



# Sneem Community Notice Board

Issue 204

10th January 2010

Monthly

FREE

## Dublin Marathon Fundraiser



Pictured above are local runners Paddy O'Brien, Mary O'Shea, Stephen O'Brien and PJ Walsh who recently presented a cheque of €7,000 to the Parents Association of St. Mary of the Angels after completing the Dublin Marathon in memory of Philip O'Brien. The runners wish to thank everyone who supported and sponsored them in their fundraising efforts.

## Christmas Recital



Pictured above are student's of Lucie's School of Piano who performed beautifully at her Christmas Concert which took place in the Loft at Dan Murphy's Bar on the 21st December. Donations on the night went to Sneem Scouts who would like to thank Lucie and her talented students.

**Next Newsletter will be out on 7th February 2019**

## This is YOUR Notice Board!

**Deadline for the next newsletter - Monday 4th February by 10am anything received after this date may not be included in newsletter.**

Call the Resource Centre on **064 6645545** (please leave a message), email: sneemcnb@gmail.com, use our post box outside the Resource Centre or leave a private message on our Facebook Page. The newsletter is produced entirely by volunteers and is provided free to the community. If anyone would like to make a contribution online, it would be greatly appreciated. Sneem Resource Centre Ltd. IBAN: IE71 AIBK 9363 2446 8420 13

## Community News

**January Birthdays:** Emily O'Sullivan (14) on 14th; Janet Fitzmaurice Hawker on 16th; Aisling O'Sullivan (4) on 17th, Mary Breen on 19th; Fiona Schots on 21st; Kate Casey on 22nd; Pat Murphy on 27th, Thomas Lettanour on 28th, John Galvin on 29th, Patrick Lettanour and William Davies (12) on 30th.

**February Birthdays:** Mark O'Sullivan on 2nd; Deborah Callis on 3rd.

**Special Birthday Wishes:** Mary Kavanagh (50) on 20th; J.B. Breen (21) on 23rd January; James O'Leary (18) and Ruairí Burns (16) on 6th February

**Congratulations** to Eddie van den Hurk who celebrated his 70th birthday recently.

**Deepest sympathies** to Mary and John Gleeson on the passing of their dear grandson, Fionn after a long and brave battle.

**Deepest sympathies** to the family of Steve Burns (Glasnevin and Sneem) who passed away in Dublin recently.

**Deepest sympathies** to the family of Lizzie Fitzgerald (Castlecove and Sneem) who passed away recently.

**Deepest sympathies** to the family of Owen Sheehan (Dun Laoghaire) who passed away recently.

**Congratulations** to Kerry Experience Tours who have been awarded "Private Tour Company of the Year 2019 - Ireland" with the Travel and Hospitality Awards. An incredible achievement - well done Gerrit and Ester!

### Lost Jacket

If anyone comes across a child's bright green jacket missing since December, please contact 087 7865053.



# Community News

## **Sneem Men's Shed**

The Shed meets twice a week at the Old Ballroom (now the Digital Hub) on Monday and Thursday nights. New members are welcome and if interested, call by for a chat and a cup of tea. The sessions start at 7pm and the kettle goes on after 8pm. For information, call Danny on 087 2064462 or Michael on 086 8217465.

## **Sneem Beekeepers Club**

A Beginners Course in Beekeeping will be taking place on Wednesday 30th January, 6th and 13th February in Coomanassig Day Centre. Contact George 087 8342552 or Brendan 086 8115991.

## **Sneem Resource Centre Calendar 2020**

Please send your December photographs with a title or a few words and your full name to sneemrc@gmail.com (Subject: Sneem Calendar 2020 December) and get snapping for January

## **Sneem Walking Club**

Shake off the Christmas excesses and join Sneem Walking Club in the first walk of 2019. We are doing 2 walks on Sunday 13th January 2019, leaving Sneem at 10am outside Dan Murphy's pub. Transport will be organised on the day. The easier walk is around Derrynane sand dunes and the adjoining wood (weather permitting) which should take about 1-1.5 hours. The more challenging walk has been especially mapped by our famous walk leader Michael Joe Murphy (the Quiet Man). It will take approximately 3 hours and will include some ascents/descents.

New members are welcome to experience either of these 2 walks and if they are keen to join the club after this the membership fee is €30. Please ensure you wear appropriate walking attire for the walk you intend to do and to match weather conditions and don't forget to bring a packed lunch. Please contact David Fay (Club Secretary) to advise which walk you intend to do (087 6266214). We look forward to seeing you.

## **Pilates**

A six week course of Pilates starts on Thursday 10th at 7.30 pm in the Sneem Boathouse, classes will run for 1 hour. To book a place please contact Holly directly on 087 2823674. Holly will also have a Pilates class for Osteoporosis and Bone Health starting in Kenmare, see Kenmare Clinic Sports Injury and Rehabilitation facebook page for details.

## **Gentle Flow Yoga**

Classes will recommence in Sneem Resource Centre next Monday (14th January) at 5.30pm and on Thursday mornings at 9.30am. (please note new times and day). Contact Rachel on 086 2498586.

## **Set Dancing**

every Wednesday from 8pm to 9.30pm at Sneem Resource Centre.

## Community News

### **Coffee, Craft and Chat**

The weekly Coffee, Craft and Chat Group that takes place every Tuesday in the Resource Centre from 11am to 1pm are looking to hold a charity knit and crochet on each Tuesday throughout January 2019. We are aiming to extend the sessions to 3pm and people can dip in and out as they wish. Further details can be obtained from Michele Cooper-Fay on 085 1708286 or Kathy Jukes on 089 4643345.

### **Irish Community Rapid Response Table Quiz**

The Air Ambulance (Irish Community Rapid Response) would like to thank everyone who supported our Table Quiz in "The Loft" at Dan Murphy's Bar. A total of €450 was raised on the night. You can follow us on Twitter/Facebook. Email [info@icrr.ie](mailto:info@icrr.ie)

### **Sneem Rowing Club**

Congratulations to Paddy O'Brien, Seaview, who won the final 50/50 draw of 2018 in D. O'Shea's on 6th January of €177. A huge thank you to everyone who buys tickets and supports our club. You can now purchase a yearly ticket for our monthly draw from any committee member (Delia, Adrian or Fiona) for €60 for the coming year. Our AGM will be held on Saturday, 23rd February.

### **Annual Autism Golf Classic**

Golfers and Friends, it's the time of year for putting important dates in your diary - well here's another: The Annual Autism Golf Classic in aid of St. Francis Special School in Beaufort will be held in Beaufort Golf Club on Friday 26<sup>th</sup> April. The support of golfers and sponsors has always been generous, so please keep it going if you can, it is hugely appreciated. More details later, so watch this space.

### **Tai Chi Classes**

Are you interested in Tai Chi classes returning to Sneem, if so, please contact John on 087 6764384.

**Writers Group:** Meets on the first Friday of every month from 1pm - 3pm in Sneem Resource Centre.. All budding / experienced / published / hopeful, etc. writers are welcome to join. If you would like any further information, contact June on 085 7700524 or [sneemwritersgroup@gmail.com](mailto:sneemwritersgroup@gmail.com)

### **Sneem Santos Table Quiz**

Sneem Santos would like to thank everyone who attended their table quiz in Sneem Tavern. We raised €440. Also many thanks to all the people who donated raffle prizes and a special thanks to John Riney who donated the first prize of a fantastic hamper.

### **Sneem GAA AGM**

To be held in Sneem House at 9pm on Friday 25th January.

# Sneem TidyTowns

## Bumblebee Monitoring Workshop

The first of the new series of Eco Eye featured "The Plight of the Bumblebee" and the work of the National Biodiversity Centre. Dr. Tomás Murray who will be giving the Bee Monitoring Workshop in Sneem this April also featured along with Geashill who won the overall Pollinator Award. If you missed it, you can still watch it on the RTE player. If anyone else is interested in the workshop, please contact Caroline, Sharon or Jane or leave your name in the Resource Centre.

## TidyTowns Plan

We are currently reviewing our new TidyTowns plan from Woodrow Consultants which will be the basis for our work over the next 5 years. Our next TidyTowns meeting will be held next Tuesday 15th January at 9.30am in Sneem Resource Centre.

## Sustainable Energy Community

We have now joined forces with the original Sneem SEC group and will now proceed as one group. Individuals, Businesses and Community groups are invited to our next meeting at the Hub. All ages are welcome. As well as an update regarding the village's energy use we will tackle issues such as reduce, reuse and recycle. It's not too late to get involved. If you would like to help reduce Sneem's Carbon Footprint please come along to the Hub on **Saturday, 19<sup>th</sup> January at 3pm.**

## Plastic Waste, Littering and Dog Fouling

With the weather so nice, it's great to see so many people out and about walking. It's a good idea to take a plastic bag with you (or pick one up!) and pick up litter as you go. Pictured here is Sam O'Sullivan collecting plastic bottles that have been washed in on the tide. Also dog owners, please make sure you pick up after your dogs. Dog poo bag dispensers are located on Quay Road and Seaview and we are awaiting more from the Council but it's a good habit to carry a small plastic bag every time you are out with your dog.



## Walking Bus

Keep an eye out for the students of St. Michael's National School who will be walking to school on Fridays in a Walking Bus as part of their Green Flag. We might all take a leaf out of their book and leave the car at home where possible. Drivers - please take extra care going through the village when children are walking, scooting and cycling to and from school.

# Kenmare and District Gardening Club

Happy New Year everyone. Trust you've all had a good break over the past two months and our meetings will be resuming in February. This will be our AGM when membership fees are due and it will take place on Thursday, 7<sup>th</sup> February at 7.30 p.m. at The Gateway. Also on the evening we are fortunate to have Donchadh MacCarthaigh speaking to us about Plant Qualities – their regulations, how propagation methods and seed source affect plant quality and the effect of plants being moved from greenhouse to garden plus more. It all sounds very interesting so hope you will be able to make it.

## Extracts from Klaus Laitenberger's January newsletter

### **Change your Search Engine to Ecosia**

One of the most positive things everyone can do is to plant trees (I mean proper trees rather than Sitka spruce plantations). Even if we can't plant trees ourselves (lack of space and time) we can do it the lazy way by choosing Ecosia as a new search engine (an alternative to Google or Bing). It's called Ecosia and whenever you search something on the internet through their search engine, they plant trees. It has become an amazing environmental success story. Up to 2017, Ecosia planted 25 million trees throughout the world and now in 2018 they have reached a total of 45 million trees. I highly recommend switching over to Ecosia as a search engine. It's really simple, it is free and even with my limited computer science skills I managed to make Ecosia my default search engine.

### **Benjes Hedge - Dead Wood Hedge**

We extended our Benjes Hedge at the Community Gardens in Bundoran just before Christmas and all it costs is the price of a few fence posts which we used, but you can also make the edging with thick branches stuck into the ground. It's a great method of tidying up dead wood and prunings and at the same time creating a habitat for insects, micro-organisms and nesting places for robins and wrens. Our dead hedge is about 1.5m wide and about 20m long in a semi-circle – giving shelter to the two beehives. Birds often visit the hedge after they have eaten some fruit containing seeds and then naturally sow them in the hedge. As the seeds germinate they have shelter and protection for the woody material. It really is a great educational feature in a garden and can be made to look quite nice. We also stuck some blackcurrant prunings into the ground – about 50cm long of which 20cm are stuck into the ground to speed up the process. The hedge is named after Hermann Benjes who came up with the concept in the 1980s.



## Extracts from Klaus Laitenberger's January newsletter

### **Farming, Forestry and Climate**

This question has occupied me for quite a while. The premise is that farming and especially livestock farming, is a major contributor to climate change due to its methane and ammonia emissions. Many researchers believe that large scale planting of forestry trees especially on poorer soils will compensate for excess carbon and methane emissions and absorb carbon. In theory this sounds like a very good idea but in practice I think this policy is a disaster. The large scale planting of predominantly one species of a non-native tree (Sitka spruce) which as a guess accounts for over 80% (if not more) of all forestry trees planted in Ireland is not very sustainable and good for the environment. Some counties are severely affected by these large scale plantations, especially in Leitrim.

This is the same large-scale monoculture experiment as was done with the potatoes in the 1840's. This is such a disastrous predicament – nobody seems to be able to see that if any crop - here Sitka spruce – is grown on such a large monocultural scale it is bound to fail. If there is a new pest or disease affecting the trees it has potential for wiping out the whole crop – or 80% of all forestry trees. The alternative is the use of chemicals in forestry which would be even more disastrous in the long run.

Why not?

Why not plant more trees on farms – can you imagine if every farm would have 10% of the land planted up with mainly broadleaf trees? Why not plant a woodland strip as a field boundary about 10m wide rather than the traditional single hedge? These would be amazing wildlife habitats and highways for all flora and fauna?

During the heat wave earlier this year I came across a field with one large tree with at least 100 sheep were competing for a place in the shade under it. So why not plant trees in fields for shelter and protection?

We need to become more inventive. I think farming in Ireland is often unnecessarily blamed as a contributor to global warming. Especially in the west with low stocking rates of animals and small field surrounded by hedgerows – I could nearly imagine that some of these farms are already carbon neutral.

We need to look more at the larger scale farms which have higher emissions and often larger fields and more carbon emitting inputs (eg. fertilisers).

Do we really need to increase agricultural production in Ireland? Could we not be happy with a slightly lower production but with less inputs and more sustainable practices?

A couple of tips for all gardeners to help with taking some carbon out of the atmosphere:

Make and use compost in your garden

Get woodchip mulch for your fruit bushes for weed control and as a feed

Reduce soil cultivations as much as possible

Avoid rotavators

Every time you work the soil some carbon is released into the atmosphere.



Every time you put compost into the soil, carbon is taken from the atmosphere and stored in the soil.

<https://greenvegetableseeds.com/>

# Healthy Eating Tips for the New Year



Helen Harvey BSc  
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hhdietitian17@gmail.com  
Kenmare, Co. Kerry

Follow me on  



*Compassion & Wellness*

A recent survey of 2000 people uncovered that the top 3 new year resolutions were to eat healthier, exercise more and lose weight. But do you know what the 3 resolutions those people were most likely to fail at? Yes, you guessed it, eat healthier, exercise more and lose weight!

Why do we make the same resolutions every year, and why are we so terrible at sticking to them?! Obviously, we care enough about our health to plan to improve things, but something goes amiss when we try to implement those changes into our lives.

So instead of making the same old resolutions again this year, read my top 5 tips for the year ahead:

- **Stop focusing on weight loss as the end goal.** Instead plan to feed and nourish your body with the nutrients it needs to grow and thrive. Buy a cookbook, try some new recipes or new ingredients, spice things up a bit with a range of different flavours.
- **Find the type of exercise or activity that you enjoy,** not just what burns the most calories. This could be as simple as going for a short walk every day, or starting a Zumba class, Pilates or yoga, whatever makes you feel good.
- **Make small changes.** With whatever you want to work on this year, start small, make one small change at a time and work to make that a habit. This could be as simple as including some sort of fruit or vegetable with your breakfast, or making a home-made vegetable soup from scratch, or practicing mindfulness.
- **Make time for you.** This is one I personally struggle with a lot. There always seems to be something more important to do with my time than relax but it is so important to avoid burn out. Have a date night with your friends or partner once a week, or once a month if that is more realistic.
- If you want to improve your health, become more productive or generally improve your overall wellbeing, create a support network of likeminded individuals and professionals that will keep you going through the tough times. This can be a group of friends, a gym buddy, a sports coach, a yoga teacher, a dietitian/nutritionist and family members who will support you to be and feel better, with whatever your goals in life are.

There is no better decision than to improve your health and wellbeing, and the new year is a good time to start. We need to think about how realistic those changes are and what support we need to accomplish our goals. If diet and nutrition is a concern for you, I run a weekly clinic in Kenmare where I can work with you one-to-one and make sure that you never make, and fail at, another health related new year's resolution again!

Source: <https://www.ellipticalreviews.com/new-years-resolutions/> (23/12/2018)  
by Helen Harvey, Registered Dietitian.



## The 15th Kerry Sneem Scouts Group

### Peace Light from Bethlehem

This year the 15th Kerry Sneem Scouts Group participated in The Peace Light from Bethlehem. The Light travelled all the way From Bethlehem across Europe and the world. On December 22nd representatives from the Cub Scouts travelled to Tralee to collect the light. On December 23rd we distributed the light through our community with the help of Reverend Michael Cavanagh and Father Liam O'Brien. Representatives from the 15th Kerry Sneem Scouts participated in the services on December 23rd, 24th and 25th to ensure the light was distributed. Thank you to all who helped us: 2nd Tralee Scout Group, Father Liam O'Brien, Reverend Michael Cavanagh and all the people of Sneem who shared in this beautiful Symbol of Peace at Christmas.

The Peace Light Committee were Micheál, Sean and Pdraig Casey, Colm Ryan, Ciara deJong, Sarah and Abbie Bradshaw, Eoin Casey, Neasa Davies, Aisling O'Leary and Kamile Digimate.

### Meetings

Meetings will resume next week (14th January)

**Cubs** (aged 9 - 11years) 6.30pm - 8pm Mondays

**Beavers** (aged 6 - 8years) 6pm - 7pm Thursdays

**Scouts** (aged 12 -15years) 6pm - 7.30pm Fridays

Any queries please email [sneemscouts@gmail.com](mailto:sneemscouts@gmail.com) or call 086 6016375.



## Urgent Social Housing Concerns

Sneem Housing Committee has been raising the issue of lack of social housing and rental properties in Sneem over the last number of issues with little success. The reality of the situation is that Sneem families are now being offered social housing in Kenmare and this would be disastrous for our small community, gravely impacting on our crèche, school and other services. Please support the efforts of the housing committee by lobbying our local councillors. If any of your friends or relations have an empty house in Sneem, you might draw their attention to this serious issue. For further information, please contact Julie Knightly, Joe Murphy, Vincent O'Leary or Jim O'Sullivan.

## Farewell

Bert and Patricia Pilgrims recent departure from Sneem for their new life in the Dordogne was quite eventful. When the removers were given directions to their old home in Derreenavurrig, it was made clear that the road was unsuitable for articulated lorries. Unfortunately, the message was not relayed to the driver who managed to bring his 40ft six-axle articulated lorry 900m up the lane to Derreenavurrig



before coming face to face with the 90 degree bend near Patrick O'Connor's house. With no possible means for turning around, the driver had no option but to reverse all the way to Seaview, with the aid of Shane Christian's tractor, Steve O'Brien's hand signals and plenty of advice from amused bystanders. Six hours after getting stuck, the cavalcade arrived back in Sneem much to the relief of Derreenavurrig residents who, up until then, had been marooned with no alternative means of escape. We wish Patricia and Bert good luck in their new home in France and hope for the erection of a road sign in Seaview saying NOT SUITABLE



FOR HGVs. Picture above - jammed! trying unsuccessfully to negotiate the bend. Picture right - stuck! having slid off the road. Article and photos by Richard Tindale.

## Community Alert

There are free smoke alarms available for senior citizens and free hi-viz jackets for everyone. If you would like to join the Community Alert texting system to receive updates on suspicious activity in the area, please contact Teddy McCarthy or Eugene Maginnis (there is a small charge for this).

# Parknasilla Golf Club



## AGM

The Club's AGM took place on January 5th. Kieran Burns was elected Club Captain for 2019. Sean McCarthy made a presentation regarding the new rules in force since 1st January 2019, a copy of which will be distributed to all the members over the coming weeks.

Tomas MacGearailt, our Greenkeeper received a vote of thanks for the manner in which the Course was presented throughout 2018; Tomas also highlighted the various improvements that will take place over the coming months with a lot of tree surgery taking place on the Course.

The outgoing Captain, Vincey O' Sullivan's Dinner took place later that evening in Parknasilla Hotel. An excellent night was had by all who attended during which a presentation was made to Brian and Deirdre Jones for their sterling service to the Club over many years. They have now decided to take a well-deserved back seat. We wish them well for the future. Jim Feeney, Secretary.

Pictured right: Vincey O'Sullivan, Captain of Parknasilla Golf Club and Mary T. O'Sullivan, Lady Captain, made a presentation to Brian and Deirdre Jones on behalf of the members at the Golf Dinner in recognition of their wonderful contribution to Parknasilla Golf Club. Unfortunately, Deirdre was unwell and was unable to attend the dinner. Also in the picture is Vincey's wife, Dympna and president Dermot O'Mahony and his wife, Emer.



## Funding

### Deadlines for funding

The deadline for **Leader funding** for this round is the 25<sup>th</sup> January. The first stage is to fill out the expression of interest form and return that to SKDP, once that is processed SKDP in Kenmare will send out the full application form and meet you to go through it. Please fill out a separate one for each project you are considering – for the EOI an estimate of the cost is fine – we will look at the detailed costs in the next round. Contact Aisling O'Sullivan Darcy on 087 7105937.

**Community Support Funding** is available from Kerry County Council - application to be in by Friday 21st January. Further information is available for Kerry County Council's Community Department at 066 7183680.

Fundraiser for Sneem Digital Hub

**Come join the hilarious Frances Kennedy as Molly**

**Parton and**

**Sonny Egan as Micksie Pocock at**

**their comical**

# **Mock Wedding**



**Full supporting cast led by  
Danny Healy Rae**



**Followed by:**

Dancing to The Singing Jarvey

Light refreshments served on the night

Chance to win great raffle prizes

**At Sneem Hotel**

**On Saturday 30th March 2019**

**at 8.30pm**

Tickets €25 (€20 if pre- booked by 28th February )

**Tickets available from:-**

Sneem Digital Hub - 089 9420098

Sneem Events Office - 087 3670919



# ***New York - Kerry Night***

**Fundraiser to Revitalize Sneem and South Kerry Communities by Providing Sustainable Quality Jobs**

**at The Central Bar 109E 9St NY 10003**

**On Saturday 27th April 2019, 7.30pm**

**A night of entertainment, food platters and  
one hour free bar**

## **Great Auction Items To Include:**

- Signed Kerry GAA Jerseys
- Munster Rugby Signed Memorabilia
- Kerry Hotel Accommodation
- Fourballs in top Kerry Golf Courses



**Admission \$75**



With rural depopulation at crisis levels, Sneem Digital Hub has been set up to enable people to have thriving careers while enjoying the wonderful benefits of living and working in South Kerry.

The aim is to bring 25 – 40 new jobs to Sneem over the next 2.5 years.

Seeds are being sown now which will take time to bear fruit.

For more details on the hub please see [www.sneemdigitalhub.ie](http://www.sneemdigitalhub.ie)



## Ear Candling

**Deborah Jonas**

Drimnabeg Sneem

*Reiki Master,  
Massage Therapy and  
Hot Stone Treatment  
Hopi Ear Candling*

Qualified and Insured  
087- 4017016

**Hopi ear candling** originates from medical ceremonies performed by a Native American Indian tribe known as the Hopis or *Peace People*. The candle is actually a cotton tube, impregnated with beeswax, honey and therapeutic oils. Hopi ear candles act like a chimney, drawing away the vapour and any impurities from within the ear. This in turn regulates the pressure system within the ear and the head, making the candle treatment suitable for many conditions.

The hollow candle is gently placed in the ear and the part furthest from the ear is lit, the burning action of the Hopi ear candle infuses the herbs and essential oils into a vapour, which is drawn into the auditory canal. This performs a massaging function as well as softening and drawing out any impurities. Hopi ear candles have been used for centuries throughout North America and Asia to treat ear problems and had been known to the Egyptians, Romans, and Greeks.

### **What Can it Treat?**

Hopi ear candles may not be the first thing that you think of to treat ear, nose and throat problems, however the candles are used to treat many ailments, including migraine and headaches, glue ear in children, catarrh, sore throats, sinusitis, tonsillitis, flu and excessive ear wax.

### **Conditions that Hopi ear candles can improve:**

Compacted Ear Wax; Glue Ear; Tinnitus & Noises/Ringing in the Ears; Rhinitis; Sinusitis; Colds; Flu; Sore Throats; Hay Fever; Catarrh; Asthma; Headache; Migraine; Regulation of Pressure in Ears & Head; Stimulation of Blood & Energy Flow, Lymphatic System & Metabolic Rate; Calming and Relaxing in cases of Anxiety and Stress

### **What Happens During a Session?**

The therapist directs you comfortably onto a massage bed, where you lie on your side, they then place a candle in the ear and light the end furthest away. Keeping a close eye on you at all times, the therapist is always near you. The candles are unlike conventional candles and there is no wax and it is never painful. Many people report a state of complete mental, physical and emotional relaxation, some even fall asleep. Many often comment on feeling a soothing, liberating, light sensation in the ear and head areas.

Ear Candling is said to relieve pressure and pain, mainly in the ear and head area. It works on the ear, nose and throat and helps unblock the sinus passages. It is a safe and effective treatment for children too. It helps relieve headaches & migraines, loosens compacted earwax, and has even been found to alleviate snoring! It is helpful for pressure regulation after flying or diving.

Source: <http://naturopathyclinic.ie/hopi-ear-candling/>

Hopi Ear Candling followed by a relaxing face and neck massage - all for €35.  
Contact Deborah Jonas at 087 4017016

## Blackwater News

**Blackwater Women's Group** meet once a month on the second Tuesday at 8pm. Membership €5 per year. New Members Welcome. Next Meeting Tuesday 12<sup>th</sup> of February. This is the AGM so all members requested to attend. Membership of €5 due for renewal at AGM.

**Adult Singing Group Classes:** Fun Singing Classes (as a Group), with Killarney Singing Tutor Mary Culloty O'Sullivan in Blackwater Tavern every Wednesday afternoon, 2pm sharp to 3pm. The class is aimed at people who would love to sing in a group and the styles of singing catered for, ballads, musicals and contemporary. Breathing, diction, posture, confidence and more covered. All levels of ability welcome. Open to men and women. Everyone welcome. €50 for 5 weeks. Ring Tavern 064 6682003 for information, new members welcome.

**Exercise Classes:** Exercise Classes re-commence in Blackwater Tavern Monday 21<sup>st</sup> January from 7pm to 8pm for the Energetic. 8pm to 9pm for the Less Active. All welcome. €5 per Class.

**Swimming Classes:** Are you interested in joining Swimming Classes or Aqua Aerobics as a group? If so give your name to Mary in the Tavern 064 6682003 and it will be arranged. Aqua Aerobics in Kenmare Bay Hotel every Tuesday and Thursday evening at 7pm and every Wednesday and Friday morning at 10.30am, for 45 minutes each session. Free to members of Kenmare Bay Leisure Centre. €7 for non-members.

**Drama:** Drama continues every Wednesday at 7.30pm in Blackwater Tavern. The group are currently writing an original play which will be staged in Blackwater in May/June 2019.

### **Dietician**

Helen Harvey Dietician recently gave an interesting presentation to Blackwater Women's Group on Intuitive Eating. Lots of chat and discussion on non diet nutrition, the pitfalls of dieting and the benefits of intuitive eating! She will be doing workshops and one to one sessions in a room over Centra on Fridays. Check out her Facebook page or call her on 083 8621154 for more information.

**BWG Christmas Party:** 50 people attended the annual BWG Christmas Party in Blackwater Tavern in December. It was a great night, attended by all ages from the late teens up to 80s. Delicious food was prepared by Flica Small and desserts were by Viv Shaw. Music by Pat Casey Disco.

## Local Adverts



### Golf & Walking Tours Taxi Service

www.gosneem.ie  
info@gosneem.ie  
John V. O'Sullivan  
Tel: 087 2079033

## VINCENT O'LEARY

**B & J Rochford**

Architectural, Engineering  
& Planning Consultants

Some of the services we provide:

- \* Property Pre-Purchase Assessments / Reports
- \* Site Characterisation (Percolation) Tests
- \* Architectural Designs / Planning Applications
- \* Tender / Site Supervision / Stage Payments
- \* Cert. of Compliance Planning / Building Reg's

19 HENRY STREET, KENMARE, CO. KERRY  
Tel. 064 6640841 / E-mail vincent@bandrochford.com

*James M O'Sullivan  
Solicitor  
South Square, Sneem  
All legal work undertaken*

*Tel/Fax:  
064 668 9664  
Mob: 087 286 8855  
james@jmos.ie www.jmos.ie  
Evening and weekend  
appointments available*

### **SNEEM PHARMACY** South Square

**Opening Hours**  
Monday - Saturday 9am - 6pm

Film Processing still available

**064 6645288**

## **HAPPY DAYS**

### **HAND-PAINTED SIGNS AND MURALS**

Contact: Roland Hunter  
085 7700538

### **BOOKKEEPING AND ACCOUNTING SERVICES**

Contact: June Hunter  
085 7700524

### Nails by Yvonne



Gel, Shellac and Hybrid Nails  
Contact Yvonne  
085 1402792



## Local Adverts

### Darren Gaffey

MISCP MCSP BSc (Hons)

Kenmare Physiotherapy Clinic  
Established 2002

Henry Street, Kenmare, Co. Kerry

Tel: 086 1068505

Back/Neck pain  
Sports Injuries  
Musculoskeletal conditions  
Acupuncture  
Dry Needling  
Orthotics

CHARTERED PHYSIOTHERAPIST  
Health Insurance Approved



### Sneem Community Crèche and Pre-School

Safe and affordable childcare.



Full / Part Time / Drop-in Service

Please call 064 6645551



Jutta Raschke

**083-802-2129**  
Derryquin

### Sneem C.N.B. Advertising

To advertise call

064 6645545

or email

sneemcnb@gmail.com

Full Page Colour - €100 per issue

- Full Page Black - € 80 per issue

Half Page Colour - € 50 per issue

- Half Page Black - € 40 per issue

Quarter Page Colour - €25 per  
issue- Quarter Page Black - €20  
per issue

Small Box - € 12 per issue

**THE I.T. GUY**  
John O Shea  
Tel: 087 676 4384  
www.fixyourtech.ie  
theitguy96@gmail.com

- \*PC Repair/ Maintenance
- \*Cracked/ Broken screens repaired
- \*Phone Repair
- \*Windows/ Mac
- \*iOS/Android

## What's On

### **Blackwater Tavern**

Friday 11<sup>th</sup> Glen Ramblers  
Friday 18<sup>th</sup> Singing Jarvey  
Friday 25<sup>th</sup> Premier Blue Boys  
Friday 1<sup>st</sup> Uí Bhriain

### **D. O'Shea's Bar**

Closed until 21st January

### **Riney's Bar**

Saturday 9th February - live music

## Sneem Events

**19th January** - Sneem Energy Community Sustainability Meeting

**25th January** - Sneem GAA AGM

**23rd February** - Sneem Rowing Club AGM

**28th February** —Confirmation in St. Michael's Church

**March tba** - Strictly Come Dancing

**30th March** - Sneem Digital Hub Mock Wedding

**27th April** - Sneem Digital Hub New York Kerry Night

**11th May** —First Holy Communion in St. Michael's Church

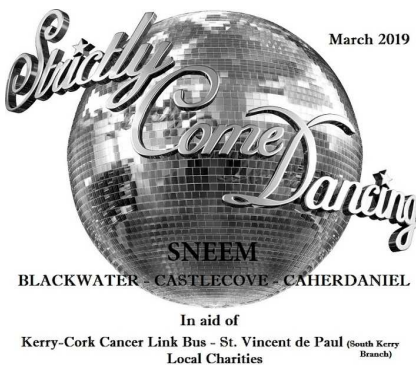
**26th April** - Annual Autism Golf Classic, Beaufort

**7th and 8th June**—De Gaulle 50th Anniversary Celebrations

**17th to 21st July** - Sneem Summer Festival

**27th October** - Sneem Scarecrow Festival

**8th to 10th November**—Sneem Storytelling Festival



### **Sneem Rowing Club Gym Opening Hours**

Monday to Friday  
8am - 12pm  
5pm to 9pm

Contact Fiona in The Window  
Box for Membership

## Carnegie Arts Centre Kenmare

### Thursday January 17th 8pm Sean Keane in Concert

Seán Keane will bring his Christmas by the Hearth Tour to the Carnegie Arts Centre on Thursday 17th January. Sean will be joined by Pat Coyne on Guitar and Fergus Feely on Mandocello. Seán released his 11th solo album Gratitude during the summer accompanied by the RTE Concert Orchestra. He will be mixing some of the new songs with the classics like Isle of Hope, Galway to Graceland, Fields of Gold. Seán and the lads promise a great night of music where Seán plays up to five instruments. Tickets €25 Bookings-[www.carnegieartskenmare.ie](http://www.carnegieartskenmare.ie)

**Saturday January 19<sup>th</sup> Drama One Woman Show “Brigid Cleary”** tells the story of the infamous murder of the last woman burned alive in Ireland in 1895 because she was thought to be a changeling. Performed by Eve O'Mahony, best actress Galway Fringe Festival Tickets €12

**Tuesday January 29<sup>th</sup> Community Games “X Factor” 7.30pm.** For further information contact John Daly 087 1325665

**Thursday January 31<sup>st</sup> Film /Documentary “Making the Grade”** By Ken Wardrop and Sponsored by Sean Daly & Co. Ken is one of Ireland's most recognised documentary voices. This is a story of the transformative power of music and the pride and happiness it provides both the students and teachers.

For reservations contact [www.carnegieartskenmare.ie](http://www.carnegieartskenmare.ie)

## Kenmare Family Resource Centre

Kenmare FRC would love to hear from families and communities in Sneem!

We are planning for 2019 and wonder if there is a need in Sneem for the following services?

- we can offer community development support for groups.
- Help with organising community education courses
- We can offer counselling, art therapy and play therapy in Sneem.
- Rainbows – bereavement and loss peer support group for children
- Meitheal – a family support model
- Any other suggestions you may have for groups, programs, much needed services for the area

Send feedback to Susan O' Shea on [susan@kenmarefrc.ie](mailto:susan@kenmarefrc.ie) or 085 8002471 / 064 6642790



## Mass and Eucharistic Adoration

### Coomanassig Day Care Centre

#### Mass at 11am

Tuesday 22nd January 2019  
Tuesday 19th February  
Tuesday 12th March  
Tuesday 9th April  
Tuesday 14th May  
Tuesday 11th June  
Tuesday 9th July  
Tuesday 13th August  
Tuesday 3rd September  
Tuesday 8th October  
Tuesday 5th November  
Tuesday 3rd December

### Eucharistic Adoration

#### 9.30am to 12.30pm

Wednesday 24th January 2019  
Wednesday 20th February  
Wednesday 27th March  
Wednesday 17th April  
Wednesday 22nd May  
Wednesday 26th June  
Wednesday 24th July  
Wednesday 21st August  
Wednesday 4th September  
Wednesday 23rd October  
Wednesday 20th November  
Wednesday 11th December

## Local Information

### Sneem Medical Centre

Dr Hernan Ganzo, GP

Tel: 064 6645102

#### Monday

10.30am to 12.30pm

2.30pm to 5pm

#### Tuesday and

#### Thursday

10.30am to 12.30pm

2.30pm to 4.30pm

#### Wednesday

2.30pm - 5pm

#### Friday

2pm to 4.30pm

### Practice Nurse (appointment only)

#### Monday to Thursday

9am to 10.30am

#### Friday

9.30am to 10.30am

South Doc: 1850 335999

#### Public Health Nurse

Tel: 086 7872096

Monday, Wednesday and Friday

9.30am to 10.30am

### Bus Services

#### Sneem to Kenmare

Wednesday at 9.30am returns at 1.15pm

Friday at 9.50am returns at 2pm

Leaves from outside Riney's

#### Sneem to Caherdaniel/Castlecove

Ring Teddy

#### Sneem to Killarney

Monday to Friday at 1pm.

Every Saturday leaves outside old P.O. at 11.30am returns 4.45pm

Lo Call 1890 528 528 to book your seat.

For any other routes or information contact Teddy on 087 2315014.

Courier service also available.

### Michael Healy-Rae Clinic

Last Monday of every month at

7.30pm

Sneem Resource Centre

## Local Information

**Gardaí** - 064 6645111

### **Sneem Pharmacy**

Tel: 064 6645288

Monday to Saturday 9am  
to 6pm

### **Kenmare Opticians -**

Mon / Fri: 10am - 6pm

Wed / Sat: 9.30am-  
1.30pm

**Tel: 064 6648569**

### **Local Taxis**

Kerry Experience Tours /

Gerrit Noordkamp

086 2554098

GoSneem Tours/

John V. O'Sullivan

087 2079033

### **St. Michael's Church,**

**Parish Office,** Presby-

tery, North Square. Open

Tuesday and Friday from

10am to 4pm. Mobile 087  
3480050

### **MassTimes**

**Saturday 6.30pm** - Black-  
water Church

**Saturday 8pm** - Sneem  
Church

**Sunday 9.30am** - Tahilla  
Church

**Sunday 11am** - Sneem  
Church

### **Church of Ireland Ser-** **vices**

North Square, Sneem

**Sunday 10am**

### **AIB Community Bank**

Every Wednesday from  
10.30am - 11am in South  
Square.

### **Sneem Men's Shed**

Every Monday and  
Thursday at 7pm in the  
Old Dance Hall

### **Sneem Parent Baby and Toddler Group**

Every Monday from  
10.30am to 12 during the  
school term at Coo-  
manassig Day Centre.

### **Bingo**

Every Tuesday at  
8.30pm in the Resource  
Centre

### **Bowls**

Wednesdays 7.30pm  
Community Centre

### **Set Dancing**

Wednesdays from 8pm  
to 9.30pm at Sneem Re-  
source Centre

### **Tahilla Ladies Club**

Thursday 8.30pm in Coo-  
manassig Day Centre

### **Bee Keepers Meeting**

2nd Wednesday of every  
month, 8pm in Coo-  
manassig Day Centre

### **Writers Group**

The first Friday of every  
month from 1pm - 3pm in  
Resource Centre

### **Fresh Fish**

Every Wednesday, 3.30 -  
4.30pm, South Square

### **Coffee Craft and Chat**

Every Tuesday 11am -  
1pm in the Resource  
Centre

### **Olive's Hair Salon**

087 7551796

Resource Centre

Thursdays 10.30am -  
2pm, Saturdays by ap-  
pointment

### **Mobile Library**

Tuesday 5th February  
Castlecove 12.30-1pm  
Sneem School, 2.15 -  
2.45pm, South Square,  
Sneem 2.45-3.15pm

### **Tide Times**

Here are the high tides  
for the period 10th Jan  
to the 6th Feb 2019.

10th:	06.51,	19.00
11th:	07.28,	19.37
12th:	08.07,	20.19
13th:	08.51,	21.07
14th:	09.41,	22.02
15th:	10.39,	23.06
16th:	11.44	
17th:	12.51	
18th:	13.56	
19th:	14.56	
20th:	15.51	
21st:	16.41	
22nd:	17.27	
23rd:	18.14	
24th:	06.40,	19.00
25th:	07.27,	19.46
26th:	08.14,	20.34
27th:	09.03,	21.23
28th:	09.56,	22.19
29th:	10.57,	23.26
30th:	12.08	
31st:	13.18	
01st:	14.20	
02nd:	15.12	
03rd:	15.56	
04th:	16.34	
05th:	17.08	
06th:	17.38	

## Local Adverts

### Offered:

- For Sale: Small white upright freezer (55 Litres) €50, Contract 0872604653.
- A selection of bathroom sinks plus taps. Contact Jerry on 087 7454021 for more information.
- For Sale: Seasoned Timber Blocks contact 087-8173706

### Premises Wanted:

- A reliable local business couple is looking for a commercial premises to rent. To rent with option to buy would be ok. References are available. Phone 087 6718848

### Accommodation Offered:

- House to let in Blackwater, 2 bedroom, central heating, woodburning stove. Contact 087 1657583

### Accommodation Wanted:

- House/Apartment wanted to rent: Denise is looking to rent a house or an apartment on a full-time basis in or around Sneem. Preferably unfurnished and with at least two bedrooms. Please contact Denise on 087 9307158 as soon as possible.

These small ads are free, as a courtesy, please let us know if your ad can be taken out.

**WANTED:** Part-time caretaker to oversee changeover of guest bookings at my home in Sneem from May through September. Pay is per changeover (approximately 4-6 times per month). Please email to [dr.wilder@gmail.com](mailto:dr.wilder@gmail.com) or call Ron at 087 708 1190 for details. We have been fortunate to have outstanding help the last two years and would like to maintain that high standard of quality.

## What's Happening in the Resource Centre

**OPENING HOURS** Monday to Friday - 10.30am - 3pm.

**NEARLY NEW** is upstairs at the Resource Centre.

### MEETING ROOM

Monday and Friday 11am – 12pm **Bone Builders – Ladies Exercise Class**

Monday 5.30pm and Thursday 9:30am **Yoga with Rachel**

(contact phone no.: 086 2498586)

Tuesday 11am – 1pm **Coffee, Craft & Chat**

Tuesday 8:30pm – 10:30pm **Bingo**

Wednesday 8pm - 9.30pm **Set Dancing**

Thursday 10:30am – 2pm and Saturday by appointment **Olive's Hair Salon**  
(contact phone no.: 087 7551796)

First Friday of each month 1pm – 3pm **Writers' Group**

Last Monday of each month 7:30pm **Michael Healy-Rae Clinic**

The Meeting room is available to rent for €6 per hour outside these times, please enquire in the Resource Centre.

# SNEEM GAA LOTTO

CURRENT JACKPOT

€9,550

NEXT DRAWS

**Sunday 13th January - Riney's**  
**Sunday 20th January - Sneem Tavern**  
**Sunday 27th January - Murphy's**  
**Sunday 3rd February - Blue Bull**

Tickets available in Pubs and Shops  
throughout the Village

**Please support your local GAA Club**  
**Sneem GAA Lotto Results**

**Sunday 16th December 2018. Numbers drawn: 9, 11, 18, 22**

No Winner. €40 consolation prizes went to:- Shane O'Sullivan, Sacre Coeur, Sneem; Julie Lee-Knightly, West End, Sneem; Grace Casey, Drimnamore, Sneem; Mairéad and Henry England, UK

**Sunday 23rd December 2018. Numbers drawn: 3, 4, 6, 28**

No Winner. €40 consolation prizes went to:- Adrian Fitzgerald, South Gerah, Sneem; Deirdre McMahon, Killarney Road, Sneem; Ann Quinn, Blackwater, Coomassig Day Centre c/o Crystal Burns, Sneem.

**Sunday 30th December 2018. Numbers drawn: 15, 19, 20, 21**

No Winner. €40 consolation prizes went to:- Kamila Holubowicz, Hussey's Yard, Sneem; Joan Egan, Blackwater; John Fitzgerald, Staigue, Castlecove; Jessica Foley c/o Mary Galvin, Castlecove.

**Sunday 6th January 2019. Numbers drawn: 6, 9, 11, 25**

No Winner. €40 consolation prizes went to:- Kathleen Gleeson, Castlecove; John Paul Moriarty, Derryquinn, Sneem; Sarah and Ellie O'Sullivan, Convent House, Sneem; Barbara O'Connor, Village Kitchen, Sneem



**SNEEM GAA CLUB ANNUAL LOTTO**  
**VALID FOR ALL DRAWS - 1<sup>ST</sup> February 2019 to 31<sup>ST</sup> January, 2020**  
**JACKPOT PRIZE**

**MINIMUM PRIZE - €2,500      MAXIMUM - €15,000**

**Draw held every weekend - weekly consolation prizes**

*Select the four numbers of your choice and return along with €100.00 to  
The Secretary, Sneem G.A.A. Club, Sneem, County Kerry, Rep of Ireland  
before the 31<sup>st</sup> of January, 2019*

Your €100.00 entitles you to full Sneem G.A.A. Membership and a yearly lotto ticket valid for all draws from the 1<sup>st</sup> of February, 2019 to January, 31<sup>st</sup> 2020  
Please remember to include your full name and address and your telephone number and email address.

**TICKET RECEIPT WILL BE FORWARDED TO YOU**

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

*Nollaig, 2018*

*Sneem GAA Annual Lotto 2019/2020*

*A Chara,*

*It is that time of the year again when we look forward to the coming year. As always, we would like to thank all of our members and supporters both at home and abroad for their continued support. We are making our annual appeal for your support. The lotto is the most important element in raising funds for the Club. An active club is necessary for the wellbeing of the community and to ensure we can continue to secure All Ireland Ticket allocations. If you would like to support the annual Lotto then please select 4 numbers and return to The Secretary, Sneem GAA, County Kerry together with €100.00. Your annual lotto ticket entitles you to entry in all Lotto draws from 1<sup>st</sup> February 2019 to 31<sup>st</sup> January, 2020 and membership of Sneem GAA Club.*

*Keep an eye on our Facebook Page – Sneem GAA and in the Newsletter and Kerryman for GAA news.*

*On behalf of the club, I would like to wish you and your family a happy Christmas and prosperous 2019*

*Is mise le meas,*

*Daiithi O'Laoire, Runai, CLG An tSnaidhm*