

All ready and waiting for the Glenflesk Parish Nativity Play to start in Barraduff Church. Photo: Seamus Healy



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A Note from the **DITOR**



The countdown to Christmas is well and truly on as we bring you the penultimate edition of the Killarney Outlook for 2024.

The town of Killarney and beyond have rallied around the O'Sullivan family following the sudden passing of Phil and a GoFundMe is in operation to help the devastated family ahead of the funeral this weekend.

Hampers were on the homework list for children from Kilcummin NS when they donated to St. Vincent de Paul, after a lifetime of dedicated service, Vera O'Leary is retiring and an innovative partnership is tackling the Rhodo infestation in Killarney National Park.

Anne Lucey writes her shopping list for the new Government, Hoteliers turn on the style at the IHF Ball and thousands has been raised in memory of Pat Sheehan.

BNI held their 25th anniversary celebrations, Kerry Stars are bringing home the medals and it's back.... the Pop Up Gaeltacht is on in Courtney's Bar. Christmas has come early for a Jack & Jill Family from Scartaglen, Terry's stunning image captures the latest Camera Club image and the Sing or

Charity Choir raised the roof at the Killarney Outlet Centre. Hope you all enjoy this week's Killarney Outlook!

Aisling Crosbie

Grianstad an gheimhridh, a stormy scene captured by Thomas O'Sullivan



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news@outlookmags.com for inclusion in the Killarney Outlook.

THIS WEEK

CHECK OUT PAGE 4 FOR OUR UP TO DATE NEWS!

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- Billy Ryle Education
- Anne Lucey Talk of the town
- What Women Want Beauty
- B Well Fitness Fitness
- Astrid Longhurst Wellbeing
- John O'Sullivan Gardening
 - enis Kelliner Recipes

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COMMUNITY UNITES TO SUPPORT FAMILY AFTER PHIL'S SUDDEN PASSING

he high esteem that Philip O'Sullivan was held in across the town of Killarney and beyond is evident in the massive response to a GoFundMe which was set up following his sudden death.

Currently at over \notin 60,000, people from all over Kerry and beyond have donated to help the family in their time of need.

The town of Killarney was plunged into sadness late last week when the news broke that Phil had passed away suddenly.

Phil and his partner Karen live in Firies with their children Craig, Alice and Edison and he was a popular member of staff at Leane's Tool Hire.

Phil passed away suddenly in Newcastle in the United Kingdom while there to attend the Newcastle V Liverpool game. The family's world has been turned

upside down and close family friend lan O'Connell has launched a gofundme to help the family in their time of need.

"I am fundraising to help the family of Philip (Phil) O'Sullivan. Phil worked with my father and through the years Phil and myself built a close friendship and he was one of the kindest, soundest and genuine people you could meet. His love for Liverpool and my love for Manchester United was a topic of our messages we sent to one another on a daily basis. He would be the first on to remind me if United lost a match and visa versa if Liverpool lost a match and it's when something like this happens it puts sport into perspective", lan said.

On the GoFundMe, lan posted: We the friends of the late Philip O'Sullivan (Phil) are writing with the permission of Philips family, Karen, Craig, Alice and Edison. The unexpected passing of Phil on December 4th which happened in England has left the community of Killarney and the village of Firies in mourning. A dedicated family man, Phil leaves behind his heartbroken partner Karen and their three young children, Craig, Alice and Edison, facing an unimaginable loss Phil was a remarkable character whose vibrant personality left lasting impression on everyone he encountered. His infectious good humour and willingness to engage in conversation made him a cherished employee at Leane's Tool Hire, where he served as the go to guy for customers. A passionate soccer enthusiast and loyal Liverpool fan, and a big part of Firies GAA club, he dedicated many years to Killarney Celtic, coaching at various levels with unwavering kindness and compassion. Philips smile, wit and genuine care for others will forever



at assisting Phil's family and all funds raised will go directly to Philips family and will go towards bringing Phil back to Ireland. in covering funeral expenses and reducing any financial burdens they will face. It hopefully will assist Karen at this difficult time so she can concentrate on supporting two children in school and college. Any donation that you can give would be most appreciated. You can donate on the following link: https://gofund.me/31f16c51

Following repatriation from United Kingdom this week the removal for Philip O'Sullivan will take place, 13th December at O'Shea's Funeral Home, Killarney from 3.30pm to 6.30pm. Following Requiem Mass in St. Mary's Cathedral at 10.30am, Phil will be laid to rest in Aghadoe



Phil and Karen's family, Craig, Alice and Edison.

Lawn Cemetery.

He will be deeply missed by his family, his beloved partner Karen, children Craig, Alice, Edison and his late baby daughter Charlie, his parents Frank and Betty, his sister Jennifer brother-in-law Alan, close family, neighbours and wide circle of friends.

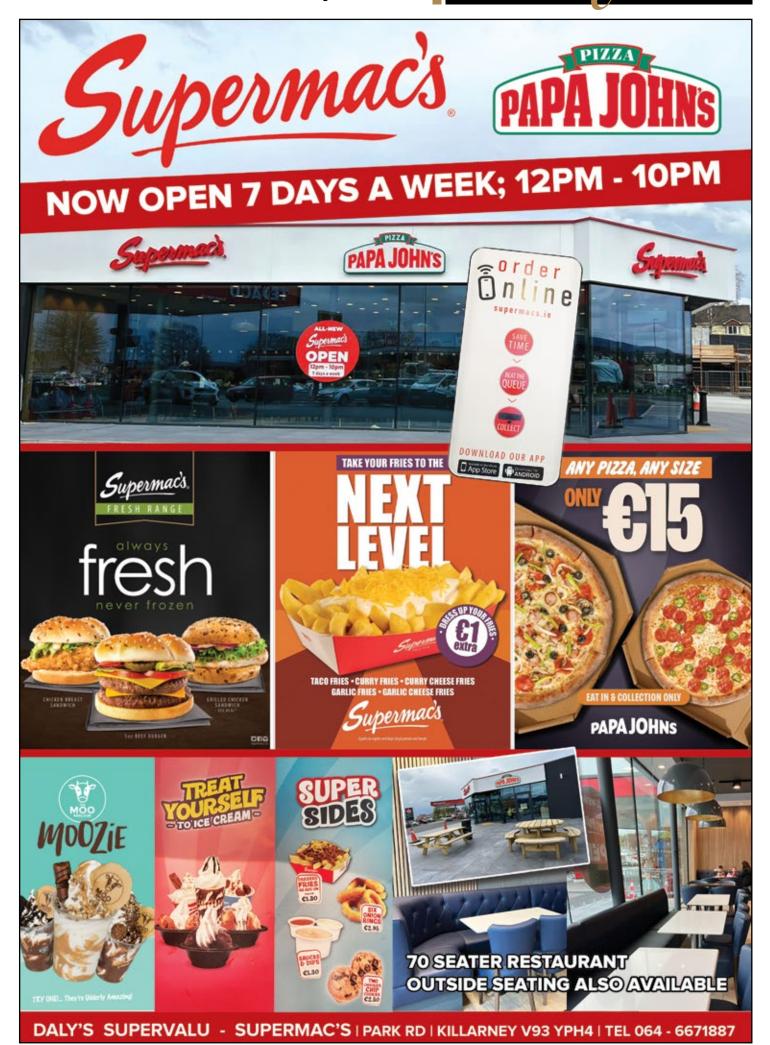
Ar Dheis Dé go raibh a anam.

SCHOOL CHILDREN DONATE HAMPERS

On Wednesday 4th December Mr. Paddy O'Sullivan, former teacher in Kilcummin NS and a representative from St. Vincent de Paul came to school and collected our Christmas hampers. It was a great success and we are immensely proud of our students and staff members for organising this great gesture of kindness at Christmas time. Thanks to the boys and girls in 5th & 6th Class for creating the colourful posters promoting the Christmas Food Appeal. Thanks also to the pupils, parents and staff of Kilcummin NS and the Preschool for spreading kindness and generosity his Advent season. A special word of thanks to Mrs. Condon and Mrs. Dineen for organising this initiative again this year.



COUNTDOWN TO PHRISTMAS.



13.12.24 | **5**

This month marks the end of a long, fulfilled career for Vera O'Leary with Kerry Rape & Sexual Abuse Centre (KRSAC) as she retires and start the next phase of her life.

IN THIS WEEK'S KILLARNEY OUTLOOK VERA SHARES HER JOURNEY WITH US.

"My journey in the sexual violence movement began over 32 years ago. It has been an honour and a privilege to have worked with so many amazing people. The survivors who trusted me to travel on their journey of healing with them, they have truly been my teachers.

In 1992 I remember sitting in a counselling room and listening to a young woman recounting her traumatic experience of being raped, her shame and guilt was palpable and I honestly back then felt powerless as we lived in a society that blamed her, silenced her and her options for disclosing and reporting were limited.

Three decades on we have improved the reporting process and the services, but we still have a way to go. The sector has gone from being barely acknowledged to now being viewed as a professional service. There is a dedicated agency (Cuan) to oversee and support sexual violence services under the auspices of the Dept. of Justice. There is improvement in the Criminal Justice process, more survivors are reporting and going public. Society is slowly pulling out of victimblaming mode. Attitudinal change doesn't happen quickly and needs to be ongoing and underpinned with awareness raising, we have much left to do.

Looking back on my 32 years working in the Centre, I am filled with gratitude and pride. Little did I know that this job would become my passion and my life's work. At this significant milestone in my personal and professional life, I find it remarkable that I have had a wonderful opportunity to work in a sector which is so important. It was an extraordinary turn that my life took when, in my 30's I exited from a career in nursing and joined the Centre in its first few months of providing services for survivors of sexual violence. I have seen the best and worst of humanity, but through it all, I have remained committed to the service and the clients. There have been many challenges along the way, but each one has made me stronger and more resilient.

After a lifetime of dedicated service...

VERA RETIRES FROM THE KERRY RAPE & SEXUAL ABUSE CENTRE



And, of course, no Manager of a registered charity is able to be successful without the support of the board of Directors and the Chairperson. As Manager, you have to have to be able engage with, be challenged by, and to be supported by all the Directors. I have consistently had all of that in the various boards over the years. They have inspired me, helped me learn so many things, picked me up when I was faltering and worked consistently with me in a positive spirit of respectful partnership.

I have been so fortunate to have worked with so many wonderful, committed individuals, who go way and beyond for the clients. It is all of them who actually made my job easier and made KRSAC a safe haven for all the survivors. I will miss working with these wonderful, skilled and hard- working colleagues. Success of the centre depends on teamwork and I have worked with some of the best. The contacts and friends that I made have enriched my life and will leave a lasting impact on me. Thank you to you all. It's been a bit emotional over the last months since I made the decision to retire, and to assist the Board in recruiting my replacement. I want to wish my successor Kristy McFetridge the best of luck, I believe that the Board have chosen well, she brings a wealth of experience and a passion for promoting sexual violence services. Her vision and leadership will guide the Centre as it continues to grow.To the new Chief Executive, I offer this advice, never lose sight of why you wanted to work in this sector. It is a career that requires compassion, dedication, integrity and hard work, it is also one of the most rewarding careers you can have.

I am confident that I leave in place a dedicated, professional, and capable team to support survivors into the future and that the Centre will continue to grow and prosper.

As I move on to the next chapter of my life, I am filled with gratitude for the experiences and memories that have shaped me into the person I am today. Thank you to everyone who has been a part of this journey.

HOSPICE FOUNDATION PASS Vote of sympathy

At a recent meeting of Killarney branch of Kerry Hospice Foundation a vote of sympathy was passed to the family of Andy O'Sullivan who passed away recently. Anddy was a very special friend to the foundation down the years. He participated in our Models in Recovery Fashion Show on a number of occasions and when it was not possible to take part he sold many tickets. He was generous with his time and support in so many ways for which we will be forever grateful. This support continued right up to time of his passing. Thanks Andy may you rest in peace.



Sing For Charity Choir Raise €1,596.45

The Sing for Charity Choir sang their hearts out at the Killarney Outlet Centre last Saturday, raising an amazing \in 1596.45 on the day for the Irish Cancer Society and we are delighted with the response. "It was lovely to

entertain shoppers, see people singing as they stopped to listen and see little children dancing. We wish to express our thanks to all our singers, collectors, musicians and all who supported us so generously on the day. We also want to extend our thanks to the management and staff of the Killarney Outlet Centre. ", a spokesperson for the choir told Killarney Outlook.





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Innovative Partnership Tackles Rhododendron Infestation in Killarney National Park

he National Parks and Wildlife Service (NPWS) and the Killarney Mountain Meitheal Volunteers have joined forces to release a compelling new video showcasing their unique partnership in combating rhododendron infestation in Killarney National Park. This video highlights their innovative, handson approach to preserving the park's natural ecosystem.

Rhododendron ponticum, an invasive species, poses a significant threat to the biodiversity of Killarney National Park. It chokes native flora, disrupts wildlife habitats, and undermines the park's ecological balance. Through



Adrian McCarthy of AMCC Media Ltd, produced an in-depth look at their approach, focusing on the step-bystep methods employed to manage rhododendron infestation. provides an in-depth look at their approach, focusing on the step-by-step methods employed to manage rhododendron infestation. Photo: Valerie O'Sullivan this collaboration, NPWS and the Meitheal Volunteers have implemented effective methods to tackle this growing issue, blending the professional expertise and passion of retired Park Ranger Peter O'Toole with communitydriven action.

The video, produced by Adrian McCarthy of AMCC Media Ltd, provides an in-depth look at their approach, focusing on the step-by-step methods employed to manage rhododendron infestation. Viewers will gain insights into the careful planning, hands-on techniques, and dedication required to make a lasting impact. The partnership exemplifies how professional conservation efforts and volunteer engagement can combine to address complex environmental challenges.

Quote from Divisional Manager NPWS Éamonn Meskell "This partnership is a shining example of what can be achieved when local communities and conservation professionals come together with a shared goal. The video is not only a resource but an invitation for others to join us in protecting Killarney National Park."

Quote from Killarney Mountain Meitheal Volunteers Representative:

"Our volunteers are passionate about preserving the park's natural beauty for future generations.



Paddy McGuire, left and Gabriel Breen, Killarney Mountain Meitheal, carrying out work in Abbey Wood, Killarney National Park, to tackle the scourge of invasive rhododendron. The dedicated volunteers work tirelessly clearing the rhododendron at Abbey Wood. The invasive species continues to pose a serious threat to native flora and fauna in the Killarney National Park. Photo: Valerie O'Sullivan



Dedicated volunteer and driving force of Killarney Mountain Meitheal, Peter O'Toole, Carrying out work in Abbey Wood, Killarney National Park, to tackle the scourge of invasive rhododendron. Park. Photo: Valerie O'Sullivan

Through this collaboration, we've learned from the NPWS team and made a real difference. We hope this video inspires more people to lend a hand."

The video release underscores the importance of community involvement in environmental conservation. Call to Action:

Watch the video Rhodo Control

- Killarney National Park and learn how you can get involved in safeguarding one of Ireland's most treasured natural landscapes. Together, we can ensure the beauty and biodiversity of Killarney National Park endures for generations to come. Link to the video:

https://www.youtube.com/ watch?v=QmDicepsDvl



Divisional Manager NPWS, Eamonn Meskell shows his appreciation for the powerful movement of men's shed members with the Killarney Mountain Meitheal, carrying out work in Abbey Wood, Killarney National Park to tackle the scourge of invasive rhododendron. The dedicated volunteers work tirelessly clearing the rhododendron at Abbey Wood. The invasive species continues to pose a serious threat to native flora and fauna in the Killarney National Park. Photo: Valerie O'Sullivan



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Kerry's BUMBLEance:

One of Ireland's Hidden Heroes on Christmas Day



A cross Ireland, countless charities and nonprofit organisations will work tirelessly over the Christmas season to support communities in need. Among them, BUMBLEance, Ireland's only ambulance service designed for children, will be on the roads over the Christmas season ensuring that young patients experience comfort and care on their journey.

Based in Kerry but serving families nationwide, BUMBLEance provides free, state-of-the-art transportation for children who need access to vital medical treatments. The service, which reached every county in Ireland last year, travelled half a million kilometres to deliver its mission of turning "miles into smiles."

Designed with children in mind, BUMBLEance vehicles feature vibrant, kid-friendly interiors, sensory lighting, entertainment systems, and comfortable seating for parents and siblings. These thoughtful touches transform medical journeys into less stressful experiences, helping children to simply be children during challenging times.

The impact of organisations like BUMBLEance is amplified by We Act, a public awareness campaign that highlights the value of Ireland's charity and community sector. The campaign is calling on the public to support, engage with, and appreciate non-profit organisations not just at Christmas but throughout the year, enabling them to continue their vital work.

The We Act campaign is led by a coalition of charities and community groups, including Boardmatch, the Disability Federation of Ireland, Dóchas, The Wheel, and Volunteer Ireland.

For more information about the work of Bumbleance or to get involved, visit Bumbleance.com.

Naval Vessel Fionnghuala Launched

FM Marine Services is pleased to announce the successful launch of the Fionnghuala, a versatile new naval vessel commissioned by the Irish Naval Service Reserve. Built at FM Marine Services' Valentia Island facility, the Fionnghuala is engineered to enhance Ireland's maritime defense operations with its specialised features and multi-purpose capabilities. The launch of Fionnghuala also marks the launch of the first vessel built in Ireland, for the Irish Navy, since the build and commission of the LE. Eithne in 1984.

Designed with the unique needs of the Irish Naval Service Reserve in mind, the vessel features a range of bespoke enhancements. Among these are an A-frame gantry to support dive operations and survey work, as well as a loading crane for efficient cargo handling. The vessel also includes twin gun mounts for security, a custom mast to house specialist communications equipment, and instrumentation necessary for a variety of roles. These features ensure that the Fionnghuala is a highly adaptable platform, capable of fulfilling Irish Naval Service New Patrol Vessel, The 'Fionnghuala' a versatile new naval vessel commissioned by the Irish Naval Service Reserve. Photo: Valerie O'Sullivan



multiple missions including multi-purpose training, surveillance, and support roles.

The Fionnghuala was built with meticulous attention to detail, ensuring that it meets the highest standards for durability and functionality. It will serve as a vital asset for the Irish Naval Service Reserve, supporting a wide range of activities, including training, search and rescue, maritime security, and more. The vessel was officially launched at FM Marine

Services' Valentia Island facility, with attendees including key representatives from the Irish Naval Service, the Irish Naval Service Reserve, and stakeholders from FM Marine Services.



Lt Commander Martin Tarrant, left and Petty Officer Cillian Iver, Irish Naval Service, on board the New Patrol Vessel, The 'Fionnghuala'



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Anne Lucey looks at the positive news happening in the town of Killarney

A POLITICAL SHOPPING LIST

The election is over and the Healy Raes have a golden chance now to secure substantial commitment for Kerry.

Fianna Fail and Fine Gael want to do business with independents.

The Raes by offering to nail themselves on the Government bed of nails for five years for the sake of the people they love so much could achieve a lot.

Just this week, Leo Varadkar, our ex Taoiseach in an address to the Irish Medical Organisation, lamented how little understanding politicians have of math and percentages.

The Healy Raes understand money. And they understand State money. More than most. So they will be able to come up with proper estimates for their shopping list for Kerry, I have no doubt. And better than political parties too.

So this is my shopping list, with approximate figures

€22 million for renovated and expanded courthouses in Tralee and Killarney. This to include the purchase of nearby buildings in Ashe and Edward Streets in Tralee and extra rooms in Fairhill Killarney. The estimates are Pa Daly's of Sinn Fein who has doggedly pursued this issue, ignored by all other Kerry TDs, including Minister Norma Foley.

€14 million to convert St Finan's to apartments along with emergency accommodation for local families and for children and for use as a third level catering college with accommodation on campus - replacing the Pretty Polly idea.

€200 million for the Farranfore to Killarney bypass with the Muckross link road.

€5 million to buy back and turn into an education centre the Presentation convent in the Gothic quarter in New Street. The convent should never have been sold for private uses/



The Presentation convent in the Gothic quarter in New Street.

profit in the first place.

€30 million to convert the old district / Killarney Community hospital into a minor injuries and diagnostics clinic and minor ailments hospital.

Now is your chance Michael and Danny! Shouting from the opposition benches is highly entertaining but it gets us nowhere in Kerry. New TD Michael Cahill might wish to lend a hand too in the heavy lifting.

NOTRE DAME

France may be in turmoil politically, but this is largely because of the French refusal to sacrifice its citizens for an abstract notion called the economy. Meanwhile, we are riding the great merry-go-round of a boom for a second time in Ireland; our own are scattering and our health system is worse than ever. We have thrown everything out for "the economy" and the global companies run by the big American and Chinese boys of Amazon, Facebook, Google, Tik-Tok etc

We have pursued Mammon and we are reaping the rewards.

.

It was therefore so uplifting to see the opening of Notre Dame on Saturday night. Our own president did not attend - apparently the invite came late and he had something else on. Like turning on the annual Christmas lights in the Aras.

The heart of France is still its soul - despite the separation of Church and State.

I was in France in April 2019 when Notre Dame burned and the shock was seismic.

Je vous salue Marie rang from the banks of the Seine. Macron gave an undertaking to rebuild. His word was his bond and the opening on the Feast of the Immaculate Conception last weekend was like something I have never seen. It put the Olympics in the shade.

Notre Dame was a dark, dusty building smoke blackened from millennia of candles, before any fire.

It has risen Phoenix-like, and light-filled. Because of a carefully preserved heritage of craftsmen from France and all over the world. The craftsmanship handed down since the 12th century and still part of the living heritage puts 21st century skills of IT to shame.

Three thousand wooden dowels alone were fashioned by a carpenter over four months, from oaks that had to match the wood of the structural beams. In a speech in front of about 1,300 craftspeople, President Emmanuel Macron said: "The shock of the reopening will be as great as that of the fire, but it will be a shock of hope."

He was right. And the cost of the five years of relentless work and materials came in at just over Euro 700 million. The relatively modest cost and the time involved might make us pause in Ireland.

When it comes to it, we'll hardly build a bypass in Killarney for it. Will we ever see the light here?

SAVING THE HOLLY

The Brehon Laws had particular provision for the Holly Tree. So it is good to see the reminder from the Killarney National Park not to decimate this ancient tree.

The holly was one of the seven noble trees - along with oak, hazel, yew, ash, scots pine, and wild apple.

Cúchulainn made his carriage and spear shafts from the slow growing cuileann tree with the white wood.During the winter, then as now, birds visiting and native, survived on it.

Not only birds - the badgers, pine marten and wood mice - and the squirrel if he woke up feed on it.

The national park has an interesting line on the spikey leaves - these mainly occur at lower levels.

"If you look closely next time you see a holly tree, you might notice that they also produce many leaves without spikes, these are normally up higher up in the branches of the tree."

The tree was seen as a fertility symbol and a charm against bad luck. The druids and Celts brought evergreens into their homes during the winter, believing that the plant's ability to keep its leaves was magical and assured the return of spring. It was thought to be unlucky to cut down a holly tree, the park tells us.

But it wasn't just "luck" that preserved the trees - many of which are hundreds of years old. The sophisticated Brehon laws had a penalty for cutting down holly. You could be fined two cows and a heifer for cutting a holly down on your own land. If you cut the branch of a neighbour's holly the fine was a yearling heifer.

The national park is warning against collecting holly or other greenery from the park for Christmas decorations. I have news for them: the holly around Mangerton is nearly gone already. So, they might want to go back to the Brehon laws and confiscate a few cows!



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AT GLITTERING IHF BALL PHOTOS: DON MACMONAGLE

foleliers elebrate

Staff at the International Hotel inbcluding, Tracey Coyne, Vicky Coyne, Caitriona White, Rebecca Brosnan, Annemarie Collins, Siobhan Ahern, Ann Mangan, Erika Long, Maureen O'Riordan, Caoimhe Wray and Krzysztof Bogdanowicz pictured at the IHF Ball in the Great Southern Hotel, Killarney.



Tim and Loreto Fenn, CEO, IHF.

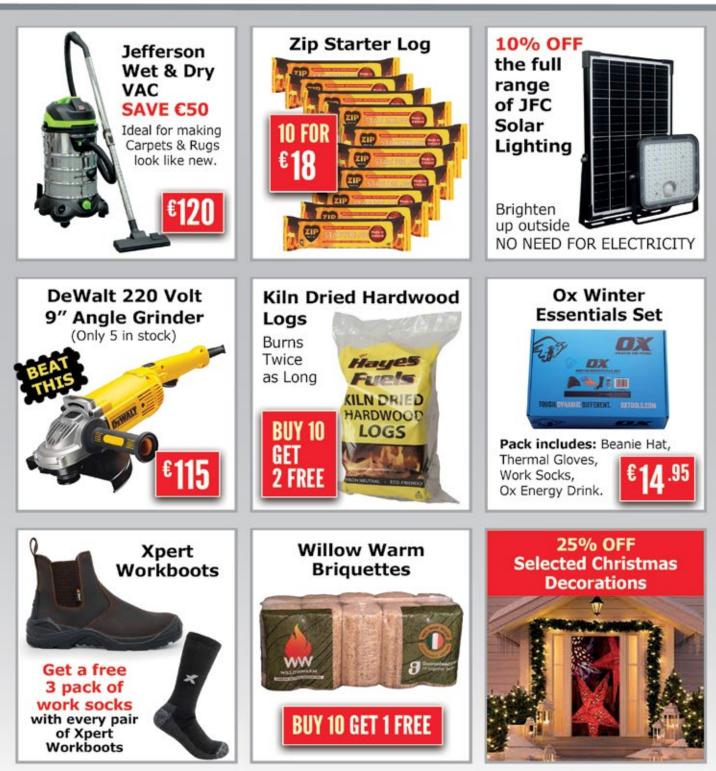
Jamie Power, General Manager, GSH and Bernadette Randles, The Dromhall Hotel, Killarney.



Mary Rose Stafford and Colin Lacey, Tralee.

Michael Magnier, President, IHF, Bernadette Randles, The Dromhall Hotel, Tim and Loreto Fenn, CEO, IHF pictured at the IHF Ball in the Great Southern Hotel, Killarney.

BROWNES



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Autism Assistance Dogs Ireland (AADI) Receives Over €14,000 from Corcorans Furniture

Corcoran's Furniture & Carpets Ltd. hosted a truly memorable Christmas celebration in association with Great Southern Hotel Killarney on Wednesday 4 December 2024. The event was organised as a fundraiser for Corcoran's charity partner of the year, Autism Assistance Dogs Ireland (AADI), with 100% of the proceeds going directly towards the charity.

Guests were treated to an array of festive treats and delicious refreshments courtesy of Great Southern Hotel, and the children were enchanted to meet the main man himself, Santa. Kerry Concert Choir gave a show stopping performance and sang an array of Christmas songs under the direction of the hugely talented Dr. Sharon Lyons, and all those attending enjoyed a special screening of 'Elf' the movie in the hotel's remarkable 225-seater auditorium after the concert.

AADI families and their life changing AADI dogs also attended on the night, which made the evening extra special, and Kerry football legend James O' Donoghue and his partner Christina Tangney also came along in support of the event.

As a highlight of the night, Corcoran's were delighted to present AADI with a cheque for €14,510.70 to AADI's Head of Communications Fundraising, David McCarthy. Upon & presenting the cheque, Shane O' Callaghan, Financial Controller at Corcoran's Furniture & Carpets Ltd. said: 'As part of Corcoran's Furniture & Carpets Ltd. 25th Anniversary celebration this year, we were focused on raising as much money as possible for our charity partner, AADI. We ran a series of events throughout 2024, including a fundraising walk through the Gap of Dunloe, a Christmas jumper day, and this evenings Christmas celebration in association with Great Southern Hotel. It has been a privilege to work with AADI and we are delighted that our fundraising efforts raised the sum of €14,510.70 for this very worthy cause. We would like to express our immense thanks to all those who supported our fundraising drive on behalf of AADI, as well as James O'



Pictured are from L – R: Mikayla Corcoran, Kieran Corcoran Jr, Majella Corcoran (Owner, Corcoran's) Kieran Corcoran (Owner and Managing Director, Corcoran's), Dave McCarthy (Head of Fundraising & Communications AADI), Shane O' Callaghan (Financial Controller, Corcoran's), James O' Donoghue.



Antionette O' Sullivan, Josh O' Sullivan and AADI Super dog Rocky, Mikayla Corcoran, Kieran Corcoran Jr, Majella Corcoran (Owner, Corcoran's), Kieran Corcoran (Owner and Managing Director, Corcoran's), Dave McCarthy (Head of Fundraising & Communications AADI), Shane O' Callaghan (Financial Controller, Corcoran's), James O' Donoghue.

Donoghue who was our brand ambassador across all our 2024 fundraising initiatives. We would also like to thank Jamie Power, General Manager at Great Southern, and the entire team at this incredible hotel for their immense

support of tonight's Christmas celebration.' For more information on AADI and how to support please visit: Autism Assistance Dogs Ireland



Áine Caddigan, Jason Caddigan, Darragh Caddigan and Superhero AADI dog Buzz Caddigan, Santa, Nicola O' Sullivan (PR & Engagements Manager, Corcoran's), Dave McCarthy (Head of Fundraising & Communications AADI).



Kaelyn Brosnan, Tyler Brosnan, Santa, Aliya Brosnan.



Jason Caddigan, Áine Caddigan, Superhero AADI dog Buzz, Darragh Caddigan, Santa.



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Thousands Raised IN MEMORY OF PAT

memorial walk was held at the Gleneagle Hotel for Pat Sheehan on the 28th of October which raised €4910 for the Irish Heart Foundation. Over 250 people turned out on the day along with Pat's wife Geraldine and their daughter Ilona.

Following such an outpouring for support for the Sheehan family, Geraldine and Illona have said....

"We would like to thank all who attended the walk, as well as any donations received. It didn't go unnoticed. We would also like to thank the people who organised the event, anyone who volunteered on the day and the Gleneagle hotel for their generosity. Pat was close to so many and the attendance really reflected that." The walk was organised by Pat's friends Anthony O'Mahony, Gerry Reen, Gerard Murphy, Pat's niece Nóirín and work colleague Eimear.

The walk commenced from the Gleneagle Hotel to Muckross Abbey. Pat worked at the Gleneagle Hotel for 26 years. He had built strong friendships both inside and outside of work, respected by many. His smile and sense of humour would brighten anyone's day. His loss was very much felt on the day.

Pat sadly passed away on the 19th of December 2022 aged 52 at his home. Pat was full of life, active and leading a healthy lifestyle. He was an early riser and would take off cycling or running in the early hours.

Patrick O'Donoghue, Gleneagle Hotel said:

"Thank you to everyone who helped organise Pat's memorial walk and to all who participated and contributed to the Irish Heart Foundation. The incredible turnout was a tribute to Pat, reflecting not just the impact he had on our lives but the deep love and respect the community holds for him. His warmth, humour, and dedication was known to many, and it was clear on this special day just how much he meant to us all."

Anna from the Irish Heart Foundation said the following regarding the funds raised:

"We are so grateful to everyone for the funds they raised in memory of Pat. Your support allows us to continue our work in preventing and reducing death and disability from heart disease and stroke.

The funds you raised will enable us to continue to provide lifesaving and life changing supports to individuals around Ireland living with heart disease and the effects of a stroke. These services include our nurse support line, heart and stroke support groups and the mobile health unit which travels the country providing free blood pressure and health checks to individuals in their communities.

Your support helps us to train students in the lifesaving skill of CPR and continue to advocate for heart and stroke supports. Our flagship CPR 4 Schools programme is currently in 85% of schools in Kerry.

Thank you for making a difference in so many people's lives."



Friends and Family presenting check to Anna O Donoghue of Irish Heart Foundation

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NETWORK IRELAND KERRY'S PRESIDENT'S CHARITY LUNCH – *the season of giving is alive and well*

On Saturday Network Ireland Kerry's President's charity lunch was a roaring success with a full house in the Cahernane Hotel, Killarney as a fundraiser for their charity partner for 2024 which is Recovery Haven Kerry. The special guest on the day was designer Don O'Neill who along with his husband Pascal are incredible patrons of Recovery Haven Kerry. Guests enjoyed a drinks reception kindly sponsored by Muckross Gin and the wonderful music of Lilly Mac Monagle on piano to set a wonderful festive atmosphere. There was a wide array of fantastic spot prizes on the day, as the committee of Network Ireland Kerry wanted to fundraise as much as possible for Recovery Haven Kerry. The event was opened by Eimear Mc Donnell, of Match Marketing, who was MC on the day and Kerry President Linda O'Mahony Logan welcomed all the guests. Marissa Reidy of Recovery Haven Kerry shared with the guests the free services they provide to those journeying cancer and their families and how each year they need to raise approx. €250k.

Network Ireland national were well represented with incoming 2025 President and Vice President, Amy O'Sullivan, and Joan Walsh, joining the event to share the exciting plans for the year ahead for the organisation. Guest speaker Don O'Neill generously donated a beautiful illustration of one of his designs to the spot prizes. Don candidly shared the story of losing his beloved Mother to cancer and how he has seen over the years the positive impact that Recovery Haven Kerry makes to those who have cancer and those who support them. Don reminded everyone in the room to lead with kindness and that their best style asset is their smile. Young musicians Clodagh and Daire Mc Carthy entertained the guests by playing concertino and button accordion to fantastic applause. The afternoon was a roaring success, with guests giving generously to Recovery Haven Kerry and all enjoying the fun and festivities of the event.



Jacinta Bradley (Recovery Haven), Marisa Reidy (Recovery Haven), Don O'Neill (Irish Fashion Designer), Linda O'Mahony Logan (Leadership360 and President of the Kerry branch of Network Ireland) and Pascal Guillermie pictured at the Network Ireland Kerry President's Charity Lunch at the Cahernane House Hotel, Killarney on Saturday in aid of Recovery Haven. Photo: Michelle Breen Crean Photography



GIVE BACK AND DRIVE FORWARD

WIN A 2025 FORD FOCUS WITH SVP'S CAR DRAW

Imagine the joy of Winning, Knowing You've Made a Difference

Help SVP volunteers bring hope to local families this Christmas, by providing basics like food, fuel, and education.

Tickets can be purchased at www.svp.ie/cardraw24 or by phone 021 4270444 or return your ticket stubs in the FREEPOST envelope.

Please return your purchased tickets and your donation by 12 noon on Friday 10th January 2025. Scan Here to enter online



Last year, in Cork and Kerry, Our SVP volunteers helped over **27,314** families living in poverty. We could not do this without your very generous support. We know you care - Thank you Draw will be held on Wednesday, January 15, 2025.



Katie, stephen, Joe and Stephen Buckley attending the Inspired Event on Friday Morning. Photos: Denis Walsh



Inspired Ladies attending the special Inspired Event at the Ballygarry House Hotel



Ladies Attending the Inspired Event at the Ballygarry House Hotel on Friday morning

INSPIRED'S "EMPOWERING INCLUSION" LUNCH

Showcases Pathways to Employment for People with Intellectual Disabilities

Employers from across the county gathered at the Ballygarry Estate Hotel last Friday for the "Empowering Inclusion" Lunch, hosted by Inspired, based in Brandon Court, Tralee. This landmark event funded Kerry ETB and Solas, highlighted the transformative potential of the Supported Employment Model and the innovative work being done by Inspired to create inclusive pathways for people with intellectual disabilities.

The event, attended by a large and diverse array of local businesses, showcased how supported employment is already thriving in several companies across the region. Inspired shared compelling stories of success and outlined their ongoing efforts to develop tailored support systems that encourage individuals with intellectual disabilities to contribute meaningfully to the workforce. The organisation also presented its pioneering work in empowering participants to explore self-employment opportunities, particularly biodiversity-driven through enterprises such as eco-crafts and organic food production.

Liz Maher, CEO of Inspired, urged

employers to "think outside the box" and explore creative ways to support people with intellectual disabilities in joining their teams. Liz emphasised the dual benefits of inclusive hiring practices, not only fostering social equity but also unlocking untapped potential within the workforce.

The Supported Employment Programme, which is co-funded by the Government of Ireland through the Department of Social Protection and the European Union, was highlighted as a cornerstone of Inspired's initiatives.

Innovative efforts to encourage self-employment among its participants were also showcased on the day. From eco-friendly crafts to organic food production, the organisation is equipping individuals with skills and confidence to start their own businesses. Employers learned how these initiatives not only contribute to environmental sustainability but also empower participants to become entrepreneurs, contributing to both the local economy and biodiversity conservation. For more information on Inspired and its programmes, visit: inspired.ie.

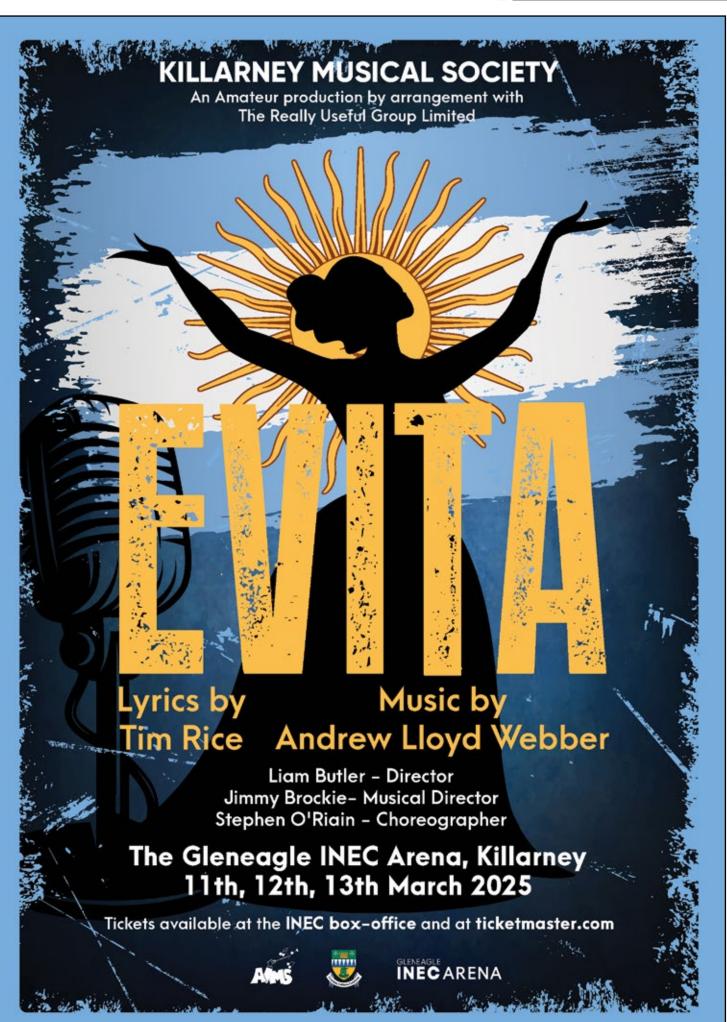
Ar Ais Arís.... POP UP GAELTACHT RETURNS TO COURTNEYS

On Friday the 13th of December, Courtney's Bar on Plunkett Street will host the Christmas Pop-Up Gaeltacht for 2024. This festive gathering will cap off a year of fostering Irish language and culture in Killarney. Over the last two years, the Pop-Up Gaeltacht has seen attendees of all ages and abilities come together to speak Irish and enjoy the craic in a relaxed, welcoming environment. Building on this success, we are thrilled to host another festive evening filled with more Christmas jumpers, more carols, and fantastic company.

The Pop-Up Gaeltacht has become a cornerstone of Killarney's Irish-speaking community, with plans in the works for even more events in 2025, But for now, the focus is on creating a magical, Christmassy night to celebrate the year's achievements and bring people together one more time before the holidays.

If people have been meaning to come along, this is the perfect chance to try out something new in a festive environment! Join us upstairs in Courtney's on Plunkett Street for an unforgettable evening of ceol, craic, and Gaeilge!





The Magic of Comes Early for Jack and Jill Family from Scartaglen

The much-loved Santa's Magical Cabin has returned to Merchant's Quay Shopping Centre Cork, bringing festive fun, magic and merriment for families from across Munster. One family who was delighted to visit were the O'Mahoney's from Scartaglen whose son Liam (18 months) is one of 16 children across Kerry supported by Jack and Jill.

Jack and Jill is a nationwide charity that funds and provides up to 100 hours per month of in-home nursing care and respite support to families caring for children, up to the age of six, with severe learning disability often associated with complex medical needs.

As mum Maria explained, "It was only when Liam had a seizure aged about 4 months, did we start to know there may be a medical concern. Since then and after many tests and appointments, we have learned that Liam has a number of complex medical issues due to a very rare genetic condition called STXBP1. This means he has significant neurological





Killarney-based poet Rosie Murphy celebrated the launch of her debut poetry collection, let it bend, with a lively and welcoming evening at The Ouay Coop in Cork City on Friday 29th November. The event drew an enthusiastic crowd, eager to hear from a fresh voice in Irish poetry and to support a local writer making waves.

Cabin at Merchants Quay Shopping Centre, Cork

round the clock care."

conditions including epilepsy and requires

Since being referred to Jack and Jill the

O'Mahoney family have been supported with

in-home nursing care for Liam, giving his

nurse and lights up as soon as he sees her. It is

just brilliant to get a few hours back to yourself

Rosie, who also owns The Yoga Nook studio in Carrigadrohid, performed selected pieces from the book, showcasing her knack for capturing raw emotions and the quiet power of everyday moments. let it bend explores themes of love, resilience, and vulnerability, offering readers a relatable and deeply heartfelt collection.

let it bend is now available for purchase at www. theyoganook.ie and promises to be a meaningful addition to any bookshelf. For those who missed the launch, it's the perfect time to support a local author and discover a collection that speaks to the heart.

Rosie Murphy's poetry brings a fresh voice to the Irish literary scene, and let it bend is just the beginning of an exciting creative journey.

Order let it bend at theyoganook.ie or pick up a copy at Anam Cara Healthstore, New Street, Killarney

NEW BRANDING FOR KERRY YOU

Kerry Diocesan Youth Service this week changed its name to KERRY COMMUNITY YOUTH SERVICES (KCYS) to reflect the national campaign 'Youth Work for All' which seeks recognition of all young people's right to local and accessible youth work services and spaces. Following extensive consultation with young people, volunteers, stakeholders and the local community, it was decided that the organisation previously known as KDYS would become Kerry Community Youth Service. This is the first revision of the charity's Constitution since the organisation was founded. The process was informed by Charity Regulator guidance in relation to good governance and was an opportunity to specifically name youth participation and climate justice as priority commitments.



especially when you know he is being so well

Sean O'Mahoney, Chloe O'Mahoney, Liam O'Mahoney and Maria O'Mahoney at their recent visit to Santa's Magical

parents a welcome break from his care regime continues to regularly take on new referrals, in order to rest or just take a few hours to do meaning the demand on its service has never something for themselves. "The care from Jack been greater. and Jill has been amazing, Liam adores his

time with Liam's sister Chloe (6)."

Those wishing to find out more and book their visit to Santa's Magical Cabin this year should visit www.santaexperience.ie for more information.

looked after. These hours are particularly

important for us as it gives us the time to spend

So far in 2024, Jack and Jill has supported 521

families in communities across Ireland and

COUNTDOWN TO PHRISTMAS



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WWWKILLARNEYTOWERS.COM

Gift vouchers are redeemable throughout the O'Donoghue Ring Collection

Curve CAppeal....

Terry's Stunning Image Captures Camera Club Competition

The Theme for Killarney Camera Club second competition of the season was 'Curves'.

The theme is about finding the lines and curves leading into or out of an image. The photograph can be of anything, such as flowers, buildings, people, natural or land made objects.

Congratulations to Terry McSweeney who came first in the unrestricted catagory with his wonderful photograph of Mont Saint Michel in Northern France. 'The Mont'

Terry said 'I was delighted to find

this very curvy stream heading to Mont Saint Michel in Northern France! Luckily for me the tide was out to reveal this stream as it is often completely flooded. It was taken shortly after sunrise after a short walk along boggy field in my wellies to find this vantage point'.

The results for the unrestricted catagory:

First: Terry McSweeney 'The Mont' Second: Liz Browne 'Lemon Curve' Third: Ade Desbrow 'Orange Wave'





Millions at risk of starvation in Sudan

Trócaire has issued a stark warning over the humanitarian crisis in war-torn Sudan as over 25 million people - half of the population - are currently facing the real risk of starvation. The warning came as the agency urged people in Co. Kerry to support its Christmas Appeal for 'Children in Conflict'.

David O'Hare who works for Trócaire has recently returned from Sudan, and speaking at the agency's Christmas Appeal launch today, said, "I have worked in the humanitarian sector for nearly twenty years and yet I am still finding it difficult to comprehend the scale of this catastrophe. This has been recognised as the greatest humanitarian crisis in the world today. Millions of people are on the move with nothing - no food, no water and no possessions. Millions of women and children are at particular risk in this situation from malnutrition and from violence.

"It's not just Sudan where children are suffering the effects of conflict. From Gaza to Ukraine, from Ethiopia to South Sudan, children are living in conflict zones. In many cases they have no food, no safe water to drink, no shelter. We are asking people in Co. Kerry, if they can, to donate to our Christmas Appeal which will provide support for children in these terrible conditions as well as supporting critical work across Trócaire's global programmes.

Donations can be made at www.trocaire.org or by calling 1800 408 408."

Lucky Kerry winner scoops €50,000 with Prize Bonds

A prizebond holder in Kerry is celebrating following their win in the Prize Bond.

The weekly prize of €50,000 goes to Prize Bond number AHO 603087 and was purchased in 2017.

There were over 8,885 prizes awarded in this week's Prize Bond Draw, amounting to more than €743,300.

In addition to a \in 500,000 prize awarded on the last weekly draw of every calendar month, there are weekly draws



where the top prize is €50,000. Other cash prizes awarded each week include 20 of €1,000 and 20 of €500.

Prize Bonds are an Ireland State Savings product which, instead of paying interest, offers bond holders the chance

to win cash prizes every week. All winnings are tax-free, and Prize Bonds can be cashed in at any time after the minimum holding period of three months. TO ADVERTISE CALL EMMA 087 6593427 | E: sales@outlookmags.com

COUNTDOWN TO PHRISTMAS...



BNI Kerry Celebrates 25 Years of Local Business Success

The BNI Kerry Chapter (formerly Killarney Chapter) marked its 25th anniversary in style last Friday night with a celebration attended by around 40 guests, including current and former members of the Chapter. The event celebrated not just a quarter-century of business networking but also the vital contributions the group has made to the local economy and the personal and professional lives of its members. Since its founding in 1999, BNI Kerry has been a driving force for businesses in the region. With over 1200 visitors hosted, and almost 10,000 one-to-one meetings conducted with over 17,000 referrals exchanged, the Chapter has facilitated an impressive €15,706,289.12 in business passed between its members.

Speaking at the event, long-standing member and current Chapter President Anne Hannan said, "These numbers represent more than just transactions. They signify the wages paid, mortgages covered, and opportunities created in our local economy. It's about real people and real impact."

The event also highlighted the chapter's broader contributions beyond financial success. "What you won't find in the stats," Anne noted, "are the lifelong friendships, business partnerships, and invaluable knowledge gained from being part of a diverse and supportive network."

Honouring the Past

The celebration paid tribute to the chapter's founding members, including Donie Moynihan, who was recognised for his unwavering commitment and drive in establishing the group. Anne shared her personal memories of joining BNI 23 years ago and how mentors like Donie and Mort Murphy shaped her approach

<complex-block>

to business. "BNI Kerry gave me the guidance I needed at a crucial time in my business journey," Anne reflected. "The lessons I've learned and the connections I've made here are priceless."

A Vibrant Present and Bright Future

Today, BNI Kerry remains a vibrant and thriving Chapter, welcoming entrepreneurs and professionals from a wide range of industries. With a strong and committed membership, the group continues to exemplify BNI's philosophy of Givers Gain. Guests on the night were also introduced to the Chapter's charity member, the Killorglin Community & Family Resource Centre, which provides vital support services to their local community.

Anne extended an invitation to any professionals considering joining a dynamic

network of local businesses: "If your business category is open, we'd love to have you join us as a visitor. This is a fantastic group of people dedicated to helping each other grow and succeed."

Celebrating a Milestone

The evening closed with heartfelt thanks to all who have contributed to the Chapter's success over the years. Anne expressed gratitude to the current members for their dedication, and to the former members who laid the groundwork for the Chapter's achievements. "This milestone isn't just about looking back—it's about building on our legacy for the future," Anne said.

The Ideal Christmas Gift

Tickets are now on sale for Killarney Musical Society's production of Evita in the Gleneagle INEC Arena on the 11th, 12th, and 13th March 2025.

A reserved seating system will be in operation so book your seats now to avoid disappointment via the INEC box-office and at www. ticketmaster.com



Kerry Stars Are Bringing Home the Medals

Kerry Stars Special Olympics Sports Club swimming groups in Killarney and Tralee took part in Special Olympics Munster swimming competition on Saturday in Tralee Swimming complex and came away with a great haul of medals.

In total :- 14 gold; 8 silver; 9 bronze and 3 ribbons "We are so proud of each and every athlete that took part. And grateful to our swim coaches in Tralee Mike and Liz O'Connell and new Killarney swim coach Mags Harty and the dedicated volunteers.

We are truly blessed to have an amazing team of volunteers and coaches in every one of our sports.

At present we are in need of a Head coach for athletics if anyone is interested and free on Monday evenings, please contact us.,(we are always on the lookout for new volunteers for all our activities so if you can spare one a hour a week or one hour a month we would love to hear from you)

We would like to wish all our members, athletes, volunteers, coaches and families a very Merry Christmas and a Happy New Year, as well as thinking of loved ones that are no longer with us", a spokesperson for the Kerry Stars Special Olympic Sports Club Committee.



Swimming Stars who brought home the medals at the Munster Swimming Competition

Delight in the joy of gifting exceptional moments this festive season

Vouchers for The Killarney Park can be purchased online or at our festive gift shop located at 5 Plunkett Street, Killarney, Co. Kerry, V93 D668.



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EXPERIENCE LUXURY REIMAGINED | APRIL 2025

"Cancer has touched my life an awful lot over the years"

Presenter Elaine Crowley remembers her nephew, mother and father and over 9,500 others lost to cancer in 2024

Elaine lost her dad Sean to liposarcoma, a rare and incurable cancer when she was just 23. Her beloved mother, Mary V, died in 2021 from lung cancer and her nephew Ultan, 11, died from a rare form of cancer in 2023. This Christmas, she is calling on the public to show their support for the Irish Cancer Society's range of services, including their Night Nursing service.

Elaine Crowley, TV presenter & producer said, "Each is an incredibly difficult time of the year for anybody to be thinking about loved ones you have lost, and for me it will be no different. Cancer has touched my life an awful lot over the years. I sadly lost my dad Sean

and mum, Mary V, to cancer, and more recently my nephew Ultan, who was only eleven years old.

Cahersiveen local, Lucy O'Shea, whose family was supported by Night Nurse, Agnes when her dad, Tim died last year says the supports the Society provide were a lifeline to her family, when they needed it most. "In April 2023, our lovely dad Tim O'Shea, passed away quietly at home just before midnight, from cancer. I feel there aren't any words to describe the precious gift the Night Nurses gave our family. Until you need their support - until you feel their warmth and witness their amazing



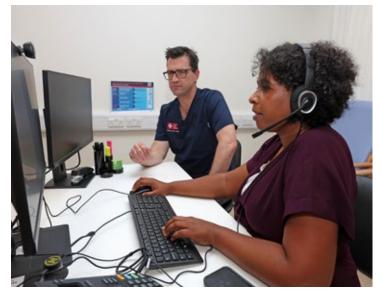
year in Ireland, around 9,500 lives are lost to cancer. It Presenter, Elaine Crowley, joined Averil Power, CEO of the Irish Cancer Society, Kerry local Lucy O'Shea whose family availed of the Night Nursing service and Agnes Horan, Irish Cancer Society Night Nurse who cared for her dad, to launch the Irish Cancer Society Christmas appeal remembering the over 9,500 lives lost to cancer each year in Ireland. Visit cancer.ie/christmas to show your support. Photo:Andres Poveda

expertise - you don't really understand just how incredible they are. We just knew that Dad was going to be totally, and tenderly, taken care of. Today, as Christmas approaches, I'm reminded that Dad adored this time of year. This Christmas season, we will be remembering him and the time we shared together. I urge anyone who can, please donate to the Irish Cancer Society, so that every family can avail of the same vital support we had."

The public can support vital services for cancer patients this Christmas, including the Irish Cancer Society Night Nursing service, at cancer.ie/ christmas.

NEW HSE SOUTH WEST INITIATIVE **REDUCES EMERGENCY DEPARTMENT ATTENDANCE**

A NEW HSE SOUTH WEST URGENT VIRTUAL CARE (UVC) SERVICE HAS PREVENTED HUNDREDS OF ATTENDANCES AT EMERGENCY DEPARTMENTS ACROSS CORK AND KERRY IN THE LAST MONTH.



The Urgent Virtual Care (UVC) is a new service which allows GPs and Paramedics to consult directly by phone or by video call with a senior medical decision maker in Emergency Medicine or Geriatric Medicine. Photography by Jim Coughlan i

The Urgent Virtual Care (UVC) is a new service which allows GPs and Paramedics to consult directly by phone or by video call with a senior medical decision maker in Emergency Medicine or Geriatric Medicine.

The service, operating out of Cork University Hospital, started on November 4. Since then, it has dealt with over 410 referrals and some 69% of those patients have been helped to avoid an Emergency Department by being directed to another pathway. This means that more than 280 people have avoided ED in the last month, thanks to the service.

The service is run by a dedicated team of senior clinicians and support staff who provide virtual consultations and assessment from the centralised hub. While the hub is located at Cork University Hospital, it accepts referrals from GPs and paramedics across the HSE South West region. Only GPs and paramedics can refer patients to the Urgent Virtual Care service; patients cannot refer themselves.

Using a telehealth model, an expert team of clinical staff specialising in Emergency and Geriatric medicine assess the healthcare needs of eligible patients who, in some cases, are assessed from the comfort of their home. Through phone and video consultations, the team - in consultation with the patient's GP or paramedics - can facilitate pathways for ongoing care, in many cases bypassing the ED.

The UVC service runs Monday to Friday from 10am until 6pm. Referrals to the UVC can be made by GPs and paramedics only via Healthlink, Email, or by phone.

COUNTDOWN TO PHRISTMAS



CHRISTMAS AT KILLARNEY GOLF CLUB

Our Famous Mince Pies Are Here Again! Enjoy them in-house or pre-order for Christmas.

Join us for a full bar menu available daily from 9 AM, featuring comforting Seafood Pie, hearty Beef Bourguignon along with other favourites

Don't miss our Daily Specials, including a roast every Sunday

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MAIN COURSE Roast Fillet of Fresh Wild Local Cod

Roast Filler of Fresh Wild Local Coa Horseradish Mashed Potato, Chimichum Salsa Oven Roast Turkey and Baked Gammon Seasonal Stuffing and Red Wine Jus Stunning Confit of Irish Duck With a Cointreau and Orange Jus Prime Irish Beef Meatballs Bocon and Cabbage mashed Potato, sweet and spicy Red Wine Sauce 10oz Prime Irish Sirloin Steak (€14 supplement) Bacon and Leek Mash, Peppercorn Sauce Roast Breast of Irish Chicken Supreme of Irish Free Range Chicken with a Red Wine Jus Tender Irish Venison Stroganoff With a Brandy and Cream Sauce and Mashed Potato Wild Mushroom Risotto (V) Wild Forest Mushroom Risotto, Wild Rocket and Truffle Oil All Main Courses are served with Fresh Garden Vegetables and Baby Boiled Potatoes

SWEET Traditional Christmas Plum Pudding with Custard Warm Mince Pies with Ice cream and Cream

h d Garden oes Custard Cream

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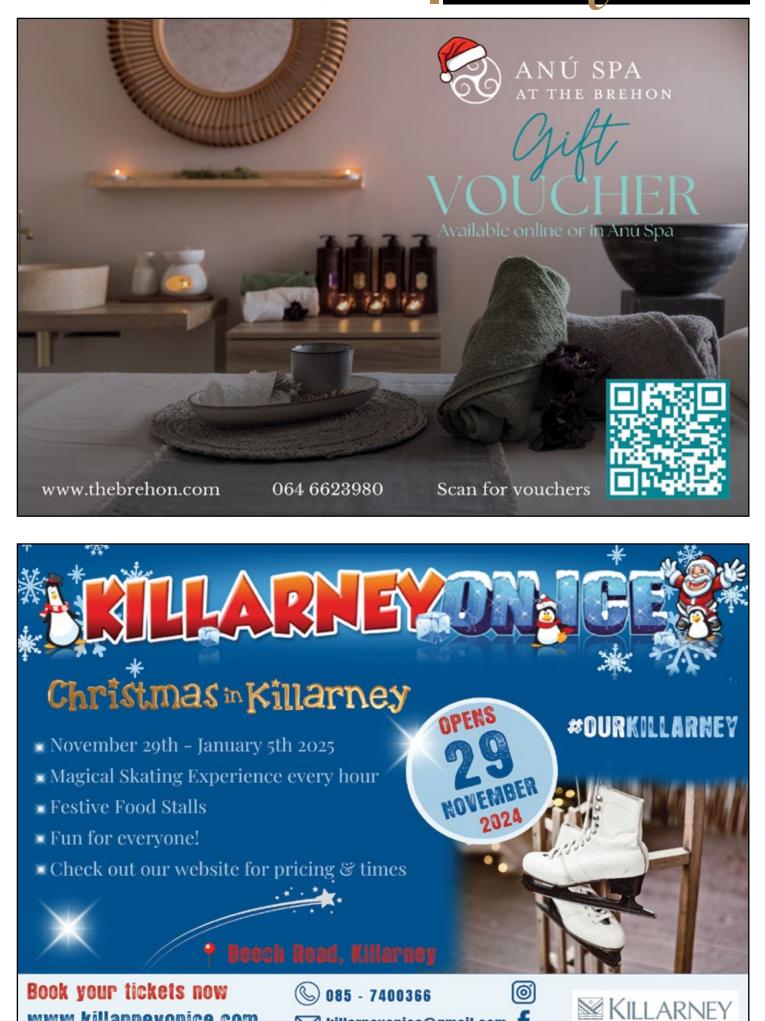
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With Soprano - Megan O'Neill Tenor - Conor Prendiville Pianist - Doireann O'Carroll



Friday 20th of December St. Michael's church Killorglin 7pm

Saturday 21st of December at the Kerry School of Music Tralee 7pm

> Tickets €20 available on eventbrite or at the door

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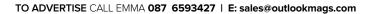


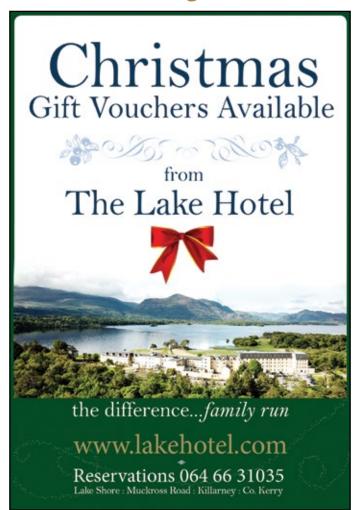


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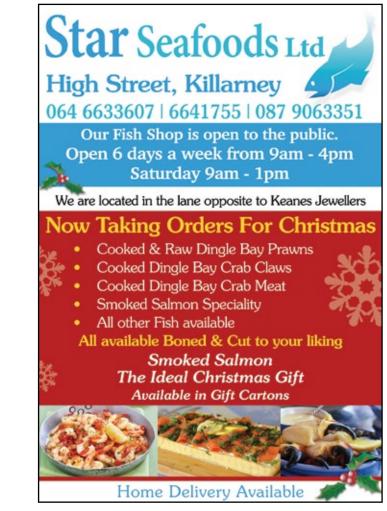
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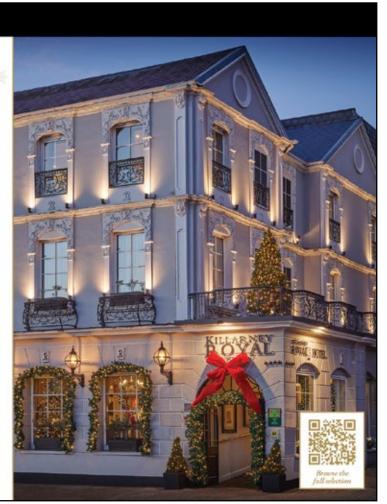


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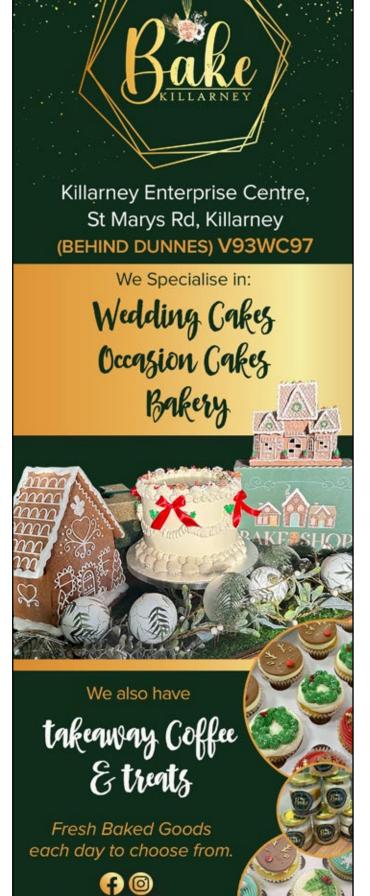


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NEWS

MTU Kerry Campus Hosts Sports Scholarships Awards Evening

On Thursday December 5th, 41 students from the MTU Kerry Campus were honoured for their sporting achievements at a special Sports Scholarships awards evening. This event has always been one of the highlights on the MTU sports calendar, and once again this year's ceremony saw another large crowd of invited guests, staff, students and family members join the award recipients in the pre-Christmas celebrations.

MTU Kerry Campus Sports Scholarships are awarded to students who

Officer, Jennifer Healy for further details. Local Scholarship Recipients include Jamie O Sullivan - Basketball - Kerry - Scotts Lakers Killarney BC with Kerry GAA Bursaries going to : David O'Leary Gneeveguilla GAA Club Paudie O Leary Gneeveguilla GAA Club

demonstrate a high standard of sports performance and achievement. The students receiving awards represented a broad spectrum of sporting disciplines. Guest speaker on the night was former Kerry Senior Football star, David Moran. He captivated the assembled crowd as he spoke about the many setbacks, the injuries, the perseverance, the sporting highs, the support of his wonderful family and much more. He encouraged the students to continue to strive for excellence in their sport and in their education and to always appreciate and lean on their support network of family and friends during the highs and the lows.

MTU Kerry Campus Sports The Scholarships are currently open for



Receiving their MTU Scholarship Awards in the Kerry Sports Academy on Thursday. Seated I to r; Peter Twiss (Kerry GAA), David Moran, Paudie Dineen (Kerry GAA) and Jennifer Healy (MTU) Standing I to r: Conor O'Sullivan, Jake Foley, Liam Burke, Jack Condon, Cory Murphy, Shona Fitzpatrick, Leah Brien, Paudi applications, please contact Sports O'Leary and David O'Leary. Photo By : Domnick Walsh © Eye Focus LTD

Experience the Magic of Christmas at The Ashe Hotel, Tralee



Step under the festive arch of The Ashe Hotel and immerse yourself in a world of enchantment and celebration this festive season. Follow the twinkling lights and let the aromas of Christmas guide you into a realm of seasonal delights and cheer.

Alfie's Lounge is the heart of the festivities where diners relax in elegant surroundings, enjoy great service, and delicious dining by our talented team of chefs. Savour a festive dining journey through sweet and savoury seasonal favourites including Slow Roast Turkey & Honey Glazed Ham and Apple Chestnut Crumble & Créme Anglaise.

After dinner, enjoy the holiday spirit with live music from local musicians Gearoid Meehan, Owen Rua and Tadhg Ó Rínn on Saturday nights throughout December and nightly from the 27th to 31st December in Alfie's Bar.

Wrap up the year with a New Year's Eve Celebration on Tuesday 31st



December. Enjoy a celebratory New Year's Eve menu in Alfie's Lounge followed by live music in Alfie's Bar with a midnight countdown to welcome 2025 in style.

Enhance your evening with our curated Christmas cocktail menu including Christmas Bauble, Merry Mudslide and Raspberry Bakewell, whether you're feeling naughty or nice, there's something to delight evervone.

Celebrate Nollaig na mBan – Women's Christmas on Saturday 4th January or Monday the 6th January. Join us in Alfie's Lounge to mark the tradition of Women's Christmas. Celebrate the remarkable women in your life with a night of delicious dining and live music.

This Christmas give the gift of Time Together with an Ashe Hotel Gift Voucher.

An Ashe Hotel Gift Voucher is more than a present-it's an invitation to unwind, indulge, and create

magical memories. Whether it's a relaxing stay, a culinary treat, or simply time together, it's the perfect gift this Christmas.

Vouchers are available from hotel reception, by phone at 066 7106300, or online at www. theashehotel.ie.



Give the gift of time together with The Ashe Hotel gift card



www.theashehotel.ie 0667106300 | celebrate@theashehotel.ie

CA Magical

Afternoon at Aghadoe's Festive Family Lunch

Last Sunday, Aghadoe Heights was brimming with festive cheer at our much-loved Festive Family Lunch. While the adults sipped on warming mulled wine, the children enjoyed a magical meeting with Santa himself, who made a special appearance to delight all the little ones on his nice list! Guests then indulged in a delicious festive lunch with all the trimmings in the elegant Lake Room Restaurant.

The magic of the day was beautifully captured by Breda Daly of LOVESTORY, creating cherished memories for everyone in attendance.



David Clifford, Oggie, Shauna O Connor



Colm Cooper and his family, his wife Céitílís and boys, Callum and Colm Óg.



The Rosney and Leen families at Santa at the Aghadoe Heights

Supporting MENTAL HEALTH FOR OLDER ADULTS this winter



'Keeping the Winter Blues Away – Looking after Your Mental Health' is a new HSE booklet designed to help older adults maintain good mental health during the colder months.

The resource has been jointly produced by the HSE Kerry Community Work Department and the Office for Suicide Prevention. It will be available through Meals on Wheels services and from older persons' community services in County Kerry.

As people age, they may face challenges that can impact their mental well-being. While this period of life can bring many adventures, joy and positive changes; it may also lead to challenges such as illness, retirement, bereavement and feelings of loss and loneliness. Taking proactive steps to care for mental health during the winter can make a significant difference.

The first section of the booklet covers topics such as tips to maintain good mental health, staying physically active, healthy sleep habits, maintaining a healthy diet, mindfulness and relaxation, and staying connected. The second section provides information and contact details for various national and county-based groups that offer support and assistance.

The booklet is available in the community through Meals on Wheels services and older persons' services in the community. It is available in both English and Irish.

If you would like to receive a copy, please contact John Walsh in the Community Work Department via email john.walsh2@hse.ie.





Jerome O'Regan

Tel/Fax: **066 9761200** | Mob: **087 2833410** Email: jeromeoregan1@gmail.com Web: www.jeromeoregan.ie

Would Like to Thank all His Clients & Friends

FOR THEIR BUSINESS DURING 2024 AND LOOKS FORWARD TO BEING OF Service to you in 2025!

Wishing Everyone A Very Happy Christmas and A Prosperous New Year1



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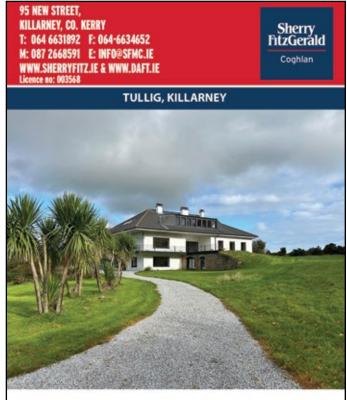
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OUTLOOK PROPERTY



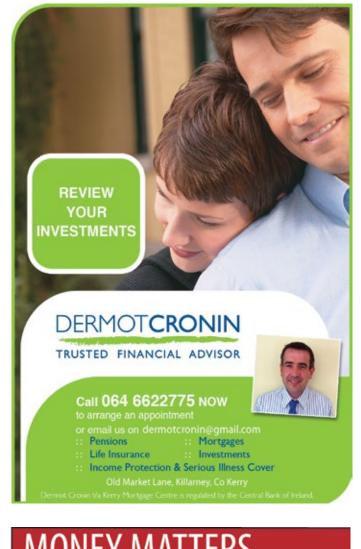
Private, expansive split level detached residence on elevated site of eight acres, located only five minutes from Killarney town and 15 minutes from Kerry Airport

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MONEY MATTERS.

By Dermot Cronin, Financial Advisor



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

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

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

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

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

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

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

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



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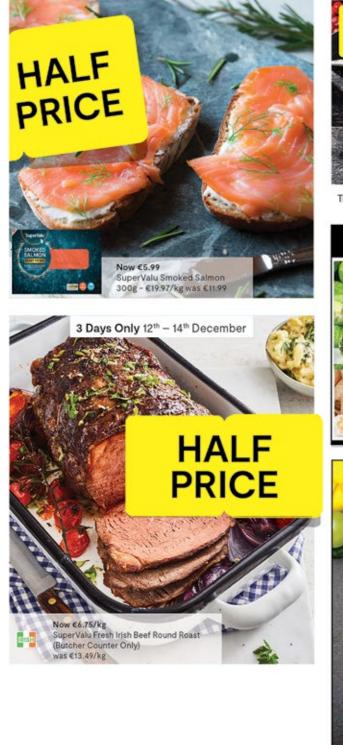
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COUNTDOWN TO PHRISTMAS..















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×× SU

COUNTDOWN TO PHRISTMAS..

Share the Magic * * Dervalu

Real Food, Real People





DEITERS SWIMMERS FINISH 2024 WITH A SPLASH

DIETER'S SWIM ACADEMY WHICH RUNS EXCLUSIVELY AT THE AQUILA CLUB IN THE GLENEAGLE HOTEL RECENTLY WRAPPED UP FOR A WELL-EARNED REST OVER THE CHRISTMAS HOLIDAYS.

To mark the end of the swim year all swimmers received commemorative certificates as well as numerous gifts and treats. Included in the picture are Caoimhe O'Sullivan, John Cronin and Lucy Reen receiving their 'Swimmer of the year' trophies, as well as some of the many swimmers in Dieter's Swim Academy who received 'Swimmer of the Week' awards throughout the swim season for their fantastic effort and progress in their swimming. "Swimming is one of the fastest growing sports in Ireland and our team of instructors Dieter's Swim Academy in endeavour to promote the life skill, health, well-being & fitness benefits that one can get from swimming for both children and teenagers of all ages and abilities. All the swimmers in the swim academy have been amazing all year and we really want to thank them for their continuous hard work, effort and commitment they put into their lessons each week. The children now are looking forward to a wellearned rest before training resumes in the new year at the Aquila Club, Gleneagle Hotel" (Dieter Gogsch, Swim Academy Director)

The children at the swim academy also enjoyed numerous trips and social outings throughout the year as rewards for the fantastic effort they put into their swim classes, such as their recent fun day out to Cork for Ice Skating at Cork Alpine Trail and Bowling in Planet Cork.

Finally, "we would like to say a huge thank you, a merry Christmas and a happy new year to everyone who contributed to the success of the academy this year – from the fantastic team of swim instructors, to the kids and parents and of course the Aquila Club Leisure Centre, Gleneagle Hotel. We look forward to seeing you all back in the pool in January" (Dieter Gogsch, Swim Academy Director)



Recent award winners at Dieter's Swim Academy, included are Swimmer of the Year winners Caoimhe O'Sullivan, John Cronin, Lucy Reen (Junior) as well as Dieter Gogsch (Swim Academy Director) and Sinéad O'Donnell (Swim Academy Instructor)





Some of Dieter's Swim Academy swimmers enjoying a fun day out ice skating at Cork Alpine Trail". Also included in the picture are Dieter Gogsch (Swim Academy Director), Amy Healy and Kate O'Leary (Swim Academy Instructors)



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TAKE PART IN THE GOAL MILE THIS CHRISTMAS

Before you tuck into the Christmas Dinner on the 25th, why not take part in the Goal Mile. Anytime from 10am to 1pm at the Deenagh Lodge in The Demesne you can take part. This year the fundraiser includes a local charity as well as GOAL with the Kerr/yCork Healthcare Bus sharing the monies raised.

The GOAL Mile takes place in a few locations around the county including Killoglin, Castleisland, Kenmare and Caherciveen.

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COUNTDOWN TO PHRISTMAS...



CHECK OUT WWW.INEC.IE FOR FULL 2024 & 2025 LINE UP

BOX OFFICE | 064 6671555 | INEC.IE | TICKETMASTER.IE All ticket prices exclude service charge plus facility fee. Telephone and Internet bookings subject to service charge.

should be emailed to info@kilcumminparish.com or dropped into the

There was no winner on Monday 2nd December of the Jackpot for

€14,750. Numbers drawn were 05,12,20,25. Consolation prizes of €50

went to Amy Arthur (online); Daniel Doona, Beaufort, Maurice Guilfoyle, George Evans. The next draw will be on Monday 16th December for

There was no winner on Friday 6th December 2024 of the Jackpot

€2,600. Numbers drawn were 01,11,23,28. Consolation prizes of €50

went to Kate Kerrisk, Knockancore; Nickola O'Connor online; M.P. Culloty,

Lyreatourig; Nial McNally online. The next draw will be on Friday 13th December for Jackpot of €2,800 and will include Christmas |Hampers.

Rural Development Office by Wednesday 18th December.

KILCUMMIN GAA

Jackpot of €15,000.

MASTERGEEHA FC

LOTTO

LOTTO

KILCUMMIN

COMHALTAS ANNUAL CHRISTMAS HAMPER

Lines for Kilcummin Comhaltas Annual Christmas hamper draw will be on sale in the Post Office, Village Inn, Klub Bar and in the Rural Development Office, €2 per line or 3 for €5. There are three hampers to be won. Draw will take place on the evening of the 19th December in The Village Inn. COMHALTAS CHRISTMAS CHOIR

Practice for Children's Christmas Eve Mass, (5pm Mass) with Martina Ryle O'Sullivan will take place in the Church on Monday 9th and Monday 16th December at 6pm to 6.45pm. All Children from 4 years old are welcome as well as musicians of all ages.

KERRY ETB

Kerry ETB in conjunction with Kilcummin Rural Development are offering a computer course commencing on Monday 27th January 2025. The module is Desktop Publishing QQI Level 3, creating greeting cards, flyers, posters, calendars, menus etc. Numbers are limited. For further information, please contact Mary on 086 0749756, Monday to Friday 10am to 5pm.

KILCUMMIN RURAL DEVELOPMENT

Items for inclusion in our Christmas edition of the weekly newsletter

STUDENTS ENTERTAIN **KILCUMMIN DAY CARE** GROUP

The 5th and 6th Class pupils from Kilcummin NS visited the Kilcummin GAA club on Tuesday, 3rd December, to entertain members of the Kilcummin Day Care group. We were thrilled to be invited to attend yet again this year. The pupils sang Christmas songs, danced and played music accompanied by teacher Mr. Kelliher. Thanks your class teachers Mrs, Condon and Mrs. Dineen for their preparations for the event. The children were rewarded for their kindness and enthusiasm with a goody bag and homework off! Both young and old enjoyed the visit. We are all so proud of the close links that we have with our local community groups and we are thrilled to be able to spread some festive cheer at Christmas.



GLENFLESK

SCOR NA NOG

Our Glenflesk Ballad Group won the Munster Final of Scór na nÓg in Cappamore, Co. Limerick on Saturday night 7th December. Huge congratulations to Clíona Moynihan, Aoise O'Donoghue, Patrick Mullane, Muireann Healy, Abby Cronin and their coach Rosie Healy on this great achievement. We wish them all the very best as they proceed to the All Ireland in Monaghan in January, representing our Club and County. **IRELAND LIGHTS UP / EVERY STEP COUNTS**

The ever popular 'Ireland Lights Up' and Irish Life GAA Healthy Clubs 'Every Step Counts' Challenge returns to GAA clubs in January 2025 and Glenflesk are proud to be participants. The challenge begins on 8th of January and runs until 12th of February. The goal of this challenge is to collectively hit 4,000 Km for our club and be entered in a draw to win a share of the €30,000 prize fund. The more participants on our team, the guicker we'll hit our target. This is a great post Christmas challenge and a great way of getting the Community together while getting fit also. The following are the steps to join. More information to follow nearer the start date. STEP 1: DOWNLOAD: MyLife from the App Store or Google Play Store. SEARCH: MyLife by Irish Life. STEP 2: JOIN THE CHALLENGE Go to Social > Challenges > MyLife's Every Step Counts Challenge + your province > find your club to join.

HEGARTY DANCE ACADEMY

Irish dancing classes, new term starting. Glenflesk Hall every Monday. Beginners 5-6pm. Intermediate to advanced 6-7.30pm. To book your place

please contact Lisa Hegarty 087 6403828 NOTES

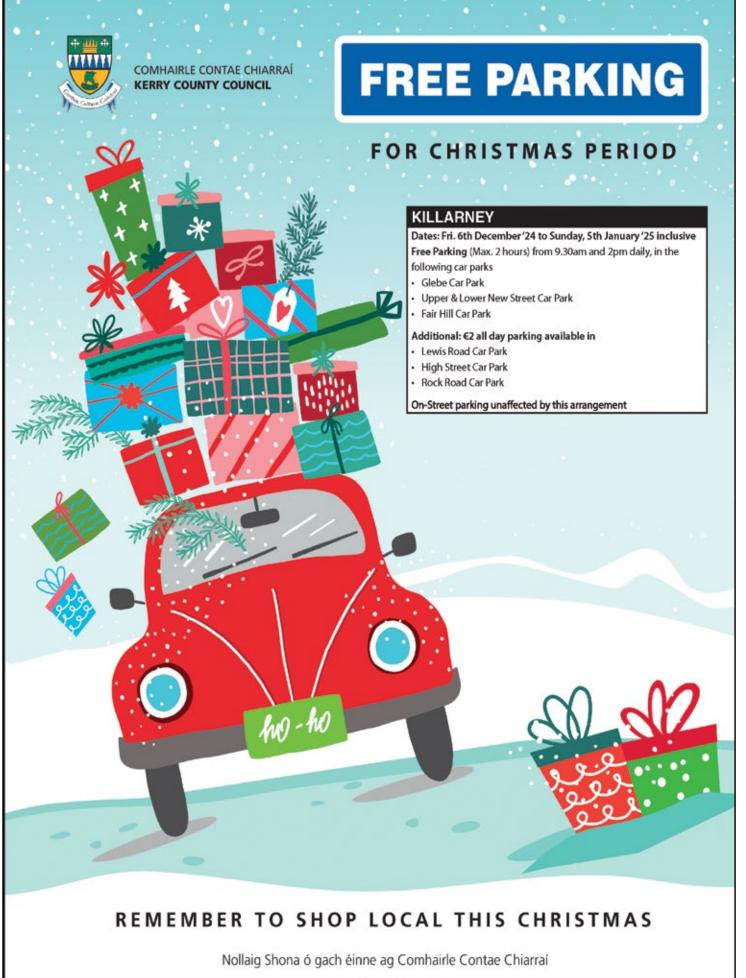
If you would like anything added in the notes please email to pro.glenflesk. kerry@gaa.ie by Sunday evening.



Glenflesk Ballad Group Munster Scór na nÓg Champions: Aoise O'Donoghue, Abby Cronin, Clíona Moynihan, Muireann Healy, Patrick Mullane and their coach Rosie Healy.

COUNTDOWN TO

) HRISTMAS...



www.kerrycoco.ie

By Michael O' Mahony

RATHMORE GNEEVEGUILLA

RTE LATE TOY SHOW COUNTY PARADE

Congratulations to Fionn O'Regan, Rathmore who appeared in the Late Late Toy Show on Friday last. Fionn appear in First County parade with his Kerry jersey & his tractor.

SHARE THE BUCKET

Gneeveguilla Community Facility Group reminds you that Share the Bucket takes place weekly. The draw is every Friday evening in Teach Fáilte @8.30 pm and can be viewed live on our Gneeveguilla Community Facility Group Facebook Page. This week's jackpot was \in 205 and the winner was Gneeveguilla Athletics Club. Tickets cost \in 2 each or 3 for \in 5. They are available at Teach Fáilte and can be bought online at https://tinyurl. com/y2ade5om.or in local businesses where you see the Green Share the bucket. Your support is greatly supported and all funds will go towards our new proposed community facility. We would like to thank our local businesses, shops and pubs who continue to support our project.

KERRY HOSPICE are again giving you the opportunity to remember your loved ones by sponsoring a light on the online Memorial tree. To shine a light for your loved one, go to http://www.lighttoremember.com and add your own personal tribute. Thank you for your support.

MASS TIMES

CHRISTMAS EVE

Derrinagree: 5.00p.m. Rathmore: 6.00p.m. Gneeveguilla: 6.30p.m. Ballydesmond: 7.00p.m. Kiskeam: 7.00p.m. Cullen: 7.00p.m. Dromagh: 8.00p.m. Knocknagree: 8.30p.m. Boherbue: 8.30p.m. Millstreet: 9.30p.m. MASS TIMES FOR CHRISTMAS DAY

Millstreet: 8.30a.m. Shrone: 9.00a.m. Ballydaly: 9.30a.m. Gneeveguilla: 10.00a.m. Kiskeam: 10.00a.m. Dromagh: 10.00a.m. Boherbue: 11.00a.m. Ballydesmond: 11.00a.m. Millstreet: 11.30a.m. Rathmore: 11.30 a.m.

ANNUAL CHRISTMAS DAY MORNING CLIMB OF MUSHERA on Wednesday 25 December at 10.30 am meeting at Millstreet Country Park Gate. This year the proceeds of the climb are going two charities CRITICAL (Critical

Emergency Response) and The

Irish Cancer Society Night Nurses. Bucket Collection on the Morning of the Climb.

IDEAL CHRISTMAS GIFT

Fr Ferris's History of the Parishes of Rathmore, Gneeveguilla and Knocknagree This unique history of the Sliabh Luachra/Duhallow area will soon be a collector's item. €20 Fully indexed Order : www.rathmorehistory. com e-mail : rathmorehistory@gmail.com

CONCERT WITH ROSIE AND DERRY HEALY

Tureencahill Community Group is holding a concert with Rosie & Derry Healy in Tureencahill Community Centre on Friday Dec 27th Commencing @ 8pm. Doors open @ 7:30. Tickets €20. Ideal Christmas Gift!! Light refreshments served on the night To book please phone: 086 3159744/ 087 6722750

RATHMORE COMMUNITY COUNCIL 301 CLUB RESULTS

1st €500, John & Neelle O'Leary. 2nd €100, Aenas O'Leary. 3rd €100, Bernard Carolan. 4th €100, Kate Wilson. 5th €100, Jennifer O'Connor. 6th €100, Caterina Cronin. Congratulations to all winners

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



Scoil Phobail Sliabh Luachra Student Council 2024/25

Left to right back row. Eila Reeves, Sinead Murphy, Ciara Murphy, Eoin Herlihy, Daria Nowak, Zach Jenkinson, Megan O Connor, Eadaoin Mc Sweeney, Tiarna Dineen, Anna O Mahoney, Damien Nagle, Denis Fitzpatrick, Gabriel Rej. Left to right middle row: Erin Milligan, Ciara Murphy, Katylyn McCarthy, Rhia Fitzgerald, Katie Doherty, Victoria Cronin, Amanda Hobbs, Jason Culloty, Jay O Donoghue, Cian Lane, Will Casey, Conor Lynch.

Left to right front row: Ali Doyle, Head Student, Ms B Walsh, Student Council Coordinator, Denis Lenihan, Head Student. Photo: Seamus Healy

LISTRY

Written by: Colette Leslie

LOTTO

Jackpot €6,000. Winning Numbers 10,12,15, 25. Not Won. €100 Olesksis Shevhuk, Faha Court. €50 lyco c/o Tim. €50 John Harrington. €25 Francis

Clifford, Lahard. €25 larlaith and Realtin c/o Kevin. Hampers: Neillidh Kennedy, Bridget Breen. Jackpot next week: €6,150

CHRISTMAS JUMPERS DONNED FOR THE HOSPICE

Killarney schools both primary and secondary are coming together on Christmas Jumper Day to raise funds for Kerry Hospice Foundation. On Monday the 16th of December they will shed the school uniform for the day and sport their Christmas Jumper instead for the Foundation. This is the fourth year undertaking this fundraiser and Sarah Keane a teacher in St.Brendans College is coordinating the event.



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COMMUNITY FOCUS

By Bridget Hartnett

BEAUFORT

LOTTO

There was no winner of Beaufort G.A.A. Club lotto jackpot of €3,600 on Sunday, 8th December. Numbers: 17, 24, 25, 26. Consolation Prizes: €80 Rachel Taylor. €50 Cormac O'Shea, Shanacloon, Pat J. Lynch (E.S.B), Coolmagort, Alice O'Connor, Carnahone

Christmas Draw: Hampers: 1. Finbar Casey, Cromane, 2. Conor Breen, Shanacloon/Australia, 3. Jeremiah Moriarty, Keim, 4. Mary Doyle, Carnahone, 5. Brian and Tara O'Shea, Churchtown Park, 6. Mary Breen, Gearha. Bottles: 1. Gillian Curran, Beaufort, 2. Mary Kissane, Shanara, 3. Anthony O'Donoghue, Beaufort. The next draw for a jackpot of €3,800 will be on Sunday, 22nd December. Thank you to everybody who support our lotto. Wishing you all a happy and peaceful Christmas. Tickets are available from usual sellers, shops, and public houses and online at www. beaufortgaa.com. Please note that online lotto closes at 7pm on draw night. Any tickets purchased after 7pm are entered into the next draw.

Thank you to everybody who support the lotto and our lotto sellers.

SCOR NA NOG

Congratulations to Beaufort GAA Club, winners of Munster Scor na nÓg, Tráth na gCeist last Saturday. The Beaufort team was Cormac and Fionán O'Sullivan, Darragh Doyle and Calum Galvin. They now go on to compete in the All Ireland final on 25th January.

OUIZ

Beaufort G.A.A. Club Annual Christmas quiz will be on Friday, Beaufort's Trath na gCeist Scor na nOg Team Calum Galvin, Darragh Doyle, Cormac O'Sullivan 27th December in Kate Kearney's Cottage. Adult Team of 4. Juvenile Team of 4. More details next week.



& Fionan O'Sullivan who are Munster Final winners. Photographed with Quiz Master Christy Killeen and Kerry GAA Oifigeach Cultura, Tomas O'hAinifein following their victory in Cappamore, Limerick last weekend.

Ross Golf Course Wins Best 9-Hole Course in Munster

Ross Golf Course, nestled within the picturesque Killarney Racecourse, has been awarded the title of Best 9-Hole Course in Munster by Golfers Guide to Ireland 2025. This accolade highlights the exceptional quality and experience that Ross Golf Course offers to both members and visitors.

Karl McCay, General Manager of Ross Golf Course, expressed his pride in the achievement, stating, "Winning this award is a significant honour for all of us at Ross Golf Course. I want to extend my heartfelt thanks to our foreman, Padraig Bruton, and his dedicated team who do an incredible job maintaining the course in pristine condition. Their hard work ensures that every round is a delight for our golfers. I also want to acknowledge our golf pro Gordon Howard whom we are lucky to have here as he is so hands-on with all our members, enhancing their experience on and off the course."

Billy O'Sullivan, Chairman of the Board, added, "This award is a testament to the hard work and commitment of all our staff. It reflects the passion that drives our team to provide an exceptional golfing experience. Most importantly, this win belongs to our loyal members at Ross Golf Club, without whom our course simply could not exist. I would like to congratulate Johnny Brosnan Men's Captain and Mary McCarrick Ladies Captain on their tremendous success during their tenure in 2024. We invite the local community to join us, whether through green fees or membership, and experience for themselves what makes Ross Golf Course so special."

Located in the heart of Killarney, Ross Golf Course features stunning views of Killarney National Park, Ross Castle, and the MacGillycuddy Reeks. With a welcoming clubhouse and a variety of membership options, it offers a unique golfing experience suitable for all levels. The golf course offers great value for money with introductory member offers for €372 and special rates for away members students/juniors.

Peter Wickham (Men's captain 2025) Karl McCay (Killarney Racecourse General Manager) and Elaine Casey (Ladies captain 2025) celebrate the title of Best 9-Hole Course in Munster by Golfers Guide to Ireland 2025



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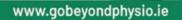


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CREATE A POSITIVE BLUEPRINT OF YOUR FUTURE SELF

Many people believe that we decline as we grow older or that we lose our zest and joy for life. However, this isn't true. Midlife and beyond is a powerful time for stepping into your own sense of resilience, confidence, purpose and passion.

Creating a vision of your future self requires us to look at our own thoughts and beliefs about what is possible for us as we age. What is the vision you have of yourself in five, ten, twenty or thirty years from now? Begin to craft an idea of how you imagine yourself to be. What are the feelings that you associate with this future you? What words describe this image of your future self. What are you doing, enjoying, creating, experiencing and learning? What is your vision? Who do you see and what do you feel when you think of the future you?

It is worth really taking some time to invest in creating this image of you as it becomes the blueprint for what your mind perceives you to desire. Spend five minutes visualising this future you every day. Allow yourself to smile as you do this as this helps to embody the feeling.

Please follow me on Instagram @romancingyourbody for more tips and coaching inspiration.

www.astridlonghurst.com

loreen

GIVE THE GIFT OF GLOWING SKIN

"Me time" is harder to find these days so give a gift that pampers your loved one this Christmas. Book a facial or massage together at your favourite spa or salon and treat them to lunch after. People want naturally glowing skin now instead of covering up with make-up.

A good face mask is a brilliant gift and will last 2-3 months when used twice a week. It forces your loved one to take time out each time they apply it while giving them the instant gift of a skin-boot without going to a spa. Sheet masks make a great stocking filler or pep up to a friend in need. Enriched mainly with hyaluronic acid they immediately plump and boost radiance and give you 10 minutes to relax before a party. Wow them



with a cosmeceutical serum or face oil to hydrate and plump that they may not splurge on for themselves. Lip balm, handmade soaps, skin oils, bath bombs, body scrubs or make up brushes would also be a delight to any woman on christmas morning.

Noreen Mangan Tel: 0646630712 www.whatwomenwant.ie



MANAGING STRESS

With Christmas on our doorstep I know you can all agree with us that it is no doubt a stressful tie of year. Yesterday I was only discussing this with a client in the studio. So keep reading on this weeks topic.

Managing stress in a busy life requires intentional strategies that address both the causes of stress and its physical and emotional impacts. Here are effective stress management strategies:

Step 1: Plan and Prep

Time Management: Use tools like calendars, to-do lists, or apps to organize tasks by urgency and importance (e.g., the Eisenhower Matrix).

Set Boundaries: Learn to say "no" to commitments that exceed your capacity.

Break Tasks into Steps: Large projects can be overwhelming; break them down into manageable chunks.

Step 2: Build Healthy Habits

Exercise Regularly: Physical activity, even a 20-minute walk, can reduce stress and improve mood by releasing endorphins.

Sleep Hygiene: Prioritize quality sleep by maintaining a regular sleep schedule and avoiding screens before bed.

Balanced Nutrition: Eat whole foods and stay hydrated to support energy levels and cognitive function.

Step 3: Learn how to relax

Mindfulness Meditation: Spend 5-10 minutes a day practicing mindfulness or deep breathing exercises.

Progressive Muscle Relaxation: Gradually tense and relax different muscle groups to release physical tension.

Yoga or Stretching: These practices can help release physical stress and calm the mind. (continued next week)

Health for Mind&Body 🛇 🍪 🚭 🗸

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BLURRED VISION

When you have blurred vision, your eyesight is less sharp and objects, images and words seem to be out of focus.

Who is affected by blurred vision? Anyone can be affected by blurred vision. It could be a sign of getting older and/or needing new glasses, tiredness, or too much sun. But there are many other causes, and it could be one of the symptoms of a range of conditions including: • Short-sightedness (myopia),

long-sightedness (hyperopia), astigmatism and presbyopia

- An eye injury which may have
- scratched the cornea
- Foreign object in the eye
 Eye drops
- Dry eye
- Cataracts
- Age-related macular degeneration
- A migraine

Blurred vision can also be a symptom of non-optical conditions such as a diabetes, a stroke and preeclampsia (a condition caused by high blood pressure in pregnancy).

What are the symptoms of blurred vision?

Blurred vision is hazy and

unfocussed, as though you were looking through an oily film and you feel you need to rub your eyes to get things back into focus.

It can affect your entire field of vision or your peripheral vision (the edges of your vision), and can occur in one eye or both. You may not realise that you have blurred vision in one eye until you do something that requires shutting your other eye – for example, doing your make up. This is because your brain provides compensation.

How do you treat blurred vision?

As blurred vision has many possible causes, the treatment will depend on the condition. If the blurring is recurring or ongoing, you should book an eye examination. This will investigate the cause and recommend suitable treatment or refer you to an appropriate specialist.

If you think it may be one of the symptoms of a serious medical condition such as stroke or preeclampsia, you should seek urgent medical help.

For more information and honest advice contact us for an appointment.



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Aidan O'Mahony and Denise Healy pictured at the Network Ireland Kerry President's Charity Lunch at the Cahernane House Hotel, Killarney on Saturday in aid of Recovery Haven. Photo: Michelle Breen Crean Photography SARAH JAYNE

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DANNY **HEALY-RAE** TD

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

We are available to meet constituents at any time. Give us a ring to arrange a suitable time and place.

CIIr MAURA HEALY-RAE



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Rathmore & Gneeveguilla Top of the Hill, Rathmore Bridge Bar, Rathmore Dennehy's Bar, Rathmore Richie McAuliffe's, Gneeveguilla **Killarney Area** Torc Hotel, Lissivigeen The Village Inn, Kilcummin Old Killarney Inn, Aghadoe The Golden Nugget, Fossa **Glenflesk & Barraduff** The Kerry Way, Glenflesk Spillane's Headford Murphy's Bar, Barraduff Sweeney's Bar, Barraduff **Tuosist & Lauragh** Sailors Bar, Killaha West Helen's Bar Kilmacalogue The Lake House Tuosist Knocknagoshel & Brosna O'Connor's Bar, Knocknagoshel Walsh's Bar, Knocknagoshel

3rd Friday 7.30 PM 8.00 PM 8.15 PM 9.00 PM 9:30 PM 4th Thursday 7:00 PM 7.30 PM 8:15 PM 8.45 PM 9.15 PM 9.45 PM 4th Friday 8.30 PM 9.30 PM 10.00 PM 10.45 PM Last Monday 8:00 PM 8:30 PM 9:00 PM 10:00 PM

Castleisland Area

River Island Hotel, Castleisland The Kingdom Bar, Castleisland The Crown Hotel, Castleisland Hughes Bar, Cordal Lyon's Bar, Scartaglen Killorglin Area

Golden Nugget, Fossa

Galvin's Bar, Beaufort O'Grady's Bar, Killorglin Larkin's Bar, Milltown Griffins Bar, Castlemaine Anvil Bar. Boolteens

Kenmare & Sneem Area

The Roughty bar, Kenmare Riney's Bar, Sneem Blackwater Tavern O'Connor's Bar Kenmare

Farranfore Area Ulick's Bar, Farranfore James Daly's Bar, Farranfore

Cunniffe's Bar, Currow John Hendersons, Firies

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PLEASE CONTACT

Danny 087 2316055 Office 064 6685315

Maura 087 7816432 Johnny 087 2354793 Eileen 087 9975419

Email: danny.healyrae@oireachtas.ie | johnnyhealyrae@gmail.com | maurahealyrae@gmail.com

Your Best Life - What an incredible event at the Killarney Oaks!

From leading Irish experts sharing insider beauty, aesthetics and fashion secrets to a fabulous lunch with wine, bubbles, and non stop laughter, it truly had it all.

Guests turned heads in their best, new friendships were formed, and memories that will last forever were made. Relive the magic with these pictures to see all the style, fun, and unforgettable moments!









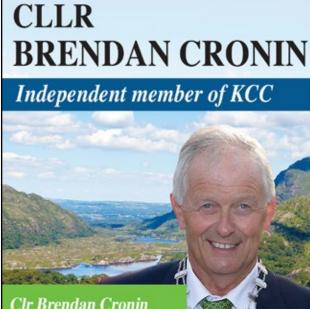








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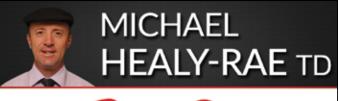
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Thank You

"I want to thank the people of Kerry who came out and voted for me last Friday and re-elected me to Dáil Éireann. I will be forever indebted to the people of Kerry whom have continued to entrust me to represent them on 4 separate occasions since I was first elected in 2011.

I will continue to represent the people of this great county to the best of my ability to ensure you are represented and that your voice is heard. I look forward to meeting you all again over the coming weeks to thank you in my own way."

Weekly clinic at Scotts Hotel every Saturday @ 3pm. Social distancing rules will apply. I am always contactable on 0872461678

Contact Numbers: 01 618 3363/064 66 85782 E: michael.healyrae@oireachtas.ie

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FOCUS ON GOLF



Beaufort GC Ladies

ROSS GC, KILLARNEY

RESULTS

On December 8th we held a 12 hole champagne scramble which was very well supported in good weather conditions The winning teams were :-

1: Niall O'Brien, Ger Scott, Brendan Collins 2: Daniel Cronin, Donie Broderick, Lucas Cronin. **ROSS SENIORS**

On December 5th the Ross Seniors held their annual Christmas Hampers competition and **Christmas Party**

This turned out to be a super afternoon and evening. The weather helped in having a large turnout for the 6 hole golf competition and this was followed by Christmas Dinner and a nice social evening in the clubhouse. A big thank you to the Racecourse Cafe team of Ollie, Sylvia, Estera, Gordon and Colin for the brilliant food and excellent service. It was great to see some non-golfing seniors in attendance and the seniors are already looking forward to 2025.

The winners were 1st: John Ivory 13 (5) 2nd: John Fleming 126) 3rd: Donal Doherty 12 (6) 4th: Jim Delaney 11(8) 5th: Ned Buckley 11 (6) 6th: Mike O'Leary 11 (6) 7th: Seamus McCarthy 11 (7) 8th: Donie broderick 11 (5) 9th: Gerard Murphy 10 (6) 10th: MJ Casey 10 (6) Golfer of the Year winner: Donal Doherty Golfer of the Year runner - up: John Ivory Longest Drive: Jim Delaney

Nearest the Pin: Ger Scott Best attendee in 2024: John Joe Healy FIXTURE

On Sunday Dec 15th we will hold a mixed scramble at 9.30am and this will be followed by the presentation of prizes for the scramble and also some recent competitions including the Golfer of the Year, Club Matchplay Championship, Maurice O'Donoghue Cup and The Frank Doran/Safeguard Security Backstakes. We will also present the Killarney Raco Co Christmas Hampers and this will be followed by some Christmas cheer in the Clubhouse. All members are very welcome.

BEAUFORT GOLF CLUB

As we approach the end of the year, here is our final report from Beaufort Golf Club. Thank you kindly for all your support throughout 2024 it is greatly appreciated. Wishing you and your families a very happy, healthy and peaceful Christmas and all the very best for 2025.

The ladies at Beaufort Golf Club enjoyed a wonderful Christmas Lunch at the clubhouse on Tuesday 3rd December.

There was a great turn out and jolly good fun was had by all. This was also the last presentation of the year.

Lady Captain Maire Ni Loinsigh presented the prizes and paid huge tribute to all the people who so kindly and generously sponsored competitions throughout 2024. She also thanked Helen and Tadhq, Jonathan, Jackie, Emily and all the staff for a fabulous lunch and for all that they have done for the ladies club in



Rita Kelleher presenting her prize to Maura Kennedy from the scramble team Left to Right: Lady Captain Maire Ni Loinsigh, Maura Kennedy, Rita Kelleher



Golfer of the Year Noeleen MacKessy and Eclectic Winner Laura Furlona

2024. Also the Lady Captain thanked the local Media who very were very kind to support our club every week by publishing our information. The ladies club would like to thank Lady Captain Maire for all she contributed and the hard work she put in for the ladies' club for 2024. Doubles Matchplay winners: Noeleen MacKessy

& Marian Kerrisk Singles Matchplay winners: Marian Kerrisk Eclectic winner: Laura Furlong Golfer of the Year: Noeleen MacKessy Lady Captains Prize Winner: Hannah Moynihan Presidents Prize Winner: Grainne McShortall Christmas Hamper: Colleen Coffey



Ross Seniors Christmas Hampers winner John Ivory is presented with his prize by Mike Ross Seniors Golfer of the Year, Donal Doherty receives his winners prize from John Ivory O'Learv.



COUNTDOWN TO PHRISTMAS.



KERRY FAMILY VISIT TIR NA NOG

While on a recent trip to Kenva Karina Kelliher and Tanzania (Rathmore) & two of her children Eve and Daniel Moynihan and their friend Daniel Collins (Gneeveguilla) had the pleasure of visiting Tir na nÓg children's village in Tanzania, facilitated by Louise Quill and her husband Derek.

Tir na nÓg was founded by Tralee native and recently the well deserving winner of Kerry person of the year Louise Quill.

Louise's journey commenced with Tir na nÓg way back in 2006 and she was constantly engaging and developing new projects...and still is!

Last year saw the completion of Tir na nÓg children's village, a multi million euro project that consists of several houses, shared social spaces including play area and library, staff accommodation and a dental clinic. They have solar panels installed to generate electricity and boreholes to provide clean water with filtration to ensure safe drinking water.. We had the honour of visiting and witnessing the amazing project. While we were there the playground was being developed from recyclable materials which is so impressive and was completed last month. They run a school a short distance away for the younger children and older children travel to a nearby school. Tir na nÓg has also successfully sent and funded their children to attend universities and apprenticeship programmes.

Furthermore we had the honour of meeting the wonderful children and staff.

Tir na nÓg's mission statement is to enhance the quality of life for children in their care who have been orphaned or abandoned.

Tir na nÓg's mission statement is the children of today are the future of tomorrow and jn the beliefs of love and hope and children flourish when nurtured in a peaceful and stable environment with loving caring people in communities who teach them positive values.

During our visit we witnessed that Tir na nÓg's mission statement is totally upheld and the children are thriving in the wonderful home that Louise and all involved in Tir na nÓg have created and the educational opportunities being provided.

Another highlight was meeting the children that we have sponsored 2020. Karina and her family sponsor twin boys and also engaged in the child program are her

since sponsorship family and her sister's

Sinead and Desiree and her family. During this season of giving and kindness Karina and family and her extended family are appealing to our wonderful generous community to support the work of Tir na nÓg.

One can make a single donation to their Christmas appeal by clicking on the link https:// tirnananogchildrensfoundation.



Daniel & Eve Moynihan, Karina Kelliher pictured with Holy, brother Donie & Happy, Hono and Praise Holy and Hono are twins.

com/single-donation/ Or if one can commit to the child sponsorship programme of 25 euro a month the link is https:// tirnanogchildrensfoundation. com/product/sponsor-a-child/ Follow Tir na nÓg on Facebook or Instagram and be sure and watch short documentary on Kilimanjaro Mama.

Happy Christmas and thank you.

FOCUS ON GOLF

DEERPARK PITCH & PUTT CLUB

MURPHY'S:

Our thanks to everyone who braved the elements last Friday night to attend our end of year get together in Murphy's. It was another great night of hospitality from Sean Murphy and his staff as this year marked 30 years of their sponsorship of our Club Matchplay event. Fittingly, our Club Matchplay Winner was also Player of the Year this year in the first presentation of it since Sean's kind donation of an award for the club's use. Congratulations to Eileen McCarthy for winning same. Anyone who was unable to collect a prize last night can do so

at the Presentation of our Christmas Turkeys this Sunday after the completion of the last event. CHRISTMAS TURKEYS

Sponsored by Tim Jones Butchers- Round Four Results- Fourball V Par, First Nett: Denis Duggan & Colm O'Dowd 13up, Gross: Ger Casey & Bobby Kelly 11up, Second Nett: Dave Spillane & Sean O'Brien 11up (B9) and Hole-In-One: Bobby Kelly (14th Hole). Presentation of these prizes will take place after the final round this Sunday which has the usual times of 9am and 10.45am. Entry €5 per draw.

ST STEPHEN'S DAY

Our 18-Hole Three Ball Scramble for the Danny

Nolan Memorial Cup (Nett Winners) and Johnny Kelly Memorial Shield (Gross Winners) will take place again this year on Thursday December 26th at 10am. More details nearer the time. CE SCHEME

A vacancy has arisen on our CE Scheme for the New Year. Please contact Club Chairman Sean Kelly on 086 0508686 for further information. **DEEPEST SYMPATHIES** to Mary Murphy, her husband John and family on the death of John's sister Margaret in Gneeveguilla last week. May

Pictured at the presentation of prizes for the Deerpark Pitch & Putt Club Adult Christmas Hampers (sponsored by Daly's Supervalu) at the club's pre-Christmas gathering in Murphy's Bar last Friday night were Sean Kelly (Overall Gross), Brian McCarthy (Overall Nett) and Colm O'Dowd (Second Nett).



she Rest in Peace.

Sean Murphy (Murphy's Bar, sponsor) presenting both the Deerpark Pitch & Putt Club Matchplay Championship Cup and Player of the Year prize to the winner of both, Eileen McCarthy, at the club's pre-Christmas gathering in Murphy's Bar last Friday night. Also included in photo are from top left Sean O'Brien (Plate Runner-Up), Mark O'Shea (Championship semi-finalist), Bobby Kelly (representing Championship runner-up Daniel Kelly) and Jason Reen (Championship semi-finalist). Missing from Photo: Sean O'Mahoney (Plate Winner).

SPORTING FOCUS

MUCKROSS ROWING CLUB

TABLE QUIZ FUNDRAISER

Join us for a festive fundraiser! The Muckross RC Christmas Table Quiz Fundraiser will take place on Friday, December 27th at 8pm in Colgan's Bar, Muckross Park Hotel. This is a great chance to catch up with friends and family over the Christmas holidays. All support greatly appreciated. Further details can be found on the club's Facebook and Instagram pages.

CONGRATULATIONS

Congratulations to Linda Daly and Sam Warren on the birth of baby Finlay and extended congrats to proud grandparents Sean and Breeda, uncle Daniel and auntie Hannah. Wishing all the family every health and happiness for the future. WEDDING BELLS

Congratulations to Aoife Cooper and Tom McNamara on their recent engagement in New York! Sending our very best wishes to the happy couple for the years ahead.

MUCKROSS HOR

The arrival of Storm Darragh forced the cancellation of the Muckross Head Of the River last weekend. Rescheduled national trials had also been set to coincide with the event at the National Rowing Centre in Cork, contributing in no small part to a record entry of 777 crews from 43 rowing clubs. Many thanks to all those who volunteered their time to assist with the running of the event and to all who helped behind the

scenes with plans and organisation. The club is exploring the possibility of a rescheduled fixture in 2025.

FOSSA BRIDGE CLUB

We recently held our Club Pairs on the 21st & 28th November. We had a wonderful turn out and it was a lovely competitive competition. All members would like to thank Finola Spillane and Mary Murray for all the trojan work in organising this event and all the members who helped out. Congratulations to all the following **WINNERS:**

1st: President Pauline Lyne & Phyllis O' Regan 2nd: Eileen Murphy & Joan Moore 3rd: Ann Wrenn & Joan King 1st Session: Tim & Mai Corcoran 2nd Session: Mary Gleeson & Evelyn O' Leary 4th: Margaret O' Sullivan & Michael McHugh 5th: Conor Dwyer & Ger McSweeney 6th: Patricia Lynch & Ann Clerkin. **RESULTS FOR 5TH DECEMBER** N/S

1st: Ger McSweeney & Conor Dwyer 2nd: Ciaran Broadbery & Horst Rosler E/W

1st: Ann Wrenn & Breda Counihan 2nd: Peggy Barrett & Maire O' Sullivan CHRISTMAS LUNCH

Reminder our Christmas lunch will be on the

19th December at The Killarney Golf & Fishing Club after our last bridge morning for 2024. Please confirm if you are attending.

KILLARNEY VALLEY AC

The Munster Juvenile 'B' Uneven Age Championships held in Ennis last weekend marked the grand finale of an incredible season for Killarney Valley AC's talented Cross Country athletes.

Seven of our athletes competed and achieved personal bests and some brought home medals. Kirsten Kenny came 1st in the Girls U17 3000m. Muireann Breen came 6th in the Girls U15 2500m. In the Boys U11 1000m, John Byrne came 10th and Fiadh Driver came 28th in the Girls 1000m. In the U9 750m, Mackenzie Leahy just missed out on a medal, coming 13th while Cara Corcoran came 22nd and Eleanor Breen came 29th. Congrats and well done to all.

Don't miss your chance to start the new year strong and healthy in a socially inviting atmosphere. Killarney Valley AC will run a Couch to 5K program on 7 January every Tuesday and Thursday night for 8 weeks. You can register now on our website www.killarneyvalleyac.ie All proceeds assist the club with maintaining the facility for the young athletes and school children in the locality.

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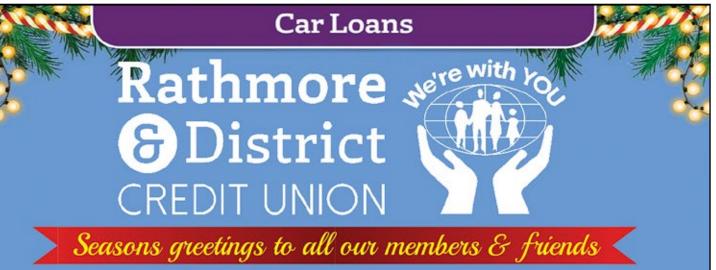
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SOCCER FOCUS

KILLARNEY ATHLETIC AFC

FAI JUNIOR CUP ROUND 32 RESULT

Killarney Athletic A.F.C 2 - 0 Clonmullion FC Josh Bowler 1, Luke Doolan 1

Our Senior A Team welcomed Clonmullion from Kildare to Woodlawn last Sunday for a place in the last 32 of the FAI Junior Cup.

In a tight and very entertaining game, both sides were evenly matched.

The first chance came to the Kildare side when their winger found himself through on goal only for an excellent save from Caolán Mitchell in goal. Both sides had chances to break the deadlock but were unable to find the finishing touch. 0- 0 at the break.

In the second half, we started to cause the Clonmullion defence a lot more problems, and we got the breakthrough in the 64th minute when a defence splitting pass from Roko Rujevcan set Oisin O' Sullivan through on goal. Oisins low shot was too hot to handle for the Clonmullion Goalkeeper, whose save fell to the feet of Luke Doolan and squared the ball to Josh Bowler to finish from close range to put us in the lead. Our second goal came in the 76th minute with great play down the right wing from Josh Bowler to beat the full back and delivered a low cross to the unmarked Luke Doolan who finished with a lovely flick to to give us a 2-0 lead. The lads saw out the rest of the game and finished deserved winners against a good Clonmullion side.

A very good, solid performance from all the lads today.

Thanks to Clonmullion for a very good, entertaining game.

Thanks to all of our supporters who braved the weather and turned up and supported the team and helped them get over the line

Our next outing is this Sunday @2pm when we host Crosshaven FC from Cork in the last 32 of the Munster Junior Cup. We will need all the support that we had last Sunday and more to help the lads get the result.

U16 DIV 2 Killarney Athletic 4-2 St Brendan's Park

Conn McGlynn 2, James Marahall 1, Kenneth O'Meara 1

The blues made the trip back to league leaders park yesterday morning despite the storm that had taken place. Captain Twomey won the toss which meant we were playing with the wind in the first half. The boys got off to a lightning start with 2 goals from conn in the opening 5 minutes including one from the spot after Kenneth was brought down inside the area. The lads kicked on and kept piling on the pressure which led to James getting the third. Right on the brink of half time the windy conditions made it difficult for park as Kenneth whipped in a corner that went straight in. 4-0 at half time. We knew park would come flying out at us with the wind to their advantage in the second half and that they did. They pulled one back early on in the half but our defence of Micheál, Luis, Liam and paddy along with keeper Jamie held firm. Conn nearly had his hat trick only for a great save from the park keeper. The home side pulled another back to make it a nervy final 10 minutes. This didn't phase our boys as they kept the heads and held firm all throughout seeing out the result as

Killarney Celtic U13 Girls Premier



deserved 4-2 winners. The lads were excellent from minute one and I can't fault any of the 14 who played their part today. Thanks to park for a sporting game

U16 NATIONAL CUP RESULT Killarney Athletic 0 - 1 Fairview Rangers

Our U16's welcomed Fairview Rangers to Woodlawn this morning and were hit with a blow in the warm up when Tadgh had to withdraw from the squad due to injury. Playing against a strong wind and very good Fairview Rangers side in the first half the boys played some great football and Gerry pulled off two excellent saves but all in all we were pretty comfortable during the half . 0-0 HT. we were dealt another blow at HT when Paddy had to retire due to injury and Jayden slotted in at CB. There wasn't too many chances for either side but the definitive moment came mid way through the half when the Fairview player headed home a long free kick. The boys kept going to their credit but couldn't find a way past the strong Fairview defence . On the balance of play , the better team won on the day and we wish them all the best in the remainder of their season. For our boys, our focus now turned back to domestic action and the remainder of the season. Thanks to Paddy for officiating on the day which was challenging in the conditions.

U14 DIVISION 2 NORTH RESULT

A solid performance by our U14B's this evening as they came away with the 3 points after travelling to Tralee to play Park.

A great response to get their season back on track after losing in their previous fixture, keep this momentum going now lads!

MOTM - Dylan O' Connor U14 PREMIER RESULT

Killarney Celtic 0 - 4 Killarney Athletic A.F.C.

Sean Quill 1, Max Moynihan 1, Patrick O' Connor 1, Shéa Driver 1

Our U14 A team returned to league action last night & made the short trip across town to play our neighbours Killarney Celtic.

A very solid performance from start to finish saw our boys take home the 3 points.

All 17 players played their part. Well done lads With a number of long term injuries. It was great to see 2 players return to the team and get back on pitch. Sean Quill again showed his clinical finishing in front of goal, in only his second game back after a long injury. Captain Max Moynihan returned to the team last night after a long spell out and got his name on the score board. Well done lads

Thanks to Killarney Celtic for a sporting game. MUNSTER JUNIOR CUP LAST 32, SENIOR A RESULT

Killarney Athletic A.F.C 4- 0 Crosshaven FC Luke Doolan 3, Josh Bowler 1

Our Senior A Team welcomed Crosshaven FC from Cork to Woodlawn yeaterday afternoon to play for a place in the last 16 in the Munster Junior Cup.

Crosshaven started on the front foot and had an early shot on goal but the effort did not trouble Caolán Mitchell in goal.

We started to settle into the game and our first goal came in the 18 minute from good work down the right from Josh Bowler who squared a pass to Luke Doolan at the edge of the penalty area & let fly with a powerful shot. The Crosshaven GK got a strong hand to Lukes shot sending the ball up in the air, bouncing & spinning toward goal. A Crosshaven defender & Cian O'Leary were in a race to the goal line. Cian got there first but to be fair to Cian he said the ball crossed the line before he made sure of the goal.

Our second goal came quickly after more great work from Josh Bowler on the right wing, who passed the ball to Roco in midfield who played a beautiful defence splitting pass to Luke who found himself through on goal & and hit a low powerful shot to beat the advancing gk to put us 2-0. We had a couple of more half chances before the break but we were unable to extend our lead. 2-0 at the break.

After a very dominating first, the second half was a different story. Crosshaven started to cause us problems and were looking dangerous. The next goal would be vital & it was our lads who got the TO ADVERTISE CALL EMMA 087 6593427 | E: sales@outlookmags.com







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important next goal in the 52nd minute, when the ball was passed back to the Crosshaven GK, Luke pressed him & got his reward when the Crosshaven Gk clearance rebounded off Luke into the goal to complete his hat-trick.

To be fair, Crosshaven didnt drop their heads & kept the pressure on & had the majority of possession but without having real changes on our goal.

It was all about game management now & our lads managed to keep Crosshaven at bay. With Crosshaven pushing on & looking to get a consolation goal late on. Roco Rujevcan got the ball on the right & beat three defenders with some excellent skill, got inside the penalty area and pulled the ball back to the onrushing Josh Bowler who hit a low strike into the goal to put the icing in the cake for our lads.

Overall, a very solid, impressive performance from the lads. Thanks to Crosshaven for a good, entertaining game. We wish them all the best for the rest of their Season.

Thanks to the officials for a good game.

We are now in the pot for the last 16 in the FAI Munster Junior Cup, last 32 In the FAI Junior Cup.

BALLYHAR DYNAMOS FC

LOTTO

No.s 3, 7, 19, 26. No winner of the jackpot. 5 x €25: Mai Mckenna, Firies x 2. Barbara Staunton, Firies. Kay O Leary, Ballydesmond & Jackie O Connor, Firies. Next draw for a Jackpot of €16,300 plus Xmas Spots will take place on Sunday next 15th December at Henderson's Bar, Firies. Tickets available from Committee members, Sheehans Fuelstore, Farranforem Bridies, Spar, Henderson's Shops & Butlers Bar, Firies. Thanks to all who support & Help out with the club lotto.

TEAMS

Storm Darragh caused the four scheduled games to be called off last saturday but the u11s welcomed St Brendans Park to Murt Scott Park on Sunday last where the skills of the game were on display. Thanks to the players, parents & coaches for making it all possible.

SYMPATHY

The club offers its condolences to Karen & the O Sullivan Family, Firies Village on their sudden bereavement. May Philip rest in peace.

KERRY SCHOOLBOU/GIRL SOCCER

INTER LEAGUE

Mixed weekend for Kerry Boys in Inter League action

Four games for the Kerry selections this weekend saw two sides come away with the points while two more did suffer defeats, the 12's and 13's picked up impressive wins at home, while the U14's and U15's both suffered three goal defeats. Kerry's U12 team delivered a dominant performance, defeating Limerick County 8-0 in a one-sided encounter in Mastergeeha. Shay O'Connor was the standout player with a hat trick, while Allistar O'Sullivan, Ryan O'Donoghue, Dylan McCarthy, Aaron Keating, and Tadgh Gilligan each added a goal to cap off an outstanding team effort.

Kerry's U13 Boys team shone with a 5-2 victory over Cork. Luke Clifford was unstoppable,

netting a hat trick, while Kevin Foster and Cillian Scannell also contributed to the scoring, ensuring Kerry's triumph in an exciting clash in Celtic Park.

Kerry's U14 Boys faced a tough challenge against Limerick Desmond, suffering a 3-0 defeat in Christy Leahy Park. The U15 Boys were the only side away this weekend as they took on Cork in Carrigaline, Darragh Keane managed to get on the scoresheet for Kerry, but Cork's superior attacking play secured their 4-1 victory.

NATIONAL CUP GIRLS

Kerry Girls exit National Competitions

Of the games played on Saturday only MEK Galaxy advanced to the next stage of National competition, as they won their Round 3 clash, Mastergeeha had a walkover in the 12's trophy, while the other Kerry teams did suffer defeats at the weekend.

MEK Galaxy impressed with a 3-0 win over Newport Town FC. Ava Harty led the charge with two goals, while Aoibh Nic Gearailt added another to seal the victory. Listowel Celtic suffered a 6-0 defeat in their U12 Girls Round 3 National Cup clash with Granagh.

Cappamore Celtic secured a solid 3-1 win over Killorglin to progress into the next round of the U12 Girls Round National Trophy, with Mastergeeha joining them after their walkover awarded by Charleville.

Herbertstown delivered a dominant performance, defeating Tralee Dynamos 6-0 to advance in style, in their Round 2 meeting in the U14 Girls National Trophy.

GIRLS

Celtic extend unbeaten run in 13's Premier

Six straight wins now for Killarney Celtic as they picked up another three points at home to Castleisland on Saturday. A pair of Leah Mannix penalties ensured that Celtic would take all three points with a 2-0 win at home to Castleisland. Camp record consecutive wins in 15's Premier Another win in succession for the Camp Junior U15 girls, as they delivered another strong performance to make another three point haul at the weekend.

Camp delivered an outstanding performance with a commanding 5-1 victory over Dingle. Goals came from Meabh Kennedy, Alison Bartley, Ellie Fitzgerald, and a brace from Órlaith Flynn, showcasing their attacking prowess.

Dingle's Lucy Kennedy scored a consolation goal, but it wasn't enough to counter Camp's dominance.

NATIONAL CUP BOYS

National Cup and Trophy action continues for Kerry teams

While storm Darragh did lead to some postponements, it was a weekend of mixed results for Kerry teams looking to reach the business end of both the National Cup and Trophy, with some advancing and others bowing out.

In the U12 Boys National Cup, St Brendan's Park were the only Kerry team to advance from Round 4. Park displayed dominance in a comprehensive 6-0 victory at home to St. Ita's Boys. Killarney Celtic fought hard but fell to a 2-1 defeat at home to Tulla United. Jake Scannell scored Celtic's only goal. Avenue United progressed with a controlled 2-0 win over Mastergeeha on home soil.

Like their National Cup counterparts, Park were the only Kerry team to advance to the next round of the National Trophy. Goals from Rian Hogan, Conor Roche, and Darragh Counihan secured a 3-1 win for Park over Murroe. Killorglin's effort, including a goal from Darragh O'Connor, wasn't enough to hold off BT Harps' strong performance, as they prevailed 4-1 in Dragons Den.

Defeats ended the respective U14 National Cup campaigns for both Killorglin and Park, with the latter having to go to penalties. Despite Fionán Burke scoring in the second half to force extra time, Newcastle West Town struck two goals in that additional period to ensure their passage into the next round with a 3-1 win.

Elsewhere St Brendan's Park also went to extra time with their tie with Tulla United ending 1-1 at the blast of the long whistle, going to spot kicks the hosts prevailed 5-4 on pens. Luca Fusco scored for The park, a beautiful shot past the keeper gave Park an early lead.

Fortunes were much better in the National Trophy at the 14's grade, with both Mastergeeha and Listowel Celtic winning their Round 3 ties at the weekend. Goals from David O'Mahony and Mateusz Kobilinski powered Mastergeeha to a 2-0 victory away to Glantine FC.

At Pat Kennedy Park, Joe Joy was unstoppable with four goals, while Liam Dennehy added one more in a commanding win for Listowel Celtic, as they defeated Lough Dery 5-1.

Dramatic results was the overhanging narrative in the Round 4 games from the U16 National Cup action at the weekend, as Park, Killarney Athletic and Killarney Celtic all fell short to advance to the next round.

After a dramatic match in Celtic Park where Killarney Celtic and Aisling Annacotty finished in a 1-1 draw, Luca Mosca's goal for Celtic wasn't enough, as Aisling Annacotty triumphed 8-7 in a tense penalty shootout.

One goal would also be the difference elsewhere as Charleville defeated St Brendan's Park 2-1 on home soil, and back in Woodlawn, Killarney Athletic narrowly lost their clash with Fairview Rangers, the visitors advancing with a 1-0 win. **BOYS**

Inter Kenmare record back to back wins in 12's Premier

Three important goals saw Inter Kenmare pick up another three valuable points at the weekend, as they closed the gap to leaders St Brendan's Park with a 3-1 win at home to Camp. Inter got a well earned win in the end in what was an entertaining contest. Shay O'Connor, Alasdair Sullivan, and Tadgh Clifford each found the net for Kenmare, showcasing a balanced attacking effort. Camp put up a fight, but Inter Kenmare's clinical finishing ensured they took all three points in this competitive Premier clash.

Killarney Athletic extend lead at summit of 14's Premier with derby win

Four points is the gap Killarney Athletic have created after their unbeaten start to the season in the 14's Premier, Athletic delivered a dominant performance with a convincing 4-0 victory over local rivals Killarney Celtic, to pick up their third win of the campaign.

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81

SOCCER FOCUS

Sean Quill, Max Moynihan, Patrick O'Connor, and Shea Driver all found the net for Athletic in what was a clinical performance in front of goal, backed by a solid showing at the other end to prevent Celtic finding the net.

Table toppers Killarney Athletic deliver impressive away win in 14's Div 2

Good fortune at the 14's grade for Killarney Athletic continued as they picked up another three points to hold a narrow two point lead at the summit of the U14 Division 2 North Table.

Killarney Athletic B overcame Listowel Celtic in a thrilling 5-3 encounter. Artem Dzhandra led the way with two goals, while Dylan O'Connor, Dylan Treimut, and Robert Sychta each added to the scoreline, ensuring a hard-fought victory for Athletic.

Second win for Athletic in 16's Division 2

Wins kept coming locally for Killarney Athletic, as just the second time this season they picked up three points, and for the first time away from home they took the win with a 4-2 result away to St Brendan's Park.

Athletic B earned an impressive 4-2 victory over Park C in an exciting encounter. Conn McGlynn led the way with a brace, while James Marshall and Kenneth O'Meara added goals to secure the win for Athletic.

KILLARNEY CELTIC

CELTIC LOTTO

Numbers drawn 2,9,13,14. No jackpot winner. Match 3 winner received €150. Next jackpot €14,200 on Monday December 16th . Tickets available from The Dungeon Bookshop, Amber Shop (Top of Ross Road), club members and online through clubzap.

CONDOLENCES

Killarney Celtic was shocked and saddened to hear of the sudden passing of Philip O Sullivan last week. Philip was a well regarded and well liked coach over many years at Killarney Celtic. To his partner Karen, children Craig, Alice, Edison and his wider family, Killarney Celtic extends its sincerest condolences.

MCCARTHY INSURANCE GROUP MUNSTER JUNIOR CUP

Peake Villa 1-0 Killarney Celtic

Killarney Celtic bowed out of the Munster Junior Cup after a narrow defeat to Peake Villa. The only goal of the game came after 10 mins when Peake



scored from a penalty. Celtic did have the ball in the net but the goal was ruled out for offside. Unfortunately Celtic could not unlock the Villa defence and so bowed out of the competition. **U16 SFAI NATIONAL CUP**

Killarney Celtic 1-1 Aisling Annacotty

Celtic came out on top in this dramatic cup tie which went the distance before Celtic prevailed. Aisling Annacotty with the backing of the wind led 1-0 at half time. Celtic came back in the 2nd half but it took a late equaliser from Luca Mosca to rescue the tie. Both sides had opportunities in extra time but could not score so the tie went to penalties.On this occasion luck favoured Celtic, who gained advantage in sudden death to go forward to the open draw.

U14 PREMIER

Killarney Celtic 0-4 Killarney Athletic Celtic never stopped trying but on the night it was Athletic who were stronger.

U12 SFAI NATIONAL CUP

Killarney Celtic Green1-2 Tulla Utd Dylan McCarthy

Celtic bowed out of the U12 National Cup after a game effort against Tulla. Wind and rain made conditions very difficult for both teams last week. Celtic led 1-0 at half time after playing with the wind. Tulla came back in the 2nd half to gain the upper hand and qualify for the next round.

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U12 DIV 2

Killorglin AFC 2-2 Killarney Celtic Hoops

Dwayne Koeller, OG

Celtic Hoops showed great battling qualities to come from behind twice to gain a point away to Killorglin. Down 1-0 at half time Celtic responded when Dwayne Koelller scored after good approach work. Killorglin hit the front again but Celtic came again and found an equaliser. **GIRLS**

CHARLEVILLE CHEESE SENIOR PREMIER Listowel Celtic 1-1 Killarney Celtic

Katie Doe

Killarney and Listowel played out a draw after a fine encounter. Killarney led after Katie Doe made a powerful run into the box and finished to the net. Listowel came back and levelled things up. The 2nd half was a tight affair with defences on top.

U13 PREMIER

Killarney Celtic 2-0 Castleisland Leah Mannix 2

Celtic maintained their good form with a hard fought win over Castleisland. 2 penalties in the 2nd half while playing against the wind saw Celtic gain the points. Castleisland exerted some late pressure but Celtic held strong to take the win.

CONGRATS to Lachlan Scannell who made the KSBGL Team of the Week and to Cara Griffin, Niamh O Leary and Leah Mannix who made the Girls Roll of Honour.

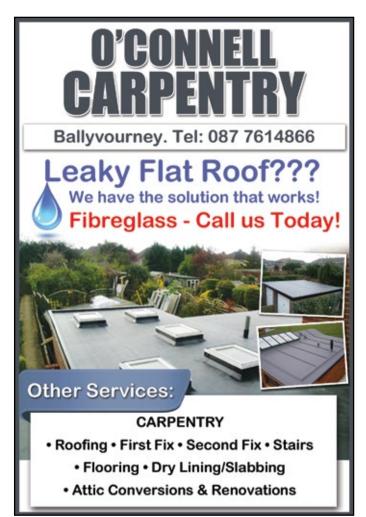
KILLARNEY BADMINTON CLUB

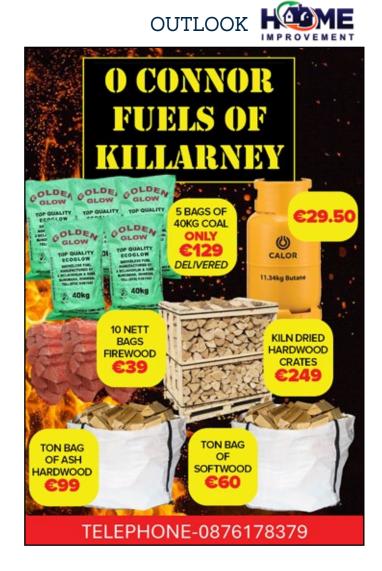
U19s silver medalist St Brendan's Tuesday 10th at secondary schools competition held in Killarney Sports and Leisure Centre. A great days badminton with over 45 teams from around the county taking part. Thanks to organisers Suzanne Smith, Carmel Hudson, Saoirse Murphy and James smith

Killarney badminton finishing for Christmas on Dec 20th and re opening on Jan 8th.

Well done to all taking part in men's and ladies leagues and finals will be held after Christmas Have a safe and happy Christmas and new year. We will see ye all in 2025 for a badminton filled new year.







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Children from The Macademy School of Performing Arts in Killarney pictured during their Christmas Variety Show in Killarney at the weekend.

Photos: Sally MacMonagle - macmonagle.com







The Perfect Formula for a Flawless Afternoon

The Spa at Killarney Plaza Hotel and Skin Formulas unveil new body range

The Killarney Plaza Hotel & Spa was filled with festive magic as guests gathered to celebrate the season in luxurious four-star style. Under the enchanting glow of twinkling lights and sparkling decorations, attendees ascended the grand steps of The Tan Yard

Restaurant, illuminated by the hotel's magnificent 40ft Christmas tree, to mark the launch of Skin Formulas' new luxury body care range Body Beautiful.

Leading the festivities, media personality Anna Daly accompanied by CEO and Founder of Skin Formulas; Geraldine Jones, were both escorted by Santa Claus, making a grand entrance up the steps of The Tan Yard. Adorned with elegant golden and bronze floral displays,

guests were delighted with bespoke festive cocktails and mocktails, perfectly paired with an indulgent selection of canapés on arrival. The afternoon featured a panel discussion, where Geraldine shared insightful and educational perspectives on skincare, offering

a deeper understanding of the inspiration behind Skin Formulas.

The Body Beautiful collection was showcased alongside exclusive retail offers, perfect for indulging in some early Christmas shopping. Highlights included the revitalising Skin Formulas Body Scrub and Shower Oil, both infused with the uplifting scent of Orange

& Neroli, and the rich, velvety Body Balm—a decadent blend of Shea Butter, Argan Oil, and Vitamin E. Designed to pamper, restore, and celebrate your skin; Body Beautiful embodies indulgence and self-care at its finest.

The enriching afternoon continued to delight, offering guests a valuable Q&A session to address their most pressing skincare questions. The experience culminated with a visit to The Spa, where expert therapists provided soothing hand massages in the serene ambiance of the tranquil treatment rooms.

Skin Formulas body range is now available as part of the Spa at Killarney Plaza's treatment and product offering.

For more information, visit: www. killarneyplaza.com



Geraldine Jones, Anna Daly and Gemma Ring



Cathriona White & Deirdre O'Callaghan



Lily MacMonagle, Aisling O'Connell, Denise Healy, Aisling Coffey



Svitlana Dovhan, Natalya Krasnenkova, Hanna Nikulcha



Last Friday, St. Brigid's Presentation school community came together to celebrate the much-anticipated Christmas Market, and what a fantastic event it turned out to be! The Transition Year students, 2nd Year Enterprise Club, and LCA students showcased their hard work and creativity, turning months of preparation into a vibrant, festive experience for all.

The students had been working diligently over the past few months, exploring the world of entrepreneurship through brainstorming, crafting, and perfecting their products. From handmade crafts and personalised gifts to delicious festive treats, there was something for everyone. The school hall was transformed into a bustling marketplace with colourful stalls, twinkling decorations, and cheerful holiday music filling the air.

A special highlight of the day was the presence of our esteemed guest, Kayleigh Cronin, a true role model to the girls and a beloved figure in our community. Kayleigh's encouragement and insights inspired everyone, and her role in selecting the winners for the day was much appreciated. She took on the important task of judging the stalls, selecting winners for three awards:

Best Innovative Product- Glow and Tell by Polina and Sofia Pomishchyk Best Stall Display- Mugged and Plugged by Liadh Forde, Gráinne Kelliher, Tara Jenkinson, Grace O'Shea.

Best Target Market Product- Just Slick It by Laura Healy, Naoise O'Leary Cahill, Eva O'Shea, Eimir Kearney.

Each of these awards reflects the hard work, creativity, and entrepreneurial skills the students have done over the past few months.

The Christmas Market was not just about selling products, it was a celebration of learning, teamwork, and community spirit. The students gained valuable insights into business planning, marketing, and customer engagement.





OUTLOOK BASKETBALL

SCOTTS LAKERS GAME POSTPONED

Scotts Lakers travelled to Tipperary, but on nearing arrival, they learned that there was a power outage in the Scoil Ruain Gym in Kilenaule. With no other venue available, there was a chance that the power might be restored in time for the 6.30pm tip off. But unfortunately, it fell victim to the situation. The game will be replayed at a date agreeable to both clubs.

The Lakers are in the capital this weekend coming when they face the Dublin Lions. Tip off in Colaiste Bride on Saturday night at 7.30pm.

> UTILITY TRUST ST PAULS VS TRINITY METEORS CUP REPORT

Paudie O Connor National Cup Quarter Final Saturday December 7th Colaiste Iosagain, Dublin

TRINITY METEORS 65 UTILITY TRUST ST PAULS 71

Report by Enda Walshe

Utility Trust St Pauls sent Trinity Meteors crashing back down to earth and in the process qualified for the semi final of the Paudie O Connor National Cup. Having lost to Meteors in the league last weekend they would have spent the week reflecting on where that game was won and lost and certainly did their homework as they kept all the Dublin threats under lock and key for long periods.

The return of Lorraine Scanlon to the lineup was a huge factor, she missed the league encounter due to GAA commitments and she put in an outstanding display especially in the second quarter when they opened up a thirteen point lead. She dovetailed brilliantly with Megan Ormiston inside and the duo managed to subdue the threat of Emma Merriweather who can create havoc if allowed. Outside Morgan Lenehan was given very little leeway to shape the game like she did last weekend and Coach James Fleming will be particularly pleased with his side's defensive display. Fleming who welcomed Paris McCarthy back to the squad was happy with the win. " We got everything right and hopefully we'll have Rheanne O'Shea back in action (She missed the game through injury) for the semi final. Paris will be with us as well

..........

so that's another boost. We'll be looking forward to the semi final after Christmas"

It was Morgan Lenehan who struck the first blow for Meteors but Megan Ormiston and Gracen Kerr got in on the act early. Alexandra Mulligan had a hot hand for the hosts and they soon opened up a 10-6 advantage with Mathilde Diop netting for St Pauls. Lenehan, Catherine Connaire and Sarah Kenny pushed the lead out further to 17-10 as Denise Dunlea and Leah McMahon were sprung from the bench. That saw St Pauls up the ante with Gracen Kerr hitting on the fast break. Scanlon and Ormiston were getting great joy inside and they levelled up matters at 22-22 by the end of the first.

It was in the second quarter that St Pauls really got a grip on the game, that period opened by a nice move from Leah McMahon to swoop. They held Meteors to nine points in the quarter and winning the battle under the boards played a crucial part. It gave them the foothold to drive with Diop dancing in for two neat baskets. Scanlon was now in her pomp, winning rebounds at one end and cashing in at the other. Denise Dunlea and Simeone O Shea also hit from downtown and winning the quarter by 22-9 was a massive factor in the overall context of the game.

Merriweather hit the ground running in the third quarter, trying to whittle down the 44-31 lead and while she had initial success Ormiston, Kerr and Scanlon burst that balloon. Connaire and Grace Prenter had another go at it but Diop held them at bay. Siofra O Shea also did some sterling work defensively in this quarter but Lenehan and Mulligan did have some joy from the free throw line to make it an eleven point game, 56-45.

Like the previous quarter Merriweather hit first as Meteors started to crank up the pressure. They turned up the heat but Ormiston relieved the pressure with two great baskets. Mulligan slipped in another Meteors three but almost instantly Kerr replied in kind. Grace Prenter kickstarted a purple patch for the home side , her eight points helping to cut the gap to three with just three minutes to go. Kerr weaved her way in to give St Pauls some breathing space, and Ormiston came up with a brave defensive stop to quell the Meteor rhythm. Mulligan did hit another three but St Pauls held the whip hand hitting the last five points of the game from the free throw line. Leah Mc Mahon and Kerr did the honours and helped their side book a table at the mid January semi final event.

Gracen Kerr felt that lessons were learned from that league defeat. "We knew that if we stopped their point guard (Morgan Lenehan) and post player (Emma Merriweather) we'd be in a better place. Lorraine also helped Megan a lot with the rebounding and put backs which gave us that lead. Communication and help defense were keys we focused on, we knew with intensity and team defence we'd have a chance."

Gracen Kerr and Megan Ormiston led the way with 19 points each, Lorraine Scanlon had 16, Mathilde Diop netted 8, Denise Dunlea, Leah McMahon and Simeone O'Shea all shot 3.

Morgan Lenehan , Alex Mulligan and Grace Prenter all had 13 points while Sarah Kenny had 9.

Waterford Wildcats are the next visitors to Killarney in what could now be a dress rehearsal for the National Cup Semi final. The game tips off at 4pm in the Killarney Sports and Leisure Centre. St Pauls will be targeting a good run in the league in the next few weeks to keep the feel good vibe in the camp . But the Wildcats are no slouches, they sit top of the table with their sole defeat coming on the opening day to Killester. They are powered by the talismanic Hickeys ,Katie and Sarah , with Ashia McCalla as their top scorer.

KILLARNEY COUGARS BASKETBALL CLUB

JUVENILE NEWS

Another busy schedule of games at all levels throughout the week with some exciting games and important results.

U18 Boys Kerry League

Killarney Cougars 63 St Josephs 55

The Cougars welcomed St Josephs from Duagh to the Sem Gym on Thursday last and an entertaining game saw the Cougars come out on top. The Cougars returned to near full strength for this game after close losses on the road recently to Kcyms and Bobcats. The first quarter saw the Cougars quickly into their stride with a blitz of three pointers from Evan Cox, Dylan Bowler and Jack Spillane to lead by 12 points. The Cougars led throughout with good defence from Derek O'Gorman, Robert Daly and Colm Janot the Cougars maintained a lead throughout to deservedly take the points despite a strong push by the visitors.

U16 Boys Kerry League

St Colmans 39 Killarney Cougars 60

St Colmans hosted the Cougars in Miltown on Tuesday last and a strong performance in the second half secured a deserved win. The Cougars led 30-25 at half time but had strong performances from Darragh McKenna, Marco Mosca, Dara OSullivan and Jamie Fleming in the second half gave the Cougars a deserved win.

U16 Boys Kerry League

Killarney Cougars 23 St Bridgets 38 The Cougars U15 boys hosted St Bridgets Currow on Thursday evening last and the

OUTLOOK BASKETBALI

visitors finished the game strong against an understrength and off form Cougars on this occasion. The Cougars had a good effort from Fionn ODonovan, Luke Rennie, Kevin Breen and Mark Bowler, but the Currow side deservedly secured the win in the final quarter.

U12 Boys Kerry League

Killarney Cougars 42 St Marys Castleisland 26

The Cougars produced a strong performance to overcome St Mary's Castleisland in a very entertaining game at the Sem Gym, The game saw Cougars leading throughout and holding a narrow four point lead in the last quarter with strong pressure from the visitors, a strong burst of scoring late in the game secured a hard earned win Overall a good team performance with strong performances by Trey Hurley, Aaron O'Connor and Odhran O'Sullivan, Top scorers Darragh Slattery 10, Luke Bowler 10, Tiarnán Kavanagh 8,

SENIOR NEWS

Basketball Ireland National League Div 1. **Fixtures**

Saturday December 21st: Killarney Cougars v Titans at Presentation Gym

Saturday December 28th: Killarney Cougars v



Waterford Vikings at SETU

Senior Mens: Killarney Cougars 79 St Marys Castleisland 68

The Cougars produced a strong third quarter to overcome Castleisland in a competitive game at the Pres Gym.

Top Scorers: Cougars Aaron Buckley 18, Joshua Strongman 15, Kani Glover 11, Frank

O'Rahilly 9. St Marys: Seamus Brosnan 28 **NEW MEMBERS** are welcome and registration remains open for boys & girls U6 to U12 contact 087-4175493 or email secretarykillarneycougars@gmail.com

'None for the Road' - No Alcohol or Drugs While Driving

Council and Kerry Gardaí

Plans to celebrate and socialise over the festive season are in full swing as people head out to pubs, clubs and restaurants in the leadup to Christmas and the New Year. Planning a good night out however includes making plans for getting home safely.

As part of its first joint Christmas road safety appeal between Kerry County Council and the Kerry Division of An Garda Síochána, the theme of the appeal is 'None for the Road', focusing on 'No alcohol or drugs while driving'.

Impaired driving is still a high occurrence among motorists. Up to the end of November, over 7,000 drivers were arrested on suspicion of driving under the influence of alcohol or drugs. 56% were alcohol related and 44% were drugs related.

An Garda Síochána in Kerry are committed to keeping roads safe for everyone and will have extra patrols in place throughout the county over the Christmas period. Gardaí are urging road users to make road safety a priority this Christmas and to ensure that their holiday season is full of joy and not tragedy.

Superintendent David Callaghan, Kerry Garda Community Engagement in Tralee said: "An Garda Síochána in Kerry wish to remind all

Road Safety appeal between Kerry County i road users in the County that as we head into the Christmas period it is essential that we all remember the importance of road safety. The festive season is a time for family and celebration, but unfortunately, it can also be a time of increased risk on the roads. We want to remind everyone to drive responsibly, to plan their journeys, and to make arrangements for a safe journey home if they are going out to celebrate."

> Kerry County Council is promoting the joint road safety campaign across the festive season on local radio, in print media, online and on social media. Digital advertisement will also appear in two cinemas and 13 supermarket

displays across the county. Kerry's Road Safety Officer Declan Keogh said "We are urging motorists not to drive under the influence of any alcohol or drugs, ever. People should plan on getting to their destination and include getting home safely in that plan. Get a taxi, a bus or a lift of someone who is safe, sober and fit to drive. Any person who takes a chance and gets behind the wheel while either drunk or drugged, they not only put their own lives at risk, but the lives of other road users too. Forget having 'one for the road', if you're planning to driver, there should be 'none for the road', he said."



L-R: Inspector Shay Ryan, Sergeant Lynda Brosnan, Gardaí Donnchadha Noonan, Mike O'Shea and Eilish Cronin and Inspector Sandra Kelly.



JIMMY O'SULLIVAN-DARCY

takes a look at all things sport...





Tony Brosnan in action for Dr. Crokes

Delighted! Anne O'Shea and members of her family including her grandsons Cian McMahon and Neil O'Shea who were part of the winning Dr. Crokes team

There's a lot we could be talking about this week. Plenty going on in the world of sport - too much, some of us (me) would say. Dr. Crokes are Munster Senior Champions, a genuinely incredible feat. Right back on top, and not just in Kerry. One defeat all year, and that one controversial (I don't believe that Club Championship game against Dingle hurt them in the long term, but that's because they absorbed it and responded in the right way. But as a spectacle, I didn't think that either the semi-final or Munster Final were entertaining, to be truthful about it. Loughmore Castleiny adopted a totally negative approach, even with the wind, and the fact that the half-time scoreline was 0-4 to 0-3 unfortunately means that it was the right decision. Which is as much an indictment of modern gaelic football as anything else.

We could talk about that Austin Stacks hardearned victory over Aherlow in the Munster Intermediate Final. Arrah, no, we couldn't. To be truthful, I wrote some amount of ráiméis to fill these pages during covid (let's be honest with each other - ye knew that already, and some would point out that it seems to be a hard habit to break). But even then, I would not be dissecting a 7-7 to 0-2 victory. Aherlow are a former senior Tipperary club who dropped down a grade. Austin Stacks are one of the strongest clubs in Kerry, fell into Intermediate because they were riven with injuries (let's talk about that elongated playing schedule again some time), and got caught on penalties in a semi-final against a powerful Fossa outfit). The fact that Kerry have divisional teams in their County Championship (which is a highly successful model and I am amazed that other counties don't copy it – the primacy of gaelic football in Kerry is a factor, as is the sheer number of teams and travel distances in the likes of Cork) means that Austin Stacks would already be a senior team in any other Munster county. I thought this would be more of a battle, but I never expected any kind of contest. It would be like that Jake Paul eejit actually entering a genuine boxing contest. The plain fact is that we all know that Stacks should be winning the Intermediate All Ireland.

It was never going to be as clear-cut, but I did fancy Firies to beat Kilmurry. The Cork outfit lost the last two Munster Junior Finals but fair play to them, they came out hunting it and an early goal meant that it was going to be a battle. Kilmurry led by a point against the wind at half-time and that was probably fair enough. I still expected Firies to finish strongly, as has been their wont in most of their games, but they didn't really click in the second half – a swirling wind didn't do them any favours. Look, Firies were never expected to win the Premier Junior in Kerry; they have done brilliantly to get this far.

We could discuss soccer in Ireland. Ah, no...there isn't exactly a lot of Christmas cheer floating around there. The amount of blame being flung around after the Ladies defeat to Wales....people, it was a very poor performance on a hard night, and it does hurt us going forward, but maybe we could be generous enough to give Wales a bit of credit? I don't agree that this is vindication of Vera Pauw, simply because I haven't heard any coherent explanation of what she did wrong. It's no condemnation of Eileen Gleeson either; the team that had played well under here against a higher level of opponents (poor Georgia excepted) until they didn't against Wales. Spare me the hindsight generals; not a one of us had the guts or wisdom to say it beforehand.

The FAI are switching to summer soccer. Much mooted, never delivered before – and that's because it's a stupid idea. The fact that you had to get 46 votes from the LOI clubs,



Stephen Brosnan holding the Munster Cup aloft

who had no dog in this fight, to get it through savs a lot. Let's call them the dog that didn't bark in the night-time. Summer soccer will not work across the board, and not because of the GAA. It's because during the academic year soccer can fit easily into kids' weekly schedules, but during the summer, you have family holidays, communions, confirmations, graduations, community games, and a multitude of outside activities. You expect kids to make you their number one priority? Maybe there's 3% who would - and I think that's generous - but you are basically telling the other 97% to give up soccer. Good luck with that. Kerry, creditably, utterly opposed this nonsense. What will happen is the top clubs will have 40-strong panels at underage, while smaller community clubs close. And it'll look good, because the same names will crop up frequently on winner's podiums, which will make them sound super talented - but what's actually going to happen is the

playing pool, and the game, will shrink quite a bit. As happened every single one of the many times that this has been tried before. A third layer in the LOI. Apparently this isn't meant to be ironic. But first of all, either you incorporate the provincial senior league teams or you artificially insert LOI B teams above them. Which side has the budget for that? It has always been cost, not lack of talent, that stopped Kerry teams playing in the Munster Senior League. Cost of bus and overnight travel adds up far quicker than you think and it can be colossal - seriously, talk to any National League Basketball Club. It is unquestionably true that the LOI has higher attendances and more interest than ever before. This year has been their biggest since that dramatic fall-off in attendances in the early seventies. But here's the sting in that particular tail. Collectively, in 2023 (the LOI Financial Impact Report), LOI Premier Clubs lost €7.6m. The only years in the past decade that buck that trend are the Covid years with supporters banned but generous Government support. This is not the time to artificially rob the grass roots for a 'third tier' PR exercise. This is a time to consolidate your first tier, because clubs are barely clinging on. Can Dundalk last as a viable entity? Because their circumstances are the general trend, not an exception.

Shall we cast our eyes wider afield? Man City's sudden and rapid decline (absence of Ballon d'Or winner Rhodri - although we all know that it was FIFA politics that robbed Vinicius Jnr.?) and a good runs of form by Liverpool and Chelsea, with Arsenal also in the mix. make this the most exciting Premiership in years. Except for being the exact same as every one of the last four years in terms of City suffering a dip and having plenty of time to recover, because it's December. I still say they will win it. Will the 115 charges against them make a difference? Yeah, 'cause FIFA will step up to the plate. You are adorably innocent, crathur. A bit thick, but sure, good luck with that one. City are playing along with Gianni Infantino's tragicomic Club World Cup fiasco, and the games being purchased by DAZN is being treated as some kind of success (it means nobody wanted them). AS for the 2034 World Cup being awarded to Saudi Arabia? Yes, women are inferior beings and LGBTQ don't deserve to exist at all, but if you thought that would be a problem for FIFA....look, I'm not okay with teams in England expected to wear rainbow armbands in support of LGBTQ rights either. People are entitled to opinions and political and religious beliefs. James McClean certainly should not have to wear a poppy and don't expect me to wear any Easter Lily. 'Correct' is not the same as 'politically correct'. I'm reading a book called 'Prophet Song' by Paul Lynch. It is absolutely brilliant, as I expected. I did not think that it would literally frighten me with how believable it is, and mandatory flowers and armbands are a part of that conversation.

Rugby is run a lot better on the ground (and to be fair, does get an easier time in terms of



The Moloney famiy at the game with the cup.

the national media).

Okay, wow. Jaysus. I had not intended to go off on a rant there. That stuff has been building up in my head a small bit, I guess. I haven't even mentioned the alwaysinevitable and not necessarily unhealthy revenue investigation into a few GAA bodies. Or the idea of AFL clubs paying compensation to GAA clubs for signing Irish players – I understand the logic, but it's completely unworkable. One is an amateur sport; one is a professional body that usually includes academic scholarships Allow me to start my entire opening paragraph again.

CHRISTMAS PRESENTS

Instead of focusing on all the ills of the sporting world, we are going to be positive. It's Christmas time (or winter solstice, or yule, or saturnalia – the passing of the longest night of the year has always been a time of human celebration, and was incorporated into Christian traditions). We will celebrate our survival thus far, no matter which gods we credit, and we will give each other gifts in celebration.

Apart from the kids – who are basically indistinguishable Tasmanian devils to the likes of me at this time of year – the only presents I give are vouchers (usually for restaurants, because I don't actually know what happens in a 'spa' but it sounds suspicious to me) or books. Very often sports books.

You are possibly asking yourself why I actually give books, as opposed to vouchers for bookshops. Simple, and you should think before asking a question like that. It's because I can read that book myself before wrapping it (i.e. put it in a bag and sellotape a Christmas card to the top of it. Done). These are the books I am looking at this year.

All opinions are subjective, of course. Particularly since that's the literal definition of 'opinion'.

'The Racket' by Conor Niland (ghostwritten by Gavin Cooney)

I haven't got my hands on it, but I really am looking forward to it. The name Conor Niland would crop up in the papers every now and again; I vaguely knew that he was a reasonably decent Irish tennis player, but that's about it. I'm afraid that when it comes to truly global sports like athletics, rowing, tennis, we tend to know the very top, elite names and forget about the rest. I think the fact that GAA are the dominant sports on this island plays a role. When it comes to the top 100 gaelic footballers or hurlers in the world, there's a good chance that you have met at least one of them. When it comes to the top tennis players in the world, the entire planet, I very much doubt if you can name three of them outside the top ten.

Conor Niland was good. An astonishing talent. He was just short of that bracket. And he could pretty much walk down any street in his home country and go unrecognised. It's kind of amazing. And if, as I am told – and the William Hill Book of the Year Award is something I pay attention to – that this is his story, in his words, written honestly and without bitterness...well, this just might be the Christmas for my favourite person in the whole world.

Me. That would be me.

'Obsessed' by Johnny Sexton (ghostwritten by Peter Doyle)

Um. Look, he's a very big name, one of the best rugby talents ever, arguably up there with Jackie Kyle, Willie John McBride, and Brian O'Driscoll. Certainly with Gaillimh, Paul O'Connell, Moss Keane. Strong Kerry roots won't hurt sales around here either. His first autobiography (there's always something about that phrase that jars with me) 'Becoming a Lion' was excellent, a really good read.

I'm sorry. This didn't do a lot for me. It reminded me too much of a Marvel sequel. 'The Avengers' in 2012 was a plot-driven superhero story with fleshed out characters with whom I could sympathise. 'Avengers Endgame' was a jumbled mish-mash of complete horse....apples. Random characters I couldn't care less about. Some forced gibberish about Black Widow having to sacrifice herself for some random reason, possibly because Scarlett Johansson is actually a good actress and was embarrassed by this drivel.

'Becoming a Lion' earned and deserved high praise for its uncompromising honesty. Johnny isn't necessarily a nice character and wasn't pretending to be one. But this sequel just tries too hard to ramp that up and it comes across as far too forced. It doesn't feel like a genuine voice. Every time he – or more likely Doyle – tells a story about how ruthless and driven he was, I can hear a voice saying "ch-ching!" in the background. There are some very good rugby autobiographies out there – Brian O'Driscoll and Paul O'Connell's didn't do much for me, O'Gara's was decent, Stringer's and Keith Earl's were very good. This? More than a bit 'meh' to me. Devoted

fans will probably enjoy it, but I just found it distinctly average. A lot of polish on too little leather.

'Joe Canning: My Story' by Joe Canning (ghostwritten by Vincent Hogan)

S p o r t s 'auto'biographies are big business in the Christmas market, which of course most publishers are aiming at. But what was once



a riveting novelty has become very formulaic. Passé. Yes, you had a lovely childhood, where ye were poor but happy and worked hard. You were obsessed with sport (same as every child who ever lived, except those who were chimney sweeps from the age of six). You gradually became very good at it, learning hard lessons along the way, and overcoming some personal tragedy or flaw (got to humanise the main character).

I haven't had a look at this one yet, but I wasn't overly enamoured of previously ghostwritten biographies by Vincent Hogan – very good sports writer when it comes to his own ideas, less so with those of other people.

Joe Canning always came across as very relatable and at the same time, was unquestionably a hurling prodigy. All eyes were on him right from his debut and they never left him. Clare's Tony Kelly or Tipperary's Eoin Kelly were always very close to that, but Canning was elite even in that kind of company. And came across as though he either didn't know it, or didn't really care. I always got the impression that he would be an easy lad to sit down and have a pint with (I should point out that I have never spoken to him in my entire life). And finally getting over the finish line to claim that All Ireland, especially with the family circumstances.... absolutely I cheered. And so did you. We all did. In fairness, go back and check that 2017 Final again, even the Waterford fans, heartbroken as they were, gave Joe Canning an innovation.

Is this going to be worth it? I'm not going to buy it, I am a bit dubious, but I'll certainly read it in the library or pick it up eventually secondhand. Basically, it's a 'maybe' for me.

'Whatever it Takes' by Ritchie Hogan (ghostwritten by Fintan O'Toole)

I rate Fintan O'Toole very highly, I actually think he is one of the best around, and Ritchie Hogan was a phenomenon in his own right. Always physically powerful.



Not as incandescent as Joe Canning in full flight, but the ultimate in reliable excellence. But I do have a slight sense of unease here, not least because of the blurb. "Hyperfocused and determined, there wasn't a day in his life where he didn't think about what he needed to do to get to the highest level of the sport he loved and what he needed to do to stay up there. This frank and forthright account takes us inside one of the greatest hurling teams of all time as never before."

Never before? Kilkenny were an amazing team. They set a new benchmark under Cody. But we have seen books that made that exact same promise umpteen times before. No, sorry now, is there anyone on that team who has written a book about how focused and steely determined they were but how they were fabulous craic underneath it all?

It's nothing against Ritchie (I always admired his hurling; I know nothing else about the man) but there comes a point where I have simply read too many versions of the same story.

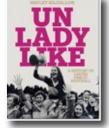
'Unbeatable: Dublin's Incredible Six in a Row' by Eric Houghan

For obvious reasons, it's probably not going to be a massive seller here in Kerry! But I actually really enjoyed it. It's a very rare and almost magical combination of ingredients. A journalist who can write properly and coherently and understands the nuances of a story. A GAA afficionado with an actual understanding of the game (I probably shouldn't say it out loud, but 90% of the things people tell me about strategy in games is complete nonsense based more on their opinions than any reality). Houghan is the real deal. And most important of all, this is very much a labour of love, but not written with a blindly uncritical eye. I thought this would be interesting – I have previously enjoyed 'Dublin: The Chaos Years' by Neil Cotterand 'Dublin: The Game of My Life' by David Sheehan is a classic of the type (seriously. Give it a go, you will be surprised). Philly McMahon's autobiography was a solid read, albeit more about Ballymun's social problems than Dublin GAA, Bernard Brogan's was...grand, but unexceptional.

This is quality. Real quality. Outstanding, no matter what county you support. Genuine passion and genuine insight.

'Unladylike'

by Hayley Kilgallon Ladies GAA is fifty years old this year and this is a very timely work detailing that history. 100% I will be picking this up. I know a bit about the history already, and it's as much a chart of a



maturing Ireland. Go back to the forties and fifties, and Ireland would have considered itself paternalistic.

But that's because they didn't know what the word 'misogyny' means. And no, that's not me being sarcastic. Catholicism has never exactly been a feminist movement in the first place -'twas all Eve's fault, but more fool Adam for listening to her, was the attitude. Priests were absolutely leaders in the community (and very good ones in most cases), nuns simply weren't. That began to change through the sixties (a decade that completely changed Irish society). I suspect that wider and more affordable education played a role. But certainly by the early seventies, after the 'Bishop and the Nightie' matter on the Late Late Show, divorced star Jayne Mansfield's 1967 appearance in Tralee cancelled because of episcopal condemnation, and the 'Contraceptive Train' in 1971....well, by 1974, a lot of Irish society had had enough of the old attitudes. The LGFA was founded – much to GAA opposition, it has to be said. In fact, there was broad opposition. Some of the arguments against ladies playing football... this stuff doesn't read like fifty years ago. It reads like 150 years ago. It sounds like a parody of itself. Remember that camogie was well established by then and ladies basketball in Ireland was reasonably popular. Women playing gaelic football shouldn't have been a shock to our social fabric - but, frankly, it was. And Kilgallon is able to chart that dispassionately and let the story tell itself, good and bad. It's great writing, way above anything I could do. The fact that Kerry were always a foremost power in the game (not that they got the support they deserved either – by the by, Clanmaurice are back in an All Ireland Final this Sunday and that team could and should be a book in their own right) makes it doubly interesting.

I absolutely will be buying this, and you

should as well.

'Together Standing Tall: 100 Years of Irish Rugby' by John Scally

It's a bit....exaggerated, putting it nicely, about the importance of rugby in Irish sporting life, but it does give a decent overview of the history of the game. Opening with rugby in Kerry as an example probably didn't helpit's case with me – that's literally the one county whose rugby history I would be fairly aware of, and more so than the author in this case (for the record, athletics was the biggest sport in Kerry in the mid 19th century, with rowing and horse-racing popular and rugby a good bit behind them.

Nice short summaries of various eras - I did feel that chronological order would have been a better overall fit, it jumps around between different generations a little bit too randomly. The photos are genuinely stunning. I would be tempted to buy it for those alone (I actually got it out of the library, which I always recommend as the first port of call). Any negatives are glossed over fairly quickly and the occasional anecdote that's wheeled out almost feels like an afterthought. It's not bad at all, but I think it tries a bit too hard about doing justice to too big a brief while simultaneously being more of a PR exercise than an actual history of the development of the Irish game.

'From Rags to Riches IRFU Rugby Ireland' by Feargal O'Rourke

The blurb on this one (i.e. press release by the publishers Gill Books) reads "From Rags to Riches is a record of the 29 seasons and 316 test matches that the Irish men's rugby team has played since the game went professional (including links to online footage to over 250 of those matches via QR codes). With over 600 pages and over 700 photos covering every season and test match in this period, it is the definitive record of the rise of Irish rugby to the top table of the game and will be a go to reference point for this era for years

to come. All profits from the sale of the book will go to the IRFU Charitable Trust."

It does exactly what it says on the tin. Again, the photos are good and carefully chosen and the book is nicely detailed. A clever touch to have the QR codes - let's face the uncomfortable truth that all print businesses are facing. It's about online content now and Al is going to make things worse. I do worry a bit that AI could render art obsolete, and the thing is that art, whether it be The Sex Pistols' music in the seventies, Ayn Rand's economic arrogance, or Voltaire's satirical stories, has been humanity's way of critiquing society as a whole. Nowadays with online content nobody is even hearing the same news stories anymore. It's all perspective, no substance.

Forgive me, I digress. I enjoyed this, but it's more a reference or coffee table book than a gripping read in itself.

'Blood and Thunder' by Liam O'Callaghan

I say it with genuine respect for all parties, but Liam O'Callaghan has written the definitive work that several others have attempted in this anniversary year of Irish rugby. This is no hagiography, and it is all the better for it. Hayley Kilgallon's subject matter is closer to my own interests, but this is a hugely informative and entertaining book. It places rugby, not unaffectionately, in a wider Irish context and doesn't shy away from the complications (internal politics, strong remnants of imperialism, class division, the more popular nationalism of GAA ideals, etc.).

This is meticulously researched and carefully thought out. O'Callaghan doesn't make judgements and doesn't dress up facts, but certainly does discuss broader matters around the game. And this book is all the better for. It doesn't have the array of photographs of others (John Scally's book is phenomenal in that regard) but it doesn't need them.

This is class. If you only read one rugby book this year, I strongly recommend that it be this one.

'State of Play' by Miguel Delaney

World soccer, like the Olympics, has always been hugely popular throughout the electrical age, and hugely lucrative. It has never, ever been described as 'honest' or 'well-run'. But it has never been in a worse state than now. Sepp Blatter, abject disgrace that he was, at least pretended to actually care about the game. His designated successor, Gianni Infantino, doesn't appear capable of anything more than token gestures.

Miguel Delaney is the Chief Soccer Correspondent for the Independent (the English one, not INM in Ireland). While he can occasionally be guilty of 'dúirt bean liom' stories, it would be much less so than mnost people in his role. He does tend to know and care about what he is talking about.

Remember 'Champagne Football'? This book does for the global game what that one did for Irish soccer, blow away some of the bedraggled cobwebs. You already know pretty much everything in this book; you just haven't really had it articulated in one go.

Much of the focus at the moment, understandably, is on Middle Eastern sportswashing of human rights abuses (according to western ideology). But, as Delaney explains, that's an inevitable symptom, not the actual underlying problem, which has been developing over years of corruption.

A timely book. And no, it won't change anything – Saudi Arabia, like Qatar, will have their World Cup. But water wears away stone in the end and it's good that people like Delaney are willing to stand up and say enough. It would have been very easy for him to cosy up to these people and he would have been well taken care of. That the likes of him isn't willing to do so is probably a mystery to them. It's called 'integrity', lads, ye wouldn't be expected to have ever heard of it.



At the presentation of prizes of the Dr Crokes GAA Club Golf Society Christmas Hampers outing sponsored by Tatler Jack at Mahonys Point Killarney were from left, Liam Hartnett (winner and incoming President for 2025), Maurice O'Donoghue (Captain) and Padraig Sheahan (third). Standing from left are Brendan Keogh, Eamonn Fitzgerald, Karl McMahon, Joey Sheehan (Incoming 2025 Captain), David Moloney (player of the year and winner of the Eddie Barry Memorial trophy), Eoin Brosnan (Dr Crokes Chairman), John O'Leary and Vincent Casey, sponsor of the golfer of the year award. Photo: Eamonn Keogh



David Moloney, second from left, receives the Dr Crokes GAA Club Golf Society 2024 player of the year award and Eddie Barry Memorial trophy from Vincent Casey, sponsor. Also included are David Byrne (2023 Golfer of the year winner) and Eoin Brosnan (Dr Crokes Chairman). In front are John and David Byrne. Photo: Eamonn Keogh

SAA I AROUND THE COUNTY

FOSSA

LOTTO

The numbers drawn on 08/12/2024 for a jackpot of $\in 6,900$ were 9, 16, 21, 27. There was no jackpot winner. The $\in 40$ consolation prize winners were; Brid and Eileen Nagle, Cait and Aine Griffin, Jake Coffey, Declan Lynch, Siobhan Kiely. The meat vouchers winners were Mary Kearney, Liam Walsh and Daithi and Roisin O'Se. Tickets are available from our sellers and can also be bought online with the following link https://fossagaa.clubforce.com/products/lotto/ fossa-gaa-club-lotto

EAST KERRY NEWS

O SULLIVAN CUP SEMI FINAL

O Sullivan Cup semi final sponsored by Killarney Carpet and Furniture.

Dr Crokes V Kilcummin @ 12pm Sunday December 15th

MUNSTER CLUB CHAMPIONSHIP

Well done to Dr Crokes on their win in Munster Senior Final, and hard luck to Firies on their loss in Munster Junior Final.

MONTHLY MEETING

The last monthly of the year takes place in Heights Hotel on Tuesday December 17th at 9pm.

MUNSTER SCOR

Congratulations to Glenflesk Ballad Group on winning the Munster Final.

ATHLETIC DEVELOPMENT PROGRAMME

East Kerry/Eoghan Ruadh U15 Athletic Development Programme completed eight excellent sessions in St Brendans College. The indoor programme gave all players the chance to improve and develop during the current training phase. Players were delighted with the excellent sessions delivered by Emmet Finnan [Glenflesk] supported by Vince Cooper East Kerry GDC. It is vital that all players follow the training programme over the next few weeks to maximise gains made over the last eight weeks. THANKS to Sean Coffey (St Brendans College) for his continued support given to all players and coaches in the delivery of the training programme in the hall. East Kerry Board continue to provide excellent practical supports to deliver the coaching programme. The next phase of the eight week programme will be starting in January 2025. Clubs will be notified by Vince Cooper East Kerry GDC in advance of the sessions.

CONDOLENCES

Sympathies to the families of Mary Prendergast (Clifford) Boolteens West, Castlemaine, Kerry on her recent death.

KILLARNEY LEGION GAA

CLUB AGM

The Annual General Meeting of the club took place last Tuesday night in the International Hotel. At an efficiently run meeting Dave Randles chaired a comprehensive review of the year that was and urged all members to continue East Kerry u17 Ladies County Champions after recieving their medals last Sunday in Rathmore. Photo: Seamus Healy



to progress the club. Ladies Chairperson Ted Healy and Donal O Leary, Juvenile Chair, both gave in depth reports on their respective departments, acknowledging the great work done by all the volunteers while also issuing a call for anyone who would like to get involved in 2025. John Foran in what was his final AGM as treasurer outlined the financial health of the club but not before many tributes were paid for his work. In the ten years John had the treasurer portfolio a lot of changes, both introduced and natural, have occurred but John bedded them in seamlessly. Sharon O Shea steps into Johns shoes and we wish her the best of luck in her future endeavours.

The following will serve as officers for the year ahead.

President: Tommy Regan

Vice Presidents: Noel Wade, Donie Fleming, Joan Culloty, Joan Fogarty, Johnny Culloty, Mary Regan, Sean O Grady, Jimmy O Leary. Chairperson: David Randles Secretary: Denise Fogarty Vice Chair: Liam McGuire Treasurer: Sharon O Shea Registrar: Fiona Ni Chonchubhair

PRO: Enda Walshe

East Kerry Board Delegate: John Hegarty County Board Delegate TBC Juvenile Committee Chairperson: Donal O Leary

Ladies Club Chairperson: Ted Healy

LADIES LOOKING FOR VOLUNTEERS

The Ladies football department are preparing for the 2025 season and are issuing an open invitation to anyone who would like to get involved in any of the team from the Academy upto minor. If you're interested you can email Killarneylegion.kerry@lgfa.ie.

DATE FOR YOUR DIARY

The Saturday Morning Academy will be holding their Annual Christmas party on this Sunday December 15th in Killarney Race Course from 4-6pm.

DEEPEST SYMPATHIES

The Club extends its sympathies to the family of Rosemary Nolan. Her husband John lined out for the club and was a mentor in our juvenile teams for a period also.

We also extend our sympathies to the family of Jackie Foley. Jackie's daughter Norma is a coach in the club and a member of our Mothers and

Others Group.

We extend our condolences to Timmie Joe Fleming and all his family on the passing of their father Pat. Timmie is married to Majella Hegarty and their children Darragh, Oisin, Becci and Kate are all playing in the club.

Noreen is married to Colin O Brien and their sons Ruairi and Ronan also play for the Club.

MOTHERS AND OTHERS

Please do bear in mind when you're shopping in Tescos in New Street that our Mothers and Others Group are currently one of the recipients of the blue tokens. Do support them this active and diligent group.

MUNSTER FINALS

Congratulations to Dr Crokes and Austin Stacks on their respective Munster Final wins. Not forgetting to commiserate with Firies who just came up short in the Munster Junior Final.

LOTTO

Results Monday December 1st. Numbers were 2, 13, 15, 24. Bonus No 17. No jackpot winner. Match 3s / Lucky Dips: 1. Mike Nash online 2. Christian Hegarty online 3. Padraig Hegarty, Loreto Road 4. Meabh Crowley, Cleeney 5. Golden Chopsticks

DR CROKES

MUNSTER CLUB FINAL

Dr. Crokes 0:15 Loughmore Castleiney 1:06

History was made last Sunday in Mallow as we won our 9th Munster Senior Football Title with a comprehensive win over our Tippeary opponents. We started well and opened the scoring in the first minute of play through the boot of Tom Doyle. We controlled the half, keeping our opposition scoreless for the first 20 minutes of the game. With fantastic football all over the pitch we went in leading 4 points to 2 points at half time with points coming from Tom Doyle, Micheal Burns (2) and Brian Looney. The second half began exactly like the first with Tom Doyle opening the scoring in the first minute of the half. We dominated the half with Mark O'Shea soaring in midfield and Man of the Match Maidhcí Lynch controlling things at the back. Points from Micheal Burns and Tony Brosnan gave us a 10 point to 5 point lead going in to the last quarter. The introduction of Kieran



GAA | AROUND THE COUNTY

O'Leary saw him add two consecutive points to his name. With a 9 point lead going in to injury time we know the job was done. Loughmore narrowed the gap right before the final whistle with a goal to scorebaord reading 0:15 to 1:06 **SAVE THE DATE**

Our annual Juvenile Christmas Party will take place on Wednesday 11th December from 5pm-7pm in the Clubhouse.

JUVENILE AGM will take place on Thursday December 19th.

AGM

Our AGM took place on Friday last, it was agreed that specific notice will be given to club members to notify them of future AGM's. If you want to be added to this list please send your contact details to our Club Chairperson or Club Secretary. **LOTTO** took place December 2nd. Numbers drawn were 11, 15, 20, 22. Jackpot of \in 5,900 was NOT WON. 6 patrons matched 3 numbers and received \in 70 each. Jackpot for draw on December 9th will be \in 6,200. Play online by following the link below and follow instructions attached https://play.clubforce.com/play_newa. asp?II_id=734#Anchor(https://play.clubforce. com/play_newa.asp?II_id=734#Anchor)

KATHLEEN'S GENTLE EXERCISE CLASSES will

continue on Tuesday's at 11am in the clubhouse. You don't have to be a member of the club to join.

FR. PADDY'S CARDS NIGHT continues for the next three Wednesday nights from 8pm in the clubhouse. There are special prizes to be won in the weeks leading up to Christmas. **DR. CROKES SHOP**

You can shop worldwide on our online shop. Follow the link https://www.oneills.com/shopby-team/gaa/ireland/dr-crokes-gaa.html?p=2

BINGO

Dr Crokes Bingo continues every Sunday in St. Mary's Parish Hall. Doors will open at 7pm with the first game commencing at 8pm.

CONDOLENCES to the O'Grady Family on the recent passing of Donal O'Grady. Ar dheis Dé go raibh a anam.

NOTES

If anyone has anything they want to add to our club notes please email pro.drcrokes.kerry@gaa. ie

DR. CROKES SUPPORTERS CELEBRATE MUNSTER FINAL WIN





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.....

MAIN DUTIES:

Strategic HR Support

- · Work with the Management Team to ensure a positive workplace environment.
- · Provide guidance and recommendations to managers.
- · Work with the Management Teams to identify training and development needs.

Recruitment & Talent Management

- · Management of the end-to-end recruitment processes to attract and retain our teams.
- · Develop and implement onboarding procedures to integrate new employees effectively.
- · Maintain succession planning.

Employee Relations

- · Act as the first point of contact for all HR-related queries, ensuring timely resolution and responses.
- · Mediate and resolve conflicts to maintain a positive workplace environment.
- · Conduct investigations and manage disciplinary and grievance processes as needed.

Performance Management

- · Oversee the Performance Review/Appraisals and provide coaching to Managers on effective feedback, and appraisals.
- · Develop initiatives to enhance employee engagement and motivation.
- · Address Performance Issues with the Management Team, and put in place plans to address same.

HR Operations & Compliance

- · Ensure that HR Policies and Procedures comply with legal regulations and industry standards.
- · Maintain accurate and up to date employee records and manage HR Systems.
- · Oversee payroll and employee leave management.

Health and Safety

• Promote and implement Health and Safety initiatives and procedures in alignment with Company and Legislation requirements.

Employee Engagement

- · Development and delivery of diversity, equity, and inclusion initiatives across the Organisation.
- \cdot Organise team-building events and activities to foster a positive workplace culture.
- \cdot Conducting regular employee engagement surveys and providing feedback to the Management Team.

KEY REQUIREMENTS

Education & Qualifications

- \cdot Bachelor's degree in Human Resources, Business Studies, or other related field.
- · CIPD Qualification or equivalent is desirable.

Experience

 \cdot At least 4 years experience in a HR Generalist, HR Executive, or Business Partner role.

 \cdot Previous experience in a manufacturing company is advantageous.

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 Proficiency in HR Systems and Microsoft Office Suite. 								

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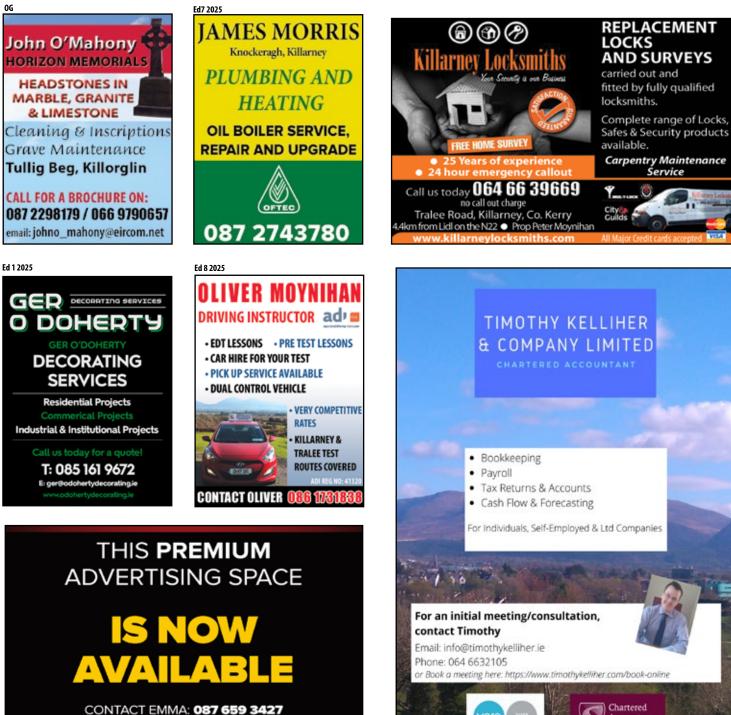
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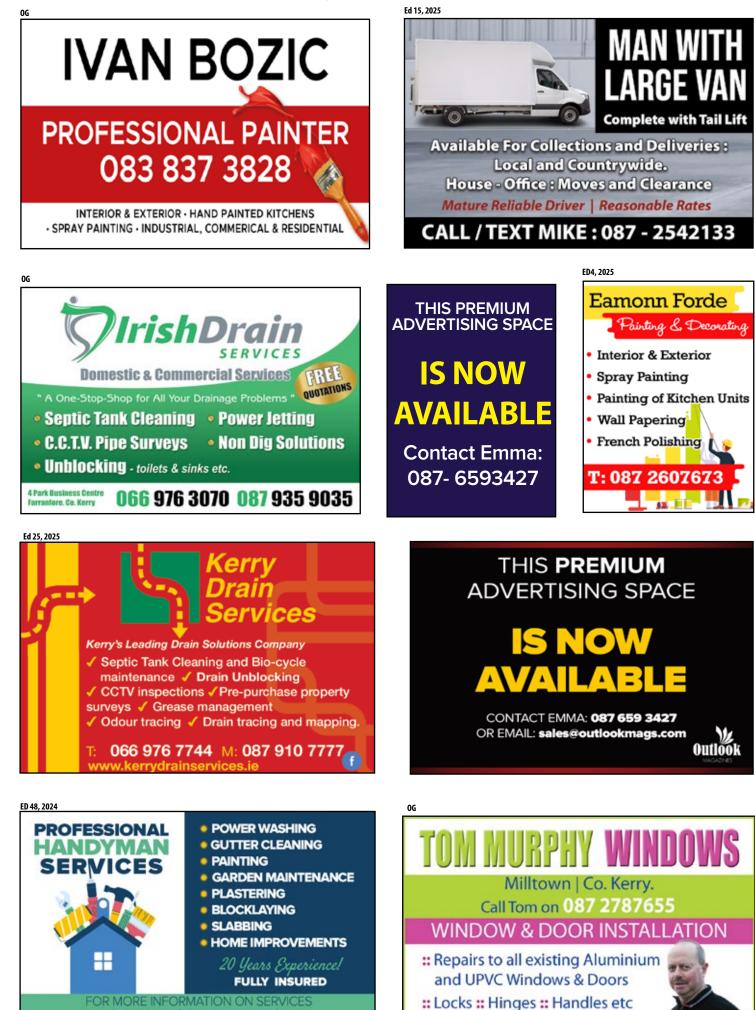
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KERRY COUNTY COUNCIL STOPPING HOUSE BUILDING IN KERRY

With the country in the midst of a unprecedented housing crisis and builders are putting the blame for this squarely on the shoulders of senior management staff of Kerry County Council, accusing them of making the problem worse.

Builders have expressed the view that it is easier to build houses in Cork than it is in Kerry. In Cork, for example, builders carry out the work, a snag list of any outstanding issues is created, the builders rectify those issues and any bond funds are promptly returned to the builder. Bond funds are amounts of money held back from the builder by the bank until all work has been completed. If the council delays signing off on the completion of the snag list, the bond funds are not released back to builder and they are left out of pocket. In Cork, once the snag list has been signed off, the maintenance of any new housing development is promptly taken over by Cork County Council.

Builders claim that it is much more problematic dealing with Kerry County Council. It can take years for an official snag list to be created. The saga does not end here. When that list is finally completed, more maintenance issues are added. Builders have claimed that this final stage can take years and can add unnecessary financial stress. In effect, builders are being used to maintain an estate, post-build. In many cases, the builder ends up just forfeiting the bond, as it becomes too costly to continue completing the constant snag lists generated by Kerry County Council. Works are rarely carried out with these bond funds and ultimately the money ends up in the road maintenance programme for the whole county.

While waiting for Kerry County Council to take over the maintenance of their estate, the residents are obliged to pay for that maintenance themselves, and all the while, Kerry County Council continue their delaying tactics. These residents already pay road tax which goes towards

ALLEY WELL

A builder built an extra thirteen houses in an existing housing estate. The builder rerouted heavy traffic away from the estate and used an existing farm road at the rear of the site to access the building site. The photo shows the relief road and this road was in existence long before his company built these houses. After the houses were built the Council instructed the builder to go onto private property and dig up the relief road and turn the area into a green field otherwise Kerry County Council will take $\leq 20,000$ via a bond from the builder.

Kerry County Council contacted this publication stating that the heading of this article is "grossly misleading and incorrect". Nobody wants badly built estates but this example does not entice builders to build houses.





This is a photo of an item on a snag list from a builder. Kerry County Council wants the builder to remove the fence and replace it with a fence that's a few inches taller. Because there is a slope in the green area the fence measures 2 mtrs when measured from the back and 1.85mtrs when measured from the front because of the slope in the green area. Does it really matter if this fence is a few inches shorter. This is an example of the nonsense that builders have to put up with from Kerry County Council.

road maintenance. And they are also paying local property tax. Why are the most pressured group in society being treated so badly? Typically these are young people with young families struggling to pay bills and Kerry County Council has the power to make their lives a little bit easier but unfortunately, the opposite is the case.

A number of County Councillors have said that they do not have the power to change things. They were critical of council management who have just brushed their concerns aside.



This is a photo of a manhole that was built in 2008. This manhole is in perfect condition after sixteen years.

The specifications on building a manhole has changed recently and Kerry County Council wants all the manholes in the estate dug up and rebuild under the updated specifications and this work will cost the builder \leq 45,000. Kerry County Council does not accept that this decision is a gross abuse of power.

There is no appeal system and no consequence for the decision makers.

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FOCUS ON HEDGING

Hedges can make a much more natural background to a garden than a wall or a fence. They can provide shelter and are cheaper and require a small amount of maintenance. Because a hedge allows the wind to filter through it reduces its velocity.

Tall or low growing, clipped or informal, there is a hedging plant for every purpose. One thing to remember about a hedge is that it is intended to be a permanent feature in the garden so therefore should be chosen with care and planted in well prepared soil.

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

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

When you have chosen the type of hedge that you want, it's time to prepare the soil. Start preparing the soil by digging thoroughly and forking in some well rotted farmyard manure. Hedges can be planted all year around but the ideal time is between November and March as all hedging plants will be dormant at this time.

What that means is when you go to buy your hedging plants, they are lifted straight from the ground and are called bare-rooted hedging. This enables you to replant straight back into the ground when you get them home. Just make sure that when planting that the roots are spread out well as this will encourage them to root quickly when the growing season starts. If you have missed the bare rooted season at the end of March, you can plant container grown hedging all year around.

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GOLD FOR SWIMMING STAR KEVIN

Killarney man, Kevin Looney is a true passionate determined and for him the special Olympics is like a home to him especially the team he has served for all of the years Kerry Stars special Olympics over 15 years.

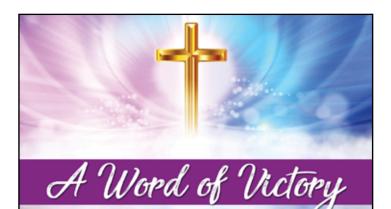
As he continues to serve and show his heart for the club he continues to show determination passion and good spirit s Regardless of any obstacles unfairly that have been putting in his

way, Kevin has shown that no matter what you can do it! Kevin took part in the special Olympics swimming on the 7th at

the Tralee Sports Centre achieving 25 meter freestyle swim gold first place despite a leg injury.

Kevin would like to send a big thanks to those who came and supported including his family, Carmel McCarthy, Katherina O Connor and his aunt and loved one Katie.





"...and having your feet shod with the preparation of the Gospel of Peace..." (Ephesians 6:15).

Welcome back dear student, as we approach Christmas and the New Year, here is wise counsel from the heart of God to help you navigate through. For many the thought of Christmas brings dread and an escalation of grief instead of joy. It's difficult to join in the 'merry' Christmas spirit when you are sad. This can lead one to take comfort in things that are harmful to numb pain. Equally, for those living or working through turmoil and chaos, Christmas may leave them feeling fearfully overwhelmed, or bitter. The portion the Scripture above is taken from, speaks of the protection of God's armour. It lists pieces of armour that protect one spiritually – the head, the heart and character, and God advises for one's feet to be shod with the Gospel of Peace. When a horse is shod he can run on any surface securely and quickly. Here it symbolises soldiers whose shoes were studded with hobnails to ensure they didn't slip – giving them a strong foundation in battle - whatever the conditions. Whether a family situation, or a workplace environment, we endure all types of atmospheres everyday: created by ourselves, or by others. These can be good and happy, or they can be stressful and even abusive. But remember, everything can change however bleak things look.

As believers we have authority over the atmosphere being set in our homes, schools, and workplaces; how it affects us - and how we react. However, lack of knowledge or apathy causes folks to not take-up that authority, and just endure whatever goes on. This leads to frustration, fear, and distress; all of which beat a person down to breaking point. "The Lord rules over the floodwaters; the Lord reigns as King forever. The Lord gives His people strength. The Lord blesses them with Peace" (Psalm 29:10-11 NLT). Freedom from turmoil is possible in relationship with God. We are weak but He is strong: understanding this changes everything. His Word, the Bible instructs us in God's Kingdom rules. And He rules over all - meaning, that when we bring the Lord into it, every knee must bow to His Majesty (Philippians 1:6-11). You are never alone dear friend - God plus you equals a majority. The devil is a liar - never forget that. Unfortunately, we fall too often for his lies, instead of declaring God's Truth that sets us free (John 8:32-44). In Psalm 18, David extols the Power of God - even in deadly circumstances. Read it for yourself, it's personal. How many times in the past did you think it was all over and yet, somehow, you came through? Give God thanks for that remind yourself of His Goodness and His Power; and determine that in every situation you will walk strong in the Lord and in the power of His might - filled with His Peace. Do not allow the devil or his agents set the tone for your day, your family, your home, your workplace, or steal your joy!

John the Baptist's father Zechariah, prophesied of the coming Messiah "....because of God's tender Mercy the Morning Light from Heaven is about to break on us, to give Light to those who sit in darkness, and in the shadows of death to guide our feet into the path of Peace" (Luke 1:78-79). A couple of months later a host of angels announced the birth of that Messiah - God's Son, the Lord Jesus... "Glory to God in the Highest and peace, goodwill to all men" (Luke 2:13-14). Peace is what Jesus came to give His people (Isaiah 9:6; John 14:27). Receive it, and walk in it, for the joy of the Lord is your strength.

Bible Study and Prayer every Sunday @ 11am and Thursday @ 7.30pm at Word of Victory Christian Fellowship Killarney V93V6X4

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KILLARNEY MEMORY TREE AT HOLY CROSS MERCY SCHOOL; Mass will be offered for at 1.15pm on Monday, December 16th in St. Mary's Cathedral. All are welcome.

KILLARNEY CARDIAC RESPONSE UNIT is a voluntary unit. We have opened a recruitment drive at the moment for responders and controllers. If your interested to volunteer within your community, please get in touch and one of our members. Email; info@killarneycru.ie 064 6694144. Full training and support will be provided for all roles.

KILCUMMIN LOOKING GOOD are hosting a new Christmas event "JINGLE & MINGLE" for the village of Kilcummin on Sun 15th Dec from 4.30pm - 7.30pm in the Village. Lighting of the Park at 4.30pm, The Three O's Christmas Carols, Christmas concert at Our Lady of Lourdes Church at 5.30pm with Stronger Together Choir, the Kilcummin Children's Choir & Kilcummin Comhaltas Branch. Sheila's Coffee & Crepes all evening, Santa's final drop post box & face painting.

KILLARNEY PARISH SILVER CIRCLE - Week 9 Results 1st Prize €500: Ellen Cagney, Lissivigeen NS

2nd Prize €250: Mary O'Shea, St Brendan's Tce Winners of €100 each are as follows; Geraldine Doherty, Tiernaboul Ann O'Grady, Chestnut Drive Mary Counihan, Dunrine Kevin & Maria O'Sullivan, Crosstown Eileen O'Sullivan, Dromhale Close Congratulations to all winners, and thanks to all who supported, promoted and sponsored the draw this year. Tickets are still available from the Sacristies and Parish Office

This week's prize money is sponsored by: Tie the Knot Weddings, Kerry Coaches, The Castlerosse Hotel, Downing Courtney & Larkin Solicitors, and Ashville Guesthouse

ROOM AT THE INN – CHRISTMAS CONCERT IN FOSSA CHURCH, Sunday 15th December at 7.30. The Manger, the Message and the Meaning. Told through song, readings and images. Donations for Fossa National School Autism Unit and the Kenya Education Project.

CHRISTMAS PARISH GREETING CARDS; for sale at the Cathedral Bookstand, in the Sacristy and the Parish Office.

IT'S NOT SUCH A BAD OLE WORLD

By Nicky Barry

Sometimes when I sit down to write, I get guite depressed, At the way the world is, and try to see it at its best. The sun still rises with the dawn, and then sets every night, After its sky crossing, beaming warmth and light Birdsong is somewhat muted, as trees stand gaunt and stark, But soon buds will reappear, with primroses in the park. Meanwhile Israeli tanks are blasting, the Gaza Strip to bits, While Putin ups the ante, with his nuclear threats. Trump is on his MAGA trip, with the help of buddy Musk, An eccentric billionaire, whom Trump alone trusts. Fianna Fail are back on top, while Fine Gael has slipped, And Sinn Fein's Mary Lou, failed to become Taoiseach. The Healy-Raes are up and running, from their Kilgarvan base, To keep Kerry ever great, as a wondrous place. Man City are floundering, while Liverpool ride high, And Man U folk feel once again, that their time is nigh. Gaelic football rules it seems, are due for an overhaul, Which could put the magic, back into GAA football. I suppose it's not a bad ole world, despite all that's wrong, For as the Wolfe Tones pull up, Christy Moore rides on!

IN MEMORIAM TO PLACE A MEMORIAL ON THE KILLARNEY OUTLOOK

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

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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.

NOVENA TO ST. CLAIRE

Ask St. Claire for three favours, one business, two impossible and say nine Hail Mary's for nine days with lighted candle. Pray whether you believe or not. Publish on ninth day.

Powerful novena. May the Sacred Heart of Jesus be praised, adored, glorified and loved today and every day throughout the whole world forever. Amen

Say six times daily for nine days. Your request will be granted no matter how difficult it may seem. Favour publication must be promised.

PRAYER TO PADRE PIO

O Jesus, full of grace and charity, victim for sinners, so impelled by Your love for us that You willed to die on the Cross, I humbly beseech You to glorify in heaven and on earth Your servant, Padre Pio, who generously participated in Your sufferings, who loved You so much and labored so faithfully for the glory of Your Heavenly Father and for the good of souls. With confidence I ask You to grant me, through Saint Padre Pio's intercession, these special requests... (Mention here).

PRAYER TO THE LITTLE FLOWER ST THERESE

O Little Therese of the Child Jesus, please pick for me a rose from the heavenly gardens and send it to me as a message of love. O Little Flower of Jesus, ask God to grant the favors I now place with confidence in your hands . . (mention in silence here) St. Therese, help me to always believe as you did in God's great love for me, so that I might imitate your "Little Way" each day.

Amen

MEMORARE

Our Lady of Lourdes Feast Day 11th February Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession, was left unaided.

Inspired by this confidence I fly unto thee, 0 Virgin of virgins, my Mother. To thee do I come, before thee I stand, sinful and sorrowful. 0 Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

NOVENA TO ST. JUDE

Most holy Apostle, St. Jude, faithful servant and friend of Jesus, the Church honors and invokes you universally, as the patron of difficult cases, of things almost despaired of, Pray for me, I am so helpless and alone. Intercede with God for me that He bring

visible and speedy help where help is almost despaired of. Come to my assistance in this great need that I may receive the consolation and help of heaven in all my necessities, tribulations, and sufferings, particularly

(Mention your request here...) And that I may praise God with you and all the saints forever. I promise, O Blessed St. Jude, to be ever mindful of this great favor granted me by God and to always honor you as my special and powerful patron, and to gratefully encourage devotion to you. Amen

THE MIRACLE PRAYER

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

ACKNOWLEDGEMENT & 1ST ANNIVERSARY

IN LOVING MEMORY OF



LEAM, GNEEVEGUILLA, Rathmore, Co. Kerry. Who died on the 24th December 2023.

On the first Anniversary of Moms passing we, her son's Niall, Tadhgie, her daughter in-Law Liz, her six adored grandchildren, Olivia, Emily, Dylan, Nicole, Lauren, Dean and all her extended family wish to express our heartfelt gratitude to all who supported us during this difficult time. Thanks to all who travelled from near and far, sent Mass Cards, floral tributes and offered their condolences.

We extend our deepest thanks to her fantastic carers, we would not have coped without you. We are forever grateful to Siobhan and the Palliative Care Service that Mom received, allowing her to stay at home in her final days. A special thanks to Dr Pat Daly and Crowleys Pharmacy, Castleisland.

A huge thanks to her amazing neighbours and friends - we are forever grateful that you were always there for her.

Sincere thanks to Fr Pat who called every day to pray with Mom in the later stage of her illness. To the Stewards and caterers who helped on the night of the removal, please accept our heatfelt thanks. We also wish to thank Sean Mahony, Funeral Director for his kindness and utmost dignity.

As it's impossible to thank everyone individually please accept this message as a sincere, acknowledgment of our appreciation and heatfelt thanks.

May Bina's gentle soul Rest in Peace.

Anniversary Mass Bina's 1st Anniversary Mass will take place Friday 20th December, at 7pm in the Church of the Holy Rosary, Gneeveguilla.

ARRIVE EARLY PRE-SHOW EATS...

- 2 COURSE PRE-SHOW MEAL €30 AVAILABLE IN FIADH FROM 5.30PM*
- PIZZERIA AVAILABLE FROM 6PM
- ° COCKTAIL BAR 6 8PM**
- OD'S RESTAURANT A LA CARTE AVAILABLE FROM 5PM
- PRE-SHOW ENTERTAINMENT

EVERY WEEKEND THROUGHOUT DECEMBER

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- PIZZERIA
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