foley's Spar Shop, The Laurels Bar and Committee members. Next draw takes place on Sunday night 25th January at 11pm in

the Golden Nuggett. Thanks to everybody who supports our Lotto each week as well as those who sells tickets.

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

**EAST KERRY ALL-STARS:** Congratulations to Tadgh O'Shea who won the East Kerry Intermediate Player of the Year award last Friday night at the All-Stars banquet held in the Gleneagle Hotel. This is due recognition for Tadgh who had a fantastic year in the Fossa jersey and is one of several young players who stepped up to the senior ranks this year and contributed so much to the success of the senior team. Hopefully this is only the beginning for Tadgh and he can win many more such awards in the years to come, it is a great boost for any young player to win such a prestigious award.

**MONTHLY MEETING: MEMBERSHIP:** Membership now due. Family membership €60.00 for 2015, adult remains €30.00, while youth/student is €15.00.

**U-21'S:** The U-21's will play Spa this Saturday 24th at 2.30pm in the quarter final of the East Kerry Championship, this game will be played in the old pitch in Fossa and all support will be welcome.

### COISTE NA NOG:

**LADIES FOOTBALL:** Fossa ladies football will hold their AGM on Thursday January 29th in the clubhouse at 8.30pm. After a very successful year we are hoping for a large attendance at the AGM.

**SYMPATHY:** Sympathy is extended to the Devane family Aghacurreen on the death of James Devane, sympathy is also extended to Tina and Tommy Cronin and family on the untimely death of Tina's mother, Mary O'Shea of Tarmons, Waterville. Ar dheis De go raibh a nanam.

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

**FOSSA COMMUNITY GAMES:** The 2015 Community Games Season is upon us with plenty of sports and activities to chose from e.g handwriting, singing, recitation, swimming, football, soccer, basketball, spikeball etc. - full list of events on [www.kerrycommunitygames.com](http://www.kerrycommunitygames.com). After a very successful and enjoyable year for Fossa last year we hope that this year we will have plenty of volunteers and of course participants. These activities are open to every child living in the parish. Fossa is a very active parish with a large population of children and our aim is that every child gets an opportunity to enter whatever activity suits them. To enable this to happen we need parents/adults to help out. Check out the community games website and if your child expresses an interest in any of

the activities please contact Amanda O'Brien 086-3283778 asap as closing dates for entry are fast approaching.

### FOSSA COMMUNITY GAMES

**COMMITTEE:** Chairperson, Katherine Butler; Secretary, Amanda O'Brien; Assistant Secretary, Linda Kennelly; Treasurer, Barth Warren, PRO, Alan O'Sullivan.

**CONGRATULATIONS:** Well done and a huge congratulations to Sean Kelliher who won the Overall Kerry Garda Youth Achievement award on Friday evening. Sean took home the award because of his numerous fundraising initiatives and, he says, his love of traditional Irish music. Congrats to Sean and all his family from everybody in the parish.

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

## MILLTOWN/CASTLEMAINE NOTES

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

**LOTTO:** Our Lotto Jackpot has now reached €11,200. Don't miss out on the chance to win this massive Prize for just €2 entry. Get your tickets in local shops and bars.

There was no winner of last weeks lotto, the numbers drawn where 03, 05, 10, 15. Consolation prizes where

€50 Murt Falvey, Lixnaw, Cyril O'Brien, Ross.

€50 Sethu C/O Ashborough Lodge, Sean Hogan, Ballinroe.

€25 Joan O'Brien Beaufort, Jer Hayes, Milltown.

€25 Breda McCarthy Milltown, Jim McDough, Glenbeigh.

€25 Shane O'Connor, Valentia, Patie Murphy, Glenbeigh.

€25 Mary O'Connor, Beaufort, James Finn, Annascaul.

The next draw will take place on the 30th of January in Larkins Bar.

**MEDAL PRESENTAION:** Senior and Junior medals will be presented next Saturday night at 9:30 pm in O'Sheas bar.

## BEAUFORT GAA NOTES

**ANNUAL GENERAL MEETING:** Full Report on Beaufort GAA Annual General Meeting is available on the club website [beaufortgaaclub@gmail.com](mailto:beaufortgaaclub@gmail.com)

**MEMBERSHIP:** Membership is due at this time for the 2015 season. Rates are as follows: Family €50 - this covers U18 players and younger in a family and it also gives one adult (over 18) use of the gym. Senior players - €50. Adult membership must be paid by 31st March, 2015.

**GUMSHIELDS:** Are compulsory for all age





group from adult players to U6 boys and girls both during games and training.

**CLASSES:** Are continuing in the Clubrooms with Pilates with Katie on Mondays 7.00-7.55pm and 8.00-8.55pm. Thursdays Aerobics with Jonathan 7.15pm to 8.15pm. Fridays Pilates with Jonathan 10.00am-11.00am. Over 50's Pilates/Gym 11.10am-12.10am with Jonathan. Juvenile girls class with Amy Saturdays 9.45-10.45am. Book places with Bridget 087 9975737, Susan 087 1276677, Eileen 087 7802606, Nora 086 1556181

**CLUB GEAR:** All club gear is available from U-6 to Seniors. Hoodies, Half-zip Tops, Jerseys, shorts and socks at 2014 prices. Contact Mary 086 0640065 or Nora 086 1556181 for same.

**GYM:** Beaufort Gym is open from 7.00am to 10pm. Great value in membership at only €50. Please contact Bridget re same - 087 9975737. An instructor will be available for introduction to the use of the gym. More details later.

**LOTTO** The next Lotto Draw for a Jackpot of €2,800 is in the Inn Between on Sunday night next. Tickets are available from usual sellers and in local shops and bars. The Lotto takings keep the club running during the year so support would be greatly appreciated.

**MEDALS PRESENTATION:** The Coiste na nOg Committee held their medal presentation to their underage boys and girls who had success during 2014 - U12, U-14, U-16 and U12 girls were presented with their medals. U12 girls were presented with theirs by U14 All Ireland winners Fiadhna Tangney and Hannah O'Donoghue - great role models for our young girls. Liam Carey, Minor All-Ireland winner with Kerry in 2014 presented the boys with their medals. Again the club are delighted to have the likes of Liam in the club, a great example of a committed player for our young players to aspire to. Refreshments etc. in conjunction with the Healthy Club Project were served to all present. Best of luck to all players for the coming year, hopefully it will be a successful one but most of all an enjoyable one.

**GAMES:** The U21s will be the first footballers out this season in the Mid-Kerry Championship v Laune Rangers. The Minors County League campaign will begin on February 21st while the Seniors County League campaign in Division 3 will be March 22nd.

## SPA GAA CLUB NOTES

### REGISTRATION FOR ALL MEMBERS:

Friday 6.30-7.30pm January 23rd in Clubhouse for Coiste na nOg, Ladies Football, Scor, All Players senior, minor and underage and adult membership. Fees are the same as 2014.

**COACHES MEETING:** There is a meeting followed by a coaching session with the coaching committee Saturday January 24th at 10am in the hall for all of this year's coaches. It will take approximately an hour and a half. Everyone should please try to attend and wear a tracksuit for the coaching session.

**EAST KERRY AWARDS:** Congratulations to

all who were honoured at the annual East Kerry All Stars Awards Night at the Gleneagle Hotel last Friday, where Rathmore's Declan O'Keeffe was superb as Guest of Honour. Both Andrew Garnett and Shane Cronin were named on this year's All Star team and there were extra celebrations for Spa as Shane also received the East Kerry Young Player of the Year award. Huge congrats too to Spa stalwart Patsy Cremin who was inducted to the East Kerry Hall of Fame for his many years of service to the GAA, especially at Coiste na nOg level, and also to Dan Favier Glenflesk on receiving the East Kerry Person of the Year Award.

**FIXTURES:** U21 East Kerry Championship: Spa v Fossa in Fossa next Saturday January 24th at 2.30pm.

### SCÓR: MUNSTER SCOR NA NÓG:

Congratulations to our figure dancers and their coaches Mairead Mangan and Maureen Hegarty Vogels who head to the All Ireland in Dublin in the City West Hotel on February 14th. The dancers who will join our quiz team as All Ireland finalists. Hard luck to the set dancers who gave a brilliant performance also in Cappoquin.

**FIGURE DANCERS:** Aine Brosnan, Katie Cronin, Megann Cronin, Lamia Switzer, Ava O'Sullivan, Sarah Randles, Leah and Rachael Moynihan.

**QUIZ TEAM:** Thomas Fleming, James O'Brien, Michael Aherne and Niamh Clifford.

### SCÓR NA BPAISTI AND SENIOR SCÓR:

Club members who may be interested in participating in forthcoming Senior Scór or Scór na bPaistí (Primary school children) competitions are invited to contact Spa Scór Officer Sheila McCarthy at 087-7614847.

Scor disciplines are Set and Figure Dancing, Recitation, Drama, Solo Singing, Instrumental Music, Ballad Group and quiz.

**UPCOMING EAST KERRY DATES:** Senior final Saturday 7th February in Brosna. Scor na bPaisti: Friday 20th February.

**LOTTO:** Lotto numbers drawn Sunday 18th January 20, 26, 17, 8. Lucky dip winners. Lily Falvey c/o John falvey. Ann McCarthy Ballaugh. Pat Cronin, Tiernaboul, Denis Moynihan, Rathmore. Draw next week in Killarney Heights, lotto €4,200.

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

### CLOTHES/BOOKS/OLD PHONES DRIVE

**COLLECTION:** We collect all year round. All proceeds goes towards the underage section of this club. Time to clear those wardrobes and can be dropped off to Spa clubhouse during the day or in the evening. All clothes any condition (clean), belts, bags, shoes and books (no school text books) and any old phones can be collected. Contact Anne Holland 085 7780883 or John O'Donoghue 087 9403517.

**SPA COMMUNITY NOTES:** Sympathy is extended to the relatives of the following who died during the past week Maureen Fitzgerald

late of Kilbrean and Knockragh and Sean McCarthy Glounacopple who was for many years a stalwart supporter of Kilcummin GAA club. May they Rest In Peace.

**NEW ARRIVAL:** Congratulations to Tadhg and Ann Marie Hickey on their new arrival baby Dan. His siblings Aidan and Caitlin are delighted with their new baby brother.

**31" CHAMPIONSHIP OF KERRY:** Sessions of the 45th annual Spa 31" championship of Kerry are currently in progress at various venues. Over various generations card playing has been a most popular social and recreational local pastime with card schools springing up each Autumn and Winter season in various local townlands. Occasionally such card games were accompanied by a raffle and dance which sometimes incurred the wrath of the local Clergy when such events were held on a Saturday night as they feared that this may cause a risk to Sunday Mass attendance. Indeed it was the popularity of card playing which prompted members of the local Spa GAA club to initiate the Spa 31" Championship of Kerry as a fundraiser for the club away back in March 1970 and in the intervening years due to the diligence and hard work of the small band of promoters it has grown in popularity and attracts the cream of 31 players each season. Cards are available from Dave Herlihy, Johnny Cronin, Paddy B. Lynch and Paddy O'Keeffe.

## DR. CROKES GAA CLUB

**LOTTO:** Draw took place in the Tatler Jack on Sunday 18th January 2015. Numbers drawn: 10,11,14 & 18. The jackpot of €4,200 was not won. Match 3, 4 received €100. Next week's jackpot is €4,500. Draw will take place in the JackCs.

**DATES FOR YOUR DIARY:** Quiz Night Thursday 29th January Tatler Jack, Strictly Come Dancing, INEC Thursday 5th March 2015 and Annual Social, Monday 16th March 2015.

**AGM:** The Club AGM and Juvenile AGM were both very well attended in the past week. Chairman Ger O'Shea, Secretary Matt O'Neill and P.R.O. Michael O'Keeffe stepped down after tremendous service in the roles. Incoming Chairman, Denis Coleman gave an inspirational address to those assembled, calling for a positive unified approach by all members towards Club affairs, leading to collective success on and off the field.

Condolences were paid to all members bereaved in 2014, including the families of two club stalwarts- Maureen Cooper and Bridie O'Shea. The meeting recorded highlights of 2014 including; Senior Football team won the County Club Championship for the third year in a row and will contest the 2014 County League Final v Austin Stacks.

Kieran O'Leary and Fionn Fitzgerald collected Sam Maguire and together with club and county teammates at Senior and Minor level, brought both trophies back to the Clubhouse on 23rd September, for an unforgettable night





# GAA CLUB CALL

Deadline: Monday 3pm Email : editorial@outlookmags.com

of celebration.

The Junior team won the East Kerry League and Molyneux Cup and our second Senior County League team went unbeaten in winning Division 5.

The U21 team lost in the County Club Championship Final.

Beaten in the County Championship Final, our Minors finished the year as East Kerry Championship winners.

Senior Hurling team contested the final of the County Intermediate Championship.

Our Senior Ladies and U15 Girls both won silverware at County Level in 2015.

While developing juvenile players through an age appropriate coaching programme is our number one priority, we did also taste success in 2014 at underage level. The U16s won both East Kerry League and Championship and in their only defeat of the year went down by a point in the County League Final. Our U14B team won titles at divisional and county level.

The Clubs U10 Hurlers again won the Dr. Bill Mangan Trophy.

The 3rd annual Colm Cooper Blitz for U13 boys was successfully held in September, attracting teams from home and abroad.

Off the field highlights included the Clear Air Boys day trip to Lord Brandons Cottage/ Gap of Dunloe which was a particular social highlight.

## 2015 CLUB OFFICERS ARE AS FOLLOWS:

Patron: Murt O'Shea. President: John Moynihan. Vice Presidents: Dan Kelliher, Patrick O'Sullivan, Fr. Tom Looney, Donie Sheahan, Niall Keogh, Eddie O'Sullivan, Liam Murphy, Paddy O'Shea, Fr. Paddy O'Donoghue, Jackie Looney and Fergus Moroney. Chairman: Denis Coleman.

Vice Chairman: Pat O'Shea. Secretary: Noreen Coffey. Asst. Secretary: Gerard Sugrue.

Treasurers Malachy Walsh/ Diarmuid Kelliher.

Finance Officer: Frank Shaw. P.R.O: Terry Potts.

Development Officer: Der Brosnan. Registrar:

Frances O'Sullivan. Cultural Officer: Teresa Hickey.

Childrens Officer: Eileen Buckley.

Co. Board Delegates: John Keogh/ Niall Keogh.

EK Board Delegates: Donie O'Leary/ PJ O'Brien.

IT Officer: Michael O'Keeffe. Hurling Officer:

Paul Downey. Events Committee: Anne Byrnes.

Clear Air Boys: Michael O'Leary.

**STRICTLY COME DANCING:** On Thursday, 5th March 2015 Dr. Crokes go Strictly Come Dancing in the INEC, Killarney. The pairings

are as follows; Representing Dr Crokes Events Committee are Frances O'Sullivan and Niall O'Callaghan. Their efforts will be supported by a Quiz Night in the Tatler Jack on 29th January 2015. Two couples Andrea Leahy Hartnett/ Andrew Kenneally and Maggie Casey/ Ger O'Shea are representing the Clear Air Boys and will be supported by a Golden Goal forecast for Kerry v Mayo NFL game on 1st February 2015. Maggie Casey and Ger O'Shea are sponsored by Vincent Casey Life & Pensions.

Dr Crokes Senior Teams are again represented by two couples, Aine O'Shea/ Maurice O'Donoghue and Katie Hickey/ Colm Foley. Both couples will be backed by a Race Night in Scotts Hotel on 6th February 2015.

Katie and Colm are being sponsored in the event by Charlie Foleys.

The Hurlers are represented by Kelly-Ann McSweeney/ Mike Milner & Sinead Galvin/ Brendan McMahon. They will be supported by a Golden Goal forecast for the Kerry v Dublin NFL game on 1st March 2015.

Helen Fitzgerald/ Johnny McGuire and Mary Collins /Brian O'Callaghan will carry the hopes of the Dr Crokes Juveniles/Ladies Sections. All four dancers will be supported by a Sale of Work/Cake Sale in the Clubhouse on Saturday 14th February 2015.

Mary and Brian are also being sponsored by Kerry Coaches. A very strong pairing of Gemma Kavanagh and Johnny Courtney have attracted sponsorship from the Flesk Restaurant as they represent the Dr Crokes U16/ Minor Teams. These panels will raise funds for the couple through a car wash on the Clubs grounds on 21st February 2015.

That's the couples and we will be following their progress on social media etc, building up to the big dance-off in the INEC on 5th March. Five couples are still available for sponsorship and details are available by contacting drcrokesgaa@gmail.com

All ten dancers are making a huge effort on behalf of the club, so get behind them and support the social fundraising events in any way you can.

**SCOR:** Club members who may be interested in taking part in the upcoming senior scór ( over 17 ) and scór na páisti (primary school children ) competitions are asked to contact Scór Officer Teresa Hickey on 086 3487671

as soon as possible. Scór competitions are as follows,, Quiz, Recitation, Drama, Solo singing Ballad group, Figure dancing, Set dancing and Instrumental group. These competitions commence in early February.

**JUVENILE MEDAL PRESENTATION:** Dr Crokes U15 Girls and U14 and U16 Boys will be presented with their East Kerry and County League medals at a ceremony in the clubhouse at 6.00pm on Sunday 25th January 2015.

All are welcome to attend.

## EAST KERRY NOTES

With Áine Ní Shúilleabháin PRO

**UNDER 21 CHAMPIONSHIP:** The East Kerry Under 21 Championship, sponsored by Acorn Holistics and Sports Centre, Killarney, gets under way this coming weekend with a quarter final on Saturday (24 January) Fossa V Spa, in Fossa at 2.30pm. There are 3 games the following day, Sunday the 25th January. All starting at 12 noon. Legion host Rathmore, in a preliminary round game, Glenflesk travel to Furies and Gneeveguilla hosts Kilcummin in 2 quarter finals. Extra time if necessary in all games.

## FOUNDATION LEVEL COACHING

**COURSE:** Any East Kerry/ Kenmare clubs interested in completing a Foundation Level Coaching Course can contact East Kerry/ Kenmare GDA Vince Cooper. The course is aimed at new parents and club members starting out on the coaching ladder. This two night course will be delivered on a first come first served basis. The course consists of both theory and practical elements. A minimum of twelve participants will be needed for a tutor to deliver a course. Amalgamations can be arranged between clubs to reach the target numbers.

## DATES FOR THE DIARY EAST KERRY

**SCÓR FINALS:** The East Kerry Scór Sinsear Finals will be held on Saturday the 7th February 2015 in Scartaglen Heritage Centre starting at 6.30pm. Scór na bPáistí will be held on Friday the 20th February, commencing with the quiz at 4pm, followed by the remainder of the Scór programme, starting at 5pm. Venue Fossa Community Centre.



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## KILLORGLIN ROWING CLUB

### KILLORGLIN ROWING CLUB LOTTO:

Congratulations to all our Lotto winners. November 2014. Leonard Griffin, Fealon Fleming, Sheila Bennett. December 2014. Joan Harman, Curtis Lucy, Patricia Tyler.

If you are not in you can't win. If you would like any information about Killorglin Rowing Club Lotto, please contact us.

## GNEEVUILLA BASKETBALL NOTES

### BOYS U14 DIV 1.

#### GNEEVUILLA 32- ST MARYS 34.

(Played 11/01/2015). This was a very exciting game that was very well attended in Rathmore gym, after a heavy cup semi final defeat in Castleisland the local boys were looking to set the record straight. Gneeveguilla started very well leading 12 - 4 at the end of the first quarter and by half time it was double scores to the home side 20 -10. St Marys had a much better second half winning the third quarter 12 - 7 bringing the score at the end of the third quarter to 27 - 22 to Gneeveguilla. St Marys continued to push on winning the last quarter 12 - 5 which was just enough to win by a basket. Final score Gneeveguilla 32- St. Marys 34. This was a very exciting game played to a very high standard with some top drawer defending being the highlight.

### GIRLS U12 DIV 1. GNEEVUILLA 31- TRALEE IMPERIALS 16.

(Played 12/01/2015) Gneeveguilla girls continued on their winning ways overcoming Tralee Imperials 31-16. They started strong leading 8-3 after the 1st quarter. Imperials came strong in the 2nd quarter winning 7-4 leaving Gneeveguilla ahead by one basket at half time. Alice O'Leary was on fire at the free throw line scoring 4 out of 4 in this quarter. The 3rd quarter was the deciding quarter with Gneeveguilla winning it 7-0. Gneeveguilla's defence was super in this quarter with Aisling Brosnan and Kornelia Cybul to the fore. Gneeveguilla drove on in the last quarter finishing strongly with a final score 31-16. Eimear ni Suilleabhain, Emily O' Donoghue and Kylie Ann Ryan played well for Tralee Imperials.

### GIRLS U17 DIV 1. ST BRIDGETS 44 - GNEEVUILLA 57

(Played 15/01/2015) This game was played in a very sporting manner by both teams. Gneeveguilla led by 5 at the end of first quarter. The second quarter was much closer with Gneeveguilla just piping it by one point against a strong defence by St. Bridgets, which proved difficult for Gneeveguilla to break down. The third quarter Gneeveguilla won by 5 points. But in the last quarter St Bridgets had a strong run scoring 8 unanswered points to draw level with at 43 points each. However, Gneeveguilla came back strong in the last 5 minutes and won the game out 57 to 44 points. Top scorer for Gneeveguilla was Laoise Coughlan with 22 points. Top scorer

for St. Bridgets was Foina Nelligan with 12 points. Maria O'Callaghan played excellent in defence for Gneeveguilla with some powerful rebounding. For St. Bridgets Amy Galway hit some fine 3 point shots.

**BOYS U14 DIV 3. GNEEVUILLA B 26 - ST ANNS B 20.** (Played 17/01/2015). This was always going to be an exciting game as Gneeveguilla had recently taken the spoils in a plate game. The first quarter was very close with Gneeveguilla just leading 6 - 4 at the end. St Anne's won the next two quarters 7 - 6 and 7 - 2. leaving them leading 18 - 14 going into the last quarter. Gneeveguilla raised their game in this quarter with Niall O'Connor and Tadhg O'Connor getting the vital scores winning this quarter 12 - 2. This was a very good win for the locals winning 26-20 while missing 3 players.

## MILLTOWN/LISTRY COMMUNITY GAMES

Looking for those who are interested in participating in the following events to contact us please: Solo Music U13/U16, Group Music U14/U16, Recitation U12/U16, Solo Singing U14/U16, Group Singing U14/16. These competitions are taking place on weekend 7th/8th February so early contact with us is advisable if interested. Our area is hosting the Recitation and Solo/Group Singing competitions in Milltown Hall on 8th February so it would be great to have entries in all these competitions. Our draughts training continues every Sunday at 6pm in Milltown/Castlemaine GAA Clubhouse. Any boy or girl who play draughts and are aged between 8 and 13 are welcome to join us. We hope to commence chess training groups at U13 and U16 level next month so if anyone is interested in playing please contact us. Any expressions of interest or queries on any of the events, please contact our secretary Denis O'Mahony 087-9662332. Our facebook page is updated regularly so please check this out when you can.

## KILLARNEY COUGARS

### SENIOR NEWS: LADIES DIV 1:

#### KILLARNEY COUGARS 51 ST MARYS 35

Cougars ladies returned to winning way as they reversed last months lost to the Castleisland ladies but they had to come from behind in the second half. Cougars trailed 18 - 9 at the end of the opening quarter with Marguerite Glover doing the damage for the visitors with 8 points. Cougars improved in the second quarter but still trailed but only a point 26-25 thanks to good baskets by Marion O'Callaghan, Kate Looney and Amanda Brosnan getting Cougars back into the game. Cougars dominated a tiring St Marys in the third quarter to push ahead with two three pointers by O'Callaghan at the end of the quarter pushing Cougars ahead 35 30. Cougars started well in the final quarter with good baskets by Alma O'Mahony, Mags Cronin, Megan Buckley and Katie Talbot to finish comfortable winners. Best for Cougars were

Marian O'Callaghan, Kate Looney and Amanda Brosnan with the visitors best performances coming from Joanne Walmsley, Marguerite Glover and Leanne O'Connor.

### MEN'S CUP QUARTER FINAL

#### KILLARNEY COUGARS 75

#### LARTIGUE LISTOWEL 44

Cougars hosted Listowel in this cup clash at the Pres Gym and the Cougars with a full panel to call on produce another solid performance to control this game to advance to the semifinal meeting with Tigers. Cougars hit eleven three pointers through the game with player coach Dan Cronin leading the way with eight three pointers in a personal tally of 34 points. Cougars led comfortably 39 19 at halftime. Listowel tried hard to the end and were unlucky to meet a Cougars team in great shooting form. Shane Garvey for Listowel tried best for the visitors with 16 points. Cougars now meet Tigers on February 2nd in Tralee.

### JUVENILE NEWS: U14 BOYS DIV II

#### WILDCATS 34 KILLARNEY COUGARS 48

Wildcats hosted the Cougars on a cold and frosty Sunday morning in Ballybunion and both sides produced an entertaining game with Cougars high on confidence from recent performances coming through to take the points. Cougars were quick to settle and led 11-8 in the opening quarter with Eoghan Myers and Sean O'Brien impressing. Cougars increased their lead to 24 15 by halftime with Joe Cahillane and Ruairi Murphy both scoring well. The Wildcats came strong in the third quarter but Cougars held firm to maintain the lead with David Bartlett powerful rebounding keeping the Wildcats at bay. The final quarter saw Cougars finishing the game well with some great passing moves and three pointers by Ruairi Murphy to see Cougars increase the lead at the final buzzer and maintain their push for the playoffs.

### U14 GIRLS DIV II KILLARNEY COUGARS 43 ST ANNE'S 23

Cougars came out of the blocks quickly for their first home game of 2015 leading 14 6 at the end of the opening quarter with the excellent Anna Clifford dominating with ten points with Sarah Kennedy replying with good baskets for the Farrenfore girls. Cougars second quarter was equally impressive as they increased the lead by halftime despite a hardworking St Anne's defence. The sides went basket for basket in the second half but the visitors could reduce the first half arrears. Best for Cougars were Shelly & Anna Clifford, Maggie Kingston, Orla Moynihan and Ciara Griffin. St Anne's best performers were Brid Flynn, Sarah Kennedy and Chloe O'Connor

### U12 GIRLS KERRY DIV II

#### CHORCA DHUIBHNE 13

**KILLARNEY COUGARS 39:** Cougars made the long journey to Dingle early on Sunday morning and produced a strong team performance to comfortably to record a comprehensive win. Cougars were again in top form and produce some great baskets to secure the win. Best for





Cougars were Meabh Bellew, Ella O'Connor, Katie Joy, Meave Coleman Horgan, Niamh Horgan and Holly Clifford

**COUGARS BASKETBALL ACADEMY:** Cougars boys and girls U10 & U8 term 3 is under way at the Parish Hall every Friday, Girls 5pm & Boys at 6.30pm. New members welcome.

A full list of the latest training times and upcoming fixtures is available on the website [www.killarneycougars.com](http://www.killarneycougars.com)

## DARTS

**MURPHY CUP 2015:** Lots of exciting action in the Murphy Cup last week. On Monday 12th January the second round of the Murphy Cup proved to be another great night of darts. Pat Linehan beat Damien Mc Cormick 3-2 in the final of the night. Pat the 1993 Murphy Cup winner will now play Ger Flynn in the last 16 of the Murphy Cup. Damien will play Kevin Mc Cann in the last 16 of the Peg Murphy Cup.

The third round in the Murphy Cup played on Tuesday 13th January seen the first 180 by Tom Biggane. The standard was high with many exciting games. In the final of the night Timmy Kelly beat Dan Leen to proceed to the last 16 of the Murphys Cup and Dan secures his place in the last 16 of the Peg Murphys Cup. On Wednesday the 14th January, the fourth round of the Murphy Cup secured Johnathan Downey his place in the last 16. Johnathan will now challenge Timmy Kelly. Johnathan also added his name to the 180 club. Runner up Colin Moriarty will play Dan Leen in the last 16 of the Peg Murphy Cup.

## KILLARNEY SOUTH COMMUNITY GAMES NOTES

Killarney South Community Games enjoyed its best ever year in 2014 and won the 2nd best region in the 2014 Kerry Athletic Finals. The award was presented to Anthony Greaney New Chairman at a function in December. Noreen Cooper was the previous chairperson and Noreen did fantastic work for Killarney South Community Games and was a brilliant chairperson and we hope she will continue to assist the committee in the years ahead. Many of our athletes competed brilliantly in the Athletics finals in Athlone namely Mark Cooper and Jack Greaney in cross country (Mark Cooper winning a team relay medal with Kerry). The U16 200m relay team of Sarah Leahy, Christine Cooper, Cian Gammell, David Shaw and Lorna O'Sullivan reached the National U16 relay final. Sarah Leahy ran very well to reach her individual sprint final and performed very well. The highlight of the National Athletics finals was the U10 mixed relay team winning the Pewther medal for 4th place in the 4 x 100 mixed relay final. The team consisted of Conor Gammell, Alex Hennigan, Teddy Muldoon, Pia Hickey, Aoibhinn Evans and Alexandra Casey. Alex Hennigan finished off the National finals in brilliant style winning an individual bronze medal in the U10 60m Hurdles final.

The events for 2015 are commencing shortly and we will list all the events on the Killarney South Community Games Facebook.com page.

## KILLARNEY BADMINTON CLUB

Congrats to our division 5 mixed team who secured victory v Moyvane in their first league match of the season. A brilliant result 5 2 after some very close games. TEAM. Diam Fitzgerald, John O'Keeffe, John O'Halloran, Navroop Johnson, Margie O'Leary, Jessica and Elaina Galvin. Division 3 killarney team defeated by Moyvane 5 - 2 ,five games went to 3 sets. Team: Evan and Paudie Horan Danny, Brendan, Sam, Siobhan, Marian and Suzanne. A belated well done to John O'Brien on his win in Listowel tournament with partner Fergal Hannon. Well done to all who competed in the Munster graduates and Munster senior 2 last Sunday. What a day of badminton for all. A special mention to Maeve Twomey who contested the three finals of the day, losing out narrowly in singles and doubles but getting her reward in the mixed final with partner Ivan Cliff, well done again. Eileen O'Connor and Sinead Galvin also reached the senior 2 final after a tough round of matches but lost out narrowly in three sets. Division 1- 3- and 5 Kerry singles championships are being held this Sunday 25 th in killarney sports and leisure centre. See you there and have a good week of badminton to all .... Sinead Galvin.

## RATHMORE/GNEEVEGUILLA COMMUNITY GAMES

Anyone interested in participating in the following events for 2015, please contact Aeneas O'Leary 087 6577167, Cynthia Daly 086 0818606 or Ann O'Leary 087 2226007.

Solo Music - Under 13/16. Group Music - Under 14/16. Recitation - Under 12/16. Solo Singing - Under 14/16. Group Singing - Under 16.

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

**PLEASE NOTE: FOR 2015 SEASON:** If your child tries out and qualifies for any team/relay event at local level, then he/she is committed to this team. Should the team/relay be successful in winning a County Gold medal, the child (Gold medalist only) is committed to this team and is not eligible to participate in any other team/relay event at local level for the remainder of the 2015 season. Further information can be found on our new FACEBOOK page - Rathmore/Gneeveguilla Community Games

## GNEEVEGUILLA AC

**LOTTO:** No winner of lotto dated 16/01/2015, numbers drawn were 14, 20, 22 and 27. Sellers prize went to Timmie Brosnan, €50 Y/T prize to Kathleen O'Callaghan Ballinahulla, €50 to Mary O'Connell Killarney, €40 each to Reen's Syndicate c/o Austin Murphy, Pat Brosnan Coom Lower and Hannah Moynihan

Knocknagree. €1,000 bonus not won, numbers drawn were 3, 9, 13 and 15. Next week's jackpot €6,600 plus €1,000 bonus.

**MUNSTER MASTER & SENIOR INDOOR TRACK & FIELD CHAMPIONSHIPS:** Held in Nenagh on Sunday last, Gneeveguilla club were well represented there. Shelia O'Donoghue came 1st in 60m, 200m, long jump and shot. Robert Purcell won 300m O45, Eileen O'Riordan won silver in shot and bronze in long jump O45.

**UPCOMING ROAD RACES:** Some very interesting road races coming up shortly. Gneeveguilla AC winter 5K road league in The Demense on January 31st, February 7th, February 14th and February 21st at 11.00 am start. As usual The monastery is the race headquarters. Look out for Knocknagree 5K on March 8th at 1.00 pm in aid of their local National School. The route is from Tureen - Shanballa and will finish near the school. Hope to mark the route this week, weather permitting.

**LOTTO:** Renewal of lotto tickets is now due for those who have 'nt got around to it as yet. €100 per year, €50 - 6 months.

**MEMBERSHIP:** Membership should be all paid up by now adult €25.00, child €20.00.

**KERRY COLLEGES CROSS COUNTRY:** Kerry colleges Cross country will be held in The Demense Killarney Friday 23rd at 11.00 am, we have been in contact with the schools and hope to be represented there. Best of luck to all who take part.

**ALL IRELAND COMBINED EVENTS:** Well done to Annette O'Brien who competed in the All Ireland Combined Events on Saturday last, Annette was placed 3rd after competing in hurdles, long jump, high jump, shot and 800m. An excellent achievement.

## FOSSA ROWING CLUB

**TRAINING:** The recruitment for underage rowers is in full swing so why not challenge yourself and get rowing. Training continues every Monday, Wednesday and Friday evenings at 7pm in the old church, Fossa. For more information, contact us on facebook at Fossa RC or why not drop us an email at [fossarowingcluboffice@gmail.com](mailto:fossarowingcluboffice@gmail.com).

## KILLARNEY BRIDGE CLUB

All our members would like to extend congratulations to Joan Lenihan and Pauline Lyne on winning the South Munster Pairs Intermediate B competition held in the Maryborough Hotel recently.

## EURO BRIDGE CLUB

We will all our members a happy and healthy New Year. The club commences on January 27th with an open pairs competition. Congratulations to Pauline Lyne and Joan Lenihan who won the best intermediate B pairs in the South Munster region on January 17th at Marlborough House Hotel Cork.



## SCHOOLBOY/GIRL SOCCER

### UNEVEN ACTION ALL THE WAY:

#### RESULTS:

#### DALY'S SUPERVALU 13'S – PREMIER:

Ballyhar 0-1 Killarney Celtic A.

Park A 8-0 Camp Juniors A.

**DIVISION 1:** Killarney Celtic C 0-3 Killarney

Athletic. Killarney Celtic B 0-6 Killorglin A.

Park B 3-3 Inter Kenmare.

**DIVISION 2:** Fenit 6-2 Castleisland.

Park C 1-3 Listowel Celtic B.

#### KILLARNEY PLAZA 15'S – PREMIER:

Park A 4-0 Listowel Celtic A.

Camp Juniors 6-0 Tralee Dynamos.

Killarney Celtic 4-0 Mastergeeha.

**DIVISION 1:** Killorglin 1-5 Inter Kenmare.

Park B 2-1 Killarney Athletic.

**REPORTS:** There was action in all the 4 Groups of the Moriarty's Centra 11's with a number of double headers. In Group 1 and 2 Killarney Celtic face Listowel Celtic and Killorglin took on The Park. Killarney Celtic and Listowel Celtic drew in Group 1 with Killarney Celtic B taking the game in Group B. Killorglin and The Park shared the wins their clashes with the Killorglin winning the Group 1 game and the Park B the other. Group 3 saw Killarney Celtic C just getting win over Inter Kenmare while Iveragh United and Killarney Athletic played out a thriller with the South Kerry side just taking the spoils. It was the same story in Group 3 between Fenit and Ballyhar with the visitors taking the win. Camp Juniors just saw off Park C in the same Group.

**JK SPORTS 12'S:** Three way tie at the top of the Premier: Tralee Dynamos, whose game was called off, have been joined at the top of the Premier Division by Killarney Celtic A and Park A, who both won their games, to move onto 10 points. Killarney Celtic came back from Murt Scott Park following a 1-0 win thanks to a James Darmody goal. The Park were too strong for Camp Juniors and won thanks to goals from Conor O'Sullivan, Sean McGrath, Mervin Shambala and Colin Walsh.

Killarney Athletic win again to remain leaders in Division 1:

Leaders Killarney Athletic took the points from their trip to Celtic Park following a 3-0 win over Killarney Celtic C. Rossa Bellew, Eoin Benson and Uri Cazu were the scorers as the Woodlawn side move onto 15 points. Killorglin A continue their unbeaten run and are now on 4 wins from 4 played and are on 12 points. Gar Hassett, Jack O'Leary and Dylan Francis were on the score sheet for Killorglin. Inter Kenmare were also unbeaten in their three games before this round but had to settle for a point away to Park B following a 3 all draw. TJ McMahon hit a hat trick for the home side in Christy Leahy Park while Jack Downey, Daniel Crowley and Kaleb Lynch Patterson got the goals for Inter. **FENIT**

**MOVE UP THE DIVISION 2 TABLE:** Fenit took the points from their home game with Castleisland thanks to goals from Jonathan Trant 2, Eddie McCarthy 2, Dara Heim and Oisín Horgan.

2 goals from Jake Brosnan and 1 from Niall Lynch saw Listowel Celtic B win away to Park C.

#### KILLARNEY PLAZA 15'S: PARK WIN AT HOME TO GO TOP OF PREMIER:

In the clash of the top two at Christy Leahy Park the Park made it 4 wins from 4 to move above their opponents Listowel Celtic A who remain on 10 points. Sean Carmody hit two goals in the first half and Niall Sertuxta equalled that feat in the second half.

Killarney Celtic join Listowel Celtic on ten points in second place following their 4-0 home win over Mastergeeha. Lee Downing set Celtic on their way with a free kick after only 90 seconds. Josh Fleming hit a quick double and a Reece Hegarty goal wrapped up the scoring. Camp Junior kept in touch with the sides above them with a home win over Tralee Dynamos. The home side started very brightly and 2 from Seamus Boyle had them ahead after 6 minutes. Later in the half Franz Sauerland set up Boyle for his hat-trick. Killian Falvey made it 4-0 before half time. Dynamos came into the game in the second half but Sauerland notched up a 5th and Davidas finished off the game with the 6th. Inter lead as Park move into second in Division 1: Leaders Inter Kenmare travelled to Killorglin and won 5-1 to continue to set the pace in the Division. Dylan O'Connor was unstoppable hitting 4 to which Tadgh O'Siochru added a fifth. Inter now move onto 13 points. Liam Butler replied for Killorglin. Park B and Killarney Athletic were tied on 9 points at the start of play so a win for either side would see them remain only a point off the top. It was the Tralee side that took the points after a very tight 2-1 win. Aaron and John Ward were the Park's scorers.

## KILLARNEY CELTIC NOTES

### INTERNATIONAL SOCCER FOR CELTIC

**PARK:** International underage football returns to Killarney Celtic when the Irish U15's face Scotland next month. On Friday January 23rd under lights the sides meet at 7.15pm and the following Sunday they clash again in Listowel at noon. This is a hugely prestigious event for the club and being selected as a venue is a great tribute to the hard work invested over many years by all our club members and volunteers past and present. Anyone who can volunteer on the night, please contact any committee member.

**PLEASE NOTE:** Entrance is by way of the Bypass Road – There will be no admittance from the Tralee side. We are asking all patrons to respect the rights of residents.

#### RESULTS: DENNY PREMIER A: KILLARNEY CELTIC 3 KILLARNEY ATHLETIC 0

A magnificent response to last week's defeat, with Celtic showing fire, hunger, and skill against a good Athletic side who are a real test for anybody. Matt Keane opened the scoring for us, Trevor Nagle calmly slotted a penalty, and a great strike by Cathal O'Shea rounded it off.

#### YOUTHS LEAGUE: KILLARNEY CELTIC

**7 KILLARNEY ATHLETIC 1:** A superb team display. Stephen McCarthy was on the mark four times, with Jonas Hedwig, Piers Lyons, and Conor Randall also on target.

#### U15 PREMIER: KILLARNEY CELTIC 4 MASTERGEEHA 0:

Lee Downing blasted in a free kick in the second minute to put Celtic on their way. In the second half Josh Fleming struck twice and Reese Hegarty added another for a comfortable win.

#### U13 PREMIER: BALLYHAR 0 KILLARNEY CELTIC 1:

A brilliant game between two top class sides. Celtic's back four were under immense pressure but were equal to it, with the outstanding James Darmody sweeping in front of them and bursting forward for our goal in the second half.

#### U13 DIV ONE: KILLARNEY CELTIC 0

**KILLORGLIN 6:** Killorglin are looking very much like the team to beat in this division – Celtic played very well here and can be proud of their display, but Killorglin always had more firepower.

#### U13 DIV TWO: KILLARNEY CELTIC C 0

**KILLARNEY ATHLETIC 3:** A great effort, but Athletic played superb soccer and were deserving winners. Nonetheless, a great effort by everyone in the squad.

**U11 GROUP ONE:** Killarney Celtic A beat Listowel Celtic A.

**U11 GROUP TWO:** Killarney Celtic B drew with Listowel Celtic B.

**U11 GROUP THREE:** Killarney Celtic C won a close game against Inter Kenmare.

Congratulations to James Darmody on being selected for the Kerry Team of the Week.

**FIXTURES:** U16 National Cup: Killarney Celtic at home to Mungret Regional, Saturday, 12 noon.

U14 National Cup: Killarney Celtic at home to Cherry Orchard, Saturday, 2.30pm.

U14 Girls: Killarney Celtic away to Killarney Athletic, Saturday, 2.30pm.

U14 Div One: Killarney Celtic C away to Camp B, Saturday, 11.45am.

U12 Premier: Killarney Celtic away to Tralee Dynamos, Saturday, 10.30am.

U12 Div One: Killarney Celtic B at home to Inter Kenmare, Saturday, 10.00am.

U12 Div Two: Killarney Celtic C away to Camp B, Saturday, 11.45am.

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

**LOTTO RESULTS:** Numbers drawn 10, 13, 18, 22. No winner, two x match three, Derry O'Sullivan c/o Speakeasy, the Lyne family Dennehy's Rd., €75 each. Next week's jackpot €6000, draw in the Failte on Monday night. Tickets available from all club officers. Yearly tickets available.

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

## KILLARNEY ATHLETIC A.F.C. NOTES

**FIXTURES:** Kerry Schoolboys/Girls League.

**Saturday 24th January 2015.**

JK Sports Under 12 Division 1.



Mastergeeha v Killarney Athletic 10.30am.  
Foundation Sports Under 14 Premier.  
Killarney Athletic v Park A 11.45am.  
Trophy World Under 16 Division 1.  
Camp v Killarney Athletic 1.30pm.

## Sunday 25th January

Under 15 SFAI Cup  
Killarney Athletic v Bonagee Utd. 12.00 noon.  
Foundation Sports Under 14 Girls Premier.  
Killarney Athletic v Killarney Celtic 2.30pm.

## YOUTHS:

Mastergeeha v Killarney Athletic 2.30pm

## Saturday 24th

## SENIORS:

## Sunday 25th January

Castleisland v Killarney Athletic B 11.30am.

## RESULTS: SENIOR A

## KILLARNEY CELTIC 3 KILLARNEY

**ATHLETIC 0:** A deflected goal by Matt Keane with 12 minutes left penalty by Trevor Nagle and a last minute goal give Celtic the win despite Athletic dominating large amounts of the game.

**UNDER 15 NATIONAL CUP:** Best of luck to our under 15's who play Bonagee Utd, Letterkenney, Co Donegal at home at 12.00 noon in Woodlawn on Sunday 25th January in the last 32 of the National Cup. Please come and support the team.

## UNDER 13: KILLARNEY CELTIC 0

**KILLARNEY ATHLETIC 3:** Under 13 CONTINUE WINNING STREAK: Our under 13 team continue to lead their division after a 3-0 win over local rivals Killarney Celtic. We were well on top in all sectors but could not put the ball in the net. Overall there were some great passages of play and the movement of the ball was very sharp but like in a lot of our games recently the finish product needs a huge improvement. The score at half-time was 0-0 but straight from the kick off we put pressure on up high and this made the way for the goals to come. Our goalie and defence didn't have much to do but dealt well with any defending they had to do, our midfield were very busy and were pushing on creating chances for our strikers. It was a good team performance but with stiffer games ahead we need to take our chances better. Well done to all. Scorers on the day were Rossa Bellew, Eoin Benson and Luvali Cazacu. Man Of The Match : Rossa Bellew.

## UNDER 11: KILLARNEY ATHLETIC 2

**IVERAGH 3:** 2 goals from Rohan Tehan and one by Cathal O'Shea for Iveragh. Dara Looney and Coilte for Athletic . 0 - 2 at half time. Great game between two even and well balanced teams.

**NEW 300 MEMBER CLUB DRAW:** We encourage all supporters of Killarney Athletic to support us on this major source of fundraising

and contact any member of the club for an Application Form. The first draw will take place on January 31st in Scott's at 9.00pm. 6 prizes to be won 1st prize €500.00 and 5 prizes of €100.00.

**ANNUAL STREET COLLECTION:** Our annual street collection is taking place on tomorrow 24th January. Please contact Aaron Quill 087 9403514 or Sean (Blackthorn) O'Donoghue 087 6621066 if you can cover an hour over the day. Please support.

**CHILD WELFARE COURSE:** There is a child welfare course being held on next Monday 26th January in Mounthawk Park, Tralee at 7.00pm. Any club member who trains or manages players aged 16 and under are obliged by law to have this course done and be Garda vetted. Please contact Geraldine Nagle our Child Welfare Officer on 087 612 3512 to register for the course.

**KILLARNEY ATHLETIC WEBSITE:** Please check the website on [www.killarneyathletic.com](http://www.killarneyathletic.com) or facebook for match reports, club information and contact details.

**CONTACT:** If you have anything to add to Killarney Athletic A.F.C. notes please contact Mary McCarrick on 087 7750773 or [mccarrickmary@hotmail.com](mailto:mccarrickmary@hotmail.com)



TEAM 'FITNESS WITH EDELE' GATHER TO TAKE ON OPERATION TRANSFORMATION WALK 2015.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED ON MISSION ROAD PRIOR TO THE OPERATION TRANSFORMATION WALK ON SATURDAY WERE L-R LINDA KENNEALLY, ASSUMPTA O'DONOGHUE, LILY CRONIN, FIONA O'SHEA & EILEEN MAGEE.  
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED ON MISSION ROAD PRIOR TO THE OPERATION TRANSFORMATION WALK ON SATURDAY WERE L-R BEN BROSANAN, MAGS CRONIN, MARIE CREMIN & SINEAD COLLINS.  
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808





PHOTOGRAPHED AT THE PRESENTATION OF PRIZES AT THE ROSS GOLF CLUB RECENTLY FOR THE MC SWEENEY ARMS HOTEL COMPETITION WERE :-  
FRONT (L TO R) MIKE CASEY, WINNER, TONY AND KELLYANN MC SWEENEY, SPONSORS, DENIS CRONIN, CAPTAIN.  
BACK (L TO R) DENIS LUCEY, RENALDAS BENDIKAS, PETER O'BRIEN.

## ROSS GOLF CLUB

### GENTS CLUB:

**FIXTURE:** On Sunday January 25th we will hold a 2 man 18 hole scramble. Pick your own partner or take pot luck on the timesheet. The timesheet is now available in the clubhouse so please add your name to it as soon as possible.

## KILLORGLIN GOLF CLUB

### MENS 12 HOLE COMPTITION 18/01/2015

- 1st Mike Griffin (20) 30 pts.
- 2nd Denis Dennehy (18) 29 pts.
- 3rd Thomas O'Connor (19) 29 pts.
- 4th Mike McCarron (12) 27 pts

## CASTLEROSSE GOLF CLUB

**RESULTS: COMPETITION PLAYED ON SUNDAY 18TH JANUARY 2015, 12 HOLE STABLEFORD,** winner Mick Clifford (22) 29 pts. Overall runner up, Peter McGrath (22) 24 pts. Overall 3rd place Michael Leahy (20) 24 pts.

**FIXTURES:** Weekend competition, 12 Holes,

Stableford Format. Play Friday, Saturday or Sunday. Use time sheet.

## DEERPARK PITCH & PUTT NOTES

During the course of his report to the recent club AGM secretary Jason O'Connor congratulated the members of the club who enjoyed much success at various PPUI competitions during the past year -- Damian Fleming turned in a fine performance in the National Matchplay in Parteen in June with Creagh Courtney having fine innings in the Intermediate Strokeplay in Stackallen, Creagh Jason O'Brien, and St John Kelliher turned in a fine performance to win the inaugural Munster Inter-County at St Stephen's in August. In terms of the Kerry Anchor Cup team the club had a record four competitions in the senior grade with Conor McCarthy joining Damian Fleming and St John Kelliher to represent the county in Tipperary Hills Tullamore and

to finish with two place honours was a magnificent achievement. Conor McCarthy also had the distinction of being the second club player to wear the Irish jersey after his namesake Derry McCarthy when he took part in the International Challenge in Lloret Papulas against Cathalonia in June and despite Cathalonia winning the Challenge Cup overall Conor won all the points in his matches.

Off the course this year the club experienced some success with our Development Officers Aidan O'Keeffe and Aidan O'Donoghue enlisting the services of a marketing consultant to improve the awareness and promotion of the club and this resulted in a marked increase in green fees during the season, Jason also congratulated Colm O'Dowd on being honoured as Club Person of The Year an honour richly deserved for his contribution in the area of finance and overall contribution to the club. He also thanked the Collins family for the manner in which they managed the shop and merchandise as well as the FAS workers under the guidance of the grounds chairman Gerald Cullinane for their contribution to the maintenance of the course, (more reports next edition).

**SPORTS PREDICTOR:** Sports Predictor cards ( at €10 each ) which is one of the club's fundraisers are now available from club treasurer Colm O'Dowd.

**MEMBERSHIP:** Membership rates due on March 1st 2015 are as follows adult €120; family of two adults and three children under 16 years is €200, Juveniles and OAP €75.

## KILLORGLIN GOLF CLUB

**LADIES: FIXTURE:** 12 Hole re-entry Stableford sponsored by Lady Captain Phil Anne Foley has been extended due to weather conditions.

**SPRING LEAGUE:** The Spring League draw is posted on the Notice Board. First round is now in progress and finishes Sunday 8th February. Second round starts Monday 9th. Top 4 Teams after these 2 rounds will play matchplay semi finals.

## KILLARNEY DARTS TOWN LEAGUE

Sponsored by Mustang Sally's, Killarney, Fixtures for Thursday 29th January 2015, Total Points to date in brackets, ( with results in )

### FIRST NAMED TEAMS HAVE HOME ADVANTAGE:

#### GROUP 1:

Sportsmans Bar ( 38 ) v Murphys Pinters ( 44 )  
Dunloe Lodge B ( 37 ) v Lals Bar ( 66 )  
Jimmys Jokers ( 44 ) v Kenmare Rooms ( 32 )  
Free Night = Golden Nugget Old Timers ( 27 )  
Game to be played:

Golden Nugget Old Timers v Sportsmans Bar

#### GROUP 2:

Murphys Bar ( 56 ) v Jimmy Briens ( 29 )  
Corkerys ( 43 ) v Tatler Jack ( 67 )  
Klub Bar Kilcummin ( 22 ) v Dunloe Lodge A ( 43 )

Free Night = Dan Linehans ( 37 )

#### GROUP 3:

Old Killarney Inn ( 52 ) v Nugget Night Owls ( 15 )

Charlie Foleys A ( 35 ) v 98 A ( 33 )  
Avenue Heros ( 44 ) v Mustang Sallys A ( 52 )  
Free Night = Teddys Bar ( 39 )

#### GAMES TO BE PLAYED:

Mustang Sallys A v Nugget Night Owls  
Teddys Bar v Nugget Night Owls  
Results not in for:

Charlie Foleys A v Avenue Heros

#### GROUP 4

Free Night for ALL Group 4 games

Mustang Sallys B ( 52 )

Charlie Foleys B ( 30 )

Team Danny Mann ( 30 )

98 B ( 30 )

Klub Bar Reserves ( 27 )

Scruffys Bar ( 11 ) Withdrawn from League

Results not in for:

Klub Bar Reserves v Team Danny Mann

Team Danny Mann v Charlie Foleys B

Charlie Foleys B v 98 B

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# AWARDS ON THE DOUBLE FOR WEESHIE

Popular Broadcaster Weeshie Fogarty was celebrating this week after collecting another coveted media award for his Terrace Talk sports programme on Radio Kerry.

The Terrace Talk 'Sam Maguire Special' received the McNamee award for the Best GAA Related Radio Programme at the awards ceremony in Croke Park last Friday night.

The GAA McNamee Awards are held annually to honour excellence in the area of communications, public relations and journalism, specifically related to the activities of the GAA. The Terrace Talk award winning programme led by Weeshie and his team of Deirdre Walsh Marian O'Flaherty and Ciaran O'Regan included an interview by Weeshie with the silversmith who crafted the modern-day 'Sam', the man who was the first to lift the cup in Croke Park and numerous Kerry captains who, by bringing 'Sam' on tour, learnt what it meant to schools, communities and emigrants. Weeshie has won several McNamee awards over the years and this latest one completed a unique double as it came hot on the heels of his recent PPI Radio Award last October when his 'Terrace Talk' programme won the first prize gold award after being named Sports Programme of the Year in Irish radio. Judges of the PPI awards said that regardless of the sport, the interviews on Terrace Talk were excellent and Weeshie Fogarty's passion and love of sport connects with the listener.



WEESHIE FOGARTY PICTURED ON THE 'TERRACE' AT HIS BELOVED FITZGERALD STADIUM KILLARNEY WITH THE TWO AWARDS THAT HE HAS WON WITHIN THE SPACE OF A FEW MONTHS, THE GAA MCNAMEE AWARD AND PPI RADIO GOLD AWARD. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY)



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## Tommys Farming Week

Having spent almost a lifetime struggling to keep up with the basics of reading and writing Ned Deering was eventually diagnosed with a severe form of dyslexia. Through his awareness, he was able to hide this "disability" but at 58 after being diagnosed of a lifetime of self-doubt was lifted off his shoulders.

When reading, Ned was lost, following articles was impossible, large words, and complex concepts were beyond his capabilities. His organisational skills were limited but he muddled through. The arrival of the "single farm payment" was a nightmare for Ned, he lived in fear of an inspection and finally it came.

Two inspectors went through his farm, found breaches in the regulations, and informed him that he would be penalised. The shock of being confronted with his problem was too much for him and he fell headlong into depression, lying in bed, unable to do anything. His wife, a Kerry woman, prevailed on him to seek help. In his 4th session of counselling, after he had described his experiences in school the counsellor suggested that he get assessed for dyslexia. Subsequently he was diagnosed with a severe form.

It was suggested that he look for correspondence from the Department of Agriculture in CD form, this would allow him to understand the regulations. His contact with the Department left him

very disillusioned; the response when eventually someone spoke to him was not helpful. The cost of providing CDs would be astronomical and they had a computer programme online, which could help. Ned cannot use a computer, his sister; a teacher could not use the programme.

Ironically, The Revenue Commissioners can provide him with CDs to help him understand their regulations, why not the Department of Agriculture. Lately he attempted to enrol in a course on spraying regulations. He explained his problems to the facilitator, who informed him he could not pass the course; he was (because of his dyslexia) a Health and Safety risk.

How could he use sprays if he could not read the instructions? If a leaving cert student has a similar disability, he can access a scribe for his state exams but a farmer, his livelihood threatened, cannot.

Ned Deering is a man ready for the fight, this week he is going to Scotland to meet a group of farmers who are lobbying for their rights. He is looking for farmers with similar problems here and can be contacted at 087 2627343.

More information on dyslexia can be got on [www.dyslexia.ie](http://www.dyslexia.ie)

by **Tommy Roche**

## DYNAMITE LAUNCH AT KELLIHERS

Uniblock, Ireland's original and largest maker of bucket licks, has announced the launch of Dynamite a new product made from almost 100% dried molasses. Dynamite is made using a patent pending process that involves rapidly dehydrating molasses to ensure it's sugar energy remains intact and available to the animal. The product is then cooled in stages before trace elements are added to the mix.

With Dynamite Uniblock have made the feeding of molasses much easier and by drying it we can control intakes and rumen pH so as to improve animal dry matter intakes and performance.

Dynamite is available from KFA Ballymullen Tralee in 18kg and 35kg tubs and one 18kg tub will feed 10 cattle or 30-35 mid pregnancy ewes for a week. Please call in and we will advise you on your requirements.



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## FARM INFORMATION MEETING

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Meeting commencing at 8pm sharp

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- Future Farm Payments
- National Reserve
- Young Farmers "Top Ups"
- Organic Schemes
- TAMS Farm Buildings/Investments
- Commonage Details

Speakers: Owen O'Driscoll &

Sean O'Malley, Agricultural Consultants

Tel: (064) 6686031 or (028) 23283



Macra na Feirme

## MACRA MATTERS

Kerry Macra Rainbow Team will be performing this weekend in the All Ireland Semi Finals of FBD Capers competition. This competition involves putting a twenty-minute show on, which includes dancing, music, singing, comedy and drama.

At present, the team is putting the final touches to their show. The rainbow team is made up of individuals from all the clubs in Kerry.

The Semi-finals are on this Saturday in the Mallow youth centre at 7.30pm. Kerry Macra would like to wish all taking part the very best of luck and anyone wishing to send them well wishes can do so on our facebook page. Well Done to Laure Rangers Ref and Macra Member Sean Joy who was in charge of the recent Cork v Waterford McGrath Cup semi-final in which Waterford defeated Cork to reach their first ever McGrath Cup final. **Date for your Diary:** Young farmers talk on the 28th January in the Brehon Hotel 8pm.

### REMINDER TO RETURN REFERENDUM BALLOT PAPERS

All affiliated club secretaries have been sent ballot papers for a referendum to change the Macra constitution. The proposed change relates to the timing of the Macra year. Clubs should meet ASAP to ensure they decide whether to support or reject the change and return their ballot papers to national office by 12.00noon on Friday, January 30th 2015.

For further information contact national office on 01 426 8900.

## KERRY FARMING MATTERS

Next Monday at the farm of William Dennehy Currow Killarney Teagasc will continue their roll out of the 1,2,3 of calf rearing programme from 11am - 1pm with last group at 12 noon. If you are, you spend time that you can't afford treating sick calves each spring or are concerned about the level of calf mortality in your herd. This is certainly a morning well giving up. The Teagasc/Animal Health Ireland Calf Care Open Days have been a success to date around the country with Kerry now the fourth stop of a six-day road show.



## UNACCEPTABLE THAT FERTILISER PRICES ARE RISING AS ENERGY PRICES FALL

It is not acceptable that in the context of energy prices falling considerably in recent months there are proposals to increase fertiliser costs, according to European Agriculture Commissioner Phil Hogan.

Speaking on the issue recently, he said it is very hard to understand that with a 45% reduction in energy prices that there are proposals to increase fertiliser costs by 7%.



## FARM DEATHS FEATURE ON THE LATE LATE SHOW

The founder of Embrace Farm has urged all working in agriculture to redouble their efforts on safety this year to avoid a repeat of the horrific spate of farm deaths in 2014 as the latest video in organisation's 'What's Left Behind' campaign was launched.

Speaking following the weekend's Late Late Show feature on farm safety and farm deaths Brian

Rohan said that the very fact that the campaign made it onto the country's most popular TV programme showed just how grave the issue of farm safety has become.

Mr Rohan was joined on the show by Diane Banville, whose husband Kevin died on the family farm in New Bawn, New Ross on March 17 last year.



## LONGFORD PIG FARMER JAILED AND FINED €3,000 FOR SLURRY 'TIMEBOMB'

A pig farmer was jailed for 10 weeks and fined €3,000, after a judge labelled him 'an absolute disgrace' over his slurry storage, according to the Irish Independent.

The judgement from Judge Seamus Hughes was served on Longford pig farmer Donal Connaughton (55) for failing to prevent an environmental 'timebomb' that threatened local lakes.

The judge said Connaughton had acted 'in a blackguardly fashion' and had expected the authorities to clean up the environmental

issues, which were created at his farm.

Connaughton, of Elfeet, Newtowncashel was convicted at Longford District Court of causing or permitting effluent from massive tanks, containing four million gallons of slurry, to fall into a local lake last March.

According to the report, the prosecution was taken by Inland Fisheries Ireland. Judge Hughes jailed Connaughton for 10 weeks and fined him €3,000 with €5,400 costs.

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## OUTLOOK LIFESTYLE TIPS:

### Stay hydrated

If you have a busy lifestyle, it's crucially important that you stay hydrated. Whether it's by taking a hot drink that will help remedy any niggling nasal congestion or some water, you have to be hydrated to fire on all cylinders.

## Go for a WALK

Granted it's easier said than done, but where you can, be sure to squeeze in the odd walk. It could be a simple 20 minute stroll but even this will go a long way in helping you stay fit and strong, supporting your immune function and circulation.



## OUTLOOK LIFE STAGES

### Older adults

Continued...

#### EATING LESS

As you get older, your appetite may get smaller. This is quite normal – you're probably not as active as you used to be, so you'll need less food for energy. But you should still eat enough nutritious food each day to keep you in good health.

Try to eat at least three times a day. If you find it hard to have full meals, try smaller meals with nutritious snacks in between.

#### HEALTHY SNACK IDEAS

- Wholegrain toast with heated baked beans, a slice of cheese or sliced banana.
- Small bowl of home-made soup
- Wholegrain breakfast cereal or porridge with semi-skimmed milk
- Cheese and crackers
- A piece of fruit or chopped fruit pieces
- Chopped raw vegetables like carrots or peppers, or a handful of small cherry tomatoes
- Scones, currant buns and fruit breads

If you don't feel like cooking, why not make more use of the microwave? It's great for heating up leftovers from your freezer

and for heating ready-made meals. Make sure to heat foods until they're piping hot all the way through.

#### LOOKING AFTER YOUR TEETH

Visit your dentist regularly to keep your teeth in good condition. If you wear dentures or have problems chewing, you may be put off eating raw fruit or vegetables. If this is the case, go for tinned or stewed fruit and vegetables instead. They're softer and easier to chew, but still have all of the goodness.

#### COOKING FOR ONE

It's easy to get by on bread, butter and tea alone when you're on your own in the house. But try to cook something for yourself most days if you can. Here are a few tips to make it easier:

- Invite some family or friends around for dinner
- Try casserole dishes – there's less preparation when you throw in the meat, veggies and potatoes all at once
- Cook large amounts, then freeze some individual portions to eat later
- Keep a well-stocked food cupboard so that you always have some ingredients

to hand to make meal.

#### Our cupboard contains:

Rice, pasta, noodles, instant mash, porridge, breakfast cereals  
Tinned vegetables (e.g. sweetcorn, tomatoes), fruit tinned in its own juice, tinned or packet soups  
Dried milk powder, evaporated or condensed milk (can be used if you run out of fresh milk), tinned rice pudding, ready-made or tinned custard  
Corned beef, tinned fish (e.g. tuna, mackerel, sardines), baked beans, tinned peas, tinned pulses (like kidney beans, butternut beans, chickpeas, lentils)  
Stock cubes, gravy granules, tomato sauce and puree, dried herbs, pepper, tea, coffee, sugar or sweetener, cocoa/drinking chocolate, jelly, plain biscuits  
You'll find some tasty and traditional recipes on our recipe pages.

#### GETTING HELP IN THE HOME

Some older adults find it hard to move around because of stiff joints or arthritis. This can make it difficult to prepare or cook foods. If you're having problems, ask your doctor for help.

See more at [www.safefoods.eu](http://www.safefoods.eu)



## FAT BURNING TIPS

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### STOP OBSESSING ABOUT THE SCALES

because you can gain muscle & lose fat and not see any difference in the scales. One pound of fat takes up a lot more room than one pound of muscle. The main thing is inch loss so focus on how your clothes are fitting if you are losing motivation from the scales.

### DO RESISTANCE TRAINING.

Weight training burns calories at rest for up to 39 hours after your workout. It speeds up your metabolic rate. Even if your goal is solely to lose body fat, you need to combine your aerobic/cardio workout with resistance training. Examples of body weight resistance training are Push ups, Squats, Lunges etc.

### DO HIGH INTENSITY INTERVALS.

This means alternating brief periods of high intensity exercise with brief periods of rest. This will increase your aerobic capacity and fitness... and will give you quicker results in less time.

**MORE FAT BURNING TIPS NEXT WEEK.....**

**MORE TIPS NEXT WEEK...**

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## OUTLOOK DIET TIP OF THE WEEK

**Enjoy your favorite foods.**

Instead of cutting out your favorite foods altogether, be a slim shopper. Buy one fresh bakery cookie instead of a box, or a small portion of sweets from the bulk bins instead of a whole bag. You can still enjoy your favorite foods -- the key is moderation.



## OUTLOOK BEAUTY TIP OF THE WEEK

*Before you blow dry, start with a volumising spray or light gel to give the roots some lift. Pull the brush up towards the ceiling to really boost volume.*

## *Fashion Tip*

**Make Sure You Can Walk In Them:** There are some occasions we sacrifice comfort for fashion. After all, four inch heels guarantee that legs-for-miles look. But if it looks better than it actually feels on your foot, you probably won't wear it. There is nothing worse than looking at someone who just can't walk in their heels.





# A TRIP DOWN MEMORY LANE...



ANNBLAHA N.S. KILCUMMIN AROUND 1956. PHOTO BY R HANLEY. COURTESY OF JOHN MANGAN.



**FLESK VALLEY ROWING CREW WINNERS JUNIOR SIXES 1942.**

FRONT FROM L:R: CON BRADY, PATRICK WALSH, MIAH O'CALLAGHAN, SEAN MURPHY, DAN O'SULLIVAN. BACK FROM L:R: CONNIE O'LEARY, JOHN MURPHY, CHRISTY BRADY, JAMES GLEESON.  
PHOTO COURTESY OF JOHN KELLY.



**FOSSA WINNERS OF THE LADIES SIXES 1955.**

FRONT ROW L:R: MAURA O'DONOGHUE, NOREEN SHEEHAN.  
BACK ROW L:R: MAI O'SULLIVAN, MARY SWEENEY, NELLIE SWEENEY, MAURA MORIARTY.  
PHOTO COURTESY OF JOHN KELLY.



**INTERNATIONAL HOTEL STAFF PARTY 1967 IN THE GLEBE HOTEL.**

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FRONT L:R: JOHN MANGAN AND BRENDAN O'SHEA.  
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**KERRY COUNTY COUNCIL WORKERS 1961.**

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## OUTLOOK RECIPES

### Creamy Spicy Turkey Pasta

Serves 2 - (Each serving contains approx 478 calories.)

#### Ingredients

- 100g wholewheat pasta
- 2 tablespoon rapeseed oil
- 1 garlic clove, crushed
- 100g fresh tomatoes, halved
- 1 teaspoon chilli flakes
- 200g chopped tomatoes, canned
- 1 green pepper, deseeded and chopped
- 2 tablespoon single cream
- 350g turkey breast, sliced

#### Method

- In a pot of boiling water, place pasta and simmer over medium heat for 6-8 minutes until cooked.
- Place 1 tablespoon of oil in another pot over medium heat. Add in the crushed garlic and stir for 1 minute being sure not to burn it.
- Now add in the fresh tomatoes and chilli and stir until the tomatoes soften.
- Add the canned tomatoes, green pepper and cream and continue to stir. Simmer for a further 10 - 15 minutes.
- Add 1 tablespoon of oil to a wok/skillet on medium heat. Add the turkey and stir fry until cooked through.
- Add turkey to the sauce
- Place pasta on plate and serve turkey and sauce over the pasta




## Outlook MAGAZINE

### operation TRANSFORMATION

## Baked Berry Square

Serves 15. Each berry square is a single serving. - (Each serving contains approx 119 calories.)

This makes 15 baked berry squares. One is a portion.

This snack is an occasional treat to be eaten once a week.

| Ingredients                    | Method  |
|--------------------------------|---|
| 235g rolled oats               | • Preheat oven to 175 degrees C / Gas Mark 4.   |
| 2 eggs                         | • Mix oats, eggs, blueberries, applesauce, brown sugar, skim milk, flaxseed meal, baking powder, cinnamon, vanilla and salt together in a large bowl. |
| 120g apple sauce (unsweetened) | • Pour into a 9x11 inch baking dish.  |
| 237mls skim milk               | • Bake in preheated oven until the moisture is absorbed and the oats are tender (25 to 30 minutes)  |
| 15g ground flaxseed            | • When cooled cut into 15 equal portions.   |
| 1 1/2 teaspoon baking powder   |   |
| 1 1/2 teaspoon ground cinnamon |   |
| 1 teaspoon vanilla extract     |   |
| 1/2 teaspoon salt              |   |
| 90g blueberries                |   |
| 50g brown sugar                |   |



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## Citizens Information

### Know Your Rights:

## PREPARING FOR RETIREMENT

JANUARY 2015

### QUESTION

**I will be retiring from work in 2015 when I reach 65. What do I need to know about pensions and other benefits in retirement?**

### ANSWER

When you retire at age 65 you can claim Jobseeker's Benefit, which is based on your Pay Related Social Insurance (PRSI) contributions. If you do not qualify for Jobseeker's Benefit you can claim Jobseeker's Allowance, which is a means-tested payment.

At age 66, you may be entitled to the State Pension (Contributory). If you do not have enough PRSI contributions, you can apply for a State Pension (Non-Contributory), which is means-tested. You should apply for State pensions at least three months in advance.

You may have contributed to an occupational pension scheme during your working life or you may have a personal pension arrangement. You need to contact the pension provider to find out exactly what benefits your pension gives you.

If you move from employment to retirement in the course of the year, you should get a PAYE Balancing Statement (P21) from your local tax office at the end of the year. This will trigger a refund of any overpayment of tax you might have made.

Your Jobseeker's Benefit or State pension and any occupational pension are taxable. However, the tax exemption limits are much higher for people aged 65 or over and there are some extra tax credits.

At age 66 you will be exempt from paying PRSI. At age 70 you will pay a reduced Universal Social Charge if your annual income is €60,000 or less.

At age 66 you will also be eligible for a Free Travel Pass and may be eligible for the Household Benefits Package, which consists of a free TV licence and an electricity or gas allowance.

For medical cards and GP Visit Cards, which are means tested, the income limits are higher for people aged 70 and over.

**Further information is available from the Citizens Information Centre below.**

Know Your Rights has been compiled by Kerry Citizens Information Service which provides a free and confidential service to the public. Contact us in Tralee 0761 07 7860, Killarney 0761 07 7820, Listowel 0761 07 7840, Kenmare 0761 07 7810, Kilsbeggin 0761 07 7830, Cahersiveen 0761 07 7780. Information is also available online at [citizensinformation.ie](http://citizensinformation.ie) and from the Citizens Information Phone Service, 0761 07 4000.

## GARDENING OUTLOOK



with John O'Sullivan

### FOCUS ON HEDGING

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

**To choose the right hedge for your garden here are a few pointers to think about**

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

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

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### **Ed 04 7881 TO LET**

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### **Ed 05 8345 TO LET**

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### **Ed 06 7880 RENTING**

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## **AWARE SUPPORT GROUP MEETINGS**

**Aware Depression Support Group meets:**

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Hello Readers and welcome to my Ramblings this week. Did you answer last week's Riddle correctly? For those of you that missed it the question was - How many of each species did Moses take on the ark with him? The answer was None, Moses wasn't on the ark Noah was.

## RATHMORE PANTO

The Marian Players Rathmore presents their 28th Annual Pantomime. LITTLE RED RIDING HOOD. Opening in The Community Centre Rathmore on Saturday January 24th at 7:30pm, with matinees on the following two Sundays at 3.00 pm. There are additional night shows on Wednesday, January 28th, Thursday January 29th and Saturday January 31st at 7:30pm and Sunday 1st February. Booking Tel: 064 775 8526. All proceed to Kerry Parents and Friends association. A show not to be missed.

## 9 FACTS THAT MAY SAVE YOUR LIFE

Most people can go through their life without being put in life-threatening situations, but sometimes, remembering what to do in such a case can be the difference between tragedy and a happy ending.

1. The limits of the human body often follow the "Rules of Three":  
3 minutes without air  
3 hours without shelter from the elements  
3 days without drinking  
3 weeks without eating
2. If you find yourself caught in a rip tide and being pulled out to sea, remain calm and swim parallel to the shore. Trying to fight the rip tide is more likely to lead to exhaustion – the main cause of drowning.
3. If you're in a burning building – keep your head down. Fire victims often die from inhaling smoke rather than the fire itself. Poisonous smoke is hot and will rise while fresh air will remain close to the ground. (Cover your face with a wet towel for extra protection)
4. In a situation where you are crying for help, be specific. Calling specific people ("You with the blue shirt!") will increase the likeliness of them helping you. Being called out puts them in an accountable position, reducing the likeliness of the "bystander effect".
6. Learn how to give yourself the Heimlich manoeuvre.

7. Do you spend more than two straight hours sitting down, get up, stretch and walk around for 5 minutes. Whether you have an office job, or you're traveling, sitting for prolonged periods can lead to blood clots in your calves. These clots can travel through your bloodstream and end up blocking blood flow to vital organs.
8. If you see a photo where you are the only person in a group who has 'red eyes', visit a doctor. 'Red eye' in just one person in a group may indicate a case of retinoblastoma, which is a type of eye cancer.
9. If you're a man, you use a pregnancy test that comes out positive, visit a doctor. A positive test in a man may be an indicator of testicular cancer.
10. Even if the traffic light is green, it's not necessarily safe to go.

## 3 PLANTS YOU CAN GROW FROM YOUR RUBBISH!

Instead of throwing out the undesirable ends of freshly chopped organic veggies, why not put them to use! Many of the veggie discards you usually throw out can actually be used to grow more crops. Here are 3 relatively easy ones that will extend your organic Euro.

- **Celery.** Stop throwing away the root bases of your celery! Freshly cut root bases can regrow and yield an entirely new crop! Simply set the base in a glass of shallow water in the window and watch shoots reappear. Then, you can transplant it into a pot or garden and watch your "garbage" celery grow into a delicious new crop.
- **Sweet potatoes.** Just like any potato, sweet potatoes spout with "eyes." Bury the sweet potato under a thin layer of moist soil in a sunny location. Shoots take a week to appear, and once they reach about 4 inches high, you can cut them off with a piece of potato and replant them about a foot apart. With any luck, in 4 months you'll have homegrown, organic sweet potatoes! Beware, if you plant them outside, keep an eye out for slugs, who also are partial to delicious sweet potatoes.
- **Ginger root.** Ginger is surprisingly easy to grow from leftover chunks of a knob. Place a small bit of the root in a pot of soil with the smallest buds pointing skywards. Place the pot in a moist environment with filtered sunlight and let it grow. Ginger plants are very attractive in the house. When you need a new ginger

root, dig up the entire plant, harvest the root, and cut off a small bit to pot and plant again for the next time you need ginger.

Other foods that you can salvage include all potatoes, sprouting garlic, and even pineapple. Be warned; conventional plants probably won't regrow, so be sure to invest in high quality organic produce.

## IF BULLFIGHTING HAS TO EXIST THIS IS THE WAY IT SHOULD BE DONE

In Costa Rica, where cows are a source of income for thousands of farming families bullfights are the main event at an annual festival held in every town. The only difference is, no one kills the bull.

Rather than glorifying man's power over the animal, Costa Rica's corridas de toros exalt the bulls, while turning people into fools. The festivals feature elements of a traditional rodeo, but add hordes of untrained, overly macho improvisados, or rodeo clowns, into the ring. Festival organizers offer cash prizes to particularly daring improvisados if they successfully remove an item attached to the bulls horns etc. Though the bull may kill anyone in the ring, no one can kill the bull.

This intense, often hilarious spectacle culminates with the end-of-the-year Zapote Festival, this year's event ended on January 2nd, with more than 200 bull-related injuries and plenty of bruised egos.

## SUSTAINABLE HOUSES BUILT FROM RICE WASTE

When 16-year-old Bisman Deu saw the regular burning of rice waste on her family's south Indian farm, which was polluting the environment with black smoke and making the top layer of soil partially infertile, she wondered if someone could turn the husks and straw discarded by rice farmers into sustainable building materials, helping to create low-cost structures that could withstand all forms of weather, so she cooked up a prototype of rice waste-based building material in her family's kitchen.

Ms. Deu claims the building material is an affordable, waterproof participle board that is fungi- and mud-proof, making it a good choice for low-income people who need to leave cheaply in variable weather and it also gives farmers a new source of income.

Ms. Deu and her two teammates recently won the Social Innovation Relay, a global contest from the Junior Achievement-Young Enterprise Europe, in partnership with Hewlett-Packard, to find students aged 15-18 to develop socially innovative business concepts. Her concept was also featured in UNICEF's 2015 State of the World's Children report.

Rice is a staple food for more than half of the world's population, and one ton of husk is produced for every five tons harvested.



## QUOTE FOR THE WEEK

"It is not a lack of love, but a lack of friendship that makes unhappy marriages."  
Friedrich Nietzsche

## ON THIS DATE – JANUARY 23RD

1571 - The Royal Exchange opened in London.  
1789 - Georgetown College became the first Roman Catholic college in the United States (Washington, DC).

1793 - Second Partition of Poland, between Prussia and Russia.

1803 - Death of Arthur Guinness, founder of the Dublin brewery.

1849 - Prussia proposed a United Germany, not including Austria.

1870 - In Montana, the U.S. Cavalry killed 173 Indians, mostly women and children.

1898 - The United Irish League, a nationalist electoral organisation, with the motto "The Land for the People" was founded in Mayo by William O'Brien who was born on the 2nd October 1852 and died on the 25th February 1928.

1931 - Death of Anna Pavlova, Russian ballerina.  
2000 - The Bishop of Cork and Ross, Dr John Buckley, appealed to parishioners at Cork Masses to make contributions to a multi million pound restoration programme of a Protestant cathedral in Cork city centre.

2000 - More than 20,000 people gathered on the streets of West Belfast in memory of IRA teenager, Tom Williams, who was hanged in 1942 for his part in the killing of an RUC man.

## GOOD NEWS

Malta's Constitutional Court has upheld a public referendum to decide the fate of the country's controversial spring bird hunt, which kills over ten thousand migrating birds every year. The Constitutional Court threw out objections by Malta's powerful hunting lobby, and instead sided with the 11 conservation groups who organized the referendum, known as the Coalition for the Abolition of Spring Hunting—gathering 40,000 signatures from Maltese voters. The referendum will be held sometime between April and July and opinion polls show that the majority of Maltese are against the spring hunt. However, for the referendum to be valid, over 50% of the electorate has to vote.

The spring hunt in Malta - a small island in the Mediterranean with a population of less than half a million people - which can see over 10,000 turtle doves and 5,000 quail killed has become increasingly controversial in recent years. In addition, illegal hunting continues to be a problem, including targeting of endangered species, according to conservationists. Hunters also employ caged birds to attract migrating birds. Many species of birds use Malta as a stopover on their long migration from Africa back to Europe. Meanwhile, many European nations have seen a decline in migrating birds, however, Malta's hunting lobby says widespread pesticide use and habitat loss on the mainland are the cause for declines in

migratory birds-not their spring shoot.

## WE ALL NEED TO PLAY A PART IN CLEANING UP OUR OCEANS AND SAVING MARINE WILDLIFE

Ocean trash threatens our aquatic wildlife more and more with each passing year. Commercial fishing nets are discarded into the sea, and whether intentionally or not, entangle animals with no chance for escape. Rubber like that from balloons ends up in the ocean and is deadly if consumed by animals who think it may be food. Plastic 6-pack can holders strangle small marine life. It's hard to imagine, but our actions in our daily lives carry serious implications for the health of our oceans. Any litter that doesn't go to a landfill will almost undoubtedly — in one way or another — end up in a body of water that flows to the ocean. We all need to participate in protecting our oceans' ecosystems if we truly want to affect change.

- Recycle all paper and plastic materials.
- Cut up your 6-pack can holders. ● Do not throw away cigarette butts. They aren't biodegradable! ● Discard all chemical products at appropriate facilities. Simply throwing them away in the rubbish means they will almost certainly end up in the ocean.
- Reuse plastic and paper bags for general cleaning, litter box emptying, dog fouling, storage. ● Bring your own cup to coffee shops.
- Grow organic vegetables and plants. ● Use your own Tupperware instead of disposable plastic containers.

## THE U.N. HAS DECLARED 2015 AS THE INTERNATIONAL YEAR OF SOILS

According to the Food and Agriculture Organisation (FAO), human pressure on the resource has left a third of all soils on which food production depends degraded worldwide and about 65% of Africa's arable land is too damaged to sustain viable food production. Without new approaches to better managing soil health, the amount of arable and productive land available per person in 2050 will be a fourth of the level it was in 1960 and the FAO says it can take up to 1,000 years to form a centimetre of soil. An estimated 180 million people in Sub-Saharan Africa are affected by land degradation, which costs about 68 billion dollars in economic losses as a result of damaged soils that prevent crop yields. Soil health and rainwater harvesting are critical to enhancing the productivity of Africa's agriculture, a major source of employment and a huge contributor to GDP. The land terrace system to manage soil erosion in the highlands of Uganda and Rwanda is a success story that made an impact because the systems were backed with legislation. Also, the use of organic manure in the Savannah region through an

agriculture system integrating livestock and crops has become a model for farmers to protect and promote soil health. According to the report "Climate Change and Security in Africa", the continent is expected to see a rise in average temperature that will be higher than the global average. Annual rainfall is projected to decrease throughout most of the region, with a possible exception of eastern Africa.

Less rain will have serious implications for sub-Saharan agriculture, 75% of which is rain-fed. Average predicated production losses by 2050 for African crops are: maize 22%, sorghum 17%, millet 17%, groundnut 18%, and cassava 8%.

## "BRITAIN'S MOST OVERLOOKED DOG":

Jed the dog knows a thing or two about waiting. Back in 2007, when he was still just a spry 4-months-old puppy, Jed was dropped off at an animal shelter in Britain, eager to be swept into the arms of a loving and lifelong companion — yet somehow he got overlooked, time and time again. Months of waiting soon turned into years of waiting, and eventually the once floppy-eared, doe-eyed pup's face began to grey with age, though his hope of finding a home never faded. His caregivers at Dogs Trust estimate that 14,000 potential adopters passed on the chance to take him in. But now, seven years later, his wait is over. After reading a BBC report about Jed's many years of waiting, Ian Woodcock and his wife Elizabeth decided to give him the fairy tale ending that every dog deserves. And sure enough, Jed has ended up changing their lives for the better too. "Jed is settling in really well and we absolutely adore him, he is always by my side and we already can't imagine life without him," Mr. Woodcock says. "We are really looking forward to the future with Jed, after so long without a home we can't wait to make 2015 as special as possible for him." While Jed's story is certainly a moving one, there are countless other animals just like him who are waiting in shelters to find a new home in Kerry and all over the world.

## DID YOU KNOW ....

On December 8, the first award ceremony for the European Bee Award took place at the European Parliament in Brussels. The goal is to increase protection for pollinators and overall biodiversity in farming. The first winner was the Bavarian Farmers' Association from Germany; their effort is to increase biodiversity in farms by surrounding maize fields and other crops with flower strips. The jury focuses on solutions that can make a difference on the ground and can be adopted widely by other farmers across Europe. The winner receives 5,000 euros, along with a diploma of recognition.

## THIS WEEKS RIDDLE

Who makes it, has no need of it. Who buys it, has no use for it. Who uses it can neither see nor feel it. What is it? And your weekly Tongue Twister - A big black bug bit a big black dog on his big black nose!



## KILLARNEY Memory Tree

*We would like to extend our sincerest thanks to all in the Killarney community and surrounding areas for your kind and generous support of the Killarney Memory Tree this past Christmas season.*

*With deepest gratitude*

*from*  
**Management, Staff,  
Parents & Pupils  
of Holy Cross Mercy School.**

## A WORD OF VICTORY

Welcome back dear reader, in John's Gospel chapter 10 verse 10 Jesus says "the thief comes only to steal, kill and destroy, but He (Jesus) came that we people in every nation would have life and have it to the full. People's circumstances are being influenced by either God or Satan (who is the thief) - this is the plain truth that explains people's dilemmas today. We need to be able to discern under whose influence we are living? It is easy to discern - i.e. if we are prosperous and healthy, living in peace and joy, then we are living under God's influence. On the other hand, if we are poor, sickly, in fear or torment and without hope we are living under Satan's influence. Jesus has called teachers to teach His people His Word so that we will not be ignorant in these matters. If you have been taught that God wants you poor and He is the One who sent you sickness that is a lie and it contradicts what Jesus tells us in John 10:10. God's Word tells us in 3 John verse 2 that it is God's will for us to prosper and be in health as our souls (our minds) prosper. Our minds prosper when we are properly taught God's plan from His Word on how to trust Him with our day to day living. At Word of Victory we see many people's lives change from defeat to victory through applying the principles of God's Word. It's up to us to decide where we want to live - in blessing or under curse? We must decide for ourselves - to trust God or not? Friend if you have a prayer request or query please contact us by telephone on 064-66 22950 or email us at [wordofvictory@eircom.net](mailto:wordofvictory@eircom.net).

*More next week...*

**Contact: 064-66 22950 Email: [wordofvictory@eircom.net](mailto:wordofvictory@eircom.net)**

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## Astrid Longhurst

Life & Body Confidence Coach

### MOVE MINDFULLY IN YOUR LIFE!

How you move is how you live! We are all aware of the benefits of regular exercise like walking, swimming and going to the gym. However, what is less well known is how we can use our own energy (or Chi) to reduce stress, revitalize our bodies, heal pain, balance our emotions and promote an abundance of energy and well-being! Our health is our most important asset. Without it we cannot participate or enjoy our lives fully. It doesn't matter how much money you have, without your health it is irrelevant. When you combine moving mindfully with awareness, breath, intention and attention in a slow and gentle way you wake up your brain to new possibilities of moving. This is important as it begins to change habitual ways we may have used our bodies, which have caused us pain or stiffness in the past. Add to this a beautiful blend of ancient gentle healing exercises and energy medicine and you have a recipe for health, wellness and total well-being.

If you are interested in learning more I am running my Chakranetics class at the Travel Inn, Fossa, Killarney on Tuesday mornings from 10-11.15am. Six-week course beginning Tuesday 27th January. Booking is essential as places are limited.

For Daily Motivational Coaching tips please visit my Facebook page and click "LIKE" to receive!

**066 9766374 | [life\\_coachingunlimited@yahoo.ie](mailto:life_coachingunlimited@yahoo.ie)**



## 1ST ANNIVERSARY



*In Loving Memory of*

### MICHAEL O'DONOGHUE

*With love I remember my dear brother Michael (Mikie) O'Donoghue, late of Derryreague, Clonkeen, Killarney, who died on 23rd January 2014.*

#### Brother

There is always a face before me,  
A voice I would love to hear,  
A smile I will always remember,  
Of a Brother I loved so dear,  
Deep in my heart lies a picture,  
More precious than silver or gold,  
Its a picture of you Brother,  
Whose memory will never grow old.

*Too dearly loved to be forgotten by your loving sister Maura.*

## 1ST ANNIVERSARY



*In Loving Memory of our Uncle*

### MICHAEL (MIKIE) O'DONOGHUE

**Late of Derryreague, Clonkeen, Killarney.**

Who died on 23rd January 2014.

#### Uncle

We want to tell you something Uncle,  
So there can be no doubt,  
You're so wonderful to think of,  
But so hard to do without.

**Sadly missed and always remembered by Donal, Eileen, Padraig, Rosemarie & Families.**

## ACKNOWLEDGMENT 1ST ANNIVERSARY



*In Loving Memory of*

### PATRICK DESMOND

**Rathbeg, Rathmore, Co. Kerry**

On this Patrick's first anniversary, we the family would like to express our sincere thanks to all who sympathised with us on our sad loss. We wish to thank relatives, neighbours and friends who called to our homes, attended the funeral, sent mass cards, letters of sympathy, floral tributes and those who bought food and refreshments and all who helped with the catering. We would like to thank funeral director Tom Murphy and staff, Doctor McDonald for all his kindness towards Patrick, Fr. Pat O'Donnell who celebrated the mass, all the staff at Tralee general hospital, We wish to thank Liam O'Connor and friends who organised a memorial mass in New York for Patrick. We also wish to thank Rathmore GAA and Killarney rugby club who organised a guard of honour at his removal and Kathleen, Paddy, and Tommy for the lovely music.

*One year has passed since that sad day,  
When the one we loved was called away,  
We missed your happy and kindly presence,  
But in our hearts you are always present*

**Sadly missed by sister Mary and brothers Diarmuid, Denis, Séan, Michael, in-laws, nieces and nephews.**

**As it is impossible to thank everyone please accept this acknowledgement as an expression of our sincere gratitude the holy sacrifice of the mass has been offered for your intention.**

**Anniversary mass for Patrick is on Saturday the 24th of January @ 6:00pm. In St. Josephs church Rathmore**

## NOVENA TO THE SACRED HEART

You have said O Divine Jesus, ask and you shall receive, seek and you shall find, knock and the door shall be opened to you. Relying on these promises, I come with confidence during this novena to beg of you the favours that I need (make request). For whom shall I ask Lord Jesus, if not from you whose heart is an unfailing source of graces and merits. Most loving heart of my God. I believe in your power, I believe in your knowledge, I believe in your personal love for me, and therefore O Sacred Heart of Jesus I place all my trust in you. Our Father, Hail Mary and Glory, say 9 times for 9 days. Must promise publication.

x

## THE MIRACLE PRAYER

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

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

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

Amen.

Say this prayer for three days.

Publication of prayer and favour will be granted. **M.O.M**

## NOVENA TO THE SACRED HEART

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

Take it dear heart of Jesus and place it within Your own heart where your Father sees it. Then in his merciful eyes it will become your favour not mine. Amen.

Say this prayer three times for three days and your favour will be granted.

Never know to fail.

Must promise publication of prayer.

## PRAYER TO THE VIRGIN MARY

### NEVER KNOWN TO FAIL

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

## ST. THERESA

St Therese, the little flower, please pick me a rose from the heavenly garden and send it to me with a message of love.

Ask God to grant me the favor I thee implore and tell Him I will love Him each day more and more. Amen.

## NOVENA TO THE HOLY SPIRIT

O Holy Spirit, you who solve all problems, light all roads so that I can attain my goal. You gave me the divine gift to forgive and forget all evil against me and that in all instances of my life you are with me. I want in this short prayer to thank you for all things you have given me as you confirm once again that I never wanted to be separated from you in spite of all material illusions. I wish to be with you in Eternal Glory. Thank you for mercy towards me and mine. This prayer must be said for three days, after three days the favour will be granted.

## THE MIRACLE PRAYER

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

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

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

Amen.





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