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EDITOR'S NOTE

As we head into week 2 of the second lockdown, we have a busy magazine for you. Marie has been on her travels within her 5k meeting this week's "Gogglevoxers". We look at the fantastic new Deenagh Fairy Trail, we have tips and tricks to keep your dog safe this Halloween and we have lots of spooky

pictures from pre-school dress up days. Even though this Halloween will be very different for everyone, especially the little ones, there are lots that can be done at home, like apple bobbing, carving pumpkins and of course watching scary movies. But remember that while this one will be different,

everything we are doing now will all go towards crushing the curve of COVID-19.

#washyourhands #wearyourmask
#stayhome #staysafe

Aisling Crosbie,
Editor 086 0400958



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

Killarney hoteliers secure planning FOR €50M DUBLIN HOTEL

The owners of The Great Southern Hotel in Killarney have secured planning permission for a new €50m luxury hotel on the site of the former St. Mary's College in Donnybrook following a successful appeal to An Bord Pleanála by Joe and Margaret Scally.

The new 169 bedroom hotel will be located on Bloomfield Avenue and is the groups first hotel based in the capital.

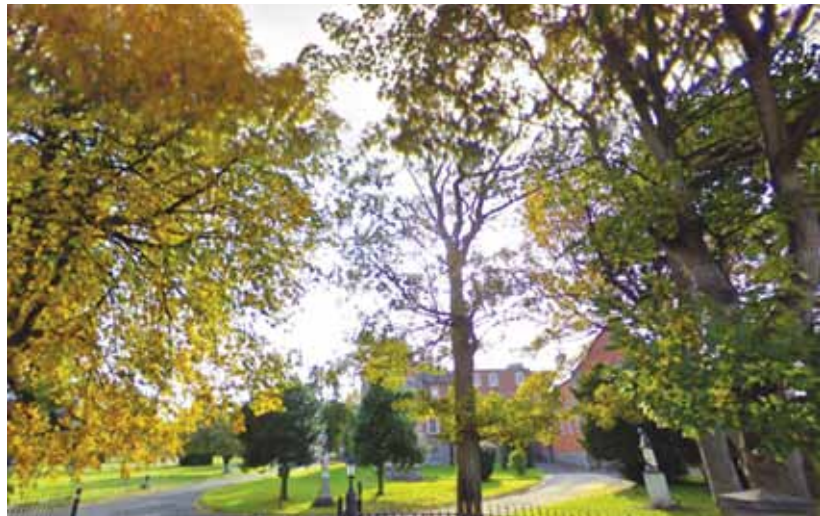
The family, have a number of properties in their portfolio including Hayfield Manor in Cork, The Royal Hotel and The Great

Southern Hotel in Killarney.

Plans for the new hotel in the former Carmelite Seminary include indoor and outdoor swimming pools, a spa, and a steel and glass orangery which will incorporate a tea room and outdoor terrace.

The Scally family bought the property in January 2018 for €16 million and plan to spend €50million on the development which is supported by Fáilte Ireland.

The former college dates from 1888 and is a protected structure.



Kerry Airport to continue serving Kerry-Dublin route and facilitate emergency air services

KERRY Airport will remain open throughout the current Level 5 restrictions, and beyond, serving passengers travelling on the twice daily Kerry-Dublin route.

Prior to announcing the cancellation of flights from all regional airports for a four-week period from November 14th, Ryanair had already reduced the frequency of services to London Luton and Stansted while flights to Germany are not operating at present.

Kerry Airport CEO John Mulhern said: "We remained open throughout the first wave of the pandemic and we will continue to operate into the future to facilitate the needs of the emergency air services who require a landing base in Kerry. The PSO route between Kerry and Dublin also continues to be a crucial lifeline

for passengers travelling for essential work, education and healthcare needs."

18 percent of jobs in Kerry are directly dependent on the tourism and hospitality sectors.

Germany, a key market for tourism in Kerry, has returned to partial lockdown while the UK continues to lower the number of daily cases.

Air travel is ancillary to the incredible efforts being made by so many at home and abroad to keep us safe and well.

"We understand everyone's concerns about getting home to see loved ones this Christmas and we remain hopeful that there will be some positive developments heading into the festive season," said John Mulhern.



Kerry Airport CEO John Mulhern.



RING FOUND

Killarney Gardai are hoping to reunite this mens wedding ring with its owner. The ring was found on High Street, yesterday morning. Any inquiries contact Killarney Gardai on New Road.

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

“We’re not making money or losing money either. It’s a social interaction with our locals many of whom live alone. It’s a visitor calling and a distraction to shorten the long winters nights”

‘Making your way in the world today takes everything you got’ ~ Lyrics from Cheers theme tune.... Literally you can sing it!! No beating around the bush Level 5 is tough going isn’t it?? Outdoor photography is no joke in this weather.

Lucky for me I live within 5km of the Killarney town centre and decided to take a cycle through the town one night over the bank holiday weekend which was so sad to see everywhere shut up shop. As humans, social interaction is essential to every aspect of our health. Research shows that having a strong network of support or strong community bonds fosters both emotional and physical health and is such an important component of life.

Jimmy Brien’s bar is a closely knit hub, an adoptive, blended family like many of our ‘local pubs’ throughout the community. “We are a close bunch at Jimmy’s and it is so frustrating not to see our locals, many of which live alone. I had seen many videos online where mobile bars were in operation throughout the various communities. My partner Alison Maher & I welcomed a baby boy Tom into the world during the last lockdown, little brother to our two year old Sam. So while the notion was in my head it wasn’t quite a venture I was in a position to take up at that time. Declan & I really missed our family of friends for almost six months. When the new Level 5 restrictions were announced it brought great anxiety to many, especially our locals where Jimmy’s is somewhat their social circle, their home. This time round, like many other delivery services we decided to set up a mobile bar distributing pints to our local customers” Alan explained.

“To be honest Marie it’s more about checking in and breaking up the long evenings for people, a lot of which live alone. We miss them just as much as they miss us. We’ve been on many outings together as a group of friends” Declan told me. “We’ve been all over the place really, the Guinness Store House, bus trips to Dingle and around Kerry & we even got abroad to Portugal would you believe?”

“The majority of our customers are not on social media. Some don’t even have smart phones. The reaction has been brilliant Marie. For example over the weekend one of our customers grandsons had seen our social media posts for our mobile pint service and ordered two pints for his grandad on his birthday. To say he was thrilled was an



understatement” Alan told me. What a novel idea I thought, to still be able to buy a drink for your friend on their birthday or special occasion when you can’t be there to celebrate with him/her. Or even just because you want to give someone a little surprise and a lift.

I wanted to know a little bit more about how the mobile bar service operated and how would one order? “So we operate on weekends only Marie” Alan explained. “We take the orders of a Friday and Declan ‘The Navigator’ maps out deliveries from a 5K radius from Jimmy’s Bar. The order is a minimum of two pints per delivery and we’d try our best call again on our return journey if needed too. Postal codes are the business. There are no orders for more than a couple of pints at a time so we’d spot a house party a mile off. Most of the orders are prepaid and like ourselves, 90% of people will know we’re arriving and open their doors with their masks on. For our regulars we do try to have a socially distanced chat weather permitting, which is great for them..... and us!” Alan Breen will be 8 years in operation at Jimmy Brien’s Bar come next May. I thought to myself how on earth is this profitable not to mind bearing the elements of the cold and wintery dark evenings??

“Well it’s not a money spinner Marie that’s for sure. Wouldn’t everyone be doing it if

that were the case” Alan laughed. “We’re not making money or losing money either. It’s a social interaction with our locals many of whom live alone. It’s a visitor calling and a distraction to shorten the long winters nights and I think it’s great for mental health in general. My customers are my friends. It’s a two man operation and I’m delighted to have Declan, my co-pilot, on board with me” Alan continued. “I enjoy it” Declan replied “and all going well, the lockdown will be just for six weeks or so and we can hopefully welcome our customers back to Jimmy Brien’s sooner rather than later”.

I left the conversation half wishing I part of this caring family of friends. Humanity at it’s best. “You wanna be where everybody knows your name”!! Aint that the truth??.... and in the meantime if you’re thirsty for a pint on draught, check out Jimmy Brien’s social media pages for orders within their 5K and more updates. Fair play to these two.

Thank you for having me on College Street Alan Breen & Declan O’Riordan as they were busy cleaning out the beer lines for a busy weekend ahead.

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

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THIS WEEK'S BEEF COMES FROM CAHILLANES MEATS KILLORGLIN. THIS WEEK'S LAMB COMES FROM CAHILLANES MEATS KILLORGLIN.

Rotary looks ahead, and plants Crocus bulbs



President Anne Alcock with the assistance of some the Franciscans and Imogen and Janine O'Connor plants the crocus bulbs.

Last Spring, a magnificent display of purple crocuses bloomed on the lawn of St Mary's Church of the Sloes.

A visual reminder of the world-wide Rotary Global Polio Eradication Initiative, towards a polio-free world. Next Spring, inspired by the example, a section of lawn of the Franciscan

Friary adjacent to the KDYS driveway at Fair Hill, will mark the same message, while Spring beauty brings hope and cheers eyes, minds and hearts.

World Polio Day Saturday 24th October, had to be anticipated slightly ahead of schedule, due to the Level 5 lockdown, and crocus corms had to be quickly planted by Killarney Club President Anne Alcock with the assistance of some the Franciscans and Imogen and Janine O'Connor, who are the daughters of Rotary member Angela O'Connor on Wednesday October 21st. They will hopefully all come up purple, because purple has become the symbolic colour in the Rotary fight against polio, inspired by the colour of the dye painted on the finger of a child, to signify that they have received their potentially life-saving polio vaccine. These are just some of the great ways that supporting Purple4Polio can result in great Rotary projects for outreach into our own local communities.

In August 2020 Rotary and its partners across the world celebrated a significant milestone, as the World Health Organisation certified the African region, which includes 47 countries, free from wild polio.

This leaves just Pakistan and Afghanistan as the two remaining polio endemic countries in the world. But despite the momentous progress, more challenging work lies ahead to eradicate the disease for good. Rotary has committed to raising US\$ 50 million each year to support global polio eradication efforts. To get involved, and make a difference, visit www.rotarygbi.org/join

KATIE WINS NATIONAL GREEN SCHOOL ART AWARD

A student at Castleisland Community College has won the National Green School Art Competition for 2020.

Katie O Connor a fifth year student won the competition which had over 2,000 entries. Katie won a Samsung tablet worth €290, a professionally mounted and framed copy of the poster along with 500 euro prize money for the school.

The competition had water and its connection to climate change as its theme. Katie used the information she learnt from Geography class and presented it in an incredibly detailed portrait of a girl. It was

an acrylic painting entitled 'Nature in your Face'. The face in the painting comprised of elements from nature, plants and flowers whilst her hair was used to symbolise the very topical issue of climate change. She had statistics relating to water and climate change such as 783 million people in the world today do not have access to clean water and on average children and particularly girls loose out on education as they have to undertake the daily task of walking for water - it is estimated that they walk approximately six hours every day. Well done Katie!



TD Calls for immediate action on Marts

Deputy Danny Healy Rae is making a direct call on the Government, the Taoiseach and the Minister for Agriculture to take immediate action to lift the embargo on the Marts and allow farmers and dealers to buy and sell cattle, this follows the pandemonium that has taken place today Saturday 24th when the online system broke down in several Marts and hundreds of cattle had to go home without being sold, this

is the time of year that Farmers sell their cattle to pay their bills to contractors, feed suppliers, vets and others, many other farmers herds have been locked down all year because of a broken down TB eradication scheme - where there is no understanding by the Department of the damage Deer and Badgers are doing spreading the disease, these farmers are free to sell now and can't, if Customers all over the Country can

go into shops and supermarkets to buy meat surely the farmers should be allowed to utilize the marts to sell their cattle to replenish supplies, Marts should be deemed an essential service also, "All Marts have behaved impeccably and have followed all guidelines. I call again on the Government to open up the Marts immediately", Deputy Healy Rae told Killarney Outlook.

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

If you keep kindness to the forefront of your mind, **the negativity will subside to the back**".

Marie catches up with Sean and Kitty on their 50th Wedding Anniversary

Like everyone else in the country, this week I am restricted to meeting the people in my community within 5km of my home and outdoors too.

Thankfully I didn't have to travel very far to Ardshanavooly to meet up with Sean & Kitty O'Grady who were celebrating their 50th Wedding Anniversary together with a take away from Quinlan's Fish Shop at home.

Kitty O'Grady is from Ballybunion originally, so I was interested to hear how her and Sean's paths crossed. "The first time I saw Kitty was on College Street as she and her sister Eileen were on their way to confession at the Friary on Easter Saturday. I was instantly attracted to her and asked her to come to the pictures with me the following night. Wasn't I the lucky man she accepted" Sean told me. "And what did you go to see" I asked. Sean gave me the most perfect answer "I can't remember Marie, I was too busy looking at Kitty to remember". "I visited Killarney regularly Marie as my sister Peggy had a bar in town called the Aeroplane Bar. Would you believe I was due to start work as an air hostess operating out of Shannon Airport but I decided to stay on the ground instead in Killarney"

Sean & Kitty O'Grady were married at St Johns Church, Ballybunion on 22nd October 1970 and held their wedding reception at the Manhattan Hotel which is now the Ballygarry House Hotel & Spa but always owned by the McGillicuddy family. Afterwards they honeymooned in Limerick, Galway and finished up in the sunny south east with cousins of Sean's in Waterford.

As we were chatting outdoors it became cold and Kitty needed to check the oven. "So what's the secret to 50 years of a happy marriage Sean"? I asked. "Kindness Marie. That's the key and I think it's the key to life in general. If you keep kindness to the forefront of your mind, the negativity will subside to the back".

With over 40 years of service at town council level, retired Killarney councillor Sean O'Grady has a wealth of experiences and shares many stories in his book *The Wonderful Life of a Councillor* with the subtitle 'What kind of a gobshite do you think I am?'. "Working with the town council I had the responsibility of making decisions in the interests of the community. It was great to help people and



to be trusted as their voice".

In normal times Sean & Kitty would have enjoyed celebrating an occasion at their favourite hotels, The Royal Hotel & The International Hotel. "Tonight it's take away from Quinlan's Fish Shop on High Street which we love, followed by a healthy serving of black forrest gateau. Would you believe I was a pioneer until the age of 50 Marie, so tonight

is one of those special occasions where I will enjoy a glass of red wine with my wife Kitty". Thank you for having me and bearing the elements to stand and chat with me on your 50th Wedding Anniversary Sean & Kitty O'Grady.

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

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NO. 4 FUCHSIA LANE

up for grabs as Barraduff community raffle a dream home

Your chance to get the keys of a stunning three-bed house in Barraduff is up for grabs as part of a massive fundraising drive by the local community.

Barraduff Community Field Organisation are organising the spectacular raffle to help raise €1.2m for a state-of-the-art, multi-purpose community hall.

The brand-new home, located at No. 4 Fuchsia Lane, Barraduff, is situated in the heart of the world-renowned Sliabh Luachra and just a ten-minute drive from Killarney.

Tickets for the dream home are priced at €100 each and all funds raised by the group will be used to build the multi-purpose community hall which will offer a focal point for the growing, vibrant village of Barraduff.

Launching the raffle on October 31, 2020, the volunteers aim to fund the €1.2 million project in a super raffle to be held on June 6, 2021. The new building will complement the existing all-

weather pitch, meeting and changing rooms and create a community hub for sport, drama and employment.

As well as a top-class sports facility which will enhance the wonderful amenities that already exist, the aim is to develop a Work Hub and Story House.

The Work Hub will offer the opportunity of desk or room hire, allowing high connectivity to the workplace and situated only ten minutes from Killarney and thirty minutes from Kerry Airport - a new way of doing business.

A Story House included in the hall will host stage drama, standing exhibitions and rambling houses, to reflect the rich cultural tapestry of the Sliabh Luachra area.

The multi-purpose aspect of the proposed hall will allow community groups, young and old, an opportunity to work, meet and socialise.

"The tickets priced at €100 each offer exceptional value as not only is the new home a wonderful prize but other prizes include a

new car (Mitsubishi Spacestar), a considerable voucher for The Killarney Park Hotel and €1,000 cash. Tickets may be purchased on the website www.winadreamkerryhome.com," Committee member Tadhg O'Shea said.

"The committee have worked tirelessly to develop the site here in Barraduff. We have developed an all-weather pitch with meeting and changing rooms that have become a busy, vibrant place. "Our aim now is to build a community hall and work hub. Imagine being able to work from an office or a hot desk in Barraduff, with a relatively short commute to Cork or Limerick. It's a new way of thinking" Liam Warren - a committee member since 1977, added.

The vision of this voluntary group combined with a once-in-a-generation opportunity through this spectacular raffle, offers the prospect of exciting times ahead for the village of Barraduff.



Spooky times at Loughguittane NS....On the last day of school before the Mid-Term Break, pupils at Loughguittane National School enjoyed lots of fun Halloween activities. All dressed in their favourite halloween costumes, the children enjoyed skeleton recovery, a scavenger hunt, orienteering, 'Feed the monster' game, eyeball putting and Halloween bowling. "We finished the day with Halloween music and treats and were delighted that the children made a great effort with their costumes", Alison Coffey, Principal at the school told Killarney Outlook



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

CAOIMHE MAKES A DIFFERENCE TO THE ORPHANAGES IN BELARUS

I gave my wardrobe a good old 'Marie Kondo' style shake up in the last lock down. So many things to discard, many with tags on.

The guilt of throwing them away led me donating to charity. When I saw what Caoimhe Lynch was up to, I thought my next Marie Kondo / Mrs Hinch project should be to the Belarus Chernobyl project after speaking with Caoimhe Lynch popularly known as the organiser of the Kingdom Gospel Choir, but this week, Caoimhe was making a difference to the orphanages in Belarus.

"I got chatting to Br. Liam of the Burren Chernobyl Project Marie. He works with people affected by the Chernobyl disaster in Belarus. He was telling me that there is a huge shortage of nappies and adult shoes in many of the orphanages he works with. I found it shocking that such basic items as we know it, are poorly lacking for people in Belarus orphanages. I felt so guilty for the amount of shoes I have thrown in the back of my wardrobe, never used. So that's what gave me the incentive Marie and I began a shoe collection for Bellarus".

Gulp!! I am a bit of a shoe-a-holic myself so I could totally get where Caoimhe was coming from. Just ask the girls at Whos4Shoes. Back in 'normal times' I'd call for the chats and leave with a pair of shoes..... or at least put a pair on deposit.

"On Sunday last, I decided to make a Facebook post that offering a shoe collection of preloved shoes to my family & friends. The facebook post got over 280 shares and I had endless messages of people willing to donate shoes and nappies. The power of social media!!! I picked Tuesday evening 7pm at the Cathedral carpark as a drop off point for anyone I couldn't make it to. I've said it before and I'll say it again - the people of Killarney really know how to rally together when they hear of people in need. The donations you see in the photo is a mere fraction of what was donated".



"Would you believe Marie, I even received brand new toys which I will be giving to the Killarney Garda station for their Christmas toy appeal for homeless families at Christmas and I would urge anyone who can afford to donate, please do. Women's clothing was another I received a lot of. These will be given to ADAPT Women's Refuge Centre, Tralee".

What a lot of work for one lady I thought and she's right, the people of Killarney are so generous. When I arrived at the Cathedral car park at 7pm on a cold and wintery night, many cars passed through (as you can see from the donations) and few stopped for a little chat before the down pour. But that's Caoimhe. She oozes generosity & kindness. A kind soul way beyond her years. Times are hard for everyone at the moment regardless. She's a dab hand at making a positive out of a negative.

"I am blown away by the support given. I also feel like the people who have been affected by the Chernobyl disaster have a big place in the hearts of the Killarney people. Many Killarney households have taken on Chernobyl children for decades under the hand of the ever so dedicated, Betty Crosbie. When restrictions ease a little, I will be drive to The Burren, home of the Chernobyl Project office in Co. Clare, with our generous donations, Belarus bound on the next transfer. A massive thank you to everyone who donated to this appeal. The kindness shown has been so heartwarming. These shoes and nappies really will make a huge difference in the orphanages in Belarus" Caoimhe concluded.

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

NSAI PUBLISH RETAIL PROTECTION GUIDE

The National Standards Authority of Ireland has published a COVID-19 Retail Protection and Improvement Guide. The document is intended to consolidate practical guidance on how to manage business continuity of the retail sector during the current pandemic. It looks at risks to both workers and the public and draws from many published documents. The guide will assist businesses in implementing the mandatory

Return to Work Safely Protocol for Employers and Workers which applies to all workplaces across the economy. The guide incorporates current advice about measures to reduce the spread of COVID-19 in the community issued by the National Public Health Emergency Team (NPHE). As the advice issued by NPHE continues to evolve, the document and the measures that both employers and workers need to address

may change. The document also specifies requirements to implement, maintain and improve a retailer's ability to protect against, prepare for and respond to and recover from COVID-19 related disruptions when they arise. The full document can be reviewed at <https://dbei.gov.ie/en/Publications/Publication-files/Return-to-Work-Safely-Protocol.pdf>

UPDATE

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Seven West Kerry Archaeological Sites Feature This Weekend

Tomorrow, Saturday October 31st, on Radio Kerry from 9am - 11am, Frank Lewis visits seven archaeological sites within 300 meters of Nora Anne's holiday home at Kilmalkedar – with Smerwick Harbour and the Three Sisters headlands out in front and Brandon Mountain behind.

Archaeologist Micheal O Coileain, stonemason Breandan O Muirheartaigh and Basket guide Tomas O Luing tell stories of three or more thousand years:

- Kilmalkedar , the pre-eminent church on the Dingle Peninsula
- A holy well and cross slab that were important before Christianity, in early Christian times , in dark Cromwellian days and later
- A large flat rock where eight basins were carved and worn out by whole families grinding their grain
- The Gallarus-style St. Brendan's Oratory, a quiet place of prayer
- The five circular buildings in Cathair Deargain



The 8th or 9th century, dry-stoned, corbelled St Brendan's Oratory/Teampaillín Breanainn close-by Kilmalkedar. A quiet place of prayer. It is in the same style as nearby Gallarus Oratory but is 300 years older.

stonefort might have housed an extended family of up to 40

• The 14th century home of the Chancellor of the Diocese of Ardfert has a perfectly preserved piazza-styled oven

- The medieval St. Brendan's House where the monks from the nearby church lived
- Finishing back at Kilmalkedar – the alphabet stone, ogham/contract stone, sun dial and huge stone cross.

Emergency and frontline services continue to coordinate efforts to limit the spread of the coronavirus



Moira Murrell.

Statutory agencies in the Cork and Kerry region have thanked the people of both counties for adhering to new temporary restrictions which are now in place to stop the spread of Covid-19.

The regional steering group for emergency management meets regularly to discuss the

regional response to the Covid-19 emergency. The group is made up of representatives from the HSE, An Garda Síochána, Cork County Council, Cork City Council and Kerry County Council.

Moira Murrell, chair of the regional steering group and Chief Executive of Kerry County Council, thanked the people of the region for their hard work recently in stopping the spread of Covid-19.

'We continue to work closely at a regional and interagency level to do all we can to curb the spread of the coronavirus, and, as the three mayors of Cork and Kerry have emphasised this week, everyone has a part to play.'

'Our emergency and frontline services continue to coordinate efforts to limit the spread of the coronavirus and integral to that is the support and cooperation of the wider public.'

All the agencies have been working together over the last seven months to co-ordinate the community response to the crisis caused by Covid-19, and today praised the people of Cork and Kerry for their efforts so far.

POPULAR TEACHER RETIRES FROM ST. OLIVERS

To teach is to touch a life forever and this week well known and popular teacher, Tommy Galvin retired from St. Oliver's National School, Ballycasheen.

Mr. Galvin taught in St. Oliver's for over thirty-eight years, having begun his career teaching for three years in Ballymun, Dublin. Tommy will be hugely missed by all in school. As Assistant Principal, he was central to many aspects of school life. A respected teacher, his love of the



outdoors ensured the children in his care learned about the flora and fauna of their native place. Trips to Torc, Mangerton, Muckross, the Lakes and the Old Kenmare Road brought learning outside the classroom. Tommy's love of local history shone through his teaching – his pupils often learning that all national and even international events can be studied in a local context. A keen sportsman, Mr. Galvin believed in 'sport for all' organising a wide range of sports at school and inter-school level. His contribution to the spiritual life of the pupils in his care was also considerable, particularly around Confirmation classes. His interest and pride in the hundreds of pupils he taught over the years was incredible and meeting many of them around the town or at his beloved Killarney Legion brought Tommy great joy. "All in St. Oliver's wish Tommy, his wife Mary and their children Myles and Honor every happiness in the years ahead", Principal Rory Darcy told Killarney Outlook.



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

Treyvaud's keep it local during Lockdown Round 2

Chef, Author & TV Personality, Paul Treyvaud keeps it local during Round II of the Covid pandemic lockdown.

Treyvaud's Restaurant, High Street, is open for take away food as before but this time with a very generous difference. It's never been more important than now, to keep things as local as we can. Small businesses carry one of a kind, unique products and if you visit Treyvauds deli you can also purchase produce from local & Kerry based businesses, keeping Kerry revenue in Kerry. A fabulous food hub, supporting local. "Not every business has a premises to sell their produce and here I am with a large premises already open to the public so what better time to support your own" Paul said. Paul & his team stock Jams & Jellies from Melanie Harty, Killarney Honey, Killarney Candles by Fluor, Derrynane Honey by 18 year old Cian Wall, Camos Artisan food products from Cahirsiveen, Chocolate from L'Orge Chocolatiers in Kenmare (Yum!) & some artwork by Gemma Final in Waterville. "Our freshly baked breads, scones & pastries are popular so we still have our customers within 5Km visiting the store. It's great to introduce our customers to these small businesses" Paul said. I was having a little browse around and asked about the items in the fridge. They looked delicious. "Oh they're our ready to go meals Marie. We've Lasagne, Beef stir-fry, Thai Green Chicken Curry, Bacon & Cabbage and our world famous Fish Cakes" Paul explained.

"Good Morning Paul. Are you selling any power tools today???? Isn't it quiet enough with this pandemic and now Main Street is closed too" a customer buying some scones asked. "You should go into the paving business too Paul" he laughed and left. "I do try to adapt" Paul replied "We're resilient at this stage Marie" Paul joked. Very true I thought. To remain open to the public producing fresh baking and meals daily for the public in a pandemic within a 5K radius is not an easy task not to mind no access to the store via Main Street for at least a few weeks. Typical Paul looking on the bright site "Sure wasn't it easy for you to pull up outside the front door Marie. At least there's no parking issues for customers to call for the foreseeable" Paul laughed.

"I'm here daily to greet the customers Marie. Interaction is so important right now. I had a light bulb moment and thought to create hampers with wholesome produce from each of the local suppliers you see here including



ourselves. They would be a great alternative as a Christmas bonus or a local personalised gift for Auntie Nora's birthday, benefitting 5 or 6 different families in one purchase". I had a quick look at the hampers that start from €50 each, just FYI.

The Treyvauds are also looking after Christmas with individual portions of Turkey & Ham with optional trimmings including starter options too which can be picked from their restaurant on High Street before Christmas. "People are supporting us so we thought for those essential workers or those living at home alone it would be a great service to offer" Paul said. Too right. It'll save this veggie the time and effort!!

"We are paying all our staff their full time wages Marie. None of them are on the Covid Payment" Paul told me. I wondered how he was making any money at all???? It was out of my mouth before I realised. "Well we do have the wage subsidy in place Marie but that's a mere 55% of our staff's earnings. We're open Tuesday - Saturday 9am-5pm. Yes, it's probably costing us but to remain open is for our locals, our community, our staff and our sanity" Paul laughed.

Before I left Treyvauds Restaurant on High Street I asked Paul would he be streaming live again

on his very popular cooking demonstrations on Facebook throughout Lock Down No.2? "That was phenomenal Marie. There were 97 Million viewers watching over 3 months. Unbelievable. I'm afraid you'll have to watch this space. I'm giving nothing away" Mysterious Paul joked.

So if you do have any queries for Paul regarding orders etc to keep it local from here to Christmas, you can get him through any of his social media channels, the most popular being his website www.paultreyvaud.com or by phone on 064 66 33062. In the meantime if you wish you can keep yourself informed on his 'potential live cooking demonstrations' by hitting the 'like' button on Facebook.

L-R Mark Treyvaud, Eddie Sevic & Paul Treyvaud, pictured outside Treyvaud's Restaurant on High Street with some samples of the 'keeping it local' hampers now available to order.

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

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The emotional words spoken by Pat Moynihan at the funeral mass of his nephew Derek Twomey were heard around the world on Monday morning last.

The town is still reeling from the sudden death of Derek at his workplace The Dungeon Bookshop the previous Wednesday.

The popular 31 year old, and son of Mary and Gerard and brother of Deirdre and Darren was laid to rest in Aghadoe Lawn Cemetery following Requiem Mass in St. Mary's Cathedral.

The Mass, which was celebrated by Fr. Jim Lenihan, and which was live streamed around the world welcomed many of Derek's friends in Australia, America and London,

all of whom are deeply saddened by his passing.

Gifts brought to the altar included a shirt carried by his sister Deirdre, symbolising the many times Derek came home to his mother to iron his shirts, a book on his favourite football team, Arsenal, brought by his niece Faye and the No. 26 Legion Shirt, which he wore when Legion secured the O'Donoghue Cup, brought up by his friend James O'Donoghue.

An avid sportsman, Derek worked tirelessly for his club and in a fitting tribute, the cortege made its way to Killarney Legion Clubhouse in Dirreen where Club Chariman, Fergal Moynihan and Kerry footballer and Derek's friend, James O'Donoghue spoke

about Derek to the club members who had gathered for a guard of honour. To the sound of Derek's favourite song "Angles" by Robbie Williams, Derek's cortege left the club grounds and made its way to Aghadoe where Derek was laid to rest.

Jimmy O'Sullivan Darcy, looks at Derek's sporting life.

This has been a tough year for everybody, but it has been especially hard on Killarney Legion GAA Club, who have suffered some really heartbreaking losses of them in recent times. The recent passing of Derek Twomey at just 31 years of age is among of the hardest. Derek was an unstinting servant of the club, both on and off the field of play, and one of its most popular members.

Derek was a club member virtually from the cradle, apart from a brief stint with Kingdom Kerry Gaels in London, and a very talented sportsman in his own right. Derek was part of a close circle of friends that grew up in Legion colours and included several future Kerry seniors. As well as well as enjoying a number of underage successes, he was a part of the Killarney Legion teams that reached the Senior Club Final, and the Senior County Final in 2015, the club's first since 1946. He was also a mentor with the Legion team that reached the U21 County Final in 2012. Probably his favourite sporting moment, however, was when he helped Killarney Legion to win the O'Donoghue Cup in 2019 alongside team-mates he

had grown up with and around, beating rivals on the field (and good friends off it) Dr. Crokes in a thrilling final.

Derek also enjoyed huge success with his alma mater St. Brendans, losing a Corn Uí Mhuirí Final in 2007 to their old rivals Tralee CBS before flipping the tables the year after to record a memorable triumph, with Derek scoring a crucial first half point. The school reached the Hogan Cup Final that year but lost out to St. Pats of Dungannon.

It would be a huge mistake to measure Derek's huge contribution to Legion, with whom he was a willing helper in everything, and to the wider community merely by his undoubted sporting prowess or medal collection. Derek was quiet-spoken but very funny and had a wonderful dry wit – he had the ability to make people of all ages smile and always made a big effort to do so, as anyone who visited The Dungeon could easily attest.

Killarney Legion themselves expressed it best in a statement when the news broke of his untimely passing. "Derek and his family have been involved with the Legion for many years and are hugely respected within the club. An accomplished and determined footballer, Derek was a regular and influential player at all grades and a very valued member of the senior panel. A fantastic footballer and character, his presence around the club will be missed beyond words."

COVID-19 SUPPORT LINE FOR OLDER PEOPLE

ALONE manage a national support line and additional supports for older people who have concerns or are facing difficulties relating to COVID-19 (Coronavirus).

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Students launch The

Deenagh Fairy Trail



If you go down to the woods today, you're sure of a big surprise as Killarney Community College Students have splashed a little magic throughout our National Park creating Fairy Houses to welcome our new Killarney Fairies who have just moved in. Locally themed hidden gems for little visitors to find and interact with nature L-R Lauren Fleming, Eva Lynch & Rachel Griffin. PICTURES: MARIE CARROLL-O'SULLIVAN

If you go down to the woods today... you're sure of a big surprise, and while it's not a teddy bear's picnic, it is something amazing that has been created just in time for the midterm break.

This week, Killarney Community College students launched the Deenagh Fairy Trail, a series of fairy houses which were designed and created by art and TY students under the watchful eye of Art teacher Ms. Michelle Mahony and TY co-ordinator Ms Kerri McCarthy. Each of the houses is themed on our built and natural heritage. The students, with Ms Mahony had the idea to create houses for fairies linked to places and themed around Killarney. This idea makes the pieces unique and one of a kind. The ideas started in late 2019 but the project was brought to a halt for some time due to

school closures. Ms Mahony was delighted that students got right on task when they started back in September to complete this exciting project.

The materials used for the fairy houses is kept as natural as possible with tree trunks being the main material of construction along with slate and other stones, glass, copper, ceramic and finished off with brightly coloured paints. Each piece has its own theme. There are seven houses in total and the list are as follows: The Deenagh Fairy, The Waterfall Fairy, The Castle Fairy, The Coppermines Fairy, The Abbey Fairy, The Bricin Dinis Fairy and finally The Fairy of the Forest. It has been another wonderful opportunity for the students of Killarney Community College and Ms Mahony to work with Killarney Looking Good to create pieces

to enhance the local environment and create a little magic for young and old alike.

Yvonne Quill Chairperson of the Looking Good Committee congratulated the students on such fantastic pieces, each house unique in its own right and with a clear link to our heritage and cultural assets.

"This is the second project the students have undertaken in conjunction with the Committee and we look forward to working together again in the future. A word of thanks as well to James Purcell who made the signs for each house. We look forward to the children of Killarney getting such joy from the trail", she said.

The project was supported by Kerry County Council through the Community Enhancement Programme of the Department of Rural and Community Development.



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Performing Live — in a Living Room Near You

Undeterred by the virus that is currently reshaping the globe, Killarney Drama Circle is proud to raise the virtual curtain on its latest production, *The Secret Garden in Baa-lorglin*, to be performed on Tuesday 3rd and Wednesday 4th November 2020 at 7.30pm.

Venue? Your living room, the supermarket car park, or any other place that you happen to find comfortable at that time on those dates. The play, written by Uzbekistan-born director and producer Rayla Tadjimatova, takes the form of puppet theatre and is the second episode (the first being staged in 2019) in the lives of Rodger, an alien, and the friends he made in Baa-lorglin on his first visit to earth in search of company. Rodger has returned to Baa-lorglin only to find his friends, Bee and Baa, Katie Daly, Alice the Dreamer, Jazzy and Daniel O'Donnell distraught. What has happened to the earth during his short absence! It seems that only Lucy Lu, who helped Rodger on first visit to the earth, can save them all.

Rehearsals for the ten-strong group have been taking place twice a week since September and, in the challenging times faced by all, many hours have been ploughed into performing in an unusual environment – via video link. The process is limiting in terms of theatrical space and only a director can properly acknowledge the frustrations of being unable to coach with the physical. Nonetheless, it is a product



of the moment, and theatre is nothing if not experimental.

Director Rayla Tadjimatova, who has lived in Killarney for more than 20 years and who recently staged *The Other War*, has met the challenges head-on, rehearsing with actors via zoom-link one-to-one and with the entire cast, which includes Sylvia Thompson (Narrator); Margaret Slattery (Daniel O'Donnell); Geraldina Harnett (Lucy Lu); Mary Wood (Katie); Michael Lynch (Jazzy); Terrie Shirtliff (Alice); Sheila

Barclay and Carl Herpels (Bee and Baa) and Janet Murphy (Rodger).

There has been a lot of laughter along the way and technology has provided much of it. Like everything in life, there are pros and cons to online theatre, and a big pro is being able to enjoy the experience on cold, dark evenings with your slippers on and a cup of tea or, perhaps, a small glass of wine, within your grasp.

TRICKS AND TIPS FOR KEEPING YOUR DOG SAFE THIS HALLOWEEN

Dogs Trust is reminding dog owners to keep an eye on their dogs this spooky season as many human Halloween treats are harmful to our furry friends.

Dogs Trust, Ireland's largest dog welfare charity, is highlighting the potential dangers that Halloween poses for our canine companions. The charity has seen an alarming spike in the number of dog owners seeking advice on how to help their dogs cope with fireworks. As many have reported, fireworks began much earlier this year, causing increased stress and worry for dogs.

Try to settle your dog before the fireworks start – if your dog is in familiar, safe surroundings it will help them cope with the noise.

Provide a safe hiding place – at noisy times around Halloween, make sure your dog has somewhere safe to go in their favourite room, perhaps under the table. Close the curtains, turn the lights on, and turn up the volume



on your TV or radio to drown out the firework noises. Try throwing a blanket over the table to make them feel more secure.

Make sure your house and garden are secure during the fireworks as fear may make your dog try to escape. Make sure your dog's microchip details are up to date too, just in case they do

manage to get out.

Be extra careful when opening the door as your dog may try to escape; if possible, try to ensure there is another closed door between your dog and your front door and get in the habit of clipping on your dog's lead before opening the front door.

Dogs Trust Ireland is also reminding dog owners to keep treats and sweets away from their furry friends. Chocolate, raisins, grapes and the sweetener xylitol are toxic to dogs. If you suspect your dog has eaten anything they shouldn't have, please call your local veterinary practice immediately and always store the out of hours emergency number on your phone. However, this doesn't mean dogs have to miss out on all the fun! To give you dog a happy Halloween, let them enjoy a long-lasting chew or a feeding toy jam-packed with tasty goodies, which will help keep them busy and calm.

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Let's talk about

TONGUE TIE IN INFANTS



Information for parents

Dr. Dominika Lisiecka (Senior Speech & Language Therapist), Dr. Fergus Leahy (Consultant Paediatrician), Anna O'Donoghue (Lactation Consultant)
Scotia Clinic, Manor West, Tralee, Co. Kerry

Tongue tie is a congenital problem where the frenulum under the tongue may be shorter, thicker, or tighter, which sometimes limits the movements of the tongue.

Reduced tongue movements have been linked to difficulties extracting milk, especially during breastfeeding. The exact cause of tongue tie is not yet known, but it tends to run in families. It is estimated that tongue tie affects approximately 10% of babies. The aim of this article is to provide practical information for parents concerned about tongue tie (ankyloglossia). In this article, we base the recommendations on our clinical experience and recent research evidence.

What are the common symptoms related to breastfeeding which may suggest that a baby may have a tongue tie?

- Effortful, prolonged, not efficient breastfeeding
- Constant feeding (unsatisfied baby)
- Difficulties latching on or maintaining the latch
- Disorganised suck, baby losing suction and sucking is noisy, sometimes clicks may be heard
- Baby swallows more air during sucking which may cause excessive wind
- Baby upset or unsettled during feeding
- Slow weight gain
- Deformity of the nipple after breastfeeding
- Nipple pain during breastfeeding, baby 'pinching' the nipple
- Damaged nipples, and sometimes blocked milk ducts or mastitis
- Mother reports pain and discomfort
- As a consequence of sucking difficulties, low milk supply may occur.

(Please note that the above symptoms may also be caused by other problems outside a tongue tie).

If a mother experiences difficulty during breastfeeding, it is advisable to assess the baby's sucking skills including the possibility of tongue tie. There are formal tools for assessing tongue tie, such as Assessment Tool for Lingual Frenulum Function, Bristol Tongue Assessment

Tool, and most recent The Tongue-tie and Breastfed Babies (TABBY). These are usually administered by a professional. In our opinion, it is also very important that parents become familiar with the anatomy of their baby's mouth and observe their baby's feeding patterns. We propose some practical tips for parents, which may help them to recognise if their baby could potentially present with a tongue tie.

How parents could check for a tongue tie?

1. First of all, parents should look for opportunities to observe baby's tongue as much as possible, for example during crying or yawning. They should get familiar with the anatomy of the mouth in a small baby. Parents could use a small torch to illuminate the inside of the mouth, but be careful not to upset the baby and not to shine the light into baby's eyes. Some positions may be easier for viewing the mouth than others, parents should experiment what works best for them.

2. Parents can use certain reflexes to learn about baby's mouth, such as a tongue thrusting reflex. If the tip of the baby's tongue is touched with a clean finger the baby should stick the tongue out a bit. This will allow parents to see the shape of the tongue (please note that this reflex disappears when the baby is 4 – 6 months old).

3. Parents should observe:

- The shape of the tip of the tongue: is it round and well defined? Sometimes, the tip of the tongue may be heart shaped if the tongue tie is present.
- How far does the tongue stretch out? Is the baby able to stick the tongue out beyond the lower lip, to the lower gums, or does the tongue stay inside the mouth behind the gum? Tongue tie usually restricts tongue movement and does not allow the tongue to stretch out of the mouth much.

4. When the baby's mouth is open (during crying or yawning) observe if the baby is lifting the tongue up at all, or if the tongue positioned low at the floor of the mouth. Note that the baby should be able to lift the whole front of the tongue, if a tongue tie is present the sides of the tongue may still curl up and backwards, but the tip of the tongue is usually kept down.

We must acknowledge, however, that there are different types of tongue tie, some may be relatively easy observed, but some may not.

The management of a baby with suspected tongue tie

Often tongue tie causes no feeding issues. The feeding difficulties are present in approximately 25% of tongue-tied infants. Until recently, the consensus among paediatricians was that tongue ties do not cause problems and they should be left alone. Nowadays, there is an increasing body of evidence which supports division of tongue tie in selected infants. However, identification of those babies who will definitely benefit from the procedure is difficult. Indication for division of tongue tie is where the tongue tie is significantly interfering

with feeding. Ideally, a feeding assessment should be carried out to identify the source of breastfeeding problems and recommend some strategies which may help. There could be other reasons causing problems with feeding and tongue tie may not be the primary issue. If this is the case, tongue tie division will likely not improve feeding. Sometimes, the feeding problems can be resolved without any medical intervention, for example, a change of the feeding position may improve baby's suck. Supplemental feeding technique may also improve baby's latch and suck. There are simple exercises, such as using a soother to improve the strength of the suck. The milk supply also influences the baby's ability to suck, and some babies with tongue tie find it easier to latch on a fuller breast. There is some clinical evidence that a therapeutic massage of the baby's tongue can improve tongue movements and subsequently improve feeding, but this technique is not commonly used in Ireland. However, if tongue tie continues to interfere with breastfeeding parents should consider medical help. Frenotomy is the most common surgical procedures applied to release tongue tie. During frenotomy, the tongue tie is clipped with scissors or laser. Frenotomy may resolve breastfeeding problems for some babies, but not for all. The review of international evidence concluded that although frenotomy improved nipple pain among mothers, it had inconsistent effect on baby's breastfeeding. Frenotomy failed to improve breastfeeding in approximately 20% of cases. Identification of those babies who will definitely benefit from the procedure is difficult. Timing of the procedure is also debatable. We would not recommend it before three weeks of age as the tongue tie may rupture of its own accord.

In vast majority of infants if frenotomy improved feeding, no other action is required.

If there is no improvement in feeding following frenotomy it is recommended that the baby is seen for a feeding evaluation by an infant feeding specialist such as a lactation consultant or speech & language therapist with appropriate expertise.

In any case, it is worth observing how well the baby manages solid food in the future, as sometimes tongue tie interferes with side-to-side tongue movements which are necessary for chewing solid food. Tongue and jaw move together as a one unit during sucking, but from about 4-6 months onwards the tongue should start moving independently from the jaw. With appropriate support every baby should be able to feed well and mealtimes should be pleasant for any family. If you are worried that your baby may present with a tongue tie talk to a professional. Your GP, practice nurse, paediatrician, lactation consultant or speech & language therapist can help you in assessing and managing tongue tie.



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

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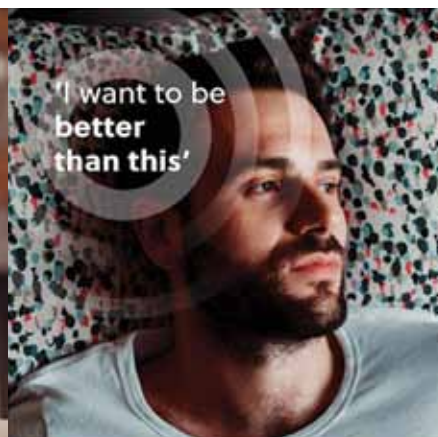
Domestic Violence Campaign Launched in Kerry Invites Men to be “Better Than This”



If your behaviour is causing a problem at home, things can get better.



If your behaviour is affecting your children, there's support out there to help you be a better dad.



If your behaviour is causing a problem at home, things can get better.

The Covid 19 pandemic has seen a 30% increase in the reported incidence of domestic abuse in Ireland. That is the bad news, but there is hope. Research shows that men can change with the right support and challenge, when willing to look inside honestly and take responsibility for what they say, think and do.

The “Better Than This” campaign, launched this week in Kerry by MOVE Ireland, aims to engage men who are worried about their behaviour towards their partners or children. MOVE Ireland provides a structured programme called “Choices”, where men are challenged to take responsibility for their abuse and to change their attitudes and behaviour and develop respectful, non-abusive relationships.

Unfortunately, many men who are concerned about their behaviour are not aware that this service exists. This campaign aims to reach these men using posters, newspaper and radio ads and online material, with the clear message that life can become “better than this” if they seek help to change.

Speaking at the “Better Than This” campaign

launch, MOVE Ireland Chief Executive, Owen O'Neill asked all members of the public do their bit to make homes happier and safer by spreading the word about this service via friends, family and social media.

“The past cannot be changed, but the future does not have to be more of the same. Change isn't easy, but it is not impossible. Our programme combines targeted one-to-one interventions and group work and is run by trained facilitators. It has been up and running in Kerry for the last two years and we are currently accepting new participants.”

“We understand that it can be difficult to reach out and ask for help. But your family deserves Better Than This. You can be a better parent and a better partner. If your behaviour is causing problems at home, we can help things to get better”

“Have you ever threatened your partner, scared them or put them down? Does the pressure you are under have an impact on your family? Are you concerned that your behaviour is impacting your kids? If you want to be Better Than This, contact us today and you will be treated with respect and without judgement”

“Our ultimate goal is to promote the safety and

wellbeing of women and children who have experienced violence and abuse in their intimate relationships. As part of our programme the partners or ex-partners of the men are also offered support.”

Over the month of the campaign MOVE Ireland will maintain a sustained media presence to invite men who need this service to pick up the phone and make the first move. The “Choices” group run by MOVE Ireland in Kerry is not currently running group sessions but will resume them when it is safe to do so. However, one to one support is still available and that is a key message of this “Better Than This” campaign.

The campaign also aims to raise awareness among professionals who may encounter these men in the course of their work.

As part of this campaign, MOVE Ireland will be offering free training - a mini webinar and two short online training workshops for frontline professionals on October 16th and 29th from 10.30 -12.30.

We understand it can be difficult to reach out and ask for help.
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Staff at the Holy Cross Preschool were determined to make sure the children had an extra special fun-filled week for Halloween.

Even though the usual custom of Trick Or Treating is on hold for this year, the children made up for this at preschool instead! The week was filled with dancing, singing, spooky stories, nursery rhymes, games, craving pumpkins and arts and crafts which was all building up to the excitement of a big Halloween party on Friday.

The children – helped by the staff – were very creative and made their own decorations for the much used garden area where they transformed it to a spook-tacular place.

Parents made a huge effort with the staff by sending the children to school in fancy dress.

Feedback from parents was overwhelmingly positive – they were delighted that the children got to enjoy the Halloween experience.

Parent Patricia O'Brien told us "It was so disappointing that the children were going to miss out on the usual Halloween celebrations but the preschool has more than made up for this with the amazing effort of homemade garden decorations and the big outside party. It was uplifting to see the children enjoying the festivities without a care"



The children and families of ScallyWags PreSchool raised €300 by hosting their annual Treat or Treat for Temple Street Party. Witches, pumpkins, skeletons, princesses and superheroes descended into the spooky fun of games and some imaginative food feast in aid of sick children who may not be home for their own Halloween celebrations. Well done to the scallywags for the big effort to help others in 2020



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| 300820 | NEW COURSE Diploma in Digital Marketing & Sales, Tralee An all-new sales focused Digital Marketing training programme. | 2 November | 50 |
| 300818 | NEW COURSE Software Development Diploma, Tralee Accelerated bootcamp programme by Code Institute. | 2 November | 17 |
| 299673 | Beauty Therapy Traineeship, Tralee Internationally recognised ITEC, CIBTAC & CIDESCO qualifications. | 2 November | 57 |
| 300911 | Digital Journalism & Radio Broadcasting, Tralee Broadcast Radio Podcasting Digital Storytelling • Unique to Kerry College | 2 November | 52 |
| 290270 | NEW COURSE Heavy Goods Vehicle Driver - CE Licence (Artic), Tralee Achieve CE-Licence & CPC Pre-Requisite: CE-Licence Learner Permit. | 2 November | 11 |
| 300810 | NEW DATE Construction Groundwork Skills, Tralee Develop key construction and groundwork skillsets. Safepass included. | 2 November | 23 |
| 269805 | NEW LOCATION Food Preparation & Cooking, Kenmare An excellent introduction to the Culinary Arts. | 9 November | 21 |
| 300823 | Marine Angling Guiding, Dingle Part of our Tour Guiding suite • Unique to Kerry College | 9 November | 15 |
| 300822 | Inland Angling Guiding, Killarney Part of our Tour Guiding suite • Unique to Kerry College | 9 November | 15 |
| 274217 | Deciding Your Future, Tralee A great short course to help you re-set and re-start. | 9 November | 12 |
| 301237 | Surf Instructor & Beach Lifeguard, Tralee Learn two essential outdoor activity skillsets in the off-season. | 16 November | 27 |
| 302915 | NEW COURSE Ecology and Practical Fieldwork Skills, Killarney A practical course for those who wish to pursue a career in an ecologically related field. • Unique to Kerry College | 16 November | 39 |
| 300811 | European Computer Driving Licence V6 (ECDL), Killarney Master your PC skills Internationally recognised qualification. | 23 November | 19 |
| 269805 | Food Preparation & Cooking, Dingle An excellent introduction to the Culinary Arts. | 23 November | 21 |
| 300424 | Welding, Tralee Get EN9606-1 SS01, EN9606-1 AL01 and EN9606-1 CS10 certified. | 23 November | 20 |
| 300914 | Reception & Clerical Skills, Killarney Start your journey in Office Administration and Customer Service. | 23 November | 20 |
| 300815 | Heavy Goods Vehicle Driver - C Licence (Rigid), Tralee Achieve C-Licence & CPC Pre-Requisite: C-Licence Learner Permit. | 23 November | 9 |
| 300809 | Bus Driver - D Licence, Killarney Gain D-Licence & CPC Pre-Requisite: D-Licence Learner Permit. | 23 November | 13 |
| 300854 | NEW DATE Regional Tour Guiding, Killarney Become a qualified tour guide for County Kerry. | 30 November | 17 |

APPLICATIONS NOW OPEN FOR THESE 2021 COURSES

| | | | |
|--------|--|-------------|----|
| 301238 | Traditional Stone Wall & General Construction, Tralee Learn the art and craft of traditional stonewall. | 22 February | 34 |
| 301684 | Intermediate Welding, Tralee Get EN9606-1 VOB1, EN9609-1 SSP and EN9609-1 AL01 certified. | 29 March | 18 |
| 300821 | NEW COURSE Marine Engineering, Fenit Learn about marine craft construction, systems, engineering and maintenance. • Unique to Kerry College | 29 April | 28 |
| 300916 | NEW DATE Broadcast Production Skills Training Programme, Tralee Nationally renowned training programme for crew skills • Unique to Kerry College | 26 April | 53 |
| 300819 | NEW DATE Digital Media Production Traineeship, Tralee Visual Communications Video Photography • Unique to Kerry College | 21 June | 53 |

Time to do some courses research as CAO online application facility opens on 5th November



By Billy Ryle

As if to illustrate that we live in strange times, the 2021 CAO colleges application season opens on 5th November while the 2020 Leaving Cert written exam, which was postponed from June, begins on 16th November.

It brings to mind the old adage of putting the cart before the horse but there are some positives to be drawn from it. The November exams by the State Examinations Commission (SEC) provide candidates with one last chance to improve their exam scores. The best scores from the calculated grades process and the November written Leaving Cert exam may be combined for points accumulation in any application to CAO.

Despite the challenging conditions in schools at the moment due to the pandemic restrictions, the Department of Education is determined to provide the traditional state exams next June. The exams will be run as normally as possible subject to the prevailing public health advice at the time. Nevertheless, with so much concern about the ongoing impact of the coronavirus pandemic and its potential to prevent the exams from going ahead next June, students are anxious about their immediate future.

It's not easy to prepare for an exam when there is uncertainty about how it will be assessed. While I sincerely hope that the calculated grades process will never again be used to produce Leaving Cert exam results, I fully appreciate the anxiety being suffered by students despite the best efforts of school authorities. My advice to students is to be optimistic about the June exam going ahead but, at the same time, to be careful in their school assessments and their ongoing school work. Norma Foley, who is proving to be an outstanding Minister for Education, continues to act in the best interests of all students within her portfolio. If

there is any chance that the state exams can proceed safely next June, Minister Foley can be depended upon to see that they do.

Every Leaving Cert student should now have a copy of the 2021 CAO Handbook which contains all the relevant information about the CAO application process. Use the next few months to go through it carefully and find the information you need to assist you with your application. The CAO Handbook 2021 explains how to apply for a third level college place. The colleges in the CAO system are listed in alphabetical order by location. The courses in each college are listed directly under the college title, with 'Level 8' courses being listed separately from 'Level 7/6' courses. Select your personal preferences from the entire range of courses in the Handbook. Each course is assigned a code, which you enter on the application. You may apply for up to ten courses in each of the two categories, listed in order of your preference.

The CAO Handbook 2021 doesn't contain information about general academic requirements, specific course requirements nor content of courses, so consult the colleges' Prospecti and websites for that information. Many colleges are currently providing virtual open days and webinars instead of the usual on campus open days. Consider the potential career value of each course in which you are interested. Play to your strengths as you do your course research during the next few months. Jot down your personal career profile, including such variables as ability, achievement, application, aptitude, ambition, values, interests and personality (SAVIP). Select courses that suit you in order to have a fulfilling and successful college experience.

You can open your interactive CAO account from noon on 5th November to 5.15pm on

20th January at a discount application fee of €30. Thereafter the fee increases to €45 up to 5.15pm on the normal closing day, 1st February. The online change of course choices facility, which is free of charge, also closes at 5.15pm on 1st February.

CHECKLIST

- ✓ The Dept of Education is determined to provide the traditional state exams next June
- ✓ It's not easy to prepare for an exam when there is uncertainty about how it's assessed
- ✓ Students are anxious about their immediate future in challenging times
- ✓ Students should be positive about the state exams going ahead in June
- ✓ Every Leaving Cert student should now have a copy of the CAO Handbook 2021
- ✓ The CAO Handbook 2021 explains how to apply for a third level college place
- ✓ Consult the colleges' Prospecti and websites for course information
- ✓ Many colleges are currently providing virtual open days and webinars
- ✓ Consider the potential career value of courses in which you are interested
- ✓ Play to your strengths as you do your course research during the next few months
- ✓ You can open your interactive CAO account from noon on 5th November
- ✓ Application fee is €30 to 20th January, thereafter €45 up to closing day, 1st February.

***Billy Ryle is a Career Guidance Counsellor and Educational Commentator
Email: rylebilly@gmail.com
Tel: 0879808979***

For Breast Cancer Awareness month, staff & students of St Brigid's Killarney wore pink in support of this worthy cause. Thanks to all for participating in the 'Wear It Pink Campaign' Pictured supporting the campaign are Front row left to right Cara O'Sullivan Sarah Reidy Yen Leniston, Middle Katie McHugh Ms. Horan Katie Murphy, Back Sarra Neher Ms. Brosnan Ms. Finnerty





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Francesca has previously worked in an aesthetic clinic and
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Noreen at What Women Wants gives you some **beauty tips** while you are staying at home during Covid-19



It's Spritz O'Clock....



Skin Nerd, Jennifer Rock coined the phrase, "Spritz o'clock" to encourage us to rehydrate our skin more by day.

During the day moisture is drawn from our skin, especially this time of year when we go from cold weather outside into central heating or aircon in the car. Skin is left feeling tight and dry and make-up looks blotchy. Facial mists contain humectants to help our skin maintain moisture where normal water just evaporates and dries skin further.

An essential product for extremely dry, sensitive or very dehydrated skins but also cools oily skin to reduce oil production and shine.

I love Dermalogica's Ultracalming Mist €39 to calm redness, soothe irritation and rebuild damaged skin. Travel size sprays are a must for in the bag, in the car and on your work desk.

Spritz to

- Cool & rehydrate
- Reduce redness
- Reset your make-up
- Plump out fine lines
- Brighten your complexion
- Refocus when tired after lunch
- Reduce oil & Shine

A spritz of the right ingredients over your moisturiser or make-up can save your face.

Noreen Mangan

Tel: 0646630712 | www.whatwomenwant.ie

Minding Mental Health during Level 5

Seven months into a very different world, leading Irish Psychologists with Perspectives Ireland, say our mental health has never mattered more as we head into not only the challenging winter months but also six weeks of level five Covid-19 restrictions.

Perspectives Ireland have the following advice for Irish people to help them stay as well as possible at this difficult time:

Try to go outside for at least 30 minutes every day. Notice how the ground feels under your feet, the smells, how the air feels on your face, notice your thoughts (whether you're drawn to thinking about the kids, or work), notice how you may feel, and try to own all of this experience, including any guilt you may have for taking this time to yourself. Notice how you can have all of these experiences (good or bad) and still make time for you.

If you can't go outside, make a space in your home for you where you are physically away from the overwhelming details of routine. Try to use this space to re-ground yourself away from all those details. Remember this is not about distracting from the details, it's about giving yourself permission to make this space for you and trying to own every aspect of it.

If you can't physically make a space in your home, then at least make time for you – have a bath, or have a cup of coffee, read a book – take some time for yourself.

Take an extra 5-10 minutes each day to write down any part of your experience today that was affected by coronavirus or its restrictions and ask yourself was that difficult for you and how might it be possible to compensate for anything that was difficult or was taken away from you.



Fitness Expert
Edele Daly guides you

TIPS TO HELP
YOU STAY MOTIVATED



B WELL
FITNESS CLUB



LOOKING FOR SOMETHING DIFFERENT THIS WINTER TO KEEP YOU MOTIVATED?

As always with this time of year, we can see a change in the weather and bright mornings and evenings are getting shorter, are you still motivated to keep doing exercise that aligns with the goals you might have set out for yourself. You might have enjoyed a walk or a jog most evening but the weather changing and brightness falling away daily. So, are you still motivated to reach your goals due to change of circumstances? Can we here at B Well Fitness help you to keep motivated? We cater for all levels of fitness from beginner to intermediate to expert. We also can cater for small groups or teams that are looking for strength and conditioning classes. Our list of classes can be found on our website or you can download our app to your phone, B Well Fitness Studio from your app store. Here is a small list of what we offer, Spin class which is a brilliant high intensity cardio class, we also offer beginners spin that helps new people to get comfortable on a spin bike. Weights blast targets you to getting stronger in lower and upper body, Kettlebell classes also targets you to get stronger and helps with mobility, Glutes and Tums is one class that targets your glutes and core, and our HIIRT class concentrates on getting stronger, and fitter in a high intensity atmosphere.

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



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Five steps to letting go of frustration

During these times of unprecedented change, we can feel frustrated that we are not able to continue our lives in the old ways that we were used to. This can bring upset, uncertainty and feelings of great frustration. Follow these five steps to help you navigate through the changes we are making and let go of frustration.

1. Change your perception! Every time you focus on a problem, choose to see it as an opportunity in disguise.
2. Channel your discontented feelings into immediate positive actions such as reading an inspirational book, listening to uplifting music, going for a power walk or singing loudly to your favourite song etc.
3. Use meditation or yoga to help bring you into the present moment instead of

- dwelling on the past or worrying about what tomorrow may bring.
4. Visualise a box in your head labeled "Expectations." Whenever you catch yourself thinking on how things should or shouldn't be, mentally shelve those thoughts in the box and leave them alone!
5. Know what you can and cannot control. There is no point in wasting time on outcomes that you can't control. Focus instead on what you can do and get involved with this. This might include painting, learning something new online, blogging, listening to inspirational seminars etc.

For one to one coaching via zoom or Skype please visit my website at
www.astridlonghurst.com



Aghadoe

Physiotherapy Clinic

Aghadoe Physiotherapy Clinic
will be remaining OPEN
over the forthcoming weeks
of level 5 restrictions.

Our continued operation as an 'Essential Service' is in compliance with government guidelines regarding level 5 restrictions.

We continue to adhere to all HSE, ISCP and WHO recommendations.

We ask **masks** to be worn by each patient.

Thank you again for your continued support over the past several months and for the future ahead.

Please call **086 3402208**
for an appointment.

Aghadoe Physiotherapy Clinic

Darren and Joanne Gaffey MISCP
Chartered Physiotherapists



Irish Society of
Chartered
Physiotherapists

The Voice of Physiotherapy in Ireland



KEEL GAA CLUB NEWS

WALKING TRACK: The lights will be switched on between 6:30-8:30 on Tuesdays and Thursday going forward to allow the community to use the walking track. We hope that this will allow people to get out and get active within their 5km radius. Please adhere to social distancing while using the walking track.

COACHES: Thank you to all our coaches, mentors and trainers for their dedication and commitment to our under-age teams in what was a challenging year. Your hard work is very much appreciated by the club. Without this dedication and time, the children would not be developing and improving their skills. In addition to skills development, we have provided opportunities for children to build friendships and have fun.

PARENTS: Thank you to all our supportive parents and guardians for their co-operation throughout the year. Thank you for being accommodating and understanding during what was a challenging season. We look forward to welcoming you all back next season.

CLUB LOTTO: Thank you to everyone who supported our club lotto last week. On Monday, the 19th of October the numbers drawn were 4, 12, 25, 30. The draw is available to view on Facebook. The €50 prizes were won by Ian Foley Shanahill and Donal Ashe Gortnahulla. The Keel GAA Lotto is now suspended until further notice due to Level 5 restrictions. We appreciate everyone's support over the past few weeks.

DR. CROKES

NATIONAL LEAGUE

Congratulations to Kerry on winning Div. 1 on Saturday last especially Gavin White, Miceal Burns and man of the match Tony Brosnan. David Shaw had played in the earlier rounds. It was a joy to see our Club Chairman and Kerry Central Council Delegate Patrick O'Sullivan present the trophy.

Inter-Club activity for remainder of year. Please note Inter-Club games will not be resuming for the remainder of this year. Activity at all levels (Senior & Juvenile) including collective training is also suspended.

This follows recent correspondence from Croke Park which was circulated to all the units and the anticipated increase in countrywide restrictions that is due to be announced by the Government.

All outstanding games (both District & County) will be picked up in the New Year with exact dates etc to be confirmed.

The inter-club games programme we had planned for during the inter-county period (Oct/Nov/Dec) has also been shelved.

Our thanks to all the Players, Team Mgt & Clubs for their great commitment and co-operation over recent couple of months and congratulations to all the various competition winners.

LOTTO draw took place on Monday October 26th numbers drawn were 1 2 8 27 JACKPOT €6,500 not won 4 Patrons matched 3 numbers and receive €100.

Jackpot for draw on October 26th will be €6,500

We are calling on all members to support our weekly lotto as this represents one of the main sources of revenue for the club. With activity likely to recommence on the fields over the next few weeks we need people's support to maintain our facilities in Lewis's Road. We have made a number of alterations to make things easier for members to play the easiest one being to play it online by following the link below And follow instructions attached

https://play.clubforce.com/play_new.asp#Anchor. When you click on the link it brings you to the Clubforce Main page. From here click Club name Dr. Crokes Gaa. This brings you to another page that you again put in Dr. Crokes, which in turn brings you to the Dr. Crokes home page. From here click lotto and the rest follows on. Alternatively download the Clubforce app, **MASTERS GOLF CHALLENGE** we will be holding another Golf Challenge on Masters on November 12th -15th. Cards will be with usual sellers early next week or may be played online www.drcrokes.com. Best option is to click on guest link which will bring you directly to the card and if not a member of Dr. Crokes. If you are a member the guest link will default to your Clubforce log in <https://member.clubforce.com/membership>.

CONGRATULATIONS to former player T J O'Sullivan and Jennifer Lenihan on their recent wedding.

SYMPATHY to the Twomey family and Legion club on the untimely passing of Derek.

EAST KERRY GAA NEWS

By Michael O'Mahony

NOTICE FROM KERRY COUNTY BOARD RE - INTER-CLUB ACTIVITY FOR REMAINDER OF YEAR.

Please note Inter-Club games will not be resuming for the remainder of this year. Activity at all levels (Senior & Juvenile) including collective training is also suspended.

This follows recent correspondence from Croke Park which was circulated to all the units and the anticipated increase in countrywide restrictions that is due to be announced by the Government.

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Our thanks to all the Players, Team Mgt & Clubs for their great commitment and co-operation over recent couple of months and congratulations to all the various winners.

CONGRATULATIONS

to East Kerry C.L.G. Chairperson and his wife Catherine on their 50th Wedding Anniversary Wishing you many more years of good health and happiness

CONGRATULATIONS to Kerry Allianz National Football League Division 1 Champions 2020

Full Time Score

Kerry 2-18

Donegal 0-10

Congrats to Tony Brosnan Eir Sport Man of the

Match for his outstanding performance and scoring tally of 0-06

And also to Captain David Clifford and all the other players from East Kerry Region & and management. Well done.

CONGRATULATIONS to the Kerry Hurlers Joe Mc Donagh Cup Rd 1

Full Time Score

Kerry 1-20

Meath 0-13

CONDOLENCES

Deepest sympathy to family, relatives and friends & Legion GAA club senior player D erek Twomey RIP saddened at the unexpected death of the very popular 31-year-old.

Derek and his family have been involved with the Legion for many years and are hugely respected within the club.

An accomplished and determined footballer, Derek was a regular and influential player at all grades and a very valued member of the senior panel.

Derek also played at underage level with Killarney Celtic FC down through the years. other Legion man Donie O' Meara RIP was a lifelong member and passionate supporter of Legion GAA club, serving in many administrative roles down through the years and he was elected club president in 2015 & RETIRED Killarney publican and grocer May both them rest in peace

Ar dheis Dé go raibh a anam dílis

LEGION GAA CLUB NEWS

DEREK TWOMEY RIP

The club extends its deepest sympathies to the Twomey and Moynihan Families, The club were devastated to learn of the sudden and untimely passing of our senior player Derek Twomey during the week. Derek represented the club with distinction at all levels and he was an integral part of all the great days the club have experienced over the past decade. Derek's infectious personality and dedication to the club will be sorely missed. Our thoughts and prayers are with his parents Gerard and Mary, his sister Deidre and brother Darren, Pat Moynihan & the entire senior squad and management at this very difficult time. RIP Derek, thank you for all the memories.

DONAL O'MEARA RIP

The club extends its deepest sympathies to club legend Donie O'Meara. Donie was a proud Legion and Muckross man who was involved in a variety of roles within The Legion Club for over 60 years. He served as club treasurer for many years and was a passionate fundraiser for the club. We will remember him as a great character and a kind man. Condolences to The O'Meara Family.

WELL DONE

Congratulations to Sean and Kitty O'Grady on celebrating 50 years of wedded bliss. Also

CONGRATULATIONS to Tommy Galvin on his retirement after 38 years at St Oliver's School, well done Tommy.

LEGION LOTTO

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



Muckross Rd.

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

CLUB MERCHANDISE

The club shop is still open for club gear, place your orders direct with Maura on (087) 763 4372.

LEGION LOTTO

1-16-18-25 Bonus No 13

Lucky Dips

Anthony Russell, St Anne's Rd

Rita O'Donoghue, 8 Scrahan Crt

Balint Kaman, Four Star Pizza

Brendan Cronin, 135 Ballyspillane

Ciara Hegarty, Loreto Road

Jackpot €6,300 plus €10,000 bonus, Draw next Sunday night 9pm.

MILLTOWN/CASTLEMAINE NEWS

FUNDRAISING LOTTO JACKPOT

DRAW: JACKPOT - €12,600

We had 6 lucky consolation prize winners in our Lotto Jackpot Draw on Friday evening last.

The winners are as follows: €50 each to Seán Hayes, Lyre and Karl Daly, Barber Killorglin.

€25 each to Tom O'Sullivan, Ballyarkane, Turlough O' Brien, Ballyoughtragh Heights, Aoife McAuliffe, Kilcolman and Ann Carroll, Kiltallagh. Heartiest congratulations to you all and mille buíochas as bhur tacaíocht.

Our next draw for a jackpot of €12,600 will be on Friday November 6th 2020. A win or share in this would be ideal to lift the spirits coming up to the Christmas season!

All you have to do is purchase a ticket and mark in your chosen numbers. Matching the first 3 drawn numbers along with the bonus will give you a chance of winning or sharing the jackpot. Match 3 will give you a win or share of €200. There will also be 6 consolation prizes on offer - 2 x €50 and 4 x €25. So plenty of money to be won! The next draw, on November 6th, will be streamed live. So don't forget to get your ticket if you are out and about during the week. Tickets available at local outlets.

MILLTOWN-CASTLEMAINE ONLINE SHOP NOW OPEN: IDEAL CHRISTMAS PRESENTS AVAILABLE.

With Christmas just about 9 weeks away, there is no better time than right now to browse on our on line shop and pick up some of

your Christmas presents. We have recently launched our on-line club shop at <https://milltowncastlestore.sumup.link/>

The online shop will facilitate orders for the merchandise we have in stock; please feel free to browse our inventory however please note that we only have limited stock quantities and not all sizes are available. The inventory is split into four categories (O'Neill's 2020 Stock, Discounted Stock, Starter Pack Items & Kerry Merchandise). To order merchandise, please complete the online payment and we will contact purchasers to arrange delivery to Milltown or Castlemaine (at no additional charge) a few days after payment. If you have any queries in regards to the on-line shop; please contact Liam (086 041 3593) or Suzy (087 237 2729).

NEW LOCKDOWN

As always, we wish to convey our heartfelt gratitude and good wishes to all our frontline workers. We will all try to encourage and support each other in these challenging times. Let's all play our part. Stay safe, stay apart and stay home where-ever possible. By doing so we can hopefully come together at Christmas time.

NATIONAL LEAGUE CHAMPIONS:

Huge congratulations to Peter Keane and the Kerry senior squad on a fantastic victory over Donegal on Saturday evening last to win the National League. Watching the games has no doubt brought much joy to many people. Comhghairdeas speisialta to Ronan Buckley, a senior club player with neighbouring club Lios-A-Trí, on another super game in the Green and Gold jersey, receiving much praise all round for his performances. All in the club are delighted to send their congratulations to Ronan's grandparents Ann and Tim Galvin who reside in our community here in Kilcolman Milltown. We wish Ronan and his team mates all the best in The Championship going forward.

BALLYHAR-FIRIES GAA

LOTTO

Lotto results from Monday 26th

Numbers drawn were: 2, 7, 11, 22.

No jackpot winner.

5x€30

Peter Costelloe, Roxborough

John Ryan, Rusheen, Castlemaine

Shelia Fell, Gurteenroe

Margaret Kelly, Farranfore

Tony Marchell, c/o Aherns

The next draw will take place on Monday 2nd for this weeks Jackpot of €3,600

Keep an eye on our social media for results. Thanks to everyone who purchased a ticket and don't forget to get one for next week!!

Get your lotto tickets from all the usual sellers, Club Officers, from any of the shops and business in the parish or online via the Furies page on Clubforce. Thanks you all for your continued support.

SPECIAL ONLINE LOTTO DRAW:

We are running a special draw for all our online yearly and biyearly lotto supporters with a chance to win your subscription back!!!! Open to everyone who either purchases a yearly or biyearly (6 Months) ticket via our clubforce lotto page!! Deadline is Nov 2nd. Best of luck everyone!

The club's Lotto continues to be one of the main fundraising actives for the club, therefore its continued support is vital to support the club's day to day activities. Along with the club's traditional physical lotto tickets, we have made it easier for everyone from all parts of the world to have the same chance of winning with our online lotto via clubforce.

Via the online app, one can buy tickets ranging from weekly to annual options.

Like the majority of clubs, the main source of income for Furies GAA Club is through our weekly Lotto. Through these funds we are able to provide further training and games to develop all the club members.

We are asking that everyone make a special effort to support our club lotto. The club is extremely grateful for any contribution made and all funds raised go towards providing games and activities for all members of the Furies community.

Tickets are also available to purchase physically in some of the local shops incl. Aherns Pharmacy, Farranfore, Sherwood Bar and Restaurant Farranfore, Sheehans Shop Farranfore, Moriarty's Centra Farranfore, Bridies Shop Furies, Hendersons Shop and Bar Furies and from all the usual sellers. We thank these businesses for their continued support. Thanks to all for playing our club lotto.

ASTELLAS IRELAND PLANT TAKES TOP PRIZE AT 2020 SEAI ENERGY AWARDS

The Sustainable Energy Authority of Ireland (SEAI) announced the winners of the 2020 SEAI Energy Awards during an online awards ceremony which saw pharmaceutical company, Astellas Ireland take home the top prize for Energy Team of the Year. Astellas manufactures pharmaceutical products for the global market from its Killorglin facility in County Kerry. The Energy Management Team at the Kerry plant work in conjunction with senior management and all employees to continuously improve energy performance on site. Over the last three

years the team has achieved an energy reduction of 15% and delivered almost 20 projects each year. "It's fantastic to win the Energy Team of the Year Awards at this year's SEAI Energy Awards. It is a brilliant recognition of all the hard work that has been undertaken on site and the proactive approach that Astellas Kerry Plant has taken to incorporate sustainability into its core values. It's only through the collaboration of everybody on site, including all employees, all members of the energy team and senior management that we are able to achieve our energy goals every year,"

Megan Staunton, Site Energy Lead at Astellas Ireland Kerry Plant said.

A total of ten awards were presented to individuals, businesses, communities, and public sector organisations in recognition of their commitment and dedication to sustainable energy and climate action. The online awards ceremony was hosted by broadcast journalist, Andrea Gilligan, who was joined by Minister for the Environment, Climate and Communications Eamon Ryan T.D. for a special interview.

REPORT BY LEONA TWISS, PRO



KERRY GAA SCENE

KERRY ARE LEAGUE CHAMPIONS!

Congratulations to the Kerry Seniors Football Team on winning their 21st National League title last Saturday. It was a rather surreal occasion but nevertheless an important milestone for Peter Keane's young squad. County Board Officer and Central Council Delegate Patrick O'Sullivan presented David Clifford with the Cup. There was a simple cheer and no further celebration as their minds quickly turned to the Munster Championship!

Special mention must go to Ger O'Mahony and his crew for having the field in spectacular condition for the football game on Saturday and for the hurling game on Sunday. Also our thanks to the Covid Committee and the Austin Stack Park Committee for their excellent organisation of both games.

The next outing for the Senior Football Team is their knockout fixture against Cork in Páirc Uí Chaoimh on Sunday, November 8th at 4pm. Best of luck to the team and management in this year's Championship.

COUNTY CONVENTION 2020

Nomination and Motion Forms for the County Convention which will be held on Monday 7th December at 7.30pm have been distributed to all Clubs and Districts. Please note in light of current restrictions the format and make up of this year's Convention will be confirmed at a later date by the County Management

Committee and following direction from Croke Park.

As always, all officer-ships can be contested at each Convention with the exception of Runaí & Cláraitheoir (full time position), Oifigeach Leanaí (appointment) and Oifigeach Forbairthe (appointment). The following is the list of the current officers

Cathaoirleach: Tadhg Ó Murchu (outgoing)

Leas Cathaoirleach: Eamonn Ó Faoláin (outgoing)

Runaí & Cláraitheoir: Peadar Twiss (full time position)

Leas Runaí: Emma mac Suibhne (outgoing)

Cisteoir: Tomás Ó Cathain (outgoing)

Leas-Cisteoir: Seosamh Ó Cruaioich (outgoing)

Árd Comhairle: Pádraig Ó Suilleabhain (outgoing)

Comhairle na Mumhan: Gearoid MacCarthaigh (outgoing)

Comhairle na Mumhan: Sean Ó Laoire (outgoing)

Oifigeach Caidreamh Poibli: Leona Twiss Uí Bhriain (outgoing)

Oifigeach Leanaí: Berni Ní Rinn (appointment)

Oifigeach Forbairthe: Liam Ó Loingsigh (appointment)

Oifigeach Gaeilge & Cultúir: Criostoir Ó Cillin (outgoing)

Oifigeach Oiliúna: Toirealach Ó hUallacháin (outgoing)

Oifigeach Iomána: Páidí Ó Duinnin (outgoing)

The following dates apply:

Nominations and Motions are to be returned no later than 5.00pm Friday 6th November 2020. Please note the closing date for receipt of Motions relating to Competitions will be held back until a clearer picture emerges for the 2021 playing season. Any such Motions will not be dealt with, as is customary, at the last County Committee Meeting prior to Convention but will instead be dealt with at a later County Committee Meeting or should circumstances require, by the County Management Committee. All those nominated will have until 5pm on Monday 9th November to confirm in writing if they wish to contest positions.

Motions for consideration by the County Convention; "Motions from Clubs shall be submitted on the motion form, which shall be sent to the Clubs at least six weeks prior to the County Convention, and which shall be completed and returned to the County Secretary at least four weeks prior to Convention. Motions from Clubs shall have been approved by a meeting of the Executive Committee or AGM of the Club and the date of such meeting shall be shown on the motion form: Rule 3.14 OG 2020. All nominations must be signed by Club Runaí & returned by email to secretary.kerry@gaa.ie or by post to: Runaí, Coiste Chontae Chiarraí, Pairc Aibhistin de Staic, Trá Lí, Co. Chiarraí.



Halloween dress up day for the students at Clearway Montessori pictured with their teachers L-R Ciara Culhane, Magda Rutkwska & Sheila Cronin. PICTURE MARIE CARROLL-O'SULLIVAN



Halloween dress up day at Clearway Montessori L-R Olivia Bradley, William Lenihan, Claire Coleman & Muinteroir Sheila Cronin. PICTURE MARIE CARROLL-O'SULLIVAN



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We would like to remind our customers that Main Street is open to pedestrians at all times and as an essential service we remain open to look after the needs of our customers and friends in the Killarney and surrounding areas during level 5 restrictions.

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MUCKROSS ROWING CLUB

COVID-19

With the move to Level 5 public health restrictions on Wednesday, October 21, the club's activities are once again greatly curtailed. The latest restrictions allow only for children up to and including the age of 18 to train outdoors in pods of up to 15 people. Gyms are closed and no training is permitted inside the Muckross Community Centre. No adult training is permitted from club facilities and all adult members are limited to individual training within 5km of their home.

COACHING INTRODUCTION

Rowing Ireland is running its Introduction to Coaching Course, which will be run online during November. When public health restrictions allow, a four-hour live session will also be held at a later date. The course is aimed at adults with no prior rowing experience, who may wish to develop a new skill and assist an experienced coach. The first course begins on Tuesday next, November 3 at 8pm and will continue for the following three Tuesday evenings at the same time. The second course begins on Thursday evening, November 5 at 8pm and will continue for the following three Thursday evenings at the same time. If you wish to attend, please contact the Club Captain, Jeremy Kenny.

GNEEVEGUILLA ATHLETIC CLUB

LOTTO

No winner of our lotto draw 23/10/2020, numbers drawn were 4, 5, 7 & 26. Sellers prize winner Centra Rathmore, €50 y/t prize to Breda Teahan O' Keeffe's Shop, €50 to Myra Buckley Gortavehy, €40 to Jack Murphy Kilquane, May Jones Ballydesmond & Ben Noonan Scrahan Knocknagree. Bonus not won numbers drawn were 1, 11, 12 & 30. Next week's jackpot €13,400 plus €1,000 bonus.

LOTTO RENEWAL

A special word of thanks to all our ticket sellers, with the closure of the bars it is vital to have sellers out in the community in order to keep

the draw going. ½ yearly ticket money is now due for renewal (November 7th), appreciate if those concerned can make contact and arrange to join up for the next six months. Tickets usually due 01/01/21 will not be due for renewal until May 1st 2021. Thank you for your continued support. Killarney RFC News:

KILLARNEY RUGBY CLUB

MINIS AND YOUTHS TRAINING CONTINUES

With the country now in level 5 and restrictions widespread, training for school going children, up to and including u18.5's has thankfully been allowed to continue.

We are allowed to continue non contact training in pods of 15 and no matches allowed. Spectators are not allowed however one parent can attend training. Also, parents are allowed to travel outside the current 5km restriction to bring a child to training.

In these uncertain times, it is great to have training continue for our children - a little normality in these difficult times.

New players are always more than welcome. Our Minis (U6-U12) train each Saturday morning between 10 and 12 - staggered start and finished times depending on the age to ensure social distancing etc. Meanwhile our U14-U18.5 train during the week. Check out our Facebook page for further details and times and contact details.

YOUR CLUB YOUR COUNTRY DRAW

This years Your Club Your Country draw is now open and all tickets must be bought online this year. Simply click on the link on our Instagram or Facebook pages to purchase your tickets. Each ticket costs €10 and the fantastic list of grand prizes are listed there also. Every cent from every ticket goes directly to the club so this is a simple way to support the club. Please support, your support is more important now than ever!

DEERPARK PITCH & PUTT CLUB

LEVEL 5 RESTRICTIONS

Unfortunately, we received confirmation from Pitch & Putt Ireland last Wednesday October 21st that we had to close for play to all for the period of the Level 5 Public Health Restrictions. The committee will assess things further as this period progresses but it is our hope to try and finish some of our intended events left for 2020 in the calendar year if the opportunity arises during the month of December. We will make a further announcement on that front in due course.

CLUB WISHES

The club would like to extend our thoughts at the current time to some of our more elderly members as we begin to face the current restrictions. We hope they manage to keep their spirits up in the coming weeks and we look forward to seeing them when restrictions lift.

KILLARNEY CELTIC

CELTIC LOTTO

Numbers drawn 17,20,21,25. No Jackpot winner. Match 3 receives €150. Next draw is on Monday Nov 2nd with a €16,000 jackpot. Tickets are available from club members, The Dungeon, Hegarty's Park Rd and online at clubforce.com.

FACEBOOK

Please see our Facebook page for details on a return to training for our squads. Level 5 restrictions will apply to all trainings and we ask that all those entering Killarney Celtic would adhere to those protocols.

RIP

Killarney Celtic sends its sincerest sympathies to the Twomey family following the recent passing of former player Derek.



Halloween dress up day at Clearway Montessori L-R Sam McCarthy, Lia O'Leary & Jessica Pierce. PICTURE MARIE CARROLL-O'SULLIVAN



Halloween dress up day at Clearway Montessori L-R Caoimhe O'Sullivan, Danny Shevlin & Nancy O'Riordan. PICTURE MARIE CARROLL-O'SULLIVAN



Rathmore & District CREDIT UNION

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BALLYDESMOND
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GLENFLESK NEWS

Written by: Seamus Healy

LOTTO

Glenflesk Notes 26/10/20

GLENFLESK GAA GEAR

We are delighted to announce that our Glenflesk GAA gear is now available on the O'Neills website. You can click on the 'Shop Now' button at the top of our Facebook page. We still have limited items available. You can contact Emma for more information on 085 754 7586

CLUB LOTTO

Due to Covid restrictions Club Lotto has been suspended until further notice. Thank you for your support in the past and we look forward to your support in the future. On Line and annual tickets will be reactivated when Lotto resumes. Keep safe everyone and best wishes to you and your families.

MINOR HURLING

Kerry minor hurlers eventually lost out to a strong Tipperary team in the quarter final of the

Munster Hurling Championship. Luke Crowley started at midfield for the team and played the full sixty minutes. He had one assist and almost scored a great point in the first half. His passing was good and he helped the defense which denied Tipperary any goals. Luke plays his hurling for Rathmore, and they will be proud of his performance against a far more experienced Premier county team. Luke's Grandfather Derry won a County Hurling Championship medal with Killarney in 1969. To play at midfield to such a standard in his first year at minor level against such strong opposition is a credit to Luke and the coaches at Rathmore. Well done to all the Kerry team for competing so well.

KERRY COUNTY BOARD

Re - Inter-Club activity for remainder of year.

Please note Inter-Club games will not be resuming for the remainder of this year. Activity at all levels (Senior & Juvenile) including

collective training is also suspended.

This follows recent correspondence from Croke Park which was circulated to all the units and the anticipated increase in countrywide restrictions that is due to be announced by the Government. All outstanding games (both District & County) will be picked up in the New Year with exact dates etc. to be confirmed.

The inter-club games programme we had planned for during the inter-county period (Oct/Nov/Dec) has also been shelved.

Our thanks to all the Players, Team Mgt & Clubs for their great commitment and co-operation over recent couple of months and congratulations to all the various winners.

SPA GAA

Written by: Deirdre O'Sullivan-Darcy

KERRY GAA

Well done to the Kerry seniors on their win over Donegal on Saturday and winning the 2020 Division 1 Allianz National League title. Well done especially Spa's Dara Moynihan, Liam Kearney and Niall O'Mahony. Next game scheduled is the Munster Championship semi-final against Cork on November 8th.

SYMPATHY

Sincere condolences to the Twomey family and to all at Killarney Legion GAA on the sudden passing of Derek Twomey RIP. Ar dheis Dé go raibh a Anam.

NEW YORK LADIES CUP FINAL

Well done to Kerry Holland who played with Kerry/Donegal Ladies in the New York League Cup Final on Sunday against Manhattan Gaels.

CLUB ACTIVITY IN KERRY IS OVER FOR 2020

GAA activity at club level in Kerry has been suspended for the rest of 2020, including training sessions and games at ALL age grades. Here is the official announcement from Kerry GAA Secretary Peter Twiss last Monday:

Re - Inter-Club activity for remainder of year.

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This follows recent correspondence from Croke Park which was circulated to all the units and the anticipated increase in countrywide restrictions that is due to be announced by the Government. All outstanding games (both District & County)

will be picked up in the New Year with exact dates etc to be confirmed.

The inter-club games programme we had planned for during the inter-county period (Oct/Nov/Dec) has also been shelved.

Our thanks to all the Players, Team Mgt & Clubs for their great commitment and co-operation over recent couple of months and congratulations to all the various competition winners.

SPA LOTTO RESULTS 26/10/20

Numbers drawn 7, 14, 20, 22. No winner and Lucky Dips receive €50 each to Samira Hayes, Niamh Fenton, Michael McCarthy and Mary O'Donoghue. Spa weekly Lotto draw will continue for now and the JACKPOT this Monday is €6,000! Tickets are on sale online on spagaa.com or can also be purchased at Dalys Supervalu, Killarney Hardware, Centra Muckross Rd, Spa clubhouse or from usual sellers. Thank you all for your continued support.

SPA GAA ON YOUTUBE

We are working on getting Spa games online for people to watch over the coming weeks and months. Please visit our YouTube channel, under the name Spa GAA Club Killarney, and our first game is the 1995 Intermediate Final between Spa and Valentia that finished level at 1-9 apiece. We will be adding more videos over the coming weeks so stay tuned. And if anyone has any videos, DVDs or photos that we can copy please send them on to 0851216359 or pro.spa.kerry@gaa.ie

KERRY COMMUNITY RESPONSE FORUM - HELPLINE

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

LADIES GAA

The Ladies Gaelic Football Association announced last week that all 42 games in the TG4 2020 All Ireland Championships will be available to watch live and all games will be free to watch.

SPA MERCHANDISE SHOP

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

ITEMS FOR NOTES

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



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RATHMORE | GNEEVEGUILLA NEWS

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

SHARE THE BUCKET

The Gneeveguilla Community Development Council in association with the Gneeveguilla Basketball club had our weekly draw for our share the bucket on Friday evening 23/10/2020. The jackpot was € 423..Breda O Donoghue was this weeks winner

Congrats Breda

Guaranteed winner every week,go to our Facebook page to find out how and where you can play.

REMEMBER if YOU are not in you can't win

<https://www.facebook.com/gneeveguilla/>

Draw takes place every Friday eve @8:30 pm on Facebook live

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

ROSARY

The Rosary for Life and Faith will continue at the Grotto Gneeveguilla on this Sunday 1st November at 10am . Please observe social distancing.

CONDOLENCE

Sympathy to families & Relatives of Derek Twomey RIPCoolgarriv, Killarney,

BUSINESSES OPEN IN RATHMORE PARISH

Rathmore

McCarthy's Londis,

O'Keeffe's Food & Filling Station,

Reens' Pharmacy,

Christy's Take Away

McCarthy's Butchers,

Rathmore District Credit Union,

Blaze Pizza & Grill,

Hickey's Centra & Filling Station,

Kerry Agri Store Rathmore,

Rathmore Post Office



Congratulations to Anna Cashman (3rd year) who won 1st prize in the Intermediate category in the Student Enterprise Awards. Anna's entry in the 'My Entrepreneurial Journey' competition saw her go forward to represent Co. Kerry at the National Finals which this year due to Covid 19 restrictions took place online. The judges were very impressed with Anna's project which mapped out the life of a successful entrepreneur and how that could be achieved. Well done Anna!

Linda's Restaurant (Friday -Sunday 10-30am -7pm. /take away.)

O'Keeffe's Hardware & O'Keeffe's Oils

Sapphire Signs

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Guerins' Foodstore Filling Station,

Ballydaly Cross

Gneeveguilla

McCarthy's Quick Pick,

Paddy O'Keeffe's General Store

Knocknagree

King Plaza Take Away

If any one wants to be added to list contact me

MEALS ON WHEELS

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

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

Helpful Contact Numbers:

Jigsaw Kerry: (Young Peoples Health in Mind)

Contact 066-7186785 Email: kerry@jigsaw.ie

Pieta House: Contact 01 6010000 or www.pieta.ie

COVID-19 SUPPORT LINE FOR OLDER PEOPLE

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

ILLEGAL DUMPING

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

ST. VINCENT DE PAUL

Rathmore Branch

LOCAL CONFIDENTIAL CONTACT

087 3462332.

FOSSA NEWS

Written by: Shane Kelly

KERRY

Congratulations to the Kerry senior team and management, especially captain David and Paudie Clifford on winning the Alliance National Football League Division 1, a huge honour for our club to have two players involved and one been the captain first piece of silverware of the year we all hope.

LAST MAN STANDING

We have 5 people left standing after the last round of fixtures:

Cathal Griffin, Tina Myers, Martin Cannon, Conor Magill, Eoin Rice.

As there's no league final we will do predict the score for the Kerry Cork game in two weeks to decide the winner.

FOSSA MERCHANDISE

Anyone who wishes to order Fossa Gear ie. Jerseys, Shorts, Half Zips, Hoodies etc for Christmas, please get your order into Rhona ASAP on 0876685952. The closing date for Christmas Orders is October 31st, with no exceptions due to the current situation as O'Neills will not guarantee delivery on orders received after this date.

LOTTO

Until further notice, our Club lotto is suspended due to level 5 restrictions, (Hopefully not for too long) thanks to everyone for your continued support.

CONDOLENCES

The club would like to pass on our condolences to the Twomey family on the untimely passing of Derek and all at Killarney Legion GAA.



Be Responsible - Be Safe

Outlook
MAGAZINES



Killarney Outlook
are looking for your
old photographs for our

2020 SOUVENIR EDITION

If you have an old photos of
Killarney or its residents please
contact Aisling on: 086 0400958

Our souvenir edition is very popular with
Killarney people at home and abroad and
this year more than ever it is important for
us all to keep in touch. We really appreci-
ate all the photographs that are given to us
so we can share them with everyone.



Outlook
MAGAZINES

*See last years Souvenir issue on
www.outlookmags.com*



**DANNY
HEALY-RAE TD**




**Cllr MAURA
HEALY-RAE**

**WEEKLY CLINIC ON:
SATURDAY AT SCOTT'S HOTEL,
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Eileen **087 9975419**

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maurahealyrae@gmail.com



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My Personal Journey

DEACON **THADY O'CONNOR**
SHARES HIS RELIGIOUS JOURNEY

My first memory of Church was when, as an Altar Server I served mass for our Parish Priest Fr. Herlihy in my native parish of Kilcummin.

Serving the Church was a core value held by the culture during my early formative years, and is something that has stayed with me to this day. I married my wife Carmel who was also from the parish, and later we were blessed with four children Evelyn, Ronan, Patrice and Clodagh and in the past year we have been blessed by two Grandsons James and Ryan. It was during the rearing of our own family that we found a greater necessity for the Church and living a life of faith. We found it gave meaning to our lives and helped us with the inevitable challenges that we encountered. As a young parent I took part in the Kerry Diocesan Programmes which really helped us to develop as a family. Each of our children became involved in the ministries of the Church as they came of age. We believe it was and still is the best formation we can give our children, perhaps a view that is not known by young parents today. In this context I'm always reminded of the words of Fr Adrian Van Kaam, "Spiritual development is a prerequisite for personal development".

After a very fulfilling career at the cutting edge of technology an opportunity arose, allowing me to pursue a lifelong love to work in the area of spirituality and the creative arts.

Having seized this opportunity, I pursued a fulltime residential MA degree in Holistic Development for Pastoral Ministry, in All Hallows College Dublin, (DCU), and thereafter I was appointed manager of the IOSAS Pastoral Centre with the Columba Community Muff Co Donegal. I really enjoyed my work there and gained much experience as my work took me across the border into Derry city, working with colleges and parishes of the area. Developing and promoting cross border interfaith peace programmes was a key feature of my work for the centre at the



time. Having studied and seen the benefits of Music Ministry, I took up the position of Musical Director of the Vincentian Parish Mission Team which as everybody who knows me, I'm still striving to develop and promote to this day.

Diaconate Formation Programme

Formation as a Permanent Deacon is a four-year programme, with the first year being a year of discernment followed by a three-year academic programme. I found the first year to be a very beneficial year also, with regard to bringing me into contact with likeminded people. It also refined my understanding of the call to the ministry of Deacon as a way to serve parish and communities within the Church. The three year academic programme took place in St. Patricks College, Thurles. Ironically my uncle Fr. Pat O Connor was ordained there in 1929.

It was a wonderful and deeply humbling experience along with my two colleagues Deacon Denis Kelleher, St John's, Tralee and Deacon Patrick Coffey, Killorglin, when Bishop

Ray Browne ordained the three of us as Permanent Deacons for the Kerry Diocese on Oct. 2017.

There are six Permanent Deacons currently serving in the Diocese for the first time in the history of the Diocese, and that tells its own story.

Subsequently, I was assigned to Castleisland Parish and Pastoral Area. I'm delighted to be part of the dynamic team in Castleisland. Having been assigned to the Sacrament of Baptism by my Parish Priest Fr Mossie Brick, my work brings me into contact with young parents which I love, and is such a natural area of ministry for me. I'm also involved in Music Ministry through live streaming as well as recording. I have recently released my third album "Sea of Tranquility Volume II", which is available through the newly opened outlet in Castleisland Parish Office, as well as the Friary Bookshop in Killarney. I feel Sacred Music is a very necessary medium, enabling people to deepen their sense of mystery and prayer and was a key feature of ministry in the early church. Currently, I'm also developing overnight pilgrimages to Monastic sites and early Christian Pilgrim walks.

As I write this, it is being announced that we are about to start our second lockdown as a result of Covid 19 virus. There are extreme views emerging on both sides of the debate as to whether this is necessary or not. For me, it's a time to focus on our faith, allowing it to carry us through these times of uncertainty. The core of our faith is "the mystery of life" we are all part of that unfolding mystery. The beauty and the origin of your own life, the God of love and creation will never abandon us. Take time to look around you at the beauty of creation itself, everything is biased towards healing, goodness and unity. I also find great wisdom and hope in the song "One Day at a Time Sweet Jesus". Let us pray for each other as we strive to live "One Day at a Time". Trusting in our Divine Creator with great confidence and enthusiasm as we encounter the many challenges and changes currently taking place within our communities, and our Church both locally and worldwide.

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JIMMY O'SULLIVAN-DARCY

takes a look at all things sport...

NATIONAL LEAGUE CHAMPIONS!

Kerry 2-18 Donegal 0-10

The Kerry seniors lifted just their second national trophy in a five year period last Saturday (let's not kid ourselves, the introduction of the back door has seen the currency of a Munster title being completely devalued) and did it in fine style. I won't do a detailed match report – I imagine many of you will have read plenty such in the intervening days. I will make my own observations of the game (I was one of the fortunate few to be there) and draw my own conclusions.

I do believe that matches are now divided into short quarters rather than halves. It makes for short and intense bursts before the clock is reset for the next quarter – I can understand that in high-intensity games like basketball and NFL, where a majority of players are directly involved in the play; far less so in more tactically nuanced (not superior, I'm just noting that movement off the ball and team synchronicity are more subtly effective) field sports. I don't really agree with it; I don't see it as safer as regards infection. Runners don't carry water bottles to the players any more, but they do still run onto the field.

First Quarter

Let's not kid ourselves. Kerry played a total blanket defence. This was Tyrone in the early 2000s or Donegal under McGuinness. Kerry mostly had one man in the opposition half, but several times they had none. And it was working. Donegal were running into a massed wall. They had plenty of possession; Kerry were happy to let them have it – outside the danger area. David Moran opened the scoring – David's main strengths of high fielding and long range kicking are mostly redundant in a game like this) and a highly industrious Dara Moynihan neatly picked off a second. But Donegal actually led at the break. Ciarán Thompson (whom I have always thought of as a brilliant engine room wing back, not as a score-executioner) scored two superb points – they had to be superb, with Kerry's defence closing out normal opportunities. At the end of the quarter Jason Foley picked up a black card (very harsh, I thought) and Oisín Gallen popped the free.

Second Quarter

In the first half, both sides were picking up uncontested short kick-outs (Kerry did put one over the sideline; not a big deal for me). I actually think that being a man down meant that Kerry were more willing to go for distance. Significantly, Donegal put their spare man around the middle – it left the door slightly ajar. And paid the price. Tom O'Sullivan initiated the move in defence, raced forward, regathered, had a look at the posts.....and chipped a



beautiful, clever, almost cheeky pass into Sean O'Shea as he drifted behind the defence. It was the very definition of a killer pass. Sean still had plenty to do, but Sean O'Shea? Stop, he could and did finish in style. Donegal were reeling. Kerry were admirably ruthless rather than celebratory, with Tom finishing off a good team move for a point. Tadhg Morley won a good ball inside (Tadhg was outstanding in guarding his patch, really assured) and got it out to Gavin White, who burst forward in trademark style. The cardinal rule in the modern game is to never take the ball into contact, hence all the recycling. There's an exception to every rule, and this was it. Gavin burst straight through three tackle attempts, shrugging them off like irritant mosquitos. I've always admired Gavin's ability to slice defences apart with that power and pace, but queried the actual end product.... this time Gavin buried it beautifully. 2-3 to 0-3. Jason McGee, Donegal's best player and the most dominant midfielder, did kick a good score. Kerry didn't care. This was the Tony Brosnan Show. He gathered from David Clifford (David and Tony put in hard shifts – both are well known as great snipers but they dug willingly in the trenches hard and often here) and fired over. The same pair combined again for his second - he could arguably have gone for goal. He rose high to catch the kick-out himself and kicked it over – he might have tried to lob the keeper, but opted rightly for the certainty of a score. Three points in as many minutes. Ironically, Jason Foley returned, both sides reset....and Donegal reeled off three points themselves, twice turning over our kick-out. Thompson with two frees (one a careless pick-up of a Kerry kick-out) and McGee with a monster score from the right wing. Sean O'Shea (looking like the goal had increased his confidence) fired over a Kerry response. Kerry had their first couple of wides before the effervescent Tony Brosnan pointed. Caolan McGonigle curled over a good point – it was a great effort; I suspect that he was thinking about under rather than over. A foul on Paul



Murphy, another player who exemplified Kerry's work-rate all day, was converted by David Clifford. A Sean O'Shea '45 (Tony's shot was blocked) drifted wide, but Kerry could be more than pleased with their first half.

KERRY 2-9 DONEGAL 0-8

Second Half

Let us not dwell on it. Oisín Gallen opened the second half from a free after two Kerry wides, and Caolan McGonigle fired over from an angle after good work by Thompson. In the meantime Sean O'Shea had slotted a free and David Clifford kicked a point. He 'kicked a point' that Michelangelo once 'painted a church roof', or Newton 'dabbled in physics', or Mozart 'had a few ditties'. A few people who might have been expecting some kind of comic-book hero Clifford were probably disappointed up to now (I hadn't been; David was moving, passing, and especially, tackling superbly all through) – this was a simply unreal point.

And that was that. It was, basically, all over with twenty minutes left on the clock. David added another from massive distance. Tony, easily man of the match, nailed another two points. David with another well-worked team score. Sean from play and another free. David made it 0-7 without reply before Conor Lane blew a fairly merciful whistle.

One of Kerry's most influential figures wasn't on the pitch and never has been. Kerry are only the second county after Dublin to employ a strength and conditioning expert across all grades. On this evidence, Jason McGahan is

worth every cent and a bonus. It's no secret and I'm not alone in saying that Dublin in particular have been easily out-running and out-muscling Kerry in the last ten minutes of crunch games and last year's All Ireland Finals continued that worrying trend. But Kerry were hunting and sprinting at the finish just as hard as they had been at the start, long after Donegal had given up the ghost. They brought subs on for the last quarter – Stephen O'Brien is as fast and relentless as ever, while Brian Ó Beaglaíoch also caught my eye.

Two important caveats, and let's not shy away from either. First, this title will always have a shadow cast on it by the circumstances. These were warm-up games, nothing more. In the list of interesting or strange things that happened in 2020, the National League title won't even be getting a mention in the appendix.

Second, Donegal were not even vaguely bothered about this game, no matter how much anyone pretends otherwise. Missing from the day's action were players like Michael Murphy (a game-changer on his own) Paddy McBrearty, Neil McGee, Eoghan Ban Gallagher, and Ryan McHugh. Donegal have their eyes firmly fixed on Tyrone in the Ulster Championship, not a League title that they could theoretically have won only if all the other results fell their way. Mayo join already relegated Meath in the drop to Division Two, just a year after beating Kerry to become National League Champions. Roscommon and Armagh are promoted.

There was some interesting Kerry involvement in a few other counties as well, two in particular.

Kildare: After losing three out of four games early on, Kildare, managed by former Kerry minor, senior, and U20 manager Jack O'Connor, saw off Westmeath by 0-16 to 0-11, and ended up narrowly enough missing out on promotion. It's champions Roscommon and Armagh who go up.

Laois: Laois also have a Kerry manager in Micheál Quirke, former county midfielder and GDA as well as manager of Kerins O'Rahillys (following in the footsteps of Jack O'Connor). Laois were facing a real possibility of relegation. In the 67th minute, trailing by five points and down to 14 men, it looked all over for them. Gary Walsh nailed a penalty and added a goal from play, with Paul Kingston adding a third. Down by five and winning by seven.....some turnaround.

Fermanagh were already down (and deserve credit for their gutsy performance) and Cavan lose out to Clare on head to head to join them in the drop. Unbeaten Cork come up as Division Three champions, with Down joining them.

LADIES GAA

Kerry will open their Football Championship with an away game to Cavan this weekend.

Their Camogie Championship was supposed to start against Cork last weekend, but that was very abruptly curtailed when Cork (and nine other counties) were told that they couldn't enter B teams. That's a very tough call on young players, in fairness, at so late a stage. Kerry will now open their campaign at home to Meath this Saturday – subject, obviously, to change at short notice.



HURLING

Kerry Get Off To A Great Start

Joe McDonagh Cup: Kerry 1-20 Meath 0-13

Kerry have been left scrambling after first round defeats in the Joe McDonagh Group Stage in recent years, so a convincing win over Meath is a big fillip for Fintan O'Connor's players.

I disagree completely with the idea that a lack of supporters (though certainly disconcerting) negates home ground advantage – shorter travel and familiarity with surroundings is a huge plus.

Meath were promoted from the Christy Ring last year (the third tier competition) and Kerry were favourites here. Meath are no pushovers, though, far from it. Jack Regan in particular is a great hurler, while Pádraic O'Hanrahan is a free-taker par excellence. But Kerry have greater strength in depth, and it showed.

First Quarter: Kerry faced early pressure with Meath raining in long balls. Bryan Murphy and Jason Diggins were superb, though, with sweeper John Buckley adroitly clearing the lines. Mikey Boyle was an effective target man at the other end, setting up Brandon Barrett for our first score. O'Hanrahan was on target twice (one an absolute beauty, in fairness) but Kerry reeled off points through Shane Conway, Micheál O'Leary, Mikey himself, and Shane again (after Mikey was fouled) to lead by 0-5 to 0-2 at the first break.

Second Quarter: Oh wow, but the heavens opened. Kerry handled the deluge slightly better. Meath snapped early points through O'Hanrahan and Regan (2) to level but Kerry responded through Micheál O'Leary, Mikey Boyle, Shane Conway, and Mikey again in response to an O'Hanrahan free. Then came Kerry's goal. Conway's long free looked like it was going wide, but Mikey Boyle batted it back into play and pressured the defender to spill it towards Michael Leane, who slipped it to Shane Nolan for a great goal. Michael Slattery and Shane Conway added quick points before Jack Wall and Jack Regan gave Meath hope.

Half-time Kerry 1-11 Meath 0-8

The rain cleared as quickly as it had arrived. Meath came out hungry, but Kerry handled the pressure well (Diggins was my man of the match) and all they got was two O'Hanrahan frees. Shane Conway had put over a brace himself in the meantime, and then Kerry cut loose.

Shane with another two Shane Nolan, Mikey Boyle, Colm Harty after coming off the bench (subs like Harty, Daniel Collins, Pádraic Boyle, James O'Connor, Daniel Casey....that's a deep panel to draw from!)....Kerry were completely assured here. Regan and O'Hanrahan did pick off Meath scores, but not enough. Play did get a little ragged (to be honest, referee Thomas Walsh let some clumsy tackling go on both sides; I wouldn't have in these wet conditions) but it didn't deter Kerry, who closed it out with points from Nolan and Conway.

Tosach maith, gan amhras!

Kerry have Antrim (who walloped Westmeath by 4-25 to 1-15, having also defeated us in the Division Two Final) Westmeath, and Carlow in our five team group.

We are away to Westmeath next weekend. To be quite honest about it, we have to beat Westmeath, and they will be a much tougher test. Only one team qualifies from the group, and Antrim are red-hot favourites for that. We face them in our third game and we need to make that a decider. We have no margin for error here. It's tough, of course it's tough..... when did Kerry hurling ever have it easy? We have faced harder challenges in our time.

AFL GRAND FINAL

Ah well. Geelong Cats came, gave a fair whack at it, and in the end were answered by the Richmond Tigers. It was the first Grand Final played under lights or played outside Victoria (at the Gabba Stadium – is that not the most Australian word you have heard in your life? Gabba, mate!).

Geelong led by a point after the first quarter, and only for the legendary Dusty Martin, Geelong's advantage might have been a lot more than fifteen points. Gary Ablett – and yes, even I had heard of him – was as classy as ever in his last game (Richmond gave him a guard of honour at the finish instead of celebrating – pure class). Patrick Dangerfield had played a whopping 268 AFL games and never played in a final, but looked quite comfortable doing so (while making opposition players distinctly and decidedly uncomfortable; this is a tough sport!). Our own Mark O'Connor isn't up with those legends yet, but he is definitely on the same road and he was comfortable in the company.

It wasn't enough for Geelong. It was the Tigers, inspired by Dusty Martin (three times man of the match in a Grand Final in four years) who took over in the second half. Four goals in the third quarter saw them lead by two at the break, and in fairness, they really put it to bed in the fourth. In the end they had 31 points to spare, 12.9 to 7.8.

Mark and his team-mates will have to wait, but judging by their performance, they will be back on this stage again.

RUGBY

Six Nations Set for Thrilling Finale Ireland 50 Italy 17



Ireland top the table going into the final weekend of the strangest Six Nations of all time. Let's face it, we were playing by far the weakest of the Six Nations, and we needed to put p a big total.

We were composed and controlled, with just the right amount of aggression.

Italy actually scored first from a penalty, but CJ Stander burst over the line minutes later. Sexton had the conversion and a penalty. Hugo Keenan went over, and went over again (correctly disallowed) and went over again after good work by Caelan Doris. 24-3 at half-time.

Italy pulled one back after Ireland coughed up a very soft interception on 55 minutes. That spurred Ireland; Will Connors became the second debutant to go over (note to all such debutants – it gets a lot tougher than this disjointed Italy side, lads!) and old soldiers Johnny Sexton and Bundee Aki added two more. Dave Heffernan completed the rout.... only for Italian sub Garbisi to sell a dummy and get over the line late on.

Ireland face France with their fate in their own hands. Beat them with a bonus point and we are champions. Lose (and it's France; they are capable of absolutely anything, brilliant or terrible) and we can forget it. Win without a bonus point, and it opens the door for England. Can England beat Italy by more than 24 points? Ah, stop. That's a very thin straw to be clutching,

in fairness. Will that late try against Italy cost us if it comes down to scoring difference? Look, I thought the concession of that 55th minute try was worse, to be honest, a really careless attempt at a pass that almost seemed a bit contemptuous of Italy.

At least it makes it very simple. If we beat France with a bonus point, then we deserve to be champions. If we can't – and you can do all the permutations and calculations that you want – as far as I am concerned, we don't.

Munster clocked up a great win over Cardiff on Monday, with JJ Hnarahen starting and finishing a real try of the year contender.

Irish Women Start Slow But Sprint to the Finish Ireland 21 Italy 7

The Irish Women's Team, captained by Kerry's Ciara Griffin, were completely dominated by Italy early on. They only coughed up one try, but it could well have been a lot more. Being honest, I only saw the highlights, but those early highlights were frightening. Ireland did manage to get over the line in the 37th minute through Lindsey Peat and soon added another from Claire Molloy. 14-7 to Ireland, a flattering margin after a hard-fought half.

Ireland were way more assured in the second period. They struggled to put it on the board, though, until awarded a penalty try. That was how it finished, 21-7, and a happy result for Ireland and their Kerry captain.

They'll need to bring more, and a good bit more, against France in their next outing.

SOCCER

Women's European Championships Ireland 0 Ukraine 1

Not only are Germany in pole position to qualify from our group, but this one is almost certain to prove fatal to our chance of a runner-

up spot – Ukraine have a much easier run in, while we have to face Germany in our last game. Yes, we were desperately unlucky. Katie McCabe hit a good penalty that came off the crossbar (it was a clear penalty, but I don't agree with the complaints that the Ukraine player should have been sent off – the same people would be singing a different tune if it was an Irish player in that position) and we were even more unlucky with that unfortunate own goal that preceded it.

But, look, I think it would be doing a real disservice to women's sports to pretend that this was a great display or that luck was the only factor. We were tentative, our teamwork was very poor, and our attacks were more tentative than convincing. Ukraine were a limited side.... the blunt truth is that so were Ireland. We are, and will be, better than this.

League of Ireland

Shamrocks Rovers were the kingpins of League of Ireland back in its heyday, when you often had attendances of 30,000 for league games in Dublin. Those kinds of numbers are long, long gone (60 years or more) but Rovers (including Kerryman Gary O'Neill) are back on top after their best season in years despite the disruptions. Dundalk, still our European flag-bearers, fell very much off the domestic pace in a surprisingly disappointing fashion.

Mind you, things were much worse for their main rivals over recent years. Cork City FC, double champions, have simply had a nightmare season in every respect, and last weekend their fate was sealed as they dropped out of the top division. Cork City were as close as we here had (or will likely have for quite some time to come, given the enormous expense involved) to a League of Ireland team.



Ruth Daunt from Killarney with her husband John who completed the Virtual Dublin City Marathon last weekend.



Ceire McCarthy, Faha, who completed the Virtual Dublin City Marathon within her 5k at her home on Sunday. Ceire is pictured with her husband Brian and sons Mark, David and Dara.

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to the people of the Diocese of Kerry

Do not let your hearts be troubled or afraid. Peace I bequeath to you. John 14:

In common with the whole country today we begin six weeks under Level 5 restrictions.

With other leaders in the state and in civil society, I encourage each and every one of you, to hold your heads high, and in a spirit of unity and concern for one another give 100% cooperation regarding the requirements of Level 5 and the basic Public Health Guidelines: social distancing; face covering; washing/sanitising our hands.

This is key to getting the virus under control once more. As a united, loving, caring people let us give full cooperation to NPHET and our Government.

Level 5 severely restricts our movements and most of our plans are cancelled. Being asked to stay in our own homes as much as possible is very difficult for some. People also have great concerns about their employment or business. Together we face these six weeks, supporting and encouraging one another.

The 1st of December is when Level 5 restrictions are due to end, in time to allow us celebrate Christmas. The true meaning of Christmas is a real and constant source of hope all year round. We draw on that especially now as we face the next six weeks. Remember what the prophet foretold of the child Jesus born to Mary: He shall be called EMMANUEL a name which means 'God is with us' Mt 1:23

God is with us always. Encourage one another to turn to God and put your trust in him.

Four points to keep in mind that will keep us strong in the weeks ahead.

1. Put your trust in God. God our Father is at work in our lives through the Holy Spirit. Turn to him in prayer each day.
2. Back in Springtime there were so many wonderful examples in the community of care for each other. Reach out in support to those in your community who need it. Love one another. Think of others.
3. Think and speak of the positive more than the negative. The corona virus is forcing us to live quieter, simpler lives. United together, supporting one another, we have sufficient to live good and happy lives. Positive talk lifts our spirits.
4. Unite with all in the diocese in prayer, praising God and asking for all the graces we need. Thank God our churches are open for personal prayer. Please continue to sanitise your hands as you enter and exit the church. Join in offering the Mass in whatever way you can, whether by radio, television or online. Pray each day, alone and together and pray as a family. Pray with your children and talk to them of God's love and care for us all. Hundreds of times in the Bible God's comforting words are:

'Be not afraid'

*Our Lady health of the sick, pray for us.
Be assured of my prayers. + Ray Browne.*



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Halloween dress up day at Clearway Montessori L-R Luke Quill, Cara Corcoran, Daniel Quill & Muinteoir Magda Rutkwska. PICTURE MARIE CARROLL-O'SULLIVAN

Gardening

with Killarney Outlook

by John O'Sullivan

HOUSE PLANTS

House plants such as Cyclamen, Azalea, Gardenia and Poinsettia give their best display this time of the year but they have to be kept in the right conditions like the right temperature and humidity level to prolong their lives into the new year and longer.

The conditions of a house environment can be a challenging place for houseplants because of central heating which is very drying to houseplants especially for ones that come from humid tropical parts of the world.

There are several ways to improve conditions for your plants in the house. You can avoid placing them in draughts, especially in places where temperatures will fluctuate from very hot to very cold or in very hot areas like above or beside a radiator. Water your plants by placing them in a container of water for about twenty minutes.

For plants that need more humidity place them on a tray of gravel with some water but make sure that the plant is sitting on the gravel not the water.

JOHN O'SULLIVAN, FOUR SEASONS GARDENING SERVICES, KILLARNEY 087-2787160.

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Well done to Holy Cross Mercy Students Sophie and Juno Hussey who donated €100 from their own money box for the school's Halloween dress up day in aid of the Kenya Education Project and Temple Street Children's hospital. "The girls raided every piggy bank, drawer and with the help of a rogue Trocaire box and some of Sophie's Communion money they managed to make the donation" the girls mum, Sally MacMonagle told Killarney Outlook.





 **SouthWest
Counselling Centre**

LOOKING AFTER YOUR MENTAL HEALTH

We reflect on what we can do to look after our mental health? Having good mental health means that we enjoy a sense of overall wellbeing. We function well in our everyday life and feel confident and secure in ourselves. There will be times in our lives when we will need to boost our mental health and wellbeing and the following tips can help us to stay on track.


1. Connect with Others. Building and sustaining good relationships with others can support and enrich our lives. Good quality relationships impact positively on our wellbeing and bring great rewards.
2. Participate in life and share interests. Being part of a group of people with similar interests can greatly enhance our sense of belonging and is good for our mental health.
3. Look after yourself. Eat well and keep active. Doing activities that we enjoy such as dancing, walking or gardening can all help us to feel good about life
4. Volunteering is a great way to meet people and also a great way to learn new skills. One study showed significant health benefits for those who volunteered 100 hours or more a year. Another study showed older generations had less of a decline in health and lived longer when they volunteered!
5. Having a sense of purpose. Knowing what's most meaningful in your life and clarifying what is important means you will spend less time focusing on unimportant things and eliminate stress.
6. Let go and accept what you cannot control.
7. Deal with Stress. Know what stresses you and how you react. Avoid stress triggers if you can and if they are unavoidable learn how to manage them. Maintaining a balanced lifestyle will help you to cope with stress. Try yoga, meditation or breathing exercises to keep stress at bay.
8. Challenge yourself. Take on a new challenge or learn a new skill. Learning and developing new skills enhances our 'mental fitness', gives us greater confidence and a sense of achievement.
9. Gratitude. Being grateful for what is working well in our lives and for what we have is important for our mental health.
10. Practice mindfulness. Focusing our attention on the present moment helps us to not get caught up thinking about the past or worrying and planning for the future.

If you are worried about your own mental health, speak to a GP or a professional. Call today to SouthWest Counselling Centre to talk to a professional.

SouthWest Counselling Centre, Killarney is open and providing affordable professional telephone and online counselling to parents, adolescents and adults during this Covid 19 crisis at its Killarney Centre (Lewis Road).

Contact 064 6636416 or Email: info@southwestcounselling.ie
Registered Charity No: CHY 14775

SouthWest Counselling Centre is a not-for-profit organisation. All funds raised through fundraising are for service provision



A Word of Victory



Welcome back dear reader the dark nights are here and lots of people find during this season that their joy flows away like water goes down the drain. Why? Because we were made for and respond to light. "God is light and in Him there is no darkness at all" (1st John 1:5). The word darkness here comes from the root word 'scotia' which means a total absence of light, gloom, evil, and a lack of spiritual perception. We can do nothing about the dark winter nights only turn on the lights and wait for spring to come. That is the hope we have for just as sure as the sun will rise tomorrow, spring will come, and the axis of the earth remains. However, the darkness is made all the more heavy at this time of year because of the lack of spiritual perception about God. There is much demon activity relating back to our pagan past that is being kept alive through witchcraft, ancient pagan rituals, the worship of the dead, and Halloween.

Jesus said "I have come as a Light into the world, that whoever believes in Me should not abide in darkness" (John 12:46; John 8:12). Unfortunately, the lack of understanding of the demonic background to Halloween and worshipping the dead, plays into the hands of our enemy the devil and he gains access to families homes bringing harassment, torment, depression and curse through this lack of knowledge (Hosea 4:6; Ephesians 4:17-27).

Halloween is not innocent fun. It is highly dangerous and people have offered up their children to demonic entities by entertaining it. It has subtly crept in immersing people in deep darkness. This is why many people suffer at this time of year with fear, anxiety and oppression. Because the devil is never mentioned nor his ways exposed, people mistakenly believe that he does not exist. Many succumb to his clever lies, depicting himself as a kind of fluffy ghoulish friend. What better way for an enemy to disguise himself - than to make himself a friend? Jesus warned us that the thief "comes only to steal, to kill and to destroy". The devil and those under his influence are ravenous wolves who come dressed up in sheep's clothing. The enemy uses people's ignorance to his advantage, trapping them in the deception of sin and witchcraft, curse and torment upon this earth, with the ultimate aim of taking them to hell for eternity when they die. But friend praise God - the Lord Jesus Christ came "that they may have life and have it more abundantly". (John 10:1-10; John 3:16-21)

Our confidential prayerline is open Monday to Friday from 1pm-3pm if you need prayer Telephone: 087 4471797, or email wovkillarney@gmail.com.

See more at wordofvictory.net

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IN MEMORIAM

2ND ANNIVERSARY

IN LOVING MEMORY OF
FRANK JONES



KILLARNEY, CO KERRY
WHO DIED MAY 4TH. 2018

*Without your kind and gentle smile
And sweet familiar face
A treasured life is missing
And the World a sadder place.*

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ACKNOWLEDGEMENT & 1ST ANNIVERSARY

IN LOVING MEMORY OF

**GRACIE
O'DONOGHUE**



LISSYCONNOR, RATHMORE
29TH OCTOBER 2019

As we lovingly remember our dear mother on her first anniversary, we the family would like to thank most sincerely all who sympathised with us, who travelled long distances, called to our home, attended the rosary, the removal and the Funeral Mass.

Thank you to those who sent Mass cards, Perpetual Enrolments, Letters of Sympathy, Floral Tributes and phone calls.

A sincere thank you to Fr. Pat O'Donnell for his beautiful Mass and Pastoral care throughout the years. Thanks to Joan and Sheila for their lovely music, to O'Keeffe's Undertakers, staff and grave diggers for their professionalism.

Thank you to the Doctors, Nurses, staff and Ambulance service of University Hospital Kerry. To Dr. Walsh, Dr. Norton, Public Health nurses, Mary, Sheila, Debra, to Mum's home help Kathleen and Helen.

A special word of thanks to Mary Crowley for her help, kindness and compassion shown to Mum over the years.

To our kind neighbours and her dear friends and relatives that never failed to visit mum.

A special word of thanks to our neighbours and friends who did a wonderful job organising and directing the funeral traffic.

To Kingdom Kitchen Catering Services for their lovely meal.

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 has been offered for your intentions.

Loved and sadly missed by your sons Denis and Paul, daughters Joan and Mary, sons in law Tim and Joe, daughter in law Brigid, grandchildren and great grandchildren.

FIRST ANNIVERSARY MASS

for Gracie O'Donoghue will take place on
Sunday 1st November at St. Joseph's Church,
Rathmore at 11.30am.

NOVENA TO ST. CLARE

IN THANKSGIVING

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

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

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

A.C.

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IN THANKSGIVING

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

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N.T.

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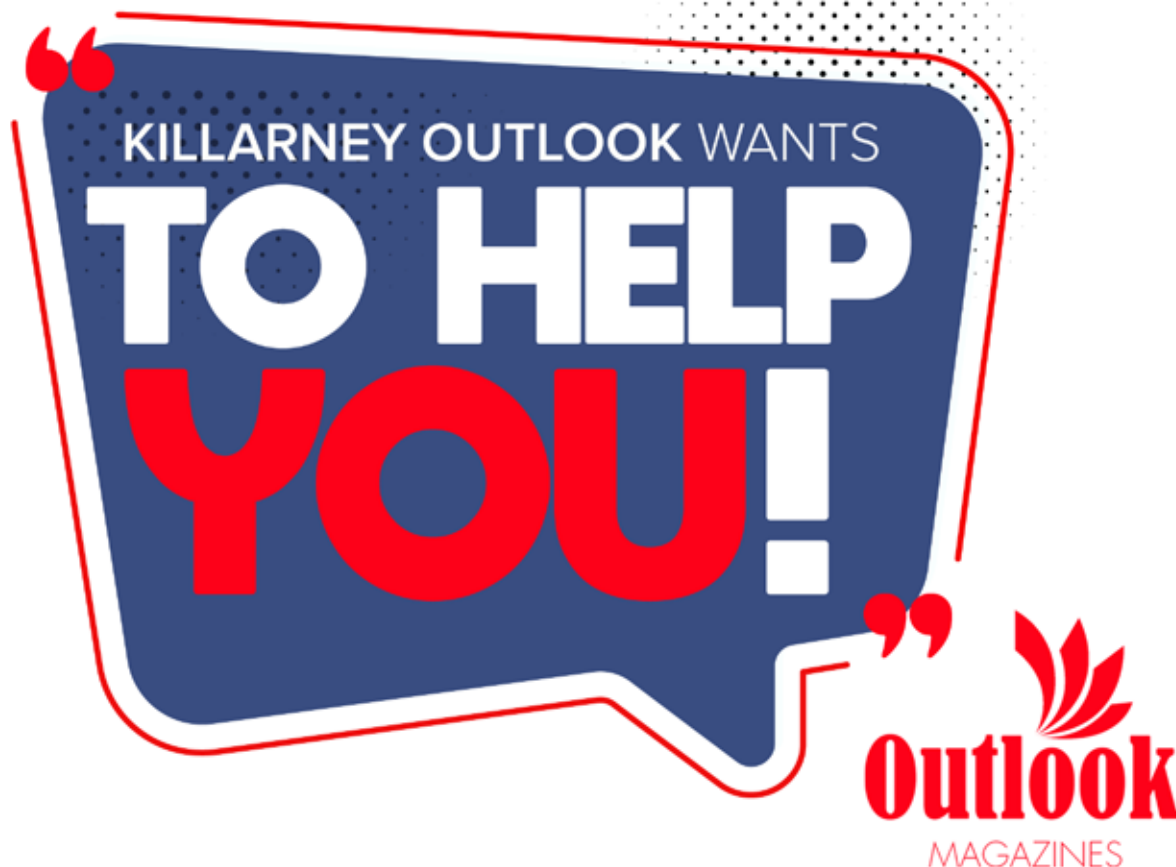
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