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I.C. Photo Ian Cronin
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Killarney Garda Station

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Frame Shop
(Upstairs) Shylocks
Des Shop
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S /Welfare

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(Spolgers)
Goggin's Hair Salon
Jam Café
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MILLTOWN
Londis Top Shop
Milltown Farmer's Market
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Thurs 9:00

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2D EVEREST (12A) 130m 7 Days 6:30 8:50 Sat/Sun 2:00	3D EVEREST (12A) 130m Sat/Sun 4:20	LEGEND (18) 135m Fri-Mon Wed 6:30

INSIDE OUT (G) 110m
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6.00am Killorglin Church	7.00am Farranfore (across from Ulicks)
6.30am Rathmore (29 th Nov/5 th Dec only)	7.10am Castleisland (across from Lidl)
6.30am Tralee (Outside the Bus Station)	7.25am Abbeyfeale Square
6.30am Kenmare Square	

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KILLARNEY STRIKES GOLD AT AWARDS CEREMONY

Three Killarney Hotels scooped gold awards at the prestigious Hotel and Catering Awards which was held in Dublin on Tuesday night and sponsored by Keelings.

Over 460 professionals from the hospitality industry were in attendance at the awards which took place at the Crown Plaza Northwood, Santry and were hosted by Colette Fitzpatrick.

Killeen House Hotel, Killarney which is owned and run by Geraldine and Michael Rosney was named Ireland's best Three Star Hotel while Muckross Park Hotel won gold in a new

category introduced to the awards this year - Ireland's Wild Atlantic Way Restaurant.

The Europe Hotel and Resort won Ireland's Hotel Spa Experience to cap a night of success for Ireland's premier tourist destination.

Running for 27 years, the Gold Medal Awards are intensely competitive, drawing entries from hundreds of hotel, restaurant, guesthouse, club, spa and catering businesses every year. Each entrant is rigorously assessed by members of the Gold Medal Awards judging panel who travelled the length and breadth of the Ireland over the course of the summer to search for Ireland's greatest purveyors of hospitality.



MICHELLE ROSNEY, KILLEEN HOUSE HOTEL RECEIVES THE AWARD FOR THE BEST THREE STAR HOTEL IN IRELAND FROM DAVE JONES.



EUROPE HOTEL AND SPA RESORT WINNERS OF THE BEST SPA EXPERIENCE IN IRELAND. PICTURED ARE MICHAEL BRENNAN, MARGARET CLAPHAM AND DAVID CRONIN.



MUCKROSS PARK HOTEL WINNERS OF THE BEST IRISH ATLANTIC WAY RESTAURANT. PICTURED ARE SEAN O'DRISCOLL, BRID FOX AND ANDRAS TOTH.

HARD WORK PAYS OFF AS KILLARNEY GAINS 4 POINTS IN TIDY TOWNS COMPETITION

The hard work of The Tidy Towns Committee, the volunteers, the town council and the people of Killarney paid off this week when the results of the 2015 Tidy Towns Competition were announced.

Killarney held on to their gold medal and increased their points by four - much to the delight of all involved.

The town finished in the top three of the large town section, while winning the population category.

The adjudicators remarks were very positive in the full report highlighting the positive attitude and attention to detail.

SOME OF THE JUDGES COMMENTS:

"You have embraced all of the residents of the town in your activities and they in turn seem to have embraced all aspects of the Tidy Towns ideals. The involvement of the younger children and the youth is taken on board naturally by you as part of your philosophy: *Ní neart go cur le chéile*".

"Out on the road there are raised beds of flowers and plants that create that welcoming atmosphere. Every road junction is landscaped. The jarveys are neatly confined by an imaginatively

created sleepered boundary that is full of colour. The playground at Knockreer is a wonderful amenity and in full swing".

"If one stands at the top of the hill off the Tralee road on the road to Aghadoe and looks down on Killarney one sees a carpet of trees as a canopy covering the town, the only sign of human occupation is the cathedral. A lovely memory as one bids farewell".

Residents can claim with justification that they play their part in having Killarney at its 'pristine best'. You mention your engagement with the residents' associations suggesting that trust and regard are mutual and mutually beneficial. Many estates were visited, clearly residents are meticulous in their maintenance of their shrubberies, their floral displays, their open space



THE VOLUNTEERS BEHIND KILLARNEY'S CONTINUING SUCCESS IN THE TIDY TOWN COMPETITION. PICTURE: EAMONN KEOGH.

in the public realm as well as keeping their private gardens beautiful and their houses fresh and attractive.

The adjudicator hopes that the marks awarded are a fair reward for the wonderful experience that is Killarney. Even for the hard pressed adjudicator Killarney becomes a holiday destination as one imbibes the delights that have been created for the visitor, and the adjudicator means for the visitor. For the resident this is the lovely home that the residents have created for the visitor to share in and for themselves to enjoy. Well done to everyone involved.

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ONWARDS AND UPWARDS FOR EDELE AS SHE CELEBRATES 1ST ANNIVERSARY



EDELE DALY, PICTURED WITH HER MEMBERS AT HER STUDIO IN TOWN AND CELEBRATING HER FIRST YEAR IN BUSINESS 'FITNESS WITH EDELE'. EDELE TREATED ALL HER MEMBERS TO SOME GUILT FREE MUFFINS. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

It has certainly been a whirlwind year for fitness expert Edele Daly who this month is celebrating the first anniversary of the opening of her fitness studio. On Monday night last Edele treated all her clients to a mini post-workout party to mark the occasion.

"It has always been my dream to offer flexible programmes customised to the needs of her clients, and taking the big leap to open a studio in the centre of town has allowed me to achieve this", Edele told the Killarney Outlook.

The classes offered include Kickfit, Kettlebells, Tabata, Toning, Circuits, Stretch & Foam Rolling, & Pilates. Also offered one a one to one basis are the Cardiac Rehabilitation Gym Classes.

While the goal of many of her clients is to lose weight many others also want to improve their health by increasing fitness and mobility.

Edele works with both men and women, young and old, on a one to one basis and has many success stories where clients achieved their goals including one where a man became fit enough to dance with his wife at their daughter's wedding - and no Edele did not teach him the dancing!

"It pleases me no end when one of my one to one clients develop sufficient fitness and mobility to join the regular group classes - this is where their confidence and self esteem just soar", she said.

Edele's love of her home town means she takes every opportunity to "give back". She organised twice weekly walks and runs in tandem with

Operation Transformation as well as Saturday morning clinics at which experts gave advice on a range of health issues.

This has now grown into the Killarney Jogging Club runs which Edele and her leaders offer free of charge.

During the year Edele worked closely with the Killarney Outlook to run the highly successful 6 week pre Christmas Fitness Challenge and her continued collaboration with The Brehon Angsana Spa has offered many discounted services to her clients.

Following many enquiries about how to prevent sports injury Edele has co-opted Physio Katey Purtill on board to teach Pilates which is proving very successful with both men and women.

Heading into year two Edele has expressed her gratitude that many of her clients who have achieved their goals. She is looking forward to extending her range of services and to progressing even more of her on to one clients into regular classes.

"You are never too old or too young to be the best you can be", said Edele and this is why she remains so flexible in meeting the fitness needs of Killarney people. This flexibility has surely been a key factor in the success of Fitness by Edele.

For full details on Edele's classes and services log onto www.fitnesswithedele.com

BARRETSTOWN RAFFLE

A raffle to support Barretstown will take place on Friday October 9th and tickets at €10 each are available from DNG Ted Healy 11 New Street, Killarney. There are some fantastic prizes on offer including a Toyota Yaris Terra - White 1.0L, 5 Door; Weekend for 2 in Barcelona, Weekend for 2 in Powerscourt Hotel Resort Spa and a Mac Book Air 13"- Silver, 256GB flash storage & 8GB memory.

Barretstown is a specially-designed camp that provides Therapeutic Recreation programmes for children with serious illnesses and their families. Its mission is to rebuild the lives of children affected by serious illness and their families. We believe that every child with serious illness should enjoy their childhood.

FAMILY AND FRIENDS WALK IN ORLA'S MEMORY

The family and friends who organised Orla's Walk in memory of Orla Benson on 19th September wish to thank all those who participated or contributed on the day.

Special thanks to all the friends who travelled from far and wide in the walk.

Thank you to Muckcross Community Centre and the trustees of Muckcross House, A friendship love and caring. The best of community spirit. Your presence is a blessing.

The walk in Orla's honour raised €2957.00 for the Kerry Rape and Sexual Assault centre in Tralee.

Being with us to remember Orla was the greatest gift of all.

Heartfelt thanks to all from the Benson Family.

ANNUAL DEER WALKS

The Kerry Deer Society will be holding their annual Deer Rut Walks lowland and mountain, this year on the following days.

Wednesday evening 7th October (lowland walk). Meet at Kingsbridge, National Park entrance opposite the Cathedral at 6pm.

Sunday 11th October (mountain walk). Meet at Torc Upper Car Park on the old Kenmare Road at 2pm.

Suitable clothing recommended. Also if you have binoculars please bring them.

Everyone welcome.

KERRY WINNER SCOOPS €50,000 WITH PRIZE BONDS

A lucky Kerry prize bond holder is €50,000 richer this week. The lucky Prize Bond number AAD325576 and was purchased in the county in 2015.

There were over 7,700 prizes awarded in this week's Prize Bond Draw, amounting to over €450,000.

OUTLOOK CAPTION WINNER

Congratulations to Deirdre Nolan, winner of last week's Caption Competition. Deirdre won two tickets for the Ring of Kerry Dinner Dance for her entry: "I got the moves like Jagger"

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RELIGIOUS EDUCATION LAUNCH AT LISSIVIGEEN NS

The launch of the new Catholic Preschool and Primary Education Curriculum for Ireland and Religious Education Programme Grow in Love took place in Lissivigeen school, Killarney last week with Bishop Ray Browne, school chaplain Fr. Kieran O'Brien, representatives of the Board of Management and the Parents Association, Principal Michael Mc Auliffe, teachers, pupils, ancillary staff and Primary Diocesan Advisors all in attendance.

Pupils at the school sang and there was a prayer service focusing on the Good Shepard bible story. Bishop Ray Browne launched the Curriculum and the Education Programme Grow in Love.

This is the first time in the history of primary religious education that teachers have been offered, in the form of a Curriculum, a structured outline of religious education as an academic discipline. Prior to this teachers taught religious education from a series of Religious Education programmes, including the Children of God series and most recently



BISHOP RAY BROWNE LAUNCHING GROW IN LOVE PROGRAMME WITH SENIOR INFANTS CLASS MEMBERS AT LISSIVIGEEN NATIONAL SCHOOL, KILLARNEY.



BISHOP RAY BROWNE WITH (FROM LEFT) DERMOT KELLY, KIERAN COFFEY AND SR NOREEN QUILTER LAUNCHING GROW IN LOVE PROGRAMME WITH SENIOR INFANTS CLASS MEMBERS AT LISSIVIGEEN NATIONAL SCHOOL, KILLARNEY.

the Alive-O programme.

The purpose of the curriculum is to guide and inform the teaching of pre-school and primary

religious education. It has been devised on the basis of the partnership between home, school and parish. It is dynamic, involving a spiralling and progressive life-long movement of faith and life, insight and love.

Speaking about the launch Bishop Ray Browne told the Killarney Outlook about Religious Education in schools.

"This Autumn we have two important new publications: the Curriculum for Religious Education in Primary Schools, and the first two books of GROW IN LOVE, (the new programme from Veritas to teach that Curriculum). We gather in one school in one parish, our thoughts and prayers are with all schools in all the parishes of the diocese of Kerry.

It is a time of great challenge for us all. Handing on the faith and teaching religion is a three-way partnership between, home, parish and school. In the home and in the parish community, children first become aware of God and his

great love for us, and the beautiful world God has created", he said.

"Parents teach children their first prayers. The school provides education in the faith. Thank God for the great work of our teachers. We owe them a debt of gratitude. While at school the children's faith continues to be nourished by their families and their parish. The parish is where all worship. The parish has responsibility for the children receiving the sacraments.

Today is a day for home, parish and school to recommit to working together in partnership. God is calling all of us to dedicate ourselves to strengthening the faith in our homes and communities. It is both our privilege and our responsibility to hand on our faith to our children. May the Blessed Virgin Mary intercede for us, she who taught Jesus his first prayers", he concluded.

HONOUR FOR BLACK VALLEY'S OLDEST RESIDENT



CHRISSIE AND JOHN CASEY PICTURED WITH SERGEANT CHRIS HOARE AT BLACK VALLEY N.S.

The Black Valley's oldest resident, Jack Casey was given the honour of receiving the tri colour on behalf of the Black Valley National School recently.

The school is one of 3,300 schools in the country to receive a copy of the national flag and the Proclamation as part of the State's programme to mark the centenary of the 1916 rising.

Mr. Casey was chosen as his family donated the lands that the school in the Black Valley is built on.

The flag was presented by Sergeant Chris Hoare who is stationed at Collins Barracks at a ceremony last week.

Mr. Casey was joined by his wife Chrissie and family along with the teacher at the school, Muraid Curran, her assistant Annie Coffey and all the pupils for this historic occasion.



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TRUTH #5

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TIMMY IS ANGLER OF THE YEAR



STUNNING IMAGE OF LOUGH LEIN TAKEN AT THE WEEKEND BY PETER O'TOOLE. THE FISHING SEASON COMES TO A CLOSE ON OCTOBER 12TH.

The 2015 fishing season will shortly come to a close for another year. Thankfully it has been a safe year too for club members who have fished competitions on Lough Lein, Clonee, Currane and Caragh lakes.

The 'Angler of the Year' title race went 'right down to the wire'. The penultimate competition on Caragh Lake was won by Timmy O'Connor, which gave him a lead of eight points over Phil Horan.

The title was decided on Lough Lein last weekend. In strong easterly winds, it was a challenging day on the lake. Phil landed with five fine trout for the weigh-in, giving him a total of 26 points. This drew him level with Timmy. However the ever consistent Timmy had two trout, which earned him one point and the 'Angler of the Year' award. All of this is not to take from Jerry Buckleys fine win in the competition. Jerry landed with four trout.

One of these weighed a fine 1.1/2lbs. Phil was placed second and Francis Kiely third. Prize giving took place after dinner in the Dromhall Hotel.

2015 ANNUAL COMPETITION RESULTS:

St Patrick's Cup (Overall Winner)

Jerry Buckley

The McCarthy Cup (Best Team)

Terence Keane, Phil Horan, Patsy O' Flaherty, Krzysztof Sywab.

The O' Flaherty Cup (Best Boat)

Jerry Buckley, Anton Buczek

The Jack Brosnan Trophy (Heaviest Trout)

Jerry Buckley

The Buckley Cup (Best Angler)

Jerry Buckley

The following annual awards were also presented:

The Christy Tobin Cup (Angler of the Year)

Timmy O'Connor

The Glena Cup (Heaviest Salmon)

Dermot O' Mahony

The Paddy O' Sullivan Cup (Heaviest Trout)

Jerry Buckley

The Batty O' Brien Cup (Waterville Competition)

Patsy O' Flaherty

The Richard O' Farrell Cup (Caragh Competition)

Timmy O'Connor

Finally, at this time of the year, fishermen haven't many days left until the end of the season on October 12th. Tight lines and safe fishing to all until then.

KILLARNEY ROTARIANS TO HOST ANNUAL AFTERNOON TEA AT THE MALTON

The seventh annual Killarney Rotary Afternoon Tea at The Malton will take place on Saturday, October 10, in aid of the Killarney branch of the Society of St Vincent de Paul.

Last year's event was a sell-out success so be quick if you would like to book your ticket. A champagne reception and delicious afternoon tea will be followed by a catwalk show, showcasing all the latest autumn/winter collections available locally.

An exciting raffle and musical entertainment are also on the agenda. "The event sold out rapidly last year so book now to avoid disappointment," said organisers Ciara Irwin Foley of Killarney Rotary Club.

Tickets are priced at €30, the same price as previous years; call Ciara on **087-2444353** to pre-book your ticket.



NEW INSIGHTS INTO SKELLIG MICHAEL

A lecture entitled "New Insights into Skellig Michael: Kerry's UNESCO World Heritage Site" will take place on Tuesday 6th October. Hosted by the Kerry Archaeological and Historical Society (KAHS) the lecture will take place at the Killarney Library.

The talk will be delivered by Archaeologist Maggie Prendiville and will encompass a review of the Skelligs as a UNESCO World Heritage Site, the general aspects of the location and its fragility. Given the recent activity on the island for the upcoming Star Wars film the lecture will look at the suitability of the island as a film location in the future. The lecture begins at 7.30pm and admission is free.

KILLARNEY SHORTLISTED FOR IRELAND'S TOP TOURISM TOWNS IN 2015

Anticipation is starting to build ahead of the 2015 Fáilte Ireland Tourism Towns Awards, as Kenmare, Killarney, Sneem and Tralee are included in the top ten highly recommended tourism towns shortlist for the award at an announcement today at the National Tidy Towns Awards in the Helix, Dublin.

The overall winners will be announced at a ceremony in The Morrison Hotel on Wednesday 25th November where two overall winners will ultimately share the accolade of Ireland's top Tourism Town – for the Best Large Town and the Best Small Town.

to be included in this shortlist."

MUCKROSS YOUTH CLUB LOOKING FOR NEW MEMBERS

Are you interested in joining Muckross Youth Club? Muckross Youth Club are now registering members for the new club year. They hold weekly gatherings every Friday night between 7.30 pm and 9.30pm in Muckross Community Centre. All secondary school students between the ages of 12 and 18 are welcome to attend. Registration for all members, both new and current will take place on Friday, October 9th from 7pm to 7.30 pm in the community centre. All members must be accompanied by an adult on registration night. For all enquiries, please call Ellen 087 7746491 or Breeda 087 7923945.

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ON THE QUEST FOR AN ADVENTURE

Ireland's Adventure capital, Killarney will play host to 2,500 athletes who will brave the rugged Kerry landscape, running along the MacGillycuddy's Reeks, cycling the Black Valley, Moll's Gap and Killarney National Park and Kayaking The Eagles Nest at the Upper Lake, tomorrow October 3rd.

The Adventure Race was Voted the best Outdoor Event in 2014. It started 5 years ago with 500 participants and now the event has now grown to over 2,500 participants making it the biggest event of its kind in the world. It continues to attract Ireland's top endurance athletes and competitors from around the world, for one of the 'must do' events of the year.

Speaking about the Event, Oliver Kirwan, Event Organiser, Elite Event Management, commented "You don't have to be a hardened grizzly adventurer to take part, there is an event for all types of fitness, including 25km Sport routes, 50km Pro routes and for those who want an extreme test of endurance a 60-70km Expert route."

The event sold out 2 months in advance of the race. What makes it special is the camaraderie after the race, competitors and spectators



ATHLETES COMPETING IN THE KILLARNEY ADVENTURE RACE, RUNNING UP STRICKEN MOUNTAIN, MCGILLYCUDDY REEKS. THEY COVERED A 70KM MULTI ACTIVITY COURSE, WHICH INCLUDED CYCLING THROUGH THE BLACK VALLEY, GAP OF DUNLOE, MOLLS GAP, KAYAKING AT THE EAGLE'S NEST, KILLARNEY NATIONAL PARK AND RETURN TO KILLARNEY TOWN. PHOTO: VALERIE O'SULLIVAN.



OLIVER KIRWAN, RACE DIRECTOR, KILLARNEY ADVENTURE RACE, AT THE HEAD OF THE GAP OF DUNLOE, KILLARNEY, AHEAD OF THE KILLARNEY ADVENTURE RACE - A MULTI-ACTIVITY ONE DAY EVENT, ON SATURDAY 3RD OCTOBER. PHOTO: VALERIE O'SULLIVAN.

enjoy the festival like atmosphere, music, food, kid's adventure race and after party in the Gleneagle Hotel.

In Addition to the success of the Races, organised by Elite Management, Oliver Kirwan, is delighted to announce the launch of 'Quest Adventure Race Series' in 2016.

Quest Adventure Race is expanding their adventure events to facilitate the global expansion of this uniquely Irish event concept to all corners of the world. Oliver remarked "we will be announcing 3 new international

destinations for 'Quest Adventure Series' in Austria, the UK and the Middle East, coupled with 'Quest Glendalough', 'Quest Achill' and 'Quest Killarney' it is an exciting time for everyone involved. We are delighted to have teamed up with Paul Mahon of Outfront Events for Quest Glendalough and Achill to deliver truly world class events. It has also providing full time employment in Rural Ireland and contributing significantly to local economies with the mass participation sports event tourism model is the key objective of the expansion".

DECLAN COMPLETES WORLD TRIATHLON CHAMPIONSHIPS

A secondary school teacher at St. Brendan's College in Killarney took part in the 2015 World Triathlon Championships in Chicago last weekend.

Declan O'Donoghue from Killarney took part in the event which took place on the banks of Lake Michigan. 6,500 triathletes from 62 countries took part. Ireland was represented by a 38 strong team who competed against the best Triathletes in the World. Kerry's sole representative was Declan O'Donoghue, a secondary school teacher based in St Brendan's College Killarney. Declan competed in the Standard Distance 1.5k swim, 40k cycle and 10k run and represented Ireland in the 35-39 age category.

Overall Declan came 57th in a finishing time of 2hr13m24s, an excellent result against the best triathletes in the world.

"It's been 18 months of hard training averaging 14 sessions per week", Declan told the Killarney Outlook. "I'm happy with my performance and I was very proud to be representing my

country. It's also a huge source of pride for me to be representing my local parish of Headford and the county of Kerry", he added.

Declan wants to send a huge thank you to his supportive wife Marie and sons Ryan and Josh, his parents Michael and Maureen who accompanied him to Chicago and all the Irish supporters along the race routes "they were fantastic and it gave the Irish athletes a huge mental boost", he said.

Finally Declan would like to extend a sincere thank you to all who helped in his fundraising drive with a special thanks to Dunnes Stores Killarney and O'Sullivan's Cycles Killarney for their support.

Having qualified for both European and World Triathlon Championships in 2016, being held in Portugal and Mexico respectively, Declan is seeking a main sponsor and can be contacted at declanodonoghue16@gmail.com.



KILLARNEY ATHLETE DECLAN O'DONOGHUE WHO TOOK PART IN THE 2015 WORLD TRIATHLON CHAMPIONSHIPS IN CHICAGO LAST WEEKEND.



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What pension provider is your pension with and how much do they charge you? Charges are very important because you need to make sure that your pension charges are competitive. Pension providers offer much more choices to clients now than before and the choices can be easier to understand if explained to you in plain simple English and by not using jargon. An independent financial advisor should help you understand your pension and your pension options better.

For the above reasons I recommend at least an annual review of every pension with an independent financial advisor.

To make an appointment in relation to the above or for any queries you can contact **Dermot Cronin** at **064 66 22775**.

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KILLARNEY RALLY ACES TO COMPETE IN WORLD RALLY CHAMPIONSHIP IN WALES

Fermanagh's Jon Armstrong with Killarney co-driver Noel O'Sullivan made it three wins from three starts on Saturday's Bushwhacker Rally in Co Tyrone – but it wasn't enough to deny Rob Duggan from being crowned the Carryduff Forklift Road To Wales Champion. Aghadoe's Rob Duggan and his loyal co-driver Ger Conway from Faha, clinched the overall prize of an all-expenses paid drive on November's Wales Rally GB in a Citroën DS3 R3 prepared by David Greer Motorsport. Pre-Bushwhacker, Armstrong/ O'Sullivan knew that to stand any chance of winning the competition they had to make sure of victory on the loose surface meeting. In stark contrast, Duggan had to finish second to his arch rival – and that was exactly how it played out on the six stage Omagh Motor Club meeting.

The action got underway with Armstrong setting the fastest time on the opening test, five seconds ahead of the chasing Duggan. Next up was Omagh's Alan Smyth – the third driver who could also walk away with the prize drive. However, he too needed to win.

Peugeot 208 driver Armstrong maintained his charge on special stage two before the cars arrived at first service in Omagh, his advantage over Duggan mushmoothing to 13 seconds, with Smyth a further two seconds in arrears. Following a quick spanner check of the cars and change of tyres, crews returned to the stages where it was 'as you were' for Armstrong who remained at the head of the field. Behind him, Smyth leapfrogged Duggan to claim second place, with some fearing the latter had hit trouble. But as Duggan emerged from the 6.57-mile Lough Bradan test the young Killarney man explained all: "We weren't pushing too hard – we were just trying to keep our noses clean in there."



BUSHWACKER CHAMPIONS ROB DUGGAN AND GER CONWAY.

Armstrong tightened the screw further, managing to put even more daylight between himself and Duggan. Meanwhile, Duggan drove with pace, precision and composure to tactically reclaim second place and with the finish line in sight the 22-year-old Killarney man realised that he was on course to get his hands on one of the biggest – and most lucrative – prizes on offer this season in British and Irish motorsport. Upon reaching the finish, Duggan was overjoyed; "It's an absolute honour to win the title and the prize that comes with it is amazing, so many people have helped make this happen. This was the first running of this championship and it's been a great success, it was so competitive and a great showcase for younger drivers. Wales Rally GB will be a fantastic experience for myself and Ger."

"The fact the championship came down to the final round shows just how close the

competition has been across the seven rounds." Paying tribute to Armstrong, Duggan added: "Unfortunately it didn't quite go Jon & Noel's way today but they have a great partnership and a very bright future ahead – that I'm sure." As the Northern Ireland Championship competition has reached its successful conclusion the focus now switches to November's Wales Rally GB – the closing round of the World Rally Championship. Duggan can now look forward to sharing the world stage with some of the sport's biggest names and best drivers, Ger and Rob will battle it out for supremacy over nineteen high-speed gravel stages through the forests of Wales, two of which will be run in complete darkness. Wales Rally GB takes place from the 12th to the 15th of November. Best of Luck and well done to Rob, Ger and Noel.

THE LATE LATE TOY SHOW ARE LOOKING FOR PERFORMERS



RYAN TUBRIDY PICTURED DURING THE OPENING PERFORMANCE OF THE RTÉ LATE LATE TOY SHOW 2014 WITH A MEDLEY OF SONGS FROM CHITTY CHITTY BANG BANG. PICTURE ANDRES POVEDA.

search of the country's best young performers to take part in the biggest night on Irish TV.

For the first time ever host Ryan Tubridy and the Toy Show crew will be heading around the country to find the best singers, groups, and musicians to perform on this year's show.

Auditions will take place in Cork on October 12th and are invite-only so it is crucial that any talented youngsters who fancy appearing on the most watched show on Irish television get their application in now. Ryan will also bring his RTÉ Radio 1 show with him, broadcasting live on the day of the auditions.

To be in with a chance of featuring on the show, performers' parents must download an

application form and send it, along with a DVD or USB key of their child or group in action. The closing date for entries is Monday, October 5th so time is of the essence! The show is also looking for youngsters to demonstrate this year's must have toys, though they won't have to attend the regional auditions.

Application forms are available from: <http://www.rte.ie/tv/latelate/toyshowform.html> and should be sent, along with your DVD or USB key, to: Late Late Toy Show, PO Box 170, RTÉ, Dublin 4. Please note that entries cannot be returned.

The Late Late Toy Show is going on the road in

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PICTURED AT THE IRELAND PARK FOUNDATION TORONTO / iNua HOSPITALITY FUNDRAISING EVENING IN THE MUCKROSS PARK HOTEL WERE FROM LEFT, GRAINNE SEOIGE, MC, MICHAEL GLEESON, VICE-CHAIRMAN, KILLARNEY & DISTRICT COUNCIL, KATE O'LEARY, PRESIDENT, KILLARNEY CHAMBER OF TOURISM AND COMMERCE AND SENATOR PAUL COGHLAN. PICTURE BY DON MACMONAGLE.



PICTURED AT THE IRELAND PARK FOUNDATION TORONTO / iNua HOSPITALITY FUNDRAISING EVENING IN THE MUCKROSS PARK HOTEL WERE FROM LEFT, DAVID AND MARCELLA DOYLE, BRIAN AND NORA MILEY, KILLARNEY. PICTURE BY DON MACMONAGLE

iNua Partnership hosted a gala dinner for Ireland Park Foundation at the Muckross Park Hotel last week.

The charitable non-profit organisation was set up to commemorate and celebrate the story of the Irish in Canada. As a specialist investment company with deep ties to Canada, iNua Partnership is the Foundation's first corporate partner in Ireland. The Dinner's objective was to raise awareness of the extraordinary work of

the Toronto-based charity, as well as assist the Foundation's important fundraising efforts in Ireland. Gráinne Seoige was the event's Master of Ceremonies and was attended by Minister for Agriculture, Food, the Marine & Defence Mr. Simon Coveney TD

The partnership was officially announced by his Excellency Kevin Michael Vickers, the Ambassador of Canada to Ireland, at his residence in Dublin on April 2015. The

Ambassador attended the Dinner as special guest and was joined by over 200 guests from the spheres of business, the arts and politics at the Muckross Park Hotel, a luxury 5 star hotel in the heart of Killarney National Park bought at the beginning of 2015 by iNua's investment vehicle, iNua Hospitality. The event celebrated social, cultural and economic interests and generate much-needed funds for Ireland Park Foundation.

JOHN WICKHAM - A KEEN SPA, KERRY AND WEXFORD SUPPORTER

Last Friday morning brought the sad news of the passing of one of Spa and Kerry's most charismatic sporting personalities namely John Wickham Ballaugh Killarney.

A native of Enniscorthy Co Wexford who on his arrival in Killarney almost half a century ago fully immersed himself in the many activities of the local Spa GAA club and also became a huge supporter of Kerry football and hurling and was a regular figure at the many games in which club and county were involved.

Despite such involvement he never lost contact with his native Wexford and travelled regularly to attend games in which that county was involved whether it be Croke Park or elsewhere and often times regaled an attentive audience on the exploits of such luminaries of the game as the Rackard brothers, Nick O'Donnell, Paudge Kehoe, Artie Foley, Tim Flood and many others and took much enjoyment in Wexford's

last triumph under the captaincy of Martin Storey. His brother Paddy Wickham occupied the chairmanship of the Wexford County Board for some years. John's last visit to Croke Park was in August this year for the Kerry v Kildare Quarter final in the company of his good friend Tommy Randles Kilgarvan. As well as football and hurling his other great passion was card playing and he travelled widely to engage in the game of 31 and made huge contribution to the promotion of the annual Spa 31 Championship Of Kerry.

The sporting involvement has been carried on by many of his family both with the local Spa GAA club and Spa/ Muckross Community Games club and both Peter and Shane played in all grades for the GAA club while Peter a former Kerry minor player was also a skilled oarsman with the local Flesk Valley Rowing Club. His wife Maria was also a keen oarswoman as a member

of winning St. Finan's crews at the local Regatta

As a gesture of their appreciation of his contribution Spa club members and former players formed a Guard Of Honour at his removal on Saturday evening and funeral to Aghadoe on Sunday. May He Rest In Peace. Sympathy is Extended to his wife Maria and extended family members in Killarney and Enniscorthy.

John Kelly



THE LATE JOHN WICKHAM.

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Tonys was started by Moira and Tony Coveney in early 1979 and now the time has come to retire.

Our aim was to provide International casual clothing from around the world.

We stocked Burberry, Jaeger, Antonette, Escada, Gant, Brax, Oscar Jacobson and Chervo. We also stocked world famous knitwear, Pringle,

Ballantyne, John Laing, Lyle & Scott and Peter Scott.

Moira was responsible for the buying and enjoyed the travel involved. She also took charge of the accounts.

Deirdre and Mary have been with us for 36 years between them. They have been a delight to work with. They always have a smile and a

welcome for everyone who calls.

All items are at giveaway prices as the shop will be closing at the end of October.

We would like to thank our National and International customers for their support, some of whom have been with us since the beginning. Tony and Moira Coveney



Jerome O'Regan

AUCTIONEER & VALUER

Tel / Fax: 066 9761200 | Mob: 087 2833410

Email: jeromeoregan@eircom.net | Web: www.jeromeoregan.ie



NEW TO THE MARKET ROCKFIELD, FIRIES KILLARNEY.

MODERN end-of-terrace attractive home. 3 bedrooms and finished to a very high spec. Turn key condition. Very central, quiet rural setting.

REASONABLY PRICED B.E.R C2

NEW TO THE MARKET SITE

TIRNABOUL, (SPA) KILLARNEY.

c. 3/4 acre site selling subject to full planning. This is very rare opportunity to acquire a site so close to Killarney town. Only 1.5 mls approx. from town and 1/2 ml. approx. from Dalys Supervalu. Dry, level roadside site. Close to Spa G.A.A. grounds and fantastic community facilities.

P.O.A.



MAUGHANTOURIG GNEEVGUILLA, KILLARNEY.

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

PRICE REGION €75,000.

LAND FOR SALE

SPA/TULLORUM AREA.

11.5 acres approx.
c.2.5 mls from Killarney.

POA

NEW TO THE MARKET KILCUMMIN AREA, KILLARNEY, BEAUTIFUL DETACHED DORMER. 4 BEDROOMS, 3 ENSUITE, SUN-LOUNGE, MANY EXTRA FEATURES. SPECTACULAR VIEWS. P.O.A.

WAREHOUSE TO LET OR FOR SALE Great access just off the N70. Approx. 1 mile from Killorglin on the Tralee road. Size 110 x 80 ft. x 20ft. high approx. Modern building, totally sealed, cavity wall with insulated roof.

REEKS GATEWAY TO KILLARNEY Upstairs office space for sale. All services available.

KILLORGLIN TOWN Town centre shop premises to let.

WANTED (due to recent completed sales) Semi-detached house in Killarney. Cash client. Immediate decision.

MAHANTOURIG, GNEEVGUILLA Charming detached 4 bed bungalow on 1/3 acre, dual c/h, excellent condition

CLOONALASSAN, CASTLEMAINE Detached, compact dwelling needing modernisation. Great DIY project, close to village, V. keenly priced, BER Pending

BARLEYMOUNT, KILLARNEY 6.5 acres approx. of rough land.

BARLEYMOUNT, KILLARNEY 1.75 acres approx. field with spectacular views

DOOKS, GLENBEIGH, Old house on 20 acres approx. Extremely scenic and tranquil location. Highly sought after area.

MUCKROSS ROAD/WOODLAWN CROSS, KILLARNEY - c. 1/3 acre site. Superb location.

TIERNABOUL, KILLARNEY 4 bed bungalow, beside N.S. only 2mls to Killarney town.

TULLORUM/TIRNABOUL KILLARNEY AREA 11.5 acres approx. Close to school etc.

FAHA, KILLARNEY 4 bed 3 ensuite detached dormer.

KILLORGLIN TOWN Large modern warehouse **TO LET**.

CARAGH LAKE, KILLORGLIN. Two storey detached house (requires major repair) on 3.5 acres approx. Beautiful, much sought after area.

FARM WANTED. GOOD QUALITY LAND. 50 ACRES OR MORE. CLOSE TO KILLARNEY OR WITHIN 7 OR 8 MILES FROM KILLARNEY TOWN. TOP PRICE PAID FOR SUITABLE PROPERTY.

WANTED Properties, houses, farms commercial etc. in all areas, for a growing list of genuine buyers.

BALLYHAR, KILLARNEY Beautifully restored 3 bed farmhouse on c3 acres, stables for 4 horses, mature trees and very scenic.

MILLTOWN VILLAGE Magnificent, detached two storey house, approx. 1,8000 sq. ft. Building about to commence. Purchaser could make internal changes or put their own stamp on it. Only a few minutes walk to schools, shops etc.

ROSSBEIGH, GLENBEIGH Old style dwelling, Electricity, water, septic tank Only 1 mile from beach. V. scenic and private.

MILLTOWN, KILLARNEY (Ardmeelode area) Partly built detached bungalow.

Nice views. BARGAIN.

GLENBEIGH, RING OF KERRY RD. New detached 4 bed bungalow, stone fronted with spectacular sea views, completed to a very high spec.

CARAGH LAKE, KILLORGLIN New dormer bungalow 4 bed (2 ensuite) set on a large site with mature trees.

GNEEVGUILLA VILLAGE Modern 3 bed semi w/ top energy saving ratings, complete finish
KILLORGLIN, GOLF COURSE ROAD Delightful 2 bed detached bungalow, as new, superb location.

BEAUFORT KILLARNEY, OLD HOUSE on c.2 acres, very elevated, dry, extremely scenic setting, reasonable reserve. UNIQUE PROPERTY.

BEAUFORT, KILLARNEY, on the Main Ring of Kerry road, stunning 8 bed (all ensuite) B&B. Extensive frontage along the river Laune, with fishing rights. Panoramic views.

FARMS/LAND

c.57 acres with old farmhouse and sheds, Currow area, 40 acres recently reseeded.

c.10 acres with good sheds, extremely scenic. Artgalvin, Headford area. 5mls from Killarney.

c. 35 acres of mixed land in one lot, Ballyhar, Killarney area.

Tullorum, Tirnaboul, (Spa) Killarney 11.5 acres approx. 3 miles from Killarney.

Firies area, Killarney. Country mansion on 39 acres approx of top quality land all in excellent condition.

SITES

LOUGHGUITTANE/MUCKROSS area- Site with lake view, roadside.

AGHADOE Site roadside, approx 1 mile from town 1/2 acre selling subject to planning.

BEAUFORT AREA Elevated, scenic site c. 1/2 acre.

BEAUFORT, KILLARNEY 1 acre with full planning.

COOLIES, MUCKROSS, KILLARNEY c. 1 acre, private scenic location.

KILLARNEY 2 MILES APPROX 3 acres or more subject to 1 planning.

ROSSBEIGH, GLENBEIGH Site with full planning for dormer, no residency clause.

Killorglin 1 mile 3/4 acre site. On the main Killarney/Ring of Kerry road. Dry, elevated and scenic. On the main sewer and with all services.

Faha, Killarney, c. 1/2 acre, dry, roadside, great location, bargain.

TIRNABOUL/SPA KILLARNEY C. 3/4 acre site. Dry, level and roadside. Close to Spa G.A.A. grounds and community facilities.

A LOOK THROUGH THE LENS AT WHATS HAPPENING THIS WEEK



MINISTER FOR STATE JIMMY DEENIHAN, LAUNCHING KERRY HARP ENSEMBLE AT MUCKROSS SCHOOL DURING THE ANNUAL MUCKROSS HARP TRAIL, 'SLÍ NA CRUIITÉ' WITH STUDENTS AND TUTORS FROM ALL CORNERS OF IRELAND, A CELEBRATION OF THE IRISH HARP, THROUGH A SERIES OF WORKSHOPS AND CONCERTS AT QUILLS FARM HOUSE, MUCKROSS, KILLARNEY, ALSO AT THE LAUNCH OF THE KERRY HARP ENSEMBLE WERE RENOWNED HARPISITS MARINA CASSIDY AND DEIRDRE GRANVILLE, AND TODDY DOYLE, MANAGER MUCKROSS FARMS. PHOTO: VALERIE O'SULLIVAN



PAYING A VISIT...ONE OF THE FARM GOATS IN MUCKROSS, MADE HIS WAY INTO QUILLS FARM HOUSE AS TUTOR AND RENOWNED HARPISIT, MARINA CASSIDY, WAS MENTORING STUDENTS, AOIBHE HORAN AND ALICE SULLIVAN, AT THE ANNUAL MUCKROSS HARP TRAIL, 'SLÍ NA CRUIITÉ' WITH STUDENTS AND TUTORS FROM ALL CORNERS OF IRELAND, ENJOYING A CELEBRATION OF THE IRISH HARP, THROUGH A SERIES OF WORKSHOPS AND CONCERTS AT QUILLS FARM HOUSE, MUCKROSS, KILLARNEY, WHICH ALSO SAW THE LAUNCH OF THE KERRY HARP ENSEMBLE AT THE WEEKEND. PHOTO: VALERIE O'SULLIVAN



ELIZABETH MCGUIRE, AT THE ANNUAL MUCKROSS HARP TRAIL, 'SLÍ NA CRUIITÉ' AT QUILLS FARM HOUSE, MUCKROSS, KILLARNEY. PHOTO: VALERIE O'SULLIVAN



SAUNDRA O'CONNOR, RATHCOMMANE, BALLYHAR, WHO RECEIVED THE O'FARRELL MEDAL AWARD AT HER GRADUATION CEREMONY IN BACHELOR OF SCIENCE RADIOGRAPHY IN UCD RECENTLY



PICTURED AT THE LAUNCH OF 'THE DINGLE FOOD FESTIVAL' AT DUN CAOIN PIER WAS DEARBHALLA HUTCHINSON, MARK MURPHY AND TREVIS GLEASON. THE FESTIVAL TAKES PLACE FROM THE 2ND TO THE 4TH OF OCTOBER. PHOTO BY SALLY MACMONAGLE



HANNAH O'SHEA NEE HERLIHY CELEBRATED HER 100TH BIRTHDAY WITH A PARTY IN KILLARNEY, LAST WEEKEND WITH HER IMMEDIATE FAMILY, FRIENDS AND RELATIONS. HANNAH IS PICTURED AT HER PARTY WITH HER CHILDREN MAUREEN NÍFIANN, LONDON, MICHAEL O'SHEA, BRUSSELS, JAY O'SHEA, KILLARNEY AND EUGENE O'SHEA, KILLARNEY. HANNAH HAS 8 GRANDCHILDREN AND 8 GREAT GRANDCHILDREN. OVER 60 GUESTS TRAVELLED FROM AS FAR AWAY AS CHINA, NEW YORK AND GLENFLESK TO BE WITH HANNAH FOR HER CELEBRATION. PICTURE BY DON MACMONAGLE



PICTURED AT THE IRELAND PARK FOUNDATION TORONTO / iNUA HOSPITALITY FUNDRAISING EVENING IN THE MUCKROSS PARK HOTEL WERE FROM LEFT, SENATOR PAUL AND PEGGY COGHAN, KILLARNEY. PICTURE BY DON MACMONAGLE



PICTURED AT THE IRELAND PARK FOUNDATION TORONTO / iNUA HOSPITALITY FUNDRAISING EVENING IN THE MUCKROSS PARK HOTEL WERE FROM LEFT, PAUL AND CAROLINE O'SHEA, KILLARNEY. PICTURE BY DON MACMONAGLE

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Their Special Day



NORANN GALVIN AND DAN O'DONOVAN WHO WERE MARRIED AT DUAGH CHURCH WITH THEIR RECEPTION AT THE KILLARNEY OAKS HOTEL. THE COUPLE ARE PICTURED WITH THEIR WEDDING PARTY AT ROSS CASTLE.

WWW.TARADONOGHUEPHOTOGRAPHY.COM



LUCY WATERMAN DAUGHTER OF MARY & JEFF, CHESNUT DRIVE KILLARNEY. AND PAUL MCCARTHY SON OF DENIS & JOSIE, BALLYCASHEEN KILLARNEY. WHO WERE MARRIED IN ST. MARYS CATHEDRAL ON THE 14TH AUGUST AND HELD THEIR RECEPTION IN THE HEIGHTS HOTEL, KILLARNEY.

PHOTO BY MICHAEL MCGILLYCUDDY.

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FITNESS EXPERT EDELE DALY GUIDES YOU TO A FIT AND HEALTHY NEW YOU...



ONE QUESTION I AM ASKED A LOT LATELY IS "Should I be doing more Cardio or Strength Training to lose weight?"

SO TO CLEAR UP A LOT OF PEOPLES CONFUSION AND MISCONCEPTIONS HERE IS A FANTASTIC ANSWER I FOUND PUBLISHED IN THE WOMEN'S HEALTH JOURNAL:

It depends what you mean by "lose weight." If you are in an epic battle with your scale, cardio is the way to go. If you want to look steamy under those winter clothes, though, it's time to cozy up to strength training.

Minute per minute, cardio indisputably burns more calories than strength training, which could explain why compared to strength trainers, aerobic exercisers lose more weight in less time.

Still, cardio doesn't do much for your muscles. Why? Strength training is the number-one way to build more muscle. And for every three pounds of muscle you gain, you can expect to burn an extra 120 calories a day without moving a single one of those muscles.

That doesn't mean that you should retire your cardio training, though—especially if you're a stress eater. Cardio is one of the best ways to slash stress, which is a waistline-wrecker all by itself. The best solution? A fitness plan that includes both cardio and strength training. So check out your local classes and I'm sure there are programs that combine both. Check out my timetable for a range of classes combining cardio and strength in one. www.fitnesswithedele.com

MORE TIPS NEXT WEEK...

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Better eating for better living

Liz Byrne of White Feather Nutrition is a certified nutritional therapist. Nutritional therapy can improve health concerns such as digestive problems, hormonal imbalance, high cholesterol, high blood pressure, skin conditions, fatigue, weight management. Consultations aim to tailor a nutritional plan towards improved health whilst complimenting your current lifestyle needs in a functional manner.

A consult and subsequent tailored nutritional plan can improve many health issues such as:

- Digestive issues (constipation, diarrhoea, IBS, cramping, bloating, reflux, heartburn)
 - High cholesterol, blood pressure
 - Blood sugar imbalance
- Skin conditions (eczema, psoriasis, acne)
- Weight management
- Sleep disturbance
- Sports Nutrition
- Meal planning for working parents (to include shopping lists and lunch box options for the entire family).

Liz Byrne (Dip): 087-9508252 (9.30am – 5pm)

E: whitefeathernutrition@gmail.com **W:** www.whitefeathernutrition.org

OUTLOOK FASHION TIP:

COLOURFUL UMBRELLAS:

We love to whine about the rain, but if you have a stylin' umbrella, poor weather won't seem that bad at all! Plus, the brighter and bolder the umbrella, the better chance for compliments, right?



DIET TIP

Choose snacks that are packaged in individual portions to stop you from overeating.

Beauty Tip

Turn on your radiance....

No need to wash your face and start a new makeup job from scratch. Instead, pat a light face moisturizer over your day makeup "It'll instantly give you a fresh, dewy look." Then go ahead and do your touching up.



Kerry Hypnosis Clinic

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Tired of diets that don't work?

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Virtual Gastic Band now Available.

"Hypnosis changed my whole life, my outlook, the way I feel, I have lost 6.5 stone in 8 months" J Houlihan, Kerry

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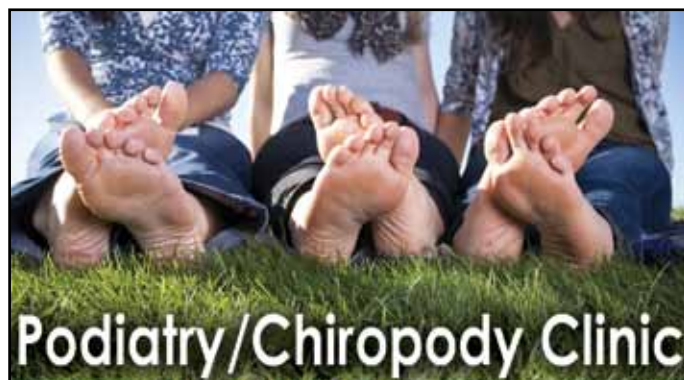
"I thank God every day I went to Juli, I feel fantastic after hypnosis, I know longer need medication for panic or anxiety" K McCarthy, Kerry

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- Blushing
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- Exam Anxiety
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A MESSAGE FROM BRENDAN GRIFFIN TD

FUNDING FOR N22 CORK KERRY ROAD SECURED

I'm absolutely delighted that the N22 Kerry/Cork Ballyvourney to Macroom bypass is on the new Government Capital Plan. As it is a near shovel ready project, I will now be turning my focus on getting a start date ASAP following tender and contract work. This project will be one of the most important socio-economic developments for Kerry in many years. Financial provision has also been made in the plan for the Adare by-pass subject to planning and the Dingle Relief Road.

"I am not being flippant when I say every time I see Deputy Brendan Griffin or Deputy Michael Creed I think of the Ballyvourney to Macroom project. Both Deputies are constantly raising the project with me."

— Paschal Donohoe TD, Minister for Transport, official Dáil debate transcript May 28th 2015.



MAJOR ROADWORKS AHEAD

FUNDING SECURED for N22 KERRY/CORK ROAD

BRENDAN GRIFFIN TD



Contact: Castlemaine Village, Co. Kerry. T: 066 9795666 / 0876528841 E: Brendan.griffin@oir.ie W: www.brendangriffin.ie

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Contact Office: 064 6632034
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Email: marie.moloney@oir.ie

Tralee's 1st

Diecast Model & Toy Show

Sunday 4th of October

Manor West Hotel

Tralee Co. Kerry From 11-6pm

€5 Entry

In aid of Multiple Sclerosis Tralee Branch

Kids go FREE

If you wish to set up a display or info please contact John on (087) 2398376



National Fire Safety Week



STOP FIRE

National Fire Safety Week
Kerry Fire and Rescue Service
Together WE can STOP Fire

NATIONAL FIRE SAFETY WEEK runs from the 5th to 12th of October. The theme this year is "Smoking at home can cause fatal fires".

To promote **National Fire Safety Week**, Kerry Fire and Rescue crews will be carrying out fire safety demonstrations.

The Killarney Crews fire safety demonstration will take place: **Saturday the 10th of October from 10-12 noon**
At the **Deerpark Shopping Centre car park** beside Tesco.

Please come out to meet and support our crews.
We look forward to meeting you!



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Venue: Hotel Killarney (previously Quality Hotel)
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ALL ABOARD FOR THE REBEL SOUTH TOUR

Cork and Kerry's rebel past will form the base of a new historical tour taking place this October.

The three-day Rebel South Tour will focus on the iconic sites of revolution during the War of Independence and Civil War in both Cork and Kerry. The tour will be based at The Brehon in Killarney but will feature daily excursions to areas of massive historical significance including Cork City, Beal na Bláth and Ballyseedy. Evening lectures and discussions will take place in the hotel.

The tour is led by historians Tommy Martin and Dr. William Sheehan. Tommy Martin is a graduate of University College Cork, with a Masters Degree in Local History and is also the author of *The Kingdom in the Empire* – a portrait of Kerry during World War One. Dr. William Sheehan is a Fellow of the Royal Historical Society and the Higher Education Academy and is the author of numerous historical books including *British Voices from the Irish War of Independence* and *A Hard Local War: The British Army and the Guerrilla War in Cork, 1919-1921*.

The first historical tour of its kind and the first in a series to be presented by The Gleneagle Group, The Rebel South Tour will provide a unique opportunity to explore and learn



THE TOUR IS LED BY HISTORIANS DR. WILLIAM SHEEHAN, LEFT AND TOMMY MARTIN. PHOTO: VALERIE O'SULLIVAN.

about Cork and Kerry's involvement in both The War of Independence and The Civil War. From strategic ambushes to deadly reprisals, from the weapons used to the evolving tactics employed by all sides, this tour offers an interactive insight into a period in Irish history which still resonates today.

The Rebel South Tour commences at The Brehon, Killarney on Tuesday, October 6. Tickets costs €55 per person per day and include the guided tour, bus transfers to the various sites, dinner at The Brehon and an evening lecture. Special accommodation rates are also available at both The Brehon and Gleneagle hotels.

JULILANT KERRY MINORS HEAD FOR THE PLOUGH

The Plough Bar in Milltown will be turning all shades of green and gold as it welcomes the jubilant Kerry minor team this Sunday.

The Tom Markham Cup will be raised high by team members David Roche, Mike Breen, Ronan Buckley and Ger O'Mahony among

others as Bernie and Co. at the popular hostelry pull out all the stops to celebrate the great win. "We are hoping to have a great turnout" Bernie told the Killarney Outlook. "We are expecting some special guests along with the boys and hopefully some members of the management

team".

So the message is to wear your green and gold and make your way to The Plough Bar in Milltown this Sunday at 5.30pm for an evening of celebrations with music by Martin Williams.



Kerry ETB Training Centre



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

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

Digital Media Production Course (TRY18) - Tralee Training Centre.
The Digital Media Production course offers participants the opportunity to learn and develop real-world production skills in a broad range of media disciplines. The content of the course includes design, digital imaging, photography, sound, video, digital publishing and media project management. **Start Date:** 19th October 2015. **Duration:** 52 weeks. **Certification:** City & Guilds Diploma in Media Techniques 7601-03.

Digital Web Design with Adobe Dreamweaver Course (ET3Z6) - Tralee.
This course is for people who would like to combine creativity and computer skills to design, build and redesign web sites. **Start Date:** 27th October 2015. **Duration:** 22 weeks. **Certification:** QQI Level 5 Component Certificates and Adobe Certified Associate in Web Communication Using Adobe Dreamweaver CS5.

Professional Tour Guiding Course (KY07749) - Tralee.
This course is for people who wish to provide tour guiding services to visitors in a city, its wider environs, the regions and locally. Participants will gain the professional, technical, social and administrative skills to offer a quality service to a range of market profiles. **Start Date:** 27th October 2015. **Duration:** 24 weeks. **Certification:** QQI Level 6 Special Purpose Awards in Regional and Local Guiding and in City Tourist Guiding.

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

CAD - Computer Aided Draughting and Design Course (ET115) - Tralee.
This course offers participants the opportunity to develop knowledge, skills and competencies in 2D and 3D computer aided draughting and design. Participants must have technical drawing and maths in the Leaving Certificate or have an equivalent level of relevant industrial experience or training. **Start Date:** 9th November 2015. **Duration:** 32 weeks. **Certification:** City & Guilds Level 3 Awards in 2D and 3D Computer Aided Design.

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

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:** 16th November 2015. **Duration:** 19 weeks. **Certification:** FETAC Level 5 Component Certs in: Information & Administration, Word Processing and Customer Service.

Legal Administration Traineeship (ETS07) - Tralee Training Centre.
This course is specifically designed for those wishing to pursue careers as legal administrators. It covers all the main administration tasks carried out in legal offices and is tailored to meet the needs of the industry. **Start Date:** 23rd November 2015. **Duration:** 40 weeks. **Certification:** FETAC Level 5 Major Award in Office Administration.

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:** 18th January 2016. **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 media, editing and delivering content for both location and studio-based productions. **Start Date:** 11th January 2016. **Duration:** 52 weeks. **Certification:** City & Guilds Diploma in Media Techniques (Video production) 7601-03, BECTU - Creative Industries Safety Passport, Occupational First Aid, Safe Pass and Manual handling.

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
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IRISH FLAG PRESENTED TO FAHA NS

Pupils and staff at Faha NS were delighted to receive the national flag from members of the Irish defences on Monday September 28th. The school was presented with a copy of the proclamation, an Irish flag, including a short history of the flag and a set of flag protocols as

part of the 100 year anniversary celebrations of the 1916 rising. The children listened to the proclamation being read by Sgt. Chris Hoare and 6th class pupil Aaron O'Shea. This was followed by a questions and answers session with the two members

of the defence forces. The boys and girls then sang the national anthem. The school will host an official Flag raising ceremony on Proclamation Day which will be on 15th March 2016 to commemorate the Easter rising.



MEMBERS OF THE DEFENCE FORCES PRESENTING THE NATIONAL FLAG TO PRINCIPAL JERRY FITZGERALD AND STUDENTS ADAM O'SULLIVAN FROM JUNIOR INFANTS AND AISLING O'CALLAGHAN FROM 6TH CLASS AT FAHA NS



THE READING OF THE 1916 PROCLAMATION.

KILLARNEY TEENS TUNING UP FOR TOP CLASSICAL MUSIC COMPETITION

Killarney's musical teens can now tune up for a €3,000 top prize as the Fr Frank Maher Classical Music Awards, sponsored by Top Security is seeking entries for 2015. With a €3,000 prize for the winner and €250 for the finalists, they are Ireland's largest classical music competition for secondary schools. The Awards were created by Top Security to showcase outstanding young musical talent in Ireland and are open to sixth year post-primary students of strings, woodwind, brass and piano. The top prize of a €3,000 bursary will be used by the winner to attend a recognised place of tuition, a course of study in Ireland or abroad or on a purchase necessary for the development of their talent. The finalists will each receive a €250 bursary.

The closing date for entries is Thursday 15th October 2015 following which seven finalists will be selected by an independent board of adjudicators to attend the competition night on Thursday 12th November 2015 at the Royal College of Physicians in Dublin where they will perform in front of an invited audience. Full details, including rules and a copy of the application form for downloading, are on www.topsecurity.ie.

CELEBRATE TETRA PAK TREE DAY ON OCTOBER 8TH IN KILLARNEY

The Tree Council of Ireland supported by Tetra Pak is calling people in Killarney to go outside with their children to celebrate all that nature has to offer on Tetra Pak Tree Day 2015 on Thursday 8th October. As part of this year's campaign, themed "Be a True Friend of the Environment", over 1,000 Birch trees will be made available for primary schools through the website, www.treeday.ie, to help teach children about the importance of planting trees and to go towards achieving their 5th Green School flag.

Through this year's campaign, Kerry children will learn about how to be a true friend of the environment with lots of recycling tips and advice to help achieve and maintain the 1st Green School flag.

The official Tetra Pak Tree Day website and



primary school resource is www.treeday.ie. Many schools and families also take the opportunity to participate in guided woodland walks at various locations throughout the country, enabling children to connect directly with the environment.



PICTURED AT MEENTOGUES NS SGT DENIS MCGARRY (CENTRE BACK LEFT) & GUNNER NOEL LYNCH (CENTRE BACK RIGHT) FOR THE FLAG & PROCLAMATION COMMEMORATIONS FOR THE CENTENARY OF THE 1916 RISING WITH THE PUPILS, TEACHERS, BOARD OF MANAGEMENT AND SNA'S BACK ROW L-R TIM GLEESON, MARGARET HARTY, CAROLINE KELLY, CORINNA FAVIER, PRINCIPAL MIRIAM MADIGAN, SECRETARY SIOBHAN MCCARTHY & JOHN MCCARTHY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

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OUTLOOK SPORTS NEWS

Editor : Donal Barry

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COUNTY SENIOR FOOTBALL CHAMPIONSHIP

FOCUS SWITCHES TO THE COUNTY CHAMPIONSHIP BY JOHN O'LEARY

With the intercounty scene completed for another year the focus of attention switches firmly to the the Garveys Supervalu Senior Football Championship and GAA followers in the county are spoilt for choice this weekend with eight games, (one Round 2 and seven Round 3) down for decision. The fact that all of these games are knockout, with extra time if necessary, only serves to increase the anticipation and October is certainly going to be a busy month with three rounds of the competition having to be decided.

There is no doubt what the standout fixture is this weekend as all eyes will be on Fitzgerald Stadium where the champions of the past five years, Dr Crokes and Austin Stacks will do battle in a very interesting double header that also features the meeting of Legion and Feale Rangers.

It is difficult to gauge the current well-being of both of these sides given that both have been very much understrength all Summer due to the Summer student exodus and the absence of County players. Dr Crokes will be disappointed with their performance against Dingle in the Club Final on Sunday last while Austin Stacks were denied a warm up game when their County League game with Finuge was postponed due to a bereavement. Crokes had little difficulty in accounting for Shannon Rangers in Round 1 while Stacks struggled at times before getting the better of St Michaels Foilmore. There is no doubt that we are in for a gripping contest on Sunday (throw-in 3:30) and there will probably be plenty of talking points as these two deadly rivals go head to head.

The curtain raiser at 2pm sees the other

Killarney side Legion, take on Feale Rangers. Legion, backboneed by their Kerry contingent, did well to defeat Mid Kerry in Round 1 while their opponents were defeated by St Kierans in Round 1 before regrouping to defeat Ardferit in Round 2.

There are four games down for decision on Saturday all with a 5pm throw-in time. One of those is the Round 2 meeting of Mid Kerry and West Kerry in Beaufort. Mid Kerry were surprisingly defeated by Legion in Killorglin in Round 1 on a day when their intercounty players seemed to be less that fit while West Kerry were also shocked on the same day and at the same venue by Laune Rangers. The winners of this game received a bye to the quarter finals.

Kilcummin, who were defeated by South Kerry in Round 1 before getting the better of St Michaels-Foilmore in Round 2 face tough opposition on their home patch when they entertain a St Kierans side who defeated Feale Rangers in their opening game.

Shannon Rangers, defeated by Dr Crokes in their opening game went on to defeat St Brendans in Round 2 but they face tough opposition in Tarbert against a Rathmore side who ended Dr Crokes winning streak in the county championship last year.

Kerins O'Rahillys victory over East Kerry last weekend will have done them a power of good in preparation for their meeting with East Kerry in Strand Road. Rahillys went down to Rathmore in their opening game while their opponents easily accounted for Ardferit.

On Sunday, the meeting of the newly crowned Club Champions, Dingle, and South Kerry should draw a big crowd to Páirc an Ághasaigh (2:30pm). Dingle had a replay victory over Milltown-Castlemaine in Round 1 while their



KERRY CAPTAIN KIERAN DONAGHY WILL BE IN ACTION FOR HIS CLUB AUSTIN STACKS AGAINST DR. CROKES AT THE WEEKEND



JAMES O'DONOGHUE WILL LEAD THE LEGION ATTACK AT THE WEEKEND.

opponents defeated Kilcummin. Also on Sunday, Kenmare District have home venue against Laune Rangers. The home side easily accounted for St Brendans in Round 1 while Rangers, who have struggled in Division 2 all year, caused a major upset when defeating West Kerry in their opening game.



AIDAN O'MAHONY'S COULD HAVE HIS HANDS FULL WITH KERINS O'RAHILLYS TOMMY WALSH THIS WEEKEND

FOOTBALL CHAMPIONSHIP FIXTURES

SATURDAY 3RD OCTOBER AT 5PM

Mid Kerry V West Kerry in Beaufort

Kilcummin V St Kierans in Kilcummin

Shannon Rangers V Rathmore in Tarbert

Kerins O'Rahillys V Rathmore in Strand Road

SUNDAY 4TH OCTOBER

Legion V Feale Rangers (2Pm) and Dr Crokes V Austin Stacks (3:30)
both in Fitzgerald Stadium.

Dingle V South Kerry in Dingle (2:30)

Kenmare District V Laune Rangers in Kenmare (2:30)

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KILLARNEY CREDIT UNIONS EXPANDS ITS MANAGEMENT TEAM

Killarney Credit Union has recently recruited three key staff to its management team to meet increased business and regulatory needs. The new staff additions will be responsible for operations, business development/marketing, and risk and compliance areas.

A transfer of engagements occurred between Kenmare Credit Union and Killarney Credit Union in May 2015 and as part of this ongoing development and expansion, Michael Gavin has been appointed as Operations Manager (OM). The role is responsible for operational activities that contribute to the effective running of the credit union. Michael, who was previously CEO of Kenmare Credit Union, was involved in the successful transfer of Kenmare Credit Union to Killarney Credit Union earlier this year. Michael is a professional management accountant with 22 years' experience gained across a wide range of industries as both firm principal and employee. The area of risk and compliance has been an ongoing development area for credit unions nationally and to address the increasing regulatory burden Killarney Credit Union has appointed Shane Foley to the role of Risk and Compliance Manager. This role is to manage and assess risk, and maintain compliance through integrating a more rigorous decision making/ planning process in the operations of Killarney Credit Union.

Shane Foley has worked with Moore Stephens Nathans Chartered Accountants for 5 years. He has worked on numerous audits for companies in various industries as well as audit senior for a number of credit unions since joining the firm in 2010. Shane progressed to lead

Governance, Risk and Assurance consultant in the Munster region, where he acted for circa 20 internal audit credit union clients specialising in internal control reviews. He holds a Bachelor of Business Studies Degree, Majoring in Accounting and Finance.

The most recent appointment has been in the area of marketing and business development, with Helen Courtney Power taking over this responsibility in the credit union. Helen will

be responsible for growing and developing Killarney Credit Union business in key areas and increasing awareness of its services among its 25,000 membership.

Helen is a very experienced marketer with nearly 20 years working in marketing and business development in Ireland. She holds a First Class Master's in Business and a Bachelor of Business Studies (Marketing) degree.



MICHAEL GAVIN OPERATIONS MANAGER, HELEN COURTNEY POWER, SHANE FOLEY RISK AND COMPLIANCE MANAGER.



THE GNEEVEGUILLA U14 TEAM WINNERS OF THE EAST KERRY U14 CHAMPIONSHIP DIVISION 3 FINAL.

EAST KERRY NOTES

With **Aine Ní Shúilleabháin PRO**

EAST KERRY U14 CHAMPIONSHIP – DIVISION 3 - FINAL

GNEEVEGUILLA 5-12 KILCUMMIN 5-8

It was Gneeveguilla who took the title after an exciting skilful and sporting game, in the East Kerry Under 14 Championship Division 3 Final, last Friday evening. Played in Fitzgerald Stadium, Kilcummin got off to an ideal start with a quick goal from Cian O'Mahony. Gneeveguilla replied with a well taken goal by Patrick Brosnan. In a period of great open football the teams traded points with Jamie O'Leary, Danny O'Callaghan for Gneeveguilla and Paul O'Shea and Cian O'Mahoney adding fine points. Jamie O'Leary and Darren Lehane swapped goals. Gneeveguilla then enjoyed a purple patch as Daniel Fleming crashed a great goal to the net and Jamie O'Leary added 2 further points. As play swung from end to end, Kilcummin midfielder Dylan Murphy added 1-1 and Paul O'Shea notched a fine point. This left the half time score 3-6 to 3-4 in favour of Kilcummin.

The second half continued at pace and when Darren Lehane and Paul O'Shea goaled early in the half Kilcummin seemed to be in the driving seat. However this brave Gneeveguilla side were not to be denied, Lorcan Keane and Danny O'Callaghan kicked points before the dangerous full forward Jamie O'Leary finished 2 well taken goals to the net for his hat-trick. With the game in the melting pot, Gneeveguilla goalkeeper Tadgh O'Connor pulled off 2 incredible saves, to keep Kilcummin at bay. This seemed to inspire his forwards who added points from David Gleeson, Owen Fitzgerald, Jamie O'Leary and Danny O'Callaghan. This left Gneeveguilla with a 4 point lead as referee Tom Moriarty blew the final whistle. Great credit is due to both teams who provided huge entertainment and excitement to the big crowd present. Final score: Gneeveguilla 5-12 Kilcummin 5-8.

Sean O'Keeffe, East Kerry Coiste na nÓg, thanked the Referee, both teams, mentors,

sponsors and Fitzgerald Stadium committee before presenting the trophy to Owen Fitzgerald captain of a delighted Gneeveguilla squad.

EAST REGION UNDER 12 LEAGUES:

The East Region Under 12 Go Games leagues, sponsored by MD O'Shea, will be completed next Sunday with round 5. All games are at 12 noon. Pairings are as follows: Division 1 (Two teams per club): Kenmare V Dr Crokes, Fossa V Legion, Glenflesk V Kilcummin. Division 2: Beaufort V Kilgarvan, Currow V Firies, Spa V Gneeveguilla. Division 3: Templenoe V Listry, Scartaglen V Cordal, Rathmore – Bye.

EAST REGION UNDER 13 BLITZ: There will be an East Region Under 13 Blitz, run under Féile rules, on completion of the East Region Under 12 Go Games.

EAST KERRY UNDER 16 CHAMPIONSHIP: The East Kerry Under 16 Championship, sponsored by MD O'Shea, commences on the 11th October.

BEST OF LUCK: The very best of luck, next weekend, to all teams from East Kerry in round 3 of the Senior County Championship.

DR. CROKES GAA NEWS

With **Aoife Cronin**

CLUB CHAMPIONSHIP FINAL DINGLE 2-12 DR CROKES 0-14

We always seemed to be struggling in this final against Dingle, played in Milltown. We were however in this game at the three quarter stage. Even when Dingle added on three points without reply at this stage we responded with three unanswered points to level the game going into the last ten minutes. Dingle went through for a match winning goal a minute later and this was the score that sealed the game. Our opponents outscored us three points to two in the remaining minutes for a well deserved four point victory. Goals win games and Dingle outscored us two goals to nil and this had a major influence on the result. The teams went in at the interval on level terms, 1-2 to Dingle and 0-5 to us.

The football was much better in the second half. Dingle seemed to want the victory more and were never behind on the score board in this second thirty minutes. The defeat stopped us from winning the competition for four years in a row but congratulations to Dingle on their well deserved victory.

UNDER 12 AND 11: On our second last game of the year both teams travelled to Dieren to take on the Legion for the third time this year. The black team, missing a few players for different reasons, lost the toss and played against a strong wind in the first half. The Crokes worked very hard in the first half and went in losing 2-06 to 1-05 at halftime which they must have been happy with considering the conditions. Then from the start of the second half Crokes kicked 1-01 with no reply to level the game. Jason Lee caused problems in at full forward and got a great goal and a couple of points to give the Crokes a five point lead but Legion never gave up and battled away. Ronan Coffey finished a great move which ended in a goal and then Legion fought back to level the game with two minutes left. Then a long range point from Jason Lee and a Cian Mc Mahon goal put Crokes four up and gave the Crokes a great win. Keelan Foley made some fine saves and the defence played very well but it was an overall team effort that won the game. Well done to both teams for a very entertaining game.

The amber team beat Legion 5-14 to 4-08 in a very competitive game with some great scores at both ends. A big thank you to the u10 boys who filled in.

The last game is next Sunday away to Kenmare at 11 and hopefully both teams can continue their good form and finish the season on a high.

DR. CROKES JUVENILE ACADEMY: Had a very busy and eventful day last Saturday and the Dr. Crokes pitch was a hive of activity with a Camogie blitz on the pitches and the U. 6 Boys and Girls continuing their session with the emphasis on fun and learning new skills. Great to see the large influx of new girls to the academy really enjoying themselves with many graduating to the older group with coaches Aine McMahon, Brendan O'Connor, Pdraig O'Shea and Danny Cooper. The U. 8 and U. 10 Boys Hurlers and Footballers had a great morning with a special treat of training in Fitzgerald Stadium. The U. 8 and U. 10 Boys continue their mid-week training session each Wednesday night 6.30pm to 7.30pm till the end of October which they are really enjoying.

LOTTO: Lotto numbers 1, 9, 13, 18. Jackpot €12600 not won match 3, 6 by €70. Next draw Sunday 4th of October in Tatler Jack. Jackpot €12900.

DEEPEST SYMPATHIES: To the Wickham Family and Spa GAA Club on the death of John Wickham.



LISTRY GAA NEWS

With Paula Courtney

LOTTO: Winning Numbers 10, 13, 15, 23.

Jackpot next week Sunday 4th October €6,650.

SENIOR COUNTY LEAGUE: Our Seniors played at home to Brosna last Saturday evening, it was a cold bright evening and there was good support for this game. The half time score was Listry 0-06 points Brosna 0-02 with the final score being Listry 1-13 Brosna 0-07 which meant that Listry came away with an important two points bringing us a step closer to going back up to Division two. Our last game is against Beaufort (who have just been promoted to Division two) date & time tbc.

JUVENILE UPDATES: OUR U14S: combined with Keel played Beaufort in the Mid Kerry Championship on Friday night last in Beaufort. Our boys found the home side too hot to handle on the night but as usual they put in a spirited performance to the end. They have a bye this week.

OUR U12S: Were not in action this weekend as they had a bye in the East Kerry League. They travel to Templenoe next Sunday to take on Templenoe at 1pm in what will be their last game of the year.

OUR U10S: Travelled to Scartaglin last Friday night. We fielded two teams and both teams played very well on the night.

We are wrapping up our Friday evening sessions this Friday October 2nd. We will have our end of season party on Sunday next October 4th at 11am. More details to follow.

KILLARNEY LIBRARY EVENTS: On Tuesday 6th October the Kerry Archaeological and Historical Society (KAHS) will host a lecture at Killarney Library entitled "New Insights into Skellig Michael". The talk will be delivered by Archaeologist Maggie Prendeville and begins at 7.30pm. Admission is free.

BEAUFORT GAA NOTES

BEAUFORT SENIORS: Secured Division 2 status in 2016 when they beat St. Pats in a nail biting finish in Blennerville on Saturday evening last. Beaufort began well and were ahead after 3 minutes when Ronan Murphy had his kick blocked and Fergal Hallissey scored the resultant 45. They followed up with points from play from Darragh Coffey and Ronan Murphy. Beaufort had a let-off when St. Pats had a shot come off the cross-bar after 8 minutes. Beaufort extended their lead when Francis Courtney scored a free after he was fouled. Niall O'Connor added to Beaufort's lead with a fine point before St Pats registered 2 quick points. Centre-back Brendan Cronin joined the attack and set Fergal Hallissey up for a point from play. He attacked again and was at the end of a goal chance but this was blocked. Beaufort were defending well forcing Blennerville to miss some scoring attempts. Fergal Hallissey scored a 2nd 45 when Darragh Coffey had his shot

blocked. Padraig O'Sullivan cut out an attack on the stroke of half-time. Half-time score St. Pat 0-2 Beaufort 0-8. All-Ireland Minor medal winner Mike Breen came on at half-time for Patch O'Sullivan. By the 14th minute of the half St. Pats, who pressurised Beaufort on the kick-out and turned over possession on numerous occasions had the lead cut back to one point as they scored 6 points. Beaufort's only score in this spell was a Fergal Hallissey free close in when Liam Carey was fouled. Nathan Breen was dismissed on 18 minutes. St. Pats had a point from play. A technical foul was picked up by the referee, a hop ball was the result. Ronan Murphy won this and set Francis Courtney up for a goal on 23 minutes to leave the score 0-9 to 1-9 at this stage. Shane O'Sullivan came on for Niall O'Connor and soon made a telling interception. Kevin O'Brien was introduced for Padraig O'Sullivan and Jason Foley for the injured Liam Carey. On 28 minutes Francis Courtney had a free after he was fouled. St. Pats hit back with 2 points to leave the minimum between the teams. Jeremiah O'Sullivan came in for Padraig Hartnett. St. Pats had a chance to level matters but were wide. 3 minutes into injury time great defence by Beaufort was cleared to Fergal Hallissey who set Kevin O'Brien up for the insurance score and leave the full-time score St. Pats 0-12 Beaufort 1-11. Other results insured that Beaufort gained promotion and also win the Division with a game in hand. They are away to Listry in the last Round of the County League.

BEAUFORT U14 FOOTBALLERS: Survived a late scare to hold on for a six point victory over a Keel/Listry combination in this hugely entertaining Mid Kerry U14 tie played in Beaufort on last Friday. Having lost to Keel/Listry some months ago in the East Kerry League this was a real crunch match for Beaufort and they showed their intent with an outstanding first half performance at the end of which they held a ten point advantage on the scoreline, Beaufort 3-10 Keel/Listry 1-6. Darragh Dennehy, Keith Suter and Mark Doona had scored Beaufort's first half goals. When Beaufort added five points without reply in the first five minutes of the second half the game looked as good as over but Keel/Listry refused to give up. They shored up their defence and began to chip away at Beaufort's lead but with five minutes remaining they were still eleven points in arrears (3-16 to 2-8). Then in a welter of excitement they hit two late goals before a Darragh Dennehy point from a free steadied the ship for Beaufort and ensured that they picked up the vital two points on offer. Final score: Beaufort 3-17 Keel/Listry 4-8.

They are at home to Milltown/Castlemaine on Friday evening next at 6.30pm and are away to Glenbeigh/Glencar on Friday week.

BEAUFORT U16S: Are away to Laune Rangers on 5th October.

BEAUFORT U12 GIRLS: Lost out to Dr. Crokes in Division 2a East Kerry after extra-time on Tuesday evening last.

BEAUFORT U14 GIRLS: Sponsored by Beaufort Drama Group were beaten also by Dr. Crokes in the East Kerry League.

LOTTO: Results of Sunday, 27th September for jackpot of €3,400. Numbers drawn: 8, 12, 24, 25. No jackpot winner. Next draw for jackpot of €3,600 will be held in Kate Kearney's Cottage on Sunday, 4th October.

CLOTHES COLLECTION: With Lenrec Recycling has been confirmed by Beaufort GAA Club for Friday 9th October 2015. Enquiries to Susan 087-1276677, Mary 086-0640065 or Nora 086-1556181. Anyone who wishes to drop any clothes etc. can leave them during the week by contact any of the people named.

EXERCISE CLASSES: For the winter months will be starting in the Clubrooms shortly. More details soon.

MID KERRY SENIORS: Play West Kerry in Beaufort, Saturday, 3rd October at 5pm in the County Championship. Extra time if necessary.

SPA CLUB NOTES

With Anne Holland

COISTE NA NÓG: Training continues Saturday mornings for u6, u8 and u10 Boys 11-12.

U12 EAST KERRY: Last game in the East Kerry League at home to Gneeveguilla, Sunday October 4th at 12 noon in Spa.

LADIES FOOTBALL: U6. u8 and u10 girls. Training every Wednesday 5-6pm both outdoors/indoors. New members very welcome.

U15C CHAMPIONSHIP: Furies V Spa Sunday October 4th at 5pm.

SENIOR LADIES: As the newly crowned Senior Co. Champions, we play winners of Clare Sun October 4th at 3pm. At this time we still don't know the opposition or venue.

GAELIC 4 MOTHERS AND OTHERS: Played our first game against Finuge away last Thursday night and everyone really enjoyed the experience. This was a great accomplishment especially for all the ladies who played their first football match ever. We will be participating in the All Ireland Tournament will in Portmarnock, Dublin on October 17th. This is a non competitive blitz. Grace Brosnan O'Connor is busy organising this event with accommodation and travel arrangements.

COUNTY INTERMEDIATE SEMI-FINAL:

SPA 2-16 JOHN MITCHELS 1-10: Spa booked their place in the County Intermediate semi-final with a sparkling display against John Mitchels, who had beaten us in the County League earlier in the year. Spa build up a good lead of 2-7 to 0-6 by half-time. Shane Cronin scored two great goals on the burst, an equally excellent Mike Stam O'Donoghue had 0-3 (2f), a hugely robust and energetic Ryan O'Carroll had 0-2, with Cormac Cronin (f) and Evan Cronin also on the scoresheet. James Duggan, who won an All Ireland minor title with Michael Foley and Evan Cronin a week



SHANE CRONIN'S SPA REACTION AFTER SCORING HIS 2ND GOAL IN THE INTERMEDIATE SEMI FINAL AGAINST JOHN MITCHELLS.

before, had 0-3 for John Mitchells but their main danger-man Alan O'Donoghue was very well shackled by Dan O'Donoghue. Shane Cronin very nearly completed his hat-trick at the start of the second half. Mitchells, inspired by a great goal by Ciaran Deane and with O'Donoghue looking more dangerous in the corner, brought the gap down to four points but Spa rallied impressively to close out a comprehensive win and book their spot against St. Marys. Andrew Garnett pointed a '45, Mike Stam O'Donoghue added another 0-3 (2f), Evan Cronin added 0-2, and Liam Kearney and Cian Tobin pointed in the second half.

UPCOMING FIXTURES: Senior Football Championship. Saturday October 3rd. Kerins O'Rahillys v East Kerry.

U16 DISTRICT CO CHAMPIONSHIP: Sunday October 11th Bye.

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 0857780883.



MAN OF THE MATCH CONTENDERS RYAN O'CARROLL SPA IN ACTION IN JP O SULLIVAN PARK AGAINST JOHN MITCHELLS.

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

WEDDING: Congrats to senior footballer Hugh O'Donoghue, Muckross who wed a former senior lady footballer, Ciara Murphy, Kanturk in Sneem over the weekend.

TRIBUTE: John Wickham. A very dedicated Spa GAA supporter both on and off the field. John supported his family while watching his children on the playing pitch and in recent years his grandchildren. An avid card player supporting our Coiste na nOg card drive each year. John, formerly of Enniscorthy, Co. Wexford, beloved husband of Marie and loving father of Claire, Peter, Shane, Laura and Gina. May he rest in peace. John, you'll be missed by all at Spa GAA.



THE LATE JOHN WICKHAM

LEGION GAA CLUB NOTES

With Kevin Griffin

YOUR CLUB NEEDS YOU: With an ever increasing playing population the Club is always anxious to ensure that every player is given the best possible coaching and education for the game. We are always thankful for the hard work and dedication of our members who volunteer to help out and assist with each team.

As always we are looking for new people to become involved. The 2015 playing season has been very rewarding and satisfying so far. All this would not be possible without the input of our volunteers.

With this in mind and looking ahead to 2016 we would like to invite anyone who would be interested in getting involved in any team at any level to let us know.

"Many hands make light work".

Coaching courses will be provided. If you

think you can help out in any way please do not hesitate to contact any member of our Football Committee Paddy Osborne, Enda Walshe, Diarmuid O'Donoghue, Liam Grimes and Coaching Officer Noel Kelliher by Sunday October 11th.

SENIORS: The senior side got back into action last Saturday evening as they made the long trip to waterville and came away with two valuable points to stay in contention for a place in the business end of the county league virtue of a 3-10 v 1-11 victory.

SATURDAY MORNING ACADEMY: Great to see James, Jonathon and Brian up at our Saturday morning underage academy last week, fresh from their heroic exploits the previous Sunday and they have promised to keep an eye on proceedings over the next few weeks so boys and girls, keep practising and to anyone who hasn't yet enrolled, the good news is that you're not too late as new kids are always welcome and we cater through our qualified coaches for all children from ages 4 to 10, boys and girls.

FIXTURES: All support will be greatly appreciated this Sunday at Fitzgerald stadium as we take on Feale Rangers in round 3 of the county championship. Throw in is 2pm

PETER KEANE APPOINTED MINOR MANAGER: The following is a club statement from Legion GAA Club in relation to our senior manager, Peter Keanes recent appointment as Kerry minor manager for 2016

The club wishes to congratulate Peter Keane on his appointment as Kerry minor manager. We are delighted that the success that he has achieved and the structures he has put in place with us has propelled him to the role of inter county management. We are also delighted that Peter will remain in place as senior team manager with our club until the end of this seasons campaign. We greatly appreciate the fantastic work that he has put in to the team and the progress that he has achieved over the last couple of years. We wish him well in his new, well deserved venture.



THE KILCUMMIN U14 TEAM FINALISTS EAST KERRY U14 CHAMPIONSHIP DIVISION 3.



JOHN O'LEARY KERRY GAA PRO GIVES HIS WEEKLY ROUND-UP OF GAA EVENTS IN THE COUNTY.

SPA AND ST MARYS QUALIFY FOR THE INTERMEDIATE CHAMPIONSHIP FINAL

Spa and St Marys have qualified for the final of the Castleisland Mart Intermediate Championship following contrasting semi final wins over the weekend.

On Saturday in Killorglin, Spa were the dominant side for vast periods of their game with an out of sorts John Mitchels fifteen. Two goals by wing back Shane Cronin saw Spa lead by 2-7 to 0-6 at the break and despite a Mitchels fightback during the third quarter after Ciaran Deane goaled, the winners regained their composure to run out deserving winners on a 2-16 to 1-10 scoreline to reach their second final in a row.

In Fitzgerald Stadium on Sunday, patrons were treated to an exciting score feast as St Marys upset the form book by getting the better of a fancied Castleisland Desmonds side. Despite an early goal from Thomas Hickey for Desmonds, St Marys recovered to lead by four at the break, 2-8 to 1-7. The sides swapped goals during the third quarter but with seven minutes to go the sides were deadlocked, however points from Dan O'Sullivan and Niall O'Driscoll settled the issue in favour of St Marys who were the defeated finalists in 2013.

No date has been fixed for the final as both clubs are involved with divisional sides in the county championship and there must be concern about the completion of this competition by October 25th on which date the Kerry representatives are due to play the Tipperary champions in the Munster Championship.

DINGLE ARE SENIOR CLUB CHAMPIONS

Dingle upset the odds at Milltown on Sunday last when defeating Dr Crokes to record their first Castleisland Mart Senior Club title with a deserved 2-12 to 0-14 victory thus in the process denying the Killarney side a 4-in-a-row of titles in the competition. After a low scoring first half the game opened up in the second period and the sides were deadlocked with ten minutes to go when Dingle's Cathal Bambury got the all-important second goal. After the game, County Committee Vice Chairman Diarmuid Ó Sé presented the Michael O'Connor Cup to winning captain Matthew Flaherty while the Man of the Match trophy was presented to Dingle's Paul Devane by Jimmy Roche of Castleisland Mart.

SENIOR FOOTBALL LEAGUE ROUNDUP

With the exception of a number of games where teams were involved in the County and Club Championship games, Round 10, the penultimate round of the Credit Union Senior Football League, took place last weekend.

There were just two games in Division 1 where Legion move onto 14 points with victory over Waterville and they are in second place, one ahead of Desmonds who did not play. Both Finuge and St Michaels-Foilmore are relegated while Waterville are on 7 points with Kilcummin on 8.



KILMOYLEYS JAMES MCCARTHY RISES HIGHEST TO GRAB THE SLIOTAR IN SUNDAYS COUNTY HURLING FINAL BETWEEN ST. MARYS AND KILMOYLEY IN ABBEYDORNEY. KILMOYLEY DEFEATED NEIGHBOURS ST. MARYS TO CLAIM THEIR 23RD TITLE.

In Division 2, Templeogue defeated Laune Rangers to go two clear at the top ahead of Kenmare who defeated Emmets. Rathmore, John Mitchels and Spa are on 13 points each with a game in hand. At the bottom, Tarbert are relegated following their loss to Currow, Laune Rangers are tethering on the brink on 5 points from 10 games, Gneeveguilla are on 6 points from 9 games and Currow's win gives them hope on 6 points from 10 games.

In Division 3, Beaufort are promoted as champions following victory over St Pats and there are three teams going for the other two promotion places all of whom are on 13 points namely An Ghaeltacht, Listry and Annascaul. As luck would have it, Listry play Beaufort and Annascaul play An Ghaeltacht in the final round. At the bottom Na Gael are relegated on 4 points, Beale and Ballymac are on 7 points while Ardferth with a game in hand and Skellig Rangers are on 8 points.

In Division 4, Ballydonoghue, on 16 points, are promoted following victory over Cordal St Senans are on 14 points and Dromid have moved into third place on 12 points following victory over Lislipole. Scartaglen are still in with a good chance on 11 points with a game in hand against Dr Crokes. At the bottom, Cordal and Cromane are relegated, Castlegregory are on 8 points with Churchill, Lislipole and Dr Crokes, who have that game in hand, on 9 points.

In Division 5, Moyvane and Renard top the table on 16 points with Renard pipping Valentia by a point in the local derby, Valentia are third but all three are promoted to Division 4 next season. Novice Shield

The semi final draw for the Novice Shield sees

Beale play Sneem/Derrynane, Moyvane play Fossa. Dates and venues to be confirmed.

Under 21 Club Football Championship
The semi final draw in the Under 21 Club Championship will see Lislipole/Castle/Annascaul play Legion and Spa play Dr Crokes. Dates and venues to be confirmed.

In the Under 21 Club Shield there is one remaining semi final to be played between Austin Stacks and Ballydonoghue. Templeogue are already in the final.

JUNIOR CUPS COMPETITIONS

The Junior Cups are down to the final stages in most cases as follows:

Molyneux Cup

Dr Crokes play Rathmore in the final.

McElligott Cup

Gneeveguilla play Na Gael in the final.

Barrett Cup

St Marys are already in the final while Ballydonoghue will play Desmonds in the other semi final on this Sunday at 2pm in Duagh.

Cahill Cup

Lislipole are in the final and in the remaining semi final Glenbeigh/Glencair play St Michaels/Foilmore on this Sunday at 5:30.

CROTTA AND SOUTH KERRY SHARE A CLASSIC MATCH

County U16 Hurling Final: Crotta O'Neills 1-16 South Kerry 1-16

This was meant to be the last game of the competition, but after a thrill-a-minute rollercoaster, two brilliant teams were deadlocked and have to do it all again – for which any enthralled neutrals will be grateful. This was superb hurling all through, clean, tough, and loads of skill.



KILLARNEY RFC U14's WHO TOOK ON KILLORGLIN AT AGHADOE.

KILLARNEY COUGARS BASKETBALL CLUB

The new season is nearly upon us with the registration commencing during early September for seniors and juveniles and is on going at training weekly through September. All teams have returned to preseason training with another hectic year is anticipated with 15 teams in action this season from juveniles up to Senior Men's & Women's.

The Senior Men's commence their 20th consecutive season and as League Champions will compete in Div 1 this year with the Women's the first team into action with a home game against St Mary's at the Pres Gym in the County League Div 1.

COUGARS TRAINING SCHEDULE 2015-2016

FRIDAYS: Cougars Academy (Ages 7,8,9) Girls 5pm Parish Hall.

Cougars Academy (Ages 7,8,9) Boys 6pm Parish Hall.

Cougars Boys U11 (Born 2005/06) 6.15pm to 7.45pm Parish Hall.

THURSDAYS: Cougars Girls U12. (Born 2004/05) 6pm, Pres Gym.

Cougars Girls U14. (Born 2002/03) 7pm, Pres Gym.

Cougars Girls U16. (Born 2001/00) 8pm Pres Gym

WEDNESDAY: Cougars Boys U12. (Born 2004/05) Parish Hall.

Cougars Boys U13. (Born 2003) Pres Gym.

Cougars Boys U14. (Born 2002/03) Pres Gym.

TUESDAYS: U17/18 Senior Ladies 8pm Pres Gym.

U17/18 Senior Men's 9pm Gym.

Monday & Saturday Schedule to be confirmed

Further details and updates available on the website and facebook

FARRANFORE MAINE VALLEY ATHLETIC CLUB

THE KILLARNEY 10MILE ROAD RACE: Was

held in Killarney last Saturday 26th September to raise funds for a much needed microtrack for juvenile athletics. Weather conditions were perfect for the participants. The race was very well organised. Well done to all our club members who competed. For some it was there very first time running this distance, so you should all be proud of yourselves.

Caitriona Barry finished in 2nd place in this challenging course in a time of 1:07:04.

Our club will be hosting the County Intermediate, Masters & Juvenile Uneven Ages Cross Country Championships on Sunday 11th October. This will be on PJ Walsh farm in Bushmount Furies. It would be nice to have a good turnout for this event. Also we would appreciate any volunteers to help out with parking and directing.

JUVENILE TRAINING: Juvenile training (U8 - U14) will be held each Tuesday & Thursday at 6pm in GAA grounds Farranfore. The main focus will be preparation for the cross country season. Newcomers who would like to participate in cross country competitions are welcome to attend. Training is outdoors, so come prepared for all weather conditions.

ATHLETIC'S FIXTURES: County Novice, U23 & Juvenile Even Ages Cross Country C'Ships - Sunday 4th October in Killarney Demense, starting at 11:00am.

County Intermediate, Masters & Juvenile Uneven Ages Country C'Ships - Sunday 11th October in Bushmount Furies, starting at 11:00am

Pre registration is required for the all XC championships. Please inform us on or before the Tuesday night training session prior to race date if you will be participating.

Keep upto date with athletics on our Facebook & website: www.ffmvac.blogspot.com

KILLARNEY RUGBY CLUB NEWS

MINIS: Our minis are well settled into training at Aghadoe at this stage. We have fantastic

numbers coming to training every Saturday morning and we have been very lucky with the weather over the past few weeks since our hugely successful family day. The family day was a wonderful day for all and everyone enjoyed all the festivities, games and wonderful

food on the day. Since then the coaches have been busy with the minis as they settle into the new season and it is truly a sight to see so many kids playing rugby at our brand new pitch in Aghadoe. We cater for kids from 5 years of age to 11 years of age and all new players are more than welcome to come along and try rugby!

YOUTHS: Our youths section are up and running also, under the stewardship of Tom Campbell. All squads train at our new pitches in Aghadoe. The U14's and U16's train every Tuesday at 6pm, while the U18's train on Mondays and Wednesdays at 6:30pm.

Our U16's hosted Abbeyfeale at Aghadoe last Saturday morning, while our U14's hosted Killorglin and there was a great crowd on site to watch these matches as the minis training was taking place at the same time. It was great to see the reactions of the smaller minis players when they got to see the 'big lads' play. Abbeyfeale ran out winners in the U16's match while Killarney secured the points in the U14's match, a game which turned out to be a great experience particularly for the kids at U13 who were stepping up onto a full pitch for the first time.

SENIORS: Our seniors are training ahead of the start of the Munster Junior League in a few weeks. We face Corca Dhuibhne away at Ballydavid in our opening match next Sunday, the 04th of October next. All support welcome.

MEMBERSHIPS: A reminder that memberships subs are now due. Please log on to the membership page on our website at www.krfc.club/membership for further details or contact our Registrar Paul Murphy on 087-2676377. Memberships need to be paid as soon as possible.

GNEEVEGUILLA ATHLETIC CLUB

LOTTO: No winner of our lotto 25/09/2015, numbers drawn were 5, 6, 15 & 20. Sellers prize went to Danny O'Sullivan, €50 Y/T prize winner: Noreen McCarthy Knockduragh, €50 to Derry O'Sullivan Cue Club Killarney, €40 each to Patricia Mahoney Islanderagh, Mick Daly Gullane Cross, Neily Warren Schranaville. Bonus not won, numbers drawn were 6, 13, 23 & 25. Next week's jackpot €4,400 plus €1,000 bonus.

KILLARNEY WOMEN'S MINI MARATHON: Held the weekend of September 20th in Killarney, Caroline Murphy was 1st.

KILLARNEY 10M RACE: Held on Saturday 26th, Siobhan Daly was 3rd Female home, Simon Mangan was 5th in men's race.

MUNSTER ½ HALF MARATHON: Simon Mangan was 9th, Seamus Murphy was 2nd O45.



Ted Feehan is still going strong winning road races in Cork in the O70 category.

CROSS COUNTRY: Next Sunday is the start of the Kerry Cross country fixtures. At 11 am in The Demense Killarney, Novice Mens & Ladies & Juvenile Even Age.

GNEEVGUILLA NATIONAL SCHOOL 5K: Held on Sunday 27th in Gneeveguilla, Senior Men Category: 1st Martin Dineen Riocht, 2nd Gavin Cronin local, 3rd Donie O'Connor local, 4th Michael Lawlor local, 5th Jim Langan Tullamore, 6th Kevin Donnelly local. O40: Shane O'Leary Local, John Guerin Newmarket, 3rd Donal Reen Rathmore. 1st Local male Jack O'Leary Gneeveguilla and was 2nd overall. U14 1st Jack O'Leary local, 2nd Paul O'Leary local, 3rd Evan Cronin local. U15-U18 1st John O'Leary Local, 2nd Martin McCarthy Barraduff, 3rd Conor Landers Local. Senior Ladies 1st Gillian O'Sullivan, 2nd Mairead Brosnan Local, 3rd Christine Collins local, 4th Laura McCarthy Local, 5th Sylvia Micklos Local, 6th Eileen O'Sullivan Local. O40: 1st Maggie O'Leary Local, 2nd Niamh Flaherty, 3rd Theresa O'Leary Local. U14: 1st Kornelia Cybul, 2nd Eadin McSweeney, 3rd Elaine McSweeney, 4th joint Alice O'Leary & Roisin McAuliffe. Mairead Brosnan was 1st Local lady.

TRAINING: Friday 7.00 – 8.00 pm in The New Field Barraduff, Monday 7.00 – 8.15 pm in Gneeveguilla GAA Hall, Tuesday 6.00 – 7.15 pm in Boherbue Secondary School Gym. Training in Cullen Hall commencing Monday October 5th at 6pm. All training sessions are going well, new members welcome €20 Juvenile, €25 for Senior / Masters.

SPAMUCKROSS COMMUNITY GAMES NOTES

Our AGM will be held soon and we would

encourage parents to attend. We would very much welcome parents that are interested in joining the committee. Please contact our Secretary, Margaret O'Sullivan on 087 6735782. Most of the current committee members are also involved in other voluntary organisations/clubs, in addition to juggling their own work and family commitments, so we really would be grateful of assistance. Experience is not required and there is no public speaking involved! The support of the parents is vital for the continuation of any child-centred voluntary organisation, and Spa Muckross Community Games is no different.

WORKMEN'S ROWING CLUB

We were blessed with wonderful weather last weekend which got our on the Water training off to a great start. It was fantastic to see so many crews out on the lake, enjoying the fine weather and we were delighted to welcome our new beginner children down at Reen pier.

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

STREET COLLECTION: Killarney Regatta Club will be holding their flag day in Killarney on Saturday, October 3rd from 9am to 6pm, please text Club treasurer, Pauline O'Brien on 087 6764880 to let her know which time slot suits you.

KILLARNEY DARTS TOWN LEAGUE

Killarney Darts Town League got underway on Thursday last October 1st.

This coming Thursday, October 8th the games

are as follows :

First named team at home.

GROUP 1:

Lals Bar v Lals Outcasts.
Jimmy Briens v The Shire.
Tatler Jack v Murphys Bar.
Free Night - Corkerys Bar.

GROUP 2:

Linehans Bar v Klub Bar.
Kenmare Rooms v Dunloe Lodge A.
Murphy Pinters v Nugget Old Timers.
Free Night - Good Time Charlies.

GROUP 3:

Old Killarney Inn v 98 B.
Dunloe Lodge B v Avenue Heros.
98 A v Teddy's.
Free Night - Mustangs B.

GROUP 4:

Squidgers (Foleys) v 98 C
Granary v Jimmy Jokers.
Nugget Night Owls v Courtneys Bar.
Free Night - Mustangs A.

KILLARNEY BADMINTON CLUB

KILLARNEY BADMINTON CLUB: We're Back!! Monday and Wednesday nights in the Pres Hall from 8.30pm. Hope you had a good break now dust off the racket & join us again. See you there!...

KILLARNEY JUVENILE BADMINTON CLUB: We return on the 2nd Oct from 6.30pm - 7.30pm for registration for all ages. Looking forward to seeing you all there.



JUST OVER THE FINISH LINE AT KILLARNEY'S 10 MILE ROAD RACE AND PICTURED WITH ATHLETE OLIVE LOUGHNANE WERE L-R MIRIAM O'DONOGHUE, PAULINE JOSEPH, KIRSTIA NOWAK, NICHOLAS MALONE, OLIVE LOUGHNANE, KAY O'CONNOR, MAIREAD LARKIN & DONAL MURPHY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



GERRY FORDE, ABOUT THE CROSS THE FINISH LINE AT THE SEM WHICH WAS THE FINISHING POINT AT KILLARNEY'S 10 MILE ROAD RACE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

IF YOU HAVE A STORY...

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

SCHOOLBOY/GIRL SOCCER

GREAT SUCCESS ON OPENING WEEKEND OF SCHOOLBOYS GIRLS LEAGUE:

13'S NATIONAL CUP ROUND 1:

Killarney Celtic 3-0 Sporting Ennistymon
Mastergeeha 2-5 Nenagh
Listowel Celtic 7-1 Regional United B
Kilmallock 0-3 Inter Kenmare
Regional United 0-2 St Brendan's Park
Mungret Regional 0-3 Killorglin FC.

15'S NATIONAL CUP ROUND 1:

Killorglin 1-1 Mastergeeha AET
Mastergeeha win 3-1 on pens.
Listowel Celtic 0-3 Broadford
Sporting Ennistymon 2-6 Killarney Athletic
Shannon Town 1-3 Tralee Dynamos.

LEAGUE ACTION:

JK SPORTS 12 DIVISION 1:

Ballyhar 2-2 Castleisland

DALY SUPERVALU 13 DIVISION 1:

Killorglin B 3-2 Killarney Celtic B
Ballyhar 3-3 Park B

13 DIVISION 2:

Park C 1-3 Fenit
Iveragh United 2-2 Dingle Bay Rovers

FOUNDATION SPORTS 14 DIVISION 2:

Camp Juniors 2-1 Castleisland

KILLARNEY PLAZA 15 PREMIER:

Park A 6-0 Inter Kenmare

DIVISION 1:

Ballyhar 4-0 Killarney Celtic B
Iveragh United 4-1 Castleisland

DIVISION 2:

Fenit 2-4 Ballyheigue

REPORTS:

LISTOWEL CELTIC GIRLS REACH ALL

IRELAND DECIDER: The Munster qualifier for the WFAI U12's National Cup Blitz was held in Rathkeale with regular qualifiers Listowel Celtic and newcomers to this level Inter Kenmare representing Kerry, due to being 1st and 2nd in the League last season.

Listowel Celtic have again reached the All Ireland decider which will take place in the AUL in Dublin on Sunday October 26th after topping their group with 4 wins from 4. They defeated Kilcolman Rovers, Cashel Town, Park United and Kilmallock.

Inter Kenmare went down to Ferrybank, who went on to qualify from this group, 2-0 in their first game. However credit to the girls the bounced right back and beat Ennis Town 2-0 before drawing their last game against Bandon United.

NATIONAL CUP JOURNEY BEGINS

FOR UNEVEN AGES: In the National Cup 13's Round 1 only one Kerry side went out. Mastergeeha were drawing 2-2 with Nenagh at Kilbreen Park thanks to two goals from Brendan O'Leary. However while pressing for the win in the final quarter they were caught on the break and while chasing the game Nenagh added two more.

Killarney Celtic progressed without kicking a ball as Sporting Ennistymon didn't travel. Listowel Celtic were too strong for Regional

United B winning 7-1. The North Kerry side had seven different scorers – Ben O'Connor, Sean Stackpoole, Thomas O'Connor, Dylan Breen, Jake Shine, Kian Clancy and Emmet Kelly.

There were three great wins for Kerry sides on the road. Inter Kenmare won 3-0 in Kilmallock with goals from Corey Murphy 2 and Aodhan MacGearailt. St Brendan's Park defeated Regional United 2-0 in Limerick thanks to Leon Daly and Darragh Caplis. Killorglin were also in Limerick and came home winners after knocking out Mungret Regional 3-0 with Dylan Moriarty netting a hat trick.

THREE THROUGH IN 15'S ROUND 1:

The first round of the 15's National Cup saw Mastergeeha defeat Killorglin away after extra time. It ended 1 all at the end of normal time with Dylan Murphy getting the Kilbreen side goal. In the shoot-out Mastergeeha won 3-1.

Killarney Athletic and Tralee Dynamos had great wins away. Athletic defeated Sporting Ennistymon 6-2 thanks to goals from Liam Kelliher, Tadgh Doolan, Keith Suter, Seamus Gallagher, Aaron Flynn and Harry Potts.

Tralee Dynamos had a tough start on and off the pitch away to Shannon Town but the showed great skill and belief to progress. The Tralee side went 1-0 down but goals from Codi Dauti, Sean Kennedy and Shar Chandhry saw them safely through.

LEAGUE ACTION: The 11's continued to develop their love of the game with friendlies taking place between Killarney Celtic and the Park and Tralee Dynamos taking on Killarney Athletic. With a number of teams from the clubs involved it was a great day out for the players.

DIVISION 1 AND 2 ACTION IN JK

SPORTS 12'S: With no premier action due to the National Cup's it was the teams outside of this Division who took centre stage. In the JK Sports 12 Division 1 Ballyhar and Castleisland drew 2 all in Murt Scott Park. Colin O'Shea got both goals for the home side while Ryan Dennehy and Conor Wilkinson replied for Castleisland.

In a mid-week game in the same division Park B were 2-1 winners over Killarney Celtic B in Celtic Park. Thomas Dooley got the Celtic goal with was cancelled out by Adam Murphy before Sean O'Connell wrapped up the win.

Tralee Dynamos B and Killarney Athletic B got 12 goals between them with the Killarney side winning 8-4. Caoilte Cronin, debutant Hugh O'Malley, Sam Benson and Teddy Muldoon were the Athletic scorers with Niall Collins and Luke Horgan getting the Dynamos goals.

THREE'S THE MAGIC NUMBER IN

DALY'S SUPERVALU 13'S: Killorglin B were 3-2 winners at home to Killarney Celtic B in a tight encounter. Dara O'Grady got 2 for the winners with Matt Reinstenser adding the 3rd. Josh Livingston and Rory Dorrian got the Hoops goals.

Ballyhar and Park B shared six goals between them as they have to be happy with a point following a 3 all draw. Christopher Palmer, Ethan Campbell and Brian Butler scored for the boys from Murt Scott Park.

Nathan Rogers got the only goal for The Park C

in Daly's Supervalu 13 Division 2 but it wasn't enough as Fenit hit 3. Iveragh United and Dingle Bay Rovers drew 2 all in their game. Keith Brennan and Cathal O'Shea scored for the South Kerry side with Mark Manning get the two for the West Kerry team.

CAMP JUNIORS ONLY WINNERS IN

14'S: There was one game in the Foundation Sports 14's Division 2 with Camp Juniors defeating Castleisland 2-1. Maurice O'Connell and Cian O'Grady scored for Camp Juniors while Conny O'Connor replied for Castleisland who were kept out on numerous occasions by Camp Juniors keeper Adam Costello.

DOUBLE FOR THE PARK IN KILLARNEY

PLAZA 15 PREMIER: It was a busy and successful week for St Brendan's Park in the Killarney Plaza 15 Premier. They defeated Inter Kenmare with goals from Leo Gaxha, Sean McGrath, Sebastian Vassiu, Jordan Barry, Mr=ervyn Shalemba and Junior Awkoma.

They followed that up with a win over Tralee Dynamos. This time the scorers were Sean McGrath with 2, James Rusk, Padraig McCannon, Junior Tishikato and Mervyn Shalemba. Cody Dauti replied for Dynamos.

4 GOALS FOR 3 WINNERS IN 15

DIVISION'S 1 AND 2: In the Killarney Plaza 15 Division 1 Ballyhar hit 4 goals against Killarney Celtic B. Jason Brennan, Jack Duggan, and 2 from Dylan Callaghan gave them the points. Iveragh United also hit 4 in their win over Castleisland. Sonny Curran, Rory O'Shea, Ian Moriarty and Lewuis were the scorers.

In Division 2 it finished Fenit 2-4 Ballyheigue. Louis Gallas got both goals for the home side but 2 from Nathan O'Driscoll and one each from Conor Corrigan and Ciaran Casey gave the visitors the points.

MASTERGEEHA F.C.

LOTTO There was no winner on Friday September 25th. Numbers drawn were 2, 15, 13, 21. Consolation prizes were €100 Kathleen Cahill, Knocklebede, Kilcummin, €60 Lino, Killarney, €30 John & Mgt Lenihan, Inchicullane, Kilcummin, €30 Marie & Makeala Curtin, Knocklebede, Kilcummin, €30 Shane Lenihan, Knocklebede, Kilcummin. Draw will take place in The Village Inn Kilcummin every Friday night. Jackpot now €1650.

VICTORY SOCIAL Mastergeeha are holding a victory Social on 9th of October in the Killarney Oaks Hotel. Tickets will be available from Committee Members.

WELL DONE Congratulations to Mastergeeha U17 Soccer Team on winning the League and Cup finals. What a great achievement and well done to all involved!

KILLARNEY CELTIC NOTES

PARENTS MEETINGS

WE HAVE HAD OUR FIRST PARENT MEETINGS THIS EVENING TO DISCUSS 3 MATTERS:

1) Child Welfare

2) Getting greater parent / volunteer assistance in the routine tasks needed to run the club by making jobs small and many.

3) The new FAI player development plan

It is essential that every parent attends if at all possible. The meetings are organised around the kids' training times to make easier for people to attend and only take 15 mins.

OSCAR TRAYNOR CUP Kerry have been drawn in Group C of the Oscar Traynor Cup and will play at home to Limerick, away to Cork AUL, and at home to West Cork. Ciarraí abu!

TRAINING TIMES U7 training for boys and girls has now started. New players welcome next week.

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

U12 and U10 Girls training will now on take place on Mondays at 6.00pm. Please note the change from 5.30pm. New players welcome.

RESULTS

FAI JUNIOR CUP: Killarney Celtic 6 Broadford 0
A superb display by Celtic. We were much tighter at the back than last week and took the game to Broadford right from the start. Conor Randall and Trevor Nagle had us in front 2-0 at the break. Trevor and Chris O'Leary, very impressive as a new player to our ranks, doubled our advantage after the break. Trevor completed his hat-trick before Matt Keane neatly latched onto a great through ball by the excellent Conor Randall and fired home to complete the scoring. Trevor, Conor, and Chris were probably the pick of Celtic, but everybody played really well and worked hard for each other all through.

YOUTHS LEAGUE: Killarney Celtic 4 Mastergeeha 2

A great win against tough opposition to open our campaign. Cathal O'Shea and Stephen McCarthy notched two each, with Mark Harnett giving an outstanding display.

U15 DIV ONE: Ballyhar Dynamos B 4 Killarney Celtic B 0

Ballyhar were much stronger and kept the pressure on from start to finish. In the circumstances, Celtic put up a brave battle but the final score is a fair reflection, in fact our goalkeeper Adam Kelly had to make some good saves along the way. Tommy Maguire in

defence had an absolute stormer for Celtic, a class display from the first whistle to the final one.

U13 DIV ONE: Killorglin B 3 Killarney Celtic B 2
Superb game by both sides and a great atmosphere. Josh Livingston and Ruairi Dorrian got our goals.

U12 PREMIER: Killarney Celtic 1 Killarney Athletic 2

A great battle and a very sporting game, with Athletic taking the spoils despite a great goal by Sean Fitzgerald for us.

U11 GROUP ONE: Killarney Celtic at home to St. Brendans Park, Saturday, 11.00am

FIXTURES

DENNY DIVISION ONE: Killarney Celtic B at home to Inter Kenmare B, Sunday, 11.30am

U17 SFAI CUP: Killarney Celtic away to Newcastlewest, Saturday, 2.00pm

U16 SFAI CUP: Killarney Celtic A at home to Fairview Rangers, Saturday, 2.00pm

U12 SFAI CUP: Killarney Celtic A away to Avenue United, Saturday, 2.00pm

U12 DIV THREE: Killarney Celtic C at home to MEK, Saturday, 10.30am

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

LOTTO RESULTS: Numbers drawn 4, 10, 15, 24. No winner, two x match three, Marion Williams, The Oak, Kathleen Cahill, Kilcummin, €75 each. Next week's jackpot €4400, draw in the Failte on Monday night. Tickets available from all club officers. Yearly tickets available.

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

KILLARNEY ATHLETIC NOTES

SENIORS: Rhine Rovers 0 Killarney Athletic 4
Played in glorious sunshine in Ennis, Athletic played Rhine Rovers of Clare in the 2nd round of the FAI junior cup. A hat-trick from William Courtney and 1 from Ayden Mulvaney saw our boys safely through to the next round with a very assured performance. Next up for Athletic are Fenit Samphires in the premier league

on Sunday @ 11-30 in Killarney Athletic park, Woodlawn. All support appreciated.

FIXTURES Saturday 3rd October 2015

SFAI U12 CUP RND.1 Ballingarry v Killarney Athletic 2pm.

SFAI U13 CUP RND.1

Ennis Town v Killarney Athletic 2-30pm.

SFAI U14 CUP RND.2

Killarney Athletic v Murroe 3-30pm.

SFAI U16 CUP RND.1

Killarney Athletic v Birdhill 2-30pm.

JK SPORTS U12 DIV.2

Killorglin B v Killarney Athletic B 10-30am.

Sunday 4th October 2015

DENNY PREMIER A

Killarney Athletic v Fenit Samphires 11-30am.

DENNY DIVISION 1A

Listowel Celtic B v Killarney Athletic B 2-30pm.

CHRISTMAS QUIZ: Killarney Athletics 50th Anniversary Christmas quiz will take place in the Killarney Oaks Hotel on Friday the 6th of November. A great night with plenty of prizes will be up for grabs as well as player of the year awards. more details will follow in the coming weeks.

300 CLUB: Names are now being taken for next years 300 club draw. All support is greatly appreciated and forms are readily available from Mike O Shea (087-2226185) or any other committee member.

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

CONGRATULATIONS: The club would like to Congratulate long serving member Brian O Reilly and his Wife Niamh, on the birth of their baby Girl.

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

CONTACT: If you have anything to add to Killarney Athletic A.F.C. notes please contact Alan Daly on 085 191 3244 or aland15@live.ie.



DIARMUID SIGNING FOR GLASGOW CELTIC FC



ATHLETIC U16 NATIONAL CUP TEAM

DIARMUID MAKES HISTORY

Diarmuid O'Carroll wrote himself, the Kerry Schoolboys League and his original club Killarney Athletic into the history books in July 2003 when he signed a professional contract with Glasgow Celtic. Diarmuid actually signed with the Scottish giants from Home Farm who he spent a season with that same year. The fascinating question of course is how does a player from a modest grass roots club in the Kingdom of gaelic football end up on the books of one of the best known soccer clubs in Europe. There is no doubt that Diarmuid had talent but talent alone won't take a young player to such a level. We hope in this article to recall the many contributing factors that elevated Diarmuid to such a profile that most youngsters could only dream about.

THE O'CARROLL FAMILY As with every achievement endeavour one needs the help and support of those most closest, they being your family. And there is doubt that the biggest reason why Diarmuid became a professional footballer was from the direct encouragement and support that he got at home. The family hailed from the Ross Rd. and father Joe was a talented gaelic footballer with the Crokes and an outstanding oarsman with the Workmen but never took a fancy to soccer.

Diarmuid's mother Eileen was a Ballyhar woman and I'm sure the family there still claim that it was from them that Diarmuid brought his rich soccer talent.

Older brother Anthony was probably the reason that Diarmuid attended his 1st club training session as Anthony was part of a very talented Athletic underage team in the mid '90s. That side included Kerry keeper Brendan Keely and Mickey Joe Grady who also had great potential to play at a higher level.

Edel who was the youngest of the family was in her own right an outstanding soccer player for the club.

Also to the credit of Eileen and Joe they both committed to managing club teams that Edel, Anthony and Diarmuid were part of. Diarmuid had many cousins of course that also played for the club with his uncle Diarmuid well known for his huge contribution as a young player in the '80s through to senior level thereafter and also managed Athletic schoolboy and senior teams.

DIARMUID WAS A YOUNG STAR It is said that the 'stars' of today don't always become the 'stars' of tomorrow but Diarmuid displayed an outstanding ability from when he first joined the club to the time he signed a professional contract.

As under 10s coach at the time I recall Diarmuid 1st day of training on a Saturday morning in Knockreer. "He was kitted out with an Arsenal jersey and playing in a 7 asides match with the older boys he performed an 'overhead bicycle kick' that only a few in the English league would even attempt at the time. Like all good players he could easily play above his age and very few could compete against him on the 1v1s. His talent was nurtured through the 7-aside in the 'Aras' and the FAI coaching camps organised

and run by the club. Diarmuid quickly made an impression in the Kerry Schoolboys league as a very promising young striker that his team mates loved to be on the same side of, while his opponents struggled to mark him.

'A DREAM TEAM' Diarmuid played at a time with the club when it was more prestigious to play schoolboy soccer with Athletic than to play gaelic football with the local clubs, although most players did play both codes. Diarmuid was part of an all-conquering side that captured 4 successive league titles and 3 successive cup titles. Pa Moynihan was first to manage a side that included Diarmuid in its' line-up as he played with two age groups every second week.

After a year of assisting Pa with the team, Ger O'Brien took up the role of managing the Diarmuid's age group team, and it would be fair to say that they became a 'dream team'. They included some outstanding underage players that had huge ambition and massive pride in being part of Killarney Athletic. Jamie Wren was the team captain throughout the period and he showed excellent leadership qualities from a very young age, Kieran O'Leary equally was a star in this team.

NATIONAL CUP AMBITION Although the side dominated the Kerry League at the time, there was a very good competitive standard at schoolboy level by a few of the more established clubs in the county and all set their sights each year on going as far as possible in the National Cup Competitions. Ger O'Brien with the able assistance of Pat Moynihan whose son Adam was a very skilful member of the side reached the quarter-final of the National Cup at under 12s level in 2000. Pitched against Cherry Orchard away Athletic were always going to find it difficult, particularly in the absence of Diarmuid who was out through injury, and the side bowed out of the competition to their Dublin opponents.

KENNEDY CUP The same Athletic team made an early shock exit from the National Cup the following year, but with great ambition for the side and not to be deterred the Wexford man was nominated by the Club for the Kennedy Cup manager's role in 2001. With many Athletic players in the line-up the side enjoyed a great run in the tournament narrowly losing out by the odd goal to a strong Cork outfit in the semi-final, but claimed the 3rd spot after the play-off match. This was also a great tournament for Diarmuid as he showed off his goal scoring ability by netting 5 goals in as many games. The Kennedy Cup was the stage for young players at the time to show-off their abilities to the many scouts that came to watch for any talent on display and the name of Diarmuid O'Carroll was on the list as one to watch-out for in the future.

ATHLETIC MAKE HISTORY IN NATIONAL CUP In 2002 the side made the history books as being the 1st Kerry team to reach the semi-final of the National Cup. The experience of the previous two years convinced Ger that the squad would have to strengthen up if they

were to overcome the big Dublin side who dominated the latter stages of the competition every year. Hence a number of excellent South Kerry players were signed into the squad that included; Liam Sheehan, Killian Young and Liam O'Sullivan.

Athletic were drawn away to Cherry Orchard in a repeat of the 2000 contest again for a semi-final slot, but this time the side had a fit Diarmuid O'Carroll and it was he who scored the decisive winner on a great day for the club and the league.

The team were drawn at home to Lourdes Celtic in the semi-final but the match was played on the Mastergeeha pitch as the Woodlawn ground was in poor condition from overuse and under repair for the annual 7-aside.

Athletic were outplayed by Lourdes on the day with a high tempo game that the Dublin side were more comfortable with from playing at the higher standards of the Dublin District League.

DIARMUID MOVED TO HOME FARM

Diarmuid was hot property and considered to be capable of playing at a higher level of the game. But it was also considered at the time for him to get an opportunity and make a breakthrough and be seen he would have to move to play in the Dublin league (DDSL), so Diarmuid signed with Home Farm for the 2002/03 season. Shortly afterwards he impressed with his new team in an invitational tournament in Glasgow and within a short time thereafter he and the family met with the then Celtic boss Martin O'Neill and was signed in March 2003 on a 4 year professional contract to the Scottish giants.

Diarmuid now plays in Belfast and is a Development Officer with the Northern Ireland Football Association but his roots are still in Ross Rd. and he hold Killarney Athletic as being his club from where he started out 20 years ago.

Next article will feature Brendan and Michael 'smiler' Moloney.



DIARMUID CARROLL'S FIRST LEAGUE START FOR GLENAVON



CAMOGIE CHAMPS GATHER TO REMEMBER VERONICA

Dr. Crokes GAA grounds were a hive of activity on Saturday last as the Killarney Camogie Club hosted the Veronica Stack Memorial Tournament. Over three hundred & fifty girls from both Kerry & Cork camogie clubs participated in what was a great day of camogie! The Kerry clubs were victorious on the day with Cillard defeating Midleton for a position in the Cup Final whilst Causeway defeated Clonakilty to gain their position in the final. Cillard proved too strong for Causeway and won the Veronica Stack Memorial Cup. Killarney came up against St. Colum's, Bantry in the semi final. It was a thrilling match with the score tied at full time. Killarney got the better of St. Colum's in extra time and went through to the final to play Tralee Parnells. Both teams were again evenly

matched. The players on both teams excelled themselves in what was the match of the day! At the full time whistle the score was tied and Killarney had again to dig deep to overcome the challenges put forward by Tralee Parnells. The tension on the sidelines was palpable with supporters of both teams alternating between cheering and holding their breaths for fear that the other team would score. Finally Killarney got the lucky break & secured their victory retaining the Veronica Stack Memorial Shield for a consecutive year. The Killarney Camogie Club would like to extend their gratitude to all who helped to make the day such a success and in particular Dr. Crokes' G.A.A Club who allowed us use their facilities on the day.



KILLARNEY CAMOGIE CLUB COMMITTEE PICTURED AT DR CROKES GAA GROUNDS FOR THE VERONICA STACK CAMOGIE TOURNAMENT. L-R DAVID O'LEARY, JASON STACK, MARGARET HICKEY, ANNE LYNCH & MARK MOORE.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT DR CROKES PITCH FOR THE VERONICA STACK TOURNAMENT WERE COACHES DAVE O'LEARY (LEFT) & MIKE DEVLIN (RIGHT) WITH KILLARNEY CAMOGIE CLUB'S U11 TEAM.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT DR CROKES PITCH FOR THE VERONICA STACK TOURNAMENT WERE COACHES CECELIA SCANLON (LEFT) & CIARA MOORE (RIGHT) WITH KILLARNEY CAMOGIE CLUB'S U9 TEAM.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

TEN OUT OF TEN FOR KILLARNEY10MILE

300 runners took to the roads in beautiful sunshine on Saturday last for the second killarney10mile race. Participants travelled from all over Ireland and the world for the event with runners from Minnesota, Indiana, Canada, Japan and UK joined the Irish contingent for the high successful event. The race was organised as part of the fundraising for the Community Track Project at St. Brendan's College and it was there that the runners gathered before and after the event. The organisers would like to thank the sponsors, Tricel and Centra at the Reeks along with Olive Loughnane, the volunteers, the Gardaí, the Order of Malta, Sportstiming and the media. The event was hosted by the South/East Kerry Track Group and Killarney Valley AC along with race director Alan Ryan of the Hardman triathlon - and all of whom gave their time voluntarily for a great local and sports initiative. This year's special guest Olive Loughnane, the former world 20k walk champion 2009 was brought up to speed with the project and was on hand to present the prizes after the race. Next year's date is Saturday 24th of September as the group aim to build on this year's event! Organisers are delighted with the sum raised -



PICTURED AT THE SEM, THE FINISHING POINT AT KILLARNEY'S 10 MILE ROAD RACE WERE L-R MANAGER OF SPONSOR CENTRA AT THE REEKS KIERAN CULLOTY, 3RD PLACE SEAN O'SULLIVAN, ATHLETE OLIVE LOUGHNANE, 1ST PLACE AND WINNING THE RICHARD CLIFFORD MEMORIAL CUP DONAL O'CALLAGHAN, GERALDINE CLIFFORD, 2ND PLACE TONY HARTY, SPONSOR CON STACK OF TRICEL & SEAN COFFEY PRINCIPAL OF ST BRENDANS COLLEGE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

which will go towards the project and thank everyone, particularly the athletes, runners and walkers who participated on the day. After the event Geraldine Clifford presented the Richard Clifford Memorial Cup to the winner - Donal O'Callaghan An Ríocht.

RESULTS MEN:

1st Donal O'Callaghan riocht 55.32
2nd Tony Harty riocht 56.10
3rd Sean O'Sullivan riocht 56.23
4th Danny Smith Ballynonty 57.25

5th Simon Mangan 59.11

FEMALE:

1st Ann Marie Holland Youghal ac 1.02
2nd Catriona Barry Farranfore Maine valley AC 1.07
3rd Siobhan Daly Gneeveguilla ac 1.08

WHEELCHAIR:

1st Jerry Forde
2nd Ger Daly



LOADING YOUR CAR

SAFELY

DRIVING SAFELY AND UTILISING VEHICLE SPACE

Whether you're moving house, picking up materials from the hardware store or heading off on a long weekend it's good practice to take your time and organize yourself properly when loading up the car.

You should, adjust your tyre pressures if needed to suit the heavier load. But remember to adjust them back again after the trip.

Drive more cautiously as handling and performance will be affected by the load plus stopping distances will be increased.

Don't exceed your vehicle's Maximum Permitted Weight (MPW). This is the maximum permissible weight the vehicle is permitted to carry based on the capability of tyres, suspension, etc. It includes everything in (including its passengers) and on the car.

INSIDE THE CAR

MAKE SURE EVERYTHING'S SECURE:

Stuff sliding around or tipping over whenever you brake/turn will be both irritating and very distracting.

Empty boxes or plastic crates can be useful in the boot to stop things sliding around your boot. Keep the dash or shelf beneath the CD player and front floor space empty. Items will fall off and roll around could even get lodged under the brake pedal.

KEEP LARGER/HEAVIER STUFF LOW DOWN

Put the bigger stuff in first and then pack the smaller items around the larger items as this will help keep your centre of gravity lower to minimize the effect on handling.

Heavy items in the boot (cases of wine/beer, DIY materials) should be packed tightly against the back of the rear seat to reduce the risk of them bursting through in a crash. This affords better weight distribution and handling too.

CAN YOU STILL SEE?

Avoid packing items above the back seat line so that you see clearly out of the back window. Consider using a roof rack or roof box for lighter / bulkier stuff to leave more room inside.

Passengers come first

If you have to fold seats to get a large or awkward load in the car, simply come back for your passengers later on. This is especially important if the load prevents them from putting their seat belt on.

LEAVE PLENTY OF ROOM FOR CHILDREN

– stuff packed in tight around them is sure to

make for an unhappy journey.

Keep a bag handy for things you might need during the journey.

Plan for a puncture.

Think about how you will get to the spare tyre in an emergency when packing up your car.

ON THE ROOF Roof racks are a great way of carrying very large or awkward items but take care.

CHECK YOUR CAR'S MANUAL to make sure that the load, including the weight of the roof rack itself, doesn't exceed the maximum. This limit tends to be quite low.

Ensure that your load is securely attached and that it doesn't stick out creating a hazard.

Once you're underway, the airflow will be trying to lift the front of any long load so a secure fixing, holding the front of the load down is important.

Under heavy breaking the load will tend to slide forwards – secure fixings to the rear will help prevent this.

Fixings will work loose – stop, check and re-secure regularly.

Don't forget the extra height. Take care, for example, when entering covered car parks.

DISTRIBUTE WEIGHT SAFELY:

If you can, try to put bulky but lighter items on the roof and heavier items low down in the car. This will help keep the centre of gravity down and improve stability.

SAFETY TIPS FOR OLDER DRIVERS

For most, continuing to drive as they get older is important as it helps them stay active in their communities and access essential services. However, as we age there are particular driving risks to be aware of.

ISSUES COMMONLY EXPERIENCED BY OLDER DRIVERS INCLUDE:

- Changes in eyesight
- Health issues
- Medication side effects
- Uncertainty on busy roads and junctions
- Decline in physical strength
- What older drivers do well

While older drivers face more physical challenges than younger drivers, generally speaking they're a lower motor insurance risk compared to other age-groups, especially young drivers.

THIS IS BECAUSE OLDER DRIVERS USUALLY:

- Wear seat belts
- Don't drink and drive
- Don't speed
- Obey the rules of the road when they drive and demonstrate courtesy to other road users
- Drive less kilometers compared to younger drivers and motorists driving to and/or for work
- Because of their physical frailty, older drivers are more likely than other motorists to suffer injury in the event of a car crash. With this in mind, it's important, if you're an older driver to keep up your driver fitness levels.

KEEPING FIT TO DRIVE

- Make sure you have regular eye and hearing check-ups
- Avoid driving when you're tired
- Avoid driving on unfamiliar roads, at night, in bad weather and during rush hour traffic
- Share the driving when travelling longer distances
- Allow yourself longer driver reaction times
- Leave plenty of room between your car and the vehicle in front
- Indicate in plenty of time
- Drive cautiously
- Keep your car well maintained
- Never drive if instructed not to by a doctor
- Be aware of medication side effects and whether or not they'll impact your driving.
- If driving grandchildren around, fit approved child car restraints in your vehicle correctly
- Stay physically active as this'll help with actions such as turning the car's steering wheel and looking over your shoulder
- Know when it's time to consider hanging up your car keys. If you become confused while driving or you're concerned about your ability to drive safely it may be time to consider alternative forms of transport.





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6 Week Course, Saturday 17th October to
21st of November - 11am to 12 o Clock.
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This Weeks Gardening Tips

1. Now is the time to apply Mo-bacter to get rid of the Moss in your lawn.
2. Roses that have finished flowering can be pruned back by half & apply 'Gee Up', Horse manure or Farmyard Manure around the base.
3. Plant up containers & Hanging Baskets for Winter colour with Cyclamen, Heathers, Violas & Pansys.
4. Plant Spring Flowering Bulbs now Daffodils, Tulips, Snowdrops, Bluebells etc for fantastic colour in the Spring.





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KILLARNEY GOLF CLUB

LADIES

RESULTS OF COMPETITION SUNDAY 27TH JULY, 2015 SPONSORED BY LIEBHERR (IRELAND) LTD.

1st Peggy O'Donoghue (18) 36 pts (f.9).
2nd Elizabeth Kelliher (20) 36 pts.
3rd Nicola Rainsford (7) 34 pts (bk1).
B.G Siobhan Brosnan (10) 25 gross pts.
4th Corinna Griffin (32) 34 pts.
CSS 35 S/Ford pts.
Date of next Competition Sunday October 4th S/Ford Killeen, Sponsored by Sean Taffe.
Exchange day with Tralee will take place on Wednesday 7th October.

RESULTS OF OPEN DAY SEPT 23RD.

1st Tudy Brosnan (12) & Ailish Jones (20) 49 pts.
2nd Sinead Galvin (27) & Lora Beth Malloy (33) 48 pts.
3rd Joan Dore (17) & Helen Cronin (24) 47 pts (b9).
4th Maureen Creedon (13) & Kathleen Wall (24) 47 pts.

CONGRATULATIONS: To Tina O'Sullivan who won the Club Singles final, Anne Maria Galvin and Tina O'Sullivan who won the Club Foursomes final and Lora Beth Malloy and Enda Curtayne who won the Mixed Foursomes final.

ROSS GOLF CLUB

LADIES:

SATURDAY 26TH PRESIDENT DONIE MULCAHY'S PRIZE TO THE LADIES:

1st Mary Cronin (20) 39pts.
2nd Margaret O'Donoghue (19) 33pts.
3rd Ailish Mulcahy (6) 32pts.
4th Betty O'Farrell (16) 32pts.
Front 9 Eileen Fleming, Back 9 Anne O'Leary.
UPCOMING EVENTS: Sunday 4th Oct 18 Hole Single Stableford Kindly Sponsored by Eileen O'Riordan.



WINNERS OF ROSS GOLF CLUB PRESIDENT DONIE MULCAHY'S PRIZE THAT TOOK PLACE SATURDAY 26TH SEPTEMBER. FRONT ROW L-R: CAPTAIN DENIS CRONIN, WINNER MARY CRONIN, PRESIDENT DONIE MULCAHY, LADY CAPTAIN SINEAD O'SHEA, REBECCA MULCAHY. BACK ROW: L-R MARGARET O'DONOGHUE, AILISH MULCAHY, ANNE O'LEARY, EILEEN FLEMING.

KILLARNEY GOLF CLUB

MEN'S

GENTS SINGLES STABLEFORD MAHONY'S POINT 27 SEPT 2015 SPONSORED BY LIEBHERR

1 David O'Donoghue (5) 38pts.
2 Denis Doolan (14) 38pts.
3 Shane Connole (10) 38pts.
4 Jerry Galvin (12) 37pts.
5 James O'Neill Jnr (3) 37pts.
Cat 1 Colm O'Connor (6) 35pts.
Cat 2 Robert Cussen (10) 36pts.
Cat 3 Pa Fleming (17) 37pt.
Cat 4 Mossy Foley (22) 35pts.
C.S.S. 36pts.

ROSS GOLF CLUB

GENTS CLUB

On Sunday September 27th our President, Donie Mulcahy held his Presidents Prize with a strokeplay competition.

The good weather ensured a large turnout on the day and the competition for the Presidents Prize was very keen.

The good golf was followed by an equally good social evening in the clubhouse with great food and music, etc to accompany the presentation of the prizes. A good night was had by all.

THE FOLLOWING WERE THE WINNERS:

1 Sean Moynihan (9) 67.
2 Renaldas Bendikas (10) 70.
3 Sean O'Brien (23) 72.
B.G. Mike Brosnan.
4 Rolandas Bendikas (18) 73.
5 Tadhg Moynihan (15) 73.
6 Denis Cronin - Captain (13) 74.
FN Seamus McCarthy.
BN Jim Morris.
Past Presidents Niall Brosnan.

FIXTURES: On Sunday October 4th we will hold The Maurice O'Donoghue Memorial Cup. This will be a single stableford competition. The time sheet is now available in the clubhouse so please add your name to it as soon as possible. Our Dr Billy team put up a battling performance against Killarney GC during the week and were unlucky to lose after a titanic struggle with our neighbours.

SYMPATHY: We offer our sincere sympathy to Peter Wickham and all the Wickham family on the recent death of his father, John R.I.P.

JUNIOR COACHING: Commences Wednesday 7th October from 4.30 pm - 5.30 pm.

These 5 sessions are funded by the GUI and so are free of charge to junior members aged 10 - 16 years. Non members are also welcome at a cost of €35. Please contact Mark Heinemann PGA on 087 2209663 for more information.

RING OF KERRY GOLF CLUB

OPEN SINGLES STABLEFORD (GOTY)

1st Toby Steadman (5) 40pts.
2nd Michael Kirby (9) 38pts.
3rd Michael O'Sullivan (14) 37pts.

CAPTAIN & PRESIDENT'S PRIZE TO THE LADIES (3-TEAM SCRAMBLE)

1st Jane O'Sullivan (17) Mary O'Sullivan (23) & Stephanie Gaine (26) 66.4

2nd Teresa Walsh (23) Mary Moynihan (24) & Sheila Hurley (26) 67.7

3rd Brenda Holden (20) Vera Shaw (21) & Delia Long (28) 70.1

UPCOMING EVENTS: Saturday 3rd & Sunday 4th October - Open 2-Person Scramble
Visitors €20. Please call 064 66 42000.

CASTLEROSSE GOLF CLUB

RESULTS: COMPETITION PLAYED ON SUNDAY 20TH SEPTEMBER 18 HOLE STABLEFORD, Winner; Steve Shine (18) 41pts, Runner-up, Joe Gaffey (21) 39pts, Overall 3rd place, Daniel Shine (6) 39pts.

RESULTS: Scramble played on Tuesday 22nd September best net return, Gintaras Bendaravicius, John O'Reilly, Frank Tobin & Kay Spillane.

CHARITY OPEN DAY: In aid of "Oaktree Services, St. Mary of the Angels" Beaufort at Castlerosse Golf club on Saturday 3rd October (2 ball better ball Stableford). Cost per team €30. Ring 087 2526598 for timesheet to enter. Please support, great range of prizes.

AWAY DAY TO MACROOM GOLF CLUB: On Saturday 10th October. Competitions for Ladies & Gents, add your name to sheet at Castlerosse.

DEERPARK PITCH & PUTT NOTES

By John Kelly

DANNY NOLAN MEMORIAL COMPETITION:

On Sunday attracted a good turnout from Deerpark and also from Kerry clubs and results as follows - Nett winners Michael Cronin and Colm O'Dowd, second nett Gearoid Cronin and John Looney, gross Damian Fleming and Sean Ashe.

WEDNESDAY EVENING FOURBALL: The winners of the final competition for 2015 last week were Nett Eileen Switzer and Johnny O'Brien, 2nd Nett Eileen Switzer and Robbie O'Brien, Gross Gearoid Cronin and John Mc Grath.

CHAIRMAN'S PRIZE: Chairman Derry McCarthys Prize is scheduled for this Sunday morning. Details re starting time to follow by text.

Seniors Outing on October 7th

NEXT SENIORS OUTING: Will be to Deerpark on Wednesday October 7th 10am.

KILLORGLIN GOLF CLUB

MENS COMPETITION RESULTS 27/09/2015 SPONSORED BY FRANCIE SHEEHANS BAR

1st Brendan Murray 42 pts.
2nd Paul O'Shea 41 pts.
3rd Patrick Callaghan 40 pts.
Gross John McCarthy 74 gross.
4th Brendan Breen 39 pts.
Senior Jim Doona 37 pts.
Junior Craig Counihan 35 pts.

DR. BILLY O'SULLIVAN SHIELD COMES HOME



THE KILLARNEY GOLF CLUB TEAM WHO WON THE DR. BILLY O'SULLIVAN SHIELD ON SUNDAY LAST IN CASTLEGREGORY. BACK, LEFT TO RIGHT – MICHAEL LUCEY, NED BROSANAN, FRANK O'ROURKE, CLUB CAPTAIN MICHAEL QUIRKE, JUNIOR FINNEGAN, TADHG O'REILLY, LARRY O'DONNELL, AND TONY WALSH. FRONT, LEFT TO RIGHT – JOHN MOYNIHAN, TIM O'KEEFE, MICHAEL LEAHY AND SEAMUS DOHENY.



PRESENTATION OF THE DR BILLY O'SULLIVAN SHIELD TO KILLARNEY GC AT CASTLEGREGORY GOLF CLUB ON SUNDAY 27TH SEPTEMBER (LEFT TO RIGHT): MICHAEL QUIRKE (CAPTAIN KILLARNEY GC), GEORGE NASH (CAPTAIN FEDERATION OF CO. KERRY GOLF CLUBS), JUNIOR FINNEGAN (TEAM MANAGER), TADHG O'REILLY (TEAM CAPTAIN).

One of the most sought after trophies in Kerry Golf, the Dr. Billy O'Sullivan Shield, was 'home' in Killarney last night after an epic battle between Kenmare and Killarney in the final at Castlegregory Golf Club.

The competition, for male golfers over 40 years of age with each foursome pairing having a combined handicap of 39 or over, commemorates the legendary Kerry golfer Dr. Billy O'Sullivan.

In keeping with the unique ethos of the competition, the winning putt on the 17 green was holed by Killarney's 81 year old team Captain Tadhg O'Reilly.



PATSY HANLEY LADY CAPTAIN PRESENTING THE CLUB SINGLES FIRST PRIZE TO TINA O'SULLIVAN WITH (LEFT) PRIZEWINNER ANN CHUTE AT KILLARNEY GOLF CLUB, KILLARNEY.



PATSY HANLEY LADY CAPTAIN PRESENTING FIRST PRIZE IN THE CLUB MIXED TO WINNERS ENDA CURTAYNE AND LORA BETH MOLLOY WITH (LEFT) MAURA FITZGERALD AND SEAN CASEY 2ND AND MICHAEL QUIRKE CAPTAIN AT KILLARNEY GOLF CLUB, KILLARNEY.



PATSY HANLEY LADY CAPTAIN PRESENTING FIRST PRIZE IN THE CHRISTIES LADIES COMPETITION TO WINNER HELEN HOWARD WITH (FROM LEFT) NICOLA RAINSFORD BEST GROSS, SINEAD GALVIN 5TH AND MARY DOHERTY 2ND AT KILLARNEY GOLF CLUB, KILLARNEY.



PATSY HANLEY LADY CAPTAIN 3RD (RIGHT) PRESENTING FIRST PRIZE IN THE CLUB 18 HOLE COMPETITION ON KILKEEN TO WINNER LIZ KELLEHER WITH (LEFT) TINA O'SULLIVAN 2ND AT KILLARNEY GOLF CLUB, KILLARNEY.

RATHMORE / GNEEVEGUILLA NEWS

by Michael O'Mahony

SYMPATHY: To the families and friends of Jane Moynihan, Gneeveguilla Village who died recently. May she rest in peace.

CONGRATULATIONS: To Pat Joe and Eileen O' Sullivan, Beheenagh Headford who celebrate their 25th wedding anniversary recently at Ring Lyne Tavern Chapelstown Valentia Island, as Eileen is a native of Valentia. People came from Headford, Rathmore, Gneeveguilla, Portmagee and other parts of Kerry to celebrate their 25th anniversary. Music, song, dance and refreshments were the order of the night with the highlight for patrons being the Michael Flatley dancing skills, Pat Joe and Eileen would like to sincerely thank Eileen Healy of the Ring Lyne and her staff as well as all those who attended for memorable night.

RATHMORE COMMUNITY ALERT: Wishes to thank everybody that support their church gate collection last weekend. Total amount €882.

RATHMORE LADIES FOOTBALL: Rathmore ladies football club held a family car treasure trail last Sunday. It was a great success and

thanks to all who supported. 1st Prize Kieran O'Keeffe, 2nd prize Joanne Hughes, 3rd Prize Amy Murphy.

Rathmore/Spa Senior ladies will represent Kerry on Sunday next 4th October in the first rd of the senior championship where they will play the Banner from Ennis the Clare Champions at 3 o'clock at a venue to be confirmed. Please support.

1916 COMMEMORATION: Next year we will all be celebrating The Centenary of the 1916 rising and to mark this historic occasion each primary school in the country over the next few months will receive a hand made tri-colour as well as a copy of the 1916 Proclamation. These items will be delivered to the schools by a member of The Defence Forces.

DROMTARRIFFE PARISH: Presents 'Come as You are' – Four enlightening evenings – Four inspirational Speakers during month of October (1) Fr. Harry Bohan (Leading Social commentator in Ireland today) – Thursday 8th October at 8pm in Dromagh Church.

(2) Sr. Concilio (Founder of Cuan Mhuire, a charitable drug, alcohol and gambling rehabilitation organisation in Ireland) – Thursday 15th October at 8pm in Derrinagree Church.

(3) Elma Walsh (Inspirational mother of the late teen Donal Walsh) – Thursday 22nd October at 8pm in Dromagh Church.

(4) Sean Gallagher (Chair of his local Foroige youth club and is committed to the principles of self-belief and a positive mental attitude) – Thursday 29th October at 8pm in Derrinagree Church.

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

SLIABH LUACHRA CYCLING CLUB: SLIABH LUACHRA CYCLING JUVENILE CLUB FUNDRAISER DRAW. Tickets: €10 per Ticket. Limited to 5000 Tickets, Draw Date: 12/12/15. At 8pm. Venue. Reens Rathmore, Proceeds in aid of Sliabh Luachra Cycling Juvenile Club

IRD DUHALLOW: Annual Scarefest Halloween Camp – 27th-30th October. Details and bookings (029) 60633.

BALLYDALY HALL: 45 Drive commencing on every Sunday at 9.00p.m.

CORK & KERRY CHARISMATIC RENEWAL CONFERENCE: Will take place in the Cork International Airport Hotel on 17th & 18th October. Theme "Eucharistic Amazement". Main speaker Fr. Jim McManus CSSR & Marie Beirne.

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




LOVE A LITTLE LONGER!

Isn't it interesting how so often we keep repeating and replaying what went wrong in our lives or what isn't right about us? We go over a painful conversation or a difficult event. We talk about how someone was mean to us. We may even carry a grudge for years! And in doing this we bind those feelings and events to us even more tightly. We keep them alive with every re-telling of what happened. We seldom do this with the things that have gone right for us or that we find pleasurable or beautiful. How often do you speak about the beautiful sunrise or the delicious cup of tea you had this morning? How often do you write letters or send emails of gratitude? How often do you look in the mirror and wish yourself a happy day and tell yourself what you love most about you? It's so easy to moan about the rainy day but how often do you linger by the blossoming rose in the garden just drinking in it's beautiful aroma? Life unfolds in the moment so extend these moments of bliss by spending just an extra 10 seconds of time with them. And then replay the feeling and talk about it and remember the joy you felt. Love a little longer – stay with the feel good feelings, accept a genuine compliment and bathe in it a little while. Have what is good instead of wallowing in what has hurt. Remember, that whatever you appreciate, appreciates!

Join me in my Chakranetics classes (mindful moving meditation) every week at the Travel Inn, Fossa. Tuesdays at 10.00am. Mondays at 7.30pm! Also, Thursday at 7.30pm in Tralee at Collis-Sandes House.

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FOSSA NOTES

FOSSA GAA:

LOTTO: 27th September 2015. Numbers drawn were 13, 16, 22, 25. There was no Jackpot winner and next weeks Jackpot will be €13,500.

SENIORS: The senior team had an emphatic win over Cromane on Saturday evening in the penultimate round of the County league. Fossa started in blistering fashion, points from Lorcan Daly and Paudie Clifford followed by a goal from Matthew Rennie left them in control of this game after only 6 minutes. Further scores from Tadgh O'Shea, Derry O'Sullivan, Lorcan Daly and a brace of goals from Paudie Clifford left Cromane reeling. Chris Myers finished off the half with a goal to leave Fossa leading at half time 4-09 to 0-02. Cromane did up the ante after half time but Colin Myers was brilliant in goal and repelled them time again, the defence closed up shop and Dara Rice tormented the Cromane defence with his direct and intelligent runs all evening. The game petered out as a contest as Matt Rennie kicked 1-2, Michael O'Keefe scored a goal and points from Dara Rice, Paudie Clifford and Mikey O'Shea saw Fossa run out winners 6-16 to 0-05. They will play Lispolie in the final game of the league and depending on results could still be involved in a playoff for

promotion.

5 YEAR PLAN: A very important meeting will take place in the clubhouse on Thursday October 8th at 7.45 in relation to the 5 Year Plan for the club. This is a requirement by the County Board but it is also essential for the club to have a clear vision of where we are going for the future and what we want to achieve. Everybody is invited to attend, regardless of being a member of the club or not, to give your views and ideas in relation to how we can improve the services we provide for the children of the parish and the generation of the future.

U-12 BOYS: The U-12 boys played Kilcummin on Sunday morning in the County league, the Red team lost while the Black team won.

FASHION SHOW: Fossa Annual Fashion Show in aid of Fossa Community Centre will be held on Wednesday 7th October at Hotel Europe. Cheese and wine reception, raffle and door prize. Tickets €15 are now available from participating shops or from Derek 086 389 5142, Tim 087 241 3116 or Eileen 087 628 4053.

COMHALTAS: FOSSA/TWO MILE COMHALTAS: Adult Set Dancing Classes take place on Tuesday nights in Fossa Community

Centre. Beginners 8pm, improvers and advanced 9pm. Further details Catherine 087 679 9330, everyone welcome.

SCÓR: SCÓR: Anyone wishing to take part in Scór na nÓg (u17) please contact Scór Officer Theresa Kissane 087 681 6169 asap

KILLARNEY LIBRARY: On Tuesday 6th October the Kerry Archaeological and Historical Society (KAHS) will host a lecture at Killarney Library entitled "New Insights into Skellig Michael". The talk will be delivered by Archaeologist Maggie Prendiville and begins at 7.30pm. Admission is free.

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

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

GLENFLESK NOTES

COUNTY LEAGUE DIV2: Last weekend's senior county league game versus John Mitchel's was postponed due to a clash with the Intermediate County Championship semi-final. Glenflesk have two away games remaining, versus Mitchel's and Listowel Emmets. No dates confirmed yet.

COUNTY CHAMPIONSHIP: East Kerry will play Kerins O'Rahilly's in Strand Road on Saturday October 3rd at 5pm, in the third round of the County Senior Championship.

GLENFLESK U12S: The Glenflesk U12s defeated Kenmare in the East Kerry League in Glenflesk last Sunday on a scoreline of 4-17 to 0-7. The second team were narrowly defeated by a single point (5-11 to 5-12). Next Sunday (Oct 4) the Glenflesk U12s play Kilcummin in Glenflesk at 12noon in the final round of the East Kerry league.

TOMMY KELLEHER TOURNAMENT: The Glenflesk U10s played in the Tommy Kelleher

Memorial Tournament in Rathmore on Saturday last and won games against Keel and Kenmare before ultimately losing out to Rathmore in the final. Well done to all the players and their mentors, Seamus Moynihan, Kenny Cronin and Pats Lucey. Thanks to Rathmore for hosting an enjoyable and well-run tournament.

RAMBLING HOUSE: The ever-popular rambling house will return again to Glenflesk on a Saturday night in November, watch this space for confirmation of date.

BARRADUFF CHOIR: The children's choir in Barraduff meets on Thursday nights between 7:30pm and 8:15pm. Choir is open to primary school children and all are welcome.

RAHEEN NS: Congratulations to Siobhan and Denis Lovett who had the winning lotto number 30 on Saturday the 19th and to Mr. O'Keefe who had the winning lotto number 31 on Saturday the 26th of September.

BARRADUFF COMMUNITY FIELD: Athletics

for children in Barraduff is going from strength to strength, with fantastic numbers turning out at the new Barraduff field on Friday nights between 7 and 8pm. Thanks to all those who turned up last Saturday to help with the construction of a new long jump pit and throwing circle.

SYMPATHY: Sympathy is extended to Geraldine Bowler (Annaghmore) on the recent death of her father, Pat Foley (Firies). Ar dheis Dé go raibh a anam.

KILLARNEY LIBRARY: On Tuesday 6th October the Kerry Archaeological and Historical Society (KAHS) will host a lecture at Killarney Library entitled "New Insights into Skellig Michael". The talk will be delivered by Archaeologist Maggie Prendiville and begins at 7.30pm. Admission is free.

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

KERRY GETS 8 NOMINATIONS FOR THE ALL-STARS

Kerry has received 8 nominations for this year's GAA/GPA All Stars.

All Ireland champions Dublin have 11 nominations with goalie Stephen Cluxton missing out on a nomination for the first time in five years.

THE FULL LIST OF NOMINATIONS ARE AS FOLLOWS:

Goalkeepers: Brendan Kealy (Kerry), Paul Durcan (Donegal), Rory Beggan (Monaghan).

Defenders: Jonny Cooper, Rory O'Carroll, Philly

McMahon, James McCarthy, Cian O'Sullivan, Jack McCaffrey (all Dublin), Shane Enright, Jonathan Lyne (both Kerry), Keith Higgins, Lee Keegan, Chris Barrett (all Mayo), Cathal McCarron, Ronan McNamee, Ronan McNabb (all Tyrone), Vinny Corey, Karl O'Connell (both Monaghan), Frank McGlynn, Ryan McHugh (both Donegal).

Midfielders: Brian Fenton (Dublin), Anthony Maher, David Moran (both Kerry), Tom Parsons (Mayo), Neil Gallagher (Donegal), Colm

Cavanagh (Tyrone).

Forwards: Ciarán Kilkenny, Diarmuid Connolly, Paddy Andrews, Bernard Brogan (all Dublin), Donnchadh Walsh, James O'Donoghue, Paul Geaney (all Kerry), Diarmuid O'Connor, Cillian O'Connor, Aidan O'Shea (all Mayo), Mattie Donnelly, Peter Harte, Seán Cavanagh (all Tyrone), Michael Murphy (Donegal), Conor McManus (Monaghan), Seán Quigley (Fermanagh), Kieran Martin (Westmeath), Donie Kingston (Laois).

KILCUMMIN NEWS

COMHALTAS: AGM: Our branch AGM will be held on Tuesday 13th October at 8.30pm in Kilcummin Rural Development Office. All members welcome and anyone interested in joining our branch is also very welcome to attend. Could all members please bring along membership fees on the night as these are now due. All membership fees must be paid before positions can be appointed.

MEMBERSHIP: Membership is now due. €12 adult, €6 junior or €20 family. Please bring along fees to your trainers, hand in to the Rural Development Office or give to any officer at your earliest convenience.

CEOL AN GHEIMHRIDH: Ceol an Gheimhridh will be held on Saturday 14th November for music and Sunday 15th for dancing. Closing date for entries is Friday 23rd October. Note You can only enter this competition as a member of one branch only!

SET DANCING: Adult set dancing resumes on Wednesday 7th October. Beginners 7.30-8.30pm. Advanced 8.30-10.00pm. For more information contact Marie 087-9181973.

SINGING CLASSES: Singing classes with Martina Ryle O'Sullivan continue each Thursday from 6.30pm in the Rural Dev. Office. Contact Martina 087-2971213.

FUN DAY: Anabla National School family fun day and raffle on 4th October 2015 from 2 to 6pm in the School Grounds. Lots of fun on the day, bouncing castles, obstacle course,

fun sport events, inflatable soccer pitch and bumper balls, inflatable speed cage and radar, raffle, cake sale, barbecue, kids karaoke and lots more. Great prizes to be given away on the day. All welcome.

KILLARNEY LIBRARY: On Tuesday 6th October the Kerry Archaeological and Historical Society (KAHS) will host a lecture entitled "New Insights into Skellig Michael". The talk will be delivered by Archaeologist Maggie Prendiville and begins at 7.30pm. Admission is free.

GAA: JUVENILE GAA:

U-12 GIRLS: The Kilcummin U-12 girls had a great win recently when beating a gallant Milltown-Listry in a thrilling East Kerry shield final on a score of 4-7 to 2-9. Ava Kearney played a crucial role in goal with some great saves in the second half. Eabha Dwyer was secure at full back all through and was flanked by tight marking corner backs Ella Keogh and Sophie Crowley. Ailbhe Brosnan held down the centre back position with authority and was helped by tenacious wing backs Laura Healy and Kyla Shine. Ava Leslie and Claire Stagg worked hard in midfield all through with both players getting crucial scores. Eleana Doherty led the attack by example from centre forward with the high scoring Olwyn Evans and Clara McCarthy on the wings. Shauna O'Mahony and Aimee Sexton won plenty of ball in the full forward line along with top scorer Annie O'Sullivan. The subs on the night Caoimhe Lehane, Abbey

Leslie and Saoirse Sweeney all made valuable contributions. Not forgetting other panel members Jean Foley, Rachel O'Boyle and Kate Sheahan who helped us to get to the final. The victory was a fitting reward for this group of girls who showed great commitment all year.

REGISTRATION 2016: GAA's regulations now require that all members are registered prior to 1st January each year. This has been introduced to meet the requirements of the GAA's insurance scheme. In order to facilitate registration members of the executive committee will attend after the academy on Saturday 10th October. Registration for 2016 will cost €20 euro per child. The club would appreciate the cooperation of parents in this matter.

Under 12 boys play Glenflesk away on 4th Oct at noon in the EK league.

RAMBLING HOUSE: Kilcummin's Rambling House will be open on Friday 2nd October at 8.30pm sharp.

KILCUMMIN GAA LOTTO: There was no winner on Sunday September 27th. Numbers drawn were 2, 9, 16, 27. Consolation prizes were €100 James Foley Lawlors Cross. €60 Eileen Daly Kilcummin, €60 Mike Devane, Mastergeeha, €30 Patrick Carey Muckcross. €30 Joanne Hourigan, Knocklebede. Next Draw Sunday, October 11th 2015. Jackpot now €6,000.

MILLTOWN NOTES

NAGLE RICE COMMUNITY CENTRE FUNDRAISER: 'Joker 3' weekly draw was held in The Plough Bar last Sunday and jackpot of €2600 was not won. Down to 49 cards next week and jackpot increasing to €2800 with next draw in Knightlys Bar on Sunday October 4. Thank you for your continued support.

MILLTOWN YOUTH CLUB: Milltown Youth Club are hoping to recommence activities in the coming weeks. Nagle Rice CC will be providing the Youth Club with their own

dedicated space within the Centre. Volunteers are urgently required to help out and training will be given by Kerry Diocesan Youth Service personnel. If interested please contact Gina @ 086-0545414.

BADMINTON: Juvenile badminton started on Wednesday this week and will continue very Wednesday in Nagle Rice CC between 6pm and 8pm. 6pm - 7pm (8 to 11 year olds) and 7pm - 8pm (12 to 15 year olds). This will be reviewed depending on numbers turning up in

each age group. Each child is to bring €3 per session please. Adult badminton for 16 year olds and over commenced Thursday this week and will continue each Thursday between 8pm and 10pm. Fee is €5 per session please. All are welcome to come and give it a try! Any queries please contact Breda @ 087-6222787

BOOKINGS/ENQUIRIES: Any one interested in making a booking in the Centre or wishing to enquire regarding activities taking place there please contact the Centre @ 066-9765941.

LISTRY NOTES

LISTRY COMMUNITY COUNCIL: Intend to offer courses in Computer use, photography and cookery for both ladies and gentlemen. Anyone interested should ring Patricia on 089 4540453.

CHIROPODIST: The next chiropodist day will be changing to a Wednesday 14th October. Enquirers to Paula at 087 6606585.

LISTRY COMMUNITY COUNCIL: We intend hosting the Annual Rambling House session in Listry Community Centre on Saturday

night October 10th from 7.30-11.00pm approximately. This will be a night of music, song, dance, storytelling etc. Anybody who wishes to come along on the night to sing a song or perform a tune will be very welcome. Light refreshments will be served. Fear an Ti for the night will be Ted Ahern. Please come along for a great night's entertainment.

Milltown /Listry Pioneer centre are celebrating 90th Anniversary of the centre in Killorglin Golf Club Friday 16th October 2015.

Music by the singing Jarvey. Tickets €25. Door prizes & spots. Dinner at 8.30pm sharp. For more details please contact 087 7442694. 087 6778129 or 087 6367807.

As well The Milltown/Listry Pioneer are having a special Mass in Milltown Church on Friday 16th October 2015 at 7pm. There will be silver and gold pins presented to those who are entitled to silver or gold if anyone wishes to receive. Please contact 087 7442694. 087 6778129 or 087 6367807 before 1st October.

IF YOU HAVE A STORY...

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

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AWARE SUPPORT GROUP MEETINGS

Aware Depression Support Group meets:

Killarney - Mondays, KDYS at 8pm (from October 6th) (please note change of time from 7pm)

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HOME RENOVATION INCENTIVE SCHEME (HRI)

HOW DOES THE HRI WORK?

The HRI scheme enables homeowners and landlords to claim tax relief on repairs, renovations or improvement work that is carried out on their houses, by tax-compliant contractors who are VAT registered. Qualifying expenditure (over €4,405 plus VAT) will be reduced for any grant or compensation payment received in respect of the works.

The Incentive provides for tax relief by way of an Income Tax credit at 13.5%.

HOW TO QUALIFY?

- Your Local Property Tax must be up to date
- You must be paying Income Tax
- The Contractor must be VAT registered and tax compliant
- Qualifying work must be > €4,405 excluding VAT (max relief is work totaling €30,000)
- In the case of rental properties they must be occupied and the tenancy registered with the PRTB

HOW WILL YOU RECEIVE YOUR TAX CREDIT?

The HRI tax credit can be claimed directly through the online claim system (www.revenue.ie). The credit is payable over the two tax years following the year in which the work is carried out.

EXAMPLE

A Homeowner or Landlord paid a HRI qualifying electrician €6,000 (before VAT) for rewiring their property in 2015. The tax credit is €6,000 x 13.5% = €810. The tax credit received is €405 in 2016 and €405 in 2017.

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Know Your Rights: FREE LEGAL ADVICE

QUESTION

I need legal advice on separating from my husband but I can't afford to go to a solicitor. Where can I get help?

ANSWER

Free Legal Advice Centres (FLAC) is an organisation that promotes equal access to justice for all. You can access basic, confidential and free legal advice across all areas of law in a network of centres around Ireland. These are usually located in the local Citizens Information Centre. Clinics are by appointment only, and you will have to call in advance to book a place. Clinics take place in Kerry as follows;

Tralee 1st & 3rd Thursday of every month - 6pm - 7.30pm.

Killarney 2nd Monday of each month - 6pm 7pm.

Every second Friday - 10.30am-1.00pm.

Listowel. 2nd Thursday of each month - 5.30pm to 7.00pm.

When you visit a FLAC clinic you should bring along any relevant documentation or correspondence. You will meet a volunteer lawyer – either a solicitor or a barrister. You can ask a question on any area of law. However if you have already consulted a solicitor about the same matter, the volunteer adviser cannot offer guidance on that issue.

Your volunteer adviser will help you to establish whether there is a legal solution to your problem, explain what options are open to you and direct you to further assistance where appropriate.

Volunteer advisers cannot provide legal representation, which means they cannot take a case for you or go to court on your behalf. They also cannot refer you to a lawyer in private practice, so you should contact the Law Society for a list of solicitors in your area or for a particular area of law.

If you have a low income, you may be eligible for legal assistance from the State on a civil matter. The Legal Aid Board is responsible for the provision of civil legal aid and advice. Your FLAC adviser can help to establish this and you may then go to your local law centre to apply for civil legal aid. You will then have to undergo a means test and a merits test.

For criminal matters, there is a separate State criminal legal aid scheme, operated through the courts and administered by the Legal Aid Board.

Further information is available from the Citizens Information Centre below.

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

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

ON THE BOX KILLARNEY OUTLOOKS WEEKLY SOAP COLUMN

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



Eastenders News

The Carter family are to be rocked by a love triangle as Linda's mother Elaine is cheated on by her toyboy lover Jason with none other than Aunt Babe. Expect a huge catfight as Elaine fights for her man.

Dean Wicks looks set to finally get his comeuppance in Eastenders but not until the New Year. It appears that Mick Cater and Dean will have a showdown where one of them is at risk of being drown in a water based stunt.

Phil Mitchell will soon discover Ben Mitchell's affair with Paul Coker. How will the tough man react?

The pressure of keeping his son's killer secret will see Ian Beale attempt suicide. However, Ian's mother Kathy Beale will reappear just in time to save her son but will Ian forgive Kathy for terrible lies?

Coronation Street News

The Platt family will face more Callum related drama when the police reveal they have found a body in the canal. Sarah Platt is the first to panic and threatens to go to the police and confess all. Can Kylie Platt stop her before it's too late?

Sally Webster's big day arrives but as the bride makes her way to her wedding, will her betrayed groom Tim Metcalfe be waiting?

Carla Connor will receive a shock as Aidan Connor's secret comes tumbling out after his father Johnny Connor arrives on the street revealing that Aidan has stolen the money he invested in the factory from him. What will this mean for Carla's business?



THINKING ABOUT FEELINGS

When someone comes along to counselling and begins to talk about what is troubling them, one of the difficulties that sometimes emerges is their sense of 'having feelings that are 'bad' or 'wrong'. Perhaps they have been experiencing feelings of anger, or frustration, or maybe sadness, or regret. They may see such feelings as negative or self-pitying, and not compatible with being a good and kind and positive person. They wish these feelings would just go away. But, however much they try to wish them away, the feelings stubbornly persist. So then they experience shame and anxiety about having what they see as such negative feelings, and this shame and anxiety gets added to the mix, and just makes everything worse.

Counselling can offer us time and space in which we can talk about, and think about, all the different aspects of our emotional life, without using labels like positive or negative, right or wrong, good or bad. Instead, the counsellor provides a non-judgemental relationship, in which all aspects of our emotional experience can be heard and thought about. If we can slow things down a bit, begin to make sense of our feelings, and see them as an unsurprising response to aspects of our life experience, they are much less likely to cause us anxiety.

Gradually, we become more able to manage our feelings and get on with our lives, instead of our feelings managing us, perhaps by making us anxious or irritable or unconfident or withdrawn. We learn to accept that, if we face difficult and challenging situations in the future then, naturally, we are bound to experience difficult and challenging feelings within ourselves. And when we have to bear particularly difficult circumstances or events in our lives, there is no shame in seeking support to work through our feelings about them.

A counsellor is able to sustain an open and accepting attitude to another person's feelings, without anxiety getting in the way, because, through their own training and personal development, they accept that having emotional responses to life's events is a part of what it is to be human. Perhaps then, the more accepting and tolerant we can be towards our own emotional life, the more kindly and accepting we are able to be towards the feelings of others.

Yvette Shea SouthWest Counselling Centre Killarney. SouthWest Counselling Centre Killarney provides affordable professional counselling to children, adolescents adults and couples – both at its Killarney Centre (Lewis Road) and at Kenmare Family Centre. info@southwestcounselling.ie. Kerry LifeLine provides **FREE** counselling and support to anyone feeling suicidal or bereaved through suicide.

info@kerrylifeline.com - To make an appointment call 064 6636416.

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

Please support SouthWest Counselling Centre and celebrate our 21st Anniversary at our Coffee Morning on Wednesday October 21st at the The Royal Hotel, 10am to 12 noon.

Health Matters.... *With Dr. Michael Moloney*

OSTEOARTHRITIS

Osteoarthritis (OA) is the most common form of arthritis in Ireland. OA mainly affects the joint cartilage and the bone tissue next to the cartilage (shock absorbers in joints).

OA can be considered in simple terms as generalised wear and tear of cartilage and also wear to the underlying bone tissue. It is not fully understood why some people's joints are more susceptible to wear than others but generally speaking age, weight, genetics, occupation and history of previous injuries may play a role. Women are also at higher risk than men at developing OA. Any joint can be affected by OA but the hips, knees, finger joints, thumb joints and lower spine are most commonly affected. The shoulders, elbows, wrists, ankles, and toe joints are less commonly affected. In many cases, just a few joints develop symptoms with one or two becoming the most troublesome. In some people, OA develops in many joints.

Pain and stiffness of joints are the usual complaints from patients suffering from OA. Occasionally joints may become slightly swollen and can appear larger than other joints over time. Symptoms vary in severity from person to person from mild discomfort to severely debilitating.

Your doctor can often diagnose osteoarthritis based on your age, your typical symptoms and examination of your affected joints. Tests such as X-rays or blood tests are usually not needed. Quite a number of people have X-ray changes that indicate some degree of OA but have no, or only very mild, symptoms. The opposite can also be true. That is, you may have quite severe symptoms but with only minor changes seen on the X-ray.

PROGNOSIS

The progression and severity of OA is variable from person to person. In many people OA is mild, does not become worse, and does not make you any more disabled than expected for your age. However, in some people, the severity of OA and the disability it causes is out of proportion to your age.

TREATMENT

There is no cure for OA but treatment is aimed to reduce symptoms and improve overall mobility and function of joints. Exercise and weight reduction has been shown to help OA. Closed chain (non impact) exercise as well as swimming is excellent for this. There is some evidence to suggest that orthotics may be helpful in sufferers of OA of the knee. Mobility issues can be addressed by the help of walking aids and physiotherapy.

CONTINUED NEXT WEEK...



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5 FACTS ABOUT FRUITS AND VEGETABLES:



Most of us eat fruits and vegetables on a daily basis. After all, they have been a part of our diet since the dawn of history. We eat them raw, cooked, frozen, drink them as juices and combine them with just about any other food we eat. But just like anything else that's been around for so long, there are many things you don't know about fruits and veggies that can be very useful and important to know.

1. Never mix grapefruits with medications. Grapefruits are among the most nutritious fruits out there but they can also be bad for you if you are taking certain medication. The chemicals in a grapefruit can cause a bad reaction with some drugs that can even have fatal results. If you're on medication, be sure to check with a medical professional before drinking or eating any amount of grapefruit.

2. Fruits and veggies have a lot of fibre. The benefits of fibre include keeping your bowel movements regular, helping lower cholesterol, regulating blood sugar, and help you feel more full for a longer time. Even if you don't need any more of the vitamins, minerals and other healthy ingredients in fruits and vegetables, they are still one of the best things you can eat on a daily basis.

3. The skin is usually the best part. In many fruits and veggies, such as carrots, apples, and cucumbers, a high percentage of the nutrition is actually stored in the skin. This means that when you peel it off, you're actually peeling away nutritious benefits. Make sure to wash your fruits and vegetables well before eating them and you'll get used to eating them with the peel in no time.

4. Bananas are fascinating. Two incredible things you might not know about these delicious sources of potassium and vitamins: First, bananas are technically herbs and belong to the same "botanical family" as mint or basil. Secondly, in 1950 almost all of the banana species in the world were wiped out by the Panama Disease. Today, most of the bananas sold and eaten around

the whole world are direct descendants of the same Asian breeds that survived the disease.

5. The most hated vegetable in the world is one of the best.

Brussels sprouts reign supreme as the least enjoyable vegetable for children, and also some adults. However, Brussels sprouts are among the most nutritious veggies you can ever find. They have no fat, no cholesterol, hardly any calories and plenty of vitamins and minerals.

RIDDING MOZAMBIQUE OF 171,000 LAND MINES:

Playing outside, walking to school or traveling to visit family is no longer a dangerous endeavour for people living in Mozambique, where deadly land mines that once marred thousands of acres of land have finally been eradicated.

After 22 years of work, de-mining organisation Halo Trust declared the Southern African country free of land mines.

Approximately 10,900 Mozambicans have been killed or injured by land mines, according to the International Campaign to Ban Landmines. The underground explosives are leftovers from wars dating back to the 1960s. Formerly a Portuguese colony, Mozambique fought for its independence in the 1970s but was plagued by a civil war until 1992 that left more than a million people dead—and more than half of the country a hazard to health.

With financial assistance from a host of Western countries, workers from Halo Trust arrived on the scene in 1993. Using massive armoured tanks and manual detectors, the British-based charity cleared 171,000 land mines in 1,100 minefields, detonating the last known mine last month.

Land mines have hindered economic development in Mozambique. Of its 26 million residents, more than half live below the poverty line, according to the latest figures from the World Bank.

The final region cleared of mines houses a railway line that carries goods from Mozambique into Zimbabwe. The track and infrastructure had been neglected since the 1990s, with workers afraid to get too close. Now, the railway line is getting some much-needed upgrades and will soon be able to transport heavier loads into other countries. Without fear of triggering mines, residents can start cultivating land that was once off-limits, planting crops and allowing livestock to graze. As Mozambique celebrates this major accomplishment, workers at Halo Trust want the world to know their work isn't done. As many as 60 other countries—including Afghanistan, Angola, and Cambodia—still have active land mines that kill or injure 4,000 people annually.

DID YOU KNOW?

While spiders in your home should in no way be classed as your first line of defence against

insect transmitted diseases, they can help by virtue of keeping away pests that might bite humans and pass on certain infections. As spiders also feed on insects like fleas, they could be useful for your canine or feline friends if a stray flea ever did make it past your flea control methods.

HOMELESS MAN GIVES EVERYTHING HE HAS TO 7 STRAY DOGS:

A man with nothing has given everything he has to keep seven stray dogs alive.

This man's name is Kamala Lochan Baliarsingh. He's lived in Odisha, India, for the past three decades without any home or source of income. "I just clean the platform by collecting plastic bottles," he says. He uses the money he gets from recycling these bottles to feed seven of the town's stray dogs, who all visit him after midnight, according to the film.

Every day, Mr. Baliarsingh makes sure these dogs have the food and water they need to survive, even if it means he goes hungry.

ANSWER TO LAST WEEK'S RIDDLE:

You use me from your head to your toes, the more I work the thinner I grow. What am I?
A bar of soap.

QUOTE FOR THE WEEK:

"Silence becomes cowardice when occasion demands speaking out the whole truth and acting accordingly." Mahatma Gandhi

ON THIS DATE – OCTOBER 2ND:

1833 - New York Anti-Slavery Society organised.

1852 - William O'Brien, writer and nationalist, born in Mallow, Co. Cork.

1869 - Birth of Mahatma Gandhi in Porbander in western India.

1879 - Start of the Sherlock Holmes adventure "The Musgrave Ritual".

1901 - The first modern submarine launched in Britain by John Holland.

1943 - The Danish resistance finished smuggling up to 7,000 Jews to neutral Sweden, ahead of an SS round-up.

1950 - The comic strip "Peanuts" by Charles M. Schulz first published.

1952 - Britain became the world's third nuclear power by testing a bomb off Trimouille Island near Australia.

1962 - First broadcast of Irish record charts on Radio.

2002 - A 1.3 acre site at Railway Square in Waterford city is sold at auction for €4.9 million – over twice its guide price and a record for the region.

RIDDLE FOR THIS WEEK:

What has to be broken before you can use it?
Answer next week!

TONGUE TWISTER:

"Whether the weather is warm, whether the weather is hot, we have to put up with the weather, whether we like it or not."

DOG TRAINING TIPS:

*Ensure that "come" works every time by rewarding your dog with a puppy party every time they obey this all-important command. Puppy parties should involve anything your dog finds rewarding—a nice belly rub, a yummy treat, their favourite toy, etc. They most certainly won't want to come when called if they're punished once they get to you.

Never punish your dog for coming when called. Even if your dog is coming back after an hour long escapade through the neighbourhood, they still get a puppy party. Remember to always issue a recall command with a pleasant tone and a smile on your face; no dog wants to come running to an angry tone and a scowling face.

Never call your dog for something he does not like (bath, nail trim, car ride, go in the crate, etc.)

*Do not allow your dog to jump on guests, period. Even if you have a friend that insists "Oh it's okay! I'm a dog person!" don't allow your dog to jump up and greet them. Your pup doesn't know the difference between a twenty-year-old who is a "dog person" and seventy-five-year-old Grandpa who just had a hip replacement.

If you have a dog that jumps, warn your guest before they come over. Ask your guests to turn away from your dog and ignore them until your pup is sitting quietly. Teach your dog that they get lovin' when all four paws are on the floor, and not before.

*Rewarding your dog for going potty outside is an integral first step to house training. A key part of house training your dog, however, is preventing indoor accidents from happening in the first place. Yelling at your dog, rubbing their nose in their mess, or giving them a spanking doesn't teach your dog to potty outside—it teaches him to be fearful of you and to have those accidents out of sight. (And come on, you paid good money for those bath

rugs.)

While house-training, Rex should always be within sight and constantly monitored. Kennel your dog or puppy while you can't monitor them, keep them on a leash, or if they are small, have them in your lap while you are on the couch or at the computer. Don't wait for your dog or puppy to do the potty dance or assume the squat position—set your dog up for success and offer your pup plenty of opportunities to go potty in the right place.

(Continued next week).

WHALES AND DOLPHINS WIN BATTLE OVER THE USE OF HARMFUL SONAR:

A federal judge has approved a legal settlement that limits the use of sonar and other underwater explosives that can inadvertently harm whales and dolphins.

For marine mammals, the ping of sonar or the muffled blast of underwater detonations can be deafening and even deadly.

The settlement ends litigation brought by environmental groups against the Navy over its use of sonar in important feeding grounds for whales off the Southern California coast near Santa Catalina, San Clemente, and San Nicolas islands, as well as waters around Hawaii, including Maui, Molokai, and the Big Island.

It's the first time the Navy has acknowledged that it is possible to protect marine mammal habitat without hindering its training regimen—abandoning its previous stance that putting limitations on sonar testing and exercises wasn't feasible.

A 2013 Navy report estimated that over the subsequent five years (2014 through 2019), sonar testing, underwater detonations, missile launches, anti-submarine warfare, and ship strikes could kill up to 155 whales, dolphins, seals, and sea lions and permanently injure more than 2,000 animals. The Navy also estimated that 9 million incidents of marine mammal disturbances could alter feeding and breeding activities in the 120,000-square-mile Southern California testing zone.

MORE PEOPLE HAVE DIED THIS YEAR FROM SELFIES THAN SHARKS:

The media hype over shark attacks reached insane levels this year. This led conservationists like Richard Branson, Shark Attack Survivors for Shark Conservation and The Pew Charitable Trusts to support efforts to restore and conserve the world's shark populations—warning against turning an uptick in attacks into "an excuse to kill more sharks." After all, humans kill far more sharks every year—at least 100 million more—than sharks kill people. Earlier this month, a park in Colorado had to close because too many people were getting dangerously close to bears to take selfies. And this was no isolated incident. Wildlife authorities in the Lake Tahoe area, Yellowstone National Park and other recreation areas have repeatedly cautioned visitors against getting too close to bears, bison and other large animals. The latest death by selfie happened when a 66-year-old Japanese tourist died, and his travel companion was injured, after falling down stairs while attempting to take a selfie at the Taj Mahal. The man's death raises the selfie toll this year to 12. To put that in perspective, in 2015 there have so far been eight deaths caused by shark attacks. Other deaths have been caused by distracted photo-takers falling off cliffs, crashing their cars, being hit by trains, and even shooting themselves while posing with guns. It's not clear if the number of daredevil selfies is increasing, but more and more tourists are making headlines because of their dangerous attempts at a memorable photo. Australia has issues with dare devils taking selfies too. They can't get people to stop taking pictures on a rock that is on the verge of crumbling into the ocean, and it's been such a problem in Russia that the government launched a campaign to warn people about the dangers of selfies.

HOSPITAL VISIT:

A six-year-old went to the hospital with his grandmother to visit his grandfather. When they got to the hospital, he ran ahead of his grandmother and burst into his grandfathers room.

"Grandad, Grandad!" he said excitedly, "As soon as Grandmother comes into the room, make a noise like a frog!"


"What?" said his grandfather.

"Make a noise like a frog because Grandmother said that as soon as you croak, we're going to Disneyland!!!"

FINALLY THIS WEEK:

Try to give yourself 2-3 seconds before you go through that green light, especially if it's a busy intersection. A large percent of deadly vehicle accidents occur because some driver wanted to beat the red light. Waiting for those precious seconds makes sure you don't take that risk.





A WORD OF VICTORY

Welcome back dear reader last week we looked at Jesus' compassion for Mary and Martha on the loss of their brother Lazarus and how He healed their broken hearts by exercising His supernatural authority when He raised Lazarus from the dead. We also saw how Jesus wept at the spiritual condition of Jerusalem. In Jerusalem at that time there was a strong religious system in place, they had the temple where sacrifices were offered for the sins of the people; the High Priest lived there with the Levite priesthood performing many rituals and ceremonies. The Presence of God was behind the veil in the 'Holy of Holies'. All this was a shadow pointing at Jesus the true High Priest. We know from Scripture that when Jesus died on the Cross the veil at the temple was torn from top to bottom and God's Presence departed from there, yet the people did not comprehend what Jesus had been saying and doing thus they didn't receive Him as Saviour and Lord as they preferred religious activities (dead works) which were useless. Today God lives in people who have accepted their Salvation as a free gift - becoming the temple where God dwells (Acts 7:48). We see though that religious activity - rituals and ceremonies - are still preferred by many people who put their trust in such things rather than humbling themselves by acknowledging that calling on Jesus is the ONLY way to be saved and made right with God the Father. You were born to become a son or a daughter of the Most High God, a brother or sister to Jesus Who wants to live in you and through you extend the Good News to other people. The Father loves you friend and He is waiting for you to call and accept the One He sent to save you that is Jesus the Son of God. Don't wait any longer do it right now!

If you have any prayer need please call **064-6622950** or email **wordofvictory@eircom.net**. More next week...

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

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NOVENA TO THE SACRED HEART

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

GRATEFUL THANKS

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

D&A

THANK YOU TO

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

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.

THE MIRACLE PRAYER

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

NOVENA TO THE SACRED HEART

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

PRAY TO ST. EXPEDITE

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

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL
O Most Beautiful Flower of Mount Carmel, Fruitful Vine, Splendour of Heaven, Blessed Mother Son of God, Immaculate Virgin, assist me in this my necessity. O Star of the Sea, help me and show me herein you are my Mother. O Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succour me in this necessity. (make request). There are none, that can withstand your power. O show me herein you are my mother. Oh Mary conceived without sin, pray for us who have recourse to thee (3 times). Holy Mary, I place this cause in your hands, three times. Thank you for your mercy to me and mine. Amen. Say this prayer for 3 consecutive days. Must publish prayer and it will be granted to you.
X

NOVENA TO THE SACRED HEART

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

PRECIOUS MOTHER OF JESUS

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

3RD ANNIVERSARY



In Loving Memory of

O'MAHONY

In loving memory of Thade Timothy O'Mahony, late of Mounthorgan, Rathmore. R.I.P.

We thought of you today,
But that is nothing new,
We thought about you yesterday,
And days before that too,
We think of you in silence,
We often speak your name,
All we have are memories,
And your picture in a frame,
Your memory is a keepsake,
From which we'll never part,
God has you in his arms,
We have you in our hearts.

Lovingly remembered by your wife Kathleen, sons Noel, Anthony, John, Kieran, Aidan, daughters Nora & Linda & all your grandchildren.

Anniversary Mass on this Sunday October 4th in Shrone Church at 9am.

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. **J.K.O.C.**

NOVENA TO ST. CLARE

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

Pray, whether you believe or not.

Publish on the 9th day.

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

Favour often granted on the third day.

THANKSGIVING ST. JUDE

St. Jude come to my assistance in my need that I may receive the consolation and help of heaven in all my necessities particularly (mention request) and that I may praise

God with you and the elect throughout eternity. I promise you O Blessed Jude to be ever mindful of this great favour and I will never cease to honour you as my special and powerful patron and to do all in my power to encourage devotion to you. Amen. Say for 3 days and publish immediately.

Favour granted after 3 days.

PRAYER TO ST. MARTIN DE PORRES

Most humble Saint Martin whose burning charity embraces all, but especially those who are sick, afflicted or in need, we turn to you for help in our present difficulties and we implore you to obtain for us from God health of soul and body, and in particular the favour we now ask...

May we, by imitating your charity and humility, find quiet and contentment all our days, and cheerful submission to God's holy will in all the trials and difficulties of life.

Amen.

PRAYER TO THE HOLY SPIRIT

Holy Spirit you make me see everything and show me the way to reach my ideal. You give me the divine gift to forgive and forget the wrong that is done to me and who are in all instance of my life with me.

In this short dialogue I want to thank you for everything and confirm once more that I never want to be separated from you no matter how great the material desires may be. I want to be with you and my loved ones in your perpetual Glory. Amen. (Say this prayer three consecutive days without stating the request, after the third day the request will be granted no matter how difficult it may be. Promise to publish this as soon as your request is granted.

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

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

NOVENA TO THE SACRED HEART

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

X

NOVENA TO THE SACRED HEART

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

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.

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.

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. **X**

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

O Most Beautiful Flower of Mount Carmel, Fruitful Vine, Splendour of Heaven, Blessed Mother Son of God, Immaculate Virgin, assist me in this my necessity. O Star of the Sea, help me and show me herein you are my Mother. O Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succour me in this necessity. 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.

X

NOVENA TO THE SACRED HEART

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

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NOVENA TO THE SACRED HEART

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



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