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# KILLARNEY Outlook

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 <b>THE MARTIAN</b> (12A) 150m Fri-Mon 6:15	 <b>PAN</b> (PG) 120m Sat/Sun 2:00 4:10	 <b>SICARIO</b> (15A) 120m Fri-Mon 9:00	
 <b>HOTEL TRANSYLVANIA 2</b> (G) 100m Sat/Sun 12:10 2:10 4:10	 <b>INSIDE OUT</b> (G) 110m Sat/Sun 2:15 4:15	<b>KIDS CINE CLUB</b> Sat 21st & Sun 22nd Nov INSIDE OUT (G) 110m 12:15 GHOSTHUNTERS (G) 105m 12:05 MINIONS (U) 105m 12:15	

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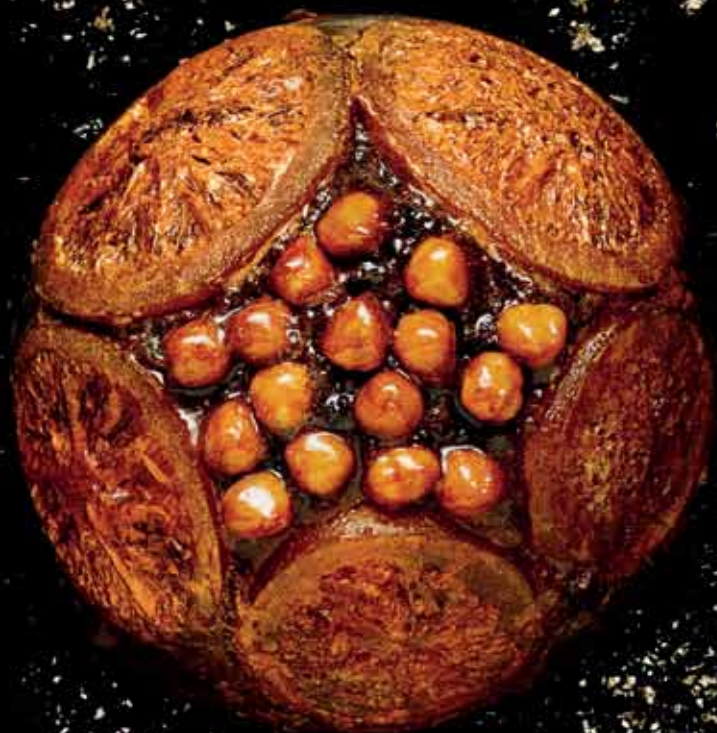
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## CHAMBER HOST SUCCESSFUL AGM

Killarney Chamber of Tourism and Commerce held their AGM on Tuesday night in the Killarney Avenue Hotel.

President of the Chamber Kate O'Leary spoke to the full house on her year in the Chamber.

Other speakers on the night included Paul Neary - who updated the meeting on enhancements around the town of Killarney.

Patricia Deane from Mountain Reeks Access Project and Niall O'Donoghue, from Killarney

House also spoke to the gathering.

Following the meeting everyone enjoyed a buffet and took part in a brainstorm session to discuss plans for the town in the coming year.



PICTURED AT THE KILLARNEY AVENUE HOTEL FOR THE KILLARNEY CHAMBER OF COMMERCE AGM WERE L-R CONOR HENNIGAN, PAUL O'NEILL, KATE O'LEARY & JOHN O'SHEA. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE KILLARNEY AVENUE HOTEL FOR THE KILLARNEY CHAMBER OF COMMERCE AGM WERE L-R JOHN MCENERY, DAVID MOSCC, EMMA PHILLIPS, MIKE CULLOTY & PETER DUNLEA. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

## FANTASTIC FUNDRAISER FOR KNOCKANES NS

Today FM Sports commentor Paul Collins set the scene for a fantastic fundraiser for Knockanes NS last weekend at The Kerry Way. The questions and answers session had the crowd entranced with the first guest on the night Eoin Hand entertaining everyone with stories of his time in the FAI.

Next up were Glenflesk men Seamus Moynihan

and John Crowley who brought the house down as they spilt the beans on their times playing for Kerry including stories from the dressing rooms and from after match parties.

Young players Jeff O'Donoghue and Daniel O'Brien were next in the spotlight and they were followed by Dara O'Cinneide and Colm Gooch Cooper.

After the Q&A session, Paul Collins mingled and chatted to everyone.

Knockanes NS Parents Association would like to thank everyone who made the night possible especially Seanie and Kathleen in the Kerry Way. As always in that neck of the woods - the night ended up with a sing song.



SUPPORSTERS OF KNOCKANES NS ENJOYING THE ALL STAR Q&A SESSION AT THE KERRY WAY. PICTURE: SEAMUS HEALY.



THE ALL STARS PICTURED WITH PAUL COLLINS FROM TODAY FM. BACK: DANIEL O'BRIEN, EOIN HAND, JEFF O'DONOGHUE, COLM COOPER. FRONT: JOHN CROWLEY, PAUL COLLINS, SEAMUS MOYNIHAN AND DARA O'CONNIDE. PICTURE: SEAMUS HEALY.

## AWARDS FOR AISLINN AND FAYE AT THE ALL-STARS

Kerry and Rathmore GAA star Aislinn Desmond was awarded an All-Star at a gala ceremony in Citywest Hotel in Dublin on Saturday night last. She was named at full back on the Ladies All Star football team much to the delight of her family, friends and team mates.

Aislinn was one of five Kerry nominees on the short list with Bernie Breen, Louise Ni



AISLINN DESMOND



FAYE O'DONOGHUE

Mhuirheartaigh, Cait Lynch and Caroline Kelly also being nominated.

Another Kerry recipient of an award at the ceremony was Faye O'Donoghue from Fossa who won the Young Munster Player of the Year.

## BEAUFORT'S RAMBLING HOUSE

Beaufort Pioneer Council wish to express their most sincere thanks to those who contributed in any way to the very successful Rambling House.

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## HAVE YOU TICKETS FOR THE HOTTEST SHOW IN TOWN?

Tickets are selling like hotcakes for what is expected will be a sell out show at the INEC on December 11th. The revival of Tops of the Town has generated huge interest in Killarney and surrounding areas.

An air of secrecy is surrounding what each of the Twelve Acts of Christmas are performing with great banter going on between the clubs and groups on social media sites.

Among those taking part on the night are The Principals, which will consist of ten principals from schools in the Killarney area; The Vintners, The Guards, The Chamber, Spa GAA, The Wren Group, The Strictly's, Legion GAA, Celtic FC, Glenflesk GAA, Kilcummin GAA and Dr. Crokes GAA. Tickets, at €20, are available at the INEC box office and at Who's 4 Shoes in High Street.

Doors open at 7pm and the show starts at 8pm sharp.

Charities to benefit from the event are the Kerry-Cork Health Link Bus and the Chemotherapy Day Ward at Kerry General Hospital.



ORGANISERS OF TOPS OF THE TOWN - MYRA FITZGERALD, AIDAN MOYNIHAN AND GRAINNE O'SULLIVAN PICTURED WITH THE HOTTEST TICKETS IN TOWN - HAVE YOU GOT YOURS? PICTURE: LISA O'SHEA.



LEGION SET TO WOO THE CROWDS.



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## LIONS CLUB LAUNCH CHRISTMAS FOOD APPEAL



Killarney Lions Club and Tesco Ireland have launched their annual Christmas food appeal this week.

The group are asking shoppers to make a big difference to someone's Christmas by donating a food item during a two-day Christmas Food Appeal, which will take place on Friday, November 27 and Saturday, November 28, in Tesco Killarney.

During the two day appeal, a 'shopping list' with suggested non-perishable food items will be available to all customers as they enter their local Tesco store. Top of the list are tea bags, biscuits, breakfast cereals and tinned goods, with shoppers urged to add an item to their shopping basket and drop it in to the Lions Club trolley in the store on their way out.

LAUNCHING THE LIONS CLUB CHRISTMAS FOOD APPEAL AT TESCO, DEERPARK ROAD, KILLARNEY WERE MARIE BURKE AND IWONA BORATYN, IN FRONT. STANDING FROM LEFT ARE PADRAIG CRONIN, KILLARNEY LIONS CLUBS, PRESIDENT CON STACK, NOREEN O'SULLIVAN, TESCO KILLARNEY DEPUTY MANAGER JOHN DILLON AND TIM O'LEARY. PICTURE: EAMONN KEOGH.

## MEMORY TREE TO SPARKLE AT CHRISTMAS

The spectacular memory tree project that illuminated Killarney last Christmas is to be a fantastic feature in the town again during this year's season of goodwill. The project, undertaken by the Holy Cross Mercy National School, is a wonderful way for the public to remember deceased relatives and friends at a very special time of the year. The school will light up the festive season with a beautiful cluster of trees, on which 5,000 individual bulbs will sparkle, on the grounds of the school on New Road. The initiative, which is an important

fundraiser for the school, will see those who make a suggested donation of €5 for a light receiving a high-quality, inscribed memory card which they can send to the relatives of those in whose memory the bulbs will be lit. It will inform them that a light shines on the tree just as their memory shines on in the hearts of those that loved them and miss them. The touching community initiative was devised last year by Rhonda Daly, a teacher at Holy Cross Mercy. The official switching-on ceremony and carol recital will take place on

Thursday, December 17 and at the school's annual Christmas Mass in St Mary's Cathedral the following day, the names of all those being commemorated will be brought to the altar. The tree will be lit nightly, between 6pm and 10pm, from December 17 to January 6. Memory Tree lights are available from Gala, Lyne's of Killarney, Who's for Shoes, Eager's Newsagent, Sceil Éile, O'Sullivan's Outdoor Store, High Street, Eir/Metor store, New Street, POLAR, Hilliard's Lane, The Dungeon, Ballyspillane Community Centre, Kenmare Salmon, Sheahan's Pharmacy.



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## KERRY GROUP SUPPORT FOR NEW KERRY MOUNTAIN RESCUE TEAM LAND ROVER



MEMBERS OF KERRY MOUNTAIN RESCUE TEAM, WITH FRANK HAYES, DIRECTOR OF CORPORATE AFFAIRS KERRY GROUP, LAUNCHING THEIR LAND ROVER DEFENDER WHICH WAS FUNDED BY KERRY GROUP AND ADAPTED FOR REQUIRED RESCUE STANDARDS, SUITED TO ACCESSING RUGGED, REMOTE MOUNTAIN TRACKS, FROM LEFT, MIKE LONG, GERRY CHRISTE, DERMOT REEN AND JIMMY LAIDE. PHOTO: VALERIE O'SULLIVAN.

Kerry Mountain Rescue Team [KMRT] have taken delivery of a new Land Rover Defender thanks to the generosity of Kerry Group among others.

The group operate a fleet of 4 Land Rover Defender vehicles and these have proven to be best suited to accessing rugged, remote mountain tracks. The oldest of the vehicles was a 2003 model; a commercial model having capacity to carry no more than 2 persons and its operational usefulness was compromised to some degree. As Land Rover is discontinuing Defender production in 2015, KMRT decided to bring forward the scheduled upgrade of this 2003 vehicle.

While the Department of Transport, Tourism & Sport [DTTAS] had made available a one off capital grant of €200,000 to Mountain Rescue Ireland [MRI]; the final sharing of this sum among the 10 mountain rescue teams south of the border translated into a situation where not

all teams were able to raise the required level of co-funding for vehicle purchase – the most pressing agreed priority. KMRT along with some other groups decided to step back from the national purchase scheme to allow seven other teams the “wriggle room” to progress and purchase vehicles on this grant.

KMRT approached Kerry Group for support and they responded generously allowing – with the support and goodwill of other non statutory agencies – the purchase & fitting out, to required rescue standards, of a new Land Rover Defender. This vehicle was formally “launched” at Kerry Group headquarters in Tralee on Friday last.

The generosity of Kerry Group allied with the broader community support from within Kerry has enabled progress, a progress that KMRT are delighted to publicly acknowledge & appreciate.

## KERRY CRAFTS EXHIBIT AT NATIONAL FAIR

Killarney glass craftsman Terence McSweeney of Kerry Glass and award winning ceramic artist Mary Neeson from the Blue Pool Gallery, Killarney are among 14 Kerry local exhibitors who will be showcasing their craft at the biggest ever National Crafts and Design Fair next month.

The show features the best of contemporary crafts plus a spectacular Christmas food

emporium with over 120 artisan food producers from all over Ireland.

The National Crafts and Design Fair 2015 takes place at the RDS Main Hall from December 2-6 from 10am each day. Full details and booking can be found at [www.nationalcraftsfair.ie](http://www.nationalcraftsfair.ie)

\*Admission €10, OAP's €8, children under 16 free.

## KILLARNEY PARISH SILVER CIRCLE

Results of Week 5 & 6

### KILLARNEY PARISH SILVER CIRCLE - RESULTS OF WEEK 5

1st Prize €500: Rosemary Nolan, Woodlawn Park Seller: Mary O'Connor. 2nd Prize €250: Mary & Gary Barry, Coolcorcoran Seller: Martin Walsh.

#### Winners of €100 each are as follows:

Mary Keogh, Ballaugh Seller: Mary O'Keeffe. Brendan & Eileen O'Donoghue, Tiernaboul Seller: Brendan O'Donoghue. Gillian, Orla, Miriam & Pádraig Doyle, Lissivigen Seller: Eileen Doyle. Katherine Fleming, Ballaugh, Mallow Rd Seller: Eileen Hayes. The Ivory Family, “Larkfield Hse”, Ballycasheen Seller: John Ivory.

#### Winners of €75 each are as follows:

Kay Brosnan, “Seeb Villa”, Tralee Rd Seller: Sheila Lucey. Sean O'Donoghue, “White Villa Farm” Seller: Tadhg Fleming. Marie O'Shea, Ballaugh Seller: Eileen Hayes. Les Nolan, Beaufort Seller: Peggy Lynch. Helen O'Meara, Crohane, Fossa Seller: Danny Ferris. Assumpta O'Donoghue, Mill Road Seller: Margaret O'Donoghue. Kate & Grace Barry, Rusheen, Castlemaine Seller: Parish Office. Denis Dinneen, Crohane, Clonkeen Seller: Mary O'Keeffe.

### KILLARNEY PARISH SILVER CIRCLE - RESULTS OF WEEK 6

1st Prize €500: Sr Catherine O'Callaghan, Mercy Convent Seller: Parish Office.

2nd Prize €250: Dore McCarthy, Inch, Annascaul Seller: Peggy Lynch.

#### Winners of €100 each are as follows:

Noreen Tangney, “Rocklands”, St. Anne's Rd Seller: Mary O'Shea. Neilus Daly, Scarteen Seller: Carmel Griffin. The Gleneagle Hotel Seller: Parish Office. Cáit Looney, Calfmount, Headford Seller: Maisie O'Sullivan. James & Peggy McNeice, Fair Hill Seller: Parish Office.

#### Winners of €75 each are as follows:

Pádraig O'Donoghue, Urban Optics, Scotts St Seller: Con Griffin. Mary O'Donoghue, St. Brendan's Tce Seller: Mary Kelly. Sean Murphy, Murphy's Bar, College St Seller: Con Griffin. John Quinn, Muckcross Road Seller: John Mannix. Derry McCarthy, Dromhall View, Countess Rd Seller: John Ivory. Margaret O'Brien, Barleymount Seller: Tadhg Fleming. Sheila Kelly, Coolaslough Seller: Sheila Doyle. Keith Lyne, “Tara”, Tiernaboul Seller: Ella Stack. Tickets are still available from the Sacristies and Parish Office.

#### THIS WEEK'S PRIZE MONEY IS SPONSORED BY:

Hegarty's Spar, Deirdre's Boutique, Tadhg's Boutique, OCKT Ltd, Randles Bros, Dromhall Hotel, Ashville Guesthouse, Microworld, The Laurels, Mac's Restaurant, T. Cronin Butchers, Bank of Ireland.

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## POLAND CALLING FOR KERRY YOUTHS

The Diocese of Kerry are currently recruiting young people to attend World Youth Day - the International Youth Festival which will be held in Krakow, Poland from July 25th to Monday, August 1st.

The program includes several days of celebration with Pope Francis, liturgies, concerts, and workshops. The event culminates in an all-night vigil and Mass with Pope Francis. Participants will have an opportunity to meet and interact with young people from all over the world.

The Diocese of Kerry are looking for young adults (18 – 35 years) who will participate in the event. They will travel to Krakow on Monday, 25th July 2016 and return on Monday, 1st August 2016. While in Krakow they will stay at the Jagiellonian University in Krakow. Those interested in travelling to World Youth Day should contact your parish or Tomás Kenny, Diocesan Pastoral Team on (086) 3683778/Email:

**tomaskenny@dioceseofkerry.ie**



BISHOP RAY BROWNE, KS. PIOTR DELIMAT OUR POLISH PRIEST FROM KRAKOW, FR DONAL O'CONNOR THE IT CHAPLAIN, TOMAS KENNY WORLD YOUTH DAY CO-ORDINATOR FOR KERRY AND STUDENTS FROM THE IT.

## BISHOP LAUNCHES NEW BOOKLET



BISHOP RAY BROWNE WITH MEMBERS OF THE DIOCESAN LITURGY COMMITTEE EDEL MORIARTY, FR EOIN MANGAN, ANNA HICKSON, FRANCES ROWLAND AND TOMAS KENNY AT THE PASTORAL CENTRE, KILLARNEY.

Planning a funeral is a difficult process that bereaved families have to endure.

With this in mind Bishop Ray Browne has just

launched "Celebrating the Funeral Liturgy", a resource for parishes and people preparing the funeral of a loved one. It is an amended version

of a resource used throughout the diocese. This new version contains an explanation of the Christian symbols used in the funeral liturgy, a wide selection of scripture readings and a variety of some "Prayer of the Faithful", as also a selection of appropriate hymns.

This booklet is very attractive because it is easy to use. It is of great help to bereaved families, giving them clear choices of scripture reading, prayers and hymns. Bishop Ray Browne said "that this booklet will be one of the most used publications in our diocese. Death touches all families and no matter how prepared we are for the death of a loved one, we are still searching for help and open to assistance during those difficult days. This publication will be a great resource for priests and for ministers in our parishes who support the bereaved."

## O'FLAHERTY MEMORIAL FOR VATICAN CITY

Plans are well advanced to erect a memorial to Monsignor Hugh O'Flaherty within Vatican City on May 8th 2016, the 71st anniversary of the end of the war in Italy.

Monsignor Hugh lived in the Teutonic College (German College) within the Vatican City from 1938 to 1960. It was from his apartment within the College that he ran the Rome Escape Line organisation, helping to secure the safety of some 6500 people during WW2.

To coincide with this planned unveiling, a 3rd O'Flaherty Rome Tour is being organised from May 5th to 9th 2016. As usual, the tour will include visits to all of the important O'Flaherty related sites in Rome as well as other major Roman historic sites. The trip will also include a

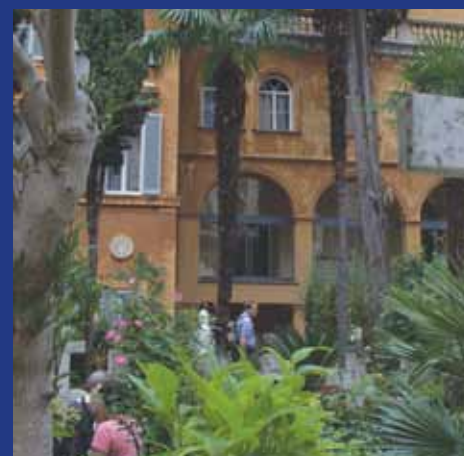
Mass in the Crypt of St Peter's and an optional visit to the Vatican Museums and the Sistine Chapel.

This tour is limited to 50 people and is expected to book out quickly. Booking Forms available from Kieran or Laura at Cultural Connections - [info@culturalconnections.eu](mailto:info@culturalconnections.eu) or Tel **057 9355050**

Details also available on the Hugh O'Flaherty Facebook and website

**[www.hughoflaherty.com](http://www.hughoflaherty.com)**

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## SANDRA IS TOP STYLIST

Sean Taaffe Hair and Beauty stylist, Sandra O'Sullivan, was amongst the winners and highly commended at the coveted ALFAPARF Fantastic Hairdresser Awards, attended by Ireland's leading hair stylists at the Double Tree Hotel By Hilton in Dublin earlier this month.

Sandra expressed her delight at her win and respect for the Sean Taaffe Group, "The day itself was a whirlwind of emotions. Since placing second last year I was determined to prove myself on the day and leave with the title of Fantastic Junior Stylist. I am at this stage in my career because of the consistent training and dedication that is instilled at Sean Taaffe, along with the commitment of my model Michaela Rooney and support of the whole team, my family and friends".



THE ALFAPARF MILANO FANTASTIC HAIR DRESSER AWARDS 2015 . FANTASTIC JUNIOR AWARD. BEATRICE O'DONNOVAN, ALFAPARF WITH MODEL MICHAELA ROONEY AND WINNER SANDRA O'SULLIVAN FROM SEAN TAAFFE, KILLARNEY. PHOTO CHRIS BELLEW / COPYRIGHT FENNEL PHOTOGRAPHY 2015.

## CHRISTMAS SPARKLE AND FAIRY MAGIC - A VISIT TO THE MILLS IS A MUST



CAPTION

The feeling of Christmas magic is all around The Mills and days are getting colder with Jack Frost nipping at our nose, twinkling lights and beautiful decorations can be seen going up in all the houses and businesses around West Cork.

The sounds and smells of this wonderful time of year are beginning to fill the air. This can only mean one thing... Santa is on his way to the Mills Inn Ballyvourney!

Santa's (Daidí na Nollag) grand arrival to the Mills, is the 4th December at 6pm and they received a special letter from the man himself telling them all how much he is looking

forward to seeing all the boys and girls from Ballyvourney and all of West Cork and Kerry again and want you all to come out to greet him with smiling faces, and join him for all the Christmas craic at the Mills on the 4th.

Tickets to visit Santa at the Mills are only €12 and each child will also receive a wonderful gift (Bronntanaisí Deasa) from Santa. You can book your tickets now by calling **026-45237** or email **info@millsinn.ie**

We recommend booking your Santa visit early to avoid any disappointment.

Professional family photographs are also available on the day so you can capture all the magic and wonder of this special family moment.

This year we have something extra special at The Mills. The World's only Irish Speaking Fairy Village. These fairies are friendly and welcome all boys and girls and their families to come explore the enchanted fairy gardens and come and share in the magic.

Make sure to check our website and our social media channels for more events happening this Christmas at The Mills

## KILLARNEY BIDS FOR TOP TOURISM AWARD

Anticipation is building in Killarney ahead of the 2015 Fáilte Ireland Tourism Towns awards with the top ten towns from across the country all firmly in the running for this year's crown. Two overall winners, Best Large Town and Best Small Town, will be announced at a ceremony in the Morrison Hotel Dublin on Wednesday 25th November. Other Kerry towns on the short list are Kenmare, Tralee and Sneem.

The Tourism Town Award, which is now in its

fourth year, was specifically designed by Fáilte Ireland to encourage more Irish towns and villages to work together to enhance their appeal to tourists visiting their local area.

Each year the 100 top scoring towns from the previous years' Tidy Town Competition are deemed to be eligible and invited to apply for the Tourism Towns Award.

## ARE YOU REGISTERED?

The National Youth Council is urging young people in Kerry to get on Electoral Register in time for General Election. In the last year 1997 young people in Kerry have turned 18 and have right to vote.

The National Youth Council of Ireland (NYCI) is encouraging young people in Kerry to make sure they are registered to vote, given that a General Election is just a few months away. The registration deadline is November 25th (after which time applicants must look to be included in the supplementary register).

## EURO BRIDGE CLUB

### RECENT COMPETITION RESULTS:

#### 27th October

1st Phyllis O'Regan and Maureen Culloty.  
2nd Pauline Lyne and Joan Lenihan.

#### 3rd November

1st Maureen Culloty and Phyllis O'Regan.  
2nd Phyl Lynch and Miriam Darcy.

#### 10th November

1st Mike O'Shea and Ger Sweeney.  
2nd Miriam Darcy and Phyl Lynch.

## COFFEE MORNING

If you fancy a coffee and a chat in the lovely Victoria House Hotel then make your way there on Friday 27th November from 10am to 12.30pm when The Parents Association of Loreto National School are hosting a fundraising coffee morning. All are welcome.

## CONNIE K'S WELCOME YOU

The official opening of Connie K's will take place tomorrow night, Saturday 21st November. Cousins Phil Verling and Jeff Gordon are the new men at the helm at the popular Rathmore hostelry.

The two cousins have been raised in the industry, spending summers and school holidays working in various hotels, bars and restaurants.

Phil hails from Whitechurch in Co. Cork and Jeff is from Barraduff are a perfect blend to contend with the Cork/Kerry politics and GAA that often arises in the border village.

Walking into Connie K's you are instantly hit with the welcoming Irish pub charm that's tried to be reproduced world over. A welcoming roaring fire, nice music that masks the silence but enables conversation and a collection of story rich local characters lining the counter. Duo Sonic will perform on the opening night and there will be refreshments served and also some special guests will be appearing. Everyone is more than welcome!



## MONEY MATTERS....

By Dermot Cronin,  
**Financial Advisor**



### HAVE YOU REVIEWED YOUR PENSION RECENTLY?

As you have probably seen or read in the news recently pensions are being discussed very often. This shows how important pensions are, so if you have a pension it is very important that you review your pension NOW. You may not be contributing to this pension anymore but it still needs to be reviewed. You need to know what kind of pension you have and what funds your pension is invested in. Your pension could be invested in very high risk funds which means that the value of your pension can substantially decrease or substantially increase over a very short period of time. You also need to look at the fees and charges associated with your pension, there may be more competitive options available to you where the fees and charges are less. If you do not review your pension you will not know if your pension is increasing or decreasing in value or if your pension is on track to get you what income you need at retirement. So whether you are currently contributing to a pension or have a pension that you had in the past it is very important that your pension is reviewed now.

To discuss this or any other financial matter you can contact Dermot Cronin at **064 6622775** or **087 2893649**.

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## PROPERTY OUTLOOK THROUGH THE KEYHOLE....

### A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET



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www.propertypartners.ie ● www.its4rent.ie

**Guide Price: €360,000** BER C3 Ref 810

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



## GILLIAN LAUNCHES NAPPY APPEAL

Following a week long trip to volunteer at an Orphanage in Chernobyl Killarney student Gillian Fitzgerald has decided to launch a nappy appeal. While volunteering at Cherven Children's Orphanage in Belarus with her dad Ger Fitzgerald, Gillian was shocked to find out that the children's nappies were only changed every 24 hours. As Gillian had fundraised extensively before her trip she used these funds to buy supplies for the children during her stay.

"I spent what I could on getting nappies for groups five and six, the units where the children are bed bound and tube fed and also



FRANCES O'TOOLE, GER FITZGERALD, GILLIAN FITZGERALD AND BETTY CROSBIE PICTURED ON THEIR TRIP TO BELARUS RECENTLY.



ONE OF THE CHILDREN AT CHERVEN ORPHANAGE.

bought these children some toys and teddy's so that on the days there was no volunteers, the toys would provide some affection for these happy, grateful children", she told the Killarney Outlook.

Now Gillian has decided to appeal to the people of Killarney to buy a packet of nappies with their weekly shopping anytime between now and Christmas.

"The brand is irrelevant as long as they are Size 5" Gillian added.

A drop off point has been set up at Dealz on

High Street and once all the nappies have been collected, they will be shipped directly to the Orphanage.

Gillian, who is currently studying for an honours degree in Childcare Studies at the IT in Tralee plans to visit the orphanage again next Summer. "I would like to thank everyone who helped with the fundraising for the Orphanage and look forward to spending time with these beautiful children again soon", she said.

If you would like to support Gillian's campaign you can contact her on: 087-3373627.

## JINGLE ALL THE WAY FOR MAGIC PARADE



ENJOYING THE CHRISTMAS IN KILLARNEY MAGIC PARADE ON THE STREETS OF KILLARNEY TOWN LAST YEAR.  
PHOTO: VALERIE O'SULLIVAN.

You better watch out..... the Christmas in Killarney Magic Parade is back this year and its bigger and better than ever.

The streets of Killarney will be filled with festive lights, music, colour and a fairy tale atmosphere for the perfect way to kick-start the Christmas celebrations. It promises to be a great evening for all the family.

The Christmas in Killarney Children's Parade takes place on Saturday 28th November at 6pm and will see Santa and his elves parade through the town as the Christmas lights get turned on. Santa has confirmed that special guests on the night will include his friends Minnie and Mickey Mouse as well as frozen stars Anna, Elsa and Olaf. As well as a host of famous Disney celebrities the parade will also be joined by children from local schools.

You'll get a great view of Santa all along the parade route which takes in New Street on to Beech Road, then Main Street and back down New Street, but if you miss Santa on the 28th don't worry, there will be a Christmas parade following the same route on Saturday the 5th, 12th and 19th of December at 6pm.

The feedback was so positive that the volunteers who organise the Christmas in Killarney festival will add a fifth parade on New Year's Eve 31st of December at 6.00pm.

As part of the Christmas in Killarney festival, Killarney on Ice is coming back! Kerry's only ice

rink, in association with Believe at Ballyseedy, will open from December 4th to January 10th. Located in the Beech Road carpark, adults and kids, young and old, family and friends, can soak up the Christmas atmosphere by skating on real ice. It is energetic and great fun! Tickets can be booked online by going to the website <http://www.killarneyonice.com/>.

Santa will return to the town for one last parade so that he can see anyone who did not make it home to Killarney before Christmas.

Santa has informed the Christmas in Killarney committee that there is still time to make the nice list if you are on your best behaviour for December.

Santa also says please post you letters early this year. There will be a special post box available at market cross.

For further information on the Christmas in Killarney events

**[www.christmasinkillarney.com](http://www.christmasinkillarney.com)**

IF YOU HAVE A STORY...

Call: Aisling on **086 0400 958** or Email: **[editorial@outlookmags.com](mailto:editorial@outlookmags.com)**





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**LORETO ROAD, KILLARNEY**

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**Price Region: €495,000**  
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**37 FIRIES DRIVE, FIRIES, CO. KERRY**

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**Price Region: €138,000**





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## RAMBLING HOUSE INVITE

'The Old Monastery Killarney is the place to be on Saturday 28th November for an evening of song, music and dance in aid of raising funds for Kerry Parents and Friends.

All are welcome to the rambling house, which will feature plenty of talented musicians, singers and dancers from near and far with spot prizes on the night along with a raffle. The evening kicks off at 8:00. All are welcome.'

**ALL SET FOR THE RAMBLING HOUSE:** FROM LEFT: PAT MORIARTHY, MARY FALVEY, MIKEY KELLIHER, JACINTA O'CALLAGHAN, MIKE O'GORMAN, KATE KARIUCKI, MICHAEL KELLIHER, BRENDAN KELLIHER



## SANTA RETURNS TO MANOR WEST THIS WEEKEND

Manor West Retail Park is the place to be this weekend as they begin the Christmas season with a fun packed weekend. The festive cheer will be in abundance and best of all, it's totally free!

Santa will return to his throne in the main shopping mall this Saturday 21st November and will be there every Thursday & Friday from 2-6pm, Saturday and Sundays 12-6pm. Santa will be joined by Kingdom Party Pals with many of our favourite Disney cartoon characters making an appearance over the weekend. The kids are sure to be kept well entertained. Radio Kerry will also be there on Saturday with Francis Jones broadcasting his 11-2 show live from Manor West. Shoppers will have a chance to pick up some fantastic prizes from Manor West both from the Radio Kerry Roamer and over the airwaves. The Christmas atmosphere is sure to start with a fabulous weekend of festive fun at Manor West this Saturday & Sunday.

The following weekend sees the Taste of Tralee Food Fair return to Manor West for the first of two Christmas Food Fairs in Manor West in the coming weeks. Local artisan food producers will have an array of delicious treats that the whole family can enjoy. Christmas this year at Manor West is sure to be jam packed with lots of exciting events happening right



NORANNE GLEESON AND STEPHANIE SOMERS (DEBENHAMS) AND AOIFE O'DOWD AND LEANIE FLAHERTY (SAM MCCAULEYS) WHO MET SANTA AND THE CAST FROM FROZEN ANNA; OLAF; ELSA; AND MICKY AND MINI MOUSE AT MANOR WEST RETAIL PARK TRALEE LAST YEAR. PIC JOE HANLEY.

throughout the festive season. With a massive range of stores, both local and international, Manor West is the ideal place to get all your Christmas shopping done this year. And of course, Santa will be there every weekend until Christmas so make sure to call in with the little ones so they can have a little chat with the

main man.

For further information on Manor West's Christmas activities & extended opening hours please follow local press or follow Manor West on Facebook. For any queries please contact us at **066-7190755** or email **customerservice@manorwest.ie**

## LISSIVIGEEN BYPASS

Cllr Danny Healy Rae put forward the following motion at last Monday's Meeting of Kerry Co Council -

That we the members of Kerry Co Council ask TII (NRA) to prioritise the proposed link road from Lissivigeen to Castle Lough on the Muckross Road to deal urgently with the traffic chaos on the Muckross Road. It was formerly proposed as part of the Farranfore to Lissivigeen new Killarney Bypass. As no funding is being made available for the larger scheme, maybe we would have a better chance of getting funding

for Lissivigeen to Castle Lough Road on its own. Danny Healy Rae believes that if this link road from Lissivigeen to Castletlough was built it would greatly reduce the traffic jams on the Muckcross Road as all the traffic from Kenmare, West Cork and South Kerry intending to go to Tralee, Limerick and all other parts of the Country need not go through Killarney Town.

Kerry Co Council Roads Section have now promised to raise this request at their next meeting with the NRA now called TII.

## COOKERY EVENING

Kiltallagh NS in Castlemaine are hosting a fundraising evening with Mark Doe.

The evening will be held in St. Michael's Church, Killorglin on Thursday 3rd December and is the perfect start to the Christmas celebrations with mulled wine and canapes, a cookery demo with Mark which will be full of Christmas food along with some lovely Christmas baking.

The fun begins at 7.30pm and tickets are €20 with lots of spot prizes of offer on the night.





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# CHARITIES BENEFIT FROM PLOUGHING CHAMPIONSHIPS

The bumper crowd that turned out for this year's hugely successful South Kerry Ploughing Championships and Harvest Show ensured the year is ending on a very high note for two very deserving local charities. The Kerry Mountain Rescue Team and the Kerry branch of the Irish Kidney Association are the beneficiaries of the gala event which was held at Fleming's Farm in Grenagh, Fossa in September. Cheques were presented to representatives of both organisations as well as the prizewinners in the various ploughing competitions at a reception in the Travel Inn, Fossa on Saturday night. A donation was also made to Killarney Rotary Club who staged the successful fashion show at the event. Special guests on the night were MEP Seán Kelly and Kerry Rose Juliet Culloty. Event director, Tom Leslie, said everybody involved was "absolutely thrilled" with the success of this year's event which, again, was organised by the Killarney Valley Classic and Vintage Association. "The success of the show just wouldn't have been possible without the dedicated committee that spent several weeks planning all aspects of the day. They were just fantastic and I thank them all for the huge effort they put in," he said. Tom also thanked the generous sponsors and the volunteers who ensured everything ran like clockwork. They included members of the Kerry Mountain Rescue Team and the Kerry branch of the Irish Kidney Association, Down Syndrome Ireland, the Killarney and District Motor Club, Fossa Rowing Club and Killarney Chamber of Tourism and Commerce. There were a total of 142 trade stands on the day and all reported a brisk trade which augurs well for next year's event.



ORGANISERS OF THE SOUTH KERRY PLOUGHING CHAMPIONSHIPS PICTURED AT A RECEPTION IN THE TRAVEL INN, FOSSA ON SATURDAY EVENING.

## PLOUGHING COMPETITION AWARDS PRESENTED ON SATURDAY NIGHT INCLUDED:

- **Ladies (PJ Cronin Cup):** 1. Martina Flynn, 2. Katie O'Connell.
- **Under 28 (Arbutus Cup):** Thomas O'Carroll.
- **Beginners (South Kerry Junior Cup):** 1. Jason O'Connor, 2. Shane Godley, 3. Katie Cameron.
- **Seniors (Seamus O'Donoghue Cup):** 1. Philip Healy, 2. Michael Donnegan, 3. Darragh Murphy.
- **Three Furrow (Donie O'Shea Cup):** Kevin Healy.
- **Reversible (John Murphy Cup):** 1. Tommy McCarthy, 2. Patrick Boyle.
- **Horse Class (Charlie Talbot Cup):** JJ Delaney.
- **Vintage (Batt O'Connor Cup):** 1. Tim Horan,

2. Mick Cooney, 3. Adam Fleming.

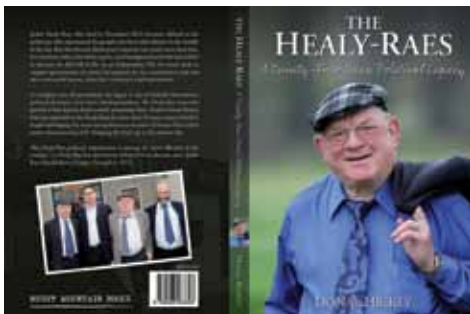
● **South Kerry Senior Cup:** Seamus O'Donoghue

● **Best Stand (Louis Leslie Cup):** Boyle's of Killorglin.

The Killarney Valley Classic and Vintage Association will be out in force again on Sunday, November 22 when vintage and veteran modes of transport will set off on a road trip, leaving the Travel Inn, Fossa at 10.00am and travelling to Ballymakeera for breakfast at An Crúiscín Lán and on to the Top of Coom before heading back to Killarney.

The group's annual charity walk will commence at the Travel Inn on December 27 at 2.00pm with proceeds going to the Kerry-Cork Health Link Bus. There will be refreshments and a rousing trad session in the Travel Inn afterwards.

# HEALY-RAE BOOK LAUNCH THIS WEEKEND



Donal Hickey's eagerly awaited book *The Healy-Raes* will be launched in the family bar in Kilgarvan this Sunday afternoon. *The Healy-Raes* – a twenty-four seven political legacy, traces the growth of a leading political

dynasty; how a man from a frugal, rural background became a successful businessman and the country's most colourful politician of his time.

The dynasty is now into a third generation, with a son, Michael, an independent TD, and another son, Danny, and Danny's son, Johnny, both poll-topping members of Kerry County Council. A Healy-Rae has never been defeated in a council, or Dail, election since Jackie entered Kerry County Council, in 1973.

The book is written by the veteran Kerry journalist, Donal Hickey. Donal who worked for the Irish Examiner for 40 years and knew Jackie Healy-Rae since the early 1970's, wrote the first book about Jackie almost 20 years.

"That book can't be got any more and many

people have been asking us for it since Jackie died almost a year ago", Michael Healy-Rae told *The Killarney Outlook*.

"So it was really in response to public demand that Donal decided to write a new book which completely updates the story and tells of Jackie's three terms in the Dail, the election of Michael Healy-Rae as a TD, in 2011, and much else besides", he added.

The book brings the story up to the present day, as another election looms and will be launched by well-known political commentator, Michael O'Regan, of *The Irish Times* and *Radio Kerry*. The launch takes place between 3 and 6pm and everyone is welcome!

# EXHIBITION AT THE LIBRARY

Killarney Library will host an exhibition entitled "Man Up" by Adapt Kerry. This exhibition highlights the positive role that men can play in ending domestic violence. It's all about one

simple and powerful thing – men showing pride and leadership, challenging abuse and violence and supporting women and children. The exhibition runs from Tuesday 24th to

Monday 30th November during library opening hours with the official launch taking place on Thursday 26th November at 7pm. Anne Marie Foley will speak at the launch. Admission is free.



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# **CHRISTMAS CRAFT & FOOD FAIR**

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## UCC COURSE TO BE HELD IN SOUTH KERRY



PICTURED ARE FRONT L – R: CLÍODHNA O'CALLAGHAN, UCC; PAUL O'RAW, COMMUNITY DEVELOPMENT MANAGER SKDP. BACK L – R: EILEEN CLIFFORD, MANAGER CYMS KILLORGLIN; SARAH GRUNFELD, UCC COMMUNITY & YOUTH GRADUATE; CAROLINE MADDEN, UCC COMMUNITY & YOUTH STUDENT.

A new two year part-time course in Social Enterprise and Community Development Practice, run by University College Cork, is to

be held in South Kerry, starting in the New Year. The course, which provides a FETAC Level 7 qualification to successful participants, is being supported by South Kerry Development Partnership and is the latest in a series of such UCC accredited courses to be held in the region. It is aimed at providing participants with the skills to successfully engage in community based projects that will lead to the creation of sustainable employment in rural communities. Among the topics that will be covered include an introduction to social enterprise, managing community development and social enterprise projects and developing facilitation skills for community workers. The cost of the course is €990 per year which can be paid in instalments and there may be some financial supports available. The course will run on Tuesday nights in the CYMS Centre in Killorglin, commencing on the 26th of January 2016.

## AWARDS FOR SOUTH KERRY HURLING CHAMPS

Hurling champs and enthusiasts will descend on the Killarney Plaza Hotel on Friday, 27th November for the South Kerry Hurling Bord na nÓg's fifth annual hurling awards night.

The past year has been an historic one for hurling with the U16 South Kerry team winning the County U16 Championship for the first time and a further All-Ireland Minor 'B' Hurling Championship. On the night, the victorious South Kerry U16 team members will receive their medals and a special presentation with be made to the South Kerry members of the victorious Kerry Minor Hurling Team who won that All-Ireland Minor 'B' Hurling Championship title this year.

As always, we have a special guest speaker on the night and, this year, we are delighted to have former Limerick hurler & newly-appointed Kerry Senior Hurling Manager, Ciaran Carey. There will also be a raffle for a range of prizes during the course of the evening. Many thanks to our main sponsors, O'Donoghue-Ring Hotels, for their continued support and making



this annual event such a success over the past four years.

We do hope you join us in celebration of the achievements of these young hurlers on Friday evening, 27th November where proceedings will commence at 8:00pm. Entry is free of charge and everyone is welcome.

## KERRY FAMILIES INVITED TO JOIN CONSOLE CELEBRATION OF LIGHT

Kerry Families and friends of people lost through suicide in Kerry have the chance to come together to remember their loved ones at Console's upcoming Celebration of Light.

The evening of song, music, poetry and reflection takes place at Saint Brendan's Church, Rock Street, Tralee, on Sunday, November 29 at 4pm. The evening also includes the lighting of candles and a minute's silence in the presence of others to remember those who are no longer with us on life's journey. Over 500 people lost their lives to suicide in Ireland last year. The event is one of nine celebrations of light being held by the national suicide prevention and bereavement charity Console, with over 6,000 people expected to attend nationwide.

"The Christmas Celebration of Light provides a gentle and understanding environment for families and friends to remember their loved ones and celebrate their lives," said Console founder and CEO Paul Kelly. "The loss of a loved one is always devastating, but when that loss is through suicide it can be so much harder for the families and friends left behind. "This special service is one of the most important events in the Console calendar as it gives families and friends the opportunity to come together in solidarity to honour the lives of their loved ones," said Paul, who founded the organisation after his sister Sharon took her own life at the age of 21.

Everyone is welcome at the Christmas Celebration of Light. If you wish to sponsor a light in memory of a loved one please phone 066-7129700 for more information.

Console offers counselling services and 24-hour helpline support to people in crisis and those bereaved by suicide.

## COCA-COLA CHRISTMAS TRUCK COMING TO KILLARNEY

For many, the festive season doesn't begin until the Coca-Cola 'Holidays Are Coming' advert airs across TV screens and this year, the Coca-Cola Christmas Truck will delight even more people as it embarks on its greatest tour yet across Ireland.

The Coca-Cola Christmas Truck will arrive in Tesco Killarney Park, Deerpark Road, Killarney, on December 3rd from 4 – 9pm. In partnership with Tesco and Supermacs, there are 15 stops planned across the country with the iconic vehicle paying a visit to a host of towns and cities in November and December. In addition to offering a chance to see the Coca-Cola Christmas Truck up close, crowds



will be entertained throughout the experience with music and carolling as well as a variety of games including giant 'ice-block jenga' and festive 'pass the parcel'. Families will also have

the opportunity to capture a photo souvenir with the truck as it lights up in a winter wonderland setting while enjoying a choice of Coca-Cola or Diet Coke.





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Sun 13th Dec: 12pm - 9pm

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Fri 18th Dec: 5pm - 9pm

Sat 19th Dec: 1pm - 9pm

Sun 20th Dec: 12pm - 9pm

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Tues 22nd Dec: 12pm - 9pm

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# Ho! Ho! Ho!

Experience the magic of Christmas as Santa and his helpers parade through town in the spectacular Magic Parade - kickstarting this year's Christmas in Killarney festival.

The Christmas lights come on at 6.00pm sharp to start the Magic Parade

Get your spot early along the route to give Santa Claus, his helpers and your friends and family the best views.

## Magic Parade

### Christmas in Killarney

proudly sponsored by



For more information on the Christmas in Killarney 2015 log on to [www.christmasinkillarney.com](http://www.christmasinkillarney.com)





Christmas in Killarney

# Magic Parade

Saturday Nov 28th  
@ 6.00pm



An unmissable family event!!

The Magic Parade will also take place on the  
5th, 12th, 19th and 31st of December at 6.00pm



## GET YOUR GIFT LIST SORTED AT THE CHRISTMAS CRAFT FAIR

With top quality local crafts and delicious tempting treats a visit to the annual Christmas Craft and Food at the Killarney Outlet Centre is a must this year. With the countdown to Christmas continuing in earnest you can relax completely as the best ever Christmas Craft and Food Fair comes to the main mall downstairs at Killarney Outlet Centre on Sunday 29th November from 12 to 6pm.

As part of the Christmas in Killarney Festival, this well established Craft and Food Fair offers a wide and eclectic range of quality local arts, crafts and food products. Christmas Shoppers can shop early and avoid the usual last minute rush for presents, with truly unique and special Christmas gifts all under the one roof.

A selection of quality local food producers will be tempting passers-by with their unique delicious products and offering you the chance to rediscover the joys of the fresh quality foods still being produced in Kerry with such care and dedication. Shoppers won't be able to resist the smell of fresh waffles, the allure of jams, preserves and pates or the taste of traditional home baking. For the sweet of tooth, there are sumptuous handmade chocolates, fudge, and Christmas confections. There is bound to be something to suit all tastes and pockets, with such a wide variety of quality handmade Irish crafts for sale, from crochet and



HUGE CROWDS ATTENDED THE CHRISTMAS CRAFT AND FOOD FAIR AT THE KILLARNEY OUTLET CENTRE LAST YEAR.  
PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).

knitting, ceramics and glassware to original paintings, old Kerry photographs, handmade Christmas cards and ornaments. Those seeking distinctive creations will be thrilled with the range of day and costume jewellery on display as well as hats, bags, scarves, clothes and accessories. As well as the uniqueness and beauty that makes hand-crafted designs such a thoughtful gift, shoppers can rest easy in the

knowledge that they are actively supporting local artists, craftspeople and food producers in their creative endeavours, buying directly from the producer at a much reduced price!

With free entry and ample car parking nearby, why not solve all your Christmas shopping headaches in one fell swoop on Sunday 29th November at the Christmas Craft and Food Fair at Killarney Outlet Centre from 12 pm to 6 pm.

## YOUNG MUSICIANS TO SHARE THE STAGE WITH YOUNG CHOON PARK

Young local Musicians are preparing for the upcoming piano recital with Young Choon Park at The Franciscan Friary Killarney on Sunday December 6th at 7.30pm when they will share the stage with the world renowned concert pianist. Doireann O'Carroll, Megan O'Neill and Hannah Sherry are all involved in the Rotary Young Musician of the Year Competition over the last few years. Young Choon Park a will thrill her audience with the fantastic and varied programme she has in store which will include music from Schumann, Liszt and Chopin.

In what can only be described as one of the most beautiful and acoustically fine buildings in Killarney we are incredibly fortunate to have on loan the magnificent Kerry County Council Steinway D piano which will fill The Friary with an incredible tone. Christmas In Killarney is extremely grateful to Kerry County Council for providing this fine piano for our concert.

Young Choon Park is passionate about the music of the great composers and in the musical development of young musicians. Young Choon who normally would have the stage all to herself for concerts has very kindly agreed to share the platform with some of our local young musicians. Opening the concert on Sunday December 6th will be Doireann O'Carroll from Tralee. Daughter of Aidan O'Carroll CEO Kerry School Of Music. Doireann, who is 19 and an

outstanding pianist, was Rotary Young Musician of The Year in 2014. Following Doireann will be local girl Megan O'Neill, who is 18, an exceptional vocalist with the voice of an angel. Megan is the current Killarney Rotary Young Musician of The Year for 2015. Without a doubt this will have set the tone for the first section of an evening piano recital with Young Choon Park who will deliver a powerful performance of Schumann's Sonata No 2 in G minor op.22 followed by Liszt's Venezia e Napoli. After a short interval and opportunity to stretch the legs our final young musician of the evening Hannah Sherry will open the second half of the proceedings. Hannah 16 years of age is a two-time piano category winner in the Killarney Rotary Young Musician of the Year, in 2010 and 2014. Hannah's Schumann will speed you into the final part of the evening Young Choon Park's Chopin Sonata no 3 in B Minor Op.58. For lovers of classical music this is a given, for anyone looking for an outstanding evening's entertainment this is a must. Don't miss this one-off opportunity to see one of the world's finest concert pianists at work in the wonderful surrounds of the Franciscan Friary.

Tickets are on sale now from The Friary Book Shop, International Hotel Killarney and Killarney Advertiser €20 for adults and €10 for under-16s, students and OAPs. Proceeds from an evening



YOUNG CHOON PARK

piano recital with Young Choon Park will be donated to the Franciscan Community in Killarney to assist with their charitable work. Christmas In Killarney is grateful to Fr Padraig, The Franciscan Community Killarney, Kerry County Council and all the bodies and individuals who through their kind support have made this event possible.

Ends. For further information contact Paul on **087 6997872** or log on to

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## GET PARTY SEASON READY

### -PART TWO

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

- Eat plenty of Fresh vegetable and protein & fruit (but keep fruit to within moderation if you trying to lose weight)
- Make sure you are eating a Protein with every meal (meat, fish, eggs, nuts etc)
- Portion control starchy carbohydrates to about a fist sized cooked for a Healthy Adult. (these are pasta, potatoes, rice, bread, etc)
- Reduce caffeine to about 2 cups per day
- Avoid sugary processed snacks, try and replace with some home made from scratch alternative you can make yourself. (limit these healthy snacks to max 2-3per day)
- Try and basically EAT CLEAN avoiding all additives and Toxic processed foods as much as you can
- Eat Slowly and stop at 80% full.
- DON'T EVER LET YOURSELF GET TOO HUNGRY!!!! Keep your blood sugars in check you will avoid the binge eating and crashes due to starvation.
- Keep a food diary, or use an online app like my fitness pal to keep track on calories per day.
- Exercise 5x days per week, and if you are doing this already up the intensity of your exercise or change it up for yourself to engage more muscle groups

### MORE TIPS NEXT WEEK...

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## OUTLOOK FASHION

*Never underestimate the power of details*

The last thing on is usually the first thing noticed. So mind the details instead of throwing together the main parts of your outfit. "Details" can include a scarf or necklace.

## DIET TIP

### DON'T SKIP BREAKFAST.

*Eat breakfast. It'll energize you for the day and keeps your diet in check.*



## Beauty Tip

### DURING WINTER MOISTURIZE MORE

You may have found a moisturizer that works just fine in spring and summer. But as weather conditions change, so, too, should your skin care routine. Find an "ointment" moisturizer that's oil-based, rather than water-based, as the oil will create a protective layer on the skin that retains more moisture than a cream or lotion.



## BREASTING THE CANCER TAPE

*Tommy Frank O'Connor*

The two most common cancers are breast in women and prostate in men. There are of course many others; we in Ireland are particularly prone to cancers of the skin. More and more of these, with few exceptions, if diagnosed and treated early enough are curable and allow us to go on and live normal lives.

There's no need to engage in this battle alone. Nowadays we are blessed with support services like Respite, Palliative Care and Recovery Haven. Recovery Haven has many facilities and also runs support groups for women and men. During the course of one of the men's groups there was a client, let's call him Michael, whose words for a few weeks saying that he was all right were contradicted by the fear and sadness in his face. He sat among us

and listened as we gradually opened up about the problem issues on our journey. Gradually Michael learned to listen as we considered what we can do for each other. Under the guidance of facilitator Teddy he gradually opened up. Michael's main fear was that he wouldn't be around to walk his daughter up the aisle on her wedding day.

As many of us men were also fathers and grandfathers we certainly felt for Michael. Teddy explained that fear and a sense of hopelessness are among those negatives that feed our cancers. He then showed us how to share our positive feelings with Michael, to give him that sense of hope and confidence to allow the light into his deepest darkness.





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## BECOME WHAT YOUR BELIEVE...

As we move through our days there is a powerful energy that is shaping everything that we are experiencing in the moment. This power is the power of our own beliefs. The beliefs that we hold are often laid down early on in our childhood and we all receive different messages and ideas about who we are. However, these early childhood beliefs **CAN** be changed especially when they don't support your life or give you joy and fulfillment.

Adopt these three life affirming beliefs

1. **I AM WORTHY** – every time you put yourself down or don't feel that you deserve to be happy, just stop, take a deep breath and realise the real truth about who you are. From the moment you were born you were worthy. There has never been anything wrong with you – you are perfect, whole and magnificent just as you are!
2. **I AM SAFE** – As you read these words just become present in this moment. Is everything okay? Are you safe in this moment? When you truly embody the moment you begin to realise that you are always safe. It is only when we begin to worry about the future or ruminate over the past that we begin to feel anxious or unsafe.
3. **I AM LOVING & I AM LOVABLE** – This is probably the most powerful of all the beliefs. When you love yourself you appreciate who you are. When you stop fighting with what is wrong and focus on what is right you extend more love to yourself and others.

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Write in your own name, address and contact details and drop in the competition box at Wine and Art evening in the Malton Hotel on Thursday 26th November, [killarneyrotaryclub@gmail.com](mailto:killarneyrotaryclub@gmail.com)



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## Kerry ETB Training Centre



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

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

### Reception and Clerical Skills (ET0N1) - Killarney.

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

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

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

### Sports Recreation & Exercise Course (ETK69) - Killarney.

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

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

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

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

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

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

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

### Beauty Therapy Traineeship (TRS52) - Tralee.

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

### Wind Turbine Maintenance Technician Course (TR36R) - Tralee

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

Visit Our New Walk-In Information Service Every Tuesday and Wednesday  
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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](http://www.kerryetbtrainingcentre.ie), E-mail: [training@kerryetbtrainingcentre.ie](mailto:training@kerryetbtrainingcentre.ie)



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## SENIOR FOOTBALL CHAMPIONSHIP FINAL LEGION AND SOUTH KERRY RENEW HOSTILITIES

KERRY O'SHEA LOOKS FORWARD TO SUNDAY'S GARVEY'S KERRY SFC FINAL REPLAY BETWEEN KILLARNEY LEGION AND SOUTH KERRY

### SOUTH KERRY V LEGION

Killarney Legion and South Kerry return to Fitzgerald Stadium to renew acquaintances in Sunday's Garvey's Supervalu Kerry SFC Replay (throw-in 2.30pm). This is the 19th occasion since 1890 that the Kerry SFC final has gone to a replay which is also the first consecutive replay in the history of the competition which dates back to 1889.

A lot of comment has been made as to the staging of the concluding rounds of Kerry's premier GAA competition so late in the year. Surely, there is a much better way of handling these games which are so important to both the clubs and the divisional sides.

The suggestion by Padraig Duffy to bring the All-Ireland football finals forward to the start of September in order to facilitate the early conclusion of club championships is a proposal GAA fans from all over the County will converge on Fitzgerald Stadium to witness both Killarney Legion and South Kerry renew combat.

The drawn game was notable for the remarkable statistic that of the combined scoring tally of 18 points, 13 from the four midfielders. Of the 12 forwards that started, just two made the scoresheet, Legion's James O'Donoghue.

Both respective managers Peter Keane and John Sugrue are hoping that their forward divisions will produce a much better scoring dividend next Sunday.

This will be Killarney Legion's third consecutive Sunday in action, as they have played a Munster Club semi-final against Nemo Rangers in between their two County Finals, while South Kerry's Bryan Sheehan has played on 10 consecutive weekends since the All-Ireland. In the drawn encounter, Legion's Conor Keane, normally a lethal marksman in front of goal, was well held, while James O'Donoghue was shackled by his Kerry team mate Killian Young. Conor Keane did not start against Nemo last Sunday but manager Peter Keane stressed that he is ready to face South Kerry.

Killian Young will almost certainly pick up O'Donoghue on Sunday and their clash will have a major say on the eventual destination of the trophy.

Bryan Sheehan's influence was very important in the drawn game as he was South Kerry's principal scoring threat. Sheehan is big, strong and accurate. What more could you ask from a player who is at the peak of his career.

Legion's lack of discipline against Nemo Rangers cost them dearly and was also evident against South Kerry in the drawn game.

The issue of discipline is something Peter



THE SOUTH KERRY TEAM THAT WILL FACE OFF AGAINST KILLARNEY LEGION IN SUNDAY'S REPLAY.



THE LEGION PANEL ARE BACK IN ACTION THIS WEEKEND IN THE COUNTY FOOTBALL FINAL REPLAY.

Keane will be focussing on particularly with a free-taker like Bryan Sheehan any frees conceded from 60 metres in will be punished. South Kerry feel that they should have won the drawn encounter as they were hanging on to a one-point lead deep into injury time when Jamie O'Sullivan struck the equaliser for As is the case with all replays, the game will be won by the side that learned most from the drawn encounter and is prepared to go the extra mile. It will be close, very close indeed!



SEAN, CIAN & CHRISTINE HEGARTY, LEGION SUPPORTERS WILL BE LOOKING FOR BETTER FORTUNE THIS WEEKEND IN THE COUNTY FOOTBALL FINAL REPLAY.





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THE SPA TEAM U15 COUNTY CHAMPIONS DIVISION 3.

## LISTRY GAA NEWS

**LOTTO:** Winning Numbers 6, 12, 14, 24. Jackpot €7,550. Not Won. Jackpot next week Sunday 22nd November €7,700.

**FR. GALVIN FINAL:** Fr. Galvin final v Scartaglin is fixed for next Sunday November, 22nd at 12 o'clock. Venue tbc.

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

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

## SPA CLUB NOTES

**2ND ANNUAL AWARDS NIGHT 28TH NOVEMBER:** Venue: Torc Hotel Music: Derry and Rosie Healy. Time: 7.30pm. Ticket: €15. Congratulations to the following recipients

**LIFETIME ACHIEVEMENT AWARD:** Johnny Cronin.

**GUESTS OF HONOUR:** Michael Foley and Evan Cronin.

**SOCIAL/CULTURAL PERSON OF THE YEAR:** Sheila Curtin.

**JOHN DOYLE AWARD: SENIOR PLAYER** Nominees: Dan O'Donoghue, Shane Cronin and Ryan O'Carroll.

**SENIOR LADY PLAYER OF THE YEAR** Nominees: Micaela O'Connor, Karol Fleming and Linda Bruggener.

**PAT CORCORAN AWARD:** Junior Player: Conor Gleeson.

**AIDAN CRONIN AWARD:** Young Person of the Year: Eric O'Donoghue.

**SPECIAL RECOGNITION AWARD:** Dan O'Donoghue and Liam Kearney: All Ireland Junior Winners.

Cassandra Buckley: Kerry Senior Ladies Munster Winner.

We will be introducing our Scór na nÓg All Ireland Winners in Rince Foirne and Quiz also.

**TICKETS FROM COMMITTEE:** Andrew Garnett 086 1911263, Anne Holland 085 7780883, Ivor Flynn 087 1003142, Adrian O'Sullivan 083 4510776 and Sean Kelliher 087 6298613. Tickets on sale also at the Lotto draw venues. All worthy honorees. Senior Men and Women Player of the Year will be announced on the night.

**LADIES FOOTBALL: U15 GIRLS CLAIM DIVISION 3 COUNTY TITLE**

**SPA 2-13 BALLYMAC 1-3:** Fair play to both teams in playing in terrible weather conditions. All were champions. Level at half time against the wind, we knew we had advantage going into the second half. And the girls definitely took their chances with Mairead Bennett and Sarah Fleming scoring goals. The defence kept the Tralee side scoreless in the second half. A brilliant team effort with great heart and determination found us as county champions with the last competitive game of the year. Thanks to coaches/parents Tim O'Connor, Donal O'Doherty, Kieran McCarthy and Des Spillane who have been dedicated to the girls and club throughout the whole year. Your hard work has paid off.

**TEAM:** 1. Caoimhe Claffey, 2. Aoife Cronin, 3. Shiona Moynihan, 4. Grace Courtney, 5. Orlaith Spillane, 6. Elizabeth Stack, 7. Maeve Fitzmartin, 8. Ciara Moynihan (Capt), 9. Mairead Bennett, 10. Lauren O'Connor, 11. Meghann Cronin, 12. Eimear Beazley, 13. Marie Courtney, 14. Emma Cronin, 15. Hannah Daly. **SUBS:** Linda Taylor, Grainne Spillane, Erin Holland, Sarah Fleming, Elena O'Donoghue, Aoibhe O'Doherty, Mairead O'Donoghue, Clodagh O'Connor, Louise Fleming, Aoife Sheehan, Ciara Moynihan.

**GAELIC 4 MOTHERS & OTHERS:** Training indoors 7-8 in Spa on Thursday evenings. Each evening theres a huge variety of fitness activities.

**UPCOMING FIXTURES:** East Kerry Minor Championship Division 1. Saturday November

21st at 2.30pm, Spa V. Dr. Crokes.

### SCÓR:

**SCÓR NA NÓG:** Kerry County final takes place on Friday 20th November at 6.30pm in Killarney Racecourse. Best of luck to our competitors. Figure dancing: Aine Brosnan, Meghann Cronin, Ava O'Sullivan, Carrie Hickey, Ciara Moynihan, Kate Lawlor, Aishlinn O'Donovan, Erin Holland and Lea Murphy. Set dancing: Katie Cronin, Aine Brosnan, Anna O'Connor, Ava O'Sullivan, Liam Spillane, Kianan O'Doherty, Eoin O'Donoghue and Gary O'Sullivan.

Tráth na gCeist County final is scheduled for November 28th at 7.00pm, venue to be confirmed.

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

**SCÓR CATEGORIES:** Figure Dancing, Solo Singing, Recitation/Storytelling, Instrumental Music, Léiriú/Drama, Ballad Group, Set Dancing and Table Quiz.

**LOTTO:** No jackpot winner in the Heights. No's drawn 11, 25, 27, 28. Quick picks. Sinead Cronin, Kilbreen, Joan Mangan, Coolcorcoran, Jacintha Tyndall c/o Cronins Shop, James Twomey. Next weeks jackpot in the Oaks will be €12,800.

**ANNUAL CLOTHES COLLECTION:** We are collecting all year round. All types of clean (any condition but clean), books (no school text books) cuddly toys, shoes, bags etc... Can be dropped off to clubhouse or contact Anne Holland 085 7780883.

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

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

**BOOK LAUNCH:** Best wishes to Donal Hickey with his latest book, "The Healy-Raes, A Twenty Four Seven Political Legacy" being launched next Sunday 22nd at 3pm in Healy Raes bar Kilgarvan.

### SPA COMMUNITY NOTES:

**SYMPATHY:** Is extended to the relatives of Mary Doherty - Nee O'Keeffe Tiernaboul and late of Tullig who passed away. The O'Keeffe and Doherty families have had a long association with the local GAA club over a period spanning sixty five years and long before the current facilities were developed in Tullig. It was in O'Keeffe's field and Jack Doherty's Pit that the youth of the area assembled to learn the art of gaelic football and where games were played. Mary served as a member of the Spa GAA Ladies committee over a number of seasons and was involved in the organisation of the annual Lily of Killarney contest which has been a most valuable fundraiser for the club over the years. Her late husband Neilus played a vital part in the revival of the club in 1963 and occupied the





positions of chairman and selector during the mid 1960's while her late brother Denis served as a player, committee member and also had a keen involvement with the Spa Dramatic Society during the late 1940's.  
May she Rest in Peace.

**LISSIVIGEEN & DISTRICT COMMUNITY ALERT ASSOCIATION:** The annual General Meeting of the Lissivigeen & District Community Alert Association attracted a good attendance to the Torc Hotel last Thursday night. Garda Superintendent, Flor Murphy, who was in attendance congratulated the members of the Lissivigeen Branch for their achievement over the past year, and also was available to take questions from the attendance on local issues. The branch has circulated a most impressive Newsletter to all the homes in it's district which gives a full report on the activities organised during 2015 which include the monitoring of Home Alarms. The Community Text Alert Scheme, the annual bus trip to Killaloe and Limerick on June 25th, as well the annual Christmas Party. This years Christmas party will be held in the Torc Hotel on Friday December 4th and will be preceded by Mass at 8pm. Tickets for this function are now available from the officers and committee members and a large attendance is expected at this function. A special appeal is extended for new members to become involved with the branch as in view of the current situation of rural crime, Community Alert has a vital role to play in ensuring, the safety of the members of the local community, from such activities.

## BEAUFORT GAA NOTES

**LOTTO:** Results of draw for lotto jackpot of €4,200 which was held on Sunday night. Numbers drawn were 14, 18, 22, 23. No Jackpot winner. Next Draw for a Jackpot of €4,400 will be held in Kate Kearney's Cottage on Sunday, 29th November.

**HEALTHY CLUB PROJECT:** Beaufort who are a pilot club in the Healthy Club Project run by the GAA country wide took part in a nutritional work shop and practical hands on cookery class in the ISK Killorglin last week. Overseen by Home Economics teacher Marie Randles the players were shown how to make healthy food choices which are tasty, healthy performance enhancing recipes that are easy to make from the booklet Recipes for Success. Well done to the lads for attending and teacher Marie Randles for making herself available to carry out this work shop.

**EXERCISE CLASSES:** Classes continue as follows: Pilates with Jonathan. Mondays 10am to 10.55am.  
Active Retired Exercise Mondays 11am-11.55am.  
Pilates with Tony: Monday 7 to 7.55pm - intermediate and 8 to 8.55pm intermediate to advanced.  
Girls 11 to 14 continue Saturday, 7th from 10am to 11am.

**GYM:** Gym instructor is available Tuesdays in November, beginning from 6pm to 7pm for gym induction, consultation and advice.

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

**SENIORS:** Beaufort Seniors sponsored by Maurice Foley of MF Decorating winners of Division 3 County League were presented with their trophy prior to their Mid-Kerry Championship game v Laune Rangers on Sunday. Beaufort played with the wind in the first half but were behind on a score-line of 2-2 to 0-5 at half time. Their scores in the first half came from Darragh Coffey 2 points from play, Fergal Hallissey 1 from play and 1 from a free and a good effort from wing-back Jason Foley. The 2nd half didn't improve as Beaufort leaked 2 more goals and managed to score only from frees - 3 from Fergal Hallissey and one from Francis Courtney. Final score: Laune Rangers 4-8 Beaufort 0-9.

**BEST OF LUCK:** To Beaufort in the U21 Mid-Kerry Final against Milltown-Castlemaine in Glenbeigh on Sunday next at 11.45am. Extra time if necessary. Please note early start due to County Final replay.

**LADIES FOOTBALL:** Exciting times ahead with Ladies football in the Club. A Senior team is being formed in the Club as there are a lot of girls playing at this grade outside of the club so it would be great to get them back and play with their home club. Any girls interested in playing or being involved with the club can contact Nora Hallissey, Mary Jo/ Cliona Coffey or Amy Foley.

**QUIZ:** The very popular GAA Quiz will be held this year on Sunday, 27th December in Kate Kearney's Cottage. More details later.

## LEGION GAA CLUB NOTES

**COOKERY NIGHT:** We held a fantastic and extremely enjoyable cookery demonstration last night at the Dromhall Hotel with top chef Mark Doe highlighting his superb culinary skills and Irish Bake Off winner, Tracy Coyne showcasing her baking prowess. Full details in next week's Killarney Outlook.

**MUNSTER SEMI FINAL:** There was no joy last Sunday in Pairc uí Rinn as we went down by 0-14 v 0-08 to Nemo Rangers. In very tough weather conditions the Cork outfit adapted better and had a five point cushion by halftime. Despite having the aid of the strong wind in the second half we still struggled to penetrate the Nemo defence. James O'Donoghue and Thomas Moriarty scored three fine points a piece and when Conor Keane entered the fray for the final ten minutes, the team certainly seemed to gain a bit of momentum but time ran out. But as everyone is well aware, the

lads have no time to rest as they face into the County final replay this Sunday against South Kerry at Fitzgerald Stadium with a 2.30 throw in. The club was very proud of the huge Legion attendance last Sunday in cork and hope that everyone will come out again to support the lads as they aim to bridge that sixty nine year gap. Whatever the result next weekend, the panel and management have put in a huge effort all year in what has been a marvellous season which it must be said is by no means over after this final as they still have to play Austin Stacks for a place in the County League Division 1 final and also have to play Furies in quarter final of the O'Donoghue Cup.

## EAST KERRY NOTES

With Áine Ní Shúilleabháin PRO

### AQUILA CLUB O'DONOGHUE CUP - QUARTER FINAL

#### DR CROKES 0-10 GNEEVEGUILLA 1-4

Dr Crokes qualified for the Semi-Final of the 2015 Aquila Club O'Donoghue Cup, away against Gneeveguilla last Saturday. The poor weather conditions all over the country, also prevailed in Sliabh Luachra and making scoring difficult hard. Gneeveguilla started the better and had the first two points of the game, Fergus Mc Aulliffe and Donal Murphy on target. Dr Crokes then outscored the opposition five points to one, Colm Cooper, Alan O'Sullivan, Brian Looney and Tony Brosnan the scorers. Great saves by the Gneeveguilla keeper, Patrick O'Riordan, denied Dr Crokes what looked like 2 certain goals. However, a goal in injury time, finished to the net by the quick reactions of Shane O Sullivan, gave Gneeveguilla an interval lead of 1-3 to 0-5.

The game was close again in the second half. Dr Crokes equalised in the first minute of the half with a Tony Brosnan point from play but Gneeveguilla took the lead minutes later with a pointed free by Donal Murphy. The sides created scoring opportunities but both defences stood strong, and both keepers stopped goal bound shots. A Colm Cooper pointed free levelled the game with twelve minute remaining and a great point by Eoin Brosnan put the Lewis road side ahead with ten minutes remaining. Two points without reply in the last minutes ensured victory for Dr Crokes. Full time score: Dr Crokes 0-10 Gneeveguilla 1-4. Dr Crokes join Rathmore and Kilcummin in the draw for the semi finals. The last semi final slot awaits for the winners of Legion versus Furies in the last quarter final. Date and time TBD. The man of the match award was presented to Dr Crokes John Payne by East Kerry Board Vice Chairman, Johnny Brosnan

**GNEEVEGUILLA TEAM:** Patrick O'Riordan (Capt), Timmy O'Leary, John Sheehan, Darren Brosnan, Micheal Murphy, Pdraig O'Connor, Connie O'Connor, Fergus McAulliffe (0-1), Don Murphy, Ciaran O'Connor, Donie O'Connor, Connor Herlihy, Donal Murphy (0-3f; 2f, 45m1f), Michael Murphy, Shane O'Sullivan (1-0). Subs:





Padraig Doyle, DJ Murphy, Padraig O' Sullivan. Management: James Fleming and Denis O'Leary.

**DR CROKES TEAM:** Alan Kelly, John Payne, Mike Moloney, Cillian Fitzgerald, David O'Leary, Eoin Brosnan (Capt) 0-1, Gavin White, Ambrose O'Donovan, Mike Milner, Alan O'Sullivan 0-1, Colm Cooper 0-4 (frees), Brian Looney 0-2 (0-1 45), Tony Brosnan 0-2, Chris Brady, Gavin O'Shea. Subs: P.J. Lawlor, Andrew Kennelly, Bryan O'Shea. Referee: Padraig O'Sullivan (Furies)

**FR GALVIN CUP FINAL:** The Final of the Fr Galvin Cup, East Kerry Intermediate Championship, Listry V Scartaglen, sponsored by the Aquila Club, Gleneagle Hotel, is fixed for Sunday next, 22 November, with throw in at 12 noon. Venue to be confirmed. A man of the match award will be presented after the game. The man of the match award winners are automatic nominees for the Fr Galvin All Star award 2015. This years nominees so far are Ger O'Connor, Scartaglen, Paudie Clifford, Fossa and Ronan Buckley, Listry.

**EAST KERRY MINOR CHAMPIONSHIP:** The division 1 final of the East Kerry Minor championship, sponsored by The Tatler Jack, sees Spa and Dr Crokes meet in a repeat of the East Region Minor League Division 1 Final, when Dr Crokes took the title. We look forward to another skilful and exciting game on Saturday next 21 November at 2.30pm, venue to be confirmed. Extra time if necessary.

**EAST KERRY UNDER 21 CHAMPIONSHIP:** Furies are at home to Rathmore in the Division 2 semi final of the East Kerry Under 21 Championship, sponsored by Acorn Holistics and Sports Centre, Killarney. The game is fixed for Saturday, 21 November with throw in at 2.30pm. Extra time if necessary.

**BEST OF LUCK:** Best wishes to all the competitors from East Kerry clubs in the County Finals of Scór na nÓg on Friday evening – Figure dancing and Set Dancing – Spa; Solo singing and Recitation – Furies, Instrumental music – Kilcummin, Ballad Group – Glenflesk.

**EAST KERRY BOARD DELEGATES MEETING:** The November meeting of the East Kerry Board takes place on Tuesday the 24th November, starting at 9pm, Please note there

will be a change of venue.

**GOOD LUCK:** Very best wishes from all in East Kerry to Killarney Legion CLG, in the Senior County Football Championship Final Replay, on Sunday.

## DR, CROKES NOTES

### O'DONOGHUE CUP - QUARTER FINAL

#### DR CROKES 0-10 GNEEVEGUILLA

By virtue of our three point win, in this closely contested game against Gneeveguilla, we qualified for the Semi-Final of the O'Donoghue Cup. The poor weather conditions all over the country, also prevailed in Sliabh Luachra and made scores hard to get. Our opponents led at half time by a point, 1-3 to 0-5. The game was close again in the second half but our ability to take our scores better, gave us victory in the end. In this second thirty minutes we outscored Gneeveguilla five points to one and four points to nil in the last quarter.

Our opponents started the better and had the first two points of the game. For the rest of the half we outscored the opposition five points to one. A goal however in injury time, in the 31st minute of the half, gave Gneeveguilla an interval lead of 1-3 to 0-5. The teams exchanged points at the start of the second half, but all the four other scores in this half, four points, were credited to us on the scoreboard. This is not to say that Gneeveguilla did not have many attacks. They were on the offensive a lot, but poor shooting and good defensive work by our lads denied them the scores they badly needed. John Payne, Cillian Fitzgerald, Eoin Brosnan and Gavin White were best in defence but the whole sextet in this area worked hard. Mike Milner did very well at midfield, with Alan O'Sullivan, Colm Cooper and Tony Brosnan best in attack.

**TEAM AND SCORERS:** Alan Kelly, John Payne, Mike Moloney, Cillian Fitzgerald, David O'Leary, Eoin Brosnan (Capt) 0-1, Gavin White, Ambrose O'Donovan, Mike Milner, Alan O'Sullivan 0-1, Colm Cooper 0-4 (frees), Brian Looney 0-2 (0-1 45), Tony Brosnan 0-2, Chris Brady, Gavin O'Shea. Subs: P.J. Lawlor, Andrew Kennelly, Bryan O'Shea.

Congratualtions to John Payne on being voted

Man of the Match.

**DR CROKES - OPERATION RESUSCITATION:** Dr Crokes GAA Club are delighted to team up with Operation Resuscitation.

The Club are known far and wide for the high quality training that takes place with all of our players each week. Now we are inviting our members to a very different training session. This training session will provide you with some very important skills which could save the life of a loved one, close friend or total stranger. It will also have the effect of making Dr Crokes GAA grounds at Lewis Road and the wider Killarney area a much safer place for all.

It is on Saturday December 5th and The course only takes 2 hours. In order to book your place, please contact Matt at

**secretary.drcrokes.kerry@gaa.ie**

Cost of this training session is €10 for adults and €5 for under 18's. We encourage all members of Dr Crokes GAA Club to participate in this wonderful opportunity for training led by Dr John Geaney.

**SPEEDY RECOVERY:** Best wishes and a speedy recovery to David "Buddy" O'Leary who had surgery over the weekend. We hope to see you back in Black and Amber very soon.

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

**GENERAL MEETING:** The General meeting will now take place on November 26th at 7.30pm.

**CARD PLAYERS:** Anyone interested in playing cards - Progressive 31 will be played in the clubhouse every Wednesday nights at 8.00pm sharp starting November 18th. You will need to bring money and a partner and it is €5 per person.

**LOTTO:** Lotto numbers 4, 8, 16 and 17. Jackpot €3300 not won, match 3 11 by €40. Next draw Sunday 22nd of November in Tatler Jack. Jackpot €3600.

**BEST OF LUCK:** We wish the Legion Club the best of Luck in the Replay of the County Championship on Sunday against South Kerry in Fitzgerald Stadium.



LEGION FANS PICTURED AT LAST SUNDAY'S GAME IN PAIRC UI RINN. PICTURE: TOMMY REGAN.





## KILLARNEY COUGARS BASKETBALL CLUB

### JUVENILE NEWS:

#### U11 BOYS DIV 1 ACADEMY:

#### ST. PAULS 14 KILLARNEY COUGARS 16

The Cougars boys good recent form continued on Friday evening when they made the short journey across town to the Sports and Leisure Center to play Pauls, Cougars coming away with the points to record back to back wins with victory over the town rivals. Cougars had to come from behind after a slow start to hold six point lead in the closing stages and had to defend some late pressure from the home side before deservedly securing another good win. Cougars again enjoyed a good spread of scores throughout the team with the best performances coming from from Maidchi Lynch, Victor Lopez and Rocco Sheehan for the Cougars with Mark Sheehan and Daniel Murphy trying hard for Pauls. Cougars will look to bring their good run to Kilorglin for the Cup game for their next outing.

### SENIOR NEWS:

#### DIV III WOMENS

#### GNEEVGUILLA 32

#### KILLARNEY COUGARS 36

A good attendance in Rathmore enjoyed a good contest as the Cougars came from behind early in the second quarter and held onto the lead in a tense final quarter. The home side had the best of the opening quarter as they led 14-10 with baskets by Rachel Brosnan Lorretto O'Leary and Shauna Guerin with Cougars finishing the quarter with a three on the buzzer by Fiona McSweeney. Cougars dominated the second quarter to lead 22-19 at halftime with Caroline Kelly and McSweeney both contribution good baskets. The sides went basket for basket in the third quarter with Ciara Meaney 4 pts for Cougars with Gneevguilla Rachel Brosnan 4 pts and a good basket on the buzzer by Lorretto O'Leary put just the minimum between the teams 29-28 to Cougars. The Cougars picked up the pace in the closing stages and better team work produced some good scores to ease Cougars ahead despite late pressure by the home side.

Best for Cougars on this occasion were Caroline Kelly, Ciara Meaney, Fiona McSweeney, Lourdes Ylla and Deborah Murphy.

### DIV I WOMENS

#### TRALEE IMPERIALS 49

#### KILLARNEY COUGARS 54

Tralee hosted the Killarney Cougars Ladies in Mounthawk and the visitors continued their good start to the season with a hard earned away victory. Cougars lined out with two well known debutants Aisling Leonard and Louise

ni Mhuirheartaigh both adapting well to the basketball courts with good performances against a youthful Tralee side. The more experienced Cougars were made to work hard all the way and needed all their experienced performers to step up in the closing minutes to create a safe lead from the home side.

The sides were level 38-38 entering the final quarter with Cougars enjoying a very good spread of scores in the final quarter to push ahead with Emer O'Neill, Chloe O'Doherty and Cass Buckley getting some vital scores when it mattered most, Tralee had good performances from Ryan, Fitzgerald and Carmody but their young team tired in the tough closing stages as the Cougars continued their winning start to the season.

### THE FIGHTING BEES RETURN TO IRELAND:

On thursday evening next our Cougars Senior Mens will host the touring St Ambrose University team, also known as the Fighting Bees when they return to Ireland having last visited in 2010. The Bees will train daily and have a basketball clinic for the local kids and will take on the Cougars All-Star team on Thursday evening November 26 th at the Pres Gym a game not to be missed.

### JUVENILE FIXTURES:

November 21st All in Killorglin Sports Complex. U11 Boys, U12 Boys, U14 Boys and U14 Girls. Cougars v Kcym.

### SENIOR FIXTURES:

November 23rd, Mens Div I. Cougars v Kcym 7pm Pres Gym. November 26th, Cougars Allstars v St Ambrose USA 7pm Pres Gym.

**BASKETBALL ACADEMY:** Our Friday evening Academy for boys and girls ages 7,8,9. Further information or to register contact the secretary on 087 - 4175493.

Further details and updates available on the website and facebook or contact the club secretary on **087-4175493** or email [secretarykillarneycougars@gmail.com](mailto:secretarykillarneycougars@gmail.com)

## MUCKROSS ROWING CLUB

**MUCKROSS HOR:** The club is eagerly looking forward to the staging of our own time trial event, the Muckross Head Of the River, on Saturday 5th December. Following the recent postponement of the Neptune HOR, the club is confident of a large crew entry for what will be the final competitive time trial on the Rowing Ireland calendar for 2015. With just two weeks to go, preparations continue and we hope to see plenty of familiar faces at the National Rowing Centre. The event is made possible each year with the help of members, past and present, parents of junior members and supporters. As the event has grown in size over the years, so too has the number of jobs

involved and we greatly appreciate all support available to make it happen. If you haven't heard from a club member already and are available to assist, please contact a committee member, send an e-mail to [muckcrosshor@gmail.com](mailto:muckcrosshor@gmail.com) or contact Tim O'Shea **086 3548181**.

**REGISTRATION MORNING:** The club will hold its annual Registration Morning on Saturday 28th November, from 9.30 to 10.30am at the New Boathouse. All existing members are required to pay club membership and Rowing Ireland registration fees on this day. New members are always welcome and may enquire regarding trial membership. All membership details will be posted on club noticeboards and available from coaches. Enquiries to our new club telephone number **087 4482935**.

**OPERATION RESUSCITATION:** The local Operation Resuscitation initiative, an extension of the Michael Lenihan Heartsafe programme, is providing training in CPR and the use of AED equipment to adults and teenagers aged 14+. Training in these lifesaving skills is being offered at minimal cost at Killarney Racecourse on course dates including this Saturday 21st November and 5th December. Price – Adults €10. U18s: €5. Full details at

[www.orkillarney.com](http://www.orkillarney.com) or on Facebook [facebook.com/orkillarney](https://facebook.com/orkillarney). Details and registration for 5th December also available in person at St. Brendan's College on Tuesday 24th November from 9 to 11am.

## KILLARNEY BADMINTON CLUB

Well done to all who participated in November handicap tournament from our club. Well done to Daniel O'Connor won division 5 final. Sandra O'Connor was runner up in division 3. Congratulations to all. Good luck to all playing club matches in the coming week.

### KILLARNEY FIXTURES W/E 20TH:

Monday 16th Division 3 men home v Sneem/Iveragh at 8.30pm.

Wednesday 18th: Division 3 Ladies away to Kingdom, Division 4 B Men home to Listowel at 9pm & Division 4 Ladies away to County.

Friday 20th: Division 4 A Men home to Causeway at 8.30pm.

Badminton as usual Monday and Wednesday nights from 8.30 -10.30 in pres hall.

New members always welcome. Well done to all juveniles at the Saturday tournament in Killarney. All the girls and boys did brilliantly. Good luck to juveniles in the Kerry doubles championship in Killarney on Saturday.





## KILLARNEY VALLEY AC

Kerry Athletics Annual Church Gate Collection is on this weekend 21st and 22nd of November and Killarney Valley AC is covering the Killarney Parish. We would appreciate a little of the parents and older childrens time to collect outside the various Masses. If anyone is willing to help out their children's club then text the club phone 087 2499566 or talk to Antoinette at indoor training on Thursday.

**'PREDICT YOUR TIME 5K':** The 'Predict your time 5k' in the Killarney Demesne on Sunday 6th December at 2pm has generated huge interest! The funds raised from this unique 5k will help to purchase a purpose built sports wheelchair for Ger Daly, one of the few wheelchair athletes in the Kingdom. Here are the details of the event.

Event: Ger Daly fundraiser "Predict Your Time" 5k Run, Walk, Jog.

Venue: Killarney National Park (Knockreeer)

Date: December 6th. Time: 2pm.

Entries: on the day. Fee: €10

Race Director: Jo Harty.

Contact: Jo Harty or Jerh Griffin 0876879186.

Killarney Valley AC have obtained an Athletics Ireland permit for this event. Refreshments and music and loads of spot prizes after in the Towers Hotel.

If you can't make the event and would like to donate then drop into Feet First on High Street or to Kerry Outdoor Sports in the Fairhill where both shops have kindly offered to have donation points.

All the upcoming cross country fixtures are on our facebook page

[www.facebook.com/KillarneyValleyAC](http://www.facebook.com/KillarneyValleyAC)

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

Kerry County Squad season continues on Sundays in an Riocht. All updates/time changes etc on our Facebook page.

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

Indoor training for 7-12 yr olds is on Thursdays and started on Thursday November 5th in the Sem Gym – non registered members are not covered by insurance and will not be admitted. Each child must sign in, bring €2, plenty of water and lots of enthusiasm.

The numbers are growing in our newly named club and so, to accommodate everyone and have age targeted training, we are splitting the age groups.

**TRAINING:** For children born in the years 2006, 2007 and 2008 will be from 6pm-7pm.

Training for children born in the years 2003, 2004 and 2005 will be from 7pm-8pm.

Don't forget Killarney Parkrun is on every Saturday morning at 9.30 am sharp in Muckcross near the Muckcross Traditional Farm. We would encourage everyone to come out and take

part, runners, walkers, adults and children alike. Race director Alan Ryan asked for people to come and walk their dogs or push buggies along the route - the idea is for people to get out and get fit. This is a volunteer led, free 5km run/walk and is sociable and fun and good practise. All ages welcome. More information and to register online [www.parkrun.ie/killarney](http://www.parkrun.ie/killarney) Killarney Valley AC welcomes new members. Juvenile and Juniors €25, Seniors and Masters €30. For membership enquiries please text the club number 087 2499566.

If you haven't yet got your club singlet please contact Brid on 087 2650720 to arrange to purchase one - singlets are €25 each. Killarney Valley AC now have club hats for sale at €10 each - Would make lovely Christmas presents! If you have any news you would like to include in the notes please text Maighread on

**086 8588988.**

## FARRANFORE MAINE VALLEY ATHLETIC CLUB

On Saturday 14th November, more than 400 masters athletes from the Five Nations gathered at Santry Demesne, Dublin to savour the unique atmosphere of the 38th Annual British & Irish Masters International Cross Country Championships. All categories from age 35 upwards competed over a 2k lap course - women ran 6k, men 8k. They were severely tested on what was a tough and stamina sapping course. In the undulating picturesque parkland setting, there were muddy hollows, sharp turns, slippery cambered inclines and a fast sprint to the finish.

Ireland had considerable success in the women's and men's teams and won a large number of individual medals. Farranfore Maine Valley AC were proud to have international participant, Maria McCarthy in the O40 6K race. Maria showed a fantastic display of gritty running in the difficult conditions, she revels in it when the going gets tough. Maria finished fourth in the M40 individual category and led the Irish to second place in the M40 team section behind England. Our other club member, Caitriona Barry was a reserve in the same team, but did not get the opportunity to compete. We are sure she will be back again.

Also from Kerry who participated was Niamh O'Sullivan and Sharon Cahill both from An Riocht in the O50 category. Niamh was fourth individual and led the Irish team to bronze.

In the men's we had Pat O'Shea (Iveragh AC) competing in the O65 category where he was part of the team to finish in first place.

**CLUB TRAINING:** Juvenile Cross Country training for U9 - U14 has finished up for the season. We will return again in the New Year. Junior / Senior training Thursday at 6:40pm in GAA grounds Farranfore. The session will help to improve your running technique, endurance and speed. Club members €2, non-club members €4.

Training is outdoors, so come prepared for all

weather conditions.

**ATHLETIC'S FIXTURES:** National Inter Club & Juvenile Even ages XC - Sunday November 22nd in Santry, Dublin.

Munster Masters & Juvenile "B" XC - Sunday November 29th in Cappawhite Co. Tipperary. Registration closes Friday November 20th.

National Novice, U23 & Juvenile Uneven Ages XC - Sunday December 6th in Dungarvan, Waterford. Pre registration is required for the all XC championships. Please inform us well in advance if you will be participating.

**DEEPEST SYMPATHY:** Sympathy to Harry, Joseph and family, Furies, on the death of his mother, Millicent Percival in Antigua, Caribbean. Millicent was President of the Senate in her country for ten years and will be honoured with a state funeral.

All information on our website:

**[www.ffmvac.blogspot.com](http://www.ffmvac.blogspot.com)**

## KILLARNEY DARTS

### KNOCKOUT CUP:

Sponsored by O'Neill's, Plunkett St., Round 2 (last 16) of the KnockOut Cup took place on Thursday 12th November. Some great darts were thrown, well done to all that won and hard luck to the losers.

### RESULTS ARE AS FOLLOWS:

Kenmare Rooms 0 v Lals Outcasts 5.

Klub Bar 5 v Avenue Heros 0.

98 C 2 v Murphys Pinters 5.

Mustang Sallys A 5 v Courtneys Bar 2.

Dunloe Lodge A 2 v Jimmy Briens 5.

Lals Bar 4 v Murphys Bar 5.

Tatler Jack 2 v The Shire 5.

Mustang Sallys B 0 v Corkerys Bar 5.

Round 3 (Last 8) draw will take place next week and will be posted on facebook and local media.

**KILLARNEY DARTS TOWN LEAGUE:** Killarney Darts Town League sponsored by Carlsberg in association with Mustang Sally's.

The following are the fixtures for the Thursday, 26th November, first named teams have home advantage,

**GROUP 1:** Jimmy Briens v Corkerys Bar.

Lals Outcasts v Tatler Jack.

Lals Bar v Murphys Bar.

The Shire = Free Night.

### GROUP 2:

Good Time Charlies v Kenmare Rooms.

Klub Bar v Nugget Old Timers.

Murphys Pinters v Linehans Bar.

Dunloe Lodge A = Free Night.

**GROUP 3:** Avenue Heros v Mustang Sallys B.

98 B v 98 A.

Old Killarney Inn v Teddys Bar.

Dunloe Lodge B = Free Night.

**GROUP 4:** Mustang Sallys A v Jimmy Jokers.

Nugget Night Owls v 98 C.

Courtneys Bar v Squidgers.

The Granary = Free Night





## GNEEVEGUILLA ATHLETIC CLUB

**LOTTO:** No winner of our lotto 13/11/2015, numbers drawn were 8, 16, 25 & 27. Sellers prize winner: Margaret Hayes, €50 Y/T winner Riocht Athletic Club, €50 to Catherine Fitzgerald c/o Mgt Hayes, €40 each to Mossy Brosnan Sliabh Luachra, Mary Spillane Headford, James Brosnan Tournonough. Bonus not won, numbers drawn were 5, 6, 10 and 28. Next week's jackpot €5,800 plus €1,000 bonus.

**CHRISTMAS HAMPERS:** Watch out for our annual Christmas Hampers which will be drawn between all lotto players. The valuable hampers will be drawn along with the lotto each Friday night from November 27th to December 18th inclusive. Buy a lotto ticket to make sure you are in!

**ATHLETIC CLUB AGM:** The AGM of gneeveguilla Athletic Club is scheduled for December 1st at 8.30 pm in Gneeveguilla GAA Club Rooms.

**THE GER DALY 5K FUNDRAISER:** A fundraiser to raise funds to purchase a much needed wheelchair for Ger. It will take place in Killarney National park on Sunday December 6th at 2.00 pm. Each athlete to predict their own time, lots of spot prizes. Do come out and support.

## KILLARNEY RFC NEWS

Last weekend was a relatively quiet one for the club with all games being called off as well as the minis training being cancelled due to the very inclement weather. Here's hoping that the weather improves and we can resume training and playing matches next weekend onwards.

**MINIS:** Next Weekend, our minis are due to travel to Tralee RFC for a mini blitz. The bus will leave the Aghadoe pitch at 9:15am and we expect to be returning to Aghadoe by 2:15pm or thereabouts. Please make sure to have your gumshield and club colours for the trip to Tralee. All U7 players are asked to travel with their parents where possible. For further details or queries, contact Mini Co-ordinator Liam Murphy on 087-4145662.

**FIXTURES:** This Saturday, our U14's are due

to travel to Tralee for the next round of the West Munster U14 league. Kick off is 11:00am. Meanwhile our U16's are due to play Killorglin at home in Aghadoe this Saturday in the Munster Clubs U16 Conference. Kick off is 11am. Next Sunday, our U18's are due to take on Thomond at home in Aghadoe, with a kick off of 11:30am. For any queries contact Youth Coordinator Tom Campbell on 087-2667994.

**TABLE QUIZ:** KRFC is hosting a Monster Table Quiz, which is open to all clubs, societies, charities and group, with a first prize of €1,000 going towards the winners nominated charity. This table quiz takes place at the Killarney Oaks on Thursday the 10th of December and proceedings get underway at 8:30pm sharp. Tables of 4 are €100 and pre-booking is essential. Contact Feargal Courtney on 087-6177825

## KILLARNEY SOUTH COMMUNITY GAMES NOTES

Due to popular demand and interest, Anthony Greaney will take a group of interested Athletes for specialised coaching each Wednesday night in An Riocht track, Castleisland, 7:30pm to 8:30pm approximately. Each Athlete will be required to pay an annual track membership fee to An Riocht track of approximately €60 once-off payments which covers the cost of almost unlimited access to the track for the year. This will improve the Athletes' technical ability i.e. sprinting, hurdles, throw events etc. Already there has been huge interest in this initiative and Anthony must be thanked for offering his excellent coaching expertise. 5 Athletes are already signed up and all are welcome. No Athlete will be refused entry to the group and Athletes from other areas and all ages are also welcome to train with the group once the track membership is paid. Full details, phone Anthony Greaney on 087-7098695.

## KILLARNEY SWIMMING CLUB NOTES

**CONGRATULATIONS:** To all our swimmers

who took part in the "C" gala in Tralee on Sunday the 8th of November. For some, this would have been their first ever gala. All swimmers achieved "personal best" times for events and Club swimmers won a total of 20 medals:

**UNDER 11 BOYS:** Well done to Killian Spillane who won a nice pair of bronze medals in the 100 metres freestyle and the 50 metres backstroke.

**UNDER 13 BOYS:** Ethan Falvey won a very good bronze medal in a particularly difficult 50 metre breaststroke event.

**UNDER 13 GIRLS:** A huge bualadh bos goes to Imogen O'Connor in what, as it turns out, was her last "C" gala. Competing in four events, Imogen romped home to win gold in all four – the 100 metres freestyle, the 50 metres backstroke, the 100 metres Individual Medley and the 50 metres breaststroke. Imogen now moves up to "B" galas and we wish her the best. Clodagh Carroll, Aisling White and Roisin O'Callaghan were also in flying form with Clodagh taking silver in the 100 metres Individual Medley, Aisling winning silver in the 50 metres breaststroke and Roisin winning a bronze in the 50 metres backstroke. Praise also for Maura O'Keeffe and Louise Fleming who were taking part in their first gala, Maura winning a silver medal in the 50 metres butterfly and Louise coming in a very credible fourth in the highly technical 50 metres breaststroke.

**UNDER 15 GIRLS:** Emma Quirke was another girl who was on fire on the day winning gold medals in the 50 metres backstroke and the 100 metres Individual Medley followed up with a brace of silver medals in the 100 metres freestyle and the 50 metres breaststroke. Meanwhile, Courtney O'Sullivan took silver in the 50 metres backstroke and bronze in both the 100 metres freestyle and the 100 metres Individual Medley while Sadbh Ni Chathasaigh won two nice bronze medals in the 50 metres backstroke and the 50 metres breaststroke. Nice one, Sadbh!

**THANKS:** To the coaches Cathal O'Brien, Cathal Roche and Vicki Dando who gave huge support and encouragement to all swimmers on the day. Thanks also to all parents for travelling.



KERRY LADIES WHO REPRESENTED IRELAND IN THE BRITISH & IRISH MASTERS INTERNATIONAL CROSS COUNTRY CHAMPIONSHIPS. SHARON CAHILL, MARIA MCCARTHY & NIAMH O'SULLIVAN.



A GROUP FROM KILLARNEY SCORCHERS CHEERLEADING CLUB INCLUDING SOME OF THEIR MEMBERS WHO HAVE BEEN SELECTED ON THE TEAM IRELAND NATIONAL CHEERLEADING SQUAD. PICTURED AT KILLARNEY SPORTS CENTRE WHERE THEY PROVIDED ENTERTAINMENT FOR THE ST. PAUL'S BASKETBALL CLUB U-12 BOYS CLASH AGAINST ST. BRENDAN'S TRALEE. PICTURE: EAMONN KEOGH.



## SCHOOLBOY/GIRL SOCCER

**ALL WEATHER PITCHES PROVE THEIR VALUE:**

**SKECHERS NATIONAL CUP:**

**12'S:** Aisling Annacotty 4 -0 Killarney Celtic.

**14'S:** Shelbourne 1 -9 Park.

**16'S:** Tralee Dynamos 2 -0 Regional United A. Killarney Celtic 1- 5 Regional United B.

**JK SPORTS 12 PREMIER:**

Park 4-1 Tralee Dynamos.

**DIVISION 1:** Ballyhar 2-3 Park B.

Killarney Celtic B 3-3 Inter Kenmare.

**DIVISION 2:** Killorglin B 5-3 Camp Juniors.

Iveragh United 3-0 Tralee Dynamos B.

**TRALEE TROPHY WORLD 16 DIVISION**

**2:** Killarney Celtic B 2-3 Park B.

**SKECHERS NATIONAL CUP STORY TO DATE: 12'S NATIONAL CUP:**

Killarney Celtic's 12's National Cup run is over as they went out 4-0 away to Aisling Annacotty in Round 3. In the same round Killorglin's game away to Shannon Town was cancelled and will be re-fixed with Killorglin now having home advantage. Killarney Athletic were due to travel to Moneypoint in Round 4 but this was also off. This will be replayed in Woodlawn with the winners going into the Last 32.

Listowel Celtic are also in Round 4 and they await the winner of Pike Rovers and Moneypoint for a place in the Open Draw.

**13'S NATIONAL CUP:**

**KILLORGLIN V TULLA:** Kerry already has two places in the Last 32, from the 5 allocated to the South West Region, with Listowel Celtic and Camp Juniors awaiting the Open Draw.

**KILLORGLIN V TULLA:** Killorglin process to the next round of the National Cup thanks to a 1-0 home win over Tulla on Sunday.

Dylan Moriarty scored the only goal of the game.

**14'S NATIONAL CUP:** The Park made light work of their Round 4 trip to Cork as they easily defeated Shelbourne 9-1. Sean McGrath hit a hat-trick, Mervyn Shalemba got 2 with John Carmody, Terrance Carmody, Kevin Goulding and Colin Walsh getting 1 each in the win to send the Tralee side into the Last 32.

Listowel Celtic and Killarney Athletic are already in Round 4. Athletic are at home Abbeyfeale or Pike Rovers while Listowel Celtic are away to Aisling or Regional A with places in the Open Last 32 draw the prize.

A round further back Killorglin and Killarney Celtic must meet in Round 3 with the winners home to Moneypoint in Round 4.

**15'S NATIONAL CUP:** The Park are already into the Open Draw following their win over Killarney Celtic. Tralee Dynamos will have a chance to join them in Round 4, the Last 32, if they can win away at Ennis Town.

**16'S NATIONAL CUP:** Tralee Dynamos are the last Kerry side standing after they defeated Regional United B 2-0. Dara Lowth and Dillon Robinson got the goals that send Dynamos into the Open Draw and the Last 32 in the country. Killarney Celtic went out 5-1 to Regional United A. The game was level at 1 all at half time with Michael Devlin scoring for the home side.

However the Limerick side had the wind in the second half and wrapped up the win.

**LEAGUE REPORTS: JK SPORTS 12'S SEE MOST OF THE ACTION:** In the JK Sports 12 Premier leaders St Brendan's Park extended their lead and unbeaten run to 5 games as their match against neighbours Tralee Dynamos was the only one that went ahead. Goals from Venice Jahiri 2, Colin Doody and Cillian Murphy gave the Park the points. Alex Hoare replied for Dynamos.

**PARK B REMAIN UNBEATEN IN**

**DIVISION 1:** Credit must go to the people in charge of Murt Scott Park as their pitch in Ballyhar was the only non All Weather pitch used this weekend. And the home team were unlucky as they pressed the Division leaders The Park all the way, going down 2-3.

Mark Sheehan with 2 and Sean O'Connell got the goals for the Park with James Hogan scoring both for Ballyhar. Killarney Celtic B will be happy to have taken a point from their game at home to Inter Kenmare as they were 3-1 down with 5 minutes to go. But with Cian McAuliffe adding his second to a goal from Colm O'Donoghue the points were shared. Jamie O'Reagan got 2 for Inter with Aidan Crowley get their third.

**IVERAGH UNITED REMAIN TOP OF**

**DIVISION 2:** Iveragh United took the three points following a 3-0 win over Tralee Dynamos B. Killorglin B moved into second place with a 5-3 win over Camp Juniors at the Dragons Den. Ryan Diggan hit 2 and Joe Langham, Liam Foley and Eoghan Joy got 1 each in the win. Cian O'Neill got all the goals for Camp Juniors.

**PARK WIN IN CELTIC IN 16 DIVISION 1:**

Park B took the points from their visit to Celtic Park as they defeated the home side 3-2. The game was played on the KDL All Weather with the Park enjoying the wind advantage in the first half. Evan Maher put the Tralee side 1-0 up from a corner just before half time. Conor O'Brien made it 2-0 but Celtic now had the wind and pulled one back through Jack Hanrahan. But O'Brien restored the 2 goal advantage after a great breakout from defence by James O'Connor. Celtic tried hard to get back into the game and The Park needed 2 great saves from Jack Rogers to stay ahead. The Hoops did pull one back late on through Mathew Miloch but The Park held on for the win.

## MASTERGEEHA FC

**YOUTHS: MASTERGEEHA O**

**KILLORGLIN O.** In this game played in wintery conditions both sides had to settle for a point. In the opening half Mastergeeha created the better chances with Paul O'Connor and Sean Twomey going closest. In the second half Mastergeeha defended well and created further chances with Luke Murphy and Shane O Sullivan having shots saved. All involved played well.

**MASTERGEEHA FC LOTTO:** There was no winner on Friday 13th November 2015. Numbers drawn were 1, 5, 9, 12. Jackpot now €2,700

## KILLARNEY ATHLETIC NOTES

**RESULTS: SENIOR**

**KILLARNEY ATHLETIC B 2-3 CEDAR**

**GALAXY:** The B team will find themselves in a relegation battle quiet soon if results don't come our way. A poor performance considering the ability our lads have despite taking a 1-0 lead. Goals by Ryan O'Carroll and J.P Mullins. Happy birthday to our Keeper Rafa Barthly who hit the big 40. Training continues Wednesday and Friday nights.

**FIXTURES:** Saturday 21st November

**SFAI U12 CUP**

Killarney Athletic v Moneypoint 2pm.

**DALY'S SUPERVALU U13 DIV.1**

Killarney Celtic B v Killarney Athletic 11-45am.

**KILLARNEY PLAZA U15 DIV.1**

Ballyhar v Killarney Athletic 11am.

**DENNY YOUTH LEAGUE**

Killarney Athletic v Castleisland AFC 2-30pm.

**GIRLS LEAGUE:** JK Sports U12 Premier

Killarney Athletic v Killarney Celtic 12 Noon

Sunday 22nd November:

Denny Premier A

Killarney Athletic V Camp 11-30am.

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

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

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

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

**KILLARNEY ATHLETIC WEBSITE:** Please check the website on

**www.killarneyathletic.com** or facebook for match reports, club information and contact details.

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

## MEK UNITED FC

**TABLE QUIZ:** MEK are joining forces with other clubs in the area to host a table quiz on Monday the 7th of December. The table quiz will take place at the Golden Nugget and all funds raised go towards the development of the old pitch at Fossa and in particular, the provision of changing room facilities. This is an important undertaking and we would appeal to all parents, friends and supporters of MEK to support this table quiz. Tables are €40 for a table of 4. For further details contact Pa Murphy on 087-7943220 And keep posted to our facebook page for details.



**ACADEMY:** Last weekend the Academy training had to be cancelled due to the bad weather, however we are hopeful that conditions will improve and we can train next weekend. Our U7 and U8's are due to travel to Camp this Saturday for a blitz. We need to be in Camp for 1:30pm as the fun kicks off at 2pm until 4pm. This will be a great opportunity for the kids to show off their skills and play matches while having fun. Keep posted to our facebook page for further details.

**U13'S:** Our U13's are on the road this weekend, following recent trips to Cahersiveen and Dingle. These trips have really helped to form a bond among the team and head coach Trevor Anderson is very proud of his charges and their work rate. The next outing for the lads is this Saturday they take on Park C at Christy Leahy Park in Tralee. Kick off is 11am.

## KILLARNEY CELTIC NOTES

**OSCAR TRAYNOR CUP:** Congratulations to Kerry on a big win in the Oscar Traynor Cup away to Cork, especially Celtic players Joe Hurley and Stephen Hayes.

**KENNEDY CUP PANEL AT THE AVIVA:** Kerry's Kennedy Cup squad were at the heart of another stupendous victory against all the odds, this time as spectators cheering on Martin O'Neill's team in the Aviva as they qualified for France – all the Irish supporters showed great respect during the minute's silence in honour of the victims of the Paris attacks.

**BEST WISHES:** Killarney Celtic extends best wishes to Killarney Legion this Sunday against South Kerry, no less than 25 of their senior panel wore Celtic jerseys in their time.

**RESULTS: DENNY PREMIER B: SKELIGA FC 3 KILLARNEY CELTIC B 3:** A tremendous battle between two well-matched sides. Stephen McCarthy (2) and Cian Casey were on the mark for us.

**YOUTHS LEAGUE: KILLARNEY CELTIC 3 CASTLEMAINE 0:** Unfortunately Castlemaine were unable to field on the day – it happens, they did everything they could and let us know as soon as possible, which is much appreciated.



KILLARNEY CELTIC U15 B.

**U16 NATIONAL CUP: KILLARNEY CELTIC 1 REGIONAL UNITED 5:** Micheal Devlin, again Celtic's best player, scored to make it 1-1 at the break but a superb Regional side accelerated into the second half and pulled away convincingly.

**U16 DIV ONE: ST. BRENDAN'S PARK B 3 KILLARNEY CELTIC B 2:** A heroic effort by the team in a fantastic game, very little between two very good sides, but Park just shaded a great duel – in fairness, we did force two great saves out of their excellent keeper Jack Rogers, full credit to him. Jack Hanrahan and Matthew Miloch scored for Celtic.

**U12 NATIONAL CUP: AISLING ANNACROTTY 4 KILLARNEY CELTIC 0:** The lads tried hard and gave it everything, but fair play to Aisling Annacrotty, they were great hosts and a great team and we wish them the best going forward.

**U12 DIV ONE: INTER KENMARE 3 KILLARNEY CELTIC B 3:** Resilience got a great reward as Celtic trailed by 3-1 with five minutes to go and never gave up – Cian McAuliffe's second goal and a fine strike by Colm O'Donoghue earned us a share of the spoils.

**CONGRATULATIONS:** To U16 player Jack Hanrahan on making the Kerry Schoolboys/Schoolgirls Team of the Week.

**FIXTURES: Munster Junior Cup:** Killarney Celtic away to Mitchels Ave., Mounthawk Park,

Sunday, 11.30am.

**Munster Youths Cup:** Killarney Celtic at home to Mastergeeha, Mounthawk Park, Friday, 7.30pm.

**U17 League:** Killarney Celtic at home to Inter Kenmare, Saturday, 2.30pm.

**U15 Div One:** Killarney Celtic away to Iveragh, Saturday, 11.00am.

**U14 National Cup:** Killarney Celtic at home to Killorglin, Saturday, 10.30am.

**U13 Div One:** Killarney Celtic at home to Killarney Athletic, Saturday, 11.45am.

**U12 Girls:** Killarney Celtic away to Killarney Athletic, Saturday, 12 noon.

**U11:** Killarney Celtic away to Killorglin, Saturday, 1.00pm.

**LOTTO:** Our lotto was postponed this week because of the Ireland v Bosnia/Hercegovina game. Results are posted on our facebook page and thanks to everyone who support our lotto. Next week's jackpot €2600, draw in the Failte on Monday night. Tickets available from all club officers. Yearly tickets available.

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

If anyone has information for the notes contact Jimmy O'Sullivan Darcy 087 9633397 or jimmyosdarcy@gmail.com.

Check out [www.killarneyceltic.com](http://www.killarneyceltic.com) for Killarney Celtic news, match reports, or photos.



GABRIEL FITZMAURICE GIVING A TALK TO FIRST YEAR STUDENTS EMMETT CRONIN (BACK LEFT) CIAN O'SULLIVAN, CATHAL WHELTON AND JACK O'CONNELL WITH TEACHER MARY DENISE LYONS AT ST BRENDAN'S COLLEGE, KILLARNEY ON FRIDAY LAST.



ORAN FLAHERTY, JAKE FLYNN, RIAIRI O'KEEFFE, EOIN CARROLL AND MARK FENNEL PARTICIPATING IN THE MOVEMBER MONDAY AT ST BRENDAN'S COLLEGE, KILLARNEY ON MONDAY.



# RENTOKIL INITIAL KILLARNEY HISTORIC RALLY LAUNCHED

The Rentokil-Initial Killarney Historic Rally was officially launched at Scotts Hotel Killarney, on Sunday evening November 1st.

Killarney and District Motor Club announced details of this year's Killarney Historic Stages Rally. Ireland's only event to cater solely for historic rally cars and night stage rallying is set to run on Saturday the 5th December.

The rally starts on Friday evening with a Ceremonial start in main street Killarney at 7.30pm. The real action gets underway on Saturday morning with the iconic "Molls Gap", often rated by rally drivers as being the best and one of the most-challenging stages in the world. "Coolick" the Kilcummin village stage is always a favourite, just north of Killarney town, the stage runs straight through the village offering a great spectacle for the many fans

to view. "Anablattha" is a newly designed stage in the Gneeveguilla area, sections of which have been used in the past by the Rally of the Lakes, it's a fast flowing stage with great surface and many junctions. "Gortnagane" which runs parallel to the main Rathmore/ Killarney road, is highly regarded as one of the most technical, narrow, and demanding stages of Killarney rallying. The second run over Gortnagane, will be run under the cover of darkness.

Entries still remain open at: <http://www.shannonsports.ie/evo/Login>

Regulations and further information are available from:

Event secretary: Cathy Healy

Email: [cathy.rally@gmail.com](mailto:cathy.rally@gmail.com)



AT THE LAUNCH OF THE RENTOKIL INITIAL KILLARNEY HISTORIC RALLY WERE KEVIN FLANNERY (CLERK OF THE COURSE) AND MICHAEL O'MAHONEY (RENTOKIL INITIAL MANAGING DIRECTOR) IN FRONT. ALSO INCLUDED FROM LEFT ARE PADRAIG MORIARTY (ASSISTANT CLERK OF THE COURSE), MIKE O'MAHONEY (RENTOKIL INITIAL), TOM O'CONNOR (RENTOKIL INITIAL), MICHAEL BUCKLEY, JOE MCCARTHY (SAFETY OFFICER), ANTHONY O'CONNOR (DEPUTY CLERK OF THE COURSE), BRIAN BUCKLEY, JOHNNY HICKEY (PRO), ALAN BUCKLEY (STAGE SET UP), MARTIN FARRELL (CHIEF MARSHAL) AND DYLAN MCCARTHY. PICTURE: EAMONN KEOGH (MACMONAGLE.COM)

## GREAT RESULTS FROM WALES RALLY GB



ROB DUGGAN AND GER CONWAY IN ACTION IN THE WALES RALLY GB.

Congratulations and well done to Kris Meeke and Paul Nagle finishing 2nd overall on the final round of the World Rally Championship "Wales Rally GB", this result secured Citroen second overall in the Manufacturers championship, a phenomenal success for the pair, who were delighted with their result at the finish line and remarked that it was their best result to date.

A special congratulations to Rob Duggan & Ger Conway fulfilling their lifetime ambitions by competing on their first ever World Rally event. They were the talking sensation of the Rally

service park on Friday evening, as the young Irish Driver was beating all the WRC regulars on only his 4th forestry rally ever. Setting top 3 times in the WRC3 and lying 2nd overall in WRC3 category.

Unfortunately on Saturday morning the water pump belt came off on stage 10 causing retirement. He went back in under super Rally on Sunday and continued with his brilliant pace and finished.

## BRAVE GER'S JOURNEY TO SUCCESS

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

Runners in Kerry are getting behind Ger's bid to buy a new purpose built sports wheel chair by holding a fundraising run in the Killarney National Park on Sunday December 6th at 2pm. Register on the day at The Play Park on Port Road. Entry fee is €10 and there will be tea and coffee afterwards in the Towers Hotel along with some Craic agus Ceol.

### PART TWO:

So it was that around this time I embarked on that VERY short push that I mentioned at the beginning. I planned to push myself to a neighbour's house and back, a round trip of about 400 metres. I didn't make it. I got home after about fifteen minutes with my tail between my legs. As I was unemployed at the time I was able to dedicate a lot of time to trying to get fit and persistence eventually paid off and I got to a point where I was pushing myself to the nearest town land and home again, a distance of about 8 or 9 kilometres, maybe two or three days a week. I was lucky in that I lived right on a four-cross roads and each road offered varying degrees of difficulty so I was able to try one road for a few months until

I started to find it too easy and then move on to travelling on another road. All of this was done using my regular everyday wheelchair, which at that time I had already owned for nine years. I weighed myself weekly, usually on a Thursday, and in early August 2013 I took a major step in my evolution. I travelled the forty-four kilometres to Annascaul to participate in my first ever 5km road race, using my everyday wheelchair. I completed it in approximately fifty-seven minutes and followed it up with the best-tasting lunch ever in Tom Crean's pub, The South Pole Inn. Celebrating the beginning of my adventure in the home of another adventurer! I even had dessert, my reward for the effort I had put in! I reached my goal of fourteen stone in May 2013, having lost four stone in nine-and-a-half months. I then reassessed my target and decided to aim for twelve stone, simply because if I reached that point I would have lost one-third of my body weight, which I thought would be a pretty cool thing to be able to say! I achieved this in May 2014, after twenty-one months of hard graft. I had been using the athletics track at the An Ríocht Athletics Club in Castleisland on-and-off for exercise and through my use of their facilities I started to become aware of other fun-run and road race events around the county. I have competed in

road races held by An Ríocht over the last two years, as well as the Feet First and Gneeveguilla Athletic Club's 5k series. At the beginning of 2015 I had completed twenty-three races in seventeen months and as the year progressed I set myself a goal of doubling this tally and having forty-six races completed by the end of the year. Unfortunately it looks like I may just fail to achieve this as some of the events I had planned to compete in have recently been postponed. At the time of writing, I have now completed forty races, including four 10ks, and I completed my first 10-miler in Killarney in late September in just over two hours. My exercise regime has tailed off significantly since I went through the process of trying to lose six stone and, as I am now working and don't have as much free time for exercise as I used to, I am now doing one 5km push per week, as well as any races that I take part in. However, my hope is that a wheelchair that is designed for racing will encourage me to put more effort into it again, as it will make it far easier than using a twelve year old chair that was not designed to be used for exercising. Considering that I have completed a 10-miler in the chair I am currently using I would be hoping that using a specialist racing chair will broaden my options in terms of the length of races I could compete in.



## KILLORGLIN GOLF CLUB

**LADIES RESULTS : 18 HOLE STABLEFORD SPONSORED BY THE CLUB:** Winner Eileen Bell (25) 35 pts. **FIXTURES:** Christmas Hamper 18 Hole Stableford sponsored by Temmler Ireland is this Sunday 22nd November. Draw for partners. Weather permitting.

12 Hole re-entry Stableford sponsored by Committee Member Jennifer Pigott continues.

**DOOKS INVITATION:** Dooks Invitation to Ladies is on Sunday 29th November. Entry Sheet on Notice Board. Names to be in by Wednesday 25th November for a draw for partners.

**SILVER SWANS: 12 HOLE STABLEFORD 10/11/15:** 1. Eileen Bell (25).

2. Lady Captain Phil Anne Foley (36).

## KILLARNEY GOLF CLUB

### LADIES

**RESULTS OF COMPETITION SUNDAY NOVEMBER, 15TH, 2015, KILLEEN COURSE, SINGLES, S/FORD CLUB SPONSORED MINI HAMPERS.**

1st Sheila Crowley (24) 34 pts (bk9).

2nd Susan Tong (16) 34pts.

3rd Noreen Coffey (13) 32pts (bk6).

BG Margaret Campion (8) 20 gross.

4th Bridie Doyle (33) 32 pts.

CSS 37 pts

Next Sundays Competition is a Club Sponsored Turkey Competition, singles s/ford Mahonys course.

### DRIVE IN WITH A DIFFERENCE AT KILLARNEY GOLF AND FISHING CLUB:

Each year in Killarney Golf and Fishing Club the new Captains and the new President mark the beginning of their year in Office, with a traditional drive in followed by a Mixed Competition. The event occurs this year on Sunday November 29th at 10.00 am. However, this year's drive in will be tinged with nostalgia as the mixed team competition will be held on the original course which opened in 1939. This course which was designed by Sir Guy Campbell and further developed by Lord Castlerosse was in use until 1972 so Golf on this occasion will be a trip down Memory lane for some Members. For other Members it will provide a chance to step back in the mists of time and have the opportunity to play the original course. Enda Murphy and his Greenkeeping team are busy preparing for this most unusual event. Following the mixed team competition there will be a presentation of Prizes in the Club House at 3.30 p.m. Any Member or former Member is welcome to join us in the Clubhouse for the prizegiving event. No doubt many golfing stories will be swapped and regaled on the merits of the original course versus the merits of Killeen, Lackabane and Mahony's Point which now make up Killarney Golf and Fishing Club.

## CASTLEROSSE GOLF CLUB,

**RESULTS: COMPETITION PLAYED ON SUNDAY 15TH NOVEMBER 18 HOLE STABLEFORD,** Winner; Michael Leahy (19) 40 pts., Runner-up, Ivan Tangney (210) 39 pts., Overall 3rd place, Joe Gaffey (21) 38 pts.

**FIXTURES:** Weekend competition, 18 Hole Stableford format, register on time sheet in Castlerosse. Xmas hampers and A.G.M. Sunday 29th November.

Membership now available for 2016 contact Castlerosse 064 6631144 for details.

## KILLARNEY GOLF AND FISHING CLUB

The first part of the Christmas hampers was played over Mahony's Point course on Sunday, for players of 12 and over handicap, the winner with a fantastic score of 40 points was Brian Holden, playing off 18 handicap, (probably for the last time). The win was all the more incredible as the playing conditions for the last 9 holes or so, were atrocious, Brian started on the 2nd hole in the "shotgun" start, so he played the toughest holes when the driving wind and rain was at its worst, so he deserves every credit, as does Vincent O'Doherty who also returned an excellent score of 38 points, although the standard scratch score was recorded at 35 points, the conditions were such that most of the cards returned were 31 points and under.

The second part of the hampers will be played next Sunday for handicap's of 11 and under, they are hoping for more benign conditions.

### RESULTS:

**CHRISTMAS HAMPER, 12 + HANDICAPS, MAHONY'S POINT, 15TH NOVEMBER 2015 SPONSOR:AIB BANK**

1 Brian Holden (18) 40 Points.

2 Vincent O'Doherty (26) 38.

3 Donie MacSweeney (14) 36.

4 Pat Favier (15) 35.

5 Tony Walsh (20) 35.

6 Tim Jones (13) 34.

7 Alan Brady (18) 34.

8 Eoin Brosnan (13) 34.

9 Brendan Cronin (12) 34.

Next Week Team Christmas Hampers 0 - 11 C.S.S. 35pts

## ROSS GC, KILLARNEY

### GENTS CLUB:

**FIXTURES:** On Sunday November 22nd we will hold the Annual Christmas Hampers single stableford competition kindly sponsored by the O'Donoghue Ring Hotels.

The time sheet is now available in the clubhouse so please add your name to it as soon as possible.

**QUIZ:** Our fundraising quiz will be held in the McSweeney Arms Hotel on Wednesday November 25th at 8.30 pm. Tables of 4 will cost



PHIL ANNE FOLEY (LADY CAPT KILLORGLIN GOLF CLUB) PRESENTS A CHEQUE OF €425 TO J J GALVIN (KERRY/ HEALTH LINK BUS/ CANCER SUPPORT GROUP), MAINE STREET, TRALEE ON MONDAY ALSO IN PIC ARE MEMBERS OF KILLORGLIN GOLF CLUB AND KERRY/ CORK HEALTH LINK BUS CANCER SUPPORT GROUP. BACK L-R: MARY BUCKLEY-LAWLOR AND ANNE KENNY FOLEY (KILLORGLIN GOLF CLUB), BREDIA DYLAND (KERRY/CORK LINK BUS), EMMA DALY AND EILEEN BALL (KILLORGLIN GOLF CLUB). PIC JOE HANLEY.

€40 and all members are urged to attend and support this event.

**SYMPATHY:** We extend our sympathy to Margaret O'Donoghue and the O'Donoghue Family on the recent death of her sister, Sr Maria Goretti O'Sullivan . R.I.P.

## KILLORGLIN GOLF CLUB

**MENS COMPETITION 18 HOLE SINGLES STABLEFORD 16/11/2015**

1st Jason McCormack 36 Pts.

2nd Donie Evans 35 Pts.

3rd Mike McCarron 35 Pts.

## DEERPARK PITCH & PUTT NOTES

By John Kelly

Due to unfavourable weather conditions at the weekend the Christmas Hampers had to be postponed and were replaced by two rounds of the Turkey competition and the results of those two rounds played will carry over to this Sunday morning's competition which will have a 9am draw due to the replay of the Kerry county football final in Fitzgerald Stadium. In view of same members are requested to be in Clubhouse at 8-45 am.

### SENIORS OUTING ON DECEMBER 2ND:

The next Seniors Outing will be to GlenEagle on Wednesday December 2nd 10.15 am. This competition has proved to be most attractive to the Seniors from Deerpark, GlenEagle, Newmarket and Castleisland with each outing attracting a good turnout of members from those clubs. And much credit is due to Sean Ashe GlenEagle who contributes so much of his time to the organisation of each outing and to the maintenance staff of all the courses who ensure that they are in excellent condition for each outing.

**COUNTY FOOTBALL FINAL:** Best Wishes are extended to Killarney Legion in Sunday's county football replay in Fitzgerald Stadium.

IF YOU HAVE A STORY...

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





## FLAT TYRES

**Continued:**

### BEFORE LIFTING THE CAR

1. Plan the job so that the vehicle is raised for the minimum amount of time.
2. Switch off the engine and turn on the hazard lights.
3. Apply the handbrake and engage first gear (or 'P' if an automatic).
4. Chock the road wheel diagonally opposite the one to be replaced.
5. Remove the spare from the boot/carrier – a carrier under the vehicle may be rusty and difficult to move.
6. Lay the spare on the ground where it will be convenient for fitting.
7. Remove the wheel trim (if fitted) – you may have to cut cable ties and/or lever the trim off.
8. Place the jack in the recommended lifting point closest to the wheel to be removed. Ensure that the jack head engages correctly (as shown in the handbook) and extend the jack until it just starts to lift the car on its springs. Don't lift the car any further yet.
9. Slacken off the wheel nuts/bolts (most turn anti-clockwise to undo) using the vehicle's

wheel brace and locking wheel-nut adapter if required. (There might be a protective cover over locking wheel nuts).

10. Keep your back straight and body weight evenly distributed on both feet. Apply effort downward and in a controlled way so that when the nut finally 'breaks' you won't lose your balance or fall over. You can achieve greater efficiency by applying controlled effort through the foot, but only if you can support your upper body.

### PART TWO LIFTING THE CAR

Raise the jack to lift the vehicle sufficiently so that the wheel is just clear of the ground. Remove the slackened wheel nuts/bolts while keeping the wheel in position on the hub using a knee or toe – leave the top one until last so that both hands are free to lift the wheel away from the hub.

### FITTING THE SPARE

Fitting the spare is the reverse of the removal procedure – secure the wheel by refitting the

top bolt/nut first, and tighten all the nuts by hand first in stages and in a diagonal sequence. Don't oil the bolts/nuts before refitting them, as this will make them more likely to work loose. Carefully lower the wheel to make contact with the ground before fully tightening the wheel nuts – again in diagonal sequence.

Stow the damaged wheel safely. Replace it in the carrier or boot well.

### AND FINALLY

If the spare is a temporary-use 'skinny' spare, note any restrictions on use – they're typically limited to 50mph and should be replaced with a normal tyre as soon as possible. Some dashboard lights may come on while a space saver spare is used because systems like ABS, traction control and some automatic gearboxes can be upset by odd tyre sizes.

- check/adjust the pressure in the 'new' tyre as soon as possible
- get the wheel nuts tightened to the correct torque figure as soon as possible
- replace or repair the damaged tyre as soon as possible.

## WINTER BREAKDOWNS

### CAR PROBLEMS CAUSED BY EXTREME COLD

Battery faults are far and away the most common cause of breakdowns at this time of year but such extreme weather throws up some unusual types of breakdown as well.

**FROZEN SCREEN WASHERS:** Not really a breakdown, unless you keep running the pump until it burns out and blows a fuse affecting something like the immobiliser system! Use a screenwash additive all year round - undiluted in winter.

**FROZEN WIPERS:** Trying to operate windscreen wipers stuck solid to the glass can lead to blown fuses affecting other more vital systems. If low temperatures are forecast make sure that automatic windscreen wipers are turned off – so they don't try to operate when you turn the ignition on. Make sure the wipers aren't stuck to the glass, before setting off too.

**FROZEN ENGINES:** Due to lack of anti-freeze. Make sure you get it checked regularly and top-up using a mix of the correct type of anti-freeze. Stripped teeth on cambelt causing engine

damage. Try to start a car with a frozen waterpump and you could strip the teeth off the timing belt leading to expensive internal engine damage.

### FROZEN DOOR LOCKS AND DOOR SEALS:

A squirt of a water-dispersant like WD40 in the locks will help as will a light smear of Vaseline or silicone polish on the door seals. If snow falls clear it from the car while still soft rather than leaving it for days on end – the car will turn into a block of ice.

**FROZEN IGNITION LOCKS:** It's hard to keep the inside of the car completely dry when it's cold and wet outside but it'll help avoid this rare but annoying problem – don't leave wet clothes or boots in the car overnight.

### WINDOWS FROZEN TO THEIR FRAME:

Windows can become detached from the mechanism inside the door if you try to power them down while the windows frozen in the frame. Best left until the car's warmed up and the ice melted.

**ELECTRONIC PARKING BRAKE NOT RELEASING:** If the driven wheels are on an icy road and can't grip it's possible that an automatic parking brake won't release.

### FROZEN REAR DRUM BRAKES AND HANDBRAKE CABLES:

It's good to clean your car regularly through the winter to remove corrosive road salt but not if you use a hose or pressure washer and blast water inside brake cables or drums and the temperature drops. A drive after cleaning can help but it's best to take care when hosing wheel arches or wheels.

**FROZEN ALTERNATORS:** Fortunately very rare, but poor design of under-bonnet drains can lead to water from the windscreen getting into the alternator and freezing the rotor. A screaming noise from the 'fanbelt' accompanied by smoke, a burning smell and a battery warning light on the dash will tell you there's something wrong.



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PICTURED AT THE KILLARNEY OAKS HOTEL FOR THE OFFICIAL LAUNCH AND BOOK SIGNING OF BRED A JOY'S NEW BOOK 'WIT & WISDOM' WERE L-R MARTIN & PEGGY MCCARTHY, BRED A JOY, TERESA & PAT KEOGH. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



BRED A JOY, AUTHOR (CENTRE) WITH HER AUNT LILY O'SHAUGHNESSY (LEFT) WHOM HER NEW BOOK WIT & WISDOM IS DEDICATED TO & JOSIE JOY (RIGHT) AT THE KILLARNEY OAKS HOTEL FOR THE OFFICIAL LAUNCH AND BOOK SIGNING ON SUNDAY AFTERNOON. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE INEC FOR THE NATIONAL PARENTS COUNCIL CONFERENCE WERE L-R UNA O'DONNELL, ROSE CALLAN (ETB SCHOOLS) & REBECCA HEMERYCK. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE INEC FOR THE NATIONAL PARENTS COUNCIL CONFERENCE WERE L-R HUGH O'DONNELL, DECLAN HOGAN, CARMEL KELLY & DAVE FITZPATRICK. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



EUROGIANT STORE MANAGER SCOTT McNAMARA, LEFT, WITH NOREEN O'SULLIVAN AND JAMES SUGRUE, KILLARNEY, AT THE OPENING OF THE NEW EUROGIANT STORE IN KILLARNEY OUTLET CENTRE ON FRIDAY. THE POPULAR DISCOUNT STORE IS LOCATED ON THE GROUND FLOOR OF KILLARNEY OUTLET CENTRE IN A 5,000SQ FT UNIT AND CARRIES AN EXTENSIVE RANGE OF PRODUCTS. PICTURE: EAMONN KEOGH (MACMONAGLE.COM)



PICTURED MAIDIE AND PADDY O'LEARY SNEEM WHO CELEBRATED THEIR 40TH WEDDING ANNIVERSARY IN THE SEA LODGE HOTEL WATERVILLE WITH THEIR FAMILY. FRONT ROW L:R PADDY AND MAIDIE O'LEARY, GILLIAN CAREY. BACK ROW: L:R EDEL O'LEARY, DAVID O'LEARY AND KAREN O'HANLON. PHOTO: LISA O'SHEA.



CELEBRITY CHEF DERRY CLARKE GETS TO KNOW HIS AUDIENCE PRIOR TO HIS CHRISTMAS COOKING DEMONSTRATION IN THE MUCKROSS PARK HOTEL, KILLARNEY AT THE WEEKEND. PHOTO: DON MACMONAGLE



PICTURED AT THE DERRY CLARKE CHRISTMAS COOKING DEMONSTRATION IN THE MUCKROSS PARK HOTEL, KILLARNEY AT THE WEEKEND WERE FROM LEFT, TARA HEALY, NORA MILEY, CARMEL HEALY AND BERNIE O'CALLAGHAN FROM RATHMORE. PHOTO: DON MACMONAGLE



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**Saturday 28th:** The Ferrymen Front Bar 10.30 to close

**Sunday 29th:** The Millisiders Front Bar 7-9  
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**DECEMBER 2015**

**Thursday 3rd:** Johnny Reidy Ballroom 10.00 - close

**Sunday 6th:** Culchie Goes Cool - Front Bar 7-9  
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## RATHMORE/ GNEVEGUILLA NEWS

by Michael O'Mahony

### SLIABH LUACHRA COMHALTAS:

Congratulation and well done to everyone that took part in Ceol an Geimhridh last weekend, our results – 1st - Shane Warren – U13 Storytelling, 2nd – Mark O'Leary – English Singing, 3rd – Aoife O'Sullivan – English Singing, 3rd – Michelle O'Sullivan - English Singing. Wishing Shane and Mark the best of luck in the Munster Final in February 2016.

**CALLING ALL DANCERS:** If there is anyone interested in joining an advanced set dancing class with the view to taking part in up-coming competitions during the year in the u12 and u15 age groups, call or text 087 2871357 for further details.

Membership subscriptions are now due for the coming year, contact 087 2871357 for application form, Junior €6, Senior €12, Family €20.

'In tune for Life' fundraiser for the Donal Walsh Live Life foundation, will take place on Saturday 21st of November at 8pm in the INEC, Killarney.

**SNOW WHITE:** The Kids "Snow White" is coming to Rathmore this February. We are looking for 2nd – 6th class children to form part of the Choir. This is a great opportunity to be on the stage singing and dancing. If you would like to be part of this exciting adventure, be at the Community Centre on Wednesday November 25th 5 – 5.45pm. Charge is €1 per child per rehearsal. For further details contact Joanna Hughes (087) 9520667.

**SYMPATHY:** To Gerardine Clifford, Currans, Farranfore and late of Marian House & Tearmann Lodge and Frank (Francie) Moynihan, Stagmount, Headford, Rathmore. May they both rest in peace.

**SCHOOL MEETING:** Parents and friends of Hollymount National School Rathmore. Are hosting a public meeting to discuss the future education development of Hollymount National School inviting all existing, future parents and potential parents as well as the wider community to be part of this plan, at Hollymount National School on Wednesday 25th November at 8pm.

**RESPECT:** Charity provides support and funding to improve the lives of people with intellectual disabilities. They will hold a Church gate collection this weekend November 21st and 22nd in Rathmore & Shrone, your support would be greatly appreciated

**KERRY HOSPICE CHRISTMAS CARDS:** Are now available at Rathmore Credit Union, Rathmore Post Office, Reen's Pharmacy & Maria Ryan. Cards cost €7 for packs of 10. Your support is appreciated. The local cancer support group wishes to acknowledge the generosity of the local community to this

year's fund raising ventures. Christmas cards 2014 €1148, Collection boxes Spring 2015 €625.78 and €4,500 from The Sheila Moynihan Memorial Walk.

**RATHMORE ANNUAL SALE OF WORK:** The annual sale of work will take place on Sunday December 6th at community centre at 2.30pm. Santa Claus will attend. All proceeds in aid of Kerry parents Friends Association.

**UNDER NEW MANAGEMENT:** Connie KS Bar Rathmore is been taken over by Jeff Gordon, Artgavin, Headford, and Phil Verling, Ballincollig, opening this Saturday night November 21st, live music & refreshments from 9pm onwards. Surprise celebrity guests will appear on the night! Everybody invited. We wish both Jeff & Phil the best of luck with their new business in the months ahead.

**JULETT CULOTY CD LAUNCH:** 'The Rose from Lyreatough' Friday 20th November at the Kilcummin GAA klub at 9p.m.

Music by Mike, Helen & Southern Pride. All proceeds in aid of kerry Hospice.

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

**DORDÁN: CONCERT:** Sunday 22nd November in Boherbue Church at 11.00am. There will be a choral Mass in Boherbue Church with Dordán. This will be followed by a free concert in the Church. Dordán is an all-male choral ensemble from Waterford. Their repertoire includes the Latin Mass, lovely old hymns and hits by Snow Patrol & Coldplay. They also sing their own original compositions.

**HANDED DOWN:** The second programme in The Handed Down series at Scartaglin Heritage Centre will take place on Saturday night November 21st 8pm to 10.30pm.

'Under the Influence' is the title of this upcoming presentation with invited guests being Derek Hickey and Liam Flanagan, Aidan Coffey and Geraldine O'Callaghan, Seven Glens and Maura O'Connor and Conor Daly who pick the Sliabh Luachra recording that most influenced them and playing a selection from same. Guest singer will be All-Ireland winner Joe Creedon from Macroom. Handed Down Series 2 will act as fundraisers for World Fiddle Day in Scartaglin on May 21st 2016. Admission is Adults €7 children €3.

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

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

**ST. JOSEPH'S DAY CARE CENTRE:** "Your old 1 and 2 cent coins". St. Joseph's Day Care Centre Rathmore would be very grateful for donations of 1 and 2 cent coins. We will gladly take them in jars, bags or any containers. Please call 064 7758588. Drop them to St. Joseph's Day Care Centre Monday to Friday 9 am to 3.30 pm. or

Teach Iosegain,

**RATHMORE LADIES FOOTBALL:** Congradulations to Aislinn Desmond on receiving an All Star last weekend. A Brilliant achievement and a first for the Rathmore Ladies club.

Rathmore played Laune Rangers in the U15 A Final last Sunday in Farranfore. It was a game of two halves. Rathmore dominated the first half but Laune Rangers dominated the second half and in a thrilling finish Laune Rangers held out to win by 1pt. Well done to the girls on a great effort and their team management of Kieran Mahony, Mags Fitzgerald and James Brosnan. Rathmore Ladies AGM will take place on Friday November 27th at 8.30pm in Rathbeg.

**SHOOTING HOOPS BASKETBALL CAMP:** January 4th, 5th & 6th in Rathmore Gym, 6-11yrs 10-1pm, 12-17yrs 2-5pm. Top National Coaches will be in attendance. €45 for first child and €40 each for additional sibblings, inc. Camp T-shirt. Ideal Christmas gift for basketball fans, gift vouchers available from 'The Washbasket'. Any queries and booking form contact 087-9449288 or [rathmorebasketball@gmail.com](mailto:rathmorebasketball@gmail.com).

### GNEVEGUILLA GAA:

Knitting Classes starting up on Wednesday nights, limited spaces available. Contact 086 1210354 if interested.

**RAMBLING HOUSE:** On in the Community Centre on December 5th, everyone welcome.

**GNEVEGUILLA AGM:** On November 20th at 8.30 sharp.

**NOTICE OF MOTION:** Cllr. John Sheahan has submitted the following Notice of Motion to Kerry County Council:

That Kerry County Council repair the Lags on road L-7055- 10 at Rathmore Townland, Rathmore and to have this road included in the next roads Programme.

### THE STUDENTS OF SCOIL PHOBAIL SLIABH LUACHRA - CLASS OF 1995.

20 Year School Reunion, including those who repeated years or left the school mid-way through. Saturday November 21st, the Brehon Hotel, Killarney at 8.30pm. An area is reserved in the lower Bar. Anyone wishing to attend should get in touch as soon as possible so that organisers can confirm numbers. You can do so on Facebook: Rathmore Class of '95 or can text/contact Loretto (087 7574452) or Helena (087 2060862). The cost is €20, payable to Killarney Credit Union by Tuesday November 17th. Rathmore Class Reunion a/c no is 33917U IBAN: IE62KIRO99219368033917

BIC: KIROIE21 with your name please.

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

**BOHERBUE CHRISTMAS** Market in Boherbue Hall between 2pm & 5pm This Sunday November 22nd.

**NOTES:** Anyone's has any information they would like to add to the notes, please email Michael O'Mahony ([mmahony14@gmail.com](mailto:mmahony14@gmail.com)) or ring or text 087-6676817 before 6pm. Sunday.

IF YOU HAVE A STORY...

Call: Aisling on **086 0400 958** or Email: [editorial@outlookmags.com](mailto:editorial@outlookmags.com)



## FOSSA NOTES

**LOTTO:** Numbers drawn were 10, 17, 19, 23. There was no jackpot winner.

**SENIORS:** Fossa played Lispole in the final round of the County League on Sunday afternoon. The conditions were poor for football with a strong wind and constant rain, however Lispole made light of this and controlled the game from the start. They quickly opened the scoring with a Cathal O'Sullivan free followed by points from Garret Noonan and Brian Rayel, then on the 10th minute Colm Galvin put the ball in the back of the Fossa net which left the home side with a mountain to climb. Lispole added further points from Cathal O'Sullivan, Garret Noonan, Noel Higgins and Tom Kavanagh to leave them leading at half time 1-08 to 0-00. The second half petered out as conditions worsened, Fossa got their first score in the 6th minute through Tadgh O'Shea who came on as a sub and made an immediate impression, Lorcan Daly and

Mark Dennehy worked very hard all day and though Fossa never gave up, missing a number of regulars we never threatened Lispole at all. They did pull a goal back through Kenneth Clifford and a Lorcan Daly point but Lispole ran out convincing winners, 1-11 to 1-02.

**CONGRATULATIONS:** A huge congratulations to Fay O'Donoghue, who received the Munster Young Player of the Year award at The LGFA All Star Awards in City West, Dublin at the weekend. Fay is a fantastic footballer whose wholehearted displays on the pitch marks her out as a really special player, she also captained the Kerry U-16 team to All-Ireland glory this year and this award is a just reward for the outstanding service she has given to Fossa and Kerry football over the past few years.

**SCÓR:** Scór: Anyone wishing to take part in Senior Scór please contact Scór Officer Theresa Kissane 087 6816169 asap

**ASTROTURF ALL WEATHER PITCH:** All weather pitch at Fossa National School. Opening hours 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

**SYMPATHY:** Fossa GAA Club extend its sympathy to Sheila O'Donoghue and family, Two Mile School on the death of her mother, Nora Mai O'Leary of Farrenfore. May she rest in peace.

**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.

## MILLTOWN NOTES

**OFFICIAL OPENING:** There is an open invitation to all to come to the official opening of Nagle Rice Community Centre and Milltown Community Playground on this Sunday 22nd November from 3pm to 5pm at Nagle Rice Community Centre Milltown. Special guests on the day are Mick O'Dwyer and Mícheál Ó Muircheartaigh. Refreshments will be served and entertainment provided. Baked goods will be gratefully accepted from 10am on the day at the centre. Please come if you can on the day which promises to be a very special occasion for the locality.

**JOKER 3 FUNDRAISER:** 'Joker 3' weekly draw in aid of Nagle Rice CC was held in O'Shea's Bar last Sunday and jackpot of €4000 was not won. The jackpot will now increase to €4200 with next draw in Nagle Rice CC at the Official Opening Day. Draw due to commence at 5pm. Thank you for your continued support.

**MILLTOWN YOUTH CLUB:** They have been up and running for the past month based in Nagle Rice CC and are catering for over 50 members. They are now preparing to move into newly built room upstairs in the Centre and are looking for items to help them with

their programmes on Friday nights. Youth club members have made their own list of the following requirements: Sofas, soft chairs, bean bags, xboxes, playstations, dvd players, music players, table tennis tables, pool tables, board games, arts and crafts materials. If you have any of the above in reasonably good condition and would like to help please contact Eileen 087-9641739 or Denis 087-9662332 and we can arrange collection or drop off. You will be playing your part in greatly assisting our local youth club.

## LISTRY NOTES

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

**CHIROPEDIST:** Foot health practitioner

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

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

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

mornings 11am to 12.15pm. All are welcome.

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



STUDENT MEMBERS OF THE SCHOOL COUNCIL AT ST BRIGID'S PRESENTATION CONVENT PICTURED WITH THEIR TEACHERS MAIREAD LUCEY (BACK ROW CENTRE) & VIVIENNE BUCKLEY (FRONT CENTRE) PRESENTING A CHEQUE RESULTING THEIR 'PRES GOES PINK' FUNDRAISER TO ELEANOR O'DOHERTY (FRONT LEFT OF CENTRE) & EUGENE O'SULLIVAN (FRONT RIGHT OF CENTRE), KERRY BRANCH IRISH CANCER SOCIETY FOR THE AMOUNT OF €1,054.00.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



## KILCUMMIN NEWS

**INTUNE FOR LIFE:** A Gala evening of traditional Irish Music, Song and Dance fundraiser for the Donal Walsh # Livelif Foundation. Featuring a host of World and All – Ireland Champion musicians and dancers, including members from the Kilcummin Comhaltas Branch will take place on Saturday November 21st at 8pm in the INEC, Killarney. Tickets: €25/ Children €15 /Family (2+2) €65. Tickets available from Box Office, INEC – 064-6671555 OR [www.inec.ie](http://www.inec.ie)

**C.D. LAUNCH:** Kerry Rose Julett Culloty will launch the new single “The Rose from Lyreatough” on Friday 20th November at 9pm in the GAA Club House Kilcummin. Music by Helen, Mike & Southern Pride. All proceeds in aid of Kerry Hospice.

**CHRISTMAS DANCE:** On 9th December from 9 - 12 in Kilcummin GAA Hall Music Uí Bhriain Raffle and spots on the night Light refreshments. All proceeds on the night going to Kerry Hospice Palliative Care Unit.

**WINE & ART NIGHT:** Thursday 26th November. The Malton Hotel at 7.30pm supporting local Charities and Community Projects Tickets €20, available at the Post Office. For further details contact Julia 087 – 7452024

**I.C.A.:** Craft Classes will be held on Wednesday 25th November at 8pm in the Rural Development Office. All ladies welcome.

**COFFEE MORNING:** Coffee morning on Sunday November, 22nd after 11.15am Mass. All proceeds raised will go to the Kilcummin N.S. Parents Association. Everyone welcome.

**COMHALTAS MEETING:** Our next branch

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

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

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

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

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

**KILCUMMIN GAA:**

**CREDIT UNION SENIOR CO LEAGUE**

**KILCUMMIN 1-9 FINUGE 0-7:** Ours senior team travelled to Finuge on Saturday last and secured our Division 1 status for next year. Played in poor conditions Finuge generally adopted better to the elements but Kilcummin had the greater scoring power and a Kevin McCarthy goal in the 2nd half killed off their determined challenged. Well done to players and management and we now await an O'Donoghue Cup semi-final against opponents

yet to be determined.

**GAA CHRISTMAS PRESENTS:** Don't forget to order your merchandise from Marie Lehan in time for Santa. Tel. No. 087 9181973

**KILCUMMIN COMMUNITY GAMES:** The A.G.M. of Kilcummin Community Games will be held in the Recreational Hall on Monday, November 23rd at 9pm sharp. We enjoyed great success this year – winning All-Ireland Gold in U14 Quiz Team, All-Ireland Bronze in U14 solo-singing as well as winning county medals in singing, music, U12 soccer, U10 football, swimming and athletics.

However, a few volunteers are needed if Kilcummin are to be represented in Community Games in 2016. After years of dedicated service some members of our committee of just four are stepping down-a little help from a small number of people will ensure that the show stays on the road in the New Year. Everybody welcome to our A.G.M. on Monday night.

**SCÓR NA NÓG:** After winning the final of East Kerry, Kilcummin's instrumental group Dean Griffin, Niamh McSweeney, Stephen O'Leary will represent Kilcummin GAA Club in the county final on Friday November, 20th at 6.30pm at Killarney Racecourse.

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



PICTURED AT KILLARNEY COMMUNITY COLLEGE WERE THE GRADUATES OF THE QQI AWARD IN HEALTH CARE WITH JOHN KEANE COURSE COORDINATOR (SEATED CENTRE) & ANN HICKEY (SEATED CENTRE) KCC ADULT EDUCATION & PLC. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



SHAUNA CULLOTY (CENTRE) PICTURED AT KILLARNEY COMMUNITY COLLEGE ON GRADUATING WITH A QQI AWARD IN OFFICE ADMINISTRATION WITH HER SON ROAN, MUM MARIAN (RIGHT) AND COURSE COORDINATOR (LEFT) JOHN KEANE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT KILLARNEY COMMUNITY COLLEGE WERE TWO CLASSES WHO GRADUATED WITH QQI AWARD FOR FURTHER EDUCATION AND TRAINING AS SPECIAL NEEDS ASSISTANTS. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



THE KILLARNEY SPECIAL OLYMPIC TEAMS WHO TOOK PART IN THE TRALEE TOGETHER SPECIAL OLYMPIC GAMES IN CUMANN IOSAEF, TRALEE ON SATURDAY. PIC JOE HANLEY.



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The Minister for Finance confirmed this month that the Government's small benefits relief - the Benefit In Kind allowance - will be increased from €250 to €500 in time for Christmas 2015. This gives businesses the ability to reward their employees up to €500 in non-cash benefits (e.g. vouchers) completely free of PAYE, USC and PRSI.

The important criteria to be aware of is that it must be a once-off annual payment. For example you cannot give one voucher for €100 and later give a second voucher for €150.

	Reward of €500 net through payroll	Reward of €500 net through a voucher
<b>Higher rate employees</b>		
PAYE @ 40%	€417	Nil
USC @ 8%	€83	Nil
PRSI @ 4%	€42	Nil
Payment to employee	€500	€500
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## Citizens Information

### Know Your Rights:

## ENFORCING YOUR EMPLOYMENT RIGHTS

### QUESTION

What are the new employment rights structures? How can I make a complaint about my employer?

### ANSWER

Since 1 October 2015, the organisations involved in employment rights enforcement are the Workplace Relations Commission and the Labour Court.

The Workplace Relations Commission (WRC) is where all complaints are first made. All hearings are now heard by a single WRC adjudicator. The Labour Court deals with all workplace relations appeals, so you may appeal to it against the decisions of an adjudicator.

If you wish to make a complaint about breaches of employment legislation you must use the online complaint form available on [workplacelrelations.ie](http://workplacelrelations.ie). You use the same form to make complaints about breaches of equal status legislation. However, for equal status complaints, you must first (in writing) notify the person or organisation that you are complaining about that you plan to lodge a complaint against them.

When you fill out the form you will be asked for contact and other details for yourself and your employer. You will be asked to indicate the general area in which the complaint falls (for example, pay, hours of work and so on). Then you will be asked to select the nature of the complaint. For example, under pay it may be non-receipt of a payslip. You will be asked for some other details. You will need to set out your complaint in your own words. When you have completed the form you can submit it electronically to the Workplace Relations Commission.

You can read a list of frequently asked questions about making a complaint on [workplacelrelations.ie](http://workplacelrelations.ie).

If you need information about employment law and your employment rights you can contact the Workplace Relations Commission's Information and Customer Service.

**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](http://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



#### On The Box

Both Fair City and Emmerdale are serving up some top notch soap drama this week as the siege continues in Carraigstown leading to a death and the residents of Emmerdale are gearing themselves up for a wedding.

Emmerdale will air two hour long specials next week. The first being that of Lawrence and Bernice's wedding. However, Lawrence is gay so the marriage will be in name only and Bernice is secretly in love with Andy. Will the wedding go ahead?

Elsewhere, in Emmerdale, in the second hour long episode, Chas will believe her stalker is about to strike again leading to a shocking act of violence as she stabs Diane. Will Diane survive?

Fair City's siege will end with the shocking death of Michael. As the O'Brien's struggle to cope, Eoghan will soon discover an even more shocking secret. He caused Michael's death. Just how will the family cope?

#### Soap News Extra

- In Corrie news Carla will receive a shock at Christmas as it's revealed Johnny is her real father.
- Back in Emmerdale, actor John Middleton is leaving his role as vicar Ashley as his dementia storyline takes hold.
- Aaron and Chas will receive a shock in the New Year as Aaron's Dad Gordon returns to Emmerdale.
- Over in Eastenders, Fatboy is set to depart the square but does Vincent have anything to do with his exit?





## DEALING WITH DEPRESSION II



Thoughts are constantly streaming through our minds which in turn can impact on how we feel and how we behave. These thoughts can be friendly positive thoughts or hostile, critical and negative ones. It makes sense therefore

that we would try to reduce the negative ones as much as possible. Just as we wouldn't allow any stranger to just enter our house and take over, we need to be just as vigilant with our thoughts. We need to take more control over what we allow into our minds and what we prohibit from entering. We have much more choice than we realise – and therefore rather than just reacting to every thought we begin to take more control over our mind. Slowly we begin to realise that just because we think something it doesn't mean it's true!

***By examining our thoughts as they flow through our mind, we begin to increase our awareness of how our minds are focused. Then we begin to allow these thoughts – whether they are positive or negative, exciting or boring – to just flow through our mind stream without reacting or responding. This is the basis of mindfulness.***

For many people experiencing depression they can create an endless cycle of 'If only's' and 'what ifs' in their mind. There is an underlying non-acceptance of the past as they constantly think how their lives would be different 'If only I hadn't taken his advice', 'If only I hadn't behaved in that way'. This all leads to feelings of anger, hopelessness and mistrust of others. Accepting how things are right now- not as we wish they were, but as they actually are – is quite a radical step. It can however mark the starting point from which we can come to terms with past events and begin to move forward. Just as there are many paths leading to feeling depressed, there are also many routes out of it. We don't get depressed as a result of an adverse event or experience – but in how we respond to it. When our emotional needs go unmet this can lead to considerable mental distress and depression. If we were to consider depression as a means of drawing our attention to an underlying problem, we must ask ourselves what is the message my feelings of depression are trying to tell me. Counselling can provide a great support as we explore what this underlying message might be. Counselling helps to find contentment and peace of mind through fostering a healthy, non-judgemental, loving relationship with oneself. **Next week we will continue to look at ways we can deal with depression.**

**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](mailto:info@southwestcounselling.ie).**

**Kerry LifeLine provides FREE counselling and support to anyone feeling suicidal or bereaved through suicide. [info@kerrylifeline.com](mailto:info@kerrylifeline.com)**



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

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## U.N. LAUNCHES APP TO FEED THE HUNGRY

Your pocket change could help to end world hunger - but the traditional model of soliciting donations by mail means that what amounts to a daily donation of 50c doesn't cover the cost of stamps and paper.

Instead of costly letters, return envelopes, and stamps, a new app called Share the Meal is billing itself as the first mobile crowd funding app to end global hunger. U.N. leaders hope to use this low-overhead means to help Syrians fleeing the current conflict and other refugees in the future. The free app is available for iOS and Android.

As the app mentions upon login, "Smartphone users outnumber hungry children by 20 to 1," and its goal isn't just to get people to help feed hungry children via the World Food Programme - first in Lesotho and, once the funding goal is met there, other hunger-ravaged countries - but to get people to give and keep giving.

Test runs in Germany, Austria, and Switzerland gathered 120,000 users to donate the equivalent of 1.7 million daily rations to children in Lesotho.

## SAVING THE UNICORN

While some freshwater resources are obtained naturally, through seasonal streams and pools, communities in arid regions extract water more frequently through artificial means: wells, dams, underground aquifers and, more recently, desalination plants. Freshwater resources are depleting rapidly with the rise of the human population. "Saudi Arabia's water demand has increased from 2.3 million cubic meters in 1980 to 30 million cubic meters in 2000" due to increases in population and development (National Commission for Wildlife Conservation and Development, Saudi Arabia 2005). As of 2011, the United Arab Emirates became the second largest producer of desalinated water in the world, pumping a total of roughly 1.7 billion cubic meters per year.

Still experimental in much of the world, solar powered desalination plants are already being used by countries in the Middle East

for habitat rehabilitation and irrigation. Abu Dhabi has installed a series of 30 many of which were built at Arabian oryx (*Oryx leucoryx*) reintroduction sites, as part of a pilot project. Before the mammals are released, the desalination plants help rehabilitate the landscape by producing watering holes and vegetation that provides food and shade for the animals.

The Crown Prince of Abu Dhabi created an Arabian oryx habitat rehabilitation project to reintroduce the vulnerable species into protected areas in Abu Dhabi. The conservation project occurred between 2007 and 2012, with 100 individuals released per year for five years into large sanctuaries. This species of oryx had been hunted to extinction in the wild by 1972 for its horns.

The oryx is one of the largest mammals in the Arabian Desert, and its natural range extends across the Arabian Peninsula. This species, adept at enduring temperatures of over 100 degrees Fahrenheit (37 degrees Celsius), can survive for weeks on the water gleaned from dew and vegetation by reducing its metabolism and water loss. It is believed to be the model for the mythical unicorn because, if viewed a certain way, the horns appear to come together as one, resembling a unicorn horn. For decades, however, drought, groundwater extraction, and overgrazing of livestock have damaged the oryx's desert habitats, potentially jeopardising the rehabilitation effort.

## ANSWER TO LAST WEEKS RIDDLE

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

A Keyboard

## QUOTE

"If people destroy something replaceable made by mankind, they are called vandals; if they destroy something irreplaceable made by God, they are called developers" - Joseph Wood Krutch

## ON THIS DATE – 20TH NOV

1637 Peter Minuit and 1st Swedish immigrants to Delaware sail from Sweden.

1713 - Death of Thomas Tompion, wrist watch innovator.

1804 "Alexander I reissues manifesto of Catherine II, with some modifications, inviting foreigners to settle in New Russia."

1866 Pierre Lalemont patents rotary crank bicycle.

1900 Birth of American cartoonist Chester Gould, creator of the Dick Tracy comic strip.

1914 US State Department starts requiring photographs for passports.

1917 - The 16th Irish Division of the British army assaults an area of the German lines known as Tunnel Trench.

1925 Birth of American politician Robert F. Kennedy.

1939 - Police are ordered to arrest all Gypsies in Germany and transport them to concentration camps.

1945: The Nuremberg War Crime trials begin in Nuremberg.

## RIDDLE FOR THIS WEEK

What has 13 hearts, but no other organs? Answer next week!

## THE WORLD'S MOST LOYAL DOG



Decades have passed since a dog named Hachiko's incredible story of love and loyalty came to an end and slipped into the realm of legend. But now a new photograph of the faithful dog has been discovered — offering a rare glimpse at his heart breaking vigil for a fallen friend.

Hachiko's story dates back to 1920s Toyko, where every morning he accompanied his owner, Ueno, to the train station to see him off to work. Afterward, without fail, the dog would then sit patiently until the end of the day to greet him upon his return.

This routine continued until 1925 when, sadly, Ueno died unexpectedly at his office — leaving Hachiko waiting, watching the trains for a reunion that would never come. Days turned to weeks, and weeks into months, with no sign of his owner, but still Hachiko refused to leave the spot without him.

For the next 10 years, the loyal dog held vigil at the station, earning the sympathy of passersby until his own death in 1935.

Few photos exist to put a face to the dog's legendary show of loyalty, which makes the recent release of a previously unseen photograph of Hachiko, taken around 1934, all the more significant for folks around the world who have been touched by his story.



In it, Hachiko is seen resting on the ground in front of the train station, scanning the faces of passersby in hopes of spotting his owner's among them. His eyes look visibly tired after what then would have been nearly 10 years of waiting, but there's still a palpable sense of hope behind them.

In the 80 years since Hachiko's death, he's come to be known as "the world's most loyal dog." Over the decades, interest in his story has yet to wane, with Hachiko making numerous appearances in popular culture, including the 2009 film "Hachi: A Dog's Tale," starring Richard Gere.

Although Hachiko never did see his owner again in this life, a statue unveiled this year has symbolically reunited the pair forever, standing as a fitting testament to the depths of love dogs have for their humans.

## THE ROW BOT

The goal of the team of academic researchers in Bristol was to create a machine that could forage, like a wild animal, so it wasn't dependent on humans to constantly recharge it.

The result is the row-bot, which paddles about on the surface of water, funneling waste and pollution into its bacteria-rich stomach and receiving electrical power in return. It's self-sufficient, made to bob in the sea and eat tiny bites of waste until there's nothing left.

For flotation, the machine has four little stabilizers. To move, there are two paddles in the middle of its body, which have flexible flipper joints to make sure they move efficiently and minimise drag. Powering the row-bot is a bacteria-filled fuel cell. In the cell, bacteria digest organic waste, and produce carbon dioxide as a by-product, as well as the protons and electrons needed to get the electrical circuit in the cell flowing.

## 103 YEAR OLD WOMAN TAKES CARE OF THE UNWANTED

When Fannie finds a hungry stray cat meowing at her door, she doesn't hesitate to help. Though Fannie is 103 years old, she takes a lively interest in caring for animals.

Fannie lives in a rural area and cats that have been dumped or don't have humans to care for them wander up to her home, where she feeds and cares for them. Her big heart knows no bounds, all are welcome at Fannie's house and throughout their lives, Fannie is dedicated to caring for her cats like family.

Emancipet helps keep families like Fannie's healthy, happy, and safe through efforts like the Meals on Wheels and their collaboration with the More PALS program (Pets Assisting the Lives of Seniors). provides assistance with transportation and preventive veterinary care like free spay/neuter, vaccines, and microchipping for cherished companion animals like Fannie's.

## BEING POOR IS EXPENSIVE

One of the most frustrating causes of the perpetuation of poverty is poverty itself. This

is because just being poor is expensive. While it might seem simply logical that when you're poor, you'll buy things that are cheaper, there are many instances in which the fact that you're poor raises the price that you have to pay. The most obvious example is your bank account. Many banks charge fees if you do not have enough money in your account. Many people who are strapped for cash end up overdrawing their accounts, for which they are hit with overdraft fees. Often, if an individual overdraws too often, or is unable to pay back the money with the additional fee, the bank will close the account. This makes it very difficult to open an account somewhere else. It might seem simple to avoid spending money you don't have, and never overdraw on your account. But when you're struggling to make ends meet, not overdrawing your account might mean not buying groceries, or the overdue electricity bill, or for car repairs.

If you don't repair your car, you might not be able to get to work. But paying for your car means overdrawing your account, which could leave you without a bank account. Making these kinds of choices can seem nearly impossible, and this is exactly what is so difficult about poverty.

A quarter of households in poverty do not have convenient access to the internet. Internet access isn't cheap, so this is understandable, but the internet can be very useful for educating oneself, finding new jobs, and finding the cheapest prices for the things one wants to buy. Though there's usually internet access at a local library, this hardly matches the exceptional benefit it is to have access to the internet from home.

False economies also pose particular challenges for the poor. A "false economy" is an action that seems like the frugal choice at first, but over time reveals itself to be more expensive than viable alternatives. Some cheap clothes fall squarely in this category; and inexpensive shirt may begin to fray at the seams in just a month or two, which requires you to purchase a new shirt. Had you spent more money on the clothes initially, you would have saved money in the long run.

It's important to note, however, that those choices aren't necessarily made out of ignorance. Sometimes, you can't avoid false economies because you just don't have enough money on hand to buy the more expensive option.

Hopefully, if we understand the structural forces that keep people impoverished, we will stop blaming the poor for not figuring out an ingenious way to escape poverty, and recognize that sometimes everyone needs a hand up.

## 295 BEARS KILLED IN JUST 2 DAYS

Florida's first bear hunt in 21 years, which was supposed to last for a week in late October, was cut short by the Florida Fish and Wildlife Conservation Commission after just two days of hunting killed 295 bears across the state.

Black bear hunting had been banned in the state since 1994. This year, the hunt suddenly was allowed to start again so Florida can supposedly "manage" its bear population, but

some people point out the state doesn't even have an up-to-date count of what exactly that population is: The latest statewide tally, according to one columnist, occurred 13 years ago.

Floridians against the black bear hunt gathered at the Marathon Community Park in early November to pay respect for the black bear that were slaughtered late last month.

## GOOD NEWS

The Netherlands is the world's fourth-largest producer of mink fur. The country has 160 fur farms that raise about 6 million minks per year. Animal rights groups have long argued that these farms are cruel and unsafe. Reports from People for the Ethical Treatment of Animals say the mink are crowded into small, confined cages where they have little ability to move. Mink are solitary animals that normally have ranges of hundreds of miles in the wild. Confined minks often go cage mad, pacing endlessly and mutilating themselves, according to activists. Animals are often poisoned or electrocuted to kill them without damaging their fur.

The Dutch senate agreed with animal rights groups and banned the industry in 2012 after discussing the issue for 13 years. At the time mink farms were given until 2024 to phase out their operations. Farmers were offered 28 million euros to compensate for the transition. Fur farmers sued, and the courts overturned the law in 2014.

Last week's appeals court ruling placed the law back on the books. The industry will still have until 2024 to close down.

The Dutch fur industry has vowed to appeal the ruling to the country's highest court but hopefully, the business of raising thousands of mink to slaughter and make into fur coats is at an end in Holland.

## MEATLOAF RESCUED A PUPPY FROM BEHIND A DUMPSTER

Many abandoned dogs are rescued everyday and when rock star singer Meatloaf was on tour, the crew one night noticed someone left a puppy behind a dumpster. They decided to rescue the puppy and proceeded to feed, cuddle and take her to the vet. They posted on their Facebook page a picture of the puppy they rescued. The puppy joined the band on the road and they named her Little Ms. Karma. The puppy temporarily joined them on tour and adjusted well as the band took turns giving her lots of love.

But life on the road is no place for a dog and eventually a forever home was made with the family of one of the crew. So Little Ms Karma said goodbye to the band to join one member of her extended Meatloaf family who lives on a ranch with his wife and daughters.

## FINALLY THIS WEEK

I went to the Doctors the other day, and he said, 'Go to Killarney, it's great for flu'. So I went - and I got it.





## A WORD OF VICTORY

Welcome back dear reader "know the truth and the truth that you know and understand will set you free" (John 8:32). Many people think that sickness and disease is just something that happens to people through misfortune. What does Jesus say? The Book of Acts 10:38 reveals the mystery once and for all - "how God anointed Jesus of Nazareth with the Holy Spirit and with power and He went about doing good healing all who were oppressed by the Devil for God was with Him." Oppressed by whom? Yes you have read it for yourself - the Devil! John's Gospel tells us in chapter 10 : verse 10 that the "thief comes to steal, to kill and to destroy but I have come that you may have life and have it to the full". When Jesus announced this news multitudes believed, came to Him and were all healed from all kinds of diseases (Mathew 4:24). It's still the same today Jesus instructs us believers to go and preach the Good News, baptise new believers with His Holy Spirit and promises that when we place our hands on sick people they will be healed! Everyone of us who has accepted Jesus as Lord has His Holy Spirit living inside of us and we can continue to do the things He did and even greater things than those in His Name because He is with the Father watching and waiting for faith to be released (Mark 16:15-19; John 14:12). Get excited sick person! Jesus loves you and He wants to help you, so call on Him - make Him Lord of your life, believe that He can do it, and receive your freedom. God is not the author of your sickness or fears (James 1:17) No - He wants you happy, healthy and whole and He has already made the way by giving His Son Jesus for you - YES he will heal you and it's free! More next week...

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

## SERENITY Memorial Cards

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### PRAY TO ST. EXPEDITE

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

### GRATEFUL THANKS

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

### THANK YOU TO

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

### THE MIRACLE PRAYER

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

### BARRADUFF MEMORIAL WORKS

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MARBLE HEADSTONES  
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TOM MURPHY PROPRIETOR  
BARRADUFF, KILLARNEY  
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MOB: 087 2598664



### NOVENA TO THE SACRED HEART

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

### NOVENA TO THE SACRED HEART

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

### PRAY TO ST. EXPEDITE

Saint Expedite, Noble Roman youth, martyr,  
You who quickly brings things to pass  
You who never delays, I come to you in need:  
(Clearly express what you want and ask him to find a way to get it to you)  
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)  
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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.

### NOVENA TO THE SACRED HEART

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



## ACKNOWLEDGEMENT & FIRST ANNIVERSARY



In loving memory of

## PATRICK (PAT) CARROLL

**Knocknaskeha, Killarney who died on 25th November 2014**

Pat is lovingly remembered and greatly missed by his children, Denis, Jerry, Nora and Eileen, His daughters-in-law, son-in-law and grandchildren.

Pats sister's Mary, Nora, Eileen and brother Denis.

We acknowledge with gratitude those who attended the funeral, sent Mass cards, flowers and kind letters of sympathy. We would like to thank our relatives, kind neighbours and friends who provided help and support during our time of loss. Our sincere thanks to his GP Dr. Laura Malone and her wonderful staff for their professionalism and kindness to Pat throughout his illness. A heartfelt thanks to the palliative care nurses, the ambulance service, home helps Joan Cahill, Mary O'Sullivan and Mary Murphy and a special mention to his carers Noreen Cournane and Nora Moynihan. We will be forever grateful to you in facilitating our dad to remain in his own home to have a peaceful transition from his life to his eternal rewards.

Our sincere thanks to Fr Kieren O'Brien for his kindness and support when visiting our father every day and for celebrating a very meaningful requiem Mass. A sincere thanks to O'Sheas Undertakers for their sensitivity and professionalism. We would like to extend our deepest gratitude to our neighbours Niall Galvin and Sean Murphy for the preparation of the grave. As it would be impossible to thank everyone individually please accept this acknowledgement as a token of our appreciation.



**Pats first anniversary Mass will be celebrated in the church of the Resurrection, Park Road, Killarney on Friday 27th November at 9.30am**

## 4TH ANNIVERSARY



In loving memory of

## STEPHANIE O'SULLIVAN

**Ardmelode, Milltown, whose 4th anniversary occurs at this time.**

*Time may hide the sadness,  
Like a smile can hide a tear,  
But memories last forever,  
of Stephanie who we loved so dear.*



**In our hearts forever, love Mom, Dad, Lorraine, Danielle & Jonathan**  
x

**Anniversary Mass**  
for Stephanie and the months mind Mass for her Grandad Paddy Courtney will be held in Listry Church on Saturday 21st November 2015 at 6pm.

## BIRTHDAY REMEMBRANCE



Birthday Remembrance of

## DENNY MORIARTY

**late of Gneeveguilla whose birthday occurs today the 20th November.**

*Wrap your arms around him Lord,  
Don't let him on his own,  
For today is his birthday,  
His first away from home,  
Call his name softly,  
And when he looks your way,  
Tell him that we love him,  
And miss him everyday.*



**Always remembered, never forgotten.**  
**Sadly missed by your loving wife, Peggy, daughters, Aileen, Juliette, Denise and Son, Jason.**

## NOTICE

**Full Gospel Prayer Group**  
are holding an out reach Prayer and Healing meeting to include the Christmas Annual Dinner at the Killarney Heights Hotel on Friday 27th November at 7.30pm

**Guest speaker: Stephen Mons**

*Everybody Welcome*

## 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.

## NOVENA TO SAINT MARTHA

O St. Martha, I resort to thee and to thy petition and faith, I offer up to thee this light which I shall burn every Tuesday for nine Tuesdays. Comfort me in all my difficulties through there great favour thou didst enjoy when Our Saviour lodged in thy house. I beseech thee to have definite pity in regard to the favour I ask (mention favour). Intercede for my family that we may always be provided for in all our necessities. I ask thee St. Martha to overcome the dragon which thou didst cast at thy feet. One Our Father and three Hail Marys, and a lighted candle every Tuesday and the above prayer made known with the intention of spreading devotion to St. Martha. In thanksgiving. **G.C.**

## 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.

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## ST THERESE

O glorious Saint Therese, whom Almighty God has raised up to aid and counsel mankind, I implore your Miraculous Intercession. So powerful are you in obtaining every need of body and soul our Holy Mother Church proclaims you a "Prodigy of Miracles...the Greatest Saint of Modern Times." Now I fervently beseech you to answer my petition (mention here) and to carry out your promises of spending Heaven doing good upon the earth... of letting fall from Heaven a Shower of Roses. Henceforth, dear Little Flower, I will fulfill your plea "to be made known everywhere" and I will never cease to lead others to Jesus through you. Amen. Say the above for 9 days and you will receive a flower or a rose in some form during or after 9 days as an indication that your request will be granted.

## NOVENA TO THE SACRED HEART

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

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



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