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Happy New Year!**

We are closed for Christmas
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Liam Lynch Garage
Sheehan's Shop
Ahern's Pharmacy
Murphy's Garage

KILLARNEY

Killarney Garden Centre
Court Hotel
Amber Centra
St.Columbanus Hospital
Carry Out Licence
Chinese Restaurant
Topaz Centra
Maher's Butchers
Kennelly's Pharmacy
I. BIKE
I.C. Photo Ian Cronin
Allure Hairdresser
Holy Cross Day care Centre
Dept. Tourist
Killarney Garda Station

INNISFALLEN MALL

O'Sullivan Bike-Shop
Horan's Fruit & Veg
Pork Shop Jones
Frame Shop
(Upstairs) Shylocks
Des Shop
Killarney Credit Union
S /Welfare

PARK ROAD

Topaz Petrol Station
Tesco Petrol Shop
Tesco Supermarket
Homebase
World of Wonder
Boots
Costa Coffee
Marks & Spencer's
Geraldine's Hair Salon
Horan's Fruit & Veg
Jones Butchers
Quinlan's Fish Shop
Pharmacy
Hegarty's
Outlet Centre
Malton Hotel
Killarney Toning Studio

COLLEGE STREET

Friary
KDYS
South West Counselling
Gallivan Property Partners
GALA Bronny's
Specsavers
Sean Taffee
Jimmy O'Brien
McSweeney
The Shire
Dominos Pizza
Fairview Guesthouse
Casey Video Shop
Dungeon
Cronin's
Failte Hotel
Adams Jewellery
Scotts Hotel
Relish Café
Variety Sound
McSorley's
Ladbroke's

Dan Lenihan Bar

Murphy's Bar
Arbutus Hotel
Killarney Towers
Urban Heros
Porter House
Dunloe Lodge
O'Neill's
Kerry Boutique

SCOTTS LANE

Killarney Park Hotel
Mylestone Interiors
Peter Marks
Torc Travel
Golden Chopsticks

COLLEGE SQUARE / PLUNKETT STREET

Plaza Hotel
O'Leary Electrical
White-Heather Florist
Allegro Hot & Cold
Music Express
Joevany Leather Goods
Galvin Auctioneers
Spar
Reen's (Chemist)
Killarney Household Gifts
Mike's Fast Food
Tatler Jack
Urban Heros
Porter House

GLEBE LANE

Killarney Barber Shop
Continental Café
(Spolgers)
Goggin's Hair Salon
Jam Café
J MAC Office
Kerry Mortgages
Mailbox
Killarney Grand
Killarney Travel
Der O Sullivan Deli
Sporty's Gym
Chocolate Hair & Beauty
Town Hall
Killarney Hair Studio
Medical Hall
Euro City
Macs Restaurant
John Reidy (Bar & sweet shop)
EBS
Coyne & Culloty
Christy's Irish Stores
Easons
Sheehan's Pharmacy
Brian James
Abbey Travel
Killarney bus tours

HIGH STREET

Catherines Hair Salon
Flair for Hair
Stonechat
Catherine's Hair Salon
Foleys Town House
Bricin
Triona's Hair Salon
Dealz
Quill's Fashion
Keane's Jewellers
Star Seafoods
Seal Eile
Julies Barber Shop
O'Connor's Bar

Smoke House
Cronin's Butcher
Salvador's Pizza
Corkery's
Paddy Power
Lyne's
Underground
02 Phone Shop
Ladbroke's
Trevards restaurant
Speak Easy
Wisteria
Eagers
JC O'Shea
B.DE Stack Jewellery Shop
Feet First
Killarney Office (Outlook)
Tru-Care Cleaners
Daybreak Shop (top of High Street)
Galvin Murphy Hooper Dolan
It's4Rent

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Hennigan's Auctioneers
Killarney Photographic
Killarney Med Centre
Pharmacy (O'Sullivan)
Kennelly's Pharmacy
Dunnes Stores
Prima Finance
Ken O'Sullivan Auctioneers
Healy's Newsagents
Sarah Jane
Jasmine Boutique
Stack O'Brien Optician
McKenzie's Coffee Shop
Subway Restaurant
Williams Pharmacy
James Healy (DNG)
Sheila's Hairdressers
Siodori Nariochta
Jewellers
Revive
Eddie Rockets
Frank Coffee Shoes
Walsh Shoes
Gloria Jeans Coffee Shop
Phone Shop
Sherry Fitzgerald Coughlan
Sheehan's off licence
Hardware
Country Kitchen
Charlie Foleys Bar
Laune Bar
Eviston House Hotel
Sheahan's Off Licence
Killarney Motor Factors
Killarney Tourist Office
Genting Thai Rest

TESCO SHOPPING ARCADE

Euro Hair Style Salon
Dry Cleaners
CHAPEL PLACE
Physique Gym
BEECH ROAD
Liam O'Connor's
Ashe's Butchers
Leaders
Horan's Health Store
Chateau
WOODLAND
INDUSTRIAL ESTATE-
Daly's Super Valu

Off Licence
Daly's Petrol Shop
Supermac's
Killarney Sports Centre
Killarney Tyres
Kerry Tool Hire
Agri Shop
Killarney Glass
Maurice Prendiville
Leanes Tool Hire
Killarney DIY
Factory Carpet
National Tile & Bathroom Centre
Murphy's Print
Buddies
Buckley's Tours
M.D.O'Shea's
Killarney Autos
Park-Lane Dry Cleaners
Credit Union

CORK ROAD

Killarney Heights Hotel
Bowler's Garage
Corcorans Furniture

MUCKROSS ROAD

Ross Hotel
Killarney Avenue
Killarney Park Hotel
Handy Stores
International Hotel
Tom Spillane
Cinema
Craft Shop
Four Star Pizza
Lir Coffee Shop
Amber Station Muckross rd quick
pick

Carry Out Licence
Ross Golf Course
Randles Court Hotel
Randles Nissan Garage
Dromhall
Brehon Hotel
Gleneagle
Victoria House Hotel
Chinese Restaurant
(after Gleneagle)
Spar (Hegarty's)
Oaks Hotel
Molly Darcy's
Muckross House Restaurant
Lake Hotel

ROAD TO RATHMORE

CRL Oil
Darby O'Gills
Healy's Garage
GLENFLESK
Kerryway Pub
P.O. Filling Station
BARRADUFF
Laundry Room
Hickey's Butchers
Kates
O'Donoghue Shop
Murphy Motor Mitsubishi
RATHMORE
Reen's Garage Peugeot
McCarthy's Londis
O'Keefe's Hardware
Sapphire Signs
Christy's Take Away
Renault Motors
Centra Shop
Credit Union
Haven Beauty Salon

Esso Shop
McCarthy Insurance

GNEEVEGUILLA

Post Office McCarthy's
Dunnes
O'Keefe's

FOSSA

Tony's Shop
Foleys Centra
Killarney Golf Club
Golden Nugget PUB
Hotel Europe
Holiday Inn

BEAUFORT

Beaufort Bar
In-Between Pub
Carson's Supermarket
Kilgobnet Breen's Shop
Sullivan's Shop

KILLORGLIN

Boyles
Supervalu
Killorglin Foleys
MILLTOWN
Londis Top Shop
Milltown Farmer's Market
(old church)
Café Beag
O'Shea's Pub
Pharmacy
Burke's Butchers
Pharmacy
Milltown Fruit & Veg shop
Spar
Larkin's
Alma's
Murphy's (examiner Shop)
Little Pavillion (take away)
O'Neill's Power Equipment
P.O.
Organic Store
The Plough Bar

CASTLEMAINE

Cronin's Petrol Station
Tool Line
Geaney's Oil
Griffin's Bar
Knightly's
Boyles Hardware
Post Office / Shop
Kerry Group Creamery
Tyre Centre
FIRIES
Shop - (Bridies)
Pub
The Ballinvarrig Inn
Supermarket
Ulick's Pub
KILCUMMIN
Kilcummin PO
SCARTAGLIN
Daly's P.O.
O'Connor's Bar
Lyon's Bar
Flemings Bar
CURROW
McCarthy's Foodstore
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Centra
CASTLEISLAND
Jackie Reidy
Centra
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Friday 25th - Thurs 31st Dec 2015

| | | | |
|---|---|--|---|
|  <p>IN THE HEART OF THE SEA (12A) 130m Sun-Wed 6:20 8:50 Thurs 6:20 8:50</p> |  <p>DADDY'S HOME (12A) 105m Sun-Wed 2:10 6:30 Sun-Thurs 4:45 8:50 Thurs 2:10 6:30</p> |  <p>STAR WARS (12A) 145m Sun-Wed 2:10 6:30 Thurs 2:10 6:30 Sun 12:05 4:30 Sun-Thurs 4:30</p> |  <p>3D STAR WARS (12A) 145m Sun-Wed 2:45 6:30 Thurs 2:45 6:30</p> |
|  <p>THE PEANUTS MOVIE (G) 70m Sun-Thurs 2:10 4:10 Sun 6:45 12:10</p> |  <p>THE GOOD DINOSAUR (PG) 71m Sun-Thurs 2:10 4:10 Sun 12:10</p> |  <p>SISTERS (15A) 725m Sun-Wed 6:30 8:55 Thurs 6:30 8:55</p> | <p>KIDS CINE CLUB Sun 27th Dec</p> <p>HOTEL TRANSYLVANIA (G) 12:05</p> <p>PAN (PG) 120m 12:05</p> |

Merry Christmas & Happy New Year to all our customers

CHRISTMAS OPENING TIMES: CLOSED 24th, 25th & 26th - REOPENS 27th

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***Strict policy of one dress per school**

Open Monday 28th, Tuesday 29th, Wednesday 30th & Thursday 31st 10am - 6pm

Step back in time...

Outlook
MAGAZINES

...With our last issue of
Killarney Outlook for 2015.

In our trip down memory lane
we look at the town and its people,
buildings and how things have changed
over the years.

Outlook
MAGAZINES

To the people of Killarney
who have so kindly allowed
us to print their own precious
memories in our annual
Souvenir Edition we extend
our heartfelt thanks.

This edition of **Killarney
Outlook** is a special one
and will be kept by
many to glance at
from time to time and
remember the past
with nostalgia.

*From everyone at Killarney Outlook we wish all our readers,
correspondents and advertisers a happy, healthy and
prosperous Christmas & new year and look forward to continuing
our tradition of providing you all with the best news,
pictures and advertising in 2016.*



KILLARNEY SHOW 1965. JIMMY AND JERRY WITH JIM JR ADAMS



WELL KNOWN KILLARNEY PUBLICAN JIMMY O'BRIEN WELCOMES MEMBERS OF THE SPA GAA CLUB ON THEIR RETURN FROM A TOUR OF THE USA 1973. FRONT L:R: SEAN O'SULLIVAN TOUR ORGANISER, TADGH O'SULLIVAN CLUB CHAIRMAN, JOHNNY CRONIN CLUB SECRETARY, JIMMY O'BRIEN, DONIE O'SULLIVAN TOUR ORGANISER. PHOTO COURTESY OF JOHN KELLY.



ANNBLAHA N.S KILCUMMIN AROUND 1956. PHOTO BY R HANLEY. COURTESY OF JOHN MANGAN.



SPRINGBOARD PROGRAMMES

Commencing in January 2016 IT Tralee will deliver the following Springboard programmes on a part-time basis:

- Certificate in Industrial Instrumentation & Automation
- Certificate in Culinary Skills

For eligible candidates fees do not apply to Springboard programmes and people currently in receipt of payments from the Department of Social Protection will retain their benefits.

These programmes are also open to fee paying applicants.

For further details on these programmes visit www.springboardcourses.ie or contact the Lifelong Learning Department at IT Tralee on **066 7191701**.



APPLICATIONS:

Closing date for applications is
Wednesday 6th January 2016.

www.ittralee.ie



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Killarney Outlook Souvenir Edition



COMMERCIAL ROWING CLUB WINNING CREW OF THE 1920's
FRONT L:R: DR TIM FOLEY, DENIS O'CONNOR (COX) FR BRIAN O'ROURKE. BACK L:R: JOHN MORIARTY, MATTIE O'ROURKE, DONIE O'MEARA, MAURICE FITZGERALD.



INTERNATIONAL HOTEL STAFF MEMBERS ON THE BALCONY OCTOBER 7TH 1962.
BACK: JOHN MANGAN, MRS. O'NEILL, MR. MORIARTY, JOAN O'SULLIVAN FRONT: KATHLEEN TAYLOR, JOAN TAYLOR, BRIDIE NAGLE AND MARY NAGLE.



INTERNATIONAL HOTEL MID 1970's. BRENDAN O SHEA, MICHAEL CASSIDY (MANAGER) AND JOHN MANGAN



INTERNATIONAL HOTEL EARLY 1960's. HEAD CHEF TIMMIE O CONNOR DISPLAYING ONE OF HIS MANY SPECIAL DISHERS WITH STAFF MEMBERS.



STUDENTS OF LORETO CONVENT 1940's



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Commencing 4th January 2016**

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Wonderful Christmas
& New Year!

Highest Quality Music, Singing & Dance Tuition • Specialised Teachers • Purpose-Built Music School
Wide Range of Instruments • Classical & Traditional • Wide Choice of Class Times & Class Size
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Traditional Performance Group
Traditional Singing
Concertina - Button Accordion - Melodeon
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Irish Flute - Tin Whistle
Mouth Organ - Bodhrán
Traditional Piano
Traditional Guitar

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Speech & Drama for Children (with Ray O Sullivan)
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Sean Nós Dancing - Adults
(with Triona Mangan)
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Lee Strand



TASTE THE FRESHNESS

**Happy Christmas and
Best Wishes for 2016**



Killarney Outlook Souvenir Edition



PRESIDENT DE VALERA ON A VISIT TO KILLARNEY IN THE MID 1960'S WITH FRIENDS AND STAFF OF THE GREAT SOUTHERN HOTEL. PICTURE COURTESY OF TOMMY REGAN



PHOTO TAKEN IN THE LATE 1950'S IN THE GREAT SOUTHERN HOTEL CHEF DAVY O'CONNELL AND PAT LYNCH. PICTURE COURTESY OF TOMMY REGAN



PICTURED IN THE LATE 1950'S AT A STAFF PARTY IN THE GREAT SOUTHERN HOTEL. FROM LEFT: PAT LYNCH, PATSY COURTNEY, JIMMY SUGRUE AND JOHNNY HURLEY. PICTURE COURTESY OF TOMMY REGAN



PICTURED AT THE GREAT SOUTHERN HOTEL IN 1959 COLLECTING LUNCHES FOR THE GAP TRIP ARE FROM LEFT: MICHAEL O'SHEA, MICHAEL O'SULLIVAN, JIMMY CULLINANE, JOHNNY GLEESON AND TIMMY KELLEHER. PICTURE COURTESY OF TOMMY REGAN



PICTURE TAKEN AT A STAFF PARTY IN THE GREAT SOUTHERN HOTEL IN 1975. FROM LEFT: JIMMY AND JOSIE CULLINANE, TIMMY AND MAURA O'CONNOR, MARY AND TOMMY O'REGAN. PICTURE COURTESY OF TOMMY REGAN



PRESENTATION TO MICHAEL AND GERALDINE ROSNEY TO MARK HIS DEPARTURE AS MANAGER OF THE GREAT SOUTHERN HOTEL, FRONT ROW SEAN MC CONVILLE, JACKIE O'SULLIVAN, BERNADETTE RANGLES AND PETER McDERMOTT. BACK ROW: VERA CHAPMAN, MICHAEL AND GERALDINE ROSNEY AND TOMMY REGAN. PICTURE COURTESY OF TOMMY REGAN



PICTURED AT A STAFF PARTY IN THE GREAT SOUTHERN HOTEL IN THE LATE 1950 WERE FRONT ROW: MARGARET O'CONNELL, PEGGY O'DONOGHUE, KATHLEEN O'CONNOR, JUDY NEESON. BACK: PEGGY O'SULLIVAN, MIKE LOVETT, NOREEN MOYNIHAN, DAN CALLAGHAN, DONIE COURTNEY, NOEL TABB. PICTURE COURTESY OF TOMMY REGAN



11 New Street Killarney Co Kerry | Tel: 064 66 33344 / 66 33418 | Fax: 064 66 33139

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Christmas Opening Hours

| | | |
|-----------|---------------|--------|
| Wednesday | 23rd December | Open |
| Thursday | 24th December | Closed |
| Friday | 25th December | Closed |
| Monday | 28th December | Closed |
| Tuesday | 29th December | Closed |
| Wednesday | 30th December | Open |
| Thursday | 31st December | Open |
| Friday | 1st January | Closed |
| Monday | 4th January | Open |

Opening hours 9.30am to 1.00pm & 2pm to 5.30pm

**We wish all our clients and their families
a peaceful Christmas and a happy
and prosperous new year.**

**RATHER THAN SEND CHRISTMAS CARDS THIS YEAR
WE HAVE MADE A DONATION TO A LOCAL CHARITY.**

**In the event of emergency claims assistance over the Christmas period please note
the following 24-hour numbers.**

Allianz 1800 779 999
Axa 1890 247 365
Zurich 1800 208 408
Liberty 1850 85 8530

ARB 1890 253 033
Aviva 1850 666 888
RSA 1890 924 228
Kennco 01 273 5120
Patrona 1800 806 800

Sertus 1800 417 270
Prestige 1890 882 525
Bump Insurance/Zenith
01 670 7470



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Killarney Outlook Souvenir Edition



KERRY COUNTY COUNCIL WORKERS 1961.
PHOTO COURTESY OF ENDA O'MARA.



KILLARENY ICA LADIES.
PHOTO OF COURSEY ENDA O'MARA.



DEC 27TH 1060. FIRST ROW L-R PEGGY CREMIN, JIMMY CREMIN, MICHAEL SMITHICK, EILEEN CREMIN-SMITHICK, NOEL SMITHICK, D CREMIN, MRS EILY CREMIN, MRS MARY SMITHICK. 2ND ROW L-R: DONAL CAHILL, MAURA COURTNEY, NORA HUSSEY, NOREEN O BRIEN, EILEEN O CONNOR, MRS KATE COFFEY, NOREEN LONG. 3RD ROW: PEGGY SULLIVAN, JANE TARRANT, MAUREN LANDERS, KATHLEEN O SULLIVAN. 4TH ROW: JERRY MOYNIHAN, TIM HICKEY, TEDDY O SULLIVAN



THE MURPHY TWINS SEAN AND GEAROID MURPHY WITH JIM ADAMS AND SONS, JIMMY AND GEAROID MUCKROSS GARDENS, KILLARNEY.



1960 DELIA AND JIM ADAMS KILLARNEY GOLF CLUB

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On selected range of ceramic & porcelain tiles, wooden flooring, living room, dining room and bedroom furniture

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Starts Saturday January 2nd



Stoves

Room heater, boiler & cassette stoves

Fireplaces

Wide range of Ivory Pearl, Marfil Stone fireplaces.



Living Room Suites

Recliners, couches, coffee tables & much more



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Baths, sinks, mirrors, toilets, showers.



Tiles & Flooring

Wide range of ceramic & porcelain tiles & wooden flooring.



Bedroom Room Suites

Beds, lockers, wardrobes & much more



Dining Room Suites

Tables & chairs & everything inbetween.



This Weekend At Fitzgibbon Interiors we will have stoves under cost and up to 70% off selected tiles, flooring and furniture - **NO REASONABLE OFFER WILL BE REFUSED.** With savings like this, don't forget to bring a van!



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INTERIORS

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Tel: John Joe Sheehy Road - 066 7126177 | Curraheen - 066 7194982



PHOTO OF JIMMY CREMIN AND MARGARET O'CONNELL GLENFLESK, MARRIED ST AGATHES OCT 1966



FARRANFORE ATHLETIC CLUB TEAM WINNERS OF KERRY CROSS COUNTRY LEAGUE IN 1971.
FRONT L:R: JOE CLIFFORD, SEAN DINEEN, NELIUS O'SULLIVAN. BACK L:R: JIM O'SHEA, JOHN J CROWLEY, MICHAEL O'CONNOR. PHOTO COURTESY OF JIM O'SHEA.



EMER AND TADGH O'MAHONY PHOTO COURTESY OF ENDA O'MARA.



1.SR THERESE - 5. MICHAEL SMITHICK CORK - 6. SR NICLOS - 7.EILEEN CREMIN CHAPEL LANE 8. SR KEVIN

College Square, Killarney

064 66 34177

PROPERTY
PARTNERS

GALLIVAN

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IT PAYS TO LISTEN TO EXPERTS!

Local Knowledge-Nationwide

ipav Institute of Professional
Auctioneers & Valuers

PROPERTIES OF THE WEEK

RICS The mark of
property
professionals
worldwide



FLESK RIVER APARTMENTS, MUCKROSS ROAD Guide Price €160,000

2 Bedroom (1 ensuite) Ground Floor
Apartment (approx 1,000 sq ft) with allocated
car parking space. Electric storage heating.
French doors leading to green area.
Adjacent to Killarney National Park.
REF 830 BER Pending



ANABLATHA, KILCUMMIN Guide Price €210,000

4 Bedroom (1 ensuite) Detached property (1,722 sq ft)
on cira 0.7 acre site with fully landscaped gardens only
10 minute drive to Killarney Town Centre. Finished to a
high standard with great views, patio area. Opposite
Anablatha Primary School.
REF 827 BER D1



19 SAILARDAN, PARK ROAD Guide Price €170,000

2 Bedroom (2 ensuite) Townhouse
(approx 1,000 sq ft) with private
parking. Private back garden with
garden shed, PVC windows, Teak front
door, Oil fired central heating. Walking
distance to Town Centre.
REF 738 BER Pending



Property Partners Gallivan & its4rent
Sincerely Wish All Our Clients &
Customers, Old & New,
A Very Happy Christmas & A
Prosperous 2016
Thank You for Your Valued Custom

Christmas Opening Hours:

Property Partners Gallivan
Closed 24th December - 2nd January.
Open from Monday 4th January.
Its4rent Closed 24th - 28th & 31st December
Open 29th & 30th December

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Unit 2, Killarney Business Centre, Upper High Street, Killarney

Call us today on **087 4000100**
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HAPPY DAYS WITH COMMERCIAL ROWING CLUB AFTER A KILLARNEY REGATTA IN 1950'S.

FRONT L:R: JOHN DALY, FERGUS MORONEY, JIM DALY, SEANIE O'SULLIVAN, MICHAEL COURTNEY, JIM COUNIHAN, MICHAEL LOONEY, JERRY DALY. BACK FROM L:R: PAT BRICK, DAVID O'CONNOR, NEILUS DALY, KEVIN MORNNEY, DENIS O'BRIEN, CON O'SULLIVAN, JOHN COUNIHAN, MICKEY RYAN, TOMMY DALY, JOHN JOE HEALY, JOHN O'SULLIVAN, F BLENNERHASSED, BATT BROSNAN. WITH A NEW CLUBHOUSE AND EXCELLENT TRAINING FACILITIES COMMERCIAL ARE CURRENTLY IN THE PROCESS OF RECRUITING NEW MEMBERS. PHOTO COURTESY OF JOHN KELLY.



L-R: PEGGY HICKEY O C, TESSIE DONOGHUE LISSAVIGEEN, MAUREEN SULLIVAN WOODLAWN, PEGGY CREMIN CHAPEL LANE BACK: KATHLEEN HURLEY WOODLAWN, SHEILA SHEA LOWER SUNNY HILL



AGHADOE CASTLE, KILLARNEY



MARGARET NOLAN AND BABY LELIA WITH DELIA ADAMS AND BABY JIMMY. MUCKCROSS KILLARNEY 1963



DELIA CRONIN WITH MR AND MRS TANGNEY FAIRHILL KILLARNEY

MONEY MATTERS....

By Dermot Cronin,
Financial Advisor



HOW OFTEN SHOULD I REVIEW MY PENSION AND WHY SHOULD I REVIEW MY PENSION?

There are very many important reasons to review your pension, including: 1 Performance of your pension and what funds you are invested in. This is VERY IMPORTANT, if your pension is invested in high risk funds your total pension fund could substantially reduce over a short period of time and if you are coming close to retirement this could result in you having a much less pension when you retire.

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

3 What pension provider is your pension with and how much do they charge you? Charges are very important because you need to make sure that your pension charges are competitive on a like for like basis. Pension providers offer much more choices to clients now than before and the choices can be easier to understand if explained to you in plain simple English and by not using jargon. An independent financial advisor should help you understand your pension and your pension options better.

For the above reasons I recommend at least an annual review of every pension with an independent financial advisor.

To make an appointment in relation to the above or for any queries you can contact **Dermot Cronin** at **0646622775**.

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Guide Price: €140,000 BER Pending Ref: 816

Auctioneers who would like to feature on "Through the Keyhole"
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1961 MUCKCROSS GARDENS. DELIA AND CISS NOLAN



PICTURED L:R: TIMMIE O'CONNOR HEAD CHEF OF THE INTERNATIONAL HOTEL AND DANIEL J O'SHEA GREEN GROCER AND AUCTIONEER KILLARNEY. TWO WELL KNOW KILLARNEY MEN. PHOTO COURTESY OF JOHN MANGAN.



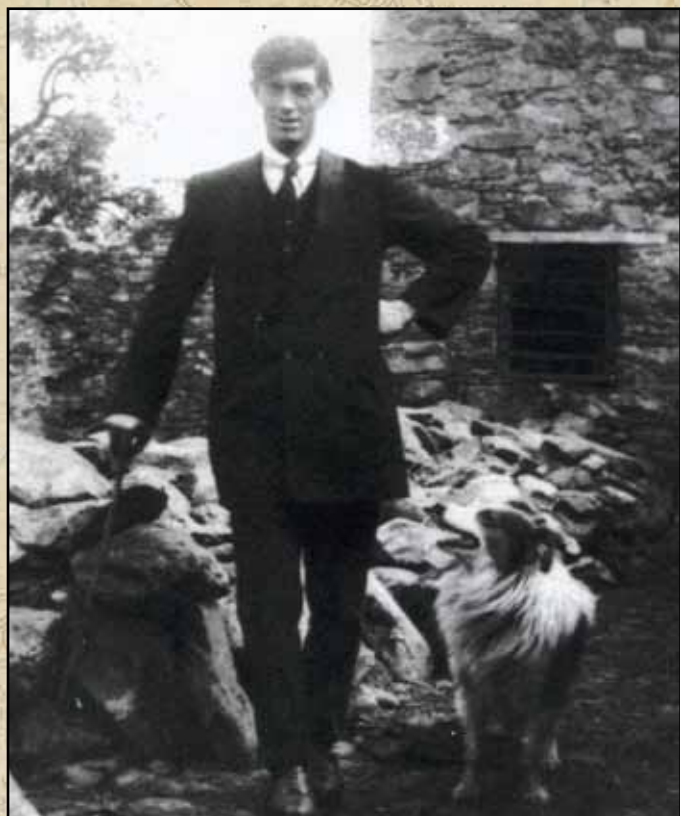
ST BRENDANS ROWING CREW 1954. FRONT L:R: KATHLEEN ANN FOGARTY, ESTHER AHERNE. BACK L:R: MARGARET BREEN, GIRLIE JOHNSON, NOREEN CAHILL, BREDIA CLIFFORD. PHOTO COURTESY OF JOHN KELLY.



PICTURE TAKEN IN 1962 AT BRICKKEEN BRIDGE OF TWO LIFE LONG FRIENDS, DENIS CARROLL (AGLISH BALLYHAR) AND PAT SUGRUE (LISSIVANE, MILLTOWN) BOTH WERE ON A DAY OFF FROM THEIR DUTIES AT THE CASTLEROSSE HOTEL. THEY ARE BOTH RIDING N.S.U. QUICKLY AUTOCYCLES AND BOTH BIKES WERE PURCHASED AT HILLIARDS CYCLE SHOP AT THE CORNER OF MAIN ST AND PLUNKETT ST. (NOW THE KILKENNY SHOP).



KILLARNEY LADIES. L:R: MRS PAULINE O'MARA, PEGGY GLESSON AND EMER O'KEEFFE. PHOTO OF COURSEY ENDA O'MARA.



1933 PADDY (SQUARE) CRONIN "CATTLE DEALER" WITH SHEEP DOG 'CHEP' COLLEGE STREET



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FRONT ROW: GRETTA CULLOTY, MARY CULLOTY, JOAN CULLOTY, KATHLEEN KELLEHER, BRIDIE LACY, MARIE HURLEY, VERA LYNE, EILEEN CONNOR.
MIDDLE ROW: NORA PIGOTT, MAI ROACH, ROSIE PHILLIPS, HELEN HORGAN, MAUREEN BRIEN. BACK ROW: MAEVE BERGIN, MARIE QUEALY, EILEEN SHEA, FRANCIS HORAN, MARY SULLIVAN, NORA BROS-
NAN, NANCY MANNIX, DOREEN COFFEY, NOREEN CAHILL, URSULA CRONIN.



1964 DINNER DANCE. JIM AND DELIA ADAMS WITH GERRY AND KATHLEEN MYLES



FATHER AND SONS 1963. JIM ADAMS WITH SONS GERRY AND JIMMY IN MUCKCROSS GARDENS.
PHOTO BY P.COURTNEY, KILLARNEY



MACRA NA FEIRME DANCE LAKE HOTEL 1964. PHOTO BY DENIS MORIARTY, KILLARNEY



DELIA NOLAN PICTURED AT DINIS CARPARK.



DELIA CRONIN COLLEGE STREET 1944



KILLARNEY GOLF CLUB 1964.
DERMOT O GRADY, CREAGH DOWLING, JIM ADAMS, SEAN COYNE.

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THE MARKET SQUARE 1965. BEATRICE GROVENER AND FRIENDS.



PICTURED AT THE RAILWAY GATES, BESIDE THE INTERNATIONAL HOTEL 1970. L;R: FR BRIAN DALTON, JOHN MANGAN, FR BRENDAN DALTON, DONIE COFFEY AND TWO DALTON PRIENTS UNCLCS OF FR BRIAN AND BRENDAN. PHOTO COURTESY OF JOHN MANGAN.



Group of children photographed at BALLINILLANE SCHOOL, FIRIES, in the early 50's with their teacher, Mrs. Moriarty. FRONT ROW: Jerry Coffey, Neilus Foley, Seamus Doherty, John Joe Kennedy, Tim Doherty, John Moriarty, Miceal Sullivan, Tony Shea, Jerry O'Donoghue. SECOND ROW: James O'Sullivan, John O'Meara, Joe Quirke, Donal O'Sullivan, Donie O'Donoghue, John Doherty, John Broderick, Tony Mahoney, Patrick Sullivan. BACK ROW: Margaret Daly, Sheila Quirke, Mary Fleming, Sheila O'Sullivan, Sheila O'Meara, Josie Fleming, Margaret O'Connor, Brigid Moriarty, Kathleen O'Sullivan, Noreen Fleming.



TOWN HALL KILLARNEY 1957. DELIA NOLAN AND MARY BARRY WITH ADMIRERS



26 NOVEMBER 1966 KILLARNEY GOLF DANCE HOTEL EUROPE. JIM AND DELIA ADAMS, WITH BILL AND VERA KAVANAGH

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STAFF AT THE GREAT SOUTHERN HOTEL CIRCA 1920
INCLUDED IS MARY ELLEN DOYLE (6TH FROM LEFT),
NEW LANE



KILLARNEY TWINS BRID AND EILEEN CREMIN CHAPEL LANE 78 THIS YEAR STILL GOING
STRONG



L-R: JOAN KELLY UPPER SUNNY HILL, MARY CREMIN CHAPEL LANE, SHEILA BRADY POUND ROW, EILY
MC CARTHY LISSAVIGEEN, SHEILA CASEY DEMESNE, TESSIE DONOGHUE



PICTURED AT KILLARNEY MILK SUPPLIERS ANNUAL SOCIAL IN THE MID SEVENTIES.
L-R: MARY O'SULLIVAN, ESTER KISSANE LYNE, MARY COFFEY O'CONNOR AND ANNETTE LESLIE O'NEILL.

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A KILLARNEY RUGBY TEAM OF THE 1950's WHICH INCLUDED SOME MEMBER WHO STARRED IN THE GAELIC FIELDS IN THAT ERA WINNING BOTH EAST KERRY, MID KERRY AND SENIOR COUNTY CHAMPIONSHIP MEDALS.
FRONT L:R: HAL O'DONOGHUE, BRENDY O'DONOGHUE, SEAN O'REILLY, J BERNARD, TADGH O'REILLY, WILLIE O'BRIEN, DONAL F O'SULLIVAN, DONAL PREDIVELLE. BACK FROM L:R: SKELTON (REFEREE), JIM O'SULLIVAN, OWEN O'SHEA, R BLENNERHASSETT, EDDIE DILLON, CHARLIE FLEMING, DANNY HEALY, SEAN O'SULLIVAN. PHOTO COURTESY OF JOHN KELLY.



KERRY GOALKEEPER PAUDIE O'MAHONEY CLEARS HIS LINES DURING A NATIONAL LEAGUE FINAL IN THE 1990's WHILE DERRY CROWLEY LEFT AND DONIE O'SULLIVAN KEEP GUARD. PHOTO COURTESY OF JOHN KELLY.



MUCKROSS WINNERS OF THE LADIES RACE IN 1931. SITTING FROM LEFT MISS TANGNEY, T O'SHEA (COX), MISS COUNIHAN. STANDING FROM LEFT: MISS MCLEOD, MISS PHELPS (STROKE), MRS COFFEY, MISS DOODY. PHOTO COURTESY OF JOHN KELLY.



FLESK VALLEY ROWING CREW WINNERS JUNIOR SIXES 1942. FRONT FROM L:R: CON BRADY, PATRICK WALSH, MIAH O'CALLAGHAN, SEAN MURPHY, DAN O'SULLIVAN. BACK FROM L:R: CONNIE O'LEARY, JOHN MURPHY, CHRISTY BRADY, JAMES GLEESON. PHOTO COURTESY OF JOHN KELLY.



A FAMOUS KERRY BASKETBALL TEAM WHO PLAYED IN KILLARNEY TOWN HALL IN 1950's. CAN YOU NAME THEM? PHOTO COURTESY OF JOHN KELLY.



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TEACHING FARMERS, 'SAFE USE OF WEED KILLERS' 1964. JIM ADAMS AGRICULTURAL INSTRUCTOR KILLARNEY



SHOEMAKERS IN HIGH STREET. PICTURED L:R: DO DO O'SULLIVAN AND PATIE O'SHEA. PHOTO COURTESY OF MAUREEN CRONIN AND FAMILY.



ST FINANS HOSPITAL WINNERS OF THE TOWN CUP 1941. FRONT L:R: DENNY MCCARTHY, DENNY HEALY, PADDY MOYNIHAN, PADDY D M O'SULLIVAN, DENNY MCSWEENEY. SECOND ROW L:R: TIM O'SHEA, PADDY O'DONOGHUE, DARBY MOYNIHAN, JERRY O'MAHONEY, NOEL BREEN DAN O'CALLAGHAN. ACK ROW L:R: TIM MORIARTY (MANAGER), BILLY LANDERS (MASCOT) DEE O'CONNOR, PADDY MURPHY, MIKE MOYNIHAN, BILL LANDERS, PADDY GALVIN, DR JACK O'CONNOR, DR EAMON O'SULLIVAN (TRAINER). MISSING FROM THE PHOTO TOM LYNCH AND JIM CASEY. PHOTO COURTESY OF JOHN KELLY.



1964 PADDY (SQUARE) CRONIN, 3 COLLEGE STREET, KILLARNEY WITH GRAN NEPHEW JIMMY AND GRAND NIECE ADRIANNE



THE SPA TEAM WHICH WON THE CO. MINOR LEAGUE (RURAL) IN 1975. FRONT L:R: KEVIN CRONIN, SEAN KELLEHER, SEAN CRONIN, NEIL DOHERTY (CAPT), DAN O'SULLIVAN, WILLIE CAHILL, DAN O'LEARY. BACK ROW L:R: TIMMY J O'SULLIVAN (TRAINER), MICHAEL O'LEARY, PAT CRONIN, DERRY O'MAHONY, ADRIAN RYAN, PAUL MAGUIRE, JOHN F O'CONNOR, BILLY TANGNEY, JOHN CAHILL. PHOTO COURTESY OF JOHN KELLY.

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KILLARNEY TRAIN STATION 1987



INTERNATIONAL HOTEL STAFF REUNION NOVEMBER 1994.
PHOTO COURTESY OF JOHN MANGAN



MACRA NA FEIRME SOCIAL LAKE HOTEL KILLARNEY 1963
PHOTO BY MACMONAGLE PHOTOGRAPHY KILLARNEY

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REFLECTION ON YOUR YEAR

As we are all saying goodbye to 2015 and looking forward to ringing in 2016 its a good time to reflect on your year.

Sit down with a pen and paper and ask yourself the following questions;

- Did you achieve all your exercise and activity goals this year? If you did well done, & now is a time to set yourself some new goals for next year. If you didn't ask yourself why not?, and then put a strategy in place to fit it in for 2016.
- Did you live a relatively Healthy Year or is there changes that could be made? If so list out these changes and make them happen in 2016.
- Do you have any regrets from 2015? What are they? and how can I avoid the same mistakes and pitfalls this year.
- Did you gain a lot of weight in 2015? Or loose weight and if so How did this happen?
- Was 2015 a very negative and difficult year for me? And if it was what can I do to make 2016 a more positive year.

It is important to write down all your answers to these questions and list out your goals in order of importance. Putting it on paper give it more structure and you will be more inclined to carry out the steps to get to your goals. You can always put a reminder in your phone to refer back to them once a month so you make sure they happen.

Now that you have done all that work its time to stop looking back and time to look forward to an amazing 2016. A new Healthier, Happier and Energetic new you! Give yourself the Best Christmas present yet for the new year!!! HEALTH!!!! :)

MORE TIPS NEXT WEEK...

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Don't underestimate the power of accessories. Invest in a few key accessories, or put them on your gift wish-list! A good statement piece; whether it be a bag, scarf or watch will bring that day to day office wear from drab to fab.

DIET TIP

FIBRE Fiber helps you feel satisfied longer, so while you lighten family favorites, you can easily amp up the fiber by adding a cup of whole wheat flour to your pizza dough, or toss a handful of red bell peppers on the pie. Don't forget to lighten the drinks going with that meal. Try switching from high-calorie favorites to diet soda or light beer, or maybe add a spritz of seltzer to your wine.



Beauty tip

MOISTURISE

Don't apply facial oils or moisturizers that aren't oil-free over your eyelids. Your eyelids get oily on their own, If you add more oil and moisture to your eyelids, your eye makeup will definitely slip off before you're ready for it to.

TOP TIPS FOR STAYING ACTIVE OVER THE WINTER *This Christmas*

If you're put off by cold, wet days and dark evenings, consider these suggestions:

SWIM - take up water aerobics, in your local swimming pool

DANCE - have fun with line-dancing, irish dancing, salsa

INDOOR SPORTS - Try other indoor sports like squash or badminton

HOUSE WORK - Throw yourself into the house work, do it faster for big wins all round

CREATE A HOME GYM - dumbbells (cans of beans will do), an exercise ball and a skipping rope

CIRCUITS - Move the sofa and make space in your living room and set up a circuit consisting of different stages e.g. sit ups, press-ups, tricep dips, squats, burpees, skipping, high knees, jumping jacks, lunges, oblique crunches.

MUSIC - Load up your music player with some energetic beats and take a lunchtime walk

EXERCISE OUTSIDE - Exercise outside at lunch time with work colleagues e.g. walking

Try something new, try a new piece of gym equipment or class, hobby or gym

GET A DOG - They'll be quick to let you know when it's time to get out

and about.

Be more energetic about the things you do like vacuuming and shopping

When watching your favourite tv show, try working out during the show by jogging on the spot then jogging faster during the advertisements, or do things like sit ups, jumping jacks etc. If you have your own treadmill or stationary bike use that too.

Check out the exercise channels

GET AN EXERCISE DVD - mix it up aerobics, Pilates, yoga etc

Or why not wrap up and take a walk anyway. There's nothing more invigorating than the bracing air on a cold, sunny winter day.

STAYING SAFE - If you're exercising after dark, keep to well-lit areas and wear bright and reflective clothing. Ideally, exercise with a friend, but always tell someone where you're going

Be seen. It's best to exercise outdoors during daylight, however, if you do need to exercise outdoors when it is dark, wear reflective materials to ensure that you can be seen.

- See more at: <http://www.safefood.eu>

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| <p>Gift of Rejuvenation</p> <p>60 Minute use of Vitality Suite 60 Minute choice of Destressing Full Body Massage 30 Minutes Relaxation Time to enjoy freshly prepared ginger tea and fruit An Angsana Gift to take home</p> <p>€99</p> | <p>Gift of Revitalisation</p> <p>60 Minute use of Vitality Suite 60 Minute choice of Destressing Full Body Massage 30 Minute Express Facial 30 Minutes Relaxation Time to enjoy freshly prepared ginger tea and fruit Relax and Enjoy a Light Lunch served in THE BREHON BAR</p> <p>€129</p> | <p>Luxury Pamper Escape</p> <p>60 Minute use of Vitality Suite 30 Minute choice of Body Polish 30 Minute Express Facial 60 Minute choice of Destressing Full Body Massage 30 Minutes Relaxation Time to enjoy freshly prepared ginger tea and fruit Relax and Enjoy a Light Lunch served in THE BREHON BAR</p> <p>€195</p> |
|--|--|--|

Terms & Conditions: all rates and package details are subject to change without prior notice. Offers available until 31st December 2015

For reservations, please contact Angsana Spa at The Brehon on 064-6623980 or email angsanaspa@thebrehon.com



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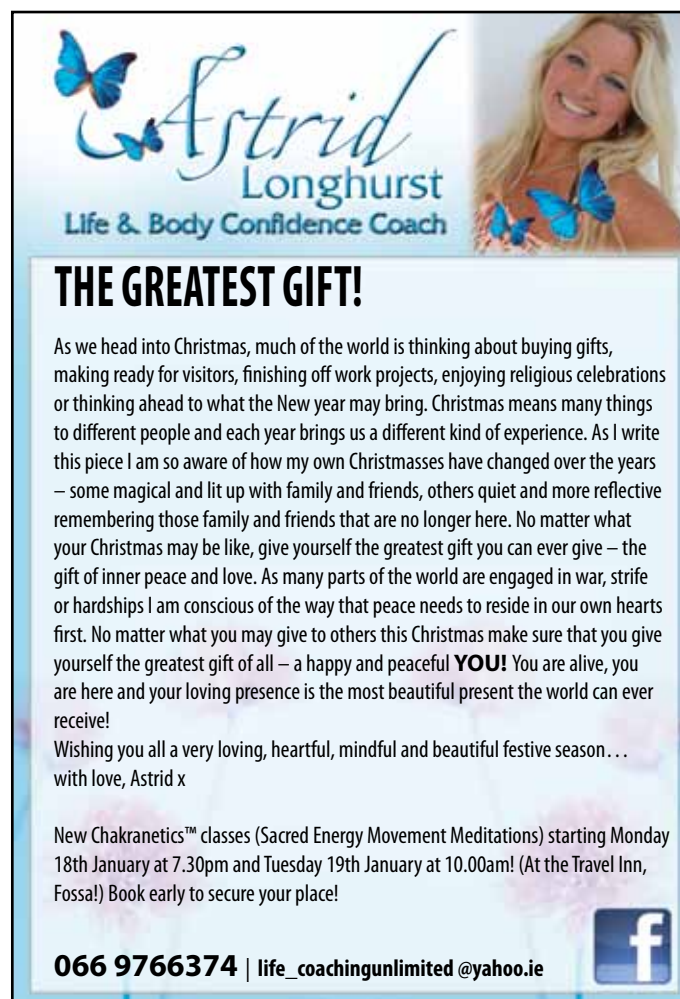
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Learn the Old Time Waltz, Quickstep and Jive

€10 Per Night
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Astrid Longhurst
Life & Body Confidence Coach


THE GREATEST GIFT!

As we head into Christmas, much of the world is thinking about buying gifts, making ready for visitors, finishing off work projects, enjoying religious celebrations or thinking ahead to what the New year may bring. Christmas means many things to different people and each year brings us a different kind of experience. As I write this piece I am so aware of how my own Christmases have changed over the years – some magical and lit up with family and friends, others quiet and more reflective remembering those family and friends that are no longer here. No matter what your Christmas may be like, give yourself the greatest gift you can ever give – the gift of inner peace and love. As many parts of the world are engaged in war, strife or hardships I am conscious of the way that peace needs to reside in our own hearts first. No matter what you may give to others this Christmas make sure that you give yourself the greatest gift of all – a happy and peaceful **YOU!** You are alive, you are here and your loving presence is the most beautiful present the world can ever receive!

Wishing you all a very loving, heartfelt, mindful and beautiful festive season... with love, Astrid x

New Chakranetics™ classes (Sacred Energy Movement Meditations) starting Monday 18th January at 7.30pm and Tuesday 19th January at 10.00am! (At the Travel Inn, Fossa!) Book early to secure your place!

066 9766374 | life_coachingunlimited@yahoo.ie



Galvin Physiotherapy Clinic

21 Clover Lane | College St. | Killarney | Co. Kerry

Tel. 064 66 23100 | Fax. 064 66 23111

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- Manual Therapy
- Dry-needling
- Sports Injuries
- Orthotics
- Biomechanical Assessment

*All at
Galvin Physiotherapy
wish all those
attending their clinics
a very Happy
Christmas &
Peaceful New Year*

- Supervised Injury Rehabilitation
- Performance Development Sessions
- Sports Consultancy



Jimmy Galvin MISCP MCSP
Chartered Physiotherapist

Approved by all major Health insurance providers.



Katie Purtill MISCP
Chartered Physiotherapist

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 Galvin Physiotherapy
Clinic



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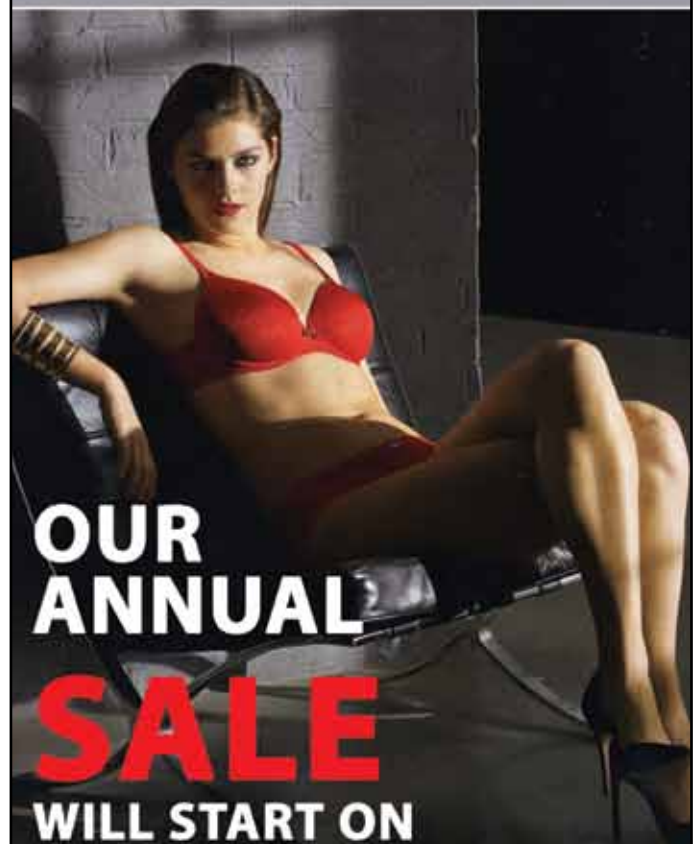
For further information speak to Katie on: 064 6623100
Men Only Classes Are Available

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CHRISTMAS IN PAKISTAN

Fr. Dan O'Connor is a Colombian Missionary, native of New Zealand but traces his ancestry back to the O'Connor Family of Rathcommane, Ballyhar. His Irish ancestors left for New Zealand in 1850. Here he tells the Killarney Outlook about his life and work in Pakistan at Christmas time.



PARISH TEAM VISIT TO KARACHI.

Another Christmas draws near and so another year will come to a close. Throughout the world and the year there have been many events. Many so very life giving and enriching, yet also too many with quite the opposite effect. Here in Pakistan there have been so many wonderful life giving happenings, yet also too many that have been violent and tragic. At times in life's journey one needs to dig deep and light up the hope within. Christmas time is a captivating season that calls forth NEW DEEPER HOPE, LOVE, FAITH, JOY AND PEACE. So as we journey "IN THE LIGHT OF CHRIST", through this wonderful time of Advent, with the people of God that God has called us to share life with, may we be drawn deeper into the mystery of the INCARNATION. Jesus born with the poor in the humble surroundings of the manger, with the animals and the star above.... Our hearts are filled with gratitude as we celebrate the birth of Jesus, our Saviour and friend, EMMANUEL, GOD WITH US. So many times I am reminded of this in the daily events of life.

Recently I was in the village of Juanpura for a Christmas Program. It was with the children of people who earn their daily bread by making mud bricks. These people are very poor and are like slave laborers for the owners of the brick kilns. A husband, wife and their children can mould about 1200 bricks per day. For this they are paid 700 rupees (\$ US 7). The owner after firing them in the kiln etc. sells them for ten times this amount... About 80 children, including some Muslims crammed into the open air 'so called school compound'. Facilitated by the three competent teachers, Razia, (whose husband was making the bricks, a stones throw away), Sonia, her daughter, and a third teacher. We had hymns, bible reading of the Nativity, and prayers of the faithful by the Christian and Muslim students. Then they performed some variety action songs followed by a skipping contest. The very life giving celebration was finished off with simple presents for all and a meal of spice pepper hot rice which had been cooked in

a very large pot. All went home so contented with a feeling of fullness of tummy and of deep peace and joy having shared in such a beautiful sharing Christmas celebration.

On the afternoon of Sunday 13th December, Master Premchand, catechist, Roupshi village farm worker, Gabriel, Columban visiting from Peru and myself traveled out far from the parish center of Badin to the village where Nattoo and Keshu live with three of their sons, two of whom are married with children. We journeyed over many dusty bumpy village tracks as the beautiful sun set in the West. As there are no road maps or road signs we had to rely on the map of inquiring from people that we met along the way. One could say the 'the map was in our mouth'. A sickle moon and stars were shining by the time we could see the welcoming torch light of Nattoo. The family welcomed us with great joy. It was a cold evening. The hot spicy vegetables and rice bread, washed down with sweet local tea warmed and deepened the hospitality. Laughter filled the air as Roupshi told stories of his trip to Karachi as a member of six tribal people who went on a Mission Exchange and were hosted for some days by people of St Patrick's Cathedral Parish. It was like another world for them coming from village life in the Interior Sindh. We then had a most meaningful celebration of Mass. The small yet enthusiastic congregation gathered close together, well wrapped up in blankets even covering their heads. They sang and prayed heartily and joyfully. Nearby was the fire burning and the animals tethered. We sat on a mat on the ground huddled under an open type of veranda made of sticks and hay next to the one roomed mud hut home. It was the Third Sunday of Advent and so we had the lighting of the pink candle as it was the Sunday of Joy with Christmas coming closer. The Bible reading of the day came from the letter from St Paul which was written by him while in prison was beaueat encouragement for our hope and happiness.

"I want you to be happy, always happy in the Lord; I repeat what I want is your happiness." During Mass we had the Baptisms of babies Shazia and Akash which added terrific meaning to the occasion. After drinking more hot hot tea we lay down for the night under the bright clear sky full of stars. Some of us sleeping on rope made beds, while others lay on the mats on Mother Earth. We were weighed down by many layers of blankets to keep us safe and warm from the biting cold surrounding us. No complaints from me about the cold as is such a pleasant change from the long hot hot Summer months. Before they retired for the night, from my cosy bed, I heard Nattoo and Keshu praying.... Nattoo and family are in debt to the landlord and so they are poor bonded farm workers. Once again this scene reminded me of the First Christmas in Bethlehem. I was captivated by the simplicity yet depth and meaning which was revealed before my eyes. So similar to the scene of Mary, Joseph and the baby Jesus in the stable. The shepherds and animals all gathered around. The Birth of Jesus is Good News not only for Mary, Joseph, the shepherds and Keshu, Nattoo and family, but also for each one of us. In the gift of this child, Son Of God and Son of Mary, we are abundantly blest and called into the Fullness of Life. Time spent at the Crib deepens our faith in the Father's love for each one of us.

MAY THE WORD WHO BECAME FLESH AND DWELT AMONG US, inspire, challenge and empower us to share afresh THE JOY OF THE GOSPEL FOR THE LIFE OF THE WORLD. To quote from our wonderful joyful Pope Francis in his letter 'Laudato Si' about creation. "Jesus lived in full harmony with creation and others were amazed: 'What sort of man is this, that even the winds and the seas obey Him?'"

May the experiences of God at Christmas renew and bless us with Jesus' love and life within each of us. May this Christmas Spirit and deep peace and joy be shared with others for a better year throughout 2016.



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MASS TIMES FOR CHRISTMAS

*Please spread the word about the following Mass times at
Christmas as we celebrate the feast of the Nativity of the Lord:*

St Mary's Cathedral Christmas Eve: 6.15pm (Children's Mass) &
12 midnight, Christmas Day 8am, 10.30am & 12 noon

Church of the Resurrection Christmas Eve 5.45pm (Children's
Mass), & 7.30pm, Christmas Day 11am

Muckross Church Christmas Eve 9pm, Christmas Day 9.30am

Franciscan Friary Christmas Eve 12 midnight
Christmas Day 8.30am, 10am, 11.30am

CLLR. JOHN SHEAHAN

WISHES ALL HIS FRIENDS,
SUPPORTERS &
CONSTITUENTS A HAPPY
CHRISTMAS & THE VERY
BEST FOR 2016



Tralee Road, Killarney, Co. Kerry
Email: john.sheahan@yahoo.com

Call: 087 9267390
064 66 34213



Beannachtaí na Nollag oraibh go léir

Councillor
Michael Gleeson



*Sing of the childhood
That renews for us all -
The laugh of the soul.
Sing the child in the stall.
(Patrick Kavanagh)*

Clasheen, Killarney
michaelgleesonktc@eircom.net

CLLR BRENDAN CRONIN M.C.C.

*Wishing all my Friend's
and Supporters a
Happy & Peaceful
Christmas.
Good Health &
Prosperity for 2016.*



Ballyhar, Killarney.
Tel/Fax: 064 66 33534 | Mob: 087 2069657
Email: cllrbrendan.cronin@kerrycoco.ie

CLLR. **DONAL
GRADY** M.C.C.

*Happy Christmas
to everyone & a very
Peaceful New Year.*

Do not forget those living alone this Christmas.

CLLR Donal Grady.
gradydonal@eircom.net

tel: 087 2596464

Web: www.donalgrady.com



**Use candles
with care at
Christmas**



Season's Greetings from the Healy-Rae's



MICHAEL HEALY RAE T.D.

Constituency Office: Tel: 064 66 85 782
DAIL tel: 01 6183363 DAIL fax: 01 6184544
Mobile: 087 2461678
michael.healyrae@oireachtas.ie

Working With...



**DANNY
HEALY RAE (MCC)**

Healy Raes Bar,
Kilgarvan
on Tel: 064 6685315
Fax: 064 6685922

Mob: 087 2316055



**JOHNNY
HEALY RAE (MCC)**

Healy Raes Bar,
Kilgarvan on
Tel: 064 6685315
Fax: 064 6685922

Mob: 087 2354793

E: johnnyhealyrae@gmail.com

*The Healy - Rae's wish to
thank all their friends
and constituents for their
continued loyalty and
support. We would like to
take this opportunity to wish
everybody a Happy and
Holy Christmas and
Good Health in the
New Year.*

BRENDAN GRIFFIN T.D.

Happy Christmas

from

Brendan Griffin TD

Working Hard and Delivering for Kerry



*I wish all readers of the Outlook a
very happy and peaceful Christmas
and a healthy and prosperous 2016.*

*I look forward to meeting you in the
coming weeks as I canvass your
locality.*

*Warmest regards,
Brendan*

Contact us at:

Castlemaine Village, Co. Kerry.
Phone: 066 9795666 – 087 6528841
Email: brendan.griffin@oir.ie



FINE GAEL



FIANNA FAIL
THE REPUBLICAN PARTY



**COUNCILLOR
JOHN JOE CULLOTY**
KERRY COUNTY COUNCIL

*Would like to wish
all his constituents
a very Happy Christmas
& the very
best for 2016*

Knocknaskeha, Killarney, Co. Kerry
Tel: 087 1308000
Email: cllrjcculloty@eircom.net





*Wishing everyone a
happy, prosperous
and healthy 2016.*

FF Candidate in forthcoming
general election Working with;
Cllrs John Brassil, John Joe Cullotly,
John Francis Flynn, Norma Foley,
Niall Kelleher, Tommy McEllistrim,
Jimmy Moloney and Mike O'Shea.



Norma Moriarty Cllr
"Committed to Community"

Constituency Office: No 2 Main Street,
Caherciveen.

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Available to meet by appointment at any stage.

M: 086 8581841 email: moriartynorma@gmail.com

Christmas Greetings

Senator Paul Coghlan

*Wishes everyone a
Happy & Peaceful
Christmas*

Constituency Office

T: 064 66 31892

F: 064 66 34652

*At your
service!*

Seanad Éireann

T: 01 6183132

F: 01 6184636

Lo Call: 1890 732 623

Email: paul.coghlan@oir.ie

www.facebook.com/sen.paulcoghlan



**Arthur J.
Spring TD**

*Wishing the people
of Kerry a happy
Christmas and a
healthy and
prosperous 2016*

Phone: 066 7125337

Email: arthur.spring@oireachtas.ie

Web: www.labour.ie/arthur.spring



facebook.com/arthurjspring



@SpringAJ

FULL-TIME CONSTITUENCY ADVICE CENTRE:

LABOUR PARTY OFFICE, ROCK STREET,

TRALEE (MONDAY - FRIDAY) 066-7125337


Labour

Christmas Greetings
from

Cllr. John Brassil



*Building for the Future,
A New Voice for Kerry*

*Contact John for representation or to
highlight issues of concern to you.*

The Pharmacy, Main Street,
Ballyheigue, Co. Kerry
e: cllrjbrassil@gmail.com
t: 087 236 2330

FIANNA FAIL
THE REPUBLICAN PARTY

Senator
MARIE MOLONEY

Labour

and her husband Mike would like to wish all their
families, friends, neighbours & constituents a very

**Happy and Peaceful Christmas
and a Safe and Prosperous New Year**



Donations in Lieu of cards to
the Kilcummin Defibrillator Group.

Coolick, Kilcummin, Killarney. Mob: 086-3049422
email: marie.moloney@oir.ie

Constituency Office is open Monday to Friday
at Conroy Hall 9.30am-5.30pm. Saturday morning clinic 10am.

Park Road, Killarney. Tel: 064 6632034

Wishing everyone a Very Happy & Peaceful
Christmas and Best wishes for the New Year from

Tom Fleming TD



 facebook.com/tom.fleming.3781
[@tomflemingtd](https://twitter.com/tomflemingtd) www.tomfleming.ie

Constituency Office At:
62 New Street, Killarney
t: 064 66 35819
m: 087 7814781
f: 064 66 35848
e: tom.fleming@oireachtas.ie

Opening Hours:
Monday - Friday
9.45am to 5.30pm
Weekly Friday Clinic
3pm to 5pm



We would like to thank everyone who supported our group so generously in 2015

We wish everyone a Happy Christmas & every good wish for 2016



Christmas & New Year Greetings

*From Mary & Stephen Sheehan
of the coffee Shop and newsagents
Bus Eireann Killarney*

Senator Marie Moloney

Full-time Constituency Office open at Conroy Hall, Park Road, Killarney Mon to Fri 9.30am to 5.30pm.

Advice Clinic every Saturday morning from 10.00am.

Regular Clinics throughout the Constituency - ring for details.

Contact Office: 064 6632034
Mobile: 086 3049422
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THE REPUBLICAN PARTY

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vote@niallkelleher.ie
@niallkelleher

The Square, Rathmore, Co Kerry

WORKING FOR YOU





Kerry ETB Training Centre



Kerry ETB Training Centre is now recruiting for the following courses.

Sports Recreation & Exercise Course (ETK69) - Killarney.

If you have a genuine interest in sport, exercise and swimming this course is a good choice for you. It's the ideal entry point for those wishing to follow careers as sports coaches, personal trainers, or swimming teachers. **Start Date:** 11th January 2016. **Duration:** 45 weeks. **Certification:** QQI Major Award in Sports Recreation and Exercise 5M5146, Pool Lifeguard Qualification, Assistant Swimming Teacher Cert and Occupational First Aid Cert.

MTA Software & Networking Fundamentals Course (ET124) - Tralee.

This entry level course offers experience on the technical side of software development and computer networks. It's the ideal starter course for people considering a career in information and communication technology. **Start Date:** 25th January 2016. **Duration:** 19 weeks. **Certification:** Microsoft Technology Associate Certification.

Digital Media Production Course (TRY18) - Kerry ETB Training Centre, Tralee.

The Digital Media Production course offers participants the opportunity to learn and develop real-world production skills in a broad range of media disciplines. The course covers design, digital imaging, photography, sound, video, digital publishing and media project management. **Start Date:** 8th February 2016. **Duration:** 52 weeks. **Certification:** City & Guilds Diploma in Media Techniques 7601-03.

Manual & Computerised Payroll and Bookkeeping (ET025) - Tralee.

This course is for people who wish to develop a range of manual and computerised payroll and bookkeeping skills. It's designed for people with no prior experience in the topics. **Start Date:** 8th February 2016. **Duration:** 10 weeks. **Certification:** FETAC Level 5 Component Certificates in Manual and Computerised Bookkeeping and Payroll.

Healthcare Support Traineeship (ETS97) - Tralee.

This course provides participants with the knowledge, skills and competencies to work as part of a multidisciplinary team in the provision of effective and appropriate healthcare supports to clients in a variety of care settings. **Start Date:** 15th February 2016. **Duration:** 41 weeks. **Certification:** FETAC Level 5 Major Award in Healthcare Support.

Heavy Goods Vehicle Driving Rigid (HGV) (ET394) - Tralee.

This programme provides participants with skills and related knowledge in the rules of the road, driving a heavy goods vehicle - rigid body, care and maintenance of the vehicle, loading and unloading the vehicle, customer care, and documentation. Applicants must be in possession of a current full Class B Driving Licence and a current Class C Learner Permit. **Start Date:** 15th February 2016. **Duration:** 10 Weeks. **Certification:** Class C Driving Licence, RSA Driver Certificate of Professional Competence, RTTB Counterbalance or Reach Forklift Truck Driving Certificate, and ADR Certification for Drivers.

ECDL (ETK79) - Kerry ETB Training Centre, Tralee.

This course offers participants the opportunity to develop the range and standard of computer and IT skills needed to work in an office environment. The modules include: Induction, Keyboard Skills, Computer Essentials, Online Essentials, Wordprocessing, Spreadsheets, Databases, Presentation Software, Career Planning & Job Seeking Skills, In-company Training. **Start Date:** 22nd February 2016. **Duration:** 18 weeks. **Certification:** European Computer Driving Licence Award, Level 1 Office Procedures Cert & Typewriting Cert.

Broadcast Production Skills Course (TRY20) - Kerry ETB Training Centre, Tralee.

This is a practical, production-focused course covering documentary, drama, and entertainment formats. Participants will learn about researching, writing, directing, capturing, editing and delivering content for both location and studio-based productions. **Start Date:** 29th February 2016. **Duration:** 52 weeks. **Certification:** City & Guilds Diploma in Media Techniques (Video production) 7601-03, BECTU - Creative Industries Safety Passport, Occupational First Aid, Safe Pass and Manual handling.

Legal Administration Traineeship (ETS07) - Tralee.

This course is specifically designed for those wishing to pursue careers as legal administrators. It covers all the main administration tasks carried out in legal offices and is tailored to meet the needs of the industry. **Start Date:** 21st March 2016. **Duration:** 40 weeks. **Certification:** FETAC Level 5 Major Award in Office Administration.

Beauty Therapy Traineeship (TRSS2) - Tralee.

This course offers participants the opportunity to develop the knowledge, skills and attitudes required to work as beauty therapists. It integrates theory, practice and industry experience so that participants gain a clear understanding of the various treatments and therapies practiced in the industry. **Start Date:** 11th April 2016. **Duration:** 50 weeks. **Certification:** I.T.E.C, CIBTAC and CIDESCO Diplomas.

Visit Our New Walk-In Information Service Every Tuesday and Wednesday
At Kerry ETB Head Office, Centre Point Building, John Joe Sheehy Road, Tralee.
(Opposite Tralee Bus and Train Stations)

To apply or get further information on any of the above courses please contact

Kerry ETB Training Centre,

Monavalley Industrial Estate, Tralee, Tel. 066 7149600 | 066 7149638 | 066 7149676,

www.kerryetbtrainingcentre.ie, E-mail: training@kerryetbtrainingcentre.ie



Saint John of God Community Services Ltd

Kerry Services

As part of Saint John of God Community Services, Kerry Services provides a range of programmes and services for adults and children with an intellectual disability in the Kerry region. A person-centered approach to service delivery is promoted in accordance with the Order's values and ethos and in keeping with its commitment to the continuing development of community based services.

CARE ASSISTANTS

(Specified Purpose Contracts of Employment)

Applications are invited for post of Care Assistant in our residential Services supporting adults with an intellectual disability.

DUTIES WILL INCLUDE:

- The Care Assistant works as part of a multidisciplinary team to assist in the provision of health and social care for the individuals we support.
- He/She supports and assists in all activities of daily living in line with the needs and wishes of the individual as outlined in an agreed care plan.
- Acting as an advocate for residents and promoting social interaction with the community.
- Demonstrate excellent communication (both verbal and written), organisational skills, flexibility and commitment.

Suitably qualified candidates must meet the following criteria:

Certificate in Healthcare Support at FETAC Level 5.
A full clean driver's licence is desirable.

Personal Attributes:

- Excellent communication and inter personal skills
- Should be able to work as part of a team and also on own initiative
- Enthusiastic, hardworking and self-driven

If you believe you have the necessary enthusiasm, competencies and experience to bring to this role please forward a covering letter and CV, including written explanation for any gaps in employment to Ms Dolores Parker, Human Resources Dept, Saint John of God Kerry Services, Monavalley Industrial Estate, Tralee or email aileenm.murphy@sjog.ie

Closing date: 5.00p.m. Friday 15th January 2015.

(Applications will be short-listed based on the information supplied in the Curriculum Vitae and a panel may be formed from which future vacancies will be filled)

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Killarney Outlook Souvenir Edition



THE NOLAN TWINS DELIA AND BERNIE WITH ADMIRERS SEAN McMAHON AND MICHAEL CONNIGAN AT THE KILLARNEY RACES 1958. PHOTO BY INDEPENDANT NEWSPAPERS



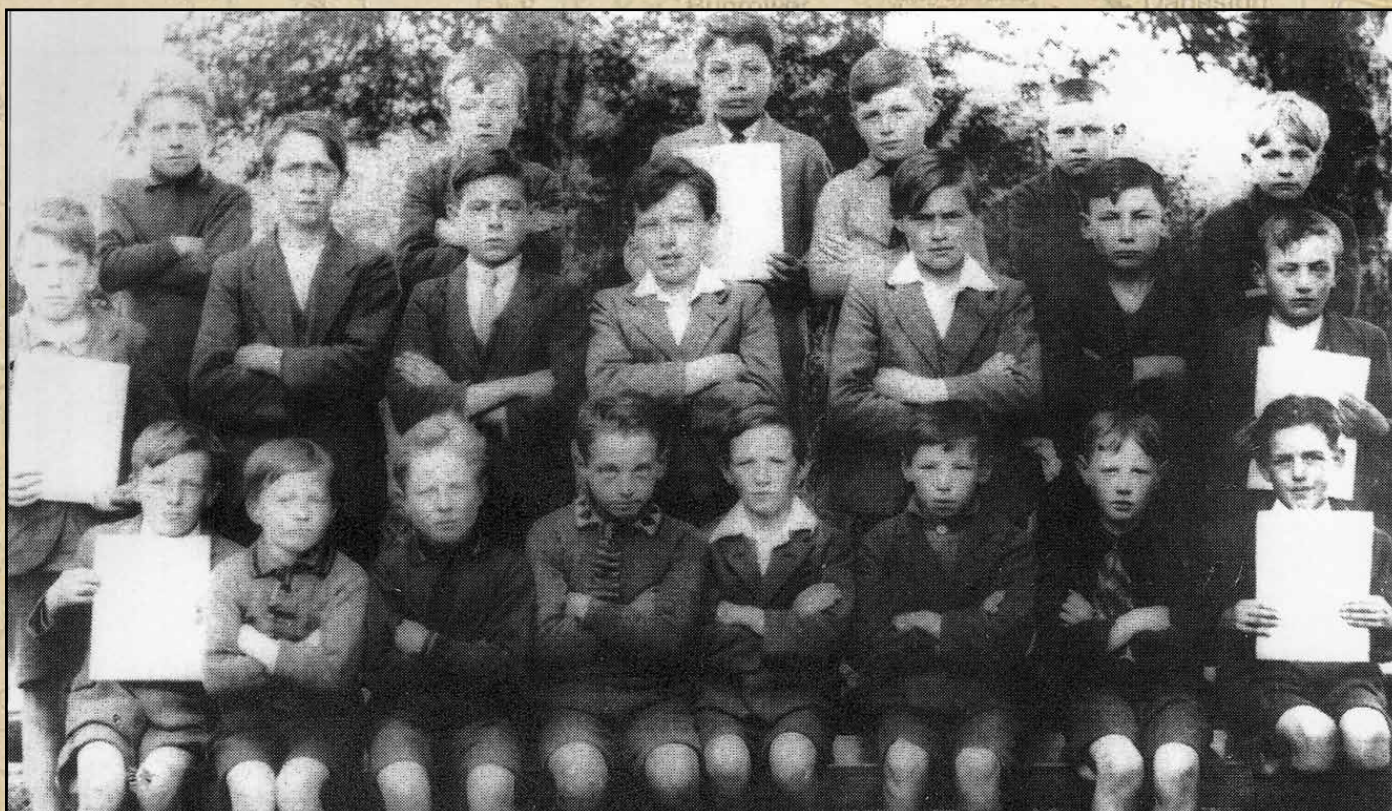
NAOMH MUIRE EK U14 PRIMARY SCHOOL WINNERS 1963. FRONT L:R: W REGAN, DONOGH MURPHY, LIAM LYNCH, DONIE LYNE, CONNIE DOOLAN. JS GALVIN, ML O'CONNOR. BACK L:R: TADGH O'SULLIVAN NT, ML MOYNIHAN, J FOLEY, B DOYLE, ML DOYLE, TOM LYNE, ML O'CONOR, JEROME REGAN. PHOTO COURTESY OF JOHN KELLY.



1965 DRESS DANCE, GERRY AND KATHLEEN MYLES WITH AND DELIA AND JIM ADAMS




1963 JIM ADAMS AND JOHN SCOTT COLLEGE STREET KILLARNEY



SIXTH CLASS LISSIVIGEEN N.S 1930s. INCLUDED ARE MANY MEMBERS FO THE LISSIVIGEEN TEAM WHICH COMPETED INT HE EAST KERRY LEAGUE 1940 - 1947. FRONT L:R: MATTIE COURTNEY, SEAN O'REILLY, MICK O'DONOGHUE, DAN BUCKLEY, TIMMY MOYNIHAN, SONNY CRONIN, ARTHUR E. O'KEEFFE AND JIMMY O'CONNOR. SECOND ROW L:R: NEILUS O'LEARY, CON O'SULLIVAN, PADDY KIELY, ARCHIE CRONIN, PAT CRONIN, JOHN CRONIN AND DENNY O'SULLIVAN. BACK ROW L:R: JACK O'DONOGHUE, DANNY COURTNEY, FR. SEAN P GLEESON, FR. SEAMUS O'REILLY, PADDY O'CONNOR AND DANNY B. CASEY. PHOTO COURTESY OF JOHN KELLY.

DO YOU WANT TO DANCE?
FRIDAY 8TH JANUARY 2016
The Gleneagle Ballroom @ 8.30pm
TICKETS €10 available on the door and
@ O'Learys Electrical Plunkett Street Killarney
Music by a selection of Local Talent
"Rolling Back The Years"
All proceeds in aid of Earthquake Relief in Nepal.
Mary O'Leary will travel to Nepal with Umbrella
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Winners of Tops of the Town in the Late 1960's - The Great Southern Hotel group. Picture courtesy of Tommy Regan



PHOTO TAKEN IN 1967 DINING ROOM STAFF OF THE GREAT SOUTHERN HOTEL. FRONT ROW: ANNA MARIE O'SULLIVAN, KATHLEEN AHERNE, KATHLEEN O'SHEA, NUALA KENNEDY, VERA SHINE, EILEEN RING, PEGGY MOYNIHAN, SUSAN DEENEY. BACK ROW: TIMMY O'CONNOR, SEN MURPHY, DONAL TUCKER, JIMMY CULLINANE, MICHAEL MEENEY, JOHNNY GLEESON, PAT DOYLE, TIM O'LEARY, PAT SUMMERS. PICTURE COURTESY OF TOMMY REGAN



PICTURED AT THE TOWN HALL IN THE EARLY 1960's AT A FANCY DRESS. FRONT ROW: DERRY DOYLE, DENIS COLLINS, DON O'DONOGHUE, JOHN LOONEY, MOSSIE HORGAN. BACK ROW: TOMMY REGAN, DAN HARRINGTON, JOHN MANGAN, DENIS SCANNELL, BRIAN HORGAN. PICTURE COURTESY OF TOMMY REGAN



LEO MCKERN ACTOR WHO PLAYED THE LEAD IN THE TELEVISION SERIES RUMPOLE OF THE BAILEY PICTURED ON A VISIT TO THE GREAT SOUTHERN HOTEL IN 1994 WITH HOTEL MANAGER DENIS HURLEY. PICTURE COURTESY OF TOMMY REGAN



GOLFER JOE CARR PICTURED WITH JIMMY CULLINANE AT THE GREAT SOUTHERN HOTEL IN THE LATE 1960's. PICTURE COURTESY OF TOMMY REGAN



Merry Christmas!

& A Happy New Year

All the team in The Killarney Outlook & Outlook Magazines would like to sincerely thank all our advertisers, contributors and our readers for their support and goodwill in 2015.

We wish everyone a very Happy, Peaceful and enjoyable Christmas. Continued success and happiness for 2016.

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WORKERS OF LIEBHERR IN THE EARLY 70'S WITH CERTIFICATES FOR WELDING AND FITTING.
PHOTO COURTESY LIAM FITZGERALD.



INTERNATIONAL HOTEL STAFF PARTY 1967 IN THE GLEBE HOTEL. L:R: JAMES LESLEY, BOB PETERS, DONIE COFFEY, MARY COTTER, JOHNNIE BUCKLEY, MRS MURPHY, FRED O'NEILL, MARGARET O'SHEA, FRONT L:R: JOHN MANGAN AND BRENDAN O'SHEA. PHOTO COURTESY OF JOHN MANGAN.



FOSSA WINNERS OF THE LADIES SIXES 1955. FRONT ROW L:R: MAURA O'DONOGHUE, NOREEN SHEEHAN. BACK ROW L:R: MAI O'SULLIVAN, MARY SWEENEY, NELIE SWEENEY, MAURA MORIARTY. PHOTO COURTESY OF JOHN KELLY.



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Merry Christmas

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From all at

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MAGAZINES



GETTING STARTED IN COLD WEATHER

When the temperature drops and your car won't start it's more often than not an issue with your car battery.

Cold, damp weather can play havoc on batteries as vehicle electrical systems have to work a lot harder at this time of year and starter motors require all the current they can get to start the engine on these cold mornings. With more and more vehicle equipment demanding electricity this is more of a problem than ever. We recommend checking and, if needs be, charging your battery at least once a week during the winter months, particularly if it is more than three years old.

Cold temperatures affect the chemical process inside the battery that produces and stores electricity, effectively slowing it down and reducing the battery's ability to hold the charge. Older, weaker batteries will typically already have reduced performance and cold temperatures will often drastically reduce this further, to the point where the battery will discharge or go flat very quickly.

REMEMBER TO:

Switch off all loads including lights, wipers, heater etc before switching off your engine at the end of your journey. This prevents any unnecessary drain on the battery the next time you start up. Check that everything is switched off before turning the ignition on.

Avoid using heaters, heated screens and heated seats for longer than you have to as they all put high demands on the vehicle's battery. Some satnavs, in-car DVD players and iPods can also drain the battery if left connected.

Check that there are no interior lights, including boot lights, left on or any accessories such as phone chargers left connected.

Park your vehicle in a garage whenever possible. Get your battery tested, particularly if it is over three years old.

And, sometimes it can be difficult just getting into your car. These two tips could save you some much-needed time:

Use a little silicone-based furniture polish on the rubber door seals – it helps prevent doors getting stuck when it freezes. It's best to apply with a cloth so you don't spray polish on to the



vehicle's paintwork.

If locks are frozen, try warming your key. You could also inject the lock with the appropriate anti-freeze or spray it with WD40.

PREPARING YOUR CAR FOR WINTER DRIVING

Keeping your vehicle well maintained is important all year round, but doubly so in winter. For example, worn tyres won't hold the road in wet conditions as well as those with a good, deep tread.

Make sure all exterior lights are working correctly and that windscreen wiper blades are in good condition. Check the oil, coolant and washer fluid levels. And, don't leave home on that long trip over lonely country roads without enough fuel for the journey.

The following checks will help ensure your vehicle is ready for winter:

Note: Before carrying out these checks, make sure your vehicle is cold and parked on a flat, level surface.

CAR BATTERY - Remember, if your car has not been used for a period of time, the battery may need charging before you come to use it.

COOLANT - ensure that coolant is between the minimum and maximum markers. It is also

important that there is sufficient anti-freeze in the coolant. If you're uncertain, have a look at your handbook or get a local garage to check the strength. Anti-freeze is cheap but damage from a frozen engine can be very expensive to put right.

TYRES - check tyre condition to see if there is adequate tread. Look for damage such as splits or bulges and check the pressure. If you live in an area particularly at risk of snow consider purchasing winter tyres or snow socks which give you greater traction and control.

SCREENWASH - make sure you have enough screenwash and that the concentration is suitable for cold conditions. Not all screenwash is the same so look for the temperature it protects down to. You should be looking for protection down to down to -10 degrees C and if you live in areas subject to the greatest extremes of weather, down to -20 degrees C. If you don't use a good quality screenwash there is a danger your washer pump could freeze which might lead to the fuse blowing and your wipers not working because they are often on the same fuse.

Find out how to check your screenwash with our simple video.

WIPER BLADES - check wiper blades for damage and replace if necessary. When wiper blades become frozen to glass it is very easy to damage them when freeing them up.



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SANTA AT KILLARNEY OUTLET CENTRE.. VISITING SANTA CLAUS IN HIS CHRISTMAS CABIN AT KILLARNEY OUTLET CENTRE LAST WEEKEND WERE AINE AND RICHARD KEOGH WITH CHILDREN CARTER, BROOKE AND HUDSON.



SANTA AT KILLARNEY OUTLET CENTRE.. VISITING SANTA CLAUS IN HIS CHRISTMAS CABIN AT KILLARNEY OUTLET CENTRE LAST WEEKEND WERE DAVID, KAYLEE, ALAN AND MELISSA O'LEARY WITH PARENTS MAEVE AND AENEAS O'LEARY, RATHMORE.



SANTA AT KILLARNEY OUTLET CENTRE.. VISITING SANTA CLAUS IN HIS CHRISTMAS CABIN AT KILLARNEY OUTLET CENTRE LAST WEEKEND WERE AISLING, ODHRAN AND RACHEL BUCKLEY.



SANTA AT KILLARNEY OUTLET CENTRE.. VISITING SANTA CLAUS IN HIS CHRISTMAS CABIN AT KILLARNEY OUTLET CENTRE LAST WEEKEND WERE COLLEEN, OLIVIA, SEAN AND GRACE ANGLAND WITH PARENTS MARTINA AND EDDIE ANGLAND, GLENFLECK.



DEIDRE TANGNEY, AILBHA O'CONNOR, HANNAH MAY HARRIS, PAT HARRIS, ELAINE CRONIN AND HANELLE MORIARTY AT THE TOPS OF THE TOWN IN THE INEC, KILLARNEY. PHOTO MAREK HAJDASZ



TERESA COFFEE, AISHLING SWEENEY, NICK CADMIN, SHAUNA CRONIN AND EMMA DENNEHY ALL FROM KILLARNEY AT THE TOPS OF THE TOWN IN THE INEC, KILLARNEY. PHOTO MAREK HAJDASZ



PICTURED AT THE SHIRE TO ENJOYING THE SHIRE CHOIR'S PERFORMANCE OF CHRISTMAS CAROLS IN AID OF KERRY PARENTS & FRIENDS WERE L-R PAT LOONEY, JOAN O'CONNOR, MAUREEN MCCARTHY, SIOBHAN LOONEY & JOHN MCCARTHY. PICTURE MARIE CARROLL-O'SULLIVAN



THE GLENFLECK "SHIRE CHOIR", WHO ENTERTAINED THE LOCALS ON SUNDAY WITH AN EVENING OF CHRISTMAS CAROLS IN AID OF KERRY PARENTS & FRIENDS AT THE SHIRE BAR. PICTURE MARIE CARROLL-O'SULLIVAN



LORETO NATIONAL SCHOOL, KILLARNEY, AT THE ANNUAL BLESSING AND OPENING OF ST MARY'S CATHEDRAL CRIB, KILLARNEY, BY BISHOP OF KERRY RAY BROWNE. THE CRIB IS THE CREATION OF RENA KENNELLY, WHO HAS DESIGNED AND MADE THE CRIB FOR 52 YEARS, INCLUDED ARE, ELLEN O'GRADY, SAM BENSON, RIAN KIELY, AMY HEALY, DAVID O'DONOGHUE, BEATRICE KLASAUSKAITE, DAIRE MURPHY, SARAH REIDY CLODAGH LUCEY. PHOTO: VALERIE O'SULLIVAN



ALL SMILES AT THE YOUNG AT HEART CHRISTMAS PARTY IN THE KILLARNEY OAKS HOTEL ON SUNDAY.



NEIGHBOURS MRS. TEAHAN AND MRS. O'CARROLL FROM WOODLAWN PARK ENJOYING THE YOUNG AT HEART CHRISTMAS PARTY IN THE KILLARNEY OAKS HOTEL ON SUNDAY.



SARAH RYAN WITH HER PARENTS MIKE AND IDE RYAN AT THE ANNUAL CAROL SERVICE AT MUCKROSS HOUSE, KILLARNEY WITH A PERFORMANCE BY 'OPUS 96. PHOTO: VALERIE O'SULLIVAN



RICHARD HILLIARD, JANE COLLINS AND BERNARD COLLINS, AT THE ANNUAL CAROL SERVICE AT MUCKROSS HOUSE, KILLARNEY WITH A PERFORMANCE BY 'OPUS 96. PHOTO: VALERIE O'SULLIVAN



RITA McLOUGHLIN, ANGELA CURRAN AND COLM BAKER, AT THE ANNUAL CAROL SERVICE AT MUCKROSS HOUSE, KILLARNEY WITH A PERFORMANCE BY 'OPUS 96. PHOTO: VALERIE O'SULLIVAN



PICTURED AT STONE CHAT FOR THEIR ANNUAL CHRISTMAS PARTY WERE THE WELL KNOWN STAFF FROM JAM CAFE BACK ROW L-R PETER, GRETTA AGNES, MAGDA, MARTA & LUKAS. FRONT ROW L-R ANNA, MANAGER SHEILA, SIOBHAN AND MARGURITE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

Their Special Day



ENYA SULLIVAN AND MICHAEL BRENNAN PHOTOGRAPHED WITH THEIR BRIDAL PARTY, THE COUPLE TRAVELLED FROM LONDON TO KILLARNEY FOR THEIR BIG DAY.

THEY WERE MARRIED IN FOSSA CHURCH AND CELEBRATED WITH FAMILY AND FRIENDS IN THE MALTON HOTEL IN KILLARNEY.

PHOTO MÍCHEÁL O SULLIVAN PHOTOGRAPHY
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ENYA SULLIVAN AND MICHAEL BRENNAN WHO WERE MARRIED IN FOSSA CHURCH.

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Put Safety Top of Your Christmas List

- NSAI (National Standards Authority of Ireland) is advising last minute Christmas shoppers to always check for the CE Mark, especially when buying toys and electrical products this festive season
- By law, all toys and electrical products sold in Ireland must display the CE Mark, indicating the item meets the high safety, health and environmental protection requirements of the European Union
- 11 children's toys and 10 electrical products have been recalled from the Irish market so far this year, over safety concerns

NSAI (National Standards Authority of Ireland) is advising last minute Christmas shoppers to always check for the CE Mark when buying electrical products or toys this festive season. Between 2005 and 2014, there have been 326 fatal fires in Ireland, claiming the lives of 366 people. In the 158 instances where the cause of the fire was known, electrical appliances were suspected in 28 fatal fires (18% of cases) while a further 3 per cent of fatal fires were attributed to electric blankets. In 2011 alone, 241 fires in Ireland were caused by electrical equipment.

"From Christmas fairy lights, to tablets or mobile phones; electrical products make up the majority of our Christmas shopping lists and therefore it's vital you ensure what you are buying is safe and complies with safety standards" said CEO of the NSAI, Maurice Buckley.

"By law, all toys and electrical products for sale in Ireland must display the CE safety mark. The CE mark is the manufacturer's declaration that the product complies with safety standards and it must be visible on the product itself or on its packaging. If it doesn't have the CE mark, don't buy it," Mr. Buckley added.

Under Irish and European law, toys must also display the CE mark, demonstrating that the product has undergone safety testing in the design and manufacture process and that it complies with the Irish and European standards. The Competition and Consumer Protection Commission (CCPC) has recalled

11 children's toys and ten electrical products have been removed from the Irish market so far this year over safety concerns.

"Most of the products and services we encounter every day are governed by standards. But unfortunately, due to counterfeiting or the misuse of the CE Mark, there is never a 100% guarantee that a product bearing the mark is safe," said CEO of NSAI, Maurice Buckley.

"That's why NSAI is advising consumers to familiarise yourself with the CE Mark and always buy products from trustworthy shops and online outlets," Mr. Buckley added.

The black market is now costing the Irish economy €1.4bn a year, with one-third of black market activity occurring over the peak Christmas shopping period. The Revenue Commissioners recently confirmed the seizure of counterfeit Disney goods, including 'Frozen' DVDs and toys, as well as fake Apple iPhones, Samsung Galaxy handsets and hundreds of fake GHD hair straighteners.

NSAI'S TEN SAFETY TIPS FOR LAST MINUTE CHRISTMAS SHOPPERS

1. LOOK FOR THE CE MARK

Only buy toys and electrical products that contain the CE Mark. The CE mark should be visible on the product itself or on its packaging.

2. CHECK THE PRODUCT

When buying a toy, take time to examine it first for rough edges, dangerous or detachable small parts or small holes that could trap little fingers. Check Christmas lights carefully for signs of damage such as frayed or exposed wires, broken or cracked sockets, or loose connections. If your Christmas lights look worn, it is much safer to replace them altogether rather than repairing them.

3. KEEP AWAY FROM FIRE

Reduce the chances of causing a fire and keep decorations and combustible materials well away from light fittings and other sources of heat such as heaters, fireplaces and candles.

4. SWITCH OFF

Switch out all Christmas lights last thing at night and when leaving the house to protect

against the risk of fire. For extra safety, always switch off and unplug appliances and other items when not in use.

5. MIND THE ELECTRICS

Always take care when buying toys with electrical parts or a transformer. Read the safety instructions. The device should be properly insulated and protected to prevent a risk of contact with live wires. Don't mix old and new or different strength batteries in the toy. That can make the old or weaker batteries very hot. Always unwind extension cords completely to avoid overheating and don't overload sockets with adaptors or extension blocks.

6. CHECK ALARMS

Test your Smoke and Carbon Monoxide Alarms to ensure they are working.

7. AGE APPROPRIATE

Pay attention to minimum age warnings, for example, "Not suitable for children under three years old" and other warnings. When buying a computer game, check the age cert in case it portrays violence or contains material of an adult nature.

8. GET THE RIGHT GEAR

If Santa delivers bikes, roller skates, skateboards or other wheeled items this year, make sure those riding them have the right protective gear. A CE Mark is also required for personal protective equipment, such as helmets, knee pads etc. Never buy protective equipment without a CE Mark.

9. TAKE ACTION

If you come across a toy or an electrical that seems unsafe or doesn't have a CE Mark, don't buy it. Instead, contact The Competition and Consumer Protection Commission (CCPC).

10. RECYCLE AND BE SAFE!

Always dispose of (in your recycling if possible) discarded wrapping paper, plastic bags, ribbons, string, plastic tags, used batteries etc. as soon as they're not needed any more. Make sure younger children don't play with anything that could cause suffocation.



Their Special Day



SIOBHAN KELLIHER & DAVID MCCARTHY
WHO WERE RECENTLY MARRIED IN KILLTALLAGH
CHURCH WITH RECEPTION IN THE BREHON
HOTEL.

PHOTO BY BREDAL DALY PHOTOGRAPHY



NORMA MURPHY GNEEVIGUILLA AND DONAL
O'MAHONY MALLOW PHOTOGRAPHED HERE
WITH THEIR SON DANNY AND DAUGHTER
HANNAH DURING THEIR RECENT MARRIAGE
CEREMONY IN BALLYSEEDY CASTLE HOTEL

PHOTO BY BREDAL DALY PHOTOGRAPHY

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PICTURED AT THE SHIRE ENJOYING AN EVENING OF CHRISTMAS CAROL SINGING BY THE SHIRE CHOIR WERE L-R ELAINE SPILLANE, JANET O'DONOGHUE, JOHN SPILLANE & CLAIRE SPILLANE. PICTURE MARIE CARROLL-O'SULLIVAN



PICTURED AT THE SHIRE TO ENJOY THE SHIRE CHOIR WHO PERFORMED AN EVENING OF CHRISTMAS CAROLS IN AID OF KERRY PARENTS & FRIENDS WERE L-R MARY MCSORLEY, MARIAN FAVIER & EILEEN CROWLEY. PICTURE MARIE CARROLL-O'SULLIVAN



SOME OF THE SHIRE CHOIR FROM GLENFLESK WHO ENTERAINED THE LOCALS AT THE SHIRE IN RAISING FUNDS FOR KERRY PARENTS & FRIENDS L-R DERRY HEALY, PADRAIG DINEEN, BRENDAN O'BRIEN & JOHN WALL. PICTURE MARIE CARROLL-O'SULLIVAN

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Citizens Information

Know Your Rights: GETTING MARRIED ABROAD

QUESTION

My partner and I are getting married next year. We are planning to travel abroad for the ceremony. What do we need to do?

ANSWER

If either you or your partner are Irish citizens and you are thinking of getting married outside Ireland, the legal validity of your marriage is governed, in part, by the laws of the country in which you marry. In most, if not all cases, the legal formalities abroad are very different to those in Ireland. For example, a church marriage abroad is usually a purely religious ceremony with no legal effect. Because it is not recognised in law in the country in which it takes place, it cannot be regarded as a legal marriage in Ireland. This is the case even though a marriage in the same church or denomination in Ireland is legally binding. This is because the religious ceremony is recognised in Ireland as a civil contract.

It is very important, therefore, that you make sure to meet all the legal requirements of the country you are marrying in. You should contact the civil registration office in that country to find out what is required. You may decide to have a civil marriage in Ireland followed by a religious ceremony abroad.

Although you must meet the foreign requirements, you are still bound by Irish law as far as the capacity to marry is concerned. For example, your marriage abroad will not be recognised under Irish law if one or both of you was ordinarily resident in Ireland and one or both of you was aged under 18 at the time of the marriage and did not have a Court Exemption Order.

Marriages that take place outside the State are not normally registered in Ireland. They are usually registered in the country where they occur. Your foreign marriage certificate will usually be accepted for official purposes in Ireland if you need to show evidence that you are married. If the certificate is in a foreign language, you must provide an official translation or a translation from a recognised translation agency.

You may require a Certificate of Freedom to Marry to get married in some foreign countries. This may also be called "Certificate de Coutume" or "Certificate of Nulla Osta". You apply online to the Department of Foreign Affairs and Trade for a Certificate of Freedom to Marry.

Further information is available from the Citizens Information Centre below.

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

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

ON THE BOX KILLARNEY OUTLOOKS WEEKLY SOAP COLUMN

SELF-CONFESSED SOAP ADDICT, JOE BURKETT TAKES A LOOK AT WHAT'S IN STORE IN THE SOAPS THIS WEEK



CHRISTMAS PREVIEW

The soap's continue with their festive high drama this week as the residents of Albert Square gather for Mick and Linda's wedding, Carla's world falls apart in Coronation Street, Debbie makes her exit from Emmerdale and one resident will be murdered in Red Rock.

EASTENDERS

In a huge week of drama, Mick and Linda's wedding day will be disrupted by Dean hell-bent on revenge. Shirley will finally realize what her son is really like when Dean attacks Roxy but will Dean confess to raping Linda? As the big day finally dawns, Mick and Dean will end up in a fight leading to a dramatic water stunt. Will Dean survive?

CORONATION STREET

Carla will reel from the news that Johnny is her real father. As she heads down the path of self-destruct, she brings Robert with her. Will Carla really bed her arch-enemy Tracy's current lover?

EMMERDALE

All hell is set to break loose in Emmerdale as Robert finally learns the truth about who shot him. As the Sudgen brothers go to war in an explosive exchange, Ross is desperately trying to save his relationship with Debbie as she prepares to leave the village for good.

RED ROCK

One unlucky resident will be brutally murdered as the bells to ring in the New Year begin to chime. We have been that this death will be a real game changer for Red Rock. Could we be about to lose Superintendent McKay?



SOUTHWEST COUNSELLING CENTRE OFFERS A LIFE LINE OVER THE HOLIDAY SEASON

The Holiday season can be a difficult time for even the most robust. There can be high expectations to have a good time which can make it a difficult time for many. People can feel under extreme pressure as they struggle to live up to Season's expectations. The Holiday season can cause emotional turmoil among families. Many people are exhausted by Christmas and the holiday preparations. This combined with a busy family time, perhaps too much alcohol and over spending can leave people feeling at a deficit financially, emotionally and spiritually.



For many men, being separated from their families during the Holiday Season can be a particularly isolating and lonely time. There's a lot of media hype about family and Christmas time, by definition, is a time for family, for celebration and for happiness. This can all add to

the stress one feels around the holidays. The expense of buying gifts coupled with heightened expectations, financial pressures, isolation, and family tensions, can undermine our Holiday Spirit. We have put together some practical suggestions to help make your Holidays relatively stress free.

1. **Reach Out** If you are feeling lonely or isolated; seek out someone to talk to. This may be a family member, a friend, your GP or a counsellor.

2. **Be Realistic** Whilst we may have images of the perfect Holiday Season from movies and songs– this is rarely the case in reality. Cut yourself some slack this Season and remember it doesn't have to be perfect (and rarely will be).

3. **Stick to a budget** Decide how much money you can afford to spend and then stick to this. Planning ahead can also take much of the stress out of the Holidays.

4. **Take time for yourself** Be sure to factor in some time for you – take a walk, relax whilst listening to music, go for a swim. Spending just 15 minutes alone, without distractions can refresh you and help clear your mind.

5. **Stay healthy** The holiday season can be a time when we overindulge on sweets, cake and alcohol. Try not to abandon your healthy habits and be sure to get plenty of sleep and physical exercise.

At SouthWest Counselling Centre we recognise the challenges people may face at this time. To support people who are feeling in distress or needing someone to talk to, Kerry LifeLine at SouthWest Counselling Centre Killarney will provide support for people at this time. You can talk with a counsellor over the phone or drop into our Centre between 10am and 5pm over the Holiday Season. Tel 064 6636416. If you need to talk to someone immediately/ or outside of these hours please The Samaritans on 1850 609090. SouthWest Counselling Centre is located on Lewis Road (next to Aras Phadraig), Killarney.

SouthWest Counselling Centre will run an **8 week Programme for Parents of children aged 5 to 12 years**, starting on 19th January, cost €25. Call **064 6636416** for more information or to book your place.

SouthWest Counselling Centre Killarney provides affordable professional counselling to children, adolescents adults and couples – both at its Killarney Centre (Lewis Road) and at Kenmare Family Centre. info@southwestcounselling.ie.

Kerry LifeLine provides **FREE** counselling and support to anyone feeling suicidal or bereaved through suicide. info@kerrylifeline.com

To make an appointment call **064 6636416/064 66364100**

SouthWest Counselling Centre is a not-for-profit organization.

All funds raised through fundraising go directly to service provision



FOOD SAFETY ADVICE FOR CHRISTMAS

With Christmas just around the corner, we start to think of the delicious food this time of year brings. And whether cooking for yourself, family, friends or relations, safefood are reminding you to listen to the voice of food safety this Christmas and remember focus on "The 4C's" of food safety - cooking, cleaning, chilling, and avoiding cross-contamination.

CLEANING: Ahead of the festive rush give your fridge a good clean with warm soapy water. Good food safety means knowing where bacteria are likely to thrive and not giving them a chance to get comfortable. Regular cleaning of worktops, chopping boards and any surfaces that come into contact with food is important to prevent the spread of bacteria. Proper cleaning requires hot soapy water and a good scrub.

COOKING: When preparing raw meat and poultry, it's best to handle it as little as possible. With turkey, unpack it directly into a roasting tray before placing it straight in the oven. Remember that you don't need to wash turkey at Christmas as this can actually spread germs around your kitchen through drips, drops and splashes - proper cooking will actually kill any germs present. If you do need to clean the bird, wipe it with a disposable paper towel, discarding the used paper towel and any packaging directly in to the bin. You should always wash your hands thoroughly with warm soapy water and dry with a clean hand towel before and after you handle the bird. Raw poultry and meat can contain germs like Salmonella and Campylobacter, so it's important to cook these foods thoroughly. Cover the bird with tinfoil during cooking as this helps the bird to cook more evenly and gives a more "juicy" product. The turkey should be basted every hour during cooking (the tinfoil can be removed for the last half hour to finally brown the skin). With an unstuffed turkey, you can check whether it's thoroughly cooked by using a clean fork or skewer to pierce the thickest part of the breast meat (between the leg and breast) - once the juices run clear, there is no pink meat left and the turkey is piping hot all the way through, then it's properly cooked and ready to serve up.

Different ovens can have different performance characteristics and it's important to bear in mind that even when ovens are correctly adjusted, the presence of other items in the oven, or frequent opening and closing of the oven door can make an oven less effective and extra cooking time may be needed.

Don't "rush" to carve the stuffed cooked bird - one way of making sure that the stuffing is properly cooked, without risking overcooking the meat, is to remove the turkey from the oven when the meat is fully cooked, and leave it to rest for half an hour covered in tinfoil.

Remember that with stuffed turkeys, you should allow extra cooking time as safefood research has shown that when a turkey is stuffed in the body cavity, it is the centre of the stuffing that is slowest to cook. So for stuffed turkeys, it is essential you check the stuffing itself is piping hot all the way through as well as making sure the meat at the thickest part of the breast is cooked thoroughly before serving.

You can find more information on Christmas cooking and food safety at www.safefood.eu

Have a very Merry Christmas and best wishes for the New Year from all at safefood.





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SOUVENIER RAMBLINGS KILLARNEY OUTLOOK



Good deeds go a long way. It is time to have a spirit of giving, it is time to hold the door open for a stranger, and it is the perfect time to spread happiness. Do something nice. Reach out. Give back. Remember to say please and thank you especially during the Christmas Season buy why not make it a resolution and keep the spirit of the Christmas season in your heart all year long.

Please share a little of your time - with the old, the lonely and those who may be in need of your help and please feed ALL Wildlife, with the EU demanding "uniform hedges" berries are practically non existent and just in the case of arctic weather please make sure they have access to fresh unfrozen water,.

CHRISTMAS WAS BANNED IN SCOTLAND:

After the Church Reformation in the 16th century, the celebration of Christmas was frowned on by the Kirk, which regarded it as a "Popish festival" and totally banned by law. Mass was banned in Scotland at that time and "Christmas" or "Christ's Mass" was included in that, - the ban was strictly enforced in law and there are records of charges being brought against people for keeping "Yule" as it was called in Scotland, this attitude lasted for 400 years and it wasn't even a public holiday until 1958. Up till then, people worked normally on Christmas day, although the children did get presents.

The Scots word "Yule" comes from the Old Norse "jól, which was a midwinter pagan celebration of the winter solstice. Traditionally, Yule refers not just to Christmas Day but the twelve days of the earlier festival.

The 26th of December is called Boxing Day (also known as St. Stephen's Day (when 'Good King Wenceslas looked out, On the Feast of Stephen.....') The Origins of Boxing Day go back to when the rich, or the Lord and Lady the Castle or Estate gathered together all their staff and organised the distribution of gifts,

done according to the status of the worker and the size of the family.

Cloth, leather goods, new tools and supplies of salt and spices as well as food such as meat, fish, vegetables, and some fruit and cereals grown on the estate for bread making. They were presented in BOXES, thus the day became known as "Boxing Day"

Somewhere along the line Hogmanay became the time for having time off work, celebrating with family etc and it became a much bigger and more important celebration than Christmas for some families.

Hogmanay means "New Year's Eve", the origins of the word are not clear though some people believe it came from the celebration of the 'Yule' by The Vikings. There were many traditions that were upheld at this time of the year including the cleaning of the house from top to bottom, with many businesses closing early to facilitate the staff in this task, as it was considered bad luck by some to go into the New Year with a dirty house. Most households would also endeavour to get rid of all debt before midnight on 31st as it was considered unlucky to go into the New Year with debt.

As soon as the clock strikes 12 bells were rung in every town and village throughout the land. Many places had street parties with the villagers all meeting in the village square to bring in the New Year together, it was traditional for everyone to stand in a circle, cross over their arms, hold hands with people on either side and sing "Auld Lang Syne" - a song which was written by Scotland's most famous Poet, Rabbie Burns.

Despite the fact Christmas was banned, many families continued to celebrate the holy season and Christmas Day meals consisted of some of the following:

Potato (or tattie) scone were part of the traditional Scottish Breakfast. Cullen Skink - a fish soup made with smoked haddock was the first course at dinner. Stovies - a stew made with potatoes, onions, carrots, other vegetables, roast beef or corned beef, minced beef, lamb or even sausages was the main course or Trout in oatmeal and for dessert a choice between Crannachan made with raspberries, oats, whisky and cream, Clootie Dumpling which gets its name from the "cloot" or cloth in which it was traditionally boiled and is made from flour, sultanas, raisins, suet, sugar and mixed spices or the equally delicious Topsy Laird Trifle.

If you were feeling peckish later in the evening Forfar Bridies - shortcrust pastry, minced meat, onions and seasonings and shaped like a horseshoe filled the gap.

.Black Bun was traditionally served at Hogmanay when bringing in the New Year and was filled with raisins and currants and other ingredients.

ARE YOU 'AWAY IN A HACK' FOR CHRISTMAS?

If you are then 'well done' for in Ireland it

means that (from then on) everything will go well for you, you'll have no problems, in days gone by you would have been rich enough to have hired yourself a horse or a hackney coach to avoid the discomfort of walking.

The term 'hackney', as used in hackney coaches comes from the Norman French word 'hacquenée' meaning a type of horse suitable for hire.

Hackney coaches first appeared in London during the reign of Queen Elizabeth I, when the wealthy, who owned coaches, sought to recoup some of the enormous expense they incurred in keeping them by hiring them out to aspiring but less well-heeled members of the gentry, as the coaches aged and were replaced, they were bought by innkeepers and merchants and hired out to anyone who could afford the cost.

The first man who organised hackney coaches and coachmen in a form that we would recognise today was Captain John Baily, a veteran of Sir Walter Raleigh's expeditions, who put four coaches to work by the Maypole in the Strand in 1634, and set up what was undoubtedly London's first cab rank.

PRESIDENT OBAMA MAKES IT A HAPPY CHRISTMAS FOR U.S. MILITARY MEN AND WOMEN AND THEIR BEST FRIENDS:

After many petitions and millions of signatures, military men and women do not have to have anxiety over what may or may not happen to the dogs that have served with them. Right after Thanksgiving, President Obama signed the 2016 National Defence Authorization Act. In it is a guarantee that all military service dogs will get a ride home and a home on U.S. soil. In addition, the handlers who served bravely alongside them will be given the first rights to adopt these canine heroes. Previously, military dogs were retired overseas and it was extremely difficult for handlers to bring the dogs back to the U.S.

'BAKE IT FORWARD':

With recent news of shootings and killings, the need for inspiring gestures of love and kindness in the United States is even stronger than ever and a social media campaign #bakeitforward has been created to encourage more people to share generosity and sweetness in their community.

The "Bake it Forward" campaign encourages home bakers and chefs to make a double batch of their holiday baking recipes. The ladies behind this campaign encourage bakers to share the extra batch with heroes or friends in the community: firefighters, postal workers, homeless shelters, Boys and Girls Clubs and other such organisations that could always

use a little help.

The Food Network has even joined in the campaign, and they are promoting it with an even sweeter result: for each photo with the hashtag #bakeitforward, Food Network will donate \$1 to No Kid Hungry, a hunger relief organisation working to help hungry families across the US.

SOMETHING FOR PARENTS TO THINK ABOUT FOR THE NEW YEAR:

In America a stranger approached an 8 year old boy and asked him to come with him.

The stranger told him that something had happened and his mother had sent him to pick him up. The boy asked the stranger for the PASSWORD and used the man's confusion to run away.

He and his mother had agreed to a password in case she had to send someone to pick him up. Maybe this saved the boy's life.

CHRISTMAS TRADITIONS IN A FEW FOREIGN LANDS:

Mexico: Several weeks before Christmas, elaborately decorated market stalls or puestos are set up in the plazas of every town and city. Some people travel for days from remote areas to get to these markets. The puestos offer crafts of every conceivable kind, foods such as cheese, bananas, nuts, and cookies, and flowers such as orchids and poinsettias.

The poinsettia is native to Mexico and is believed to have first been used in connection with Christmas in the 17th century when Mexican Franciscans included the flowers in their Christmas celebration. There is a legend connected with the flower. A little boy named Pablo was walking to the church in his village to visit the Nativity scene, when he realized he had nothing to offer the Christ Child. He saw some green branches growing along the roadside and gathered them up. Other children scoffed, but when he laid them by the manger, a brilliant red star-shaped flower

appeared on each branch.

The main Christmas celebration in Mexico is called las posadas, which refers to processions re-enacting Joseph and Mary's search for a place to stay in Bethlehem. The processions begin nine days before Christmas because the original journey from Nazareth to Bethlehem took nine days. Friends and family members divide themselves into two groups - pilgrims and innkeepers. The pilgrims travel from house to house asking for a shelter and are refused at each until they finally reach the house where an alter and Nativity scene have been set up. Here the pilgrims are admitted with great rejoicing, a traditional prayer is spoken, and the party begins. Food and drink are served and then children take turns trying to break open the pinata.

Russia: St. Nicholas is especially popular in Russia. The legend is that the 11th-century Prince Vladimir travelled to Constantinople to be baptised, and returned with stories of miracles performed by St. Nicholas of Myra. Since then many Eastern Orthodox Churches have been named for the saint, and to this day, Nicholas is one of the most common names for Russian boys. The feast of St. Nicholas (December 6th) was observed for many centuries, but after the communist revolution, the celebration of the feast was suppressed. During the communist years St. Nicholas was transformed into Grandfather Frost.

Before the revolution, a figure called Babouschka would bring gifts for the children, the story is that Babouschka failed to give food and shelter to the three wise men during their journey to visit the Christ Child. According to tradition, she still roams the countryside searching for the Christ Child and visiting the homes of children during the Christmas season. Babouschka never completely disappeared, and now in the post-communist era, has returned openly. Christmas trees were also banned by the Communist regime, but people continued to trim their "New Year's" trees.

Most Christian Russians belong to the Eastern Orthodox Church, and it is customary to fast until after the first church service on Christmas Eve. Christmas Eve dinner is meatless but

festive. The most important ingredient is a special porridge called kutya. It is made of wheat berries or other grains which symbolize hope and immortality, and honey and poppy seeds which ensure happiness, success, and untroubled rest. A ceremony involving the blessing of the home is frequently observed. A priest visits the home accompanied by boys carrying vessels of holy water, and a little water is sprinkled in each room. The kutya is eaten from a common dish to symbolise unity.

CHRISTMAS IS UPON US:

Between the shopping, cooking, visiting, visitors, cleaning, and decorating time flies and stress is heightened. After all, this is one of the busiest times of the year. However, there is one thing you need to keep in a normal routine, and that is your dog. Changing or eliminating parts of their routine such as walking, feeding, and playtime could lead to behavioural problems and social problems. This will only add onto your stress. It is best not to change their feeding time, their daily walks, and their playtime. If needed set an alarm to remind you of the time so your dog won't feel neglected. Always, take the time to make sure they are eating and drinking as needed. Take the time to let them outside in the yard or to take them for a walk and make sure you see them go to the toilet. This time spent supervising your dog is a time for you to catch your breath, slow down, and evaluate what has been done and/or needs to be done, basically a time to de-stress. Even at the end of the busy day whether out to dinner, having guests over, or shopping take the time before bed to watch some television and snuggle with your dog.


Do not over compensate neglecting your dog by giving extra treats or allowing them access to places they are normally not allowed to be. Too many treats may cause a dog to consume more treats and less of the regular food, which could lead to health issues. Allowing them access to places they are not normally allowed to be during the holidays will confuse your dog on to why only certain times they are allowed and not allowed.

Please don't forget there will probably be fireworks to welcome in the New Year, follow the Halloween advice and make sure your dog has visible identification in case the worst happens and he escapes.



Finally this year I would like to wish everybody the warmth of good cheer, happiness and every joy of the Christmas season, to anybody who suffered bereavement during the year I wish you peace of mind and best wishes to everyone for the year ahead!

I would also like to sincerely thank all who have contributed to my Ramblings during the year and to my readers that took the trouble to contact me I would like to say a very special thank you.



A WORD OF VICTORY

Welcome back dear reader it's the time of the year again when people seem to lose all control doing crazy things like buying gifts with money they don't have for people they don't like, only to spend the rest of the year trying to pay it all back. Commercialism controlled by the god of mammon has a field day. This season that's supposed to bring peace more often than not brings trouble and pain. Christmas should be a celebration centred on Christ. Jesus came to give us His peace and not the world's peace. The true meaning of Christmas has been obscured through excess at many levels. Jesus came into the world to save a lost humanity from eternal destruction and separation from God. He did this by living a sinless life and then allowed Himself to be scourged and beaten mercilessly, nailed to a cross and, left hanging there to die, endured a horrible death. His death reflected God the Father's hatred of sin and rebellion and rather than we sinners having to pay for our own sins, Jesus did it for us instead. God accepted His sacrifice as a once only sacrifice for the forgiveness of the sins of all who come to Jesus and put their trust in Him, and receive with thanksgiving freedom from the works of the enemy. Father God accepts unconditionally everyone who acknowledges their sinfulness and renounces those sins and rebellion. In return, we receive pardon and forgiveness, mercy and grace and full induction into the family of God as though we have never sinned or rebelled. Friend, this is what Christmas is really all about – it's not about over indulging in carnal things like abusing alcohol or reckless spending or disrespecting the Son of God. Right now why not acknowledge Jesus as your Lord and Saviour and appreciate and respect why He came and what He has done for us and what He's doing right now – He came to save those who are lost. God bless you this Christmas dear reader.

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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.
S.O.S.

THANKSGIVING ST. JUDE

St. Jude come to my assistance in my need that I may receive the consolation and help of heaven in all my necessities particularly (mention request) and that I may praise God with you and the elect throughout eternity. I promise you O Blessed Jude to be ever mindful of this great favour and I will never cease to honour you as my special and powerful patron and to do all in my power to encourage devotion to you. Amen. Say for 3 days and publish immediately.
Favour granted after 3 days.
A.M.G

PRAYER TO ST. JOSEPH

O St. Joseph, whose protection is so great, so strong, so prompt before the throne of God I place in you all my interests and desires. O St. Joseph, do assist me by your powerful intercession, and obtain for me from your divine Son all spiritual blessings through Jesus Christ, Our Lord. So that, having engaged here below your heavenly power, I may offer you my thanksgiving and homage to the most loving of Fathers. O St. Joseph, I never weary contemplating you and Jesus asleep in our arms. I dare not approach while He reposes near my heart. Press him in my name and kiss his fine head for me and ask Him to return the kiss when I draw my dying breath. St. Joseph, Patron of departing souls pray for me. This prayer was found in the fiftieth year of Our Lord and Saviour Jesus Christ. In 1505 it was sent from the Pope to Emperor Charles when he was going into battle. Who ever reads this prayer or hear it or keep it about themselves shall never die a sudden death or be drowned nor shall be burned in any fire or shall be overpowered in battle. Say for nine mornings for anything you desire. It has never been known to fail. s be sure you really want what you as for. In thanks for request granted. **C.W.**

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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.
S.O.S.

THANKSGIVING ST. JUDE

O Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near Kinsman of Jesus Christ, this faithful intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depth of my heart and humbly beg to whom God has given such great power, come to my assistance. Help me in my present urgent petition in return I promise to make your name known and cause you to be invoked.
Three Our Father, three Hail Mary and three Glory Be.
St. Jude pray for us and all who invoke your aid.
Amen.
M.A.C.

PRAYER OR BLESSING AGAINST STORMS

Jesus Christ a King of Glory has come in Peace. God became man and the word was made flesh. Christ as born of a Virgin. Christ suffered. Christ was crucified. Christ died. Christ rose from the dead. Christ ascended into Heaven. Christ conquers. Christ reigns. Christ orders. May Christ protect us from all storms and lighting. Christ went through their midst in Peace and the word was made flesh. Christ is with us with Mary. Flee you enemy spirits because the Lion of the Generation of Judah, the Root David has won. Holy God. Holy Powerful God. Holy Immortal God. Have mercy on us. Amen. Sprinkle Holy Water and light a blessed candle.
Please publish

CHRISTMAS TRIDUUM PRAYER

O Divine Jesus, the Heavenly message
At your birth was "peace on earth and good will to all". Bring your peace, Your joy, Your happiness into our home this Christmas
Bless all the members of our family, those at home and those who will be absent this Christmas
Inflame our hearts with your love
Keep us close to you and each other now and throughout the year ahead.
Please publish

ACKNOWLEDGEMENT & FIRST ANNIVERSARY



In loving memory of

NOREEN FORAN

43 O'Kelly's Villas, Killarney,
Co. Kerry, who died 7th
January 2015

On the 1st anniversary of our mother Noreen's death, we her family would like to express our sincere gratitude to all who sympathised and supported us on our bereavement.

A special thanks to those who telephoned, sent Mass cards and floral tributes.

We thank all those who travelled from far and near and those who shared memories with us. We are truly grateful. Thank you to all who attended the rosary, removal, funeral Mass and burial. Her close friends and great neighbours in O'Kelly's Villas' who shared in our sad loss.

We are especially grateful to the doctors, nurses and staff of Scelig ward and A&E of Kerry General Hospital. To the doctors and staff of Deenagh Medical Practice and her home help Margaret who looked after our mother for many years with kindness.

To the staff of Killarney Towers Hotel for the guard of honour which was heartfelt and much appreciated. Thanks to Mike O'Shea and Ger Fitzgerald of O'Shea's funeral directors for their advice and professionalism. Our appreciation to Fr. Jim Linehan, Fr. Donal O'Connor, Fr. Tadgh O'Dochartaigh, Fr. Larry Kelly, and Fr. Martin Sheehan who concelebrated the requiem Mass, the cathedral choir and all who participated.

To the Dromhall Hotel management and staff for their catering.

As it would be impossible to thank everyone individually please accept this acknowledgement as a token of our appreciation. The Holy Sacrifice of the Mass will be offered for your intentions.



Noreen's 1st Anniversary Mass is on
Wednesday 6th January 2016 at
6.15pm in St. Mary's Cathedral.

Sadly missed and lovingly remembered by daughter's Maureen, Noreen, Tricia, sons Dan and John, Son's in law, daughters in law, Grandchildren, Great Grandchildren, Sisters, Brothers and extended family, friends and neighbours.

2ND ANNIVERSARY



In Loving Memory of

SHANE DENNEHY

Late of Bounard Gneeveguilla who died
on 25th December 2013.

Loved with a love beyond
all telling
missed with a grief beyond
all tears.

Sadly missed and always remembered Mom, David, Derek, Jack, Caitlin and extended family.

16TH ANNIVERSARY



In loving memory of

PAT BRODERICK

Ballymalis, Beaufort who died on
25th December 1999

*Those we love can never be
More than a thought apart
For as long as there is a memory
They will live on in our hearts*

Sadly missed and always remembered by your loving wife Rita and family

NOVENA TO THE SACRED HEART

Sacred Heart, Our Lady and Padre Pio a
thousand thanks. And to all of the Saints for
favours received.

NOVENA TO THE SACRED HEART

You have said O'Divine
Jesus ask and you shall receive, seek and you shall find, knock and the door shall be opened to you. Relying on these promises I come with confidence during the novena to beg of you the favours that I need (make request). From whom shall I ask, Lord Jesus, if not from you whose heart is an unfailing source of graces and merits. Most loving heart of my God I believe in your power, I believe in your knowledge, I believe in your personal love for me and therefore O Sacred Heart of Jesus I place all my trust in you. Our Father, Hail Mary and Glory. Say 3 times for 3 days and request will be granted, Never know to fail. Must publish. **S.P.**

PRAYER TO THE HOLY SPIRIT

Holy Spirit you make me see everything and show me the way you reach my ideal. You give me the divine gift to forgive and forget the wrong that is done to me and who are in all instance of my life with me. In this short dialogue I want to thank you for everything and confirm one more that I never want to be separated from you no matter how great the material desires may be. I want to be with you and my loved ones in your perpetual glory. Amen. (Say this prayer three consecutive days without stating the request after, after the third day the request will be granted no matter how difficult it may be. Promise to publish this as soon as your request is granted.)

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.
S.O.R.

DEBT REMOVAL PRAYER

Lord, I confess I've made mistakes, I have accumulated too much debt, and now I cannot imagine overcoming it without your help. Please Lord, I beg of you to intercede on my behalf. Provide me with the financial means to be able to breath again. Please forgive my sins Lord. Walk with me and help me to make the right decisions throughout my life.
In your name I pray. Amen.
You must say 3 Our Fathers for 7 Days. Must promise publication.
Never Know to fail. **C.O.R.**

NOVENA TO THE SACRED HEART

Dear Heart of Jesus in the past I have asked for many favours. This time I ask you this special one, (mention favour). Take it dear heart of Jesus and place it within your heart where your Father sees it. Then in his merciful eyes it will become your favor not mine. Amen. Say this prayer three times for three days and your favour will be granted. Never known to fail. Must promise publication of prayer. **M.M.**

NOVENA TO ST. CLARE

Ask St. Clare for 3 favours, 1 business, 2 impossible, Say 9 Hail Mary's for 9 days with a lighted candle, and finish with "May the Sacred Heart of Jesus be praised, adored, glorified and loved today and every day throughout the world forever, Amen."
Pray, whether you believe or not.
Publish on the 9th day.
Your request will be granted no matter how impossible it may seem.
Favour often granted on the third day.
A.MG

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

O Most Beautiful Flower of Mount Carmel, Fruitful Vine, Splendour of Heaven, Blessed Mother Son of God, Immaculate Virgin, assist me in this my necessity. O Star of the Sea, help me and show me herein you are my Mother. O Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succour me in this necessity. There are none, that can withstand your power. Oh Mary conceived without sin, pray for us who have recourse to thee (3 times). Holy Mary, I place this cause in your hands, three times. Thank you for your mercy to me and mine. Amen. This prayer must be said for three days and after that the request will be granted and the prayer must be published. Thank you for favours received.

A.MG

THE MIRACLE PRAYER

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

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