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Juno Hussey, at the annual traditional Christmas Day swim, at Dundag, Muckcross Lake, Killarney National Park. Photograph: Valerie O'Sullivan. See more of the brave swimmers on page 28



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07 : 01 : 22

CAPITOL MAN STEALS THE HEARTS OF THE NATION

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Aisling Crosbie.

FROM THE EDITOR

Welcome to the first edition of Killarney Outlook in 2022. It's a busy one featuring the man who stole the nation's heart, Donie O'Sullivan, news on the Kerry Heroes who were honoured and recycling facilities available following the Christmas season.

Brave swimmers took to the lakes on Christmas Morning, the call for actors for the Wander Wild Festival has been issued and the Diocese of Kerry is preparing to hold Mission 2022.

With Walk in Vaccination Clinics open this weekend, the best way for everyone to stay safe and to continue to protect our loved ones over the coming weeks is to isolate immediately if symptomatic, to keep your social contacts as low as possible. It is important to avoid high risk activities and poorly ventilated environments and to continue to follow all of the public health measures that we know can stop the spread of COVID-19.

HELPFUL CONTACT NUMBERS

COVID-19 SUPPORT LINE FOR OLDER PEOPLE

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ALONE has launched a national support line and additional supports for older people who have concerns or are facing difficulties relating to the outbreak of COVID-19 (Coronavirus). Professional staff are available to answer queries and give advice and reassurance where necessary. The support line is open Monday to Friday, 8am-8pm, by calling 0818 222 024. Hours may be extended to meet the demand.

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BEAUTIFUL BLUEPOOL captured by Elaine Clifford

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CAPITOL MAN STEALS THE HEARTS OF THE NATION

He stole the heart of the nation when his documentary aired on RTE on Tuesday night last and has now become a household name both here and in the USA.

Journalist Donie O'Sullivan from Caherciveen hit the headlines last January when he caught the eye of CNN viewers during his calm reporting of the Capitol Hill riots in Washington DC on January 6th last.

The riots occurred when Trump supporters broke into the US Capitol building in protest at the election of Joe Biden as President of the United States.

Donie was at the Capitol Building reporting for CNN and shared live updates from the riots which saw four people lose their lives.

The RTE One documentary Donie O'Sullivan: Capitol Man looked back at Donie's story, growing up and going to school in Cahersiveen and continuing his education at UCD and Queen's in Belfast.

It also touched on Donie's mental health struggles during his 20's when he suffered from panic attacks.



Donie pictured with The Kimmage family from Killarney when they met in on a beach in South Kerry during his visit home. Included are Donie O'Sullivan, Eilish, Louise and Padraig Kimmage.

The documentary also included interviews with Donie's family and friends and even featured a family from Killarney, The Kimmage family who met with Donie on a beach in Caherciveen last summer.

"He was such a lovely fella", Eilish Kimmage told Killarney Outlook "and it was a great surprise to see us all on the documentary on RTE, she added, "They had the cameras running when he came over to us. We knew that we were being filmed and they asked us for our permission to use it. We didn't think that we would actually make the documentary", Louise said.

Upcoming **WALK-IN BOOSTER CLINICS** at the Kerry Vaccination Centre



Walk-in clinics for Covid-19 booster vaccinations will take place at the Kerry vaccination centre this week.

A Walk-in clinic for those over 30 years of age will operate on Sunday January 9th from 9.30am-4.30pm. We ask the public to please note set time and dates for age specific categories.

We continue to urge those eligible not to wait for a booster appointment as they can now avail of their vaccine at one of our walk-in clinics. The centre is located at the former Borg Warner site in Monavalley in Tralee, V92 HT21

ACTORS WANTED FOR WANDER WILD FESTIVAL



The inaugural Wander Wild festival will take place 25-27th March, a celebration of Killarney's Great Outdoors.

Early next week the festival organisers have two days of video being shot next Monday and Tuesday (10th and 11th January) in various outdoor locations.

They are seeking men and/or women, between 20-40 years old (approx) for two hours each.

Volunteers will be required to participate in an activity that will feature in the festival and according to the organisers it will be more fun than work! If you are interested in helping and are up for a laugh, text Paul on

0876860483.

The Wander Wild Festival weekend will be packed with unique experiences in some of the most amazing natural settings anywhere in the World. From climbing Ireland's highest peak, Carrauntoohill, to immersive kayak tours to Innisfallen island. Wander Wild is about inspirational experiences; in 25,000 acres of UNESCO National Park, Ireland's highest mountains, our three beautiful lakes and film, speakers events, exhibitions, food, culture and craic. Adventurers of all abilities are welcome. Rediscover Killarney and re-awaken this Spring.

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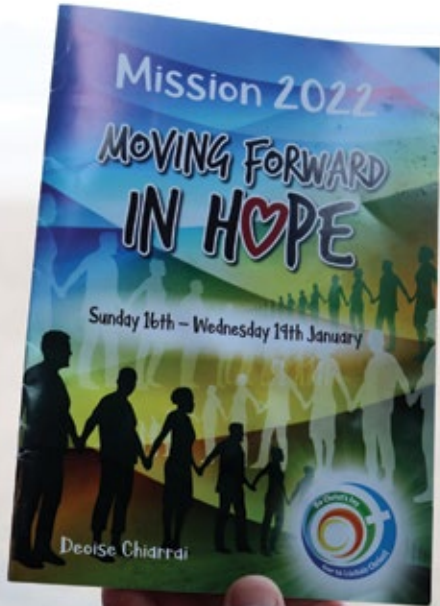
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MOVING FORWARD IN HOPE AS DIOCESE OF KERRY HOLD MISSION 2022



It is hoped the Mission will:

- Help to lift the spirits and hearts of those who take part
- Nurture faith communities in this ongoing Covid reality
- Encourage people to live with hope and solidarity as a community we negotiate our way through this challenging time.

The elements of the Mission

A Mission Booklet available online on dioceseofkerry.ie or in hard copy from your parish church.

A Schedule of Mission activities for each day Sunday to Wednesday

Each day, you are invited to join in

- Daily Prayer – outlined in The Mission Booklet
- Mass in your parish
- Daily Reflection – online
- Children's Prayers– online
- Family Time - suggestions in The Mission Booklet
- Mission Talk each evening at 8pm with speakers including Oisín McConville, GAA pundit and counsellor and All Ireland Education Facilitator; Kate Liffey, Chaplain, catechist and mother; Fr Seán McDonagh - Climate justice activist and Columban priest and Miriam Kerins Hussey, Pharmacist and holistic health and wellness coach.
- YouthDoK Instagram for youth and young adults
- 16- to 30-year-olds, are invited to follow The



Oisín McConville, GAA pundit and counsellor and All Ireland Education Facilitator is one of the speakers at the Mission.

Mission online through Instagram and their own podcasts linked to the Mission Talk Speakers.

The Mission will be central to our ongoing Radio Kerry Programming

- Horizons at 9am Sunday
- Sunday Mass at 10am Sunday
- Just a Thought at 7.30am and 12noon Monday to Friday

Those interested in attending can Register on www.dioceseofkerry.ie and will receive a daily email with the direct link to each aspect of the Mission. There is also an opportunity to make online Prayer Petitions.

Mission 2022 can be followed on the Diocesan website, on Instagram and Facebook.

The diocese of Kerry is holding Mission 2022 online with connections to local parishes from 16th to 19th January. This Mission, called, Moving Forward in Hope offers an opportunity for people to gather in reflection and in prayer, online and in the home. Like the traditional Parish Mission, all are welcome to participate, inclusive of all age groups and those involved with church or those who have disengaged with church. Everyone is welcome! Register with dioceseofkerry.ie to get your daily Mission Schedule e-mailed directly to you and giving you links to all aspects of the Mission.

CHRISTMAS JUMPER DAY 2021 RAISES €21,281 FOR ST VINCENT DE PAUL IN KERRY



A whopping €21,281 has been raised by the Radio Kerry's annual county wide Christmas Jumper Day 2021 fundraiser for St Vincent de Paul and supported by Garvey's SuperValu.

It is the eighth year of the fundraiser and brings the amount raised to date to over €138,000.

Schools, crèches, factories, shops and individuals and pets across the county took part in the 2021 Christmas Jumper Day on Friday December 10th. There was lots of festive colour with jumpers of all shapes, colour and sizes, shop bought and borrowed.

Junior Locke and Paddy Kevane of St Vincent de Paul Kerry thanked everyone who took part and donated once again for their generosity.

Once again Kerry shows great community spirit in difficult times. The money raised will help St Vincent de Paul to make it a better Christmas and 2022 for Kerry families who continue to face great difficulties.

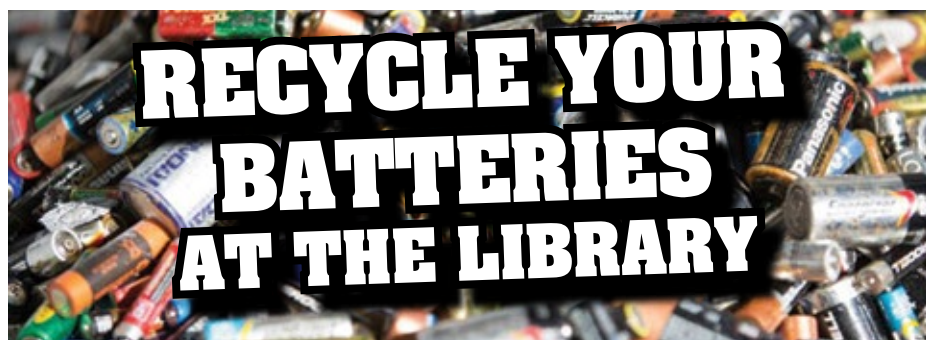
St Vincent de Paul operate a donation centre in Monavalley, Tralee and eight stores across their Conference areas in Tralee, Castleisland, Listowel, Killorglin, Killarney, Dingle, Kenmare and Abbeyfeale. Donations can be made directly to the St Vincent de Paul Kerry bank account IBAN: IE07 BOFI 9058 3896 5291 51, at their shops around the county and via <https://pay-payzone.easypaymentsplus.com/fundraising/campaign/86>

From toys to christmas lights, Christmas is probably one of the times of the year when you use lots of batteries.

You can now recycle used batteries at your local library. So why not take a visit to your library, pick a book or two to enjoy in January and recycle all those used batteries.

The Library is open until 5pm for Browsing and Borrowing, newspapers, PCs, internet and WiFi and study facilities.

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KERRY HEROES HONoured

Eight Kerry Heroes have been recognised as the Fexco Kerry Heroes of 2021.

The eight award winners were announced by Radio Kerry.

Over 50 nominations were received for this year's awards, all deserving of recognition in their own right, which made the decisions even more difficult for the panel who were asked to choose the eight award winners.

Each award recipient will be presented with a specially created 2021 award of a handcrafted vase sponsored by Louis Mulcahy Pottery/Potadóireacht na Caolóige, Clogher, Ballyferrier.

The eight award winners are

Sean O'Laoghaire – from Portmagee he has a herd of goats and he has been keeping people going through lockdown with his daily facebook posts featuring storytelling and folktales

Brid O Connor – a recent interviewee of Ian O Connell on his Standing Out programme Brid O Connor is a breast cancer survivor who lost her mother to the same disease. She has written Spark – a beautiful collection of conversations with people who have suffered pain, loss and life altering events and have had the strength to reset their lives following these trials

Aperee Living Camp (formerly Ocean View nursing home) in Camp – The staff and residents at Aperee have been nominated for all they have done to protect and enhance the lives through the pandemic and the last 12 months. The residents for the resilience they have shown not being able to see friends and family for long stretches of time but came through it all smiling– Like many in nursing homes across the county both staff and residents deserve the recognition.

John Naughton – John Naughton was nominated by the staff of the Presentation Secondary School Castleisland – John is the caretaker – one of lifes gentlemen he goes above and beyond the call regularly and helps in all sorts of ways everyone in the school community – always with a smile – he represents according to the nomination someone who has taken on extra workload and challenges due to the pandemic – like in many

of our schools across the county who have had to rise to the difficult challenges that the past 12 months have brought about.

Postmen and Women of Kerry – For their incredible work over the course of the pandemic – nominated by Con Dennehy "the postmen and women of Kerry delivered a quality personal service to all. Along with the post they brought groceries, picked up medicines, the parish newsletter from churches, and fuel from the nearest shop to people in isolation in tough times"

Martha Farrell – Martha is a founding director of Maharees Conservation Association and has led it from its inception to be a nationally recognised leader on coastal protection and conservation issues. She brought together over twenty coastal communities nationwide all experiencing similar challenges to Maharees and championed their issues at a national and government level .

St Johns Church Tralee– representing all churches and religious groups – Nominated by a parishioner the staff clergy and volunteers of StJohns Tralee faced and met all challenges including saying mass to empty churches, managing numbers safely and providing hope



in the real as well as the online word for people of faith.

James O Donoghue – representing all shopkeepers who went above and beyond – James of Oaklands Daybreak in Oakpark Tralee did so much for people in the area from a shop that is an institution in the area, working right throughout several lockdowns and providing a link with those elderly people in the area for that was a lifeline from the paper and scones in the morning to hot dinners in the evenings as well as essential supplies.



One of the recipients of the Fexco Kerry Heroes award Brid O'Connor pictured with her book "Spark" and her family Kevin, Laoise and Tiernan O'Connor. Photo Joe Hanley

MARY'S SONG IN THE TOP 100

Following the release of her self penned Christmas EP on Friday 3rd December on All Streaming Platforms Worldwide, Killarney Soprano Mary Culloty O'Sullivan is celebrating the news that "Christmas Bells" has charted at No. 26 in the Top 100 Christmas Songs!

A recipient of the 2021 Eamonn Kelly Bursary Awards from the Kerry Arts Council Mary was able to fund the song which is available to Download on Spotify, iTunes and all other streaming platforms worldwide.

"It is a fantastic start to 2022", a delighted Mary said.





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KILLARNEY DEEMED 'CLEAN' IN IBAL SURVEY

The final survey of 2021 by business group Irish Business Against Litter (IBAL) shows that Killarney is 'Clean to European Norms', gaining the 13th spot with Tralee coming in on 14th in the ranking of 40 towns and cities. Each recorded a jump of 9 places on the previous survey. The study found PPE litter was found to be at its highest level nationwide since the pandemic began.

Naas finished ahead of Portlaoise and Ennis to record its first win in the annual rankings. There was a slight fall in the number of clean towns nationwide, to 22.

The An Taisce report for Killarney stated:

Killarney has consistently been a strong performer over many years of the IBAL litter league – things were no different this time around. The many top ranking sites included Main Street, Kenmare Place, Main Street and Maurice O'Donoghue Memorial Park – the latter is a recently laid out / opened park environment which was attractively presented and maintained. There were no seriously littered sites in Killarney.

The report showed PPE litter at record levels, with an increase in the presence of both masks and gloves. There was a significant rise in other pandemic-related litter, such as coffee cups, while alcohol-related litter remained at previous levels despite hospitality reopening and the survey being conducted in winter.

IBAL has frequently criticised the failure of local authorities to clean up sites identified in its surveys as heavily littered, and this was again the case. Of 89 such sites highlighted in summer last year, only 33% had been addressed by the time of this most recent survey.

2021 was the 19th year of the IBAL Anti-Litter League.

What the judges had to say:

N72 Dr Hans Liebherr Road: Grade A. An

exceptionally clean, well presented and maintained road with all aspects of the area surveyed in very good condition e.g., road surface, markings, signage, pathways and tree planting.

St. Margaret's Road: Grade B+. The presence of food related litter and face-masks prevented this mixed-use road getting the top litter grade. It was most obvious along the stretch between Ballydowney and Millwood with no visible items between Millwood and Rock Road. A construction site appears to be well managed from a litter perspective as there was no visible litter associated with it.

Rock Road: Grade B. A more thorough approach to cleaning the base of the shrubbery, in particular, the hydrangea, based on the volumes of litter items found there. Other scatterings of food related items were present throughout. The Grotto is a lovely feature which was well presented and maintained.

Deerpark Retail Park: Grade A. A very freshly presented retail park environment with substantial parking and paving. There was a virtual absence of litter throughout the area surveyed. The area is well served by litter bins and plenty of warnings about littering and CCTV. Ornamental tree planting is a welcome addition in the vast car park area.

Park Road: Grade A (from Park Road Roundabout to junction with Countess Road) There were no litter issues of note along this route, lined with older residential houses.

Maurice O'Donoghue Memorial Park: Grade A. This newly opened (June 2021) walking and cycle path facility was very much deserving of the top litter grade, just minor litter items at the base of the seating areas. It has been very attractively presented. A lovely feature was the green wrought iron seat.

Car Park at Beech Road: Grade A. A large street level car park, with a 'Bring Facility' within. The car park surface, markings and signage were in very good order and the bring centre was



exceptionally clean. Well done to all concerned.

Kenmare Place: Grade A. A very freshly presented and well maintained town centre environment. Visitor information notice board, wooden seating, tree planting, etc. were in very good order. It was excellent with regard to litter.

Main Street: Grade A. This attractive main shopping street has frequently been a top-ranking site – things were no different this time around. As well as the usual street furniture, an area of outdoor seating had been adorned with colourful flower pots.

Barry's Lane: Grade B. Barry's Lane could easily get the top litter grade with a little extra care on behalf of smokers. Significant accumulations were present throughout but most notably near the drain opening. Lower levels of sweet paper and other items were also present.

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

With Anne Lucey



In her new weekly column with Killarney Outlook, Anne Lucey looks at the positive news happening in the town of Killarney



A School of Photography and Film in Killarney - why not?

Killarney Landscape and travel photographer Teddy Sugrue has had a lovely start to 2022 with the receipt of a Silver Medal from the Pannonia Reflections Photographic Salon in Slovenia for an image titled Kinard Rough Waters.

It is one of several awards and recognitions at home and abroad for Tedd's stunning photographs. And it struck me Killarney has produced photographers in the way Cahersiveen at the moment is producing writers and journalists – Donie O'Sullivan – Mick Clifford – Micheál Lehané .

We have a longer list in Killarney and of longer standing when it comes to photographic talent.

At the moment there can hardly be a town anywhere, in Ireland, the UK or indeed much of Europe that is hosting so many photographers and such photographic talent. Don Mac Monagle, to Valerie O'Sullivan, Michelle Cooper-Galvin, Julien Behal, Bryan O'Brien and now Marie Carroll O'Sullivan are known for their press and book work. But we also have Keith and Evelyn Woodard, Peter O'Toole, Peter Cox, Tim Hartnett, and a host of others in landscape, portraiture, wildlife and creative and wedding and events photography.

What we have always needed in Killarney along side the visual is the visionary. The revelation in this column that plans were advancing for a third level college in the Killarney Pretty Polly site might inspire organisers "to eye up" a course in photography, perhaps?

Especially, when such national and international talent can be harnessed locally many of whom I am sure would be delighted to impart their skills and experience? The Killarney School of Photography and Film sounds just about right for the town which produced The Dawn almost 100 years ago. That's one wing of the new third level college assigned!

Christmas Crackers and Dry January

If there Christmas spirit was somewhat lacking this second Pandemic Christmas, then so were the Christmas crackers. These

were so scarce, and so out of sight, I forgot mine for the first time ever and when I went to look there were none to be had. Apparently the run on crackers began early, retailers tell me.

Thankfully there was no run on Christmas decorations and Muckcross café and craft shop centre sported one of the most spectacular sets of displays this year. In aid of the South West Counselling Centre, the urban setting with its railway and snow with the manger to the side, appropriately, drew lots of awe, as did the snowy owls on the Christmas tree.

Over a week's work went into the displays and it is to be hoped the decorations won't be packed away too early and will be allowed linger.

Christmas dried up too early for some with the push for a dry January, hastened by the huge increases in the bottles of wine and other drink. This was before the 12 days of Christmas were even up.

Sent around the off-licenses, this week I found there is some concern about the impact on the budding local brewing, distilling industry as well as the Irish cider industry, one retailer told me.

In fact in one premises Irish cider took such a hike, certain brands were likely to be discontinued I was told.

January does not seem like a good month to dry anything or to bring in too many changes and yet here we have it and in this year of all years! One wonders if February and the Celtic Spring and the help from longer days is not a better and more natural time to whip us all into shape and make us all more virtuous and abstemious? I was reminded of the lines from Shakespeare – the bard did not like the Puritan spirit that was rising in seventeenth century England and which was to flower under Cromwell .

“Dost thou think that because thou art virtuous, there shall be no more cakes and ale?”

Sir Toby Belch asks the spoilsport Puritan Malvolio when he arrives to break up the all night party in the Christmas play Twelfth Night.

I got something the same from the retailers this week – the hike in prices will probably stop no-one drinking. At least in January!



Kathleen's Country Home features in RTE show

A well known Killarney boutique hotel is at the centre of a sketch on RTE which has hit the headlines. Kathleen's Country House was the venue for the "Big Night In" starring the former Circuit Court judge Brian Curtin.

The plot centres on a couple's wedding plans in the hotel and how they turn to disaster after a set up by other actors. Brian Curtin plays Brian the Porter.

The former judge has had a lifetime interest in acting and has appeared in a number of productions but his appearance last week caused a stir. However few people seem to be aware that Kathleen's Country House – the name of the sketch - is the actual Killarney Hotel.

The set uses the mahogany reception desk and features some of the house's huge collection of paintings by Kerry based artists. Apparently Adare Productions had conducted a search for classy boutique hotels and the Killarney Hotel was selected. The filming took place over a whole weekend in the late autumn, at a time when the premises was closed.

It coincides with a Christmas card video received by Kathleen of a Killarney wedding she arranged 20 years ago for a US couple Caroline and Robert. The video shows the couple's marriage at St Mary's Cathedral, a horse and carriage taking them from the church and the champagne reception on the Lower Lake at the Hotel Europe.

At the time there was a Kathleen inspired marketing campaign entitled "Kerry for Lovers" launched by Dick Spring.

And the 2002 wedding probably marks the beginnings of the now huge wedding business set in the splendour of Killarney's architecture and scenery.

Over this Christmas period alone, Killarney hosted several weddings during the Christmas period and parties arrived from Cork, Dublin, Tipperary and the UK as well as Killarney and the wider Kerry region.





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JUNIOR AND SENIOR BASKETBALL CHAMPIONS FOR CASTLEISLAND COMMUNITY COLLEGE!



Junior Team - Standing from left -Anna Kerin, Amber Fleming, Yvonne Rice (Manager) Grace O Callaghan, Kayleigh Barrett, Abbie Mahony, Bella Harmon, Laura O Donoghue, Ella Killington and Maurice Casey. Kneeling from left: Shauna Mc Carthy, Amy Mc Carthy, Tara Kerin, Keeva Aherne, Mikaela Buckley, Katie Kerins, Ciara Shanahan, Eilís Enright, Anna Lee Crowley. Missing from the photo is Denny Porter (Trainer).



Senior Team from left standing from left: Yvonne Rice, Anna Kerin, Bernadette O Mahony, Tara Kerin, Molly Mahony, Keeva Aherne, Rachel Murphy, Miriam O Connell, Máire Collins and Maurice Casey. Kneeling from left: Shauna Tangney, Leah Boyle, Rachel O Sullivan, Abbie Mahony and Emma Kerin. Missing from the photo is Denny Porter (Trainer).

Castleisland Community College was celebrating the double win by their Junior and Senior teams in the South West A League Basketball Competition 2021. Both Junior and Senior teams had reached the semi-finals of the competition having previously defeated Coláiste Mhuire Ennis, Mounthawk Tralee, Cresent Comprehensive and Presentation Castleisland. In the semi-finals in Ballybunion, the Junior team defeated Milltown and Mounthawk in the final. The senior team defeated Rathmore in the semi-final and Pobalscoil Inbhear Scéine in the final. The team captains Tara Kerin (Junior captain) and Rachel O Sullivan (Senior captain) received the trophies. Principal Teresa Lonergan stated 'There is great credit due to the players, their

trainer Denny Porter and managers Yvonne Rice and Anna Kerin. Castleisland Community College is a small school in comparison to many of the larger town schools that have access to a much larger pool of players. The last time the Senior team won the competition was in 1993 and it was 2016 when the Junior team last received the trophy.

The two teams now go forward to the play-offs of the All-Ireland quarter final of the Post Primary Basketball A League Competition. The games will be played in January 2022. The students will continue their training over the Christmas holidays in preparation for January. A huge achievement for all to do it on the double.



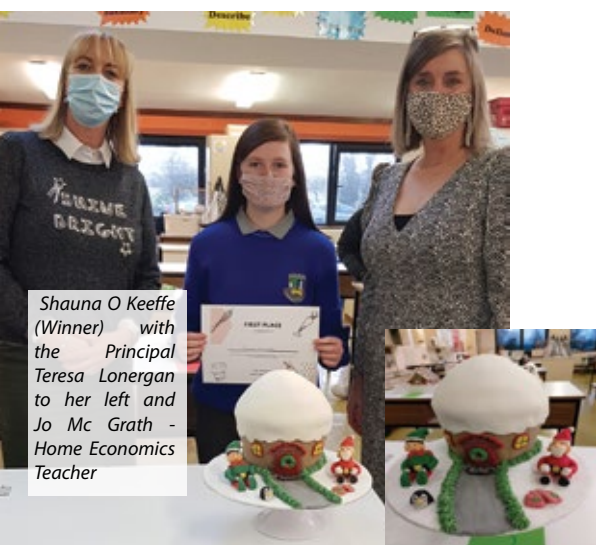
Captains with their trophies from left Rachel O Sullivan (Senior Captain) and Tara Kerin (Junior Captain)

BAKERS CREATE FABULOUS GINGERBREAD HOUSES IN SCHOOL COMPETITION

Castleisland Community College held a Gingerbread House Competition in the run up to Christmas and the entries were worthy of an episode of Bake Off!

All students in the school were invited to take part in a Gingerbread House/Christmas Baking Competition before the Christmas holidays. The competition was organised by Home Economics teacher Jo McGrath. The entries were displayed in the Home Economics room. Students from all classes and teachers voted on their favourite entry. Jo

Mc Grath (Home Economics) teacher commented: 'The standard of entry was outstanding and it certainly displayed the superb effort made by all contestants. The creativity by the students was excellent'. Shauna O Keeffe in Transition Year was in 1st place, Bláithín O Mahony (3rd year) was in 2nd place and Meghan Aherne (1st year) came 3rd. These winners received gift vouchers and all contestants received a goodie bag and a certificate. Maith sibh!



Shauna O Keeffe (Winner) with the Principal Teresa Lonergan to her left and Jo McGrath - Home Economics Teacher



Bláithín O Mahony came in 2nd place



Meghan Aherne came 3rd.



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OLYMPIAN WELCOMES RUNNERS AT THE FINISH LINE



Men Winners: L to R David Kenny, Irish Olympian pictured with 3rd Aogán Mac Domhnaill (West Limerick AC), 1st Oisín Spillane (Tralee Harriers), and 2nd Derek Griffin



Women Winners L to R pictured with Irish Olympian David Kenny, 2nd Sórcha Nic Dhómhnaill (Donore Harriers) 1st Michelle Finn (Leevale AC) 3rd Niamh O'Mahony (An Ríocht AC)

Irish Olympian David Kenny was at the finish line for the annual Farranfore St. Stephen's Day 5K & 2K 2021

It was a beautiful day for the 60th Annual Farranfore St. Stephen's Day Road Race held on Sunday 26th December 2021. The morning began with some showers but soon began to clear giving ideal conditions for participants. The dry, warm weather brought out more than 400 runners and spectators. We had close to 100 participants in the 2K Fun Run/Walk. This was our second year holding this event and it has proven very popular for our young children and parents to get out and be part of the atmosphere.

We had 299 participants in our main event, the 5K timed Race. To recognise our 60th year of running this event we had Tom McCarthy present to start the races. Tom was the very first athlete to win the road race back in 1961. This year his son, Ted and grandson, Conor, were taking part in this year's 5K.

In attendance was two Olympians: Our club race walker David Kenny & Michelle Finn (Leevale AC) back to contest her title after just recently representing Ireland in the Euro XC and earlier in the year she was in Tokyo taking part in the Steeplechase.

Full Results: Results 5K 2021

From the start it was Oisín Spillane (Tralee Harriers), Derek Griffin from Tralee, Aogán Mac Domhnaill (West Limerick AC), Tony Harty (Killarney Valley AC) who set the pace as they climbed the hill heading out of the village

towards the railway crossing. Hot on their heels was Michelle Finn (Leevale AC) sitting in nicely amongst the lead group. After the 1K mark Oisín Spillane was starting to open up a comfortable lead just behind was Derek, Aogán, Michelle & Tony. Keeping in contact was Donore Harriers Sórcha Nic Dhómhnaill. By the time Oisín had reached the half way turn around point the field of 299 was well strung out along the road. At the finish line everyone was waiting in anticipation as they looked towards the top of the hill to see who would be first in sight. Eyes changing from the hill to the time clock. 14 minutes, still no sign, comment made that Mark Hanrahan's course record of 14:38 was safe. Just they over the horizon a figure could be seen, just the one runner, no one else in sight. As he made his way down the hill with just 400m to go, word whispered Oisín Spillane, his long hair blowing in the wind gave it away. Cheers came out as he past the finish line in 15:13. A battle was on for the next two positions but in the downhill stretch it was Tralee man, Derek Griffin (15:58) who edged out Aogán Mac Domhnaill by just 4 sec. Hot on his heels was Olympian and National Senior XC winner, Michelle Finn winning in a time of 16:05. Breaking the current course she held by an amazing 13 sec. Local man Tony Harty was just behind (16:15) fighting to hold off our second lady, Sórcha Nic dhómhnaill finishing in a time of 16:19.

Third lady finisher was Niamh O'Mahony (An Ríocht AC) in a time of 17:20. First club runner home was Arthur Fitzgerald in a time of 17:25.

Mary Daly was our first lady finisher 19:12 & seventh lady overall.

Farranfore Maine Valley Athletic Club would like to take this opportunity to thank all those who sponsored, volunteered and participated in the event. This annual event helps raise money in support of the club's year-round programs. Thanks to more than 400 runners, family members, and volunteers who came out to support. We hope this annual event continues to grow and receive the continued support of the community.

The club acknowledges the following area businesses and organizations whose kind support helped to enable us to run a safe and successful event: Main Sponsors: DUNNES STORES, KERRY AIRPORT, MORIARTY'S CENTRA FOODSTORE, CREDIT UNION KILLARNEY, The Supporting Sponsors: THE BREHON, A FIT BODY GYM. please take note of ALL of our sponsors and support them throughout the year. There would be no race without them.

In closing, the club would also like to thank all race participants, the local council, Order Of Malta, An Garda Síochána and all of the special volunteers who took the time to help on race day and for all of the "behind the scenes" work. We could not have done it without you! Hope to see you all next year.

Be Active, Be Healthy... Be There!

FREE TREE MULCHING SERVICE

Kerry County Council is providing a free mulching service for used Christmas trees and holly for residents in the greater Killarney area. The free recycling service is available from Friday, 31st December, 2021 until Friday, 14th January 2022 at the Lower New Street Car Park.



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KERRY MOUNTAIN RESCUE TEAM LOOK BACK ON BUSIEST YEAR TO DATE

2021 has been the busiest year in the history Kerry Mountain Rescue Team with the team dealing with 68 callouts up to Christmas Eve.

It follows a quiet year in 2020 with the Covid-19 pandemic casting a shadow over both years; strict lockdowns meaning fewer numbers of people taking to the hills in 2020, and the reverse trend in 2021 with huge numbers of people out and about, particularly over the summer months.

The large increase in visitors to the mountains of the South West this year inevitably resulted in a higher rate of callouts with the majority of incidents occurring in the McGillycuddy's Reeks and a number of others occurring on the Dingle and Beara peninsulas.

Slips, falls and lost parties accounted for the vast majority of incidents with an unfortunately high percentage of serious injuries. Though accidents can and do happen to even the most experienced mountaineers, the main trend in incidents during the year involved a significant number of poorly prepared and ill-equipped parties on the hills.

While it is fantastic to see the increase in popularity of mountain sports in recent years, we would strongly advise people new to the mountains to ensure they research their chosen activity well in advance and employ the services of a guide or join a club to learn the skills required for a safe and enjoyable adventure.

The team continued to train regularly throughout the year, ensuring that essential core skills such as first aid, casualty care and evacuation, technical ropework, navigation, 4x4 and radio communications were refreshed with newer skills and techniques well-practiced in all conditions.

Once again, the team would like to extend a sincere thanks to all those who have donated funds to the team over the year. The team relies heavily on donations to meet their annual running costs and they very much appreciate the effort that donors and fundraisers make in this regard.

KMRT WINTER SAFETY MESSAGE

With the short winter days, cold weather and dark skies, it's more important than ever to plan ahead to ensure you stay safe out on the mountains. As the winter sets in, there are a few key safety considerations for those heading into the mountains.

Be Aware: Make sure you start your walk or climb early enough in the day; be aware of what time it gets dark and allow for rapid changes in the weather too.

Plan: Plan your day and route taking into consideration a reliable mountain weather forecast. Leave a route plan with a responsible person. Don't forget to keep an eye on the weather during the day. Always be prepared to turn back or take a shorter route. The mountains will still be there another day.

Prepare: Whatever your plans, you'll need a good torch and spare batteries in case you get delayed. People sometimes prefer to carry a second lightweight torch so they don't need to change batteries in the cold or the dark if the head torch packs up.

Equipment Checklist (minimum)

- Sturdy footwear with a good tread
- Food and warm drinks
- Waterproofs
- Map and compass and ability to navigate
- Hat and gloves
- Torch and batteries
- Extra layers to keep warm and dry
- Fully charged phone and spare battery
- Bivvy bag or group shelter and first aid kit
- Ice axe, crampons and winter skills (when the snow and ice finally arrive!)

If you need to call out mountain rescue, first make a note of all relevant details:

- Location (with a grid reference if possible)
- Name, gender and age of casualty
- Nature of injuries or emergency
- Number of people in the party
- Your mobile phone number.

Dial 999 or 112, then ask for "Mountain Rescue".

Give all your prepared details of the incident and **STAY WHERE YOU ARE** until contacted by the rescue team.

Kerry Mountain Rescue Team is made up of 35 entirely voluntary members who are on call 24 hours a day 365 days a year to respond to anyone who is in distress in the mountains of southwest Ireland



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FINAL CHANCE TO SUPPORT SVP ANNUAL CAR DRAW FOLLOWING 'UNPRECEDENTED' CALLS FOR HELP

Following an unprecedented amount of calls for help throughout the final months of 2021, with an average of 100 people per week reaching out for assistance to St. Vincent de Paul, the society are issuing one last call for entries to their fundraising raffle. This Friday January 7th at 12 noon marks the deadline for entries for St Vincent De Paul's Annual Car Draw and is the final chance to win a brand-new Ford Focus ST-Line as well as cash prizes with all proceeds going to SVP Cork and Kerry branches.

The SVP South-West region of Cork and Kerry has seen an unprecedented amount of calls for help throughout the final months of 2021, with an average of 1000 people a week reaching out to seek assistance.

One in six callers reported that they are struggling to pay essential utility bills such as gas, electricity and fuel, with a number of people in significant arrears with utility suppliers after an embargo imposed during the pandemic to prevent people from being cut off was lifted by the Government.

The charity says that more people than ever are contacting them seeking help and support, with 15% of callers last month recorded as first-time callers.

With fundraising opportunities greatly diminished for the last couple of years as a result of the pandemic, SVP South-West has said it is under severe pressure across all of their core services.

The Annual Car Draw is SVP's largest fundraising drive each year.

Regional President of SVP Paddy O'Flynn said the Cork and Kerry public has always been extremely generous and the charity was blown away by public support last year.

However, he added that the Society was deeply concerned that there is a perception that the difficulty and challenges that SVP face this year have diminished in comparison to 2020.

Tickets for the raffle cost €5 each, or €20 for five tickets, and can be returned in the Freepost SVP envelope or dropped into the SVP Regional Office at Ozanam House, 2 Tuckey Street, Cork or Unit 2 Monavalley Business Park, Tralee, Co Kerry.

You can also purchase tickets online at the following link:

<https://app.galabid.com/svpcardraw>,

First prize will be a brand-new Ford Focus, kindly donated by CAB Motor Company. In addition to this there will be six other cash prizes. The final date for entries will be 12 noon on Friday January 7th 2022.

The draw will take on Wednesday, January 12th 2022 at CAB Motor Company showrooms, with the Lord Mayor in attendance, where the winners will be announced. Details of the winners will be published on www.SVP.ie and in the Irish Examiner with the event streamed later on social media.



Full steam ahead for the

FIONA CROWLEY STAGE SCHOOL

With 13 years treading the boards "The Fiona Crowley Stage School is reopening their doors on January 11th, 12th and 13th with all systems go.

"We have been so fortunate that we have worked all through the pandemic both on line and in class so no week has been missed, Fiona told Killarney Outlook.

"Our staff, students and their families have been incredible, supporting us in every way and adhering to our strict Covid guidelines", she added. "Only for them we wouldn't have been able to keep our doors open and we are very, very grateful to them all!"

13 years and counting since Fiona launched the Fiona Crowley Stage School and she has loved every second of it!

"Work is a joy, never a chore! It's that simple! We are

in full flight with our preparations for our annual show in April! We can't wait!

You can book a place in the Fiona Crowley Stage School by texting Fiona on 0851629445.



ALL KERRY SCHOOLBOY/GIRL SOCCER GAMES OFF THIS WEEKEND

Due to the high numbers of COVID in the community the chairman and managing committee of the league have declared a Blanket Call Off this weekend. This weeks set of fixtures will revert to Saturday January 22nd. The committee will review the fixtures for Saturday the 15th during the week.

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

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CLINICS THROUGHOUT MUNSTER

St. Brigid's Take a Trip Down Memory Lane



Students from the class of 1990



Included are: Mary Nash
S Courtney Diane O'Neill
Aileen O'Connor Deirdre
Landers



THE CLASS OF 1980

Back row (L/R): Martina Power, Breda Horgan Rip, Kay o Leary,, Patsy Foley , Mary Courtney.
Middle row: Anne O Reilly, Eileen Daly, Margaret Crowley, Pauline Kerrisk, Dympna Collins.
Front row: Sheila Looney, Margaret Teahan, Anne o Leary, Margaret Sheehan, Rena McCarthy,
Serena O Brien.



St Brigids Presentation Secondary School Killarney
They won the county, munster and All Ireland final of pioneer
competition
Back Bronagh Bruton Susan Gleeson Angela Noonan Front
Row Olivia Kelliher K O Shea



Junior Prefects at
St. Brigid's in the late
1980's



Basketball team in the 1980's back: Trish Halloran Ann Moynihan Kate Murphy Neasa
Doyle Desiree Lyne Front Sharon O'Neill Peggy Casey Kay Casey Sheila Kiely



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It's January, so it's

TIME TO FOCUS ON THE 2022 CAO COLLEGE APPLICATION



By Billy Ryle

As a new year begins with alarming Omicron variant uncertainty, college applicants must focus on the CAO form as the deadline looms large. Indeed, it's shaping up to be a very promising year for the 80,000 plus applicants – about 2,500 from Kerry - seeking a third level college course. More than 50,000 college places will be available next August. Applicants have until 5pm on 1st February to submit a completed application form. So, use the remaining weeks wisely. Carefully consider your course choices. Follow your heart but keep an eye on the jobs market.

Since the new Leaving Cert grading system and CAO common points scale were introduced in 2017, points' requirements for many courses have stabilised. As the 'calculated and accredited grades' considerably inflated course points requirements during the past two years, it might be wiser to consult the 2019 cut off points as a guide to likely points requirements in 2022. But keep in mind that points' requirements for courses fluctuate from year to year, so predicting cut off points is an inaccurate science. Each Leaving Cert candidate should aim to achieve her/his best possible result in that exam. Points' requirements for courses will take care of themselves in due course.

The CAO processes applications for admission to undergraduate courses in third level colleges in Ireland. Every public sector university, college and institute in the country, as well as a number of private colleges, participates in the CAO system. An applicant may choose from the entire range of courses in the CAO Handbook 2022. The courses are categorised as 'Level 8' or 'Level 7/6'. The 'Level 8' category contains the Honours Bachelor Degrees while the 'Level 7/6' category contains Ordinary Bachelor Degrees/Higher Certificates.

All you have to do is submit a single application to compete for one of the available third-level places. The interactive online application system, 'Apply' has made the process very straightforward. 'Apply' is easy to follow, particularly as the CAO provides an 'Interactive Demo' to enable you make a trial application. The CAO Handbook 2022 also contains detailed easy-to-follow information on how to apply for the courses on offer. The interactive online application service will remain open on the CAO website, www.cao.ie until 5pm on 1st February. The fee is €30, if you apply by 20th January and €45 thereafter until the 1st February.

Before you apply, study the CAO Handbook 2022 – interactive flipbook or PDF format – which explains how to apply for a third level

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

As the CAO Handbook 2022 doesn't contain information about general academic requirements, specific course requirements nor content of courses, consult the colleges' Prospectus and/or websites for that information. Consider the potential career value of each course for which you are applying. Play to your strengths as you do your course research during the next few weeks. Jot down your personal career profile, including such variables as ability, achievement, application, aptitude, ambition, values, interests and personality (5AVIP). Select courses that suit you in order to have a fulfilling and successful college experience.

2022 CAO Common Points Scale

Percentage	Higher	Points	Ordinary	Points
90 - 100	H1	100	O1	56
80 < 90	H2	88	O2	46
70 < 80	H3	77	O3	37
60 < 70	H4	66	O4	28
50 < 60	H5	56	O5	20
40 < 50	H6	46	O6	12
30 < 40	H7	37	O7	0
0 < 30	H8	0	O8	0

1) 25 bonus points are awarded for Higher Level Maths for H6 or above if Maths is one of the six subjects being counted for points calculation

2) Foundation Level Maths: F1 and F2 are valued at 20 and 12 points, respectively
3) LCVP: Distinction, Merit, Pass are valued at 66, 46 and 28 points, respectively

CHECKLIST

- Familiarise yourself with the H and O grades and the respective points' values
- Be aware of the minimum and specific course entry requirements
- The CAO processes applications for admission to third level undergraduate courses
- The fee for the online application is €30, if you apply by 20th January
- Thereafter the fee is €45 until the standard closing date of 1st February
- Before you tackle the CAO application, study the CAO Handbook 2022
- Select your personal preferences from the entire range of courses in the Handbook
- You may apply for up to ten courses in each of the two categories
- Don't apply for a course without consulting the Prospectus and/or college web site
- Play to your strengths as you consider your course choices
- Jot down your personal career profile, based on the '5AVIP' method
- Good quality research will result in you securing a suitable course

Billy Ryle is a Career Guidance Counsellor and Educational Commentator
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307246	Deciding Your Future	28/3/22	11 weeks
313175	Bus Driving - D Licence Code Y23*	28/3/22	12 weeks
337927	Heavy Goods Vehicle Driving (HGV) - Rigid*	11/4/22	8 weeks
338407	Civils for Fibre Installation*	11/4/22	15 weeks
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327151	Cybersecurity	23/5/22	56 weeks
336401	IT Support Fundamentals	23/5/22	11 weeks
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Killarney National Park at Christmas

Award winning photographer Valerie O'Sullivan met lots of Killarney folk enjoying the National Park at Christmas

It's Cold outside...Enjoying the annual traditional Christmas Day swim, at Dundag, Muckross Lake, Killarney National Park, from left, Sophie Hussey, Sally MacMonagle, John Hussey and Amelie Hussey.



Out for a stroll - Lorraine, and Alan O'Connell with Lea, Ella and Cara, climbing Torc Mountain, Killarney National Park, as part of the St. Stephen's Day annual traditional walks in Kerry.



Feeling the cold..Members of the Dundag Dippers, .Enjoying the annual traditional Christmas Day swim, at Dundag, Muckross Lake, Killarney National Park.



lucky dip...Enjoying the annual traditional Christmas Dayswim, at Dundag, Muckross Lake, Killarney National Park, from left, Feargal and Clíodhna O'Donoghue, and Maureen O'Donoghue.

At one with Nature...Veronik Machova, from Killarney, practicing her yoga, on Torc Mountain, Killarney National Park, as part of the St. Stephen's Day walking traditions in Kerry



Dipping in... at the annual traditional Christmas Day swim, at Dundag, Muckross Lake, Killarney National Park, from left, Darren Clarke, Norita Brosnan, Sarah Brosnan, Ide Moore, and Emma Brosnan.



Members of Killarney Cycling Club, enjoying the annual traditional Christmas Day swim, at Dundag, Muckross Lake, Killarney National Park.



In at the Deep End..Enjoying the annual traditional Christmas Day swim, at Dundag, Muckross Lake, Killarney National Park, from left, Maureen O'Riordon, Judy O'Mahony, Fiona O'Donoghue, Tim Buckley.



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BÓRD PLEANÁLA APPEALS

The proposed Adare Bypass is a particularly significant project for the county of Kerry, as it is one of the main entry/exit points for the Kingdom, according to the Deputy Mayor of Kerry County Council and Cathaoirleach of Kenmare Municipal District, Councillor Michael Cahill.

"The transit of people and goods in and out of Kerry, is much restricted and delayed by poor traffic conditions at Adare and the proposed bypass would be a godsend. However, An Bord Pleanála have once again postponed announcing their decision within the planning process" stated the Fianna Fáil man.

"The question must be asked if An Bord Pleanála is equipped for this task? Is it properly resourced, is it sufficiently staffed? From the number of postponements experienced during the decision on The South Kerry Greenway, and subsequent legal challenges to it, some still pending, is the correct type of professional expertise available to An Bord Pleanála" demanded Councillor Cahill.

"The likes of the Adare Bypass and the South Kerry Greenway are major

public infrastructure projects being progr

Taking ten and twenty years to complete them because of red tape and slow moving bureaucracy is absolutely unforgivable" stated the Rossbeigh based Councillor.

"It appears to me that An Bord Pleanála is overdue a total shakeup in personnel and procedures and that legislation in this area requires to be brought up to date and streamlined. Personnel rights and Environmental concerns need to be built in to a robust system which allows depositions from interested parties affected in the locality. All objections must be taken on board and dealt with in a speedy and considerate manner and the decision made should then be final. We have been strung along for far too long with two of the biggest projects ever for our county, the South Kerry Greenway and the Adare Bypass and the time for progress is now. These two massive projects are essential to the economic recovery of County Kerry" added Councillor Cahill.

TESTING RULES FOR VACCINATED PASSENGERS TO BE REMOVED AS IRELAND SET TO PURCHASE NEW TREATMENTS

Vaccinated passengers no longer need to show a negative Covid-19 test before entering the country. The decision to revise the travel rules for entry into Ireland was decided at a meeting of Cabinet on Wednesday. Late last year the requirement to show a negative PCR was introduced following concerns over the spread of the Omicron variant.

In another move in the fight against the disease, The Minister for Health, Stephen Donnelly TD has confirmed that Ireland is pursuing the purchase of COVID-19 antiviral and monoclonal antibody treatments, following discussions at today's (Wednesday) cabinet meeting.

Ireland will seek to purchase treatments manufactured by Pfizer, Glaxo Smith Kline (GSK), and Merck (MSD).

Minister Donnelly said: "COVID-19 incidence is at unprecedented levels in our communities. Our health service is continuing to deal with increasing levels of people requiring care in hospital as a result of COVID-19 infection. This virus continues to pose a significant risk to the functioning of our economy and wider society.

"In order to protect essential services and the health of those most vulnerable to

infection with COVID-19, it is imperative that we are prepared to use all of the tools available. That is why, at my request, my Department and the HSE are working to progress EU joint procurement for these treatments, as well as bilateral channels. The Government has agreed that funding necessary to support the purchase of these treatments will be provided."

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Income tax changes will benefit people and families in Kerry in 2022 - Griffin

Income tax changes taking effect from the 1st of January will benefit people and families in Kerry in 2022, Deputy Government Chief Whip, Brendan Griffin TD has said.

Deputy Griffin said Fine Gael in Government is supporting average and middle-income earners to meet the rising cost of living through income tax changes. The tax package was announced by Minister for Finance Paschal Donohoe in October as part of Budget 2022.

Deputy Griffin said, "Fine Gael is on the side of the average and middle-income earner who is dealing with the rising cost of living. The tax changes announced by my colleague Minister Paschal Donohoe in the Budget, come into effect on the 1st of January and will benefit everyone who pays income tax, supporting people and families in Kerry.

"These are tangible changes that everyone will feel the benefit of in their pocket throughout 2022. The standard rate band for all earners will rise from €35,300 to €36,800 for single earners, from €39,300 to €40,800 for one-parent families; and from €44,300 to €45,800 for couples. There is also a €50 increase in each of the main tax credits – personal tax credit, employee tax credit and the earned income credit.

"There is also a change to the Universal Social Charge- the 2% rate



band ceiling will increase in line with the increase in the national minimum wage from €10.20 to €10.50 per hour. This was the eighth increase in the minimum wage under Fine Gael in Government and we wanted to ensure that full-time workers benefiting from the increase will remain outside the top rate of USC.

"As well as the tax changes, Fine Gael also prioritised spending measures in Budget 2022 to help combat the cost of living and add to our quality of life. We introduced a €5 increase in Social Welfare payments across the board including disability payments, pensions and working age payments. The Fuel Allowance increased by €5 per week and the Living Alone Allowance increased by €3 per week. "Fine Gael is committed to tackling the rising cost of living and the tax changes coming into effect this week will be felt by individual earners and families in Kerry."

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DEERPARK PITCH & PUTT CLUB

NEWS

FESTIVE ACTIVITIES

We have a number of competitions over the period of Christmas and New Year that brought with them some interesting results.

U-16 MATCHPLAY

This was played on Thursday December 23rd as our Championship competition saw Ben Kelliher claim victory over TJ O'Sullivan in the final by 6&4. Ben had defeated Cathal Kelly in the semi-finals while TJ was victorious over last year's winner Ryan McCarthy in the other semi-final. The Plate competition was won by Dara Wickham as he claimed some big scalps in winning the competition, defeating our U16 Captain Robbie Harnett in the final, the last ever U16 competition for Robbie himself. Our thanks to Trophyworld Tralee (Championship) and John & Catherine Keogh (Plate) for their continued support of same.

DANNY NOLAN MEMORIAL

We were delighted to have Danny's brother John Peter as well as Donal Shine on hand for the presentation of this event on St Stephens Day as our Club PRO was on the winning team for the second time in three years. Results- Nett: Robbie O'Brien Snr, Hugh O'Sullivan & Jason O'Connor 34 1/3 and Gross: John McGrath, Sean O'Brien & Dan Kiely 43 (B9).

New Year's Weekend Draws: Results of our first three Draws for 2022 are as follows:

Saturday January 1st- Fourball Betterball- First Nett: Declan Kelly & Aidan O'Keeffe 37½, Gross:

Noel Moynihan & Robbie O'Brien Snr 45 and Second Nett: Noel Moynihan & Ger Casey 40. Sunday January 2nd- Two Ball Scramble- First Nett: Ger Casey & Aidan O'Keeffe 37½, Gross: John McGrath & Sean Ashe 42 and Second Nett: Robbie O'Brien & Dan Kiely 39. Monday January 3rd- Three Player Team, Two Scores Each Hole- Nett: John McGrath, Declan Kelly & Aidan O'Keeffe 86 1/3 and Gross: Robbie O'Brien Jnr, Adam Kelly & Declan Kelly 95.

ROSS GC - GENTS

RESULTS

On Jan 1st we held a very successful and well supported 9 hole mixed scramble. We had a very large turnout on the day in blustery conditions. The winners were :-

1st: Michael O'Connor, Maurice Coffey, Kay Cremin.
2nd: Lady Captain Breda Farrell, John Cushkelly,



Pictured at the presentation of prizes for the 2021 Deerpark Pitch & Putt U16 Club Matchplay which was played on Thursday December 23rd last are as follows, L to R: Robbie Harnett (Plate Runner-Up), Dara Wickham (Plate Winner), Ben Kelliher (Championship Winner), TJ O'Sullivan (Championship Runner-Up). The competitions were again kindly sponsored by Trophyworld Tralee (Championship) and John & Catherine Keogh (Plate).

Anthony O Mahony.

3rd: Alan Flynn, Margaret O'Donoghue, Stanley Wade.

KILLARNEY GOLF CLUB - LADIES

Killarney golf and fishing club mixed foursomes and drive in for 2022 on 27/12/2021 sponsored by Joe Geaney and Sno White cleaners

1st: Patricia Quane and Michael Daly (30) 42pts
2nd: Catriona OLeary and Donal Considine (13) 41pts (B9)
3rd: William Tarrant and Geraldine Tarrant (18) 41pts



Tommy Galvin Captain, Anne Duggan Lady Captain and Junior Boys Captain Ewan MacIndoe at their Drive In at the Killarney Golf and Fishing Club on Monday. Photo by Michelle Cooper Galvin



The incoming Captain Killarney Golf and Fishing Club Tommy Galvin with his wife Mary and daughter Honor at Killarney Golf and Fishing Club Captain's Drive In on Monday. Photo by Michelle Cooper Galvin



This unique pairing of Eugene O'Sullivan and his daughter Eimear with Tom Barry and his daughter Eileen participating in the Mixed Foursomes at Killarney Golf Club on Monday.



The incoming Captain Killarney Golf and Fishing Club Lady Captain Anne Duggan with her husband Gavin O'Neill, Elaine, Des, Brian and Una Duggan, Fran, Laura and Liam Escuser Duggan at Killarney Golf and Fishing Club Captain's Drive In on Monday. Photo by Michelle Cooper Galvin



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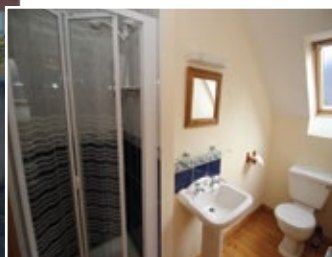
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MONEY MATTERS.....

By Dermot Cronin,
Financial Advisor



**WHEN CAN YOU ACCESS YOUR PENSION& WHAT
ARE YOUR OPTIONS WHEN YOU WANT TO RETIRE?**

You can normally get access to your pension from age 60, a lot of the rules depend on whether you are an employee or self employed. If you are coming close to retirement then you are probably wondering what options you have when you want to get access to your pension. It depends on what type of pension you have but generally there are four options:

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

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

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

Approved Retirement Funds: You may be entitled to keep some of your money in an approved retirement fund, money can be taken from the fund to give you a regular income, usually monthly. This is subject to taxation also. Taxation at retirement is often much lower than when you are working.

It is extremely important that you take your time and have all the options explained to you in plain simple English and that you understand all your options clearly before you make your final decision. As well as the above there is much more to be discussed about your pension. You should discuss your retirement options with a financial advisor who has access to a number of different pension providers before making any decisions, he or she will help you with the above options and any other queries you may have.

To discuss the above or any other matter Dermot Cronin QFA can be contacted at 0646622775 or dermotcroninifa@gmail.com

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KILLARNEY RFC NEWS

HAPPY NEW YEAR from all at Killarney RFC. We hope everyone had a lovely and peaceful Christmas. We are looking forward to getting back to rugby following the break.

MINIS BACK THIS SATURDAY

Our Minis section return to training for the new year from this Saturday at Aghadoe. Training resumes from 10am for our U8 and U10 and from 10:15 for our U12. New players always welcome. For details contact Liam Murphy on 087-4145662.

CLUB CALENDARS AVAILABLE

Our club calendar for 2022 is available for purchase and will be available at all training sessions and matches. Costing only €10, these are stunning calendars and a wonderful present.

FIXTURES

U14 Red V Abbeyfeale, Aghadoe Sat @ 2pm

U16 girls V Bruff Munster Cup Semi final, Aghadoe Sunday at 12:30pm

U16 boys V Highfield, Aghadoe Sat at 12:30pm

U18 V Waterpark away, Sunday at 2pm

Seniors V Tralee Munster Junior Cup, Sunday at 2:30pm

GNEEVEGUILLA ATHLETIC CLUB**LOTTO 17/12/2021**

No winner of our lotto draw 17/12/2021, numbers drawn were 4, 18, 23 & 25. Sellers prize winner Margaret Hayes, €50 y/t prize winner Joan O' Callaghan Clounts, €50 to Denis Donnelly c/o Mgt Hayes, €40 each to Joan O' Mahoney Mountrudger, Maureen Murphy Scrahanaville & Tim Collins The Village Gneeveguilla. Bonus not won, numbers drawn were 17, 21, 29 & 30. Winner of €200 surplus Mary Horgan Killarney. Winner of 3rd Christmas Hamper Diarmuid Mullane, Kanturk.

LOTTO 23/12/2021

No winner of our lotto draw 23/12/2021,

numbers drawn were 1, 7, 11 & 22. Sellers prize winner Mairead Carmody, €50 y/t prize to Fergal Barry Newmarket, €50 to Pat McCarthy Ballycullane, €40 each to Jay Murphy c/o The Bridge, Nellie Collins Lyrecorran & Greta Cronin Shinnagh. Bonus not won, numbers drawn were 3, 17, 21 & 23. Winner of €200 surplus Fred McGillicuddy Bounard. Winner of Christmas Hamper Padraig O'Connor Knocknagree. **LOTTO 30/12/2021**

No winner of our lotto draw 30/12/2021, numbers drawn were 7, 11, 26 & 27. Sellers prize winner Mairead Carmody. €50 y/t prize winner Bill Guiney Tureen, €50 to John O'Sullivan Lisnaboy Cullen, €40 each to Kathleen Murphy Lisheen, M Moynihan Gneeveguilla & Ciaran Finnegan Gullane. Bonus not won, numbers drawn were 3, 4, 17 & 30. Winner of €200 surplus Tadhg Collins, Gneeveguilla. Next week's jackpot €20,000 plus €1,000 bonus.

THANK YOU

The club wishes to express their gratitude to our lotto supporters who have continued to support us throughout the year. To our sellers a big thank you, your help is greatly appreciated. To our lotto officials who help out week after week, thank you, your help and assistance is fundamental to the continued running of our lotto.

Wishing all our supporters, sellers, officials and competitors a Happy and Healthy 2022.

From left Oisín O'Leary, Oisín Lynch, Jack O'Leary, Tony Harty. Both Oisín Lynch and Tony Harty came 1st in their category's at Farranfore MaineValley AC race on St. Stephen's Day.

**KILLARNEY VALLEY ATHLETIC CLUB**

The New Year got off to a flying start for Killarney Valley AC with podium finishes in the Beaufort New Years Day 5K and 10K Road Race. Oisín Lynch won the 5K in 17.02 while Tony Harty took 3rd place in the 10K race.

Both were also in action on St. Stephens Day at the Farranfore MaineValley Athletics Club 5K. Oisín won his category in 17.32 while Tony Harty won the M45 category in 16.15. Congrats and well done to them.

All information on club membership and training schedules are on our website killarneyvalleyac.ie

Email killarneyvalleyac@gmail.com for any queries.

Please keep an eye on your emails and also check our facebook/instagram page for any updated information on training.

TOYOTA IS THE BEST-SELLING CAR BRAND FOR 2021 IN IRELAND AND HERE IN THE KINGDOM!!

Toyota has closed out 2021 as the most popular car brand both in Ireland and here in Kerry. With 12.44% share of the passenger car market and four of its models (RAV4, Corolla, C-HR and Yaris) in the top ten best-sellers list, this success underpins the continued popularity of Toyota self-charging hybrids.

Tim Kelliher, of Kelliher's Toyota Tralee – the sole Toyota dealer for the Kingdom has welcomed the news saying "The stand out fact for me is that 98.25% of all the Toyota cars we sold in Kerry last year were self-charging hybrids. Our customers trusted us and trusted Toyota years ago in the switch away from diesel and that trust is now paying off, with lower running and maintenance costs along with higher resale values – 3 core principles of Toyota ownership. We here at Kelliher's look forward to supplying the county with superior Toyota products in the years ahead."

Toyota sold an impressive 13,053 passenger cars, which represents more than a 30% year-on-year increase. Toyota maintains that when a wide range of electrified options are made available to customers, they tend to choose these more environmentally friendly models as evidenced by the fact that 92% of Toyota's sales were for its low emission self-charging hybrid electric vehicles.

With significantly more low emission vehicles on Irish roads than any other car brand, Toyota sees hybrid technology as a key cornerstone in the

move towards more sustainable motoring.

Toyota firmly believes that its hybrids play a vital role in swiftly and easily moving people away from higher polluting vehicles, particularly as they are very affordable and don't require plugging in to charge.

Toyota look forward to another successful year in 2022 and the team at Kelliher's are excited for the arrival of the bZ4X, the first zero emission full battery electric car in June. For more information on the full Toyota range, contact Sales in Kelliher's on 066-710000 or check out www.kelliher's.ie





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The Hyundai 5 Year Unlimited Mileage Warranty applied to Hyundai vehicles that have been originally sold by an authorised Hyundai dealer to an end-customer, as set out in the terms and conditions of the warranty booklet. Terms & conditions apply. Model shown for illustrative purposes. Dealer charges apply. Price excludes dealer deliver or related charges. Hyundai Tucson. Retail price €33,795. Lending criteria, conditions apply. Available at authorised dealers for new Tucson models booked before 30th November 2021 and registered between the 1st & 31st January 2022. Offer is on the Tucson Range and is strictly non-transferable. Offer applies to Passenger Tucson models only. Hire purchase by Bank of Ireland t/a Bank of Ireland Finance. Offer applies to 221 Hyundai Tucson Range booked before November 30th 2021 and registered between the 1st & 31st January 2022. WLTP Co2 125-177g/km. Fuel consumption 5.2-7.8 l/100km.

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€15,000	7.8%	5 Years	260	€69.17	€2,984.05	€17,984.05
€20,000	7.8%	5 Years	260	€92.23	€3,978.55	€23,978.55
€30,000	7.8%	8 Years	416	€95.84	€9,864.36	€39,864.36

Table is for illustration purposes only and does not form the basis for a contract. Figures correct as at 11.11.2021.

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RATHMORE GNEEVEGUILLA

>FR KEVIN MC NAMARA RIP

It was with great sadness that we received the news of the untimely passing of Fr Kevin Mc Namara. He was a very dynamic presence in Kerry Diocese and had a huge impact on the life of our own parish community when he served here as a curate. There are many with whom he has built up a long and standing friendship, and for them his loss will be felt in a very personal way. Fr Kevin was larger than life and brought a huge energy with him wherever he went. Even before fate intervened, he was seen walking down the hospital corridor, decked in a colourful Christmas Jumper and greeting all along the way. A proud man from Clare he brought his own special style and roguery which endeared him to many. We extend our sympathise to his family, to our neighbouring parish of Glenflesk, and to the Parish of Moyvane where he served with great distinction

>RATHMORE GAA GOLF OUTING DURING CHRISTMAS

Golf results: 1st John O Donoghue, Danny Mahony, Ryan Kavanagh. 2nd :Mossie McCathy, John Moynihan, Don Casey. 3rd: Kieran O'Keeffe, John Buckley, Darragh O'Keeffe. 4th: Sean Riordan, Kenneth O Donnell, Colm Kelly. Thanks to all players and organisers a great day out

>SYMPATHIES to Joan Carmody. Denis, Margaret Breen & Mary Finn & extended family on the death of their mother Eily Breen Scrahanagullane. Eily was laid to rest on the 13th December Rathmore. To Tommy Tucker Ballydaly, Fr Sean, Denis & Eileen on the death of their brother Eddie Tucker. Eddie was laid to rest on the 9th December Millstreet. To Maime Brosnan, Sean, Maurice, Mairead, Sheila & Maura on the death of Jerry Brosnan, Stagmount his sisters Eileen, Nora, Mary & Margaret & extended family. Jerry was laid to rest on Friday 16th Dec in Rathmore. May Eily, Eddie & Jerry rest in peace

>OFFERTORY COLLECTION

Because of Covid we have been unable to pass around the basket to take up the Offertory Collection. The smaller congregations has greatly reduced this collection, and as a consequence has had a big impact on parish finances. From next weekend the Offertory Collection will be placed just inside the door as you enter, we would be extremely grateful if you could make your contribution as you enter. (IBAN: IE02RDRN99106300120299 BIC:RDRNIE21) Millstreet AIB Bank account (IBAN: IE69AIBK93615406950116 BIC:AIBKIE2D)Rathmore Church

>COVID DELAYS PANTO

Having lost out last year the group are eager to go ahead ASAP. But only when it's safe for our members and patrons. Everything is ready to roll. But, at present, given our well founded concerns, rehearsals can't realistically start until after Christmas, which pushes our Panto Week out a couple of months later than usual. This delay will only strengthen our focus as we work our way through Covid.

>TUREENCAHILL TRACTOR RUN IN MEMORY OF NOREEN OCONNOR CRONIN in aid of the Kerry Hospice Foundation and Comfort for Chemo will take place January 16th starting at Tureencahill community centre registration will start at 11am and the run will start at 1:30pm. Vintage cars and trucks welcome also, hope to see you there. Donations can also made online at https://www.idonate.ie/fundraiser/11422604_in-memory-of-noreen-o--connor-cronin.html

>ROSARY

The Holy Rosary will be prayed at Gneeveguilla Church every Wednesday evening at 8pm. If you cannot attend, tune in online at Gneeveguilla MCN

>SOCIAL HURLING IN THE ASTRO TURF

Rathmore on Thursday nights 9 -10pm. For further information see Facebook

>24 PAGE PROGRAMME provided for O 'DONOGHUE CUP Final with lots of articles & information. Tribute on late Noreen Cronin O 'Connor RIP Gneeveguilla & late Tony Moynihan RIP Rathmore are still available from Michael O'Mahony East Kerry GAABOARD PRO 0876676817.

>RATHMORE GAA CLUB AGM deferred since December 15th will now take place on this Friday next January 7th at 7.30pm on the



In memory of the late Tony Moynihan, Rathmore LGFA presented the Moynihan family and the Kerry Hospice Foundation with a cheque of €1,000. In remembrance of Tony, Rathmore LGFA held two carol singing fundraisers in Killarney and Hickey's Centra Rathmore. Tony was a stalwart of Rathmore GAA and LGFA. He was so obliging and helpful to the ladies club over so many years and nothing was too much trouble for him. Tony was a true gentleman and great friend to many and his happy smiling face is sorely missed in Rathbeg and Rathmore. Pictured in the photo: Carina Mahony, Siobhan McAuliffe Rathmore LGFA chairperson, Tadhg Moynihan, Marie Moynihan, Karina Kelliher (Kerry Hospice) and Siobhan Cremin.

• Microsoft Team's meeting platform. on line

>FIXTURE

• SPSP v Skibbereen now will be available on @ClubberGaa live Online on January 15 th time & venue to be confirmed

>SUICIDE AWARENESS

• A Clothes Bank in Aid of Suicide Awareness in Aid of Suicide Awareness is now Installed in the Creamery yard Rathmore. All Clothes accepted. No soiled Rags Duvers or Rugs. Anyone in need of support call Mary on 087-3162257

>WEDDING BELLS

• Congratulats to Paul Murphy, Kerry star & Rathmore & East Kerry star who married Michelle Breen, Gneeveguilla on their wedding recently. We wish both of them long happy life together.

>WIN A HOUSE WITH KERRY GAA

• Kerry GAA are giving one lucky winner a prize of a lifetime, a brand new 3-bedroom house in Killarney. This is the top prize in the April 2022 draw, but there will be several bonus draws for ticket holders between now and then, including cash prizes and match tickets! Tickets for the Draw are €100 and the link to purchase is on the Kerry GAA website, they can be purchased at the Kerry GAA Store in the Outlet Centre or www.kerrygaa.ie The sooner you purchase a ticket, the more draws you will be included in.

>CEREMONY

• Johnny Brosnan chairman of East Kerry Board will unveil wreath at Humphrey Murphy's Grave on this Sunday January 9th at 2pm. at the old Killentierna Graveyard currow Humphrey Was a commanding Officer of the Kerry No 2 Brigade & then became Commander of the Kerry No 1 Brigade who defeated the British in the war of independence He was brilliant scholar & administrator & Represented the Currow Gaa Club at the first meeting that Formed the East Kerry Board on the May 17th 1925 & was elected Vice Chairman With Dick Fitzgerald Dr Crokes elected Chairman.

• Happy new year & good heath In new year

• Notes

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

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GLENFLESK

>GLENFLESK LADIES

Glenflesk Ladies Football Instagram account is now up and running. Give them a follow to keep in touch with all Glenflesk ladies football activities in 2022.

>LOTTO

There was no winner of the Glenflesk GAA Lotto Jackpot of €6,000 on 30th December 2021. Numbers drawn were 19, 22, 28, 29. Winners of consolation prizes of €50 each to: 1. Matt Riordan, Sheans (yearly ticket). 2. Richard Donovan, Shronedraugh. 3. Harry Donovan, Sellers prize. 4. Dan Galvin, Raheen (Yearly ticket). Next draw will take place on 10th January 2022. Jackpot will be €6,000. Tickets can be bought from our ticket sellers, in O'Briens and O'Donoghues shops or online at:

https://play.clubforce.com/play_new.asp?ll_id=2534#Anchor

We wish all of our supporters and sellers a happy and safe New Year.



Fr. Kevin McNamara's funeral procession leaving St. Agatha's Church Glenflesk on St. Stephen's Day. Photo Seamus Healy.

>GLENFLESK GAA AGM

Glenflesk GAA AGM (including Coiste na nÓg) will be held on 20th January 2022 @ 7.30pm. The format of the meeting will depend on public health advice at the time but it is likely that arising from Covid restrictions a virtual meeting using Microsoft Teams will be held. Further details will follow.

- Any motions for consideration at the AGM or nominations for Executive Committee and Coiste na nÓg positions must be submitted by email no later than 6th January 2022. Any motions or nominations received after that date will not be accepted.
- All emails to be sent to Secretary.glenflesk.kerry@gaa.ie

Written by: Seamus Healy

KILCUMMIN

>COMMUNITY EMPLOYMENT SUPERVISOR VACANCY

Kilcummin Rural Development Group Ltd. Community Employment Scheme are currently recruiting for a Community Employment Supervisor. The role of the Supervisor is responsible for the overall supervision of 24 Participants across a number of sub sponsor locations in Kilcummin and Killarney town. The Scheme supports various social, sporting and cultural organisations. The role of Community Employment Supervisor is funded by the Department of Social Protection. A core aspect of this role is to support and coach CE participants towards gaining the skills, competencies and qualifications in preparation for employment/education. Essential requirements are a minimum of 3 years Supervision and people management experience. A minimum of NFQ level 6 or higher in business/financial administration/HR/project management or similar. Proficiency in Microsoft Office programs, such as Word and Excel. Full driving licence and own transport required. Previous payroll and Revenue experience is an advantage. An in depth Job Specification is available on request for those wishing to apply for the position. Please email: cm@kilcumminparish.com to request this. Applicants are requested to submit an up to date CV together with a photocopy of their education certification. A covering letter is also requested outlining applicants experience and skill set relevant to the

position. Applicants should supply suitable character references and be prepared to complete a Garda vetting application form. Shortlisting may apply. Deadline for the applications is Friday January 28th, 2022. Email CVs to: cm@kilcumminparish.com Post to: CE Programme, c/o The Chairperson, Kilcummin Rural Development Scheme, Clashnagarrane, Kilcummin, Killarney, Co. Kerry.

>KILCUMMIN GAA

There was no winner of the Jackpot on Monday 3rd January 2022. The numbers drawn were 1,4,9,10 Consolation prizes of €50 each went to Catriona Dunlea, Toemore, Kilcummin, Emma Jones, Willie Fleming, Clashnagarrane, Dave Herlihy c/o Eugie McSweeney. Next Draw will take place on 17th January 2022. Jackpot will be €3,750.

>MASTERGEEHA FC

There was no winner of the Jackpot on Thursday 30th of December. The numbers drawn were 1,20,22,27. Consolation prizes of €50 each went to Dermot Brosnan, Inch, Kilcummin Sean O'Leary, Mastergeeha, Kilcummin, Trish Dillon, Tralee. Martina Lyne, Knocklebede, Kilcummin. Vouchers Brian Cahill & John Foran. Next draw will be on Friday 7th January 2022. Jackpot will be €7,600.

Written by: John Moriarty

BEAUFORT

>HAPPY NEW YEAR

to all our readers at home and overseas. May you have a happy and healthy 2022.

>LOTTO

The next lotto draw for a jackpot of €6,000 will be on Sunday, 9th January. Tickets available from usual sellers, shops, public houses and online at www.beaufortgaa.com.

Thank you to everybody who support the lotto.

>ANNUAL GENERAL MEETING

Beaufort G.A.A. Club Annual General Meeting will be on Saturday, 22nd January at 5pm.

Venue to be decided. Motions for discussion and nominations to be in to secretary.beaufort.kerry@gaa.ie by Friday, 14th January

>IRELAND LIGHTS UP

Beaufort will be taking part in Operation Transformation, Ireland Lights Up which will begin on Wednesday, 12th January and each Wednesday until 2nd March 2022. Everybody must sign with their own pen before walking.

>SPORTS PREDICTION QUIZ

As we await the final result of our 2021 Sports Prediction Quiz, sheets for this year's quiz are now available from usual sellers, shops and online at www.beaufortgaa.com. Predict the result of thirty sporting events of 2022. Entry fee is €20 for one entry and €50 for three entries. Prizes range from top prize of €1,000 down to €50 prizes. Joint entries also welcome. Closing date will be Sunday, 13th February.

By Bridget Hartnett

Ciara's Health & Nutrition

- Interested in learning about why you eat the way you do and want to make positive changes based on you and your lifestyle.
- Sick of being told to follow a plan that is difficult or not suitable to your eating habits and knowledge of food. Getting little support.

• Feel like there is something missing from all your hard effort in your sporting activities, have you ever looked at what you are eating and when you eat.

Come and have a consultation. I'm Ciara Cronin O'Callaghan, I have a passion for understanding eating habits and learning why we eat the way we do and tailoring plans to help educate clients to make positive health and nutritional changes that they can sustain for life. I'm a qualified nutritionist, have a degree in Food Science and have many years of working in the food industry. Plans are tailored made to you, your goals and your lifestyle.

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- 8 week Move to change
- 12 week Change for good
- Sports Team/ Individual sports consultations (Details on enquiry)

All consultations can be completed online.

Success Stories:

• "After my 12 week programme I have made many changes in my everyday eating habits. I feel much stronger and healthier both mentally and physically. I now understand that by fuelling my body with the right food I will be able to get through my busy day. I would highly recommend Ciara to anyone who wants to start living a healthy lifestyle"

• "The plan that Ciara tailored made for me is sustainable and something which I feel confident about. Ciara has been so supportive in helping me to make positive food choices and I really valued her guidance and support."

• "To me working alongside Ciara was a huge success. I gained a great understanding of my digestive issues as well as the nutritional benefits and tricks which aid my digestion and help my flare ups. By not having to change a great deal of my lifestyle and also educating myself on what I am completing, I feel I can carry this 12-week programme on throughout my life and not just for a short period of time."

Team Success Stories:

Uibh Laoire Intermediate A County Champions 2021

Uibh Laoire Junior County Champions 2020

Cloughduv Senior Camogie Team

Naomh Fionbarra Junior Ladies Football Team

Contact Details:

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Diarrhoea can affect how your body holds onto nutrients from foods or even supplements as you lose vital fluids from your body. Your skin can become dry, dehydrated and dull looking so make sure you are drinking enough water and try to sort your gut health by taking a good probiotic. Constipation makes you and your systems sluggish and can cause spots and red blemishes especially on your cheeks and forehead. Try to get enough fibre from fruit and vegetables and avoid dairy, sugar and salty foods.

Skin may become itchy with hives or acne rosacea can occur as




inflammation and histamine levels are high when you are suffering from a bout of IBS.

To avoid this and keep your microbiome healthy try taking prebiotics to build a healthy gut wall before feeding it a probiotic of friendly bacteria. Be aware of foods that trigger your IBS so you can avoid them. Experiment with fermented foods like Kombucha that will fight against bad bacteria in your gut.

Noreen Mangan

Tel: 0646630712

www.whatwomenwant.ie



ASTRID LONGHURST

Life, Inspiration & Body Confidence Coach/Author

CREATE A YEAR FULL OF POSITIVE INTENTIONS & UPLIFTING ACTIONS!

Intentions are powerful. They help us to focus on what really matters in our life and to take actions to support and honour what we truly desire. An intention is something that you desire to do, feel, create, communicate or manifest. They help us to live more consciously and in alignment with our core values. When you know what it is you desire from any situation, you can begin to take steps of action to allow this to emerge. Examples of intentions are, "I choose to feel joy today. Today, I am focusing on feeling good. I will write something today to share with my community. Today, I will take one step towards living my dream etc."

Scrap resolutions and start creating daily intentions instead!

Intentions are different from resolutions because they work best when they are made daily and adapt and correspond with what is happening in your life right now. For example, if you are feeling a bit low or run down, a simple daily intention may be to get more sleep or rest and prioritise your health over other activities. Intentions don't lock you in to a behaviour, rather they support and help you focus on daily conscious actions.

Many people feel like a failure when they don't manage to commit to their New Year resolutions. This is usually because the resolution doesn't adapt with their life or how they are feeling. It's a great to have a goal to move towards, however, this goal needs to be fluid and able to be adapted when life throws us a curve ball.

For more positive Coaching tips and inspiration, please join me on Instagram at <https://www.instagram.com/romancingyourbody/?hl=en>

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FITNESS CLUB

DON'T PUT THINGS ON THE LONG FINGER, START NOW.

Its that time of year where all the good intentions are starting to creep into your mind, but sometimes that's all they are is intentions. I think for us the biggest message is why put it on the long finger... why not start now.... why put it off until tomorrow or next week. Set out a goal for yourself with "intention", Pay "attention" to it, and make sure more importantly you take "action" now and don't put it off. Its like the song "if tomorrow never comes" and believe us it wont if you don't take action now.

As we always say, keep it simple, start small, and build week by week. Do something today that will benefit you for just today and see how it unfolds in a week, then maybe tomorrow or next week pick another habit change and keep following this process day by day or week by week. Over a month you may be surprised at the overhaul of changes that you have made.

We at B Well don't believe that weight loss or healthy living should be isolated to certain times of year such as January or coming into the summer months. You should always look at wanting to feel better and "B Well" everyday, week and month of your life. So start living today and feeling better tomorrow, make the change and start now.

Check out our classes and personal training options in the B Well fitness club app. If you are struggling with Nutrition or mindset each out and we will help you get there.



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Glaucoma

Glaucoma affects 1-2% of the population, and is a leading cause of sight loss. In the majority of cases, glaucoma is asymptomatic, so regular sight tests are important for detecting glaucoma. The majority of patients with glaucoma are diagnosed following referral from an optometrist. Without regular sight tests, the prevalence of late presentation, sight threatening glaucoma, would rise.

Diabetic retinopathy

People with diabetes are at a high risk of developing retinopathy and possible blindness if untreated. Attending regular sight tests allows signs of developing retinopathy to be identified

Risk of falls

Uncorrected vision in older people also increases the risk of falls. Falls are the leading cause of disability and death from injury among people over 75 in the UK

Risks for children

Undetected conditions such as amblyopia (lazy eye) have been shown to affect reading ability and therefore may impact on future educational attainment. Hyperopia, or long sightedness, has also been linked to poorer literacy in young children. Spotting vision problems through regular sight tests is critical to a child's future health and education.

Driving risks

Undiagnosed vision problems can increase the risk of accidents, particularly those that affect distance and side vision.

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MSC. PHYSIOTHERAPY

Chartered Physiotherapist

Approved by all major Health insurance providers.



JIMMY GALVIN MISC P

MSC. PHYSIOTHERAPY

PGdip. EXERCISE AND SPORTS MEDICINE

Chartered Physiotherapist

Approved by all major Health insurance providers.

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Cyril Conroy

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Cyril Conroy is a Member of the Irish Association of Relationship Mentors, practising One-On-One Therapy for Individual Adults over the age of 18. Cyril is a fully trained and Qualified Co-Creational Parent and Relationship Mentor, whose therapy is based on Understanding, Genuineness, Non-Judgement and Compassion for his Clients.

SPA

>2021 SPA AGM

As a mark of respect on the passing of former club chairman John O'Sullivan RIP, the 2021 Spa AGM has been postponed until this week, Tuesday January 4th 2022 at 7.30pm. The meeting will take place ONLINE through Microsoft Teams. We are always very grateful to the volunteers that help in the running of the club so if anyone would like to help out or would like to take up an officer position with the club please get in touch.

>CONDOLENCES

Our deepest condolences to the McAuliffe family, Lissivigeen, on the passing of Joe McAuliffe RIP. May he Rest in Peace.

>WEDDING CONGRATULATIONS

Best wishes to Michael Finnegan and Karen O'Connor on their wedding last week. Long and happy life together from all your friends here at Spa GAA.

>CLUB MEMBERS WALK MANGERTON MOUNTAIN

Our late former chairman and cherished friend John O'Sullivan, Ballycasheen Upper and late of Crossmount, Kilgarvan, was fondly remembered by Spa members who walked over Mangerton on December 27th last. The group headed for the sanctuary of Kilgarvan, following the steps and route that had been safely navigated by John in his role as guide, Johnny Randles and the late Con O'Shea and others, since its inception as a Christmas time club event back in the early 1980's. Now very much an annual tradition in Spa, it was fitting to honour John's memory trekking through his old terrain in recent days.

>MCGRATH CUP

Best of luck to the Kerry seniors as they begin their 2022 campaign with the McGrath Cup. Their first game is against Limerick on Wednesday January 5th at 7pm in Austin Stack Park and Round 2 is the following Wednesday January 12th against Tipperary (away, 7pm). The Kerry hurlers also start their 2022 campaign with the Co-Op Superstores Cup this Saturday January 8th against Tipperary (2pm). Both the football and hurling matches will be streamed live through ClubberTV.

>2022 KNOW YOUR SPORT

The annual Know Your Sport competition is back! Predict the result of 30 sporting events throughout the year - the person with the most accurate predictions will receive a grand prize of €1,000! *Deadline Jan 31st 2022* Enter online on spagaa.com or contact John O'Donoghue for details (0879403517).

>SPA GAA 2022 CLUB CALENDAR

2022 Spa GAA club calendars on sale now (€10 each) and can be purchased on spagaa.com/shop with click & collect or post options available. Our thanks to Cathal at Bright Idea for the design and to calendar sponsors Igloo Memories & Kerry Physiotherapy Centre. Any queries please contact 085 1216359 or pro.spa.kerry@gaa.ie.

>2022 CLUB MEMBERSHIP

Membership for 2022 will open once the AGM has been completed.

>WIN A HOUSE WITH KERRY GAA

Tickets are on sale from the club (contact any of our club officers or Co Board officer John O'Leary), from the Co. Board office in Tralee, on kerrygaa.ie or at the Kerry GAA Store in the Killarney Outlet Centre. When entering your details don't forget to mention your club SPA GAA in the 'Additional Information' section as your club could also win up to €1,500. The sooner you purchase a ticket, the more draws you will be included in.

>SPA LOTTO RESULTS 27^{DEMO} 12^{DEMO} 21

Numbers drawn: 10, 11, 12, 22. No winner and €50 Lucky Dip prizes to Aileen Moriarty, Timmy Horgan, Billy & Marion Mahony and John Hickey. Next Monday's jackpot is €5,200 and tickets on sale online on spagaa.com or from Dalys Supervalu, Killarney Hardware, Centra Muckross Rd, Spa clubhouse or from usual sellers. Thank you to everyone for your continued support for our club lotto.


>ITEMS FOR NOTES

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

Written by: Deirdre O'Sullivan-Darcy

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EAST KERRY GAA NEWS

By Michael O'Mahony

CEREMONY

Johnny Brosnan, Chairman of East Kerry Board will unveil wreath at Humphrey Murphy's Grave on this Sunday January 9th at 2pm. at the old Killentierna Graveyard. Humphrey was a commanding Officer of the Kerry No 2 Brigade & then became Commander of the Kerry No 1 Brigade who defeated the British in the war of independence. He was brilliant scholar & administrator & Represented the Currow Gaa Club at the first meeting that Formed the East Kerry Board on the May 17th 1925 & was elected Vice Chairman With Dick Fitzgerald Dr Crokes elected Chairman.

SYMPATHIES

We extend our sympathies to families of Mary Nolan RIP Castleisland, Joe Ryan RIP Castleisland (first cousin of Tim Ryan former Chairman of EkB). Joe McAuliffe RIP Spa, father of Mike McAuliffe former Kerry footballer. Fr Kevin Mc Namara RIP Glenflesk & Moyvane & Cooraclare. Timmy Scannell RIP Raheen Glenflesk GAA. Ar dheis Dé go raibh a anam dílis

WEDDING BELLS

Congratulations to Paul Murphy, Kerry star & Rathmore & East Kerry Star who married Michelle Breen Gneeveguilla recently.

We wish both of them long happy life together
EAST KERRY ANNUAL CONVENTION will take place on Sunday 23rd January in the Currow community centre at 3pm. Nominations and Motions to the undersigned at (Secretary.east.kerry@gaa.ie) before Monday 17th January. The AGM will be preceded by Mass for deceased members at 2-30pm. We will keep relevant health guidelines in mind as we get closer to the date.

MILLTOWN/CASTLEMAINE GAA

HAPPY NEW YEAR

Thank you to all of our club members and everyone who was involved with Milltown/Castlemaine GAA Club throughout the past year. Wishing a very happy and peaceful new year to our club members, our community and everyone across the globe.

LOTTO

Sponsored by Almas Takeaway, Milltown Here are the results for the fortnightly Milltown-Castlemaine GAA Club Lotto Draw on Monday, December 27th, 2021. Jackpot €12,600. Lucky Numbers: 01 - 05 - 20 Bonus Ball: 27 There was no winner of our jackpot or match 3 prize but many congratulations to our Lucky Dip and Christmas Draw Prize Winners below:

LUCKY DIP PRIZE WINNERS: €50 - Michael Hurley. €50 - Betty McCarthy. €25 - Danny Buckley. €25 - Norma McKenna. €25 - Mary Ellen McGovern. €25 - Donal Laddin

Additional Christmas Draw Prize Winners: €50 voucher for Burkes Butchers - Eileen Lovett. €50 voucher for Foleys Spar - Diarmuid O'Sullivan. €25 voucher for O'Doherty's Pharmacy - Mike Cronin. €25 voucher for Londis Milltown - Gavin Horan. €25 voucher for Almas Takeaway - Anthony O'Connor. €25 voucher for Almas

Takeaway - John Downes. €25 voucher for Griffin's Bar - Cath Pavlovic

To support your Milltown/Castlemaine GAA Club please play/renew our club fundraising lotto online with clubforce or in the usual local outlets.

Well done to the prize winners & best of luck to everyone in our next draw on Monday, January 10th, 2021 where the jackpot will be €12,600.

Mile búiochas do gach duine for playing Milltown/Castlemaine Clubs Fortnightly Fundraiser, the money raised is vital to the day to day running of our club and your support is sincerely appreciated.

AGM

A.G.M. on Friday 28th January 2022 at 6pm in Nagle Rice Community Centre. Any motions for the A.G.M., together with nominations for officer positions, are to reach the Secretary, Susan Sheehan, Cloonmore. Castlemaine, Co. Kerry or via email on secretary.milltowncastlemaine.kerry@gaa.ie by 5pm on Monday 10th January 2022.

Due to Covid-19, mask wearing and covid certificate will be required for attendance at the A.G.M. We will be monitoring H.S.E. Covid guidelines and if there are any changes, we will inform all our members closer to the date.

Also, if you know of any member who hasn't received correspondence, please let me know and I can contact them with the details.

OPERATION TRANSFORMATION

We are nearly there as Operation Transformation 2022 starts this Wednesday on RTE. Our Milltown/Castlemaine GAA OT Group will be out for their first walk of the year on Wednesday evening at our brand new Walking Track sponsored by Mid Kerry Veterinary Centre. This Wednesday evening there will be an optional weigh in, a fun warm up with Mags and our first walk of the year.

Walks are also to take place every Mon, Wed and Friday evening from 7.30 - 8.30pm (we are currently in the process of organising a morning walk too) To get involved please make sure to first contact Danny on 087 653 6631. Whether you would like to join our group or help out organising the group we would be delighted to hear from you.

PITCH MAINTENANCE

Please note that the main pitch and training area 1 are temporarily closed for maintenance. When visiting the grounds to play football or train please use training pitch 2 (behind the goals). Many thanks from the pitch maintenance team.

LEGION GAA CLUB

CLUB OFFICERS

Following on from our recent AGM and Club



Rathmore & District Credit Union make a presentation to Patrick O'Riordan & Gneeveguilla GAA for their preparations for their upcoming Munster Junior Football Final vs Ballina of Tipperary. Gneeveguilla Abu. Pictured are left to right Mary Roche Staff Tess Vaughan Operations Manager Patrick O'Riordan Captain, Michael Brosnan Staff & Player

Executive meeting the following are the Club Officers and Executive for the coming year
Chairman David Randles
Vice Chairman..to be confirmed
Club Secretary..Lara O'Brien
Juvenile Committee Chairman..Donal O Leary
TreasurerJohn Foran
Registrar...Fiona Ni Conchobhair
Children's Officer...Linda O Donoghue
PRO....Enda Walshe

East Kerry Board Delegate..John Hegarty
County Board Delegate...to be confirmed
The Executive will be all the above plus the following representatives ..

Ted Healy (Ladies Football Committee Chairman)
Oonagh Moynihan (Ladies Football Committee Secretary)

Sharon O'Grady (Social Committee Chairperson)
Mairead O Donoghue (Senior Ladies Representative)

Podge O Connor (Senior Mens Representative)
Tim O Leary (Advisor)

There will be more additions to the Club Executive to incorporate the remaining Sub committees Chairpersons when confirmed.

We wish the incoming Club Executive the best of the luck for the year ahead.

THANK YOU

The Club would like to thank and acknowledge some members for their contribution and dedication to the Club who have stepped down from their respective positions.

Diarmuid Leen served as Vice Chairman in more recent years following on from a 3 year stint as Senior team Selector.He was also a central figure in the fundraising drive the Club has embarked on in the last 10 years,helping to upgrade our facilities so well.

Tom Griffin was Club registrar and in his time in the position he advanced the role ,overseeing a big change in how membership was collected and data gathered.With new guidance on

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GENERAL OPERATIVES FOR OUR PACKING AND DISPATCH DEPARTMENT

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- Good command of English language written & verbal
- Excellent organisational skills and attention to detail
- Hard working and ability to take direction in a fast paced environment
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- Operate Clean as you go policy

Benefits:

- Competitive salary
- Company Pension
- Flexible Holidays



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how information is shared Tom was a most conscientious and responsible officer.

Elaine O Donoghue in her role as PRO oversaw a vast portfolio between the written notes and the emergence of Social media platforms but took it all in her stride as she kept members at home and abroad up to speed on all Club affairs. Many thanks to Elaine for her great work. Pat Moynihan as chairman of the Field and Facilities Committee oversaw a huge transformation in the clubs surroundings with the Stand and New All weather Floodlit pitch being the envy of any club in the country. Pat put in an enormous effort in to deliver these to the Club.

Tom Galvin this year takes up his role as Captain of Killarney Golf Club and we would like to thank for his work in the Social Committee organising our get togethers to the finest detail.

The Club would also like to thank Denny Murphy, Denise Fogarty, Desiree Crowley and Sean O Sullivan for their contributions to the Club Executive.

SENIOR MENS TEAM UPDATE

The Club would like to thank most sincerely the outgoing Senior Mens Management team for their work and commitment as they have completed their term. Manager Stephen Stack, Trainer Pat Flanagan, Selectors Thomas Lyne, Peter O Leary and Enda Walshe were in place since 2019 and were joined in 2021 by Sean Culloty (and Karl Dillon as coach) and they brought a new level of professionalism and preparation to the team. The obvious highlight was the O Donoghue Cup win of 2019, our first one since 1976 and the solidifying of the team as a Division 1 Club. Obviously the relegation to Intermediate status this year was a huge disappointment but the team will look to bounce back in 2022. Many thanks to the lads once again.

RIP

Deepest sympathies to John McCarthy, our senior Ladies Manager, on the passing of his mother Peggy (Margaret) McCarthy Cork, also grandmother to our senior players Sean, Peter and Kate.

Also to the family of Eileen Finn. Eileen is a member of the O Meara family, who are steeped in the club, with their bar on High Street an unofficial clubhouse in days gone by. May they Rest in Peace.

NEW YEARS WISHES

The Club would like to wish all our members, players and supporters a Happy New Year and all the best for 2022.

LOTTO RESULTS

Draw on Tuesday December 28th. Numbers 12,13,14,21 bonus 15. Jackpot Not Won. Match 3/Lucky Dips: 1. Miriam Brosnan, Killeagh Farranfore. 2. Jessica Leane, O Kelly's Villas. 3. Ruadhri O Sullivan c/o Paddy Powers. 4. Noel Murphy, Kilquane, Upper Headford. 5. Marie O Sullivan, Cullen Co Cork

FOSSA GAA CLUB

LOTTO

1,2,17,23. €40 WINNERS: SEAMUS KELLY, DROMIN; DEBBIE DOOLAN, C/O KAYNES BAR;

TOMMY FITZGERALD; TALBOTS, C/O MERRY; EDDIE TATLER. Next week's jackpot €3,150.00

Tickets on sale from Foleys Spar Fossa, the Golden Nugget bar and restaurant and usual sellers thanks for playing.

CONDOLENCES

The club would like to pass on our condolences to wife Helen and family of Philip Walsh of Meanus Killorglin, (part of Fossa's first ever U14 team). He was son of former Vice President Mick and brother of Liam. May he Rest In Peace. Fossa GAA would also like to extend sympathy to Helen Costelloe and her family of Fossa, on the death of her husband Bill. May he Rest In Peace.

KEEL GAA CLUB NEWS

END OF YEAR

2021 was a busy year for Keel GAA both on and off the field! Keel GAA Zoom Bingo was launched which allowed people to connect with others from their homes during lockdown while also winning prize money and spot prizes! People from at home and afar supported the club and because of this support the club was able to purchase benches, goalposts, training equipment and hopefully invest in much more in 2022. The clubhouse and stand got a fresh lick of paint and our field committee continued to keep our field in immaculate condition despite the number of teams training and playing matches on it. Our senior and underage teams were kept busy too with our U17 team finishing up the year for the club with a Mid Kerry Shield title and narrowly missing out to Laune Rangers in the Mid Kerry Cup Final. No doubt there will be more success to come for Keel in 2022 and they will put the newly developed training area to good use. MKL Gaels LGFA had success as well both at senior and underage level. It was historic year for the club with the senior team winning the County Junior A Club Final and contesting the Munster Final against Mullinahone of Tipperary. Well done to all involved. We had many players represent the club with Mid Kerry and also with their respective Kerry teams! Well done to all of them! They have and continue to be excellent role models for our young boys and girls. Our Keel GAA Summer Camp took place in August for our underage players which was a huge success and lots of fun was had by all. Of course, it would not have been possible without the organization and coaching of our volunteers. Our club lotto was suspended at the beginning of the year due to Covid. Keel GAA club lotto was developed further and is now available to buy online via Clubforce. Anyone can support the club from anywhere in the world. It is difficult to mention everything that has happened in 2021 but we hope that 2022 will be even better for the club. Thank you to everyone who has supported Keel GAA in 2021. No matter how big or small, we appreciate your continued support. Thank you to our officers, coaches, players, parents, members, sponsors, local businesses and community. Without your support the club wouldn't be where it is today. Finally, we wish you all a Happy and Heathy

New Year! Athbhliain faoi mhaise daoibh go léir.

WALKING TRACK

From Monday the 10th of January the lights will be on from 7-9pm on Mondays, Tuesdays, Wednesdays and Thursdays for walkers/ runners to get their steps and exercise done for the day. We will post updates across our social media with any changes to this schedule. Keel GAA will be taking part in the Irish Life Every Step Counts Challenge which will begin on Wednesday the 12th of January. This is part of our Healthy Club Initiative, and we hope you will all get involved. The club will need to walk or run 4,000km to be entered into the Munster draw for a chance to win a €2,500, €1,500 or €1,000 O' Neills voucher. Download the My Life by Irish Life App onto your phone and select the challenge for Munster, choose Keel GAA as your club. We will post tips and tricks on our social media. Email pro.keel.kerry@gaa.ie if you have any queries. Please spread the word.

CLUB LOTTO

Lotto Results for Monday the 3rd of January 2022. There was no winner of the jackpot of €4,600. Numbers drawn were: 6,10,28,32. Lucky dip winners: €50 Noel Murphy (annual ticket), €50 Garret Prendiville (online ticket). Thank you all for your support. Next week's lotto jackpot will be €4,650. You can purchase your tickets online now by logging onto the Clubforce app or via the following link on our social media. Hard copy tickets are available in usual outlets. All hard copy lotto tickets must be returned to Bensons by Sunday night. This will apply each week. If they are not returned by Sunday night, they cannot be entered into the draw on Monday night. This is a new requirement to facilitate the online lotto draw. All online tickets must be purchased by 6pm each Monday.

KEEL GAA LAST MAN STANDING: Keel GAA are running a Premier League Last Man Standing competition over the next few weeks starting weekend of January the 14th. For anyone not familiar with this competition it's simple - you just pick a team you think will win each week, if you're team wins, you're still in. Entry cost is €10 which must be paid before first kick-off. This can be given to any member of the club executive or can be left into Bensons or Helena's. Anyone who enters will be added to a WhatsApp group to follow their progress. Please support.

LADIES FOOTBALL

Congratulations to Tirna Murphy on making the U16 Kerry Ladies Training panel for 2022.

A HOUSE WITH KERRY GAA

Help Keel GAA win a CASH prize! Support the Club, Support the County. Purchase a ticket for the Kerry GAA Win A House in Killarney promotional draw. Under 'Nominate a Kerry Club' please nominate 'Keel GAA'. A special draw for clubs will take place which includes a cash prize in April in addition to other prizes over the coming months. Buy online: <https://www.kerrygaa.ie/winahouseinkerry/throughtheKerryGAAstore>.

BALLYHAR-FIRIES GAA

Happy New Year to all our Club Members and



their families.

LOTTO:

Numbers drawn were: 2, 4, 5, 17. No jackpot winner. 5x€30: Ciaran Flynn, Doonkinane, Nicola Darlington, Furies, Vincent Brosnan, c/o Bridie, Mary Sullivan, 6 Holy Cross, Furies, Shannen Daly, Rusheen, Furies. Next weeks jackpot €7800

Thanks to everyone who purchased a ticket and don't forget to get one for next week!!

Get your lotto tickets online via the Furies 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 Furies, Hendersons Shop and Bar Furies and from all the usual sellers. We thank these businesses for their continued support. Thank you all for your continued support.

FRIENDS OF FURIES 2022:

If anyone is interested in becoming a Friends of Furies Member please make contact with the Club.

WIN A HOUSE IN KILLARNEY WITH KERRY GAA

For €100 you could win a stunning new build A-rated 3 bedroom house superbly located just off the Park Road in Killarney, Co Kerry. Follow

the link on social media and on the Kerry GAA Website. Don't forget to mention Furies GAA when you enter the draw to help the club.

DR. CROKES GAA CLUB

SCOR

As Rachel Foley, Cultural Officer, continues preparing for Scor, which hopefully will go ahead this year, she is encouraging boys and girls of all ages who are interested in set dancing and figure dancing to join/re-join one of the 3 dancing schools that assist us in this competition. There are 3 levels of competition for various age groups throughout the year. So get practicing with.. Daly King.... Hegarty.... and Hannah Majella with Daly King School of Irish Dancing. Contact Cliona 0862444354. Hegarty Irish dance academy contact Lisa 087 6403828 and Hannah Majella O Donoghue set dancing classes, contact Hannah 087 6451910

LOTTO draw took place on Monday January 3rd Numbers drawn 5 14 17 27 2 patrons matched 3 numbers Eiave Sugrue 0838592013 Roger O'Donoghue Stonechat receive €200 Jackpot for draw on January 10th will be €8,900.

We are calling on all members to support our weekly lotto as this represents one of the main

sources of revenue for the club. With activity likely to recommence on the fields over the next few weeks we need people's support to maintain our facilities in Lewis Road. We have made a number of alterations to make things easier for members to play the easiest one being to play it online by following the link below And follow instructions attached https://play.clubforce.com/play_newa.asp#Anchor

CLUB FUNDRAISER "LAST MAN STANDING" will commence on January 15th at a cost of €10. This was a successful fundraiser in 2021 and we urge all members and supporters to participate. Full details may had on Clubforce any queries Whatsapp 0874075766.

DR. CROKES SHOP you can now shop worldwide new selection of Jackets, gilets masks and snoods and other items. Shop online **WIN A HOUSE IN KILLARNEY** Kerry GAA County Board "WIN A HOUSE IN KILLARNEY" tickets are available from Dr. Crokes GAA Club - €100 each. Contact any club executive member for details.

NEW YEAR GREETINGS the Chairman and Club Executive wish members players supporters a Bright and Prosperous 2022.

SOCCER FOCUS

KERRY SCHOOLBOY/GIRL SOCCER

LEAGUE ACTION OVER CHRISTMA

Ahead of a busy January for the KSBGL and due to the high numbers of COVID in the community the chairman and managing committee of the league have declared a Blanket Call Off this weekend.

This weeks set of Fixtures will revert to Saturday January 22nd.

The committee will review the fixtures for Saturday the 15th during the week. There are 21 teams left in the SFAI National Cups.

Mastergeeha go joint top of 13's Premier: Heading into the New Year there are three teams tied on 12 points following Mastergeeha's 2-1 win over Killarney Celtic at Celtic Park. Samuel Scroope put the home side 1-0 but two goals from Roan Guerin, a free kick and a cracking long range effort, gave the Kilbrean side all three points. They joint St Brendan's Park and Killarney Celtic on 12 points with the Park having 4 played, Mastergeeha 5 and Celtic 6.

Killorglin top of 13's Division 2 South: Killorglin, 14 points from 6 games, have opened up a one point lead at the top of the 13's Division 2 South and they also have a game in hand over Inter Kenmare. Killorglin came from 2-1 down at half time to win 5-2 at home to Iveragh United. Cian O'Sullivan and Adam Moran had put the South Kerry side ahead but a hat trick from Mikey Hayes and one each from Timmy Foley and Peter O'Shea gave Killorglin the points.

Dynamos join Athletic at the top of the 15's Premier: Tralee Dynamos moved to joint top of the 15's Premier following their 5-0 home win over LB Rovers. The Dynamos goals came from Ryan Driscoll, James McCarthy, Niode Derege



Killarney Celtic U13A squad pictured before Christmas vs Mastergeeha.

and two from Ronan Carroll. Tralee Dynamos are now on 13 points from 6 games played, the same as Killarney Athletic but they have only 5 played.

Iveragh and Inter joint top of 15's Division 1: Following a game played in tough conditions Camp Juniors 2-1 home win over Iveragh United sees both sides now level in second place in the Division and just three points behind leaders Inter Kenmare who are on 15 from their 5 games. Darragh Moriarty and Robert Keane were on the mark for Camp Juniors with Daithi Sugrue getting the Iveragh United goal and they also had three attempts cleared off the line as they chased an equaliser.

14's Inter League side continue preparations: With the new season of Inter League

competitions set to kick off early in 2022 the squad continued their preparations with a challenge game against Killarney Celtic 15's. The goals came for the Kerry selection in the second half with Szymon Jasinski, Jake Nash and Evan Doona all on the mark.

KILLARNEY CELTIC

CELTIC LOTTO

Numbers drawn 2,12,16,19. There was no jackpot winner and Match 3 winner received €150 The next jackpot on Monday January 10th is €14,200. Tickets are available from club members, the Dungeon shop, at the stand in Hegarty's Park Rd and also online at clubforce.com

LAKERS TAME COUGARS IN LOCAL DERBY

**SCOTTS LAKERS ST PAULS 89
TK KILLARNEY COUGARS 66**

The Presentation Gym holds a lot of fond memories for St Paul's dating back 25 years or more as the Club made its National League debut there and grew into a Superleague outfit of some renown, winning some titanic tussles and making it a fortress. So it seemed strange to a certain generation of supporters to be in the same Presentation Gym at the away end but the good memories would have come tumbling back as the 2021 edition of the Club, Scotts Lakers, ensured bragging rights in the town for now with a dominant performance over a game Killarney Cougars outfit.

Although only halfway through the season there is certainly a different feel to the Lakers from the season opening. Without the GAA tied Mark O'Shea and David Gleeson the squad probably were missing some vital ingredients and games were slipping out of their grasp, not through a lack of effort, but maybe a bit of depth to the squad. But to their credit they kept at it and made sure that by the time the full squad was available they had found their feet. This has never been more evident than in the last month where there has been a huge improvement in defense, both under the boards and on the floor. Gleeson, O'Shea and Rui Saravia are certainly laying the foundation for things to happen with their willingness to work hard. The arrival of Godwin Boahen has also served to bolster the offense and he certainly has brought the best out of Bulgarian Emilian Grudov. Both these players combined for a total of 55 points (Boahen 29, Grudov 26) and David Gleeson was a colossus also, cleaning up under the boards and now bringing a sharp edge to his attacking game. Without Paul Clarke, ruled out through illness, Mark O'Shea again used all his athleticism, passing and craft to great effect as the Lakers completely dominated the rebounds at both ends.

Former Lakers Andrew Fitzgerald, Justin Tuason and Billy Wisemen featured in the Cougars lineup and would have been keen to put one over on their old club. Tuason got the show

going with an early basket while the Cougars Mark O'Shea netted also as they looked to set the tone but a trio of three pointers from Grudov, Gleeson and Boahen soon got the Lakers mojo flowing and Rui Saravia got in on the act as well. Fitzgerald netted the last four points of the quarter but it was the Lakers who held sway, 24-12.

Tuason again tried to get his side going and with Fitzgerald and O'Shea again netting the gap was down to 8, 26-18, but Gleeson, Boahen and Grudov stretched their legs and the lead, 40-23, and the Cougars were also in team foul trouble. Tuason and Tommy Bowler kept plugging away but then Jamie O'Sullivan put his stamp on proceedings with four points and the half time advantage was now 46-29. Coach Jarlath Lee made full use of his bench with all 10 players seeing court time including the returning Ben Flavin, Lorcan Keane, Daniel Carroll and Senan O'Leary. This allowed the Lakers to keep their fast tempo game intensity going.

An early David Gleeson three pointer showed the Lakers were in no mood to give up their dominance, Boahen doing the same and Saravia and Jamie O'Sullivan kept the scoreboard ticking over as Tuason, Bowler and O'Shea tried hard. Gleeson ended the quarter as he started it with a basket, this time a buzzer beating two pointer.

With a 66-46 advantage it would have taken a serious Lakers malfunction to lose their vice like grip on the game but again Gleeson, Saravia, Boahen, Grudov and O'Sullivan tightened their hold and it was fitting that young guns Senan O'Leary and Daniel Carroll would have the final say. The clock just struck the watershed time of 8pm, as per Government guidelines when the final buzzer went and the Lakers were victorious on an 89-66 scoreline.

Coach Jarlath Lee singled out Mark O'Shea, Saravia and David Gleeson for special praise. "Their defense is outstanding, rebounding and their ability to make for our scoring threats is really pleasing to me. We know we are on the right track, we are aiming high"

He also emphasized the importance of the squad. "What I'm proud of is the bench. They are really enjoying the process and they are as important to us as any given top scorer. Their minutes may not be as many but they are just



Godwin Boahen top scored on 29 points.
File Photo: Kerry Sports Hub

as vital to us"

A third League win now gets the Lakers into the playoff conversation with a 3-5 record. And with 5 home games in the second half of the season a run at the top 4, on current form, cannot be ruled out. The Lakers are next in action in the Killarney Sports and Leisure Centre on the weekend of January 15/16 against IT Carlow Basketball, always a durable opponent. But they go into the new year very satisfied with their recent performances and will definitely look to push on.

The aforementioned Godwin Boahen top scored on 29 points, Grudov hit a reliable 26, David Gleeson had a seasons best 14 points, Rui Saravia (9), Jamie O'Sullivan (8), Senan O'Leary (2), Daniel Carroll (1), Mark O'Shea while Ben Flavin and Lorcan Keane also contributed some vital floor time.

For the Cougars Justin Tuason was best with 25 points, Andrew Fitzgerald had 12, young Jack Lynch and Tommy Bowler 9 and Mark O'Shea netted 7.

Oisín Lynch won the 5k in a time of 17.02 at the Beaufort New Year's Day 5k and 10k.



Members of Killarney Valley AC taking part in the Beaufort New Year's Day 5k and 10k.



Kilcummin Rural Development Group Ltd. Community Employment Scheme are currently recruiting for a

COMMUNITY EMPLOYMENT SUPERVISOR

THE ROLE

The Supervisor is responsible for the overall Supervision of 24 Participants across a number of sub sponsor locations in Kilcummin and Killarney town. The Scheme supports various social, sporting and cultural organisations. The role of Community Employment Supervisor is funded by the Department of Social Protection. A core aspect of this role is to support and coach CE participants towards gaining the skills, competencies and qualifications in preparation for employment/education.



ESSENTIAL REQUIREMENT

- A minimum of 3 years Supervision and people management experience.
- A minimum of NFQ level 6 or higher in business/financial administration/ HR/project management or similar.
- Proficiency in Microsoft Office programs, such as Word and Excel.
- Full driving licence and own transport required.
- Previous payroll and Revenue experience is an advantage.
- An in depth Job Specification is available on request for those wishing to apply for the position. Please email: cm@kilcumminparish.com to request this.

Applicants are requested to submit an up to date CV together with a photocopy of their education certification. A covering letter is also requested outlining applicants experience and skill set relevant to the position. Applicants should supply suitable character references and be prepared to complete a Garda vetting application form. Shortlisting may apply.

Deadline for the applications is Friday January 28th, 2022.

Email CVs to: cm@kilcumminparish.com

Post to: CE Programme, c/o Chairperson, Kilcummin Rural Development Scheme, Clashnagarrane, Kilcummin, Killarney, Co. Kerry.

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CALL FOR SUPPORT FOR SUNDAY'S GAME

The U16 team are taking on Bruff in the Munster League semifinal this Sunday.



Killarney RFC Under 16s girls rugby team are taking on Bruff in the Munster league semifinal this Sunday in their grounds in Aghadoe in Killarney at 12.30pm.

The girls, who are unbeaten in the league to date are playing a fantastic brand of running rugby.

"We had nine girls recently who went for a Munster trial game and all nine of them advanced to the next stage", Coach Diarmuid O'Malley told Killarney Outlook.

"It would be great to get some local people out to support the girls on Sunday. It's not often that any rugby team from Kerry get down to the last four in the province", he added. There is amazing work being done in Killarney RFC and we are now fielding girls teams in U14s, u16s and also U18s levels.

The rugby philosophy of both coaches Diarmuid O'Malley and Josh Whelan is to play heads up rugby and run the ball as opposed to kicking the ball away to the opposition and to really play to the running and handling strengths of this team.

"Our numbers are growing week on week and it's because of the brand of rugby we are playing and it's enjoyable to play, we have massive competition obviously in a place like Kerry with football but now young girls are seeing rugby as an option for them with the growing numbers who are turning out with our U14s/u16s and our U18s teams", Diarmuid said.

There is also a huge amount of work been down at provincial level in the women's game at grass routes level and with a province like Munster who have really bought into their development pathway for these young girls and continues to be done and there is lots of opportunity for these girls in Ireland and further a field.

"It would be great to get the full support of the club and the town to support the girls next Sunday on what promises to be a great game", he added.



The Killarney Rugby Club Under 16 team and trainers.

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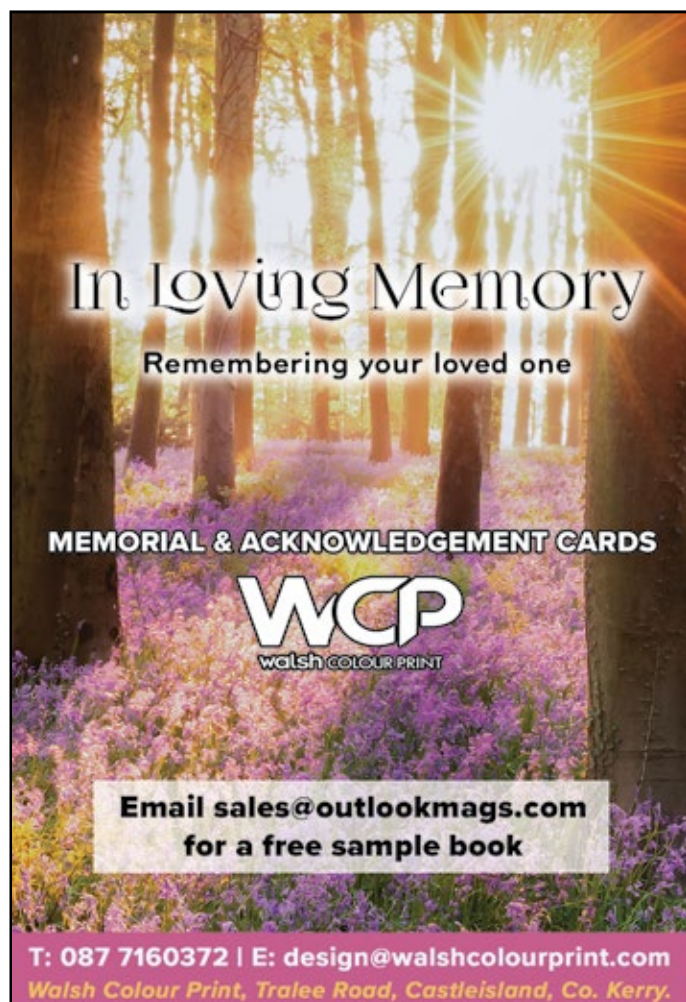
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A Word of Victory

Welcome back dear friend, I'm praying God's abundant blessings of health, provision, peace and an increase of the knowledge of His love and power be upon you in 2022. It's exciting going into a New Year, like setting sail on a new adventure. It reminds me of long ago at school opening a brand new copy book – those fresh pages waiting for something to be written on them. I tried to be so careful, keeping my ruler margin really straight, and my writing as neat as I could make it. This continued for long as I remembered, and then I'd get distracted and make a mistake or scribble somewhere, and suddenly the copy wasn't new and fresh anymore. Sometimes life can feel like that. We have such great expectations and intentions starting out on a journey, whether into a New Year, a new relationship, even a brand new day. Then something happens – a blip on the road – perhaps a disappointment or loss, and the energy and hope we had just fizzles out and is lost.

Life happens. But listen – it is our response that determines the outcome, not the events themselves. Proverbs puts it like this “...for though the righteous fall seven times, they rise again...” (Proverbs 24:16).

God gives a fresh perspective for when events discourage and try to derail us from living in His love and peace. “The faithful love of the Lord never ends! His mercies never cease. Great is His faithfulness; His mercies begin afresh each morning. I say to myself, ‘the Lord is my inheritance’; therefore I will hope in Him!” (Lamentations 3:22-24 NLT) See that? His mercies begin afresh each morning, so no matter what occurs, we can start again! Often we make great plans for the New Year – to get fit, eat healthier, be nice to those who annoy us, and then in one moment of stress all our good intentions explode. This can make one feel like giving up saying ‘what is the use?’ But God is our Eternal Encourager. He is like that trainer that won't let the athlete settle for mediocrity knowing the potential that is inside.

The devil would like nothing better than for God's people to settle or to give up. Jesus longs for us to ‘come up higher’ (Mark 6:31; Revelation 4:1; Matthew 11:28-30). It will take effort and cost you something though – time (Read Proverbs chapter 3). It's not your money or jewels that's your most valuable possession friend. It is your time. When we give our time first to God by coming into the secret place to meet with Him, we are rewarded with joy beyond compare in that place of refuge (Psalm 91). As we study and obey His Word, God disciplines and trains us in the same way that a manager trains their team. Training is never easy, but the results will show on the day of the battle. In the same way, our spiritual muscles will tone up from that place of refuge in God's arms, and His Word in us will carry us through every circumstance, keeping us ‘stable and fixed’ (Isaiah 26:3; Psalm 46; Psalm 61). Make a start today – get yourself a Bible and start on a journey of the blessed life.

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*I often lie awake at night,
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*Remembering you is easy,
I do it everyday,
But missing you is heartache
that never goes away.*

*I hold you tightly within my heart
and there you will remain
Until the joyous day arrives,
That we will meet again.*


Sadly missed and forever in my heart,
Your loving wife Mary X

†

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IN LOVING MEMORY OF

TOM O'CONNELL



LATE OF 6 CLARINWOOD
RATHMORE WHOSE
ANNIVERSARY OCCURS
ON THE 7TH JANUARY

GRANDAD

*I will always have memories,
To cherish and to hold,
Of my wonderful Grandad,
More precious than gold,
You always had a smile to share,
A laugh, a joke, a time to care,
A wonderful nature, warm & true,
These are the memories I have of you.*


Deeply missed by your granddaughter
Aimee xx

†

1ST ANNIVERSARY

IN LOVING MEMORY OF

TOM O'CONNELL



LATE OF 6 CLARINWOOD
RATHMORE WHOSE
ANNIVERSARY OCCURS
ON THE 7TH JANUARY

DAD

Missing you on your 1st Anniversary

*A Dads love is special
A gift beyond compare
You only know the meaning
When he is no longer there*

*A Special time
A special face
A Special Dad
I can't replace,
With an aching heart
I whisper low
I miss you dad
And love you so.*


Loved forever and sadly
Missed by your loving
Daughter Theresa xx

†

ACKNOWLEDGEMENT
& 1ST ANNIVERSARY

IN LOVING MEMORY OF

TOM O'CONNELL



6 CLARINWOOD,
RATHMORE, CO KERRY
12TH MARCH 1952 –
7TH JANUARY 2021

As we fondly remember Tom on his 1st anniversary his wife Mary, Daughters Theresa, Catherine and Son John, along with their families would like to take this opportunity to express our gratitude and thanks to all who sympathised with us on our sad loss, those who telephoned, sent messages of support through RIP.ie, mass cards, enrolment cards and charitable donations.

We express our heartfelt thanks to our relatives, many who could not travel and our neighbours for their kindness and support. The family of Tom were overwhelmed by the large crowd of neighbours and friends that lined the road in a guard of honour as we brought Tom from home to the church for his requiem mass, and to all who joined the funeral mass online; this was a testament to the wonderful man he was.

Tom will be greatly missed by everyone that had the pleasure of knowing him. A special mention to Fr. Pat O'Donnell for his visits to our home providing dad with comfort and happiness throughout his journey and for celebrating a beautiful funeral mass, to Joan Collins for her singing and music, it enhanced the celebration of mass and to O'Keeffes funeral directors for their assistance and professionalism.

The final days were made so much more comfortable due to the professionalism and care of Dr. Mags Clifford and the homecare Palliative Team. They provided exceptional care and kindness. We would like to thank Dr. Darren Quirke and the staff of Deenagh Medical Centre for the great care they gave Tom, to David and the staff of Reens Pharmacy Rathmore who tended to Tom's medical needs at all times. A special thanks to the local community nurses, Tom's home help workers Sharon and Noreen who brightened up his day and gave him excellent care. His passing was made so much easier by the sensitivity of Daffodil Nurse Rebecca Ni Mhurchu.

We would like to express our sincere and heartfelt gratitude to all those who helped and supported us during Tom's illness, the days of funeral and in the past 12 months. As it would not be possible to thank everyone individually, please accept this acknowledgement as an expression of our deepest gratitude. The holy sacrifice of the mass will be offered for your intentions.

ANNIVERSARY MASS
Friday January 7th at 7pm
St Josephs Church, Rathmore

May his gentle soul Rest In Peace

Your gentle face and patient smile with sadness we recall, you had a kindly word for each and died beloved by all

THE MIRACLE
PRAYER

Dear Sacred Heart of Jesus, in the past, I
have asked for many favors.

This time I ask for a very special one.

(Here mention your request.)

Take it, dear Jesus, and place it within
your own broken heart, where your Father
sees it. Then, in his merciful eyes, it will
become your favor and not mine. Amen.

Say for three days and promise to publish.

N.K.

THE MIRACLE
PRAYER

Dear Sacred Heart of Jesus, in the past, I
have asked for many favors.

This time I ask for a very special one.

(Here mention your request.)

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Say for three days and promise to publish.

N.K.

32ND ANNIVERSARY

IN LOVING MEMORY OF

PETER D.J.
O'SULLIVAN



ANNAGHMORE, HEADFORD,
KILLARNEY, CO. KERRY WHO
DIED ON JANUARY 7TH, 1990

*Two calloused hands from work are stilled,
A million Jobs undone.*

*At rest, at last, in Gods Own House,
Content, at Peace, At One.*


Ar dheis De go raibh a anam

Always remembered
by your loving wife Philomena & family.

32ND ANNIVERSARY

IN LOVING MEMORY OF

PETER D.J.
O'SULLIVAN



ANNAGHMORE, HEADFORD,
KILLARNEY, CO. KERRY WHO
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Ar dheis De go raibh a anam

Always remembered
by your loving wife Philomena & family.

17TH ANNIVERSARY

IN LOVING MEMORY OF
JOHN JOE LYNE



**KNOCKLEBEDE, KILCUMMIN,
KILLARNEY WHO PASSED AWAY
ON THE EVENING OF
JANUARY 13TH 2005**

In Memory of Dad

*There is no one else on earth
So special as you were to me.
I hold you forever, my precious Dad,
In my heart and memory.
You made me laugh every single day,
You really were the best,
And even though you are not here,
The time we had was blessed.
I wish I had just one more chance
To see that tender smile,
To laugh with you again, my Dad,
Just for a little while.
So, this is not goodbye
And this is not goodnight,
Because you're still here by my side
Holding onto me so tight.*

Your loving daughter Mary x
and son in law Maurice x

Grandad

*You're thought about so often
In loving memory,
For you were all the special things
A Grandad ought to be.*

*We've all missed you being here
Since you went away,
But the happiness you brought us
Is remembered every day.*

*So may you find a gentle peace
In your eternal rest,
We'll always love you, Grandad,
You really were the best.*

Your loving grandsons Maurice x Patrick x
and granddaughter Natasha x

†

17TH ANNIVERSARY

IN LOVING MEMORY OF MY
DEAR HUSBAND
JOHN JOE LYNE



**WHO PASSED AWAY
SUDDENLY ON THE
13TH OF JANUARY 2005**

*Today's the anniversary
Of the day that I lost you,
And for a time it felt as though
My life had ended too.*

*But loss has taught me many things
And now I face each day,
With hope and happy memories
To help me on my way.*

*And though I'm full of sadness
That you're no longer here,
Your influence still guides me
And I still feel you near.*

*What we shared will never die
It lives within my heart,
Bringing strength and comfort
While we are apart.*

Sadly missed and never forgotten
by your loving wife Maura. Xx

Anniversary Mass will be in
Our Lady of Lourdes Church, Kilcummin
on the 16th of January at 11:30am.

17TH ANNIVERSARY

IN LOVING MEMORY OF
JOHN JOE LYNE



**KNOCKLEBEDE, KILCUMMIN,
KILLARNEY WHO PASSED AWAY
ON THE EVENING OF
JANUARY 13TH 2005**

*God called your name so gently
That only you could hear
No one heard the footsteps
Of the Angel drawing near...
Softly from the shadows,
there came a gentle call,
You closed your eyes
and went to sleep...
You quietly left us all.*

Your loving son Michael x
daughter Geraldine and her partner Gerald
xx son Martin and his partner Marena xx

†

9TH ANNIVERSARY

IN LOVING MEMORY OF
**MAUSIE
COURTNEY**



**LATE OF CURREAL GLENFLESK
AND DEERPARK KILLARNEY
WHO DIED ON THE
31ST OF DECEMBER 2012.**

We will always have memories

*To cherish and to hold
Of a wonderful mother
More precious than gold.*

A laugh, a joke, a time to care

*A wonderful nature, warm and true
These are the memories we have of you*

Always loved and never forgotten
Your son Johnny, daughter-in-law Evelyn
and grandchildren Shane, Dayna and Katie.

†

NOVENA TO THE SACRET HEART

Dear Heart of Jesus in the past I have
asked many favours.

This time I ask you this special one,
(mention favour).

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

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

Amen.

Say this prayer three times for three days
and your favour will be granted.

MM

NOVENA TO ST. CLARE

IN THANKSGIVING

Novena to St. Clare. Ask for
three favours, one business, two
impossible. Say nine Hail Mary's for
nine nights with lighted candles.
Pray whether you believe or not.
Publish on ninth day. Powerful
novena.

Say may the Sacred Heart of Jesus be
praised, adored glorified and loved
today and everyday throughout the
whole world now and forever. Amen

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

IN MEMORIAM

TO PLACE A MEMORIAL IN THE KILLARNEY OUTLOOK

Please email the details to:
ashling@outlookmags.com
and the verse and photo you
would like to include.

If it is a repeat anniversary we
will have your photo and verse
on file, just call Ashling on:

087 7160372

(Monday to Wednesday)

*Please include a contact name,
address and telephone number.*

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TO: 1800 71 40 40

1ST ANNIVERSARY

IN LOVING MEMORY OF

TOM O'CONNELL



6 CLARIN WOOD, RATHMORE
WHO DIED ON THE
7TH OF JANUARY 2021

God saw you getting tired
And a cure was not to be
So He put His arms around you
And whispered "Come to me"

With tearful eyes we watched you
As you slowly slipped away
And though we loved you dearly
We couldn't make you stay

Your golden heart stopped beating
Your tired eyes put to rest
God broke our hearts to prove to us
He only takes the best.


Always remembered by your loving
daughter Catherine and
son-in-law Kieran xx

†

1ST ANNIVERSARY

IN LOVING MEMORY OF

TOM O'CONNELL



LATE OF 6 CLARINWOOD
RATHMORE WHO PASSED AWAY
JANUARY 7TH 2021

If we could have a lifetime wish
And one dream that could come through
We would pray to God with all our hearts
Just to see and speak to you

A thousand words won't bring you back
We know because we've tried
And neither will a million tears
We know because we've cried

You've left behind our broken hearts
And precious memories too
But we've never wanted memories
We only wanted you.


Loved and missed everyday by your son
John and daughter in law Anita xxx

†

4TH ANNIVERSARY

IN LOVING MEMORY OF A
DEAR HUSBAND, FATHER
AND GRANDFATHER

DAN
CROWLEY



INCHES, RATHMORE
WHOSE ANNIVERSARY OCCURS
ON 5TH JANUARY

We won't forget the face we loved,
Or the memory of your smile,
Or the countless things you did for us,
To make our lives worthwhile.

A thoughtful husband, a wonderful Dad
and Grandad to the very end.
A gentle nature, a heart of gold,
These are the memories we will always hold.


Always remembered, never forgotten
Sadly missed by your loving wife Margaret,
daughters Eileen, Breda and Margaret, Sons
in Law and Grandchildren

†

2ND ANNIVERSARY

IN LOVING MEMORY OF

MIKE JOHN
MOYNIHAN



GULLANE, GNEEVGUILLA,
RATHMORE, CO. KERRY.
WHO PASSED AWAY ON THE
06/01/2020.

Dad

You held my hand when I was small
You caught me when I fell,
You are the hero of my childhood
And my later years as well.
And every time I think of you
My heart still fills with pride,
Though I will always miss you Dad
I know you're by my side.
In laughter and in sorrow
In sunshine and in rain,
I know you're watching over me
Until we meet again.


There is a bridge of memory.
From earth to heaven above.
It keeps you always near us,
It's called the bridge of love.
May you always walk in sunshine
And God's love around you flow
For happiness you gave us,
No one will ever know.
It broke our hearts to lose you,
But you did not go alone,
For part of us went with you,
The day God called you home.

Loved and missed always and forever

1ST ANNIVERSARY

IN LOVING MEMORY OF

TOM O'CONNELL



6 CLARIN WOOD, RATHMORE
WHO DIED ON THE
7TH OF JANUARY 2021

You always had a smile to share
Time to give and time to care
A loving nature, kind and true
Is the way we'll remember you.

Sadly missed and remembered with love
by your grandchildren Killian, Conor
and Eabha xxx

1ST ANNIVERSARY

IN LOVING MEMORY OF

TOM O'CONNELL



LATE OF 6 CLARINWOOD
RATHMORE WHO PASSED AWAY
JANUARY 7TH 2021

The gates of memories will never close
We miss you more than anyone knows
Gone is the face we loved so dear
Silent the voice we loved to hear.

We miss you everyday Gaga,
love Aria and Millie xxx

NOVENA TO ST. JUDE

May the Sacred Heart of Jesus
be adored, glorified, loved and
preserved throughout the world now
and forever.

Oh Sacred Heart of Jesus, pray for us.
St. Jude worker of miracles, pray for
us.

Helper of the hopeless, pray for us.

Say this prayer nine times a day, by
the eighth day the prayer will be
answered.

It has never been known to fail.

THANKSGIVING

For favours received from Sacred
Heart of Jesus, Our Lady of Lourdes,
St. Bernadette, St. Martin De Porres,
St. Roch, St. Padre Pio, St. Michael
the Archangel, St. Perigrine for
many favours received and that
includes health.

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