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PICTURE: MARIE CARROLL-O'SULLIVAN

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 ORDINARY LOVE <small>12A 100 mins</small> <small>7 DAYS 9:05</small>	 LAST CHRISTMAS <small>12A 105 mins</small> <small>7 DAYS 6:30 2:20 9:00 4:20</small>
 BLACK CHRISTMAS <small>15A 100 mins</small> <small>7 DAYS 6:30 9:00</small>	 FROZEN II <small>PG 100 mins</small> <small>7 DAYS 6:25 12:15 2:20 4:25</small>
 MOTHERLESS BROOKLYN <small>12A 130 mins</small> <small>7 DAYS 8:30</small>	 FARMAGEDDON: SHAUN THE SHEEP <small>PG 100 mins</small> <small>SAT/SUN 2:25 4:25</small>
 KNIVES OUT <small>15A 150 mins</small> <small>FRI-WED 6:25 8:50</small>	 MALEFICENT: MISTRESS OF EVIL <small>PG 120 mins</small> <small>SAT/SUN 12:10</small>

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ABOMINABLE PG SAT/SUN 2:10 | 4:10

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EDITOR'S NOTE

The countdown is well and truly on and with Christmas around the corner, we have a jam-packed magazine for you this week. We have amazing pictures from all the pre-Christmas events... including the IHF Ball, Santa at the Outlet Centre and the third

Christmas In Killarney Parade. The pupils of St. Francis Special School held a beautiful carol service, Kerry Supporters Club are set to celebrate 30 years and a Hollywood Actor was in Faha giving locals a spin home from the pub!

Something for everyone in this week's Killarney Outlook - Out Now!

Aisling Crosbie, Editor
086 0400958
news@outlookmags.com



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



PUPILS FROM ST. FRANCIS SPECIAL SCHOOL PERFORM

Pupils and teachers from St. Francis School held a performance to remember on Friday last in the Killarney Outlet Centre.

The children were thrilled with the response they got from the audience and would like to thank everyone for their kindness and generosity.

St. Francis Special School is situated on the grounds of St. Mary of The Angels in Beaufort and is dedicated to providing the highest quality, care and education of pupils. The pupils contribute to the choir in many different ways and Joan Ward provides instrumental accompaniment. The choir allows the pupils to perform using their own ability and talents.

"We use a whole sensory approach for e.g.

we use Lámh signs and different props, and this year the pupils used their Lámh signs to perform "This is Me" from The Greatest Showman"; Mary O'Riordan, a teacher at the school told the Killarney Outlook.

Pupils and staff look forward to choir practice every week and the choir has united the school with an amazing €1,300 raised this year.

Following the performance, Santa was on hand to give the students selection boxes.

Mary O' Riordan and Breda Courtney set up the school choir in September 2016 when they noticed that there was so much talent amongst their pupils and staff in the school. The initially set up the choir with the aim of performing at their end of year mass. From there an electric

piano was bought out of the Ring of Kerry cycle funds and this has been a huge asset to their choir.

And from that the choir has gone from strength to strength! They have performed for many events during the school year - 1st Holy Communion, Confirmations and Carol Services. However this year's busking trip has been their biggest and most successful event to date. They would like to thank Paul Sherry of the Outlet Centre for giving them the opportunity. "They all love singing and performing, we are so proud of the pupils, their faces light up when they perform", Mary added.

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HOLLYWOOD ACTOR takes locals on a Social Spin



Locals at a popular country pub got a huge surprise on Friday night last when their social spin arrived to collect them.

Chris O'Dowd was the designated driver on duty at Faha Court Bar who run a service dropping locals to and from the pub.

The Hollywood actor was hired as part of a promotional video organised by Guinness for social media.

Sean O'Mahony runs Faha Court Bar which is about 8km from Killarney.

Sean says the pub was in a "do or die" situation after the drink driving laws were changed. "We called a meeting of local people where it was decided that something had to be done. The pub is at the heart of our local community and we were determined to protect it."

Social Spin was born and although it only launched in June, Sean says the results so far are extremely encouraging.

"We have 30 volunteer drivers so it really is a community effort. The car is available from 6.30pm to 11.30pm every night. Customers call the Social Spin dedicated mobile number to arrange collection. It's as simple as that.

"It's a volunteer service so there is no charge, passengers can make a donation to a maximum of €5 per trip, which goes towards diesel and maintaining the car. Running costs are approximately €200 per week."

Sean also mentions solving the insurance issue as a key factor in allowing the service to launch. "I'd like to thank FBD for taking us on board, who worked closely with us while we established Social Spin. In the end we secured open insurance for just over €4k."

The Faha service is now transporting over 80 people to and from Killarney Country Club per week. "We're a small rural community so this is a lifeline. It needs to be rolled out nationwide," says Sean. "The government need to support schemes such as this across the country."

That's a sentiment echoed by VFI Chief Executive Padraig Cribben. Speaking recently in Faha, he said pubs are facing many challenges but the new drink driving laws had impacted rural communities to such a degree that it prevented people from socialising.

"Social Spin is a community driven scheme that facilitates communities to come together," he says. "The pub is the hub and the publican is at the centre of many rural communities.

"We see that the local community welcomes Social Spin, which allows people to get out of their homes and avoid rural isolation."

"The reaction has been super," he says. "Social Spin has lifted everything in the village. We see the service becoming more popular every week. At present we're averaging about €280 per week in donations, which is enough to keep the service operating.

"Rural Ireland is coming up with solutions but we need support from government. We're seeing faces in the pub we haven't seen for years. People are depending on the service now – and politicians need to understand that."

Top: Chris O'Dowd with Sean and Aoife O'Mahony, Middle: Sean O'Mahony, Proprietor Faha Court Bar Chris O'Dowd pictured with locals at the bar on Friday night and left: The Social Spin Car

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KERRY SUPPORTERS CLUB

Celebrate 30 years



Kerry Supporters Club celebrate 30 years by honouring the 5 players who each hold 8 All Ireland Medals at their social on the 4 18th January.

Having reached the 30 year milestone, Kerry Supporters Club will celebrate at Ballygarry House on Saturday 18th January 2020. The evening will begin with a Drinks reception in the Pavilion on arrival followed by a fabulous menu & live band. The highlight will be honouring the all-time greats on stage with MC Tim Moynihan from

Radio Kerry's Terrace talk who will put them through their paces in a live "on the couch" interview where many a story of the glory years will be revealed. This line-up includes Ogie Moran, Mikey Sheehy, Pat Spillane, Ger Power & Padraig Og O'Se on behalf of his late father Páidí O'Se.

"It will be a gathering like no other we have

had to date. To have such marvellous players & talent together with 40 medals collectively in the room is a first for the Kerry Supporters. We travelled the length & breadth of the country to see these men play for Kerry & we really look forward to off the ball tales on the night", Chairperson Donie O'Leary and the organising committee said.

An open book in Gadaí Dubh

Gadaí Dubh Books opened on July 1st 2016 and, from the outset, the new venture was intended to be more than just a bookshop. The aim of the owner, Conor Kelleher, was to provide Ballymakeera village with an additional unique feature to complement existing local businesses and services while also appealing to a wider clientele. As Kelleher was never involved in the book trade previously, he is happy with the development of the bookshop over its first three years as a place to meet, recite poetry, play music, attend evening language classes, play board games or just to relax with a tea or a coffee for a few hours reading or chatting. He says that "It's good to see that some of the regular visitors, including dogs, have become good friends as, without the bookshop, they may never have met."

Christmas is a magic time in the bookshop and, from December 18th, Gadaí Dubh Books will be open every day, including Christmas Eve, from 11am to 6pm.

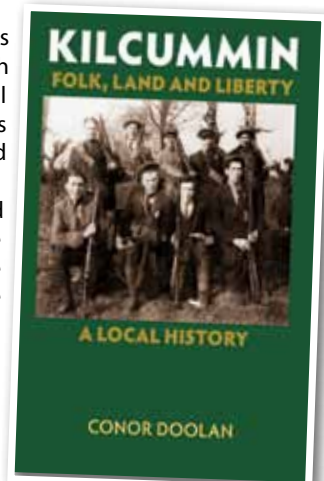


Kilcummin a local history launched

Historian Conor Doolan has launched a new book which delicately weighs up local memories and carefully reviews archival material with a fair and open mind.

Kilcummin: Folk, Land and Liberty will keep the flame alive for the grand and noble work conducted by future generations of historians and genealogists.

Kilcummin: Folk, Land and Liberty is the first dedicated history of Kilcummin to be written in twenty years. In the book, Conor recounts the extraordinary stories of Kilcummin's rich and fascinating heritage. During the course of his research, he unearthed a wealth of local history. Presented here is a detailed collection of antiquity, from ancient times right through to the present day, with the story of Kilcummin placed neatly in the wider context of Ireland's history. This text aims to be a compelling contribution to the historical record of this storied parish and will act as a wonderful genealogical resource for locals and for the diaspora.





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Employment contracts – A guide for employers

The agreed terms of an employment contract are of paramount importance in determining the rights and duties of both the employer and employee. Each employee must be given a written statement of their terms and conditions of employment, as per provisions under the Terms of Employment (Information) Acts, within two months of commencing employment.

Guidelines for creating an employment contract
All employer/employee relationships involve a contract of employment whether this is written or implied and it governs many aspects of the employer/employee relationship. It is important to understand what information must be contained in a contract of employment and be mindful that employers have a responsibility to issue certain terms and conditions to employees.

Recent changes
With the enactment of the Employment (Miscellaneous Provisions) Act, employers must now provide new employees their 5 core terms of employment in writing within 5 days of them starting employment and the rest of the terms of employment must be given within two months of the employee commencing employment.
The Act also introduced banned hours, it prohibits zero-hour contracts except in the case of work carried out in emergency circumstances or to provide short term relief work to cover routine absences and it has also simplified the National Minimum Wage rates.

For help, support and advice on the above or on any of your HR & Payroll needs please feel free to contact us.

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Time to celebrate our ancient past on the Paps of Anú



Mountaineer Tim Long at the ancient burial cairn of the Goddess Anú.
PHOTO: VALERIE O'SULLIVAN

As we approach the shortest day of the year, the Winter Solstice on Saturday 21st December 2019, it's almost time to celebrate our ancient past by climbing the Paps of Anú, long associated with the Goddess Anú, in aid of Kerry Hospice Foundation Palliative Care. 'The Paps' resemble a pair of breast shaped hills located in the Derry Na Saggart Mountains, close to the Cork Kerry border. named after Anú, Goddess of Pre-Christian Ireland and Mother Goddess of the Tuatha De Danann. They have been associated with mythology, mystic and majesty, representing all that is earthly fertile, abundant and protective. With kind permission of local landowner Sean O'Donoghue, Glenflesk, and

neighbour Jimmy Moynihan, the walk departs from Garries Bridge - the first bridge after St Agatha's Church, Glenflesk, (2.7km) on the left hand side, (will be signposted) Meeting at 5.45am. An ancient blessing of fire led by Mary Cronin of Glenflesk heralds the beginning of the walk in darkness. The long walk and climb to the summit has two strenuous inclines, leading to the Western Pap at 690 Metres. Sunrise and Craic begin, with Glenflesk's finest musicians Derry and Rosie Healy, setting the pace for a Kerry polka set, followed by an ancient ceremonial Blessing of light by Mary Cronin. The trek will be led by expert Mountaineer Donie Mulcahy and crew. The celebration is part of the Christmas in Killarney seasonal calendar of

events.

After descending the ancient mountain, a ceremonial solstice coffee and scones takes place in the Plaza Hotel, Killarney at 10.30am (the Basecamp) Donation of €20 per adult will be collected on the morning and afterwards in Killarney Plaza Hotel. For those who are unable to climb please join us for the solstice breakfast, at the Plaza Hotel from 10.30am, or even before hand at the fire blessing at 5.45am

It is advised to wear/bring Head Torch, Warm clothes, hiking boots, waterproof jacket and pants, gloves, hat, food and a drink. A good level of fitness is required. Guides will be on duty for gear check before departure.

Killarney woman appeals for support

A Barraduff woman has issued an urgent call for people from Kerry to support families living in war zones this Christmas

Martina O'Donoghue, who works with the agency has said that there are millions of people who have known nothing but war and have lived through constant conflict since they were born. "Trócaire is working to protect them and keep them safe. We are asking the public to support us and make sure these innocent people aren't forgotten this Christmas."

This Christmas marks the 50th anniversary of John Lennon and Yoko Ono's iconic War is Over 'peace' campaign. Trócaire has reimagined the campaign with a 2019 'War Is Over Christmas appeal' supporting families who are living in war zones around the world.

According to Martina from Trócaire, families fleeing conflict urgently need food, shelter and healthcare this Christmas in many of the



countries where Trócaire works. "Millions of children around the world have known nothing but conflict in their lives. Their lives are on hold because they are living in war zones. It seems that in many cases the world has forgotten these children. This Christmas we want them to know that we haven't forgotten them," she said.

"The figures are frightening" said Martina. "In Syria, Somalia and Gaza alone, where Trócaire works, an estimated 19 million people have known nothing but war – children have lived in conflict zones since they were born."

"Donating to Trócaire's Christmas appeal will help people born into some of the longest-running conflicts in the world" said Martina. "We are grateful and thankful for the support we receive from the people of Kerry each year. Their support directly impacts families and communities around the world and that is why it is so vital this Christmas."

According to Trócaire, the agency will deliver food, shelter, medicine and protection to innocent people living in warzones around the world thanks to the donations it receives this Christmas. More information is available from www.trocaire.org or by calling 1850 408 408.



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GUIDE PRICE: €379,000



4 MILLBROOK VILLAGE, MILLTOWN, KILLARNEY, CO. KERRY

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MONEY MATTERS.....

By Dermot Cronin, Financial Advisor



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

Many pensions can be accessed 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 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 for the rest of your life that is purchased with the money left after your tax free lump sum.

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.

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.

If you have any queries on the above or any other matter you can contact Dermot Cronin QFA at 0646622775 or dermotcroninifa@gmail.com

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PROPERTIES FOR SALE

GLANOORAGH HOUSE, DOONRYAN, KILLARNEY

Quality finished 4 Bed Detached Property with attaching garage and office/apartment. The property boasts large spacious, bright rooms and is situated on a site extending to c. 0.6 acres minutes drive of Killarney Town. Added features include: Central Vac System, Solar Panels, Triple glazing etc. Ideally suited for those looking to live close to town but in a quiet countryside location.

GUIDE PRICE: €460,000

BER B3



PIKE HILL, KILLARNEY

3 Bed Detached Property with separate 3 Bed Detached Bungalow to the front of the site. Located on the periphery of Killarney Town on the Cork Road, this is an ideal opportunity for an owner occupier to purchase a spacious property close to town.

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A GIFT FOR NIALL RAISES €5,000

The joint fundraiser organised by the best friends of Niall MacGillycuddy was a huge success.

Earlier this month, St. Brendan's College, Holy Cross Mercy, Killarney Community College and The Mon came together for a huge Christmas Jumper Day in memory of the popular teen.

Over €5,000 has been collected so far will be donated to Ward 2D at Cork University Hospital. Niall lost his battle with leukemia in October 2018 and his seven best friends, Ryan O Grady, Ruairi Doyle, Eoghan O Sullivan, Evan Looney,

Neil'O Shea, Emmett O'Shea, Mike Lenihan and Padraic Looney along with the help of their teacher Elaine Moyihan wanted to hold a fundraiser to remember their close friend.

All the proceeds from "A Gift For Niall" will go to Cork University Hospital where Niall spent a lot of time.

"Niall spent a lot of time in the ward and we decided it would be nice to do up the family room and put up a picture and a plaque to remember him" Michael Lenihan told the Killarney Outlook.

Niall, a gifted sportsman, is the son of Daithi and Sheila McGillycuddy and brother of Ellen and Jane and was a much loved friend and team mate.

"The boys are delighted with themselves and the support they got from the entire community", Elaine Moynihan, a teacher at the school told the Killarney Outlook.

"We are very proud of them and it is great mark of their love for Niall - will hopefully provide some solace to McGillycuddy family at what must be a very tough time", Elaine added.

Niall's friends will travel to Cork in the New Year to present a cheque for the total amount raised to the ward when a picture and plaque, acknowledging Niall and his memory, will be erected in his honour.



Principal Sean Coffey pictured on Christmas Jumper Day at St. Brendan's along with staff members Claire Quinlivan, Carmel Fitzgerald and Mary Mangan.

Jimmy Deenihan makes it to Everest Base Camp

Former Government Minister and Kerry football legend, Jimmy Deenihan, has successfully completed the arduous Mount Everest Base Camp trek to raise funds to help aid agency, GOAL, supply a rural community in Eastern Uganda with clean, safe water.

Jimmy - who is a GOAL board member - spent three months training over the Kerry mountains for the 56 kilometre trek from Lukla Airport to Everest Base Camp at an altitude of 5,400 metres or 17,714 feet.

He was joined by fellow Kerry natives sisters Carly and Blondie Horan. Dr. Claire Trant also was part of the group as were Charlotte Bullen and Ranjith Reddy from Southampton in the UK.



ACCESS FOR ALL CHRISTMAS APPEAL

Killarney Access Group liaises with Killarney Municipal District Council on access issues throughout the town of Killarney. The group was formed over 20 years ago to support people with access issues to help make Killarney become a more accessible town for everyone.

Fortunately Killarney Municipal District Council have always supported the group, practically and financially though the Community Support Fund provided by Kerry County Council and together we have made huge strides in ensuring that the town is reasonably accessible. However, we need everyone's support to make sure the town is accessible to all this Christmas and throughout

the year. Please do not park your car in a designated disabled parking bay if you or your passenger does not hold a disabled parking permit. Parking on footpaths creates huge hazards for so many people who have to go out onto the road to get around the car. Street furniture presents further obstacles on an already busy thoroughfare, bikes on footpaths are lethal and wheelie bins blocking our pedestrian routes are a massive inconvenience for so many people, not just for people with disabilities but also for elderly or frail people and people with buggies and small children. We are appealing to everyone to be more considerate when and where you park this Christmas in



Killarney and to be aware of others who may not find negotiating the busy streets so easy.

Killarney Access Group wishes everyone a very happy and

enjoyable Christmas and look forward to working with Killarney Municipal District Council into the future to make Killarney a fully accessible town for all.

THROUGH THE KEYHOLE....

A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET



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Johnn & Catriona White, pictured at the Aghadoe Heights Hotel for the IHF Ball on Friday evening.
PICTURE: MARIE CARROLL-O'SULLIVAN



The Magic of Christmas time... Children enjoying the Christmas in Killarney weekly parade through the streets of Killarney.
PHOTO: VALERIE O'SULLIVAN



Bernadette Randles, Chairperson with staff at the Kerry Branch of the Irish Hotels Federation Ball in the Aghadoe Heights Hotel, Killarney last week.
PHOTO: DON MACMONAGLE



The Magic of Christmas time... Children enjoying the Christmas in Killarney weekly parade through the streets of Killarney.
PHOTO: VALERIE O'SULLIVAN



Attending the Switching on of the Christmas lights in Barraduff last Saturday evening were L to R; Kathleen Healy, Jeremiah Murphy, Con Murphy, Mary B. o Shea, and Noírin Healy.
Picture: Seamus Healy



PHOTO: VALERIE O'SULLIVAN



Minister Brendan Griffin, with the organising committee, Emer Corridan, Niamh O'Shea, Bernadette Randles, Chairperson, Tracy Coyne and Tim Fenn, CEO, IHF at the Kerry Branch of the Irish Hotels Federation Ball in the Aghadoe Heights Hotel, Killarney last week.
PHOTO: DON MACMONAGLE



A magical performance at the Killarney Outlet Centre on Friday afternoon as St Frances Special School Beaufort entertained shoppers with their carol service L-R Aoife O'Connor & Shane Brosnan. PICTURE MARIE CARROLL-O'SULLIVAN



Mayor Cllr Michael Gleeson, pictured with is wife Kathleen at the Aghadoe Heights Hotel for the IHF Ball on Friday evening. PICTURE: MARIE CARROLL-O'SULLIVAN



Supt Flor Murphy, Josephine O'Driscoll, Failte Ireland, Bernadette Randles, Chairperson, Vincent Casey and Jenny DeSaulles, Failte Ireland at the Kerry Branch of the Irish Hotels Federation Ball in the Aghadoe Heights Hotel, Killarney last week. PHOTO: DON MACMONAGLE



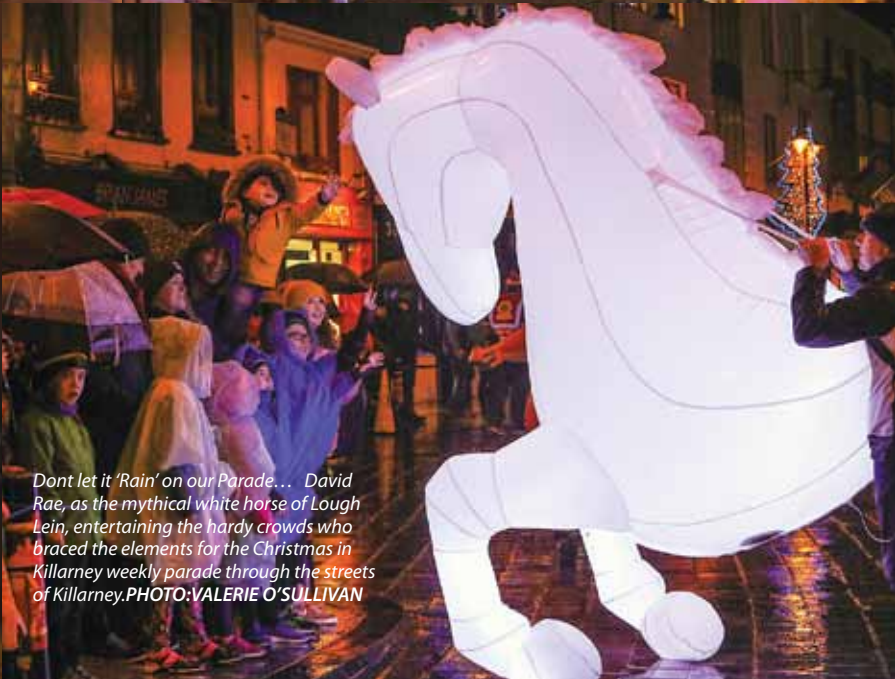
Santa Claus makes his arrival in Main Street for the Christmas in Killarney weekly parade through the streets of Killarney. PHOTO: VALERIE O'SULLIVAN



Children who braced the elements for the Christmas in Killarney weekly parade through the streets of Killarney. Photo: Valerie O'Sullivan. PHOTO: VALERIE O'SULLIVAN

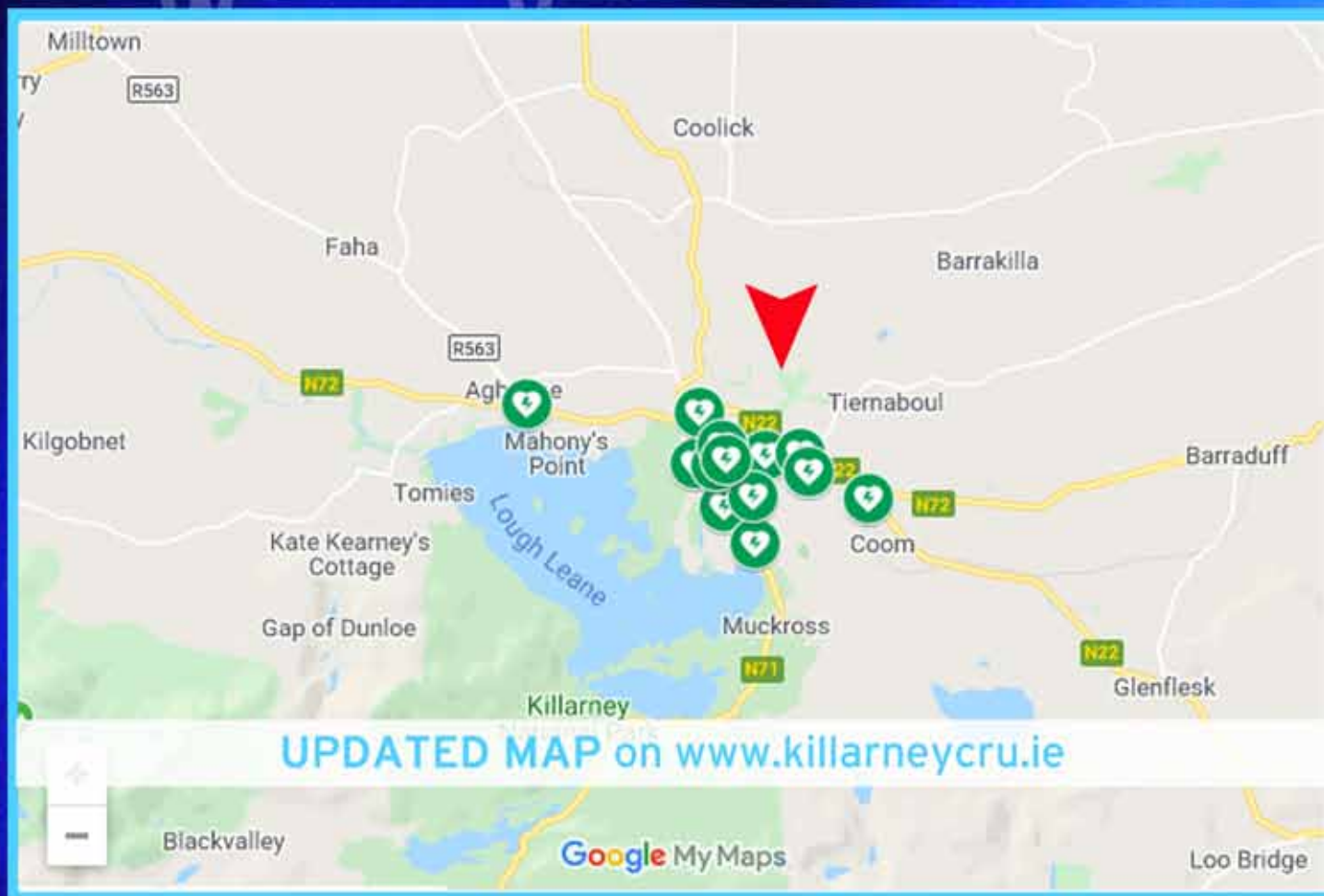


Conor, Karl and Derek O'Leary, The Three O's entertaining guests at the Kerry Branch of the Irish Hotels Federation Ball in the Aghadoe Heights Hotel, Killarney last week. PHOTO: DON MACMONAGLE



Dont let it 'Rain' on our Parade... David Rae, as the mythical white horse of Lough Lein, entertaining the hardy crowds who braced the elements for the Christmas in Killarney weekly parade through the streets of Killarney. PHOTO: VALERIE O'SULLIVAN

AED LOCATIONS



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| ♥ AED Upper High Street, Killarney | ♥ AED Fossa |
| ♥ AED New Street, Killarney | ♥ AED Woodlawn Road, Killarney |
| ♥ AED Rock Road, Killarney | ♥ AED Beech Road, Killarney |
| ♥ AED Muckross Road, Killarney | ♥ AED Parish Hall, Killarney |
| ♥ AED Park Road, Killarney | ♥ AED College Street, Killarney |
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Minister Creed Launches MacGillycuddy Reeks EIP Project

The MacGillycuddy Reeks European Innovation Partnership Project was officially launched this week by Minister Michael Creed at an event held in Cronin's Yard. The project, which is managed by South Kerry Development Partnership CLG, aims to improve the sustainability and economic viability of farming in the MacGillycuddy Reeks. This will be done through the development of practical, achievable actions and innovative solutions in order to improve the condition of the habitats of this unique Natura 2000 area, in close conjunction with the landowners/farmers in the area. In his address to the large attendance, Minister Creed noted that the Reeks area was one of the most beautiful places in the country and it is only when one understands the visual element of this that one realises how important a project such as this is, particularly since it is locally owned and developed. He noted that the great thing with it is that it is playing to the strengths of the area and that the solutions being developed were locally engineered. He described the Reeks project as a good example of where he would like to see more policy initiative development and noted that the knowledge gained is transferrable to other regions in the country and indeed across borders given the links this project has with similar initiatives in other EU countries. The MacGillycuddy Reeks Project is a European Innovation Partnership (EIP) co-funded by the Department of Agriculture, Food, and the Marine under the Rural Development Programme 2014-2020.



Mr. Michael Creed, T.D., Minister for Agriculture, Food & the Marine, 2nd left, Patricia Deane, Project Manager for the MacGillycuddy Reeks European Innovation Partnership, with, Padraig 'Brac' O'Sullivan, Cllr Michael Cahill, Chair South Kerry Development Partnership, Mary Toomey, Project Ecologist, Noel Spillane CEO, South Kerry Development Partnership, Moira Murrell, Chief Executive Kerry County Council, Cllr Niall Kelleher, Cathaoirleach Kerry County Council, at the official launch of the MacGillycuddy Reeks European Innovation Partnership Project, by Mr. Michael Creed, T.D., Minister for Agriculture, Food & the Marine at Cronin's Yard Tea Rooms, Meallis, Beaufort, County Kerry on Monday. The project aims to improve sustainability, economic viability of farming through practical, achievable actions & innovative solutions to address issues & to protect biodiversity in this Natura 2000 area. PHOTOS: VALERIE O'SULLIVAN



Margaret O'Shea and Tim 'Banker' O'Sullivan, at the official launch of the MacGillycuddy Reeks European Innovation Partnership Project.



Dan Doona, Kieran Doona, Tim 'Banker' O'Sullivan, Margaret O'Shea, Jeffrey O'Connor, At the official launch of the MacGillycuddy Reeks European Innovation Partnership Project.

Junior Brother voted Best Irish Act

A Killarney singer/songwriter has been voted voted Best Irish Act 2019 by The Irish Times. Ronan Kealy aka Junior Brother is originally from Kilcummin and last weekend he played at the Other Voices in Dingle, appearing in The Other Room and St James's Church. Tonight, Friday 13th Junior Brother will play in the INEC Acoustic Club with support by The Mary Wallopers. He has been described as a "precise musician

and enthralling live act and he has delighted music lovers, reviewers and festival goers from around the country.

His record label have just released his video for his latest single, Big House, taken from his debut album, Pull the right rope. Pull The Right Rope has 9 songs which range across the varied emotions of an artist stretching himself to his limits to convey them.



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BUSINESS OUTLOOK

GROW YOUR BUSINESS HERE - WITH US!

This week the Killarney Outlook looks closer Cronin's Butchers and Killarney Credit Union

In the run up to one of the busiest times of the year, Peter Doyle spoke to Denis Cronin of Cronin's Butchers on High Street which is one of the oldest businesses in town.

Denis explained that, "my great grandfather started the business across the street where the 3 mobile phone shop is now." Denis added that, "the shop was there for five to ten years before my grandfather Denis relocated the shop to where it is today." Denis said, "unfortunately my grandfather died a young man, so my father Tommy took over at a young age and he has been working in the shop for close to 70 years." The shop is run by Denis, his wife Bernie and Denis's parents Tommy and Cait whom are in their 80's but still work every day. They also have six full time employees. Denis explained that they have a lot of loyal local customers but they also get a lot of tourists. They also supply a lot of local hotels and restaurants in town. Denis said "we appreciate the support and we give both a good service and product in return." Denis added that, "we do have our own farm and produce some of our beef on it but obviously not all of it." Denis added, "it is killed in a local abattoir in Fossa, meaning the carbon footprint is very small."

Keeping it in the family....

Killarney's oldest butcher shop looks forward to the future



The Team at Cronin's Butchers High Street L-R Denis, Colette, Paul, Tommy, Chris & Kieran.
PICTURE: MARIE CARROLL-O'SULLIVAN

"The biggest changes are in both shopping trends and people's eating habits and the challenge is to move with the times", Denis said. "We are the last traditional butchers in Killarney, we are killing our own beef and lamb which is a huge selling point for us as people know where their meat comes from." Cronin's is open six and

a half days a week including Sunday mornings. They will be open until Christmas Eve. They are running special offers on both Christmas turkeys and Christmas hams and will continue to expand as they embrace their second century of business.

Killarney Credit Union reports strong financial year

Killarney Credit Union Ltd has reported a strong financial year at its 2019 AGM with over €140 million in assets. The credit union has grown its membership by 1,319 in the past 12 months. Savings have also increased to €121.5m, while the credit union has provided €1.3 in loans each month to the local community. Killarney Credit Union has €45m available to lend in 2020.

The credit union has been very active during 2019 with the launch of new agri loan product in March, a €10m collaboration with 16 other credit unions in Ireland with local fintech company Fexco. In October, it launched its current account service for members which is proving very popular with members.

While Killarney Credit Union has enjoyed a strong financial year it is faced with a challenging economic environment, especially with



increased levies, low investment returns and decreased borrowing. It is important that the credit union continues to make responsible and prudent decisions to further

strengthen the credit union. As a result, Killarney Credit Union will not be paying a dividend to its members this year.

Commenting on this, Mark Murphy, CEO from Killarney Credit Union said: "Having enjoyed a strong year in 2019, we are now very much focused on the future. We are working hard to ensure that we will further roll out of enhanced services for our members and meet the demand for different services and products. We see great opportunities for the credit union to grow and strengthen for our members in the coming year and this will be our priority. While we have a membership of 34,000, only 20% of our members actually borrow from us. In the past year, we have seen our loan book fall by 1.15%, as such lending is a core aspect of the business and we would encourage everyone to consider the credit union for their

lending needs".

Mark continued "We know our members value the continued face-to-face personal service we provide. Indeed, Killarney Credit Union joined with other credit unions in Ireland in winning the CXI award for customer experience for the fifth consecutive year. Irish credit unions are the only organisations in the world to achieve this. We can assure our members that we will continue to be a reliable source of lending and savings. We also want to take this opportunity to thank all of our members for their loyalty over the past years. Working together with our members we will remain a cornerstone of the local community, and weather the current challenges we face in relation to increased levy payments.

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SUN	DEC 22ND	12 - 6
MON	DEC 23RD	CLOSED
TUES	DEC 24TH	CLOSED
WED	DEC 25TH	CLOSED
THURS	DEC 26TH	CLOSED
FRI	DEC 27TH	12 - 6
SAT	DEC 28TH	10 - 6
SUN	DEC 29TH	12 - 6
MON	DEC 30TH	10 - 6
TUES	DEC 31ST	CLOSED
WED	JAN 1ST	CLOSED
THUR	JAN 2ND	10 - 6
FRI	JAN 3RD	10 - 6
SAT	JAN 4TH	10 - 6
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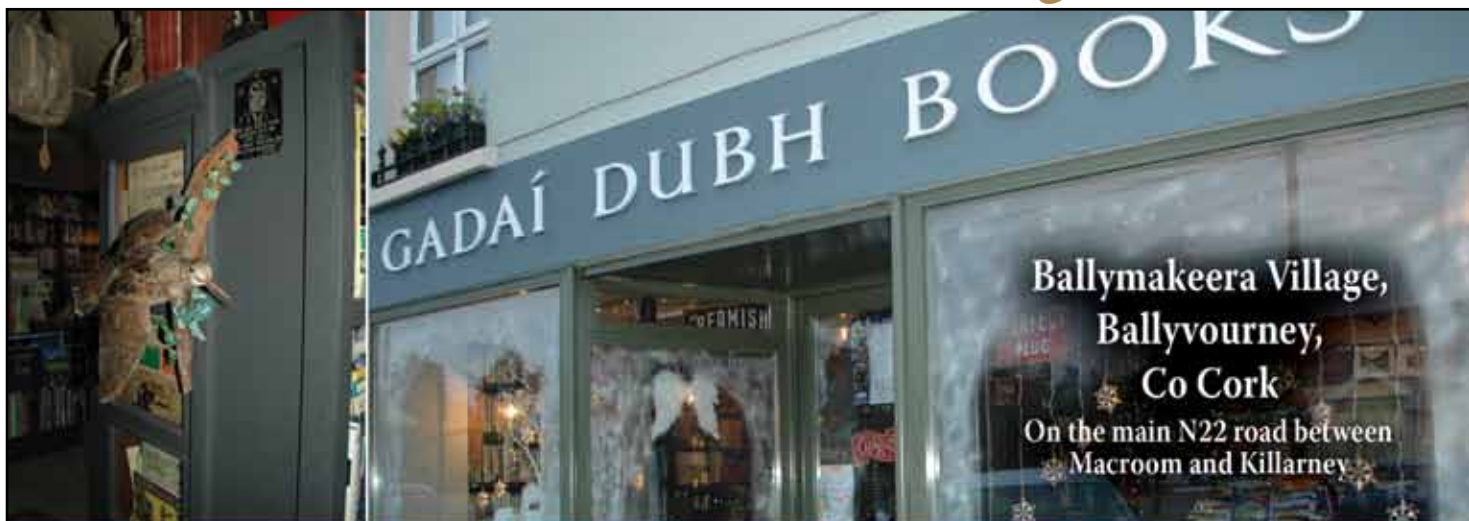
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Cathy and Niall O'Callaghan The Failte Hotel at the Kerry Branch of the Irish Hotels Federation Ball in the Aghadoe Heights Hotel, Killarney last week. PHOTO: DON MACMONAGLE



Kelly Anne McSweeney, with her magical fairy dust, entertaining the hardy crowds who braced the elements for the Christmas in Killarney weekly parade through the streets of Killarney. PHOTO: VALERIE O'SULLIVAN



Tim Fenn, IHF, Donal O'Connor and Breffni Ingerton, The Gleneagle Group, Bernadette Randles, Chairperson Paudie and Valerie O'Callaghan, The Failte Hotel at the Kerry Branch of the Irish Hotels Federation Ball in the Aghadoe Heights Hotel, Killarney last week. PHOTO: DON MACMONAGLE



Deirdre & Eamon O'Callaghan, pictured at the Aghadoe Heights Hotel for the IHF Ball on Friday evening. PICTURE MARIE CARROLL-O'SULLIVAN



Mary MacMonagle and Meg Dalton from Killarney Golf Club at the Kerry Branch of the Irish Hotels Federation Ball in the Aghadoe Heights Hotel, Killarney last week. PHOTO: DON MACMONAGLE



Noreen and Seamus Moynihan, Killarney at the Kerry Branch of the Irish Hotels Federation Ball in the Aghadoe Heights Hotel, Killarney last week. PHOTO: DON MACMONAGLE



Cliona Moynihan and Sarah Dineen at the memory tree in Barraduff last Saturday evening Picture: Seamus Healy



Pictured at the Aghadoe Heights Hotel for the IHF Ball on Friday evening were L-R Geraldine Rosney, Killeen House Hotel, Emer Corridan, Cahernane Hotel & Sinead McCarthy, The Brehon Hotel. PICTURE MARIE CARROLL-O'SULLIVAN



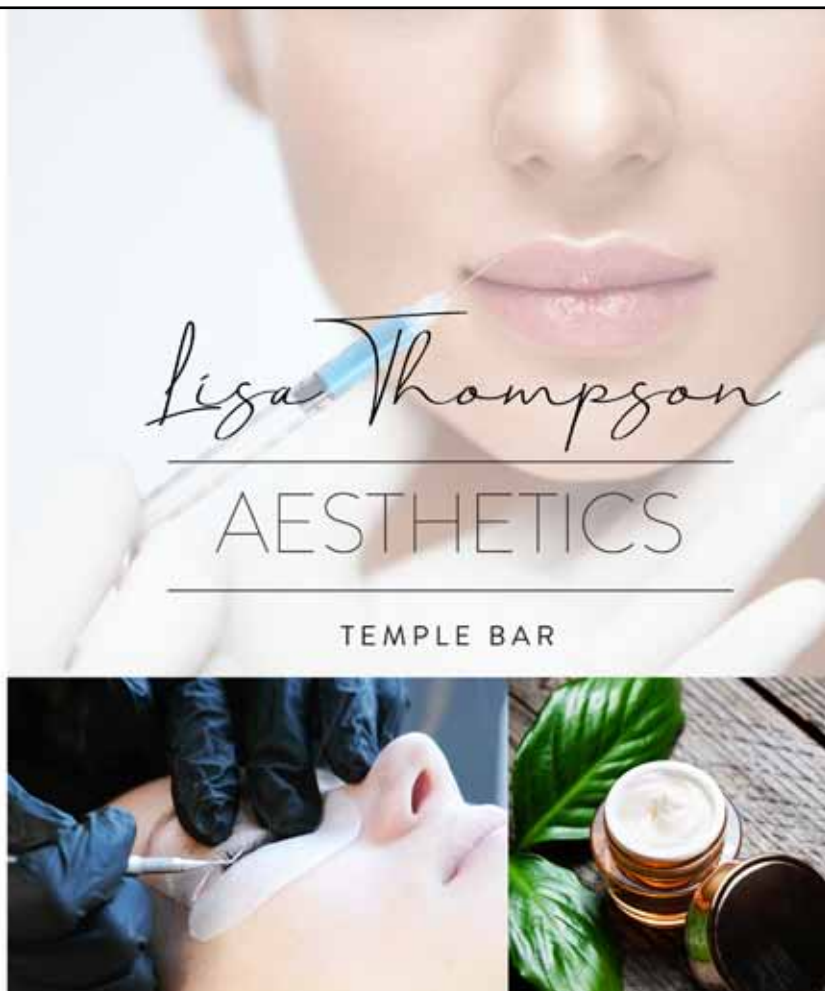
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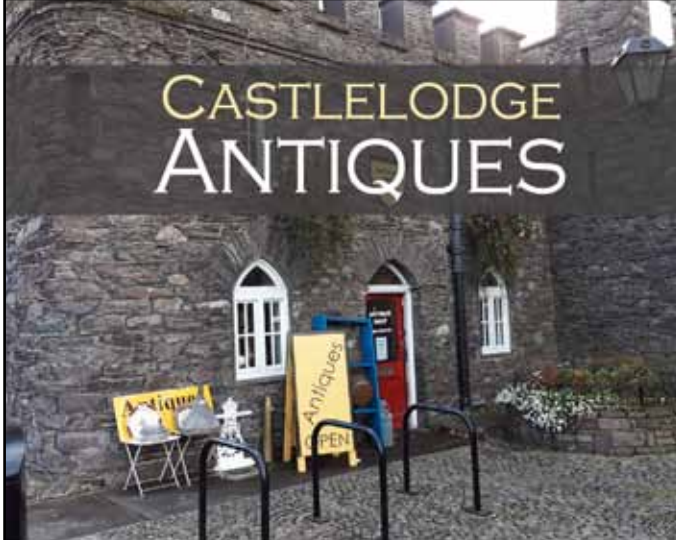
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CHRISTMAS Festivities



Dont let it 'Rain' on our Parade... Kelly Anne McSweeney, and David Rae, entertaining the hardy crowds who braced the elements for the Christmas in Killarney weekly parade through the streets of Killarney. PHOTO: VALERIE O'SULLIVAN



A magical performance at the Killarney Outlet Centre on Friday afternoon as St Frances Special School Beaufort entertained shoppers with their carol service. PICTURE MARIE CARROLL-O'SULLIVAN



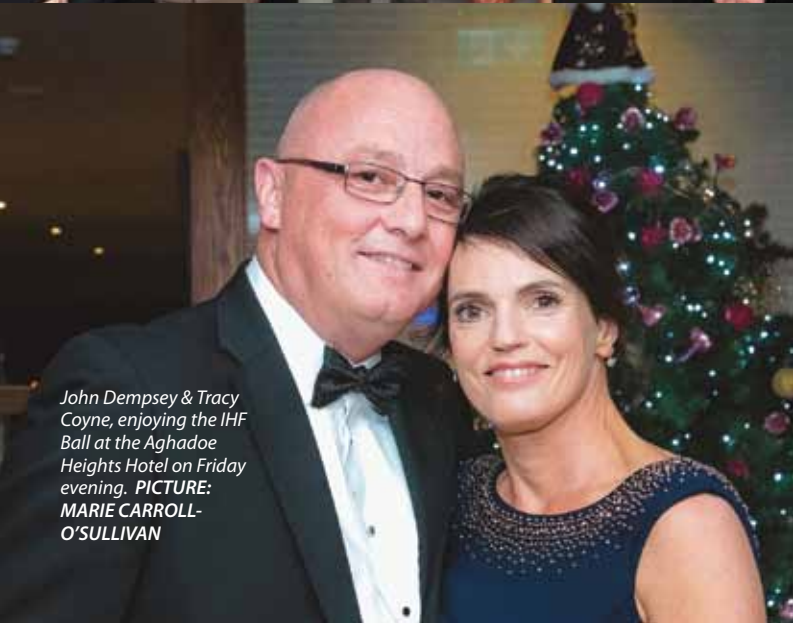
Eoghan Darmody, Claire Scally, GSH Killarney, Paul and Gemma O'Neill, Killarney Plaza, Caitriona and Mark Scally, GSH Killarney at the Kerry Branch of the Irish Hotels Federation Ball in the Aghadoe Heights Hotel, Killarney last week. PHOTO: DON MACMONAGLE



Sinead McCarthy and Denis Murphy, The Brehon Hotel at the Kerry Branch of the Irish Hotels Federation Ball in the Aghadoe Heights Hotel, Killarney last week. PHOTO: DON MACMONAGLE



Michelle King, Mark Sullivan and Madeleine Doyle, The Rose Hotel, Tralee at the Kerry Branch of the Irish Hotels Federation Ball in the Aghadoe Heights Hotel, Killarney last week. PHOTO: DON MACMONAGLE



John Dempsey & Tracy Coyne, enjoying the IHF Ball at the Aghadoe Heights Hotel on Friday evening. PICTURE: MARIE CARROLL-O'SULLIVAN



Katie Fox & Ger Moroney, pictured at the Aghadoe Heights Hotel for the IHF Ball on Friday evening. PICTURE: MARIE CARROLL-O'SULLIVAN



Give yourself the gift of Peace this Christmas!

Like so many people, I dream of a world where there is peace. However, before there can be peace on this earth, we have to find inner peace first. Sometimes the greatest wars that we fight are with ourselves. If you find yourself consistently picking battles with yourself or your loved ones here are a few tips that may help you to call a truce and stop fighting.

My top tips for Inner peace this Christmas

- To have Peace you have to BE peaceful. This means that you disengage from anything that causes you to feel upset unnecessarily. Refuse to get drawn into other people's arguments, stay clear of gossip & stop trying to fix other people. They are responsible for their lives, feelings and thoughts!

- Breathe deeply. When you are feeling stressed take a deep breath in and exhale out for as long as you can. Repeat a few times. This helps to put you in a state of calm and relaxation.
- Drop the Drama This is a big one. Step back from getting involved in the drama of people and life situations. Deal with what is happening and refuse to make it a catastrophe or a disaster.
- Do everything with kindness! Whatever you do in your life – do it with an attitude of kindness and gratitude. Send kind emails, texts, letters. Prepare your food with kindness. Give your time kindly and most of all be super kind to yourself!

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B WELL
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WE ARE ALL PLANNING NIGHT OUT'S OVER THE NEXT FEW WEEKS... SO HERE ARE A FEW TIPS FOR THE DAY AFTER....

Christmas Slindown

- AVOID BINGE EATING THE DAY AFTER
- Keep Hydrated

I find sparkling water more palatable when a little hung over and it fills me.

- Get your sodium levels up

A glass of Dyorlite or a grilled rasher sambo will do the job. Instead of tearing into a big fry up Grill it, and leave out high calorie sausages. A good healthy Grill up: 2 x rashers, 2 x poached eggs, grilled tomatoes, grilled mushrooms, sliced avocado on whole grain toast.

- Get out for walk and keep busy

Boredom and lack of air can all cause us to turn to food for comfort. Plan a fake away that evening....

Spend the day picking up ingredients and planning so you are looking forward to it. Good fakeaway ideas are Home made curry and home made oven chips. Chili con carne taco homemade chips with melted cheese, Home made Pizza. Lots of ideas and some of these are in my meal planner. If you want more please contact me directly and I'd be happy to help.

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Are you pregnant or have you recently had a new baby?
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KILLARNEY

TOWN TALK

CHORAL NIGHT & RAFFLE

A wonderful evening is planned at St. Brendan's College Chapel at 7:30pm Tuesday December 17th - when students at the school entertain the audience with wonderful music and songs. All are welcome

RAMBLING HOUSE

THE CHRISTMAS RAMBLING HOUSE with Beaufort Pioneer Group in the Beaufort Community Hall Sat 14th of Dec commencing at 8.00pm

CROKES BINGO

Sunday Nights 8.30pm in St. Mary's Hall.
1st Prize €500: Ger O'Brien, Tralee
2nd Prize €250: Harry Bolger, Lewis Road
Winners of €100 each are as follows;
John Keane, Killarney Community College
Margaret Cunningham, Fossa
Anne O'Donoghue, Coolcorcoran
Bill & Margaret McElroy, Dublin 9
Margaret Goggins, Glebe Lane
Winners of €75 each are as follows;
The Gleneagle Hotel
Andrew McCarthy, Park Road
Terry O'Sullivan, Emmett's Terrace
Geraldine O'Keeffe Lyne, Cleeney
Michael & Mary Cronin, Ballyhar
Bridie Brosnan, Countess Road
Eileen Treacy, Muckcross Road
Bessie Sheehan, Mountcollins Co. Limerick
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an organisation that supports expectant mothers and their babies. You can help us by donating nappies, wipes, baby clothes and products. Donated items can be left into the Parish Office at St. Mary's Cathedral, Killarney.

KILLARNEY BRIDGE CLUB

Results Christmas Hampers Competition
1st Tom Doherty & Ciaran Broadbery, 2nd Phyllis O'Regan & Joan Culloty, 3rd Kathleen Naughton & Tim McCarthy, 4th Pauline Lyne & Joan Lenihan, 5th Marie Moloney and 6th Ger Foley & Geraldine O'Brien. Congratulations to all winners. Happy Christmas to all members.

CHRISTMAS IN KILLARNEY - PARKING GUIDES

Look out for Killarney Parking Guides over the next 2 weekends, they will be looking after you at Beech Road & Glebe Car Parks!
Huge clap on the back to the boys from St Brendan's College Transition Year for helping out!

CELTIC CHARITY MATCH

For the past two years Killarney Celtic FC have held a charity match the night of our Christmas party. In the past they have raised funds for Focus Ireland & South West Counselling and this year they are raising funds for Holy Cross Mercy School Rainbow & Sunshine Rooms.

There will be two games on the night - a women's game Mercy Christmas Trees vs Mercy Christmas Elves & a mens game All Blocks vs Falvey's Hit Squad. The women's teams are made up of teachers & SNA's from The Holy Cross Mercy School & the men's teams are made up of past Killarney Celtic players.

The games take place tonight, Friday 13th December, kick off is 7pm & it is donations at the gate. The match balls have been sponsored by Trevor O'Donoghue Photography & The Moore Family, Howth, Co.Dublin.

Following the games Killarney Celtic Christmas Party will take place in The Killarney Avenue Hotel bar at 9pm at which our annual awards for Senior A, Senior B, Youth Player of the Year & Club Person of the Year will be presented.

MUCKCROSS YOUTH CLUB

information meeting in Muckcross Community Centre on tonight, Friday 13th December at 8pm for parents and teenagers (1st year upwards). Contact Breeda 0877923945 for more information.

CHRISTMAS MASSES

ST. MARY'S CATHEDRAL

- Christmas Eve: Tuesday - 6.15pm Vigil (Children's Mass), 12 Midnight Solemn Concelebrated Mass

- Christmas Day: Wednesday 8am, 10.30am & 12 Noon

CHURCH OF THE RESURRECTION

- Christmas Eve: Tuesday 6.00pm (Children's Mass)
- Christmas Day Wednesday 11am

CHURCH OF THE HOLY SPIRIT, MUCKCROSS

- Christmas Eve: Tuesday 9pm
- Christmas Day: Wednesday 9.30am

FRANCISCAN FRIARY

- Christmas Eve: Tuesday 9pm
- Christmas Day: 8.30am, 10am & 11.30am





PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



Conor O'Leary, Killarney, pictured after completing the New York Marathon. Conor decided to fundraise for MS Ireland South Kerry branch and just donated an amazing €2755 to the charity.

"i would like to acknowledge the kindness and generosity of people and the contribution it allowed me to pass onto MS Ireland South Kerry Branch", Conor told the Killarney Outlook.
 "To date we have raised €2755 which is just fantastic. There are so many worthy causes in need of funding and each person has the cause that is most important to them", he added.

"I would love to be able to say a huge thank you to all who made such generous contributions. I am humbled by peoples generosity and kindness. Thank you", Conor said.
 Conor completed the marathon in a similar time to his previous marathon - under 4 hours(3hrs 57mins)and he is now searching for his next marathon.



Staff members at The Caragh Restaurant enjoy their Christmas Party.



SANTA AT KILLARNEY OUTLET CENTRE.. Visiting Santa Claus in his Christmas Cabin at Killarney Outlet Centre last weekend was Cillian O'Sullivan with parents Katie O'Connor and Paul O'Sullivan.



SANTA AT KILLARNEY OUTLET CENTRE.. Visiting Santa Claus in his Christmas Cabin at Killarney Outlet Centre last weekend were Isla and Danny Hughes and Holly Fleming.

RATHMORE | GNEEVEGUILLA NEWS

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

SPLIT THE POT in Association with Rathmore Community Council with Rathmore Ravens, Sliabh Luachra Cycling Club & Sliabh Luachra Men's Shed. Be in with a chance to win.

Tickets available from ticket sellers & in local businesses. Tickets €2 each or 3 for €5. Yearly Ticket €90. 3 Yearly Tickets €250. Last week's draw was held in Centra Bar The winner won €200 Split the pot winner Gar Thompson this week Prize €200. Congratulations to Gar **TURENCAHILL BRIDGE CLUB** Results for November.

Winners Nov 4th : Margaret Lawlor and Maria McCarthy, Nov 11th: Claire O'Sullivan and Mary Moynihan, Joe Walsh and Michael McElligott Joint Winners

Nov 18th : Joan Taffee and Margaret Hickey
Nov 25th: Mary Buckley and Sheila Corkery.

THE GNEEVEGUILLA COMMUNITY

DEVELOPMENT COUNCIL in association with the Gneeveguilla Basketball club had our weekly draw for our share the bucket on Friday evening winner every week, go to our Facebook page to find out how and where you can play <https://www.facebook.com/gneeveguilla/> Draw takes place every Friday night @9pm on Facebook live. Congratulations to Aine Brennan, Trim Co. Meath who won €180. Please Continue to support Share The Bucket

RATHMORE GAA ANNUAL GOLF OUTING on the 30th December Killarney golf club Mahonys point shot gun start 10.30pm names to John D. Dan O Leary Mike Sullivan Denis McCohan all welcome

RATHMORE BRANCH OF KERRY PARENTS FIRENDS ASSOCIATION with hold their Annual Monster Bingo session on Sunday 8th December in the Community Centre Rathmore at 3pm. Large Jackpot & Raffles.

postponed last sunday returned this Sunday December 15th at same time .

SLIABH LUACHRA CYCLING CLUB

Christmas 2019 – Bike Skills

Getting a bike from Santa?

Interested in learning how to cycle safely whilst learning the basic skills Or maybe you are interested in bike racing or Cyclo CrossSLCC Basic Cycling Skills course - Monday 30th December. in Knocknagree Fairfield 12 noon to 1.30pm. 5 to 14 years old. Everyone welcome. Free Admission.

THE RATHMORE SOCIAL ACTION GROUP

wishes to sincerely thank all our loyal supporters who donated so generously when we called around during our annual house to house collection. As always this immense generosity is very much appreciated. We would also like to thank all the drivers and all members of the Rathmore Social Action Group for their tremendous effort with the collecting. Almost €10,000 was raised this year. Wishing everyone a very Happy and Holy Christmas Season.

DANCE HERITAGE CENTRE SCARTAGLEN

Sun. 15th December. Mike Condon Band

Sun. 22nd December. Billy O'Brien & the Shine Band - Christmas Party night

Dancing 9 – 11.30pm

CULLEN COMMUNITY CENTRE are hosting

The Duhallow Choral Society for a Christmas Carol concert on Friday the 13th of December at 7.30pm in Cullen Church followed by a post show mulled wine & refreshment reception in Cullen Hall. This promises to be a very festive night and all proceeds will go to Cullen Community Centre. Tickets are available through Cullen Creamery Shop | Derry Morley 087 7423366 | Patsy's Hair Salon 087 2890457 | Helena O'Connor 087 6893569 or at door

GNEEVEGUILLA N S parking outside the school has been marked. In the interests of Health & Safety, people are requested not to park in the SCHOOL BUS ONLY zone. The school bus zone has been moved from directly outside the school in order for better visibility crossing

the road. In the interests of health and safety please keep this area clear. Parents should park in the car park across from the school and to cross

from there to the school gate. There is a pedestrianised crossing from the school to the car park. The car park is newly extended thanks to the GAA Club and there is ample room for all parents to park. We are conscious of the schools location near the main road and wish to take every pre-caution to keep our pupils safe.

GNEEVEGUILLA COMMUNITY COUNCIL

would like to pay tribute to the late Denis Kelleher who died in New York last week. Denis Left Gneeveguilla in 1958 and became a very successful business man in New York. He never forgot his native place or the people of the area. Teach Failte our local community building now stands on the site of Abbey Brien's the house where Denis was born and raised in. The main function room of the building the Kelleher room is dedicated to the memory of Denis, without whose generous contribution this building would never be in place. We would like to offer our sincere sympathy to Denis's immediate family at home and abroad.

SYMPATHY To families Eileen MAGUIRE (née O'Connor) Clondalkin, Dublin / Rathmore, & Liam HICKEY Mount Auburn, Drogheda, Louth / Rathmore,

May they rest in peace

EAST KERRY INTERMEDIATE CHAMPIONSHIP FR. GALVIN CUP 2019

Final - Neutral Venue Gneeveguilla v Listry- Sunday 15th December at 12 noon -Extra Time if necessary

NOTES

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



Kerry builder Sean Clifford, Chairman, Kerry Construction Industry Federation Branch retired last week after 17 years at the helm of the branch and a special function was held in the Killarney Park Hotel to mark his retirement. Photo shows Sean Clifford, partner Mary, brother CIF President Pat Lucey, Tom Parlon Director General, Conor O'Connell Regional Director as well as many Kerry Branch members, friends, colleagues and family paid tribute to Sean's many years of service to the industry in Kerry and nationally.

PHOTO: DON MACMONAGLE

KILCUMMIN NEWS

Written by: John Moriarty

KILCUMMIN LOOKING GOOD

Kilcummin Looking Good are hosting an Awareness Workshop on reducing food waste at Christmas time in Kilcummin Recreational Hall on Thursday 19th December at 7.30pm. This is a free event kindly sponsored by Kerry County Council. All welcome. It will be facilitated by a member of the Stop Food Waste Ireland Team.

SAMARITANS

The annual Christmas church gate collection for the Samaritans will be taken up masses on Christmas Eve and Christmas day.

ADULT SET DANCING

Looking for something to do in the New Year with great fun, plenty exercise and making new friends then get your dancing shoes polished

and come along to join John & Mary Moriarty's class. More information to follow. Contact Mary 087 9620135.

CHORAL NIGHT & RAFFLE

Will be held in St. Brendan's College Chapel on Tuesday December 17th at 7.30pm. All are welcome.

PINK NIGHT ANNUAL FUNDRAISER FOR ONCOLOGY UNIT UHK

Saturday 4th January 2020 in Klub Bar, Kilcummin. More details later.

RURAL DEVELOPMENT PROGRAMME

South Kerry Development Partnership CLG on behalf of the Kerry LCDC-Led LAG is currently inviting Expressions of Interest for the Rural Development (LEADER) Programme Youth Sub-Theme. The total budget for this call is

€66,000 and the maximum amount of funding available to any individual project is €7,500. Closing Date for receipt of EOIs is 5pm, Friday, 13th December. For information contact 066 9472724 or modonnell@skdp.net

KILCUMMIN GAA**UPCOMING EVENTS**

December 27th Club Social and medals presentations in Killarney Avenue Hotel. Special Guest. Tickets €30

December 29th "31 Card Drive" in memory of Dermot "Brady" Moynihan in GAA Klub bar commencing at 4 p.m.

January 4th "Pink Night" Fund Raiser in aid of Oncology Unit KUH run by Ladies committee.

SPA GAA

Written by: Deirdre O'Sullivan-Darcy

BEST OF LUCK TO OUR SCÓR NA NÓG COMPETITORS

Scór na nÓg : Best of luck to our Set Dancers and Tráth na gCeist teams in the Co. Scór na nÓg Finals in Glenbeigh next Sunday December 15th. Tráth na gCeist starts at 11.30am and the Spa team will be Sean Hickey, Donal Hickey, Emer O'Keeffe and Ian Coffey. Set Dancing is on later in the day and the Spa team will be Elena O'Donoghue, Aoife O'Donoghue, Isabel Waters, Róisín O'Sullivan, Diarmuid O'Donovan, Darragh Brosnan, Colm O'Connor and Oisín O'Sullivan.

TORC 6S CHRISTMAS TOURNAMENT

The Torc 6's Xmas Tournament (indoor soccer) is back again this Christmas by popular demand and will run from Saturday 28th to Sunday 29th of December. Each team will have a minimum of 3 group games. Check out their facebook page (Torc 6s Xmas Tournament) for details or contact 0871496951 / 0863477784 / TheTorc6sXmasTournament@gmail.com

DONIE O'SULLIVAN INDUCTED TO THE MUNSTER GAA HALL OF FAME

Spa's Donie O'Sullivan was among the recipients on Saturday night at the Munster GAA 2019 Awards Presentation at the Castletroy Park Hotel. Donie was chosen as this year's inductee to the Munster GAA Hall of Fame in recognition of his achievements in GAA.

31 CARD DRIVE CHAMPIONSHIP OF KERRY

A great night was enjoyed by all in the Torc Hotel last Friday night for the Final of the 31 Card Drive Championship of Kerry. Thank you to all players over the past couple of months and the finalists on Friday were Barry Duggan & Donal Cronin, Sean Kelliher & Patrick Cahill, Ivor Flynn & Tim Kelly and JJ Casey & Patrick Cahill. The eventual winners on the night in a very exciting final were JJ Casey and Patrick Cahill. Thank you also to everyone who supported the Coiste na nÓg raffle on the night – the raffle prize winners were: Killarney Camogie Club, Sean Howley & Deirdre Kerins, Grace O'Leary, Catriona Carroll, Deirdre Fee, Gene Reen and Conor Brosnan.

SANTA VISITS SPA GAA CLUB

Participants of the ISK Fashion show pictured backstage on Thursday night. PHOTO: SALLY MACMONAGLE

Santa and his helpers made a special visit to Spa last Saturday night. Well done to all the organisers and helpers on the night.

SPA GAA WEBSITE

We're thrilled to announce the launch of our completely redesigned site <https://spagaa.com> – feel free to check it out and let us know what you think!

AGM

The Spa AGM will take place this Saturday December 14th 2019 at 6pm at the clubhouse. All members are asked to attend.

LOTTO RESULTS 02/12/2019

Numbers drawn: 20, 22, 25, 27. No winner and €50 Lucky Dips going to Ailbe O'Reilly, Neily Kerins, K Cahill and Ann Mac. Turkey Voucher winner is Eimear Cronin and Annual Ticket Holders Monthly Lucky Dip winner is John O'Neill. Next draw will take place in Jimmy Briens and jackpot is now €8,000. Play online or in usual outlets.

SPORTS HALL & MEETING ROOMS HIRE

Meeting Rooms and Sports Hall available for hire. For enquiries contact Eileen on 0876577312 (after 6pm only) or Ann on 0879403508

IT TRALEE ALL IRELAND FRESHER VICTORY

Congratulations to the IT Tralee Fresher Football team on their 0-14 to 0-10 All Ireland Fresher League win last week against Dundalk Institute of Technology. Well done to their management team of Alan Duggan, Gene O'Donnell and William Kirby and Spa's Gary Vaughan accepted the cup on behalf of IT Tralee.

NEW SET OF JERSEYS FOR OUR U14S

Congratulations to our Spa Under 14 footballers who recently received a set of 25 Azzurri Jerseys from Dalys Supervalu Killarney, proud Sponsors of the 'Where You're From' GAA Campaign.

ITEMS FOR NOTES

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

GLENFLESK NEWS

Written by: Seamus Healy

A.G.M.

Glenflesk AGM is on Thursday 19th December 2019 @ 8pm in Clubhouse. All members are requested to attend.

CLUB LOTTO

No winner of the Glenflesk Lotto that took place in the Kerry Way on 4_12_2019 Numbers were 3 .5 .11 .18 Jackpot of €3,400 not won. 1.Annette and Pat Murphy Rossala, Yearly ticket 2. Donnagh Moynihan, Dunloe Lodge 3. Seller Mike O Shea 4. Anthony Murphy, Bridge Bar. The next draw will take place in John Dan's on 16_12_2019 Jackpot €3,600

GLENFLESK C.C.E.

Wonderful entertainment in the Clubhouse last Friday evening showcasing all the young and talented dancers, singers and musicians from the parish at the Annual Christmas Concert. Well done to all the mentors and organising Committee for all their hard work.

COMMUNITY GAMES

Reminder; anyone interested in community games events please contact Neeve Cronin, Noreen Moynihan or Gemma Kelly before

Friday 13th Dec. Also registration night will be held in Glenflesk Hall Monday 16th Dec 8-9.30. Parents of children interested in participating in any community games events next year MUST attend to sign forms. Garda vetting will also take place on the night.

BARRADUFF TIDY VILLAGE

Mayor of Kerry Cllr.Niall Kelliher switched on the Christmas lights in Barraduff last Saturday evening and even with such wet and windy conditions there was still a huge attendance. We were entertained in the church by a beautiful Choir of children from the schools of the parish accompanied by Oliver Daly on guitar. The excitement continued outside the church as that most popular fella with the red suit arrived on a motorbike driven by Committee member Liam Kelly from Shrone. Santa Claus was busy handing out chocolate and treats to the kids as everyone enjoyed hot chocolate and cakes kindly donated by locals, well done to the hard working Committee for brightening up our village again this Christmas. And last but not least a huge big thank you to Fr, Hayes for the

use of Barraduff Church.

Clonkeen Choir and Visit to Hospitals

CHOIR PRACTICE:

Choir Practice for Christmas Eve Mass in Clonkeen will take place on Sunday 22nd Dec at 10.15am in Clonkeen Church.

All are very welcome. Bring instruments please.

VISIT TO HOSPITALS:

Our annual visit to Killarney Community Hospital and St. Columbanus' Home will take place on Sat 21st Dec.

All are very welcome. Bring instruments please and wear a Santa hat.

Please assemble outside Killarney Community Hospital (District) at 1.15pm.

We will be going across to St. Columbanus' Home at 2.15pm.

Please arrange to be collected there about 3.30pm

LISTRY NEWS

Written by: Anne Sugrue O'Brien

THE DUNLOE CUP: Congratulations to Milltown Presentation School who won The Dunloe Cup against St. Brendan's College in Fitzgerald's Stadium especially to our Listry Juveniles players, James O'Dowd, Michael Keane and Aaron O'Shea.

THE DUNLOE SHIELD: Congratulations to Dara Murphy captain and team of ISK who won The Dunloe Shield last Wednesday against Pobalscoil.

31 CARD DRIVE: Charity 31 Card Drive will take place on 22nd December 2019 in Faha Court Bar and Restaurant at 5pm. Entry Fee €10.00 per person. Finger Food served. All proceeds in aid of Fr. Pat O'Donnell Cancer Support Service. Please come along and support such a worthy cause.

TABLE QUIZ: Listry Seniors have organised a Table Quiz to be held in Faha Court Bar and Restaurant on December 28th.

LISTRY AGM: Listry AGM to be held on Sunday January 12th at 2pm in Listry clubrooms.

DIVISION 2 FRESHERS: Congratulations to Sean O'Sullivan, Senior Player who won the All Ireland Football Division 2 Freshers final with IT Tralee against Dundalk last week.

FR. GALVIN CUP FINAL: Best of Luck to our Listry team and management who will meet Gneeveguilla in the Fr. Galvin Cup Final on Sunday 15th December, in Gneeveguilla at 12 noon. Please wear your colours and support the team.

CHRISTMAS LISTRY LOTTO DRAW:

NUMBERS DRAWN: 3,6,17,23.

Hampers: Pat Cooper Ballyhar. Breda O'Shea,



Keel/Listry U13 medal presentation with Kerry manager Peter Keane in Listry last Friday evening.

Lissivane.

€100 - Padraig Blake, Flintfield. €50 x 2 - Holly Richardson c/o K.Hobbins. Sharon Champion, Ballymalis. €25 x 2 - Boyle GAA Club. Marie Cronin, Sheree, Muckross, Draw Entrant: Senan, Estelle and Ellie May Wrenn. Jackpot next Sunday 15th €2,600

LOTTO ENTRANT WINNER 2019:

Congratulations from Listry Community Council and Listry GAA to the Hewerdine family from Ballytrasna who won our entrant draw prize of €1,000 in our Listry Christmas Draw in Faha Court Bar and Restaurant.

LISTRY LOTTO TICKETS: Listry lotto tickets can be purchased from Faha Court Bar and Restaurant. O'Sullivan's Beaufort Bridge, Listry Community Centre and our local sellers. You can also play our lotto online by accessing through the Listry GAA website <http://www.listrygaa.ie> Thank you all for your continuous support throughout the year.

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

FOSSA NEWS

Written by: Shane Kelly

FOSSA BRIDGE CLUB

results for the week of 5th of December 2019 North/South

1. Phyllis O'Regan and Marie Moloney
2. Eileen Crehan and Joan Culloty
3. Neilus O'Regan and Ciaran Broadbery

East/West

1. Kathleen Guerin and Finola Cronin
2. Neil Allen and Evelyn O'Leary
3. Maire O'Sullivan and Peggy Barrett.

Congratulations and well done to all winners.

DUNLOE CUP:

Well done to the Presentation Milltown especially the four Fossa Players

Padraic Talbot, Harry Kelly, Dean Sheehan, and Rocco Sheehan in winning the Dunloe Cup last week defeating St Brendan's 2-13 to 0-08.

Commiseration's to the Sem and all the Fossa players involved.

GALA SOCIAL:

Saturday the 11th of January 2020 Dromhall Hotel 7.30 pm tickets now on sale from any committee member.

BOOK:

Sense Of Place Fossa GAA 50 years, a lovely Christmas present for somebody at home or abroad books can be shipped by the club if going abroad, available from any committee member.

LOTTO:

1,813,26 No winner

5 * €40 Winners

Gráinne Bellew, Fossa;

Don & Diarmuid O'Neill, Two Mile School;

Patricia & John, C/O Kayne's Bar;
Roger O'donoghue, C/O Liebherr;

Liam Walsh, Curragh Aghadoe.

Meat Vouchers

D O Buckley, Rockfield Faha; Dermot Griffin Barleymount.

Next Weeks Jackpot €5,100.00

Draw every Sunday night in the Golden Nugget.

BEAUFORT NEWS

CHRISTMAS TIME AT BEAUFORT RAMBLING

HOUSE has been rescheduled to SATURDAY 14th December at Beaufort Community Hall. Doors open at 8.30pm. Great night of music, song and storytelling.



Children from Glenflesk parish singing Christmas hymns in Barraduff Church last Saturday



Christmas Shoe Box Appeal at Anabla National School.



Tim O'Sullivan and family pictured at the Ian O'Connell fundraiser at Belief Fit on Saturday last.



KEEL GAA NEWS

ANNUAL GENERAL MEETING (AGM): Keel GAA Club held its AGM on Thursday 5th Dec 2019 at 7.30pm in the clubhouse. The following officers were elected: President – John Hillard, Chairperson – John Ladden, Vice Chairperson – PJ Ryan, Secretary – Donal Ashe, Treasurer – Aidan Benson, Vice Treasurer – Rachel Hillard, PRO – Ailís Murphy, Assistant PRO – Tommy Griffin, Children's officer – Orla Nolan, Scór Officer – Julie Grey, Alcohol & Substance Abuse Prevention (ASAP) Officer – Mike Murphy, Health and Wellbeing Officer – Mike Murphy, Registrar – Brian Prendergast, County Board Delegate – Ian Foley, Social and Facilities Officer – Seanie Dowd, Mid Kerry Board Delegates – Donal Ashe & Brian Prendergast, Oifigeach Gaeilge – Ailís Murphy. We would like to sincerely thank everybody who attended the AGM. We would also like to extend our gratitude to all outgoing officers and thank them for their help and assistance in the club. If you would still like to get involved in the club you can contact the secretary Donal Ashe or send us a message on Facebook.

UNDERAGE DISCO: Keel GAA will hold an end of year disco for our underage teams on Sunday the 25th in Keel Community Centre at 6pm. All are welcome. We look forward to seeing you all there.

DUNLOE CUP: Congratulations to Presentation School Milltown on their historic win in the Dunloe cup against St. Brendans College. The final score was Presentation Milltown 2-13, St. Brendans College 0-08. We would like to extend our congratulations to the Keel players Lachlan Griffin, Keith Evans, Shane Evans, Tadgh Evans, Dylan Moriarty, Luke Benson, Liam Evans and Fionan Griffin.

UNDERAGE S&C - A supervised Strength & Conditioning programme for next year's Keel U14, U16 and Minors continues in the club rooms on Tuesday evenings till Christmas beginning at 7pm. Please bring water, runners and €2 thanks. All under 12s moving to Under 14 next year are most welcome. William Evans

CLUB GEAR: Our club gear is available on the O' Neills website. There is a great selection for all ages which is sure to put a smile on anyone's face when opening those Christmas presents. You can access it by going to the O' Neills page, clicking 'Clubs and Education', clicking on 'GAA Clubs' and then 'Keel GAA'. The link can also be found on our Facebook and Twitter pages.

LOTTO: There was no winner of the jackpot €3000 on Monday 3rd December. The numbers drawn were 3,14,16,25. €50 winner Charlie Boyle Castlemaine €25 winners Jackie Corkery UK, Joan and Mossie Burke Castlemaine, James Counihan Ardcanought, Catherine Power Gortanedin.

MILLTOWN/CASTLEMAINE NEWS

HISTORY MADE BY PRESENTATION SECONDARY SCHOOL FOOTBALLERS:

Presentation Milltown created their own bit of history when they won the Dunloe Cup for first time in their history. A goal in each half by Cillian Burke and Cian Doe sealed a much deserved victory. St. Brendan's had to wait until the 18th minute of the game for their first score from play.



Minister of State at the Department of Transport, Tourism and Sport, Mr. Brendan Griffin took time out of his busy schedule on Sunday morning last, to present the chairman of our club, Podge Leane, with a cheque for €75,000 as part of the Sports Capital Programme.

By then, the Presentation boys had a 6 point lead on a score line of 1-6 to 0-3.

Cillian Burke's goal in the 13th minute was of 5 star quality and subsequent points from John Power, Keith Evans and Cian Doe gave them a seven point lead.

St. Brendan's added three points and kept Presentation Milltown scoreless for the next ten minutes. Keith Evans popped over a point to keep Milltown ahead 1-7 to 0-5 at the short whistle.

Presentation Milltown started the second half strong with four unanswered points by the 39th minute. Killian O'Sullivan pointed shortly afterwards for St. Brendan's- to give a score line of 1-11 to 0-6.

Presentation Milltown's second goal came by way of Cian Doe, after a brilliant solo run from mid field. The game was well and truly over at this stage but St. Brendan's never gave up and slotted over 2 more points. Final Score: Presentation Milltown 2-13: St. Brendan's College 0-8.

Cillian Burke, son of Mike and Ailish, became the first ever Presentation Milltown captain to accept the Dunloe Cup, on behalf of his team. Maith thú to Cillian, Patrick O'Sullivan, Jack Teahan, Anthony Kelliher and Shane O' Connor from our own club agus an foireann go léir. Bhí sibh tar bharr. Comhghairdeas to their trainer Gavin O' Grady and selectors John Curtain and Turlough Bonner.

SCORERS:

Presentation Milltown
Cian Doe 1-4, Cillian Burke 1-0, Keith Evans 0-3, John Power 0-2, Aaron O'Shea 0-2 (0-1F) Michael Keane 0-1, Tadgh Evans 0-1

Presentation Milltown
Cillian Burke, Patrick O'Sullivan, Jack Teahan, Anthony Kelliher, Shane O' Connor, Lachlan Griffin, Ruairi Dorrian, Padraic Talbot, Nathaniel Doncel, Shane Evans, Anthony Kelliher, John Power, Tadgh Evans, Aaron O'Shea, Mícheal Keane, Keith Evans, Dylan Moriarty and Cian

Doe.

Subs:

Luke Benson for Nathaniel Doncel (20) Mark Clifford for Dylan Moriarty (45), Harry Kelly for Cian Doe (55), Shane O'Connor for John Power (58) and Joshua Coffey for Ruairi Dorrian (59)

FUNDRAISING LOTTO JACKPOT IS NOW €11,200:

There is certainly no better time of the year to win some money....I'm sure you will agree. With all the extra expense around Christmas time, a win or share in our jackpot would be just fantastic. Have you a ticket for this Friday nights draw in Langford's Bar, Milltown. If not, then head out and buy your lucky ticket which you can get in all the local businesses in Milltown, Castlemaine and Ballyfinnane. Sincere thanks to all in our community and beyond who continue to support our fundraising lotto. Here are the lucky consolation winners from our most recent draw. Comhghairdeas to you all.

€50 each to: Brian O'Neill, Ballyfinnane and Luke Heffernan, Kilderry, Milltown. €25 each to: Patrick McCarthy, Kilcummin, Christy Murphy, Milltown, Michael Ahern, Fries and Kieran & Aoife Sheehan, Castlemaine. Drawn numbers were: 7, 11, 28 and 1.

SPORTS CAPITAL PROGRAMME:

Minister of State at the Department of Transport, Tourism and Sport, Mr. Brendan Griffin took time out of his busy schedule on Sunday morning last, to present the chairman of our club, Podge Leane, with a cheque for €75,000 as part of the Sports Capital Programme. Phase 1 of the clubs development has been completed and we are extremely proud of our all-weather natural sand based training area 1. This has already alleviated much pressure from our main playing pitch. This funding will now enable the club to proceed with phase 2, which is the development of our main playing pitch and training area number 2 to the same standard as that of training area 1. While we are very grateful to Brendan for securing this funding for us, our club will still need to raise



Padraig Doyle Gneeveguilla who received the man of the match form Johnny Brosnan chairman of East Kerry GAA Board in his performance over Scartaglen in the East Kerry Intermediate Championship semi Final & East Kerry Senior League Div 2 Final Double up on Saturday last.

much more money to complete the project. We will continue with our fundraising drive to secure our target to complete phase 2 next year. A lot done...a lot more to do!

Pictured are members of our executive here in Milltown Castlemaine GAA Club including our Chairperson Podge Leane, Secretary, Mike Carroll, PRO -Deirdre O' Sullivan, Coaching Officer, Ian Twiss-Field Development Officer-Emmett Spring, Health and Well Being Officer-John Hegarty, Liam Doherty-Coiste na nÓg Co-Ordinator, Eileen Lovett-Coiste na nÓg secretary, Adele O' Dwyer and Clíodhna Quirke (Mothers and Others) and Website/ IT Consultant-Dave Bevan. Also included is Tommy Griffin (parliamentary assistant), Donal Dennehy, and captain of our senior football team and some of our underage players.

FESTIVE 31 CARD DRIVE: This Tuesday, December 10th and also on the 17th @ 9.00!

We will have special Christmas prizes at our card drive this week -Tuesday December 10th and 17th. Why not join us in Nagle Rice Community Centre at 9 pm for some great cards. We will be serving tea and delicious Larkins Brack too. Come along for the cards, chat, tea and Larkins Brack! And those festive prizes!

CAROL SERVICE:

Not alone have we super athletes and footballers in our club, we also have amazing singers and musicians. On this Sunday, December 15th, many of the children from our club will perform with the Children's Choir at the annual Carol Service, in Milltown Church, at 7 p.m. They have been busy practising over the past few weeks and are hoping to emulate last year's performance. The Listry Folk Choir and Milltown Senior Choir will also be joining the Children's Choir- for an evening of song and celebration. Please do come along. .. You won't be disappointed.

SCHOOL VISITS:

There was a very positive feedback from all the local schools in our community, following visits by the newly crowned Mid Kerry Champions. Players and club representatives were wonderful ambassadors for Milltown Castlemaine GAA Club as they chatted, posed for photographs and signed autographs for the very excited pupils in the primary schools. The memory of this day will live long in the hearts and minds of the young and not so young!



Gneeveguilla team who Defeated scartaglen in the East Kerry Intermediate Championship semi final Fr Gavin cup and Double up with East Kerry Senior League Div2 Final on Saturday last

Your club would like to commend you all on being fantastic role models. Maith sibh go léir.

TRAVEL IN STYLE:

Sincere thanks to Martin Flynn Bus Hire who ensured all our footballers travelled in safety comfort and style as they celebrated their winning of the Mid Kerry Championship. Martin provided complimentary transport for all the players. Maith thú Martin agus gura míle arís.

'TAKING THE MIC' -JUST OVER 13 WEEKS TO GO!

Milltown/Castlemaine are proud to present "Taking the Mic" fundraiser on Easter Sunday Night, April 12th 2020, in Ballygarra House Hotel. It is the first event of its kind for our club and it's sure to be a roaring success.

"Taking The Mic" is a fundraiser based around lip syncing to a song whilst performing on stage. We have enlisted the talents of Cassie Leen, renowned dance choreographer to help our acts along and ensure everyone reaches their potential/

With places filling up fast for acts to take part, we are looking for friends/businesses/ family/ work colleagues in the locality who want to take the stage and let loose and have some craic for the biggest night for the club in 2020.

With celebrity judges, spot prizes and special guests on the night, it will be an occasion you won't want to miss!!

All proceeds for this fundraiser will go towards the field development.

Please contact Adele 0860721847 or Colin 0872612392

BALLYHAR-FIRIES GAA

CLUB 600 FUNDRAISING DRAW:

The 6th and final draw took place in Henderson's Bar Furies on Thursday December 5th last.

The winners were:

€2,000 Leanne O'Meara Ballybrack

€500 Produl Ltd Cork

€250 John Brennan Castleisland

€150 Derek Gill Oranmore Galway

€100 BG Motors Killarney

Well Done to all

A huge Thank You to all that supported our Club 600 draw.

LOTTO:

No's Drawn 3, 9, 13 & 25

No Winner

€30 Winners were

K Roche Gerah

Aoife Spring c/o Owen McCarthy Gerah

Mary O'Leary Leamnaguila

Sheila O'Sullivan Rathbeg Furies

Helen Healy c/o bridie's shop Furies

The draw for next weeks Jackpot of €4,400 will take place in Sheehans Bar Furies tonight. Get your lotto tickets from all the usual sellers, Club Officers, Senior Players or from the stand in Moriarty's Centra, Farranfore.

Thank you all for your continued support.

FIRIES GAA AGM:

The Furies GAA AGM was concluded on Thursday night last and congrats to Tom Kelliher who was elected as Chairman and to Kevin Cronin who will be Club Secretary for the coming year. Many thanks are due to retiring Chairman James O'Sullivan and Secretary Brendan Spring who have put in a lot of hard work for the club over the last number of years in their roles and will continue to play big roles within the club for many years to come.

EAST KERRY COUNTY MEDAL PRESENTATION:

East Kerry County Medal Presentation (Co. Minor, Senior and U21) Friday 20th December Killarney Heights @ 8pm. Tickets €25, anyone interested get them to Contact Dermot O Connor

LADIES FOOTBALL:

Awards night Sunday 15th time & venue tbc
Congratulations to Katie Doe & Dioreann O'Shea on their selection for Kerry U14 training panel for 2020

EAST KERRY GAA NEWS

By Michael O'Mahony

GNEEVEGUILLA 3.12

SCARTAGLEN. 0.09

East Kerry Intermediate Championship Fr Gavin Cup semi Final Double up with East Kerry Senior Division 2 League Final

Paddy O Leary Memorial Park, Gneeveguilla hosted this clash on Saturday. Gneeveguilla playing against a stiff wind had the better of the opening exchanges, Padraig Doyle found the net in the first minute finishing a fine move before Conlin O Leary pointed.

Brian O Riordan then replied for the visitors. Padraig Doyle and Padraig O Connor points saw



the home side lead 1.03 to 0.01 after the first quarter.

Scartaglen then enjoyed a good period Eddie Horan landed a huge effort from the sideline as well as two further close in frees. Gneeveguilla were having little luck in front of goal, striking the woodwork on three occasions before Sean O Keeffe added a point on the 27th minute.

The visitors closed out the half strongly, Mike Horan pointing after a bullet of a shot rebounded off the crossbar from Eddie Horan. Brian O Riordan then added a fine point from distance and Eddie Horan knocked over a close range free to leave the sides level at half time.

Gneeveguilla repeated the trick of the first half and goaled again immediately from the restart, this time Shane O Sullivan was at the end of the move, the same player them pointed from play. A Conor Herlihy point and a fisted effort from Padraig Doyle saw the Home side go 6 points ahead after 40 mins.

A pointed free from Eddie Horan and substitute Daniel Murphy kept Scartaglen in touch but the home team were to kick on with the breeze now at their backs.

Man of the match Padraig Doyle again found himself at the end of a fine team move to score his second goal, Eoin Rahilly, Padraig O Connor, Pa Warren all added points before substitute Evan Cronin added two points to close out the game.

COISTE CHIARRAÍ THOIR CLG. - EAST KERRY GAA

Medal Presentation Night for our victorious East Kerry Minor, Under 21 and Senior Teams . and Eoghan Ruadh U16 District County Champions.

Guest of Honour:

Tim Murphy

Cathaoirleach Coiste Condae Chiarraí CLG

Date

Friday December 20th 2019, 8pm

At Killarney Heights Hotel

Mulled Wine Reception

3 Course Meal

Dress code:- smart casual.

Admission €25 ticket

Limited Number of tickets available for parents and General Public will be on sale

. Also at Gneeveguilla GAA club Bar Wednesday night December 11th 8-30pm-9-30pm.

(Players & Management of all teams Involved in presentations will receive their tickets separately from this)

EAST KERRY SENIOR CHAMPIONSHIP DR. O'DONOGHUE CUP 2019 FINAL

Fitzgerald's Stadium

Killarney Legion V Dr. Crokes – Sunday 15th December at 2:15pm

Extra Time if necessary

East Kerry Intermediate Championship Fr. Galvin Cup 2019

Final

Neutral Venue

Gneeveguilla v Listry– Sunday 15th December at 12 noon

Extra Time if necessary

VOTE OF SMPARTHY

at last monthly meeting of East Kerry GAA committee

vote of Smparthy to following families on their deaths

Pat McGuire Currow & Ennis

Meta Allen Furies

Jim Moynihan Headford & kenmare

John Reen Headford

Mary Butler Currow

Sean Sheehan Furies

Kathleen Geaney Currow

Patrick Patey Moynihan Spa

Margaret Peig O'Donoghue Furies

Noreen Cooper killarney

Ann Cahill Cahills Bar Rathmore

Denis Kelliher New York & Gneeveguilla

May they rest in peace

East Kerry GAA committees sympathy to families friends & members of Dr crokes club of John Coffey, Lewis Road, Killarney. RIP

The Members of the Dr Crokes Club sends sincere sympathy to all the Family at this sad time.

COISTE CHIARRAÍ THOIR CLG.

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Medal Presentation Night for our victorious East Kerry Minor, Under 21 and Senior Teams .

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Date

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At Killarney Heights Hotel

Mulled Wine Reception

3 Course Meal

Dress code:- smart casual.

Admission €25 ticket

Limited Number of tickets available for parents and General Public will be on sale

. At Killarney Heights Hotel on

Tuesday 10th and Wednesday 11th December from 8 pm til 9p.m

. Also at Gneeveguilla GAA club Bar Wednesday night December 11th 8-30pm-9-30pm.

(Players & Management of all teams Involved in presentations will receive their tickets separately from this)

--

Munster cyclocross championship

On Sunday the killarney cyclocross riders braved the storm to make the journey to watergrasshill in cork for round 6 of the league and combined Munster Champs.

In the Under 14 race, Donagh o'Connor took another podium with 3rd place. In the under 16 Eoghan Crowley took 5th , with Luke Murphy again dominating the race, he rode away from the field comfortably and was not seen until the finish line. He has raised the bar for all Munster riders in his category. In the B race, Michael Coghlan took 6th leaving him 3rd overall in the league. All above riding for Killarney Cycling Club.

In the junior race, Ruairi Coghlan (Scott/Quanta) took 1st place, as well as winning the Champs, he is also on level points with 2 others heading into the final round of the league.

In the main event of the day, Richard Maes (Strata3/

velorevolution)lead the race once again from start to finish, having traveled to Belgium last weekend to compete against the best riders in the world, only to have to abandon due to mechanicals on both days. This week he beat out strong competition with a comfortable lead over Pro rider Michael O'Loughlin (team Wiggins), this gave Richard the gold in the Munster Elites. Michael Lucey (Killarney Cycling Club)is showing great form and continues to improve on results taking 5th. Patrick Clifford (Strata3/ velorevolution)took his 6th win in the m40 category and took home a gold medal. John Crowley (killarney CC)got 3rd M50 so as well as getting bronze, he also sits 2nd in his category in the league. The team prize went to Strata3/ Velorevolution with 3 riders in the top 7 overall.





"Don't pass the road call in, we'll do a deal" John Reen

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 2017 Opel Mokka ELITE 1.6 CDTI 136PS 4DR 59400kms €19,950	 2017 Ford Kuga ST LINE 4 Seater Commercial 50000kms €22,000 incl vat	 2016 Ford Kuga TITANIUM 2.0TD120 51800 kms €19,950	 2015 Fiat 500 1.2 Lounge Pet 38000 Mls €9,750
 2019 Peugeot Expert Professional 1.6 HDI 115 BHP 75000 kms €23,950	 2018 Peugeot Expert Standard 1.6 HDI 115 bhp 78800 kms €16,500	 2017 Peugeot Partner Access 1.6 HDI 75 bhp 49650 kms €10,950	 2017 Peugeot Partner Long body 1.6 HDI 100 bhp 72500 kms €13,950

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We wish all our members and friends a very Happy and peaceful Christmas

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U11 Blitz in aid of Pieta House a great success

The Presentation Gym Killarney was the venue on Sunday for the Kerry Airport Pieta House Academy Girls Blitz action began early at 10am with St Anne's the early pace setters topping their group with victories over Tralee Imperials and St Bridget's with Amy Fitzgerald, Aoibheen Allen and Sinead Allen all impressing. Killarney Cougars also came through as Group winners with narrow victories over St Brendan's and Athea Vixens. Faye Lynch, Naoise O'Connor, Millie Spillane and Isabelle Lyons were all in great form for the Cougars.

One of the games of the day Tralee Imperials v St Bridget's was decided by a late basket for the Currow girls by Caith Bradley as they just held on for the win despite the best efforts of Eimear Dillane, Isabelle Cushen and Ellen Lucey.

St Brendan's had an exciting day as their girls saw both their group games finishing tied and were decided by a free throw shootouts with Orla Costello on target with Cora Meehan and Avril Doyle also impressing for the Tralee girls.

Killarney Cougars needed a basket on the buzzer from Faye Lynch to tie their semi-final game and take the game to a free throw shootout with Naoise O'Connor on target with the deciding free throw. St Anne's came through their Semi Final over St Brendan's thanks to great scores by Kate McMahon and Aoibheen Allen.

The Final was a low scoring affair with the schedule of games taking its toll with tiredness taking hold. A late basket from Faye Lynch gave Cougars the honours on a great day's Basketball all in aid of Pieta House a worthy cause.

Big thanks to our KOA Officials Reidin O'Loughlin, Cathal Collins, Mary Jo Curran and St Brigid's

Presentation School for making the Gym facilities available for the event.

St Brendan's host and take Bruddy Burrows Memorial u12 Tournament: Kerry Airport KABB sides great success at the Bruddy Burrows Memorial u12 Tournament with the host club, St Brendan's BC, taking the top prize. They saw off St Mary's 33-25 in the final.

Tralee Imperials won the Shield defeating St Anne's 26-19 while Gneeveguilla beat Moycullen 2 to take the Plate competition.

Pobailscoil Inbhear Sceine retains South West Cadets title: The Kenmare girls defeated Castleisland Community College in their semi-final by the narrowest of margins 43-41. They faced Rathmore in the decider and won 36-27 to retain their title. Tania Salvado top scored in both the semi and final for her side hitting 14 in the decider and 20 in their semi-final win.

Senior games: In the Senior Division 2 Gneeveguilla defeated Killarney Cougars 72-52 in the Senior Men's Division game. The winners led after the first quarter but Cougars dominated the second quarter and led 35-28 at the half. The East Kerry boys took back the lead at the end of the third led by David Gleeson who hit 13 in the quarter and with Paul O'Leary shooting 12 in the final ten minutes they took the win.

St Anne's went right down to the last second when Patrick O'Connor's pass found Sean O'Connell and he hit the winning score on the buzzer to break St Mary's hearts in the Men's County League.

Under age games: Lauren Crean hit 11 points and Ivaylas Petkova had 6 for Tralee Imperials as

they defeated Killorglin 29-20 to win their u12 Girls Division 3 Plate game. Eabha McEvoy and Aoibheen O'Riordan led the Killorglin scoring on 8 and 6 points.

St Bridget's u12's were involved in a tight encounter at home to Gneeveguilla in the Girls Division 2 League with the visitors winning 39-35.

In the u12 Boys Division 2 Plate St Bridget's saw off Kenmare 27-12 with Eric Jensen leading the winners scoring and Caoilan Desmond topping the Kenmare charts.

Killarney Cougars have progressed in the Boys Division 3 Plate defeating St Paul's 49-20 in the Pres Gym. Cougars took an early 14-4 lead led by Craig Leggate and Eanna Murphy and kept the lead to the half.

Joshua Switzer and Jamie O'Donoghue tried hard to get St Paul's back into the game but the Cougars had the edge under both boards.

This week's -Heroes on the Hardwood: Each week we will select a number of players for mention in the Heroes on the Hardwood section. Clubs can nominate their players when sending in their match results.

This week's Heroes on the Hardwood are Tralee Imperials Eimear Dillane and Lauren Crean, St Bridget's Emma Mullane, Killarney Cougars (I) Faye Lynch, Athea Vixens Mary O'Connor, St Anne's Amy Fitzgerald, Killarney Cougars (II) Leah O'Sullivan and St Brendan's Orla Costello, For the Boys Jack O'Donoghue and AC Padhrillion from Killarney Cougars, Adam O'Neill St Pauls and Raymond O'Connor from St Bridget's made the list.

National League Division One

Lakers register comprehensive win

**Limerick Sports Eagles 66
Scotts Lakers 84**

SCOTTS Lakers enjoyed a comprehensive 18 point win over Limerick Sports Eagles in UL Sports Arena last Friday night.

American Aaron Jackson had to sit this game out due to a one match ban following his recent ejection from the Belfast game two weeks ago. Victor Martinez had returned home to Spain and Lakers paraded new American signing Xavier Talton who was barely in the country 24 hours. Despite the upheaval, Scotts Lakers started convincingly and opened up a 19-9 lead by the end of the first quarter. Xavier Talton, obviously eager to impress, slotted six of Lakers points, Mick McGinn 5, including a three-pointer, Captain Mark Greene, Brian O'Neill, Carlton Cuff and Toby Christensen, each scoring a basket. As expected, Reece Dupler did most of the scoring for Eagles, with five points, including a three-pointer.

By half-time, Lakers increased their lead to 20 points, with a 51-31 advantage. Mick McGinn opened the scoring with a big three-pointer and

added another later in the quarter plus a free-throw. Xavier Talton was quieter on the scoring front with a basket and a

free-throw. But his floor play was outstanding, making scores for other players. Toby Christensen came into his own, scoring 11 points and Carlton Cuff added three baskets. Seamus Brosnan captured a basket and Brian O'Neill finished the quarter, slotting a three-pointer. Mohamed Mohamoud took over the scoring for the Limerick side, claiming 10 points and Diarmuid O'Shea and Jack Coyne added a three-pointer each.

Quarter three saw Limerick Sports Eagles close the gap to 61 points to 48 - Reece Dupler getting back into scoring form, with seven points.

For Scotts Lakers, Mick McGinn was in charge, scoring five points, including another three-pointer. Brian O'Neill added his second three-pointer of the night and Carlton Cuff another basket.

Scotts Lakers finished the game stronger with Toby Christensen adding another eight points, Carlton Cuff 7, including a three-pointer, Mark Green another three-pointer, Mick McGinn

slotted his fifth three-pointer of the night and Paul Clarke a basket.

Scotts Lakers: Toby Christensen 21, Mick McGinn 20 and Carlton Cuff 17.

Reece Dupler was top scorer for the Eagles on 24 points.

HOME GAME

Scotts Lakers are at home in Killarney Sports Centre this Saturday night December 14th at 7.30 pm welcoming Limerick Celtic. The sides clashed in Limerick in the opening game of the season with the winning 92-85. Lakers will be anxious to make amends for that loss and will welcome back Aaron Jackson for this match. With only one American player allowed on the floor during games, he will share minutes with new signing Xavier Talton.

Killarney Cougars BC

SENIOR NEWS

Kerry Airport Senior Mens Div II
Killarney Cougars 52
Gneeveguilla 72

A very entertaining senior mens game at the Presentation Gym as Gneeveguilla moved to the top of the league with a strong second half performance to come from behind against Killarney to take the win.

Gneeveguilla led 18-15 after a very exciting first quarter with Ronan Collins and David Gleeson impressing. Cougars dominated the second qtr to lead 35-28 by halftime with three pointers by Darren Gaffey, Alan Flynn and Dan Cronin giving Cougars the lead. Cougars tired through the third qtr and Gneeveguilla hit the front late in the quarter with 13pts by David Gleeson helping the visitors to lead deservedly 48-40. Cougars Tomas Armonas tried hard to get the Cougars back in the game but it was Gneeveguilla who finished the stronger with the excellent Paul OLeary impressing with 12pts with some great baskets to ensure the win in a very good contest with the visitors finishing with a slightly flattering winning margin at the finish.

Juvenile News

Kerry Airport Boys U14 Plate
Killarney Cougars 49
St Pauls 20

A great first quarter saw Cougars set the foundation for this win at the Pres Gym.

Cougars settled quickly to lead 14-4 with Craig Leggate and Eanna Murphy both dominating the scoring. Cougars double their lead by halftime with Jack O'Donoghue and AC Padrillion impressing. The visitors had a great third quarter with Joshua Switzer, Jamie O'Donoghue and Adam O'Neill all impressing but they could not close in on the early as the Cougars finished comfortable winners in a sporting contest with some good baskets on both sides.

Academy News

The Presentation Gym Killarney was the venue on Sunday for the Kerry Airport Christmas Academy Girls Blitz in Aid of Pieta House.

Our Killarney Cougars girls had two teams and both came through the group stages to the semi finals

Cougars Pink overcame St Brendans and Athea Vixens in Group A with Faye Lynch, Naoise O'Connor, Millie Spillane and Isabelle Lyons all in great form for the Cougars. Cougars Red came through Group C with wins over Tralee Imperials and St Bridgets Currow.

Killarney Cougars Red and Pink met in the semifinal and Cougars Pink needed a basket on the buzzer from Faye Lynch to tie the Semi Final game and take it to a free throw shootout with Naoise O'Connor hitting the winner.

The Final was between St Annes and Cougars Pink and was a low scoring affair with the schedule of games taking its toll with tiredness taking hold. A late basket from Faye Lynch gave Cougars the win to take the win in an exciting Final on a great days Basketball all in aid of Pieta House a worthy cause.

Academy Training continues on Fridays in the Parish Hall from 4.45pm U8 Boys and Girls.

Further details on training schedules, fixtures go to our website www.killarneycougars.com or follow us on facebook

Castleisland Basketball Blitz Celebrates 50 years

When Donal Duke O'Connor had the inspired vision of a Christmas Basketball Blitz in 1970, he could scarcely have envisioned that 50 years later the event would be bigger and better than ever. Whilst the beginning of the competition in 1970 was humble, with just 12 teams taking part in the old Astor ballroom, the Blitz has grown into a phenomenal success, with over 134 teams expected to take to the floors of St John's Hall, and Castleisland Community Centre, for 5 full days this Christmas. Throughout the past 50 years, Duke has remained the driving force of the competition. His greatest strength has been his drive to get things done to the highest standards, and he surrounds himself with a committee that is proficient in following his instruction. Like many sporting greats in Kerry, Donal O'Connor is known quite simply by one title. Whenever the name Duke is mentioned, you know exactly who is being spoken about. Duke has excelled in the past as not only a great administrator and organiser, but also as a coach, having trained Presentation Secondary School to All Ireland basketball titles, and also his local GAA club, Desmonds, to an All Ireland Senior football title in 1985. Last April, Duke was honoured by Basketball Ireland with the President's Lifetime Achievement award for his contribution to Irish basketball over the last 50 years. On Friday evening, in his home town of Castleisland, the Duke was chosen to turn on the Christmas lights. A fitting gesture for a man that has been a shining light in Kerry basketball for so long.



ABOVE: Present and former captains of St. Mary's Basketball club pictured with Donal Duke O'Connor



LEFT: Donal Duke O'Connor pictured with his family.

ROSS GC, KILLARNEY - GENTS CLUB

THE ROSS SENIORS

On December 5th the Seniors held their Christmas Hampers and end of year party.

The winners were

1... John Fleming. 2...Diarmuid O'Connor.

Golfer of the YearTadhg McCarthy.

Thanks to our 2020 Captain, Seamus McCarthy for organising all of this and a big thank you to his wife, Mary for the catering.

FIXTURES

Christmas Scramble-- Our Christmas Mixed Scramble and End of Year Prizegiving will be held on December 15th . We will start with a mixed scramble at 10 am so please put your name on the entry sheet on the noticeboard or be there at 9.30 am . This will be followed by end of year prizegiving for the scramble,for some recent competitions and also by some Christmas cheer and some festive socialising in the clubhouse. All members are urged to participate in the scramble and to attend the prizegiving and party.

ON SUNDAY DEC 22ND

We will hold a two man Champagne Scramble with a shot gun start at 10am, please put your name on the entry sheet on the noticeboard or be there at 9.30 am . On Sunday Dec 29th :- We will hold a mixed scramble with a shot gun start at 10am . On Wednesday Jan 1st :- We will hold a mixed scramble with a shot gun start at 11am

DEERPARK PITCH & PUTT CLUB NEWS

Sunday Draws: Eight hearty souls braved the elements last Sunday morning for a Two Ball Scramble: Results as follows- Nett: Sean Ashe & Aidan O'Keeffe 37, Gross: Noel Moynihan & Aidan O'Keeffe 46. Same again this Sunday @ 9.15am & 11.15am.

Over 50's: The last outing of the year took place in Deerpark on Wednesday December 4th and produced the following results: Nett: Robbie O'Brien Snr & Aidan O'Keeffe 34 and Gross: Johnny McCarthy (Castleisland) and Jimmy O'Sullivan (Newmarket) 49. Next outing in Castleisland on Wednesday January 8th.

Murphys: Thanks to those who showed up last Friday night for our traditional end of year get together. Thanks once again to Sean Murphy and his staff for their great hospitality as we were delighted to announce our Club Registrar Sean Kelly as our recipient of the Dan O'Leary Memorial Club Person of the Year award for 2019. Sean has done some tremendous work for the club both on and off the course in recent years and we were



Photographed at the presentation of prizes for the Frank Doran/Safeguard Security Backstages Strokeplay competition at the Ross GC are : (l to r) Michael J Casey, John Cushkelly Captain, Jonathan Casey - Winner, Frank Doran - Sponsor, Tony Lenihan.



John Lyne (representing Murphys Bar, sponsor) presenting the prizes for the 2019 Deerpark Pitch & Putt Club Matchplay Championship to Noel Moynihan (Winner), Mike 'Seve' O'Leary (left, Runner-Up) and John Murphy (Semi-Finalist) at Deerpark's pre-Christmas gathering in Murphys last Friday night. Absent from photo is Declan Kelly (Semi-Finalist).

delighted to honour him in this way.

U-16 Christmas Competition: Scheduled for this Saturday @ 1.30pm. Format is a Three Ball Scramble sponsored by Jason O'Connor. €5 entry for competition and €5 for food afterwards. A number of presentations will be made afterwards. Danny Nolan Memorial: Scheduled for St Stephens morning @ 10am. Format: Three Ball Scramble. Open to both members and non-members. Instead of an entry fee, we ask everyone to bring a nominal prize with them on the morning.

MURPHYS GOLF SOCIETY

CHRISTMAS HAMPERS

7th December 2019, Mahonys Point

Sponsor: Ger Moroney, Green Belt

1st Matthew O Connor (12) 40 Points

2nd John O Callaghan (20) 40 Points

3rd Gerry Adams (6) 40 Points

4th John O Shea (12) 40 Points

5th Niall O Mara (6) 39 Points

6th Thomas Horan (23) 38 Points

NTP: 7th Pat Gerry Adams

18th Colm O Keeffe

1st Nine Brian Clarke (11) 22 Pts

2nd Nine Con O Mahony (23) 22pts

Match play Winner 2019

Brian O Regan

Golfer of the Year 2019

Chris Collins

Ryder Cup

Saturday 4th January 2020

New Members Welcome for 2020

Application Forms Available From

Murphys Reception.

Killarney Comhaltas News

Kerry Comhaltas featured on Ceili House RTE Radio 1 on the last two Saturday nights, 30th November and 7th December. The program was aired at 9 pm it was a delight to listen to our talented members' performance. The program was recorded at The Ducas Comhaltas Centre Tralee to mark sixty years of Comhaltas in Co Kerry.

We are delighted to take this opportunity to wish all our members, dancing and music teacher's dancers and musicians and friends a happy and peaceful Christmas.

No doubt you will all enjoy music and dancing over the festive season. We look forward to 2020 with the anticipation of the many events where our members will shine once more and bring home more titles to Killarney

Our next branch meeting will be held on Tuesday 21st January at 9 pm in The Meeting Rooms Park Road. New members welcome. If you are nurturing the idea of getting involved in anything related to our culture in 2020 then come along and join us Comhaltas Ceoltóirí Éireann is the largest group involved in the preservation and promotion of Irish traditional music, song, dancing, and our native language and is a non-profit cultural movement. You too can be part of this by joining our branch or another branch near you.



Liadh Forde (Gold) and Ciara Forde (Bronze) at the All Ireland Judo Competitions.

JUDO NEWS

On December 7th, 11 players travelled to take part in the All Irelands in the National Sport Campus. Led by our head coaches Alan and Tadhg, the players performed brilliantly in a very strong competition.

Firstly, Cora Joy who competed in both Juniors and Seniors won two Golds. While Liadh Forde won Gold in minors landed fantastic throws to defeat several higher grades. Cian Forde also won Gold with several effective counters.

Ali O'Donoghue, Kate Forde, Mairead Bennett, Muireann O'Brien and Tim Kelly took the silver. All players fought brilliantly, special mention to Muireann who took part in her first All Irelands. Ciara Forde and Mairead Bennett additionally both won Bronze after several tough fights.

Darragh Forde and Adam Counihan also fought valiantly in two tough categories.

Lastly, a special thank you to all the parents who made the trip and the organizers for a fantastic competition. If anyone wants to know more about the club check us out on Facebook and Instagram.

FARRANFORE MAINE VALLEY AC

NATIONAL RACE WALKING C'SHIPS

St. Anne's Park Raheney was the venue for this years National Race Walking Championships. Held on Sunday 8th December in ideal weather conditions. Sixty athletes set off together, all competing in various distances and age categories. The race also attracted race walking athletes from Athletes from Sweden, Spain, Britain, Poland and the U.S.A. David Kenny was competing in the Senior Men's 30KM distance. It turned out to be a very exciting race with four athletes in contention at the 26Km mark. David made the first break with Cian McManamon in pursuit and Brendan Boyce starting very conservatively. David hit the ground suffering from stomach cramps but hauled himself bravely back to the race for a few more



Killarney Rugby Club U12 girls who travelled to Tralee for a blitz last weekend.

kilometers before calling time on his efforts. Boyce went on to win in 2 hours 21 minutes. A great effort by David and a race he will learn a lot from.

An Riocht AC hosted their annual Run Rudolph Run 5K on Sunday 1st December in Castleisland. Arthur Fitzgerald finished 8th overall in 17:36. Denis Riordan finished in a time of 20:40 and 7th in his category. Siobhan O'Keeffe Riordan finished in 22:39 and 8th overall.

The very best of luck to our three Juvenile athletes who will compete in the National Juvenile Uneven ages Cross Country Championships in Dunboyne on Sunday 15th. Brothers Isaac & Ryan Vickers will compete in the U11's and Shauna McCarthy in the U17's.

CLUB TRAINING:

All Training and classes will finish up this week for the holiday season. Back again in the New Year.

Maria's Strength, Endurance & Flexibility Exercise Classes from 7pm at the Sports Hall in Farranfore. Class is designed for all abilities from secondary school upwards. €5 per class. Thursday Nights from 6:30pm for Seniors and juveniles competing in Munster & National Cross Country. Grass Session on GAA Field Farranfore €2

ATHLETIC'S FIXTURES

Sun 15th Dec.: National Juv. Uneven Age & Novice XC, Dunboyne

Thur. 26th Dec.: Farranfore St. Stephens 2K & 5K, Farranfore

Wed 1st Jan: Beaufort 10 K & 5K, Beaufort 12 noon. Sun 5th Jan: Munster Indoors Junior / U23 & Juv. Combined, Nenagh

Sun 19th Jan: Munster Juv. Relays & Pole Vault, Nenagh.

Please contact club secretary, Mary, 085-1909509 to register for competitions in advance See Kerry & Munster Athletics website for full fixture lists & timetable for event

MUCKROSS ROWING CLUB

RACE NIGHT

The club is gearing up for our festive fundraiser Race Night starting at 8pm on Saturday, December 28 at Major Colgan's bar, Muckross Park Hotel. Horse sponsorship €20 and race sponsorship €150. To guarantee your spot in the programme, all horse and race sponsorship details must be returned to Sean Daly, Brendan O'Neill, Alan Lyne, Kieran Murphy or Tim O'Shea by the end of this weekend. Our programme goes to print next week so don't miss out! Enquiries to Sean Daly 087 231 6053.

MUCKROSS HOR

High winds last weekend unfortunately forced the cancellation of the Muckross Head Of the River. 420 crews representing 25 rowing clubs were entered for the time trial scheduled for Saturday last at the National Rowing Centre. Special thanks go to all our adult members, parents of juniors and supporters who had volunteered their time to help run the event and to committee members involved in all the planning and organisation. The club is liaising with Rowing Ireland regarding a rescheduled fixture in early 2020.

AGM

The Annual General Meeting of Muckross Rowing Club Ltd will take place on Friday, January 10 2020 at 8pm in the Muckross Community Centre.

KILLARNEY RUGBY CLUB NEWS

U12 GIRLS DELIGHT AT TRALEE BLITZ

Our U12 girls along with coaches Jenna and Peter travelled to Tralee RFC last Saturday to play in a blitz. A wonderful day of rugby - the future of rugby is in a good place with this special group of young ladies. They played fantastic, excellent support play, ladies coached themselves. They supported and called each other out when needed.

We honestly could not single one lady out, everyone pumped the legs and made ground

with the ball, kanturk had to work hard to get us down. Super proud of you all - Jenna and Peter.

U12 team was Anne and Lily O'Shaughnessy, Niamh Brosnan, Ellen Moriarty, Holly Barrett, Ciara and Alice Eager, Grainne Swords, Leanne O'Neill, Sarah Mangan and Isabelle O'Shea.

Minis Xmas Party this Sunday:

This Sunday our KRFC host the annual Minis Christmas Party at the Killarney Avenue - between 12 and 2pm. All minis and their families are more than welcome to come along and meet Santa and Arnie our brand new club mascot! For details contact our Minis Coordinator: Liam Murphy on 087-4145662.

WEATHER WREAKS HAVOC ON MATCH SCHEDULE:

Storm Atiyah put paid to all fixtures last Sunday including the U14 girls, U13 boys and our Seniors who were due to play Killorglin at Ballymalis. However our U16's narrowly list to Killorglin on Saturday 5-7 in the visitors favour.

FIXTURES:

U18.5 Skibbereen V KRFC Munster U18 Cup Sat @12pm U14 Girls Ennis V KRFC Sat @10:30am Senior: Martin O'Sullivan Cup KRFC v Ennis Sun @2pm Aghadoe

GNEEVEGUILLA ATHLETIC CLUB:

Lotto: No winner of out lotto draw 06/12/2019, numbers drawn were 8, 12, 16 & 26. Sellers prize winner Tom Joe O' Donoghue, €50 y/t prize winner Betty Moynihan Lacca, €50 to Shane Dillane Quarry cross, €40 each to Jim McGillicuddy Leam, Margaret Brosnan Mausrou & Con O' Sullivan Cue Club. Bonus not won , numbers drawn were 2, 5, 22 & 24. Next weeks jackpot €8,000 plus €1,000 bonus. Katherine Cahill, Kilcummin was the winner of our 2nd Christmas Hamper. Next Friday we will have a draw for our 3rd Christmas Hamper.

GNEEVEGUILLA BASKETBALL CLUB

SHARE THE BUCKET

In association with Gneeveguilla Community Development Council Congratulations to Aine Brennan Trim Co.Meath this week's winner of €180. Please continue to support this fundraiser in local businesses or online by downloading the app Club force. Good luck to all our Teams and Coaches in action this coming week.

KILLARNEY VALLEY ATHLETIC CLUB

TRAINING continues every Tuesday and Thursday eve 6-6.45pm. All members welcome. Bring €2 and water. Strength & Conditioning continues on Monday nights 7-8pm for members only (aged 12 upwards). Bring €2, water and a mat if you have one. Our last training before the Christmas holidays will be Thursday December 19th.

We hope to go indoors after Christmas but need volunteers to help out going forward. If anyone is interested in coaching or helping out with our young athletes in any particular area, we would be delighted to have you on board for the new year. Membership will be paid for and full training will be given.

Please keep an eye on your email (if you're a member) and also check our facebook page for any updated information on training etc.

OUTLOOK SOCCER

SCHOOLBOY/GIRL SOCCER

SATURDAY DECEMBER 7TH KSBCL REPORTS

SFAI Subway 14's Inter League

Kerry 5-2 Limerick Desmond

Girls League's

13Premier

Killarney Celtic 1-0 MEK (mid-week)

Killarney Celtic White 5-0 Camp Juniors

Listowel Celtic 5-0 Fenit

13 Division 1

Ballyheigue 2-4 Dingle Bay Rovers

Fenit 1-3 LB Rovers

17 Premier

Killarney Athletic 0-7 Listowel Celtic

Inter Kenmare 2-0 Fenit

Boys Leagues

JK Sports 12Division 1

Castleisland 2-2 Fenit

Daly's Supervalu 13 Premier

Fenit 1-3 Tralee Dynamos

Inter Kenmare 2-3 Killorglin

Killarney Athletic 4-0 LB Rovers

Listowel Celtic 0-1 Killarney Celtic

13Division 1

Iveragh United 2-1 Camp Juniors

Tralee Dynamos 7-2 Inter Kenmare

Park B 0-0 Killarney Athletic

Killarney Celtic B 1-8 Dingle Bay Rovers

13 Division 2 North

Listowel Celtic B 1-1LB Rovers

Park C 3-2 Camp Juniors

13 Division 2 South

Inter Kenmare C 5-1 Mastergeeha B

MEK Galaxy 4-0 Killarney Athletic C

Killorglin B 0-1 Ballyhar Dynamos

Slattery's Carpets 14's Division 2



U15 Division One V Dynamos.

Mastergeeha 6-6 Ballyhar Dynamos

Killarney Plaza 15 Premier

Killarney Celtic 7-4 Iveragh United

Mastergeeha 1-1 Listowel Celtic

Inter Kenmare 0-6 Killorglin

15 Division 1

Killarney Athletic 2-2 Tralee Dynamos

Fenit 1-1Dingle Bay Rovers

REPORTS:

INAUGURAL SFAI MUNSTER 14'S INTER LEAGUE GETS UNDERWAY:

Introduced for the first time this season to give teams competitive action ahead of the Kennedy Cup Kerry's 14's Inter League campaign got underway with a home game in Mounthawk Park against Limerick Desmond. And Kerry took full

advantage of the wind in the first half with goals from Finn O'Neill and 2 from Andrew Kerins. The visitors tried to fight back in the second half and did score two but Kerry wrapped up the points with further goals from Josh Bowler and Barry Fitzsimons. Kerry are free in then round of the 5 team group and then go to Cork in the New Year.

YOUNGER TEAMS IN ACTION:

The clubs 11's players were in action in the latest round of their non-competitive League with over 20 teams taking to the field. These games once again proved to be hugely enjoyable with the players enjoying playing without worrying about the outcome.

DOUBLE FOR CELTIC IN GIRLS 13 PREMIER

It was a good week for Killarney Celtic 13's girls

with two wins from two games. Under the lights they were 1-0 winners at home to MEK Galaxy in a cracker. The only goal went to Celtic's Clogadh Moriarty in the second half.

On Saturday the Celtic girls side won again as they won at home to Camp Juniors. Moriarty got the final goal for the Hoops with Emma Daly getting the other 4.

Listowel Celtic also won 5-0 at home to Fenit thanks to goals from Laura Falvey 3 and Aoife Slattery 2.

Dingle Bay and LB win away in Girls 13 Division 1 Dingle Bay Rovers and Ballyheigue made the trip to Mounthawk Park in the 13's Division 1 with the West Kerry girls taking the points. Ciara Kennedy, Hannah Nic Gearailt, Julie Ryan and Hannah Granville got the Dingle Bay goals with Ellen Lucey and Clogadh Carroll scoring for Ballyheigue.

Lb Rovers were 3-1 winners at Fenit with Marie Keane Tyrrell getting 2 and Kate Horgan getting LB's third while Siofra Murphy replied for Fenit.

Listowel Celtic win away and Inter take points at home in 17 Premier:

Listowel Celtic proved to be just a little too clinical for Killarney Athletic in the 17 Girls Premier in Woodlawn. Melanie Higgins hit 4 with the others coming from Ciara Butler, Tara and Kelly Enright. For the home side Lucy O'Leary, Laura O'Carroll and keeper Debbi Maye had very good games. Inter Kenmare were 2-0 winners at home to Fenit with their goals coming from Chloe Cremin and Tara Desmond.

3rd and 4th draw in Boys 12's Division 1

There was one game under lights this week under the lights in Georgie O'Callaghan Park with 3rd placed Fenit drawing 2-2 with the home side. Josh Ryan got both goals for Castielsland with Luke O'Connell and Mikey Corridan getting the goals for Fenit.

ATHLETIC WIN THE BATTLE OF THE UNBEATEN SIDES IN 13 PREMIER:

Something had to give in Woodlawn as the two unbeaten sides LB Rovers, 4 from 4, and Killarney Athletic 3-3 met in the Daly's Supervalu 13 Premier.

And it was the home side that got the vital first goal and then added a second before the break. Despite LB trying hard Killarney Athletic added two more without reply in the second half. Luke Doolan got 3 and Cillian Coffey the other for the home side with Brian O'Shea in great form.

Killorglin kept the pressure on the two sides above them but they had to come from 2-0 down at half time as Inter Kenmare were ahead thanks to goals from Dawid Grebowice and Liam O'Sullivan. However goals from Aaron Doyle 2 and Darragh Lynch gave Killorglin all three points.

Killarney Celtic were involved in a very tight game away to Listowel Celtic. The game was decided when Oisín Fleming scored for Killarney Celtic from the penalty spot.

Tralee Dynamos were 3-1 winners away at Fenit thanks to goals from Adam Evans 2 and Shayne Stack with Pierce Lowth in great form for the Dynamos. Cian McKenna replied for Fenit.

Dingle Bay continue their unbeaten to lead 13 Division 1:

Leaders Dingle Bay Rovers remain unbeaten and leading the 13's Division 1 with 15 points from 5



Pictured above Killarney Celtic U13A squad vs Listowel Celtic.

games. Pdraig Manning hit 3, Cian McGearailt 2 and Sean Sheehy, Jack Sheehy and Ned Ryan getting 1 each.

Third placed Iveragh United were 2-1 winners at home to Camp Juniors thanks to goals from Alex Kelly and Daithi Sugrue with Dara Murphy replying for Camp.

Tralee Dynamos will be happy that their work on the training ground has seen them win this game after two defeats. They were impressive in front of goal and Naoche Kebede, Mollie Duggan, Francis O'Brien and Christy Boy Burke all hitting the net.

There was the rare Schoolboys Girls League result in the game between Park B and Killarney Athletic with the sides drawing 0-0. Conor Crean stood out for the Park with Karl James O'Neill in great form for Athletic.

MEK Galaxy now 5 from 5 in 13 Division 2 South Leaders MEK Galaxy needed a big second half to maintain their perfect record in the Daly's Supervalu 13 Division 2. Goals from Ryan Carey 2, Patrick O'Neill and Jamie Vousden say the Mid and East Kerry side win 4-0 to move onto 5 wins from 5 and stay top of the table.

Ballyhar Dynamos will be very happy with their 1-0 away win at second placed Killorglin B. Eoin Walsh got the vital goal in the second half.

Inter Kenmare C have moved into second place, one point ahead of Killorglin B, thanks to a 5-1 win at home to Mastergeeha B. Jack Wiggins, John O'Sullivan, Alex Sheehan 2 and Robbie Guest got the goals for Inter with Thomas Myers replying for the Kilbrean side,

PARK C MADE IT 4 FROM 4 BUT ONLY JUST IN 13 DIVISION 2 NORTH:

Mikey O'Leary and Michael Enright put Camp Juniors 2-0 up at half time. But Park C were determined to hold onto the unbeaten record and goals from Brian Heaphy and Adam O'Neill to level matters. And when it looked like be honours even Nikita Hoare had the final say with a cracking winner for the Tralee side.

In the other game Listowel Celtic B and LB Rovers drew 1-1 with Oran O'Sullivan getting the LB goal.

BALLYHAR DYNAMOS UP TO JOINT SECOND IN 14 DIVISION 2:

There was a goal fest in the Slattery's Carpets and Blinds 14's Division 2 with Mastergeeha and Ballyhar Dynamos sharing 12 goals and sharing the points.

For the home side in Kilbrean Park Cian Guerin and Adam Whitty both scored two each with Gavin Barry and Jack O'Brien getting one each. For Ballyhar Dynamos Aaron O'Halloran hit 4 with Fionn Coleman getting the other goals.

KILLARNEY CELTIC 15'S GO 4 FROM 4

In the Killarney Plaza 15 Premier Killarney Celtic won their 4th game in a row to top the Killarney Plaza 15 Premier game. They were 7-4 winners at home to Iveragh United. The goals for the South Kerry sides goals came from Oisín Breen, Ben Egan and Emmet Daly. On the mark for Celtic were Luke O'Neill and Adrian Casey who both hit hat-tricks with Josh Bowler getting the other goal.

A Dara O'Connell goal gave Mastergeeha a share of the points in a 1-1 draw at home to Listowel Celtic.

Killorglin won away to Inter Kenmare thanks to goals from Darragh O'Connor 3, Finn Barrett and Rian O'Sullivan.

Two draws in the 15 Division 1

Leaders Tralee Dynamos dropped their first points in 4 games as they were held to a 2-2 draw away to Killarney Athletic. For the home side Mikey Lynch and Alex Hennigan were on the mark.

But Dingle Bay Rovers in second failed to take full advantage as they also drew away. They were held to a 1-1 draw with Fenit. James Hoare was on the mark for Dingle Bay who needed a big game from keeper Paidi Mac Gearailt to ensure they took a point from the game.

MEK GALAXY FC NEWS

ACADEMY BLITZ:

There was a great turn out for the Academy blitz with Dingle Bay Rovers last Saturday. A Great display of skills and teamwork from all the players in ideal conditions for our passing game.

Well done everyone.

U13 MEK Galaxy 4 Killarney Athletic C 0 after a tight first half the teams went in level at 0-0 the second half MEK came out playing like they can and goals from Ryan Carey 2, Patrick O'Neill and Jamie Vousden sealed a deserved win. A fantastic man of the match display by Ryan Carey who dominated the middle of the park. Congrats to Ryan who was named on this weeks Team of the Week - the second time for Ryan over past few months!

U11'S V ST. BRENDAN'S PARK:

5 great matches by under 11s against st Brendans park played in great conditions and great spirit. Well done to all the boys who played great.

WALKING SOCCER IS BACK:

Our walking soccer is back and takes place every Monday between 7 and 8 at the brand new Astro turf pitch at Faha National School. Just bring €3 and no experience is required. Details Pa 087-7943220.

FIXTURES: SATURDAY 15TH

U10 Green mek A V st brendans park a 3.00pm
U12 premier Camp v mek 11.45AM
u12 div 2 S Mek Galaxy B v Dingle bay rovers 11.45AM
U14 division 2 Mek galaxy free
u16 div 1 S Mek Galaxy V Killorglin B 10.30AM
U11 Girls Mek v Killarney celtic 1.00pm

KILLARNEY ATHLETIC

U15 DIVISION ONE

Killarney Athletic 2
Tralee Dynamos 2

A Draw for the Blues Today with an OG and a Cracking goal by Maidhchi Lynch from a great Thomas Healy Free.

Under 17s Mastergeeha 0-
killarney Athletic 1..

Eoghan Mulvaney goal scorer..

Athletic took an early lead...some very good saves in 1st half from Daragh Doolan to keep Mastergeeha at bay With Athletic Down to Ten Men in the second half

but the Trojan work rate from The players and great defending by Ben : josh : matthew Horgan : Sam Benson. The Blues got the Result.

U13 LEAGUE RESULT

Killarney Athletic AFC 4 - 0 LB Rovers

Luke Doolan 3

Cillian Coffey 1

Our Young Blues welcomed table toppers LB Rovers to Woodlawn this afternoon in a top of the table clash. With both sides unbeaten, there was sure to be a good game.

The game started at a very high tempo with both Teams trying to impose their will on the other. We started to dominate possession, resulting in a couple of corners. From one of these corners, Luke Doolan found himself free inside the penalty area and slotted home from eight yards. Playing with confidence now, we were defending really well, limiting LB to counter attacks and set pieces, one of these from a corner looked destined to go straight in but fortunately for us, just sailed over the crossbar. A good move down the wing, a good cross into the box found Luke Doolan who again finished with aplomb to make put us 2 up going into the break.

Second half saw both teams give everything



MEK academy welcomed Dingle Bay Rovers on Saturday last at Fossa for a blitz.



U13 Premier V LB Rovers.

again, not an inch given by either Team.

James Dempsey in midfield was stifling every LB Attack and starting our attacks with every opportunity. Brian O' Shea was outstanding, controlling the tempo of the game with his passing and tackling in the centre of the park. Brian played Luke Doolan through the middle and Luke finished to complete his hat-trick. To LBs credit, they didnt drop their heads and kept trying to find a way back into the game.

With LB pushing on, the spaces opened up for us on the counter attack. Fionn Daly with a great run down the left crossed the ball into the area and found Cillian Coffey to finish from close range and end the match.

Thanks to LB Rovers for a good sporting game.

Another very impressive performance today from our Young Blues, four goals and another clean sheet see our boys joint top of the table with a game in hand.

KILLARNEY CELTIC

PREMIER B

Killarney Celtic B 1, Ballyhar Dynamos 2

Ryan Kelliher

U17 League

Inter Kenmare 3, Killarney Celtic 2

Jackson O Mahoney (2) got the goals in which Inter got the decisive goal in the 2nd half after the teams were tied 2-2 at the break.

U15 Premier

Killarney Celtic 7,Iveragh 4

Aidrian Casey (3), Luke O'Neill (3), Josh Bowler

The U15A team stay top of the division with 4 wins from 4 after this goal fest with Iveragh.

U13 Premier

Listowel Celtic 0, Killarney Celtic 1

Oisín Fleming

The 13A team got their 2nd league win of the season thanks to an Oisín Fleming penalty in the 2nd half and they now move up the table in to a more promising position.

U13 DIV 1

Killarney Celtic B 1, Dingle Bay Rovers 7

The 13B team went down to a very strong Dingle team who are deservedly top of the table.

Well done to our U11 players who made the journey to Iveragh last saturday and enjoyed their games.

GIRLS U13 PREMIER

Killarney Celtic (White) 1 MEK Kickerz 0

Clodagh Moriarty

Killarney Celtic (White) 5, Camp 0

Emma Daly (4), Clodagh Moriarty

2 wins inside a week has put the White team firmly on track in the premier division.

Congrats to Emma Daly and Caoimhe O'Brien who made the Girls Roll of Honour this week.

Remember this Friday 13th there is a charity match at Celtic with 7pm kickoff between The All Blocks and The Falvey Hit Squad with all donations going to the Holy Cross Mercy School Sunshine & Rainbow Rooms. Also there will be a match between the Mercy Christmas Trees and the Mercy Elves at 7pm.



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A BAR THAT ALSO HOUSES FOSTER DOGS RESCUED FROM KILL SHELTERS

Fido's Taphouse is being hailed as the world's first bar and restaurant that also doubles as a foster home for pups that were rescued from kill shelters in central California.

Since the Portland-based establishment opened in 2018, they have helped 70 different shelter dogs find homes.

Fido's founder Scott Porter says that he was inspired to launch the taphouse after he learned about cat cafés. Additionally, he hopes that the foster dogs will help give families the same kind of love and therapeutic support that his own dogs have offered to him.

"My own dogs helped me through some pretty severe depression he said "They were extremely loving and attentive to me. And they understood that I was going through some tough times."

The bar typically accommodates three or four shelter dogs at a time in a room that is separated from the dining area, although their facilities are equipped to house eight. If a potential adopter decides to adopt one of the lucky pups, they are required to wait three days before signing the paperwork so staffers can be sure that alcohol did not influence their decision.

A FEW CHRISTMAS HINTS AND TIPS

*Many of us unthinkingly put our tree by a radiator or fireplace, but all that heat will dry the tree out more quickly. A cool, draughty place, such as a hallway, will mean you don't spend the whole festive period vacuuming up pine needles. *It might seem early to think about Christmas dinner, but a surprising number of dishes can be made ahead of time. Potatoes, parsnips and stuffing can all be cooked and frozen, then defrosted and reheated in the oven on the day itself. *Christmas wrapping paper can be expensive, especially if you have a large family. Instead, buy a large roll of brown paper and some string. Your presents will look both charmingly old-fashioned and the paper is recyclable. Nothing makes wrapping presents more stressful than constantly scrabbling to find the end of the sticky tape. Slip a paper clip over the end of the tape, and you can wrap in peace. If last year's leftover wrapping paper is a little rumpled, iron it, reverse side up, on a low heat.

*Chinese researchers tested 57 drinks, from herbal tea to milk, and found that the most successful in abating hangover symptoms was Sprite.

*For a delicious St. Stephens Day treat, make

Christmas pudding rolls: simply roll out a pack of shop-bought puff pastry, cover it with chunks of leftover pud, then roll up and chop into equal sections. Pop into a 200C/400F/Gas 6 oven for around 20 minutes, or until crispy. You can also mix crumbled Christmas pudding into ice cream for an easy dessert to scoff in front of the television. *And for next year...when you take down your Christmas lights, instead of just dumping them in a box, wrap them around a coat hanger, or even a piece of cardboard, and they won't tangle up when you unearth them next Christmas.

LOOKING FOR THE IDEAL CHRISTMAS PRESENT FOR AN ISLA GRANT FAN?

Isla Grant will make a welcome return visit to the INEC Acoustic Theatre, in the Gleneagle Hotel Complex Killarney on Friday, February 7th 2020. Her highly entertaining concert show will feature all her wonderful 'Hit' songs and as always some surprises. Isla's interaction with her audience is second to none and the atmosphere at her live shows is a joy to behold and of course her genial husband Al will make his popular contribution to the show featuring some of the all-time Jim Reeves 'Hit Songs'.

At present Isla has 12 Concerts planned for her February Tour but only 3 are in Munster with one Show in Bantry (8th February) and Kilmallock on February 9th. Tickets now on sale from the INEC Box Office, Muckross Road, Killarney, Co. Kerry, V93V6WF Tel: 064 66 71555. Email: info@inec.ie and also at Ticketmaster.ie and what better gift could anyone get for Christmas?

HOW TO PET-PROOF YOUR CHRISTMAS TREE

It can be very difficult to keep a young, still-in-training pet away from the Christmas tree, particularly if this is his or her's first Christmas. Even for an older pet, who may have learned not to jump on the tree — either because it fell on him last year or because your admonitions worked — you will still need to be cautious with the ornaments you place within his reach.

A live tree can be especially hazardous. Dogs and cats like to chew on sticks (i.e., limbs) and greenery, and the fir tree oils can be irritating to the mouth tissue causing such symptoms as drooling and vomiting. Also, if your pet is chewing on the branches, there is a good chance he is also swallowing some of the needles. If enough needles are swallowed they can get caught in the intestinal tract, puncturing the lining or bunching

together and causing obstruction. Both can have deadly consequences.

A popular tree decoration called flocking, an imitation snow product, can also cause serious problems when significant amounts of it are swallowed. If you are going to have a tree in your home, it is best to at least get a non-flocked tree. In addition, some trees are treated with chemical preservatives to keep them fresh longer. These chemicals leach into the water in the feeding dish, making the water poisonous to drink — which pets will do if the water is left uncovered. If you do not have a tree skirt to cover the water dish with, you can use towel, plastic wrap, or aluminium foil.

DID YOU KNOW?

Friday the 13th has a long history of freaking people out. When this day rolls around, people buy less stuff and travel less frequently. In fact, the global economy is estimated to lose as much \$800 million every time a Friday lands on the 13th. However, it's been proven by the Dutch Centre for Insurance Statistics that Friday the 13th is actually statistically safer than other Fridays — there are fewer accidents and reports of fire and theft on these days.

ON THIS DATE - DECEMBER 13TH

1955 - Death of Irish republican and cartoonist Grace Gifford who illustrated many nationalist publications in the early 20th century. Grace was deeply involved in the Irish Volunteers movement in the build-up to the Easter Rising in 1916. When her fiancé, Joseph Plunkett was sentenced to death for his part in the Rising they were married in Kilmainham Jail, just hours before he was executed.

1961 - The Beatles signed a formal agreement to be managed by Brian Epstein.

1971 - US poet, writer, and political activist John Sinclair who was sentenced in 1969 to 10 years in prison for selling 2 marijuana joints was freed.

1973 - Great Britain cut the work week to three days to save energy.

1978 - Death of Cobh, Co. Cork born boxer, film star and tenor Jack Doyle (known as 'The Gorgeous Gael') in London.

1981 - Polish labour leader Lech Walesa was arrested and the government decreed martial law, restricting civil rights and suspending operation of the independent trade union Solidarity.

1997 - Over a thousand people took to the streets of Dublin in a theatrical spectacle called 'Féile Fáilte' to protest racism, particularly against refugees.

2000 - US Vice President Al Gore reluctantly conceded defeat to Texas Governor George W. Bush in his bid for the presidency, following weeks of legal battles over the recounting of votes in Florida.

2001 - Queen's University in Belfast honoured Manchester United legend, George Best, with an honorary doctorate in recognition of his services to soccer.

2002 - Rugby legend, Mick Galwey from Currow, received an honorary degree from Trinity College in recognition of his services to Ireland, Munster and Shannon clubs.



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Thoughts are constantly streaming through our minds which in turn can impact on how we feel and how we behave. These thoughts can be friendly positive thoughts or hostile, critical and negative ones. It makes sense therefore that we would try to reduce the negative ones as much as possible. Just as we wouldn't allow any stranger to just enter our house and take over, we need to be just as vigilant with our thoughts. We need to take more control over what we allow into our minds and what we prohibit from entering. We have much more choice than we realise – and therefore rather than just reacting to every thought we begin to take more control over our mind. Slowly we begin to realise that just because we think something it doesn't mean it's true! By examining our thoughts as they flow through our mind, we begin to increase our awareness of how our minds are focused. Then we begin to allow these thoughts – whether they are positive or negative, exciting or boring – to just flow through our mind stream without reacting or responding. This is the basis of mindfulness.

For many people experiencing depression they can create an endless cycle of 'if onlys' and 'what ifs' in their mind. There is an underlying non-acceptance of the past as they constantly think how their lives would be different 'if only I hadn't taken his advice', 'if only I hadn't behaved in that way'. This all leads to feelings of anger, hopelessness and mistrust of others. Accepting how things are right now – not as we wish they were, but as they actually are – is quite a radical step. It can however mark the starting point from which we can come to terms with past events and begin to move forward.

Just as there are many paths leading to feeling depressed, there are also many routes out of it. We don't get depressed as a result of an adverse event or experience – but in how we respond to it. When our emotional needs go unmet this can lead to considerable mental distress and depression. If we were to consider depression as a means of drawing our attention to an underlying problem, we must ask ourselves what is the message my feelings of depression are trying to tell me. Counselling can provide a great support as we explore what this underlying message might be. Counselling helps to find contentment and peace of mind through fostering a healthy, non-judgemental, loving relationship with oneself.

Next week we will continue to look at ways we can deal with depression.

SouthWest Counselling Centre, Killarney provides affordable professional counselling to children, adolescents adults and couples at its Killarney Centre (Lewis Road). To make an appointment call: 064 6636416/064 6636100 E: info@southwestcounselling.ie

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

Citizens Information

Know Your Rights:

Question

I usually get a gift voucher at Christmas. What are the new gift voucher rules that came in recently?

Answer

Gift vouchers are any voucher, coupon or other document (including an electronic document) that can be used instead of money to pay (or pay in part) for goods and services.

Since 2 December 2019, the Consumer Protection (Gift Vouchers) Act 2019 sets out the following new rules for gift vouchers:

- Gift vouchers must have no expiry date or be valid for at least 5 years.
- Traders cannot specify that a gift voucher is spent in one transaction.
- Traders cannot charge a fee to change the name on a gift voucher, (if you have to register a name on the voucher).
- If the balance remaining on a gift voucher is more than €1 after you buy something with it, a trader must reimburse the balance to you. They can give you cash, make an electronic transfer or give you another gift voucher.

These new rules do not apply to:

- Vouchers that you can only use to buy specified goods and services at a discounted price, from a specified trader on a specified date, or for a specified period of 3 months or less. For example, vouchers from deal websites such as Groupon or Pigsback.
- Vouchers issued as part of a customer loyalty or promotion scheme.
- Vouchers issued as a refund for goods you returned to a trader.
- Vouchers and gift cards sold before 2 December 2019. The expiry period and the terms and conditions that applied at the time of purchase apply to these vouchers.

The new rules do not apply to electronic money gift cards (for example, One4all gift cards) which are already covered under the European Communities (Electronic Money) Regulations 2011.

Further information is available.

You can take parent's leave in one 2-week block or in 2 one-week periods. You can visit citizensinformation.ie to find more about parent's leave.

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

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

Tuismitheoirí na Gaeltachta

Folúntas: Oifigeach Forbartha (Cúige Mumhan)

Tá post mar Oifigeach Forbartha á thairiscint ag Tuismitheoirí na Gaeltachta.

Cuireann Tuismitheoirí na Gaeltachta cúnamh agus tacaíocht ar fáil do theaghlaigh atá ag tógáil a gclann le Gaeilge sa Ghaeltacht nó ar mian leo a leithéid a dhéanamh.

Is post ar chonradh go deireadh 2020 atá á thairiscint agus d'fhéadfadh sé go gcuirfí leis an tréimhse sin. Beidh an té a cheapfar fostaíthe ag Tuismitheoirí na Gaeltachta agus freagrach do Cheannasaí na heagraíochta.

Beidh an tOifigeach Forbartha freagrach as seirbhísí, imeachtaí, ócáidí agus scéimeanna Thuismitheoirí na Gaeltachta i gCúige Mumhan a eagrú agus a fhorbairt. Beidh an tOifigeach Forbartha lonnaithe in oifig sa Ghaeltacht, roghnófar an ceantar i gcomhar leis an té a cheapfar sa phost.

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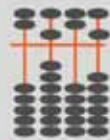
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Christmas Outlook

The last Killarney Outlook of 2019

will be available on **Friday 20th December**
and will include our *Souvenir Edition*.

If you would like to place an advertisement or Christmas Message in our Christmas Edition
Des: 087 6593427 or Cindy: 087 1210959

Our first edition of 2020 will be published on **Friday 10th January 2020**

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with Killarney Outlook
by John O'Sullivan

WINTER AND SPRING BEDDING PLANTS

Between now and the summertime there is still plenty of time to put a big of colour in the garden with some winter/spring flowering bedding plants. It is probably best this Spring to use them in containers and baskets as the ground is saturated from the amount of rainfall we have experienced.

The first thing you have to do is choose the type of container you want. There are lots to choose from i.e. Terracotta, glazed, plastic and wooden. Now that you have chosen a pot, the first and most important thing to do is sort out the drainage. All terracotta and glazed pots should already have drainage holes in them. Plastic ones probably won't so you will have to punch some holes in them. Next you need to put some gravel or aero board broken up over the holds of the pot and then cover with some landscape fabric like Mypex. Now it is time to add some compost and ideally some slow release fertilizer mixed with it. Then choose some plants. Firstly choose a center piece and always make sure that center piece is evergreen and suitable for the size of the container. This way you will only have to change the bedding plants from season to season. Here is a list of good winter/spring bedding plants for containers: Primroses, Polyanthus, winter pansies, cyclamen, ornamental cabbages and trailing ivy.

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Claus in his Christmas Cabin
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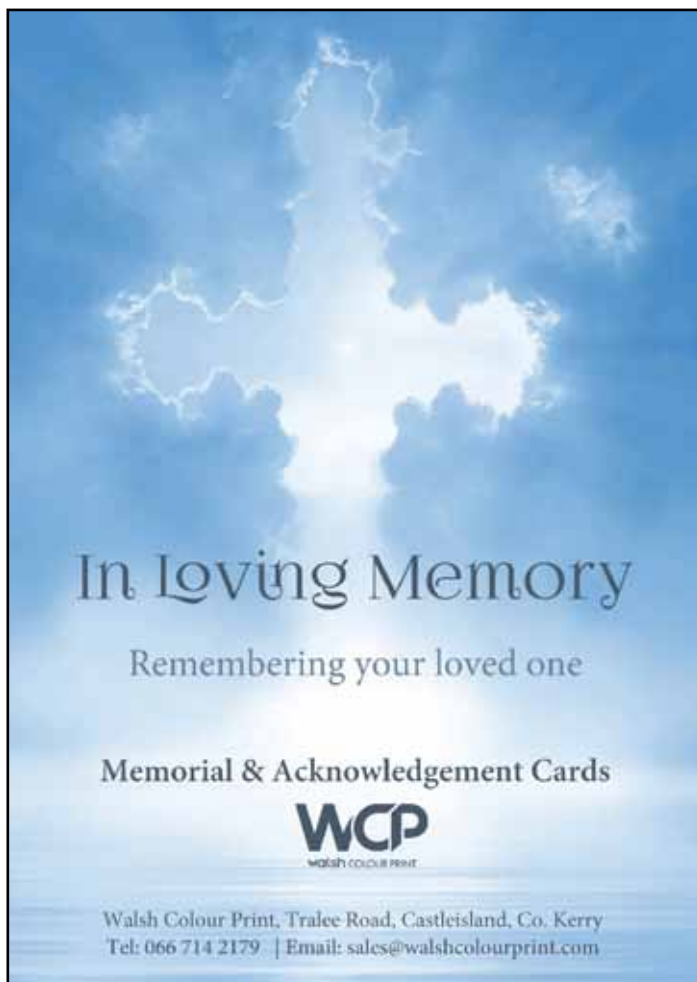
A Word of Victory

Welcome back dear reader we've been studying the power of agreement recently. Christmas is a time of happiness and joy, but for many it is a time to dread. As Christmas draws near, for many families it is like all hell is breaking loose against them because of strife and bitterness, problems with addictions and the threat of violence rearing up during this 'happy' season. Issues of loneliness and grief are magnified in a lot of people's lives, as surrounding them everywhere there is this false picture of everyone celebrating with family and friends and being wildly joyful dragging them for whom this is not a true representation of life down into the depths of despair. Friend, if you are in dread of Christmas coming for whatever reason, know this — you are not alone no matter how bad the circumstances. Circumstances are subject to change, and it's time for you to stop battling things on your own and reach out for help. 'Whoever calls upon the name of the Lord shall be delivered' (Romans 10:9-13). There are many wonderful organisations that will help you in the natural, but there is no greater help than your Heavenly Father who loves you passionately (Psalm 121). As you get to know God through the Bible and pray in agreement with His Word by speaking it over your life and family in faith, watch and see miracles of deliverance in those areas that no man can help with, for Jesus always confirms His Word. God is faithful and He loves you so much and longs for you to know Him. He is for you, and not against you, and He promises never to leave you or forsake you (Romans 8:31-39; Hebrews 13:5-8). "I sought the Lord, and He heard me, and delivered me from all my fears. They looked to Him and were radiant... their faces were not ashamed. This poor man cried out... the Lord heard him, and saved him out of all his troubles. The angel of the Lord encamps all around those who fear Him, and delivers them. Oh, taste and see that the Lord is good; blessed is the one who trusts in Him!" (Psalm 34:4-8). The Lord Jesus was born as one of us and grew up and defeated Satan and the power of sin and death at the Cross, so that you and I could be forgiven, restored and set free! "Glory to God in the highest, and on earth peace, goodwill toward men." (Luke 2:14)

See more at wordofvictory.net  @WovKillarney 

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KILLARNEY.

WHOSE ANNIVERSARY OCCURS
ON THE 16TH OF DECEMBER.

Brother

*You are a special brother,
But you had to go,
So we filled the hole in our hearts,
With your memories so,
But it will always be empty,
Until I'm in Heaven with you,
In our hearts you shall always be,
I cannot wait to laugh with you.*

LOVED ALWAYS REMEMBERED
BY YOUR BROTHER AARON
& AMY XXX

**Anniversary Mass will be held at 8pm
On Friday the 20th of December
In St. Mary's Cathedral.**

THE MIRACLE PRAYER

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

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

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

Amen.

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

B.T.

THE MIRACLE PRAYER

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

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

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

Amen.

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

A.S

NOVENA TO ST. CLARE

IN THANKSGIVING

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

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

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

D.H.

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.

PRECIOUS MOTHER OF JESUS

Mother of Divine Grace, you can find a way, where there is no way. Please hear my prayer and grant me my request. (Say 6 times daily and your request will be granted).

12TH ANNIVERSARY

IN LOVING MEMORY OF
NATHAN O'CARROLL



LATE OF ROSS ROAD, KILLARNEY.
WHOSE ANNIVERSARY OCCURS ON THE
16TH OF DECEMBER.

CHRISTMAS IN HEAVEN

*I see the countless Christmas trees
Around the world below,
With tiny lights, like Heaven's stars,
Reflecting on the snow.*

*The sight is so spectacular
Please wipe away that tear,
For I am spending Christmas
With Jesus Christ this year.*

*I hear the many Christmas songs
That people hold so dear,
But the sounds of music can't compare
With the Christmas Choir up here.*

*I have no words to tell you
The joy their voices bring,
For it is beyond description
To hear the angels sing.*

*I know how much you miss me
I see the pain inside your heart,
But I am not so far away,
We really aren't apart.*

*So be happy for me dear ones,
You know I hold you dear,
And be glad I'm spending Christmas
With Jesus Christ this year.*

*I send you each a special gift
From my heavenly home above.
I send you each a memory,
Of my underlying love.*

*After all 'Love' is the gift,
More precious than pure gold,
It was always more important
In the stories Jesus told.*

*Please love and keep each other,
As my father said to do,
For I can't count the blessings
Or love he has for you.*

*So have a Merry Christmas
And wipe away that tear
Remember, I'm spending Christmas
With Jesus Christ this year.*

LOVED WITH A LOVE BEYOND COMPARE
YOUR HEARTBROKEN MOM & DAD
XXX

**Anniversary Mass will be held at 8pm on Friday the 20th of December
In St.Mary's Cathedral.**

**PRAY TO
ST. EXPEDITE**

Saint Expedite,
Noble Roman youth, martyr,
You who quickly brings things to pass
You who never delays, I come to you in
need:
(Clearly express what you want and ask
him to find a way to get it to you)
Do this for me, Saint Expedite, and when
it is accomplished, I will as rapidly reply
with an offering to you (State your vow
or promise)
Be quick. Saint Expedite!
Grant my wish before your candle burns
out and I will glorify your name
Amen. Thank you St. Expedite for
answering my request. I promise
publication to spread your devotion.
For anyone in need say this prayer and
your request will be granted. Thank you
for favours received. Amen.
E.O.L

12TH ANNIVERSARY

**NATHAN
O'CARROLL**

LATE OF ROSS ROAD,
KILLARNEY,
WHOSE ANNIVERSARY
OCCURS ON THE
16TH OF DECEMBER.



**Anniversary Mass will be held at 8pm
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12TH ANNIVERSARY

IN LOVING MEMORY OF
**NATHAN
O'CARROLL**



LATE OF ROSS ROAD,
KILLARNEY.
WHOSE ANNIVERSARY OCCURS
ON THE 16TH OF DECEMBER.

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

DEEPLY MISSED BY YOUR
UNCLE PAUDIE.
XX

**Anniversary Mass will be held at 8pm
On Friday the 20th of December
In St.Mary's Cathedral.**

12TH ANNIVERSARY

IN LOVING MEMORY OF
**NATHAN
O'CARROLL**



LATE OF ROSS ROAD,
KILLARNEY.
WHOSE ANNIVERSARY OCCURS
ON THE 16TH OF DECEMBER.

*Brother
Wrap your arms around him Lord,
Don't leave him on his own,
For it is his anniversary,
And I know he can't come home,
Call his name softly and
When he looks your way,
Tell him that we love him
And miss him everyday.*

LOVE ALWAYS KILLIAN &
AOIFE XXX

**Anniversary Mass will be held at 8pm
On Friday the 20th of December
In St.Mary's Cathedral.**

12TH ANNIVERSARY

IN LOVING MEMORY OF
**NATHAN
O'CARROLL**



LATE OF ROSS ROAD,
KILLARNEY.
WHOSE ANNIVERSARY OCCURS
ON THE 16TH OF DECEMBER.

*Brother
You are always on our minds and when
we talk about you,
It's always of happy times,
No one knows the heartache
of what you passing cost,
But God in all his glory he's gained
What we have lost.*

MISSED AND LOVED ALWAYS,
YOUR BROTHER
DAMIEN AND CAITLIN
XXX

**Anniversary Mass will be held at 8pm
On Friday the 20th of December
In St.Mary's Cathedral.**

12TH ANNIVERSARY

IN LOVING MEMORY OF
**NATHAN
O'CARROLL**



LATE OF ROSS ROAD,
KILLARNEY.
WHOSE ANNIVERSARY OCCURS
ON THE 16TH OF DECEMBER.

*Brother
When days are sad and lonely,
And everything goes wrong,
I seem to hear you whisper,
"Cheer up and carry on"
Each time I see your photo,
You seem to smile and say,
"Don't cry, I'm always with you
And we'll meet again someday".*

SADLY MISSED BY YOUR
BROTHER RYAN XXX

**Anniversary Mass will be held at 8pm
On Friday the 20th of December
In St.Mary's Cathedral.**

ROSS MEDICAL PRACTICE

KILLARNEY



Karen Underwood
Singer

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Winnie McGoogan
from Mrs Brown's Boys

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