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Kate O'Neill is revving up for this weekend's Killarney Classic Valley & Vintage Annual Car Show at the Racecourse on Sunday from 10am. Kate sprayed her car pink for the occasion which has a special call out for Lady Drivers - Heels N'Wheels with a draw for some fantastic prizes. See Page 4



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FINAL PREPARATIONS IN PLACE FOR LILY'S PINK CHALLENGE

See Page 4

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Aisling Crosbie.

FROM THE EDITOR

A very welcome weekend of fine weather is on the cards as Ireland basks in a much needed heatwave over the next few days. Final preparations are underway for Lily's Pink Challenge, Heels & Wheels will take centre stage at the Racecourse on Sunday and it was Viva Espana for students at St. Brigid's Presentation Secondary School.

Killarney Community College have launched an innovative project to protect their students from cyber bullying, athletes took on the Kerry Way Ultra Marathon and the Breakaway Peddlers are currently taking on the Two Peninsula Challenge.

The countdown to Culture Night is on, the official opening of the Ballydribbeen Mural took place and the council has issued an Algal alert on Lough Lein.

We have all the news from local communities, groups and sports clubs and Jimmy takes a comprehensive look at All Things Sport. Hope you enjoy this week's Killarney Outlook!

HELPFUL CONTACT NUMBERS

COVID-19 SUPPORT LINE FOR OLDER PEOPLE

T: 0818 222 024

ALONE has launched a national support line and additional supports for older people who have concerns or are facing difficulties relating to the outbreak of COVID-19 (Coronavirus). Professional staff are available to answer queries and give advice and reassurance where necessary. The support line is open Monday to Friday, 8am-8pm, by calling 0818 222 024. Hours may be extended to meet the demand.

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Sean Moriarty, Farm Manager at The Dunloe Hotel surveying the horses on a foggy morning.
Photo: Jason Clifford.

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Final Preparations In Place For

Lily's Pink Challenge

A very exciting day is on the cards as the final preparations are underway for Lily's Pink Challenge which kicks off on Saturday the 16th of September at Killarney Racecourse.

With just one week to go, it is shaping up to be a very exciting day with well over 300 participants already signed up from all around Kerry and across Ireland.

The ground swell of support for the Lily Daly Foundation has been phenomenal with growing numbers signing up daily to take on Lily's Pink challenge, be that the 60km cycle through the Gap of Dunloe or the 10km majestic run/walk around Ross Castle and Killarney National Park. In addition, many individuals, families and companies have also made donations on the Lily Daly Foundation web site. All proceeds go towards: The Heart Centre in Crumlin Children's Hospital and the Ronald McDonald house in Dublin.

All participants, volunteers, families and friends are also invited to enjoy Link's Pink Party after the event also at Killarney Race Course, which includes music by DJ, Pat Dilworth, face painting, BBQ, drinks, Ice creams, Waffles, Crepes and much more.



Members of the Daly family pictured with Brian Leslie and Kieran Donaghy at the launch of Lily's Pink Challenge.

wishes, donations by individuals from far and wide and especially the number of individuals that have signed up to take on Lily's Pink Challenge on Saturday 16th of September. It has been humbling and so touching to see the support out there. We have also recently had meetings with the Ronald McDonald House management team about the LDF making a specific, significant and permanent contribution to the new Ronald McDonald House that is currently being built at the new Children's Hospital in Dublin".

Caroline Daly encourages people to still log on to the Lily Daly Foundation and register for the event or alternatively make a donation.

Kerry Footballer Legend, Kieran Donaghy who helped launch this event said "This is an amazing and touching story, it is for an amazing cause and promises to be an amazing day for all involved. I can't wait for the 16th now".



Kate O'Neill pictured with the Poster for the upcoming Killarney Valley Classic & Vintage Car Show

HEELS & WHEELS ON SHOW AT ANNUAL CAR SHOW

Killarney Valley Classic and Vintage Club are delighted to announce all the details for the upcoming September 10th show at Killarney Racecourse.

Similar to last year, this event is open to all cars, jeeps and motorbikes including Classic, Vintage, Retro and Modified vehicles.

There is a twist to this year's show, as there is a special call out to all the Lady drivers.

So for each Lady that shows a vehicle at the show, they will be entered into a draw for some fantastic prizes held on the day. Also on the day, Kellihers Toyota will have a display of a selection

of their beautiful new electric cars which you can view and test drive.

There will also be a display of quality used cars from our Club sponsor BG Motors.

Our 1979 Landrover will be on show too so you can get your raffle tickets to support the four local charities.

Show vehicles gates open at 10am

Public gates open at 11am.

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David Clifford & Pádraig O'Hora Team-Up On #TieDayFriday For Kerry Mental Health Association

DAVID Clifford and Pádraig O'Hora will be on the same team when they attend Kerry Mental Health Association's #TieDayFriday Fundraising Business Breakfast in The Great Southern Killarney from 7am to 8.45am on 6th October.

The Kerry Captain and his on-field marker from Mayo will be part of an expert panel discussion on the importance of staying connected in our communities and how to look after our mental wellbeing.

Pádraig O'Hora is a youth justice worker with Youth Work Ireland and community liaison officer with Mayo Mental Health Association.

Key insights will be provided by two members of the Kerry Mental Health Association Board, Dr. Caitríona Kelly, Lecturer Department of Nursing and Healthcare Sciences at MTU Kerry and Samantha Keane who works as an engineer.

Individual Tickets for the Kerry Mental Health Association Business Breakfast are only €50 (plus booking fees) from www.KerryMentalHealth.ie/business-breakfast.

The General Manager of Kerry Mental Health Association, John Drummey, said: "Our vision is to ensure that society is better informed about how to take care of its mental health. This fundraising business breakfast will help us provide the educational infrastructure necessary to achieve that goal.

"We want to open a conversation to remind us all how important being part of a community is. We believe this can have a positive impact on mental health through social connection in business, sport and wider community activities.

"Kerry Mental Health Association is proud to bring together four key roles models in David Clifford, Pádraig O'Hora, Dr. Caitríona Kelly and Samantha



Pictured with David at the launch were Kerry Mental Health Association General Manager, John Drummey and Board Member, Conor Hennigan.

Keane and we are grateful to them for giving their time to take part in the event.

"The Board and Management of Kerry Mental Health Association also has thanked Brian James Menswear Killarney and Grandview Media for their support on the morning of the breakfast event."

The interactive panel discussion will flow between sport, business, and volunteering as we explore how important it is to stay connected in our communities at all life

stages to look after our mental wellness.

Individual Tickets for the Kerry Mental Health Association Business Breakfast are only €50 (plus booking fees) from www.KerryMentalHealth.ie/business-breakfast.

Of course, being #TieDayFriday, everyone is encouraged to wear a tie on Friday 6th October – the more colourful and outrageous the better – and those who can't attend the breakfast can make an online donation at www.KerryMentalHealth.ie/donate.

HUNGER STRIKE PERFORMANCE PLANNED FOR MUCKROSS SCHOOLHOUSE

Killorglin Drama Group will perform the play *Hunger Strike* on Sunday September 24th at Muckross Schoolhouse at 8pm.

The play was written in 1926 by Killorglin native Máirín Cregan, and is set in Kerry during the autumn of 1923 in the home of the Grady family. This period is synonymous with the hunger strikes of thousands of anti-treaty prisoners, who were interned by the Free State government at that time. The play's action revolves around Nano Grady's attempts to deal with the emotional and psychological strain of her husband Ned's hunger strike in a Dublin prison. The play deals with the reality of the political divisions at the time, as Nano, who supports her husband's stance, comes under constant pressure from family members who insist Ned breaks his strike. Based loosely on Máirín's own experiences of her husband Jim Ryan's hunger strike, the play presents a fascinating glimpse into the realities of the time and familial political divisions.

Tickets are available at the door for €15 (cash.) Reservations can be made at 087-9177463



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KCC INTRODUCE NEW VOLUNTARY PHONE POLICY

The Killarney Community College have introduced new measures in order to reduce online bullying and general distraction within the classroom by asking their students to voluntarily hand up their phones to their teachers at the beginning of every class. The initiative comes in the wake of new data published this week reporting worrying online trends faced by school goers.

A recent survey by cyber safe kids an Irish online safety charity, carried out research for it's annual trends and usage report and were able to include secondary school data for the first time.

98% of all 12-16 year olds now own a mobile phone with up to 40% of secondary school goers reporting being cyber bullied with girls overall being the most likely victims. Almost two thirds of teachers have reported dealing with online safety incidents. The survey also showed many students reported being unaware of how to best protect themselves online.

Feedback from the student council has been overwhelmingly positive as students noted that notifications and the temptation to look at their phone are now a thing of the past thus maximising teaching and



L-R: Dannil Khomutov, Maria Machetti, Valentya Dorosh, Teacher John Keane, Peter O Callaghan and Majd Khaleel

learning in their classes.

Principal Stella Loughnane has already noted the positive impact it is having on the school "In recent years I've found myself dealing with more and more online issues that have spilled over to the classroom. Incidents of Cyber bullying are worrying and clearly on the rise. Every student has a right to feel safe in school and learn in a distraction free environment. Our teaching staff have noted the ease to which our students have taken to handing up their phones and have noticed a greater focus and improved levels of concentration within the classroom. Students are still free to use their phones at lunch time but we are definitely seeing the benefits of less screen time for our students"



Pictured are: Breakaway Peddlers, Fionn O'Donoghue Sheehan, Felim O'Leary, Killian Sheehan (Fionn's Dad), Alfie Giles, Sean O'Donoghue (Fionn's grandad) and Sean Cronin

Today, Friday sees the start of the Two Peninsula Cycle Challenge which will raise much needed funds for Crumlin Children's Hospital.

The cycle will be taking place today, Friday 8th and tomorrow, Saturday 9th when a group of people known as the "Breakaway Peddlers" are undertaking the mammoth task of cycling the Ring of Kerry and The Ring of Beara in two days - a real challenge of fitness and stamina.

The cycle is inspired by 14 year old Fionn O'Donoghue Sheehan who received treatment at the hospital in 2021.

Fionn became unwell in December 2021, complaining of a feeling what he could only describe as feeling like he was drowning.

"Mom and Dad got me seen by a doctor and I was quickly referred to University Hospital Kerry. Here is where I meet Dr Kumar an amazing doctor. I was put on a monitor for the night. The following day Dr Kumar explained to us that the monitor showed an irregular rhythm in my heart". Fionn said.

"He said he would be contacting Crumlin and also sending up my information to the cardiologist. Later in the day we were told I was being moved to Crumlin where we stayed

for five days. I could see with just one sentence that my mom and dad's lives were turned upside down. I was very afraid of what was to come. I was being reassured by everyone that everything would be ok. I was blue lighted to Crumlin in the ambulance with my mom. We will never forget that journey. It took us less than two and a half hours door to door", the brave 14 year old said.

"Once you enter Crumlin hospital becomes a family. If not for the dedication and care I received from Dr Prendiville and Dr Kumar I may have been looking at a very different outcome. I am so grateful to everyone for the wonderful care and attention I received from our Crumlin family.

"We are so grateful to so many people for their help in supporting us in this fundraiser", Fionn's mother Lorraine told Killarney Outlook.

"Liam Lynch Skoda in Farranfore is our sponsor and he has been absolutely amazing. The support he has given us is unbelievable", she added.

"Fionn also has fantastic support at school with St. Brendan's Principal Sean Coffey informing the family that the school now has three defibrillators.

BREAKAWAY PEDDLERS TAKE ON TWO PENINSULA CYCLE CHALLENGE

Last year, Principal Coffey organised that all classes at the school were trained up on what to do of something happens in the school, basic life support anyhow to use the defibrillator and he is going to continue this training in the school", Lorraine added.

"Conor Gleason in Lissivigeen school, where Fionn was attending at the time he got sick, was also fantastic and a great help to us during the whole experience.

Lorraine is now asking everyone to donate what they can to help raise funds for the hospital.

"People are going through the worst time of their lives this I saw first hand. You have the power to help change the lives of sick children and to support by helping fund essential urgent life-saving and life changing equipment. Every child deserves access to the very best care, facilities and equipment when needed the most. So please come and help the 'Breakaway Peddlers' make a real and impactful difference to as many children as we can", she added.

Donating through JustGiving is simple, fast and totally secure. Your details are safe with JustGiving - they'll never sell them on or send unwanted emails. Once you donate, they'll send your money directly to the charity. So it's the most efficient way to donate - saving time and cutting costs for the charity.

LINK TO DONATE:

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John & Mary Murphy, Killorglin.

Only the toughest....

STEPHEN WINS THE KERRY WAY ULTRA MARATHON



Killarney Ultra Athlete, Stephen Mangan has won the Kerry Way Ultra Marathon. Participants took on the gruelling 200km non stop race at the weekend. The event takes place over a daunting 40 hours and 200km. The non stop race traverses the MacGillycuddy's Reeks and the Iveragh Peninsula. The Kerry Way/ Slí Uibh Rathach is one of Ireland's longest established recreational walking trails. It consists of over 220 kilometres of old highway and ancient paths, sea scapes and butter roads. Stephen won the race with a time of 23.30.41. PHOTOS: VALERIE O'SULLIVAN



Winner alright Stephen Mangan, Killarney, heading for Drung Hill, Mountain Stage, Kells, competing in the The Kerry Way Ultra Marathon, a 200km - he finished first with a time of 23:30:41..Photo: Valerie O'Sullivan



Wiola Gorman on Drung Hill, Mountain Stage, Kells, competing in the The Kerry Way Ultra Marathon, a 200km - he finished first with a time of 23:30:41



Ray Flanagan, Kevin O'Shea, Shane O'Rourke, on Drung Hill, Mountain Stage, Kells, competing in the The Kerry Way Ultra Marathon



Adrian English, on Drung Hill, Mountain Stage, Kells, competing in the The Kerry Way Ultra Marathon



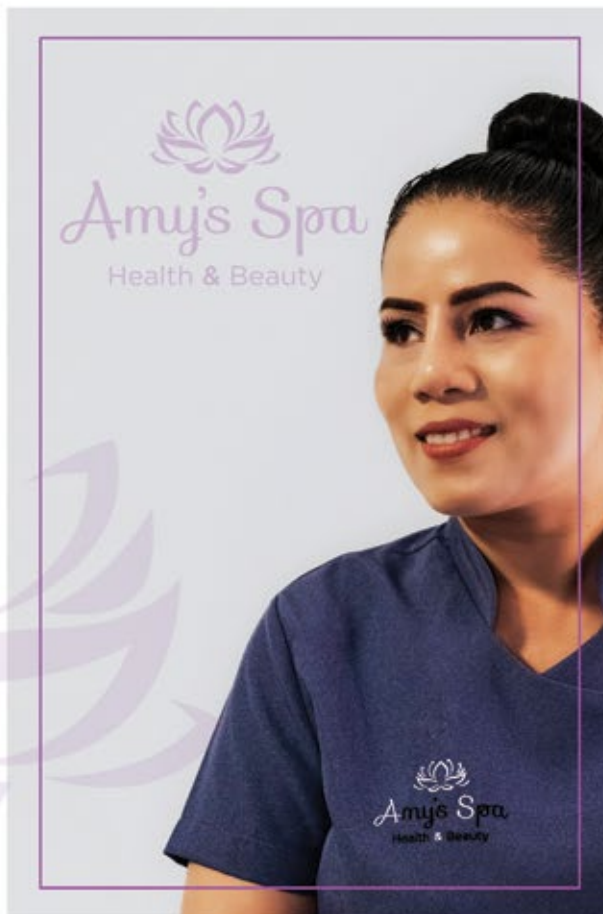
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Photos courtesy of Katie Marie Photography.



It's the talk of the town...

With Anne Lucey



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



PLUS CA CHANGE: NO CHANGE IN KERRY CONSTITUENCY DISAPPOINTING

I don't know why I expected more from the constituency review report, but I thought this first ever independent review under Ms Justice Marie Baker might have some fresh thinking. It does not. Even the language is boring, and far too cautious. Take the rationale not to split Kerry and return it back to two three-seater constituencies. The "interests of continuity and maintaining county boundaries" is the excuse. The recommendation is that Kerry "should remain unchanged as a 5 seat (sic) constituency, and continue to encompass the entire county of Kerry with no breaches to its county boundary". Kerry is only a single constituency since the last election. But there is no reference to this central fact and a position abandoned previously as the county is simply too big. The report takes no cognizance of geography either. Very disappointing given there was provision in the guidelines to create an extra seat in geographically large constituencies.

However in this review neither history or geography are of relevance when it comes to Kerry! To add salt to the wound, the illustrative pic is of a Tralee street - which is not very diplomatic in my view. Plus ca

change, plus c'est la meme chose!

There is a lame reference to the increase in population but then we have recourse to the default position of not touching county boundaries. (For a moment I wondered was I reading a report into county football). The report also says the submissions were fairly evenly divided for and against the single constituency. But this is not correct. The submissions to return to two constituencies were much lengthier and more substantive. There was a fairly lively debate on Radio Kerry but I thought it a pity TDs Daly and Griffin did not really touch upon the disappointment many in Killarney feel. Again one wonders how relevant Killarney is going forward even in Kerry politics.

Speculation now is it will be a Ferris, Deirdre the co-opted councillor, who will be on the ticket with Daly.

The single constituency suits Sinn Fein and the Healy-Raes. But it is a difficult one for Fine Gael who have a poor party structure outside of Kerry North and no obvious candidate to run alongside Aoife Thornton, should she decide to run.

It is a real blow for Killarney as we have little chance now of having a Government TD or minister from our own backyard.

Prediction for 2024 election is status quo but with a gain for Sinn Fein at expense of Fine Gael or a Healy-Rae and with the power remaining in Kerry North.

TIGER MOSQUITOES TO PLANTS: INVADERS COME IN ALL GUISES

Fighting invasive species means looking at insects too. There was startling news in Paris last week that whole suburbs were being sprayed to get rid of tiger mosquitoes. This was after a number of cases of dengue fever.

The tiger mosquito which spreads deadly disease is on the move north west and has been found north of Paris.

Asian Hornets are another species marching towards our shores and already ports in Ireland are being monitored for the presence of these deadly devils which wipe out native honey bees.

Then in California dog ticks are spreading Lyme and other diseases and there have been cases along the Mexican border of children dying of a thing called Rocky Mountain spotted fever, spread by dog ticks, the Washington Post reported this week.. Dogs have not been cleaned of ticks during the pandemic and rising temperatures mean the ticks on deer and dogs are multiplying rapidly at an alarming rate.

In Killarney we have some of the most important plant and animal species in Europe from oak to deer to moths, but we are also on the front line with invasive species. Rhododendron ponticum, fringed water-lily and ticks spreading Lyme disease are only some of the invaders threatening us and our biodiversity. And those are the ones we know about. Here in Killarney we need to be particularly vigilant. We have far too many deer and we also have many dogs and both animal species are perfect hosts for disease spreading ticks. We have been very slow to recognize Lyme disease and its debilitating effects and I was witness to Maura Healy-Rae and other councillors 'relentless campaign' to get the council to have warning signs erected at the entrances to the national park. Now, tick infestation in Killarney makes Trip Advisor, I notice.

The upside to all of this is people are reaching out when they see something unseasonal and out of character.

HOW CAN YOU BUY KILLARNEY? NPWS buying more of Killarney

The National Parks and Wildlife Service have confirmed a further land purchase, as forecast in this column some weeks ago. Further purchases are on the cards too, I hear. The lands being snapped up are what used to be called the buffer zone and fire prevention as well as tackling invasive species may be factors.

Just before Christmas the NPWS confirmed the acquisition of 70 hectares at Derrycunihy, a site surrounded by Killarney National Park.

This latest purchase is in the Black Valley and is adjoining the park.

In a statement the Department of Housing said "the NPWS has, in recent weeks, purchased SAC land at Geahameen. The land in question approximately 302 hectares in size (122.29 hectares), is situated beside Killarney National Park and forms part of the Magillicuddy reeks, Killarney National

Park and Caragh river catchment Special Area of Conservation. It is mountainous in nature and the mosaic of natural habitats on site present a very positive conservation opportunity for the NPWS."

Pressed about further purchases, all the spokesman would say was that "the NPWS occasionally purchases land for strategic and conservation purposes. Such acquisitions are considered on a case by case basis."

For many reasons, not least commercial sensitivity, the NPWS does not comment on any individual site that is offered for sale, he also said.

My understanding is nowhere near the Euro 7,000 an acre being sought by the American owner of the mountain land on the Conor Pass is being paid. Birdies tell me it is nearer one seventh of that.

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Pictured at the launch of a report were locals from the Kerry Hospice Foundation
Photo By : Domnick Walsh © Eye Focus LTD

KERRY SPECIALIST PALLIATIVE CARE SERVICE REPORT SHOWS STRONG SENSE OF LOCAL OWNERSHIP

The HSE launched an evaluation report of the Kerry Specialist Palliative Care Service (KSPCS) this week which highlights the importance of strong local leadership, consistent community support and adherence to national best practice, as factors in the service's success.

The report was carried out by the International Foundation for Integrated Care (IFIC) and commissioned by the HSE/Cork Kerry Community Healthcare. It identified many strengths in the KSPCS model,

including:

Strong sense of local ownership
Alignment with national policy
Service delivery and design following best practice in integrated palliative care
Clear and consistent leadership with clear goal
A consistent theme in the report is the value of connected local leadership that adheres to a national clinical blueprint, with support from the HSE.

The launch was co-hosted by Cork Kerry Community

Healthcare and the Kerry Hospice Foundation. Speakers at the event included Head of Primary Care for Cork and Kerry, Priscilla Lynch; Prof Aine Carroll, of IFIC; Michael Fitzgerald, Kerry Hospice Foundation volunteer and a former Chief Officer of Cork Kerry Community Healthcare; Jack Shanahan of Kerry Hospice Foundation and Dr Patricia Sheahan, clinical lead for the KSPCS. Clinical Lead, Dr Sheahan said that the report will be used to plan for the next phase of development for Kerry Specialist Palliative Care Service.

"The report clearly identifies the importance of a connected local leadership, harnessing local support but also adhering to a national clinical blueprint. As a service, we will continue to build on these important pillars as we work with the community to plan future developments."

Dr Sheahan added:

"Working in collaboration with Kerry Hospice Foundation, a series of engagement meetings will take place in communities across Kerry to discuss the next steps in the development of the service."

Future plans under discussion for the service include five additional beds at

the Tralee inpatient unit; an additional consultant post; and an outreach service in Killarney.

Kerry Hospice Foundation chairman Jack Shanahan said:

"Kerry Hospice Foundation is proud of what we have achieved for our community. The partnership we have forged with the HSE has delivered a world-class palliative care service. We have shown how a motivated community organisation, working with an engaged HSE, delivers. We strongly believe that this will continue to be the best model for our plans to enhance and expand our palliative care service."

Kerry Hospice Foundation volunteer Michael Fitzgerald said:

"The report is significant in underlying the progress that has been made in Kerry through the HSE developing specialist palliative care services, in collaboration with Kerry Hospice Foundation and the public who have been of such support to the service over the decades. I look forward to this collaboration continuing, to the development of an additional five palliative care inpatient beds shortly and planning a comprehensive clinical service base in Killarney."

Walk Planned for Tomies Wood

A beautiful Autumnal walk is taking place this Sunday, September 10th starting at 1.30pm to raise money for the OsKars which Kilcummin GAA Cluy and Glenflesk GAA Club are currently working on.

Not only will you raise funds for these two very popular clubs but you can also learn a brief history of the area as well as information on the flora and fauna from local guide Michael O Connor.

Registration at Tomies Wood carpark from 12.45. Registration fee is 10 euro.

Names of all participants for some very good spot prizes will be included in a draw.

The coffee shack at Tomies will be open for refreshments.

Photo: O'Sullivan's Cascades on Tomies.





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Posing for a photo in Madrid.

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Pres Girls Enjoy Trip to Madrid



Kinga is pictured with Anna Whyte.

Fifth-year student Kinga Macherzynska's shares her experience on the fifth-year St. Brigid's Spanish trip that took place last week

As part of St. Brigid annual school trip, 5th year students who have chosen to study Spanish as a leaving certificate subject, got given the opportunity to take part in an abroad culture trip to Madrid, Spain. We left on August 30th and took an early flight from Dublin airport into the capital city of Spain. Our Itinerary was full of great activities and kept us busy from the moment we landed. To begin with, we had a guided tour of Madrid, we had the opportunity to learn about the great city and its history. We got to see the Atocha train station, Bullfighter Stadium, Plaza Castillo, Obelisco de Calatrava, Plaza España and

the Royal Palace. The next stop was for the true football fans, Bernabeu Stadium, which is home to the Real Madrid football club. We enjoyed a unique tour of the museum from start to finish and then proceeded to see the football pitch. Unfortunately, the stadium was under construction so the areas we were allowed to visit were extremely limited.

On the first full morning in the city of Madrid, we got up exceedingly early and set off to Segovia, a northwestern historical city, in central Spain's Castile and León region. Its centuries of settlement have resulted in a rich architectural legacy, including medieval walls, Romanesque churches, a formal Royal palace, a Gothic Cathedral, and an ancient Roman aqueduct which stands above Plaza Azoguejo in the heart of the city. We had great fun throughout the day. We participated in a scavenger hunt where we had to identify different historical sites in the town and find out information about the culture. Finishing off the exceedingly warm day, we made our way to The Monastery of El Escorial where we spent some time exploring the renaissance buildings and courtyards. To

complete an enjoyable day, everyone got the opportunity to go to the Plaza Mayor where we got to have a bit of free time, visit different shops, and get a few bits for ourselves.

We began our third day in the city of Madrid incredibly early and had no time to waste. Our first stop was the Prado Museum where everyone got to have a close look at all the sculptures displayed and all sorts of paintings created by the great European masters such as Velázquez, Goya, Raphael, Rubén's, and Bosch. To finish off the afternoon we were then taken to Parque Warner-MovieWorld. The park had 36 attractions which were distributed in six big theme areas: Hollywood Boulevard, Movie World studios, Cartoon Village, Dc Superheroes World, Old West Territory and Parque Warner Beach. We enjoyed several hours in the park where we got to spend quality time with our friends, enjoy delicious meals, go on numerous rides, and even face our fears. The day ended with a gorgeous meal in one of the local restaurants 'Trattoria Pinocchio'. On the final morning in Madrid city, the first destination was Madrid Zoo Aquarium. It is ranked among the top zoos in Spain and has open enclosures allowing you to almost touch the animals. As well as a wide selection of animals and birds, the zoo offers special displays of reptiles such as iguanas and chameleons. We enjoyed free time at the zoo and got to visit and learn about many different species. Subsequently, to finish off the trip everyone got the opportunity to go to the Plenilunio shopping centre where we enjoyed dinner and had many hours to do some shopping. After a great shopping spree, it was time to fly back home that evening.

All of us were exhausted after enjoying a four-day trip abroad and have made lifelong memories with our friends. This trip was most definitely something that many students were delighted they took part in. All the teachers accompanying the group put in significant effort and work for the trip to be as easy, safe and stress free for everyone. Not only did we get an insight to what life in Spanish culture looks like, we got to explore different areas such as speaking and practicing the language, trying traditional Spanish food, learning new phrases, getting familiar with the Spanish lifestyle but also enjoy a great trip full of fun and adventure.

TOM CREAN UNSUNG HERO CYCLE to hit the road on September 30th

Preparations are well underway for the The Kerry branch of Down Syndrome Ireland (DSI) 6th annual Tom Crean Unsung Hero Cycle which takes place on Saturday, September 30th from Ballyseedy Home and Garden Centre in Tralee.

In the absence of any direct Government funding, this annual charity cycle will once again raise vital funds for our children and adults to receive essential services such as speech therapy, occupational therapy and physiotherapy to list a few.

Established in 2018, the Tom Crean Unsung Hero cycle pays homage to renowned explorer Tom Crean whose family are directly involved in the DSI Kerry branch. The cycle also remembers the much cherished DSI Kerry member Emily Keohane, who sadly passed away in 2017.

Cyclists leave from Ballyseedy Home and Garden Centre main entrance at 9am. The charity cycle offers three route options for participants. Route A (75km) sees cyclists depart Tralee and travel through Annascaul and Inch before returning to Tralee. Route B (112km) will see participants travel the same route but with an additional journey through Dingle returning via the Conor Pass. Route C (150KM) continues through Dingle and around Sleah Head before travelling back to Ballyseedy Home and Garden Centre via the Conor Pass.

At Ballyseedy Home and Garden Centre in Tralee, cyclists and supporters will enjoy a day of family fun with light refreshments, music and entertainment, all participants on the day will also receive a medal.



LR, CEO of Ballyseedy Home and Gardens, Nathan McDonnell, Aidan O'Mahony (ambassador for TCUHC) Paul Sheridan (Tour de Munster) Daniel Bohan (DSK) Cathal Griffin (DSK) David Wallace (TCUHC Ambassador) Madeline Doyle (DSK)

Registration for the charity cycle can be completed online at: <https://downsyndromekerry.enthusie.com/cf/tom-crean-unsung-hero-cycle> For further information and to keep up to date with the cycle, visit the Tom Crean Unsung Hero Cycle Facebook page: <https://www.facebook.com/tomcreanunsungherocycle/>.

For more on Down Syndrome Kerry, visit www.downsyndromekerry.ie

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HICKEY'S CENTRA RATHMORE achieves 49% carbon reduction in the past 12 months

Hickey's Centra Rathmore has achieved a 49% carbon reduction since implementing sustainable initiatives over the last year.

As part of the significant store investment Hickey's Centra Rathmore has incorporated a number of sustainability upgrades to enhance the efficiency of the store, including the upgrading of its refrigeration and freezer equipment, and the installation of LED lightbulbs and eSEs on shelving. In addition to these energy efficiencies, the store features a 'Reduced to Clear' section to help combat food waste and has appointed a member of staff take on the role of sustainability champion. Sustainability efforts at Centra Rathmore also extend beyond the store, with the Hickey's involved in supporting local sports clubs and charities in the locality. In 2022, the Centra store donated €5,000 to the local community.

Donagh Hickey of Hickey's Centra Rathmore said: "At Centra Rathmore, we are acutely aware of the responsibility that rests with all of us in relation to climate action, both individually and collectively. The changes we have made in store as a result of our store revamp and the Centra sustainability fund have allowed us to achieve a 49%



Donagh Hickey of Hickey's Centra Rathmore

carbon reduction in the past year. For example, we have installed new refrigeration units with all doors running on environmentally friendly gas. We look forward to building on these actions and making, simple, every day, real sustainable action accessible for our loyal customers. As a community hub, we are committed to reaching Net Zero by 2040 and we will continue to enhance sustainability measures across our store to play our part."

By the end of 2023, over 5,200 solar panels will be installed in 48 Centra stores generating the equivalent amount of electricity to power almost 460 homes entirely for a year. More than 80 Centra stores will have solar panels by the end of 2025.



Kerry - Muckross Creamery, Killarney, Brendan Caffrey, John Fleming - 2022 SME Grant for Small Business Winner Three Ireland.



LAUNCHES 2023 GRANTS for Small Business Programme

Three Ireland launched the 2023 Grants for Small Businesses programme, calling on small businesses* in Co. Kerry to take part and be in with a chance to win a portion of a €100,000 bursary.

The programme, which is now in its third year, has provided Irish SMEs with an investment of over €500,000 by Three since 2021 across products and services, advertising and PR support, as well as access to industry expertise.

Last year, Killarney business Muckross Creamery, an artisan ice cream company with a green ethos was chosen as one of 10 winners of the 2022 Grants for Small Business, securing a portion of the €100,000 bursary. Funded by Three Ireland and managed by the small business network and support provider, Enterprise Nation, the programme seeks to award 10 small businesses a portion of a €100,000 bursary. This bursary will comprise of €5000 cash, €5000 for device and connectivity solutions for each winner, as well as mentoring from Three Ireland's in-house experts.

New to this year's programme, the award will also include expertise sessions for the top 20 shortlisted applicants where Three will provide guidance across business-critical areas including sustainability, procurement, technology, social media, marketing, product development and public relations.

For more information and details on the application process, visit: 3.ie/grants

Rambling House

Rambling House at Heritage Centre Scartaglen Monday September 11th at 8pm. Raffle and refreshments, all are welcome.





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An evening painting workshop for adults facilitated by Arthouse Killarney.



Culture Night - an annual all-island public event that celebrates culture, creativity, and the arts - will take place Friday 22 September 2023. Kerry will be host to a programme of free events on the night that offer something for everyone. Culture Night invites everyone, everywhere, on one night to discover and celebrate all that our culture is today. One night for all.

Special events are programmed at participating locations throughout the County, and, thanks to the continued support of the Arts Council and Kerry County Council, all activities are free of charge.

Cathaoirleach of Kerry, Councillor Jim Finucane, shared his support for Culture Night;

"Culture Night is a very special night throughout Ireland and the events

in Kerry play a very important part in showcasing the talented artists, beautiful landscapes, and significant venues that are in our County. I look forward to going out Friday 22 September and celebrating the very best of what we have in Kerry" From Cahersiveen to Listowel, there will be something for everyone this Culture Night. Below is a taste of what's to come on the night;

ANAM, Killarney Arts and Culture centre, will give people of all ages a chance to get in touch with their creative side. Music Generation Kerry will host children workshops with unusual instruments followed by an evening painting workshop for adults facilitated by Arthouse Killarney.

After the success of the late-night programme of events in 2022, this year's programme will focus again on scheduling events for after 9pm with additional support from the Arts Council. A specially commissioned light projection, experimental circus performance, café conversations and performances will all form part of the programme.

For further information about Culture Night please visit www.culturenight.ie

A Culture Night 2023 Kerry 'at a glance' brochure will be available online from the Arts Office website with a printed version available in various locations throughout the County.

RECOVERY HAVEN Receive Funding from AIB

Cancer support charity, Recovery Haven Kerry, has been named as one of 70 charities across Ireland to receive funding as part of the 2023 AIB Community €1 Million Fund

The charity - which offers free emotional and psychological supports to those affected by cancer - is to receive a total of €31,500 in funding, having won both the public vote and the AIB employee vote of the competition, from a massive 16,000 entries nationwide.

The funding received will be put towards the completion of the Recovery Haven Kerry's premises in Tralee which is due to open in the coming week and the provision of supports for children and families impacted by cancer.

Earlier this year, AIB asked its customers, the wider public, and colleagues to nominate charities that connect with causes that matter most to them and their communities. Over 16,000 nominations were received highlighting the immediate support needed for charities across Ireland.

Following the inaugural launch in 2022, the AIB Community €1 Million Fund has already donated to over 70 national and local charities including Dogs for the Disabled, Irish Cancer Society, Aoiheann's Pink Tie and Dyslexia Association of Ireland.

Speaking about receipt of the award, Recovery Haven manager, Gemma Fort, said: "We are so happy to receive this donation, from the AIB Community €1 Million Fund, which will be vital for us to continue the services that we provide to our community. During these challenging times, we need support now more than ever, and we have seen first-hand the difference this funding has had on organisations who received support last year.

"The fact that both the public and AIB employees nominated us makes it particularly special because it means that the work we are doing in the community is being recognised, and

we are making a difference. I want to thank everyone who voted for us and everyone who is involved in Recovery Haven, as well as AIB both locally and nationally. I'd like to particularly acknowledge the support of Stephen Stack AIB Manager locally."



Pictured at Recovery Haven Kerry's newly refurbished building in Tralee at the announcement of their success in the AIB Community €1M Fund this week were (back l-r) Declan Crowley & Michael Moynihan (Recovery Haven board members) with Una Sheehy (volunteer).

Front (l-r) Gemma Fort, Manager; Tim McSwiney, Board Chairman, Stephen Stack, Senior Branch Manager AIB Tralee; Marian Barnes, Recovery Haven founder and Honorary President and Siobhan MacSweeney, Client Services Co Ordinator.



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MURAL OFFICIALLY OPENED IN KILLARNEY ESTATE



Mayor of Killarney Brendan Cronin, Cllr. Martin Grady pictured with organisers and residents at the opening of the Ballydribbeen Mural.

The official opening of the stunning new mural at Ballydribbeen Estate in Killarney took place on Thursday August 31st.

Mayor of Killarney, Brendan Cronin, along with Cllr. Martin O Grady officially opened the Mural which Artist Deborah O'Keeffe was commissioned to complete.

It was thanks to funding from Creative Ireland Kerry and the Community Sports fund through Kerry County Council that made all this possible

and well done to the Ballydribbeen Residence Association for their efforts to access funding. Liam Grimes, Suzanne Blennerhassett, Jim O Donoghue and Rayla Tadjimatova were part of the Committee that drove the project.

The committee would like to also thank Jannie Prins in the Community House for all her administration work and TUS for helping to prepare the wall for the art work.



KILLARNEY TOASTMASTERS RETURN

Next Tuesday the 12th of September at 8.00 p.m. marks the return of Killarney Toastmasters for 2023/2024 season.

Toastmasters meetings are face-to-face meetings in the Dromhall Hotel on the Muckcross road, Killarney!

Toastmasters is an international organisation which strives to help people of all ages gain confidence in a positive and non-judgemental environment.

"The core values of Toastmasters are respect, integrity, service and excellence.

You can develop your leadership and diplomacy skills while also

overcoming the nerves of speaking in front of other people"

"Our meetings are just thrilling, really enjoyable and tremendous fun", Killarney Toastmasters president Anthony Walsh told Killarney Outlook.

In addition Toastmasters has a brand new education programme that helps people gain confidence, learn key skills and will give you an outlet to be yourself in a safe environment.

Not only that there is also the real value of mentorship in Toastmasters.

If you want to be the best version of yourself then Killarney Toastmasters will help you get there!

You can find Killarney Toastmasters on Facebook or email them at killarneytoastmasters@gmail.com. Once again everyone is welcome. Doors open 7.30 p.m.

LISTOWEL RACES REVEAL ACTION PACKED PROGRAMME for their forthcoming Harvest Racing Festival

Listowel Race Company has today announced their action packed programme for the forthcoming Harvest Racing Festival from Sunday 17th to Saturday 23rd of September. Celebrating 165 years of quality racing at the scenic course in Listowel, this year Sunday, Monday, Wednesday, Friday and Saturday are all National Hunt meetings and Tuesday & Thursday feature an all flat race card. Off course, there is something for everyone of all ages including six fashion competitions with dedicated days for Ladies, Men, Couples, Sustainable Style, Blue Jeans and Young Racers; exceptional free children's entertainment with a petting farm; top live music acts including Superfly and DJ Marty Guilfoyle and some very special celebrity guests! PLUS the 'Save your Heels, We've got Wheels' free double decker bus is back on Ladies Day! Visit www.listowelraces.ie for more information and to pre-book tickets and corporate entertainment. Follow the hashtag #listowelraces on Facebook, X and Instagram for exclusive updates and to join the conversation!

Listowel Races were the first race course to host a sustainable focussed fashion competition and thanks to organisers Listowel Tidy Towns and An Taisce, Sustainable Style Saturday continues to grow in popularity as male and female racegoers dress to express their individual fashion personalities by wearing vintage and pre loved or up styling an outfit they may have worn before. Top model and vintage lover, Pat Walker will judge this year and there are prizes for both male and female entrants. There will also be live music each day and a wide selection of catering

facilities on course including excellent corporate entertainment packages. Tickets can be purchased online or at turnstiles on the day for €20 Sunday, Monday, Tuesday & €25 Wednesday, Thursday, Friday & Saturday, with a 20% discount for groups of 20 or more. Visit www.listowelraces.ie for more information and follow the hashtag #listowelraces on Facebook, X and Instagram for updates and to join the conversation!



Brenda Daly, Secretary/Manager, Listowel Races and John Maguire, Director at the race course getting ready for the forthcoming Harvest Festival from 17th to 23rd of September. Photo: James Maher



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The race is on to the Listowel Harvest Racing Festival with 7 days of top-class flat and national hunt racing, free musical and family entertainment, plus 6 fashion competitions with something for everyone!

Garvey's Family Day is on Sunday, with the Lyrath Estate Best Dressed Couple and music by Superfly. DJ Marty Guilfoyle... will be spinning the favourites on Tuesday! The Guinness Kerry National goes to post on Wednesday and the McElligotts Kia Ladies Day is on Friday with judges Don O'Neill and Elvira Fernandez Zebo sending the best-dressed winner to New York City!



Elvira Fernandez Zebo

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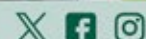
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ALL ROADS LEAD TO MACROOM

Yes, all roads lead to Macroom Food Festival from 22nd – 24th September, so forget the bypass because there's a packed programme of events with something for all ages to choose from.

"There is no love sincerer than the love of food" – George Bernard Shaw.

So true and let's celebrate that love by enjoying the food offerings at the festival.

Starting on Friday night 22nd, Fun Food, & Frolics a trio of offerings night opening with Gombean from Hawks Theatre Co, a one woman show by Niamh McGrath who plays multiple characters with the story of a new coffee van venture. Taste some of the finest local produce and enjoy Der Hurley's Music, book this early this is a great nights entertainment as tickets are limited.

For the sports people young and old, athletes, clubs or those who just wants to eat well for health there a Nutrition for Sports Performance talk by former Rugby International player Jonny Holland.

Incorporating Culture Night 2023, a book reading by local author Madeline D'Arcy, reading from her award winning "Liberty Terrace", with music by local group Pizzaz Violin. Saturday is "jam packed" starting with some caffeine fuelled fun at the Fzin's Coffee

Workshop, if coffee is your morning kick start, or it's more a lunchtime latte then this is for you. Bring the kids as after that you'll be ready for the Kids Zone. While you are there take time to talk to Atlantia Food Trials the experts in Human Clinical Research.

SECAD Celebrates Multiculturalism Through Food it's a wonderful universal experience, because food hurdles any language barriers, makes friends among strangers, and warms the heart. So come and join the tastings. Be there early to catch the amazing International Parade lead by Shamrock Bhangra Ireland Best Ethnic Dance Group. Don't be in a hurry home there's a cocktail workshop in Granvilles and The Band Trail in all the bars later.

Sunday's Monster Food & Craft Market with over 50 producers and all have a story to tell, chat with them and hear their story. Remember

you don't need a silver fork to eat good food, so arrive hungry.

Danone's Schools Cook Off is a competition for the best recipe produced using local products and cooked live on the day, maybe your local school will be in the final so watch this space. Lots of entertainment for everyone, music performances on the stage with the Band of the Southern Command and Aghinagh Comhaltas, kids rides and lots of circus street entertainers. For Macroom Food Festival just follow the road signs to get there!

For full programme of events, dates, times & details, check out Macroom Food Festival social media, Facebook, Instagram & TikTok on @macroomfoodfestival or visit www.macroomfoodfestival.com



UISCE ÉIREANN REMINDS KERRY PUBLIC TO CONSERVE WATER

Uisce Éireann has renewed its appeal to the public to 'Think Water Conservation' as warm weather returns and demand increases. This comes as over half of Irish households (54%)* still admit to wasting water. As part of its annual campaign, Uisce Éireann is calling on households across the country to assess water usage habits and take practical steps to save water daily.

With warm, dry weather experienced by much of the country this week and with many

people now back in school and work after the holidays, Uisce Éireann has seen an increase in demand for water. However, there are no plans to introduce general water restrictions or hosepipe bans. The public has been asked to help play their part in protecting essential water supplies for their local communities, and to conserve water where possible.

Simple water saving tips include:

Checking your water consuming appliances such as washing machines and dishwashers for any

plumbing

issues. This includes looking out for dripping joints or leaking supply hoses

Keep a jug of water in the fridge rather than letting the tap run cold and save six litres a day Making sure the tap is off while brushing teeth can save 84 litres of water a week

Reducing shower time by 60 seconds can save up to 120 litres of water every week

250 litres of water a week can be saved by fixing any leaking or dripping taps in the garden

Uisce Éireann
Irish Water



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YOGA FLOW

WITH INSTRUCTOR **ELAINE O'NEILL** FROM SANTOSHA YOGA

This course suitable for anyone looking for a Yoga class that will not only loosen but will also tone. A basic level of yoga would be advisable however not compulsory.

WEDNESDAYS 7PM STARTING 13TH SEPT
THURSDAYS 11AM STARTING 14TH SEPT

RESTORATIVE YOGA

This course is a gentle introduction to Yoga. It is ideal for anyone who is new to yoga or maybe tried classes in past that were too intense.

THURSDAYS 10AM STARTING 14TH SEPT

ALL COURSES ARE: 6X WEEKS €70
To book scan the QR code or pop on our app **B Well Fitness Club**
Or call or text the Club on **087-7643449**
Please bring your own Yoga Mat all other equipment will be supplied.

For any personal queries about the class and joining Contact Elaine on: **(087) 202 3509**



   @bwellfitnessclubkillarney



B WELL
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POST NATAL REHABILITATION & RECOVERY COURSE

COMMENCING MONDAY 18TH SEPT 11AM
8x week course: €110

This course is designed for women who have just had a baby & been given the all clear to slowly return back to exercise.

It is a gentle 8x week progressive course where Edele will safely guide you through exercises to help recover & build your body back up after having your baby. It starts with Matt based training to work on effective breathing, core recovery exercises, pelvic floor activation.

Each week you will progress slowly so at the end of the 8 weeks you will be able to return to your usual exercise or activity with ease.

Instructor Edele Daly fully qualified in pre and post natal exercise instruction.

Book on app or call or text 087-7643449
Location B Well Fitness Club,
Unit 3 Countess shopping centre Killarney



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WEEKLY HEALTHY AGING CLASSES

These classes are suitable for ages 50+ They are designed to increase bone mass density, improve posture & overall functional strength making everyday tasks easier.

This is a fun sociable class where we take the fear out of exercise so you can live your life as healthy, fit & strong as you can.

MONDAYS 12PM TRX CORE & MORE
WEDNESDAY 12PM CIRCUIT TRAINING
FRIDAYS 12PM RESISTANCE TRAINING
PAY AS GO €10

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or Call or Text 087-7643449
Location B Well Fitness Club,
Unit 3 Countess shopping centre Killarney



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PILATES COURSE

INSTRUCTOR **STEFAN MC MAHON**
FROM MC MAHON SPORTS THERAPY

TUESDAYS 7PM
STARTING SEPTEMBER 19TH
6x week course: €70

If you suffer with any of the following:
Bad back | Weak core | Poor posture
Tight hips | Weak glutes

Then this is the course for you. Stefan will take you through the basics of Pilates from the floor up & teach you each week how to engage your core, activate your glutes and properly use your back muscles to stabilise your posture into neutral alignment.

To book pop onto our app in the "courses section"
Or call or text us on 086-7643449
Location B Well Fitness Club,
Unit 3 Countess shopping centre Killarney

THE NEW TERTIARY EDUCATION PROGRAMMES – AN ATTRACTIVE ALTERNATIVE PATH TO A DEGREE



By Billy Ryle

One of the priorities of Simon Harris, Minister for Further and Higher Education, Research, Innovation and Science is the creation of a unified tertiary system providing pathways for progression across and between different institutions. The National Tertiary Office (NTO) has been established to coordinate further and higher education progression pathways from Further Education & Training (FET) courses to Higher Education Institutions (HEI).

There is a links scheme between Post Leaving Cert (PLC) courses and HEI's already in existence. However, the number of places available to PLC graduates in the links scheme is limited and there is no guarantee of success, particularly in sought after courses, such as nursing.

The new Tertiary Education Programmes (TEP) developed by HEIs and Education and Training Boards (ETB) offer guaranteed pathways from further education to higher education, which are driven by an applicant's career interests rather than points achieved in the Leaving Cert exam. TEP's look beyond grades and points. They provide a definite path to a third level qualification where progression from further to higher education will be completely seamless, through the development of shared curriculum, teaching collaboration, programme co-design and co-delivery within shared space and shared student experience.

This year MTU is collaborating with ETB Cork and ETB Kerry to provide four TEP courses, three of which lead to an Honours Bachelor Degree (Level 8) and the fourth to an Ordinary Bachelor Degree (Level 7). Other Technological Universities participating in the TEP scheme for the new academic year are SETU, TUS and ATU as well as the Institute of Art, Design and Technology (IADT). This is a wonderful development and will, no doubt, continue to expand in the years ahead.

Applying for a third-level tertiary course is uncomplicated. An applicant can apply directly through the course information page of the

NTO website, www.nto.heai.ie. The website also provides a full list of courses for 2023. The TEP allows an applicant to start a degree at an ETB college and complete it at a university. Alternatively, an applicant can get in touch with the appropriate contact person detailed in the course information section. Any applicant, who has any difficulties with any of the above routes, can contact the ETB Adult Education Guidance and Information Service. www.etbi.ie/fet-guidance.

A tertiary course is a joint further and higher education degree programme. Students commence their third level experience in further education with the ETB but will complete the remainder in higher education colleges. It varies from one year to two years studying in the FET college, depending on the course. Twenty-three tertiary courses commence this September across 11 locations and 5 fields of provision, Business, ICT, Arts, Engineering, Manufacturing & Construction and Health & Welfare. It's fairly certain that additional degree programmes will be added each year.

From day one of a tertiary degree course, students are registered at both the ETB where they are commencing their course and the partnered university. This provides the student with access to dual supports and services including libraries, sports, and other campus facilities as well as academic, health and wellbeing supports.

You do not need the same leaving certificate points for a tertiary course as a person applying for the same degree via the CAO. Different tertiary course programmes have different entry requirements. An applicant may be required to submit proof from other agencies to show s/he is eligible and meet the entry requirements for the course s/he is applying for. Refer to the course information section in the course page of the NTO website for those details. The course provider will be able to advise you of any additional paperwork which is required for your application. The contact

details for the course coordinator can be found in the course page.

Tertiary courses are a new pathway to a Bachelor's degree, at Level 8 or Level 7. The course information section in the course page of the website details the qualification available. Applications for the courses are open since July. There may still be places available on some courses so check for updates on the NTO, ETB or HEI websites.

CHECKLIST

- CAO Round Two offers online at 14.00 on Monday, 11th September
- Accept CAO Round Two offers by 15.00 on Wednesday, 13th September
- CAO Round Three offers online at 10.00 on Tuesday, 19th September
- Accept CAO Round Three offers by 15.00 on Thursday, 21st September
- CAO Round Four offers online at 10.00 on Tuesday, 26th September
- Accept CAO Round Four offers by 15.00 on Thursday, 28th September
- CAO Round Five offers online at 15.00 on Tuesday, 3rd October
- Accept CAO Round Five offers by 15.00 on Thursday, 5th October
- CAO vacant place facility is now open
- TBC: results of Leaving Cert appeals released
- Many Post-Leaving Cert (PLC) Courses still have vacancies
- Third-level tertiary courses may still have vacancies
- Apply now to State Agencies for apprenticeships and traineeships
- Many schools cater for repeat Leaving Cert students
- The confidential help line free phone number is 1800 265 165

Billy Ryle is a Career Guidance Counsellor and Educational Commentator
Email: rylebilly@gmail.com
Tel: 087 9808979



Pictured with the Amber Flag are from left Shauna O'Keeffe, David Peskett and Katelyn O'Keeffe

CASTLEISLAND COMMUNITY COLLEGE receives Amber Flag for Mental Health

A wonderful start to the school year was the news that the school received its third Amber Flag for its promotion of positive mental health. 'The Ambassador Schools Programme provides a framework for schools to integrate mental health activities into the school plan. Various school events took place throughout the year to achieve this flag,' stated principal Teresa Lonergan. The Student Council, under the guidance of History and Geography teacher- Elaine Murphy, co-ordinate the Well Being programme in the school. Activities undertaken in the school include Wellbeing Week, Internet Safety Day, Transition Year Mentoring Programme with first years, Talent Show, Random Acts of Kindness and Connect Caife. The school promotes the positive mental health message: It's OK not to feel OK and it's absolutely OK to ask for help.

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Email: Norma.Foley@oireachtas.ie

FIANNA Fáil
THE REPUBLICAN PARTY

Brendan Courtney and Focus Ireland ambassadors Kelly Ann Byrne and Stephanie Clarke today launched this year's Shine A Light sleep out in aid of Focus Ireland.

Taking place on Friday, 13 October, Shine A Light is proudly supported by Bord Gáis Energy and calls on people across the country to host a sleep out in their homes, communities or workplaces to help end family homelessness. This year the goal is to raise €1.2m to support the essential work of Focus Ireland.

On the night Brendan will sleep out at his home and will document the experience on his social channels. Other well-known personalities taking part in Shine A Light include broadcaster and writer Louise McSharry, former Tipperary hurler Brendan Maher, farming influencer Katie Gleeson and lifestyle influencer Caroline Mooney.

Signing up to Shine A Light is quick and easy to do. Simply visit shinealight.focusireland.ie to register and select whether you're sleeping out as an individual or as part of a team. You can then set your fundraising target and a shareable fundraising page will be created for you.

Brendan Courtney launches SHINE A LIGHT SLEEP OUT



Eight Kerry charities and community organisations receive donations

Muckross Community Centre are among a total of eight Kerry-based charities and community organisations have become the latest beneficiaries of ALDI's Community Grants programme, with each charity receiving a grant from the ALDI store teams in County Kerry.

Receiving €500 grants are St John's National School Kenmare, Let's Get Talking, Muckross Community Centre, Sera Husky and Animal Rescue, Southwest Kerry Family Resource Centre, Kerry Mental Health Association Killorglin Branch, Currow National School and Community K.

ALDI's Community Grants programme helps fund local charities and community organisations that contribute vital work and services in their local communities. Each beneficiary is chosen by ALDI employees, enabling them to help the local good causes they are passionate about. By the end of 2023, the programme will have donated over €615,000 to more than 1,000 local charity branches and community organisations across Ireland since its inception in 2016. Receiving charities and organisations range from rescue teams to animal sanctuaries, cancer support to mental health support, or any charitable organisation that resonates with ALDI colleagues.

COUNCIL ISSUE ALGAL WARNING



Kerry County Council has identified an increase in algal growth at a number of locations around Lough Leane in Killarney.

Members of the public are advised not to bathe or paddle in water if there are visible signs of algal growth in the vicinity which can be identified by a green, blue or brown colour in the water or along the shoreline.

They are also advised to ensure that they keep their dogs under control as such algal accumulations can be harmful if ingested by small animals, particularly dogs. In addition, water from the lake should not be used for cooking, drinking or washing.

Advisory signage has been erected at a number of locations on the lake shoreline.

The situation is being monitored closely on an ongoing basis by Kerry County Council, particularly during the current spell of warm weather and conditions in which this phenomenon is known to occur.



Killarney junior golfers Eimear O'Sullivan and Ellen Barry together with Marie Chawke from Dromoland Castle were delighted to meet local amateur golfer Aine Donegan at the Irish Open.



Anne Nagle is honoured for 40 Years Service to the Order of Malta. She was presented with her medal by Comdt. Tony O'Mera, Regional Director of the South West Region.



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A Rating 4.79%	€50,000	4.9%	10 Years	520	€120.97	€12,901.77	€62,901.77

Green loan rates for works achieving: A Ratings 4.79% (4.9%APR), B1 & B2 Ratings 5.8% (5.96%APR).

Transport Initiatives, and Home Initiatives B3 & below qualify for a rate of 6.5% (6.7%APR). Rates correct as at 15.09.2022.

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core, enhance coordination,
concentration, improve
balance and time reaction,
when face the risk of fall

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On Mats Beginner
Start 14.09 Thursdays@ 11am
On Chairs
Start Tuesday 12.09 @ 12pm

**CENTRE FOR SMART AGEING
FARRANFORE**
On Mats Beginner
Starts 13.09 Wednesday
@ 10:30am
On Chairs
Starts 13.09 Wednesday
@11.30am

OSTEOPILATES
This class is suitable for
all with osteopenia,
osteoporosis and for
everyone who wants to
increase bones density

KILLARNEY CORAL LEISURE
Start 13.09 Wednesday@8pm
Start 14.09 Thursdays@ 10am

CENTRE FOR SMART AGEING
Start 13.09 Wednesday@6.30pm



FALL PREVENTION & OSTEOPILATES €65 FOR 6 CLASSES, €80 FOR 8 CLASSES OR €15 PAY AS YOU GO

Stunning Scenery and Sunshine at the DINGLE MARATHON WEEKEND

Photos By : Domnick Walsh

Dingle Marathon weekend was one of the best weather wise in many years as runners took to the West Kerry Roads at 9am on Saturday last.

This September weekend in Dingle Co Kerry had almost 4,000 participants in the Dingle Full and Half Marathons .

The half marathon from Dingle via Sleah Head to Kruger's pub in Dún Chaoin, while another 1,500 runners will continue on the full marathon route through Ballyferrier and back into Dingle Town.



MONSTER USED CAR SALE PLANNED AT KELLIHERS

At Kelliher's they pride themselves on a sell, sell, sell approach but for this week they are taking a break and not selling any cars!!.... Because they are busy, busy getting ready for a MONSTER sale with over 160 used cars for sale with huge cash discounts..... NEXT WEEK.

If you are in the market for a used car and if it has been on your mind to change, well this is the sale you just cannot afford to miss. Starting Friday, September 15th and running until Sunday 17th this MONSTER, MASSIVE, HUGE, GIGANTIC, GINORMOUS and all the other words we could use to explain just how big this sale is going to be.

160 used cars encompassing one of the biggest selections of used Toyota Hybrids in Europe along with Toyota commercials as well as other makes that they have in stock (Ford, Skoda, Nissan, Audi, BMW) across electric, petrol and diesel powertrains, the Tralee dealership will have THOUSANDS OF EUROS SLASHED from the prices. Kelliher's will be giving away free motor tax, with competitions and giveaways running over the sale weekend and best of all you could be in with a chance to win back 5% of the purchase price of the car – without question, Kelliher's Garage is the place to be to buy a car next weekend!

Radio Kerry will be broadcasting live from Kelliher's on Thursday, the 15th next on the 11 to 1 Club with Francis Jones and the team at Kelliher's will be chatting with him about this one of a kind stock clearance sale – be sure to call to Kelliher's and do not miss out!!



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UPCOMING 2023

PERFORMANCES FROM: GEORGE MURPHY AND THE RISING SONS - THE FOGUES - UP IN SMOKE - BINGO LOGO DJS

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GLENEAGLE INEC ARENA

THIS
WEEKEND

THE MUST SEE COMEDY OF 2023
BRIDESMAIDS

SUN 10TH SEP
BRIDESMAIDS
THE COMEDY PARODY
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FRI 6TH OCT
SIMPLE THINGS
TICKETS FROM €12.25



WED 25TH OCT
WHEATUS
TICKETS FROM €29.05



FRI 22ND SEP
PROUD MARY
AND HER CITY LIMITS BAND
TICKETS FROM €23.95



SAT 14TH OCT
GINA AND THE CHAMPIONS
TICKETS FROM €29.05



FRI 27TH OCT
LOCO HOUSE OF HORRORS
TICKETS FROM €33.10



FRI 22ND SEP
JARLATH REGAN LIVE
TICKETS FROM €29.05



SAT 21ST OCT
DEIRDRE O'KANE DEMENTED
TICKETS FROM €25.95



SAT 28TH OCT
MICK FLANNERY
TICKETS FROM €34.90



SAT 23RD SEP
DEREK RYAN DANCE
TICKETS FROM €20.00



SAT 21ST OCT
DECLAN O'ROURKE
TICKETS FROM €37.50



SUN 29TH OCT
THE WOLFETONES
TICKETS FROM €36.45



SAT 23RD SEP
PADDY CASEY
TICKETS FROM €30.20



SUN 22ND OCT
PICTURE THIS
TICKETS FROM €46.90
SAT 21ST OCT SOLD OUT



FRI 1ST DEC
BELL X1
TICKETS FROM €33.65



SAT 30TH SEP
BRIAN KENNEDY
TICKETS FROM €29.05



SUN 22ND OCT
THE AMY WINEHOUSE BAND
TICKETS FROM €31.25



FRI 29TH DEC
BLOCK ROCKIN BEATS
TICKETS FROM €33.65

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All ticket prices exclude booking fee plus €1 facility fee. Telephone and Internet bookings subject to service charge.

AUDITIONS FOR PRES CHRISTMAS PANTO

Presentation Secondary School Castleisland are very excited to share the news of their first ever Christmas Pantomime - 'Cinderella into the Woods', will take place over two nights, Thursday December 14th and Friday December 15th 2023, with two matinees during both days. The school would love for primary school students, boys and girls and any member of the community (over 18) to get involved.

This is once again, a community involvement event, building on the success of last years 'Night at the OsKars'; however, the Pantomime's main roles will be filled by secondary school students from Presentation Castleisland and students from St. Patrick's Secondary School Castleisland are also invited to participate.

Full details of how to get involved are here:

AUDITIONS

Who can get involved

- 8-12 years olds from any primary school (boys & girls).
- Members of the community - over 18.
- Students from Presentation Castleisland and St. Patrick's Secondary School.

When: Saturday September 9th 2023

Where: Presentation Secondary School, Castleisland (main building where the front office is located)

Time:

- 2pm – 3pm: primary school students
- 3pm – 5pm: members of the community (over 18) and students from St. Patrick's Secondary School Castleisland.

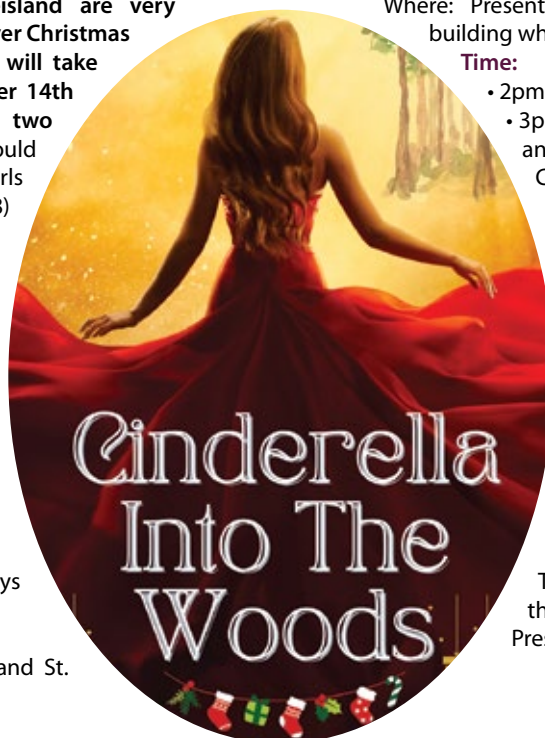
Rehearsals

- Rehearsals will take place on Wednesday evenings after 6pm (TBC) in Presentation Secondary School, Castleisland.

To register your interest please contact the school office on the following email: info@presentationcastleisland.ie or contact: 066-7141178

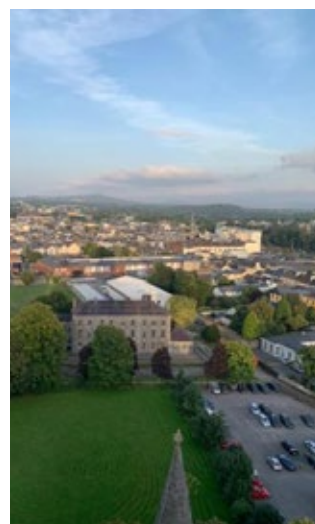
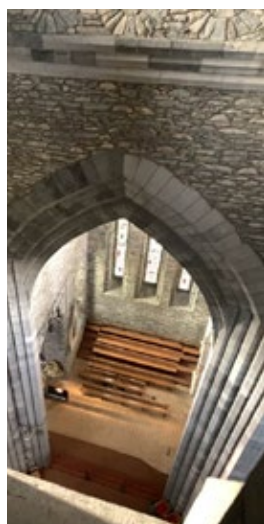
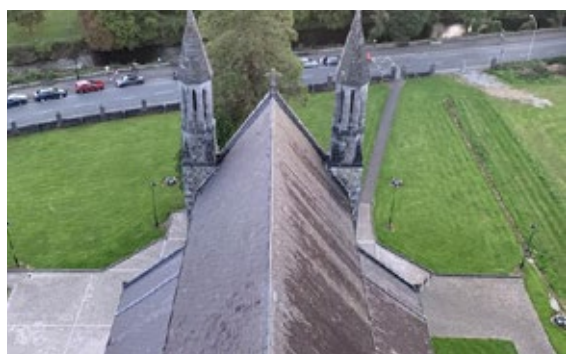
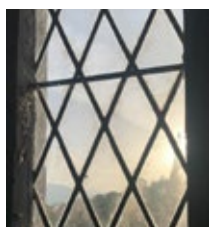
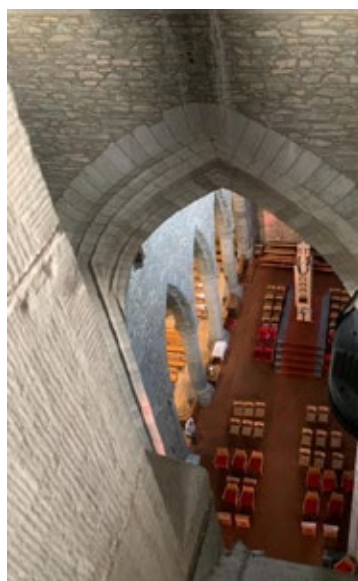
Audition scripts will then be made available for those interested.

The school would love your involvement to make this a very memorable first Christmas Panto in Presentation Castleisland.

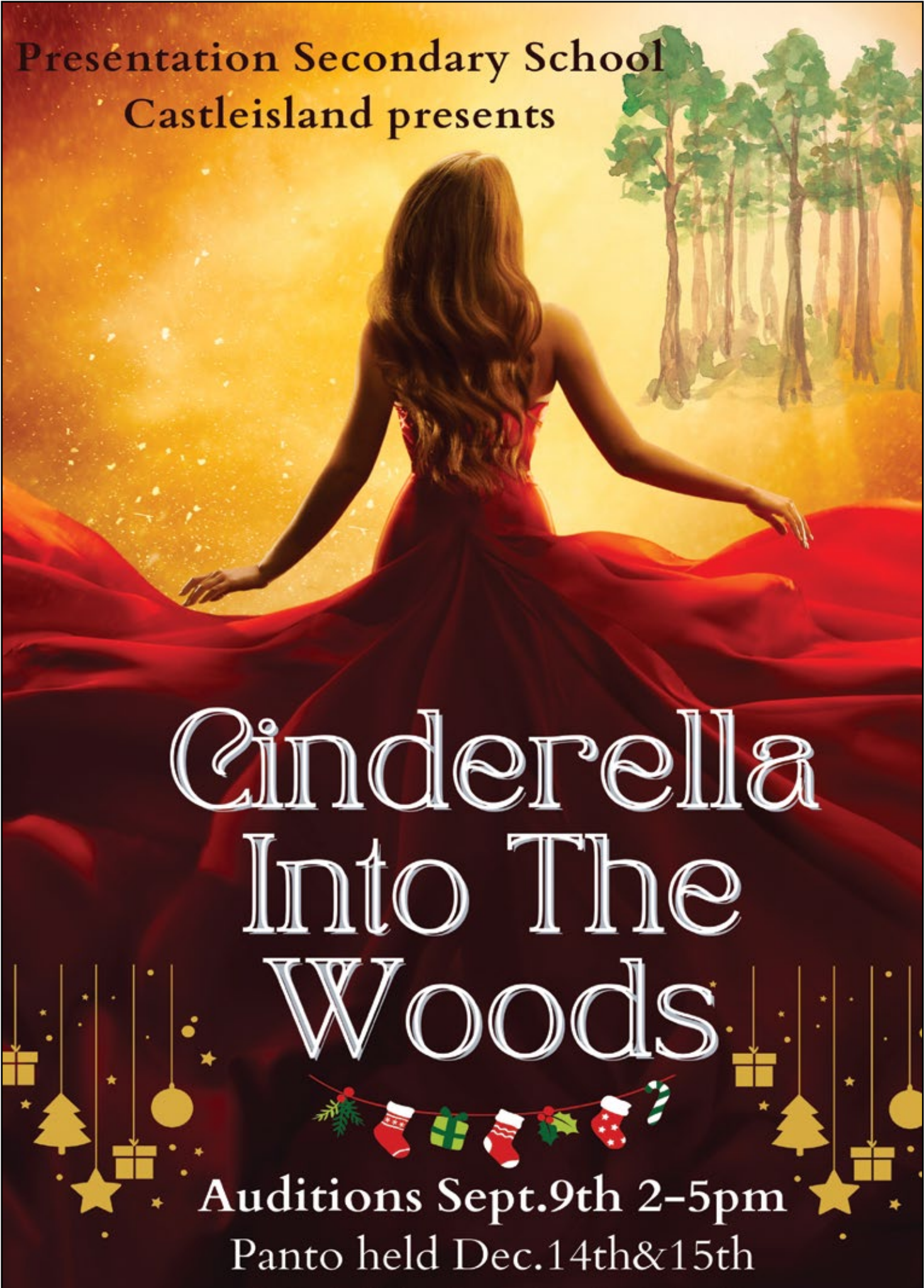


Joanne shares her PANOROMIC VIEWS FROM ST. MARY'S CATHEDRAL

Everyone in Killarney is familiar with St. Mary's Cathedral, however very few of us have climbed the stairs to the top of the iconic church. This week, Eucharistic Minister at St. Mary's Cathedral, Joanne Pierce ventured high into the Spire and shares her photographs with the readers of Killarney Outlook. St. Mary's Cathedral was designed by the renowned English architect Augustus Welby Pugin, who is said to have gained inspiration from the ruins of Ardfert Cathedral.



Presentation Secondary School
Castleisland presents

A woman with long brown hair, seen from behind, stands in a forest. She is wearing a long, flowing red dress. The background is a warm, golden glow with falling snow or sparkles. In the distance, there are several tall, thin trees with green foliage. The overall mood is magical and festive.

Cinderella Into The Woods

Auditions Sept.9th 2-5pm
Panto held Dec.14th&15th

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On Thursday 21st September 2023 at 7.30pm.

Jean is a Classically-trained Singer, plays Violin with the KalamazooSymphony Orchestra, and is a sought after speaker and author. She hosts a daily radio programme on UCB Ireland. For more info visit her website jeanwatson.com, or visit our Facebook page: Word of Victory Christian Fellowship Killarney for links.



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HPV Catch-up Vaccination Programme EXPANDS ACROSS KERRY

The Laura Brennan HPV Catch-up Vaccination Programme is offering another chance for eligible males and females to receive the free HPV vaccine, if they have not received it before.

The programme has now been expanded and you can get a HPV vaccine if you're:

- in second to sixth year of secondary school, homeschool or special school
- female age 24 or younger
- male age 21 or younger

If you're an international student living in Ireland, you can get a vaccine if you're:

- female age 24 or younger
- male age 21 or younger

If you're a refugee or seeking protection in Ireland, you can get a vaccine if you're:

- female age 14 to 24
- male age 14 to 21

You must make an appointment on the online booking portal which is at this [LINK](#). The catch-up clinics will be held across Cork and Kerry and new

dates are being added regularly. Confirmed dates with appointment times available include:

Monday, 18th September:
2pm-4pm

Kerry Vaccination Centre,
Borg Warner, Monavalley,
Tralee, Co. Kerry, V92
HT21

Monday, 18th September:
9:20am-4:40pm

Monday, 25th September: 9:20am-4:40pm

To date, over 550,000 students have received HPV vaccine through the HSE vaccination programme. For more information and to book an appointment in your area please see www.hpv.ie. Contact HSE Live if you need help booking an appointment on Freephone: 1800 700 700.



MET ÉIREANN RELEASES STORM NAMES FOR THE 2023/24 SEASON

Storm names keep communications clear for public safety

Met Éireann, along with the national weather services of the UK (Met Office) and the Netherlands (KNMI), has released the list of new storm names for the 2023/2024 storm season, which starts on Friday 1st September.

Storms are named when they could cause 'medium' or 'high' impacts in one of the three partner countries. This enables consistent, authoritative messaging to support the public to prepare for, and stay safe during potentially severe weather events.

Each of the three meteorological services contributed seven names to this season's list. Met Éireann chose names of eminent Irish/Northern-Irish scientists, to honour their important contributions to science and benefits for humankind.

The full 2023/24 list is:

Agnes - Babet - Ciarán - Debi - Elin - Fergus - Gerrit - Henk - Isha - Jocelyn - Kathleen - Lilian - Minnie - Nicholas - Olga - Piet - Regina - Stuart - Tamiko - Vincent - Walid

When a storm is forecast the national weather service that expects the biggest impact from the severe weather to hit its region names the storm. Storm naming happens in conjunction with orange/red weather warnings, which could be for wind, rain or snow or a combination of these conditions. Those warnings are issued based on a combination of numerical criteria and the potential impacts foreseen.

STUDENTS LAUNCH RESTART A HEART ART COMPETITION

Students from St. Olivers National School and Loreto National School at the launch of the upcoming CPR primary schools art competition as part of the Restart A Heart program of events through Killarney Community First Responders". Pictured are: Reagan Browne and Ronan Browne St. Olivers with Ruadhan Coleman, Loretto NS (centre).



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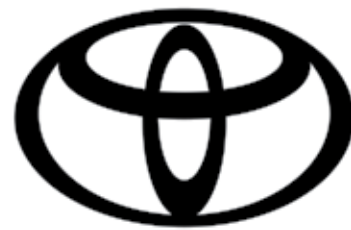
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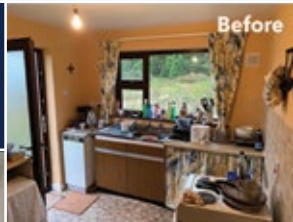
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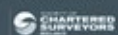
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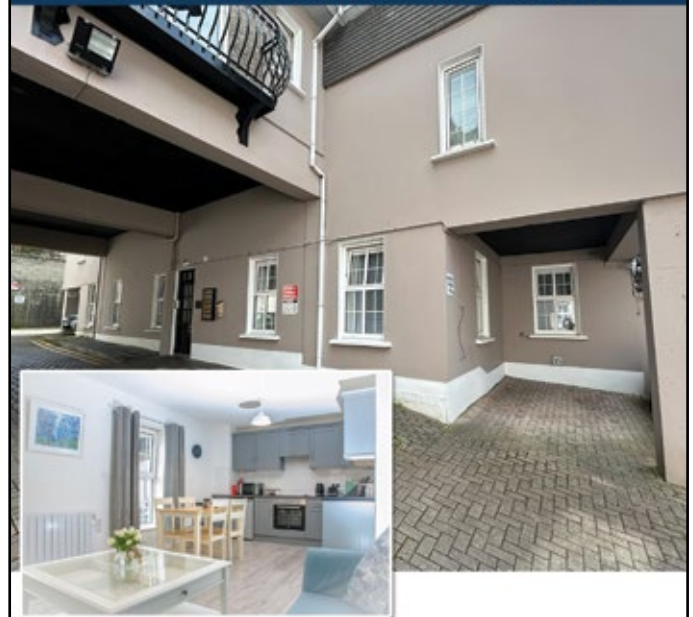
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9am



10am



11am

MEP Kelleher urges schools to join the European Parliament Ambassador Programme

Ireland South MEP Billy Kelleher is calling on secondary and vocational schools to join the European Parliament Ambassador Programme (EPAS) in the coming year to bring the European project closer to students, teachers and the wider school community.

The programme brings together secondary and vocational schools across Ireland to raise awareness of the European Union, European parliamentary democracy and the values that underpins our shared European citizenship.

"Since being elected to the European Parliament in 2019, I have really enjoyed the numerous visits to schools around the constituency that take part in this programme. You can see how each of the schools have really benefited from the activities and the networking.

"Ireland is celebrating its 50th year of European Union membership.

There is strong support for our membership but we can never take it for granted. It is essential, in my opinion, that we all, through our schools and other means, remember the origins of the EU, and learn about how the Union has transformed Ireland for the better.

"The EPAS programme is a yearlong process that culminates in a school being recognised as an official European Parliament Ambassador with regional awards ceremonies. Significant support in terms of teaching materials are available from the European Parliament Liaison Officer (EPLO) in Dublin, and as an MEP, I am always willing to visit schools to help with the programme.

"If you would like to learn more about the EPAS programme, you can contact Margaret by emailing, youth-epdublin@ep.europa.eu, or get in touch with my own office," concluded Kelleher.



Calls on Road Safety Authority (RSA) TO EXAMINE ALL POSSIBLE FACTORS IN ROAD FATALITIES

Deputy Michael Healy Rae TD is calling on the Government to ensure the Road Safety Authority (RSA) look beyond the data and explore all possible factors when tackling the ever-increasing number of road fatalities in Ireland.

Last year saw an increase of 14% of fatalities on 2021 with 156 recorded deaths from 150 road collisions and already this year the RSA have confirmed 100 deaths on the road (as of August 1st, 2023) A worryingly increase of 11 fatalities compared to the same date last year.

"We are now heading into the winter months, which is well regarded as the most dangerous time of the year. Last year 45 people lost their lives on Irish roads between October – December 2022, with 17 road deaths recorded in November 2022 alone.

"Over the years we have seen the increase on the deterrents for speeding, alcohol and substance use while driving and even a doubling of penalty points, but the RSA must look beyond that data and find what other contributing factors are out there. I think it is time to look at road structures, dangerous junctions, lack of road signage and warnings as other factors in road deaths.

"Data made available from a Preliminary Analysis of Road Traffic Fatalities by the RSA (as of 26 July 2023) highlighted a number of worrying trends.

Deputy Michael Healy Rae TD said his heart has gone out to the families in the most recent tragic road traffic fatalities in county Tipperary and said we needed the RSA ensure they spread their net wider when tackling road safety.



HSE & CAMHS FAILURE

"The Health Service Executive has failed children and adolescents who require Mental Health Services, for many years now, throughout Ireland and particularly in the Cork/Kerry region" stated Fianna Fáil Councillor, Michael Cahill.

A number of recent reports have detailed the crisis in our Children and Adolescent Mental Health Services that exists in 17 counties. The CAMHS service suffers from a lack of governance, failure to reduce preventable harm to patients, and inadequate funding and recruitment of key staff, according to the reports by the Inspector of Mental Health Services, Dr Susan Finnerty. Dr Finnerty recommends that CAMHS should immediately be independently regulated by the Mental Health Commission due to it being "inefficient and unsafe".

"This is a scandal of our times and it would appear that the urgency of the crisis that exists is not being dealt with as an emergency. Young lives and those of their families have been

destroyed by an inadequate HSE that I have already said, is not fit for purpose" stated Councillor Cahill.



Fianna Fáil Councillor, Michael Cahill.

"I am bringing this to the public notice of the Ministers with responsibility for Health, Mental Health and Children and if their is not an immediate effective response from each of them, I will bring a delegation to the offices of the Taoiseach and the Tanaiste, to ensure the voices of those affected are finally heard" said the Kerry Councillor.

"Every man woman and child should be up in arms to learn of this diabolical treatment that has been served up to some of the most vulnerable people in our society. I will liaise further with the representatives of the patients and their families and a schedule of actions will be drawn up and I can assure you, their voices will be heard" added Councillor Cahill.





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MONEY MATTERS.....

By Dermot Cronin,
Financial Advisor



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

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

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

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

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

Approved Retirement Funds: You may be entitled to keep some of your money in an approved retirement fund, money can be taken from the fund to give you a regular income, usually monthly. This is subject to taxation also. Taxation at retirement is often much lower than when you are working. It is extremely important that you take your time and have all the options explained to you in plain simple English and that you understand all your options clearly before you make your final decision. As well as the above there is much more to be discussed about your pension. You should discuss your retirement options with a financial advisor who has access to a number of different pension providers before making any decisions, he or she will help you with the above options and any other queries you may have.

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



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SPA

Written by: Leanne Cronin

➤SPA LOTTO RESULTS 04/09/23

Numbers drawn: 13, 22, 24, 27. Jackpot €3200 not won. Lucky dip winners €50 each: Kieran Lynch, c/o Sheila McCarthy, Bernie O'Sullivan, Lissivigeen, T&D Moynihan, Headford, Daire Murphy. Monthly Draw for Annual Ticketholders: Mike Stam O'Donoghue. Next week's jackpot will be €3,400

➤CLUB CHAMPIONSHIP

In the semi-final of the Kerry Petroleum Club Championship, we welcomed Dingle to Spa after claiming home advantage after impressive wins in the group stages. Unfortunately, it was not our day on this occasion facing an imposing display of football from a hungry Dingle side nevertheless our senior side did not go down without fight. Well done to the team

and management on qualifying for the semi-final stages, we wish them the best of luck in preparation for the Garvey's SuperValu Senior Football County Championship when they will play Mid Kerry in Austin Stack Park on 17th September at 4:15PM

➤HANDBALL

An open night will be held by Spa Killarney Handball Club on the 15th September in Spa Hall at 7pm. All over 18s are welcome.

➤ITEMS FOR NOTES

Any items for the Spa notes please contact the club PRO on 085 7762411 or pro.spa.kerry@gaa.ie before 8pm on Sundays

BEAUFORT

By Bridget Hartnett

➤SYMPATHY

The parish and beyond was saddened last week with the passing of John J. (Johnny O'Reilly). Johnny was a man of many interests. He was a lifelong member of Beaufort GAA Club where he served on the Club committee until recently. He was also a former juvenile coach and Mid Kerry Board Officer. We offer our sympathy to his wife Frances, sons James, Cathal, Aidan and Seán, daughters, Yvonne, Vera and Niamh, sisters Margaret and Maureen, brother Jerry, grandchildren, extended family and friends.

➤FIXTURES

Beaufort minor men will be home to Ballyduff on Saturday, 9th at 4pm in the first round of Minor Club Championship, Group D.

➤LOTTO

There was no winner of Beaufort G.A.A. Club lotto jackpot of €14,600 on Sunday, 3rd September. Numbers: 3, 16, 25, 28. Consolation Prizes: €80 Roseanne Fogarty, Beaufort €50 Mary Sweeney, Invicta, Patsy Cronin, Killarney, Michael O'Sullivan, Shanacloon. The next draw for a jackpot

of €14,800 will be on Sunday, 17th September. Thank you to everybody who support our lotto. Tickets available from usual sellers, shops, public houses and online at www.beaufortgaa.com. Thank you to everybody who purchases lotto tickets. Your support is appreciated.

➤JERSEY PRESENTATION

Beaufort G.A.A. Club wish to thank Kelliher Lawnmowers for their generosity in sponsoring a set of jerseys for our U13 Boys team. Paudie Kelliher on behalf of the company presented the jerseys on last Sunday evening in Beaufort.

➤Ladies Division 4, Co League final

Beaufort minor ladies played the above final on Wednesday the 23rd of August against Na Gaeil in Milltown. It was an incredible display of football from both teams and at half time, the score was even at 3:04 each. It was a one point game with 3 minutes to go. Beaufort got the final score to win on a score line of 3.09 to 3.07.



Beaufort minor Ladies and management. Ladies Co League, Division 4 winners.



Paudie Kelliher, Kelliher Lawnmowers, right centre, presenting a set of U13 Jerseys to David Doyle, U13 Boys mentor, and team members and mascots. Left of centre, Maurice Foley, Club Vice-Chairperson.

LISTRY

Written by: Colette Leslie

➤SENIORS

Our seniors saw the end to their championship run last Saturday in a defeat in the quarter finals by Listowel Emmets.

➤LOTTO

Numbers drawn 15, 16, 23, 24. €100 - Siobhan Johnston. €50 - Irene Wrenn.

€50 - The 3 Stooges. €25 - Ian Joy c/o K Hobbins. €25 - John O Donoghue, Lissivane. Next weeks jackpot €6,600

➤U13

Our U13 teams play Kilcummin in Kilcummin next Sunday the 10th at 10am and 11.15 in the East Kerry league.

GLENFLESK

Written by: Seamus Healy

➤CONDOLANCES

Sincere condolence's to Micheal and Siobhan O Donoghue and family on the recent passing of Maureen O Donoghue, may her gentle soul rest in peace. Condolence's also to Margaret O Sullivan and family on the death of Jim O Sullivan, may his gentle soul rest in peace.

➤LOTTO

There was no winner of Glenflesk Lotto which took place on 4/ 9 / 2023 in Glenflesk Hall. Jackpot €5,200 The numbers drawn were : 4, 17, 27, 29 Consolation Prizes of €50. 1. Patricia O' Donoghue, Knockanes 2. Denis O'Donoghue. (Sellers' Prize) 3. Rosie Healy, Shronedraugh 4. Seán O' Grady, Killarney Next draw will take place in Glenflesk Hall on Monday 18/ 9/ 2023.

Jackpot will be €5,400, Thank you to all who support our Lotto and to our sellers.

➤GLENFLESK COMHALTAS

Registration and Information evening regarding Music Classes, Singing Classes, Adult Music Classes and Group/Session Music Classes will take place next Tuesday, 12th September from 7 to 8 o'clock at Glenflesk GAA Hall. Everyone welcome. Looking forward to meeting you all

➤VOLUNTEERS NEEDED

The altar society which cares for the church cleaning, hoovering, utility area care and flower care for the altar are looking for more helpers. Perhaps you might give your name to Patricia 087 9048659.



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KILCUMMIN

Written by: Helen Moynihan

>KILCUMMIN CCE

Kilcummin CCÉ are holding a celebratory social to mark our 50th anniversary on Saturday 14th October in the Heights Hotel. Tickets are €40 with an u16 ticket available for €15 (children's menu will apply). Gathering from 6.30pm with Dinner at 7.30pm. Music with Neily O'Connor followed by Trad Disco. Tickets are available from branch officers Shane O'Callaghan 086 2763577, Geraldine Pigott 087 6764368, Catriona McGuire 087 2227512 or Kilcummin Rural Development Office.

>KILCUMMIN COMMUNITY CARE

Kilcummin Community Care will hold their annual church gate collection this weekend 9th & 10th of September at Our Lady of Lourdes Church, Kilcummin.

>KILCUMMIN COMMUNITY GAMES

Best of luck to Dara Counihan and Saoirse Lucey who will represent Kerry in the All-Ireland community games U10 & U12 Handwriting competition and Brynn McCarthy in the U12 Solo Singing competition next weekend in Carlow.

>KILCUMMIN BABY AND TODDLER GROUP

Kilcummin baby & toddler group returns on Mondays, starting the 11th Sept. at Kilcummin Recreational hall, 9.30-11.30. It's a large hall with plenty of toys for all ages. Fee €3.00. All welcome. Contact Orla 0863628335.

>PILATES AND BARRE CLASSES

Pilates & barre classes will take place in Kilcummin Recreational Hall, Kilcummin Village every second week Monday to Friday 6.30am -7.30am and very Monday evening @7pm – 8pm. Contact Noreen on 087 3507953 to book your place or for further information.

>LEGO LAUNCH CLUB

Lego Launch Club for 2nd – 5th class students starting Monday September 18th from 3.30pm-4.30pm in Spa GAA Club. Run by two fully

qualified teachers. Places are limited. For further information contact Charlene O'Connor and Karol Fleming by emailing legolaunchclub@gmail.com.

>KILCUMMIN GAA

KERRY PETROLEUM INTERMEDIATE CLUB CHAMPIONSHIP

Intermediate Club Championship Quarter - Final

Milltown /Castlemaine 0-19 Kilcummin 0-14 (after extra time)

A huge crowd turned out to witness this absorbing encounter in extremely hot conditions. Already without the injured Paul O' Shea we were dealt a serious blow before the game when Kieran Murphy was declared unfit to play. However in what proved to be a tense and physical encounter our players gave it their all and took the game to extra time courtesy of a massive Brendan Kealy 45 at the death. The opposition proved too strong in extra time but Dara O' Callaghan, Sean O' Leary, Mark O' Shea, Gary O' Leary and Eoghan O' Donovan stood out in what was a great team effort which just came up short. Well done to all concerned for the enjoyment and excitement they have given in what is a long year to date.

LOTTO

There was no winner on 28th August 2023 of the Jackpot for €6,500. Numbers drawn were 01,04,17,25. Consolation prizes of €50 went to Maureen Fleming; Carl Lyons, Kilcummin; Mike Lucey; Sean Kelly. The next draw will be Monday 11st September for Jackpot of €6,750.

>MASTERGEEHA FC

LOTTO

There was no winner on 1st September 2023 of the Jackpot for €3,800. Numbers drawn were 07,10,18,24. Consolation prizes of €50 went to P & M Culloty, Lyreatough; Kay & Dave O'Leary, Mastergeeha, Allen Breen, Daltons Ave. O/L; Aoife McSweeney, Mileen, Kilcummin. The next draw will be Friday 8th September for Jackpot of €4,000.

RATHMORE GNEEVEGUILLA

By Michael O' Mahony

>SHARE THE BUCKET

Gneeveguilla Community Facility Group reminds you that Share the Bucket takes place weekly. The draw is every Friday evening in Teach Fáilte @ 8.30 pm and can be viewed live on our Gneeveguilla Community Facility Group Facebook Page. This week's jackpot was €202 and the winner was Seán & Ellie McGillicuddy. Tickets cost €2 each or 3 for €5. They are available at Teach Fáilte and can be bought online at <https://tinyurl.com/y2ade5om> or in local businesses where you see the Green Share the bucket. Your support is greatly appreciated and all funds will go towards our new proposed community facility.

>RAMBLING HOUSE at Heritage Centre Scartaglen Monday September 11th at 8pm. Raffle and refreshments, all are welcome.

>SET DANCING CLASSES in the Old School House, Foilogohig, Ballydesmond beginning Thurs 7th September @ 8pm. All welcome especially beginners. For further details contact 0876800819

>THE ANNUAL PILGRIMAGE OF THE LEGION OF MARY TO KNOCK SHRINE will be held on Sunday 24th Sept 2023. Bus leaves Killarney from the Church of the Resurrection at 6.30 a.m. Price for the bus is €30. Contact Pat 0868510423.

>PILGRIMAGE TO KNOCK from Toustist and neighbouring parishes on Thursday 7th and Friday 8th September. Spiritual director Fr John Kerin. Cost €140 includes coach, evening dinner, B&B accommodation in St Mary's. Full amount to be paid when booking. Early booking advised. Contact Kitty McCarthy 0879492710 or Ina O Shea 087 7730742.

>BON SECOURS COUNTY CHAMPIONSHIP 2023

INTERMEDIATE LADIES Round 4: Rathmore: 4:13 Firies: 5:15

Rathmore Gaa Golf classic. Sponsors and teams are filling up fast with limited places left. Please make contact with the organisers if you wish to take part. Thanks for your continue support. Rathmore GAA.

>KERRY PPN

Just a quick little email to remind you all to please update any information that may have changed since you last registered your group with the Kerry PPN. It is very important to keep all contact details up to date as we do not want you missing out on any grants etc as the contacts registered within the group will be receiving all this information. If you need to up date any



First Day Smiles at Shrone National School

Liam Noonan, Denis O Sullivan, Donnacha Creedon, (back row Left to right)

Hannah O Sullivan, Adam Fitzgerald, Leah Cahill (front row left to right).

Liam, Denis, Donnacha, Hannah, Adam and Leah started in Shrone NS this week.

information then please do so by email ppn@kerrycoco.ie

>NOTES

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



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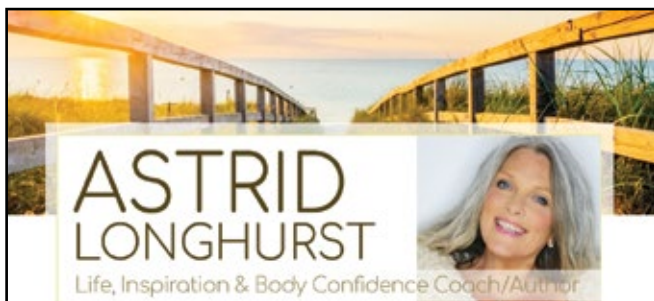
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- Write down three or four habits you want to change. Notice when and how they show up in your life. Become fully conscious of them.
- Write down three or four thoughts, emotions or behaviours that you want to practice becoming. Every day, spend five minutes mentally rehearsing these behaviours. Imagine how you would speak, think, act and behave with these new behaviours in place. Imagine yourself replacing the old habit with the new.
- Whenever you are aware of the old habit, stop and imagine the new habit instead. Feel as if you have already achieved what you desire.
- During the day, review how you are doing and stay conscious. Awareness and repetition are the keys to firing and wiring new thoughts and behaviours in your nervous system.

Enjoy the process of positive change.

www.astridlonghurst.com

'Learn the importance of selfcare'

Noreen

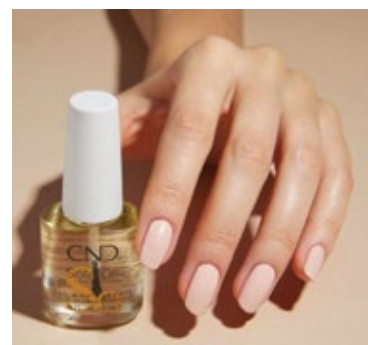


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Shellac should not damage or weaken your nails if it is applied and removed correctly. Shellac is bonded to your natural nails and if you pick it off a thin layer of your natural nail will come with it. This will make your natural nails much weaker and thinner causing them to peel and break. To prevent nail dehydration (peeling, brittle nails) get in the habit of wearing gloves when doing housework and washing the dishes as the water and harsh chemicals can damage your nails.

Keep your nails and Shellac coating flexible by using a good quality nail and cuticle oil twice a day. This will keep your natural nail hydrated and help maintain your Shellac

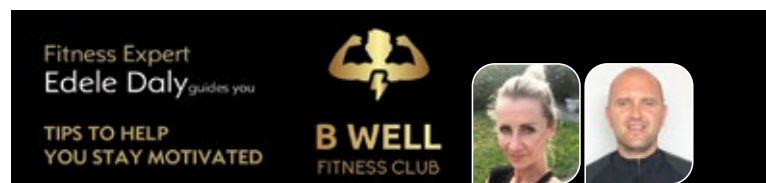


manicure for longer. CND Solar Oil €5 is formulated to penetrate nail coatings like shellac and gel/ acrylic nails to nourish the nail plate underneath preventing dry, peeling and brittle nails. This also helps to soften your cuticles giving a more attractive appearance to your nails and hands.

Noreen Mangan

Tel: 0646630712

www.whatwomenwant.ie



Fitness Expert Edele Daly guides you
TIPS TO HELP YOU STAY MOTIVATED
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TIPS FOR YOUNG ATHLETES TO AVOID OVERTRAINING

As a young athlete, playing numerous sports is very normal thing and should be encouraged to try find the sport that fits you, however as you get older the demand on your body will increase as the intensity in your sport increases so you need to be able to manage that load. Here are a few tips that will help your body in its attempts to prevent burnout and injury.

- Nutrition, ensuring you are eating enough to fuel your sessions, getting enough protein for muscle recovery and enough carbs for energy.
- Sleep, ensuring you are getting at least 8 hours every night and not staying up on the PlayStation all night.
- Implementing a daily mobility programme, doing mobility work every day is a must for athletes wanting to perform at the top of their game and avoid injury
- Training in the gym, training sport specific to your sport is vital and is often a place where young athletes go wrong, a lot of athletes often train to much like bodybuilders and don't train like an athlete, explosive movements, speed work and agility will stand a lot more to an athlete compared to another athlete training biceps and chasing a big bench press. Doing strength work and training through different ranges of motion have shown to have positive effects on keeping muscles healthy and free of injury
- Using Recovery tools such as foam rollers, massage guns, cold water and heat are also great to use for recovery, however if any of the above are not in check such as your sleep or nutrition these aspects will be useless for your recovery
- The last point ill mention is listening to your body, if you are injured take time out to recover and get it right, if you feel you have done too much training speak to your coach/trainer and they will advise you from there about resting and loading.

At B well we specialize in young athlete development so please contact us for a private consultation an PT.



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FLASHES AND FLOATERS

When should you be concerned about flashes and floaters?

Tiny spots, lines, flashes or shapes in your vision are known as flashes and floaters. Lots of people experience them and they usually aren't cause for alarm.

What are flashes?

Sometimes the jelly inside your eye shrinks a little and tugs on the retina (the light-sensitive layer) at the back of your eye. This can cause flashes of light at the edge of your vision. This is different from the disturbance of vision that can happen with a migraine.

What are floaters?

Often, people who have healthy eyes see floaters. They appear as spots, lines or cobweb effects, usually when you look at a plain surface such as a white wall, screen or a clear blue sky. They are usually caused by cells clumping together in the clear jelly in the main part of your eye and casting shadows on your retina. The sudden appearance of new floaters is different and may be caused by the jelly shrinking and can sometimes mean there is a tear in the retina.

When should I be concerned?

If you suddenly notice a shower of new floaters, or floaters along with flashes or a dark shadow or a

'curtain' in your vision, you should take urgent action.

What will happen if the retina tears?

The retina is the light-sensitive layer at the back of your eye which receives images and sends them to your brain. If the retina tears, it may come away from the back of the eye and can lead to a retinal detachment which can result in you losing part or all of your vision.

How is retinal detachment treated?

A tear may be treated by using a laser. If treated quickly you may have a better chance of full recovery. However, if your retina has become detached, you will need surgery. The operation may restore most of your vision.

What to do if your symptoms change

Look out for the following:

- Flashes or floaters getting worse
- A black shadow in your vision
- A sudden cloud of spots
- A curtain or veil over your vision
- Any change in vision

If you notice any of these symptoms seek immediate professional care.

For more information and honest advise contact us on 064 6636477



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Jacqui and Saoirse Brady from Watergrasshill, Cork pictured at the Kellihers.ie Ladies Day pictured at Killarney Races recently. Photo: Don MacMonagle

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Killarney Rugby Club U16 who played a pre season game on Saturday.

KILLARNEY RFC NEWS

MINIS BACK

Last Saturday our Minis returned for the new season, in glorious sunshine at Aghadoe. A fantastic turnout with new players of all ages starting also, the season got off to a flyer. Thanks to all the coaches for looking after their charges and ensuring fun was had by one and all! Minis train every Saturday morning at Aghadoe between 9:45am and 11am and is open to boys and girls aged between 5 and 11. New players always welcome! Contact Dave on 087-2546290 for details.

U16'S IN PRESEASON MATCH

Our U16 boys played a preseason match - against themselves, getting the season off to a flying start at Aghadoe. A cracker of a game with all players putting their shoulders to the wheel. Training continues on Tuesday evening at 7pm for the Backs and for all on Thursday evening for all. New players welcome.

CAR WASH A HUGE SUCCESS

A very busy day last Saturday for our car wash fundraiser and the weather did not disappoint. Thanks to all who supported the event and came along to the car wash, to Ger Moynihan and all who organised and helped run the day, all who baked and brought the wonderful home baking along and a special thank you to all the U14's and U16's players who worked hard (and had great craic!!) washing the cars yesterday. A fantastic day! All funds raised go towards the Youths Easter trip to Toulouse. Thanks again for all the support!

FARRANFORE MAINE VALLEY AC

Life long athletic buddies and members of Farranfore Maine Valley AC Michael O'Connor and Jim O'Shea competed in the British Masters Track and Field Championships in Derby UK on Sat last.

Jim won gold in the Long Jump and High Jump and bronze in 100m M80.

His club mate Michael won Gold in the 3000m M70 track walk.

Next up for the boys will be the National Indoor later in the year and the European Master Indoor in Poland next Spring.



Farranfore Maine Valley AC Michael O Connor and Jim O Shea who competed in the British Masters Track and Field Championships

MUCKROSS ROWING CLUB

CELEBRATION

The club extends an open invite to all our members, past and present, supporters, families and friends to attend the boathouse this Sunday, September 10th at 12 noon to mark the achievements of Daniel Daly and Caoimhe O'Sullivan who rowed for Ireland this summer at the Home International Regatta. Daniel and Caoimhe join the club's international roll of honour, among the ranks of Muckross rowers who have been selected to race in the green jersey, following a testing year of selection trials. All welcome. Parking at the Muckross House car park.

KENMARE REGATTA

Best of luck to all our crews competing in the Kenmare Offshore Regatta this Saturday. The club will be represented by 22 crews across

several categories from Junior to Senior and Masters. The event is among the last of the extended racing season with the new rowing season for 2023/24 already underway. Next Saturday, September 16th, the Courtmacsherry Regatta and rescheduled Rowing Ireland 1k Classic Regatta will finally bring the curtain down on another busy rowing year for MRC.

ROWING IRELAND 1K CLASSIC

The Rowing Ireland 1k Classic is finally set to take place on Saturday next, September 16th at the National Rowing Centre in Cork. Following two postponements due to bad weather, our Junior 14, Junior 15 and Masters crews will have their chance to shine at the top national regatta for these grades.




Killarney Rugby Club Minis U12 who returned to training last Saturday

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ROSS GC, KILLARNEY - GENTS

RESULTS

ON SEPT 2ND AND 3RD WE HELD A STABLEFORD COMPETITION KINDLY SPONSORED BY AGHADOE PHYSIOTHERAPY CLINIC / DARREN & JO GAFFEY

We had a very large turnout in brilliant weather and the course remains in great condition.

The following were the winners:

1st: Lucas Cronin 45

2nd: Aaron McCann 44

3rd: Daniel Kelly 41

Division 1

1st: Bryan O'Leary 39

2nd: Jonathan Casey 38

Division 2

1st: Ryan Scott 40

2nd: Oliver Butler 39

Division 3

1st: Anthony O'Mahony 39

2nd: Kieran Murphy 34

THE ROSS SENIORS COMPETITION RESULTS FROM AUGUST 31ST WERE:

1st: Jerry Goulding, Ned Buckley, Seamus McCarthy

2nd: Pat Mitchell, Dan O'Connor, Jim Larkin

3rd: John Ivory, John O'Brien, Sean O'Brien

ON FRIDAY SEPT 1ST WE HELD OUR WEEKLY MIXED SCRAMBLE AND WE AGAIN HAD A LARGE FIELD OF VERY KEEN COMPETITORS.

The winning teams were :-

1st: Richie Greer, Denise Cremin, Damien Greer, Sean Hickey.

2nd: Peter Wickham, Kathleen Fitzgerald, Tom Shiels, Denis Desmond.

3rd: Jonathan Casey, Mary Gorman, Dan O'Connor, Mike Gorman.

FIXTURES

On Saturday Sept 9th and Sunday Sept 10th we will hold a strokeplay competition.

BEST OF LUCK to the Ross GC Nines of Kerry team next Saturday when they travel to Parknasilla to take on our hosts in the semi final of The Nines of Kerry competition.

KILLARNEY GOLF & FISHING CLUB

- MEN'S

SINGLES STABLEFORD

SPONSORED BY CLIFFORDS CASH & CARRY

PLAYED ON MAHONY'S POINT; SATURDAY 2ND & SUNDAY 3RD AUGUST 2023

Winner - Nicholas Howe 41pts (11)

2nd - Dan O'Leary 40pts (19)

Best Gross - Paud O'Donoghue 73 (4)

Category 1

Winner - Alan Kelly 39pts (8) bk6

2nd - Moss Lyons Jnr 39pts (7) bk9

3rd - Dennis Carroll 39pts (8).

Category 2

Winner - Shane O'Sullivan 39pts (9)

2nd - Mike McAuliffe 38pts (12) bk9

3rd - Derek O'Keefe 38pts (9).

Category 3

Winner - Kevin Carroll 40pts (13)

2nd - Kieran O'Sullivan 39pts (16) bk6

3rd - James O'Meara 39pts (17).

Category 4

Winner - David Byrne 38pts (22)

2nd - John Doyle 37pts (20)

3rd - David Neeson 36pts (24)

DOOKS GOLF CLUB EXCHANGE DAY SINGLES STABLEFORD SPONSORED BY GREENC MARINE PLAYED AT DOOKS GOLF CLUB; SUNDAY 27TH AUGUST 2023

Winner - Dermot O'Sullivan (16) 40pts

2nd - Tom Carroll (15) 39pts

Best Gross - Joesph Sheehan 75

Category 1

Winner - Jason Arthur (3) 34pts

2nd - Greg Lanigan (2) 34pts

3rd - David O'Callaghan (2) 33pts.

Category 2

Winner - Liam Murphy (10) 34pts

2nd - Donagh Moynihan (10) 33pts

3rd - Shane O'Sullivan (10) 33pts.

Category 3

Winner - Ian Millis (18) 39pts

2nd - Cormac O'Sullivan (16) 39pts

3rd - Andy Goulding (18) 37pts.

Category 4

Winner - Ger Galbraith (24) 38pts

2nd - Ciaran Brosnan (24) 38pts

3rd - Joesph Knoblauch (27) 38pts.

DEERPARK PITCH & PUTT CLUB

GERRY O'SULLIVAN RIP

Our hearts were filled with immense sadness last Sunday morning at the news of the death of our former Club Chairman, Gents Captain and

Competition Secretary Gerry O'Sullivan. Gerry was a great worker on and off the course for a number of years and was a major help to us in 2011 when we hosted the Irish International Open. His love and organisation of table quizzes was well known! To Gerry's family we offer our immense condolences as well as his wider circle of friends from many walks of life in Killarney. Ar dheis de go raibh a anam dilis.

NATIONAL INTER-COUNTY

Well done to Damien Fleming and John McGrath on their involvement in last weekend's third place finish by the Kerry team at the Mens Inter-County event in Lucan as they continued their impressive form of recent years. The team was managed by James Fleming.

PAUL O'SULLIVAN SCRATCH CUP

Timesheet now open for this County Board event on Sunday September 17th in Newmarket. Contact County Board Competition Secretary Christy O'Mahony (087 6531648) to book a tee-time.

SUNDAY DRAWS

Fourball Betterball- First Nett: Nathan Cronin & Declan Kelly 37, Gross: John Murphy & Daniel Kelly 47, Second Nett: Bobby Kelly & John Looney.

COUNTY U16 MATCHPLAY

Best Wishes to our Club Members heading to Listowel this Saturday for this event. Remember it is a dress code event.

ROSS LADIES GOLF CLUB

KILLARNEY RACE COMPANY SPONSORED LADIES OPEN DAY RESULTS

A huge thank you to Killarney Race Company for their very generous prizes sourced from local company Killarney Organic

The winners on 54 points: Marie Dennehy 27, Sandra Chute 27, Anne Moynihan 4

2nd: Carmel O'Brien 23, Marie O'Brien 36, Susan Graham 27

3rd: Kathy Crowley 36, Caitríona McDonnell 36, Fiona Flanagan 22

4th: Mary Brosnan 21, Kathleen O'Shea 24, Margaret Hanley 27

18 HOLE SINGLE STABLEFORD COMPETITION SATURDAY 2ND SEPTEMBER

Winner: Emir Coffey (46) 31 points

CEANN SIBEAL ANNUAL TRIP



The winners on 54 points Marie Dennehy, Sandra Chute and Anne Moynihan with Rosemary O'Connor Killarney Organic, Pam Tracey Sales, Marketing & Events Manager Killarney Race Company with Captain Mary Moynihan



2nd prize went to Carmel O'Brien, Marie O'Brien (missing from photo) and Susan Graham (missing from photo) with Rosemary O'Connor Killarney Organic, Pam Tracey Sales, Marketing & Events Manager Killarney Race Company with Captain Mary Moynihan



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3rd place Kathy Crowley, Caitriona McDonnell and Fiona Flanagan with Rosemary O'Connor of Killarney Organic, Pam Tracey Sales, Marketing & Events Manager Killarney Race Company with Captain Mary Moynihan



In 4th place from Kenmare GC were Mary Brosnan, Kathleen O'Shea and Margaret Hanley with Pam Tracey Sales, Marketing & Events Manager Killarney Race Company with Captain Mary Moynihan

Our Annual trip to Ceann Sibeal Golf Club will take place on Saturday 16th September. Please have your name in the book by 12th

WEDNESDAY MORNINGS 9 HOLE MIDWEEK COMPETITION

Meet and play every Wednesday morning. Meet in the Club House no later than 10.00am. All members welcome.

GOLF LESSONS

Gordon Howard is available to give golf lessons.

Please contact Gordon directly in the Club House.

KILLARNEY GOLF CLUB - LADIES

AGGREGATE RESULT OF THE COMPETITION PLAYED ON SATURDAY 2 SEPTEMBER 2023 AND SUNDAY 3 SEPTEMBER 2023 AT KILLARNEY (KILLARNEY-KILLEEN).

- 1: Marie O'Brien 41 pts (28) Overall Winner
- 2: Marie Dennehy 38 pts (28)
- BG: Deirdre Prendergast 34 pts (05) Best Gross

3: Leila Moloney 37 pts (18) Last Six Holes

4: Kathleen O'Keefe 37 pts (21)

5: Kate O'Leary 36 pts (21) Last Nine Holes


6: Aoife O'Sullivan 36 pts (21) Last Nine Holes

7: Jane Dwyer 36 pts (20)

NEXT COMPETITION Saturday 9th & Sunday 10th September Ladies V-Par in O'Mahonys Point sponsored by Diagio

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**FRIDAY 22ND -
SUNDAY 24TH
SEPTEMBER 2023**

FRIDAY 22ND

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CASTLE HOTEL - 8PM

Opening with **Hawks Well Theatre Co.** presenting **Gombean**

Followed by a Tastings of our **Local Food Produce**

Der Hurley the Music Man will round off a great night's entertainment.

AN EVENT NOT TO BE MISSED

Limited number of Tickets €25 each, available at
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Jonny Holland - Performance Nutritionist & Coach

Jonny will talk on Meal Planning and organisation for performance.

This event is open to all sports clubs, athletes to non exercisers,
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CULTURE NIGHT EVENT

6PM - CHAPEL HILL SCHOOL OF ART

Local Author **Madeline D'Arcy** will read from her recent award
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11AM - 6PM

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SATURDAY 23RD

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MEK GALAXY

U13 GIRLS

ST BRENDAN'S PARK 1 V 6 MEK GALAXY

Well done to our U13 orange team today who started off the season with a great win, 6-1 against St Brendan's Park FC. The score did not reflect a great game played with excellent play from both sides but on the day, it was MEK Galaxy's who came out on top! Scorers: Ava Harty 3 Isable O Connor 2 and Elise Brunner 1 POTM, Elise Brunner

This weeks Girls fixtures:

U12 Premier MEK Galaxy v Tralee Dynamos

U14 Premier MEK Galaxy v Camp

U16 Premier Mastergeeha v MEK Galaxy

MEK GALAXY U12 BOYS

MEK Galaxy 3 v 5 Iveragh Utd

A strong performance by our U12 boys for their first ever competitive outing. Some excellent play from both teams saw the teams trade blows before the visitors made the breakthrough. They added to that lead before a good comeback from our home side only and the visiting team broke for another as we chased the game. A game of many chances for this promising bunch of players, on another day it could have gone either way. Well done to the lads on their first league game and best of luck for the year ahead! This Weeks Boys Fixtures:

U12 Premier MEK Galaxy v Listowel Celtic

U13 Premier MEK Galaxy v Inter Kenmare

Ballyhar Dynamos V MEK Galaxy

MEK GALAXY GOLF CLASSIC SAVE THE DATE

MEK Galaxy are holding a Golf Classic at Beaufort Golf Club on Saturday September 23rd. All funds raised are for our new Pitch Development. Details: Team of 4 €200, Morning & Afternoon tee times available, Great Prizes & Great Fun. Prize giving will take place in The Golden Nugget Bar and Restaurant after the golf at 9pm. If you can't, make the golf we would welcome tee box sponsorship at €50 to help us with our fundraising. Contact Maurice on 0871401327 to enter or any further information.

KERRY SCHOOLBOYS/GIRLS

TEAM OF THE WEEK

Excellent performances on the opening day of the season from PJ Griffin (Killorglin AFC U12), Stephen Shine (Killarney Celtic U14), Zack Cronin (Mastergeeha FC U16), Charlie Bermingham (Killorglin AFC U16), Danny Lane (Tralee Dynamos U14), Jayden Hurley (Killarney Athletic U14), Zac Buckley (Castleisland U12), Cillian Casey (Killorglin AFC U14), Conor Doherty (Killarney Celtic U12), Brogan Hurley (Tralee Dynamos U16), Liam Mac Gerailt (Dingle Bay Rovers U12)

GIRL'S ROLL OF HONOUR

Grace O Shea (Inter Kenmare), Lillian Slattery (Killarney Athletic), Clionagh Coffey (Killorglin AFC). Sophie Culloty, Killarney Athletic who scored the first goal of the Kerry schoolboys/ Girls season well done to her, Killarney Athletic played against Killorglin AFC.

RESULTS

U13 Premier GIRLS

Killorglin AFC 1 -4 Killarney Athletic

St Brendans Park 1 -5 MEK Galaxy

U15 Premier GIRLS

Castleisland AFC 0

-2 Inter Kenmare

U12 Premier Boys

Dingle Bay rovers 7

-2 Killorglin AFC

Killarney Athletic 0 -

1 Castleisland AFC

Killarney Celtic 1 - St

Brendans Park

Listowel Celtic 6 -2

Tralee Dynamos

MEK Galaxy 3 -5

Iveragh UTD

U14 Premier Boys

Tralee Dynamos 2 -

4 Killarney Athletic

Killorglin AFC 2 -5

Killarney Celtic

U16 Premier Boys

Mastergeeha 0 -1 Killarney Athletic

Tralee Dynamos 4 -2 Killorglin AFC

U12 PREMIER BOYS

U12 Killarney Celtic Boys Green Team 2 - 0 St.

Brendan's Park FC

Killarney Celtic U12 Green team entertained St. Brendan's Park A team today at Celtic Park. In glorious conditions for the first game of the season. Celtic started the brightest and played the ball well across the pitch. Evan O'Donoghue and Paul McGrath working very well on the right side of the pitch, with James Brosnan and Cillian Scannell linking well on the left side. For the dominance that Celtic has they couldn't find an opening in the first 15 minutes of play. Conor Doherty was excellent in the middle. He broke up play and sprayed the ball around. Sean Doyle and Jack Kissane didn't give the St Brendans Park defence time to settle on the ball and forced a good few turnovers.

Killarney Celtic's goal came mid-way through the first half, when a great pass into Cillian Scannell, his shot was superably saved but Jack Kissane followed up on the rebound and again a great save and the ball fell to an rushing Conor Doherty to tuck away. Killarney Celtic lead 1 - 0 at half time. St Brendans Park started the second half well and had Celtic on the back foot, Cillian Daly was excellent in the center of the defence. Kyle Fleming and Fionn Culloty linked excellently on the left and JJ Landers was super in breaking up the play. Dylan McCarthy made some excellent runs and unlucky not to score. Tiernan Cronin (Debut season in goal) didn't have much to do but when called upon he did everything perfect.

Killarney Celtic got the all-important second with 10 minutes left, Conor Doherty with a great finish. On the first day out for these lads Conor Doherty was Man of the match. Well done to St. Brendan's Park for a great game.

U14 PREMIER BOYS

Tralee Dynamos 2 -4 Killarney Athletic

Jayden Hurley 2, Alan Scannell, James O Callaghan, Joe Hurley and the U14 Killarney Athletic side got their campaign off with a win against a very competitive Tralee Dynamos side. Best for Killarney Athletic was Jayden Hurley with 2 goals in what is his Kennedy Cup year for Kerry.



KERRY SCHOOL BOYS/GIRLS LEAGUE PRESENTATION

The "Golden Nugget" Fossa Killarney hosted the awards ceremony for our U12 and 13 interleague Munster and all Ireland winners, and our U13 Munster and all Ireland semi finalist boys team. There was over 275 people in attendance for what was our first outing of the year. Anthony Phelan the secretary of the SFAI was in attendance on the night to present the medals to the teams, and we would like to thank him again for his time in coming 160 km down the road to do this on behalf of the SFAI. Again, we would like to thank Caroline and everyone in the Golden Nugget for their hospitality. A big thank you to the parents and coaches who travelled around Ireland last year representing Kerry, and a big thank you again to the young people who believe that we hold their best interest at heart.

FRIDAY 8TH SEPTEMBER

U13 PREMIER BOYS

Killorglin v Ballyhar 6pm

SATURDAY 9TH SEPTEMBER

U12 PREMIER GIRLS (NORTH)

Camp v Castleisland 4.30pm

Fenit v LB Rovers 1PM

Park v Dingle 12pm

Listowel A v Listowel B TBC

U12 PREMIER GIRLS (SOUTH)

Mastergeeha v Ballyhar 12.30am

Iveragh v Inter Kenmare 1pm

MEK v Tralee Dynamos 1pm

Killarney Celtic v Killorglin 9.15am

Killarney Athletic BYE

U14 PREMIER GIRLS

Killarney Celtic v Listowel Celtic tbc

Killarney Athletic v Park 10.30am

MEK v Camp 2.30pm

Fenit v Dingle 11.30am

U16 PREMIER GIRLS

Listowel v Fenit 10.30am

Iveragh v Camp 2.15pm

Killarney Celtic v Inter Kenmare afternoon

Mastergeeha BYE

U12 PREMIER BOYS

Castleisland v Dingle TBA

Park v Killorglin (grass) 12pm

MEK v Listowel 11.30

U13 PREMIER BOYS

Park v Listowel 2pm

Killarney Athletic v Castleisland TBC

MEK v Inter Kenmare 10am





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Iveragh BYE

U15 PREMIER BOYS

Ballyhar v MEK 10am

Killorglin v Fenit TBC

Killarney Celtic v Mastergeeha 11am

Tralee Dynamos v Park TBC

Inter Kenmare BYE

TUESDAY 12TH SEPTEMBER

U15 PREMIER BOYS

Killorglin v Inter Kenmare

Mastergeeha v Ballyhar

Tralee Dynamos v MEK

Killarney Celtic v Park

WEDNESDAY 13TH SEPTEMBER

U14 PREMIER GIRLS

LB Rovers v Castleisland (ballyduff grass – V92EA32) 6.45pm

U15 PREMIER GIRLS

Camp v Mastergeeha 6.30pm

U13 PREMIER BOYS

Killarney Athletic v Iveragh 6.45PM

U14 PREMIER BOYS

Killorglin v Mastergeeha 6.45pm

THURSDAY 14TH SEPTEMBER

U13 PREMIER BOYS

Castleisland v MEK

Killorglin v Inter Kenmare

KILLARNEY ATHLETIC

U13 GIRLS

Killorglin 1 - 4 Killarney Athletic

Ella Crowley, Lillian Slattery, Aoife Kelliher, Sophie Culloty



The Killarney Athletic Under 13 girls who won the first game in the League.

Our U13 Girls opened their account in the League today with a fantastic performance with a very sporting Killorglin side...our blues came out on top with a 4=1 win.

KILLARNEY CELTIC

U14 BOYS PREMIER

Killorglin AFC 2, Killarney Celtic 5

Donnacha Vaughan, Kiernan Kelly, Pa McCarthy, Stephen Shine, Hammad Ahmed

Great start to our opening league game away to Killorglin. Opening 15 minutes was an even affair with both defences on top. Opening goal came from a corner kick whipped in and cool finish from Donnacha Vaughan. Celtic led 1-0 at Half Time. Second half Celtic started strong from the off and went 2 up within 5 minutes good finish from Kiernan Kelly. Credit to Killorglin they didn't give up and got one back with 20 minutes to go. Celtic pressed again for the third goal and got it with Pa McCarthy beating two defenders and keeper with low finish. Stephen Shine made it 4-1 before Killorglin pulled 1 back. Final goal went to Celtic and it was a good solo goal by Hammad.

U12 PREMIER

Killarney Celtic 2, St Brendan's Park 0

Conor Doherty 2.

Celtic started the brightest and played with good pressure on the opposition goal. For the dominance that Celtic had they couldn't find an opening in the first 15 minutes of play. The goal came mid-way through the first half, great

ball into Cillian Scannell, his shot was superably saved, Jack Kissane followed up on the rebound and again a great save and the ball fell to an rushing Conor Doherty to tuck away. Celtic led 1 – 0 at half time. Celtic got the all important second with 10 minutes left, Conor Doherty with a cool finish.

CONGRATS to Stephen Shine U14 and Conor Doherty U12 who made the KSBGL Team of the Week.

UPCOMING FIXTURES

KEANES JEWELLERS MUNSTER CHAMPIONS

Trophy Home to Pike Rovers on or before week ending October 1st.

FAI JUNIOR CUP

Away to Ballingarry FC on or before week ending September 24th

MUNSTER JUNIOR CUP

Away to Tralee Dynamos on or before week ending October 8th.

KILLARNEY CELTIC GOLF CLASSIC will take place on Saturday September 9th at Beaufort Golf Club. Team of 4 costs €250, Tee Box Sponsorship €70. Tee Times 7am - 4pm. To book tee times contact Tim on 087 9771 302, Mary 086 6485 809 or Jane 086 8177 729.

CELTIC LOTTO

Numbers drawn 1,3,4,18. No jackpot winner. Match 3 winner received €50. Next jackpot €7,400 on Monday Sept 11th. Tickets available from The Dungeon Bookshop, club members. The online sales are now available through Clubzap.



Sophie Culloty who scored the first goal in the Kerry Schoolboy/girls league this season.

Ronan Teahan the latest to commit his future to Kerry Football Club

Kerry FC can confirm that midfielder Ronan Teahan has signed a long term contract, which will see him stay at the club until the end of the 2025 season.

Teahan, who is playing his debut season in the SSE Airtricity First Division has been central to Kerry FC's midfield partnerships since the first game of the season. Teahan has featured in a remarkable 28 of a possible 30 in this year's campaign to date, making 22 starts. Teahan missed just one game this season, while sitting his Leaving Certificate Examinations back in June. Teahan is likely to hit his 2000th minute in the Kerry shirt on Friday night against Bray Wanderers

Teahan becomes the second player in the squad to sign a professional contract with the club, following the announcement that Ryan Kelliher had also committed his

next two seasons to the League of Ireland newcomers. The former Iveragh United player in his native Cahersiveen, Teahan is a familiar face in Mounthawk Park, having joined the Kerry FC Academy at Under 15 level before graduating first to the Under 17s before teaming up with the 19s. It was announced in January that Teahan would be lining up with the senior team ahead of the 2023 League of Ireland campaign.

Speaking to Kerry FC after signing the contract, Ronan Teahan said "I am delighted to have signed with Kerry FC for the next 2 years. I can see the club is headed in a positive direction so I think this is a great chance for me to improve and further my development. I'm grateful to everyone at Kerry Football Club for this opportunity."



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JIMMY O'SULLIVAN-DARCY

takes a look at all things sport...

KERRY CLUB CHAMPIONSHIPS SENIOR SEMI-FINALS

Dingle 2-18 Spa 1-12

The truth is that one side dominated this from start to finish. Dingle were at their absolute best. They lost Barry Dan O'Sullivan to a bad injury from the throw-in and his brother Dara shortly after (the amount of injuries is becoming a huge concern and I genuinely worry that with so many games coming so fast and hard, it is going to be the driving narrative this year. We need to reduce the number of games somehow). It never gave them pause. With Paul Geaney moving out to midfield – and my god but what a display by Paul. If any fool suggests that he should maybe retire from inter-county football, clip them over the ear for being so daft – Mikey led the line. They had 1-2 each (both penalties), Cathal Bambury had 0-4, Dylan and Conor Geaney had 0-3..... Dingle were threading ball neatly through the lines and their accuracy from distance was just phenomenal. They pretty much took every chance and made them look easy. A tough night for Spa, but if Dingle can maintain this kind of display, I don't know how many teams could live with them, even nationally. I know it's far too early for any conversation like that – let's take off the handbrake before hitting the accelerator, but this was some performance. Spa got 1-3 late on, Cian Tobin with the goal, but it was scant consolation by then. Barry Dan is a huge loss, but with a certain Mark O'Connor back in Kerry environs...

Kenmare Shamrocks 1-14 Dr. Crokes 0-12

The other Killarney side also departed this year's competition, and this one was more of a surprise. Crokes looked the form team coming into this one while Kenmare had made hard work of qualification from the weaker side. In fairness, though, take Gavin White and Tony Brosnan out of any team and you'll feel it. Micheál Burns did everything he could in their absence – Burns has been the best player of the championship this year for me, outstanding in every game. But Kenmare had talismanic Seán O'Shea to execute the scores but it was their driving ball-carriers that did most of the damage. David Ciucu picked off an early goal in exactly that fashion. Crokes were chasing a little bit from then on, with Cian McMahon denied late in the first half by a great save, Shane Murphy doing the same at the other end.. Crokes left a few chances behind them early in the second half and Kenmare always just had that little bit of breathing space on the scoreboard.

RELEGATION FINAL Na Gaeil v Kerins O'Rahillys



Legion came away with the spoils following their clash with Beaufort.

INTERMEDIATE SEMI-FINAL FIXTURES

Austin Stacks 1-18 Glenflesk 0-12

It's fair to say that Austin Stacks have not been the force of old in recent years. I know they have been brutally hit with injuries, it really is decimation, and county commitments do them no favours (I think we need to have a look at the toll the U20 campaign takes on players) but they also haven't had that kind of 'townie' confidence with scoring opportunities. They have looked very forced, whereas Glenflesk have brought through an array of outstanding young talent. But it was the Rockies of old who showed up here. Direct, purposeful, hungry. Seán Quilter lofted over two early scores and Michael O'Donnell began a tour de force from the middle. Glenflesk were pretty much always in touch and they were a bit unlucky when a ball brilliantly batted away by a defender happened to fall to Shane O'Callaghan – the one player you really don't want to see with it. O'Callaghan goaled and picked up the man of the match award – I have to say it was O'Donnell all day for me. A late second yellow card didn't help Glenflesk's cause, but it was drifting away from them by then anyway and Stacks reeled off five more points. I haven't seen this from then in quite a while

Killarney Legion 0-13 Beaufort 0-10

Legion were one of the few Killarney area clubs to win last weekend – all four intermediate quarter-final winners were away from home – but won't have been thrilled with the display. Beaufort were shorn of at least six starters. Fair enough, Legion were without the talismanic James O'Donoghue, but in the circumstances it looked like an opportunity for Legion to fill their boots and lay down a real marker. That they didn't isn't really the forwards' fault, though,

Legion were that bit too cautious in possession and a little too slow to get it in, meaning that Beaufort always had their defence set up in plenty of time. I thought that putting in a big man to target with long ball, with the likes of Will Shine and Ryan O'Grady hovering, might have been a route to go. Finbarr Murphy was probably the pick of their forward line; he has been doing very well of late, while Rob Leen and Cian Gammell both did very well driving forward. Beaufort themselves were happy to send long ball into a very effective Jack O'Connor or Darragh O'Connor, both of whom looked dangerous. Legion always seemed to have a one point lead but struggled to expand it. Nonetheless, they fully deserve their semi-final spot but I imagine they will be hoping for James back sooner rather than later.

Fossa 5-17 Castleisland Desmonds 1-19

A lot of neutrals came to Castleisland to see David Clifford be David Clifford. They got all of that – his goal at the end was simply stunning – but they also got the bonus of a fantastic football match with a lot of players coming up trumps on either side. In fact, Desmonds looked fractionally the better side early on, leading by 1-10 to 0-9 early in the second half after. A goal by Paudie Clifford saw Fossa edge into a one point lead but five Desmonds points on the trot had them taking the reins again. Fossa – and it should be noted that Emmett O'Shea looked every bit as dangerous as David when the ball came near him – brought it back to two with time running out. They got the draw to take it to extra-time and Castleisland appeared to be feeling the heat (I cannot stress in any game how hard that beating sunshine was). Matt Rennie struck for a good goal and a second one from the effervescent Emmett O'Shea had Fossa finally pulling away, with David slicing

through for an incredible last minute goal that understandably drew rapturous applause, even from the losing supporters.

Milltown/Castlemaine 0-19 Kilcummin 0-14

Kilcummin were without Paul O'Shea or Kieran Murphy, but played a huge part in one of the best games of the weekend. I have to say that I really loved the football in this one. Hard, yes, plenty of hard but fair hits on both sides, fast, direct....brilliant scores and, most joyously these days, players on both sides clearly encouraged to have a go. Éanna O'Connor and Gary O'Leary hardly missed a free – Cillian Burke up front won a lot of those for Éanna. Gavin Horan gave a phenomenal display in the middle – jaysus, in the blazing heat I was tired just watching him. Milltown led by 0-8 to 0-7 at half-time, having had a penalty skin just wide but Kilcummin denied a clear point by an umpiring mistake. Milltown pulled three clear in the last quarter and had chances to close it out but maybe tried to take too much out of the ball – sometimes just fist it over the bar and work the flag. Kilcummin held their nerve to cut the gap to one and earned a high pressure '45 that a nerveless Brendan Kealy made look easy. It wasn't enough, though, as Milltown had the scoring power in extra-time top come through by a slightly flattering margin.

JUNIOR PREMIER QUARTER-FINALS

Ballymacelligott 3-16 Ballyduff 3-9

The division one side are obviously the team to beat and always looked in control against Ballyduff, with two goals from Niall Collins and another from midfield maestro Aidan Breen. Late goals by Mikey Boyle (people don't realise the great hurling stalwart was always good enough to play for Kerry in the big ball code as well) and a Kevin O'Connor penalty trimmed the gap but there was only going to be one winner here.

Dromid Pearses 1-11 Annascaul 1-10

It came right down to the wire. Two good sides with very little between them, but Annascaul just shaded it – Dromid were always a team batting well above their population size for many years, but like a lot of South Kerry clubs, there's a real pinch of rural emigration starting to take its toll. Annascaul have produced some very good young players to shoulder the burden of the Hicksons. They deserved to take this one, but I respectfully can't see them going too much further.

Ardfert 2-10 Churchill 1-6

Rob Monahan may be a massive loss (I would have called him to Kerry's senior panel next year with an eye to the future) but Ardfert are a very good side even in his absence and will have a bit to say yet – their conversion rate didn't quite match their creation in recent years, but they have gotten more clinical and consequently more dangerous. Wily John Egan had two early goals and Éarnan Ferris, latest scion of that football family, another and Churchill were always chasing after that.



The Ireland rugby squad pictured as they jetted off to France on a specially chartered Aer Lingus flight to compete against the best rugby nations in the world. The specially branded Airbus A320, Green Spirit, departed Dublin at 12 noon and was flown by Captain Caolan Flanagan, who attended the same school as Ireland rugby captain, Johnny Sexton. Photo: Inpho

Listowel Emmets 1-9 Listry 1-6

Listry were unlucky last year to come against the Clifford brothers in phenomenal form. For me they were the best overall team in the competition. This year they can't have any complaints, with Listowel always in front. David Keane had an early goal and, despite Joe Clifford cancelling that out early in the second half, Listowel always had that little bit more of the ball.

JUNIOR CHAMPIONSHIP QUARTER-FINALS

Sneem/Derrynane 4-9 Cromane 1-9

Two late goals may have slightly flattered them, but Sneem/Derrynane are into a Junior semi-final after a tough league campaign for them saw them relegated. Ciarán O'Sullivan had an early goal for them and Oisín Breen scored a cracker after half-time, with Zach Freyne and O'Sullivan again closing it out late on.

Renard 1-18 Cordal 0-11

Renard have multiple scoring threats and at this level that counts for a lot – respectfully, most teams at Junior have one. Seán Teahan, Jack Riney, Conor O'Leary, Donagh Quinlan, William Galvin...who do you concentrate on closing out? Cordal are a very good side in their own right – Philip O'Connor is a phenomenon and Brian Reidy and Sean Brosnan are serious threats – it says a lot about Renard that they were always in control here.

Tarbert 3-12 St. Michaels/Foilmore 2-10
Ian O'Sullivan gave an exhibition for St.

Michaels/Foilmore but Tarbert always stayed with them and really burst into life in the last quarter. John Coolahan kicked two goals, the first one a real gamebreaker, and Patsy O'Connell fisted home another. They did need a fantastic save from Pa Carmody to deny O'Sullivan, while Alan Goggin's goal threw the game right back into the melting pot, but Tarbert held their nerve to see it out.

Beale 1-12 Moyvane 0-11

Beale goaled in the first quarter and needed it. The lead exchanged hands several times all the way through and even when Beale did manage to put a bit of distance between the teams, Moyvane just would not go away. In the end Beale will be glad to have come through a testing encounter with their North Kerry rivals.

RUGBY

I'm a bit superstitious about these things. Ireland rugby have been brilliant at being underdogs for years now. When the odds are hugely stacked against us, Irish players absolutely relish it. When it's a dogfight, we fight. When it shouldn't be is when we seem to falter. So going into a World Cup as favourites is not our thing traditionally. In fact, we have generally fallen below expectations and never got past the quarter-final. Let us not speak of Japan.

We've won thirteen games on the bounce. Six Nations champions and that was a very good Six Nations. Good to see Scotland getting back to some bit of form and Wales look a bit more purposeful after some bad stumbles in recent

times. England may be having ructions at the moment – I can't understand what's gone wrong there because it all seemed to just fall apart almost overnight.

Pool A

France, New Zealand, Italy, Uruguay, Namibia

This is the group I am most afraid of. And, probably for the first World Cup ever, it's not New Zealand. I do think the All Blacks are better than they have looked and are coming in under the radar. As far as I will always be concerned, tours are just international friendlies and New Zealand are a different side at the business end of things. They have gone poorly but they are still deadly on the attack. They'll get out of the group and after that they will be gathering momentum. They are a long way from home, though.

Which brings me to my tournament favourites. Go back to that Six Nations game between ourselves and France. That was an absolute edge-of-the-seat thriller. France are at home – and that's a colossal advantage. They have the strongest domestic league in the world at the moment. Fair enough, they are missing Ntamack but they have Dupont. And they have Dupont in the way that people used to say "Ireland have Brian O'Driscoll". That tackle in the Irish game – I am actually going to watch that game back again now, just for that moment. Honestly, I've seen nature documentaries where they show a bear hooking a salmon out of the water. This was that.

Another advantage for France, in my honest opinion, in that New Zealand is their only real do-or-die battle in the group. Italy are dogged and game enough but no way are they holding them for eighty minutes and France should see off Uruguay and Namibia fairly comfortably without – and I think this will be key – drawing too deep into reserves that will be badly needed in the knock-out stages.

Pool B

Ireland, South Africa, Scotland, Tonga, Romania

If anything, South Africa have a little more muscle than us (few teams can say that) but I really think that the likes of Lowe and Hansen give us that bit more width and options. I genuinely don't care if South Africa want to have all forwards on their bench – like, there's a reason the same lads aren't starting and frankly, I'd put Doris and Furlong up against anyone. I can see lads like James Ryan on our bench too. So yeah, obviously power is their thing and they are really, really good at it, but I see Ireland doing enough. That will be a thunderous battle, and my worry is that you'll lose players to injury. Unfortunately, as that forward-packed subs bench indicates, muscle and durability is likely to overshadow skill and guile in this World Cup. Scotland are a force once again. But are they going to send us homewards to think again? I like watching Finn Russell – I think he has fantastic imagination as well as ability, but we should be able to win the pressure battles around the pitch. Look, if we maintain our composure (which this team seems to be

mentally very good at) then I just can't see it. Tonga have always had great players. The trouble is that they were usually playing with New Zealand. I do think they are a coming side – put it this way, New Zealanders think Tongans are fanatical about the game – but not for some time yet.

If Romania were to sneak one win, it would be a great World Cup for them.

Pool C

Fiji, Australia, Wales, Georgia, Portugal

Fiji aren't a traditional big power in the game (like Tonga and Samoa, I suspect that they never had the financial ability to keep their best players domestically). I haven't really seen too much of them but they sound like there or thereabouts.

Eddie Jones might feel that he has something to prove. I certainly don't see Australia stopped at the group stage but whether they have the panel to go all the way once attrition kicks in is another matter.

Wales need to throw everything they have into the early games. One won against an antipodean side and it will have been a very good campaign for them.

Georgia have gone way back and Portugal still aren't likely to beat Georgia. It would be an absolutely massive shock if either were to be in contention.

Pool D

England, Japan, Argentina, Samoa, Chile

England are in real trouble. In a way, you could argue that adversity is opportunity, and they have a lot of opportunity. Farrell out for the first two games is worse than Sexton for us. Look, I like Farrell, but of course that was a suspension and how they mucked it up the first time is beyond me – in fairness, that looked like a shambles. Can England get going? Honestly, I think they are well up against it. On top of that, the English media are already on their backs and will only add to the pressure. In Ireland, in fairness, there's certain amount of reciprocity with the press without lowering professional standards and I think it works for both sides.

It's a bad group to be drawn in anyway. Japan have dropped way off the force they were when they shocked the world, but they aren't going to be brushed aside. Argentina will fancy themselves here, they have been quietly building and will be hoping to at least rattle the latter stages. They aren't going to say it aloud, but they'll be sensing scalps. Once upon a time (2007) they came third in a World Cup. They aren't going to win this one out, but they could well match that achievement this time out.

Samoa. Essentially, while I do realise that they are separate and proud cultures, everything I said about Tonga applies equally to Samoa. Big, strong, fast, love the game. Again, well capable of qualifying.

I know next to nothing about Chilean rugby, but I imagine that they will be up against it all the way.

There's a bit of a tizzy about a bit of clickbait going around called "Is rugby now the most popular sport in Ireland?" I'm not going in to delve into it because frankly, I'm reluctant even

to mention that kind of nonsense and give it oxygen. However, it gives me an opportunity to mention a very simple maxim that sounds like a witticism but is actually literally true. It's called Betteridge's Law and it really is worth knowing. It states "Any headline that ends in a question mark can be answered by the word no." It really is that simple. If the journalist had actual news he would tell you. People sometimes say that 'news' is actually an acronym for 'notable events, weather, and sports'. Of course it doesn't. When newspaper pamphlets were first produced (1605 in Germany, as printing became much more affordable and literacy increased) people called them 'new things' (i.e., things that had recently happened, almost always involving the aristocracy) and it became shortened to 'news'. Rugby is popular in Ireland and we have a fantastic team right now, but the most popular?

SOCCER

Vera Pauw

Until recently, the FAI had a senior team manager who managed the team for 34 games, winning fifteen and drawing five. Took the team to their first ever international finals.

They also have another senior team manager.

23 competitive matches, four wins. Qualified for absolutely nothing and doesn't look like it'll be happening any time soon.

Guess which one the FAI decided to get rid of? Now, let's be fair. Vera Pauw came in at a time when the misogynists in the FAI had finally had to stop treating the womens' team as a joke. Literally changing in the toilets at airports because the tracksuits were needed for other teams. In any kind of decent sports organisation, that nonsense wasn't tolerated as far back as the sixties. She got a real break because the Womens' World Cup was expanded to 24 teams; the reality is that we would not have gotten within a sniff of qualification under the old system even if we had Napoleon Bonaparte and General Zhukov on the sideline. Stephen Kenny, on the other hand, came in to a system where England had expanded its scouting worldwide and was less likely to take in talented Irish youngsters. In short, we had always relied on them to develop our players because we had no foundation of doing that. A much neglected League of Ireland had seen spectator numbers drop to just over a quarter of what they had been within a single generation. Meanwhile, the rank cesspool that was the FAI Executive under John Delaney was exposed, along with a colossal hole in the declared funding. Funny, FIFA are great at talking about this rule against Government interference and how strictly they take that, but they are grand at taking bailouts.



For me, the question isn't whether the players were happy with Vera Pauw's conservative system. Yes, Katie McCabe, unquestionably our best player, wanted a switch late on in our last game. Too bad about her. Either a manager is managing or they shouldn't be there. I think Katie is a convenient scapegoat for a decision that was already made. The fact would appear to be that the FAI stalled on renewing Pauw's contract until after the World Cup, and weren't expecting the Irish public to react so unfavourably now. There is this old myth floating around Irish soccer that we are secretly Brazil in disguise and would devastate teams if allowed to go all-out attack. Remember all the flak that Jack Charlton used to take from the RTE panel? That was in the days when we had English First Division players on the bench – imagine that luxury now. The Senior Ladies, by the way, was a vague myth – to say that their efforts were unrecognised is to understate the case.

It was an incredible World Cup for us, because being there was phenomenal. It was an opportunity to grow the game among a traditionally bypassed demographic. Yes, we only got one goal and that was fluky enough to be honest, but we actually got to a World Cup. Unfortunately, the public perception now is of a complete mess of media leaks and belated justifications that look utterly without foundation – I will say that I like Cathal Dervlan's writing, but having some-one working as an analytical journalist and head of media for the organisation at the same time is preposterous. A poacher can become a gamekeeper, but you cannot do both at the same time.

We got lucky, in the way that ladies soccer all over the world most certainly didn't, because after the most watched and attended Womens' World Cup of all time, all the headlines internationally have been about blatant misogyny with the Spanish Federation and FIFA themselves. Otherwise Ireland would be a much bigger story, and not in a good way. Look, Tyler Toland is likely to come back into the Ireland set-up, and she has a bit of cutting about her. Amber Barrett may get more playing time up front – to be blunt, Barrett is very good for her age, but she is very, very raw. I wish her well, but I'm not seeing the high volume goalscoring potential people are talking about. Ireland Women had a huge amount of new fans with this World Cup. How long will they stick around?

Every part of this is a complete mess. It didn't have to be this way. In fact, it shouldn't have been. Once again, the FAI have managed to look at a huge opportunity and somehow turn it into a PR disaster.

By the way, I'm writing this before the mens' game against France, but Ireland are lamenting the loss of Coleman, Obafemi, Matt Doherty, O'Dowda....oh, and a lad named Evan Ferguson, who looks like the first young Irish player since Roy Keane who might actually be worth the hype but isn't going to be sold for £150 million. France are choosing between the likes of Mbappe, Giroud (I still rate him hugely, his positioning is easily good enough to get past the slight loss of pace), Griezmann,

Dembele.....arrah lads. I read an article – I think this is hilarious – discussing who was going to mark Mbappe with his pace. They went for Festy Ebosele. Who does have good potential – but literally hasn't started a game for Ireland. Against Mbappe. C'mon. Whoever wrote that is stealing a living. We have to choke off space against Mbappe, which means that we can't man mark him or anybody. Tight at the back and desperately hope to nick one and close them out; we did it against Germany a while back.

I don't expect things to get better against the Netherlands. Possibly not the same siege mentality, but they look organised and compact now. They always had the talent but looked vulnerable.

I can't see Stephen Kenny lasting too much longer in his role. I do think he will finish this losing campaign out. I don't blame Stephen Kenny for anything. Executive mismanagement and failure to invest in any development over several decades meant that he was dealt an awful hand. I'm not sure that anyone else could have done better (Greece was a shambles of a display, though). I wouldn't think anyone is putting their hand up for that poisoned chalice any time soon. We just aren't very good at the moment. I'm not knocking lads. I'm not suggesting that we are playing the wrong formation (let's face it, our three at the back and wingers is just another way of saying five at the back).

The English media are happily lambasting Gareth Southgate these days, despite him producing the best English team in years (twenty years ago, we were well able to beat England. I swear I am not exaggerating). Want to do a swap, lads?

LEAGUE OF IRELAND

Bray Wanderers 3 Kerry FC 1

An all too familiar tale. No shortage of courage or perseverance, but that little bit of surety left Kerry once again reeling after a game where the scoreline did not reflect their actual display, and not in a good way.

I get the impression that this team is just a fraction of luck and one result away from

turning a big corner, but I've felt like that for five games now and the win column is still blank. The weight grows on the shoulders with every passing game and that only makes it more of an uphill climb. To be fair, the professional signings of Ryan Kelliher and Leo Gaxha is a very good step (the FAI declared earlier this year that all clubs had to be at least semi-pro, but sure that has rightly been watered down hugely ever since. It's easy to spend other people's money). Unfortunately, Ryan had to withdraw from the warm-up in this game, and he was a huge loss. Kerry were badly caught right at the start, with a long ball being floated in and easily headed home. That's a killer blow. Kerry responded superbly, though, Seán McGrath showing a very deft touch when a breaking ball fell to him, planting it in the only part of the net that it would have reached. A really superb finish. He almost got another, but Arthur Nganou was forced into a good save at the other end. Just on the stroke of half-time Cian Barrett got a second yellow. Maybe a little bit harsh, but there was clear contact and my rule always is that if you give the referee the necessity of making a decision, then you can't argue with the decision that's made.

The second goal....ah lads. Long ball down the wing, simple cross, the forward is way ahead of any of the defenders. I know it's a high level. I know the ball is coming at you think and fast. I know you have to watch out for several things at once. But show any future opponents that goal and their eyes will light up. Way too easy. The third was the only one of Bray's that I'd call a good goal, a very well-taken free-kick from a tight angle. Could the keeper have maybe done a little better? Ah look, it was moot by then anyway.

Kerry did keep plugging away, but this was a tough one to take. Coughing up simple goals is killing us as a team.

Kerry FC: Arthur Nganou, Sean Kennedy, Kevin Williams, Jonathan Hannafin, Ethan Kos, Sean O'Connell, Martin Coughlan, Cian Barrett; Sean McGrath, Leo Gaxha, Daniel Okwute Subs: Rob Vasu (for Ethan Kos, 45 mins), Cian Brosnan (for Seán Kennedy, 68 mins), Ronan Teahan (for Martin Coughlan, 68 mins)





Killarney Camogie Club Under 8s who played a blitz in Tralee on Sat 2nd Sept



Under 11s who played blitz in Tralee also on Sat 2nd Sept

KILLARNEY CAMOGIE CLUB

TRAINING

Under 6/8/10 train on Mondays & Fridays from 6-7pm in Spa. Hurleys & helmets can be provided on a rental basis for the season. Football boots, shin guards & water required.

Under 12s & Under 14s train on Mondays & Fridays (match dependent) from 6-7pm in Spa
Under 16s train on Mondays & Thursdays (match dependent) from 6-7pm in Spa

Under 18s train on Mondays & Fridays from 6-7pm in Spa.

REGISTRATION

New members always welcome & registration is done on www.foireann.ie. For any details on registration, please contact Treasurer Louise Moynihan or Secretary Anne Lynch. All details on how to register can also be found on our Facebook page.

FACEBOOK

Please check out our Facebook page for match fixtures & updates – Search for Killarney Camogie Club!

KERRY UNDER 15S

Well done to Iveragh Holohan and Ava Moore who recently represented Killarney on the Kerry Camogie Under 15 in an inter county blitz in Butlerstown GAA. Killarney coaches Ceara Moore & Mark Moore were also involved in the team's management.

KILLARNEY LEGION

KERRY PETROLEUM INTERMEDIATE CLUB CHAMPIONSHIP

Our Senior Men advanced to the last four of the Intermediate Club Championship courtesy of a hard fought win over Beaufort. Played in blazing sunshine there was never much in the contest although we did make the stronger start leading 0-4 to 0-1 after 11 minutes. This was due to the accuracy of Finbarr Murphy but the Mid Kerry side tried to make home advantage count closing it to 0-7 to 0-6 by half time. The second half was an even tighter affair as the ante was upped and the sides were deadlocked at 10-10 with ten minutes to go. But Eoghan O Sullivan, Cian Gammell and substitute Jamie O Sullivan struck for three vital points as the rock solid defence held firm in the closing moments. Milltown Castlemaine provide the opposition

in the semi final and will no doubt prove to be obdurate opponents.

JUVENILE BOYS UPDATE

Our U11 boys were back in action and played some great football against a very sporting Fossa side on Thursday night. In all 26 boys played their part across 2 games on a great evening for football. Huge thanks to John Keane and Oisín Fleming for refereeing both games and thanks to Donal O Donoghue for getting the pitches ready for this evening games.

Ronan O'Brien, Samuel Scroope, James Murphy, Mark Looney and Jack Culloty finished their block with South Kerry Development Squads in a game vs North Kerry in Currans last Saturday morning. Thanks to the coaches and development officers for their work with the lads.

U12 LADIES

Our Legion U12 White team took on Glenflesk on Tuesday evening in a competitive match, which saw our opposition ahead for a good part of the game. With Glenflesk holding a lead, our players battled hard and put in a solid hours work that saw us briefly take the lead in the third quarter. Overall happy with the performance and effort level put in across the team but further work required. Thanks to everyone who assisted on the night- players, coaches, match officials, parents.

U14 LADIES

The U14 league continued when Beaufort provided the opposition for a Division 1 clash. A late afternoon deluge made for difficult conditions before throw in but both sides adapted well to serve up a rip roaring contest. The home side stormed out of the traps to take an early grip on the game. The wet sod made scores hard to come by but Legion fared better in front of goals to go in at the break in the ascendancy. The second half was an absorbing contest as Beaufort found their range and picked off points to eat into the deficit. The hosts defence were put to the pin of their collars and did well to stem the tide on several occasions. Legion raised a green flag at the other end to keep their noses in front. When the ref called for the ball, it was the home side who claimed the points on offer. Well done to both teams who served up an exciting and entertaining game in very challenging conditions. Thanks to Sean Courtney for officiating on the night.

Final score...Killarney Legion 2-06, Beaufort 0-10.



Iveragh Holohan & Ava Moore who represented Killarney recently on the Kerry Under 15 camogie team

U16 LADIES

Our U16 Ladies played their opening East Kerry game of the campaign with another epic game with Glenflesk. The 17 who took part put on a heroic performance. Down 5 pts at half time and 9pts mid way through the half, they turned it around superbly to get back level. Unfortunately, though, Glenflesk kicked over a late free to win by the bare minimum. Down a number of regulars tonight, the girls did brilliantly and can be very proud of themselves. Final score Glenflesk 6-07 Legion 6-06.

Congratulations to Amber McIndoe, Kate Forde and Lucy O Connor who have all been selected on the Kerry FC u17 league of Ireland team. They will be sorely missed by their teammates and coaches and we thank them for their commitment and dedication to the green and white over the years. We look forward to watching their progress and hopefully see them back in action in Direen again.

Eight more Legion Ladies represented Kerry on Saturday in the Munster U15 PDP Blitz in Mallow. Well done to Molly Cronin, Kate O Toole, Eva O Shea, Kiera Moynihan, Laura Healy, Kate Fleming, Sophie Duke & Sophia Sharma.

SENIOR LADIES

Our Senior Ladies, sponsored by JM Reidys, had



a busy week making the short trip to Fossa on Monday evening for the Junior Championship Round 2 game. In a very tight opening half scores were hard earned with both defences dominant where Fossa led at the break 2-05 to 2-00. With a number of young Legion Ladies making their championship debut, it was always going to be a tough battle but they took the game to Fossa early in the second half and always kept within touching distance but never quite got close enough. A couple of late goals put somewhat of a gloss on the scoreline in a game where both teams served up an entertaining and very competitive game.

Final score Fossa 5-07 Legion 3-02.

On Sunday morning they bounced back from the Fossa defeat with a good win over Currow.

FAMILY CLUB DAY

Put Sunday September 17th in your diary as we again are running our Club family day. On the day there will be plenty of crack with games and fun challenges along the same lines as last year which was a great success.

SATURDAY MORNING ACADEMY

The Killarney Legion GAA Club Academy restarted this Saturday just gone and runs every Saturday morning from through to the end of October. It is open to all children, both boys and girls, aged from 4 to 11 years old who can learn the fundamental skills of Gaelic football in a safe and fun environment. For more details contact Liam at 0876373461.

KERRY LGFA

RESULTS

Bons Secours Championship Senior Round 2

Finuge St Senans 4-18 v Southern Gaels 0-06

Na Gaeil 1-08 v Castleisland Desmonds 2-09

Intermediate Round 4

Rathmore 4-13 v Firies 5-15

Austin Stacks -v- Stacks – Monday 4th September

Junior A Round 3

Abbeystown 3-08 v Ballymacelligott 3-10

Listowel Emmets 4-03 v Cromane 4-18

Clounmacon/Moyvane 2-10 v Spa 0-06

Junior B Round 3

Dingle 3-03 v Annascaul/Castlegregory 2-12

Kerins O Rahillys 1-10 v John Mitchels 0-06

FIXTURES

Sunday 10th September Senior – Round 3

Na Gaeil -v- Dr Crokes

Castleisland Desmonds -v- Southern Gaels

Finuge/St Senans -v- BYE

Intermediate – Round 5

Firies -v- Inbheir Scéine Gaels

Rathmore -v- Corca Dhuibhne

Scartaglin -v- MKL Gaels

Beaufort -v- Austin Stacks

Junior A – Round 4

Laune Rangers -v- Abbeystown

Ballymac -v- Spa

Cromane -v- Kilcummin

Listowel Emmets -v- Clounmacon/Moyvane

Junior B – Round 4

Annascaul/Castlegregory -v- Kerins O Rahilly

Glenflesk -v- John Mitchels

Dingle -v- BYE

Beale -v- Fossa

Killarney Legion -v- Southern Gaels(B)

Currow -v- Ballyduff

EAST KERRY GAA

by Michael Healy

FR GALVIN CUP SEMI FINAL.

Listry V Cordal Sunday Sept 10th in Listry @ 12.00.

MONTHLY MEETING

Out next monthly meeting will take place on Sept 12th at 9pm, in the Heights hotel.

LEE STRAND U15 DISTRICT CHAMPIONSHIP FINAL

Hard luck to the East Kerry team and management, who lost a tight final to North Kerry, by 8 points to 6 in Austin Stacks Park on Wednesday night.

COUNTY JUNIOR HURLING SHIELD

Congratulations to Dr Crokes on their great win in the County Junior Hurling Shield Final on Wednesday.

MD O SHEA U13 LEAGUE

Division 1

Keel-Listry (A) 1-08 Firies (A) 1-10

Killarney Legion (A) 1-13 Kilcummin (A) 0-6

Division 2

Glenflesk 1.10 Dr Crokes 2.12

Division 3

Spa 5-12 Beaufort 2-10

Kenmare 2-10 Scartaglin 3-11

Division 4

Currow 2.15 Gneeveguilla 3.08

Division 5

Killarney Legion (B) 2-7 Kilcummin (B) 3-7

Keel-Listry (B) 4-13 Firies (B) 0-03

KEEL GAA CLUB

CLUB LOTTO

Keel GAA Lotto Draw Monday 28th August. Numbers drawn: 15, 21, 23, 24. There was no winner of our jackpot of €4,450. Lucky dip winners of €50 were Noreen Buckley, London and Vincent Foley, Keel. The jackpot will be €4,500 for the draw on Monday the 4th of September. Many thanks for all your support this week and thank you to this week's lotto team for facilitating the draw. You can purchase your tickets for the draw via Clubforce or through the local outlets. Thank you for your continued support of our club lotto.

SENIOR

Well done to our senior team and management who defeated Waterville in the relegation play off on Sunday in Glenbeigh. The final score was Keel 1-19, Waterville 0-11.

UNDER 17S

Best of luck to Keel/Listry who are away to Ardfert in their first game of the club championship this Saturday at 4pm.

UNDER 13S

Our U13s played Firies in the first round of the East Kerry League. Both games were played in good spirits with two quality games. Keel/Listry B team had a comfortable win in the first game and out A team lost out narrowly in the dying moments to lose by 2 points on a score line of 1-10 to 1-08. Well done to the team for competing well, showing great progress from

our game earlier in the year. Training continues this week and there'll be a game against Kilcummin next Sunday morning.

UNDER 7S

Our U7s hope to have a game on Sunday at 10:30am in Keel. Fixture to be confirmed.

KERRY MASTERS

Best of luck Terry O Sullivan, James Nagle, Jason Foley and David Clifford in the All-Ireland Master Football Final this weekend.

DR CROKES

CLUB CHAMPIONSHIP

Dr. Crokes 0:12 Kenmare Shamrocks 1:14

A disappointing result at home on Saturday meant that our Club championship campaign has come to an end. Lining out without inter county stars, Gavin White and Tony Brosnan, and team captain Gavin O'Shea we struggled to hold form for much of the game. Kenmare started the livelier, winning the throw in and kicking the games first point through a Sean O'Shea mark. Micheal Burns responded with a point from play and his first of 7 points, 3 of which came from play. Our opponents played defensive football and pressured our forwards to kick from distance. The turning point of the game came in the 7th minute when David Ciuci broke through the Crokes defence and slotted the ball passed Shane Murphy, increasing their early lead to 3 points. Daithi Casey and Gavin O'Shea were introduced just before half time, replacing the injured David Shaw and Billy Courtney. Both teams exchanged points for much of the half leaving the scoreboard reading Dr. Crokes 0:08 Kenmare 1:07 at half time. We started the second half with more energy than we finished the first but unable to find the target, we kicked 3 wides, one after another before Cian McMahon kicked a fine score from play in the 7th minute. Daithi Casey was black carded in the 12th minute and Kenmare outscored us 5 points to 1 during his absence. It was always going to be a big ask to come back from there and Kenmare eventually ran out 5 point winners. Our focus now turns to the County Championship in two weeks time.

LGFA SENIOR CHAMPIONSHIP

Dr. Crokes 2:07 Castleisland Desmonds 1:09

Our Senior ladies made history last Monday night when they played in their first ever Senior County Championship game. Lining out without All Star Kayleigh Cronin, current county minor start Leah McMahon and club star Lillie Foley. We played with confidence and had great passages of play through the lines but were guilty of some poor finishing, kicking 3 wides before Kate Stack kicked our first score. Both teams traded scores for much of the second half and the home side went in trailing by a manageable 2 points at half time. The first 2 scores of the second half were goals. The first for the visitors from centre forward Oonagh Bergin. Rheanne O'Shea positioned herself brilliantly to feed the ball to the onrushing Amanda Brosnan who finished raised the green flag. We were on the ascendancy and Laura O'Shea's massive point, after a seaming run, 15 minutes into the 2nd half had the teams level at 1:06 a piece. The last few minutes were played on Crokes terms



and we ran out 1 point winners. The girls have a bye in the next round and play Na Gaeil on September 10th.

Junior Hurling Championship Dr. Crokes 3:09 Duagh 0:05. Our Junior team had a comprehensive win over Duagh in Caherslee on Wednesday evening.

LGFA U14

East Kerry League Our girls had a great win at home over Laune Rangers last Sunday evening. Things were tight in the first half, where we played in to a strong breeze, however we got the grips with things in the second half and scored an impressive 3:06. We kicked several fine scores and the backs were always well on top.

STREET LEAGUE

Our Street League concludes next weekend. 200 boys and girls have taken part in the Street League over the last few weeks with almost 40 coaches looking after 20 teams. A big thank you to all of the organisers and coaches for organising and facilitating at great few weeks. Please come out next weekend and show your support for our future stars.

ACADEMY

Our academy continues every Saturday. We cater for boys and girls aged 4 to 11 from the Killarney area. Hurling from 10 to 11 and Football

from 11:15 to 12:15. All welcome, bring a friend! Qualified coaches with an emphasis on fun and making friends. We hope to see everyone there!

LOTTO Took place on September 4th. Numbers drawn were 6, 7, 22, 25 Jackpot of €5,900 was not won. 4 patrons matched 3 and receive €100 each. Jackpot for draw on September 11th will be €6,200. We are calling on all members to support our weekly lotto. Play it online by following the link https://play.clubforce.com/play_newa.asp?ll_id=734#Anchor

BINGO

Dr Crokes Bingo continues every Sunday night in St. Marys Parish Hall at 8pm. Doors open at 6:45. This week's jackpot is worth a whopping €3,200 with another €2,000 in prizes to be won in 10 games of bingo. Everyone Welcome.

CONGRATULATIONS to Ambrose and Anja O'Donovan on the birth of their baby daughter Alanah.

CONDOLENCES to Mag Casey and family on the death of Mag's sister Bernie Carroll in Galway. Ar dheis Dé go raibh a hanam.

NOTES

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



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Danny Healy Rae TD - Monthly Clinics

1st Monday

8.15 PM
8:30 PM
9.00 PM
9.30 PM

1st Wednesday

8.00 PM
8.30 PM
9.00 PM
9.30 PM

1st Thursday

8.30 PM
9.00 PM
9.30 PM
10:00 PM

1st Friday

9.30 PM
10:00 PM
10:30 PM

3rd Monday

8.30 PM
9.00 PM
9.30 PM
9.45 PM

Rathmore & Gneeveguilla

Top of the Hill, Rathmore
Bridge Bar, Rathmore
Dennehy's Bar, Rathmore
Richie McAuliffe's, Gneeveguilla

Killarney Area

Torc Hotel, Lissivigeen
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Old Killarney Inn, Aghadoe
The Golden Nugget, Fossa

Glenflesk & Barraduff

The Kerry Way, Glenflesk
Spillane's Headford
Murphy's Bar, Barraduff
Sweeney's Bar, Barraduff

Tuosist & Lauragh

Sailors Bar, Killaha West
Helen's Bar Kilmacalogue
The Lake House Tuosist

Knocknagoshel & Brosna

O'Connor's Bar, Knocknagoshel
Walsh's Bar, Knocknagoshel
Kate Pat's Bar, Brosna
Sportsfield Bar, Brosna

3rd Friday

7.30 PM
8.00 PM
8.15 PM
9.00 PM
9.30 PM

4th Thursday

7:00 PM
7.30 PM
8.15 PM
8.45 PM
9.15 PM
9.45 PM

4th Friday

8.30 PM
9.30 PM
10.00 PM
10.45 PM

Last Monday

8:00 PM
8:30 PM
9:00 PM
10:00 PM

Castleisland Area

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

Killorglin Area

Golden Nugget, Fossa
Galvin's Bar, Beaufort
O'Grady's Bar, Killorglin
Larkin's Bar, Milltown
Griffins Bar, Castlemaine
Anvil Bar, Boolteens

Kenmare & Sneem Area

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

Farranfore Area

Ulick's Bar, Farranfore
James Daly's Bar, Farranfore
Cunniffe's Bar, Currow
John Hendersons, Furies

PLEASE CONTACT

Danny 087 2316055 Office 064 6685315

Maura 087 7816432 Johnny 087 2354793 Eileen 087 9975419

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Cummeennabuddoge Wind Farm is a proposed co-development between FuturEnergy Ireland and SSE Renewables located on the Kerry/Cork county bounds.

You are invited to a community clinic where you can meet the team, learn more about the project and ask your questions.

September 20th 12-8pm & September 21st 11-6pm
Abbey Hotel, Ballyvourney, Co. Cork, P12 FW30

Email: cummeennabuddoge@futureenergyireland.ie
Call: Community Liaison Officer
Brendan Twomey on 087 971 2151
Text: 087 971 2151 and request a call back

We look forward to hearing from you

For more information on this project, please visit
www.cummeennabuddogewindfarm.ie

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Gardening
 with Killarney Outlook

by John O'Sullivan

FOCUS ON HERBACEOUS PERENNIALS

What we mean when we call a plant an Herbaceous Perennial is that in most of them the stems are soft, succulent and green as opposed to being brown and woody. With most Herbaceous Perennial they will sprout growth from ground level in spring and will grow and flower right through the summer and into the autumn. With most Herbaceous Perennials, in late autumn and early winter they start to look a bit ragged. But depending on the severity of the winter, some will hold on until the first real cold snap. The maintenance for most Herbaceous Perennials isn't a lot really. During late autumn, early winter cut the majority of the stem down to ground level and mulch over with some compost. some Herbaceous Perennials such as Lupins and semi hardy Fuchsias will have woody stems because of the milder climate here so when pruning back cut right back to just a couple of inches above ground level.

Herbaceous Perennials are a valuable plant in the garden for a number of reasons.

1. Because of the length of time they flower for.
2. Because of the short length of time it takes them to grow to the maximum height and spread.

When planting an Herbaceous Border always remember to plant the taller ones to the back or middle and the smaller growing ones to the front. When choosing your plants pick one plant that you can repeatedly plant in the border to create a sense of continuity to the planting scheme. Herbaceous Perennials flower from April until October/November so you have a wide range of flowering times and colour to choose from. The secret to having a good flowering Herbaceous Border is every few years in the winter to lift and divide the plants that are suitable for this.

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



ANY NEWS?

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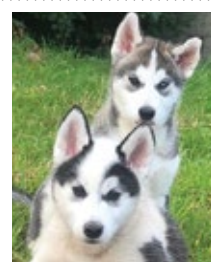
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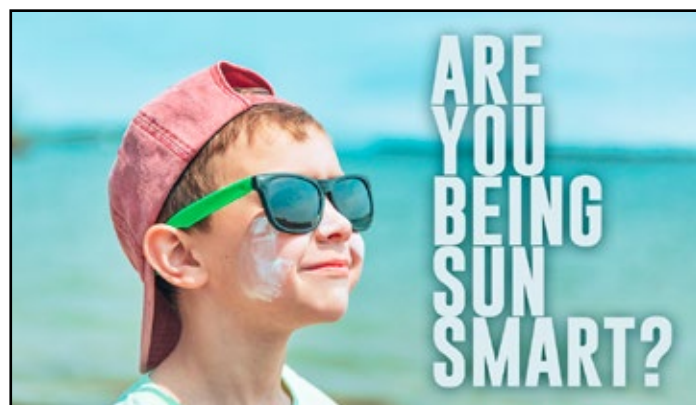
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A Word of Victory

Welcome back dear student, continuing on how 'bad news sells.' The Gospel of Jesus is Good News but unfortunately most people don't know much about it (Hosea 4:6). This lack of knowledge of God's Word allows the devil to deceive and groom folks into adopting negative mindsets, causing them to believe and focus on the pessimistic news and sensational social media instead. It's a subtle form of warfare aimed at the destruction of people's joy and mental wellbeing, and ultimately their destiny, completely opposed to the Spirit of God. "Lord, who has believed our message? And to whom has the arm and power of the Lord been unveiled and revealed?" (John 12:38 Amplified Bible). It's often much easier to accept an evil report than it is to believe a good one. God revealed Himself as 'Alpha and the Omega' – meaning He is the Beginning and the End; the First and the Last (Revelation 1:8). The Lord knows the end from the beginning. We stress and worry about what's going to happen – developing and magnifying negatives, but God knows it all. Pressing in to learn His wisdom takes effort and means trusting Him when we don't see the whole picture yet (Proverbs 3:5-8).

When Joshua sent in two men to spy out Jericho they stayed in Rahab's house (Joshua chapter 2). It was a strongly fortified city that looked impenetrable. Amazingly, Rahab revealed to the Hebrew men how the people of Jericho had heard of God's mighty power that defeated Israel's enemies, and that as a result of what they heard, their hearts were melting from fear. Now this was a very different tale to that of the ten spies whom Moses had earlier sent into the land with Joshua and Caleb – twelve men in total, but ten of them brought back an evil report that cost the Israelites forty years in the wilderness (Numbers chapters 13&14). In that situation only Caleb and Joshua believed that God was with them, and that they would succeed in their endeavours because of His power and promise to go with them. The other ten, while admitting that the land looked great, focussed on their human shortcomings, causing all the people to believe their negative account instead! It's amazing how a bad report spreads, and people believe it without question. Later, when they crossed over into the promised land, they saw God's grace and favour defend them and bring them great success. How sad though that it was delayed by forty years of wilderness wandering because they were too stubborn to believe Caleb and Joshua's initial testimony. God is not limited in Power, but we limit His power by our unbelief.

Psalms 112 speaks of one who trusts in God. His active faith brings protection, deliverance and blessing upon himself, and upon his children and future posterity. And he remains rock solid no matter what the circumstances - "he will not fear bad news; his heart is steadfast, trusting, confidently relying on, and believing in the Lord. His heart is secure - he will not fear" (Psalm 112:8). There is so much fear in our world. People are afraid of all kinds of things. But fight and resist fear we must - because it's not from God! Focus on the good report (Philippians 4:6-8). "What time I am afraid I will trust in You" (Psalm 56:3).

Invitation: Jean Watson, the acclaimed classical musician and singer-songwriter will minister at Word of Victory Christian Fellowship on Thursday 21st September, at 7.30pm - sure to be a wonderful treat. All welcome. Eircode and contact details below.

Bible Study & Prayer every Sunday @ 11am and Thursdays @ 7.30pm in person and on Zoom at Word of Victory Christian Fellowship Killarney - Eircode: V93V6X4.

You can listen to our podcasts on Spotify. Find the links on our Facebook page - Word of Victory Christian Fellowship Killarney, or on Twitter - @WOVKillarney.



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7TH ANNIVERSARY



IN LOVING MEMORY OF

**MICK
SULLIVAN**

LORETO ROAD, KILLARNEY

REMEMBERING MICK ON HIS
7TH ANNIVERSARY,
ON SEPTEMBER 6TH.

LOVE BRED A AND FAMILY

*Just a Thought, from the family
Who loved you.*

*Just a Memory fond and true;
In our hearts you will live forever,
Because we thought the world
Of you.*

**Anniversary Mass,
Saturday September 9th,
St. Mary's Cathedral, 6.15pm.**

16TH ANNIVERSARY

IN LOVING MEMORY OF
TOM O'BRIEN



LATE OF 11 COOLEGREGAN PARK
WHO DIED ON THE
3RD OF SEPTEMBER 2007.

*Treasured Memories keep you near
as time unfolds another year
never more than a thought away
loved and remembered every day.*

Sadly missed by your wife Eileen,
daughter Pearl, sons Tommy, Tony and
Richie, Daughters in Law and Son in Law
and grand Children.

*The Hands of time keep turning
the years have slipped away
but in our hearts and memories
your with us every day.*

Sadly missed always
Ritchie, Miriam, Brodie and Ashton xxx

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JESUS

May your Sacred Heart Lord
Jesus, be praised, glorified and
honoured throughout the whole world
now and forever. Repeat this 3 times.

3RD ANNIVERSARY

IN LOVING MEMORY OF
FRANK MORAN



GLENFLESK LATE OF
CASTLECOVE, CAHERDANIEL
WHOSE THIRD ANNIVERSARY
OCCURS ON THE 13TH
SEPTEMBER.

*Sadly missed along life's way,
Quietly remembered every day,
No longer in our lives to share,
In our hearts, you are always there.*

Fondly remembered by Eileen, Robert,
Barry, Kevin, Christine, Bridie
and all the family.

**Anniversary Mass this Saturday evening,
9th September at 6pm in St. Agatha's
Church, Glenflesk.**

4TH ANNIVERSARY

IN LOVING MEMORY OF
**DERMOT
MOYNIHAN (BRADY)**



BALLINAMANAUGH,
KILCUMMIN

In loving memory of a dear husband and
father whose anniversary occurs on the
9TH OF SEPTEMBER

*A gentle nature, a heart of gold
these are the memories
we will always hold*

Sadly missed and always loved by his wife
Mary, sons, Gareoid, Kieran, Eric and Allan,
Daughter Louise, Son in Law Tom, Daughters
in Law Helen, Elaine, Valerie & Grandchildren.

*Anniversary mass at Our Lady of Lourdes
Church, Kilcummin on Saturday 9th
September at 7.30pm*

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THE MIRACLE PRAYER

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

Take it dear heart of Jesus and place it within
your own broken heart where your Father sees it.
Then in his merciful eyes it will become your
favour not mine. Amen.

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

M.M.

BIRTHDAY REMEMBRANCE



In loving memory of
**EILEEN
KELLEHER
NEE HORGAN**

**Whose Birthday is the 7th
of September**

*For Your Birthday In Heaven
Birthday's in Heaven
decorations of gold
Where the years come and go
and you never grow old.*

*Where you celebrate with Angels
and past family there
With no illness in sight
just love everywhere..*

*We don't need to worry
how your Birthday was spent
cause you're safe in Heaven
and our wishes are sent.*

*Though we know you are safe
even though you're away
We Love and we miss you
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SUNDAYS

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Contact Diarmuid on: 087- 6741190

*Everyone
Welcome*



1ST ANNIVERSARY & ACKNOWLEDGEMENT

IN LOVING MEMORY OF
PADDY O'SULLIVAN



MILL ROAD, KILLARNEY
AND LATE OF DOONEEN, KILCUMMIN
WHO PASSED AWAY ON 31ST OF AUGUST 2022.

As we lovingly remember Paddy on his 1st anniversary, we
his family would like to express our sincere gratitude and
appreciation to everyone supported us with our sad loss.
We wish to thank all those who offered condolences, attended his
removal, funeral Mass and burial. Thanks to those watched the
requiem mass online. We would also like to thank all who sent
floral tributes, phone calls, letters, Mass cards
and perpetual enrolments.

Thanks to all to those who helped in every way they could. Thanks
to Paddy's friends and colleagues from Killarney National Park,
the jarvey's, the OPW and Muckcross house, to Muckcross Rowing
Club and to the Kerry Pioneer Total Abstinence Association and for
providing guards of honour. To MRC and Dochas for the beautiful
tributes they wrote up for Paddy on social media. This was all a
great compliment to Paddy and was very much appreciated. We
know he would have been deeply touched to witness the massive
effort that was made by you all to honour him. Thank you all.
To everyone who visited our home, local clergy, our kind relatives,
dear neighbours and friends and those who brought food to the
house, we are forever grateful.

A special thanks to Dr. Andrew and the team at the Bons Secours
Hospital who did their best for Paddy.

We would like to thank Fr. Joe Begley for celebrating a beautiful
and thoughtful ceremony. A special thanks to Helen Kerins and
Denis Crowley for the beautiful music, songs and hymns.

Thanks to staff at White Heather for the
beautiful floral arrangements.

Thanks to Mike and all from O'Shea's Funeral Directors for their
help, advice and support. Their professionalism, sensitivity and
kindness will always be remembered.

Thanks to Eamonn, Valerie and staff at the Killarney Oak's Hotel
for their exceptional hospitality and beautiful meal.

As it would be impossible to thank everyone individually, please
accept this acknowledgment as a token of our sincere gratitude.

The Holy Sacrifice of the Mass has been
offered for all your intentions.

ANNIVERSARY MASS

Paddy's first Anniversary Mass will be celebrated on Sunday the
10th of September at 11am 2023 in the Church of the Resurrection,
Park Road Killarney.

"He lived for those he loved and those he loved remember"



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Killarney to Dublin Airport

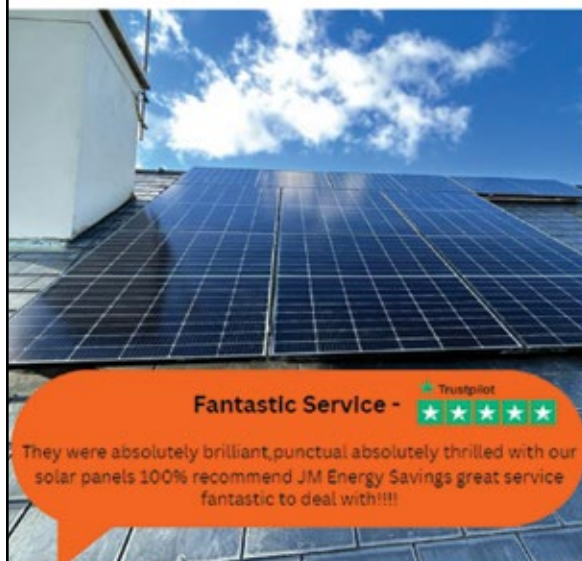
Departs	Killarney	Mission Road	00:01	03:00	07:00	11:00	18:00
Departs	Farranfore	Opposite Pharmacy	00:15	03:15	07:15	11:15	18:15
Departs	Abbeyfeale	Opposite Church	00:35	03:35	07:35	11:35	18:35
Departs	Newcastle West	Opposite Longcourt Hotel	00:55	03:55	07:55	11:55	18:55
Departs	Adare	Main Street	01:15	04:15	08:15	12:15	19:15
Arrives	Dublin Airport	T1 & T2	04:00	07:00	11:00	15:00	22:00

Dublin Airport to Killarney

Departs	Dublin Airport	ZONE 12	06:00	09:00	13:00	17:00	00:30
Arrives	Adare	Main Street	08:45	11:45	15:45	19:45	03:15
Arrives	Newcastle West	Longcourt House Hotel	09:05	12:05	16:05	20:05	03:35
Arrives	Abbeyfeale	Church	09:25	12:25	16:25	20:25	03:55
Arrives	Farranfore	Aherns Pharmacy	09:45	12:45	16:45	20:45	04:15
Arrives	Killarney	Mission Road	10:00	13:00	17:00	21:00	04:30

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