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Killarney Outlook



STYLE THE WINNER AT CIK FASHION SHOW

Over 120 dedicated followers of fashion enjoyed a wonderful fashion show in the Hotel Europe last week as part of the Christmas In Killarney Celebrations.

Under the watchful eye of top stylist Norma O'Donoghue, the guests enjoyed a champagne reception followed by a five course meal.

Fashion from top Irish designers including Tina Griffin, Catriona Hanly, Claire Garvey and Marion Murphy Cooney to name a few. Noel Cunningham of TV3 fame played host for the evening and along with Lorraine Keane chose local lady Joan Cashman as the best dressed on the evening with American Tessa Smith coming in second place.

Following the fashion show everyone enjoyed a night of dancing at the after party with Jack Healy and everyone went home with a goodie bag packed with little treats.



ENJOYING THE CHRISTMAS IN KILLARNEY FASHION SHOW AT THE HOTEL EUROPE WERE L-R MARTHA HEALY WALSH, AISLING CROSBIE, MARIA O'SULLIVAN, MICHELLE CRONIN, NORRITA CRONIN & GRAINNE O'SULLIVAN, PICTURE MARIE CARROLL-O'SULLIVAN



TURNING OUT IN STYLE FOR THE CHRISTMAS IN KILLARNEY FASHION SHOW AT THE EUROPE HOTEL WERE L-R MARY STAPLETON-FOLEY, CLAIRE MURPHY & MARIE LOUGHRAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE EUROPE HOTEL FOR THE CHRISTMAS IN KILLARNEY FASHION SHOW WERE L-R CIARA POWER, LAURA POWER, CHRISTINE DOYLE, SARAH SHEEHAN & MARIE GRIFFIN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



TV3'S NOEL CUNNINGHAM PICTURED AT THE EUROPE HOTEL FOR THE CHRISTMAS IN KILLARNEY FASHION SHOW WERE L-R CATRIONA WHITE, DENISE CASEY, PATRICIA LUCEY & KATIE FOX. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE EUROPE HOTEL FOR CHRISTMAS IN KILLARNEY'S FASHION SHOW WERE L-R CLODAGH IRWIN-OWENS, HOST FOR THE EVENING TV3'S NOEL CUNNINGHAM & MARTHA FLEMING. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

STAGE IS SET FOR BUGSY MALONE

extravaganza that is Bugsy Malone. Co-produced by Killarney secondary schools, St. Brigid's Presentation Convent and St. Brendan's

Final preparations are underway for the musical College Killarney, the budding thespians are set to take to the stage on Tuesday night December 1st for a four night run.

Under the expert direction of teachers from

both schools, tickets are still on sale from students, the schools or Lynes of Killarney. The show begins at 7.30p.m. and will take place at The Racecourse.

Killarney Outlook



JACKIE THE FARMER PASSES AWAY

An air of sadness fell over the town on Tuesday when the news broke that Jackie the Farmer had passed away.

Jackie who was 103 passed away at his home in Ballaugh.

Jackie lived the simplist of lives and liked nothing more than sitting down in front of his turf fire chatting to his friends and neighbours.

Padraig Healy of Evoque Photography and a neighbour of Jackie's took this picture in September and it attracted huge interest from everyone especially on social media.

"I took this photo one night in September as Dad Paddy Healy and his Friend Sean Quigley from Silvermines, in Co. Tipperary were visiting Jackie. They would often call to Jackie to sing songs by the fire", Padraig told The Killarney Outlook.

"Jackie used love to sing old Irish Rebel songs from the War and he would go upstairs and bring down a bottle of Jameson for us to sip by the turf fire - one hand on the banister one on the bottle an amazing sight for a man of 103, the room would be filled with smoke and the low light always gave it a sort of Christmas feeling to the place/ the music, stories and laughter would make him smile like a child", Padraig added.



THE LATE JACKIE "THE FARMER" O'SULLIVAN PICTURED BY HIS TURF FIRE AT HIS HOME IN BALLAGH IN SEPTEMBER. PICTURE: PADRAIG HEALY EVOQUE PHOTOGRAPHY.

Jackie featured on a documentary earlier this year called "Older than Ireland" in which he said that the key to long life was simple living, home cooking and walking everywhere. Jackie was predeceased by his wife Rita and will be missed by his many relatives and friends. Jackie was laid to rest in Aghadoe Cemetery following Requiem Mass on Thursday morning.

KERRY SOCIAL FARMING SEMINAR IN KILLARNEY



Pictured at the South Kerry Development Partnership Offices on High Street for the Kerry Social Farming Seminar were Back Row L-R Kevin Griffin, James Doyle, Eamon Horgan, George Kelly & Dessie Cronin. Front Row L-R Marie Linehan, Joseph McCrohan & Angie Kissane. Picture Marie Carroll-O'Sullivan 087 391 4808

Kerry Social Farming is organising a Seminar 'A closer look at Kerry Social Farming' on Friday 4th December at the Malton Hotel, Killarney from 9.00am to 1.00pm. This seminar will cover the topics including an introduction

to social farming, planning and developing social farming, health wellbeing and social farming, farm safety and insurance matters. All are welcome to attend including farmers, potential social farm participants, families/ advocates, service providers and community representatives.

The Kerry Social Farming project started during the summer of 2013 to help build closer links between the farming community & people with additional needs. In Social Farming, the farm remains a working farm at its core but invites people to participate in the activities of the farm. While on the farms people are encouraged to participate in the farming activities of the day and build relationships with the wider community.

The aim of the project was to establish a number of Social Farms in County Kerry which open their farm gates to people with additional needs to come and spend time on their farm and enjoy the experience of being with animals and plants in a safe and friendly environment. Currently there are 8 host farms operating in the project with 16 young adults going out onto these farms every week. There is potential to grow these numbers in the coming years.

The Kerry Social Farming project is being promoted through a working group and places are limited and booking is required through Lisa Murphy Telephone (064) 6636572 by 5.00pm on Tuesday 1st December 2015.

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Killarney Outlook

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BEAUFORT DEFIBRILLATOR GROUP COOK UP A STORM

Tasty treats including Spiced lamb tagine, pan fried sea bass and chocolate mousse with hazelnuts were on the menu at the very successful cookery demonstration held by the

Beaufort Defibrillator Group.

Professional, award-winning chef, Mark Doe attracted 150 people to Beaufort's stylish Dunloe Hotel for an evening of cookery tips and tastings.

The Firies based chef who has spent over twenty years working in some of Europe's finest hotels and restaurants, shared valuable and practical cooking knowledge and skills whilst entertaining guests with anecdotes from his years of cooking experience.

Special guest speaker at the event was Dr John Geaney, whose distressing account of his 16 year old son Tom's cardiac arrest was a stark reminder to those attending of the importance of defibrillators and CPR training. Mary O'Connor, Chairperson of Beaufort Defibrillator Group, told the Killarney Outlook, "Mark did a really fantastic job and we were so pleased with the turnout for the event. Not only did we raise vital funds but we also dramatically increased awareness of what we do which resulted in an impressive 20 people attending training in Beaufort this month. We'd like to thank all sponsors for their kind support and also Brendan O'Sullivan and Mike O'Dowd

for the lovely music on the evening." Beaufort's 9 life-saving defibrillators need to be consistently funded to remain in reliable working order. €2880 was raised on the evening



MARK DOE, PICTURED WITH A GROUP OF LADIES AT THE RECENT COOKERY DEMONSTRATION.

for the upkeep of life-saving defibrillators in the community.

The next CPR and defibrillator training session will take place on Saturday 6th February 2015 at Beaufort Community Hall, 9am – 3pm. A certificate is given on completion of the course which costs \in 25 if re-certifying or \in 40 if new to the course. The cost includes morning coffee, lunch (kindly sponsored by the Beaufort Bar and Restaurant), pocket mask and certificate. All instructors are voluntary and any remaining funds go towards ongoing running costs. Please call Mary O'Connor, Chairperson of Beaufort Defibrillator Group on 087 2927309 to book a place.

Beaufort Defibrillator group is holding a CPR training session for Beaufort Youth Club members on Friday 5th February 2016 and the group's instructors are also working in collaboration with Operation Resuscitation, Killarney.

Beaufort's 9 life-saving defibrillators can be found in the following locations:

Beaufort Community Hall, Kate Kearney's Cottage, Cronin's Yard, Kilgobnet National School, Cullina National School, Lord Brandon's Cottage, Curraghmore Black Valley (x2) and Kissane's shop.

CHILDREN WITH DISABILITIES WILL BENEFIT FROM NEW SUPPORTS

Children with disabilities attending free preschool will begin to benefit from a new range of additional services and supports as announced by Minister James Reilly, Minister Jan O'Sullivan and Minister of State Kathleen Lynch, Senator Marie Moloney has told the Killarney Outlook. €17 million has been secured to establish this new programme in 2016 rising to €40 million annually from 2020, and 7,500 children are expected to benefit. The aim of the programme is to provide truly inclusive care and education for children with disabilities to participate in free pre-school in a mainstream setting alongside their peers.

This new programme focuses on children's developmental levels, their abilities and their needs rather than a specific diagnosis, which many not have at such a young age. The supports range from universal supports to highly targeted ones based on the needs of the individual child.

Senator Moloney said " I believe every child

deserves the best possible start in life, and these additional supports will help children with disabilities to take full advantage of the Free Pre-School places from September next. There will be more training for staff, grants for equipment, increased capitation for more difficult cases with a focus on developing a sector that is truly inclusive for all our children Embracing diversity in this way will improve outcomes for everybody."

MINISTERIAL VISIT AT KTI CENTRE

Minister Jimmy Deenihan visited the KTI Centre in Killarney on Monday of this week where Sean Counihan, Chairman KTI, briefed him on future development plans for the KTI Centre.

Minister Deenihan was accompanied by Senator Paul Coghlan and Senator Marie Moloney and he also took the opportunity to meet some of the 12 companies located in the Centre.

The visitors to the centre took a keen interest in the proposed plans to upgrade the Centre into a more modern facility.

Pictured left to right: Sean Counihan (Chairman KTI), Jimmy Deenihan, T.D., Minister for Diaspora Affairs, Frank Murphy (CEO & Founder Monex Financial Services) and Senator Paul Coghlan.



Killarney Outlook





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OPEN 9AM - 9PM 💽 🚨 😏 ず

LEGION COOK UP A STORM

Delicious treats, tasty Christmas delights and lively banter were on the menu for an fantastic fundraising event held by Legion GAA club on Thursday night last.

A large crowd attended Cooking and Baking Demonstration at the Dromhall Hotel with Chef Mark Doe and baker Tracy Coyne taking centre stage on the night.

There were lots of demonstrations and everyone got the opportunity to taste the culinary delights that were cooked up on the night.

A fantastic raffle with some amazing prizes, some worth over €200 was held and the organisers would like to thank everyone who contributed to the event, especially Quinlan's Fish who sponsored the event, Mark Doe and Tracy Coyne and Bernadette Randles and her staff at the Dromhall Hotel.



PICTURED AT THE LEGION COOK OFF AT THE DROMHALL HOTEL L:R: MAIRE MURPHY, LYNDA COYNE, MARK DOE, ELMA CULLOTY AND MARY GALVIN. PHOTO: TOMMY REGAN.



All smiles at the Legion Cook off at the dromhall Hotel L:R: Sandra Chute, Christine Hegarty, Tommy Galvin, Stella Looney and Shirley McGough. Photo: Tommy Regan.



PICTURED AT THE LEGION COOK OFF AT THE DROMHALL HOTEL L:R: KATHLEEN MURPHY, MARY REGAN, JOAN FOGARTY AND MAURA O'SULLIVAN. PHOTO: TOMMY REGAN.

ALL IN A DAY'S WORK FOR KBN



PICTURED AT THE BREHON HOTEL FOR THE KERRY BUSINESS WOMEN'S NETWORK WERE SPEAKERS L-R EIMEAR MCDONNELL, BRIGEEN O'SULLIVAN & CLIO O'GARA. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

Over 30 business women gathered in Businesswomen's Network (KBN) first Killarney The Brehon Hotel on Friday last for Kerry lunch. The speed coaching lunch focused on Digital Marketing for the Christmas Campaigns and was facilitated by Clio O'Gara – Manager, INEC & Brehon Hotel, Killarney, Brigeen O'Sullivan and Eimear McDonnell– Bespoke Business Solutions.

The purpose of KBN is to offer networking opportunities, inspire, educate, and motivate women living and working in Kerry, to be the best they can be in their business and personal lives. The group facilitate this by meeting monthly at organised lunch and evening events which will now be held in both Tralee and Killarney. The meetings focus on building relationships and contacts, on sharing referrals and acknowledgments, offering support and encouragement, but most of all promoting Kerry based businesses.

Guests at the lunch were educated and entertained by speakers and had an opportunity to learn new ideas and sharpen their leadership skills.

Killarney Outlook



NEWS DESK **KILLARNEY GUIDES HONOURED AT NATIONAL LEVEL**



MEMBERS OF TORC ST MARY'S GUIDES, KILLARNEY - ORLA FINN, FIONNULA MURRAY, REBECCA O'REILLY AND CIARA O'SULLIVAN - PICTURED AT IRISH GIRL GUIDES' GOLD AWARD CEREMONY IN THE GRESHAM HOTEL, DUBLIN WITH THEIR LEADERS, MARY CORKERY AND MAURA FITZGERALD, THE LORD MAYOR OF DUBLIN CLLR CRÍONA NÍ DHÁLAIGH AND IRISH GIRL GUIDES' PRESIDENT MAUREEN DILLON

Four teenagers from Killarney were among a record number of girls to receive Irish Girl Guides' highest award at a special ceremony held in the Gresham Hotel, Dublin, on Saturday

last.

The four girls - Orla Finn, Fionnula Murray, Rebecca O'Reilly and Ciara O'Sullivan - are members of Torc St Mary's Guides.

They were among 140 girls who travelled from every corner of the country to receive the prestigious Gold Award in recognition of their successful accomplishment of a number of challenges. These included service to their local community, improving health and fitness, developing a variety of interests and acquiring new life-skills.

Each Guide received a Gold Award pin from Irish Girl Guides' (IGG) President Maureen Dillon and a certificate from Dublin's Lord Mayor, Cllr Críona Ní Dhálaigh.

Over the course of the past year each recipient has worked hard on her own initiative and, in doing so, demonstrated self-motivation, commitment and enthusiasm. Optional activities ranged from public speaking and woodwork to renewable energy, Fairtrade and cultural awareness. The girls also spent time working with younger IGG members, serving as leaders with Brownies or Ladybirds.

KERRY GAA HOLD YOUTH FORUM HEALTH



PAUDIE DINEEN, ASS TRESAURER, KERRY COUNTY BOARD, AIDAN O'MAHONEY, KERRY SENIOR FOOTBALLER, BERNIE REEN CHAIRPERSON CO HEALTH AND WELLBEING COMMITTEE, MC SEAN O' SULLIVAN, FORMER KERRY SENIOR FOOTBALLER, ALAN O'DONOGHUE CAPTAIN KERRY JUNIOR ALL IRELAND WINNING TEAM, EILEEN BUCKLEY YOUTH OFFICER COUNTY HEALTH AND WELLBEING COMMITTEE AND PARENTING AND RELATIONSHIP MENTOR AND EAMONN FITZMAURICE, KERRY SENIOR TEAM MANAGER.

With the theme, GAA - the Outer Journey and Inner Journey, Kerry County GAA Health and Wellbeing Committee held its first Youth Forum, in the Meadowlands Hotel Tralee last Saturday morning.

Guest speakers set the tone followed in the workshop, emphasising the importance of communication and support for all members, including members who are injured. MC Sean O'Sullivan and Guest speakers shared their experiences and knowledge. Sean O'Sullivan, personal trainer and former Kerry Senior Footballer, currently involved with development squads opened the forum and spoke about his experiences and the importance of communication – and looking and listening. County Board Vice Chairman, Diarmuid Ó Sé, wished County Board chairman, Padraig O' Sullivan a speedy recovery and in welcoming the attendees and guest speakers, emphasised the importance of the Youth Forum and that this is the start of a new and important County Board initiative. Parenting and Relationship mentor Eileen Buckley, explained the importance of listening to our inner barometer - our emotions. Aodhán Mac Gearlait, former Kerry Senior Football player told his story of listening and supporting a struggling student and highlighted the importance of taking time to really listen. He also spoke about recovery from injury. Alan O'Donoghue Captain Kerry Junior All Ireland winning team, described growing up in an urban environment, contrasted with the rural life of many in Kerry GAA and the importance played by the GAA and sport in his success in life. An additional advantage of Alan's involvement and success in sport was that being awarded a sports scholarship assisted in his qualifying for the third level course he entered and in which Alan gualified with a degree. Eamonn Fitzmaurice, Kerry Senior team Manager, gave a presentation on the varying attributes in any group of people and also spoke about the importance of communication. Also present were Peter Twiss, Rúnaí and Paudie Dineen,



Peter Twiss, Runaí Kerry County Board, Bernie Reen Chairperson Co Health and Wellbeing Committee, MC Sean O'Sullivan, Former Kerry Senior Footballer, Diarmuid Ó Se, Vice CHAIRMAN KERRY COUNTY BOARD, AODHAN MAC GEARAILT, FORMER KERRY SENIOR FOOTBALLER, EILEEN BUCKLEY YOUTH OFFICER COUNTY HEALTH AND WELLBEING COMMITTEE AND PARENTING AND RELATIONSHIP MENTOR, PAUDIE DINEEN, ASS TRESAURER, KERRY COUNTY BOARD.

Assistant Treasurer, Kerry County Committee, Aidan O'Mahoney, Senior Kerry Footballer and members of the County Health and Wellbeing Committee Ned Brosnan Mental Health Initiative, with partners Jig Saw, and Kevin Smith, Inclusion and Integration Initiative and Aine Ni Shuilleabhain Runai. Bernie Reen Chairperson and Eileen Buckley Youth Officer, County Health and Wellbeing Committee, wrapped up thanking everyone who attended for their contributions and giving up their time, the speakers for their invaluable input and the hotel for great help and cooperation. Bernie explained that members of the Health and Wellbeing Committee, especially Youth Officer Eileen Buckley, ASAP Officer Eamonn Egan and Mental Health Initiative Officer Ned Brosnan (of Kerry Mental Health along with partners Jig Saw), are available to visit clubs and give presentations etc as appropriate. Contact details available on the County Board web site.

PROPERTY OUTLOOK

Sales: Des 087 659 3427 or Email: killarneyoutlook@outlookmags.com



GLAMOUR DATE FOR KERRY LADIES

Members of the Kerry Ladies GAA Club swopped their boots for heels for a night of celebration at their Annual Awards Night in the Dromhall Hotel.

Guests of honour included the Munster Senior Champions and also the Munster and All Ireland winning U16 team. Other dignitaries included Sean Kelly MEP who was on hand to present the players with their awards.

Also in attendance on the night were competition sponsors Glebe Kitchens, Educate.ie, Trophyworld Tralee, Rhyno Quality Feeds & Randles Bros Nissan Dealers were also on hand to present clubs with their awards in both County League and Championship titles. The final award of the night to be presented was the Club of the Year Award and that was awarded to Spa GAA club, which was presented by Sean Kelly MEP.

That wrapped up the 2015 season with thoughts now turning to 2016. The AGM will



PICTURED AT THE SOCIAL WERE KERRY U16 TEAM MUNSTER & ALL IRELAND WINNERS WITH PADDY WHITE CHAIRPERSON KERRY LADIES, AISLINN DESMOND SENIOR PLAYER AND ALL STAR, SEAN KELLY MEP, GRAHAM SHINE MANAGER KERRY U16 TEAM.

be held on 9th December with details to be confirmed early next week.



PICTURED AT THE SOCIAL WERE KAREN MCGLYNN TREASURER KERRY LADIES, AISLINN DESMOND - SEN-IOR PLAYER & ALL STAR, SEAN KELLY MEP, MARY COURTNEY SECRETARY KERRY LADIES, FAY O'DONOGHUE CAPT U16 TEAM & MUNSTER YOUNG PLAYER OF THE YEAR.



PICTURED AT THE SOCIAL WERE PADDY WHITE CHAIRPERSON KERRY LADIES, AISLINN DESMOND - SENIOR PLAYER & ALL STAR, FAY O'DONOGHUE CAPT U16 TEAM & MUNSTER YOUNG PLAYER OF THE YEAR, SEAN KELLY MEP.

Its beginning to look a lot like Christmas.... PARADE KICKSTARTS CHRISTMAS IN KILLARNEY

The streets of Killarney will be transformed into a winter wonderland this Saturday night when the annual magic parade makes its way through the streets.

It's a perfect way to kick-start the Christmas celebrations and promises to be a great evening for all the family. Children from the local schools will be taking part in the event which takes in New Street on to Beech Road, then Main Street and back down New Street. Meet the man himself Santa Clause who will switch on the lights and this year will be joined

switch on the lights and this year will be joined by his friends Minnie and Mickey Mouse as well as frozen stars Anna, Elsa and Olaf. Children are invited to post their letters early

Children are invited to post their letters early this year at the special post box at the Market Cross

Don't worry though if you miss the parade as festival organisers have four more parades



CONOR AND ANNA MAI HUGHES, BEAUFORT, ENJOYING THE CHRISTMAS IN KILLARNEY MAGIC PARADE ON THE STREETS OF KILLARNEY LAST YEAR. PHOTO: VALERIE O'SULLIVAN.

planned in the run up to Christmas and on New Year's Eve.

As part of the Christmas in Killarney festival, Killarney on Ice is coming back! Kerry's only ice rink, in association with Believe at Ballyseedy, will open from December 4th to January 10th.

BEAUFORT BOWLS CLUB

No matter where there is a Bowls Competition, Beaufort can be expected to figure. Congratulations to Jim and Lesley Dunne, who finished 2nd and 3rd respectively in Ennistymon recently at a competition hosted by the Cork Zone. Eileen Cronin also reached the play off stage.

The local Sean Chairde Friendly Bowls League was completed this month, the semi finals and final being played in Killarney. Beaufort Siogs, Beaufort Hobbits, Neidin (Kenmare) Seals and a team from Killorglin, skipped by Michael O'Sullivan, fought it out, and the honours went to Killorglin taking home the Perpetual Cup, with the Beaufort Siogs finishing runners up.



PROPERTY OUTLOOK

ONEY MATTER

By Dermot Cronin, **Financial Advisor**



OPTIONS WHAT HAVE WHEN DEPOSIT RATES ARE LOW **EVERYWHERE**??

Firstly interest rates in some banks are better than others, for example one bank at the moment will give you only .01% per annum interest for having money on demand, so for €50000 you would only get €5.00 interest over 12 months and that's even before DIRT tax is deducted. However another bank will give you 1.50% per annum for a demand account which is €750.00 interest over 12 months before DIRT tax. In every bank there are customers earning extremely low rates of interest at present. However, by simply shopping around or getting an advisor to check up to date interest rates you can substantially increase the amount of interest you could earn by just changing bank accounts, which is very easy to do. Also there are even better rates of interest available for other products such as fixed term deposit accounts. This can be done for you by a financial advisor who is authorised to carry out this business for you.

For further information on the above you can contact Dermot Cronin APA at 064 66 22775 or 087 2893649.



Perched on an elevated setting with stunning lake and mountain views located just 7 miles from the popular tourist town of Killarney. The bungalow, set on 0.5 acres, is partially completed and requires total internal finish, grounds works etc. The concrete block solid internal wall and new slate roof further enhances the quality of the property. The property is ideally suited to prospective purchasers who are interested in putting their own finish and style to the property. PRICE: €130,000



Auctioneers

Hennigan Auctioneers 66 New St., Killarney ti 064 6634582 mi 087 2354416 www.daft.ie/hennigan

ENNIGA

PROPERTY OUTLOOK

THROUGH THE KEYHOLE.... A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET



Address: Magnificent detached residence, 3700 sq ft, superbly located on the exclusive Loreto Road, just off Muckross Road in a private setting with bedroom views of the Lakes of Killarney and scenic mountains and countryside. Set on private 0.25 acre site private pillared entrance, mains sewage system.

Agent: Alennigans Auctioneers Actioneers Actioneers Actional St., Killarney Actioneer Tel: 064 6634582 / 087 2354416 www.daft.ie/hennigan Asking Price: €495,000

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

MICRO CREDIT SCHEME LAUNCHED



KILLARNEY & TRALEE CREDIT UNION'S LAUNCHING THE NEW PERSONAL MICRO CREDIT LOAN TO YOU THIS CHRISTMAS. BACK ROW L-R CEO MARK MURPHY, FINTAN RYAN MANAGER AT TRALEE CREDIT UNION AND FRONT ROW L-R GERRY DOYLE (MABS) WITH CHRISTY LYNCH SOUTH WEST REGIONAL PRESIDENT OF 5T VINCENT DE PAUL. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

TRALEE & KILLARNEY CREDIT UNION'S LAUNCH PILOT PROJECT

Representatives from Killarney and Tralee Credit Unions came together in Killarney this week to launch the new Personal Micro Credit Project (PMC) which is also being piloted in over 30 credit unions across the county.

The project is being run in partnership with the Department of Social Protection, the Citizens Information Board, the Social Finance Foundation and An Post and is open to social welfare recipients. Those who would like to avail of this type of loan will need to join Tralee Credit Union & Killarney Credit Union (if they are not already a member) and sign up for repayments to be made to the loan via the Household Budget Scheme which is run by An Post.

Speaking about the initiative Mark Murphy, CEO, of Killarney Credit Union said:

"We are delighted to take part in this pilot scheme. We are all well aware of the penal interest rates charged by moneylenders, both legal and illegal, in local communities. This pilot

scheme will highlight that the credit union is a real option for people who are on social welfare in our area".

Fintan Ryan, CEO, of Tralee Credit Union added "The target audience for the scheme are those who are excluded from mainstream credit. Essentially, the aim is to offer small loans to those using or considering using a moneylending service. The project is working to create a realistic offering to counter the 'convenience and ease' advantage that moneylenders have in this country. An eligible person can apply for a loan of between €100 and €2,000. This type of loan will be distinct from a standard credit union loan" he concluded.

The Central Bank estimates that about 360,000 (2013 Report on Licensed Moneylending Industry) people are using moneylending services in the Republic of Ireland. This does not take into account those using unlicensed operators. Interest charged on loans from moneylenders can be 290% or even higher. The maximum interest rate which credit unions can charge is 12% (12.68% APR).

Credit unions have been particularly vocal throughout the recession years about the dangers of using moneylending services as in many cases, those who avail of this type of credit are getting trapped in a cycle of debt which is very hard to break free from.

Information on the pilot scheme will be available in Money Advice and Budgeting Services (MABS) and St. Vincent de Paul (SVP) offices which are in the vicinity of the participating credit unions.

Commenting on the initiative, John-Mark McCafferty, Head of Social Justice with the Society of St. Vincent de Paul, said:

"We have been advocating for an alternative to high cost moneylenders for some time and we warmly welcome the leadership shown by credit unions in the pilot to provide this product for people on social welfare who are eligible. We are working with our credit union colleagues locally throughout the pilot sites in order to ensure take-up of the scheme and more affordable credit for the households we assist".

NEWS FROM KERRY CCE

What a Brilliant night in the INEC Killarney on 21st November when over 400 artists took to the stage. A very entertaining and varied concert took place and those who did not attend were the losers as the whole night turned into a spectacular piece event. The show demonstrated the high standard of all the Musicians Singers and Dancers which included the "In Tune For Life" orchestra directed by Ned Kelly, world champion step dancer David Geaney, Thomas MacDonagh pipe band, Nora Butler, Tadhg Maher, 2015 Rose Of Tralee Elysha Brennan, Munster Rugby Supporters Choir, Numerous all-Ireland champions, Primary School students from Kerry, Limerick, Tipperary, and Laois and a host of others. MC on the night was Mícheál Ó Muircheartaigh and he brought his own wit and humour to the nights proceedings. There certainly was one winner on the night and that was Donal Walsh #livelife foundation. Well done to Elma and Finbar Walsh and everyone involved in this very emotional night.

There is a new email address to contact the County Secretary Tadhg Creedon. Please contact him at secretarykerrycce@gmail.com

THRESHING CANCER RAISES €27,000

Following a hugely successful Threshing Cancer fundraiser at the farm of Brendan Ferris which was held in August, an amazing €27,000 will be presented to a group of charities this Saturday night. 2015 was the third year that the event was held and the organisers are delighted with the phenomenal amount of money raised on such a young event. The Committee would like to thank sponsors, volunteers, and patrons who made the threshing day on Sunday 16th August such a success. Held on the farm of Brendan Ferris in Beaufort, vintage enthusiasts travelled from around the country and abroad to the event. The beneficiaries of the €27,000 are the Oncology Unit at Kerry General Hospital, Recovery Haven and the Hospice Room at St. Joseph's Home, Killorglin. The Threshing Cancer Committee hopes that this collection will be of benefit and comfort to those who experience cancer. The cheque presentation will take place at Galvin's Bar, Beaufort on Saturday 28th November at 9pm.

RETIRED NURSE'S ASSOCIATION ANNUAL DINNER

The annual Dinner of the Kerry Branch of The Retired Nurses Association will take place at the Killarney Court Hotel on Friday December 4th at 1pm.

The dinner will be preceded by a meeting of members at 11am followed by Mass for all deceased members at 12 midday to which relatives are invited to attend.

I.N.T.O. MASS

A Mass for deceased members of the Irish National Teachers Organisation will be held in the Church of the Resurrection, Park Road, Killarney on Monday 30th November at 8pm. All welcome.

JUST A REMINDER

Families and friends of people lost through suicide in Kerry will come together on Sunday, November 29 at St. Brendan's Church in Tralee at a Christmas Celebration of Light organised by the national suicide prevention charity Console. The ceremony of song, music, poetry and reflection will take place in Saint Brendan's Church, Rock Street, Tralee (4-6pm) and will include the lighting of candles and a minute's silence to remember those who have lost their lives.



PROPERTY OUTLOOK

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NEWS DESK BISHOP LAUNCHES 5 YEAR PLAN



PRESENATION SISTERS BERNADETTE COSTELLO, CARMEL DOWNING, MAUREEN O'SULLIVAN AND EILEEN O'SHEA TRALEE AT THE LAUNCH OF THE BE CHRIST'S JOY DIOCESE OF KERRY PASTORAL PLAN 2016-2020 AT THE MALTON, KILLARNEY ON MONDAY.

Bishop Ray Browne launched "Be Christ's Joy", the Diocese of Kerry's five Year Pastoral Plan in The Malton Conference Centre, Killarney on Monday November 23rd at 8.00pm. The evening was a celebration of faith with Dr. Patricia Kieran of Mary Immaculate College, Limerick reflecting on the plan and Bishop Ray Browne launching the new Pastoral Plan. Fr Pat Ahern worked with young people from the secondary Presentation School in Tralee on a presentation of flags from the 53 parishes and 12 pastoral areas of the diocese. The evening which began at 7.30 with tea and a warm welcome included prayer, music and reflection on the new plan and concluded at 9.30.

"The Diocesan Pastoral Plan provides a clear direction for the work of the Diocese over the coming five years. It builds on the good work that is already underway and responds to the challenge of proclaiming the Gospel at this time. It is the product of a lot of hard work, which involved people from every corner of the Diocese, over the past two years. It contains clear goals and actions which I believe will provide hope, encouragement and confidence for all involved in the life of the Diocese of Kerry", Fr. Ger Godley, Pastoral Director said on the night.

Addressing the group, Bishop Ray Browne said "Over the past two years the diocese of Kerry has become my home and my life. Thank you all for your kindness and support. Seeing everything in the Church of Kerry for the first time I have seen it with fresh eyes. I am encouraged, let us all be encouraged. I see strong faith, I see strong faith communities. I see great faith, hope and love. For so many people and communities prayer is part of their way of being. There are great challenges ahead. We have great gifts and strengths as we face them. Appreciate the good, appreciate the strength of your parish and the whole diocesan



MARY DENNEHY, FR TOM LOONEY FOSSA, GOBNAIT CREEDON MILLSTREET AND FR GER GODLEY AT THE LAUNCH OF THE BE CHRIST'S JOY DIOCESE OF KERRY PASTORAL PLAN 2016-2020 AT THE MALTON, KILLARNEY ON MONDAY.

family. Jesus has said that He is with us always. Let us all be encouraged.

Our Pastoral Plan is shaped by three goals.

Develop welcoming communities: God is a Father to us all, ever he wants us to be a strong united family, united in Christ His Son.

Enable people to deepen their faith: at heart we seek to know God better and to better understand his presence in our world.

Be a catalyst for compassion and justice: if we are without justice, without compassion, without love all our Christianity is in vain.

The three goals capture the essence of the diocesan family. United together, ever seeking to be close to God, always seeking to be loving, just and compassionate in all that we do...

Two phrases come to mind, one in Irish and one in English. "If the Lord does not build the house, in vain do the builders labour", "Ní neart go cur le cheile". Trust in God's help; Trust in God's ways.

KILLARNEY PARISH SILVER CIRCLE

Results of Week 7

1st Prize €500: Maura O'Neill, 28 Park Drive Seller: Parish Office.

2nd Prize €250: Anne Marie Kennelly, Oakdale, Countess Rd Seller: Tadhg Fleming.

Winners of €100 each are as follows:

Mary Spillane, Kilbrean. Seller: Peter Spillane. Helen & Brendan O'Sullivan, Coolcorcoran Seller: Sheila Lucey. Marion Geary, Scrahan Cour, Seller: Anne O'Leary. Elaine O'Shea, Croagh Rd, Rathfarnam, Seller: Tadhg Fleming. Sean O'Shea, 47 Countess Grove, Seller: John Dwyer.

Winners of €75 each are as follows:

Tara Quirke, 5 St Anne's St, Clonmel, Seller: Anne O'Leary. Mary Murray & Ann O'Connell, Lewis

Rd, Seller: Josephine Coleman.

Gretta Fitzgerald, Lissivigeen, Seller: Paddy O'Sulllivan, Marcus Coffey, St. Finans Hospital , Seller: Parish Office. Micheál C Dowling, Rathgar, Dublin 6, Seller: Tadhg Fleming.

Kathleen Cronin, Kilbrean, Seller: Maisie O'Sullivan. Dave Twomey, Flesk Grove, Ballycasheen, Seller: Parish Office.

Jim Gleeson, Loreto Road, Seller: Jim Gleeson. Tickets are still available from the Sacristies and Parish Office.

This week's prize money is sponsored by: Killarney Autos, Dalys Supervalu, Fairview Guesthouse, Cathal O'Callaghan Heating & Plumbing Services, Killarney Royal Hotel and Killarney Credit Union.

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

HEARTBEAT

Dr. John Geaney will talk about Operation Resuscitation, Killarney which is a further initiative to make life safer for anyone who has a heart! John will talk about how this programme has been designed to save lives and about their future plans. Damien Baker from the Killarney Cardiac Response Unit will give a demonstration.

All Welcome To This Free Event which takes place at the Serenity Centre, St. Anne's Road, Killarney on Monday November 30th. At 8pm.

TABLE QUIZ

The Ballykissane 1916 Centenary Committee are holding a fundraising table quiz at the Red Fox Inn, tonight, Friday November 27th 2015 at Time 7.30pm.

Table of 4 is \in 40 and there will be a Raffle, Spot Prizes, Disco and music by Mike McKenna - The Irish Rover!

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FESTIVE FUN AT MANOR WEST

The festive atmosphere continues to build this weekend in Manor West as we welcome back the Taste of Tralee Food Fair and this time it will be bigger and better than ever! Manor West is booming at the moment with Santa taking up residency last weekend and all the shops are filled with fantastic pre-Christmas offers. Local artisan food producers will fill Manor West with their fantastic handmade products from the heart of Kerry this weekend. For the first time ever we will have Dingle Sushi here for the Food Fair and now is your chance to try out something new! As well as Santa, we will also have our favorite cartoon characters from Kingdom Party Pals joining us all weekend for the Food Fair so all the little ones will be very happy with their trip to Manor West. Young or old, there is something for everybody this weekend in Manor West. Radio Kerry will join us once again for their live radio broadcast with Francis Jones live from 11-2pm on Saturday.

The event which is organized in conjunction with Taste Kerry is a fantastic opportunity for many of our local artisan food producers here in Kerry to display their products & interact with a wider pool of customers. With many traders stating that the recent Food Fair in Manor West was their most profitable to date we hope that this will continue with our 2 upcoming Food Fairs. The event will run from 12-6pm on Saturday 28th and Sunday 29th November in the main shopping mall. Many more exciting events and activities are planned to take place over the festive season, make Manor West your one stop for shopping this Christmas. Santa will be in Manor West every Thursday and Friday 2-6pm and Saturday and Sundays 12-6pm. Our car park is now being managed by security & stewards to make shopping at Manor West as convenient



as possible for all shoppers. With over 1,000 free car spaces, a superb range of international shops all within the retail park and a fantastic Christmas atmosphere, we look forward to another exciting Christmas season at Manor West.

For further information on Manor West's Christmas activities & extended opening hours please follow local press or follow Manor West on Facebook. For any queries please contact us at **066-7190755** or email

customerservice@manorwest.ie

LIR CHOCOLATES BACK IN TOWN

Chocolate lovers will delight in the news that Lir Chocolates are set to open again for the festive season.

This year the Factory Outlet will be located opposite Eason's on Main Street in Killarney. The shop stocks an amazing array of chocolates included purple silk assorted chocolates, black velvet opera boxes and red silk opera boxes to name but a few. There will be lots of special offers which will make fantastic Christmas gifts

for the special person in your life. Make sure to watch out for a fabulous free competition in all Outlook magazines in the run up to Christmas.

Lir Chocolates opens its doors today, Friday 27th November at 10am.



LIR FACTORY OUTLET.

IF YOU HAVE A STORY... Call: Aisling on **086 0400 958** or Email: editorial@outlookmags.com

SIGNS OF HEARING LOSS

Audiology Medical Services is a family-run premier independent hearing healthcare Practice who offer professional advice for patients and their referring Specialists. In Kerry, we are located at the Bon Secours Hospital and Scotia House, Tralee. In this week's information feature, we discuss and outline the very important signs of hearing loss. If you think you may have hearing loss or if you recognise any of the signs we have discussed, get yourself tested. Hearing loss due to diabetes is typically a high frequency sensorineural (nerve deafness) hearing loss. This type of loss is not curable but can be treated successfully with hearing aids.

THE SIGNS OF HEARING LOSS INCLUDE:

• Frequently asking for others to repeat themselves.

- Feeling as though others are mumbling.
- Turning up the volume on the TV or radio.
- Problems hearing in busy places or with multiple people.

The earlier a hearing loss is diagnosed, the earlier it can be treated, the less dramatic an effect it will have on your life. We now know that untreated hearing loss has a negative impact on general health emotional well-being and quality of life, conversely, treating hearing loss has a very positive impact on quality of life. There are also mounting concerns of a link between untreated hearing loss and cognitive issues such as Dementia and Alzheimers.

The main point being for diabetics, the sooner the hearing loss is treated the better. So if you or a loved one has diabetes, ensure a hearing test is part of your routine medical check-ups. If you are worried about hearing loss, don't hesitate to give us a call. We can help you find out exactly what is going on with your hearing in a no pressure open environment. Audiology Medical Services at the Bon Secours Hospital and Scotia House Tralee is Kerry's only independently audited hearing centre of excellence. AMS is the exclusive supplier of the Lyric Hearing Aid which can be worn 24/7, even in the shower and without having to change batteries. For free trial of the Lyric Hearing Aid, Call 1800 501 501.

DANIEL O'DONNELL AT THE INEC

Donegal singer and Strictly Come Dancing Star Daniel O'Donnell returns to the stage in Ireland for five very special shows in the INEC Killarney next year. The shows are set to take place on the 9th, 10th, 12th, 13th and 14th of August 2016. And the maestro himself will be there to greet fans when the box office opens at 9.00am sharp at the INEC in Killarney on Saturday 5th December. Daniel devotees will have the opportunity to meet the star for a wee chat, selfie or autograph! Tickets will be on sale from 9am so be sure to get there in plenty of time.

Killarney Outlook



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'MINDING OUR MINDS' – NEW FREE DIRECTORY TO BE LAUNCHED IN TRALEE

A new and comprehensive guide to mental health support services throughout Kerry will be launched at the Open Our Minds Mental Wellness Exhibition at the Brandon Hotel, Tralee, on Sunday, November 29th.

'Minding Our Minds: A Guide to Supports and Services' is an information resource for those experiencing challenges to their emotional well-being.

The free directory has been produced by the Killarney voluntary group, 'Be Aware ! Prevent Suicide', which has organised four mental wellness exhibitions to date.

Kerry Peer Support Network, one of the services listed in the directory, will also be launching its plans for further expansion of its recovery support services in Kerry at the Brandon exhibition.

"Be Aware! Prevent Suicide is committed to being a bridge between the community in Kerry and service providers, both voluntary and statutory," Be Aware Chairperson and Founder Deirdre Fee said.

"We are committed to de-stigmatising mental health issues by talking about them, by informing our community about them - the signs, the symptoms, as well as the help and support that is available," she said. "By working together and talking to each other we can mind our minds and the minds of our families and community," she said.

"There is a wealth of highly trained support and service providers in the county, and nationally, who can help us deal with the life-changing events and traumas that challenge our emotional well-being," she said. "Their contact details, along with the services they provide are listed in 'Minding Our Minds'" The chairperson said that the publishing of 80,000 copies of the directory had been made possible by the generosity of the Kerry public in supporting fund-raising for Be Aware! Prevent Suicide. She acknowledged the support of key fund-raising events and groups such as Cycle for Suicide Prevention in Memory of Stephanie O'Sullivan, the Charity Fashion Show in Memory of Stephen O'Sullivan, Social Inclusion and Community Activation Programme (SICAP), North, East and West Kerry Development, 'Calendar Girls Rev up for Charity' and the ESB. 55,000 copies of the free directory would be distributed to homes in Kerry while the balance would be donated to third level colleges and second level schools. Stories and insights on recovery will be communicated chiefly by professionals and people who have journeyed through wellness with the support of Kerry Peer Support Network which opened its first Recovery Centre in Tralee in 2013. The centre was developed by a consortium of members including Tralee Mental Health Association, Irish Advocacy Network and Kerry Mental Health Services.

At the exhibition, the Network will unveil plans to roll out this model via other satellite centres throughout Kerry over the coming year.

Through the network's Peer Support programmes, individuals listen to others who have dealt with similar experiences. They learn to move beyond illness and are provided with opportunities to seek out new pathways and meaning towards living a full life.

Jim Breen of Cycle Against Suicide will be the MC at the exhibition which runs from 1pm to 6pm at the Brandon Hotel on Sunday, November 29th.

ANNUAL TREE LIGHTING CEREMONY AT THE BREHON



THE BREHON HOTEL CHRISTMAS TREE.

What started as a fundraiser for the St. Vincent de Paul has turned into a must go event on

the Christmas calendar as staff at The Brehon, Killarney are currently putting the finishing touches on their magnificent thirty-foot-tall Christmas Tree.

Santa Claus will take time out from his busy schedule to visit the hotel for a special party on Thursday, December 3 at 5pm when he will turn on the Christmas lights.

Children big and small are invited to attend The Brehon Christmas Tree Party to meet Santa and to see the giant tree. The Gleneagle Concert Band and The Killarney Golf Club Male Voice Choir will perform all your favourite Christmas carols and tunes. There will be tasty treats, hot chocolate, mulled wine for Mom and Dad and lots of surprises in store.

The Brehon Christmas Tree party is organised in aid of St Vincent De Paul and anyone who wishes to donate to this worthy cause can bring new or unused toys to The Brehon on

December 3 or make a cash donation on the day.

TRALEE IS NAMED'IRELAND'S TOP LARGE TOURISM TOWN'

Tralee has picked up the top prize as Ireland's best National Large Tourism Town with Killarney, Kenmare and Sneem, received certificates of merit acknowledging their own impressive performances in reaching out to visitors and creating the best possible tourism experiences.

The fourth annual Tourism Towns Awards which took place in The Morrison Hotel on

Wednesday.

The Tourism Towns Award was designed by Fáilte Ireland to promote those Irish towns and villages which are working hardest to enhance their appeal to tourists visiting their local area. As the overall winners, Tralee will receive its winning certificate along with a \in 5,000 grant towards further developing itself as a tourism destination.



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

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PICTURE PARADE



MARK MURPHY, (CEO, KILLARNEY CREDIT UNION), PAT DELANEY, (CHAIRMAN, KILLARNEY CREDIT UNION), DONOGH BARRY AND MARY HALLISSEY (KILLARNEY CREDIT UNION), WITH SARAH O'SULLIVAN (LISSIVIGEEN NATIONAL SCHOOL), KERRI ANN HANRAHAN (LOUGHGUITTANE NATIONAL SCHOOL), AND FREDERIQUE OFFEREINS (ST JOHNS NS KENMARE), WINNERS IN THE 11-13 AGE CATEGORY AT THE PRESENTATION OF PRIZES IN THE CREDIT UNION ART COMPETITION. PICTURE: EAMONN KEOGH.



The crew at O'Callaghan Coach Holiday's, pictured at the International Hotel enjoying the official launch of their 2016 brochure. Picture Marie Carroll-O'Sullivan 087 301 4808



MARK MURPHY, (CEO, KILLARNEY CREDIT UNION), PAT DELANEY, (CHAIRMAN, KILLARNEY CREDIT UNION), DONOGH BARRY AND MARY HALLISSEY (KILLARNEY CREDIT UNION), WITH TRACY NEVILLE, FAHA, KERRY PARENTS & FRIENDS, JAMES O SHEA, KILGOBNAT, KPF AND KATHERINE FLEMING, KERRY PARENTS & FRIENDS, SPECIAL CATEGORY WINNERS OVER 18, AT THE PRESENTATION OF PRIZES IN THE CREDIT UNION ART COMPETITION. PICTURE: EAMONN KEOGH



At the Launch of "The Gleneagle, An Illustrated History" by Aoife O'Donoghue and Barbara O'Donoghue, published by The History Press Ireland, at the Gleneagle Hotel, Killarney. The book contains pictures and articles on the well-known hotel and its history in the town, from left, Kathy Weber, Aileen O'Callaghan, Una O'Callaghan, Former Employee and Erika Weber. Photo: Valerie O'Sullivan.



Following a very successful coffee morning at the home of Norma and Pat Talbot in Aghadoe a cheque for €3,120 was presented to the Oncology Unit, Loher Ward, in Kerry General Hosptial on Friday last. Pictured are Marie Devane, Norma Talbot and Fiona Whelton, along with nurses at Oncology Unit, Michelle O'Dowd and Mairead O'Connor. Pic Joe Hanley.



At the Launch of "The Gleneagle, An Illustrated History" by Aoife O'Donoghue and Barbara O'Donoghue, published by The History Press Ireland, at the Gleneagle Hotel, Killarney. The Book contains pictures and articles on the well-known hotel and its history in the town Patrick O'Donoghue, MD Gleneagle Hotel Group with Members of the late Con O'Keeffe's family, Mrs Noreen O'Keeffe, Valerie, Deirdre and Kathy O'Keeffe. Con dedicated over 40 years service to the Gleneagle Hotel. Vhoto: Valerie O'Sullvan.



At the Launch of "The Gleneagle, An Illustrated History" by Aofe O'Donoghue and Barbara O'Donoghue, published by The History Press Ireland, at the Gleneagle Hotel, Killarney. The book contains pictures and articles on the well-known hotel and its history in the town from left, Nancy Hegarty, Maureen Cournane, Bernie O'Leary and Anita O'Donoghue. Photo: Valerie O'Sullivan.



Pictured at Killarney Community College were the students who graduated with a QQI Award in Office Administration with Course Coordinator John Keane (seated centre), Dympna Healy (right of centre) KCC Adult Education & PLC's and Siobhan Shanahan (right of centre) Adult Education Officer for Kerry. Picture Marie Carroll-O'Sullivan 087 391 4808

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SET YOURSELF A PRE CHRISTMAS CHALLENGE

Christmas is fast approaching but its not too late to get into gear. Why wait until January to get started, get the foundations laid for your new Healthier life style now & you can hit the ground running in January.

Last week in my studio I got all my members to set a "Fit 4 Christmas Challenge" for themselves. It was a great motivator and incentive to get people focused for the next few weeks.

So why not Start today by setting yourself your own challenge from here until Christmas. It might be to give up the biscuits with the cup of tea and get out walking 5 nights a week. Changes as small as these can make all the difference and here is why......

4 chocolate digestives= 340 cals approx.

1 hour fast pace walk= 250 cals approx. (results will vary per person)

So if you give up the Biscuits with the tea every day (340cals x 7) and add in the walk 5nights per week (250 x 5) you will be burning and saving 3,630 calories approx. per week. And since one pound of fat = 3,500 calories you will be well under way to shedding a few pounds this side of Christmas. So why not. Ask yourself wouldn't it be nice to be 4lbs down at least before Christmas day!!! I think no one can argue with that!

Good luck everyone! If you're looking for some extra motivation please give me a call on 087-7643449 & I'd be happy to get your started.

MORE TIPS NEXT WEEK... FITNESS WITH EDELE 087-7643449 WWW.FITNESSWITHEDELE.COM



Don't speed-shop, especially if you're searching for something really specific. Give yourself enough time to browse, try stuff on, and not get all stressed out.

DIET TIP

MODERATION!

Still enjoy your favorite foods. Instead of cutting them out altogether. The key is moderation.





Beauty Tip

PREPPING YOUR EYELIDS Prep your eyelids with concealer and powder before putting on eyeshadow to make it last all day.



A PLACE OF SAFETY

A haven is defined as a place which affords safe anchorage for ships, and also a shelter or a place of safety.

In Kerry, just as in the rest of Ireland men are shy about steering their problems into a harbour of safety. We tend to keep these things to ourselves on the basis that talking about them might show signs of weakness. The truth of course is quite different. The many supports that are now available have developed because some men came together to share their problems and wondered if structures could be provided to help people like themselves.

Recovery Haven has a sub-name — Cancer Support House — open to all who are at any stage in their cancer journey. We can accept news that we have many diseases but a cancer diagnosis leaves us feeling that our whole person has been invaded by some nasty monster. It is a fact that the fitter we are the better we are set up to co-operate with the healing processes involved in dealing with this monster. In Palliative Care Unit and in Recovery Haven there is an aura of peace, hope and caring love. We soon get it into our heads that we are not alone on this journey and that by availing of the many supports available we can fight this disease. Also it helps family to come to terms with the situation much better. Group sessions in Recovery Haven teach us to listen; regardless of the agony and angst there are always encouraging words to help us through the bad times.

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Kerry ETB Training



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Centre

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Reception and Clerical Skills (ET0N1) - Killarney.

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

Digital Media Production Course (TRY18) - Tralee Training Centre.

The Digital Media Production course offers participants the opportunity to learn and develop real-world production skills in a broad range of media disciplines. The course covers design, digital imaging, photography, sound, video, digital publishing and media project management. **Start Date:** November 2015. **Duration:** 52 weeks. **Certification:** City & Guilds Diploma in Media Techniques 7601-03.

Sports Recreation & Exercise Course (ETK69) - Killarney.

If you have a genuine interest in sport, exercise and swimming this course is a good choice for you. It's the ideal entry point for those wishing to follow careers as sports coaches, personal trainers, or swimming teachers. **Start Date:** 30th November 2015. **Duration:** 45 weeks. **Certification:** QQI Major Award in Sports Recreation and Exercise 5M5146, Pool Lifeguard Qualification, Assistant Swimming Teacher Cert and Occupational First Aid Cert.

Broadcast Production Skills Course (TRY20) - Tralee Training Centre.

This is a practical, production-focused course covering documentary, drama, and entertainment formats. Participants will learn about researching, writing, directing, capturing, editing and delivering content for both location and studio-based productions. **Start Date:** 11th January 2016. **Duration:** 52 weeks. **Certification:** City & Guilds Diploma in Media Techniques (Video production) 7601-03, BECTU - Creative Industries Safety Passport, Occupational First Aid, Safe Pass and Manual handling.

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

This course will provide you 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 online 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:** 18th January 2016. **Duration:** 15 weeks. **Certification:** Cisco Certified Network Associate (CCNA) Cert.

Retail Skills Health and Beauty Traineeship (ETS95) - Tralee.

This traineeship offers participants the opportunity to develop the knowledge, skills and competencies required to work in the retail sector, particularly in pharmacies and in health and beauty outlets. **Start Date:** 18th April 2016. **Duration:** 37 weeks. **Certification:** FETAC Level 4 Major Award in Retail Skills.

Beauty Therapy Traineeship (TRS52) - Tralee.

This course offers participants the opportunity to develop the knowledge, skills and attitudes required to work as beauty therapists in a variety of settings. It integrates theory, practice and industry experience so that participants gain a clear understanding of the various treatments and therapies practiced in the industry. **Start Date:** 11th April 2016. **Duration:** 50 weeks. **Certification:** I.T.E.C Diplomas in Beauty Specialist, Facial Electrical Treatments, Holistic Massage, Epilation, Anatomy and Physiology, and Body Therapy; CIBTAC International Diplomas in Aestheticienne, Epilation and Body Therapy; CIDESCO International Diploma.

Wind Turbine Maintenance Technician Course (TR36R) - Tralee

This course is designed to provide the wind turbine industry with personnel who have the technical knowledge and skills to service and maintain large scale commercial wind turbines. Applicants must hold a recognised electrical or mechanical trade qualification and have a number of years hands-on practical experience in one of the related areas. **Start Date:** 30th May 2016. **Duration:** 36 weeks. **Certification:** City & Guilds Level 3 Diploma in Electrical Power Engineering Wind Turbine Operations & Maintenance (2339-18/53).

Visit Our New Walk-In Information Service Every Tuesday and Wednesday At Kerry ETB Head Office, Centre Point Building, John Joe Sheehy Road, Tralee. (Opposite Tralee Bus and Train Stations) To apply or get further information on any of the above courses please contact

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OUTLOOK SPORTS NEWS Editor : Donal Barry Email : news@outlookmags.com

GARVEYS FOOTBALL CHAMPIONSHIP FINAL SOUTH KERRY CELEBRATE DRAMATIC TRIUMPH AND THE LONG WAIT CONTINUES FOR KILLARNEY LEGION

KERRY O'SHEA REPORTS FROM SUNDAY'S GARVEY'S KERRY SFC FINAL REPLAY BETWEEN KILLARNEY LEGION AND SOUTH KERRY

SOUTH KERRY 1-13 LEGION 1-12 After Extra Time

For the first time since 1987, a period of extratime was required to decide the outcome of the Garvey's Kerry SFC at Killarney's Fitzgerald Stadium last Sunday as South Kerry hung on grimly to claim the title for the 10th time at the expense of a gutted Killarney Legion.

Back in 1987, Kenmare defeated Dr Crokes by a one-point margin and a one-point margin was also the outcome this year, as the Southerners fought doggedly to claim a famous and dramatic win.

The old adage that replays never live up to the drawn encounter was incorrect as this game was far better than the drawn encounter two weeks ago.

The game had everything, suspense, drama, mistakes, great scores, and great support for both sides and a couple of black and yellow cards added in for good measure.

Referee Paul Hayes, who was handling his 3rd county decider, did not have one of his better days and missed a few obvious card offences here and there.

For long periods, Killarney Legion had victory within their sights. Seven minutes into the second half, South Kerry were on the ropes as Legion were leading 1-10 to 0-6 and heading to an almost certain win.

Legion's lack of experience at this level and an inability to close out the game when in a commanding position was to prove costly.

South Kerry needed something special to



BRYAN SHEEHAN PROUDLY LIFTS THE BISHOP MOYNIHAN CUP AFTER SOUTH KERRYS DRAMATIC COUNTY FINAL VICTORY. PHOTO BY PADDY WHITE

bring them back into the game, and it came in the shape and form of a smashing goal out of nothing following a jinking solo run from that man Bryan Sheehan as Declan O'Sullivan played the role of provider.

That magnificent South Kerry goal was the turning point in the game, as it gave the lveragh side an injection of momentum which they fully availed of.

In our preview of this game in last week's edition, we alluded to the difference Bryan Sheehan could make to South Kerry in a very tight decider.

Our prediction proved true as Sheehan, who

was black-carded with the game deep into stoppage time at the end of normal time, literally dragged South Kerry to victory from the jaws of almost certain defeat.

The St Mary's Cahersiveen County marksman playing in his 11th consecutive game since the All-Ireland final, was not surprisingly named Man of the Match, Sheehan finished the game with 1-5, of which 1-3 came from open play.

South Kerry are a divisional team with eight clubs providing players to the squad. Of their tally of 1-13, all but one point came from the St Mary's players.

This noteworthy fact must have greatly pleased



CAPTAINS SHAUN KEANE AND BRYAN SHEEHAN WITH MATCH REFEREE PAUL HAYES BEFORE THE START OF SUNDAYS COUNTY FOOTBALL FINAL REPLAY IN FITZGERALD STADIUM. PHOTO BY PADDY WHITE



LEGIONS ACE FORWARD JAMES O'DONOGHUE IS CLOSELY MARKED BY PAUL O'CONNOR AND KILLIAN YOUNG



OUTLOOK SPORTS NEWS

Editor : Donal Barry

Email : news@outlookmags.com



GARVEYS FOOTBALL CHAMPIONSHIP FINAL

St Mary's manager, the legendary Maurice Fitzgerald and surely a great omen ahead of the Club's Munster IFC Final clash with Carrigaline next Saturday.

A despondent Legion are still asking questions as to how they let this game slip from their grasp. Two missed scores from James O'Donoghue in normal time proved vital as these would have put the Killarney side, who failed to score for the final eight minutes of the game and the first period of extra-time out of sight.

To lose by one point is gut-wrenching and there are usually plenty of if's ands and but's.

On this occasion it was the tenacity and the experience of the South Kerry men that carried the day.

Playing into the Dressing Room end in the firsthalf, Killarney Legion, despite dominating the early stages still found themselves trailing 0-3 to 0-2 with 17 minutes of the first-half gone.

With corner-backs Paudge O'Connor and Chris Davies driving them forward at every opportunity, Peter Keane's side then hit a purple patch and scored 1-4 without reply in a five-minute spell to jump into a six-point lead. Legion's goal, scored in the 18th minute, was finished superbly by Jamie O'Sullivan, who was so influential in the drawn game.

The Killarney side deserved their four-point interval lead 1-7 to 0-6, having led by six points with eight minutes of the first half remaining.

Apart from O'Sullivan's goal, the Legion's firsthalf points came from Conor Keane 0-5 (4 frees), Tom Moriarty and Billy McGuire (0-1 each), while South Kerry's total came from Bryan Sheehan (4), three of which came from play, with one apiece coming from Aidan Walsh and Paul O'Donoghue.

On the restart, Legion extended their advantage further with points from Podge O'Connor sandwiched between two James O'Donoghue efforts from frees.

When Legion led 1-10 to 0-6 seven minutes into the second half they appeared set for a famous victory.

Sheehan's goal proved the catalyst for South Kerry's comeback, and points from Aidan Walsh, Conor O'Shea, Daniel Daly and a superb Killian Young effort on the sideline in front of the stand drew the sides level at 1-11 apiece.

Both sides had chances to win the game in the remaining minutes of normal time but extratime was needed to decide the outcome.

Amazingly both sides failed to make the scoresheet in the first period of additional time. Podge O'Connor gave the Killarney side the advantage with 72 minutes gone on the stopwatch, however, South Kerry had the better staying power and points from Daniel Daly and Aidan Walsh edged them home to a dramatic and famous win.

'Let joy be unconfined' for the South Kerry followers, but for Killarney Legion, the wait for a



SOUTH KERRYS BERNARD WALSH DRIVES OUT OF DEFENCE IN THE CLOSING STAGES OF SUNDAYS REPLAY IN FITZGERALD STADIUM, PHOTO PADDY WHITE



AIDAN WALSH FINDS HIS PATH TO GOAL BLOCKED BY A WALL OF LEGION DEFENDERS. WALSH STILL ACCOUNTED FOR 3 POINTS OF HIS SIDES TOTAL.

first Kerry SFC title since 1946 continues.

Following the game and in the gathering gloom, Bryan Sheehan was presented with the trophy by his fellow South Kerryman and County Board Vice Chairperson Diarmuid O'Se. The presentation to the winning captain which normally takes place in the stand, was made on the pitch as a spectator who had been taken ill, required medical assistance.

Teams and Scorers:

South Kerry: Brian O'Connor, Brian Sugrue, Killian Young (0-1), Paul O'Sullivan, Padraig O'Sullivan, Bernard Walsh, Denis Daly, Bryan Sheehan (1-5, 0-1 free, 0-1 '45), Brendan O'Sullivan, Paul O'Connor, Declan O'Sullivan, Aidan Walsh (0-3), Ian Galvin, Paul O'Donoghue (0-1), Conor O'Shea (0-1).

Subs: Rob Wharton for Paul O'Connor (36 mins); Greg Gibson for Brendan O'Sullivan (36); Daniel Daly (0-2) for Ian Galvin (43); Brendan O'Sullivan for Bryan Sheehan (black card 63) GAidan Shine O'Sullivan; for Brian Sugrue (73 mins) Odhran Clifford for Padraig O'Sullivan (79).

Legion: Brian Kelly, Podge O'Connor (0-2), Danny Sheahan, Chris Davies, Jonathan Lyne, Damien O'Sullivan, Daragh O'Doherty, Shaun Keane, Jamie O'Sullivan (1-0), Billy McGuire (0-1), James O'Donoghue (0-3, 0-3 frees), Donal Lyne, Thomas Moriarty (0-1), Cathal Sheehan, Conor Keane (0-5, 0-4 frees).

Subs: Kevin Breen for Donal Lyne (50); Jack O'Neill for Billy McGuire (55); Denis Sheahan for Tom Moriarty (56); Andy O'Sullivan for Cathal Sheahan (black card 59); David O'Sullivan for James O'Donoghue (injured 66); James O'Donoghue for Denis Sheahan (72); Tom Slattery for Shaun Keane (78), Kevin Breen (black card, 80+1).

Referee: Paul Hayes (Kerins O'Rahillys).

GAA CLUB CALL

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





THE LISTRY TEAM: FINALISTS IN THE FR. GALVIN CUP ON SUNDAY LAST.

EAST KERRY NOTES With Áine Ní Shúilleabháin PRO FR GALVIN CUP FINAL SCARTAGLEN 1-7 LISTRY 0-9

Last Sunday, Scartaglen won the Fr Galvin Cup Intermediate Championship Final, sponsored by the Aquila Club, Gleneagle Hotel, was an exciting strongly fought game against last years finalists, Listry. The teams were closely matched and a Padraig Reidy goal towards the end of the first half was a turning point in the game. Listry were first to point (Jimmy O' Leary). Scartaglen responded with three points (Daniel Murphy, Padraig Reidy, Pa Rahilly) to lead by two by the sixteenth minute. Listry equalised, through the boot of Joe Clifford -0-3 each. The teams exchanged points (Hugh O'Connor for Scartaglen Ronan Buckley, Listry before a Padraig Reidy high lopping ballot into the goal, went over the line with three minutes remaining in the half. Scartaglen led, 1-4 to 0-4. Joe Clifford reduced the lead to the minimum, with two points from play and Scartaglen led at the break by a point - Scartaglen 1-4. Listry 0-6. On resumption, Listry took the lead with Ronan Buckley and Gary O'Sullivan points, 0-8 to 1-4. However, Scartaglen confidence was high and they equalised then pulled ahead, with a Daniel Murphy pointed free and Pa Rahilly point ten minutes into the half. Scartaglen held their lead to the finish. A Daniel Murphy pointed free at the start of the last quarter, increased the lead to two points. The sides were both reduced to fourteen on the fiftieth minute. Listry pressed forward and a Joe Clifford converted free reduced the margin to the minimum with 2 minutes to play. Scartaglen held possession and held on to win on a final scoreline of Scartaglen 1-7 Listry 0-9.

Tim Ryan, East Kerry Board chairman presented the Fr Galvin Cup to Scartaglen captain, Alan Horan and the man of the match award to Scartaglen defender Brendan Rahilly. Tim thanked the referee for a job well done and thanked Fossa club for the use of their facilities. Referee: Brendan Brosnan (Glenflesk).

EAST KERRY MINOR CHAMPIONSHIP -DIVISION 1 FINAL DR CROKES 0-14 SPA 1-8

Dr Crokes Minor team won the East Kerry Minor Championship division 1 Final, sponsored by The Tatler Jack, after a sporting game against Spa last Saturday. Played in wet conditions which made scoring very difficult, it was Dr Crokes who opened the scoring with a Michael Casey point early in the game. Billy Courtney added a second point for Dr Crokes, before Spa goalie David Carroll brought off a great save and Spa opened their account with a pointed free by Dara Moynihan on the eighteenth minute. Dr Crokes replied with two points from play, by David Shaw and Creagh Courtney Dr Crokes led 4 points to 1 twenty five minutes into the game. A well taken point by Spa's Dara Moynihan, was followed with three unanswered points for Dr Crokes. First a great point by Adam O'Shea, followed by a Billy Courtney point, from a great interception by Dr Crokes corner back, Brian Fitzgerald. The third point was a great long distance effort from the boot of David Shaw, leaving the score at the break: Dr Crokes 0-7 Spa 0-2.

Spa's Ciaran Spillane reduced the margin with a well taken point three minutes into the second half. Adam O'Shea replied for Dr Crokes with a great long distance point provided by Michael Potts. Three Spa points without reply, Dara Moynihan (2) and Evan Cronin had reduced the margin to two points, set up with some great high fielding from Ciaran Spillane at mid field, before Evan Cronin sent a high ball into the Dr Crokes square. The keeper made a great save, high fielding the ball, but was deemed to have crossed the end line and a goal was awarded, giving Spa the lead with fourteen minutes remaining. Dr Crokes responded, levelled the scores with a point by Michael Casey and built a lead with four unanswered points, Michael Casey, Billy Courtney, Adam O'Shea and David Shaw finding the target, to lead 0-13 to 1-6, with seven minutes remaining. In an exciting finish Dara Moynihan reduced the gap to a single score with a pointed free. In a fast turnaround, Mikey Casey scored the insurance point with three minutes to play. Spa's Evan Cronin pointed provided by David Spillane, 0-14 to 1-8 with 2 minutes remaining. Spa pressed forward and won a free. Ciaran Spillane send a high ball into the Dr Crokes square and Spa were awarded a penalty, which skimmed wide, in the last minute of the game. Tim Ryan, East Kerry Board Chairman presented the Brendan Cronin Cup to Dr Crokes captain Brian Fitzgerald. He complimented both teams on a sporting game played in difficult conditions and thanked Firies club and the referee. Referee: James O' Sullivan (Firies).

AQUILA CLUB O'DONOGHUE CUP:

The fourth quarter final in the Aquila Club O'Donoghue Cup sees Legion at home to Firies on Sunday 29th November at 2pm. Extra time if necessary. The winners join Kilcummin, Rathmore and Dr Crokes in the draw for the semi finals.

EAST KERRY UNDER 21 CHAMPIONSHIP: Kilcummin are at home

to Dr Crokes in the Division 1 semi final of the East Kerry Under 21 Championship, sponsored by Acorn Holistics and Sports Centre, Killarney. The game is fixed for Saturday, 28 November with throw in at 2.30pm. Extra time if necessary. **WELL DONE:** Well done to all the competitors from East Kerry clubs on great performances in the County Finals of Scór na nÓg on Friday evening and on winning to Spa – Figure dancing and Set Dancing; Firies - Recitation – Firies, and Glenflesk - Ballad Group.

COMMISERATIONS: Commiserations to Legion on the outcome of the County Senior Championship Final Replay.

CUMANN NA MBUNSCOIL: East Kerry schools were well represented in the County finals. Raheen NS played fantastic football in the two teacher decider overcoming a spirited Fybough NS team. Knockanes NS scored freely to secure the three teacher title defeating Kilmurry NS. Congratulations to all players and management teams on representing East Kerry so well on the night. Thanks to Rathmore club for hosting the primary school matches.

MUNSTER UNDER 15 POST PRIMARY SCHOOLS FINAL: St Brendans College played PS Chorca Dhuibhne in the Munster final last Wednesday in Fitzgerald Stadium. The teams produced fantastic football in trying weather conditions. St Brendans laid the foundation for victory with a polished first half display. PS Chorcha Dhuibhne showed great character in the second half closing the gap to one score entering the final quarter. The scoring power in attack proved decisive with St Brendans College forwards securing victory. Congratulations to players and management on winning the Munster Under 15 A crown.

SPA NOTES

Anne Holland AWARDS NIGHT: The 2nd Annual Awards



GAA CLUB CALL

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

Night Saturday 28th November. Venue: Torc Hotel. Music: Derry and Rosie Healy. Time: 7.30pm, ticket: €15.

CONGRATULATIONS TO THE FOLLOWING RECIPIENTS:

Lifetime Achievement Award: Johnny Cronin. **Guests of Honour:** Michael Foley and Evan Cronin.

Social/Cultural Person of the Year: Sheila Curtin, John Doyle Award: Senior Player

Nominees: Dan O'Donoghue, Shane Cronin and Ryan O'Carroll.

Senior Lady Player of the Year.

Nominees: Micaela O'Connor, Karol Fleming and Linda Bruggener.

Pat Corcoran Award: Junior Player: Conor Gleeson.

Aidan Cronin Award: Young Person of the Year: Eric O'Donoghue.

Special Recognition Award: Dan O'Donoghue and Liam Kearney: All Ireland Junior Winners.

Cassandra Buckley: Kerry Senior Ladies Munster Winner.

We will be introducing our Scór na nÓg All Ireland Winners in Rince Foirne and Quiz also. Tickets from Committe: Andrew Garnett 086 1911263, Anne Holland 085 7780883, Ivor Flynn 087 1003142, Adrian O'Sullivan 083 4510776 and Sean Kelliher 087 6298613. All worthy honorees. Senior Men and Women Player of the Year will be announced on the night.

LADIES FOOTBALL CLUB OF THE YEAR:

Congratulations to Chairperson, Anne Holland, her committee and coaches in receiving Kerry Ladies Club of the Year for 2015. Mentors, Tim O'Connor, Donal O'Doherty and Tom Doherty were on hand to pick up the winning trophy at the Kerry Ladies Annual Awards night at the Dromhall Hotel last Saturday night. Well done to all involved and special mention to the players and their parents for helping achieve this award. A great team effort as this is not an easy accomplishment. Great honour for the Club to round out the year.

EAST KERRY MINOR CHAMPINOSHIP DIV.1

SPA 1-8 DR. CROKES 0-14: A game that we fought till the very end. Clawed back at half time trailing by 5 pts. Came short in the end though.

SCÓR NA NÓG: Congratulations to our dancers who go forward to represent Kerry in the Munster final on 3rd Jan 2016 in Cappaquin at 2.00pm. Figure dancing: Aine Brosnan, Meghann Cronin, Ava O'Sullivan, Carrie Hickey, Ciara Moynihan, Kate Lawlor, Aishlinn O' Donovan, Erin Holland and Lea Murphy.

Set dancing: Katie Cronin, Aine Brosnan, Anna O'Connor, Ava O'Sullivan, Liam Spillane, Kianan O'Doherty, Eoin O'Donoghue and Gary O'Sullivan.

A bus to Cappaquin will be organised, depending on demand. If you are interested, please contact Sheila Mc Carthy at 087-7614847.

Tráth na gCeist County final is scheduled for November 28th at 7.00pm in ISK, Killorglin. Best of luck to our team: Thomas Fleming, Michael Aherne, James Lynch and Daniel O'Sullivan.

SENIOR SCÓR: Club members who may be interested in participating in the forthcoming East Kerry Senior Scór competitions are invited to contact Spa Scór Officer Sheila McCarthy at 087-7614847. East Kerry final is scheduled for January 15th 2016.

Scór categories - Figure Dancing, Solo Singing, Recitation/Storytelling, Instrumental Music, Léiriú/Drama, Ballad Group, Set Dancing and **TABLE QUIZ:** Spa lotto results 22/11/15.

Draw held in The Killarney Oaks Hotel for a jackpot of \in 12,800. Numbers drawn 05, 07, 23, 24. Jackpot not won. Next week's draw will be held in The Torc Hotel for a jackpot of \in 13,000.

CLUB MERCHANDISE: Get that special gift for someone for Christmas. Please contact Mathilda McCarthy (087) 648 7356 to purchase our new range of Club gear.

HALL RENTAL: Please contact Eileen Casey by text 087 6577312 for availability to book our indoor meeting rooms or Hall.

LISSIVIGEEN & DISTRICT COMMUNITY

ALERT PARTY: Lissivigeen & District Community Alert Branch will host it's Annual Christmas Party at The Torc Hotel on Friday December 4th. Mass will be celebrated at 8pm followed by the party. Once again will feature an evening of top class entertainment and interludes for spot prize draws which will include a huge Supervalu Hamper and many other valuable prizes. Music by the ever reliable Ger Healy (Singing Jarvey). Tickets at €10 each are now available from members in the various districts. Finger food will be served.

BEAUFORT GAA NOTES

U21 MID KERRY CHAMPIONS 2015:

Well done to Beaufort who beat Milltown/ Castlemaine in the Mid Kerry Final played in Beaufort on Sunday morning in perfect conditions. Beaufort had the first score with a Fergal Hallissey free when Ronan Murphy was fouled. This was cancelled out 2 minutes later with Milltown/Castlemaine free. Fergal again had another free with Beaufort's tactic of playing usual mid-fielder Ronan Murphy inside at the edge of the square paying dividends, he got a good supply of quality ball and he won and scored or was fouled with any ball that went in to him. The visitors took over on the scoring stakes with 1-3 without reply.

Ronan Murphy had a point from play before free-takers Fergal Hallissey and Jack McCarthy traded points to leave the score on 15 minutes Beaufort 0-4 Milltown-Castlemaine 1-5. The visitors extended their lead to 5 points with another free. This was to be their last score of the half as the home team worked hard and snuffed out whenever the visitors attacked, while Beaufort began to claw their way back into the game with a Danny Healy point, 2 frees and a 45 from Fergal Hallissey. Darragh Coffey had a point from play for the home side to level matters. Beaufort had a goal chance but Niall O'Connor saw his shot come off the cross-bar. They finished the half with a Ronan Murphy point from play and Niall O'Connor had the final score of the half leaving Beaufort leading 0-11 to Milltown-Castlemaine 1-6.

The 2nd half saw Beaufort continue where they left off with a Fergal Hallissev free after man of the match Shane O'Sullivan was fouled. Conor Breen finished a great move by the home side with a point and Ronan Murphy scored another from play. Centre back and All-Ireland medal winner Mike Breen joined the attack and added a fine point. On 19 minutes Milltown-Castlemaine had their first point of the 2nd half with a free and they followed quickly with a good goal thus leaving only 2 points between the teams. Another free cut Beaufort's lead to the minimum. Beaufort losing the ball going forward and on the break the game was levelled with a point from play. The home side also lost Ronan Murphy to a black card with 9 minutes remaining. Padraig O'Reilly Milltown-Castlemaine and Conor Breen, Beaufort saw red after picking up a yellow and black each while David Roche was lucky to get away with a yellow. With time almost up Milltown/ Castlemaine had a free to go back into the lead but Beaufort had the last say with 2 late frees slotted over by Fergal Hallissey to leave the final score Beaufort 0-17 to Milltown-Castlemaine 2-10.

BEST OF LUCK: To our Minors who play Listry/Keel in Beaufort on Saturday next at 2pm in the Mid-Kerry Championship.

LOTTO: Next Lotto Draw for a Jackpot of €4,400 will be held in Kate Kearney's Cottage on Sunday, 29th November.

CLUB GEAR: With Christmas around the corner anyone interested in 'Christmas stocking fillers' should contact Mary Cronin or Nora Hallissey as soon as possible in case any gear has to be ordered.

GYM: Gym instructor is available Tuesdays in November, beginning from 6pm to 7pm for gym induction, consultation and advice.

GAA NATIONAL CLUB DRAW: Beaufort is taking part in G.A.A National Club draw. It is organised by G.A.A., Croke Park to assist Clubs with expenses. All money is retained by Club. There is first prize of car and other prizes of holidays and All Ireland ticket packages. Tickets are $\in 10$ each. They are available at present from any Beaufort Committee member.

Exciting times ahead with ladies football in the Club. A Senior team is being formed in the Club as there are a lot of girls playing at this grade outside of the club so it would be great to get them back and play with their home club. Any girls interested in playing or being involved with the club can contact Nora Hallissey, MaryJo/Cliona Coffey or Amy Foley.

The very popular GAA QUIZ will be held this year on Sunday, 27th December in Kate Kearney's Cottage.

GAA CLUB CALL

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

LEGION GAA CLUB NOTES

COUNTY FINAL: And the wait continues. After an enthralling contest last Sunday we just came up short as South Kerry prevailed on a 1-13 v 1-12 scoreline after extra time but it wasn't for the lack of effort as the lads gave it everything and should be very proud of the effort that they put in all year. Played in ideal conditions, Legion were full value for their four point halftime lead and when they stretched that lead to seven early in the second half, the outlook was promising but South Kerry in fairness stuck at it and gradually clawed their way back into the game and following a scoreless first half of extra time, it was our opponents that edged home by the bare minimum and we wish to congratulate them on their victory. The club would like to thank all the supporters, many of whom travelled long distances to be there. Of course even though last Sunday was disappointing, the footballing year isn't over yet as this weekend we face Firies in the O'Donoghue cup guarter final and the following week we take on Austin Stacks in the playoff to see who will play in the County league Div1 final against Dr Crokes.

COOKERY DEMO: The club held their amazingly entertaining Cooking and Baking Demonstration at the Dromhall Hotel on Friday night. Quinlans Fish generously sponsored the event. The very large crowd attending enjoyed a wonderful night's entertainment and went away with some very useful information. The demonstrations were excellent and the food tasting was delightful. (5 in total)

The club wishes to thank Quinlans Fish, Mark and Tracy, Bernadette Randles of the Dromhall Hotel and her wonderful staff, all those who gave such magnificent prizes for the raffle (many worth well in excess of €200)and all our talented volunteers who contributed to making this event such a great success.

DR CROKES CLUB NOTES EAST KERRY MINOR CHAMPIONSHIP -FINAL

DR CROKES 0-14 SPA 1-8

Even though we played second fiddle to our opponents in the third quarter of the game, in which Spa turned a five point deficit into a

one point lead, we still ran out winners by three points in the end. Our victory was achieved because we showed good composure and greater accuracy in our shooting in the last fifteen minutes. We out scored our opponents by six points to two in this period and went into injury time a score in front. Spa won a penalty in these dying minutes but failed to convert it, leaving us winners by three points. We were the better team in the first half and outscored the opposition by seven points to two. We probably deserved our five point lead at the interval as we carved out many more scoring chances than Spa. Our opponents dominated the third quarter and their goal and four points to our one point, put them a point in front. We got to grips with our game at this juncture and five points without reply, put us back in front by four points. Our opponents did not give up and added 0-2 to our 0-1, to leave us just a score in front going into injury time. Spa did force a penalty but unlucky for them this last kick of the game sailed wide. This was a good team performance. One would have to pick out Brian Fitzgerald, David Naughton and Jack Lenihan in defence. Both sides had their moments at midfield but Billy Courtneys three points from play in this sector was a big bonus for us. Michael Potts was good both in defence and attack. Mike Casey, David Shaw and Adam O'Shea who between them scored ten points (nine from play) were best in attack.

SOUTH KERRY JUVENILE HURLING

AWARDS: This Friday, 27th November at 8:00pm, The South Kerry Hurling Bord na nÓg will hold it's fifth annual hurling awards night in the Killarney Plaza Hotel. On the night, the victorious South Kerry U16 team members will receive their medals and a special presentation with be made to the South Kerry members of the victorious Kerry Minor Hurling Team who won the All-Ireland Minor 'B' Hurling Championship title this year. Special quest speaker on the night is former Limerick hurler and newly-appointed Kerry Senior Hurling Manager, Ciarán Carey. There will also be a raffle for a range of prizes during the course of the evening. Proceedings commence at 8:00pm this Friday, 27th November; entry is free of charge and everyone is welcome.

ANNUAL RETREAT: Dr Crokes Annual

Retreat in Ardfert Monday November 30th at 8pm. Bus leaving High Street car park at 7pm sharp.

PROGRESSIVE 31: Progressive 31 continues this Wed night in the clubhouse at 8 p.m sharp. €5 entry. Tea / coffee served from 7.30 p.m. Last Wednesday night proved to be a great success. Congratulations to the following winners. 1st James (Wedge) Arthur and Ger Brosnan. 2nd Matt O'Neill and Seamie O'Connor (after a 3 way play off) Spot prize winners 1. Maura Fitzgerald and Christine Carroll 2. Fr. Michael O Dochartaigh and Dan Kelly.

LOTTO: Lotto numbers 1, 2, 7, 17. Jackpot \in 3600 not won match 3 9 by \in 45. Next draw Sunday 29th of November in Tatler Jack. Jackpot \in 3900.

MUNSTER SENIOR INTER-FIRM SEMI FINAL 2015 LIEBHERR CONTAINER CRANES 3-13 CARBERRY 0-06

Liebherr are through to the Munster Senior Final after overcoming Carberry of Cork in the Senior Semi Final played in windy conditions in Lewis Road. The home team led at half time, 1-5 to 0-3, after playing in to a stiff breeze in the 1ST half. There was outstanding performances right throughout the team on the night with each player coming out on top in their individual battles. Liebherr await the winners of Eily Lily (Cork) or Astellas (Killorgin) who play in the other Semi-Final. TEAM: Colin Myers (Fossa), Danny Wrenn (Listry), Mike Moloney (Dr. Crokes), Padraig Reidy (Scartaglin), AJ O'Connor (Kiskeam), Padraig O'Connor (Gneevguilla), Martin Burke (Keel), Kevin Gorman (Kilcummin), Tomás Dennehy (Kiskeam), Daniel Sullivan (Rathmore)(0-1), Eoin Lawlor Capt. (Rathmore)(0-2 (0-1 Frees)), Michael Shaughnessy (Cromane) (0-1), Donal Murphy (Gneeveguilla) (1-1), Daniel O'Shea (Currow) (1-7 (0-1Frees, 0-1(45)), Gavin Kelly (Glenflesk), Darragh Twomey (Cullen), Morgan O'Donoghue (1-1) (Sneem/Derrynane), Mark Dennehy (Fossa), Adrian Lynch (Cullen), Daniel O'Connor (Kiskeam), Eanna Riedy (Ballymac), Conor Breen (Beaufort), Stephen O'Connell (Knocknagoshel), loseph Nestor(Clounmacon).



Spa Ladies Gaelic Fooball Club of the Year 2015. At the recent Kerry ladies Awards night in Dromhall Hotel. Sean Kelly, MEP, Linda O'Doherty, Grace Brosnan O'Connor, Tom Doherty, Donal O'Doherty and Tim O'Connor.



SPA GAA were victorious with three titles in Scor na nOg in the County Final held in the excellent venue Killlarney Racecourse: Rince Foirne (Figure Dancing) and Rince Seit (Set Dancing) and Overall Club, Pictured are the County Champions with their coaches Triona Mangan, Mairead Mangan and Maureen Hegarty Vogels.



KILLARNEY VALLEY AC

Thanks to all those who gave up some of their Sunday morning and Saturday evening last weekend to collect for Kerry Athletics and to those who donated on the way into the Masses. It's a short job time wise but Killarney Valley AC and all the other athletic clubs in Kerry benefit from this one day in the year. Many children in Kerry benefit from this day too as it helps all the clubs to stay open and active. We would be at a loss without the kindness and generosity of spirit of the people who volunteer.

THE'PREDICT YOUR TIME 5K': In the Killarney Demesne on Sunday 6th December at 2pm has generated huge interest! The funds raised from this unique 5k will help to purchase a purpose built sports wheelchair for Ger Daly, one of the few wheelchair athletes in the Kingdom. Here are the details of the event.

Event: Ger Daly fundraiser "Predict Your Time" 5k Run, Walk, Jog. Venue: Killarney National Park (Knockreer) Date: December 6th Time: 2pm. Entries: on the day Fee: €10. Race Director: Jo Harty. Contact: Jo Harty or Jerh Griffin 0876879186

Killarney Valley AC have obtained an Athletics Ireland permit for this event. Refreshments and music and loads of spot prizes after in the Towers Hotel.

If you can't make the event and would like to donate then drop into Feet First on High Street or to Kerry Outdoor Sports in the Fairhill where both shops have kindly offered to have donation points.

FIXTURES: All the upcoming cross country fixtures are on our facebook page

www.facebook.com/KillarneyValleyAC

CROSS COUNTRY TRAINING CONTINUES: For all athletic clubs this Sunday at 10.30 in the Demesne. Kerry County Squad season continues on Sundays in an Riocht. All updates/ time changes etc on our Facebook page.

Strength & Conditioning Training continues on Monday nights in the Sem gym hall from 7-8 pm for all registered club members aged 13 and upwards. Please bring €2 and water! Our volunteer trainers will be there to take you through your paces.

Indoor training for 7-12 yr olds is on Thursdays and started on Thursday November 5th in the Sem Gym – non registered members are not covered by insurance and will not be admitted. Each child must sign in, bring €2, plenty of water and lots of enthusiasm.

Don't forget Killarney Parkrun is on every Saturday morning at 9.30 am sharp in Muckross near the Muckross Traditional Farm. We would encourage everyone to come out and take part, runners, walkers, adults and children alike. Race director Alan Ryan asked for people to come and walk their dogs or push buggies along the route - the idea is for people to get out and get fit. This is a volunteer led, free 5km run/walk and is sociable and fun and good practise. All ages welcome. More information and to register online www.parkrun.ie/killarney Killarney Valley AC welcomes new members. Juvenile and Juniors $\in 25$, Seniors and Masters $\in 30$. For membership enquiries please text the club number 087 2499566. If you haven't yet got your club singlet please contact Brid on 087 2650720 to arrange to purchase one - singlets are $\in 25$ each. Killarney Valley AC now have club hats for sale at $\in 10$ each - would make lovely Christmas presents! If you have any news you would like to include in the notes please text Maighread on 086 8588988

GNEEVEGUILLA ATHLETIC CLUB

LOTTO: No winner of our lotto 20/11/2015, numbers drawn were 1, 3, 19 and 22. Next week's jackpot \in 6,000 plus \in 1,000 bonus. Draw for our massive Christmas Hampers begin next week, this being the first of four free draws for hampers. Do get your ticket to be in with a chance to win.

MUNSTER MASTERS & JUVENILE B CROSS

COUNTRY: Cappawhite is the venue next Sunday. Claragh O'Connor, Sean O'Connor, Ted O'Gorman and Danielle O'Riordan will taking part in the Juvenile race. John Barrett and Caroline Murphy will be representing the club in the Masters category. Best of luck to all.

CLUB AGM: Tuesday December 1st in Gneeveguilla GAA Hall at 8.30 pm. All members and any new people wishing to get involved should attend.

THE GER DALY 5K FUNDRAISER: Sunday 6th December in Killarney National Park at 2pm. Raising funds to buy Ger a new wheelchair. Regrestration in The Old Monastry. Predict you own time!. Loads of spot prizes. Do come out and support.

KILLARNEY RFC NEWS

SENIORS: Our Seniors were due to play last weekend, however the game was postponed. Next Sunday the lads take on Carrick-on-Suir at home in Aghadoe, kicking off at 2:30pm in the league. Ger Moynihan's men will be looking forward to getting back into match mode and hopefully there will be a strong home support for the lads. All welcome.

YOUTHS: Our youths had a very busy weekend. Castleisland/Killarney U18's had a fantastic home win at Aghadoe, against Thomond and ran out winners on a scoreline of 43-0. They travel to Listowel next Saturday in what should be a thriller of a match and Paul Sheahans charges will be hoping to continue their winning run.

KRFC U16: Took on Killorglin RFC at Aghadoe on Saturday, but were beaten on a scoreline of 12-31 points to the visitors. Our lads showed some great skill and are clearly improving as the season develops.

KRFC U14'S: Played their round of the West Munster League on Sunday, taking on Tralee White. Our lads suffered their first defeat of the season, losing out to Tralee on a scroe of 5 - 19 for the home side. They have a well earned break next weekend before taking on Killorglin the following weekend.

MINIS: Our minis travelled to Tralee RFC on Saturday morning in blustery and wet conditions to take part in the next round of the West Munster Blitz. With teams from Corcha Dhuibhne and Listlowel also present, the weather played it's part by clearing up for the matches. This meant that the kids were able to enjoy the fast flowing rugby and our huge travelling support enjoyed some fantastic matches to boot. All our squads from U7 to U12 travelled and took on the three other clubs in some wonderful matches. Everyone thoroughly enjoyed the food in the clubhouse afterwards and we would like to thank Tralee RFC for their hospitality.

PARADE: Next Saturday, the Christmas in Killarney Parade takes place at 5:45pm. KRFC Minis have been invited to take part in the march and we will meet at the Killarney RFC Banner at the Cathedral Car Park from 5.15pm. The parade then finishes at the Bank of Ireland Car Park. We would like as many minis as possible to take part and would also request that parents help us with stewarding on the parade. Details: Liam Murphy 087/4145662

KILLARNEY COUGARS BASKETBALL CLUB JUVENILE NEWS: U12 BOYS DIV I KCYMS 18 KILLARNEY COUGARS 21

Kilorglin CYMS hosted the Cougars at the Kilorglin Sports Complex on Saturday evening in an exciting close contest. The sides were level at the end of the opening qtr before the home side took control in the second gtr to lead by 6pts at halftime with Dara Hogan and Andrei Birsan impressing for Kcyms. The Cougars responded well early in the third gtr to draw level with baskets by Tom Cahillane and Harry Kelly before a basket by Darren Ryan put the Cougars ahead by the end of the qtr. The final gtr was very intense with Cougars keeping just ahead before the Kcyms tied with a basket by Jack O'Sullivan as the game entered the final minute. Cougars kept their composure and baskets by Harry Kelly and Darren Ryan saw Cougars regain the lead and just hold on at the final buzzer.

U14 GIRLS DIV II: ST ANNES 29 KILLARNEY

COUGARS 28: Cougars travelled to Farrenfore for this league clash and just came up short in entertaining game. The sides were level in the opening qtr with Sadie Myers and Aoife Kissane contributing good baskets as the qtr finished level 8 8. The game went basket for basket until the third qtr when the home side raced ahead to lead 28 17 after a good spell of pressure. The Cougars responded well in the final qtr with good baskets by Maud Kelly and Katie Joy but the home side held on for the win. Best for Cougars on this ocassion were Aoife Kissane, Katie Joy, Niamh Stack, Maud Kelly and Maggie Kingston.

KILLARNEY SPORTS



SPA MUCKROSS COMMUNITY GAMES - RACHEL O'SULLIVAN ACCEPTING HER 1ST PLACE YOUTH AWARD AT THE COUNTY COMMUNITY GAMES AWARDS NIGHT HELD RECENTLY. SPA MUCKROSS ALSO RECEIVED A MERIT AWARD FOR ATHLETICS.

SENIOR NEWS MENS DIV 1: TRALEE IMPERIALS 74 KILLARNEY COUGARS 42

Cougars travelled to the league leaders Tralee Imperials and a below par performance from a disappointing Cougars saw them go down to a big defeat at Mounthawk on Thursday evening. The home side blitzed the Cougars early on in the opening gtr to lead 27 - 13 with Ryan Leonard and Gary Fernane sharing 18 points with Cougars getting into big foul trouble early in the game. Cougars improved in the second qtr with three points by Alan Flynn, Darren Gaffev and Jordan but Imperials still finished the gtr well and increased their lead by half time 45 - 24. The home side were in total control despite good Cougars pressure in the third qtr as the lead was reduced to 16 entering the final gtr and this was as good as it got for the Cougars as Imperials finished off the Cougars challenge in the final gtr to cruise home with a comfortable winning margin with Leonard, Fernane and John Dowling all dominant to secure topspot in the league over a disappointing Cougars on the night. Cougars meet Kcyms next in both the league and the Cup.

WOMENS DIV 1 KILLARNEY COUGARS 60

KENMARE KESTRELS 44: Cougars Senior ladies picked up their third consecutive win to remain unbeaten in the league with a strong final qtr to defeat a determined Kenmare side who pushed Cougars all the way until the final stages. Cougars Marian O'Callaghan was in top form with some fine three point shooting and good baskets on the fast break by Chloe O'Doherty, Louise Ni Mhuircheartaigh and Cass Buckley had Cougars in front 32 - 23 at halftime. Cougars again had plenty options off the bench and and were able to keep the pressure on the visitors who were not able to respond on the scoreboard despite the best efforts of Caroline Casey, Katie Cooper and Michelle Casey. Best for Cougars on this occasion were Marian O'Callaghan, Mags Cronin, Chloe O'Doherty and Amanda Brosnan. **SENIOR FIXTURES:** November 30th Mens Senior Cup. Cougars v Kcyms 7pm Pres Gym. December 1st: Womens Div III Cougars v St Anne's 8pm Pres Gym.

BASKETBALL ACADEMY: Our Friday evening Academy for boys and girls ages 7, 8, 9 Parish Hall. Further details and updates available on the website and facebook or contact the club secretary on 087-4175493 or email secretarykillarneycougars@gmail.com

SPAMUCKROSSCOMMUNITY GAMES

Our annual street collection was held last Saturday, 21st November. A huge thanks to our collectors, and the public for their generous contributions and words of encouragement on what was a bitterly cold day.

WELL DONE: To Spa GAA club, who won Club of the Year at the Kerry Ladies Football Awards later that night. Tim O'Connor, Donal O'Doherty & Des Spillane were involved in training our U14 girls Community Games team this year, in addition to being ladies trainers (u12-u15) with Spa GAA club.

CONGRATULATIONS: To Rachel O'Sullivan on her 1st place Youth Award at the County Community Games Awards night held recently. Rachel is a great example of a former competitor giving back to Community Games, by doing tremendous volunteering work, while juggling college & part-time work. Spa Muckross Community Games received a County Merit Award for athletics, and Rachel was on hand to accept both awards on the night.

KILLARNEY DARTS TOWN LEAGUE

KILLARNEY DARTS KNOCKOUT CUP SPONSORED BY O'NEILL'S PLUNKETT STREET.

We are now down to the last 8 of the KnockOut Cup. These fixtures will be played on Thursday, December 3rd. First named teams have home advantage Best of luck to all involved Lals OutCasts v Mustang Sally's A. Murphys Pinters v Klub Bar. Jimmy Briens v Corkerys Bar. Murphys Bar v The Shire. TOWN KILLARNEY DARTS LEAGUE **SPONSORED** BY CARLSBERG IN **ASSOCIATION WITH MUSTANG SALLY'S.** Points to date after Thursday 19th November are as follows. GROUP 1: Lals OutCasts 35. The Shire 35. Tatler Jack 31. Lals Bar 19. Jimmy Briens 19. Corkerys Bar 14. Murphys Bar 9. GROUP 2: Nugget Old Timers 33. Dunloe Lodge A 27. Good Time Charlies 21. Dan Linehans 20. Kenmare Rooms 18. Murphys Pinters 18. Klub Bar Kilcummin 16. GROUP 3: Old Killarney Inn 29. 98 A 27. Dunloe Lodge B 26. Teddys Bar 25. Avenue Heros 24. Mustang Sallys B 17. 98 B 14. **GROUP 4:** Squidgers 29. Courtneys Bar 27. Mustang Sallys A 26. Nugget Night Owls 23. Jimmys Jokers 20. The Granary 19. 98 C 16. On a final note Killarnev Darts Committee

would like to wish the very best to, The Kerry Darts Association who are organising The Maurice O'Donoghue Doubles Tournament in the GlenEagle Hotel on Sunday, November 29th. All are welcome.

CYCLING NEWS

HAMPER RIDE COMES ROUND AGAIN:

You know Christmas is on the way when the Hampers and Roses scratch cards hit the shops. In a similar way when the Killorglin Cycling Club's Hamper Ride takes place Christmas can't be far away.

This year the ride will take place on Sunday December 13th and once again will give the cyclists the chance to build up some winter miles in their legs with a 75km and 50km to

KILLARNEY SPORTS

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

choose from. Registration and sign-on will be at the Killorglin Sports and Leisure Centre from 8.45 to 9.30am with the cycle getting underway just before 10am. Cycling Ireland Licence holders can sign on for €15 with non-members sign on costing €17. This includes hot showers and food on the cyclists return to Killorglin. The Hamper Rides are essentially a fun event allowing cyclists to have a leisurely spin or for the more competitive riders a nice lungopened. The event has become hugely popular over the last few years and is renowned far and wide as one of the most enjoyable social days out for cyclists in the county. While everyone is welcome to take part in the Killorglin Cycling Club Hamper Rides children under 16 must ride with an accompanying adult and are restricted to the 50km route. The 50km route starts in Killorglin and heads to Killarney, onto Farranfore, Firies, Castlemaine and Milltown before returning to Killorglin. The 75km is more testing and it follows the same route to Farranfore but then continues towards Tralee turning off for Farmers Bridge with the climb up to the main Tralee to Killorglin road and then back to the start via Castlemaine and Milltown. Both events are controlled by a pace car for approximately two thirds of the route, depending on conditions. The controls are lifted at Firies for the shorter route and Farmers Bridge on the 75km route and all are free to get home as fast as possible from there. While the event is not a race the first 3 riders home from the 75km with have their choice of hamper with the first rider home from the 50km will choose next. After that all the remaining prizes will be drawn from the sign on numbers.

WORKMENS ROWING CLUB NOTES PROVINCES INDOOR ROWING

CHAMPIONSHIPS: Last Saturday 21st November saw a fleet of cars leave Workmens Rowing Club for the above championships at the University of Limerick. Fifteen athletes along with coaches and family members were looking forward to a great day of Indoor Rowing. Safe to say...none were disappointed! 'READY, ATTENTION, ROW' was the starting cue and it didn't take long for our rowers to once again showcase their determination and stamina. All those pieces on the erg machines, those hours in the gym, really paid off, with Killarney Workmen taking home more than their fair share of the medals. Our Womens J15 Crew of Annie O'Donoghue, Ciara Brown, Leona Brown and Ciara Moynihan gave it their all, with Annie and Ciara Moynihan in the top 5 of the five minute race and a 2nd and 3rd place respectively in the 1000m race, with Ciara B and Leona not far behind. Lovely to see 2 of our club's girls on the podium at once!! The unstoppable J16 Siobhán Burns meanwhile showed huge character in participating and coming a fraction of a second outside the medals, in the final of a blistering 500m sprint, despite being below form. Keep warm Siobhán!!! Not to be outdone by the girls, the boys squad comprising J14 Seán Farndon, J15 Jacob Kunicki, and J18s Mickey O'Donoghue and Tom O'Leary were all super in their races. Our J16 competitor Dylan Bartlett set a new personal best by coming a very close 4th in the 2km race and a mere second outside the medals in his final of the 500m sprint. Adding to the boys' successes was another J15, Ruadhán Mac Curtain coming home with 2 medals, silver in the 5 minute race, and gold in the thrilling 1000m final. Speaking of thrills!! Our Senior Ladies and Men weren't lacking in spirit with John O'Leary and Hugh Rudden enjoying their debut on the Indoor Arena -John with a memorable 4th in his race and Hugh taking home a silver in his very first race and subsequently barely missing a medal by coming a very close 4th in the heart-stopping 500m race. Deserving of our praise is of course our very own Lauren McCarthy setting a new personal best in her races. Well done Lauren! Last , but by no means least is Pauline O'Brien whose love of the silver and gold coins transferred beautifully to her achievements by beating off stiff competition and coming 1st with a gold medal in her 2km race and the 2nd for silver in a nail-biting 500m sprint.

We were also delighted to meet Senator Eamonn Coughlan at U.L. As a three times Olympian, a world record holder for the indoor mile for 18 years and Chairman of the High Performance Committee of the Irish Sports Council, he showed huge interest in all races as he was there recording a sports-related documentary on the day.

A huge thank you to our coaches and mentors there on the day... Mikey Joe, Hannah and Anthony. Roll on the All- Ireland Indoors in UL again at the end of January where no doubt Workmen will once again show, just what it is, to be the best!

A.G.M.: Our A.G.M. was held on Sunday 8th November. Thanks to everyone who attended. We recalled a great year of training and rowing and look forward to 2016 with anticipation of more thrilling races both on and off the water. **TRAINING:** Training continues as usual at Reen Pier at the usual times. Your coaches will inform you of any changes.

CUPID STRIKES !: A very special congratulations to our own committee member Mr. Mike Quirke, on his recent engagement to Miss Stephanie Quirke. You kept that well under wraps at the A.G.M.

We wish you both all the very best in the preparations for your nuptuals!

KILLARNEY BADMINTON CLUB

RESULTS: DIV 4 LADIES LEAGUE RESULT: Killarney won 5/1 against County.

Killarney division 3 ladies beat Kingdom 6-0. Division 3 men's. Killarney 6-0 Sneem/Iveragh. Team was Brian, Danny, Ciaran and Ger Killarney. Division 4 Men's B team beat Listowel 4-2. Well done to all who competed with the teams. Badminton on Monday / Wednesday nights at Pres hall. New members welcome. Any enquires to Jenny on 083-334 7228. Well done to all juveniles on Saturday. Congratulations to Pia Hickey and partner on winning U11 Kerry doubles, also congrats to Molly O'Donoghue and partner on winning U11 plate final. U15 unlucky for Fiona Galvin and partner who were runners up in final and also to Niall O'Brien and Adam Carey who were runners up in plate final. U17 was hard fought as well with Colm Hickey and partner becoming runners up and also to Elaina and Jessica Galvin who were also runners up in the u17 girls final. Well done to all juveniles who competed on the day.





Workmen Rowing Club Members meeting Senator Eamonn Coughlan at the Provinces Indoor Rowing Championships in U.L. Last weekend.

Pic from left to right: Mikey O'Donoghue, Eamonn Coughlan, Hannah - Majella O'Donoghue, Ciara Browne, Annie O'Donoghue, Jacob Kunicki, Ruadhán Mac Curtáin, Siobhán Burns and Ciara Moynihan.

KILLARNEY SOCCER

SCHOOLBOY/GIRL SOCCER ACTION IN A WIDE RANGE OF AGES THIS WEEKEND:

SKECHERS NATIONAL CUP:

12'S: Killarney Athletic 2 -1 Moneypoint AET. Killorglin – Shannon Town **14'S:** Killarney Celtic 2-1 Killorglin AET

15'S: Ennis Town 4–3 Tralee Dynamos AET LEAGUE ACTION:

DALY'S SUPERVALU 13'S: PREMIER:

Listowel Celtic 2-2 Camp Juniors Inter Kenmare – Park A

DIVISION 1:

Killarney Celtic B 4-0 Killarney Athletic Mastergeeha 0-3 Park B Killorglin B 6-4 Ballyhar

DIVISION 2:

Iveragh – Fenit Dingle Bay Rovers 0–1 Tralee Dynamos B Park C 5-2 MEK

KILLARNEY PLAZA 15 PREMIER:

Listowel Celtic – Park A

DIVISION 1:

Castleisland 0-8 Mastergeeha Ballyhar 0-1 Killarney Athletic Iveragh United 4-3 Killarney Celtic B

DIVISION 2:

Fenit 9-5 Asdee St Bernard's 6-2 Listowel Celtic B Ballyheigue 5-3 Park B Girls JK Sports 12 Premier. Listowel Celtic 1–4 Inter Kenmare. MWFAI 14's Cup Listowel Celtic – Killenaule/ Moyglass **REPORTS:**

EXTRA TIME IN ALL SATURDAY'S NATIONAL CUP GAMES: There were a

number of National Cup games played at the weekend. In the 12's Round 4 Killarney Athletic are on a great run and now join Listowel Celtic in the Last 32. They defeated Moneypoint 2-1 after extra time. Coilte Cronin got the goal in normal time and Alex Hennigan netted the win in the extra period.

In the 14's Killarney Celtic won the all Kerry clash knocking out Killorglin after extra time. It was 1 all after full time with Cian Dineen putting Celtic ahead. Killorglin equalised late on when Gearoid Hassett lashed home a 25 yard cracker but in extra time goals from Niall McGillicuddy and Evan Looney put Killarney Celtic one win away from the Last 32 Open Draw. To get there they will need to defeat Moneypoint at home in Round 4.

Tralee Dynamos were unlucky to go out away to Ennis Town. Sean Kennedy's hat trick for Dynamos saw the sides tied 3 all at the end of normal time. But it was Ennis Town that got the only goal in extra time to progress.

UNDER AGE ACTION: Watching our youngest stars in action is always a joy as they play just for the love of the game. This weekend was particularly busy with the players of Killarney Celtic and The Park meeting each other in an 9's and 10's blitz.

The Moriarty's Centra 11's also saw plenty of action. Listowel Celtic and the Park met

with multiple teams. In Kilbrean Park teams from Mastergeeha, Killarney Athletic, Tralee Dynamos and Inter Kenmare were in action. Camp Juniors hosted Iveragh United, Dingle Bay, Asdee, Ballyhar and Fenit for another great few hours of underage action. League Reports:

DALY'S SUPERVALU 13'S:

Park lead in a very tight Division

With Premier leaders Killorglin and Killarney Celtic not in action The Park took full advantage to leap frog all the sides around them. However they were pushed all the way by home side Inter Kenmare with the Tralee boys finally winning 2-1. Corey Murphy for Inter and Earnan Ferris swopped goal to leave it at 1-1 beFORE Darragh Caplis cut in from the right, beat two defenders and curled a left footed winner to the net. The Park are now on 6 points.

Maurice O'Connell put Camp Juniors ahead early on but then Listowel Celtic scored twice to lead 2-1, a lead they held until late on. Maurice O'Connell is a striker on form and he got his second of the day to get a hard earned point for his side. This leaves Camp Juniors, Killorglin and Killarney Celtic all tied on 4 points.

DIVISION 1LEADERS PARK WIN AGAIN WITH KILLORGLIN B GOING 2ND:

In Division 1 leaders St Brendan's Park were 3-0 winners away to Mastergeeha at Kilbrean Park. 2 goals from Adam Walker and one from Matt Healy saw them take all 3 points.

Killorglin B went into the day in 3rd but leap frogged second placed Ballyhar when they defeated them 6-4. For the winners Dara O'Grady hit a hat trick, Jack O'Sullivan got 2 and James Treacy 1 in the win. Bryan Burke 2, Owen Greaney and Nathan Campbell got the goals for Ballyhar.

Killarney Celtic B defeated Killarney Athletic 4-0 to move up the table. Ruairi Dorian, Simon Coffey and Erin Moloney were the scorers for Celtic.

Iveragh United go top on their own in Division 2: Iveragh United's Division 2 2-0 win over Fenit sees them move onto 10 points and into the lead in the Division on their won. Keith Brennan and Darragh Devlin were the scorers for the South Kerry side.

Tralee Dynamos B put themselves into contention when they made it two wins from two with a 1-0 victory away to Dingle Bay Rovers who remain in second place on 7 points. Sean Goran got the all- important goal for the Tralee boys.

The Park C will be happy to have 3 points on the board following a 5-2 home win over MEK. Messiah Chilworth hit 3 with Cianan Cooney and Sean O'Connor netting 1 each.

KILLARNEY PLAZA 15'S: TRALEE BATTLE AT THE TOP OF THE

PREMIER: Leaders Tralee Dynamos are on 7 points and were top of the table at the start of the day but weren't playing. Neighbours The Park were in action and only a point behind going into the their game with Listowel Celtic. The Tralee Boys took the win to move onto 3 wins from 3 and 9 points. JR Tishicato, Sean McGrath 2, Colin Walsh 2, James Sheehan Junior Ancoma, Mervyn and Leon Shalemba

were the Park's scorers.

Killarney Athletic unbeaten and lead Division 1: The two unbeaten sides in this Division in Murt Scott Park and it was the visitors Killarney Athletic that took the points defeating Ballyhar 1-0. Harry Potts scored the vital goal to leave the Woodlawn side on 3 wins from 3 and leading the Division.

Mastergeeha move level with Ballyhar on 6 points after they were too strong for Castleisland. Paul O'Shea, Dylan Murphy, Niall O'Connor, Sipo O'Neill, Darragh O'Leary and Eoin Rahilly got the goals.

Also moving onto 6 points are Iveragh United who got the better of Killarney Celtic B in a 7 goal thriller. 2 goals for Lewis Gehring and one each from Patrick Farr and Ian Moriarty gave Iveragh all three points in Caherciveen. Adam Kissane and Jared Barton with 2 replied for Celtic B.

TOP SIDES REMAIN UNBEATEN IN DIVISION 2: St Bernard's have made the perfect start to the season and have not dropped a point in their 5 games so far. Their latest win came at home to Listowel Celtic B with the Saints winning 6-2. Aaron Malik cannot stop scoring and he hit another hat trick and these were added to by goals from Liam Rice, Cillian Trant and Ryan McElligott. Liam Dowling and Aodhan Behan were the Listowel Celtic scorers.

KILLARNEY ATHLETIC NOTES DENNY PREMIER A

Killarney Athletic 1-0 Camp

A goal 20 minutes into the first half from William Courtney insured Athletic took all 3 points from the game. We had plenty of chances to extend our lead but some inspired saves from the Camp Keeper Kept them in it and we had to survive some heavy pressure in the last 10 minutes to warrant our win.

U15 Killarney Athletic 1-0 Ballyhar Dynamos A game in which the home side probably deserved a share of the spoils, Our U15 squad continued their fine start to the season with another win. A solitary goal from Harry Potts ensured we came away with all 3 points. Fantastic display from Oliver Cremin in goals.

U12 Killarney Athletic 2-1 Moneypoint (AET) Our u12 squad welcomed Moneypoint from Clare to Woodlawn in this National Cup encounter. with the visitors snatching an early goal it wasnt until late in the second half when Caoilte Cronin struck the equaliser. To extra time it went and 3 minutes to the final whistle up popped Alex Hennigan to grab the winner with a cracking goal. On a day when the weather was poor both sets of players were a credit to themselves and the sport.

FIXTURES:

Saturday 28th November Sfai U14 Cup 4th Round Killarney Athletic v Pike Rovers 2pm JK Sports U12 Premier Park A v Killarney Athletic 10-30am JK Sports U12 Div.2 Killarney Athletic B v Dynamos B 12-30pm Trophy World U16 Div.1

KILLARNEY SOCCER

Killarney Athletic v Mastergeeha 11am **GIRLS LEAGUE** JK Sports U12 Premier Killarney Athletic v Inter Kenmare 12noon FAI Youth Cup 2nd Round 2-00 Askeaton Fc v Killarney Athletic Sunday 29th November Denny Division 1A Killarney Athletic B v CSKA Tralee 11-30am

GIRLS TRAINING Girls training every Wednesday in Ferndale, Woodlawn for U12, U14 and U16 . Any enquiries please contact Shane on 087-9395158

300 CLUB Names are now being taken for next year's 300 Club Draw. All support is greatly appreciated and forms are readily available from Mike O Shea (087-2226185) or any committee member.

KILLARNEY ATHLETIC WEBSITE Please check the website on www.killarneyathletic. com or facebook for match reports, club information and contact details.

CONTACT If you have anything to add to Killarney Athletic A.F.C notes please contact Alan Daly on 085-1913244 or aland15@live.ie.

KILLARNEY CELTIC NOTES

COMHGAIRDEAS Comhgairdeas to the Sem on winning the O'Sullivan and Moran Cups this week and commiserations to Killarney Legion, who were just pipped in the County Football Final by a single point after extra-time; all three teams featured a host of Killarney Celtic players who did themselves and their team-mates proud.

40TH

ANNIVERSARY

COMMEMORATIONS Our Club has a big birthday when it turns 40 next year. To help mark the occasion and to preserve our history for future Killarney Celtic generations, we will shortly be compiling a Digital Archive of club photos, news reports, memorabilia etc. That will require current and past members to rummage out whatever you might have in display cases, old biscuit tins and photo albums. There's no better time than over the winter months for such flicking through history so please spread the word.

We'll be publishing more details here and via the press of the project and how you can get us your materials (and get them safely back).

Best of Luck to the Kerry Oscar Traynor Team against West Cork this Saturday night at 7.30pm in Mounthawk Park.

RESULTS Munster Junior Cup: Kerry Area Semi-Final: Killarney Celtic 1 Mitchels Avenue 0 Killarney Celtic and Mitchels served up a brilliant game of soccer last Sunday, with Celtic's sharpness in possession and crisp passing just about giving them the edge over a Mitchels Avenue side who like to play fluid soccer on the ground and have plenty of sublime skill and great heart themselves. With Brian Spillane and Chris O'Leary rock solid against a lively attack and Roy Kelliher - arguably the best keeper in the county at the moment - very quick and sure in coming to claim things, while Conall Murphy and John McDonagh remained alert and surefooted throughout, Mitchel didn't really create too many chances after giving us one early

scare. With powerful control and excellent distribution, Gary Keane and Matt Keane controlled the middle - some of Matt's long passing was a joy to behold. Conor Randall and the outstanding Fergal O'Donoghue worked the wings tirelessly, while Stephen Hayes and Wayne Sparling worked everything up front and kept Mitchels on the back foot for the most part. In fact, Celtic would have gone ahead but for some great saves by keeper Chris Hegarty, while Liam O'Sullivan, playmaker Sean O'Reilly, and dynamic Chris Kerins kept us very busy as well - cracking soccer to watch!

Wayne Sparling eventually made the breakthrough in the second half but we couldn't get a second one to relax and in fairness Mitchels stayed disciplined, focussed, and relentless right to the finish. We needed, and thankfully got, great energy from the bench through livewire Stephen McCarthy, Jamie Spillane, and David Hayes. Stephen is a young player but a phenomenal talent, as he proved with one magnificent strike that came back off the crossbar.

MUNSTER YOUTHS CUP: KILLARNEY

CELTIC 4 MASTERGEEHA 2 Cathal O'Shea and a header by Stephen McCarthy put us in front but Mastergeeha hit back to make it 2-2 at half-time. Celtic dug deep in the second half, with Stephen McCarthy outstanding and young players like Jack Galvin and Jack Enright coming on and really stepping up to the mark. Cathal O'Shea's second put us back in front and Cian Casey sealed it. Well done to both sides on serving up a great game in Mounthawk Park despite horrendous weather conditions.

U17 LEAGUE: Killarney Celtic 2 Inter Kenmare 2 We were without some key players but showed great heart and resilience to come from behind twice to get a deserved share of the spoils. Eoin Moynihan and Pablo Martin got the vital scores, while Jordan Leahy and Gary Cronin were others to impress on the day.

U15 DIV ONE: Iveragh 4 Killarney Celtic B 3 This was a cracking game and we can feel a little hard done by, losing out to an excellent Iveragh by the odd goal in seven. Adam Kissane and Jared Barton (2) were our goalscorers, while Tommy McGuire also had a great game.

U14 NATIONAL CUP: Killarney Celtic 3 Killorglin 1

We had chances to finish it in normal time but a resilient Killorglin stuck with us all the way extra time, where Celtic managed to find an extra gear to close it out.

CONGRATULATIONS to U14 player Cian O'Leary on making the Kerry Schoolboys/ Schoolgirls Team of the Week.

FIXTURES Denny Div One: Killarney Celtic B at home to Galaxy, 11.30am

U16 PREMIER: Killarney Celtic at home to Tralee Dynamos, Saturday, 12 noon

U16 PREMIER: Killarney Celtic at home to Park, Monday 30th, 7.30pm

U16 DIV ONE: Killarney Celtic at home to Killorglin, Saturday, 10.30am

U16 GIRLS: Killarney Celtic at home to Inter Kenmare, Friday, 7.30pm

U14 NATIONAL CUP: Killarney Celtic at home to Moneypoint, Saturday, 2.00pm

U14 DIV ONE: Killarney Celtic B away to Inter Kenmare B, Saturday, 11.30am

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

U12 DIV ONE: Killarney Celtic B away to Park B, Saturday, 2.00pm

U12 DIV TWO: Killarney Celtic C at home to Listowel B, Saturday, 12.30pm

LOTTO Numbers drawn 2, 7, 12, 13. No winner. Next week's jackpot €2600, draw in the Failte on Monday night. Tickets available from all club officers. Yearly tickets available.

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

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

MASTERGEEHA FC

U11 BLITZ On Saturday afternoon the U11s played teams from Killarney Athletic and Tralee Dynamos. All involved played well winning all their games and scoring lots of goals along the way.

U13 Mastergeeha 0 Park 3 In this game the boys were level at half time 0-0 but in the second half more clinical Tralee side got the goals to take the three points.

U15 Castleisland 0 Mastergeeha 8

Away in Castleisland on Saturday morning the boys were the better side and got a deserved win. Paul O'Shea, Dylan Murphy, Sipo O'Neill, Eoin Rahilly and Darragh O'Leary were the scorers in a good team performance.

MUNSTER YOUTHS CUP AREA FINAL

Killarney Celtic 4 Mastergeeha 2 In the KDL on Friday night the boys went down two gaols early on. However just before the break Mastergeeha pulled a goal back when Paul O Connor headed home following a corner. Mastergeeha started the second half the better and were back on level terms when Sean Twomey scored following a cross by Jake Moynihan. After this both sides created some chances with Shane O'Sullivan and Paul O'Connor going close. However with 5 minutes remaining Celtic took the lead scoring from free that took a deflection off the wall. After this Mastergeeha pushed forward but could not get the equaliser they deserved. In the final minute Celtic scored again.

MASTERGEEHA FC LOTTO There was no winner on Friday 20th November 2015. Numbers drawn were 7,18,21,23



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

PICTURE PARADE

Editor: Aisling Crosbie 086 0400 958 or Email: editorial@outlookmags.com



A group enjoying the glowhearts 4 Crumlin 80s V 90s disco fundraiser in aid of Glow for Hearts Children's Heart Centre, Crumlin Hospital in The Killarney Grand on Friday night. Picture: Eamonn Keogh.



Members of Kerry Mountain Rescue Team, with Padraig O'Sullivan, centre, The Beaufort Bar, announcing details of their forthcoming fundraiser, on Friday 4th December, at 9.00pm, hosted by the Beaufort Bar, it will include, Music by Jack Healy, nibbles and annual raffle. Kerry Mountain Rescue Team, are on call 24 hours a day, providing a vital emergency services in Kerry, which has the highest mountain range in the Country. The Christmas Season brings about an increase in call outs for the rescue team, with harsh conditions and severe weather alerts. From LEFT, Damien Courtiev and his Son Jame, Orlatth Kelly and her Dad Plaras Kelly, Tony Holmes, Padraig O'Sullivan, Declan Madden and his Son Timothy. Photo: Valerie O'Sullivan.



Pictured at the Brehon Hotel for the Kerry Business Women's Network were L-R Mairead Moriarty, Veronica Houlihan, Irene O'Shea & Sinead Kirby. Picture Marie Carroll-O'Sullivan 087 391 4808



Pictured with John Keane (Course Coordinator) at Killarney Community College graduating with a QQI Award in Challenging Behaviour were L-R Jane Casey, John Keane & Patricia Maye. Picture Marie Carroll-O'Sullivan 087 391 4808



Pictured at the Brehon Hotel for the Kerry Business Women's Network were L-R Mary McCaffrey (Scotia Clinic), Margaret Brick (Connect) & Niamh Quirke (Scotia House). Picture Marie Carroll-O'Sullivan 087 391 4808



Pictured at the Brehon Hotel for the Kerry Business Women's Network were L-R Karie O'Toole (A Photobook for You), Aisling Crosbie (Killarney Outlook) & Kate O'Leary (Killarney Chamber & The Laurels Killarney). Picture Marie Carroll-O'Sullivan 087 391 4808



At the Launch of "The Gleneagle, An Illustrated History" by Aoife O'Donoghue and Barbara O'Donoghue, published by The History Press Ireland, at the Gleneagle Hotel, Killarney. The book contains Pictures and Articles on the Well-known Hotel and its History in the town, from left, Deputy Michael Healy-Rae TD, Aoife O'Donoghue, Patrick O'Donoghue, MD, Gleneagle Hotel Group, Barbara O'Donoghue and Eileen O'Donoghue. Photo: Valerie O'Sullivan.



At the Launch of "The Gleneagle, An Illustrated History" by Aoife O'Donoghue, sitting left, and Barbara O'Donoghue, published by The History Press Ireland, at the Gleneagle Hotel, Killarney. The book contains pictures and articles on the well-known hotel and its history in the town. Killarney Photographers who contributed to the book, Don MacMonagle, Valerie O'Sullivan and Michelle Cooper-Galvin.

KILLARNEY GOLF CLUB

RESULTS: OF SUNDAY 22ND NOVEMBER, CLUB SPONSORED TURKEY COMPETITION S/FORD, MAHONY'S POINT.

1st Katie O'Connell (25) 39 pts. 2nd Noreen Coffey (13) 37 pts (bk9). 3rd Sheila Crowley (24) 37 pts (bk6). B.G. Ailish Mulcahy (6) 26 gross. CSS 39 Pts.

DRIVE IN WITH A DIFFERENCE AT **KILLARNEY GOLF AND FISHING CLUB:** Each year in Killarney Golf and Fishing Club the new Captains and the new President mark the beginning of their year in Office, with a traditional drive in followed by a Mixed Competition. The event occurs this year on Sunday November 29th at 10.00 am. However, this year's drive in will be tinged with nostalgia as the mixed team competition will be held on the original course which opened in 1939. This course which was designed by Sir Guy Campbell and further developed by Lord Castlerosse was in use until 1972 so Golf on this occasion will be a trip down Memory lane for some Members. For other Members it will provide a chance to step back in the mists of time and have the opportunity to play the original course. Enda Murphy and his Green-keeping team are busy preparing for this most unusual event. Following the mixed team competition there will be a presentation of prizes in the Club house at 3.30 p.m. Any Member or Former Member is welcome to join us in the Clubhouse for the prize-giving event. No doubt many golfing stories will be swapped and regaled on the merits of the original course versus the merits of Killeen, Lackabane, and Mahony's Point which now make up Killarney Golf and Fishing Club.

KILLARNEY GOLF CLUB

CHRISTMAS HAMPER FOR HANDICAPS 0-11, PLAYED ON KILLEEN COURSE SUNDAY 22ND NOVEMBER 2015.

The competition was played in ideal conditions

on Sunday, and was won by Brian Clarke with the excellent score of 40 points, it was Brian's first win in over 8 years, and he was level par for the last 5 holes, in second place was Donal "GAP" O'Sullivan with 39 points, GAP was only 2 over for the back 9 holes, in third place on 38 points was Shane Horgan, who had a miracle second shot to the last from the neighbouring parish, to a " gimmie" putt length, which led to a closing birdie.

SPONSOR AIB BANK

- 1. Brian Clarke (11) 40 pts.
- 2. Donal G O'Sullivan (8) 39 pts.
- Shane Horgan (2) 38 pts.
 Finbarr O'Mahony (5) 37pts.
- 4. Findarr O Manony (5) 5. Tom Long (9) 37 pts.
- 6. Padraig Sweeney (8) 37pts.
- 7. Brian English (7) 37.
- C.S.S. 35pts.

ROSS GOLF CLUB

GENTS CLUB: RESULTS: ON SUNDAY NOVEMBER 22ND WE HELD THE ANNUAL O'DONOGHUE RING HOTEL SPONSORED CHRISTMAS HAMPERS SINGLE STABLEFORD COMPETITION.

- The following were the winners:-
- 1. Rolandas Bendikas (19) 41 pts.
- 2. Joe Scanlan (24) 40 pts.
- 3. Sean Moynihan (8) 39 pts.
- 4. Jonathan Casey (9) 37 pts.

5. Tom McSweeney (14) 37 pts.

KILLORGLIN GOLF CLUB

LADIES RESULTS: CHRISTMAS HAMPER 18 HOLE STABLEFORD SPONSORED BY TEMMLER IRELAND:

1. Jenny Pigott (17) 38 pts. 2. Kathleen Cronin (25) 35 pts. 3. Emma Daly (20) 33 pts.

12 HOLE STABLEFORD WINNER: Susan Darby (36). Lady Captain Phil Anne thanked all who played and congratulated all the winners. **FIXTURE:** 18 Hole Stableford sponsored by Jer Joy can be played this Saturday 28th or Sunday 29th November. Arrange own time and

KILLARNEY GOLF

partners.

DOOKS INVITATION: Dooks Invitation to Ladies has been changed to Sunday 13th December. Entry sheet on notice board. Names to be in by Tuesday 8th December for a draw for partners.

SILVER SWANS: Scramble and Christmas Lunch is on Tuesday 1st December. Names to Mary or Christina for scramble or meal or both.

DEERPARK PITCH & PUTT NOTES

By John Kelly

Last Sunday's Hamper competition attracted a reasonably good turnout of members and results are as follows-

Overall nett Robbie 0'Brien with 20 Up Overall Gross Damian Fleming with I4 Up 2nd Nett Paul Cronin I6 Up.

JUVENILES COMPETITION: Nett Colm Cagney with 74pts Gross Cillian Courtney 67 pts.

TURKEY COMPETITION ON SUNDAY: The second round of the Turkey competition will be played on this Sunday with Tee times at 9-30am and llam.

SENIORS OUTING: Seniors outing will be to GlenEagle on next Wednesday 10.15 am.

PRESENTATION OF PRIZES: The presentation of prizes for all competitions will take place in Squires on Friday December 4th 9pm.

CASTLEROSSE GOLF CLUB

RESULTS: COMPETITION PLAYED ON SUNDAY 22ND NOVEMBER 18 HOLE STABLEFORD: Winner; Steve Shine (18) 39 pts, Runner-up, Michael Leahy (19) 38 pts, Overall 3rd place, Trevor Shine (14) 38 pts.

FIXTURES: Weekend competition, Xmas hampers 18 Hole Stableford format shotgun start at 9.30 am.

A.G.M: Afterwards in the Castlerosse.

MEMBERSHIP: Now available for 2016 contact Castlerosse 064 6631144 for details.



KMRT FUNDRAISER AT THE MALTON

Piaras Kelly, Kerry Climbing.ie, on the Big Gun Ridge, MacGillycuddy's Reeks, announcing details of his forth-coming event, 'Cold Mountain', presented by Andy Kirkpatrick, which will be take place at the Malton Hotel, Killarney, on Saturday 12th December, show begins at 7.30pm, tickets are \in 12, available at the door. Proceeds in aid of Kerry Mountain Rescue Team. Andy Kirkpatrick is a renowned Mountaineer, Author, Motivational speaker and Monologist. He is best known as a big wall climber, having scaled Yosemite's El Capitan 29 times, climbing in the most hospitable places on earth,

29 TIMES, CLIMBING IN THE MOST HOSPITABLE PLACES ON EARTH, PATAGONIA, ALASKA, ANTARCTICA AND THE ALPS. HE HAS ALSO CROSSED GREENLAND BY SKI. HIS STORY IS LAID BARE, BRUTALY HONEST, CAPTIVATING IN EVERY RESPECT, HILLARIOUS, DANGEROUS, LIFE AT THE VERY EDGE.

PHOTO: VALERIE O'SULLIVAN.

MOTORING OUTLOOK 📾 📾

Contact: Des 087 659 3427 or Email: killarneyoutlook@outlookmags.com

WINTER DRIVING COPING WITH COLD, SNOW AND ICE

Of all the seasons, winter requires the most care and preparation if you're to stay safe and avoid a breakdown.

Breakdowns are more common at this time of year - we have extra patrols on call as the number of breakdowns nearly doubles during particularly cold spells - and road conditions can be really challenging, particularly when snow and ice strike.

Here's our general advice for safe and troublefree driving through the cold, dark months ahead.

BATTERY AND ELECTRICS

Lights, heaters and wipers put high demands on the car battery. If your driving is mainly dark rush-hour trips, the battery will give out eventually.

Batteries rarely last longer than five years. Replacing one near the end of its life can save a lot of time and inconvenience at the side of the road.

Avoid running electrical systems any longer than necessary – turn the heater fan down and switch the heated rear window off once windows are clear.

If the car stands idle most of the weekend a regular overnight trickle charge is a good idea to give the battery a chance to revive.

Turn off non-essential electrical loads like lights, rear screen heater and wipers before trying to start the engine.

Use the starter in short five-second bursts if the engine doesn't start quickly, leaving thirty seconds between attempts to allow the battery to recover.

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.

VISION

Keep the windscreen and other windows clear – if your vision is obscured through dirt, snow or even sticker-infested car windows you could face a hefty fine. Clear snow from the roof as well as from windows as this can fall onto the windscreen obscuring your view. It can be a hazard to other road users as well.

Dazzle from a low winter sun can be a particular problem.

Improve vision by making sure that the windscreen is clean both inside and out. Scratches, abrasion and chips on the outside can also worsen the dazzling effect of the sun. Greasy smears on the screen that don't go with use of a normal screenwash additive will require a little elbow grease. Try using a cream glass polish with a slight abrasive action. If that doesn't work then try dishwasher powder

dissolved in a little water – Use clean kitchen paper to clean a small area at a time and try not to go back over a patch you've just done.

Use air conditioning for faster demisting and to reduce condensation on cold windows.

Check windscreen wipers and replace if necessary.

Make sure that wipers are switched off in the park position when leaving the car, when there's risk of freezing. If you don't and the blades freeze to the screen, you could damage the blades or wiper motor when you turn the ignition on.

Top up Windscreen washer fluid and treat with a suitable additive to reduce the chance of freezing. Don't use ordinary engine antifreeze as it will damage paintwork.

VISIBILITY

Make sure that all bulbs are working and that lenses are clean. When roads are really mucky you might need to clean lights after every journey. Keep the number plates clean too, as you can be fined if they are dirty and illegible.

If you have to clear snow from the car it's important to clear it from the lights - front and back - as well as from the glass and roof.

You must use headlights when visibility is seriously reduced. You may also use front or rear fog lights but these must be switched off when visibility improves as they can dazzle other road users and obscure your brake lights.



📾 📾 MOTORING OUTLOOK

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📾 📾 MOTORING OUTLOOK





BILLY DONEGAN WILL BROADCAST THE ALL IRISH MUSIC SHOW LIVE FROM OUR FORECOURT ON RADIO KERRY FROM 11AM TO 2. TUNE IN FOR UPDATES ON SPECIAL OFFERS.

KILLARNEY AUTOS - FOR PRICES WORTH DRIVING FOR

COMMUNITY FOCUS

RATHMORE/ GNEEVEGUILLA NEWS by Michael O'Mahony

RATHMORE COMMUNITY COUNCIL AND RATHMORE COMMUNITY CENTRE COMMITTEE: Have recently put two Defibrillators (AED) in place, one at the Community Centre and one opposite the Church. These life saving devices can give a person in cardiac arrest an 80% chance of survival even before the arrival of an ambulance. The following people are taking part in certified training courses in CPR and AED use on the following dates. This week November 24th: Andrew Sheehan, Eoin McSweeney, Nora Hickey, Sean O'Donoghue, Anna O'Donoghue, Denis McCrohan, November 25th:

Edel Cronin, Imelda Cronin, Ann Carolan, Marian O'Keeffe, Dan O'Connor, Pat Cashman. Please note these courses are now booked out. **RATHMORE ANNUAL SALE OF WORK:** The annual sale of work will take place on Sunday December 6th at Rathmore community centre at 2.30pm. Santa Claus will attend. Donations and items can be handed in at the community centre from 11am on Saturday December 5th. Stalls Tuambola and bric a brac item for sale raffle, auctions, proceeds in aid of Kerry parents Friends Association.

GNEEVEGUILLA ATHLETIC CLUB:

ATHLETIC CLUB AGM: The AGM of Gneeveguilla Athletic Club is scheduled for December 1st at 8.30 pm in Gneeveguilla GAA Club Rooms.

GER DALY 5K FUNDRAISER: A fundraiser to raise funds to purchase a much needed wheelchair for Ger. It will take place in Killarney National Park on Sunday December 6th at 2.00 pm. Each athlete to predict their own time, lots of spot prizes. Do come out and support.

SLIABH LUACHRA COMHALTAS: Membership subscriptions are now due for the coming year, contact 087 2871357 for application form, Junior \in 6, Senior \in 12, Family \in 20.

MILLSTREET HOSPITAL 45 DRIVE: Green Glens Arena, Millstreet Sunday 6th December at 8.45pm sharp. Your support would be greatly appreciated.

KERRY HOSPICE CHRISTMAS CARDS: Are now available at Rathmore Credit Union, Rathmore Post Office, Reen's Pharmacy & Maria Ryan. Cards cost \in 7 for packs of 10. Your support is appreciated. The local cancer support group wishes to acknowledge the generosity of the local community to this year's fund raising ventures. Christmas cards 2014 \in 1148, Collection boxes Spring 2015 \in 625.78 and \in 4,500 from The Sheila Moynihan Memorial Walk

RATHMORE SOCIAL ACTION GROUP: Come and see Santa in Teach Iosagain on Saturday 5th December. Pre-booking is essential and the cost is €5 per child, each child will receive face painting and a small gift from Santa. To book please call 064-7761000. Places are limited and will be offered on a first come first served basis. Sunday December 27th 40th Anniversary Social at the Gleneagle Hotel Killarney Tickets €30.00. **WEDDING BELLS:** Congratulations to Brendan Cronin shronebeg, who married Cathy O'Suillvan Currow on Saturday last 21st November 2015 in the Church of the Immaculate Conception Currow. Reception was held in The Killarney heights Hotel. We wish both of them a happy, healthy and long life together.

SLIABH LUACHRA CYCLING CLUB: Sliabh Luachra Cycling juvenile club fundraiser draw. Win a Peugeot 208 sponsored by Reens car sales Rathmore, other prizes: 1. Peugeot €18,000 208 1. Olt 5 dr Active.

2. €1000 Bicycle from The Little bike shop Killarney.

3. €500 Holiday voucher from abbey Travel Killarney.

4. 2 nights B&B and one evening meal from the Killarney Oak Hotel.

5. €250 One4All voucher from Cadbury 'S.

6. €200 voucher Denis Moynihan Tyres, Rathmore.

7. €150 Coffee Machine and a Large Hamper from Cadbury's.

Tickets: €10 per Ticket. Limited to 5000 Tickets, Draw Date: 12/12/15. At 8pm. Venue Reens Rathmore. Proceeds in aid of Sliabh Luachra Cycling Juvenile Club.

CHRISTMAS LIGHTING IN RATHMORE WORKING TOGETHER AS A COMMUNITY: Mr. Liam Flynn from Millsteet outlined a proposal which would very much enhance our town over the Christmas period. Unfortunately the proposal would involve significant expenditure in year one but not quite as costly in year two and subsequent years. Year one Brackets would cost €50, trees are €15 and lights €22, putting up and taking down €40. Initial cost of €120. For those who already have brackets, trees and lights can be supplied for €70, He has agree to leave prices as last year. While we feel that it is not easy for people to find money for everything in these times we feel that this is a project worth recommending but it is up to people themselves. If you are interested please contact any member of Rathmore Community Council or ring Liam on (087) 638 0053 or (029) 70 397.

GNEEVEGUILLA GAA LADIES COMMITTE: Are holding their first ever Rambling house in the community hall Gneeveguilla on Saturday December 5th at 8pm. A great programme of music, song, dance and storytelling are lined up which will take you back in time. There will be a return of some of the stars from Tops Of The Parish with a hilarious comedy sketch. Light refreshments will be served during the interval and a great nights entertainment is assured, so don't miss it Saturday December 5th at 8pm sharp. Admission €5 at the door everyone welcome.

RATHMORE COMMUNITY COUNCIL: The community council A.G.M. held on Wednesday November 18th last at community Centre. The following officers elected for coming year. Chairman Brian Kelly, vice chairman Pat Cashman, secretary Una Thomason, pro Michael O'Mahony, joint Treasurer: Hugh Ryan, and David Twomeny. Tribute and praise to outgoing chairman Joe Downey for his work

as chairman who did not seek re election. Cllr Niall Kelleher also attended the meeting. The following issues that were raised at meeting address the ongoing need for a full-time resident general practitioner, GP, in Rathmore, the poor street lighting, traffic claiming measures, the early morning train not stopping in Rathmore, if you in Rathmore have issue that concern you contact any member of community council.

SCARTAGLIN

DEVELOPMENT

ASSOCIATION: Will hold their annual craft fair in The Heritage Centre on this Sunday 29th November from 2pm to 5pm with Kerry Rose Julett Culloty officially opening the event, which will also see a 5k Family Fun Run take place with all participants getting medals.

For those wishing to take part in the run registration will be at 1pm with a cost of ≤ 10 for adults and ≤ 5 for juveniles with a special family rate of ≤ 15 . Refreshments afterwards in Fleming's Bar. Organisers have also revealed that 50% of the proceeds will go towards The Palliative Care Unit in Kerry General Hospital.

BANTEER LADIES FOOTBALL: Are running a Family Bingo on Sunday November 29th at 3pm in Banteer Community Centre. Shop and raffle on the day. Everyone welcome.

There is a Private bus running to the Bingo from Cullen, Rathmore, Knocknagree, Boherbue and the Sandpit House to the bingo. The bus will cost 3 euro per person but needs to be booked in advance as the bus will only run if we have the required numbers. Please call Catherine on 083 3498778 to book.

ST. JOSEPH'S DAY CARE CENTRE RATHMORE: "Your old 1 and 2 cent coins"

St. Joseph's Day Care Centre Rathmore would be very grateful for donations of 1 and 2 cent coins. We will gladly take them in jars, bags or any containers. Please call 064 7758588.

Drop them to St. Joseph's Day Care Centre Monday to Friday 9 am to 3.30 pm. or Teach losegain.

RATHMORE RAVENS BASKETBALL CLUB: U-16 DIV 2 BOYS

RATHMORE RAVENS 49- 45 ST. BRIDGET'S

Rathmore got off to the best start in this opening quarter with some excellent teamwork and well taken scores by Sean Clifford (6), and Paul Cremin(4) leaving Rathmore ahead at the end of this quarter 14-8. Rathmore kept on top in the next quarter with some fine running and passing movements keeping their noses ahead on the buzzer 24-18. In the 3rd quarter Bridget's dominated, breaking through the Rathmore defense, this was an exciting quarter with Bridget's getting the final basket just before buzzer went, leaving only a basket between the sides. It was anyone's game at this stage.

In a highly tense final quarter Rathmore came out fighting with scores in this quarter by Sean Clifford, Darragh Rahilly, Derry McCarthy, Anthony Darmody and Ian O' Connor.

This was a brilliant team display by the Ravens winning on a score of 49-45

NOTES: Anyone's 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 6pm on Sunday.

COMMUNITY FOCUS

FOSSA NOTES

LOTTO: 22nd November 2015.

Numbers drawn were 11, 17, 18, 19. There was no Jackpot winner and next weeks Jackpot will be €3,750.

FOSSA/TWO MILE COMHALTAS: Christmas Ceilí on Sunday 13th December in Fossa Community Centre 3 - 6 Music by Neily O'Connor Band. All welcome. Adult Set Dancing Classes continue on Tuesday nights 9 to 10.30, all welcome.

RAMBLING HOUSE: Our annual rambling house will be held on Saturday 9th January 2016 in Travel Inn Fossa. A great night of music, song, dance and storytelling. Anyone interested in taking part contact Tim 087 241 3116 or Eileen 087 628 4053.

087 241 31 16 OF Elleen 087 628 4053.

WELL DONE: Well done to our u13 girls set who danced in Ceol an Gheimhridh held in Fossa

Community Centre last Sunday, Sara Sheehan, Laura O'Sullivan, Jodi Sheehan, Scarlet O'Reilly, Aoife Kissane, Chelcy O'Connor, Fiona Dineen and Ella O'Connor, our thanks to Norita Cronin who coached the girls. Junior set dancing classes continue in the Community Centre, for details contact Norita 087 742 4468.

KILLARNEY LIBRARY: Killarney Library will host an exhibition entitled "Man Up" by Adapt Kerry. This exhibition highlights the positive role that men can play in ending domestic violence by showing pride and leadership, challenging abuse and violence, and supporting women and children. The exhibition runs from Tuesday 24th to Monday 30th November during library opening hours. Admission is free.

THRESHING CANCER: Threshing Cancer will hold a Presentation Night on Saturday 28th

November in Galvin's Bar, Beaufort at 9pm where the presentation of cheques to the beneficiary cancer support organisations will take place. All welcome.

ASTROTURFALLWEATHERPITCH: Allweather pitch at Fossa National School. Opening hrs. Monday/Friday 4pm/10pm, Saturday/Sunday 10am/10pm. All types of sport are played on this floodlit pitch. Now taking bookings for birthday parties. Contact Ger O'Connor 083 4228977 or email fossaweatherpitch@gmail. com

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

MILLTOWN NOTES

OFFICIAL OPENING: The official opening of Nagle Rice Community Centre and Milltown Community Playground was held last Sunday and this turned out to be a memorable day. Special guests on the day were Mícheál Ó Muircheartaigh and Bishop Ray Browne. A busy programme of entertainment was provided for both adults and children with refreshments provided for all. A big thank you to all who contributed in making this day a very special occasion for the locality.

JOKER 3 FUNDRAISER: 'Joker 3' weekly draw

LISTRY NOTES

LISTRY SOCIAL COMMITTEE: We wish to thank all those who attended the Christmas Party in Listry Community Centre on Tuesday last. Thanks to Kerry Community Transport and Houlihans Bus Service, Killorglin, who provided the transport on the day. A special thanks to the children and teachers of Faha National School for their lovely entertainment. Thanks also to the social committee who prepared for the occasion and to those who donated raffle prizes, and thank you to Santa Clause who visited on the Day. in aid of Nagle Rice CC was held at our Official Opening last Sunday and jackpot of €4200 was not won. Marie O'Shea won €100 and we also had a number of spot prize winners. Down to 41 cards next Sunday 29th and jackpot increasing to €4400 with next draw in Larkin's Bar. Thank you for your continued support.

NAGLE RICE PRIMARY SCHOOL OFFICIAL OPENING: There is an open invitation to the official opening of Nagle Rice PS on this Friday November 27th. Bishop Ray Browne will celebrate a special Mass at 1pm. A special welcome is extended to all former members of Boards of Managements and Parents Associations of Scoil Mhuire and Scoil Maria Assumpta. All those who contributed in any way to the schools down through the years are especially welcome.

PARENTING - 'THE CHALLENGES AND **REWARDS':** John Lonergan who is the former governor of Mountjoy Prison will give a talk to parents at Nagle Rice Community Centre on next Tuesday December 1st at 8pm. All are welcome to attend.

CONCERT IN LISTRY COMMUNITY CENTRE:

Listry Community Centre will host the highly acclaimed "Killorglin Men's Social Club Choir" for a concert on Sunday 29th November 2015 at 3.30pm. Please come along to hear these wonderful singers who have performed throughout Ireland over the past year. Adminission is free and light refreshments will be served.

CHIROPEDIST: Foot health practitioner will attend Listry Community Center on 2nd December 2015. Enquirers to Paula at 087-

6606585. Cancellations please give 24 hours notice if can. Please and thank you.

CHRISTMAS BINGO: The Christmas Bingo session will be held in Listry Community Centre on Wednesday night December 16th at 8pm. Please come along for a good night's entertainment with lots of Spot prizes & Hampers etc. The proceeds from the Bingo sessions go towards the care of the elderly in the Area. Your support is always very much appreciated.





Sheila Casey (South Kerry Development Partners) who opened the Milltown Community Children's Playground on Sunday with Bishop Ray Browne, the committee and the Mayor of Kerry Pat McCarthy.

PIC JOE HANLEY.

KILCUMMIN NEWS

COMHALTAS: Could parents of set dancers born in 2006 and 2007, who are interested in entering competitions in 2016, please contact Marie Sheehan (U'9, U'10 Trainer) on 083 0045432.

CHRISTMAS FAIR: A Christmas Fair will be held on the weekend of December 5th & 6th after the 3 weekend Masses. More details to follow shortly.

KILCUMMIN LOOKING GOOD: Kilcummin Looking Good Clothing Collection Fundraiser will be held before and after Masses on Saturday 28th November (7.30pm) and Sunday 29th November (9am and 11.15am). Clothing, Shoes and handbags are ok, but no bed linen please.

FRESH CHRISTMAS WREATHS FOR SALE:

Pre-order and collect or buy on the day. Available in the Recreational Hall on Saturday

BEAUFORT NOTES

BEAUFORT PARENT & TODDLER GROUP -CHARITY BRING & BUY CAKE SALE:

Beaufort Parent & Toddler Group is holding a charity bring & buy cake sale at Beaufort Community Hall on Tuesday 1st December

GLENFLESK NOTES

COUNTY LEAGUE DIV2: The Glenflesk senior team, sponsored by the Jarvey's Rest, are away to Listowel Emmets on Sunday December 6th at 2pm in the final round of the county league. This is likely to be a must-win game for Glenflesk in order to retain their Division 2 status.

SCÓR NA NÓG: Congratulations to the Glenflesk Ballad group who won the County final of Scór na nÓg last night in the Racecourse in Killarney. They now go through to the Munster final to be held in Cappoquin on January 3rd 2016. Our Scor na nÓg quiz team of Sean Doherty, Alicia Cronin, Eadaoin O'Donoghue and Cian Crowley will take part in the Co Final of the quiz next Saturday 28th November in ISK Killorglin at 7pm and we wish them every success. The East Kerry final of Scór Sinsear will take place on January 15th. Anyone interested in taking part can contact Rosie on (087) 2072512 at any time.

GLENFLESK LOTTO: Glenflesk Lotto draw was held on Monday the 23rd of November 2015, in Spillane's. Jackpot: €7,800. Numbers drawn: 1, 4, 12, 16. No Winner. €50 EURO DRAW: First draw: Padraig McCarthy, Knockdurath. Seller: PJ Kelly. Second draw: John Lyne, Killarney (YEARLY). Third draw: Mike O'Connor, SPX, Killarney. Fourth draw: Dylan and Mark Bowler, Annaghmore. Next draw will be held on Monday December 7th in the Corner Bar. Jackpot €8,000.

BARRADUFF COMMUNITY FIRST RESPONDERS: A new initiative is aiming to establish a team of local volunteers who will 5th and 19th of December after 7.30 Mass and again Sunday 6th and 13th of December after 11.15am Mass. Contact Mary Brosnan on 087 -6447536. Price: $10^{"}$ - $€10 \& 12^{"}$ - €13.

KILCUMMIN GAA

CHRISTMAS DANCE: Dance will take place on Wednesday 9th December from 9 - 12 in Kilcummin GAA Hall Music Uí Bhriain Raffle and spots on the night. Light refreshments. All proceeds on the night going to Kerry Hospice Palliative Care Unit – Tickets \in 10.

CLUB MERCHANISE: Orders for Christmas need to be with Marie Lehane in the coming week Tel 087 9181973.

PINK NIGHT FUNDRAISER: In aid of Kerry Cork Cancer Link Bus on Saturday Jan 9th 2016 in Kilcummin Klub. Live Music & sport prizes. Organised by Kilcummin GAA Ladies Committee. More details later. **GAA LOTTO:** Congratulations to Killian O'Gorman, Coolick who was the lucky winner of our Lotto Jackpot of \in 3000.

SCÓR NA NÓG: After winning the final of East Kerry, Kilcummin's Quiz team (Beibhinn Brosnan, Liadain O'Connor, Conn Fleming and Michael Sweeney) will represent Kilcummin GAA Club in the county final on Friday November 28th at Killarney Racecourse.

KILCUMMIN LADIES GAA: Kilcummin Ladies GAA will hold its AGM on Monday 30th November at 8pm

KILCUMMIN'S RAMBLING HOUSE: A Christmas season rambling house will take place on Friday 4th December as we welcome back Sean Hurley of Radio Kerry. All are requested to be seated by 8.30pm.

2015, 11am – 12pm.

All funds from the sale will go to the family of 5 year old Clodagh O' Shea from Killorglin who needs a life-saving kidney transplant. Everyone in the local parish and wider community is welcome to attend. For further information please contact Gemma Robins on 0857513567.

attend urgent and life threatening emergency calls. Anyone who wishes to become a responder or fundraiser please contact Patricia Murphy 087-683 1247.

RAHEEN NS: Congratulations to our school football team on winning the Allianz Cumann na mBunscoil two-teacher school competition and congratulations also to Knockanes N.S on winning the three-teacher school competition. Congratulations to Kevin and Patricia Innes who had the winning lotto number 14 on Saturday the 21st of November. Congratulations to Mary Galvin who had the winning lotto number 4 on Saturday the 14th of November.

CLUB MERCHANDISE: Orders are now being taken for Christmas delivery please contact Cathy 087 2900476 if you would like to view or order any club merchandise. Order now to avoid disappointment!!

RAMBLING HOUSE: Last weekend's rambling house in Glenflesk was a great success and the large crowd was treated to feast of music, song, dance and story-telling. The organisers would like to thank everyone who came along, and in particular to those who performed and all those who helped out in any way on the night. **BARRADUFF COMMUNITY AMENITY:** 31 Card Drive Fundraiser for Barraduff Community

field will be held in John Dan's on Friday December 4th. Tables of 8 players. Many cash prizes, hampers, and spot prizes on the night.

prizes, hampers and spot prizes on the night. Contact Gerry 087 0676 216 or Pat 0872821929 for more details.

BARRADUFF TIDY VILLAGE GROUP: Anyone

passing through Barraduff lately will have noticed the brilliant efforts of local volunteers to smarten the appearance of the village. Last weekend the former hair salon on the eastern side of the village underwent a dramatic transformation with the addition of colourfully painted windows and doors. Thanks to Pat Murphy Fitted Kitchens for all the wood work and to Pat Kelliher for fitting our windows. Major thanks also to the talented Caitriona Cotter for all her work drawing the windows, and thanks to the students and teachers of Barraduff National School and Mairead Kelly for all the help painting! Final thanks to the group members who worked so hard behind the scenes in order to make our village look even better than it does already.

GNEEVEGUILLA RAMBLING HOUSE: A Rambling House will be held in Gneeveguilla GAA hall on Saturday December 5th, 2015 8pm to 11pm. All Welcome. This promises to be a great night.

PREDICT YOUR 5K TIME: Watch out for a unique 5k running event in Killarney on Sunday December 6th at 2pm, where the aim is to run/jog/walk as close to your own predicted time – no watches allowed! This event is being organised to purchase a specially designed racing chair for well-known wheelchair athlete Ger Daly. Entry €10 – more details on Facebook. **CONTACT:** We welcome items of local interest. Please contact PRO Donal on 087 668 7926 or pro.glenflesk.kerry@gaa.ie.

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Kind experienced childminder required to mind 2 children Wed/Thurs in Beaufort. Contact: 087 4620489

Ed48 AVAILABLE CHILDMINDER

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Ed50 9038 CHILDMINDER REQUIRED

Kind experienced childminder required to mind a 10 month old 3 days/week in Killorglin area. Contact: 085 7455001



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CYCLE TO WORK SCHEME



The cycle to work scheme aims to encourage employees to cycle to and from work. Under the scheme employers can pay for new bicycles and bicycle safety equipment for

their employees up to €1,000. The employee then pays it back through a salary sacrifice arrangement of up to 12 months. The employee is not liable for PAYE, PRSI or Universal Social Charge on their repayments and the employer also benefits as employers PRSI does not apply to the cost of the bike and safety equipment.

The employer must purchase the bicycle and / or equipment. The exemption will not apply where an employee purchases a bicycle and / or equipment and gets reimbursed by his or her employer. The purchase must be made from an approved provider.

Employers do not have to take part in the scheme, however if they do, they must offer it to all employees.

The bicycle and / or safety equipment must be used by the employee mainly for qualifying journeys to and from work.

Allman House, Tralee Road, Killarney, Co. Kerry T: 064 6632045 E: info@obriencoffey.ie W: www.obriencoffey.ie





The One To Watch

Coronation Street

It's a big week for the Platt family as Sarah returns from Milan, Kylie doubts David and Nick makes things official. While still dealing with the aftermath of Callum's murder, the Platt family are dealt another blow as upon returning home Sarah will be involved in a car accident. Later, at the hospital, Sarah will learn the shocking the news; she's pregnant with Callum's child.

Meanwhile, Nick decides that Carla is the girl for him and promptly proposes. What will Carla's answer be?

In The News

Corrie's longest serving female actress Eileen Derbyshire (Emily Bishop) will be taking a six month break from the soap. Her departure will take place in early 2016.
Fair City will welcome home Nessa Dillion as the character returns to Carraigstown in time for Christmas Day but what dramas will Nessa face on her return?
Over in Eastenders, Mick and Linda's New Years Day wedding will see the departure of Dean Wicks as actor Matt Di Angelo is leaving the soap.
Soap fans will be thrilled to learn that Liz Dawn who played Vera Duckworth is making a comeback but this time she'll be turning up in Emmerdale for the Christmas Special of the soap. She'll be playing a character who is set to give Eric a bit of a hard time.

Citizens Information

Know Your Rights: HALF-RATE CARER'S ALLOWANCE

QUESTION

My husband is getting a payment for me with his pension. My mother is in poor health and I have been caring for her for the last year. Can I qualify for a carer's payment and how will it affect my husband's pension?

ANSWER

If your husband is claiming an Increase for a Qualified Adult for you with his pension, you can apply for a half-rate Carer's Allowance. If you qualify, you can keep the Increase for a Qualified Adult in full. This will not affect your husband's pension.

You must meet the qualifying criteria for Carer's Allowance. For example, your mother must require full-time care and attention and you must satisfy a means test. You can read more about the conditions for Carer's Allowance on citizensinformation.ie.

To apply fill in an application form for Carer's Allowance (CR1). You can get this form online or from your local Intreo centre, social welfare local office or Citizens Information Centre. The form includes a medical report, which must be signed by the person receiving care and completed by their doctor.

Note that the application form for Carer's Allowance asks for a lot of detailed information from you. The Department of Social Protection has to work out your income and the income of your husband to assess the means of your household. The Department must also examine the medical condition of your mother to decide if she needs full-time care and attention. In addition, the Department must be satisfied that you, the carer, are providing full-time care and attention and are able to do so. You can get help with filling in the form from your local Citizens Information Centre.

If you satisfy the conditions for Carer's Allowance it will be awarded at half of the rate that would apply if you were not getting any other payment. You will also be eligible for the Respite Care Grant and a Free Travel Pass.

Further information is available from the Citizens Information Centre below.

Know Your Rights has been compiled by Kerry Citizens Information Service which provides a free and confidential service to the public. Contact us in Tralee 0761 07 7860, Killarney 0761 07 7820, Listowel 0761 07 7840, Kenmare 0761 07 7810, Killorglin 0761 07 7830, Caherciveen 0761 07 7780

Information is also available online at citizensinformation.ie and from the Citizens Information Phone Service, 0761 07 4000.





When we are feeling depressed, we can experience our feeling state like a sink that is blocked with no outlet. Our reactions to events and unwelcome thoughts seem to go round and round, rather than just flowing through

our mind. Tubridy and Corry describe depression as a natural response to life's experiences – and maintain that depression is an emotion and not a disease. Just as we respond to life with feelings of anger, joy, sadness, love and fear – depression is another way in which we respond to life. Depression however doesn't just come upon us randomly and by chance. Instead it is a defence we build up around ourselves when we feel under threat or in danger. We build up barriers to protect ourselves and these can act as a very effective defence. However, when the time comes to remove the barriers, we may be unable to do so – thus our barriers of protection become our own prison.

Often our *Psychological Skin* has become too tight or too loose. When too tight we find it difficult to give or to allow others in. We feel the need to control everything ourselves and can't delegate or trust others. This however leads to feeling isolated and being cut off from growth in our lives. When our skin has become too open, we readily take on the problems and worries of others – often feeling overwhelmed and unable to set boundaries and say no. The optimal situation is to be neither too open nor too closed. Permeable boundaries allow us to open and let in when needed say no when we need to and reserve our energy.

Frequently people who are experiencing depression can feel plagued by tiredness. The constant effort to keep everything under control, to not upset people or to meet the needs of others can all lead to a constant anxiety and despair, which in turn leads to tiredness.

Some ways out of our depression include:

Have something positive that you can say to yourself (e.g. all will be well, or this too shall pass) or some inspiring music that you can put on when things feel dark and you feel alone. Choose something that works for you

Develop the habit of doing at least one enjoyable, pleasant thing for yourself each day.

Keep a diary or a journal where you can record inspiring words, valuable insights or special memories. Whenever you feel low, read what you have written.

Counselling can provide a great support to help deal with depression.

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

Kerry LifeLine provides FREE counselling and support to anyone feeling suicidal or bereaved through suicide.

To make an appointment call 064 6636416/064 66364100

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

HEALTHY OUTLOOK

Killarney Massage Therapy Centre

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call 087-292285 to find out how we can help you! Park Medical & Wellness Centre, (above Daly's Supervalu),

Park Rd, Killarney www.killarneymassagetherapycentre.ie



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For more information or to arrange an appointment PLEASE CONTACT: 066 9765635

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MARGARET'S RAMBLINGS



BAZZAR

The Annual Ballymacelligott Parish Bazaar will take place on Sunday 29th November 2015 (6pm to 10pm) and on Monday 30th November 2015 (7.30pm to 11pm) in St. Brendan's Community Centre, Ballydwyer. Your support would be greatly appreciated.

6 ALTERNATIVE USES FOR MOUTHWASH IN THE HOME WARNING - MOUTHWASH CONTAINS

ALCOHOL.
 Hand sanitizer and deodorizer: If you've just been chopping garlic and can't get rid of the smell, simply apply some mouthwash to your hands. Let it dry for some time before rinsing your hands. *Deodorant: Ran out of deodorant? Use mouthwash as a quick fix. Apply it to a ball of cotton wool and dab it on your underarms to reduce the odour of sweat.
 Piercing after-care: Use mouthwash instead of a saline solution after you've got a new piercing, dabbing the area with a few

• Treat cuts and scrapes: Apply some mouthwash to your cuts or scrapes before wrapping them in a bandage. This will act as an antiseptic, preventing infections. It has also been said that mouthwash can even prevent a bruise from forming by applying it to the affected area.

drops to prevent infections.

• Keep dandruff at bay: Our scalp contains antimicrobial compounds that contribute to the formation of dandruff. Mouthwash does a pretty good job at killing them though - just apply 1 tablespoon of clear mouthwash to the scalp after washing your hair with shampoo, massage it, and then condition it as usual.

• **Cure blisters:** Reach out for some mouthwash when you have a blister. Dab it with a few drops once a day to see it vanish in no time. This can both numb the pain and speed the healing process.

A TIGER'S STRIPES HELP THAILAND JAIL THE POACHER WHO KILLED IT

When police found the parts, skin, and meat of a tiger in a car in western Thailand, they were

almost certain a crime had been committed. There are only 100 or so tigers left in the wild in Thailand, and it is illegal to kill them. But their chances of nailing the suspect for the crime were slim.

"Typically, in that circumstance, the poachers will just say they shot the tiger in Myanmar, where wildlife laws are lax, and traffickers have little fear or punishment," said Peter Clyne, deputy director of the Wildlife Conservation Society's Asia program.

But thanks to a technological collaboration between Mr. Clyne's organisation and Thai wildlife officials, this tiger's remains included a vital clue to its origins. The pattern of stripes on its skin matched those of a tiger that had been photographed in Thailand's Huai Kha Khaeng Wildlife Sanctuary. Over the past 20 years, the team has set up hundreds of automated camera traps in the 600,000 - acre reserve, capturing thousands of images of its tigers in order to estimate their numbers and study their movements. "Every tiger has those distinctive stripes, but the patterns are unique to each tiger, once you know how to I.D. a tiger by its stripes, it's just like using fingerprints, but less tricky" Mr. Clyne added.

These images allowed officials to identify the poached tiger as a female from Huai Kha Khaeng, last photographed with two cubs by a camera trap in April this year. The fate of the cubs remains unknown. But the fate of the poacher is more certain: Police have taken him into custody, where he now awaits trial.

A NUN'S FEARLESS FIGHT AGAINST MEXICO'S DRUG WARS

In a world of random terror, of mass graves and decapitated bodies, of kidnapping and murder and where, more often than not, the police and the army are the bad guys—the message to the average citizen is clear: Keep your head down and your mouth shut. Stay in the shadows as best you can. For 67-yearold Sister Consuelo Morales, an Augustinian nun and veteran human rights activist based in drug war – torn Monterrey, Mexico – and one of the main subjects of Bernardo Ruiz's new documentary film Kingdom of Shadows, opening Nov. 20th —these are not options. As long as there is truth to be spoken and no one else courageous enough to do it, she will not be silent. Since 2006, when President Felipe Calderón declared open war on the Mexican drug cartels, more than 23,000 people have disappeared, including journalists, politicians, policemen, and many thousands of ordinary citizens with no direct connection to the drug trade or organised crime. In June 2011, poet and activist Javier Sicilia, whose son had been murdered earlier in the year in Morelos, arrived in Monterrey with a caravan of buses and cars on a crosscountry protest journey. "He told us that if the attorney general wasn't paying attention to us, we needed to go see him," says

Sister Morales. "So at midnight, with seven families, we went and knocked on his door." The prosecutors promised to investigate. It seemed unlikely anything would be done, and, indeed, the violence and disappearances continued. But little by little, certain truths began to emerge. "At least we began to understand how organized crime, and perhaps the authorities as well, had disposed of the people they had taken," Sister Morales explains, "mutilating them, burning them or dissolving them in acid." The truth was brutal, but it was better than no truth. Through Sister Morales and her co-workers at Citizens in Support of Human Rights, the organisation she cofounded in 1993 - originally to combat routine police abuse against youths - the families began to feel they could have a voice. They began to come together for weekly meetings; mothers, fathers, sisters, brothers, and children continue to support one another, to share their suffering and desperation, and to find a way forward. Since childhood, Sister Morales had wanted to become a nun. There was a time, though, before she took her vows, when she questioned her faith. But she discovered that working in human rights allowed her not only to confirm her beliefs but, more important, as she puts it, "to live the commitment of true fraternity with those who are most vulnerable," helping them to restore and defend their dignity as human beings and convert their pain into power. "A faith that does not translate into a radical, clear commitment for the defence of what one believes, a faith that does not translate into action," she says, "cannot be called faith."

ANSWER TO LAST WEEKS RIDDLE

What has 13 hearts, but no other organs? A deck of playing cards.

QUOTE

"The silence of good people, is sometimes more terrifying and does much greater harm than the actual evil that is being committed" -Sister Consuelo Morales.

ON THIS DATE – NOVEMBER 27TH

1582 - William Shakespeare married Anne

Hathaway. 1701 - *Birth of Anders Celsius, Swedish astronomer*.

1815 - Cracow (Poland) declared a free republic.

1843 - The opera "The Bohemian Girl" was produced (London).

1875 - Britain bought a controlling interest in the Suez Canal.

1906 - Death of Michael Cusack, one of the founders of the GAA.

1910 - New York's Penn Station opened as world's largest railway terminal.

1919 - Haiti became a signatory to the Buenos Aires copyright treaty.

1941 - USSR began a counter offensive causing Germany to retreat.

1963 - The Convention on the Unification of Certain Points of Substantive Law on Patents for Invention was signed at Strasbourg.

* Anders Celsius, (born November 27, 1701, Uppsala, Sweden - died April 25, 1744, Uppsala), astronomer who invented the Celsius temperature scale (often called the centigrade scale).

He was professor of astronomy at Uppsala University from 1730 to 1744, and in 1740 he built the Uppsala Observatory. In 1733 he published a collection of 316 observations of the aurora borealis, or northern lights, made by himself and others from 1716 to 1732. He advocated the measurement of an arc of a meridian in Lapland and in 1736 took part in an expedition organised for that purpose, which verified Isaac Newton's theory that the Earth is somewhat flattened at the poles. In 1742 he described his thermometer in a paper read before the Swedish Academy of Sciences.

RIDDLE FOR THIS WEEK

I come in different shapes and sizes. Parts of me are curved, other parts are straight. You can put me anywhere you like, but there is only one right place for me. What am I?

TONGUE TWISTER

Send toast to ten tense stout saints' ten tall tents.

IT'S TIME TO BE BUYING THOSE PRESSIES AND CARDS IF YOU ARE POSTING THEM ABROAD

If you are availing of An Post's services, the latest date to ensure your parcels and letters arrive in time for Christmas is as follows: The U.S.A. - Standard Post Parcels December 7th, Registered Post December 7th, Standard Post Letters December 11th.

The rest of the world excluding Europe -Standard Post Letters & Parcels December 7th, Registered Post December 7th.

DRACULA ANTS

During a recently concluded study conducted over the last ten years, researchers from the California Academy of Sciences (CAS) working with the Madagascar Biodiversity Center (MBC) have discovered and described six new species of ants belonging to the genus Prionopelta. Commonly, known as 'Dracula Ants' for their unique feeding behaviour, these new members of Prionopelta have been found to be tiny, ferocious social predators living within the subterranean, microscopic ecosystem of the forest floor soils in Madagascar. One of the main tools the team used for sample collection is the 'Winkler' trap. Organic material is gathered from the forest floor and suspended to dry in a special bag. As the organic material dries out, the natural behaviour of insects hiding within is to move downwards with the remaining moisture to the bottom where a collection vial is conveniently located for capture. This technique allows scientific collection and study of extremely difficult to find soil-dwelling invertebrates, such as the tiny Dracula ants which are minute and colourless, with the smallest, P. laurae, measuring 1.5 millimetres in length and 0.2 millimetres in width. Dracula ants have a loose social structure where they live together and coordinate behaviour. It is a simple social organisation with a queen caste similar in appearance and behaviour to workers. The ants send chemical signals to one another regarding the location of food sources by laying down a secretion from a gland in their legs. This behaviour is then followed by a body-shake to attract other ants that then follow the ant that initiated the behaviour.

It is the way in which Dracula ants survive in times of limited resources that they differ widely from other social ants. The species got its name due to a practice of wounding the young of their colony and drinking their blood. This behaviour is described as 'larval hemolymph' and can be considered a form of resource sharing according to scientists.

A BEAR SLEEPING BAG FOR ALL YOUR HIBERNATION NEEDS

If you are looking for a present for a person who has everything – this could be your answer - Japanese artist Eiko Ishizawa is the brilliant mind behind a sleeping bag, called the "Great Sleeping Bear," which is exactly what it sounds like: a gigantic plush bear you can sleep inside of. "By having the experience of transitional discoveries like finding a bear, realizing a little human face in his mouth, and recognizing details and shape of this commodity, I attempt to create this work as to be a medium for audiences to generate one's transitional perceptions and fantasies in reality," the designer wrote about his creation – and if you think the words are a little on the large side – so is the price, it can be bought online for \in 2,200, I am not sure if the price includes postage and packing but who cares if you are willing to pay over \in 2,000 for a sleeping bag I am sure a little thing like the cost of delivery will put you off.

SAD CHIMP TAKES COMFORT IN TINY TROLL DOLL

Foxie the chimp was born in August of 1976 into a lonely life. Subjected to laboratory research on hepatitis vaccines, Foxie was compelled to produce more chimpanzees for research. But she never got to raise them.

Foxie gave birth again and again, but all four of her babies, including a set of twins, were taken away from her just after being born.

When Foxie was retired to Chimpanzee Sanctuary Northwest in 2008, the caregiver at the lab warned that Foxie was not to be trusted, that she would be rough if people got too close. When she arrived at the sanctuary she was aloof for a time around humans and cautious about her surroundings, she would not play with or even touch any of the toys and other items the staff gave the chimps.

And then, she adopted a troll doll with bright pink hair in 2008. Since then, she's adopted many more. Foxie and her troll dolls have been inseparable, sometimes she carries the dolls on her back like a chimpanzee mother would do with an infant. "After all the years of deprivation, she has something that is hers," one commenter wrote on Facebook. "Beautiful and tragic." "Does she have enough trolls or is it possible to send her one?" wrote another. "I collect them so I have many." The answer? "She has hundreds, but she's always excited to get a new one!"

DO YOU REMEMBER WHEN?

• "grass" was mowed,

• "coke" was a cold drink,

• "pot" was something your mother cooked in,

- "Aids" were helpers,
- "chip" meant a piece of wood,

 "hardware" was found in a hardware store and

• "software" wasn't even a word.





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

NOVENA TO ST. CLARE

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

NOVENA TO SAINT MARTHA

O St. Martha, I resort to thee and to thy petition and faith, I offer up to thee this light which I shall burn every Tuesday for nine Tuesdays. Comfort me in all my difficulties through there great favour thou didst enjoy when Our Saviour lodged in thy house. I beseech thee to have definite pity in regard to the favour I ask (mention favour). Intercede for my family that we may always be provided for in all our necessities. I ask thee St. Martha to overcome the dragon which thou didst cast at thy feet. One Our Father and three Hail Marys, and a lighted candle every Tuesday and the above prayer made known with the intention of spreading devotion to St. Martha. In thanksgiving.

NOVENA TO ST. CLARE

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

J.M.C.

PRAY TO ST. EXPEDITE

Saint Expedite, Noble Roman youth, martyr, You who quickly brings things to pass You who never delays, I come to you in need: (Clearly express what you want and ask him to find a way to get it to you) Do this for me, Saint Expedite, and when it is accomplished, I will as rapidly reply with an offering to you (State your vow or promise)

Be quick. Saint Expedite! Grant my wish before your candle burns out and

I will glorify your name Amen. Thank you St. Expedite for answering my

request. I promise publication to spread your devotion.

For anyone in need say this prayer and your request will be granted. My request was granted. Amen. ${f X}$

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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 and your favour will be granted. Never know to fail. Must promise publication of praver. JKO'C

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. Amen. Say this prayer for 3 consecutive days. Must publish prayer and it will be granted to you.

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MEMORIALS Showroom **OPEN** Saturdays

KILLARNEY

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New Headstones and All Types of Grave Maintenance Email: Killarneymemorials@live.com

NOVENA TO THE SACRED HEART

You have said O'Divine

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

fail. Must publish.

MEMORIALS & REMEMBRANCE

FIRST ANNIVERSARY



ELIZABETH (LILLIAN) BROSNAN

In Loving Memory of a dear mother and grandmother, Elizabeth (Lillian) Brosnan, East end, Ballybunion, who died 28th November 2014.

> If Roses grow in Heaven Lord, please pick a bunch for me. Place them in my Mother's arms and tell her they're from me.

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

Because remembering her is easy, I do it every day, but there's an ache within my heart that will never go away.

Much loved and sadly missed by your daughter Marie Kennedy & family, Listry.

3RD ANNIVERSARY



In Loving Memory of

JOHNNY CASEY

Shinnagh. Who died 9th October 2012.

You had a smile for everyone You had a heart of gold You left the sweetest memories This world could ever hold.

Always remembered by Patsy, Mary Rose, Aidan, Alan, David, Rose, Sheila, Linda & Louise.

Masses Offered

THANK YOU TO

St. Expedite, St. Anthony and all the Saints.





Lissyconnor and late of Shinnagh. Who died on 22nd November 2012.

A loving thought, A silent tear A constant wish that you were here A loving place no one can fill We miss you Paul and always will.

Sadly missed by Mom, Dad, Aidan, Alan, David, Rose, Sheila, Linda, Louise, Norma, Darren and Aoife.

Masses Offered

NOVENA TO THE SACRED HEART

Sacred Heart and Our Lady a thousand thanks. And to all of the Angels and Saints and the Holy Spirit.

3RD ANNIVERSARY



PAUL CASEY

Lissyconnor and late of Shinnagh. Who died on 22nd November 2012

Those who love don't go away, They walk beside you everyday, Unseen, unheard, but always near, Still loved still missed and very dear.

Always missed Aidan, Gillian, Sarah and Jack.

NOVENA TO THE SACRED HEART

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

10TH ANNIVERSARY Seán MacMonagle



Remembering Seán MacMonagle whom we loved and still hold in our hearts and who died ten years ago on 29 November 2005.

3RD ANNIVERSARY



In Loving Memory of

JOHNNY CASEY

Shinnagh. Who died 9th October 2012.

Your probably looking down from heaven above, Sending out smiles with days of sunshine and showers of love.

Always remembered Aidan, Gillian, Sarah and Jack.

NOVENA TO THE SACRED HEART

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

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. There are none, that can withstand your power. Oh Mary conceived without sin, pray for us who have recourse to thee (3 times). Holy Mary, I place this cause in your hands, three times. Thank you for your mercy to me and mine. Amen. This prayer must be said for three days and after that the request will be granted and the prayer must be published. thank you for favours received.

ST THERESE

O glorious Saint Therese, whom Almighty God has raised up to aid and counsel mankind, I implore your Miraculous Intercession. So powerful are you in obtaining every need of body and soul our Holy Mother Church proclaims you a "Prodigy of Miracles...the Greatest Saint of Modern Times." Now I fervently beseech you to answer my petition (mention here) and to carry out your promises of spending Heaven doing good upon the earth... of letting fall from Heaven a Shower of Roses. Henceforth, dear Little Flower, I will fulfill your plea "to be made known everywhere" and I will never cease to lead others to Jesus through you. Amen. Say the above for 9 days and you will

receive a flower or a rose in some form during or after 9 days as an indication that your request will be granted.

NOVENA TO THE SACRED HEART

Dear Heart of Jesus in the past I have asked for many favours. This time I ask you this special one, (mention favour). Take it dear heart of Jesus and place it within your heart where your Father sees it. Then in his merciful eyes it will become your favor not mine. Amen. Say this prayer three times for three days and your favour will be granted. Never known to fail. Must promise publication of prayer.

PRAY TO ST. EXPEDITE

- Saint Expedite, Noble Roman youth, martyr, You who quickly brings things to pass You who never delays, I come to you in need: (Clearly express what you want and ask him to
- find a way to get it to you) Do this for me, Saint Expedite, and when it is accomplished, I will as rapidly reply with an
- offering to you (State your vow or promise) Be quick. Saint Expedite! Grant my wish before your candle burns out and
- I will glorify your name
- Amen. Thank you St. Expedite for answering my request. I promise publication to spread your devotion.
- For anyone in need say this prayer and your request will be granted. My request was granted. Amen. ${f X}$

MOTION & EMOTION



PEUGEOT