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Step back in time...

with our first issue of
Killarney Outlook for 2015.

Outlook
MAGAZINES

In our trip down memory lane we look at the town and its people, buildings and how things have changed over the years.

To the people of Killarney who have so kindly allowed us to print their own precious memories in our annual **Souvenir Edition** we extend our heartfelt thanks.

This edition of **Killarney Outlook** is a special one and will be kept by many to glance at from time to time and remember the past with nostalgia.



From everyone at Killarney Outlook we wish all our readers, correspondents and advertisers a happy, healthy and prosperous new year and look forward to continuing our tradition of providing you all with the best news, pictures and advertising in 2015.



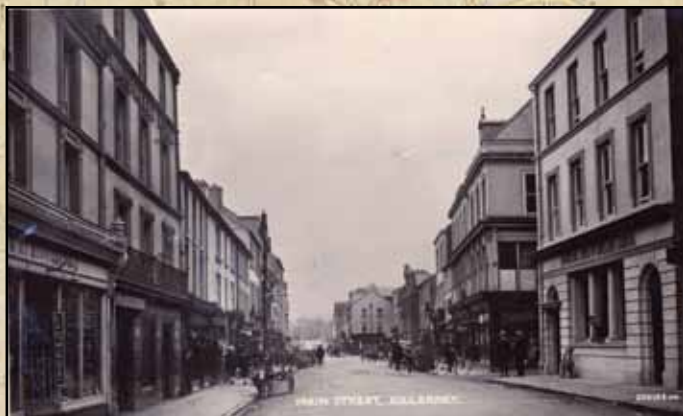
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Old Killarney Musical Society pictured in the Killarney Town Hall in 1954. "The New Moon" was the production.



Mary and Jerry Fleming, Gortroe pictured walking up New Street after mass in the 50's



Loreto Convent Class of 1984. Included are Stephanie O'Callaghan, Kathleen Cronin, Nora O'Leary, Jacqui Purser, Claire McSweeney, Olivia Murphy, Deirdre Ni Charra, Margaret Doherty, Ann Flynn, Linda Lucey, Rhonda Fleming, Annette Clifford, Martina O'Donoghue, Jill Fitzpatrick, Carmel Kerrisk, Rosie Kearney, Josephine Courtney, Denise Browne, Siobhan Sheehan, Eileen Purcell,. Back: Helen O'Gorman, Claire White, Sandra Clifford,, Joanne Cahill, Aisling Crosbie, Eleanor Phillips, Corla Cronin, Mary Dowling, Mena Twomey, ?, Miriam Burke, Helen Langford, Martina O'Donoghue, Eileen O'Shea, Joan Foran, Betty Lyne, Philippa O'Connell, Joan Marie O'Leary, Mary Kennedy, Angela Mulligan, Joanne naughton, Karen Coveney, Patricia Browne, Katherina Kingston, Brid Kelliher, Joan Cahill and Caroline Murphy.



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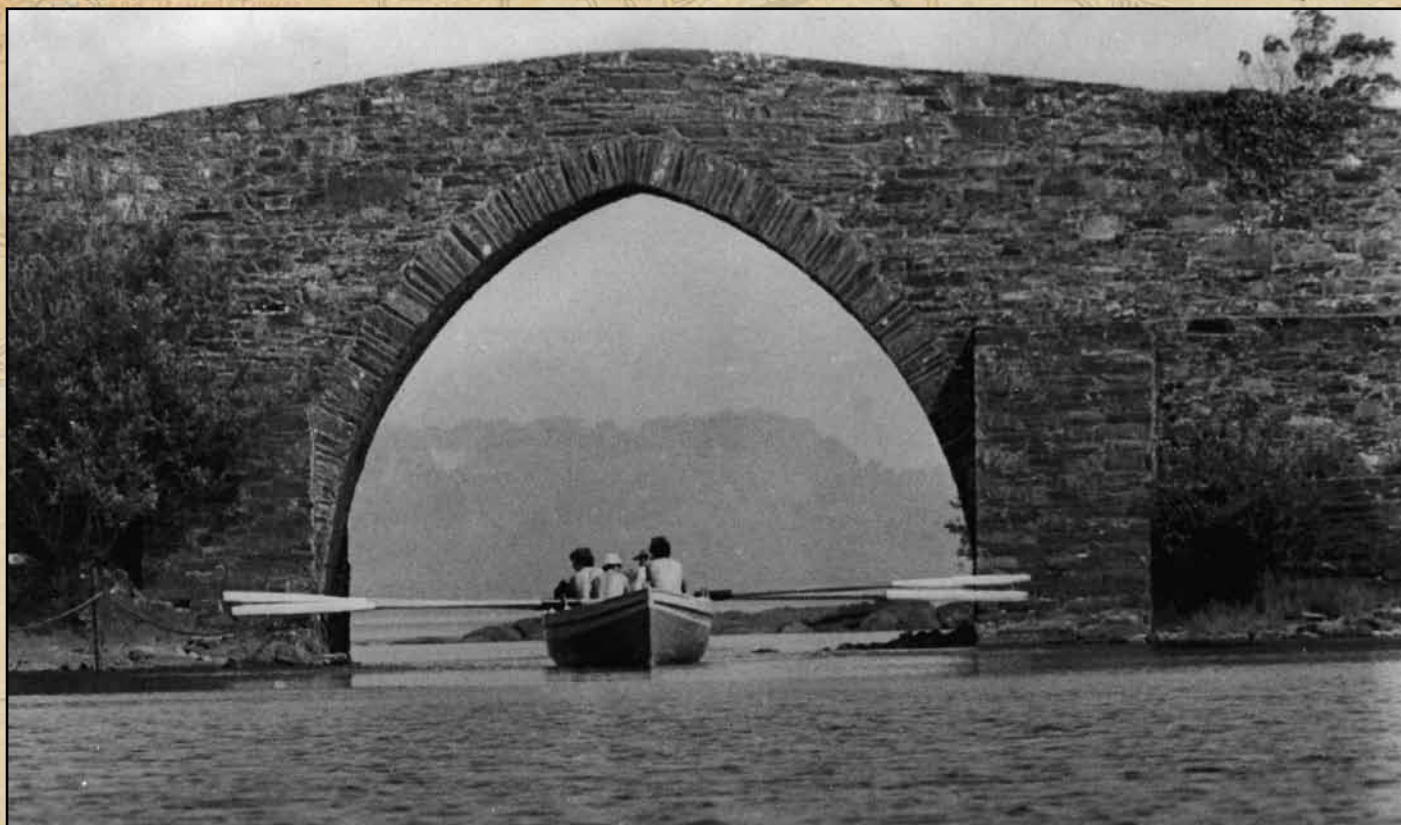
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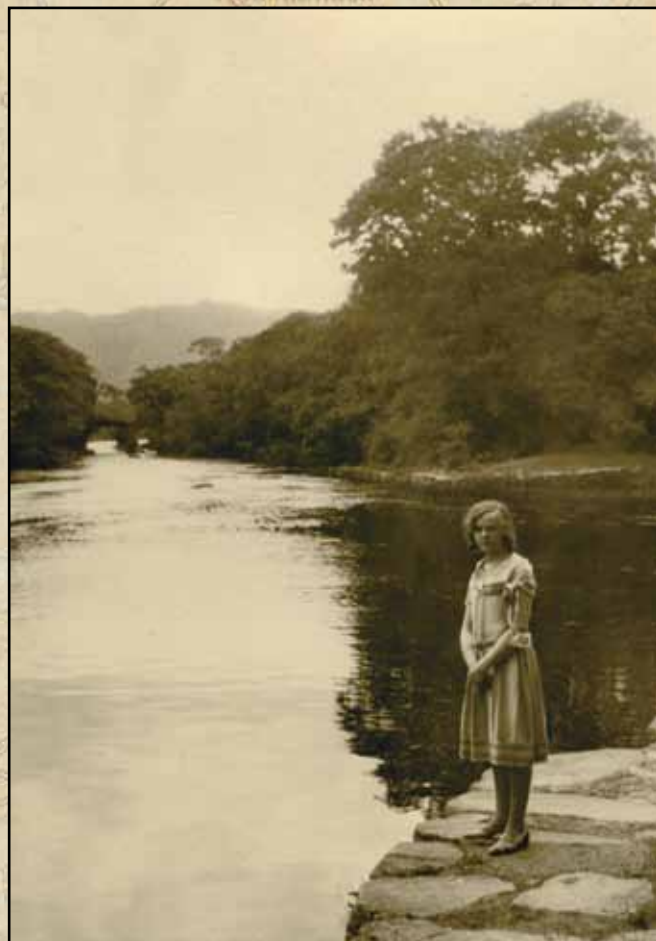
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"ROWING TO THE GAP" 1970's. BRICIN BRIDGE. BOATMEN: PETER O'TOOLE, JACK LEAHY, AND DONAL O'DONOGHUE.



ROWING TO THE GAP NEAR EAGLES NEST 1930's
L:R: CAL MCCARTHY (NEW STREET), MIAH MCCARTHY (HIGH STREET) AND GEORGE LYNCH (WOODLAWN). PIC SUPPLIED BY: DERMOT O'DONOGHUE.



NELL DUNNING(SMITH) 1930's 'MEETING OF THE WATERS'

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FANCY DRESS AUGUST 1957. WON £5 PRIZE. PICTURED EILEEN MURPHY, NORA SPELLMAN, MARIE LEANE PICTURED WITH JARVEY.

A HOUSE DOWN ONE OF THE LANES IN HIGH STREET.



CASEY FAMILY GEARHAMEEN, BLACK VALLEY 1930S. PIC SUPPLIED BY: DERMOT O'DONOGHUE.

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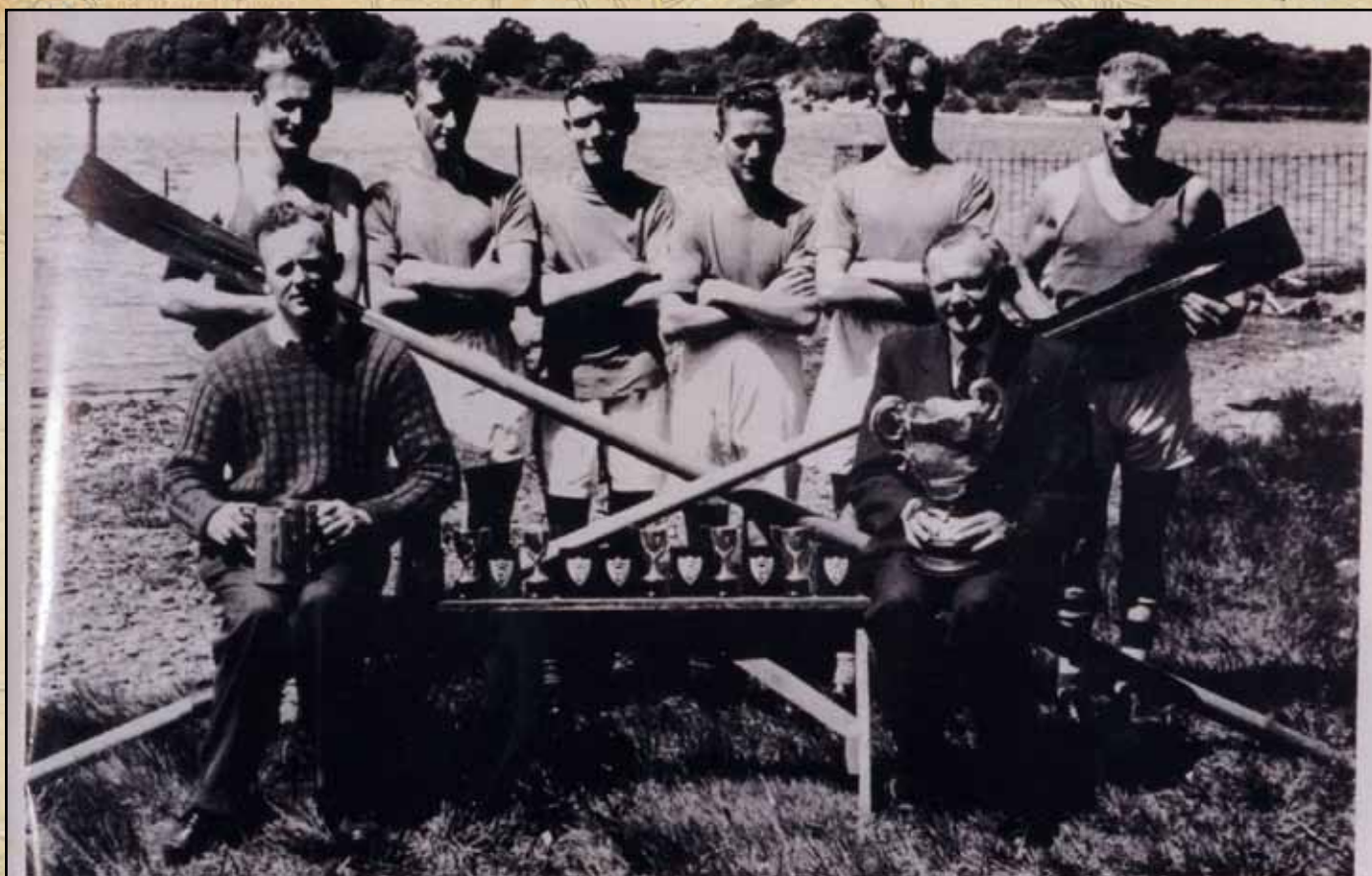
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Flesk Valley R.C., winners of Senior Sixes & Senior Fours 1961

Front Row, L to R: Michael Fleming (Cox of Fours), Phil Hilliard (Cox of Sixes)

Back Row, L to R: Christy Cronin, Ted O'She, Dan Moynihan, Michael Carey, Patrick Fleming, Patsy Moynihan.



TAKEN IN CAHIRCIVEEN 1976

EILEEN FURLONG, MARY O'CONNOR, JOAN KERRISK, MARY MURPHY



JEROME COFFEY PICTURED WITH HIS NEPHEW PAUL PAYNE, ST. BRENDANS TERRACE, KILLARNEY IN 1963.



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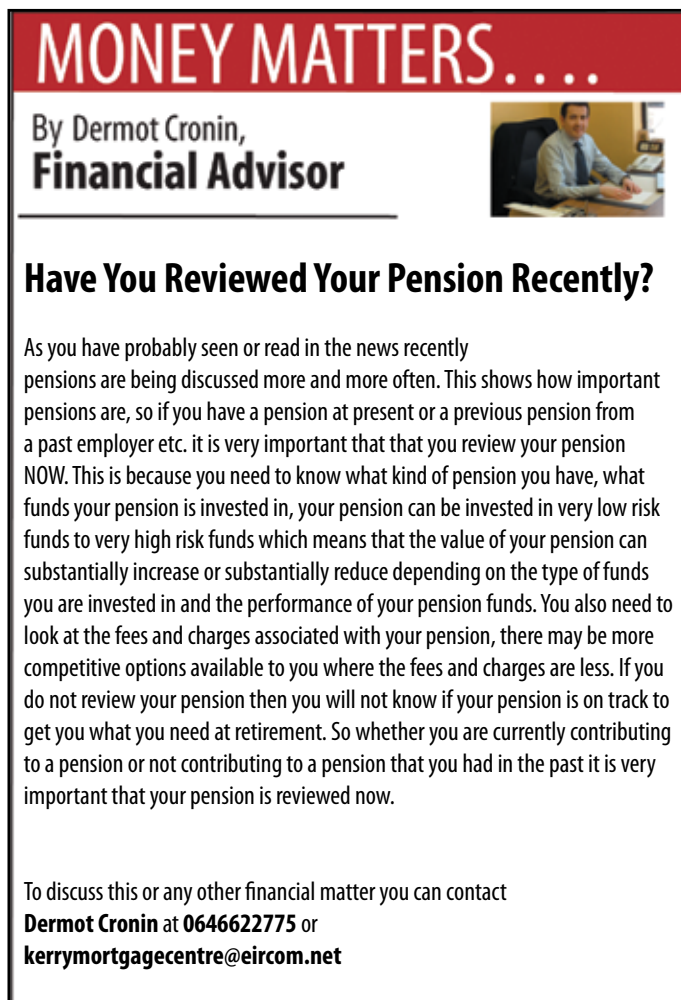


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MONEY MATTERS....
By Dermot Cronin,
Financial Advisor

Have You Reviewed Your Pension Recently?

As you have probably seen or read in the news recently pensions are being discussed more and more often. This shows how important pensions are, so if you have a pension at present or a previous pension from a past employer etc. it is very important that that you review your pension NOW. This is because you need to know what kind of pension you have, what funds your pension is invested in, your pension can be invested in very low risk funds to very high risk funds which means that the value of your pension can substantially increase or substantially reduce depending on the type of funds you are invested in and the performance of your pension funds. You also need to look at the fees and charges associated with your pension, there may be more competitive options available to you where the fees and charges are less. If you do not review your pension then you will not know if your pension is on track to get you what you need at retirement. So whether you are currently contributing to a pension or not contributing to a pension that you had in the past it is very important that your pension is reviewed now.

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RECIPIENTS OF GLEN EAGLE SPORTS AWARDS 1980 BACK FROM L TO R PAUDIE O'CONNOR, DANIEL O'CONNELL, PAUL MURPHY ARTHUR CRONIN, DONIE MURPHY, LIAM HARTNETT, JOHN KELLY, TIM HORAN, FRANK CONSIDINE. SEATED FROM L. CATHAL WALSH, EILEEN FULLER, DENIS COFFEY, FRED COGLEY RTE (CHAIRMAN), JACKIE LYNE, TEDDY O'SULLIVAN. FRONT FROM L. CHILDREN FROM ST MARY OF THE ANGELS, (SPECIAL AWARD) GERALDINE LEAHY, PAT O'CONNOR, BILLY GALVIN, KAY O'CONNOR, TIM O'CONNOR

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Killarney Souvenir Edition 2015



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TOWN PHOTO APPROX 1985




Old Market Lane, Killarney.

OLD MARKET LANE, KILLARNEY.
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SCHOOL PHOTOGRAPH: PRESENTATION CONVENT AROUND 1950, 7TH CLASS



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PICTURED IN TOMMY MULLINS PUB ON HIGH ST. (FORMERLY CROCK OF GOLD AND NOW THE SPORTSMAN) FROM L: FRANCES BEADES JR, JOHN PAYNE, NOREEN PAYNE(NEE COFFEY), FRANCES BEADES(NEE TAYLOR) AND JEROME COFFEY



NOREEN PAYNE(NEE COFFEY) AND HER HUSBAND JOGN PAYNE, PICTURED WITH THEIR DSONS PAUL LEFT AND ROBERT RIGHT IN CAMDEN TOWN LONDON 1961



KILLARNEY MEN PICTURED AT PUCK FAIR 1956 INCLUDED ARE DAN O'KEEFFE, DONIE LUCEY AND PETER O'TOOLE



THE ROYAL VICTORIA HOTEL.
PICTURE SUPPLIED BY: RACHEL TUOHY.



THE RUSTIC BRIDGE DINIS, KILLARNEY.
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NURSE GRADUATION DAY ST FINIANS HOSPITAL 1970.

FRONT FROM L. DARBY MOYNIHAN ACNO, MAI CORCORAN ACNO, JACK LARKIN MCC, DR JACK O'CONNOR CHIEF PSYCHIATRIST, DR DES KELLY AMO, DOREEN CORCORAN ACNO, TOM LYNCH ACNO, TADGH O'REILLY NURSE TUTOR. SECOND ROW FROM L. DENIS MCCARTHY, MARY O'SULLIVAN, JOAN SHANAHAN, DOREEN DALY, NEILIE O'SULLIVAN, EILEEN O'MEARA, MARY CROWLEY, CATHERINE RAHILLY, DONAL O'SULLIVAN. BACK ROW FROM L. MARY FLEMING, BRIDIE O'CONNOR, BREDA KISSANE, NOREEN CRONIN, JOSIE O'DONOGHUE, HELENA REGAN FROM ST FINIANS HOSPITAL HISTORY COPIES NOW AVAILABLE IN KILLARNEY BOOKSHOP.

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LT TO RT REV FR O'KEEFFE PP, MARY O'DONOGHUE, JOHN KELLY, REV FR GRIFFIN TADGH O'SULLIVAN, NELLIE O'SULLIVAN, MAI CORCORAN.



A GROUP OF FRIENDS AT THE RING SIDE REST HOTEL 1080



A GROUP OF TELEPHONISTS SOCIAL P.O. 1970 MARY DORE ANNE DORE PATRICA O'CONNOR, KATHLEEN DONOVAN AND MARY KERRISK



THE COOPERAGE KILLARNEY.
PICTURE SUPPLIED BY: RACHEL TUOHY.



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MONSIGNOR HUGH O'FLAHERTY PICTURED WITH HIS PARENTS JAMES & MARGARET AND HIS SISTER BRID, AND HIS TWO BROTHERS NEIL & JIM. JIM WHO LIVED IN MANGERTON VIEW, WAS THE FATHER OF JUDGE HUGH O'FLAHERTY AND PEARL DINEEN.



FOSSA CREW WINNERS OF THE SENIOR SIXES RACE AT KILLARNEY REGATTA JULY 1953. FRONT L TO R. JOHN DOONA, ROBIN HILLARD (COX) PAT QUILL. BACK FROM L. JOHN JOE FORAN, MICK COLLINS, JOHN GRIFFIN, CHARLES TALBOT, JERRY O'SULLIVAN (TRAINER)

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First Holy Communion at the Mercy Primary School, Killarney in 1971



Catering Staff St. Finans Hospital 1984

Front Row L:R: Sheila Kelliher, Eugie Roberts, Dermot Herlihy, Michael Breen, Josephine O'Shea, Pat Cronin, John M O'Sullivan, Con Carroll.

Second Row L:R: Jim Moynihan, Sheila O'Sullivan, Eileen Deleaney, Joan O'Leary, Mary Kelliher, Eileen Coakley, Liz O'Sullivan, Sheila Moynihan, Mike Buckley, Pat Fleming.

Back Row L:R: Bridie Doherty, Dympna O'Sullivan, Eileen Quirke, Kathleen Cronin, Julie Sheehan, Hannah Casey, Connie O'Connell.

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Killarney athletic 1965 50 years ago this year.

Back Row L to R: John Sparling, Byran Holmes, Jim Sullivan, Donagh Gleeson, Roland Saulter, Donie Doyle RIP
Front Row L to R: Seán Donoghue, Jimmy Heffernan RIP, Dan Harrington (cpp), Don Donoghue and Pat Doody.



Pictured during the Mission at St. Marys Cathedral Killarney 1953



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O'REILLY MEMORIALS CELEBRATE 125 YEARS IN BUSINESS

O'Reilly Memorials, a family-run business in Castleisland, is preparing to celebrate 125 years in the business of hand-carving headstones.

This tradition has been passed down from generation to generation and to mark the 125th anniversary, the youngest of the hand-carving family, Jason O'Reilly, has opened a showroom in Glebe Lane, just off Plunkett Street in Killarney, to showcase the skilled work the business undertake to create customised, hand-crafted headstones. "We have been doing

business all over Kerry, Cork, Limerick, Sligo and even Wales," said Jason. He added "Headstones can be carved out of limestone, granite or marble. Black granite is more expensive, but the most economical choice is grey granite. It never gets dirty, unlike limestone, which you would have to clean every year," he says. He added "You can come in with a sketch and we'll carve the headstone exactly the way you want it." O'Reilly Memorials also provide a full graveside service including erecting new headstones, adding new names to an existing headstone

and graveside maintenance, including the supply of chipping. "We are one of the very few people who can carve the old Celtic Crosses," added his uncle James, who carved the famous memorial in Castleisland town in honour of noted traditional musician Padraig O'Keefe. Killarney Memorials will be open Saturday 10am to 5pm and Sunday 12 to 5pm and can also open by appointment. For further information, contact Jason O'Reilly at 087-298 2665.



THE FOUNDING GENERATION: JACK CAHILL, NEILIE BROWNE, PATRICK O'REILLY, JOE O'REILLY. SEATED: YOUNG JOE O'REILLY AND RIGHT, YOUNG MIKIE O'REILLY.



THE PRESENT GENERATION: GAVIN O'REILLY, JAMES O'REILLY, PATRICK SONNY O'REILLY, JOHN JOE O'REILLY, JASON O'REILLY AND JOHN O'REILLY.



Dr. Crokes Social in The Glebe Hotel, Killarney in the late 60's.
Included are: Donie Sheahan, Tadgh Fleming, Fr. Leahy (R.I.P), Donie Doherty, Seamus Darcy, Mick Cronin, Brendy Walsh, Noel Shea, Matty Courtney, Feddy Kenny, Connie Brosnan.



Members of the Muckross House staff and friends pictured during the 1960's



Staff group of the Lake Hotel around 1907



Beaufort Pioneer Group St Patricks Day Parade Killarney 1988

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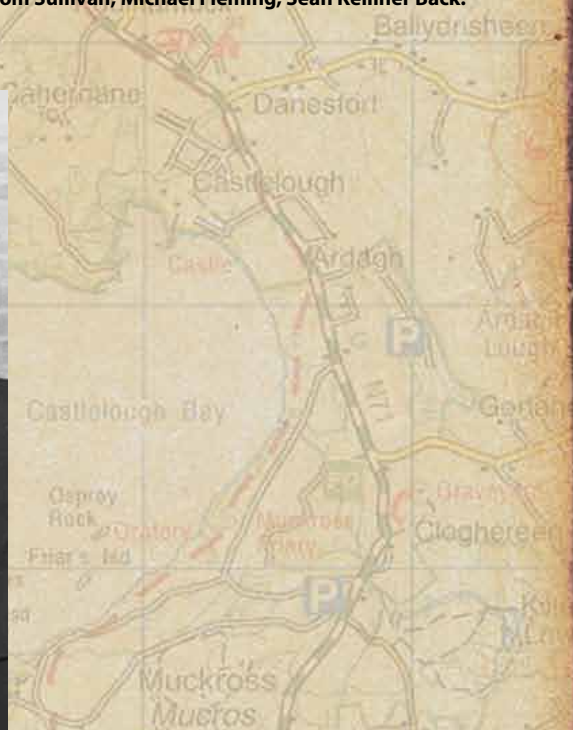
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The Flesk Valley Crew that won the Juvenile sixes race at the Killarney Regatta in 1957. Front: Tom Sullivan, Michael Fleming, Seán Kelliher Back: Jim Fleming, Michael Morrissey, Doney Sullivan, John McCarthy



The First Killarney Milk Suppliers Social (Organised by Liam Chute & Mary Coffey O'Connor taken in the Three Lakes Hotel in 1966) L to R: Pat Finnegan, Dermot Coffey, Pat Donoghue. 2nd Row: Liam Chute, Mary Coffey O'Connor, Mary Myres Harris, Mike Moynihan R.I.P. (then chairman Killarney UDC) Bernard O'Shea R.I.P. 3rd Pat Dowd, Christy Lenihan. 4th John Guerin, Paddy O'Connor, Charlie Talbot R.I.P., Dan Shea R.I.P. 5th John Lyne, Eddie Donoghue, Sonny Donovan R.I.P. Mick Kearney R.I.P., Denis Clifford R.I.P., Donie O'Meara.



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GARDENING OUTLOOK



with John O'Sullivan

FOCUS ON HEDGING

Hedges can make a much more natural background to a garden than a wall or a fence. They can provide shelter and are cheaper and require a small amount of maintenance. Because a hedge allows the wind to filter through it reduces its velocity. Tall or low growing, clipped or informal, there is a hedging plant for every purpose. One thing to remember about a hedge is that it is intended to be a permanent feature in the garden so therefore should be chosen with care and planted in well prepared soil.

To choose the right hedge for your garden here are a few pointers to think about

1. The type of soil you have
2. How exposed the garden is, i.e. what direction is it facing
3. The eventual height and width the hedge will be
4. Does it need to be evergreen

When you have chosen the type of hedge that you want its time to prepare the soil. Start preparing the soil by digging thoroughly and forking in some well rotted farmyard manure. Hedges can be planted all year around but the ideal time is between November and March as all hedging plants will be dormant at this time. What that means is when you go to buy your hedging plants they are lifted straight from the ground and are called bare-rooted hedging. This enables you to replant straight back into the ground when you get them home. Just make sure that when planting that the roots are spread out well as this will encourage them to root quickly when the growing season starts. If you have missed the bare rooted season at the end of March you can plant container grown hedging all year around. Next week I will focus on trees.

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Citizens Information

Know Your Rights: THE YOUTH GUARANTEE

DECEMBER 2014

QUESTION

What is the Youth Guarantee?

ANSWER

The Youth Guarantee aims to provide young people under the age of 25 with a good quality offer of employment, education, training or apprenticeship within a short time of leaving education or becoming unemployed. It is an EU initiative developed in response to the youth unemployment crisis across Europe.

In Ireland the Youth Guarantee is being introduced on a phased basis and a range of initiatives were recently announced. Jobseekers under 25 who have been unemployed for over 12 months will be prioritised and given additional support during the Department of Social Protection (DSP) Intreo process for jobseekers.

JobsPlus is an initiative that pays a cash incentive to employers who employ jobseekers on the Live Register. The qualifying period for JobsPlus for jobseekers under 25 has been reduced to four months. It will remain at 12 months for other jobseekers. Eligible young people, who are in the Live Register, will be given certification that they qualify for JobsPlus and they can use this when applying for jobs.

A Youth Developmental Internship (YDI) is currently being put in place. Internships are expected to start from March 2015. The YDI will be aimed at young people aged between 18 and 24 who have little or no experience of work. The YDI is similar to JobBridge but offers more support to interns including a work preparation course and a shorter internship week of 4 days. YDI internships will not be publically advertised. DSP staff will select candidates and refer them for interviews with organisations that have offered internships.

Other activities under the Youth Guarantee include a new Experience Your Europe (EYE) programme which offers sponsored internships in other EU countries, support for jobseekers who want to work in Europe and an apprenticeship programme in Germany. Employment schemes such as Gateway and Tús will have places reserved for young people who are long-term unemployed.

Further information is available from the Citizens Information Centre below.

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

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



IS COUNSELLING FOR ME?

We can all find ourselves struggling with problems at different points in our lives and Counselling can be a great support during these times. We might be faced with a difficult and challenging situation, perhaps a crisis in our relationship, stress at work or at home or perhaps going through bereavement. We may wish to deal with feelings of anxiety, loneliness or depression or a long-term issue which has its roots in childhood and is affecting our present life. Counselling provides a clear space to do this - offering support and giving us a fresh perspective on things.

Counselling can also be a very important support for young people. In today's society, with all its complexities and challenges, children and adolescents face ever increasing stress and problems. Counselling can offer young people a supportive relationship in times of crisis. It promotes both good physical and mental health and aids the discovery of a more effective way to handle stressful situations. Couples can also benefit from counselling as it affords them the opportunity to look at issues such as communication, dealing with conflict, stress and sexual issues. Whatever your circumstances, counselling can provide a supportive environment to enable you to make the changes you want.

Counselling and Psychotherapy are often used interchangeably and there is no clear difference. Both are Talking Therapies or Psychological Therapies. Some people choose to engage in short-term counselling, for others more longer term work is needed. This depends on the issues you want to address. Some people may want to make a slight improvement in their lives, others may wish to deal with many issues. Sometimes further issues can emerge as therapy proceeds. There are various different approaches to Counselling/Psychotherapy; including Humanistic and Integrative, Psychoanalytical, Cognitive Behavioural and Systemic Family Therapy. There is no one-size-fits-all-rule and many counsellors use the best from different approaches, depending on the client's issues, the approach of the therapist and the amount of time available.

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

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

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

Health Matters.... With Dr. Michael Moloney

SINUSITIS

WHAT IS SINUSITIS?

The sinuses are small, air-filled spaces in the cheekbones and forehead. They produce mucus which drains into the nose through small channels. Sinusitis occurs when these spaces become swollen and inflamed. The most common cause of this inflammation is due to infection.

Sinusitis is a very common infection which can develop over a few days. On most occasions the symptoms will go within a week but it is not uncommon for it to last for 2-3 weeks. Sinusitis persisting for longer than 12 weeks is termed 'chronic' sinusitis.

TRIGGERS FOR SINUSITIS

In most people sinusitis is triggered by a viral illness such as a cold or flu-like illness which may spread to the sinusitis. Most of these will clear themselves with time. Occasionally bacteria may become involved and thus worsening the infection.

Another common trigger for sinusitis is swelling of the nasal passages due to an abnormal immune response. This can occur in response to pollen (hayfever) or dust mites (allergic rhinitis) as well as many other allergens. The natural immune response can be abnormal in pregnancy as well as conditions such as asthma and sarcoidosis which can all lead to sinusitis. Occasionally sinusitis may be caused as a result of obstruction of the draining canals by a polyp or foreign body. In some cases infection may spread to a sinus from an infected tooth.

Smoking is well documented to increase your risk of developing sinusitis.

SYMPTOMS OF SINUSITIS

The most common symptoms of sinusitis are pain and tenderness over the infected sinus. The pain is often worse when bending over. Often sufferers may complain of a frontal headache. There may also associated symptoms of a blocked and runny nose with decreased senses of smell and taste. Sufferers may feel feverish and have other symptoms such as bad breath, toothache, cough, tiredness or feeling of pressure/fullness behind ears.

TREATMENTS FOR SINUSITIS

Most cases of sinusitis are due to a viral infection. Like with colds, the immune system usually clears the virus and symptoms go within a couple of weeks. In the proportion of people who are suffering from bacterial infection the immune system should clear this also. Therefore it most people antibiotic treatment for sinusitis is not needed.

Antibiotics can also cause side-effects. Side-effects can include diarrhoea, nausea, vomiting, skin rashes and thrush.

However, antibiotics are sometimes useful. Your doctor is not likely to prescribe an antibiotic for a mild bout of acute sinusitis. But a course of antibiotics may be prescribed in some cases, for example:

- If your symptoms are severe or if you are very unwell.
- If you have another illness such as cystic fibrosis, heart problems or a weakened immune system.
- If your symptoms are not settling within 7 days, or are worsening.

Continued Next Week.



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OUTLOOK RECIPES



Mouth-Watering Stuffed Mushrooms

Ingredients

- 12 whole fresh mushrooms
- 1 tablespoon vegetable oil
- 1 tablespoon minced garlic
- 1 (8 ounce) package cream cheese, softened
- 1/4 cup grated Parmesan cheese
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon onion powder



Method

- Preheat oven to 350 degrees F (175 degrees C). Spray a baking sheet with cooking spray. Clean mushrooms with a damp paper towel. Carefully break off stems. Chop stems extremely fine, discarding tough end of stems.
- Heat oil in a large skillet over medium heat. Add garlic and chopped mushroom stems to the skillet. Fry until any moisture has disappeared, taking care not to burn garlic. Set aside to cool.
- When garlic and mushroom mixture is no longer hot, stir in cream cheese, Parmesan cheese, black pepper, onion powder and cayenne pepper. Mixture should be very thick. Using a little spoon, fill each mushroom cap with a generous amount of stuffing. Arrange the mushroom caps on prepared cookie sheet.
- Bake for 20 minutes in the preheated oven, or until the mushrooms are piping hot and liquid starts to form under caps.

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LIAM LYNCH MOTORS ANNOUNCES ENTRY PRICE OF €13,895 FOR NEW ŠKODA FABIA!

Eagerly awaited Fabia available for test drive from December 1st

Liam Lynch Motors, ŠKODA's Kerry dealership has announced the prices for the new Fabia with all model variants receiving specification enhancements with some model versions even decreasing in price. The entry price to the Fabia range is €13,895 for the 1.0-litre, 60bhp Active. The new ŠKODA Fabia will be available for test drive in the dealership in Farranfore from Monday, 1st December and is available for order as part of the 151 range. Motorists are encouraged to visit the showroom to avail of special introductory offers for new 2015 purchases including finance rates from 3.9% APR as well as exceptional trade-in allowances. Since its debut back in 2000, over 3.4 million Fabia vehicles have been sold worldwide and ŠKODA has very high hopes for the all new Fabia, now in its third generation.

The new Fabia's style echoes that of other models in the ŠKODA range and hints at the future direction of the ŠKODA Brand. Compared to its predecessor the new Fabia is in fact shorter by 8mm however with an increased wheelbase of 5mm, the Fabia achieves class leading luggage capacity of 330 litres. The exterior style is enhanced by reducing the height by a full 30mm while the width of the vehicle has been increased by 35mm providing a lower stance and improved road presence. In addition to cosmetic changes the Fabia receives a completely new line-up of petrol and diesel engines coupled to manual and DSG transmissions. The new Fabia is derived from the coveted MQP platform from the Volkswagen Group resulting in exceptional driving dynamics and efficiencies. The Fabia is in fact 65kg lighter than its forerunner and that contributes to CO2 and Fuel Efficiency savings

of up to 15% in the entry petrol offering. The most fuel efficient diesel delivers on average 3.4 l/100km (83 mpg).

Speaking in relation to the new Fabia, Liam Lynch of Liam Lynch Motors said "The Fabia is a completely new car. It is not a facelift but is entirely new inside and out, utilising the latest engines and technologies to provide the best Fabia ever. The new 1.0-litre, 60bhp petrol unit delivers surprising performance with superior acceleration and economy when compared to the comparable engine offered in the previous model. The Fabia was initially planned for launch in Ireland in early 2015 similar to the UK however the car will be available for test drive in the dealership from 1st December. We had a great event when the Fabia arrived for the Sneak preview and motorists will now get their chance to test drive the car."

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Hi Readers – I hope you all had a very pleasant Christmas and New Year celebrations and enjoyed the holidays. I would also like to thank all of you that submitted photos for this special edition and I hope it brings pleasant memories to all our readers both at home and far away.

IRISH NEW YEAR TRADITIONS:

New Year's Eve, the last night of the old year, was known as Oíche Chinn Bliana (Year's End Night) and Oíche na Coda Móire (The Night of the Great Feast). Candles were again lighted in the windows and it was believed that if you went to bed hungry on New Year's Eve (known as New Year's night) nothing would satisfy your appetite for the rest of the year.

It was also believed that the condition of your house and home on the last day of the year was how it would be for the following 12 months. On New Year's night, families would remember those who had passed away that year before by setting a place for them at the dinner table and leaving the door unlatched.

Those who were single were advised to place sprigs of mistletoe, holly and ivy leaves under their pillow so they would dream of their future wives and husbands.

The rise or fall of rivers was observed to foretell whether prices would correspond during the ensuing year.

There was no general tradition of bidding goodbye to the old year and welcoming in the new one,

But for Catholics the 1st of January was a holyday and their year began by attending Mass.

LITTLE CHRISTMAS IN IRELAND:

January 5th was called Small Christmas Eve and that night the candles were again lit in each window, children were given a soft drink and biscuits while the man of the house had an alcoholic beverage.

There were some who believed that water turned into wine at midnight because it's the Anniversary of the Wedding Feast at Cana, it was thought to be very unlucky to try and watch it take place.

January 6th the feast of the epiphany was a holy day of obligation for Catholics, the highlight for children was their visit to the crib after Mass to gaze in wonder at the "3 wise men" that had followed a star from the east to bring gifts to baby Jesus.

The day was also known as Nollaig na mBan or Women's Christmas as the hard work of preparing for Christmas and entertaining extra visitors was over. In many areas this was a very special occasion when the women would gather for a special meal - with wine!

The next day, the decorations came down, a last look at the cards and the holly now withered was carefully burned in the fireplace since it was thought to be unlucky to just throw it away.

And so ended the season of Christmas in simpler times, when the houses were decorated with holly, the Christmas cards received and inspirational mottos on the walls (usually by Brian O'Higgins) on Christmas Eve, candles were lit on Christmas Eve, Christmas Day, St. Stevens Day, New Year's Eve, New Year's Day, and on the eve and day of the Epiphany and a little paper crib held pride of place in every home.

Small children too young to understand the real meaning of Christmas looked forward to the lighting of the candles as it meant soft drinks and minerals afterwards (and in most cases they would not be tasted again for another year) and of course Santy always brought something no matter how small.

WAS SANTY GOOD TO YOU THIS YEAR?

The true story of Santa Claus begins with Nicholas, who was born during the third century in the village of Patara. At the time the area was Greek and is now on the southern coast of Turkey. His wealthy parents, who raised him to be a devout Christian, died in an epidemic while Nicholas was still young. Obeying Jesus' words to "sell what you own and give the money to the poor," Nicholas used his whole inheritance to assist the needy, the sick, and the suffering. He dedicated his life to serving God and was made Bishop of Myra while still a young man. Bishop Nicholas became known throughout the land for his generosity to those in need, his love for children, and his concern for sailors and ships.

Under the Roman Emperor Diocletian, who ruthlessly persecuted Christians, Bishop Nicholas suffered for his faith, was exiled and imprisoned. The prisons were so full of bishops, priests, and deacons, there was no room for the real criminals—murderers, thieves and robbers. After his release, Nicholas attended the Council of Nicaea in AD 325. He died December 6, AD 343 in Myra and was buried in his cathedral church, where a unique relic, called manna, formed in his grave. This liquid substance, said to have healing powers, fostered the growth

of devotion to Nicholas. The anniversary of his death became a day of celebration, St. Nicholas Day, December 6th (December 19 on the Julian Calendar).

Through the centuries many stories and legends have been told of St. Nicholas' life and deeds. These accounts help us understand his extraordinary character and why he is so beloved and revered as protector and helper of those in need.

One story tells of a poor man with three daughters. In those days a young woman's father had to offer prospective husbands something of value—a dowry. The larger the dowry, the better the chance that a young woman would find a rich husband. Without a dowry, a woman was unlikely to marry. This poor man's daughters, without dowries, were therefore destined to be sold into slavery. Mysteriously, on three different occasions, a bag of gold appeared in their home—providing the needed dowries. The bags of gold, tossed through an open window, are said to have landed in stockings or shoes left before the fire to dry. This led to the custom of children hanging stockings or putting out shoes, eagerly awaiting gifts from Saint Nicholas. Sometimes the story is told with gold balls instead of bags of gold. That is why three gold balls, sometimes represented as oranges, are one of the symbols for St. Nicholas.

One of the oldest stories showing St. Nicholas as a protector of children takes place long after his death. The townspeople of Myra were celebrating the good saint on the eve of his feast day when a band of Arab pirates from Crete came into the district. They stole treasures from the Church of Saint Nicholas to take away as booty. As they were leaving town, they snatched a young boy, Basilios, to make into a slave. The emir, or ruler, selected Basilios to be his personal cupbearer, as not knowing the language, Basilios would not understand what the king said to those around him. So, for the next year Basilios waited on the king, bringing his wine in a beautiful golden cup. For Basilios' parents, devastated at the loss of their only child, the year passed slowly, filled with grief. As the next St. Nicholas' feast day



approached, Basilios' mother would not join in the festivity, as it was now a day of tragedy. However, she was persuaded to have a simple observance at home—with quiet prayers for Basilios' safekeeping. Meanwhile, as Basilios was fulfilling his tasks serving the emir, he was suddenly whisked up and away. This is the first story told of St. Nicholas protecting children—which became his primary role in the West.

Another story tells of three theological students, traveling on their way to study in Athens. A wicked innkeeper robbed and murdered them, hiding their remains in a large pickling tub. It so happened that Bishop Nicholas, traveling along the same route, stopped at this very inn. In the night he dreamed of the crime, got up, and summoned the innkeeper. As Nicholas prayed earnestly to God the three boys were restored to life and wholeness. In France the story is told of three small children, wandering in their play until lost, lured, and captured by an evil butcher. St. Nicholas appears and appeals to God to return them to life and to their families. Several stories tell of Nicholas and the sea. When he was young, Nicholas sought the holy by making a pilgrimage to the Holy Land. There as he walked where Jesus walked, he sought to more deeply experience Jesus' life, passion, and resurrection. Returning by sea, a mighty storm threatened to wreck the ship. Nicholas calmly prayed. The terrified sailors were amazed when the wind and waves suddenly calmed, sparing them all. And so St. Nicholas is the patron of sailors and voyagers.

Other stories tell of Nicholas saving his people from famine, sparing the lives of those innocently accused, and much more. He did many kind and generous deeds in secret, expecting nothing in return. Within a century of his death he was celebrated as a saint. Today he is venerated in the East as wonder, or miracle worker and in the West as patron of a great variety of persons—children, mariners, bankers, pawn-brokers, scholars, orphans, labourers, travellers, merchants, judges, paupers, marriageable maidens, students, children, sailors, victims of judicial mistakes, captives, perfumers, even thieves and murderers! He is known as the friend and protector of all in trouble or need.

Sailors, claiming St. Nicholas as patron, carried stories of his favour and protection far and wide. St. Nicholas chapels were built in many seaports. As his popularity spread during the Middle Ages, he became the patron saint of Apulia (Italy), Sicily, Greece, and Lorraine (France), and many cities in Germany, Austria, Switzerland, Italy, Russia, Belgium, and the Netherlands.

Through the centuries St. Nicholas has continued to be venerated by Catholics and Orthodox and honoured by Protestants. By his example of generosity to those in need, especially children, St. Nicholas continues to be a model for the compassionate life.

Widely celebrated in Europe, St. Nicholas' feast day, December 6th, kept alive the stories of his goodness and generosity. In Germany and

Poland, boys dressed as bishops begged alms for the poor—and sometimes for themselves! In the Netherlands and Belgium, St. Nicholas arrived on a steamship from Spain to ride a white horse on his gift-giving rounds. December 6th is still the main day for gift giving and merrymaking in much of Europe.

DID YOU KNOW THAT

When it came to celebrating the New Year it seems that everyone had their own peculiar way of doing things. Here are just a few of the strangest New Year's traditions from around the world.

*In Denmark they saved all of their unused dishes and plates until the 31st of December when they affectionately shatter them against the doors of all their friends and family.

*In Ecuador they celebrated the New Year by burning paper filled scarecrows at midnight.

*In Spain, if you could manage to stuff 12 grapes in your mouth at midnight you'd achieved good luck for the next year.

*In some South American countries wearing coloured underwear determined your fate for the New Year. Red underwear meant you'd find love. Gold meant wealth and white signified peace.

*In Japan they rang all of their bells 108 times in alignment with the Buddhist belief that this brings cleanness. It's was considered good to be smiling going into the New Year as it brought good luck.

*Every year at the end of December in the small Peruvian village of Takanakuy both women and men fist fight to settle their differences. They then start the year off on a clean slate.

*In Switzerland they celebrated the New Year by dropping ice cream on the floor.

*In Romania they threw their spare coins into the river to get good luck.

*In some parts of Puerto Rico they threw buckets of water out of their windows to drive away evil spirits.

*In Belgium farmers wished their cows a happy new year.

*In Bolivia coins were baked into sweet cakes and whoever found the coins had good luck for the next year.

*The French used consume a stack of pancakes.

*In Denmark people climbed on top of chairs and literally "jumped" into the New Year to bring good luck.

*In Germany they used pour molten lead into cold water and the shape that is took predicted the future. Heart shapes symbolised marriage, round shapes good luck; anchor shapes that you needed help, a cross signified someone's sad demise.

HOW TO KEEP YOUR NEW YEAR'S RESOLUTIONS:

Reward yourself for sticking to your limits and focus on the benefits of changing. For instance, if your goal is to drink less or lose weight, treat yourself to something you want — a new book

or DVD, — each time you successfully resist a tempting dessert or achieve a goal, like a month of abstinence. Success tends to beget greater success. If you do slip back into old patterns, avoid recriminations. People make mistakes. If you keep working at it, you will get better over time. That's what the research shows.

Social support is critical to changing all kinds of behaviour. Good friends can not only help you through slip-ups but also help keep your New Year's resolutions from taking over your life. Rather than obsessing about what you shouldn't be doing, think about things you should, the distraction will help you curb bad habits.

If you regularly engage in meaningful activities that give you pleasure — whether it's visiting friends, picking up a hobby, taking a class or doing volunteer work you'll simply have less time to crave or engage in the behaviour that you want to reduce.

If you've resolved to run a marathon, start out by going for a jog two or three times a week. If you are trying to eat healthier, start by replacing some of your favourite junk foods with more nutritious foods. While it may seem like a slow start, these small changes make it easier to stick to your new habits and increase the likelihood of long-term success.

Encountering a setback is one of the most common reasons why people give up on their New Year's Resolutions. If you suddenly relapse into a bad habit, don't view it as a failure. The path toward your goal is not a straight one and there are always going to be challenges. Instead, view relapses as learning opportunities.

If you are keeping a resolution journal, write down important information about when the relapse occurred and what might have triggered it. By understanding the challenges you face, you will be better prepared to deal with them in the future.

It may take longer than you would like to achieve your goals, but remember that this is not a race to the finish. Once you have made the commitment to changing a behaviour, it is something that you will continue to work on for the rest of your life.





Kerry ETB Training Centre



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

CAD – Computer Aided Draughting and Design Course (ET115) – Tralee.

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

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

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

Reception and Clerical Skills (ET0N1) - Killarney.

If you are a friendly, polite and confident person with good verbal and written communication skills and would like to work as a receptionist this is the course for you. **Start Date:** 9th February 2015. **Duration:** 19 weeks. **Certification:** FETAC Level 5 Component Certificates in: Information and Administration, Word Processing, and Customer Service.

IT Support Traineeship (ETS78) - Tralee Training Centre.

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

Digital Web Design with Adobe Dreamweaver Course (ET3Z6) - Tralee.

This course is for people who would like to combine creativity and computer skills to design, build and redesign web sites. The work involves formulating ideas, visualising the finished product and having the technical skills to build and commission web sites. **Start Dates:** 23rd February 2015. **Duration:** 22 weeks. **Certification:** FETAC Level 5 Component Certificates in: Computer Illustrated Graphics, Web Authoring, and Work Experience; plus Adobe Certified Associate in Web Communication Using Adobe Dreamweaver CS5.

Healthcare Support Traineeship (ETS97) - Tralee.

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

Beauty Therapy Traineeship (TRS52) – Tralee.

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

To apply or get further information on any of the above courses please contact

Kerry ETB Training Centre,
Monavalley Industrial Estate, Tralee,

TEL. 066 7149600, E-mail: training@kerryetbtrainingcentre.ie

Entry requirements and other information on our courses are available at www.solas.ie



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In Loving Memory of

**PETER D.J.
O'SULLIVAN**

**Annaghmore, Headford,
Killarney, Co. Kerry.**

May he rest in peace dear Jesus,
In Thy Heavenly home above,
With the Sacred Heart of Jesus,
In His Own Eternal Love.

**Mass has been offered for your
intentions**

**Always remembered by your
loving wife & family.**

THE MIRACLE PRAYER

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

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

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

Say this prayer for three days.
Publication of prayer and favour will be
granted.

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many favours. This time I ask you this special
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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. **N.M.S.**

THE MIRACLE PRAYER

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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.

PRAYER TO THE HOLY SPIRIT

Holy Spirit you make me see everything
and show me the way to reach my ideal.
You give me the divine gift to forgive and
forget the wrong that is done to me and who are
in all instance of my life with me.

In this short dialogue I want to thank you for
everything and confirm once more that I never
want to be separated from you no matter how
great the material desires may be. I want to be
with you and my loved ones in your perpetual
Glory. Amen. (Say this prayer three consecutive
days without stating the request, after the third
day the request will be granted no matter how
difficult it may be. Promise to publish this as
soon as your request is granted.)

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A VERY POWERFUL PRAYER

Say nine Our Father's every day
for God's will to be done on earth
Please promote.

NOVENA TO THE SACRED HEART

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

NOVENA TO THE SACRED HEART

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

NOVENA TO THE SACRED HEART

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door shall be opened to you. Relying on these
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me, and therefore O Sacred Heart of Jesus I place
all my trust in you. Our Father, Hail Mary and
Glory, say 3 times for 3 days and request will be
granted, Never know to fail. Must publish. **J.H.**

LA SALETTE INVOCATION

Our Lady of La Salette,
Reconciler of sinners, pray without ceasing
for us who have recourse to you.

NOVENA TO THE SACRED HEART

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

x

NOVENA TO THE SACRED HEART

You have said O Divine Jesus, ask and you shall
receive, seek and you shall find, knock and the
door shall be opened to you. Relying on these
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me, and therefore O Sacred Heart of Jesus I place
all my trust in you. Our Father, Hail Mary and
Glory, say 3 times for 3 days and request will be
granted, Never know to fail. Must publish. **S.P.**

PRAYER TO THE HOLY SPIRIT

Holy Spirit you make me see everything
and show me the way to reach my ideal.
You give me the divine gift to forgive and
forget the wrong that is done to me and who are
in all instance of my life with me.

In this short dialogue I want to thank you for
everything and confirm once more that I never
want to be separated from you no matter how
great the material desires may be. I want to be
with you and my loved ones in your perpetual
Glory. Amen. (Say this prayer three consecutive
days without stating the request, after the third
day the request will be granted no matter how
difficult it may be. Promise to publish this as
soon as your request is granted.)

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

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

NOVENA TO ST. CLARE

Ask St. Clare for 3 favours, 1 business, 2
impossible, Say 9 Hail Mary's for 9 days with
a lighted candle, and finish with "May the
Sacred Heart of Jesus be praised, adored,
glorified and loved today and ever day
throughout the world forever. Amen".

Pray, whether you believe or not.

Publish on the 9th day.

Your request will be granted no matter how
difficult it may seem.

Favour often granted on the third day.

THINK AHERNS...

...THINK OPEL



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