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Out for an Autumn walk on East Avenue Road, the home place of Killarney's newest sculpture, carved from fallen oak in the National Park, a monk, crozier, quill & book representing The Annals of Innisfallen were L-R Jessica Pierce, Lia O'Leary, Jenna & Isabelle Pierce and Orla O'Leary with her dog Nellie. PICTURE: MARIE CARROLL-O'SULLIVAN





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Outlook 13.11.20 | 5

EDITOR'S NOTE

inter has well and truly arrived this week and with temperatures dropping and the dreary November weather outside why not sit back and enjoy this week's Killarney Outlook.

A new statue was unveiled on East Avenue Road to honour Killarney's connection with the Annals of Innisfallen, The Mon are launching a major fundraiser and we have all the action from last weekends football. A Killarney company has won €15,000, Kerry Airport has welcomed funding and the long awaited South Kerry Greenway

has received the go ahead. As we continue to live with covid-19, the message stays the same... **#stayhome #staysafe**

#staynome #staysare #protecteachother #washyourhands #wearyourmask

Aisling Crosbie, Editor 086 0400958



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

SCULPTURE TO HONOUR ANNALS OF INNISFALLEN UNVEILED



Pictured on East Avenue Road, the home place of Killarney's newest sculpture carved from fallen oak in the National Park, a monk, crozier, quill & book representing Innisfallen Island were L-R Mayor Brendan Courtney, Cllr Michael Gleeson & Killarney Town Council Foreman Noel O'Leary. **PICTURE MARIE CARROLL-O'SULLIVAN**

Astunning sculpture of a monk to honour Killarney's connection with the Annals of Innisfallen was unveiled by Cathaoirleach of the Killarney Municipal Area, Cllr. Brendan Cronin this week.

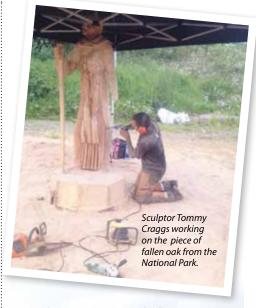
Killarney Looking Good is delighted to welcome the installation of the new wooden sculpture piece on East Avenue Road.

"Its long been an aim of the Committee to have the story of Innisfallen represented in our town. The group set about the project in 2019 but it was delayed as result of Covid 19. The piece was carved by Tommy Craggs from a piece of fallen oak from the National Park. The piece includes a monk, crozier, quill and a book representing the Annals" Yvonne Quill Chairperson of the Looking Good Committee told Killarney Outlook.

The project was funded by South Kerry Development Partnership through Leader and Kerry County Council's Community Support Fund. The project would not have been possible without the support of the Mens Shed, Kerry Mental Health, National Parks and Wildlife Services, Billy Tangney Tree Surgeon and Paul Purcell a volunteer with Killarney Looking Good.

"We would also like to acknowledge the paving surrounding the sculpture which was carried out by Noel O'Leary and his team at the Killarney Municipal District.

At the unveiling, Cathaoirleach of Killarney Municipal District Councillor Brendan Cronin welcomed the installation. "The Annals play an important part in chronicling early Irish history and Innisfallen is such an important part of Killarney's history and heritage it is important that this is recognised in the town. This is another excellent project undertaken by the Looking Good Committee and an addition to our town", he said.



Sculptor Tommy Craggs, with Billy Tangney Tree Surgeon and volunteers with Killarney Looking Good pictured with they original piece of fallen oak.



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THIS WEEKS BEEF COMES FROM CAHILLANES MEATS KILLORGLIN.THIS WEEKS LAMB COMES FROM CAHILLANES MEATS KILLORGLIN.



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

"Fantastic lads, excellent workers and mad for the craic. We're going to miss them a lot"

Marie chats to retiring Council Workers

I'm sure everyone in our community will recognise one, if not all of these gentlemen who are retiring, having worked in the heart of our community with Killarney Town Council for 86 years between them.

Killarney is one of the country's key tourism hubs attracting over 1 million visitors each year. The appearance of our town is imperative to our 'word of mouth' repeat business and an enormous factor in the world of social media and 'insta stories' where we are exported instantaneously to millions all over the world. We all do our part, as best we can within the community but these guys Clockwise L-R Jimmy O'Leary Dermot O'Connor & Christy Brosnan are the ones on the ground in 'keeping up appearances'!

"All I'll say is that these three lads are fantastic lads, excellent workers & mad for the craic. We're going to miss them a lot. Now, over to the boys Marie, it's not about me it's about them" Noel O'Leary began when provoked and finished firmly.

Giving the most amount of years to Killarney Town Council, I began chatting to Dermot O'Connor, a familiar face to Street Refuse in the town centre but has worked in almost every department throughout. I had gotten to know Dermot quite well through my friends at Whos4Shoes. Dermot would often pop his head in the door of the shoe shop to debate the odds on potential winners of 'Love Island' & 'Strictly Come Dancing'. "I have worked for 40 years with Killarney Town Council Marie, beginning under Foreman John Doyle working in refuse, water works and the streets. I had an accident 24 years ago and sustained injuries having been crushed by a refuse truck so when I came back I returned to street duty. I remember working one day with Christy on the streets by the Towers Hotel where a group of tourist had gathered awaiting their bus. Christy asked them to go back into the hotel until the bus arrived and that they did Marie.... like a herd of cows. Needless to say, we got the job done in record time! Always a laugh with Christy on board Marie" Dermot laughed.

Jimmy O'Leary (Noel's brother) began working with Killarney Town Council some 20 years ago building the Lewis Road Car Park. "I worked in all areas Marie but they've looked after me in my old age. I've been navigating the street sweeper for the last 4-5 years. I have to say they







are a great bunch of fellas to work with. I've had a few funny encounters Marie" Jimmy told me. Funny encounters sounded intriguing. Go ahead there Jimmy, I'm all ears. "There are many stories I can't repeat Marie but one thing that I aways found amusing was the litter bin in Market Cross. It's positioned close to the An Post pillar letter box. I had just removed the litter from the bin in Market Cross and replaced it with a new bag and the next thing I turned around to see a girl dancing the best jig I've ever seen with screaming sound effects. She had put the letters into the bin instead of the post box. She wasn't the first" Jimmy laughed. "Have you any plans for retirement Jimmy"? I asked "To take it easy and enjoy life Marie. That's the plan".

Next up, Christy Brosnan who has served 26 years of service with Killarney Town Council. "The summer months out weigh the winter months by far in this job Marie. It was hard going during the winter months with bad weather and the shortening of daylight but the spring & summer months were great. The vibrancy of the summer, the flowers and the people was a great balance. I've got to know so many people through out my service with Killarney Town Council. I began under Foreman

John Doyle, Johnny Healy & later Noel O'Leary. I did my stint on the streets and finished up on the Refuse Lorry with Colin O'Grady & Timmy Kelliher and I would do it all over again. They are great team of people to work with. I mean that" Christy said. For the purpose of entertaining the reader (& myself) I tried my level best to get a few 'stories' out of Christy as I could tell there was plenty but I was getting nowhere fast. "I'll take it easy for a while anyway Marie" Christy concluded.

Before I left, Dermot, Jimmy & Christy wanted to thank Noel O'Leary, Eileen O'Donoghue, Julie O'Leary and all of Killarney Town Council staff, both indoors and outdoors. It was unanimous that all three really enjoyed their time with Killarney Town Council and the accompanying craic that went with the job.

Thank you for taking the time to have the chats with me on College Street Dermot O'Connor, Jimmy O'Leary & Christy Brosnan and all the very best to all three you for your retirement.

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





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'a small donation for the next generation"

MON-STER fundraiser launched to complete multi-needs facilities

MON-ster fundraiser is being launched today by the Presentation Monastery N.S. in an effort to complete the the development of new special needs classrooms, multi-sensory rooms and school hall.

'THE MON-ster Giveaway' will raise funds for the project which will cater for both children with Autism spectrum disorder (ASD) and children with two and more diagnosed learning difficulties.

The fundraiser invites the public to make 'a small donation for the next generation' and gain entry into a timely pre-Christmas prize draw on December 18. The draw has prizes to cater for all interests including; a stunning Louis Vuitton handbag worth €1,100, a weekend stay in a luxurious hotel, Lions captain Sam Warburton's signed Test jersey and a signed Munster Rugby jersey, with many more exciting prizes to follow. With help from donations, The Mon is hoping to raise vital funds in order to complete the extension to the highest standard to facilitate current needs and the needs of future generations.

The extension will comprise of two specialised classrooms, a multi-sensory room, a soft-play area and a colourful sensory-rich outdoor haven. The new multi-purpose school hall will be almost double the size of the old hall and will be able to cater for the whole school community for sports and gatherings.

Liam O'Brien, ASD class teacher, says; "Children with additional needs benefit from a more specialised classroom set-up to cater for their individual needs. This development will help make their school environment a happy and fulfilling place on a daily basis."

Colm Ó Súilleabháin, Presentation Monastery N.S. principal, says; "The new development is a necessity as school numbers have almost doubled in the past 15 years and more space is needed. Extending the school began in 2015 with a three classroom addition to the original



The Mon prides itself in being an open, inclusive and a diverse school with students from over 30 different nationalities attending.

"Due to the shortfall in funding, we are appealing to the goodwill of the public to help us to finish the special classes to the standard that the children with the most needs in our school deserve," Principal Ó Súilleabháin told Killarney Outlook.

"I feel many people have a deep connection with The Mon in Killarney and beyond. Some may have memories from their schooldays here or perhaps they have a son or a grandchild who will reap the rewards of our current development in years to come. We hope that this will encourage people to support the fundraiser," he added.We are asking for a minimum donation of €10. Each €10 donated will be considered a separate entry to the draw. Contributions can be made either online at gofundme.com/themon, by phone on 064 66 33687 or by dropping into the school office on New Road, Killarney.

LOUIS VUITE

'A small donation for the next generation.'



Aerial view of Construction: An aerial view of the new development comprising of a Special Needs Unit and a hall underconstruction on New Road.

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

"Fifty years of marriage is a huge accomplishment. **Anniversaries mark the passage of time**"



Marie chats to Michael and Breda on their special occasion

Just within my 5K, it was my plan to visit Kilcummin this week, but outdoor photography & chats was not favouring Gogalevox one bit. Lucky for me, Maria

O'Sullivan came to the rescue and drove her parents in law to the Killarney Outlet Centre for a chat and a snap.

Weather warnings & Covid19 wouldn't stop me meeting up with Michael & Breda Pigott on their Golden Wedding Anniversary.

Fifty years of marriage is a huge accomplishment. Anniversaries mark the passage of time. The chances are, a few things have changed since Michael & Breda Pigott were married at the Gleneagle Hotel just over fifty years ago, 20th October 1970. Relationships change, so does the world, ups & downs, children, grandchildren, career changes, travel and so much more. To be celebrating a Golden Anniversary really is a special occasion.

"We were married in Kilcummin parish church and invited over 100 guests to our wedding reception at the Gleneagle Hotel" Breda told me. "And where did you meet?" I asked Michael. "We met at the Glebe Hotel Marie" Michael told me. "I was a chef there and Breda was a waitress and we hit it off at a dance in 1964". Michael began work as a chef in the International Hotel before working at the Glebe Hotel which was run by Tommy Cooper, known also for his part in the making & funding of the film The Dawn which he also starred in. The Glebe Hotel was situated in the Glebe Car Park which burned down in 1987 and demolished in February 1988.

"At the Glebe Hotel I worked under Head Chef Timmy O'Conor RIP and 2nd Chef Brendan Joy and we made great friends with Eugene Lynch RIP and his wife Breda who were also a chef & waitress at the hotel. After working in The Glebe Hotel, I then worked at Pretty Polly before working on the buildings with O'Connor Breen

builders. I then moved to the Town Council where I worked under John Doody, Head Gardener. Breda worked at The Glebe Hotel for 11 years & The Killarney Heights Hotel, which was also owned by the Coopers at the time. She later worked at Heather Lee nursing home at Lawlor's Cross and cared for our family of three Michael, Mary & Jerry" Michael explained. "We have 7 grandchildren Eibhlín, Orna, Byran, Ruarí, Sarah, Alison & Ella Kate and Michael Jnr's Maria has two adult children Catriona & David. We miss them all so much calling to the house" Breda told me. "Lockdown is a pure nuisance but hopefully it will be all over soon and I can get back to meeting up with my only sister Kitty, Tralee Road my nephew Brendan. My granddaughter Ella Kate missed out on having her communion twice this year but we will look forward to another date in 2021 and perhaps a celebration of our own to mark our 50th Wedding Anniversary too" Breda said. "I miss my Sunday pint at Sherwoods in Farranfore" Michael said "My daughter Mary lives in Farranfore so it was lovely routine to visit her and and go to Sherwoods too. We had plans to re visit Eccles Hotel in Glengarrif this year & Youghal too as this is where we spent our honeymoon 50 years ago but we will have it to look forward to when the time is right". So like many, celebrations & occasions have been postponed, I was delighted to meet up

been postponed, I was delighted to meet up with Michael & Breda Pigott on their Golden Wedding Anniversary. Thank you both so much for your time.

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

Killarney bids farewell to one of their favourite residents

This week Killarney said goodbye to Peggy Looney, known throughout the town where she always had a smile for everyone.

Peggy, who was 99 years old, was, up until a few years ago, seen on her bike as she did her errands around the town, always stopping off to say a prayer in The Friary.

She was married to Paddy Looney and they ran a sweet shop on Brewery Lane beside The International Hotel.

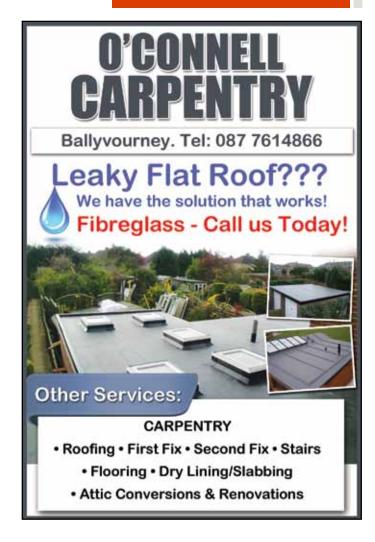
Peggy passed away peacefully at her home, surrounded by her loving family and will be sadly missed by her sons Tom, Padraig and Kevin (Boston), daughters, Mary (Castleisland) and Noreen (Windsor), daughters-inlaw Anne, Brenda and Johannah, sons-in-law John and Seamus, much loved grandchildren and great grand children, nieces, nephews, extended family and many friends. Predeceased by her brothers Jimmy, Michael, Paddy and Frank, sisters Nora, May, Kitty and Hannah.

Following Requiem Mass on Monday morning at 10.30am at St. Mary's Cathedral, burial took place afterwards in Aghadoe Cemetery.

"May Her Gentle Soul Rest In Peace".









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GREAT COMMUNITY CO-OPERATION SAVES

Christmas in Killarney

hristmas in Killarney will be very different this year but the true spirit of the magical season of goodwill will be very much in evidence in the town thanks to the combined efforts of Killarney Municipal District Council, Killarney Chamber of Tourism and Commerce and the Christmas in Killarney Committee.

A whopping €25,000 is being invested in additional street lighting features which will help ensure that Killarney will enhance its reputation as Ireland's greatest – and brightest – Christmas town.

The spectacular Tree of Light in the grounds of St Mary's Cathedral will again form the magnificent focal point for the Christmas celebrations in the town.

Close on 3,000 bulbs will sparkle to life on the 100ft Californian Redwood which is one of the most famous and photographed landmarks in the country.

This year's project is all about community and it will celebrate the fact that Killarney is such a wonderful town to live in and visit – even in these troubled times.

Due to the ongoing Covid-19

restrictions, the fabulous Christmas in Killarney Magic Parades will not proceed this year and neither will it be possible for the hugely popular festive ice skating rink to operate.

But, following great planning and behind-the-scenes action, Christmas in Killarney has been saved and a truly stunning visual feast will be provided on the streets. The public will be able to experience many of the magical elements of the parades in strategic locations around Killarney where spectacular floats will be on display as part of a visual and audial feast that will bring the joy and magic of Christmas to life.

The plan is to strategically position giant glass-sided marquees to house the wow factor festive floats that usually feature in the annual colourful parades. They will provide a superb backdrop to the celebrations and, no doubt, they will be in big demand for those seeking that special Christmas snapshot. And that's not all. Santa's Sleigh and Santa's Postbox will be positioned on Main Street and children and the young at heart are invited to write their letters and pop them in the box while giant Christmas decorations



will also be positioned in several areas throughout the town.

Announcing details of the Christmas in Killarney celebrations, Mayor of Killarney, Cllr Brendan Cronin, said he is delighted that everybody is working hard to retain Killarney's deserved reputation as the best and most exciting Christmas town in the country.

"It will be different this year and we know that but we must adapt but it so important that Killarney has a festive feel and a festive look for Christmas 2020," he said. "People can take full advantage of our great natural surroundings and enjoy the season of goodwill in the best place on earth to spend some time at Christmas," Mayor Cronin said.

Killarney Chamber of Tourism and Commerce President, Paul Sherry, thanked the mayor and the council for the wonderful support and he said that while it will not be the same as previous years, everybody will do their best to ensure that Killarney will be the go-to destination in Ireland for Christmas.

"Christmas will be different this year but the opportunity is there, as always, to spend time with family, friends and loved ones," he said.

KERRY PUBLIC REMINDED TO BE 'WINTER READY'



Pictured at University Hospital Kerry this week, I-r: Andrew Macilwraith (Chief Fire Officer), Tom Brosnan (Kerry Civil Defence), Sgt Tim O'Keeffe (An Garda Síochána), Charlie O'Sullivan (Director of Roads, Transportation and Marine, Kerry County Council), Fearghal Grimes (General Manager, University Hospital Kerry).

Statutory and public bodies in Kerry are urging members of the public to be prepared for the winter months and to be 'Winter Ready.'

The HSE, Kerry County Council and An Garda Síochána are encouraging households to make preparations for adverse weather, particularly during the current pandemic, and to ensure that neighbours reach out to older or vulnerable households at this time to ensure that they are

prepared for winter weather.

'Be Winter Ready' is a co-ordinated annual campaign involving statutory services which aims to raise public awareness about the challenges which winter can present. The local organisations are drawing the attention of the public to the www.winterready.ie website which has useful tips and information for members of the public, including advice on how to avoid trips and falls, and how to make sure your home and family are

prepared for winter.

Local statutory bodies will be promoting important messages over the coming weeks around issues like road safety, preparing the home, health and wellbeing, advice for older people, and details of important emergency contacts. Specially prepared 'Winter Ready' fridge magnets have been prepared by the Cork-Kerry Interagency Emergency Management Office and these will be distributed through the Kerry Public Participation Network (PPN) over the coming weeks. The magnets will provide specific contact details for use during an emergency such as numbers for the ESB, Irish Water, local Garda station and the County Council. All of the local agencies including the Health Service Executive, An Garda Síochána, Kerry Fire Service, Kerry Civil Defence and Kerry County Council work closely together to ensure a coordinated response to any emergencies which may arise over the winter months.

During the COVID-19 pandemic, the Kerry Community Response Helpline remains open from 9am to 5pm seven days a week on 1800 807 009 and provides support and advice for non-medical issues during the current public health emergency.



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

"Little did we know that Fossa would be such a huge part in our lives going forward"

Marie meets retiring principal Pat Clifford

This week I had the pleasure of meeting up with a very popular principal in our community, Pat Clifford, on his second go at marking his retirement from Fossa National School.

"We had planned an earlier date to mark the day Marie but Covid 19 had a different take on that. I had been in contact with a person who had Covid 19 so the responsible thing to do was to self isolate for two weeks, so today is the day instead. Pure precautionary but necessary all the same".

Pat & Catriona Clifford were married at Fossa Church in 1994. A carefully chosen half way point from Pat's home town of Annauscaul and Catriona's hometown of Tarbert. "Little did we know that Fossa would be such a huge part in our lives going forward" Pat said.

On graduating from Mary Immaculate College, Pat Clifford began his teaching career at St Pat's in Dromcondra in 1981 before moving to Rush NS in Skerries where he taught from 1984-1998. He then moved to St Colemans in Macroom in 1998 until 2002 taking up the position of Deputy Principal. After that he returned to his home town of Annauscaul in 2002 taking up the position of Teaching Principal from 2002-2010. He later took up the position of Administrative Principal at Spa NS, Tralee. "Outside of my Dublin posts I commuted to work daily from Fossa so it was a pleasant journey of just 500 metres to my position as Principal of Fossa NS from 2002-2010". Up until two years ago Pat's wife Catriona was a mid wife at University Hospital Kerry and now works closer to home at Killarney District Hospital. They have four children - Twins Ellen & Mick and Anna & Jack. When I arrived at the school, Elaine Cronin, SNA, took me to the rear of the school to photograph the plaque (as seen in the inset photo) which would later be unveiled to Pat as a tribute on his final farewell. Elaine then took me through the school to locate Pat who was visiting each class individually to say goodbye and had no idea of my arrival. Much to my relief he was pleasantly surprised to see me and knew all about Gogglvox.

I have learned down through the years of photographing that children don't lie when it comes to their feelings and gestures. It was clear to me that Principal Pat Clifford was truly loved and respected by each child & teacher that greeted him with a smile and 'hello Mr Clifford' in the corridor as we made our way to the library for a chat. In my opinion, a level of



respect and warmth like this has to be earned and on first impressions, I could clearly see that this was truly the case where Mr Clifford was concerned.

I complimented Pat on the impressive astroturf pitch and the playground area and the smiles the children gave him in the corridor. "We made a lot of changes Marie down through the years. €1.9 million euros worth of changes. The astroturf, the community playground, two autism units and extra classrooms. I was lucky to be part of a very productive team. Sure enough I was at the helm but I was not solely responsible. We have a very enthusiastic and innovative Bord of Management, a fantastic Parents Association and the most amazing staff so together we drove the changes at Fossa NS" Pat said. Fossa National School has 256 students, 17 teachers & 11 SNA's.

"So what has been your most memorable time throughout your teaching career Pat?" I asked. "I think the main highlight for me is the outstanding musical performances the school has showcased annually. Most recently Mamma Mia, Grease, Annie & Oliver. I think it's a fantastic bonding exercise for the staff, parents & the community in general and the children thoroughly enjoy it. I have been extremely happy throughout my teaching career most especially at Fossa NS. It is important to be sociable as a teacher and to relate to the children too. I think change is great. It's nice to leave a legacy. I think everyone at Fossa NS is compassionate, kind & fair which drives

academically. Fossa NS offers a wide variety to every child. Education is varied and we hit as many targets as possible. I have enjoyed my position here at Fossa NS but if the school secretary was absent Marie, it would be a whole different story so I think the fuss made of me today should be made of any person on the school team. I was very lucky with the wonderful team I had. I think the new Principal, Mr Burke will get on very well at Fossa NS. From what I've seen he is very sociable and has excellent ability. Mr Burke is inheriting a great school with great people behind him already. I think it's important to under stay rather than over stay your welcome and change will benefit everyone." Pat concluded.

Before I left, I asked "Is there anything in the pipeline for the future Mr Clifford"? "Oh I'll find something Marie. Don't be surprised if you find me one day with a guitar in Market Cross" Pat laughed. Now there's a performance worth watching!!

I left Fossa NS as a video link was being prepped for Mr Clifford to make his final farewell. Thank you for having me at Fossa NS and all the very best in your retirement Principal Pat Clifford.

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



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Connecting Generations through Creativity...

The Together Project goes online

A programme of virtual workshops in storytelling, creative writing and traditional music entitled The Together Project is inviting people from throughout County Kerry to participate.

The Together Project is a collaborative arts based intergenerational project by Kerry Writers' Museum & Fighting Words Kerry which aims to link young and older people in the community together through creativity. The Project is supported by Creative Ireland Kerry and Kerry County Arts Office.

"We started this new arts based project in early March and had received a tremendous response from all ages, but unfortunately had to put it on hold due to Covid-19 lockdown", Cara Trant, Museum manager said. "Since then we have been exploring ways of how to deliver the project in a safe environment, particularly as it is targeted at one of the vulnerable sectors of the community. Over the past few months we have run a number of virtual events including Listowel International Storytelling Festival and local history lectures which have proved a great success. This has given us great encouragement with regard to delivering The Together Project through an online platform" she added.

The Together Project is inviting young people



aged 8 to 17 years and older people aged 60 years+ to participate and aims to encourage communication and empathy between both age groups. The storytelling programme will be directed by medicinal storyteller Maria Gillen and will focus on the power of story to encapsulate resilience. Creative writing workshops will focus on using creative writing techniques to bridge the divide between young and older people. All workshops are

free of charge and will be delivered online via 700M.

For further information on the Together Project and how to participate, email kerrywritersmuseum@gmail.com or visit www.kerrywritersmuseum.com/the-together-project.

#MissedMoments

Gleneagle Hotel launch Gift Card



We all know that 2020 has been a challenging year for us all with missed birthdays, weddings, anniversaries and more.

But The Gleneagle plant to change all that with their new Gleneagle Gift Card.After <u>missing</u> time with our loved ones, and spent time apart. We've spent hours on zoom calls and speaking through screens. We've queued at the supermarkets meters apart, we've distanced ourselves from those closest to our hearts.

The Gleneagle Hotel aim to reunite people with their loved ones when the time is right to make up for this years missed moments

In their new #MissedMoments campaign, they have highlighted the isolation and loneliness that has been felt by many across the world in 2020. They are counting down the days until we can be reunited with our loved ones once again and make up for the missed moments of this year. The

new video captures this and gives us hope for what is to come.

We need something to look forward to, now more than ever! With a Gleneagle Hotel Gift Card a world of experiences awaits – family breaks, self-catering breaks, couples escapes, entertainment breaks and the freedom to explore one of the most beautiful parts of our country.

It's not what we have, but who we have and when you're ready, we'll be here. Make up for the #MissedMoments with a Gleneagle Group Gift Card.

Purchase your voucher online now at: https://www.gleneaglegroup.ie/en/qift-vouchers-offers/

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

IMPROVE YOUR HOME







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

Fantastic support network on campus... and no interruptions -

Virtual Graduations take place this week



ovid 19 restrictions have had a huge affect on our young people, especially those at the latter end of education in college & universities throughout the country.

Many of us have fond memories of our college years and the accompanying nights out, new friends, new ventures, new challenges and finding yourself!

This week I caught up with L-R Neisha Clifton, Killarney, Eileen O'Connor, Rathmore with her son Tommy, & Triona Clifford, Castlemaine, all of whom graduated on Friday completing their studies in 'Information Systems Management' at IT Tralee with flying colours.

"It's a very broad course Marie opening doors to anything from marketing to teaching. It's a four year course but I managed a loop hole doing one year at Killarney Community College studying Office Administration which was a back door to the Information Systems Management course in Tralee" Eileen told me. I thought to myself how bad I would have been in a stay at home, self discipline environment of education. Still I suppose there would be nothing to distract me either but I'm all for the classroom environment on a social level as well

as academic.

"Although we all took the same course we had the advantage of going down different routes too. With the path I chose, I was given more projects to complete, as we were marked on continual assessment as opposed to exams. This was a lot more pressure and stress for me without having access to the classroom and college facilities" Neisha told me.

"Home environments differ too, some a little busier than others. Triona & I used to take advantage of the study facility offered at the college. There was a fantastic support network on campus... and no interruptions! Eileen laughed. "Of course we worried about the number of cases daily too not to mind the worry of getting a job" Eileen said.

"To be disciplined to get up when you may have been studying until 1am was hard Marie" Triona told me. "My internet was good but some had issues with connections & signal levels. The lecturers were new to the whole zoom way of education too. Often we would enter and others would enter the incorrect zoom room"Triona laughed. "But we got there in the end and we're here today holding our certificates. We made the decision to hire the

gowns and meet up in person outdoors" Well you don't have to convince me of that Triona. I'm all about making memories!

"Have you any advise for those going through college life online at the moment ladies" I asked. "Try not to worry. If you're stressing over something ask yourself the guestion 'will this be so important in a years time' and if the answer is no try to leave it behind you and move on. No matter how stressful it gets, you are going to get it done because it's what you want to do and you'll get there" Eileen replied. As I left the girls I was glad to hear that all three of them had indeed acquired employment and all were staying in Kerry too. L-R Neisha Clifton works in Consumer Rights & Finance at Fexco. Eileen O'Connor hasn't moved very far from IT Tralee and works on campus in the Computer Service area and Triona Clifford works at JRI America in Tralee. Thank you so much for taking the time to chat to me on your graduation day ladies. Onwards & upwards I'm sure.

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



Be Responsible - Be Safe





GREENLIGHT FOR THE GREENWAY

Politicans across Kerry have broadly welcomed the the decision of An Bord Pleanála to grant planning permission for the development of the South Kerry Greenway.

Mayor of Kerry, Cllr Patrick Connor-Scarteen said the decision to approve the project represents an enormous boost for the county and for south Kerry in particular.

'I am delighted that An Bord Pleanála has given this project the green light. This greenway will bring huge tourism, social and economic benefits to the entire south Kerry area and I look forward to its construction at the earliest opportunity,' he said.

Also welcoming the decision is Cllr. Michael Cahill. "This is a great day for everybody in Kerry. The South Kerry Greenway is a Gamechanger for all those who live in this region as there are endless possibilities at our fingertips " said Councillor Michael Cahill today when welcoming the decision of An Bórd Pleanála to grant permission for the project.

"I must recognise here today that from the very outset, both myself and Councillor Michael Gleeson of Killarney were the representatives that rowed in, in support of this project" said the Rossbeigh based Councillor.

"We will be forever grateful to everybody who made this possible and in particular, the land owners who are the real patriots in this country" stated the Fianna Fáil Councillor.

"I, and my colleagues in Kerry County Council, will fight tooth and nail to ensure that all landowners are adequately compensated and



that all necessary accommodations will be provided and that a state of the art Greenway will be provided for all including those living along the route" he said.

"This is an emotional moment for me and many more people who see the enormous potential of the South Kerry Greenway and who in fact have pushed for it from day one" said Councillor Cabill "Please God now, we can move ahead with the construction phase and ensure everybody who is a stakeholder, is treated with decency and equality" stated the Fianna Fáil man.

"As I said from the beginning, this can be a "Gamechanger" for the Economic outlook of this region forever more for the greater good of all our people" he added.

CLLR WELCOMES

RESPONSE REGARDING BLOOD TEST FEES

Councillor Michael Cahill has welcomed the response from the Minister for Health, Simon Donnelly to his 'Emergency Motion' with regard to GP charges for Blood Tests. Councillor Cahill has been following up on this issue for a number of months now, as it has become an increasingly important issue with Covid-19 in our midst.

"I queried the previous Minister for Health on this issue some months ago and again at a recent meeting, I moved the 'Emergency Motion' calling on Minister Donnelly and the HSE to again clarify and ensure that patients with a Medical Card or GP Visit Card are not charged for blood tests if it forms part of the necessary treatment or investigation" stated the Fianna Fáil Councillor.

"The Minister has responded with

'There is no provision under the GP GMS contract for persons who hold a Medical Card or GP Visit Card to be charged for routine phlebotomy services provided by their GP' which is exactly how we read the situation" stated the Rossbeigh based Councillor.

"Minister Donnelly has also stated that he is aware nonetheless, that some patients are presently being charged and he has asked the HSE to seek a solution" said Councillor Cahill.

"This is a major financial burden for people with health issues who regularly require blood tests to be taken and I trust now, following this intervention, the the practice will cease immediately" added the Fianna Fáil Councillor.

WORK ON REDEVELOPMENT OF RATHMORE TO COMMENCE

The TII has approved a contract for the re-development of Rathmore Town.

This week, Cllr Niall Kelleher announced that Transport Infrastructure Ireland has confirmed an allocation of funding to commence appointment of the preferred contractor to commence work on redevelopment of Rathmore town. This will include an overlay of the N72 with the provision of new footpaths, two pedestrian crossings and bus stops as well as undergrounding of the public lighting.

"This is welcome news for a community that has been struggling for many decades because of a severe lack of investment previously," said Cllr Kelleher. "The funding from the TII will be spent alongside the funding previously allocated under the Town and Village Renewal Scheme and Leader and



Clár funding as well as allocations from councillors". This news comes on top of confirmation of the appointment of GLAS Construction for the removal of Stagmount bends to the west of Rathmore town.

Cllr Kelleher has acknowledged the work done on Stagmount bends by former his former council colleague John Sheahan.





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BUSINESS

GROW YOUR BUSINESS HERE - WITH US!

Kerry Hotel Supports

Remote Working with New Technology

rish family-run Cronin Travel Group have introduced an innovative new piece of software technology to allow local hotel business to operate in line with these unconventional times

During level 5 staff members can now work from home and adapt to this new era of remote working.

Operating for more than 60 years, the Cronin Family own and operate the very best that Ireland has to offer for travel, tourism and hospitality including 'Select Hotels of Ireland' hotels The Dingle Skellig Hotel, Killamey Riverside Hotel and Kenmare Bay Hotel & resort, Kerry.

Covid-19 has changed the needs of businesses, with remote working now the norm. Una Young, General Manager, Select Hotels with The Cronin Travel Group, was quick to identify that the needs of the staff and management will substantially change in the post Covid remote working world.

The new climate presents new challenges including how to assign tasks and manage staff in real time whilst working from multiple locations. The travel group needed to allocate work and check the progress of their teams and also continue to focus on sales, even though their sales teams could not meet face to face.

The CRM-Plus (Customer Relationship Management) platform was developed by an Irish software business, MindaClient. Entitled 'Rebuild' the platform enables tailored management of sales, customer service, and most significantly, staff-time-management,



Una Young, General Manager, Select Hotels.

all on one convenient digital platform for the post-Covid business environment. The Dingle Skellig Hotel, Killamey Riverside Hotel and Kenmare Bay Hotel & resort can now facilitate remote working and maximum flexibility for its employees with the 'Rebuild' system.

"As the working environment changed we knew we needed to change along with it. Having worked with Brian Kelly and his team at MindaClient for a number of years, we knew he was offering a seamless and practical solution to solve the problem of managing a team of remote workers. Customer care is the cornerstone of the hospitality and Rebuild helps us to deliver outstanding service and stay connected as a team. There have been many challenges to the tourism industry during the Covid Pandemic. Thankfully managing our staff in real-time is not one of them," Una Young, General Manager, Select Hotels said.

The ability to manage staff, allocate work and check progress in real-time is a distinguishing aspect of the 'Rebuild' platform in addition to the unique features of 'MindaClient' which offers over 100 customisable elements to its users. This ensures that each type of business and industry gets its own tailored system that perfectly addresses its requirements. Training and support is included upfront. 'Rebuild' facilitates excellent customer care as everyone in the company can see the latest client information as it happens.

The Cronin Travel Group believe in building good business relationships with all its clients, offering knowledge & advice, but also 24 hour support while clients are traveling. 'Rebuild' is a strategic part of its success in Level 5 and beyond.

The Cronin Travel Group looks forward to welcoming all staff and customers back safely in December.

For more information see: www.mindaclient.com/rebuild | www.selecthotelsireland.com

SHOP LOCAL - NOT JUST FOR CHRISTMAS'

CAMPAIGN LAUNCHED

This week, the Irish SME Association (ISME) launchedits'ShopLocal-NotJustforChristmas' campaign, highlighting the importance of supporting Irish businesses throughout the year. ISME hopes that their members in Kerry offering business to business services, consumer products and services across the retail, hospitality and personal grooming sectors will join this initiative and avail of the opportunity to promote their business free of charge.

Every €10 spent on Irish products generates more than €40 of benefit for related businesses, which highlights the importance of shopping local to maintain employment in our communities.

As businesses face into the Christmas shopping period, ISME is encouraging consumers to not only shop locally this festive season, but

to make a conscious effort to continue to support Irish businesses in 2021. Irish SMEs are currently facing significant pressure with business closures and other restrictions associated with Covid-19. This is further amplified by rising insurance costs and Brexit. ISME is encouraging Irish consumers to think of the bigger picture when supporting Irish businesses. As well as employing local people, SMEs also carry a high percentage of locally produced goods and revenue and employment is generated in other local services and suppliers and other small firms. To find out more about the campaign and to

explore the list of businesses involved in the 'Shop Local – not just for Christmas' campaign, please visit: https://isme.ie/shop-local and follow the campaign on Twitter at @isme_ie.







A Box of Smiles...

KILLARNEY COMPANY WINS €15,000

on The Late Late Show



The team behind the Quest Killarney, Quest Kenmare, Run Killarney and the Ring of Beara Cycle Kenmare were announced as the recipients of Vodafone's bursary worth €15,000 as part of The Late Late Show's showcase of Irish businesses which aired on Friday evening last

The company were recognised for Box of Smiles an innovative new product which they launched after their sports event management business ceased overnight in March due to the Covid – 19 pandemic. Box of Smiles are gift boxes full of produce and crafts sourced around Ireland. Each box is filled with high quality products, sourced from local small businesses including coffee roasters and bakers, creatives and artisans, tea connoisseurs and candle creators. Box of Smiles is also a wonderful way for people to keep in touch with Irish creativity in their locality, gift a loved one or express gratitude to an employee.

Owner Oliver Kirwan expressed his delight and appreciation upon receiving the award "It's been a tough few months for our business



like so many others. We are usually organising sports events across the country but due to Covid - 19 restrictions we have been unable to do so. We were on course to run 14 sell out events this year but only managed to complete one and with no roadmap in sight to get back on track we had to get the thinking caps on and try and come up with a project that would help us sustain our business but also help other small businesses that were feeling the effects of the downturn. Box of Smiles has allowed us to do that. The feedback and support from all across the country has been fantastic and we are so grateful to The Late Late Show for inviting us to showcase our projects and also

to Vodafone Ireland for their generous bursary which will go a long way in helping us move forward into 2021."

Elite Event Management are launching a crowd funding campaign this week for an exciting new sports and fitness tracking app which will revolutionise outdoor sports participation in a new era. To find out more about this crowdfunding campaign please visit http://www.sparkcrowdfunding.com.

For further information please visit www. boxofsmiles.ie or email annette@eliteevents.ie or call 0646635512.

It's time to remember as Memorial Tree lights up

The beautiful Light to Remember Christmas Tree organised by the Kerry Hospice Foundation has been lit again for 2020 and remembers those loved ones who have passed.

Kerry Hospice have launched their Light to Remember Christmas Tree on their website www,lighttoremember.com, where you can remember a loved one and pay a tribute or leave a special message.

"We have left the amount open so that you can give as little or as much as you want. You can also see other tributes that have been posted. If you, or someone you know, cannot access the internet, please feel free to drop into any hospice committee member. Remember to include the name of the loved one, who is placing the tribute and your message", Jack Shanahan,

On behalf of Kerry Hospice Foundation and the Palliative Care Team, we want to thank everyone



for offering to help us in these very difficult times. The Covid 19 crisis has massively affected our ability to raise funds, with staples like our Sunflower collection, Coffee Morning and Church gate collections either cancelled or hugely restricted

All funds raised locally remain in Kerry. We do not pay any managers or fundraisers and all participation is voluntary. Your donation will go towards running costs of our new inpatient unit, a state of the art 15 bed facility that cost over €6.5 million. It is humbling and amazing that our county has funded this development, as well as the outpatient unit opened a few years ago. Both units have been full since they opened. Their capital costs have been paid off.

We also are committed to funding the inpatient unit to the tune of €400,000 a year for the next four years. Finally, we spend around €100,000 a year on various palliative care services, including nursing and beds in other locations.

We have, to date, been successful in meeting our targets. As we look to the future, we are hoping to build a strong, community-based support and education network for nursing homes and other facilities

As you can see, we are going to be pushing out the fundraising boat for the foreseeable future. We are delighted that you are part of the journey.









President of Ireland to address Hospitality and Tourism Industry

president of Ireland Michael D. Higgins, tourism futurist Valentina Doorly, travel writer Pól O'Conghaile and Ireland's key industry experts will speak at the upcoming Hospitality and Tourism Professionals Day, organised by the Irish Hospitality Institute.

The event, which takes place virtually on 26th November 2020, will provide a platform for owners and managers to discuss the critical issues facing the industry, such as the retention of talent and rebuilding business, and it will also focus on the international megatrends that will define the sector in the future. The aim is to provide support and solidarity at a critical time for the hospitality and tourism industry.

Decision makers from hotels, restaurants,

attractions, tourism, travel and education, are invited to attend for free.

The event is being run by the Irish Hospitality Institute, the professional body for managers in the hotel, tourism and catering industries in Ireland, collectively known as the hospitality industry.

Supported by Failte Ireland, the event will welcome members from the Restaurants Association of Ireland (RAI), the Irish Hotels Federation (IHI), the Association of Visitor Experiences (AVEA), the Irish Tourism Industry Confederation (ITIC) and the schools of tourism/hospitality.

To register for The Irish Hospitality and Tourism Professionals Day and for more on the Irish Hospitality Institute (IHI) see www.

RETAILERS IN KERRY TO BENEFIT FROM THE ONLINE RETAIL SCHEME

Retailers in Kerry are set to benefit from new funding under the Government's Online Retail Scheme which was announced this week. On Monday, Minister of State for Business, Employment and Retail at the Department of Enterprise, Trade and Employment, Damien English TD, has announced a €5.3 million Online Retail Scheme.

Following the announcement, Deputy Government Chief Whip, Brendan Griffin TD said: I'm pleased to say that retailers in Kerry are going to benefit from the funding, which is administered by Enterprise Ireland.

"Retailers in Kerry have been hit extremely har d by COVID-19 and many have had to move their sales online or expand their existing online offering. That's why the Government has been working to ensure they are supported in doing so during this challenging time", Deputy Griffin

Among some of the Kerry companies who received funding are:

Corcorans' Furniture & Carpets Ltd Dingle Fashion and Gifts Ltd Doonshean imaginings Ltd Landers Outdoor World Ltd Mods & Minis Holdings Ltd Murphy's Ice Cream Ltd OSG Property Developments Ltd

Quills Retail Ltd

Walsh Brothers, Ltd

"This is the second call of the Covid-19 Online Retail Scheme and it is targeted at retailers who already have an online presence to help them strengthen their online offering and enable them



to reach a wider customer base. The successful applicants will receive funding ranging from €16,000 to €40,000 with an average grant value of €36,700 covering up to 80% of project costs.

"Fine Gael has always supported small and medium businesses as we know they are the backbone of local economies in towns and villages right around the country. 70% of the successful applicants for this scheme are actually located outside Dublin and I am delighted that hard pressed retailers in Kerry are benefitting," Deputy Griffin concluded.

Minister Damien English TD said: "I was very pleased by the positive response from the Irish retail sector to the second call for applications under the Covid-19 Online Retail Scheme as Government continues to help Irish businesses deal with the impact of the pandemic. The economic value of operating in the e-commerce space and its convenience for customers has i online, for customers and staff."

come to the fore in 2020 and this scheme aims to help companies improve and maximise digital sales prospects.

"We know that consumers are keen to support their local retailers, even when shopping online, and these grants will help businesses to really maximise the opportunities in the e-commerce market. Of course, this market is not limited by geography and physical location and we know that Irish businesses with strong online resources also have their eyes on the international marketplace.

"The Government continues to focus on helping businesses to get back on track in the coming months and as more of our workplaces and businesses can reopen in the coming weeks, in line with public health guidelines, we will do everything we can to support retailers in creating safe shopping spaces, in store and





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There are lots of businesses still working behind the scenes, OFFERING CLICK AND COLLECT, CALL AND COLLECT AND TAKE AWAY SERVICES, and in an effort to help all these local suppliers stay in business, Killarney Outlook are offering a free listing service of those whose services are still available during Level 5 of Lockdown.

FOOD & DRINK

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

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

THE TAN YARD

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

CAFE DU PARC

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

THE GOLDEN NUGGET, FOSSA

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

THE PORTER HOUSE POP UP

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

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

THE BLACK SHEEP HOSTEL & COFFEE SHACK

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

FOUR STAR PIZZA

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JIMMY BRIENS

Delivery Phone: 087 9613482

DEN JOES

Open seven days a week for takeaway 12 New street 064 6633827

KHAO

High Street Open for takeaway 7 days a week

TREYVAUDS POP UP DELI

Tuesday - Saturday 9am - 5pm 064-6633062

Cronin's Restaurant

Take away www.croninsrestaurant.com 064-6630903

PETIT DELICE FRENCH BAKERY

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THE SHIRE CAFÉ & BAR

Open Friday, Saturday and Sunday for takeaway coffee and pastries and takeout menu is available all weekend from 4pm

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

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

JM REIDY'S

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

DANNY MANN

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

MUCKROSS GARDEN RESTAURANT

Open daily for take away 10am - 4pm 064-6639354 www.muckross-house.ie



www.Kilkennyshop.com

WHAT WOMEN WANT

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O'SULLIVAN CYCLES

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Hanna Kelly

A quintessential farming lady - 1924- 2020

anna O'Connor was a highly educated woman. Like Tomás Ó Criomthainn that wrote "An t Óiléanach" she both learned and lectured in "Ollscoil an Tinteáin" the University of the Fireside.

Growing up in Inchicurragane, Anabláth, by the fireside, she, her 3 brothers and sister heard first-hand accounts about the Famine, War of Independence and the Civil War.

They attended the American wake for their two aunties, Scartaglen natives Nell and Breda Kearney. Aged 15 and 16 they emigrated to Chicago around 1940. It was a cause of great joy when her aunty Nell Gallagher (nee Kearney) returned in 1965 for a holiday.

She and her husband Pádraig Kelly, Chapel Cross were a formidable and industrious couple, farming together for over 60 years.

As the market dictated they adapted the type of farming between, horses, a hatchery, tillage, beef, sheep and dairying. During the compulsory tillage (1939-45) they sat 10 acres of potatoes, as was required by law. All done by horses.

Their high quality produce, golden wonder potatoes in particular drew many a customer into shops in town.

Hannah recalled the economic war (1932-38) as an awful time due to the skinning of the calves. (Calves were worthless so the Government paid for the hide only). April 1972 was difficult too as during the ESB strike power was reduced to around 3 hours a day.

Hannah had many talents. She was kind, caring, humble, humorous and extremely intuitive. She could diagnose a sick animal as good as any vet.



Indeed on more than 1 occasion contradicting the professional and proved right in the fullness of time. She could spot instantly the pain or potential of any animal, bird or human.

Kingdom County Fair, Killarney races, the ploughing match as well as Moorepark and Grange open days were attended as religiously as Knock. In Killarney show (alas no longer running) her geese and turkeys won many prizes

She was an innovator. In 1966 A Ruakura milking machine in a new milking parlour was installed, one of the first in the county.

Of all the changes in farming, the farm animal she missed most was the pig, especially for

eating the left -over food.

In 1976 Hanna and family moved to farm in Gortroe, Fossa, Killarney She always had the kettle ready to feed any one that came to the yard either worker, relative, friend or traveller. She baked most days. Her treacle bread was unique, even though she said "there was nothing at all to it".

She was blessed with incredible health and strength. Fostered and maintained, by farm work and the occasional Polka Set which she and Padraig loved.

Her holidays were a trip to Dublin to visit relations. In later years, while their health allowed, they went on various trips to Rome and Lourdes. By the fireside too she could multi task. Simultaneously watching TV. conversing and knitting, without ever dropping a stitch. Hannah's masterpiece was the Aran sweater with the Diamond stitch.

August was her busiest time, as she worked on her Singer sewing machine, preparing her seven children's clothes for back to school.

She and Pádraig got great pleasure talking about the "old days". Not quite as much pleasure as the grand children and great grandchildren did, though. Invariably a younger child would ask "And is it true and did ye live through the Famine in 1847"? To which Nan with a roguish glint would say "I didn't but Granda did".

Hannah was a spiritual person who farmed sustainably. May the sod of old Kilcummin graveyard rest softly on her gentle soul.

" Do dhá láimh a Chríost anall thairsti "

French award for Rebecca

A fifth year student at St. Brigid's Secondary School in Killarney has wonan award in the 2020 ITIA Translation Competition for Secondary School students.

Rebecca Doyle entered a translation competition independently during the summer and was told this week thay dhe had won in her category 'Translation from French'.

Rebecca should have received her award at the Awards Ceremony in Dublin but due to COVID 19 she will be mentioned on their social media receiving her prize. Rebecca is pictured with her French Teacher Mrs. Anne Brosnan





Kerry native and social media star Tadhg Fleming has partnered with Huawei to launch the HUAWEI P Smart 2021. YouTube star Tadhg Fleming and his dad Derry are an example of those who have embraced the TikTok trend; their hilarious life updates across social media shot them to fame around three years ago, and his content on TikTok has gained the Kerry native over 2 million followers, and now a partnership with Huawei to launch the all-new HUAWEI P Smart 2021.

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The management of the Gap of Dunloe is to go before the public as Kerry County Council undertake a broad public consultation over the coming months to seek the observations, views and suggestions of members of the public and stakeholders about how the Gap of Dunloe area should be managed into the future from many perspectives including tourism, transport, access and the environment.

Kerry County Council recognises the need to develop a sustainable approach to managing the Gap of Dunloe into the future. The Gap of Dunloe is an iconic and internationally recognised feature of the County Kerry landscape and is a significant attraction for visitors from around Ireland and around the world. It is one of the finest examples of a glaciated valley in Western Europe and is world renowned for its scenery. The Gap of Dunloe is an environmentally sensitive area and is a

Special Area of Conservation (SAC), being part of the Killarney National Park, Macgillycuddy's Reeks and Caragh River Catchment SAC. It is important therefore that the Gap of Dunloe is treated sensitively, protected and carefully managed.

The number of visitors to the area has been increasing in recent years and this included the summer of 2020 when the Gap of Dunloe was enjoyed by significant numbers of domestic visitors. The road through the Gap of Dunloe is a public road and is the principal access to a distinct local community in the Gap of Dunloe and Black Valley and accommodates a range of normal commercial traffic serving that community. The Gap of Dunloe and surrounding area also includes a diverse range of tourist and visitor activities.

Congestion and delays during the tourist season on the road through the Gap of Dunloe is being experienced more frequently in recent years by both visiting and local road users. This is leading to a diminution of the experience for some visitors and is also making it more challenging for residents in the locality. The views of the public are being sought on these and all relevant issues.

Public Consultation

This consultation includes a publicity campaign, notification to the relevant state agencies, and engagement with community and business stakeholders and a letter drop locally. Observations and submission can be made in writing and marked 'Gap of Dunloe Public Consultation,' Administrative Officer, Kerry County Council, Roads, Transportation and Marine, Room 115, Áras an Chontae, Rathass, Tralee, Co. Kerry or by e-mail to: roads@kerrycoco.ie. The closing date for the receipt of submissions is 29 January 2021.

KERRY AIRPORT WELCOMES

ADDITIONAL STATE FUNDING

KERRY Airport has welcomed the commitment of additional State-funding in recognition of the very difficult winter season being faced by the aviation sector. The Airport remains open and operational to serve the essential PSO Kerry-Dublin Route which ensures the county's continued connectivity while providing a swift essential travel passage for those who need it.

The additional funding will reduce the financial pressure caused by the significant drop in Kerry Airport income due to the Covid-19 pandemic.

Management at Kerry Airport have thanked Ministers Ryan and Naughton, and especially the two Kerry TDs in Government, Minister Norma Foley - TD and Deputy Brendan Griffin, for their support.

Minister Foley welcomed the additional funding:

In recognition of the very difficult winter season being faced by the aviation sector and particularly Kerry Airport in this county the Government has decided to provide extra supports for 2021, in addition to those announced in October's Budget.

For the smaller regional airports of Kerry, Knock and Donegal, in addition to the €21m in funding available under the Regional Airports Programme for 2021, further operational support of €6m will be made available.

The funding package will also include an Airport Charges Rebate Scheme for January to March 2021, subject to State Aid approval from the EU Commission. This is one of the recommendations made by the Task Force for Aviation Recovery and, at an estimated cost of €20m, will support the retention of core connectivity through the Winter season.

Commenting on the announcement, Minister Foley said "these are difficult days in aviation, however this funding is a vital recognition of the strategic importance of Kerry Airport to our county and our region".



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BER D1

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Auctioneers who would like to feature on "Through the Keyhole" contact Des on **087-6593427**.

Inaugural Award Established By Kerry International Film Festival

To mark the 21st edition of the Kerry International Film Festival, the Trua award to celebrate compassionate film-making that excites positive change was established.

In an increasingly polarized world, as evidenced by the US Election, KIFF feels that this kind of film-making is more vital than ever.

KIFF Board Member, Ailbhe Keogan said: "Trua means compassion in Irish. We want this award to recognize brave filmmakers using the art form, not to preach or moralize in a way that alienates and divides but to compassionately explore issues that pulls people out of their respective trenches to engage in open dialogue. The award is international in scope, and so it was wonderful to see the inaugural award go to an Irish project of such worth."

This year, the award went to director Zithelo Bobby Mthombeni's new documentary 'THIS LAND'. It is a short film about Ireland's relationship with race, identity and immigration. The film explores new ways of experiencing Irishness, via discussions with chefs, artists, musicians, entrepreneurs, journalists and activists. It also explores the impact of racism and Direct Provision on the outlook of the people interviewed.

Director Bobby Zithelo Mthombeni said: "I wanted to start a conversation. I wanted to get people talking, not only about how people in Ireland have suffered racism but also the positive impact immigration has had on Irish culture, whether that's through food, music, media or activism. It was also an opportunity to talk about how Ireland's culture has changed in the last 10 years. The creative community in Ireland is quite inspiring right now, and it is important to showcase what we in Ireland have



to offer in terms of talent and diversity."The film features poet Felispeaks, 2FM radio presenter Tara Stewart, journalist Bounce The P.R.O., musician Senita Appiakorang, chef Pedro Ferraz, music group NUXSENSE, activists Beyond Representation, journalist Dean Van Nguyen, vintage store owner Ayuba Salaudeen, artist manager Ivan Klucka, chef Gunmoo Kim, dancer Footrocker, activists Black Pride Ireland and athlete Jeremiah Moulonso, as well as work from Asylum Archive.

Poet and playwright, Felispeaks said; "It was a pleasure to be asked to be part of such a well-received and brilliant project, THIS LAND. Bobby Zithelo's approach to the conversation was nuanced and deliberate, the kind of attention necessary for this topic. I'm excited to



know the work done by himself and his team is getting the recognition it deserves."

Due to the immense success of KIFF 2020, the team are already making plans to incorporate a permanent digital element to the festival going forward. However, they are also looking forward to welcoming audiences back to physical screenings.

Killarney Memory Tree goes On-Line

The Killarney Memory Tree which lights up New Road annually will be back again this year but with a difference. As COVID-19 restrictions are in place, the much anticipated rituals associated with our Memory Tree have had to be slightly altered this year.

As usual, the lights on Killarney's Memory Tree will be lit during the Christmas. Those being commemorated by The Memory Tree will be remembered in the Holy Sacrifice of the Mass and lights can be ordered in memory of a loved one for a suggested donation of €5.

With all proceeds are in aid of Holy Cross Mercy School, Killarneym the official "Switch On" of the Memory Tree will take place on New Road, on Monday, December 7th @ 7pm.

While you won't be able to attend in person, there will be a virtual switch on experience on www.mercyholycross.ie or our school's Facebook page also.

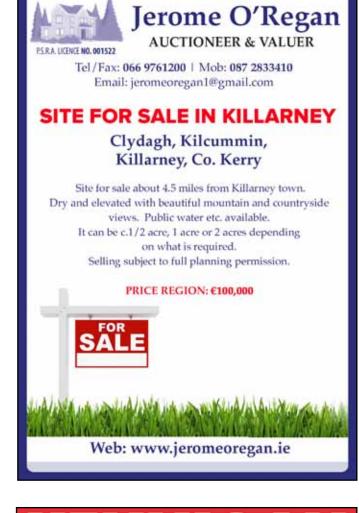
The Memory Tree will then be lit nightly during the the Christmas Season until January 6th, The Feast of The Epiphany. "All are welcome to visit the tree while maintaining a safe distance from one another in accordance with the Covid 19 safety guidelines", organiser and teacher at the school, Rhonda Daly told Killarney Outlook.

"Mass will be offered for all those commemorated at 1pm on Wednesday, December 16th in St. Mary's Cathedral. All are welcome to join us online via the Killarney Parish Webcam on www. killarneyparish.com", she added.

Lights are available from our school website www.mercyholycross.com or via a click and collect service at Holy Cross Mercy School on New Road. Please phone 0646631241 to arrange a payment and collection time. "A huge thank you to everyone who has supported us in the past" Rhonda said "And we look forward to lighting the tree on the 7th", she added.







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 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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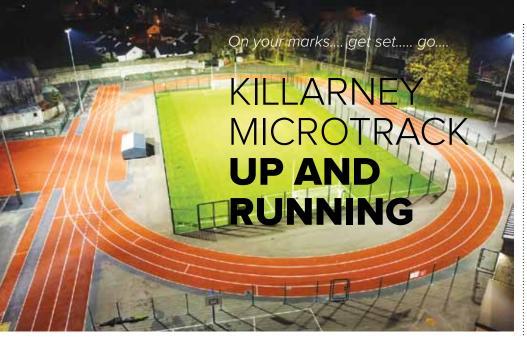
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There was welcome news this week when the South/East Kerry rural recreational track ltd (Killarney community group) announced that the Killarney Micro Track project is now finally up and running.

The facility is the culmination of seven years of hard voluntary work, with members of Killarney Valley Athletic Club at the centre of the push to finally create an athletics facility in the heart of the community.

With their dreams are now realised, a world class sustainable facility is now in place in the centre of Killarney town.

The Killarney Valley Athletics arena, incorporates an Astro turf playing pitch into the centre of the track area. The track itself is a tartan four lane 200m circuit, with an additional 100m four lane sprint straight.

It has a world class long jump and triple jump, a shot putt area and a world class high jump area and equipment. The facility has flood lighting to ensure winter training and could only have happened, with the cooperation of the diocese of Kerry.

"The cost of the project has come in at €517,000 and is seen to be of a multi million euro value, due to the priceless site, situated in



the centre of the town and in the centre of the student population of Killarney", on of the main fundraisers behind the project, Jerh Griffin told Killarney Outlook.

The schools of the town have use of the facility up to 5pm on school days and then the community group have use at all other times. The community group decided in early 2019 to continue with full construction and to ensure this a loan of €100,000 was agreed with Clan Creddo.

"As a group we would like to particularly thank Kerry County Council, South Kerry Development Partnership (Leader) and the Department of Sport for the necessary capital grant aid, required to bring such a great facility to life", Jerh said.

"These funds were in addition to private donations and many fundraising activities over the years and the group will highlight all of these groups in the future and thank them for their support.

The pitch rental to sports clubs (Terms and conditions apply) will be a key component of helping to fund the facility. The athletics track which has a separate focus and is for athletics only, is also being managed by Killarney Valley AC as all the grant aid that was provided was for this and it is this that is the unique aspect for the needs of the Community.

"We would also like to thank Hickey design and to Moloney contracts for going on this journey with us and for a top class finish", Jerh added.

"We would also welcome further private donations and currently have our go fund me page open, one can find this through Killarney microtrack", he said.

Pitch rentals (erms and conditions apply) can be booked through Con 0861505007 for where the pitch booking form must be completed. Killarney Valley ac can be contacted through killarneyvalleyac@gmail.com for enquiries from athletic clubs. Killarney valley ac will host "zero to 5k" for non members once the current restrictions Permit or is deemed safe to do so! It should be noted that Killarney Valley AC had a number of training sessions on the track over the last number of weeks for the 12 to 18 year olds, adhering strictly to the AAI (Athletics Association of Ireland) guidelines for Covid in a non contact sport. The sessions and athlete testing puts athletics in an incredible position into the future.A

Iso elite Irish international Jordan Lee is training full time on the track now, using the world class high jump equipment, which now firmly has put Jordan in good stead on his way to Tokyo 2021.

End of the bus to Belfast

as Cross Border Directive to end

Deputy Danny Healy Rae has expressed his disappointment that the the Cross Border Directive which enables people to travel to Belfast for cataracts, tonsil removal, hip and knee replacements will end in January.

"I have been contacted by the CEO of Kingsbridge Private Hospital in Belfast to say that " the HSE are today advising patients that they will NOT be able to use the Cross Border directive in N. IRELAND as of 1st January 2021" Deputy Healy Rae said.. "Any patients who have already started their journey will be able to continue these but no new patients will be accepted after 1st Jan 2021. That's the official line as of today", he added.

"I am disgusted and horrified that the Taoiseach is playing politics with this important scheme which many people have availed of over the years. Those people who travelled to Belfast for cataracts, tonsil removal, hip and knee replacements would otherwise have waited years to have the procedure done on the public system here. I was glad that I was able to arrange the trips to Belfast for cataract procedures for the many people who were able to save their sight and have the costs refunded under the Cross border directive. It will now be back to the old story again as they won't be able to go to the North anymore to get cataract, tonsil removal, hip or knee replacement done.

There are still some places left on buses to Belfast during December for anyone interested in getting their cataract procedure done and I urge anyone waiting to be called for the procedure to contact me for a place on one of the last buses travelling to Belfast under the cross border directive.











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Coróinvíreas COVID-19

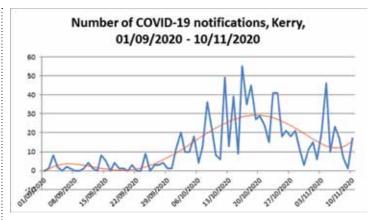
PROGRESS AS COVID-19 RATES IN KERRY DECLINE

Lerry is making progress in the drive to bring the number of cases of Covid-19 in the region as close to zero as possible, according to acting Director of Public Health for the HSE South area Dr Anne Sheahan.

Dr Sheahan today thanked the people of Kerry for their hard work in recent weeks to stop the spread of Covid-19, and said that this work is beginning to pay off.

"We had kept the level of the virus in Kerry very low for several months, but from in late September and early October we saw some very worrying increases. The people of Kerry are now working together to turn that around, and it's important to let you know that this is making a difference," she said.

While the number of cases of Covid-19 in Kerry still needed to drop further, Dr Sheahan said she has seen reassuring trends in the last week or so.



graph showing recent trends in Kerry.

"I want to thank the people of Kerry for everything they have done. It's clear that you are doing what's needed to bring the virus under control in your communities. I am glad to let you know that we are seeing some positive signs. The graph below shows that the trend is continuing this week, and this is very encouraging."

Dr Sheahan said this reduction has We haven't reached that point yet, been achieved by the people of but if we keep up the measures

Kerry making difficult choices.

"I know that the current restrictions to stop the spread of Covid-19 are particularly hard. We are beginning to see the impact of some of the restrictions, but it's important that we stick with the actions which protect us all. We need to bring the number of cases in Kerry back down to almost zero. We haven't reached that point yet, but if we keep up the measures

then I am confident that we will," she said.

Dr Sheahan reminded everyone of the practices which we all need to keep up.

"In particular, I am asking you to remember:

- The virus spreads from person to person quite easily. That is why it's important to keep our distance.
- We all need to be aware of the symptoms of Covid-19, and when we need to self-isolate (stay in our rooms) or restrict our movement (stay at home). I'd encourage everyone to use hse ie as the best source of information on symptoms and the actions we all need to take.
- If you have symptoms, you need to stay at home, contact your GP who will arrange for a free test. Anyone waiting for a test or a test result needs to stay at home. Again, hse ie is the best source of information on the actions we all need to take."



MICHAEL HEALY-RAE TD

Clinic in Scotts Hotel Resumes this Saturday

My weekly Killarney clinic will resume
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GYMNASTS TO PERFORM

100 BACKFLIPS **FOR ALEXIS**

embers from Flares Gymnastics & 🗄 VI Cheerleading are set to hold first socially distanced fundraiser to raise funds for local girl Alexis.

The athletes will complete a task of doing 100 backflips at home during the week of November 23rd-29th.

Alexis has now out grown the families small car and the family urgently need a new car that will be able to offer access to her new wheelchair. A wheelchair accessible car would not only change Alexis's life but her parents too.

The money raised will give Alexis's parents the support they need to allow for easy transportation for Alexis but also the comfort of changing & feeding her in a safe, clean, controlled, environment. Allowing for her own unique space adjusted to meet her needs, which will support comfort, safe transportation, Scoliosis and all other aliments that she has.

Your donation will not only change Alexis's life but it will go along way to support her parents who have been by her side every minute of everyday, juggling all day to day challenges, paying bills & supporting 24 hour care including night feeds, visiting temple street, all other appointments & daily life.

Please support now by sponsoring an athlete or by giving a donation on Alexis O' Mahony's Go fund Me page



Newly opened KERRY WILD GAME ON THE MENU

The opportunity to enjoy venison is : now available with the opening of Kerry Wild Game.

The company source prime venison in natural habitat all over Munster, which has been reared and matured in it's natural environment.

Venison contains all 10 of the essential amino acids and is full of B vitamins: B2 (riboflavin) and B3 (niacin), which help regulate metabolism; and vitamin B6 and B12, which may lower homocysteine build-up in the

blood, thus lowering the risk of heart attacks and strokes. Venison is high in vitamins it has advantages in iron, vitamin B6, niacin, and riboflavin.

The company offer selected cuts of venison available such as Haunch, Rack, Shoulder, cutlets, steaks, diced and mince with supply of full and half carcass available.

Christmas orders now being taken at 0876440330 or kerrywildgame123@ gmail.com



KILLARNEY PARISH SILVER CIRCLE - Week 5 Results

1st Prize €500:

Donal O'Brien, Rookery Mews Seller: Nanette O'Leary

2nd Prize €250:

Zack Doolan, Swords, Dublin Seller: Denis Doolan Winners of €100 each are as follows:

Donie O'Leary Electrical,

Tralee Road

Seller: Sean O'Brien

Seller: Mary Kelly

Mary Moynihan, Bailenamanagh

Amy Walsh, Swallow's Nest, Coolcorcoran Seller: Martin Walsh Paul & Adrian Cronin, Gortahoonig Seller: Denis Finnegan Lucy Clifford, Woodlawn Drive

Seller: Bridie Cronin Winners of €75 each

are as follows:

Louise Sexton, New Street Seller: Tadhq Fleming

Marie Hillard, Holy Cross Mercy Seller: Ursula Coffey

John & Kitty O'Sullivan, Ballaugh Seller: Andy O'Sullivan

Angela Noonan, Lissivigeen Seller: Cáit O'Sullivan Darcy James McCarthy, Pinewood Est

Seller: Mary O'Keeffe Mary O'Donoghue, St. Brendan's Tce Seller: Mary Kelly The Gleneagle Hotel Seller: Parish Office

Aileen O'Sullivan, Kerry Cheshire

Seller: Mary Ferris

Congratulations to all winners, and thanks to all who supported, promoted and sponsored the draw this year. Tickets are still available from Parish Office by Phone

This week's prize money is sponsored by:

O'Keeffe's Oil, Muckross Park Hotel, The Gleneaale Hotel, Sean Murphy's Barn, Downing, Courtney, Larkin Solicitors.



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Keep up to date with Kerry College through our social media channels





AND TRAINING BOARD



An Roinn Oldeacha agus Seileanna Department of



Courses are offered subject to demand. Limited places available on certain courses.

CODE	COURSE TITLE	START DATE	DURATION/ WEEKS					
300814	Healthcare Support Assistant (Carer), Tralee Become a qualified carer for older people.	2 November	42					
300820	NEW COURSE Diploma in Digital Marketing & Sales, Tralee An all-new sales focused Digital Marketing training programme.	2 November	50					
300818	NEW COURSE Software Development Diploma, Tralee Accelerated bootcomp programme by Code Institute.	2 November	17					
299673	Beauty Therapy Traineeship, Tralee Internationally recognised ITEC, CIBTAC & CIDESCO qualifications.	2 November	57					
300911	Digital Journalism & Radio Broadcasting, Tralee Broadcast Radio Podcasting Digital Storytelling • Unique to Kerry College	2 November	52					
290270	NEW COURSE Heavy Goods Vehicle Driver - CE Licence (Artic), Tralee Achieve CE-Licence & CPC Pre-Requisite: CE-Licence Learner Permit.	2 November	11					
300810	NEW DATE Construction Groundwork Skills, Tralee Develop key construction and groundwork skillsets. Safepass included.	2 November	23					
269805	NEW LOCATION Food Preparation & Cooking, Kenmare An excellent introduction to the Culinary Arts.	9 November	21					
300823	Marine Angling Guiding, Dingle Part of our Tour Guiding suite • Unique to Kerry College	9 November	15					
300822	Inland Angling Guiding, Killarney Part of our Tour Guiding suite • Unique to Kerry College	9 November	15					
274217	Deciding Your Future, Tralee A great short course to help you re-set and re-start.	9 November	12					
301237	Surf Instructor & Beach Lifeguard, Tralee Learn two essential outdoor activity skillsets in the off-season.	16 Novembe	r 27					
302915	NEW COURSE Ecology and Practical Fieldwork Skills, Killarney A practical course for those who wish to pursue a career in an ecologically relative Unique to Kerry College	16 November ated field.	r 39					
300811	European Computer Driving Licence V6 (ECDL), Killarney Master your PC skills Internationally recognised qualification.	23 November	r 19					
269805	Food Preparation & Cooking, Dingle An excellent introduction to the Culinary Arts.	23 November	r 21					
300424	Welding, Tralee Get EN9606-1 SS01, EN9606-1 AL01 and EN9606-1 CS10 certified.	23 Novembe	r 20					
300914	Reception & Clerical Skills, Killarney Start your journey in Office Administration and Customer Service.	23 November	r 20					
300815	Heavy Goods Vehicle Driver - C Licence (Rigid), Tralee Achieve C-Licence & CPC Pre-Requisite: C-Licence Learner Permit.	23 November	r 9					
300809	Bus Driver - D Licence, Killarney Gain D-Licence & CPC Pre-Requisite: D-Licence Learner Permit.	23 November	r 13					
300854	NEW DATE Regional Tour Guiding, Killarney Become a qualified tour guide for County Kerry.	30 November	r 17					
APPLICATIONS NOW OPEN FOR THESE 2021 COURSES								
301238	Traditional Stone Wall & General Construction, Tralee Learn the art and craft of traditional stonewall.	22 February	34					
301684	Intermediate Welding, Tralee Get EN9606-1VOB1, EN9609-1SSP and EN9609-1 AL01 certified.	29 March	18					
300821	NEW COURSE Marine Engineering, Fenit Learn about marine craft construction, systems, engineering and maintenance. • Unique to Kerry College	29 April	28					
300916	NEW DATE Broadcast Production Skills Training Programme, Tralee Nationally renowned training programme for crew skills • Unique to Kerry Col	26 April	53					
300819	NEW DATE Digital Media Production Traineeship, Tralee Visual Communications Video Photography • Unique to Kerry College	21 June	53					





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MSC. PHYSIOTHERAPY
PGdip. EXERCISE AND SPORTS MEDICINE

Chartered Physiotherapist

Approved by all major Health insurance providers.

Noreen at What Women Wants gives you some **beauty tips** while you are staying at home during Covid-19



Correct Eye Care to Age Later



Your eyes are one of the first places to show signs of ageing. The skin around the eye area is 50% thinner than that on the rest of the face, it is delicate and needs to be treated correctly. Ageing is not just wrinkles, under-eye bags, dark circles and puffy eyes all contribute to making your entire face look older.

TO PREVENT AGING EYES Use the Correct product

Eye-cream, Eye serum or Eye gel to suit the condition of your eyes.

Apply AM & PM

Apply a grain of rice sized amount to each eye using a light tapping motion using your ring finger as this has least pressure.

Apply in the right place

Apply just inside your orbital bone, inwards towards the nose below your eye and out over the eye. Apply any leftover product above your top lip. Products travel up the face and if you apply your face cream too near your eyes it can cause the fine skin there to puff up like a teabag.

Use an eye mask

Eye masks or cold teabags are a great quick fix to instantly minimise under eye bags and revitalise eyes.

Use Eye make-up Remover To condition & prevent dragging.

Wear sunglasses

To avoid squinting and fine lines.

Noreen Mangan

Tel: 0646630712 | www.whatwomenwant.ie

Fitness Expert Edele Dalyguides you

TIPS TO HELP YOU STAY MOTIVATED







WHAT'S YOUR EXCUSE?

Sounds a little harsh doesn't it, but none the less an important question to ask yourself:

Typical excuses include;

- I can't get motivated, I need to have someone push me, I can't do it myself
- My diet wasn't great at the weekend but I am starting over this week
- I can't get out as much as I would like due to the weather/restrictions

Let's look at these.

Motivation – why can't you get motivated? Is it that you have "failed" before to do what you are now trying to do? What are the reasons you "failed" before? Was the goal too big? What if to attain the big goal you set mini goals to get there. Don't always concentrate on the end of your journey, yes be aware of it, but break the journey into pieces/mini goals and then attack them one at a time. Successful attainment of the mini goals will act as motivation in itself. Diet – how many of us track our food, keep a food diary? Have you tried or are you of the opinion that you have a good handle on your food and what you are eating/drinking? If you were to do one thing for the next week keep a food diary and then review after a week – you might be surprised about your food/fluid intake. If you do this for the week then you have to honest and put down everything, otherwise don't bother as you are only kidding yourself. Weather/Covid Restrictions - we live in the Kerry, rain at any time of year is expected, but especially in winter. Do you have a rain jacket? Hat? Gloves? Scarf? And a change of clothes for when you get home?? If yes then you have no excuse to let the weather stop you getting outdoors other than the fact is an easy cop out to say it's too wet/cold/windy. And Covid Restrictions – yes, there are things under the restrictions that we can't do, but we can still get out and exercise within 5k of our homes.

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





Astrid Longhurst

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

www.instituteforbodyconfidencecoaching.com

Just go with it

2020 has been a year of fast, unexpected changes. Barely have we become used to one set of 'rules" when we find ourselves coping with another.

It is the speed at which all of these changes are being made that is the greatest challenge as it gives us little or no time to reflect and adapt. However, as human beings, we are incredible at doing just that!

So often, we don't give ourselves credit for just how much resilience and personal power we have. We may find ourselves struggling against what is happening and become fearful and anxious about what is ahead of us. And all of this is normal. However, what is vital right now is that

we recognise and acknowledge that we all have overcome challenging times in our lives before and we can rise to this challenge with hope, courage and love.

One of the ways that we can make this period of time easier for ourselves is to just go with it. Since, we cannot undo time or have things back to where they were at the start of this year, we need to find ways to go WITH what is unfolding, even if we don't like it or feel fearful. When we can do this, we stop struggling against "what is" and allow ourselves to move into a place of acceptance. This then creates a space where we can look at the positive things that we CAN do and put these changes into action.

"Acceptance makes an incredible fertile soil for the seeds of change." Steve Maraboli

Please visit my website, **www.astridlonghurst.com** for more info about my one to one coaching and group programmes/courses.





Heartbeat is a voluntary Cardiac Support Group for those with heart disease or who have had a cardiac event or stroke in their lives. It is run by both heart patients and carers, and its objective is to help people to return to living as full a life as possible.

We're currently unable to have our usual in-person meetings due to Covid-19 but we're still connecting through monthly online Zoom meetings and our Newsletters. You can sign up on our website or just text your full name & address, together with the word "PAPER", to 085 1773 910.

Non-members welcome!



Upcoming Zoom Meetings

MONDAY 30th NOVEMBER

Guest Speaker: Marie O'Sullivan Marie's Slimming World Killarney 086 156 485



"Preparing for Christmas and adjusting after Christmas!"

MONDAY 28th DECEMBER

Christmas Quiz Night

Reconnect, chat, share your favourite joke and look at your 2021 resolutions etc.

For more information on accessing our online Zoom meetings, contact Billy on 085 1773 910 or email heartbeatkillarneykerry@gmail.com.

Visit our website www.kerryhearts.ie or follow us on social media @kerryheartsIE for other useful heart health information



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KEEL GAA CLUB NEWS

WALKING TRACK

The lights will be on between 6:30-8:30 on Tuesday and Thursday to allow the community to use the walking track. We hope that this will allow people to get out and get active within their 5km radius. Please adhere to social distancing and government guidelines. Maintenance is currently being carried out on the pitch so please keep off the grass.

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

LADIES FOOTBALL: Commiserations to the Kerry team and their management on their loss against Cork on Saturday. The final score was Kerry 0-14, Cork 1-14. Special mention to Ciara Murphy (Keel) and Ella Teahan (Milltown/Castlemaine) who represented MKL Gaels.

KERRY SENIORS: Commiserations to the Kerry team, Peter Keane and all the management team on their loss against Cork on Sunday.

EAST KERRY GAA NEWS

By Michael O'Mahony CONDOLENCES

Deepest sympathy to family, relatives and friends of Hannah Kelly (Nee O Connor) of Fossa and Kilcummin to her son Sean Kelly MEP (former Uachtaran C.L.G.), & former Chairman of East kerry GAA Board & former Chairman & Vice Chairman of Kerry GAA Board & Current Vice President of East Kerry GAA Board and to all the Kelly family, relatives and friends.

Sympathy to the family of Eileen O'Shea (nee Barry). Eileen is mother of annuascaul GAA Club Secretary, Mairead Clifford Annascaul Senior player, Gearóid O'Shea, former players Annascaul Kevin O'Shea & Cathal O'Shea, mother-in-law of our Annascaul Senior Team manager David Clifford. Her brother is Sean Barry, is Annascaul GAA County Board Delegate & Chairman of Hearing Committee of Kerry GAA Board, All her family are deeply immersed in Annascaul GAA Club.

Sympathy to the Looney Family on the death of Margaret Peggy. Looney (nee Doyle)

Grandmother of Dr Crokes Senior Player Brian Looney.

May they all rest in peace

Ar dheis De go raibh a hanam dilis.

CORDAL GAA CLUB

Congratulations to €500 Bonanza Winner Johnny O'Callaghan johnny former Club Delegate to East Kerry GAA Board & well done to all other Winners too as well.

Again someone of you will Win the next €500 CASH. Play at any of the Local Shops or Play ONLINE here by Clicking on this Link https://www.lottoraiser.ie/Cordal/

Many Thanks once again & we hope you enjoy Cordal GAA Lotto Bonanza.

1 Ticket = €2

3 Tickets = €5

7 Tickets = €10 (Family Value Option)

Congratulations to Dr Crokes on 134th anniversary of the beginning of the club -A

cause for celebration for Dr Crokes, 134 years on Monday November 2nd, 2020. Congratulaitons from everbody in East kerry GAA

DR CROKES GAA CLUB

LOTTO

Draw took place on Monday November 9th numbers drawn were 12, 18,19,20 JACKPOT €6,500 not won 4Patrons matched 3 numbers and receive €100

Jackpot for draw on November 16th will be €6,500. 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's 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. When you click on the link it brings you to the Clubforce Main page. From here click Club name Dr. Crokes Gaa. This brings you to another page that you again put in Dr. Crokes, which in turn brings you to the Dr.Crokes home page. From here click lotto and the rest follows on. Alternatively download the Clubforce app,

MASTERS GOLF CHALLENGE

We will be holding another Golf Challenge on Masters on November 12th -15th. Cards will be with usual sellers early next week or may be played online www.drcrokes.com. Best option is to click on guest link which will bring you directly to the card and if not a member of Dr. Crokes. If you are a member the guest link will default to your Clubforce log in https/// member clubforce. com/membership.

COMMISERATIONS

To Gavin White, Tony Brosnan, and Miceal Burns who were on Kerry Panel defeated by Cork in Munster Championship, and to Kayleigh Cronin Ava Doherty and Emma Dineen who were on Kerry Ladies squad that also lost to Cork.

SYMPATHY to the Looney family on the death of Peggy, the Looney family have had a long association with Dr. Crokes and her sons Tom Padraigh and Kevin donned the colours, Her gandson Brian is currently a member of the Senior team. Ar dheis de ar a anam dilis.

SPA GAA CLUB NOTES

KERRY BEATEN BY CORK

Kerry have been knocked out of this year's All Ireland Championship in the early stages, but congratulations to Cork GAA on their win, and our best wishes to them for the rest of the championship. In such a strange year with constant changes, well done to Dara, Liam, Niall and the Kerry GAA team & management for all the work they put in this year in extraordinary circumstances. They end the year with the National League Division 1 trophy, and no doubt will be back stronger in 2021.

KERRY LADIES

Commiserations to Niamh Kearney, Cassandra Buckley and the Kerry Ladies team and management who were narrowly defeated by Cork on Saturday afternoon in the All Ireland Championship. The Ladies put in a great performance, with just a goal separating the sides at the end. Again, they have worked incredibly hard in a year with so much uncertainty, and well done to all, we will be back.

SPA LOTTO RESULTS 09/11/20

Numbers drawn 2, 7, 10, 21. No winner and Lucky Dips receive €50 each to Linda O'Doherty, Knocknahoe; Maura Kennedy, Listry; Mark & Clodagh Corkery, Minish; Sean Mac c/o Ann Mac. Our Spa Lotto draw continues each week and the JACKPOT next Monday is €6,000! Tickets are on sale online on spagaa.com or can also be purchased at Dalys Supervalu, Killarney Hardware, Centra Muckross Rd, Spa clubhouse or from usual sellers. Thank you all for your continued support as this is our only income for the club at the moment.

SPA GAA ON YOUTUBE

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

CASUAL CREWS CLUB-CRESTED GLOVES

Well done to the students with the Casual Crews mini-company in Transition Year in the St Brigid's Presentation on their recent project, designing club-crested gloves in conjunction with Spa player Shane Cronin's company Gaelic Plus. Visit their Instagram for details.

KERRY COMMUNITY RESPONSE

FORUM - HELPLINE

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

SPA MERCHANDISE SHOP

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

ITEMS FOR NOTES

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

LEGION GAA

CLUB MERCHANDIZE

"Christmas Orders" - Plenty of stock Available - 1/2 zips , jackets, hoodies, bags, hats and kits for juveniles. Place your orders direct with Maura on (087) 763 4372.

LEGION LOTTO

Support your club. Jackpot €6,300 plus €10,000 bonus! Play online or Tickets are available from Ulster Bank, Healy's Newsagents, The Reeks, Sheehans & Hegartys, Muckross Rd.

Draw at 8pm in the clubhouse every Sunday. Drop tickets Sunday between 7.30-8pm.

LEGION LOTTO RESULTS

3-13-18-28 Bonus 20 Match 3's Mary O'Sullivan, 120 Warming Ave Connie O'Shea, 7 Pinewood Billy Breen, Clovers Lane Genie Ferris, Wayside Paddy Cronin, Muckross.

MILLTOWN CASTLEMAINE

BOX OF SMILES

Huge comhghairdeas to one of our under 8 coaches Oliver Kirwan on his appearance on the Late Late Show on Friday last and his subsequent winning of a €15,000 bursary for his business-Box of Smiles. Prior to Covid -19, Ollies 'normal' work took place in the world of mass participation sports events. His company produced awesome events in iconic locations. They were proud to produce events like the Ring of Beara Cycle, Kenmare, the Quest Adventure Series, Ride Dingle and the Wicklow 200 Cycle and they loved giving people experiences that made them smile. Then COVID-19, and the measures the Government needed to take to prevent its spread, took almost every one of their events off the table for the foreseeable future.

They landed on Box of Smiles, Keep Ireland

Smiling, influenced by another small event management company on the West Coast of America who were offering a similar innovative solution. 'Box of Smiles is a way we can keep our team employed and help other struggling businesses; by delivering a Box of Smiles and by Keeping Ireland Smiling', says Ollie

Email info@eliteevents.ie for further details Owner of Elite Event Management

LOTTO JACKPOT FUNDRAISING DRAW

Lotto Jackpot is €12,600

We did not have a winner in our Lotto Jackpot Draw on Friday evening last but we had six ticket holders who were delighted to win a consolation prize. Michael Mangan and Dan Flynn, both from Milltown, each won €50 while Finn Haves, Clounmore, Valerie Foley, Milltown, Vincent Flynn, Ballyfinnane and Gavin Wrenn Milltown were the grateful recipients of €25 each. Congratulations to you all and mile buíochas for your continued support. Because of the dark evenings making it very difficult to hold our draws live, going forward, we are moving our draws to Saturdays. The next draw, which will be streamed live, is on Saturday November 21st 2020. With all the added expense associated with Christmas time, this would be a wonderful time to win some money. So don't forget to get your ticket if you are out and about during the next week or so. Tickets available at local outlets.

CHRISTMAS GIFT IDEAS

OUTLOOK GAA

Milltown-Castlemaine Online Shop Now Open With Christmas just over 6 weeks away, why not avail of our GAA online shop to pick up some of your Christmas gifts. This is the link to order your merchandise https://milltowncastlestore.sumup. link/. Once your order has been processed, we will contact you to arrange delivery to Milltown or Castlemaine (at no additional charge) a few days after payment. If you have any queries in regards to the on-line shop; please contact Liam (086 041 3593) or Suzy (087 237 2729.

On-line Liturgical Services for the parish of Milltown and Listry:

Please visit www.milltownlistryparish.com for all details concerning masses, mass times etc. You can tune into 106 FM to listen to masses.

GARDA AWARD

Congratulations to Garda Paul Baynham, Castlemaine who was recently awarded The Geoff King Award 2020. Dr. Geoff King was the first Director of the Pre Hospital Emergency Care Council who sadly died in 2015. Dr. Geoff's mantra was 'Put the Patient first and everything else will follow'. To follow Paul's amazing story, check out CFR Ireland on FB. This is a fantastic achievement Paul. Well done to you.

REPORT BY LEONA TWISS, PRO



KERRY GAA SCENE

KERRY EXIT THE CHAMPIONSHIP

Last Sunday was a difficult day for Kerry Supporters. There was an air of excitement that this year, this particular group would deliver great things. This year more than ever we needed the hope of a long run in the Championship but alas that was not to be! Things just didn't go our way and luck was not on our side. That sucker punch of a goal in the dying seconds of extra time really summed up our day. Credit must go to Cork for their never say die attitude. We never seemed to be able to pull away from our tenacious opposition.

However it must be acknowledged that the management and players went to Cork to win and no one is more disappointed than the group themselves. The early exit was most disappointing for them considering the hours they had invested in the preparation for the League and Championship. We send them our thanks and appreciation for all the effort they have put in this year and we know we will come back stronger for the 2021 campaign!

NEW WEBSITE FOR KERRY GAA

Kerry GAA is delighted to launch the new Kerry GAA website! The brief for the new look website was created by the PR, Marketing & IT Committee and the brief was designed to perfection by Kerry Company Avalanche. The Website will provide you with news updates, fixtures and results as well as links to exclusive Kerry GAA Merchandise in the Kerry GAA Store. Visitors to the new Kerry GAA website will also



be able to book workshops and pitches in the Centre of Excellence once restrictions are lifted and when normal service resumes. For now, the Gallery on the Centre of Excellence page will give you a flavour of the incredible facilities available there.In the coming days, match programmes and player profiles will be added to the new Website. The Website will host match streaming, e-ticketing sales, online match programmes and podcasts - all features we have come to expect in this digital evolution. Ciarrai Og is a unique and exclusive product which can only be purchased on the Kerry GAA Website. This is sure to be very popular with our young Supporters! The new Kerry GAA Website is kindly sponsored by Geaney's Restaurant, Dingle. Our sincere thanks to Paul Geaney & family for partnering with us to develop a new Website. We hope that you enjoy browsing the new Website. Please get in touch with any feedback!

CIARRAÍ ÓG

Kerry GAA has launched a new product called the 'Ciarraí Óg Gift Box' – the gift box can only be purchased on the Kerry GAA website. The product is exclusive to the website and cannot be purchased anywhere else. Only a limited quantity are available to purchase so make sure to shop early! The young supporter will get an official 'part of the team' card, a letter from both Senior Managers, a drinks bottle, a drawstring bag, a cooler bag, a snood and a pencil. There will also be lots of competitions for exclusive prizes throughout the year!

GAA FOR ALL WEBINAR SERIES

The training will communicate key coaching points and look at best practices in inclusion and how we deliver for children and adults of all abilities and needs. By the end of this training, session participants will have a better understanding of Inclusion in the GAA and where to go for further resources. Over the next month the GAA will be running a series of GAA for All webinars. Please see below details of dates and links to register for each of these:

- Adapted session planning: November 17th@ 8pm: https://www.eventbrite.ie/e/gaa-forall-gaa-national-inclusive-training-seriestickets-126245081437
- GAA for All Programs & initiatives: November 24th @ 8pm: https://www.eventbrite.ie/e/gaa-for-all-gaa-national-inclusive-training-seriestickets-126245542817
- GAA Inclusion fitness day case studies & communication: December 1st @ 8pm: https://www.eventbrite.ie/e/gaa-for-all-gaa-national-inclusive-training-series-tickets-126245845723

MUCKROSS ROWING CLUB

MONTHS MIND

The Months Mind mass in memory of the late Seamus Guiney, former Club President, will be held at St. Mary's Cathedral at 6.15pm this Saturday 14th November. Due to the current public health restrictions, churches are closed to the public for mass. A live stream of the mass will be available online via the mcnmedia.tv website.

LEVEL 5 RESTRICTIONS

The club continues to operate within current government public health restrictions and Rowing Ireland guidelines for Level 5. All rowing and outdoor training activity is limited to school aged children only up to the age of 18 in groups of max. 15. The wearing of masks is compulsory in and around the boathouses. No indoor training is permitted and the Muckross Community Centre remains closed. Adult training is not permitted and adult members are encouraged to train on an individual basis within 5km of their home.

GNEEVEGUILLA ATHLETIC CLUB

LOTTO

No winner of our lotto draw 06/11/2020, numbers drawn were 1, 17, 20 & 30. Sellers prize winner Paddy O' Donoghue. €50 Y/T prize to Paudie Hickey Gneeveguilla, €50 to Mary O' Donoghue Credit Union, €40 each to Mary O' Donoghue Upper Coom, Tim Breen Kiskeam & Geraldine Murphy Gneeveguilla. Bonus not won , numbers drawn were 14, 15, 24 & 26. Next week's jackpot €13,800 plus €1,000 bonus

KILLARNEY RFC NEWS

Killarney RFC Names Youth Section of the year: Killarney RFC were absolutely thrilled to be named Youth section of the year at the Munster Rugby awards last week. Well done to everyone involved. A wonderful recognition by Munster Rugby for the club.

YOUR CLUB YOUR COUNTRY DRAW

This years Your Club Your Country draw is now open and all tickets must be bought online this year. Simply click on the link on our Instagram or Facebook pages to purchase your tickets.

Each ticket costs €10 and the fantastic list of grand prizes are listed there also. Every cent from every ticket goes directly to the club so this is a simple way to support the club. Please support, your support is more important now than ever!

KILLARNEY VALLEY ATHLETIC CLUB

Killarney Valley AC would like to sincerely thank Kerry County Council for the generous funding which we have been awarded through the Community Support Fund. This will enable us to buy much needed athletic equipment.

Training continues on the Track every Monday and Friday night 7-8pm for all existing members over 12yrs and every Thursday night 6-7pm for age 7-12yrs. Please register your attendance through the AAI link and fill out the COVID form before 4pm on day of training.

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

OUTLOOK SOCCER

KILLARNEY ATHLETIC

300 CLUB DRAW SEPTEMBER:

€500 - JP MULLINS

€100 - EDDIE DOOLAN.

€100 - FERGAL. COURTNEY.

€100 - DONNAGH GLESSON.

€100 - ELAINE O SHEA.

€100 - JIM KENNEDY.

300 CLUB DRAW OCTOBER:

€500- BISHOP RAY BROWNE.Killarney

€100 - MARY AND IAN McCARRICK.

€100 - TERRY CUMMINS.

€100 - JAMES McCARRICK.€100

PAUL O SHEA.

€100 - EANNA KAVANAGH.

KILLARNEY CELTIC

CELTIC LOTTO

Numbers drawn 12,14,19,21. No jackpot winner. Match 3 receives €150. Next jackpot €16,000. Tickets are available from club members, The Dungeon, Hegarty's Park Rd and online at clubforce.com.

Training for underage teams has resumed again. Please check our Facebook page for daily updates on training times. All players must wear shin guards, must bring their own water bottle and must sign in before training.

Killarney Celtic sends its deepest condolences to former team manager and committee member Dan Joe Nagle following the recent passing of his brother Eamonn

MEK NEWS

LAST MAN STANDING-THE SEQUEL

Our LMS 2 is kicking off after the international break. Our last winner, Aidan Galvin collected his prize of €100. So LMS 2 could be your chance to be crowned the best!!

Check it out on our Facebook page to register.

MEK GALAXY FC ONLINE SHOP

In association with Macron Store Cork, we have our new range of high-quality sportswear available for ordering. Check out www. mekgalaxyfc.com or our social media pages for

more information. **CLUB REGISTRATION**

Registration for the upcoming season is still open. This payment is taken online through the Klubfunder website or app. Just ask your club coach or check out detail on the club social media

COACHES WANTED

If anyone is interested in delving into the world of coaching, make sure you give us a call. We cater for all ages and a fantastic family club to be a part of. Contact Pa on 087 7943220 for more information.

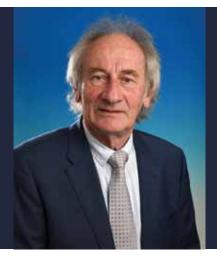
CLLR. CALLS FOR DOMESTIC HEDGES TO BE CUT BACK

At the recent Municipal District meeting Councillor Michael Gleeson asked that the Council would encourage property owners whose domestic hedges protrude and overhand footpaths to cut back the hedges as such overhang [a] narrows the pathway for all users, particularly so for wheelchair persons and [b] present as a danger to the eyes of children walking.

The Council stated in reply that it would run a targeted campaign to inform property owners within

urban environments that they should ensure that their hedges are not a danger or inconvenience to anyone. The Council also stated that the enforcement officer has commenced identifying locations where hedges need to be trimmed back.

Councillor Gleeson welcomed the positive response and thanked property owners for their anticipated cooperation."



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





RATHMORE 064 7758328 064 7751515

MILLTOWN 066 9767777

Email: rathmore@rathmorecu.com Web: www.rathmorecu.ie

Rathmore & District Credit Union is regulated by the Central Bank Of Ireland. T&C applies

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

KILCUMMIN NEWS

SYMPATHY

Sympathy is extended to the family of the late Donal (Dodo) McSweeney Glounonea and formerly Gneeveguilla who died recently. May he rest in peace.

MASTER CLASSES

Kilcummin Comhaltas wishes to let ye know that Winter Masterclass Workshops will take place over Zoom for both music and singing starting Saturday 28th November from 10.30am - 12.30pm. The music instruments are as follows: Accordion, Fiddle, Flute, Banjo, Concertina. Singing classes are with Deirdre Scanlan. These classes are free to Kilcummin Branch Members. I have attached a membership form with this email. Membership form and money can be dropped in an envelope to the rural

development office. As places for these classes will be limited, please apply no later than Friday 20th November, applications are to be send to one of the following: secretarykerrycce@gmail.com assistantsecretarykerrycce@gmail.com tnagkerrycce@gmail.com. Please note these classes are not for beginners in music or singing.

ILLEGAL DUMPING

We would like to thank the local Litter Warden from Kerry County Council who assisted in the clean-up of a number of illegal dumping locations during the week. As this is an ongoing problem we would appeal to everyone to be vigilant and report all illegal dumping to Kerry Co. Council by Email: environ@kerrycoco.ie, Phone: 066 716 2000

Freephone: 1800 326 228. You can also download the App "See it? Say it!" to your phone which will allow you to report on the spot dumping. Your help in combatting this problem is much appreciated.

COMMUNITY ALERT

Kilcummin Community Alert are available for any assistance you may need by contacting Robert on 087-6270677.

BOG WALK

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





Carmel Kelliher, Farranfore, County Kerry who grabbed €430 of groceries when she completed her Trolley Dash in Lidl Castleisland in support of Lidl's charity partner, Jigsaw, the National Centre for Youth Mental Health pictured with Store Manager Michael Cogan and staff member Kyzysztof Bednarczyk and her mother Carmel on Saturday. All proceeds raised through ticket sales will go to Jigsaw.

PHOTO: DON MACMONAGLE

FOSSA NEWS

Written by: Shane Kelly

FOSSA SENIORS KERRY

2 huge games against cork last weekend in the senior ladies and men as both came up just short, the positives for our club is we had 2 on the Kerry ladies and men's squad respectively hard luck to Anna O' Reilly, Anna Clifford, Paudie and David Clifford. Better days lay ahead. (A special mention to Paudie on making his senior debut last Saturday evening a proud moment for his family and club.)

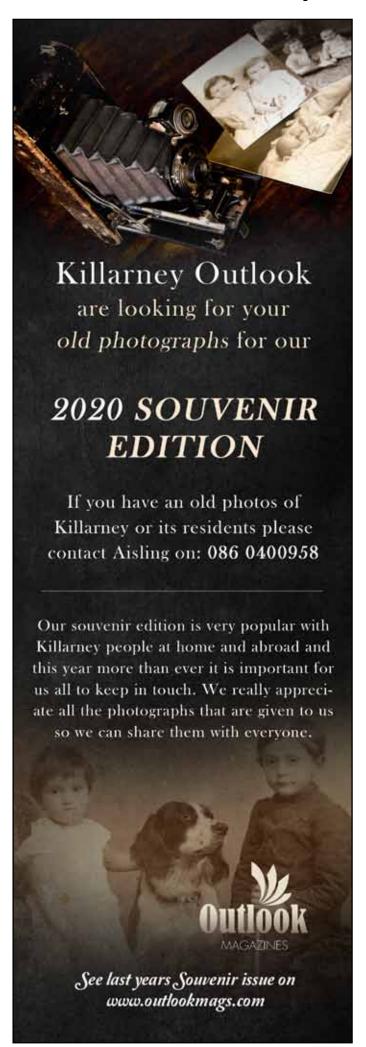
LAST MAN STANDING

The winner of our last man standing competition was Cathal Griffin, thanks everyone who played and especially Dan O Connell who ran such a great competition.

CONDOLENCES

The club would like to offer our condolences to the families of Frank Anderton Crohane, Fossa, Kay O'Sullivan(née O'Leary) Ballydowny house, Breda Roche (Née Foran) Killkenny late of Dormin Fossa, May they all rest in Peace.









RATHMORE | GNEEVEGUILLA NEWS

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

SHARE THE BUCKET

The Gneeveguilla Community Development Council in association with the Gneeveguilla Basketball club had our weekly draw for our share the bucket on Friday evening 6/11/2020.

The jackpot was € 268..Noreen Cronin was this weeks winner. Guaranteed winner every week,go to our Facebook page to find out how and where you can play.

REMEMBER if YOU are not in you can't win https://www.facebook.com/gneeveguilla/ Draw takes place every Friday eve @8:30 pm on Facebook live If you are interested in helping

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

RATHMORE COMMUNITY **ALERT TEXT ALERT**

If you wish to cotinue to receive text messages please drop in €10 in envelope with your name and mobile number to Dermie Moynihan's letterbox before December 12th. New members welcome if you see anything suspicious in your area phone Macroom Gardai at 026 -20590.

MASS TIMES FOR BOHERBUE CHURCH:

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

CONDOLENCE

Sympathy To the family and the community of Bru na Sinsear on the death of Martin Bergin whose Funeral took place in Rathmore on Rennily May Martin Rest in Peace also Donal (Dodo) McSweeney, Glounonea, Kilcummin, & Gneeveguilla, May both rest in peace.

KERRY HOSPICE CHRISTMAS CARDS

are now on sale at Reen's Pharmacy, Rathmore Post Office, Rathmore Credit Union and from Maria Ryan and Donal O'Keeffe.

Priced at €7.00 for a pack of 10.

Your support as always is much appreciated

WEDDING BELLS

Congratulations to Sheilanne Moynihan Rathmore & Johnny O'Keeffe knocknagree who were married on Friday last in St Joseph's church Rathmore. We wish both them long happy life together.

BIRTHDAY WISHES

All the staff at Rathmore Credit union would like to wish a Happy 60th Birthday to our long standing and valued staff member Maria ODonoahue.

GNEEVEGUILLA GAA: LOTTO

Congratulations to Noeleen Murphy who won the Jackpot of €16,000 last week.

KNOCKNAGREE COMMUNITY

Development Group would like to thank everyone who supported our Recent Duck Race Fundraiser to build our Community Hub. Winners announced

1st Prize €500 Julie O Mahoney 2nd Prize €250 Denny and Han Donnelly

3rd Prize €100 Michael J Horan

4th Prize €50 Frances Murphy

BUSINESSES OPEN IN RATHMORE PARISH

Rathmore

McCarthy's Londis, O' Keeffe's Food & Filling Station,

Reens' Pharmacy,

Christy's Take Away

McCarthy's Butchers,

Rathmore District Credit Union,

Blaze Pizza & Grill,

Hickey's Centra & Filling Station,

Kerry Agri Store Rathmore,

Rathmore Post Office

Linda's Restaurant (Friday -Sunday 10-30am

-7pm. /take away.)

O'Keeffe's Hardware & O' Keeffes Oils

Sapphire Signs

Washbasket Dry Cleaners & Laundry

Guerins' Foodstore Filling Station, Ballydaly Cross

Gneeveguilla

McCarthy's Quick Pick,

Paddy O'Keeffe's General Store

Knocknagree

King Plaza Take Away

If any one wants to be added to list contact me

THE RATHMORE SOCIAL ACTION GROUP

will continue to run Our Meals on Wheels Service, which is a vital service especially at this difficult time.

To avail of this service, please call Norah & Marie on 064 77 58588. These meals will be dropped to the door of the person's home. We will help to deliver this service to as many as we can.

TUREENCAHILL COMMUNITY GROUP Wish To Acknowledge Grant Funding From Both Kerry

County Council & Department Of Community & Rural Affairs Towards Sanitizing Equipment For Our Centre..This Was Very Much Appreciated

HELPFUL CONTACT NUMBERS:

Jigsaw Kerry: (Young Peoples Health in Mind) Contact 066-7186785 Email: kerry@jigsaw.ie Pieta House: Contact 01 6010000 or www.pieta.

COVID-19 SUPPORT LINE FOR OLDER PEOPLE:

ALONE has launched a national support line and additional supports for older people who have concerns relating to COVID-19. The support line is open Monday to Friday, 8am-8pm, by calling 0818 222 024.

ILLEGAL DUMPING: All illegal dumping on our roadsides and countryside should be reported to Kerry Co. Council on 066 716 2000. Freephone: 1800 326 228. You can also download the app "See it Say it" to your mobile phone and report any illegal dumping there and then. Your help to curb this unsocial activity will be greatly appreciated

RATHMORE PARISH OFFICE

Tax -Rebate: We thank all those who returned to Janice, the Tax rebate letters which were sent out recently ... and we would appreciate if the remaining forms could be returned at your earliest convenience. These letters are very important because without them the parish cannot claim some of the Tax which parishioners have already paid. (Again, to emphasise: This system costs the parishioner nothing.)

The Tax rebate is particularly important in this year of COVID. What is certain is that parish accounts will show a deficit by the end of the year so, any Tax Rebate contributions we can get in, will help to reduce the size of that deficit.for further information contat parish Office: 064-7761669 0r rathmore@diocescofkerry.ie

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

Generous students at St. Brigid's Presentation Secondary School in Killarney have collected toys to donate to the Adapt Women's Refuge and the Homeless Shelter in Tralee for children this Christmas.

The girls who are part of the LCA Enterprise Class, along with Enterprise teacher Ms O'Riordan will organise for the tops to be dropped to Garda Mary Gardener at Tralee Garda Station.





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BACK TO NORMAL OPENING HOURS: Monday to Friday: 9am to 8.30pm | Saturday - now 9am to 5.30pm Gattabawn, Gneeveguilla, Co. Kerry | Tel: 064 66 43195



Kerry Plant & Tool Hire Woodlands Industrial Estate, Killarney, Co.Kerry Email: kevin.kerrytoolhire@gmail.com Business Hours: Monday - Friday 7.00am - 6.00pm • Sat: 8.00am - 5.00pm

KILLARNEY CELTIC FC FLYING THE 20X20 HIGH AT CELTIC PARK

When we look back on 2020 there will be many things we will be not want to remember. But from a sporting point of view one of the success stories is the 20x20 (If She Can't See It She Can't Be It) Club Charter.

Sports clubs have never been more important than they are at present and Killarney Celtic is one of a number of Kerry Schoolboys Girls League clubs that signed up to the 20x20 Charter. They join over 300 clubs in 23 sports who have signed up.

The club will now proudly fly the 20x20 Member flag at all events at its grounds in Dereen while the Charter will be displayed in the clubhouse and the logo will appear on the club's social media sites.

There are three pillars to the 20x20 Charter which are to increase the visibility of and the participation of both players and coaches in the female section of the club by 20% during the year and actively promote and increase the attendance for the female teams in the club.

Killarney Celtic is proud of its long history of giving the same opportunities to play soccer at all ages from its Academy onwards.

Club Chairman Paul Sherry said that Killarney Celtic is very proud that almost 30% of the playing membership of the club is in the female section and we plan on continuing to grow this section over the coming years.

"Our girls start in the Soccer Tots programme along with the boys ages 4-6 and then we have 17 girls in our Academy, 111 girls on our teams from u10/11's to 17's as well as having 10 girls in our Football for All section. The club also has a number of very dedicated coaches who work with the girls to ensure that they both enjoy and learn the game and are given the opportunity to play at their highest level. The coaches are fully Garda vetted and qualified to various levels on the FAI Coach Education pathway.

"On the competitive side one of our greatest



Killarney Celtic receive their 2020 flag L-R Grainne Kelliher, Cora O'Donovan, Coach Natasha O'Sullivan, Grace Cox & Amelia Carroll-Kelly. PICTURE MARIE CARROLL-O'SULLIVAN

days came in 2013 when in early December our u14's were crowned Women's FAI Munster Champions defeating Holly hill from Cork 3-1. For the record Hannah O'Donoghue, who went on to play with Cork City Women, scored a hat trick in a Player of the Match performance. We also reached the National U12 Girls Cup final in 2018losing out to Mervue United from Galway by a last minute goal.

"The club has built up a very good relationship with Cork City Women's side and they have visited us on a number of occasions where they have conducted training sessions for our girls. As well as this a number of our players train with their Academy and we also have girls in the FAI Regional Centre of Excellence in Limerick. The club also provides players and coaches to

the KSBGL for its Inter League competitions including the prestigious Gaynor Cup.

"But like our boys section while the club and our coaches are delighted when our girl's teams are successful this is not the most important thing. Our main focus is on developing the girls by teaching them the skills of the game and the enjoyment that can be found by being part of a team."

Killarney Celtic is ideally placed to welcome new girls to the club with training taking place on its All Weather pitches. The club invites parents and girls of all ages to come along to training and try out the Beautiful Game. Training times are on the clubs social media pages or you can leave a message on 0838392059 with your query.







JIMMY O'SULLIVAN-DARCY

takes a look at all things sport...

RAMPANT REBELS SHOCK DEFENSIVE KERRY

MUNSTER SEMI-FINAL Cork 1-12 Kerry 0-13

Yeah, it stings. It stings hard, to be honest. And look, we can try for excuses, but they aren't going to convince anybody. The weather would have made ducks look for shelter, but Cork played in the same conditions we did. Referee Derek O'Mahony did absolutely fine – I've seen a few comments that he was 'whistle-happy' – any referee worth his salt is going to keep a tight rein on bad ground or you'll see a lot of injuries. It was a very late goal to snatch victory....but Cork deserved it.

Here's the hard, cold, bottom line. Cork, who were huge underdogs, went hunting right from the start. Kerry, the overwhelming favourites, went hiding, and paid the price.

FIRST QUARTER

Sean Powter lined out on his own forty, but played as an auxiliary sweeper all through and did it absolutely brilliantly. He won an early free that Mark Collins dropped short. David Clifford finished off a lovely team move. (That's it, I felt, that's how we will slowly pick them off and craft an unassailable lead.) Kerry were absolutely rampant, especially David Moran in midfield. But we weren't putting up the scores. Tony Brosnan, looking lively, hit the post and won a '45 - Seán O'Shea's kicking was off-form. David Clifford was struggling – Maurice Shanley has received deserved praise for his man-marking job, but the fact is that David was double-teamed more often than not. Kerry were retreating into their own half, conceding short kick-outs, and clearly hoping that the Cork defenders would come out and leave space in behind. But Ronan McCarthy not only gotten his match-ups perfect, he had also coached his players not to be drawn. The blanket defence relies on the opposition giving you space to counter-attack, Ronan saw that coming a mile away and planned accordingly. It was working - Kerry weren't getting through. It wasn't pretty though. (Are you kidding me? This was absolutely hideous on both sides. Awful football - and no, that certainly isn't hindsight). Kerry lording possession, but unable to make it count. Cork had one attack, Brian Hurley gathered the mark and fired over. Brian Ó Beaglaíoch (and I rate him very highly – in the half-back line, where he belongs. Playing a defender at wing forward has been disastrous for us every time it has been tried) did get through on goal after a great burst. In fairness, Micheál Aodh Martin got down for a great save. Ronan Buckley kicked a good point, but Mark Collins replied.

(0-2 apiece. After 18 minutes of football. This is



what Kerry versus Cork has become. Ah lads, I still have no doubts that we are going to win, but this is traqic to watch.)

SECOND QUARTER

David Clifford with a good score. This is more like it. Brian Hurley pulling the trigger – superb block. Powter, comfortable at both ends and able to run as Kerry retreated into defence, picked off a reply. Sean O'Shea had a couple of wides, scorable by his normal standard (conditions are atrocious here) before David Clifford scored a free. 0-5 to 0-3, terrible football, but we are winning.

Then we're not. Mark Collins with a free. Killian O'Hanlon with a '45 (*good kick*) and Kevin O'Donovan with a point.

HALF-TIME CORK 0-6 KERRY 0-5. (We need to change our tactics here. Not because it's awful to watch – far more pertinently, it's doing Cork a lot more favours than us)

THIRD QUARTER

We don't change our tactics. Tony Brosnan levels matters – Tony is looking sharp here. David Clifford with a chance, he opts to go for goal, it just clips the outside of the crossbar. (The same people criticising him for not taking a point are the same people who marvelled at his goal in an identical situation in the County Final – can't have it both ways, people. He was right to go for it).

RTE briefly loses the signal under rain so torrential that it would send Noah looking for his carpentry tools. When it comes back, Killian O'Hanlon kicks Cork back in front. Kerry have chances in the rest of the quarter, but can't convert them. David Clifford misses a scorable free, it happens to all the best players and it just did. More significantly, we lose Ronan Buckley to a harsh enough black card (it was certainly a free, but intentional? I'm not so sure).

Stephen O'Brien and Killian Spillane are on now (I can understand Dara Moynihan withdrawn as part of more direct tactics, but Killian for Tony seems to be like for like, I thought Tony

was doing fine. We need changes outside the front line. Where are Jack Barry and Micheál Burns?). Killian announces his class with the kind of Kerry score we had been expecting all day long. Mark Collins wins and converts a retort, but Kerry being down to fourteen men seems to suit the Kingdom. They seem much more willing to drive on and look to control rather than congest the middle third. David Moran, a colossus as always, wins a free for Sean O'Shea and the Kenmare man adds a point from play after good work by Jack Sherwood. Kerry's subs might have been introduced a little too late to the party for me, but they are working. Spillane again, another beauty - he's on fire here. Kerry two points clear. (Surely a team this defensive has perfected the art of have-and-hold. We're finally getting past Cork, but we made it so hard for ourselves. Not good enough; we need serious tactical adjustments long before we reach the business end of the Championship.) Super point by Connolly. Fair enough; that's an

unstoppable score. Black card for David Moran. Kerry in a defensive circle. (It's like watching a bunch of cowboys being attacked by American Indians. I loved those movies; I'm not enjoying this one).

Credit to Cork; they show great composure. Far more composure than any supporter watching. I'm hoping they go for a desperation, low percentage attempt, bot no. They are too canny or that. They work it, recycle it, and Powter (inevitably) wins the crucial free. (And yes, it was certainly a free. Spare me the guff about 'soft'; it wasn't). Mark Collins obliges, and it's extratime.

EXTRA-TIME

Luke Connolly kicks Cork's fourth wide. In total. Kerry have left so much behind them. I groan as David Clifford goes for a shot so ridiculous that a bookie would refuse your bet out of sympathy – then it goes over. Something else. He catches a great pass from Stephen O'Brien, could have taken the mark, but goes for it and misses. (A lot of hindsight generals will talk about that

one later – I didn't see ye in the trenches, lads). Killian wins a scorable free, but David's radar is still off. David Moran returns to action just before Killian Spillane makes it 0-12 to 0-11. Luke Connolly pulls one back from a free.

Quick turnaround. Killian - he is playing direct and fearless and demonstrating clearly why we showed Cork far too respect (I really would be inclined to say fear) - notches his fourth point. Breathing space. Not much though, Luke Connolly points a free from very long distance; it just about scrapes over the crossbar. One point ahead. (I'll take it. Oh, jaysus, I'd nearly shake your hand on a draw right now). David Moran, Kerry's best player over the whole game (Killian Spillane was incredible once he came on) twice opted to kick when we would have been better keeping possession (again, it's easy to see it from the cheap seats. David was after 90 minutes of hard physical sprints and tussles, not so easy).

Cork with the ball, and yet again they are patient and disciplined. I thought Damien Gore would shoot from a tight angle (he's capable of scoring those) but he recycled it out to Luke Connolly, who went for it. It hung in the sky but it's already drifting too far right....but not enough to go wide. Tommy Walsh is turning as he tries to follow the flight (frankly, the subsequent criticism of Tommy is plain ridiculous) and the ball drops down to Mark Keane. Pairc Uí Caíomh out of Mitchelstown by way of Collinwood. He drops it on his boot and stabs it home. (Amid imprecations that shall remain unprinted, I have to say it was a brilliant finish, superb technique, and not one inculcated by the AFL's aerial game. Superb skill).

We're out. We're gone. Sometimes sport is that hard and that simple. We were unlucky to get caught at the finish. But it was our approach that made it a dogfight. That's not cutting anybody. Players and management put their bodies on the line and for very little reward. Yes, mistakes were made. That happens. Chances are that they will be rinsing and repeating one topic of conversation for the rest of this interminable year. If you happen to meet one of them, please do me and Kerry and everything we stand for a favour. Don't do that.

Sport, like a lot of life, isn't about how you get knocked down. It's all about how you get back up. The games don't define Kerry football; our reaction to them does. This is Kerry. Beimid ar ais. Inniu, comhgairdeas do Corcaigh.

Kerry: Shane Ryan, Jason Foley, Tadhg Morley, Tom O'Sullivan, Paul Murphy, Peter Crowley, Gavin White, David Moran, Diarmuid O'Connor, Stephen O'Brien, Sean O'Shea (0-2, 1f), Ronan Buckley (0-1), Tony Brosnan (0-1), David Clifford (0-4, 1f), Dara Moynihan (0-1). Subs Stephen O'Brien (for Dara Moynihan, 47 mins), Killian Spillane 0-4 (for Tony Brosnan, 50 mins), Jack Barry (for Brian Ó Beaglaíoch, 54 mins), Jack Sherwood (for Ronan Buckley, 63, mins), Gavin Crowley (for Gavin White, 73 mins), Graham O'Sullivan (for Tom O'Sullivan, 80 mins), Tommy Walsh (for Jason Foley, 85 mins), Paudie Clifford (for Diarmuid O'Connor, 89 mins)

Cork: Micheal Martin, Sean Powter (0-1), Maurice Shanley, Kevin Flahive, Kevin O'Donovan (0-1), Sean Meehan, Mattie Taylor, Ian Maguire, Killian O'Hanlon (0-2, 1f, 1'45), John O'Rourke, Colm O'Callaghan, Ruairi Deane, Mark Collins (0-4, 3f), Brian Hurley (0-1, 1m), Paul Walsh. Subs Mark Keane 1-0 (for Colm O'Callaghan, 43 mins), Luke Connolly 0-3, 2f (for Sean O'Rourke, 44 mins), Michael Hurley (for Brian Hurley, 53 mins), Paul Kerrigan (for Brian Hurley, 62 mins), Sean White (for Kevin O'Donovan, 69 mins), Paul Ring (for Kevin Flahive, 73 mins), Tadhg Corkery (for Sean Powter, 75 mins), Kevin O'Driscoll (for Ian Maguire, 77 mins), Damien Gore (for Killian O'Hanlon, 80 mins)

Referee: Derek O'Mahony (Tipperary)

FOOTBALL CHAMPIONSHIP

Let's run through it fairly quickly. There's no point in pretending; I hardly have the heart for it. Dublin beat Westmeath by 0-22 to 0-11. No big surprise; everybody always knew the team to beat.

Cork will face Tipperary (who will be wearing the same style of jerseys as they wore on Bloody Sunday) in the Munster Final. Tipperary were completely under the cosh by Limerick early on, but managed to come through it late on after a woder point by Conor Sweeney. It was actually the best score in the Munster Championship – but not the most talked about one!

Well done to Micheál Quirke, whose Laois side beat Longford in a cracker. Next up is a clash with Dublin, and the thing is that it's a free shot. Noone expects them to have the slightest chance (that includes me) but they have nothing to lose by battling.

Likewise, well done to Jack O'Connor, whose Kildare team managed to close out the game against Offaly late on. They'll play Meath, who absolutely crushed Wicklow and are hot favourites to be the team walloped by Dublin in the Leinster Final.

Roscommon have always been the bear-trap in Connaught in recent years, but Mayo swatted them away and sent a real message in doing so.

KERRY CAMOGIE

Kerry 2-13 Carlow 1-13

This was as good a game as any that I saw (it was streamed live) last weekend. Kerry, well beaten by Meath at home previously, were superb on the road. Much more confident, quick in passing, relentless all over the field. Patrice Diggin scored the first two points before Carlow on home ground took over to lead by 0-5 to 0-2 at the water break. Kerry came flying out after the break, though, Jessica Fitzell almost lobbed the keeper for a goal but settled for a point. Ann Marie Leen and Patrice were also on target, while Carlow sharpshooter Eleanor Treacy pointed a brace. 0-7 to 0-6 at half-time.

Disaster struck as Carlow's Eibhe Lawlor seemed to half-fumble the ball into Kerry's net. Four points in it. Patrice pulled one back with a free but Carlow added two. 1-9 to 0-7; Kerry in trouble. Jackie Horgan with a great point. Liz Houlihan with a lightning strike on a loose ball, driving it to the net. 1-9 to 1-8, Kerry are right back in this. Killarney's Kate Lynch and Laura Collins were getting a grip on a hard-fought midfield battle. Kate and Patrice edged Kerry in front. Carlow – and they were a great team in their own right – hurled absolutely everything at Kerry. Very last chance....Treacy doesn't miss these. Pressure? Yerra stop.

Extra time. Patrice Diggin steps up (she always does) with two points. Liz Houlihan, goalscorer at one end, stops on on her own line. Kerry ahead on the turnaround. A great score by Carlow's Rachel Sawyer, level pegging again.

At last. Laura Collins with a fantastic run; Jessica Fitzell with a perfect finish. Kerry goal in front. Aoife Fitzgerald ad to make a great save and Treacy nailed the '65, but Jessica Fitzell coolly closed out a great win.

Laois in the quarter-final next weekend. A tough ask – but this is a very tough team. One to watch.



KERRY LADIES BOW OUT WITH PRIDE

Cork 1-14 Kerry 0-14

This was almost the polar opposite of the mens' game. Kerry have had a great year in getting promotion from Division Two and going completely unbeaten, but were expected to be swept aside by a Cork side who had real ambitions of regaining the throne wrested away from them in recent years by Dublin. Kerry were going to be a stumbling block, not an obstacle. Ciara O'Sullivan opened Cork's account before Saoirse Noonan cut in and banged home a goal. She added a point. 1-2 to 0-0; this looks ominous. Kerry weren't for folding. Anna Galvin pointed. Andrea Murphy made it two. Louise Ní Muircheartaigh with two points. Hannah O'Donoghue and Siofra O'Shea were out supplementing midfield, and it was working. Louise brought Kerry to level terms after the water break, but Doireann O'Sullivan finished

off a good Cork move. Louise replied. Andrea Murphy was narrowly denied a goal, Cork's Orlagh farmer was even closer; it came off the underside of the crossbar.

Louise with two points, Orla Finn in reply. Andrea Murphy and Finn again split the posts before the short whistle.

Half-time Kerry 0-9 Cork 1-4. We are meeting fire with fire and it's working.

Siofra O'Shea stretched the lead but Cork, with the strong wind, replied through Doireann O'Sullivan. Ciara Butler dashed out for a good save. She made an even better one soon after. Both sides had scoring chances, but Orla Finn's free for Cork was the only scoreboard mover. She added another to nudge Cork in front before the water break, 1-9 to 0-10.

Bodies understandably starting to tire. Cork's experience and the wind stood to them as Ciara, Áine, and Doireann O'Sullivan all picked off points. Hannah O'Donoghue won a free for Louise to convert. It was point for point from

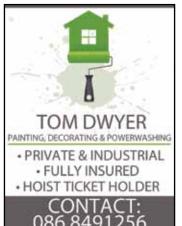
then on; Louise nailing every free but Cork responding every time. Great football on both sides. Kerry needed a goal and it wasn't going to happen. Cork's goalscorer Saoirse Noonan showed her soccer skill as she dribbled through at lightning pace (she would score two goals to put Cork City into an FAI Cup Final) before scoring the final point.

Cork march on. Technically Kerry will still go through if Laois can beat Cork by four points, but let's get real. Kerry have effectively bowed out, but with their heads high.

Kerry: Ciara Butler, Sarah Murphy, Aislinn Desmond, Ava Doherty, Niamh Carmody, Aishling O'Connell, Ciara Murphy, Lorraine Scanlon, Megan O'Connell, Niamh Ní Chonchúir, Siofra O'Shea (0-2), Anna Galvin (0-1), Hannah O'Donoghue, Andrea Murphy (0-2), Louise Ní Muircheartaigh (0-9, 8f). Subs Kayleigh Cronin, Eilis O'Leary, Emma Dineen, Fiadhna Tagney



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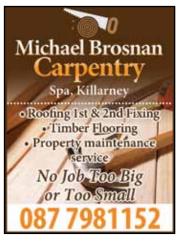
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WORKPLACE STRESS

Continued

Last week we looked at various strategies to reduce workplace stress. These focused primarily on the one thing we have control over in our lives i.e. ourselves. This week we will look at more key ways to deal with stress in our lives. Knowing we are stressed when we are stressed is important. Each person is different – so know your own 'stress busters'.

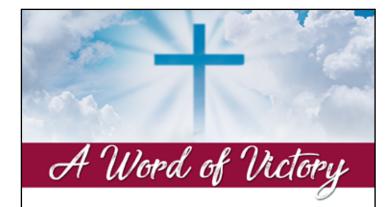
The following are some tips:

- Taking Responsibility for our own physical and emotional well-being
- 2. Avoid knee-jerk reactions and falling into old habits
- Learn to communicate better which can improve relationships with coworkers
- 4. Recognise your own emotions and know how to control your emotions and behaviour. If you ignore your emotions you will be unable to fully understand your own needs and find it difficult to communicate with others.
- Delegate responsibility- let go of the need to control every little step.
- Be willing to compromise finding a middle ground with a co-worker can help reduce stress levels for everyone.
- Balance your daily schedule as all work and no play leads to burnout. Balance your time between work, daily responsibilities, family life and social activities – ensuring you get some downtime.
- 8. Avoid over-scheduling your time by trying to fit too much into one day. If you have a lot on — distinguish between the 'shoulds' and the 'musts' and drop any task that isn't completely necessary to the bottom of the list or delete them entirely.
- Give yourself time getting up or leaving home ten minutes earlier can decrease stress levels and avoid that frantic rush to get to work on time.
- Take a quick stroll during the day to clear your mind.
 There is no better way to alleviate stress than a good laugh—watching a comedy or meeting up with friends and sharing a joke can all help to reduce stress.
- Don't try to seek perfectionism this will only add to unnecessary stress. When you set unrealistic goals you set yourself up for failure. Aim to do your best.
- Watch your thoughts. Negative thinking can drain our energy and motivation – so try to stay positive and avoid negative people as much as possible.
- 14. Don't try to control the uncontrollable. Many things in life are beyond our control – especially the behaviour of other people. Rather than focusing on the things we can't control, we give our attention to that which we can control – i.e. how we react to the problem.

SouthWest Counselling Centre, Killarney is open and providing affordable professional talephone and animal counselling to porents, adolescents and adults during the Covid 19 crisis at its Killarney Centre (Lewis Road).

Contact 064 6636416 or Email: Info@southwestcounselling.ie Registered Charity Na: CHY 14775

SouthWest Counterling Centre is a not fur-graft organization. All funds raised through fundament are for service provides



Welcome back dear reader grief is an emotion that binds people in a blanket of oppression. Grief comes from many sources — past abuse, lack, and bereavement or loss of any kind.

The anguish caused by losing a loved one can be difficult to overcome because we are tied to those we have lost with soul ties that bind us to the past and prevent us from being healed. No one wants to forget those we have lost, but we do need to be cut off from the grief so that we can celebrate their lives and look with hope to meeting them again one day.

"He will wipe every tear from their eyes...there will be no more death or sorrow or crying or pain." (Revelation 21:4) Jesus came to 'heal the broken-hearted and bind up their wounds' (Psalm 147:3; Isaiah 61:1). God did not cause the death of your loved ones friend — He is the source of Life not death. But our 'enemy the devil roams around seeking whom he may devour' and it is he who brings destruction (1st Peter 5:8: John 10:10). Many people are unaware that they have an enemy, and this is why some are living in a state of grief that they cannot break free from. The pain of losing someone is very difficult and the shock and trauma that accompany it can send a person into a prison of numbness, regret and despair.

"The Lord is close to the broken-hearted; he rescues those whose spirits are crushed." (Psalm 34:18) Jesus is acutely aware of your pain and sorrow friend (Isaiah 53:3-5). Perhaps this grief has been shadowing you for years — so often it's easier to bury pain rather than to face it. There is no manual for going through grief — but it does need to be dealt with, otherwise it burns away inside, causing all kinds of outward physical manifestations such as sickness, depression, anger and failure. Jesus came that you would have life to the full. Grief will try to rob you of your joy, peace and hope.

Pray aloud... Dear Lord Jesus thank You for forgiving my sins and saving me. I believe You are the Son of God who died and was raised to life to pay for my sins and restore me back to God the Father. Lord I believe.... (name) is with You in heaven, and one day we will be together again. But until then I release ... (name) into Your care and trust You with them. I sever every ungodly soul tie between me and (name), and break every covenant with death off my life. I renounce all trauma and pain and give it to You Father. Thank You for filling me instead with Your joy and peace and restoring my heart to wholeness in Jesus name I pray, amen.

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

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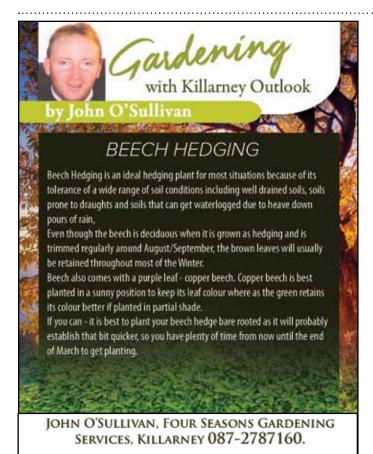
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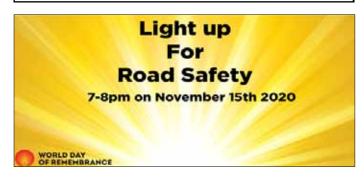
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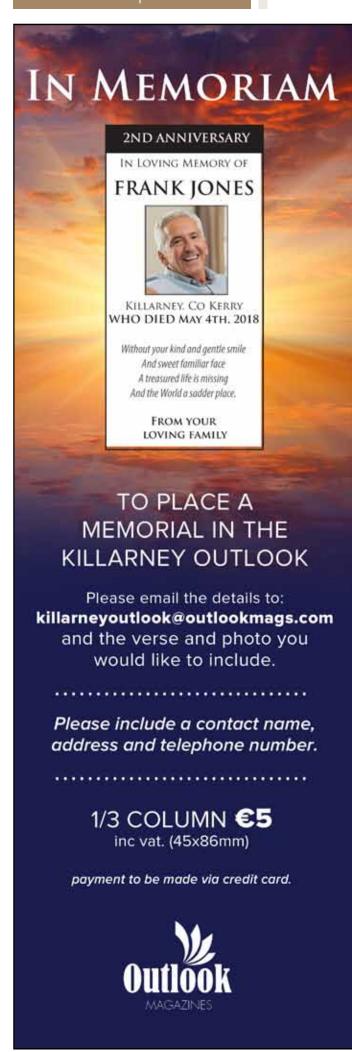
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Franciscan Friary

The Friary Office will be operating on Monday to Saturday with a selection cards inc Christmas mass bouquet cards available from 9.30am – 4.00pm daily services can be accessed by phone, 064 6631066 email killarney@franciscans.ie or post. No direct physical access permitted to the friary office

Adoration of the Blessed Sacrament daily from 7.30am – 7.00pm.

Tree Of Remembrance

During this month of November please place the names of your deceased loved ones, family, relations or friends on the Tree, LETS ALL REMEMBER THEM IN PRAYER.

ST. ROCH PATRON SAINT OF SICKNESS & DISEASES

O Blessed St. Roch, Patron of the sick, have pity on those who lie upon a bed of suffering. Your power was so great when you were in this world, that by the sign of the Cross, many were healed of their diseases. Now that you are in heaven, your power is no less.

Offer to God our sighs and tears and obtain for us the physical and spiritual health we seek:Through Jesus Christ Our Lord. Amen

St. Roch, Pray for us, that we may be relieved from all diseases of body and soul.

(Repeat 3 times)
Lord Jesus, may they will be done.
Say Our Father. . . . Hail Mary. . . . Glory
be St. Roch, Pray for Us.

MAGS

THE MIRACLE PRAYER

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

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

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

Amen.

3RD ANNIVERSARY

IN LOVING MEMORY OF

ANN CRONIN



Freemount, Rathmore, Co.Kerry Who passed away 12.11.2017

A Letter From Heaven

When tomorrow starts without me And I'm not there to see If the sun should rise and find your eyes All filled with tears for me

I wish so much you wouldn't cry The way you did today While thinking of the many things We didn't get to say

I know how much you love me As much as I love you And each time that you think of me I know you'll miss me too

When Tomorrow starts without me Don't think we're far apart For every time you think of me I'm right here in your heart.

Sadly missed by all the Cronin family

ON LINE ANNIVERSARY MASS

from Rathmore Church on Sunday the 15th November.

ED 48

PRAYER TO ST MARTIN DE PORRES

Most humble St. Martin, whose burning charity embraces all, but especially those who are sick, afflicted, or in need, we turn to you for help in our present difficulties and we implore you to obtain for us from God health of soul and body, and in particular the favour we now ask ... (pause to ask favours) ...

May we by imitating your charity and humility, find quiet and contentment all our days, and cheerful submission to God's holy will in all the trials and difficulties of life.

BRÍD

3RD & 8TH ANNIVERSARY

TREASURED MEMORIES OF A WONDERFUL LOVING UNCLE, GRAN-UNCLE AND GREAT GRAN-UNCLE

EUGIE Scannell



LATE OF LISSIVIGEEN, KILLARNEY, WHO DIED ON 12TH NOVEMBER 2017

ALSO REMEMBERING

MAUNIE Scannell



LATE OF LISSIVIGEEN, KILLARNEY, WHO DIED ON 8TH OCTOBER 2012

We speak your name everyday, As though you were still here. And all the happy times we spent, We will always hold so dear. Your house was always open, Your arms a warm embrace, The kids are always saying, You had a happy warm face. You gave advice to all who came. And never broke their trust. We all know from experience that nothing ever was a fuss. A sweet, a treat, a spoon of sugar, Is what Fionn, Saoirse and Oisín will remember. They will have those treasured memories of growing up with you. The secrets ye would always share, And the childish things ye would do.

We will always remember you and forever miss you.

Very sadly missed, remembered and always loved by Sean, Norma and Bryan, Lorraine and Killian, Patricia and Richard, Sean and Jen, Miriam, Fionn, Saoirse, Oisín and Timmy.

4TH ANNIVERSARY

IN LOVING MEMORY OF

DANIEL (DAN) DALY



KNOCKATEE, CORDAL, CASTLEISLAND WHO DIED ON THE 15TH OF NOVEMBER 2016 AGED 89 YEARS

REST IN PEACE

He liked to play a game of Cards called 31 But with me he knew We'd never reach the big One He would recall working With a mare and a cob But would agree to give me A or B in the bog.

Remembered by Margaret, Tom, Paudie and Marissa.

BARRADUFF MEMORIAL WORKS

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SANDBLASTING

OLD STONES CLEANED AND RE-LETTERED



NOVENA TO THE SACRED HEART

Sacred Heart, St Jude, St Anthony. And to all of the Saints for favours received. And thanks to the universe.

1ST ANNIVERSARY AND ACKNOWLEDGEMENT

IN MEMORY OF A MUCH-LOVED HUSBAND, FATHER, BROTHER, UNCLE AND FRIEND

DERMOT KELLIHER



BARRADUFF, HEADFORD, KILLARNEY DIED 20TH NOVEMBER 2019

On the first anniversary of Dermot's passing his wife Helena, children Danny, Sinead and Deirdre, his daughter in law Sarah, Deirdre's partner Derek and all the extended family would like to thank all those who attended his wake, rosary, removal and funeral mass. Those who sent mass cards, messages of condolence and telephone messages. A special word of thanks to our relations, kind neighbours and friends who dropped off food and those who stayed through the nights with Dermot. We wish to thank those who provided practical and emotional support during this time and continue to do so.

A special mention to all those who travelled long distances, came from abroad and to those who travelled to Galway to be with us to bring Dermot home. Your thoughtfulness will never be forgotten.

Thanks to Fr George Hayes and Fr Mike Joe
O 'Doherty who concelebrated the funeral
mass so meaningfully. A very special word
of thanks to all those who participated
in the mass and made it so very special.
To Paud, Derry, Rosie, Mary & Jimmy
who provided the music and singing in a
manner which beautifully enhanced the
mass. To Fr Mike Joe and Fr Tadhg who
led the rosary prayers at the graveside
and Derry for his resounding rendition of
"The winding Owneycree". A very special
word of thanks to Ann Marie who led
the rosaries through the funeral. We are

grateful to Tom Murphy Funeral Directors for their professionalism and sensitivity in handling the funeral.

We are especially grateful to both Glenflesk GAA and Barraduff National School for the guard of honour tribute for Dermot. It was a privilege to feel the rootedness of belonging in the community including the respect shown by the school children and teachers who remained indoors during lunch time during the funeral days "Míle Buíochas".

Special thank you to Kate and all at Kates Kitchen for the delicious food and special attention given to us. Also thank you to Killarney Avenue Hotel for their hospitality and Johns Dans Bar and the Corner House Barraduff.

A very sincere word of gratitude to Salthill First Responders, National Ambulance Services and paramedics, Galway University Hospital and An Garda Siochana who looked after Dermot in a dignified, respectful and sensitive manner. Thank you to everyone who donated to Salthill First Responders, G.U.H. and the bereavement councillor at G.U.H.

As it would be impossible to thank everyone individually for the kindness and support over the past year, The Holy Sacrifice of the mass will be offered for your intentions.

ANNNIVERSARY MASS

will be live streamed on Glenflesk Parish's Facebook page to celebrate Dermot's life at 7:30pm, on Friday 20th November 2020

> You were always there when we needed you, No task too great or small, With loving heart and willing hands, For us you did it all.

THE MIRACLE PRAYER

Dear Heart of Jesus in the past I have asked many favours. This time I ask you this special one, (mention favour). Take it dear heart of Jesus and place it within your own broken heart where your Father sees it. Then in his merciful eyes it will become your favour not mine. Amen.



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