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EDITOR'S NOTE



s we enter week 3 of Level 5 Restrictions, the weather had been very kind to us this week. Lots happening in this week's Killarney Outlook.... 30 people have moved into new homes thanks to the Peter McVerry Trust, Killarney men remember a lake rescue 50 years ago and Marie has been on her travels within her 5k.

Killarney Rugby Club are celebrating, Kerry Ladies and the Kerry Senior Football team are in action this weekend and sports clubs throughout the county have received government funding. Remember as we continue to battle COVID-19 *#washyourhands #wearyourmask #protecteachother #staysafe #stayhome*

Aisling Crosbie, Editor **086 0400958**



IF YOU HAVE A STORY...Contact Aisling on: 086 0400 958 | Email: news@outlookmags.com

30 PEOPLE HOUSED IN KILLARNEY thanks to Peter McVerry Trust



30 people in Killarney have been housed recently by the national housing and homeless charity, Peter McVerry Trust.

The 15 units are based on the Park Road and are housing a mixture of singles, couples and families.

The charity, which is working in partnership with Kerry County Council, said it is working to increase housing pathways for people experiencing homelessness in the county.

"We are delighted to be able to help meet the housing needs of people impacted by homelessness in Co. Kerry. We have been working closely with the council to understand the need that exists locally and how best we can be of support to people in the county. We are now working on developing housing pathways to ensure people can exit hostels and B&Bs and get the wraparound supports they need once housed", Pat Doyle, CEO of Peter McVerry Trust, said

"We have delivered 15 social housing units in Killarney in September and which has allowed us to house over 30 people, a mixture of singles, couples and families. All our tenants will receive ongoing support from our dedicated Housing With Supports team who are available to them 24 hours a day, seven days a week."

Peter McVerry Trust welcomes the reduction in the number of people accessing homeless accommodation in September. On Friday, official figures released by the Department of Housing showed a decrease of 13 per in the number of people accessing emergency accommodation to 113 people.

Mr Doyle says the charity is working to progress more housing units in the county. "In partnership with the council, we are now progressing other opportunities in Kerry, with projects under review in Listowel and Tralee. Any homes we can deliver will ensure we can help take people out of homelessness and give them the key to their own home and a better future."

"The challenge is to grow the number of homes we can provide and in particular the number of one-bedroom homes, as they are the type most needed, yet hardest to come by. We are looking at any possible opportunities, including long term vacant buildings, commercial properties that can be converted to residential, or sites with planning."

"We'd encourage anyone that has a property that would be suitable for social housing in Killarney or Tralee to contact us so that we can secure more housing options to help tackle homelessness in county Kerry."





This week, within my 5K, I visited the home of Eddie & Anna Keogh, Upper Lissivigeen Killarney who are 50 years married on 7th November.

A Golden Anniversary in extraordinary times, another of many family celebrations to be postponed temporarily, at least until Level 5 restrictions are lifted, with a bit of luck before Christmas 2020.

There was a window between the heavy downpours so I was lucky to have an undisturbed chat with Eddie & Anna outside their home in Lissivigeen. A modern wedding, surprisingly with Covid style numbers down under! Here's how it went.

A popular painter by trade Eddie Keogh, originally from Kenmare, met Anna, who was working at Scully's Pharmacy in Killarney (where the Mad Monk is now situated today). The couple met at the Gleneagle Hotel at a dance. "I think it was The Dixie's Marie. Times were difficult with employment at the time so it was popular to travel abroad for work. Anna & I decided to head 'down under' to Sydney Australia. While we were there we decided to get married" Eddie told me. How romantic I thought. Without a relative in sight, the longing to get married overcame the distance from loved ones and on 7th November 1970, some 50 years ago, Anna & Eddie tied the knot. "Australians are so helpful Marie. When we arrived Eddie went to the local shop to get some grocery supplies. There was a little shop called Macintosh. He arrived back with the groceries in hand and a new job on our first day in Sydney" Anna told me. "We lived close to one of Australias most iconic beaches, Bondi beach. We used to go there quite regularly when we were off work" Anna continued. With the sweeping white sand crescent of Bondi beach, laid back cafes....AND SUNSHINE, what a beautiful place to live I thought. "We were married by Fr Maher in Hurstville in Sydney and held our wedding reception at the Brighton le Sands Hotel in 35 degree heat. It was beautiful. We had 40 guests on the day, most of which were our work colleagues. We spent one year in Sydney before moving to Perth for an additional three years. I was never without work. I even gigged with a band in Perth called 'The Four Provinces' as there was one band member from each province of Ireland" Eddie

In her column with the Killarney Outlook - Marie takes to the highways and byways meeting locals and telling their story

From a wedding in Perth to an anniversary in Lissivigeen... Eddie and Anna celebrate 50 years of marriage



explained. Eddie and Anna have seven Children and 20 grandchildren. The girls are winning by one in the Keogh clann, from the eldest to the youngest they are Caroline, Julie, Aideen, Edward, Richard, Paul & Edel, two of which were born in Australia (Caroline & Julie). "They did return to Australia but like a boomerang they came

home and settled in Ireland. Our eldest son Edward lives in Perth" Anna said.

I wanted to know their secret. I could only imagine that there was never a dull moment in the Keogh household with 7 children all of which went to Lissivigeen NS just around the corner. A school run I am familiar with myself..... one route Anna & Eddie must have made daily for a large part of the married life. It was Eddie that answered my question while Anna nodded. "Travel broadens the mind Marie, after that it's a whole lot of perseverance, dedication most of all love" Eddie said. "I wasn't prepared for that question at all Marie" Anna joked. As I'd imagine things may have went in the past 50 years of married life, Eddie had Anna's back as I'm sure she had his on many occasion down



through the years. Before I left

Iwanted to ask how they were managing with Level 5 restrictions. "We make sure to get out for a drive and for our walks Marie, that helps a lot." Eddie said. "Le Cúnamh Dé Marie, the light will shine again". It surely will Anna. Such a lovely encounter to meet up with Anna & Eddie on such a special occasion. I have no doubt these two will well be up for celebrations when the time is right. Thank you Anna & Eddie for having me to your front garden in Lissivigeen.

PICTURE MARIE CARROLL-O'SULLIVAN FOR GOGGLEVOX WITH THE KILLARNEY OUTLOOK

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Lake rescue remembered



Rory O'Flaherty, Johnny Maguire and John McMullin pictured following their rescue on November 7th 1970.



On this day 50 years ago...On the 7th November 1970 three Killarney Youths had a lucky escape when 'their boat was blown across a treacherous stretch of water onto Innisfallen Island on the Lower Lake' Killarney. Johnny Maguire, 2nd left, Rory O'Flaherty, 3rd left, and Frank McMullin, spent the night on the island as a large scale search was mounted by Gardaí and locals. In the early hours of the following morning, they were located by Corry O'Flaherty (left) Rory's Brother and Johnny O'Leary (RIP) represented by his wife Helen O'Leary, New Street. They lucky youths, cold and hungry, were brought to safety at Ross Castle, and made headlines in the local Kerryman Newspaper. PHOTO: VALERIE O'SULLIVAN

50 years later

November 7th 1970 is a day that lives on in the memory of three Killarney men who had a lucky escape after a day boating on the lakes.

50 years ago tomorrow, Saturday, November 7th, Johnny Maguire, Rory O'Flaherty and John McMullin, all of whom in their late teens, decided to take a boat from Ross Castle to O'Sullivan Cascade.

When they tried to return the engine wouldn't start and Rory rowed over 2.5 miles before their boat was blown across a trecherous stretch of water onto Innisfallen Island on the Lower Lake.

The alarm had gone up in the town of Killarney and many

people were searching the lake shore for any sign of the three young men. The search went on through the stormy night and in th

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The search went on through the stormy night and in the early hours of the morning, searchers, including Dan Healy of the FGranciscan Youth Club came across an upturned boat and broken oars on the shore near the home of Sir. Morgan O"Connell in Fossa.

Immediately fearing the worst, the searchers were relieved to hear that the three had been found by Rory's brother Corry Flaherty and his friend John O'Leary of New Street.

The pair had been searching throughout the night and risked their lives in treacherous waters looking for the missing men, having had their boat swamped many times.

The story made headlines in The Kerryman Newspaper at the time and Johnny was interviewed saying "About 3 O'Clock in the morning we saw a boat coming around the island from the pier side. We shouted at the top of our voices but the shouts were drowned by the crash of the waves on the rocks and the howling winds. When Corry and John reached us in the morning, they were a very welcome sight".

The search, which included up to forty people including members of the Gardai, the Franciscian Youth Club led by Fr. Vivian and many locals, was called off and the youths were brought to Ross Castle cold and hungry, but very relieved that their nightmare was over.

CLLR CALLS FOR ROAD DEDICATION

Cllr. Michael Gleeson has called on the Killarney Municipal District to name the upper half of Mission Road after the McShain family as a thank you for everything they have gifted to the town.

John and Mary McShain acquired Killarney House and the Estate and came to live here in 1960. In 1973 they presented Inisfallen Island to the people of Killarney and Ireland and they did likewise with Ross Castle. In 1973 they sold the estate to the State for a nominal sum. On Mary's death in 1988 the house also transferred to the nation. The house and gardens have since been transformed into the superb attractions that they now are. The entire McShain gift is a wonderful addition to Killarney for both locals and visitors.

"The McShains were also people of Mission. Daughter Pauline devoted her entire life to serving as a Nun and her mother Mary was the recipient of the Pro Ecclesia et Pontifice Cross from the Vatican for her service to religion in many ways", Cllr. Gleeson told Killarney Outlook.

"The family would have a great affinity with all of those honoured on the Slate Plaques in the recess on Mission Road and would, I'm sure, be most grateful to have the upper half of the road dedicated to their (McShain) memory", he added.



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In her column with the Killarney Outlook - Marie takes to the highways and byways meeting locals and telling their story

Walking, baking and winning awards... Elyse and Sean on getting through Lockdown No. 2

wo familiar faces at two of our local hair salons this week - Ruby Tuesdays & Sean Taaffe's.

I'd meet these two with their gorgeous doggies frequently at the edge of my 5K by Killarney Golf Club so this week I made contact to see how both were getting on at Level 5 restrictions of the Covid19 pandemic.

"So outside of walking your dogs what have you two been up to "? I asked. "Fighting" Elyse replied "Actually we haven't fought in over a week now have we Sean?". Elyse looked at Sean. "Well we haven't killed each other yet" Sean replied. We all laughed. I'm sure EVERYONE can relate!!

"We both worked the Sunday beforehand as we knew lockdown was looming Marie, so we tried to phone our clients and accommodate them as best we could" Elyse said. "I'm not sure if the salons should have been closed though and the schools remained open. We have gone to such lengths to accommodate the changes the pandemic has brought us and there has been zero transmission through our profession" Elyse explained.

"We've kept ourselves busy though Marie" Sean continued. "Elyse is the best chef. In the last lockdown I gained 11lbs and managed to shift 6lbs..... now I'm up 5lbs already".

"I've decided to now bake things I don't eat Marie. It's the safest & best solution for me. The last lockdown I gained 8lbs and have since lost 8lbs so I have no intention to put it back on" Elyse laughed. "What's your preferred delight of Elyse's culinary skills Sean?" I had to ask. "That's a tough one. Marie. I do love her eclairs, cookies, soufflé's, etc but my favourite are queen cakes, eating 4 in an hour over the last lockdown. It's a learning 'curve' this time..... " Sean laughed. This woman is inventive and not just as a hairdresser. At Halloween her daughter Sofia went as Tick Tock sensation Charlie D'Amelio!!



"I've been busy so far with the Hairdressing Council Marie, getting information to members and since the last lockdown I've created a whole new website which is probably the way forward for the foreseeable especially what with Christmas around the corner too" Sean said. "I think this time round we are more mentally prepared and possibly not as anxious. We know we will return to work and we know we can do it within the guidelines too" Elyse added.

I wanted to ask Sean about his recent award that I had noticed online. "PHAB Standard Service Star for professional hair & beauty is a relatively new system of grading to Ireland & the UK, similar to that of a Michelin Star at Restaurants. So I was fortunate enough to receive the first one in the country recently" Sean explained. Well that's a high that would get you through the initial stages of lockdown if ever I've heard one. Well done to Sean & his team.

I admired Elyse's hair. She naturally has beautiful wavy locks but today it was straight. "I've been helping myself to Sean's new brush collection." Elyse said. Clearly Sean was unaware but studied her hair none the less. "If you've taken to my new brush collection so much Elyse you can sell them outside in Ruby Tuesdays when we reopen" Sean replied. I was glad of the silence. I didn't want to be the cause of a one week no fighting streak to end. A done deal I'd say. "Right lets take a photo" Thanks for the chats Sean & Elyse, Scooby,

Dexter & Bella.

PICTURE MARIE CARROLL-O'SULLIVAN FOR GOGGLEVOX WITH THE KILLARNEY OUTLOOK

CONNECT COUNSELLING TO OPEN EVERY DAY

Connect counselling will extend its opening times for six weeks due to public focus on the Mother and Baby Homes report.

Connect provides telephone based counselling and support to abuse survivors, and is extending its opening to 6-10pm seven days per week until Sunday, December 13th. Connect normally opens from 6-10pm, Wednesday to Sunday. Connect counsellors will be available every evening and callers can speak with a trained professional who can offer emotional support. (Note that the counsellors at Connect cannot advise on adoption or tracing issues.)

Connect is available at freephone: 1800 477 477 from the Republic of Ireland 00800 477 477 77 from Northern Ireland and the UK.

www.connectcounselling.ie Connect is funded by the HSE.



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NEWSDESK

CHARITY RECEIVES FUNDING TO THE TUNE OF €500

Members of Killarney Water Rescue Group on a training session in the National Park.

Killarney Water Rescue group has welcomed a grant for ϵ 500 they received from the TK Maxx and Homesense Foundation to support its ongoing efforts to fundraise for Search & Recovery equipment through their Community Fund programme, following application from an employee.

The Community Fund, which is funded by The TK Maxx and Homesense Foundation, is passionate about supporting local charities and invites associates, employees working for either TK Maxx or Homesense, to apply for a grant on behalf of a local charity that is important to them.

These funds will make a difference and help continue the work Killarney Water Rescue does in the lakes, rivers and the sea.

"Everyone here at Killarney Water Rescue, I



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want to thank everyone at The TK Maxx and Homesense Foundation for the generous donation which will be used towards our work in the community", Diane Healy, who accepted the donation on behalf of the charity said. Since the Community Fund started in 2015, over £1.5 million has been donated to various local charities across Europe.

"At TJX Europe, we're passionate about supporting local communities. We're proud to be able to put the power into our associates' hands and make a difference where it really matters. Because charity begins at home after all", a spokesperson for the company said.

Books make their way to Lebanon as part of Rotary project

Killarney Rotary Club handed over a consignment of books sponsored by educate.ie to members of the 117th Batillion this week as part of the South Lebanon Rotary Irelands Aid to the Lebanon Project.

Members of the Rotary Club were delighted to get involved in this project which saw the books, along with stationery items going to children in the Lebanon.

117th Battalion, Oglaigh Na hEireann are the Rotary partners in the South Lebanon and Rotary clubs around the country collected items to donate to the Lebanon Project.

The 117th Batillion were crucial in the collection of books as with COVID19 restrictions, it would have been very difficult to collect the items.

"The Rotary would like to thank the team from the 117th Battalion for their support. It is fair to say that they are going above and beyond to make this work given the difficult circumstances this year", Anne Alcock said.

"We know our actions will make a significant impact to the people in Beirut and to the children in South Lebanon", she added.

Rotary Ireland now have 29 clubs who have indicated that they want to help and these include Clonmel, Killarney, Sligo, Navan, Letterkenny, Enniskillen, Dublin Fingal, Athlone, Cork, Cork Douglas, Ballymoney, Kilkenny, Carlow, Ballycastle, Monaghan, Raheny, Larne, Limavaddy, Strabane Lifford, Dungannon, Ballymena, Tralee, Naas, Armagh, Cork Douglas Satellite Club, Mallow, Wicklow and Newbridge.

The Killarney Club would like to thank Finbarr Kennelly our own member who got totally involved in this project from the outset organising the huge donation and then storing it at his premises awaiting collection.

PHARMACY @ The Reeks



Members of the 117th Battalion collect a consignment of books destined for Lebanon from Rotary Club member, Finbarr Kennelly.

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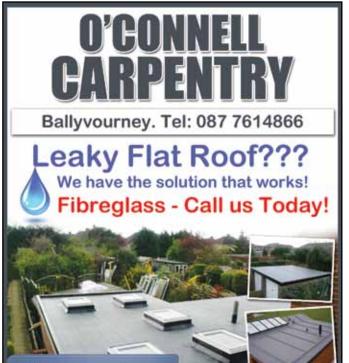
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In her column with the Killarney Outlook - Marie takes to the highways and byways meeting locals and telling their story

'It is important to be old fashioned enough to last forever, but modern enough to survive the times...', **that is the motto we live by here at the International Hotel'**.

had been to many a summers evening dining alfresco with my family at International Hotel.

I naturally returned on the final night of Level 3 before moving into Level 5. The last hurrah so to speak. With 15 upstairs & 15 downstairs it was as busy as it could get but it was dry and I was thankful not to have been seated by the SKY News cameras working downstairs interviewing customers & management alike. When I found the time to 'catch up' on TV, I think everyone spoke honestly and from the heart. Pure Killarney. Most especially the manager on duty that night. A native of Poland & Firies, Manager Les Brzozka is a familiar face at the International Hotel for the last 5 years and has graced the stage of the INEC in the past taking part in Strictly Come Dancing for the Irish Cancer Society. He is in his final year of studying Hotel Management, I really thought he spoke as well, if not better than any Irish person may have on Sky News. With Les everything is 'with the greatest of pleasure', a theme, in my findings, amongst all of the staff throughout the hotel.

This week I was flying past on my bicycle having briefly photographed the gorgeous autumn colours so vibrant at Killarney National Park. The bike is not the best means of transport in this weather but it's exercise within my 5K even if I am blue with the cold upon my return. I could see the hotel was open for take away so I chatted Les as I ordered my coffee and complimented him on his recent fame with SKY News. "I was a bit nervous but it went fine" Les said. Isn't he so humble I thought. "I spoke for the love of the people Marie to be honest. I am a people person and I am happiest when I can welcome guests and make people feel special. I thoroughly enjoy the magic of hospitality and I have found that here at the International Hotel with a great team, under Catriona White & Tracy Coyne".

"I have learned so much here, especially in the last few months where we have seen the country practically closed down for months on end, and the idea of welcoming anybody has become almost a crime". I hear you Les, I hear you!! "Still, we have turned and twisted in the times we are in and become a popular spot in Killarney and our locals have really taken us to their hearts by supporting us to deliver the hospitality in new ways with new rules – as Mr Coyne always says 'It is important



to be old fashioned enough to last forever, but modern enough to survive the times..., that is the motto we live by here at the International Hotel". Wise words Mr Coyne.

I wanted to ask Les a little more about 'Lock Down Life' at the International Hotel. "Well Marie, Rebecca, our Front Office Manager, moved into the hotel during the first lockdown with her family AND her children. The children were home-schooled every day in the beautiful Christy O'Connor suite". Oh the Christy O'Connor Suite I thought.... home to the Jack & Jill photoshoot fundraiser I organise annually for Christmas. If ever I saw a hotel to ooze Christmas, it's here. A beautiful room where I have created memories for families for 5 years now. I am hopeful for a date in December with thanks to the Coyne family, the grace of the Government & Covid19. Fingers crossed! "For extra curricular activities, the antique hall table was home to a iigsaw of a thousand pieces that kept us busy for weeks. There was also a domino cascade with over four thousand pieces spread over the whole fover which was so much fun. Tracey was no stranger to cooking scones daily for the staff too, a lovely treat. I had a very special highlight where my family spent a special evening here, dining on the balcony in the sunshine, sleeping in an executive suite and watching movies until the sun came up so that we could pretend life was normal again. My wife Karolina & two girls Vicky & Julia will never forget that great night! The Coyne Family always say they are just the current caretakers of the Hotel rather than the owners. That there have been caretakers before them and there will be caretakers after, but for now, they have the responsibility of ensuring that the International Hotel continues in its great tradition of hospitality and that all who pass through the door take a little of that tradition and warmth away when they leave. It is so great to still see some of those familiar faces for delivery during Level 5 restrictions and with a bit of luck we will be back to the new 'normal' again very soon" Les said.

My coffee was empty but my hands were now warm so I headed upstairs with Les to the balcony for a quick snap to put with his positive words.

Thank you for having me for coffee & chats at the recently Christmas themed International Hotel, Les Brzozka.

PICTURE MARIE CARROLL-O'SULLIVAN FOR GOGGLEVOX WITH THE KILLARNEY OUTLOOK

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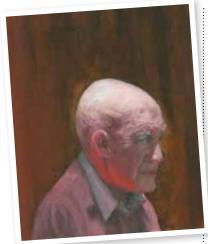


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CASEY CHOSEN AS OVERALL WINNER



With his neighbour as his portrait study, a young 18-year old Kerry student, Casey Etherton has brought distinction to the county having been chosen overall winner of this year's 66th Texaco Children's Art Competition, taking first prize in the senior 16-18 years age category.

A Leaving Certificate pupil at Coláiste na Sceilge in Cahirciveen, Casey receives a prize of \in 1,500 for his 'detailed and carefully executed' composition in oils entitled 'Kevin In The Pink' – Kevin being a near neighbour who lives close to Casey's home in Caherdaniel.

Aged 17 when he undertook and submitted his entry, Casey has the distinction of winning first prize in the senior Category A age group in addition to the honour of being chosen overall winner of the Competition. Final Adjudicator and Chairman of the judging panel, Professor Declan McGonagle described Casey's work as "an exceedingly lifelike and sensitive painting in which the subject is caught in a thoughtful moment". Through it, Casey reveals a skill that Professor McGonagle said: "is found in the way he used light and brush marks to convey his subject so successfully".

The youngest of two children, Casey hails from an artistic family – his father Nicholas is in television production and his mother Amelia is a writer and editor, while two of his grandparents have had distinguished careers in areas of creativity, one as an author and another in art education.

Studying under the guidance of Ms. Fiona Holly, his art teacher at Coláiste na Sceilge, Casey refers to himself as one who has 'always been drawn to art'. Inspired by the techniques of Rembrandt, he points to portraiture as a particular interest and cites pencil and charcoal as his most frequently used mediums. His ambition is to further his interest in art through studies at third level with the aim of building a future career in animation.

Sole standard bearer for Co. Kerry amongst the 1st, 2nd and 3rd place winners and the fifteen Special Merit awards recipients in each of seven categories for which prizes are presented – including a category reserved for special needs children – Casey and his fellow winners had to compete against the challenge from the over-25,000 young artists from across Ireland who took part in the Competition.



New Volume On Kerry History And Society Published

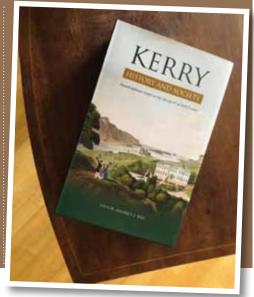
A new book which charts the long and diverse history of County Kerry, in many of its aspects, has been published by Geography Publications as part of its series of county histories.

The 650-page Kerry: History and Society is number 28 of the acclaimed series which when complete, will have dealt with the history and culture of each of Ireland's 32 counties. The volume on Kerry is edited by the Cahersiveenborn Professor Maurice J. Bric, of University College Dublin. It consists of 29 articles by different writers on a variety of subjects as well as an introduction by Kerry native, Professor Joe Lee and a postscript by Tommy O'Connor, Kerry County Librarian.

Chapters cover a diverse range of topics about the history, archaeology, culture, society, ecology, language, politics, population and economy of Kerry from prehistoric times to date as well as key figures and incidents in the development of the county over thousands of years.

Commenting on the new volume, Professor Bric said: "This new history of Kerry is itself a milestone in the history of the county. It brings together a range of essays on different aspects of our history and culture and how they developed in different parts of the county. Kerry has a rich, diverse and interesting history and the essays reflect this. And I hope that my fellow citizens of Kerry will enjoy reading them."

Kerry: History and Society is now available in bookshops across Kerry as well as from the Geography Publications website, www. geographypublications.com Orders can also be made by telephone to 01-456-6085.



IMPROVE YOUR HOME





In her column with the Killarney Outlook - Marie takes to the highways and byways meeting locals and telling their story

"If you're asking would I do it all over again, the answer is yes - **I would in a heartbeat**"

Recruited in Templemore in 1984, Superintendent Tony Sugrue, this month retires from The Roads Policing Unit with An Garda Síochána, after a serious amount of work experience on his CV.

"I went straight to the big smoke and was stationed in Kilmanham, Dublin before moving to Mayfield in 1990. I was back again to Dublin in 1992 to Anglesea Street to help set up a new crime unit. In 1994 I was promoted to Sergeant whilst stationed in Kanturk and soon after that. in 2003 I became Detective Inspector at Kanturk Garda Station also. Before returning to Kanturk again in 2010, I did a few years in Clondalkin & Henry Street in Dublin and a year in Macroom after that. I stayed in Kanturk for three years before moving to Castleisland in 2013 and remained there until now" Superintendent Sugrue told me. Wow what a CVI thought. And what a wife?? "So did your family move with your colourful CV"? I asked. "I am a Killarney man Marie from St Brendan's Terrace. Anne & I were married in 1989 and initially she moved to Mayfield with me in 1990 after which I moved to Dublin which wasn't suitable for family life. I remember my son Robert was just two and a half asking if he could please go to work with me as I'd leave Kerry to return working in Dublin. This was difficult for me".

Superintendent Sugrue comes from a long line of Gardaí in his family network. It's in the blood. "My brother John is stationed in Cahirsiveen. My two uncles from Dalton's Avenue, Michael & John (known as Sean) O'Sullivan and John's three children Anne Marie, Ashley & Declan are all members of An Garda Síochana. My sister in Law Carmel O'Sullivan Butler is stationed in Henry Street and Anne's niece Doreen O'Connor is stationed in Portlaoise" Superintendent Sugrue told me. "And what about your own children Superintendent Sugrue"? I asked. Robert (28) is an accountant in Australia. We were lucky enough to visit him before the pandemic began. He's located in Melbourne who are just recently out of a very strict lockdown which has reflected very positively with little or no cases now. My daughter Lisa (25) is also an accountant in Dublin and David (20) is an apprentice mechanic".

"So what has been your greatest challenge throughout your career"? I asked. "That's an easy one to answer Marie. Managing my work and family balance. That was the hardest thing. I couldn't have done it so well without my wife



Anne" Superintendent Sugrue told me. "And what was the most rewarding time during your career"? I asked. "I loved all the stations I worked in Marie but I suppose if I was to name a few things there would be three that come to mind. Firstly The Rally of the Lakes. I made a plan and Superintendent Flor Murphy backed my plan. It was about moving the antisocial motorists from the town outwards initially and each year moving out policing check points to widen the perimeter, with a view to eventually moving them out entirely. A personal goal from me was when my Aunt Carmel O'Keeffe on St Anne's Road said she managed three full nights sleep over the May Bank Holiday weekend. Secondly, The Paud O'Leary (42) fatality. Father of four, out cycle training for the Ring of Kerry to fundraise for Downsyndrome Ireland. We couldn't bring Paud back but justice was served to his family. And finally Marie, I have really enjoyed my work in serving the courts with Judge O'Connor & Judge Waters and I have a great relationship the solicitors I have worked with throughout Kerry" Superintendent Sugrue explained.

"And may I ask just one more question before I let you go Superintendent Sugrue? If you could give any advise to anyone contemplating joining An Garda Síochána or perhaps someone who is just starting out what would you say?" "If you're asking would I do it all over again, the answer is yes I would in a heart beat. It is more of a calling than a career. Many of my colleagues will agree with that. I wanted to serve the public. I spent a lot of time on the beat in Dublin meeting people from all different walks of life, the most memorable being Inchicore, getting to know the inner city people, young and old. I would say always be prepared to learn at every opportunity you are given. If you think you are finished learning you never are. Everyday presents a unique situation and you sometimes have to act fast and use your own initiative. You will never stop learning" Superintendent Sugrue told me. "I am grateful for my career and I would like to say thanks to Chief Eileen Foster and all her predecessors and to my brilliant wife Anne". One more guick Q before the rain came at us

like pellets "Superintendent Sugrue, what are your plans for your retirement"? I asked. "I have no plans Marie just to relax. What's the point in retiring if you're thinking about a plan".

Thank you for meeting me at Killarney Garda Station Superintendent Tony Sugrue and the best of luck & congratulations on your retirement from An Garda Siochána. You too Anne!!

PICTURE MARIE CARROLL-O'SULLIVAN FOR GOGGLEVOX WITH THE KILLARNEY OUTLOOK

Our Latest Dentist at Kingdom Clinic

We are happy to announce that Dr Micheál Healy has joined our team at Kingdom Clinic as a Specialist Prosthodontist. Micheál graduated from UCC, completed his Specialist training in Guys Hospital London and gained his MClinDent (Prosthodontics) at Kings College London. Micheál has 11 years experience in private practice.

Micheál is an expert in the following areas of dentistry:

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- ✓ Full mouth makeovers
- Cosmetic dentistry
- ✓ Dental Implants



Dr Michael Healy, BDS (NUI), MClinDent (Prosthodontics), MFDS RCS (Edin), MPros (Edin)







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DeGaulle in Kerry on TG4



n interesting documentary marking ${
m A}_{
m General}^{
m r}$ Charles de Gaulle's association with Ireland will be broadcast on Wednesday next, November 11th on TG4 at 9.30p.m.

The broadcast marks Charles de Gaulle's 50th anniversary, this documentary explores the French leader's 1969 visit to Ireland. It reveals how the visit was motivated by his interest in Daniel O'Connell, as well as deeply personal reasons.

For six weeks in 1969, Ireland played host to General Charles de Gaulle, the greatest Frenchman since Napoleon. Broadcast to commemorate the 50th anniversary of de Gaulle's death, this documentary explores the remarkable circumstances of his visit. Immediately after resigning as French president in April 1969, de Gaulle fled to the small town of Sneem in Kerry seeking peace and solitude - but he didn't get it. A horde of international paparazzi descended on the town and besieged the general in his hotel, and the documentary features interviews



French president Charles de Gaulle (L) speaks with Irish president Eamon de Valera 18 June 1969, during his visit in Ireland.

with local people who share anecdotes of this extraordinary time. It also explores de Gaulle's fascination with Daniel O'Connell and reveals how his visit to O'Connell's home at Derrynane, County Kerry, helped him come to terms with his inner turmoil.

The general followed up his visit to Kerry with an extended stay at Cashel House Hotel in Connemara before concluding his visit in Dublin, where he and Irish president Éamon de Valera met for the first time. Against extraordinary archive footage of de Gaulle and de Valera on the lawn of Áras an Uachtaráin, the film explores what the two men discussed

and reveals how de Gaulle may even have predicted Brexit over fifty years ago. The French leader's visit also led to stronger ties between Ireland and France, a relationship now growing in importance as Brexit gets underway. But Charles de Gaulle also had a deeply personal and poignant reason for visiting Ireland, something that is explored at the end of the documentary.

Narrated by Doireann Ní Bhriain, "De Gaulle in Éirinn" is produced by Tile Films for TG4. Tile Films' Manging Director Stephen Rooke is executive producer for Tile Films Limited. Máire Ní Chonláin is executive producer for TG4.

KERRY HOSPICE CHRISTMAS CARDS ON SALE



The Milltown/Castlemaine branch of the Kerry . Outlook. Hospice Foundation have distributed Kerry Hospice Christmas Cards to local shops in the area. "We would really appreciate if you could please help our fundraising efforts for the provision of Palliative Care services in Kerry by buying them", Kay Malone, Secretary of the branch told Killarney

"As all our fundraising efforts this year have had to be cancelled due to Covid 19 we are hoping you can support us as your continued generosity has kept our services going. Thanks to the local businesses for stocking the cards.", she added.

CLLR. CALLS FOR OISIN TO PROMOTE KILLARNEY

At this weeks meeting of the Killarney Municipal District, Cllr. Michael Gleeson has suggested that the Council would investigate the possibility of entering into an agreement with champion English flat horse racing jockey, Oisín Murphy with a view to having him advertise Killarney/Kerry on his Silks. Oisín's high profile and Killarney roots (his Grandfather was a Chairperson of Killarney Town Council) could and most likely would greatly enhance

the visitor numbers to Killarney when tourism returns.

Oisin Murphy is a hugely successful Jockey in England and has been Champion Jockey for the past two years. His mother, Marie is a Killarney lady and as a Culloty is steeped in the sporting, business and political life of the town and area. Oisín's grandfather Donal was Chairperson of Killarney Town Council in 1972-'73. His uncle Jim was accorded a Civic Reception in 2014 to celebrate his great racing triumphs.

Oisín's pre-eminence in the world of racing means that he is widely known and is greatly admired. We in Kerry should, if Oisín is willing to become involved, maximise his fame for the promotion of Killarney and Kerry as holiday destinations. So many of his extended family have brought honour to the area through sport, business and politics and it would be an especial joy if Oisin agreed to continue that rich family tradition.



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ADVERTISING

TAKEAWAY MENU

Light Bites

Danny Mann Dirty Fries (1) Fries topped with chilli con carne & melted cheese.	€7.00
Vegan Power Bowl (4)(10) Mixed leaves, Bulgar wheat, quinos, butternut squash, pomegranute seeds, edamame seeds, orange & shallot dressing.	€7.00
Warm Goats Cheese Salad (1)(9) Grilled goats cheese with baby leaves, beetroot & honey salsa, balsamic reduction.	€7.00
Breaded Garlic Mushrooms (1)(4)(8)(9)(10) Freshly prepared with garlic mayo dip .	€5.00
Classic Caesar Salad (1)(3)(4)(8)(9) Baby gem lettuce, fresh parmesan shavings & crout	€7.00 ons.
Add Crispy Bacon	€1.00
Add Grilled Chicken Pieces	€2.00
Spicy Chicken Wings (2)(4)(8) (9)(10) Julcy wings with ranch dip.	€6.50
Panko Breaded Calamari (2)(4)(7)(10) Crispy squid rings with a classic sweet chili dip.	€7.00
Vegan Chickpea and Sweet Potato Curry (9) E11 Garam masala, spinach, basmati rice & poppadom.	.00
Danny Mann Burgers	

Prime 80z Burger (1)(2)(4)(5)(8)(9)(10) Build your own burger. Add bacon €1.00, choese €0.50c crushed avocado €1.00, sautéed onions €1.00, fried egg €1.00, sautéed mushrooms €1.00	£12.00
Cajun Chicken Burger (1)(2)(4)(5)(8)(9)(10) Seasoned chicken fillet batterfly; cajun mayo.	€12.00
Irish Lamb Burger (1)(2)(4)(5)(8)(9)(10) Kerry Soz lamb burger, harrisa atoli.	€12.00
Vegan Burger (4)(9)(10) Plant based patty, vegan cheese ⊕ vegan mayo.	€12.00
All basef convert is 100%. Trick the fully transable	All Incomers

served with fries, brioche bap, beef tomato & crisp lettuce.

Side Orders

Selection of Vegetables (1)	€3.50
Tossed Salad (9)	€4.00
Garlic Bread (1)(4)	€3.50
Garlic Bread with Cheese and Pesto (1)(4)(11)	€4.50

The	
Danny	Mann
97. NEW ST. 1	KILLARNEY

Big Meals

Roast Irish Beef (1)(2)(5)(10)

€11.00

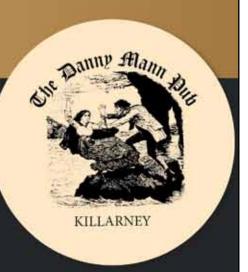
Red wine jus, vegetables & potatoes.		
Pan Seared Irish Cornfed Chicken (1)(2)(5)(10)	Supreme	
Red wine jus, vegetables & potatoes.	€11.00	
Homemade Beef Lasagne (1)(2)(4) A classic served with fries.	(5)(8)(9)	
Salt and Chili Shredded Chicken (2)(4)(8)(9)(10)	€11.00	
Spicy coated chicken strips, fries and ge	ulie mayo.	
Thai Red Chicken Curry (2)(3) Served with basmati rice.	€11.00	
Blackened Cajun Salmon (3) Sautéed new potatoes, long stem brocco	€15.00	
samphire, sweet chili citrus dressing.	ά.	
Traditional Fish and Chips (3)(4)(5 Tempura battered fish with fries and tarta		
	€12.00	
Cronin's Butchers Bangers & Mash (1)(4)(5)(9)		
Served with caramelised onion gravy.	€11.00	
Vegan Chickpea and Sweet Potato Cur Garam masala, spinach,	ry (9)	
basmati rice e- poppadom.	€11.00	
Sauteed Mushrooms and Onions		
French Fries		1
Colcannon Mash (1)		•
Coleslaw (8)(9)		1
Onion Rings (4)(8)		

Sweet Treats

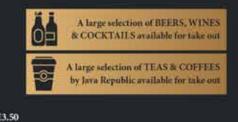
Baileys & Malteser Cheesecake (1)(4)(5)(8)(10) With annunel sauce & chantilly cream.	€5.00
Chocolate & Salted Caramel Brownie (1)(4)(8)(10) With cannuel sauce & chantilly craim.	€5.00

Children's Meals

Cod Goujons & Fries (1)(3)(4)(10)	
Child's Roast with Mash & Veg (1)(2)(5)(10)	
Chicken Goujons & Fries (2)(4)(8)(10)	
Sausages & Fries (4)(5)(9)(10)	
Kid's Burger & Fries (1)(2)(4)(5)(8)(10)	



FOOD ALLERGEN REFERENCE NUMBERS: (1) Dairy, (2) Celery, (3) Fish, (4) Gluten, (5) Sulfides, (6) Crustaceans, (7) Molluscs, (8) Egg, (9) Mustard, (10) Soya, (11) Nuts.





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SUNDAY:	Order line open from 12 Noon. Food collection available between 1pm & 8pm
CALL AND	PLACE YOUR ORDER AND COLLECTION TIME TO 086 1453399 Payments accepted over the phone or upon collection

URGENT ACTION NEEDED ON WAITING LISTS

Waiting lists at University Hospital Kerry have reached overload and urgent action needs to be taken to manage the backlog. That is according to Fianna Fáil County Councillor, Michael Cahill.

The Kenmare Municipal District Representative said that he has large amounts of correspondence from constituents who say they have spent an inordinate amount of time on either the "Urgent Waiting List" or the "Routine Waiting List" with little prospect of being seen by a Consultant any time soon.

"To take one branch of medicine as an example, there is a large number of people suffering daily from Arthritis who are waiting to see a Rheumatologist for the first time" stated Councillor Cahill.

"It appears that the Rheumatology Unit in UHK is overwhelmed by the sheer volume of cases since early 2019 and this of course has been further exacerbated by the onset of Covid-19" stated the Rossbeigh based Councillor.

"Patient representatives believe that the facilities and services at University Hospital "We can no longer allow the historic appointment of an additional Rheumatology Kerry. UHK has been underfunded for far to continue" added Councillor Cahill.



Consultant is required urgently to deal with the suffering of these people. In fact, they say that an Advanced Nurse Practitioner post was sanctioned in 2016 and is yet to be filled" said Councillor Cahill. "That is totally unacceptable" "If the situation here mirrors other Departments in UHK, we are a long way short of providing acceptable Health Care for the people of Kerry. I am calling for a full review and upgrade of facilities and services at University Hospital Kerry. UHK has been underfunded for far too long. The Government and the Minister for Health must invest significant funds and resources in this most important facility for the people of Kerry. The Fianna Fail Councillor said "Hospital Management, the Doctors, Nurses, Consultants and everyone involved in the provision of Health Care at UHK deserve our fullest support so as to provide a quality Health Service for the people of our county." "We can no longer allow the historical neglect to continue" added Councillor Cahill.

€400k in additional funding secured for IT Tralee – Foley

€1.3m in funding provided since August-

Minister for Education and Kerry TD Norma Foley has welcomed €400k in funding which has been secured for IT Tralee. The funding is part of a wider package of investment by Government towards the higher education sector. In August €990k was announced for IT Tralee. This total funding of €1,390,000 will be used for capital works and equipment.

Minister Foley said, "I am delighted to welcome this level of funding for IT Tralee. This funding represents the highest level of devolved capital allocations in a decade for higher education investment across the board.

"Nationally, some €15m has been announced today through the Department of Further and Higher Education.

"We need to allow our higher education institutes to facilitate the safest possible learning experience should students need to attend campus. This funding will allow IT Tralee invest in additional works to protect students and staff as we learn to live with Covid-19.

"I want to commend officials and stakeholders in the campus. Their work in making education accessible remotely and safely on the campus has been hugely beneficial to the IT community. Today's funding will also be used to assist blended and online learning which will enhance the services provided for students," concluded Minister Foley.



€177K SECURED FOR KERRY IN CLÁR FUNDING – Foley

Minister for Education and Kerry TD Norma Foley has welcomed €177, 856 in Clár funding which has been awarded to seven projects in County Kerry.

This round of funding will support the provision of safety measures around schools and community facilities, as well as the development of community recreation areas.

Minister Foley commented, "I am delighted to welcome funding for projects locally under the 2020 Clár programme.

"The fundina has been awarded across different seven project. projects will see These improvements to facilities at IRD Waterville CLG, Miltown/Castlemaine GAA Club, Inch Tourism and Development Committee, Comharchumann Forbatha an Leith Triúigh Teo, Castlegregory Community



Council and in both Coars National School and Scoil Naomh Gobnait, Dún Chaoin. "I want to pay tribute to the stakeholders involved in these clubs, schools, and committees. They provide so much to the communities they serve. I am delighted this funding boost will continue to enhance the services and facilities they provide," concluded Minister Foley.



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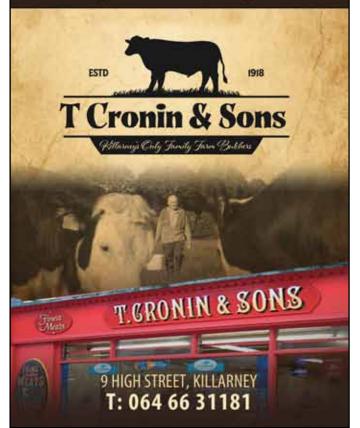


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Domestic Violence Campaign Launched in Kerry Invites Men to be "Better Than This"



If your behaviour is causing a problem If your behaviour is affecting your children. If your behaviour is causing a problem at home, things can get better.

The Covid 19 pandemic has seen a 30% increase in the reported incidence of domestic abuse in Ireland. That is the bad news, but there is hope. Research shows that men can change with the right support and challenge, when willing to look inside honestly and take responsibility for what they say, think and do.

The "Better Than This" campaign, launched this week in Kerry by MOVE Ireland, aims to engage men who are worried about their behaviour towards their partners or children. MOVE Ireland provides a structured programme called "Choices", where men are challenged to take responsibility for their abuse and to change their attitudes and behaviour and develop respectful, nonabusive relationships.

Unfortunately, many men who are concerned about their behaviour are not aware that this service exists. This campaign aims to reach these men using posters, newspaper and radio ads and online material, with the clear message that life can become "better than this" if they seek help to change.

Speaking at the "Better Than This" campaign

there's support out there to help you be a better dad.

launch, MOVE Ireland Chief Executive, Owen O'Neill asked all members of the public do their bit to make homes happier and safer by spreading the word about this service via friends, family and social media.

"The past cannot be changed, but the future does not have to be more of the same. Change isn't easy, but it is not impossible. Our programme combines targeted one-to-one interventions and group work and is run by trained facilitators. It has been up and running in Kerry for the last two years and we are currently accepting new participants."

"We understand that it can be difficult to reach out and ask for help. But your family deserves Better Than This. You can be a better parent and a better partner. If your behaviour is causing problems at home, we can help things to get better"

"Have you ever threatened your partner, scared them or put them down? Does the pressure you are under have an impact on your family? Are you concerned that your behaviour is impacting your kids? If you want to be Better Than This, contact us today and you will be treated with respect and without judgement".

"Our ultimate goal is to promote the safety and

at home, things can get better.

wellbeing of women and children who have experienced violence and abuse in their intimate relationships. As part of our programme the partners or ex-partners of the men are also offered support."

Over the month of the campaign MOVE Ireland will maintain a sustained media presence to invite men who need this service to pick up the phone and make the first move. The "Choices" group run by MOVE Ireland in Kerry is not currently running group sessions but will resume them when it is safe to do so. However, one to one support is still available and that is a key message of this "Better Than This" campaign.

The campaign also aims to raise awareness among professionals who may encounters these men in the course of their work.

As part of this campaign, MOVE Ireland will be offering free training - a mini webinar and two short online training workshops for frontline professionals on October 16th and 29th from 10.30 -12.30.

We understand it can be difficult to reach out and ask for help. Contact us today. You will be treated with respect and without judgement.

Call us confidentially for information and support.

086 4149613 or visit www.moveireland.ie



We would like to thank the No to Violence Service in Victoria, Australia for the use of their slogan and concept.

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There are lots of businesses still working behind the scenes, OFFERING CLICK AND COLLECT, CALL AND COLLECT AND TAKE AWAY SERVICES, and in an effort to help all these local suppliers stay in business, Killarney Outlook are offering a free listing service of those whose services are still available

during Level 5 of Lockdown.

FOOD & DRINK

KAYNES

Take Out Friday 4-9 Saturday 2-9 Sunday 1-7 089-4607513

EDDIE ROCKETS

7 New Street Open takeaway Friday 4-8pm Saturday 1-8pm Sunday 1-7pm 064-6639463

THE TAN YARD

Click and collect 7 days a week from 5pm - 9.30pm. or Click and Deliver Friday, Saturday, Sunday www.thetanyardkillarney.ie 064-6621177

CAFE DU PARC

Grab & Go - Click & Collect 064-66211100 www.cafeduparckillarney.ie

THE GOLDEN NUGGET, FOSSA

Open for Takeaway Friday 5.00-9.00, Saturday 5.00-9.00 Sunday 1.00-8.00 064-6631325

THE PORTER HOUSE POP UP

Sheahans Centra Muckross Road Wed - Sunday, 6 - 9.30 064-6634456

това

High Street Collection, Delivery & Takeaway Wednesday-Sunday 4.30pm - 9.30pm 064-6635279 or email killarney@toba.ie

THE BLACK SHEEP HOSTEL & COFFEE SHACK

New Street Coffee 7 days! Open 8-5pm daily @thegoldenbean. ie on the bar and @realbreadkillarney cinnamon roll an essential accompaniment

FOUR STAR PIZZA

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JIMMY BRIENS Delivery Phone: 087 9613482

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Tuesday - Saturday 9am - 5pm 064-6633062

Cronin's Restaurant

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PETIT DELICE FRENCH BAKERY

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THE INTERNATIONAL HOTEL

Call & Collect Menu. Available from 12 - 9pm - Delivery is available for those living within 5km 064 663 1816

MIKE'S TAKEAWAY

Open for Takeaway Monday - Thursday 4 - 8 Friday 4 - 10 Saturday 4 -10 Sunday 2 - 10 064 662 0979

JM REIDY'S

Reidy's To Go Menu operates from 12 noon - 9pm Thursday to Sunday www.reidyskillarney,com and or text on 087 7147006

DANNY MANN

Take Away Food & Drink Menu Friday Order line open at 2pm collection 3pm - 9pm Saturday Order line open at 12noon collection 1pm - 9pm Sunday Order line open at 12noon collection 1pm - 9pm Order line 086 1453399

RETAIL

Kilkenny Shop

www.Kilkennyshop.com

WHAT WOMEN WANT

Click and Collect Monday-Wednesday-Saturday, 1-4pm 064-6630712 - www.whatwomenwant.ie

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T. CRONIN BUTCHERS

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O'SULLIVANS OUTDOOR STORE

New Street Open for call and collect 10am -3pm 064-6626927

O'SULLIVAN CYCLES

High Street - call and collect service available http://www.killarneyrentabike.com/ 064 6631282

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Price: €310,000



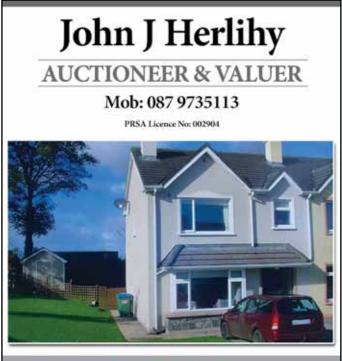
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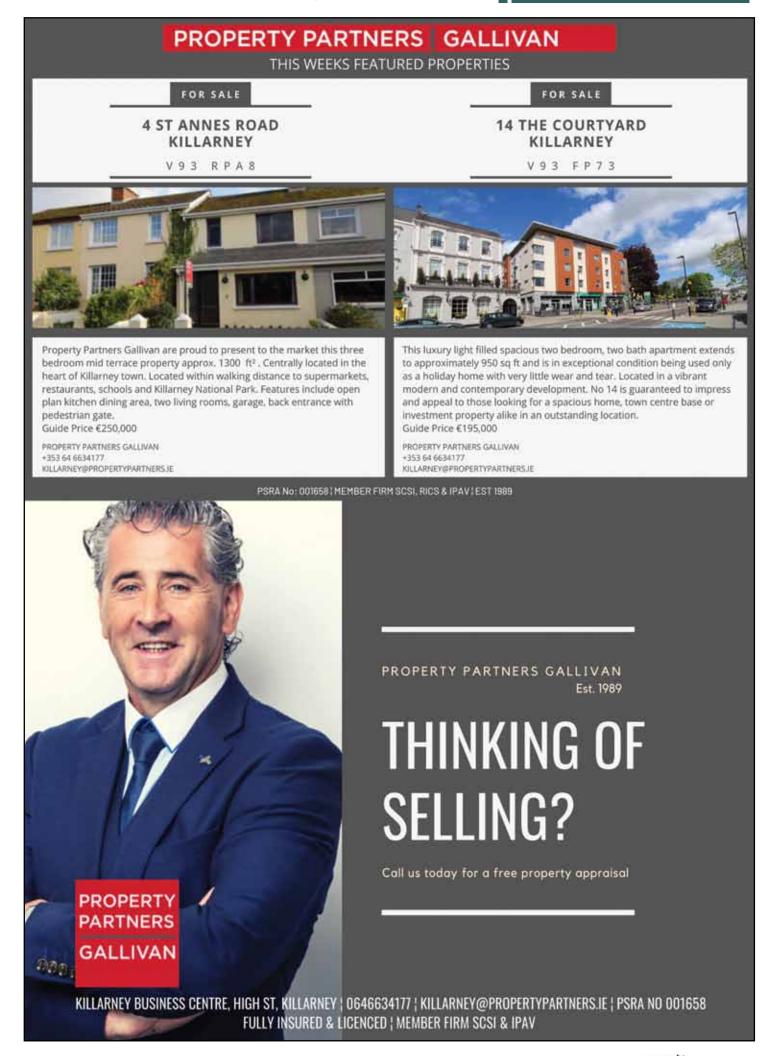


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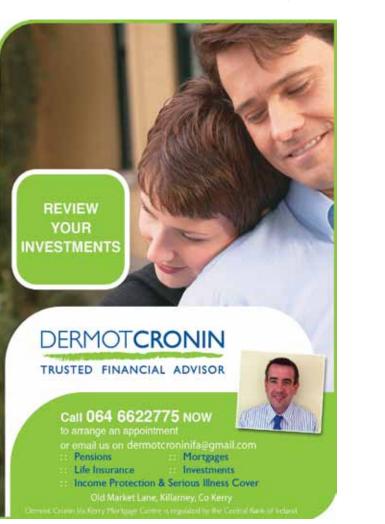
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MONEY MATTERS

By Dermot Cronin, Financial Advisor



WHY SHOULD YOU REVIEW YOUR PENSION?

1. To check the performance of your pension and what funds you are invested in. This is VERY IMPORTANT, for example, if your pension is invested in high risk funds your total pension fund could substantially reduce over a short period of time and if you are coming close to retirement this could result in you having much less of a pension when you retire.

2. Is your pension on target to reach the income you want on retirement? This should be checked on regular occasions, at least annually, if your pension is not on target changes can be made to help and try to put your pension back on track again.

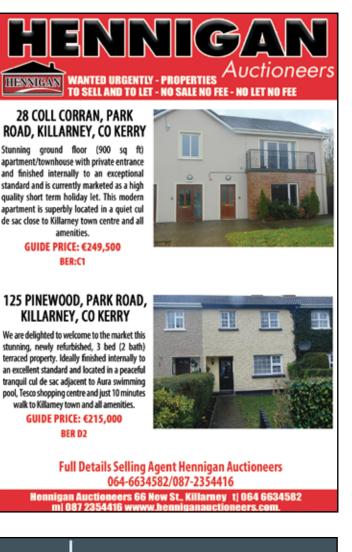
3. What pension provider is your pension with and how much do they charge you? Charges are very important because you need to make sure that your pension charges are competitive on a like for like basis with other pension providers.

Pension providers offer more choices to clients now than before and the choices can be easier to understand if explained to you in plain simple English and by not using jargon. A financial advisor should help you understand your pension and your pension options better.

For the above reasons I recommend at least an annual review of every pension with a financial advisor who has access to different pension providers.

To discuss the above or for any other queries you can contact Dermot Cronin QFA at 0646622775 or email at dermotcroninifa@gmail.com

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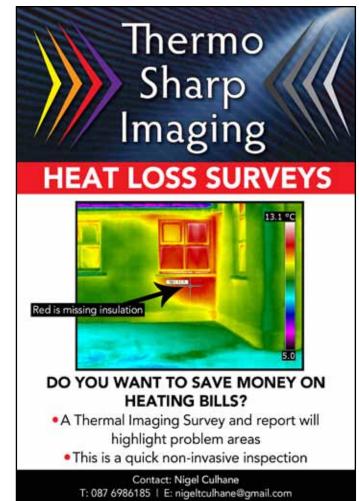
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ROAD SAFETY ALERT IF DRIVING IN ORANGE AND YELLOW WEATHER WARNINGS

The Road Safety Authority (RSA), has issued advice : to road users to exercise caution Orange and Yellow weather warnings for strong winds and rain.

When there is a weather warning issued in your area, road users are advised to check local traffic and weather conditions before setting out on a journey. The following advice is being given to road users on foot of the weather warnings. Motorists;

Drivers need to slow down and leave a bigger space between themselves and the vehicle in front in wet weather conditions. This is especially important on high speed roads such as dual carriageways and motorways where there is increased danger of aquaplaning. If the road ahead is flooded choose another route, do not attempt to drive through it. Flooded roads that appear shallow could be deeper than you think. They may also have trees or branches that have fallen that may not be visible.

Road users should always follow recommended routes and obey signs closing roads to traffic.

After going through water, drive slowly with your foot on the brake pedal for a short distance - this helps to dry the brakes.

Drive with dipped headlights at all times.

Control of a vehicle may be affected by strong cross winds. High sided vehicles and motorcyclists are particularly vulnerable to strong winds.

Beware of objects being blown onto the road. Expect road conditions to change quickly in high winds so reduce your speed.

Watch out for falling/fallen debris on the road and vehicles veering across the road. Drivers should allow extra space between themselves and vulnerable road users, such as cyclists and motorcyclists as they may be blown off course by strong winds. *Advice to Pedestrians, Cyclists and motorcyclists* Visibility and light is reduced in poor weather conditions. Keep safe by making sure you can be seen. Wear bright clothing with reflective armbands

or a reflective belt.

Take extra care when crossing the road or cycling in extremely windy conditions as a sudden gust of wind could blow you into the path of an oncoming vehicle. Walk on a footpath, where possible and not in the street. If there is a footpath and it is safe to use, lool out for falling debris from above, especially in urban

Walk on the right-hand side of the road, facing traffic if there are no footpaths.

Cyclist should ensure that they and their bike are visible to other road users by investing in a good set of front and rear lights (white at the front, red at the back) and by wearing clothes that help you be seen on your bike such as bright and light reflective items. For advice on severe weather driving tips, please see severe weather advice on the RSA website or check out the RSA Facebook and Twitter pages. For more weather updates, visit Met Eireann's website: www. met.ie

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Good research leads to good decision making in selecting **CAO** course choices



By Billy Ryle

While applicants have until the 1st February to submit a CAO application form, it's now time to start making good use of the remaining three months. The 2021 CAO Application form opened yesterday, Thursday, 5th November.

It's worth clicking into the student resources section on www.cao.ie to view the CAO video guides which will tell you everything you need to know about preparing and submitting your application. It's also advisable to do a practice run on the 'demo application' before beginning the official form.

The application form itself can be divided into two sections, namely general information and course choices. As the form is interactive you can continue to work on it until the normal closing date of 1st February. If you open your CAO account by 20th January 2021 you pay a discounted application fee of €30. Thereafter, the fee increases to €45 until the closing date of 1st February.

To register on the CAO system, go online to www.cao.ie and click on 'Apply.' Enter your personal details and supply a valid email address. Tick the qualifications and assessment sections that are relevant to you. For the vast majority of applicants that will be the Irish Leaving Certificate Exams (1985-2021). Select your payment option, which for the vast majority of applicants is credit or debit card. Create your password. Now click on 'Proceed with application' to obtain your CAO application number, which begins with 21. You have now opened your interactive CAO account.

Whenever you wish to log on to your account go to www.cao.ie and click on 'My application.' You will be asked to enter your CAO number, your date of birth and your password. You can complete the remaining steps at your leisure. It's a good idea to leave the Level 8 and Level 7/6 course lists unfilled until you have completed your course research.

Add your Level 8 (Honours Bachelor Degree) and Level 7/6 (Ordinary Bachelor Degree/ Higher Certificate) course choices by 1st February. To do this, click on "Add Level 8 course choices" and/or click on "Add Level 7/6 course choices." You may apply for a maximum of ten course choices on each list. List your courses based on your genuine order of preference. At the offer stage, you will be offered the course highest up on your list(s) that you are entitled to, if any.

Every college has general entry requirements. For Leaving Cert applications for a Level 8 course, the minimum entry requirements are six subjects with at least Grade H5 in two subjects and at least Grade O6/H7 in four other subjects. Each college also requires certain subjects in the chosen six. For example, the University of Limerick (UL) asks for Mathematics, Irish or another language, and English. On the other hand, University College Cork asks for Irish and English. Many courses also require specific entry requirements. Mary Immaculate College of Education (MICE) requires at least a H4 in Irish for its Primary Teaching degrees while UCC asks for a minimum of H4 in Biology for its Genetics degree.

The CAO application form is straight forward and user friendly. The most critical step, of course, is the completion of your two course lists. The more research you do the more satisfied you will be with your course choices. For the next few months make good use of the CAO Handbook 2021. Identify the courses in which you have an interest. It's a good idea to run a highlighter over the codes and course titles for future reference.

This column will resume in January to guide you safely through the CAO application process, with advice on career profiling, appropriate course selection and current employment trends. In the meantime, devote an hour or two each week to course research. Aim to have about twenty choices for each list at hand by Christmas. Then by mid to late January select your top ten preferences on each list in order of your choice.

CHECKLIST

✓ The 2021 CAO Application form opened yesterday, Thursday, 5th Nov., at 12 noon

✓ It's worth clicking into the student resources section on www.cao.ie

✓ It's also advisable to do a practice run on the 'demo application'

To register on the CAO system, go online to www.cao.ie and click on 'Apply.'

✓ Complete your personal details to get your application no. and to open your account

✔ When you wish to log on to your account on www.cao.ie, click on 'My application'

✓ Every college has general entry requirements ✓ Many courses also require specific entry requirements

✓ The CAO application form is straight forward and user friendly

✓ The most critical step is the completion of your two course lists

✓ The more research you do the more satisfied you'll be with your course choices

✔ Devote an hour or two each week to course research

Billy Ryle is a Career Guidance Counsellor and Educational Commentator Email: rylebilly@gmail.com Tel: 0879808979

Award for TY Students who completed virtual Mini Marathon

Transition Year class in Presentation 1 Transition Year students Kelly Nix Secondary School Castleisland are celebrating being chosen by VHI to receive a €100 award for their efforts participating in this year's virtual mini-marathon event. Over five days and five classes, the ambitious group of 27 accumulated 10k running distance and completed the final stage of the mini-marathon in Castleisland's fantastic sporting facility, An Ríocht. 🗄 the coming weeks.

.

and Emma Buckley led the charge to the finish line, however the event was very much a team effort and each participant can be proud of their achievement. The group identified Breast Cancer Ireland as their chosen charity and have succeeded in raising in excess of €250 for this most deserving cause. The charity will visit the school in



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CODE	COURSE TITLE	START DATE	DURATION/ WEEKS
300814	Healthcare Support Assistant (Carer), Tralee Become a qualified carer for older people.	2 November	42
300820	NEW COURSE Diploma in Digital Marketing & Sales, Tralee An all-new sales focused Digital Marketing training programme.	2 November	50
300818	NEW COURSE Software Development Diploma, Tralee Accelerated bootcamp programme by Code Institute.	2 November	17
299673	Beauty Therapy Traineeship, Tralee Internationally recognised ITEC, CIBTAC & CIDESCO qualifications.	2 November	57
300911	Digital Journalism & Radio Broadcasting, Tralee Broadcast Radio Podcasting Digital Storytelling • Unique to Kerry College	2 November	52
290270	NEW COURSE Heavy Goods Vehicle Driver - CE Licence (Artic), Tralee Achieve CE-Licence & CPC Pre-Requisite: CE-Licence Learner Permit.	2 November	11
300810	NEW DATE Construction Groundwork Skills, Tralee Develop key construction and groundwork skillsets. Safepass included.	2 November	23
269805	NEW LOCATION Food Preparation & Cooking, Kenmare An excellent introduction to the Culinary Arts.	9 November	21
300823	Marine Angling Guiding, Dingle Part of our Tour Guiding suite • Unique to Kerry College	9 November	15
300822	Inland Angling Guiding, Killarney Part of our Tour Guiding suite • Unique to Kerry College	9 November	15
274217	Deciding Your Future, Tralee A great short course to help you re-set and re-start.	9 November	12
301237	Surf Instructor & Beach Lifeguard, Tralee Learn two essential outdoor activity skillsets in the off-season.	16 Novembe	r 27
302915	NEW COURSE Ecology and Practical Fieldwork Skills, Killarney A practical course for those who wish to pursue a career in an ecologically rela • Unique to Kerry College	16 Novembe ated field.	r 39
300811	European Computer Driving Licence V6 (ECDL), Killarney Master your PC skills Internationally recognised qualification.	23 Novembe	r 19
269805	Food Preparation & Cooking, Dingle An excellent introduction to the Culinary Arts.	23 Novembe	r 21
300424	Welding, Tralee Get EN9606-1 SS01, EN9606-1 AL01 and EN9606-1 CS10 certified.	23 Novembe	r 20
300914	Reception & Clerical Skills, Killarney Start your journey in Office Administration and Customer Service.	23 Novembe	r 20
300815	Heavy Goods Vehicle Driver - C Licence (Rigid), Tralee Achieve C-Licence & CPC Pre-Requisite: C-Licence Learner Permit.	23 Novembe	r 9
300809	Bus Driver - D Licence, Killarney Gain D-Licence & CPC Pre-Requisite: D-Licence Learner Permit.	23 Novembe	r 13
300854	NEW DATE Regional Tour Guiding, Killarney Become a qualified tour guide for County Kerry.	30 Novembe	r 17

APPLICATIONS NOW OPEN FOR THESE 2021 COURSES

301238	Traditional Stone Wall & General Construction, Tralee Learn the art and craft of traditional stonewall.	22 February	34
301684	Intermediate Welding, Tralee Get EN9606-1VOB1, EN9609-1SSP and EN9609-1 AL01 certified.	29 March	18
300821	NEW COURSE Marine Engineering, Fenit Learn about marine craft construction, systems, engineering and maintenance. • Unique to Kerry College	29 April	28
300916	NEW DATE Broadcast Production Skills Training Programme, Tralee Nationally renowned training programme for crew skills • Unique to Kerry Colle	26 April	53
300819	NEW DATE Digital Media Production Traineeship, Tralee Visual Communications Video Photography • Unique to Kerry College	21 June	53



Performers at the Cover Care concerts, left to right Gavan Ring, Paula Hughes, Lisa Dowdall and Kenneth Rice.

A number of nursing homes in Kerry welcomed some music this week with the return of the Covid Care Concerts.

After their heartwarming visits in August, Covid Care Concerts returned, bringing music and memories to some of those most affected by the COVID19 pandemic. Funding from Creative Ireland Kerry brought the concerts to residential care home settings in Kenmare, Tralee, Killarney, and Listowel.

At Aperee Living in Tralee, a member of staff remarked, "It was brilliant; we were delighted when they came in August and even more thrilled today."The positive effect that music has on the staff and residents alike was apparent when she added, "It was emotional to see the

residents singing along to the Rose of Tralee." The performers and musicians – Gavan Ring, Kenneth Rice, Lisa Dowdall and Paula Hughes – encourage residents to unlock memories around well-loved songs through writing down or recording a little oral history that they associate with the piece.

"We all have deep emotional connections to music," says Gavan Ring, "and allowing these emotions to be expressed has a great therapeutic effect."

Blackwater Valley Opera Festival partner with the renowned classical music ensemble Mobile Music Machine to deliver these onehour concert recitals at an appropriate social distance in the grounds of care homes. Residents and staff gather in outdoor areas or listen to the performance through open windows and doors. The musicians are visiting 10 residential care home and hospital settings over 5 days. These are Kenmare Nursing Home and St Joseph's Care Home in Kenmare; Oaklands Nursing Home, Aras Mhuire Care Home, Listowel Community Hospital in Listowel; Ocean View Nursing Home, Aperee Living, Our Lady of Fatima Nursing Home in Tralee and Heather Lee Nursing Home and Killarney Nursing Home in Killarney.

The final word must go to the residents themselves - "Great; I never saw ye before, but I knew a lot of the tunes," and even more to the point, "Brilliant...brilliant!"

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"They donated their takings for the days leading up to the last lockdown which is a phenomenal gesture in these tough times for business", Con O'Connor, Funding and Advocacy Coordinator with Pieta House told Killarney Outlook. This week Con accepted the cheque from Niall on behalf of himself and Brenda and thanked them along with their staff for choosing Pieta.





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Tel: 087 979 3782 Email: info@coachingtobe.ie Noreen at What Women Wants gives you some **beauty tips** while you are staving at home during Covid-19

The Power of the Sheet Mask



Originating from South Korea, where in ancient times a cloth dipped in homemade serums was used to rejuvenate skin and prevent aging. The theory is that the mask forms a barrier between the skin and the air to keep the moisture in your skin, preventing evaporation and increasing product penetration. These masks are now pre-soaked in beneficial ingredients like vitamins, minerals, antioxidants and hyaluronic acid. A great at-home alternative to a salon facial during lockdown. Like every mask, the results will only be as good as the potency of the ingredients used. Picture

For Facial worthy results in minutes Try IMAGE Hydrating Hydrogel Sheet Masks, with hyaluronic acid & Jeju volcanic water, now only €7.20 for immediate plumping and deep hydration.

To get easy effective hydration Start with cleansed skin. Unfold the mask and drape over face with gel side down adjusting around eyes and mouth. Remove the outer fabric by holding tabs at upper part of the mask. You will be left with what resembles a second layer of skin, just smooth out any air bubbles. Remove mask after 10-20 minutes and massage excess serum into face and neck. Continue with your skincare regime for morning or evening.

Noreen Mangan

Tel: 0646630712 🗍 www.whatwomenwant.ie

Fitness Expert Edele Dalyguides you





WHY RECOVERY IS AN IMPORTANT ELEMENT IN TRAINING PLANS?

The purpose of recovery is to allow your muscles to repair after your workout or training session.

But what happens during recovery?

The body gets the chance to adapt to the stress that exercise puts on it. It replenishes muscle glycogen (energy stores) and gives muscle tissue time to repair. Pushing ourselves and getting out of our comfort zone is all part of a training regime. Unless we challenge our body and push ourselves, we will not make any change. However, we cannot push ourselves 7 days a week, we need to allow our body time to repair. Little micro tears in the muscle tissue that can occur during training get the time to repair and leads to the muscle growing and becoming stronger.

To aid the body to recover we need to;

ensure that we get adequate sleep – nothing wrong with a little power nap after your workout. fuel the body correctly, make sure to include protein and stay hydrated Recover well, train better. **Be Safe, B Well**

We at B Well Fitness Club are offering help and support in these difficult times so please tune into us on FACEBOOK, INSTAGRAM & our NEW You Tube channel. Also feel free to reach out to us on the phone 087-7643449 by text or email info@bwellfitnessclub.com



Aghadoe Physiotherapy Clinic will be remaining OPEN

over the forthcoming weeks of level 5 restrictions.

Our continued operation as an 'Essential Service' is in compliance with government guidelines regarding level 5 restrictions.

We continue to adhere to all HSE, ISCP and WHO recommendations.

We ask masks to be worn by each patient.

Thank you again for your continued support over the past several months and for the future ahead.

Please call **086 3402208** for an appointment.

Aghadoe Physiotherapy Clinic

Darren and Joanne Gaffey MISCP Chartered Physiotherapists



Irish Society of Chartered Physiotherapists The Voice of Physiotherapy in Ireland Old Market Lane, Killarney, Co. Kerry V93 R86T T: (064) 663 0712

CLICK & COLLECT MONDAY, WEDNESDAY & SATURDAY

- APM

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Astrid Longhurst

Life, Inspiration & Body Confidence Coach/Author www.astridlonghurst.com www.instituteforbodyconfidencecoaching.com

Changing with the seasons

November rides in...she is unpredictable, beautiful, wild and clad in earthy fabulous colours. Her message is one of change, transition and moving beyond what was.

As we start the month of November, allow yourself to gently embrace the change of the seasons. This year has been challenging for all of us on so many levels and it is important that we can give ourselves time to take stock and gather our energy as we head towards the end of the year.

Take time to sit by the fire or indulge in walks in nature that soothe and enchant you. Tell your body what you are grateful for and how you appreciate her/him for helping you through this extraordinary year of change...bathe in your own beautiful colours, rest in your wisdom and connect with your body.

Stop, Breathe, Imagine

When everything around you feels crazy, come back to your body. Allow yourself to sit still. Close your eyes and nourish yourself by breathing slower and deeper. As you do this, bring to your mind a beautiful image. Choose something that always makes you feel peaceful or calm and imagine that you are there in this image.



Main Street Works / Covid19 Level 5

Due to necessary works on Main Street for the month of November vehicular access is restricted and access to our premises by car is recommended via the Glebe Car Park or by using a 15 minute space on either New Street or High Street.

We would like to remind our customers that Main Street is open to pedestrians at all times and as an essential service we remain open to look after the needs of our customers and friends in the Killarney and surrounding areas during level 5 restrictions.

Same day home delivery or next day delivery by DPD couriers can be arranged where required by calling us on

064-6631113.

'Best wishes at this challenging time - we will get through this together'

Management & Staff of Sheahan's Pharmacy, 34 Main Street, Killarney.

Buy Online 24/7 Pharmadirect.ie Your Healthcare Provider Since 1953

To connect with me please visit www.astridlonghurst.com or join me on my Instagram page at https://www.instagram.com/romancingyourbody/?hl=en

OUTLOOK GAA

KEEL GAA CLUB WALKING TRACK

The walking track will remain open daily, during Level 5 restrictions. People are asked to adhere to the level 5 restrictions and government guidelines while using the track. In addition, the lights will be switched on between 6:30-8:30 every Tuesday and Thursday going forward to allow the community to use the walking track. We hope that this will allow people to get out and get active within their 5km radius. Please adhere to social distancing and government guidelines. Maintenance is currently being carried out on the pitch so please keep off the grass.

CLUB GEAR

There is a flash sale currently on some Keel GAA gear. A list of this gear has been posted on social media. Any enquiries please contact PJ Ryan on Facebook Messenger or 087-2916238.

LADIES FOOTBALL

Congratulations to the Kerry team and management on their win over Cavan on Sunday. The final score was Kerry 5-14, Cavan 0-13. Congratulations to Ciara Murphy (Keel) and Ella Teahan (Milltown/Castlemaine) who represented MKL Gaels. The girls will face Cork next weekend in round 2. Venue and time to be confirmed.

MILLTOWN/CASTLEMAINE NEWS

COACHING TEAMS 2020: HOW DID WE DO?

Can you spare a few moments to take the Milltown/Castlemaine Player Survey 2020. The link below will direct you to a survey that is designed to capture you and your child's experience with your club in 2020. The survey will take no longer than 7 Minutes to complete and will shape the program in 2021.

All responses and comments are 100% confidential and including your name in the survey is optional. Please remember that Your Opinion Matters so Please Be Heard! https://forms.gle/HyLQPb8U17U9Ddaw6 LOTTO JACKPOT FUNDRAISING DRAW

Lotto Jackpot is now €12,600.

All you have to do is match the 3 drawn numbers and the bonus one to win or share the jackpot. If you can match the first 3 drawn numbers, you could win or share \in 200. There is also be 6 consolation prizes on offer - 2 x \in 50 and 4 x \in 25. So plenty of money to be won! The next draw, which will be streamed live, is on this Friday November 4th 2020. So don't forget to get your ticket if you are out and about during the week. Tickets available at local outlets.

MILLTOWN-CASTLEMAINE ONLINE SHOP NOW OPEN: IDEAL CHRISTMAS PRESENTS AVAILABLE

With Christmas just over 8 weeks away, there is no better time than right now to browse on our on line shop and pick up some of your Christmas presents. We have recently launched our on-line club shop at https:// milltowncastlestore.sumup.link/

The online shop will facilitate orders for the

merchandise we have in stock; please feel free to browse our inventory however please note that we only have limited stock quantities and not all sizes are available. The inventory is split into four categories (O'Neill's 2020 Stock, Discounted Stock, Starter Pack Items & Kerry Merchandise). To order merchandise, please complete the online payment and we will contact purchasers to arrange delivery to Milltown or Castlemaine (at no additional charge) a few days after payment. If you have any queries in regards to the on-line shop; please contact Liam (086 041 3593) or Suzy (087 237 2729.

EXCITING NEWS - FUNDING GRANTED FOR RECREATIONAL AREA AT MILLTOWN/ CASTLEMAINE GAA GROUNDS.

We here at Milltown/Castlemaine GAA Club would like to take this opportunity to thank the Department of Community and Rural Development for the funding which has been granted for a recreational area that will complement our community walkway in our ongoing ground development works.

All at the club have been busy over the past two years with our Field Development Project, aiming to ensure the best possible facilities are available for our club members and the wider community into the future. The addition of this facility is most welcome and will serve to enhance the works that are already ongoing. We would like to thank Club Coaching Officer lan Twiss for his time and efforts in applying for this funding along with the assistance he received from Minister Norma Foley and the Kerry County Council. We would also like to Damien Murphy for drawing up the plans for the recreational area.

We look forward to telling you more about the facility in the weeks ahead and once again míle buíochas go gach é inne a thugann cabhair, comhairle agus tacaíocht dúinn.

SPA GAA CLUB HALLOWEEN CELEBRATIONS CONTINUE DESPITE LOCKDOWN

CONTINUE DESPITE LOCKDOW

We weren't able to celebrate Halloween at the clubhouse this year with our annual spooktacular party, but the show still goes on, and our younger (and some older) members certainly gave it one hundred percent with their fabulous costumes! We put a call out for people to send on their Halloween photos and the response was phenomenal! Massive WELL DONE to everyone for putting in such a huge effort to keep the Halloween celebrations going strong! Anyone with photos to add to the album please pm us on facebook, or whatsapp your coach or Juvenile PRO Anne on 0857780883.

SPA LOTTO RESULTS 02/11/20

Numbers drawn 2, 16, 23, 28. No winner and Lucky Dips receive \in 50 each to Moira Kerins, Maura Kennedy, Dermot Lucey, Peter Wickham and the monthly draw for annual ticket holders went to Jack O'Leary. Spa weekly Lotto draw is continuing each week and the JACKPOT this Monday is \in 6,000! Tickets are on sale online on spagaa.com or can also be purchased at Dalys Supervalu,



Spa Muckross GAA Club members enjoying Halloween at home this year and posting their photos to the club's facebook page.

Killarney Hardware, Centra Muckross Rd, Spa clubhouse or from usual sellers. Thank you all for your continued support.

SPA GAA ON YOUTUBE

We are working on getting Spa games online for people to watch over the coming weeks and months. Please visit our YouTube channel, under the name Spa GAA Club Killarney. We will be adding more videos over the coming weeks so stay tuned. And if anyone has any videos, DVDs or photos that we can copy please send them on to 0851216359 or pro. spa.kerry@gaa.ie

KERRY GAA

Wishing the best of luck to Dara, Liam, Niall and the Kerry team and management in the Munster Senior Football Championship semifinal against Cork next Sunday November 8th in Pairc Uí Chaoimh at 4pm. Good luck also to the minor team and management against Cork at 1pm on Saturday November 7th in Fitzgerald Stadium in the Munster Minor Championship.

SYMPATHY

Sincere condolences to Tomás Daly and family on the passing of his father Neilus Daly RIP, Killarney. Sympathies also to Sean Kelly and family on the passing of his mother Hannah Kelly RIP, Kilcummin and Fossa. May they Rest In Peace.

KERRY COMMUNITY RESPONSE FORUM - HELPLINE

This is an anxious time for many people in our community. If you need assistance or advice on COVID19 restrictions or if you need any shopping or supplies or the help from the Kerry Community Response Forum please call the Community Response FREEPHONE Helpline 1800 807 009. Or you can text SUPPORT followed by your name to 50555 or email covidsupport@kerrycoco.ie. This service is available 9am-5pm seven days a week. Please share with anyone you know in the community who might not have access to social media or who might need support. **SPA MERCHANDISE SHOP**

Spa Merchandise Shop has a full range of gear for adults and juveniles. For more information contact Mathilda on 0876487356.

ITEMS FOR NOTES

Any items for the club notes please contact Deirdre at pro.spa.kerry@gaa.ie or 0851216359 before 8pm on Sundays.

BALLYHAR-FIRIES GAA

Lotto results from Monday 2nd Numbers drawn were: 5, 13, 23, 26. No jackpot winner. 5x€30 Geraldine Cronin, 14 Mountain Range Willie Power, Ballinvarrig West Cora Marie Kelliher, Firies Bridie Grady, Firies Stephen Pendergast, Firies

The draw will take place on Monday 9th for this weeks Jackpot of €3,700.

Our additional special draw also took place for all our online yearly and biyearly lotto supporters . Winner of Yearly subscription: Noel McCarthy, Rathbeg . Winner of BiYearly subscription: Dan Quilter, Greenfields OUTLOOK GAA

Thanks to everyone who purchased a ticket and don't forget to get one for next week!! Get your lotto tickets online via the Firies page on Clubforce or tickets are also available to purchase physically in some of the local shops incl. Aherns Pharmacy, Farranfore, Sherwood Bar and Restaurant Farranfore, Sheehans Shop Farranfore, Moriarty's Centra Farranfore, Bridies Shop Firies, Hendersons Shop and Bar Firies and from all the usual sellers. We thank these businesses for their continued support. Thanks to all for playing our club lotto. Thanks you all for your continued support.

HUGE WELCOME FOR CLUB FUNDING

Ballylongford GAA Club € 1,480.00

Politicians across the county have welcomed €75,000 for Kerry Clubs under the Small Club Grant Scheme.

The support is being provided to National Governing Bodies, Local Sports Partnerships and Clubs to address significant Covid 19 related losses.

Additional funding is also provided for GAA, Camogie and Ladies Football Championship and a dedicated funding stream is also being provided for disability and older adult sport. A wide range of local Kerry sports organizations are benefitting to the tune of over \in 74k. This funding will support up to 59 local grass roots organisations. This funding will make a huge difference to many clubs, all of whom have lost their fundraising as a result of the COVID pandemic.

The following clubs received funding:

Aerials Gymnastic Club - € 1,500.00 Ballydonoghue GAA € 650.00 Ballyduff GAA €1,120.00 Ballyduff Camogie Club € 1,500.00 Ballyheigue Badminton Club € 1,500.00 Ballymacelligott Handball Club € 875.00 Beale GAA € 1,500.00 C.L.G. PIARSAIGH NA DROMODA € 500.00 Caherdaniel Rowing Club € 1,500.00 Cahersiveen Rowing Club € 921.00 Cairdeas Camp € 1,500.00 Castleisland Desmonds Ladies Club € 850.00 Cillard Camogie Club € 1,000.00 Cordal GAA Club € 1,500.00 Cromane Ladies Gaelic Football Club € 1,200.00 Cromane Rowing Club € 1,500.00 Cumann Peile na Gaeltachta € 1,500.00 Dr Crokes GAA Club € 1,500.00 Duagh GAA Club € 1,000.00 Fenit Rowing Club € 1,500.00 Flesk Valley Rowing Club € 1,500.00 Fossa Rowing Club € 1,500.00 Glenbeigh Glencar GAA Club € 1,500.00 Glenflesk GAA € 1,420.08 Glow € 250.00 Gneevequilla Gaa € 1,500.00 John Mitchels GAA Club € 1,480.00 Kerry Motor Club € 1,500.00 Killarney Badminton Club € 1,500.00 Kingdom Badminton Club € 1,500.00 Knockanure GAA Club € 1,500.00

Knocknagoshel GAA Club € 1,350.00 LB Rovers FC € 1,500.00 Lenamore rovers soccer club € 350.00 Listowel Emmets CLG € 899.00 Listowel Rugby Football Club € 1,500.00 MOYVANE LADIES FOOTBALL CLUB € 607.00 Na Gaeil GAA € 1,500.00 Pearse Bros Churchill Gaa Club € 1,500.00 Rina of Kerrv Golf Club € 1.500.00 Rugbaí Chorca Dhuibhne € 1,400.00 Saint Senans GAA € 1,500.00 Scartaglen Ladies Football Club € 840.00 Sive Rowing Club € 1,500.00 Sliabh Luachra Camogie Club € 1,200.00 Sliabh Luachra Cycling Club 1,400.00 Sneem Rowing Club € 1,476.17 St Josephs Basketball Club € 1,163.58 St Michaels Lixnaw € 1,500.00 St Pats East Kerry € 600.00 St. Brendan's Rowing Club € 1,500.00 St.Brendans Park FC. € 1,200.00 Star of the Laune AC € 300.00 Tralee Parnells Hurling and Camogie Club € 1,390.00 Tralee Pitch and Putt Club € 1,500.00 Tralee Rowing Club € 1,500.00 Tralee rugby club € 1,500.00 Valentia Island Rowing Club € 1,500.00

TIDY TOWNS COMPETITION 2021 TO GO AHEAD

The Minister for Rural and Community Development, Heather Humphreys TD, has given a firm commitment that the SuperValu TidyTowns competition will proceed in 2021.

The SuperValu TidyTowns competition has been in existence since 1958 and has become an integral part of our culture over the intervening years. The competition continues to grow in popularity and in 2019 a record 924 entries were received.

Unfortunately, like many other events, the competition did not proceed in 2020 as a result of the COVID-19 pandemic.

"The decision to cancel the competition this year was taken in line with public health advice and in collaboration with the competition sponsor SuperValu.

This decision was made in April during



the first period of severe restrictions when essentially the advice to everybody was to stay at home.

"Many of our TidyTowns volunteers and adjudicators were very limited in what they could do earlier in the year.

As we have moved through different stages of living alongside the pandemic, the

TidyTowns volunteers have demonstrated that they can continue to do some of their activities while still following all of the necessary public health precautions."

The Department of Rural and Community Development is in regular contact with the close to 1,000 TidyTowns groups around the country, through social media and through the monthly TidyTowns newsletter. It is clear that some wonderful projects and community-wide initiatives have been delivered in recent months.

Many of the TidyTowns Groups have also been instrumental in assisting with the community response to COVID-19", Minister Humphreys said.

BATTLING PERFORMANCE BY KINGDOM COMES UP SHORT AGAINST ROYALS

OUTLOOK GAA



Action from the Kerry v Meath game on Saturday last.

Kerry made the step up to Intermediate Camogie when they welcomed Meath to Hermitage Park, Lixnaw on Saturday.

Kerry were mindful that Meath had operated at senior level in 2019 while Kerry were in the junior grade. Meath had put in some impressive performances in last year's senior championship against such teams as Clare who were lucky to leave Navan with a onepoint victory.

Kerry were forced to make a pre-match change as Norette Casey replaced Liz Houlihan. The Kingdom played with the wind in the first half but it was Meath who drew first blood when Amy Gaffney kicked to the net in the 6th minute. This was followed two minutes later by a point from Leah Dennehy. However, two frees from Patrice Diggin in the 10th and 15th minutes reduced the margin to two. Meath replied with two points of their own in the 18th and 19th minutes from Megan Thynne and Jane Dolan with a free. Patrice Diggin converted a free in the 20th minute. Jane Dolan added to her tally in the 24th minute and Amy Gaffney added a point to her goal in the 28th. Deep in injury-time Sinéad Hackett scored a point for Meath and a Jackie Horgan free for Kerry left the half-time score at Meath 1-6 Kerry 0-4.

Kerry faced into the stiff wind in the second half but applied themselves with great purpose. They got a dream start in the 36th when a ball lobbed in the goalmouth by Patrice Diggin was finished to the net by Jessica Fitzell. Meath replied quickly through Aoife Minogue. Kerry launched an attack on the Meath goalmouth in the 42nd minute but this was repelled by the Meath defence at the expense of a '45' which Patrice Diggin converted. Two points from Amy Gaffney and Sinéad Hackett in the 45th and 47th minutes pushed Meath into a four-point lead. Kerry pushed hard for the goal that was required but the Meath defence stood firm. Three points deep in injury-time by Megan Thynne, Aoife Minogue and Sinéad Hackett gave Meath the victory on a final scoreline



of 1-12 to 1-5. While the Meath experience was telling, this was a positive performance from Kerry in their first intermediate outing. Many thanks to Lixnaw GAA Club for the use of their facilities and their hospitality.

Kerry Team and Scorers:

Aoife Fitzgerald, Norette Casey, Sara Murphy, Michelle Costello, Rachel McCarthy, Niamh Leen, Kate Lynch, Ann-Marie Leen, Patrice Diggin (0-4, 0-3f, 1 '45'), Aoife Behan, Laura Collins, Jessica Fitzell (1-0), Saidhbhe Horgan, Jackie Horgan (0-1f), Caoimhe Spillane.

Substitutions: Liz Houlihan for Ann-Marie Leen, Brid Horan for Saidhbhe Horgan, Alannah Whelan for Jessica Fitzell, Edel Slattery for Norette Casey.

Meath Team and Scorers:

Maggie Randle, Louise Donoghue, Claire Coffey, Sophia Payne, Cheyenne O'Brien, Meave Clince, Tracy King, Megan Thynne (0-2), Kristina Troy, Jane Dolan 0-2 (0-1f), Aoife Maguire, Aoife Minogue (0-2, 0-1f) Leah Dennehy (0-1), Sinead Hackett (0-3), Amy Gaffney (1-2).

Substitutions: Ellen Burke for Tracy King, Grace Coleman for Aoife Maguire, Megan Collins for Leah Dennehy, Erin Leddy for Kristina Troy

Réiteoir: Conor Quinlan

TG4 All Ireland Championship Group 1 Round 1

KERRY TRIUMPH OVER CAVAN

Kerry 5-14 -v- Cavan 0-13

By Daire Walsh

ouise Ní Mhuircheartaigh and Síofra O'Shea contributed a combined haul of 4-6 in Birr as Kerry underlined their TG4 All-Ireland Senior Championship credentials with an emphatic Group 1 triumph over Cavan.

Despite encountering some early resistance in the Offaly venue, the Munster outfit turned on the style with Ní Mhuircheartaigh and O'Shea in outstanding scoring form. Substitute Andrea Murphy – who plays her club football in the capital with Foxrock-Cabinteely – also shot a second-half goal to give manager Declan Quill food for thought ahead of next weekend's crunch clash against provincial rivals Cork.

The Kingdom had broken the deadlock through a Danielle O'Leary point, before their Ulster counterparts fired back with similar efforts from Lauren McVeety and Aisling Gilsenan.

In response to Ní Mhuircheartaigh's first score of the game, dynamic Cavan full-forward Aishling Sheridan superbly curled a left angled shot between the posts.

Nonetheless, the threat of the Kerry attack was beginning to grow and Ní Mhuircheartaigh added a point off her left foot in the ninth minute. Deadlocked at 0-3 apiece for the firsthalf water break, Kerry subsequently took control upon the resumption.

After gathering a direct ball into the square, O'Shea unleashed a superb strike past helpless Cavan goalkeeper Elaine Walsh.

Their tails were now up and following excellent combination play between O'Shea and Niamh Ní Chonchúir, Ní Mhuircheartaigh comfortably grabbed a second Kerry goal.

While the Breffni women reduced the gap to five with contributions from Donna English and Gilsenan, Ní Mhuircheartaigh and Lorraine Scanlon scores ensured the Kingdom were 2-7 to 0-6 ahead at the interval.

The final outcome was effectively placed beyond doubt within six minutes of the restart as Kerry added another brace of goals to their already substantial tally. Ní Mhuircheartaigh palmed to the net off a Hannah O'Donoghue



TG4 All Ireland Senior Championship Group 1 R1 Result

Bí i do #ProperFan agus fan sa bhaile #properfan 20 Bienboytes #FollowOurJourney LGFA & TGF2 Kerry 5:14 -v- Cavan 0:13

pass and she later turned provider for a composed Murphy finish.

Cavan finally interrupted this scoring sequence courtesy of unanswered points by Gilsenan and the impressive English, only for Kerry to reply with another devastating blitz. Ní Mhuircheartaigh released O'Shea for her second goal of the tie on 44 minutes, preceding four points on the bounce from Eilis O'Leary, Scanlon, Fiadhna Tagney and O'Shea herself.

To their credit, Cavan did finish the contest in fine spirits. Gilsenan (two), substitute Emma Halton and Sheridan all found the range and can at least take this positive ending into their crunch encounter with Cork at the same venue in a fortnight's time.

Scorers – Kerry: L Ní Mhuircheartaigh 2-4 (1f), S O'Shea 2-2, A Murphy 1-1, L Scanlon 0-2, F Tagney 0-2, D O'Leary 0-1, H O'Donoghue 0-1, E O'Leary 0-1.

Cavan: A Gilsenan 0-5 (4f), A Sheridan 0-3, D English 0-2, L McVeety 0-1, G Sheridan 0-1, E Halton 0-1.

Kerry: C Butler; C Lynch, A Desmond, S Murphy; N Carmody, A O'Connell, C Murphy; L Scanlon, M O'Connell; D O'Leary, N Ní Chonchúir, A Galvin; H O'Donoghue, S O'Shea, L Ní Mhuircheartaigh. Subs: A Doherty for Lynch (15), A Murphy for D O'Leary (25), E O'Leary for O'Connell (43), F Tagney for Ní Mhuircheartaigh (48), M O'Connor for Ní Chonchúir (59).

Cavan: E Walsh; M Smith, S Lynch, J Moore; M

Sheridan, N Keeneghan, E Corcoran; D English, C Dolan; C Finnegan, L McVeety, A Gilsenan; G Sheridan, A Sheridan, T O'Reilly.

Subs: E Halton for Corcoran (h-t), H Smith for Lynch (38), Z Fay for Finnegan, H Fitzsimons for M Smith (both 40), R Dolan for O'Reilly (59). Referee: Jonathan Murphy (Carlow). TG4 All Ireland Championship Group 1 Round 2

Kerry -v- Cork 7th November 3pm. Venue TBC

National Volunteer Awards

THE Ladies Gaelic Football Association is pleased to announce details of the 2020 LGFA Volunteer of the Year awards.

Administrators, coaches and media are among those who will be honoured across ten categories, and the awards will be presented at Croke Park.

he scheme will once again recognise winners from 2020 in the following categories:

- Local Journalist of the Year
- School Coach of the Year
- Club Coach of the Year
- County/Provincial Officer of the Year
- Hall of Fame Award
- International Volunteer of the Year
- Lulu Carroll Award for Volunteer of the Year
- PRO of the Year
- Club Committee Officer of the Year
- Young Volunteer of the Year

The Overall Volunteer of the Year will receive the Lulu Carroll award, named after the late Lulu Carroll, who was a 2001 All-Ireland senior medallist with Laois.

Lulu, who passed away in 2007, was a committed servant to Ladies Football at club and county levels, and one of the game's most popular and well-known figures.

Lulu, a former All-Star recipient, also won eight Leinster titles with Laois, along with six county senior titles and a provincial crown at club level with Timahoe.

All winners will be chosen on receipt of applications for each relevant category and must be submitted by Friday, November 13. Click on https://ladiesgaelic.ie/thelgfa/national-volunteer-awards/ for more information

RAISING THE BAR... GUINNESS PROVIDES COUNSELLING TO THE PUB TRADE

Guinness has announced the establishment of the Raising the Bar Helpline, a dedicated freephone support phoneline for pub owners, their staff and their immediate families affected by the COVID-19 crisis. The service will be available from tomorrow, 6 November and is being financed as part of the \in 14 million Raising the Bar fund established by Guinness this summer. The helpline will be staffed by a team of counsellors,

as well as finance experts, in Ireland, Monday to Friday, from 9am to 5pm. To ensure that calls continue to be answered, even out of hours, there are counsellors available to take calls 24 hours a day, 7 days a week, ensuring that contact can be made at any time and any relevant follow up scheduled. All contact details for the helpline are available now on www.MyDiageo.com



Dr. Crokes Celebrate THEIR 134TH BIRTHDAY

There was cause for celebration for Dr Crokes GAA Club this week when the club marked their 134th birthday on, Monday November 2nd, 2020 and in this week's Killarney Outlook we take a look back to the beginning of the club.

Fadó, fadó, on a Sunday night, a group of Killarney men went to O'Mahoney's public house in College Street. The building is still there, but has gone through different ownerships. First, to Squire Cronin's, The Jug of Punch and in recent years to Lord Kenmare's.

The men had plenty to talk about, especially about so many evictions, the scourge of that time in Killarney and all over Ireland.

Michael Davitt informed a meeting in Castleisland that 1,600 families in Kerry had been evicted in the previous 3 years. The Land League leaders were doing their utmost to undo these wrongs and there were 8 branches of the Land League on the Kenmare Estate (Killarney) alone. Someone referred to the GAA, founded on November 1st 1884 in Thurles. One word led to another. Why not get a GAA club going in Killarney was well debated over pints and 'taoscáns' of poitín?

FOUNDING A GAA CLUB IN SECRET IN KILLARNEY

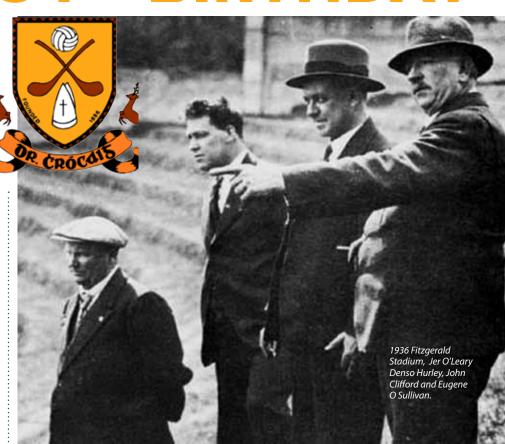
Good idea, but how do we do it with the town full of informers and extra-vigilant foreign forces? A nod and a wink and the elbow language sufficed that they would meet 010two nights later, but not a word to anyone.

Canon Tom Looney, a mine of knowledge on Killarney's history, provides us with the details of the subsequent Tuesday night's meeting.

Andy Mulcahy, a native of Kilkenny and a sterling Gael, was a charge hand at the Gas Works, the property of the Rail Company, situated beside the Iron Bridge at the end of Fair Hill cottages, just a stone's throw from O'Mahoney's pub. He provided a room for the meeting, where the Outlet centre now stands. Nineteen men attended and Tom Looney termed them the "19 Dangerous Dreamers". They met in candle-lit secrecy. They had a dream and that dream became a reality 134 years ago today, when they founded Dr Crokes GAA, on November 2, 1886. **CHALLENGES**

Dr. Crokes faced many challenges, but it survived the evictions, the Land Dispute, the Spanish flu, the 1916 Rising, the War of Independence, the bitter Civil War, Two World Wars, The TB and Polio scourges and now the Covid-19 pandemic, which challenges everyone, worldwide.

Through it all, Dr Crokes survived both on and off the field. Dr Crokes have won more Kerry Senior Football championships (13) than any other club, followed closely by Austin Stacks on 12 while East Kerry, the current champions have won 8 titles. Club players have won well in excess of 100 All Ireland senior football medals. We wish the best of luck to our current senior club players, Tony Brosnan,





Gavin White and Micheál Burns the best of luck with Kerry as they are away to Cork in the Munster SFC this weekend. The three lads starred in Tralee recently when Kerry won the 2020 Allianz NFL title. A win over Cork will set us on the short enough road to Croke Park and a bid to win Kerry's 38th All Ireland title. The Dubs have been dominant since Kerry won their last title in 2014, jointly captained by Dr Croke stars, Fionn Fitzgerald and Kieran O'Leary.

DR CROKES LADIES AND HURLERS

Croke hurlers are thriving and the Ladies' football teams are having their most successful year ever. The Saturday Morning

Academy for juvenile boys and girls, hurling and football, Under 6 to Under 11, has attracted huge numbers, staffed by excellent coaches.

As of now, all club activities are suspended by the GAA, because of Level 5 restrictions, but Dr Croke members are urged, as always, to stay connected, within HSE guidelines, of course. Club activities will come back to normal, and the vision of the nineteen Dangerous Dreamers 134 years ago today will live on.

Ar scáth a chéile a mhaireann na Chrócaigh.



Dr. Crokes Hurling Team who won the County Final this year.

DR. CROKES LEGENDS OF THE PAST



Ме

Paul Russell.



Dr. Eamonn O'Sullivan.



Dr. Dick Fitzgerald.



Dan Kavanagh.

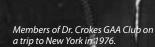
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Dr. William O'Sullivan.

bers of Dr. Crokes pictured at the 1986 centenary celebrations.



1912,13,14 County Champions.

Killarney RFC Girls Youths Rugby

Killarney Youths girls rugby has come on leaps and bounds since 2018 when members came together to discuss and formulate a 3 year plan to develop youth girls ruby with the aim of fielding an U14 girls team by 2021. However thanks to the full backing of the club, as well as the enthusiasm of the players, parents and coaches we can now boast an U14, U16 and a fledgling U18's team. We are delighted to have support from Munster Rugby who regularly send coaches to us for training sessions.

We now have over 60 girls training each week at our wonderful facility at Aghadoe and with girls training from 5 years of age, it is truly amazing to see the progress of the girls rugby right across the club. This is especially fantastic given the fact that very few if any of the girls now playing rugby had any rugby experience to start with.

Last Saturday we came together at our pitch for a training session and to launch our brand new kit as well as highlight the club joining the 20x20 movement, aimed at promoting girls sport in Ireland. We are delighted to sign up to the 20x20 charter as we also believe that if she can't see, she can't be!

If you have a daughter, a sister or a friend who may be interested in playing rugby, why not pop along to training or contact any of our coordinators. Training takes place every Wednesday evening at 6:30pm for our U14, U16 and U18 girls and on Saturdays from 10 for our Minis and don't forget to bring a friend! Rugby is a wonderful way to make friends, have fun as well as build fitness!

Killarney RFC Girls rugby – Always included always welcome!

Further details U14: Fiona Landers – 087/2304689, U16/U18: Anne Gabbett 086/3125722 or Minis (U6-U12) Liam Murphy 087/4145662

GNEEVEGUILLA ATHLETIC CLUB

No winner of our lotto draw 30/10/2020, numbers drawn were 8, 13, 22 & 27. Sellers prize winner Margaret Hayes, €50 Y/T prize winner Marteen O' Keeffe Gattabawn, €50 to Shane Guerin c/o Mgt Hayes, €40 each to Mairead Carmody Scrahangullane, John Moriarty Coom & David Twomey Rathduane. Bonus not won numbers drawn were 6, 15, 19 & 28. Next week's jackpot €13,600 plus €1,000 bonus.



Killarney Rugby Team U14's girls, pictured in their new jerseys for their training session in Aghadoe. PICTURE MARIE CARROLL-O'SULLIVAN

Killarney Rugby Team U16's girls, pictured with their coaches Diarmuid O'Malley, PJ Brosnan & Fiona Landers in their new jerseys for their training session in Aghadoe. PICTURE MARIE CARROLL-O'SULLIVAN



Killarney Rugby Team U18's girls, pictured with their coach Jenna Moynihan in their new jerseys for their training session in Aghadoe. PICTURE MARIE CARROLL-O'SULLIVAN



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ADVERTISING



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AMAZING VALUE IN **RECONDITIONED** LAPTOPS



KERRY LADIES

Sunday

GLENFLESK NEWS

ιοττο

Due to Covid restrictions Club Lotto has been suspended until further notice. Thank you for your support in the past and we look forward to your support in the future. On Line and annual tickets will be reactivated when Lotto resumes. Keep safe everyone and best wishes to you and your families. Kind Regards, Lotto Committee

. LISTRY NEWS

U12 LISTRY JERSEY'S

Listry GAA would like to thank Peter and Siobhan Keane and family, PKs Supervalu Killorglin for donating a new set jersey's for our U12 Juveniles Academy.

MUNSTER CHAMPIONSHIP

Best of Luck to Peter Keane, management and Kerry team especially Listry's Ronan Buckley

KILCUMMIN NEWS

BOG WALK

With travel restrictions for recreation reduced to 5k, why not avail of the beautiful scenery and fresh air that our local Bog Walks have to offer. You can contact John on 086-1579381 to arrange to pick up your walk brochure. Suitable footwear is essential.

MASSES LIVE STREAMED

Masses are live-streamed at www. churchservices.tv/Kilcumminn. You might pass on this information to people living in the Parish or away who may like to tune in. Mass Offerings, weekly contributions and any other envelope offerings can be handed in to the Parish Office. Our Church is open for Private Prayer from 8am to 8pm daily. Stay safe. **COVID 19**

As we move to level 5 of the Government's

against Cork in Munster Championship Semifinal at 4pm Sunday 8th November in Pairc Ui Chaoimh.

LISTRY MEALS ON WHEELS

GLENFLESK GAA MERCHANDISE

Glenflesk GAA gear is now available on the

O'Neills website. You can click on the 'Shop Now'

button at the top of our Facebook page. We still

have limited items available. You can contact

Emma for more information on 085 754 7586

Listry Community Council and Listry GAA has continued working in our community through Covid 19. The Meals on Wheels service continued and expanded to meet extra demand and many

restrictions to control the virus, we once again

think of our elderly and most vulnerable in our

community. We ask you to be mindful of your

family members and neighbours who may be

experiencing hardship and anxiety and could

avail of your help and support during these

difficult times. We should also respect the

measures put in place by the authorities and

adhere to all the regulations as it is only when

we all pull together that we can overcome this

pandemic and return to good times again. Ní

Kilcummin Community Alert are available for

any assistance you may need by contacting

neart go cur le chéile.

COMMUNITY ALERT

Robert on 087-6270677.

Written by: John Moriarty Email: info@kilcumminparish.com

KILCUMMIN GAA SYMPATHY

Kilcummin GAA club wish to extend our sympathies to the family of Hannah Kelly formerly of Knockataggle who passed away during the week. May she rest in peace.

KERRY FOOTBALL

Congratulations to selector James Foley and the entire Kerry team and mentors on capturing the National League title last week and wish them success in this week's game against Cork in the Munster semi -final.

CLUB MERCHANDISE

Club Merchandise orders are now being taken. Contact Marie Lehane: 087 9181973 or visit Kilcummin Juvenile Facebook page to view our range of merchandise.

FOSSA NEWS

Written by: Shane Kelly

KERRY

Best of luck to the Kerry senior Players, management and especially David (capt) and Paudie Clifford this Sunday when they take on Cork in the Munster Semi-Final.

Congratulations to the Kerry senior ladies in their fine victory over Cavan last weekend and the best of luck to the players and management this weekend against Cork.

CONDOLENCES

The club would like to pass on our condolences to the Kelly Family, on the passing of their mother Hannah Kelly (née O'Connor). Gortroe, Fossa and formerly of Kilcummin, Killarney, may she rest in peace.

The club would also like to pass on our condolences to the Daly family, Scarteen Killarney on the passing of Neilus, may he rest in peace.



Written by: Anne Sugrue O'Brien

Written by: Seamus Healy

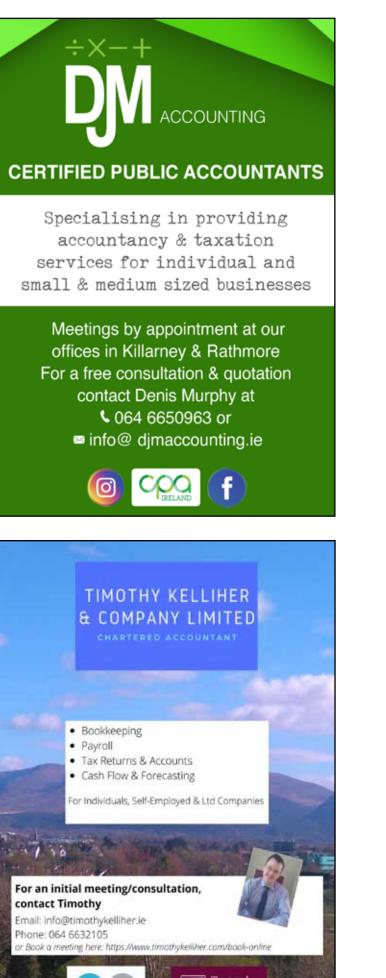
of our volunteer drivers were recruited through Listry GAA. Both organizations are available to support anyone in our community at this time. If we can assist you or anyone you know at this time please contact 087 2563883. Keep safe and well.

Congratulations to Ava o Doherty and Emma

Dineen and Kerry Ladies on winning their first

round championship match against Cavan last

EMPLOYMENTSI



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PART TIME SALES ASSISTANT FOR WEEKDAY, EVENING AND WEEKEND WORK

Ideal candidate must possess

Excellent Customer Service, Communication, Organisational and Computer Skills

Must be able to work on own initiative but also part of a dynamic team

Strong attention to detail, organised and flexible

All replies please post to: Box No 12820 Killarney Outlook, Walsh Colour Print Castleisland, Co Kerry. or Email :eastkerryshop@gmail.com

Written by: Michael O'Mahony | Email: momahony14@gmail.com

RATHMORE | GNEEVEGUILLA NEWS

SHARE THE BUCKET

The Gneeveguilla Community Development Council in association with the Gneeveguilla Basketball club had our weekly draw for our share the bucket on Friday evening 30/10/2020. The jackpot was \in 302..DJ. Keane was this weeks winner. Congrats D.J. This was D.J's 3rd time winning our share the bucket

Guaranteed winner every week,go to our Facebook page to find out how and where you can play.

REMEMBER if YOU are not in you can't win

https://www.facebook.com/gneeveguilla/

Draw takes place every Friday eve @8:30 pm on Facebook live

If you are interested in helping out in new projects for the community the Gneeveguilla Community Council would love to hear from you.

RATHMORE COMMUNITY ALERT TEXT ALERT

If you wish To CONTINUE To Receive

TEXT MESSAGES PLEASE DROP IN €10 IN ENELOPE wITH your Name and MOBILE NO TO DERMIE MOYNIHAN'S LETTERBOX BEFORE December12th NEW MEMBERS WELCOME IF you see Anthing suspicious in your AREA Phone Macroom Gardai at 026 -20590.

GNEEVEGUILLA

Development Council in association with the Gneeveguilla Basketball Club had our weekly draw for our Share the Bucket on Friday evening 30 010/20. The Jackpot Congratulations to DJ Keane, winner of this week's jackpot \in 302. Well done \in 302. winner of this week' jackpot \in 302.

Guaranteed winner every week, go to our Facebook page to find out how and where you can play. REMEMBER if YOU are not in you can't win https://www.facebook.com/

can't win https://www.facebook.com/ gneeveguill a/Draw takes place every Friday eve @8:30 pm on Facebook live.

Mass times for Boherbue Church: Monday, Tuesday, Thursday, Friday & Saturday - 7.30pm Wednesday – 9.30am Sunday 11.00am You can access this on google: churchservices.tv/ boherbue Rosary will be recited at Gneeveguilla Grotto on Sunday @ 10am

CONDOLENCE

Sympathy to families & Relatives of Margaret Cronin & family Carrigaline on the death of her

father Padraig Creedon Millstreet. To Bridie O'Sullivan, Sean & family on the death of their brother Ted in Australia . To Hannah Mary Twomey Umeraboy & family on the death of her grandson Derek Twomey Killarney. & To Fr Larry Kelly former Parish Piest of Rathmore parish on desth of his mother Hannah Kelly (nee O' Connor) of Fossa & Kilcummin & to all the Kelly family .

May Padraig, Derek & Ted Hannah Rest in Peace

RATHMORE LADIES FOOTBALL

Congratulations to Aislinn Desmond, Sarah Murphy, Danielle O Leary, Laoise Coughlan and Katie Buckley against Cavan. In TG4 All ireland Ladies Senior Football championship Group1. Round 1. in Birr on sunday last final score Kerry 5-14

Cavan 0-13 . Best of luck to all kerry players & mangerment this saturday agaist Cork Kerry v cork venue time to TBC All Ireland Senior (Championship - Group 1 Round 2)

OUTLOOK SOCCER

SPOOKY SOCCER TRAINING AT KILLARNEY ATHLETIC

There were lots of spooky happenings at the grounds of Killarney Athletic on Saturday last - Halloween. While donned in their regular Killarney Athletic gear, the girls did a great job on face painting to celebrate the scary season while getting their weekly training session in.



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ADVERTISING





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

(Social distancing and contact tracing in place) We are available to meet constituents at any time. Give us a ring to arrange a suitable time and place.

BUSES TO BELFAST FOR CATARACT PROCEDURE ARE BACK

We are now taking names for the next bus.

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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



Celebrations as Killarney Rugby Club win prestigious award

Killarney RFC have been named Munster Rugby Club Youth Section of the Year

The club were delighted with the announcement by Munster Rugby this week that their Youth Section was named as Club Youth Section of the Year. This is a huge testament to the hard work being done at the club by so many as well as the huge commitment shown by all the players, parents and coaches of our U14, U16 and U18 boys and girls sides.

"With so many clubs in Munster, to win this award only 2 years after winning Minis Club of the year in 2018, reflects the hard work being done by all facets of the club", Liam Murphy, PRO for the club told Killarney Outlook.

"We are thankful to Munster Rugby for the support shown by this announcement. Congratulations one and all", Liam added.

"We are delighted to be awarded the Munster Youth club of the year. Its a tremendous award and highlights the incredible work being done by the club over the last number of years. We've a dedicated hardworking team of coaches, players and club members who are all volunteers. This is a reward building from the successful pathways put in by the club", Club Chairman Ger Moynihan said.

Youths (Boys) Coordinator John O'Connell also commented on the award win for KRFC Youths saying "We are delighted with the Award for Munster Club Youth Section of the Year for 2020. This is as a result of a lot of work from a large number of volunteers in the club and is recognition for the selfless work being carried out by our members. Catering from players from U8 to Senior, the Club has experienced significant growth over the past number of years. The youth section has grown significantly and in the 2019/20 season fielded 2 U14 Boys teams in the West Munster Competitions, an U16 and also an U18 side in the BOI Munster Competitions and West Munster Competitions. The youth player pool has at this stage over 100 players from U14 to U18.5.

Additionally at this stage we are also delighted that our female teams are growing with teams at U14 and U16 as well as the starting of an U18 side. I would like to thanks all the players and parents for their ongoing support, the coaches without whom we would not be able to facilitate the huge numbers at training and the committee for their ongoing support in providing really excellent pitches".

Meanwhile Girls Youths Coordinator Fiona Landers has said that there are a lot of adjectives to describe what it means to the girls to win this award. Delighted, thrilled, ecstatic and elated are just some of them. However, more than anything they would be proud. Proud that each and everyone of them contributed to the winning of this award". Well done to all involved!





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

The onset of the GAA Championships garnered the headlines in sport this week, and as always we got a mix of hype and substance, with some big guns falling by the wayside early on. The Six Nations ended, and without any fanfare for Ireland

SPORT IRELAND ALLOCATE €85 MILLION IN GRANTS

These are tough times for everybody. While it's importance is sometimes exaggerated by insiders, there is no arguing against the fact that sport is a welcome diversion (albeit no more than that) from the hard times we are facing. The Government have acknowledged that verbally several times, and they have put their money where their mouth is by Sport Ireland confirming a funding package of €85million across four separate schemes. Let's face it, we are all very quick to knock the Government in this country, but they should be applauded when they get things right.

The GAA, Ladies Gaelic (and the Camogie Association receive a combined \in 15.795m, with an additional \in 15million for inter-county championships.

The IRFU receives \in 18million which will be split between the union, the provinces and club network.

€13million is allocated to the FAI, which includes a ring-fenced amount to support clubs. The ringfencing is, obviously, necessary in light of the severe failures of the recent self-administration, too many of whom still purport to run the sport. Golf Ireland receive €2,730,000. I have to say that I agree strongly with local Dr. John McCullagh, who has stated that Golf Clubs should be open at the moment. It's an outdoor sport and one with massive health benefits for young and old alike, it's an important social outlet, and social distancing is very easily maintained. Frankly, I think it's much safer than running inter-county full contact sports championships at the moment. I don't play golf, by the way, and have no particular axe to grind here, but I know many people for whom it is their most valued social outlet.

Cricket Ireland get just under €1.5 million (1.498) while Gymnastics gets €1.380 million. Basketball Ireland gets €1,157,500. Horse Sport Ireland is the last seven figure recipient, with €1,040,000. The other beneficiaries are

Tennis Ireland €950,000

Athletics Ireland €805,000 Swim Ireland €780,000 Irish Sailing €650,000 Irish Athletic Boxing Association €645,000 Cycling Ireland €533,000 Badminton Ireland €369,000 <image>

Hockey Ireland €240,500 Triathlon Ireland €235,500 Rowing Ireland €149,000 Irish Martial Arts Commission €120,000 National Community Games €110,000 Archery Ireland €101,000 Student Sport Ireland €95,000 Irish Orienteering Association €77,000 Volleyball Ireland €71,500 Irish Underwater Council €70,000 Fencing Ireland €59,000 Motor Cycling Ireland €50,000 Irish Surfing Association €50,000 Bowling League of Ireland €50,000 Canoeing Ireland €48,000 ONAKAI (Irish Karate) €40,000 Pitch and Putt Ireland €39,000 Irish Squash €38,000 Racquetball Association of Ireland €33,000 Special Olympics Ireland €348,000 IWA Sport €194,000 Vision Sports Ireland €97,500 Irish Judo Association €24,000 Irish Ice Hockey Association €20,000 Rugby League Ireland €19,000 Bol Chumann na hÉireann €12,500

GAA

Kerry v Cork

All eyes will be on Pairc Uí Caiomh this weekend as Kerry face Cork. This is do-or-die, the first such since 2002 outside of Croke Park.

I have no interest in hedging my bets. I know I probably should. I will look like an awful eejit if Cork beat us. It would be far more diplomatic to suggest that Cork are reigning U20 and Minor All Ireland Champions. That they rattled

three goals past us far too easily last year. That the weather is likely to even up any disparities between the sides (and I so believe that). That it's a derby game and the odds go out the window. That....arrah, ye can probably spout as many of the build-up cliches as I can, I'm sure ye have read and heard plenty of them this week. But I just can't see this Cork team – and I think Cork are shaping well and are on the right road, and I know they will give everything they have – beating Kerry at this point in time.

Inclement weather emphasizes physical battles, and I am on the record as saying that Jason McGahan and co. have done a brilliant job. Kerry have both muscle and speed that Cork, going by the last outing, simply don't. You can't feign that kind of physique.

Cork are improving after some very tough years, especially at administrative level, but they haven't beaten us at senior level since 2012. We are going for an eighth Munster title on the trot. Cork beat us in last year's U20 meeting. But not one of those Kerry U20players is even able to make the panel for the senior squad.

I don't think too much can be read into Kerry winning the National League in the prevailing circumstances. But while Kerry were winning that League Final, Cork were getting a walkover in Division Three. We have simply been operating at a higher level.

We might be carrying a few niggles into this game. But Cork look certain to be missing Ciarán Sheehan, Tomás Clancy, Kevn Crowley, and Liam O'Donovan. Sean Powter and Brian Hurley are likely to be just about back from injury, but without a lot of work done. Cork are only dealing from half a deck here.

Those three goals that we coughed up to Cork last year? Take another look at his year's defence. We play the blanket as heavily as anyone. The

ALL THINGS...SPORT

likes of Connolly or Powter or even veteran Kerrigan could well get in once, these are dangerous players. But three times?

And frankly, our blanket defence is supplemented by massive speed on the break by the likes of Gavin White and Tom O'Sullivan. Inside you have a lad named David Clifford, Sean O'Shea, and Tony Brosnan's phenomenal scoring in the past two games should give him the nod. If it's not Tony, we might have to fall back on Paul Geaney, Killian Spillane, James O'Donoghue, or that unshrinking violet Tommy Walsh. Oh Lordy, whatever shall we do?

Cork will need to take midfield to have any hope. Ian Maguire is probably their main man in the sector and he covers a lot of ground – but he's going into the sky with David Moran? Kerry basically play three fielders (probably Moran, Barry, and O'Connor, although Buckley has impressed in recent games) out there, but scavengers like Dara Moynihan and Paul Murphy win just as much vital ball.

Maybe I will be surprised on the day, but there's no way I can see Cork matching our scoring total. I can't see them coming too close, to be honest. They'll give us a right battle on the field from start to finish, they always do, but I can't see it being put on the scoreboard.

Kerry to win comfortably on their way to a meeting with the Connaught champions (I don't see the Munster Final, most likely against Tipperary, being too much of an obstacle either, they were very porous against a gallant but limited Clare). Cork to regroup and rebuild. Given enough time, I believe that Ronan McCarthy will make them a real force again. Just not this year.

GAELIC FOOTBALL BIG GUNS DEPART EARLY

Most of the results were fairly predictable, a problem for the GAA Championships always. At least with no backdoor, it adds spice to an underdog victory. I still remember Clare beating Kerry in 1992, and I'll bet that they do too. It was one of the great shocks of all time (we won't mention Waterford in 1957 eliminating Kerry in the first round; let that one rest). Since the back door came in, we have won All Irelands through the back door. I know that teams deserve a minimum of two games, but the back door is a big cushion for the top guns. And the GAA prefer it that way; the introduction of that moneyspinning nonsense of the 'Super 8s' proves that much.

Most of the first round games went as expected. Armagh were made to sweat by Derry, and that's an ominous sign for them. In fact, a bit more accuracy would have seen Derry through, instead of losing by 0-17 to 0-15. I can'r really see them rattling the latter stages; this championship is too fast for swift improvement. Longford beat Louth by the same margin, 1-9 to 1-7, while Wicklow beat Wexford by 2-9 to 0-11. John Maughan's Offaly had to resist a good fightback by Carlow to win by 3-14 to 0-20. Mayo saw off Leitrim by 2-15 to 0-11. Hard to read both Mayo and Galway this year - and Roscommon have made an art form of snatching Connaught titles from under the big guns noses before fading away in recent years. I have a sneaking



fancy for Galway – they have as much attacking flair as ever, more muscle, and better teamwork in defence.

There were two big games, and two giants fallen early.

Cavan 2-15 Monaghan 1-17

Cavan were kings away back in the 1940s, but they have had to rely on second-hand tales of those glory days for a long time now. They have always and ever been a decent side, but Ulster is a tough province and merely decent isn't going to cut it up there.

Monaghan, on the other hand Monaghan have been rattling around the top echelon for a while. They haven't been winning it, but any team that beats Monaghan has needed very careful watching. They always gave us a tough time of it, both on the field and the scoreboard. At half-time Banty McEnaney's men were ahead by 1-11 to 1-4, and Conor McManus was cementing his greatness in the foundations of a first round victory. Monaghan decided, in that Ulster tradition that I have always guestioned, to have and hold rather than build on that lead and Cavan just refused to yield. Eventually, deep in extra-time, Raymond Galligan swung over the winning free. Monaghan gone. There's now a real possibility of Monaghan ending up in Tier 2 and Cavan in Tier 1 in next year's promised realignment of the Football Championship - which I sincerely hope doesn't happen. A second tier competition is needed, but it needs to be much better thought out than this fairly arbitrary grading system.

Donegal 1-13 Tyrone 1-11

Donegal weren't even shadow-boxing in the National League Final, and we all knew it. This was the real deal, two heavyweights slugging it out toe to toe. What's more, while it did descend into defensive negativity, the old trope of Ulster football was belied by the start – both teams went for it unabashedly. One of the big planks of a blanket defence system is that you need to have a lead to defend and (the weakness that was so cleverly exposed by Dublin in recent years) you need to opposition to cough up the ball tamely to your crowded defence so that you can initiate a counter-attack.

The football was as good as could be hoped for – Kerry supporters should take note of the brutal weather and the churning up of slippery ground – work-rate (a real forte of the current Kerry team) will be beating skill in this winter championship ad accuracy will be paramount. Michael Murphy is, in my opinion, the best footballer of his generation (I'm not disrespecting the Dublin players, but they are a collective talent; Murphy had to plough many a lone furrow). Man of the match Ciaran Thompson has been a revelation or me personally, he was even better here than in his magnificent display against Kerry. He wasn't the only one. I suspected that Donegal would be a bigger danger than Tyrone, but now I expect them to not only take a third Ulster title on the trot but also to give Dublin a real rattle. Mind you, rumours and speculation about Dublin's demise seem to be based on nothing more than media hype to me. Instead of talking about who is gone from the panel, take another look at the successful U20 players coming in. I expect a Kerry v Dublin Final (and no, let's lay that card early; I am not afraid of Cork).

I expect Mickey Harte, an absolute gentleman who revolutionised his sport and has always done it with gentle dignity, to stay as manager for one last year – no manager should be judged on this particular championship in the circumstances. I may not like his style of football but I have colossal admiration for him as a person.

LADIES FOOTBALL

Kerry 5-14 Cavan 0-13

Louise ni Muircheartaigh has been one of the best forwards in the game for many years now. Se shares a lot more in Common with Colm Coper than hair colour. For that matter, young gun Siofra O'Shea has the same fielding ability and graceful finish as a certain Fossa marksman in recent times. Between them they contributed 4-6 as a rampant Kerry took Cavan apart in Birr. Declan Quill and Darragh Long have put a lot of work into blending the dashing youthful confidence of the likes of O'Shea, Hannah O'Donoghue, Fiadhna Tagney, and Danielle O'Leary with the experience of the likes of Aislinn Desmond, Lorraine Scanlon, Anna Galvin, and of course ni Muircheartaigh, and it's working as their unbeaten year continues.

That said, they face a different proposition next weekend. Cork are...well, they are Cork. Ephie Fitzgerald's side were the best team in the country for a decade (arguably, with respect to that great Kerry team of the eighties, the best ever) and even nowadays only play a reluctant second best to Dublin.



This will be a real test, one of the games of the year. The winners are practically guaranteed to top the group and reach a semi-final.

The news that the LGFA will be paying players' travelling expenses for this year is very welcome and, to be honest, long overdue. The truth is that girls still have to pay far more and give a harder commitment to playing gaelic games than boys, and the year of 20 X 20 in Womens Sports needs to effect change in things like that. I know that money is much, much tighter in the Ladies games (I had hoped that motions for co-operation in fixtures between LGFA and Camogie would succeed at both AGMs this year; they didn't, but more because of wording difficulties than a lack of will on either side) but basic expoenses should be affordable.

Long term I would love to see one inclusive body running all gaelic games, but realistically that's at least another decade away.

HURLING

Kerry 2-19 Westmeath 0-14

Basically, Kerry absolutely had to win this one. And jaysus, but they did it in some style. Star of the show was Shane Conway, with a whopping 2-12 – you don't often see Kerry hurlers making the GAA's Team of the Week, but Shnae Conway was listed in midfield after scoring a whopping 2-12. He had 1-6 of that in the first half against a very strong wind (weather is going to play a huge part in this year's championship). Westmeath led by 0-10 to 1-7 at the break, but they were guilty of some bad wides, not all of it due to the excellent pressure by Kerry's defence. They were reduced to fourteen men in a hardfought tough guarter (and make no mistake, this was tough hurling on both sides). The fourth quarter was all Kerry. Padraig Boyle came off the bench to score three points with his first three chances and Shane Nolan lashed home Kerry's second goal. The final margin might have been a little flattering, but this was a superb win and fully deserved for Fintan O'Connor's team. Next up is Antrim, who have already beaten us twice this year. Going by this display, third time may yet be the charm!

The hunt for Liam McCarthy has already taken on a special fervour of its own. Although the championship has been too drawn out for me in recent years (too many meetings of two few teams; call me when we get to the business end lads) hurling has become spectacular over the past decade, with a lot of teams very much in with a real chance. There was

a time when the Munster Final meant Cork v Tipperary. Last weekend Cork were simply outfought by a hungrier Waterford (it felt like Cork were crafty while Waterford were bodies on the line) and Tipperary were trounced by an awesome-looking Limerick. Wexford took a hard hammering off Galway – I know ye won't believe me, but Davy Fitzgerald actually sounded almost humble afterwards. You won't see that every day!

Kilkenny dominated hurling for most of my years (I half-hated and half-loved them, they were of a whole different universe to Kerry hurling). Last weekend they looked like the Cats of old in absolutely destroying Dublin in the first half..... and then looked like the more recent vintage in letting Dublin all the way back to almost snatch it at the finish.

Interesting times ahead!

CAMOGIE

Meath 1-12 Kerry 1-5

Meath played senior championship last year and gave the top teams some real scares along the way before being relegated. Kerry, a county whose long camogie tradition had been almost worn into oliuvion before the brilliant revival of recent times, won promotion as Junior Champions. That's a massive gulf between two sides, in all fairness, and while Kerry didn't bridge it, they definitely showed that they are on the

ALL THINGS...SPORT

right road with a battling performance. Kerry's star of the show, and no prizes if you guessed correctly, was once again Patrice Diggins. Mind you, I have to say that I was hugely impressed by Meath's no. 12, Aoife Minogue. Perfect reading of positions, deft first touch control, and sublime passing. You have to admire real quality, and her play was a joy to watch. Wing back Cheyenne O'Brien was another name well worth remembering. Meath took control early on and led by 1-6 to 0-4 at half-time. Amy Gaffney had kicked an early Meath goal, while Kerry had yet to score from play, Patrice with 0-3f and Jackie Horgan with another. In truth, Meath were more direct, while Kerry couldn't get enough ball into their beleagured but hard-working forwards. It looked like a hammering was on the cards, truth be told.

Kerry dug in. Jessica Fitzell got a touch to a long Patrice free, enough to divert it to the net, and Kerry started showing a lot more heart and battle., Thy couldn't quite carve out enough scoring chances, and three late Meath points made the game look a lot mote one-sided than it was, but Kerry showed more thane nough here to show that they can compete at Intermediate grade and hold their own.

RUGBY

Arrah, stop. No excuses. Ireland's fate wa in our own hands and we just weren't good enough. Poor oul' Andy Farrell is getting fierce stick; there's a lot of hindsight generals walking around talking about the team that they would have picked and that would have won the game. Ye were very quiet about yere pearls of wisdom beforehand though. Nor am I giving much credence to the guff about Johnny Sexton opting to go for a try when he could have kicked a penalty late in the first half. Ireland were hunting tries and he went for it. Yes, it turned out to be a bad call, and he did have a poor game overall. He wasn't the only one. Three years ago we were a top rugby side. Right now we aren't; that's the honest truth of it. We are still looking to the likes of Sexton, O'Mahony, and Aki to be the players they were ten years ago, but they simply aren't. France were better and deserved their win. It really is that simple. We need to stay calm and rebuild, not start pointing fingers at people doing their best.

No Musical in 2021

Killarney Musical Society have taken the decision not to put on a show this year.

In a post on social media they society said "Normally at this time of year we would have had the show announced, auditions done, character's cast and a rehearsal schedule announced! Unfortunately this year is unlike any other that we as a Society, or indeed you all as individuals within your families and workplaces have ever faced. It is one of unknown outcomes for many more months so we had to take the health and safety of all our members and their families into account when making the hard decision. We know the strength and unity that we have in our Society and have no doubt that when it is safe to do so that we will all be back together in song and dance once again. But for the moment stay safe, wash your hands, wear your masks, keep your distance and we will come back stronger next year and take to the stage as one family once more".



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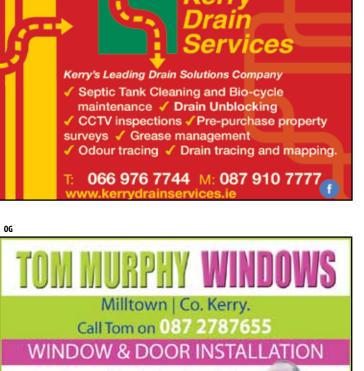
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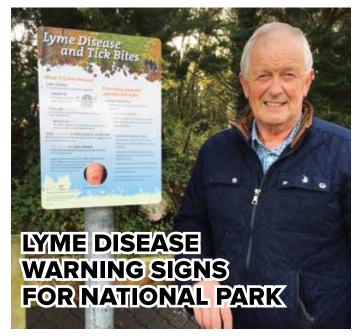
2020 SOUVENIR EDITION

If you have an old photos of Killarney or its residents please contact Aisling on: **086 0400958**

Our souvenir edition is very popular with Killarney people at home and abroad and this year more than ever it is important for us all to keep in touch. We really appreciate all the photographs that are given to us so we can share them with everyone.

> See last years Souvenir issue on www.outlookmags.com

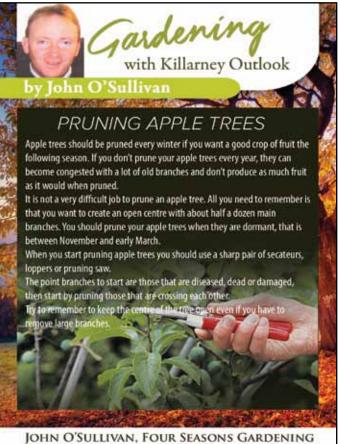
MAGAZINES



Cllr. Brendan Cronin has welcomed the erection of Lyme Disease Awareness Signs at the public entrances to Killarney National Park. "I am delighted report that following a long campaign Kerry County council have started erecting these signs", Cllr. Cronin told Killarney Outlook.

"This was confirmed in the reply to a further motion which I had at this week's Killarney MD meeting where I requested that these important information signs, giving guidance and advice in the event of discovering ticks be erected on council owned property at all entrances to Killarney National park", he added.

Signs have been erected at the carpark adjacent to the Fossa way walkway. the Upper Port Road entrance to the National Park and at the entrance to the playground. Cllr Brendan Cronin pictured at the new sign at the Fossa Way.



OHN O'SULLIVAN, FOUR SEASONS GARDENING Services, Killarney 087-2787160.

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KILLARNEY PARISH SILVER CIRCLE Week 4 Results

1st Prize €500: Denis Lynch, Dooneen 2nd Prize €250: Maurice & Peg Coffey Winners of €100 each are as follows; Breda Dwyer, Dromhale Close Emer O'Mahony, Dromhall Park Fr Brendan Walsh, Causeway Gráinne Cronin, Ballydowney Eileen O'Shea, High Street Winners of €75 each are as follows; Peter Spillane, Kilbrean Jason & Aoife Grady, Woodlawn Park Eilís Cronin, Woodlawn Park Áine Ní Shúilleabháin, Glenflesk Clair Courtney, Killarney Oaks Hotel Daniel O'Donoghue, Knocknahoe East Eileen Switzer, Dalton's Avenue Frances O'Sullivan, Ballyhar Congratulations to all winners, and thanks to all who supported, promoted and sponsored the draw this year. Tickets are still available

from Parish Office by Phone This week's prize money is sponsored by:

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Spa Muckross GAA Club members enjoying Halloween at home this year and posting their photos to the club's facebook page.





WORKPLACE STRESS

Whilst we can't control everything in our work environment, we're not powerless to make some changes - even in very difficult circumstances. Fear of losing our job, increased pressure to perform to meet rising expectations, staff cutbacks and increased overtime can all lead to excessive workplace stress. The way in which we deal with workplace stress and pressure is crucial. The key factor is to focus on those things that are within our control - namely ourselves. The better we are at managing our own stress, the less we will be affected negatively by other people's stress. Strategies to manage our own stress include

It is important not to ignore the warning signs of work stress as these can lead not only to less productivity and effectiveness but to physical and emotional problems. Some signs and symptoms of excessive job stress include lack of interest in work, sleeping problems, social withdrawal, headaches and muscle tension, fatigue, difficulty concentrating, feeling anxious or irritable and stomach upset. If you are experiencing any of these symptoms then it is time to take action. Taking care of you involves making more positive lifestyle choices one step at a time.

1. Keep Active. Regular exercise is a powerful stress buster. Try to get at least 30 minutes of heart-pounding exercise at least 5 times a week. This will enhance your mood, increase your energy and relax your body and mind.

2. Healthy eating is vital for dealing with stress. Eat small but frequent meals to maintain a balanced blood sugar, avoid mood swings, keep your energy up and help you to concentrate.

Smoking can lead to higher levels of anxiety as nicotine is a very strong stimulant.

4. Don't drink to relieve job stress as this can lead to problems down the line.

5. Aim to sleep for 7-8 hours per night as a good sleep can keep us emotionally balanced and better resourced to deal with stress

6. We've all heard how 'a problem shared is a problem halved' so share how you are feeling with family or friends.

Prioritise and Organise your responsibilities. Good time. management and organization can significantly reduce stress levels. Make a list of 'to-do' tasks and attend to them in order of importance - with high priority tasks first.

8. Break tasks into small steps - and focus on each manageable step one at a time. This will prevent you from getting overwhelmed by taking on everything at once.

Next week we will look at further strategies to reduce Workplace Stress.

SouthWest Counselling Centre, Killarney is open and providing affordable professional telephone and enfine counselling to parents, adolescents and adults during to professional telephone and online counselling to para Covid 19 crisis at its Killorney Centre (Lewis Road). Contact 064 6636416 or Email: Info@southwestcounselling.ie Registered Charity Na: CHY 14775 Charity No. CHY 14773. Summating Center is a not for profit organization. All funds remost linearith funds



Welcome back dear reader the days we are living in are overwhelming anxiety and depression have escalated and many people feel they cannot take much more. King David wrote this psalm during a time of great turmoil in his life;

O God, listen to my cry! Hear my prayer! From the ends of the earth, I cry to you for help when my heart is overwhelmed. Lead me to the towering rock of safety, for you are my safe refuge, a fortress where my enemies cannot reach me. Let me live forever in your sanctuary, safe beneath the shelter of your wings! (Psalm 61:1-4).

Friend, GOD LOVES YOU. He is not the source of the virus but He is the solution to it!

You were not made to endure stress and pressure. This whole thing has been instigated by the devil to break you. But when you enter into a relationship with God through His Son Jesus a shift occurs taking you from stumbling through life alone, to having the knowledge that He will never leave you (Joshua 1:5-9). You can live in peace and safety under the shadow of His wings in that secret place far from oppression and terror (Psalm 91). He is the Rock that is higher than you or I. God's Word the Bible reveals His promises of Salvation, protection and provision, health and peace for you.

"Cast your burden upon the Lord and He will sustain you. He will never allow the righteous to be shaken" (Psalm 55:22). Back-breaking burdens that the devil puts upon people of fear and distress dissolve in the Presence of God. But we have to first give those burdens to Him and leave them with Him for it is 'the anointing that destroys the yoke' (Isaiah 10:27). You come under the anointing of God through spending time talking to Him, studying His Word and being filled with His Holy Spirit. God is not some take-out window that you can drive up to and request your need like you order a hamburger. Good relationships take commitment and time, connection and intimacy. The more time you spend in God's Word, the more intimately acquainted you become with His love and His peace will stabilise every area of your heart and mind.

"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). Don't let fear destroy you dear one, because 'you can do all things through Christ who strengthens you! (Philippians 4:13) Our prayer line opens Mon through Friday for calls 1-3pm 087 4471797, or text anytime.

See more at wordofvictory.net



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IN MEMORIAM

2ND ANNIVERSARY

IN LOVING MEMORY OF FRANK JONES



KILLARNEY. CO KERRY WHO DIED MAY 4TH. 2018

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3RD ANNIVERSARY

IN LOVING MEMORY OF ANTHONY O' SULLIVAN



BALLINAMANAGH AND Sydney Australia who died on November 5, 2017

Today recalls the memory Of a loved one gone to rest And those who think of him today Are those who loved him best The flowers we lay upon his grave May wither and decay But the love for him who lies beneath Will never fade away.

Forever loved and missed by his father, Paddy and brothers, Brendan, Patrick, Killian, Stephen, Darragh and Enda.

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

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.

ACKNOWLEDGEMENT & 1ST ANNIVERSARY

IN LOVING MEMORY OF

DAN MCCARTHY



INCH, KILCUMMIN, KILLARNEY Who died on 12th November 2019

As we lovingly remember Dan on his first anniversary, Diarmuid, Donie, Anne, son in law Pat, daughter in law Tina, grandchildren Keelin, Laoise, Fionn, brother Patsy, nephews and nieces wish to thank those who supported us in our sad loss.

We sincerely thank those who attended the Rosary, removal and funeral mass and we are grateful to the people who travelled long distances to attend. To those who sent mass cards and floral tributes, it is very much appreciated.

A special word of thanks to Fr Jim Lenihan and Fr Looney for celebrating the funeral mass. To Fr Howard and Fr Mulvihill we appreciate your visits to Dan at home.

We thank Dan's neighbours, friends and relations who visited at home during his illness. To Dr Darren Quirke and staff at Deenagh Medical Centre, Southdoc, HSE ambulance crew, thanks to the Public Health Nurses and Kennelly Pharmacy thanks so much for your care and professionalism towards Dan at all times.

We remember the great care provided to Dan by Noreen and Alex and the other home helpers during his final two years.

We wish to thank O'Shea's Undertakers for their professionalism. Siobhan and the alter servers, Noreen and Tim for the meaningful church music. Also we appreciate the staff of the Village Inn, Kilcummin GAA Club Bar, Kilcummin Gourmet Kitchen for providing beverages and catering. A word of thanks to the people who helped with organising the rosary at home.

It is impossible to thank everyone individually, please accept this acknowledgement as a token of our gratitude. Mass will be offered for your intentions.

Dan's Anniversary Mass takes place on Friday November 6th at 7.30pm and can be viewed on churchservices tv Kilcummin.

Ar Dheis De go raibh a h-anam.

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We want to send all our customers well wishes and look forward to reopening soon!



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