

"Out First Every Friday"

# KILLARNEY Outlook

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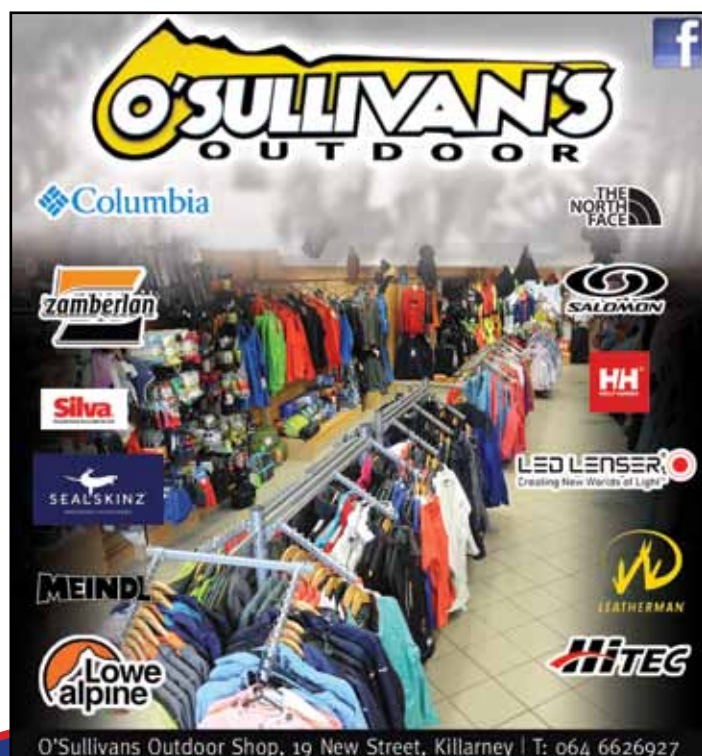
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After a torrential start to the week, Killarney is basking in autumn sunshine as the evenings become shorter. There is plenty of news, pictures and fantastic deals from our advertisers in this week's Killarney Outlook. A former councillor has expressed his delight with toy makers Lego, the town was awash with camogie players as the Veronica Stack Memorial Tournament took centre stage at Dr. Crokes GAA Pitch. Three students are a little richer thanks to the Killarney Credit Union and award winning photographer Valerie O'Sullivan is set to launch her new book. Over 2,500 adventures came to Killarney on a quest last weekend and business groups took part in networking events. Its Breast Cancer Awareness Month and in this week's Killarney Outlook we focus on the issue that affects so many women in Ireland. All this and so much more in this week's Killarney Outlook.

*Aisling Crosbie.*  
Editor.

## LEGO COME UP TRUMPS IN THE "TOYLIKEME" CAMPAIGN

A Killarney man who is a campaigner for people with disabilities has expressed his delighted with the news that LEGO, one of the words top brand names in children's toys has finally produced a product depicting a young person with a disability.

Tom Doherty, who himself suffers from a disability has fundraised in the past for the National Rehabilitation Hospital in Dublin.

Lego the building bricks of childhood since 1932 was named toy of the century twice, receiving its second accolade by Forbes magazine in 1999. The Lego group produce an astonishing 19 billion elements every year.

The figure is of a young wheelchair user wearing a beanie cap. The mini figure can be found in the City theme range 60134 Fun in the park.

The online campaign #toylikeme highlights the

need to produce toys representing all children equally.

"This group and others like them came to my attention early last year when I decided to raise funds for the paediatric department of the National Rehabilitation Hospital Dun Laoighaire which caters for Brain injury, stroke, spinal-cord injury, neurological disorders or limb absence", Tom told the Killarney Outlook.

"It shocked me that toys representing them are extremely difficult to come by. It is vital that all children have toys they can identify with", he added.

It was great to finally get my hands on this Lego set. I look forward to purchasing a number of the toy for the hospital.

Hopefully more toy makers will take up the #toylikeme challenge", he added.



TOM DOHERTY PICTURED WITH THE NEW LEGO TOY.

## KERRY COUPLE TURN BACK TIME TO CELEBRATE FIFTY YEARS OF MARRIAGE



JOAN AND MICHAEL CUTTING THEIR WEDDING CAKE IN 1966.

A Kerry couple have returned to the Gleneagle Hotel where to celebrate their 50th wedding

anniversary.

Michael Griffin and Joan Mullins, both originally from Tralee, were married in St John's Parish Church in Tralee on September 21, 1966 before travelling onto The Gleneagle in Killarney. There they enjoyed a traditional wedding breakfast along with eighty members of their family and friends.

"Our wedding breakfast took place in The Gleneagle Hotel, Killarney where we were treated very well and so decided to book the same venue fifty years later," Joan Griffin told the Killarney Outlook.

The happy couple, who now reside in Cahirciveen, were once again joined for a celebratory lunch at the Hotel by eighty friends and family members including their children and grandchildren. "We were overwhelmed with our party as were all our friends too. The staff looked after us so well and management were excellent, we thank them for a very memorable occasion."

When asked about the secret of a long and

happy marriage, Joan said "be kind and understanding to each other."



JOAN AND MICHAEL CUTTING THEIR WEDDING CAKE IN 2016.



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## TED CELEBRATES 10 YEARS IN BUSINESS

Killarney auctioneer and valuer, Ted Healy is celebrating 10 years in business this week.

The doors to DNG Ted Healy first opened for business in 2006, a day principal Ted Healy remembers very well. "We spent a considerable amount of time renovating our new offices at 11 New Street to marry both the existing business of James P Healy Insurances and the new estate agency business. It was a proud day when we first opened; particularly for my late father Jim, who was very excited by the new venture", Ted told the Killarney Outlook.

The market and indeed the world, was in a very different place at the time. Having opened at the peak of the market it took time to establish ourselves in Killarney. Not long after opening the market collapsed and the challenge became even more difficult. Having come through what is widely regarded as the toughest cycle the property market has witnessed in this country, 10 years on DNG Ted Healy are at the forefront

of the property market in Killarney.

As part of the DNG nationwide network we have grown stronger over the years and proud of the service we have been able to offer our clients. In the ever changing age of technology, we are constantly updating our data systems in order to provide the very best service possible. We look forward to providing the people of Killarney and surrounding areas, with a high quality professional and personal service for many more years to come.

Ted Healy was a member of the Irish Auctioneers and Valuers Institute (IAVI) since 2002, until their merger with The Society of Chartered Surveys (SCS) in 2011. He is now a member of the Society of Chartered Surveyors Ireland (SCSI). He was elected an associate of the Royal Institution of Chartered Surveyors (RICS) in 2012. In December 2015 he was granted the honour of being accepted onto the Royal Institute of Chartered Surveyors (RICS) Valuer



KILLARNEY AUCTIONEER AND VALUER TED HEALY.

Registration as a Registered Valuer. He holds diplomas and certificates in Auctioneering, Valuation and Estate Agency from The Dublin Institute of Technology.

## STUDENTS SHARE €4,000 GIVEAWAY



PAT DELANEY CHAIRMAN KILLARNEY CREDIT UNION (FOURTH FROM LEFT) PRESENTING THE KILLARNEY CREDIT UNION BURSARY AWARDS TO IRENE HORAN MUCKROSS, CLAIRE CRONIN CLONKEEN AND BRENDAN WALL HEADFORD KILLARNEY WITH (RIGHT) JOY CLIFFORD KILLARNEY CU YOUTH OFFICER AT KILLARNEY CREDIT UNION ON SATURDAY.

Third level students in Killarney have shared a €4,000 bursary for their Third Level Education. Killarney Credit Union made a cheque presentation to the lucky winners of the Third Level Educational Bursary Award at a function at in the Beech Road office on Saturday 1st October.

The winners of the bursary were Shane Howe, Irene Horan, Brendan Wall and Claire Cronin who each received an award for €1,000.00 each. Speaking about the awards, Joy Clifford Vaughan, Youth Officer, Killarney Credit Union stated "in light of the increasing costs of attending third level, we are delighted to support these first year students as they begin their academic journey and also wish all those that applied continued success in their studies". Nearly 60 applications were received for the awards and applications were open for those

who are attending third level for the first time and members of Killarney Credit Union.

The winning students were Shane Howe from Spa who is studying Early Childcare Care and Education in the Institute of Technology Tralee, Irene Horan from Muckcross who is studying a BA International in UCC and Claire Cronin from Clonkeen who is studying BSc (Biological, Earth and Environmental Sciences in UCC. Brendan Wall from Headford who is studying Software Development in Limerick Institute of Technology.

"Supporting education is very important to us in the credit union and we have given out €12,000 to date to students attending third level through our involvement in the bursary award" stated Pat Delaney, Chairman, Killarney Credit Union.

## VALERIE TO LAUNCH LATEST BOOK

Award winning renowned photographer Valerie O'Sullivan will launch her latest book The MacGillycuddy's Reeks – People and Places of Ireland's Highest Mountain Range on Saturday October 15th at Kate Kearney's Cottage, Gap of Dunloe at 6.30p.m.

Guest speakers on the night will be Broadcaster Frank Lewis and Rural Recreational Officer, South Kerry Development Partnership, Patricia Deane

The MacGillycuddy's Reeks stretch for 19 magnificent kilometres along the eastern boundary of the Iveragh Peninsula in County Kerry. The MacGillycuddy's Reeks – People and Places of Ireland's Highest Mountain Range (The Collins Press, price €24.99) is the latest book by Valerie O'Sullivan and is a record charting, in words and images, the rich diversity of its people and landscape, encompassing all

aspects of their indigenous ways in a remote and rural landscape.

Traditions and values are interwoven. Community spirit is alive and well. The anthology encapsulates their unique culture, heritage, folklore and history and, above all, the intensity and unfailing resilience of its people who live for the mountains and those who dwell and work along these majestic mountain range.

Killarney based photographer and avid mountaineer, Valerie O'Sullivan captures the rich heritage and traditions of these untamed hills. Despite their increasing popularity amongst hillwalkers and climbers, the mountains' remote and marginal nature is their commanding characteristic. The design and layout of the book is by Cathal Cudden, Bright Idea.



The people of the MacGillycuddy's Reeks are the dominant feature of the book.

The Kerry Mountain Rescue Team, is celebrating its 50th anniversary in 2016. A chapter is dedicated to the service of these great unsung heroes and volunteers, who give of their time 365 days a year, assisting walkers and climbers in often treacherous conditions. A sizeable portion of the proceeds of this book will be donated to the Kerry Mountain Rescue Team.



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## PRESTIGIOUS AWARD FOR KERRY CLIMBING

The "Luxury Travel Guide" have awarded a small family run Killarney based company KerryClimbing with the coveted title of Ireland's "Adventure Tour Operator of the Year". This award represents the pinnacle of hospitality achievement, championing the best in respective fields. All winners of the Luxury Travel Guide Awards are subject to rigorous assessment criteria, carried out by a panel of high ranking judges and celebrities. This ensures only the most deserving companies receive this accolades gaining a place in the awards winners' guide, that is distributed to over 400,000 professional and affluent individuals around the world.

KerryClimbing, run by husband and wife team Catherine & Piaras Kelly specialise in guided ascents of the MacGillycuddys Reeks in Kerry and of Ireland's highest mountain Corrán Tuathail (Carrauntoohil) also guiding all the other mountainous areas of southern Ireland. From leisurely nature walks in ancient oak forests to challenging roped climbs and ascents. From the Easy to the Extreme. Walking, Scrambling, Rock Climbing and Winter Mountaineering. They also provide team building and training days for future



PIARAS KELLY, AND CATHERINE KELLY, KERRYCLIMBING.IE. PHOTO: VALERIE O'SULLIVAN.

adventures and peaks as well as running corporate and charity events.

"We were thrilled to get the call letting us know we had received this award! It makes us very proud to bring the title of Adventure Tour Operator of the Year to Kerry which is of

course the Adventure Capital of the country", Catherine told the Killarney Outlook. We are very passionate about the area that we work in and promote so it really is a huge honour to get this recognition" said Catherine of KerryClimbing.

## 450 GIRLS TAKE PART IN VERONICA STACK MEMORIAL TOURNAMENT



PICTURED AT DR CROKES GAA CLUB GROUNDS FOR THE VERONICA STACK MEMORIAL CAMOGIE TOURNAMENT HAVING DEFEATED ST COLMS CORK WERE KILLARNEY CAMOGIE CLUBS U16 TEAM WITH JASON STACK (LEFT) & MARGARET HICKEY (RIGHT). PICTURE MARIE CARROLL-O'SULLIVAN.

In what would have been a very proud day for the late Veronica Stack, Killarney Camogie Club hosted the Veronica Stack Memorial Tournament on Saturday last, October 1st at Dr. Crokes' G.A.A. Grounds, Killarney. Over four

hundred & fifty girls ranging in age from six to fifteen from Millstreet, Midleton, Clonakilty, Kilbrittain/Timoleague, St. Colum's Bantry, Cillard, Causeway, Tralee Parnells, Laochra Og & Killarney participated in what was a great day

of camogie.

Veronica, was a founding member of the club and she passed away in 2013.

In the U16 group Kilbrittain/Timoleague, who dominated the play in all their matches, proved too strong for Causeway & won the U16 Veronica Stack Memorial Cup. Killarney came up against Tralee Parnells in the semi final of the U16 Shield. It was a thrilling match with the score tied at full time. Killarney got the better of Parnells in extra time & went through to the final to play Clonakilty. Clonakilty played with tremendous skill & agility thus winning the U16 Veronica Stack Memorial Shield.

In the U12 group Causeway & Clonakilty were evenly matched. After an exhilarating battle Causeway narrowly beat Clonakilty to win the U12 Veronica Stack Memorial Cup. Millstreet came up against Midleton in the final of the U12 Shield. Showing great skill throughout the match, the Millstreet girls were victorious, winning the U12 Veronica Stack Memorial Shield.

The Killarney Camogie Club would like to extend their gratitude to all who helped to make the day such a success & in particular to Dr. Crokes' G.A.A. Club who allowed us use their facilities on the day.

IF YOU HAVE A STORY...

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## BE BREAST AWARE THIS OCTOBER

October is a busy month in Recovery Haven. This Autumn we see the return of our very successful Men's Prostate Programme. This is a 6 week course and is aimed at men who have been diagnosed with prostate cancer in the past two years. This programme commenced Tuesday 4th October 7-9pm. Recovery Haven will also be running an 8 week programme called 'Living Life'. This is aimed to provide information and support to those living with a secondary cancer diagnosis. It is an opportunity to meet others dealing with secondary cancer diagnosis. This will take place on alternate Wednesdays commencing Wednesday October 5th, 7-9pm. Killarney Outreach Support Service Monday 3rd and Monday 17th October- drop-in support service 10am-2pm, counselling and complementary therapies arranged by appointment. In the Reeks centre (upstairs behind Kennelly's Pharmacy). Any queries to 066-7192122. October also sees the return of the pilates classes on Tuesdays (commencing October 4th) with an intermediary class at 10.15am and beginners at 11.15am. The Mindfulness class for those dealing with cancer will recommence on Thursday October 13th at 10.30am. Finally Cancer Week Ireland is taking place between Monday 17 October and Sunday 23 October. This national initiative hopes to raise awareness of cancer and advances in care and treatment. To play our part in this initiative Recovery Haven will be hosting a free talk in The Oaks Hotel on Wednesday 19th October at 7.30pm. We will shine a light on cancer, how to prevent it, spot it and treat it. Speakers on the night include Dr. Deirdre O' Mahony Consultant Medical Oncologist CUH & UHK, Dr Eamon Shanahan General Practitioner, Mr. Eddie Myers ANP Gastroenterology UHK and Regina Galvin Dietitian UHK. For further information please contact Siobhán at Recovery Haven Kerry at **066-7192122**. [www.recoveryhavenkerry.com](http://www.recoveryhavenkerry.com)

October is Breast Cancer Awareness month. At every turn we will be seeing pink ribbons and hearing about breast awareness. We must all



PICTURED AT THE INTERNATIONAL HOTEL FOR THE LAUNCH OF PINK RIBBON DAY COLLECTION THIS FRIDAY WERE THE KILLARNEY/SOUTH KERRY BRANCH OF THE IRISH CANCER SOCIETY L-R KATHLEEN CRONIN, ELEANOR O'DONOGHUE, EUGENE O'SULLIVAN, KATHLEEN O'SHEA & KATHRINA BREEN. PICTURE MARIE CARROLL-O'SULLIVAN

play our part in being breast aware.

Breast cancer is the most common cancer in women in Ireland, after skin cancer.

Better treatments mean that more and more people are now living long and full lives after breast cancer. However, the number of cases is rising.

- Every year, around 2,600 women are diagnosed with breast cancer and 660 women die from the disease.
- 1 in 10 women in Ireland will get breast cancer at some stage in their lives.
- It is most common in women over the age of 50, but you can get it at a younger age.
- Men can also get breast cancer but it is very rare.

### WHAT ARE THE SIGNS AND SYMPTOMS OF BREAST CANCER?

- A change in size or shape such as one breast becoming larger than the other.
- A change in the skin such as puckering or dimpling (like orange peel) or redness.
- A change in the direction or shape of your nipple, especially if it sinks into your breast or

becomes irregular in shape.

- An unusual discharge (liquid) from one or both of your nipples.
- A change on or around the nipple such as a rash or flaky or crusted skin.
- Swelling in your armpit or around your collarbone.
- A lump or thickening in your breast
- Constant pain in one part of your breast or armpit

### Be Breast Aware...

It is important that every woman is breast aware. This means knowing what is normal for you so that if any unusual change occurs, you will recognise it.

The sooner you notice a change the better, because if cancer is found early, treatment is more likely to be successful. Get into the habit of looking at and feeling your breasts from time to time. This will help you to notice any change if it occurs. Please attend your GP if you are notice any changes.

(Reference Irish Cancer Society).

## HSE CELEBRATES NATIONAL BREASTFEEDING WEEK WITH LAUNCH OF ON-LINE SUPPORTS [WWW.BREASTFEEDING.IE](http://WWW.BREASTFEEDING.IE)

National Breastfeeding Week takes place this week and the campaign message is 'Every Breastfeed makes a Difference'. As part of National Breastfeeding Week the HSE is expanding the on-line breastfeeding supports on its website [www.breastfeeding.ie](http://www.breastfeeding.ie) to assist mothers and mothers-to-be. The new supports include an extended Ask our Expert service and Webchat provided by Lactation Consultants (IBCLCs), a new HSE Breastfeeding Facebook page and Irish breastfeeding videos. The Ask the Expert on-line breastfeeding support service has helped over 46,000 Irish mothers with their breastfeeding queries in the 12 months since its launch. The service

is provided via the HSE website [www.breastfeeding.ie](http://www.breastfeeding.ie) by International Board Certified Lactation Consultants (IBCLCs). The new supports will help to reach more mothers and improve access to user friendly breastfeeding help and information. The Public Health Nurses and community parents facilitate 8 weekly breastfeeding support groups around county Kerry in Killarney, Kenmare, Castleisland, Tralee, Listowel, Dingle, Castlegregory and Caherciveen. The breastfeeding support group invites all pregnant and breastfeeding women to attend. The aim of the breastfeeding support group is to promote breastfeeding, support mothers

who are breastfeeding and assist mothers to overcome breastfeeding challenges over a cup of tea/coffee in a friendly environment.

The Public Health Nurses facilitate Antenatal breastfeeding workshops for expectant parents in Killarney and Kenmare. Antenatal classes are also facilitated in Killarney, Kenmare, Caherciveen and Dingle.

For support around breastfeeding, please contact your local Public Health Nurse.

Mary O'Connor PHN/Lactation Consultant also provides a service available to all Pregnant women and breastfeeding women in Co. Kerry for advice and consultation. Contact Mary O'Connor HSE/ PHN/IBCLC on **086-7871422**





**Killarney**  
Credit Union

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**8%**  
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Amount	Term	APR	Monthly Repayments	Total Cost of Credit
€5,000	2 years (24 months)	8.3%	€226.56	€5,437.23
€7,000	5 years (60 months)	8.3%	€142.60	€8,554.31
€10,000	5 years (60 months)	8.3%	€203.71	€12,220.54
€15,000	5 years (60 months)	8.3%	€305.57	€18,330.97
€30,000	10 years (120 months)	8.3%	€367.36	€44,033.38
€60,000*	10 years (120 months)	8.3%	€734.71	€88,068.24

Typical APR variable Home Improvement Loan (8.3% APR). Lending terms and conditions apply. Loans are subject to approval. Killarney Credit Union is regulated by the Central Bank of Ireland. Warning: If you do not meet the repayments on your loan, your account will go into arrears. This may affect your credit rating, which may limit your ability to access credit in the future. Rates corrected 19th September 2016.

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**Killarney**  
Credit Union



**OPEN NIGHT**  
Wednesday 19th October 2016  
from 6:15pm – 9:00p.m.  
Tours of the school will take place every 15 mins starting at 6:15pm.  
Final tour will depart the College Canteen at 8:00pm.  
Closing date for acceptance of applications is  
Friday 28th October 2016.

## Budget 2017 Lunch Briefing Invitation



Chartered Accountants & Registered Auditors

**Date:** Wednesday 12<sup>th</sup> October 2016

**Venue:** The Malton Hotel, Killarney

**Time:** 1.00pm – 2.00pm

*In association with Killarney Chamber of Commerce.*

The Briefing will explain all of the main points from the Budget and, where possible, suggest any tax planning initiatives that can be taken prior to 31 December 2016.

Please pre-book your place by Monday 10th October by email at [info@ockt.ie](mailto:info@ockt.ie) or by phone on 064 6633444.

*We look forward to seeing you there.*

OckT Limited, Chartered Accountants & Registered Auditors  
Glebe House, Glebe Place, Killarney, Co Kerry.

T: 064 6633444 F: 064 6634166 E: [info@ockt.ie](mailto:info@ockt.ie) W: [www.ockt.ie](http://www.ockt.ie)



# 2,500 ON THE QUEST FOR ADVENTURE IN KILLARNEY

Over 2,500 adventurers competed in the Quest Killarney - a multi-activity one day Adventure Race event, at the weekend, making it the largest Adventure Race in the World. With 5 different routes including a 70Km and 60Km PRO as well as 27Km Sport event. Athletes braved the rugged Kerry landscape, Trekking the MacGillycuddy's Reeks, Mangerton Mountain, Cycling the Gap of Dunloe, Black Valley and Killarney National Park and Kayaking at Muckross Lake. Dessie Duffy, was the winner of the 70Km Expert race in a fantastic time of 3hrs and 42 minutes, while Moira O'Sullivan won the Ladies 70Km race in a time of 4 hours and 14 minutes. The Adventure Race was Voted the best Outdoor Event in 2014. It started 5 years ago with 500 participants and now the event has now grown to over 2,500 and continues to attract Irelands top endurance athletes and competitors from around the world. The Adventure Race is designed for all levels of fitness, tough endurance routes for those who want an extreme adventure to a sports 27km route, making it a great adventure for every level of fitness.

Speaking about the Event, Oliver Kirwan, Event Organiser, Elite Event Management, commented "The October weather was perfect for this Epic and mammoth Adventure Race, Killarney is truly the only location in the world, that can accommodate such a race. What makes it special is the camaraderie after the race, competitors and spectators enjoy the festival like atmosphere, music, food, kid's adventure race and after party in the Gleneagle Hotel." Oliver gave great praise to the tremendous work and dedication of the staff at Elite Management and all the volunteers, marshals and stewards, who make the enormous event happen. Quest Adventure aims to expand adventure events to facilitate the global expansion of this uniquely Irish event concept to all corners of the world. Quest Adventure Race Series' for 2017

will include the following new destinations, Austria, the UK and the Middle East, along with the annual 'Quest Glendalough', 'Quest Achill' and 'Quest Killarney'.

## RESULTS 2016

### 70Km Expert

1. Dessie Duffy 3:42:21
2. Kieron Kelly 3:42:21
3. Killian Heery 3:43:43

### Ladies 70Km PRO

1. Moira O'Sullivan 4:14:20
2. Ellen Vitting 4:24:23

### 60Km PRO

1. Trevor Woods 2:48:37
2. Kieran Cosgrove 2:51:16
3. Ronan O'Shea 2:55:45

### Ladies 60Km PRO

1. Sinead Tangney 3:20:59
2. Deirdre Nagle 3:24:09

### 50Km Semi-PRO

1. Cathal Moynihan 2:19:01
2. Sebastian Wojs 2:24:14
3. Christian Jones 2:37:52

### Ladies 50Km Semi-PRO

1. Laura Flynn 3:02:07
2. Roisin Harking 3:02:10

### 48Km Dual

1. Pearse West 2:14:46
2. Martin Crowley 2:17:49
3. Fergal McDermot 2:22:26

### Ladies 48Km Dual

1. Lorraine Horan 2:38:36
2. Irene Hartigan 2:44:19

### 27Km Sport

1. Bernard Smyth 1:36:03
2. Enda Murphy 1:38:33
3. Daniel O'Shea 1:40:58

### Ladies 27Km Sport

1. Emer Monaghan 1:49:56
2. Maria Moriarty 1:52:58



BRENDAN JOY, KILLARNEY, COMPETING IN QUEST KILLARNEY - A MULTI-ACTIVITY ONE DAY ADVENTURE RACE EVENT, AT THE WEEKEND. PHOTOS: VALERIE O'SULLIVAN.



DENIS O'NEILL, KILLARNEY, ON MANGERTON MOUNTAIN, COMPETING IN QUEST KILLARNEY - A MULTI-ACTIVITY ONE DAY ADVENTURE RACE EVENT.



SEAN CASEY, KILLARNEY, ON MANGERTON MOUNTAIN, COMPETING IN QUEST KILLARNEY - A MULTI-ACTIVITY ONE DAY ADVENTURE RACE EVENT, AT THE WEEKEND.



KEVIN MURPHY, KILLARNEY, ON MANGERTON MOUNTAIN, COMPETING IN QUEST KILLARNEY - A MULTI-ACTIVITY ONE DAY ADVENTURE RACE EVENT, AT THE WEEKEND.



PAUL O'NEILL, KILLARNEY, ON MANGERTON MOUNTAIN, COMPETING IN QUEST KILLARNEY - A MULTI-ACTIVITY ONE DAY ADVENTURE RACE EVENT, AT THE WEEKEND.



JOE O'LEARY, KILLARNEY, ON MANGERTON MOUNTAIN, COMPETING IN QUEST KILLARNEY - A MULTI-ACTIVITY ONE DAY ADVENTURE RACE EVENT, AT THE WEEKEND.



MIKE QUIRKE, MILLTOWN, ON MANGERTON MOUNTAIN, COMPETING IN QUEST KILLARNEY - A MULTI-ACTIVITY ONE DAY ADVENTURE RACE EVENT, AT THE WEEKEND.



JOHN O'LEARY, KILLARNEY, ON MANGERTON MOUNTAIN, COMPETING IN QUEST KILLARNEY - A MULTI-ACTIVITY ONE DAY ADVENTURE RACE EVENT, AT THE WEEKEND.





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Late Night Disco*



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**10th December**  
in the INEC

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or  
**€95<sup>pps</sup>**  
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**The Kaye Twins**  
**17th December**  
in the Ballroom

*Alternative dates and options are available please call to plan your party.*

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Unit 10, Westside Business Park, Monavalley Industrial Estate, Tralee, Co. Kerry. ● T: **066 7186594** ● E: [tralee@leanes.com](mailto:tralee@leanes.com)  
Unit E2, Eastway Business Park, Ballysimon Road, Limerick. T: **061 440 855** ● E: [limerick@leanes.com](mailto:limerick@leanes.com)

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## AT THE HEART OF YOUR HOME



# FIRIES GAA DEVELOP NOVEL JUVENILE FOOTBALL ACADEMY PLAN

On Thursday evening last, up to 35 energetic Under 8 players received medals and certificates from their local heroes all-Ireland winning Kerry Minors Cian Callaghan and Niall Donohue. Kerry senior footballer, Killian Young was also on hand to complement their phenomenal effort and participation in the Furies GAA U8 Football Academy Programme. Killian, Niall and Cian, along with the parents/guardians of the players, were treated to an impressive skills demonstration before the main presentation. All present were amazed at the skill level demonstrated, which saw players perform the punt/hook kick, hand pass and solo on both left and right sides of the body as well as perform other important skills such as the block down and body/high catch. The above



COACHES JOHN AND WILLIE POWER AND MEMBERS OF THE U8 SQUAD.



COACH TIM CLIFFORD AND PLAYERS FROM FIRIES U8 BOYS.

demonstration and presentation was all part of the Furies U8 Football Academy Programme which involved high quality weekly coaching sessions and a structured games programme to allow players display the skills learned in their practice sessions in a fun, non-competitive environment. However, it was the introduction of a player skills booklet that made this football

academy programme stand out from the rest! This is the clubs' motivating initiative to encourage underage players to practice their skills at home and remain physically active outside of their weekly coaching sessions and games.

Peter Costelloe, coordinator of the Furies U8 Football Academy Programme explained the role of the programme: 'The Furies underage Player Skills Booklet encouraged players to practice one skill a day at home for 8 weeks and log their effort. It only took ten minutes of their time each day to complete each task. Parent/guardians were encouraged to provide necessary support whilst reaffirming their efforts. The tasks and instructions were listed in the booklet for both the player and the parent/guardian. Each of the outlined tasks was assessed in a constructive manner by the football coaches at our weekly training sessions. We believe the Skills Booklet was a key motivating factor in encouraging players to practice the various skills of the game and strive for personnel achievement but also assisted in

ensuring our players remained physically active while also improving their general movement quality.'

Eugene Cosgrave, Furies Coiste na nOg Chairman, feels the initiative was a marvellous success adding 'This is the second year of running the initiative and it is definitely giving the cohort fantastic confidence whilst developing their GAA skillset' With this forward thinking coaching approach, the future certainly looks bright for Furies GAA!



COACH WILLIAM HARMON AND PLAYERS FROM FIRIES U8 BOYS

## NEW CAREER CONSULTANCY SERVICE LAUNCHED



CHRIS CULLINANE

Working For You is a new career consultancy service now open in Killarney. Established by career consultant Chris Cullinane, it is perfectly placed to help you present the best possible version of yourself

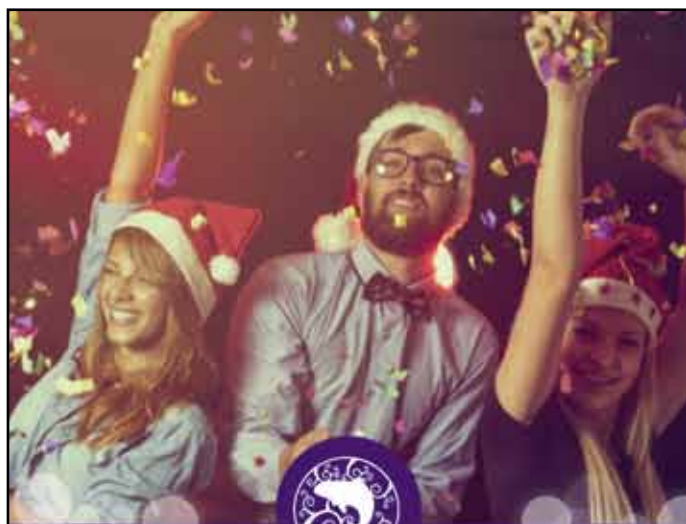
to a potential employer. "Whether you need a flawless CV, a reinvented job search strategy, an impactful LinkedIn profile, a brush-up on your interview skills or simply some assistance in completing an application form, we would be delighted to help" Chris told Outlook Magazines.

"Our services can be tailored to cater for all levels from entry to executive across a wide range of industries. So far the majority of clients requiring our assistance have been in the process of changing jobs, although we have helped people looking to get back to work too", he added. "Since opening for business five months ago, CV preparation has proved to be our most popularly requested service and I am thrilled to say that we have helped a respectable number of local people secure interviews and subsequent jobs. Our completely free 15 minute CV review is a great way of finding out if your CV is up to scratch without making any financial commitment, we pride ourselves on honesty and integrity so we have no problem in simply providing feedback on how a CV can be improved."

"Of course grammatical and punctuation errors on a CV are a big turn-off to employers, but anyone applying for a job should also ensure the value they can bring to the role is made abundantly clear on their CV. Employers are more impressed by tangible and quantifiable achievements than a list of daily job duties, so don't be shy in singing your own praises and be sure to highlight the things you done well or were particularly proud of – no matter how big or small they were."

If you would like to claim a free CV review simply call **064-6694130** or send your existing CV to **info@workingforyou.ie**. You can find out more about Working For You at **www.workingforyou.ie**.





THE BREHON  
KILLARNEY

## CHRISTMAS Party Nights

Friday 2<sup>nd</sup> & 9<sup>th</sup> December

- Complimentary Mulled Wine Reception
- Sumptuous Four Course Festive Dinner
- Spot Prizes throughout the evening
- Live Entertainment (2<sup>nd</sup> Katsquire, 9<sup>th</sup> Jason Fallon)
- Dance late into the night with our DJ

€45 per person

## CHRISTMAS Supper Club Party

Saturday 17<sup>th</sup> December

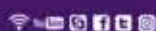
- Brehon Signature Cocktail on arrival
- Help Yourself Fork Buffet  
(Main Course & Dessert Buffet with T/C)
- Spot Prizes throughout the evening
- Live Band
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27 years of  
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# KBN HOSTS SUCCESSFUL NETWORKING EVENT



PICTURED AT THE KBN LAUNCH PAD WERE MARIAM MCGILLICUDDY, CLIO O'GARA, ELIN SORENSON, JEAN QUILLE, YOLANDE NIEMAN, KARIE O'TOOLE AND LIZ MAHER.



PICTURED AT THE KBN LAUNCH PAD WERE AOIFE O'REILLY, DEIRDRE FEE, KARA O'SHEA, EILEEN SHEEHAN AND AISLING SHEEHAN.

Kerry Businesswoman's Network held a successful Launch Pad at The Rose Hotel in Tralee last week.

KBN members greeted guests before chairperson Liz Aher introduced the speakers to the group attending.

A panel discussion was facilitated by Orlagh Winters: Fashionista & Fashion Blogger and Kerry Businesswomen who have challenged themselves and are presently writing the next chapter in their chosen career, addressed the audience.

Among others taking part were Breeda Hurley: One of the founders of "ABC cleaning", est: 1995, Joanna Kelly: Director of "Digital Greetings", Aisling McElligott who has returned from the U.S. to start "Mauh" a beauty salon nestled in

the heart of Kilflynn and Marina Ryan Murphy: Music tutor and choir co-ordinator.

Following a speed networking session there was a panel discussion - Flying Solo: Facilitated by Clio O'Gara. Flying Solo showcases a group of women who formerly worked within the corporate landscape and decided to fly solo and migrate toward owning their own business. Among those who took part were Caitriona Py Collins: With almost 20 yrs experience in marketing, Caitriona has moved on from her previous position as Marketing Manager with Aspen Grove Solutions and Donseed Ltd. and now sits at the helm of her own company "CPC Marketing Consultants"

Karen Mahony: Formerly Digital Media Design Manager for British Telecom and Digital Brand

consultant at Wolff Olins. Founded Mahony Ass. & worked with companies such as BBC, ITV, & Diageo among others. Left UK for Prague and founded "Baba Studio" with Russian illustrator Alex Ukolov, who later became her husband, she has since relocated to Killarney.

Katie Clifford: Manager with Cannon Business Solutions Inc. based in the U.S. for over 14yrs, Katie has since switched gears and prepares for solo take off with "KC Consulting".

Marie Looby: Formerly worked with Fortune 500 Company GE Capital Aviation Services, as AVP Financial Operations. Marie has co-piloted a new career path for herself as one of the directors of "Peregreen Energy Ltd."

The evening finished up with a light buffet dinner and some informal networking.

## KILLARNEY BUSINESSES IN ACTION AT CONNECT16

The tourism trade took centre stage at the inaugural Connect16 - Ireland's largest ever showcase for the meetings and events sector which was held in the RDS, Dublin last week. As a title sponsor of Connect16, Fáilte Ireland used the opportunity of bringing 70 top international meeting planners, worth over €210 million annually to Ireland, into the country to highlight Ireland's best visitor assets through a number of pre-event familiarisation trips and set up appointments to meet with the Kerry trade at Connect16.

Miriam Kennedy, Head of Business Tourism



KERRY TOURISM TRADE TOOK CENTRE STAGE AT THE INAUGURAL CONNECT16. Fáilte Ireland were a title sponsor at the event and pictured attending the event were MARY HARTNETT, KERRY CONVENTION BUREAU; D.B. O'CONNOR, KERRY COACHES; RACHEL WALKER, THE MALTON HOTEL AND CON O'SULLIVAN, KILLARNEY PLAZA. PICTURE BY SHANE O'NEILL PHOTOGRAPHY.



KERRY TOURISM TRADE TOOK CENTRE STAGE AT THE INAUGURAL CONNECT16. Fáilte Ireland were a title sponsor at the event and pictured attending were SHEILA KING, THE SHEEN FALLS; BECKY HARGROVE, KERRY CONVENTION BUREAU; ALLAN, O'CONNOR, KILLARNEY PARK HOTEL; EVA SCHMID, THE EUROPE HOTEL; AND TODDY DOYLE, MUCKCROSS TRAD FARMS. PICTURE BY SHANE O'NEILL PHOTOGRAPHY.

with Fáilte Ireland commented:

"Fáilte Ireland is delighted to have been a headline sponsor for the inaugural Connect16 showcase which this week brought together the entire Meetings Incentives and Conferences industry, including a number of Kerry trade for the first time under one roof. I think it speaks volumes about the strength of infrastructure and resources which Ireland currently deploys in the business tourism sector that we can now

confidently hold such a gathering.

Kerry Attendees included: Ballygarry House, Europe Hotel & Resort, Kerry Airport, Kerry Coaches, Killarney Convention Centre, Killarney Park Hotel, Killarney Plaza, Muckross Park Hotel Parknasilla Hotel, Muckross Park Hotel, Killarney Riding Stables, Sheen Falls Lodge, The Malton, The Rose, Dingle Gin, Hidden Ireland.



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Competition open to 17-24 year olds. Gallivan Murphy Hooper Dolan Insurance trading as GMHD is regulated by the Central Bank of Ireland.



# KERRY COMPANY ANNOUNCED AS THE EUROPEAN NETWORK FOR ACCESSIBLE TOURISM PARTNER FOR INTERNATIONAL PILOT

Representatives from more than 20 countries national and regional tourism organisations from around Europe gathered in Scotland's capital Edinburgh last week for the first ever European Network for Accessible Tourism and visit Scotland global accessible tourism country to country networking event.

Ireland was represented by Mr Paudie Healy owner and CEO of Universal Access, Killarney Chamber of Commerce Vice President, Paul O'Neil and Linda Campbell, Failte Ireland.

The (not for profit) European Network for accessible tourism (ENAT) has Members in more than 50 countries through Europe, Middle East, Africa, North and South America, Asia, Australia – Pacific regions. These members include National Government Tourism agencies and cities like Madrid, Barcelona and Paris and some of the tourism industries biggest chains as just a few.

Some of their key working partners include the United Nations World Tourism Organisation, media partners Lonely Planet, and they also work very closely with the European Commission. During the event Managing Director of ENAT, Mr Ivor Ambrose announced that Mr Paudie Healy and his company Universal Access had been selected as their working partner for the European pilot phase of their new Accessible Tourism Quality Label programme which is going to be launched globally next year. Mr Ambrose said "We are very aware of Mr Healy's knowledge and expertise in Universal Design and commitment to accessible tourism and equal opportunity for all in Ireland"

"Universal Access shares the same vision and ethos that ENAT requires in making environments, venues and services suitable for the widest range of customers, including people with impairments, seniors and families with small children". Accessible Tourism is: "Tourism for All".

Mr Healy said "he was absolutely delighted that his company Universal Access was named to lead the European pilot and looked forward to working in partnership with the European Network for the pilot". He said "it was a great honour to be able to bring this European pilot to your own country and county before it launches globally next year".

Mr Healy thanked Destination Kerry, Kerry County Council and Killarney Chamber of commerce for allowing him the opportunity to propose Kerry in his submission for this European pilot action. He said "12 hotels have been selected and will be announced officially in the media next month along with what each hotel will be doing in the programme when the European pilot commences".

The tourism authority in Ireland has also welcomed the announcement that Kerry is the selected destination for the European pilot for this new initiative.

Mr Ambrose said "the European Network for Accessible Tourism is seeing unprecedented demand from customers for accessible tourism suppliers".

Mr Ambrose went on to say that "the pilot in Kerry with Universal Access and ENAT will be described in a case study which will be then presented to governments, conferences and seminars worldwide by the European Network for Accessible Tourism after it launches globally next year". Anna Grazia Laura, President of ENAT, said: "Europe is the biggest tourism magnet in the world and has very high quality tourism products that visitors can enjoy. Yet all countries need to put more focus on making sure that tourism and travel is accessible for everyone, including people with disabilities and the senior market, as these are key growth markets for the future." "Given the huge size of the accessible tourism market in Europe, which is worth over 130 Billion Euros per year, there are certainly enough customers to go round"



KATERINA PAPAMICHAIL UNIVERSAL DESIGN EXPERT, ANNA GRAZIA LAURA, PRESIDENT OF ENAT, MR IVOR AMBROSE, MANAGING DIRECTOR OF ENAT, MR PAUDIE HEALY OWNER AND CEO OF UNIVERSAL ACCESS.

she said. After the event came to a conclusion, the European Network for Accessible Tourism held their Board meeting where Mr Healy and Universal Access were also officially awarded full membership to ENAT. Universal Access is one of only four private companies in Europe to be awarded this position as all the other full members are countries national and regional tourist boards. Full membership gives access to all ENAT's global experts, international media, worldwide research and policy development and voting rights at the general assembly in Brussels every year for the direction and strategy for accessible tourism in Europe. Mr Healy said he was "... honoured to be granted full membership status and looked forward to continue the excellent working relationship with ENAT and all other member countries in the continued promotion of accessible tourism which is the fastest growing area of the tourism industry in the world".

## WELCOME NEWS

Maura Healy-Rae has welcomed the news that the following projects Gneeveguilla Undergrouding and Castleisland Enterprise Carnegie Building have been selected for funding through the Town and Village Renewal Grant Scheme. Successful projects that were submitted were only selected on the 29th of September 2016. It is important to point out that these projects have to be approval by the Department for Arts, Heritage, Regional, Rural and Gaeltacht Affairs. Cllr. Healy Rae is am a member of the Committee on Regional Development, Rural Affairs, Arts and the Gaeltacht Debate and I will do everything I can to ensure that the funding is provided for the 8 projects that have been selected under the above mentioned scheme.

## THE HEIGHTS HOTEL TAKES THE CROWN

The Heights Hotel in Killarney have been named as the best hotel in the country to serve carvery in this year's KNORR Great Carvery of the Year competition.

This is the 2nd year running that the Heights Hotel have won not only the Munster title but the all-Ireland Title.

The winners were unveiled by Welsh international rugby referee Nigel Owens at the KNORR Great Carvery of the Year Grand Final at the Herbert Park Hotel in Dublin.

Speaking at the final, Business Development Chef at Unilever Food Solutions, Mark McCarthy said: "I would like to thank The Heights Hotel in Killarney in offering the best carvery in the country. Winning the award is much more than just a well-deserved nod for the hard work and

dedication it takes to operate at the highest level in our industry, it is a reflection of the appreciation shown by customers as the public also has a say in deciding who goes through to the competition."



BEST CARVERY IN IRELAND AWARD FOR THE HEIGHTS HOTEL KILLARNEY.





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Old Market Lane, Killarney, Co Kerry

(Dermot Cronin is a Kerry Mortgage Centre is regulated by the Central Bank of Ireland)

# HENNIGAN

Auctioneers

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

**10 ARD MHUIRE RATHMORE CO. KERRY**

Stunning newly refurbished semi-detached house (corner site house) located in the popular Rathmore village, adjacent to supermarket, train and bus station and all amenities. The solid wood flooring, new stove, modern decor, new bathroom fittings and the landscaped garden with an array of flowers and vegetable patch adds to the attractiveness of the property.



**PRICE ON APPLICATION**

**LISTRY CROSS**

Magnificent Equestrian-style residence set on 4 acres, completely restored in a splendid style retaining Old World character and charm but constructed to the highest modern building standards and high energy efficiency including external wall insulation wood pellet stove. The professional landscaped gardens with fish-pond water feature and meticulously arranged paving areas further enhances the attractiveness of this fine property. The 2800 sq. ft horse stables and 2 separate stone faced outbuildings transforms this property into the ideal equestrian property.



**€420,000**

*Celebrating 20 Years in Business*

**Hennigan Auctioneers 66 New St., Killarney t| 064 6634582  
m| 087 2354416 [www.daft.ie/hennigan](http://www.daft.ie/hennigan)**

David

**O'Driscoll**

& Associates

## PROPERTIES FOR SALE

**GORTAGULLANE, MUCKROSS, KILLARNEY**

- 5 Bed Detached property c. 3,000 sq.ft
- Great Views of surrounding countryside
- Ideal Family Home close to town
- BER Cert: C3

**Guide Price: €470,000**



**6 COOLGARRIV PARK, AGHADOE, KILLARNEY**

- 4 Bed Detached Property
- Exclusive Development of 6 Houses
- Close to Killarney Town
- BER Cert: C1

**Guide Price: €425,000**



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REA

COYNE & CULLOTY

**BEECHWOOD AVENUE, PARK ROAD, KILLARNEY**

**€265,000**



Newly constructed 3 bedroom semi-detached property, total size 1,161 sq ft with an exceptional finish. Ideal town centre location with private car parking to the side. A must see property.

**15 O'SULLIVAN'S PLACE, KILLARNEY**

**€185,000**



Superb 3 bedroom terraced property in sought after town centre location. This property has a private rear garden and would make an ideal family home or investment property.




[www.killarneyproperty.com](http://www.killarneyproperty.com)

Contact Donal Cullyoty **064 6631274 / 087 2354790**



## WHAT DOES BUDGET 2017 HAVE IN STORE FOR YOUR BUSINESS?

OCKT Ltd, Chartered Accountants & Registered Auditors holds Budget Forum to examine impact on businesses.

OCKT Ltd, a leading Kerry Chartered Accountancy firm, will hold a Budget Briefing at 1.00pm on Wednesday 12th October 2016 at The Malton Hotel, Killarney to examine the implications of the Budget for businesses in Kerry.

In conjunction with Killarney Chamber of Commerce, OCKT Ltd is hosting the briefing to share its thinking on the key developments from Budget 2017 with clients and members of the Kerry business community. The briefing will explain the salient points from the Budget in direct relation to businesses, as opposed to individuals, and will outline tax planning initiatives that can be taken prior to 31st December, so businesses are primed to tackle the budgetary changes as they are introduced. Speaking at the briefing will be Director of OCKT

Ltd, Marcus Treacy, who specialises in corporate finance and corporate recovery. "This briefing will be a good opportunity for businesses to stay ahead of the budgetary measures, no matter what the outcome on October 11th. We are holding this forum to discuss the implications for businesses specifically, as historically media coverage comprehensively documents implications for individuals and not always those for SMEs themselves.

"We are anticipating changes to various reliefs in capital taxes which could have an impact on businesses, so we are keen to analyse the Budget for attendees of the event and to explain practical measures they can take to protect their businesses, their employees and their livelihoods" he continued.

The event is open to all business owners and employees and bookings can be made by emailing [info@ockt.ie](mailto:info@ockt.ie) or phoning on **064 6633444**.



Chartered Accountants &  
Registered Auditors

**OCKT Limited, Chartered Accountants & Registered Auditors**, Glebe House, Glebe Place, Killarney, Co Kerry.

T: **064 6633444** F: **064 6634166**  
E: [info@ockt.ie](mailto:info@ockt.ie) W: [www.ockt.ie](http://www.ockt.ie)

## CHRISTMAS PARTY NIGHTS AT THE BREHON



Celebrate the return of the annual Christmas party with an evening of yuletide cheer and merrymaking at Killarney's award-winning Brehon hotel.

The team at The Brehon have created two festive party packages for you to choose

from. On Friday, December 2nd and Saturday, December 9th, the hotel will host Christmas parties in their beautiful banqueting suite which includes a mulled wine reception, a four course festive dinner, spot prizes and live entertainment with Katsquire (Dec 2) and Jason Fallon (Dec 9), followed by late night dancing. This package costs €45 per person.

Then on Saturday, December 17th the more informal Christmas Supper Club consists of a signature cocktail on arrival, a buffet, spot prizes throughout the evening, entertainment with a live band and dancing until late. This package costs €35 per person.

Bespoke parties can also be arranged with Lorraine at The Brehon and party and accommodation packages are also available. For further information or to book call Lorraine on **064 6623934** or email

[lorraine.salmon@thebrehon.com](mailto:lorraine.salmon@thebrehon.com)

## LETTER TO THE EDITOR

**A Chara,**

Please help end experiments on monkeys.

In Europe 10,000 primates a year are used in experiments. They're imprisoned in laboratory cages drugged and infected with deadly diseases, cut open, burned or electrocuted. We don't need these cruel tests. Animals rarely serve as good models for the human body. And cutting edge research methods that don't use animals often give far more accurate results. The European Union is deciding RIGHT NOW whether to change its policy on testing on monkeys. YOU can make a difference by urging them to make the right decision. Sign the petition to END experiments on Primates. Thank you.

[Petauk.org/euprimates](http://Petauk.org/euprimates).

Yours sincerely

**Frances Bailey.**

## NOTICE OF MOITON

At the September 2016 monthly meeting of Kerry County Council, Councillor Michael Gleeson proposed: "That Kerry County Council calls on Cumann Lúth Chleas Gael (Gaelic Athletic Association) to discontinue its recently introduced practice of having many of its major championship games broadcast through Pay per View / Subscription T.V. This practice deprives very many people who are life long supporters of and workers for the Association and who may now be old and inform and also the young who long to see their idols, of the joy of watching their favourite players and teams play in some of the most important

games of the year". Councillor Gleeson stated that historically the media, particularly through Mícheál O'Hehir, was a major factor in popularising Gaelic games. The power of television should be maximised in this regard. Councillor Gleeson also stated that many parents who do not have SKY have no wish to bring their children to pubs to watch their idols playing.

He asked that the G.A.A. would re-appraise and take cognisance of the social and sporting needs of individuals and communities.

The Motion was seconded and unanimously agreed.

## VAT ON DIESEL



DANNY HEALY-RAE TD.

Danny Healy-Rae TD has asked the Taoiseach and the Government in the Dáil chamber last Tuesday not to raise the VAT or excise duty on diesel as it would hurt every working person and hauliers right across the country.

**#lovekillarney**



## MONEY MATTERS....

By Dermot Cronin,  
**Financial Advisor**



### WHAT YOU NEED TO CONSIDER BEFORE INVESTING YOUR MONEY:

We often hear the words "don't put all your eggs in one basket" this applies to investing your money as well. Generally speaking a large percentage of your savings should be in capital guaranteed products. It is important not to put all of your money in one type of product or investment, if you spread your money into various types of products or investments you should be reducing your overall level of risk. Financial advisers have access to different financial providers who offer a wide variety of different investment products and these products should be explained in detail to you in plain simple English before you make up your mind as to what investments suit you best. It is also very important that risk is discussed with you in detail so that you understand what risks may or may not be attached to the products you are considering. Finally you need to know what are the costs and charges for these products and these need to be compared with different providers.

For more information or to make an appointment to discuss the above contact **Dermot Cronin QFA, APA**, at **064 6622775** or **dermotcroninifa@gmail.com**

95 NEW STREET,  
KILLARNEY, CO. KERRY  
T: 064 6631892 F: 064-6634652  
M: 087 2668591 E: INFO@SFMC.IE  
WWW.SHERRYFITZ.IE & WWW.DAFT.IE

Sherry  
FitzGerald  
Coghlan

### NEW TO MARKET

#### 43/44 NEW STREET, KILLARNEY

This two bedroom townhouse represents an ideal opportunity to purchase a modern townhouse property in the heart of Killarney town centre. The property which is presented in good condition throughout is located on a private lane with three townhouses in total. The property is within walking distance of Killarney National Park, Deenagh River Walk and all town centre shopping and amenities.



Price Region: **€135,000 Under Offer.**

BER E1

#### BALLINILLANE, BALLYHAR, KILLARNEY

Charming period three bedroom residence conveniently located between Killarney and Fries village on the Ballyhar road. The property which is well maintained is situated on a half acre site with country side views. Property which has two reception rooms also includes a large onsite garage/shed (153 sq. m./1,652 sq. ft.) is just 8kms/5miles from Killarney town.



Price Region: **€150,000**

BER E2

## PROPERTY OUTLOOK THROUGH THE KEYHOLE....

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



**Address: BLUEBELLS GROVE, COUNTESS ROAD, KILLARNEY.** Bluebells Grove, a development by local developers Paudie & Vincent Sheehan of Michael Sheehan & Sons Ltd comprises a collection of 3 storey detached ultra luxurious 4 bedroom turnkey homes finished to the highest quality design standards. The development is located in the heart of beautiful Killarney, only 150 mtrs from the newly opened Killarney House & Gardens; the gateway to Killarney National Park. The town centre and all the amenities it has to offer are within easy walking distance of Bluebells Grove. The current phase comprises of 10 units, of which 4 units are already sold

**Agent:** ● **DNG Ted Healy** ● 11 New Street ● Tel: **064 66 39000** ● E-mail: [tedhealy@dng.ie](mailto:tedhealy@dng.ie) [www.dng.ie](http://www.dng.ie)

**Starting Price: €550,000**

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



## PAT FITZ THE BILL AT THE GLENEAGLE HOTEL

With the festive season just around the corner, it's time to start planning your Christmas party. The entertainment experts at The Gleneagle Hotel and INEC have created a selection of party options taking place during the run up to Christmas. Whether you are a party of five, fifty or 500, they have the perfect party package for you.

There are numerous party options to choose from. These range from drinks and nibbles prior to attending one of the many fantastic shows taking place in the INEC, to their Christmas party nights on December 10th and 17th.

The Christmas party nights include a drinks reception, a four course dinner, entertainment by either The Pat Fitz Band (Dec 10th) or The Kaye Twins (Dec 17th) followed by a late night

disco. These party packages cost €39 per person and, if you wish to include overnight accommodation and breakfast it costs €95 per person sharing.

The team at The Gleneagle can also create bespoke Christmas party packages taking in the many upcoming acts performing in the INEC. These acts include Mario Rosenstock on Saturday, December 3, and The High Kings on Friday, December 9, and in the INEC Acoustic Club, Brian Dady on Friday, December 16 and Hermitage Green on Saturday, December 17.

Book your Christmas Party today by phoning The Gleneagle on **064 6636000** or emailing **info@gleneaglehotel.com**



PAT FITZ BAND.

## KC CONSTRUCTION OFFERS TOP CLASS SERVICE

With 25 years experience under his belt, there is no better man for the job than Keith Cummins. From new builds to extensions and from renovations to internal fit outs, KC Construction offer both reliability and creativity to all their customers.

Keith has gained vast experience in the construction industry having worked in different locations around the world including Australia and Norway.

Keith was the proprietor of C&C Interior Company for over 10 years. The company focused on commercial and government buildings with projects ranging from €250,000 upwards.

Two years ago he set up KC Construction and hasn't looked back.

Based in Killarney, but originally from Cork, Keith specialises in the residential market where his expertise can create bespoke homes for his clients.

Keith takes great pride in his work and liaises with his clients on a one to one basis to ensure that all their needs are met.

Keith's expertise covers all aspects of the construction industry including new builds, extensions, attic conversions, renovations, interior fit outs, external insulation, attic insulation, dry lining, roofing, 1st and 2nd carpentry works and all general construction

works.

Keith also works with local architects and engineers on all projects to ensure that no stone is left unturned in your quest for the perfect place to live.

No job is too big or too small for Keith who guarantees a top class finish to every project he undertakes.

If you have a dream home in mind or renovation project that you would like to see become a reality than look no further than Keith Cummins.

For a free consultation you can contact Keith on **083 1255531**.

## KILLORGLIN STUDENTS EXHIBIT AT EUROPE'S LARGEST MAKER SHOWCASE



JACK NAGLE AND EOGHAN MCKENNA WITH THEIR INVENTION DREAMY BABY PROP.

Two second year students from Killorglin Community College are about to embark on the trip of a lifetime when they take their place at Europe's largest Maker Faire in Rome, Italy. Jack Nagle and Eoghan McKenna have qualified, out of a field of thousands, to exhibit

their medical device 'Dreamy Baby Prop'. The two young men, who are only 14, designed, developed and manufactured this medical device themselves and are hopeful that it will make a considerable impact in Rome in October where there is an expected 600 inventions and more than 100,000 visitors.

'Dreamy Baby Prop' is an affordable cot (or adaptation to a cot) that allows a parent to effortlessly raise their baby to the medically recommended 30-degree elevation to help them gain relief from reflux, head colds and sinus irritation. Parents all over the world can relate to trying to raise cots single headedly, sometimes with a very upset & sick baby in their arms, and often in the early hours of the morning. This device does not solve the reflux problem itself but it does help the baby get some rest so as to make it easier to deal with.

Jack and Eoghan have young siblings and have witnessed the difficulties that 'reflux' presents for them and their parents. This is where the idea was initially germinated. From

there they set about researching, investigating and developing their idea. Now at prototype stage two they are looking forward to further developing it and possibly bringing it to market.

Mentored by their Design & communications teacher, Anthony Griffin, they have utilised traditional and state of the art technologies to bring this project from concept to reality. Having exhibited the project at SciFest in Kerry and at the BT Young Scientist & Technology Exhibition at the RDS.

The two students have qualified out of 1000's of applications from across Europe and are being flown to Rome and accommodated in a hotel for five nights as part of the achievement – all expenses paid. Christmas has definitely come early this year for these two boys! They will be accompanied by Donal Brosnan, a teacher from Killorglin Community College, and some family members also will travel for this 'once in a lifetime' experience.





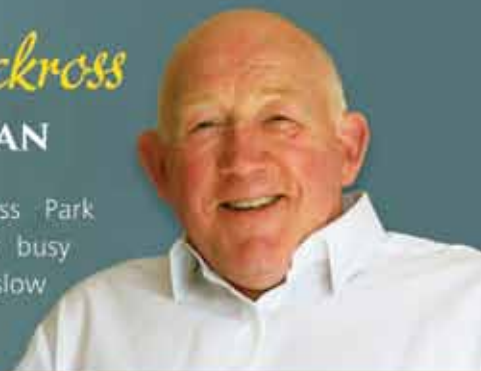
MUCKROSS PARK  
HOTEL & SPA

*In the heart of Killarney National Park*

## Mindfulness in Muckross

WITH HUGH O'DONOVAN

Experience Mindfulness at Muckross Park Hotel & Spa this Autumn. Ideal for busy professionals and people looking to slow down their pace of life.



**SATURDAY, 5<sup>TH</sup> NOVEMBER**



### This unique retreat includes:

- ☞ Mindfulness lectures & exercises
- ☞ Afternoon Tea
- ☞ Spa relaxation time
- ☞ Mindful Tasting & Gourmet Dinner
- ☞ Mindful Walk in Killarney National Park

**DAY TICKET: €100**

### OVERNIGHT B&B PACKAGE

€ 180 per person sharing.

### 2 NIGHT B&B PACKAGE

€ 250 per person sharing.

Call **064 66 23400** or email [info@muckrosspark.com](mailto:info@muckrosspark.com) to book.

**WWW.MUCKROSSPARK.COM**

Visit **WWW.HODA.IE** for more information.

## CATHERINE FULVIO

### Christmas Cookery Demonstration

We are delighted to welcome well known TV Chef Catherine Fulvio to Muckross Park Hotel & Spa this November. Owner of Ballyknocken House & Cookery School and author, Catherine will visit on the 12<sup>th</sup> November for her Christmas Cookery Demonstration.

**SATURDAY, 12<sup>TH</sup> NOVEMBER**

Drinks Reception at 6.30 pm

.....

Cookery Demo followed by 3 Course Dinner

.....

**TICKET: €60**



Call **064 66 23400** or email [info@muckrosspark.com](mailto:info@muckrosspark.com) to book.

**WWW.MUCKROSSPARK.COM**



# Killarney

## TOWN TALK



GUESTS OF KILLARNEY PARK HOTEL AND THE ROSS MAKE A CONSIDERABLE CONTRIBUTION TO LOCAL CHARITY, KERRY PARENTS AND FRIENDS. NIAMH O'SHEA GENERAL MANAGER KILLARNEY PARK AND CIARA TREACY MANAGER OF THE ROSS PRESENTED A CHEQUE TO MARIE LENIHAN FOR €8,228. AN OPTIONAL €1 CONTRIBUTION TO KERRY PARENTS AND FRIENDS IS APPLIED TO GUEST BILLS ON CHECK OUT. AT THE PRESENTATION OF THE CHEQUE NIAMH SAID 'WE ARE DELIGHTED TO LEND OUR SUPPORT BUT THE CREDIT AND THANK YOU GOES TO ALL OUR GUESTS THAT HAVE HAPPILY CONTRIBUTED'. PHOTO: DON MACMONAGLE.

### CALLING ALL QUIZ BUFFS

A table quiz and charity auction has been planned to help in a fundraising initiative planned by two well-known Killarney business people.

Killarney Chamber of Tourism and Commerce President, Kate O'Leary, and Cllr Niall Kelleher will both spend a night sleeping out to help raise funds and awareness of the homelessness crisis that is sweeping the country.

Their involvement is part of Focus Ireland campaign which will see prominent business interests and public representatives sleeping out, in either Cork or Dublin, on October 21 to shine a light on the homelessness crisis.

They have both set a target of raising at least €5,000 for the cause and, to help them achieve that goal, they will host a table quiz in The Laurels on Thursday, October 13.

The entry fee is €50 for a table of five and the event will commence at 8.00pm. Some fantastic prizes will be auctioned on the night and there will also be a super auction at which a number of valuable and impressive prizes will come under the auctioneer's gavel.

### RAMBLING HOUSE

Rambling at the Heritage Centre Scartaglen Monday October 10th at 9 p.m. Admission free,

raffle and refreshments. All are welcome.

### EURO BRIDGE CLUB

Results of recent competitions.

#### 20th September

1st. n/s Pauline Lyne and Anne Looney.

1st. e/w Mike O'Shea and Ger Sweeney.

#### 27th September

1st. Marjorie Barton and Mela Burke.

### MUCKROSS ICA

Monthly meeting of Muckross Guild of the ICA takes place on Monday 10th October at 7.45pm in Loughguittane NS. New members always welcome.

### SEWING CLUB

Sewing and fashion club recommences Friday 14th October at 11am and continues on the 2nd Friday of every month after that in the Killarney Library.

### MS WALK THIS SUNDAY

The 14th annual Multiple Sclerosis walk will take place on Sunday next October 9th through The Old Kenmare Road. Registration from 9am to 10am at The



JASON STACK, PICTURED AT DR CROKES GAA CLUB WITH HIS THREE DAUGHTERS L-R NIAMH, SADHBH & KATE, FOR HIS LATE WIFE, VERONICA STACK'S CAMOGIE TOURNAMENT WHERE OVER 450 PARTICIPATED ATTENDED COUNTRYWIDE. PICTURE MARIE CARROLL-O'SULLIVAN

Gleneagle Hotel. Cards available from the Friary Office or from John 'Shea on **087-2348824**.

### LECTURE AT THE LIBRARY

On Thursday 13th October Killarney Library will host a lecture entitled "A West Bank Story : Life under military occupation in Palestine" by Killarney native John O'Shea on his experiences in Palestine. John has recently returned from Israel and Palestine where he served as an Ecumenical Accompanier with the Ecumenical Accompaniment Programme for Palestine and Israel (EAPPI). EAPPI campaigns for a just and peaceful resolution to the Israeli/Palestinian conflict based on international law. Living in the West Bank, John has witnessed the reality of life under military occupation for both Palestinian Christians and Muslims. He lived with vulnerable communities, monitoring and reporting on human rights abuses. More information about the programme can be found on <http://www.eappi.org> or read eyewitness testimonies at <http://www.eyewitnessblogs.com>.

The lecture begins at 6.30pm and early arrival is advised due to the popularity of the event

### SPARKLER

Congratulations to Deputy Mayor of Killarney Municipal District Cllr Niall Kelliher Rathmore and Linda Gordon who got engaged last weekend Linda, who hails from Artigallivan and is a solicitor in Killarney We wish both of them a happy long life together.




**DEENAGH MEDICAL PRACTICE**

*Dr. Breda O Sullivan*  
is now available for consultations at  
Deenagh Medical Practice, Killarney.

*"I look forward to seeing new & former patients"*

**Free Parking for all patients**

Please phone **064 6632205** to book your appointment.



Deenagh Medical Practice, The Reeks Gateway,  
Killarney, Co. Kerry  
T: 064 663 2205 F: 064 663 7526  
www.deenaghmedicalpractice.com

9 College Street, Killarney, Co. Kerry.  
E: [phonesavers@gmail.com](mailto:phonesavers@gmail.com)  
www.phonesavers.ie

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*Comhaltas Music Classes*

Traditional music classes with  
**Nicholas and Anne McAuliffe**  
will recommence on  
**Saturday October 8th**  
at 6pm  
in **St. Brendans College**



For more information ring  
**Eoin Ó Carra at 087-6155253**

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**Have you got Condensation Problems in your house or property?**

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**If so**

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**If so**

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web: [www.olearyventilation.ie](http://www.olearyventilation.ie)

**Coláiste Íde**  
Meanscoil Chónaithe Lán Ghaelach do Chailíní

**Laethanta oscailte / Open Days**  
15th & 16th October 2016, 12.00 noon – 4pm  
Bliain Acadúil – Academic Years 2017, 2018 & future years




Coláiste Íde ranked 1st in Kerry & 2nd in Munster  
in the Sunday Times School league tables

Traidisiún fada ag soláthar Sár Oideachas -  
Long tradition in Academic Excellence  
Clár Tras-churaclam don 5ú bliain -  
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Each student reaches her potential in an environment that fosters self-confidence, independence and self-esteem



# Killarney

## TOWN TALK



KERRY MINORS VISIT LORETO NATIONAL SCHOOL. CONGRATULATIONS TO OUR PAST PUPILS BILLY COURTNEY, DAVID SHAW, DAVID NAUGHTON AND CIAN GAMMELL.

### TOMMY TIERNAN GOES ON A WORLD TOUR OF THE GLENEAGLE

Tommy Tiernan will be wandering the corridors of the Gleneagle Hotel in Killarney for three nights this December. Performing his brand new show "Under The Influence", he will be hot and sweaty in the Ballroom on the Friday, very over the top and showbiz in the INEC on the Saturday and jazzpants in the acoustic club on the Sunday.

The Gleneagle, Killarney  
Fri Dec 16th – The Gleneagle Ballroom  
Sat Dec 17th – The INEC  
Sun Dec 18th – INEC Acoustic Club  
Tickets now on sale.

### PURPLE FLAG CELEBRATIONS

The Purple Flag Working Group in conjunction with Kerry County Council and the Killarney Chamber of Tourism and Commerce has organised a family fun afternoon and celebration on Main Street, Killarney from 3pm to 6pm on Saturday next, 8th October.

The KYDS Mobile Cafe will be located on Main Street where music and entertainment will be provided.

### ITS STORYTIME

A special storytime perfect for toddlers and preschoolers with their parents or child minder will take place in Killarney Library on Saturday

8th October at 3.00pm. Join in with the stories, music, songs, and rhymes. Drop-in. No sign-up required. All volunteers are enthusiastic and Fully Garda Vetted.

During the summer, children were invited to participate in the Summer Reading Challenge, a Libraries Ireland scheme which encourages children to read for enjoyment during the school holidays. Participants who complete the scheme receive a certificate & prize pack and the presentation of these certificates and prize packs to children will take at Killarney Library on Saturday 8th October at 11.30am. Certificates will be presented by Cllr Brendan Cronin, Cathaoirleach of Killarney Municipal District.

### FANCY A GAME OF BADMINTON?

Killarney Badminton club runs every Monday and Wednesday evening in the Presentation Hall from 8.30pm to 10.30pm. Badminton is a great way to have fun & get fit. It is suitable for all ages & standards. New members welcome. Coaching available for beginners. Check out their Facebook page for more information.

### NATIONAL PARK TALKS

**What did Bio-Diversity ever do for us?**

The second in a series of Killarney National Park Talks will take place on Thursday October 13th at the Killarney Plaza Hotel at 8pm.

Liam Lysaght heads up the National

Biodiversity Data Centre in Waterford, a national centre that collects and manages data on Ireland's biodiversity, to document Ireland's wildlife resource and to track how it is changing over time. Prior to this, Liam served as Wildlife Officer with the Heritage Council where he worked on providing advice on many aspects of natural heritage policy and was the catalyst for many conservation initiatives. He began his professional career working as Park Ranger first in Connemara National Park then the Burren National Park.

### DEER RUT TALKS

The annual Kerry Deer Society "Deer Rut" observation walks will take place will take place on Wednesday 12th October (lowland) meeting at Kings Bridge opposite the Cathedral at 5.45pm (approximately 1 hour viewing) and on Sunday 16th October 2016 (mountain) meeting at Torc Upper Car Park on Old Kenmare Road at 2pm. Bring binoculars and appropriate clothing. Members and non members welcome



OLYMPIC HEROES PAUL AND GARY O'DONOVAN WERE ALL SET TO ROW THE WORKMEN'S SLIDING DOUBLE RACING BOAT ACROSS LOUGH LEIN IN KILLARNEY THIS WEEK ONLY FOR THE WEATHER TO PLAY SPOILSPORT. EVEN THE OLYMPIC SILVER MEDALISTS COULD NOT COMPETE WITH THE WEATHER ON MONDAY. THE BROTHERS WERE IN KILLARNEY AS PART OF A PROMOTION FOR THE SPAR /EUROSPAR CONFERENCE WHICH TOOK PLACE IN THE HOTEL EUROPE & RESORT AND LOCAL WORKMEN ROWING CLUB MEMBERS MIKEY JOE BURNS AND HIS SON MICHAEL WERE ON HAND WITH THEIR RACING BOAT FOR THE OLYMPIANS. THE BOAT WAS BROUGHT ON STAGE AT THE CONFERENCE WHERE THE PROUD BROTHERS POSED WITH RTE PERSONALITY SHARON NI BHEOILAIN AND BWG CEO LEO CRAWFORD.

**#lovekillarney**



# DAY & EVENING CLASSES

Commencing October

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## RATHMORE/ GNEEVEGUILLA NEWS

by Michael O'Mahony

**PATRICK:** Copies of the DVD of the Musical Drama Patrick will be available for sale immediately after the final showing in the INEC Killarney on October 27th. Please book your copy now if you have not already done so. The cost of the DVD is €10. A blue-ray version will also be available costing €12. Please contact 064 7761000 to order your copy.

**GOOD NEWS:** From Danny Healy-Rae TD & Cllr Maura Healy Rae. Good news for the people of Rathmore, Gneeveguilla and the surrounding areas: Dr. Christina Walsh McCarthy is going to increase her presence in Rathmore to three days a week - Monday, Tuesday and Thursday in two rooms provided by the Social Action group. House calls will also be provided.

I wish to thank all involved - Ger O'Donoghue and his team,

Cllr Maura Healy Rae and Danny Healy Rae TD would like to welcome that the following project Gneeveguilla Undergrounding have been selected for funding of 50,000 euros through the Town and Village Renewal Grant Scheme. Successful projects that were submitted were only selected on the 29th of September 2016.

It is important to point out that these projects have approval by the Department for Arts,

Heritage, Regional, Rural and Gaeltacht Affairs. Danny Healy Rae is a member of the Committee on Regional Development, Rural Affairs, Arts and the Gaeltacht Debate and he promises that he will do everything he can to ensure that the funding is provided for the 7 projects that have been selected under the above mentioned scheme.

### FRIENDS OF THE CHILDREN OF CHERNOBYL

**RATHMORE:** Present a Fashion Show in the Community Centre Rathmore on Thursday 13th October at 8 p.m. Door open at 7 p.m. Tickets: €10 Tel. 087 6323922 086 0653369 / 086 1733094 (Limited amount of Tickets available) Spot Prizes Cheese & Wine Raffle

**GOOD NEWS FOR GNEEVEGUILLA:** Cllr. Niall Kelleher is delighted to confirm that he has secured commitment by K.C.C. to fund Gneeveguilla's application by the Community Council in conjunction with the GAA to the Town and Village renewal scheme.

8 out of 70 applicants have been successful in securing funding. The works that will be done under this scheme will include the completion of the undergrounding of lights and new footpaths. The extended car park beside the GAA Hall will also be drained, resurfaced and a new fence erected around the car park. Some funds may need to be raised locally but the majority of works will be completed in the coming months. Motions put down at recent municipal meeting Cllr N Kelleher:

When is it expected to have a draft of the Traffic Calming Scheme for Rathmore Town? Reply: This scheme is being designed by the Kerry National Road Design Office. They are

preparing a TII feasibility study for the project. This feasibility study will be forwarded to the TII, when complete, for official approval of the scheme. Cllr. N Kelleher: The road surface at Clounts, Rathmore in front of the entrance to The Crescent be resurfaced as a priority as potholes continue to be a problem. When is the footpath that was granted due to be constructed and this road re surfaced?"

Reply: The footpath works will be carried out in Q1/Q2 of 2017 and the road resurfacing works will be carried out later in 2017

Rathmore Community Council 1916 Garden of Remembrance at Ard Mhuire opening Sunday 16th October at 12.15pm. more Details next week,

**SYMPATHY:** To the families & relatives of John O'Connor, The Pike, Cork & Cloom Gneeveguilla, and to Kathleen Gleeson née O'Connor, Mountrodge, Gneeveguilla & formerly of Cobh & Eileen Holland nee Gleeson 59 Scrahan Mews Killarney & formerly of Mountrodge Gneeveguilla & Houndslow London.

**AGM:** The AGM of Sliabh Luachra Comhaltas branch will take place on Wednesday 19th October at 9pm. New members always welcome.

**GAA:** Senior Co Football Championship Rathmore 1-12 to Mid Kerry 0-13 fulltime. Congratulations to Rathmore on reaching semi finals & best of luck in semi final this Sunday.

**NOTES:** If you would like to add to the notes, please email Michael O'Mahony ([momahony14@gmail.com](mailto:momahony14@gmail.com)) or ring or text 087-6676817. Before 6pm Sunday.

## FOSSA NOTES

**RACE NIGHT FUNDRAISER:** Fossa Gaa are running a race night on Sat 29th Oct towards funding the purchase and development of a juvenile playing pitch in 2.1 acres adjoining our current premises in Grotroe. It will be held in The Golden Nugget and over the next month club finance committee members will be asking for your support in the undertaking. Each horse costs €90 which can be bought outright or broken down into three at €30 for owner, €30 for trainer and €30 for jockey. Please

support the club in the investment for this and future generations.

**FASHION SHOW:** Annual Fashion Show in aid of Fossa Community Centre will be held in Hotel Europe on Wednesday 12th Oct. Cheese and wine at 7.30, show begins at 8pm. Your support would be greatly appreciated. Tickets, €15 are available from participating shops or 087 2413116.

**COMHALTAS:** Fossa/Two Mile Comhaltas: Adult Set Dancing Classes will resume on

Tuesday nights in Fossa Community Centre, beginners at 8pm, advanced at 9pm. All welcome. Further details contact Catherine on 087 6799330.

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

## LISTRY NOTES

**LISTRY SOCIAL ACTION.** We wish to thank all those who travelled on the Day Trip to Ballyheigue on Tuesday last. Thanks to the following, Kerry Community Transport and Houlihan's Bus Service, Killorglin who provided the transport, staff of Ballyseedy garden centre & Ballyroe Hotel for the food, and thanks to everybody who helped in any way on the day to make it a very pleasant occasion. We look forward to seeing you all again on Tuesday October 25th.

### LISTRY COMMUNITY COUNCIL-CLASSES:

Listry Community Council intend organising the following Classes beginning in early 2017--Photography, Cookery for men, Drama & Singing. Classes will take place provided there are sufficient participants available. If interested in any of the Classes please contact Joan on 086 7944494 immediately.

**LISTRY RAMBLING HOUSE:** The Annual Listry Rambling House session will be held in Listry

Community Centre on Saturday night October 15th from 8.30pm-11.30pm approx.

This will be a night of Music, Song, Dancing, Storytelling etc. Anybody who wishes to come along on the night to sing a song, play a Tune or perform a Dance will be very welcome. Fear an Ti for the night will be Ted Ahern. Light refreshments will be served. A raffle will be held and all proceeds from the night will go towards the care of the elderly in the local community.

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## KILCUMMIN NEWS

**SYMPATHY:** Sympathy is extended to the families of the late Kathleen McCarthy, Glounacopple; Mary Sheehan, Rathanane who died recently. May they rest in peace.

**KILCUMMIN LADYBIRD UNIT:** Parents meeting at 6.15pm on Monday 10th Oct. in the Recreational Hall. Parents of all ladybirds are asked to attend the meeting as it is very important to keep the Unit open. Further information contact Rachel 087 4164185.

**M.S. WALK:** The 14th Annual MS walk - "Old Kenmare Road, Sunday 9th October. Registration €30 per person between 9am - 10am at the Gleneagle Hotel. Buses leaving Gleneagle Hotel car park at 10am. Cards also available from John O Shea 087 2348824 or Ray O Callaghan 087 2917262 or at the Franciscan Friary office in Killarney. All Welcome

**COMHALTAS BAG PACKING:** Our annual bag pack fundraiser will be at Tesco on Saturday 15th October from 10am to 6pm. Could we please ask for any volunteers (over 18's only) who can spare an hour on the day to please contact Marie Lehanne on 087 918 973.

**CONCERT TOUR:** The concert tour of Ireland will be visiting Siamsa Tire on 18th October. A

show not to be missed.

**KILLARNEY LIBRARY:** Killarney Library will host a lecture entitled 'A West Bank Story: Life under military occupation in Palestine' by Killarney native John O'Shea on his experiences as an Ecumenical Accompanier in Palestine. The lecture begins @ 6.30pm on Thursday October 13th and early arrival is advised.

**KILCUMMIN GAA**

**GOLF SOCIETY:** Hamper outing (3 person scramble) in Killorglin this Saturday at 9.30. As this is a shotgun start the draw for teams will be at 9.15a.m. Please contact if unable to play 087-6258642.

**SENIOR FOOTBALL CO CHAMPIONSHIP PLAY-OFF**

**KILCUMMIN 1-15 MILLTOWN/CASTLEMAINE 0-15:** What a difference a week makes as our players stood up to the table and with a performance to warm the heart ensured that we will remain a senior club for the twentieth year. Right from the start we went about our business with conviction and with Kieran Murphy controlling midfield we went five points up after 15min. Noel Duggan and Kevin McCarthy were outstanding and

giving the opposing defence a difficult time which enabled us to lead by three points at half time. The second half was a tight affair with Kilcummins defence playing outstanding none more so than Daniel O'Leary who played a real captains part. While Oscar O'Connors well finished goal was eventually the deciding factor Philip Casey, Kevin McCarthy and Chris O'Leary made huge contributions in that second prior to the fans home with a smile on their faces and looking forward to next year already. Well done to players and management on a marvellous achievement.

Team: Brendan Kealy, (0-2) Sean Brosnan, Daniel Moynihan, William Maher, Damien O'Leary, Daniel O'Leary, James Devane, Kieran Murphy, (0-1) Chris O'Leary, (0-1) Mikey O'Shea, Noel Duggan, (0-2) Matthew Keane, Kevin McCarthy, (0-5) Richie O'Connor, Philip Casey (0-3) Subs Oscar O'Connor (1-0), Shane McSweeney, Eric O'Connor.

**KILCUMMIN'S RAMBLING HOUSE:** Will meet on Friday 7th October. Free admission. All welcome. Please be seated by 8.30pm.

## GLENFLESK NOTES

**GLENFLESK SENIORS** (Sponsored by the Jarveys Rest) Our Senior team play Gneeveguilla in the quarter final of the O Donoghue cup on Saturday October 8th at 3 45pm.

**GLENFLESK U16S:** Our U16 team played Gneeveguilla in an East Kerry final for the 3rd time this year. They played out a thrilling draw back in May and Glenflesk won a tight contest in the replay but it was the Gneeveguilla boys who came out on top in another close encounter in Fitzgerald stadium on Thursday last. Well done to the lads on a great effort.

**GLENFLESK LOTTO:** No winner of the lotto which took place in Kerryway on 26/09/16 Jackpot - €2000

Numbers were, 11,17,20,23

1. (Yearly ticket) Sinead Faviar

2. (Sellers prize) Sean O Connor Kilcummin seller Noelle Murphy 3. Derry Kelly Ballagh

4. Christy O Leary Kilcummin

5. Eilish Coakley Rathmore

The next draw will take place in 10/10/16 in John Dans

on 10/10/16 and the Jackpot is €2200

**ST AGATHAS GLENFLESK GAA CLUB PARISH AND CLUB HISTORY PROJECT:** St Agathas Glenflesk GAA club Parish and Club History project, which has been ongoing for the past number of years, would like to obtain copies of photographs of Parish and Club activities please, especially for the 1950's, 1960's and 1970's. Member of the History & Archive Committee are also continuing to

compile information on Parish events and people, with a view to finalising a book on the Parish and Club History. Contacts: PRO Paudie Murphy, Glenflesk phone: 087- 7692220 email: [pro.glenflesk.kerry@gaa.ie](mailto:pro.glenflesk.kerry@gaa.ie) or Committee Chairperson Aine Ni Shuilleabhain Ph: 087- 3381843 or [anishuilleabhainkerry@iolfree.ie](mailto:anishuilleabhainkerry@iolfree.ie)

**BARRADUFF 300 CLUB:** Congratulations to following October winners

€500 Simon Gallivan & Marie Warren Shronedarragh

€100 John & Mary Murphy Glenview house Killquane.

€100 Dan Warren Shronedarragh.

€100 Patrick McCarthy 19 Birchfield Killarney

€100 Sam Guerineam Headford.

Next Draw corner bar Sunday Nov 6th

**RAHEEN N.S.:** Congratulations to Tim & Breda Scannell who had the winning lotto no.7 on Saturday the 2nd of October.

**GLENFLESK COMHALTAS NEWS:** The Comhaltas Concert Tour of Ireland featuring Ireland's leading Traditional Musicians, Singers & Dancers will perform in Siamsa Tire, Tralee on 18th October at 8.00 p.m. Tickets €10.00. Please let me know before 6th October if you require tickets. Margaret Creedon 087 2706390

Glenflesk Comhaltas AGM on Thursday 13 October @ 8.30 pm in St Agatha's Community Centre Glenflesk. It is important that all members attend to ensure the continuity of the Branch. New members welcome

**BARRADUFF TIDY VILLAGE GROUP:**

Barraduff entered the tidy towns competition for the first time since 1987. We were thrilled to get 220 points in this years competition. We would like to say a huge thank you to everyone who has helped us in each and every way possible. We would welcome anyone interested in joining our group to contact Diane Healy

**GLENFLESK COMMUNITY GAMES:** We are holding our AGM on Monday 10th October 2016 at 8.30pm in the kitchen in Glenflesk GAA hall. The range of events covered by the community games can be viewed at [communitygames.ie](http://communitygames.ie) so if you have an interest in any of the events or can get involved in the committee please come along to the AGM or let us know of your interest

**KILLARNEY LIBRARY:** The presentation of Certificates and prize packs to children who completed the Summer Reading Challenge will take at Killarney Library on Saturday 8th October at 11.30am. Certificates will be presented by Cllr Brendan Cronin, Cathaoirleach of Killarney Municipal District.

On Thursday 13th October Killarney Library will host a lecture entitled 'A West Bank Story: Life under military occupation in Palestine' by Killarney native John O'Shea on his experiences as an Ecumenical Accompanier in Palestine. The lecture begins at 6.30pm and early arrival is advised

**CONTACT:** We welcome items of local interest. Please contact PRO Paudie on 087 7692220 or [pro.glenflesk.kerry@gaa.ie](mailto:pro.glenflesk.kerry@gaa.ie).

IF YOU HAVE A STORY...

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



# GARDENING OUTLOOK



with John O'Sullivan

## FOCUS ON FILLING WINTER CONTAINERS

Now is the time to start filling your winter containers, pots and baskets. First thing to do is empty your pots of the summer display including compost and give it a quick wash inside. Then put some gravel around the drainage hole at the bottom of the pot. Now add some new compost and fill it about 2 inches from the top of the pot and firm it down but not too hard.

Next it's time to choose what plants you're going to use, first plant what will be your centre piece, which could be anything from a conifer to a grass, such as a phormium or if it's a very large pot or container you could choose something like a pyramid or a standard bay-tree which is a bit more expensive but you will have them for a long time.

Next plants to choose would be something trailing such as ivy or a Vinca and plant three of them like a triangle in the pot, in between these you can plant some primroses, polyanthus, winter pansy, cyclamen, etc and also you can plant some tulip or daffodils as well.

After planting remember to water in well.

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### HOW TO EAT SLOWLY TO AVOID OVER EATING

6. Put the fork down after putting food in your mouth. Take a sip of water, engage in conversation. Savour each bite, make it a pleasant experience so you will want to repeat it. This is the essence of slow eating and it's about reconnecting with the people you're sharing a meal with and treating mealtime as a true break, worthy of your attention and cherishing.

7. Concentrate on your food and really enjoy it. Your brain will keep a record of that pleasant experience and this new way of eating will become automatic (second nature) with practice. This means not eating in front of the television, not reading while eating and not trying to surf the internet when eating. Distractions from the food belittle the value of the food and encourage you to think you've eaten less than you have and your ever working brain will be likely to trick your appetite into thinking you need to eat more food. Give your brain and body a rest and truly focus on the food before you. Savour it, appreciate it and be present for the food and the ritual of eating.

8. Wait at least 20 minutes to finish your meal. Have a wall clock in plain view from the table to adjust your eating speed; eat your last portion really slowly. If you are still hungry after 20 minutes, it means you are eating too fast! Another way to see this is to recognize when you feel pleasantly full or neither hungry or full.

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## HEALTH TIP

**EAT ONLY WHEN YOU ARE HUNGRY** Some of us have the tendency to eat whenever we see food. We use parties as an excuse to stuff our selves. Understand that the effect of a whole week of dieting can be wasted by just one day's party food. Whenever you are offered something to eat do not decline it completely but just break off a nibble so that you appear to mind your manners and at the same time can watch your diet.



## Beauty tip

### Shave With Conditioner

If you're out of shaving cream, lather your legs with conditioner instead of soap. Conditioner will soften the hair on your legs making it easier to shave (and it will leave your skin feeling extra silky).

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## TAKE TIME TO REFLECT!

October is always a reflective time of year for me. As the leaves change their colour and the cooler air blows in, I am reminded to take stock of where I am. Reflection is a powerful tool for living really well. When we are too busy and have no space in our lives to slow down, we begin to live on auto-pilot. We forget what we want or what really matters to us. Life becomes something to get through rather than to be enjoyed in the moment. Reflection gives you time to process all that has happened in your year and sets a new course of direction.

### OCTOBER REFLECTION MEDITATION.

Sit quietly, close your eyes and become aware of your breathing. Just notice the air as it enters and leaves your body. Allow yourself to rest in this stillness for a few minutes and then open your eyes and ask yourself the following questions. It's a great idea to have a notebook and pen by your side so you can write down your answers.

1. What have I learned this year about me? About others?
  2. What did I say I'd do, but didn't?
  3. What was the reason for this?
  4. Where have I moved forward?
  5. Where have I moved back?
  6. What is it I truly desire to feel in my life?
  7. What is one thing that I will do differently that will bring me joy?
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email [fitnesswithedele@hotmail.com](mailto:fitnesswithedele@hotmail.com)

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## Caroline Bourke makeup and style



### 8 - Week Makeup Artistry Courses

(4 weeks before Christmas & 4 weeks after Christmas.)

Starting in **The Brehon Hotel Killarney**  
on **Wednesday 9th of November from 7-9pm.**

This course is an 8-week course that ensures our students build a  
foundation for entering the makeup industry.

Caroline and team train to the highest of standards and have a wealth of  
experience to pass onto the students.

Learn the flawless face, smokey eye, contouring, 3D dimension makeup  
for photoshoots, false lashes the classic lash for brides, evening looks,  
cakeliners and highlighting, beautiful brows, vintage makeup, blending  
correctly, bridal looks, daytime look and tools of the trade.

Professional makeup brushes designed by Caroline Bourke  
retailing set of 12 €120.

Coming soon 1 day HD makeup courses & 1 day airbrushing courses.

Contact Caroline Bourke on **086 1941447**  
for details on booking makeup course.

[www.carolinebourke.ie](http://www.carolinebourke.ie)

Facebook [carolinebourke makeup & styling](https://www.facebook.com/carolinebourkemakeup)



## Galvin Physiotherapy Clinic

21 Clover Lane | College St. | Killarney | Co. Kerry

Tel. 064 66 23100 | Fax. 064 66 23111

Email. info@galvinphysiotherapy.ie | Web. www.galvinphysiotherapy.ie

- Manual Therapy
- Dry-needling
- Sports Injuries
- Orthotics
- Biomechanical Assessment



### Jimmy Galvin MISCPC MCSP

MSC. PHYSIOTHERAPY  
PGdip. EXERCISE AND SPORTS MEDICINE

**Chartered Physiotherapist**

Approved by all major Health insurance providers.



### Donal O'Sullivan MISCPC MCSP

MSC. PHYSIOTHERAPY  
BSc. ATHLETIC THERAPY AND TRAINING

**Chartered Physiotherapist**

Approved by all major Health insurance providers.

## Spiritual Intuitive Energy Healer

### Trisha Moloney



Trisha Moloney is a Spiritual Intuitive Energy Healer, who is a native of Co. Kerry. She is holding workshops in Killarney this month.

Trisha works weekly in Tralee and Killorglin and has now started working in Killarney. Trisha says "my unique energy healing is a non-invasive treatment, very gentle yet powerful, life changing but very effective with immediate results. It treats everything from **chronic anxiety, depression, emotional behavioural issues in kids, autism, ADHD, anger issues, digestive fatigue, low self-esteem issues (in teens), arthritis, trauma, headaches, migraine, back problems**, to name a few."

**Angels only philosophy is love.**

**Advice is also given on nutrition if required and Trisha also practices Cognitive Behavioural Therapy (CBT)**

Opening New Healing Centre **Soul Aurora** in Tralee this October, across from Hennebery's Sports Shop.

**€10 Off treatments with this voucher**

**Call: Trisha 085 1625095**



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€20	€100 (1 free)	€180 (1 free)

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AND BRING  
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HIIT Times Available:

Tuesday and Thursday 6-8pm

Wednesday 7-9am

Contact Us on 064 -6623980





## Kerry ETB Training Centre



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

### Food Preparation and Cooking (ET20D) - Dingle.

This course is for people who wish to pursue careers in professional cookery. Participants will gain the knowledge and skills to prepare, cook and present a wide variety of commodities and dishes to a professional standard. **Start Date:** 17<sup>th</sup> October 2016. **Duration:** 20 weeks. **Certification:** City and Guilds Level 2 Diploma in Food Preparation and Cooking.

### Healthcare Support (ETS97) - Killarney.

This course provides participants with the knowledge, skills and competencies to work as part of a multidisciplinary team in the provision of effective and appropriate healthcare supports to clients in a variety of care settings. **Start Date:** 24<sup>th</sup> October 2016. **Duration:** 41 weeks. **Certification:** QQI Level 5 Major Award in Healthcare Support.

### Media Techniques - Radio (ET283) - Tralee.

This comprehensive course is for people who wish to pursue careers in the radio broadcast sector. Participants will learn how to research, plan and pitch programme ideas for particular target audiences and bring those ideas to fruition. The learning outcomes are firmly focused on enabling participants to secure sustainable employment in the radio broadcast sector. **Start Date:** 1<sup>st</sup> November 2016. **Duration:** 50 weeks. **Certification:** To be decided.

### Digital Web Design with Adobe Dreamweaver (ET3Z6) - Tralee.

This course is for people who would like to combine creativity and computer skills to design, build and redesign web sites. **Start Date:** 7<sup>th</sup> November 2016. **Duration:** 22 weeks. **Certification:** QQI Level 5 Component Certificates in Computer Illustrated Graphics, Web Authoring and Work Experience, plus Adobe Associate Certificate in Web Communication Using Adobe Dreamweaver.

### MySQL and PHP for Dynamic Websites (ETR81) - Tralee.

This course is for people who are able to build and maintain static websites using HTML and CSS? It offers participants the opportunity to develop their MySQL and PHP knowledge and skills to create dynamic websites incorporating efficient and secure content retrieval from databases. **Start Dates:** 14<sup>th</sup> November 2016. **Duration:** 24 weeks. **Certification:** Oracle Certified Professional MySQL 5.6 Developer Cert & W3C Schools PHP Developer Cert.

### Surf Instructor and Beach Lifeguard (ET1Z3) - Castlegregory.

The course offers participants the opportunity to develop the knowledge and skills to work as surfing and outdoor activity instructors. Participants will also receive lifeguarding and aquatic first aid qualifications. **Start Date:** 7<sup>th</sup> November 2016. **Duration:** 25 weeks. **Certification:** ISA Surfing Skills Instructor Level 1 Cert, Royal Lifesaving Society National Beach Lifeguard Qualification, and Aquatic First Aid & Cardiac First Response (PHECC) Cert.

### Tour Guiding (ET20B) - Killarney.

This course is for people who wish to provide local and regional tour guiding services to visitors. Participants will gain the professional, technical, social and administrative skills to offer a quality service to a range of market profiles. **Start Date:** 7<sup>th</sup> November 2016. **Duration:** 14 weeks. **Certification:** QQI Level 6 Special Purpose Awards in Regional and Local Guiding.

### MTA Software & Networking Fundamentals (ET1Z4) - Tralee.

This entry level course offers experience on the technical side of software development and computer networks. It's the ideal starter course for people considering a career in information and communication technology. **Start Date:** 28<sup>th</sup> November 2016. **Duration:** 12 weeks. **Certification:** Microsoft Technology Associate Certification.

### Heavy Goods Vehicle Driving Rigid (HGV) (ET394) - Killarney.

This programme provides participants with skills and related knowledge in the rules of the road, driving a heavy goods vehicle - rigid body, care and maintenance of the vehicle, loading and unloading the vehicle, customer care, and documentation. Applicants must have a current full Class B Driving Licence and Class C Learner Permit. **Start Date:** 14<sup>th</sup> November 2016. **Duration:** 10 Weeks. **Certification:** Class C Driving Licence, RSA Driver Certificate of Professional Competence, RTTB Forklift Truck Driving Licence, and ADR Driver Cert.

### 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:** 14<sup>th</sup> November 2016. **Duration:** 19 weeks. **Certification:** FETAC Level 5 Component Certs in: Information & Administration, Word Processing and Customer Service.

### Digital Marketing with E-Commerce (ET08342) - Tralee.

This course covers the theory underpinning digital marketing and the skills required to carry out routine digital marketing tasks and implement digital marketing solutions. **Start Date:** 21<sup>st</sup> November 2016. **Duration:** 35 weeks. **Certification:** City & Guilds Level 3 Diploma in Digital Marketing 7513-30.

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

**Kerry ETB Training Centre,**

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

[www.kerryetbtrainingcentre.ie](http://www.kerryetbtrainingcentre.ie), E-mail: [training@kerryetbtrainingcentre.ie](mailto:training@kerryetbtrainingcentre.ie)



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**CHRISTMAS CROUP MENUS** from €25pp

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COFFEY  
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## CHILDCARE SERVICES RELIEF

Childcare Services relief is a scheme of tax relief for income arising from the provision of certain childcare services. Subject to certain conditions, where the gross annual income (before expenses) from the provision of childcare services does not exceed €15,000, the income is exempt from tax. A summary of the scheme is as follows:

- The individual's gross income limit for a year of assessment is €15,000. If more than one person is providing childcare services in a dwelling, the €15,000 limit is split between the number of people involved,
- In determining whether the income level exceeds €15,000 no deductions of any kind are taken into account,
- Where the gross income exceeds €15,000 the income is taxable in the normal way, i.e. calculate taxable profits by deducting allowable business expenses from turnover,
- The childcare service must be provided in the carer's home, not the children's home,
- No more than three children may be cared for at any one time,
- The care provider must be self-employed (not an employee) and include the gross income in their annual return of income to the Revenue Commissioners.
- By claiming this relief you are confirming that you have notified the relevant person in the Health Service Executive (HSE), that you provided child minding services in 2015
- The election to have this income exempt from income tax for 2015 must be made on or before 31 October 2016. This income is exempt from income tax and USC but is liable to PRSL.

Allman House, Tralee Road, Killarney, Co. Kerry

T: 064 6632045 E: [info@obrien Coffey.ie](mailto:info@obrien Coffey.ie)

W: [www.obrien Coffey.ie](http://www.obrien Coffey.ie)





**DANNY HEALY-RAE TD**



**CLLR MAURA HEALY-RAE**

## Scott's Hotel Killarney

Every Saturday 11.30am

**Last Friday of the month**  
Scartaglin at 8.45pm

Castleisland: River Island Hotel at 9:30pm and  
Kearneys Bar at 10pm.

**CONTACT:**  
dhealyrae@gmail.com - 0872316055  
maurahealyrae@gmail.com - 0877816432



**FIANNA FAIL**  
THE REPUBLICAN PARTY

## John Brassil TD

**Killarney Constituency Office**  
**Open Hours:**  
Thur 13th and Fri 14th October from 9.30am - 5.30pm  
**Address:**  
The Fairhill Business Centre, The Courtyard, Fairhill, Killarney.  
(Just behind the Royal Hotel)

John will hold a Clinic in the Killarney Office every Friday from 3pm - 5pm  
Working with Cllr John Joe Culloty 087-1308000 cllrjcculloty@eircom.net  
and Cllr. Niall Kelleher 087-6694101 office@niallkelleher.ie

For advice and representation please feel free to call into the office or clinics  
Office: **064 66 94199/083 8541447**  
Email: [john.brassil@oireachtas.ie](mailto:john.brassil@oireachtas.ie) John mobile: **087 2362330**



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**FREE HOME SURVEY**

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Tiernabouli, Killarney

## SOFAS RECLINERS ARMCHAIRS

Order Count Down Is On

OCTOBER 2016							NOVEMBER 2016							DECEMBER 2016						
W	S	M	T	W	T	F	W	S	M	T	W	T	F	W	S	M	T	W	T	F
28													48							
29	1	2	3	4	5	6	7	8	9	10	11	12	49	1	2	3	4	5	6	7
30	2	3	4	5	6	7	13	14	15	16	17	18	50	8	9	10	11	12	13	14
31	3	4	5	6	7	8	19	20	21	22	23	24	51	15	16	17	18	19	20	21
	4	5	6	7	8	9	25	26	27	28	29	30	52	22	23	24	25	26	27	28
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	31																			

**29th OCTOBER Is The Last Day For Pre Christmas Orders**



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PICTURED AT ST OLIVERS NS FOR BINGO NIGHT FUNDING THE STEFAN LYNE FOUNDATION WERE BACK ROW L-R OLGA NCUBE, MARIE WESTLAKE & BREDA FLANAGAN. FRONT ROW L-R CATHERINE HICKEY, LOTTIE LYNE & NESSA NI LIONAIRD WHO HAVE ALL COMPLETED THEIR TRAINING FOR 'ROOTS OF EMPATHY'. PICTURE MARIE CARROLL-O'SULLIVAN



ENJOYING BINGO NIGHT AT ST OLIVERS NATIONAL SCHOOL AND HELPING TO RAISE FUNDS FOR THE STEFAN LYNE FOUNDATION WERE L-R TARA FLEMING, KAYSEY O'CONNOR, LORRAINE O'CONNOR, JOAN O'CONNOR & DEIRDRE FLEMING. PICTURE MARIE CARROLL-O'SULLIVAN



HELPING OUT WITH RAFFLE TICKETS AT BINGO NIGHT FUNDING THE STEFAN LYNE FOUNDATION WERE L-R CIARA IRWIN-FOLEY, KIERAN BARRON, BRID O'SHEA & NICOLA DIXON. PICTURE MARIE CARROLL-O'SULLIVAN.



NANCY DINEEN OF THE IRISH CANCER SOCIETY WAS PRESENTED WITH THE PROCEEDS FROM MARY O'BRIEN, THE O'BRIEN FAMILY AND THE COMMITTEE. FOLLOWING THE INAUGURAL NOEL O'BRIEN MEMORIAL GOLF TOURNAMENT.



PICTURED AT KILLARNEY CAMERA CLUB INTRODUCTORY EVENING IN THE HEIGHTS HOTEL LAST THURSDAY EVENING WERE L-R ELAINE DILLON, CHRISTOPHER FITZGERALD, SHEILA FOLEY, TERRY MAC SWEENEY (CHAIRMAN OF KCC), DEBBIE DAVIS AND ANTHONY KELLEHER.



PICTURED AT KILLARNEY CAMERA CLUB INTRODUCTORY EVENING IN THE HEIGHTS HOTEL LAST THURSDAY EVENING WERE L-R ANNE MARIE CAMPBELL, LORRAINE CROWLEY, ILLE MUUL, FINOLA O'SULLIVAN, ROSEMARY DALY AND JOANNE SLATTERY,



KILLARNEY CREDIT UNION HOSTED A BUSINESS FUNCTION FOR THE KILLARNEY BAR ASSOCIATION (KBA) IN THE KILLARNEY PLAZA HOTEL, KILLARNEY LAST FRIDAY. FRONT FROM LEFT ARE PAT SHEEHAN (KILLARNEY CREDIT UNION VICE-CHAIRMAN AND KILLARNEY BAR ASSOCIATION TREASURER), PAT F. O'CONNOR (CHAIRMAN KBA), MARK MURPHY (KILLARNEY CREDIT UNION CEO), PAT DELANEY (KILLARNEY CREDIT UNION CHAIRMAN) AND SHANE FOLEY (KILLARNEY CREDIT UNION). BACK FROM LEFT ARE KIERAN MORIARTY, BRIAN O'CONNOR, HELEN COURTNEY POWER (KILLARNEY CREDIT UNION BUSINESS DEVELOPMENT OFFICER), CIAN BRADY, GERALDINE KEARNEY, MICHAEL O'DONOGHUE, ELEANOR LEANE, LIAM RYAN, GERALDINE CONROY, JOHN O'SHEA, LINDA GORDON, TIM O'LEARY, CONOR MYLES, SARAH QUILLIE AND LIAM COGHAN. PICTURE: EAMONN KEOGH.



KILLARNEY CREDIT UNION HOSTED A BUSINESS FUNCTION FOR THE KILLARNEY BAR ASSOCIATION (KBA) IN THE KILLARNEY PLAZA HOTEL, KILLARNEY LAST FRIDAY. FROM LEFT ARE PAT DELANEY (KILLARNEY CREDIT UNION CHAIRMAN), MARK MURPHY (KILLARNEY CREDIT UNION CEO), ELEANOR LEANE (KILLARNEY BAR ASSOCIATION SECRETARY), PAT F. O'CONNOR (CHAIRMAN KBA) AND PAT SHEEHAN (KILLARNEY CREDIT UNION VICE-CHAIRMAN AND KILLARNEY BAR ASSOCIATION TREASURER). PICTURE: EAMONN KEOGH.





## SERENITY PRAYER



God, grant me the serenity to accept the things I cannot change,  
Courage to change the things I can,  
And wisdom to know the difference.

The Serenity prayer is not necessarily about religion nor belief in a higher power. The link to mental health or well being is what is important in this article. Serenity is best described as calm, peaceful or untroubled, and that is the first element to grasp in this prayer, or mantra or way of coping with pressure or difficulty. How many times have we tried to count to 10 before we react, and there is a good reason for this, we actually allow the physical reaction of blood in our brain the chance to recede, or go down, and by so doing we actually calm our emotions or mood down. So the first step is to really find a calm and peaceful way to make peace with the things in life we cannot change. The Rudyard Kipling poem "IF" springs to mind "If you can keep your head when all about you

Are losing theirs..." A simple but really important example of this, would be the weather. If it is going to rain we can calmly accept that, but make sure we pack the right rain gear for the day ahead. If we keep saying how bad the weather is, we are not really accepting the situation. And in fact we will expend emotional and practical energy trying to change the weather, and so feel exhausted and defeated along the way. So next part of this prayer, or way of life, is to have the courage to make changes in our lives where we actually can. We often hear people talking about some one having courage, and after we have found that peaceful place, we have to often dig deep to find courage. We think of the Wizard of Oz, the lion needing courage to go on the journey with Dorothy. The literal meaning is doing something you are frightened of. Now apply this to the things in your life you wish you could change, to be more specific, the things you are too frightened of to change, those are the ones you can do something about, if you could imagine holding your hand through that fearful process.

And lastly, crucially the wisdom, the quality of having experience, knowledge, and good judgment to know the difference between what you cannot change, and therefore need to accept and what you can change but may be too afraid to. These are not simple things, nor easy to do, but with continued practice and kindness to one self, as well as asking for the help we need when it does get too hard along the journey. We can all get better at the Serenity Prayer. Have a peaceful, gentle autumn day!

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

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

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

*To make an appointment call 064 6636416/064 66364100*

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



## Citizens Information

### Know Your Rights:

## FREE CANCER SCREENING PROGRAMMES

### QUESTION

My friend has been invited to take part in free cancer screening. I haven't received an invitation but she says it's a national free screening programme. How do I take part?

### ANSWER

There are free screening programmes to help detect or prevent a number of types of cancer.

**BOWELSCREEN:** The National Bowel Screening Programme, aims to find bowel cancer at an early stage in people who have no symptoms. It offers free screening every two years to men and women aged 60 to 69. If you are in this age group you can ring BowelScreen on Freephone **1800 45 45 55** to check your details are on the register. If you are on the register you will receive an invitation to take part in the BowelScreen programme.

**CERVICALCHECK:** The National Cervical Screening Programme, tests women aged 25 to 60 for changes in the cells of cervix. Early detection and treatment can prevent cervical cancer. If you are aged between 25 and 60 and have never had a CervicalCheck smear test you can simply make an appointment with a GP practice or clinic registered with CervicalCheck. You can find one in your area by visiting [cervicalcheck.ie](http://cervicalcheck.ie) or by calling Freephone **1800 45 45 55**. A letter of invitation is not needed to make an appointment and attend for a first test.

**BREASTCHECK:** The National Breast Screening Programme, invites women to a free mammogram (x-ray of the breast) every two years. The screening has been available to women aged 50 to 64 but is currently being extended to also include women aged 65 to 69. If you have not received an invitation you can check if you are registered by visiting [breastcheck.ie](http://breastcheck.ie) or by calling freephone **1800 45 45 55**.

Screening can help prevent or detect cancer at an early stage in people who have no symptoms. If you have any specific concerns or symptoms you should visit your GP (family doctor).

*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, Caherdveen 0761 07 7780

Information is also available online at [citizensinformation.ie](http://citizensinformation.ie) and from the Citizens Information Phone Service, 0761 07 4000.





SADHBH STACK & RACHEL HARNEY (CENTRE), U10's KILLARNEY CAMOGIE TEAM IN ACTION AT DR CROKES GAA GROUNDS AGAINST ST COLM'S CORK. PICTURE MARIE CARROLL-O'SULLIVAN.



TWINS RACHEL & CATHERINE HARNEY, PICTURED WITH SADHBH STACK (CENTRE) AT DR CROKES GAA CLUB FOR THE VERONICA STACK CAMOGIE TOURNAMENT. PICTURE MARIE CARROLL-O'SULLIVAN



MILTOWN LISTRY U 12 TEAM WHO BEAT LEGION IN THE EAST KERRY B FINAL. THE FINAL SCORE OF THE MATCH WAS MILTOWN LISTRY 6 GOALS AND 4 POINTS TO LEGION 2 GOALS AND 3 POINTS.



PAT DELANEY CHAIRMAN KILLARNEY CREDIT UNION (LEFT) PRESENTING THE KILLARNEY CREDIT UNION BURSARY AWARD TO IRENE HORAN MUCKROSS WITH JOY CLIFFORD KILLARNEY CU YOUTH OFFICER AT KILLARNEY CREDIT UNION ON SATURDAY.



GERARD MCCARTHY, LARKINS BAKERY MILLTOWN, KERRY WITH BIRGITTA CURTIN AND JOHN GRAHAM, ANDREW INGREDIENTS AT THE BLAS NA HEIREANN / IRISH FOOD AWARDS IN DINGLE AT THE WEEKEND. PHOTO: DON MACMONAGLE.



FENTON QUINLAN, QUINLAN'S KERRY FISH WHO WON A GOLD MEDAL FOR THEIR SUPERIOR SMOKED SALMON AND ALSO BEST PRODUCER IN KERRY AWARD WITH BIRGITTA CURTIN, AND SHANE RYAN, BLENDERS AT THE BLAS NA HEIREANN / IRISH FOOD AWARDS IN DINGLE AT THE WEEKEND. PHOTO: DON MACMONAGLE.



PAT DELANEY CHAIRMAN KILLARNEY CREDIT UNION (LEFT) PRESENTING THE KILLARNEY CREDIT UNION BURSARY AWARD TO BRENDAN WALL HEADWORD KILLARNEY WITH JOY CLIFFORD KILLARNEY CU YOUTH OFFICER AT KILLARNEY CREDIT UNION ON SATURDAY.



PAT DELANEY CHAIRMAN KILLARNEY CREDIT UNION (LEFT) PRESENTING THE KILLARNEY CREDIT UNION BURSARY AWARD TO CLAIRE CRONIN CLONKEEN WITH JOY CLIFFORD KILLARNEY CU YOUTH OFFICER AT KILLARNEY CREDIT UNION ON SATURDAY.





# OUTLOOK SPORTS NEWS

Editor : Donal Barry

Email : news@outlookmags.com



## SENIOR FOOTBALL CHAMPIONSHIP QUARTER FINALS

KERRY O'SHEA REPORTS ON LAST SATURDAYS SENIOR COUNTY FOOTBALL CHAMPIONSHIP QUARTER FINALS.

### BUSINESS-LIKE CROKES ADVANCE TO COUNTY SEMI-FINALS

**KERINS O'RAHILLYS 0-14**

**DR. CROKES 1-16**

Killarney's Dr Crokes, became the first side to advance to this year's Garvey's Kerry SFC semi-finals when they turned in a business-like performance to overcome Tralee's Kerins O'Rahilly's in the first quarter-final at Austin Stack Park on Saturday afternoon. However, it was the nasty leg injury sustained by O'Rahilly's Giles O'Grady that was the game's main talking point. O'Grady picked up his injury six minutes into the first half following a collision with Crokes' Brian Looney. The game was delayed for over 40 minutes as an ambulance was called and the O'Rahilly's defender was removed to University Hospital Kerry. When play eventually resumed, Pat O'Shea's side settled better and displayed some lovely, flowing football. Crokes' tactic of keeping the ball away from David Moran proved quite successful as Johnny Buckley was winning loose possession around midfield. The Killarney side were awarded a penalty in the 6th minute but Daithi Casey's rebounded effort resulted in a point. Despite the best efforts of

Cormac Coffey, who drove forward at every opportunity, Tommy Walsh, David Moran, Barry John Keane and Jack Savage, O'Rahilly's were depending on scraps as Crokes led 1-10 to 0-6 at half-time, boosted by a 21st minute Colm Cooper goal. O'Rahilly's moved Tommy Walsh to full-forward for the second half but it was to no avail as Crokes were in no mood to surrender the initiative and deservedly advanced to the last four.

Teams and Scorers

**Dr Crokes:** Shane Murphy (0-2, 0-1 '45, 0-1 free); John Payne, Michael Moloney, Fionn Fitzgerald; Gavin White, Alan O'Sullivan (0-1), David O'Leary; Ambrose O'Donovan, Johnny Buckley; Daithi Casey (0-3, 0-1 free), Gavin O'Shea, Brian Looney, Colm Cooper (1-5, 0-2 frees), Kieran O'Leary (0-1), Tony Brosnan (0-2).  
**Kerins O'Rahilly's:** Gary Kissane, Danny O'Sullivan, Cormac Coffey, David Murphy, Ross O'Callaghan, Shane Brosnan, Giles O'Grady; Tommy Walsh (0-1), David Moran (0-2, 0-1 free), Con Barrett, Barry John Keane (0-4, 0-1 free), John C O'Connor; Kieran O'Mahony (0-1), John Ferguson, Jack Savage (0-5, 0-3 frees).

**Referee:** Seamus Mulvihill (St Senan's).



JOHNNY BUCKLEY SOARS HIGH ABOVE MIKE MOLONEY AND TOMMY WALSH IN SATURDAYS QUARTER FINAL IN STACK PARK.

### KENMARE DISTRICT STUN STACKS TO CLINCH SEMI SPOT

**KENMARE DISTRICT 0-15**

**AUSTIN STACKS 0-12**

Kenmare District, who last lifted the Bishop Moynihan trophy back in 1987, advanced to this year's Garvey's Kerry SFC semi-finals when they sent hotly-fancied Austin Stacks packing from this year's title race in a very entertaining tie played at the Fitzgerald Stadium on Sunday evening. Led by the outstanding Paul O'Connor, who finished the game with eight points, Steven O'Brien, Killian Spillane and the superb Tadgh Morley, the District side began brightly and built up a five-point lead on their opponents 0-7 to 0-2 with 18 minutes of the first-half gone. With Kieran Donaghy located to midfield, the Rockies began to win vital possession and points from the outstanding Jack O'Shea (2), David Mannix (2 frees) and Shane O'Callaghan helped the Tralee men back into the contest. Killian Spillane added a vital score for the Kenmare District side as Kevin O'Sullivan and Donaghy swapped scores to leave Kenmare lead by 0-9 to 0-7 at the break. Kieran Donaghy was now an influential figure for the Rockies and they began the second half in fine style with scores from Wayne



FIONN FITZGERALD AND AMBROSE O'DONOVAN KEEP AN EYE ON BARRY JOHN KEANE AS HE HEADS FOR GOAL.

Guthrie, Fiachna Mangan and Daniel Bohan to lead for the first time in the game. Kenmare levelled through the boot of Paul O'Connor and when David Mannix and Paul O'Connor exchanged scores the sides were still tied. Fiachna Mangan, with his second point of the game eased the Rockies ahead

but Kenmare finished strongly and indiscipline cost Stacks dearly as O'Connor pointed four frees to ease the Kenmare District side through to the semi-finals where they face Rathmore next weekend.

Teams and Scorers:

**Kenmare District:** Kieran Fitzgibbon; Dara Crowley (0-1), Tadgh Morley, Kieran O'Neill; Patrick Clifford, Dara O'Shea, Gavin Crowley; Adrian Spillane, Peter O'Shea (0-1); Sean O'Shea (0-1), Kevin O'Sullivan (0-2), Steven O'Brien (0-1); Teddy Doyle, Paul O'Connor (0-8, 0-2 frees); Killian Spillane (0-1).

Subs: John Spillane for Patrick Clifford (Inj 16th min); Brian Crowley for Kevin O'Sullivan (46th min).

**Austin Stacks:** Darragh O'Brien; Ronan Shanahan, Conor Jordan, Ferghal MacNamara; PA McCarthy, Jack O'Shea (0-2), Jack Morgan; Wayne Guthrie (0-1, 0-1 '45), Shane Guthrie; Fiachna Mangan (0-2), Shane O'Callaghan (0-1), Daniel Bohan (0-1); David Mannix (0-4, 0-3 frees), Kieran Donaghy (0-1), Michael O'Donnell.

Subs: Alan Nestor for Jack O'Shea (HT); Darragh O'Brien for Mike O'Donnell (45 mins), John Dennis for Conor Jordan (inj, 58 mins).

**Referee:** Cathal O'Dubhda (An Ghaeltacht).





ALL IRELAND WINNING MINORS NIALL DONOHUE AND CIAN CALLAGHAN WITH FURIES GAA COACHES AND THE U8 SQUAD AT THE RECENT DEVELOPMENT EVENING.

## FIRIES COISTE NA NÒG

**U12 BOYS:** Congratulations to the Furies U12 boys who topped division two following a fantastic performance way to Templenoe last weekend. Templenoe 1-08 Furies 4-07. The deserving team were presented with East Kerry Medals to mark their accomplishment.

**U6 & U8 BOYS:** The final hooray for our U6 and U8 boys took place last weekend. Well done boys on the fantastic performance against Legion finishing the season in the beautiful October sunshine. Many thanks to the Henderson family for providing the treats for our boys and our visitors.

Our U8s boys were very proud to host an array of special guests on Thursday, 29th September whilst demonstrating their academy skills. Kerry GAA star; Killian Young along with the newly crowned All Ireland Kerry Minors Champions and fellow Furies GAA Clubmen; Niall Donohue and Cian Callaghan took time out of their schedule to hop ball with the U8s. The club is very grateful to them and our coaches for taking the time to visit our eager U8s boys who were presented with medals and certificates.

The Furies U6 boys were awarded with certificates marking their phenomenal commitment and perseverance during the year. Well done boys. We look forward to seeing you back at the Academy next year.

## EAST KERRY NOTES

### WITH ÁINE NÍ SHÚILLEABHÁIN PRO O'DONOGHUE CUP CHAMPIONSHIP:

Two quarter finals are fixed for Saturday 8th October, in the O'Donoghue Cup, East Kerry Senior Championship, sponsored by The Aquila Club, Gleneagle Hotel. Killarney Legion host Spa at 2pm and Glenflesk are at home to Gneeveguilla at 3.45pm. Extra time if necessary in both games. A man of the match award will be presented immediately after these games. The remaining quarter final, Listry V Dr Crokes will be fixed for the first available

date. Rathmore won their quarter final versus Currow.

**FR GALVIN CUP CHAMPIONSHIP:** The second semi final in the Fr Galvin Cup, East Kerry Intermediate Championship, sponsored by The Aquila Club Gleneagle Hotel, Listry V Furies is fixed for Sunday 9th October at 12 noon, in Listry. Extra time if necessary. Man of Match Award will be presented after the game and the recipient is an automatic nominee for the Fr Galvin All Star Award 2016.

**THE TATLER JACK MINOR LEAGUE:** The Tatler Jack East Region Minor League, Division 2 Final, Currow V Cordal/Scartaglen, is fixed for Sunday 9th October at 12 noon, in Currow. Extra time if necessary.

### MD O'SHEA EAST KERRY U16 CHAMPIONSHIP: DIVISION 2 FINAL

**DR CROKES 2-14 FOSSA 3 -11:** Played in Fitzgerald Stadium, Dr Crokes made the early running in this Division 2 final, and a ten point lead going into the last quarter. However, three Fossa goals in the last fifteen minutes and a scatter of points had the minimum between the sides as the final whistle approached. A superbly kicked free levelled the scores, putting the game to a replay, which promises a scintillating rematch. Dr Crokes opened strongly, striking four points without reply, two converted frees (Lee Downing, Fionnbharr Hickey) and a Lee Downing sweetly struck point before Eoin Moynihan added the fourth. Fossa opened their account with a Ryan Sheehan point before Eamon Murphy added a second with a curling effort. The sides exchanged points (Michael Linehan, Dr Crokes, Emmet O'Shea, Fossa) 0-5 to 0-3, with ten minutes remaining in the half. Dr Crokes had a purple patch before the break. On the 21st minute Roan Delaney brilliantly fielded a long ball delivered to the edge of the square, turned quickly and dispatched to the Fossa net. The same player and Lee Downing, added further points for Dr Crokes. While Eamon Murphy pointed for Fossa 1-7 to 0-4. Emmet O'Shea and John Talbot traded scores before Lee Downing converted a 45 for Dr Crokes to leave the half

time score Dr Crokes 1-9 Fossa 0-5.

Fossa reduced the margin early in the second half, with Emmet O'Shea and Cian O'Shea pointing after a fine run, but Dr Crokes responded immediately with white flags from Michael Lenihan and Roan Delaney. Both goalkeepers made fine saves and when Josh Fleming finished a well taken goal on the 41st minute, the game seemed to be going away from Fossa, 2-11 to 0-7. However, Fossa really got to grips with this game. They had the ball in the net on the 45th minute, when midfielder Cian O'Shea caught a high ball and finished smartly. Emmet O'Shea then added two points before Eoin Moynihan replied for Dr Crokes, 2-12 to 1-9. As excitement levels grew around the Stadium, Ryan Sheehan rebounded a goal for Fossa as pressure paid off. Emmet O'Shea pointed, 2-12 to 2-10. Play flowed from end to end and Fossa's Cian O'Shea flicked a ball to the net from a long pass, between two pointed frees from Dr Crokes, Lee Downing, leaving the minimum between the sides, 2-14 to 3-10, as the full time whistle approached. Fossa attacked at pace looking for an equaliser. In a frantic ending, Fossa were awarded a free 35 meters from goal and Emmet O'Shea remained coolest of all converting the pressure kick to level the game. Full time score: Dr Crokes 2-14 Fossa 3-11. Both teams and mentors must be congratulated on a thrilling game. The replay, was on Wednesday 5th October. Referee: James O'Sullivan (Furies).

### DIVISION 3 FINAL

#### GNEEVEGUILLA 1-13 GLENFLESK 1-08

Played in Fitzgerald Stadium on Thursday evening, this MD O'Shea, East Kerry U16 Division 3 final, between Gneeveguilla and Glenflesk was a cracking game with great skills on show. Glenflesk got off to the better start and had 1-3 on the scoreboard, before Gneeveguilla got off the mark. However, Gneeveguilla grew into the game building a lead they did not relinquish. Dara Fleming had two Glenflesk points on the board from frees before he pounced on a loose ball to find the Gneeveguilla net on the eighth minute. Glenflesk midfielder Sean Doherty added a mighty point from 45m out - 1-3 to nil. Gneeveguilla opened their account when half back Paul O'Leary attacked, kicking a fine point, followed by two points from play by Evan Cronin. Gneeveguilla enjoyed a good period of play as half forward Cathal McCarthy made a great run in along the Stand side and coolly finished to the Glenflesk net, to level the game - 1-3 a piece. It was nip and tuck for the remainder of the half. Gneeveguilla went ahead with and Evan Cronin point. Glenflesk replied with points by Dara Fleming and Seamus O'Leary - 1-5 to 1-3 in favour of Glenflesk. In the last minutes of the half, Gneeveguilla's Evan Cronin kicked two frees to leave Gneeveguilla ahead 1-6 to 1-5 at the break.

Gneeveguilla started the second half brightly, increasing their lead with two quick Evan Cronin points David Gleeson also kicked one after a strong run up the middle - 1-9 to 1-5.





Dara Fleming and Lorcan Keane then traded points. Gneeveguilla led by four, 1-10 to 1-6 a lead they did not relinquish. It was tit for tat. Evan Cronin, pointed, a good finish after a direct run. Dara Fleming pointed a Glenflesk free. Sean O'Keeffe and Evan Cronin pointed for Gneeveguilla before Sean Doherty pointed for Glenflesk. Final score: Gneeveguilla 1-13 Glenflesk 1-8.

Sean O'Sullivan, East Kerry Coiste na nÓg Chairman, presented the trophy to Gneeveguilla captain Sean O'Keeffe. Referee Tadhg Ahern (Listry).

**UNDER 16 DIVISIONAL TEAMS:** Best of luck to East Kerry in the County Plate Final. Commiserations to Eoghan Ruadh. Congratulations to players from East Kerry clubs on winning the County Championship Cup with the Castleisland District team.

**COUNTY CHAMPIONSHIP:** Best of luck to Dr Crokes and Rathmore in the County Senior Championship Semi Finals and to Fossa in the Junior County Championship. Well done to Kilcummin on retaining Senior Championship status.

## SPA CLUB NOTES

**COISTE NA NOG:** We welcome new members boys and girls. We train all year round indoors and outdoors.

We are delighted to announce the launch of our ABC Nursery Football for beginners which is started last Saturday morning at 11.30am in our nice warm hall!! Great fun for the tots is guaranteed while they learn some of the movements fundamental to playing Gaelic Football. We look forward to seeing our stars of the future.

Training: Boys Saturday 11.30-12.30  
U6/U8/U10 and U12.

Girls: U6/U8 and U10 Girls Saturday 10-11am.  
Further information contact Secretary Bernie Courtney 087 1385612.

**U10 BOYS:** The boys enjoyed a great day of football in Rathmore in U-10 Blitz. They were delighted with their outing winning a silver in the Shield competition. Thanks to Rathmore GAA and all the coaches on the day.

**LADIES FOOTBALL:** Senior Ladies. Hard luck to the senior ladies in their Munster Campaign as they took on Fermoy last Sunday.

**FINAL JUNIOR B FINAL:** Saturday October 15th.

Junior 'B' final Finuge St. Senans v Spa.

Mary Jo Curran Cup Final

Spa V Kilcummin Oct 22/23 V Kilcummin.

**U16 EAST KERRY SHIELD FINAL:** Spa lost to a stronger Legion team last week in Spa. Girls played well. Speedy recovery to Marie O'Donoghue. Thanks to all the coaches Tim O'Connor, Donal O'Doherty and Des Spillane. Also thanks to Tom Doherty for helping out on the night along with Mary T Cronin.

**SPA U12 BOYS:** U12 Boys are having a quiz and medal presentation night in the Torc Hotel

on the 14th of October 8pm. Quiz is 4 people per team (€10 adult and €5 per child). Your support is greatly appreciated.

**GAA YOUTH FORUM 2016 - SATURDAY 29TH OCTOBER IN CROKE PARK:** Are you a GAA player aged 12 - 21 years old? Would you like to improve your performance as a player? Would you like to learn how to balance the demands of sport and study? Would you like to get inside the minds of some of the top Inter-County players in the country? If so, apply to attend the FREE #GAAYOUTH Forum! The #GAAYOUTH Forum is designed by young players, for young players. The Forum will be fun and informative with a mix of interactive exhibitions, workshops, high profile players and a Q&A session. This FREE event will fill up fast so make sure to apply online asap!

**SCÓR NA NÓG AND SCÓR NA BPAISTÍ:** Club members under the age of 17 years on January 1st 2017 who may be interested in participating in the forthcoming East Kerry Scór na nÓg competitions are invited to contact Eileen on 087 9940594.

Primary school children (club members) if interested in Scór na bPaistí may also contact Eileen on the number above.

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

**LOTTO:** Spa Lotto draw in McSweeney's for €9000 26/9/2016. Numbers drawn 3, 13, 18, 22. No jackpot winner. Lucky dips €50 each Denis O'Connor c/o Arbutus, Alan Breen c/o Jimmy's, Emily & Chloe O'Connor Coolcushlough, Sean Kelliher jnr Clash Killarney.

**HALL RENTAL:** Please contact Eileen Casey for availability 087 6577312.

**SPA MERCHANDISE:** Contact Mathilda for the new range of fantastic gear 087 6487356.

**SYMPATHY:** Condolences to the family of Kathleen McCarthy, Glounacopple, Kilcummin, who passed away last week. May she rest in peace.

## LISTRY GAA NEWS

**LOTTO RESULTS:** Sunday 2nd October, 2016  
Winning Numbers 8, 13, 17, 24.

Congratulations! JACKPOT € 6,800 WINNER:  
Joan O'Connor, Ballydesmond. Next Sunday Jackpot, the 9th October €2,000.

**FR. GALVIN CUP:** Next Sunday October 9th Fr Galvin Semi final will be played at home v Firies at 12 noon. All support appreciated.

**JUNIOR SEMI FINAL:** This game between Listry v Beale was played in Strand Road last Sunday afternoon. Half Time Score Listry 0-05 Beale 0-05. Full time score Listry 0-11 Beale 0-12.

**KILLARNEY LIBRARY:** On Thursday 13th October Killarney Library will host a lecture entitled A West Bank Story: Life under military occupation in Palestine by Killarney native John O'Shea on his experiences as an Ecumenical

Accompanier in Palestine. The lecture begins at 6.30pm and early arrival is advised.

## GNEEVEGUILLA GAA

**CONGRATULATIONS:** To Gneeveguilla U16 who won the East Kerry final.

Gneeveguilla will play away to Glenflesk in the next round of the O'Donoghue cup.

**MONTHLY MEETING:** Tuesday 4th October at 9pm everyone welcome.

**GNEEVEGUILLA GAA ANNUAL HALLOWEEN FANCY DRESS PARTY:** Will be on October 30th in the club bar spot prizes and live music on the night everyone welcome. Gneeveguilla Gaa will be raffling of a cow box trailer valued at over €3000. We are doing serious upgrades to our field our car park and fencing all around the field. Tickets for the trailer are priced at €5 for 1 and €20 for a book of 5 and can be obtained from any club member.

## FOSSA GAA

**LOTTO:** 2nd October 2016. Numbers drawn were 2, 13, 25, 27. There was no jackpot winner and the €40 consolation prize winners were Helen Geaney, Grenagh Fossa, Katherine Cronin, Knopogue Aghadoe, Danny and Tom Lucey, Muckcross Road, Tom Fitzgerald, Kilcummin and Martina Heffernan, c/o Dept of Justice. Next weeks jackpot will be €10,500. **SENIORS:**

Our seniors played Scartaglen in Farrenfore on Sunday in the Junior championship semifinal. This was a tough, uncompromising game of football where fitness and character was tested to the limit, as all championship games should be. Scart opened the scoring before Donald O'Sullivan opened our account on the 5th minute with Tadhg O'Shea adding another after 10 minutes. Both defences were on top and scores were at a premium, however in the 20th minute Fossa put together a great passing move and an exquisite flick by Paudie Clifford put Fintan Coffey through to rattle the Scart net. Donald O'Sullivan added the further points to leave the halftime score, Fossa 1-04, Scartaglen 0-03. Scart started the second half very well and reeled off three points without reply, Fossa held their nerve and two excellent points from Matthew Rennie and Tadhg O'Shea settled them again. In the 15th minute another great team move ended with Tadhg O'Shea crashing home the ball to the Scart net which allowed Fossa to control the remainder of the half. The defence of Colm Walsh, Kevin McCarthy, Anthony Wharton, Darragh Rice, Mark Dennehy and Daniel O'Keeffe were brilliant all through, they coped well with the threat from Scart and gave away no goal chance. Matt Rennie and Fintan Coffey worked tirelessly and gave a great physical presence in the middle of the pitch while the forwards of Mikey O'Shea, Lorcan Daly, Paudie Clifford, Tadhg O'Shea, Donald O'Sullivan and Kenneth Clifford worked seriously hard, were patient and took their chances





when they came. This was a great team effort with the bench working well when introduced, they now face Beale in the County final which will be another huge test for this young team, however on the evidence from this game they won't be found wanting for character, skill or fitness. Final score, Fossa 2-07, Scartaglen 0-07.

## UNDER 16 BOYS EAST KERRY DIV 2 FINAL: FOSSA 3-11 DR CROKES 2-14:

Fossa played Dr Crokes on Tuesday evening last in near perfect conditions on a beautiful pitch in Fitzgerald stadium. Crokes started the brighter and dominated the game in the early stages and kicked the first four points. Shane O' Sullivan in the Fossa goal was the busiest man on the field at this early stage. Eamonn Murphy kicked two superb points to keep Fossa in touch but Crokes had most of the play and a fine goal by Roan Delaney put them in the driving seat approaching half time. Two points from Emmett O'Shea and a point from Fossa captain Ryan Sheehan left a half time score of 1-9 to 0-5 in favour of Dr Crokes. Fossa started the 2nd half brightly and two early points closed the gap. However Crokes hit back with two points and a fine Josh Fleming goal to put Crokes in a commanding 10 point lead with 17 minutes left to play and the game looked over. But then the fight back started... John Talbot and Cian O'Shea kicked Fossa into life and started to dominate the game. In defence Cian McCarthy, Eoin Talbot, Naoise Buckley and Anthony O'Keefe took control. And in the forwards, Fossa drove hard at Crokes, with Rory Doyle and Ryan Sheehan running hard at their defence. Fossa scored three great goals in a ten minute spell - one from Captain Ryan Sheehan and two from Cian O'Shea. Crokes also kept the scoreboard moving - kicking three more points to cancel out three Emmett O' Shea points. At this stage the game was being played at a hectic pace and in the melting pot. Dr Crokes were leading by a single point going into the last minute of the game and missed an easy free to go two ahead. On the next attack Fossa were awarded a free 30 yards out after a foul on Ryan Sheehan. As the crowd held their breath, Emmett O'Shea calmly converted the difficult free. It was to be the last kick of the game and gave Fossa a well-deserved draw. The referee on the night, James O'Sullivan of Furies, was excellent and contributed to this fascinating match. The players from both sides left the field to a standing ovation from the spectators who had enjoyed a super game of football. So we have it all to do again on Wednesday October 5th in Fitzgerald Stadium at 5.45.

**RACE NIGHT FUNDRAISER:** Fossa Gaa are running a race night on Saturday 29th October towards funding the purchase and development of a juvenile playing pitch in 2.1 acres adjoining our current premises in Grotroe. It will be held in The Golden Nugget and over the next month club finance committee members will be asking for your support in the undertaking. Each horse costs €90 which can be bought outright or broken down into

three at €30 for owner, €30 for trainer and €30 for jockey. Please support the club in the investment for this and future generations.

## DR. CROKES GAA

### COUNTY SENIOR CHAMPIONSHIP QUARTER FINAL

#### DR CROKES 1-16 KERINS O RAHILLYS

**0-14:** We were only once behind in this game and that was in the 3rd minute when Kerins O Rahillys sent over the opening score, a point. By the 15th minute we were ahead by 1-6 to 0-2. Our opponents had the next two points but we outscored them by four points to two in the remaining minutes of the first half. This gave us a 1-10 to 0-6 interval lead. This half was delayed for forty minutes due to an unfortunate injury to Kerins O'Rahillys player Giles O'Grady. We wish him a speedy recovery from his injury, which necessitated his removal to hospital. Three points by our opponents in the first five minutes of the second half reduced our lead to four points. We had to defend strongly during the second half. We still looked as if we would be winners once we wouldn't concede a goal. This we achieved and were also helped by a strong bench which yielded points from Eoin Brosnan and Jordan Kiely. This was a very workmanship performance throughout the field but one would have to mention the outstanding displays of Gavin White and Colm Cooper who contributed 1-5. We have now reached the Semi Final but both our players and mentors know that it will take even better performances to win the Bishop Moynihan Cup.

**LOTTO:** Lotto 15, 18, 20, 21. Jackpot €9300. Not won match 3 4 by €100. Next draw on Sunday 9th of October in JC O'Shea. Jackpot €9600.

## LEGION GAA NOTES

**O'DONOGHUE CUP ¼ FINAL:** Legion play Spa this Saturday, October 8th at 2pm in Derreen. Come along and support the lads.

**SEM:** Well done to the Sem seniors who defeated Tralee CBS in the O'Sullivan Cup last week, eventually running out 2-23 to 3-14 winners. Robert Osborne started in goal while Cian Gammell slotted into corner back. Michael Devlin was introduced midway through the second half and Barry Slattery was also part of the twenty-four-man panel.

**U-16 GIRLS:** It took them a while to get going but when they did the U-16 girls scored a bit more freely than their Spa counterparts and emerged victorious to claim the East Kerry title. Well done to coaches Suzanne Smith and John Doona who can be justifiably proud of their team's progress this year.

**U-12 GIRLS:** Commiserations to the girls who came up short in their final against a strong Milltown/Listry side. Well done to everyone involved throughout the campaign, especially coaches Selina Looney and Hannah Devlin.

**MASS:** There will be a Mass at our clubhouse on Friday, October 14th at 7pm where we will remember our deceased members and also pray for all present and past members and their families. We hope to see past members, children, parents and grandparents, players, supporters and sponsors. Everyone is welcome. Transport will be available if required, just contact any club officer. There will be hymns by some of our Scór team and refreshments afterwards. Please spread the word.

### SATURDAY MORNING ACADEMY:

Training continues this Saturday from 10.30am to 12 noon at our home grounds in Derreen. Kids aged 4-10 from the Killarney area are invited to come along and sign up. For more information contact Seán at 087 2225325.

**SYMPATHY:** The club would like to offer its sincere condolences to the family of Ella O'Leary who has passed away. Ella's husband Jimmy was our 2014 Hall of Fame recipient. May she rest in peace.

## MILLTOWN/CASTLEMAINE GAA

### SENIOR COUNTY CHAMPIONSHIP RELEGATION PLAYOFF:

Kilcummin preserved their senior championship status with a three points victory over our own club-Milltown-Castlemaire in Castleisland on Sunday afternoon. MC was very unfortunate to lose Donal Dennehy to injury in the 14th minute. Donal had just scored MC's 1st point -when he landed awkwardly on his left elbow-sustaining a fracture. Later in the 2nd half, Paul Carroll had to be replaced after picking up an ankle injury. We wish them both a full and speedy recovery. Well done to the entire panel that fought right to the end and to Mike Hickey, Mike Carroll and Timmy Teahan for their commitment and enthusiasm with this team.

**FROM HOPE TO ACTION:** A conference organised by the Irish Association of Suicidology entitled 'From Hope to Action-Interventions that work for Suicidal People' is being held in the Brehon Hotel, Killarney, on Thursday 6th & Friday 7th October. People may attend whole days or may also select a section from the Conference Programme that they would like to attend, if interested in a particular speaker. There is a concession for volunteers, voluntary groups, sports organisations, community organisations and charities etc. If you are interested, please contact me-Deirdre, on 086/1703332 and I will email you all the conference details.

**LOTTO JACKPOT:** Our Jackpot is now at €11,200. Our next draw is this Friday night - October 7th

Tickets for the lotto are available from our regular sellers and business outlets.

Thank you to each person who has supported our Lotto draw. To all the ticket sellers-your endeavours are very much appreciated too.





## GNEEVEGUILLA ATHLETIC CLUB

**LOTTO:** There was a jackpot winner 30/09/2016, jackpot was €14,800, numbers drawn were 3, 8, 12 & 19. Winner Shauna & Michelle McCarthy Leam. Seller of the winning ticket was Aeneas O'Leary who receives €150.00. Usual weekly sellers prize winner was Shelia O'Donoghue, €50 Y/T prize winner Marguerite O'Connor Rathmore, €50 to Jerry O'Rourke Ballydesmond, €40 to Aileen Cronin Tureenamult, Derry O' Sullivan Cue Club & Neily Murphy Newquarter. Next week's jackpot €4,000.

**COUNTRY CROSS COUNTRY JUVENILE EVEN AGE, NOVICE U23 & U18:** The first of the cross country competitions was held on Sunday October 2nd in The Demense Killarney, Three following were in the medals Claragh O'Connor U10 girls, Oisín O'Leary U10 boys, Maggie Buckley & Sieve O'Connor U14 girls, U14 boys Jack O'Leary, U16 boys Francis Cronin & Eoin Lyne, U18 Anthony Buckley, U18 girls Shona O'Brien, Novice ladies Mary O'Shea. All others who competed from the club ran well. Next Sunday we travel to Furies for Juvenile un-even ages, Intermediate & Master Ladies & Men. First race is off at 11am sharp.

**COUCH TO 5K:** A new series of couch to 5K series kicks off in Barradubh New Field on Monday October 3rd at 7.30 pm, and each Wednesday & Friday night for the next eight weeks. A great way to meet new friends and keep fit over the winter. €2 per session. Programme suitable for all levels even complete beginners. Everyone welcome.

## FARRANFORE MAINE VALLEY ATHLETIC CLUB

The Cross Country Season kicked off on Sunday last with the County Novice & Juvenile Even Age Cross Country held in the Demesne, Killarney. Weather conditions were perfect with no wind and beautiful sunshine. First Juvenile race of the day was the U10 Girls. Rhian McCarthy took the lead of the 1000m race. Running out of age this showed great courage and determination. With only 200m to go Rhian was overtaken by two other athletes, not holding back she picked up the pace and finished in second place overall. Mairead Walshe was not far behind finishing just outside the medals. Grainne Costello and Niamh O'Shea also ran very well and in doing so won silver for the team. In the U10 Boys we had a team where they were all out of age and new to cross country. They all finished in the middle of the pack so did themselves very proud. Next up was the U12 Girls 2000m. Competing for us was Doireann O'Shea and Eabha McCarthy, again both competing out of age. Doireann & Eabha ran the first 1000m lap just off the lead bunch, on the final stages of the last lap both Doireann & Eabha began to pick up the pace



KILLARNEY RUGBY CLUB MINI RUGBY COACHES WHO TOOK PART IN THE MUNSTER RUGBY TRAINING COURSE LAST WEEKEND. BACK FROM LEFT: BRIAN BARTLETT, ED STACK, DENISE TREACY AND RICHARD O'BRIEN. FRONT FROM LEFT: PAT CHAMBERS, LIAM MURPHY, TOM O'LEARY AND PAUL SEXTON.

and gained a lot of positions to be placed just outside the top 10. A great show of team work by the two girls. In the boys U12 we had Cormac Costello competing. Cormac ran the first half very strong holding fifth place, but on the final stretch Cormac felt the pace and lost a few places to finish just outside the medals. In the U14 Girls 3000m, Shauna McCarthy was competing, again out of age. Shauna found a good pace in the first lap holding 4th position and within 20m of the leader. By the end of the second lap Shauna was now in second place and still looking comfortable. Throughout the last lap Shauna slowly picked up the pace and began to close the gap on the leader. In the final stages of the race Shauna made her break and sprinted past the leader to win the U14 title. In the U14 Boys, Cian Spillane ran a very solid race. From the start three runners made the break, and Cian was one of those. Cian sat in behind the leader for the most of the race and with less than 500m to go Cian took the lead and held it to win the U14 Boys title. We had no athletes competing in the U16's. David Kenny won the U18 6000m race in fine style. In the Women's Novice & U23 4000m race, there was a big field compared to recent years. Niamh De Hora (U23) lead from the start and over the four laps slowly opened up a fine gap to win the race overall very comfortably. She was soon followed home by Marie McKenna, Mary O'Shea, Grainne Tierney, Ciara Tierney, Christine Spillane & Pauline Joseph. With some fine running by these ladies and some competing in their very first cross country race picked up silver in the Novice team. Well done to you all, great to see such a large turnout. In the Novice & U23 mens 6000m race we had Aidan McCarthy & Dermot Dineen competing. It was great to see Aidan back again wearing the club singlet after been out for some time. Aidan ran a very good race finishing well up. Dermot equally ran well, picking up pace as the race progressed. Well done to all our club members who participated, our coaches, and family members who attended the event. It is

much appreciated.

Next Sunday at 11am our club will be hosting the County Intermediate, Masters & Juvenile Uneven ages XC in PJ Walshes farm, Furies. We hope to see a good turnout for this event.

**CLUB TRAINING:** Juvenile Training is on every Tuesday and Thursdays in Farranfore GAA grounds starting at 6pm. Open to all registered juveniles aged 8yrs (Born 2008) and upwards. This will be in preparation for the Cross Country Championships €2 per session.

Cardiorespiratory, strength, endurance and flexibility exercise class every Tuesday at 7pm indoors at Farranfore Sports Hall, coached by Maria McCarthy, this programme is designed to improve all the components of fitness that constitute physical fitness of an individual.

Secondary School/Junior/ Senior training every Thursday starts at 6:40pm in GAA grounds Farranfore. This is endurance training for cross country preparation. €2 club member, €4 non club member.

**ATHLETIC'S FIXTURES:** Sunday 9th October Kerry County Inter/Masters & Juvenile Uneven Age Cross Country, Furies.

Sunday 16th October National Open Cross Country incorporating the British & Irish Masters Trials, Abbots Town.

Sunday 23rd October Munster Novice/U23 & Juvenile Even Age Cross Country, Ballinahina, Carraig na Bhfear, Co. Cork.

Sunday 30th October Kerry County Senior / Junior & Juv. Relays, Cahersiveen TBC.

## MUCKCROSS ROWING CLUB

**NEW SEASON:** With a new winter training season upon us, rowing and gym training continues to resume for crews through the month of October. Last weekend, junior members enjoyed some great rowing on the lake in crisp and calm conditions while our newest and youngest beginner members were taking to the water once more. Great to see such a buzz at the lakeshore! New members always welcome. The sport is suitable for all aged 12+





and beginner rowing will continue over the coming weeks on Sunday mornings at 11.30am. The Castleconnell Head Of the River will be the club's first competitive outing of the year. The time trial event is scheduled for Saturday 29th October. The Skibbereen Head Of the River is scheduled for Saturday 12 November while our own Muckcross Head Of the River is due to take place on Saturday 3rd December. Mark those diaries and calendars now! Keep in touch with all of the latest club updates on Facebook facebook.com/muckcrossrc or follow us on Twitter @muckcrossrc.

**EVENTS:** A number of club members competed in the Killarney Adventure Race last weekend and the Killarney 10 Mile race on Saturday 24 September. We send our congratulations to Cathal Moynihan who was winner of the 50km Adventure Race route. Well done to all who took part!

## KILLARNEY COUGARS BASKETBALL CLUB NEWS

**SENIOR NEWS:** Our Senior teams leagues games commence over the coming week both teams have had a very good preseason of training in addition both teams have had some early game time with the Women facing UL Huskies away and the men meeting St Anne's both providing some early competitive action ahead of the season official tip off. Both teams Men's and Women's will open with games away to Castleisland.

**ACADMEY TRAINING:** The Juvenile Academy for the Cougars Cubs Boys and Girls continues on Friday evenings at the Parish Hall.

Training times are as follows at 5 pm for girls and 6.15 pm for boys.

Any late Registration may be completed by contacting the Club secretary or registrar. Our ages for the Academy Boys & Girls are born 2007 to 2010. New members welcome.

### **FIXTURES: SENIOR WOMEN.**

October 9 th Killarney Cougars v St Mary's, 4.30pm Castleisland CC.

**SENIOR MEN:** October 16th Killarney Cougars v St Marys 3 pm Castleisland CC.

**JUVENILES:** U16 Boys October 8 th Rathmore v Killarney Cougars in Rathmore 11.00 am.

U14 Girls October 8th Killarney Cougars v Bobcats Moyderwell Tralee 12 noon.

U14 Boys October 10th Killarney Cougars v Tigers Pres Gym 6 pm .

New members are always welcome and they can contact the Secretary on 087-4175493 or email secretarykillarneycougars@gmail.com Further details on All Killarney Cougars Clubs schedules and events log onto the website at [www.killarneycougars.com](http://www.killarneycougars.com) or find us on Facebook.

## WORKMEN'S ROWING CLUB

**UPCOMING EVENTS:** We wish our J18 Rowers, Ciara Browne, Ciara Moynihan, Siobhán Burns, Jakub Kunicki and Ruadhán Mac Curtáin the

very best of luck in the Irish Open which takes place this Saturday and Sunday in the National Rowing Centre, Iniscarra, Co. Cork. Many thanks to your coaches who have prepared you all so well, and we're sure that your dedication to training will pay off hugely. We all hope for two fine days and great conditions for you on the water.

**TRAINING NEWS:** Indoor training continues during the week as per coaches texts and at the lakeshore at Reen Pier on Saturday and Sunday mornings.

### **INTERESTED IN ROWING??**

Workmen's Rowing Club have a huge tradition of rowing in Killarney and we train for different genre of rowing all year round.. from Olympic Sculling, All-Ireland Indoor Ergometer Rowing, Traditional Killarney Sixes to Gig and Coastal Rowing.

During inclement weather we continue to train onshore and indoors. Beginners are always welcome, adults and boys and girls from 12 years of age or older can come along, talk to our coaches, try out the rowing machines and sit in with other beginners or more experienced rowers, to experience this fabulous sport. If you are interested in taking up rowing why not contact us Mary Moynihan: 086 8098182.

**OUR NEWEST ROWERS!!:** Welcome again to all our recent young recruits to Workmen's!! It is wonderful to see such enthusiasm to try something new and our dedicated beginner's coaches: Hannah Majella, Mary and Derva are always happy to encourage these young boys and girls. Many thanks also, to our safety launch drivers, Anthony and Mickey Joe who have been ensuring the safety of all of our rowers on the lake.

For a full list of upcoming rowing events and other information about the sport of rowing, please visit [www.rowingireland.ie](http://www.rowingireland.ie)

Why not keep in touch with us by liking us on facebook: 'Workmen's Rowing Club'.

## KILLARNEY RFC NOTES

**MINIS:** Last Saturday the minis had no training as our Minis coaches took part in the Munster Rugby Coaching Course over the weekend. Coaches new and old took part in what was an excellent course and great fun was had by one and all. It was great to see the new coaches take part with gusto as we were put through our paces in both learning about and taking part in rucks, mauls, lineouts and scrums. The kids can only benefit from this course as the coaches return to training with a wealth of new knowledge which will help the kids develop their potential. Minis training continues this Saturday between 10:30am and 12 midday.

**SENIORS:** Our Seniors returned to Munster Junior League action last Sunday when they travelled to Waterford to take on Dungarvan RFC at Ballyrandle. A tough match ensued with the home team scoring a try after a series of penalties, however Killarney outhalf Paudie Sheahan scored two penalties. The second penalty came at the very end of the match

earning the visitors a valuable bonus point. The home side ran out the victors on a scoreline of 11 points to 6.

**YOUTHS:** Next weekend also sees the youth squads return to action. Our U14's welcome Castleisland to Aghadoe on Saturday morning at 11am, while our U16's travel to Abbeyfeale in the first round of the Munster Club U16 Conference 5, also at 11am. Our U18's are due to host Chorca Dhuibhne at the weekend also. Best of luck to all squads.

**CONGRATULATIONS:** The club would like to congratulate the Kerry Minors on winning the all Ireland Championship a few weeks ago at Croke Park. A special congratulations to Brian Friel of Rathmore, who is a former player with Killarney RFC and a former Player of the Year. Well done to Brian and his colleagues from all at KRFC.

## FLESK VALLEY ROWING CLUB

With the evenings closing in and a change coming in the weather, arrangements for Winter training are currently being put in place for all members both young and old. New members are always welcome. Anyone interested please contact Denis O'Donoghue, Tadhg Kelly or Micheal O'Sullivan

**CONGRATS:** Two of our Valley Ladies took the plunge over the past couple of weeks. Congratulation to Aine Coakley on her marriage to Ger McGillycuddy and to Dorota Piercala on her marriage to John Boyall. Wishing ye many years of health and happiness in the future.

## ST. BRENDAN'S ROWING CLUB

**CLUB MEMBERS LOTTO:** Congratulations to our winners of this weeks club lotto 1st place No.15 Claire Sheehan and 2nd place No.31 John Wall.

**NEW MEMBERS:** New members are always welcome for both sliding and sixing so if you think rowing might be the sport for you why not come and give it a try. Please contact any of the numbers below if you would like to arrange a practice session.

**CONTACT:** Any enquiries please contact Ciarán Cronin 086 038 0272.

Nicola Morgan 086 079 8507.

Ciaran Sheehan 085 148 7743.

or email [stbrendansrowingclub@gmail.com](mailto:stbrendansrowingclub@gmail.com)

#lovekillarney



## KILLARNEY CELTIC NOTES

**CONGRATULATIONS:** To everybody who attended the 40th anniversary of the Kennedy Cup – The Kerry Schoolboys/schoolgirls was one of the six winning leagues invited as Guests of Honour.

### KILLARNEY CELTIC GOLF CLASSIC:

The Club Golf Classic at Beaufort Golf Club is on this Friday October 7th - tee times from 1.30pm and Saturday October 8th from 700am. The European Ryder Cup team have contacted me especially to say that they are anxious to recruit new talent, for some reason. Contact Tim Lyne on 086 0522506 to book tee times. Please support as it is a very important fundraiser for the club.

**SCHEDULED TRAINING TIMES:** These are the initial training times for the various teams as the season gets underway – please note, these will be subject to change.

Under 7 (2010) Saturday 1.30pm.

Under 8 (2009) Saturday 1.30pm.

Under 9 (2008) Saturday 3.00pm.

Under 10 (2007) Saturday 4.30pm.

Under 11 (born 2006) Wed 5.30-7.00pm.

Under 12 (2005) Tuesday 5-6.30pm.

Girls U10/U12 (2005) Monday 19th, 6.00pm.

Under 13 (2004) Thursday 6.30-8.00pm.

Under 14 (2003) Monday 6-7.30pm.

Under 15 (2002) Monday 7.30-9.00pm.

Under 16 (2001) Thursday 7.30-9.00pm.

Girls U14/U16 (2001/2002) Friday 6.30-8.00pm

Senior B, Youths and U17 training is back on Tuesday's at 7.30pm and Friday's from 7pm.

**REGISTRATION:** Will be taken at all training sessions (€50 per child, €90 for two siblings, €120 for three or more). New players are always welcome at all grades.

**VOLUNTEERS WANTED:** One thing that Killarney Celtic are badly stuck for this year is help with our teams, especially at underage. Celtic has a proud and long-standing tradition of providing games and teams for players of all ages and abilities. We fielded 19 teams last year, plus non-competitive coaching and blitzes for big numbers from U7 to U10, Football for All, and our Soccer Tots Programme, but in order to continue to do that, we need volunteers to help make sure that everyone is playing in a safe and enjoyable environment. Full training and support will be given.

### RESULTS: FAI JUNIOR CUP: KILLARNEY CELTIC 9 NEWCASTLEWEST 0:

Matt Keane opened with a long range beauty as Celtic really hit top gear right from the start. Jamie Spillane made it 2-0 from the spot after Stephen Hayes was pulled down. Cathal O'Shea drilled home after a great run and cutback by Stephen, Matt Keane made it 4 after some precision build-up play. The next one arrived from another Jamie penalty after Cathal O'Shea was fouled, and Pdraig O'Connor neatly fired into the corner after more great Celtic teamwork. 6-0 at half-time! In fairness to a shellshocked Newcastlewest, they were much improved in the second half, with Van Mumbana and Willie Kavanagh creating difficulties, but nothing a rock solid Celtic defence couldn't cope with, and Wayne Sparling netted after great build-up play by Joe Hurley, followed by more goals



KAYING ON MUCKROSS LAKE IN QUEST KILLARNEY - A MULTI-ACTIVITY ONE DAY ADVENTURE RACE EVENT, AT THE WEEKEND.  
PHOTO: VALERIE O'SULLIVAN

from Jack O'Neill and a second for Wayne.

**KILLARNEY CELTIC:** Brian Kelly, Conall Murphy, Brendan Falvey, John McDonagh, Chhris O'Leary, Stephen McCarthy, Stephen Hayes, Jamie Spillane, Matt Keane, Pdraig O'Connor, Cathal O'Shea. Subs Roy Kelliher, Wayne Sparling, Joe Hurley, Jack O'Neill, Conor Randall, Presley Dube.

**NEWCASTLEWEST:** Keith Power, Andy Lyons, Kieran Herlihy, Donnagh Woods, Kevin O'Shea, Eoin Normyle, Stephen Brown, Sean Cronin, Van Mumbana, Tony Quaid, Willie Kavanagh. Subs Jason Cummins, Darragh Quilligan, Kevin Kavanagh.

Referee: Seamus O'Mahony

**DENNY PREMIER B: KILLARNEY CELTIC B 2 KILLORGLIN 2:** Goals from Eoin Moynihan and Conor Randall secured a good point against Killorglin's A team.

**MUNSTER YOUTHS CUP: KILLARNEY CELTIC 0 DINGLE BAY ROVERS 0** (Celtic lost on penalties AET)

Neither side could break the deadlock, with Celtic down to ten men after an unfortunate injury to Oran O'Donoghue, and unfortunately, the penalty shootout lottery fell in Dingle's favour.

**U14 PREMIER: KILLORGLIN 1 KILLARNEY CELTIC 0:** A good effort in a very tight game, but Killorglin were just fractionally better and deserved their win.

**U14 DIV ONE: KILLARNEY CELTIC B 2 ST. BRENDANS PARK B 2:** A brace from Simon Coffey and sparkling displays from Aaron O'Sullivan and Cian McCann helped us to a deserved share of the spoils.

**U12 PREMIER: KILLARNEY CELTIC 3 MASTERGEEHA 5:** Cracking game. Celtic went 2-0 up through Eoghan Crowley and Calvin O'Sullivan. Sean Doolan with a brace equalised before half-time. Superb right winger Brian O'Sullivan gave Celtic the lead but Adam Murphy curled in a beautiful Mastergeeha corner and Jack O'Donoghue and David O'Leary scored late on to give the visitors the win.

**U12 PREMIER THREE: FENIT SAMPHIRES 3 KILLARNEY CELTIC B 2** Goals from Timmy McClain and Andrew

O'Doherty weren't enough to win us a five goal thriller; very well done to both sides.

### U12 DIV ONE: CAMP JUNIORS 5

**KILLARNEY CELTIC C 3:** A great game and fantastic entertainment for supporters of both teams – this is exactly what juvenile soccer should be about.

### FIXTURES:

Munster Junior Cup: Killarney Celtic away to Castleisland, Sunday, 2.30pm.

Denny Premier B: Killarney Celtic B away to Athletic AC, Mounthawk, Sunday, 2.30pm.

U17 League: Killarney Celtic away to Castleisland, Saturday, 2.30pm.

U15 National Cup: Killarney Celtic away to Abbeyfeale, Saturday, 2.00pm.

U15 Div Two: Killarney Celtic B at home to Rattoo Rovers, Saturday, 12.30pm.

U13 Division One: Killarney Celtic A away to Castleisland, Saturday, 11.00am.

U13 Div Two: Killarney Celtic B at home to Ballyheigue, Saturday, 12 noon.

U13 Division Three: Killarney Celtic C at home to MEK, Saturday, 10.30am.

U11 Group One: Killarney Celtic away to Listowel Celtic, Saturday, 2.00pm.

**LOTTO:** Numbers drawn 3, 5, 10, 13. No winner, two x match three, Tadhg Moynihan, Dunloe Lodge, Christopher Fitzgerald, €75 each. Next week's jackpot €2400, draw in the Falte 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.

## KILLARNEY ATHLETIC

### RESULTS: FAI JUNIOR CUP

**KILLARNEY ATHLETIC 6-1**

**BALLYHEIGUE:** The As are through to the 2nd round of the Fai junior cup with a 6-1 win over Ballyheigue Athletic. In the first half playing against the wind the boys where



not playing their best but still came in at half time 2-1 up with goals from Shane Lynch. The second half started with Cillian O'Regan scoring after a free kick by Shane Lynch was not held by the Ballyheigue keeper. Two goals by William Courtney and one by Shane Lynch for his second hat trick in his last two games finished off an excellent second half display. Four wins from four in all competitions this season keep it going guys.

**U18: MASTERGEEHA 2-2 KILLARNEY ATHLETIC:** Mastergeeha went 2-0 up in the first 15mins as athletic struggled with the pace of the strikers. Geeehas main man Sean O'Leary was sent off for dissent and Athletic took control of the game and scored two quick goals through James Kelly and John Hannigan to leave half time score 2-2. Again in the second half, Athletic were well on top but could not get the winner due to some great team defending from geeha.

**U16: INTER KENMARE 2-2 KILLARNEY ATHLETIC:** Caolan Ryan with a great individual goal going past the inter defence after a cracking 30 yard pass from Eamonn long. Tadhg Doolan with another goal gave athletic a 2-0 lead. Only for the inter keeper, it would have been a lot more and inter built on this confidence. Two late goals to Kenmare for a share of the spoils -man of match Caolan Ryan.

**U14: FENIT 1-2 KILLARNEY ATHLETIC:** Athletic started brightly, getting stuck in early on and were rewarded when Rian O'Brien gave them the lead in the first half with a good finish to cap off a fine display. Fenit equalized before half time with a contentious penalty. Darragh Doolan was again impressive for Athletic with a some vital saves. Athletic got the breakthrough in the second half when Jason Lee, from inside the centre circle struck a wonder goal, not likely to be matched all season on a very impressive debut for the club. Athletic tired near the end and the windy conditions helped our hosts, but Athletic never stopped working til the end. Others to impress were Kieran Pierce & James O'Shaughnessy at the back, Jack Lynch in midfield and Eoin Mulvanney up front.

## FIXTURES:

### Saturday 8th October 2016

Sfai Sketchers U13 Troy Cup  
Killarney Athletic v Tulla Utd 2pm.  
Moriarty's Centra U11

### Group 2

Killarney Athletic v M.E.K 11-30am.  
Daly's Supervalu U13 Div.2  
Inter Kenmare v Killarney Athletic B 10-30am.  
Killarney Plaza U15 Premier  
Park A v Killarney Athletic 10-30am.

### Sunday 9th October

Denny Premier A  
Killarney Athletic v Inter Kenmare 11-30am.  
Denny Division 1B  
Killarney Athletic B v Strand Road Fc 2-30pm.

**CHURCH GATE COLLECTION:** The club would like to thank all members who took part in the annual Church gate collection last Saturday and Sunday, and to those who contributed. Most notably the organizers Aaron Quill and Sean O'Donoghue.

## CHRISTMAS QUIZ/AWARDS NIGHT:

The Christmas Quiz will take place on the 18th November 2016 in the Killarney Oaks Hotel. Player of the Year awards will be handed out on the night also. More Details will follow in the coming weeks.

**KILLARNEY ATHLETIC WEBSITE:** Please check the website on [www.killarneyathletic.com](http://www.killarneyathletic.com) or facebook for match reports, club information and contact details.

**CONTACT:** If you have anything to add to the Killarney Athletic A.F.C Notes please contact Alan Daly on 085-1913244 or [aland15@live.ie](mailto:aland15@live.ie)

## MASTERGEEHA FC

### U12: KILLARNEY CELTIC 3

**MASTERGEEHA 5:** In this exciting game the boys battled all the way and just edged ahead in the final quarter. Adam Murphy, Jack O'Donoghue, David O'Leary and Sean Doolan (2) were the scorers in a good team performance.

### U14 PREMIER: PARK 6 MASTERGEEHA

**0:** In this game the boys played a good Park side. Down two at the break the more clinical Tralee side added further goals in the second half.

### YOUTHS: MASTERGEEHA 2 KILLARNEY

**ATHLETIC 2:** In this game the boys went ahead early on when James Nagle passed to Darren Looney to score. Mastergeeha then doubled their lead when Sean O'Leary scored. However just before the break the Killarney side scored two goals. In the second half Mastergeeha battled hard with both side creating chances.

### SENIORS: MASTERGEEHA 3 CLASSIC 0:

Mastergeeha qualified for the next round of the Munster Cup with a good performance at home on Sunday morning. Scott O'Mahoney, Gearoid Kerins and Damien Breen got the goals.

**MASTERGEEHA FC LOTTO:** There was no winner on Friday 30th September, 2016. Numbers drawn were 2, 7, 17, 23. Consolation prizes were €100 Anthony O'Leary, Inch, Kilcummin. €60 Joan Devane, Mastergeeha, Kilcummin. €30 Noel O'Sullivan, Lyreatough, Kilcummin. €30 John Lenihan, Kilcummin. €30 John O'Neill, c/o Bertie. Jackpot now €2,550.

## SCHOOLBOY/GIRL SOCCER

Even Age Action: JK Sports 12 Premier:

### Premier 1:

Killarney Celtic 3-5 Mastergeeha.

### Premier 2:

Killarney Athletic Blue 1-8 Killorglin A.

### Premier 3:

Tralee Dynamos 0-8 Park.

Fenit 3-2 Killarney Celtic B.

### Premier 4:

Listowel Celtic A 8-3 Park B.

### 12 Division 1:

Camp Juniors 5-3 Killarney Celtic C.

### Foundation Sports 14's:

**Premier:** Camp Juniors 4-1 Listowel Celtic A.

Park A 9-0 Mastergeeha.

Killorglin A 1-0 Killarney Celtic A.

### Division 1:

Ballyhar Dynamos 5-4 Killorglin B.

Fenit 5-2 Killarney Athletic.

Killarney Celtic B 2-2 Park B.

Tralee Dynamos 1-1 Inter Kenmare.

### Tralee Trophy World 16's:

**Premier:** Tralee Dynamos 3-1 Killarney Celtic.  
Park A 6-0 Killorglin A.

### Division 1:

Ballyheigue 3-2 Listowel Celtic A.

Ballyhar 1-2 Camp Juniors.

Inter Kenmare 2-2 Killarney Athletic.

### MATCH REPORTS: GOALS GALORE IN

**THE JK SPORTS 12'S:** There was lots of action in all the 12 Premier divisions. In Premier 1 Killarney Celtic led twice but could not hold out. Eoghan Crowley and Calvin O'Sullivan put Celtic 2-0 up. Sean Doolin pulled the two back to level matters. Brian O'Sullivan again put Celtic ahead but Adam Murphy scored to get the Kilbreen side back to parity, From there Mastergeeha pushed ahead and goals from Jack O'Donoghue and David O'Leary gave them the points.

Killorglin A were too strong for Killarney Athletic Blue thanks to goals from John Touhy, Marc Murphy, Stevie Gannon, Andrew Owens, Tom Garry, Dara Crosby and Dara O'Connor.

The Park were too strong for a young Tralee Dynamos side who battled to the end. However the Park were lethal in front of goal and Ray McGrath, Jamie Williams, Damian Hogan, Jamie O'Shea, Dara Cunneane, Callum O'Sullivan, Jack Slattery, Michael Tansley and Obina Izahi all got on the score sheet.

Goals from Jimmy McClean and Andrew O'Doherty were not enough to give Killarney Celtic B anything from their game against Fenit who won 3-2.

Listowel Celtic A were the winners in Premier 4 as they defeated Park B. Jack Enright, Cormac Dillon, Stefan Carrig, Killian Boyle, Shane Horgan, Daniel Kirwan, Rory Whelan and Rob Heffernan all scored.

### CAMP THE WINNERS IN 12 DIVISION 1:

Camp Juniors were 5-3 winners at home to Killarney Celtic C who had CJ Daniels, Paudie Fitzgerald and Cillian O'Neill on the mark.

### HOME WINS IN FOUNDATION SPORTS

**14'S: PREMIER:** There were home wins in the three games in the Foundation Sports 14's Premier. A Maurice O'Connell hat trick and one from Coleman O'Meara gave Camp Juniors a 4-1 over Listowel Celtic A. Carlos Lopez replied for the North Kerry side.

Darragh Caplis had a good day hitting 5 for Park A against Mastergeeha. Cian Brosnan, David Callaghan, Ryan Guerin and Tom O'Sullivan got the other goals.

Killorglin's Dylan Moriarty got the only goal in a 1-0 win over Killarney Celtic A.

### WIN'S AND DRAWS IN DIVISION 1:

John Power with 3 and Peter Cosgrave 2 were the scorers for Ballyhar in a 5-4 win over Killorglin B. Ryan Diggin 2, Jack O'Sullivan and Ryan O'Sullivan were the Killorglin scorers.

Fenit had a hat trick from Eddie McCarthy, a penalty from Niall Cassidy and a goal from James Baxter in their 5-2 win over Killarney Athletic. Rian O'Brien and Jason Lee were on the mark for Athletic.

Killarney Celtic B and Park B shared the points following a 2-2 draw. Simon Coffey got both



Celtic goals with Leonid and Danny Fisher getting the Park's goals. Tralee Dynamos and Inter Kenmare also shared the points as they drew 2 all. Alex Hoare scored for the Tralee side and Corey Murphy for Inter Kenmare.

## **TRALEE SIDES WIN IN 16 PREMIER:**

Tralee Dynamos were 3-1 winners over Killarney Celtic with Leo Gaxha getting 2 and Mohamed Raheemi the third.

The Park A had it easier against Killorglin. Goals from Sean McGrath 3, Nil Torne, Mervyn Shalemba and Jordan Barry saw the Tralee side pick up all three points.

**NOTHING BETWEEN THE SIDES IN 16 DIVISION 1:** Sean Sheehan celebrated his birthday in

style hitting 2 goals in Ballyheigue's 3-2 win over Listowel Celtic A. Conor O'Sullivan got the other Ballyheigue goal. Brendan O'Neill and Devon McKenna got Celtic's goal.

Killian Falvey scored twice in Camp Juniors win away to Ballyhar who only goal came from Jason Brennan,

Inter Kenmare can thank Tommy Cronin who scored twice for the home side to earn them a draw at home to Killarney Athletic who had been ahead twice through Caolan Ryan and Tadgh Doolan. Athletic's goals came either side of half time but couldn't hold out as Inter Kenmare scored twice in the final 10 minutes in a cracking game.



If you want to keep up to date on a daily basis make sure to follow us on @killoutlook

## **ON THE BOX KILLARNEY OUTLOOKS WEEKLY SOAP COLUMN**

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



### **On the Box**

**HERE'S YOUR WEEKLY GUIDE TO YOUR FAVOURITE SOAPS!**

**CORONATION STREET:** Steve faces a big week when he discovers that he could potentially have a genetic condition that could harm both his unborn babies. While Steve tells Michelle he's not having the test done, Leanne takes matters into her own hands. Elsewhere, Faye gets a new boyfriend to Anna's horror, Sarah and Gary's romance faces issues and David's plan for revenge hots up.

**EASTENDERS:** It's time to say farewell to Les and Pam as they depart the square for good. However, Les has some concerns about Billy while Pam faces a blast from the past. Elsewhere, Denise's pregnancy causes her issues with Kim, Steven and Lauren have a heart-to-heart and Ben and Abi make up.

**EMMERDALE:** The Barton and White families take centre stage this week as James finds himself held prisoner by Emma after she discovers his recent fling with Moria. Meanwhile, Rebecca, Chrissie's sister touches down in the village via helicopter and she's working for Robert against her own sister. Elsewhere, Rakesh's debts are finally exposed.

**FAIR CITY:** The affair is finally over as Debbie and Tommy's secret is blown wide open. While Eoghan and the rest of the family react, Debbie is forced to defend her actions. Meanwhile, Niamh and Dermot agree to a plan which will see them both fleece Paul for all he's worth.

*Killarney Outlook  
are looking for  
your old photographs for our Souvenir edition in January.*

*If you have an old picture of Killarney or its residents you can bring it into our office at*

*30 High Street where we will scan it and return it to you immediately.*

*Our Souvenir edition is very popular with Killarney people at home and abroad and we appreciate all the photographs that are given to us so we can share them with everyone.*



*See last years Souvenir issue on  
[www.outlookmags.com](http://www.outlookmags.com)*





MARY O'ROURKE LADY CAPTAIN (FOURTH FROM LEFT) PRESENTING FIRST PRIZE IN HER LADY CAPTAIN'S CHARITY DAY COMPETITION TO WINNERS HELEN PENDERGAST, NOREEN COFFEY AND MARY O'CONNOR WITH (LEFT) MARGUERITE MULCAHY (BACK FROM LEFT) N MARY O'CONNOR AND MAUREEN CREEDON 2ND, MARY MOYNIHAN, MARY MCCARTHY AND SIOBHAN O'SHEA, KATHLEEN BROSAN, KATHLEEN WRENN, ANNE O'LEARY, PATSY HANLEY, JULIE O'DONOGHUE, HELEN HOWARD, BERNIE GALVIN AND URSULA DALY AT KILLARNEY GOLF AND FISHING CLUB, KILLARNEY.

## KILLORGLIN GOLF CLUB

**LADIES RESULTS: 18 HOLE SINGLES STABLEFORD SPONSORED BY KERRY PETROLEUM:** 1. Mary Murphy Garvey (34) 37 pts. 2. Kathryn Kearns (35) 35 pts (B9). 3. Eleanor Dowd (23) 35 pts.

**BEAUFORT EXCHANGE DAY 18 HOLE SINGLES STABLEFORD SPONSORED BY CROWLEY'S SHOE SHOP:** 1. Kathleen Houlihan (28) 31 pts. 2. Mary Murphy Garvey (34) 30 pts. 3. Maire Ni Loinsigh (24) 29 pts.

**12 HOLE RE-ENTRY STABLEFORD MONTH SEPTEMBER SPONSORED BY AGNES O'CONNOR:** 1. Kitty Galvin (27) 28 pts (B3). 2. Emma Daly (19) 28 pts. 3. Mary Conway (29) 27 pts.

Next 12 Hole re-entry sponsored by Ex Officio Phil Anne Foley continues until further notice.

**SILVER SWANS 12 HOLE STABLEFORD 27/09/2016:** 1. Mary Murphy Garvey (34) 24-2=22pts. 2. Coral Kiely (32) 21-½ =20 ½. 3. Phil Anne Foley (36) 18 -½ =17 ½.

**FIXTURE:** Dooks Exchange Day 18 Hole Singles Stableford sponsored by The Club is on Sunday

9th October. Time Sheet in Pro Shop.

## ROSS GOLF CLUB

**RESULTS:** On Sunday October 2nd we held the Frank Doran Safeguard Security Back Stakes single stableford competition.

**THE WINNERS WERE:**

1. Colin Daley (17) 38pts.
2. Tom McSweeney (14) 36 pts.
3. Renaldas Bendikas (8) 35 pts.

Senior Category winner - Sponsored by Tim Jones Butchers was Seamus McCarthy.

On Sunday October 9th we will hold an 18 hole single stableford competition. The time sheet is now available in the clubhouse so please add your name to it as soon as possible.

## BEAUFORT GOLF CLUB

**(LADIES BRANCH)**

**RESULTS: 2ND OCTOBER - 18 HOLE STABLEFORD (XMAS FARE) - SPONSORED BY LADIES BRANCH**

1st Renee Clifford (26) 29 pts.

2nd Noleen Mackessy (26) 27 pts.

**FIXTURES:** 9th October - 18 hole Par 3 Competition - Sponsored by Ladies Branch. Winter/Spring League - 9 hole re-entry. Play anytime.

## KILLARNEY GOLF CLUB

**LADIES**

**RESULTS OF COMPETITION SUNDAY 2ND OCTOBER, SPONSORED BY MUCKROSS HOUSE, SINGLES S/FORD KILLEEN.**

- 1st Kathleen Wrenn (20) 40 pts.
- 2nd Fidelma O'Connor (11) 38 pts.
- BG Fidelma O'Connor (11) 217 gross pts.
- 3rd Mary O'Doherty (14) 33pts (bk9).
- 4th Alicia Burke (28) 33 pts.
- 5th Noreen Buckley (20) 32 pts (bk9).
- 6th Patsy Hanley (21) 32 pts.

CSS 35.

**RESULTS OF CLUB CHAMPIONSHOPS FOR 2016.**

Mixed Foursomes = Winners, Mary Kelly, Crohan Fitzgerald.

Runner Up Ursula Daly, Donal Considine.

Ladies Foursomes = Winners, Anne Rudden Kathleen Wrenn.

Runners Up Mary Geaney, Sheila Crowley.

Ladies Singles = Winner Mary Geaney,

Runner Up Anna Maria Gallivan.

Next Sundays competition will be sponsored by Castlerosse Hotel, Singles/stroke, Mahonys.

## CASTLEROSSE GOLF CLUB

**RESULTS: COMPETITION PLAYED ON SUNDAY 2ND OCTOBER, 18 HOLE STABLEFORD.** 1st Steve Shine (18) 35 pts, Runner-up, Donal O'Reilly (19) 34 pts, 3rd place, Dan O'Connell (24) 31 pts.

**RESULT OF MIXED SCRAMBLE:** Played on Tuesday 27th September best net return, Gintaras Bendaravicius, Mick Clifford & Steve Shine.

**FIXTURES:** Weekend competition, 18 Hole Stableford.



PICTURED AT THE PRESENTATION OF THE PRIZES FOR THE RECENT PRESIDENTS PRIZE AT THE ROSS GC WERE FRONT - (L TO R) SEAN MOYNIHAN, CAPTAIN, DONIE MULCAHY, PRESIDENT, CAROLINE MULCAHY, SEAN O'BRIEN, WINNER. BACK (L TO R) AMBROSE O'DONOVAN, JONATHAN CASEY, SEAMUS O'DONOGHUE, JOHN SPILLANE, DANIEL CRONIN AND TOM COLEMAN.



MARY O'ROURKE LADY CAPTAIN PRESENTING FIRST PRIZE IN THE KILLEEN HOUSE HOTEL LADIES COMPETITION TO LIZ KELLEHER WHO ACCEPTED ON BEHALF OF WINNER SIOBHAN BROSAN WITH (FROM LEFT) BREDA NEESON, JUDY O'DONNELL WHO ACCEPTED ON BEHALF OF HER DAUGHTER EIMEAR AND ANN MOYNIHAN AT KILLARNEY GOLF CLUB, KILLARNEY ON TUESDAY.



## DEERPARK PITCH & PUTT NOTES

The club will host the annual 36 Hole Strokeplay competition on this Sunday morning at 9.15 am with an entry fee of €10.

### U-16 MATCHPLAY COMPETITION:

Congratulations to our U-16 members who turned in a most creditable performance at the Royal Meath course at the weekend with Cilian Courtney and Robbie Harnett reaching the semi-finals of the plate and Cian O'Mahoney and Daragh O'Callaghan bowing out in the quarter finals of the Championship. A special word of thanks to the club members and parents who travelled with the teams.

### OPEN SCRAMBLE AND SCRATCH CUP:

Deerpark will host the Open Scramble and Scratch Cup competitions on the October Bank Holiday weekend.

## KILLARNEY GOLF CLUB

### MENS:

#### MATT LEACY WINS GOLFER OF THE YEAR FOR 2016:

Matt Leacy has won the "Golfer of the Year" for 2016, Matt had previously finished second in that championship in 2012 when he won the Club Championship that year, and Matt had previously won the Club Foursomes when he was partnered by his older brother Kevin. Matt has been a regular member of the Club Junior Cup team for many years, and is the son of our deceased Club stalwart, the evergreen Jim Leacy, and in whose honour we play for the "Jim Leacy Cup" which is a singles competition on an annual basis. Matt has also recorded a Christmas hamper win among his collection of Club competitions over many years. The runner up in the "Golfer of the Year" was Liam Healy,



JACKIE O'SHEA OF VISAGE KILLARNEY PRESENTING FIRST PRIZE IN THE VISAGE LADIES COMPETITION TO WINNER EILEEN TARRANT WITH PRIZEWINNERS TINA O'SULLIVAN, PATSY HANLEY AND JUDY O'DONNELL WHO ACCEPTED HER DAUGHTER EIMEAR'S PRIZE AT KILLARNEY GOLF CLUB, KILLARNEY.

who has been playing great golf in recent months, Liam has put that success down to becoming a member of the Men's Committee for the first time, this year.

Sunday the 2nd of October competition was the John C. Cooper Memorial Competition.

This competition which is very kindly sponsored by the family of the late John C. Cooper, and for which they have donated a beautiful Cup to the Club in his honour, and was played in benign conditions on the day. The Cup was won by Andrew Garnett with a great score of 41 points, and in 2nd place was John P. O'Shea with 40 points, John who is affectionately known as "John the Jeweller" was recording a 2nd place in a Club competition for the 2nd time this year, and John said that he really wanted to record a

win in this particular competition as John C. was a great friend of his, and also his Golf mentor. In third place was James O'Neill also with 40 points, James was 5 under par for the holes from the 4th to the 16th and was three under par on the 17th tee only to falter, and finish with a double bogey and a bogey. **RESULTS WERE AS FOLLOWS:** 1st Andrew Garnett (17) 41 points, 2nd John P. O'Shea (13) 40 points, 3rd James O'Neill Jnr. (4) 40 points, 4th Michael Tangney (10) 38 points, 5th Greg Lanigan (4) 38 points, category 1 Joseph Sheehan (5) 37 points, category 2 Denis A Murphy (9) 34 points, category 3 Pat Kelliher (13) 35 points, category 4 Sean Hickey (19) 35 points. Standard scratch was 35 points.

## GALVIN CLAIMS CHAMPIONSHIP TITLE

Killarney and District Motor Club member, Mikie Galvin from Aghade has secured the title of Irish Tarmac Rally Championship Co-Driver last weekend at the International Cork 20 Rally. Co-driving for Bantry's Keith Cronin in their Citroen DS3 R5, the pair were involved a tense championship battle all weekend with Fermanagh's Alastair Fisher and the Moffett Brothers Josh & Sam Co.Monaghan. The opening stages around the Fermoy countryside were slippery and fast requiring a steady pace and precision driving. The crew led the event after day 1 by a only mere 5 seconds. On day 2 unfortunately they picked up a puncture on stage 12 dropping them back to 4th Overall yet still collecting



MIKIE GALVIN AND KEITH CRONIN PICTURED AFTER THEIR WIN.

enough points to claim the title. For Mikie(23) this is the highest achievement in Irish Rallying and as a Co-driver he looks certain to follow in his fellow club member Paul Nagle's footsteps. Congratulations and well done.







## KITCHEN SCRAPS CAN HELP TO FEED BIRDS

Offering scraps as food for birds is a great way to save money on birdseed by using food that might otherwise be thrown away. By turning scraps into bird food and placing it in a separate mesh feeder less is wasted and at the same time the birds enjoy a greater variety of treats that can keep them coming back to your feeders. While a diet composed completely of scraps is less suitable, occasional scraps are easily incorporated into birds' high metabolic rates without detrimental effects. In winter months, when alternative natural food is minimized, scraps provide greater variety and different proteins, fats and carbohydrates that are not always abundant in birdseed mixes. Small amounts of scraps can also be welcome during migration and nesting seasons when birds require more food and a stronger source of energy to stay healthy.

- **Baked Goods:** Stale or dry bread, bread crusts, doughnuts, cakes, biscuits and crackers are all appealing to backyard birds. Break the products up into small pieces and soak very stale pieces in water before offering them to the birds. Whole grains and less processed baked goods are preferable.

- **Cheese:** Stale, hard bits of cheese will readily be eaten by birds. Mild flavours such as mild cheddar are most suitable, but soft cheeses such as cream cheese are not. No mouldy or rancid cheese should be offered to birds at any time.

- **Pasta and Rice:** Unsalted leftover cooked plain pasta or rice is a great source of carbohydrates, especially for granivorous birds. The scraps should be soft, and chopped into small enough pieces to be carried by the birds. Avoid offering leftover pasta with heavy sauces, strong spices or thick cheeses.

- **Vegetables:** Birds eat a lot of seed and plant material, and scrap vegetables can be a welcome feeder treat. Frozen peas or corn (thawed first), leftover baked potatoes or

bits of canned vegetables, even from canned soups, can all be offered to backyard birds. Scraps are not an alternative to bird seed, if birds ate nothing but scraps, they would not get sufficient nutrition for healthy growth or proper energy. Instead, a poor diet could lead to health problems such as obesity or feather deformations. To minimize this risk, offer scraps only on rare occasions and only in limited quantities along with your regular supply of bird seed. (Continued next week).

## SWEDEN IS GOING TO ENCOURAGE PEOPLE TO REPAIR INSTEAD OF REPLACE GOODS

The idea drawn up by the country's ruling Social Democrat and Green Party coalition, comes in the form of a parliamentary proposal that would bring in tax breaks that reward Swedes who opt to send off consumer goods such as bicycles, clothing and shoes for minor mending and repairs instead of throwing them in the rubbish and replacing them with new ones. This would be achieved by lowering the rate of the value-added tax (VAT) applied to the professional repair of such items from 25% to 12%. An additional incentive introduced to Swedish Parliament would offer tax refunds - half the labour cost of repairs - to those who fix larger items including home appliances such as dishwashers, washing machines and ovens. Swedes can already recoup 50% of labour costs of "paid house work" such as employing a handyman or cleaning person from their annual income taxes. The tax breaks are expected to lead to a thriving repairs industry and create new job opportunities for the country's immigrant population. France, in 2015 passed a law outlawing planned obsolescence and requiring manufacturers to offer consumers free repairs or replacement parts on appliances up to two years after the date of purchase. Germany and Norway have similar laws on the books, aiming to curb the amount of waste entering landfills, keep money in the pockets of consumers and generate jobs in the appliance repair sector.

## NATURE LOVING NUNS STOPPED A PIPELINE IN ITS TRACKS

On August 8, 2013, Cecilia Skees a farmers daughter from Kentucky and other Nuns from Loretto and several other convents attended an informational meeting held by representatives of the Bluegrass Pipeline. A joint venture between Williams and Boardwalk Pipeline Partners, the project would have transported natural gas liquids from fracking fields in Pennsylvania and Ohio southwest across Kentucky to connect with an existing pipeline to the Gulf of Mexico, with Loretto's land directly in its path. Frustrated with what they saw as a lack of helpful information at the meeting, several of the sisters, including 83 year old Sister Skees, gathered in the centre of the room and broke into song. A video of the sisters singing "Amazing Grace" was picked up by media outlets, and reached

hundreds of thousands of people. A company representative asked the police to arrest the sisters for disrupting the meeting that day. But the officers, who were graduates of local Catholic schools, refused to arrest their former teachers. Woodford county resident Corlia Logsdon joined the campaign against the pipeline when she realised the proposed route would cut directly through her front yard and she found the Nuns to be stalwart partners, who regularly accompanied her to negotiate with state lawmakers. In March 2014, a circuit judge ruled against the pipeline, saying the companies had no right to use eminent domain against owners unwilling to sell their land. A few months later, the companies agreed to redraw their route to avoid Loretto's grounds, but the Nuns kept protesting to support their neighbours. The case eventually went to the state supreme court, which upheld the lower court's decision. The pipeline was defeated - and the same coalition is now fighting another planned pipeline in Kentucky.

## THERE ARE SOME PLACES IN AMERICA WHERE YOU CAN'T BUY A BOOK

A new study has identified a new type of desert, affecting many of the 13.5 million people living in grocery store-less areas: book deserts. An investigation led by NYU's Steinhardt School of Culture, Education, and Human Development found that there's startling lack of children's books in low-income neighbourhoods across Detroit, Washington, D.C. and Los Angeles. The more concentrated poverty levels were in these areas, the less likely they were to contain access to books, according to the findings. Researchers say that much like a lack of access to healthy foods, these book deserts are seriously hindering children from being successful in school.

Three of the six neighbourhoods had no bookstores and while online book sales have grown throughout the U.S. in recent years, three out of four children's books are still bought in brick and mortar stores. While public libraries are critically important in giving families access to books, research has shown that the presence of books in the home is related to children's reading achievement," explains NYU. This means growing up in a house with a bookshelf, where it was possible to look at, touch, read and re-read printed materials at any time has a big impact on a child's propensity for reading and thus their potential for academic success.

## REEF FISH SING IN THE MORNING, JUST LIKE BIRDS

Researchers from Curtin University in Australia and the University of Exeter in Great Britain placed hydrophones in the coastal waters of Western Australia to study fish sounds and recorded a cacophony of calls. The sounds recorded were made by individual fish, but when they overlap they form an underwater chorus.

Researchers found seven types of fish choruses in total, which occurred mainly between early spring and late summer, with distinct patterns observed at sunrise and sunset.



"You get the dusk and dawn choruses like you would with the birds in the forest," said Steve Simpson, a marine biologist at the University of Exeter.

Fish, which may otherwise seem like the silent type, use sounds to find mates, feed, defend their territory or call out in distress.

According to the study, worldwide there are over 800 species of fish that reportedly produce sound.

This study also adds to a growing body of knowledge about the secret lives of fish who continue to be one of the most underappreciated and overexploited species on earth. They're bred and taken from the wild to be kept as pets and held in aquariums, farmed, used extensively in biomedical research and widely killed for food, but we pay far less attention to them than other marine species and land-based animals.

## QUOTE

"Power does not corrupt. Fear corrupts ... perhaps the fear of a loss of power" - John Steinbeck

## ON THIS DATE – OCTOBER 7TH

1520 - 1st public burning of books in Netherlands, in Louvain.

1535 - Jacques Cartier plants a cross at the mouth of the St. Maurice River and claims the land for France.

1690 - English attacked Quebec.

1714 - People rioted due to beer tax in Alkmaar, Netherlands.

1737 - Iron ore was smelted in Canada for the first time on the banks of the St. Maurice River upstream from Trois-Rivières.

1763 - Royal Proclamation of 1763 declared Aborigines in Canada should hold their lands unless ceded or sold to Crown.

1806 - Carbon paper patented in London by inventor Ralph Wedgwood.

1870 - Leon Gambetta fled Paris in a balloon.

1900 - The term "orienteering" was first used for an event.

1917 - \*Felix Graf (Count) von Luckner Captain of the German raider SMS Seeadler and five of his crew arrived in Auckland en route to a prisoner-of-war camp after their capture in Fiji.

\*Count Felix Graf von Luckner earned the nickname Der Seeteufel (the Sea-Devil) for his exploits as captain of the German raider SMS Seeadler (Sea Eagle) in 1916-17.

The Seeadler was a merchant ship that had been converted into a raider to disrupt Allied merchant shipping. Between January and July 1917 the Seeadler sank 14 Allied ships - 11 in the Atlantic and three in the Pacific.

Von Luckner prided himself on the effectiveness of his operations - the Seeadler destroyed 64,000 tons of shipping - and also on the fact that only one person died in his raids. The crews of vessels attacked were always removed from harm's way before their ships were sunk. By March 1917 there were several hundred prisoners to look after, which created logistical problems for the Seeadler. That month a captured French ship, the Cambronne, was used to transfer the prisoners

to safety in Rio de Janeiro, Brazil.

In August, for the sake of 'health and morale', the Seeadler took shelter at Maupelia (Maupihaa), an uninhabited coral atoll in the Society Islands 450 km from Tahiti. The ship anchored outside the lagoon but drifted onto the reef, stranding the crew and their 46 prisoners.

Von Luckner and five of his men decided to sail to Fiji via the Cook Islands in an open boat salvaged from the Seeadler. They planned to capture a ship and return for the others. However, when the party reached the Fijian island of Wakaya in September, their claim to be shipwrecked Norwegians proved unconvincing and Fijian police arrested them. They were transferred to New Zealand, arriving in Auckland on 7 October. Von Luckner was sent to nearby Motuihe Island. His subsequent escape from captivity on December 13th boosted his folk-hero status.

## NFL STAR DITCHED MILLION DOLLAR CONTRACT TO FARM CROPS FOR THE NEEDY

When Jason Brown was signed to the St. Louis Rams in 2009, he was the highest paid centre in the entire National Football League. But something about the fame and fortune didn't quite appeal to the sports star anymore. So after earning \$25 million of his contract, he ditched the profession so he could become a farmer in Louisburg, North Carolina, and live a life of service to the community. Even though he didn't know the first thing about agriculture, he learned how to till, plant, and harvest on his 1,000 acres by watching Youtube videos. Jason's labour of love doesn't end there. His land, known as First Fruits Farm, has made it their goal to donate the first fruits of every harvest to food pantries feeding the less fortunate. Jason and his family moved back to his home state of North Carolina and in 2012 and bought a beautiful 1,000 acre farm in Franklin County, they laboured all of 2013 getting the farm back into shape. 2014 turned out to be a breakthrough year for themselves and their volunteers and they donated more than 10,000 pounds of cucumbers and 100,000 pounds of sweet potatoes to local hunger relief efforts from the seedlings donated to them.

First Fruits Farm's goal is to enrich the lives of those around it. Through wonderful partnerships with the Society of St Andrew, the Innerfaith Food Shuttle, NC State University, NC A&T and other organisations, they've been able to provide opportunities for research, education, and community engagement. Their desire is to maximize production for the benefit of communities, while maintaining proper land management and sound farming practices.

## A PUP WOULD NOT BE ALIVE TODAY ONLY FOR A STUBBORN DOG

Poppy was on a walk with her owner when she dashed over to a rubbish pile and refused to heel when called. Her owner joined her only to discover her terrier nosing a tiny creature

nestled in the rubbish.

The week old puppy fondly named Autumn was taken to the Dublin SPCA where she will be properly nursed through her adolescence by a foster family.

"We have no idea why this little pup was abandoned in the way she was but we know it is a miracle she is alive as the place she was left is an empty almost derelict site well away from the public where rubbish is dumped in a corner," the Dublin SPCA said on Facebook. "Autumn will now go to an experienced foster home and hopefully will grow up to be a happy healthy dog all thanks to Poppy and her vigilant owner."

## CLEVER CROWS FIND THE BEST STICK FOR THE JOB

It's easy for us humans to fish things out jars with narrow openings. We have things like utensils and opposable thumbs and if all else fails we have the ability to turn the jar over.

It's not so easy for other animals that don't have our tools or thumbs, but that doesn't stop some of them. A new study published has found that the Hawaiian crow is a crafty tool-user. The crows turn to sticks into skewers to draw out pieces of meat from logs, and they even seek out the best stick for the job. If one stick is too short, it gets tossed aside. Too thick? The bird moves on.

The Hawaiian crow is extinct in the wild, but the birds' tool use is not limited to a certain group of birds that live in their sanctuaries. Not only did 93% of the birds observed used sticks as tools across the preserves, and researchers noted juvenile crows exhibiting tool-using behaviour as well, and they did so without any social training from older crows. Another tropical crow, the New Caledonian crow has long impressed researchers with its excellent use of tools, but up until this study, no other crow had demonstrated such behaviour. The two species grew up in similar environments, but they evolved independently of one another, meaning the crows weren't swapping tips on which stick is the best one for the job. Researchers think the birds' similar environments - including a lack of competition and predators - gave them ample time to experiment with tool use.





## CAR TYRES

### ALL YOU NEED TO KNOW ABOUT CAR TYRES FOR SAFE DRIVING

Four small patches of rubber each about the size of your hand are the only parts of the car in touch with the road so having the right tyres, in good condition and correctly inflated is very important for your safety. Regular checks and maintenance help to make tyres last longer, and keep you on the right side of the law.

**ORIGINAL FIT CAR TYRES:** Car and tyre manufacturers work closely together to select the make, size and tread pattern that best suits a new car taking account of many factors including styling, handling and noise. You must stick to the same size and type of tyre - and ideally the same brand and tread pattern - when renewing tyres. Changing brand or pattern could mean more tyre noise and affect handling though it could also mean less noise and improved handling.

#### NEW TYRES TO THE FRONT OR REAR?

Check the handbook first as some give vehicle specific advice. Generally it's good practice to fit the best/newest tyres on the rear - in wet conditions, this favours understeer rather than oversteer. So if you have the front tyres renewed it's best to have the rear ones moved to the front and the new tyres fitted to the rear.

Tyres with deep tread are less likely to puncture and it's more difficult to control a car with a damaged rear tyre.

#### BASIC LEGAL REQUIREMENTS



- Tyres must be compatible with others on the car and generally in good physical condition
- Tyres must be correctly inflated to the vehicle manufacturer's recommended pressure
- Tread depth must be above the legal minimum which for passenger cars is 1.6mm throughout a continuous band in the centre 3/4 of the tread and around the entire circumference.
- You don't have to carry a spare and it doesn't have to meet the legal requirements while it's stowed away. It may however affect breakdown cover if you don't carry a serviceable spare

Spare wheels.

If you are buying a new car don't assume that there will be a full-size spare wheel and tyre in the boot. It is increasingly common for car manufacturers to provide a non-standard or 'skinny' spare or even simply an emergency tyre sealant and compressor/inflator pack.

If carrying a full-size spare is important to you then raise it with the dealer; some offer a standard spare wheel as a cost option if the design of the boot floor can accommodate one.

## 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. AA patrols were called to more than half a million battery breakdowns in 2010 and replaced more than 140,000 batteries.

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.

#### 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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### KILLARNEY AL ANON

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**Contact Mairead 087 7808106**

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The above position is funded by the Community Services Programme and managed by Pobal on behalf of the Department of Environment, Community, and Local Government.

Completed application forms and CV with two named referees must be sent via post to:  
The Chairperson, Social Action Group Rathmore CLG,  
Teach Iosagain, Church Place, Rathmore, Co. Kerry.  
Closing date for application is 5pm Friday October 14th 2016



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**Please bring a copy of your CV**

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Closing date for applications is **Monday 24th October 2016 at 5pm**

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## A WORD OF VICTORY

Welcome back dear reader last week we looked at how God knew us before we were formed in our mother's wombs and how He has a great plan to bless us, but our enemy the Devil has an entirely different plan to destroy us. You cannot hear this often enough friend – you are no mistake, God loves you passionately and He has a wonderful plan for your life, and created you for a purpose that only you can accomplish for Him! There are people in your life that you have the ability to bless and influence and care for that will never receive such love from anyone else. We must be aware that our actions have far reaching consequences into the lives of others, and thus always keep an eye on the legacy we are leaving. Ephesians chapter 2 verse 10 tells us that we are God's Masterpiece – now friend a masterpiece is a work of art that is not created overnight. It is crafted by its Creator who has a blueprint in mind. Your life may not have gotten off to a great start – perhaps you weren't shown love or have been mistreated in the past. Don't let the things that the Devil has used other people to do to you influence how you live. So many get disillusioned about life and God because of things we've been through, or hurts and wounds that have been done to us. What happens is we confuse our Heavenly Father's love (and find it hard to believe His goodness) with the actions of human beings who carry out the Devil's intents and purposes against us. Listen, God is real – He is waiting with open arms to welcome you into His family. Just call out to Him in the name of His Son Jesus who died on the Cross to save us and see your dark places change to a life filled with light (Hebrews 2:14-15; John 8:12). Then, you will be the one who can stretch out your hand and bring hope and the love of God to others around you and change the world! More next week....

**Contact: 064 - 66 22950 E: [wovkillarney@gmail.com](mailto:wovkillarney@gmail.com)**

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### NOVENA TO THE SACRED HEART

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 three times for three days and your favour will be granted.

Never know to fail. Must promise publication of prayer.

### PRAYER TO THE HOLY SPIRIT

Holy Spirit you make me see everything and show me the way to reach my ideal.

You give me the divine gift to forgive and forget the wrong that is done to me and who are in all instance of my life with me.

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

### 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.

### 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.

### NOVENA TO THE SACRED HEART

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 heart where your Father sees it.

Then in his merciful eyes it will become your favour not mine.

Amen.

Say this prayer three times for three days and your favour will be granted.

Never know to fail.

Must promise publication of prayer.

### PRAYER TO ST. JOSEPH

O St. Joseph, whose protection is so great, so strong, so prompt before the throne of God I place in you all my interests and desires. O St. Joseph, do assist me by your powerful intercession, and obtain for me from your divine Son all spiritual blessings through Jesus Christ, Our Lord. So that, having engaged here below your heavenly power, I may offer you my thanksgiving and homage to the most loving of Fathers. O St. Joseph, I never weary contemplating you and Jesus asleep in our arms. I dare not approach while He reposes near your heart. Press him in my name and kiss his fine head for me and ask Him to return the kiss when I draw my dying breath. St. Joseph, Patron of departing souls pray for me. This prayer was found in the fiftieth year of Our Lord and Saviour Jesus Christ. In 1505 it was sent from the Pope to Emperor Charles when he was going into battle. Who ever reads this prayer or hear it or keep it about themselves shall never die a sudden death or be drowned nor shall be burned in any fire or shall be overpowered in battle. Say for nine mornings for anything you desire. It has never been known to fail. s be sure you really want what you as for. In thanks for request granted.

### 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.

### THANKSGIVING ST. JUDE

O Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near Kinsman of Jesus Christ, this faithful intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depth of my heart and humbly beg to whom God has given such great power, come to my assistance. Help me in my present urgent petition in return I promise to make your name known and cause you to be invoked.

Three Our Father, three Hail Mary and three Glory Be.

St. Jude and all the Saints pray for us and all who invoke your aid. Amen.



## BIRTHDAY REMEMBRANCE



In Loving Memory of

## DENIS (DENNY) CRONIN

*Late of Quarry Cross,  
Gneeveguilla  
Tuesday - 11 October.*

*Fondly remembered by his  
Brother David, Sister Kathleen,  
Sister in law Noreen, Brother in  
law Michael, Nephew Tadghie,  
and nieces Sheila and Joan.*



## 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.

**L.B.W.**

## 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.

**X**

## LET'S PRAY TOGETHER INTO THE WORD

You are our Heavenly Father, where we can find safety in you. Sometimes it seems you go silent. But this to train us in patience and waiting on your word. Let us be led by your light and truth, where we are directed nearer to you, more intimate with you. We worship you not only in a Church building, but everywhere. When we get close to you Lord Jesus our joy gets stronger. Let us praise you with our singing and music. Why do I feel so low - depressed? - No! - I will praise you God, because my salvation is in you alone. Your light will extinguish any darkness in our lives.

**Our loving father in Heaven hears all prayers and never forgets them.**

**Amen Psalm 43.**

For prayer requests:  
**laurencewoodley63@gmail.com**

## NOVENA TO THE SACRED HEART

Dear Heart of Jesus in the past I have asked many favours. This time I ask you this special one, (mention favour).

Take it dear heart of Jesus and place it within your own broken heart where your Father sees it.

Then in his merciful eyes it will become your favour not mine.

Amen.

Say this prayer for three days. Publication of prayer and favour will be granted.

**M.M.**

## 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.

**K.R.**

## 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 ST. MARTHA

O ST. MARTHA, I resort to thee and to thy petition and faith I offer up to thee this light which I shall burn every Tuesday for nine Tuesdays. Comfort me in all my difficulties thro' the great favour thou didst enjoy when Our Saviour lodged in thy house. I beseech thee to have definite pity in regard to favour I ask (mention favour). Intercede for my family that we may always be provided for in all our necessities I ask thee St. Martha to overcome the dragon which thou didst cast at thy feet. One our Father and three Hail Marys, and a lighted candle very Tuesday and the above prayer made know with the intentions of spreading devotion to St. Martha. Never know to fail.

## PRAYER TO THE VIRGIN MARY

### NEVER KNOWN TO FAIL

O Most Beautiful Flower of Mount Carmel, Fruitful Vine, Splendour of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in this my necessity. O Star of the Sea, help me and show me herein you are my Mother. O Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succour me in this necessity. There are none, that can withstand your power. Oh Mary conceived without sin, pray for us who have recourse to thee (3 times).

Holy Mary, I place this cause in your hands, three times. Thank you for your mercy to me and mine.

Amen. This prayer must be said for three days and after that the request will be granted and the prayer must be published. Thank you for favours received. **X**

## PRAYER TO THE VIRGIN MARY

### NEVER KNOWN TO FAIL

O Most Beautiful Flower of Mount Carmel, Fruitful Vine, Splendour of Heaven, Blessed Mother of the 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.

This prayer must be said for three days and after that the request will be granted and the prayer must be published immediately. Thank you for favours received.

## PRAY TO ST. EXPEDITE

Saint Expedite, you lay in rest.

I come to you and ask that this wish be granted.

**(Mention your urgent request)**

Saint Expedite now that I ask of you.

Saint Expedite now what I want of you, this very second.

Don't waste another day.

Grant me what I ask for.

I know your power, I know you because of your work. I know you can help me.

Do this for me and I will spread your name with love and honour so that it will be invoked again and again.

Expedite this wish with speed, love, honour and goodness. Glory to you, Saint Expedite!

Feast Day: 19th April.

## PRAYER TO THE VIRGIN MARY

### NEVER KNOWN TO FAIL

O Most Beautiful Flower of Mount Carmel, Fruitful Vine, Splendour of Heaven, Blessed Mother of the 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. (Make request) 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. O show me herein you are my mother. Oh Mary conceived without sin, pray for us who have recourse to thee (3 times). Say this prayer for 3 consecutive days and then publish and request will be granted to you. This prayer must be published in thanks giving for favours received.

## NOVENA TO THE SACRED HEART

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.

**C.M.O.C**

## PRAYER TO THE VIRGIN MARY

### NEVER KNOWN TO FAIL

O Most Beautiful Flower of Mount Carmel, Fruitful Vine, Splendour of Heaven, Blessed Mother of the 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.

This prayer must be said for three days and after that the request will be granted and the prayer must be published immediately. Thank you for favours received.

## GRATEFUL THANKS

Our Lady of the Sacred Heart, Divine Mercy St Faustina, St Expedite, St Padre Pio, Our Lady of Mount Carmel, Sacred Heart of Jesus, Our Lady of Lourdes for Health favours received.

## NOVENA TO THE SACRED HEART

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





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