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THE MARTIAN (12A) 150m 7 Days 6:15	PARANORMAL ACTIVITY (15A) 105m 7 Days 9:00	PAN (PG) 120m Sat/Sun 2:00	PAN 3D Sat/Sun 4:15
SICARIO (15A) 120m Fri-Wed 6:45 9:00	GHOSTHUNTERS ON ICY TRAILS (PG) 105m Sat/Sun 12:15 2:15 4:15	HOTEL TRANSYLVANIA 2 (G) 100m Sat/Sun 12:10 2:10 4:10	
INSIDE OUT (G) 70m Sat/Sun 2:15 4:15	MINIONS (G) 105m Sat/Sun 2:05	KIDS CINE CLUB Sat 14th & Sun 15th Nov INSIDE OUT (G) 7:00m 12:15 MINIONS (G) 10:5m 12:05	

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LEGION GET TO PLAY IT ALL AGAIN

The town is set to stay decked in green and white until Sunday week when Legion will face South Kerry for the Senior County Final Replay. The game will take place in the Fitzgerald Stadium on Sunday November 22nd.

The team enjoyed huge support during the game which finished a draw following a last minute point from Jamie O'Sullivan.

The team are set to play Nemo Rangers this Sunday in Pairc Ui Rinn at 2pm. The game will be televised live on TG4 and will see Legion and Kerry star James O'Donoghue face his former Kerry team mate Tomas O'Sé who now plays with Nemo Rangers.



ALL KITTED OUT TO SUPPORT THEIR TEAM KILLARNEY LEGION AT THE COUNTY FINAL AT FITZGERALD STADIUM ON SUNDAY WERE L-R MATTHEW HEGARTY, OISIN FLEMING, RONAN FAHY & CONOR MOYNIHAN. PICTURES MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT FITZGERALD STADIUM FOR THE COUNTY FINAL AND SUPPORTING KILLARNEY LEGION WERE L-R JOHN CROWLEY, DESIRÉE CROWLEY, EOGHAN CROWLEY, EVE CROWLEY, DENISE LYNE & NORITA EARLIE.



ENJOYING THE COUNTY FINAL AT FITZGERALD STADIUM WERE L-R HUGH MURHILL, JAMIE FLEMING, GERALDINE FLEMING & ANNA MARIE FLEMING.



SUPPORTING KILLARNEY LEGION AT FITZGERALD STADIUM FOR THE COUNTY FINAL AGAINST SOUTH KERRY WERE L-R DENIS LYNE, MICHAEL LYNE, THOMAS LYNE, PAT KERRISK & JOHN O'CALLAGHAN.



PICTURED AT FITZGERALD STADIUM TO SUPPORT THEIR TEAM KILLARNEY LEGION IN THE COUNTY FINAL AGAINST SOUTH KERRY WERE L-R SHEILA MCGILICUDDY, MAR ESCOBAR, ELLEN MCGILICUDDY, JANE MCGILICUDDY & NOREEN MCGILICUDDY.



THE HEGARTY'S PICTURED AT FITZGERALD STADIUM SUPPORTING THEIR TEAM KILLARNEY LEGION FOR THE COUNTY FINAL AGAINST SOUTH KERRY. L-R SEAN, CIAN & CHRISTINE.



KILLARNEY'S LEGION TEAM WHO PLAYED SOUTH KERRY AT FITZGERALD STADIUM AGAINST SOUTH KERRY ON SUNDAY AFTERNOON.



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Diabetes Ireland

DIABETES AWARENESS: 43% have never been tested for diabetes

Figures from a new study released reveal that 33% of people in Ireland have a family member with Diabetes. One in five people (21%) have a family member with Type 2 diabetes and overall, three in four people (77%) know someone who has diabetes. Diabetes or Diabetes Mellitus is a disorder characterised by hyperglycaemia (high blood glucose levels).

DESCRIPTION: When the food we eat is digested, most of it becomes glucose (sugar), which the body uses for energy. In order for this to happen, the glucose must leave the blood and enter the body cells. The hormone that helps glucose enter the cells is called insulin. It is produced by an organ called the pancreas. In Diabetes, the pancreas either doesn't produce insulin, or the body is unable to use the insulin properly. This causes glucose to build up in the blood instead of entering the cells, a process called hyperglycaemia.

THERE ARE 2 TYPES OF DIABETES:

TYPE I – Insulin Dependent Diabetes. In this type of Diabetes, the pancreas produces little or no insulin.

TYPE II – Non-insulin Dependent Diabetes. In this type of Diabetes, the pancreas produces insulin but the body does not use it properly. This is called insulin resistance. Diabetes is a condition requiring life-long management. There is no cure, but symptoms can be controlled with careful attention to diet and medications. Poorly controlled Diabetes may lead to serious complications.

COMPLICATIONS OF DIABETES INCLUDE:

- A progressive loss of vision that can lead to blindness
- Nerve damage that can cause a loss of sensation in the lower limbs and may lead to foot ulcers, joint problems and infections.
- Kidney disease ● Heart disease

Signs and symptoms (May include the following):

- Feeling thirsty all the time
- Urinating more frequently
- Blurred vision - Lack of energy
- Numbness and tingling in the feet or legs
- Recurrent infections

PREVENTION: Type I cannot be prevented but can be controlled with careful management

Type II tends to be linked to several risk factors which increase with age. These risk factors include:

- High blood pressure ● Obesity
- Family history of Diabetes ● History of heart disease
- Smoking ● Excess alcohol consumption

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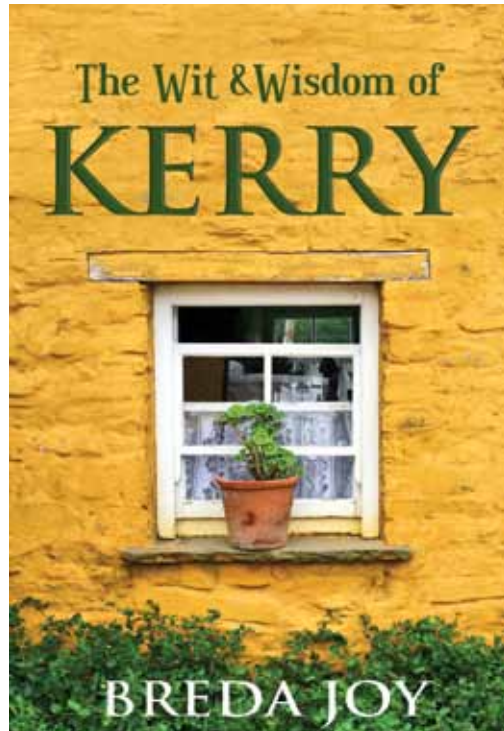
BREDA'S TAKE ON THE WIT & WISDOM OF KERRY

Journalist and author Breda Joy has released her latest book, *The Wit & Wisdom of Kerry*. Published by Mercier Press it is a humorous and touching collection all about the Kingdom of Kerry, the unique take of Kerry men on life and the way visitors and 'blow-ins' have viewed the incomparable Kerry character and landscape through the ages.

With sections covering politics, sport, the demon drink, marriage, humour and emigration among others, *The Wit & Wisdom of Kerry* journeys from the sublime to the ridiculous, stopping off at assorted stations in between. There are contributions from well-known Kerry writers – the 'usual suspects' – as well as from memoirs, journals and anthologies below the general radar. Wordsmiths such as Con Houlihan, John B. Keane and John M. Synge are quoted, alongside other, less well-known scribes, who all add colour to this portrait of the kingdom.

Within these pages you will find a connection between Kilgarvan and Martin Luther King, Dingle and Dolly Parton, Killarney and Brendan Behan. Even George Clooney gets a look in. Turn the page and away with you!

Available nationwide from Wednesday 11



November, RRP €14.99. The official launch by Joanna O'Flynn (nee Keane), Listowel Writers Week is being held in the Killarney Oaks Hotel on Sunday 15 November from 2.30-5pm. All are welcome.

SILVER CIRCLE

Due to the death of Paddy O'Sullivan there will be no Silver Circle draw this week. There will be a double draw results next week.

TALK AT THE LIBRARY

Killarney Library will host an upcoming talk by UK author Denise Greenwood whose new novel, *Crushed*, will be launched by Kerry-based Purple Pumpkin Publishing later in the month. Denise will talk about her journey into full time writing and the process of finding a publishing company as well as giving tips on writing fiction and creating a novel. The talk takes place on Tuesday 17th November at 6pm and admission is free.

KWOTE MEETING

KWOTE Killarney Women's organisation for training & empowerment monthly meeting will be held on Wednesday 18th November 2015 8pm Scotts Hotel Guest speaker will be on Christmas Flower arranging. Annual fee €10. Members €2 non members €3.

DRAMA GROUP TO PERFORM

Killorglin Drama Group are crossing the border to The Briery Gap, Main Street, Macroom to present "Callaghan's Place" on Friday 20th and Saturday 21st November at 8pm. Tickets €15 - Groups 6+: €12 - Concession: €10. Bookings: 026 41793.

JUMBLE SALE

The Irish wheelchair association, Killarney / South Kerry branch are having a fundraising jumble sale in the Parish hall, Killarney next Sunday the 15th of November from 2pm to 5.30. Any donations would be gratefully accepted.

TABLE QUIZ

A quiz in aid of the Sika Senior Branch of the Girl Guides will take place on Friday 20th November at The Old Killarney Inn Aghadoe at 8:00pm. Table of fours cost €20 for adults and €10 for kids.

There will be a raffle and spot prizes to be won on the night.

WHIP, CRACK, AWAY!

Well folks, auditions are just around the corner! Yeehaw! Auditions will take place Monday 16th November from 7pm-10pm, in Holy Cross Mercy School. We sure would love to see as many as possible auditioning for the variety of roles available in *Calamity Jane*. Audition scripts and the list of characters are available on the KMS website (www.killarneymusicalsociety.ie). For those wishing to audition for a principal singing role, you are requested to prepare any song of YOUR choice (preferably from an

American musical - not necessarily *Calamity Jane* - ideally sung with an American accent!) which you feel best demonstrates your suitability for your chosen role. Please bring along the sheet music, if you have it. For further information, check out our Facebook page where you can contact a committee member. *Calamity Jane* will be performed by Killarney Musical Society on the INEC stage, March 9th, 10th and 11th, 2016.

EUROGIANT OPENS IN THE OUTLET CENTRE

Discount chain Eurogiant open the doors of their 5,000 store in the Killarney Outlet Centre this morning, Friday 13th November.

Just in time for the Christmas rush, the store stocks quality products at discount prices and carries an extensive range of goods.

The centre is currently anchored by one the country's largest Nike Factory Stores and is also home to a mix of local and national tenants including DV8, Costa Coffee, Holland & Barrett,

Claire's Accessories, Paco, Leading Labels, The Works, Pavers Shoes, O'Brien's Sandwich Bar and the Kerry GAA store.

"We look forward to welcoming Eurogiant to the scheme who will join the recent openings of Trespass and DV8. Further new store opening will be confirmed in the coming weeks to include some exciting and leading brands", Paul Sherry told the Killarney Outlook.

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BUGSY MALONE SET TO WOW AUDIENCES IN KILLARNEY



LORCAN McMONAGLE AND EVAN COSGRAVE WHO WILL PERFORM IN THE BUGSY MALONE MUSICAL.

Students from St. Brendan's and St. Brigid's have come together for a musical extravaganza which is set to run over four nights in December. Preparations are well underway for the production of Bugsy Malone under the expert

direction of Valerie O'Leary, Mish O'Donoghue, Niamh O'Connell & Rosie Healy is also being hugely supported by the staff in both schools. Bugsy Malone, one of the most popular musicals ever made will bring its splurge guns to Killarney Racecourse for 4 nights - 1st to 4th December for what promises to be the performance of the year.

Bugsy Malone is a 1976 British musical gangster film, directed and written by film maker Alan Parker. The success of the film, which famously featured an all child cast, spurned numerous stage productions around the world. Set in prohibition era New York, the film is loosely based on events from the early 1920s to 1931 but specifically on the exploits of real-life gangsters like Al Capone and Bugs Moran, as dramatized in cinema.

So why not come along and see how the local talent bring Bugsy Malone back to life!

The show will run for 4 nights, Tuesday 1st to Friday 4th December. It will take place in the Killarney Racecourse and commences at 7.30pm. - Adult tickets are €13 and students



CIARA AND SAOIRSE WHO WILL PERFORM IN THE BUGSY MALONE MUSICAL.

ITS WILD GAME NIGHT AT TREYVAUDS

The most anticipated culinary date in Killarney's calendar year is fast approaching. Treyvauds Annual Wild Game night will take place Thursday 26th November and has now become a world famous event with diners traveling from the four corners of the globe to get a chance to dine from the Masters Table. It is the one and only night of the year that brothers Paul & Mark Treyvaud, manage to drag their father Michel, Irelands original MasterChef, out of retirement and put his culinary skills on display.

Michel, who has cooked for legends such as Muhammad Ali, Elvis, Frank Sinatra and Princess Grace, to name but a few, creates some absolute classic recipes that lucky diners get to sample off their Wild Game starter buffet. From Wild Pheasant, Duck, Rabbit and Game terrines,

to roast quail, pates, sausages and salamis to name only a sample of whats on offer, this starter buffet has become a thing of many a conversation over the years for all wild game lovers.

Everyone is then treated to a stunning wild game consomme before tucking in to one of the vast choices from the A La Carte main course menu. Wild Venison, Rabbit, Pheasant, Bison, Pigeon and more great surprises are on offer this year before the night is finished off with the now eponymous flambeing of Michels plum pudding. This is truly the most unique dining experience anywhere in Ireland and reservations are essential. Price is €50 per person and reservations can be made on

064 66 33062.



PAUL AND MARK TREYVAUD PICTURED WITH THEIR FATHER MICHEL.

NEWS FROM THE KERRY COMHALTAS CAMP

LEO GRIFFIN RIP: A member of Craobh Trá Lí and a great supporter. Leo loved his Culture and Comhaltas and he presented Kerry Comhaltas with a perpetual Trophy for the U15 Concertina some years ago. Not alone was Leo known in Football circles throughout the Country but was also well known in Comhaltas circles. He travelled regularly to the North American Convention and would be seen at many County, Munster and All Ireland Fleadhanna. Leo loved his branch and Craobh Trá Lí loved Leo. He will be sadly missed by his friends in his branch, and around the County. The County that he loved so much and the pride he took in our Culture and in Comhaltas. Ar Dheis Dé go raibh an anam.

COUNTY FINALS OF CEOL AN GEIMHRIDH: Take place this weekend, as Musicians, Singers and Comhra Competitors, converge on the IT Tralee on this Saturday. Starting at 10.30am

these competitors will compete to represent Kerry at the Munster final in Limerick in February. On Sunday the attention turns to the dancers as they make their way to the Community Centre in Fossa with a starting time of 12pm. We wish all the competitors the very best on Saturday and Sunday.

SET DANCING: An afternoon of Set Dancing with Bryan O'Leary and Joe O'Sullivan will take place on next Sunday 15th November from 2.30pm to 5pm in Tureencahill School House. Torc Hotel Killarney Set Dancing Weekend takes place from 20th - 22nd November.

"IN TUNE FOR LIFE": On the 21st November a very special nights entertainment will take place in the INEC. The show features the 90 piece "In Tune For Life" orchestra. All-Ireland champion set dancers, world champion step dancer David Geaney, 35 renowned traditional musicians from all over Ireland, the Munster

Rugby supporters choir, Thomas MacDonagh pipe band, Nora Butler, and numerous other singers including the 2015 Rose Of Tralee, 30 of Kerry's finest young musicians will join over 200 primary school kids who will join the orchestra on stage. In all nearly 450 performers will showcase their talents in aid of the "Donal Walsh live life Foundation".

Please join us along with the Walsh family on November 21st in the INEC Killarney for what promises to be a feast of Irish music, song and dance. A night not to be missed. For all you Traditional Step Dancers. A Workshop with Michael Tubridy will be held on Sunday 22nd November in the Hibernian Hotel, Mallow from 11.00am to 4.30pm.

Contact your branch secretary for details. Remember keep up to date with all things Comhaltas by visiting www.kerrycomhaltas.ie

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CAREERS FAIR AT THE MALTON

The Kerry Branch of Guidance Counsellors will host its annual Careers Fair on Wednesday the 18th of November, 2015 from 9 am to 1pm in the Malton Hotel, Killarney. The event which is open to the public and to second level schools will feature all the Irish Universities, many of the Institutes of Technology and the teacher training colleges agricultural colleges, An Garda Síochána, the Defence Forces, Fáilte Ireland, BIM, CIMA (Chartered Institute of Management Accountants) and the Society of Chartered Surveyors. Several Post Leaving Certificate (PLC) colleges will also be in attendance as well as Kerry Education and Training Board. The Careers Fair provides an ideal opportunity for prospective students to meet with representatives from the 3rd level institutions as well as other organisations providing career services to those trying to choose their career path. Such organisations include Qualifax, Careers Portal and The National Learning Network. Of Particular interest this year is the participation of SUSI (Student Universal Support Ireland), the organisation with responsibility for the administration of student grants. Representatives from HEAR and DARE will also attend.

This year's event sees an increase in the number of Colleges represented from outside of Ireland. Representatives from ENICAS (European University Central Application Support Service) and UCAS (Universities and Colleges Admissions Service in the UK) will be in attendance to answer queries for the increasing number of students who are



PICTURED AT THE LAUNCH ANNUAL CAREERS EXHIBITION IN THE MALTON HOTEL, KILLARNEY ARE FROM LEFT: CARMELLA SHEEHY, GUIDANCE COUNSELLOR, KILLARNEY COMMUNITY COLLEGE, RACHEL HEALY, KAREN RICE, GUIDANCE COUNSELLOR ST. BRENDAN'S COLLEGE, AND NIAMH DWYER, SCOIL PHOBAIL SLIABH LUACHRA, RATHMORE. STUDENTS: RYAN O'KEEFE, EOGHAN CRONIN, PATRICK O'REGAN, ST. BRENDAN'S COLLEGE, LOUISE HEALY AND PAUL BROSNAN.

applying for places in colleges elsewhere in the EU.

Admission to the Careers Fair is €5.00

Information Sessions for Parents on Tuesday Evening, 17th of November.

Four information sessions, which are free of charge, will be held for parents and students on evening before the Careers Fair. The sessions which have been hugely popular in recent years provide parents with an ideal opportunity to meet with representatives of HEAR, DARE, UCAS and SUSI.

7pm: Applying to HEAR (Higher Education

Access Route) for school leavers from socio-economic disadvantaged backgrounds.

7pm: UCAS: Applying to Colleges in the England, Scotland, Wales and Northern Ireland.

8pm: Applying to DARE (Disability Access Route to Education) for students who have a disability, a significant ongoing illness or condition, a mental health issue or a specific learning difficulty.

8pm: SUSI: Higher Education Grant Information for Students.

Admission to the Information Sessions is Free of charge.

HOLY CROSS MERCY SUPPORTS TEAM HOPE



STAFF AND PUPILS AT HOLY CROSS MERCY PICTURED WITH THE SHOE BOXES.

Members of the Green Team from the Holy Cross Mercy School delivered 108 shoe boxes to the Team Hope Depot in Killarney this week. Deputy Principal, Breda Courtney Murphy, co-ordinated the project, with children collecting

gifts, toiletries and stationery. The boxes will be delivered to lucky boys and girls across 14 African and Eastern European countries for Christmas.

ANNUAL NATIONAL PARENTS COUNCIL CONFERENCE

Minister Jan O'Sullivan will be among a host of speakers for this weeks 30th Annual National Parents Council Conference taking place in the INEC Killarney on Saturday.

The national event which was secured by outgoing president and Castlemaine man Don Myers will feature a number of workshops with big name speakers, along with a number of people featuring the challenges ahead for parents.

Gareth Noble will give a presentation on your legal rights as a parent. Gareth also acts in Education Law cases for children and families in respect of school bullying, disciplinary issues and other educational law entitlements. He has also provided advice to educational institutions on policy formation and implementation.

The event titled "Parents Voice in Education" will open for registration at 8.30am with the Conference opening at 9.30am.

The conference is free and open to all parents.

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KILLARNEY GIRLS ARE HEADING TO THE CHAMPIONS LEAGUE FINAL

Two young soccer fans from Killarney are celebrating this week after winning a once in a life time trip to the Champions League Final.

Keelan and Sarah O'Donoghue's dad John Don, a former Kerry and Killarney Celtic player and mum Jane, entered the girls in the draw which took place during two senior Cup finals in the Aviva Stadium last Sunday. This year was the most successful for the FAI's draw which allows clubs and Leagues to sell tickets and raise much needed funds while the governing body supplies a myriad of excellent prizes. Just over 112,000 tickets were sold nationwide which saw almost €1 million going to the grassroots of the Beautiful Game all over the country. 117 prizes were drawn in the National section and it was the girls that scooped one of the most coveted prizes of a trip to the Champions League final in Milan, courtesy of the FAI and Abbey Travel. Keelan and Sarah along with their family were actually in the Aviva supporting Cork City and watched the draw for the 4 Ford cars which was done live at half time. However it was only when they got home that they checked the rest of the results. "We are very involved with the Football for All Programme at Killarney Celtic and we used the FAI's National Draw as a fundraiser. Obviously



PICTURED AT KILLARNEY CELTIC'S CLUB HOUSE TO CELEBRATE THE RECENT FAI DRAW AT THE AVIVA STADIUM WHERE KEELAN & SARAH O'DONOGHUE WERE THE LUCKY WINNERS OF A TRIP TO MILAN FOR THE CHAMPIONS LEAGUE, TOGETHER WITH OTHER LUCKY PRIZE WINNERS WERE L-R MICHAEL LYNE, TOM O'SHEA (FAI), SARAH WARREN, KEELAN O'DONOGHUE, TOM WARREN, SARAH O'DONOGHUE, PADRAIG HARNETT & CONOR WARREN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

we bought a few ourselves and put down the girls names on the ticket. As we are steeped in soccer to win a trip to the biggest club game in the world is a dream come through" said John. Adrian Kirby, who bought his ticket from Listowel Celtic, won a year's free power from SSE. Killarney Celtic's Football for All were certainly the lucky ones as Lylia Warren's ticket

was drawn out winning a 2 night break in a suite in the Clarion Hotel in Sligo. Ted Moloney and Eric O'Connor will both be looking well for the upcoming Festive season as the tickets they bought them Nivea Men's /Women's Hampers. Ted bought his ticket from the Kerry Schoolboys Girls League while Eric's was purchased from the Kerry Branch of the Referee's Society.

TINNITUS EXPLAINED BY AMS

Audiology Medical Services is a family-run premier independent hearing healthcare Practice who offer professional advice for patients and their referring Specialists. In Kerry, we are located at the Bon Secours Hospital and Scotia House, Tralee.

MANY of us who have had the pleasure of enjoying a visit to our local nite club or pub will identify with the often uncomfortable sensation of a ringing in the ears for a period of time afterwards.

A good night's sleep is usually enough to overcome the annoyance of the ringing. But imagine having to endure that, not only that ringing feeling, but also a buzzing or hissing sound in your ears morning, noon and night. It would be quite difficult to live with such a noise, yet 10% to 15% of the population experience this perceived sound.

Such a condition is called Tinnitus which is a perceived sound in the absence of an external stimulus and the sound is usually unformed, such as buzzing, hissing, whistling, rushing, whining, hissing, grinding and rumbling, while some liken it to that of industrial machinery, a vacuum cleaner or a jet engine.

Tinnitus is caused by potentially reversible changes in the brain, not the ear itself and the main risk factors for tinnitus are hearing loss,

increasing age and gender, predominantly men.

Patients with tinnitus and hearing loss often report a varying severity of psychological problems: frustration, annoyance, distress, irritability, anxiety, depression, insomnia, poor concentration. Currently there is no cure for tinnitus.

The team at Audiology Medical Services (AMS) in the Bon Secours Hospital and Scotia Clinic Tralee are now offering some hope for people living with tinnitus.

Their audiologists have been trained in tinnitus assessment and management and treatment focuses on symptom reduction and the management of the psychological consequences of tinnitus.

Jessica Lewis, Audiologist with AMS Tralee, said: "Tinnitus can be a distressing, even disabling, condition that has a major impact on sufferers' lives. It is often caused by the brain's response to auditory deprivation, and has a clear physical cause. Studies indicate that fitting a hearing aid can reduce tinnitus severity by up to 50 %".

Each patient is provided with a well-structured individual management plan that is tailored to their tinnitus, hearing loss and lifestyle needs. This approach encourages the patient to self-manage their reactions to tinnitus to help improve their quality of life.

The Audiology Medical Services clinical protocol for a tinnitus assessment includes:

- A comprehensive case history
 - Referral to other medical specialists if necessary
 - Audiological assessment
 - Specialized Tests (Tinnitus Pitch Masking/ Tinnitus Loudness Match)
 - Tinnitus Questionnaires
- The Components of the tinnitus management protocol may include:
- Sound Therapy and Enrichment (hearing aids, noise generators)
 - Education and counselling
 - Relaxation therapy
 - Psychological Intervention (e.g. cognitive behavioural therapy)

GPs should consider referring a patient with tinnitus to a hearing care professional or audiologist for hearing tests. Studies indicate that tinnitus and hearing loss often occur together. Long term management could involve a multidisciplinary team comprising the GP, an ENT specialist, a psychologist/ psychiatrist and a hearing care professional.

Audiology Medical Services at the Bon Secours Hospital and Scotia House Tralee is Kerry's only independently audited hearing centre of excellence. To make an appointment Call FREE Phone **1800 501 501**.

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MACGILLYCUDDY REEKS FORUM LAUNCH NEW WEBSITE



THE MACGILLYCUDDY REEKS. PICTURE: PETER O'TOOLE.

MacGillycuddy Reeks Forum group have launched a new website focusing on all things associated with the MacGillycuddy Reeks. The website, www.macgillycuddyreekskerry.com will provide details about the forum itself as well as information about past and current projects, the opportunity to register for events and details on how to become a "Friend of the Reeks". Forum co-ordinator Trish Deane of South Kerry Development Partnership said that they are delighted to finally have the website up and running. "The site will provide the opportunity to fully showcase the activities of the forum and to enable people to engage more easily with us" she said. It will also help give people more understanding of the role of the forum with regard to the long term management of the Reeks, Trish added. "We are also inviting people to send us on their photos of their day out on the mountains to put on the website" Trish said. Photos can be sent by e-mail to reeksforum@skdp.net

Forum Chairperson Stewart Stephens said that he would like, on behalf of all on the Forum, to thank everyone for their excellent support to date. "Groups are now filling in events sheets

before holding events on the mountain, many members of the public, walking guides business and clubs had become "Friends of the Reeks" and have provided extensive support to the forum since its foundation" Stewart said. He added that in particular, the forum wanted to pay a special tribute to the landowners on the Reeks for their ongoing support. "Many people still do not realise that the land on this iconic mountain is in private ownership" Stewart pointed out. Detailed specifications and costings for repair/remedial works needed on The Devils Ladder, The Hags Glen Path, O'Shea's Gully and the Caher routes are currently being sought by the Forum. Plans to undertake specialised training in path repair works on the mountain, providing specialist skills in upland path maintenance to local landowners in the process is also underway at present. Full details will be available on the new website.

The MacGillycuddy Reeks Forum group was set up with the support of the INTERREG Rural Alliances project through SKDP, the Rural Recreation Section of the Department of the Environment and Fáilte Ireland.

WORLD DAY OF REMEMBRANCE 2015

A special memorial Mass is taking place in St. Mary's Cathedral, New Street, Killarney at 12 mid-day this Sunday to mark The Day of Remembrance for Road Traffic Victims.

While road traffic deaths are counted in the year they occur, a family remains bereaved forever. The bereaved are not counted or included in road traffic injury data. Many others remain deeply affected by the loss of a friend, colleague, neighbour or member of the community. The

effect on the emergency services, whose work involves facing the consequences of crashes on a daily basis, is also profound. Road traffic injuries leave behind shattered families and communities. This year the RSA will be joining forces with members of An Garda Síochána, Local County Councils, Emergency Services and victim support groups to mark the day and remember those who have died on our roads at services which will be held across the country.



KERRY GENERAL HOSPITAL TO RECEIVE NEW EMERGENCY TECHNOLOGY

Kerry General Hospital is going to receive a new 24-hour a day, seven day a week emergency stroke service which, according to Deputy Michael Healy-Rae, will save a number of local lives.

Kerry General has taken delivery of a new telemedicine stroke machine which will for the first time ever ensure that the hospital has one of the best possible emergency stroke services in the world, states Michael Healy-Rae. The new teledoc stroke machine is one of seven which until recently was stored in Cork waiting to be rolled out to hospitals throughout the country. Deputy Healy-Rae has lobbied about this matter in the past and had been seeking the installation of these machines in hospitals which did not have, until now, a full emergency stroke service. Deputy Healy-Rae stated this machine will now link hospitals with the top stroke experts in the country. Proper diagnosis of a stroke victim's situation is of paramount importance as the first issue to be determined is if the person has a clot or a bleed in their brain. This machine will ensure an immediate diagnosis that will lead to the correct treatment being given to the patient. The machines will become fully operational in the near future and they are not just for the treatment of strokes, but to fast track treatment for patients in intensive care as well as for burns, rheumatology, orthopaedics, dermatology, and neurology patients.

MEMORIAL SERVICE KERRY GENERAL HOSPITAL

A service will take place on Thursday 26th November in the Chapel of Kerry General Hospital. This service is dedicated to all deceased members of staff of St. Catherine's Hospital and Kerry General Hospital. If you had a family member or friend who are now deceased and worked with us – then please come and celebrate their lives with us.

This service is at 7pm and will be followed by the unveiling of a stained glass memorial in the Staff dining room. We commissioned local artist Mary J Leen to design and make this.

We are looking forward to meeting you on the night. Any queries to Peggy Daly **087-7750129** and Jim Adams **085-1233288**

MONEY MATTERS....

By Dermot Cronin,
Financial Advisor



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Financial advisors advise on these products on behalf of the main providers. It is important that you find out from the advisor if they are tied to any one provider or if they deal with a number of different providers and who are these providers.

For more information or to make an appointment to discuss the above contact Dermot Cronin APA, at **064 66 22775**.

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BRAVE GER'S JOURNEY TO SUCCESS

WHEELCHAIR ATHLETE GER DALY TELLS THE KILLARNEY OUTLOOK ABOUT HIS AMAZING JOURNEY....

They say that the longest journey starts with a single step. Well, as a wheelchair-user, my journey to achieving a degree of fitness that I was happy with didn't start literally with a single step, but with a VERY short push on the road near my home.

It was July of 2012. I was thirty years old, and the closest I had come for many years to being physically active was watching a game of soccer on the television or attending a Kerry football game. Sure, I had thrown the odd basketball at a ring at the back of my house as a youngster, or played my own brand of soccer with friends (using my fists to control the ball and "shoot"). I had even broken my wrist around the age of eleven or twelve when I fulfilled the role of goalkeeper while my older brother and a friend of his took pot shots at me at home. But, as local children of my age began to drift away as the years passed, I found that, due to a lack of independence, I became increasingly isolated in the remote community where I lived. No physical activity, little or no regular interaction with the outside world. There were times when, as I look back on it now, I know depression set in.

I was living at home with my parents, where virtually everything was done for me, and I had never really taken any notice of, or pride in, my physical appearance. When I reflect on it now and see photographs of myself from those days, I can see that it would have been obvious to others that I was making little or no effort to consciously keep myself healthy. I just didn't really concern myself with such things, for whatever reason. Looking at those photographs now, it is embarrassing to see the state I was in.

I didn't know it at the time but I weighed at least eighteen stone, if not more, and was only going in one direction – the wrong way. In some ways, in terms of maintaining my general health and in particular my weight, I was up against it on

two fronts. Not only did my disability and lack of an opportunity to engage in physical activity deprive me of an outlet to maintain some degree of physical fitness, but my parents also owned a small country shop, where I basically had free rein to plunder all manner of sweet treats whenever I wanted, as often as I wanted. It was a "perfect storm" of circumstances that was never likely to yield positive results. Had events turned out differently, I would probably still be in that rut. In fact, had events turned out differently I could easily have found myself in a very precarious situation. But, as the saying goes: "It's an ill wind that doesn't blow some good."

My memory would not be the best, so in terms of tying down the exact sequence of events I couldn't swear that this is exactly how my journey to fitness started, but it is generally accurate. In the late spring/early summer of 2012 my mother, on whom I was heavily reliant (I still am if I am honest), went to hospital in Cork to have a procedure carried out in connection with a medical condition she has lived with for many years. While my mother was in hospital I suffered from a fungal infection on my toes which required a visit to my GP. During my visit, the subject of my weight and fitness came up, and my GP described me as being borderline diabetic. When you hear a medical professional referring to your physical state in those terms, you would have to be an idiot not to at least make an effort to do something about it. So I did. In July of 2012 my Dad helped me to weigh myself using an industrial weighing scales that he had kept since his days of running the country shop, when it would have been used to weigh bags of animal food stuffs. I had to sit on this weighing scales, and from where I was I couldn't see the gauges where he was calculating my weight, so I had to take his word when he told me what it was (and this would become an issue in the ensuing months when I sometimes wondered if he was telling me my actual weight or leading me to believe that I might have been a couple of pounds over my actual weight in order to keep me working



GER DALY.

hard). On that first day I weighed exactly eighteen stone, at least according to my Dad! I had asked my GP and also a dietician he had referred me to, who I admittedly only attended once because I wouldn't be great for following the advice of someone like that, what my ideal weight should be but unfortunately neither seemed able to do so. At least, that is how I remember it. So I set myself a target of getting down to fourteen stone. Why fourteen? I have no idea. It was just something to aim for. Completely unrealistic, but a target nonetheless.

Read more of Ger's amazing journey in next week's Killarney Outlook

RUNNERS IN KERRY are getting behind Ger's bid to buy a new purpose built sports wheel chair by holding a fundraising run in the **KILLARNEY NATIONAL PARK** on **Sunday December 6th at 2pm.**

More details in next week's Killarney Outlook.

SUCCESSFUL COFFEE MORNING



MARIE CHAWKE

Following a really successful coffee morning in the Killarney Park Hotel last week, Marie Chawke is heading for Nepal tomorrow, **S a t u r d a y**, November 14th to spend two weeks working with orphans.

"I am so proud to say we raised in excess of €6500 and the donations are still coming in", Marie told the Killarney Outlook.

"Heiko, the head chef at Killarney Park hotel had more than 150 delicious scones with clotted cream and raspberry jam waiting for all the guests, along with coffee cakes, fruit cakes, lemon drizzle, cup cakes, porter cake, brownies, eclairs, chocolate roulade, chocolate biscuit cake, profiteroles, cookies and so much more", she added.

"Thank you to all the ladies who went to all the trouble and were busy baking and to everyone

who donated some amazing raffle prizes including some very special items which were in our silent auction. All of these wonderful gifts added a lot of excitement to the day and helped raise the much needed funds for the children in Nepal" said Marie.

Thank you to everyone who attended and sincerest thanks to all those who supported our appeal online and directly to me", she added. Marie hopes hope to be checking in to my hostel on Sunday evening to begin her work in Nepal.

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HISTORY OF THE GLENEAGLE TO BE LAUNCHED

A collaboration by cousins Aoife and Barbara O'Donoghue, who are third generation members of the O'Donoghue family of the Gleneagle hotel comes to fruition this Thursday, November 19th night at the launch of a book on the hotel.

The Gleneagle – An Illustrated History follows the story of the hotel from its modest beginnings as a small country-house hotel right through to present day.

Compiled and co-authored by cousins Aoife



THE GLENEAGLE HOTEL 1971

articles and advertisements from throughout the hotel's sixty years of business.

From its early days as a Ballroom of Romance to the building of the INEC, The Gleneagle has entertained generations of visitors from home and abroad. It has welcomed many celebrity guests and world-famous entertainers as well as hotels regulars who return time and time again.

As well as looking back on the development and expansion of the building, this book focuses on the hotel's role in community initiatives like The Gleneagle Concert Band, the Gleneagle basketball teams and Killarney Summerfest.

"This is the culmination of sixty years of history, most people in Kerry have their own recollections of The Gleneagle be it from a

wedding, a concert or a dance. I hope this book brings back many fond memories, it certainly did for me," says Patrick O'Donoghue of The Gleneagle Hotel.

"We are very grateful to all the wonderful photographers, who through their work, have documented and recorded this history - Harry MacMonagle, Kevin Coleman, Valerie O'Sullivan, Don Macmonagle, Eamonn Keogh Michelle Cooper-Galvin, Nerijus Karmilcovas and Andrew Bradley. This book would not have been possible without them."

The Gleneagle – An Illustrated History will be launched on Thursday, November 19 at 8pm in The Mangerton Suite of The Gleneagle Hotel. All are welcome to attend.

O'Donoghue and Barbara O'Donoghue and features a wealth of photographs, newspaper

KERRY BUSINESS WOMEN'S NETWORK COMES TO KILLARNEY

It's exciting times for Kerry Businesswomen's Network (KBN), as they extend their reach to Killarney and surrounding towns and communities. On November 20th KBN present their first speed coaching lunch, Digital Marketing for Your Christmas Campaigns, in The Brehon Hotel, Killarney. The lunch will be facilitated by two speakers, Clío O'Gara –Manager, INEC & Brehon Hotel, Killarney and Brígeen O'Sullivan – Bespoke Business Solutions.

The purpose of KBN is to offer networking opportunities, inspire, educate, and motivate women living and working in Kerry, to be the best they can be in their business and personal lives. We facilitate this by meeting monthly at organised lunch and evening events which will now be held in both Tralee and Killarney. Our meetings focus on building relationships and contacts, on sharing referrals and acknowledgments, offering support and

encouragement, but most of all promoting Kerry based businesses.

The speed coaching lunches offer a friendly, non-pressured sociable environment. Guests will be educated and entertained by accredited speakers, professional business coaches and excellent trainers. Businesswomen will have an opportunity to learn new ideas and sharpen their leadership skills. Killarney members will benefit from having their own calendar of events on their doorstep, which will include business forums, coffee connections and community based projects. All KBN members will be able to attend both Tralee and Killarney events at either greatly reduced or zero cost.

Needless to say, it wouldn't be possible were it not for the support of organisations like the Kerry Local Enterprise Office and venue sponsors such as, INEC & The Brehon Hotel and Dromhall Hotel both based in Killarney. Monthly meetings will fluctuate between both

the Brehon Hotel and the Dromhall Hotel.

We are also very grateful to a number of leading Killarney based businesswomen who over the past couple of months have led the path in the creation of the KBN Killarney group. Yolande Nieman, Marketing Manager at the Dromhall Hotel, Clío O'Gara, Chief Marketing Officer of the Gleneagle Group, Elin Sorensen - GHQ design and Karie O'Toole – A Photobook for You, now form the KBN Killarney committee along Liz Maher Chairperson of KBN and the existing KBN Kerry committee.

Please join us as a member or a guest at our first lunch meeting which will be held on November 20th at the Brehon Hotel, Killarney, starts 12:30pm. Come and get to know us and see what all the talk is about!

KBN members €5, Guests €15, includes lunch.

For reservations contact:

info@kerrybusinesswomen.com

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FOCUS ON 'GAP GIRLS' IN TG4 SERIES



images had a big impact on the numbers of Victorian visitors visiting the town, lured by the untamed, spectacular scenes they witnessed through stereoscopic reproductions. As the tourism industry boomed, so too did all the myriad side industries created by Irish people trying to eke out a living in any way they could find.

By the 1890s the girls had begun to sell postcards of themselves, thus cutting out the middle man and exploiting their image for their own gain. Contributing to the programme are Patricia O'Hare, archivist Muckross House, Killarney photographer Don MacMonagle, Con Moriarty and Johnny McGuire of Bricín Restaurant.

Watch Episode four of Tríd an Líonsa 'Gap Girls' on TG4, at 8pm on November 15th.

Tríd an Líonsa is funded by the Sound & Vision

'Gap Girls', the fourth programme in a new TG4 series 'Tríd an Líonsa', presenter Pádraic Ó Neachtain looks at the birth of photography in Ireland and delves into the stories behind six iconic images that played a singular role in the country's social, political and cultural past.

This programme brings Pádraic to Kerry, where he speaks to local guide Con Moriarty and Kerry photographer Don MacMonagle about a series of seven striking images taken of young Irish girls in the Gap of Dunloe in the late 1800s.

The girls are photographed barefoot, backed only by a rock face, and the images prompt some unsettling questions. What was the photographer's motivation in taking the photographs the way he did? And why did he chose these girls, who eked out a living selling poteen and goat's milk to tourists, to be his subject?

The seven images also play a part in the story of Killarney's fledgling tourist industry and the arrival of stereo photographs. The 3d effect



LOCAL GUIDE CON MORIARTY IN THE GAP OF DUNLOE, WHERE THE 'GAP GIRLS', THE SUBJECT OF THIS WEEK'S TRÍD AN LÍONSA WERE PHOTOGRAPHED.

Scheme of the BAI and TG4

For further information and images please contact programme Producer Niamh Ní Bhaoill at Sibéal Teo, An Daingean, Co Chiarraí.

Email niamh@sibealteo.com, phone

086 8185964.

MAGICAL NIGHT IN STORE AS CORK YOUTH ORCHESTRA PERFORM AT THE MALTON

It is that time of the year again when Killarney welcome the 130 strong Cork Youth Orchestra to perform their annual concert in aid of the Friends of the Children of Chernobyl.

The teenage musicians from all areas of Cork City and are members of The Cork Youth Orchestra and are presenting their concert with a special guest appearance from Mark Milford and The Lee Singers.

This special night is always a favourite at Christmas time in the Malton Hotel, Killarney and it takes place this Sunday evening the 15th November at 7pm. This years concert programme will include some favourite classical



pieces for which the Cork Youth Orchestra has become renowned along with some Christmas favourites.

You know it's the beginning of Christmas when Cork Youth Orchestra take to the stage. Tickets are on sale at the door for €10 for adults and €5 for children, students and OAP's. There is also a €20 family ticket available.



world diabetes day
14 November

World Diabetes Day is November 14th and to recognise this, Aherns Pharmacy are offering complimentary Blood Sugar Checks so you can know your Blood Sugar Number.

Dan Ahern explains: "Diabetes is, and will continue to be, the single biggest health issue in Ireland. Recent studies show that 75% of the population know someone with Diabetes, even though nearly half of the population have never been tested. Early diagnosis is key and in many cases, simple lifestyle changes can control and in some cases reverse the symptoms".

To learn more, look out for Dan's article on Diabetes in your Outlook today, visit www.ahernspharmacy.com, and call in to Aherns Pharmacy, Farranfore to Know Your Numbers.



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CLLR GLEESON MAKES HEARTFELT APPEAL

At the October 2015 monthly meeting of the Kerry County Council, Michael Gleeson proposed that the Government would remove, reduce or refund the VAT payable on the purchase of Defibrillators.

Councillor Gleeson stated that Defibrillators have the proven capacity to save the life of a person suffering cardiac arrest and that we all know of cases where a person who collapsed was saved by the use of a proximate machine. The Irish Heart Foundation estimates that sudden cardiac death (SCD) kills more than 5,000 people in Ireland each year, including around 100 people under the age of 35.

Very many community groups and sporting and social clubs, who do so much to enhance the welfare of community, wish to purchase Defibrillators. The elimination or reduction or refund of the VAT charge would acknowledge the invaluable work of those groups and make the purchase of the machine less onerous. The Motion to the Council was unanimously agreed and forwarded to Government.

IF YOU HAVE A STORY...

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Email: editorial@outlookmags.com

Cooking & Baking

Demonstration Night

with Food Tasting & Wine Reception

with celebrity chef **Mark Doe**
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The Dromhall Hotel, Killarney
on Thursday 19th Nov 2015

Doors open at 7.30pm - Starts 8pm sharp

Plus massive cook off competition between Kerry G.A.A. Stars:
James O'Donoghue and Brian Kelly MC on the night Weeshie Fogarty

Mark & Tracy will be cooking and baking a variety of dishes, some with a Christmas theme, inc. Christmas Pudding!

Tickets €15

Available from members of the **Killarney Legion G.A.A.** or any of the following outlets:

Murphys Bar College St, Corkerys Bar High St, Keanes Jewellers High St., Sewells Pharmacy Main St, and Hegartys Filling Station, Muckcross Road



Demonstration Night Sponsored by:

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STUDENTS CELEBRATE SUCCESS AT AWARDS NIGHT

All the hard work paid off for a group of students who were honoured at a graduation night recently.

The event was held to celebrate the achievements of all the VTOS students who completed their course in May 2015. The class of Killarney VTOS graduates of 2015, was made up of 10 Leaving Certificate Students and 15 students who completed either QQI Level 4 Major Awards in ICT Skills or Employment Skills. It took enormous commitment to give up the

time required to take on the VTOS course. But all the students showed the commitment, perseverance and sheer hard work required to succeed on the VTOS programme. This success was very evident in the high academic results accomplished.

Killarney VTOS is a second chance Adult Education programme which gives adults the opportunity to return to education to up skill and gain further qualifications. This enables the individual to secure employment or to

progress to further education be it to PLC or Third level.

Killarney VTOS is delivering Adult Education since 1993. Courses available are Leaving Cert and QQI Level 4 with Computer Training (ECDL), Personal Development and Career Guidance. So if you are unemployed and in receipt of a social welfare payment Killarney VTOS and interested in returning to education then VTOS may be the place for you.



LEAVING CERTIFICATE GROUP: L-R FRONT – MARY O'CONNOR, CO-ORDINATOR, CHLOE MURPHY, JESSICA SUGRUE AND SHIVAUN SHANAHAN AEO KERRY ETB
L-R BACK – SEAN FITZGERALD, CLEA KING, CHLOE FITZGERALD AND JERRY FOLEY.



QQI LEVEL 4 GROUP: L-R FRONT – JERRY FOLEY, JACKIE DALY, ANNEMARIE BUSTIN, MONICA KOLEK, L-R BACK – MARY O'CONNOR, CO-ORDINATOR, TERRY GALLIVAN, GEMMA GALVIN, PATRICK REEN, DENIS WHELAN, EILEEN HEALY, CHRISTINE CARROLL AND SHIVAUN SHANAHAN AEO KERRY ETB.

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are always on hand to look after your every need.

ONWARDS AND UPWARDS FOR KEVIN

Tralee Community Training Centre is a community based project that supports young people between the ages of 16 and 21 who have either not completed mainstream education or who did not realise their full potential and want the opportunity to get better recognised qualifications. Kevin Guerin came to Tralee CTC having left Causeway Comprehensive without completing his Junior Certificate. Initially he undertook our FETAC Level 3 Construction Skills course which is equivalent to a Junior Certificate. On successful completion on this course he progressed to the Technology course but unfortunately his time at the CTC expired before he could complete the course. Throughout his time at Tralee CTC Kevin displayed a total commitment to securing a career as a mechanic. He showed himself to

be thoroughly professional at all times and his timekeeping and behaviour whilst at the centre were exemplary. These qualities were displayed during his Work Experience and also when Kerry ETB was supportive enough to allow him to do a 3 month period of Linked Work Experience with a garage in North Kerry. When this finished Kevin through his own efforts was able to secure full time employment with another garage, this time near Listowel. His employer has said that he is willing to sponsor Kevin for an apprenticeship in Motor Mechanics at the Kerry ETB Training Centre. Tralee Community Training Centre is a community based project that supports young people between the ages of 16 and 21 who have either not completed mainstream education or who did not realise their full potential and want the opportunity

to get better recognised qualifications.

The centre runs four courses which are: - Catering, Construction Skills, Hairdressing and Technology.

All courses work towards Q.Q.I. (formerly FETAC) Major Awards at Junior Cert and Leaving Cert equivalent levels. Trainees also study Communications, Mathematics, Personal Effectiveness, Work Experience, Health Related Fitness etc as part of their training.



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FITNESS EXPERT EDELE DALY GUIDES YOU TO A FIT AND HEALTHY NEW YOU... GET PARTY SEASON READY



-PART ONE

With Christmas fast approaching there has never been a better time to get Party season ready. Here are my top tips to help you set your goals and beat the bloat. So get out your pen and paper.

- Start by thinking what first needs to change (this is the worst thing you are doing right now. eg. lack of exercise, or poor diet, high stress levels). Then this is the first barrier that needs to be tackled.

- Then List your goals for Christmas (don't make it too unrealistic or you won't stick to it)

- Then list ways you are going to start removing your barrier or barriers to help you get to your goals eg. Make more time weekly for exercise and schedule it into your routine, or start preparing your meals to bring to work with you so you're not eating junk, or if you are stressed look into some stress reducing techniques such as deep breathing & meditation.

Ok now that you have the foundations in place try out the following tips to help you on your path to reaching your goals. Don't pick all of them as you will only get over whelmed just pick the main ones that are relevant to you and the ones that need to be fixed right now!

- Drink 2litres for water per day (try flavour it up with lemon or lime if you don't like plain water)

- Avoid Bread & only eat in moderation if you looking to lose weight.

More next week....

MORE TIPS NEXT WEEK...

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OUTLOOK FASHION

On rainy days add colour!

Don't be scared to wear something bright and fun on a rainy day. Bad weather can be depressing, so why not go out of your way to wear something colourful and happy.

DIET TIP

FINISH EATING THREE HOURS BEFORE BEDTIME. Your metabolism slows down when you sleep so you shift from fat burning to fat storage.



Beauty Tip

EYELINER PENCILS

If you have a hard time using soft eyeliner pencils, draw a thick line onto your hand, use a stiff eye brush to pick up the pigment and then apply to your eye.



OBSERVATIONS OF A CANCER SURVIVOR

Mr. Dermot Crowley

Martin Luther King said "The ultimate measure of a man is not where he stands in moments of comfort and convenience but where he stands in a time of challenging and controversy". Being diagnosed with cancer is often a challenging and difficult encounter but it can also be a life changing experience that can transform your prospective for the better. It is important to keep a positive attitude and know that determination is the key. I was diagnosed with prostate cancer two years ago. At that time I was faced with two choices – be a victim of cancer or a survivor of cancer. I realised that many had faced the challenge before and that you are never alone.

I received exceptional medical care both in the Bon Secours in Tralee and in CUH in Cork. Following my physical recovery I attended the Prostate Programme organised by Recovery Haven. This

programme helped me greatly in dealing with issues encountered after surgery and radiotherapy. I now realise the importance of exercise, diet and mental wellness in preventing a recurrence of the disease. I learned to appreciate the words of Winston Churchill when he said "attitude is a little thing that makes a big difference".

In Recovery Haven I have encountered wonderful people who have known suffering and loss but have found their way back. These people have an appreciation, a sensitivity and an understanding of those touched with cancer that fills them with compassion, gentleness and a deep loving concern.

Cancer is a journey and you may have to walk the road alone but there are many places to stop along the way to be refreshed. If you are on that journey make sure you make Recovery Haven one of those stops.

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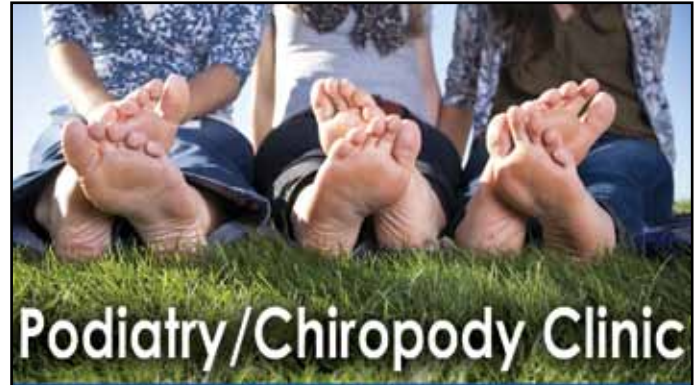
"I thank God every day I went to Juli, I feel fantastic after hypnosis, I know longer need medication for panic or anxiety" K McCarthy, Kerry

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| - Depression | - General Anxiety |
| - Study Improvement | - Drugs |
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UNDERSTANDING THE LANGUAGE OF YOUR EMOTIONS

An emotion is a message with a feeling. Every single emotion we have tells us something about where we are in our lives and how we feel about where we are. All emotions are valuable and have important messages to be heard and felt. However, in today's society much emphasis is placed on only wanting to have positive emotions. Negative emotions are often pushed away or avoided as we are not comfortable with the messages and the feelings that they bring. However, every emotion and feeling is important if we are to stay healthy and aware of how to look after ourselves. Many people cause themselves great stress by judging an emotion they are having which creates more emotion on top of the one they were feeling! To be happy, healthy and continually growing in our life we need to have a better relationship with our emotions. Instead of denying how we feel or trying to avoid uncomfortable feelings we need to be able to meet our emotions with curiosity and openness. When a negative or difficult emotion gets suppressed or avoided we miss the wisdom it brings. For example, imagine you are constantly doing everything for everyone else and have no time for yourself. You feel angry and resentful towards the people who are demanding your time. Instead of listening to your feelings and setting some boundaries you push the emotion away and continue to struggle on. The problem with this is that sooner or later the emotion will find its way out – often in illness or upsetting arguments. When you pay attention to your feelings and begin to ask what the feeling is trying to tell you, you are able to make more conscious decisions in your life.

Join me in my Chakranetics classes (mindful moving meditations) every week at the Travel Inn, Fossa. Tuesdays at 10.00am. Mondays at 7.30pm!

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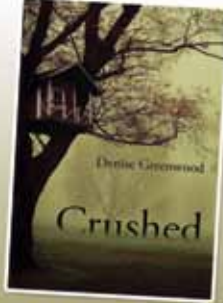
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Book Launch of 'Crushed'
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Kerry ETB Training Centre



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

CAD – Computer Aided Draughting and Design Course (ET115) – Tralee.

This course offers participants the opportunity to develop knowledge, skills and competencies in 2D and 3D computer aided draughting and design. Participants must have technical drawing and maths in the Leaving Certificate or have an equivalent level of relevant industrial experience or training. **Start Date:** November 2015. **Duration:** 32 weeks. **Certification:** City & Guilds Level 3 Awards in 2D and 3D Computer Aided Design.

Reception and Clerical Skills (ET0N1) - Killarney.

If you are a friendly, polite and confident person with good verbal and written communication skills and would like to work as a receptionist this is the course for you. **Start Date:** November 2015. **Duration:** 19 weeks. **Certification:** FETAC Level 5 Component Certs in: Information & Administration, Word Processing and Customer Service.

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

The Digital Media Production course offers participants the opportunity to learn and develop real-world production skills in a broad range of media disciplines. The course covers design, digital imaging, photography, sound, video, digital publishing and media project management. **Start Date:** November 2015. **Duration:** 52 weeks. **Certification:** City & Guilds Diploma in Media Techniques 7601-03.

Sports Recreation & Exercise Course (ETK69) - Killarney.

If you have a genuine interest in sport, exercise and swimming this course is a good choice for you. It's the ideal entry point for those wishing to follow careers as sports coaches, personal trainers, or swimming teachers. **Start Date:** 30th November 2015. **Duration:** 45 weeks. **Certification:** QQI Major Award in Sports Recreation and Exercise 5M5146, Pool Lifeguard Qualification, Assistant Swimming Teacher Cert and Occupational First Aid Cert.

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

This is a practical, production-focused course covering documentary, drama, and entertainment formats. Participants will learn about researching, writing, directing, capturing, editing and delivering content for both location and studio-based productions. **Start Date:** 11th January 2016. **Duration:** 52 weeks. **Certification:** City & Guilds Diploma in Media Techniques (Video production) 7601-03, BECTU - Creative Industries Safety Passport, Occupational First Aid, Safe Pass and Manual handling.

CISCO Certified Network Associate (CCNA) Certificate - Online Tutor Support & Workshops Course (ETL62).

This course will provide you with the knowledge, skills and competencies to install, configure, operating and troubleshoot medium sized, routed and switched computer networks. It's aimed at people with previous networking experience. A combination of on-line computer based learning & tutor led workshops are employed to deliver the course. Workshop dates are decided on the first day of the course. **Start Date:** 18th January 2016. **Duration:** 15 weeks. **Certification:** Cisco Certified Network Associate (CCNA) Cert.

Retail Skills Health and Beauty Traineeship (ETS95) - Tralee.

This traineeship offers participants the opportunity to develop the knowledge, skills and competencies required to work in the retail sector, particularly in pharmacies and in health and beauty outlets. **Start Date:** 18th April 2016. **Duration:** 37 weeks. **Certification:** FETAC Level 4 Major Award in Retail Skills.

Beauty Therapy Traineeship (TRS52) - Tralee.

This course offers participants the opportunity to develop the knowledge, skills and attitudes required to work as beauty therapists in a variety of settings. It integrates theory, practice and industry experience so that participants gain a clear understanding of the various treatments and therapies practiced in the industry. **Start Date:** 11th April 2016. **Duration:** 50 weeks. **Certification:** I.T.E.C Diplomas in Beauty Specialist, Facial Electrical Treatments, Holistic Massage, Epilation, Anatomy and Physiology, and Body Therapy; CIBTAC International Diplomas in Aestheticienne, Epilation and Body Therapy; CIDESCO International Diploma.

Wind Turbine Maintenance Technician Course (TR36R) - Tralee

This course is designed to provide the wind turbine industry with personnel who have the technical knowledge and skills to service and maintain large scale commercial wind turbines. Applicants must hold a recognised electrical or mechanical trade qualification and have a number of years hands-on practical experience in one of the related areas. **Start Date:** 30th May 2016. **Duration:** 36 weeks. **Certification:** City & Guilds Level 3 Diploma in Electrical Power Engineering Wind Turbine Operations & Maintenance (2339-18/53).

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

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

Kerry ETB Training Centre,

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

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



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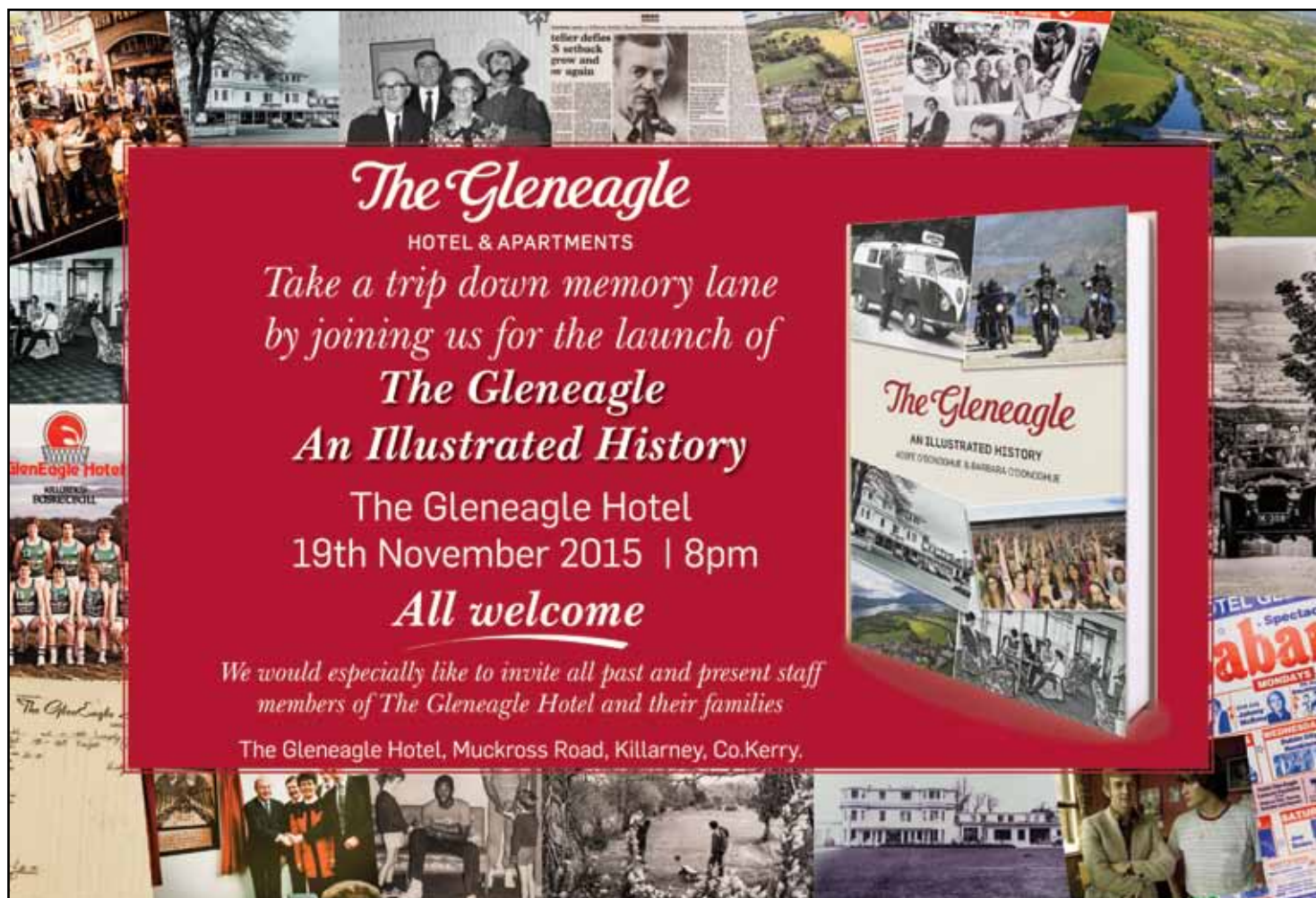
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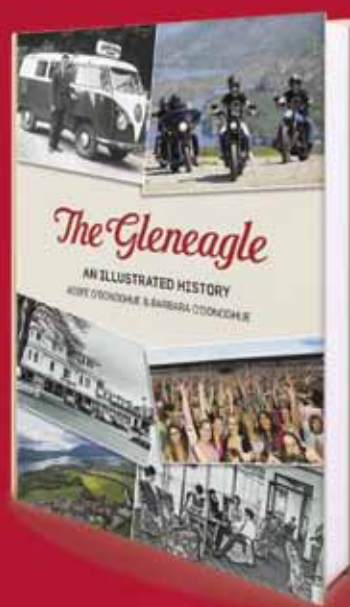
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OUTLOOK SPORTS NEWS

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SENIOR FOOTBALL CHAMPIONSHIP FINAL

O'SULLIVAN'S LAST-GASP EQUALISER RESCUES LEGION

KERRY O'SHEA REPORTS FROM LAST SUNDAY'S GARVEY'S KERRY SFC FINAL BETWEEN KILLARNEY LEGION AND SOUTH KERRY

SOUTH KERRY 0-09 LEGION 0-09

Killarney Legions' 69-year wait for a second Bishop Moynihan Trophy must wait at least another week following their draw with South Kerry in the Garvey's Kerry SFC decider at Fitzgerald Stadium last Sunday.

Following discussions with Munster GAA chiefs, the Kerry County Executive announced late on Sunday evening that the replay will now take place at Fitzgerald Stadium on Sunday, November 22nd, which means that St Mary's Munster Club IFC game against Corofin will go ahead this weekend as planned while Killarney Legion meet Nemo Rangers in the Munster Club SFC semi-final also this weekend.

The game finished on a controversial note as referee Seamus Mulvihill was escorted from the field by Gardaí and Stadium Stewards.

Seamus Mulvihill allowed an additional two minutes of stoppage time to the two already announced on the public address system.

South Kerry appeared to have won the game when Greg Gibson, a second-half substitute for Brendan O'Sullivan scored what looked like the winner. However, Legion surged forward and man of the match Jamie O'Sullivan pounced to level the scores in the 64rd minute.

Overall, it was a very poor decider. The heavy pitch conditions did not help the flow of the game and both managers opted for a sweeper system which limited the attacking options of both sets of forwards.

This was a day when the four midfielders, Shaun Keane and Jamie O'Sullivan for Legion, and Bryan Sheehan and Brendan O'Sullivan for South Kerry, stood out.

Between them, this quartet accounted for a staggering 13 points out of the combined

scoring tally of 18 which reflects the vice-like grip in which both attacks were held.

In fact, of the 12 forwards that started, two, Legion's James O'Donoghue and Conor Keane, made the scoresheet, while South Kerry's six starting forwards failed to raise a flag of any description.

As expected, South Kerry manager John Sugrue charged Killian Young with the task of curbing the threat of his county team-mate James O'Donoghue, and it worked, as the Legion attacker was limited to just one score from play over the 60 plus minutes.

There were turning points and controversies too. South Kerry had a chance to win the game when Declan O'Sullivan won possession and broke free. With the goalmouth gaping in front of him and Ian Galvin running inside him unopposed, O'Sullivan decided to shoot himself instead of laying the ball off Legion keeper Bryan Kelly saved O'Sullivan's shot and the ball was subsequently cleared.

At the other end, Legion's Conor Keane had a controversial score allowed in the 40th minute but only following the intervention of referee Seamus Mulvihill.

Keane's score seemed to drift wide and the two umpires at the Dalton's Avenue of the field were in disagreement. The referee went in to consult them and it was only following consultation with the linesman that the referee allowed the score to stand. Legion dominated the first-half and had most of the possession but they will be disappointed with their three-point lead at the interval, 0-7 to 0-4. Legion's first-half scores came from Jamie O'Sullivan (3), James O'Donoghue (2), and one each from Shaun Keane and Conor Keane, while Bryan Sheehan with four frees was South Kerry's lone marksman.

Inspired by some magnificent fielding from Bryan Sheehan, whose leg was heavily strapped, South Kerry dominated the midfield exchanges on the changeover and three quickfire points from Bryan Sheehan (2, one free) and Brendan O'Sullivan levelled the scores.

Conor Keane's controversial pointed free edged Legion ahead again. Bryan Sheehan with a monstrous effort from play levelled matters.

Both sides had chances to win the game but in the end a draw was perhaps a fair result. The sides will now regroup and will face off again on Sunday November 22nd.

Before the game, a moment's reflection was observed for several GAA personalities including Carmel O'Donoghue (formerly of the Park Place Hotel in Killarney), Leo Griffin, Christy Kissane, Jerome McEllistram and Brian Looney, a former Glenbeigh/Glencar player, who passed away in the USA.

Legion: Brian Kelly, Podge O'Connor, Danny Sheehan, Chris Davies, Jonathan Lyne, Damien O'Sullivan, Daragh O'Doherty, Shaun Keane (0-1), Jamie O'Sullivan (0-4), Billy McGuire, James O'Donoghue (0-2, 0-1 free), Kevin Breen, Tom Moriarty, Donal Lyne, Conor Keane (0-2, 0-2 frees).

South Kerry: Brian O'Connor (Valentia), Brian Sugrue (Renard), Killian Young (Renard), Paul O'Sullivan (Valentia); Padraig O'Sullivan (Piarasigh na Dromoda), Bernard Walsh (Skellig Rangers), Robert Wharton (Renard); Bryan Sheehan (St Mary's Cahersiveen, 0-7, 0-5 frees), Brendan O'Sullivan (Valentia 0-1), Paul O'Connor (Valentia), Denis Daly (St Mary's Cahersiveen), Aidan Walsh (St Mary's Cahersiveen), Ian Galvin (Sneem/Derrynane), Paul O'Donoghue (St Mary's Cahersiveen), Conor O'Shea (St Mary's Cahersiveen).

Referee: Seamus Mulvihill (St Senans)



KERRY TEAMMATES ON OPPOSING TEAMS FOR THE COUNTY FINAL AT FITZGERALD STADIUM, JAMES O'DONOGHUE (KILLARNEY LEGION) & CILLIAN YOUNG (SOUTH KERRY). PICTURE MARIE CARROLL-O'SULLIVAN



JONATHAN LYNE GETS TO GRIPS WITH DECLAN O'SULLIVAN IN SUNDAY'S FINAL IN FITZGERALD STADIUM. PHOTO BY PADDY WHITE



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DR. CROKES HURLING PANEL THAT PLAYED DROMCOLLOGHER-BROADFORD (LIMERICK) IN THE AIB MUNSTER CLUB JUNIOR HURLING CHAMPIONSHIP ON SUNDAY 1ST NOVEMBER IN DROMCOLLOGHER. BACK ROW : LEFT TO RIGHT : TIMMY HOURIGAN (MANAGER), BRENDAN O'DONOVAN, SHANE LYNE, ANDREW KENNELLY, SEANIE BURCHILL, TOM MURPHY, SHANE KAVANAGH, KEVIN LANDER (CAPTAIN), MIKE MCCARTHY, MIKE MURPHY, CHRISTOPHER DONCEL, CIAN O'BRIEN, SEAN BROWNE (MENTOR), JOHN O'KEEFE (MENTOR), PAUL DOWNEY (MENTOR). FRONT ROW: LEFT TO RIGHT : BRENDAN MCMAHON, DAN GUERIN, RORY WATERS, JOHN IVORY, JACK LENIHAN, JAMIE LENIHAN, MIKE MILNER, AARON MURPHY, KEITH CURTIN, BARRY O'GRADY AND MICHAEL LENIHAN.

SPA GAA NEWS

AWARDS NIGHT SAT 28TH NOVEMBER:

The 2nd Annual awards night will be held once again in the Torc Hotel. Tickets only €15. Music supplied by Derry and Rosie Healy. List of nominees will be announced this week. Follow us on Facebook, Twitter and Instagram for up to date information.

Contact Andrew Garnett for further information 086 1911263.

COISTE NA NOG: Training continues this Saturday for u6, u8 and u10 boys in Spa at 11am in association with Torc Hotel.

EAST KERRY Ó DONOGHUE CUP:

Saturday November 7th at 3pm -

SPA 2-11 DR. CROKES 2-19

Last game of the year which was an exciting game but unfortunately we lost. A quick exit from the O'Donoghue Cup.

LADIES FOOTBALL: U6, U8 and U10 girls training continues this Wednesday 5-6 indoors.

U15 GIRLS: Last game of the year will take place next weekend against Ballymac in Spa in the final of U15 Division 3 Sunday November 15th at 3.30pm.

Training this Wednesday night 6-7 outdoors.

GAELIC 4 MOTHERS & OTHERS:

Training resumes indoors. 7-8 in Spa Thursday November 5th.

SCÓR: Scór na nÓg final takes place Friday November 20th in Killarney Racecourse at 6.30pm.

SENIOR SCÓR: Club members who may be interested in participating in the forthcoming East Kerry Senior Scór competitions are invited to contact Spa Scór Officer Sheila McCarthy at 087-7614847. East Kerry final is scheduled for January 15th 2016.

Scór categories - Figure Dancing, Solo Singing, Recitation/Storytelling, Instrumental Music, Léiriú/Drama, Ballad Group, Set Dancing and Table Quiz

LOTTO: No jackpot winner in the Arbutus.

Numbers drawn 9, 19, 20, 23. Next weeks jackpot in the Heights will be a whopping €12,600. Get your tickets. A very nice early Christmas present.

ANNUAL CLOTHES COLLECTION: We

are collecting All Year Round. All types of clean (any condition but clean), books (no school text books) cuddly toys, shoes, bags etc... Can be dropped off to clubhouse or contact Anne Holland 085 7780883.

CLUB MERCHANDISE: Please contact Mathilda McCarthy (087) 648 7356 to purchase our new range of Club gear.

HALL RENTAL: Please contact Eileen Casey by text 087 6577312 for availability to book our indoor meeting rooms or hall.

NEW ARRIVAL: Congratulations Senior lady footballer Katie Hickey and her husband Andrew Kenneally on the birth of their first child, Caoimhe. #Oneforthefuture.

SYMPATHY: Sympathy is extended to the relatives of Thomas O'Sullivan, South Hill, a former rowing member of Flesk Valley Rowing club. To the relatives of Carmel O'Donoghue, late of the Park Place Hotel. A special mention to the family of the late, Christy Kissane, Killorglin and London. Christy was a phenomenal figure in the GAA circles of London. He will be greatly missed by all who knew him. May They Rest In Peace.

WEDDING: Congrats to Cassandra Reen, Ballaugh Cross, on her recent marriage to Michael Mc Ghee, Edinburgh, Scotland.

EAST KERRY NOTES

With Áine Ní Shúilleabháin PRO

AQUILA CLUB O'DONOGHUE CUP - ROUND 1

DR CROKES 2-19 SPA 2-11: Dr Crokes progressed to the quarter final of the Aquila club O'Donoghue Cup with a strong performance in all quarters of the field and a broad spread of players putting their name on the scoreboard, when they were at home to Spa, last Saturday in round 1 of the Aquila Club O'Donoghue Cup. Spa brought on fresh legs in the second half and rallied in the last quarter.

Although Spa opened with a point in the first thirty seconds, Dr Crokes dominated most of the opening half and led 2-3 to a point within 11 minutes. Tony Brosnan scored the first goal, set up by Jordan Kiely and Colm Cooper slotted the ball to the net for the second goal, from a

great pass by Tony Brosnan. Further Dr Crokes points to one for Spa extended the home sides lead - 2-10 to 0-5. With six minutes remaining in the half, Spa drove forward, and were denied a goal with a great save by Dr Crokes goalie, Alan Kelly. Ryan O'Carrolls resultant 45m free, was fisted to the net by Cormac Cronin. Jordan Kiely pointed on the stroke of the half. Score at the break: Dr Crokes 2-11 Spa 1-6.

On resumption, Spa pointed but Dr Crokes replied with five points. Spa brought on fresh legs and rallied in the last fifteen minutes, with four points to one for the home side, followed with a fisted goal by Evan Cronin provided for by Mike Finnegan - 2-18 to 2-11, with seven minutes remaining. A Dr Crokes point from play left the final score Dr Crokes 2-19 Spa 2-11. Dr Crokes are away to Gneeveguilla in the quarter final.

FR GALVIN CUP SEMI FINAL

LISTRY 2-15 FOSSA 0-9: Listry reached the Final of the Aquila Club Fr Galvin Cup against Scartaglen when they hosted last years winners, Fossa last Saturday, in what turned out to be a one sided game. Derry Aherne and Dara Rice swapped opening points in the first two minutes before Listry went on a scoring spree with ten unanswered points from Ronan Buckley (0-7), John Foley (0-2) and Joe Clifford (0-1). Tadgh O'Shea hit Fossa's second point a minute before the break but man of the match Ronan Buckley added his eighth on the short whistle. Listry 0-12 Fossa 0-2.

Fossa played better in the second half and came closer to the victors in scoring terms. They added early points from Dara Rice, Mark Dennehy and Tadgh O'Shea. However, when the need arose, Listry increased the intensity of attack. Derry Aherne converted his own won free and moments later earned a penalty which Ronan Buckley despatched expertly - 1-13 to 0-5 in Listry's favour at the three quarter stage. Fossa retaliated with three more points from Mike Cronin, Donald O'Sullivan and Lorcan Daly. However, with Listry winning most of the individual battles, the home side forged ahead with points from Stephen Brosnan and Ronan Buckley before centre back Eoghan Darmody added to the Fossa woes with a goal ten minutes from the end. Tadgh O'Shea concluded the scoring with a Fossa pointed free. East Kerry Chairman Tim Ryan presented the Aquila Club Man of the Match award to Listry's Ronan Buckley.

EAST KERRY UNDER 16 CHAMPIONSHIP DIVISION 2 FINAL:

GLENFLESK 3-13

RATHMORE 3-12 (AET): Last Saturday afternoon, Rathmore and Glenflesk served up a thrilling game in Fossa in the East Kerry Under 16 Championship Division 2 Final, sponsored by MD O'Shea. Both teams started brightly, with points exchanged. Rathmore struck for an early goal, Glenflesk's goalkeeper produced an excellent save but Anthony Darmody pounced on the rebound. Both teams exchanged



further points before Rathmore capitalised on goal chances, Brian Friel and Paul Cremin being the opportunists, giving the Rathbeg side a convincing lead. With Glenflesk in need of a score, Patrick Darcy rose to the occasion and goalied before the break. Half time score: Rathmore 3-5 Glenflesk 1-6.

The start of the second half saw both teams kick points before Glenflesk's Alan Murphy booted the ball to the net to bring the game back within a point, 2-8 to 3-6, with ten minutes of the half played. Glenflesk kept the scoreboard ticking with further points and Rathmore fought back with to level scores 2-10 to 3-7. In a nail biting final quarter, Glenflesk's Sean Doherty, found the net to take the lead, 3-10 to 3-8 on the eighteenth minute of the half. The sides notched up points, and Glenflesk maintained their lead 3-12 to 3-9 with six minutes remaining. Rathmore rose to the challenge scoring 3 points without reply to leave the sides on equal scores on the thirtieth minute, 3-12 a piece. Glenflesk prevailed in extra time by the minimum: Glenflesk 3-13 Rathmore 3-12. Sean O'Sullivan, Chairman East Kerry Coiste na nÓg presented the cup to Glenflesk captain Chris O'Donoghue. Sean thanked Fossa GAA for the use of their facilities and referee Tadhg Ahern (Spa) and his officials. The East Kerry Board wish a speedy recovery to Daniel O'Sullivan, Rathmore.

EOGHAN RUADH: Eoghan Ruadh U16 Core Work continues every Saturday from 5 pm to 6 pm in Gneeveguilla hall. The aim of the indoor sessions is to provide players with basic core conditioning, developing balance and improving functional movement skills and flexibility. All coaching officers have been contacted in advance. Eoghan Ruadh U16 club players are getting an excellent chance over the coming weeks to build a solid platform for 2016. Regular attendance will see positive results. East Kerry/ Kenmare GDA Vince Cooper will be attending the sessions in Gneeveguilla hall on a regular basis to monitor progress.

SYMPATHY: We extend sympathy on the untimely passing of Legion, East Kerry and County Board stalwart Carmel O'Donoghue, Upper Lewis Road and late of the Park Place Hotel High Street to her family, relatives and friends. A native of Ferns, Co. Wexford, Carmel managed the Park Place Hotel which was a hub of the GAA in Killarney and the county. East Kerry and County Board meetings were held there, teams selected and after match refreshments served. The hotel also hosted Scór events. Ar dheis Dé to raibh a h-anam dílis.

LISTRY NOTES

LOTTO: RESULTS: Sunday 8th November, 2015. Winning Numbers 7, 12, 19, 22. Jackpot €7,400. Not Won. Jackpot next week Sunday 15th November €7,550.

MONTHLY MEETING: Next monthly meeting will take place on Tuesday, 1st December in the clubrooms at 9pm.

FR. GALVIN SEMI-FINAL RESULT: This game was played last Saturday afternoon at home against our neighbours Fossa and Listry won with a scoreline of Listry 2-15 Fossa 0-09. Well done Lads and look forward to the Final. Details to be confirmed.

KILLARNEY LIBRARY EVENTS: Killarney Library will host a talk by UK author Denise Greenwood whose new novel, Crushed, is published by Kerry-based Purple Pumpkin Publishing. Denise will talk about her journey into full time writing and the process of finding a publishing company as well as giving tips on writing fiction and creating a novel. The talk takes place on Tuesday 17th November at 6pm and admission is free.

MILLTOWN LISTRY LADIES FOOTBALL: Milltown Listry Ladies Football had a very successful and enjoyable year and our A.G.M. will be held in Milltown Castlemaine G.A.A. Hall on Wednesday November 25 at 8pm. It is hoped that all involved with ladies football will attend and anyone who would like to get involved are very welcome so please come along and support Milltown Listry Ladies Football.

BEAUFORT GAA NOTES

BEAUFORT FIXTURES: Seniors away Laune Rangers, Sunday, 15th November at 2pm in round 1 Mid Kerry Championship. Beaufort v Milltown /castlemaine in Glenbeigh, Sunday, 22nd November at 2pm in the Mid Kerry Under 21 final. Extra time. Beaufort home Keel / Listry on Saturday, 28th November at 2pm in Round 1 Mid Kerry Minor Championship. Extra time.

LOTTO: Next draw for lotto jackpot of €4,200 will be held in Beaufort Bar on Sunday, 15th November.

EXERCISE CLASSES: New six week session up and running

GYM: Gym instructor will be available Tuesdays in November, beginning 10th, from 6pm to 7pm for gym induction, consultation and advice.

G.A.A NATIONAL CLUB DRAW: Beaufort is taking part in G.A.A National Club draw. It is organised by G.A.A., Croke Park to assist Clubs with expenses. All money is retained by Club. There is first prize of car and other prizes of holidays and All Ireland ticket packages. Tickets are €10 each. They are available at present from any Beaufort Committee member.

DR CROKES CLUB NOTES

O'DONOGHUE CUP - 1ST ROUND

DR CROKES 2-19 SPA 2-11: The game played at Lewis Road, was always free following and our eight point victory in a high scoring game was as a result of we having more fire power in attack. Our opponents however were always dangerous when on the offensive. It took a number of great saves from our

goalkeeper Alan Kelly in the last ten minutes to keep us well in front at the end. Both sides emptied their benches in the last quarter and Spa seemed to benefit more from the changes made. Spa opened the scoring with a point in the first minute, but in the next five minutes we added on 1-3, without reply. Our opponents sent over three unanswered points, to leaves us just two points ahead at the end of the tenth minute. A goal by Colm Cooper, followed by three points, put us eight points ahead after twenty minutes. Spa reduced our lead, with a point a few minutes later but then we had four points on the trot, for a lead of eleven points, going into the last five minutes. A great goal by our opponents in the 27th minute was followed by the teams, exchanging points, to leave us 2-11 to 1-6 in front at the interval.

Spa had the first point of the second half but the game was won by us by the end of the third quarter as we sent over six points without reply for a lead of 2-17 to 1-7. Spa were in command in the last quarter and outscored us 1-4 to 0-1. Our goalkeeper Alan Kelly denied them a goal or two also in this period. Even though our management would be pleased that we qualified for the next round of the Competition, they know as well that we must improve a lot to annex the trophy.

We were best served by goalkeeper Alan Kelly, John Payne, Fionn Fitzgerald, Ambrose O'Donovan, Alan O'Sullivan, Brian Looney and Tony Brosnan.

CONGRATULATIONS: Congratulations to Sandra and Brian McMahon on the birth of their daughter at the weekend.

TABLE QUIZ: Dr. Crokes Quiz will take place in the Talter Jack on Thursday December 10th 2015 at 9pm. All proceeds to Rockmount Day Centre, Kilgarvan.

SYMPATHIES: Deepest sympathies to the family and friends of Paddy O'Sullivan RIP, father of Josephine Doncel and grandfather of Chris Doncel.

ANNUAL MASS: Annual Mass for deceased members of Dr Crokes will take place in the clubhouse on Thursday 19th November at 7.30pm

ANNUAL RETREAT: Dr Crokes Annual Retreat in Ardferd Monday November 30th at 8pm. Bus leaving High Street car park at 7pm sharp.

LOTTO: Lotto numbers 1, 2, 3, 13. Jackpot €3000 not won match 3 5 by €80. Next draw Sunday 15th of November in Speakeasy. Jackpot €3300.

DR. CROKES JUVENILE ACADEMY: With the bad weather arriving it is great to see the U. 6 and U. 8 boys going indoors to the Aura each Monday 4 to 5pm. Pat O'Shea, Vince Cooper, Kieran Ward and Maurice O'Donoghue are to be thanked for their excellent coaching each Monday. It is hoped that Brendan O'Connor and Aine McMahon will have details on the Girls' indoor training schedule shortly. New boys are especially welcome as indoor training



away from the bad weather is a great way to start playing Gaelic Football. Hope to see you all each Monday, 4 to 5pm, Aura.

LEGION GAA CLUB NOTES

COOKERY NIGHT: Folks, following last years extremely enjoyable cookery demonstration, please keep Thursday 19 November in your diary as this year at Dromhall Hotel we are putting on another night of fine cuisine with top chef Mark Doe highlighting his superb culinary skills and to add to the night we also have Irish Bake Off winner, Tracy Coyne lined

up to showcase her baking prowess. There will be food sampling so all in all not a night to be missed.

COUNTY FINAL: Well at the rate the fixtures are coming in at, we definitely wont feel Christmas coming in. Last Sundays exciting finale with Jamie O'Sullivan's magnificent equaliser thankfully adds another game to the list. The replay is refixed for the weekend of November 22nd. This Sunday 15th sees us make the trip to take on Cork champions Nemo Rangers in the Munster Club semi final. Throw in is at 2pm and all support greatly appreciated

Last Sunday was the proverbial game of two halves whereby dominating the entire first half with Jamie Sullivan and Shaun Keane controlling the middle sector and our defence playing tight and solid but in the second half we found it much harder to penetrate the South Kerry rearguard.

CLUB SHOP: The club shop will be open again this Saturday morning from 10.30 til noon with all kinds of new merchandise in stock from flags, and buntings to jackets, tops and hoodies.

KERRY SENIOR INTER-FIRM FINAL 2015 LIEBHERR RETAIN THEIR TITLE

Liebherr Container Cranes 3-13 Astellas - Killorglin 0-10



THE VICTORIOUS LIEBHERR TEAM.

Liebherr retained the Kerry Senior Interfirm title beating Astellas from Killorglin at the Dr. Crokes Pitch on Wednesday night. Goals by

Liebherr in the 7th, 20th and 22nd minutes of the game gave Liebherr the great start that they needed. Both Teams swapped scores through



out the second half but Liebherr held on to the cushion of a lead they had gained by half time and ran out 12pt winners on the night in a game that was played in ideal conditions. Afterwards Francis Chute from The Inter Firm Board presented the Kerry Inter Firm Senior Cup to the Liebherr Capt. Eoin Lawlor.

TEAM: COLIN MYERS (FOSSA), DANNY WRENN (LISTRY), PADRAIG REIDY (SCARTAGLIN), DARRAGH TWOMEY (CULLEN), AJ O'CONNOR (KISKEAM), PADRAIG O'CONNOR (GNEEVGUILLA) (0-2), MARTIN BURKE (KEEL) (0-1), KEVIN GORMAN (KILCUMMIN) (0-1), DANIEL SULLIVAN (RATHMORE), MICHAEL SHAUGHNESSY (CROMANE) (0-1), EOIN LAWLOR CAPT. (RATHMORE)(1-4, 0-2 FREES), DONAL MURPHY (GNEEVGUILLA), DANIEL O'SHEA (CURROW)(1-3), GAVIN KELLY (GLENFLESK)(1-0), MORGAN O'DONOGHUE (SNEEM/DERRYANE)(0-1). AARON FARRELL (SPA), MARK DENNEHY (FOSSA), ADRIAN LYNCH (CULLEN), EANNA RIEDY (BALLYMAC), CONOR BREEN (BEAUFORT), STEPHEN O'CONNELL (KNOCKNAGOSHIEL).

KENNEDY CUP WINNERS GUESTS AT PLAY OFF GAME

This summers historic Kennedy Cup win will be re-lived at the Play Off game in the Aviva Stadium this Monday evening when the Kerry team are guests of the FAI.

The team, management and back room staff will be invited onto the pitch at half time in front of a packed house for the second leg of the play off game against Bosnia.

Team manager Brendan Hogan said this will be a great occasion for the players.

"The whole squad put in a huge effort, not just today but over all their years in the ETP, and they deserve this opportunity to celebrate the win in front of 50,000.

It will be another proud moment for all involved in that great win over the DDSL in June, the parents and families of the players and all Kerry soccer fans that will be in the Aviva on Monday night".



KILLARNEY MEMBERS OF THE KENNEDY CUP TEAM WHO ARE GUEST OF HONOUR AT THE AVIVA STADIUM ON MONDAY EVENING.



SPORT NEWS FROM AROUND THE COUNTY

COUNTY FOOTBALL RELEGATION BATTLE

O'RAHILLY'S SURVIVE BUT STACKS AND ARDFERT ARE IN THE DROP ZONE

KERINS O'RAHILLY'S 1-12 LAUNE RANGERS 0-9

10-time Kerry SFC champions Laune Rangers are on the brink of losing their Kerry Senior Football Championship status following a loss to Tralee's Kerins O'Rahilly's in the first round of the controversial Garvey's SFC Relegation play-offs.

The sides met in a double-header in Castleisland on Saturday afternoon with the Tralee side emerging six-point winners.

Kerins O'Rahilly's rising star Jack Savage turned in another man of the match performance and finished the game with a personal tally of 1-6. The Tralee side were always in control and led 0-7 to 0-3 at the interval. Rangers asked plenty of questions of Barry O'Shea's side but with Barry John Keane contributing well on the scoresheet, O'Rahilly's had ready answers. Jack Savage's 46th minute goal put the Tralee side firmly in the driving seat and points before the finish from Barry John Keane and veteran Declan Quill meant that O'Rahilly's retained their senior status for another year.

RATHMORE 1-13 ARDFERT 0-5

Ballymacelligott hosted the relegation play-off tie between Rathmore and Ardfert on Saturday afternoon.

Ardfert struggled to keep pace with a vibrant and dominant Rathmore, who had Kerry star Paul Murphy and Aidan O'Mahony in their line-up. Rathmore, who reached the Co SFC Semi-finals this year for the first time in their history, bossed matters from the off. The East Kerry side laid a solid foundation in the first-half when they led by 1-10 to 0-3 at the break the goal coming from John Moynihan in the 22nd minute.

AUSTIN STACKS 2-6 MILLTOWN/CASTLEMAINE 2-9

Austin Stacks will need to fight if they are to retain their Kerry SFC status following their shock defeat at the hands of a stronger and more determined Milltown/Castlemaine in Castleisland on Saturday. In the last 12 outings between the clubs, Stacks had won 6 games to their opponents 6 and this was bound to be a close encounter.

The dismissal of Greg Horan on a second yellow in the 2nd half and the continued absence through injury of regular free-taker David Mannix also hit the Tralee side hard.

Milltown/Castlemaine had a stellar performance from Jack McCarthy who bagged 1-4 and his scores were crucial to the overall outcome.

The Mid Kerry side led 0-6 to 1-1 at the break thanks to three Jack McCarthy efforts, while Shane Ryan grabbed Stacks goal.

Milltown/Castlemaine extended their advantage early in the 2nd half when McCarthy goaled and this put them into a 1-7 to 1-3 lead. The sides exchanged points before Conor Jordan pointed to leave a goal between the sides. Milltown/Castlemaine scored their second goal when Donal Kelliher found the net and when Shane O'Callaghan raised a green flag at the other end it left three points between the sides which was the final margin at the end of the game.

ST. MICHAELS FOILMORE 3-7 KILCUMMIN 3-12

St Michaels Foilmore gave favourites Kilcummin a rare fright at Killorglin before the East Kerry side came good in the final quarter, to preserve their senior status that stretches back to 1998. The South Kerry side struck three goals during the first 24 minutes and led by 3-2 to 1-7 at the break. They still led by two at the three quarter stage but a goal from Kelvin Teahan swung the game in Kilcummin's favour and they went on to win by five points.



SOUTH KERRY CAPTAIN BRYAN SHEEHAN AND LEGION CAPTAIN SHAUN KEANE ALONG WITH REFEREE SEAMUS MULVIHILL BEFORE THE START OF SUNDAY'S FINAL IN KILLARNEY. PHOTO BY PADDY WHITE



FINAL PLACE FOR THE GREEN: AT THE END OF 70+ MINUTES OF EXCITING FOOTBALL IN ABHAINN A'SCÁIL LAST FRIDAY, THE UNDER 16'S BOYS OF TRALEE CBS PIPPED PEILEADÓIRÍ PHOBALS COIL CHORCA DHUIBHNE BY A SINGLE POINT IN THE DUNLOE CUP COMPETITION! THE GREEN WILL NEXT FACE THE WINNERS OF THE COLÁISTE PHÁDRAIG (OILEÁN CIARRAI) AND SCOIL IDIRMEÁNACH CHILL ORGLAN IN THE FINAL. PHOTO BY ADRIENNE MCDLOUGHLIN

CLUBS GIVE U-17 NATIONAL ENTRY RINGING ENDORSEMENT

The Kerry District League were given a ringing endorsement at a meeting on Monday night by the clubs of the county, to press ahead with their plans to explore entry in the newly formed U-17 National League, due to commence in March 2016. KDL Chairman Sean O'Keeffe outlined the pros and cons involved in entering a team in the National U-17 Competition, with the cost being a major consideration, but the need to provide a pathway for emerging talent was considered to outweigh any negatives on how it might be funded. Delegates spoke about the need to provide a pathway for the brightest young talent emerging from the Schoolboys League, so that they would have somewhere to play at a higher level, within the

county, rather than being forced to travel to neighbouring League of Ireland Clubs in Munster.

A KDL Sub-Committee under chairman Sean O'Keeffe and Secretary John O'Regan have been mandated to explore the matter further with FAI officials, Fran Gavin and Pat Duffy and then the KDL Executive will decide whether to enter the U-17 League, as there are other entities in the county interested.

The League will then, have to have its application approved by the FAI, and at that point, it would then appoint a management team, make out a business plan for funding the venture and set about signing players and commencing training in early January.



GNEEVEGUILLA ATHLETIC CLUB

LOTTO: No winner of our lotto draw 6/11/2015, numbers drawn were 10, 16, 21 and 26. Next week's jackpot €5,600 plus €1,000 bonus.

MUNSTER UNEVEN AGE & SENIOR CROSS COUNTRY: Held in Beaufort on Sunday last, Clara O'Connor was 28th U9, Ted O'Gorman was 32nd U11, Francis Cronin 30th U15. Former athlete of ours Karina Teahan was 8th in Senior ladies where Kerry team won gold.

SPAMUCKROSS COMMUNITY GAMES

We held our Awards Evening and reconvened AGM on Thursday, 5th November. The 6 Spa Muckross children that represented Kerry in the National Finals were each presented with a beautiful keepsake. Many thanks to our Secretary Margaret O'Sullivan for organising this and to Sean O'Sullivan and Donal O'Doherty for speaking on behalf of the committee around the need for new people to come on board. Unfortunately, apart from the committee and award recipients (most of whose parents are committee members/trainers), there was only one new face in attendance. Our annual flag day / street collection is on Saturday 21st November. Anyone interested in helping out should contact Brid Stack 087 2650720.

KILLARNEY DARTS TOWN LEAGUE

Sponsored by Carlsberg in association with Mustang Sally's.

RESULTS FROM THURSDAY 5TH NOVEMBER

GROUP 1: Lals Outcasts 8 v Corkerys 1.

Jimmy Briens 6 v Lals Bar 3.

The Shire 5 v Tatler 4.

GROUP 2:

Nugget Old Timers 7 v Dunloe Lodge A 2.

Linehans 5 v Kenmare Rooms 4.

Good Time Charlies 5 v Klub Bar 4.

GROUP 3: Mustangs B 5 v 98 B 4.

OKI 5 v Avenue Heros 4.

98 A 5 v Dunloe Lodge B 4.

GROUP 4: Squidgers 6 v Jimmy Jokers 3.

Nugget Night Owls 5 v Granary 4.

Mustang A 7 v 98 C 2.

FIXTURES FOR THURSDAY 19TH NOVEMBER

First named team at home,

GROUP 1: Corkerys v Tatler.

Lals Outcasts v The Shire.

Jimmy Briens v Murphys Bar.

Lals Bar = Free Night.

GROUP 2:

Good Time Charlies v Nugget Old Timers.

Klub Bar v Dunloe Lodge A.

Murphys Pinters v Kenmare Rooms.

Linehans = Free Night.

GROUP 3: Mustang Sallys B v 98 A.

Dunloe Lodge B v 98 B.

Avenue Heros v Teddys.

Old Killarney Inn = Free Night.

GROUP 4:

Nugget Night Owls v Mustang Sallys A.

98 C v The Granary.

Courtneys Bar v Jimmy Jokers.

Squidgers = Free Night.

KILLARNEY VALLEY AC

Well done to all the athletes for making the effort to come out to the Munster Cross Country held in Beaufort last Sunday on what was a very wet and windy day! All the upcoming Cross Country fixtures are on our Facebook page.

CROSS COUNTRY TRAINING: Continues for all athletic clubs this Sunday at 10.30 in the Demense.

Kerry County Squads continues on Sunday in An Riocht from 11 to 1.

STRENGTH & CONDITIONING TRAINING: Continues on Monday nights in the Sem gym hall from 7-8 pm for all registered club members aged 13 and upwards. Please bring €2 and water! Our volunteer trainers will be there to take you through your paces.

INDOOR TRAINING: For 7-12 yr olds is on Thursdays in the Sem gym - non registered members are not covered by insurance and will not be admitted. Each child must bring €2, water and lots of enthusiasm. The numbers are growing in our newly named club and so, to accommodate everyone and have age targeted training, we are splitting the age groups.

Training for children born in the years 2006, 2007 and 2008 will be from 6-7 pm. Training for children born in the years 2003, 2004 and 2005 will be from 7-8pm. Come join us in the Demense on Sunday 6th December at 2pm for a 'Predict your time 5k' which will raise funds to purchase a sports wheelchair for Ger Daly. Refreshments and music and loads of spot prizes after in the Towers Hotel. Don't forget Killarney Parkrun is on every Saturday morning at 9.30 am sharp in Muckross near the Muckross Traditional Farm. This is a volunteer led, free 5k run/walk and is sociable and fun. All ages welcome. More information and to register online www.parkrun.ie/killarney

NEW MEMBERS: Killarney Valley AC welcomes new members. Juvenile and Juniors €25, Seniors and Masters €30. For membership enquiries please text the club number 087-2499566. If you haven't yet got your club singlet please contact Brid on 087-2650720 to arrange to purchase one - singlets are €25 each.

MUCKROSS ROWING CLUB

SYMPATHY: The club wishes to extend its sympathy to Club Secretary Eadaoin Moynihan, Denis, Mary and all the Moynihan family on the death of Eileen Moynihan, late of Rathmore. The club also extends its sympathies to the O'Sullivan family on the death of Tom O'Sullivan, late of Mill Road and the Black Valley. Ar dheis De go raibh a anamacha uasal.

AGM 2015: The Annual General Meeting of Muckross Rowing Club Ltd. was held on Thursday 5th November at the Muckross Community Centre. Our thanks to all in

attendance and a special word of thanks to Mike Walker and all at Curran & Moore for their continued professional support. The meeting reflected on the club's success during the year gone by and there was great engagement and positivity on the club's development for the year ahead. Honorary Officers re-elected en bloc followed by election of the committee for the coming year 2015-16. President: Seamus Guiney. Vice Presidents: Dan Kelleher, Maurice Coffey Snr, Margaret O'Riordan, Jerry Murphy, Kathleen Murphy. Chairman: Maurice Coffey Jnr. Vice Chairperson: Denise Casey. Secretary: Eadaoin Moynihan. Treasurer: Elaine Daly. Asst Treasurer: Roisin Moore. Captain: Brendan O'Neill. PRO: Tim O'Shea. Registrar: Jeremy Kenny. Children's Officers: Alan Lyne, Mernie Lenihan. Safety Officer: Pat Murphy. Killarney Regatta Delegates: John Beazley, Alan Lyne, Denise Casey. Committee members: Linda Daly, Margaret Joy.

CASTLECONNELL HOR: Well done to all our crews who competed in the 3.2km Castleconnell HOR in Limerick on Saturday 31st October. Congratulations to the Mens Masters Eight crew who were winners over the local Limerick competition. Well done also to the Mens Junior 18 Quad who finished second, the Mens Junior 18 Double who were third and to Sean Fleming, also third in the Mens Junior 16 Scull. It was the first competitive outing for some of our youngest Junior 14 and 15 rowers, well done to all. Our thanks to Alan Lyne who towed the trailer, to Eadaoin Moynihan and Elaine Daly who supervised the bus trip and to all coaches and adult members who helped out on the day.

MUCKROSS HOR: On Saturday 5th December, the club will host its own annual Head Of the River event at the National Rowing Centre in Inniscarra. First run in 2003, the 3km time trial event has grown considerably over the years and the club is hoping for its largest crew entry yet. We will be in contact with members, past and present, parents of junior members and supporters to help with the running of the event. All support greatly appreciated. If you are available to assist, please contact a committee member, send an e-mail to muckrosshor@gmail.com or contact Tim O'Shea 086 3548181.

MUCKROSS LOTTERY: Results of Muckross Lottery for Saturday 7th November 2015. Numbers drawn: 7, 9, 20, 25. Lucky Number: 13. Match 3 Next draw Saturday 14th November at the Jarvey's Rest. Jackpot: €4,600. Match 4 plus Lucky Number in panel 2: €5,600.

KILLARNEY COUGARS BASKETBALL CLUB

JUVENILE NEWS: U11 Boys Div 1 Academy

KILLARNEY COUGARS 20

ST JOSEPHS DUAGH 13

Cougars boys first home game of the season saw them pick up a deserved victory thanks to a good first half performance which saw them open up a lead. Cougars led throughout but



had to withstand late pressure from the visitors before securing the points. Cougars had a good spread of scores throughout the team with the best performances coming from Ted O'Gorman, Mark Daly, Colm O'Mahony and Rocco Sheehan for Cougars.

DIV I MENS: KILLARNEY COUGARS 70 ST MARYS CASTLEISLAND 64

The Cougars hosted St Marys at the Pres Gym on Monday last and a full strength Cougars just about held on for victory against St Marys in a tense finish. Cougars were very quick into their stride and dominated most of the opening half, Cougars Alan Flynn and Jordan sharing six three pointers and additional excellent baskets by the Eugene Bowler in the first half lay the foundations for the win with Declan Culhane 6 points and Seamus Brosnan 8 keeping the visitors in contention 36-31 at halftime.

Cougars had a very good third quarter to increase the lead 53-42 with St Marys rotation disrupting their game with Cougars again using their physical advantage with Pa Murphy, Dan Doonan and Tomas Armonas all proving tough opposition on the boards for a youthful St Marys team. The Cougars were a very tired team and struggled through the final quarter with St Marys shutting down the Cougars three point shooters and they began to run the floor well to cut the Cougars lead down to just a basket. With Cougars reeling they were fortunate to benefit from foul trouble for the visitors and a couple of technical fouls by St Marys sent Cougars to the line to make the game safe with Alan Flynn securing the first win of the season with St Marys just missing out in a very entertaining contest for the good attendance.

DIV III WOMENS: KILLARNEY COUGARS 31 BALLYBUNION WILDCATS 29

This was the first game for the season for both sides and a closely contested game was eventually a home win for the Cougars who led throughout but trailed in the closing minutes and had to rely on two free throws by Captain Fiona McSweeney to tie the game with Katie Talbot getting the winning basket with time running out in an exciting finish. Cougars for the first time have two senior ladies teams this season and should have had this game wrapped up with easy opportunities wasted as the game went to the wire with a great determination by the Wildcats with Nicola O'Connor and Trish Byrne never giving up. Best for Cougars on this occasion were Ciara Meaney, Grace Sheehan, Abigail Graham, Fiona McSweeney, Emer O'Shea and Deborah Murphy.

SENIOR FIXTURES: November 17th Womens Div I, Cougars v Kenmare 8.10pm Pres Gym. November 19th Mens Div I

Tralee Imperials v Cougars 7.30pm Mounthawk.
BASKETBALL ACADEMY: Our Friday evening Academy for boys and girls ages 7,8,9. Further information or to register contact the secretary on 087 - 4175493.

COMMUNITY FUNDRAISER: All support welcome for Killarney Cougars in the TESCO

community fund please deposit your BLUE TOKENS for Cougars in the Tesco town center store at New Street. Further details and updates available on the website and facebook or contact the club secretary on 087-4175493 or email secretarykillarneycougars@gmail.com

WORKMEN'S ROWING CLUB

INDOOR ROWING: The Provinces Indoor Rowing Championship will take place next Saturday, November 21st at the University of Limerick. Full competition details are available on www.iirc.ie. We wish the best of luck to all of our Junior and adult rowers who're taking part in this event.

AGM: Our Annual General Meeting will take place this Sunday, November 15th, at 10am in the Clubhouse. We hope to see everyone there.

TRAINING TIMES: Weekend training times at Reen Pier are as follows: Saturday morning at 10am for all children. Sunday at 10am for children aged 13yrs and older. Sunday at 10:30am for all adults.

KILLARNEY SWIMMING CLUB NOTES

Congratulations to all our swimmers who took part in the Mallow Swimming Club Invitational Gala on the 23rd of October. This was Killarney Swimming Club's first outing of the new swimming season (which runs from September to July) so it was planned just as a tentative "toe-in-the-water", so to speak, to test progress in our senior squad. We needn't have worried. All our swimmers exceeded expectations, achieving personal best times, qualifying for higher grades and bringing home a sack-load of medals! Well done to all.

UNDER 13 GIRLS: Wiktoria Niewiadomska set Mallow pool on fire with gold medals in the 100 metres freestyle and the 50 metres freestyle, followed up with a silver medal in the 400metres freestyle. Meanwhile, Treasa O'Sullivan won gold in the 100 metres backstroke and the 50 metres backstroke while Saibh O'Brien announced her arrival as a contender with wonderful bronze medals in the 100 metres backstroke and the 100 metres butterfly.

UNDER 15 GIRLS: In this age group, Killarney girls simply dominated the pool with Orlaith Reynolds winning gold in the 50 metres butterfly and silver in the 100 metres butterfly, while Margaret O'Brien took gold in the 100 metres butterfly and the 100 metres breaststroke, silver in the 400 metres freestyle and bronze in the 100 Individual Medley. A rapidly improving Niamh Coffey hoovered up bronze in both the 100 metre freestyle and the 400 metres freestyle – definitely a girl to watch out for in the faster races this season.

UNDER 17 BOYS: Robert O'Brien absolutely powered through the pool to win the longest, fastest race of the day, the 400 metres freestyle. Shane Kerins also turned on the style winning silver in the 50 metres butterfly, bronze in the

100 metres freestyle and bronze in the 100 metres butterfly. Shane Courtney, meanwhile, won a well-deserved silver in the 400 metres freestyle – another stylish swimmer to keep an eye on this season. Thanks to our new lead coach, Cathal O'Brien, and to Leonita Doody who were both, as always, fantastic on the day. Well done on those results, Cathal! Thanks also to all parents who travelled to Mallow to support our swimmers.

COMMERCIAL ROWING CLUB

SYMPATHY: Is extended to the relatives of Paddy O'Sullivan Killeaghy and late of New Street who passed away during the past week, Paddy was a former rowing member of the club and his late father Michael J O'Sullivan also had a long association with Commercial. Sympathy is also extended to the relatives of Tom O'Sullivan South Hill a long time rowing member of the Flesk Valley club. May They Rest In peace.

CHURCH GATE COLLECTION: A special word of thanks to all who supported last week's Church gate collection and to those collectors who assisted on both Saturday and Sunday. The proceeds of same will go towards the cost of insurance and general maintenance of the facilities at Ross.

TRAINING: Training sessions are continuing for future Head of River events in the New Year and the club will be represented at all Coastal rowing events during 2016 and hopefully at the annual Killarney Regatta. The club now has all the necessary equipment for rowing and training including an excellent Clubhouse at Ross Castle. New members wishing to join the club are advised to contact club secretary D J O'Riordan at 064-6631743

KILLARNEY SOUTH COMMUNITY GAMES NOTES

This is the time of year when we plan for 2016 and decide what events to enter. We would like to invite what we call the minority sport groups - i.e. table tennis, judo, gymnastics, chess, quiz, cultural events, singing etc. to become part of the Committee and enter and manage teams in the county events. Basketball and indoor / outdoor soccer for both boys and girls are also events in Community Games. Please contact Anthony Greaney, Chairman, for further details on 087-7098695. Antoinette Casey is to be congratulated on being appointed Treasurer for 2016. Indeed, Antoinette has given great service to Community Games over the past few years. An excellent athlete in the past herself, she also helps with the coaching each year in Castleisland. Trish O'Sullivan has finished her tenure as Treasurer and she has done fantastic fundraising work for the area for the past 9 years. We are delighted she is staying on in the Fundraising Committee and with Aaron and Emma very involved in athletics in 2016 we are sure she will have a huge involvement again in 2016.

SCHOOLBOY/GIRL SOCCER

CAMP JUNIORS MAKE HISTORY IN SKECHERS NATIONAL CUP:

SKECHERS 13'S NATIONAL CUP:

Camp Juniors 3-3 Clodaigh Rangers AET

Camp Juniors win 4-3 on penalties

Listowel Celtic 7-2 Park

Aisling Annacotty 5-3 Killarney Celtic

SKECHERS 15'S NATIONAL CUP:

Killarney Celtic 0-2 Park

Broadford 3-1 Mastergeeha

LEAGUE RESULTS:

JK SPORTS 12 DIVISION 1:

Mastergeeha 1-2 Park B

DALY'S SUPERVALU 13 DIVISION 1:

Killarney Athletic 1-8 Ballyhar

Killarney Celtic B 4-4 Mastergeeha

Park B 5-2 Killorglin B

13 DIVISION 2:

Dingle Bay Rovers 8-2 MEK

Fenit 2-3 Iveragh United

Tralee Dynamos B 8-2 Park B

Foundation Sports 14 Premier

Killarney Celtic A 5-2 Tralee Dynamos

KILLARNEY PLAZA 15 PREMIER:

Inter Kenmare 3-4 Tralee Dynamos

Listowel Celtic 3-7 Killorglin.

DIVISION 1:

Killarney Celtic B 5-3 Castleisland

Killarney Athletic 5-1 Iveragh United

DIVISION 2:

Park B 5-5 Asdee

Ballyheigue 8-2 Tralee Dynamos

St Bernard's 1-0 Fenit

GIRLS LEAGUE:

JK SPORTS 12 PREMIER:

Killarney Celtic 0-2 Inter Kenmare

Killarney Athletic 2-2 Listowel Celtic

TRALEE TROPHY WORLD 16 PREMIER:

Killarney Celtic 4-2 Killarney Athletic

REPORTS:

13'S NATIONAL CUP: Killarney Celtic went out of the competition going down 5-3 away to Aisling Annacotty in Limerick. The Killorglin v Tulla FC was postponed at the request of the Clare side.

PARK THROUGH IN 15'S NATIONAL CUP:

The Park are into the Last 32 of the National Cup with a 2-0 win over Killarney Celtic. The Tralee side had Colin Walsh and James Sheehan in top form in the win with both their goals coming from Mervin Shalemba.

Mastergeeha were unlucky to go out 3-1 away to Broadford United. Dylan Murphy scored for the Kilbreen boys in a game that was tied at 1 all with 10 minutes to go.

LEAGUE REPORTS:

PARK B STILL UNBEATEN IN 12 DIVISION

1: In the JK Sports 12 Division 1 The Park B are still unbeaten after a 4th win in 4 games. They were pushed all the way but goals from Mark Sheehan and Sean O'Connell saw the Tralee side take all the points.

PARK WIN BIG GAME IN 13 DIVISION 1:

The top two clashed in the Daly's Supervalu 13's Division 2 with The Park B defeating Killorglin 5-2

to open the gap at the top of the table. Goals from David Callaghan 2, Danny Fisher, Adam Walker and Matt Healy gave them the points. Ballyhar remain in second place after their 8-1 away win at Killarney Athletic. Brian Burke hit 3 with Ethan Campbell, Liam O'Driscoll, Owen Greaney and Micheal Brosnan with 2 all on the mark. Aaron O'Sullivan got the goal for the home side.

Killarney Celtic B and Mastergeeha shared the points with Roy Doody and Erin Moloney with 3 scoring for Celtic.

Dingle Bay and Iveragh remain top of Division 2: Dingle Bay Rovers continue as joint leaders of the Division after an 8-2 win over newcomers MEK. Tomas O'Se was in great form scoring 4 goals. The other goals came from Mark Manning, Kieran Bambury, Tadgh Kennedy and Sean Leahy. MEK, who are in their debut season, went 1-0 up thanks to a 35 yard screamer from Dylan Ferris. The mid and East Kerry side went 3-1 down but battled back to 3-2, thanks to a goal from Luke O'Connor, before Dingle Bay showed their experience.

Iveragh United are joint leaders but were pushed all the way before defeating Fenit away 3-2. Cathal O'Shea with 2 and Keith Brennan were the scorers for the South Kerry side.

Tralee Dynamos B were too strong for Park C in their opening game of the season. Sean Horan, Daniel Burke, Maurice O'Connell, Patrick Moravski, Andy Rogers, Donagh Stephenson, and Philip Evans were all on the score sheet.

Mid-Week win in 14 Premier for Killarney Celtic: Killarney Celtic defeated Tralee Dynamos at Celtic Park in a mid-week encounter. Niall McGillicuddy, Evan Looney, Ryan O'Grady and 2 from Ruairi Doyle saw Celtic through. Sean Kennedy and Mohammed Raheem got the Dynamos goals.

AWAY WINNER IN 15 PREMIER: Tralee Dynamos just got the better of Inter Kenmare 4-3 in their Killarney Plaza 15 Premier clash. Codi Dauti 2, Sean Kennedy and Mohammed Raheem scored for the winners in a game that was tied at 3 all late on.

Killorglin also won on the road defeating Listowel Celtic 7-3. For the winners Dylan O'Neill, Gearoid Hassett, Gabriel Griffin, Tim O'Shea and Eoin Clifford all scored while they also benefited from two deflected own goals. Michael Nolan, Cian McGrath and Devon McKenna scored for Celtic.

ATHLETIC AND CELTIC WIN IN DIVISION 1:

Killarney Athletic were the only winners in 15's Division 1 with Keith Suter 2, Harry Potts, Danny Cronin and Adam O'Connell the scorers for the Woodlawn side who were 3-0 up at the break in a 5-1 home win over Iveragh United.

Killarney Celtic B defeated Castleisland 5-3. Connie and Brian O'Connor and Patrick Roche were on the mark for Castleisland. Getting the Celtic goals were Jared Barton, Enna Coleman and Adam Kissane 3.

PERFECT 10 IN DIVISION 2: Park B and Asdee had a shooting competition in their Division 2 clash with each side scoring 5. Eric Daly 4 and Barry O'Neill scored for Asdee. Nathan Gleeson 3, TJ Mahon and Conor O'Sullivan got the Park's goals.

Ballyheigue Athletic had too much for Tralee

Dynamos B with an Augusto Jeano hat trick, two each from Sean Sheehan and Conor Corrigan and one from Thomas Gaynor giving the seaiders the points.

St Bernard's hot shot Aaron Malik was on the mark again and his goal was the only one in the game with Fenit ensuring a 1-0 win for the Saints.

GIRLS LEAGUE GETS UNDERWAY: The Girls League opened up with games in the 12 and 16 Premier Divisions.

In the 12's Inter Kenmare were 2-0 away winners at Killarney Celtic. Katie Cronin and Chloe Cremin scored for Inter with Cliona Daly outstanding in defence.

Killarney Athletic and Listowel Celtic shared the points in a 2 all draw. Elana Doherty and Shauna O'Mahony got the goals for the Woodlawn girls with Katie Keane and Ella Buckley replying for the North Kerry side.

In the 16 Premier Killarney Celtic got the points in the derby defeating Athletic 4-2. It was tied 2 all at half time with Hannah Moynihan 2 and Ava O'Donoghue 2 the scorers. Into the second half goals from Aileen Healy and Lucy O'Donnell wrapped up the points for Celtic.

KILLARNEY ATHLETIC NOTES

RESULTS:

F.A.I JUNIOR CUP Killarney Athletic 3-2 Mitchels Avenue (AET). It took extra time before Athletic could advance to the next round of the FAI Junior Cup. Athletic Started well and had most of the possession, But it was the home team who reached the half time interval with a two goal lead. Athletic re-grouped and goals from Shane and Jamie Doolan had us level. From this point on Athletic dominated and found the winner in extra time from a Jamie Doolan strike after good work from the ever impressive William Courtney. We would like to wish Jamie Doolan a speedy recovery from the injury he sustained in the last few minutes of the game.

U15 Killarney Athletic 5-1 Iveragh

Our u15s secured their second league victory, home to Iveragh . Centre forward Harry Potts saw his composed right foot strike finish to the corner of the net to set Athletic on their way. Further goals from Adam O Connell, Keith Suter (2) and Danny Cronin left the final score 5-1 to Athletic.

The back four of Jamie Muldoon, O Connell, Eamon Long and Ian Prendergast were solid throughout in front of Oliver Cremin and Damian Murhill who shared the goalkeeping duties with the subs fitting into the side effortlessly.

FIXTURES:

Saturday 14th November 2015

SFAI U12 CUP Moneypoint v Killarney Athletic 2pm

JK SPORTS U12 DIV.2 Killarney Athletic B v Listowel B 12 noon

FOUNDATION SPORTS U14 PREMIER

Tralee Dynamos v Killarney Athletic 11-45am

TROPHY WORLD U16 DIV.1

Camp v Killarney Athletic 12-30pm

Denny Division 1A

CG Killarney v Killarney Athletic B 7-30pm

DENNY YOUTHS LEAGUE

Killarney Athletic v Castleisland 2-30pm

CHRISTMAS QUIZ: The club wish to thank the Killarney Oaks Hotel, Sponsors, Parents and members who attended the Christmas Quiz on Friday last. Congratulations to all players who received player of the year awards on the night.

GOOD LUCK: The club would like to wish Killarney Legion Football Club all the best in the Mid Kerry Final.

WINE AND ART NIGHT: Killarney Athletic AFC are delighted to announce that we will be selling tickets for the rotary clubs wine and art night at the Malton hotel. Please check the Killarney Athletic Facebook page or contact one of the committee team or sec@killarneyathletic.com for further information.

GIRLS TRAINING Girls training every Wednesday in Ferndale, Woodlawn for U12, U14 and U16. Any enquiries please contact Shane on 087-9395158

300 CLUB Names are now being taken for next year's 300 Club Draw. All support is greatly appreciated and forms are readily available from Mike O Shea (087-2226185) or any committee member.

KILLARNEY ATHLETIC WEBSITE

Please check the website on www.killarneyathletic.com or facebook for match reports, club information and contact details.

CONTACT

If you have anything to add to Killarney Athletic A.F.C notes please contact Alan Daly on 085-1913244 or aland15@live.ie.

MASTERGEEHA FC

U12 Mastergeeha 1 Park 2. In this game at home the boys played top of the table side. The visitors opened the scoring early on but Mastergeeha equalised when Colin O Leary scored just before the break. However late on the Park scored again.

U13 Killarney Celtic 4 Mastergeeha 4. In this high scoring game the boys went two down early on. Patrick Daly, Barry Lenihan and Brendan O Leary (2) got the goals in this entertaining game.

U15 NATIONAL CUP Broadford 3 Mastergeeha 1. Away on Saturday afternoon the boys exited this year national cup. In the opening half both sides created some chances with the home side taking lead in the 30th minute. Just before the break Mastergeeha equalised when Dylan Murphy scored from the penalty spot after being taken down. In the second half Mastergeeha pushed forward and were unlucky not to take the lead when Eoin Rahilly shot hit the upright in the 50th minute. However with ten minutes the home side took the lead with a quick break out of defence. In the closing stages Mastergeeha pushed forward but could not get the equaliser they deserved. All involved gave their all.

PREMIER A Fenit 6 Mastergeeha 1. In this game home side went two up in the first half but Mastergeeha pulled a goal back 5 minutes into the second half when Scott O Mahoney scored. However the home side scored again in the 70 minute as Mastergeeha pushed for the equaliser. Fenit added further goals late on.

DIV 1B Mastergeeha 1 Tralee Celtic 2. The seniors were unlucky in this game not to at least get a point. Mastergeeha took the lead in the 15th minute with Damien Breen finishing well. However the Tralee side equalised before the break. In the second both side created some chance with Celtic getting their second goal late in the game.

MASTERGEEHA FC LOTTO There was no winner on Friday 6th November 2015. Numbers drawn were 6, 21, 22, 23.

KILLARNEY CELTIC NOTES

OSCAR TRAYNOR CUP Best wishes to Kerry against Cork in Leaghanamore, Togher, next Sunday at 2.00pm.

BEST WISHES Killarney Celtic extends best wishes to Killarney Legion this Sunday against Nemo Rangers.

O'DONOGHUE SISTERS HEADING TO THE CHAMPIONS LEAGUE FINAL! The FAI's National Draw took place at the Aviva Stadium yesterday. Kerry had plenty success but the big winners were Sarah and Keelan O'Donoghue from our Football for All programme who won a trip to the Champions League Final in Milan. The girls are daughters of ex Celtic player John Don O'Donoghue and his wife Jane.

RESULTS

FAI JUNIOR CUP: Rathkeale 2 Killarney Celtic 1 Celtic dominated for long periods but were thwarted by solid defending. A really great team performance by Celtic where they created numerous chances but were unable to convert them. Celtic dictated possession throughout and it looked for long spells as if it was only a matter of time. Celtic had stellar performances from Gary Keane, Stephen Hayes, Roy Kelliher, Christopher O'Leary, John McDonough, really solid displays from Conalll Murphy and Fergal O'Donoghue. Matt Keane was a danger throughout as was Conor Randall, while Cathal O'Shea had a great game. Stephen McCarthy, Wayne Sparling our goalscorer, and Jamie Spillane played well when given the opportunity. Well done to Robert Osborne for a great performance.

U17 LEAGUE: Killarney Athletic 0 Killarney Celtic 8

Celtic were on fire against an admittedly understrength home side and goals from Lee Downing (2), Josh Fleming (2), Pablo Fermi, Cian Casey, Pablo Martin, and Adam Grestiak ensured a comfortable win.

U16 GIRLS: Killarney Celtic 4 Killarney Athletic 2 Celtic just had a slight edge in a very good and competitive match, with Hannah O'Donoghue (2), Lucy O'Donnell, and Aileen Healy all hitting the target.

U15 NATIONAL CUP: Killarney Celtic 0 St. Brendans Park 2

Killarney Celtic FC faced a tough game at home to Park FC in the SFAI Cup. Celtic had their share of possession but found it difficult to penetrate the Park defence. An nearly injury to Patrick Darcy was unfortunate but the incoming Ryan Kelliher worked hard for his team up front alongside the tireless Evan Lyne against a strong Park centre back pairing. Michael Lenihan and Evan Smith

were dominant in midfield with Peter O'Sullivan trying to stretch the opposition with some quick breaks. Credit to Park, they soaked up the pressure and played on the counter-attack, a goal in each half following a quick break saw the scoreline finish 0-2. Celtic were unlucky at stages, with the scoreline at 1-0 Evan Lyne was pulled down by the last man on his way though on goal with only the keeper to beat but to hi and the crowd's amazement, no free kick was given. A special mention to David Dineen and man of the match for Celtic Darragh Donohoe, both showing grit and determination right to the final whistle. Well done to Park and we wish them the best of luck in the competition.

U15 DIV ONE: Killarney Celtic B 5 Castleisland 3 A great game. Jared Barton struck early on with a great shot, Eanna Coleman added a second, and a hat-trick by the excellent Adam Kissane wrapped up a convincing victory. Castleisland are a very good team and it needed a masterclass in defending, especially by Tommy McGuire, to secure the win.

U13 NATIONAL CUP: Aisling Annacrotty 5 Celtic 3

A heroic effort against a strong home side but they deservedly won a goalfest and we wish them all the best for the rest of the competition.

U13 DIV ONE: Killarney Celtic 4 Mastergeeha 4 Celtic dominated and led 4-1 through Ruairi Dorrian and a hat-trick from Erin Moloney to lead 4-1 at the break, Pa Daly having scored for the visitors. Unfortunately, concentration dipped in the third quarter and we paid a high price as Brendan O'Leary (2) and Barry Lenihan levelled matters. Celtic had some chances near the end but had to be content with a share of the spoils. Nonetheless, it was a great overall team effort and getting our first points of the season is a positive and bodes well.

U12 GIRLS: Killarney Celtic 0 Inter Kenmare 1 The girls gave it everything but were marginally outclassed by an excellent Inter Kenmare. The game was played in a wonderful sporting spirit.

U11: Killarney Celtic away to Park, Saturday, 11.00am

FIXTURES

Denny Premier B: Killarney Celtic B away to Skeliga FC, Sunday, 2.30pm

Youths League: Killarney Celtic at home to Castlemaine, Saturday, 2.30pm

U16 NATIONAL CUP: Killarney Celtic at home to Regional United

U16 DIV ONE: Killarney Celtic B away to Park B, Saturday, 12.30pm

U14 NATIONAL CUP: Killarney Celtic away to Killorglin, Saturday, 2.00pm

U14 DIV TWO: Killarney Celtic B away to Inter Kenmare, Saturday, 11.30am

U14 Girls: Killarney Celtic at home to Listowel Celtic, Saturday, 12.30pm

U12 NATIONAL CUP: Killarney Celtic away to Aisling Annacrotty, Saturday, 2.00pm

U12 DIV ONE: Killarney Celtic B away to Inter Kenmare, Saturday, 10.30am

LOTTO

Numbers drawn 3, 4, 7, 20. No winner.



ALAN LYNE (CENTRE) HEGARTY'S SPAR, MUCKROSS ROAD PRESENTS A LUXURY HAMPER TO THE KILLARNEY LEGION MEMBERS TO BE RAFFLED AT THEIR BIG COOK-OFF ON THURSDAY NIGHT NOVEMBER 18TH AT THE DROMHALL HOTEL. A GREAT NIGHTS ENTERTAINMENT IS EXPECTED WITH A WINE RECEPTION, FOOD TASTING AND A MASSIVE SELECTION OF PRIZES. FROM LEFT: ENDA WALSH, JOHN FORAN, JIMMY REEN, CHAIRMAN, ALAN LYNE, JEROME O'REGAN, PAUL TRANT AND TIM O'LEARY. PICTURE: TOMMY REGAN.



LAUNCHING THE NEW LOGO FOR FITZGERALD STADIUM WERE L-R JC O'SHEA, KEN O'SULLIVAN, DER BROSNAN, MICHAEL O'MUIRCHARTAIGH, JOE O'SHEA (DESIGN) & JOHN LENIHAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



BILLY CARVER ROYAL HOTEL (LEFT) POURING A CUP OF COFFEE FOR PAT DELANEY, CATHERINE MORIARTY AND BRO. SEAN OFM AT THE LAUNCH OF THE WORLD DIABETIC DAY COFFEE MORNING WHICH WILL BE HELD ON THE 14TH NOVEMBER IN THE ROYAL HOTEL, KILLARNEY.



GATHERING FOR THE RAMBLING HOUSE, GLENFLESK IN ST AGATHA'S COMMUNITY CENTRE, GLENFLESK LAST WEDNESDAY NIGHT. PICTURED FRONT L-R PADRAIG MOYNIHAN, MARTINA DINEEN, NILIE MOYNIHAN, NOREEN ASHMAN AND MARY O'CALLAGHAN, BACK L-R ANNE MOYNIHAN, NIAMH CRONIN, MARY KELLY, CIARAN O'CALLAGHAN, NORA KELLEGHER AND MUIREAD KELLY.



AT THE PRESENTATION OF PRIZES OF THE GLENEAGLE SQUASH CLUB FIRST MONTHLY COMPETITION OF THE NEW SEASON SPONSORED BY O'KEEFE'S OILS, RATHMORE, WERE SEATED FROM LEFT, PAUL LYNCH, GEORGE O'KEEFE, SPONSOR, MARGARET O'CONNOR, DONAL O'SULLIVAN, CAPTAIN OF WINNING TEAM, BERNICE ENRIGHT, MACIEJ TRUCHAN, AND JOHN MCCARTHY. BACK FROM LEFT ARE MIKE O'DONOGHUE, KEVIN SMITH, GER FOLEY, EAMONN BOWLER, LIAM SHINE, JOE CARROLL, MIKE CROWLEY AND CHARLIE COAKLEY, PICTURE: EAMONN KEOGH



BRENDAN KEOGH, CEO SWING (SOUTH WEST IRELAND GOLF) MAKING A PRESENTATION TO MIKE KENNEDY (FLORIDA AND NEW YORK) AND A GROUP OF VISITING GOLFERS TO MARK THE OCCASION OF THE 20TH ANNIVERSARY OF THE GROUP'S VISIT TO IRELAND. PICTURE: EAMONN KEOGH



SUSAN CRONIN, WINNER OF THE DR CROKES GAA CLUB LOTTO JACKPOT PRIZE OF €3,600 EURO, PICTURED WITH FROM LEFT, PAUDIE CRONIN, MALACHY WALSH (TREASURER), DENIS COLEMAN (CHAIRMAN), DIARMUID KELLEHER (TREASURER), AND PJ LAWLOR (SELLER). PICTURE: EAMONN KEOGH



PRESENTATION TO JIM CRONIN & MARGARET CREMIN OF SAINT VINCENT DE PAUL WHO WERE THE BENEFICIARIES OF THIS YEAR ROTARY AFTERNOON TEA IN THE MALTON RECENTLY. PICTURE: KILLARNEY PHOTOGRAPHIC

BEAUFORT GOLF CLUB

MEN'S BRANCH

24TH/25TH OCTOBER - 18 HOLE
STABLEFORD SPONSORED BY BEAUFORT
GOLF CLUB

1st Gary Fagan (19) 41 pts.

2nd Timmy Lyne (22) 39 pts.

FIXTURES: Sunday 15th November - Club
Scramble - Meet at Clubhouse at 9am for tee
off at 9.30am.

MEMBERSHIP: Contact Beaufort Golf Club or
website www.beaufort-golf-club.com for latest
offers on membership and green fees.

Phone: 064 66 44440,

Email: beaufortgolf@gmail.com

KILLORGLIN GOLF CLUB

MENS COMPETITION

1st Joe Kennedy 37 pts.

2nd Jer Joy 35 pts.

3rd John Carmody 35 pts.

KILLORGLIN GOLF CLUB

LADIES RESULTS: SILVER SWANS: TRALEE 9 HOLE SCRAMBLE:

1. Corinne Schnyder/Mary Coughlan/Maura
O'Boyle 39.00.

2. Eileen Daly/Liola O'Sullivan/Betty Griffin
39.00.

3. Noreen Quilter/Ena Galvin/Joan Kelly 39.00.
Thanks to Martha and the Tralee ladies for a

lovely day out.

LADIES COMMITTEE OUTING TO BEAUFORT GOLF CLUB 11 HOLE STABLEFORD SPONSORED BY VICE CAPTAIN ANNE KENNY FOLEY AND HON SECRETARY EILEEN BELL:

1. Ann Walker (20) 23 pts.

2. Emma Daly (20).

3. Lady Captain Phil Anne Foley. Thanks
to Beaufort Golf Club for a great day out.

FIXTURE: 18 Hole Stableford sponsored
by Jer Joy can be played Saturday 14th, or
Tuesday 17th November. Arrange. 12 Hole
re-entry sponsored by committee member
Jennifer Pigott continues until further notice.
Entry Sheets for the Christmas Hamper and
the invitation to Dooks are posted on the
Notice Board. Silver Swans Christmas Dinner
& Scramble is on Tues 1st December. Please
contact Christina or Mary if interested in taking
part.

DEERPARK PITCH & PUTT NOTES

Last Wednesday's Seniors Two Scramble in
Castleisland attracted a large turnout of players
from Deerpark, Castleisland, Newmarket
and GlenEagle and the results as follows -
Nett Pat Mitchell (Castleisland) and John
Murphy (Deerpark). Gross Sheila O'Donoghue
(Deerpark) and Johnny McCarthy (Castleisland).
Next Outing will be to GlenEagle on Wednesday

2nd December 10-15 am

HAMPERS ON SUNDAY: This Sunday
November 15th is Hampers Day at Deerpark
and all players to be at Clubhouse at 9am for a
Shotgun start at 9-30am.

TURKEY FOURBALLS: The Turkey Fourballs
will be played on Sunday November 22nd.
Starting time to be decided next Sunday to
avoid traffic congestion due to replay of County
final on that date.

SYMPATHY: Sympathy is extended to the
relatives of Bridie Buckley Fossa and Carmel
O'Donoghue late of Park Place Hotel both of
whom died recently May They Rest In peace.

MURPHYS GOLF SOCIETY

7TH NOVEMBER, WATERVILLE

SPONSOR: MOSSIE FOLEY ELECTRICAL

1st John O'Shea (12) 36 Points.

2nd Donagh Moynihan (9) 35 Points.

3rd Jonathan Casey (9) 35 Points.

4th Paul Corridan (13) 34 Points.

5th Sean Moynihan (8) 32 Points.

6th Alan Flynn (8) 32 Points.

Front 9 Jimmie Smith 19 Points.

Back 9 Antony Walsh 17 Points.

MATCH PLAY FINAL, SPONSOR: BILLY & LUCY O'CALLAGHAN

James Curran V Johnathan Casey.

Next Outing 5th of December, Christmas
Hampers.

MURPHY'S BAR LAUNCH THEIR DARTS SEASON

Killarney darts fans got together in Murphy's
Bar on Tuesday night last to launch their
darts schedule for the 2015/16 season.

Included in the attendance were Paul Cronin
chairman of the Killarney Town league, Gary
McCormick manager of the Kerry Darts
Team and current winners of last season's
competitions were all present. This marks
a huge year for Murphy's Bar as it hosts
the 40th Murphy Cup competition it was
announced to mark the 40th championship
€4000 will be presented to the first person to
get a 9 Dart Finish in the Murphy Cup.

The Pat Murphy Cup was unveiled for the over
50's competition. Team tops were presented
to Murphy's Bar & Murphy's Pinter's who are
currently competing in the Town League and
hope to retain the cup again in 2016.

The draw was made for the Mullins Cup &
Mike Landers Cup. Draw and fixtures on
display in Murphy's and also available on our
Facebook page Murphy's Bar Killarney Darts.

UPCOMING EVENTS: Maye Breen Cup (Mixed
Doubles) draw 4th January, Pat Murphy Cup
(over 50's) the 11th January and Murphy Cup &



PHOTO LEFT TO RIGHT CATHERINE LUCEY, CON CREMIN, SEAN MURPHY, ROLAND SAUTER, BRED KELLEHER, MIKE GRIFFIN, AND
DIARMUID O'CALLAGHAN. PICTURE: FRANK DORAN.

Peg Murphy Cup draw 18th January 2016.

Lots of speeches and nostalgia were
experienced on the night

Names are now being taken in Murphy's Bar for

all competitions. Call in or Call us on

064-66312964

IF YOU HAVE A STORY...

Contact Aisling on **086 0400 958** or

Email: **editorial@outlookmags.com**



REEN'S RATHMORE WIN NATIONAL PEUGEOT DEALER AWARD FOR SECOND TIME

Reen's Rathmore, Main Peugeot Dealers for County Kerry, have been crowned Peugeot Dealers of the Year 2015. John and Tim Reen, Dealer Principals, were presented with the award at the annual Peugeot Dealer Conference, held at The Heritage Killenard, County Laois last week. This is the second time in just ten years that Reen's Rathmore have taken the award home to Kerry, first winning it in 2006.

Reen's Rathmore is a family business, established by brothers John, Vincent and Donie Reen. Appointed Main Peugeot Dealers in 1987, the business grew to new heights in 2005 when a new state-of-the-art showroom was opened on the existing site in Rathmore. Increasingly recognised in their locality for outstanding customer service, the company's ethos of always putting the customer first has seen both their sales and aftersales business grow from strength to strength.

Tim Reen, Dealer Principal, said at the Peugeot Dealer Conference, "We are simply delighted to be bringing the Peugeot Dealer of the Year award home to County Kerry. It is so gratifying to know that our team's continued efforts are recognised by the Distributor. But we can't



PICTURED AT THE ANNUAL PEUGEOT DEALER CONFERENCE FROM LEFT TO RIGHT ARE: COLIN SHERIDAN, SALES AND MARKETING DIRECTOR, GOWAN DISTRIBUTORS LIMITED, PEUGEOT IMPORTERS IN IRELAND; TIM AND JOHN REEN, DEALER PRINCIPALS AT REEN'S RATHMORE; DES CANNON, MANAGING DIRECTOR AT GOWAN DISTRIBUTORS LIMITED.

accept the award without acknowledging our very valued customers. We thank them sincerely for all their support throughout the years and we very much look forward to seeing everyone in 2016 at Reen's Rathmore."

Des Cannon, Managing Director at Gowan Distributors Limited, Peugeot Importers in Ireland said "With excellent customer satisfaction results again in 2015, sales targets

met, a strong county market share performance, aftersales KPIs surpassed and strong local marketing actions, Reen's Rathmore are worthy winners of the Peugeot Dealer of the Year award this year. We work closely with our Dealer partners, hand in hand, and it is wonderful to see the Reen family's dedication and hard work continue to reap rewards."

FLAT TYRES

How to change a wheel safely - PART ONE

To save space and weight, many new cars have a puncture repair kit – sealant and compressor – rather than a spare wheel. If you don't have a spare it's a good idea to familiarise yourself with the kit provided so you'll know what to do if you do get a puncture.

If your car does have a spare it's a good idea to practise changing a wheel at home in the daylight when the weather's warm and dry. Then, if you do suffer a puncture you'll be able to cope more easily, even if it's dark, cold or wet. Given a safe environment, the right tools and some basic knowledge, changing a wheel on any vehicle should be fairly straightforward. Check the handbook first as this might include vehicle specific advice.

Where the handbook and our advice appear to be in conflict, follow the advice in the

handbook.

FOR YOUR OWN SAFETY

- Don't try to change a wheel on the hard shoulder of a motorway or at the side of a road. Turn off or pull over well away from the traffic and call for help.
- Don't try to change a wheel on soft, loose or uneven ground.
- Don't try to change a wheel with passengers still in the car. Move everyone to a place of safety, well away from the vehicle and carriageway.
- Don't work under a car while it's raised on a jack.
- Don't try to use the jack anywhere other than at the specified jacking points – attaching the jack in the wrong place can cause damage to the car and/or risks it collapsing when lifted.

WHAT YOU'LL NEED

- handbook - showing where to attach the jack
- spare wheel - with adequate tread and correctly inflated
- vehicle jack
- wheel-nut wrench with extension bar and locking wheel nut adaptor if fitted
- at least one wheel chock
- gloves – the wheel/tyre will be dirty
- something to kneel on – the ground will be dirty too
- sharp knife or cutters to remove cable ties if these are used to hold wheel trims in place
- torch
- reflective jacket and sensible/strong shoes for your own safety.

To be continued:



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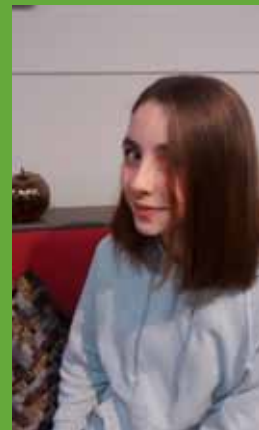
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anytime**

BRAVE GIRLS DONATE HAIR

Two Transition Year Students at St. Brigid's Presentation School in Killarney, Maria Quirke and Aoife Sheehan recently donated their hair to The Rapunzel Foundation which is a charitable organisation that works to improve the lives of those living with hair loss (alopecia) through fund raising as well as through hair raising. The girls participated in the Rapunzel Foundation's Ponytail campaign, where they committed to growing their hair 14 inches or longer and have now donated their 'ponytail' to help make much needed wigs to improve the lives of those living with the hair loss. Well done girls!



BEFORE AND AFTER,...MARIA AND AOIFE DONATE THEIR HAIR TO THE RAPUNZEL FOUNDATION

ROCK-IT 201

The Rock-It 2015 project, funded by KDYS and Kerry County Council Arts Office, is now well under way at KDYS Youth Centre Killarney. Twelve young people, aged 10 to 15, have enrolled for this nine week music programme. Facilitated by Ruti Lachs, the youngsters meet on Tuesday evenings to make music together in small groups, playing covers as well as creating new music. Some of the young people are already skilled at piano, guitar, and singing. Others are learning,

from scratch, instrumental skills, such as playing bass guitar and drums, and are singing with amplification for the first time.

All of the participants now know how to set up a PA system, microphones and other musical equipment. They are currently planning to perform in November for their parents and friends.

This is the first opportunity that most of the young people have had to play in bands, and all are enthusiastic about the social aspect, meeting other musicians with similar tastes, and co-operating to make a great sound!



YUM YUM A BIG HIT AT KILLARNEY COMMUNITY COLLEGE

YUM YUM mini company was set up and ran by 1 Sorcha students along with their enterprise teacher Ms. K. McCarthy. Today their entrepreneurial idea of hosting a "YUM YUM" bakery became a reality. With their slogan "We bake it, You take it!". Over the past 11 weeks the students learnt about entrepreneurship, their skills and qualities. They took part in group work and created their own mind map or fishbone diagram of what entrepreneurship is, they researched local and famous entrepreneurs and learnt the steps in how to set up their own mini company. They brainstormed many different business ideas and the one that was voted upon was a YUM

YUM bakery. They took part in Market Research, they created and designed surveys to give out to first years, transition years and leaving cert applied students. They analysed the results and positive feedback was returned. The YUM YUMs were decided brownies, rocky road and cookies topped the scale so this is what the students baked. Advertising their business took place in the main general purpose area on Tuesday so it was a hot topic of conversation over the past few days. Their brand name "YUM YUM" was decided upon. Students had invested €5 each so this money was used to buy the ingredients needed. A

fantastic day was had, students excelled in their organizational and leadership skills. I think we have some very enthusiastic aspiring entrepreneurs around us, according to teacher Ms. Kerri McCarthy. The best news for the students was that they made a profit!!



PICTURE INCLUDES L-R: DAWID BOLESZLAWSKI, AOIFE O'BRIEN, AMY CRONIN, ALANNA LOUGHNANE, MARTHA FITZGERALD, CAOIMHE CROWLEY, Ms. KERRI MCCARTHY, ROSER RULLO, CIAN HUE.



PICTURED AT THE ANABLA N.S 1916 CENTENARY CELEBRATIONS SERGEANT CHRIS HOARE, MR DENIS FLEMING & GUNNER JOHN POWER



PICTURED AT THE ANABLA N.S 1916 CENTENARY CELEBRATIONS WERE SERGEANT CHRIS HOARE PRESENTING THE NATIONAL FLAG TO ABBIE RYAN & SHANE MCGLYNN



PICTURED AT THE ANABLA N.S 1916 CENTENARY CELEBRATIONS SERGEANT CHRIS HOARE, MR. PADDY O'SULLIVAN (FORMER PRINCIPAL ANABLA N.S) GUNNER JOHN POWER

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Saturday 21st: Culchie Goes Cool - Front Bar 10.30 - close
Sunday 22nd: George Kane Front Bar 7-9
Catriona Ballroom 9.30 - close

Thursday 26th: Johnny Reidy Ballroom 10.00 - close

Saturday 28th: The Ferrymen Front Bar 10.30 to close

Sunday 29th: The Millsiders Front Bar 7-9
Nelly O'Connor Ballroom 9.30 - close

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1 PARISH - 4 CHURCHES RATHMORE PARISHES FUNDRAISER RECENTLY AT KINGDOM GREYHOUND STADIUM TRALEE. CENTRE OF PHOTO IS WINNING OWNERS ANN & JOHN SAUNDERS, SINEAD SAUNDERS, OF WINNER BOWER BARRYROE, ACCEPT THE TROPHY FROM ANNA LEADER (JOINT SPONSOR) OF MACCARTHY LONDIS RATHMORE (JOINT SPONSOR) WITH RATHMORE FORKLIFTS (JOINT SPONSOR) IN MCCARTHY'S LONDIS & RATHMORE FORKLIFTS 525 NORMA LEADER, AND MEMBERS OF BOWER BARRYROE TEAM.

RATHMORE/ GNEEVEGUILLA NEWS

by Michael O'Mahony

SCHOOL REUNION: 20 Year School Reunion, including those who repeated years or left the school mid-way through. Saturday November 21st, the Brehon Hotel, Killarney at 8.30pm. An area is reserved in the lower Bar. Anyone wishing to attend should get in touch as soon as possible so that organisers can confirm numbers. You can do so on Facebook: Rathmore Class of '95 or can text/contact Loretto (0877574452) or Helena (0872060862). The cost is €20, payable to Killarney Credit Union by Tuesday November 17th.

Rathmore Class Reunion a/c no is 33917U
IBAN: IE62KIRO99219368033917

BIC: KIROIE21 with your name please.

This is to cover food and the venue for the night. It promises to be a great night and we hope you will be able to attend.

WISHES: Congratulations to Reen's Rathmore, Main Peugeot Dealers, who are worthy winners of the Peugeot Dealer of the Year award 2015!

BINGO: Rathmore Community centre every Friday night at 8.30pm. Everybody welcome.

DIVINE MERCY NOVENA: First Friday every month 8-9pm in Nuns Choir Rathmore Church.

GNEEVEGUILLA GAA: Congratulations to Sean Kissane Tralee who won the lotto jackpot recently €12,600.

Thanks to everyone who helped out with our successful Halloween Party.

GNEEVEGUILLA GAA BUCKET COLLECTION: Will be on November 29th in Killarney. Volunteers needed. Gneeveguilla AGM Friday November 20th.

ST. JOSEPH'S DAY CARE CENTRE: "Your old 1 and 2 cent coins" St. Joseph's Day Care Centre Rathmore. would be very grateful for donations of 1 and 2 cent coins. We will gladly take them

in jars, bags or any containers. Please call 064 7758588. Drop them to St. Joseph's Day Care Centre Monday to Friday 9 am to 3.30 pm. or Teach Iosegain.

NIGHT AT DOGS: Again many thanks to all the people of the parish who supported us in our recent fundraising drive. It was a tremendous success. We would like to thank all the businesses in Killarney and Rathmore who sponsored the prizes. We would also like to thank our sponsors for the races, track, printing of booklet, trophies and posters. A big thank you to all the businesses who sponsored ads in our booklet. We will have some booklets available in the Churches over the weekend. Thanks to Norma Casey for compiling the ads in our booklet. Thank you to Kieran Casey & Kingdom Greyhound Stadium for all their help with our night. We wish to thank John Fintan Daly who was our MC on the night. A big thank you to all of you our parishioners who gave so generously to our fundraising efforts and to all of you who attended on the night which helped to make it such a memorable occasion. We wish to acknowledge and thank Rathmore Gneeveguilla Gun Club for making Rathmore Parish Churches their beneficiary for their annual 1st November Fundraiser on Sunday 1st November in the Club Bar Gneeveguilla. They raised €530 and gave it towards our fundraiser.

FEILE SLIABH LUACHRA: Revival of the spirit of Sliabh Luachra with music, song and dance at Knocknagree and Tureenahill. Knocknagree this Saturday 14th November. Open trad session beginning in the afternoon with the young musicians, enjoy poetry music, recitations and ballad bands. In various venues throughout the village. Tureenahill Sunday 15th November. Dance at the old school house. Dancing with live music beginning at 2pm.

KNOCKNAGREE - KENYA: Donations made to Credit Union Account for past six months 1st April to 30th September came to €850. The Committee would like to thank all for their generosity.

SYMPATHY: To Brenda Moynihan and

family, Beheenaugh on the death her father Paddy O'Sullivan Killarney. To John Horgan, Knocknagreeha on the death of his brother Con New York & I/o Drominagh, To the family & friends of Eileen Moynihan, Ard Mhuire Rathmore may they all rest in peace.

ANNUAL SEAN MOYLAN COMMEMORATION: Sunday 15 November in Kiskeam. Mass in Church of Sacred Heart at 12 noon followed by parade. Oration by Micheal O Muircheartaigh

RAMBLING HOUSE At Glenfesk on Saturday 21st November at 8-11pm. Song & dance storyteller plenty of entertainment promised on night.

RATHMORE/GNEEVEGUILLA GUN CLUB: Would like to thank everyone who attended the annual 1st of November celebrations and helped to raise €530:00 for the 4 Churches' Restoration Fund. We are very grateful to all the land owners who we rely upon for their continued support. A big thanks also, to all the local businesses who donated prizes.

DEFIBRILLATORS: Rathmore Community Centre & Rathmore Community Council have recently put two defibrillators (AED) in place, one at the Community Centre and one opposite the Church. These life saving devices can give a person in cardiac arrest an 80% chance of survival even before the arrival of an ambulance. There are certified training courses in the CPR and AED use. On last Wednesday November 4th the following people took part in the course: Mary Dilworth, Bill Roche, Christina Dilworth, Nora O'Connor, Darren O'Connor and Tony Sheehan. On Thursday November 5th the following took part in the course: David Reen, Mary McCarthy, Catherine O'Mahony, Donal O'Connor, Maire McCarthy & Lucy O'Keefe, we will be in contact with others that have booked courses very soon. Any person that has not pre booked the course cannot attend. Anyone interested in these training courses please contact Michael O'Mahoney on Tel: 0876676817 e-mail: momahony14@gmail.com

RATHMORE LADIES FOOTBALL: Rathmore Senior Ladies finished the year on a winning note when capturing the Mary Jo Curran A Final last weekend in Listry against Southern Gaels. Despite being down 6 pts at halftime Rathmore dominated the 2nd half showing great skill and determination to win in an exciting finish on a scoreline of Rathmore 14pts Southern Gael 3g 4pts. Instrumental on that win was 12 pts scored by the Murphy sisters Eileen and Noreen. Caroline Reen (Capt) thanked all the players and mentors for their great commitment over the year. The U15 A final, Rathmore V Laune Rangers will be played next weekend at a venue to be confirmed.

RATHMORE COMMUNITY COUNCIL A.G.M.: Rathmore community Council A.G.M. will take place on Wednesday November 18th at 8.30pm, at the community centre. Everybody welcome.

NOTES: Anyone has any information they would like to add to the notes, please email Michael O'Mahony (momahony14@gmail.com) or ring or text 087-6676817 before 6:00pm on Sunday.

FOSSA NOTES

GAA: LOTTO: 8th November 2015: Numbers drawn were 2, 3, 8, 28. There was no Jackpot winner and next weeks Jackpot will be €3,450. The €40 consolation prize winners were Conor O'Keefe, Barleymount East, Joan O'Leary, 83 Woodlawn Park, Margaret Sweeney, Tomies, Beaufort, Maura Talbot, Aghadoe and Theresa Kelly, Aghacurreen. Tickets are on sale at The Golden Nuggett Bar, The Castlerosse Leisure Centre, The Travel Inn, The Old Killarney Inn, Foley's Spar Shop, The Laurels Bar and Committee members.

U-16 BOYS: The U-16 Boys lost to Kilgarvan/Tousist in the County League Div. 4 Final on Saturday on a scoreline of 7-15 to 6-08.

SENIORS: The senior team lost the Fr. Galvin Cup semifinal to Listry, 2-15 to 0-09 on Saturday evening in Listry. They are at home to Lisle in the final round of the County League on Sunday 15th November at 2pm, all support welcome as we want to finish the year on a high.

COMHALTAS: FOSSA/TWO MILE COMHALTAS: Adult set dancing classes take place on Tuesday nights in Fossa Community Centre. Beginners 8pm, improvers and advanced 9pm. Further details Catherine 087 679 9330, everyone welcome. Junior set dancing classes in Fossa Community Centre, on Thursdays, beginners 5-6pm advanced 6-7pm. Contact Norita 087 7424468.

KILLARNEY LIBRARY: Killarney Library will host a talk by UK author Denise Greenwood whose new novel, Crushed, is published by Kerry-based Purple Pumpkin Publishing. Denise will talk about her journey into full time writing and the process of finding a publishing company as well as giving tips on writing fiction and creating a novel. The talk takes place on Tuesday 17th November at 6pm and admission is free.

SCÓR: Anyone wishing to take part in Scór na nÓg (U17) please contact Scór Officer Theresa Kissane 087 681 6169 asap

ASTROTURF ALL WEATHER PITCH: All weather pitch at Fossa National School. Opening hrs. Monday/Friday 4pm/10pm, Saturday/Sunday 10am/10pm. All types of sport are played on this floodlit pitch. Now taking bookings for birthday parties. Contact Ger O'Connor 083 4228977 or email fossaweatherpitch@gmail.com

FOSSA GOLF SOCIETY: Tralee Golf Club Outing (Christmas Hampers) Results played on Saturday 7th Nov 2015.
Winner: Dan Moynihan (17) 38pts.
2nd Ted Curran (12) 37pts.
3rd James Curran (11) 34pts (36-2) bb9.
4th John Rice (20) 34pts.
5th Donal O'Connell (14) 33pts bb9.
6th Paddy Looney (23) 32pts (33-1) bb9.
F9 John O'Mahony (15) 20pts.

B9 Ger O'Connor (19) 17pts.
2's Dan Moynihan/ David Brooks/ Larry Daly/ James Curran Guest Rory McCann (15) 33pts
Golfer of the Year 2015 James Curran
Matchplay 2015 James Curran
SYMPATHY: Fossa GAA Club extend its sympathy to Maura Talbot of Aghadoe, and Finola Spillane of Lackabane, on the death of their sister in law Carmel O'Donoghue of Upper Lewis Road and late of the Park Place Hotel Killarney.

FOSSA NOTES: If anybody has any item they would like included in the notes, please email information to John O'Neill at pro.fossa.kerry@gaa.ie. Please forward information before Sunday at 11am.

FOSSA ROWING CLUB:
SYMPATHY: The club extended deepest sympathy to Kathleen O'Sullivan, Crohane and her sister, Mary on the death of their mother Bridie Buckley, Lismongane Fossa who dies recently. May she rest in peace.

COFFEE MORNING: A Coffee Morning in aid of the Oncology Department at Kerry General Hospital will be hosted by Norma Talbot at Churchill House Aghadoe on Friday 20th November from 9.30am until 1pm. Everyone is welcome.

AGM: The club will host there annual general meeting on the 4th of December at 8.30pm in the OKI. All members welcome.

MILLTOWN NOTES

OFFICIAL OPENING: There is an open invitation to all to come to the official opening of Nagle Rice Community Centre and Milltown Community Playground on Sunday 22nd November from 2pm to 5pm. at Nagle Rice Community Centre Milltown. Special guests on the day are Mick O'Dwyer and Mícheál Ó Muircheartaigh. Refreshments will be served and entertainment provided. Please come if you can on the day which promises to be a great occasion for the locality.

JOKER 3 FUNDRAISER: Joker 3' weekly draw

in aid of Nagle Rice CC was held in Castle Inn last Sunday and jackpot of €3800 was not won. Winners were as follows: €100 Shane O'Sullivan. €25 Pat Moriarty, Michael Grady. Down to 43 cards next week and jackpot increasing to €4000 with next draw in O'Sheas Bar on Sunday November 15th. Thank you for your continued support.

ST COLMAN'S BASKETBALL CLUB: The great news is that we have a new club set up in Milltown known as St Colman's which will be based at Nagle Rice CC. This club is open to

children from Milltown and surrounding areas and ranges from 1st class up to 6th class. To start off there are 2 sessions arranged for next Saturday November 14th as follows: 1st/2nd/3rd classes - 5pm to 6pm. 4th/5th/6th classes - 6pm to 7pm. €3 per child per session with qualified coaches attending. Registration evening to follow within 1 to 2 weeks. Looking forward to seeing you and your child/children coming on that evening and giving it a try!

LISTRY NOTES

LISTRY SOCIAL COMMITTEE: We wish to remind Seniors in the Listry / Milltown and surrounding areas that the next Social day will be the christmas party which will be held in Listry Community Centre on Tuesday November 24th from 12noon-4pm. The usual Bus service will operate on the day and will start collecting passengers at approx 10.30am. We look forward to meeting you all.

CHIROPEDIST: Foot health practitioner will attend Listry Community Center on 2nd December 2015. Also Paula will be doing house calls in the Milltown area on Monday 23rd November 2015.

Enquirers to Paula at 087-6606585. Cancellations please give 24 hours notice if can. Please and thank you.

VOTES OF SYMPATHY: At recent meeting of Listry Community Council a vote of sympathy was passed to the bereaved family relatives and friends of Mrs Fogarty, Beaufort. Paddy Courtney, Lissivane West. Mrs Cunninham, Cobh. Sean McCarthy, Killarney. Thomas O'Sullivan, Blackvalley. May their souls rest in peace.

PARENT & TODDLER GROUP: Listry/Milltown parent and toddler group is been held at Listry community center on Friday mornings 11am to

12.15pm. All are welcome.

CHRISTMAS BINGO: The Christmas Bingo session will be held in Listry Community Centre on Wednesday night December 16th at 8pm. Please come along for a good night's entertainment with lots of spot prizes & hampers etc. The proceeds from the Bingo sessions go towards the care of the elderly in the area. Your support is always very much appreciated.

KILCUMMIN NEWS

VACANCIES: A vacancy is presently available on the Kilcummin Rural Dev. C.E. Scheme for a Retail Assistant in Killarney town. This position is a development opportunity and no experience is necessary. Accredited training will be provided to support your career. Please contact your Local Dept. of Social Protection employment services/Intreo office to check your eligibility. To apply please forward your C.V. and PPS No. for the attention of the supervisor to Rural Development Office by post or email to info@kilcumminparish.com - Further information contact John on 086-1579381.

COMHALTAS: Thank you for your generous support of our recent Church Gate collection.

MEETING: Our next branch meeting will be held on Tuesday 24th November at 8.30pm in the Rural Development Office. New members welcome!

MUSIC SESSION: Our next Sunday music session will be held on 22nd November from 2.30 to 5pm in the Recreational Hall. All welcome. For more details check kerrycomhaltas.ie

SENIOR SET: Last call for anyone interested in joining our competitive senior set over 18 to contact Mike McGurl on 087-666-2707 as soon as possible.

CHRISTMAS FAIR: A Christmas Fair will be held on the weekend of December 5th & 6th after the 3 weekend Masses. More details to

follow shortly.

KILCUMMIN LOOKING GOOD: AGM will be held on Monday 16th November at 8.30pm in the Rural Development Office. All welcome.

CLOTHING COLLECTION: The Looking Good group will be holding a Clothing Collection Fundraiser before/after Masses on the 28/29th November outside the Recreation Hall. Thank you for your continued support.

MEMORIES OF KILCUMMIN: This is a new group on Facebook. The idea is that residents and anyone with connections to Kilcummin could share old photographs and stories about Kilcummin with others. There are currently 166 members.

KILCUMMIN GAA:

ALL-STAR: Well done to Brendan on being voted the best goalkeeper in 2015. What an honour for this true gentleman, sportsman and loyal clubman who retained his place on the county team with a number of outstanding displays. Well done to Donnacha, Shane and Anthony on their awards.

GARVEYS CO. SENIOR CHAMPIONSHIP: Kilcummin defeated St Michaels Foilmore to retain our senior club status for 2016 in a relegation play off on Saturday last. This achievement is most noteworthy when one considers that there will be just eight senior teams next year and that next year will be the nineteenth consecutive year for a small rural

club to compete at senior level. Well done to players and mentors alike. Saturdays game was a hard fought victory which was really only secured in the final moments. Kilcummin 3-12 St Michaels/ Foilmore 3-7

BEST WISHES: The club wish to offer best wishes and a quick recovery to James Devane who sustained a serious injury at the game in which he was giving a fine performance.

CREDIT UNION SENIOR CO LEAGUE: Kilcummin travel to Finuge on this Sunday for their final game where a victory would secure Division status for next year. Game is scheduled for 2pm throw-in.

SCOR NA BPÁISTÍ: Primary School Children (4th 5th and 6th) if interested in Set and Irish dancing, Solo/Group singing, recitation, drama, music group & Tráth na gCeist should text Frances on 086 0773722 with name and item of interest.

GAA CLUB MERCHANDISE: Contact Marie Lehan on 087 9181973 before December 1st to guarantee delivery for Christmas.

GAA LOTTO: There was no winner on Sunday November 8th. Numbers drawn were 7, 9, 22, 24. Jackpot now €3,000.

JULETT CULLOTY CD LAUNCH: 'The Rose from Lyreatough' Friday 20th November at the Kilcummin GAA Klub at 9pm.

Music: Mike, Helen & Southern Pride. All proceeds in aid of Kerry Hospice.

GLENFLESK NOTES

EAST KERRY U16 CHAMPIONS DIV2: Well done to the Glenflesk U16 team and management (Paud O'Donoghue, Tim Murphy, Dermot Kelly and Denis O'Shea) who defeated Rathmore in the U16 East Kerry Championship in Fossa on Saturday November 7th, on a scoreline of 3-13 to 3-12. Have a look at a fantastic collection of photos from the game on the Glenflesk GAA Facebook page (courtesy of Seamus Healy). Remember you don't need a Facebook account to look at our page.

GLENFLESK LOTTO: Glenflesk Lotto draw was held on Monday the 9th of November 2015, in John Dan's. Jackpot: €7,600. Numbers drawn: 3, 5, 10, 24. No Winner. €50 EURO DRAW: First draw: Gearoid and Ultan, c/o Pat Moynihan. Seller: Pat Moynihan. Second draw: Eamon Bowler, Lisbaby. Third draw: Mary O'Callaghan, Inch. Fourth draw: Jer O'Sullivan, Knockanimirish. Next draw will be held on Monday November 23rd in John Dan's. Jackpot €7,800.

CLUB MERCHANDISE: Orders are now being taken for Christmas delivery please contact Cathy 087 2900476 if you would like to view or order any club merchandise. Order now to avoid disappointment!!

GLENFLESK RAMBLING HOUSE: The very popular Rambling House returns to Glenflesk GAA Community Hall on Saturday the 21st of November 2015, from 8pm to 11pm. In days gone-by every community had a rambling house where friends and neighbours would come together to play music, sing songs and spin yarns. This tradition is alive and well

in Glenflesk where the community comes together twice a year to rekindle the spirit and fun of the traditional rambling house, in a specially constructed old world setting. This year's rambling house will feature a special segment on the history of the Raheen area. A great night's entertainment is in store, with the best of local music, song and dance. Further information from Neily Moynihan on 087-9831655 or Derry Healy on 087-2707899 - everyone welcome.

RAHEEN NS: Congratulations to Susan Bartlett who had the winning lotto number 17 on Saturday the 7th of November. Congratulations to Eileen Doyle who had the winning lotto number 28 on Saturday the 31st of October.

KNOCKANES NS FUNDRAISER: Knockanes national school are holding an innovative fundraising night in The Kerry Way on this Friday 13th November at 9.30pm. Tickets on sale now in the The Kerry Way for €15. Taking centre stage for this questions and answers evening will include Seamus Moynihan, John Crowley, Dara O'Cinnede, Jeff O'Donoghue, Daniel O'Brien, Colm Cooper and former Irish soccer manager, Eoin Hand. It'll be an open forum where you will be allowed to ask your questions. MC for the night will be Today FM's Paul Collins. Proceeds from the night will go to the completion of the school's all-weather Astro turf pitch. Sporting memorabilia will also be auctioned on the night.

RAHEEN COMMUNITY PLAYGROUP: Please support the Raheen Community Playgroup

in obtaining a sensory table for children with developmental delay with your TESCO tokens. Congratulations to Sharon O'Sullivan of Knocknaskeha, Headford on recently graduating with a Diploma in Early Childhood Care and Education.

BARRADUFF COMMUNITY FIELD '300 CLUB': Membership is still available of the new '300 club' being established to support the fantastic new community amenity in Barraduff. Membership of the '300 club' is €100 (paid in full annually) and there is one thousand euros of prize money on offer each month for 12 months. To support this fundraiser please contact Alan (087 7964091), William (087 7730805), Eamon (087 2511691) or Vincent (087 9089293).

PREDICT YOUR 5K TIME: Watch out for a unique 5k running event in Killarney on Sunday December 6th at 2pm, where the aim is to run/jog/walk as close to your own predicted time - no watches allowed! This event is being organised to purchase a specially designed racing chair for well-know wheelchair athlete Ger Daly. Entry €10 - more details on Facebook.

TEEN CLUB: Glenflesk Community Games: Our next Teen Club night is 20th November, 8-10pm, Glenflesk Hall. All teens of the parish are welcome.

CONTACT: We welcome items of local interest. Please contact PRO Donal on 087 668 7926 or pro.glenflesk.kerry@gaa.ie.

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BUDGET 2016 – TAX EXEMPTION ON START UPS

An exemption from Corporation Tax for the first three years of trading applies to certain new start-up companies.

BUDGET 2016 has extended this relief for companies commencing to trade before the end of 2018.

The tax relief is linked to the amount of employers PRSI that the company has paid. The maximum credit that can be claimed is €5,000 per employee.

The maximum amount of corporation tax relief is €40,000 per annum for 3 years.

The following companies are excluded from the relief: companies dealing in land, petroleum and mineral activities, professional service companies, companies in fishery / aquaculture sectors, companies trading in the primary production of agricultural products and companies in the coal sector.

Corporation Tax Liability for the period	Availability of Relief
Less than €40,000	Full exemption
€40,000 to €60,000	Marginal relief
More than €60,000	Fully taxable

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Know Your Rights:

MICROCHIPPING OF DOGS

QUESTION

Our puppy has an identification disc on her collar. Does she need this, or should we just get her microchipped? What are the rules?

ANSWER

No, the Under the Control of Dogs Acts 1986 and 1992, dogs must at all times wear a collar with the name and address of the owner inscribed on it or on a plate, badge or disc, so you are right to have an identification disc on your puppy's collar. However, you must also get her microchipped and registered on an authorised database under the Microchipping of Dogs Regulations 2015.

Since September 2015, all newborn pups must be microchipped and registered. From 31 March 2016, the Regulations will apply to all dogs. Even if a dog has already been microchipped (for a pet passport, for instance) it will now have to be registered on an authorised database as well.

The microchip can only be implanted by a vet, a veterinary nurse or a person who has been trained by one of the authorised databases. The microchip contains a unique 15-digit number. When you register with an authorised database, this number will be recorded on it along with your name and address details. This means that, if your dog goes missing and is found, you can be identified as the owner and be reunited with your dog.

If you move house, you will need to update your contact details on the database. If you plan to buy a new dog, the seller will have to give you its certificate of registration and you should forward it to the relevant database to get the details updated.

The Department of Agriculture, Food and the Marine has published a list of authorised databases, along with a set of Frequently Asked Questions on agriculture.gov.ie.

Further information is available from the Citizens Information Centre below.

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

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

ON THE BOX KILLARNEY OUTLOOKS WEEKLY SOAP COLUMN

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



Christmas Preview

EASTENDERS

- Kat and Alfie will return for Christmas but they will be joined by Kat's father Charlie. Will Kat finally learn the truth about her secret son?
- Stacy will be thrilled to see Kat back but will soon find herself in the middle of some big drama as she goes into labour. Will it be Martin or Kush by her side?
- Mick and Linda are due to wed on New Years Day but with Dean due to depart, expect a huge water stunt. Will Dean die?

CORONATION STREET

- Romance is in the air for the residents this Christmas as Kevin and Anna will begin a steamy romance and Aidan and Eva are also set to lock lips.
- Sarah will discover that she is pregnant with Callum's love child throwing David and Kylie's murder cover up into jeopardy.
- Tyrone and Fiz will struggle this Christmas with Hope's illness but Tyrone has a plan to make it the best Christmas ever.

EMMERDALE

- Charity is back! And she's back with a bang. Firstly, she is going to eye up Cain as she is still very much in love with him and secondly, Ross had better watch out as Charity wants to have words with the father of her child.
- Zak and Lisa will have their most traumatic Christmas to date but will it be because of Joanie's attraction to Zak or another reason entirely?
- The paternity of baby Johnny is set to be exposed this Christmas as Vanessa learns the truth about Rakes's lies.



DEALING WITH DEPRESSION

In their book, 'Depression, an emotion not a disease', **Tubridy and Corry** describe depression as an emotional state in which one is overwhelmed by feelings ranging from hopelessness to despair and desolation. Many people feeling this way believe that nothing they do can make a difference, which in turn makes change very difficult. However, by focusing less on one's feelings and actively putting in place behaviours which bring about an opposite feeling, we begin to believe that we can do something to make a difference. Doing activities such as exercising, having a massage or yoga can all help to change our old mindset and lead to feelings of self-mastery, hope and control.

Many of us are all too familiar with the inner judge or critic – that enslaves us by constantly beating us up, telling us that we're not good enough or will never amount to anything. From the time we are very young we have been receiving these messages so that eventually we internalise this voice and automatically think 'I'm no good'.

A very helpful exercise can be to begin to rate the severity of your own critic on a scale of 0-10. Counselling can help us to do this. Before we can release ourselves from the stranglehold of the critic, we must first become aware of its presence. Once we become aware and mindful of the critic we can begin to cut ourselves loose from its grip. Having developed this awareness, we begin to be less hard on ourselves and more self-compassionate.

A fundamental law of consciousness is that whatever we give our attention to, will grow in our mind. Thus if you continue to think 'I'm useless, nobody cares, life's too difficult' then these thoughts will grow in your mind, leading you only to seeing what's wrong with your life. Whatever is to the forefront of our mind is what we will perceive in the World around us. In the words of Shelly, The Mind Becomes that which it perceives. Thankfully, the opposite is also true. Thus is you consciously decide to focus what is working in your life, you can begin to change your mindset.

When we are depressed our mind has foreclosed on any new ideas – and we filter our thoughts, feelings and behaviours through a mindset that is helpless and bleak. This leads us to repeating the cycle of misery and tormenting thoughts – rather than taking in any new information. When our minds are closed in this way we have only one way of seeing things - we construct the world from behind our eyes.

Next week we will continue to look at how our minds work when we are depressed and ways in which we can change this.

SouthWest Counselling Centre Killarney provides affordable professional counselling to children, adolescents adults and couples – both at its Killarney Centre (Lewis Road) and at Kenmare Family Centre. info@southwestcounselling.ie. Kerry LifeLine provides **FREE** counselling and support to anyone feeling suicidal or bereaved through suicide. info@kerrylifeline.com To make an appointment call 064 6636416.

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

Health Matters.... With Dr. Michael Moloney

TESTICULAR CANCER

Continued

ASSESSING THE EXTENT AND SPREAD

If you are confirmed to have testicular cancer then further tests are usually advised to assess if the cancer has spread. This assessment is called staging of the cancer and aims to find out:

- Whether the cancer has spread to nearby lymph nodes and lymph nodes in the abdomen.
- Whether the cancer has spread to other areas of the body (metastasised). By finding out the stage of the cancer it helps doctors to advise on the best treatment options.

WHAT IS THE TREATMENT FOR TESTICULAR CANCER?

Treatment options which may be considered include surgery, chemotherapy and radiotherapy.

Surgery: Surgery to remove the affected testis is normally advised in all cases. This alone may be curative if the cancer is in an early stage and has not spread. If the cancer has spread then further surgery may also be needed for some men after radiotherapy or chemotherapy, to remove any cancer cells present in the lymph nodes of the abdomen or chest.

Chemotherapy

Chemotherapy is a treatment of cancer by using anti-cancer medicines which kill cancer cells, or stop them from multiplying. Your doctor will advise if you should have chemotherapy in addition to having the affected testis removed.

Whether you need chemotherapy and the length and type of treatment schedule depends on the type and stage of the cancer when diagnosed.

Radiotherapy

Radiotherapy is a treatment which uses high-energy beams of radiation which are focused on cancerous tissue. This kills cancer cells, or stops cancer cells from multiplying. Again, your doctor will advise if radiotherapy is needed in addition to having the affected testis removed.

What is the prognosis (outlook)?

The outlook is usually very good. Treatment for testicular cancer is usually successful. During the last 40 years, testicular cancer has become a curable cancer in over 95% of cases.

- If your testicular cancer is diagnosed and treated at an early stage, you can expect to be cured. Most testicular cancers are diagnosed at an early stage.
- Even if the cancer has spread to other parts of the body, there is still a good chance of a cure.

It is important to remember that most testicular lumps are not cancerous. It is advisable for men to become familiar with what is normal for them and for any worries to be discussed with their GP.

Michael Moloney .



Dr. Michael Moloney,
MB, BCH, BAO, BMedSci MMedSci, DOWH, MICGP
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DOG TRAINING TIPS

- Petting, talking to, playing with, and even scolding a barking dog, reinforces the dog to bark. Do not give a dog attention while they're barking. The best remedy to a Barking dog is the cold shoulder. And don't forget to praise the peace and reward the dog when she/he is being quiet!

- Those big eyes peering at you from under the table can be pretty hard to ignore. It can be especially hard when you find a warm, fuzzy face in your lap. Do yourself, and your guest, a favour and never feed your dog from the table. You are wrong if you think your pet won't remember you giving them that piece of steak fat during last night's dinner. It only takes one time!

Not feeding your pet from the table doesn't mean your pup can't enjoy some healthy human scraps every now and then—it simply means that your pup doesn't get to enjoy them at the table or while you are eating. Reward your dog for staying away from the table during mealtime and consider teaching your dog "Place." Ask your dog to go to their bed, or "place," and provide them with a treat-filled toy or their own dinner once they're lying down. Teach your pup that it is more rewarding to be away from the table during mealtime, rather than under it.

If your dog finds food on the counter, it won't be long before he comes back looking for more. Prevention is key here. Reward your dog for staying out of the kitchen when you are home, and keep the kitchen closed off when you aren't around to monitor your pup. Keep food out of paws reach by storing it in a press or in the fridge. If you have children, remind them not to leave their half-eaten snack or dirty dishes on the counter.

- Dogs need an outlet for their energy. If you aren't providing one, your dog will provide one for himself and, odds are, you won't like whatever they choose. Make sure you are giving your dog plenty of exercise. A large majority of dog-related problems can be attributed to your dog not getting enough stimulation or exercise. If your dog is running around the house and has a bad case of the zoomies, it's time to take them out to play.

U.S. SUFFRAGETTES USED COOKBOOKS TO PUBLISH THEIR MESSAGE

Between 1886, when the first American suffragist cookbook was published, and 1920, when the 19th Amendment to the U.S. Constitution granted women the right to vote, there were at least a half-dozen cookbooks published by suffragette associations in the country.

The suffragette cookbooks included propaganda for the Great Cause: the fight for getting women the right to vote and Recipes ranged from basic guidelines on brewing tea and boiling rice, to preparing meals for the upper class and occasionally, a startling entry, such as that for Emergency Salad: one-tenth of an onion and nine-tenths of an apple with any salad dressing. But the bulk comprised a soothing flow of soups, gravies, breads, roasts, pies, omelettes, salads, pickles and puddings. Up to and including most of the 19th century, a woman had no control over her own money, her own children or her own destiny, and suffragettes, were described as neglectful mothers, kitchen-haters and busy politicking while their children starved.

On Dec. 13, 1886, America's first suffragist cookbook, *The Woman's Suffrage Cook Book*, was launched at a sold-out fundraiser at the Boston music hall. The hall was decorated with a white banner bearing the Massachusetts Woman Suffrage Association motto, "Male and female created He them, and gave them dominion." Members included the novelist Louisa May Alcott, who would become the first woman registered to vote in Concord. Though she hadn't contributed a recipe, Ms. Alcott had just published *Jo's Boys*, the final book of her *Little Women* series, into which she had slipped in a description of a statue of Minerva, the goddess of wisdom, sporting a "Women's Rights" slogan on her shield and a helmet ornamented with "a tiny pestle and mortar"—a nod to the compatibility between cooking and voting.

Recipes were contributed by regular housewives who carried a "Mrs." before their name, as well as a parade of prominent suffragists who didn't.

In 1891, the Equal Suffrage Association of Rockford, Ill., published *The Holiday Gift Cook Book*. At the time, the state's constitutional law stated: "Idiots, lunatics, paupers, felons and women shall not be entitled to vote."

Recipes were interspersed with pro-suffrage quotes by famous people such as British politician William Gladstone, abolitionist author Harriet Beecher Stowe and Clara Barton, founder of the American Red Cross who was a legendary Civil War nurse known as the "Angel of the Battlefield," she wrote, "When you were sick and wounded I toiled for you on the battlefield. Because of my work for you, I ask your aid. I ask the ballot for myself and my sex. As I stood by you, I pray you stand by me and mine."

Sold at fairs, bazaars and women's exchanges, these cookbooks not only raised funds for the suffrage movement, but also helped women network, and gain new skills in the fields of publishing, advertising and sales.

ANSWER TO LAST WEEKS RIDDLE

The Smith family is a very wealthy family that lives in a big, circular home. One morning, Mr. Smith woke up and saw a strawberry jam stain on his new carpet. He figured out that everyone who was there that morning had a jam sandwich.

By reading the following excuses, figure out who spilled the jam.

Billy Smith: "I was outside playing basketball."

The Maid: "I was dusting the corners of the house."

Chef: "I was starting to make lunch for later."

Who is lying?

A: It was the maid. The house is circular, it has no corners.

QUOTE

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them" - John F. Kennedy

ON THIS DATE – NOVEMBER 13TH

0867 - Death of Pope Nicholas I.

1002 - Ethelred the Unready orders the St Brice's Day Massacre - the murder of all Danes in England.

1850 - Birth of Robert Louis Stevenson, Scottish author.

1887 - 'Bloody Sunday' in England*.

1895 - The first shipment of canned pineapple from Hawaii to the US.

1907 - French cyclist Paul Cornu flew a twin rotor helicopter.

1921 - 'The Sheik', starring Rudolph Valentino, premièred.

1942 - US 'liberty ship' production reached its peak with a single 10,500 ton ship built in less than five days.

1998 - Paddy Clancy of the Clancy Brothers laid to rest in Carrick-on-Suir.

1999 - Environmentalists warned that Killarney's Lough Lein was in danger from pollution.

* BLOODY SUNDAY IN ENGLAND

Between 1886 and 1887 Trafalgar Square became a rallying point for protests against economic hardship by the poor of London. Here, in the Square, the poor of London's East End came face to face with the politically powerful and wealthy West End. These protestors were supported by middle class socialists who were campaigning for greater equality for the working class.

On November 13th 1887 the Metropolitan Police conducted a savage attack on an unemployment demonstration, marchers moving in columns from different parts of London were separately assaulted on the approaches to Trafalgar Square. They were beaten with truncheons and staves and driven into side streets. Their banners were seized, the poles smashed, and their flags torn up by policemen. Those who ran towards the square were charged down by police horses. Those few reaching it faced Life Guards with fixed bayonets. There were many arrests. Two men died later from their injuries.

It was seen as a turning point for the new socialist movement for it introduced a harsher and more brutal dimension to their activities. The movement was young. The Democratic Federation had only been founded in 1884. It had soon become the Social Democratic Federation (SDF) and in 1885 had suffered its first split when a group including William Morris, Eleanor Marx and Tom Mann had founded the Socialist League (SL). Members of both organisations also belonged to the Fabian Society, also formed in 1884. Non-socialist Radicals, Irish Nationalists and even some members of the Liberal Party were also involved with both parties.

RIDDLE FOR THIS WEEK

I have keys but no locks. I have space but no room. You can enter but can't go outside. What am I?

Answer next week!

TONGUE TWISTER

If a dog chews shoes, whose shoes does he choose?

IT'S SOMETIMES AMAZING WHAT CAN BECOME A TOURIST ATTRACTION

Seattle's gum wall in Pike Place Market, which has been collecting wads of chewed gum for 20 years, will be cleaned back to the brick shortly. A contractor with an industrial steam machine will use 280-degree steam to melt the gum, which will then be collected and weighed.

The area's Preservation and Development Authority says the wall has attracted 1 million pieces of gum, spread eight feet high by 54 feet wide, and the gunk is six inches thick in spots, and though it's cleaned every second month with a light steaming, officials say it's time the gum is removed to preserve the

Market district's historic buildings.

The attraction actually started accidentally, when audience members waiting in line for a late night show at the Market Theatre found the wall was a great place to leave their gum.

NOT THE BEST WAY TO GET TO SCHOOL ON TIME

A student in South Africa who was worried about being late for a maths exam got himself in trouble with the law when one driver finished his shift and his replacement failed to show up. The 20 year old found the keys in the bus, started it up, and began driving himself and his classmates to school and had nearly made it before a police officer pulled it over and fined the student about €330 for driving without a license, but all students on the bus made it to their exam on time.

When word spread of the stunt in the student's hometown, residents began a campaign to pay the fine and former police chief plans to represent him at a school disciplinary hearing.

ONE OF AMERICA'S MOST TOXIC PLACES

The former lead and zinc mining boomtown of Picher, Oklahoma, had a population of approx. 14,000 residents when bullet demand rose during both World War I and II, when most of the lead found in bullets used by America during those wars came from the town. Chat (a white grit that results from lead extraction) hills contaminated with lead, zinc and other metals rose as high as 150 feet and as wide as four American football fields. But even after the EPA declared the town a Superfund site (a fund designed to clean up sites contaminated with hazardous substances as well as broadly defined "pollutants or contaminants") in 1983, residents continued to let their children play on the chat hills and up to 20 years ago 63% of children were experiencing lead poisoning. In 2005, the government relocated some residents, paying them an average of €50 per square foot for their property on the condition they moved out and a tornado destroyed much of what was left of the town in 2008. The police and town government stopped operating a year later and also in 2009 eleven students graduated from Picher-Cardin High School last class.

3 individuals are said to be still living in the town but looters have raided anything of value left there. Zinc poisoning is believed to be the cause of the deaths of approx. 1,000 migrating birds found in Pilcher earlier this year.

WOMAN WITH A HEARING LOSS TAUGHT HER DEAF CAT SIGN LANGUAGE

When Kim Silva retired from teaching at the American School for the Deaf, she decided to start teaching sign language to her cats; it all started after setting sights on a deaf cat named Bambi.

In 2009, after losing another beloved pet, Ms. Silva and her husband, John — who are

both deaf — were ready for a new feline companion. They fell in love with Bambi who was at a rescue shelter in Texas and as it would take a while before she could be brought to Connecticut, where the Silva's live, Ms. Silva decided she might as well get started with the cats she already had, even though both of them could hear.

Ms. Silva's previous teaching experience was limited to humans, but she was optimistic as a lot of deaf dogs have learned Sign Language and groups like the ASPCA say training cats in general is possible. "Bobcat immediately understood but my other cat, Bear, was very old and was not interested. Bobcat learned one sign after another until he learned the new vocabulary," Ms Silva says. Bambi picked up the signs even more easily, since as Ms. Silva explains, she had "peer reinforcement and copied Bobcat."

The cats have a delightfully expansive vocabulary. Among the words they now know are: "come," "more," "sit," "stay," "shake," "high five," "sleep," "circle," "shrimp," "play," "canned food," and "finish". They also know "off," but The Silva's must spell that out, letter by letter to be obeyed.

U.S. COAST GUARD RESCUED MAN IN AN INFLATABLE HYDRO-BUBBLE

A longtime endurance runner and peace activist whose goal was to reach Bermuda in a homemade floating "Hydro Pod" was rescued by the U.S. Coast Guard when he began suffering from fatigue.

The man who had begun his journey from St. Petersburg, Florida had been monitored by the 7th District command centre when he was spotted in his personal inflatable hydro-bubble. Crewmen on board the Coast Guard Cutter arrived on the scene, explained the dangers of his trip, and requested that he terminate his trip due to the lack of supplies on board his watercraft.

The man who had protein bars, bottled water, a GPS and a satellite phone, on board with him refused to comply and continued on his way with the Coast Guard keeping tabs on him.

3 days later the man activated his beacon and the Coast Guard dispatched an HC-130 airplane, a MH-60 helicopter, and the Maersk Montana, a vessel registered with the Automated Mutual Assistance Vessel Rescue System to rescue him. A rescue swimmer retrieved him from his inflatable 'raft' and he was safely hoisted him into the helicopter.





A WORD OF VICTORY

Welcome back dear reader it is said that patience is a virtue. The greatest example of One with patience is our Heavenly Father. When He created mankind in His likeness and image He had wonderful plans for this earth He had made and the people he chose to live there. He gave strict instructions to the first humans Adam and Eve and warned them that if they disobeyed Him things would not turn out good for them (Genesis 2:17). But they did disobey Him which allowed the fallen angel Lucifer (Satan) to take control of this planet and cause mayhem in the spiritual and natural realms. God called a man – Moses, to be His prophet and laid down a Constitution which He intended the people of this world would learn, understand and obey. The Ten Commandments were included in this (Exodus 20). He made it quite clear that disobeying these commands would result in devastation. Of course these commandments were continually broken. The Father then sent His Son Jesus to bring a New Covenant between Him and us. Jesus would have His body broken, His blood shed and die for our redemption then through our faith in the power of His blood, death and resurrection and by calling on His Name we would be saved. Having confessed Him as Lord the Holy Spirit would come and live in us and help us to obey God's commands. It is evident that very few people have accepted this Covenant. People have turned their backs on God and walk in total disobedience to His commands. This is the state of our world today. Marriage – the basic unit of society is under constant attack, abortions are considered acceptable and all that is between us and God's wrath is His great patience because He wants none to be lost, but all to be saved (Mathew 18:11; 1st Timothy 2:4). But friends, patience only lasts so long! If you have any prayer need please call **064-6622950** or email **wovkillarney@gmail.com**. More next week...

Contact: 064 - 66 22950 E: wovkillarney@gmail.com

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PRAY TO ST. EXPEDITE

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

GRATEFUL THANKS

Sacred Heart of Jesus, Our Lady of Lourdes, St. Padre Pio, St. Clare, Our Lady of Mount Carmel, Divine Mercy St. Faustina, St Michael Archangel and St Anthony for health favours received.

THANK YOU TO

St. Expedite, St. Anthony and all the Saints.

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. Many thanks for favour received.

B

NOVENA TO THE SACRED HEART

Sacred Heart and Our Lady a thousand thanks.
And to all of the Saints for favours received.
S.O.S

NOVENA TO THE SACRED HEART

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

PRAY TO ST. EXPEDITE

Saint Expedite, Noble Roman youth, martyr,
You who quickly brings things to pass
You who never delays, I come to you in need:
(Clearly express what you want and ask him to find a way to get it to you)
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Amen. Thank you St. Expedite for answering my request. I promise publication to spread your devotion.
For anyone in need say this prayer and your request will be granted. My request was granted.
Amen. **X**

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

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

X

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NOVENA TO THE SACRED HEART

Sacred Heart and Our Lady a thousand thanks.
And to all of the Angels and Saints and the Holy Spirit.

15TH & 45TH ANNIVERSARY

O'DONOGHUE



In Loving Memory of our parents JOHN KATHLEEN

Who died on the 19th November 2000

Who died on the 2nd February 1971

40 Marian Terrace, Killarney

*Each of us in our own way
Have special thoughts of ye today
Your names is often spoken
We talk about you still
You haven't been forgotten
And by us you never will.*



Sadly missed by your sons, daughters, daughters in law, sons in law, grandchildren, great grandchildren, relatives and friends.

Those of you who think of them today, A silent prayer to Jesus say

Anniversary Mass for John on Thursday
19th November at 6.15pm in St. Mary's
Cathedral, Killarney.

Anniversary Mass for Kathleen on
Monday 1st February 2016 at 6.15pm in
St. Marys Cathedral, Killarney.

NOVENA TO ST. CLARE

Ask St. Clare for 3 favours, 1 business, 2 impossible, Say 9 Hail Mary's for 9 days with a lighted candle, and finish with "May the Sacred Heart of Jesus be praised, adored, glorified and loved today and every day throughout the world forever, Amen."

Pray, whether you believe or not.

Publish on the 9th day.

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

Favour often granted on the third day.

NOVENA TO THE SACRED HEART

You have said O'Divine

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

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ST THERESE

O glorious Saint Therese, whom Almighty God has raised up to aid and counsel mankind, I implore your Miraculous Intercession.

So powerful are you in obtaining every need of body and soul our Holy Mother Church proclaims you a "Prodigy of Miracles...the Greatest Saint of Modern Times." Now I fervently beseech you to answer my petition (mention here) and to carry out your promises of spending Heaven doing good upon the earth... of letting fall from Heaven a Shower of Roses. Henceforth, dear Little Flower, I will fulfill your plea "to be made known everywhere" and I will never cease to lead others to Jesus through you.

Amen. Say the above for 9 days and you will receive a flower or a rose in some form during or after 9 days as an indication that your request will be granted.

NOVENA TO ST. CLARE

Ask St. Clare for 3 favours, 1 business, 2 impossible, Say 9 Hail Mary's for 9 days with a lighted candle, and finish with "May the Sacred Heart of Jesus be praised, adored, glorified and loved today and every day throughout the world forever, Amen."

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Favour often granted on the third day.

L.B.W.

NOVENA TO THE SACRED HEART

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

NOVENA TO THE SACRED HEART

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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.C.

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.C.

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NEVER KNOWN TO FAIL

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You have said O'Divine

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



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