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OPENING HOURS

- Mon 22nd Dec 10am-5pm ● Tues 23rd Dec 10am-5pm ● Christmas Eve : **CLOSED**
- Christmas Day : **CLOSED** ● St. Stephen's Day : **CLOSED** ● Sat 27th Dec : **CLOSED**
- Mon 29th Dec 10am-5pm : **BEECH RD ONLY** ● Tues 30th Dec 10am-5pm : **BEECH RD ONLY**
- New Year's Eve 10am-1pm : **BEECH RD ONLY** ● New Year's Day : **CLOSED**

Business will commence as normal from Friday 2nd of January 2015 in both offices.

The Board of Directors, Supervisors & Staff would like to wish our members and families a Happy Christmas & Prosperous New Year



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WE LOOK AT THINGS DIFFERENTLY



WEEK 4 - KILLARNEY OUTLOOK - FITNESS WITH EDELE 6 WEEK CHALLENGE CARDIAC HILL CONQUERED AS RESULTS START TO SHOW



WE MADE IT.... PARTICIPANTS IN THE 6 WEEK CHALLENGE FROM LEFT AISLING CROSBIE, ROCHELLE O'SHEA, FITNESS INSTRUCTOR EDELE DALY AND BREEDA NEESON TAKE A SELFIE AT THE TOP OF CARDIAC HILL LAST SATURDAY.

The planned climb of Cardiac Hill on Saturday morning was a great success with the girls achieving their goal in less than an hour.

With week 4 coming to a close all the girls are delighted with their progress to date. All percentages are going in the right directions and Edele is also very happy with their progress. This week Rochelle O'Shea is under the spotlight as to her reasons for joining the programme, her goals and her progress to date. Rochelle's biggest push to join the programme was the fact that she has a big birthday coming up and needed a push to get in shape. "I had been following the Weight Watchers Plan and was going great but I felt that I also needed to work on the fitness side too in order to give my body more shape and definition. I have been doing a circuit training class once a week on my lunch break (which I'm still doing!) but 1 day of high intensity exercise really isn't enough. At first I was apprehensive that I wouldn't have time to fit it all in, I am a busy working Mom and am also a leader with the

Lily Ladybirds Guides here in Killarney. Edele's friendly approach really put me at ease and her timetable has classes to suit even the busiest of people! I really am delighted with my progress so far, I am full of energy my clothes are getting looser and my fitness levels have soared. What more could a girl ask for?

Edele has concentrated on Rochelle's Cardiovascular fitness which was very poor at the beginning of the programme.

"She got out of breath quickly and took time to recover. Her heart rate was very high performing the exercises on the stepper, boxing, front kicks and high knees. So the major focus with Rochelle was getting her heart used to exercising and get it responding better to exercising at the same intensities. This is done by her doing cardiovascular style exercises eg kickfit class, early birds, brisk walking and cardiac steps. Practicing these style of workouts



EDELE DALY DOES A SERIES OF EXERCISES WITH ROCHELLE O'SHEA AS PART OF THE SIX WEEK CHALLENGE. INCLUDED ARE BOXING, CRUNCHES, HIGH KNEES AND STEP AEROBICS.



4-5 times weekly will lower her testing heart rate and improve her exercise training heart rate and heart rate responses so the same intensity of exercises performed in fitness test, and also vastly improve her recovery rate which is very important. Her upper body tricep strength also was the weakest in the strength part of fitness test so she is practicing dips off a chair at home and in classes to improve this - which she has.

It's never too late to get fit and if you want to shape up for the festive season then why not contact Edele on **087-7643449**, email **edeledaly@hotmail.com** or log onto **www.fitnesswithedele.com**.



RIGHT OF PASSAGE... MOUNTAINEER, TIM LONG, PREPARING FOR THE WINTER SOLSTICE WALK ON THE PAPS OF DANU, WHICH TAKES PLACE ON SUNDAY 21ST DECEMBER AT 6.00AM, TO CELEBRATE THE WINTER SOLSTICE IN HONOUR OF THE GODDESS DANU, AS PART IN THE KILLARNEY WALKING FESTIVAL. PHOTO: VALERIE O'SULLIVAN.

CAMERA CLUB IN THE FRAME

Killarney Camera Club will hold an exhibition of photographs in Killarney Library, during the month of December, commencing on Thursday December 4th and continuing until the end of the month. The exhibition will be officially launched at 6.30 pm on December 4th by Weeshie Fogarty.

Everyone, especially those who love photography, is welcome to attend.

Killarney Camera Club was founded in 2001, and currently has forty members. The exhibition reflects the work and dedication of the photographers in the club.

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CHRISTMAS MAGIC ALL THE WAY AT KILLARNEY CHILDREN'S PARADE

The magical Christmas in Killarney Children's Parade, takes place tonight, Friday 28th November at 7pm and will see Santa and his Disney helper's parade through the town on 7 Magical Floats. It's a perfect way to kick-start the Christmas celebrations. The opening of the Magic parade will begin with the turning on of the lights at 7pm, followed by the main parade at 7.10pm. The parade includes Santa, his helpers and children from local schools. The parade route will leave Fair Hill Car Park and proceed down East Avenue road onto Main Street, New Street, Beech Road, Mission Road and finish in Fair hill Car park. Santa would like to advise all parents and drivers entering the town on the night of the parade those roads in and around the parade route will be very busy on the night so you should expect traffic delays. You'll get a great view of Santa all along the parade route, but if you miss Santa on the 28th don't worry, there will be a Christmas parade following the same route on Saturday the 6th, 13th and 20th of December at 6pm. Santa is being very generous with his time this Christmas by agreeing to take part in not one but 4 parades before he Jets back to Lapland to finalize his



5..4..3..2..1..SWITCH ON... THE MAGIC BEGAN, AT THE ANNUAL CHRISTMAS IN KILLARNEY CHILDREN'S PARADE AND SWITCHING ON OF THE LIGHTS IN KILLARNEY LAST YEAR. PHOTO: VALERIE O'SULLIVAN.

naughty or nice list. Santa has informed the Christmas in Killarney committee that there is still time to make the nice list if you are on your best behaviour for December. Good tips to make the list are keeping your room clean,

helping keep your house clean and being nice to your friends and family. Santa also says please post you letters early this year. There will be a special post box available at Market Cross.

THE BREHON HOST ANNUAL CHRISTMAS TREE PARTY



It's beginning to look a lot like Christmas at The Brehon, Killarney where they 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 4th at 5.30pm 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 for themselves. The Gleneagle Concert Band and St Brigid's

Secondary School Christmas Carollers 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 being 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 4th or make a cash donation on the day.

IRISH TOURISTS HAVE MORE THAN €110 MILLION IN FOREIGN CURRENCY STASHED IN THEIR HOMES

A survey carried out by travel money specialists No.1 Currency shows 87% of Irish adults have one or more types of currency sitting at home

Irish people who have travelled outside of the Eurozone over the last 12 months returned home with almost €100 each in foreign currency, which, according to a survey by travel money specialists No.1 Currency, means that there is more than €110 million in foreign currency lying idle in households around the country.

The majority (87%) of Irish adults surveyed admitted to having one or more types of foreign currency sitting at home, with almost half (45%) intending to hold on to it until their next travels, and only one in five admitting to changing it back to euro as soon as they arrived home.

The survey also showed that of those who travelled outside of the Eurozone, the UK is the most popular destination (44%) followed very closely by the US at 42%. Australia and Canada follow at 9% and 8% respectively, with a further 7% visiting Asia.



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SPEND SOME QUALITY TIME WITH SANTA IN DEENAGH COTTAGE THIS WEEKEND BEFORE DECEMBER RUSH

Santa at Deenagh Lodge will begin this Saturday the 29th November and will continue every weekend throughout December. We anticipate the first weekend; Saturday 29th & Sunday 30th November to be a little quieter than the December weekends and so we wanted to share this opportunity with the parents of Killarney, should you wish your family to spend some quality time with Santa and have a relaxed chat with him and his elves.

The Lodge will be decorated full of magic with Santa's post office, the Elves' bedrooms, polar orb and all sorts of wonder for the kids to see. Take a stroll pre or post Santa in the National Park and make a day out of it!

Santa is making his way over from the North Pole as we speak with we expect him to make himself comfortable in the lodge.

Santa has told the Outlook that he "hopes that all the Killarney children have written their letter to him and that they will post it very shortly if not done so already".

This is your chance to take the kids, nieces, nephews and the bigger kids too and spend quality time with the Big Man himself and



SANTA'S LODGE, DEMENSE, KILLARNEY NATIONAL PARK. PHOTO: VALERIE O'SULLIVAN

plenty of time for pictures. (Bring your own Camera).

Entry into Deenagh is €5 per child and €5 per adult.

KILLARNEY MUSICAL SOCIETY NOTES

LEADING ROLES ANNOUNCED FOR GHOST THE MUSICAL

Killarney Musical Society are embracing their 30th year with great gusto and going by the numbers turning up at rehearsals and the sounds coming from the chorus - it's going to be an amazing year.

Following on from many auditions we are delighted to finally be in a position to let you all know who will be taking on the lead roles for our 30th production, the Irish Premiere of GHOST THE MUSICAL.

Roza Karim, Gary Murphy and Jack Patrick Healy head up our line playing Molly, Sam & Carl respectively. Hazel Devane playing Ode Mae Brown, Des Furlong as Willie Lopez, Brid Mills and Michelle O'Callaghan playing the roles of Carla & Louise, Ronan O' Shea as the Subway

Ghost, other roles are being played by Paddie Keogh, Fergal Cleary and Mike Moloney to name but a few. We have a fantastic cast and chorus with many wonderful new members.

To celebrate the Christmas Season we are having our Christmas Party Night on Friday December 5th - all details are available by either making contact via FaceBook, the Killarney Musical Society Website or by calling the KMS Hotline on 085 7700613.

We would ask all members new and old to make a special effort to come along and have a great night out in the company of good friends on this special year.

BUSY TIME FOR KIDS AT KNOCKREER

A Kids Activity Day making Christmas Decorations and doing scavenger hunts in the woods at Knockreer Demesne is being organised by Killarney National Park Education Centre.

The Activity days will be held in the run up to the festive season to help take some of the pressure off of parents! Children between the ages of 7 and 12 will be kept busy earning about the links between Nature and Christmas. On Saturday and Sunday 13,14, 20, 21 Dec, the days will run from 9.30am and finish off at 4.00pm. Children are welcome to attend every day for the whole day or they can come for just a morning or an afternoon depending on what time parents need for their own preparations!

For further details please contact Killarney National Park Education Centre on **064 6635960**.

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SUN SHINES ON PROTEST AS KILLARNEY SAYS 'NO' TO WATER CHARGES

An estimated 1500 people from across Killarney and South Kerry took to the streets of Killarney on Saturday last to demonstrate against the water charges, Irish Water and the amount of taxpayer's money being spent on this issue. A carnival atmosphere was felt throughout the proceeds as the public united in their shared passion to end the water taxation.

Kevin Murphy, Secretary of Right2Water Killarney community group said, "We would like to give a special thank you to those members and friends who were attending meetings, handing out fliers, informing their families, neighbours and their communities. This community group and Saturday's demonstration would not have been possible without their time, effort and determination. "We would like to thank the members of Right2Water Kerry, Tralee and Listowel for their continued support, everyone who attended this demonstration, including local T.Ds, councillors, union and community leaders as well as An Garda Síochána for their



HUGE CROWDS TURN OUT FOR PROTEST AGAINST IRISH WATER CHARGES IN KILLARNEY ON SATURDAY AFTERNOON.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

aid dealing with traffic on Saturday.

"By coming together we have sent a clear message to the Irish Government that we will not let them continue to pursue this charge for our water which we are already paying for."

Next Saturday, 29th November, there will be a demonstration in Tralee at 12:00 from the Horan Centre and Right2Water Killarney are urging anyone who can attend to make the trip to Tralee for the continuing action against Irish Water.

On December 10th there is a national demonstration at Dáil Éireann at 1pm to coincide with World Human rights day. Right2Water Killarney is hoping to lay on buses to Dublin and more information will be provided as soon as possible on the Facebook page and elsewhere.

Anyone with enquiries or who would want to

book a seat on the bus, can contact us through Right2waterkillarney@gmail.com or on our Facebook page [Facebook.com/Right2water Killarney](https://www.facebook.com/Right2waterKillarney).



LOCAL MAN KEVIN MURPHY SPEAKS TO THE HUNDREDS OF SUPPORTERS THAT TURNED OUT FOR THE IRISH WATER PROTEST ON SATURDAY AFTERNOON AT MARKET CROSS.



TAKING TO THE STREETS OF KILLARNEY, KERRY IRISH RIGHTS TO WATER PROTEST.

RETENTION OF PSO ROUTE IS GOOD NEWS FOR KERRY

Senator Marie Moloney has welcomed the announcement from the Minister for Transport Tourism and Sport, Paschal Donohoe TD that he is to retain the Public Service Obligation (PSO) on the Kerry-Dublin route.

Senator Moloney commented: "Having campaigned for the retention of this PSO and having asked the Minister personally for a guarantee that the Kerry-Dublin route be protected, I am delighted with this announcement. The current PSO contract expires in January and the new contract will operate from February 1st 2015 until January

31st 2017. There will be the option to extend the contract by a full year, depending on a satisfactory review.

"So many people in Kerry depend on this route every day for business. To be able to travel up and back to Dublin each day is vital to our local businesses. Many international tourists fly into Dublin airport and get a connecting flight to Kerry. This is a key factor for supporting this service, as Kerry is so dependent on a vibrant tourism industry. Affordable ease of access in and out of Kerry is a must for our recovering economy."

BOLLARDS FOR PORT ROAD

At the recent Killarney Municipal District meeting Cllr John Joe Culloty called on Kerry County Council to fit bollards on the footpath on the Port Road. He requested that these bollards be fitted opposite the dwarf walls, which would prevent motorists from parking on the footpath at these points, thus allowing wheelchair users and those with buggies, to use the footpath unimpeded.

"I am pleased with the response from Kerry County Council to this request, which is, that the bollards will be fitted before the end of the year," said Cllr. Culloty.

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STUDENTS TIME TO SHINE AT AWARDS EVENING

Adult Education Learners at Killarney Community College celebrated a wonderful evening after receiving Fetac Levels 5 & Level 6 Certification at the presentation of awards on Friday 21st November 2014. A large audience attended the school to hear School Principal Fiona O'Brien, Shivaun Shanahan AEO, Marianne Marshall BTEI Coordinator and John Keane Director of Adult Education laud the efforts and success of learners who attended courses at the school. The proud course tutors were also acknowledged for their contribution to helping approximately one hundred learners achieve the coveted Fetac Certification which were presented on the night.

PICTURED AT THE KILLARNEY COMMUNITY COLLEGE ON RECEIVING THE FETEC LEVEL 5 CERTS ON FRIDAY NIGHT WERE FRONT ROW L-R: MARY KELLY, CAROLINE MCCARTHY, JOHN KEANE ADULT EDUCATION DIRECTOR, MARIANNE MARSHALL, ANN HICKEY. BACK ROW: HELEN MCCARTHY, NORA HURLEY, ANNE O'BRIEN, GERALDINE O'SULLIVAN.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE KILLARNEY COMMUNITY COLLEGE ON RECEIVING THE FETEC LEVEL 5 CERTS FOR MANUAL & COMPUTERISED ACCOUNTS ON FRIDAY NIGHT WERE FRONT ROW L-R: NOREEN LENIHAN, EVELYN O'MAHONY, JOHN KEANE ADULT EDUCATION DIRECTOR, MARIANNE MARSHALL. BACK ROW: EMMA EVES, ADRIANNA TIMCOVA, MARCELLA RIETVELD, BREDAS CASEY AND SHEILA O'DONOGHUE.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ALL SMILES ON RECEIVING THEIR CERTIFICATES IN ACCOUNTING MANUAL & COMPUTERISED WERE L-R NOREEN LENIHAN, EVELYN O'MAHONY & BREDAS CASEY AT THE KILLARNEY COMMUNITY COLLEGE FETAC AWARDS CEREMONY.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT KILLARNEY COMMUNITY COLLEGE AWARDS FOR FETEC LEVEL 5 CERTS FOR APPLIED SOCIAL STUDIES ON FRIDAY NIGHT WERE FRONT ROW L-R: LORRAINE COSGROVE TUTOR, FIONA O'BRIEN PRINCIPAL, JOHN KEANE ADULT EDUCATION DIRECTOR, SIOBHAIN SHANAHAN AEO AND MARY FULLER TUTOR. BACK ROW: CATHERINE DOONA, SHANE RIORDAIN, MEREASSA MUSGRAVE, AOIFE O'DONOGHUE, KAY DOONA, PATRICK GALVIN, EUNICE USIFOH IJIUGBER AND EMMA O'CONNELL.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE KILLARNEY COMMUNITY COLLEGE FOR THE FETAC AWARDS, TRACEY FLEMING (2ND FROM LEFT) WHO RECEIVED COMPLETED FETAC LEVEL 5/6 FULL TIME POST LEAVING CERTIFICATE WITH HER MUM MARIE (LEFT), DAD DAVID (RIGHT) AND SISTER LISA (CENTRE RIGHT).

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



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Delightful bungalow set in a picturesque peaceful setting approx 11 miles from Killarney Town and just 3 miles off the main Killarney/Mallow Road.
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MONEY MATTERS....

By Dermot Cronin,
Financial Advisor

OVER 75% OF SAVERS UNHAPPY WITH POOR DEPOSIT RETURNS

A recent survey of more than 1,000 people reveals more than three quarters of depositors think current deposit interest rates are a poor return on their money. Ninety two per cent of savers aged 55-64 think deposit rates are bad value. 78% of people have a deposit savings account. The average Irish person has €25,500 on deposit. Just over a third or 35% know what interest rate is paid on their deposit.

INVESTMENT RETURNS VS DEPOSITS IN THE LAST FIVE YEARS:

Investors who kept long term funds on deposit for the last few years may be licking their wounds with the average managed fund returning 12% per annum over five years. With some demand deposit rates paying less than 1% and taxed at the higher rate of 41% from Jan 1 this year, some investors are only receiving 0.5% or less, after tax. Some may not even beat the annual inflation of 0.2%. There has been a significant number of consumers move from deposits to higher yielding long term investments and there is a huge choice of investment options available to people at the moment.

For more information or to make an appointment to discuss the above contact **Dermot Cronin APA, at 064 6622775 or 087 2893649.**



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#lovekillarney

SPECIAL STARS SPECIAL OLYMPIC CLUB KILLARNEY WHO TOOK PART IN THE TRALEE SPECIAL OLYMPIC GAMES AT CUMANN IOSAEF, TRALEE ON SATURDAY.

PICTURE: JOE HANLEY



ALMOST 250 CYCLISTS RAISED OVER €2000 FOR THE DONAL WALSH #LiveLife FOUNDATION WHEN THEY TOOK PART IN THE INAUGURAL WRONG WAY ROUND CYCLING FESTIVAL IN SEPTEMBER. AT THE PRESENTATION OF THE CHEQUE AT THE GLENEAGLE HOTEL, FROM LEFT, PATRICK O'DONOGHUE, CEO, GLENEAGLE HOTEL GROUP, FIONNBAR AND ELMA WALSH, AND SEAN MULCHINOCK, FESTIVAL AND EVENTS OPERATIONS MANAGER GLENEAGLE HOTEL. PHOTO: VALERIE O'SULLIVAN.



THE TEAM AT TORC TRAVEL, THE KILLARNEY BASED TRAVEL AGENCY ARE CELEBRATING THIS WEEK HAVING BEEN AWARDED AGENT OF THE YEAR 2014 COLLECTED TWO PRESTIGIOUS AWARDS AT THE ANNUAL TRAVEL CENTRES AWARDS WHICH TOOK PLACE EARLIER THIS WEEK. FROM LEFT, AINE O'DONOGHUE, JAMES TWOMEY, LORRAINE ROCHE, FIONA O'CONNELL, MARY MCCARRICK, MARIAM O'CONNOR AND SIOBHAN O'DONOGHUE. PHOTO: VALERIE O'SULLIVAN.



PADRAIC O'SULLIVAN, RIGHT, OF THE BEAUFORT BAR IS HOSTING A NIGHT FOR KERRY MOUNTAIN RESCUE TEAM ON SATURDAY, 13TH DECEMBER FROM 9.00PM AT THE BEAUFORT BAR. PADRAIC IS ALSO A CONNOISSEUR AND SPECIALIST IN FINE WHISKEY. THE NIGHT IS OPEN TO ALL, MUSIC IS BY JACK HEALY. ANNOUNCING DETAILS OF THE EVENT WERE FROM LEFT, JOHN O'SULLIVAN, KERRY MOUNTAIN RESCUE TEAM, JACK HEALY, ARTISTE, CATHAL CUDDEN AND TONY HOLMES BOTH MEMBERS OF KERRY MOUNTAIN RESCUE TEAM. PHOTO: VALERIE O'SULLIVAN.



THRASHING CANCER CELEBRATED RAISING €25,000 FOR CANCER SUPPORT GROUPS WHEN THEY HELD THEIR PRESENTATION NIGHT AT GALVIN'S BAR, BEAUFORT RECENTLY. PICTURED ARE FROM FRONT L-R: TIM MULVIHILL, EILEEN KENNEDY (RECOVERY HAVEN), THERESA WALSH (KERRY GENERAL HOSPITAL ONCOLOGY UNIT), BRENDAN FERRIS, SR. JANE (ST. JOSEPH'S HOME, KILLORGLIN), KATHLEEN BREEN, LIZ MCCARTHYBACK L-R: MAUREEN O'BRIEN, MIKE MANGAN, MIKE O'SHEA, JIM CLIFFORD, MARY ANN O SULLIVAN, RANDALL JOY, TUDDY CLIFFORD.



Jerome O'Regan

AUCTIONEER & VALUER

Tel/Fax: 066 9761200 | Mob: 087 2833410

Email: jeromeoregan@eircom.net | Web: www.jeromeoregan.ie



BEAUFORT KILLARNEY (ON THE MAIN RING OF KERRY ROAD).

A unique, magnificent property on c 2.75 acres with extensive frontage on the river Laune and breathtaking mountain and river views. Architecturally designed as a B&B or an executive type house, it comprises 8 bedrooms (7 ensuite) reception rooms etc. Newly decorated with a very high quality finish. It comes with a detached aptm/store/garage. Must be viewed.



TO LET OR FOR SALE

CLOONEYDONIGAN, BALLYHAR, KILLARNEY.

Charming stone built farmhouse on c.3 acres, stables for 4 horses and an arena. Mature trees and very scenic only 4 miles approx from Killarney. Professionally restored reflecting most of its original features. 3 bed 1 en-suite, kitchen/dining/living area, fully fitted utility, bathroom and very large sun lounge. BER Pending. **POA**



68 NEW ST. KILLARNEY.

A large street front property, formerly used as an antique shop. A three storey building with an extensive back garden containing a store/apartment. Approx. area ground floor = 84.5 sq. mts. 1st floor = 103 sq. mts. 2nd. Floor 84.5 sq. mts. **P.O.A.**



GORTROE, FOSSA, KILLARNEY

A very large commercial/private property, formerly a thriving B/B and recently used as offices / commercial. Superb location for professional use, doctors/dentist/vetinary surgery, chemist etc or B/B apartments etc. Beside Killarney's 3 golf course complex and National Park. It contains approx. 4,000 sq. ft. of space with additional space in the attached garage. There is parking for about 16 cars to the front. A multi-purpose building ideally located, suitably priced and a great investment.

NEW TO THE MARKET BEAUFORT/FAHA/LISTRY AREA. Delightful 3 bed detached bungalow, almost new on 3 acres approx...Exquisite high spec finish. (Has to be seen). Can be sold with or without the entire 3 acres. Great location. B.E.R. bending. **P.O.A.**

KILLORGLIN TOWN Large house in town centre. Bargain.

KILLORGLIN TOWN, LANGFORD ST. 2 storey street front property with 4 apartments at the back. It has a rear entrance. Great value with great potential.

CARAGH LAKE, KILLORGLIN. Two storey detached house (requires major repair) on 3.5 acres approx. Beautiful, much sought after area.

FARM WANTED. GOOD QUALITY LAND. 50 ACRES OR MORE. CLOSE TO KILLARNEY OR WITHIN 7 OR 8 MILES FROM KILLARNEY TOWN. TOP PRICE PAID FOR SUITABLE PROPERTY.

WANTED Properties, houses, farms commercial etc. in all areas, for a growing list of genuine buyers.

BALLYHAR, KILLARNEY Beautifully restored 3 bed farmhouse on c3 acres, stables for 4 horses, mature trees and very scenic.

CAHERNANE MEADOWS, MUCKROSS RD. KILLARNEY 4 bed semidetached 2 storey. Great location, only minutes walk to Killarney town centre and Killarney National Park.

BEAUFORT Old style cottage with an unfinished extension, on c. 1 acre, dry land, Ballymalis area, beautiful convenient location. Great value with many options.

MILLTOWN VILLAGE, Killarney Beautiful 3 bed semi in a small well built private development. beside schools, shops etc. Fully furnished as new. €115,000

BEAUFORT AREA Old house c.2 acres. Very scenic, dry & elevated. Bargain.

MILLTOWN VILLAGE Magnificent, detached two storey house, approx. 1,800 sq. ft. Building about to commence. Purchaser could make internal changes or put their own stamp on it. Only a few minutes walk to schools, shops etc.

REEKS GATEWAY TO KILLARNEY Commercial/office space for sale or lease. Various sizes and configurations available to suit the client. Prices negotiable.

BALLYMALIS, BEAUFORT, KILLARNEY Cottage with partly constructed extension on c. 1 acre. Great central, attractive location. Guide price €60,000 o.n.o.

BEAUFORT, Killarney, on the Main Ring of Kerry road, stunning 8 bed (all ensuite) B&B. Extensive frontage along the river Laune, with fishing rights. Panoramic views.

UPPER PARK ROAD, KILLARNEY, 3 bed detached bungalow on a large site.

ROSSBEIGH, GLENBEIGH Old style dwelling, Electricity, water, septic tank Only 1 mile from beach. V. scenic and private.

FIRIES VILLAGE Detached, 4 bed bungalow, close to school shops etc

MILLTOWN VILLAGE Commercial property w/ back yard. Great investment V. reasonable reserve.

MUCKROSS, KILLARNEY 6 bed detached, v. scenic, priced to sell.

TIERNABOUL, KILLARNEY 4 bed bungalow, beside N.S. only 2mls to Killarney town.

BALLYMALIS, BEAUFORT, KILLARNEY Detached, luxury 4 bed detached bungalow, almost new, great location.

KILLARNEY 6 miles approx. to rent or for sale old farm yard on c. 1 acre off the Tralee Road. Secure and convenient location.

FAHA, KILLARNEY 4 bed 3 ensuite detached dormer.

KILLORGLIN 2 MLS Beautifully restored stone house on c.6 acres. In pristine condition.

GLENBEIGH, RING OF KERRY RD. New detached 4 bed bungalow, stone fronted with

spectacular sea views, completed to a very high spec.

CARAGH LAKE, KILLORGLIN New dormer bungalow 4 bed (2 ensuite) set on a large site with mature trees.

GNEVEGUILLA VILLAGE Modern 3 bed semi w/ top energy saving ratings, complete finish **BEAUFORT KILLARNEY, OLD HOUSE** on c.2 acres, very elevated, dry, extremely scenic setting, reasonable reserve. **UNIQUE PROPERTY.**

FOSSA KILLARNEY Large commercial/private property beside the golf complex and on the main road.

MUCKROSS ROAD/WOODLAWN CROSS, KILLARNEY- c. 1/3 acre site. Superb location.

MILLTOWN, KILLARNEY (Ardmeelode area) Partly built detached bungalow.

Nice views. **BARGAIN.**

TULLORUM/TIRNABOUL KILLARNEY AREA 11.5 acres approx. Close to school etc.

KILLORGLIN, GOLF COURSE ROAD Delightful 2 bed detached bungalow, as new, superb location.

BEAUFORT, Killarney Beautiful, almost new detached dormer bungalow with stunning mountain views. Comprising approx. 2,300 sq. ft. 4 bedrooms, 2 ensuite. Kitchen/dining room, utility, lounge, bathroom. Built to the highest standards.

KILLORGLIN TOWN 2 town centre buildings, one has a very large back garden. Very reasonably priced.

KILLORGLIN TOWN Large modern warehouse **TO LET.**

KILLARNEY TOWN 68 New St. Killarney. Large street- front property with an extensive back garden. Great potential at a reasonable price.

FARMS/LAND

c.57 acres with old farmhouse and sheds, Currow area, 40 acres recently reseeded.

c.10 acres with good sheds, extremely scenic. Artgalvin, Headford area. 5mls from Killarney.

c. 35 acres of mixed land in one lot, Ballyhar, Killarney area.

Tullorum, Tirnaboul, (Spa) Killarney 11.5 acres approx. 3 miles from Killarney.

Farranfore-Killarney rd 17 acres with or without a dwelling house.

Firies area, Killarney 44 acres approx. excellent land with or without a dwelling house.

SITES

LOUGHGUITTANE/MUCKROSS area- Site with lake view, roadside.

LEAMNAGUILLA Off the Tralee Rd. very scenic 1/2 acre site with full planning.

AGHADOE Site roadside, approx 1 mile from town 1/2 acre selling subject to planning.

BEAUFORT AREA Elevated, scenic site c. 1/2 acre.

BEAUFORT, KILLARNEY 1 acre with full planning.

COOLIES, MUCKROSS, KILLARNEY c. 1 acre, private scenic location.

KILLARNEY 2 MILES APPROX 3 acres or more subject to 1 planning.

ROSSBEIGH, GLENBEIGH Site with full planning for dormer, no residency clause.

Killorglin 1 mile 3/4 acre site. On the main Killarney/Ring of Kerry road. Dry, elevated and scenic. On the main sewer and with all services.

Sunhill, Killorglin approx. 1 mile from town, 1/2 acre or more dry, roadside, elevated, scenic site. Bargain.

Faha, Killarney, c. 1/2 acre, dry, roadside, great location, bargain.

RAHEEN, HEADFORD, KILLARNEY, Site with full planning permission €20,000.

REALLY CONNECT IRELAND PUTS YOU IN TOUCH

Would you like your business to be well connected and reap the rewards? If so why not go along to Really Connect Ireland's One Day Business Course on 2nd December 2014 at the Manor West Hotel, Tralee. You will get the opportunity to learn actual strategies and tactics for the effective use of LinkedIn to achieve your business goals. Places are limited so booking is advisable.

SUMMARY OF COURSE CONTENT

Taking a practical approach with strategies and tools for exploiting LinkedIn for your business development and lead generation goals as key elements within the business strategy

PART 1

- Expectations from the course.
- Reviewing your LinkedIn profiles and optimising them for your objectives.
- The Five Step Strategy for setting goals and

getting a 90% success rate.

- The Trusted Open Partnership: A detailed, practical procedure and template for targeting your chosen contacts and achieving goals.
- The importance of your Easy First Yes for a compelling proposition.
- Reach out with the powerful First Degree Strategy to achieve your targets.
- Accountability: What you want to achieve before Part 2.

PART 2

- Learning some new time-saving tools for LinkedIn application.
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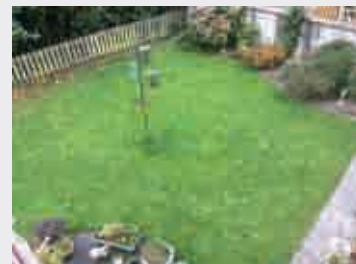
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PROPERTY OUTLOOK

THROUGH THE KEYHOLE....

A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET



Address: 13 MONASTERY GARDENS, MILTOWN: 3 Bedroom semi detached property situated in the heart of Milltown Village, maintained to a high standard by its present owners. Monastery Gardens is a small private development of only 25 houses, Private enclosed south west facing rear garden. **Agent: DNG TED HEALY** ● 11 New Street Killarney Co. Kerry ● **Tel: 064 6639000** ● **Fax: 064 6671663**

E-mail: tedhealy@dng.ie ● www.dng.ie

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



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FOR SALE

78 NEW STREET, KILLARNEY

Centrally located three storey Georgian townhouse with 9.2 m (32 ft) frontage onto New Street, rear access and off street car parking for four cars. The property is currently laid out as a three bedroom private residence, with full planning permission in place for rear extension to provide a retail unit of 170 sq. m.

PRICE REGION: €300,000

BER Pending



LISSIVANE WEST, KILLARNEY

Modernised and exceptionally well maintained four bedroom family home with two reception rooms on half acre site located in quaint cul de sac off Milltown road, convenient to Milltown, Killarney and mid-Kerry.

PRICE REGION: €180,000

BER D1



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€40,000 FOR ADEQUATE BROADBAND IN CASTLEISLAND

On a week when some residents of Castleisland were shocked when faced with a gaping sinkhole appearing outside their front window, news of a shocking injustice for Castleisland business owners may have gone unnoticed.

One local business contacted Eircom regarding the provision of an updated Broadband service (Current speeds in Castleisland are just 5MB while other areas of the county are running at speeds of up to 120MB). Eircom informed them that a charge of €40,000 would be payable over 3 years for 40MB broadband while businesses in Dublin are charged €99 a month for 120MB broadband with UPC. How can any business be expected to create employment in Castleisland with inequalities like this? Eircom are seeking to maximise their profits in an area that has been haemorrhaging young people in recent years due to unemployment. How can we hope to attract other companies to the town when we can't even guarantee an adequate broadband system? When contacted



by the Sliabh Luachra Outlook, Eircom's response was to take it or leave it. They also advised the business not to go to any politician - "you will only be wasting your time". Add to this the fact that there is a service in place that provides eFibre broadband (Up to 100MB

broadband) to Tralee running right through Castleisland town that we are simply not allowed to use and you begin to get the feeling that we aren't being given an equal opportunity to compete on any level with our counterparts in neighbouring towns and counties.

KILLARNEY CLASSICAL PIANIST IN CONCERT



CLASSICAL MUSICIAN, MANTAUTAS KATINAS

Killarney-based classical musician, Mantaugas Katinas, described by famous French pianist Anne Queffelec as having a remarkable technique, will perform in concert at the Kerry School of Music, High Street, Tralee this Friday night, November 28.

Mantaugas Katinas will perform works by Debussy, Bach, Rachmaninov, Medtner and Dvarionas in the programme which will commence at 7.30pm.

Well known in Germany, Switzerland, France, Lithuania, England and Ireland as a talented performer, Katinas has also delighted audiences as a musician involved in innovative multi-disciplinary projects, combining music with the

visual arts, poetry, literature and theatre.

In 2010, he won the first prize in the Ile de France international piano competition and also received the special Philomuses Association prize and invitations followed to perform in festivals and special events throughout Europe. Born in 1984 in Vilnius, Lithuania, Katinas has shown a flair for music since early childhood. He gave his first public piano recital at the age of 11 and was successful in several national and international piano competitions.

He has worked with conductors such as Saulius Sondeckis, Josef Walnig, Donatas Katkus, and collaborated with the Lithuanian Chamber Orchestra, Vilnius St. Christopher's Orchestra and the Lithuanian National Symphony Orchestra.

He spent his formative years at the Lithuanian Academy of Music and Theatre and continued at the Royal Academy of Music in London, where in 2009 he gained Master's Degree in Performance, studying with the renowned pianist Sulamita Aronovsky, whom he has consulted since.

Admission to the Kerry School of Music concert is €15 and €10 concessions.

HOSPICE CHRISTMAS CELEBRATION ALL IN A GOOD CAUSE

A Christmas celebration in aid of the Killorglin Hospice will take place on Sunday December 14th in Soly Sombra, Killorglin.

This magical evening of Song, music & story telling celebrates our local community and showcases only a fraction of the wealth of talent there is in Killorglin and surrounding areas.

It's a wonderful evening of warmth & friendship to be enjoyed whilst helping a local Charity.

Kerry Hospice/Palliative Care provides an invaluable service to those with a serious illness as well as their Families and Friends right here in Killorglin and the County of Kerry. Killorglin Hospice's Annual Christmas Celebration is a great way to get into the Christmas spirit this festive season and a great evening out for all the family.

The evening kicks off at 6pm with doors opening at 5.15pm.

Mulled wine & mince pies will be served on arrival & there will also be great raffle prizes to be won on the night.

For further details please contact: killorglinhospice@yahoo.com

All proceeds go directly to the Kerry Hospice/Palliative Care

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DONIE O'SULLIVAN RIP, "A LOYAL SERVANT TO ST FINAN'S AND TO SPA"

By John Kelly

Monday morning November 17th brought the sad news of the passing of Donie O'Sullivan Kilbreen and late of Minish Killarney. A retired Community Psychiatric Nurse who during his 30 years of dedicated service in the Tralee catchment area had been a loyal friend and advocate to both his clients he served and their families.

Born into a family with a long tradition in Irish music it was but natural that Donie should inherit this gift and while still in his teens he was already blossoming into a gifted accordion player who was very much in demand for various functions such as Station, and Threshing Dances as well as appearing regularly on the stages of the ballrooms of Clonkeen and Barraduff where the late Fr Molyneaux promoted those very popular set dancing competitions as a fund raiser for his Glenflesk Parish, accompanied by his late father Tom and brother Pat he was also a regular on stage for the various functions in the old Macra Na Feirme Hall in Lissivigeen. As well as having a musical talent he was also to develop an aptitude for various sports including Gaelic football and rowing. He played minor football for both Spa and Dr Crokes and won a juvenile race with Flesk Valley Rowing club in 1967 a crew which included Donie, his late brother Thomas, Jim Fleming, Sean Kelliher, Mick Morris, John McCarthy and Cox Phil Hilliard.

On completion of his secondary education in St Brendan's College he took up a position as a Clerical officer with CIE in Mallow which curtailed his sporting activities.

On taking up employment as a trainee Psychiatric Nurse at St Finan's Hospital in 1958 he also became fully immersed in the various social activities in the hospital. His musical talent was soon recognised and became a regular member of the Hospital Orchestra which provided the music for the resident's weekly dances in the ballroom and was also



ST FINAN'S ROWING CREW KILLARNEY REGATTA JULY 1962: FRONT L:R: TIM KELLY RIP, JACK O'SHEA (COX) RIP, PAUL O'SULLIVAN RIP, CYRIL HICKEY. BACK L:R: JOHN O'CONNOR RIP, JOHN KELLY, DAN CRONIN, DONIE O'SULLIVAN RIP.

on stage for the very popular Tops of The Town Shows which packed the Town Hall in the 1960 -70's era. He was also a regular member of the hospital rowing crews which enjoyed much success at the annual Killarney Regatta.

On moving to his permanent residence at Kilbreen after his marriage to Mary T O'Sullivan he again became involved with the local Spa GAA club and as well as providing the music for many of the club's winning Scor competitors he again accompanied by his brother Pat provided the music for the weekly set dancing sessions in the Spa GAA clubhouse.

On retiring from his Community Nursing duties in 2003 he teamed up with his brother-in-law Sean O'Sullivan to form the Highland Fling Dance Band and this musical duo were to make regular appearances in various dance halls around Kerry and on several occasions played the role of supporting artists for some of the renowned Showbands appearing in the Gleneagle Ballroom.

Donie still made time to meet up with his old colleagues from Finan's and each Friday

morning he would meet up with three of those former colleagues in what became known as "Veteran's Corner" in the Killarney Court Hotel and it was in this corner that subjects as diverse as sport, politics, farming and everyday affairs were on the agenda as well as anecdotes from the past some of which drew laughter and hilarity. Despite being in failing health for some time few of his friends expected that his passing would come so soon and early on the morning of November 17th he passed away peacefully at his home in Kilbreen.

The November sun shone briefly on Wednesday as the funeral cortege bearing his remains flanked by a Guard of Honour from Spa GAA club and St Finan's made it's final journey through the streets of the Town that he loved so well to his final resting place in Aghadoe. Donie my friend May The Sod Rest Lightly on Your Mortal Remains you served your communities well both in a professional and voluntary capacity.

Sympathy is Extended to his wife Mary and the extended O'Sullivan Families.

KMRT IN EMERGENCY CALLOUT

Two Australian tourists called on the services of the Kerry Mountain Rescue team when they became stranded on steep ground in a remote part of the McGillycuddy's Reeks on Wednesday night. The alarm was raised at around 4.30pm by the walkers as darkness descended. A description of the area was provided by the walkers over mobile phone to the rescue team and this led the team to search the area

around the Coimin na Peiste ridge. The team established voice contact with the walkers at around 6.30pm and they were located around an hour later on the ridge. The men were assisted down steep ground and then walked from the mountain with the assistance of the team - both walkers were uninjured. The callout concluded around 10pm.

BALLYSPILLANE COMMUNITY & FAMILY RESOURCE CENTRE AGM

The board of Management of Ballyspillane Community & Family Resource Centre Ltd. will be holding their AGM on Wednesday December 3rd 2014 at 7-30pm at Ballyspillane Family Resource Centre.

All are welcome to attend and the agenda will be distributed on the night.

IF YOU HAVE A STORY...

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



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GARDAI TO ACKNOWLEDGE THE WORK OF YOUNG PEOPLE

The official launch of the Lee Strand/Kerry Garda Youth Achievement Awards 2014 was held on Thursday, November 6th, 2014 at Lee Strand, Ballymullen, Tralee, Co. Kerry. The awards scheme which first commenced in 1998 is designed to acknowledge the volunteering endeavours of young people from Kerry between the ages of 14 years and 19 years. The winners will be announced at a celebratory function in the Ballyroe Heights Hotel, Tralee on Friday, January 16th, 2015. Awards will be presented for the Overall Winner, Certificates of Distinction, Certificates of Merit, a Voluntary Group Award and a School Award.

Speaking at the launch Chief Superintendent Pat Sullivan said that he was delighted to be able to announce details of the 2014 awards. He emphasised the importance of recognising and supporting young people who make the effort to help others in their community. He asked the Kerry public to look around their area and nominate any young person who has volunteered in any capacity over the past 12 months. He also thanked Lee Strand for the steadfast support of the Garda Youth Achievement Awards over the past 16 years and stated that the success of the awards scheme was due in no small way to that continued support.

John O'Sullivan, General Manager, Lee Strand stated "Lee Strand has a strong commitment



LAUNCHING THE LEE STRAND GARDA ACHIEVEMENT AWARDS AT LEE STRAND HEADQUARTERS, TRALEE FRONT L-R: GARDA CATHY MURPHY, AILBHE MANGAN, EVE CREEDON AND NIAMH RAHILLY. BACK L-R: JOHN O'SULLIVAN (GENERAL MANAGER LEE STRAND) AND GARDA DEIRDRE QUINN. PHOTO BY EYE FOCUS LTD. PHONE :MOBILE 087/2672033

to supporting initiatives within the local community and we are delighted once again to support the Kerry Garda Youth Achievement Awards. The awards provide a great opportunity to celebrate and recognise the voluntary efforts of the young people of Kerry, who have made a positive impact within their local community." The closing date for receipt of nominations is Friday, December 12th, 2014. Any member of the public can nominate a young person whom they feel has made a contribution to their local area. Nominations are accepted

from individuals, community and voluntary groups, schools and youth clubs/organisation. The winners will be selected by a panel of five judges who are community volunteers from around the county under the chairmanship of Chief Superintendent Pat Sullivan, An Garda Síochána. Nominations are available from any Garda Station in Kerry; K.D.Y.S. Office in Tralee, Killarney and Listowel or by contacting the Juvenile Liaison Office at Tralee Garda Station on 066 7102311. Nomination forms are also available to download on www.leestrand.ie

RUGBY CLUB GONE TO THE DOGS...



Members of Killarney Rugby Club had a wonderful night at the dogs last Saturday night.

The club were delighted with the support on the night which was attended by members and their families.

YOUNG DONNACHA MURPHY GETS THE BIG LIFT FROM THOMAS MARSHALL AND LUKE O'SULLIVAN WITH HIS DAD LIAM MURPHY ON THE RIGHT WHILE HAVING A GREAT TIME ATTENDING & SUPPORTING THE KILLARNEY RUGBY CLUB FUNDRAISER AT THE KINGDOM GREYHOUND STADIUM ON SATURDAY NIGHT. © WWW.DENISWALSHPHOTOGRAPHY.COM 087-6017694



L-R: TIM FITZGERALD, KAY FITZGERALD AND JOANNE MURPHY WITH SARA FITZGERALD, KILLIAN & DANNY MURPHY ENJOYING A GREAT NIGHT ATTENDING THE KILLARNEY RUGBY CLUB FUNDRAISER AT THE KINGDOM GREYHOUND STADIUM ON SATURDAY NIGHT. © WWW.DENISWALSHPHOTOGRAPHY.COM 087-6017694



ANGELA & JOHN WALSH FROM FARRANFORE WITH THEIR CHILDREN MAX, HUGH AND HENRY ENJOYING THEIR NIGHT OUT SUPPORTING THE KILLARNEY RUGBY CLUB FUNDRAISER AT THE KINGDOM GREYHOUND STADIUM ON SATURDAY NIGHT. © WWW.DENISWALSHPHOTOGRAPHY.COM 087-6017694

KERRY SCHOOLS TO BENEFIT FROM MINOR WORKS GRANT FUNDING – MOLONEY

Labour Senator Marie Moloney has said Kerry primary schools are set to receive a funding boost to carry out small-scale repairs, with the announcement of the 2014 Minor Works Grant by Education Minister, Jan O'Sullivan today. "Every primary school in Kerry with permanent recognition will receive a small amount of funding to carry out small capital or improvement works to the school, with payments issuing to schools next week. "This funding will help schools make improvements to their school buildings and grounds, and invest in their furniture, and IT and sport equipment. "Each school will receive a payment of €5,500 per school, and a further €18.50 per mainstream pupil, or €74 per pupil with special needs. The grant is worth €6,425 for a 50 pupil school and more than €11,000 for a 300 pupil school. "I know from speaking to parents and principals that every investment we make in school buildings and equipment is money well spent, and today's announcement by Minister Jan O'Sullivan is no different. "Labour is continuing to invest to improve educational infrastructure in local communities."



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CECILIA PECK VOLL WITH OSCAR WINNER KEVIN SPACEY WEARING BRIAN DE STAIC AGLISH PENDANT AT THE EMMYS 2014 .

jewellery manufacturing workshops in Ireland and boasts a brilliant in- house team of skilled jewellers, all trained by Brian himself.

This wealth of talent, skill and experience provides a comprehensive jewellery repair service including ring sizing, mountings, stone replacement, rhodium plating, jewellery cleaning and polishing, custom jewellery designs and remodelling service, working in silver, yellow and white gold, platinum and palladium.

Brian de Staic also offer a bespoke engraving service and expertly engrave your personal message on any piece of Jewellery.

Customers can meet the master jewellers in the workshop showrooms or in the shops to discuss any special requests including the unique Brian de Staic wedding and engagement Rings which are their speciality.

Whatever the occasion Brian de Staic has a wide range of jewellery designs and a huge range of brands to choose from.

Brian de Staic designs, handcrafts and sources jewellery and watches from around the world. Every year they ensure the latest trends are in stock by attending the Jewellery trade fairs in Paris, Basel, Munich and Vicenza, Italy.

They provide a large collection of watch brands: Brian de Staic Collection, Anne Klein, Festina,



ACTRESS LAURA DERN, STAR OF THE FILM FAULT IN OUR STARS PICTURED WITH THE GREGORY PECK AWARD WHICH WAS DESIGNED & CREATED BY BRIAN DE STAIC.

Casio, Lorus, Seiko,Pulsar,Kenneth Cole, Bering and many more.

Their Jewellery collection includes Brian de Staic, My iMenso, Tesoro, John Rocha, Diamond Fire, Jean Butler, Willow & Cream, Fiorentino, Little Angles, Bulle d'Amour, Brown & Newirth, Chrysalis Bangles, Moriconi, Novello and lots more.

Brian de Staic's number one commitment is to offer their customers only the very best in design, quality and value.

With Jewellery shops in Green Street and The Wood Dingle; Manor West Retail Park Tralee and 18 High Street, Killarney only four doors up the Street from Penny's – a visit to Brian de Staic is a must.

www.briandestaic.com
Tel. 066 9151298

ROAD IMPROVEMENTS IN KILLARNEY

Councillor Michael Gleeson proposed the following Notices of Motion at the November 2014 meeting of Killarney Municipal District:

● "That Kerry County Council would examine the feasibility of providing a 2 – Lane traffic exit onto Mission Road from Cathedral Place, Killarney".

Kerry County Council replied that this request will be forwarded to the Road Design Office to determine if a 2 - Lane traffic exit can be provided here.

Councillor Gleeson stated that the junction becomes very congested on the occasions of funerals and Masses. The provision of a 2 – Lane exit would help to reduce the traffic build-up

and he hoped that 2nd exit will be included in Works Programme for 2015.

● "That Kerry County Council would devise an overall plan for the Abbey Cross junction on Muckross Road that would (a) eliminate the regular ponding and (b) improve the visual aspect of this important location".

Kerry County Council replied that a Plan will be devised for this Cross. The required works would be suitable for funding through a County Councillors Allocation.

Councillor Gleeson welcomed the positive response and committed to allocating the necessary finance.

QUIZ BUFFS HEAD FOR LISTRY

Listry GAA Club are hosting a Table Club on Friday night next, December 5th at 8.30p.m. in Faha Court.

There will be plenty of festive cheer on the night with great quiz questions, finger food and a raffle.

Table of 4 is €40 and all proceeds to the club.



RING OF KERRY CYCLE FUNDS EYE GAZE TECHNOLOGY

Kerry Friends of Motor Neurone held an information evening on Friday 21st November in Killarney Plaza Hotel where Dr Helena Moore Consultant Neurologist gave a very comprehensive presentation on Motor Neurone Disease.

Aisling Farrell CEO Irish Motor Neurone Disease also addressed the meeting along with Mr Rob Gregory and Mr Nick Ward experts from the UK who demonstrated the TOBII EYE GAZE Technology the very latest communication aid for Motora Neurone sufferers.

This communication aid resembles a computer screen and enables the user to communicate -- turn on TV -- surf the net -- send an e mail

etc and is operated by the eye movement of the user.

This technology will soon be available to Motor Neurone sufferers in Kerry and this was made possible by their participation in Ring of Kerry Charity Cycle 2014.

PICTURED RIGHT AT THE KILLARNEY PLAZA HOTEL FOR THE MOTOR NEURONS EVENING WHERE A SMART BOX & TOBII EYE GAZE DEVICE WERE PURCHASED RESULTING THE RING OF KERRY CYCLE FUNDING.
FRONT ROW L-R NICK WARD (UK), AISLING FARRELL (CEO IMNDA), CHRISTY LEHANE (CHAIR PERSON), ROB GREGORY (UK), SHEILA CASEY & DR HELEN MOORE (NEUROLOGIST AT BONS TRALEE). BACK ROW L-R MARIE REAVY (REGIONAL DIRECTOR), MICHAEL O'DONOGHUE, DENIS RUSSELL, MARY O'LEARY, PAT KELLEHER, MARY LEHANE, TOM MAC DONNELL, PADDY O'KEEFE & NORA MURPHY.



PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

Lee Strand



TASTE THE FRESHNESS

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The Kerry Garda Youth
Achievement Awards 2014

Garda Youth Achievement



An Garda Síochána
KERRY DIVISION

AWARDS 2014

The Kerry Division of an Garda Síochána in association with Lee Strand are holding awards for young people between the ages of 14 years and 19 years in recognition of the great contribution young people have made and continue to make to their communities in Kerry.

Awards will be considered for nominated young people, who, through their efforts have made their communities a better place to live. Awards will be presented at an Awards Ceremony at the Ballyroe Heights Hotel, Tralee on Friday, 16th January, 2015.

Lee Strand



TASTE THE FRESHNESS

If you would like to nominate a young person for an award please complete the nomination form and return to the Juvenile Liaison Office, Garda Station, Tralee before **12 noon on Friday, 12th December 2014.**

Nomination forms are available at all Garda Stations and KDYS
Nomination forms are also available to download on www.leestrand.ie
For further information please contact 066 710 2311

KILLARNEY HISTORIC RALLY TAKES OFF THIS WEEKEND

Millstreets Denis Moynihan heads a very strong group in the Rentokil Initial Killarney Historic Rally which gets underway from the town Gleneagle Hotel early on Saturday (November 29) morning. Moynihan, who won the Historic section in the Rally of the Lakes in May and finished second on this event last year in his Ford Escort Mk1.

At stake is an all expenses paid trip to the Barbados Rally Carnival next summer.

There is a huge overseas entry too, lead by the Ford Escort crews of Tomas Davies, Rob Smith and former Irish National Champion, Melvyn Evans. The Welshman finished third last year, some 48 seconds behind Moynihan and the Ford Escort pilot will be hoping to go one better this year.

Tralee's PJ O'Dowd, who was recently crowned both West Coast and National Historic Rally Champion is also on the entry list but his Talbot Sunbeam is still awaiting parts following a rear differential problem on the recent Kerry Winter Rally and his appearance on the start list will remain in doubt until the very last minute.

The modified section is always keenly fought and this year's event is no exception with some of the best rear-wheel-drive car drivers from

both sides of the Irish Sea expected in Kerry at the weekend. Top seed is County Down's Wesley Patterson who will be hoping to reverse his luck in the Kingdom. Patterson retired from the Kerry Winter Rally after his Ford Escort hit a baled-chicane. He crashed out on stage two of this event last year. Local ace Fergus O'Meara is sure to give his rival a run for his money although the Kilorglin man could be a bit rusty has he not competed much this year owing to overseas business commitments. Martin McGee starts at three and the Donegal man is a former winner of this section of the event. Phil Collins who has been coming from his Hereford home to compete on Killarney rallies for well over 30 years is another who will challenge for over all victory in the event in his Ford Escort Mk2. Top local drivers in this section include Charlie Hickey and Vincent O'Shea in their respective Escorts.

STAGE DETAILS

SS1 & SS4: Molls Gap

Road closures from 07:00 to 14:00

National Secondary Road: N71

Starting 100m beyond the entrance to Muckcross House via Galway's Bridge, Molls Gap and finishing at Carrig East.

SS2 & SS5: Beallaghbeama

Road closures from 08:00 to 11:00 and 11:50 to 14:50

Regional and Local roads: L-7545, R-568, L-4047 and L-3502

Starting at Blackwater Bridge via Maulcallee Cross to the R568 at Gearha Bridge Cross, Gearha Cross via Tooreennafersha and Beallaghbeama Gap and finishing at Shronahiree More.

SS3 & SS6: Caragh Lake

Road closures from 08:45 to 11:40 and 12:20 to 15:30

Local roads: L-4019, L-4017, L-4018 and L-4020 Starting at Shanacashel Crossroads to Blackstones Bridge to Drom East, Bunglasha North, Lough Beg to Quaybaun Crossroads and finishing at Tooreenasliggaun Cross.

SS7 & SS8: Gortnagane

Road closures from 14:10 to 19:00

Local roads: L-7056, L-7055, L-3014

Starting at the junction at Knockacappul near the school south to Rath Beg, past Rathmore GAA Grounds, south to Awnaskirtaun right to Gortnagane, Gortderrig, Gortacareen, Drom to the junction at Headfort with the R570.

HELENE DISPLAYS HER LOVE OF PAINTING



ARTIST HELENE BRUNICARDI'S ART EXHIBITION WHICH IS ON DISPLAY AT KILLARNEY LIBRARY UNTIL SATURDAY EVENING AT 4.30PM.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

Painting is my first love.... so said Helene Brunicardi who has hosted a very successful exhibition of her paintings at Killarney Library over the past ten days.

Painting for over 35 years, Helene is very well known in Killarney having taught Art in the Killarney Community college up until her retirement ten years ago.

Helene's is also a member of the Killarney

Toastmasters which she extremely enjoys but its painting that is gives her the most pleasure. She works in oils and watercolours painting landscapes, trees and flowers and is also a portrait painter.

Helene's exhibition continues until tomorrow evening, Saturday 29th November at the Killarney Library and is well worth a visit.

LIONS CLUB CHRISTMAS FOOD APPEAL

Members of Killarney Lions Club are preparing for the festive season with their annual food collection which is due to take place this weekend in Tesco stores.

Their annual street collection will take place on Friday 19th December. This collection has been very well supported by people in the past and the Lions Club are looking forward to the public's support again this year.

All items and money collected will go towards the purchase of over 90 hampers which will be distributed to those in need in the community over the Christmas period.

The Lions Club would like to thank the community of Killarney and its surrounds for the generous support over the past 40 years.



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AWARDS FOR YOUNG HURLERS

The 4th Annual South Kerry Hurling Bord na nÓg Awards Night will be held in the Killarney Plaza Hotel tonight, Friday, 28th November. On the night, there will be a special presentation to the South Kerry members of the victorious Kerry Minor Hurling Team who won the All-Ireland Minor 'B' Hurling Championship title this year as well as members of the development squads who represented their South Kerry clubs with pride and distinction. The success of the South Kerry U12 Hurling Development Squad that travelled to the Gaelic Grounds, Limerick in August will also be acknowledged on the night.

Cork Senior Hurling Goal-keeper and 2-time GAA GPA All-Star Awards winner, Anthony Nash

will be in attendance to present the awards to the South Kerry representatives. He will also be speaking and there will be an opportunity for questions from the audience. Further more, we will be holding our famous raffle for a range of prizes during the course of the evening.

The club are very grateful to the main sponsors of this annual event, O'Donoghue-Ring Hotels, for making it such a success over the past four years.

Everyone is welcome to join in the celebration of the achievements of these young hurlers on this Friday evening, 28th November where proceedings will commence at 8:00pm. Admission is free.

A VISIT TO MYLESTONE IS A MUST

A visit to Mylestone Interiors on East Avenue Road, Killarney is a must this Christmas.

The one stop shop for all your Interior Design needs, Mylestone Interiors carry a large selection of bespoke fine Furniture.

Mylestone Interiors are stockists for Farrow & Ball Paint and Wallpaper along with a large choice of luxurious Wallpaper and Fabrics to choose from. Mylestone provide a Curtain Making, Blind and full Soft Furnishings service along with an amazing selection of unique Accessories and Gift ideas.

As it's the Festive Season Mylestone also have an extensive range of Christmas Decorations to decorate your home beautifully.

Mylestone Interiors provides both Residential and Commercial Interior Design Service along with offering Shop Consultations, all by appointment.

Mylestone Interiors also provide a full concept design/ package to the Hotel and Bed and Breakfast market.

Follow them on face book or log onto our online store www.mylestoneinteriors.ie



MYLESTONE INTERIORS

GARDAI SEEK PUBLIC HELP IN CARRAUNTOOHIL CROSS CRUX

Gardaí in Killarney are seeking information from the public in relation to the current whereabouts of the plaque which was removed from the Cross at the summit of Carrauntoohil late last week.

Supt. Flor Murphy and his team at Killarney Garda Station are also seeking information from the public in relation to the criminal damage to the Cross in particularly from people who may have noticed any unusual movement of vehicles or persons in access areas/routes to Carrauntoohil late Thursday, Friday and early Saturday.

News broke on Saturday afternoon that the iconic 5 meter cross on the top of Ireland's highest mountain had been cut down.

The structure was erected in 1976 by approximately 100 people from the Beaufort area, an event which was featured on RTE television at the time.

According to reports this week, following a meeting held this week by the MacGillycuddy Reeks Mountain Access Forum, the cross will be reinstated in the next few weeks.

There has been widespread condemnation of this act of vandalism which has attracted interest on a world wide scale.



GRADUATIONS ON THE TRIPLE FOR THE FLEMING FAMILY



TRACY FLEMING

Its been a busy few weeks in the Fleming household in Ballydunlea, Ballyhar with three graduations taking place. Mum and Dad, Marie

and David celebrated the success of their three children, Shane, Lisa and Tracy who all graduated from various colleges in the past few weeks.

Lisa was first to graduate with a Higher Certificate in Culinary Arts at Tralee IT. Then it was Shane's turn last Friday when he graduated with a Bachelor of Science (honours) in Design and Technology from GMIT in Galway.

It was back to Killarney on



SHANE FLEMING



LISA FLEMING

Friday evening when Tracy received her Certificate in Office Administration at Killarney Community College. Well done to all.

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- Very successful sporting achievements - All Ireland Champions in basketball. Munster badminton champion. Boys and girls school teams in Soccer, GAA and Rugby.
- Student's on Young Munster Rugby team. Student on panel for U15 Irish basketball
- Canteen at a reduced rate for students/ Free Filtered Water /Fair Trade products
- Excellent school Choir and musical group.
- All Ireland Champion musicians.
- Extra- curricular activities - Gaelic Club- Computer Coding/Computer Blogging/Chess/Table tennis /GAA coaching with Jack O' Connor for boys and girls football teams.

WEEKEND CHRISTMAS ACTIVITY DAYS

Killarney National Park Education Centre will be running a series of special Christmas Activity Days, for children between the ages of 7 and 13.

The days will run from 9.30am and finish off at 4.00pm on the 13th, 14th, 20th and 21st of December.

For further details please contact
Killarney National Park Education Centre
Tel 064 6635960




Killarney National Park Education Centre
Knockreer House, Killarney, Co. Kerry
Email: knpeducationcentre@eircom.net

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Sun 30 The Celts - Ballroom.

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Sun 7 Dec Muriel O'Connor - Ballroom.

Thurs 11 Dec Johnny Reidy - Ballroom.

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Sun 7th Dec - 6pm Ballad/Trad Session Thirsty Scholars
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DIGITAL SCHOOLS AWARD FOR THE MONASTERY

The Monastery NS had reason to celebrate recently when it was awarded the Digital Schools Award. The Digital Schools of Distinction is a flagship programme which aims to promote, recognise and encourage excellence in the use of technology in primary schools.

Schools that successfully complete the 3 step programme receive a nationally recognised Digital School of Distinction Award, accredited by the Dept. of Education. Digital Schools of

Distinction also receive free hardware and software and ongoing practical support and resources as part of the community of digital schools in Ireland. There are 139 schools in the whole of the country who have been recognised with this award and the Monastery school are delighted to be one of these.

In order to achieve this the school had to meet several criteria, such as devising and implementing an ICT strategy, display positive attitude towards ICT, integrate ICT across the

curriculum, show commitment to ongoing professional development in ICT and schools must have invested in appropriate hardware and software.

"The whole school community are delighted with this award as it reflects the efforts made by everyone involved in the school, from fundraising, training, research etc, and it shows that the school is meeting the challenges of a changing learning environment" said school Principal. Colm Ó Súilleabháin.

FASHION SHOW RAISES RECYCLING AWARENESS



EMER BEASLEY, SHANNON FOSTER AND ROISIN O'CALLAGHAN AT THE SHOW.

St. Brigid's Secondary School continues to heighten awareness amongst students of the importance of recycling in our school and in our local community. On Thursday the 20th of November, Ms. Dowling the Green School

Co-ordinator, held their 2nd annual Green School Couture Fashion Show. 17 groups of students participated in this very exciting fashion event. As each student modelled their attire, the MCs of the fashion Show Transition Year students Connie Lynch and Aisling O'Connor gave a description of the garments and how they were made. This event heightened awareness amongst the students of St. Brigid's about how waste material can be reused and recycled. It was partially funded by Kevin Cotter Catering and Lyne's of Killarney. Our guest judge, Elizabeth Lyne presented the prizes. This fashion show was held in conjunction with Recycling Week in St. Brigid's and students got involved in many lunch time activities. St. Brigid's are hoping to retain their Recycling and Energy Green School Flags and aspire to attain their third flag for Water. We will continue to highlight awareness of green issues and as part of the Gaisce Awards. We will be working with the Tidy Towns Committee to ensure their continued success in this event.



HANNAH O'LEARY AND CIARA FORAN.



NIAMH COFFEY AND ELISHA HANRAHAN.

"FASHION SHOW AT KILLARNEY COMMUNITY COLLEGE"

Just a reminder that on Wednesday 3rd December 2014, Killarney Community College will host a glamorous Fashion Show in aid of the TY programme and South West Counselling Services. A huge amount of planning and preparation has been undertaken and both teachers and transition year students of the college promise a night of sparkle, glitz and glamour. Local boutiques and high street stores will showcase what is in store. A superb raffle has been organised with amazing prizes that anyone would cherish this time of the year. Tickets are limited and are available from the school office. Price: €10 (adult) €5 (student/child), the fashion show begins at 7.30pm.



STUDENTS GET A CRASH COURSE IN REALITY! THE AXA ROADS SAFE ROADSHOW IN CONJUNCTION WITH AN GARDIA SIOCHANA WILL DELIVER A HARD-HITTING ROAD SAFETY MESSAGE TO OVER 900 KERRY TRANSITION YEAR STUDENTS AT THE INEC KILLARNEY. PHOTO BY : DOMINICK WALSH / EYE FOCUS LTD ©

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contact Aisling on **086-0400958**

or **editorial@outlookmags.com**

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OUTLOOK RECIPES

Cod & Steamed Veg
Fitness expert Edele Daly provides this week's recipe to prepare for our 6 week challenge.

Serves: 2
Prep time: 10mins
Total time: 40mins approx
calories: approx 300 cals per person

Ingredients
2 x Cod fillets (palm size portion)
2 x Medium (fist sized) potatoes.
3 x Carrots
2 x cups of Broccoli

Spinach leaves, cherry tomatoes, & passion fruit for side salad. Lemon slice to drizzle over cooked fish
Dried Parsley for presentation

Method

- Turn the Oven on to preheat (medium- high heat)
- Heat up your steamer.
- Prep the carrots, broccoli & potatoes and place in the steamer.
- Wrap the Cod fillets in tin foil and place in oven.
- Cut up Passion fruit in half and remove the center and mix with broccoli and cherry tomato for side salad dressing.
- Keep an eye on the fish and remove when cooked through.
- Remove steamed Veg when cooked to your satisfaction
- Serve up on plate with slices of lemon to favor & garnish with dried parsley.

SPECIAL DIETARY INFORMATION:
Gluten free. High in Protein & Omega 3's

TIP OF THE WEEK:
Save some leftovers. If you have leftovers from dinner the night before, box it up & bring it to work the following day for lunch. A quick pop into the microwave and you will have a healthy meal in minutes. Or better still put that extra bit on when you are cooking your dinners so you always have a healthy lunch prepared for the following day so no excuses!!! This saves on always having to rely on boring sandwiches for lunch.



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OUTLOOK MAGAZINES are offering readers the opportunity to enter a competition to win the First Holy Communion Day of their dreams.

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One lucky girl and boy will be in with a chance to win their full Holy Communion Dress and accessories from Lynes of Killarney and a Suit, shirt and tie from Divas and Dudes, Castleisland, shoes from Costello's Castleisland, hair style for the girl from Sean Taaffe and for the boy from Julie's barber shop.

FREE

Both families will be treated to a family meal for four at The Gleneagle Hotel in Killarney or The Meadowlands Hotel in Tralee.

FREE

Photographs of the day will be taken by a professional photographer and a photobook provided to keep all the memories of the day in from a Photo Book for You.

To enter this competition we would like the Holy Communion child to write a little story on what their First Holy Communion means to them.

Entries can be posted or dropped into Killarney Outlook, 30 High Street Killarney or Tralee Outlook, Tralee Road, Castleisland before 12 noon on Monday 15th December. Winner will be announced in our bumper Christmas issue on 19th December 2014.

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DEALING WITH DEPRESSION III

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:

1. 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
2. Develop the habit of doing at least one enjoyable, pleasant thing for yourself each day.
3. 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. info@kerrylifeline.com. To make an appointment call **064 6636416**. SouthWest Counselling Centre is a not-for-profit organization. All funds raised through fundraising go directly to service provision.

Health Matters.... With Dr. Michael Moloney

CROUP

Croup is an infection of the larynx (voice box) and trachea (windpipe). These are the upper and lower parts of the breathing tube that connects the mouth to the top of the lungs. The usual cause of croup is a viral infection.

Croup is common in young children and occurs most commonly between the ages of one and three years. As children become older, their breathing tube becomes firmer and wider. Therefore, croup becomes uncommon after the age of six years. Croup often occurs in outbreaks or epidemics in the winter.

What are the symptoms of croup?

- Cough, which is usually harsh and barking.
- Breathing symptoms. The infection causes inflammation on the inside lining of the breathing tube. There may also be a lot of thick mucus. A combination of these can cause narrowing of the breathing tube. The narrowed tube may cause noisy breathing (stridor). Breathing may become difficult if the narrowing becomes worse.
- Other symptoms that may occur include a runny nose, hoarseness, and sore throat.

The symptoms are often worse at night. Symptoms usually peak after 1-3 days, and then improve. A mild but irritating cough may last a further week or so.

How serious is croup?

Symptoms are often fairly mild, but sometimes become severe. Any breathing difficulty is often mild. Parents can expect to have one or two disturbed nights nursing a coughing child. Most children with croup remain at home and soon recover.

The main concern is if severe narrowing of the breathing tube develops. If this occurs then breathing can become difficult.

NEXT WEEK: What can I do to help a child with Croup?



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CATHERINE O'SHEA TAHILLA SNEEM WHO MARRIED SEAN HAYES TONEVANE TRALEE IN ST PATRICK'S CHURCH TAHILLA PICTURED WITH THEIR BRIDAL PARTY. L:R: AOIFE O'SULLIVAN, NORAH AND LISA O'SHEA, LIAM POFF, JOE COSTELLO AND PADRAIG HAYES.

PHOTO: BRIAN TERRY PHOTOGRAPHY.



PICTURED BRIDE AND GROOM
CATHEINE O'SHEA AND SEAN HAYES.

PHOTO: BRIAN TERRY PHOTOGRAPHY



PICTURED L:R: AOIFE O'SULLIVAN, BRIDE
CATHERINE O'SHEA, LISA AND NORAH O'SHEA.

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RATHMORE /GNEEVEGUILLA NEWS

By Michael O'Mahony

A RATHMORE WOMAN IS TO BE APPOINTED TO THE CIRCUIT COURT:

Congratulations to Rathmore's Barrister Elma Sheahan East End has been nominated by the Government for appointment by the President to the Circuit Court. Ms Sheahan was called to the bar in 1996, Ms Sheahan's nomination is among seven following a recent retirement and appointment of Circuit Court Judges to the High Court. It will now be the decision of the President of the Circuit Court on where the new judges will be assigned to. We all wishes Elma well in her new role.

CUMANN LUACHRA: are launching their 16th Journal this Friday night in the Club Rooms, Gneeveguilla @ 8.30pm. Donal Hickey & his Committee have produced once again a very attractive Journal with lots of interesting articles and photographs. It costs €12 and would make a much cherished Christmas gift especially for those away from home. Matt Cranitch the famous fiddle player will perform the launch. A great night's entertainment by Connie Moynihan, Christy Cronin, Gneeveguilla Comhaltas is assured.

Back copies of the Journals will be on sale also. Refreshments will be served. Everyone is welcome.

RATHMORE/GNEEVEGUILLA COMMUNITY GAMES AGM: We held our annual AGM, on Wednesday 29th October. Maureen Cremin, our Secretary, retired after many years with our Club. We would like to thank her, for all her help and assistance over the years and wish her the best for the future.

The Officer's elected were Aeneas O'Leary, Cynthia Daly, Mike Foley, Ann O'Leary, Marianne Cronin and Committee Members are Joan Warren, Valerie Linehan, Geraldine O'Leary and Marie Foley.

Anyone interested in assisting with events and any aspect of Community Games, please contact any member of the Committee.

TUREENCAHILL SCHOOL BUILDING: on Friday 28th November 2014 @ 11.30am to set up ACTIVE RETIREMENT GROUP. Joining a local association can offer you friendship, shared interests and new creative skills.

Development Officer from Active Retirement Ireland will attend.

The legendary SEAMUS BEGLEY and DONOGH HENNESSEY will perform a live concert in TUREENCAHILL SCHOOL HOUSE on Saturday

January. 3rd 2015. Tickets are limited so book early to avoid disappointment.

Christmas Craft Fair Sunday 14th December.

Enquiries 087 0617247/087 0576107

SLIABH LUACHRA COMHALTAS: Well done to all who represented the branch at Ceol an Gheimhridh which took place at the I.T. Tralee Renelity . Congratulations to the following prize winners- Shane Warren - 1st Place, U13 Storytelling, Aoife O'Sullivan -1st Place, U13 English Singing and Mark O'Leary -3rd Place, English Singing. 1st and 2nd Place going on to represent the branch at Ceol an Gheimhridh na Mumhan on the 1st of February 2015, in Dromcollogher, Co. Limerick. For full results from Ceol an Gheimhridh, visit www.kerrycomhaltas.ie

RATHMORE COMMUNITY COUNCIL: extends its deepest sympathy to its Chairman Joe Downey, his wife Mary, extended family, relatives and friends on death of his father Patrick (Pat) DOWNEY Toremor, Kilcummin, Killarney, which occurred during the week. May he rest in peace.

RATHMORE BRANCH OF KERRY PARENTS FRIENDS ASSOCIATION: Will hold their Annual Sale of Work on Sunday December 7th. At Rathmore Community Centre At 2:30pm. Santa Claus will attend. Item for auction or for sale may be handed in at the community centre Rathmore on Saturday 6th December.

SHRONE N.S.: On Tuesday 9th December the junior pupils in Shrone N.S. will travel to the Ivy Leaf Theatre in Castleisland. They are going to see "The Three Little Pigs" from 9.30am to 2pm. It costs €10 per child. Pre-school children are welcome to come along. If you would like to come or if you need further details please contact Michelle on 064 7758687.

KNOCKNAGREE N.S.: Parents Council have launched their 2015 School Calendar. Calendars can be purchased at Nuala's Shop & P.O. and from Knocknagree N.S. at a cost of €10.00 each.

Alternatively contact any member of the Parents Council. Ellen 087- 6981764, Mairéad 087- 6152376, Michelle 086 - 1050435. Date for your Diary Knocknagree N.S. Parents Council have organised a Mass and Concert in Knocknagree Hall for Wednesday night 17th December. Please Support.

RATHMORE CREDIT UNION: Christmas

Colouring Competition: This is a fun competition for children to colour their favourite Christmas scene. Sheets are available in the Office. The closing date for entries is 10th December. Lots of prizes to be won.

KERRY FRIENDS OF MOTOR NEURONE: Wish to sincerely thank Mike Dennehy. Ceannearagh for so generously donating his expenses from juvenile refereeing in 2014 to help Motor Neurone sufferers. This is greatly appreciated by the organization. Thank you Mike.

GNEEVEGUILLA GAA CLUB: Congratulations to Gneeveguilla Juniors who retained the McElligott Cup recently. Thanks to players, management and supporter's for their support on the day. A big thanks to everyone who supported our volunteers who collected for the National GAA Draw over the last few weeks. Tickets are still available from Club Members. Thanks for your continued support.

RATHMORE G.A.A. CLUB: Fixtures: All roads lead to Killarney Sunday last November 23th for the Final of The Aquila Club O'Donoghue Cup Rathmore v Legion which ended in draw Final score 1-9 to 12pt in Fitzgerald Stadium. All roads will lead again on Sunday December 7th as replay will take place again in Fitzgerald Stadium. At 2pm.

CHRISTMAS IN RATHMORE: Mr. Liam Flynn from Millstreet outlined a proposal which would very much enhance our village 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 agreed 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) 6380053 or (029) 70397.

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

Killarney Outlook

are looking for your old photographs for our Souvenir edition in January.

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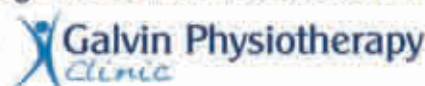


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KILCUMMIN NEWS

SYMPATHY: Sympathy is extended to the family of the late Pat Downey, Toomore who died recently.

KILCUMMIN LOOKING GOOD: A Clothing Collection Fundraiser will be held on December 6th/7th outside the Recreational Hall. Details to follow.

C.D: The debut album by the TríTones featuring local musician Conor Moriarty Their debut album is available at Variety Sounds, Killarney, Kilcummin PO and is set to be released into all music stores across the country and also online. For more info regarding upcoming launches/gigs check out 3tonesmusic.com or on Facebook/ The TríTones. This will make an ideal Christmas present for all lovers of traditional music and song.

KILCUMMIN COMHALTAS: Kilcummin Comhaltas will be holding a Christmas fundraising concert on Sunday 14th December in the Killarney Outlet Centre from 2pm to 5pm. All are welcome to come along and join us to celebrate another great year for our branch! Don't forget to wear your Santa hats!

We would like to congratulate all our members who participated in the recent Ceol an Gheimhridh competitions. Well to all! All results can be seen by visiting <http://www.kerrycomhaltas.ie/>

ICA: Monthly meeting has been deferred until December 11th. Our guest speaker will be Senator Maria Moloney.

KILLARNEY CAMERA CLUB: Will hold an exhibition of photographs entitled "Kerry the Kingdom" at Killarney Library commencing on Thursday December 4th and continuing until the end of December during library opening hours. The exhibition will be officially launched by Weeshie Fogarty on 4th December at 6.30 pm. Free admission.

KILCUMMIN GAA: Kilcummin GAA Club National Draw and Local draw prizes. Kilcummin GAA Club are again this year taking part in the National club Draw which was a great success last year thanks to the generosity and support of our loyal followers. This enabled the club to finalise the purchase of the field from St. Brendans Trust which is now paid for in full and in the club's name. To date monies collected through various draws have been used to pay € 50,000 for the field and €75,000 for the trunking and machine work needed to bring it to an accessible level. Phase 2 now involves the draining, surfacing and fencing of the facility, with a view to putting a walking track encircling the field. The proceeds from this coming draw if successful will be used solely to enable the club to commence this work as well as avail of a grant allocation from the Dept of Tourism and Sport. We appreciate that there is a great need for this facility to be finalised this year so we are asking for your support in this draw, mindful of your patience and support to date. In addition to the prizes outlined below anyone who buys a ticket through Kilcummin GAA Club will be included in a Local Draw with a prize fund of € 500.00. Tickets €10 Prizes as follows. (1 and 2) Trip with 2015 All-Stars (2 persons All-Ireland Football Final tickets, All Star banquet tickets, tour and airline tickets and accommodation) (3) Trip to New York (2 persons, Airline tickets and 3 night's accommodation) (4) Travel voucher to the value of € 1,500 (5, 6 and 7) All Ireland Hurling & Football Final Corporate packages 2015 (2 persons. Corporate hospitality and 2 nights accommodation with evening meals) (8 and 9) Shopping vouchers (Value €1,000 at retailer of your choice) (10 , 11, 12, 13,) (Four prizes as follows) All Ireland Hurling and Football Final Package 2015 (2 persons, Premium tickets

and overnight accommodation for both week-ends) (14) All Ireland Hurling final (Premium tickets, accommodation, evening meal x 2) (15) All Ireland Football Final (Premium tickets, accommodation, evening meal x2) Sellers will be contacting you in the coming weeks, Please support.

KILCUMMIN GAA LOTTO: There was no winner on Sunday 23rd November. Numbers drawn were 2, 4, 18 & 20. Consolation prizes were €100 McCarthy Family, Knockancore; €60 Danny Doonah, Gortagullane; €60 Helen O'Sullivan, Dromadeesirk, €30 Pa Fleming, €30 Jean & Miriam Dept. of Justice. Next draw Sunday 7th December. Jackpot now €13,250.

SYMPATHY: Sympathy is extended to the families of Pat Downey Toomore and Donie O'Sullivan Kilbreen who died during the week.

SET DANCING: Set Dancing with Marie Lehan in GAA clubrooms continues every Wednesday night Not too late to join. Beginners welcome.

CHARITY FUND RAISING DANCE: Charity Fundraising Dance in GAA Klub on Wednesday December 10th Music by UI BHRIAN. All proceeds go to Bumbleance (Childrens Ambulance Service) Adm. € 10 Commencing 9pm.

KILCUMMIN COMMUNITY GAMES: Our annual AGM will be held in the Recreational Hall at 9pm on Monday December 1st and everyone is welcome. Also preparation gets underway shortly for the U14 solo and Group singing as well as U14 Solo and Group music as the County Finals will be held early in the New Year. Anyone interested in participating please contact any committee member as soon as possible.



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LISTRY NOTES

LISTRY SOCIAL COMMITTEE: We wish to Thank all those who attended the Social Day in Listry Community Centre on Tues. Nov. 25th and to state that the Christmas party for the Seniors of the Milltown / Listry Parish and surrounding areas will be held in Listry Community Centre on Tuesday December 9th from 12 to 4pm. The usual Bus service will operate on the day and will start collecting passengers at approx 10.30am. Hope you can join us again on that day.

CONCERT IN LISTRY COMMUNITY CENTRE: Listry Community Centre will host the highly acclaimed "Killorglin Men's Shed Choir" for a Concert on Sunday November 30th @ 4.30pm. Please come along to hear these wonderful Singers who have performed throughout Ireland over the past year-Admission is free and light Refreshments will be served.

NEW YEAR CLASSES: Listry Community Council hope to organise the following Classes in January 2015-Cookery Classes for Men and Photography Classes for beginners. These Classes are being run in Conjunction with Kerry Education and Training Services. If interested please contact Joan on 0867944494 or speak to any Community Council Member.

MEK UNITED F.C.: First of all, the organising committee would like to thank all the interest shown from parents and kids in helping us set up Kerry's newest soccer club. We will be holding a general meeting on Thursday 4th December @ 8.30pm in Listry Community Centre, in which we are inviting parents, coaches, administrators and local businesses who wish to get involved in MEK United F.C. The main topic of discussion will be the steps needed to move the club forward in preparation for our academy in

February 2015, which is operating out of the Fossa Amenity Centre.

CREATE OUR CREST COLOURING COMPETITION: We have had a great response from the local school children in our colouring competition. Its a great chance to be apart of club history, and along with that, there is a few prizes thrown in, including a jersey of the winning artist's choice, free entry to our U8 & U10 Football Academy and many more spot prizes! Closing date is Friday 28th November. More details on our website.

For any queries on the above and more, check our website www.mekunited.com, check out of facebook page or contact Pa (087 7943220) or Liam (087 4145662).

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- 11 Peugeot 5008 1.6 HDI 7 Seater
- 10 Ford Focus 1.6 TDCI, sports, 83k, full Ford S/H
- 10 Ford Galaxy 2.0, Titanium, Full Ford S/H, 80k
- 10 Kia Ceed Sports Wagon 1.6 CRDI, Silver
- 09 Nissan Qashqai Acenta
- 09 Ford Focus 1.6 TDCI, Titanium, 97k
- 08 VW Golf 1.9TDI, 70k, White, left hand drive

- 07 Renault Megane Scenic 2yr Test
- 06 VW Passat 1.9TDCI, Black, NCT Tested
- 06 Citroen C5 1.6HDi, 106k, 1yr Test
- 05 VW Golf 1.9TDI, Black, Alloys
- 05 Opel Mireva 1.3CDTi, left hand drive
- 05 Ford Focus 1.6 TDCI
- 04 Opel Zafira 1.7 Dsl, 1yr Test
- 03 Citroen C3 1.4 HDI
- 03 Skoda Octavia 1.9 TDI, silver, 1 owner
- 11 VW Golf 1.6 TDI, blue motion, Black
- 11 Ford Focus 1.6 TDCI, Zetec (new model)
- 05 Citroen C414 3dr
- 00 VW Golf 1.9 GTDI Very clean NCT

- 141 Ford Focus 1.6 TDCI - Choice
- 141 Hyundai 1x35 - 14k
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ROAD SAFETY ALERT – DRIVING IN FROST & FOG FORECAST

The Road Safety Authority (RSA) has the following advice for road users in ice and fog conditions.

GET A GRIP.

Remember your only contact with the road surface is your tyres so it's vital that they are up to the task in icy and snowy conditions. Check tyres, including spare wheel, and replace them if the tread depth falls below 3mm. Check that tyres are inflated to the correct tyre pressure. Lack of grip can occur even on treated roads so drive slowly in the highest gear possible, manoeuvre gently and avoid harsh braking. Replace tyres if necessary.

MAKE SURE YOU CAN SEE.

Clear your windows and mirrors before you set out, carry a screen scraper and de-icer. Do not use hot water on the windscreen as it can crack the glass. Replace windshield wiper blades if necessary. De-mist the inside of your windows thoroughly. Make sure your windshield washer system works and is full of an anti-icing fluid. Watch out for grit/salt spreaders.

CHECK & USE YOUR LIGHTS.

Use your dipped headlights so that others will see you. Make sure your headlights and taillights are all in working order, replace broken bulbs.

GENTLY DOES IT.

Manoeuvre gently, slow down and leave extra distance between you and the vehicle in front. Fog, rain, or hail will reduce visibility. Do not hang on to the tail lights of the vehicle in front of you as it can give a false sense of security. When you slow down, use your brakes so that the brake lights warn drivers behind you. Don't forget to turn off your fog lights when the fog has cleared.

WATCH OUT FOR "BLACK ICE."

If the road looks polished or glossy it could be, "black ice" one of winter's worst hazards: Black Ice is difficult to see! It is nearly transparent ice that often looks like a harmless puddle or is overlooked entirely. Watch out for black ice, especially in sheltered / shaded areas on roads, under trees and adjacent to high walls.

GIVE YOURSELF A BRAKE.

If you get into a skid, you need to know if your vehicle has ABS (Anti- Lock Braking Systems).

AFTER YOU "STEP" ON THE BRAKE THE ABS BEGINS CYCLING

You will feel pulses in the pedal or hear the system working. It's easy to properly use antilock brakes: Remember - Step, Stay and Steer. Step on the pedal. Stay on the pedal. Steer around the obstacle. (A warning: A little bit of steering goes a very long way in an emergency).

FOR VEHICLES WITHOUT ABS.

You'll have to rely on the old-fashioned 'Cadence Braking' system: Push the brake pedal until the wheels stop rolling, then immediately release the brake enough to allow the wheels to begin turning again. Repeat this sequence rapidly.

HOW DOES YOUR VEHICLE HELP?

Check in your owner's manual and find out if your vehicle has any safety assist technology like Electronic Stability Control (ESC) or Anti Lock Braking System (ABS) and know how they assist your driving in severe weather conditions. But remember technology offers no miracles. Don't let these lull you into overestimating the available traction.

GET INFORMED.

Listen to weather and traffic reports. The RSA has a new section of its website rsa.ie dedicated to 'Severe Weather Advice for Road Users'. It has lots more useful advice on dealing with the difficult road conditions.

ADVICE FOR PEDESTRIANS & CYCLISTS.

While walking on footpaths and in public places, or entering and exiting your car or truck, DO NOT underestimate the dangers of frost and ice.

EACH WINTER:

Slips and fall accidents cause serious injuries. Even when surfaces do not look especially icy or slippery, it is very possible that a thin sheet of transparent ice or "Black Ice" is covering your pathway putting you at risk.


Many slips and falls happen in places people regard as safe and secure, typically outside their front door, on the door step, on the path or while getting out of the car.

If you are out walking in icy conditions wear appropriate footwear, don't walk with your hands in your pockets, walk with your hands out and wear gloves so you can break your fall if you do slip.

Visibility is reduced in fog, hail or rain so wear high visibility clothing or carry a torch and if you cycle make sure your bike is fitted with lights front and rear.


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FOSSA NEWS

LOTTO: The weekly draw was held in The Golden Nugget Sunday night. The jackpot was €6,750. The numbers draws were 12, 16, 17, 25, there was no winner. Five consolation prizes of €40 went to Amy Moriarty, Fossa; Kieran Flynn c/o Liebherr; Eugene O' Doherty, Listry; Mary Corbett, Furies & James O Shea, Dromin. Thanks to all for playing and for their support. Next weeks jackpot will be €6,900.

SENIORS: The senior team played Castlegeogry in a playoff for promotion to Div 3 of the County League on Sunday. The evenly matched teams could not be separated even after extra time so we will need to do it all again. Castlegeogry were 4 points up with 10min to go but a goal by Tadgh O Shea put us back in contention. A well worked free from Anthony Wharton levelled the game. In extra time it was again Castle who took the lead going three points up but again

the Fossa lads answered and leveled to have another day out.

FIXTURES: Our minors play Rathmore in the East Kerry Div 2 Championship final next Sunday at 2.00pm, venue TBD.

SCÓR: Well done to our Tráth na gCeist team who took part in Scór na nÓg County Final held in Killorglin on Saturday evening. Fossa was represented by Molly O'Mahony, Dean O'Sullivan, Odhrán O'Mhurchu and Laura Whelton.

Wishing our Ceol Uirsle group the very best of luck in the County Final which will be held in Glenbeigh this Sunday, commencing at 2pm. We will be represented by Sean Kelliher, Christy Buckley, Cian O'Sullivan, John Murphy and Dean O'Sullivan.

ANNUAL GENERAL MEETING: Our AGM will

take place in the clubhouse at 2.00pm Sun 14th Dec. All members asked to attend.

TWO MILE NATIONAL SCHOOL FUNDRAISER. SEISIÚN CRAIC AGUS CEOL.

Starting off the festive season Two Mile National School BOM are holding a fundraising night featuring lots of local musicians on Friday, 5th December, starting at 7p.m in the school hall. Minimal charge at door. Great Raffle Prizes. All welcome, Please support.

KILLARNEY CAMERA CLUB: Will hold an exhibition of photographs entitled "Kerry the Kingdom" at Killarney Library commencing on Thursday December 4th and continuing until the end of December during library opening hours. The exhibition will be officially launched by Weeshie Fogarty on 4th December at 6.30 pm. Free admission.

LEGIONS COOK OFF

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



JAMES V'S WEESHIE AT KILLARNEY LEGIONS COOK OFF. PICTURED AT THE DROMHALL HOTEL WERE L-R JUST COOKING CHEF MARK DOE, JAMES O'DONOGHUE, WEESHIE FOGARTY & JEROME REGAN.



PICTURED AT THE DROMHALL HOTEL FOR KILLARNEY LEGIONS 'COOK OFF' BETWEEN WEESHIE FOGARTY & JAMES O'DONOGHUE UNDER THE WATCHFUL EYE OF 'JUST COOKING' CHEF MARK DOE WERE L-R JRENEE KERRISK, IRENE MURPHY, CAROLINE LYNCH & CAROLINE HEAPHY.



PICTURED AT THE DROMHALL HOTEL FOR KILLARNEY LEGIONS 'COOK OFF' BETWEEN WEESHIE FOGARTY & JAMES O'DONOGHUE UNDER THE WATCHFUL EYE OF 'JUST COOKING' CHEF MARK DOE WERE L-R LILLIAN MCCARTHY, OONAGH MCCARTHY, NIAMH O'CONNOR, MARY CORKERY & KEELY KENNY.



PICTURED AT THE DROMHALL HOTEL FOR KILLARNEY LEGIONS 'COOK OFF' BETWEEN WEESHIE FOGARTY & JAMES O'DONOGHUE UNDER THE WATCHFUL EYE OF 'JUST COOKING' CHEF MARK DOE WERE L-R JOAN O'SULLIVAN, NOREEN O'SULLIVAN & TERESA KEOGH.

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Getting ready for Christmas

Shop Smartly

Look back at how you shopped for Christmas last year. Did you buy in shops or through catalogues? Did you leave everything until the last minute? Many retailers now have sales throughout the year and particularly in November to encourage us to shop early for Christmas. Big savings can be made for those of us who are organised to do this.

If you shop through Catalogues check the cost of interest applied to your purchases. Payments by instalments may seem handy at the time but check what it finally costs you by the time it's all paid off. If you do want to buy something, keep an eye out for interest free or delivery free offers and only buy it then.

Christmas Clothes

Are new clothes really needed for everyone in the house? If not, then you should prioritize and buy according to need and age awareness. Younger children, in particular may not be so aware of getting new clothes.

NEXT WEEK - SHOP SMARTLY FOR CHRISTMAS CONTINUED




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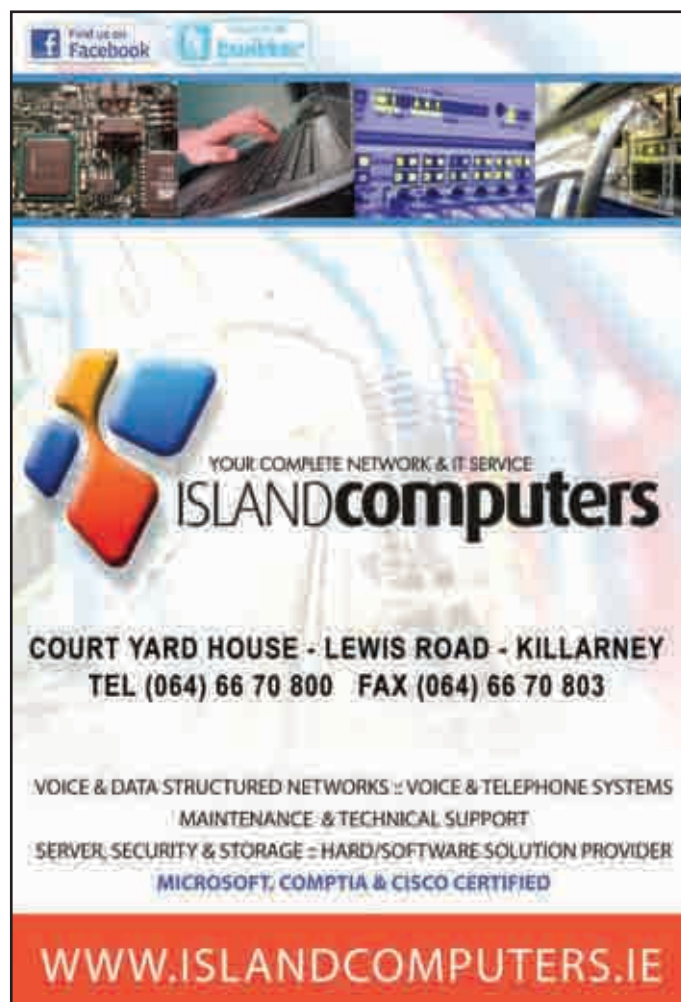
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PICTURED AT FITZGERALD STADIUM FOR THE O'DONOGHUE CUP FINAL, LEGION V RATHMORE WERE L-R AMY, TED, CILLIAN & LAURA HEALY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

MID KERRY NEWS

SENIOR CHAMPIONSHIP

BEAUFORT 6-08 CROMANE 0-09

Beaufort hosted Cromane in the Mid-Kerry Championship on Sunday afternoon. Conditions were perfect for football.

Half-time score Beaufort 3-04 Cromane 0-04 Cromane were well beaten over all but Donnachadh Walsh and Liam Walsh tried hard throughout while Beaufort dominated in almost all positions.

FIXTURES: Semi Finals of Senior Championship will be played as follows
Miltown/Castlemaine entertain Beaufort Saturday 29th at 2pm.

Keel host Laune Rangers Sunday 30th 2pm.
Extra time in both games.

Please note all dates times and venues are correct at time of press any changes will be notified on Kerry Radio.

SCOR NA NÓG: County final of scor na nog will take place in Glenbeigh Sportshall on Sunday next 30th at 2.30pm we wish the following who represent Glenbeigh/Glencair for Mid Kerry all the best

Solo Singing: Orla Dunphy. Set Dancing: Aaron Broderick, Michelle O'Connor, Jack McGillicuddy, Leona Scanlon, Shauna Murphy, Stephen Breen, Cian Knightly and Orla Dunphy. Ballad Group: Eimear Burke, Lauren Victor Roisin Griffin and Sean Page. Instrumental Music: Liam Smith, Roisin Smith, Keith Sheahan, Eimear Burke and Tiarna Sheahan.

CONGRATULATIONS: To Glenbeigh National School on winning the Allianz Cumann na mBunscol 4/5 teacher Final.

EAST KERRY NOTES

With Áine Ní Shúilleabháin PRO

AQUILA CLUB O' DONOGHUE CUP FINAL

LEGION 1-09 RATHMORE 0-12

The final of the Aquila Club O'Donoghue Cup Championship, Legion V Rathmore, sponsored by the Aquila Club, Gleneagle Hotel, played in Fitzgerald Stadium last Sunday, was an exciting game a free in the last minute, sending the game to a replay. In the first half the two teams were equally matched, with some fine scores, and the sides were level three times in the half. Conor Keane opened the scoring with a point in the first minute for Legion. Rathmore notched up three points without reply (Michael O'Riordan (2f) Mark Reen). A point a piece from Conor Keane and Kieran Slattery, brought the teams level, ten minutes into the half. The sides swapped points Michael O'Riordan, Rathmore, and David O'Sullivan for Legion. Michael O'Riordan gave Rathmore the lead with a point on the eighteenth minute, but Legion equalised, with a David O'Sullivan free and took the lead with a point from Conor Keane. The sides went in at the break a point apart on a scoreline of Legion 0-06 Rathmore 0-05.

On resumption, Rathmore were on top and scored 7 points to 2 for Legion in the next eighteen minutes and led by four points with seven minutes remaining. Aidan O'Mahoney levelled the scores with a point within a minute of the restart. Conor Keane put Legion ahead with a point from play and Mark Reen equalised, the sides level on 7 points a piece in the thirty seventh minute. A Michael O'Riordan pointed free and a Mark Reen point from play gave Rathmore a two point lead. Conor Keane reduced the margin to the minimum but the momentum was with Rathmore and points from Aidan O'Mahoney, George O'Keefe and Michael O'Riordan increased the lead to four points, with twelve minute remaining. Play varied from end to end on the fifty third minute a momentum changing score came when Legions David O'Sullivan sent a rasper of a shot from distance, low and hard to the back of the net, from a pass by Conor Keane. In nail biting finish, Legion won a free ably converted

by David O'Sullivan, to leave the sides level at the final whistle Legion 1-09 Rathmore 0-12.

The replay of the Aquila Club O'Donoghue Cup Final has been fixed for next Sunday 30th November 2014 at 2pm in Fitzgerald Stadium.

The Man of the match award was presented, immediately after the game, to Legion's David O'Sullivan by Patrick O'Donoghue, Managing Director, Gleneagle Hotel and East Kerry Board Chairman Tim Ryan.

LEGION TEAM: Brian Kelly, Podge O'Connor (Capt), Eoin O'Carroll, Tom Slattery, Danny Sheahan, Jonathan Lyne, Damien O'Sullivan, Mike O'Sullivan, Billy McGuire, Jack O'Neill, Kieran Slattery (0-01), Sean McCarthy, David O'Sullivan (1-03;2f), Shaun Keane, Conor Keane (0-05;1f) Substitutes: Donal Lyne, Kevin Breen, Thomas Moriarty, Andy O' Sullivan, Derek Pyne. Bainisteoir Peter Keane, Treanalai Chris Flannery, Roghnoir Diarmuid Leen

RATHMORE TEAM: Padraic McCarthy, Conor Jenkins, James O'Sullivan, Cathal Murphy, Cillian O'Connor, Paul Murphy, Aidan O'Mahony (0-02), Donal O'Sullivan, Brendan O'Keefe, Conor O'Sullivan, George O'Keefe (0-01), Patrick Reen, Mark Reen (Capt)(0-03), Michael O'Riordan (0-06;4f), Eoin Lawlor Substitutes: John Moynihan

Management Team: Denis Moynihan, Donnacha Crowley, Dermie Fitzgerald, Brendan Nagle

MINOR CHAMPIONSHIP: The Minor Championship, Division 2 final fixture, sponsored by The Tatler Jack, between Rathmore and Fossa will be confirmed by the C.C.C. on Monday night, after these notes have gone to press.

UNDER 13 COMPETITION: There were 3 cracking games, last Sunday, in the Under 13 competition, sponsored by MD O'Shea's. In Division 1 Glenflesk won a cracking game by two points when they played Firies and Dr Crokes and Legion game finished in a draw, 1-09 apiece. Next Sunday's (30th November) fixtures are Glenflesk V Dr Crokes, Rathmore V Firies, Legion -bye. All games are at 12 noon. All games in Division 2 are finished and Listry/Keel are level on points with Kilcummin having drawn last Sunday on a scoreline of 2-13 to 3-10.

MILLTOWN/CASTLEMAINE NOTES

SENIORS: Milltown/Castlemaine host Beaufort in the Mid-Kerry Championship Semi Final next weekend.

LOTTO: Our Lotto Jackpot has now reached €10,400. Don't miss out on the chance to win this massive Prize for just €2 entry. Get your tickets in local shops and bars.

There was no winner of last weeks lotto,



the numbers drawn where 05, 06, 11, 14. Consolation prizes where
€50 Margaret Doherty Listry.
€50 Cathriona McCarthy Milltown.
€25 Alice O'Dowd Furies.
€25 Muireann McAuliffe Milltown.
€25 Sheila Murphy, Callinafercy.
€25 Ikona Adamczyk, Castlemaine.
The next draw will take place on the 5th of December in the Castle Inn.

RACENIGHT: The Club are holding a race night in Larkins bar on Saturday 13th December at 8.30pm. This is our main fundraiser. To support you can buy a horse for €50 or any share from €10. Should your horses win you win €200. We would also like to see you on the night to back a horse or cheer you horse past the post and enjoy the night. Please text back to Garry Murphy (087) 943 2746 or contact Club Secretary Mike Carroll 087 2556548 to get your entry forms. Your continued support is greatly appreciated.

BEAUFORT GAA NEWS

BEAUFORT SENIORS: Hosted Cromane in the Mid-Kerry Championship on Sunday afternoon. Conditions were perfect for football. Final score - Beaufort 6-8 Cromane 0-9. Beaufort dominated in almost all positions and had their Man of the Match in minor player Liam Carey. They play Division 1 side Milltown-Castlemaine in Milltown on Saturday next at 2pm in the semi-final of the Mid-Kerry Championship.

BEAUFORT MINORS: Are in training for the Mid-Kerry Final against Keel/Listry. Date depends on result of senior game on Saturday.

LOTTO RESULTS: Of Sunday, 23rd November for jackpot of €2,400. Numbers drawn: 4, 5, 12, 13. Congratulations to Amy Foley, Kilgobnet who was jackpot winner. Next draw for jackpot of €2,000 will be held in Kate Kearney's Cottage on Sunday, 30th November.

EXERCISE CLASSES: Continue in Clubrooms. Step aerobics and conditioning Thursdays at 7.15pm. Pilates Friday mornings at 10am. Active retired pilates and gym Friday at 11.10am.

CHRISTMAS FAIR: Beaufort GAA are holding a Book/Cake Sale (Christmas themed baking more than welcome) on Saturday, November 29th at 4pm. Liam Carey with the Minor All-Ireland Cup, Fiadhna Tangney, Hannah O'Donoghue and Tara Breen will also be present with the Kerry Ladies U14 All Ireland Trophy.

SPA NOTES

COISTE NA NOG: Our underage are taking a break for training till the new year.

SCÓR NA NÓG: Congratulations to our quiz team who won the County final on Saturday. They will represent Kerry in the All Ireland final in City West, Dublin in February. **TEAM:** Niamh Clifford, Thomas Fleming, Michael Aherne,

James Lynch.

Best of luck to our figure and set dancing teams in the County final in Glenbeigh on Sunday 30th November at 2.00pm.

FIGURE DANCING: Aine Brosnan, Katie Cronin, Lamia Switzer, Ava O'Sullivan, Sarah Randles, Leah Moynihan, Rachel Moynihan, Megan Cronin.

SET DANCING: Anna O'Connor, Katie Cronin, Aine Brosnan, Erin Holland, Eoin O'Donoghue, Kianan O'Doherty, Liam Spillane, Gary O'Sullivan.

ANNUAL AWARDS NIGHT: Our Inaugural Awards Night will be held in Torc Hotel (Darbys) at 7.30pm on Saturday November 29th. Tickets are €15 for Buffet/Dance. We are delighted to announce the Recipients. Senior Player, Andrew Garnett (John Doyle Award), Senior Lady, Sinead Cronin, Junior Player, Aaron Farrell (Pat Corcoran Award), Young Player, Liam Kearney, (Aidan Cronin Award), Cultural/Scór Award, Sheila McCarthy, Guests of Honour Dan O'Donoghue and Liam Kearney and Lifetime Achievement Award John Kelly. Tickets are limited and on sale now by contacting Andrew Garnett 086 1911263, Anne Holland 085 7780883, Adrian O'Sullivan 087 6468626, Sean Kelliher 087 6298613 and Ivor Flynn 087 1003142.

LOTTO: Numbers drawn 9-15-19-24.

No jackpot winner. €50 lucky dips John O'Leary Lissivigeen, Tomas Zavacky Ardaneanig, Ian Aherne Lyreacompane, Nora Moynihan Ardaneanig. Next weeks Jackpot €4000 in Jimmys Bar on Sunday 30th November

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

CLOTHES/BOOKS/OLD PHONES DRIVE

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

DONIE O'SULLIVAN RIP:

"A Loyal Servant of both Spa and St Finans"

On last Monday morning the sad news filtered through of the passing of a notable Community Activist in the person of Donie O'Sullivan Kilbrean. A retired Community Psychiatric Nurse who give 30 years of sterling services to the Mental Health Services in the Tralee catchment area, and who greatly endeared himself to the clients he served and their families. A native of Minish he was born into a family steeped in gaelic culture and while still in his teens he was to blossom into a gifted accordion player whose services were very much in demand at various functions around East Kerry. He also developed an interest in various sports including Gaelic football and rowing and was

a regular member of both Spa and Dr Crokes minor teams. He was also an accomplished oarsman who enjoyed much success with both Flesk Valley and St Finan's Rowing clubs. During his early years in St Finan's his musical talents were soon recognised and he became a regular member of the Hospital Orchestra which provided the music for the weekly social events. On taking up residence in Kilbrean after his marriage to Mary T O'Sullivan he soon resumed his involvement with the local Spa GAA club and accompanied by his brother Pat was on stage for the weekly set dancing sessions in the Clubhouse and provided the music for the club Scor competitors in East Kerry, County and National competitions and on occasions made his services available to other clubs competing in Scor competitions. As a gesture of their appreciation of his contribution staff members from St Finan's and members of Spa GAA club formed a Guard of Honour at his funeral to Aghadoe. Sympathy is extended to his wife Mary and the extended O'Sullivan families. May he Rest In Peace.

LISTRY GAA NOTES

LISTRY WEEKLY LOTTO: Results Sunday 23rd November, 2014. Winning Numbers 10, 20, 22, 26. Jackpot €11,000. Not Won.

1 x €100 Lorraine Joy C/o Astellas.

2 x €50 Goretti O'Donoghue, Rockfield.

Tony Nolan, Whitebridge Manor.

2 x €25 Desiree Crowley C/o M. Kennedy.

Patsy Mannix, Faha.

Draw Entrant Marie O'Connor, Faha.

Jackpot next week Sunday 30th November €11,150.

KEEL/LISTRY MINORS: The minors will be playing against Beaufort in the Mid Kerry Final, date and venue to be confirmed. Please check Listry Gaa facebook for further updates.

LISTRY GAA QUIZ: This will take place on Friday, 5th December at Faha Court, starting at 8.30pm. €40 per table of 4. Plenty of spot prizes on the night.

KILLARNEY LIBRARY EXHIBITION:

Killarney Camera Club will hold an exhibition of photographs entitled "Kerry the Kingdom" at Killarney Library commencing on Thursday December 4th and continuing until the end of December during library opening hours. The exhibition will be officially launched by Weeshie Fogarty on 4th December at 6.30 pm. Free admission.

DR. CROKES GAA NOTES

LOTTO: Draw took place in the Tatler Jack on Sunday last. Numbers drawn: 5, 7, 22, 23. The jackpot of €11,700 was not won. Match 3, 9 received €45. Next week's jackpot is €12,000. Draw will take place in Jack C's.

RESULTS: Senior County League - Div 5: Dr. Crokes 0-14, Moyvane 1-06.

TEXAS HOLDEM POKER CLASSIC: Dr.



Crokes GAA Club, in association with Scott's Hotel and the Cue Club, Killarney, will hold a Texas Holdem Poker Classic on this Friday, 28th November in Scott's Hotel, College Street. It is a dealer-dealt tournament and entry is €30. Registration starts at 7:00pm. For tickets or more information, please contact Ger (086-8122675), Eoin (086-8528308), Fionn (086-1733652) or the Cue Club (064-6630057).

SOUTH KERRY HURLING AWARDS NIGHT:

The South Kerry Hurling Bord na nÓg will be holding the 4th Annual Awards Night in the Killarney Plaza Hotel on this Friday, 28th November. South Kerry members of the victorious Kerry Minor Hurling Team will be acknowledged as well as members of the various development squads. The South Kerry U12 team that travelled to the Gaelic Grounds, Limerick in August will also be acknowledged on the night. Special guest speaker is Cork's Senior Hurling Goalkeeper and 2-time GAA GPA All-Star Award winner, Anthony Nash. Furthermore, there will be a raffle for a range of spot-prizes during the course of the event. Proceedings will commence at 8:00pm sharp. Admission is free and everyone is welcome.

ANNUAL RETREAT: This year, the annual retreat will take place in Ardfert on Wednesday, 3rd December. The bus to Ardfert will be in the High Street car park at 7:00pm.

SCÓR NA NÓG: We are looking for our talented members to take part in Scor Sinsear and Scor na bPaisti (Primary Schools) early in the New Year. Anyone who would like to get involved in any way please contact Theresa Hickey on 086-3487671 or Aine McMahon on 087-2890527.

FOSSA GAA NOTES

LOTTO: The weekly draw was held in The Golden Nugget Sunday night. The jackpot was €6,750. The numbers draws were 12, 16, 17, 25, there was no winner. Five consolation prizes of €40 went to Amy Moriarty, Fossa; Kieran Flynn c/o Lieberr; Eugene O'Doherty, Listry; Mary Corbett, Fries and James O'Shea, Dromin. Thanks to all for playing and for their support. Next weeks jackpot will be €6,900.

SENIORS: The senior team played Castlegeogry in a playoff for promotion to Division 3 of the County League on Sunday. The evenly matched teams could not be separated even after extra time so we will need to do it all again. Castlegeogry were 4 points up with 10min to go but a goal by Tadgh O'Shea put us back in contention. A well worked free from Anthony Wharton levelled the game. In extra time it was again Castle who took the lead going three points up but again the Fossa lads answered and levelled to have another day out.

FIXTURES: Our minors play Rathmore in the East Kerry Division 2 Championship final next Sunday at 2.00pm, venue TBD.

SCÓR: Well done to our Tráth na gCeist team



PICTURED AT FITZGERALD STADIUM FOR THE O'DONOGHUE CUP FINAL WERE LEGION FANS L-R JASON O'SULLIVAN, JACK CULLOTY, CIAN HEGARTY & AARON O'SULLIVAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

who took part in Scór na nÓg County Final held in Killorglin on Saturday evening. Fossa was represented by Molly O'Mahony, Dean O'Sullivan, Odhrán O'Mhurchu and Laura Whelton. Wishing our Ceol Uirsle group the very best of luck in the County Final which will be held in Glenbeigh this Sunday, commencing at 2pm. We will be represented by Sean Kelliher, Christy Buckley, Cian O'Sullivan, John Murphy and Dean O'Sullivan.

ANNUAL GENERAL MEETING: Our AGM will take place in the clubhouse at 2.00pm Sunday 14th December. All members asked to attend.

LEGION GAA NOTES

O'DONOGHUE CUP: Last Sunday's O'Donoghue Cup final against Rathmore ended in a draw thanks to a late goal and a point by man of the match David O'Sullivan. The game looked to be slipping away from us entering the final quarter despite edging the first half on a 0-06 v 0-05 scoreline. The second half saw Rathmore gradually widen the gap on the scoreboard to 4 points with just eight minutes remaining and with scores being at a premium all throughout the contest, it was hard to see a favourable outcome but enter David O'Sullivan who struck for the games only goal with a fine shot from a distance and when we were awarded a free from 40m very late in the game, it was O'Sullivan who unfazed by the pressure who split the posts to send this game to a replay, provisionally set for next Sunday 30th November at 2pm. Best wishes to Kieran Slattery who sustained a collar bone injury in the game and the club wishes him a speedy recovery. Kierans tenacious play in the half forward line all year has been key to the club still playing championship football in late November.

U 13 EAST KERRY: Our Under 13 boys remain unbeaten in East Kerry after drawing with Crokes in Direen in the 12 noon throw-in last Sunday. This was an excellent game of

football played in brilliant weather conditions. With tight defending scores didn't come easy for either side.

Full-time: Legion 1-09 Crokes 1-09. As per our policy regarding player development & inclusion, all of our natural under 13's get preference in this competition. It is a great opportunity for them to get match experience and to enjoy being part of a team. Well done lads

DATE FOR YOUR DIARY: A night for your diary is Sunday 7th December. Your chance to get the inside line on Kerrys 37th All Ireland title through the eyes of 2014 GAA/GPA FOOTBALLER of the Year James O'Donoghue, Kerry Goalkeeper Brian Kelly and All Ireland semi final hero Jonathan Lyne. Joining them will be 1997 Footballer of the Year Kerry Legend Maurice Fitzgerald. Pulling the strings will be Weeshie Fogarty. This is your opportunity to ask our star studded panel any burning questions you like. Also we will be acknowledging and saying "thank you" to our sponsors as we unveil "Cairde an Leigiun". Admission is free and the first ball is thrown in at 8.30pm at East Avenue Hotel.

JUVENILE AWARDS NIGHT:

Juvenile (11yrs to minor) medal awards night has been confirmed for Saturday 6th of December in the Dromhall hotel, starting at 6.45pm. The various team managers will be in touch with their players to also let them know. Teas and coffees will be provided on the night in the company of some special guests. Looking forward to seeing you all there,

BEST WISHES: Best wishes to Diarmuid O'Donoghue who underwent leg surgery last week

SYMPATHY: The club was saddened to hear of the death of Donie O'Sullivan of Tiernaboul last week. Donie was an integral part of our senior Scor and our Scor na Nog for many years, travelling to all corners of the county and beyond, playing music for our dancers. To his wife Mary we send our sincere condolences. Ar Dheis De go raibh a Anam



MEN'S CO LEAGUE CROSS DIVISION II

It's Murphy's Law as Cougars conquer Gneeveguilla

GNEEVEGUILLA 59

KILLARNEY COUGARS 89

Gneeveguilla hosted the current league leaders Cougars in Rathmore on Saturday evening and the good attendance enjoyed a high scoring contest with the visitors coming out well on top. The first quarter saw Cougars just edging ahead 19-16 with Gneeveguilla Jim Hughes and Cougars Darren Gaffey trading three pointers.

The game changed dramatically in the second quarter with Cougars blitzing the home side a great display of shooting where they could do no wrong scoring a massive 29 points with Darren Gaffey, Eugene Bowler, and veteran James Fleming and the excellent Pa Murphy all on target to leave Cougars ahead 48- 25.

Cougars cruised through the second half with a comfortable lead and despite a strong rally by Gneeveguilla there was no way back as the damage had been done in the second quarter. Thus Cougars picked up their third consecutive win on the road. Best for the home side were Jim Hughes, Mike Mac, Connie O'Connor, JJ Herlihy, Thomas Fleming and Shane O'Sullivan. Cougars had strong performances from Pa Murphy, Alan Flynn, Mike Cahillane, Niall O'Brien and James Fleming. **TOP SCORERS:** Cougars Pa Murphy 22 points: Gneeveguilla: Shane O'Sullivan 15 points.

BOYS ACADEMY U11 LEAGUE

Cougars and St Brendan's have emerging talent

KILLARNEY COUGARS 22

ST BRENDANS B 10

Cougars had to come from behind in this game at the Pres Gym Killarney on Wednesday last. The visitors led by a point in the opening quarter but Cougars responded well in the second quarter to lead by seven points at halftime with Sean Dineen in great form at both ends of the court. A tight third quarter saw Cougars maintain their advantage with Rian Collieran impressing with good baskets. St Brendans tried hard and baskets by Donal O'Sullivan and Lucca O'Carroll kept them in touch but Cougars finished the final quarter well with baskets by Oran O'Sullivan, Shane McAllister and Rory McDonnell to take the points in an entertaining contest.

BOYS U 14 DIV 1

Late Brosnan basket seals victory for Gneeveguilla

GNEEVEGUILLA 44 KCYMS 41

This proved to be a very exciting game from start to finish played at a very high intensity. KCYMS got off to a better start leading 17 - 13 at the end of the first quarter. Roan Moriarty was very effective in this quarter scoring 15

of KCYMS's 17 points with Rory O'Connor getting the other basket. The scoring in the Gneeveguilla team was spread across 4 players Eoghan O'Rahilly, Paul O'Leary, Charlie Collins and David Gleason all chipping in. Gneeveguilla were slightly stronger in the second quarter squaring the game at 25 -25 at half time. Connor Burke for KCYMS led the way with Daniel Fleming and Lorcan Keane playing well for Gneeveguilla. Both defences tightened up in the second half and scores were harder to come by. From here on in there was never more than 3 points between the teams and with the lead changing hands on a few occasions, ensuring a tight finish to the game. The loss of Roan Moriarty through injury in the last quarter was a big blow to the Killorglin boys but the team stepped up and scores from Stephan Sealey and Sean Hogan kept the tension high to the last minute. Ronan Collins led the scoring for Gneeveguilla in the second half and a quick break in the last few seconds from Jack Brosnan sealed the win for the Gneeveguilla lads. The defending in this game was excellent and few turnovers from Patrick Brosnan and Danny Callaghan were crucial while Damien Cronin carried the ball well.

BOYS U18 DIV 2:

GNEEVEGUILLA 36- ST. JOSEPH'S 73

St. Joseph's led throughout the game, despite good shooting from Naoise Clifford and Conlon O'Leary. With a strong lead after the first quarter, St. Joseph's continued to build on this to claim a convincing win.

GIRLS U-17 CO LEAGUE

Imperials in control against Gneeveguilla

TRALEE IMPERIALS 64 GNEEVEGUILLA 44

Gneeveguilla began the game brighter with Rachel Brosnan, Laoise Coughlan and Stemira Guieran causing huge problems for the home team. But as the first quarter wore on Imperials began to settle and when Meabh McKivergan and Emer Brosnan started to find their range the home side got their nose's in front by 5 at the end of the first quarter. The second quarter was another tight affair as both teams went basket for basket for most of the quarter before Imperials hit the last two scores of the half to lead by 32 - 24 at the half time break. The third quarter was where the home team hit their purple patch with Katelyn McCarthy being at the end of a couple of lovely teams moves to put more day light between the teams. It was, however, the Imperials defence that really stood up in the quarter which saw them lead by 18 going into the last quarter. The final quarter saw the home side play the game out at a pace which suited their position but the never say die attitude of their East Kerry opponents meant that Imperials could never take their foot off the pedal. Another late burst from the Tralee side saw them run out 64-44 winners at the final buzzer. **TOP SCORER'S:** **TRALEE IMPERIALS** Katelyn McCarthy 15

points, Meabh McKivergan 14 points, Rebecca Ryan 9 points.

GNEEVEGUILLA: Laoise Coughlan 15 points, Stemira Guieran 13 points, Rachel Brosnan 6 points, Sarah Murphy 6 points.

U-12 DIVISIONS:

BOYS DIV 1: St Pauls, St Marys, KCYMS, St Brendans, TK Bobcats, Gneeveguilla, St Bridgets, TK Cougars.

DIV 2: Kenmare, Tralee Imp, TK Vixens, St Anns

Glenbeigh, Rathmore, St Josephs, Caherciveen **DIV 3:** Gneeveguilla 2, Tralee Tigers, Glenbeigh 2, St Marys 2, St Pauls 2.

GIRLS: DIV 1: St Josephs, St Anns, Caherciveen, TK Bobcats, Kenmare, Tralee Imp, St Marys, Gneeveguilla 1

DIV 2: St Pauls 2, St Bridgets, Ballybunion, Gneeveguilla 2, TK Cougars, Glenbeigh, TK Vixens.

DIV 3: Rathmore, KCYMS, St Marys 2, Tralee Tigers, St Pauls, Tralee Imp2, Tralee Imp 3 Kenmare Kestrels 2.

BOYS U18 DIV 1-

GNEEVEGUILLA 69 TRALEE IMPERIALS 64

This County League Davison 1 U18 clash between Gneeveguilla and Tralee Imperials turned into a cracking contest on Sunday. Imperials started well in the 1st quarter and looked the better side, as Gneeveguilla were a bit slow to settle. At the end of the 1st quarter it was 15-19 in favour of Tralee. Imperials started strong in the 2nd quarter but Gneeveguilla hung on to end the quarter trailing 31-40, thanks to superb play, from Shane O'Sullivan and Thomas Fleming. It was Gneeveguilla who got the upper hand in the 3rd quarter and the game turned on its head as they led 52-51, at the end of the 3rd. It was nip and tuck to buzzer, with Gneeveguilla just hanging on.

WOMEN'S CO LEAGUE DIV I

Cougars win despite Gardiner three point spectacular

HHS LIXNAW 47 KILLARNEY COUGARS 74

Killarney Cougars travelled to Lixnaw and deservedly took the points with a strong final quarter to defeat a determined Lixnaw, as the home sides challenge ran out of steam in the closing stages. Cougars led 21 16 at the end of the opening quarter with the highlight of the quarter being three three pointers by Mary Gardiner for the home side and Marian O'Callaghan replying with two three pointers for Cougars. The sides went basket for basket in a low scoring second quarter to leave the scores 29 24 in favour of the Cougars, at half time. The Cougars made a good start to the third quarter with Amanda Brosnan having a good spell as she added eight points and Allyson Caggio also adding a couple of baskets to give Cougars a deserved lead 51- 36 lead. The tiring home side were feeling the pace and the Cougars made sure of the win. **TOP SCORERS COUGARS:** Marian O'Callaghan 26 points - **HHS LIXNAW** Myra Kissane 11 points.



KILLARNEY SOUTH COMMUNITY GAMES NOTES

AGM: We held our annual AGM recently in the Dromhall Hotel recently. Noreen Cooper our secretary stepped down after many years of service to the organisation. We as the new committee members wish to thank her for her valued and diligent efforts over the past years and wish her the best moving forward. The new committee includes, Anthony Greaney, Billy Hennigan, Antennette Casey, Trish O'Sullivan and Kathleen Hartnett.

Any parents who wish to mentor or assume a team management role for the 2015 competitions are asked to contact a committee member or email.

KERRY COMMUNITY GAMES AWARDS: Kerry Community Games held its annual awards in the River Island Hotel recently. Killarney South enjoyed one of the best year's ever achieving second areas in Kerry. This is a magnificent achievement for the area of Killarney South and is due to the combined talents of the athletes and the supporting structures which the area possesses. The Vincent Murphy Perpetual Shield was presented to club secretary Anthony Greaney.

KERRY COMMUNITY GAMES AGM: The Kerry County AGM was held in Tralee last weekend. Killarney South had two committee members present. A new list of events was presented and adopted by the board members for effect in 2015. The new and revised list will appear once our area has decided on a competition list for 2015.

FACEBOOK: Please follow Killarney South Community games on Facebook for all new updates, information, pictures and reports. All electronic mail queries can be forwarded to killarneysouthcommunitygames@gmail.com.

EURO BRIDGE CLUB

Members of the club enjoyed a lovely night away together in the Sheen Falls Hotel, Kenmare. The following are the results of the competitions.

15TH NOVEMBER: INDIVIDUAL PLAYER

1st: Miriam Darcy.

MIXED PAIR. 1st: Helen O'Donoghue and Anne Chute.

16TH NOVEMBER: CLUB PAIRS

Anne Looney and Lee O'Keeffe.

18TH NOVEMBER:

NORTH/SOUTH JOINT 1ST

Ger Sweeney and Andy Cole.
Phyl Lynch and Miriam Darcy.

EAST/WEST

1st Phyllis O'Regan and Maureen Culloty.

KILLARNEY DARTS TOWN LEAGUE

SPONSORED BY MUSTANG SALLYS

RESULTS: Of games played and points up to 21st November

GROUP 1:

Sportsmans Bar 2 - Kenmare Rooms 7.
Murphys Pinters 4 - Jimmys Jokers 5.
Lals Bar 8 - golden Nugget Old Timers 1.
Lals Bar 40 - Jimmys Jokers 25.
Murphys Pinters 25 - Sportsmans Bar 22.
Kenmare Rooms 21 - Dunloe Lodge B 18.
Golden Nugget Old Timers 11.

GROUP 2

Jimmy Briens 7 - Klub Bar 2.
Dunloe Lodge A 1 - Murphys Bar 8.
Dan Linehans 3 - Corkerys 6.
Tatler Jack 34 - Murphys Bar 31.
Dunloe Lodge A 26 - Corkerys 22.
Dan Linehans 18 - Jimmy Briens 17.
Klub Bar 14

GROUP 3

Avenue Heros 5 - Teddys Bar 4.
98 A 3 - Old Killarney Inn 6.
Nugget Night Owls 2 - Charlie Foleys A 7.
Old Killarney Inn 34 - Mustang Sallys A 29.
Avenue Heros 27 - Charlie Foleys A 24.
Teddys Bar 22 - 98 A 17.
Nugget Night Owls 9.

GROUP 4

Mustang Sallys B 17 - Charlie Foleys B 17.
Klub Bar Reserves 14 - 98 B 9.
Team Danny Mann 8 - Scruffys 7.

FIXTURES: For The KnockOut Cup sponsored by O'Neill's, Plunkett St.

First named teams have home advantage.
Tatler Jack v The Golden Nugget Old Timers.
98 A v Murphys Bar.
Lals Bar v Klub Bar Reserves.
Dan Linehans v Kenmare Rooms.
Best of Luck to All Teams Involved

SPAMUCKROSS COMMUNITY GAMES

A big thanks to the volunteers that braved the cold weather for our street collection last Saturday. A huge thanks also to the public for your continued support. It is very much appreciated.

GNEEVEGUILLA ATHLETIC CLUB

LOTTO: No winner of lotto draw 21/11/2014. Numbers drawn were 6, 21, 23 and 24. Sellers prize Timmy Brosnan, €50 to Y/T holder: Kate O'Connor Lisheen, €50 to Mary O'Connell Killarney, €40 each to Donal Dennehy Nohoval, Jack and Oisín O'Leary Gneeveguilla, Kathleen Kerrisk Sliabh Luachra, Bonus not won numbers drawn were 7, 12, 14 and 16. Next week's jackpot €5,000 plus €1,000 bonus. Look out for Monster Christmas Hamper next week.

ALL IRELAND'S EVEN AGE CROSS COUNTRY: Well done to Francis Cronin who came 31st in his All Ireland Cross Country Race in Dundalk on Sunday. Also Ann Marie Costello who was

on The Kerry Team which was 2nd in the Senior Team contest also our former athlete Karina Teahan Sneem who was on the same team.

MUNSTER DEVELOPMENT & MASTER CROSS COUNTRY: We have athletes travelling to Carrig Na BhFear on Sunday to take part in the Munster Development and Master Cross Country Championships. Wishing all athletes the best of luck.

KILLARNEY WINTER LEAGUE: Congrats to Siobhan Daly who won the 1st leg of the winter League in Killarney, congrats also to Caroline Murphy who was well placed there.

TRAINING: Gneeveguilla Monday 7.00- 8.15 pm. Fossa Monday 7.45 - 8.30 pm. Circuit training Gneeveguilla Friday 7.00 - 8.00 pm - an excellent training session for all sports people, everyone welcome.

MUCKROSS ROWING CLUB

MUCKROSS HEAD OF THE RIVER: Next Saturday 6th December, the club decamps to the National Rowing Centre in Cork for our annual Head Of the River. The event now consistently attracts over 300 crews making it one of Munster's largest rowing events. The 3800m time trial will take place from 10am to 3pm. We are finalising preparations this weekend, if you have not yet been contacted for a job we want to hear from you! All willing volunteers are asked to support the club for a 2 hour slot in timing, safety or boat cover. There are lots of jobs to cover so newcomers can help another, no experience required! If you are available morning or afternoon please contact Tim O'Shea 086 3548181 or muckrosshor@gmail.com.

REGISTRATION DAY: A reminder that club membership will be collected at our Registration Day on Saturday 29th November between 2 and 3pm at the Muckross Community Centre. New members may contact their coach or registrar Jeremy Kenny regarding membership requirements. All existing members are to ensure fees, forms, photographs and birth cert copies are returned at registration.

PROVINCIAL INDOOR ROWING CHAMPIONSHIPS:

Well done to all our members who competed at the Provincial Rowing Champs held in UL last Saturday, with many of our juniors achieving a new personal best. Congrats to Olivia O'Donoghue who was second in the Womens J15 500m sprint and to Caoimhe Kelly who was third in the Womens J14 500m event. Our thanks to coaches Aine Sweeney and Elaine Daly who supervised the Limerick trip.

MUCKROSS LOTTERY: Results of Muckross Lottery for Saturday 22 November 2014. Numbers drawn: 5, 7, 13, 21. Lucky Number: 23. Match 3 Winners: Bernadette O'Donoghue, Stephen O'Donoghue, Eileen Joy, E Sannell, Maureen Fogarty, Chris Mangan. Next draw Saturday 29 November at the Jarvey's Rest (formerly Molly Darcys).



KILLARNEY BADMINTON CLUB

The first congratulations must surely go to all of the juvenile players from our club that played in the first competition of 2014 in the Killarney Sports and Leisure centre last Saturday most notably Jessica Galvin, Elaina Galvin u17, Sonia Smith, Rachel Campbell and Niall O'Brien U15 and Jessica Bell U11. A special well done to all who competed in their first tournament. The first of the juvenile intercounty competitions is on this Saturday in Killarney. Good luck to Jessica Galvin, Elaina Galvin, Rachel Campbell, Fiona Galvin and Niall O'Brien, Laura O'Connor and Edel O'Brien, Ella Galvin, Pia Hickey, and Lucy O'Leary. All these fabulous boys and girls will be representing Kerry on Saturday and the club wishes them the best of luck.

In our adults section our first competition is on this Sunday. The November handicap tournament in Killarney for all divisions - good luck to all competing. The senior club continues on Monday and Wednesday nights at 8.30-10.30pm in the Pres hall. All welcome any enquiries to Jenny 083 3347228 /Suzanne 086 17207707. Looking forward to a great weekend of badminton.

WORKMEN'S ROWING CLUB

We bring you the best of news this week.. Our very own Pat (Doc) Doherty, is back to us again, armed with scones and proper butter, and of course the traditional cup of tea. It is wonderful to see Pat returning to the Workmen's RC coxing and training, and bringing the best out in everyone. We wish him continued great health on his road to recovery. All adverts and sponsorship are due this week for the annual Workmen's Calendar. This is a vital part of our revenue to help finance the day to day running of our Club. Wednesday is the ultimate deadline! The printers are waiting!

RATHMORE/GNEEVEGUILLA COMMUNITY GAMES

DRAUGHTS TRAINING: (team event) U10, U12 and U14 to begin Monday 1st December. Please contact Aeneas O'Leary 087 6577167, Cynthia Daly 086 0818606 or Ann O'Leary on 087 2226007 for further information.

U15 BADMINTON: (team event) training to commence shortly. If you are interested in assisting with this event, please contact one of our officers.

PLEASE NOTE: For 2015 season: If your child tries out and qualifies for any team/relay event at local level, then he/she is committed to this team. Should the team/relay be successful in winning a County GOLD medal, the child (GOLD medalist only) is committed to this team and is not eligible to participate in any other team/relay event at local level for the remainder of the 2015 season.

Further information can be found on our new FACEBOOK page - Rathmore/Gneeveguilla Community Games.

KILLARNEY COUGARS BASKETBALL CLUB

GREAT WEEK FOR COUGARS SENIORS

MEN'S CO LEAGUE

GNEEVEGUILLA 59

KILLARNEY COUGARS 89

Gneeveguilla hosted the current league Leaders Cougars in Rathmore on Saturday evening and the good attendance enjoyed a high scoring contest with the visitors coming out well on top. Cougars had strong performances from Pa Murphy, Alan Flynn, Mike Cahillane, Niall O'Brien and James Fleming. Top scorers Cougars Pa Murphy 22 points, James Fleming 20.

WOMENS CO LEAGUE DIV I

HHS LIXNAW 47

KILLARNEY COUGARS 74

Killarney Cougars made the long journey north to Lixnaw on Wednesday evening last and deservedly took the points with a strong final quarter to defeat a determined Lixnaw as the home sides challenge ran out of steam in the closing stages. Top scorers Cougars Marian O'Callaghan 26 points.

JUVENILES

BOYS ACADEMY U11 LEAGUE.

KILLARNEY COUGARS 22

ST BRENDANS B 10

Cougars had to come from behind in this game at the Pres Gym Killarney on Wednesday last. The visitors led by a point in the opening quarter but Cougars responded well in the second quarter to lead by seven points at halftime with Sean Dineen in great form at both ends of the court. A tight third quarter saw Cougars maintain their advantage with Rian Collieran impressing with good baskets. St Brendans tried hard and baskets by Donal O'Sullivan and Lucca O'Carroll kept them in touch but Cougars finished the final quarter well with baskets by Oran O'Sullivan, and Rory McDonnell to take the points in a entertaining contest.

JUVENILE BASKETBALL ACADEMY: Please note no training this Friday November 28th due to Children's Christmas Parade and turning on Christmas Lights in Killarney.

A full details of training times, results and fixtures is available on the web at www.killarneycougars.com

KILLARNEY RUGBY CLUB NEWS

NIGHT AT THE DOGS: A sincere thank you to so many who sponsored races, dogs, ads, and bought tickets to support our night in Tralee last Saturday night. Thanks you to those who made a huge effort to sell a huge number of tickets - John Scully O'Sullivan - in particular

was fantastic in promoting the event and most of us paled in his wake. But a great night was had by all and thanks to O'Callaghan's Coaches for the superb value transport to and from which guaranteed large turnout and total comfort and safety for all. We were all home safe and sound tucked up for 11.45pm - it's true! Thanks to Paul Murphy and Captain Ger Moynihan for their work in getting the night off the ground. A lot more could again have been done, but without their efforts it would not have happened. Well done all.

Thanks also to all of you who have bought tickets for last night's Wine & Art charity event at the Malton run by the Rotary Club. Schools, Charities and Clubs in the area benefitted from the event - KRFC also benefitted from tickets sold directly to and by club members so every little helps. Thank you Declan Fuller who put a lot of effort into this campaign.

Staying with funding, there is no let-up: "Your Club Your Country" tickets are €10 each and ALL proceeds go to our club so we need to make a final push on these please. Tickets are available from all Club members, please support.

KILLARNEY MINIS: Hosted Killorglin minis on Saturday 22nd November for a few friendly games, fortunately the weather was superb for this event and Killorglin as one would always expect arrived in great numbers, with two teams at under 10 and 12 and one team at under 8s. Unfortunately they were unable to field a leprechaun team. The level of skill on exhibition from all squads was really exceptional and all of the new players from both clubs are integrating really well.

Our next trip is planned for Saturday next 29th November in Dingle, we would hope that the weather holds for this event. We will depart from the ESB car park at 9am sharp, €3 per child / €5 per family. Queries Tom 087/2657994.

UNDER 14S: Continued their great performances this season with a good win against a battling Listowel by 34 - 25. 3 superbly taken tries and a conversion from Conor Sheahan and a further 2 tries from Sean Murphy with a great try from Damien Switzer rounded off a great team showing.

U14s are away to Abbeyfeale tomorrow at 11:00. Bus leaves high Street car park at 9:30am sharp.

U16S: Are away to Abbeyfeale this Saturday the kick-off is 11:30am so bus departs Lidl at 9:45 sharp.

UNDER 18S: Are now a combination of Killarney and Killorglin and are competing as South Kerry. They had a tough but great win against the fancy boys of Kinsale last week 17 - 15 winners and turn their talents to Cork again as they travel to Clonakilty on Saturday. Best of luck lads.

KILLARNEY SENIOR XV: Munster Junior League Div. 2 - Killarney host Thurles on Sunday 30th at 2.30pm in Dirreen. We would appreciate a good turnout in support as we need to get back to winning ways.

MASTERGEEHA FC

U12

MASTERGEEHA 2 KILLARNEY CELTIC 0.

On Saturday afternoon the boys got a deserved win over near neighbours. Brendan O Leary and Cian Murphy were the scorers in a good team performance.

U14 Inter Kenmare 2 Mastergeeha 2 In this close game the boys took the lead early in the second half when Niall O Connor finished well after a good move. However the home side scored two goals in quick succession to lead going in the final stages of the game. In the 50th minute Paul O'Shea scored the equaliser from a well take free kick. In the final stages the boys pushed on but could not get the winner.

U16 Mastergeeha 3 Kilorglin 2 In this tight game at home the boys just got the better of the Kilorglin side. Patrick Warren (2) and Sean O Leary were the scores on a day when the boys defended well and battled all the way for this important win.

U18 Mastergeeha 2 Castlemaine 4 Down 2-0 just before the break the boys got a goal back when Donal Moynihan scored from a free kick on the edge of the box. In the second half the boys pushed on but the visitors scored on the break. The boys pulled a goal back when Shane O Sullivan scored following a cross. However the visitors scored late on to ensure the win.

SENIORS PREM B Killarney Celtic 3 Mastergeeha 3. In this tough local derby the seniors had to settle for a draw. After going two goals down early on Damien Breen got a goal back just before the break. In the second half Mastergeeha were back on level terms when Derek Breen scored. However against the run of play the home side took the lead in the 60th minute. Mastergeeha pushed forward and when close on number of occasions however with 5 minutes remaining Tony Brosnan scored the equaliser from a free kick.

NIGHT AT THE DOGS Mastergeeha F. C. are holding a fundraising night at Tralee Greyhound Track on Saturday 6th December. All support welcome.

U14 GIRLS In preparation for the season ahead U14 girls training will begin shortly. Please contact Donal (0879697171) for details.

MASTERGEEHA F.C. LOTTO There was no winner on Friday 21st November. Numbers drawn were 5, 8, 18 & 24.

SCHOOLBOY/GIRL SOCCER

DEBUT WIN FOR DYNAMOS 12 B:

12'S NATIONAL CUP:

Pike Rovers 4-0 Listowel Celtic.

JK SPORTS 12'S: PREMIER:

Park A 0-3 Killorglin A

Camp Juniors 2-2 Killarney Celtic A

12 DIVISION 1:

Mastergeeha 2-0 Killarney Celtic B

Killorglin B 5-2 Killarney Athletic

12 DIVISION 2:

Killarney Celtic C 1-1 Park C

Asdee Rovers 0-6 Park B

Camp Juniors B 1-2 Tralee Dynamos B

FOUNDATION SPORTS 14'S: PREMIER:

Listowel Celtic A 0-3 Killarney Celtic A

Killorglin A 4-0 Killarney Athletic

14 DIVISION 1:

Ballyhar 7-2 Killorglin B

Killarney Celtic C 1-5 Iveragh United

Inter Kenmare 2-2 Mastergeeha

14 DIVISION 2:

Park B 4-7 Listowel Celtic B

Fenit Samphires 2-3 Listowel Celtic C

TRALEE DYNAMOS 16 PREMIER:

Killarney Celtic A 4-0 Tralee Dynamos

Mastergeeha 3-2 Killorglin

16 DIVISION 1:

Fenit Samphires 3-1 Inter Kenmare

Killarney Athletic A 1-3 Park A

16 DIVISION 2:

Park B 2-4 Iveragh United

Castlemaine 2-2 Listowel Celtic B

REPORTS:

NATIONAL CUP EVENTS:

In a back game in the 12's National Cup Listowel Celtic were unable to join Killorglin in the last 32 in the age group. Despite the best efforts of Oisín Moloney, Aoife Horgan, Kian Clancy and Dylan Quinn they bowed out of this year's competition 4-0 away to Pike Rovers in Limerick.

LEAGUE REPORTS:

JK SPORTS 12'S:

KILLORGLIN GO TOP OF THE PREMIER:

Killorglin moved to the top of the JK Sports 12 Premier with their third win in three. The leap-frogged over The Park after defeating the Tralee side 3-0. Dylan Moriarty was the star of the show netting twice and setting up the third. For the Park Armin Heinrich and Gavin Sheehy were the best on the day.

Camp Juniors missed the chance to go into second on their own as they had to settle for a point against Killarney Celtic who will be glad to have opened their account. Camp Juniors, now in joint second, will however be happy as they were 2-0 down. Daniel Okwata and Kieran Dennehy put the Hoops ahead but goals from Maurice O'Connell and Stephen Smith Galvin saw the points shared. Killarney Celtic did have two goal rightly ruled out for offside.

JOINT LEADERS IN DIVISION 1:

In Division 1 Inter Kenmare have moved level at the top of the table with Ballyhar after defeating them 4-1. Corey Murphy hit another two goals, his 8th and 9th of the season, and these were added to by Caleb Brosnan and Mark Torpy. John Power replied for Ballyhar. Killorglin B moved onto 7 points, 2 behind the leaders, after their 5-2 home win over Killarney Athletic. Jack Sullivan and Zin Flaherty both scored two each with Cillian Foley getting the fifth. Rossa Bellew and Darragh Looney got the Athletic goals.

Mastergeeha kept in touch with those above them after a 2-0 win over Killarney Celtic B in Kilbrean Park. Brendan Looney and Cian Murphy were the goal scorers.

TRALEE DYNAMOS B DEBUT WIN:

With the number of players involved at this age group Tralee Dynamos entered a B team and they won their debut game 2-1 away to Camp Juniors. Andy Rogers was the Tralee boys hero

hitting both goals.

Leaders Park B are still the side to beat and are now on four wins from four. Their latest win came away to Asdee where Jordan Kissane netted. Danny Greaney and Conor Brick were the other scorers.

The Park C have been working hard and got their reward with their first point of the season. Samuel Ababubaker got their goal in a 1 all draw away at Killarney Celtic C. Joshua Livingston scored for the Hoops who had keeper Aran O'Sullivan to be on top form.

TRALEE TROPHY WORLD 16'S:

Two sides win and are level at the top of the Premier:

Three sides began the day on three points with two of them facing each other as Killarney Celtic A welcomed Tralee Dynamos to Celtic Park. Mark Harnett, Lorcan Macmonagle and Oran O'Donoghue were the home side's scorers along with an og.

Mastergeeha had a tighter encounter at Kilbrean Park as they overcame Killorglin 3-2. Two goals from Patrick Warren and one from Sean O'Leary were just enough to give Mastergeeha the points despite Dylan O'Sullivan and Ciaran Kennedy scoring for Killorglin.

Joint leaders not in action as Fenit close the gap:

Ballyhar and Camp Juniors lead this division on 9 points and were due to face each other but the game didn't go ahead. Fenit took the opportunity to close the gap and move onto 6 points with a 3-1 win over Inter Kenmare. Sean Donnellan with 2 and Chris Murphy were their scorers while Sean Casey replied for Inter Kenmare.

The Park will be happy to have 3 points on the board following a 3-1 away win at Athletic. Owen Moynihan, Dylan Casey and Jacob Lucko got the goals for the Tralee boys with Ryan Casey replying for the home side.

KILLARNEY ATHLETIC A.F.C.

NOTES

FIXTURES

KERRY SCHOOLBOYS/GIRLS LEAGUE

Saturday 29th November 2014

Moriarty's Centra Under 11

GROUP 3

Killarney Athletic v Inter Kenmare 10.30am

JK SPORTS UNDER 12 GIRLS PREMIER

Killarney Athletic v Listowel 2.00pm

DALY'S SUPERVALU UNDER 13 DIVISION 1

Inter Kenmare v Killarney Athletic 11.45am

KILLARNEY PLAZA UNDER 15 DIVISION 1

Killarney Athletic v Castleisland 11.30am

RESULTS

SENIORS

KILLARNEY ATHLETIC A 5 KILLORGLIN 2

A great away win for our A team today in another high scoring contest. We actually fell behind to an early goal but quickly regained parity through a Jamie Doolan penalty. Mike Milner put us 2 - 1 up and Ryan O'Carroll had us 3 - 1 up at the break. We continued to play great stuff in the 2nd half and 2 more goals

from Jamie Doolan & Ryan O'Carroll helped us to an emphatic performance. Killorglin had the last say when they got a consolation from the penalty spot. Best for the Blues were Jamie Doolan, Gavin O'Shea, and Brian O'Donoghue. Killarney Athletic B 3 Skelliga 0

Athletic made the long trip to Caherciveen today and came away with vital 3 points to clock up another away win. Playing in the 3rd choice strip, Athletic had a very strong panel with 17 players available on the day. With a new formation devised, Athletic were under the cosh for the first 20 minutes but a cross shot by Caiman Mangan from the left wing deceived the keeper and ended up in the net to give Athletic the lead. With a solid defence by Athletic, Skelliga tried but failed to break down the defence to leave half time score the minimum. Into the second half and Athletic were now well on top and great passing play led to Mark Griffin getting Athletic's second. Athletic were controlling everything and got a third through Caiman's second. Athletic will rue missed chances with Caiman hitting the post and Maison hitting the crossbar and only for the Skelliga keeper, this could have been easily over sooner against a Skelliga side missing a few regulars. Great team performance with Mark Griffin, Caiman Mangan and David Sheerin standing out.

UNDER 17 Killarney Athletic 1 Castlegregory 3
A game that Athletic dominated yet silly defensive mistakes cost us. Murt O'Shea with the goal for Athletic. On the plus side, formation and passing vastly improved and despite Castlegregory's much physically stronger Athletic played and passed the ball around. With a depleted squad on show, all players tried their hardest. With a full squad, this team have what it takes but other commitments by players making things harder for us. Best for Athletic Dion Marcos, Jack O'Connor and Adam Dennehy.

UNDER 14 Killorglin 4 Killarney Athletic 0
Probably an unbalanced score of game against a physically stronger side which we found hard to match. Athletic started the game well & dominated for the first 20 minutes with Harry Potts having a goal incorrectly disallowed for hand ball! When Killorglin then scored our heads dropped & went into the break 3 - 0 down. A far better attitude in 2nd half proved a very even game but damage done towards end of 1st half. Best for Athletic were Eamon Long, Calum Neher & Ian Prendergast. Training Wednesday night in Fossa.

UNDER 12 LEAGUE Athletic travelled to Killorglin on Saturday last to take on the locals. Fielding a very young team Athletic lost the game but played very well in the second half in which they scored two great goals one from Darragh Looney and one from Rossa Bellew. This team is improving and will surely have better times ahead.

FAMILY QUIZ NIGHT FRIDAY TONIGHT IN KILLARNEY OAKS 8.30PM

Parents & Players please note that there will be a Quiz night on in the Killarney Oaks tonight. All under 18's to be accompanied by an adult. Lots of spot prizes to be won. Tables of 4 Adults

€40 & Juveniles €20. The support, especially from parents would be greatly appreciated. Everybody welcome to attend.

300 MEMBER CLUB DRAW Killarney Athletic A.F.C. are delighted to announce their 300 member club draw will be starting up again in December. For €10.00 per month you could be in with a chance to win prize money each month. The money raised will be used to further develop the facilities at Killarney Athletic A.F.C.'s grounds. Please contact Lorraine Fleming on 087 9646484 for entry forms or any club officer.

50TH ANNIVERSARY CELEBRATIONS

The meeting to discuss how best to celebrate our 50th year in soccer in the club was hugely successful. The club would ask anybody who is interested in helping out in any way or have any ideas for the 50th celebrations to contact Don O'Donoghue on 086 1234610 please. We also ask if anybody has any old club photographs or memorabilia to please contact Mary McCarrick on mccarrickmary@hotmail.com or any club officer.

CONDOLENCES: The club wishes to extend its sympathy to The Ryan and Brady family on the sad passing of Paddy Ryan R.I.P.

KILLARNEY CELTIC NOTES

BEST WISHES to Suzanne Scully for a speedy recovery from illness from all at Killarney Celtic.

CONGRATULATIONS to Fiadhna Tangney on being selected for Irish U15 trials last weekend.

LAST MAN STANDING. We will start the new series of LMS next weekend, Nov 29th. It should be an exciting series with a climax during the Xmas season. Entries €10 by Thurs to the usual crew.

CLUB SHOP Killarney Celtic's shop is now up and running on Saturdays from 12 noon to 2.00pm. We have a full new range of fantastic merchandise to suit every age, size, gender, and especially budget. Savings Club and Gift Vouchers available. Contact Mags on 089 2164639 or Mary on 086 6485809 for details

RESULTS Denny Premier: Rattoo Rovers 3 Killarney Celtic 2

Goals from Gary Keane and Cathal O'Shea weren't enough to get us a reward against a very good Rattoo Rovers

DENNY PREMIER B: Killarney Celtic B 3 Mastergeeha 3

Great neighbours and deadly rivals served up a cracking game of soccer at Celtic Park under lights, and it was honours even after a six-goal thriller.

LADIES LEAGUE: Na Fianna 0 Killarney Celtic 5

Brilliant team play saw Celtic in complete control, with goals by the outstanding Patrice Dennehy, Amy Foley, Una Hannigan, Melissa Finn, and Hannah O'Donoghue

U17 LEAGUE: Inter Kenmare 5 Killarney Celtic 2. The team put in a great effort but full credit to an outstanding Kenmare outfit who inflicted our first defeat of the season.

U16 PREMIER: Tralee Dynamos 1 Killarney Celtic 4. A powerful team display was capped with goals from Mark Harnett, Oran

O'Donoghue, Lorcan MacMonagle, and an own goal.

U14 PREMIER: Listowel Celtic 0 Killarney Celtic 3

GREAT TEAMWORK. Peter O'Sullivan, Darragh Lyne, and Ryan Kelliher got the goals, while Eanna Coleman, Jared Barton, Patrick Darcy, and Mark Cooper were huge contributors to a great team performance.

U14 DIV ONE: Killarney Celtic C 1 Iveragh United 5

A big ask against an A team but the lads gave it everything. Krystian Komote scored a great goal for us.

U12 PREMIER: Camp 2 Killarney Celtic 2

We led 2-0 at the break thanks to strikes by Daniel Okwute and Kieran Dennehy, and were unlucky to have two other goals disallowed. Full credit to Camp for a great fightback to earn a draw. Celtic right back Darragh Fleming was superb throughout.

U12 DIV TWO: Mastergeeha 2 Killarney Celtic 0

A great display by the team, who showed great character to come back from a big defeat to Inter Kenmare last week to give a great account of themselves this weekend. Best for an excellent Celtic were Simon Coffey, Tim Casey, and Jack O'Neill

U12 DIV TWO: Killarney Celtic C 1 Park C 1

First result of the day and a cracking game, great football by two fine teams. A great Joshua Livingstone strike got us a share of the spoils, with a fantastic save late on by star keeper Aaron O'Sullivan a match highlight. Well done to everybody on both sides.

FIXTURES

DENNY PREMIER: Killarney Celtic away to Killorglin, Sunday, 11.30am

DENNY PREMIER B: Killarney Celtic B at home to Fenit Samphires, Sunday, 11.30am

YOUTHS LEAGUE: Killarney Celtic at home to Killorglin, Saturday, 2.30pm

U15 PREMIER: Killarney Celtic at home to Tralee Dynamos, Saturday, 12.30pm

U15 DIV ONE: Killarney Celtic B away to Park B, Saturday, 10.30am

U15 DIV ONE: Killarney Celtic B at home to Killorglin, Saturday, 12.30pm

U13 PREMIER: Killarney Celtic away to Listowel Celtic, Saturday, 12 noon

U13 DIV ONE: Killarney Celtic B at home to Mastergeeha, Saturday, 10.30am

U12 GIRLS: Killarney Celtic away to Inter Kenmare, Saturday, 10.30am

U11: Killarney Celtic A at home to Park A, Saturday, 10.30am

U11: Killarney Celtic B at home to Park B, Saturday, 10.30am

U11: Killarney Celtic C at home to Park C, Saturday, 10.30am

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



AT THE RECENT PRESENTATION OF PRIZES AT THE ROSS GOLF CLUB FOR COMPETITIONS SPONSORED BY THE LAURELS BAR AND RESTAURANT, THE DUNLOE LODGE AND MARK HEINEMANN GER GOLFING. WERE FRONT L:R: DONNAGH MOYNIHAN, DUNLOE LODGE, AIDAN O'CONNOR, CAPTAIN, MARK HEINEMANN - GET GOLFING, ALAN FLYNN. BACK L:R: DAVID HENNEBERY, MIKE CASEY, DENIS CRONIN, DAMIEN GREER, TONY LENIHAN.

ROSS GOLF CLUB

GENTS: RESULT: The final of the Killarney Medal and Trophy Centre Club matchplay was played last Saturday in front a good attendance and after a close battle Alan Flynn emerged victorious over Sean Moynihan on a score of 2 in 1. This means that Alan has now won two in a row and well done to both for a great final.

FIXTURES: On Sunday November 30th we will hold the rescheduled single stableford competition from Sunday 23rd. The timesheet is now available in the clubhouse so please add your name to it as soon as possible.

AGM: We held our AGM on Thursday, November 20th and this was well attended. Best of Luck in 2015 to incoming Captain, Denis Cronin and incoming President Donie Mulcahy.

KILLORGLIN GOLF CLUB

LADIES: 18 HOLE STABLEFORD SPONSORED BY PAUL WALKER PLUMBING:

1. Maura O'Boyle, Lady Captain (27) 39 pts (B6).
2. Agnes O'Connor (36) 39 pts.
3. Ann Walker (29) 39 pts

12 HOLE RE-ENTRY SPONSORED BY JOAN CARTER: 1. Maura O'Boyle (27) 22pts.

2. Mary Conway (32) 21 pts.

FIXTURE: CHRISTMAS HAMPER: Christmas Hamper sponsored by Temmler Ireland is this Sunday 30th November. Draw for partners. 12 Hole re-entry Turkey Week 1 continues until Sat 29th November.

KENMARE GOLF CLUB

KENMARE LADIES:

- 1st Kim Kennedy (17) 31pts.
 - 2nd Noreen Crowley (14) 31pts.
 - 3rd Marie Kissane (23) 29pts.
- Sponsor: Ann Carey
Next week Bottle Competition.

KENMARE MEN'S:

DR. VINCENT BOLAND'S MINI HAMPER

- 1st Donal Herlihy (15) 35pts.

2nd John Maye (12) 34pts.

3rd John Sweeney (11) 34pts.

BEAUFORT GOLF CLUB

MEN'S: BRANCH RESULTS.

22ND/23RD NOVEMBER - ROUND 4 WINTER LEAGUE (13 HOLE RE-ENTRY) SPONSORED BY MEN'S CLUB.

Winner: John F O'Callaghan (12) 26 pts.

FIXTURES: 29th/30th November - Round 5 Winter League (13 hole re-entry - Yellow Tees) Sponsored by Men's Club.

(1 winner each week - Overall Prizes for Best 3 out of 5 weeks)

NOTE FOR YOUR DIARY: 14th December - Ladies and Gents Flock and Bottle Scramble, plus outstanding prize giving. Mince pies, Mulled wine and carol singing Family Day. Prize for the best Christmas jumper.

KILLORGLIN GOLF CLUB

12 HOLE COMPETITION 24/11/2014

1st Mark O'Sullivan 33 pts.

2nd Jim McCarthy 29 pts.

3rd Mark O'Sullivan 29 pts.

4th John Carmody 28 pts.

5th John Breen 27 pts.

CASTLEROSSE GOLF CLUB

RESULTS COMPETITION PLAYED ON SUNDAY 23RD NOVEMBER, 18 HOLE STABLEFORD.

Winner, Danny Lynch (20) 41 pts.

Runner-up Daniel Shine (07) 39 pts.

Overall 3rd place Gintaras Bendaravicius (20) 38 pts.

Next weekend competition, 18 hole Stableford, play Friday, Saturday or Sunday. This is the last 18 hole competition for the year, 12 hole competitions start from the following weekend.

GLENEAGLE PITCH & PUTT

By John O'Halloran

Last Sunday we had a v-par singles Christmas competition and the winners were 1st John O'Halloran and 2nd gross Sean O'Brien.

This Sunday we will have another Christmas competition.

On Sunday 7th December we will have our Christmas hampers competition.

KILLARNEY GOLF CLUB

LADIES: Last Sunday's Competition 23rd November was cancelled due to frosty weather and is rescheduled for next Sunday 30th November on Mahonys course, see Golf Club web site for details.

Competition on Sunday the 7th December is on Killeen Course, Michael Whelan Mini-Hampers.

PRESENTATION OF PRIZE GIVING'S: For a number of recent Competitions will take place at the Club House on November 30th at 5.00 p.m.

CATRIONA GRIFFIN: Has been awarded a Scholarship by Toledo University, U.S.A.

This is a great achievement for Catriona and a great honor for her Club. We wish her every success.

DEERPARK PITCH & PUTT NOTES

Due to the inclement weather conditions and it's impact on the course it was decided to postpone the Turkey competition until this Sunday with draws at 9am and 11am. Handicap alterations will be in operation for Sunday's competition.

Winners of the Sweep competition which commenced at the later time of 11-30am on Sunday were Betty O'Brien and Ger Casey.

PRESENTATION OF PRIZES: The presentation of the following prizes will take place at Squires on Friday December 5th 8pm. Captain's Prize, European Rules, Club Matchplay, Xmas Competitions and Club Person of The Year. It will be appreciated if all prize-winners could be present at this function.

MURPHYS GOLF SOCIETY

RESULTS: PRESIDENTS PRIZE: SEAN MURPHY

SATURDAY 22ND NOVEMBER, MAHONY'S POINT

1st Denis Nash (21) 42 pts.

2nd Brendan Keogh (8) 39 pts.

3rd Pat Carroll (12) 38 pts.

4th Maurice O'Shea (15) 37 pts.

5th Paul Corridan (14) 36pts.

6th Matthew O'Connor (12) 36pts.

Best Gross: Ger Moroney (8) 37pts.

Front Nine: Gerry Falvey (23) 21pts.

Back Nine: Sean Goulding (10) 20pts.

18 & Over: Vincent O'Doherty (25) 34pts.

Guest Prize: Johnny McDonald (17) 34pts.

Next Outing: Saturday 6th December, Mahonys Point. (Christmas Hampers).



DUNLOE CUP FINAL SEM RETAIN THE DUNLOE CUP

ST BRENDANS COLLEGE 2-18 INTERMEDIATE SCHOOL KILLORGLIN 1-13

St Brendans College retained the Dunloe Cup following a very entertaining final played at Kierns O Rahillys Tralee on Friday last. This was the second meeting of these two teams in this competition with St Brendans recording a win over the Killorglin outfit earlier in the group stages of the competition.

This game got off to a blistering start with ISK racing into a 1-3 to 0-0 score line inside 6 minutes, the ISK goal coming courtesy of a mix up in the St Brendans defence. At this stage the Killarney side were struggling to settle into the game, however a brace of points from Mark Harnett and David Clifford added to by Donnacha O Sullivan and David Shaw levelled the game midway through the first half. With both teams exchanging scores throughout the remainder of the half the sides were level going into the final minute before the break. The most critical period of the game occurred however just

before the half time whistle. A point blank save from Sem keeper Alec Rennie followed up by a goal line clearance from Oran O Donoghue denied an almost certain goal for ISK. The sem boys worked the ball down to David Shaw who slotted over to give them a slender lead going into the break.

Midway through the second half the game swung dramatically in St Brendans favour. A converted penalty by David Clifford was quickly followed by a Donnacha O Sullivan goal and this seemed to deflate the ISK. St Brendans now having opened up a 6 point gap were never going to relinquish that lead. Further points from Billy Courtney and Jack Griffin ensured the destination of the cup for

St Brendans.

Scorers St Brendans

David Clifford (1-6) Donnacha O Sullivan (1-3) David Shaw (0-4) Mark Harnett (0-3)

Billy Courtney (0-1) Jack Griffin (0-1)

St Brendans

Alec Rennie, Lorcan McMonagle, Chris O Donoghue, Oran O Donoghue, Thando Dube, Dara Moynihan(C), Mark O Shea, Billy Courtney, Jack Griffin, David Shaw, David Spillane, Cian Gammell, Donnacha O Sullivan, David Clifford, Mark Harnett

Subs used

Michael Potts, Ciaran Flynn, Sean O'Leary, Michael Cronin, Niall McCarthy.



KERRY COLLEGES DUNLOE CUP FINAL: ST BRENDAN'S KILLARNEY AFTER WINNING WITH CAPTAIN DARRAGH MOYNIHAN AT KERINS O RAHILLYS GAA PITCH TRALEE CO KERRY. PHOTO BY : DOMNICK WALSH

CASTLEISLAND ARE COROFIN BOUND FOR ALL IRELAND FINAL

All roads lead to Corofin in Clare on Saturday as Castleisland Desmonds face Clonbur of Galway in the Tesco HomeGrown Intermediate All Ireland final at 1.30pm. Desmonds had a tough semi final to reach this stage, after Leanne Mangan pointed a pressure free to bring the game to extra time to defeat Kilmacud Crokes. But it was in extra time that the Desmonds let the shackles off & played like we know they can. Desmonds have players of the caliber of Aoife Lyons, Cait Lynch to shore up defense, while Aisling Leonard & Lorraine Scanlon are using all their inter county experience to win primary possession at midfield & distribute smartly to their forwards. Andrea Murphy & Leanne Mangan have been a thorn in defenses side all year. They will need to have learned from their semi final where lapses in concentration let the Dublin side in for 3 goals against the run of play & poor shooting also a factor. Clonbur who

won Connacht title with aplomb are a side with high scoring forwards, with goals their specialty, hitting 5 in their county final, 2 in the provincial decider & they hit Monaghan Harps for 4 goals in the All Ireland semi final. They are also quite a strong physical side. However the Castleisland side has possibly better experience & with players coming back from injury adding to their panel, will be hoping that the All Ireland Intermediate Club title will be heading back to Kerry.

SHIELD WIN

Congratulations to Na Gaeil who won the

Mary Jo Curran Shield on Sunday in Keel GAA defeating Corca Dhuibhne. It was a close game with the result hanging in the balance until the end, but Na Gaeil held out from the West Kerry onslaught. Final Score Na Gaeil 5-04 Corca Dhuibhne 3-05.

TRIALS

Trials for the Kerry U14 team 2015 continue on Saturday & U16 team 2015 continue on Sunday. Venues & times will be announced closer to the time on social media & on website when they are available.



HEADING FOR THE FINAL..... CASTLEISLAND DESMONDS



THE WEEK IN FARMING

(BY TOMMY ROCHE, CASTLEISLAND)

Ger Courtney of Teagasc needed no introduction at the Bank of Ireland seminar in the Ballygarry House Hotel two weeks ago. He has been to the forefront of the "focus on Profit" programme for many years and has an unparalleled knowledge of Kerry farming. His topic was titled the "technical aspects of expansion". The best summary of his contribution would be "efficiency on your current operation before you consider expansion". The message put bluntly is to get your house in order before you consider investing capital in projects. The variation in on farm costs of production in Kerry is significant and leaves much room for improvement. Getting the basics right will yield great benefits for many farmers but expanding without these improvements could spell disaster. Grassland is our competitive advantage, growing and utilising as much grass as possible, both in situ and as a stored feed is the key to our success on the world stage. Many farmers are doing an excellent job but there is much room for improvement on Kerry farms. Lime is deficient on 65% of the land in this county, getting this right is a priority. Increasing grass growth (by 35% is possible on many farms), matching stock numbers to potential grass growth on the grazing block and incorporating the contribution of outside blocks requires planning and careful execution. There are three objectives, financial, physical and personal. The underlying question must always be "will it increase profitability?" The rewards are there for those who carry out careful, planned expansion, a profile of eight farms previously monitored showed a 40% increase in profit over a five year period. Beware of extra costs eating extra profits, three words to remember, need-afford-priority. Before anything is done, discuss your plans with others, is this the right option for you and your family.

Pat Byrne got his formal education in UCD. He came to Bank of Ireland after many years at ACC but his first position was with Macra Na Feirme. He is a farmers banker, with an in depth knowledge of his subject and a good ability to impart it. His principal message was "improve your understanding of cash flow management". He gave an example of a competent farmer who walked himself into a financial hole by not planning properly. Know your limitations, know your costs, plan for a bad year, understand the additional demands expansion will bring. The bank will require a great deal of financial information and a realistic plan with realistic future projections. They will make the "right decision for both the bank and farmer". Central to any decision will be the farmer's ability to manage the present farm. Pat made a very good point regarding the rush to expand "What is the hurry, quotas will be gone in 2016,17,18 as well". Be sure you can manage the increased workload and if that means a year of upskilling, better to do it now than regret it later. Bank of Ireland is open for business and according to Central Bank figures are responsible for over 50% of lending to Agriculture right now.



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Topline

AGRI COLLEGE OPEN DAY

The Salesian Agricultural College in Pallaskenry in Limerick are hosting an open day to showcase a range of certificate courses.

The Open day will take place on Thursday 4th December 2014 in Pallaskenry and the following courses will be on offer.

LEVEL 5 CERTIFICATE IN AGRICULTURE

Entry requirements: All students who will be 17 years by the 1st of January 2016 are eligible for the Level 5 Certificate in Agriculture course. (Apply directly to the college). Closing date for applications: 29th May 2015.

LEVEL 6 SPECIFIC PURPOSE CERTIFICATE IN FARM ADMINISTRATION (GREEN CERT)

Entry requirements: Students must have passed the Level 5 Certificate in Agriculture.

LEVEL 6 ADVANCED CERTIFICATE IN AGRICULTURAL MECHANISATION

Entry requirements: Students must have passed the Level 5 Certificate

in Agriculture and successfully complete an aptitude test.

LEVEL 6 ADVANCED CERTIFICATE IN DAIRY HERD MANAGEMENT

Entry requirements: Students must have passed the Level 5 Certificate in Agriculture and successfully complete an aptitude test.

LEVEL 6 HIGHER CERTIFICATE IN TECHNOLOGY IN AGRICULTURAL MECHANISATION (Course Code: LC 284)

This is a 3rd level course offered by Pallaskenry in partnership with Limerick Institute of Technology (L.I.T.)

Entry requirements: a) Through the C.A.O. points system (Course Code: LC 284)

OTHER COURSES

Advanced Certificate in Agriculture for Level 6 for Non-Agricultural Award Holders (done in conjunction with Teagasc Kilmallock)

For more information contact 061-393100.

NEW FORESTRY PROGRAMME ANNOUNCED

When the details of the proposed new forestry Program from 2015-2020 were released in September 2014, there was a broad welcome within the sector.

A key element of the new program is the confirmation that once the land you propose to plant was "eligible land" for single farm payment then you can continue to draw your SFP after you plant.

This is not viewed by the Department as a "double payment" and should help land owners view forestry as a legitimate land use option rather than a substitute to farming or as a last resort.

One of the major changes in the new scheme can be summarised as follows;

"Premium money UP and premium term DOWN"

This basically means that the Department has shortened the term of the premium from 20 years to 15 but to counter this reduction they have increased the amount paid per acre per year by between 8 and 15%.

As a direct comparison the old premium rate for planting Sitka Spruce was €173 per acre and it has now risen to €206 per acre.

Green Belt feels that pushing premium payments above and beyond the €200 per acre barrier shows real commitment from the Department to drive the forestry program forward.

Some of the key elements of the new afforestation program are;

• Increases in the conifer and broadleaf premium.

The new conifer premium rate is now between €206 and €228 per acre whilst

the broadleaf premium ranges from €233 to €250 per acre.

• Retired Farmers to get higher rate of planting premium

Farmers who participated in the Early Retirement Scheme traditionally could not get the higher rate of premium however under the new scheme they are entitled to plant and will be paid the higher premium rates.

• All land owners now qualify for the higher rate of premium

Traditionally there was a need to qualify for the higher rate of premium. This process is now removed and all land owners now qualify for the higher rate of premium. Indeed companies that own land will also qualify.

Planting Targets

The Government has a target of 6,000 hectares of new forestry in 2015, rising to 8,300 by 2020. The total area of new ground that will be planted during the new 6 year programme will be 43,000 hectares.

The Department feels that based on the favorable terms of the new program that demand to plant will outstrip the funds available over the next two or three years.

Green Belt therefore strongly recommend that if you are considering forestry as a land use option that you contact your local Green Belt Forester as soon as possible.

Anyone interested in planting for 2015, should get an application submitted to the Forest Service by contacting Gerard Moroney at 086 8380915 or 064 6626615 or freephone 1800 200 233.

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- ❖ HETAC Level 6 Higher Certificate in Engineering in Agricultural Mechanisation (Course Code: LC284)



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MINERAL NUTRITION FOR DRY COWS

Mineral supplementation of the dry cow will be dictated by the mineral profile of the forage, in most cases grass silage. It is important that the dry cow forage is analysed annually for gross nutritive value and every three - four years to establish its mineral profile and formulate appropriate supplementation. In 2009, Teagasc, in conjunction with Trouw Nutrition, conducted a survey of farms across the country to establish the mineral status of grass silage. The results showed a decrease in the concentration of many of the major elements in grass silage compared to a similar survey conducted in the early 1990s. This highlights the importance of carrying out mineral analysis of silage regularly.

Calcium levels should not exceed 1-2 per cent in the pre-calver mineral. Additional supplementation with magnesium may be necessary where there is a problem with clinical and sub-clinical milk fever.

Feed pre-calver minerals to all dry cows for 4-6 weeks pre-calving. Fixed rate feeding is best. Free choice supplementation, e.g. mineral buckets, is not reliable and intake is variable. Ensure there is adequate feeding space for all animals to eat at once. Spread minerals across the silage twice daily.

Dry Cow Management Hints and Tips:

The cow should be able to use the dry period to recover from the previous lactation, repairing damaged mammary tissue, milk producing cells and fighting off any infections that may be present. The minimum dry period required is 6 weeks, however the average in most herds is significantly longer than this.

- The dry period allows the cow to fully recover and repair herself if the cow is managed properly.

- Try to dry cows off in the condition you would like them to calve down in (Body Condition Score 3) and maintain them in this condition throughout the dry period - the unborn calf will become a significant drain on the cow in months 7 and 8. If cows are too thin at calving they will not have sufficient body reserves to bridge the energy gap that occurs in early lactation, however if cows are too fat they are more likely to have difficulty calving and will underperform throughout the subsequent lactation.

- Now is the time to adjust your cow's diet to achieve the desired condition at drying off - If cows are thin increase the Energy content of diets and reduce the Crude Protein %, If cows are heavy use higher Crude Protein Diets. Protein directly affects Milk Production so if Quota is an issue, reduce the % Crude Protein in the diets

- Ensure all cows are correctly dried off, using dry cow therapies - these antibiotics will help to fight off mastitis

• other bacterial infections in the udder.

- A Specific Dry Cow Mineral should be fed for a minimum of 6 weeks. This mineral should contain high levels of selenium and vitamin E which act as anti-oxidants, allowing the cow to fight off any challenges to her immune system

- Zinc plays an important role in the formation of Keratin, which is what the cow produces to seal the teat canal during the dry period, preventing new infections from arising. Zinc is also important for hoof strength and durability.

- Finally, when cows are close to calving (last week of pregnancy), introduce the lactation diet, to ease the transition into lactation.

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- Zinc and Phosphorous are also included.

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

CAD – Computer Aided Draughting and Design Course (ET115) – Tralee.
 This course is for people who wish to pursue careers as CAD technicians. It offers participants the opportunity to develop knowledge, skills and competencies in 2D and 3D computer aided draughting and design. CAD technicians need to have an eye for detail and an aptitude for maths, drawing and computer skills. Course participants must have passed technical drawing and maths in the Leaving Certificate or have achieved an equivalent level of relevant industrial experience or training. **Start Date:** 5th January 2015. **Duration:** 32 weeks. **Certification:** City & Guilds Level 3 Awards in 2D and 3D Computer Aided Design.

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

Reception and Clerical Skills (ET8N1) - Kilarney.
 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:** 9th February 2015. **Duration:** 19 weeks. **Certification:** FETAC Level 5 Component Certificates in: Information and Administration, Word Processing, and Customer Service.

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

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

Healthcare Support Traineeship (ETS97) - Tralee.
 This course provides participants with the knowledge, skills and competencies to work as part of a multidisciplinary team in the provision of effective and appropriate healthcare supports to clients in a variety of care settings. Course modules include: Patient Handling, Care Support, Care Skills, Safety & Health at Work, Care of the Older Person, Anatomy & Physiology, Human Growth & Development, Customer Services, Work practice, and Career Planning & Job Seeking Skills. **Start Dates:** 23rd March 2015. **Duration:** 41 weeks. **Certification:** FETAC Level 5 Major Award in Healthcare Support.

Beauty Therapy Traineeship (TRS52) - Tralee.
 This traineeship offers participants the opportunity to develop the knowledge, skills and attitudes required to work as beauty therapists in a variety of settings. It offers a rich learning opportunity integrating theory, practice and industry experience so that participants gain a clear understanding of the various treatments and therapies practiced in the industry. **Start Date:** 9th March 2015. **Duration:** 50 weeks. **Certification:** I.T.E.C. Beauty Specialist Diploma, ITEC Diploma in Facial Electrical Treatments, ITEC Diploma in Holistic Massage, ITEC Diploma in Epilation, ITEC Diploma in Anatomy and Physiology, ITEC Diploma in Body Therapy, CIDESCO International Diploma, and CIBTAC International Diplomas in Aesthetics, Epilation, and Body Therapy.

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POST EARLY FOR CHRISTMAS:

December 6th is the deadline for posting letters or parcels all-over the world except for Ireland, Great Britain and Europe. December 6th is also the deadline for posting parcels to the USA and December 11th for letters to the USA.

TEXTING IS BAD FOR YOUR NECK:

It is safe to say that almost all of us have smart phones, or mobile phones. With the advent of smart phones, and the internet connectivity that comes with it, we tend to spend an awful lot of face time with our phones. So it should come as no surprise that the potential to cause physical harm while doing this is a reality.

Though texting while driving is the true danger, a new study suggests that looking down at your phone can cause severe strain on your neck and spine.

Your phone is putting 27-kg of force on your neck. That's like four full-sized bowling balls worth of strain on your neck, and you're doing it several times a day.

According to the study, the average person spends up to four hours a day just facing down towards their phones and smart phones. Whether checking a text message, email, or surfing the web, it is all in the motion of bending your neck to look down.

The study was led by the chief spinal and orthopaedic surgeon at the New York Spine Surgery and Rehabilitation Medicine in America. He explains that, as you bend your neck, the weight and pressure progressively get worse. Thus, the more you bend your neck to text on your smart phone, the more pressure and strain you cause.

CUBAN FARMERS RETURN TO THE OLD WAYS:

There is a modern agricultural revolution afoot in Cuba – one born of necessity. Starting in late 1989 with the collapse of the Soviet Union, oil, chemicals, food and fertilizer disappeared. Cubans were near starvation. Desperation fed ingenuity and farmers began replacing chemical fertilizers with biofertilizers: manures, leaves and humus.

Empty lots between urban buildings became hand tended organically cultivated raised beds, supplying approximately 70% of all fresh vegetables to city dwellers. The proximity of urban gardens to city dwellers eliminates transportation costs. They not only produce vegetables and fruit but also medicinal herbs. With new laws allowing small private businesses, farmers are now selling to the recent wave of high-end restaurants in the cities.

Urban gardens often have a pork butcher associated with each produce stand. Leftover produce is fed to the pigs. Nothing is wasted. West of Havana, in the rich Viñales Valley and other provinces, this agricultural revolution

came from National Parks land provided for free by the government.

Farmers began cultivating lombriculture (earthworm culture) techniques. Crops were grown with natural fertilizers and environmentally safe, cheap and indigenous botanical insect repellents.

Seed banks were established, farmers shared data and the government began to send students for work-study programmes.

Cuba is no longer starving. Not only is there a variety of produce on the Cuban table but it is largely organic — and substantially below the price of chemically enhanced crops.

The organic movement has inspired such restaurants as El Romero in Las Terrazas, growing herbs and vegetables on-site and solar energy to cook its food.

Beehives populate every farm and garden. Essential for pollination of plants, they also produce an intensely flavoured honey and Cuban bees have a very small stinger that cannot be used for defence! They do bite, but just barely.

Countryside farms utilise many types of biofertilizers. For instance goose excrement washes into a pond filled with catfish. When the water is low, the concentrated liquid with fish and goose droppings is used on the soil. The larger catfish are eaten and the smaller ones begin the cycle again.

Reverting to old fashioned oxen teams cuts down on erosion of the soil as well as eliminating purchasing and operating costs of machinery. Pineapple crops are also planted as living, productive borders to help prevent erosion.

Canna lilies, hibiscus, corn, marigolds, millet and basil also help ward off insects to protect the farm crops. Dogs spend their days chasing off predators to crops and animals.

Blue, yellow and white metal posts are also staked throughout the crops. Coated with oil, the colours attract insects and the oil disables them.

Despite the U.S. embargo, farmers find a way to import California Red earthworms to complete the lombriculture process for soil amendment.

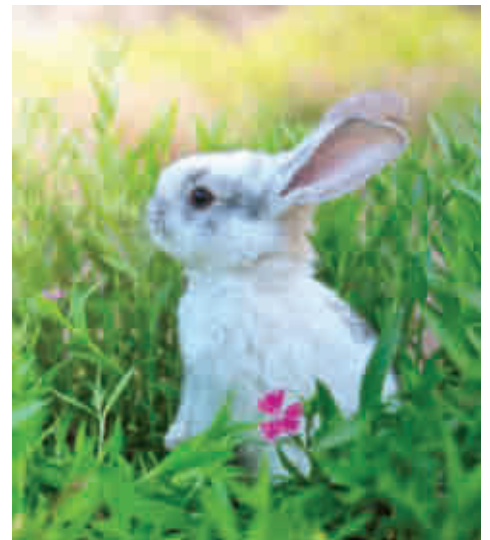
The Viñales Valley is known for the production of superior black leaf tobacco. Farmers collect the discarded centre veins that contain 70% of the nicotine in the leaf. Soaking the veins in water produces another type of insect repellent that can be sprayed on plants. The waterlogged veins are then added to the compost.

Land is free as long as there is production. The government sets aside a percentage for itself and the rest can be publicly sold.

THINKING OF GETTING A RABBIT FOR CHRISTMAS?

Many people purchase rabbits as Christmas gifts for their children, seeing them as little more than cute objects. Rabbits are cute, but they are much more than stuffed toys.

As natural prey animals, rabbits can be terrified by loud movements or quick, sudden movements, and they can literally die of fright.



They are fragile and often prone to broken bones if held or handled carelessly. Rabbits require timothy hay and fresh salad greens instead of just canned food, which is what most people expect to have to provide. They also need more specialized veterinary care than do household cats and dogs.

Purchasers of rabbits often find they cannot provide the care needed by rabbits or that the rabbits do not behave like the good little toys they thought they were buying; in many of these cases, the rabbits are abandoned and dumped in fields or towns and will most likely be eaten as prey.

If you are housing your rabbit indoors you will need a large rabbit cage or a puppy pen. If contained, their space should always be large enough so they can hop around, and they should be let out of their pen for at least a few hours everyday for exercise.

Make sure the primary location of your rabbit is not isolated from you and your family. A family room or living room is a good place.

In order to create a safe space for your bunny and to protect your belongings, you will need to thoroughly bunny proof the area. This includes covering all wires with plastic sleeves or flex tubing, or lifting them 3-4 feet out of reach of your rabbit. You'll also have to block off certain areas since rabbits like to chew the undersides of beds, items on bookshelves, house plants, and more. Basically, your rabbit will try to chew everything in reach.

Fresh hay should be provided to rabbits at all times. Using a large hay feeder is helpful because it keeps large amounts of hay dry, clean, and accessible.

Supplement your rabbit's hay with fresh vegetables, fibre-rich pellets (in limited quantities for adult rabbits), and fresh water daily.

Rabbits have a natural inclination to poop and pee in one area. Take advantage of this by setting up a medium-sized cat litter box or shallow storage bin near their food/water bowls and hay feeder. Put a thin layer of rabbit-safe, recycled newspaper pellet litter at the bottom of the litter box. Do not use clay/clumping cat litter or wood shavings, as they are not safe for rabbits. Then put hay on top of the litter. Rabbits like to eat hay and poop

at the same time, so this will encourage good litter box habits.

Rabbits can get bored easily. Not only do they need space to exercise, they also need mental stimulation. Cardboard boxes are great because rabbits spend hours chewing new windows and doorways. They also provide a quiet refuge for the rabbit when necessary. Cardboard/wooden tunnels, cardboard toilet rolls, old phone books, shoe boxes, etc. make great toys for rabbits.

Rabbits are naturally clean animals and wash themselves frequently. But you still need to groom your rabbit on a regular basis. Rabbits go through shedding cycles a couple times a year. It's important to brush your rabbit to remove all the excess fur. Otherwise, your rabbit could ingest it and have serious digestive issues.

Regular nail clipping is also important because long nails can get snagged on things or they can curl into your rabbit's paw.

ON THIS DATE – NOVEMBER 28TH:

1520 - After navigating through the South American strait, three ships under the command of Portuguese explorer Ferdinand Magellan reached the Pacific Ocean, becoming the first Europeans to sail from the Atlantic Ocean to the Pacific.

1628 - Birth of John Bunyan, English writer and author of *Pilgrim's Progress*.

1843 - Hawaiian Independence Day - The Kingdom of Hawaii was officially recognised by the United Kingdom and France as an independent nation.

1863 - Foundation of the Fenian newspaper, "Irish People"; John O'Leary was the editor

1895 - America's first auto race started; 6 cars, 55 miles, winner averaged 7 MPH.

1905 - The Irish political party Sinn Féin was founded in Dublin by Arthur Griffith.

1919 - Nancy Astor became the first woman to sit in the British Parliament.

1922 - Capt. Cyril Turner (RAF) gave the first skywriting exhibition (NYC). Turner spelled out "Hello USA. Call Vanderbilt 7200." 47,000 called.

1959 - Birth of Tour de France winner, Stephen Roche.

1967 - All horse racing in Britain was cancelled indefinitely to help prevent the spread of foot-and-mouth disease.

THIS WEEKS QUOTE:

Cherish these natural wonders, cherish the natural resources, cherish the history and romance as a sacred heritage, for your children and your children's children. Do not let selfish men or greedy interests skin your country of its beauty, its riches or its romance." Theodore Roosevelt.

11-YEAR-OLD TAKES VOW OF SILENCE DEMANDING CLIMATE ACTION:

Eleven-year-old Itzcuahtli Roske-Martinez

is proving to the world that sometimes the most powerful thing you can say is absolutely nothing. His T-shirt explains, "I am taking a vow of silence until world leaders take action on climate change." After classmates suggested that one sixth grader in Colorado couldn't influence leaders, Itzcuahtli added, "When I say world leaders, I'm talking about us."

Accusing "so-called 'leaders'" of failing, Itzcuahtli asks why his generation should "go to school and learn all this stuff if there is not going to be a world worth living in? Maybe it's up to youth. Maybe each one of us has to be a world leader."

Judging by the hundreds of thousands of hits his site is getting, children worldwide agree. Several classmates even tried to join his campaign, only to be forbidden by parents certain it wouldn't change anything.

Itzcuahtli's greatest champion is his 14-year-old brother Xiuhtezcatl, director of Earth Guardians and a co-plaintiff in a youth climate lawsuit, the Supreme Court will consider on Dec. 5th. The brothers, raised in the Earth-honouring ceremonies of their father's Aztec culture, perform a passionate eco-rap and count Trevor Hall, Robert F. Kennedy Jr. and Michael Franti among their fans. They rocked Brazil's 2012 climate summit and, more recently, were part of the 400,000-strong at the People's Climate March in New York City.

On the white board he now communicates with, he wrote, "I felt desperate. I had to do something drastic to change the outcome of our future. I decided I wasn't going to speak again until there was concrete action on climate change."

He looks hopefully toward the 2015 Paris UN conference, where leaders could agree on meaningful—and binding—recovery plans.

Itzcuahtli will resume speaking when he sees "we're moving together in the right direction." That means applying a planetary "prescription" written by 18 top climate experts, who outlined a recovery plan based on science, not politics—the same remedy demanded in his brother Xiuhtezcatl's lawsuits against state and federal

governments. To achieve the six percent global carbon cuts necessary for a liveable planet, Itzcuahtli invites children and adults to "join me in this vow until world leaders:

*Agree on and implement a Global Climate Recovery Plan to get us back to a safe zone of 350 ppm

*Massively reforest the planet to help absorb our excess carbon

*Support renewable energy solutions to replace the dirty fossil fuel industry"

LOOKING FOR A BIKE FROM SANTY?

Italian design firm Pininfarina is most notable for helping design Ferraris but the company recently decided to create a bicycle.

The bike features a steel frame with a walnut wood coating and the handlebars and seat are covered with a woven leather pattern.

You can buy the Pininfarina Fuoriserie for a starting price of approximately \$7,500 or buy the higher end version with electric motor assist for as high as \$11,300.

THE MOST PEACEFUL COUNTRY IN THE WORLD:

Iceland stands out as the most peaceful country in the world due to numerous factors. Iceland successfully overcame a banking crisis of 2008-2011 and now it's one of the most progressive nations with 100% literacy rate. The high level of literacy and tolerance among the population promotes low crime and violence rate. Iceland also has significantly low military expenditures and no standing army. The amazing natural attractions like volcanoes, glaciers and magnificent landscapes are the lure for tourists from all over the world. The Icelanders are recognized as the happiest and the healthiest on Earth with the highest level of content among the population.



GARDENING OUTLOOK



with John O'Sullivan

FOCUS ON BEECH HEDGING

Beech Hedging is an ideal hedging plant for most situations, because of its tolerance of a wide range of soil conditions including well drained soils, soils prone to draughts and soils that can get waterlogged due to heavy down pours of rain.

Even though the beech is deciduous, when it is grown as hedging and is trimmed regularly around August/September the brown leaves will usually be retained throughout most of the winter.

Beech also comes with a purple leaf - copper beech. Copper beech is best planted in a sunny position to keep its leaf colour where as the green retains its colour better if planted in partial shade.

If you can - it is best to plant your beech hedge bare rooted as it will probably establish that bit quicker, so you have plenty of time from now until the end of March to get planting.

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STAY OPEN TO YOUR LIFE!

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Stay open to your life and the next moment and the next. Staying shut down and closed takes a huge amount of energy to maintain. It drains us and causes stress related illnesses to manifest in our bodies. Whenever you feel tempted to close down and shut yourself off visualize the most beautiful golden lotus flower in the centre of your chest. See it opening and blossoming with light, trust and radiance! Know that there is so much more for you if you are open to receiving it!

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3RD ANNIVERSARY



In Loving Memory of

MARGARET BROSANAN

Ross Road, Killarney.
Who died on the
1st December 2011. Aged 54

God saw you getting tired,
And a cure was not to be,
So He put his arms
around you,
And whispered,
"Come to me".

With tearful eyes we
watched you,
As you slowly slipped
away,
And though we loved
you dearly,
We couldn't make you
stay.

Your golden heart stopped
beating,
Your tired eyes put to rest,
God broke our hearts to
prove to us,
He only takes the best.

**Sadly missed by your loving
husband Con, Sean, Jeannette,
Brian & Mary.**

**Anniversary Mass at 6.15pm,
Monday, December 1st.
in St. Mary's Cathedral Killarney.**

3RD ANNIVERSARY



In Loving Memory of

STEPHANIE O'SULLIVAN.

Ardmelode, Milltown.

We never said Goodbye to
Stephanie
The reason we'll never know,
God knew we loved you,
Far too much to ever let you go,
Now all we have are memories,
Sprayed with a million tears,
Wishing God could have saved
you,
For a few more years.

**Mass in Listry Church at 6pm on
Saturday 29th November 2014.**

***In our hearts forever,
love Mom, Dad, Lorraine,
Danielle & Jonathan x***

2ND ANNIVERSARY



In Loving Memory of

BRIDIE O'SULLIVAN

3 St. James Gardens, Killorglin

You are more than a memory
silently kept
You are part of our lives
We will never forget

***Remembered by niece Joan,
Tony & family & brother Michael,
Nora & family***

NOVENA TO THE SACRED HEART

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

x

THE MIRACLE PRAYER

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

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

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

Acknowledgement and 1st Anniversary



In loving memory of
DENIS (DENNY ARTHUR)

MOYNIHAN

Rusheehmore, Glenflesk,
Killarney. Co. Kerry
Rest In Peace

On the first anniversary of
Denny's death on the 7th
December, we his family would
like to express our sincere
gratitude and appreciation to all
who offered support and
sympathised with us on our
bereavement. A sincere thanks
to all neighbours and friends
and to all who attended the
rosary, removal, Mass and burial
and also to those who sent Mass
Cards, enrolments and floral
tributes.

Special thanks to Fr. Bill Radley
P.P. for all his support and for a
lovely Mass. Also thanks to
Canon Michael Fleming, Fr.
Michael Doherty, Fr. Kevin
McNamara and Bishop Bill
Murphy (Retired) Thanks also to
all who helped out at the Mass
and to O'Sheas Undertakers for
their understanding and
professionalism. A special
thanks to Drs John & Fiona
Geaney, Nurse Claire
McSweeney and also to his
home carers.

Thanks to Glenflesk GAA Club
for providing a guard of honour
which was much appreciated.
As it is not possible to thank
everyone individually, please
accept this as a token of our
sincere appreciation and
gratitude

The Holy Sacrifice of the Mass
has been offered for your
intentions.

**Anniversary Mass on 8th
December, 2014 in Glenflesk
Church at 7.00 p.m.**

***Sadly missed by your loving
wife Mary and family***

THE MIRACLE PRAYER

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

PRAYER TO THE HOLY SPIRIT

Holy Spirit you make me see everything
and show me the way to reach my ideal.
You give me the divine gift to forgive and
forget the wrong that is done to me and who are
in all instance of my life with me.
In this short dialogue I want to thank you for
everything and confirm once more that I never
want to be separated from you no matter how
great the material desires may be. I want to be
with you and my loved ones in your perpetual
Glory. Amen. (Say this prayer three consecutive
days without stating the request, after the third
day the request will be granted no matter how
difficult it may be. Promise to publish this as
soon as your request is granted.) **x**

THE MIRACLE PRAYER

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

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MOTION & EMOTION



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