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- This weeks LAMB comes from MICHAEL CAHILLANE, KILLORGLIN



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PARANORMAL ACTIVITY (15A) 105m 7 Days 6:30 9:00	PAN (PG) 120m Sat/Sun 2:00	SICARIO (15A) 120m 7 Days 6:45 9:00	
GHOSTHUNTERS ON ICE TRAILS (PG) 105m Sat/Sun 12:15 2:15 4:15	PAN 3D (PG) 120m Sat/Sun 4:15	INSIDE OUT (G) 110m Sat/Sun 2:15 4:15	
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TOPS OF THE TOWN TO BRING THE HOUSE DOWN

Talented acts from sporting and business groups in Killarney are set to take to the stage for one of the highlights of the Christmas In Killarney Festival.

The Christmas in Killarney festival, now in its 11th year, is aiming to be the top Christmas festival in the country this year with the launch of the Christmas in Killarney Tops of the Town. The festival's calendar of events was unveiled at the launch of the festival in the Killarney Plaza hotel with the brand new Tops of the Town event set to be one of this year's highlights. Grainne O'Sullivan co-chair of the Christmas in Killarney committee said "This year we wanted to bring an extra dimension to the festival, a big event that will involve the entire town, so we came up with the idea of having a Christmas in Killarney Tops of the Town, everyone has such fond memories of Tops of the Town we thought it would be the perfect addition to Christmas in Killarney".

Taking part in the event, which will be held in the INEC on the 11th of December, will be twelve talented acts from sporting and business groups around the town including the Gardai, local GAA clubs, soccer clubs, Strictly Come Dancing, the Vintners Association and the Chamber of Tourism and Commerce. The event will also benefit 2 local charities the Kerry Cork link bus and the chemotherapy day unit in Kerry General Hospital. But that's not the only addition to the festival this year as the town will also host Killarney on Ice, Kerry's only Ice rink in association with Believe at Ballyseedy. Ciara Treacy of the festival committee also added that Killarney will really sparkle this Christmas with the town also hosting, a Santa fun run on the 5th of December, a Christmas cake competition on the 19th December, Fashion at The Europe, Dine in Killarney Restaurant Nights, Young Choon piano recital, Santa's lodge at Deenagh Cottage and Muckross house Christmas magic as well as the amazing town decorations that Killarney is fast becoming famous for.

The festivities will kick off this year with the



PICTURED AT THE KILLARNEY PLAZA HOTEL FOR THE LAUNCH OF CHRISTMAS IN KILLARNEY'S 'TOPS OF THE TOWN' WERE SANTA, HIS ELF AND THE 10 PARTICIPATING ACTS TAKING PART. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

Christmas in Killarney Magic Parade taking place on the 28th of November at 6pm. Last year saw four Christmas parades taking place in the town, with a parade happening each Saturday in the lead up to the Christmas Day. Feedback was so positive that the volunteers who organise the Christmas in Killarney festival will add a 5th parade on the 31st of December. Rumour has it that Santa who will be on his holidays at that stage will return to the town for one last parade so that he can see anyone who did not make it home to Killarney before Christmas.

For more information on all events, dates and times visit christmasinkillarney.com where you can also download an event guide.

PICTURED AT THE KILLARNEY PLAZA HOTEL WITH SANTA WERE SOME OF THE MEMBERS OF KILLARNEY'S STRICTLY COME DANCING DANCERS WHO ARE ONE OF THE TEN ACTS TAKING PLACE IN CHRISTMAS IN KILLARNEY'S TOPS OF THE TOWN L-R GRAINNE O'SULLIVAN, SANTA, BREDA O'CONNOR & NORRITA CRONIN.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



GOLF CLASSIC RAISES FUNDS FOR NRH

The National Rehabilitation Hospital (NRH) is set to benefit to the tune of over €10,000 following a successful golf classic held by one of its former patients, Tom Doherty. The Killarney golf classic raised a total of €10,185 and all the money raised will go directly to the paediatric department. "They provide rehabilitation services to children and adolescents who require medical rehabilitation as a result of conditions such as a brain injury, stroke, spinal cord injury, neurological disorders or limb absence", Tom told the Killarney Outlook. "One

of the goals is to maximum the potential of each child and to support their reintegration into his/her home, school and the wider community. With this in mind the funds will be used to purchase specialised wheelchair accessible equipment for a play ground" he added.

Tom has first hand experience of the work that the NRH does, following a childhood accident and he would like to thank all those involved for making the day such a wonderful success.



TOM DOHERTY PICTURED WITH EDELE LAMBE FROM THE NATIONAL REHABILITATION HOSPITAL AT THE CHEQUE PRESENTATION.

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KERRY STARS TO SHINE AT BLACK TIE BALL

Style, glamour and a huge sense of pride will be the key ingredients for what is to be another successful Kerry Stars Special Olympics Club 9th annual Black Tie Ball. The gala night will take place at The Malton Hotel Killarney on Friday November 27th next. Guest speaker on the night is will be Gold Medallist in this years Special Olympics World Games, Brendan O'Connell.

The Black Tie Ball has become a key annual event on the social calendar of local businesses, media, schools, club supporters and of course The Kerry Stars athletes who certainly know how to throw a party which ensures everyone who attends has fun and returns year after year!

The Kerry Stars Special Olympics Club now has 87 athletes registered with more athletes to come again this season. The athletes now participate in four sports, athletics indoor and outdoor, football, swimming and soccer. The athletes train three nights a week under their dedicated coaches and volunteers. Some athletes also participate in The Athlete Leadership Programme (ALPS) which assists with development of social skills, train in Public Speaking, assist coaches and volunteers at club sporting and social events.

The organisers would like to thank The Malton Hotel for hosting the ball, all local media and all other associated sponsors without whom they could not run these events. The Black Tie Ball agenda will include a pre dinner drinks



PICTURED AT THE MALTON HOTEL FOR THE LAUNCH OF THE 9TH ANNUAL KERRY STARS BALL WHICH IS DUE TO TAKE PLACE AT THE HOTEL ON FRIDAY 27TH NOVEMBER WERE BACK ROW L-R TOM TOBIN, MARTINA MCCARTHY, VINCENT LACKE & EMER CORRIDAN. FRONT ROW L-R EMMA DOOLAN, CLAIRE SPILLANE, MAÍRE MURPHY & CLAIRE ROHAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

reception at 7.30pm, a beautiful 5 course dinner at 8pm followed by music with The Deerhunters and complete with a disco until late. Last year over 300 people danced the night away at the Ball with all the athletes making sure no one was sitting down. "We appreciate your support at our Black Tie Ball and from experience we can guarantee an incredibly enjoyable night

thanks to athlete's participation, enthusiasm and incredible sense of fun", the organisers told The Killarney Outlook.

Tickets are €50 and are available for purchase at The Malton Hotel, Killarney.

Any queries, please contact:
Emer Corridan – **087 1240046** or
Tom Tobin – **087 2338575**

ROTARY TO HOLD 12TH ANNUAL EVENING OF WINE AND ART



PICTURED WITH JOHN O'SULLIVAN AND FELLOW MEMBERS OF THE KILLARNEY ROTARY CLUB ARE KILLARNEY WATER RESCUE MEMBERS L-R: JON WILSON, EILISH MCCARTHY, AUDREY O'LEARY AND PAUDIE MACKENNA.

Artists and art enthusiasts from around the county and further afield will descend on The Malton Hotel in Killarney on Thursday, November 26 for the 12th annual Killarney Rotary Club Evening of Wine & Art which was launched on Wednesday.

The event is always a hugely popular one on Kerry and Munster's social character and last year attracted over 1,000 people. The event is held in association with sponsor Daly's SuperValu and is organised in aid of deserving local charities and community

projects. "Art sales were significantly up last year and we were delighted with the support of the Daly family and SuperValu," Killarney Rotary President John O'Sullivan told the Killarney Outlook.

Wine and beer-tasting opportunities will be on offer while festive nibbles and speciality cheeses will also be served. Among the highlights of the night is the charity auction of artwork. Christmas shoppers got the chance to snap up gifts among the wonderful display of paintings and crafts while Kerry Hospice Foundation members and members of the Killarney branch of the Irish Kidney Association will be selling charity Christmas cards.

The raffle is co-ordinated by the Irish Pilgrimage Trust and the proceeds of the cloakroom will support the Kerry Stars Special Olympics Club while the main beneficiary this year will be the Killarney Water Rescue, who are in existence for 21 years.

Amongst the other charities and community projects being supported by this year's Killarney Rotary Evening of Wine & Art the Order of Malta, St Brendan's Microtrack, Gaelscoil Faithleann, Coolick National School and Killarney Athletic Soccer Club.



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NEON FUN AT THE GRAND FOR GLOWHEARTS

A night of fun and nostalgia is planned for The Grand Hotel in Killarney on Friday 20th November and its all in aid of glowhearts4crumlin.

The 80s and 90s disco event is set to generate funding which will go straight to the cause.

Tickets are €10 or €7 if people dress up in neon 80s and 90s style clothes. Helen Sheehan from the Grand hotel is putting in a huge effort to make sure that the event is going to be one to remember for all who attend and its all in aid of supporting the little heart warriors in Crumlin hospital.

Glowhearts4crumlin was set up in January 2015 by six mums from Kerry who each have a child that was born with a congenital heart defect and who underwent open heart surgery in the children's heart centre in Our Lady's Children's Hospital in Crumlin.

The drive behind setting up glowhearts4crumlin was to create awareness of congenital heart defects (CHDs) in babies and children, as each of us mothers had no knowledge of CHDs prior to our own child diagnosis. CHDs in children are common affecting 1 baby in every 100 births.

"As there was no support network existing for parents of CHD children within Kerry and we each entered into the scary world of CHDs alone with no knowledge or support". Gillian O'Donoghue, one of the GlowHearts mums and Chairperson of the group, told the Killarney Outlook.

"It's one of our main priorities to provide support and help to parents who have children who have been recently diagnosed with a CHD in an effort to help guide them through the journey they will be undertaking", she added.

The group are working alongside Kerry General Hospital in a effort to reach out to new parents of babies born with CHDs and to try and improve techniques for detecting CHDs in



babies quicker, before and after birth therefore improving survival rates for these babies.

The group are busy organising fundraising activities within Kerry to raise much needed funds for the children's heart centre in Our Lady's Children's Hospital in Crumlin. This centre of excellence was built using no government funding. The funds for the construction of this centre was generated by fundraising campaigns by the Crumlin research and medical foundation in Crumlin and from fundraising campaigns by parents and private donations. The continued success of this centre relies on fundraising and donations.

From January to April of 2015 they have raised €18,000 which they divided evenly between the children's heart centre in Crumlin and the adjoining Ronald McDonald house, a home from home for parents and families of sick children staying in Our Lady's Children's Hospital in Crumlin. This year the group are solely campaigning for funds to build a new Daycare Children's Heart Centre which is to be constructed alongside the existing children's heart centre in Crumlin. As this new build is receiving no government funding all donations are hugely appreciated by the charity.

So you know what to do.... don some neon gear and head off to The Grand Hotel for a fantastic night for a fantastic cause.

20 YEAR KILLARNEY SCHOOLS REUNION PLANNED

A group of friends from Killarney, Patrick Clifford, Olive Darcy and Greg Whelan are in the throes of organising a 20 year reunion for the three Killarney Schools, St. Brendan's St. Brigid's and Killarney Community or the Sem the Pres and the Tech as they are affectoinally known.

The reunion will be held on 14 November in Revelles at 9pm. There will be food and a different until late. Tickets are €15 and all proceeds are going to the Cork-Kerry Health Link Bus. There is a bicycle donated by O'Sullivan's cycles, as well as some other fantastic spot prizes. Partners are more than welcome to attend the event. Please contact Patrick Clifford 0870983830 Olive Darcy 087) 922 9551 or Greg Whelan on (087) 257 5100 for more information and tickets

ANNUAL GARDA MASS FOR MEMBERS

The annual Garda Mass for current and deceased member of An Garda Siochana Retired Members Association, Killarney/Caherciveen Branch will be celebrated on Thursday November 12th at 7.30p.m. at Killarney Oaks Hotel, Muckross Road, Killarney. Serving members of An Garda Siochana are invited to attend. Family members of current, deceased and serving members are also welcome.

EOGHAN IS UP FOR THE TITLE OF BIM YOUNG FISHMONGER, 2016



EOGHAN CROWE (23) PICTURED AT QUINLAN'S FISH SHOP WHO IS NOMINATED FOR THE BIM YOUNG FISHMONGER 2016. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

Bord Iascaigh Mhara (BIM), the Irish Sea Fisheries Board, is delighted to announce that Eoghan Crowe from Quinlan's, Killarney is on the shortlist for the BIM Young Fishmonger

2016 competition

At 23 years old, Eoghan is the youngest of our finalists this year, but as he started work with Quinlan's while still in school, he has a wealth of experience that belies his age. While at college, Eoghan continued to work part time in Quinlan's restaurant and in 2012, was delighted to get a full time position in Quinlan's fish shop in Killarney. He thoroughly enjoys meeting new and regular customers from a variety of backgrounds. Every day is different depending on the local catch from Portmagee or Castletownbere and working for a renowned seafood business like Quinlan's ensures there are new innovative products and services on a regular basis.

BIM's Young Fishmonger competition aims to recognise and reward young fishmongers and

in doing so; raise the bar across the sector in terms of product knowledge and skills.

The finalists will be tested on their business insight and practical skills, in BIM's Seafood Development Centre, Clonakilty on the 11th November. This will include filleting and preparing a range of fish and shellfish under time constraints, as well as discussing their future business plans. The winner of the overall competition due to announced at an awards event that evening in Martin Shanahan's restaurant Fishy Fishy in Kinsale on Wednesday November 16th.

Finalists will receive a specially designed trophy, a place on BIM's retail development workshops, a set of professional knives and a cheque for €500. The winner will receive a study trip to France and a cheque for €1,000.

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MEMBERS OF THE MUCKROSS ICA GUILD INCLUDING: FRONT (SEATED) L-R: EILEEN MURPHY, AND MAUREEN FOGARTY. BACK/STANDING: L-R: NANCY HEGARTY, PRIZE WINNERS - SHEILA O'DONOGHUE (WITH PATCHWORK QUILT AND KNITTED DOLL), BREEDA MORIARTY (CUP + PHOTOGRAPH), CAROLINE O'DONOGHUE (WITH KNITTED DOLLS) AND ALSO MAUREEN BROSNAN.

The members of the Muckross Guild of the ICA have been busy over the past few months in preparation for the 2015 Kerry Federation Competitions. Members who came out on top at the event included Sheila O'Donoghue,

Breeda Moriarty and Caroline O'Donoghue.

The Guild meets on the second Monday of the month in Loughguitane NS at 8pm and their next meeting is on Monday the 9th November 2015.

ALEX INTRODUCES WINGTSUN TO KILLARNEY

Aleksandras Beliauskas started his marital journey when he was 12 years old.

Having practiced many different styles including Pancration (mma), Wu Shu Chan Quan, Shaolin Kung Fu and Vietnamese Niat Niam, it was when he tried WingTsun he knew that he found the martial art he was looking for all the time.

"It is a clear understanding of winning by using the knowledge you have instead of trying to win through rude force" Alex told the Killarney Outlook.

"I believe that I will be able to use my knowledge and techniques even in older age, as the techniques of WT doesn't require big amount of force and energy for its practitioners".

Alex is currently running classes for all age groups - children, teenagers and adults at the



ALEKSANDRAS BELIAUSKAS PICTURED WITH ONE OF HIS CLIENTS AT THE KILLARNEY MARTIAL ARTS ACADEMY.

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For more information see advert on page 30.

Ó SÉ'S BOOK UP FOR BOOK OF THE YEAR

Tomás Ó Sé's memoir, *The White Heat*, has been shortlisted for the Irish Sports Book of the Year award at the Bord Gáis Energy Irish Book Awards which will be held in the Double Tree Hilton Hotel in Dublin on Wednesday, 25th November. The shortlist puts him up against Jim McGuinness, Henry Sheflin, Peter Stringer and Packie Bonner, all of whom have sports memoirs out this year. The public can vote for their sports book of the year at www.irishbookawards.ie/vote2015/ *The White Heat* was published just

two weeks ago and it debuted at No. 2 in the bestseller lists with a well-attended launch in the Brehon Hotel, Killarney over the October bank holiday weekend and three mobbed book signing events across Kerry over the last few weekends. In his memoir, an account of his upbringing and time in the Championship cauldron competing alongside and against the sport's modern greats, Tomás writes candidly about life as a member of Ireland's greatest sporting dynasty.

KILLARNEY PARISH SILVER CIRCLE

RESULTS OF WEEK 4

1st Prize €500: Gráinne O'Sullivan, Ballydowney. Seller: Andy O'Sullivan.

2nd Prize €250: Mary & John O'Keeffe, Ballaugh. Seller: Mary O'Keeffe.

Winners of €100 each are as follows:

Ann Tangney, Ballaugh. Seller: Eileen Hayes.

Tim O'Shea, "Klondikes", College Sq.

Seller: Patricia Lyne. Rose Hickey, Gortdromakerrie. Seller: Margaret O'Donoghue. Kate O'Sullivan, C/O Deros, Main St. Seller: Anne O'Leary. Joan Kelleher, St. Brendans Pl. Seller: Donal Casey.

Winners of €75 each are as follows: Eileen Mayse, Pinewood Est. Seller: Sheila Morris. Mary Fuller, Flesk Bridge. Seller: Evelyn O'Leary. Derry McCarthy, Dromhall View, Countess Rd. Seller: John Ivory. Violet Hayes, Whitebridge Manor. Seller: Caroline Hurley.

Brendan Joy, Gortagullane. Seller: Tadhg Fleming. Emma Kennelly, Oakdale, Countess Rd. Seller: Tadhg Fleming. Mary Rose Felle, Castle Falls. Seller: Evelyn O'Leary. Tom & Bernadette Noonan, Lissivigeen. Seller: Cait OSullivan Darcy

Congratulations to all winners, and thanks to all who supported, promoted and sponsored the draw this year. Tickets are still available from the Sacristies and Parish Office.

This week's prize money is sponsored by: Downing, Courtney & Larkin Solicitors, Killarney Oaks Hotel, O'Leary Kerry Refrigeration, O'Keeffe's Oil, Rathmore & AIB Bank.

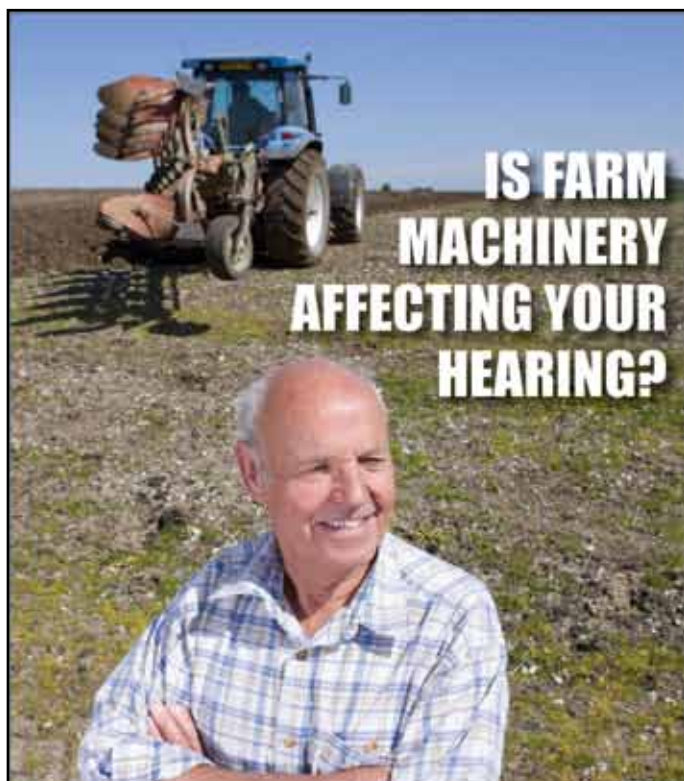
REMEMBRANCE EVENT

Anam Cara the all-Ireland organisation that supports bereaved parents and their families will host their annual Remembrance event on Saturday 7th November in the Hodson Bay Hotel. This year the Vard Sisters will be singing at this special event bringing families from all over Ireland together to remember their child in a special way.

For more information please visit anamcara.ie or call **085 2 888 888**

LISSIVIGEEN COMMUNITY ALERT AGM

Lissivigeen Community Alert AGM will be held on Wednesday 11th November at 8pm at the Torc Hotel. Supt. Florence Murphy will attend this meeting. New members for the text alert scheme will be taken on the night. Refreshments will be served.



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FANTASTIC RESPONSE TO MARIE'S NEPAL APPEAL



POPULAR HOTELIER MARIE CHAWKE PICTURED AT THE KILLARNEY PARK HOTEL WITH HER FAMILY WHO TRAVELLED FROM LIMERICK FOR HER FUNDRAISING NEPAL APPEAL L-R MARIE CHAWKE, KATHLEEN FOLEY, ANNABEL LAHIFF & ANNE LAHIFF. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

"A phenomenal success" was how Killarney Hotelier, Marie Chawke described her charity coffee morning which was hosted by the Killarney Park Hotel this week.

Marie is planning to spend the last two weeks in November working with children as a volunteer at an orphanage in Nepal.

"We had a fantastic turn out" she told The Killarney Outlook, "about 150 people attended and we raised in excess of €6500 for the Nepal Project. I am very grateful to all those who turned up today and all of those who made donations. I am overwhelmed by all the support I have received to help make today possible and for preparing me for my journey to Nepal, she added.



PICTURED AT THE KILLARNEY PARK HOTEL FOR MARIE CHAWKE'S NEPAL FUNDRAISER WERE L-R EILEEN BROSAN, BERNIE GALVIN, PEGGY BARRETT, MAIREAD O'SULLIVAN, JOAN BUCKLEY, MAI BERGIN, HELEN HOWARD & EILEEN TARRANT. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ENJOYING A CUPPA AT THE KILLARNEY PARK HOTEL TO SUPPORT MARIE CHAWKE IN FUNDRAISING FOR HER UPCOMING TRIP TO HELP IN NEPAL WERE L-R NOREEN MCGILLICUDDY, MARY LEHANE, MARY TAAFFE, MARY MAC MONAGLE, BRED A LUCEY AND PATRICK HUGHES (DEPUTY MANAGER AT THE KILLARNEY PARK HOTEL). PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

KERRY TO TENDER FOR THE WORLD IRISH DANCING CHAMPIONSHIPS

Members of The World Irish Dancing Championships Bid Liaison Committee met with An Coimisiún Le Rincí Gaelacha at a special networking event at The Brehon Hotel, Killarney. Here An Coimisiún revealed details of the tender process for Oireachtas Rince na Cruinne, the World Irish Dancing Championships for the bid years 2019 - 2021. The Kerry based Liaison Committee is expected to enter the tender process as hosting this event would be worth in the region of €15 million euro to the county. The Bid Liaison Committee was formed earlier this year to spearhead a united approach on behalf of the entire county to convince An Coimisiún, the governing body of Irish Dancing worldwide, to choose Killarney to host Oireachtas Rince na Cruinne in future years. It is made up of representatives from Kerry County Council, Tralee Chamber Alliance, Dingle Business Chamber, Killarney Chamber of Tourism and Commerce, Kerry Convention Bureau, Fáilte Ireland, Killarney Convention Centre, Kerry Branch of the Irish Hotels Federation, Kerry Airport, Kenmare Marketing Group and various tourist attractions from around the county. Kerry hosted Oireachtas



MEMBERS OF THE WORLD IRISH DANCING CHAMPIONSHIPS BID LIAISON COMMITTEE MET WITH AN COIMISIÚN LE RINCÍ GAEACHA AT A SPECIAL NETWORKING EVENT AT THE BREHON HOTEL, KILLARNEY. AN COIMISIÚN REVEALED DETAILS OF THE TENDER PROCESS FOR OIREACHTAS RINCE NA CRUINNE, THE WORLD IRISH DANCING CHAMPIONSHIPS FOR THE BID YEARS 2019 - 2021. FROM LEFT, SEAMUS O'SHEA, VICE-CHAIRMAN, AN COIMISIÚN, KATE O'LEARY, PRESIDENT, KILLARNEY CHAMBER OF TOURISM AND COMMERCE, TERRENCE MULCAHY, PRESIDENT IHF KERRY BRANCH, GRÁINNE NÍ CHONCHUBHAIR, CHAIR AN COIMISIÚN. PHOTO: VALERIE O'SULLIVAN.

Rince na Cruinne once before in 2003 during which Kerry experienced its busiest Easter ever. The county has hosted Oireachtas Rince na hÉireann nine times including just last week. "An Coimisiún wish to renew and reinvigorate our relationship with Kerry and to cultivate a long-term and lasting enterprising partnership," said James McCutcheon, Executive Member, An Coimisiún. "We know that Kerry is a firm

favourite among the dancing community. To host the World's would be a massive coup for the county and be of great benefit to the local economy," said Kate O'Leary, President Killarney Chamber of Tourism and Commerce. "However, the competition in the tender process will be fierce and Kerry will need a world class bid if we are to feature among the finalists and ultimately secure the event."

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CHAMBER MEMBERS ENJOY FANTASTIC DAY OUT

Killarney Chamber of Tourism and Commerce held a very successful FAM day out in Killarney. Frontline operators and employees took to the trails enjoyed by tourists visiting the town and over 100 members enjoyed kayaking, horse riding and hiking along with trips on the Lily of Killarney Waterbus, the Tourist Train and the Big Red Bus. "The Feedback was fantastic, Chamber President, Kate O'Leary told The Killarney Outlook. "We are very much aware that frontline operators in hotels, pubs and restaurants are in daily contact with our visitors and the more knowledge they have about what is available to do in Killarney the better service they can offer our customers", she added. "We have all worked a long hard season and it was a nice way to finish up. It is my hope that through Chamber we can continue to invest in our hospitality staff in a way that is enjoyable for them too", Kate said.

The Chamber would like to thank the service providers MorActive, Lily of Killarney Water Coach, Killarney Tourist Train, O'Sullivan Riding Stables, Reeks Guiding Co., Kerry Climbing and Kerry Coaches.



PICTURED AT THE LAURELS FOR THE KILLARNEY CHAMBER OF COMMERCE NIGHT OUT SPONSORED BY DIAGEO WERE STAFF FROM THE MALTON HOTEL L-R ALEKSANDRE PIEKLIK, CELINE DUNNE, NIAL HEALY, WILL & KERRY FITZGERALD AND ORLA DOONA.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

The day finished up with an event in association with Diageo for member pubs restaurant and hotel service staff and was a great evening very informative and fun.

"We had 120 at the event and Diageo were delighted with the attendance and participation".



STAFF FROM THE BRICIN RESTAURANT ENJOYING THE KILLARNEY CHAMBER OF COMMERCE EVENING OUT SPONSORED BY DIAGEO WERE L-R CATHERINE O'BRIEN, LORRAINE MCSWEENEY, JOHNNY MCGUIRE, BRIDIE O'BRIEN & DIANE MOYNIHAN.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE LAURELS FOR THE KILLARNEY CHAMBER OF COMMERCE NIGHT OUT SPONSORED BY DIAGEO WERE L-R KEVIN OWENS, EDDIE ONG & DARREN OWENS OF KHAO ASIAN STREET FOOD RESTAURANT, HIGH STREET.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



FRONT OF HOUSE STAFF FROM LORD KENMARE'S & THE TOWERS HOTEL, KATHLEEN NELLIGAN, MARIE MYERS, NOREEN BROSNAN & JOHN MULCAHY TOWERS, ON THE SUMMIT OF TORC ON THE KILLARNEY CHAMBER ADVENTURE DAY OUTDOORS.
PIC JOHN O SULLIVAN REEKSGUIDINGCO.

KILLARNEY DANCERS DANCE THEIR WAY TO THE WORLD'S



SCOTT O'MEARA WHO HAS QUALIFIED FOR THE WORLD IRISH DANCING CHAMPIONSHIPS IN GLASGOW.

Scott O'Meara, from the Hegarty School of Dancing has qualified for the World Irish Dancing Championships in Glasgow, Easter 2016. Scott has been dancing since he was very young and has danced his way up through the ranks in his age group at the All Ireland's which were held at the INEC last weekend. Last year,

which was his first opportunity to qualify, he was placed 4th in Munster and qualified for the World Championships in Montreal. "In solo dancing, only the top dancers in each age group qualify from each qualifying event", his mum Lisa told The Killarney Outlook. "This year Scott did one better and placed 5th in Ireland in his age group, to qualify for the Worlds 2016, in Glasgow. He has achieved this through sheer hard work and determination", she added.

Scott is taught by his mom Lisa and his aunt Maureen Hegarty, who will accompany him to Glasgow, along with teams from his dancing school. Scott wasn't the only Killarney dancer to make the podium at the weekend with two members of the Clifford family making the Podium in 3rd place Mark in the 11-12 boys and Saoirse in the 8-9 girls. There was also success for Kate Horgan in the 8-9 girls who achieved 19th place out of 77 girls. And Eimear O'Sullivan getting a recall medal. Robyn O'Doherty, Shannon Foley, Roisin O'Brien & Ellen Burke all had fantastic results in the age groups with a great haul of 11 medals between them. The

younger teams also from the Sheehan Murphy School of dancing also performed an amazing display during the week claiming Gold in the mixed 4 hand, mixed 8 hand and bronze in the u10 8 hand. The U 18 8 hand finished in 6th place while the 12-15 mixed 8 hand winning Gold. The ladies 12-15 8 hand in 4th place and the ladies Contemporary 3 hand in 3rd place.

It was a wonderful week for teachers Norrie Sheehan and Aine Murphy of The Sheehan Murphy school of Irish dance and they would like to take the opportunity to thank all the children, parents and supporters for the wonderful display of dancing, team spirit and comradely all week long. "We wish the children all the best to those who have qualified for the Worlds in Glasgow the very best of luck in March" a spokesperson for the school told The Killarney Outlook. "A Massive Haul of 70 medals simply Fantastic", she added. More qualifying rounds will take place at the Munster Championships at the end of November also in the INEC.

MORE PICTURES ON PAGE 22

MONEY MATTERS....

By Dermot Cronin,
Financial Advisor



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TIERNABOUL, KILLARNEY

Perched on an elevated setting this modern bungalow has stunning mountain and countryside views well located close to TIERNABOUL School and just 2 miles from Killarney Town. The high quality internal décor and furnishings further enhances this fine property.

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KNOCKACULLIG NORTH, KILLARNEY

Perched on an elevated setting with stunning lake and mountain views located just 7 miles from the popular tourist town of Killarney. The bungalow, set on 0.5 acres, is partially completed and requires total internal finish, grounds works etc.

PRICE: €130,000



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Magnificent private residence constructed in 1992 enhanced by an elegant and classical interior design and furnishing. Excellent location 6.5 miles from Killarney town and perched in an elevated landscaped site with beautiful countryside and mountain views.

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Address: 'Sallywood House', Countess Road, Killarney. Rare opportunity to purchase detached four bedroom family residence in prime residential location within walking distance of all town amenities. 'Sallywood' which was constructed in the 1950's has a generous front lawn with driveway and off street car parking. The property has double glazed pvc windows and pvc fascia and soffits installed with a pitched tiled roof. While well maintained the property would benefit from some modernisation.

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Guide Price: €395,000 BER: E1

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



OPERATION RESUSCITATION: TIME IS CRUCIAL WHEN IT COMES TO SAVING LIVES

The life-saving skills of students at St Brendan's College together with Eugene Cosgrove, Killarney Celtic FC coach, helped save the life of their classmate Tom Geaney last year.

Now St Brendan's College has joined forces with a new local project, Operation Resuscitation Killarney, which will be offering training to schools, sports clubs and individuals to help save lives. The project, which will be launched this month, highlights the fact that time is crucial when it comes to saving lives. Forty teachers and 60 transition-students at St Brendan's College underwent training with the Operation Resuscitation's volunteer trainers on Wednesday, completing a two-hour American Heart Association CPR and AED program.

"Today is the first step in a process of making Killarney and surrounds the safest heart town in Ireland and Ireland the safest heart country in the world," said Dr John Geaney of Operation resuscitation Killarney.

"Currently, Ireland's survival rates are 6%. Other regions have a 26% survival rate. We can save 400 additional lives in Ireland every year – that would be at least three lives in Killarney – if we work to raise our survival rate to be on a par with the world's best."

The Operation Resuscitation project has come about because of the huge generosity of volunteer trainers including Mary O'Connor,



PICTURED AT ST BRENDAN'S COLLEGE FOR OPERATION RESUSCITATION TRAINING DAY WERE BAR ROW L-R ANNETTE O'NEILL, DR. FIONA GALLAGHER, NIAL McCARTHY, SIOBHAN LENIHAN, DEREK O'LEARY, SEAN O'SULLIVAN, SEAN O'LEARY, CIAN GAMMELL, SEAN DOHERTY & JACK KNABLAUCH. FRONT ROW L-R CIAN CASEY, LORCAN McMONAGLE, DARREN MULCAHY, DENIS O'CONNOR & MARIE WADE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

Derek O'Leary, Susan English, John Finnegan Pauline Collins, Dr Fiona Gallagher, Marie Wade and Martin O'Brien. The progressive St Brendan's College already runs a very successful transition-year programme whose students saved the life of fellow student Tom Geaney less than a year ago.

"We are happy to be involved in the Operation Resuscitation training as these are skills that

saved the life of one of our students last year," said St Brendan's College principal Sean Coffey. Operation Resuscitation is offering training in secondary schools and sporting clubs as well as individuals. Its next training dates are November 21 and December 5.

You can book training via its website www.orkillarney.com.

TOP AWARD FOR THE MALTON HOTEL



PICTURED CELEBRATING THEIR CONDÉ NAST READERS' CHOICE AWARD 2015 AT THE MALTON ARE STAFF MEMBERS, NEIL FERGUSON – SOUS CHEF AND ASTA PENGGAJ – BREAKFAST CHEF WITH DOORMAN GER O'SULLIVAN.

There were celebrations all round at The Malton Hotel when it was announced that the staff & owners have been honoured with one of the most prestigious awards within the travel industry. The readers of Condé Nast

Traveller magazine, a collection of some of the most discerning travellers across the world, voted for The Malton in the magazine's famous Readers' Choice Awards where the hotel was awarded 9th place in the Top 10 Hotels in

Ireland category. The team at The Malton are particularly delighted with this award as it is the first time that the hotel has made the Readers' Choice Awards and to add to this, they came in the top position for Kerry hotels.

The Malton came under proud new ownership of the Scally family in November 2014. With a long tradition in hospitality, the third generation of the Scally family are now at the helm of the family's businesses which include the 5 star Hayfield Manor in Cork and the 4 star boutique hotel, Killarney Royal. Following a busy first year in business for the Scally's at The Malton, exciting plans are now underway and in February 2016, The Malton Killarney will reopen its doors with a completed extensive bedroom refurbishment and also a new look to the hotel's magnificent Victorian Grand Foyer. Brian Scally, Operations Director at The Malton stated "We are very proud to have The Malton Killarney as part of our family business and our focus now is to manage and develop the hotel with passion and ambition to restore The Malton's rightful place as Killarney's premier historic hotel."



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NEW TO MARKET

84 LACKABANE VILLAGE, LACKABANE, KILLARNEY

Large four bedroom detached family home with South facing front gardens located in award winning development. Property being sold in shell condition affording the prospective purchaser the opportunity to complete to their own specification, internally - first and second fix electrical, plumbing and carpentry, decoration, painting, fireplace, kitchen units and bedroom units.



Price Region: **€250,000**

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CALL FOR INCREASED LOCAL GOVERNANCE AND RURAL DEVELOPMENT INVESTMENT IN SOUTH KERRY

There is a significant need for increasing the levels of local governance and investment in Rural Development in South Kerry. These are some of the strongest messages to come out of a major survey of both civil society organisations and individuals launched in Listry Community Centre last Friday night. The report, *Rural Vibrancy on North West Europe – the case of South Kerry*, written by Dr. Brendan O'Keeffe of Mary Immaculate College/University of Limerick, was conducted as part of the INTERREG Rural Alliances project in which South Kerry Development partnership was involved. More than 100 civil society organisations and 1,000 individuals throughout South Kerry were surveyed in the preparation of the report providing one of the most significant pieces of research into rural vibrancy ever undertaken in Ireland. The report was launched by Irish Times Dáil Correspondent Michael O'Regan.

The report highlights that civil society in South Kerry is characterised by high levels of vibrancy, dynamism, vision, determination, innovation and knowledge capacity. However, it shows that this vibrancy is being stifled by increasing levels of bureaucratisation in the delivery of publicly funded programmes such as LEADER which is creating a barrier to innovation within the sector. In addition, the report highlights that the provision of public services in many communities in the region fall well below the levels as laid down in the national spatial strategy. It calls for investment



AT THE LAUNCH REPORT OF 'RURAL VIBRANCY ON NORTH WEST EUROPE – THE CASE OF SOUTH KERRY', WRITTEN BY DR. BRENDAN O'KEEFFE OF MARY IMMACULATE COLLEGE/UNIVERSITY OF LIMERICK, IN LISTRY COMMUNITY CENTRE, ON FRIDAY NIGHT. FROM LEFT, SHEILA CASEY, BOARD MEMBER SOUTH KERRY DEVELOPMENT PARTNERSHIP, (SKDP), TONY DARMODY, LISTRY GAA CLUB, NOEL SPILLANE, CEO SKDP, FRANK LEWIS, FACILITATOR, MICHAEL O'REGAN, THE IRISH TIMES, WHO LAUNCH THE REPORT, SEÁN DE BUTLEÁR, INTERREG PROJECT MANAGER, JOHN BREEN, KERRY COUNTY COUNCIL, DR BRENDAN O'KEEFFE, AUTHOR OF REPORT. PHOTO: VALERIE O'SULLIVAN.

to be made prioritised in the weakest areas in this regard, notably the Iveragh region with a specific aim of safeguarding existing services and rolling out new services such as broadband. A number of contributions from the floor at the launch were strongly supportive of the findings and recommendations contained in the report and called on all public representatives and policy makers to bring about the changes identified in order to enable regions such as South Kerry develop and thrive into the future.

There were also very strong calls for the levels of LEADER funding available in Kerry to be significantly increased and they were critical of the changes made to the operation of the programme which they felt would dramatically slow down the delivery and amount of funding available under LEADER for community initiatives in South Kerry.

Copies of the report are available to download from the SKDP website www.southkerry.ie or from any of the SKDP offices.

RACHEL IS ON THE ROAD TO SUCCESS

Tralee Community Training Centre is a community based project that supports young people between the ages of 16 and 21 who have either not completed mainstream education or who did not realise their full potential and want the opportunity to get better recognised qualifications and Rachel Ward from Killarney is one of their success stories.

Rachel came to the Community Training Centre in September 2013 having completed her Leaving Cert but not achieving as good a results as she had hoped for. Rachel's sister Donna had previously attended the CTC and had progressed on via the FAS Training Centre to work full time in the local Classic Hair Studio salon. Like her sister Rachel had a genuine ambition to succeed in the hairdressing industry and was already working at weekends with Donna in the salon. Rachel's ambition, motivation and determination were clear throughout the course and as her self-confidence and skill grew her pleasant personality became evident when working

with the public during Salon Days in the centre. She also took the opportunity to do a work placement during the course at Classic Hair Studio where she received glowing feedback. The salon were impressed enough to give her extra work experience and are supporting her now that she has progressed from the Community Training Centre and successfully gained a place on the FETAC Level 5 Hairdressing course at the Kerry ETB Training Centre.

Trainees undertaking the Hairdressing course at Tralee Community Training Centre work towards an industry recognised qualification provided by the British awarding body VTCT and their Level 2 Diploma in Hairdressing Services which when completed gives the young people the necessary academic qualification to enable them to progress on to further training and hopefully ultimately full time employment in the industry.

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



RACHEL WARD ONE OF THE SUCCESS STORIES OF TRALEE COMMUNITY TRAINING CENTRE.

Technology. All courses work towards Q.Q.I. (formerly FETAC) Major Awards at Junior Cert and Leaving Cert equivalent levels. Trainees also study Communications, Mathematics, Personal Effectiveness, Work Experience, Health Related Fitness etc as part of their training. The centre also provides those trainees that require it extra support in literacy and numeracy as well as professional counselling if they wish.

NOVEMBER 2015

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 ● Rathmore 064 7758003 ● Rattoo 066 7131133 ● Stradbally 066 7139115

Cllr. John Brassil

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

tel: **087 2362330**

email: cllrjbrassil@gmail.com

address:
 The Pharmacy, Main Street,
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DISTINCTIONS ALL ROUND FOR KERRY CITIZENS INFORMATION



PICTURED AT THE CEREMONY WERE FRONT L-R: ANNE CONDON (TRALEE CIC); MARY LYNE (CIB ANNASCAUL); CARMEL MULCAHY (TRALEE CIC); EILEEN MORIARTY (CAHERCIVEEN CIC); MARY RAFFERTY (KILLARNEY CIC); MICHAEL KENNY (KILLORGLIN CIC); ASSUMPTA HARVEY (ITB). BACK L- R: TINA CURTIN (KILLARNEY CIC); ITA MANGAN (CHAIR OF CIB); AINE BROSAN (TRALEE CIC); FRANCES CLIFFORD (MANAGER KERRY).

A group of Kerry Citizens Information course participants received their FETAC accredited, Advanced Certificates for the Information, Advice and Advocacy Programme with distinction, in the Institute of Technology in Blanchestown last week.

Development Manager, Frances Clifford, commended the programme participants, who were both staff and volunteers, for making the commitment to complete a course which was directly related to their role in Citizens Information and would benefit the service and the public they serve. "I am so proud that all the staff and volunteers completed the course and doubly proud they did so with distinction. It was well deserved given the hours they put into it outside of their work & volunteering

commitments and shows a real commitment on their part to providing a quality service to the people of Kerry."

Kerry CIS provides independent information, advice and advocacy services to the community on their rights, entitlements and the social services that exist to support them. They provide information on a wide range of issues, including employment rights, housing, social welfare, family matters, pensions, migrant rights, health services, education, disability and much more. They can also help complete forms, write letters make telephone calls and calculate entitlements. Last year they dealt with over 19,000 callers and over 26,000 queries in Kerry.

AUDITION NEWS FROM KMS CALAMITY JANE

Howdy ya'll! We sure would love to see as many as possible auditioning for the variety of roles available in Calamity Jane. The Audition scripts are available on the KMS website

<http://www.killarneymusicalsociety.ie/>

For those wishing to audition for a principal singing role you are requested to prepare any song of your choice (preferably from an American musical - not necessarily Calamity Jane - ideally sung with an American accent!) which you feel best demonstrates your suitability for your chosen role. Please bring along the sheet music if you have it. This is a great opportunity to showcase your talent in a major full-scale musical production on the INEC stage in March 2016. Auditions take place on Monday 16 November [7pm -10pm] Holy Cross Mercy School, Killarney.

CHARITY RAFFLE

Charity raffle in aid of "Oaktree Services, St. Mary of the Angels" Beaufort. Draw took place on Saturday 31st October at the Castlerosse Hotel. First prize, Helen Howard, ticket seller Joe Gaffey. Second prize, Noreen Looney, ticket seller Pat Doyle. Third prize, Mary Kissane, ticket seller Mary B. Fourth prize, Ashley Coffey, ticket seller Pat Doyle. Fifth prize, John B. Doran, ticket seller Donal O' Reilly. Sixth prize, Kate Doyle, ticket seller Pat Doyle. Seventh prize, Frank Tobin, ticket seller Steve Shine. Eighth prize, Jerry O' Riordan, ticket seller Gene Cronin. Ninth prize, Kevin Gorman, ticket seller Peter McGrath. Tenth prize, Denis Pío Moriarty, ticket seller Joe Gaffey.

CREDIT UNION LAUNCH YOUTH ADVISORY COUNCIL

Killarney Credit Union is calling on all young persons in the area to get involved in their local credit union.

The credit union this week launched its Youth Advisory Council which is targeted at individuals aged 16 and 22 and who want play an active part of and participate in their local credit union.

The programme which has been run successfully for a number of years in the credit union allows young people to join a Youth Advisory Council which involves participation in a group led credit union project and meeting with staff, volunteers, board. The Credit Union also provides ongoing training and support for the programme participants during their time on the Youth Advisory Council.

Speaking about the programme, Catherine Coffey, Youth Officer, Killarney Credit Union said "this project has been highly successful within

Killarney Credit Union Ltd with benefits for both the young people taking part and the credit union. It is aimed at giving those involved skills such as communication, team work, committee skills to name a few. At the same time the credit union benefits in discovering how to make the credit union more accessible for the future" she concluded.

The time commitment to the Youth Advisory Council is limited to 1-2 monthly meetings and there are no costs associated with participation in the programme.

Mark Murphy, CEO, Killarney Credit Union stated "we want the credit union to be relevant to the youth market, and the YAC is a mechanism whereby we can get feedback from this very important group. We have over 2,000 members who are aged between 16 and 22 years and the YAC is there to develop our services in the future to meet their needs." he concluded.

Applications for YAC are open for persons aged between 16-22 years. Membership is open to members/non-members of Killarney Credit Union. You can live/work in any of the common bond districts of Killarney, Fossa, Kilcummin, Glenflesk, Beaufort, Kilgarvan, Kenmare, Sneem, Kileentierna, Tuosist and Furies.

Complete an online application form on www.killarneycu.ie before 1st December 2015. Shortlisting will be by way of interview in early January 2016. For more information contact marketing@killarneycu.ie or 064-6623730.



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2015 HUGH O'FLAHERTY INTERNATIONAL HUMANITARIAN AWARD PRESENTED TO FR SEAN MYERS

The main event of the Monsignor Hugh O'Flaherty Memorial Week took place on Saturday 31st October at the Killarney Plaza Hotel, Killarney when the 2015 Annual Hugh O'Flaherty International Humanitarian Award was presented to Killarney born Redemptorist Missionary to northeast Brazil, Fr Sean Myers. Since 1960, Fr Myers has been working tirelessly for the past 55 years in a very remote and poor parish half the size of Ireland. Earlier this year the Hugh O'Flaherty Memorial Society issued a public invite to nominate people or organisations, who they felt had displayed the same ideals and principles of the Monsignor and would be deserving of this Award. A shortlist of 10 Nominees was considered by the



THE HUGH O'FLAHERTY INTERNATIONAL HUMANITARIAN AWARD WAS PRESENTED TO THE FAMILY OF FR SEAN MYERS BARLEYMOUNT KILLARNEY FOR HIS WORK IN BRAZIL IN THE PLAZA HOTEL, KILLARNEY AT THE WEEKEND. INCLUDED ARE KEVIN O'MALLEY AMERICAN AMBASSADOR TO IRELAND AND MEMBERS OF THE EXTENDED MYRES FAMILY FROM BARLEYMOUNT. PHOTO: DON MACMONAGLE



BOBBY O'CONNELL MAYOR OF KILLARNEY PRESENTS THE HUGH O'FLAHERTY INTERNATIONAL HUMANITARIAN AWARD TO THE FAMILY OF FR SEAN MYERS BARLEYMOUNT KILLARNEY FOR HIS WORK IN BRAZIL IN THE PLAZA HOTEL, KILLARNEY AT THE WEEKEND. INCLUDED ARE, FRONT ROW L-R: DANIEL MYERS, TERESA CUNNINGHAM, NOREEN HAYES, BOBBY O'CONNELL MAYOR, FR DAN BARAGRY, KEVIN O'MALLEY AMERICAN AMBASSADOR TO IRELAND. BACK ROW: CORMAC DINEEN, CATHERINE O'FLAHERTY, NEIL DINEEN, DENA O'MALLEY, BISHOP RAY BROWNE, HUGH O'FLAHERTY, PEARL DINEEN, JOHN LEEN, JERRY O'GRADY. PHOTO: DON MACMONAGLE.

independent Award Panel, at which it was agreed that Fr Myers would receive the award for 2015. Fr Sean was nominated by the Fossa Community on the outskirts of Killarney, where Fr Sean was born some 85 years ago. Before a full audience in the McShain Suite,

the Ceremony began with the screening of the 1977 Radharc TV documentary on Fr Sean's work, titled "Padre Joao is a Kerryman". The documentary followed Fr Sean through the wild and remote areas of northeast Brazil as he served both the spiritual and practical needs of his oppressed and dispossessed parishioners.

Key note speaker on the night was the USA Ambassador to Ireland, Kevin O'Malley. The Award, consisting of a Framed Scroll from the people of Killarney, the International Humanitarian Medal and a special Muckcross bound dedicated copy of Brian Fleming's 2008 book on Monsignor O'Flaherty, "The Vatican Pimpernel", was presented by Mayor of Killarney Municipal District, Cllr Bobby O'Connell and was accepted on Fr Sean's behalf by his siblings Daniel Myers, Teresa Cunningham and Noreen Hayes.

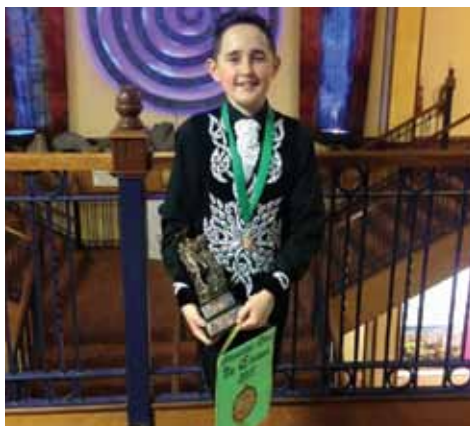
The Annual Hugh O'Flaherty Memorial commemorations will ensure the continuous promotion of the Monsignor's inspirational story through various art forms i.e., Drama, Literature, Film and Art, etc. and of course through the annual awarding of the annual Hugh O'Flaherty International Humanitarian Award.

The efforts can be supported by becoming a Patron or a Friend of the Hugh O'Flaherty Memorial Society – request details from hofmemorialsociety@gmail.com or by calling **064 6637928**, giving your name & contact details. People can also be kept up to date on future events and activities by visiting the website www.hughoflaherty.com

KILLARNEY SUCCESS AT DANCING CHAMPIONSHIPS



SAOIRSE CLIFFORD WHO CAME 3RD GIRLS 8-9.



MARK CLIFFORD WHO CAME 3RD BOYS 11-12



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HOW EXERCISE CAN HELP WITH ANXIETY & DEPRESSION

Anxiety & Depression as we all know are huge problems in society today. Tackling Depression & anxiety is a must as it can destroy your life and those around you. One way of tackling this problem is by EXERCISE & if you don't believe me here are the facts why;

- Exercise releases feel-good brain chemicals that ease depression
- Exercise reduce immune system chemicals that can worsen depression
- Exercise Increases body temperature, which has an overall calming effects
- Helps you Gain confidence. Meeting exercise goals or challenges, even small ones, can boost your self-confidence. Getting in shape can also make you feel better about your appearance.
- Helps take your mind off worries.
- Get more social interaction.
- Cope in a healthy way. Doing something positive to manage anxiety or depression is a healthy coping strategy. Trying to feel better by drinking alcohol, dwelling on how badly you feel, or hoping anxiety or depression will go away on its own can lead to worsening symptoms.

I know that exercise may be the last thing on your mind. But once you get going, the exercise will help make you feel much better. Always think about how you will feel after the exercise never about how difficult or hard it is going to be to do it!!! Once you get into the routine of it and start feeling the benefits there will be no stopping you. It is the cheapest and cleanest anti-depressant you will ever take!!!

MORE TIPS NEXT WEEK...

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OUTLOOK FASHION

Lots of layers for Winter

Layers are a massively practical way to dress this winter when it's really cold. So don't be afraid to pile on the layers. A turtleneck, under a sweater, under a jacket, under a coat, for instance, will definitely keep you warm.

DIET TIP **TRY NOT TO BECOME A SLAVE TO THE SCALE:** Remember weight loss is a long process and your weekly weigh-in will give you a good overall idea of your progress. If you weigh yourself too often you may become disheartened if you don't drop pounds as quickly as you would like.



Beauty Tip

Always use base coat
It might take you some extra time, but it gives the coloured polish something to adhere to, making your manicure last a couple of extra days longer, and it prevents staining on your nails from pigmented paint.



CANCER ON THE GO

Tommy Frank O'Connor

Cancer is bad news. Early reactions to diagnosis vary from denial to desperation, trepidation to terror. I was diagnosed with prostate cancer in December 1999, almost sixteen years ago. My days were full, my nights stretched to accommodate my many interests. I did not feel ill and I had no time for cancer. My wife and other professionals helped me to face the reality of my situation; common sense prevailed and I had the surgery needed to remove the enemy.

Most people reading this piece know or know of someone who has cancer. I prefer the term — living with cancer — it does not have to take over one's life. It will, if allowed to. Negative thoughts, fears and uncertainties can clog up one's perspectives preventing us from seeing the real picture. And that picture is that most people who are diagnosed with cancer nowadays go on to live normal, active lives after surgery and/or whatever treatments their professionals may prescribe. Equally as important is the back-up available from Recovery Haven and Palliative Care. Their different but complementary roles provide help not just for

the patient but for the family in making sense of this invasion from hell. Recovery Haven has support groups for women and men. Their professional team is backed up by over ninety volunteers who provide therapies such as Reiki, Massage, Pilates, Mindfulness, Listening and so on. All of these are available free of charge.

There is an aura about Recovery Haven that instils hope; many of the volunteers are themselves living with cancer and they help

Recovery Haven (Cancer Support House) is a voluntary cancer support centre which aims to provide a tranquil place where people with cancer & their families can access support and information on living with cancer. Services open Monday to Thursday in Tralee with outreach clinics in Killarney & Cahersiveen. we provide a drop-in support service, adult and children's counselling, complimentary therapies, wig fitting, stress management and support groups. Contact 066 7192122 or www.recoveryhavenkerry.com for further information.

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COMPASSION CHANGES YOUR MIND

How hard are you on yourself? Do you consistently criticise or judge yourself or mentally beat yourself up when something goes wrong? If so, you may be setting yourself up for ill health, depression and other stress related ailments. We often think that if we're tough on ourselves it will motivate us to make positive changes. However, recent research shows that it is compassion and kindness that has the greatest impact when it comes to health in mind, body & spirit. When people meditate on compassion, the signals to the insula and other brain regions involved in empathy and understanding are changed. When we turn towards ourselves with love, kindness and gentle compassion we can begin to notice a higher level of well-being, confidence and positive feelings. The studies show that even a little compassion training can reap a positive physical benefit.

COMPASSION IN ACTION!

The next time you are tempted to judge yourself in any way, stop, take a deep breath and imagine what you would say to someone you loved dearly who was giving themselves a hard time. You wouldn't agree with their harsh words or critical thoughts – you would simply try to find a way to soothe them and tell them that are okay and loved. Tell yourself what you would tell your loved one and allow you to be loved by YOU!

Join me in my Chakranetics classes (mindful moving meditations) 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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www.tinatynan.com

Farm Hazardous Waste Collection Day

Castleisland Mart, Kerry
Saturday, 14TH NOVEMBER
9.30am-3.30pm



1. Each waste type must be clearly identifiable, segregated and packaged to avoid leaks during transport and off-loading.
2. Only identified wastes will be accepted wastes which cannot be identified or clearly labelled will not be accepted.
3. Farm plastics such as silage wrap, fertiliser and feed bags, netting and triple rinsed clean pesticide and dairy hygiene containers will not be accepted, recycle these through your local farm plastic recycling bring centre.
4. Waste engine and hydraulic oils should not be mixed with any other substances including vegetable oil.
5. All needles and syringes to be delivered to the centres in a separate sealed container.
6. Farmers should load their wastes for transportation so that they can be off-loaded at the 3 main operational area at each centre.
 - A. Waste oil acceptance area.
 - B. (WEEE) and battery acceptance area.
 - C. Hazardous waste acceptance area.
7. Payment by cash, cheque or card required on the day. All wastes will be rounded up to the nearest kilogram and charged at €2/kg.

For further information on the farm hazardous waste collection centres visit
www.epa.ie or LoCall: 1890 33 55 99.

Wastes types accepted	Costs
pesticides and biocides, veterinary medicines and animal health care wastes, needles and syringes, waste paints, aerosols, corrosives (acids, detergents) oil and air filters, oily wastes, brake fluids, brake pads, antifreeze, adhesives, coolants, grease cartridges, creosote.	All charged at €2/kg (excl. VAT @ 13.5%)
Contaminated empty plastic containers (which would have contained for example pesticide, biocides, dirty hygiene products, paints, waste oil, antifreeze, creosote etc.) Container sizes will include 1 litre, 5 litre, 10 litre, 15 litre, 20 litre, 25 litre and 205.	€4/kg (excl. VAT @ 13.5%)
Waste engine oil and waste hydraulic oil including their containers which are used for the transport of these waste oils to the collection centre.	Free of charge
Waste electronic and electrical equipment (WEEE) (e.g. TVs, computer, fridges freezers, power tools, kettles) all batteries and fluorescent lamps including CLFs	Free of charge



Kerry ETB Training Centre



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

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

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

Reception and Clerical Skills (ET0N1) - Killarney.

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

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

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

Sports Recreation & Exercise Course (ETK69) - Killarney.

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

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

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

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

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

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

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

Beauty Therapy Traineeship (TRS52) - Tralee.

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

Wind Turbine Maintenance Technician Course (TR36R) - Tralee

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

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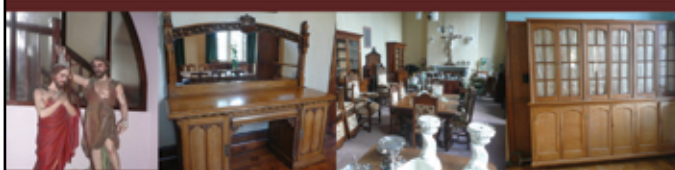


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PICTURED AT THE ROYAL HOTEL TO CELEBRATE THEIR 50TH WEDDING ANNIVERSARY WERE PAT & JOAN CAHILL (SEATED CENTRE) WITH THEIR FAMILY. BACK ROW L-R DEIRDRE, ELLEN, TOM AND CATHERINE LYNE, MIKE AND JOANNE PIERCE, PATRICK CAHILL, THERESA MURPHY, MICHAEL AND KIERAN PIERCE. FRONT ROW... LEANNE PIERCE, PAT AND JOAN CAHILL AND CLAIRE LYNE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



BABY RONAN O'CONNOR, PICTURED AT SCARTAGH CHURCH WITH HIS MUM SIOBHAN (CENTRE IN BLUE) AND DAD NIAL (LEFT OF SIOBHAN), HIS EXTENDED FAMILY & FRIENDS. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



MARY AND TERRY O'CONNOR CURRANS FARRANFORE WHO CELEBRATED THEIR 50TH WEDDING ANNIVERSARY AT THE BALLYGARRY HOTEL LAST WEEK PHOTO BY TONY O'BRIEN.



DR CROKES U-8 FOOTBALLER EANNA HENNIGAN LEADS HIS TEAMMATES AT THE DR CROKES GAA CLUB JUVENILE ACADEMY TRAINING AND END OF SEASON PARTY ON SATURDAY MORNING. PICTURE: EAMONN KEOGH.



LOUISE O'CONNOR, LIZ SHIELS, MICHELLE O'BRIEN AND BRID STACK GETTING INTO THE HALLOWEEN SPIRIT AT THE KILLARNEY GRAND HOTEL ANNUAL OCTOBER 31ST HALLOWEEN FANCY DRESS PARTY ON SATURDAY NIGHT. PICTURE: EAMONN KEOGH.



DECLAN O'DRISCOLL GETTING INTO THE HALLOWEEN SPIRIT AT THE KILLARNEY GRAND HOTEL ANNUAL OCTOBER 31ST HALLOWEEN FANCY DRESS PARTY ON SATURDAY NIGHT. PICTURE: EAMONN KEOGH.

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LEGION'S BID FOR COUNTY GLORY



THE LEGION TEAM AND MANAGEMENT THAT MEET SOUTH KERRY IN THE COUNTY FOOTBALL CHAMPIONSHIP FINAL

BALANCING EXCITEMENT WITH EXPECTATION IS KEY - WALSHE

Legion's vice chairman Enda Walshe admits he is in the same boat as everyone else when it comes to next Sunday's county final.

"It is real unknown territory as it is the first time in a lot of people's life times to in the final." However, he does see one challenge that lies ahead of him. "It is very important to balance the hype, balance the excitement and balance the expectations of trying to win the final as well."

Walsh has seen first hand the buzz around the club especially with the young children.

"There is a fierce buzz in the club, a pile of kids in the club have instantly recognisable heroes in the lads that play for Kerry and it's very easy for us in the club to link the ting together."

Still aside from the players, another group play their part for the club off the field for the club.

"We have got a great response from the businesses in the town, we have been out there over a few nights trying to get support as there is a lot of costs involved in the getting a team to the final. People are helping put up flags and buntings and there is as much as an excitement with the adults as there is with the kids and maybe even more in some quarters."

Walsh believes that the role of the county players will have a crucial bearing on Sunday's final.

"They set the tone in the dressing room for the players. They are serious players for us when the game is on and that rubs off on the other players. It gives fellows a bit of pride to be playing with fellows of their calibre and helps the whole team push on together"



ENDA WALSH

DIVORCING THEMSELVES FROM THE HYPE WILL END FAMINE - FOGARTY

Those who have met Weeshie Fogarty will know that when it comes to talking football there is a glow over well known and respected Radio Kerry commentator.

He translates the sport into the ordinary man's language and behind all the high tech analysis of today's game; he delivers it, the way most want.

Simple, truthful and balanced and despite the fact that his side are in the County Final for the first time since 1946, his preparations are to see him deliver another master class despite the fact that his co commentary is South Kerry's Gary O'Sullivan. Therefore, will that cause any trouble on Sunday? "Ah no Gary and myself gel well together and it might be difficult after the game but certainly not during it as we will call things the way we see them fair and balanced." Weeshie himself has first hand knowledge of South Kerry in many ways, having made his debut for Legion against South Kerry in the county championship in 1957 and even though that game ended in a defeat, he sees the Killarney club as favourites ahead of what he feels will be a very tough examination of the young side "South Kerry are an experienced bunch, they have a lot of South Kerry tough, hard, good ball players and they know how to win. If you were to look at all the divisional board teams over the last 20 years, they are probably the most successful divisional team that has come out of Kerry."

Even though I believe, the Legion will go in as favourites, for the simple reason that they are a club team playing good football and they beat some good teams along the way. The fact that they are playing South Kerry will make it more difficult."

So what must Legion do to deliver a win? As always, the view is balanced. "It will all boil down to the management of the team and the players themselves to keep themselves separated from the Hype that is going on. If they can divorce themselves from the hype that inevitably will be around they have a great chance"



WEESHIE FOGARTY



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LEGIONS PLAYERS' TOGETHERNESS WILL BE VITAL

Even at such a young age, James O'Donoghue should feel the weight of pressure and expectations but despite the heavy load on his back, he sees it very much a positive and heads into Sundays clash against South Kerry full of excitement even if he admits to being a little nervous.

"We're obviously a little bit nervous but we're really excited too. It feels great; it is such a new feeling for us. The last county final I was in was the Under 21, we won it and it was this team. So we have come up together as a team and while it is a new experience for us to be in a final at senior level. We already know what it is like to win a county title together as a team"

This O'Donoghue sees as key for Legion and it can be seen on their great run of games as the team produces free flowing football having already scored 8-43 in their four games of which O'Donoghue has contributed handsomely with 4-11.

"We knew the way the county championship was set up once Kerry drew with Cork in the Munster championship. We knew that it would be game after game and that has really suited us as a team and gave us a real momentum and we have kicked up the gears as we have played regularly."

Having lost the All Ireland Final to Dublin, O'Donoghue is certainly one of the few county players to have brought "form" into his club side but he does not view this as anything special and welcomed the return to club football quickly.

"While there is no compensation for losing an All Ireland, being in a county final gives you a reason to chance focus really quickly and gets your mind concentrated on another championship. To have another chance of winning and make up for the All Ireland defeat is something you can really get struck into."

WINNING THE COUNTY CHAMPIONSHIP IS A MARATHON AND NOT A SPRINT

He may well have royal South Kerry blood but Legion manager Peter Keane is out only out for "his "players" on Sunday. "I suppose it would have been a little easier if it were Kenmare and not South Kerry but it is what it is and I'm only worried about my players on Sunday and getting them over the line."

Keane who guided St. Mary's Cahirciveen to an All Ireland Junior club title is set to replace Jack O'Connor as Kerry minor manager is only looking ahead to Sunday's game and despite the fact that it is only his second season in charge, He has already hit some important milestones with the club. Having taken the team out of Division two last season, they are still very much in contention for a place in this year's league final.

"When we got involved, they were in division two, so the target was really to get out of two and back to one and to start playing more clubs teams of a county championship standard.

We had a huge result last year when we beat the Crokes in the county championship, that was a big plus for us, and it was very disappointing after when we lost out to Dingle. Especially to lose in a game that went into four minutes of overtime and we conceded a goal and lost by a point.

That was a sickner. We would have had ambitions after beating the Crokes last year to push on.

Still Keane believes the magic formula has more to do with graft and his panel strength than any magic dust he may be sprinkling.

"Last year we would have had Conor Keane and Podge O'Connor with us in Division two but they subsequently this year would not have been available to us due to their involvement in Kerry, so we won a good share of the games in Division 1 this year without county players. Therefore, it is very much about our strength in depth that we can still compete to a very high level even without such a loss of quality players to the county panels having come from a lower division last year.

Having answered many tough questions from Rathmore, Feale Rangers, Kerins O'Rahilly and Mid Kerry. Is there one last battle in his young side?

"Well winning the county championship is more a marathon than a sprint and I think we are certainly in a very good place on Sunday but we are not taking South Kerry for granted. They are an exceptional side who know what it is like to win. They have shown a lot of character too along the way"



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LEGION HOLD EDGE IN DECIDER

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

SOUTH KERRY V LEGION

Killarney Legion and South Kerry face off in Sunday's eagerly awaited Garvey's Kerry SFC decider at Fitzgerald Stadium Killarney (throw-in 3pm).

The County Senior Football Final is a special day when the cream comes to the top and champions are crowned.

GAA fans from all over the county and beyond look forward to County Football Final Day and whether the game is held in Tralee or Killarney, the occasion is special as is the pomp and pageantry that goes with it.

When the 2015 championship began in May, 22 teams started out, all of them with dreams of winning the Bishop Moynihan Trophy. This was eventually whittled down to the final two.

Again this year, we have a club (Killarney Legion) and a district (South Kerry) fighting for the ultimate honour.

Killarney Legion and South Kerry were not expected to qualify for this year's final but they have executed some great football and they fully deserve to be finalists.

Both sides are steeped in the traditions of the game, and both sides have produced some great footballers down through the years.

Killarney Legion, formed 86 years ago, have lived in the shadow of the success of their great town rivals Dr Crokes and to date, have just one senior title to their name. That came in 1946, when they defeated Tralee's John Mitchels.

Still, Legion have produced some brilliant names down through the years. Names like Johnny Culloty and the

Lynes of Cleeney spring to mind, and of course the present day Kerry heroes James O'Donoghue and Jonathan Lyne. Two of the Legion team that won the 1946 final are still hale and hearty. They are John Joe Sheehan and the legendary Mickie Palmer.

Mickie subsequently played in the 1954 county final with his native Kenmare District but they were beaten by Kerins O'Rahilly's.

South Kerry won their first title in 1955 and have gone on to win nine titles, the last of these in 2009.

South Kerry are the most successful district side in Kerry down through the years. They have produced household names who need no introduction to Kerry GAA fans.

When one thinks of South Kerry, one thinks of, Jerome O'Shea, Mick O'Connell, Mick O'Dwyer, Jack O'Shea, the one and only John Egan and of course that ace free-taker and glittering star Maurice Fitzgerald.

Both sides are determined and focused to add to their past success, and are in this year's decider completely on merit.

This game pits two former teammates John Sugrue and Peter Keane against each other as they are now the respective managers of their sides.

Both Peter and John have starred for South Kerry in the past and have won County Championship honours together but friendships will be put aside for the hour as they bid to lead their side to championship glory.

To get to the decider, Legion defeated Mid Kerry, Feale Rangers, Kerins O'Rahilly's and Rathmore, while South Kerry recorded wins over Kilcummin

(twice), Dingle and Kenmare District.

Both sides have leaders in key positions and the role of the leader is always very important in the modern game.

South Kerry have household names in players like Bryan Sheehan, Killian Young and of course Declan O'Sullivan, who came off the bench to help swing their quarter-final win over Kilcummin.

Legion on the other hand have goalkeeper Brian Kelly, Podge O'Connor, Jonathan Lyne and of course James O'Donoghue to drive them forward.

O'Donoghue's role will be crucial in the overall outcome. It will be interesting to see who South Kerry will deploy to curb the effectiveness of the Legion talisman.

South Kerry will probably try to limit the effectiveness of O'Donoghue.

With O'Donoghue, Legion also have rising Kerry star Conor Keane in their ranks.

Apart from Bryan Sheehan and Killian Young, South Kerry have natural forwards in Denis Daly, Aidan Walsh and Paul O'Donoghue.

All three were very effective in their side's win over Kenmare in the semi-final and all three will have to be at the top of the game if John Sugrue's side are to advance.

Sunday's decider promises to be an intriguing contest between two sides who are at the top of their game.

Legion go into the game as marginal favourites. They have superior scoring power and in a very tight contest, this may well be the difference.



SHAUN KEANE AND CAPTAIN EOIN O'CARROLL



Best of Luck
to the
**Killarney
Legion**
from





CHRIS FLANNERY, PETER KEANE AND JOHN BREEN MAKE UP THE LEGION MANAGEMENT TEAM.



JONATHAN LYNE, JAMES O'DONOGHUE, BRIEN KELLY, PODGE O'CONNOR AND CONOR KEANE



CHRIS FLANNERY, PETER KEANE AND JOHN BREEN

FOOTBALL FINAL COUNTDOWN

Sunday's double header in Fitzgerald Stadium, Killarney commences at 1pm when Glenbeigh-Glencar and Templenoe contest the County Junior Final. The Senior final between South Kerry and Killarney Legion throws in at 3pm. Admission to the final is €15 for adults and €10 for Students and OAPs with appropriate ID. Tickets, costing €15 will be on sale in all participating Supervalu and Centra Stores around the County. Students or OAPs who purchase the €15 tickets will be entitled to a €5 refund at the designated concession gates at the Lewis Road and Dalton's Avenue end of the ground on the production of a valid ID. A special souvenir 68 page programme, published as usual by Coiste na nÓg, will be on sale

for €3 and entertainment will be provided by the Killorglin and District Pipe Band. Patrons are requested to come early and seating in the stand will be on a first come, first served basis. In the event of a draw in either of Sunday's final in Fitzgerald Stadium extra time will not apply. Replay dates are as follows: Senior on Saturday 14th at 3pm and Junior on Sunday 15th at 2:30pm. **JUBILEE TEAM** West Kerry, County Championship winners of 1990, are the Jubilee Team to be honoured during the interval of this year's senior county final. The westerners, captained by Pat Flahive, defeated Mid Kerry in the final. The team will be honoured at a function in the Skellig Hotel Dingle on this Saturday night.

JIMMY BRIEN'S BAR

BEST OF LUCK
to
BOTH TEAMS
in the
COUNTY FINAL
from all at Jimmy's



Best of Luck
to Legion
in the
County Final
from all at

Outlook
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Good Luck to the Killarney Legion Team & Management in Sundays Final!



LEGION GAA U15 AND U16 GIRLS BEING PRESENTED WITH THEIR GEAR BY FLESK UPHOLSTERY. ALSO INCLUDED ARE TRAINERS DAVE RANGLES AND JOHN DOONA.

LEGION GAA CLUB NOTES

COUNTY FINAL: The town is has been awash with great colour all week with the build up well and truly underway and we doubt there is any need to remind everybody that throw in on Sunday is 3pm with the County Junior final preceeding it at 1pm between Glenbeigh Glencar and Temploe.

They played Milltown Castlemaine in the final round of the County league last Sunday in what proved to be a worthwhile preparation game. The first half was fairly even but a much improved second half performance saw them win on a 3-10 v 1-07 scoreline. This game gave the management team a chance to experiment with a lot of the panel. This victory means that we now will have a playoff with Austin Stacks to see who will play Dr Crokes in the County league Div. 1 final.

JOANNE O RIORDAN: Best of luck to Joanne O'Riordan who is off to Japan on Monday for the International Young People of the Year awards. Disappointed to be missing the big final she called into the lads at training to give an inspirational speech. It was hugely appreciated by the whole panel and management

ENGAGEMENT: Congrats to senior stalwart Brian Doolan and Juliet Carroll who announced their engagement this weekend.

Brian reckons it's probably his best match ever.

U13 BOYS: Well done to our Under 13 boys and their management team, Daithi McGillicuddy and Paddy Osborne on winning the East Kerry Division 1 title last week in Dirreen. This year's competition was run off as a one day blitz with full Feile rules between Dr. Crokes, Fossa, Kilcummin and ourselves with teams playing against each other on a round-robin basis. We met Kilcummin in our opening game and were too strong for them on this occasion defeating them by 6-09 to 0-01. Our second match was against the Crokes. Our lads buoyed up from their first game continued to play some wonderful football and registered their second win of the day beating our

opponents by 2-05 to 1-02. We had the luxury of knowing that we'd made the final going into our third game against Fossa. This gave us the opportunity to give all of our younger lads a run while also resting our key players. Although we lost this game both Legion and Crokes were the top two teams and therefore qualified for the final. This game proved to be a lot tighter than the first meeting and after going two goals behind things didn't look good for us. This bunch of Legion lads are a very experienced team however and they rallied back to defeat a strong black and amber side in a thriller on the slimmest of margins by 2-02 to 2-01. This was a great end to the season for our Under 13's who had already won the Rose Cup and the Plate final in the Austin Stack's blitz.

APPRECIATION: The club would like to thank Carol Comerford [O'Dowd], originally from Daltons Ave who recently entered Legion Gaa club in a draw and hers happened to be the winning ticket to which the club benefited to the tune of €700.

SYMPATHY : The club sends its sincere sympathy to club stalwart Tommy Regan on the death of his mother Maureen in Boyle, County Roscommon. Ar Dheis De go raibh a Anam.

Condolences are also extended to the family of Carmel O'Donoghue of upper Lewis Rd and formerly of the Park Place Hotel who passed away at the weekend. Carmel along with her late husband Mickey Doc have a long and distinguished association with Legion Gaa club. To her children Marie, Michelle, Catherine and Patrick we send our deepest sympathy.

CONCUSSION AWARENESS: The G.A.A have a new online Coach Education website that allows you to access Coaching and Games material online. This is of benefit to Coaches, players, referee and administrators as there is Educational Information on the website for all of these groups.

The website also allows Coaches to do online workshops and the over the next 12 months the G.A.A. will be putting up a number of different workshops on the website.

To view this information you must register on the site.

The first workshop is an online Concussion awareness session which will take coaches about 20 minutes to go through. To access this workshop please register on the site. All of the courses will be run on

<http://www.learning.gaa.ie>

When you have logged onto the site go to Kerry e learning courses using the map and to click on Kerry Concussion Awareness 2015.

EAST KERRY NOTES

With Áine Ní Shúilleabháin PRO

EAST KERRY MINOR CHAMPIONSHIP DIVISION 3 FINAL

CURROW 6-16 FOSSA 4-8

The East Kerry Minor Championship Division 3 Final, sponsored by The Tatler Jack, saw

Currow prove worthy winners against a gallant Fossa in Kilcummin last Saturday. Currow dominated the middle area of the field and built an early lead, with two goals and four points from John McMahon, a Luke Fitzgerald goal and point from play, a Jack Scanlon goal and two points from Adam Manley. Fossa showed great determination and a never say die attitude. Michael O'Keeffe pointed from play and David Clifford pointed two frees and made no mistake when slotting a penalty to the net, in the closing minute of the first half. Score at the break: Currow 4-08 Fossa 1-03.

In the second half, play varied from end to end, but Currow maintained their lead, responding decisively to the Fossa scores. Fossa opened strongly with a David Wallace goal from the throw in. However, Currow replied with a brace of points each from John McMahon and Jack Scanlon. Michael O'Keeffe and David Clifford pointed for Fossa before Killian Rice found the net. However, Currow responded immediately with a John Mc Mahon goal followed by a goal from the boot of Adam Manley. Fossa replied with a point and a David Clifford goal. Three points a side (David Clifford, Michael O' Keeffe, Conor Murphy, Fossa and John Mc Mahon (2) and Sean Brosnan Currow) left the full time score: Currow 6-16 Fossa 4-08.

East Kerry Board Chairman, Tim Ryan, presented the trophy to Currow captain Luke Fitzgerald. Referee: Tom Moriarty (Legion).

DIVISION 1 SEMI- FINAL

DR CROKES 1-13 GNEEVEGUILLA 0-10

Dr Crokes progress to the East Kerry Minor Championship Division 1 Final against Spa in an exciting game away against Gneeveguilla last Saturday. Dr Crokes took an early 3 point lead with Adam O'Shea in top form. Gneeveguilla responded with scores from Jamie Brosnan and John O'Leary. Further scores from Shane O'Sullivan brought Gneeveguilla level before Dr Crokes keeper Tony Clifford pulled off a wonderful save. Gneeveguilla went in at the break leading 0-07 to 0-06.

Dr Crokes introduced Paul Clarke at half time



and his forward running energised Dr Crokes. A goal by Michael Potts and further points from Billy Courtney and Michael Casey, eased Dr Crokes to a deserving 1-13 to 0-10 victory. Referee: Padraig O'Sullivan (Furies).

EAST KERRY UNDER 16 CHAMPIONSHIP DIVISION 2 FINAL

FIRIES 2-18

CORDAL-SCARTAGLEN 2-08: Fitzgerald Stadium provided the perfect stage for the Under 16 East Kerry championship Division 1 final, sponsored by MD O'Shea. It was tit for tat in the first half, Sean Cooper opened the scoring with a well taken point for Furies. Almost immediately, Cordal-Scartaglen attacked the length of the pitch and were awarded a penalty, ably slotted to the net by Shay Walsh. The centre forwards on both teams dominated the first half scoring, Donnacha O'Sullivan kicking 6 points for Furies and Shay Walsh adding 2 points to his goal. Cordal-Scartaglen goaled after a fine run and finish from Sean Horan. Indeed Cordal-Scartaglen look very dangerous in front of goal and were unlucky to see two goal efforts rebound off the crossbar. Furies added points from Jake Flynn, Evan Cosgrave and Ciaran Flynn and the sides went in level at the short whistle: Furies 0-10 Cordal Scartaglen 2-04.

On the resumption, Liam Brosnan traded points with Shay Walsh, before Furies burst into life. Ciaran Flynn out-jumped defenders to catch a long accurate delivery from Niall Donoghue before turning and finishing a great goal to the net. Before Cordal-Scartaglen had a chance to settle, corner forward Sean Cooper had another goal in the net for Furies. The Furies side never looked back from this point. They added further points from Ciaran Flynn (4) and Donnacha O'Sullivan (3). Cordal-Scartaglen never gave up and battled bravely until the end, adding 3 further points from Shay Walsh frees. Final score: Furies 2-18 Cordal-Scartaglen 2-08.

Sean O'Keeffe, East Kerry Coiste na nÓg, presented the trophy to Furies captain Ciaran Flynn. Sean thanked the referee, complimented both teams on a great sporting game, congratulated Furies and thanked Fitzgerald Stadium Committee and Con Griffin for their great help. Referee John Egan (Dr Crokes).

UNDER 16 CHAMPIONSHIP DIVISION

1 FINAL: The East Kerry programme of competitions will be wrapped up next weekend with the division 1 final in the East Kerry Under 16 Championship, which sees Glenflesk meet Rathmore on Saturday, the 7th November. Time and venue to be decided. Rathmore qualified for the final last Sunday when they proved the stronger against Gneeveguilla.

BEST WISHES: The very best wishes to Killarney Legion in the Senior County Championship Final next Sunday versus South Kerry. Go n-éirí an t-ádh libh.

FIXTURES: Extra time if necessary in all games. First named team has home venue,

Saturday 7th November.

Aquila Club O'Donoghue Cup.

Round 1: Dr Crokes V Spa - at 2.30pm.

Fr Galvin Cup Semi Final

Listry V Fossa - at 3pm.

Saturday 14th November.

Aquila Club O'Donoghue Cup

Quarter Final

Gneeveguilla V Dr Crokes/Spa at 2pm.

SPA CLUB NOTES

With Anne Holland

COISTE NA NOG: Training resumes this Saturday for u6, u8 and u10 boys in Spa at 11am.

SENIOR CO LEAGUE

SPA 0-12 RATHMORE 2-14: Played the last Co League game in Rathmore. Craig Hickey opened the scoring and first half was an evenly matched game but for the difference of John Moynihans two goals.

Speedy recovery to Liam Kearney on his injury.

UPCOMING FIXTURES: Ó Donoghue Cup Saturday November 7th at 3pm, Spa v Dr. Crokes Away.

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

U15 GIRLS: Last game of the year will take place next weekend against Ballymac in Spa in the final of U15 Division 3.

Game was postponed due to the passing of the President, of the Ballymac Club, Jerome McEllistrim. Father to Catherine Keogh, former secretary of Kerry Ladies Co Board and Dr Crokes Ladies Football.

GAELIC 4 MOTHERS & OTHERS: Training resumes indoors. 7-8 in Spa Thursday November 5th.

SCÓR: Please note there is no Scor na nÓg Semi finals. Final provisionally Saturday November 21st in Killarney Racecourse.

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

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

LOTTO DRAW: November 1st Jimmy Briens jackpot 12,200 numbers drawn 11, 13, 19, 28. No winner!! Lucky dips. Annual Sheila and Paddy Casey, Miriam Brosnan c/o Dept of Justice, Katelynn Mangan, Mary Reen The Park, Derry Ahern, Faha. Draw next week Arbutus.

AWARDS NIGHT SATURDAY 28TH

NOVEMBER: 2nd Annual awards night will be held once again in the Torc Hotel. Tickets only €15. Music supplied by Derry and Rosie Healy. Contact Andrew Garnett for further information 086 1911263.

ANNUAL CLOTHES COLLECTION: We are collecting All Year Round. All types of clean

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

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

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

NEW ARRIVAL: Congratulations to Ivor and Julie Flynn on the birth of their baby son Marc. Great excitement in Tullig with the arrival of their first child.

AGM: Lissivigeen Community Alert AGM will be held on Wednesday 11th November at 8pm at the Torc Hotel. Supt. Florence Murphy will attend this meeting. New members for the text alert scheme will be taken on the night. Refreshments will be served.

SYMPATHY : Is extended to the Foley family, Kilbrean, on the death of their uncle Denis O'Leary in California. To the Murphy and Corcoran families, Upper Lissivigeen, on the death of Hannah Mary Lyne, Knockeduff. Also, to the family of Catherine Keogh on the death of her father Jerome McEllistrim, Ballymac. May they rest in peace.

DR CROKES CLUB NOTES

With Aoife Cronin

MOYLNEAUX CUP FINAL (B COUNTY CHAMPIONSHIP)

DR CROKES 2-13 RATHMORE 0-07

The Moylneaux Cup Final was played in Lewis Road on Friday last October 30th. Both teams served a very entertaining game in very trying conditions. Dr Crokes playing against the elements in the first half got off to the better start with Keith O'Leary and Bryan O'Shea supplying the early scores. We finished the half stronger with Tony Brosnan kicking some nice scores to leave the score 1-7 to 0-3 in our favor. The second half was a tense affair with Rathmore forcing there way back into the game. Our defense who were well marshaled by Mark Egan, PJ Lawlor and Captain Keith McMahon dealt manfully with the Rathmore onslaught. Nearing the end Chris Doncel with a goal and Jason O'Leary kicked the insurance scores for a deserved win. This was a fourth in a row for the club in this competition.

EAST KERRY MINOR CHAMPIONSHIP - SEMI FINAL

DR CROKES 1-14 GNEEVEGUILLA 0-10:

Even though we won this game in the end by seven points, we were not in a great position at half time as we trailed by two points 0-7 to 0-5. The re-positioning at half time of Gavin White to centreback, Michael Potts to the forward line and the bringing on of Paul Clarke, who was carrying an injury, contributed hugely to this victory.

In the first half of this game, played in beautiful weather in Gneeveguilla, we were often on



the back foot. We had three points in the first quarter but found it hard to contain our opponents when they were on the offensive. The pattern in the second quarter was much the same. We were restricted to just two points as Gneeveguilla added on three points in this period, to add to their first quarter score of four points, for an interval lead of 0-7 to 0-5.

Mainly because of the positional changes, we were a transformed team in the second half. We added 1-7 to our first half total and restricted our opponents to just three points. This is not to say that the second half was one sided in our favour. Gneeveguilla to their credit had many attacks but some heroic defending and a few great saves by our goalkeeper Tony Clifford left us winners at the end, 1-14 to 0-10.

Tony Clifford had a very good game in goal. Best in defence were John Kerrisk, David Naughton and Creagh Courtney. We just about edged it midfield and our attack combined well, with great contributions from Mike Casey 0-5, Adam O'Shea 0-4 and Mark O'Shea 0-2.

SYMPATHIES: Deepest sympathies to the Kiely Family on the death of Maurice (Mossie) Kiely Father of Aidan former senior player and grandfather of current players Jordan and Megann, The Lyne Family on the death of Hannah Mary Lyne, To Helen O'Neill on the death of her Mother Eileen O'Connor (Nee Flahive), To Catherine Keogh who's heavily involved with our ladies football teams on the death of her father and to Mike O'Keeffe (Our IT Officer) on the death of his grandfather who recently passed away.

AGM: A General Meeting for members will take place next Thursday at 7.30pm in the Clubhouse.

PAINTING: Last call for painters for Saturday next at 9.30am. The last few bits and pieces need to be finished up and thank you to all who have helped so far. The clubhouse is looking fantastic.

CARD PLAYERS: Anyone interested in playing cards - Progressive 31 will be played in the clubhouse on Wednesday nights at 8.00pm. You will need to bring money and a partner €5 per person.

LOTTO: Lotto numbers 2, 10, 17, 23. Jackpot €3600. Winner Susan Cronin. Next draw Sunday 8th of November in JC O'Shea. Jackpot €3000.

COUNTY FINAL: We wish the Legion Club all the best in the County Final who are playing South Kerry next Sunday 8th of November.

JUVENILE ACADEMY NEWS: Dr. Crokes' Juvenile Academy for Boys and Girls finished in glorious sunshine last Saturday and the Boys and Girls had an enjoyable morning learning the skills of Hurling and Football followed by a party in the Clubhouse after. A big thanks to the generosity of the parents who ensured we had an abundance of treats for the boys and girls. Pat O'Shea, Vice Chairman, addressed the large contingent of parents and children followed by a medal presentation by the coaches to the children in each age group. The delight in the faces of the boys and girls as they received, for

many, their first medal was a joy to behold!!! A big thank you to the parents, coaches, ladies' committee and especially the boys and girls for making the 2015 Saturday Morning Academy such an enjoyable experience for all.

Indoor training in the Aura will commence shortly. We are already looking forward to 2016! Munster Junior Hurling Club Championship

DR. CROKES V DROMCOLLOGHER/BROADFORD: (Limerick)

Sunday November 1st 2015.

Sunday was an historic day in Dr. Crokes Club when we travelled to Dromcollogher to play against the local club in what was a first for us. A hurling team from our club had never before represented Kerry at this level and we felt honoured to be asked to take this step. It was a huge step up for our lads and the final outcome tells its own story about the gulf that exists between Kerry club hurling and clubs from the traditional hurling counties and strongholds.

The final scoreline of Dromcollogher/Broadford 4-15 Dr. Crokes 0-05 probably does not fairly reflect the efforts and hurling of our lads during the course of the game. We were unlucky not to have registered several more scores but to be truthful we were comprehensively beaten all over the pitch by a fine, fit and stronger home team. On the evidence we saw they are entitled to dream of reaching Croke Park later in the competition. Our players, while bitterly disappointed afterwards, will look on the experience as "lessons learned" and are already thinking in terms of next season and the Kerry Intermediate Hurling Championship.

Our congratulations and good wishes go to Dromcollogher/Broadford GAA community. The occasion was clearly a big one too for this small but proud country parish as demonstrated by the flags and banners all over the village and the very big attendance at the game as well as the big turnout of volunteers to manage the traffic and parking near the ground.

Our thanks is due to our team sponsors, the O'Donoghue family of "The Speak", High St, who sponsored the team bus and to Dr. Crokes Chairman and Executive for their support and generosity throughout the season.

For the record our team lined out as follows, Jamie Lenihan, Shane Kavanagh, Kevin Landers, (capt.) Mike Murphy, Rory Waters, Brendan McMahon, Shane Lyne, Sean Burchill, Mike Milner, Jack Lenihan, Mike McCarthy, Keith Curtin, Chris Doncel, Andrew Kennelly, Aaron Murphy. SUBS. Tom Murphy, Cian O'Brien, John Ivory, Dan Guerin, Barry O'Grady.

FOOTNOTE: Two of our players missed out yesterday. Sean Morris was ill and we send him a get well soon message. Mike O'Keeffe was also absent due to the death of his grandfather, Paddy Ando Moynihan, and we send a message of sincere sympathy to Mike and his family.

LISTRY

WEEKLY LOTTO RESULTS: Sunday 1st November, 2015. Winning Numbers 7, 12, 16,

20. Jackpot €7,250. Not Won.

Jackpot next week Sunday 8th November €7,400.

SENIOR COUNTY LEAGUE: Well done to our senior team who played Beaufort last Saturday afternoon and came away with a valuable two points, which takes them back up to Division 2.

BEAUFORT GAA NOTES

EXERCISE CLASSES: New six week session began this week.

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

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

SENIORS: Already promoted the Seniors played Listry on Saturday in the Final Round of the County League. Final score: Listry 2-9 Beaufort 1-9 thus ensuring Listry will also play in Division 2 next year.

MID KERRY MINORS: Were beaten by West Kerry on Sunday last in Co Minor Championship final. Beaufort had Cormac O'Connor, Mike Breen and Sean Kelliher in the starting line-up and Keith Moloney, Joe Glinwood, Declan Floyd, Aaron Foley, Conor and Pdraig Cronin, Jonathan Kissane, Paudie Coffey and Ciaran Kennedy on the bench.

U15S: Qualified for the Final of the County Competition but lost to Castleisland Desmonds in the Final

MID-KERRY SCOR NA NOG: Was postponed to a later date.

GATHERING WITH CUPS: Beaufort GAA had a get-together recently to honour All-Ireland medal winners Mike Breen, Tara Breen, Fay and Hannah O'Donoghue and Fiadhna Tangney.

U21 MID-KERRY FINAL: Has been postponed to a later date.

EXCITING TIMES AHEAD WITH LADIES FOOTBALL IN THE CLUB: A Senior team is being formed in the Club as there are a lot of girls playing at this grade outside of the club so it would be great to get them back and play with their home club. Any girls interested in playing or being involved with the club should come along to a meeting on Friday evening next at 8pm. Anybody who feel they have anything to offer would be more than welcome to come along.

WELL DONE: To Ciaran Kennedy and South Kerry on winning U16 County Hurling Championship Final recently.



GNEEVEGUILLA ATHLETIC CLUB

LOTTO: No winner of our lotto 30/10/2015, numbers drawn were 7, 11, 13 and 29. Bonus not won numbers drawn were 12, 21, 22 & 25. Next week's jackpot €5,400 plus €1,000 bonus.

MUNSTER JUVENILE CROSS COUNTRY: Held in Waterford on Sunday 25th, Ted O'Gorman was well up the field in 22nd place, out of 150 runners. We will have runners in Beaufort next Sunday at the Munster Juvenile Uneven Age and Senior Men and Ladies.

DUBLIN CITY MARATHON: Good running in the Dublin City Marathon by Simon Mangan in a time of 2.50, Seamus Murphy in a time of 2.58 and Maurice Feehan in a time of 2.56.

KILLARNEY SOUTH COMMUNITY GAMES NOTES

The A.G.M. of Killarney South Community Games was held on Thursday, 29th October, in the Dromhall Hotel. Anthony Greaney, Chairman, addressed the meeting and thanked everyone, parents and athletes, for their assistance and efforts in 2015. Again, this was a very successful year for Killarney South Community Games, with the area capturing third place Athletics in the Kerry County Community Games Athletics Award following the second place achieved the year previously. For such a small area, this is a fantastic achievement and reflects the great work being done in the area. A big congratulations to all the athletes who competed for the area in 2015. Two All-Ireland medals were achieved in the area; Alex Hennigan, Gold, Kerry Team Cross Country U. 12 and Jocelyn Hickey, Silver, Swimming U. 8 Freestyle. The Boys U. 12 and 4x100 Relay Team reached the National Final U. 12 consisting of Conor Gammell, Jason Lee, Aaron O'Sullivan, Jack McGuire, Daire Looney and Alex Hennigan. Pia Hickey, underage again next year, reached the semi-final of the All-Ireland Swimming U. 12 Back Stroke. Lily Foley, who is joining the area next year, won Silver for Solo Singing. Special tribute was given to Sarah Leahy, who reached the All-Ireland U. 16 100 metre Girl's Sprint Final competing in her final year of the Community Games. Sarah has had a phenomenal record in Community Games for the Killarney South Area, winning numerous county and All-Ireland medals for sprinting both individually and as part of a relay team. We are delighted that Sarah and her Mum Maria are staying on board for 2016 to help further develop athletics in the area and their future involvement is greatly appreciated. Trish O'Sullivan, Treasurer, was thanked for coordinating the fund-raising activities during the year, especially the Dunnes Stores Bag Packing. We are delighted that Mike Hickey has joined the Committee for 2016 as Swimming Coordinator and the number of swimmers now

competing for the Killarney South Area has really increased in the past few years. Anthony Greaney has also proposed a training group to be established for interested Athletes from January 2016 one night each week going to the track in Castleisland. We would be delighted if new members and parents would like to join the area for 2016 and help out in any way possible phone Anthony Greaney on 087-7098695. The Committee for 2016 is Anthony Greaney, Antoinette Casey, Trish O Sullivan, Philip Gammell, Mike Hickey, Kathleen Hartnett, Maria Long, Billy Hennigan, Frances Greaney and Elizabeth McGuire.

KILLARNEY COUGARS BASKETBALL CLUB

BOYS U14 DIV II

ST BRENDANS 16

KILLARNEY COUGARS 24

Cougars travelled to Tralee and enjoyed a very entertaining County League game at the Moyderwell which saw both clubs in the very strong position to produce second teams at this age group. Their was little between the sides throughout with Cougars just edging ahead by a basket in each quarter. Cougars Daire Murphy produce an MVP performance contributing 10pts which proved to be decisive in giving Cougars the edge with Ciaran Cronin, Jackson O'Mahony, Ronan Coffey, Jack Lynch and Harry Byrne all in fine form. St Brendans had strong performances but Cougars teamwork and energy throughout ensured they claimed the points on this occasion despite good spell of late pressure from the Tralee side.

BOYS U12 DIV I

KILLARNEY COUGARS 39 ST MARYS 14

The final pool game for Cougars saw St Marys come to the Presentation Gym and the good attendance saw Cougars dominate the early exchanges to lead 12-4 with Harry Kelly in top form with 6pts for the Cougars. Cougars increased the lead to 14pts by halftime and were well in control of the game. the Castleisland boys had a good spell in the third quarter Patrick O'Shea contributing some fine baskets to lift the visitors, but the home side again responded well in the final quarter with good play leading to great baskets finished by Shane McCallister and Darren Ryan to see Cougars finish comfortable winners and also as pool group winners to advance to Division 1 again this season

GIRLS U17 DIV I

ST ANNES 30 KILLARNEY COUGARS 46

St Annes hosted the Cougars in Farrenfore and it was the Cougars who were quickly into their stride to lead 11-8 in the opening qtr. The home side were struggling against a sharper Cougars who increased the lead by half time to 10 points with three pointers by Kate Maher and Kelly Ahern for the visitors. The home side had the better of the third quarter with great baskets by Kiera Fell and Roisin Deniel to reduce the arrears

to just three points before Cougars picked up the tempo with Kate Stack on the end of some good plays to finish well under pressure to see Cougars still ahead 31-24 entering the final quarter. The Cougars took complete control of the final quarter and thanks to good baskets by Grace Cahillane, Kate Stack and Shelly Clifford Cougars finished very deserving winners.

BOYS U16

VIXENS ATHEA 30

KILLARNEY COUGARS 15

Cougars made the journey to Athea and struggled throughout this game with scores hard to come by in this opening game. Cougars tried hard but didnt get the breaks against a determined home side unbeaten so far this season. Cougars had good efforts from David Bartlett and Eoin Talbot. Cougars travel to Tralee next.

GIRLS U16

VIXENS ATHEA 36

KILLARNEY COUGARS 56

A very solid and assured performance saw Cougars finish impressive winners in Athea. Cougars led throughtout and had strong performances with Anna O'Reilly, Ciara Griffin and Ellen Clifford all in good form throughout. Cougars looked comfortable from the tip off with a deserved winning margin at the finish.

SENIOR FIXTURES

November 10th Division I

Tralee Imperials v Cougars 7.30 pm.

Womens Div II

Gneeveguilla v Cougars 7.30 pm.

BASKETBALL ACADEMY: Our Friday evening Academy for boys & girls resumes following the Halloween Midterm break returning on this Friday November 6th. To registration for our Friday evening Academy for boys & girls ages 7,8,9, further information from the secretary on 087-4175493.

COMMUNITY FUNDRAISER: All support welcome for Killarney Cougars in the TESCO community fund please deposite your BLUE TOKENS for Cougars in the Tesco town center store at New Street. Further details and updates available on the website and facebook or contact the club secretary on 087-4175493 or email secretarykillarneycougars@gmail.com

KILLARNEY VALLEY AC

FIXTURES: The next Cross Country fixture is this Sunday 8th November in Beaufort at 11.30am: Munster Senior, Junior and Juvenile Uneven Ages, Junior Men and Women, Senior Men and Women. Please remember to wear your club singlet if you are competing.

All the upcoming cross country fixtures are on our facebook page

www.facebook.com/KillarneyValleyAC

There will be no Cross Country Training this Sunday.

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

STRENGTH & CONDITIONING TRAINING:



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

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

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

Training for children born in the years 2006, 2007 and 2008 will be from 6pm-7pm.

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

Don't forget Killarney Parkrun is on every Saturday morning at 9.30 am sharp in Muckcross near the Muckcross Traditional Farm. We would encourage everyone to come out and take part, runners, walkers, adults and children alike. Race director Alan Ryan asked for people to come and walk their dogs or push buggies along the route - the idea is for people to get out and get fit. This is a volunteer led, free 5km run/walk and is sociable and fun and good practise. All ages welcome. More information and to register online www.parkrun.ie/killarney Killarney Valley AC welcomes new members. Juvenile and Juniors €25, Seniors and Masters €30. For membership enquiries please text the club number 0872499566.

If you haven't yet got your club singlet please contact Brid on 0872650720 to arrange to purchase one - singlets are €25 each.

If you have any news you would like to include in the notes please text Maighread on 086 8588988.

KILLARNEY DARTS TOWN LEAGUE

Sponsored by Carlsberg in association with Mustang Sallys.

RESULTS FROM LAST THURSDAY, 29TH OCTOBER 2015, ARE AS FOLLOWS:

GROUP 1: Jimmy Briens 1 v Tatler 8.

Murphys 2 v Corkerys 7.

Lals Bar 2 v The Shire 7.

GROUP 2:

Kenmare Rooms 4 v Nugget Old Timers 5.

Linehans 3 v Dunloe Lodge A 6.

Good Time Charlies 5 v Murphys Pinters 4.

GROUP 3: 98 A 5 v Avenue Heros 4.

Mustangs B 5 v Teddys 4.

Dunloe B 3 v OKI 6.

GROUP 4:

Nugget Night Owls 4 v Jimmys Jokers 5.

Courtneys 6 v Mustangs A 3.

The Granary 4 v Squidgers 5.

KNOCK OUT CUP

Sponsored by O'Neill's Plunkett Street.

Draw for the second round of the KnockOut Cup took place in The Killarney Avenue Hotel,

on 27th October 2015. Fixtures for Thursday 12th November, 2015 are as follows, first

named team has home venue,

Kenmare Rooms v Lals Outcasts.

Klub Bar v Avenue Heros.

98 C v Murphys Pinter's.

Mustang Sallys A v Courtneys Bar.

Dunloe Lodge A v Jimmy Briens.

Lals Bar v Murphys Bar.

Tatler Jack v The Shire.

Mustang Sallys B v Corkery's Bar.

Score cards are still not being filled up properly.

for example: Teams are not writing their Team

Name on card in appropriate box, scores not

being put into appropriate box, highest score

not being filled in, players not signing the score

cards. Also results not being texted to mobile

number provided on score card and score cards

not being dropped into the box in the Tatler.

KILLARNEY RFC

SENIOR XV: Our seniors travelled to Ballydavid to take on Corcha Dhuibhne in the quarter final of the Martin O'Sullivan cup. Played in fantastic weather, in a closely fought contest, Corcha Dhuibhne ran out winners on a scoreline of 24 -17. The lads travel away to Fermoy next Sunday for the next round of the Munster Junior league.

U16'S: Our Under 16's travelled to Ballydavid on Saturday, to take on Corcha Dhuibhne in the Munster Clubs U16 Conference. Under the watchful eye of Tom Campbell, Pat F. O'Connor, Richard Carey and Ger Maher, the lads won

a challenging game on a scorline of 34-38. Despite playing against a huge and dominant pack, our lads stepped up to the plate, showing again that by going wide we can get a positive result. A special mention must go to the entire pack who displayed massive spirit and resolution on the day. Backs Conor McCarthy and Conor Sheehan ran the back line excellently allowing for a few flowing match where we earned a hard fought, yet badly needed win. Well done lads. Next Saturday we play Charleville at home in Aghadoe at 11am. All support greatly appreciated.

U14'S: Our Under 14's hosted Listowel in the West Munster U14 League at Aghadoe last Saturday, in excellent conditions and even sunshine! A fantastic display by our lads ensued and the boys ran out winners on a scoreline of 49 points to 10. The home team started strongly and continued to showcase the players skills. Every member of the panel contributed to a very entertaining game. The home side scored 9 tries and 2 conversions and it was a sign of great teamwork that the tries were scored by 7 different players! Listowel fought back valiantly and scored 2 tries in the second half. Tries on the day were scored by Captain Craig McKenzie-Vass, Diarmuid Cahill, Cian Murphy, Liam Randles, Pdraig Talbot, Mark Sheahan and Sam Casey. Well done to all and especially to coaches Seamus Greally, John O'Connell, Dominic Kiely and Vinnie Sheahan.

MINIS: Our minis continued training on Saturday in fantastic sunshine. We have been very lucky to date with the weather. The lads are training very well and all are looking forward to the next Blitz, which provisionally takes place in Tralee on the 21st of November. Further details to follow. Keep posted to our facebook page for further details. All are welcome to come along to training. Training continues next Saturday at Aghadoe between 10:30 and 12 midday. Details: Liam Murphy 087-4145662.

YOUR CLUB, YOUR COUNTRY DRAW: Thanks to all who supported this very important draw. All funds raised in this draw actually go to the rugby club and we plan to use the money raised to purchase lighting for the pitch at Aghadoe. Thanks for your support!



FIONNBAR WALSH ACCEPTS A CHEQUE FOR €1815 FROM SEAN MULCHINOCK, EVENT MANAGER FOR THE WRONG WAY ROUND CYCLE WHICH WAS RAISED BY OVER 400 CYCLISTS FOR THE DONAL WALSH LIFE FOUNDATION WHEN THEY TOOK PART IN THE WRONG WAY ROUND CYCLING FESTIVAL IN AUGUST. CYCLING ENTHUSIASTS FROM ALL OVER IRELAND TRAVELLED TO KILLARNEY FOR THE FESTIVAL WHERE THEY JOURNEYED ALONG THE STUNNING RING OF KERRY IN THE OPPOSITE DIRECTION TO THE TRADITIONAL ANTI-CLOCKWISE ROUTE AND ALSO THE HARD WAY ROUND WHICH TOOK IN BALLAGHBAMA, BALLAGHASHEEN AND THE INFAMOUS COOMANEASPAIG CLIMB.

PHOTO: DON MACMONAGLE.

MASTERGEEHA FC

U 14 Mastergeeha 2 Ballyhar 6. The lads were beaten in this cracking game played in perfect conditions on Saturday morning. The final score flattered the visitors who took their chances when handed to them to lead 0-3 at the break. M'Geeha played some good soccer at times and fought back well after the break from 0-4 to 2-4 with cracking goals from debutant Darragh Cashman and Philip O'Leary with Shane Warren also going close twice. But the lads failed to score more when on top and were caught by 2 late Ballyhar goals on the break which gave them the points.

U16 Mastergeeha 7 Killarney Celtic 2. In this good team performance they deserved the three points. Paul O'Shea (4) and Jamie O'Shea (3) were the goal scorers in a game where all involved played well.

MUNSTER YOUTHS CUP SEMI FINAL

Park 2 Mastergeeha 3 AET. In this close game Mastergeeha qualified for the final of the Kerry area of the Munster Youths cup. In the opening half the home side took the lead but Mastergeeha equalized when Brian Friel scored just before the break. Again in the second half the Park took the lead but Mastergeeha battle hard and Paul O'Connor got the equaliser with 10 minutes to go. In extra time both sides created chances with Mastergeeha scoring the winner when Paul O'Connor headed home a Gearoid Kerins corner. All involved played well.

PREMIER A Killarney Athletic 3 Mastergeeha 4. In this tough local derby Mastergeeha just edged it to take all three points. In the opening half Mastergeeha started the better and were two goals up after half an hour with Darragh McCarthy and Dan Murphy scoring. However just before the break the home side got a goal back. In the second Mastergeeha had to defend as the home side pushed for the equaliser however mid-way through the half Scott O'Mahoney went a good run and scored with a powerful drive. However home side pulled a goal back shortly after and then equalised with 10 minutes remaining. In the closing stages on the game after a clearance out of defence Damien Breen passed to Tony Brosnan who finished well for the winning goal.

MASTERGEEHA FC LOTTO There was no winner on Friday 30th October 2015. Numbers drawn were 4,14,22,23.

Consolation prizes were €100 Eileen Falvey Daly, Knockeendubh. €60 Jackie O'Mahony, 2 Mountain View. €30 Pat Walsh, Mileen, Kilcummin. €30 Ian & James Devane, Mastergeeha. €30 Saoirse O'Leary, Mileen, Kilcummin. Jackpot now €2,400

KILLARNEY CELTIC NOTES

BEST WISHES Killarney Celtic extends best wishes to Killarney Legion this Sunday in their attempt to bring the Bishop Moynihan Cup back to Killarney.

IRELAND PLAY-OFF DRAW Ireland have played very few matches as crucial as the forthcoming play-off second leg against

Bosnia/Herzegovina in the Aviva Stadium on Monday 16th November. A lot of Killarney Celtic members will of course be there to cheer them on, and the club are hoping to give people a chance to join them in style with E2 per line draw for 1st prize: Three Deluxe Premium Level Tickets, 2nd Prize Two Match Tickets, and 3rd Prize A Signed Jersey. Sponsorship Cards will shortly be available at the clubhouse or from Executive Committee Members and Managers. We are asking all club members to get behind this important fundraiser. The draw will be held in Celtic Park next Thursday night.

GIRLS UNDERAGE We would like to welcome any girls who wish to play in a great team sport over the winter months to come along and give it a try.

Lots of GAA teams have wound down for the football season so you can keep fit and make friends - U14 girls are especially welcome.

RESULTS Denny Premier A: St. Brendans Park 0 Killarney Celtic 2

Killarney Celtic got the better of St. Brendans' Park thanks to goals from Stephen Hayes and Joe Hurley. There were great performances from Roy Kelliher, Joe Hurley, Gary Keane, and Brian Spillane, Conall Murphy, and Conor Farrell. Matt Keane was outstanding in midfield alongside Gary Keane, with John McDonough and Fergal O'Donoghue very solid in defence. Stephen Hayes and Trevor Nagle were outstanding for Celtic up front and there were also great displays from Stephen McCarthy, Wayne Sparling, and Conor Randall. Denny

PREMIER B: Killarney Celtic B at home to Inter Kenmare, Sunday, 2.30pm

DENNY PREMIER B: Killarney Celtic 2 Inter Kenmare 3

A brilliant game between two very evenly matched sides, but unfortunately Kenmare took the spoils by the odd goal in five.

MUNSTER YOUTHS CUP: Killarney Athletic 0 Killarney Celtic 7

Brilliant stuff against a very good Athletic side. Stephen McCarthy nailed a magnificent hat-trick, Cathal O'Shea scored a brace, and Jack Galvin and Cian Casey were also on target

U16 PREMIER: Killarney Celtic 5 Listowel Celtic 0

A fantastic display. Darragh Fleming, Lee Downing, Josh Fleming, Micheal Devlin, and Sean Doherty were our scorers. While all the team played well, the display of centre back Sean Doherty has to be singled out for mention; he scored a goal, created another, and controlled proceedings throughout.

U16 DIV ONE: Mastergeeha 7 Killarney Celtic B 2

No shame in a defeat to an excellent Mastergeeha; they played brilliant soccer all through and fair play to them. Keelan Deegan and a superb Mark Cooper were our scorers.

U14 DIV ONE: Castleisland 8 Killarney Celtic B 2

Castleisland were outstanding and dominated throughout, but Celtic never gave up and were rewarded by two well-taken goals from Adam Keane.

U12 PREMIER: Killarney Celtic 0 St. Brendans

Park 4

To be fair, we were far from our best and the players will know that they are better than this and will be looking to prove it on their next outing.

U12 DIV ONE: Ballyhar 7 Killarney Celtic B 0 Ballyhar were superb and our best efforts weren't enough to dent them. Nonetheless, a brave effort and the lads did their jerseys proud.

U12 DIV TWO: Killarney Celtic C 7 Dingle Bay Rovers 1

A great performance by a young but strong Celtic side who played very well as a team, with Eoghan Crowley, Jack Higgins, Timmy Moynihan, and Darragh O'Shea standing out.

FIXTURES

FAI JUNIOR CUP: Killarney Celtic away to Rathkeale, Sunday, 2.00pm

U17 LEAGUE: Killarney Celtic away to Killarney Athletic, Saturday,

U16 GIRLS PREMIER: Killarney Celtic at home to Killarney Athletic, Saturday, 11.45am

U15 NATIONAL CUP: Killarney Celtic at home to Park, Saturday, 4.00pm

U15 DIV ONE: Killarney Celtic B at home to Castleisland, Saturday, 10.30am

U13 NATIONAL CUP: Killarney Celtic away to Aisling Annacrotty, Saturday, 2.00pm

U13 DIV ONE: Killarney Celtic B away to Mastergeeha, Saturday, 10.30am

U12 GIRLS PREMIER: Killarney Celtic at home to Inter Kenmare, Saturday, 11.45am

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

LOTTO Numbers drawn 2, 13, 18, 24. No winner, four match 3, Derry O'Sullivan c/o The Speakeasy, Lorelei Elding c/o Mary, Maurice Condon c/o Dept. of Sport, Mike B. O'Donoghue Faillbhui Muckcross, €35 each. Next week's jackpot €2200, draw in the Failte on Monday night. Tickets available from all club officers. Yearly tickets available.

PITCH BOOKINGS

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

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

SCHOOLBOY/GIRL SOCCER

LOTS OF TRICKS AND TREATS OVER THE HALLOWEEN WEEKEND:

SKECHERS 15'S NATIONAL CUP:

Tralee Dynamos 8-1 Creeves.

LEAGUE RESULTS:

JK SPORTS 12'S PREMIERS:

Killarney Athletic 2-2 Listowel Celtic

Killarney Celtic 0-4 Park A

Tralee Dynamos 1-5 Killorglin.

DIVISION 1: Killarney Celtic B 0-8 Ballyhar Castleisland 5-4 Inter Kenmare

DIVISION 2: Killarney Athletic B 0-4 Iveragh United. Tralee Dynamos B 2-8 Killorglin B Camp Juniors 3-3 Listowel Celtic B

DIVISION 3: Killarney Celtic C 6-1 Dingle Bay Rovers

LB Rovers 2-0 Fenit.

FOUNDATION SPORTS 14 PREMIER:

Park A 8-2 Killorglin A

Listowel Celtic 3-3 Killarney Athletic

14 DIVISION 1: Inter Kenmare 1-8 Dingle Bay Rovers

Park B 6-3 Ballyheigue Athletic

Mastergeeha 2-6 Ballyhar

14 DIVISION 2: Castleisland 8-1

Killarney Celtic C

St Bernards 0-1 Park D

Camp Juniors 8-0 Listowel Celtic B.

Tralee Trophy World 16 Premier:

Park A 5-0 Inter Kenmare

Killarney Celtic 5-0 Listowel Celtic

DIVISION 1: Killorglin 4-1 Camp Juniors

Mastergeeha 7-2 Killarney Celtic B

Park B 3-6 Killarney Athletic

REPORTS:

SKEECHERS NATIONAL CUP 15'S:

In a rearranged 15's National Cup game Tralee Dynamos were too strong for visitors Creeves. They progressed thanks to goals from Codi Dauti, Mohammed Raheem 2, Sean Kennedy, Paudie Hughes, Samson Ayavi and Philip Evans.

LEAGUE REPORTS: LB Rovers made their

DEBUT IN JK SPORTS 12'S:

JK SPORTS 12 PREMIER: In the JK Sports 12 Premier Listowel Celtic needed a last minute goal from Rob Stack to share the points with Killarney Athletic A. Anthony Kavanagh had pulled one back earlier for Listowel from the penalty spot after the Killarney side had led 2-0. Goals from Conal Gallagher and Alex Hannigan had given the home side the lead in Woodlawn. The Park travelled to Celtic Park in Killarney and brought the three points back to Tralee on a 4-0 score-line. David Feeley, Josh Connolly, Dara O'Connor and Cianan Cooney got the goals. Killorglin also won away defeating Dynamos in Tralee. Helion Cenaji got the goal for the home side but 2 goals from Eoghan Hassett and Adam Owens and one from Darragh Owens saw Killorglin win 5-0.

12'S DIVISION 1: Ballyhar defeated Killarney Celtic B at Celtic Park thanks to two strikers on top form. James Hogan hit a hat trick but he was outshone by Colin Callaghan who scored 5. Castleisland and Inter Kenmare were involved in a 9 goal thriller with the home side winning 5-4. Ryan Dennehy 2, Conor Wilkinson, Kube and Killian Dennehy were the Castleisland scorers.

12'S DIVISION 2: Iveragh United made the trip to Killarney a winning one as they defeated Athletic 4-0. Breece O'Sullivan, Oisín Breen, Jim O'Sullivan and Ruairi Teehan got the goals for the South Kerry boys.

Ryan Diggan had a day to remember scoring 5 goals in Killorglin B's win away at Tralee Dynamos B. Joe Langham and Charlie Foley were the others on the mark.

Camp Juniors will be wondering how they left a 3-0 lead slip at home to Listowel Celtic B. Two goals from Sean Murphy and one from Paudie Fitzgerald put Camp in control. However Listowel Celtic hit back thanks to goals from

Liam Connolly, Bryan Allen and Jayden McElligott.

12'S DIVISION 3: LB Rovers are another very welcome addition to the League and while they went down 2-0 to Fenit in their debut game it was an impressive start. Paddy Falvey and Tomas Godley got the goal for Fenit. Best on the for LB Rovers were Daniel Barrett, Thomas Buckley, Jack Sheedy, Padraig O'Connor with goal keeper Cillian Fowley also playing very well.

James Hoare scored for Dingle Bay Rovers but it wasn't enough as Killarney Celtic C took the points in the game played at Celtic Park.

GOALS GALORE IN FOUNDATION SPORTS 14'S:

FOUNDATION SPORTS 14'S PREMIER:

The Park were too strong for Killorglin in the Foundation Sports Premier clash. Sean McGrath was unplayable netting 5 and these were added to by goals by Mervyn Shalemba, Leo Gaxha, Dara Heim, Terrance Carmody and Junior Ankoma. Gar Hassett and a Jack O'Connor free kick were not enough for Killorglin to take anything from the game.

A Michael Nolan hat trick gave Listowel Celtic a share of the points in a 3 all home draw with Killarney Athletic. Owen Benson scored twice and Eoghan O'Sullivan once in the draw.

14 DIVISION 1:

In Division 1 Dingle Bay Rovers were too strong from Inter Kenmare thanks to goals from Dara Begley 2, Dylan Geaney, Patrick Kearney, Mark Manning, Cathal O'Beaglaoi and Aodan Devane.

The Park B were winners at Christy Leahy Park as they defeated Ballyheigue. Eoin Higgins got a hat trick for the Tralee boys with Liam Magee, Denis Nolan and TJ McMahon netting one each. Ballyhar travelled to Kilbreen Park and won thanks to goals from Dylan Callaghan 3, Craig Sullivan Boyle, Josh McCarthy and Jason Brennan. Darragh Cashman and Philip O'Leary replied for the home side.

14 DIVISION 2: Castleisland had too much for Killarney Celtic C and took the points thanks to Connie O'Connor 4, 2 from Dylan Curtin and one each from Cillian Roche and Kenneth O'Connor. A Cian Brosnan goal was enough to give The Park D a 1-0 win over St Bernards and continue their good start to the season.

Camp Juniors Maurice O'Connell was celebrating on the double on Saturday as he hit five goals on his birthday. His goals were added to by goals to Adam Costello, Eoghan Lyne, Tadgh O'Connor, Jack Shannon, Lenny McGale, Cian Wright and Adam O'Donnell in the win over Listowel Celtic B.

HOME WIN'S IN 16'S:

TRALEE TROPHY 16 PREMIER:

In the Tralee Trophy World 16 Premier The Park were 5-0 winners over Inter Kenmare at Christy Leahy Park. Michael Slattery hit 2, Thomas Burke, Kevin Brown and Niall Sertuxtra scored for the Tralee side.

Killarney Celtic defeated Listowel Celtic by the same score-line at Celtic Park. Darragh Fleming, Lee Downing, Josh Fleming, Michael Devlin and Sean Doherty scored for the Hoops.

16 DIVISION 1: A Mark O'Connor hat trick and one from David Mangan were enough to

give Killorglin the points in a 4-1 home win over Camp Juniors.

The O'Shea's hit 7 in Mastergeeha's 7-2 win over Killarney Celtic B. Paul hit four and Jamie 3 in the win at Kilbreen Park. Keelan Began and Max Cooper scored for Celtic.

Jason Coffey was on form as he hit 4 and Fionnbar Hickey 2 in Killarney Athletics away win over Park B. John Ward got 2 and Conor O'Brien 1 for The Park.

MWFAI 14'S NATIONAL CUP

Listowel Celtic 9-0 Broadford

Listowel Celtic progressed to the second round of the MWFAI 14's Cup with a good home win over Broadford. Goals from Hannah Healy, Cliona Pierce, Aoife Horgan, Ava Grimes, Jade Powell, Zara Doherty, Eimear O'Donoghue saw the Hoops progress.

KILLARNEY ATHLETIC NOTES

RESULTS: Denny Premier A

Killarney Athletic 3-4 Mastergeeha

Killarney Athletic were very unlucky not to get a share of the spoils following Mastergeeha scoring with virtually the last kick of the game. Plenty of room for improvement and we will luck to turn it around this Friday night in the Fai junior cup. Training Fridays 7-8pm.

DIVISION 1A Killarney Athletic 0-3 Q.P.R

Senior B weren't at the races today away to qpr and individual errors were to cost the team. Poor display after last weeks great performance and a friendly game this week against cedar (tbc). Quiz Friday night where all to support.

U16 Killarney Athletic 6-3 St Brendans Park.

Jason Coffey put Athletic ahead after 2 mins before park equalised only for Coffey to hit two more within 5minutes to complete his hatrick in about 8 minutes, the fastest I ever saw in school boy football .Then Finbarr Hickey gets a brace ,before Jason Coffey gets his fourth and all this and more with ten men . Training Wednesday 7-8 in fossa.

U14 Killarney Athletic 3-3 Listowel Celtic.

Our U14 team went to Listowel for a league game on Saturday and came away with a 3-3 draw.Our boys went in 2-0 up at the break after playing some super soccer,the goals were all from great play from Owen Benson.The second half was a different story as. As always our boys responded well and again with some nice movement the ball was put through for Eoghan o Sullivan to slot it nicely into the bottom cornerlike to wish Damien Switzer a speedy recovery from a injury picked up recently.Training at Fossa all weather pitch on Mondays 6-7.

U12 Another busy Saturday for our under 12's with both teams playing in Woodlawn. Our first team got things going at 11.00 against Listowel Celtic. This was a game that had everything with Ath. On the day a hard one to take with an amount of our boys not playing their best. Best on the day were Conal Gallagher , Shay o Meara and Cian Lynch. At 12.45 the B's took on Iveragh and lost out 4-0. This was an improvement on the previous outing and the boys are getting better every week. Sam Bolger was the best on the day with Ramon and Juan, Dara Looney and Oran o Sullivan doing well.

KILLARNEY ATHLETIC

This week we conclude the articles on the history of the Killarney Athletic. The articles over the past 24 weeks have been presented as a snapshot of the club as we celebrate its 50th anniversary. We have covered a wide range of highlights about the club to date, but as the author of the articles I have just taken the liberty to recall a few of my own particular memories of involvement with the club.

GREG COLLINS: My first memory of taking an interest in soccer refers me back to Greg Collins. Greg who also lived in O'Kelly's Villas could be best described as a 'fanatical' soccer person who not only followed the game with a passion but played the game with an even a greater passion. He played mainly as a goal keeper with the Harrington teams in the Desmond League and was an ever present powerful defender with Athletic in the early years of the Kerry District League and often prided himself after a game that "his opponent and the ball never went past him together". Greg also had a big personality off the pitch and regularly entertained his friends and others with his singing and his own unique 'one liners'. Greg was much older than most of us who took up on the invitation to play a game with him either in the then Mercy Convent outdoor basketball court or in the 'Mon' field on the New Rd. So Greg was the man that very much promoted and encouraged many of us to join and play soccer with Killarney Athletic. Included in that group were Denny and Donal Hayes, Frankie and his brother Denis O'Sullivan RIP, Tom O'Shea, Gerard Looney, John Casey and myself.

BEING PART OF ATHLETIC: I started playing with the club as a 15 year old in the mid '70s along with Colm O'Donoghue and Donal Brosnan RIP and the make-up of clubs in the Kerry District League at the time basically consisted of having a senior team. Some attempts were made to run a youth league but most of the clubs were dependent on youth players to make up their numbers with the senior team, thus it was difficult to get or expect players to play in a youth league on a Saturday and with the senior team the following day. My first games with Athletic were in a youth team in 1975 and I also played with the Athletic 'B' team that was formed that season and managed by Billy Doyle. I recall James Gleeson RIP gave me my first start with the Athletic 'A' team after dropping Tom 'sossy' Mullins RIP – something 'sossy' never let me forget. But in truth there was no one could replace 'sossy' as a player when he was at his peak and he really was a great character and 'true blue' all his life. James Gleeson too was an absolute 'gent' of a man who also encouraged the promotion of underage football in the club and his tragic death was a great shock to all of us who knew him. I also remember playing against John O'Regan who was a tough player with Tralee United and he took over as secretary of the

KDL at that time. That is true longevity as John remains at the helm of the KDL and the driving force of Kerry soccer today.

GREATEST INFLUENCE: Without doubt Denny Hayes and Billy Doyle were the greatest influences that encouraged my interest and involvement in the club. Denny was one of the best players to play in the KDL and also contributed hugely to the promotion of underage football in the club and was a great servant to the Kerry Schoolboys League in the 1990/2000s. Billy was one of the most dedicated and enthusiastic Killarney Athletic people you could meet and contributed a huge amount to the development of the club as an administrator and team manager. Denny and Billy obviously recognised my interest in the club and that is probably why I have spent most of my time of involvement not just as a player/coach/manager but also in the administration side of the club since I first joined the committee in 1976.

LOCAL RIVALRY: There is no doubt in my view that local rivalry is a very healthy thing in sport and the competitive encounters between Athletic and Celtic during my time of playing were fantastic. Billy would always say when things were not going too well with the team that "we badly need a derby match" and sure enough when the Killarney derby was fixed "fellows would appear for training that we would not have seen for weeks on end". Killarney Celtic deserve great credit as they have developed a great club since they were formed in the '70s and like Athletic have had some outstanding individuals who have given great service to the promotion of the clubs and soccer in Kerry. But if I was to single out one of the great 'unsung heroes' of Celtic from the '80s it would have to be Billy Morris.

PLAYING HIGHLIGHTS: Playing with Kerry in the Oscar Traynor Cup in 1980 was a real honour for me and we came mighty close to causing a major shock against the Cork AUL in Turners Cross but lost out to a late goal after dominating the match. Michael Conway RIP (Castleisland) and Tom Johnston RIP (Callinafercy) were two outstanding soccer players in the KDL and were also part of that team. My Athletic teammate Tom O'Shea was also in the side that year and 'Tommy' was a very good player. I always enjoyed and took great pride in playing for Athletic, although we lacked the consistency to win league titles mainly due to the fact that many of our 'better players' were also dual players and only committed for part of the season. That said, we had some very good teams and I have previously mentioned many names in the articles.

MANAGING TEAMS: I volunteered much of my time as a coach and manager of underage teams starting back in 1981 and was pleased to have lead the club through its most successfully period of football development in the 1990s and early 2000s, a period we have fairly well covered in the articles. It is striking to me though as I read the FAI 2015 'Player Development Plan' that much of the 'proposed changes' to the way

players are to be coached and developed in the future are a return to same principles that were recommended in the '90s. These were principles the club adopted and implemented at the time through the support of FAI Directors of Football Joe McGrath and Jimmy McDermott. I concluded my management and coaching of teams in 2010 and it was great to have some players in that squad who I had coached from under 10 level.

CLUB CHAIRMAN: I served as club chairman from 1992 to 2008 and enjoyed every bit of it 'while learning a lot' from the experience. The purchase of the Woodlawn pitch in 1993 and the 15 year development of the ground was a significant contribution that could only have been achieved by the support and commitment of many. The 7-a-side was also at its highest level of interest and popularity in the '90s due to the support of many already mentioned in the articles. Witnessing the end of the Áras Phádraig Pitch in 1999 was not only a loss to the club but was indeed a sad loss for the wider community. The achievements of Diarmuid O'Carroll and Brendan Moloney in signing with Glasgow Celtic and Nottingham Forest as professional soccer players and having the two Michael Moloneys and the two Murphys i.e. Bryan and Ronan capped for Ireland was some achievement and honour for the club.

DON HARRINGTON: Meeting and getting to know the man who formed the club, Don Harrington and indeed his late wife Monica RIP, was a privilege for me as we share many things in common through our involvement with the club in different eras. His autobiographical account of 1965 and the period thereafter that featured in the articles forms a critical part in tracing the club's history back to its true foundation 50 years ago.

ANNIVERSARY HIGHLIGHTS: It's been great to be a part of celebrating the club's 50th anniversary and to share so many fond memories with many former teammates, rival opponents and of course the present generation of Killarney Athletic people who will carry the club forward into the next 50 years. Without doubt the 'Revisit of the Half Moon' and the Gala Night Social were the outstanding occasions of the year but the weekly articles too have highlighted all that's been great about Killarney Athletic and we hope they will encourage more people to help out and support the club into the future.

Thanks to Toirdealbhach Ó Lionáird who has been the other half of the 'production team'. We want to sincerely thank in particular those who have given voice to the articles by the fantastic coverage they have given us and Killarney Athletic by their publication week in, week out since June of this year. Those people are Aisling Crosbie, editor of the Killarney Outlook, Eve Kelliher, editor of the Killarney Advertiser, and John O'Mahony editor of www.killarneytoday.com.

Mike O'Sullivan.

KILLARNEY GOLF CLUB

MENS

MON. O'FLAHERTY SINGLE STABLEFORD MAHONY'S POINT 1/11/15

1st Tommy Galvin (11) 39pts.
2nd Tom Looney (13) 39pts.
3rd Tony Walsh (21) 39pts.
4th Ronan Brosnan (9) 38pts.
5th Michael Quirke (13) 38pts.
Category 1 Shane Horgan (3) 38pts.
Category 2 Johnathon Sparling (9) 38pts.
Category 3 Marcus Treacy (16) 38pts.
Category 4 Tim O'Keeffe (20) 36pts.
C.S.S. 36pts

CASTLEROSSE GOLF CLUB

RESULTS OF PRESIDENT'S DAY COMPETITION, (PAT DOYLE)

SATURDAY 31ST OCTOBER 2015,

18 Hole Strokeplay, many thanks to all players.
Overall winner, Gene Cronin (16) net 61.
Overall runner-up, John O'Reilly (25) net 65.
Overall 3rd place, Donal Power (19) net 66.
Overall 4th place, John O'Halloran (19) net 67.
Overall 5th place, Steve Shine (18) net 67.
Overall 6th place, Ger O'Connor (19) net 69.
Guest prize, Sean O'Brien.
Front nine, Gintaras Bendaravicius.
Back nine, Dan O'Connell.

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

KILLARNEY GOLF CLUB

LADIES

RESULTS OF COMPETITION SUNDAY 1ST NOVEMBER 2015, SPONSORED BY TIM JONES COUNTRY PORK.

1st Eileen Magee (26) 41 pts.
2nd Lora Beth Malloy (32) 40 pts (bk9).
3rd Pat Collins (20) 40 pts.
BG Ailish Mulcahy (6) 26 gross pts.
4th Mai Bergin (24) 37 pts (bk9).
5th Winnie Ryan (22) 37 pts.
CSS 37 S/ford pts.
Next week's Competition is Club Sponsored Turkey Competition singles s/ford Mahony's

point.

KILLORGLIN GOLF CLUB

LADIES

18 HOLE STABLEFORD SPONSORED BY THE CLUB

1. Maura O'Boyle (25) 35 pts.
2. Kathleen Cronin (24) 31 pts.

18 HOLE 3 CLUB STABLEFORD SPONSORED BY VICE CAPTAIN ANNE KENNY FOLEY:

1. Emma Daly (20) 32 pts.
2. Maura O'Boyle (25) 31 pts.

12 HOLE RE-ENTRY SPONSORED BY LADY MEMBER JOAN CARTER:

1. Ann Walker (28) 28 pts.
2. Mary Conway (27) 26 pts (B6).
3. Betty Griffin (36) 26 pts.

Next 12 Hole sponsored by Committee Member Jennifer Pigott continues for month of November.

FIXTURES: 18 Hole Stableford sponsored by The Club can be played Saturday 7th, Sunday 8th or Tuesday 10th. Lovely Prize available.

SILVER SWANS:

12 HOLE 3 CLUB STABLEFORD:

1. Eileen Bell (25) 17 pts.
2. Mary Conway (28) 16 pts.

**JUNIOR CLUB: KERRY JUNIOR LEAGUE IN
WATERVILLE:** Well done to Emma Casey/ Alice Casey/Cora Diggin for winning the Scramble. Thanks to Waterville for a great day. Presentation Night is this Friday 6th November at 8.30pm. All prize winners are requested to attend.

ROSS GOLF CLUB

GENTS

**RESULTS: ON SUNDAY NOVEMBER
1ST WE HELD THE MEDAL FINAL WHICH
WAS KINDLY SPONSORED BY KEANES
JEWELLERS.** The Gold Medal winner for 2015 is Sean Moynihan.

The following were the winners on the day:-

1 John Spillane (20) 66.
2 Gerard Murphy (24) 68.
3 Ian Millis (14) 69.
4. D J Fleming (21) 69.

Best Gross Renaldas Bendikas.

FIXTURES: The Ross G.C. AGM will be held in the Clubhouse on Thursday November 12th

at 8pm sharp and all members are urged to attend.

ROSS GOLF CLUB

LADIES

RESULTS SUNDAY 1ST NOVEMBER 12 HOLE BRING AND WIN.

1st Betty O'Farrell (15) 26pts.
Sunday 8th November 12 Hole S/S Timesheet available in Clubhouse.

DEERPARK PITCH & PUTT NOTES

By John Kelly Pro

The Sympathy of all Deerpark members is extended to Catherine Keogh on the recent death of her father in Ballymacelligott. May he Rest in Peace.

DANNY NOLAN MEMORIAL: There was a fine turnout of 30 members for our competition in memory of our late Chairman and Vice President which was played in ideal conditions on Sunday morning. The winners were Gearoid Cronin, John Murphy and Sheila O'Donoghue with a score of 29 1/3 Nett. With the team of John Looney, Mike O'Connor and Robbie O'Brien Snr. winning the Gross prize on countback with a score of 42. Thanks to everyone who took part and the Tatler Jack Bar who hosted the prizegiving afterwards.

U-16 SCRATCH CUP: A total of 20 players took part in last Saturday's event sponsored by the Victoria House Hotel with a three hole playoff needed to decide the outcome. Sean Courtney just managed to edge out Conor Quirke after both players finished level on seven under par after the regulation 54 holes. Glenn Towler from the St Stephen's club Cork won the last 18 prize with the age grades being won by Lorcan Martin (U-16), Cillian Courtney (U-13) and Noah Sexton (U-10). A special word of thanks to all who participated and to John Keogh who looked after the catering on the day.

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



SINEAD COURTNEY (VICTORIA HOUSE HOTEL, SPONSOR) PRESENTING THE DEERPARK PITCH & PUTT CLUB JUVENILE SCRATCH CUP PRIZE FOR 2015 TO THE OVERALL WINNER, HER SON SEAN, LAST SATURDAY. ALSO INCLUDED IN PHOTO ARE L TO R: LORCAN MARTIN (U-16 PRIZEWINNER), GLENN TOWLER (ST ANNES, CORK, LAST 18 WINNER), CILLIAN COURTNEY (U-13 PRIZEWINNER), CONOR QUIRKE (OVERALL RUNNER-UP) NOAH SEXTON (U-10 PRIZEWINNER) AND JASON O'CONNOR (DEERPARK PITCH & PUTT GENTS CAPTAIN).



SEAN COURTNEY (DEERPARK PITCH & PUTT CLUB U-16 CAPTAIN) PRESENTING THE PRIZES FOR HIS RECENT CAPTAIN'S PRIZE TO CONOR QUIRKE (WINNER) WITH OTHER PRIZEWINNERS FROM L TO R: LORCAN MARTIN (THIRD PLACE), ROBBIE HARNETT (U-12 PRIZEWINNER), CILLIAN COURTNEY (RUNNER-UP) AND NATHAN CRONIN (U-10 PRIZEWINNER) ABSENT FROM PHOTO IS ADAM KELLY (U-15 PRIZEWINNER).



THE FUTURE IS NOW AUDI CORK RETURNS TO KERRY FOR ITS FUTURE NOW TEST DRIVE EVENT

Audi Cork is delighted to return to Kerry with the Future Now test drive event on Sunday 8th November. The event will provide motorists with the opportunity to experience the stunning new 2016 Future Now Audi collection.

Future Now 2016 includes a suite of attractive PCP and APR finance rates across the Audi range allowing motorists to drive away in their dream Audi with significant savings.

Models available to test drive on the day include the highly anticipated new Audi RS3. This will be the first time that motorists in the region will have the opportunity to test drive this car which embraces the digital age like no other in the market. Other sought after models in the Future Now range include the Audi A3 e-tron, Audi's first hybrid plug-in, A7 Competition model and TTS. The new generation A6 will be available with two ultra 2.0 TDI versions providing customers with supreme driving enjoyment along with



segment leading efficiency.

Denis Murphy, dealer principal at Audi Cork commented: "We are delighted to be returning to Kerry and this year we have chosen Fel's Point Hotel Tralee as our venue. We had a great time at this event over the past two years and met so many fantastic people, many of whom have now become our valued clients. We look forward to welcoming anyone thinking of buying an Audi to Fel's Point Hotel Tralee on November 8th. We will also have impressive

PCP and APR finance and upgrade packages on offer and a full team available to answer any questions you may have."

This Audi test drive event takes place on **Sunday 8th November at Fel's Point Hotel Tralee**, from 11am – 5pm. To find out more about this event and to pre-book your exclusive test drive please phone **1850 44 95 01** or email **info@audicork.ie**

BATTERY BREAKDOWNS

MOST COMMON CAUSE OF BREAKDOWN AT ANY TIME OF YEAR BUT PARTICULARLY IN WINTER

Battery faults are the most common cause of breakdown.

Batteries can die at any time of year but it's more likely in winter when cold temperatures hit car batteries with a triple-whammy:

- power output drops
- ability to accept a charge drops, so the battery doesn't recharge as quickly when you're driving
- load increases – lights, blowers, wipers, heated seats, rear-screen heater etc are all used more.

Add in the fact that many cars stand unused over the Christmas holiday and it's no surprise that the first day back to work after New Year is always one of the busiest of the year for the AA. Battery problems can be avoided.

The garage that services your car should check that clamps and connections to the battery are secure and free from corrosion, but there are a few simple tips you can follow to reduce the chance of your battery letting you down in the depths of winter;

AGE: If the battery is more than five years old and there's any sign of it struggling to start the car, get it replaced. Some will struggle on for a bit but many won't. It's much better done at your convenience than as a roadside emergency.

CHARGE: If you mostly do short journeys or leave the car standing for days at a time, invest in a modern battery conditioner/intelligent charger. These can be left connected to the battery indefinitely and can prolong its life without overcharging it.

LOAD: Check that everything electrical is



turned off when you park up – even an interior light, boot light, or radio left on overnight can kill a battery when it's cold.

Give the battery a chance
Switch off everything electrical and dip the clutch to reduce the load on the battery when you start a cold car.

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Please RSVP to:

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Ph. 021 491 8400



OPEL'S SHINING STAR: THE NEW ASTRA

• ATTRACTIVE IN EVERY WAY: ENTRY PRICE OF JUST €19,995

The new Opel Astra has marked a new era in Opel's history when it arrived in Ireland recently. Based on a completely new vehicle architecture, the Astra is driven by the latest generation engines and includes the latest in-car connectivity with the latest generation IntelliLink system and Opel OnStar. The new Astra will start from just €19,995.

"The new Astra is a quantum leap in technology, efficiency and design. It's not only lighter, more aerodynamic, agile and more efficient than ever before, it is also safer, more comfortable and stylish. It's the best Astra that we have ever produced and we are sure that it will prove popular with customers.

Efficient, responsive and quiet powertrains:

The star of the new Astra range is a new three-cylinder 1.0 ECOTEC Direct Injection Turbo petrol engine with 105hp. It produces as little as 96g/km of CO₂ (Tax band A2 with annual road tax of €180) when combined with Opel's automated manual gearbox Easytronic 3.0 and consumes just 4.2 litres per/ 100km, making it one of the most efficient cars in its class. Depending on the output, fuel consumption can be reduced to 4.9 litres /100 km (114 g/km CO₂ – Tax band A4 or annual road tax of €200). Best connectivity and modern infotainment: Opel OnStar and IntelliLink

The next generation Astra is the first new Opel model that will be available with Opel OnStar from launch. OnStar is available 365-day-a-year at the push of a button. If an airbag deploys, Opel OnStar agents will be alerted automatically and can contact emergency services if needed. Other services include, vehicle diagnostics and destination download. High speed Wi-Fi connection for up to seven devices will follow in Ireland in 2016. The latest generation IntelliLink infotainment systems will celebrate their debut in the Astra which connects smartphones to the car via Apple CarPlay and Android Auto. Each system builds off of the features smartphone users rely on



most.

Intelligent Astra exterior and Interior design: More compact yet more spacious

The design of the new Astra clearly depicts the efficiency at the heart of the car. The evolution of the Opel design philosophy 'Sculptural Artistry meets German Precision' ensures that the new Astra conveys a lighter, more athletic appearance.

At the front, the Opel design team wanted to make the new Astra look as wide as possible to give it a powerful and lower stance.

The interior of the new Astra features gracefully sculpted shapes combined with premium materials and functional clarity: switches and controls are all reduced to an absolute minimum, supporting the efficiency and ease of use that is at the core of the Astra. The location of the infotainment system was carefully selected to ensure both an ideal view to the display as well as easy reach and use.

There will be four trims available on the new Opel Astra in Ireland with standard features including:

● S model from €19,995: Bluetooth® hands-free phone connectivity, audio streaming,

Aux-in and USB ports, air conditioning, remote control central locking, comfort front seats, hill start assist plus LED Daytime running lights

● SC (over S) €21,495: New generation IntelliLink system with 7 inch colour touch screen plus steering wheel mounted controls with 16-inch alloy wheels.

● SRI (over SC) € 24,495: Opel OnStar system, rain sensitive wipers, automatic lighting with tunnel detection, sports style front seats. A Driver assistance pack is also included featuring: Lane departure warning with lane assist, traffic sign recognition, following distance indicator, forward collision alert with autonomous emergency braking, front fog lights, plus 17-inch twin spoke alloy wheels

● Elite (over SC) € 25,995: Opel OnStar system, electronic dual zone climate control, rain-sensitive windscreen wipers, automatic lighting control with tunnel detection, leather heated front and rear seats (inc. ergonomic sports style front seats), six premium speakers' front fog lights, plus 17-inch multi-spoke alloy wheels.

BASIC CAR CHECKS

HERE'S A SIMPLE WAY TO REMEMBER WHAT TO CHECK.

Rain or shine, it pays to give the car a good check over every couple of weeks – you could prevent a breakdown and perhaps a large, unwelcome bill.

FUEL: Top up when you pass a filling station rather than delay looking for one until the fuel light comes on – particularly if you're driving in an unfamiliar area.

LIGHTS: Clean all exterior lights regularly and check for blown bulbs and cracks in the lens.

OIL: Cars can consume as much as a litre of oil every 1,000 miles. Check the oil level regularly (your handbook will show you how). Don't wait for the red oil pressure warning light to come

on - engine damage may already have occurred by then.

WATER: Overheating is a common cause of breakdowns, especially in hotter weather. Check the coolant level regularly (the handbook will show you how) and if the level always seems low, check for leakages. Top up the windscreen washer fluid too.

ELECTRICS: Battery problems are the number one cause of breakdowns at any time of year. Renew an old, tired battery before it lets you down. Also make sure that your electric radiator cooling fan starts running when the engine gets hot – you can check this by running the engine with the car stationary.

RUBBER: Incorrectly inflated tyres are not only unsafe, they wear out faster and can increase

fuel consumption by around 5%. If you're driving with extra passengers or luggage, remember to increase your tyre pressure accordingly (see your handbook).





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RATHMORE PARISHES FUNDRAISER AT KINGDOM GREYHOUND STADIUM TRALEE. CENTRE OF PHOTO WINNING TRAINER JOHNNY O'SULLIVAN BEHALF OF THE ROCKY-ROBBIN SYNDICATE ACCEPTS THE TROPHY FROM SPONSOR CLLR. NIAL KELLIER MCC. AFTER LANODY MORE WON NIAL KELLIER MCC. 525 ALSO IN PICTURED IS TOM FOX (ORGANISING COMMITTEE), MAUREEN CREMMIN (ORGANISING COMMITTEE), FR PAT O'DONNELL P.P OF RATHMORE (ORGANISING COMMITTEE), MICHAEL O' MAHONY (ORGANISING COMMITTEE) AND JOHN O' NEILL (ORGANISING COMMITTEE) AT RATHMORE PARISH CHURCHES FUNDRAISING NIGHT.

RATHMORE/ GNEEVEGUILLA NEWS

by Michael O'Mahony

DIOCESAN COLLECTION: For Irish Church Commissions and Agencies will be taken up this weekend November 7th & 8th as a second collection at all Masses in Parish.

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

ST. JOSEPH'S DAY CARE CENTRE: "Your old 1 and 2 cent coins". St. Joseph's Day Care Centre Rathmore would be very grateful for donations of 1 and 2 cent coins. We will gladly take them in jars, bags or any containers. Please call 064 7758588. Drop them to St. Joseph's Day Care Centre Monday to Friday 9 am to 3.30 pm. or Teach Iasegain. **SYMPATHY:** To Angela Cahill and family, Doocarrig, on the death of her mother Mary Kearns, Crossmolina, Co. Mayo whose funeral took place during the week. To Liam Murphy, Kilquane and Jeremiah Murphy, Old Road, Rathmore on the death of their sister Hannah Mary Lyne, Knockeendubh, Killarney whose funeral took place in Kilcummin last week. To Margaret Daly and her sons James and Sean, Renasup on the death of her husband Johnny Daly and also to his sister Noreen Browne, Lacka and his funeral took place last week in Knocknagree. Noreen, Jim, Martina, Pat, Anna -Maria, & Andrew Moynihan on the death of their father Patrick (Paddy Ando) Moynihan, Clounts Rathmore whose funeral takes place last week. Val O'Meara husband of the late Sheila (nee Murphy) l/o Banard who was buried recently in Killaloe, Co. Clare. And to the family of John O'Sullivan Shankill, Dublin / Gneeveguilla. May they all rest in peace.

RATHMORE GNEEVEGUILLA COMMUNITY GAMES: The Kerry Community Games Awards Night was held recently at the River Island

Hotel Castleisland, where our Chairman Aeneas O'Leary was presented with the Runner Up Best Overall Area Award for the second year running and the Paud O'Leary Memorial Award was presented by Margaret O'Leary to Brid Kenny of Castleisland area, congrats to Brid. We would like to say a big thank you to all our hard working committee members who helped to win our Best Overall Area Award and a big thank you to all the children that took part in the events during the year. A big thank you also, to their coaches for all their training and commitment and to the children's families for all their support. We look forward to working with you all again in 2016. **KNOCKNAGREE LADIES FOOTBALL CLUB BINGO:** Our club will host a fundraising Bingo for all the family on Sunday November 8th at 3pm in Cullen Community Centre. Shop and raffle on the day, everyone welcome. Any person or business who would like to sponsor a line or full house, please let Catherine know on 083 3498778. Many thanks to those who have already sponsored our Bingo, updated list on our Facebook page. Bingo books, €15, €10 and €5 on the day, fabulous fun family afternoon out. **RAMBLING HOUSE:** At the Heritage Centre Scartaglen Monday 9th November 8.30pm. Admission free, raffle and refreshments. All are welcome.

FEILE SLIABH LUACHRA: Revival of the spirit of Sliabh Luachra with music, song and dance encompassing Rathmore, Gneeveguilla, Knocknagree and Tureenacahill. Rathmore this Saturday 7th November Ceili with Mountain Road Ceili Band from 9pm in Community Centre. Gneeveguilla Sunday 8th November Afternoon Tea Party in Teach Failte, enjoy tea, cake and some traditional music from 3.30pm. Knocknagree Saturday 14th November Open Trad. Session beginning in the afternoon with the young musicians, enjoy poetry, music, recitations and ballad bands. In various venues throughout the Village. Tureenacahill

Sunday 15th November Dance at the Old School House. Dancing with live music starting at 2pm. **ANNUAL SEAN MOYLAN COMMEMORATION:** Sunday 15 November in Kiskeam. Mass in Church of Sacred Heart at 12 noon followed by parade. Oration by Micheal O Muircheartaigh. **BINGO:** Rathmore Community centre every Friday night at 8.30pm. Everybody welcome:

FRIENDS OF KERRY GENERAL HOSPITAL: Wishes to thank everybody for their support in a recent Church gate collection in Rathmore and Shrone and to anyone that helped out with the collection your support is appreciated. Total amount Rathmore €760, Shrone €110.22.

RATHMORE COMMUNITY COUNCIL A.G.M.: Rathmore community council A.G.M. will take place on Wednesday November 18th at 8.30pm. At the community centre everybody welcome. **RATHMORE CREDIT UNION INTERNATIONAL CREDIT UNION DAY COMPETITION:** The following were ten winners from the surveys completed by members on Credit Union Day and received Credit Union Bags, Umbrellas, T-Shirts and Hi v-Vests: T.J. Howard, Shauna Guerin, Sean O'Donoghue, Mary Hickey, Nora Sheehan, Noreen Finnegan, Siobhan Brosnan, Pat Cassidy, Joan Brosnan and Helen Fitzgerald. They wish to thank you all who took part in the survey and as this year Credit Union it is important to get feedback on your satisfaction with the services in the Credit Union and how best we can serve you the member.

SUPPORT FOR BEREAVED: Death is always hard to accept and comprehend. There is something very final about it. It leaves a massive void that takes much time to recover from and the sense of loss and loneliness can be unbearable for a long time for many. On Saturday November 7th there is a Day of Reflection and Support for the Bereaved at Ardferret Retreat Centre from 10am to 4.30 pm on that day. For booking and further enquiries contact Ardferret Retreat Centre at (066) 7134276.

RATHMORE COMMUNITY CENTRE COMMITTEE: Rathmore community council have recently put two defibrillators (AED) in place, one at the Community Centre and one opposite the Church. These life saving devices can give a person in cardiac arrest an 80% chance of survival even before the arrival of an ambulance. Anyone interested in these training courses please contact Michael O'Mahoney on Tel: 0876676817 e-mail: momahony14@gmail.com

BALLYDALY HALL: 45 Drive commencing on every Sunday at 9.00pm. **NOTES:** Anyone's has any information they would like to add to the notes, please email Michael O'Mahoney (momahony14@gmail.com) or ring or text 087-6676817 before 6:00 on Sunday,

LISTRY NOTES

LISTRY SOCIAL COMMITTEE: We wish to remind seniors in the Listry / Milltown and surrounding areas that the next social day will be the christmas party will be held in Listry Community Centre on Tuesday November 24th from 12noon-4pm. The usual Bus service will

operate on the day and will start collecting passengers at approx 10.30am. We look forward to meeting you all.

CHIROPDIST: Foot health practitioner will attend Listry Community Center on 2nd December 2015. Also Paula will be doing house

calls in the Milltown area on Monday 23rd November 2015.

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

FOSSA NOTES

LOTTO: Numbers drawn were 6, 9, 13, 23. There was no jackpot winner.

MINORS: The minors played Currow in the Div 3 East Kerry Championship final in Kilcummin on Saturday afternoon. The first half was a difficult one for Fossa as they found it hard to get the pitch of the game and were struggling to match Currow for power and pace. Currow quickly took the lead and struck for 2 early goals which left Fossa with a mountain to climb and they trailed 4-08 to 1-03 at half time. Fossa started the second half with great purpose and cracked home a great goal from David Wallace which was quickly followed by points from Michael O'Keeffe and David Clifford. Killian Rice scored another goal which really upped the tempo of the game but Currow replied with two goals of their own which gave them control of the game from there on. Fossa never gave up and David Clifford scored another great goal after brilliant link play involving Conor Murphy and Killian Rice but Currow closed out the game to win on a scoreline of 6-16 to 4-08. It was a disappointing end to the year for the

players and mentors, Willie Buckley and Kieran O'Brien, who have put a huge amount of work into this team but they just met a stronger team on the day.

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

KILARNEY LIBRARY: On Tuesday 10th November the Kerry Archaeological and Historical Society (KAHS) will host a lecture at Killarney Library entitled "St. Columbanus 1400 and the Kerry Columban Mission". The talk will be delivered by Fr. Charles Meagher S.C.C. of the Far East Missionary. The lecture begins at 7.30pm and admission is free.

CONGRATULATIONS: Congratulations to Fr Sean Myers of Barleymount who received the Mons, Hugh O'Flaherty Humanitarian Award for

2015 in the Killarney Plaza on Saturday last, he received the award for the tremendous work he has done in the Missions in South America over many years.

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

ASTROTURF ALL WEATHER PITCH: All weather pitch at Fossa National School. Now taking bookings for birthday parties. Contact Ger O'Connor 083 4228977 or email fossaweatherpitch@gmail.com

SYMPATHY: Sympathy is extended to Kathleen O'Sullivan, Crohane and her sister, Mary on the death of their mother, Bridie Buckley, Lismongane, Fossa who died on Friday. May she rest in peace.

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

MILLTOWN NOTES

NAGLE RICE COMMUNITY CENTRE FUNDRAISER: 'Joker 3' weekly draw was held in Langfords last Sunday and jackpot of €3600

was not won. Winners were as follows: €100 Jerry Fitzgerald. €25 Gerard David O'Malley. Mary Rose Scanlon. Down to 44 cards next

week and jackpot increasing to €3800 with next draw in Castle Inn on Sunday November 8th. Thank you for your continued support.

KILCUMMIN NEWS

SYMPATHY: Sympathy is extended to the family of the late Johnny O'Sullivan, Lyreatough who died recently. May he rest in peace.

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

COMHALTAS: Kilcummin Comhaltas: Branch meeting on Tues. 24th November at 8.30pm in the Rural Development Office.

CHURCH GATE COLLECTION: The local Branch would like to thank you for your generous support of our Church Gate collection held last

weekend.

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

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

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

KILLARNEY LIBRARY: Killarney Library is pleased to host the Monsignor Hugh O'Flaherty Memorial Society Photographic and Memorabilia Exhibition which will run until Saturday 7th November during library opening hours. Admission is free.

JUNIOR SET DANCING CLASSES: Junior Set Dancing Classes will resume on Friday November 6th.

KILCUMMIN GAA

KILCUMMIN CLASSES: Set Dancing classes

continue every Wednesday under the direction of Marie Lehan. Beginners 7.30 and advanced at 8.30. Just come along on the night alone or with a partner. Everybody welcome.

LADIES COMMITTEE: "Frozen" Draw Winner - Pat Fleming, Killorglin.

Thanks to everyone who bought tickets.

SENIOR CLUB AND CO CHAMPIONSHIP:

Kilcummin play in relegation play-offs at the weekend. Draw was made last Monday night by CCC.

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

GAA CLUB MERCHANDISE: Anyone wanting club merchandise for Christmas please contact Marie Lehan on 087 9181973 before December 1st to guarantee delivery for Christmas.

RAMBLING HOUSE: Kilcummin Rambling House will meet on 6th November at 8.30pm sharp.

BEAUFORT NOTES

BEAUFORT RAMBLING HOUSE: Will return on Saturday, 7th November. A great evening of music, song, dance and story-telling guaranteed. Tea and Refreshments will be served. Doors open at 8.30p.m. Everybody

welcome.

FUNDRAISING BINGO: A fundraising bingo night in aid of Kilgobnet NS will take place in Beaufort Community Hall on Friday 13th November at 7.30p.m. €7 per book and €2

jackpot sheet.

Lots of great prizes and big cash jackpot. Refreshments will be served on this fun night for everyone in the community.

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AWARE SUPPORT GROUP MEETINGS

Aware Depression Support Group meets:

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TAX Matters with



BUDGET 2016 – CAPITAL GAINS TAX

Capital Gains Tax (CGT) is a tax on gains arising on the disposal of assets (land, buildings, shares etc.). A disposal means a transfer of ownership in an asset whether by means of sale, gift, exchange or otherwise and includes a part disposal of an asset.

TAX RATE

The current rate of capital gains tax applying to gains on disposals is 33%.

EXEMPTIONS & RELIEFS

The following are some of the main exemptions and reliefs

- Private residence
- Transfer of a site from parent to child
- Retirement relief

Capital gains tax does not arise on death, the assets are deemed to be acquired by the beneficiaries at market value at date of death.

ENTREPRENEUR'S RELIEF

Budget 2016 introduced an "Entrepreneur's Relief" from 1 January 2016. A capital gains tax rate of 20% shall apply to gains arising on the disposal of business assets subject to an overall limit of €1m.

CGT PAYMENTS

The tax year is divided into two periods for CGT payment purposes, as follows:

- Initial period, 1 January 2015 to 30 November 2015 – payment due by 15 December 2015
- Later period, 1 December 2015 to 31 December 2015 – payment due by 31 January 2016

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QUESTION

I heard there is a new passport card. Does it replace the passport book? How can I get one?

ANSWER

No, the new credit-card sized Irish passport card does not replace the passport book. You can use the new passport card for travel within the European Union, the European Economic Area (Iceland, Liechtenstein and Norway) and Switzerland. For all other travel you must use your passport book.

To apply for the passport card you must be aged 18 or over when applying. It is not available for children. You must hold a valid Irish passport book and the personal details you provide when applying must be exactly the same as those on your passport book. The card is valid for a maximum of five years or for the time remaining on your passport book if this is less than five years.

You can apply for the passport card online on the Department of Foreign Affairs and Trade website, dfa.ie, or you can use the Department's passport app for smartphones and tablets. The card costs €35 and there is an additional delivery charge of €5 if you are applying from outside Ireland.

WHEN MAKING THE APPLICATION YOU WILL NEED:

- Your valid passport book
- Your photograph in digital form (it must meet the required passport standard)
- A debit or credit card

You can track your application's progress on the Department's website using the application number issued when you apply.

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



The One To Watch: Emmerdale

Emmerdale will air huge stunt next week featuring the Sudgen brothers as their feud reaches a dangerous climax. Brothers Andy and Robert Sugden have always had a troublesome relationship and history including Robert's affair with Andy's wife Katie, his role in her death and Andy's role in killing Robert's mother Sarah in the now infamous barn fire.

The drama kicks off next week when Andy gets drunk on the day of Aaron Livesy's plea hearing for shooting Robert. Ashley Thomas will pick up on Andy's mood and will be troubled when Andy makes a shock confession.

Deciding to take what he's heard to the police, Ashley tries to talk Andy into giving a statement but accidentally leaves a voicemail on Robert's phone. Robert quickly confronts Andy leading to a showdown. After their fisticuffs, Robert races off in his car heading for the police station. Andy gives chase. Following a car chase, there is a huge car crash leading to Andy's jeep overturning and crashing through a wall. Will either of the Sudgen brothers survive?

THE BEST OF THE REST

- Sarah Platt is set to learn she is expecting a baby and the father is none other than the recently murdered Callum Logan.
- Romance is set to blossom for Dev Alahan but who is the lucky lady?
- Dean Wicks will propose to Roxy Mitchell while her sister Ronnie Mitchell is secretly planning to bump off Dean with Mick Carter's help.
- Having only just disappeared, Gavin Sullivan will be making a comeback to Eastenders very soon.



SouthWest Counselling Centre

WHEN A RELATIONSHIP BREAKS UP

The ending of a relationship can be a very painful time – whether you are the one who has ended the relationship or not. It may have come as a great shock – which can be very upsetting. Even if it had been coming for a while, the grief that accompanies a break up can be devastating. Following a break up we may feel overwhelmed with feelings of loss, grief, anxiety, loneliness, guilt and sadness and it may feel as if our lives will never be the same again. We may find that we have one good day, only to feel flooded with sorrow the next. This is very natural and part of the grieving process. If we were the one to end the relationship we may experience feelings of guilt, loneliness, sadness and/or relief. Whatever you are feeling, it is important to allow yourself time to grieve. Healthy grieving means experiencing our feelings, whatever they may be. Gradually we come to accept the loss and re-adjust to a life without that person. It can be difficult to move that person from being at the centre of your life to somewhere peripheral. This is made all the more challenging if you have children together or work in the same office. Minimal contact – however tough – is advisable.

At times grief can feel like a physical pain – so working with our body can help to release the sadness. Gentle movements such as stretching, walking dancing, yoga, massage or tai chi can all help our mind and body to express our grief.

Although your grief may feel very intense it will change over time. It is important to remind yourself that the heartbreak will heal. Gradually you will begin to notice that you're not checking your phone as much anymore, you have a night out where the sadness isn't present or you're not crying all the time. It is vital to notice these changes – as no matter how small they may seem – they signal change and herald a new beginning.

Grief can be a very isolating experience, so it is important to seek support and reach out to others. You may choose to talk to friends or consider speaking to a counsellor to help you through this time. Remember you don't have to go through this alone. Other great sources of support include spending time with family, walks in nature, pets, reading a good book, watching a movie or going to the gym.

SouthWest Counselling Centre Killarney provides affordable professional counselling to children, adolescents, adults and couples – both at its **Killarney Centre (Lewis Road)** and at **Kenmare Family Centre**.

info@southwestcounselling.ie. Kerry LifeLine provides **FREE** counselling and support to anyone feeling suicidal or bereaved through suicide. **info@kerrylifeline.com**
To make an appointment call **064 6636416**.

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

Health Matters....

With Dr. Michael Moloney

TESTICULAR CANCER

WHAT IS CANCER?

Cancer is a disease of the cells in the body. What all types of cancer have in common is that the cancer cells are abnormal and multiply out of control. A malignant tumour is a lump or growth of tissue made up from cancer cells which continue to multiply. Malignant tumours invade into nearby tissues and organs, which can cause damage. Malignant tumours may also spread to other parts of the body.

Some cancers are more serious than others. Some are more easily treated than others (particularly if diagnosed at an early stage). Some have a better outlook (prognosis) than others.

WHAT IS TESTICULAR CANCER?

Testicular cancer is a cancer that arises from a testis. Around half of all cases occur in men under 35 but testicular cancer rarely occurs before puberty. It is the most common cancer in men aged 15-44 years. Almost all testicular cancers are classed as germ cell cancers as the cells which become cancerous are those involved with making sperm. Germ cell testicular cancers are divided into two main types (depending on the exact type of cell causing the cancer):

- Seminomas which occur in about half of cases. They most commonly occur in men aged between 25 and 55 years.
- Non-seminomas which usually affect men aged between 15 and 35 years. In most cases testicular cancer develops for no apparent reason but there is an increase in risk to those who have undescended testes (less if surgically corrected at birth) and in those with a family history of testicular cancer.

WHAT ARE THE TESTICULAR CANCER SYMPTOMS?

In most cases, the first symptom noticed is a lump that develops on one testis.

The lump is often painless but some people notice some pain or discomfort coming from the affected testis. Most swellings and lumps in the scrotum are not due to cancer. There are various other causes. However, you should always tell a doctor if you discover a swelling or lump in one of your testes. It needs checking out as soon as possible.

Occasionally cancer is diagnosed as a result of spread from the original site.

HOW IS TESTICULAR CANCER DIAGNOSED AND ASSESSED?

To confirm the diagnosis

Your doctor will examine your testes and may refer you for an ultrasound scan or specialist review. If cancer is diagnosed then the usual advice is to have an operation to remove the affected testis.

It is important to know that if you have one testis removed, it should not affect your sex life. You should still have normal erections, make sperm and hormones from the other testis and so can still father children. However, if you have chemotherapy or radiotherapy (see below) it may affect your fertility. But, many men find that their fertility returns to normal a year after they have received their chemotherapy or radiotherapy treatment.

To be continued.



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

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REFUGEE CRISIS:

Nearly 60 million people have been forced to flee their homes by war, conflict and persecution—more lives uprooted than at any time since World War II.

In the month of October, the number of refugees and migrants arriving to Europe by sea had increased by more than seven times over last October—from 23,050 to 179,470. On one weekend alone, more than 27,000 men, women and children landed on Greece's shores.

To make matters worse, winter is fast approaching in Western Europe. Many refugee and migrant children and their families are now sleeping outside in the cold and rain because of a lack of temporary shelter. Serbia and Slovenia have already seen temperatures fall to almost 4 °C at night and by December; temperatures will drop to -1 °C and below.

Most of these new arrivals, while thankful for reaching dry land safely, are exhausted, wet and frightened.

WHERE ARE ALL THE KERRY VOTES?

Of the six trees that have been selected in the Love my Tree competition, three are from Kerry and as I write they are in 3rd, 4th and 5th position, at present it looks like none of the three will be representing Ireland in the 2016 European Tree of the Year competition.

The tree in first place has a massive lead and voting will end on tomorrow week (Saturday 13th November 2015), but if Kerry people visit www.lovemytree.ie and vote as often as they possibly can, there is at least a chance that our Kerry trees will end up at the very least with a decent result.

It doesn't matter which tree you vote for – so long as it is a Kerry tree – and you are spoilt for choice between Fr. Michael Murphy and Killarney Tidy Towns nomination of the Giant Sequoia-Californian Redwood that stands tall in the Cathedral Grounds and is really out on its own during the Christmas Season with its festive lights and is in 5th position, or Noreen O'Sullivan's nominated Tree in Muckross

Gardens which has wonderful memories for herself and her family and lies 4th. Sporting Legend John Lenihan's Mighty Oak is in 3rd place and if any of you have strolled through the beautiful Glanageenty walkway you will have passed this tree which is growing near the Earl of Desmond memorial in Ballymac.

ARE YOU A TEA DRINKER?

Sipping on a hot cup of tea on a cold winter day is so very comforting. If you're using tea bags, just what do you do with them after you're finished steeping your beverage? More than likely, you end up tossing them in the rubbish bin. But did you know that your used tea bags have some surprising applications that will save you money such as soothing minor irritations, reducing bags under our eyes, removing odours and degreasing dirty dishes.

3 REASONS WHY DOGS EAT GRASS:

*Dogs who do not receive adequate exercise may eventually become bored and search for activities to occupy their time and entertain themselves.

Strangely enough, these activities can include nibbling on grass. Therefore, a good starting point is to evaluate how much exercise your dog is getting on a daily basis and consider introducing more walks or other fun activities, such as playing fetch or whatever else the dog enjoys

*Historically speaking, dogs are considered omnivores, which mean they consume both meat and plant-based food.

There is some indication that dogs with a low fibre diet may choose to scavenge in the grass to fulfill this nutritional deficiency. These dogs may also find that grass has an appealing flavour and consistency.

If you feel this may be the reason why your beloved canine is consuming grass, then consider discussing with your veterinarian ways to incorporate more fibre into your dog's diet.

*There is a belief that dogs with an upset

or gassy stomach will self-medicate by consuming grass, since vomiting often follows this grass eating activity, eliminating the contents of the stomach or changing the gas distension within the gastrointestinal tract.

However, the truth is there isn't much scientific evidence to back up this theory. If you suspect there is too much gastric acid in your dog's stomach or any other underlying medical issue that could be causing this behaviour, you should consult with your veterinarian right away.

ANSWER TO LAST WEEK'S RIDDLE:

What is the last thing you take off before bed?
A: Your feet off the floor.

THIS WEEK'S QUOTE:

"No one is an environmentalist by birth. It is only your path, your life, your travels that awaken you"

— Yann Arthus-Bertrand

ON THIS DATE – NOVEMBER 6TH:

1628 - Founding of the Irish College in Rome.

1649 - Death of Owen Roe O'Neill.

1789 - Pope Pius VI appointed Father John Carroll as the first Catholic bishop in the United States.

1844 - Spain granted the Dominican Republic its independence.

1892 - Birth of John Alcock, British aviator.

1917 - Third Battle of Ypres ended as the Allies captured the Belgian village of Passchendaele from the Germans.

1928 - An electric razor was patented by German Jacon Schick.

1929 - The Gaelic League announced expulsion for anyone who attended 'foreign jazz dances'

1948 - The first ball-point "Biro" pen went on sale in Dublin

1999 - In a national referendum, Australians voted to keep the British monarch as their head of state.



THIS WEEK'S RIDDLE:

The Smith family is a very wealthy family that lives in a big, circular home. One morning, Mr. Smith woke up and saw a strawberry jam stain on his new carpet. He figured out that everyone who was there that morning had a jam sandwich. By reading the following excuses, will you be able to figure out who spilled the jam.

Billy Smith: "I was outside playing basketball."
The Maid: "I was dusting the corners of the house."

Chef: "I was starting to make lunch for later."
Who is lying? Answer next week!

TONGUE TWISTER:

Sascha sews slightly slashed sheets shut.



THE GLOBAL TUNA INDUSTRY HAS A DIRTY SECRET:

Out at sea on the Rainbow Warrior Greenpeace activists met workers who were tricked or kidnapped and sold onto boats where they had no rights, little food and couldn't even use the toilet. They could be killed if they try to escape.

Meanwhile, their captors force them to work with destructive fishing methods that damage entire ecosystems, and attract, capture and kill other marine life – including turtles and sharks – while driving some tuna species towards extinction.

Hard-hitting media exposés have seriously implicated Thai Union in horrendous human rights and environmental abuses. And this is happening in the Pacific Ocean. Workers are paid \$300 a month and heavily punished for sleeping on duty and drinking fresh water.

Thai Union needs to seriously clean up its act. But for that to happen, the company's management has to feel the pressure from people all over the world.

Why Thai Union? Because they're the biggest seafood company in the world. Greenpeace have taken on the tuna industry before - and thanks to petitions, brands and retailers in major markets like Great Britain and Australia have started to clean up their supply chains. But the global tuna industry is rotten to the core, so Greenpeace is tackling the biggest offender. If they change Thai Union, the rest will follow.

If you would like to help end slave labour in the world fishing industry there is an online petition – just enter - Add your voice to the call for seafood giant Thai Union to change for the better – to your search engine.

AT LEAST SIX AMERICANS OVER THE PAST FIVE YEARS HAVE BEEN SHOT BY THEIR DOGS:

The most recent to make the headlines was

an Indiana woman who was shot in the leg by her Labrador retriever, Trigger (yep, that's the dog's real name), who stepped on her shotgun which was laying around loaded with the safety off. Like most dog-on-human gun violence, the incident took place during a hunting trip.

In 2013, a Minnesota hunter was shot in the leg when his dog jumped into his boat and set off a shotgun, also in 2013 there was the dog who shot his owner in the leg with a .380 pistol while riding in his truck.

In 2011, a Utah hunter left his shotgun on a boat. His dog jumped on it, sending a blast of birdshot toward the man's buttocks. Two weeks later a Florida bulldog named Eli shot his owner with a rifle while in a car on the way to a hunting spot.

In 2010 there was the dog that jumped onto a bed and knocked another .380 pistol onto the ground shooting his "extremely intoxicated" owner in the hand.

But my hero is the three-month-old shepherd mix puppy who shot a man in the wrist with a revolver in 2004 while the man was trying to shoot the pup and its siblings, "because he couldn't find them a home."

These figures are a minimum, since they only include dog-induced gunshot wounds that manage to make the local news. Which means the number is probably considerably higher.

A LACK OF ANIMAL POOP IS CAUSING A NEW ENVIRONMENTAL PROBLEM:

The world's animal population is down 50 percent from what it was just four decades ago. The declining animal population is not only depressing, but poses a lot of environmental dilemmas including the fact that animal dung plays a critical role in helping to fertilize the world and supply nutrients to everyone's diet. Small fish eat phosphorous-packed food on the bottom of the sea. Larger fish consume these fish. Coastal birds eat these fish and poop

on land. This poop serves as fertilizer for plants that smaller animals eat. Larger mammals eat these creatures and poop inland, spreading nutritious fertilizer all over.

A big reason for the massive drop-off is the decrease in massive land mammals, and the biggest animals currently on earth are frequently endangered. It's not just that larger animals make larger turds – they also tend to cover more ground in their travels. It's their ability to bring nutrient-filled poops to new environments that make them especially powerful in this process.

Although farmers now keep a sizable percentage of the world's larger mammals, livestock is not going to fix this problem for a couple of reasons. First, the kinds of food animals are served aren't often the most nutrient-packed to begin and secondly, and more importantly, these animals aren't free roaming. It's the animals who wander and can take their faces to various places – further than fences will allow – that are promoting biodiversity.

The animal that the scientists singled out as one of the most important to this poop process is indeed large, but does not live on land: the whale. Whales consume a lot of phosphorus at the bottom of the ocean, which is easily transported along to land and other animals since they poop on the surface. With whale populations down so much due to human hunting, however, they now contribute just 23% of the phosphorus that they once did.

If we can get their numbers back up, that means more nutrient-packed fertilizer will make its way to land to the benefit of every land creature.

BLACK CATS ARE TOTALLY "PAWSOME":

Black cats are the longest stayers in animal shelters, just because of the colour of their fur! It's thought that the black cats' lower popularity is due to old superstitions about bad luck, when in actual fact black cats are seen as a sign of luck in Irish folklore and in other countries across the world.

Black cats are now unfortunately facing another challenge caused by the "selfie" phenomenon, which is that owners don't want black cats because they think they don't photograph as well as colourful cats.


If you are thinking of getting a cat please remember that black cats make wonderful pets and are just as special as any other cat and that they deserve loving homes too!

FINALLY THIS WEEK - CHURCH BULLETIN BLUNDERS:

Don't let stress kill you — let the church help. For those of you who have children and don't know it, we have a nursery downstairs. Ushers will eat latecomers.

The pastor will preach his farewell message, after which the choir will sing, "Break Forth Into Joy."

Remember in prayer the many who are sick of our church and community.



A WORD OF VICTORY

Welcome back dear reader this week let's look at the spirit called 'Mammon' (Mathew 6:24). A spirit is an intelligent being without a human body that we cannot see with our natural eyes but they do exist and it is impossible to discern them without the Holy Spirit revealing their presence, in this case the spirit of Mammon. Ancient civilisations gave this title to the god of money. Mammon uses money and wealth to control people's lives whereby one basically serves and worships money. Jesus said 'you cannot serve two masters — you will either hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and Mammon'. Wealthy people who do not have the Spirit of God abiding within them (unsaved people) can have no peace because of the fear of losing their wealth. One the other hand religion teaches that poverty and godliness go together. This is not correct. Jesus calls poverty a curse and not of God because it is God's will is that His children prosper and be in good health as their souls prosper' (3 John verse 2). So we have a choice do we want to be controlled by Mammon and be miserable or be controlled by God's Word and enjoy true prosperity, good health and peace in our hearts? I have personally experienced the two — when I was ignorant of God's Word I lived in lack and fear but when I studied the Word I stepped out in faith in the power of that Word. He first changed my thinking and then my circumstances and I can assure you friend it is far better to live in line with God's Word in peace than to be controlled by fear from the evil spirit of Mammon. Scripture says that as a man thinks in his heart so is he (Proverbs 23:7 KJV). I encourage you to become success-minded because God will make the way for you to have true peace. More next week...

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PRAY TO ST. EXPEDITE

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

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.

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

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

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Do this for me, Saint Expedite, and when it is accomplished, I will as rapidly reply with an offering to you (State your vow or promise)
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Amen. Thank you St. Expedite for answering my request. I promise publication to spread your devotion.
For anyone in need say this prayer and your request will be granted. My request was granted.
Amen. **X**

PRAYER TO THE VIRGIN MARY

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

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NOVENA TO THE SACRED HEART

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

1ST ANNIVERSARY & ACKNOWLEDGEMENT



In Loving Memory of

O'SULLIVAN

Jack O'Sullivan, Knockanimirish, Headford, Killarney.

On the 1st anniversary of Jack's death, his wife and family would like to take this opportunity to thank everybody who sympathised with us. A special thanks to those who attended the Rosary, Removal and burial, especially those who travelled long distances. Those who sent Mass Cards, Enrolments and gave donations to the C.O.P.D. Fund Cork. To those who brought food and refreshments to the house.

Sincere thanks to Fr. Bill Radley P.P., Fr. Donnach Dennehy, Fr. Niall Howard and sacristan Clare. To Rose and Derry Healy for the music and singing. To Murphy Undertakers for their professionalism and courtesy.

A special thanks to Dr. John Geaney, Dr. Fiona Gallagher and the staff of Cahernane Meadows for the care and support to Jack during his long illness, the A and E Department of Kerry General Hospital and Muckross Ward. Also the staff of the Healthcare Centre Rathmore, all the staff of Air Products Healthcare Ltd, Sheehan's Pharmacy, Boot's Pharmacy, Bridget O'Brien Chiroprapist and Deirdre of Medical Mobility.

As it would be impossible to thank everybody individually, this acknowledgement is a token of our deep appreciation. The Holy Sacrifice of the Mass has been offered for your intentions.

**Jack's anniversary Mass is Sunday
December 6th at 11am in the Church of the
Sacred Heart, Barraduff.**

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.

E.H.

Acknowledgement



In loving memory of Jerry and Kitty Buckley (nee O'Sullivan)

Rathcomane, Ballyhar, Killarney
who passed away on
November 15th 2014 and
September 16th 2015
Rest In Peace

As we lovingly remember Jerry and Kitty, we their family and relatives wish to express our grateful appreciation and thanks to everyone who sympathised with us during our recent loss.

To those who attended the Rosaries, sent Mass Cards, perpetual enrolments, letters of sympathy, phone calls and floral tributes we thank you sincerely. We also wish to express gratitude for the floral tributes we received from Kitty's nephews and nieces in Florida and England.

A special appreciation for those who cared for Jerry and Kitty in their final months, Dr Donal Kavanagh, the home helps, Kerry General Hospital, Killarney Community Hospital, Mary and her wonderful staff at Heather Lee Nursing Home, also relatives, neighbours and friends who visited them.

A special thanks to all the clergy, Fr Tadgh O'Dochartaigh PP who celebrated the funeral masses, Fr Micheál O'Dochartaigh, Fr Sean Horgan, Fr Denis Mahoney, Fr Brendan Harrington, Fr Paddy Donoghue, Fr Noel Spring and Fr Rodger Kelliher for their participation and support in both funerals.

A very special thanks to all Jerry and Kitty's neighbours in Rathcomane, relatives and friends from Ballyhar, Furies and the wider community who participated in a very touching candle-lit guard of honour and helped us in so many ways with both funerals, we would also like to acknowledge the help and support we got from Kitty's relatives in Templenoe, Kenmare, her brother Donie O'Sullivan, John and Siobhan Cronin and their family for all their help during the funeral.

As it would be impossible to thank everyone individually, please accept this acknowledgement as a token of our sincere gratitude. The Holy Sacrifice of the Mass will be offered for your intentions.

***Sadly missed and always
remembered by the Daly, McEnery
and O'Sullivan Family***

*Will those who think of them today,
a little prayer to Jesus say.*

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.

N.O.S.

NOVENA TO THE SACRED HEART

You have said O'Divine

Jesus ask and you shall receive, seek and you shall find, knock and the door shall be opened to you. Relying on these promises I come with confidence during the novena to beg of you the favours that I need (make request). From whom shall I ask, Lord Jesus, if not from you whose heart is an unfailing source of graces and merits.

Most loving heart of my God I believe in your power, I believe in your knowledge, I believe in your personal love for me and therefore O Sacred Heart of Jesus I place all my trust in you. Our Father, Hail Mary and Glory. Say 3 times for 3 days and request will be granted, Never know to fail. Must publish.

NOVENA TO 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. **N.O.S.**

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

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

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ST THERESE

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

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

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

NOVENA TO THE SACRED HEART

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

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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. **J**



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A not to be missed event for parents of Leaving Certificate students or anyone considering a college application in 2016.

GUEST SPEAKERS WILL INCLUDE:

Catherine O'Connor, Education Consultant & Author of "Cracking the College Code"

Preparing for a successful transition from second level to third level

Mr. Graham Doyle, Head of Communication & Customer Service at SUSI

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Dr. Oliver Murphy, President, IT Tralee

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REGISTRATION

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Open Day will take place on Friday 13th November from 9.30am - 1.30pm at IT Tralee North Campus- everyone welcome!

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