

KILLARNEY Outlook

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KILLARNEY

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Amber Centra
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Topaz Centra
Maher's Butchers
Kennelly's Pharmacy
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I.C. Photo Ian Cronin
Killarney Garden Centre
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O'Sullivan Bike-Shop
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Pork Shop Jones
Frame Shop
(Upstairs) Glow Beauty
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Sheehan's Butcher
Marks & Spencer's
Geraldine's Hair Salon
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Hegarty's
Outlet Centre
Malton Hotel
Killarney Toning Studio

COLLEGE STREET

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GALA Bronny's
Specsavers
Sean Taffee
Dominos Pizza
South West Counselling
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Killarney Hardware
Fairhill Butchers
Casey Video Shop
Dungeon
Cronin's
Failte Hotel
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Scotts Hotel
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McSorley's
Ladbroke's
Dan Lenihan Bar
SCOTTS LANE
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GLEBE LANE

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Continental Café (Spolgers)
Goggins's Hair Salon
Jam Café
J MAC Office
Kerry Mortgages

MAIN STREET

Town Hall
Killarney Hair Studio
Medical Hall
Euro City
Macs Restaurant
John Reidy
(Bar & sweet shop)
EBS
Coyne & Culloty
Christy's Irish Stores
MD O'Shea's
Killarney Bookshop
Sheehan's Pharmacy
Brian James
O'Grady's Newsagent
Abbey Travel

HIGH STREET

Quill's Fashion
Keane's Jewellers
Sceal Eile
Julies Barber Shop
O'Connor's Bar
Smoke House
Cronin's Butcher
Salvador's Pizza
Corkery's
Paddy Power
02 Phone Shop
Ladbroke's
Speak Easy (bar)
Eagers
JC O'Shea
B.DE Stack Jewellery Shop
Feet First
Killarney Outlook Office

Tru-Care Cleaners
Daybreak Shop (top of High Street)
Gallivan Murphy Hooper Dolan
NEW STREET

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Dunnes Stores
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Amber Station Muckross rd quick pick
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Randles Court Hotel
Randles Nissan Garage
Doyle Shop
Brehon Hotel
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Spar (Hegarty's)
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Molly Darcy's
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Dunnes
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<p>DELIVERY MAN (12A) 115m Sat/Sun 2:15 4:30</p>	<p>MOSHI MONSTERS THE MOVIE (G) 105m Sat/Sun 2:25</p>	<p>2D FROZEN (PG) 120m Sat/Sun 2:15 4:25</p>	
<p>JACK RYAN: SHADOW RECRUIT (12A) 120m 7 Days 6:30 9:30 Late Show Fri 11:30</p>	<p>THE HOBBIT 2D (12A) 170m Sat & Sun 3:00</p>		

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<p>MOON MAN (G) 105m 12.10</p>	<p>Cloudy with a chance... (G) 105m 12.10</p>

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Killarney Garden Centre

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Killarney Toning & Beauty Studio

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Make Up Lessons	€50 + 1 FREE

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KILLARNEY LADIES ARE LOSING IT !!



JUST BEFORE THE ANNOUNCING 'THE BIGGEST LOSER' AT THE KILLARNEY STUDIOS WERE BACK ROW L-R EILEEN MURPHY, SANDRA HORAN, AUDREY GORDON, CATHERINE COFFEY, BREDA LYNCH, CATRIONA DUNLEA, SAMANTHA MCGILLICUDDY & LOUISE QUILLIGAN. FRONT ROW L-R SHIRLEY MAHONY, MARY LYNE, PATRICIA HARTE (WINNER) AND GERALDINE BROSNAN.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

Operation Transformation may be in full swing but the ladies at Killarney Toning & Beauty Studio have been working hard since October to shed those unwanted inches.

The Toning Tables have been in operation for over 20 years-and the Inch/Weight loss competition has become a very popular event! With weekly weigh-ins & measurements being

taken fortnightly the girls at the studio do as much as possible to keep their members on their toes & keep the motivation going.

All existing members, as well as any newcomers are welcome to take part and this year the overall winner was Patricia Harte, who lost an impressive 18 inches. To reward Patricia for all her hard work she will receive a head to toe

make over, including Make up by Artdeco, shellac nails & St. Tropez tan by the Toning Studio Team as well as a Photo Shoot by Ian Cronin, Hair by Pat O'Neill & outfit from Wisteria Boutique! Furthermore to keep up the momentum of her hard work & determination Patricia will also receive a Toning Table Course & a Universal Contour wrap Course!

Other prize winners include Breda Lynch, who has not only increased her fitness level & is looking fantastic... but has also lost an amazing 13.5 inches. Breda will receive a fantastic prize of a Deluxe Sothy's Facial & a Toning Table Course from Killarney Toning & Beauty Studio.

This year the girls were greatly impressed by many of the new members whose effort & determination to get fit & lose unwanted inches was very encouraging. One such newcomer was Geraldine Darcy. With each Toning Table session her determination grew and it wasn't long before there was a fantastic change in Geraldine. In a short space of time Geraldine had lost well over 10 inches, so to encourage her ongoing success, Geraldine received a voucher for a new Toning Table course. Anyone who has not tried the Toning Tables before is invited to go along for a free trial, for more information call 064 6632966.

FRENCH FOR ALL BREAKFAST AT PETIT DELICE

Students from French for All met up for a tasty French treat last Saturday morning at the French pastry shop or 'pâtisserie' in High Street Petit Delice. They enjoyed a mouth watering French breakfast including a delicious selection of chocolate breads and croissants, bread with home made raspberry coulis along with cafés and hot chocolates. They celebrated 'la fete des Rois', a traditional tasty celebration of the three wise men with 'la galette des rois' a puff pastry with an almond base pie and it is our youngest student who decided whom each slice would go to. Mary Lynch and Diana Fawsitt got the 'fève' hidden in the galette and were thus crowned queens of the day as in the French tradition!

French for All classes run for two terms from October to May at its new venue at the International Hotel and offers courses for children, exam students and adults from Beginners to Advanced levels. Hélène Olivier-Courtney comes from Tours in the Loire Vallee and established her classes in 2004 in Killarney. Social and cultural evenings are part and parcel of French for All as is the end of the year trip to France, the 7th trip will be to La Rochelle this June! For more information visit www.frenchforall.ie



STUDENTS ENJOYING THEIR FRENCH BREAKFAST INCLUDE EILEEN PLESTED, MONIKA GAERTNER, DIANA FAWSITT, MAURA CLIFFORD, EILEEN O'RIORDAN, MARY LYNCH, JAKE TRANT, BETTY MCSWEENEY, MARY O'SULLIVAN, MARGARET O'CONNOR, EILISH O DONOGHUE, LINDA EVISTON, ROSEMARY MOYNIHAN, ANGELA DALY, JENNY O'SULLIVAN, BRENDA COFFEY, JOHN O'DONOGHUE, MICHAEL O SULLIVAN, SHEILA O DONOGHUE, PATRICIA WALSH.

GREAT WINTER DEAL AT ORIEL HOUSE HOTEL

Fancy a night away with dinner for 2 and a full Irish breakfast the following? Well then Oriel House Hotel and Leisure Club in Ballincollig in Cork is the place to go.

Oriel House are offering this fantastic Winter special for two people for an amazing €99 in total and if you mention "Outlook" when you are booking then they will throw in a bottle of Prosecco with their compliments.

This fantastic deal can be booked by contacting Oriel House Hotel on 021-4208400 or emailing info@orielhousehotel.ie.

€2.5M COLLECTED IN CAR PARKING FEES AT KERRY GENERAL HOSPITAL

Over €2.5 million has been generated by Kerry General Hospital in car parking charges over the past four years.

A total of €537,000 was raised in the first 11 months of last year with operating costs totaling €40,000 which covered the maintenance of barriers and pay stations.

Any income generated in the car parks will go towards the running of the hospital and the HSE takes this income into account when allocating annual funding.

GOT SOMETHING TO SAY?

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Advertising - News - Sports

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

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KARL HENRY COMES TO TOWN FOR OPERATION TRANSFORMATION NATIONAL SWIM DAY

For the first time ever, RTÉ's Operation Transformation is teaming up with Swim Ireland to bring 'National Swim Day' to the public, tomorrow Saturday 1 February. Operation Transformation's Karl Henry will be on hand along with local leader Paudie O'Mahoney at the Killarney Sports & Leisure centre to show swimmers the way.

The Killarney complex is one of the venues to open their doors to offer free swim sessions on the day. Help will also be on hand in the form of swimming instructors between 2pm and 6pm to ensure that everyone gets the most out of their session.

The benefits of swimming are many-fold; it is the perfect low-impact sport as it puts little stress on bones and joints and is well-suited for arthritis sufferers, pregnant women and the overweight. Swimming is a great way to increase your fitness, get in shape and enjoy yourself and it's a great fit for those who want an activity they can carry through the winter months, whatever the weather outside.

Meanwhile Paudie is well on his way to his target weight loss having exceeded his target weight loss of 5lbs for last week by losing 5.5lbs.



OPERATION TRANSFORMATION SERIES 7: LEFT TO RIGHT: DR. EDDIE MURPHY, A PRINCIPLE CLINICAL PSYCHOLOGIST WITH THE HSE AOIFE HEARNE - A REGISTERED DIETICIAN AND A MEMBER OF THE IRISH NUTRITION AND DIETETIC INSTITUTE DR. CIARA KELLY, GP AND EXPERT IN FAMILY HEALTH KARL HENRY, FITNESS EXPERT

He has lost an amazing 1 stone 7lbs since the programme began and with the whole of Kerry cheering him on – his amazing journey is only set to get better.

So why not start Spring with a swim this February and join in the fun on Operation Transformation National Swim Day!

PUSS IN BOOTS GOES DOWN A TREAT

Killorglin Pantomime Group opened their 51st Panto 'Puss in Boots' in the K.C.Y.M.S hall last Sunday to a full house. This well known magical tale went down a treat with the audience. With catching musical Chorus audiences are brought on a magical journey through panto land, with stunning costumes that would be rivalled by the West End this is a production not to be missed. The show continues nightly until tomorrow night, Saturday February 1st and finishes with a matinee on Sunday February 2nd. There are still some tickets available for the night shows. If you can't make it to Killorglin then come to the INEC on Sunday February 16th where the group stage one performance at 6pm. If you would like to win tickets to the INEC performance then why not enter the Killarney Outlook competition which you will find on page 37



CAST MEMBERS FROM KILLORGLIN PANTO WHO ARE PERFORMING PUSS IN BOOTS.

CHARITY WALK

A massive €4,845 was raised on the St. Stephen's Day Charity Walk at Brandons Cottage in aid of Leukaemia patients and their families. Organiser, Kitty O'Connor was thrilled with the fundraiser and wants to send out a big thank you to all who supported and helped out again this year.

HIGH WINDS EXPECTED THIS WEEKEND

The coast of Kerry coast is set for a battering again this weekend following the forecast of extremely high Spring tides.

Kerry County Council has issued a warning for all coastal areas but particularly those areas which were impacted by the storms over the new year period.

The highest Spring Tide is predicted for Saturday morning at 5.30am and will be accompanied by strong offshore gale force winds and low barometric pressure which can cause the sea to swell.

Local authority crews will be on standby over the weekend and updates will be released on a regular basis.



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ALL SET FOR THE GATHERING FESTIVAL

Toes will be tapping all the way to Killarney for the 15th Annual Gathering Traditional Music Festival which takes place at The Gleneagle Hotel, Killarney from February 19th to 23rd.

With a finely tuned mix of concerts, céilís, workshops and sessions The Gathering has been the highlight of the Irish Cultural Calendar for traditional musicians and céilí dancers alike since its inception back in 1999.

The festival is also set to welcome back many of the most popular artists that have performed over the past fourteen years, including fiddle maestro, Martin Hayes along with Dennis Cahill and Teade and their newest member Seamus Begley.

Other highlights of the 2014 festival include Caladh Nua; Siobhan's People; The London Lassies with Chris O'Malley; Murty Ryan and Mary Bergin; Tony Linnane and Paul De Grae; and Damien Mullane and Friends. The 3rd Gathering Showcase Series, in association with Culture Ireland, will showcase some of Ireland's best talents to Europe wide festival organisers. There's also the usual mix of sessions along with instrument, céilí workshops and returning for the second year - storytelling with the great Eddie Lenihan and Ray O'Sullivan.

For those with energy to burn the céilís promise



PIPER PADRAIG BUCKLEY OF THE KILLARNEY SCHOOL OF MUSIC....
LAUNCHING THE 15TH GATHERING TRADITIONAL MUSIC FESTIVAL WHICH TAKES PLACE AT THE GLENEAGLE HOTEL, KILLARNEY FROM FEBRUARY 19TH TO 23. WWW.THEGATHERING.IE. PHOTO: VALERIE O'SULLIVAN.

to deliver with Ui Bhriain, Donie Nolan's Céilí Band, Con Herbert and Friends, The Abbey Céilí Band, Striolan Céilí Band and The Johnny Reidy Céilí Band all lining up to take the stage.

For more information about The Gathering Traditional Festival 2014 log onto www.thegathering.ie

MOVEMENT COMPETITION AT KILLARNEY CAMERA CLUB



TERRY MCSWEENEY WINNING PICTURE

The theme "Movement" at Killarney Camera Club's recent competition received a total of 42 images. As usual there was a wide variety and creative images on view on the night. All images can be viewed on the club's website www.killarneycameraclub.ie. The winners are as follows:

Unrestricted category

1st Terry MacSweeney – CityLights.

2nd Marek Hajdasz - The Loner Rider.

3rd Micheal O Searcoid - Down Tern.

Novice Category

1st Micheal O Searcoid - Down Tern. 2nd Micheal O Searcoid - Riverrun. 3rd Nikki Foley - Splashing Ducks.

The next meeting on our calendar is the 6th February when Peter Cox Landscape Photographer will be welcomed to the club to meet and chat with club members and display some of his work. Peters' first book "The Irish Light – A Collection of Landscape Photographs" is now available. To see more of Peters work check out his website www.petercox.ie. Please come and check us out!! Our door is open to new members who share our passion for photography, regardless of level of experience or knowledge. Now is your chance to take up a new and very rewarding hobby. We meet every fortnight on Thursday night, at the Heights Hotel from 7.30pm in the Conference Room, First Floor.

Check our website www.killarneycameraclub.ie for more details or contact Killarney Camera Club Secretary on 877 655 561 or via secretary@killarneycameraclub.ie.

KERRY SCHOOLS CAN NOW SAVE ON ELECTRICITY

Labour senator, Marie Moloney has urged Kerry schools to complete contracts aimed at significantly reducing their energy costs as soon as possible. Dozens of schools across the county have been included in a new initiative to cut electricity costs by between 10 to 15 percent per school.

Schools which are involved in the centralised electricity procurement competition are eligible for the savings. This initiative is being run by the Office of Government Procurement (OGP) in cooperation with the Department of Education and Skills and school management bodies.

"This is a great opportunity for schools to make a significant saving on their electricity costs," she said.

In order for schools to make the savings they need to return their completed contracts as soon as possible. So far around 1,000 schools countrywide have completed and returned their contracts.

More information can be found at www.energyineducation.ie, said Senator Moloney.

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House (1,460 sq ft).

BER Pending



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GREAT FUN AT FOOTBALL FOR ALL

Killarney Celtic FC Football For All is celebrating their first year in existence much to the delight of all involved. The programme through the FAI Football For All Club Programme started in February 2013 under Noel Brosnan (Killarney Celtic), Nick Harrison (FAI Football For All Club Development Officer-Munster) & Darren Ahern (FAI Development Officer-Co. Kerry). The FAI programme works with clubs to help them become more inclusive and provide children with intellectual, physical or sensory special needs the opportunity to play soccer at their local club.

Following the first six weeks training and then the club took over from there. John O'Donoghue (John Don) took over along with parents Denis Tucker, Eamonn O'Sullivan and Emma Houliston. At present the group have 19 children with disabilities and 10 siblings with ages ranging from 5 years old to 9 years old. The social side is also very important for the children and when the group go away to blitz's by coach this makes them feel a real sense of been part of a soccer team.

Since November the group have been training indoors in Club Vitae and will continue there until the end of February For further information on training please contact John O'Donoghue 086-8177729 or Jane O'Donoghue 086-2243435.

Football For All teams in a network of clubs nationwide will embrace diversity and promote the true meaning of 'Football For All'



CELEBRATING ONE YEAR IN OPERATION OF KILLARNEY CELTIC'S FOOTBALL FOR ALL.

BACK LEFT TO RIGHT: JOHN O'DONOGHUE (COACH), DENIS TUCKER (COACH), EMMA O'SULLIVAN, LAUREN TUCKER, KAREN O'DONOGHUE, AMY O'DONOGHUE, EAMONN O'SULLIVAN (COACH), EMMA HOULISTON (COACH). MIDDLE LEFT TO RIGHT: LIAM MOLONEY, AARON DOHERTY, DYLAN SHINE, DYLAN TUCKER, EGIN O'SULLIVAN, JACK O'MAHONEY, DESMOND, EMMA. FRONT LEFT TO RIGHT: LUKE TUCKER, PADRAIG REGAN, CONOR REGAN, DARREN O'SULLIVAN, SARAH O'DONOGHUE, KEELAN O'DONOGHUE, STEVEN HOGAN, GRACE O'SULLIVAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

KILLARNEY CELTIC FOOTBALL FOR ALL CELEBRATING ONE YEAR IN OPERATION. PICTURED HERE AT THE QUALITY HOTEL WERE BROTHERS CONOR, PADRAIG & CATHAL REGAN.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

PROPERTY OUTLOOK THROUGH THE KEYHOLE....

A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET



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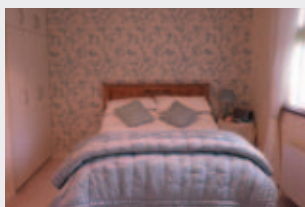
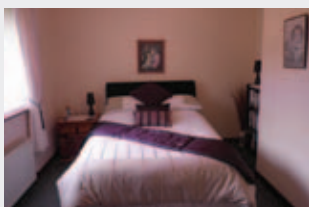
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Thriving Hair Salon and adjoining Beauticians excellently located in the popular Barraduff Village on the main Killarney to Mallow Road approx. 6 miles from Killarney Town. Magnificent modernistic internal décor.
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This shell of a bungalow (under construction) is set in a tranquil and peaceful setting just 4 miles from Killarney town, this newly constructed bungalow is well located in a popular setting and is the ideal family residence. Ideal DIY property suitable for builder etc.
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NEW TEAM MEMBERS AT O'CALLAGHAN COACH HOLIDAYS

O'Callaghan Coach Holidays are delighted to welcome two new holiday experts to their team for 2014.

Catherine Kelly pictured on the right, is originally from Cork and has recently relocated to Killarney. She has a passion for mountains and the outdoors so Killarney seemed the perfect destination as East Cork was just too flat! Having a strong background in customer care and in more recent years the tourism industry she brings a genuine enthusiasm for making our customers feel extra special.

Catherine Coffey pictured on the left, is a local lady and is involved in many aspects of the local community, also stemming from a customer relations and tourism based background. With a bubbly personality and her love for tourism she will feel right at home at O'Callaghan Coach Holidays.

The exciting programme of all inclusive Scheduled Holidays depart from Killarney

(pick-ups available) and start off in February for a weekend with Johnny Reidy & Band in Roscarbery, Dublin Oireachtas & Croke Park in March, Galway and The Aran Islands, Scotland and Edinburgh, The London Chelsea Flower Show and due to popular demand England's magnificent Lake District. There is even more in our 2014 brochure!

The Scheduled Day Tours are the perfect answer for a short break with tours to Ballymaloe House in Cork, The Cliffs of Moher, Valentia Island, Limerick and Shannon Cruise and for an adventurous family day out why not join us for Tayto Park and Disney on Ice. The ever popular Dublin overnight Christmas shopping trips will be taking place again and we even have some bookings already taken!

When travelling with O'Callaghan Coach Holidays you can let the strong, professional and enthusiastic team take away all the stress of planning your trip! There are no luggage



NEW TEAM MEMBERS AT O'CALLAGHAN COACH HOLIDAYS.
L:R: CATHERINE COFFEY AND CATHERINE KELLY.

restrictions, no airports, you just sit on the coach and let O'Callaghan Coach Holidays worry about the rest.

If you have any queries or want further information have a look at the website on www.ocallaghancoachholidays.ie or contact by phone on 064-66-31095, email at info@ocallaghancoachholidays.ie or text your name and address to 087-2611188 to receive a brochure in the post.

LETTER TO EDITOR

A Chara,

As the dissolution of Town Councils is imminent it may be appropriate to inform your readers of what the new reality will be.

At present the 7 County Councillors for the Killarney electoral area meet six times per year to highlight and seek to resolve problems for the entire area. This is not a decision making body. Its replacement, The Municipal Districts, will have a certain number of reserved functions but their funding will come from Kerry County Council. They will be a constituent part of the overall County Council. Therefore there will not be a separate financial management structure operating within the new areas. The municipal district will not of itself be delivering services i.e. it will not employ its own staff or have its own specific budget.

Killarney Town Hall will no longer serve as a location to deal specifically with problems experienced by residents of the urban area. It will not for instance have a planning service. All planning matters will be dealt with centrally [Tralee].

For many years now Killarney Town Council in its annual budget made provision for the disbursement of relatively small sums of money to various groups and organisations e.g. Christmas in Killarney, Killarney Looking Good. Chamber of Tourism and Commerce

and quite a few other bodies that work diligently for the welfare and betterment of the people of the area.

The new Municipal District will not have the discretion to continue to grant aid these groups. Kerry County Council will have full and total control of the collection and spending of money and will not be able to selectively grant aid.

There will not be a separate management structure in each municipal area nor will there be a position similar to that of Town Clerk. There will be an area manager delegated by the County Council and financed solely by the county.

In conclusion therefore: All revenue collected in Killarney will accrue to Kerry County Council and will be used for the provision of county wide services. Revenue collected in a given location cannot be ring fenced for that area.

I hope that the above clarifies to some extent what will be the new reality. For better or for worse?

Mise, le meas.

Michael Gleeson [Cllr]
Clasheen,
Cill Áirne.

GREAT NIGHT AT THE BEAUFORT RAMBLING HOUSE



NEILY O'SULLIVAN FROM THE BEAUFORT RAMBLING HOUSE. PIC BY OUTLOOK PICS.

The Beaufort Rambling House session held in Beaufort Community Centre on Saturday last 25th January was a tremendous success. A capacity crowd of persons of all ages and drawn from all parts of Kerry, enjoyed a great night of music,

song and dance. The Beaufort Pioneer group, which hosted the event would like to thank all who attended and especially all the very talented people who provided such wonderful entertainment. The organising committee would also like to thank who helped backstage and those who served teas and refreshments. The Beaufort Rambling House is in its ninth season and thanks to the support of the Kerry public, it seems to go from strength to strength.

Get your weekend off to a **bright** start with the **KILLARNEY Outlook**
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LANGFORD DOWNS KILLORGLIN TOWN (PRIVATE DEVELOPMENT)

This exceptionally spacious terrace house has 3 large double bedrooms, all ensuite, with very generous living accommodation. It has a private back garden. The house is in excellent condition and only a few minutes walk to town centre, schools and all amenities.

BER Pending €75,000



KILLAHA COURT, COUNTESS ROAD, KILLARNEY.

Exceptionally well located 2 bed town house only a minutes walk to town centre and all amenities. Recently re-designed with a very modern stylish interior fully furnished to an excellent standard.

SUPER VALUE - €75,000 O.N.O.



BALLYMALIS, BEAUFORT, KILLARNEY

Cottage with partly constructed extension standing on 1 acre approx. Very centrally located.

Private much sought after location.

GUIDE PRICE €60,000 O.N.O.

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.

12 acres approx. of good land Listry/Milltown area.

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

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.

KILLARNEY TOWN 2 bed Town House great location - very reasonable price.

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.

COUNTESS ROAD, KILLARNEY (back of Malton Hotel) Superb 2 bed apartment, ground floor, as new.

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.

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

ROSEHILL, FIRIES VILLAGE 2 bed 1 en-suite modern home. Bargain.

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

GLENFLESK, KILLARNEY Expansive, executive style home (c. 5,000 sq. ft) on approx 6 acres with beautiful views. Unique, modern sophisticated house with real character.

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

KILCUMMIN New Bungalow, very Scenic, unfinished, very Reasonable price

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.

FIRIES VILLAGE 3 bed semi, bungalow, great value.

CARAGH LAKE Old farmhouse with panoramic views on c. 1/2 acre or more land if required.

GNEEVIGILLA 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.

ANNAUGHMORE, HEADFORD, KILLARNEY Site, full planning, €50,000 o.n.o.

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

ARDCANAUGH, KEEL, CASTLEMAINE New bungalow, almost finished. 4 bed. 1850 sq. ft. approx. Many extras.

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.

KILLORGLIN TOWN - LANGFORD DOWNS (Small private development). Extra spacious terrace house. 3 large double bedrooms, all ensuite. BARGAIN.

FARMS/LAND

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

c.53 acres approx with old house and sheds, Mastergeeha, Kilcummin area.

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

c. 12 acres approx on the main Ring-Of-Kerry road only 4 miles from Killorglin. (extensive road frontage)

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

SITES

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.

CALLING ALL KERRY RUGBY CLUBS.

RUGBYFORCE TO AWARD OVER €30,000 FUNDING TO IRISH RUGBY CLUBS

RugbyForce, an initiative by Ulster Bank which provides rugby clubs with the opportunity to win support packages to renovate their club and upgrade their facilities, is now open for entries. The 2013 / 2014 rugby season marks the fourth year of the initiative – which will see over €30,000 being awarded to rugby clubs, across the island of Ireland. All rugby clubs are invited to enter the initiative via Ulster Bank's dedicated rugby website, www.ulsterbank.com/rugby.

One rugby club will receive a top prize of €10,000, as well as a special training session with an IRFU coach and two Irish rugby stars. Four additional rugby clubs, one from each province, will each receive €5,000. Each winning club will be presented with their prize at the 2014 Ulster Bank League Awards, in April. All entries will also receive merchandise, for their



KILLARNEY RUGBY FOOTBALL CLUB PRESIDENT JUNIOR FINNEGAN, CHAIRMAN LIAM MCGUIRE AND CLUB CAPTAIN BRIAN O'LEARY WITH JUSTIN HEALY, ULSTER BANK, AT THE NEW KILLARNEY RUGBY CLUB GROUNDS AT CAHER, AGHADOE, KILLARNEY.
PICTURE: MACMONAGLE, KILLARNEY.

clubs, to the value of €100. Since its inception in 2010, the initiative has provided over €100,000 in funding to over 160 rugby clubs, across the island of Ireland.

Rugby clubs can enter RugbyForce on Ulster Bank's dedicated rugby website – www.ulsterbank.com/rugby - where extensive analysis and information on previous winners, the Ulster Bank League and all of Ulster Bank's club rugby initiatives can also be found. Closing date for registrations is Friday 11th April 2014.

clubs, to the value of €100. Since its inception in 2010, the initiative has provided over €100,000 in funding to over 160 rugby clubs, across the island of Ireland.

SOUTH WEST KERRY NAMED GOLD TIER INTERNATIONAL DARK SKY RESERVE



IN DESIGNATING THE KERRY INTERNATIONAL DARK SKY RESERVE, IDA RECOGNISES EXCEPTIONAL ACHIEVEMENTS BY LOCAL COMMUNITIES TO PROTECT AND PRESERVE DARK NIGHT SKIES OVER SOUTHWEST IRELAND. AT THE SPECIAL AWARD PRESENTATION AT THE RING OF KERRY HOTEL, CAHIRCIVEEN, ON MONDAY NIGHT, WERE FROM LEFT, MICHAEL SHEEHAN, LOCAL ASTRONOMER, DECLAN MURPHY, CLIENT SERVICE OFFICER, Fáilte Ireland, JOHN GRIFFIN, TOURISM DEPARTMENT, KERRY COUNTY COUNCIL, PROF. BRIAN ESPEY, TRINITY COLLEGE DUBLIN, JULIE ORMONDE, SOUTH WEST KERRY DARK SKY RESERVE FOUNDER, TOM CURRAN, MANAGER KERRY COUNTY COUNCIL, DENIS O'CONNOR, LOCAL ASTRONOMER, DR. CHRISTOPHER KYBA, BOARD MEMBER OF THE INTERNATIONAL DARK SKY ASSOCIATION, IDA, MARY O'CONNOR, DERRYNANE HOTEL.
PHOTO: VALERIE O'SULLIVAN.

South West Kerry has been named as a Gold Tier International Dark-Sky Reserve at a Civic Reception held in Caherciveen this week. The application, which was supported by Kerry County Council and Fáilte Ireland, follows a two year campaign by Kerry Dark Sky Group and was granted by the Arizona based

International Dark Sky Association Kerry is now the only designated Reserve in the Northern Hemisphere.

The area involved covers the Iveragh peninsula and it is hoped the designation will lead to an increase in astro tourism to the area.

GET BEHIND WILD ATLANTIC WAY

Fáilte Ireland is calling for local communities across Kerry to get behind the Wild Atlantic Way, Ireland's new tourism initiative for 2014. The tourism authority will be holding a series of community meetings along the west coast in February.

Two meetings will be held in Kerry in the coming weeks in Caherciveen on Tuesday 11th February at 6pm to 8pm in the Ring of Kerry Hotel and in Tralee on 13th February at 6pm to 8pm in Carlton Hotel, Tralee,

GARDA WARNING AS THIEVES TARGET HOMES

Homeowners in Kerry are being asked to be vigilant as thieves posing as workmen installing water meters are targeting houses. The scam which has become nationwide has resulted in a large sum of money being stolen from a house in Castlemaine.

Gardai have issued a second warning this week asking people to be extremely careful and warning that official water meter installers will not have any reason to call into a persons home and will never ask for money for the installation.

Water meters are being installed in the Tralee and North Kerry area at the moment and all workers have branded work clothes and branded vehicles.



Citizens Information

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KILLARNEY ROTARY CLUB TUNES UP FOR YOUNG MUSICIAN COMPETITION



CIARA IRWIN FOLEY, KILLARNEY ROTARY PRESIDENT PAUL SHERRY, SEAN TREACY AND BARRY MURPHY OF KILLARNEY ROTARY CLUB LAUNCHING THE KILLARNEY ROTARY CLUB YOUNG MUSICIAN OF THE YEAR.
PICTURE: JOHN O'SULLIVAN, KILLARNEY PHOTOGRAPHIC

Killarney Rotary Club tuned up on Wednesday last for its 14th Young Musician of the Year competition and concert.

The event offers rising stars of the musical world an enviable opportunity to showcase their talents.

The contest takes place in the Kerry Diocesan Youth Service centre, Fair Hill, Killarney, on Friday, March 7, and Saturday, March 8, with

the final-night concert being staged in the Acoustic Club at the INEC on Saturday, March 8, at 7.30pm. The objective of the competition is to create a forum for school going musicians of all standards to perform in public in their chosen discipline, according to organiser and Killarney Rotarian Sean Treacy.

It was Sean and his fellow Rotarian Barry Murphy who first established the contest in

2001. "Not only does it give young people the opportunity to perform alongside their peers, but the contest also opens up new avenues for showcasing their talents," said Sean.

"We are looking forward to another very successful competition and concert and we are delighted to welcome seasoned adjudicators Tomas O Tuama and Donal O'Callaghan from Cork to preside over this year's competitions. These two adjudicators are very well known and respected on the Feis circuit." Killarney Rotary President Paul Sherry added: "We are delighted to welcome Killarney Advertiser as media partner and trophies sponsor this year." This year, in addition to the usual main prizes, three special trophies will be presented, he added. These are the Aine Nic Ghabhann Memorial Trophy, the Dr Dick Shanahan Memorial Trophy and the James Gleeson Memorial Trophy.

Both Aine Nic Ghabhann and Dr Dick Shanahan were hugely respected in Kerry musical circles. Aine, a music teacher and performer, and James Gleeson were also both closely involved with the Killarney Rotary Young Musician of the Year competition since its founding. Talented Kenmare harpist Tara Viscardi was crowned the 2013 Killarney Rotary Young Musician of the Year.

FOSSA BOYS FOR TG4

Following a great performance by Fossa group Ceol Uirlise in the Munster final of Scór na nOg in Mallow on Sunday last the five piece traditional music group have been chosen to participate in TG4's Score Encore.

Ceol Uirlise members Christy Buckley

(Keyboard), Sean Kelliher (banjo), Cian O'Sullivan (fiddle), Dean O' Sullivan (accordion) and John Murphy (bodhrán) are all students of Killarney School of Music and are delighted with this great opportunity. Broadcasting of the Scór Encore series begins February 9th. on Tg4.



AT SCÓR NA NOG 2013 IN FOSSA COMMUNITY CENTRE WERE FOSSA MUSICIANS. BACK L-R TIM O'SULLIVAN, JOHN MURPHY, CHRISTY BUCKLEY, MARIE BUCKLEY. FRONT L-R SEAN KELLIHER, DEAN O'SULLIVAN AND CIAN O'SULLIVAN.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

KERRY LIBRARY MEMBERSHIP SET TO CHANGE

Membership fees at Kerry Libraries are set to change from Monday 3rd February:

There will be a single annual membership fee of €5.00 for adult borrowers including Mobile Library members and Wi-Fi /Internet users. Library Membership fees will not apply to Senior Citizens aged over 65, Children aged under 18 and Direct Provision Asylum Seekers. Fines will apply to all overdue books for all categories of borrowers. All users may borrow up to 8 items for a maximum of 3 weeks.

Also, the Writers Advice Clinic will take place in Killarney Library on 6th February from 6 - 7.30pm. Those interested in meeting with the Kerry County Council Writer in Residence can contact writer@kerrycoco.ie for an appointment.

LECTURE AT THE LIBRARY

Kerry Archaeological and Historical Society will hold a lecture entitled "Archbishop Mannix and De Valera – A Unique Alliance" at Killarney Library on Tuesday 11th February at 7.30pm. The lecture will be delivered by Patrick Mannix, M.A. and author. Free admission. All welcome.

MONEY MATTERS....

By Dermot Cronin,
Financial Advisor



INVESTMENTS

Interest rates for deposits in banks and building societies are very low at the moment and have not been this low in a long time. Another problem for people looking for good interest rates is that as well as interest rates being low is that DIRT tax is 41% and from the 1st January 2014 a PRSI levy of 4% can also be applied. The effective tax rate on interest earned on savings can be as high as 45% as both the new higher rate of Deposit Interest Retention Tax (DIRT) tax and the PRSI levy on unearned income have both come into force since Jan 1. If you invested €20000 over 12 months at 2.50%, taking into account DIRT tax and the levy you may only get €275 after DIRT tax and the PRSI levy. Because these returns are so poor people are looking for alternative investments. Thankfully there are other investment options available to people including:

GUARANTEED BONDS: Where your capital is guaranteed over a certain period of time and the return of your investment can also be guaranteed or can be linked to the performance of different types of markets.

INVESTMENTS WITHOUT CAPITAL GUARANTEES: These can vary from low to higher risk investments where your capital is not guaranteed but you can choose if you want the investment to be low risk or higher risk. Investments like these have performed very well over longer periods of time than short term deposit accounts.

Investment providers have introduced many different types of products because of the very low returns on deposit type accounts and it is very important that people know about all these products before deciding on what products suit them best. A mixture of different type of investments may be the best way to spread your investments rather than having all your eggs in one basket.

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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MARTIN & NOREEN BROSNAV CELEBRATING THEIR JOINT 40TH BIRTHDAY WITH FAMILY & FRIENDS AT THE OLD KILLARNEY INN.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



AI SLING O'CONNOR (CENTRE AT THE BACK) ENJOYING A NIGHT OUT WITH HER FAMILY AT THE PORTERHOUSE AFTER GRADUATING AS A DOCTOR OF PHILOSOPHY FROM THE UNIVERSITY OF LIMERICK. BACK ROW L-R ROSEMARY & CON CARROLL, SCOTT LEWIS, AI SLING O'CONNOR, CHIARDA O'CONNOR, TARA O'CONNOR & PATRICIA LEWIS. FRONT ROW L-R JESSICA O'CONNOR, PAT O'CONNOR, TESS CARROLL, BREA O'CONNOR & BILLY O'CONNOR.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ENJOYING THEIR STAFF NIGHT OUT AT THE PORTERHOUSE WERE THE LADIES OF THE KILLARNEY TONING STUDIOS. BACK ROW L-R LOUISE QUILLIGAN, AMY DUNLEA, SAMANTHA MCGILLICUDDY. FRONT ROW L-R ELAINE MURPHY, JILL DUGGAN & SANDRA HORAN.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808




STAFF AT BALLYGARRY HOUSE HOTEL CELEBRATING THEIR ACHIEVEMENT AS THE BEST 4 STAR HOTEL IN KERRY ON TRIP ADVISOR THIS WEEK. THE HOTEL WHICH WAS BUILT IN THE 18TH CENTURY IS LED BY THIRD GENERATION HOTELIER PADRAIG MCGILLICUDDY. INCLUDED IN THE PHOTOGRAPH ARE, TADHG MCGILLICUDDY, TANYA O'CONNOR, HELEN MCCARTHY, MIRIAM FERRITER, PADRAIG MCGILLICUDDY, NUALA O'SULLIVAN AND AINE BRASSIL. STANDING -CHRISTINA O'SULLIVAN, AINE O'CONNELL, MARIE GALVIN, JOHN BYRNE, JOHN O'SULLIVAN, MICHAL OLSZEWSKI, NOREEN MURPHY, GINA GROVES, DONAL HARTE, RIMANTAS ROMASKA, ON STAIRS -BARBRA KORZENIEWSKO, MARIA O'MAHONEY, DYLAN FOLEY, ANDREW DALY, CATHAL NUGENT


PICTURE BY DON MACMONAGLE.

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ELAINE SUGRUE WITH HER LITTLE GIRL, BROOKE (SEATED CENTRE) CELEBRATING HER CHRISTENING DAY WITH FAMILY AND FRIENDS AT THE EAST AVENUE HOTEL.
PICTURE: MARIE CARROLL-O'SULLIVAN 087 391 4808



JOAN MOYNIHAN (SEATED CENTRE) WITH FAMILY AND FRIENDS CELEBRATING HER 90TH BIRTHDAY
ORGANISED BY HER NEIGHBOUR ELEANOR COFFEY IN PINewood.
PICTURE: MARIE CARROLL-O'SULLIVAN 087 391 4808



EILEEN DALY, KERRY OUTDOOR SPORTS, PRESENTING MEMBERS OF KERRY MOUNTAIN RESCUE TEAM,
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PHOTO: VALERIE O'SULLIVAN.



PICTURED AT THE SKAL DINNER IN THE MALTON HOTEL
KILLARNEY. INCLUDED ARE: GERALDINE ROSNEY, TOM O'DWYER,
IRISH PRESIDENT, MARY MACMONAGLE, PRESIDENT, KERRY,
PATSY HANLEY, PAULINE LYNE. AT BACK, JOHNNY MCGUIRE,
PRESIDENT, KILLARNEY CHAMBER OF TOURISM & COMMERCE,
MICHAEL ROSNEY, DENIS COUNIHAN, JOAN COUNIHAN,
ORLA TARRANT, DENIS KANE, TOM O'DWYER, EMER KILLIAN,
DOUGLAS JORDAN, MARY MULCAHY, KARINE COULANGES,
WORLD PRESIDENT, FRANCIS BRENNAN, ANNE-MARIE KENNELLY,
SENATOR PAUL COGHAN AND MAYOR OF KILLARNEY PADDY
COURTNEY.

PICTURE BY DON MACMONAGLE

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BRENDAN CRONIN TO SEEK RE-ELECTION TO KCC

Independent councillor, Brendan Cronin has announced his intention to seek re-election to Kerry County Council in the Killarney Municipal electoral area in the upcoming local elections to be held on the 23rd May 2014.

As an Independent candidate, Brendan intends to give the people a choice to continue having an experienced independent representative on Kerry County Council. Since first elected in 1999, he has assisted many families, communities and organisations. He will be asking the people of the Killarney Municipal Electoral area to once again afford him the opportunity to continue voicing their concerns and highlighting local issues that affect their daily lives.



MID KERRY WATER SUPPLY CRISIS

Both Independent TD Tom Fleming and Councillor Michael Cahill have representations to Minister Phil Hogan and to Kerry County Council to urgently address the Mid Kerry water supply crisis where the entire pipe network needs to be immediately replaced as homes, businesses and farms have been without water for prolonged periods, including the town of Killorglin.

KILCUMMIN SEWERAGE SCHEME

Following continued representations by Senator Marie Moloney with regard to the provision of a sewerage scheme for Kilcummin. She has stated: "It is very disappointing to note that Kerry County Council are dragging their heels on this and despite having advised

FLEMING CALLS FOR BUDGET REVIEW

Kerry TD Tom Fleming has called on the Minister for Finance to review the budget changes, in respect of tax relief credits for single parents. Deputy Fleming said the budget change

discriminates against single parents. 'This means a cut of €32 p/w for the non primary carer or €1,650 per year', stated the Independent TD. Deputy Fleming called on Minister Noonan, to take into consideration the fact, thousands of non primary carers are care sharing two and three days every week and are paying maintenance. The Kerry TD said he was very disappointed with Minister Noonan's response and that the Minister and his Department had no understanding of the very real and difficult implications of this decision.

FF CANDIDATES FIGHT FOR SECOND AMBULANCE

The return of a second emergency ambulance for the Killarney and South Kerry area will be the central campaign theme of the 3 Fianna Fáil candidates in the Killarney local electoral area. Sitting Councillor John Joe Culloty is joined by Niall Kelleher and John O'Shea.

In a joint statement the candidates said "we will be fighting for the return of the second emergency ambulance for the Killarney and the South Kerry area, without the second emergency ambulance lives have been put at risk"

John O'Shea who was selected by the members of the Fianna Fáil party at the recent convention is having his campaign launch in the Gleneagle hotel on the 21st of February. John is a postman, community activist, involved with underage sports, promotes tradition music through his role with the Gathering, trade union official and fundraiser for south Kerry MS.



NEW PEDESTRIAN CROSSING

Under the Local and Urban Authority Road Funding Scheme Kerry County Council has been allocated a total of €12,744,971.

Safety improvement works [BS improvements] on regional and local roads:

In the Killarney area funding will be allocated towards works to be carried out at Aghadoe Cross Roads and McSweeney's Corner for a new Pedestrian Crossing.

Cllr John Sheahan has welcomed the funding of 40,000 euro for the provision of a Pedestrian crossing at the junction of College Street and Lewis road in Killarney. "I am delighted that this project has been given the green light. It will enhance the area and provide people with a safe

and easy place to cross the road" he said, adding "whilst this project may be small in nature, it will also create employment for local construction companies involved with the project"

In addition to the monies allocated above, funding has also been provided to the urban authorities. Urban authorities have been given greater flexibility under this grant category and have full discretion in the selection of roads where work is being undertaken.



members at the Killarney Area Meeting that all requested information had been sent to the Department, the Minister now advises that it has not" said Senator Moloney.

The following update was received from Minister Phil Hogan.

The Kilcummin Sewerage Scheme was included in my Department's Water Services Investment Programme 2010 - 2013 as a scheme to advance through planning. The most recent proposal from the Council in relation to this scheme was received in my Department in June 2012. My Department examined this proposal and requested further information

from the Council.

Kerry County Council did not submit the information requested and the scheme had not progressed to the next stage prior to the transfer of responsibility for the delivery of Water Services Capital Infrastructure to Irish Water on 1 January 2014. Irish Water is currently preparing its Capital Investment Plan for 2014 - 2016 and this will provide for the transition of projects which were included in my Department's 2010 - 2013 Water Services Investment Programme.

CLlr BRENDAN CRONIN

Available at:
BALLYHAR, KILLARNEY.

Phone: **064-66-33534**

Mobile: **087-2069657**

Email: cllr_brendan.cronin@kerrycoco.ie



All queries dealt with in total confidence

Senator Marie Moloney

Full-time Constituency Office open at Conroy Hall, Killarney Mon to Fri 9.30am to 5.30pm.

Clinic every Sat morning from 10.00am.

Regular Clinics throughout the Constituency - ring for details.

Contact Office: **064 6632034**

Mobile: **086 3049422**

Email: marie.moloney@oir.ie



COUNCILLOR JOHN JOE CULLOTY
KERRY COUNTY COUNCIL

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BEAUFORT NOTES

BEAUFORT'S RAMBLING HOUSE: People travelled from far and near to enjoy a great nights entertainment in a traditional Irish setting at the Community Hall on Saturday nights. What splendid talent.

The Pioneer Council wish to express their most sincere thanks to everybody who helped make the event such a great success.

LOTTO: Lotto results of Sunday, 26th January for jackpot of €2,800.

Numbers drawn: 2, 11, 16, 18. No jackpot winner. €80 Eamonn Kissane, Ballyledder. €50 each Seán Fogarty, Cappaganeen, Tom Kissane, Shanara, Ciara and Aisling O'Sullivan,

Coolcumisk.

Next draw for a jackpot of €3,000 will be held in Beaufort Bar on Sunday, 9th February.

CLASSES: Spring Exercise Classes in the Clubrooms continue for 4 more weeks.

A.G.M. OF BEAUFORT G.A.A. CLUB: At the recent A.G.M. the following Officers were elected:

President: Jack McGrath, Chairperson: Frank Coffey, Vice-Chairperson Ken O'Sullivan, Secretary: Bridget Hartnett, Treasurer: Pádraig O'Sullivan, P.R.O: Nora Hallissey, Registrar: Patie Hartnett, Children's Officer: Mary Cronin, Scór

Officer and Culture: Maria Breen, Co Board Delegate: Colm Kelly, Mid Kerry Board Delegates: Ian Joy, Neil Doherty, Juvenile Chairperson: Jim Kennedy, Juvenile Secretary: Mary Cronin, Ladies Football Chairperson: Maeve Conway-Sweeney, Ladies Football Secretary: Susan Clifford, Players Representative: Jason Foley ASAP Officer: Kieran O'Shea, Schools Liaison Officers: Eamonn Kissane, Coaching Officer: Tim Coffey, Committee: Ian Joy, Eileen O'Hagan, Dan Coffey, Noel Spillane, Michael O'Sullivan, John O'Reilly, Maurice Foley, Paudie Lynch, Micheál Moriarty

FOSSA NOTES

FOSSA GAA: Fossa Lotto 26/01/2014:

Numbers Drawn: 20, 21, 22, and 25

Jackpot: €4,650. No Jackpot Winner:

5 x €40 winners: Mike Breen, The Flats; Sheila O'Donoghue, Upper Sunny Hill; Maureen Creedon, Lackabane Village; Niamh Daly, Clash; Shane O'Neill Barleymount West.

New Jackpot: €4,800. Tickets on sale at the Golden Nugget Bar, The Travel Inn, The Old Killarney Inn, McCarthy's Centra Shop, The Laurels Bar, Killarney and from committee members. Next draw takes place on Sunday night February 2nd 2014 at the Golden Nugget Fossa at 11p.m.

UNDER 21S: Fossa were always up against it in their East Kerry Under 21 quarter final v Kilcummin but the concession of three goals in the first few minutes meant they had an uphill battle all through. Daniel Griffin was a late replacement for the injured Dan Cronin, but he battled valiantly against the gales, the hailstones, and the strong Kilcummin forwards in that first half. At the turn around Fossa were 15 points behind and needed a miracle. But they battled valiantly. Paddy Sheehan moved to full back in a switch with Dan O'Keeffe and both players benefited from the move. Wing backs Darragh Rice and Shane Hennigan kept coming forward with purpose, while at midfield Matthew Rennie tried to get to grips with Kerry under 21 Kieran Murphy. David Osterloh never stopped trying. Paudie Clifford converted a penalty in the sixth minute, and some points from Tadgh O'Shea kept us in the game, but the deficit on the scoreboard, and the gulf in physicality proved too much for a gallant Fossa team. Legion, Spa, and Fossa will now play in East Kerry Div. 2 Championship; fixture will appear on Facebook when received.

FIXTURES: Under 21 East Kerry Division 2 this Sunday February 2nd opposition and venue to be decided.

CO. SFL DRAFT FIXTURES 2014:

Rd 1: w/e March 23rd Fossa v Knocknagoshel.

Rd 2: w/e March 30th Cordal v Fossa.

Rd 3: w/e April 13th Fossa v Caslegregory.

Rd 4: w/e May 11th Beale v Fossa.

Rd 5: w/e May 18th Fossa v Ballyduff.

Rd 6: w/e May 23rd Beaufort v Fossa.

Rd 7: w/e June 29th Fossa v Churchill.

Rd 8: w/e July 27th Furies v Fossa.

Rd 9: w/e August 17th Fossa v Cromane.

Rd 10: w/e September 28th Fossa v Ballylongford.

Rd 11: TBC Na Gaeil v Fossa

CO. NOVICE CHAMPIONSHIP:

Rd 1: w/e April 20th

Rd 2: w/e April 27th

Rd 3: w/e May 4th

KEANES SUPERVALU MINOR FOOTBALL LEAGUE:

Rd 1 February 22nd Fossa v Moyvane/Tarbert.

Rd 2 March 8th Currow v Fossa.

Rd 3 March 15th Na Gaeil v Fossa.

Rd 4 April 4th Fossa v Ballymacelligott.

Rd 5 April 18th Ardferit v Fossa

MEMBERSHIP: Membership now due. Family membership has been reduced to €60.00 for 2014, adult remains at €30.00, while youth/student has been increased to €15.00

SOCIAL ACTIVITIES: Running group continues on Monday and Wednesday nights at 8:30pm until further notice.

A programme will be available for beginners

SCÓR: Great performance by our Ceol Uirlise group in the Munster final of Scór na nOg in Mallow on Sunday last, indeed many neutrals in the audience had them winning, but in the end Cork came out on top. Cian O'Sullivan, John Murphy, Christy Buckley, Sean Kelliher and Dean O'Sullivan are all eligible again next year, and we are confident that the experience of participating in their first Munster final will stand to them. A big thank you to their mentor Padraig Buckley who has done so much to foster traditional music in Fossa. But it does not end there, as the five lads have been chosen to participate on TG4's Scór Encore, the recording

for which goes ahead in Dublin on Thursday February 13th.

MONTHLY MEETING: The February meeting of Fossa GAA Club takes place on Thursday February 6th at 9:00pm

LADIES FOOTBALL: With the huge success of Ladies underage football in Fossa over the past few years, we now wish to see if there is interest in putting out a senior team in 2014. With no minor competition, senior teams are comprised of players from U16 and older. If you are interested or know someone who might be, please contact: Pat Sheehan 086 8254881 Siobhan Bennett 087 6660031 Susan Aherne 087 2978992

TWO MILE SCHOOL BIDDY: The Parents and Senior Classes of Two Mile School will be calling to houses in the Parish on this Sunday Feb 2nd continuing the tradition of the Biddy, and Fundraising in aid of school activities for the year. Your support would be greatly appreciated.

ATHLETICS: Gneeveguilla AC will hold Athletics training at the Old Fossa Sportsfield on the first Saturday of every month beginning on next Saturday February 1st at 2pm. All girls and boys born in the year 2005 or any year before that, are very welcome to come along and take part.

FOSSA COMMUNITY GAMES: Boys u10 indoor soccer training continues in the Fossa community centre every Sunday 7pm -8pm.

FOSSA/TWO MILE COMHALTAS: Adult set dancing classes at Fossa Community Hall each Tuesday night, beginners at 8pm, improvers and advanced at 9pm. Everybody very welcome.

FOSSA NOTES: If anybody has any item they would like included in the notes, please email information to Gene Moriarty at beniska@utvinternet.com Please forward information on before Sunday at 11am.

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GLENFLESK NEWS

by: DONAL KELLY

EK U21 CHAMPIONSHIP: Glenflesk, sponsored by Molly Darcy's, had a good win over Legion in the quarter-final of the EK U-21 championship played in Glenflesk on Sunday January 26th, on a scoreline of 2-15 to 0-9. A great collection of photographs from this game are available on the 'Glenflesk, St. Agatha's GAA' Facebook page, courtesy of Seamus Healy.

GLENFLESK GAA LOTTO: Next club lotto draw will be held on Sunday the 2nd of February 2014, in the Corner House, Jackpot: €6,600. Tickets available: on request, in local shops and bars. If you have difficulties purchasing a ticket contact Jimmy O'Shea 085 1741219 or Denis O'Donoghue at 087 2257915.

GAA NATIONAL CLUB DRAW: Tickets (€10) are still on sale from club officers and senior players for the GAA National Club Draw which has some fantastic prizes on offer. Proceeds from ticket sales benefit our club and the draw takes place on St. Patrick's Day 2014.

SENIOR TEAM: The Glenflesk Senior team gets their year underway on Sunday February 9th when they travel to Gneeveguilla for the first round of the Super League. This game is scheduled to start at 12 noon.

GLENFLESK RAMBLING HOUSE - MARCH 1ST: Mark Saturday the 1st of March 2014 in your diary, when the ever-popular Rambling House returns to St Agatha's GAA Community Hall, Glenflesk, from 8pm to 11pm. A unique night of music, song, story and dance is promised in the company of the Glenflesk folk.

RAHEEN NS - LOTTO: Congratulations to Gene Bowler who had the winning lotto number 38 on Saturday 25th January.

COMHALTAS GROUP MUSIC FOR CHILDREN: Will resume this Saturday 1st February at 12.45pm in St. Agatha's Community Centre, Glenflesk. Registration will take place prior to class at 12.30p.m. Enquiries: Margaret Creedon 087-2706390

GLENFLESK TODDLER GROUP: The Glenflesk toddler group continues to meet every Friday morning between 11am and 1pm in St. Agatha's community hall, Glenflesk. We offer a fun, safe and relaxing environment for non-school going children and their parents. With plenty of toys to suit all ages and a cup of tea for the adults, this is a great opportunity for kids to play with their peers while mom or dad has a chat. The group also extends a warm

welcome to grandparents and childminders and we have facilities for babies too. For more details contact Marguerite on 087-2839483.

OWENYCREE ANGLING CLUB: The club would like to thank everybody who contributed to our recent church gate collections. We appreciate especially the loyal and hardy collectors who stood in sometimes atrocious conditions on behalf of the club. It is this volunteering spirit that allows all voluntary organisations to continue and flourish. Rath mor oraibh go leir.

TAEKWONDO SUCCESS: Congratulations to Joshua O'Sullivan (Barraduff NS) who brought home a bronze medal for sparring from the Taekwondo Munster Championships held in Tralee on Sunday January 26th.

SYMPATHY: Is extended to Anne O'Donoghue, and her family and relatives, on the death of her husband Mike O'Donoghue (Derryreague, Clonkeen) who passed away last week. Ar dheis Dé go raibh a anam.

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

SPA COMMUNITY NOTES

LISSIVIGEEN COMMUNITY ALERT LAUNCH TEXT ALERT SYSTEM: On Wednesday January 22nd the residents of Lissivigeen & District Community Alert Area assembled at Darby O'Gills Lissivigeen for an information briefing and to sign up to a Community Alert Text System. The benefits which are many and mainly to alert residents regarding any illicit activities taking place in the local community and notify the local Gardaí regarding such illicit activities. The initial response from those in attendance was very positive and committee members will be visiting homes in the District to inform residents regarding the proposed service and distribute enrolment forms

which can be completed and returned by all interested residents.

CONGRATULATIONS: to Tara and Paul O'Donoghue Tiernaboul on the birth of their baby girl AnnieMai. No doubt her siblings Marie and Michael are ecstatic with the new addition.

SCÓR NA NÓG : Congratulations to our Munster champions! Our set dancers and Allison Fitzmartin, Recitation who progressed to the All Ireland final after winning the Munster final last Sunday. They will join our Tráth na gCeist team to compete in the All Ireland final in Castlebar on Sat. March 1st. Well done also to our figure dancers who gave a faultless performance in the Munster final.

LOTTO RESULTS: No winner of this weeks lotto in Darbys. Winning Numbers werer 12, 17, 26, 18. Lucky Dip winners were Patrick McGillicuddy, Tiernaboul, Sheila Lucey, Dooneen, Liz Downey Dept of Justice, Danny Cahill, Lissivigeen. Next Sundays jackpot in McSweeney's is €7,600 so get buying!!!

Sports Hall and Meeting Rooms are available for hire. For availability and bookings contact Eileen on 087 6577312 after 6pm.

To keep up to date with our news, events and fixtures, be sure to check out our Facebook Page www.facebook.com/spagaa or contact the Secretary on 087 6332773 or Coiste na nÓg Secretary on 087 1385612.

LISTRY NOTES

LISTRY WEEKLY LOTTO. Jan 26th. Winning Numbers 6, 13, 14, 20. Jackpot €4,550. Not Won 1x€100. Bernie Buckley Rockfield. 2 x €50. Ciara O Mahony Laharn. Mary Crowley Drombrick. 2 x €25. Geraldine McCarthy Gneeveguilla. Willie Herlihy Lissivigeen. Draw Entrant. Mary McGough Ballymalis. Jackpot next week, Feb 2nd. €4,700.

SYMPATHY: Votes of sympathy at recent meeting of Listry community council members a vote of symathy was passed to bereaved families, relatives and friends of following people who died recently, John Murphy of Cahersiveen. May their souls rest in peace.



PICTURED AT THE INEC'S WEDDING FAYRE ON SUNDAY WERE L-R CATHY O'SULLIVAN, THOMAS O'REGAN, JOANNE HENDERSON & MATTHEW AHERNE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

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RATHMORE /GNEEVEGUILLA NEWS

by: MICHAEL O'MAHONY



MARION PLAYERS RATHMORE PRESENT THEIR 27TH PANTOMIME: ROBINSON CRUSOE AT RATHMORE COMMUNITY CENTRE, PICTURED IS THE CAST IN OPENING NIGHT ON SATURDAY NIGHT LAST JANUARY 25TH.

NEW PARISH OFFICE: The reduction in the number of priest's in the parish has meant that both Fr. Pat O'Donnell P.P. and Fr. Kevin McNamara C.C. are on the road a lot more, and have a broader area to cover. As a consequence, it is very important that we put in place a location where parishioners can call with their enquiries, knowing for certain that there will be somebody there to greet them. Furthermore with the ongoing changes in parish structures such a facility will be even more important in the years ahead. We are therefore happy to announce that OUR NEW PARISH OFFICE is open to all from last Monday January 27. We have been fortunate here in our Rathmore Parish to have had the services of two outstanding secretaries in Janice O' Sullivan and Maureen Cremin. They will be joined on the staff by Kathleen Kelleher, whom many of you already know through her work with Rathmore Social Action Group. In the new arrangement Maureen and Kathleen will run the Parish Office, Janice will continue as previously to work from her home office. I would like to express my sincere thanks to Janice: nobody has done more to facilitate this change; and nobody has sacrificed more to enable it to take place. We have been in a period of transition over the past few months. Since August the Church Newsletter has moved to the Presbytery Office: similarly the booking of masses has moved from Janice's capable hands. In both cases you will have seen slight teething problems but I know from now we will be back to full steam ahead. Parish Office; Where is it? One of the side units in Teach losagain just the back of Rathmore Church. Signs will direct you to the location Phone (064)7761669 Email: rathmore@dioceseofkerry.ie Office Hours Monday 4.00p.m - 7.00p.m. Tuesday 9.45a.m - 12.45p.m. Wednesday 9.45a.m - 12.45p.m. Thursday 4.00p.m - 7.00p.m. Friday 11.00a.m - 2.00p.m. Contact the Parish Office for all matters, particularly to book Masses, Baptisms Weddings. Also items for inclusion in the Church Bulletin. Community Newsletter Office (Janice) Contact No: 064 7758219 Email janice@rathmoreparish.ie please Note: Janice will continue to work from her existing office. She will continue to manage the Community Newsletter, and other matters relating to the Parish Register and envelope system.

MARION PLAYERS RATHMORE: Present their 27th Pantomime: Robinson Crusoe starts 25th January & continues on the 1st February & 2nd February, 2014 at Rathmore Community Centre. Night shows at 8pm. Matinee's at 3pm on Sundays in aid of Kerry Parents & Friends Association. For booking & information phone 087-9562920 or 0647758526. Booking Office will be open from these. Special arrangements for groups of either adults or children. A show not to be missed.

SYMPATHY: To family and friends of the late of Margaret Peig O'Leary, Readrinagh, Michael Dineen, Knockeenagullane, Charlie King, Currow, Nora Dennehy, Kiskeam, Patrick Desmond, Rathbeg, who deaths occurred recently. May they all Rest in peace.

GNEEVEGUILLA GAA CLUB MEMBERSHIP: Now being collected. Ordinary member €30. Gym Member €100. Senior and Junior Player €80. Apprentice €50. Unemployed €50. Student €45. Minor €30. U12 to U16 €20. U10 €15. Membership can be paid to Patrick Barry 086 7925715 or to any Club Officer. Next monthly meeting is on Tuesday February 4th at 9pm in Clubhouse.

GNEEVEGUILLA LADIES GAA: Crochet & Knitting Classes: Every Wednesday at 8.30 pm in Gneeveguilla Club Rooms. Aerobics & Keep - Fit: Friday's 8.00 - 9.00 pm in Gneeveguilla GAA Hall. (Note change of date)

TRAINING AS A COMMUNITY FIRST RESPONDER: A few places remaining on the next course, training will take place over two nights. If interested contact Cynthia (086) 0818606.

RATHMORE LADIES FOOTBALL: On Saturday 25th January last Presentation Night for U10 and U12 girl's football I take place in Teach losagain at 7pm. Medals were presented to U10 girls who won a number of Blitz's and U12 girls who won the East Kerry Div. 1 and County Div. 1. Light refreshments were served. On the 7th February the AGM of the Ladies Football Club will take place in Rathbeg at 8pm, everyone welcome. Registration will also take place at 7pm before AGM for all age groups. On the 21st February the Ladies Football Club are holding a Victory Social in Darby O Gills, more details later.

SLIABH LUACHRA CYCLING CLUB: Thinking about taking up Cycling? Or maybe cycle the

Ring of Kerry and don't know where to start? Sliabh Luachra Cycling Club is offering a six week beginner/starter programme.

Date - Sunday 9th February.

Time - 10 a.m. Venue - Teach losagain, Rathmore (next to Rathmore Church)

Contact - 0877023562 or

email hoc995@gmail.com

AGM: Rathmore Community Council AGM. Will take place on Monday February 10th at community centre at 8PM. Everybody welcome.

RATHMORE / GNEEVEGUILLA COMMUNITY GAMES:

U13 CHOIR: Any boy or girl interested in being a member of the U13 Community Games Choir (must be 10 years of age on 31/7/2014), please contact Joanna Hughes asp on (087) 9520667.

GNEEVEGUILLA ATHLETIC CLUB:

Registration club membership is now due, €20 for a juvenile and £25 senior after January 31st price of membership will increase for all late registrations. The club circuit Training on a Friday night in Gneeveguilla has 8 places left so ring up now to avail of this training.

RATHMORE GAA CLUB: Rathmore V Spa played on Sunday last, East Kerry U21 Football Championship (Result): Rathmore 3-11 Spa 3-6. The following officers were elected at AGM. on Friday 24th January last. President: Michael Dennehy, Vice-President: Sean S. O'Suilleabhán Chairman: Donal Murphy, Vice-Chairman: Sean Ryan, Secretary: Eoin Casey, Asst-Secretary: Martin Lawlor, Treasurer: Donal O'Connor Asst-Treasurer: Con Murphy, P.R.O.: Anthony Murphy, Development Officer: Tony Moynihan A.S.A.P: Denis Reen, County Delegate: Donal Murphy, East Kerry Delegates: Kieran O'Keeffe, Denis Reen.

The 2014 Club Calendar is out now. This year's calendar is available in shops locally, make sure you get yours Sliabh Luachra Drama Group: presents "Wake in the West" (Comedy) on Friday 31st January Saturday 1st, Sunday, 2nd, Friday, 7th Saturday 8th Sunday, 9th February at 8.00pm at scartaglin culture centre Bookings 0872434000.

OWENACREE ANGLING CLUB: The club would like to thank everybody who contributed to our recent church gate collection. We appreciate especially the long and hard collectors who stood in conditions in arctic conditions on behalf of the club. It in this volunteering spirit that allows all volunteering organisations continues and flourishes. Ath ma math go lein.

LOCALELECTION CANDIDATE: Lynda Horgan of Gullane, Gneeveguilla The constituency secretary of Kerry TD Tom Fleming is to stand as Independent candidate in the eight-seat Killarney Electoral Area in local election. On May 23th, we wish Lynda and all candidates standing in local & European elections the very best of luck,

ANYONE HAS ANY INFORMATION THEY LIKE TO ADD TO THE NOTES: please email Michael O'Mahony (michaellomahony@eircom.net) or ring on 087-6676817 before 6:00pm on Sunday.

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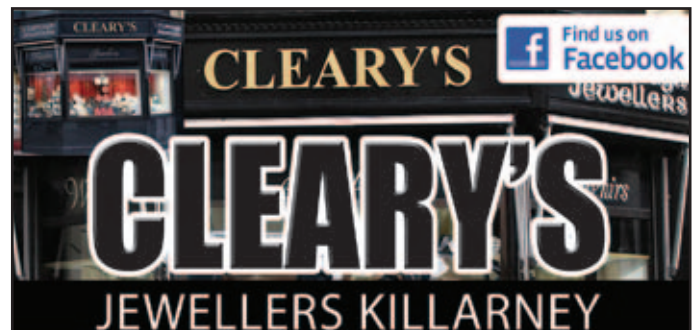


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KILCUMMIN NOTES



THE KILCUMMIN GAA SOCIAL WAS HELD ON SATURDAY NIGHT AND THE FOLLOWING WERE HONOURED. FRONT ROW FROM LEFT PAT O'CONNOR MERIT AWARD RECIPIENT, SEAN BROSAN SENIOR PLAYER OF THE YEAR 2013, WILLIE FLEMING CLUB CHAIRMAN, CARMEL O'RIORDAN APPRECIATION AWARD. BACK ROW FROM LEFT: TIM RYAN EAST KERRY GAA CHAIRMAN, TIM CASEY MERIT AWARD RECIPIENT, CHRISTY O'LEARY CLUBPERSON OF THE YEAR 2013.

PARENTING TEENAGERS: Finding it challenging? Constant battles? Would you like to learn a different way to get along with your teenager and lessen the hassle? A 6 week course will commence on Tue 11th Feb at 7.30pm in the Rural Development Office. The aim of the course is to help develop better relationships with our teens in a healthy respectful manner. Cost is €50 per person, €80 per couple. Course will run subject to numbers, spaces are limited. To book please call Peg on 087-6689820.

I.C.A.: The monthly meeting of the Guild will be held on Wednesday 5th February at 8pm in the Rural Development Office. A Nutritionist will attend. All ladies welcome.

RAHEEN COMMUNITY PLAYGROUP: The playgroup will host its 4th Annual Table Quiz in Murphy's Bar Baraduff on Friday February 7th at 8.30pm. Table of four is €40. There will be trophies and a prize of €100 for the first place team, second place team will receive a prize of €40. Spot prizes and refreshments on the night. All are welcome to attend. The Playgroup's new website has now been uploaded with their photo albums. To view website log on to

www.raheenmontessoripplaygroup.com

MEMBERSHIP KILCUMMIN COMHALTAS:

If you or your child wish to become members

of our branch or are partaking in Comhaltas competitions this year please contact one of



ATTENDING THE KILCUMMIN GAA SOCIAL ON SATURDAY NIGHT WERE FROM LEFT JOHNNY DOOLAN, JOHN LENINAN, SEAN KELLY M.E.P. AND JIM DALY.

our registrars, Mags O'Sullivan 087-7799341 or Timmy Lane 086-0587047

COMHALTAS BRANCH MEETING CHANGE OF DATE: Next meeting will be held on Mon 10th Feb at 8pm in the Rural Development Office. All Welcome.

SULT NA NÓG: All Sult na nÓg entries must be given to branch secretary by Thursday Feb 6th. Forms are available from the Rural Development Office or from Marguerite on 086-0810208

EASTER RAFFLE: Any unwanted Christmas Gifts would be greatly appreciated for the Kilcummin Comhaltas Easter Raffle. Please hand any unused/unwanted gifts to any of the Comhaltas trainers.

KILCUMMIN COMMUNITY ALERT: Your generous support of our annual collection in December is deeply appreciated. Wishing you all a happy and safe 2014.

GAA: The social was held in the Klub on Saturday night last. A most enjoyable night was had by the supporters despite the small attendance. Awards given out were Club Person of the year, Christy O'Leary. Players of the year Senior- Sean Brosnan, Junior - Kieran O Donoghue, Merit awards for loyal service Pat O'Connor and Tim Casey. Klub presentation for organising of social activities Carmel O'Riordan.

MASTERGEEHA F.C. LOTTO RESULTS:

There was no winner on Friday 24th January. Numbers drawn were 14, 16, 21 & 24. Consolation prizes were €100 SHAH, c/o Village

Inn, Kilcummin; €60 Sandra Burns, Dromin, Listowel; €30 Adrian Fleming, Knockacorran, Scartaglen; €30 Conor O'Neill, c/o Dept of Justice; €30 Orla & Samantha Williams, Glounanea. Draw every Friday night in the Village Inn, Kilcummin. Jackpot now €9,150.

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Health Matters....

with Dr Sarah O'Neill

POLYCYSTIC OVARY SYNDROME 1

Polycystic ovary syndrome (PCOS), formerly known as the Stein-Leventhal syndrome, is a condition where at least two of the following occur, and often all three:

- At least 12 tiny cysts (follicles) develop in your ovaries.
- The balance of hormones that you make in the ovaries is altered. In particular, your ovaries make more than normal of the male hormone testosterone.
- You do not ovulate each month. Some women do not ovulate at all and so may not have a period.

Therefore, it is possible to have polycystic ovaries without the other typical symptoms that are part of the syndrome. It is also possible to have PCOS without multiple cysts in the ovary.

How common is polycystic ovary syndrome?

PCOS is common-it is thought that around 1 in 10 women have PCOS - that is, they have at least 2 out of the 3 factors above.

What causes polycystic ovary syndrome?

The exact cause is not totally clear. Several factors probably play a part. These include the following:

Insulin

Insulin is a chemical (hormone) that controls your blood sugar level. Insulin acts mainly on fat and muscle cells, causing them to take in sugar (glucose) when your blood sugar level rises. Another effect of insulin is to act on the ovaries to cause them to produce the male hormone testosterone.

Women with PCOS have what is called insulin resistance. This means that cells in the body are resistant to the effect of insulin. More insulin is then produced to try to keep the blood sugar normal. This raised level of insulin in the bloodstream is thought to be the main underlying reason why PCOS develops. It causes the ovaries to make too much testosterone which interferes with the normal function of the ovaries. This causes problems with ovulation - hence, period problems and reduced fertility. It is this increased testosterone level in the blood that causes excess hair growth on the body and thinning of the scalp hair. Increased insulin also contributes towards weight gain.

Hereditary factors

PCOS is not strictly inherited from parents to children, but it may run in some families.

Weight

Being overweight or obese is not the underlying cause of PCOS. However, if you are overweight or obese, excess fat can make insulin resistance worse.

What are the symptoms and problems of polycystic ovary syndrome?

Symptoms that occur if you do not ovulate:

Period problems- occur in about 7 in 10 women with PCOS. You may have irregular or light periods, or no periods at all.

- Infertility - you need to ovulate to become pregnant. You may not ovulate each month, and some women with PCOS do not ovulate at all. PCOS is one of the most common causes of not being able to get pregnant (infertility).

Symptoms that can occur if you make too much male hormone testosterone:

- Excess hair growth (hirsutism) occurs in more than half of women with PCOS. It is mainly on the face, lower tummy (abdomen), and chest. This is the only symptom in some cases.
- Acne, which may persist beyond the normal teenage years.
- Thinning of scalp hair (similar to male pattern baldness) occurs in some cases.

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If you have PCOS, over time you have an increased risk of developing type 2 diabetes, diabetes in pregnancy, a high cholesterol level, and possibly high blood pressure.

For example, about 1 in 5-10 women with PCOS develop diabetes at some point. These problems in turn may also increase your risk of having a stroke and heart disease in later life. Other possible problems in pregnancy include more chance of having your baby prematurely and of having pre-eclampsia (high blood pressure in pregnancy).



Dr. Sarah O'Neill
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GIVEAWAY

In association with
KILLORGLIN PANTO

Win A Family Ticket (2 Adults & 2 Children)
To Killorglin Panto At The INEC On Sunday 16th February



Killorglin's 51st Panto "Puss in Boots" stars in the Dame, the Cat, the Witch and the Wardrobe will take place at the INEC on Sunday 16th February.

To be in with a chance to win one of five family tickets just answer the following question and send it in to: **The Killarney Outlook, 30 High Street, Killarney.** Before 12 noon on Friday February 7th.

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YOU ARE ALLOWED TO BE HAPPY!

Many years ago a great friend of mine announced that she had got her dream job and would be leaving for America where she would be for the next three years. I was delighted for her. The interesting thing was that she didn't look as pleased as I thought she would be – in fact she looked worried and a bit anxious! When I asked her what was wrong she said that she felt a bit guilty going off when other friends of hers were struggling. She added that it all felt too perfect and that maybe something would go wrong. Then she said, "What gives me the right to be happy when so many other people aren't?"

The answer to this may lie in a psychological theory known as "Masochistic Equilibrium", which explains how and why sometimes a person's comfort zone might actually be to stay in discomfort. As Author Karen Salmansohn says: "As a child you learned habits on love and happiness from your parents. If you learned that love comes with yelling and insults, then being in a relationship with too much peace and too many compliments might actually inspire anxiety. Snagging an abundance of joy might also trigger you to self-sabotage your happiness in order to maintain that "masochistic equilibrium" which you learned in your childhood. Or you might simply choose scenarios from the start, which bring you lower levels of love and bliss". If you recognize yourself in this, one of the key ways to help change these habits is to repeat the following mantra: "I am not my past behavior. I am not my past failures. I am not how others have at one time treated me. I am only who I think I am right now in this moment. I am only what I do right now in this moment."

Please contact me for details of my one-day workshop – **BREAK FREE FROM EMOTIONAL EATING – WHAT ARE YOU HUNGRY FOR?** Saturday March 29th (10.00am – 4.30pm) at The Meadows Hotel Tralee.

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EAST KERRY NOTES

With Áine Ní Shúilleabháin PRO

EAST KERRY UNDER 21 CHAMPIONSHIP

RATHMORE 3-11 SPA 3-06

Rathmore advanced to semi final of the U21 championship, sponsored by Acorn Holistics & Sports Centre, Killarney, with a victory over Spa played in blustery conditions in Spa last Sunday. Rathmore, playing with the wind in the first half but an early Spa goal put the home side ahead 1-1 to 0-1 early in the game. Rathmore began to take control and in the 25th minute Rathmore struck for an all important goal, after Cathal Murphy goal bound shot was saved by Spa Keeper Arraon Farrell the ball was fisted to the net by Donnacha McCarthy. Further points from Sean Ryan (2) and a Conor Buckley free left the half time score Rathmore 1-10, Spa 1-1. Spa played with the wind for the second half. In the seventh minute Spa were back in this game Jamie Spillane dispatched the ball to the net for a well taken goal but Rathmore responded in the 13th minute with a goal by Conor Buckley to leave Rathmore ahead 2-10 to 2-2. Spa reduced the margin to five points but Rathmore drove down field and Cillian O'Connor added a goal. Spa fought back in the closing minutes and they kicked a third goal, finished to the net by Michael McCarthy. Shane Cronin kicked for final score a long range effort. Final Score: Rathmore 3-11, Spa 3-6.

Before the game, a minutes silence was observed for late Paddy Desmond (Rathmore)

RATHMORE TEAM: Shane Breen, Michael O'Mahony, Conor Jenkinson, Tadhg Moynihan, Pat Cremin, Cathal Murphy (0-1), Padraig Desmond, Tom Kelliher, Brian Moynihan, Padraig O'Callaghan, John O'Keeffe, Donnacha McCarthy (1-0), Conor Buckley (1-3), Mark T Reen, Shane Reen (0-7). Substitutes: John Friel, Killian O'Connor (1-0), T.J. Friel

SPA TEAM: Arron Farrell, Timmy Hussey, Matthew Moynihan, Daniel O'Donoghue, Jason Culloty, Shane Cronin (0-3), Eoin O'Riordan, Liam Kearney, Rory O'Riordan, Corey Doyle, Jamie Spillane (1-3), Jack Cahill (1-0), Evan Cronin, Colm Tobin, Michael McCarthy (1-0). Substitutes: Conor O'Callaghan, Stephen Kelliher. Referee Tommy Brosnan (Dr. Crokes)

KILCUMMIN 5-11 FOSSA 1-09: Kilcummin had a comprehensive 5-11 to 1-09 win over Fossa in the East Kerry Under 21 Championship Quarter Final at the Old Fossa Sportsfield on Sunday last. A much physically stronger Kilcummin 15 got off to the best of all possible starts and had 3 goals and 1 point on the scoreboard without reply after 8 minutes. Their central spine of Philip Casey, Donal Maher, Damien O'Leary, Kieran Murphy, Gary O'Leary and Kevin McCarthy dominated during the first 30 minutes, with the aid of a gale force wind. At half time, the visitors had an unassailable lead 4-06 to 0-03. Fossa battled gamely in the second half with spirited performances from Colm Walsh, David Osterloh, and Paudie Clifford but in truth they needed to score goals to bridge the gap. However, with Shane Murphy in fine form between the Kilcummin posts, goals proved beyond the home side.

KILCUMMIN TEAM: Shane Murphy, Philip Casey, Donal Maher, William Maher, Daniel Moynihan, Damien O'Leary, Enda O'Sullivan, Kieran Murphy, Kelvin Teahan, James Devane, Gary O'Leary, Michael O'Neill, Darragh McCarthy, Kevin McCarthy, David O'Connor.

FOSSA TEAM: Daniel Griffin, Colm Walsh, Daniel O'Keeffe, Diarmuid Burke, Darragh Rice, Paddy Sheehan, Shane Hennigan, Matthew Rennie, David Osterloh, Paudie Clifford, Brian Walsh, Mikey O'Shea, Micheal Quirke, Tadhg O'Shea, Mike O'Keeffe. Referee: Denis O'Sullivan (Scartaglen).

GLENFLESK 2-15 LEGION 0-09: Glenflesk qualified for the division 1 Semi Final when they hosted Legion last Sunday in the Under 21 Championship. The home side played with a strong wind in the first half. Under difficult conditions, Jeff O'Donoghue notched up 6 points, from frees, for Glenflesk, to Legions 1 in the opening quarter. Five Glenflesk points in the second quarter to tow Legion points by Conor Keane left the half time score: Glenflesk 0-13 Legion 0-3.

Legion played with the wind in the second half and narrowed the margin to 7 points, six minutes into the second half. Glenflesk found the net and the Legion Goal keeper denied the home side 3 goals with wonderful saves. Play moved from end to end and there were a scatter of points. The last kick of the game was a goal from the boot of Glenflesk's Dara Roche. Final score: Glenflesk 2-15 Legion 0-09.

A minutes silence was observed before the game started in memory of the late Michael Din O'Donoghue.

GLENFLESK TEAM: Padraig Moynihan, Denis O'Sullivan, Darragh Kelliher (0-1), David Crowley, Shane Courtney, James McCarrick, Eoin O'Meara, Kieran Murphy, David O'Donoghue, John Healy, Jeff O'Donoghue (0-8 f, 1 45mf), Danny Lucey, Brian O'Donoghue, Dara Roche (1-4), Lee O'Donoghue (1-2) Substitutes: Liam Warren.

LEGION TEAM: Stephen Griffin, Chris Fleming, Cathal Sheehan, James O'Donoghue, Damian Lyne, Danny Sheehan, Donal Lyne, Jack O'Neill, Sean Keane (0-2), Evan Doherty, Conor Keane (0-6;2f), Alan Moriarty, Brendan Lyne, Aidan Slattery (0-1), Alan Brosnan. Substitute: Kyle Griffin.

Referee: Donal Donnelly (Kilcummin)

EAST KERRY ANNUAL CONVENTION: The East Kerry Board Annual Convention was held on Thursday 23rd. Father O'Donoghue celebrated Mass for deceased members before hand. There was just 1 change on the Senior Board. Johnny Brosnan, remained on as Vice Chairman but stepped down from his second role as Children's officer. That role will be filled at the first East Kerry Delegates meeting. There are 2 changes on Coiste na n-Óg, with the chairman and vice chairperson both stepping down. Warm tributes were paid to Chairman Paudie Breen and Vice chairperson Maria Falvey, both of whom did trojan work over the last decade. The following sub committees were put in place: Coiste na n-Óg Chairman will be Legion's Sean O'Sullivan. The remainder of the positions will be filled at the first EKB Delegates meeting. The CCC and Referees Committees remain the same as last year. On the games front the very best wishes of all in East Kerry were extended to Dr Crokes for their upcoming All Ireland Club Senior Championship Semi Final and to Keel for their game in the Junior Club Championship. Congratulations were also extended to Colm Cooper (Dr Crokes) and James O'Donoghue (Legion) on their GPA All Star awards.

COACH EDUCATION COURSES: East Kerry clubs looking to complete a Foundation Level Course should contact East Kerry GDA Vince Cooper. The course consists of practical and theory modules aimed at improving coaching standards. Twelve coaches is the minimum requirement to setup a course. Clubs with less numbers may look at amalgamating.

NEWS FROM KERRY LADIES

The first game in the #KerryLadiesSpringSeries takes place on Sunday 2nd February in Fitzgerald Stadium at 1 pm against Tyrone. The Kerry ladies have not played a competitive inter county game in Fitzgerald Stadium in nearly 20 years to it is a great way to kick off the spring series. This is Kerry's first game in their Tesco HomeGrown National League Division 1 campaign.

Kerry come into this game after a relatively successful 2013 season – after winning Division 2, gaining promotion to Division 1 & also winning the Munster Championship, defeating Cork for first time in nearly a decade. Kerry v Tyrone clashes are always a classic & ladies football is no different. In 2010 both teams served up a thriller in the All Ireland Semi Final with Kerry loosing by just a solitary point in the replay. Paths have not crossed very often since then as Tyrone were plying there trade in Division 1 while Kerry were in Division 2. While 2013 was a good year for Kerry, unfortunately for Tyrone their season was cursed as they had 5 players on long term injuries, but despite that they still challenged for honours in Ulster & were defeated by a strong Galway side in the quarter finals of the All Ireland. Tyrone will be looking to Gemma Begley & the pacy Cathy Donnelly to lead their charge, while Kerry will be looking to the midfield partnership of Bernie Breen & Emma Sherwood to feed quality ball into Sarah Houlihan & Louise Ni Mhuirheartaigh. A good game is expected with both teams aiming to put their mark on the 2014 season.

The #KerryLadiesSpringSeries campaign aims to publicise the Kerry Ladies TescoHomeGrown Division 1 National League games as Kerry are in a very fortunate position of having 5 games out of 7 in Kerry. The second game on 16th February sees Kerry take on Laois in John Mitchells new facility, which recently held the McGrath Cup games very successfully. Other games in the series include Cork on 2nd March who are the current All Ireland champions & also Mayo make the journey to Kerry on 30th March with Cora Staunton spearheading their attack.. The final game sees Kerry take on Donegal on the 6th April.

KILCUMMIN GAA

EAST KERRY U-21 CHAMPIONSHIP Q/F

KILCUMMIN 5-11 FOSSA 1-9

Played in atrocious conditions which did not make it easy for the players in Fossa last Sunday Kilcummin ran out comprehensive winners over a determined Fossa outfit. Goals from Kevin McCarthy (2), Michael O'Neill, Damien O'Leary and Gary O'Leary together with strong displays from Kieran Murphy, Philip Casey and Donal and William Maher saw our lads through to the semi-final next week-end.

TEAM: Shane Murphy, Philip Casey, Donal Maher, William Maher, Daniel Moynihan, Damien O'Leary, Enda O'Sullivan, Kelvin Teahan, Kieran Murphy, James Devane, Gary O'Leary, Michael O'Neill, Dara McCarthy, Kevin McCarthy, David O'Connor. Subs: Corey Mitchell, John Fleming, Denis O'Riordan, Donald McSweeney, Conor Teahan.

EAST KERRY LEAGUE: February 9th Kilcummin v Dr Crokes in Kilcummin at 12.00 noon.

JUVENILE GAA: Registration: for the 2014 season for both the boys and girls clubs will take place from 7-9pm on 14th February.

LADIES GAA CLUB: Ladies GAA Club will hold a fund raising collection of clothing, blankets, shoes and mobile phones in April this year. More details will follow closer to the time.

GAA CALENDAR: The club's 2014 is still available for purchase at the Post Office and in the Club and shop. A big Thank you to Kilcummin Post Office and to MPG Motors, our principal January sponsors for Kilcummin GAA's Juvenile Calendar. Thanks also to Paybond, Arrow Pest Control, Centra Farranfore and Moriarty's Central Car sales who each sponsored a week in January. The calendar can be acquired at the post office or at the Klub bar.

JUVENILE GAA: Mouthguards are mandatory for all boys and girls under the age of 16 in the coming season. Failure to wear



a mouthguard could have implications for insurance or medical claims in the event of an accident. The Club would ask all parents to ensure that every child has a mouthguard at training and at matches.

JUVENILE GAA REGISTRATION: Juvenile GAA Registration for the 2014 season for both the boys and girls clubs will take place from 7-9pm on 14th February.

LEGION NEWS

With Kevin Griffin

U21: The clubs first competitive action for 2014 got underway last Sunday as our u-21 side travelled to Glenflesk for the quarter final of the East Kerry championship. In cold and extremely blustery conditions, the home side took full advantage of the strong wind in the first half to take a 0-12 v 0-03 lead by the short whistle, legions scores all coming from the boot of Conor Keane. On the resumption there was a brief sign of improvement with Conor and Shaun Keane raising three white flags in the first few minutes but hopes of a comeback were dashed when Glenflesk broke through for the first of their two goals. To their credit the entire team battled hard right to the end with the Keane brothers and Aidan Slattery all tagging on scores and goalkeeper Stephen Griffin pulling off a great penalty save.

WELL DONE: Well done to the "Sem" senior team who qualified for a mouthwatering clash against Dingle in the semi final of the Corn ui Mhuiri, due to be played on the weekend of February 8/9.

BEST OF LUCK: Best of luck to Brian Kelly, Jonathon Lyne and James O'Donoghue who travel to Dublin this weekend to take on reigning All Ireland champions in round one of the Allianz national league.

The clubs senior team is preparing for the upcoming East Kerry league and have a home fixture v Scartaglin on February 9 followed by an away game to Rathmore the following week. These matches will be good preparation for the start of the County league in which we face newly promoted Listry in the opening fixture in March.

CONGRATS: Birthday greetings to Shania Costello who turned 14 this week and also congratulations to Sonia Smith who was selected on the Kerry schools league team of the week.

MEMBERSHIP: Membership is now due and can be paid to club registrar Marie O'Sullivan.

LOTTO RESULTS: Sunday 26 January. Jackpot not won. Numbers drawn 11 ,17 ,18 ,26, Next weeks jackpot is a whopping 8200 euro.

LISTRY GAA NEWS

With Paula Courtney

MONTHLY CLUB MEETING: In the clubrooms Faha on Monday 3rd February at 9pm.

THE BIDDY: Due to unforeseen circumstances The Biddy will no longer be taking place.

NEWSLETTER: Quarterly Listry GAA newsletter is being prepared at the moment and will be delivered to all households in the Parish shortly.

MEMBERSHIP 2014: To avail of the free ticket for the GAA National Club Draw all senior members need to register before the end of February. Any new members wishing to join please contact our Membership Officer Mike Tangney 087 6162786.

OPEN DAY: Registration and membership Saturday 8th February from 4pm to 6pm where club officers will be available to collect membership for 2014 and also to show people our gym facilities. Please note if you want to use the gym or walking track you must be a member of the club for insurance purposes and this will have to be enforced in 2014.

SENIOR EK SUPER LEAGUE FIXTURES 2014 DIVISION 2

Round 1 – Sunday 9th February at 12 noon.

Listry v Kenmare.

Round 2 – Sunday 16th February at 12 noon

Listry v Fossa.

Round 3 – Sunday 23rd February at 12 noon

Firies v Listry.

SPA GAA NOTES

COISTE NA NOG INDOOR TRAINING 2014:

Friday: U-10 boys 6-7pm, U-12 boys 7-8pm, U-12 girls 8-9pm.

Saturday: U-10 girls 10.30-11.30am, U-6 boys 1-2pm, U-8 boys 3.15-4.15pm.

Sunday: U-16 boys 9am, U-14 boys 7.30-8.30pm.

All queries to Coiste na nog chairman John O'Donoghue 087 940 3517.

Ladies football Anne holland 085778883.

EAST KERRY U21 CHAMPIONSHIP:

SPA 3-6 RATHMORE 3-11

Spa bowed out to Rathmore in the East Kerry U21 championship in a high-scoring thriller in Spa last Sunday. Spa played against the very strong wind in the first half but got the fillip of an early goal from Corey Doyle. Rathmore dominated the play but struggled to get past great defending by Timmy Hussey, Matthew Moynihan, and Shane Cronin in particular. Nonetheless, the wind told as they etched into a 0-6 to 1-1 lead, Spa's second score coming from a Jamie Spillane free, when disaster struck as Rathmore followed up on a brilliant Aaron Farrell save to find the net. That opened the floodgates a bit and Spa trailed by 1-10 to 1-1 at the break. Spa had the wind in the second half and dominated in their turn, with Jamie Spillane slotting a brilliant goal and adding a free. Rathmore goaled against the run of play, again following up after initial brilliance by keeper Aaron Farrell. Shane Cronin, as effective in attack as he had been in defence, and Jamie Spillane trimmed the gap but again Rathmore struck for a goal against the run of play and ran out deserving winners in the end.

TEAM: Aaron Farrell, Timmy Hussey, Matthew Moynihan, Daniel O'Donoghue, Jason Culloty, Shane Cronin (0-3), Eoin O'Riordan, Liam Kearney, Rory O'Riordan, Corey Doyle (1-0), Jamie Spillane (1-3, 2f), Jack Cahill, Evan Cronin, Colm Tobin, Mike McCarthy (1-0). Subs Conor O'Callaghan, Stephen Kelliher.

Draw for the next round to be made during the week.

SENIOR CO. LEAGUE DIVISION 2 FIXTURES (DATES TO BE CONFIRMED)

Round 1 (March 23rd): Laune Rangers v Spa; Round 2 (March 30th): Spa v Kenmare; Round 3 (April 13th): Tarbert v Spa ; Round 4 (May 11th) Spa v St Pats; Round 5 (May 18th) Skellig Rangers v Spa; Round 6 (June 15th) Spa v John Mitchels; Round 7 (June 29th) Spa v Desmonds; Round 8 (July 27th) Glenbeigh/ Glencar v Spa; Round 9 (August 17th) Spa v Listry; Round 10 (September 28th) Legion v Spa ; Round 11 (Date tbc) Spa v Gneeveguilla

KEANES SUPERVALU MINOR FOOTBALL LEAGUE DIVISION 1 FIXTURES:

Round 1 (22nd Feb) Spa v An Ghaeltacht; Round 2 (8th March) Spa v Dr. Crokes; Round 3 (15th March) Kerins O' Rahilly's v Spa; Round 4 (4th April) Spa v Austin Stacks; Round 5 (18th April) Daingean Uí Chúis v Spa.

SPA HEAD FOR SCOR ALL IRELAND FINAL

Spa GAA Club were very successful in Mallow last weekend at the Munster Scor na nOg. The club won both the set Dancing and recitation sections. They have already qualified for the Quiz in the All Ireland's which will be held on March 1st in Castlebar, Co. Mayo. The figure dancers competed also but lost narrowly to Cork.

Spa are the only Kerry Club going forward to the All Ireland finals.

Fossa, Keel and Na Gaeil also competed but unfortunately weren't successful despite being outstanding in their disciplines.

Allison Fitzmartin is our competitor in recitation and this is her first time competing to this level. Allison has received valuable coaching from well known entertainer Ray O Sullivan.

The set dancers were runner up last year



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

and some of the competitors are as young as 10 years of age. The dancers are Eoin O'Donoghue, Kianan O'Doherty, Liam Spillane, Gary O'Sullivan, Rachel Moynihan, Anna O'Connor, Aine Brosnan and Erin Holland. They are under the instruction of the All Ireland

dancer/teacher Triona Mangan. The quiz team which qualified in Killorglin are Niamh Clifford, Thomas Fleming, Michael Aherne and James Lynch with Seamus Clifford and Eileen Aherne as their coaches.



COMMERCIAL ROWING CLUB --"DOWN MEMORY

LANE" With John Kelly

Commercial Rowing Club has a long and happy relationship with the town of Killarney and in particular with the Commercial life of the town. As you glean through the history of the club since its formation in 1886 you will note that several hundreds of families have been associated with the club either as oarsmen and oarswomen or officers and indeed many happy relationship were known to have blossomed around its Clubhouse in the shadow of Ross Castle. Each week in this column we hope to publish a list of the great people who were associated with Commercials since 1886 when it was then known as The Drapers possibly due to its association with the Drapery trade of the town.

In 1944 the club delegate to Killarney Regatta committee was the late John O'Brien who was then a clerk in Hilliards Drapery store Main Street and who was known to have made a major contribution to the club over many seasons and this tradition was carried on by his son Denis "Gunner" O'Brien who rowed in all grades for the club. Those who rowed in 1944 were as follows Junior Sixes - Stroke S O'Meara, Ml Beasley, P Cronin, P. O'Donoghue, S Cullinane, R. O'Donoghue cox Vince Doyle, Juvenile Sixes - Ml Price, D Fleming, J. O'Donoghue, M. O'Donoghue, D O'Brien, T. Gallivan Cox Vince Doyle. Ladies Sixes M. O'Sullivan, D Courtney, C Coffey, M. O'Sullivan, D Courtney M Price, Cox Jimmy Gleeson. Senior Sixes Paddy Keogh, John Bambury, J Murphy, Denis O'Connor, Jn Gallivan, Jack Scully, cox Jimmy Gleeson. An Advert in the 1944 regatta programme reads as follows "Young Boys and Girls who may wish to take up Rowing are advised to contact their club secretaries" So likewise those who may be interested in joining Commercial Rowing club for 2014 are advised to contact Secretary D Riordan 064-6631743, John Kelly 064-6632698, Jim Doyle 064-6639856, John Joe Healy 064-6643136, Henry Clifton 064-6632252.

COUGARS CLUB NEWS

With David Ahern

SENIORS MENS DIV 1: Killarney Cougars 79 Listowel 48 Cougars hosted Listowel at the Pres Gym and led all through this game proving to strong for the North Kerry visitors. Cougars led 15-9 thanks to 7 points from Darren Gaffey. Cougars best spell of the game came in the second quarter with the excellent Dan Cronin adding five three pointers to push Cougars ahead 38-15 at halftime. The visitors never gave up and put up a spirited challenge throughout the second half but Cougars finished comfortable winners in an entertaining game. Best for Cougars were Dan Cronin, Niall O'Brien, Gabore Horvath and Arunas Bulnis

WOMEN'S: Killarney Cougars 56 UL 49

Cougars took on the University Limerick National League side at the Pres Gym in an entertaining challenge game. The visitors made the better start and led in the early stages with two three pointers but Cougars responded well to finish ahead 15-14 at the end of the quarter thanks to good baskets by Amanda Brosnan, Mags Cronin and Marion O'Callaghan. Cougars started the second quarter well with further baskets by Marion O'Callaghan, Stephanie Walsh and Kate Looney increased the Cougars lead to 33-27 at halftime. The sides went basket for basket in the second half with Cougars defence strong and disciplined to frustrate UL. Cougars were playing well with baskets from all players causing the visitors problems. Allyson Caggio added a big three pointer to consolidate Cougars lead entering the final minutes as time ran out for the visitors. Best for Cougars were Amanda Brosnan,

Allyson Caggio, Alma O'Mahony, Mags Cronin and Marion O'Callaghan.

JUVENILES GIRLS U12 PLATE:

Killarney Cougars 31 Tralee Imperials 13

A good attendance at the Pres saw Cougars recover from a slow start to defeat Tralee in the is Quarter Final game. Cougars led by just a basket in the opening quarter but took control in the second quarter to hold a good ten point lead by halftime with Aoife Kissane in great form scoring some good baskets for the Cougars. The teams were well matched in the second half with the sides going basket for basket with Cougars holding on to their lead with good defence throughout. Cougars deservedly go through to the next round in February.

Best for Cougars were Aoife Kissane, Maeve Bellew, Meabh Coleman Horgan, Adele O'Brien and Niamh Stack.

BOYS U12:

Killarney Cougars 26 Kenmare Kestrels 25 Cougars staged a huge comeback in this top of the table clash to take the points in this very entertaining game at the Pres Gym. The game was tied after a closely contested first quarter with defence's well on top. The visitors physical advantage paid dividends in the second and third quarter to lead 21-12 with Cougars struggling to get possession and the game slipping away. Cougars coach made the changes in the final quarter and were a different team and they increased the tempo as they chased the Kenmare lead. Cougars went all out in their efforts to turn the game and they did with strong defence by Joe Cahillane Colm Talbot and Mark McGlynn they set up baskets for Ruairi Murphy and Sean O'Brien on the break. Kenmare were in trouble and Cougars had taken control to take the lead with a well worked basket in the closing seconds by Ruairi Murphy as time ran out for Kenmare to respond in a very exciting finish. Best for Cougars were Sean O'Brien, Joe Cahillane, Mark McGlynn, Ruairi Murphy and Dion O'Neill.

FIXTURES

SENIORS: WOMENS SENIOR CUP

February 3rd Cougars v Horans Lixnaw 7.15pm Pres Gym.

JUVENILE TRAINING SCHEDULE

Boys U11 & U12 Wednesdays & Saturdays Pres Gym.

Girls U12 Thursdays Pres Gym.

Girls U14 Thursdays & Sundays Pres Gym/Parish Hall.

Girls U16 Tuesdays Pres Gym.

Girls & Boys Academy Ages 6 to 9 Friday Parish Hall.

New members welcome, to join and can register at the above sessions or by contacting the secretary on 087 4175493.

For the latest information and the correct training times please check the website at www.killarneycougars.com

KILLORGLIN ROWING CLUB

ST MICHAEL'S HEAD OF THE RIVER: Best of luck to all Killorglin Rowing Club athletes racing at the St Michael's Head of the River on Saturday, the 2nd of February. It is the first events of 2014 season for our rowers, with total of 12 teams competing on Saturday. The event is run over 3,800m stretch of water at O'Brien's Bridge in Limerick. Best of luck to our teams, the Men's Intermediate Men's Coxed Four of John Buckley, Fionan Crowley, Paul Sheehan and Paul Bradley coxed by Siobhan Joy with Martin Leahy stepping in for the second run, the Women's Senior Double of Maeve McGillycuddy and Karen Joy and our underage crews of Kieran O'Sullivan, John Francis O'Grady, Sean Houlihan, Shane O'Connor, Conor Murphy and Cathal O'Donovan competing in the Under 15, Under 16 and Under 18 races. Kerri Fay and Emma Murphy will team up in the Women's Intermediate race, while Emma will also race the Women's Intermediate Single Scull. Let's hope the weather will stay dry and it will be an enjoyable day for all. The results will be available on Killorglin Rowing Club blog

<http://killorglinrowing.wordpress.com/>, our Facebook page killorglinrowing and on iar.ie website.

Monika Dukarska currently trains with the National Team at the National Rowing Centre in Inniscarra, Co. Cork and will represent the Club in February at the upcoming National Trials in Newry.

TRAINING: Training continues at the Boat House Monday to Thursday 6pm-8pm for Juniors and 8pm-10pm for Seniors. E-mail killorglinrowingclub@gmail.com for a training schedule or text 087-2930461 for more details. New and old members welcome! All Ireland Coastal Rowing Championships are returning to Waterville in 2014, let's begin the training!

LOTTERY: Please support Killorglin Rowing Club monthly draw. The fee is only €2 a week. Simply e-mail killorglinrowingclub@gmail.com with intention to sign up and we e-mail you a form to fill in. Once that's completed we will do the rest. You can also pay by cash or cheque, if preferable. Your support is greatly appreciated.

KILLARNEY SWIMMING CLUB NOTES

Congratulations to our 25 swimmers who took part in the recent "C" gala in Tralee. All beat their own "personal best" times for events. Club swimmers won 28 medals on the day:

Under 11 Boys – Darragh Fleming took bronze medals in the 100 metres freestyle and butterfly while Ross O'Leary took silver for backstroke. Charles O'Brien took gold for breast stroke.

Under 11 Girls – Ellen Farandon won gold in the backstroke while Pia Hickey won silver in the 50 metres freestyle and Moya Noctor won silver for breast stroke.

Under 13 Boys – Sean Farandon won silver medals in both the backstroke and the Individual Medley.

Under 13 Girls – Maeve O'Brien won gold medals in both the backstroke and the breast stroke.

Under 15 Boys – Thomas Fleming won gold medals in the 100 and the 50 metres freestyle and the Individual Medley and silver in the backstroke.

Under 15 Girls – Emma Quirke won gold medals in the 100 and the 50 metres freestyle and the backstroke.

Under 21 Boys – Cathal Griffin won silver medals in the 100 and the 50 metres freestyle and gold in the backstroke and butterfly while Conor Griffin took bronze medals in the 100 and the 50 metres freestyle and in the backstroke.

Under 21 Girls – Mary Clare McCarthy won silver medals in the 100 metres freestyle, the 50 metres freestyle and in the backstroke. Thanks to the coaches Cathal and Vicki who gave huge support and encouragement to all swimmers on the day. Thanks also to all parents for travelling. Well done also to our Chairman, Mike O'Sullivan, on his recent live interview on Radio Kerry promoting swimming as a sport. U2 never sounded so good!

MUCKROSS ROWING CLUB

With Tim O'Shea

SYMPATHY: The club extends its sympathy to the Leahy and O'Sullivan families on the passing of Mary Leahy, wife of the late Markie Leahy. Ar dheis De go raibh a anam uasal.

NEW ROWING GRADES: Rowing Ireland is in the process of implementing a new grading system for all rowers which will adjust eligibility for Novice, Intermediate and Senior grades while introducing two new grades, Club 1 and Club 2. These Club grades will allow for rowers at different grades to compete together in the same crews. All grades will be determined using a system of aggregated points, with point gains for wins recorded at status regattas and point losses where rowers compete in a



race but do not record a win. The points for all registered rowers will go live on 1st April 2014 in time for regatta season. It is important that any member previously registered with Rowing Ireland checks the points which have been set for them based on historical records held by the rowing union. In particular where rowers may have had a number of years away from the sport, you are strongly advised to check if your past registration is still recorded on the system and then your default points count. Check online at www.rowingireland.ie/tracker-rower-search. Further information on the new rowing grades will be circulated by Rowing Ireland during February.

ST. MICHAEL'S HOR: Best of luck to all our crews competing this Saturday in the St. Michaels Head Of the River. Twenty five crews will represent Muckross RC from Junior grades up to Intermediate, in a competitive field of over 550 crews. While the weather forecast may force the postponement of the event, the large entry of crews is set to make the event at O'Briensbridge one of the biggest rowing competitions this year. Those taking part should regularly check online at the Rowing Ireland website for latest weather updates. Next up on the events calendar is Cork Head Of the River at the city marina on Saturday 15th February.

TRAINING: Training continues weekend mornings at the boathouse and midweek at the Muckross Community Centre for all age groups. Enquiries to Linda Daly 087 693 5508 or Eadaoin Moynihan 086 152 9476.

NEW MEMBERS: The club is always welcome to new members, why not give rowing a go? For younger members aged 12-14, our beginners group meets Sunday mornings at the boathouse or community centre, whatever the weather! You can come along just to see what is involved or get stuck right in! Contact Eadaoin Moynihan 086 152 9476 for further information.

MUCKROSS LOTTERY: Results of Muckross Lottery for Saturday 25th January 2014. Numbers drawn: 6, 10, 17, 21. Lucky Number: 7. Match 3 Winners: Eileen Joy, Michael Brosnan, Dan Buckley, Carmel O'Connor, Alison Coffey, Elisha Hanrahan, Looney family (Gortdromakeerie). Next draw Saturday 1st February in the Killarney Oaks. Jackpot: €1,150. Match 4 plus Lucky Number in panel 2: €2,150. Our congratulations also to Mike McEnery Snr who won the lottery jackpot on Saturday 18th January, well done Mike!

FIRIES COMMUNITY GAMES

With Carmel Sheahan

Abbeydorney is the venue for this week-end's Community Games events. On 1st and 2nd February the talent and cultural events takes place. Individual as well as group events are held this weekend. Rachel Hoxtor will take part in solo singing, Firies will be represented by Cian Sheahan in Recitation. Rachel Hoxtor, Sarah Kennedy, Aoife O Shea and Shannon Foster will take part in group singing. Firies will be represented in Set Dancing by Chloe O'Connor, Aoife Callaghan, Caoimhe O'Shea, Brid Flynn, Ronan O'Mahony, Cian Sheahan, Tomas Scott, TJ Palmer and Padraig Scott. Firies will also be represented in U13 / over 10 mixed Choir trained by Cathy and accompanist Mixhelle. Good luck to J.P. Teahan, Jack Fitzgerald, Cian Sheahan, Daniel Cremin, TJ Palmer, John Power, Luke Foley, Christopher Palmer, Olivia Darlington, Alice Norris, Elaine Kerrisk, Aela O'Connor Metso, Ciara Kearney, Sarah Kennedy, Emma Affonso, Leanne O'Connor, Niamh Quirke, Mairead O'Mahony and Aoife O'Shea in the choir. Hand writing U10 over 8 takes place on Saturday March 1st. Anyone this age group boys and girls please practice your handwriting in meantime. This competition will be run

through the schools where children will be given a piece to write and one boy and one girl will then go forward to County Final in March. There will not be draughts practice this Saturday in Marian Hall but draughts will recommence again on Saturday 8th February after 7.30pm mass as usual, boys and girls U10 over 7, U12, U14 all welcome to attend. Project Titles for 2014 are

U11: My County or Endangered Animals of the World, U13 The Role of the Internet and U16 Research and discuss the influence pop music and the culture surrounding it has on young people today. Projects are a team event for children and between 2 and 4 people are allowed in team and team can be any mix of boys and girls. A full list of all the Community Games events which Firies will be taking part in this year will be sent out through schools some of which are Basketball, Soccer, Skittles, Swimming, Judo, Quiz, Tag Rugby, Contact area Secretary Hazel Norris on 0879548348 for any details or further information. The athletics individual events will be co-ordinated again this year by Jerome Crowley and these include, athletics, cross country U13 over 11, mixed distance races U12 over 10, mixed distance races U14 over 12. These events will be held in May and June and training schedules will be advertised. If anyone wishes to help out or assist with training any community games events contact Hazel Norris (area secretary) Thank you to Eugene Cosgrave who has joined the Committee and will co-ordinate Soccer. A church gate collection will take place at all masses in Firies and Ballyhar on 15th and 16th February on behalf of Firies Community Games and we would be very grateful if you could support this collection.

OUTLOOK RUGBY ROUNDUP:

Written by: Brian Mullins Email: bmullins_smc@yahoo.ie

ENGLISH SAXONS 8 - 14 IRISH WOLFHOUNDS

With all the front runners resting in Ireland, Anthony Foley took an Irish second string to the west country to take on a youthful English Saxons side with Joe Schmidt in attendance running the rule over several squad members that were hoping to catch his eye ahead of the RBS six nations which commences this coming weekend. For people such as Fergus McFadden and Craig Gilroy it was an opportunity to showcase their talents and put their hand up for selection as first choice wingers Keith Earls and Tommy Bowe were ruled out of the opening game against Scotland through injury with Earls unlikely to feature in any of this season's championship. Munster bound Robin Copeland was given a first start in an Irish jersey at senior level and was hoping to catch the eye and show he was deserving of place in the squad following some impressive displays for Cardiff Blues this season. Tommy O'Donnell was given the chance to put his best foot forward in what seems like a two way tussle with Chris Henry for the number seven jumper after Sean O'Brien dislocated his shoulder over the festive period playing for Leinster. Ireland couldn't have got off to a better start to the game with Man of the match Isaac Boss crashing over the whitewash following impressive line out work from the forwards. Boss broke off a rolling maul to glide past Freddie Burns who made a feeble attempt of a tackle and crashed over the line. Leinster team mate Ian Madigan added the extras on what was a testing night for goal kickers. Bath winger Anthony Watson responded for the Saxons with a fortuitous score following a loose passage of play from the Irish backline. Watson who is hoping to oust Chris Ashton from the right wing slot for the senior side had the easiest of tasks to collect a loose ball and scamper home for a five pointer. Freddie Burns failed to add the extras leaving the Wolfhounds ahead 7-5 after 25 minutes of play. Ireland muscled their way back up the

field with the aid of a strong wind in the first half and following good work from newcomers Copeland, Martin Moore and Rob Herring they began to pressurise the Saxons defence inside their 22. The English defence was under the pressure and following a sustained period of pressure, conceded a penalty which Ian Madigan took a quick tap penalty and spun his way out of two tackles to bundle his way over the try line. Madigan once again showed his class from the boot by adding the extras to leave the score 14-5 at the break.

The second half wasn't the best of spectacles with the Irish defence keeping the English defence at bay racking up an enormous tackle count close to the 200 mark with captain Rhys Ruddock leading the way with twenty tackles. The only score of the second half was a penalty from Freddie Burns who had an off night with the boot hitting the upright on two occasions. For all the Saxons territory and possession they failed to muster up many scoring opportunities with fly half Burns having the best opportunity as the clock struck the eighty minute mark he dove for the line only to lose control of the ball and the Wolfhounds held out for a hard fought victory which was built on a strong defensive display. The back row of Ruddock, Copeland and O'Donnell shun throughout getting through colossal amounts of work at the break down starving their opponents of quick ball. Anthony Foley can be proud of his charges with many putting their names forward for selection in the forth coming championships.

SIX NATIONS PREVIEW- SCOTLAND: After having a mixed November series Joe Schmidt will look to have a brighter six nations with an improvement in the Irish team's home form the main objective and hopefully picking up an away victory to give themselves a shot of winning the championships. What a fitting end it would be to the illustrious career of Brian O'Driscoll to sign off with some silver wear to cap a glittering career in the green of Ireland. How coincidental would it be to get a win in Paris to end his career on a high where the baby faced twenty year old set the rugby world a light many moons ago with that memorial hat trick that will live long in the memory for those of us who were fortunate enough to witness it. The opening fixture against Scotland is always going to be a testing encounter and the Scots have a decent record against the Irish in recent times and will be coming to Dublin with no fear. The first game is about getting the job done, points in the bag and move on to the next week with Wales coming quickly over the horizon the following Saturday which could prove to be the game of the championship with a couple of Irish players having a point to prove to the Welsh management following the goings on down under over the summer during the Lions test series against Australia. Gatland may have lead the Lions to a tour victory but in the back of Jamie Heaslip and Brian O'Driscoll's mind there will be the hurt of getting dropped for the third and deciding test. A mouth watering contest is in prospect but getting the victory of Scotland is the primary concern for this week before refocusing the mind for the titanic battle that lays in store with the Welsh.

VERDICT: If this Irish side is to have an aspirations of picking up silverware this season Sunday's encounter is a must win and avoid injuries to crucial players if at all possible. I don't expect Sunday to be easy on the eye with this Irish side finding their feat at under new guidance and the Scott's are always a hard side to play against, nevertheless I expect Ireland to get the job done and to pull away in the final quarter. Johnny Sexton is in need of a big performance and I fully expect him to do so and guide this Irish side to victory in the end.

PREDICTION: Ireland by 8-10 points.

ACTION IN THE GIRLS AND BOYS LEAGUES:

GIRLS: 12 Premier: Killarney Athletic 2-3 Listowel Celtic
14 Premier: Killarney Celtic 7-2 Killarney Athletic
16 Premier: Killarney Celtic 4-0 Killarney Athletic.

BOYS: Daly's Supervalu 13's:

PREMIER: Killarney Celtic A 5-0 Kingdom Boys.

DIVISION 1: Killarney Celtic B 0-4 Killarney Athletic.
Camp 4-1 Park B.

DIVISION 2: Kingdom Boys B 1-4 Killarney Celtic C.
Camp 5-1 Park B.

KILLARNEY PLAZA 15 DIVISION 1:

Ballyhar 6-1 Listowel Celtic B. Killarney Celtic B 2-8 Killorglin.
Asdee 0-2 Camp.

REPORTS:

MORIARTY'S CENTRA 11'S: The 11's played their latest series of games with action in all 3 groups. Killarney Celtic just got over Listowel Celtic while The Park and Inter Kenmare player out a rare score-less draw.

The home sides had the wins in Group 2 with Listowel Celtic B, Mastergeeha and Camp defeating Killarney Celtic B, The Park B and Killarney Athletic while in Group Asdee and Camp B has close wins over Park C and Ballyhar.

DALY'S SUPERVALU 13 PREMIER: In the only action in the Premier Division leaders Killarney Celtic won their 6th game from 6 and are odds on for the League title following a 5-0 win over Kingdom Boys. Darragh Lyne and Michael Lenihan both hit 2 goals apiece with Peter O'Sullivan netting the 5th.

DIVISION 1: With Inter Kenmare not in action St Bernards were hoping to join them at the top but Ballyhar had other ideas and defeated them 3-1 at Murt Scott Park. 2 goals from Dillon O'Callaghan and one from Jason Brennan gave them the points. Declan O'Donoghue replied for St Bernards who remain 3 points the leaders but with a game in hand.

Starting the day in 3rd place Killarney Athletic moved level with St Bernards after their 4-0 win over Killarney Celtic B at Celtic Park. Eoin Talbot, Ian Prendergast, Harry Potts and Seamus Gallagher were the scorers for the Woodlawn side.

DIVISION 2: Camp are proving unbeatable in this League and are now 7 from 7 as they were too strong for Park B at home. Jack Farrell, Colm Murphy, Chris Keane and 2 from Killian Falvey gave Camp the points with Carl Dzichdziuch scoring twice for the Park. Killarney Celtic C took home the points from their game away to Kingdom Boys B. Jack McCarthy was on fire hitting the hat trick with Connie Cremin scoring the other goal.

KILLARNEY PLAZA 15 DIVISION 1: Camp also lead the way in the 15's Division 1 and continued their unbeaten run at Asdee thanks to goals from Joe Saunders and Cathal Ferriter. Second placed Ballyhar are also unbeaten and have games in hand and they kept up the pressure on Camp with a 6-1 at home to Listowel Celtic B.

Niall O'Donoghue and David Kenny both hit 2 goals each which were added to by scores from Cian O'Callaghan and Donnchadh O'Sullivan. Two goals from Eoin Moynihan, including one from the penalty spot were not enough to earn Killarney Celtic B any points against Killorglin A.

GIRLS: In the 12 Premier Listowel Celtic were pushed all the way by Killarney Athletic but the North Kerry girls came out on top 3-2. Nadine Moloney got 2 and Aoife Horgan the third for Listowel Celtic. Killarney Celtic proved a bit stronger than neighbours Killarney Athletic in the 14 Premier and goals from Kate Stack, Sonia Smith, Erica McGlynn, Hannah O'Donoghue 2, Ciara O'Brien and Elena Martinez saw them take the 3 points. In the 16's Killarney Celtic beat Athletic in the Friday night game



KILLARNEY CELTIC FOOTBALL FOR ALL ORIGINAL RECRUITES AND ARE STILL IN ATTENDANCE. BACK LEFT TO RIGHT: SEAN DALY, EGIN O'SULLIVAN, DYLAN TUCKER, DARREN O'SULLIVAN. FRONT LEFT TO RIGHT: EMMA O'SULLIVAN, SARAH O'DONOGHUE, KEELAN O'DONOGHUE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

where goals from Fiadhna Tagney, Kate Stack and Hannagh O'Donoghue gave them the points.

INTER LEAGUE: The Kerry's 15's open their Inter League Campaign on Sunday with a 2-1 loss to Clare. Micheal Potts got the Kerry goal having been set up by sub Mark Harnett. Their next game is away to Limerick District on March 30th. By this stage Clare and Limerick District will have played. The 14's ETP friendly with Clare was abandoned early on due to a hailstone storm.

KILLARNEY CELTIC NOTES

Killarney Celtic annual party and Awards Presentation night takes place in the Killarney Avenue from 9.00pm this Friday night, January 31st

Killarney Celtic are hosting a challenge game between the Kerry District League and Cork City on February 8th at 4.00pm. We are looking for club members to help with stewarding as we expect a big crowd to see another league of Ireland team play at Celtic park. There is a meeting next Friday night 31st at 8.00pm in the clubhouse or contact Noel Brosnan.

BEST WISHES: To Carolanne Kissane for a speedy recovery.

Killarney Celtic are always looking for more members and players, most especially right now for our U16 Girls Team, who train every Tuesday from 7.00pm to 9.00pm. Contact Donal Doherty on 086 1929484 for details.

RESULTS:

DENNY PREMIER A: KILLARNEY CELTIC 6 SPA RD 2

Another good win for our A team beating Spa Road 6-2 today at Celtic park. Gintarus Paketuras got his hat-trick, Brian Spillane scored with a cracking free kick, with Stephen Hayes and Tony Brosnan also on target.

U17 LEAGUE:

KILLARNEY CELTIC 6 FENIT SAMPHIRES 3 Celtic scored through Conor Mc Carthy, Conor Randall, William Courtney, Cathal O'Shea, and Conall Murphy.

U16 GIRLS:

KILLARNEY CELTIC 6 KILLARNEY ATHLETIC 0

Hannah O'Donoghue claimed a hat-trick, Fiadhna Tagney got two, and Kate Stack scored one in a convincing victory.

U15 DIV ONE: KILLARNEY CELTIC 2 KILLORGLIN 8

Killorglin were the stronger side and deserved to win, despite two goals from Eoin Moynihan, one an expertly despatched

penalty.

U14 GIRLS: KILLARNEY CELTIC 7 KILLARNEY

ATHLETIC 2 Killarney Celtic proved a bit stronger than neighbours Killarney Athletic in the 14 Premier and goals from Kate Stack, Sonia Smith, Erica McGlynn, Hannah O'Donoghue two, Ciara O'Brien and Elena Martinez saw them take the three points.

U13 PREMIER:

KILLARNEY CELTIC 5 KINGDOM BOYS 0 Killarney Celtic won their sixth game from six and are odds on for the League title following a 5-0 win over Kingdom Boys. Darragh Lyne and Michael Lenihan both hit 2 goals apiece with Peter O'Sullivan netting the fifth.

U13 DIV ONE: KILLARNEY CELTIC B 0 KILLARNEY ATHLETIC 4 Our derby rivals had the upper hand in this one, despite our best attempts.

U13 DIV ONE: KINGDOM BOYS B 1 KILLARNEY CELTIC C 4 A superlative performance by Jack McCarthy in midfield that included a hat-trick, and another well-executed goal by Connie Cremin gave Celtic the win.

U11 GROUP 1: KILLARNEY CELTIC A AWAY TO LISTOWEL CELTIC.

Killarney Celtic came out on top after a great battle.

U11 GROUP 2: KILLARNEY CELTIC B AWAY TO LISTOWEL CELTIC. An equally thrilling game but this time we were on the other end of the scoreline.

U11 GROUP 2: KILLARNEY CELTIC C AWAY TO LISTOWEL CELTIC. Mark Moynihan scored our opening goal. Listowel went ahead but a blistering free-kick by Denis O'Sullivan restored parity and Aaron O'Sullivan netted the winner. A great team effort by everyone.

FIXTURES: Denny Premier A: Killarney Celtic at home to Castleisland, Friday, 7.30pm.

Denny Premier B: Killarney Celtic B at home to Lenamore Rovers, Sunday, 2.30pm.

U14 Kerry Cup: Killarney Celtic at home to Camp, Saturday, 12 noon.

U14 Kerry Cup: Killarney Celtic B at home to Killarney Athletic, Saturday, 10.30am.

U14 Kerry Cup: Killarney Celtic C at home to Inter Kenmare, Saturday, 12 noon.

U13 Girls: Killarney Celtic at home to Listowel Celtic, Saturday,

2.00pm.

U12 National Cup: Killarney Celtic at home to Peake Villa, Saturday, 2.00pm.

U12 Div One: Killarney Celtic away to Mastergeeha, Saturday, 10.30am.

U12 Kerry Cup: Killarney Celtic C at home to Inter Kenmare, Saturday, 10.30am.

FOOTBALL FOR ALL: Killarney Celtic FC Football For All team coaching sessions are taking place every Monday from 5.30pm-6.30pm at the Club Vitae Leisure Centre in the Quality Hotel. This is a team for children who are not able to play with mainstream soccer teams. All children aged 6yrs-14yrs with intellectual, physical or sensory special needs are welcome. Parents who are interested in bringing their child/children should call Jane on 086-2243435 or John on 086-8177729.

PITCH BOOKINGS: Killarney Celtic's All Weather has seen all our teams complete a full schedule of games, regardless of the weather, in a top class facility conducive to top quality soccer. Killarney Celtic have decided to offer the pitch, dressing rooms, kitchen facilities, to any club looking to complete adult or juvenile games for €120. Anyone interested in renting our full-sized All Weather should contact Noel Brosnan on 087 2340981. There are still some slots remaining for our popular All Weather Training Pitch (also ideal for children's parties). Contact Mary Lyne 086-6485809.

LOTTO RESULTS: Numbers drawn 9, 10, 14, 21. No winner, two x match 3, Paddy Courtney, Three Greeves, Currow, Diarmuid O'Riordan, 8 Castle Falls, €75 each. Next week's jackpot €4200, draw in the Failte on Monday night. Tickets available from all club officers.

LOTTO SELLERS / YEARLY LOTTO: The club is calling on all members to sell at least 5 Lotto tickets. We all saw the cost of running the club in the financial reports so upping the Lotto sales would ease this burden. Also anyone who wishes to buy a Yearly Lotto ticket and ensure they are in the 52 draws in one go can contact Der Lyne on 086 3787738.

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

KILLARNEY ATHLETIC A.F.C. NOTES

FIXTURES: KERRY SCHOOLBOYS/GIRLS LEAGUE

Saturday 1st February 2014

Under 14 Tom Hayes Cup Round 1

Killarney Celtic B v Killarney Athletic 10.30am.

LEAGUE FIXTURES: Under 7 & 8 Mini Blitz
Venue Killarney Athletic.

Listowel Celtic/Killarney Athletic

Castleisland/Asdee 2.00pm.

JK SPORTS UNDER 12 PREMIER

Killarney Athletic v Killorglin A 10.30am.

TROPHY WORLD U16'S PREMIER

Killarney Athletic v Fenit 12.00 noon.

TROPHY WORLD UNDER 16 DIVISION 1

Inter Kenmare v Killarney Athletic B 11.00am.

GIRLS LEAGUE FIXTURES

TROPHY WORLD GIRLS UNDER 16 PREMIER.

Killarney Athletic v Listowel Celtic 2.00pm.

DENNY YOUTH'S LEAGUE:

KILLARNEY ATHLETIC 4 TRALEE DYNAMOS 2

We continue our unbeaten run in the league but we made hard work of it. In the first half that Dynamos dominated we found it very hard to play our game, Dynamos did their homework on us and we saw very little of the ball. Against the run of play we countered and Paudie Clifford calmly slotted the ball low into the Dynamos net. Dynamos pressure finally paid and when a chipped ball over our defence landed at the Dynamos striker's feet and he scored to go into the break 1-1. With two changes at half time and a stern talking to, the boys started the second half with renewed resolve and determination. We started to get a few passes going in midfield and this paid off with another goal from Paudie Clifford. Within 60 seconds Dynamos were level again when we switched off for a quick throw which resulted in an effort which hit our crossbar and come down to the Dynamos striker's feet for an easy tap in. With 25 minutes left we won a free kick 40 yards out, no one expected what happened next. An ever confident Adam O'Shea stood over the ball and let loose with what can only be described as a wonder strike that went inch perfect between the angel of the cross bar and post into the top corner which left the Dynamo's keeper stunned as well as everyone else with the quality of the strike. Both teams had more chances but it was our lads that scored the last goal of the game when Paudie Clifford drilled an excellent free kick to the back post where Dylan O'Sullivan reacted quickest and had an easy tap in. A very tough game, fair play to Dynamos for a good natured game that could have went either way. Goalscorers were Paudie Clifford 2, Adam O'Shea and Dylan O'Sullivan. Man of the Match Eoin O'Meara. Special mention to Ronan Buckley who was out for more than 13 months with a terrible knee injury, had several operations and who has worked so hard to even

compete at any level again. Ronan came on as a sub for the last 20 minutes, great to see him in an Athletic Jersey and out on the pitch enjoying himself, well done Ronan. Athletic have played 11 games and won 11.

UNDER 13: Killarney Athletic 4 Killarney Celtic 0

Killarney Athletic under 13 beat Killarney Celtic 4-0 in Celtic Park on Saturday morning with goals from Eoin Talbot, Ian Prendergast, Harry Potts in 1st half followed by 1 in 2nd from Seamus Gallagher. Some lads that really impressed when given their chance today like Oran O'Donoghue and Eamon Long.

ANNUAL STREET COLLECTION: Thanks to all who helped out with our street collection on Saturday last and to everyone who contributed.

CLOTHING RECYCLING: A big thanks to all who contributed to the clothing recycling and to all who helped out on the day. It was a good success. Thank you for your support and taking the time and effort to support our fundraising drive.

TRAINING TIMES: Tuesday: Under 14 7.00pm – 8.00pm Fossa astro turf.

Senior 8.00pm – 9.00pm Fossa astro turf.

Wednesday: Girls 6.00pm – 7.00pm.

Under 13 7.00pm – 8.00pm Fossa astro turf.

Thursday: Under 15 6.00pm – 7.00pm Fossa astro turf.

Under 16 7.00pm – 8.00pm Fossa astro turf.

Friday: Under 11 and 12 3.45pm – 5.45pm

Senior 7.00pm – 8.00pm Fossa astro turf.

Academy under 6 -10 5.00pm – 6.30pm Fossa astro turf.

NEW BABY: Congratulations to senior captain Brian O'Reilly and wife Niamh on the birth of Rian.

CONGRATULATIONS: To Michelle Cooper Galvin on receiving the Person of the Year award at the East Kerry awards night held in the Gleneagle Hotel.

MERCHANDISE: Killarney Athletic merchandise can now be ordered on merchandise@killarneyathletic.com

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

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



THE CUE CLUB KILLARNEY TEAM THAT WERE FINALISTS IN THE MUNSTER SNOOKER CHAMPIONSHIP FINAL AT THE GLENEAGLE HOTEL, KILLARNEY ON SUNDAY.

FROM LEFT ARE DANNY MCGOUGH, CONNIE O'SULLIVAN, DECLAN O'CONNOR, PATRICK O'DONOGHUE (GLENEAGLE HOTEL), MARK TUIITE, DANE O'DONOGHUE AND DERRY O'SULLIVAN.

PICTURE: EAMONN KEOGH
(MACMONAGLE, KILLARNEY)

BEAUFORT GOLF CLUB (MEN'S BRANCH)

RESULTS: Sunday 26th January 2014 – Scramble was cancelled to bad weather.

FIXTURES: Sunday 2nd February 2014 – 11 hole scramble – Meet at clubhouse at 10am for 10.30am tee time.

DEERPARK PITCH & PUTT NOTES

John Kelly

Despite the rather inclement weather conditions there was a good turnout for last Sunday two ball scramble with Conor McCarthy and John Kelly emerging as winners. A further competition will take place this Sunday morning 10am ,adults & juveniles entry 3euros.

LADY CAPTAIN: Congrats and best wishes to the incoming Lady Captain Mary O'Brien, Mary previously served in this position in 2009. Kerry Seniors (Over 50's will take place in Deerpark on next Tuesday 4th February at 10.30am.

KERRY SPORTS STARS: Best Wishes are extended to Mary Murphy and Damian Fleming who have been nominated for a Kerry Sports Star award by virtue of their victory in the National Mixed Foursomes, Tickets at 35 Euros for the function which will be held in the Malton Killarney on Friday 21st February will be available from club secretary Jason O'Connor at 087--9488516,

KILLARNEY SOUTH COMMUNITY GAMES: Juveniles who may wish to compete under the banner of Killarney South Community Games in their forthcoming finals are advised to contact Noreen Cooper at 087--6746189

Items for this column can be forwarded to PRO kellydoolan@eircom.net.

GLENEAGLE PITCH & PUTT NEWS

RESULTS: – January 26th

1st Sean Moynihan, 2nd Sean Ashe. Gross Denis Looney. On Friday February 7th at 8pm in Scotts Hotel, we will be presenting the winners their prizes for the Whitefield Open, The Maurice O'Donoghue Memorial and the Tadhg O'Brien Memorial.



PHOTOGRAPHED AT ROSS GOLF CLUB AT THE RECENT PRESENTATION OF PRIZES FOR THE 2013 KILLARNEY TROPHY & MEDALS SPONSORED CLUB MATCHPLAY CHAMPIONSHIP ARE (L TO R) CON O'MAHONY, RUNNER UP, MICHAEL O'SHEA, CAPTAIN REBECCA FLYNN, ALAN FLYNN, WINNER, TOM TOBIN, SPONSOR.

KENMARE GC:

Michael Murphy

GENTS: 15H Sford.

1st Dave Burke [9] 32pts

2nd Paul Evans [18] 30pts.

FIXTURE: 1st Round of Winter League. Teams in Clubhouse.

KILLORGLIN GOLF GENTS

Mike Kennedy

Captain Mike Kennedy and Lady Captain Maura Boyle will "Drive In" to office on Sunday next February 2nd, at 10 O'Clock. This will be followed by a scramble. The spring league will begin on Monday 3rd February. Entry sheet for spring league is on the notice board as is the rules for this competition.

RING OF KERRY GOLF CLUB RESULTS

OPEN 2-BETTER BALL: 1st: JB McCarthy (10) & Joe Harrington (20) - 35pts.

2nd: Henk Bons (7) & Mike O'Sullivan (15) - 34pts.

UP COMING FIXTURES: 1st & 2nd February OPEN 2 - Person Better Ball event at €20 for visitors

Please book in by calling 064 66 42000

ROSS GC, KILLARNEY-GENTS CLUB

FIXTURES: Sunday Feb 2nd we have rescheduled our recently postponed single stableford competition.

The recent poor weather has caused havoc with our fixtures however we hope to run this competition next Sunday.

The timesheet is now available in the clubhouse so please add your name to it as soon as possible. Sunday Feb 9th - The 2014 Captains, Aidan O'Connor and Mary Cronin will hold their drive-in with a 10 hole mixed scramble. The entry sheet is now available so please add your name to it as soon as possible.

ANNUAL SUB 2014: Members are reminded that if they have paid their annual subscription for 2014 by Feb 9th they will be entered into a draw for a chance to win free membership for 2015..

ROSS LADIES GOLF CLUB NOTES

Sunday February 2nd club sponsored 9 hole single stableford. On Sunday February 9th Lady Captain Mary Cronin's, Captain Aidan O'Connor's and President Ambrose O'Donovan's Drive In will take place with a 10 hole mixed scramble, kindly sponsored by Fexco Prize Bonds.

Entry sheet in the club house. Prize giving and celebrations after play. Ladies our Spring League draw has taken place. Enjoy your matches and the best of luck to everyone.



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RECIPES OPERATION TRANSFORMATION



CHICKEN AND CHORIZO BAKE

The Ingredients

- 350g chicken breast, chopped into 1 inch pieces
- 200g whole wheat penne pasta
- 1 courgette, chopped
- 1 green pepper, deseeded & chopped
- 1 sweet pointer pepper, deseeded & chopped
- 90g sundried tomatoes drained
- 2 cans chopped tomatoes (400g x 2)
- 2 tablespoons of sundried tomato pesto
- 100g chorizo ring, chopped
- Bunch of basil chopped or 3 teaspoons of dried basil

Serves 4 adults.

The Method

Preheat oven to 200 Celcius/ Gas Mark 6.
Place penne pasta in a large pot of boiling water.
Cover and simmer for 10 – 12 minutes until it is slightly underdone. Drain pasta.
Chop up the fresh basil.
To an ovenproof casserole dish, add chicken, vegetables, sun dried tomatoes, pesto, chopped tomato, basil and chorizo.
Mix well, gently stir in pasta.
Cover with aluminium foil and place in oven and cook for 45 - 60 minutes until chicken is cooked through.
Remove foil and cook for a further 10 minutes for a crispy top. Serve.



TUNA PASTA BAKE

The Ingredients

- 100g raw whole wheat penne pasta
- 25g butter,
- 25g flour,
- 200mls low fat milk,
- 2 tablespoons of tomato puree
- 130g tinned tuna
- 100g sweet corn,
- 1 red peppers, deseeded & chopped
- Salt and pepper to season

Serves 2 adults.

The Method

Place pasta in a large pot full of boiling water; simmer over medium heat for 10 – 15 minutes until pasta is tender.
Melt butter in pot over medium heat and stir in flour and continue to cook for 1 minute.
Gradually add in milk whisking continuously to avoid it getting lumpy.
Add in tomato puree and stir for a further 1 minute.
Add in drained tuna, sweet corn and peppers. Mix well. Season to taste.
Add in drained, cooked pasta to tuna mixture. Serve in a warmed bowl.





WORKPLACE BULLYING

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

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

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

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

If you would like to speak to a counsellor, SouthWest Counselling Centre provides affordable professional counselling to children, adolescents adults and couples – both at its

Killarney Centre (Lewis Road) and at **Kenmare Family Centre**.

TO MAKE AN APPOINTMENT call **064 6636416**;

info@southwestcounselling.ie. Other helpful websites include

<http://www.antibullyingireland.com> and **www.reachout.com**

SouthWest Counselling Centre is a not-for-profit organization.

All funds raised through fundraising go directly to service provision.



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HYPERTENSION (HIGH BLOOD PRESSURE) IS THE MAIN CAUSE OF STROKE AND HEART DISEASE.

WHAT ARE THE SYMPTOMS OF HIGH BLOOD PRESSURE?

There are few, if any, symptoms associated with high blood pressure, and the only way you can find out if you have high blood pressure is by having it measured.

HOW CAN BLOOD PRESSURE BE MEASURED?

Your blood pressure measurement is a combination of two readings: systolic & diastolic blood pressure. Systolic blood pressure is the pressure when the heart contracts. Diastolic blood pressure is the lowest pressure when the heart is relaxing.

When you get your blood pressure measured, for example, at your doctor's surgery, a clinically validated blood pressure monitor will be used to measure your blood pressure. If the reading is within normal levels, you will be reassured and asked to return in a year or so for a further check - our blood pressure rises with age! If your blood pressure is high, you will probably be asked to return for a repeat test, and if this is high you may be sent for some investigations. These will include your doctor asking you to use an ambulatory blood pressure monitor (ABPM) for 24hrs or ask you to take a series of blood pressure measurements at home (HBPM) before confirming a diagnosis of high blood pressure.

WHY SHOULD I BOTHER TO HAVE MY BLOOD PRESSURE MEASURED?

High blood pressure causes silent damage to the blood vessels and the heart. If untreated, this damage progresses over time and may result in stroke or heart attack.

CAN STROKE AND HEART ATTACK BE PREVENTED?

The answer is **YES!** The reason doctors want to detect people with high blood pressure is that it is now well established that if high blood pressure is brought down to normal levels, the damage to the cardiovascular system is halted and may even be reversed, and therefore stroke and heart attack can be prevented, or at least postponed.

High Blood Pressure can be controlled by medications but it is also important that individuals with high blood pressure take appropriate lifestyle measures such as:

- 1) Healthy Eating, especially low salt intake.
- 2) Weight Control.
- 3) Regular Moderate Exercise.

It is also advised that a person diagnosed with high blood pressure should regularly carry

out Home Blood Pressure Monitoring (HBPM) using a clinically validated Blood Pressure Monitor and bring the monitor with them when being reviewed by their doctor.



“If you have any Health Care query call in to Dan at Aherns Pharmacy for advice & help.

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Danú Childcare Rathmore is now enrolling for Pre School September 2014. Children born between 02 Feb 2010 and 30 June 2011 qualify for the free Pre School year 2014. (ECCE). Danú provides a morning and afternoon session. Places are limited. Contact Anna Marie or Kathleen on 064 7758700 or Email. Information Day & Fun Day will be held on 3rd March 2014.



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AVOIDING CAR PARK FENDER BENDERS

CHECKLIST FOR SAFE PARKING IN CAR PARKS

Whether it's a crunch, wallop, groan or bang the sound of your car crashing into another vehicle or object is a total misery for any driver.

Unfortunately, as many drivers discover, fender benders happen in car parks on a very regular basis. A recent poll reveals that 25% of drivers in this country have damaged their vehicles while parking over the last three years.

During the poll, of those involved in a car parking incident, 85% of drivers said they damaged their own vehicle, 18% admitted damaging someone else's car, 4% said they drove over their own belongings or those of a family member, 4% admitted to driving over a pet/animal and 2% said they damaged public property.

Of the motorists who admitted to damaging 3rd party property while parking their car, 44% waited to talk to the vehicle's owner/ property representative, 35% left a note on the car's windscreen with their car insurance details, 12% left without

telling anyone and 4% informed the Gardaí.

If you do damage to someone else's vehicle and leave the scene, even if it's in a car park, in the eyes of the law it's still classified as a hit and run. If an accident does occur take responsibility for your actions and speak to the vehicle/property's owner.

Avoiding car park crashes!

To avoid car park fender benders and the hassle of a car insurance claim, we've put together the following motoring advice:

- ⚡ Slow down. It's a car park not a race track!
- ⚡ Look out for distracted pedestrians. They will be pushing heavy trolleys, lugging bags of shopping, supervising children, chatting on their mobile phones etc.
- ⚡ Be patient. Impatience will only lead to careless driving.
- ⚡ Turn off your car radio when in car parks. It'll distract you and you won't hear other vehicles.
- ⚡ Give reversing the car your full attention. Don't be checking your texts, tuning the radio or programming your car's Sat-Nav when pulling out of your car parking space. Check and check again that you're clear to reverse your vehicle. And don't forget to check if there's someone about to pull out of the car parking bay directly behind you or else you could have a case of bumper cars on your hands.
- ⚡ Park your car in the centre of the parking bay. This will make it easier to reverse your car out when leaving and also will reduce



the likelihood of the cars either side of you doing damage to your vehicle.

- ⚡ Don't squeeze into a parking space which barely allows you to open your car doors just for the sake of being closer the shops. You'll only end up scratching your car of those either side of you.
 - ⚡ Use your indicators. Although not on a main road, you still need to let other drivers know which way you're turning your vehicle.
 - ⚡ Ask your children to be quiet when parking the car.
- Motorists should not block footpaths, they should be conscious of people with prams and buggies or wheelchairs, and respect disabled only car parking spaces.



McCarthy Insurance Group will be giving a lucky customer their FULL PREMIUM BACK, IN CASH, EACH MONTH, DURING 2014. CONGRATULATIONS TO THE WINNER OF THE DECEMBER DRAW, DONAL MURPHY FROM TRALEE, RECEIVING HIS 'PREMIUM BACK' FROM JIM FINUCANE. WHAT A GREAT START TO THE NEW YEAR.

THE ALL NEW SEAT LEON SPORTS TOURER ARRIVES AT DINEEN O'DONOGHUE MOTORS, KILARNEY

The new SEAT Leon Sports Tourer which has recently arrived at Dineen O'Donoghue Motors, Kilarney, demonstrates that thrilling sports character and exceptional everyday usability do not have to be mutually exclusive. The third member of the Leon family combines the young, dynamic design and the precise handling of its siblings with an amazing degree of utility. Like everyone Leon, the Sports Tourer displays an impressive level of craftsmanship and premium materials. The luggage space of the 4,535mm compact estate car offers excellent variability and the very best functionality down to the last detail.

"Irish drivers no longer have to choose between sporty and practical. The new Leon Sports Tourer offers both" commented SEAT Ireland Director, Cian O'Brien

The design of the Leon Sports Tourer continues SEAT'S high level of quality in materials and workmanship. The line-up of state-of-the-art engines is extremely broad, with the power spectrum of TDI and TSI drives ranging from 63 kW (86 hp) to 135 kW (184 hp).

The SEAT Leon Sports Tourer SE (mid-level trim) comes with 16-inch alloy wheels, fog lamps with cornering light function, electric windows in the rear, cruise control, Media System Touch Colour with six speakers and mobile phone connection via Bluetooth. In addition, SEAT engineers have compiled

an impressive package of the very latest driver assistance systems for the new Leon Sports Tourer. They include ACC with Front Assist, drowsiness detection and the two camera-based systems, Full Beam Assist and lane-keeping assistant Heading Control.

The Leon Sports Tourer offers extremely economic levels of fuel consumption and this is as a consequence of systematic lightweight design.

The new estate from SEAT handles with just as much precision and agility as the Leon and Leon SC. Alongside the 'S' and 'SE' equipment lines, the FR - the most dynamic model variant - underscores the leading position it holds among sporty compact estate cars. Prices start from €20,185.



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10 Audi A4
1.8 TFSI, 110k



11 Ford Focus
Sport, 11.6k, 120k, 130k, 140k, 150k, 160k, 170k, 180k, 190k, 200k, 210k, 220k, 230k, 240k, 250k, 260k, 270k, 280k, 290k, 300k, 310k, 320k, 330k, 340k, 350k, 360k, 370k, 380k, 390k, 400k, 410k, 420k, 430k, 440k, 450k, 460k, 470k, 480k, 490k, 500k, 510k, 520k, 530k, 540k, 550k, 560k, 570k, 580k, 590k, 600k, 610k, 620k, 630k, 640k, 650k, 660k, 670k, 680k, 690k, 700k, 710k, 720k, 730k, 740k, 750k, 760k, 770k, 780k, 790k, 800k, 810k, 820k, 830k, 840k, 850k, 860k, 870k, 880k, 890k, 900k, 910k, 920k, 930k, 940k, 950k, 960k, 970k, 980k, 990k, 1000k



10 Kia Ceed
1.6 TDI, 110k, 120k, 130k, 140k, 150k, 160k, 170k, 180k, 190k, 200k, 210k, 220k, 230k, 240k, 250k, 260k, 270k, 280k, 290k, 300k, 310k, 320k, 330k, 340k, 350k, 360k, 370k, 380k, 390k, 400k, 410k, 420k, 430k, 440k, 450k, 460k, 470k, 480k, 490k, 500k, 510k, 520k, 530k, 540k, 550k, 560k, 570k, 580k, 590k, 600k, 610k, 620k, 630k, 640k, 650k, 660k, 670k, 680k, 690k, 700k, 710k, 720k, 730k, 740k, 750k, 760k, 770k, 780k, 790k, 800k, 810k, 820k, 830k, 840k, 850k, 860k, 870k, 880k, 890k, 900k, 910k, 920k, 930k, 940k, 950k, 960k, 970k, 980k, 990k, 1000k



10 VW Passat
1.6 TDI, 110k, 120k, 130k, 140k, 150k, 160k, 170k, 180k, 190k, 200k, 210k, 220k, 230k, 240k, 250k, 260k, 270k, 280k, 290k, 300k, 310k, 320k, 330k, 340k, 350k, 360k, 370k, 380k, 390k, 400k, 410k, 420k, 430k, 440k, 450k, 460k, 470k, 480k, 490k, 500k, 510k, 520k, 530k, 540k, 550k, 560k, 570k, 580k, 590k, 600k, 610k, 620k, 630k, 640k, 650k, 660k, 670k, 680k, 690k, 700k, 710k, 720k, 730k, 740k, 750k, 760k, 770k, 780k, 790k, 800k, 810k, 820k, 830k, 840k, 850k, 860k, 870k, 880k, 890k, 900k, 910k, 920k, 930k, 940k, 950k, 960k, 970k, 980k, 990k, 1000k

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10 Hyundai i30 1.6 CRDi, comfort, 90k

10 Citroen Picasso 1.6 HDi, 35k, 1 owner, Full S/H

10 Nissan Qashqai 1.5 DCi, 60k, Panoramic Roof, fogs

10 Audi A4 2.0 TDi 92k, Black, Full Audi Service History

10 Ford Focus 1.6 TDCi, sports, sat nav, blue-tooth, alloys, fogs, 83k, full Ford service history

09 Hyundai i20 1.4

09 Ford Focus 1.6 TDCi, Titanium, 97k

09 Ford Focus 1.6 TDCi, Titanium, Full Ford S/H

09 Kia Proceed 1.6, Alloys, Fogs, 3dr H/B

08 Peugeot 407 1.6 HDi, alloys, fogs, A/C, Bluetooth

08 Ford Mondeo 1.8, titanium est., full ford s/h

07 VW Touran 7 Seater, Alloys, 1.9 TDi

07 VW Golf 1.9 TDi, 88kms, Black, alloys

06 VW Passat 1.9 TDi, Comfortline

04 VW Bora 1.9 TDi, NCT Tested, Silver

03 Skoda Octavia 1.9 TDi, silver, 1 owner

CARS

08 Kia Rio 1.4, Automatic

08 Kia Picanto 1.1

08 Peugeot 207 1.4, Black, NCT Tested

07 Nissan Almera alloys, fogs

04 Ford Focus 1.6 Ghia

04 VW Golf 1.4, NCT Tested

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09 Opel Combi Van 90kms

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GALE FORCE WINDS AND HIGH TIDES FROM THE ATLANTIC BOUNCE OFF THE CLIFFS AT CLOHER HEAD, DINGLE PENINSULA, CO KERRY, DURING THE CODE ORANGE ALERT STORM ON SUNDAY.
PHOTO: VALERIE O'SULLIVAN.



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THE PLIGHT OF THE ROMA EUROPE'S UNWANTED PEOPLE

Approx. 10 to 12 million Roma people live in Europe. They have lived here for over 1,000 years -- and have been ostracised, persecuted and suppressed as gypsies for centuries. The Nazis murdered hundreds of thousands of them. The Roma are Europe's biggest minority -- and remain the Continent's unwanted people.

Almost 70 years after the end of the Nazi era, German Chancellor Angela Merkel of the Christian Democratic Union party in 2012 unveiled a monument to the Roma and Sinti murdered in the Holocaust. But the debate now fanned by the Christian Social Union, the Bavarian sister party to Merkel's CDU, about so-called "poverty migrants" from Bulgaria and Romania, which is also raging in other EU countries, shows that old prejudices persist across Europe. The dark-skinned Roma sings and steals, doesn't put shoes on his children's feet and likes living in the dirt -- that's their tradition, so the prejudice goes.

In the West too, virtually all of them remain bitterly poor and discriminated against -- is it any wonder that some of them resort to crime.

A visit to Antena, a settlement on the outskirts of the Serbian capital Belgrade, shows the extent of improvements needed in Bulgaria, Romania and Serbia. There's no running water, the toilets are holes in the ground. The air smells of urine, mold and burned plastic.

Ramiz, 28, lives here along with 600 other Roma. He purchased eight square meters of a garbage dump for his hut for €40. Ramiz says the Roma are "the invisible people of Belgrade." Half the inhabitants of Antena have no passport or birth certificate. For the Serbian government, they simply don't exist, and they get no welfare benefits.

Most of them, like Ramiz, came during the Kosovo conflict at the end of the 1990s. During the day Ramiz and his children gather up cardboard or sift the garbage for packet soup past its sell by date, opened cornflakes boxes or cocoa powder. He has the business card of a man in his pocket who smuggles people without papers across the border to the north. Transport costs €100, bribes for the border guards cost €400. Ramiz hopes he can round up so many clients that the trafficker will let him go along free of charge.

Antena is just one such settlement in Belgrade. There are hundreds like it in Serbia and thousands in the other countries of Eastern Europe. In 2011 the European Commission together with the UN Development Program and the European Agency for Fundamental Rights examined living conditions of more than 80,000 Roma people living in 11 EU member-states and found that one-third of them were unemployed and 90% lived below the poverty line.

But the Roma aren't just trying to flee poverty. They are also trying to get away from discrimination and abuse. In Romania, a far-right group last January called for the sterilization of Roma women. Bulgaria last year saw anti-Roma demonstrations in the capital, Sofia. In 2012, a mob in the Czech Republic chanted "gas the gypsies" after a 15-year-old claimed he had been beaten up by Roma people.

Human rights campaigners say the situation for Roma is particularly precarious in Hungary -- even though the government claims to have a strategy for integrating them. "The Roma in Hungary are systematically discriminated against," says Gabor Daróczy, director of the Romaversitas foundation which funds education projects for Roma. "They can't find work, children don't get an education." He said the sentiment against Roma in Hungary reminded him of the 1930s.

In August, three men were convicted of murdering six Roma out



of racial hatred.

Members of the right-wing government of Prime Minister Viktor Orbán openly agitate against Roma people. Zsolt Bayer, co-founder the ruling Fidesz party said: "Most gypsies aren't suited to communal living. If they encounter resistance, they commit murder. These gypsies are animals and they behave like animals. They shouldn't exist, the animals. One has to solve that -- using all means available!"

In March 2011, far-right militants occupied Gyöngyöspata, 80 kilometers northeast of Budapest, for several weeks. Neo-Nazis marched through the streets threatening and beating up Roma people. The government didn't intervene against the racists. When an aid organization took hundreds of children from the village, the government described the rescue as an "Easter vacation."

In the end, the police did get involved and the militants left. But life hasn't improved for the Roma in Gyöngyöspata. They live in a settlement in the valley. Their homes are made of corrugated iron and chipboard, and in winter the paths are churned into mud.

THIS WEEKS QUOTE:

There are many little ways to enlarge your child's world. Love of books is the best of all -- Jackie Kennedy

ON THIS DATE -- JANUARY 31ST

1606 - Guy Fawkes, English Catholic extremist, executed.

1609 - The Wisselbank of Amsterdam opened, the first public bank in the United Netherlands.

1797 - Birth of Franz Schubert, Austrian composer.

1800 - William Pitt, 'the younger', Prime Minister of Britain, advocated the union of Britain and Ireland

1864 - Birth of Matilda Knowles, botanist

1881 - Anna Parnell set up the Committee of the Ladies' Land League in Dublin

1913 - The Ulster Volunteer Force was founded by the Unionist Council, posing a threat to the legitimate government

1917 - As World War One raged, Germany announced that unrestricted submarine warfare would resume the next day.

1953 - The Princess Victoria, a British Railways car ferry steamer, bound for Larne in Northern Ireland, sank in the Irish Sea in one of the worst gales in living memory, claiming the lives of 128 passengers and crew.

1999 - The end of an era in maritime history was reached as

the high-tech world took over from the old, manually-operated morse code radio services. For over 100 years, the dot-dash-dot system operated by radio officers served shipping well, but was now superseded by a state-of-the-art communications network. Marine Minister Michael Woods marked the historic occasion at at Valentia Coast guard Radio Station, as the use of Morse ended in this country, Belgium, Denmark and Iceland.

GOOD NEWS - ANOTHER KENNEDY SPEAKS OUT AGAINST INJUSTICE:

If dolphins could tweet, many would surely be writing some version of "Thanks @CarolineKennedy for trying to save our lives".

On January 17th, Caroline Kennedy the daughter of the late US President John F. Kennedy and his wife the late Jacqueline Lee Bouvier, just two months into her job as the U.S. ambassador to Japan, sent shockwaves around the world by tweeting against the slaughter of dolphins in the cove at Taiji, Japan. "Deeply concerned by inhumaneness of drive hunt dolphin killing," Ms. Kennedy tweeted. "USG (U.S. Government) opposes drive hunt fisheries."

The tweet, and the buzz it generated among diplomats, celebrities, activists, and media outlets, has thrust Taiji, a fishing town of 2,000 people, back into the international spotlight for the first time in nearly four years. In March 2010, The Cove won an Academy Award in the documentary feature category for first exposing the village's dolphin secret.

Roughly eight hours before her tweet, fishermen drove 250 dolphins from the open ocean into the village's narrow bay, which is bordered by high, rocky cliffs. They remained there, trapped in nets, for four nights, before fishermen slaughtered 40 of them. An additional 52 were selected for sale to aquariums, while the others were released. The cull represents the largest one-day kill at the cove since Nov. 23, 2013, when 54 striped dolphins were slaughtered.

Though welcomed by millions, the ambassador's missive sparked anger in some corners of Japan, a close U.S. ally. Chief Cabinet Secretary Yoshihide Suga said Monday the hunts are legal and appropriate and that eating the meat is a local custom. "Dolphin fishing is a form of traditional fishing in our country," Suga said. "We will explain Japan's position to the American side."

The pushback stretched from Tokyo to Taiji, where an unnamed fisheries official told Agence France Presse that Ms. Kennedy should visit the cove and learn about the new humane way of

killing dolphins. "We have switched to a more humane way of butchering them," he said. "We cut the spinal cord so that they don't bleed. We don't butcher them like before."

"The new slaughter process is called pithing, where they hammer a metal rod into the spinal cord of the dolphin," Melissa Sehgal, senior campaign leader of Sea Shepherd's Cove Guardian campaign, said "These dolphins do not die immediately. It takes up to 20 to 30 minutes for these dolphins to die, where they bleed out, suffocate, or drown from the process of being dragged to the butcher house," she added.

Since 2000, the annual hunt, which runs from September through mid-April, has caused the deaths of roughly 18,000 dolphins. Most are butchered on-site for food (despite extreme mercury concentrations in dolphin meat), while the youngest, cutest ones are spared and sold for up to \$125,000 each to marine-mammal facilities in Russia, the Middle East, Latin America, the Caribbean, and East Asia.

A US State Department spokesperson issued a statement in support of Ambassador Kennedy's tweet. "The U.S. does remain committed to the global moratorium on commercial whaling, and we are concerned with both the sustainability and the humaneness of the Japanese dolphin hunts. We have been very clear that this is our position, and we remain concerned about it. And the ambassador was expressing our view that we've made public for a long time."

The British ambassador to Japan, Tim Hitchens, also tweeted, "Taiji Bay Dolphins: the UK opposes all forms of dolphin and porpoise drives; they cause terrible suffering. We regularly raise with Japan."

Noted personalities also jumped into the fray. In a letter addressed to the Taiji fishermen, Yoko Ono wrote that world anger was jeopardising her birth country's standing. Virgin Group's Richard Branson, who has not publicly condemned marine-mammal captivity, wrote on the company's website: "Those Japanese people who support the killings in Taiji should realise the damage the slaughter in the cove does to the reputation of their otherwise delightful country."

TIPS FOR AN AWESOME NATURE JOURNAL:

No matter your age, in today's digital world, a nature journal you fill with sketches and notes can be a fun way to reconnect with wildlife. So put down your phone and pick up a pencil!

1. Always bring your journal and a pencil. You never know when nature will happen, and you want to be ready to record your observations.
2. Record the details. You'll begin to notice patterns if you add the date, time and weather to your entry. Note how things change based on these variables.
3. Slow down. Take time to walk slow or sit in one spot to allow your senses to fully observe.
4. Open all of your senses. Record what you see, hear, feel and/or smell.
5. Focus your observation. There is a lot to see in nature, and it can be overwhelming to attempt to record it all.
6. Don't let the elements stop you. Whether it's rain, snow, wind or midges, nature happens. Come up with creative ways to be comfortable while you observe.
7. Keep curiosity alive. Allow your journal to be the beginning of an investigation, not the end. When you get home, do research about the things you observed.
8. Watch for signs of wildlife. Tracks and droppings are great to record. Additional things you may observe are rabbits, deer,

fox's, nests for birds or insect or spider webs.

9. Explore local nature sites. You don't have to travel into the wilderness to record nature, it's right in your backyard or neighbourhood park.

Remember that anyone can make a nature journal, and each one is completely unique. There are no rules. Grab a pencil and go connect with nature!

THREE NUNS ADOPT SENIOR PIT BULL FROM NEW YORK ANIMAL CARE CENTRE:

Call it an answered prayer or divine intervention... whatever phrase you choose, but for a pit bull named "Remy," her adoption by three nuns is truly a blessing for the dog.

For months, the nine-year-old "elder bull" waited for someone to adopt her at the Animal Care Centre in Pomona, New York.

Given Remy's age and her breed, her odds of being chosen to leave the shelter were slim.

Slim odds are exactly what three nuns from Sisters of Our Lady of Christian Doctrine were looking for when they decided to bring a new companion home.

When the nuns saw Remy's graying muzzle and soulful eyes, they knew that she was "the one." Remy seemed to know that the women were meant for her as well. On Jan. 19, the shelter staff announced the wonderful news to their Facebook followers: "Did you ever hear of Divine Intervention? Remy has. Our sweet, senior pup was adopted today not just by one Nun but by three! It is so moving how the Sisters embraced Remy and promised her Heaven on Earth! We certainly believe she will have the best life has to offer. Congratulations to Remy and her new family."

Remy may not have many years remaining in her life, but the time she does have will be spent in the company of three compassionate ladies who want nothing more than to provide her with love and comfort.

LOOKING FOR OUTDOOR WORK?

Florida's Fish and Wildlife Conservation Commission is advertising for crocodile response agents, no previous experience required. Faced with a soaring crocodile population, Florida is looking for staff to handle complaints from residents who want the reptiles removed from their property.

Successful applicants will be expected to assist the Crocodile Response Coordinator in dealing with the problem in southern Miami-Dade County and the upper Florida Keys.

The job is part-time, offers no fringe benefits, and pays a modest salary of \$25 an hour. Successful candidates must provide their own equipment and vehicles; no expenses are paid.

Experience handling crocodilians is preferred but not essential as training will be provided.

FINALLY THIS WEEK :

The US Peace Corp's oldest active volunteer, 80 year old Vivian Davis from Texas, is winding up her two-year assignment in Vaalbank, South Africa, a small, rural village 50 miles north of Pretoria. Ms. Davis a retiree from the Veterans Administration hospital system, heard about the Peace Corps while volunteering at a VA hospital at the age of 78. She applied and soon received her two-year assignment. (The Peace Corps also offers six-month overseas assignments for professionals who have at least 10 years of work experience.) So off she went, leaving behind her three children, two grandchildren and two great-grandchildren. Ms Davis says "the South Africans have embraced me though some are surprised that I am as old as I am, but age never comes up, in fact I have observed that elders are greatly respected and held in high esteem here. Village life demanded some adjustments, such as bathing in a tin washtub and walking 7 or 8 miles a day to get to wherever I needed to go".

Ms. Davis kept a journal about her South Africa adventure and plans to write a memoir.



JAMICAN THEME ENCOURAGES EXERCISE AT CULLINA NS

Students of Cullina National School in Beaufort are the proud owners of a Jamaican flag which

is signed by world renowned athlete Usain Bolt following a presentation by John Riordan who is father of one of the student's at the school. The Riordan family recently moved to Beaufort from Jamaica. The event was organised to encourage the children to take part in some form of physical activity and with this in mind, the school organised a programme of events which began this past week. Starting on Monday the school spent 10 minutes before classes to engage in some exercises both inside the classroom and in the play yard, they spent ten minutes each evening before exiting the

building to do the same and prior to 12:30 lunch break a routine work-out including warm up and cool down activities took place daily. Parents were encouraged to do likewise at home. All these activities will culminate in a Sponsored Walk / Run today, Friday 31st January. The run will encompass a local circuit of 5 km which will take the children onto the roads around the school led by their teachers. The event promoted a healthy active life style and brought to life the seanfhocail 'Aigne Slain I gCorp folláin' (Healthy Body Healthy Mind).



TY STUDENTS ATTEND WORKSHOPS

TRANSITION YEAR STUDENTS FROM SCOIL PHOBAIL SLIABH LUACHRA IN RATHMORE WHO ATTENDED THE YOUNG INNOVATORS 2014 AS PART OF THE ITLG SILICON VALLEY GLOBAL TECHNOLOGY FORUM AT SHANNON AIRPORT LAST MONDAY, 27TH JANUARY.

THE STUDENTS WERE FORTUNATE TO MEET HIGH LEVEL INDUSTRY MENTORS AND TAKE PART IN HANDS-ON TEAM WORKSHOPS FOCUSING ON ENTREPRENEURIAL & INNOVATION SKILLS.

AWARD FOR KILLARNEY STUDENT

Micheala O'Driscoll a senior student from Killarney Community College received a Garda Youth Achievement Award for her tremendous work and care that she gives her grandmother. Micheala was nominated by her teacher Ms. Kerri McCarthy and was selected as an award winner by the Garda committee. According to Ms. Kerri McCarthy, "it is a fantastic personal achievement for Micheala and one that she should be very proud of". The awards, which began in 1998, honour teenagers who help others in their community. Twenty-seven young people

between the ages of 14 and 19 received awards at the ceremony in the Ballyroe Heights Hotel in Tralee. For the first time, the overall winner received the Donal Walsh #Livelif Award – in memory of the 16-year-old from Blennerville who spent his last months campaigning against suicide.



PICTURE INCLUDES: L-R: MS. FIONA O'BRIEN (PRINCIPAL), MICHEALA O'DRISCOLL, MS. KERRI MCCARTHY (TEACHER)

MONASTERY TABLE QUIZ

"The Mon" National School are holding a table quiz tonight, Friday at the Killarney Oaks hotel with an 8.30 pm start. Great spot prizes to be won. All welcome and any support greatly appreciated.

LORETO NS TABLE QUIZ

A Fun Family table Quiz is being organised by the Parents Association of Loreto N.S in the Killarney Oaks Hotel. On Friday 7th February at 8.30p.m. Tables of 4. Adults €40 Children €20 Lots of entertainment and prizes. Your support would be most welcome.

MUCKROSS YOUTH CLUB:

Muckross will soon be taking a trip down memory lane with the re-establishment of its Youth Club. Local Volunteers supported and trained by the Kerry Diocesan Youth Service (KDYS) have set the 8th February as the night to engage Young People from the area in an exciting new Youth Club. To initiate this the

Kerry Diocesan Youth Service' Mobile Youth Space 'Teens on Wheels' will visit the Muckross Community Centre for a number of Saturday night commencing on this night between 7-9pm for those in Secondary School. Registration for the Youth Club will take place on these nights and there will also be the opportunity for potential Volunteers to explore the possibility of becoming involved. Following the initial registration of new members it is hoped the Club will meet weekly in the Muckross Community Centre and form part of the KDYS Killarney Mini Region which is currently being developed. For further information, please

contact Geraldine O Halloran from KDYS @ 087 0517695 Getting involved in a youth club is very beneficial for both the volunteers and young people. Volunteers learn how to engage with young people and develop a real sense of achievement in running a club whilst young people really benefit from meeting new people and engaging with adults from their community. The KDYS is a charity supporting youth clubs in Kerry since 1971.



2ND ANNIVERSARY

In Loving Memory of



Margaret (Peg) O'Mahoney

Gulane, Gneeveguilla.

Whose anniversary occurs on February 5th

*Time changes many things,
But not the memory this day brings.
You always had a smile to share,
A laugh, a joke and a time to care.
A beautiful nature, warm and true,
We just want to say we will always love you.*

Fondly remembered by her loving
husband John, son Michael,
daughter in law Siobhan, grandchild Oisín,
daughters June, Oriana, husband Conan and
grandchildren Bruce and Max.

NOVENA TO THE SACRED HEART

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

X

NOVENA TO THE HOLY SPIRIT

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

J.O.D.

PRAYER FOR MOTHERS IN DISTRESS

Our Lady of Guadalupe wrap your mantle around the woman most in distress at this moment. St. John the Baptist hold them by the hand and lead to all the alters of the world where the Precious Blood of Jesus is shed.

Our Glory Be to the Father.

M.M.

NOVENA TO THE SACRED HEART

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

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

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

Say this prayer for three times for three days and your favour will be granted. Never know to fail. Must promise publication of prayer.

In thanksgiving.

M.M.

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

Say this prayer for three times for three days and your favour will be granted. Never know to fail. Must promise publication of prayer.

In thanksgiving.

M.M.

NOVENA TO THE SACRED HEART

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

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

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

Say this prayer for three times for three days and your favour will be granted. Never know to fail. Must promise publication of prayer.

In thanksgiving.

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.S.

NOVENA TO THE SACRED HEART

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

X

NOVENA TO THE SACRED HEART

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

X

NOVENA TO THE SACRED HEART

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

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

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

Say this prayer for three times for three days and your favour will be granted. Never know to fail. Must promise publication of prayer.

In thanksgiving.

J.O.D.

NOVENA TO ST. CLARE

Ask St. Clare for 3 favours, 1 business, 2 impossible, Say 9 Hail Mary's for 9 days with a lighted candle.

Pray, whether you believe or not.

Publish on the 9th day.

May the Sacred Heart of Jesus be praised, adored & glorified today and always.

Request will be granted no matter how impossible it may seem.

Publication must be promised.

NOVENA TO THE SACRED HEART

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

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

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

Say this prayer for three times for three days and your favour will be granted. Never know to fail. Must promise publication of prayer.

In thanksgiving.

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.S.

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WHERE MEMBERS MATTER MOST



OPERATION TRANSFORMATION National Swim Day

is coming to The Killarney Sports and Leisure Centre
this Saturday February 1st

FREE Swim Lessons on the day.

Help will be on hand in the form of swimming instructors between 2pm and 6pm to ensure that everyone gets the most out of their session!

So why not start Spring with a swim this February and join in the fun on
Operation Transformation National Swim Day in The Killarney Sports and Leisure Centre!



Telephone: 064 6636554 :: Email: sales@killarneyleisure.com :: www.coralleisure.ie