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The Breen Family pictured this week at the presentation of a cheque for €25,326.55, proceeds of a dance held in memory of their loved ones and in aid of the Kerry Hospice Foundation at the Killarney Avenue Hotel. Pictured are Pat Doolan, Kerry Hospice Foundation, Grainne Carmody, Siobhan Carmody, Marie Moynihan, Margaret Breen and Noah Carolan.

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# THIS WEEK

12 : 01 : 24

*KILLARNEY REALLY  
HEADING IN THE  
RIGHT DIRECTION*

*See Page 4*

## GET IN TOUCH

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Aisling Crosbie.

## FROM THE EDITOR

It has been a crisp start to 2024 as we bring you our first edition of the new year. In the week that it was announced that Killarney has improved in the IBAL table, two of Kerry's most successful tidy towns committees are coming together to create a better Kerry.

A Killorglin man is embracing life following a huge weight loss, two generous TY students are hosting a coffee morning in aid of Cliona's Foundation and the Diocese of Kerry are planning an Online mission. Killarney Celtic remember a wonderful stalwart, Johnny O'Brien is remembered on the summit of the Paps of Anú and a long standing

employee is inducted into the hall of fame.

Paudie Clifford picked out the winner of the Landrover at the Killarney Valley Classic & Vintage Club, we have all the details on the new deposit return scheme and Dan Tim marks 30 years of support to St. Joseph's Home.

Kilcummin ladies donned pink for the hospice, Anne Lucey takes a look at whats happening this week in Killarney and Jimmy O'Sullivan Darcy takes a sporting trip down memory lane to 1974.

Hope you all enjoy this week's Killarney Outlook.

## HELPFUL CONTACT NUMBERS

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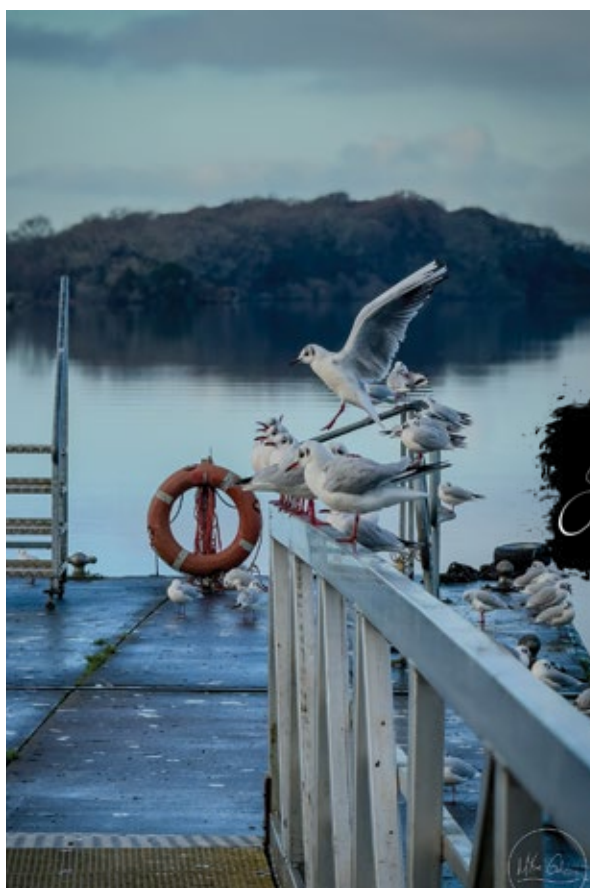
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**K**illarney's impressive leap from 28th position in the Irish Business Against Litter league table this time last year to 14th place at the start of 2024 has been lauded by the town's Chamber of Tourism and Commerce.

The business organisation said it was a "fantastic achievement" in a short space of time and that great credit is due to Killarney Municipal District Council, its outdoor staff and the elected members for being the guiding hand in the push for great improvements.

"The council has turned the ship around and ensured Killarney is heading in the right direction and it augurs well for our ambition to become Ireland's tidiest town once again," Chamber joint presidents Johnny McGuire and Pádraig Treacy said in a statement.

There was a real air of disappointment this time last year when Killarney finished in 28th position in the Irish Business Against Litter (IBAL) league table. The town had climbed to 20th position by mid-summer and now it is in 14th place and edging towards the top ten once again.

The Chamber said in addition to the work of the municipal district council, great strides have been made by the tidy towns committee and the reintroduction of the Killarney Looking Good Competition has given the town a real boost.

"It was really encouraging also to see the IBAL adjudicators praising the Killarney coffee cup initiative through which Killarney is setting a nationwide example.

"It is to be hoped that the Government will now work on introducing the required legislation to introduce the long-awaited latte levy so that the initiative can be rolled out nationwide," the Chamber stated.

For the second year running, the IBAL adjudicators were critical of the commercial bin storage area in the Glebe car park and that problem, once again, has cost Killarney a much higher ranking in the league table given that the grade awarded was just a C+.

"We look forward to this issue being resolved as an immediate priority and we would encourage the business community to work closely with the council and its staff to find a practical and workable solution," the Chamber said.

## KILLARNEY REALLY HEADING IN THE RIGHT DIRECTION



*For the second year running, the IBAL adjudicators were critical of the commercial bin storage area in the Glebe car park*

"Killarney is very proud to have been declared Ireland's tidiest large town in the national Tidy Towns competition and our sights are now set on winning the prestigious overall award for the first time since 2011. Working together, we can achieve that goal," the statement from the joint presidents added.

### **The An Taisce report for Killarney stated:**

*Overall, a very solid result for Killarney in IBAL 2023 league – there were seven top ranking sites this time around, a very strong result. The Commercial Bin area in Glebe Car Park was still a poorly presented one, generating considerable amounts of litter. It was by far the most heavily littered site surveyed in Killarney. It's very encouraging to see Killarney town take the lead on banishing single use coffee cups – a great initiative which has clearly had the 'buy in' from enough cafes / restaurants in the town.*



*There was praise from the Judges for the Coffee Cup Initiative*

## DEVESTATION AT THE LOSS OF MARY



There was widespread shock and sadness in Killarney following the death of popular Faha woman Mary Walsh.

Mary, passed away following a road traffic accident in Glenflesk on Thursday 4th of January.

Mary was remembered at her requiem Mass as a wonderful mom, kindless and selfless by her son Jack in his eulogy.

Mary's family and friends have been left devastated following her death, which was the first road fatality in 2024 in Kerry.

Jack told the congregation that his mom was very popular having worked in the hospitality industry where she made life long friends. Mary also was a childminder, minding many of the children in the parish in her own home.

Jack also thanked the emergency services and

University Hospital Kerry for everything they did on the day of the accident.

He concluded by saying, Dad and I will miss you Mom, we love you.

Mary will be greatly missed by her loving family, husband Seán, son Jack, her sister Helen, brothers James, Dan and Edward, parents-in-law Pat and Betty Walsh (Knocknagree), brothers-in-law, sisters-in-law, nieces, nephews, aunts, cousins, relatives, neighbours and many dear friends. Predeceased by her parents James and Margaret, her brother Tommy Martin and sister Mairéad.

Following her Requiem Mass at the Church of the Immaculate Conception in Listry, Mary was cremated at Shannon Crematorium on Tuesday.

Ar Dheis Dé go raibh a anam.



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# TEAM WORK

## can make the dream work

Two of Kerry's most successful tidy towns committees are working together to exchange ideas and enable them both to improve their individual performances with the ultimate aim of creating a better Kerry.

The hugely successful Killarney Looking Good project – which returned last year after a long absence – was hailed as one of the reasons for the county's tourism capital winning the prestigious title of Ireland's tidiest large town in the keenly contested nationwide competition.

And it has made such an impact that the tidy towns committee in Kenmare is now planning to introduce a similar project to create more awareness in the community and to encourage locals to make an even greater effort.

The Kenmare committee members sought a meeting with representatives of the Killarney Looking Good Committee to discuss their plans, to get ideas on how the competition is run, tips on how best to promote it and the best way to introduce a project like Killarney Looking Good in Kenmare, initially on a smaller scale but with the potential to grow.

"It's great that we can share our ideas with our neighbours in Kenmare and it's wonderful to see this cooperation and team-work which will have the end result of creating a more tidy and attractive Kerry," said Johnny McGuire of the Killarney Tidy Towns Committee.

Killarney and Kenmare have both had the honour of winning the overall title of Ireland's tidiest town with Kenmare winning in 2000 and Killarney achieving to top accolade in 2011.

The common link was the late Archdeacon Michael Murphy who was parish priest in Kenmare when it won and had retired to Killarney at the time of its success 11 years later.

He was the driving force behind both victories and he also led Sneem to the ultimate glory in 1987 when he was based in the village.

Killarney was just a single point behind overall winner Abbeyfeale in the 2023 national tidy towns competition with a total of 375 points in Category F – an impressive 14-points improvement on 2022.



At the meeting between Kenmare Tidy Towns Committee members and representatives of the Killarney Looking Good project were, from left, Stephanie Parkes, Kenmare; Johnny McGuire, Killarney; Mary O'Leary, Kenmare; John O'Mahony, Killarney; Juliette Kelly, Killarney and Noel Crowley, Kenmare

The competition adjudicator's concluding remarks said: "Killarney is a beautiful town with much to offer residents and visitors in terms of visual and recreational amenity, nature activities and heritage.

"Our congratulations in particular to the traders of Killarney for the fantastic presentation of so many premises. All in all, a super showing by Killarney this year".

Kenmare, which was in Category D, achieved 371 marks which was a whopping 15 points more than the previous year.

The adjudicator said: "Kenmare is a beautiful town with a wonderful natural setting, magnificent heritage buildings and history. The tidy towns group has been successful in capitalising on these assets.

"As busy and all as it was, the town was again litter-free on adjudication day, a tremendous achievement, well done".







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# Let the records show...

## A TOTAL OF 75 INCHES OF RAIN RECORDED IN MUCKROSS FOR 2023



Gerry Murphy is the Horticultural Supervisor, at National Parks and Wildlife Service, Killarney National Park.  
Photo: Valerie O'Sullivan

**H**orticultural Supervisor, at National Parks and Wildlife Service, Gerry Murphy has been measuring rainfall for 80 years - records began in 1943 - when the Park was known as the Bourne Vincent Memorial Park recording rainfall at Muckross. In that year it recorded 63 and a half inches of rain, (63 1/2 inches) handwritten results were sent to the Meteorological Station in Dublin.

Every morning at 9.00am dedicated staff - 365 days a year, would measure the rainfall, at the weather station.

Gerry took over the task when the late Bill Carson retired in 2000. Automation of Muckross weather station began in 2019 with data transmitted directly to Met Eireann.

Using the old method of gathering water from the funnel together with the automated system, Gerry has been keeping records both manually and by computer.

The wettest year in Muckross was recorded in 2015 with a total of 87 and three quarter inches of rainfall. (83 3/4 inches)

The driest year recorded in Muckross was in 1971, with a total of 48 and a quarter inches (48 1/4 inches)

The total result for Muckross ending 31st December 2023 has recorded a total of 75 Inches of rainfall.

Over the years there were substations at St. Finan's Hospital - which was always drier, the highest levels were recorded on Mangerton Mountain and Muckross Peninsula, which has its own microclimate with the proximity of the mountains and lakes, making it much wetter.

Gerry is still waiting for a new record for the driest year since 1943.

Photo: Valerie O'Sullivan





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In a welcome move, Kenmare native, Patrick Hanley, and his wife Aileen Hanley, have announced they have taken over the running of The Lansdowne Kenmare, Co. Kerry. Under the terms of the acquisition, they have a three-year period to complete the purchase of the hotel. The experienced hoteliers will continue to run their seaside restaurant, The Strand Cahore in Co. Wexford, which they bought in 2018.

Patrick's parents, Breda and Bobby Hanley, owned and ran the hotel from 1972 until 2000- known then as The Lansdowne Arms- so his family connections to the property run deep. Commenting on their decision to take over the operations at The Lansdowne Kenmare, Patrick said: "I know and love every nook and cranny of the hotel. It is part of my DNA. I am very passionate about this heritage property as well as the town. Aileen and I will continue to run The Strand Cahore in Co. Wexford which we bought in 2018 and to which we will add accommodation in the near future. Importantly, we are equally committed to delivering the highest standards of service in both businesses."

Patrick and Aileen are both very experienced hoteliers. Patrick has worked in hospitality since his teens, starting first in the family business before working overseas in Europe and the USA. When he returned to Ireland, he worked as General Manager at two five-star hotels in Kenmare: Sheen Falls Lodge and The Park Hotel Kenmare. Aileen, who hails from Co. Meath, has worked in a number of senior management positions at Sheen Falls Lodge in Kenmare, Bellinter House in Co. Meath, and General Manager of The Eccles Hotel in Glengarriff, Co. Cork.



## *Back to his roots...* Patrick and Aileen take the Reins at The Lansdowne Kenmare

## NEW ROAD SURFACING WELCOMED



Cllr. John O'Donoghue has expressed his delight at how the new road works from the Abbey Cross outbound towards Torc Waterfall have progressed. For too long the road, as a major tourist route into the town of Killarney was in a terrible state of repair. The new resurfacing work has resulted in a road surface much more befitting the volume of traffic it carries into the town. I know it was a particular source of angst for bus tours operators and they will be in for a treat when they return during the tourist season. I'm equally sure all the hardy souls returning after completing the annual Ring of Kerry Cycle will be delighted with the lovely new smooth road surface which awaits them on their return towards the town. The part of their anatomy in contact with the bicycle saddle will be particularly relieved! Great credit is due to the road crew who are completing the work, their engineers and our own Council and TII engineers and design teams.

## ACTION NEEDED ON "NUGGET HILL"

Following the rejection of a motion by Cllr. John O'Donoghue calling for a footpath to be provided on the was rejected, he is now asking that the council would consider installing public lighting from the Golden Nugget up as far as the turn off for Aghadoe at the Abode Apartments, as there is a greatly increased volume of pedestrian and cyclist traffic now using this stretch of roadway and visibility is quite poor, particularly on dark evenings

"As I mentioned in previous Notices of Motion, this stretch of roadway from the Golden Nugget up to the turn off for Aghadoe where the old German Butchers were located, is a stretch which is widely used by pedestrians and cyclists. Visibility is quite poor here, particularly on winter evenings, and there have been several near misses in recent months. Given the volume of Active Travel on the road, any accident could prove fatal and I ask that improving the lighting along this stretch be examined. Active Travel is a priority of the current Government and it should be encouraged, where feasible. My previous Notice of Motion calling for a footpath was rejected, and I accept there are constraints involved in putting a footpath in place, but adequate lighting would help alleviate the danger somewhat", Cllr. O'Donoghue said.







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# It's the talk of the town...

With Anne Lucey



Anne Lucey looks at the positive news happening in the town of Killarney

## Immigration policy rudderless

Refugee and immigration worries are hotting up around the country. No pun is intended. Killarney's dignified silent protest last November is a model for other communities. Mind you, those who wrote to the Department of Children looking for a meeting are still waiting. A court case this week heard Kerry County Council has 'very serious and grave' concerns over fire safety at the Kingscourt Harmony Inn in Muckross Road. Yet 67 men and three staff were packed in there. This does not inspire confidence.

The lack of consultation with local constituencies is a huge issue. Silly arguments and redundant rhetoric by senior ministers and MEPs is another problem. The Taoiseach's stance that you can't veto who lives near you is not strictly correct. The planning process ensures you have a voice. Every citizen - even bats - has an input into our statutory planning process.

The other argument - and I have heard this from Sinn Féin - is that health and housing were bad anyway in Killarney before the thousands of refugees arrived. So a bad situation makes it acceptable to make matters worse.

The third leg of the stool is that Ireland has plenty of room. This is true. Geographically, Ireland, like Australia, has plenty of land. But much of Australia is uninhabitable. And much of Ireland is now uninhabitable to a decent standard because it does not have basic services - shelter, health and education.

So while Sinn Féin and the Government parties and our MEPs advocate an open arms policy, there is little common sense. None is providing a single house or a single extra nurse or converting the likes of St Finan's

into a refugee centre.

Instead, taxpayers' money is being handed over by this State in truly scandalous amounts to private operators - none of whom is refusing.

The unvetted financial supports to Ukrainians 'fleeing war' - Ukraine is a vast country and much of it is unaffected - has made us a laughing stock, something the Government is realising.

Politicians' duty is surely to ensure the delivery of services and the wise spending and distribution of Irish people's money. Twenty years ago when immigration to this country first started, political debate was more robust and the Irish did not feel overlooked and discriminated against.

## Batty or what?

The Lesser Horseshoe Bat has a strong say in who is allowed to live near him in Killarney. A planning application for a three-storey apartment block in the Port Road has been turned down because of concern for 'the commute' of the Bat.

It is the second residential application in the area of the Port Road/Demesne to have failed at the Beechers' Brook of An Bord Pleanála. And all because of concern about how artificial lighting might disturb the highly protected bat on its way to and from its roost (Deenagh Lodge) in the Killarney National Park.

We recall how in August 2022 the board refused 228 residential units also on the grounds of how lighting might disturb the bat during and after construction on a 15-acre infill site off the Port Road

Kerry County Council had supported that application too because of the shortage of



all housing types in Killarney.

Housing shortage continues in Killarney and there isn't a single affordable development under construction.

And here we have a refusal for a bat. Things have gone too far entirely.

The proposed development would result in increased artificial lighting generated at both the construction and operational phases of the development which would impact 'on Lesser Horseshoe Bats that commute along routes to the west of the Port Road/Deenagh River', the board said in its written decision. I had to read it twice.

There was also not adequate consideration on the protection and retention of mature trees and hedgerows on and adjacent to the site boundaries which may support foraging bats, the board felt.

Surely conditions could have been attached to mitigate the effects? Elsewhere I have referred to how Fine Gael leader Leo Varadkar is so out of touch with this country he has forgotten the basic legal principles underlying the planning process. Might I suggest our Taoiseach do a refresher course in Killarney? That's if he can get a room at an inn.

## Weather station at Muckross

The recording of ten inches of rain at Muckross during December comes as no surprise. The rain in Muckross has been faithfully set down since the 1940s and congratulations to all concerned. However outside of science there is another kind of weather lore. On the shortest day of the year I was speaking with the great traditional forecaster T.P. O'Conchúir in west Kerry. I hadn't spoken with him for some time and I was trying to firm down a basis for the many rainbows I had seen in 2023. Science in the guise of Met Éireann was of little help. All Met Éireann could tell me was rainbows were in the eyes of the beholder.

There was so much caution in what Met Éireann said, I wondered afterwards about the timidity of science if all it could do was raise doubts about observable phenomena.

Recording rainbows is not objective and 'it is not done'.

However, a person could 'possibly' have seen more rainbows in the southwest in 2023, the weatherman said, stressing the 'tenuous' connection between higher rainfall this year and higher sunshine.

So I turned to the west. In his inimitable way, T.P. captured the wonder of the rainbow. He had seen a rainbow like he never saw before in early December. It was while he was waiting for the funeral of a local woman in Dunquin on the sea's edge. The 'huge rainbow' was about five miles out to sea and 'as high as a cathedral'.

'It was exceptionally wide and it stayed for around ten minutes,' he said.

It has been wet non-stop since 'the turn of the year', the 21st of June, he said as the year turned again on the 21st December.

I could have talked to him all day. The point of all this is to congratulate Muckross on their precise measurements, but also to remind people measuring inches is not the only way of telling the weather.



Gerry Murphy is the Horticultural Supervisor, at National Parks and Wildlife Service, Killarney National Park. Every morning at 9.00am dedicated staff - 365 days a year, would measure the rainfall, at the weather station. Gerry took over the task when the late Bill Carson retired in 2000. Automation of Muckross weather station began in 2019 with data transmitted directly to Met Éireann. Photo: Valerie O'Sullivan



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## Event will showcase 'WORLD CLASS' KERRY

Confirmation that Tralee has been given the green light to host a stage of the World Rally Championship, pending government funding and approval of a calendar slot by the promoter, has been described as a fantastic boost for the county by Killarney Chamber of Tourism and Commerce. Munster Technological University in Tralee will play a central role if, as expected, Motorsport Ireland's bid to stage the WRC proceeds with Kerry confirmed as one of three chosen locations, along with Limerick and Waterford.

The proposal is that they would alternate as host locations for Rally Ireland between 2025 and 2027 under the terms of the proposed combined three-year deal.

The funding decision is currently under consideration by the Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media.

Killarney Chamber noted that the event, said to be worth over €300 million in the three-year period, is watched by a global television audience of close on 250 million people and the promotional opportunities for the entire county of Kerry would be immense.

In addition, it would attract thousands of people to Kerry, including crews, their back-up teams, families and rally supporters from all over the world.

The MTU North Campus, which incorporates the Kerry Sports Academy, has been identified as one of the preferred locations that meets the very strict WRC criteria.

Hugely impressed Motorsport Ireland officials described the state-of-the-art Tralee venue as "world class".

The announcement was expected to be the selection of one location to host the WRC and the decision to rotate three venues came as a big surprise.

Killarney Chamber congratulated everybody involved in the successful Tralee bid and said their determination and powers of persuasion are a great advantage to the county.

"This is possibly a once-in-a-lifetime opportunity to promote Kerry to a very loyal audience who love the sport and relish the spectacular terrain over which the drivers compete".

"The event will showcase Kerry in the best light and, now that this crucial hurdle has been cleared, all our fingers are crossed that it will be ratified and funded," said a statement issued by Chamber joint presidents Pádraig Treacy and Johnny McGuire.

It is anticipated that some of the stages incorporated in the rally would include iconic Kerry rally locations such as Moll's Gap, Caragh Lake and Ballaghbeama and that would really help put the beauty of the county on the world map, the Chamber added.

It is anticipated that some of the stages incorporated in the rally would include iconic Kerry rally locations such as Moll's Gap.



## GLENEAGLE HOTEL HR TEAM NOMINATED for Prestigious CIPD Awards



The Gleneagle Hotel's HR Team - finalists in the upcoming CIPD Awards: Eilis Loughrey, Director of People & Culture, Sylwia Godzik, Recruitment Manager and Ann O'Leary, Assistant Human Resources Manager. Picture: Valerie O'Sullivan

The Gleneagle Hotel's hardworking HR team is a finalist in the annual Chartered Institute of Personnel Development Ireland HR Awards.

The Chartered Institute of Personnel Development (CIPD) is the professional body for human resources and people development and their awards are considered the most prestigious HR awards in Ireland.

The Gleneagle Hotel has been shortlisted in three categories - Talent Management, Elevating the Employee Experience and Rising Star of the People Profession. The Gleneagle Hotel is the only hotel to feature among this year's finalists.

"These nominations are a testament to the work we all do across the hotel to attract, engage, develop and retain people," said Eilis Loughrey, Director of People and Culture for The Gleneagle Group. "It is very much a team effort but we must give particular credit to Sylwia Godzik our Recruitment Manager who is a finalist in the Rising Star of the People Profession category. We wish her the very best of luck."

The HR team's next step is to make a presentation in each of the three categories to the CIPD judging panel. The overall winners will be announced at a special awards ceremony in the Mansion House, Dublin on February 23. The Gleneagle Group has also recently been recertified as a 'Great Place to Work' the mark of employer excellence through Fáilte Ireland's Employer Excellence Programme. To find out more about joining The Gleneagle Group Team visit [www.gleneaglegroup.ie](http://www.gleneaglegroup.ie)





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## Ian embraces the future following life changing weight loss with **SLIMMING WORLD**

A Killorglin man has discovered a new lease of life following a massive weight loss with Slimming World.

Ian Robertson has lived in Killorglin for the past 22 years with his wife Linda.

The 64 year old's weight had risen to 22 stone over the past few years and was starting to cause health issues.

Following a diagnosis of Atrial Fibrillation and the discovery of two enlarged ventricles, Ian embarked on a journey which was to change his life.

"Taking the first step was the hardest", Ian told Killarney Outlook. "I was speaking to my sister in the UK and she told me about Slimming World. I checked locally and discovered Hayley's Slimming World Group and took the bull by the horns and joined up", he added.

That was in May 2023 and with an already 2 stone weight loss behind him Ian has lost an incredible five stone since joining.

"I am feeling fantastic, I am still eating pretty much the same, just food optimising which is part of Slimming World,

so while I can still have my chocolate biscuit - I just can't have the packet", he said.

"Friday night is still fish and chips night in our house - its just done differently - we don't have the battered fish and we cook the chips in the air fryer and it's all delicious", he added. While Ian is relishing his new life as a slimmed down man - it is his health that has taken the most incredible turn of all.

"I went back for my six month check up and when I walked into the room, my consultant didn't recognise me", Ian told Killarney Outlook.

Following a new series of tests, it was revealed that Ian's enlarged ventricles had returned to normal and his blood pressure had reduced.

Ian, who was a former elite athlete in his youth, now enjoys a daily walk with his two rescue dogs. "My 6km walk would have taken me approx two hours before I lost the weight, however now I am down to just over one hour", he said. Ian also enjoys being apart of his local walking group and spends weekends in the national park



*Before and After: Ian Robertson has lost an amazing 5 stone with Slimming World and 7 stone in total.*



with Linda and the dogs.

"Hayley's support at the group was fantastic and now a friend of mine has joined and he has lost over 2 stone. Slimming World is for everyone, its about motivation and the support of the group is fantastic, even for your mental health - I am so delighted I joined and am now looking forward to the future being a much healthier and happier man", Ian said.

Ian is part of Hayley Collison's Killorglin Slimming World group which meets at An Sean Scoil, Sunhill on Saturday

Mornings from 8am to 9.30am.

She also runs Slimming World at the KDYS Killarney on Thursdays from 8am - 9.30pm and at 7pm.

There is also a group run by Sharon at the KDYS on Saturday morning from 8am and 9.30a,

Hayley is a Slimming World Consultant for 11 years and also a Slimming World success story, having lost 5 stone with the group.

She can be contacted on: 087 7036975

## CLIONA'S FOUNDATION TO BENEFIT from Coffee Morning



*Muireann O'Donoghue and Sinead Byrne will host a coffee morning, tomorrow Saturday January 13th in aid of Cliona's Foundation.*

Two transitions students at St. Brigid's Presentation Secondary School are putting the final touches to a coffee morning, which will be held tomorrow morning, Saturday January 13th at the Old Weir Lodge, Muckross Road from 10 am until 12.30 pm. The event is being organised by Muireann O'Donoghue and Sinead Byrne and is in aid of Cliona's Foundation which is a charity that provides financial assistance to families of children with life limiting illness. The charity relies on donations and sponsorship to assist the families who may be experiencing financial difficulties whilst caring for their child. ([www.clionas.ie](http://www.clionas.ie))

In May Muireann and Sinéad will travel to Spain to walk the Camino with Cliona's. The girls have paid the cost of travel, accommodation, and food themselves but need to raise an additional €2,000 for the charity in advance of the trip. All monies raised through the coffee morning will go directly to Cliona's charity.

The girls are looking forward to welcoming a large crowd to their coffee morning on Saturday and hope that many of their families and friends will support this very worthy cause.

If you are unable to attend the coffee morning but would like to donate the girls have set up an iDonate page which can be accessed via the following link. <https://www.idonate.ie/fundraiser/MuireannODonoghue>





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**With Hayley: 087 703 6975**



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# Hope Alive!

## As Diocese of Kerry plan Online Mission



The diocese of Kerry has issued an open invitation to join their Online Mission Sunday, January the 21st to 24th. The Mission is called Hope Alive! This Mission offers an opportunity for people to gather in reflection and in prayer, online and in the home. Like the traditional Parish Mission, all are welcome to participate, inclusive of all age groups and those involved with church or those who have disengaged with church. Everyone is welcome! The Mission Booklets are available in parish churches, with Daily Mass streamed from four Churches representing different pastoral areas of the diocese.

This Mission aims to lift spirits and hearts, at a time when in addition to the normal ups and downs of daily living we have horrific wars, housing shortage and a stretched healthcare system.

Our aim is to nurture the diocesan faith community in this present reality. We wish to encourage people to live with hope and solidarity in community as we move through

this new year.

To join in the mission online register on the diocesan website: [www.dioceseofkerry.ie](http://www.dioceseofkerry.ie)

### The elements of the Mission

Hope Alive! the Mission Booklet is available both online and a hard copy is available from your local parish church.

Sunday to Wednesday you are invited to join in

- Daily Prayer – outlined in The Mission Booklet
- Mission Mass live streamed from 4 different churches

- Daily Reflections – online
- Schools Programme – online
- Prayer Petitions - online
- Family Time - suggestions in The Mission Booklet

• Mission Talk each evening at 8pm

The Mission is central to our ongoing Radio Kerry Programming:

- Horizons at 9am Sunday
- Sunday Mass at 10am Sunday from Our Lady and St. Brendan's Church, Tralee
- Just a Thought at 7.30am and 12noon Monday to Friday

### Mission Guest Speakers:

Adi Roche - Welcoming the Stranger  
Sunday 21st Jan at 8.00pm

Adi Roche is our well-known humanitarian, activist and campaigner for nuclear disarmament. She is the founder and voluntary CEO of Chernobyl Children International, established 1991. It provides humanitarian aid to the affected children of Ukraine, Belarus and Western Russia. Hope and courage is central to its workings.

Dr Michael Conway - Church in Today's World

**Monday 22nd Jan at 8.00pm**

Fr. Michael is a priest of the diocese of Galway. He teaches Theology at St. Patrick's College, Maynooth, where he is Professor Faith and Culture. He gives talks regularly on the changing face of religion, spirituality and faith throughout Ireland.

Dr Keith Gaynor – Wellbeing in times of Change

**Tuesday 23rd Jan at 8.00pm**

Dr Keith Gaynor is an Associate Professor in Clinical Psychology in the School of Psychology and a Senior Clinical Psychologist in DETECT, Early Intervention in Psychosis Services in Dublin. Keith engages widely with traditional and social media sharing information about mental health difficulties. He is author of the self-help

MISSION 2024

hope  
alive!

SUNDAY 21ST - WEDNESDAY 24TH JANUARY



DEOISE CHIARRAI

book Protecting Mental Health.

Jane Mellett – Seeds of Hope

**Wednesday 24th Jan at 8pm**

Jane Mellett is the Church Outreach Manager at Trócaire. She has a special interest in Laudato Si' and how it continues to inspire faith communities to respond to the environmental crisis. Jane has co-authored three books of reflections on the Sunday Gospels, called The Deep End.

Those interested in attending can Register on [www.dioceseofkerry.ie](http://www.dioceseofkerry.ie) and will receive a daily email with the direct link to each aspect of the Mission.

### A Message from Bishop Ray Browne in relation to our Online Mission - Hope Alive:

*It is you O lord who are my hope, my trust, O Lord, since my youth.*

*As parishes of the diocese of Kerry, it is good for us to unite online for our four-day Mission, "Hope Alive". It provides an opportunity to nourish, share and live our faith. Do encourage family and friends to join in the Mission. A sincere thank you to the Diocesan Pastoral Team and to our guest speakers.*

*We believe in and put our hope in Jesus Christ, who assures us of his love and protection, and who asks us to love and care for one another, reminding us that people everywhere are our sisters and brothers.*

*We live in a fear filled time: parents concerning young children; adults regarding housing and poverty; all of us regarding both climate change and the awful wars in Sudan, Ukraine and Israel-Palestine. Hope in the presence of Jesus Christ is our response to all fear and worry.*

*May your love be upon us O lord, as we place all our hope in you.*

- Ray Browne

### Mission Masses streamed daily:

Our Lady and St. Brendan's Tralee, Sun. January 21st 10am - Streamed and Broadcast on Radio Kerry

Caherdaniel, Mon. January 22nd 10am - Streamed

Ballyduff, Tues. January 23rd 10am - Streamed

Dingle, Wed. January 24th 10am - Streamed

## FAMILY time

Making the Mission together

### 1. Plant bulbs

Nature reflects God's beauty. Plant bulbs in a pot to remind you of God's presence with us, even when we can't see it. Wait and watch them grow and flower!

### 2. Share with others

Jesus invites us to think of others and to share what we have. Bring toys you no longer play with to your local charity shop so other children can enjoy them.

### 4. Our Family Blessing Jar

Decorate a large jar. Each person writes something they want to thank God for and puts it in the jar. Each evening of the Mission, add another thank you!

### 3. Make a bug hotel

In the garden or in a wooded area near you, gather sticks, branches and pinecones. Make a little pile in which the bugs, God's creatures, can live.

### 5. Light a candle

Visit your local church. Light a candle and pray for all the people who show love to you.

### 6. Celebrate family time

Jesus enjoyed sharing a meal with friends and strangers. Why not bake a cake or cookies together and invite your children to lead the prayer before enjoying the treat?



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## CLUB REMEMBERS A WONDERFUL STALWART

A man who dedicated much of his life – both professional and personal – to promoting the game of soccer in Kerry has been remembered in an appropriate way by the club he loved.

Pádraig Harnett, who passed away in October 2022, after a short illness, was a major driving force behind the promotion of the game at an underage level and, with that in mind, his friends and former colleagues in Killarney Celtic FC organised a memorial blitz in his honour.

Teams made up of under 11, under 12 and under 13 players competed for the Pádraig Harnett Cup and all proceeds

raised on the day went to the Ballydribbeen Community Playground fund.

There was a fantastic turnout for the blitz and the atmosphere on the day was wonderful as the young players showcased their skills and enthusiasm in a manner that would have greatly impressed the late Pádraig.

The silverware, sponsored by Tom Tobin of Killarney Medals and Trophies, was presented to the winning team by Pádraig's wife, Maura Harnett, and his brother Brendan.

Killarney Celtic Chairman, Tim Jones, remarked: "We were delighted to host a competition to commemorate the memory of an outstanding clubman who gave so much to the club and Kerry soccer".

He said Celtic members were also thrilled to be in a position to support the fundraising efforts of the Ballydribbeen Community Playground fundraising initiative.

"The new playground, which will form part of the new Derreen Sports Complex



*Pictured at the presentation of proceeds from the memorial blitz were, from left, Killarney Celtic Vice Chairman Paul Sherry, Treasurer John Somers, Chairman Tim Jones, Ballydribbeen Community Playground Group Treasurer Nicole Roeder, Killarney Celtic Director of Football Mike Lyne and Community Playground Group officials Emilija Gedrimrite and Anthony Kelly. Holding the Pádraig Harnett Memorial Cup in the foreground is Kyle O'Sullivan, Ballydribbeen Community Playground Group. Picture: Ian Cronin*

development, is of pivotal importance to the local community," Tim added.

The late Pádraig Harnett, who was from Killarney but lived in recent years in Currans, was involved in soccer at all levels in Kerry, from running the schoolboy and girls' leagues to

representing the county on the FAI General Assembly.

He was also very involved in local basketball, motorsport and cycling, reporting on those sports for the print and broadcast media.

## SIMPLE STEPS TO AVOID ISSUES WITH YOUR WATER AS THE FREEZING WEATHER ARRIVES

With a Status Yellow low temperature warning in place and freezing temperatures likely to continue for the rest of the week, Uisce Éireann is sharing easy tips to prevent freezing pipes, leaks, and damaged heating systems, while also helping protect our precious water supplies.

By following these simple steps, homeowners can save time, money and stress.

To help homeowners in their winterproofing efforts, Uisce Éireann has launched a social media campaign and a dedicated webpage at [www.water.ie/winterproofing](http://www.water.ie/winterproofing). Here customers can find comprehensive advice and practical tips to prevent leaks, conserve water, and make the most of their heating systems during the colder months. Tips include:

**Insulate water tanks and pipes:** Exposed pipes and tanks are particularly vulnerable to freezing. Insulating them with lagging material can help prevent heat loss and keep pipes from freezing

**Service your boiler:** A well-maintained boiler is essential for efficient heating and can help reduce energy bills. Uisce Éireann recommends having your boiler serviced regularly by an accredited plumber

**Fix dripping taps:** We recommend you always fix any dripping taps but pay particular

attention to external dripping taps in winter as water from them can freeze on the ground and can cause people to slip and injure themselves.

**Check your inside stop valve:** The inside stop valve is the main isolation valve for your water supply. It's important to make sure you can easily locate and operate the stop valve in case of a leak

**Minimise draughts:** Cold air from outside can cause pipes to freeze inside. Draught-proof your home by sealing gaps around windows and doors.

### MORE TIPS TO HELP YOU CONSERVE WATER

- **Leak free:** Check that your home is leak free. Check for running overflows and fix any dripping taps, cisterns or pipes

- **Don't let the tap run:** Brushing your teeth with the tap running can use up to a staggering 6 litres per minute. Brushing your teeth with the tap off will use a more modest 1 litre of water

- **Shower vs. Bath:** The average bath uses 80 litres of water compared to an average shower using 49 litres in seven minutes. Switch your bath to a shower for a massive water saving

- **Less time:** With the average shower using 7 litres of water per minute by turning your five

minute shower into four minutes, you could save up to 7 litres of water per day!

- **Fully loaded:** Always ensure your dishwasher and washing machines are fully loaded. A modern washing machine uses approximately 65 litres of water per cycle while a dishwasher uses 20 litres. By ensuring they are fully loaded, not only will you conserve water but you will also reduce your energy bills

- **Don't flush it all away:** A third of all water used in the home is flushed down the toilet. Some larger cisterns can continue to work effectively with a smaller flush. Place a displacement device into the cistern (out of the way of moving parts) to save water







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# For These Are My Mountains....

A rendition of Johnny O'Brien's favourite song rang out on the summit of the Paps of Anú as 300 hardy walkers ascended the Western Pap at 690 meters in darkness on Saturday morning, 23rd December in aid of Kerry Hospice Foundation Palliative Care and in memory of Johnny 'the Rock' O'Brien who tragically passed away on St. Stephen's Day, 2022. Johnny was the heart and soul of Glenflesk, a caring farmer and wonderful neighbour who lived his life on his own terms.

On a misty summit, Glenflesk's finest musicians Derry Healy and Michael McGillicuddy, set the pace for a Kerry polka set, followed by a rendition of 'For these are my Mountains' Johnny 'the Rock' O'Brien's favourite song. Concluding with a fire ceremony delivered by Fiona O'Donoghue in honour of the Goddess Anú.

PHOTOS: VALERIE O'SULLIVAN



Margaret Hussey-O'Brien, a sister of the late Johnny O'Brien, listening to Derry Healy singing her brother Johnny's favourite song 'for these are my mountains' on the summit of The Paps of Anú.



Fiona O'Donoghue celebrating our ancient past on The Paps of Anú -The Goddess of fertility and farming community, as 300 hardy walkers ascended the Western Pap at 690 meters in darkness on Saturday morning.



Margaret Hussey-O'Brien, a sister of the late Johnny O'Brien, with Neily Moynihan, remembering Johnny on the summit as 300 hardy souls trekked the paps For Kerry Hospice and in memory of Johnny 'the Rock' O'Brien who tragically passed away on St. Stephen's Day, 2022.





## PAT SHEEHAN

WEIGHT LOSS COACH



### THE NAME 'PAT SHEEHAN' and weight loss go hand in hand in Killarney

We spoke to Pat on his 10th Anniversary in business to discuss his success and the popularity of his common sense, practical, no-nonsense weight-loss programmes.

I learned Pat has helped countless people over the last 10 years improve their lives by guiding and motivating them through better habits in terms of nutrition and lifestyle choices. Pat promotes balance in every way. Most people let their lifestyle dictate their digestive system and metabolism whereas Pat says you should be prioritising your metabolic health by adapting your lifestyle appropriately.

'This might not make sense right now but after a meeting with me you will see how important it is to have your metabolic rate running efficiently.' Pat said.

#### 'Eat Often and Little!'

'Successful weight-loss journeys are personal but it's hard to hide the visible changes in people' he said.

It's not just weight but the numerous health benefits too.

People talk, my clients talk, its personal first-hand referrals that account for most of my clientele.' Pat explained.

#### Did you know Pat's clientele now ranges across the globe?

Such is the demand, to accommodate those living outside the Kingdom, he launched an App, 'Pat Sheehan Weight Loss Coach' available to download @app store, so you can complete your programme wherever you are.

#### So what makes Pat's programmes different?

'Accountability, Time and Patience are key, if you want a quick fix there are plenty of programmes out there but clients already know when they come to me that yo-yo diets don't work. If you want to lose weight, keep it off, feel better and change your life for the better then call me.'

>Well-known local man Damien Switzer is proud to say he has been to Pat, it's very evident as Damien has lost a whopping 55 pounds and counting. He is just one of many who sing Pats praises and says he is only sorry he didn't sign up sooner.

#### So what do you get when you sign up with Pat Sheehan?

●Your journey will start with a one-to-one 90-minute induction session, you'll get a 60-page guide on understanding your digestive system, nutritional advice, shopping lists, healthy recipes, a food diary and much more. A one-to-one weekly weigh-in and food diary checkup plus tailored tips and motivation. Access to the App, which helps you track your progress and includes Pats Step-by-Step plan to guide you through your weight loss journey in successfully changing your lifestyle for the future.

**Pats Office is located in Club Vitae Leisure Centre - Hotel Killarney**

**Weekly weigh-in times are:**

- Tuesday's 8:15am to 10:00am,
- Tuesdays 6pm to 7pm,
- Thursdays 5.15pm to 6.15pm,
- Fridays 8.15am to 10am,
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# ALL-STAR BUSINESS VISIONARY AWARD FOR LISA

Lisa Fitzpatrick, the founder of Lisa Fitzpatrick Coaching, has been recognized as an All-Star Business Visionary for 2024 featuring on the esteemed All-Ireland Business Foundation's New Year's Honours List. This achievement highlights Lisa's exceptional contributions, dedication, and talent, establishing her as a true industry leader in the coaching sector. This recognition also sees Lisa included on the All-Ireland Business Foundation Honours List for 2024.

The Deputy Chair of the AIBF's Adjudication Board, Kieran Ring, expressed his admiration, saying, "Lisa's selection recognizes her exceptional contributions, dedication, and talent, further solidifying her position as a true industry leader in the coaching sector. The announcement not only celebrates her accomplishments but also highlights the relentless efforts she has put into propelling Lisa Fitzpatrick Coaching to the forefront of the coaching industry."

Reacting to this prestigious recognition, Lisa Fitzpatrick said, "I am incredibly honoured to be recognized as an All-Star Business Visionary for 2024. This accolade reflects the drive and passion I have poured into Lisa Fitzpatrick Coaching. I am grateful for the opportunity to make a positive impact on the lives of my clients and to be acknowledged for my contributions to the coaching industry."

Lisa Fitzpatrick Coaching has gained significant acclaim for its transformative approach to personal and professional development. Through her coaching expertise, Lisa has empowered individuals and organisations to overcome challenges, unlock their potential, and achieve their goals. This All-Star Business Visionary title further solidifies Lisa's reputation as a leading figure in the coaching industry and highlights her commitment to excellence.

Managing Director of the All-Ireland Business Foundation, Kapil Khanna, added: "Each and every one of the 17 brilliant business leaders on the AIBF New Years Honours List represents what's great about Irish business. Their drive, positivity and high performance have propelled the Irish economy to new heights, and we're privileged to be working alongside them as members of The AIBF Register of Irish Business Excellence



*Lisa Fitzpatrick, Founder, Lisa Fitzpatrick Coaching pictured with her All-Star Business Visionary 2024 accreditation.*

(TRIBE)."

The All-Ireland Business Foundation (AIBF) is an autonomous national accreditation body tasked with enterprise development and the promotion of Best-in-Class in Irish business.

The Foundation actively engages and supports its network through peer dialogue, collaboration, mentoring and enterprise development activities. Companies are qualified for accreditation by completing an enterprise audit and are identified by their use of the AIBF's Business All-Star Marque.

## Kerry MEP optimistic for purchase of Conor Pass



Seán Kelly, MEP for Ireland South, has expressed optimism as the Government moves closer to securing the picturesque Conor Pass in Co Kerry. "The negotiations, ongoing for months, appear to be getting closer to the purchase of the property by the state. This would be a very positive outcome, especially for the tourism sector", MEP Kelly said.

The Conor Pass, renowned for its mountain scenery and natural beauty, spans 12km, connecting Dingle town and Kilmore Cross on the north of the Dingle Peninsula. The 1,400-acre property encompasses grazing land, forestry, and three lakes – Lough Atlea, Lough Beirne, and Peddlar's Lake, making it a haven for tourists, walkers, and cyclists. However, Kelly underscores that the lands should be acquired at a reasonable price.

"This is great opportunity for the government to show leadership in preserving nature, particularly during the contentious debates surrounding the EU's Nature Restoration Law.

"There is obviously still a cost benefit analysis to be done and I sincerely hope that the current owners are realistic in their asking price. That said, I hope an agreement can be made as it would be another fantastic addition to the Kerry's beautiful landscape and scenery", MEP Kelly added.



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# 2024 CAO COLLEGE HOPEFULS CAN APPROACH THE APPLICATION SEASON WITH CONSIDERABLE OPTIMISM



By Billy Ryle

## PROMISING

As a new year dawns with fresh hope and radiant enthusiasm, college applicants must focus on the Central Applications Office (CAO) form as the deadline looms large. Indeed, 2024 is shaping up to be a very promising year for the 85,000 plus applicants – about 2,500 from Kerry – seeking a third level college course. In 2023, 67,839 applicants received at least one offer from the CAO. The net applicant acceptance figure was 51,228 – 45,206 at Level 8 (Honours Bachelor Degrees) and 6,022 at Level 7/6 (Ordinary Level Degrees/Higher Certificates). More than 52,000 college places will be available next August. Applicants have until 5pm on 1st February to submit a completed application form. So, use the remaining weeks wisely. Carefully consider your course choices. Follow your heart but keep an eye on the jobs market.

## GRADES & POINTS

The calculated, accredited and enhanced grades have considerably inflated course points requirements during the past four years and that is likely to be the case again in 2024. Consult the 2023 cut off points as a guide to likely points requirements in 2024, but keep in mind that points' requirements for courses may fluctuate from year to year, so predicting cut off points is an inaccurate science. Each Leaving Cert candidate should aim to achieve her/his best possible result in that exam. Points' requirements for courses will take care of themselves in due course.

## CAO ROLE

The CAO processes applications for admission to undergraduate courses in third level colleges in Ireland. Every public sector university, college and institute in the country, as well as a number of private colleges, participates in the CAO system. An applicant may choose from the entire range of courses in the CAO Handbook 2024. The courses are categorised as "Level 8" or "Level 7/6". The Level 8 category contains the Honours Bachelor Degrees while the Level 7/6 category contains Ordinary Bachelor Degrees/Higher Certificates.

## SINGLE APPLICATION

All you have to do is submit a single application

to compete for one of the available third-level places. The interactive online application system, "Apply" has made the process very straightforward. Apply is easy to follow, particularly as the CAO provides an Interactive Demo to enable you make a trial application. The CAO Handbook 2024 also contains detailed easy-to-follow information on how to apply for the courses on offer. The interactive online application service will remain open on the CAO website, [www.cao.ie](http://www.cao.ie) until 5pm on 1st February. The fee is €30, if you apply by 20th January and €45 thereafter until the 1st February.

## STUDY THE 2024 HANDBOOK

Before you apply, study the online CAO Handbook 2024 which explains how to apply for a third level college place. The colleges in the CAO system are listed in alphabetical order by location. The courses in each college are listed directly under the college title, with Level 8 courses being listed separately from Level 7/6 courses. Select your personal preferences from the entire range of courses in the Handbook. Each course is assigned a code, which you enter on the application. You may apply for up to ten courses in each of the two categories, listed in order of your preference.

## STRENGTHS

Consult the online CAO Handbook 2024 for information about general academic requirements, specific course requirements and content of courses. Similar information can also be found on colleges' websites. Consider the potential career value of each course for which you are applying. Play to your strengths as you do your course research during the next few weeks. Jot down your personal career profile, including such variables as ability, achievement, application, aptitude, ambition, values, interests and personality (SAVIP). Select courses that suit you in order to have a fulfilling and successful college experience.

## 2024 CAO COMMON POINTS SCALE

Percentage	Higher	Points	Ordinary	Points
90 - 100	H1	100	O1	56
80 < 90	H2	88	O2	46
70 < 80	H3	77	O3	37

60 < 70	H4	66	O4	28
50 < 60	H5	56	O5	20
40 < 50	H6	46	O6	12
30 < 40	H7	37	O7	0
0 < 30	H8	0	O8	0

- 1) 25 bonus points are awarded for Higher Level Maths for H6 or above if Maths is one of the six subjects being counted for points calculation
- 2) Foundation Level Maths: F1 and F2 are valued at 20 and 12 points, respectively
- 3) LCVP: Distinction, Merit, Pass are valued at 66, 46 and 28 points, respectively

## CHECKLIST

- Familiarise yourself with the H and O grades and the respective points' values
- Be aware of the minimum and specific course entry requirements
- The CAO processes applications for admission to third level undergraduate courses
- The fee for the online application is €30, if you apply by 5pm on the 20th January
- Thereafter the fee is €45 until the standard closing date of 1st February at 5pm
- Before you tackle the CAO application, study the online CAO Handbook 2024
- Select your personal preferences from the entire range of courses in the Handbook
- You may apply for up to ten courses in each of the two categories
- Don't apply for a course without consulting the college web site
- Play to your strengths as you consider your course choices
- Jot down your personal career profile, based on the "SAVIP" method
- Good quality research will result in you securing a suitable course

Billy Ryle is a Career Guidance Counsellor and Educational Commentator

Email: [rylebilly@gmail.com](mailto:rylebilly@gmail.com)

Tel: 087 9808979

Singer/Songwriter, Mary Culloty O'Sullivan and her 'Finding Your Voice' Singers were delighted to present Recovery Haven Cancer Services a cheque for €1,000 from their Christmas Concerts. "I would like to say a huge Thank You to everyone who attended and donated. Also to Denis, Marina and staff in the Avenue Hotel and our accompanist Tony O'Flaherty and Paul O'Sullivan on sound", Mary told Killarney Outlook.





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# Denis Inducted into **THE HALL OF FAME**



*O'Callaghan Coaches Christmas staff party with new Hall of Fame honouree Denis Lynch*

O'Callaghan Coaches made a special presentation to retired coach driver Denis Lynch at their Christmas staff party at Kate Kearney's Cottage. Lena and Jimmy O'Callaghan, who were both school bus drivers, started their company in 1969 and it wasn't long before their friend Denis joined them in the early 70s. It was only fitting that he was honoured as the first inductee to the company Hall of Fame alongside the founding members.

Denis, from Beaufort, has now retired but was a very popular school bus driver in and around the Killarney area for many years. Denis was joined by his wife Peggy on Saturday night as Jimmy O'Callaghan was on hand to make the presentation of a beautiful slate clock, adorned with a special inscription.

Philip O'Callaghan said "This recognition celebrates his dedicated service to the company,

an impressive commitment spanning five decades. Over this extensive period, Denis played a pivotal role in laying the foundation and shaping key aspects of the company culture, including work ethic and customer service. His consistent good-humoured approach with everyone working alongside him has significantly contributed to the way we all operate and engage with each other, still evident today. Denis Lynch's lasting influence on the company is acknowledged as a key factor in the ongoing success that O'Callaghan Coaches enjoys, and this acknowledgment underscores his substantial and enduring impact, destined to remain with the company forever. Thank you Denis"



*Jimmy O'Callaghan presenting Denis Lynch with an inscribed slate clock to mark the occasion*

## Niall 'Bressie' Breslin - Where is My Mind?

After a sensational run of sold out shows in 2023, Niall "Bressie" Breslin is bringing his multi-award-winning 'Where is My Mind?' podcast on the road again and stops by the Gleneagle INEC Club on April 20th 2024.

Having led a colourful life thus far and being no stranger to a slap from the dark side, Niall 'Bressie' Breslin has made it his vocation to excavate and discover what it is that makes us humans dive, survive, recover and thrive in the head melty-chaos of the modern world.

In 2024, Niall takes his quest on the road with the WHERE IS MY MIND live show. The unique and intoxicating mix of music, spoken word, monologues and incredible guests.

This marvelous show has captivated audiences with its humour, heart, relatability and creativity. Breslin's distinctive storytelling, skillful delivery and carefully crafted soundtrack disarms the audience and brings them with him on a compelling and, at times, emotional journey.

His unparalleled capacity to connect with his guests in a humorous and profoundly human way is why he won this year's Irish podcast award for best interview.

Guests for the live shows have included U2's Adam Clayton, Michael Harding and Conor Moore, with some very special guests lined up for the April tour.

Tickets from €28.00 are available from [www.inec.ie](http://www.inec.ie).





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# THE CREDIT UNIONS OF KERRY AND WEST LIMERICK announce new partnership with Energywise Ireland

The Credit Unions of Kerry and West Limerick are delighted to announce a new partnership with Energywise Ireland.

Energywise Ireland is a trusted SEAI-registered One Stop Shop that offers a convenient solution for designing, supplying, and installing renewable energy solutions for both the domestic and commercial sectors. The new Credit Union collaboration will inform new Energywise customers of the finance options available from your local Credit Union to help finance any Home Energy upgrade works. Loan rates will be directly linked to the property BER starting from 4.7%(4.89APR) for an "A" rated BER.

John B. O'Halloran; Programme Manager with Energywise Ireland commented; "We are delighted to have this collaboration in place with the Credit Unions of Kerry and West Limerick. Customers are often unsure how to approach finance for Home Energy Upgrades or Retrofits, now with a direct link to local Credit Unions we can refer members directly to gain the specific details they need based on their quotations at very competitive rates."

Speaking on behalf of the Kerry and West Limerick Credit Unions, Karena McCarthy commented; "This new partnership with Energywise Ireland is a wonderful fit for us. Credit Union members are often unsure of the grant requirements or the registered contractors available locally for Home Energy Upgrades. Having a direct link with Energywise Ireland allows both sides to make referrals and know they are in safe hands. 2024 will see further growth in Home Energy Upgrades as SEAI work to reach government targets, we in parallel want to ensure our members can avail of the best loan rates."

You can reach out to your local Credit Unions across Kerry & West Limerick. Abbeyfeale Credit Union, Cara Credit Union, Killarney Credit Union, Listowel Credit Union and Rathmore &

District Credit Union. [www.creditunion.ie](http://www.creditunion.ie)

You can contact Energywise to discuss your Home Energy Upgrades or retrofit requirements by phone 066 4017028, email [info@energywiseireland.ie](mailto:info@energywiseireland.ie) or for more information visit [www.energywiseireland.ie](http://www.energywiseireland.ie).



The Credit Unions of Kerry and West Limerick announce new partnership with Energywise Ireland. Pictured at Rose Hotel in Tralee to announce the new partnership were : Karena McCarthy Killarney Credit Union , Fergus McAuliffe - Rathmore & District Credit Union , Philip Lynch Cara Credit Union Tralee , Ashley Fitzgerald Listowel Credit Union Wayne Conway Energywise Ireland and John B. O'Halloran; Programme Manager with Energywise Ireland.

Photo By : Domnick Walsh © Eye Focus LTD .

## The Fexco Kerry Heroes of 2023

Radio Kerry is delighted to announce that eight groups and individuals have been recognised as the Fexco Kerry Heroes of 2023. Jerry O Sullivan spoke to each of the award winners on Kerry Today earlier today. All nominations received for this year's awards are all deserving of recognition in their own right, which made the decision even more difficult for the panel who were asked to choose the eight award winners. Each award recipient was presented with a specially created 2023 handcrafted vase sponsored by Louis Mulcahy Pottery/Potadóireacht na Caolóige, Clogher, Ballyferrier.



Ryan Griffin from Waterville, nominated by listeners for his silver medal win at the Special Olympics.

### The eight award winners are

Ryan Griffin from Waterville, nominated by listeners for his silver medal win at the Special Olympics.

The Crotta hurlers who brought a 55 year wait to an end by winning the County Hurling Final.

Participants and host farmers in the Kerry Social Farming project were also recognised for the difference they make in our community.

Lyn Fenton, Liz Fenton and Deirdre O Callaghan were nominated for the support they showed the Fenton Toms family after a devastating house fire.

Paddy Kevane for the work he does with St Vincent de Paul, Meals on Wheels and MABS.

Deirdre Fitzgerald and the staff at the O Connell Adult Centre in Caherciveen were recognised for the support they give to those returning to education.

Listeners nominated Louise Quill for her work with the Tir na n Og orphanage in Tanzania.

Billy Browne from Killorglin for the exceptional care he showed to his late son Conor which facilitated him to be cared for at home. This award also recognised the exceptional work down by family carers throughout the county.

Radio Kerry General Manager, Fiona Stack said that the nominations show how lucky we are to live in a community where so many groups and individuals step forward to help others.

She congratulated the winners and the multiple other nominees, and thanked listeners for bringing their stories forward for recognition and allowing us to end the year celebrating those that make us proud to be from Kerry.





Society of St. Vincent de Paul

**SOCIETY OF ST. VINCENT DE PAUL**

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# Thank you

*The Society of St. Vincent de Paul Killarney wish to THANK all who fundraised and contributed to the Christmas Appeal and Church Gate Collections in December 2023.*

*Sincere THANKS to everyone for your generous support throughout the year. Your continuous support to St. Vincent de Paul is very much appreciated.*

*Wishing everybody a Happy and Safe 2024*

***Please support our St. Vincent's Shop - Open 6 days a week***

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# Through The Eye of the Lens



Warming up... Abbie, Pierce, Tom Ava and Sarah Leslie, enjoying the annual Charity Christmas Day swim in aid of AWARE at Dundag shore, Muckcross Lake, Killarney National Park. Photo: Valerie O'Sullivan



Pictured above are Aisha Litu, Tia Bruton and Claire Lyne who won prizes in the recent 'Design a Christmas Card' competition in St. Brigid's. The girls were presented with their award by Mr S Colgan, student council liaison officer in the school.



Fossa National School pupils Tobias Libdova, Una Caprice, Holly Brosnan, Hugh Kavanagh participating in their Christmas Concert in the Prince of Peace Church, Fossa, Killarney. Photo by Michelle Cooper Galvin

Anthony Favier at the farewell gathering from staff and pupils of Fossa National School Killarney as he retired as Caretaker of the school for 22 years on Thursday. Photo by Michelle Cooper Galvin



Fossa pupils at the retirement farewell gathering for Anthony Favier at Fossa National School Killarney who retired as Caretaker of the school for 22 years on Thursday. Photo by Michelle Cooper Galvin



Staff from The District Hospital Killarney very Festive on their Christmas Day Shift.



Eabha Dwyer, Abbie Leslie, Doireann Dwyer and Ava Leslie, Enjoying the annual Charity Christmas Day swim in aid of AWARE at Dundag shore, Muckcross Lake, Killarney National Park. Photo: Valerie O'Sullivan





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All ticket prices exclude service charge plus €1 facility fee. Telephone and Internet bookings subject to service charge.



# NEWS BITES...

## KWOTE

Next meeting is at 7pm on Wednesday the 17th of January, 2024 at the Parish Centre, Church of the Resurrection, Park Road.

## MASS OF REMEMBRANCE FOR THE DECEASED OF 2023

There will be a special concelebrated Mass on Monday 29th January at 7p.m. in the Cathedral in memory of all those who died in our Parish in 2023 (i.e. January 1st to December 31st 2023 inclusive) There is No 6.15 pm Mass that evening. We invite family, relatives, neighbours and friends to join us for this Mass. Parishioners whose loved ones have died, and whose funeral took place outside the parish and whose family would like them to be remembered, please submit their names to the Parish Office before Friday 19th of January

## SEARCH TO FIND 2024 TEXACO CHILDREN'S ART COMPETITION WINNERS LAUNCHED

The search to find the young artists who will excel in this year's Texaco Children's Art Competition has begun. Last year three students from Co. Kerry won prizes in the Competition, which is now in its 70th year and widely acknowledged as the longest running arts sponsorship in Ireland.

The closing date for entries is Wednesday, 28th February. Judging will take place in March with winners to be announced in April.

Details are available at [www.texacochildrensart.com](http://www.texacochildrensart.com) or at Texaco service stations throughout the county.

## THANK YOU

The Society of St Vincent De Paul Killarney wish to thank all who fundraised and contributed to the Christmas appeal and Church gate collections in December and for your continued support throughout 2023. Wishing you all a happy and safe 2024. SVP Contact number: 087 6164888.

**GOAL Mile** on Christmas Day with a total of €1139 collected. Sincere thanks

## Digital Support Hub-Drop-In

Starting Monday 8th January 12:15pm—2:15pm. If you would like free, one-to-one help with using your digital device in everyday life, please drop-in to Killarney Adult Learning Centre at 37 High Street. We are here to make your life easier. For more information, please contact Elaine on 0867969625 or [elaine.clifford@staff.kerryetb.ie](mailto:elaine.clifford@staff.kerryetb.ie)

**PARISH BINGO** at St. Mary's Parish Hall Thursday at 8.30pm.

# SCORCHERS KILLARNEY WIN GOLD in Paris and Dublin

Over 45 athletes from Killarney Scorchers travelled to Paris in November for a European cheerleading competition and enjoyed amazing success placing 1st place gold and 3 other 2nd place trophies.

In December, 50 athletes travelled to Dublin on Saturday 16th of December to take part in 21cc Dublin cheerleading competition where they won 1st place in the Senior routines and 1st, 2nd and 4th places in the Junior Routines.

The youngest members of the team - the Minis were also delighted with their second placing.



# SEEGER SESSIONS

*A tribute to Bruce Springsteen at the Gleneagle*



The Seeger Sessions Revival – the 13pc tribute to Bruce Springsteen's legendary Seeger Sessions album and live shows is rolling into Killarney for a very special performance in the Gleneagle Ballroom on Friday 9th of February.

Made up of Fiddle, Banjo, Accordion, Steel Guitar, Whistle, a thumping rhythm section, a superb virtuosic 4-piece Brass section and strong group vocal harmonies, this diverse group of talented musicians deliver a high energy 2 hour-long on-stage celebration with hits including 'Old Dan Tucker', 'Jesse James' and 'American Land' to name just a few.

The Seeger Sessions Revival will take to the stage in the Gleneagle Ballroom on Friday 9th of February at 8pm. Tickets from €28.00 are available from [www.inec.ie](http://www.inec.ie) or via the box office on 064 6671555.





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# COMMUNITY SUPPORT FUND 2024/CISTE TACAÍOCHTA POBAIL 2024

**K**erry County Council has issued a call for applications for the 2024 Community Support Fund which offers financial assistance to community-based projects and initiatives in Kerry.

The 2024 Community Support Fund was launched by the Cathaoirleach of Kerry County Council, Cllr Jim Finucane and the Chief Executive of Kerry County Council, Moira Murrell this week. A total of €750,000 is being made available through this year's scheme. The fund, which is now in its tenth year, has supported over 2,877 projects since 2015.

Applications are welcomed from groups in County Kerry whose primary focus is the development or promotion of the local community or the development of a project that will benefit a group in the community. Applications for funding must come within the definition of one of the following five categories of support:

1. Connected, Inclusive & Resilient Communities
2. Community Tidy Town Initiatives, Amenity Projects & Environmentally Sustainable Projects
3. Community Economic Innovation
4. Community Based Tourism, Festivals and Events
5. Community Road Safety Initiatives

"Millions of euro have been distributed to community groups over the past nine years through this vital funding stream and it has allowed voluntary and community organisations in the county to upgrade community facilities, to support local projects and to enhance existing services. I would encourage voluntary and community groups to apply at the earliest opportunity," said Cllr Finucane.

Details of the CSF 2024 are available on Kerry County Council's website [www.kerrycoco.ie](http://www.kerrycoco.ie) and application forms are available for completion online.



*The 2024 Community Support Fund was launched by the Cathaoirleach of Kerry County Council, Cllr Jim Finucane and the Chief Executive of Kerry County Council, Moira Murrell this week. A total of €750,000 is being made available through this year's scheme. The fund, which is now in its tenth year, has supported over 2,877 projects since 2015. Photo By: Domnick Walsh © Eye Focus LTD.*

The closing date for receipt of completed applications is Wednesday, 31 January 2024.

Queries should be referred by email to the Municipal District which community groups are applying to or by contacting the Community, Arts and Culture Department on (066) 7183680.



## COUNTDOWN IS ON FOR KERRY SPORTS CLUBS

Former Irish rugby international, Donncha O'Callaghan has issued a call to sports clubs in Kerry reminding members that the countdown is on to the 31st January closing date by which applications for a €5,000 award under the Texaco Support for Sport initiative must be made.

Noting the benefit to be gained by the award, the popular broadcaster and adjudicator confirmed that "entry is open to all clubs irrespective of sporting discipline, size, membership, age, cultural appeal, or gender, including those whose application may have been unsuccessful previously."

Now in its fourth year, the annual initiative has already seen funding of €385,000 distributed to clubs across the 26 counties, of which €15,000 has come to Co. Kerry with successful applicants Inter Kenmare FC (2021), Castlegregory Golf & Fishing Club (2022) and St. Brendan's Park Football Club, Tralee (2023) receiving €5,000 in each case.

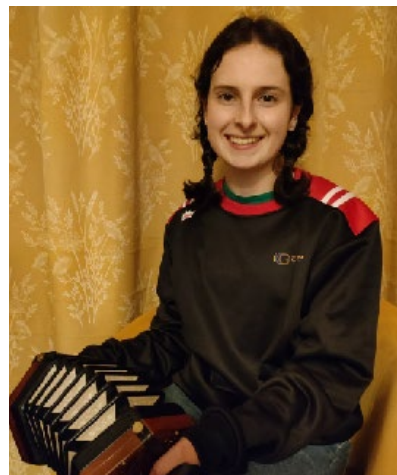
## Louise Accepted into the Irish Concertina Orchestra

A talented musician from Faha has been accepted into The Irish Concertina Orchestra.

Louise Kimmage, the daughter of Eilish and Chris Kimmage will be working along-side world famous Riverdance Composer Bill Whelan, Cormac McCarthy who is a composer and arranger and also Irish Band NOTIFY. A concert featuring this orchestra will be held in Glór Theatre, Ennis on 11th May 2024.

Louise has previously been a student at Killarney School of Music and has participated in their StageWorks group under the guidance of Pádraig Buckley.

A former pupil of Faha National School, Louise is currently a Transition Year Student in Milltown Presentation Secondary School.





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# Paudie picks out the winner

On Friday evening, Killarney Valley Classic and Vintage Club held the much anticipated raffle for the 1979 Landrover along with other prizes.

It was held at the Old Killarney Inn bar and there was a huge turnout on the night with refreshments and music supplied from Killarney School Of Music.

There was for charities chosen many months ago and they worked very hard selling tickets to raise funds, St. Francis Special School, Paul Murphy Fundraiser, Kerry Stars and Killarney Rugby Club.

Kerry GAA star Paudie Clifford who launched the event was also on hand to pick out the 6 lucky winners which were for the Landrover, Honda 70 motorbike, Honda X8R motorbike, Rugby tickets and hotel break, Castleisland Tyre voucher and Of course 30 bags of turf.

We would like to thank everyone who purchased a ticket to help support these great causes. Also the many hard working dedicated members who put a lot of time and work into getting these items upto condition.

Of course there is a cost behind these projects and without our top sponsors, BG Motors, Lee-Strand Milk, The Warehouse Cafe and Red Chair Recruitment we wouldn't be able to do what we do.

In the coming weeks we will present these prizes to the lucky winners along with the charity donations.

Killarney Valley Classic and Vintage Club is a very active club with lots of events and runs, new members are always welcome.

Visit [www.killarneyvalleycv.com](http://www.killarneyvalleycv.com)



Club members who restored the landrover and held the draw.



Daire Murphy who was the lucky winner of the Landrover, surrounded here by his family and friends.



Members representing the 4 charities who are lead by Fiona O Carroll, Paul Murphy, Tom Tobain and Ger Moynihan.



## LACK OF SUPPLY OF HOUSING - an issue for 2024

The price of the average second-hand three-bed semi in County Kerry is predicted to increase by 3pc in 2024, according to a national survey by Real Estate Alliance.

Three-bed semi-detached homes in the county now cost an average of €302,500, up 3pc on the December 2022 average of €292,500, the Q4 REA Average House Price Index shows.

County agents reported that first time buyers made up 65pc of the market in Q4, with 10pc of sales coming from outside the county, and 25pc of sales attributed to landlords selling properties.

Average Killarney prices increased by 2.9pc in 2023 to €360,000, while Tralee prices rose by 4.3pc to €245,000.

"There is a battle going on at present between lack of supply with no new building and rising costs such as interest rates and cost of living," said Donal Culloty of REA Coyne and Culloty, Killarney.

"It is hard to predict which will win out, but the continuing lack of new houses for sale is the biggest issue facing buyers in 2024."



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## Guidance for Irish Consumers Ahead of February's Deposit Return Scheme Introduction

Ireland's Deposit Return Scheme goes live on 1 February 2024. From this date onwards, when consumers purchase a drink in a plastic bottle or aluminium can that features the Re-turn logo, they will pay a fully refundable deposit in addition to the price of the drink.

The operator of the nationwide scheme, Re-turn, has some useful guidance for consumers as we approach this date.

### When will I pay a deposit?

From 1 February onwards, drinks in plastic bottles and cans with the Re-turn logo will start to appear in shops and supermarkets nationwide. These drinks containers will require the purchaser to pay a fully refundable deposit in addition to the price of the product. When finished your drink, you can return your empty undamaged container to any participating shop or supermarket nationwide.

To prevent waste, for a limited period, from 1 February there will be some stock of plastic bottles and cans without the Re-turn logo. As consumers will not have paid a deposit on these plastic bottles and cans, they can be placed in recycling bins.

### What will I pay?

A deposit of 15 cents will apply to each container from 150ml - 500mls and a deposit of 25 cents for containers over 500ml to 3 litres.

### Where can I return my bottle and cans?

The majority of retailers across the country have now registered for the Deposit Return Scheme and have set up their deposit return points. Consumers can return their empty undamaged plastic bottles and cans to participating shops and supermarkets nationwide, either through a Reverse Vending Machine (RVM) or manually, over the counter.

From 1 February our website [www.re-turn.ie](http://www.re-turn.ie) will feature a map that indicates where to find deposit return points.

### How will I get my deposit back?

Consumers receive the deposit back when

they return the plastic bottle or can with the Re-turn logo that is empty and undamaged to participating shops and supermarkets nationwide. If through a reverse vending machine, consumers will be issued a voucher that can be redeemed at the till against store purchases or as a cash refund. If over the counter, retailers must check the drinks container features the Re-turn logo and is undamaged and then provide a refund.

Consumers are advised not to crush or squeeze the plastic bottles and cans.

### When can I return?

From the beginning of February, this scheme will be live. Consumers will start to be charged the refundable deposit on drinks containers with the Re-turn logo and when finished, these drinks containers can be returned to participating shops and supermarkets nationwide for a full deposit refund.

Re-turn is asking consumers not to store drinks containers before the Scheme goes live as these bottles will not have the Re-turn logo and are therefore ineligible for any deposit refund as no deposit has been paid.

### Can I still use my own recycling bins to dispose of plastic bottles?

While all consumers should use their recycling bins for mixed dry recyclables, we would ask that consumers return their plastic bottles and cans with the Re-turn logo to local participating shops and supermarkets to redeem their deposit.

The separate collection of these plastic bottles and cans guarantees a high quality recycle material is returned and recycled and there is no cross contamination. The introduction of Deposit Return is a proven method of increasing recycling rates, with great success in a number of other European countries.

### What is not included in the scheme?

Not every drinks container is eligible for Deposit Return. Only drinks containers in PET



plastic bottles, aluminium & steel cans from 150ml to 3 litres are included in the Scheme. All containers included in the Scheme will feature the Re-turn logo.

### Items that are not included in the deposit return scheme include:

Any dairy drinks products in plastic containers or cartons e.g. milk, yogurt drinks

Steel and tin cans that contain foodstuffs

Containers for cleaning supplies

These items should continue to be disposed of in a recycling bin.

Glass drinks containers are also not included in the scheme and should be recycled as usual and brought to a glass and bottle bank.

### Why is Ireland launching a Deposit Return Scheme?

The Deposit Return Scheme is a practical circular economy initiative that aims to create a closed loop recycling system guaranteeing the material is returned and recycled. The EU has set Ireland a target to separate and collect 77% of plastic beverage bottles by 2025. This target will rise to 90% in 2029. We currently recycle between 60%-70% of drinks containers and Deposit Return is a proven method of increasing recycling rates, with great success in a number of other European countries.

Re-turn has created an FAQ page on the website for any questions which consumers may have, and they are strongly encouraged to reach out to [info@re-turn.ie](mailto:info@re-turn.ie) if they have any further queries.

## CALLING ALL FORMER KILLARNEY GSH STAFF...

Mark Scally and Michael Jacobi join current staff employees for another historic photograph on the iconic steps of the Great Southern Hotel, Killarney in 2023 at the launch of the Killarney GSH Evening of Celebration which will take place on February 10th. Former colleagues and staff are invited to the night marking 170 years in hotel hospitality.

Photo: Don MacMonagle





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## MANAGING SICKNESS ABSENCE ISSUES IN THE WORKPLACE

Where the absence consists of short but persistent and apparently unconnected absences then, after suitable investigation, disciplinary action may be appropriate. However, this is not a suitable course of action in relation to longer-term sickness.

### THE IMPORTANCE OF SHORT-TERM ABSENCE PROCEDURES

*There are a number of key steps in managing short-term absence.*

- Establish a clear procedure that employees must follow, for example, the use of a return-to-work interview with line management and completion of self-certification forms even for one day of absence. This will ensure that everyone is aware that monitoring takes place and there is a complete record of absence.
- Establish a system of monitoring absence and regularly review this for emerging trends. Tangible statistics can provide useful warning signals to prompt early action and avoid problems in the future.
- Return to work interviews should always be undertaken by the individual's immediate line manager, which will ensure that clear reasons for taking time off from work emerge. This will give managers the opportunity to get to the root cause of an absence which could be a symptom of a deeper problem.
- If the issues are personal and not work related, the employer should decide on the amount of flexibility he or she is prepared to give to enable the individual to address their issue.
- If there may be an underlying medical condition the employer should consider requesting a medical report to support the level of absence; there may be a hidden underlying condition and links to disability discrimination may not be immediately apparent.
- All employees should be made aware that any abuse of the sick pay provisions will result in disciplinary action.
- If there is no good medical reason for the absences the employee should be counselled and told what improvement is expected and warned of the consequences if no improvement is seen.
- If there are medical reasons for the absence, consider any links to the Equality Act 2010, for example, does the absence relate to hospital appointments or treatment required; if so, the employer is required to make reasonable adjustments which includes allowing time off for treatment.
- If the situation reaches a stage where the employee is to be dismissed and there is no defined medical condition, it may be on the grounds of misconduct. Here the employer must be able to show that a fair procedure has been followed taking into account the nature and length of the illness, past service record and any improvement in the attendance record.
- If the employee has a recognised medical condition that is not a disability but the absence rate is unacceptably high, it may be possible to dismiss fairly for some other substantial reason after following the due process. Again, length of service and the availability of suitable alternative employment are relevant factors to consider before reaching a decision.

*If you require assistance with your employment documentation such as employment contracts, staff handbooks, company policies, procedures & remote/hybrid work agreements, contact one of the team at HR Buddy – we are here to help.*



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## The talents of FOSSA NATIONAL SCHOOL students and staff on display

**T**he children of Fossa National School outdid themselves on December 20th with their whole school Nativity performance in the local church. The Sixth Class children who had the main parts were superb. They narrated the story of the birth of Jesus and every class had their moment in performing beautiful hymns which tied the whole show together.

The actors wore beautiful costumes made by local designer Marie Buckley, whose granddaughter Sophie attends the school.

Sixth Class teacher Marie McSweeney coordinated all the music with Brigid Murphy and Caitriona Foley. Marie played along with First Class teacher Caitriona Foley and SNA Mikey Galvin, local musician Marie Falvey, grandmother of pupil Faela Falvey played along with past pupil, musician Séan Kelliher.

The singing was directed by Elaine Canning, RTE music director and parent of soloist and pupil Doireann O'Connor.

Staff members Joanne Pierce and Sarah Sheridan brought the church alive with art displays completed by every class with Joanne designing a crib and backdrop.

Fiona Hallissey wrote and directed the performance. It really was a "meitheal" with every pupil and adult playing a part which resulted in the most beautiful, traditional reenactment of the story of what Christmas is all about - the birth of Jesus.



Fossa National School sixth class pupils participating in their Nativity scene at the Fossa National School Christmas Concert in the Prince of Peace Church, Fossa, Killarney. Photo by Michelle Cooper Galvin



Fossa National School pupils Callum Myers, Lucas O'Rahilly and Louis Canty participating in their Christmas Concert in the Prince of Peace Church, Fossa, Killarney. Photo by Michelle Cooper Galvin



Fossa National School pupils Sophie Looney, Eve O'Halloran and Doireann O'Connor participating in their Christmas Concert in the Prince of Peace Church, Fossa, Killarney. Photo by Michelle Cooper Galvin



Fossa National School pupils participating in their Christmas Concert in the Prince of Peace Church, Fossa, Killarney. Photo by Michelle Cooper Galvin



## Dan Tim Marks 30 Years of Support to St. Joseph's Home

Charity Champion Dan Tim O'Sullivan has supported St. Joseph's home for the past 30 years and recently presented another generous cheque to Helen Ryan Director of Nursing in St Joseph's Home Killorglin

"I am very proud of St Joseph's Home and delighted to be able to support them with continual charity cheque presentations over the past 30 years. "I want to thank all those who supported me and I wish everyone good wishes in the future", he said.

The Charity Dance held in London for St Joseph's will now be organised/taken over by Linda Kissane daughter of the late Christy Kissane.

Pictured are: Dan Tim O'Sullivan Gleesk and London presenting a generous charity cheque to Helen Ryan Director of Nursing in St Joseph's Home Killorglin with (standing from left) Debbie Baxter Activities Co-Ordinator St Joseph's Home, Marian McCann Administration St Joseph's Home, Sheila O'Sullivan, Kevin Moriarty Activities Co-Ordinator and Dermot Galvin at St Joseph's Home Killorglin on Wednesday. Photo by Michelle Cooper Galvin





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# KILCUMMIN LADIES CUT A DASH IN PINK TO RAISE FUNDS

Kilcummin ladies and gents donned Pink on Saturday night last and raised hundreds of euros for Comfort for Chemo Kerry.

Their annual Pink Night was a resounding success and the organisers are very thankful to everyone who supported it.

"We are very grateful to the huge crowd who attended and supported the raffle, to all those who couldn't attend but bought tickets to support it and to the wonderful individuals & businesses who donated prizes so generously", Niamh Dwyer, one of the organisers said.

"Many thanks also to Derry & Rosie Healy and Declan McCarthy who provided fantastic entertainment as always, as well as John and the staff of the Klub Bar for all their help. We were delighted to have our own Geraldine Guilfoyle representing Comfort For Chemo on the night to speak to us about their exciting plans which can be viewed on their Facebook page. This will provide wonderful facilities for cancer patients undergoing treatment in Kerry and we are glad to be able to support such a very worthy cause. Thanks again to everyone!", Niamh added.



*Pretty in Pink.... Kilcummin ladies pictured at their fundraiser in The Klub on Saturday night.*



*The stylish ladies of Kilcummin raise hundreds for Comfort for Chemo Kerry at their annual fundraiser. Photos Courtesy of Kilcummin Ladies GAA Club.*





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By Dermot Cronin,  
**Financial Advisor**



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**Tax Free Cash:** Most people will be entitled to a tax free lump sum, the amount varies however generally you will get at least 25% of the value of your pension in a tax free cash lump sum.

**Taxable Cash:** You may also be able to take sum of your pension in taxable cash.

**Annual Pension:** This is a guaranteed income usually paid monthly for the rest of your life that is purchased with the money left after your tax free lump sum, this is subject to taxation.

**Approved Retirement Funds:** You may be entitled to keep some of your money in an approved retirement fund, money can be taken from the fund to give you a regular income, usually monthly. This is subject to taxation also. Taxation at retirement is often much lower than when you are working. It is extremely important that you take your time and have all the options explained to you in plain simple English and that you understand all your options clearly before you make your final decision. As well as the above there is much more to be discussed about your pension. You should discuss your retirement options with a financial advisor who has access to a number of different pension providers before making any decisions, he or she will help you with the above options and any other queries you may have.

**To discuss the above or any other matter Dermot Cronin QFA can be contacted at 0646622775 or [dermotcroninifa@gmail.com](mailto:dermotcroninifa@gmail.com)**

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## KILCUMMIN

Written by: Helen Moynihan

### ➤JUNIOR SET DANCING

Junior Set Dancing Classes will commence on Friday 19th January in the Recreational Hall Kilcummin. Beginners and Intermediate are from 7-8pm. Advanced are from 8-9pm. Registration is Jan 12th from 7 - 7.45pm in Recreational Hall. To avoid any delays on the first night of class it is vitally important that you attend registration on the 12th. Please contact Mary Moriarty on 0879620135 for more information.

### ➤LIFE IN THE SPIRIT SEMINARS

Life in the Spirit Seminars, Kilcummin: Come to know the Personal Love of the Lord more deeply through an uplifting and inspiring series of talks, prayer and togetherness. Facilitated by Mir Ministries. Beginning on Friday 26th January @ 8pm. For six consecutive Fri nights in the Church of Our Lady of Lourdes Kilcummin. Contact Fr. Jim Lenihan on 087 1081588.

### ➤ACRES CP FARMER OPEN MEETINGS

Acres CP Farmer Open Meetings: Farmers in Kerry and West Cork are welcome to attend any one of the following Open Meetings in Jan '24. The main aim of these open meetings is to Talk 1 to 1 with a local project team member, get an insight into your results-based scores, get advice on how to improve your scores and get info on suitable actions and funding available. Locations & Dates of open meetings Jan '24.

St. Brendan's Church, Curraheen (V92 R275) Tues 9th Jan.

Brandon Community Centre (V92 DK4C) Thurs 11th Jan.

Camp GAA Grounds (V92 RYW3) Mon 15th Jan.

Keel Community Centre, Keel (V93 R6VA) Wed 17th Jan.

Páirc Ghnó an Daingin, Dingle (V92 TX48) Thurs 18th Jan.

Kilcummin GAA Club (V93 X459) Tues 23rd Jan. You can drop into these meetings at any time of the day between 2.30pm and 8.30pm.

### ➤KILCUMMIN GAA

#### LOTTO

There was no winner on 2nd January 2024 of the Jackpot for €8,750. Numbers drawn were 01,06,25,30. Consolation prizes of €50 went to Anne Ferris, Park Road; D. Ferris, Park Road; Tom Teahan; Teresa Casey. The next draw will be Monday 15th January for Jackpot of 9,000.

### ➤MASTERGEEHA FC

#### LOTTO

There was no winner on 5th January 2024 of the Jackpot for €7,400. Numbers drawn were 08,10,11,21. Consolation prizes of €50 went to Eileen Walsh, Mileen; Noreen, Jack, Óisin, Isabelle Nagle, Mastergeeha; Diarmuid Healy c/o Klub; Katie & Ian Costello, Cromane Lower c/o Village Inn. The next draw will be Friday 12th January for Jackpot of 7,600.

### ➤KILCUMMIN COMMUNITY GAMES

It is a busy time for community games with many competitions taking place. It's wonderful to see the games so active in the parish. Anyone interested in Community games and would like to know more, please go to Kilcummin Community Games Facebook page where all upcoming events & activities will be posted. Please note you must reside in Kilcummin parish to participate. Anyone interested in coaching teams to email Kilcummin@communitygames.eu. All coaches must be Garda vetted.

## BEAUFORT

By Bridget Hartnett

### ➤LOTTO

There was one winner of Beaufort G.A.A. Club lotto jackpot of €16,400 on Sunday, 7th January. Numbers drawn: 9, 16, 19, 24. Congratulations to Dot West, Killorglin who was the jackpot winner. The next draw for a jackpot of €2,000 will be on Sunday, 21st January. Tickets are available from usual sellers, shops, and public houses and online at [www.beaufortgaa.com](http://www.beaufortgaa.com).

Please note that the online lotto closes at 7pm on the night of the draw and tickets sold after 7pm are entered into the following draw. Thank you to everybody who support our lotto. It is greatly appreciated.

➤ANNUAL GENERAL MEETING of Beaufort G.A.A. Club will be held on Saturday, 20th January at 8pm in Clubrooms. Nominations and motions to [secretary.beaufort.kerry@gaa.ie](mailto:secretary.beaufort.kerry@gaa.ie) by Wednesday, 10th January.

### ➤IRELAND LIGHTS UP AND EVERY STEP COUNTS CHALLENGE

Beaufort G.A.A. Club is taking part on both of above. The walking track is open for Ireland Lights up from Monday to Friday from 6.30pm to 8.30pm. You can join the Steps challenge by downloading My Life App, select Social, Challenges, Munster, Beaufort. It is a team challenge, the aim of which is to walk over 4,000km by 12th February.

## GLENFLESK

Written by: Seamus Healy

### ➤LOTTO

There was no winner of Glenflesk Lotto which took place on 8/ 1/ 2024 in Glenflesk Hall. Jackpot €7,000 The numbers drawn were : 7, 8, 11, 12 Consolation Prizes of €50 1. Bridie Palmer, Killaha. (Annual Ticket) 2. Sheila O' Donoghue , Salmon Leap 3. Seán Ivor O' Donoghue ( Sellers' Prize). 4. Annie O' Donoghue, Carrigavimo. (Annual Ticket). Next draw will take place in Glenflesk Hall on Monday 22/ 1/ 2024. Jackpot will be €7,200 Thank you to all who support our Lotto and to our sellers. Happy New Year to you all.

### ➤MINOR CO CHAMPIONSHIP MEDALS

Congratulations to East Kerry minors Jamie Moynihan, Pearce Moynihan and Callum Cronin who received their Minor County championship medals in the Killarney Heights Hotel last Friday night.

### ➤POSTMAN DAN RETIRES

The Headford /Barraduff Community would like to wish a happy retirement to their loyal and friendly postman Dan Murphy who delivered their post for the past 28 years. Enjoy the break Dan and wishing you health and happiness in the future.

### ➤FITNESS CLASSES

Fitness Classes with Jennifer are starting back Tuesday 9th January. Gym will be in use during the following days & times; Tuesday 6.30am - 7.15am Tuesday 6 - 6.45pm \*\*Thursday 6.30am - 7.15am (please note day & time change)

### ➤COMMUNITY FITNESS CLASSES

Community Fitness Classes will take place in Glenflesk Gym. Monday 8th January at 6pm for Women (40 years +). Thursday 11th January at 6pm for Men (35 years +). Classes are aimed at developing Strength, mobility and cardio. Cost is €50 for 6 week. Open to all ability levels. For further information you can message Gearóid O'Sullivan 0879011322 or Micheál O'Shea 0876411587.

### ➤BARRADUFF COMMUNITY FIELD ORGANISATION

Barraduff Community Field Organisation would like to thank everyone who turned out to support our open day today.

For anyone that was not able to make it last Sunday but would like to join the Club 300 draw which gives membership of the field and entry into 12 monthly draws tickets are available at O'Donoghue's Costcutters Barraduff and O'Brien's Post Office Glenflesk.

### ➤MUNSTER GAA - EVERY STEP COUNTS

Clubs that get enough steps up enter a draw for €30,000. A good a reason as any to get active in 2024. Challenge starts Jan 8th Would you like to join the "Munster GAA - Every Step Counts 2024" challenge from MyLife? Just tap on the following link: [http://web.mylife.irishlife.ie/challenges/654e25cf3af7b304f106f665?lc=en\\_IE](http://web.mylife.irishlife.ie/challenges/654e25cf3af7b304f106f665?lc=en_IE)

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



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V93ET62**

**SUNDAY AFTERNOON, 14TH JANUARY**

**THE PAUDIE  
COFFEY BAND**

**AND  
EDDIE LEE**

**DANCING FROM  
3PM - 5.30PM**



**SUNDAY AFTERNOON, 21ST JANUARY**

**GLEN FLYNN**



**THE GLEN FLYNN  
BAND**

**DANCING FROM  
3PM - 5.30PM**

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*John Joe Dance* 

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**RATHMORE GNEEVEGUILLA**

By Michael O' Mahony

➤ **TRAIN TIMETABLE NEWS**

Rathmore stop added to the early morning train, the National Transport Authority has confirmed details of a new timetable. The changes include Rathmore stop for the 6.42 Tralee/Cork train (Tues to Fri) and will now additionally serve Farranfore, Rathmore and Banteer. This will mean you can now get train from Rathmore at 6.42 be in Cork for 7.51 or in Dublin for 9.28. This service is Tues to Fri each week. Details of the new timetable are on the lanród Eireann journey planner, as are arrangements, as well as bookings.

➤ **SHARE THE BUCKET**

Gneeveguilla Community Facility Group reminds you that Share the Bucket takes place weekly. The draw is every Friday evening in Teach Fáilte @8.30 pm and can be viewed live on our Gneeveguilla Community Facility Group Facebook Page. This week's jackpot was €208 and the winner was Dermot O'Neill. Tickets cost €2 each or 3 for €5..They are available at Teach Fáilte and can be bought online at <https://tinyurl.com/y2ade5om> or in local businesses where you see the Green Share the bucket. Your support is greatly supported and all funds will go towards our new proposed community facility. We would like to thank our local businesses who continue to support our project

➤ **RATHMORE LGFA COMMITTEE 2024**

Chairperson: Jodie O'Sullivan. Vice Chairperson: Mari O'Donoghue. Secretary & PRO: Carina O'Mahony. Assistant secretary & DLP: Charlie McCarthy. Treasurer: Fiona O'Sullivan. Registrar: Linda O'Connor. Children Officer: Benny Moss. Assistant PRO: Aoife O'Sullivan

➤ **SYMPATHIES** to Bridie Moynihan, Elaine, Miriam & families, Karen & Zoe on the death of Michael J Moynihan, Ratheen East, husband, father & grandfather. Nieces & nephews relatives & friends. Michaels funeral took place on Wednesday 27th December in Rathmore.

To Niall & Tadhgíe Riordan & families on the death of their mother &

grandmother Abina Riordan, Leam, Gneeveguilla. Abinas funeral took place on Thursday 28th December in Gneeveguilla. May Michael J & Abina rest in peace

➤ **RATHMORE PANTO**

Rehearsals well under way for Puss In Boots, starting Jan 27th at Rathmore Community Centre. Enquiries/bookings 0852031730

➤ **DESIGNER FASHION SHOWCASE: RECOVERY HAVEN KERRY**

A Designer Fashion Showcase event is taking place in the Gleneagle INEC Arena on February 1st 2024. The date - St Brigid's Day - is particularly poignant for those involved, with the show set to incorporate the extraordinary Irish saint and mark her 1500th anniversary. Renowned fashion designer Colin Horgan will be the star attraction of the event, showcasing a number of pieces from his new collection, while beloved Ballyheigue designer Don O'Neill - the charity's newly appointed Patron - will showcase a select few pieces from his fashion archive.

The event will be MC'd by legendary RTE broadcaster, Mary Kennedy. Tickets are only €30 and are for sale at Recovery Haven, Kerry, 5 Haigs Terrace, Tralee or at the Gleneagle INEC box office, they can also be purchased online. For further information please ring 066 7192122.

➤ **CONGRATULATIONS** to Grace Murphy, who has been selected on the Kerry Minor Ladies squad for the season ahead. We wish Grace the very best of luck this season and look forward to seeing her represent the Kerry Minor ladies in 2024.

➤ **NOTES**

If you would like to add to the notes please email Michael O'Mahony (momahony14@gmail.com) or ring or text 087-6676817 before Sunday 6pm.



A recent Tractor Run that was held in The Village Inn Kilcummin for The Kerry Cancer Support Group which raised €5,303.10 for the charity.



A memorial Walk for The Kerry Cancer Support Group in memory of Mary Lynch RIP & Catherine O Leary RIP which raised €1,166



Niamh Cronin of the Parents Council making a presentation to Anthony Favier at the farewell from staff and pupils at Fossa National School Killarney as he retired as Caretaker of the school for 22 years on Thursday. Photo by Michelle Cooper Galvin



Norann Moran School Secretary making a presentation to Anthony Favier at the farewell from staff and pupils at Fossa National School Killarney as he retired as Caretaker of the school for 22 years on Thursday. Photo by Michelle Cooper Galvin



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**FOSSA ROWING CLUB**

Fossa Rowing Club will hold their annual general meeting in the old church at 8pm on 18/01/2024. All members past and present encouraged to attend.

Well done to all who took part in the St. Stephen's day swim. A great day was had.

We would also like to thank all sponsors for supporting our 2024 annual calendar. Go raibh mile maith agaibh go leir.

**KILLARNEY RFC NEWS****MINIS HOST TRALEE RFC**

Tomorrow, our Minis host Tralee at Aghadoe at all ages and the fun kicks off at 09:45 am, finishing at 11am. New players are always very welcome, simply pop along to Aghadoe any Saturday orning or give Dave Hickey a shout on 087-2546290 for details.

**LANDROVER RAFFLE - A HUGE SUCCESS**

Congratulations to all of the winners in th Killarney Vintage Clubs draw with a 1977 Landrover being the main prize, won by Daire Murphy of Beaufort. Thanks to everyone who supported the draw, to everyone who bought a ticket and most importantly to all who sold tickets on behalf of the club. Thanks also to Killarney Vintage Club for selecting us as a beneficiary in this years draw.

**SENIORS WIN FIRST ROUND OF MUNSTER JUNIOR CUP**

Congrats to our Seniors who won the first round of the Munster Junior Cup, against a strong Waterford City side at Aghadoe last Sunday. The weather was perfect for free flowing rugby and our lads took the spoils with tries from Liam Randles (2), Harry Kelly, Pierce Slattery, Colin McCarthy and conversion by Donnachadh Grealy. This Sunday the lads are back in Munster Junior League action, again at

KRFC U16 boys who won in the Pan Munster cup fixture against Kanturk.



Aghadoe, taking on Ard Scoil Ris at 2:30pm and all support very welcome.

**A CLEAN SWEEP FOR KRFC SIDES**

Last weekend we returned a clean sweep of wins across all of our cup and league fixtures with our Seniors, U16 boys, U18 boys and girls winning their respective Munster Cup fixtures and our U14 winning their league game. Thanks to all the hard working coachees and team management across the club for their hard work and to our players for representing the club with pride every time they don the Black and Red of Killarney RFC.

**RESULTS**

U14 Boys: Killarney 22 - 7 Iveragh

U16 Boys: Killarney 29 - 10 Kanturk

U18 Girls: Killarney 35 - 5 Carrick-on-Suir

U18 Boys: Garryowen 10 - 12 Killarney

Seniors: Killarney 27 - 11 Waterford City

**FIXTURES**

U14 Boys V Tralee, Home, Saturday @ 12pm

U18 Boys V Garryowen, Home, Saturday @ 12:30pm

U16 Boys V Kanturk, Away, Saturday @ 1pm

Seniors V Ard Scoil Ris, Home, Sunday @2:30pm

**KILLARNEY VALLEY ATHLETIC CLUB**

**TRAINING** for KVAC athletes returned on Monday this week. Anyone wishing to join athletics, can do so on our website [www.killarneyvalleyac.ie](http://www.killarneyvalleyac.ie). All the relevant information on training schedules and how to join etc. can be found there.

**CONGRATS** to Darragh O'Leary and Simon Mangan who came 3rd and 4th respectively in the Beaufort 10K on New Years Day.

**HAPPY NEW YEAR** to all our members and their families.

**FOSSA BRIDGE CLUB****RESULTS THURSDAY, JAN. 4TH**

North South

1st: Ger McSweeney, Conor Dwyer

2nd: Phyllis O'Regan, Pauline Lyne

**EAST WEST**

1st: Kathleen Coen, Hazel O'Connell

2nd: Imelda Healy, Karen O'Keefe

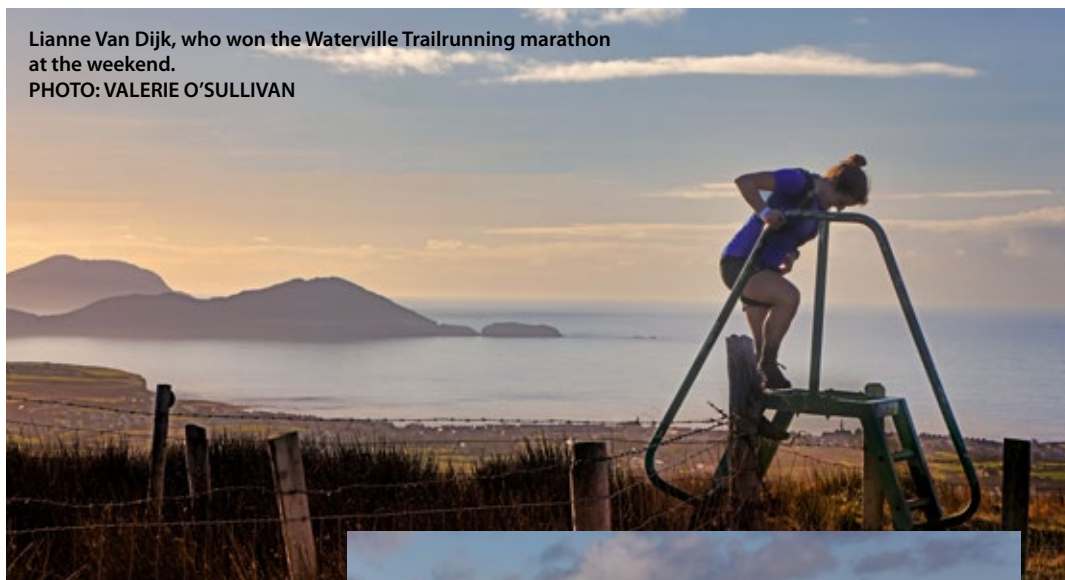
## ELITE ATHLETE LIANNE WINS WATERVILLE MARATHON

Lianne Van Dijk, who won the Waterville Trailrunning marathon at the weekend. The amazing ultra runner completed 4 loops of 43 km of mountain trail being the only person to continue the challenge, leaving 16 other athletes behind. She began her race on Saturday morning at 8.00am and completed the 43 km trail loop of Lough Currane, taking in the Kerry Way trail of mountains and coastline, an incredible 4 times back to back, finishing on Sunday evening at 15.27 pm after 28 hours non stop.

In second place after three rounds was Eoin O'Connor in 18 hrs: 26 secs:19 and in third position was Kevin Leahy, who completed 3 rounds in 21 hrs: 44 secs:16 - Kevin is in training for the Arctic Ultra Marathon.

Lianne Van Dijk, who won the Waterville Trailrunning marathon at the weekend.

PHOTO: VALERIE O'SULLIVAN



And miles to go before I sleep...Athlete Kevin Leahy, In Waterville, as he compete sin the Waterville Trailrunning Festival (WTF) in the first of the 2024 series.







## A Word of Victory

Welcome back dear student, it's good to be back together. I pray God's blessings of abundance be upon you and your family and that you grow with His strength, vision, and purpose in 2024 to see your hearts desires come to pass as you yield to the Lord's plan and His Kingdom. There is a key in this Scripture "delight yourself in the Lord and He will give you the desires of your heart" (Psalm 37:4). As we prioritise our relationship with God, blessings flow from knowing Him. We get to know Him through His Word. Jesus promised that He speaks to us and that we can hear His voice and follow Him (John 10:27). Some have heard the audible voice of God, but those encounters are rare. Jesus told His disciples that they found it easy to believe Him because they saw Him with their own eyes, but blessed are those who believe having not seen (John 20:29). That's what faith is. Believing without seeing. Trusting still without knowing all. Standing strong in the Lord's Power - even through great difficulties (Ephesians 6:10-11). God promises that our faith in Him is not futile, and it will be rewarded... "it is impossible to please God without faith. Anyone who wants to come to Him must believe that God exists and that He rewards those who sincerely seek Him" (Hebrews 11:6).

We love rewards - we teach children to do the right thing and reward and praise them for noble deeds. Prisoners get out early for good conduct. Long ago we would look forward to getting a gold star at school for excellent work or improved behaviour. Shops and businesses reward customer's loyalty to bring them back again. God rewards those who diligently seek Him. And His rewards last forever. When we trust in the Lord Jesus and seek God's Kingdom - His way of doing things (His Righteousness), through believing and obeying His Word, He promises to add to us all those things the world chases after - without having to stress about it (Matthew 6:33; Proverbs 10:22). There is a way of living at rest, and it is in the arms of our Living Saviour Jesus (Psalm 61). People get busy at the beginning of the year setting goals and writing their vision and projections for the coming months. How would life be if we stopped for a moment and thought about our spiritual goals? Putting God first reaps rewards that will blow anything the flesh can achieve out of the water. It starts, like everything, with small steps.

First, make reading your Bible a priority every day. Even if it's only five minutes daily - seek the Lord Jesus and spend time with Him. Ask the Holy Spirit to speak to you from the Word of God. Look up the Scriptures referenced here and sign up to a daily Spirit-filled devotional from ministries like Angus Buchan, Derek Prince, or UCB Ireland's 'Word For Today' to help. Secondly, pray about everything. Things that stress us will turn out very differently if we pray instead of worrying. "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus" (Philippians 4:6-7). Bringing the Lord Jesus into our daily lives lifts off the burden to know all the answers, for they are no problem to Him at all! "Come to Me all you who are weary and burdened and I will give you rest" (Matthew 11:28).

Bible Study & Prayer every Sunday @ 11am and Thursdays @ 7.30pm in person and on Zoom at Word of Victory Christian Fellowship Killarney - Eircode: V93V6X4.

You can listen to our podcasts on Spotify. Find the links on our Facebook page - Word of Victory Christian Fellowship Killarney, or on Twitter - @WOVKillarney.



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**ASTRID LONGHURST**  
Life, Inspiration & Body Confidence Coach/Author

**MOVE INTO CONFIDENCE!**

Movement, for me has always been my passion and my "go to" when I need to feel good or change how I feel. Movement is powerfully effective for building our self-confidence and allows us to process emotions through our body. As you begin this year, perhaps there are ways that you can bring more movement into your life. It doesn't have to be a full on sweat workout in the gym. Even just going for a walk or attending a dance class has the ability to change your state of being and promote the 'feel good factor.'

**Some benefits of positive movement**

- Helps you feel connected with your body
- Releases endorphins and helps to relieve the effects of stress
- Makes you feel stronger, more flexible or have greater endurance
- Connects you with like-minded people in a fun social setting
- Promotes a positive relationship with your body

• Allows us to take a break from everyday challenges or responsibilities. If you would like to come and workout with me, I am teaching my wonderful Retrofit dance/fitness class starting Monday 22nd January at the Parish hall, at the Church of the Resurrection, Park Road, Killarney 7.30 – 8.30pm. €70.00 for six week course. Booking is essential!

[www.astridlonghurst.com](http://www.astridlonghurst.com)

*Noreen* **WHAT Women WANT**

answers your beauty questions...



### Spritz to re-hydrate your skin!

During the day moisture is drawn from our skin, especially this time of year when we go from cold weather outside into central heating or aircon in the car. Skin is left feeling tight and dry and make-up looks blotchy. Facial mists contain humectants to help our skin maintain moisture where normal water just evaporates and dries skin further. Use before a hyaluronic acid serum or as the final step in your skin care routine. A spritz is great for extremely dry, sensitive or very dehydrated skins and cools oily skin to reduce oil production and shine. Dermalogica's Ultracalming Mist €39 will calm redness, soothe



irritation and rebuild damaged skin. Travel size sprays are a must for in the bag, in the car and on your work desk.

**Spritz to** - Cool & rehydrate - Reduce redness - Reset your make-up - Plump out fine lines - Brighten your complexion - Refocus when tired after lunch - Reduce oil & Shine

**Noreen Mangan**


Tel: 0646630712

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## YOU CAN'T FIX YOUR HEALTH, IF YOU CAN'T GET THE BASICS RIGHT

More often than not if we have an issue we go straight to the doctor and don't get me wrong for certain things out of our control that's the correct thing to do but a lot of the time we can actually do more self-care if it doesn't fix the situation, it more than likely will certainly help. Here a some tips like basic stuff which is easy to do and to begin with, if were feeling quiet sluggish and a bit shitty lets face it can we eat better to help... can we lift weights or do some form of resistance training which will help your mind....getting plenty of sunshine in weather we get some here or go abroad it helps our sleep, hydration will fix our energy, getting good quality sleep will contribute a long way to everything in the above Aswell. All these little things done well contribute to a better more well functioned person. You can't fix your health if you can't get the basics right.

### Two things to remember when setting your fitness goals for 2024

If you follow your diet 90% of the time, you'll smash 328 days out of 365 days in the year. If you work out 4-5 times a week you'll have exercises over 250 days in the year, in other words you don't need to be 100% at all time you just need to commit and to be consistence in what you set out to do. Think about this, this is a lot of work but I always say its not at once people often get overwhelmed at think its all happening at once, its over as period of time and with getting your exercise in at that's only going to help make a better version of you.





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## WINTER EYE HEALTH

Here are some of the ways winter can affect your vision, or worsen an eye condition, and tips for prevention.

**Driving in winter**  
In winter you may have more difficulty seeing clearly because of darker evenings. When it is dark your pupils become larger to let in more light. However this can result in your vision becoming more blurred. This is why you may be more reliant on your glasses at night.

The glare of a low-lying sun can also make it more difficult to see, so make sure your windscreen is clean, both inside and out. It is useful to have a pair of polarised sunglasses in the car to help with the glare from the sun, even in winter.

**Dry eyes**  
If you already have dry eyes, central heating may make them worse. Here are some simple steps you can take to minimise the discomfort caused by dry eyes in winter:

- Lower the temperature in rooms when possible.
- Blink more often.
- Use a humidifier. Opening windows for a few minutes on cold days will also help.
- Lubricants. Certain lubricating eye drops may be helpful for you.

**Increased screen time**  
People tend to stay in and watch more television and spend more time using computers during the winter. Using a screen will not damage your eyes but prolonged use can make your eyes tired and dry.

Remember to take breaks and operate the 20:20:20 rule; every 20 minutes, take a 20-second break and focus your eyes on something at least 20 feet away.

**Watery eyes**  
In cold and windy conditions, many people complain that their eyes water more than normal. Wearing glasses will provide protection against the wind, even if you don't usually wear them outdoors.

**Winter sun**  
Snow and ice are reflective, so the sun's damaging UV rays can reach your eyes from below as well as above. UV exposure is cumulative, so although you may not feel any immediate effects, you could be putting yourself at risk of long-term damage and risk cataracts and age-related macular degeneration (AMD) if you don't wear good quality sunglasses or goggles.

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Anthony Favier getting a guard of honour from staff and pupils of Fossa National School Killarney as he retired as Caretaker of the school for 22 years on Thursday.  
Photo by Michelle Cooper Galvin

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Deerpark Pitch & Putt Club Captain Margaret C Looney presenting the Danny Nolan Memorial Cup to the winning team of Jean O'Shea, Jason O'Connor and John McGrath on St Stephens Day last.



Deerpark Pitch & Putt Club Vice Chairman Sean Kelly presenting the Johnny Kelly Memorial Shield to the winning team of Gearoid Cronin, Bobby Kelly and Denis Looney on St Stephens Day last.

## DEERPARK PITCH & PUTT CLUB

**ST STEPHENS DAY:** We were not to know it at the time but the Three Ball Scramble held by the club on Tuesday December 26th was the last competition we have played until the present day due to a combination of the storms as well as Mr. Jack Frost as 2023 ended and 2024 began.

**DANNY NOLAN:** It was a great St Stephens morning for John McGrath in being on the winning team in the Danny Nolan for a second time and also winning the Hole-In-One prize with a great shot at our 17th Hole. Jason O'Connor was on the winning team for a third time as we were delighted to see Jean O'Shea win again with one of the top players in the country.

**JOHNNY KELLY:** The Memorial Shield for the Gross score went to Gearoid Cronin, Denis Looney and Bobby Kelly with 13 under par. Thanks to Margaret B Looney for the refreshments for the players afterwards as we will have one final competition for 2023 on New Year's Eve at 9am and 10.45am.

**RESULTS:** Danny Nolan Memorial (Nett): John McGrath, Jason O'Connor & Jean O'Shea 28, Johnny Kelly Memorial (Gross): Gearoid Cronin, Denis Looney & Bobby Kelly 41 and Hole-In-One: John McGrath (17th Hole).

**AGM:** This takes place next Monday night January 15th in the Killarney Avenue Hotel at 7.30pm. All members encouraged to attend.



John O'Mahony Captain Killarney Golf and Fishing Club (third from left) presenting first prize in the Donagh Hickey Motors Single Stableford competition to winner Paddy Looney with (left) Cillian Healy and (right) Helen Prendergast Club President (back from left) prizewinners Ted Healy, Ted Ahern and Jackson O'Mahony at Killarney Golf and Fishing Club, Killarney on Sunday.. Photo by Michelle Cooper Galvin



## THE SNUGS ARE BACK IN MARY DONALS!

By Nicky Barry

There was a time when every bar, had a discreet snug,  
Where old ladies could drink gin, unseen by anyone.  
That was in the fifties, when bars were male preserves,  
And women were not welcome, and often were not served.  
But then came the sixties, and Irish women all broke free,  
From the chains of bondage, which denied them liberty.

Then they took to high stools, to sit boldly at the bar,  
Equal to their menfolk, as they had come far.  
In time these snugs all disappeared, for there was no need,  
For women to be hiding, as they now were free.

Last month Tigh Mary Donal's opened, on the Muckcross straight,  
It used to be the Whitegates, where the craic was always great.

This pub is spectacular, and the fittings are sublime,  
With old photos on the walls, and antiques from past times.  
It's like a Dub pub from the fifties, with snugs left and right,  
Where paramours can cosy up, and chat away all night.

It is warm and charismatic, with an authentic aura,  
That you're stepping back in time, to toor-a-loora-loora.  
It offers an experience, far from your modern bars,  
And will raise your spirits, downing rare auld jars!





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€30,000	7.8%	7 Years	364	€105.89	€8,539.73	€38,539.73

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# TOP 10 SAFETY TIPS' FOR DRIVING IN SNOW AND ICE

*When temperatures dip below freezing driving conditions can become treacherous, the risk of ice or snow on the roads increases. The Road Safety Authority (RSA) has, the following 'Top 10 Safety Tips' for motorists driving in snow and ice:*

## 1. Get a grip.

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

## 2. Make sure you can see.

Clear your windows and mirrors before you set out, carry a screen scraper and de-icer. Do not use hot water on the windscreen as it can crack the glass. Replace windshield wiper blades if necessary. De-mist the inside of your windows thoroughly. Make sure your windshield washer system works and is full of an anti-icing fluid. Remember too that heavy snowfall will reduce visibility! Watch out for grit/salt spreaders and snow ploughs. The glare from the sun can be dazzling in the winter when the sun is low in the sky, so wear sunglasses in these conditions.

## 3. Check & use your lights.

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

## 4. Gently does it.

Manoeuvre gently, slow down and leave extra distance between you and the vehicle in front. Too much steering is bad and avoid harsh braking and acceleration. Use the highest gear possible to avoid wheel spin. Select a low gear when travelling downhill especially if through bends. Falling snow, fog, rain, or hail will reduce visibility. Do not hang on to the tail lights of the vehicle in front of you as it can give a false sense of security. When you slow down, use your brakes so that the brake lights warn drivers behind you.

## 5. Watch out for "black ice."

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

## 6. Give yourself a brake.

If you get into a skid, you need to know if your vehicle has ABS (Anti-Lock Braking Systems). After you "Step" on the brake the ABS begins cycling — you will feel pulses in the pedal or hear the system working. It's easy to properly use antilock brakes: Remember - Step, Stay and

Steer. Step on the pedal.

Stay on the pedal. Steer around the obstacle. (A warning: A little bit of steering goes a very long way in an emergency).

For vehicles without ABS, you'll have to rely on the old-fashioned 'Cadence Braking' system: Push the brake pedal until the wheels stop rolling, then immediately release the brake enough to allow the wheels to begin turning again.

Repeat this sequence rapidly. Your goal is to have the tyres producing maximum grip regardless of whether the surface is snow or ice.

## 7. How does your vehicle help?

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

## 8. Be Prepared!

In prolonged icy or snowy driving conditions it is advisable to carry the following in the boot of the car

- a. High Visibility Vest
- b. Tow rope
- c. Spare bulbs
- d. Spare fuel
- e. A shovel
- f. Appropriate footwear in case you have to leave your vehicle ie boots
- g. A hazard warning triangle
- h. Spare wheel (with tyre at correct pressure and tread)
- i. Check that your spare wheel is in good condition and is fully inflated. Some cars may have an inflation repair kit instead of a spare wheel. Make sure that

you know how to use it.

j. De-icing equipment (Both for glass and door locks)

k. First aid kit (in good order)

l. A fire extinguisher (fully operative)

m. A working torch

n. A car blanket, additional clothing & some food and water

In preparation for driving you should also ensure:

o. The vehicle is properly maintained, serviced and engine oil viscosity is suitable for cold conditions.

p. Have the strength of coolant/antifreeze measured.

q. Ensure vehicle has adequate supply of fuel for journey.

r. Consider carrying some salt or sand. And

s. Give someone an estimated time of arrival at your proposed destination.

Carry a mobile phone and spare, fully charged, battery (if you don't have a car charger

## 9. Get informed.

Listen to local weather and traffic reports. The RSA has prepared a helpful guide 'Severe Weather Advice for Road Users' which you can download from the RSA's website. It has lots more useful advice on dealing with the difficult road conditions.

## 10. Stay at home.

The best thing to do in extremely bad weather is to stay off the road.

Take heed of warnings not to go out. This leaves the emergency services free to deal with real emergencies instead of rounding up stranded motorists.





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## **UTILITY TRUST ST PAULS VS ABBEY SEALS DUBLIN LIONS**

*Preview by Enda Walshe*

Utility Trust St Pauls continue their quest for National League honours this Saturday night, back on home soil, when they play host to the current National Cup holders Abbey Seals Dublin Lions. The game will be the first of four that they will play at home between now and the end of the regular season. SETU Carlow will be in Killarney on Sunday January 28th, Moy Tolka Rovers on Saturday February 10th and Limerick Sports Huskies a week later on February 17th. The Marble City Hawks on February 24th will be their final away game while Limerick Celtics will undoubtedly provide them with a stern examination on Saturday February 3rd in Crescent College.

With only one league defeat all season the fixture list gives them an opportunity to really push home their credentials and a first place finish in the Southern Conference may also provide them with a home semi final in the league play offs.

The visit of the Dublin Lions though is undoubtedly the biggest challenge they

will face so far this term. The reigning Cup holders have made a staunch defence of their title, qualifying for the decider again, where they will face the Limerick Celtics. That game which takes place in the National Basketball Arena is part of a massive cup weekend on January 20th / 21st and there can be no doubt that the Lions will want to bounce into Tallaght in top form. In top form is certainly what marque player Sydney Kin can be described as being in. She was tormentor in chief in their astounding win over the Cavan Eagles in the cup semi final. They blew the Ulster side off the court in the first half but somewhat took their foot off the gas to run out 78-72 winners. Kin has broken the 30 point barrier four times in her ten league outings while their commanding presence inside sees her averaging 12 rebounds per game.

Her battle with Sofia Paska and Lorraine Scanlon could be key to the outcome but there's no doubt that the Killarney duo have all the tools to combat that. Sophia Widmeyer is another one to watch, the Nova Scotia native is the Lions other main score getter, donning her preferred No.13 vest. She averages 18 points per game and likes to get a look in from outside. The last meeting between the sides was in the Cup semi final this time last year and the likes of Katie Flanagan, the Wheelers, Ciara and Gillian and Emily Smyth were key figures in the triumph. Caoimhe Gilligan and Claudia Sanchez won't be found wanting for effort

either.

The game comes a bit early for St Pauls Lynn Jones, the joint captain is still rehabbing from injury. In her absence the likes of Denise Dunlea and Leah McMahon have taken full advantage of their game time. Rheanne O'Shea has been emphasising the need to turn up the intensity on defence recently, the presence of December Player of the Month Kin should magnify that. Just to sprinkle a little more stardust onto the occasion the December Coach of the Month is of course James Fleming. Hard fought victories over the Eagles and Oblate Dynamos cemented their place at the top of the Southern Conference where Khairica Rasheed has elevated her game average to over 20 points. The busy schedule accentuates the need for a functioning squad and Meabh Barry, Niamh Ni Chonchibhair and Cliona Coffey have not been found wanting in that regard. The Killarney Sports and Leisure Centre will play host to what is the biggest game of the MissQuote.ie Basketball league season so far. The Lions will be looking to use their National Cup momentum to generate a late charge for a place at the top of the Northern Conference while Utility Trust St Pauls will be defending their proud unbeaten home record and propel themselves even further at the summit of the Southern Conference. Tip off is at 7.30pm.



*Sofia Paska*



*Khairica Rasheed*



*Rheanne O'Shea*





## **BRAVE WARRIORS CUP HOPES DASHED BY BALLINCOLLIG BUZZER BEATER InsureMyHouse.ie Pat Duffy National Cup Semi Final**

### **GARVEY'S TRALEE WARRIORS 76**

### **IRISH GUIDE DOGS BALLINCOLLIG@MTU 78**

UCC Demons will play Irish Guide Dogs Ballincollig@MTU in the final of the InsureMyHouse.ie Pat Duffy National Cup on Saturday week after Ballincollig landed a buzzer beating dagger score right at the death to edge a pulsating and at times breathless semi-final in Neptune Stadium on Saturday night. The Warriors looked a beaten team early in the final quarter when they trailed by as much as 17 but despite an injury to playmaker Ryan Leonard and Daniel Jokubaitis out of kilter from distance they embarked stunning run that saw them lead with a minute on the clock and looked like setting up an unlikely win. However the Warriors hopes were dashed when a final second buzzer beater from former Belfast Star Keelan Cairns gave Ballincollig the win and set up an all Cork Cup final in Tallaght in two weeks.

Sean McManus was on the mark in the opening play of the game and Andre Nation was also in range early but Warriors response came from Rap Buivydas and Caleb Jordan with the first 2 of his 28 points on the night. Adrian O'Sullivan arced in a three before giving up his second foul of the game allowing Ryan Leonard an add one score to level at 8-8. Warriors captain Eoin Quigley added a quick fire five points, and despite a major score from Ballincollig's player coach Ciaran O'Sullivan, Cian Sullivan, Leonard and Jordan added to see Warriors lead 20-16 at quarter time.

A Shawndale Jones Jnr. three was immediately countered at the other end

by Jarvis Doles at the start of the second following a stunning rejection by Caleb Jordan. However when Nation and Jones were in range again and Adrian O'Sullivan landed another typical long range effort, coach John Dowling had to call an urgent time out. The Warriors were now struggling to cope with the offensive threat posed by both Jones and Nation and despite baskets from Doles and Jordan, Ballincollig eased 37-31 ahead thanks to a 7 point volley from dangerman Nation that had the League champions fans on their feet. However Warriors steadied the ship to be down by just a major score 39-36 with Daniel Jokubaitis landing his first score from play right on the halftime buzzer.

The third quarter saw Ballincollig seize the initiative to build a sizable 12 point lead by the midway point with Nation and Jones continuing to torment the Warriors defence and Adrian O'Sullivan firing in from inside and outside. Despite Jokubaitis hitting his first three and Jordan adding from beyond the arc, Ballincollig led 56-44. Jordan with a double and a monster three from Quigley kept Warriors in the game but Jones Jnr. caught fire to hit five in row that saw the Cork side 66-53 up at three quarter time.

The stadium announcer bellowed "a nation once again", as Andre Nation was on the mark with an early double that pushed out the lead to what appeared to be an unassailable 70-53. A time out call by John Dowling halted the Ballincollig momentum and when Ryan Leonard hit nothing but net and quickly added from inside and Jordan, Jokubaitis and Buivydas all got in on the act the lead was cut to a single score. The stadium was rocking and the atmosphere at fever pitch with Kieran Donaghy who was outstanding throughout, hustling, harrying and bossing the physical exchanges, roared at the Warriors faithful to help carry the team over the line. The response on the floor was immediate when Jarvis Doles added another Ballincollig Ciaran O'Sullivan called a timeout to avert a potential landslide.

New recruit Caleb Jordan was brilliant on the night and his late salvo brought the sides level and then he edged the Warriors 75-74 ahead with 55 seconds on the clock. A foul on Nation allowed him take full value from the line to edge Ballincollig ahead but Jordan tied the game again with just 9.5 seconds remaining. Out of the final timeout of the game Jones Jnr. drove to the board but the Warriors defence held tough and with the ball circling the rim and dropping out the game looked certain to go to overtime. However in one final devastating act former Belfast Star Keelan Cairns got possession from the rebound to put up a final second effort and as the backboard lit up so too did the entire Ballincollig outfit as he landed a stunning basket to secure the 78-76 win and see his side book their place in an all Cork National Cup final on Saturday week. It was Cup basketball at its very best, a full house, incredible atmosphere and two teams that left everything on the court. Sensational.

Scorers:

Garvey's Tralee Warriors: Caleb Jordan 28, Ryan Leonard 11, Rap Buivydas 11

Irish Guide Dogs Ballincollig@MTU: Andre Nation 27, Shawndale Jones Jnr. 26, Adrian O'Sullivan 13

It is back to the week to week duties of Super League next weekend when as luck would have it Cup finalists UCC Demons visit Tralee for what could have been a possible dress rehearsal for the Cup final. Instead Demons and coach Danny O'Mahony will have to decide if they intend to hold something back for the Cup final the following week or do they go all out to secure some badly needed League points. Either way it will be an intriguing clash in the Tralee Sports Complex with the Warriors looking to do the double on the visitors after their 76-72 win over Demons in the Mardyke Arena in Round 8.

Please note that the game is on Friday night with a later tip off than usual at 8.00pm.



*Rap Buivydas drives powerfully over Adrian O'Sullivan  
Pic: Liam Ryan*



*Daniel Jokubaitis evades the attentions of Adrian O'Sullivan to lay up a score.  
Pic: Liam Ryan*



## BALLYHAR DYNAMOS FC

### LOTTO

No.s 4, 6, 16, 26. No winner of the jackpot. 5 x €25: Denise O Sullivan, Farranfore. Marguerite Brosnan, Killorglin. Majella O Sullivan, Furies. Timmy Lucey, Kilcummin & Eillen Dowd, Furies. Next draw for a Jackpot of €13,900 will take place on Sunday next 14th January at Henderson's Bar, Furies. Christmas Spots went to the following: Denis McGillicuddy, Marion O Sullivan, Aisling Brosnan, Daire Moran, Mary O Shea, Ciaran Butler, Mary O Connor, John O Shea, Margaret O Sullivan, John O Leary, Kieran McCarthy, Tim Dennehy & Christy Brosnan. Thanks to all who support & help out with the club lotto.

### TEAMS

The U12 boys travelled to Mastergeeha where they came out on top with a hat trick from Brian McMahon and one each by Darragh McLaughlin & Jack Duggan with Adam Quirke, Diarmuid Fitzgerald, Ewan Myers, Ollie Kirwan & Ruairi Casey all playing well.

The U14 boys hosted Mastergeeha and in a very close premier game, Ballyhar came out on top in a 4-0 win with goals from Gearoid Moynihan, Jamie Murphy & two by Alex Finn with Daniel Duggan (Keeper), Daire Cornally, Jack Kelly, Ryan Quilter & Ryan Vickers playing important roles.

The U16 suffered a 5-0 defeat away to Killarney Celtic with Marcus Clifford, Anthony Cremin, Conrad Long, Lee Crillio, Conor Giles & Eoghan O Sullivan giving of their best.

The club youths welcomed Mainebank FC where Ballyhar came out on top on a 4-1 scoreline. It was a close game with late goals sealing the win. Eugene Deniel, Colm O Riordan, Gerard Long & Odhran O Neill were the goals scorers with Rian Brosnan commanding in goal, Michael O Sullivan, Micheal Fitzgerald & Luke Henderson controlling the midfield area with Robert Kelly putting in some excellent crosses from the wings.

The Seniors hosted Castlegregory in Premier B where Ballyhar were the better team for the first 30 minutes with Mike Daly & Alan Moriarty going close however it was the visitors who led 1-3 at half time with a Patrick O Connor glancing header being the Ballyhar scorer. The Visitors ran out 1-5 winners with Trevor O Shea, John Power, Dan O Shea, Danny Cronin, Ger Fitzgerald, Maurice O Donoghue, Niall Donohoe & Dara Donohoe being prominent throughout the game.

### SYMPATHY

The Club offers its condolences to the Scott Family, Furies on their recent family bereavement. May Pat (senior) rest in peace.

## MEK GALAXY NOTES

### U12

#### MEK Galaxy A – 4 Killorglin FC A – 2

A great win at the dragons den for our MEK boys. Killorglin pressed hard for the opener but as our lads settled into the game Eoin Murphy pounced for the first goal after great work from the team to work it up including a pass from Oisín Bevan who then got the second himself with a another well worked goal. Killorglin struck for one back before the break and the game was well set up as a contest for the 2nd half. Our MEK side again scored first with great pressure the final touch was uncertain, but it gave our boys a two-goal lead. Killorglin again came back and made it 2v3 but as the pushed for an equaliser Fionnán Burke broke with a fantastic run and finished calmly into the bottom corner. A great performance with great attacking passes and resolute defending well done lads.

### U12

#### MEK Galaxy U12 "B" 4 - Killorglin FC "C" 3

Another great game Killorglin. After an incredible first half for MEK playing some great football and going 3 ahead with goals from Noah Keogh and Tristan Cryan (2) their opponents had it all to do. The second half saw a rally from the home side bringing it back level with a few minutes left. MEK then pounced for the winner that their pressure deserved not clear who got the final touch but a 4v3 win for MEK in a great game was the outcome.

### U14

#### Div 1 St Brendans Park B 3 MEK Galaxy 1

A good display by the lads against a strong Park side, Cade Jameson with the goal for MEK.

### UNDER 16S PREMIER

#### Killarney Athletic 3-2 MEK Galaxy (half time 1-2)

Danny Murphy with both goals one from a free kick and the other from a penalty. Unlucky to lose as winner came in injury time and we struck the crossbar shortly after from a free kick. Man of the Match was Shay McCormack with a brilliant display from left back with good performances also from Danny Murphy, Jack Hallissey and Fionn Kennedy.

## KERRY SCHOOLBOY/GIRL SOCCER

### RESULTS SATURDAY 6TH JANUARY

Limerick County 1 – 4 Kerry U13 GIRLS

### U12 GIRLS PREMIER (NORTH)

St Brendans Park 2 - 0 Fenit Samphires

LB Rovers 0 - 1 Castleisland AFC

### U12 GIRLS PREMIER (SOUTH)

Iveragh UTD 3 - 0 Ballyhar Dynamos

Tralee Dynamos 3 - 0 Inter Kenmare

### U15 GIRLS PREMIER

Killarney Athletic 3 - 0 Castleisland AFC

Killarney Celtic 3 - 0 Inter Kenmare

St Brendans Park 3 - 0 MEK Galaxy

### U16 BOY'S NATIONAL TROPHY ROUND 4

Aisling Annacotty AFC B 0 - 7 Tralee Dynamos

### U12 BOY'S PREMIER

Killarney Celtic 5 - 1 Dingle Bay rovers

Killorglin AFC 2 - 4 MEK Galaxy

Castleisland AFC 2 - 2 Iveragh UTD

St Brendans Park 0 - 0 Tralee Dynamos

### U12 BOY'S DIVISION 1

Camp Juniors 1 - 1 Killarney Athletic B

Mastergeeha FC 0 - 5 Ballyhar Dynamos

Fenit Samphires 7 - 1 Ballyheigue AFC

LB Rovers 0 - 6 Milltown FC

### U12 DIVISION 2 (NORTH) BOYS

Fenit Samphires 4 - 2 Killorglin AFC B

### U12 DIVISION 2 (SOUTH) BOYS

Iveragh UTD B 1 - 1 Killarney Celtic C

Mastergeeha FC B 2 - 5 Inter Kenmare B

Killorglin AFC C 3 - 4 MEK Galaxy B

### U14 BOY'S PREMIER

Killarney Celtic 0 - 1 Killarney Athletic

Inter Kenmare 1 - 0 Tralee Dynamos

Ballyhar Dynamos 4 - 0 Mastergeeha FC

St Brendans Park 6 - 0 Killorglin AFC

### U14 DIVISION 1 BOYS

St Brendans Park B 3 - 1 MEK Galaxy

Killorglin FC B 1 - 0 LB Rovers

Fenit Samphires A 7 - 2 Camp Juniors

Killarney Athletic B 0 - 6 Listowel Celtic 6

### U14 DIVISION 2 BOYS

Castleisland AFC C 1 - 2 Tralee Dynamos B

### U16 DIVISION 1 BOYS

Mastergeeha FC C 7 - 4 Iveragh UTD

Killarney Celtic 5 - 0 Ballyhar Dynamos

Camp Juniors 1 - 2 St Brendans Park

### U16 DIVISION 2 BOYS

Tralee Dynamos B 0 - 4 Killarney Athletic B

This week I would like to let you all into the secret on how we pick the team of the week and this is how we do it, based on both coaches reports .



Ballyhar Dynamos FC female social soccer group re commences on Monday next 15th 7-8pm at Faha Astro. Fun , fitness & friendship. All welcome.



Ballyhar Dynamos FC u16s who were defeated by Killarney Celtic in Division 1 of the Kerry schoolboy league.



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## U14 PREMIER INTER KENMARE 1-0 TRALEE DYNAMOS

Today I decided to show you all how a team of the week is picked and how I relay on the honesty of both coaches to give me the facts so please read both accounts and see the similarity (Jamie Moynihan from Tralee Dynamos and Alan O Sullivan From Kenmare both coaches )

### (Jamie's account) Tralee Dynamos 0-1 Inter Kenmare

Hard going this morning away as our first game of 2024 was a crash down back to earth after a positive pre-Christmas. Kenmare worthy winners as we struggled to handle their pressing game. The Kenmare front men hounded our back four which laid the foundation for their win .After some heavy pressure their number Noel O Neill pounced on a rebounded shot off the post to slot home. Our second half was better as we half threatened on a few occasions but we never really troubled the Kenmare keeper and they ran out deserving winners .Our keeper Ben and back four of Billy Ryan David and Donnchadh performed well as the pressure was high for the whole game but they battled bravely .Midfielders Fionn. Calum, Brooklyn, Rian, Danny B, Philip really also fought well with Danny Lane ploughing a lone furrow up front who as always ran his socks off to try and create something but we couldn't get that goal to share the spoils Danny Brick gets our MOTM ,Also, get well soon to midfield Trojan Eddie Carmody who had to come off the field due to illness ,Unlucky boys and well done Kenmare .Next up national cup last 32 in Kildare in two weeks

### U14 PREMIER

### Inter Kenmare 1:0 Tralee Dynamos. (Alan's account)

A tough game was played in sunny fresh Kenmare with Inter coming out on top 1-0. Inter started brightest and Ronan Hussey struck the post after 10 mins. Inter defence reduced Dynamo's to few chances in the 1st half, but Tralee Dynamos were always prepared for our counter attacks , Inter seemed to be the hungrier for the win and were again on the fore in the 2nd half. Inter struck the post again after 15 minutes and all their pressure paid off when with 15 mins to go Jimmy McGann hit the post and Nicholas Kirby slotted home the rebound. A well-deserved win for Inter. Best for Inter Noel O Neill. We wish Tralee Dynamos all the best in the last 32 in two weeks time

### KERRY SCHOOLBOYS & GIRLS TEAM OF THE WEEK

1. Jack Gillespie (Killorglin AFC U14)
2. Rion O Sullivan (Castleisland FC U12)
3. Noel O Neill (Inter Kenmare U14)
4. Alan de Vries O Donoghue (Camp Juniors U12)
5. Roan Guerin (Mastergeeha FC U16)
6. JJ Landers (Killarney Celtic U12)
7. Kylan O Carroll (St Brendans Park U14)
8. Jayden O Dowd (Tralee Dynamos U14)
9. Alex Finn (Ballyhar Dynamos U14)
10. Mark O Carroll (Killarney Athletic U16)
11. Jack Clifford (Milltown FC U12)

### KERRY SCHOOLBOYS & GIRLS GIRL'S ROLL OF HONOUR

- Ciara Cronin (St Brendans Park FC)  
 Roisin Donnelly (Castleisland AFC)  
 Kaitlyn O Riordan (Mastergeeha FC)



Killarney Celtic U16s vs Ballyhar Dynamos

Lara Meehan (Listowel Celtic)

Ella Murphy (Killarney Celtic)

## KILLARNEY ATHLETIC AFC

### U 16 PREMIER RESULT

Killarney Athletic 3 - 2 MEK

Mark O'Carroll

Back to league action after a 5 week break brought plenty of excitement to Woodlawn We welcomed Evan Doona back from his time in league of Ireland and his experience showed today we found ourselves 2 nil down after 10 minutes play but scored a penalty soon after by mark to get us back in the game

Just before halftime we were down to 10 a really harsh sending off as there was minimal contact Second half we were much better we deservedly equalised 10 minutes to go with a sublime free kick from mark

5 minutes left mark had another free kick opportunity from 20 yards out and what a free kick it was 3/2 up now

Mek threw everything at us in the last few minutes hitting the crossbar but we held out with some heroic defending

A terrific performance from the whole squad

Best for athletic mark o caroll Sean kiely and JJ O donoghue

### U12 B RESULT

Camp 1 - 1 Killarney Athletic B

Darragh O'Toole

The U12B boys earned a hard-fought draw away from home this morning against a strong Camp side. The match was tight throughout and Athletic went in behind at half time. We started the second half well and eventually made the breakthrough 5 minutes from the end through a superbly taken goal from Darragh O'Toole. Overall, great effort from the lads and a well deserved point.

## KILLARNEY CELTIC

### CELTIC LOTTO

Numbers drawn 7,11,12,17. No jackpot winner. Match 3 winners received €40. Next jackpot €4,600 on Monday January 15th. Tickets available from The Dungeon Bookshop, club members. The online sales are now available through Clubzap.

### KEANES JEWELLERS MUNSTER CHAMPIONS TROPHY SEMI-FINAL AET.

Killarney Celtic 1-1 Newmarket Celtic

Matej Vrljicak

PENALTIES

Killarney Celtic 3-5 Newmarket Celtic

Killarney Celtic bowed out of the Munster Champions Trophy last weekend after a penalty shootout loss to Newmarket Celtic. 0-0 at half time with Newmarket being the more dominant side in the first half.

However it was Killarney who hit the front after a Cian Doe corner was headed home by Matej Vrljicak. Newmarket equalised late on to send the game to extra time which failed to produce a winner so it was a penalty shootout to decide the game and it was Newmarket who went forward to the final.

### U16 DIVISION 1

Killarney Celtic 5-0 Ballyhar Dynamos

Samuel Scroope 2, Jack OGrady, Luca Mosca, Ignacy Truchan

Celtic continued their good run of form to record a win that keeps them at the top end of the table.

### U14 PREMIER RESULT

Killarney Celtic 0-1 Killarney Athletic

In a tight game Celtic failed to find their true form and were beaten by the only goal of the game.

### U12 PREMIER

Killarney Celtic Green 5-1 Dingle Bay Rovers

Cillian Scannell 2, Sean Doyle, Conor O Doherty, Jack Kissane

Celtic welcomed table toppers Dingle to Killarney on a beautiful morning. Celtic dominated from the off and went 1 up after great play on the right wing set up Sean Doyle to finish at the back post. Celtic kept the pressure on and played beautiful football. Cillian Scannell got the second. Second half and Jack Kissane got the important 3rd. Cillian Scannell tapped in to make it 4. Dingle got one back before Conor O'Doherty cool as you like got number 5.

### U12 DIVISION 2 SOUTH

Iveragh United 1-1 Killarney Celtic Gold

Noah Murphy

A cracking & competitive game played in perfect conditions with both teams very evenly matched. Celtic started a little slower than the opposition, and fell behind when they didn't get



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properly set for a free kick midway through the 1st half. Celtic finished the half unlucky not to go in level and trailed at the break by the slimmest of margins.

Celtic came flying out of the blocks in the 2nd half pressing for an equaliser but could not break down a resolute Iveragh defence and a very in-form goalkeeper. Iveragh had a few opportunities to go 2-0 up but 3 successive & brilliant saves from Celtic keeper Brian O'Connor kept us in the game. The equaliser finally came as Celtic kept pressing and a cross from Aodhan O'Halloran was latched onto by Noah Murphy to make it 1-1 with only minutes to go. Celtic had 2 wonderful chances to sneak the victory in added time only for the Iveragh keeper to stand tall and deny us on both occasions. A fair result in the end for our boys.

## GIRLS

### CHARLEVILLE CHEESE U17 GIRLS PREMIER

#### Killarney Celtic 6-0 St Brendans Park FC

*Hannah Casey, Abbie Finnan, Sarah Warren, Clodagh Moriarty, Casey Mulry, OG*

Although Celtic ran out 6-0 winners in the end, the victory wasn't as easy as the score line suggests. The Celtic defence were in excellent form all night and kept St Brendan's to a minimum of shots, Gráinne Kelliher and Sarah Warren in the first half and Caoimhe O'Sullivan in the second were especially good. In midfield Clodagh Moriarty had an excellent night of assists from placed balls scoring one and providing an assist for the brave and hardworking Casey Mulry. Ali Bowler and Hannah Casey provided pace and penetration up front. However it was the hardworking Abbie Finnan who had

the most impact on the game with her strong running, bravery and determination and she never stopped all night against a very good St Brendan's midfield.

### U15 GIRLS PREMIER

#### Killarney Celtic 3-0 Inter Kenmare

*Ella Murphy, Ali Bowler, Puttanya Ryan*

A good win for the U15s last weekend keeps them on top of the table.

**CONGRATS** to JJ Landers who made the KSBGL Team of the Week.

### MCCARTHY INSURANCE GROUP MUNSTER JUNIOR CUP

In the McCarthy Insurance Group Munster Junior Cup our A team has been drawn away to Castlevilla AFC (Cork) with the winners drawn away to Peake Villa FC (Tipperary) or Villa FC (Waterford) in the sem final.

## JACK KAVANAGH SIGNS FOR KERRY FOOTBALL CLUB

Kerry Football Club can confirm the signing of Jack Kavanagh from Athlone Town ahead of the 2024 SSE Airtricity Men's First Division season. Kavanagh, who is 21, signs for the league's newest club from the oldest and makes the switch from Athlone Town to Mounthawk Park for 2024.

Jack plays in the left-back role but has also adapted into the centre-back position when required. Jack played for Dundalk FC from the age of 16 to 20 at Academy level. He signed for the Midlanders in August 2022 where he went on to play 8 games in the second half of the 2022 campaign. Kavanagh re-signed for Athlone Town ahead of the 2023 season where

he featured in 33 games in a year Athlone reached the play-offs. Jack also featured on the SSE Airtricity Men's First Division Team of the Week on 3 occasions in 2023.

Speaking following his switch to the Kingdom, Jack Kavanagh told kerryfc.com "I'm buzzing to have signed for Kerry FC. From the start, after talking to the lads it was something I really wanted to be a part of and they're building the club the right way. The support for the team is huge and I can't wait to get playing in front of a packed-out Mounthawk Park. Just for me personally, I feel like I can really kick on and with all the things the lads have put in place I think we're going to have a really good season" Also speaking after Jack's move to Kerry FC, First Team Head Coach Conor McCarthy said "We are delighted to sign Jack for 2024. Jack played against us a couple of times last year

and always stood out so we are delighted to have him down with us this season. He's got a brilliant attitude and is exactly the kind of player we want down here. We are all looking forward to seeing him in action very soon"

Jack becomes the second new signing ahead of the new season, with Andy Spain having been announced as the first just two weeks ago.



## STEVEN HEALY AND DAIRE MCCARTHY COME INTO THE KERRY FOLD FOR THE 2024 SEASON

Kerry FC are delighted to welcome Daire McCarthy and Steven Healy to Mounthawk Park ahead of the 2024 SSE Airtricity Men's First Division Campaign. The Galway United pair come to the club on loan deals from the SSE Airtricity Men's Premier Division side.

Daire, who's 19 years old, is from Athenry in Galway and plays his trade at either Centre Back or Centre Midfield. The Galwegian played for his local club in Athenry before securing a move in the summer of 2022 to SSE Airtricity Men's Premier Division side Sligo Rovers, where he made the matchday squad on 5 occasions as an 18-year-old.

McCarthy re-signed for Sligo Rovers at the start of last season and although he didn't make an appearance, he was part of the squad for 4 of Rovers UEFA Conference League Qualifiers across Europe. Daire returned to his native Galway during the summer and was part of the First Division winning squad, featuring in two matches at the back end of the campaign.

Steven Healy also makes the move to Kerry for the new season. It's been a busy week for the Galway native; the 19-year-old signed his first professional contract with the First Division

champions following an impressive year with the runaway leaders of 2023.

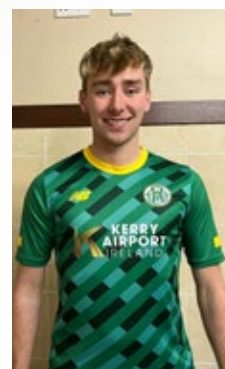
Healy was an integral part of the Galway United Under 19 side, which saw them reach the Enda McGuill Cup final. He joined the ranks in Galway at Under 15 level, having previously played for Maree Oranmore. The right midfielder made 6 appearances for United in their impressive run to being crowned First Division Champions in 2023. He was also capped for Ireland at schoolboy level.

Speaking to kerryfc.com, Daire McCarthy said "I'm looking forward to the year ahead as I'm hoping we can build on the great work that was done last year here in Kerry and push up the table. I'm hoping to develop myself as a player and as a person by coming down to Kerry FC. So far I've enjoyed my time down here. There's a great bunch of lads in the team and the managers and coaches are great, they are clear about the style of play they want. I can't wait to see Mounthawk Park full and give the fans the results they deserve"

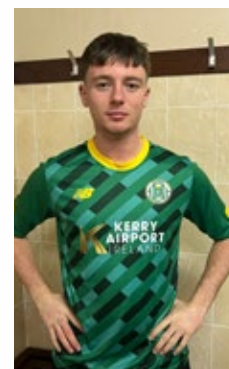
Also speaking to kerryfc.com, Steven Healy said "Yeah I'm really happy to be coming down to Kerry. It's a big opportunity to play for a newly built-up club and hopefully, we have a good year this year. I can't wait to play in front of the fans and hopefully show them what I can do and help the club out as best I can. We have a massive first game to start the season so

hopefully we can get off to a good start. I am just really happy to be here and can't wait to get going"

Also speaking following the pair's arrival in the kingdom, First Team Head Coach Conor McCarthy said "We're delighted to have Daire and Steven for the 2024 season. Daire is a versatile player and has some excellent qualities, he's got a brilliant attitude and can't wait to get going, I'm sure he will do very well for Kerry FC" Conor added "Steven is a young player who's got a very bright future ahead of him and is thought very highly of. He has come through a brilliant academy in Galway and he will be a great addition to our squad for the season."



Kerry FC's Daire McCarthy



Kerry FC's Steven Healy





## CHIEF EXECUTIVE OFFICER

The Social Action Group Rathmore CLG (SAG)

### THE ORGANISATION

The Social Action Group Rathmore, Company number 147496 and Charity number 20022532, is a social inclusion organisation operating in the east Kerry and north Cork area. Through its work the SAG is working to build an inclusive, vibrant community to provide better life chances for people in the community across the lifespan. Due to continuing growth and expansion The Board of the SAG is seeking to appoint its first ever CEO to lead the SAG into the next stage of its development and to drive its ambitious plans for the future.

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MAGAZINES

## KERRY'S BEST CRAFT & DESIGN BUSINESSES SET FOR SHOWCASE 2024

Muckross Bookbinding and Carrauntoohil Crafts are among some of Kerry's best craft and design businesses that will be part of over 100 companies from across Ireland who will get a chance to meet with buyers from all over the world as part of the Local Enterprise Showcase at the 2024 Showcase event in the RDS, running from the 21-23rd January.

An initiative of the Local Enterprise Offices, the Local Enterprise Showcase, is a special area at Showcase that houses a range of Ireland's newest design talent. Kerry LEO clients attending include:

Muckross Bookbinding - the bookbinders present a variety of journals and albums in leather and a number of bespoke items all handmade in their workshop in Killarney National Park

Carrauntoohil Crafts - A souvenir designer and wholesaler with 100% original designs including magnets, socks, pins, stationery, mugs, t-shirts and more.

Riocht Woodcraft - a family run business based in Moyvane using Irish hardwoods to create a range of handmade, bespoke kitchenware pieces

Jayne Gillan Designs - designing and crafting a range of wool and silk scarves using the ancient craft of felting drawing inspiration from the Irish landscape

Leo Quinlan - a landscape artist based in Waterville specialising in paintings of County

Kerry and the Wild Atlantic Way.

The event, which is a pinnacle event in the global design and crafts calendar, will open its doors to thousands of buyers from across the world, including Ireland, the UK, USA, mainland Europe, Asia and Africa, generating millions of euros of sales orders during the show.

Showcase is presented on behalf of Design & Crafts Council Ireland, with support from Enterprise Ireland in promoting the trade show internationally through their network of offices overseas, and the Local Enterprise Offices nationwide.

Local Enterprise Office Kerry has been working with their clients on merchandising for their stands, marketing, and sales techniques to ensure they maximise opportunities at the three-day event.

Tomas Hayes, Head of LEO Kerry believes this is an opportunity like no other for up-and-coming craft and design clients looking to make that break through. "To be exposed to this many high-quality buyers in one place is an incredible opportunity for any business starting out. If things go well at this event, a business could fill their book for the year and may well establish a partnership that could extend longer than that and help them grow. While that won't happen for every business, just to be here, see other clients, get new ideas and develop their skills in marketing and sales will stand by them going forward."

This year all Local Enterprise Showcase clients were entered into the Business of Craft Awards. This is the first year of the awards that celebrate the business behind the amazing craft and design products that are behind created across the country.

Local Enterprise Showcase is one of several enterprise initiatives run by the Local Enterprise Offices across the year to foster entrepreneurship and help small businesses to start and grow. Other events include Local Enterprise Week, National Women's Enterprise Day, the National Enterprise Awards, the Student Enterprise Programme and the Local Enterprise Village as part of the National Ploughing Championships. For more information on the Local Enterprise Offices and the supports they can provide, please visit [LocalEnterprise.ie](http://LocalEnterprise.ie)





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### ACRES CP FARMER OPEN MEETINGS

ACRES Co-operation Farmers in Kerry and West-Cork are welcome to attend any one of the following Open Meetings in January 2024. You can drop into these meetings at anytime of the day between 14:30 and 20:30.

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- Talk 1 to 1 with a local project team member
- Get an insight into your results-based scores
- Get advice on How to improve your scores
- & Get info on actions suitable and funding available

#### Locations & Dates of Open Meetings - Jan 2024

Valentia Community Centre (V23 H240) - Tues 9th Jan 14:30 - 20:30

Dromid Community Centre (V23 RK10) - Fri 12th Jan 14:30 - 20:30

Beaufort ACRES Office (V93 FN51) - Thurs 18th Jan 2024 14:30 - 20:30

Towers Hotel, Glenbeigh (V93 K72C) - Fri 19th Jan 2024 14:30 - 20:30

Ballinskelligs Community Centre (V23 DT28) - Tues 23rd Jan 2024 14:30 - 20:30



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## JIMMY O'SULLIVAN-DARCY takes a look at all things sport...

# TAKING A SPORTING TRIP DOWN MEMORY LANE TO 1974....

## 50 YEARS AGO

### CAOGA BLIAIN Ó SHIN

It's that time of year where I like to settle back a bit. There are contemporary sports stories happening. Basketball, rugby, soccer....plenty going on, but nothing that really captivates me as yet. McGrath Cup and Munster Senior Hurling League? My pulse isn't exactly set racing. Anyone trying to read Kerry's form in the first week of an extremely, extremely long year would do just as well by reading the prophecies of Nostradamus. All Ireland Club semi-finals? Loads of drama, not so much football. And anyone judging the Crokes Glen contest had to be using sonar instead of sight with all that dense fog. More ridiculous than sublime. Hard luck to Tralee Warriors in their semi-final; you won't see a better basketball game this year. So I could write about all of these things. But I'm not going to do that. It's wet, it's windy, it's cold. I'm going to sit here by the fire and type up a bit about days of yore. Fifty years ago, to be more precise. 1974.

### IRELAND IN 1974

The lingering reluctance to co-operate fully with England in trade and the emphasis on maintaining rural traditions and a strongly catholic ethos had held Ireland back for at least a generation. The innovation of the sixties under progressive Governments and a more open-minded catholic hierarchy had completely changed and transformed Ireland, especially in terms of education, tourism, and urbanisation. It brought tremendous benefits, but by the early seventies it was wearing a bit thin. Young people, many of whom still had to emigrate to build a future, were disaffected. Personally – and I haven't researched this – I believe that the motor car and television meant less interaction with neighbours and less of a communal feeling. The oil crisis and big international increases in inflation had taken a huge toll economically. There was a strong reaction to the increase in the cost of a pint. 23p for one pint? People had warned about this newfangled 'decimalisation' that had come in in 1971, and obviously they were right. Politically the Troubles were at fever pitch, and would get even worse, an awful lot worse, before the year was out. It was a tough situation

for Taoiseach Jack Lynch, and for President Cearbhaill Ó Dalaigh, who would be replacing Erskine Childers towards the end of the year. The power-sharing agreement in Northern Ireland of the Sunningdale Agreement would collapse in May.

It wasn't all doom and gloom, far from it. It was a great year for movies. Chinatown is on my all-time list. The Godfather II is considered the best of the series but I prefer the first one. It's still good. Horror fans were engrossed (or possibly just grossed) by 'The Texas Chainsaw massacre'. Mel Brooks' 'Blazing Saddles' is ridiculous but it's also ridiculously funny. Roger Moore's James Bond faced off against Scaramanga, the deadly man with the golden gun. Lame enough, in fairness.

You had a decent range for RTE as well. Wanderly Wagon for the younger ones, The Riordans for older ones, Hall's Pictorial Weekly (tame by today's standards, but hard-hitting for its time), The Late Late Show, Sports Stadium....

In terms of the music charts, the likes of Big Tom and Brendan Shine had big followings, but dance halls were rapidly being replaced with discos. Slade, Mud, Gary Glitter, David Essex, Terry Jacks....nobody that was going to start a riot. But young people were finding voices of their own in the likes of Rory Gallagher, Van Morrison, and Horslips ('Dearg Doom' was a much bigger hit in England and Germany than in Ireland. Let's be honest, we all thought they were mad – and in a glorious way, they were).

But as always, sport was the main pastime for most people. Blue Demons became the inaugural winners of the Irish Basketball Superleague this year.

Currow has provided Kerry with a lot of good footballers, and one of them had three Sigerson Cups with UCC and had played for the county at both minor and U21 as a full back. Big Moss Keane, surely the wittiest Irish sportsman of all tie, made his debut for his country this year in rugby against France in January and would go on to become a legend in the game.

Soccer was in serious decline in Ireland outside of Dublin, not least because we could watch better soccer on the television and English soccer was becoming a much bigger topic in Irish households than the League of Ireland,

which was badly underfunded by the FAI. George Best did make a few cameo appearances for Cork Celtic, but the move reeked of desperation on both sides. Bohs, runners-up last year to Cork Celtic, pipped Athlone to the title this year, while St. Brendans Park won out in Kerry. West Germany won the World Cup, beating the Netherlands 2-1. It wasn't a popular result; people adored the 'total football' approach of Cruyff's Netherlands. Muhammad Ali would knock out George Foreman and regain his title in the 'Rumble in the Jungle' in Zaire. Eddie Merckx was dominating cycling to an incredible degree. The ongoing oil crisis did work in Kerry's favour, as the Circuit of Ireland Rally had a full stage all around the Dingle peninsula for the first time.

The most popular sports figure in Ireland in 1974 wasn't a person. It was a horse. Red Rum was carrying a twelve stone handicap crossing the line for his second English Grand National win, beating l'Escargot.

John Joe Sheehy, who had stepped down from the Munster Council alongside Br. Murray (for whom the Corn Uí Mhuirí is named) last year after almost fifty years of service each, commenced his Presidency of that body.

### NATIONAL FOOTBALL LEAGUE

Kerry had been utterly and absolutely hammered by Cork in the 1973 Munster Final. There is no dressing it up. It was our worst beating since 1952, and there were no Cronin brothers or Ned Roche to recruit from other counties this time. Kerry had a serious point to prove in the national League.

Tosach maith. By the New Year we already had comfortable wins over Wicklow, Roscommon (a young Mikey Sheehy made his debut), Longford, and Offaly (Tony O'Keeffe made his debut) in the bag. Just one defeat, and that by a single point – but it was to Cork. Manager Johnny Culloty had blooded young lads like Jimmy Deenihan, John Egan, Ger Power, Ger O'Keeffe, and Mickey Ned O'Sullivan in 1972 and there was a good blend of youth and experience.

In February we beat Tipperary by 3-14 to 0-10. Highly rated youngster Páidí Ó Sé started at



wing forward against Galway. Frank Russell, father of a certain Mike Frank, started at centre forward but was replaced by the eldest of Tom Spillane's sons. Tom, like his in-laws the Lynes of Cleeney, had been a great footballer and young Pat had the makings too, he kicked two points. Kerry had to be content with a draw though. The truth is that Galway should have won – free-taker John Tobin missed a few chances and hit the crossbar with a penalty. We were in a League semi-final, but we had ridden our luck. Away to Tyrone, who were not the power that they would become. Kerry supporters were confident heading to Croke Park. It was a tough battle, but Mikey Sheehy was simply unmarkable, and his 2-6 saw Kerry win with a good bit to spare.

Roscommon in the final. That was a serious Roscommon team. Dermot Earley, John Donnellan, Mickey Freyne, Harry Keegan....this was going to be tough.

It was. Again, for the third game in a row, Kerry were wide open for the taking, but John Egan darted through a sliver of space late on to fist an equalising goal. 1-6 to 0-9. A second bite at the cherry.

Dublin were playing Wicklow in the opening round of the Leinster Championship before the replay. Not that too many Kerry supporters left their pints behind to make the curtain-raiser. The odds of either Wicklow or Dublin being any kind of threat to the top teams was preposterous. Offaly and Meath were fearsome sides. Dublin? Having to go back to Kevin Heffernan to take the reins once more was a bad sign. Jimmy Keaveney, watching from the Hill, would have agreed. Heffernan would persuade him back for the next round. It wasn't any avalanche yet, but the pebbles were starting to roll....

We had our own business to take care of. And that's what we did. Mikey Sheehy kicked 0-7 out of our 0-14. Roscommon put up 0-8 themselves, but Kerry were always the better side. It was our fourth National Football League in a row.

## MUNSTER CHAMPIONSHIP

We played Waterford in the opening round of the Munster Championship. The likes of the recently retired Mick O'Dwyer (he had first been elected selector while still playing) would have been warning and cautioning Kerry about Waterford's famous 1957 victory over the Kingdom. On this occasion, it wasn't needed. Kerry could afford to win in cruise control. Seamus Mac Gearailt and Mikey Sheehy had 2-3 each, Mickey Ned had 1-3 from the forty. The final score was Kerry 7-16 to 0-8.

Kerry faced Cork in the Munster Final. Cork were the reigning All Ireland champions and expected to dominate for years to come after big underage success. Billy Morgan, Frank Cogan, and Jimmy Barrett were starring for a Nemo Rangers side who would win Munster but lose to UCD in the All Ireland semi-final. UCD would go on to win the All Ireland club, with John O'Keeffe and Jackie Walsh in their ranks.

Kerry had good young lads coming themselves, but it was to the proven old guard that Kerry

supporters were looking.

Some people wonder now how the 1975 Kerry team was so under-estimated in the final against Dublin. The media was certainly Dublin-centric, but this 1974 Munster Final justifies their opinions. We were miles off the pace. Billy Morgan was on fire and Humphrey Kelliher was lord of all he surveyed. We led by two points at half-time, but it never looked like being enough. The second half was a disaster. Mickey Ned O'Sullivan got Kerry's only score of the entire half in the 39th minute. Andy Molyneux, the popular County Board Treasurer, persuaded Mick O'Connell to come off the bench late in the second half. Too late, that horse had already bolted, and O'Connell just hadn't the speed or stamina any more. One Cork player teased him with the ball – some Kerry supporters were incensed, but they were easily offended on a day like that. It was O'Connell's last game. Same with Paud and Eamonn O'Donoghue (still young men), Derry Crowley, Seamus Mac Gearailt, and Donie O'Sullivan (Donie did win an All Ireland in 1975, but on the bench).

Johnny Culloty stepped down as manager, being replaced by Mick O'Dwyer. His legacy was very under-rated at the time, but he had built a transformed Kerry team who knew about winning matches (four National Leagues doesn't count as hard currency in Kerry, but young players got good lessons in those games) and he blooded some players who would soon become known as the best in the history of the game.

Paudie Lynch will end up as Kerry's only All Star. Kerry: Paudie O'Mahony, Donie O'Sullivan, Paud O'Donoghue, Derry Crowley, Páidí Ó Sé, John O'Keeffe, Ger O'Keeffe, Paud Lynch (0-1), John Long, Ger Power, Mickey Ned O'Sullivan (0-4), Eamonn O'Donoghue (0-1), John Egan, Seamus Fitzgerald, Mikey Sheehy (0-1). Subs Brendan Lynch (for Eamonn O'Donoghue), Jackie Walsh (for Seamus Mac Gearailt), Mick O'Connell (for Jackie Walsh), Brendan Lynch, Pat Griffin, Pat Spillane

Cork: Billy Morgan, Frank Cogan, Humphrey Kelliher, Brian Murphy, Kevin Jer O'Sullivan, John Coleman, Con Hartnett, Denis Coughlan (0-3), Denis Long (0-3), Ned Kirby (0-1), Declan Barron (0-1), Dave McCarthy (1-0), Jimmy Barry Murphy, Ray Cummins (1-4), Jimmy Barrett. Subs Donal Hunt, Kevin Kehilly

## KERRY U21S

Kerry were the reigning All Ireland champions and a lot of that team had advanced straight to the Kerry seniors. Pat Spillane and Mikey Sheehy were on both the senior and U21 panels. Tim Kennelly was among those showing serious promise. Two lads, Denis Ogie Moran and Seán Walsh, were actually playing minor and U21 at the same time

Kerry opened their campaign against Waterford in Dungarvan on May 28th. It was a mismatch, with Kerry winning by 3-12 to 0-5. Midfielders Ger O'Driscoll and Pat Spillane had 1-1 and 0-3 to their names, Mikey Sheehy on the forty had 1-4 himself. No real benefit to either side.

Cork. The bulk of Cork's 1973 Sam Maguire winners had come from their 1970 and 1971 U21 All Ireland winning teams. Kerry would

get a lot from their 1973 team (and more from their 1975 side). There is a remarkably strong correlation between U21 and senior success, much more so than minor. Whether the U20 competition is as statistically significant is too hard to tell, but personally I doubt it. Kerry had beaten Cork in the last two years – the 1973 Munster Final where Cork were caught by surprise in Skibbereen must have been a motivating factor a year later.

Kerry were good. Again, though, Cork were simply better and their penchant for scoring goals was becoming something of a bugbear for Kerry at all grades. Páidí Ó Sé, who was starring with St. Michaels Listowel in colleges football (they would beat the Sem, from where he had been expelled, in this year's O'Sullivan Cup Final) blazed a penalty so wide that, in his own recollection, it ended up going through the window of Batty Burns' shop. It probably wouldn't have made much difference. People came away with memories of Cork's Tom Creedon, Seamus Coughlan, and Jimmy Barry Murphy.

Kerry: Patrick O'Connor (Dingle), John Galvin (Dr. Crokes), Bernard Kerins (John Mitchels), Johnny Wrenn (Tarbert), Denis Ogie Moran (Beale), Tim Kennelly (Listowel Emmets), Kevin O'Donoghue (Glenflesk), Ger O'Driscoll (Valentia) 0-3, Páidí Ó Sé (An Ghaeltacht) 0-1, Barry Walsh (Ballylongford), Pat Spillane (Templenoe) 0-1, Seán Walsh (Kerins O'Rahillys), Paddy Mulvihill (Moyvane) 0-1, Niall Brosnan (Dr. Crokes) 0-1, Mikey Sheehy (Austin Stacks) 1-2. Subs Ger O'Donnell (Castlegregory) 0-1 for Paddy Mulvihill, Michael Culloty (Austin Stacks) for Niall Brosnan, Michael Ferriter (Castlegregory), Eddie Joe Nagle

Cork: Liam Weir, Mick Corbett, Tom Creedon, Kieran Murphy, Seán O'Farrell, Seamus O'Sullivan, Con Kelliher, Robert Wilmot (0-1), Kieran Collins, Sean Murphy, Brendan O'Keeffe, Seamus Coughlan (1-0), Seán O'Shea (0-1), Jimmy Barry Murphy (1-2), Liam Goode. Subs Andy Creagh, Leo Gould (1-1)

Minor

Beating Waterford easily and coming a cropper to Cork was a theme for Kerry GAA in 1974. The minors, who were coached by Sem teacher Fr. Hegarty, suffered the same fate as the seniors and the U21s, hammering the Deise by 4-18 to 0-0 but going down to Cork by 0-13 to 1-6. Denis Ogie Moran, Kerry's mascot in the 1962 All Ireland Final, was the best on show, kicking some powerful frees against the wind, while Tommy Doyle from Annascaul and the big young goalkeeper Charlie Nelligan left markers as well, but Cork were the better side on the day.

Cork had won eight out of the last nine Munster Minor Finals and would go on to win their third All Ireland in that period. Any idea that Kerry were a rising power rather than a declining one was ludicrous.

Kerry: Charlie Nelligan (Desmonds), Frank O'Connor (St. Mary's), Michael O'Sullivan (Rathmore), Tony Nolan (Listry), Neilly O'Donovan (Gneeveguilla), Denis Ogie Moran (Beale) 0-3, Stephen Carroll (Causeway), Colm Mangan

(Austin Stacks), Mick Spillane (Templenoe)



0-1, Tommy Doyle (Annascaul), Seán Walsh (Kerins O'Rahilly's) 0-2, Pat Foley (Keel), Johnny Mulvihill (Moyvane), Gerald O'Sullivan (Tarbert) 1-0, Ambrose Lanigan (Tarbert). Subs: Val Lynch (Glenflesk) for Tony Nolan, Fintan Scannell (Tarbert) for Ambrose Lanigan  
Cork: Finbarr Delaney, William Lynch, Jim Slattery, Eugene Desmond, Brian Twomey, John Crowley, Pat O'Sullivan, Richard Kenny (0-3) Tadhg Murphy (0-2), Gerard O'Sullivan (0-1) Diarmuid McCarthy (0-3) Declan Murphy (0-1), Don McCarthy, Liam Holland Mick O'Regan (0-2). Subs Tom Cashman (0-1), William O'Driscoll

## KERRY HURLING

These were good years in general for Kerry hurling. Kerry had famously won the All Ireland Junior hurling title in 1972. A year later they were the only county in Munster to opt to play intermediate hurling. A new rule by the Munster Council that meant that a county could only play in three grades in either sport saw all counties with draw from junior football and all but ourselves abandon intermediate hurling. Kerry lost out to London on a 3-6 to 2-6 scoreline after a gripping contest. Louth beat us in the Junior Hurling Championship, again by just a goal, 4-11 to 3-11. Omens were good for 1974.

The omens were wrong for the most part. Kerry had a disastrous National League campaign, not really coming close to a positive result in any game and being relegated from Division 1A. It's like a snapshot in time to see the teams in 1B back then – almost all those counties (except Dublin, who won promotion to 1A) compete in the McDonagh Cup now).

Waterford added the U21 Munster title to their senior win, easily dismissing Kerry along the way. Kildare agonisingly beat us in the first round of the B hurling by 3-4 to 1-9 and would go on to win it. Pat Moriarty, Tom Kenny, James McGrath, and Paschal Nolan were among Kerry's best players on the day.

In the County Hurling Championship, an Austin Stacks team that included the likes of Gary Scollard lost out to Abbeydorney, who were ending a 61 year wait for the title. Goalkeeper Paddy Walshe was inspirational for the new champions, while Jackie Condon scored a sparkling hat-trick at the other end.

## KERRY LADIES

Camogie was well established as a sport and there was a growing feeling that ladies could play gaelic football as well. Unthinkable in an earlier era, but quite natural in a more confident and modernising Ireland. In 1973 Mick Fitzgerald and Alex Rintoul had selected a Kerry team to play Cork. It was a cracker – Bridie Brosnan scored 1-10 for Cork but Mary Geaney scored 2-6 for Kerry. Suddenly mutterings of interest were magnified. A County Board was formed, with Richard Williams from Fossa as Chairman and Killarney's Joan Kelliher as Secretary. A county league was formed. Given the growing confidence, Kerry put a team into the newly formed All Ireland Championship. Kerry beat Cork and then Waterford to qualify (it was a league format) for the Munster Final,

where they lost out to Tipperary by a single point, 2-6 to 2-5. Tipperary would go on to beat Offaly in the first ever Ladies All Ireland Final. The Cup presented by Offaly captain Agnes O'Gorman to Tipperary captain Kitty Ryan does not commemorate Brendan Martin's support of Ladies GAA. It was simply presented by the Offaly and Dublin volunteer and his name became attached to it simply by word of mouth. For the record, the Kerry team that lined out against Tipperary that day was Kerry: Sue Moloney, Josephine Dillon, Marion Quill, Eileen O'Shea, Mary O'Connor, Sheila Donnelly, Bernie Donoghue, Marie Murphy, Esther Murphy, Mai Lombard, Mary Geaney, Margaret Lawlor, Jenny Mason, Margaret Doherty, Helen Slattery.

## MUNSTER SENIOR CLUB CHAMPIONSHIP

Nemo were a very strong force at the time and they saw off a young Austin Stacks along their way to a provincial title. Nemo would meet Stacks again next year, this time in the final, and would only prevail by a whisper in a second replay. Stacks were edging closer all the time. Nemo beat Clan na Gael after a replay to reach the All Ireland Final but lost out to UCD, who had a number of Kerry players in the final.

## SENIOR COUNTY CHAMPIONSHIP

Killarney saw off a talented but wasteful Laune Rangers in the opening round by 1-11 to 1-4, Donie O'Sullivan majestic at centre back and Pa Mannix scoring the crucial goal. Just for the record, Killarney lined out as follows Killarney: Paudie O'Mahony, Tony Nolan, Eamonn Fitzgerald, M. Foley, C. Healy, Donie O'Sullivan (0-1), Sean O'Sullivan, Pat Casey, Pat Healy (0-2), Connie Doolin, John Joe Tangney (0-2), Niall Brosnan (0-1), Mike Gleeson, Pa Mannix (1-0), J. Murphy (0-4). Sub: Michael Myers (0-1) for Connie Doolin (inj.).

Kenmare beat John Mitchels by 4-9 to 0-4 and that should have been a marker laid down by a young side. Most public attention, though, was going to the brilliant contests between Shannon Rangers and South Kerry, with Shannon Rangers prevailing by 3-8 to 1-12 in the second replay.

Feale Rangers saw off Austin Stacks in the quarter-final – Stacks were not quite the power they would become, but they were well on the way, as their 1973 county title attests, and the hard work of the likes of Micheál Hayes and James Hobbart on the juvenile side was about to bear very rich fruit in the next couple of years. Rahillys, after a couple of lean years, beat Killarney by two points to advance to the semi-final. They would face Shannon Rangers, who looked impressive against a fancied Na hAghasaigh (basically West Kerry) winning by 1-15 to 2-7. Nobody needed to be told about the likes of Eamonn and Paud O'Donoghue or Jackie and Barry Walsh, but the headliner was the three year Kerry minor starring in midfield. Young Ogie Moran would be a good one yet! Kenmare, who hadn't really been in the reckoning earlier in the Championship (they

had won the 1973 senior county league, but that was still a new enough thing in itself), were getting faster and more fluid with every game. They had a terrific battle with Feale Rangers but prevailed by two points thanks to goals from wing backs Mickey Murphy and 17 year old Mick Spillane.

Shannon Rangers, who had lost last year's final to Stacks, were strong favourites but they never got out of the starting gate. By half-time Kenmare, who always looked the faster and hungrier side, were in front by 2-8 to 0-2. Captain Michael Murphy and Paul O'Sullivan scored the goals. They slowed down in the second half but they could afford to, winning their first ever County Championship by 2-12 to 1-5, all fourteen of their scores coming from play.

Kenmare: Denis O'Mahony, Timmy Sheahan, Jimmy O'Sullivan, Pat Kelliher, Michael Murphy, Densy O'Neill, Mick Spillane, Florrie O'Sullivan, Dan O'Sullivan, Pat Spillane, Mickey Ned O'Sullivan, Paddy O'Neill, Paudie Finnegan, Paul O'Sullivan, PJ McIntyre. Subs Noel McCarthy, Tom O'Connor, Denis Finnegan

## INTERMEDIATE COUNTY CHAMPIONSHIP

Spa won their first ever Intermediate title, beating Mick O'Dwyer's Waterville on a 0-11 to 1-7 scoreline. Heavy weather meant that underfoot conditions in Tralee weren't great. Donie McSweeney opened Spa's account but Michael Moran replied. Points from John and Paudie O'Mahony (the Kerry goalkeeper lined out in midfield) had Spa in front, with a Mick O'Dwyer free trimming the gap back to one at half-time. It was only entering the final quarter that Spa's greater spread of scorers began to tell, with Donie O'Sullivan, Connie Doolan, Michael Greene, and John O'Mahony giving them a strong lead. Mick O'Dwyer had one last tremendous burst in the final minute before laying off to Michael Moran for a simple goal, but it was already too little and too late. Coincidentally, this was the first year that Spa hosted the Lily of Killarney.

Spa: Jackie Foley, Donie O'Sullivan, Pa Joe O'Leary, Jim Gleeson, John O'Sullivan, John Joe Foley, Seán O'Sullivan, Paudie O'Mahony, Pat Casey, Donie McSweeney, Michael Greene, Connie Doolan, Diarmuid O'Sullivan, Mick Gleeson, John O'Mahony. Subs J Crowley (for Michael Greene), Seánie Kelliher (for Donie McSweeney), Johnny Batt Cronin, Tim Regan, Michael Myers, John F. O'Connor

## JUNIOR COUNTY CHAMPIONSHIP

Castlegregory won the County Junior Final. Castlegregory were a club very much on the way up, having won the West Kerry Championship the year before, and they would go on to win the Intermediate title in 1975.

Castlegregory: Thomas Egan, Garry Fitzgerald, Michael O'Donnell, Tim Dennehy, Kevin Maunsell, Jimmy O'Connor, Tom Moriarty, Batty Finn, Michael Ferriter, Joe Egan, Gerald O'Donnell, Mickey Moriarty, John Courtney, Mossie Spillane, Johnny Flaherty. Subs Tom



Finn, John Flynn

## SENIOR COUNTY LEAGUE

Back in 1971, innovative County Chairman Dr. Jim Brosnan wanted a way to give players more games (he also pushed for a Bórd na nÓg being established). It was an immediate success, and in 1973 on a Rathmore motion it was expanded to three divisions with promotion and relegation. Austin Stacks were pushed all the way by Castleisland Desmonds but ended up top of the table and thus entered the Munster Club Championship as Kerry's representatives (there was no separate Senior Club Championship at that time and County champions Kenmare were a district team). Dr. Crokes were relegated to Division Two – they rebounded in 1977 and have the longest record of any Kerry team in the top division since.

St. Marys won the County Minor League.

## COLLEGES FOOTBALL

The 1974 O'Sullivan Cup Final is probably the most famous one of all. A certain Paidí Ó Sé was already featuring for the Kerry seniors. His exploits on the playing field for the Sem alongside a certain Pat Spillane among others had helped cement that relationship. Except that Páidí was much more dedicated as a footballer than as a scholar – and that is phrasing it very gently indeed. He was expelled from the Sem and so attended St. Michaels Listowel instead. As far as he was concerned, he had a point to prove. The sheer idea that St. Michaels would beat the Sem, who were the only Kerry school to reach a Hogan Cup Final at the time and had won it in '69 and lost it in '72 did, was preposterous. Except that the Sem, St.

Michaels, and everybody else was about to find that Paidí Ó Sé was, as the late Jimmy McGee would have put it, different class. It remains St. Michaels only O'Sullivan Cup title. The fact that the Sem went on to win the Corn Uí Mhuirí, beating the relatively new but serious power of lognaid Rís of Cork in the final, says it all about St. Michaels achievement. It was the Sem's third title in a row, beating Tralee CBS in the previous two years, and Tralee CBS would lose again to lognaid Rís a year later. Cahirciveen CBS won the Dunloe Cup, but needed some brilliant saves by keeper Carl O'Connell to deny Intermediate School Killorglin.

# CROWDS ATTEND ANNUAL ROAD RACE

The 62nd running of Farranfore Maine Valley AC annual St Stephens day road races took place with conditions near perfect as it was calm and dry. The 2K run for children under 12 and their parents took place first. Over 40 children and parents took part in this which was almost double last years entry

A very large crowd of 293 runners took to the start line of the 5K event. Oisín Spillane was the clear favourite and he took the lead early. Climbing up the hill before the 1 K mark he had Tommy Arthur from Kenmare former winner James Ledingham from Kilkenny, Oisín Murray from An Ríocht and local athletes David Kenny, Ryan Vickers and Conor McCarthy all in touch. Hannah Steeds was in the lead in the ladies section closely tracked by last years winner Niamh O'Mahony. As the race reached the half way stage the race was still in the balance on the hill before the railway crossing Oisín Spillane

started to assert his authority and slowly pulled away to win by 40 metres to cross the line in 14 minutes 44 seconds. This is an improvement of 40 seconds from last years time.

With this rate of improvement Mark Hanrahan's record time of 14.38 will be under serious threat next year. Oisín Murray of An Ríocht ran brilliantly to finish 8 seconds behind. Local athlete, Olympic Race Walker David Kenny ran a sensational time of 15.09 to finish in 3rd. This was David's first time running a race in over 7 years so his achievement is all the more remarkable. James Ledingham from Kilkenny finished 4th in a time of 15.18 which would have won last years race. Tommy Arthurs came 5th and was the first Junior across the line.

In the ladies race Bridget Dennehy ran a storming second half of the race to take the title in 16.42 ahead of Hannah Steeds with last years winner Niamh O'Mahony having to settle

for 3rd this time round.

Tomas Kiely from North Cork win the U 17 event in 16.56.

Emma Flynn won the girls U 17 in an exceptionally quick time of 18.32 seconds.

Other category winners were:

Ella Murphy ladies U 20

Jan Swiechowicz O 40

Aislinn NiDhomnaill O 45

Emer McAuliffe O 50

Caroline Murphy O 55

Ann O'Leary O 60

Carmel Mac Domhnaill O 65

Joe O Connor O 40

Karl Linehan O 45

Gearoid Pierse O 50

Robert Purcell O 55

Kevin Griffin O 60

Michael Mangan O 65

Michael O Connor O 70



Mark Hanrahan, first, Oisín Murray, Second and David Kenny, third.



Winner: Bridget Dennehy, Hannah Steeds, second and Niamh O'Mahony, third pictured with with Pauline Joseph





Jerry Mangan, winner of the Dr Crokes GAA Club lotto jackpot prize of €7,700, receiving his cheque from Chris O'Connor (Seller). Also included from left are Pa O'Brien (lotto coordinator), Ross Brosnan (Treasurer), Moss Harmon and Matt O'Neill (lotto coordinators). The lucky numbers drawn were 6, 9, 22 and 26. Picture: Eamonn Keogh



Congratulations to Finuge St Senans player Niamh Carmody on her appointment as captain of the Kerry Ladies team for the 2024 season. Louise Ní Mhuircheartaigh of Corca Dhuibhne & Anna Galvin of Southern Gaels will be Vice Captains. Photo by Piaras Ó Midheach/Sportsfile

## DR. CROKES GAA

**FR. PADDY'S CARD'S** continue every Wednesday at 8pm in the clubhouse. There is lots of money to be won. All you need is €5 and a partner. All are Welcome.

**LOTTO** took place January 8th. Numbers drawn were 1, 14, 16, 25 Jackpot of €5,300 was NOT WON. No patron matched 3 numbers, 4 Lucky Dips were drawn and received €100 each. Jackpot for draw on January 15th will be €5,600. Play online by following the link below and follow instructions attached [https://play.clubforce.com/play\\_newa.asp?ll\\_id=734#Anchor](https://play.clubforce.com/play_newa.asp?ll_id=734#Anchor)

### DR. CROKES SHOP

You can shop worldwide on our online shop. Follow the link <https://www.oneills.com/shop-by-team/gaa/ireland/dr-crokes-gaa.html>

### BINGO

Dr Crokes Bingo returns on Sunday 14th January. Please note that the doors will open at the later time of 7pm with the first game commencing at 8pm.

**CONGRATULATIONS** to Stephanie and Michael Quirke on the recent birth of their son Aidan Malachy.

**CONDOLENCES** to Donal Lynch and family on the recent passing of his sister Eileen Lynch. Ar dheis Dé go raibh a hanam.

### NOTES

If anyone has anything they want to add to our club notes please email [pro.drcrokes.kerry@gaa.ie](mailto:pro.drcrokes.kerry@gaa.ie).

## KILLARNEY LEGION

### KERRY MINOR LADIES

Congratulations to Andrea Murphy, who has again been selected on the Kerry Minor Ladies squad for the season ahead. Although she made the minor squad last year, her season was cruelly cut short after sustaining a broken ankle in training. Andrea, to her credit, knuckled down straight away with her rehab, came back strong

for our own minor team and senior ladies team in a strong championship campaign and forced her way back into the squad before the season finished. We wish Andrea the very best of luck this season and look forward to seeing her represent the Kerry and Legion ladies in 2024.

### MANAGEMENT TEAMS 2024

It's that time of the year again when we start looking ahead to 2024 and put out a call for volunteers. With a very busy juvenile section in both boys and girls, we are asking you to help us out in any way you can. If you would like to get involved in any team at any level, please contact Donal O Leary 0868528768 for the boys section or Ted Healy 0876678315 for the girls.

### SOCIAL WALKING

Now that you've rested, get ready for our weekly walk as the Social Walking Group is back!! We would love to see new and old faces join us. Starting on Tuesday 9th January 2024 at 7pm. First meet up will be at the Demense gates opposite the Cathedral to the Gleneagle and back. The route will change. It will be every Tuesday for the next 6 weeks until 13th February and then reviewed. Walking is a simple exercise to help your heart, can assist with weight loss, good for circulation....plus, and plus, but walking in a group is great for your well-being with interaction and a common interest. So....see you Tuesday! Spread the word and bring a friend.

### DEEPEST SYMPATHIES

Condolences to Tracy Coyne and family on the recent sad passing of her husband John Dempsey. May he Rest in Peace.

### HAPPY NEW YEAR

We would like to wish all our members, players, supporters and friends all the best for the year ahead.

### LOTTO

The results for the first lotto of 2024 are in. Numbers were 6, 7, 11, 21 Bonus No 20. No jackpot winner. Match 3s / Lucky Dips: 1. Deirdre Mc Entaggart 2. Cathy Somers 3. Colm O Shea 4. Anne Doran 5. Pat Kissane

## EAST KERRY GAA NEWS

### 2023 EAST KERRY GALA ALL STAR NIGHT

East Kerry Championship Dr O Donoghue Cup All Star Banquet, Sponsored by Aquila Club & Kerryman. Friday 2nd February @ Gleneagle Hotel. Tickets available from Clubs & Board Officers

### ALL IRELAND JUNIOR CHAMPIONSHIP

Congratulations to Listowel Emmetts on their superb victory in Saturday's All Ireland Junior Semi Final, and good luck in the All Ireland Final.

### MCGRATH CUP

Well done to the Kerry team on their wins over Tipperary and Limerick in the McGrath Cup recently.

### MUNSTER HURLING LEAGUE

Well done to Diarmuid Quirke and Tom Doyle Dr Crokes and Luke Crowley Rathmore, who were part of the Kerry team that faced Waterford last week.

### COUNTY MINOR CHAMPIONSHIP WINNING TEAM

A great night was had at Height's Hotel last Friday, as the 2023 East Kerry Minor team received their winning medal's from Kerry County Board Chairman Patrick O Sullivan. Well done to team and management on this well deserved honor.

### CONDOLENCES.

Sympathies to the families of Helen Reidy (née Curtin) Glountane, Cordal, Kerry / Castleisland, Kerry and Mary B. Walsh (née Fitzgerald) Flintfield, Faha, Killarney, Kerry, on their recent deaths.

## MILLTOWN/CASTLEMAINE

### LOTTO

Sponsored by Almas Takeaway, Milltown The most recent fortnightly club lotto draw took place on Monday, January 8th at the club grounds. There was no jackpot or match 3 winner on this occasion. The numbers drawn



were 1, 15, 19 and the bonus ball was 29. Lucky Dip Winners were as follows: €50: Tommy Griffin, Castlemaine. €50: Timmy O'Connor, Castlemaine. €25: Billy Mahony, Killorglin. €25: Billy and Shane Corkery, Milltown. €25: Ted Kennedy, Milltown. €25: Suzy Doherty, Milltown

Our next club lotto draw, which will be the Christmas Special, is scheduled to take place on Monday, January 22nd at 19:30pm in the Clubhouse where the jackpot will be €13,000. Get your draw tickets or renew your yearly tickets online on Clubforce or get your tickets for the next draw from all the usual local outlets. Mile búiochas do gach duine for playing Milltown/Castlemaine Clubs Fortnightly Fundraiser, the money raised is vital to the day to day running of our club and your support is sincerely appreciated.

#### **CILLIAN BURKE REPRESENTS KERRY DEBUT**

Well done to the Kerry Senior Football team and management including Milltown/Castlemaine's Cillian Burke who lined out at wing forward for his Senior Inter-County Debut against Tipperary last week in the McGrath Cup. The team were victorious on a scoreline of 3-20 to 0-10.

A terrific achievement for Cillian and no doubt a tremendously proud moment for all his family. Since then, Kerry have also emerged victorious against Limerick at the weekend in Rathkeale but Cillian was not involved on this occasion.

Kerry will be involved in the McGrath Cup Final on Friday, January 19th with opposition, venue and time to be confirmed.

#### **BEST WISHES: AIB ALL-IRELAND JUNIOR CLUB FOOTBALL FINAL**

All involved in the Milltown/Castlemaine GAA Club would like to wish Listowel Emmets the very best of luck in their AIB All-Ireland Junior Club Football Championship Final on Sunday, January 14th against Arva of Cavan at 1:30pm in Croke Park, Dublin.

#### **COACHES WANTED FOR 2024 SEASON:**

"I didn't play much or haven't done it before, how can I coach?"

Yes you can!

New parents are the lifeblood of our club. They often bring a different perspective and a different skill set.

With 2023 now behind us and a brand new year ahead, now is the time to put your hand up and become part of a team, working with players and other coaches.

Good people make good coaches. Go for it.

Please contact our club Facebook page to register your interest for the 2024 season.

#### **MILLTOWN TIDY TOWNS: VOLUNTEERS NEEDED**

Join Milltown Tidy Towns - We need your help. Meeting every Thursday at 6.30pm at The Old Milltown Community Hall. This is an opportunity for local businesses, families and anyone with an interest in creating "a sense of place" in Milltown. All welcome, no experience required. Please call Therese on 089-4767279 for further information or log onto Milltown Tidy Towns Facebook page.

#### **MILLTOWN CASTLEMAINE GAA CLOTHES RECYCLING COLLECTION**



East Kerry Minor management with Board Officers at the Medal presentation in Killarney Heights Hotel last Friday. Photo Seamus Healy.



2023 Minor County Champions East Kerry with management at the Killarney Heights Hotel last Friday night where Co.Board Chairman Patrick O Sullivan presented them with medals. Photo Seamus Healy.

Our clothing recycling collection is now happening so we urge you to clean out your wardrobes of all unwanted clothes, sheets, blankets, towels, curtains, shoes etc and drop them to the Paddy Burke Memorial Park in Milltown.

This is a wonderful way of doing your bit for the environment and raising much needed funds for our club at the same time.

#### **CLUB MERCHANDISE**

Milltown/Castlemaine GAA club gear and merchandise is now available to buy online from both the Club Shop.

The Club Shop contains details of the large amount of branded Milltown-Castlemaine & Kerry stock we have available within the club, for immediate delivery, please use the link to check stock levels and sizes.

<https://milltowncastlestore.sumupstore.com/>

#### **ITEMS FOR THE CLUB NOTES**

If you have any items for inclusion in the weekly notes, then please contact the club's PRO Dara O'Connor on 086 268 8674 before 20:00 on Sundays.

#### **TEAM UPDATES**

Our underage club teams will be resuming shortly for the 2024 season. Watch this space

over the coming weeks for more details!

For anyone New to the Area, who would like to get involved with the club, please contact Ian Twiss on 087 252 1053.

#### **TEAM ENQUIRIES**

If you want to join your local club, one of the fastest growing clubs in the county, please contact one of our members below:

For GAA-4-All 4 players; contact Gillian Twiss on 0877678108

For MC Mini players (U6); contact Colin McKenna on 087 068 7653.

For U7 to U11 players; contact Liam Doherty on 086 041 3593

For U-13 & Older players; contact Ian Twiss on 087 252 1053

For anyone New to the Area, who would like to get involved with the club, please contact Ian Twiss on 087 252 1053

#### **GENERAL ENQUIRIES**

For any other queries, please send an email to our Secretary or Chairperson at the following addresses:

[secretary.milltowncastlemaine.kerry@gaa.ie](mailto:secretary.milltowncastlemaine.kerry@gaa.ie)

or

[chairperson.milltowncastlemaine.kerry@gaa.ie](mailto:chairperson.milltowncastlemaine.kerry@gaa.ie)

For emergencies, please call 087 409 3530 (Club



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**John O Donoghue**

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**Cllr.**  
**Michael Cahill**

County Councillor on Kerry County Council

Rossbeigh, Glenbeigh,  
County Kerry

Email: cllrmichael.cahill@kerrycoco.ie  
Phone: 086 2670768



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THE REPUBLICAN PARTY




**LABOUR**

**Cllr**  
**Marie MOLONEY**

Coolick, Kilcummin, Killarney

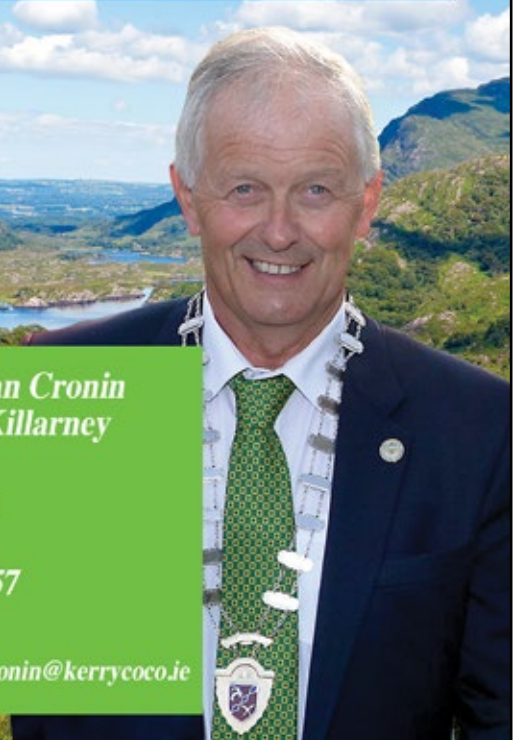
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Please contact me for an appointment.

Contact details:  
Mobile: 0863049422  
Email: marie.moloney1980@gmail.com

**CLLR**  
**BRENDAN CRONIN**

*Independent member of KCC*



Cllr Brendan Cronin  
Ballyhar, Killarney

Available at  
Mobile:  
087-2069657  
email:  
cllrbrendan.cronin@kerrycoco.ie





# DANNY HEALY-RAE<sup>TD</sup>



**WEEKLY CLINIC ON:**  
**SATURDAY AT SCOTT'S HOTEL,**  
**KILLARNEY AT 11AM**

*We are available to meet constituents at any time.  
 Give us a ring to arrange a suitable time and place.*

**Cllr MAURA**  
**HEALY-RAE**

**BUSES TO BELFAST FOR CATARACTS**  
**DON'T WAIT ANY LONGER FOR YOUR CATARACT PROCEDURE, GET**  
**YOUR PLACE ON ONE OF THE JANUARY BUSES TO BELFAST NOW.**

## PASSPORTS

Check the expiry date on your passport.  
 Contact our office for advice BEFORE applying for your passport.

## Danny Healy Rae TD - Monthly Clinics

### 1st Monday

8.15 PM  
 8.30 PM  
 9.00 PM  
 9.30 PM

### Rathmore & Gneeveguilla

Top of the Hill, Rathmore  
 Bridge Bar, Rathmore  
 Dennehy's Bar, Rathmore  
 Richie McAuliffe's, Gneeveguilla

### 1st Wednesday

8.00 PM  
 8.30 PM  
 9.00 PM  
 9.30 PM

### Killarney Area

Torc Hotel, Lissivigeen  
 The Village Inn, Kilcummin  
 Old Killarney Inn, Aghadoe  
 The Golden Nugget, Fossa

### 1st Thursday

8.30 PM  
 9.00 PM  
 9.30 PM  
 10.00 PM

### Glenflesk & Barraduff

The Kerry Way, Glenflesk  
 Spillane's Headford  
 Murphy's Bar, Barraduff  
 Sweeney's Bar, Barraduff

### 1st Friday

9.30 PM  
 10.00 PM  
 10.30 PM

### Tuosist & Lauragh

Sailors Bar, Killaha West  
 Helen's Bar Kilmacalogue  
 The Lake House Tuosist

### 3rd Monday

8.30 PM  
 9.00 PM  
 9.30 PM  
 9.45 PM

### Knocknagoshel & Brosna

O'Connor's Bar, Knocknagoshel  
 Walsh's Bar, Knocknagoshel  
 Kate Pat's Bar, Brosna  
 Sportsfield Bar, Brosna

### 3rd Friday

7.30 PM  
 8.00 PM  
 8.15 PM  
 9.00 PM  
 9.30 PM

### 4th Thursday

7.00 PM  
 7.30 PM  
 8.15 PM  
 8.45 PM  
 9.15 PM

### 4th Friday

9.45 PM  
 8.30 PM  
 9.30 PM  
 10.00 PM  
 10.45 PM

### Last Monday

8.00 PM  
 8.30 PM  
 9.00 PM  
 10.00 PM

### Castleisland Area

River Island Hotel, Castleisland  
 The Kingdom Bar, Castleisland  
 The Crown Hotel, Castleisland  
 Hughes Bar, Cordal  
 Lyon's Bar, Scartaglen

### Killorglin Area

Golden Nugget, Fossa  
 Galvin's Bar, Beaufort  
 O'Grady's Bar, Killorglin  
 Larkin's Bar, Milltown  
 Griffins Bar, Castlemaine  
 Anvil Bar, Boolteens

### Kenmare & Sneem Area

The Roughty bar, Kenmare  
 Riney's Bar, Sneem  
 Blackwater Tavern  
 O'Connor's Bar Kenmare

### Farranfore Area

Ulick's Bar, Farranfore  
 James Daly's Bar, Farranfore  
 Cunniffe's Bar, Currow  
 John Hendersons, Furies

PLEASE CONTACT

**Danny 087 2316055 Office 064 6685315**

**Maura 087 7816432 Johnny 087 2354793 Eileen 087 9975419**

Email: danny.healyrae@oireachtas.ie | johnnyhealyrae@gmail.com | maurahealyrae@gmail.com



DAMIEN SWITZER

Photo By :  
Domnick Walsh ©  
Eye Focus LTD .



Killarney man Damien Switzer is to contest the 2024 local elections on behalf of Sinn Féin. From Dalton's Ave, Killarney and now living in Glenflesk, Damien comes from a family steeped in volunteering in the local community, and sporting and cultural organisations. Damien's parents Frank and Eileen were a driving force in the county, numerous groups and sporting clubs. 'As children, community was instilled into us and I've done the same with my children to help out where you can'. Damien has worked away in the background for many years in Community Games from local to National Level and plenty of clubs from GAA, Basketball to

## Damien to stand for 2024 Local Elections

Motorsport and never shies away from getting stuck in. Known most as a local historian, for his passion for Killarney's history and heritage, Damien has delivered numerous history-related publications and is a regular contributor to social media groups.

Professionally as a graphic designer Damien has worked with all manner of businesses, various tourism bodies and committees. He understands the challenges facing the small retailers and tourism sector. 'We are a tourist destination but we are a town first, a community and locals concerns need to come first. A thriving community will only enhance our place as Ireland's destination capital. From being a visual media professional, an employee, and a business owner to returning to education in MTU, a volunteer, a father to four boys, paying a mortgage, student costs, the general cost of living pressures, being stuck in traffic like everyone else to discussing local issues with friends and colleagues I believe I have a good understanding of the issues facing ordinary workers and families. Killarney and East Kerry need new voices, with fresh ideas, putting local concerns to the fore, with no vested interests, and a common sense approach in policy and decision-making.

'My promise to the voters in Killarney MD, I won't promise the world, I won't be at every funeral, event or opening. You won't see me calling for things I have no power to change. If you ask me a question be I'll honest. If I don't know something I'll tell you, and I'll go away and find out. I will however identify what I can change and do everything in my power to make it happen. Small issues to KCC are big issues to

locals and fixing them in a timely fashion would make substantial differences to their lives. I'll bring solutions not problems, get things done right once and not get half done year after year just to spend the annual budget'

'We all know the issues that are confronting our community, the cost of living and house prices are the main reasons many of our youth are leaving. Look at what they would have to earn to rent a house, never mind save to buy a house. More are looking very closely at not having or delaying having children, mainly due to the lack of affordable housing, and the availability of services and cost of crèches ... they see their futures commuting long distances to work, early mornings and late nights, hardly seeing their kids, and tied to a generational mortgage or god forbid still living at home with their parents. With this outgoing tied of our youth, the knock-on effects will slowly become evident when their social contribution is gone with them, the local shops close due to lack of business, the clubs can't field teams, the pub only opens its doors at the weekend, no one to care for elderly parents or take over the family farm. The youth are the very threads that hold the fabric of our community together without them it will start to unravel. I offer a glimpse of a bleak future for many, quiet houses, dinner for two, looking forward to a brief few minutes FaceTime with grandkids that hardly know us on the other side of the world.'

I want only the best for the Killarney people, I can assure you your vote will be put to good use.

## THOUSANDS VISIT OFFICE OF PUBLIC WORKS SITES

Visits to the Office of Public Works sites in Kerry in 2022 totalled 482,100 out of total of 15,000,000 visits nationwide, according to figures released recently by the OPW. Fianna Fáil Councillor, Michael Cahill says that this figure emphasises the popularity of Kerry as a Tourism destination and the importance of continued investment in such facilities.

"Approximately 290,000 people visited Derrynane House, the home of Daniel O'Connell, the Liberator, in 2022, which is a phenomenal figure. We already knew that Kerry was a major destination of choice for visitors from all over the world and these figures support that. Over 86,000 visited Ross Castle in Killarney. Over 43,000 passed through the Blasket Island Visitor Centre, while 12,000 sightseers visited the Blasket Islands and and Gallarus Castle in West Kerry attracted over 19,500 visitors. 14,000 plus people went out to Skellig Michael, which as we know, is very much weather dependent for landing purposes and if it was accessible for longer, these figures would be vastly increased" stated the Rossbeigh based Councillor.

"Many thousands also travel the Ring of Kerry, the Sleat Head route, Killarney's Lakes, etc, and we must be mindful of maintaining and improving facilities and attractions for the good of all. Practically every business, big and small in Kerry benefits from tourism and many family incomes depend upon it" said Councillor Cahill.

"The advent of the South Kerry Greenway in the next couple of years, will easily double the numbers of visitors to Kerry and I will continue to

push for improvements to our roads, footpaths, wastewater systems, etc, to ensure we are fully prepared to deal with the increased footfall, bringing with it, business opportunities and employment" added Councillor Cahill.



Approximately 290,000 people visited Derrynane House, the home of Daniel O'Connell, the Liberator, in 2022



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*Gardening*  
with Killarney Outlook

by John O'Sullivan

## FOCUS ON EARLY SPRING FLOWERING SHRUBS

Now is a good time if you are planning a new garden or trying to add some colour to an established garden to plant some early flowering spring shrubs. One of the best known shrubs is the Camellia and these popular shrubs are starting to flower in most places at the moment. The Camellia is a very valuable shrub in the garden as it can give a focal point to any shrubbery all year round with its glossy green leaves and showy blooms from early spring. A lot of people think that Camellias are a difficult shrub to grow, but in fact they are no more difficult than Rhododendrons or azaleas, and most varieties on sale now are hardy. When choosing the spot to plant your Camellia, make sure it is sheltered from cold winds as they can damage the flowering buds, as can frost. When planting your Camellia make sure to mix plenty of moss peat with the earth, rather than on its own around the plant, as it will tend to root out quicker. Camellias are also ideal for growing in containers. Remember if you are planting your Camellia in the ground, that it might be small initially but most will grow to the size of a small tree, so allow plenty of room around it. There is very little maintenance with Camellias only to prune out old dead wood, clean up old blooms that fall to the ground, and to mulch around the base of plants every spring with some moss peat. There are a lot of other good spring flowering shrubs, here is a list of just a few: Forsythia, Cythius, Corylus, Berberis Darwinii, Ribes, and Skimmia.



**JOHN O'SULLIVAN, FOUR SEASONS GARDENING  
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Ed 29 2024

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## 19TH ANNIVERSARY

IN LOVING MEMORY OF MY  
DEAR HUSBAND

# JOHN JOE LYNE



KNOCKLEBEDE, KILCUMMIN,  
KILLARNEY

WHO PASSED AWAY  
SUDDENLY ON THE  
13TH OF JANUARY 2005

*Although you sleep in Heaven now  
You're not that far away  
My heart is full of memories  
And you're with me everyday.  
You lived your life with meaning  
And with a smile upon your face  
A world that was full of happiness  
Is now an empty place.  
People say that only time  
Will heal a broken heart  
But just like me and you  
It has been torn apart.  
I know you are at peace now  
And in a place where you are free  
Meet me at the Pearly Gates  
When Heaven calls for me.*

Sadly missed by your loving wife  
Maura Xx

*Anniversary Mass will be in  
Our Lady of Lourdes Church, Kilcummin  
on Saturday 20th January at 7.30pm*

†

## 19TH ANNIVERSARY

IN LOVING MEMORY OF  
**JOHN JOE LYNE**



KNOCKLEBEDE, KILCUMMIN,  
KILLARNEY

WHO PASSED AWAY ON  
JANUARY 13TH 2005

*Whenever I think of you Dad  
and how things used to be,  
I wish so much I could turn back time  
and re-live those precious memories...*

*Words cannot describe the sadness  
this brings  
or how very dearly you are missed...  
You were everything a great dad could be,  
You meant so much to me...  
You were remarkable and wonderful  
You were one in a million indeed.*

*Life is not the same without you...  
You're truly irreplaceable.  
No one could ever take your place -  
You were loved more than words could  
ever say.*

*Until we meet to part no more,  
I'll forever remember you with love...  
I'll dearly cherish my memories of you -  
You're a dad who's unforgettable.*

Sadly missed by your loving sons Michael x  
and Martin x and Martin's partner Marena x

†

## 19TH ANNIVERSARY

IN LOVING MEMORY OF  
**JOHN JOE LYNE**



KNOCKLEBEDE, KILCUMMIN,  
KILLARNEY

WHO PASSED AWAY ON  
JANUARY 13TH 2005

### In Memory of Dad

*There is no one else on earth  
So special as you were to me.  
I hold you forever, my precious Dad,  
In my heart and memory.  
You made me laugh every single day,  
You really were the best,  
And even though you are not here,  
The time we had was blessed.  
I wish I had just one more chance  
To see that tender smile,  
To laugh with you again, my Dad,  
Just for a little while.  
So, this is not goodbye  
And this is not goodnight,  
Because you're still here by my side  
Holding onto me so tight.*

Your loving daughter Mary x  
and son in law Maurice x,  
your grandsons Maurice Jnr x, Patrick x,  
grand daughter Natasha x

†

## 19TH ANNIVERSARY

IN LOVING MEMORY OF  
**JOHN JOE LYNE**



KNOCKLEBEDE, KILCUMMIN,  
KILLARNEY

WHO PASSED AWAY ON  
JANUARY 13TH 2005

*Dad I miss you everyday  
You were so precious and unique  
A guiding light throughout my life  
You were my strength when I was weak*

*Happy memories flood my mind  
whenever I think of you  
But you can never be replaced  
that much is sadly true*

*The fact that you're no longer here  
Still fills my heart with pain  
I wish I had just one last chance  
to talk with you again*

*I shall always remember  
the closeness that we had  
I love you and miss you so much...  
... My kind and thoughtful Dad*

Sadly missed by your loving daughter  
Geraldine x and her partner Gerald x,

†

## NOVENA TO ST. MARTHA

O St. Martha, I resort thee and to thy petition and faith, I offer up to thee this light which I shall burn every Tuesday for nine Tuesdays. Comfort me in all my difficulties thro' the great favour thou didst enjoy when Our Saviour lodged in thy house. I beseech thee to have definite pity in regard to the favour I ask (Mention favour). Intercede for my family that we may always be provided for in all our necessities. I ask thee St. Martha to overcome the dragon which thou didst cast as thy feet. One Our Father and three Hail Marys and a lighted candle every Tuesday and the above prayer made known with the intentions of spreading devotion to St. Martha. This miraculous Saint grants every thing before the Tuesdays are ended. No matter how difficult.

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19TH ANNIVERSARY

IN LOVING MEMORY OF A DEAR FATHER AND GRANDFATHER

JOHN JOE LYNE



KNOCKLEBEDE, KILCUMMIN

WHO PARTED FROM US SUDDENLY ON JANUARY 13TH 2005 AGED 58

Memories Of You Dad


It's been the hardest thing to lose you  
You meant so much to me  
But you are in my heart Dad  
And that's where you'll always be  
I know that Heaven called you  
But I wish you could have stayed  
At least the memories I have of you  
They will never fade  
I did not want to lose you  
But you did not go alone  
Because a part of me went with you  
When Heaven called you home  
So just remember one thing  
We are not apart  
You're with me in my memories  
And in my broken heart

Lovingly remembered by  
Tina, Noel, Evan & Aaron xx

19TH ANNIVERSARY

IN LOVING MEMORY OF A DEAR FATHER AND GRANDFATHER

JOHN JOE LYNE



KNOCKLEBEDE, KILCUMMIN

WHO PARTED FROM US SUDDENLY ON JANUARY 13TH 2005 AGED 58

Those special memories of you  
will always bring a smile,  
if only I could have you back for  
just a little while,  
then we could sit a talk again  
just like we used to do.  
You always meant so very much  
and always will do.  
The fact that you're no longer here  
will always cause me pain,  
but you're forever in my heart  
until we meet again.

Sadly missed by your loving daughter Anne,  
son in law Patsy, grandchildren Cian, Padraig  
Shauna, Adam, Amanda and Amanda's  
partner Alan  
xxxxxx

19TH ANNIVERSARY

IN LOVING MEMORY OF

JOHN JOE LYNE



KNOCKLEBEDE, KILCUMMIN

WHO LEFT US ON 13TH JANUARY 2005


We have memories we treasure  
With though that are dear  
We think of you always  
Not just once a year

Love your son Gerard,  
his partner Lisa,  
Grandkids Alana, Aoibhinn  
and Gearoid  
xx  
†

4TH ANNIVERSARY

IN LOVING MEMORY OF

EILEEN O'DONOGHUE



WOODLAWN PARK AND LATE OF DROUMDUHIG, BALLYHAR

WHO DIED ON THE 15TH JANUARY 2020.

God called your name so softly,  
That only you could hear,  
And no one heard the footsteps  
Of angels drawing near,  
The Golden Gate stood open,  
God saw you needed rest,  
His garden must be beautiful,  
He only takes the best.

Sadly missed and always remembered by  
Your sister Bridie, brother in law Paschal,  
niece Ciara and James, grand nephew and  
niece James and Isabel.

†

MEMORARE

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession, was left unaided.

Inspired by this confidence I fly unto thee, O Virgin of virgins, my Mother. To thee do I come, before thee I stand, sinful and sorrowful.

O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me.

Amen.

NOVENA TO SAINT THÉRÈSE

O Little Therese of the Child Jesus  
Please pick for me a rose from the heavenly garden and send it to me as a message of love.

O Little Flower of Jesus, ask God to grant the favors I now place with confidence in you hands (mention your special prayer request here )

St. Therese, help me to always believe as you did, in God's great love for me, so that I may imitate your "Little Way" each day.

4TH ANNIVERSARY

IN LOVING MEMORY OF

EILEEN O'DONOGHUE



WOODLAWN PARK AND LATE OF DROUMDUHIG, BALLYHAR

WHO DIED ON THE 15TH JANUARY 2020.


The flowers we place upon your grave,  
May wither and decay,  
But love for you who sleeps beneath,  
Will never fade away.

Loved and always remembered  
Your brother Jerry, nieces Maria and Eileen

34TH ANNIVERSARY

IN LOVING MEMORY OF

PETER D.J. O'SULLIVAN



ANNAGHMORE, HEADFORD, KILLARNEY, CO. KERRY WHO DIED ON JANUARY 7TH, 1990

Two calloused hands from work are stilled,  
A million Jobs undone.  
At rest, at last, in Gods Own House,  
Content, at Peace, At One.

Ar dheis De go raibh a anam

Always remembered  
by your loving wife Philomena & family.



### 3RD ANNIVERSARY

IN LOVING MEMORY OF

**JAMIE  
O'SULLIVAN**



GEARHA CROSS, BEAUFORT,  
KILLARNEY

WHO PASSED AWAY ON THE  
15TH JANUARY 2021

*A million happy memories  
will not mend a broken heart,  
The day God took you from us  
Our world just fell apart.  
Nothing is more precious than  
the thoughts we have of you.  
You were so special Jamie,  
We miss and think of you  
every day.*

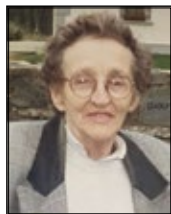
Always missed by Mom Dad and your  
brother Diarmuid.

*Anniversary mass for Jamie on  
Saturday 20th January at 7.30pm in  
St Mary's Church Beaufort.*

### 12TH ANNIVERSARY

IN LOVING MEMORY OF

**MAUSIE  
COURTNEY**



LATE OF CURREAL GLENFLESK  
AND DEERPARK KILLARNEY

WHO DIED ON THE  
31ST OF DECEMBER 2012.

*We will always have memories  
To cherish and to hold  
Of a wonderful mother  
More precious than gold.*

*A laugh, a joke, a time to care  
A wonderful nature, warm and true  
These are the memories we have of you*

Always loved and never forgotten  
Your son Johnny, daughter-in-law Evelyn  
and grandchildren Shane, Dayna and Katie.

†

### 4TH ANNIVERSARY

IN LOVING MEMORY OF

**MIKE JOHN  
MOYNIHAN**



GULLANE, GNEEVGUILLA,  
RATHMORE, CO. KERRY.

WHO PASSED AWAY ON THE  
06/01/2020.

**Goodnight, God Bless**  
*Without your kind and gentle smile  
And sweet familiar face  
A treasured life is missing  
And the worlds a sadder place*

*You lived your life so graciously  
You always did your best  
And now your with the angels  
And it's time for you to rest*

*As peace surrounds you everywhere  
In heavenly skies above  
Here on earth you're deeply missed  
And thought about with love*

*We see the stars at night time  
Shining bright and clear  
And as we say good night, God bless  
We know that you are near*

Loved and missed always by his wife Eileen,  
daughters Michelle & Aoife, grandchildren  
Evie, Fionn & Grace, sons in law Kevin &  
Frankie.

### 6TH ANNIVERSARY

IN LOVING MEMORY OF A  
DEAR HUSBAND, FATHER  
AND GRANDFATHER

**DAN  
CROWLEY**



INCHES, RATHMORE

WHO PASSED AWAY ON THE  
5TH JANUARY 2018

R.I.P.

*A sad farewell to one we love  
Kind husband we recall  
Good father with a gentle heart  
So full of love for all.*

*And in the evening of your life  
A grandad full of care  
In all our needs, at every turn  
We found you standing there.*

*So treasure him Lord in your  
garden of rest  
For when on earth,  
he was one of the best.*

Always loved and forever remembered by  
your loving wife Margaret,  
daughters Eileen, Breda and Margaret,  
Sons in Law and Grandchildren

†

## 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 heart where your Father  
sees it.  
Then in his merciful eyes it will  
become your favour not mine.  
Amen.  
Say this prayer three times for three  
days and your favour will be granted.  
Thank you for favours received

## NOVENA PRAYER TO ST JOSEPH

O Saint Joseph, whose protection is so great, so  
strong, so prompt before the throne of God, I place  
in you all my interests and desires.  
O Saint Joseph, assist me by your powerful  
intercession and obtain for me from your Divine Son  
all spiritual blessings through Jesus Christ, Our Lord;  
so that having engaged here below your heavenly  
power, I may offer my thanksgiving and homage to  
the most loving of Fathers.  
O Saint Joseph, I never weary contemplating you  
and Jesus asleep in your arms; I dare not approach  
while He reposes near your heart. Press Him in my  
name and kiss His fine head for me, and ask Him to  
return the Kiss when I draw my dying breath.  
Amen

## NOVENA TO SAINT THÉRÈSE

O Little Therese of the Child Jesus  
Please pick for me a rose from the  
heavenly garden and send it to me  
as a message of love.  
  
O Little Flower of Jesus, ask God to grant  
the favours I now place with confidence  
in you hands (mention your special prayer  
request here )  
  
St. Therese, help me to always believe  
as you did, in God's great love for me,  
so that I may imitate your "Little Way"  
each day.

## NOVENA TO ST. JUDE


Most holy Apostle, St. Jude, faithful servant  
and friend of Jesus, the Church honors and  
invokes you universally, as the patron of  
difficult cases, of things almost despaired  
of, Pray for me, I am so helpless and alone.  
Intercede with God for me that He bring  
visible and speedy help where help is almost  
despaired of. Come to my assistance in this  
great need that I may receive the consolation  
and help of heaven in all my necessities,  
tribulations, and sufferings, particularly  
(Mention your request here. . . )  
And that I may praise God with you and all  
the saints forever. I promise, O Blessed St.  
Jude, to be ever mindful of this great favor  
granted me by God and to always honor you  
as my special and powerful patron, and to  
gratefully encourage devotion to you.  
Amen  
M. B.



8TH ANNIVERSARY

IN LOVING MEMORY OF

CATHERINE O'LEARY



LATE OF KNOCKLEBEDE, KILCUMMIN, KILLARNEY

WHO DIED ON THE 8TH JANUARY 2016.

You were always there  
when we needed you

No task too great or small  
With loving heart and helping hands  
For us you did it all.

Lovingly remembered by your husband  
Patie, daughters Marie & Kayleigh, Son Ian,  
son-in-law John, daughter-in-law Aileen,  
grandchildren Aimee, Rhea-Kate,  
Noah & Freddie

2ND ANNIVERSARY

IN LOVING MEMORY OF

ANNE O'SULLIVAN  
(Nee Dunlea)



BALLYDALY, RATHMORE, CO. KERRY

20TH MARCH 1944 - 16TH JANUARY 2022

In Memory our Mother & Nan


Always a welcome, Always a smile.  
"Pull up a chair, sit down for a while"  
Always so eager, to hear what we'd say.  
"Well, tell me now, what did you do today?"  
Always so grateful, for anything done..  
"Lovely and fine, says Donny, my son"  
Always remembered, we'll never forget.  
Such happy memories, no single regret.

Ar Dheis Dé Go Raibh D'anam  
John A, Mary & Joshua

2ND ANNIVERSARY

IN LOVING MEMORY OF

ANNE O'SULLIVAN



BALLYDALY, RATHMORE, CO. KERRY

WHO DIED ON THE 16TH JANUARY 2022

Loving are the memories  
Precious they stay  
No passing of time  
Can take them away

You live in our hearts  
And walk by our side  
And from Heaven above  
You are always our guide

Loved and missed by your son  
Hugh and Carla xxx


Your memory is our keepsake  
With which we'll never part  
God has you in his keeping  
We have you in our hearts

Sadly missed  
Cian, Oisín and Sórcha

ACKNOWLEDGEMENT & 1ST ANNIVERSARY

IN LOVING MEMORY OF

AGNES CREMIN



CORRAN, HEADFORD, KILLARNEY

WHO SADLY PASSED AWAY ON 24TH JANUARY 2023

As we lovingly remember Agnes, our wonderful Mom and Nana on her first anniversary, we her family would like to express our sincere gratitude to those who helped and supported us through our devastating loss. We wish to thank, our extended family in which some travelled from UK and Northern Ireland, those who offered condolences, sent mass cards, floral tributes, phoned, visited us, Agnes's very kind neighbours and friends who lined the road to bid Agnes a final farewell.

A special thanks to the wonderful staff of Mercy Hospital Cork and Dr. Leaders Medical Practice Boherbue who cared for Agnes in her last few years of life. We are very grateful for the care she received.

We would like to thank Fr. Pat O'Donnell for performing such a thoughtful ceremony, Sr Stella for preparing the church, as well as Paud O'Donoghue who provided the beautiful music throughout the ceremony.

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.B

NOVENA TO ST. CLAIRE

Ask St. Claire for three favours, one business, two impossible and say nine Hail Mary's for nine days with lighted candle. Pray whether you believe or not. Publish on ninth day. Powerful novena.

May the Sacred Heart of Jesus be praised, adored, glorified and loved today and every day throughout the whole world forever. Amen

Say six times daily for nine days. Your request will be granted no matter how difficult it may seem. Favour publication must be promised.

N.T

NOVENA TO ST. CLAIRE

Ask St. Claire for three favours, one business, two impossible and say nine Hail Mary's for nine days with lighted candle. Pray whether you believe or not. Publish on ninth day. Powerful novena.

May the Sacred Heart of Jesus be praised, adored, glorified and loved today and every day throughout the whole world forever. Amen

Say six times daily for nine days. Your request will be granted no matter how difficult it may seem. Favour publication must be promised.

A.C

We would like to give a special thanks to Mr. John D O'Keeffe Funeral directors and his colleagues for their kindness and professionalism.

As it would be impossible to thank everyone individually, please accept this acknowledgement as an expression of our deepest gratitude. The Holy Sacrifice of the Mass has been offered for your intentions.

Agnes's First Anniversary Mass will be held in Rathmore Church on Friday 19th January 2024 at 7pm.



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\*Finance Example: Toyota Yaris Hybrid Luna. Retail Price €26,330.00. On the Road Price €27,330.00. Deposit €9,838.80. Finance Advance €17,491.20. 36 monthly payments of €217.87. Total cost of credit €3,117.50 (including document fee & purchase fee of €63.49 each). Guaranteed Minimum Future Value €12,638.40. Fixed Annual Percentage Rate 6.9%.

Toyota Easy Personal Contract Plan is a form of hire-purchase agreement. Lending criteria, Terms and Conditions apply. A deposit of between 0% and 36% may be required and a maximum term of 37 months applies. Available on Toyota Yaris models from October 20th until 31st December 2023. Guaranteed Minimum Future Value payable if vehicle renewed or retained when agreement ends. Further charges may apply. Illustrative model shown. Finance is provided by Toyota Financial Services (Ireland) DAC trading as Toyota Financial Services is regulated by the Central Bank of Ireland. \*Retail price excludes paint and delivery & dealer related charges.

Warning: You may have to pay charges if you pay off a hire-purchase agreement early.

Warning: If you do not meet the repayments on your hire-purchase agreement your account will go into arrears. This may affect your credit rating, which may limit your ability to access credit, a hire-purchase agreement, a consumer-hire agreement or a BNPL agreement in the future.

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