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KILLARNEY Outlook

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|---|---|--|--|
| EVEREST (12A) 130m 7 Days 6:30 2:00 Sat/Sun | 3D EVEREST (12A) 130m Sat/Sun 4:20 | THE VISIT (15A) 100m 7 Days 6:40 9:00 | LEGEND (18) 135m 7 Days 6:15 8:45 |
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| | | |
|--|---|---|
| ME AND EARL AND THE DYING GIRL (12A) 115m 7 Days 6:15 | MAZE RUNNER THE SCORCH TRAILS (12A) 115m 7 Days 6:20 8:45 Sat/Sun 1:30 4:30 | STRAIGHT OUTTA COMPTON (16) 155m 7 Days 8:30 |
| PAPER TOWNS (12A) 120m Sat/Sun 4:05 | PIXELS (12A) 115m Sat/Sun 2:05 4:15 | INSIDE OUT (G) 770m Sat/Sun 12:15 2:15 4:15 |

| | | |
|--|--|---|
| MINIONS (G) 105m Sat/Sun 2:05 | KIDS CINE CLUB Sat 19th & Sun 20th September | TWO BY TWO (G) 100m 12:10 MINIONS (G) 105m 12:05 SONG OF THE SEA (PG) 100m 12:15 |
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SONIA BRAVES THE RAIN TO LAUNCH KILLARNEY VALLEY AC

Former world champion and olympic silver medallist, Sonia O'Sullivan officially launched Killarney Valley AC on Sunday last at Knockreer.

While she was in Killarney she also endorsed the Killarney 10mile road race which is due to take place on Saturday week, September 26th.

Sonia also met up with the family of the late Richard Clifford who have donated the Richard Clifford Memorial trophy to the community track fundraiser. Richard, who passed away in February 2014 was a big fan of Sonia and enjoyed running. His son Risteard, who is a student at UCC, is showing great potential in both the 400m and 800m and is a member of An Ríocht AC.

Sonia also visited St. Brendan's College during her visit to see the progress that is being made on the community track project.



KILLARNEY VALLEY ATHLETIC WELCOMES ATHLETE SONIA O'SULLIVAN TO KILLARNEY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

The Killarney 10mile road race are still taking entries at www.killarney10mile.com



CONNIE LYNCH, COACH AT KILLARNEY VALLEY ATHLETIC WITH THE JUNIOR ATHLETES LEAD BY WORLD CHAMPION SONIA O'SULLIVAN IN KILLARNEY NATIONAL PARK ON SUNDAY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



READY TO RUN WITH SONIA AT KILLARNEY NATIONAL PARK WERE JUNIOR MEMBERS OF KILLARNEY VALLEY ATHLETIC CLUB L-R DAVID O'DONOGHUE, NEIL O'CARROLL, OISIN LYNCH & CIAN LYNCH. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



DESPITE THE DOWN POURS KILLARNEY VALLEY ATHLETIC CLUB TURNED OUT IN LARGE NUMBERS TO WELCOME ATHLETE SONIA O'SULLIVAN (CENTRE) TO KILLARNEY AND ENJOY A RUN TO BALLYDOWNY BRIDGE WITH THE DIFFERENT AGE CATEGORIES. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



THE RICHARD CLIFFORD MEMORIAL TROPHY: SONIA O'SULLIVAN PICTURED WITH GERALDINE AND SADBH CLIFFORD AND WEESHIE FOGARTY AT THE LAUNCH OF KILLARNEY VALLEY AC.

KERRY MILLNER IS FINALIST AT CORK FASHION WEEK

A Kerry Milliner has been confirmed as a finalist in the Milliner of the Year category at A Celebration of Irish Design at Cork Fashion Week 2015. Cathy Troth from Firies has been invited to show up to 8 pieces from her current collection.

The event will take place at The Grainstore, Ballymaloe House, Shanagarry, Co. Cork on the 7th of October at 3pm for the Mercedes-Benz MSL Fashion Week Awards Ceremony.

The ceremony will be preceded by a Fashion Show showcasing collections from some

of Ireland's leading designers, including Jennifer Rothwell and Catriona Hanley and afternoon tea served by the award winning team at Ballymaloe House. Mercedes-Benz MSL Fashion Week Cork was founded by Emer O'Mahony and Vivienne McCarthy, Co-Directors of Lockdown Events and Model Management, in 2008. This year will see it celebrate it's 8th year as a key platform for Irish designers and independent boutiques to showcase their work and collections.



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MUMS JOIN FORCES TO HELP SYRIAN REFUGEES

Distraught over images of children affected by the Syrian crisis, two Listry mothers decided to take matters into their own hands and organise a collection of humanitarian aid to send to Greece with the charity group Help for Humans. Elerena Leslie and Sinead Cunningham printed posters and flyers and delivered them to schools and shops in Listry/Faha area. Once they organised a collection point at Listry Community centre, the kindhearted mums were inundated with offers of everything needed to make life a little easier for those people affected by the humanitarian disaster. "I received a phone call from a lady by the name of Gillian Taylor Smyth who, with her husband

Tony are the chief organisers of the charity, Help for Humans, humanitarian aid to Greece and they kindly organised transport to collect the all the items we received", Elerena told the Killarney Outlook.

"The turn out was incredible", she added, "we collected clothes, bedding, toiletries and food. People came from as far as Cahersiveen and Portmagee to donate".

"The kindness of people was truly amazing. Everyone was glad to help and were only too delighted with a collection point to do so". As the collection was such a success it is hoped to hold one again in the coming weeks.



ELERENA LESLIE (RIGHT) AND SINEAD CUNNINGHAM PICTURED AT LISTRY COMMUNITY CENTRE WHERE THEY COLLECTED AID WHICH IS ON ITS WAY TO HELP SYRIAN REFUGEES IN GREECE.

SKELLIG MICHAEL INSPIRES CULTURE NIGHT EXHIBITION



SKELLIG PUFFINS: BY JULIAN-FRIERS

Killarney Art Gallery celebrates Culture Night this Friday September 18th with a wide-

ranging exhibition of works influenced by the Skellig Islands.

Skellig Michael has recently inspired international filmmakers, but it has long fascinated the painters, photographers, and craftspeople showcased in the Killarney Art Gallery exhibition.

A highlight of the show will be a collection of 18 photographs from the National Library of Ireland that were taken on Skellig Michael in the early 20th century.

THE ARTISTS: The Killarney Art Gallery show will also feature works by artists including wildlife specialist and former Royal Ulster Academy president Julian Friers, Dingle artist Liam O'Neill, Dublin painter Paul Kelly, and German-born photographer Madeleine Weber,

as well as Killarney furniture maker James Purcell's piece inspired by the dry stone wall techniques used by the monks to build their beehive huts.

THE WORKS: Among the varied selection of works on show will be Friers's oil portraits of the iconic Skellig puffins, dramatic depictions of the Atlantic Ocean around the islands painted by Kelly after a recent visit, and Weber's large-scale photographs of the Skelligs in all their moods.

Killarney Art Gallery, 32 Main Street, will open from 7pm to 10pm on Culture Night. The exhibition will run for a week from September 18th and can be viewed online

www.killarneyartgallery.com

HEALTH LINK BUS RECEIVES GREAT SUPPORT

"The Kerry Cancer Support Group-Kerry Cork Health Link Bus was recently presented with a cheque for €1,600, the proceeds from a benefit dance held at the Torc Hotel in Killarney in July. The dance was organised by Ted Leizcyneski and friends. It was a hugely successful and enjoyable night with people from Kerry and parts of Cork in attendance.

The Kerry Cancer Support Group would like to thank the organisers, the musicians, singers, all those who supported the event on the night and the Torc for hosting the dance.

PICTURED ARE L-R BREDA DYLAND (SERVICE MANAGER KERRY CANCER SUPPORT GROUP), COLIE CLORAN (SINGER), MIKE FITZGERALD SOUTHERN PRIDE, PAUDIE MCCAULIFFE SHADES OF COUNTRY, TED LEIZCYNESKI, JOAN MCCAULIFFE SHADES OF COUNTRY, CON HOULIHAN AND JAY GALVIN (CHAIRMAN KERRY CANCER SUPPORT GROUP)



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KILLARNEY GOES CAR-AZY AS CANNONBALL ROARS INTO TOWN

On Saturday September 12th 2015 at 5.30pm CANNONBALL arrived back to Killarney with a mighty roar for the first time since 2011. Spectators got up close and personal with 180 of the finest cars on the planet in the town centre and soaked up the electric atmosphere that Cannonball brings. CANNONBALL, the action packed Supercar spectacle in aid of the Make a Wish Foundation returned to Killarney and excitement was widespread for this widely anticipated event. Sponsored by Manhattan Popcorn, CANNONBALL went up a gear with 180 supercars and over 150,000 spectators all over Ireland. Soap stars Ryan Thomas from Coronation St and Adam Thomas from Emmerdale joined celebrity cannonballers this year and some of the most unique cars in the world were shipped in for the event. The gleaming convoy drove through 820KM of Irish open roads through Dublin, Leitrim, Sligo, The Wild Atlantic Way, Killaloe, Killarney, Cahir and finished in Wexford.



Killarney Outlook Photographer Marie Carroll-O'Sullivan was there on the night to capture

the cars and car watchers!
MORE PICTURES ON PAGE 16.



AWAITING THE CANNON BALL IRELAND road trip in aid of the IRISH MAKE A WISH FOUNDATION FRONT ROW L-R LAUREN O'CONNOR, AARON O'CONNOR, CLODAGH O'CONNOR & REBECCA O'CALLAGHAN. BACK ROW L-R TIM O'CONNOR & DAMIEN O'CALLAGHAN.



JOHN & CATRIONA WHITE ENJOYING THE IRISH CANNON BALL road trip in aid of the MAKE A WISH FOUNDATION WITH THEIR TWO SONS BRIAN (LEFT) & SEAN (RIGHT).



THE FOLEYS FROM KILLARNEY TAKE THEIR SPANISH STUDENT TO SEE THE IRISH CANNON BALL road trip in aid of the MAKE A WISH FOUNDATION L-R LUKE FOLEY, MORGAN FOLEY, GONZALO HERNANDEZ & SIMON FOLEY.

AOIFE TAKES CENTRE STAGE AT CROKE PARK



ALL SMILES: AOIFE CRONIN
PHOTO: LISA O'SHEA.

While all eyes will be on the Kerry Team as they make their way onto Croke Park on Sunday one lucky Killarney girl will also be taking centre stage.

Aoife Cronin, 10 from Ballydowney, a daughter of Bernie and Denis Cronin has won the opportunity to be a flag bearer on the day. Aoife's mum Bernie entered the competition on the Supervalu Facebook page and Aoife is one of four children in Ireland to be chosen.

It will be a family affair for the Cronin's as Aoife will be joined by her mum and dad and brother Tom at the game.

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TRUTH #5

Teens wearing Invisalign clear aligners are 68%

less likely to be teased

than those wearing metal braces.* Since Invisalign aligners are virtually invisible, bullies can't tease what they can't see.

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ENTRIES SOUGHT FOR HUGH O'FLAHERTY MEMORIAL WEEKEND COMPETITIONS



As part of the 2015 Memorial Programme, the Hugh O'Flaherty Memorial Society is holding three competitions.

Short Listed and Winning Entries will be included in the Hugh O'Flaherty Photo & Memorabilia Exhibition, which will run in Killarney Library from Friday October 30th to Saturday November 7th 2015.

OPEN PHOTO COMPETITION: This Competition invites entries in single image or montage/collage format which should represent the Monsignor Hugh O'Flaherty Story in terms of places, people, objects & images and events of relevance and should be "Titled". Historical images from other sources may be included in montages/collages but the main image content must be the original work of the entrant. Reflecting the "digital image age", Entries must be submitted only by e-mail in medium / high res jpeg, by Friday October 16th 2015.

Rules, Conditions and Entry Forms available from hofcompetitions@gmail.com

2ND LEVEL SCHOOLS POETRY COMPETITION:

In 1994, poet Brendan Kennelly penned Hugh O'Flaherty's Trees a poem to mark the planting of a Grove of Italian / Mediterranean Trees in Muckross Arboretum to commemorate the Monsignor. The full text of this poem is now displayed in a Commemorative Plaque at the O'Flaherty Grove in Muckross Arboretum.

The Hugh O'Flaherty Memorial Society now invites 2nd Level Students to compose a poem on the theme of the Monsignor's work and his legacy. Entries must be typed in black font and submitted only by e-mail by Friday October 16th 2015.

Rules, Conditions and Entry Forms available from hofcompetitions@gmail.com

PRIMARY SCHOOLS 5th & 6th CLASSES ILLUSTRATED ESSAY COMPETITION:

5th & 6th Class Primary Students are invited to write a short essay which can include a relevant illustration, on why Monsignor Hugh O'Flaherty is considered a Hero. A special prize will also be presented to the School with the best overall collective submissions.

Because Primary School entries can be handwritten, they can be submitted in hard copy or, by e-mail by Friday October 16th 2015. Rules, Conditions and Entry Forms available from hofcompetitions@gmail.com

The 2015 Memorial Weekend will be held from Friday October 30th to Sunday November 1st. The highlight of the programme will be the Humanitarian Award Ceremony on Saturday evening October 31st - the 2015 Award recipient is Killarney born Redemptorist Missionary to Brazil, Fr Sean Myers. Further information available from hofmemorialsociety@gmail.com

KERRY RESTAURATEURS GATHER TO DISCUSS CALORIE LABELLING ON MENUS

The Restaurants Association of Ireland (RAI) will be holding a Kerry branch restaurateurs meeting on Monday 21st September at The Brehon Hotel, Muckross Road, Killarney, Co. Kerry at 2.30pm. Various topics, current issues like calorie labelling on menus, training programmes relevant to the restaurant and

hospitality industry will be discussed at the meeting along with the key issues in the upcoming Budget that affect the restaurant industry including the Proposed Increase in the Minimum Wage & PRSI Measures; Maintaining the 9% Tourism VAT Rate and Excise Duty.

NEED SOME ACCOUNTANCY ADVICE?

If you need some accountancy advice why not have a look at O'Brien Coffey Accountant's column which will appear weekly in the Killarney Outlook.

The column will cover all things accountancy

related and will be relayed in laymans terms making it simple for everyone to understand. Their first column appears in this week's Killarney Outlook on page 56.

DOCTOR FOR RATHMORE

Cllr Danny Healy Rae is glad to relate that following months of representations for a Doctors Surgery in Rathmore Dr. Walsh's Locum Doctor will attend the Health Centre in Rathmore at 10.30am every Thursday.

Dr. Walsh and the HSE are committed to providing a more complete service for the area in the coming months, this is very welcome news for the people of Rathmore and East Kerry.

AGHADOE TO STAY OPEN 7 DAYS A WEEK

This autumn sees the popular 5* Aghadoe Heights Hotel & Spa opening 7 days a week for the first time since 2007.

"Our staff work tremendously hard and we feel the market place has changed significantly over the past 12 months, affording us the opportunity to provide our renowned 5* hospitality year round", said General Manager, Geraldine Dolan.

COOKING FOR LIFE

Professional, award-winning chef, Mark Doe will be cooking up something tasty for a good cause at Beaufort's stylish Dunloe Hotel, on Wednesday 30th September 2015 at 7pm.

The Fries based chef who has spent over twenty years working in some of Europe's finest hotels and restaurants, will share valuable and practical cooking knowledge and skills whilst ensuring you and your friends have a fun and entertaining evening out. You'll even get to try some of Mark's delicious dishes.

So why not come along and learn some new recipes, cooking techniques and some tricks of the trade and then show off everything you've learnt back home!

You'll also be supporting a life and death cause, as Beaufort's 9 life-saving defibrillators need to be consistently funded to remain in reliable working order.

All proceeds from the event are in aid of Beaufort Defibrillators.

Tickets cost €15 each and there will be a door prize and raffle on the night.

FANCY A GAME OF BRIDGE?

Bridge classes for beginners will commence on Monday night 28th September 2015 at 8pm in the St Vincent De Paul room, Church Street, Castleisland. For further information please contact Garry Leahy on 087-2457310

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HARDCORE CLIMBERS TACKLE CARRANTUOHILL IN HORRENDOUS CONDITIONS

A squad of Irish rugby legends led the charge as close to 100 volunteers summited Carrauntoohil for charity, last weekend.

Participants in GAA-star Alan Kerins' 'Caps to the Summit' event didn't let driving rain get in their way as they made their ascent, and succeeded in raising more than €100,000 to support the work of Irish development organisation, Gorta-Self Help Africa.

Rugby stars, including Kerry's own Mick Galwey and ex-internationals Shane Byrne, Tony Ward, Ollie Campbell, Donal Lenihan and Denis Hickie were joined by stars of a number of other sporting codes - long-distance running champ Sonia O'Sullivan, GAA star Sean Og OhAilpin and the 'Godfather of Kenyan distance running' Bro Colm O'Connell on the climb, which was the second charity ascent of the mountain by Kerins to support African development work. In 2014 the Galway-man led a similar expedition to Keel, when he was joined by over 100 stars and fans of Gaelic Games on a 'Sam to the Summit' climb that brought the Sam Maguire Cup with them to the top of Ireland's highest mountain.

Gorta-Self Help Africa CEO Ray Jordan, who participated in the climb, described last Friday's effort as 'gruelling', but expressed his thanks



HARD CORE... TAKING PART IN THE 'CAPS TO THE SUMMIT' FUNDRAISER, WITH IRISH RUGBY LEGENDS, IN AID OF ALAN KERINS PROJECTS IN PARTNERSHIP WITH GORTA (SELF HELP AFRICA), WERE, DARRAGH SCULLY, LEFT, RONAN SCULLY, GORTA, AND IRISH LEGEND MICK GALWEY, ON THEIR ASCENT TO CARRAUNTOOHIL, MACGILLYCUDDY'S REEKS, ON FRIDAY, IN HORRENDOUS CONDITIONS. PHOTO: VALERIE O'SULLIVAN.

and gratitude to all those who took part, to the event's sponsors, and to the community of Keel and Kerry Mountain Rescue for their valuable

backing.

To find out more visit:

www.capstothesummit.com



MARSHALS FROM KERRY CLIMBING, WITH THE 6 NATIONS CUP AND IRISH RUGBY LEGENDS WITH SONIA O'SULLIVAN AND ESTER CRONIN, CRONIN'S YARD, BEFORE ASCENDING CARRAUNTOOHIL, AS PART IN THE 'CAPS TO THE SUMMIT' FUNDRAISER. PHOTO: VALERIE O'SULLIVAN.



IRISH RUGBY, GAA, AND ATHLETIC LEGENDS, WITH ALAN KERINS, GATHER AT CRONIN'S YARD, ENTRANCE TO THE HAGS GLEN, BEFORE MAKING THE ASCENT ON CARRAUNTOOHIL, MACGILLYCUDDY'S REEKS, TAKING PART IN THE 'CAPS TO THE SUMMIT' FUNDRAISER. PHOTO: VALERIE O'SULLIVAN.



MRS EILEEN CRONIN, CRONIN'S YARD, THE OFFICIAL STARTING POINT TO ASCEND CARRAUNTOOHIL, HOLDS THE LADIES WORLD CUP WITH TANIA ROSSER, FIONA COUGHLAN, FIONA STEED, NORA STAPLETON, AHEAD OF THE 'CAPS TO THE SUMMIT' FUNDRAISER, WITH IRISH RUGBY LEGENDS, IN AID OF ALAN KERINS PROJECTS. PHOTO: VALERIE O'SULLIVAN.



KILLARNEY RUGBY MEMBERS, LIAM MAGUIRE, RORY D'ARCY, PAT EVISTON AND DAN DOONA, WITH THE SIX NATIONS CUP AHEAD OF THE ASCENT ON CARRAUNTOOHIL, MACGILLYCUDDY'S REEKS, TAKING PART IN THE 'CAPS TO THE SUMMIT' FUNDRAISER, WITH IRISH RUGBY LEGENDS, IN AID OF ALAN KERINS PROJECTS IN PARTNERSHIP WITH GORTA (SELF HELP AFRICA) ON FRIDAY. PHOTO: VALERIE O'SULLIVAN



JOHN CASEY, THE BLACK VALLEY WITH HIS DAUGHTERS LEAH AND AVA CASEY, HOLDING THE RBS SIX NATIONS CUP AT THE CHARITY 'CAPS TO THE SUMMIT' CLIMB ON CARRAUNTOOHIL. PHOTO: VALERIE O'SULLIVAN.

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PROPERTIES OF THE WEEK

RICS Real Estate Institute



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

2 Bedroom Ground Floor Apartment (approx 1,000 sq ft) with allocated Car Parking Space. Fully Furnished. Electric Storage heating. Adjacent to Killarney National Park & 5 minutes to Killarney Town Centre

REF 800 **BER C3**



Under Offer

19 SAIL ARDAN, PARK ROAD Guide Price €165,000

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

REF 738 (BER Pending)



35 AN PAIRC, GNEEVGUILLA Guide Price €80,000

3 Bedroom Semi-detached House (1,255 sq ft) - 80% completed. Golden oak PVC windows, first fix plumbing, first fix heat recovery ventilation, first & second fixed wiring completed. Internal joinery & plastering completed

REF 798

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MICK O'DWYER TO BE PRESENTED WITH GPA LIFETIME ACHIEVEMENT AWARDS



KERRY GAA LEGEND MICK O'DWYER.

Kerry football icon Mick O'Dwyer along with Tipperary hurling legend Jimmy Finn will be honoured by the Gaelic Players Association at the annual Former Players Event in Croke Park next Saturday.

O'Dwyer and Finn will be presented with the

prestigious GPA Lifetime Achievement Awards for their contribution to football and hurling at a gathering of over 300 former county players.

O'Dwyer's retirement from inter-county management last year brought six decades of involvement in the game to a close. His extraordinary legacy as manager, however, was preceded by his four All-Ireland medals, 11 Munster titles and seven National League successes on the field of play.

Along with the Lifetime Achievement Awards, the GPA Former Players Group, chaired by Tony Hanahoe, will also recognise All-Ireland winning hurling and football teams from five decades – 1965, 1975, 1985, 1995 and 2005 with players from each squad present next Saturday.

BUTTER IS BACK – KERRYGOLD SALES HIT RECORD LEVELS IN KEY US MARKET

Sales of Kerrygold butter and cheese are powering ahead strongly in the key US market according to data released this week.

Kerrygold Butter has now reached the number three position in the US market, up from fifth place at this time in 2014, with butter revenue increasing by over 60% in the last 12 months. Increasing awareness of the nutritional benefits of choosing butter from grass fed cows, has allowed Kerrygold to benefit from resurgence in butter sales. The surge in popularity comes after Time Magazine published a front cover exhorting their readers to 'eat butter'.

1,000 LADIES SET THE PACE AT MINI MARATHON

The Dawn Milk Killarney Women's Mini Marathon will take place at 11am this Saturday, September 19th, 2015, starting on the streets of Killarney and finishing in the fabulous surrounds of the Killarney National Park. The event is getting bigger and bigger with 1,000 women expected to participate this year. The Dawn Milk Killarney Women's Mini Marathon is open to all ages and levels of fitness, ladies can walk, jog or run the 10km route. This year will also see the introduction of the 5K Family Fun Challenge where you can walk or jog with the whole family.

Race organiser Catriona Kelly commented "The popularity of event is down to the partnership built up with Dawn Milk over the past number of years. The event offers a fun, family themed atmosphere to the day, with participants receiving a T-shirt, medal, refreshments and post-race entertainment. Of course there is no shortage of that competitive edge on the day for any ladies wanting to race.



GETTING READY FOR THE DAWN MILK KILLARNEY WOMEN'S MINI MARATHON ARE KELLY ROBBINS, TRALEE, DEIRDRE DOODY, CASTLEISLAND .
PHOTO BY : DOMINICK WALSH / EYE FOCUS LTD © TRALEE

So whether you are walking for charity, jogging in memory of loved ones or more importantly running to be social don't forget to get out there on the day and enjoy yourself."

To register for the Dawn Killarney Women's Mini Marathon, ladies can sign up online now on www.killarneywomensminimarathon.ie or call to Feet First, High Street, Killarney.

GLOBAL AUDIENCE FOR WILD ATLANTIC WAY

Over the next few weeks the Wild Atlantic Way will be awash with some of the most influential travel media from across the globe, as they undertake tailored itineraries in an overseas media blitz designed, hosted and managed by Fáilte Ireland, in collaboration with Tourism Ireland.

Targeting national and regional print publications, as well as online magazines and blogs, groups from China, Canada, the USA and Europe were invited to enjoy the Wild Atlantic Way and tourism businesses are looking forward to welcoming them over the next number of weeks. The selected media have a combined audience reach of over 90 million, representing a diverse cross section of possible visitors which Fáilte Ireland has identified as having the greatest potential for coming here.

CALLING ALL BUDDING ARTISTS

"Happiness is"... is the theme of this year's Credit Union National Art Competition which has just been launched by Killarney Credit Union. Now in its 32nd year, the competition attracts up to 50,000 entries through 300 credit unions nationwide and caters for all ages, with categories ranging from under 7 to over 18 and adult. There is a special category for those with physical and intellectual disabilities.

Killarney credit union is inviting anybody with an interest in art to enter the local competition. Entry forms are available from the local credit union branches in Beech Road, Park Road and

Kenmare and also online at www.killarneycu.ie. The closing date for entries to Killarney Credit Union is the 19th October at 5pm.

Winners, runners up and merit award winner at local level go on to represent Killarney Credit Union at regional level and if successful, at national level. Local winners will receive their prizes at a local prize giving ceremony and their artwork will be displayed in the local branches. Helen Courtney Power, Business Development Officer with Killarney Credit Union said "we are encouraging all credit union members, young and old to participate in this competition. With



an uplifting theme of "Happiness is" should give much inspiration to aspiring artists in our community".

MONEY MATTERS....

By Dermot Cronin,
Financial Advisor



ARE YOU PAYING TOO MUCH FOR YOUR LIFE COVER?

Yes, you could be paying too much for your life cover. If you took out life cover for any reason personal, business, mortgage etc you need to review it regularly. You need to do this for a number of reasons: The cost of your cover today may be less now than what you are paying for it.

Your circumstances may have changed since you took out the policy and you may not need as much cover as what you have at present, this could bring down the cost.

Your premium may not have been compared with premiums from other life companies when you took it out, this can and should be done for you now.

You may have been a smoker in the past and are a non smoker now with over 12 months.

You could have been charged a higher premium in the past for health reasons, this higher premium may not apply now.

If your life cover premium was reduced by €20 per month, over the next ten years that's saving you €2400.00. We are all trying to find ways to save money, this is one way that you could save money, it's easy to check this out. Contact an independent financial advisor who will review your cover and explain the options available to you.

To make an appointment or contact me in relation to the above or any other matter call me at **064 66 22775**.

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WANTED URGENTLY - PROPERTIES TO SELL AND TO LET - NO SALE NO FEE - NO LET NO FEE

FOR SALE

SLIEVENAMON, MINISH, KILLARNEY, CO. KERRY

Splendid detached dormer bungalow superbly located just 2.5 miles from Killarney town just off the main Killarney to Cork Road with stunning mountain views. The property, constructed in 1997, is in excellent decorative order featuring hand crafted kitchen, solid wood flooring, 2 natural fuel stoves and barbeque decking area at rear.

PRICE €295,000



11 CUL AN BHARRAIGH, FIRIES, KILLARNEY, CO. KERRY

Stunningly furnished semi-detached property with stylish interior designed décor throughout enhancing the attractiveness of this stylish property. The solid oak flooring, new porcelain tiling, co-ordinated curtains, light fittings etc. and barbeque decking area at rear further enhances this fine property. The property is located in Furies Village, 8 miles to Killarney and adjacent to primary school, shop, pub etc. with view over large green area and close to Kerry airport and Farranfore bus and train stations. The ideal family residence in a popular Kerry Village.

PRICE €155,000



BOULIA, FIRIES, KILLARNEY, CO. KERRY

Magnificent private residence constructed in 1992, enhanced by an elegant and classical interior design and furnishing. Excellent location just 6.5 miles from Killarney town and perched in an elevated landscaped site with beautiful countryside and mountain views. The landscaped gardens, with an array of exotic trees and shrubs, manicured lawns and private, tranquil barbeque area, further enhances the appeal of this fine property.

PRICE €279,500



Hennigan Auctioneers 66 New St., Killarney t| 064 6634582 m| 087 2354416 www.daft.ie/hennigan

PROPERTY OUTLOOK : THROUGH THE KEYHOLE.... A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET



Address: 19 Sail Ardán, Park Road, Killarney. 2 Bedroom (2 Bathroom) Townhouse (approx 1,000 sq ft) a short walk to Killarney Town Centre & close to all local amenities. Private garden with shed, PVC windows, Teak front door, Oil fired central heating, Private parking. Ideal investment or first time buyer property.

Agent: ● Property Partners Gallivan & its4rent.ie ● College Square., Killarney ● Tel: 064 6634177 www.propertypartners.ie

Guide Price: €165,000 BER Pending Ref:738

Auctioneers who would like to feature on "Through the Keyhole" contact Des on **087-6593427**.



PICTURED AT THE KILLARNEY ROYAL HOTEL FOR THE KERRY HOSPICE COFFEE MORNING WERE L-R SHELLEY MURPHY, KATHLEEN COEN & ANN O'CONNOR. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE KILLARNEY ROYAL HOTEL FOR THE KERRY HOSPICE COFFEE MORNING WERE L-R SUE McDONOUGH, NOREEN COLLINS, PAT DOONA, HANNAH MARY LYNE & KAY SPILLANE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ENJOYING A BREW AT THE KERRY HOSPICE COFFEE MORNING AT KILLARNEY ROYAL HOTEL WERE L-R NUALA SWEENEY, GERALDINE O'SULLIVAN AND JOANNE BROSAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PAULA HEERY ENJOYING THE IRISH CANNON BALL ROAD TRIP THROUGH TOWN, IN AID OF THE MAKE A WISH FOUNDATION WITH HER TWO SONS JAKE (RIGHT) & JAMIE (LEFT). PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE GLENEAGLE HOTEL FOR THE ANNUAL RONALD McDONALD HOUSE "WALKING4FAMILIES" WERE BARTLEY & PATRICIA O'RIORDAN WITH THEIR TRIPLET DAUGHTERS FROM FIRIES L-R JESSICA, TARA & EVELYN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE GLENEAGLE HOTEL FOR THE ANNUAL RONALD McDONALD HOUSE "WALKING4FAMILIES" WERE L-R AOIBHIN EVANS & AINE O'SULLIVAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



SIMONE REEVES (CENTRE), MODEL FROM BRAZIL, PAUSES FOR A PHOTO WITH THE STEWARTS AND GARDAI AT THE IRISH CANNON BALL ROAD TRIP WHICH PASSED THROUGH KILLARNEY ON SATURDAY EVENING L-R GARDA MARGARET HYNES, GARDA MIKE QUIRKE, LIAM BARRY, SIMONE REEVES, DANNY CRONIN, CONOR HENNIGAN & JOHN MCHUGH. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE GLENEAGLE HOTEL AT THE ANNUAL RONALD McDONALD HOUSE WALKING4FAMILIES WERE BACK ROW L-R KEITH & MARY McMAHON. FRONT ROW L-R MIA McMAHON, LUKE McMAHON & JASMINE O'RIORDAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



Jerome O'Regan

AUCTIONEER & VALUER

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COILL DOIRE

Faha, Killarney.

A magnificent detached home completed to builders finish. It comprises 2,000 sq ft. approx. of very well proportioned rooms incl. 4 bedrooms. The excellent workmanship and design are clearly evident. Close to N.S., Equestrian centre, Killarney Country Club, and G.A.A. grounds. This is a very convenient location for commuting to Killarney, Milltown, Killorglin, Tralee and Kerry Airport. BER: B1



GUIDE PRICE: €255,000

MAUGHANTOURIG

Gneeveguilla, Killarney.

A delightful detached bungalow in excellent condition throughout. It offers the unique charm of its time, 4 bedrooms, 2 double and 2 single. Bathroom, lounge, kitchen/dining. Dual c/h from oil and also from a very modern solid fuel stove. It benefits from mains water and also its own private well. Standing c.1/3 acre this delightful dwelling offers first time buyers a great opportunity to own their own home at a very affordable price. Extreme well maintained, cosy and comfortable with low maintenance costs. BER Pending.



PRICE REGION €75,000.

95 NEW STREET,
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NEW TO MARKET

22 PARK DRIVE, KILLARNEY

Very well presented four bedroom semi-detached family home, convenient to all town centre amenities, in enviable location just off Park Road. The property which is not overlooked has been modernized with new Shaker oak kitchen and double glazed windows throughout. Ideal retirement/first time buyer property.



Price Region: €230,000

FOR SALE BY PUBLIC AUCTION (Unless previously sold)

68.31 ACRE FARM HOLDING, BALLYBANE, FIRIES, KILLARNEY.

At 3.00pm Friday 30th October, 2015
Royal Hotel, Killarney, Co. Kerry

On the instructions of representatives of the Estate Nora O'Mahony deceased.

68.31 Acres (27.65 hectares). Folio KY8760

This is a rare opportunity to purchase a sizable farm holding of prime quality agricultural land, in the mid Kerry area. The holding adjoins the main Killarney Tralee rail line, only 2.5km from Scart Cross, from the Tralee road and 2km from Furies Village.



Advised Market Value: €600,000

Solicitor with carriage of sale: Eoin Brosnan, Niall Brosnan & Co., 5 St. Anthony's Place, Killarney. Tel: 064-6632505

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DAY & EVENING CLASSES



• NEW ECDL ver 6 •

3 Modules €245 Tuesday 22nd Sept

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MS Word €245 Thursday 24th Sept

• Computers for Beginners •

Internet & typing €145 Monday 21st Sept

• Social Media •

Facebook, Twitter, Instagram, €95 Thursdays

• SAGE Accounts 2015 •

Wednesday 23rd Sept €265

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COLLEAGUES BID GERALDINE A FOND FAREWELL



PICTURED AT A FAREWELL PRESENTATION TO DR. GERALDINE SHEEDY, DIRECTOR OF SouthWest Counselling Centre, KILLARNEY, WERE FRONT FROM LEFT, BRENDAN ROWNTREE, EDEL HOBBERT (SWCC CLINICAL MANAGER), GERALDINE SHEEDY, NIKKI WISSELL (SWCC BUSINESS MANAGER), ANNAMARIE O'SHEA. BACK FROM LEFT ARE JACKIE HARVEY, ANNE SLOWEY, MARGARET FOLEY, MARK AHERN, YVETTE SHEA, AND CAIT DUGGAN. PICTURE: EAMONN KEOGH (MACMONAGLE.COM)



PICTURED AT A FAREWELL PRESENTATION TO DR. GERALDINE SHEEDY, DIRECTOR OF SouthWest Counselling Centre, KILLARNEY, WERE FRONT FROM LEFT, FR CHRIS CONNOLLY OFM, EDEL HOBBERT (SWCC CLINICAL MANAGER), TIM O'LEARY (ADVISOR TO THE BOARD) GERALDINE SHEEDY, MICKEY NED O'SULLIVAN, NIKKI WISSELL (SWCC BUSINESS MANAGER) AND DENIS MURPHY. MIDDLE ROW FROM LEFT ARE MARGARET FOLEY, MICHELLE O'BRIEN, RUTH BYRNE, MARK AHERN, SARAH O'BRIEN AND MAIREAD O'SULLIVAN. BACK FROM LEFT ARE FR HILLARY, CATHERINE DUNNE, JOSEPHINE O'SULLIVAN LINEHAN, JACKIE HARVEY, CAIT DUGGAN, MAIRE O'LEARY, YVETTE SHEA, ANNE SLOWEY, ANNAMARIE O'SHEA, JOHN ADAMS AND BRENDAN ROWNTREE. PICTURE: EAMONN KEOGH (MACMONAGLE.COM).

After 13 years as director of the SouthWest Counselling Centre Dr. Geraldine Sheedy received a fond farewell from her colleagues. Based at the Franciscan Friary, Killarney. Geraldine joined the Centre in March 2000. She was instrumental in developing the services and resources available at the Centre and in

building up a caring and professional team of counsellors and support staff.

The Centre is now a valued and essential part of the community offering low cost counselling services to individuals (children, adolescents and adults) as well as providing support

services, Workshops and Seminars.

A presentation was made by staff thanking Dr. Geraldine Sheedy for her years of dedication and devotion in building up the profile and services of SouthWest Counselling. The Staff and Board wish Geraldine the very best in her career.

KILLARNEY LAUNCH FOR 'THE BOLD KERRYMAN'

Renowned singer, accordionist and storyteller Séamus Begley is set to launch his new album "The Bold Kerryman" at the INEC Acoustic Club on September 25th.

A member of the renowned musical family from Baile na bPoc, Ballydavid, he has been singing and playing accordion from an early age. In 1972 he recorded his first album, An Ciarraíoch Mallaithe with his sister Máire. They made a second album, Planxtaí Bhaile na bPoc for Gael Linn in 1989, introducing for the first time, the Australian guitarist Steve Cooney.

Continuing his partnership with Cooney, the duo played polkas and slides from the West Kerry tradition, creating one of the seminal recordings in Irish music, Meitheal, which was released in 1996. Meitheal is a brilliant fusion of energy and tradition, with neither being compromised by the other. Most of the tracks are dance tunes - fast and furious polkas and

slides native to the Kerry region. His 2001 album Ragairne, recorded with guitarist Jim Murray, was voted 2001 'Traditional Album of the Year' in both Hot Press Magazine and The Irish Times, the latter noting at the time: "Begley seems to have successfully married all the wilderness of West Kerry with a sublime talent for the feather light touch, when required." He was awarded a TG 4 Gradam Cheoil Singer of the Year in 2013.

Meitheal was re-released in 2014 to 5* reviews and while it is an album perhaps best-known for its dance tunes, the sprinkling of songs from Séamus leaves the listener hankering for more of his sublime vocals. Arguably, the same can be said of all of Séamus's recordings.

With this in mind, UK record producer John Reynolds of New Air Music Studios in Kilburn London (who has worked with Damien Dempsey, Seun Kuti, Sinead O'Connor,



SÉAMUS BEGLEY.

Passenger, Nusrat Fateh Ali Khan, Brian Eno and David Byrne), persuaded Séamus to record an entire album of songs.

Séamus Begley with Tim Edey and Special Guests plays the INEC Acoustic Club on September 25th. Tickets available from www.inec.ie or 064 6671555

OPERATION TRANSFORMATION ARE LOOKING FOR LEADERS

Operation Transformation are looking for five brave new leaders for their 9th season on RTE !.

If you feel you feel you are ready to take on the challenge and lead the nation to a healthier

way of living, email us now at ot@vipmg.tv and we'll send you an application form, or call Darina on 01 864 1444.

HAPPY BIRTHDAY SHAM

Everyone in Killarney Outlook wishes Seamus "Sham" Courtney a very Happy Birthday this week.

Sham is a big fan of our weekly magazine and pops in for a copy every Friday.



Killarney Camera Club

Looking for a new activity?

Whether it's an iPhone camera or top of the range SLR you are welcome.

We are having our club introduction evening on **24th Sept 2015** in the **Conference Room, The Heights Hotel, Killarney at 7.30pm.**

We meet there every fortnight on **Thursday evening at 7.30pm.**

Be part of a friendly group where all levels of ability are welcome.



If you have inquiries, please feel free to contact the Club Secretary, Ellen at **087 6789599** or email secretary@killarneycameraclub.ie
Website: <http://www.killarneycameraclub.ie>

DOES YOUR CAMERA SING?



PHOTO BY SHAHRIAR SHAHIDI

Killarney Camera Club invites you to its open night on Thursday 24 September at 7.30pm in the Killarney Heights Hotel.

Killarney Camera Club is a welcoming group of camera lovers. Nearly all are amateur. Some are quite new to photography and others have many years of experience. Whatever our standard, we all want to be better at photography and being in the Club helps us to do that while having a lot of fun.

You might use your camera to record events or to capture breathtaking scenes or to explore your own creative talent. Whatever your interest, if you want to do it better, come and join us. We all learn from each other.

The Club has a wide range of activities, inside and out.

We have regular outings to places of beauty, to places of historic or architectural interest, to nature spots or simply to the streets. We have teamed up with other camera clubs on weekend trips. We regularly cover some of Kerry's major events, including the Ring of Kerry Charity Cycle, the Operation Transformation Walk and the South Kerry Ploughing Championships. And Killarney Public Library has exhibited some of our best photographs.

On every second Thursday from September to June, we meet in the Killarney Heights Hotel. Here we have presentations by various successful photographers, displays of work by our own members, demonstrations on how to use camera equipment and computer software and workshop sessions of indoor photography. Some of these nights are used for competitions where we have a chance to



PHOTO BY: BILLY HORAN.



PHOTO BY JENNIFER WALSH

see the best work of other members and to get a critique of our own work from more experienced members.

If you have a camera and enjoy taking photographs, you can be involved as well. Come to Killarney Camera Club at its open night in the Killarney Heights Hotel on Thursday 24 September and meet other people who share your interest. You will be most welcome.

Written By: Micheál Ó Searcóid



GARDA ADVICE ON TRAVELLING TO CROKE



PARK ON SUNDAY

ON SUNDAY 20TH SEPTEMBER 2015 THE
ALL IRELAND FOOTBALL FINALS:

STILES OPENING: 12.00hrs

START TIME: 13.15hrs Kerry v Tipperary
(Minor)

START TIME: 15.30hrs Kerry v Dublin
(Senior)

FINISH TIME (APPROX): 17.30hrs

EXPECTED ATTENDANCE: 82,300 (Full
House)

TRAVEL ARRANGEMENTS: All patrons travelling to Croke Park Stadium for the All Ireland Football finals are strongly advised by all agencies involved in the management of the games to utilise public transport and the park and ride facilities. Croke Park stadium is serviced by bus, train and Luas transport facilities.

GENERAL ADVICE: All patrons travelling to Croke Park Stadium for the event are advised to utilise public transport and the park and ride facilities. Croke Park stadium is serviced by bus, train and Luas transport facilities. Patrons who travel by road are advised to travel early to avail of the supervised parking facilities. There are two confirmed supervised car parks available in the vicinity of Croke Park.

- O'Connell's School, North Richmond Street. Entry via North Circular Road.

400 Spaces including special needs spaces.

- Clonliffe College car park. Entry via lower Drumcondra Road.

- 2000 Spaces including special needs spaces. Please refer to www.crokepark.ie for updates on car park opening times.

- No Traffic will be permitted to leave the car parks for a period after the games, in order to allow foot patrons leave the area safely.

Drivers should be aware that illegally or improperly parked vehicles have the potential to cause traffic disruption, obstruction and difficulty to emergency vehicles that may need to access the narrow residential streets that surround Croke Park Stadium.

- Patrons should be aware that illegally parked vehicles will be impounded or clamped and will be liable to a Substantial fine.

- Patrons are advised to travel to Croke Park via the M50 motorway to Navan Road, Finglas Road and Drumcondra Road. These routes lead directly to Croke Park. Supporters arriving via the M50 / M1 motorways are advised to allow time for traffic delays. Patrons who have tickets for the Cusack Stand should approach from the east side of the stadium by using the Port Tunnel and East Link Bridge. Dublin Port Tunnel will be open to all vehicles.

After the game patrons will have the option of travelling the Belfast Road (M1) or on the M50 to the (M2) Ashbourne Road, (M3) Navan Road, (M4) Lucan Road, (M7) Naas Road and (M11) Wexford Road.

RESIDENTS: Patrons are requested to be aware that Croke Park is located in a residential area. Patrons attending Croke Park are requested to respect residents by behaving in an appropriate manner when going to and departing the stadium. Issues such as illegal parking, anti social behaviour, drinking and urinating in public cause difficulties and will not be tolerated by Gardai. Patrons are asked to desist from such behaviour.

SPECIAL NEEDS PARKING: There are no special needs parking facilities on the public streets within the Croke Park cordon area or within the stadium. Special needs parking is provided at the supervised car parks as outlined above.

Where persons have special needs requirements they should contact the GAA directly at www.crokepark.ie for advice and assistance or view <http://arccg.is/1K9S0tj>.

PRE EVENT TRAFFIC RESTRICTIONS: As with all events at Croke Park, a Garda Cordon will be in effect on the streets that lead to Croke Park. Only accredited vehicles will be permitted to pass by this cordon. All vehicles will be checked for accreditation.

Local residents, their immediate families, local business community are in possession of passes and will be facilitated at the barriers. Passes however do not guarantee entry through the cordon where pedestrian volumes exist.

As a guideline the full Garda cordon will be in place one hour prior to stiles opening time and one hour post event to enable match patrons to arrive and depart safely.

PATRON SEARCH: All patrons entering the Garda cordon will be the subject of a ticket

check by Stewards and search by Gardaí. Any offensive articles, e.g. glass bottles, air horns, large flagpoles will be seized. Patrons are advised not to bring any unnecessary baggage with them and are advised to travel early to the stadium to avoid any unnecessary delays.

PUBLIC ORDER: Patrons are advised that the Gardaí will not permit the consumption of alcohol outside public houses, while walking along the street or in any other public place.

Patrons are asked to have consideration for local residents and refrain from anti-social behaviour such as on street drinking and urinating etc.

CRIME: Patrons are advised to be aware of their own personal safety and security while attending the event. They should ensure the security of personal belongings while on route to and from the stadium i.e. purses/wallets/tickets/ Mobile Phones.

Patrons who arrive by vehicle should also ensure that property is not left exposed in parked vehicles. They should ensure that car windows, sunroofs are correctly closed.

CROKE PARK HOTEL CAR PARK: All residents of the Croke Park Hotel will be permitted entry subject to pedestrian presence at the time and are requested to access the hotel via North Circular Road / Russell Street junction where there will be a register of all guest vehicles.

JONES ROAD CROWD MANAGEMENT AND CROWD DISPERSAL PLAN: Jones Road has become a meeting point / access to other areas for patrons attending Croke Park games. The result of this is to seriously increase / interfere with the crowd flows resulting in pedestrian congestion in that area. In the interest of safety, the following measures are being implemented to prevent crowd congestion on Jones Road outside the Croke Park Hotel. Jones Road must be kept exclusively to facilitate exit from the Hogan and Nally Stands for a period of approx 30 minutes after the game ends.

Patrons should arrange meeting points at a distance away from Jones Road or take alternative routes to their intended destination around the stadium away from Jones Road.

All patrons are asked by Gardai to acknowledge and actively participate in this crowd movement plan by complying with Gardaí and stewards directions as they depart the stadium. The result of patron active participation and patron compliance will result in a safer entry and exit from the stadium for all patrons and children and make the stadium environs a safer place for all people.



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Cllr. John Brassil

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

tel: **087 2362330**

email: cllrjbrassil@gmail.com

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IDENTIFY WHAT KIND OF EXERCISER YOU ARE.

PART ONE

"one man's food is another man's poison" and the same goes for working out. If you hate getting up at 6am for a early morning workout then lets face it how long are you realistically going to keep it up. Or if you cant stand lifting weights and dread your next class, then why do it to yourself! There are plenty of options and workouts available for everyone so pick what is right for you!!! And not what a friend tells you has worked for them. Because a TRX or Kettlebells class has worked for a friend, its because they have stuck to it and enjoyed it and that's why it has worked. As I always say "consistency is key", so by identifying what kind of exerciser you are might help you figure out what will work for you. To help you do this ask yourself the following questions?

- Are your energy levels better in the morning or evening? If it's the morning then you're an early bird exerciser and if it's the evening, then the evening time is your one.
- What times have you available in the day to workout? Are you a busy Mom limited to a time when the kids are gone to bed so you're talking from 8pm onwards to exercise? Or are you a shift worker that fluctuates week on week off, so you would need a more flexible workout plan that you can do in your own time or fit around your shifts.
- Do you prefer working out on your own? Then if you do maybe a gym programme or a couch to 5k app might be the way to go for you. Or do you prefer the motivation of joining a group class, then you need to try out a few local classes and pick one you enjoy.
- Do you like High Impact classes? Or low impact more relaxed style classes such as Pilates or Yoga? Do you prefer weight style classes or more cardio style? There are a variety of classes to choose from locally so no excuses there.

PART TWO NEXT WEEK...

MORE TIPS NEXT WEEK...

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OUTLOOK FASHION TIP:

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The belt is meant to give you a waist or hold your pants up. There are times however, the belt should be left at home. If an outfit is already fitted, there is no need for a belt. If you are wearing pants but feeling like belting the shirt, it looks a little odd. Use belts sparingly rather than often.



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Choose lean cuts of meat and trim off any excess fat before cooking. Small servings of lean meat deliver all the nutrients you need and you save money on the extra weight.



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PICTURE: TARA DONOGHUE



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NEW YOGA TUNE UP COURSES

All courses will be delivered by Sara Cooper who has over 14 years experience of yoga practice, meditation, mindfulness, in-depth anatomy and bodywork training and a self proclaimed wellness junkie since her teens. These courses represent the accumulation of years of practice and learning and will be delivered to help you find freedom and wellness in your body and mind no matter the course you choose. Yoga Tune Up is a powerful movement modality to eradicate pain, improve posture and enhance performance. It includes self massage with therapy balls, corrective exercise, yoga based movement and relaxation using biomechanically sound principles of movement. Learn how to live better in your body, pain free by conditioning your body, restoring your posture and creating the foundation for better movement patterns.

Tuesday 22nd September 6.30pm - Beginners and Improvers Yoga Course This is a 6 week course suitable for the complete beginner to yoga and also for those who would like a refresher. This course will serve as a perfect introduction to yoga asanas, (learning safe alignment for each posture and including both active and passive postures for strength building and also deep relaxation), meditation, breathing practices and relaxation. This will be a progressive course leaving you feeling confident with the fundamentals.

8pm - Continuation Class: This class will blend some sweetly challenging yoga postures and variations with a fusion of static and dynamic sequences, with grounding restoratives, meditation, and guided relaxation. Suitable for all levels and for people who are looking to be gently challenged, but who also want to leave feeling blissfully relaxed.

Wednesday 23rd September 6.30pm - Back Care Course This is a great class if you have any concerns about your back or just want to join a class where this area of the body is catered for. We will discover what really constitutes "the core", learn corrective exercises, self massage and learn correct alignment for you and your back. This course will offer modifications to suit any level and will be respectful of your physical boundaries at all times whilst looking to increase your mobility, health and awareness of your spine.

8pm - Prenatal Yoga: During this 6 week yoga course you will excavate body tension from tips of the toes to the crown of your head, learn optimal postural alignment, the myths surrounding the pelvic floor will be revealed, self massage to relieve any pregnancy related aches and pains, yoga postures both active and restorative, breathing techniques, relaxation and so much more. If you want to not only enjoy your time during pregnancy but to thrive this is the course for you.

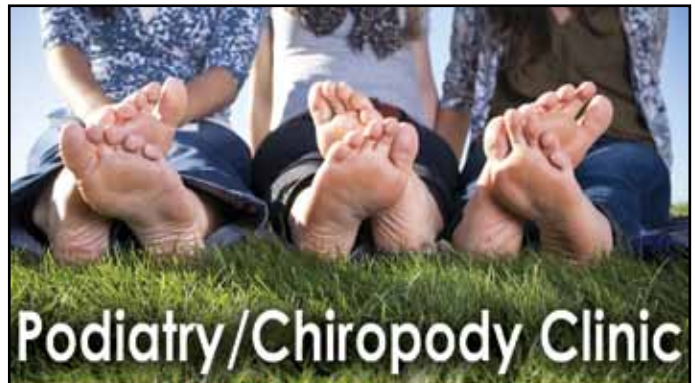
All above courses are held as 6 week courses at The Travel Inn, Fossa and investment for each course is €60 excluding the Prenatal Yoga course which is €70.

Limited number of places are available for each course and class sizes will be kept small for individual attention.



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MEADOWLANDS SPONSOR KERRY GAA TICKET VAN

Meadowlands Hotel Tralee has undergone an exciting transformation and we're inviting you to call in to see what we've done to the place. We are the proud sponsor of the brand new Kerry GAA Ticket Van and the hotel of choice for Kerry Teams in 2015.

Just like all Kerry Fans, we're gearing up for the big game against Dublin and whether you are travelling to Croke Park or planning to watch it on TV, here are some top "Big Match Day" tips for spectators from our 'GAA experts' at Meadowlands Hotel, Tralee:

1. Be sure to wear a green and gold jersey, scarf, hat, ribbon, rosette or face-paint during the day
2. Whether you are travelling to Croke Park or not, be sure to fuel up with a hearty breakfast (we can help in that department!)
3. If you are going to the game – don't leave without your tickets!
4. Croke Park-bound motorists should Park and Ride at the Red Cow Luas Station

5. Fans at home should have a good lunch (we can also help with that) while fans in Dublin should bring a packed lunch and drink plenty of water

6. The Kerry Minors are playing at 1.30pm so arrive in Croke Park in plenty of time to cheer the young lads on or if you're watching on TV, join us in Johnny Franks Bar to see it on TG4 followed by the Senior game on RTÉ 2 or Sky Sports

7. The Kerry Senior Team will take to the pitch at around 3.10pm, so if you're there, be sure to take a selfie and post it on our Facebook page – www.Facebook.com/Meadowlands – the networks will shut-down after the game so post/Tweet early!

8. Whatever the result, Kerry has the most All-Ireland Senior Football Titles!

9. Driving home? Be sure to honk your car horn at the M7 Toll Plaza!

10. Arriving home in Tralee after the game? Join



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GET TRANSPORTED TO A PREHISTORIC PLACE FULL OF FUN, THRILLS AND SCREAMS, BE AMAZED AND AWED BY THE BIRTH OF A BABY DINOSAUR, BUT BEWARE OF THE T. REX MOTHER WHO WANTS HER EGG BACK!

PHOTO: VALERIE O'SULLIVAN.

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Kerry ETB Training Centre



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

Sports Recreation & Exercise Course (ETK69) - Killarney.
If you have a genuine interest in sport, exercise and swimming this course is a good choice for you. It's the ideal entry point for those wishing to follow careers as sports coaches, personal trainers, or swimming teachers. **Start Date:** To be decided. **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.

Marketing (ET4R9) - Tralee Training Centre.
This course is for people who wish to pursue marketing as a career or incorporate marketing into their existing range of business skills so as to enhance their career and job prospects. **Start Date:** 5th October 2015. **Duration:** 42 weeks. **Certification:** QQI Level 5 Major Award in Marketing.

Media Techniques - Radio Course (ET283) - Tralee.
This comprehensive course is for people who wish to pursue careers in the radio broadcast sector. Participants will learn how to research, plan and pitch programme ideas for particular target audiences and bring those ideas to fruition. **Start Date:** 5th October 2015. **Duration:** 50 weeks. **Certification:** City & Guilds Level 3 Diploma in Media Techniques (Radio Studio Production).

Healthcare Support Traineeship (ETS97) - Killarney.
This course provides participants with the knowledge, skills and competencies to work as part of a multidisciplinary team in the provision of effective and appropriate healthcare supports to clients in a variety of care settings. **Start Date:** 12th October 2015. **Duration:** 41 weeks. **Certification:** QQI Level 5 Major Award in Healthcare Support.

Digital Web Design with Adobe Dreamweaver Course (ET3Z6) - Tralee.
This course is for people who would like to combine creativity and computer skills to design, build and redesign web sites. **Start Date:** 12th October 2015. **Duration:** 22 weeks. **Certification:** QQI Level 5 Component Certificates and Adobe Certified Associate in Web Communication Using Adobe Dreamweaver CS5.

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 content of the course includes design, digital imaging, photography, sound, video, digital publishing and media project management. **Start Date:** 19th October 2015. **Duration:** 52 weeks. **Certification:** City & Guilds Diploma in Media Techniques 7601-03.

Food Preparation and Cooking Course (ET20D) - Dingle.
This course is for people who wish to pursue careers in professional cookery. Participants will gain the knowledge and skills to prepare, cook and present a wide variety of commodities and dishes to a professional standard. **Start Date:** 19th October 2015. **Duration:** 20 weeks. **Certification:** City and Guilds Level 2 Diploma in Food Preparation and Cooking.

Surf Instructor and Beach Lifeguard Course (ET1Z3) - County Kerry.
The course offers participants the opportunity to develop the knowledge, skills and competencies to work as surfing and outdoor activity instructors. Participants will also receive lifeguarding and aquatic first aid qualifications. **Start Date:** 2nd November 2015. **Duration:** 25 weeks. **Certification:** ISA Surfing Skills Instructor Level 1 Cert, National Beach Lifeguard Cert, and Aquatic First Aid & Cardiac First Response (PHECC) Cert.

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:** 9th November 2015. **Duration:** 32 weeks. **Certification:** City & Guilds Level 3 Awards in 2D and 3D Computer Aided Design.

Heavy Goods Vehicle Driving Rigid (HGV) (ET394) - Killarney.
This programme provides participants with skills and related knowledge in the rules of the road, driving a heavy goods vehicle - rigid body, care and maintenance of the vehicle, loading and unloading the vehicle, customer care, and documentation. Applicants must be in possession of a current full Class B Driving Licence and a current Class C Learner Permit. **Start Date:** 16th November 2015. **Duration:** 10 Weeks. **Certification:** Class C Driving Licence, RSA Driver Certificate of Professional Competence, RTTB Counterbalance or Reach Forklift Truck Driving Certificate, and ADR Certification for Drivers.

Milling TRQ235 - Evening Course Tralee Training Centre.
The aim of the programme is to enable the learner develop the knowledge, skills and competence to set up and safely operate, under supervision, a vertical milling machine. **Start Date:** 28/09/2015. **Certification:** QQI Cert. **Duration:** 2 evenings/week for 10 weeks.

Turning TRQ236 - Evening Course Tralee Training Centre.
The aim of the programme is to enable the learner develop the knowledge, skills and competence to safely operate, under supervision, a centre lathe. **Start Date:** 28/09/2015. **Certification:** QQI Cert. **Duration:** 2 evenings/week for 10 weeks.

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







Killarney Practice Launch

Evening Talk with Dr. Tony Humphreys

On Tuesday September 29th 2015 at 8.00p.m. at The Dromhall Hotel, Killarney, in association with **Dr. Tony Humphreys** and **Dr Helen Ruddle**, the new **Killarney Practice Launch** will take place with a lecture from Dr. Tony titled **All Behaviour Makes Sense**.

This practice is run by Anita Hegarty, Clinical and Counselling Psychologist and Co-Creational Psychotherapist and Eileen Buckley, Co-Creational Parent and Relationship Mentor.

All Behaviour Makes Sense

Making senses of human suffering is critical to its resolution. When the creativity and complexity of human behaviour is considered and the narrative underlying its presence is examined, the sense of what the person is experiencing - for example depression, aggression, anxiety, guilt, paranoia, delusions, hallucinations, psychosomatic illnesses - emerge with crystal clarity.

In light of the foregoing, Tony will present what is his co-creative understanding of human behaviour.

Admission is free, for further details, please ring or email:

Anita Hegarty
Co-Creational Psychotherapist and Clinical Psychologist.
Mobile: (086)373 1142
Email: anita.hegarty2015@gmail.com

Eileen Buckley
Co-Creational Parent and Relationship Mentor
Mobile: (087)4129655
Email: eileen2buckley@gmail.com

Members of the Irish Association of Relationship Mentors (IARM)



CULTURE NIGHT

FRIDAY SEPTEMBER 18TH

REVOLVES AROUND YOU

CELEBRATING 10 YEARS



Culture Night is brought to you by the Department of Arts, Heritage and the Gaeltacht
in partnership with Kerry County Council.
An Roinn Ealaíon, Oidhreacht agus Gaeltachta a dhéanann comhordú ar an Oíche Chultúir,
i gcomhpháirt le Comhairle Contae Chiarraí



www.facebook.com/KerryCoArts



@KerryCoArts

www.culturekerry.com

PROGRAMME OF EVENTS

Time

Event

Location

Tralee

7pm

Official opening of Culture Night Tralee by Cllr Thomas McEllistrim, Mayor of Tralee

Kerry County Museum

6-10pm

After dark at the Museum- trad music with Sliabh Mish Comhaltas, Ciar Quilting exhibition, behind the scenes tour, print your own tote bag

Kerry County Museum

6pm

Recycled Craft Making Demo & Workshop

Outside Inspired, No. 5 The Square
Áras an Phobail

6-8pm

Tralee Women's Resource Centre Arts Activities

6-8pm

Tralee International Resource Centre Art Exhibition & Open Mic Session for Poetry & Prose with Máire Holmes, KCC Writer in Residence

Tralee Library

6-9pm

African Drumming

Tralee International Resource Centre

5.45pm - 9pm

Screening of films made in & about Kerry, talk on Sliabh Luachra music & musicians performed by National Folk Theatre

6-9pm

Tour of the TV & Film Training Unit

Siamsa Tíre

7pm

Open Air Film - 'Shaun the Sheep - The Movie'

Monavalley Training Unit
Pearse Park

7.30pm

Craobh Thrá Lí present an evening of music, song & dance

Manor West Shopping Centre

7.30pm

Open Air Ceili with Neily O'Connor Ceili Band

The Square, Tralee

8pm

Poetry & Prose by featured readers & members of Thursday Night Writers, Tralee

Upstairs at The Abbey Inn

9pm

Open Air Film - 'The Shawshank Redemption'

Pearse Park

10.30pm

Fire Juggling Performance

Outside Ashe Memorial Hall

Ardfert

6-10.30pm

Open House, participation & info on Ardfert Actors Studio

Ardfert Actors Studio

Listowel

7pm

Official opening of Culture Night Listowel by Cllr Jimmy Moloney, Cathaoirleach of Listowel Municipal District

The Square, Listowel

7pm

The All Ireland Wren Boy Competition

The Square, Listowel

6pm

Circus Stachamoose (Puppet Show)

St. John's Theatre, Listowel



Time Event Location

Killarney

| | | |
|--------------|---|---|
| 6.30pm | Official opening of Culture Night Killarney by Cllr Michael Gleeson, Leas-Cathaoirleach of Killarney Municipal District | Dept. of Arts, Heritage & The Gaeltacht, Killarney |
| 6.30pm | Exhibition Opening: Kerry Visual Artists' Showcase | Dept. of Arts, Heritage & The Gaeltacht, Killarney |
| 6pm | Family friendly juggling & circus show by Stan Ratchet | Killarney Town Centre |
| 6-8pm | Art of Acting, individuality & self workshop for 18+ | Killarney Library |
| 6pm - 8pm | Workshop | |
| 8pm - 7-10pm | Concert, Baile an Salsa performance & music workshops for children ahead of concert. | Booking essential 064 6630804 Muckross Schoolhouse, Killarney |
| 8pm | Exhibition of paintings, photographs and furniture inspired by Skellig Michael. | The Killarney Art Gallery, 32 Main Street |
| 8-10pm | Live music performance from composer Kevin Gleeson | Dept. of Arts, Heritage & The Gaeltacht, Killarney |
| 8-10pm | Afro Trad Ireland present a night of fun and drums from Africa & Ireland | KDYS Youth Centre, College Street, Killarney |
| 8.30pm | An enjoyable night of music, song and dance | Tureenahill School House |

Kilcummin

| | | |
|-----------|--|--------------------------|
| 8.30-10pm | Showcase the culture of the Kilcummin area involving music, storytelling, recitals, song & dance | Kilcummin Rambling House |
|-----------|--|--------------------------|

Scartaglin

| | | |
|--------|--|---------------------------|
| 8.30pm | Calling all musicians, singers, storytellers and dancers. Come & join us at the Sliabh Luachra Rambling House as we celebrate Culture Night. | Scartaglin Rambling House |
|--------|--|---------------------------|

Castleisland

| | | |
|--------|--|----------------------------|
| 7.30pm | Trad music, set dancing, singing & brush dancing | Browne's Bar, Castleisland |
|--------|--|----------------------------|

Ballybunion

| | | |
|--------|---|------------------------|
| 3.30pm | The Happy Artist and the Cottage Studio will host an action packed, fun filled papermaking workshop for 5-12 year olds. Booking advised thehappyartist@gmail.com or 086 0664435 | Cottage Studio Gallery |
| 6-9pm | Open Studio with a range of artistic events | Cottage Studio Gallery |

Kenmare

| | | |
|--------|--|-------------------------------|
| 7pm | Official opening of Culture Night South & West Kerry by Cllr Patrick Connor Scarteen, Cathaoirleach of South & West Kerry Municipal District | Carnegie Arts Centre, Kenmare |
| 6-8pm | Exhibitions (1) 11 Primary School inspired by WB Yeats (2) Artwork from Adult Education Centre | Carnegie Arts Centre, Kenmare |
| 6-11pm | Kenmare Arts Spots Trail - Carnegie Arts Centre-Mill Cove Gallery-Skyline Gallery-The Purcell Gallery- Norman McCloskey-Cleo | Kenmare Town Centre |

Waterville

| | | |
|--------|---|--------------------------|
| 8-10pm | The Humour of Iveragh in Story, Song & Poetry | Tech Amergin, Waterville |
|--------|---|--------------------------|

Ballinskelligs

| | | |
|-------|---------------|--|
| 6-9pm | Paint a Pizza | Cill Rialaig Arts Centre, Ballinskelligs |
|-------|---------------|--|

Killorglin

| | | |
|--------|---|-----------------------------------|
| 6.30pm | Official opening of Culture Night Kerry by Cllr Pat McCarthy, Cathaoirleach of Kerry County Council | Killorglin Area Office, The Plaza |
| 6-8pm | Tour of the Pauline Bewick Collection | Killorglin Area Office, The Plaza |
| 7.30pm | Kerry Take Note - Music Performance | Killorglin Area Office, The Plaza |

Dingle

| | | |
|-------|--|---|
| 6-9pm | Cathair - Suiteáil fise, Filíochta agus Fuaim / City or Cashel - A multimedia installation | An Lab, An Daingean |
| 6-8pm | A Pottery Experience & Workshop Tour | Louis Mulcahy Pottery Studio (Meeting at Cloghers, Ballyferriter) |
| 6-9pm | Music, Food & Craic at West Kerry Brewery Collection | West Kerry Brewery, Baile an Fheirtéaraigh / Ballyferriter |



CULTURE NIGHT
FRIDAY SEPTEMBER 18TH



CultureNight.ie
#CultureNight



An Roinn
Ealaíon, Oidhreacht agus Gaeltachta
Department of
Arts, Heritage and the Gaeltacht

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AGUS OILIÚNA CHIARRAÍ**
**KERRY EDUCATION
AND TRAINING BOARD**

TUESDAY

ALL CLASSES ARE 7:30 – 9:30 P.M.
UNLESS OTHERWISE STATED

Absolute Beginners in Dressmaking & Alterations

9 weeks - €110

Flower Arranging

9 weeks - €130

Drawing & Sketching

9 weeks - €110

Sign Language

9 weeks - €110

Protect your Head Heart and Hips with better Nutrition

9 weeks - €110

Computers for Absolute Beginners

9 weeks - €110

Improvers Computer Course

9 weeks - €110

Introduction to Organic Gardening

9 weeks - €110

Introduction to Photoshop

9 weeks - €110

Intermediate English

9 weeks - €110

Creative Writing

9 weeks - €110

Bee keeping

6 weeks - €75

Genealogy Training in Researching your Ancestors

6 weeks - €75

Introduction to Interior Design

6 weeks - €75

Spanish (Beginners)

9 weeks - €110

Introduction to Life Coaching/ Personal Development

9 weeks - €110

Pilates – (6:45 – 7:45 p.m.)

9 weeks - €55

THURSDAY

ALL CLASSES ARE 7:30 – 9:30 P.M.
UNLESS OTHERWISE STATED

Cooking

9 weeks - €150

Spanish Improvers

9 weeks - €110

Irish

9 weeks - €110

Computers for Absolute Beginners

9 weeks - €110

Reflexology

9 weeks - €110

Tai Chi – (7:30 – 9:00 p.m.)

9 weeks - €80

Beauty Therapy

9 weeks - €110

Hair at your Best

9 weeks - €110

Introduction to the Stockmarket

9 weeks - €110

Zumba – (6:45 – 7:45 p.m.)

9 weeks - €55

Acrylics for Beginners – (5:15 – 7:15 p.m.)

9 weeks - €110

Acrylics - Advanced

9 weeks - €110

Introduction to Digital Photography

9 weeks - €110

Salsa Dancing – (8:00 – 9:00 p.m.)

7 weeks - €50

ACCREDITED COURSES:

**Manual & Computerized Accounts -
FETAC QQI Level 5 Tuesday**
(7:30 - 9:30 p.m.) 25 weeks €350

Accounting Technician (ATI) Year 2 (of a 2 year course)

(6:45 - 9:45 p.m.) Anyone who has
completed Year 1 can join this class.
Tuesday & Thursday Fee TBC

Occupational First Aid FETAC /QQI Level 5 Tuesday

(7:00 – 10:00 p.m.) 9 weeks €230

Certificate in Cultural Heritage & Tourism UCC Award Specification:

NUI Award Certificate NFQ Level 6

Please contact Brenda Healy
(086)8079201 Programme Coordinator

B.T.E.I. (BACK TO EDUCATION INITIATIVE)

* see footnote

1. Child Development & Play FETAC/QQI LEVEL 4

2. Information Technology FETAC/QQI LEVEL 4

*BTEI – BACK TO EDUCATION INITIATIVE

Tuition is FREE for the following courses if you are in receipt of a Social Welfare payment or if you are a Medical Card holder or if you have less than Upper Secondary Level education. To enrol in either of the two courses please contact Adult Education Office for an application form. Dates & times of the courses to be confirmed and are number dependant. Duration of both courses is approximately 15 weeks.

ONLINE ENROLMENT – www.killarneycommunitycollege.com

DAY ENROLMENT - Killarney Community College office Monday – Friday 9:00 a.m. – 4:00 p.m.

Classes will commence on Tuesday 29th September and Thursday 1st October unless otherwise stated.

Fees must be paid in full before beginning classes. They can be paid by cash or by cheque (payable to Kerry Education Training Board). All course fees are receipted. Refund of fees is made only where classes are cancelled due to insufficient enrolment numbers. A refund of your tuition fee will be prepared and forwarded to you at your postal address.



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KERRY FANS GET BEHIND THEIR TEAMS



THE EXTENDED FAMILY OF SPA GAA'S AND KERRY MINOR PLAYER MICHAEL FOLEY IN KILLORGLIN SHOWING THEIR SUPPORT FOR HIM FOR UPCOMING ALL IRELAND DAY.
MICHAEL G.KENNY WWW.MGKPHOTOKERRY.COM



BRIDGET RICHARDSON (CENTRE) WITH DAUGHTERS KERRY & HOLLY IN COOLBANE KILLORGLIN SHOWING THEIR SUPPORT FOR HER NEPHEW SPA GAA & KERRY MINOR MICHAEL FOLEY WHO MAKES HIS ALL IRELAND DEBUT IN CROKE PARK AT THE WEEKEND. L-R, KERRY BRIDGET & HOLLY RICHARDSON.
MICHAEL G.KENNY WWW.MGKPHOTOKERRY.COM



STAFF AT KILLARNEY CREDIT UNION CHEERING ON LOCAL FOOTBALLER FIONN FITZGERALD, KERRY SENIOR FOOTBALLER AND KILLARNEY CREDIT UNION MEMBER IN ADVANCE OF THE ALL IRELAND. L-R HELEN COURTNEY POWER, MARK MURPHY, FIONN FITZGERALD, BRENDAN LYNCH, DAVID NEESON, JOAN MANGAN



KILLARNEY CREDIT UNION CEO MARK MURPHY, WISHING FIONN FITZGERALD, KERRY SENIOR FOOTBALLER AND KILLARNEY CREDIT UNION MEMBER THE BEST OF LUCK IN SUNDAYS ALL IRELAND FINAL AGAINST DUBLIN.



DANIELLE O'SULLIVAN, CIARA GUERIN, JOJO WADE, CONNIE O'RIORDAN AND DEIRDRE BROWNE AT THE FUNDRAISER IN AID OF THE KERRY FOOTBALL TEAM TRAINING FUND IN THE KILLARNEY GRAND HOTEL. PICTURE: EAMONN KEOGH (MACMONAGLE.COM)



BRENDAN FULLER, MC, PATSY SHEEHAN, KILLARNEY GRAND, AND INJURED KERRY FOOTBALLER KIERAN O'LEARY AT THE FUNDRAISER IN AID OF THE KERRY FOOTBALL TEAM TRAINING FUND IN THE KILLARNEY GRAND HOTEL. PICTURE: EAMONN KEOGH (MACMONAGLE.COM)



JULIE'S BARBERSHOP IN HIGH STREET WENT TO HUGE TROUBLE WHEN DECORATING THE WINDOW FOR THE ALL IRELAND FINALS AND IS WELL WORTH A VISIT. THERE ARE FANTASTIC PICTURES, PROGRAMMES GOING BACK YEARS AND A REAL LEATHER FOOTBALL.



THE POWERS THAT BE AT JIMMY BRIEN'S BAR ARE VERY CONFIDENT THAT KERRY WILL DO THE DOUBLE ON SUNDAY AND HAVE THE WELCOME HOME PARTY PLANNED FOR 9PM ON MONDAY NIGHT.
CIARRAÍ ABÚ



DON'T DIE WITH YOUR MUSIC STILL INSIDE OF YOU!

The spiritual teacher and author Wayne Dyer died recently leaving behind him a legacy of lives that he had touched with his writing and beliefs. He was well known for his saying, "Don't die with your music still inside you!" It can be challenging to bring out what we have learned to keep inside of us. Early teaching or self-limiting beliefs may have taught us to hold back or not to bring attention to ourselves. Your "music" can be anything - a book, a song, a desire to enjoy the day, or make a positive difference to others. It doesn't have to be a big burning ambition. More and more people are awakening to what their own unique purpose (and there can be many) may be.

10 signs that you've found your calling are:

1. You have an undeniable sense of mission and purpose that involves helping others transform, even if you have no clue how to describe exactly what that is.
2. You feel like you're on a rollercoaster! You're scared and excited all at the same time
3. There's a "plunk" sort of feeling in your gut that affirms that you've found your calling.
4. Your whole life - the triumphs and the setbacks - suddenly make sense.
5. Magical things start happening, and although you feel a sense of wonder, you're not surprised.
6. None of your choices feel safe and yet you feel guided and know somehow that it's all okay!
7. Everybody suspects you've officially lost it.
8. You've quit listening to what everybody else thinks.
9. You have a sense that you're on the right path, even if you don't know where you're going.
10. You know that we're all interconnected and that helping others also serves to deepen your own calling and purpose.

Just a reminder that my Chakranetics mindful movement meditation classes are on Tuesday morning 10.00am and Monday evening starting 21st Sept at 7.30pm at The Travel Inn, Fossa! Also beginning Thursday 24th Sept at Collis-Sandes House, Tralee at 7.30pm.

Booking is essential!

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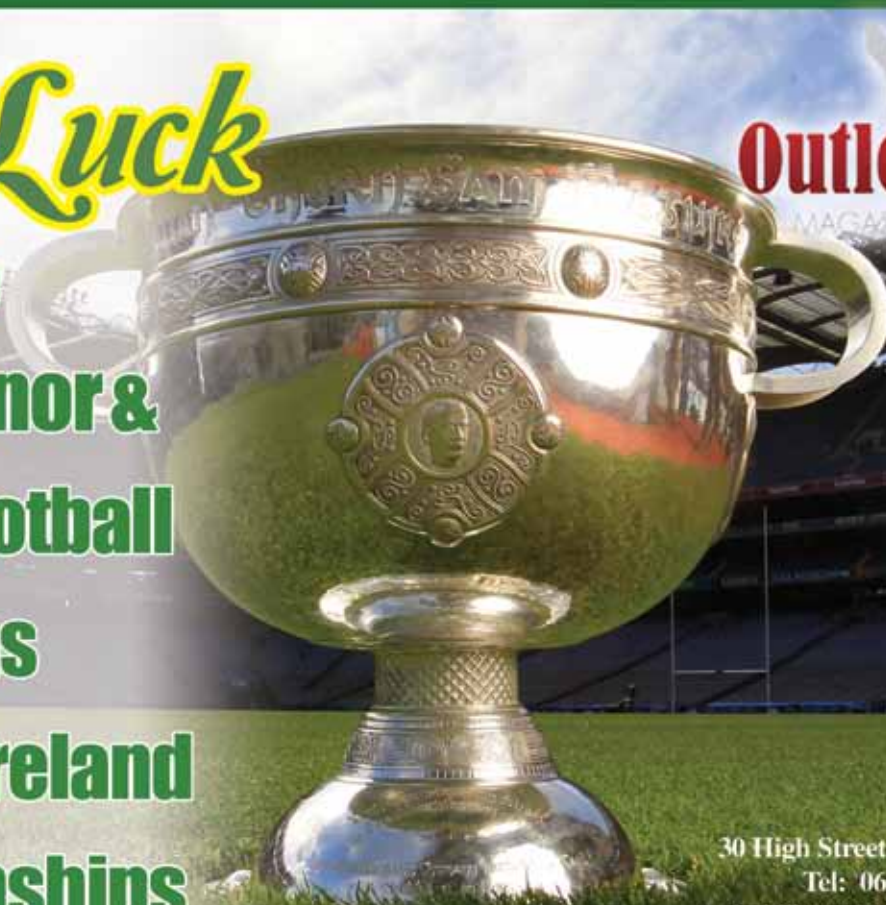
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THE MILLTOWN LISTRY UNDER 14 TEAM WHO WERE DEFEATED BY CROMANE IN THE EDUCATE.IE UNDER 14 DIVISION ONE FINAL.

EAST KERRY GAA NEWS

With Áine Ní Shúilleabháin PRO

EAST KERRY U14 CHAMPIONSHIP – DIVISION 5 - FINAL

DRCROKES 2-09 CORDAL/SCARTAGLEN

1-08: Last Wednesday evening, Cordal/Scartaglen and Dr Crokes B met in the Division 5 final of the East Kerry Under 14 Championship, sponsored by MD O'Shea. Played in Currow, there was little between the sides in the first half, with Dr Crokes edging with scores, with a goal by Lawrence O'Donoghue, to lead by 3 points at half time, on a scoreline of Dr Crokes 1-04 Cordal/Scartaglen 0-4. On resumption, both teams continued to play well, creating goal scoring chances. Conor Casey netted the ball for Cordal/Scartaglen and Rob O'Shea for Dr Crokes. That goal for Dr Crokes proved to be a turning point in the game and although Cordal/Scartaglen, to their credit never gave up and played well and bravely to the end, the Lewis Road side held on to the lead and ran out winners. Final score: Dr Crokes 2-09 Cordal/Scartaglen 1-08. Sean O' Sullivan, Chairman East Kerry Coiste na nÓg, presented the trophy to the Dr Crokes captain, Adam O'Connell. He thanked the referee and also thanked Currow GAA club for the use of their pitch.

2015 EAST KERRY UNDER 14 DIVISION 4 CHAMPIONSHIP FINAL – 14 SEPTEMBER: CURROW 5-07 FOSSA

3-06: Currow proved the stronger when they took on a spirited Fossa side in Farranfore on Monday evening, in the East Kerry Under 14 Championship Division 4 final, sponsored by MD O'Shea. It was Fossa that opened the scoring with two well taken points from Emmett O'Shea. Currow's Daniel Kelly equalised with two converted frees before Currow began to dominate. A goal from the boot of Aaron O'Connor at the end of the first quarter, was the start of a purple patch for Currow. With Daniel Kelly and Conor Sheehan in control in the middle area of the field Currow went on to build an unassailable lead, with three unanswered goals before half time, Connie O'Connor and Bryan O'Sullivan (2), on target. Two Currow points by Daniel Kelly to one for

Fossa from Emmett O'Shea, left the score at the break: Currow 4-5 Fossa 0-3.

Currow got off to a dream start in the second when Jason Brennan goaled found the Fossa net from the throw in. Fossa, showed great character and determination and began to dominate mid field. Ruairí Doyle and Eoin Talbot drove Fossa forward time after time and Emmet O'Shea reduced the margin with two goals by the thirty eighth minute, 5-5 to 2-5. Further points from Ruairí Doyle and another goal from Emmett O'Shea had reduced the gap to five points, 5-5 to 3-6. Fossa continued to press forward and Currow can be thankful to their goalkeeper Pádraig Hillard, who denied Fossa a number of goals with great saves. Currow ran out winners after an entertaining game. Final score Currow 5-07 Fossa 3-06.

Christy O'Leary, East Kerry Coiste na nÓg presented the trophy to Currow captain, Conor Sheahan. Referee: James O'Sullivan (Fíries)

KERRY SOUTH UNDER 14 & UNDER 15:

Kerry South U14/U15 teams played Galway on Saturday. The matches were very well contested with managers Tommy Brosnan (Kerry South U14) and Liam Brosnan (Kerry South U15) delighted with all players effort and commitment on the day. All players got lots of game time to improve and develop during the day. Thanks to all the supporters that made the trip to Galway on the day to support the teams.

KENMARE DISTRICT BOARD: The Kenmare District Board Under 16 coaching sessions have now been completed. The coaching sessions were well attended with all clubs taking part. Players showed great improvement developing team work and decision making. Thanks to PJ Reidy for his support during the sessions and the Kenmare club for the use of the excellent club pitches.

BEAUFORT GAA NEWS

BEST OF LUCK: To our club man Mike Breen and the Kerry Minors in the All-Ireland Final on Sunday next against Tipperary. Also to the Senior team v Dublin as they endeavour to do the Double in both grades.

LOTTO: Lotto results of Sunday, 6th

September for jackpot of €3,200. Numbers drawn: 1, 6, 16, 20. No jackpot winner.

Next draw for jackpot of €3,400 will be held in Beaufort Bar on Sunday, 27th September. Note change due to All Ireland Final.

U12 GIRLS: Had a big win over Milltown/Listry in Beaufort recently in the East Region Competition.

U21S: Beaufort beat Keel/Listry in the Mid Kerry Championship semi-final. They will play Milltown/Castlemaine in the Final. Date to be confirmed.

U14S: Were beaten by Laune Rangers in the Mid Kerry Championship. They are away to Laune Rangers B on Friday, 18th September at 7pm in round 5.

SENIORS: Will be away to St Pat's in round 10, Co League, on weekend 26th/27th September.

JUNIOR TEAM: Were beaten by St. Marys in the Barrett Cup.

CLOTHES COLLECTION: With Lenrec Recycling has been confirmed by Beaufort GAA Club for Friday 9th October 2015. Enquiries to Susan 087-1276677, Mary 086-0640065 or Nora 086-1556181

LISTRY GAA NEWS

WEEKLY LOTTO RESULTS: Sunday 13th September, 2015. Winning Numbers 4, 17, 22, 24. Jackpot €6,200. Not Won.

Jackpot next week Sunday 20th September €6,350.

ALL IRELAND FINALS: Good Luck to Ronan Buckley and the Kerry Minors team and also to the Kerry Senior team both playing next Sunday, 20th September from all at Listry Gaa Club. Ciarraí Abú.

SENIOR COUNTY LEAGUE: Our next game will be at home v Brosna on Tuesday, 29th September at 2pm. Please support

JUVENILE UPDATES: U14s combined with Keel were due to play Laune Rangers B in round 2 of mid Kerry on Friday night last but this fixture fell victim to the monsoon like rainfall we experienced on the day. This game will probably be picked up some evening during the coming week. We are playing Laune Rangers A on Friday night next at 6.30 in Keel in Round 3.

SUPER SUNDAY: We had a super Sunday in Allman Park this week with our U6s U8s and U12s all in action. Our U6s were first into action against Beaufort. This was the first game for a lot of this group and their skill level was very impressive. All the training that Denis Murphy, John Courtney, Mark Leslie among others have done with this group could be seen on the day. This group are clearly practicing their skills at home also which is the most important thing. Our U8s also played Beaufort and they also played very well on the day. We fielded two teams at this age. U6s and U8s are at home this Friday night at 6.30pm v Kilcummin. Finally our U12s took on Rathmore in the East Kerry league and won a very good game on a



scoreline of 4.11 to 4.09. U12s have 2 games left to play. Next fixture is likely to be Sunday week September 27th.

U10s had no game this week as their trip to Fossa on Friday night had to be called off due to the afore mentioned weather. U10s will travel to Fossa this Friday night instead.

All in the Juvenile section of the club would like to wish Ronan Buckley all the best for next Sunday. It wasn't long since Ronan was featuring at the various ages mentioned above. We hope some of our current underage players can follow in Ronan's footsteps in the years ahead. Best of luck Ronan from all of us.

MILLTOWN LISTRY LADIES FOOTBALL

MILLTOWN LISTRY PLAYED CROMANE IN U14 EDUCATE.IE DIVISION 1 FINAL.

This was a very entertaining and competitive game of football with no one deserving to lose. Milltown Listry got off to a great start with Ella Teahan getting the first goal but then Cromane scored a few goals in succession leaving half time score Milltown Listry 2 goals 4 points cromane 4 goals 7 points. In the second half Cromane were ahead by a goal, with minutes to go when Mairéad Lehane scored a goal to bring the game to a draw. Full time score Milltown Listry 4 goals 11 points to Cromane 5 goals and 8 points. In extra time Cromane proved to be the stronger team with victory going to Cromane. Final score Cromane 7 goals and 11 points to Milltown Listry 4 goals and 14 points. Well done to Cromane. Both teams gave a great display and did their clubs proud and gave us great entertainment. Special thanks to the Milltown Listry trainers Owen, Breda and Ivan and to all parents and supporters .

DR. CROKES GAA NEWS

U21 CLUB CHAMPIONSHIP QUARTER FINAL:

DR. CROKES 2-15 DINGLE 2-13: In a game which was full of quality, excitement and passion and which either side could have won, ended in a two point victory for Dr Crokes. It looked like Dingle's game as they led by two points going into the last few minutes, after having been a goal behind with six minutes to go. The hosts struck for a goal by Macdara DeBhillis and a point by Dara Stack and victory by two points. Dingle started the better with two points in as many minutes. Crokes struck for a goal and a point to lead by two points after five minutes. The teams exchanged points in the next few minutes but four points by the hosts without reply put them 1-05 to 0-03 ahead at the end of the first quarter. Dingle were well on to in the second quarter and had five points to Crokes two in this period to leave Crokes 1-08 to 0-08 ahead at half time.

The teams exchanged points on two occasions in the first ten minutes for the second half. The visitors got well on top on the next five minutes

and a good point and a well worked goal by Matthew Flaherty put them a point front at the end of the third quarter. Four unanswered points by Tony Brosnan, a free, a '45 and two from play put the hosts three points clear with six minutes to go. The initiative was now with Crokes but Dingle never gave up and a goal and two points without reply gave them a two point lead with as many minutes to go. Then came Crokes grandstand finish and a goal and a point and a two point victory. Best for Crokes were David Naughton, Jason Lyne, Paul Clarke, Gavin O'Shea and Tony Brosnan. Dingle were best served by Tony O'Sullivan, Padraig O'Concuir, Barra O'Suilleabhain, Matthew Flaherty, Cathal Bambury and Tomás Sheehy.

UNDER 12 AND 14 GIRLS: Both our u12 & u14 Girls teams have been successful over their last 3 East Kerry league fixtures. The u12s had recent home wins over Miltown and Kilcummin with the u14s also recording a home victory over Laune Rangers B.

PAINT DAY: Congrats to all our volunteers who braved the weather conditions on Sunday morning to give the outside of the clubhouse and the stand a fresh new look. The club events committee was also on hand to look after the painters with very-welcomed refreshments when the work was done. Between painters and caterers, over 50 members turned out on what wasn't the most pleasant morning of the year - what a fantastic response to the club's latest #GetBehindTheBus appeal. Saturday week, 26th September has been provisionally pencilled in as the day to finish the job - the club looks forward to you you all back again. If for some reason, you were unable to make it to the first painting day you are more than welcome to join in the fun as we finish this great club project.

BEST WISHES: Best of luck to the Kerry Team for next Sunday 20th of September in Croke Park for the All Ireland Football Final. A special mention to our own players who are involved namely Gavin White, Billy Courtney and David Shaw with the Kerry Minors and Colm Cooper, Johnny Buckley, Fionn Fitzgerald, Kieran O'Leary, Niall Botty O'Callaghan, Chairman Patrick O'Sullivan and video analyst John C O'Shea with the Senior team. We also wish a safe journey to all our members who are travelling to the game and hope they enjoy the day.

DR CROKES JUVENILE ACADEMY: Continue their training each Saturday; Hurling 10:00 a.m. to 10:40 a.m. followed by Football 10:40 a.m. to 12:00 p.m. It was pleasing to see the large turnout again last Saturday of Boys and Girls aged 4 to 10. The U. 8 and U. 10 Boys travelled by bus to Killorglin and enjoyed 2 matches each against Laune Rangers. The skill levels of each group continue to improve each week and we thank the Laune Rangers Club for being excellent hosts. The U. 8 and U. 10 Girls travelled to the annual blitz in Passage West, Cork and a great day was had by all. The Girls played brilliantly in their matches.

The U. 6 Boys and Girls continued their training

where the emphasis at this age is on having fun and gently introducing new skills each week. Gene Doherty continues to increase the numbers each week in the Hurling Academy and they have played excellently in a number of blitzes recently. The large influx of Girls to the Academy - and especially the new Girls who joined the U. 8 to U. 10 Academy - are really enjoying themselves, and we hope to see many more each week, as Gaelic Football is a great way to keep fit and healthy.

LOTTO: Lotto numbers 9, 12, 18, 23. Jackpot €12000 not won match 3 9 by €45. Next draw Tuesday 22nd of September in Speakeasy. Jackpot €12300.

LEGION GAA NEWS

GOLF CLASSIC: The clubs annual golf classic will take place on Thursday 1st October at Mahonys Point, with a team of three costing 200 euro. There will be two shotgun starts so to book your tee time please contact Sean Murphy 087 2461780 or Tim O'Leary 087 2608548. This as always promises to be a great day so book early to avoid disappointment.

CLUB LOTTO: 9 12 14 15. Next week jackpot 8400 Tuesday 22nd.

U13 BLITZ: Congrats to our Under 13 boys who won the Plate final at the Austin Stacks annual blitz. Some of these lads were members of the 2014 team that also lifted the Plate. Our lads defeated Ennistymon from Clare on a score-line of 2-09 to 1-06. We got a goal in the first minute of the game and this was a lead that we never relinquished. Over the course of the whole blitz the Legion boys played a very stylish, fast paced attacking brand of football that served them well against the bigger and more physical teams. And while it's always nice to win any competition that you enter it's very important to be as competitive as you can be in every game. In keeping with our player development programme policy, all of our natural under 13's started every game and it was great to see the improvement in these lads. Well done also to the mentors on the line who gave up their time over the last 2 days; Daithi McGillicuddy, Paddy Osborne, Aaron Benson and Connie O'Sullivan

DEVELOPMENT SQUADS: Well done to our lads who represented the club in the Kerry South Under 15 Development Squad in Galway, Darren Looney, Micheal Devlin, Jack Hanrahan, Robert Osborne, Barry Slattery and Jack Enright. And well done to Evan Smyth, Darragh Lyne, Peter O'Sullivan, Kieran O'Donoghue and Tadgh Doolan who travelled to Galway also with the Kerry South Under 14 Development Squad. The lads did very well winning both games against the respective Galway squad.

CLOTHES COLLECTION: Just a reminder that our unwanted clothes collection is still going. This is a great way to raise badly needed funds to run our club while it provides a super opportunity for you to make some space in your wardrobe - for more new clothes, perhaps.



Bag your unwanted clothes and drop them off at the clubhouse. Thanks.

WELCOME HOME: Welcome home to Padraig Lucey who is back home on a break from the Geelong Cats during the off season in the AFL. Hope to catch him around Direen in the coming weeks.

SYMPATHY: The club extends its sincere sympathy to the family of Seanie McCarthy whose untimely death cast a shadow over the town last week. Condolences to his wife Margaret, his sisters and his many friends. Ar Dheis De go raibh a Anam Dilis

SPA GAA NEWS

COISTE NA NOG: U6, u8 and u10 Boys.

Training Saturday mornings 11-12noon.

U10 BOYS: Game away to Listry Friday 25th Sept at 6.30pm.

U14 BOYS EAST KERRY SEMI-FINAL: Spa travelled to take on Currow in an exhilarating clash last Monday night. Currow took an early command but great defending by Daniel O'Sullivan and Tomas Cronin stemmed the tide. Ryan Kelliher and Cian Murphy began to get the scores on the board. By half time the boys in blue were only 2 points behind. On resumption a physically bigger Currow team began to turn the screw, and despite great work rates from Mike Kearney and Ruairi O'Conner Spa were to lose this engaging contest.

U21 CLUB CHAMPIONSHIP QUARTER-FINAL: SPA 1-14 AN GHAELTACHT 1-13

There was high drama in Spa and it hit its peak just before the final whistle, as Spa goalkeeper Aaron Farrell had to spring across his square to claw away a goalbound shot, and Gaeltacht see one last great effort for an equalizer drift agonizingly wide at the end of a magnificent, open game of football.

Spa led early on with Craig Hickey (2) and David Spillane on target and Shane Cronin, who was tremendous throughout, setting up Ciaran Spillane for a goal. Seamus O Muircheartaigh (2 '45s), a very impressive Dara O Se (2, 1f) and Cathal O Gairbhia made it 1-3 to 0-5 before Liam Kearney (2f) and Shane Cronin stretched Spa's lead - Liam Kearney and Rob O Se shared a titanic and enthralling midfield battle throughout. Dan O'Donoghue added another on the break but Gaeltacht finished strongly through Dara (2f) and Tomas O Se.

Half-time Spa 1-7 An Ghaeltacht 0-8. Dara Moynihan and Craig Hickey for Spa exchanged points with Dara o Se (f) and Seamus o Muircheartaigh. David Spillane fired over and set up Conor Kearney for another to put Spa ahead by four. Just on the three quarter mark, a driving run by Briain O Beaglaioch, who was inspirational for An Ghaeltacht in the second half, was finished to the net by PJ Mac Laimh to put the minimum between them. Shane Cronin and Craig Hickey pointed for Spa but Dara O Se (2, 1f) quickly replied. Dan O'Donoghue won a free converted by Liam Kearney to double the lead but Dara O Se was equally nerveless with

one to cut the gap back to one. Then came that last minute of huge drama, with Spa's narrow lead just barely surviving to the final whistle.

EAST KERRY U14 GIRLS:

SPA 3-6 GLENFLESK 0-10: They say goals win games and that's what happened in Spa on Sunday afternoon. Glenflesk were a gallant team and result could have been reversed except for excellent saves from goalie Linda Taylor and great defending from our young girls. The scoring boots were on from Mairead Bennett (1-4), Eimear Beazley (1-1), Megann Cronin (0-1) and Maeve Fitzmartin (1-0).

SENIOR LADIES: Hard luck to our seniors in the Junior B final.

SENIOR CHAMPIONSHIP: Best of luck to Spa/Rathmore against Castleisland Desmonds on Friday 18 September. Date time and venue TBC

GAELIC FOR MOTHERS AND OTHERS:

Training continues every Thurs night 7.30-8.30. Numbers are great. We have registered our team to enter the All Ireland Competition in Portmarnock in October. Any player that hasn't registered contact Grace.

SENIOR MEN: Upcoming Fixtures. Intermediate Championship Saturday 26th September at 2.30pm Venue: Laune Rangers Spa V. John Mitchels. Please get behind our senior team and wear your blue and gold in force to Killorglin.

KERRY TEAMS: Best wishes to both Senior and Minor teams in the All Ireland this Sun September 20th in Croke Park. Especially Evan Cronin and Michael Foley that are part of the Minor Squad. A huge achievement defending back to back All Irelands in both codes. Fever pitch was in Spa when Evan Cronin visited the younger members in Spa at their training last Saturday morning to wish him every success in his All Ireland bid.

SCÓR NA NÓG: Club members under the age of 17 years on January 1st 2016 who may be interested in participating in the forthcoming East Kerry Scór na nÓg competitions are invited to contact Spa Scór Officer Sheila McCarthy at 087-7614847. Scór categories - Figure Dancing, Solo Singing, Recitation/Storytelling, Instrumental Music, Léiriú/Drama, Ballad Group, Set Dancing and Table Quiz.

LOTTO: Lotto numbers drawn in McSweeney's were 5, 7, 8, 10. No winners. Next weeks draw will be on Tuesday September 22nd after the All Ireland in Jimmys for €11,000.

SPA COMMUNITY NOTES: Sympathy is extended to John Wickham and family, Ballaugh on the death of his brother, Peter in Wexford. May He Rest In Peace.

FOSSA GAA NEWS

LOTTO: Numbers drawn were 5, 14, 23, 24. There was no Jackpot winner and next weeks Jackpot will be €13,200.

IMPORTANT NOTE ON LOTTO: Due to the All-Ireland final on Sunday 20th, the next lotto draw will take place on Tuesday night, 22nd

September at 11pm in the Golden Nuggett. Tickets for the following weeks draw will be on sale from Wednesday 23rd September.

SENIORS: Our seniors played Valentia on Saturday evening in the Novice Shield quarter-final. Fossa controlled the game from the start with Mikey Cronin and Matthew Rennie having the upper hand at midfield throughout. Paudie Clifford caused the Valentia defense all sorts of problems and kicked 1-3 in the first half and his goal was top drawer. Dara Rice created space for the other forwards with his intelligent runs off the ball and Tadhg O'Shea 0-2, Donald O'Sullivan 0-1 and Matthew Rennie 0-1 completed the scoring leaving Fossa leading at half time 1-7 to 0-2. The second half continued in the same vein with Fossa in control, Paudie Clifford kicked 3 more points, Donald O'Sullivan, Tadhg O'Shea and Michael O'Keeffe added further points. Chris Myers scored a great point after good build up play and Dara Rice scored a fine individual point also to leave the final score Fossa 1-15, Valentia 0-07. The defense was rock solid with Daniel O'Keeffe returning to form and Mark Dennehy excuting a crunching but fair shoulder mid way through the second half to lead by example! Colin Myers was his usual accomplished self in goals, midfield laid the platform for the win and the forwards worked well as a unit and can be happy with their performance overall.

JUNIORS: Our Junior team are away to Castleisland Desmonds in the next round on Friday, 18th September in the Barrett Cup, this game was postponed last week due to weather conditions.

BEST WISHES: Fossa GAA would like to wish the Kerry Minor and Senior teams all the best in the All-Ireland finals on Sunday next. Also thanks to everybody who gave so generously to the Church Gate collection recently.

U-16 GIRLS: The U-16 Girls had a hard fought win over Legion on Sunday evening in the County League Div 1 semifinal on a scoreline of 6-10 to 3-09. They will now play Rathmore in the final this coming weekend, date and venue unknown at this stage.

FASHION SHOW: Fossa Annual Fashion Show in aid of Fossa Community Centre will be held on Wednesday 7th October at Hotel Europe. Tickets and more details available shortly.

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 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.



OUTLOOK SPORTS NEWS

Editor : Donal Barry

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ALL IRELAND SENIOR FOOTBALL FINAL THE ULTIMATE DREAM FINAL FOR GAA FANS

KERRY V DUBLIN

DATE: Sunday September 20th

VENUE: Croke Park

REFEREE: David Coldrick
(Meath).

THROW-IN: 3.30pm.

Kerry and Dublin clash for the 28th time when the sides meet in this year's All-Ireland final on Sunday at Croke Park. To date, the Kingdom have won 17 of these games, the Dubs 8, with two draws.

Back in January when they were asked to look into their crystal ball and predict this year's All-Ireland finalists, many of the country's top GAA journalists and pundits felt that Kerry and Dublin were the top two sides in the country and an All-Ireland final between these great rivals would catch the imagination of Gaelic football fans worldwide.

There is something very special about the Kerry-Dublin rivalry. It germinates interest and is a talking point on every occasion these two great teams meet.

They have served up many famous championship battles on the pitch. Who will ever forget the 1955 victory over the famous Dublin machine?

Other wonderful moments from the past stand out too. 1975 for instance when Mick O'Dwyer's young team of bachelors beat a hotly-fancied Dublin.

This game was the start of the wonderful Dublin-Kerry rivalry of the 1970s. During those years the sides met five times, including that magnificent 1977 semi-final when Dublin with two late late goals broke Kerry hearts.

In more recent times who will ever forget Maurice Fitzgerald's magnificent point from the sideline in the 2001 quarter-final or the famous goal by the Gooch at the start of the 2009 quarter-final, or when Kevin McMenamin and Stephen Cluxton stole the show for the Dubs in 2011.

Yes, there is something very magical to look forward to whenever Kerry and Dublin meet. The 2015 journey for Kerry began on June 14 in Thurles when they



COLM GOOCH COOPER WILL HOPE TO HAVE THE SAME INSPIRED FORM ON SUNDAY THAT HE HAD IN 2013 WHEN KERRY JUST LOST OUT TO DUBLIN AFTER A LATE DUBLIN RALLY.

overcame a stubborn Tipperary resistance to book a Munster final date with old rivals Cork.

The drawn game against Cork was noted for a number of talking points including the penalty awarded when James O'Donoghue was fouled and the late late Fionn Fitzgerald equaliser.

In the replay, a piece of 'Gooch' magic, the vision of Donnchadh Walsh and the finishing touch of Paul Geaney finally broke the Cork resistance.

Croke Park on August 2nd was next on the list for Eamon Fitzmaurice's men and the challenge of Kildare.

Kerry scored seven magnificent goals in the second half to set up a semi-final against Tyrone, which the Kingdom won following a gruelling battle with a run of four late points.

Dublin, meanwhile, ploughed their way through Leinster with wins over Longford, Kildare and Westmeath. They also had a convincing win over Fermanagh in the quarter-final before eventually getting over Mayo in a replayed semi-final.

Eamonn Fitzmaurice and Jim Gavin are two of Gaelic football's shrewdest and tactical managers.

Gavin will be anxious to guide his Dublin side to another victory, which will be their third since 2011 and has made no secret of his ambition.

Fitzmaurice, on the other hand will leave no stone unturned as Kerry prepare for the ultimate battle with the Dubs.

The starting line-ups are eagerly awaited by both sets of supporters. On the Kerry side, will Eamonn Fitzmaurice be tempted to start Paul Geaney who was so influential in the semi-final when introduced as a substitute?

If Geaney starts, will it be at Kieran Donaghy's or Colm Cooper's expense? On the Dublin side, speculation will centre on whether Kevin McMenamin or Michael Darragh Macauley get the nod.

Both were hugely influential in the replayed win over Mayo and if they start, will it be at the expense of Dean Rock or Denis Bastick?

These issues just highlight the strength and depth that both panels have at the moment.

Kerry's list of substitutes includes Barry John Keane, Tommy Walsh, Darran O'Sullivan and Fionn Fitzgerald, last year's joint captain, while Dublin's include Alan Brogan, a hero in the past for Dublin, Michael Fitzsimons and John Small, whose second half block in the goalmouth in the drawn game against Mayo prevented an almost certain goal.

How Kerry deal with Stephen Cluxton's quick kickouts too will be interesting to see.

Yes, Kerry versus Dublin certainly has a magical ring to it. We leave the final words to John Dowling, skipper in 1955.

When asked to describe how Kerry won that memorable decider, Dowling famously replied: "We never trained for anything like we did for the final with Dublin. We were in peak condition and we were determined that we would break the back of this so called mighty football machine."

"This we did and I would say it was one of the most shattering defeats ever inflicted on a team in an All-Ireland final. Dublin could make all the excuses they wanted afterwards but the simple fact of the matter was that we had proved our football to be superior."

Hopefully, sixty years on from that epic final, Kerry's football will be superior on Sunday.

Ciarraí Abu.



KERRY'S JACK SHERWOOD CHASE DOWN KEVIN MCNAMON AS HE SHOOTS FOR HIS SIDES SECOND GOAL IN THE LAST CLASH BETWEEN DUBLIN AND KERRY IN CROKE PARK.



PICTURED AT KILLARNEY NATIONAL PARK TO RUN WITH SONIA O'SULLIVAN AND FELLOW MEMBERS OF KILLARNEY VALLEY ATHLETIC CLUB WERE THE COFFEYS L-R NIAL, MAURICE, JENNA, EMIR & IAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

WORKMEN'S ROWING CLUB

THE KUBE: Well done to Mike Quirke who put in a great performance as our club representative at the Kerry Foxhound Hunt's fundraiser at the Gleneagle on Friday last. Unfortunately, there could only be one winner and that honour fell to Laura Collins of Abbeydorney Gaa who walked away with €3,000 in prize money. Thanks to all of those who went along to support Mike on the night.

TRAINING: After such a successful season in 2015 our head coach Mickey Joe Burns is keen to get crews back on the water so we plan to resume training on the weekend of September 26th/27th. We will notify everyone

by text of training times so remember to check your phone or follow us on Twitter @WorkmensRowing.

STREET COLLECTION: Killarney Regatta Club will be holding their flag day in Killarney on Saturday, Oct 3rd so mark the day in your diary as we will be looking for volunteers!

KILLARNEY RFC NEWS

SENIOR XV: Last Sunday, our seniors played the first round of the McElligott Cup. This match was played under bad weather conditions at our new home in Aghadoe and Corca Dhuibhne were the opposition. The match was a tough one with Killarney managing to take the lead for the first time, with only two minutes to go. Try scorers included Brian O'Sullivan, our captain Ger Moynihan and Chris Meyers, while Michael Sheahan had a good day with the boot scoring 3 penalties and 1 conversion. All in all, a good start to the new season.

MEMBERSHIPS: Membership subs are now due and we would encourage everyone to log onto www.krfc.club/membership and renew your subs as soon as possible. Subs must be all paid up by the 30th of September next. For any queries contact our registrar Paul Murphy on 087-2676377.

FAMILY DAY: KRFC would like to extend a huge thanks to everyone who came to our wonderful family day last Sunday. We had a huge turnout and we're thrilled to be able to show off our new home to our members, supporters and sponsors as well as to players of all ages and their families. The weather really played its part and everyone enjoyed the amazing food on offer, the various games and rugby displays on show. It's great to hear all the positive feedback and we would like to extend a huge thanks

to the organising committee for what was a hugely memorable day for the club.

MINIS AND YOUTHS RUGBY: Our Minis and Youths are back up and running and are enjoying the new surrounds of our new pitch up in Aghadoe. The Minis are training every Saturday morning between 10:30 and 12:00 and children between the ages of 5 and 11 are welcome to come along. For details contact our Minis Coordinator Liam Murphy on 087/4145662.

Our youths sections are also back up running. Our U14's and U16's train every Tuesday (6pm) at Aghadoe, while our U18's train on Mondays and Wednesdays at 6:30pm. New players always welcome. For details contact our Youths Coordinator Tom Campbell at 087-2657994.

GNEEVEGUILLA ATHLETIC CLUB

LOTTO: One winner of our lotto 11th September 2015, numbers drawn were 9, 16, 25 and 29. Francis O'Sullivan Killarney & Doon Knocknagree was the lucky winner of €13,200. Sellers prize went to Valerie Doyle The Fairfield Tavern who was the seller of the winning lotto ticket. €50 Y/T winner Paudie Hickey Gneeveguilla, €50 to Siobhan Coakley Corner Bar Barraduff, €40 each to Mike Cooper Cullen, Mary Hickey Gneeveguilla Village & Sonny Corcoran Kilcummin. Next week's jackpot €4,000 plus €1,000 bonus.

TRAINING: Training continues Friday's in Barraduff 7.00 – 8.00 pm and in Gneeveguilla GAA Hall Monday Evening 7.00 – 8.15 pm. €2 charge per child €5 max per family per session.

GNEEVEGUILLA NATIONAL SCHOOL 5K: The date is September 27th, keep the date free.

SUNSHINE AND SMILES AT #WALKING4FAMILIES

Families in their droves turned out on Saturday afternoon last to raise money for Ronald McDonald House at Crumlin Children's Hospital in Crumlin.

The walk was held to raise funds for the facility which houses parents of sick children while they are patients at the hospital. The walk was organised locally by Killarney Couple Fiona Fleming and her husband David O'Donnell who used the services when their daughter Eabha was a patient. Sadly Eabha has since passed away but Fiona and David were so grateful for the support they received there that they decided to fundraise for the facility.

The walk took place though the Killarney National Park and all everyone who entered it returned to the Gleneagle Hotel for an afternoon of family fun.

MORE PICTURES ON PAGE 16.



PICTURED AT THE GLENEAGLE HOTEL AT THE ANNUAL RONALD McDONALD HOUSE WALKING4FAMILIES WERE BACK ROW L-R SANDRA MCSWEENEY, CORMAC O'SULLIVAN, KEELYN O'LEARY, SHEENA O'SULLIVAN & DAVID O'LEARY. FRONT ROW L-R KEZ THE DOG, BABY SADHBH O'SULLIVAN, AYDA O'LEARY AND SNIFFY THE DOG. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

25TH ANNIVERSARY IN 1990

There is no doubt that the 25th anniversary of the club in 1990 had a very positive impact as it brought many of the people involved in the earlier era back into the fold and reignited the pride many people had in the club. In particular, the visit and contribution of Don Harrington was a great source of encouragement for the people running the club as it showed how far the club had come from such humble beginnings.

MOST SUCCESSFUL PERIOD The period from 1990 to 2005 was arguably the most successful period in the history of Killarney Athletic and this is down very much to the many people who contributed so much to all aspects of the club. After the purchase of the Woodlawn field from Tom Lyne in 1993, the club invested into a three year plan to develop the playing surface of the ground on the banks of the River Flesk. In April 1996, Killarney Athletic opened the redeveloped pitch with a friendly match against Killarney Celtic. The club's annual 7-a-side held in the 'Áras' pitch was the main source of fundraising for the development and with the support and goodwill of a huge amount of teams, spectators and sponsors associated with the tournament, the club was able to invest in its now permanent home ground.

UNDERAGE STRUCTURE The Schoolboys Football Leagues were beginning to become very popular throughout the country in the early '90s and most junior clubs were realising the importance of encouraging and facilitating underage teams in their clubs. Killarney Athletic was the 1st club in the county in 1993 to start a coaching academy for under 10 year olds and the sessions ran on Saturday mornings, firstly on the Knockreer pitch and in Woodlawn thereafter from 1996. Winter time sessions were held indoors in the 'Sem' gym.

SOCCER CLINICS AND COACHING

The FAI Soccer Clinics, which the club was 1st to organise in 1992, also contributed greatly to the development of underage players as it exposed them to all the necessary drills and practices required to develop their skills in the game.

Nurturing the talent through quality coaching was an essential requirement for players to reach their full potential. To this end the club organised and ran FAI coaching courses and the benefits were enormous as the all-round soccer ability of the players improved. There is no doubt that Michael Moloney, Bryan Murphy, Diarmuid O'Carroll, Brendan Moloney, Michael 'smiler' Moloney and Ronan Murphy all benefitted and achieved higher standards in the game through the coaching they received in the club from a young age.

Whereas the aforementioned players deserve great credit for all that they achieved, there were numerous outstanding teams and players throughout this whole period of the club's history. O'Reilly, Gleeson & O'Connor Among the Best

One of the most outstanding underage teams of in the '90s included Brian O'Reilly, David Gleeson and Paudie O'Connor. All three played throughout at every age level from under 10s up and were amongst the best players to represent the club at senior level, while Nicholas Murphy, Mark Pyne and Aaron Quill also deserve credit in the same teams. Conor Spellman RIP was one of Athletic's most prolific goal scorers at underage level and also part of this great Athletic bunch of players.

SUCCESSFUL CUP TEAMS There is no doubt when John O'Connor and Sean Hanrahan took over the Athletic senior side in 1995 there was an abundance of very young talented players coming through but the KDL at the time was of a very good standard and to win a trophy was always hard-earned. To the credit of Johnny and Sean they pulled a good blend of youth and experience together ensuring that Athletic was one of the most competitive sides in the league

at the time. The side got their just reward in 1996 when they overcame a two goal deficit in a reply against a tough 'An Glean' side to claim the Castle Bar Cup with Sean O'Donoghue getting the winner. Vince Casey, at the twilight of his career, also played with the side while also fulfilling the role of treasurer in the club at the time. The emergence of 16 year old Martin Beckett RIP was also a feature in the final as he gave a 'man of the match' performance in Athletic's win. The victory offered great promise that the side could go on and win more trophies for the club and the team management too felt that the side could beat anyone in the division on their day, but inconsistent league form meant they were more of a great cup side.

TRAGIC EVENT IN 1998

Tragedy struck the Beckett and O'Connor families in September 1998 when Martin and Sean were both killed in a road traffic accident while returning home from a holiday abroad. Gerard Phelan RIP from Kilkenny was also killed in the two car collision. A dark sadness covered Killarney as the families and friends struggled to come to terms with their tragic losses at such a young age. Both lads were also dual players, Martin lining out for Crokes and indeed Kerry, while Sean wore the green and white of the Legion. But what united them both as lifelong friends was their loyalty and love of Killarney Athletic, an interest they also shared with their many Athletic friends both young and old. The greatest respect the club could give and gave to them was to honour the memory of their young lives by continuing to play and promote the club that they were so much a part of throughout their young lives. They are also remembered annually by the club as the Player of the Year award is presented in their memory.

Next week's article will continue to give a snapshot of the club from the late '90 to the now new millennium. All contributions or photos from any club members at the time are most welcome. Contact Mike at 0872727173 or Toirdealbhach at 0876447603.



CASTLE BAR CUP WINNERS 1996

BACK LEFT TO RIGHT: SEAN HANRAHAN, JP O'SULLIVAN, VINCENT CASEY, MARC MCCARTHY, BRIAN MCCARTHY, DAN DOONA, MICHAEL GUERIN, KIERAN GUERIN, DAVID HAYES, ALAN BRADY AND JOHN O'CONNOR. FRONT LEFT TO RIGHT: KENNETH BUCKLEY, SEAN O'DONOGHUE, TOM O'CONNOR, MIKE COOPER, MICHAEL MOLONEY, PETER MCKEOWN, ROLAND NEHER AND DONNACHA GALVIN.



COACHING COURSE WITH JIMMY McDERMOTT 1993

BACK LEFT TO RIGHT: MIKE O'SULLIVAN, DENNY HAYES, DENIS CORRIDAN, SEAMUS MCCARTHY, JERRY DOYLE, MAURICE GUILFOYLE, LEE O'CONNOR, PACKIE O'CONNOR, PAT MURPHY, PAT MOYNIHAN, MIKE KELLY, DONIE MURPHY, VINCENT CASEY & JIMMY McDERMOTT. FRONT LEFT TO RIGHT: MICHAEL O'SULLIVAN, PAT MURPHY (JNR.), NOEL BROSAN AND TOM O'SHEA.

MASTERGEEHA

Social Club are holding the Hospice Coffee morning in Kilcummin N.S, Anabla N.S, & Coolick N.S on Thurs 17th Sept 9am-11am

VICTORY SOCIAL Mastergeeha are holding a Victory Social on 9th of October in the Killarney Oaks Hotel. Tickets will be available from committee members.

MASTERGEEHA FC LOTTO There was no winner on Friday 11th September. Numbers drawn were 16, 17, 18, & 19. Jackpot now €5,400.00.

U17 CUP FINAL Mastergeeha 4 Park 1. In the replay of the cup final in Mouthawk Park Mastergeeha were victorious against a good Park side. In the opening half both sides created half chances before Mastergeeha took the lead when Luke Murphy headed home a Padraig O Connor corner. Early in the second half the boys doubled their lead when Patrick Warren combined well with Brian Friel to score. However shortly after The Park got a goal back. After this Mastergeeha defended well and counter attacked well. In the 70th and 75th minutes Gearoid Kerins was unlucky not to extend the lead with his shots coming back off the upright. Shortly after Mastergeeha scored when Sean Twomey set up Patrick Warren to finish well. In the closing stages Patrick Warren got his hatrick after being setup by Sean O Leary. Well done to all involved after a long hard season it is magnificent achievement for this squad of players and management to win both the league and cup.

PREMIER A Mastergeeha 1 Castleisland 1. In their first game of the season the seniors got a deserved draw at home on Sunday afternoon. In an even game Mastergeeha opened the scoring in the first half when Scott O Mahoney scored with a good shot. However half way through the second half the visitor got the equaliser. In the final quarter Mastergeeha pushed forward with Tony Brosnan and Padraig Nagle forcing good save from the Castleisland goal keeper.

DIV 1B Tralee Celtic 1 Mastergeeha 2. Mastergeeha got a deserved win away on Thursday night in the Kerry district league pitch. Colm Lenihan and Chris Keane were the scorers in a good team performance.

AWARDS NIGHT AND SOCIAL Mastergeeha will host an awards night and social in the Killarney Oaks on Friday 9th of October. Tickets will be available from committee members.

SENIORS In preparation for the new season seniors training continues on Wednesday and Friday at 7.15pm at Kilbrean Park. New Player welcome. **SCHOOLBOYS & GIRLS TRAINING** In preparation for the commencement of the new underage season training continues for schoolboys and schoolgirls teams. Schoolboys season kicks off with even ages groups on Saturday 19th September. New players welcome for all ages. For further information contact: Tadhg Brosnan: Ph. 086-4098405.

SCHOOLBOY/GIRL SOCCER

PREMIER TEAMS GET READY FOR NATIONAL CUPS:

RESULTS: JK Sports 12 Premier:

Park A 3-1 Listowel Celtic

Daly's Supervalu 13 Premier:

Listowel Celtic 1-6 Park A

Killorglin 6-1 Inter Kenmare

Foundation Sports 14 Premier:

Killarney Celtic 2-0 Killarney Athletic

Tralee Trophy World 16 Premier:

Park A 5-2 Castleisland

REPORTS:

JK SPORTS 12 PREMIER: In the JK Sports 12 Premier St Brendan's Park made a winning start to their campaign with a 3-1 win over Listowel Celtic. Cianan Cooney got 2 goals and Colin Doody the other in the Tralee sides win.

Daly's Supervalu 13 Premier:

The Uneven League got underway with 2 games in the Daly's Supervalu 13 Premier. St Brendan's Park made their trip to Listowel Celtic a winning one. Earnan Ferris got a hat trick with Darragh Caplis adding 2 and Leon Gallagher the other goal. Ben O'Connor replied for Listowel Celtic.

Killorglin also made it a winning start as they won at home to Inter Kenmare. Dylan Moriarty, Eoghan Hassett, Cillian Burke, Darragh Callan, Tom Whittleton and Callum Russell all got on the score sheet.

FOUNDATION SPORTS 14 PREMIER:

Killarney Celtic won the first derby of the new season with a 2-0 win over neighbours Killarney Athletic at Celtic Park. James Darmody and Alan Dineen got the goals for the Hoops.

TRALEE TROPHY WORLD 16 PREMIER:

The Park defeated Castleisland 5-2 in the Tralee Trophy 16 Premier. Ben Cooney got both for Castleisland. However goals from Sean Carmody, James Rusk, Thomas Burke and Robin McCarthy were on the mark for the Park.

NATIONAL CUP INFORMATION: With the season underway most of the Premier teams will have had an outing and will not be turning their thoughts to the early rounds of the National Cups.

Action gets underway with the Uneven ages on Saturday 26th. In the 13's Killarney Celtic, Mastergeeha and Listowe Celtic have home draws with Inter Kenmare, Killarney Athletic, Camp Juniors and Park on the road.

At 15's its Killorglin, Listowel Celtic and Camp that are at home with Killarney Athletic and Tralee Dynamos at home.

With the new Rules as part of the Player Development Plan squads in the 13's and 15's are a maximum of 18 with Roll On / Roll Off substitutes.

In the Even ages Saturday October 3rd is the date for the opening games. In the 12's the maximum squad is 16 while its 18 in the 14's and 16's and again as in Uneven ages its Roll On / Roll Off substitutes.

MEK UNITED FC UPDATE:

MEK ACADEMY: We recommenced our hugely popular MEK United FC Academy last Saturday, the 12th of September, with training at the AstroTurf pitch in Fossa. We had our U6 & U7 group train from 2:00pm to 2:45pm, while our u8's trained between 3 and 4pm. Finally it was the turn of the U9's and U10's between 4pm and 5pm. We are absolutely thrilled with the turn out and the forthcoming season promised to be a very busy season for our Academy!

We now have an Academy Kit available to order when players register. The club would sincerely like to thank Denis Murphy and all at Gallivan Murphy Hooper Dolan Insurance brokers, Killarney, for sponsoring our Academy Kit. The kits are amazing and we look forward to seeing the orange and black take to the pitch in the very near future.

New players are welcome to come along and the times above will be the session times going forward. For further details contact Pa Murphy at 087-7943220 or Liam Murphy at 087-4145662.

MEK U12 & U13'S SQUADS: This season we will be entering two teams into the Kerry Schoolboy Leagues. This is an historic occasion for our fledgling club and we are very excited at the prospect of having teams compete for MEK with the best in the county.

Our U12 and U13 squads train every Thursday night at the AstroTurf Pitch in Fossa and we will be playing our home matches at the Community Pitch in Fossa. We would like to thank the community council for their support along with St. Pats hurling club. It will be great to play the home matches here.

We have also secured new jerseys for the forthcoming season. We would like to sincerely thank John McKeon of Portalis who have come on board as the main sponsor of the jerseys and this support has helped us to design amazing new jerseys for MEK Schoolboy squads, which will be an amazing new addition on the pitches of Kerry! Thanks John and co the support is hugely appreciated.

A huge thanks also to Kennelly's Pharmacy and O'Neill's solicitors, Killarney who are also sponsoring the schoolboy league squads. We are expecting the new jerseys in the next few weeks and will post photos on our Facebook page when they are ready. Suffice it to say they will generate much excitement!!

Queries regarding training can be made by contacting Pa Murphy on 087-7943220. Keep posted to our Facebook page and www.mekunited.com for further updates.

KILLARNEY ATHLETIC A.F.C. NOTES

FIXTURES Kerry Schoolboys/Girls League Fixtures. Saturday 19th September

JK SPORTS UNDER 12 PREMIER

Killarney Celtic A v Killarney Athletic A 10.30am

JK SPORTS UNDER 12 DIVISION 2

Dynamos B v Killarney Athletic B 10.30am

FOUNDATION SPORTS UNDER 14 PREMIER

Killarney Athletic A v Park A 11.45am

TROPHY WORLD UNDER 16 DIVISION 1

Killarney Athletic v Killarney Celtic B 1.30pm

300 CLUB MEMBER DRAW

Winners of August 300 club member draw.

First prize of €500.00 Michael O'Connor, €100.00 each to Kathleen Duggan, Tim O'Shea, Michael Coghlan, Eileen O'Donoghue, & Tadhg O'Shea.

CHURCH GATE COLLECTION Killarney Athletic's annual church gate collection takes place on Saturday 3rd and Sunday 4th October 2015. Please contact Sean on 087 662 1066 or Aaron on 087 940 3514 to help with the collection. All help appreciated.

HALF MOON REVISITED Check out photos of the 'Half Moon Revisited' and photos of the club's Gala Night on the Killarney Athletic Facebook site. Credit and thanks to Joe Madden for pictures. Also photos on file by Sean Kelly if you wish to purchase or frame any as a keepsake. Further info contact Mike at 087 2727173.

ALL IRELAND: BEST OF LUCK to the Kerry Minor & Senior teams in the All Ireland final on Sunday. Academy

KILLARNEY ATHLETIC ACADEMY. (U6'S

- U10S) Our Academy is starting up again on Friday's from 5.00pm to 6.00pm for ages 6, 7 & 8's and from 6.00pm to 7.00pm for ages 9, 10 & 11 in Killarney Athletic, Woodlawn. Registration will take place on the night and bring €2 for training. All Players welcome, new and old, bring your friends.

UNDER 12'S TRAINING Under 12's training is back on Thursday in Woodlawn at 6.30pm until 8.00pm.

UNDER 14 Our under 14 team started their league campaign against our near rivals Killarney Celtic. This was our teams first premier game after being promoted this year so this was a big step up and ask for our players to see if they could match the top teams. They more than did this on the night and if only a bit of luck they could have got a result. The game was even for the first 15 minutes back and forth between both teams, all of a sudden the boys in blue got on top and pushed the game to Celtic. All this was rewarded with a great move that resulted in the Celtic goalkeeper taking Emmet Finnan down as he was clear in on goal with nobody to beat. Owen Benson's penalty struck the post and was cleared, this unsettled our boys and this left Celtic in for a goal after this when we should have cleared our lines. After

this we woke up again and hit the crossbar with a blistering shot and we also had a couple of half chances before the half time whistle. The second half continued in the same way and yet again by not clearing the ball they scored from outside the box. However from then to the final whistle our boys took the game to Celtic and kept pushing forward but couldn't put the ball into the net. This was a superb performance from the boys and they look like they will do very well in the premier this year going on this performance, they worked really hard all over the field and kept their shape superbly. Well done to all on the night they should be very proud of their performance. Training continues Thursday nights 6.30 - 7.30pm, it's on the training ground is where we will improve for every game going forward.

SENIOR B Our First game of the new season was away to neighbours and friends Cedar Galaxy played in awful weather conditions on Sunday morning. This was the first B game in nearly 6 months so the lads were obviously short on March sharpness and Cedar were well on top in the first 20 minutes where they duly obliged of a poor back pass to go 1-0 up. Athletic quickly woke up and dominated large amounts of possession but Cedar's defence were in outstanding form. Another poor back pass in the second half left Cedar in for 2-0. With both teams running the bench, there were little chances left. Senior debuts to Ori Perro, Eamonn Lavin, Jack O'Connor and a youthful team, this team will pick up points once they cut out silly mistakes. Best on the day for Athletic was Eamonn Lavin.

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 085 191 3244 or aland15@live.ie.

KILLARNEY CELTIC NOTES

FOOTBALL FOR ALL BLITZ Killarney Celtic Football For All are hosting a Munster club blitz in Celtic Park on Saturday 19th from 1pm-3pm. There will be approx 100 children with varying abilities playing from all over Munster. Please come along and support these amazing children.

TRAINING TIMES Players must register on the night to be fully covered and to play in the senior or schoolboys Kerry leagues. Everybody is welcome to a testing but fun training

environment. We do ask players to wear the proper equipment for safety's sake and to respect the authority of coaches and other trainees.

These times may be subject to change as the season beds down.

Senior squads and Youths – Tuesdays, Thursdays (this slot will be switching to Fridays in a few weeks time) 7.30pm

KILLARNEY CELTIC FOOTBALL FOR ALL

Thursdays, 5.00 – 6.00pm

U16 – Mondays, 8.30pm

U14 Boys – Mondays – 7.00pm

U14 U12 Girls – Thursdays, 6.00pm

U13 – Thursdays, 6.00pm

U12 – Mondays, 5.30pm

U11 – Wednesdays, 5.00pm

U10 GIRLS – Saturdays, 11.00am

U10 BOYS – Saturdays, 4.15pm

U9S – Saturdays, 3.00pm

U8S – Saturdays, 1.45pm

U7 training for boys and girls has now started.

New players welcome next week.

Training takes place at 12.30pm on Saturdays with an emphasis on fun first.

FIXTURES

DENNY PREMIER: Killarney Celtic at home to Killarney Athletic, Friday, 7.45pm

U16 PREMIER: Killarney Celtic at home to Castleisland, Saturday, 12 noon

U16 DIV ONE: Killarney Celtic B away to Killarney Athletic, Saturday, 1.30pm

U14 PREMIER: Killarney Celtic at home to Listowel Celtic, Saturday, tbc

U14 DIV ONE: Killarney Celtic B away to St. Bernards, Saturday, 11.30am

U12 PREMIER: Killarney Celtic at home to Killarney Athletic, Saturday, 10.30am

U12 DIV ONE: Killarney Celtic B at home to Park B, Saturday, 10.30am

U12 DIV TWO: Killarney Celtic C away to Fenit, Saturday, 11.00am

PITCH BOOKINGS Contact Mary Lyne 086-6485809 to book our All Weather full size pitch or training area.

LOTTO RESULTS: Numbers drawn 6, 9, 11, 20. No winner. Next week's jackpot €4000, draw in the Failte on Monday night. Tickets available from all club officers. Yearly tickets available.

If anyone has information for the notes contact Jimmy O'Sullivan Darcy 087 9633397 or jimmyosdarcy@gmail.com. Check out www.killarneyceltic.com for Killarney Celtic news, match reports, or photos.

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Call Des on 087-6593427





MICHAEL QUIRKE CAPTAIN (SIXTH FROM LEFT) PRESENTING THE PRIZES IN THE CALOR GAS MENS STAPLEFORD COMPETITION TO WINNER PADRAIG GRIFFIN (FROM LEFT) PRIZEWINNERS JOHN CAHILL, DER BROSNAN, DONAL CONSIDINE, JOHN CLIFFORD AND JOHN C CURTIN AT KILLARNEY GOLF AND FISHING CLUB, KILLARNEY.

BEAUFORT GOLF CLUB

LADIES BRANCH

29TH AUGUST - 18 HOLE STABLEFORD SPONSORED BY LADIES BRANCH

Winner: Renee Clifford (25) 27 pts

8TH SEPTEMBER - LADIES FUNDRAISER SPONSORED BY DUNLOE HOTEL LADIES SECTION

1st Joan O'Sullivan (22) (Beaufort) 34 pts.
2nd Peggy O'Riordan (35) (Beaufort) 32 pts.
3rd Renee Clifford (36) (Dooks) 31 pts.

GENTS SECTION

1st John Cooper (14) (Killarney) 40pts.
2nd Brendan Fitzgerald (12) 36 pts.
3rd Michael J O'Connor (10) 33 pts.

FIXTURES

19th/20th September - 6th Rd GOTY - Sponsored by Funderland.

Club Scramble continues on Wednesday 16th September. Meet at Clubhouse at 5.30pm for scramble starting at 5.45pm.

Open to non-members.

Open Fridays from 10th April to 2nd October 2015. Open to Ladies and Gents - Single Stableford Entry Fee €20. Ring Clubhouse on 064-6644440 to book a tee time.

BEAUFORT GOLF CLUB

MEN'S BRANCH

29TH/30TH AUGUST & 5TH/6TH SEPTEMBER - GLEASURE CUP (36 HOLE COMPETITION) - SPONSORED BY CRONIN'S BUTCHERS.

1st James Jones (9) 134 Nett.
2nd Michael Quirke (14) 142 Nett.
3rd Shane O'Sullivan (6) 144 Nett.

28TH AUGUST - OPEN FRIDAY SPONSORED BY CLIFFORD GROUND CARE

Winner: Seamus Curran (6) 35 pts.

4TH SEPTEMBER - OPEN FRIDAY SPONSORED BY CLIFFORD GROUND CARE

Winner: Robin Suter (10) 34 pts.

FIXTURES

19th/20th September - 6th Rd GOTY -

Sponsored by The Golf Store, Killarney Club Scramble continues on Wednesday 16th September. Meet at Clubhouse at 5.30pm for scramble starting at 5.45pm. Open to non-members.

Open Fridays from 10th April to 2nd October 2015. Open to Ladies and Gents - Single Stableford Entry Fee €20. Ring Clubhouse on 064-6644440 to book a tee time.

KILLORGLIN GOLF CLUB

MENS

Competition 13/09/2015 Sponsored by Boyles Harware

1st Dan Phelan 42 pts.
2nd Pat Sheahan 41 pts.
3rd Jihn Breen 37 pts

KILLARNEY GOLF CLUB

LADIES

RESULTS OF PAT COURTNEY MEMORIAL MIXED COMPETITION SUNDAY 13TH SEPTEMBER, 2015- KILLEEN.

1st Brendan Brosnan & Kathleen Brosnan 36 pts bk9.

2nd Sean Goulding & Lora Beth Molloy 36pts.

3rd Ailish Mulcahy & Eugene O'Sullivan 35 pts.

BG Brian O'Regan & Mary Geaney 25 GP.

4th Angela O'Connor & Niall O'Connor 33 pts bk9.

5th Endya Curtayne & Kathleen Griffin 33 pts bk6.

6th Tom Sullivan & Maureen Creedon 33pts.

Next Sundays Competition is Club Sponsored, S/Ford, Killeen.

ROSS GOLF CLUB

GENTS CLUB

FIXTURES

On Sunday September 27th our President,

Donie Mulcahy will hold his re-scheduled Presidents Prize. This will be a strokeplay competition.

There is a new entriesheet now available in the clubhouse so please add your name to it as soon as possible.

BEST OF LUCK: To our Dr Billy team when they take on Killarney GC during the week in that competition.

JUNIOR COACHING: Commences Wednesday 7th October from 4.30 pm - 5.30 pm. These 5 sessions are funded by the GUI and so are free of charge to junior members aged 10 - 16 years.

Non members are also welcome at a cost of €35. Please contact Mark Heinemann PGA on 087 2209663 for more information.

ROSS GOLF CLUB

LADIES

Upcoming events: Sunday 20th Sept 10 Hole Scramble. 9.30am Shotgun Start.

KILLORGLIN GOLF CLUB

LADIES

KERRY PHOTO STORES 18 HOLE

STABLEFORD: 1. Anne Kenny Foley, Vice Captain (32) 35 pts. 2. Kitty Galvin (27) 34 pts.

3. Mary Conway (29) 33 pts.

LADY CAPTAIN PHIL ANNE FOLEY'S WEEK-END AWAY TO WOODSTOCK GOLF CLUB 18 HOLE STABLEFORD SPONSORED BY MORIARTY'S THE GAP: 1. Kitty Galvin.

2. Marian Healy. 3. Anne Kenny Foley, Vice Captain. Longest Drive: Maura O'Boyle.

SILVER SWANS: 12 HOLE STABLEFORD:

1. Eileen Bell (25) 24 pts.

2. Kitty Galvin (27) 24-2= 22 pts.

FIXTURES: 18 Hole Stroke sponsored by O'Sullivan's Bakery can be played Saturday 19th or Sunday 20th. Arrange.

Ladies Seniors Tour takes place in Killorglin on Tuesday 22nd September. Time Sheet in Pro Shop 0669761979.

RING OF KERRY GOLF CLUB

OPEN SINGLES STABLEFORD

1st Jonathan Goodall (3) 43pts.

2nd Toby Steadman (5) 39pts.

3rd Tommy O'Driscoll (+1) 37pts.

UPCOMING EVENTS:

Saturday 19th and Sunday 20th September - Open Singles Stableford
Visitors €25. Please call 064 66 42000

DEERPARK PITCH & PUTT NOTES

By John Kelly PRO

INTER -COUNTY: Despite the unfavourable weather conditions Kerry finished in a creditable 6th place in the Inter -County Pitch & Putt competition in Douglas last weekend. Deerpark were represented by John McGrath, Damian Fleming, Jason O'Brien and Conor McCarthy.

NIGHT TIME PITCH& PUTT: With a record 49

teams competing Saturday night's competition proved to be a huge success and a special word of congratulations is extended to Aidan O'Donoghue and his organising committee for a job well done. Proceeds will be donated to the Kerry Branch of The Irish Kidney Association at a later date.

WEDNESDAY EVENING FOURBALL: Result of last Wednesday evening competition were

Nett Ger Casey and Robbie O'Brien. Gross Gearoid Cronin and Johnny O'Brien. Next week's competition will commence at 6pm.

JUVENILE CAPTAIN SEAN COURTNEY'S PRIZE: Winner Conor Quirke, 2nd Cilian Courtney, 3rd Lorcan Martin, U-15 Adam Kelly, U-12, Robbie Harnett, U 10 Nathan Cronin.

DANNY NOLAN MEMORIAL: The Danny Nolan Memorial will be played on the Deerpark

Course on Sunday September 27th. Details in next edition.

SENIORS OUTING: Next Seniors Outing will be at Deerpark on Wednesday October 7th 10am.

ALL-IRELAND FOOTBALL FINAL: Best wishes from all at Deerpark is extended to the Kerry minor and senior football teams in this Sunday's All-Ireland finals in Croke Park.



DAVID KEATING (FOURTH FROM LEFT) PRESENTING FIRST PRIZE IN THE DAVID KEATING PRO SHOP BACKSTAKES CLASSIC COMPETITION TO WINNER JOHN HICKEY WITH (FROM LEFT) PRIZEWINNERS DER BROSAN, NIAL McCARTHY, PADRAIG GRIFFIN AND MICHAEL QUIRKE CAPTAIN AT KILLARNEY GOLF AND FISHING CLUB, KILLARNEY.



PETER MALONE OF MALONE HEGARTY SOLICITORS KILLARNEY (LEFT) WHO PRESENTED THE PRIZES IN THE MALONE HEGARTY MENS SINGLE STAPLEFORD GOLF COMPETITION TO WINNER SHANE CONNOLLE WITH MICHAEL QUIRKE CAPTAIN, MARCUS TREACY 2ND (BACK FROM LEFT) BERNARD COLLINS, SEAN DEVANE, FERGUS HOULIHAN, DONAL CONSIDINE, DENNY LYONS, GEORGE LENIHAN AND SEAN HICKEY AT KILLARNEY GOLF AND FISHING CLUB, KILLARNEY.



CONOR HENNIGAN GENERAL MANAGER THE MALTON (FOURTH FROM LEFT) PRESENTING FIRST PRIZE IN THE MALTON 4BALL MATCHPLAY COMPETITION TO WINNER DAN DOONA WITH (FROM LEFT) CONOR McNEICE AND BRENDAN 2ND, DERMOT ROCHE AND JOHN HICKEY 3RD AND MICHAEL QUIRKE CAPTAIN AT KILLARNEY GOLF AND FISHING CLUB, KILLARNEY.



MICHAEL QUIRKE CAPTAIN (SIXTH FROM LEFT) PRESENTING FIRST PRIZE IN THE ROBERT ROBERTS SINGLE STROKE MENS COMPETITION TO BRIAN HOLDEN WITH (FROM LEFT) PRIZEWINNERS BERNARD COLLINS, NIAL McCARTHY, BRIAN ENGLISH, MARCO TADDEI, JAMES O'NEILL AND KARL McMAHON AT KILLARNEY GOLF AND FISHING CLUB, KILLARNEY.



CLAIRE COURTNEY (SEATED CENTRE) PRESENTING FIRST PRIZE IN THE PAT COURTNEY MEMORIAL CUPS TO WINNERS OF THE MIXED BRENDAN AND KATHLEEN BROSAN WITH PATSY HANLEY LADY CAPTAIN, MICHAEL QUIRKE CAPTAIN (BACK FROM LEFT) SEAN GOULDING AND LORA-BETH MOLLOY 2ND, AILISH MULCAHY 2RD, BRIAN O'REGAN AND MARY GEANEY BEST GROSS, ENDA CURTAYNE AND KATHLEEN GRIFFIN 5TH, MAUREEN CREEDON 6TH AND DENIS CRONIN PRESIDENT AT KILLARNEY GOLF CLUB, KILLARNEY ON SUNDAY.

IF YOU HAVE A STORY...

Call: Aisling on **086 0400 958** or Email: editorial@outlookmags.com

PLOUGHING CHAMPIONSHIPS RESCHEDULED

The South Kerry Ploughing Championships and Harvest Show, due to take place at Fossa, Killarney last Sunday, have been rescheduled for Sunday, September 27.

Organisers took the decision to postpone the event due to the relentless downpour last weekend.

The family day out has been rescheduled for the same venue, Fleming's Farm in Grenagh, Fossa. It is organised by the Killarney Valley Classic and Vintage Club.

The gates will open at 11.00am and visitors will be treated to a fantastic spectacle with a feast of quality events that will leave nothing to the imagination.

Two local charities – the Kerry Mountain Rescue Team and the Kerry branch of the Irish Kidney Association – will be this year's beneficiaries and they will ensure the big financial boost they receive will be put to great use. Representatives of both charities will be there on the day to meet and greet visitors.



PLOUGHING ON: MEMBERS OF THE KILLARNEY VALLEY CLASSIC AND VINTAGE CLUB WITH KERRY MOUNTAIN RESCUE TEAM VOLUNTEERS.

GLAS 2 MEETINGS

GLAS 2 Information meetings will be held on Monday 28th of September, Killarney Heights Hotel and on

Wednesday 30th of September, Iveragh Mart, Caherciveen at 8pm. For more information contact: John O Connell 0863067663

WOMEN IN AGRICULTURE

The Women in Agriculture Killarney Group resumed after the summer break with their next meeting taking place on Wednesday October 14th.

Following their recent AGM, at which speakers, activities and social gatherings were discussed, the following officers were elected. President:

Joan Collins, Chairperson: Sheila Crowley, Secretary: Patricia Kelliher; Treasurer: Ettie Horgan; Pro: Eileen Moynihan; Photographic events member: Siobhan Giles. The group welcome all Agri and rural women and for more information contact Sheila on 087-2688989.



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This Weeks Gardening Tips

1. Get your compost going by buying a compost bin and putting in your waste from the kitchen and garden
2. If your soil is heavy, start digging it over now and add Gee up (horse Manure) or Farm yard manure.
3. Apply Autumn Lawn Food to your lawns now to strengthen the roots, feed the grass& protect it for the winter. For Moss in the lawn apply Mo-Bacter
4. Start planting your containers and beds with Daffodils, Tulips, Snowdrops, Bluebells & Crocus for Fantastic colour in the Spring.




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KILCUMMIN NEWS

COMPUTER CLASS: Kilcummin Rural Dev. in conjunction with Kerry Education Training Board are planning a basic computer class which will include email and internet. For details contact the Office on 064-6643357 or John at 086-1579381.

COMMUNITY GAMES: Anyone interested in Music group U12 & U16 and Ballad group U12 & U16 please contact Maria on 086-0537510. Competitors must be over nine years.

ANABLA N.S.: Anabla National School Family Fun Day and Raffle on 27th September 2015, 2pm to 6pm at the School grounds. Lots of fun on the day, bouncing castles, obstacle course, fun sport events, inflatable soccer pitch and bumper balls, inflatable speed cage and radar, raffle, cake sale, barbecue, kids karaoke and lots more. Great prizes to be given away on the day.

COMHALTAS: Anyone interested in joining our branch is very welcome.

AGM: Our branch AGM will be held on Tuesday

13th October at 8.30pm in Kilcummin Rural Development Office.

MUSIC SESSION: Our first Sunday session after our summer break will be held on Sunday 27th September from 2.30 to 5pm in Kilcummin Recreational Hall. All musicians from far and near of any age and ability will be very welcome! Refreshments provided for all in the break. We look forward to seeing you all for a catch up and particularly welcome any new musicians to our sessions!

KILLARNEY COMMUNITY COLLEGE: Enrolment now open for adult education night classes in Killarney Community College. Enroll on-line www.killarneycommunitycollege.com or call to the school office Mon-Fri 9am-4pm. Closing date Monday 21st September 2015. Classes due to commence Tuesday 29th September and Thursday 1st October numbers dependant. Contact 064-6632008

KILCUMMIN GAA LOTTO: There was no

winner on Sunday September 13th. Numbers drawn were 1, 11, 16 & 17. Next Draw Sunday, September 27th, 2015. Jackpot now €5,750.

KILCUMMIN GAA:

GOLF CLASSIC: The golf classic held in Beaufort last Saturday turned out to be a great success with over 40 teams competing. This was due mainly to the huge effort put in by the golf society members, sponsors and players. A special thanks to Pat O'Connor, Rathane whose accountancy firm sponsored the course on the day. His generosity is greatly appreciated and emphasised his commitment to his local community. Despite inclement weather Beaufort was in great condition and enhanced the enjoyment on the day. After some great scoring George Lenihan, Philip O'Connor and Niall Gilroy emerged winners on a score of 53 points.

BEAUFORT NOTES

DEFIBRILLATOR GROUP -

COOKING FOR LIFE: Beaufort Defibrillator Group is holding a cookery demonstration fundraiser next month. Professional, award-winning chef, Mark Doe will be cooking up something tasty for a good cause at Beaufort's stylish Dunloe Hotel, on Wednesday 30th September 2015 at 7pm. The Fries based chef who has spent over twenty years working in some of Europe's finest hotels and restaurants, will share valuable and practical cooking knowledge and skills whilst ensuring you and your friends have a fun and entertaining

evening out. You'll even get to try some of Mark's delicious dishes.

So why not come along and learn some new recipes, cooking techniques and some tricks of the trade and then show off everything you've learnt back home! You'll also be supporting a life and death cause, as Beaufort's 9 life-saving defibrillators need to be consistently funded to remain in reliable working order.

All proceeds from the event are in aid of Beaufort Defibrillators.

Tickets cost €15 each and there will be a door prize and raffle on the night.

Please call Mary O'Connor, Chairperson of Beaufort Defibrillator Group, for tickets on 0861992401.

FURTHER INFORMATION: Beaufort's 9 life-saving defibrillator machines can be found in the following locations:

Beaufort Community Hall, Kate Kearney's Cottage, Cronin's Yard, Kilgobnet National School, Cullina National School, Lord Brandon's Cottage, Curraghmore Black Valley (x2) and Kissane's shop.

CUPS GALORE FOR BEAUFORT BOWLS CLUB

A very successful year has been enjoyed by Beaufort Bowls Club, and they are currently in possession of four cups, including the prestigious National Active Retirement Cup. The Club will be travelling to Co Donegal at the end of September for this year's final hoping to retain it for a third time. Other cups in their possession at present are the Tom Grant Memorial Cup, the Fleming Singles Championship Cup, and the Sean Chairde Friendly Bowls Cup. The Club meets Wednesday evenings at 7.45p.m. in Beaufort Community Hall, and new members are always welcome.



BEAUFORT BOWLS CLUB MEMBERS IN THE PHOTO FROM LEFT TO RIGHT ARE ANN CLIFFORD, EILEEN ROONEY, DONIE CLIFFORD, MARGARET SWEENEY, GISELA GLOGE, ELAINE SCULLY, EILEEN CRONIN, MARY GRANT, DAVID PEDEN, SARA PEDEN, LESLEY DUNNE, MICHAEL MOLONEY AND JIM DUNNE.

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JOHN O'LEARY, PRO KERRY GAA GIVES HIS VIEWS ON THIS SUNDAY'S ALL IRELAND FINALS

CROKE PARK THE PLACE TO BE THIS WEEKEND:

Croke Park will be the Mecca for all Kerry GAA followers this coming weekend when Kerry go in search of a rare two in a row of All Ireland titles at both Minor and Senior level. This is the third such occasion that the Kingdom have been involved in such a scenario the others being 1931/1932, and 1979/1980. The only blot on that achievement has been the defeat of the Minors in 1979.

KERRY AND DUBLIN RENEW RIVALRY

The scene is all set for the culmination of the 2015 All Ireland Championship with a Kerry V Dublin showdown in Croke Park on Sunday next.

It is fair to say that once the draw had predetermined that the big two would be kept apart in the earlier rounds, Kerry and Dublin were everyone's favourites to reach Sunday's final. The game has captured the imagination of the general public like no other and games between these two sides rarely fail to live up to expectations. The rivalry between the men from the Kingdom and the Metropolitans is indeed legendary and really took off when Kerry, captained by the redoubtable John Dowling, overcame the Dublin "machine" in 1955 causing one of the greatest upsets that the fledgling Association had seen till then. Indeed, years ending in "5" have been particularly good to Kerry and invariably Dublin have been at the wrong end of the result in those years. One need only reflect back to 1975 when a youthful Kerry fifteen shocked the Dubs and they repeated that dose ten years later when captained by the late Paidí Ó Sé.

So what does 2015 hold in store? Both teams will feel that they have not played to their full potential thus far this season and both had a hiccup or two along the way. Kerry, despite a fine first half showing, left the door ajar for Cork in the drawn Munster Final between the sides but the Kingdom needed no second request to finish off the job in the replay with a much more focused display having taken lessons learnt in the drawn encounter on board. Dublin on the other hand almost managed to lose a semi final from a very commanding position of seven points to the good, however, like Cork, Mayo were unable to close the deal. The big difference was of course that had Dublin fallen through the trap door then they were out of the Championship while Kerry were in the comfort zone of being able to fall back on the Qualifiers if needed.

There is no doubt that the replay matches



READY FOR ACTION! THE KERRY TEAM PICTURED AT THEIR OPEN DAY IN THE FITZGERALD STADIUM. PICTURE: MARIE CARROLL O'SULLIVAN

were of enormous benefit to both teams – particularly Dublin who, if they had driven on in the drawn game when seven points to the good, would have papered over many cracks that Kerry would have been only too glad to reveal. It's a different ball game now and there is little doubt but Kerry will have to produce a season best display if they are to get the better of this latest Dublin "machine". No doubt, if Kerry can invoke the spirit and passion of the trailblazers of 1955 on Sunday next there is no reason why they cannot put back to back titles in place. They carry the best wishes of all Kerry followers both within the county and beyond.

DAVID COLDRIK IS THE REFEREE

David Coldrick from the Blackhall Gaels Club in Meath is the Referee for the Kerry V Dublin Senior Final. Coldrick is an experienced Referee having refereed the All Ireland Finals of 2007 and 2010 as well as 6 Provincial Finals. He has officiated at games involving both Kerry and Dublin in this Championship being the man in the middle in the Leinster semi final between Dublin and Kildare and also refereed the Quarter Final between Kerry and Kildare. It will be recalled that he also refereed the Kerry V Mayo drawn All Ireland Semi final last year. Joe McQuillan of Cavan is the stand-by Referee.

KERRY AND TIPPERARY MINORS MEET AGAIN

Having gathered their first All Ireland Minor title in twenty years just twelve months ago, there was little expectation that this year's Kerry minor team would be challenging for honours this September. It is after all essentially a new team with the likes of team captain Mark

O'Connor, and Andrew Barry the only survivors from the starting fifteen that saw off Donegal last year. However, the likes of Jason Foley, Jack Morgan, Stephen O'Sullivan, Gavin White, Conor Geaney and Brian Ó Seanachain were part of the substitutes bench or the extended panel and that experience is sure to have stood to them. The team showed great character in surviving the onslaught of a fancied Cork side in the Munster semi final, a game which Kerry controlled for long periods but which hung in the balance in an extra time classic. Against Tipperary in the Munster final, Kerry got the boost of two first half goals and that was enough of a cushion to see them get another provincial title. They easily accounted for Sligo in the quarter final and in the semi final they had it much their own way against a Derry side that flattered only to deceive. So Jack O'Connor, who barring a draw, will be managing the Kerry minors for the last time, is on the verge of achieving a unique double and hopefully the Kerry minors will give him the perfect send-off on Sunday.

Another Meath man, David Gough, will referee the game which throws in at 1:30.

WELCOME HOME

The Kerry Minor and Senior teams will be welcomed home to Tralee and Killarney on Monday evening next. The team will arrive in Tralee by train at approximately 6pm and will make their way to the Ashe Memorial Hall in Denny St, before travelling on to Killarney where they are expected in the Glebe Car Park at 9pm approximately.

GLENFLESK NOTES

ALL-IRELAND FINALS: The very best of luck to Daniel O'Brien and the Kerry minor and senior football teams in this weekend's All-Ireland finals.

GLENFLESK LOTTO: Glenflesk Lotto draw was held on Monday the 14th of September 2015, in John Dan's. Jackpot: €6,800. Numbers drawn: 7, 13, 14, 19. No Winner. €50 Next draw will be held on Monday 28th in Spillane's. Jackpot €6,800.

SCÓR NA NÓG: Anyone aged under 17 years of age who may be interested in taking part in any

competition in Scór na n-Óg is asked to contact Rosie this week on (087) 2072512.

BARRADUFF COMMUNITY FIELD: Don't forget that Athletics for girls and boys aged 6 to 16 continues every Friday night between 7pm and 8pm for the winter months. With a definite emphasis on fun and games this is a great way to introduce your children to athletics with Gneeveguilla Athletic Club. All welcome.

RAHEEN NS: Congratulations to Sean Coleman who had the winning lotto number 21 on Saturday the 12th of September.

GNEEVEGUILLA BASKETBALL CLUB:

Registration for the coming season is now being taken and training starting shortly. €65 per child, €110 for two, €140 for three or more children. Under 8's are €20. Great fun and a great way to meet new friends. New Members Welcome. Any queries contact 087 2685448.

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

MILLTOWN NOTES

NAGLE RICE COMMUNITY CENTRE: 'Joker 3' was held in Larkins Bar last Sunday and jackpot of €2200 was not won. Winners were as follows: €100 Darragh Burke, 2 All Ireland Football Tickets Peggy Leane, Signed Kerry Jersey Ann

Flynn. Down to 51 cards and jackpot increased to €2400 with next draw in Gerry Griffins Bar on Sun Sept 20. Please support our fundraiser in usual outlets or through sellers. Continuing to take bookings at our Centre

066-9765941 for sporting and recreational activities, group meetings, birthday parties etc. Please check out our facebook page for regular updates.



STUDENTS DELIGHTED WITH GREAT RESULTS IN RATHMORE..... KELLY MURPHY, GEAROID O'LEARY, SHAUN'S DAVIES, DIARMUID NAGLE AND SHONA GLEESON.



TOP MARKS... A SMASHING 26 A GRADES BETWEEN THEM THE ABOVE STUDENTS GEAROID O'LEARY GOT 8 A GRADES AND 2 B SHAUN'S DAVIES A SMASHING 10 A AND ONE B. DIARMUID NAGLE 8 A AND 2 B GRADES.



GREAT FRIENDS AND PUPILS AT SCOIL PHOBAIL SLIABH LUACHRA FROM BOTH SIDES OF THE CORK AND KERRY BORDER PROUDLY HOLD UP THEIR TRIUMPHANT GRADES



PICTURED AT THE HOLY FAMILY NS ON THEIR FIRST DAY OF SCHOOL, THE JUNIOR INFANT CLASS WITH THEIR PRINCIPAL DIARMUID MCCARTHY & MUINTEOIR MARY McMAHON. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



KENNETH AND MARY O'NEILL MILLTOWN PICTURED WITH THEIR FAMILY AS THEY CELEBRATED THEIR RUBY WEDDING ANNIVERSARY. PHOTO BY BREDA DALY PHOTOGRAPHY



ROSE OF TRALEE, ELYSHA BRENNAN, PICTURED WITH SOME OF THE KERRY STARS ATHLETES WHEN SHE VISITED SAINT JOHN OF GODS LAST WEEK. FROM LEFT TO RIGHT ARE: TERESA O BRIEN, EILEEN BUCKLEY, ROSE OF TRALEE ELYSHA BRENNAN, JANET O DONOGHUE AND CLARE ROHAN.



KILLARNEY NATIVE AND COMHLÁM member JOHN O'SHEA, WHO WAS RECENTLY INVITED TO ÁRAS AN UACHTARÁIN BY PRESIDENT MICHAEL D. HIGGINS AND HIS WIFE SABINA, ON THE OCCASION OF COMHLÁM'S 40 YEAR ANNIVERSARY. COMHLÁM (IRISH FOR 'SOLIDARITY') IS A MEMBER AND SUPPORTER ORGANISATION OPEN TO ANYONE INTERESTED IN SOCIAL JUSTICE, HUMAN RIGHTS AND GLOBAL DEVELOPMENT ISSUES.



KERRY SUPPORTERS FROM LORETO NATIONAL SCHOOL



JAMES O'SULLIVAN, BOOLCULLANE, FIRIES WAS BAPTISED BY HIS GRANDUNCLE, FR. DANNY BRODERICK, AT ST. GERTRUDE'S CHURCH, FIRIES. ALSO IN PHOTO ARE JAMES'S PARENTS MARIE AND MICHAEL O'SULLIVAN.

CLASS OF 1994 GATHER TO CELEBRATE THEIR 21ST REUNION



REUNITING AFTER 21 YEARS, FOR ONE NIGHT AT THE KILLARNEY AVENUE HOTEL, THE LEAVING CERTIFICATE CLASS OF 1994 FROM ST BRIGIDS PRESENTATION CONVENT. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

RATHMORE / GNEEVEGUILLA NEWS

by Michael O'Mahony

TUREENCAHILL COMMUNITY GROUP:

To mark national culture day an evening of music, song, dance and story will take place in Tureencahill School House on Friday 18th September from 8-30- 10.30pm.

MUSICAL MOVERS: The Interactive music and movement group for accompanied babies to 5-year old returns on Saturday September 19th with our Musical Movers first birthday celebration! No ore-book €5 adult+ 1 child/ €2 per extra child. 10-11am on Saturdays in Knocknagree community centre. Cuppa & treat included! Like Musical Movers on Facebook for updates

ATHLETICS: Gneeveguilla NS in Association with Gneeveguilla Athletics Club will be holding there third annual 5k run, jog, walk, family fun run, on Sunday 27th of September. Registration will begin at 11:30 in the Gneeveguilla GAA hall (HQ), with the run starting at 1:00. The route being taken is the Masrour Ring which can be viewed on our Facebook page at Gneeveguilla FiveKrun. There will be refreshments in the hall after with prize givings and a raffle also taking place. All welcome to this enjoyable day."

SLIABH LUACHRA COMHALTAS: Celebration Night: We will be holding our celebration night, to mark all of our many achievements during the year on Saturday the 26th September, in Teach Fáilte, Gneeveguilla, directly after 7.30pm Mass in Gneeveguilla. Everyone Welcome!!

ANNUAL GENERAL MEETING: Our Branch A.G.M. will be held on Tuesday, October 6th at 9pm in Teach Fáilte, Gneeveguilla, all members are asked to attend and new members always welcome. Many thanks to everyone that supported our Church gate collection last weekend, as always it's very much appreciated.

RATHMORE PARISH NIGHT AT THE DOGS SATURDAY OCTOBER 24TH: We would like to thank local businesses for their generous support for our fundraising event, and we would be most appreciative if the remaining Race Sponsorship monies and Advertisement Details could be forwarded to the Parish Office by September 19th. (or email maureen@rathmoreparish.ie)

On From September 21st contact people will be calling to all houses in their station area seeking your support. We are hoping that the majority of households will purchase a dog nomination costing €50. Those who purchase a dog nomination will receive the following:

- You will receive family tickets, (ie two adult tickets, children will be free on the night).
- You will be in with a chance of winning a prize if your dog wins; and your name will also be

entered into a further draw for which the prizes are as follows 1st €250, 2nd €150, 3rd 100.

• Furthermore, those who have a 'Rathmore Parish' entrance ticket will be entitled to a €5 per person reduction on meals ordered in the Restaurant on race night.

If you are not in a position to purchase a dog nomination you might consider purchasing a family ticket for €20. The overall cost of our Renovation Project is over €300,000 therefore all donations are gratefully appreciated.

FRIENDS OF THE CHILDREN OF CHERNOBYL

RATHMORE: Present a Fashion Show in the Rathmore Community Centre Thursday October 1st Doors open at 7pm. Tickets €10. Limited Tickets available - 087-6323922, 086-2439645, 086-0653369.

GNEEVEGUILLA A.C: Training coaching for all girls and boys from 6 years and older every Friday night at 7pm to 8pm in Barraduff Community field. Everybody welcome.

THANK YOU: EOIN HERLIHY

KNOCKNAGREE CLONAKILTY CYCLE: Would like to thank all those who gave sponsorship to take part in The Clonakilty Cycle. All monies raised will be shared out between Cancer connect. Marymount. One to one. Total collected was 355 euro. Thanking you. Eoin.

ALL IRELAND FINAL COUNTDOWN: Best of luck to Aidan O'Mahony and Paul Murphy with the Kerry seniors in the all Ireland final this Sunday in Croke Park.

Also best of luck to Darren Brosnan Gneeveguilla with the Kerry minor in all football final. We hope that they win the double. Local butcher in Rathmore, Dublin native and supporter Jason Murray, has both Kerry and Dublin flags and buntings in his shop in Rathmore. Lets hope that everybody will have an enjoyable weekend and safe journey to all supporters heading to Croke Park. Chiarrai Abu.

FUNDRAISING TEA DANCE: A fund raising Tea Dance in aid of the Kerry - Cork Health Link Bus will take place in the Ivy Leaf Theatre, Castleisland on Sunday, 27th September from 2pm to 6pm. Music by Paddy Cassidy, Pa Quaid, William J. O'Connor and Denis McCarthy.

This bus provides free transport 5 days a week bringing cancer patients from Kerry-Cork for their radiotherapy treatment in Cork University Hospital. No Government or HSE funding is received towards the cost of running the bus and your support will be gratefully appreciated. For further information on the Bus timetable etc please phone 066-7195560 Monday - Friday between 9am and 4pm or e-mail kerrycancersupportgroup@eircom.net

BETTY TAKES OVER: Best wishes, every success and good luck for the future is extended to Betty O'Connell who is a native of Adriville Scartaglin, who recently took over Kearney's Bar in Castleisland. Betty has lots of experience behind the counter. She formerly worked in Connie KS Bar Rathmore. So no better lady to pull the pints and she will do well.

SYMPATHY: To the families and friends of the late Matthew Shannon Virginia USA who died recently.

CLEARING OUT UNWANTED CLOTHES: Rathmore Ravens Basketball Club are holding a used clothing Collection, drop off times Wednesday September 23rd 7-8pm and Thursday September 24th 9-10am to Rathmore Community Centre. Accepted Items include unwanted clothes, bed linen, towels, curtains, shoes, bags, belts and soft toys. Your support is appreciated!!

RATHMORE COMMUNITY COUNCIL: Please contact Rathmore Community Council via Facebook / rathmorecc@eircom.net/ telephone 0868339506./ have a chat with any members of Rathmore Community Council if you come across Japanese Knotweed in the area. You can also get information from the biodiversity officer at Kerry County Council on (066) 718 3521.

RATHMORE COMMUNITY COUNCIL AND RATHMORE COMMUNITY CENTRE COMMITTEE:

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. These groups plan to run certified training courses in the near future in CPR and AED use.

Anyone interested in these training courses please contact Michael O' Mahoney on Tel: 0876676817 e-mail: momahony14@gmail.com.

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

COFFEE EVENING: In aid of Marymount Hospice in Ballydaly Hall on Friday 18th September between 8.00 & 10.00p.m.

RATHMORE LADIES GAA: Family car treasure trail in aid of Rathmore Ladies GAA Sunday 27th September 2015, registration at Cahills Bar between 12.30-2.00. €20 per car. Top prize €100,

CLOTHES COLLECTION: Knocknagree N.S. Parents Council have organised a clothes collection for Tuesday 22nd September 2015. Clothes can be dropped into the hall the evening before between 8.30pm -9.30pm. And again Tuesday morning between 9am- 9.30am. If you have any queries please contact any member of the parents council, Ellen O' Keeffe, 087-6981764, Michelle Brosnan, 086-1050435. Mairead Brosnan, 087-6152376.

GP.SERVICE: Dr.Christine Walsh- McCarthy will operate GP service from Bleak House Health Heath Centre, Rathmore, every Thursday, from 17th September by Appointment only. Appointment can be made through 029-70124.

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 6:00 on Sunday.

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AWARE SUPPORT GROUP MEETINGS

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TAX Matters with O'BRIEN COFFEY Accountants & Business Advisors

RENTAL INCOME

The following are some tips to help with preparing your income tax return for your rental property.

TYPES OF RENTAL INCOME

Rental income includes income earned from letting a house, flat, apartment, office or building. However, income tax is also applicable on income from easements. This means, any payment received for the right to erect advertising signs, communication transmitters or grazing rights can be subject to income tax.

MORTGAGE INTEREST

You are only entitled to claim 75% of the mortgage interest against residential rental income and not 100%. This is a common pitfall when filing Rental returns. Your mortgage provider should issue you with a mortgage interest certificate at the end of each tax year which confirms the total amount of interest charged in the year.

PRTB

Mortgage interest can only be claimed as an expense for residential lettings if you are registered with the PRTB.

REPAIRS & MAINTENANCE .V. FIXTURES & FITTINGS

It is important to classify these expenses correctly as the tax treatment differs with both. Repair and maintenance expenditure can be offset in full against rental income, in the year it is incurred. In contrast, expenditure on fixtures and fittings is offset against rental income over an eight year period.

Income Tax Returns must be filed with Revenue before 31 October 2015 deadline (12 November if filing via ROS online).

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Citizens Information

Know Your Rights: WATER CONSERVATION GRANT

QUESTION

I registered with Irish Water earlier this year. How do I apply for the Water Conservation Grant?

ANSWER

Every household that registered its principal private dwelling (main home) with Irish Water by 30 June 2015 is eligible for the Water Conservation Grant in 2015. The payment is €100 and will issue from September 2015.

Households that registered after 30 June 2015, or have yet to register, are not eligible for the grant in 2015.

By the end of September 2015, all eligible households will get a letter from the Department of Social Protection explaining how to apply for the Water Conservation Grant. You cannot apply for it until you have received this letter. When you get your letter, you apply online on watergrant.ie. You must apply before 8 October 2015.

YOU WILL NEED THE FOLLOWING INFORMATION TO APPLY FOR YOUR WATER CONSERVATION GRANT:

- TIN (Transaction Identification Number) – you will find this number on the letter you received from the Department.
- WPRN (Water Point Reference Number) – a number specific to your house, which you will also find on the letter from the Department.
- Irish Water account or registration number – you got this when you registered with Irish Water. If you have your own water supply and waste water services, you will have a registration number instead of an account number. Contact Irish Water directly if you cannot find these numbers.
- Your PPS number.
- Details of the bank or other account into which you want your grant to be paid (BIC, IBAN and account name) – you will find these on recent bank statements.

If you do not have internet access or a bank account, you can telephone the Water Conservation Grant Support Team at **1890 100 043** (9am–5pm, Monday to Friday) and they will make arrangements for you.

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



In a huge week for both Coronation Street and Emmerdale, there will be a LIVE episode and a shock shooting. Down on the street, Callum's reign of terror is coming to an end while over in the Dales, bad boy Robert is going to be shot, will either of these villains survive?

Corrie Guide

Mon 21st: David plays a dangerous game. Will Cathy confess her feelings? Jason wants revenge.

Wed 23rd: LIVE Episode. The residents throw a farewell party for Lloyd and Andrea. It's Roy's birthday but he's gone missing. Tim learns of Sally's kiss with Kevin. And life will never be the same for the Platts.

Fri 25th: Terror reigns for the Platts as the aftermath begins. Tim feels betrayed by Sally and Kevin. Roy and Cathy agree to take things slow.

Emmerdale Guide

Mon 21st: Robert has a confession for Andy and Victoria. Ross tries to get rid of the gun.

Tues 22nd: Andy confronts Aaron; does he know the truth about how Katie died? Lachlan makes a discovery.

Wed 23rd: Two episodes tonight. Robert and Aaron both make confessions. Will Robert finally tell Andy the truth? Chas reels from Aaron's admission. Lachlan's got a gun.

Thurs 24th: Robert is making enemies and one of them is taking aim. Chrissie is out for revenge. Aaron's anger is building. Paddy and Marlon head off to a singles night.

Fri 25th: Is this the end for Robert as he's shot by a mystery assailant? Andy feels betrayed. Paddy worries what Aaron will do next.



EMOTIONAL INTELLIGENCE

Emotional intelligence (EI) refers to the way in which we manage, perceive, understand and control emotions and relationships – both our own and others. Research has shown that EI is very important in life – and for many people it is more important for success than general intelligence (IQ). Four different factors have been identified in EI and these include

1. **The ability to perceive emotions.** In order to understand emotions, we have to first perceive them accurately. This might mean understanding nonverbal cues such as body language and/or facial expressions.

2. **Reasoning with Emotions.** Emotions help us to prioritize what we pay attention to and what we respond to.

3. **Understanding Emotions.** If someone is expressing emotion, we must interpret what it might mean – emotions can have a wide variety of meanings.

4. **Managing Emotions.** Being able to manage our emotions, regulate our emotions and respond to the emotions of others effectively is key to EI.

In order to recognise an emotion 'as it happens' for us, it is important to develop self-awareness. This involves tuning into our feelings, recognising what they are and the effect they have on us. Self-regulation is also important in helping us to manage our emotions. There are times when we may have little control over our emotions, but we can learn techniques to self-regulate. All of these factors are important in helping us to better understand, empathise and negotiate with other people. The ability to recognise how other people feel is important for success. Being able to read other's signals and respond appropriately is key. The better we are at discerning the feelings behind another person's behaviour, the more skilled we become at communicating with them.

The good news is that EI can be learned and developed. Strategies to work on our EI include

1. **Observe:** How do you react to others. Do you rush in to judge before you know all the facts? Do you stereotype people? Take a closer look at how you are interacting with people and try putting yourself in their shoes.

2. **Put the focus on others:** Give others a chance to shine – without worrying about getting attention for your accomplishments.

3. **Examine how you respond to Stress?** Do you get upset, blame others or get angry when in difficult situations. The ability to stay calm and in control when things go wrong is key to success.

4. **Take Responsibility:** If you make a mistake, apologies.

5. **Know how your actions will affect others.**

Next week we will explore how parents can teach EI to their children.

SouthWest Counselling Centre will run an 8 week course entitled Supporting Parents to Support Their Teens, starting on 30th September, cost €25. Call **064 6636416** to book your place.

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

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

FLU VACCINATION INFORMATION

WHO SHOULD BE VACCINATED?

Vaccination is strongly recommended for :

- Persons 65 yrs. And over
- Those with a long-term medical condition such as diabetes, heart or lung disease.
- People whose immune system is impaired due to disease or treatment
- Residents of Nursing Homes and other long stay institutions
- Persons with a body mass index (BMI) over 40
- Pregnant Women (can be given at any stage of pregnancy)
- Health Care Workers
- Carers
- People with regular close contact with poultry, water fowl or pigs.

HOW DOES SEASONAL FLU VACCINE WORK?

Seasonal flu vaccine helps the person's immune system to produce antibodies to the flu virus. When someone who has been vaccinated comes into contact with the virus these antibodies attack the virus.

WILL THE FLU VACCINE GIVE ME THE FLU?

No, flu vaccine will not give you the flu. Flu vaccine contains killed or inactivated viruses and therefore cannot cause flu. It does, however, take 10 – 14 days for the vaccine to start protecting against flu.

WHEN SHOULD I GET VACCINATED?

The vaccine should be given in late September/October each year. The vaccine starts to work within two weeks.

Please contact Killarney Medical Centre on 064 6620628 to make an appointment for this years Flu Vaccine.



Dr. Michael Moloney,
MB, BCh, BAO, BMedSci MMedSci, DOWH, MICGP
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Doctor to Ireland Under 17 Soccer Team.

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HANDSOME FEMALE SEEKS SOMEONE TO SHARE A LIFE OF HAPPINESS AND BELLY RUBS:

A liver and white coloured female German Pointer 5 / 6 years old is in need of a good home preferably away from roads as she has a fascination for bicycles.

Her owner has passed away and she is a suitable pet for all ages, likes to play fetch, loves walks or would be ideal companion for a person living alone as she is quite wary.

For further information please contact 087 992 5848.

A FEW UNUSUAL USES FOR POTATOES:

* If you want to ease aches and pains, then make a hot or cold - frozen or chilled - compress using potato slices inside a sock.

* Take a raw, uncooked potato and rub it over your windows, or car windscreen, before wiping away the juice with a clean cloth. You will be left with gleaming glass.

* If your cutlery is cloudy and your trinkets are tarnished, why not use a potato to restore their sparkle? You can rub a raw potato over the items if you like, or soak them in potato water. This also means you don't have to use extra potatoes to perform the task, simply use the water from the batch you have boiled for your dinner. Add any peeled skins into the water for great results.

* To remove a broken light bulb from a socket cut the potato in half, and gently press the flat side on to the remainder of the bulb. When the bulb is firmly inserted, you can simply screw it out. Always make sure the power is off before attempting to change a light bulb.

* The nutrients in potatoes will help your pot plants grow. You can either carve a small hole in the potato and plant the stem of the flower inside it, before putting the whole thing into the soil; or you can sprinkle some potato shavings into the soil around your already growing flowers to give them a fantastic, natural boost.



HUMAN EATING OF OATS GOES BACK A LONG TIME:

Archaeologists say they have found traces of wild oats on grinding tools from about 32,000 years ago, about 20,000 years before formal farming is thought to have been established. The prehistoric people may have baked or boiled the oats and made flatbread, according to the researchers. Researchers have assumed that the primary foods Paleolithic (Stone Age) peoples relied on were meats and fats. They say botanical traces on food-preparation tools and stone vessels are rare at Stone Age archaeological sites. However, in the past several years of analysis of stone tools has revealed the presence of traces of wild grains and seeds and roots of cattails and ferns.

The researchers in this latest study, led by Marta Mariotti Lippi of Italy's University of Florence, say the finding is the earliest known preparation of oats for human consumption. The news follows research Mariotti Lippi participated in several years ago that found traces of wild starch on grinding tools in Italy, Russia and the Czech Republic from at least 30,000 years ago.

EGYPTIAN BILLIONAIRE IS OFFERING TO BUY AN ISLAND FOR REFUGEES:

Naguib Sawiris, one of the Egypt's wealthiest men, said "there is no limit" on what he is willing to spend to buy an island from Italy or Greece to provide the refugees with a new home and has suggested the name Hope for the new Country.

The chief executive of telecom group Orascom TMT said there are dozens of empty islands off of Greece and Italy that could handle 100,000 to 200,000 people. "It's a very simple solution, they sell the island to me and I'll make a temporary shelter for these people. I'll make a small port or marina for the boats to land there. I'll employ the people to build their own homes, their schools, a hospital, a university, a hotel, and the people will be free to return home at any time or stay on the island.

Greek and Italian officials were not available to comment on the proposal at time of writing.

THE SECRET TO A LONG LIFE?

Emma Morano-Martinuzzi at 115 years, 6 months is the oldest person to ever have lived in Italy (at time of writing), and the last remaining European born in the 19th-century (November 29th, 1899). Emma was only married for 11 years, but being a Catholic, she did not believe in divorce, so she only kicked her husband out of the house and remained married until he died in 1978. Their son died at six months, and Emma has stayed in her marital home ever since. She still lives alone, aged 115 years.

Emma's secret: "I never touched drugs and only drank brandy that I make at home. I eat three raw eggs every day and treat myself to

chocolate sometimes, but mainly, I think it's my positive thinking about the future that kept me alive for so long."

ANSWER TO LAST WEEKS RIDDLE:

With pointed fangs I sit and wait; with piercing force I crunch out fate; grabbing victims, proclaiming might; physically joining with a single bite. What am I? A stapler

THIS WEEKS QUOTE:

"My father left Nazi Germany a year after Dr. Kissinger, and so in my household he was very much an icon. He was a kind of immigrant success story, a refugee success story" - Eugene Jarecki

ON THIS DATE - 18TH SEPTEMBER:

1692 - Giles Corey was pressed to death after refusing to plead in the Salem witch trials.

1709 - Birth of Samuel Johnson, British dictionary compiler.

1769 - Boston Gazette reported on the first US piano (a spinet).

1796 - George Washington's farewell address was published across America as an open letter to the public.

1851 - The New-York Daily Times, which later became The New York Times, began publishing.

1867 - Thomas Joseph Kelly and Timothy Deasy were rescued in a Fenian attack on a police van in Manchester during which a police sergeant was shot dead.

1879 - The first Blackpool illuminations.

1885 - Riots broke out in Montreal protesting compulsory smallpox vaccination.

1936 - "Big" Tom McBride born in Castleblaney, Co. Monaghan.

1941 - Stephen Hayes, a former IRA chief of staff, was kidnapped on 30th June; he later claimed to have been 'court martialled' and tortured by the IRA; Seán McCaughey was convicted of his kidnapping on this date.

RIDDLE FOR THIS WEEK:

What stays where it is when it goes off? Answer next week.

TONGUE TWISTER:

Thin chips, thick chips, lick-your-lips chips.

SESAME SEEDS FOR A HUNGRY PLANET:

Sesame has been cultivated for approx. 5,500 years and its seeds are full of protein, iron, zinc and calcium, but the crop has traditionally been unprofitable because it is difficult to harvest and produces a low yield. Part of the problem is that a high percentage of sesame seeds are found to be unfit for human consumption.

After meticulously screening and selectively

breeding more than 100,000 sesame-seed variants of many different hues at his lab, Hebrew University Prof. Zvi Peleg developed an improved sesame cultivar with bigger seeds, more seeds per pod and better bioavailability of the nutrients in the seeds. He and his team are also working to make sesame pods that can be picked by machine rather than by hand.

Prof. Peleg's innovation enables cereal-crop farmers to grow high-yield sesame in the summer period of their annual crop-rotation cycle. This has many benefits aside from the ability to sell the produce, because summer planting contributes to more sustainable agriculture while the variation in crops prevents the development of herbicide-resistant weeds. Though Israel is rain-free in the summer, sesame plants are naturally drought-resistant and don't need much water. Global production of sesame currently stands at 4.4 million tons, with a projected growth value of between 5 and 10% yearly.

ELEPHANT HAS SUFFERED 28 YEARS SOLITARY CONFINEMENT:

The fastest way to ensure an abused animal's suffering continues is to witness it and do nothing. This is a story of someone who did the opposite.

Last month, Samar Khan was on vacation in Pakistan when she stopped for a visit at the Murghazar Zoo, in the capital city of Islamabad. There, Khan encountered one of the world's saddest animal captives, a male elephant named Kaavan, whose torturous existence was too much for Ms. Khan to overlook.

Kaavan had been sent to the zoo from Bangladesh when he was just a calf. He was all alone, as he has been for the 28 years he's been at this zoo. His legs were chained up to limit where he could move in his enclosure. But that didn't seem to matter because for the entire time she was there Kaavan didn't move. The only thing that moved was his head, as it bobbed repetitively from right and left, a behaviour known as "weaving" which elephants adopt in response to stress and depression. Kaavan also has gangrene susceptible gashes on his feet from the chains. Despite his obvious discomfort, the zoo claims that Kaavan is used to his enclosure and doesn't mind it.

Kaavan's predecessor was Saheli, donated to the zoo by the Sri Lankan government. She died from gangrene and neglect.

Once back home in California, Ms. Kahn launched a petition on Change.org informing others of what she'd seen and calling on them to help bring about a better life for Kaavan—and the response was overwhelming. In a matter of days, more than 30,000 people from around the world had added their names to the petition.

In light of Khan's petition, Islamabad's government entity overseeing the zoo, the Capital Development Authority, announced that the lonely elephant will be freed from his shackles, and

ordered the zoo management to follow standard and international protocols defined



for the captive animals."

Unless his handlers fail to comply with the orders, Kaavan's quality of life will soon be greatly improved — but true freedom is still out of reach. While Ms. Khan's petition proves that a grassroots effort can help bring about change, it has yet to secure what the captive elephant needs most: to be relocated to a place where he can live in peace.

If you would like to sign the petition please insert Help free Kaavan the elephant from 28 years of solitary confinement in your search engine and tell your friends.

ARE YOU AFRAID OF LIGHTNING?

There is a place on Earth where an "everlasting storm" appears almost every night, averaging 28 lightning strikes per minute for up to 10 hours at a time. Known as Relámpago del Catatumbo — the Catatumbo Lightning — it can spark as many as 3,600 bolts in an hour. That's one per second.

This storm lives above a swampy patch of northwestern Venezuela, where the Catatumbo River meets Lake Maracaibo, and has provided near-nightly light shows for thousands of years. Its original name was rib a-ba, or "river of fire," given by indigenous people in the region. Thanks to the frequency and brightness of its lightning, visible from up to 250 miles away, the storm was later used by Caribbean sailors in colonial times, earning nicknames like "Lighthouse of Catatumbo" and "Maracaibo Beacon."

The lightning has also played an even larger role in South American history, helping thwart at least two nocturnal invasions of Venezuela. The first was in 1595, when it illuminated ships led by Sir Francis Drake of England, revealing his surprise attack to Spanish soldiers in the city of Maracaibo. The other was during the Venezuelan War of Independence on July 24, 1823, when the lightning betrayed a Spanish fleet trying to sneak ashore, helping Adm. José Prudencio Padilla fend off the invaders.

Although the Catatumbo Lightning doesn't appear every night, it's not known for taking

extended breaks. That's why people were alarmed when it vanished for about six weeks in early 2010.

The disappearance began in January of that year, apparently due to El Niño. The phenomenon had been meddling with weather around the world, including a severe drought in Venezuela that virtually eliminated rainfall for weeks. Rivers dried up, and by March there still hadn't been a single night of Catatumbo Lightning. Before that, the longest-known hiatus was in 1906, after an 8.8-magnitude earthquake had caused a tsunami. Even then, however, the storms returned in three weeks.

Environmentalist Erik Quiroga has been trying since 2002 to get this natural wonder and national treasure declared a UNESCO World Heritage site, and while that's proved difficult, he did recently succeed in lobbying for a Guinness world record: most lightning bolts per square kilometre per year.

FINALLY THIS WEEK:

Sherlock Holmes and Dr. Watson decide to go on a camping trip. After dinner and a bottle of wine, they lay down for the night, and go to sleep.

Some hours later, Holmes awoke and nudged his faithful friend.

"Watson, look up at the sky and tell me what you see."

Watson replied, "I see millions of stars."


"What does that tell you?"

Watson pondered for a minute.

"Astronomically, it tells me that there are millions of galaxies and potentially billions of planets."

"Astrologically, I observe that Saturn is in Leo." "Horologically, I deduce that the time is approximately a quarter past three." "Theologically, I can see that God is all powerful and that we are small and insignificant." "Meteorologically, I suspect that we will have a beautiful day tomorrow." "What does it tell you, Holmes?"

Holmes was silent for a minute, then spoke: "Watson, you idiot. Someone has stolen our tent!"



A WORD OF VICTORY

Welcome back dear reader last week we looked at the effects negative thoughts have on our emotions. When we turn on the television, radio or read the newspaper we are bombarded by negative, negative and more negative news. Obviously there is not much profit in good news. The Bible tells us that 'laughter is better than medicine' (Proverbs 17:22) and when we hear or see something that we can have a good laugh at our brain signals the glands in our body which then produce happy hormones that bring a sense of well being. For a number of years now we have been listening to news of the terrible things happening in Iraq and Syria but it didn't really cause us much concern as it was so far away. But recently the picture of the little boy who had drowned while escaping to a better life sparked off an immediate response from a huge number of people – the sight of the little one touched the hearts of so many and even though this tragedy has been going on for such a long time it took this one picture to bring this overwhelming - almost panic stricken response which has now opened the doors for something to be done for those escaping from this crisis. It's amazing what an effect that one sad picture had over all the previous terrible images – even innocent people being beheaded didn't strike the same chord. It's obvious to all that these poor people need help, but help costs. Where are they going to stay to be properly looked after? People want to help out of genuine concern, but reality has to be faced when taking on such a challenge so that the end result won't wind up being a worse problem, but would have a happy ending for all involved. This project needs a lot of prayer and wisdom (James 1:5; Psalm 91:15). If you have any prayer need please call **064-6622950** or email **wordofvictory@eircom.net**. More next week...


Contact: 064- 66 22950 Email: wordofvictory@eircom.net

SERENITY Memorial Cards

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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 this novena to beg of you the favours that I need (make request). For 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.

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.

D&A

THANK YOU TO

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

X

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. **D.M.**

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 and your favour will be granted. Never know to fail. Must promise publication of prayer. **M.L.**

NOVENA TO THE SACRED HEART

Sacred Heart and Our Lady 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) 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.

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

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. **M.M.**

PRECIOUS MOTHER OF JESUS

Mother of Divine Grace, you can find a way, where there is no way. Please hear my prayer and grant me my request. (Say 6 times daily and your request will be granted).

14th Anniversary



In Loving Memory of

CORNELIUS LENIHAN

Knockreagh, Scartaglen

who died on the

15th September 2001

Rest In Peace

We have memories we treasure
with thoughts that are dear,
We think of you always,
not just once a year

Always remembered by
**Micheal and Bridie Lenihan
and Family**

2ND ANNIVERSARY



Loving memories of a wonderful husband,
father and grandfather

PJ REEN

**Raheen, Headford, Killarney
who passed away on September
21st 2013.**

*We took our vows together
Said "until death do us part"
But when God came and took your hand
My whole world fell apart
When I look back upon our lives
The thing that makes me glad
Is that you chose to share with me
The precious years we had.*



Your loving wife Elizabeth

ACKNOWLEDGEMENT & FIRST ANNIVERSARY



In loving memory of

**EUGENE
CRONIN**

who died on 14th September 2014.

Eugene's daughter Susan, son in law Denis, grandchildren, Aisling, Shauna, Leanne, Kayla and Denis sincerely want to thank relatives, friends and neighbours for their sympathy, support and kindness during Eugene's illness and sad loss. We would also like to thank all those who attended the funeral and sent mass cards. Thank you to Fr. Jack Fitzgerald, Fr. Gerard O'Leary and Tarrants Undertakers. A special thank you for donations to Marymount Hospice.

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



**Special Anniversary Mass will be
held this Sunday in Cullen Church
at 10.15am.**

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 and your favour will be granted. Never know to fail. Must promise publication of prayer. **T.C.**

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. **I**

THANKSGIVING ST. JUDE

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

B

2ND ANNIVERSARY



Loving memories of a wonderful husband,
father and grandfather

PJ REEN

**Raheen, Headford, Killarney
who passed away on September
21st 2013.**

*You held our hands when we were small
You dried our eyes when we would fall
The hardest thing in life to bear
Is to want you dad and you're not there*



**Sadly missed by your daughters
Mary and Ann
Sons James, Tommy, Patrick and
Michael.**

Anniversary Mass on Friday 25th September
at 8.30pm in Barraduff Church.

NOVENA TO THE SACRED HEART

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

X

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. **E**

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. **B**

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

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

I.K.

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.

B

Best of luck to the Kerry Teams in the All Ireland Football Final

Supporting our local sporting hero and Killarney Credit Union member



Whatever your goal is, your local credit union team can make it happen!

Fionn Fitzgerald, Kerry Senior football player and Killarney Credit Union member



C'mon the Kingdom!



WHERE MEMBERS MATTER MOST



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