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# GIRLS ON TARGET AFTER WEEK ONE OF FITNESS CHALLENGE

Week one of the Killarney Outlook – Fitness with Edele 6 week challenge is done and dusted with positive feelings coming from those taking part.

Edele's plan to get the girls fitness levels up is gaining momentum with Aisling and Rochelle managing to conquer Cardiac Hill last weekend while Breeda is taking up the challenge this weekend. Edele has met up with each of the girls individually to assess their current levels of fitness and these will be measured against their fitness levels on week 6.

Each participant was given healthy eating guidelines and an exercise plan for five days a week which will include weekly classes and the weekend challenge of Cardiac Hill on Torc Mountain.



"Each of the girls are bringing different things to this challenge, Aisling has a good knowledge of exercise but needs to improve her cardiovascular strength. Rochelle has excellent technique but again needs a lot of work on

her cardiovascular strength while Breeda's technique needs improving," but her cardiac said Edele. "The main thing is that they all want to get fit and healthy and fit it into their busy lifestyles", said Edele.

## ROCHELLE O'SHEA:

"For the first time in a long time I bounced out of bed this week, my energy levels have gone way up and although the first few days of high intensity exercise was tough – I got through it. Even just sitting down was a challenge! I'm still getting cravings for the bold things we all love but I suppose the thought of the weekly weigh in is the motivation I need! The only way is up (or hopefully down on the scales!) from here and I am looking forward to the challenging weeks ahead".



## BREEDA NEESON:



"When I heard Aisling & Rochelle had already gone up cardiac hill I nearly had a cardiac arrest – but I tackled the challenge straight away and cleared the cupboards of all the 'wrong' foods and re stocked with good ones –

I've so many seeds & nuts now I'm going to be flying!! I took Edele's tip on board and did some cooking on Saturday for freezer and also made home made soup (which is a lifesaver at lunch time)

Had my first class with Edele and it went surprisingly well – she is so helpful and



encouraging – even got up for the early bird class and felt great after it. I'm now trying to convince my husband Mike he should join me. I know its early yet on this challenge but I'm 'buzzing' to go & looking forward to meeting Aisling and Rochelle for a walk next week.

## AISLING CROSBIE



"The hardest part for me was getting out of bed at 6.10am for the early bird class – but as soon as I was up it was great and having my exercise done for the day by 8am is fantastic. I prepare my lunch for work the night before so that I can

stick to the plan and involve the family in my exercise plan at the weekend. I am enjoying the classes, meeting up with other people who want to get fit and the feeling that this is all going towards a more healthy lifestyle for me is great. You can follow the Killarney Outlook – Fitness with Edele 6 week challenge every week in the Killarney Outlook and if you would like to join in just contact Edele on 087-7643449, email her at [edeledaly@hotmail.com](mailto:edeledaly@hotmail.com) or log onto

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

# KILLARNEY ROTARY CLUB LAUNCHES EVENING OF WINE & ART



MEMBERS OF THE KILLARNEY ROTARY CLUB PICTURED AT THE LAUNCH OF THE WINE AND ART EVENING AT THE MATON HOTEL ON WEDNESDAY. PICTURE: LISA O'SHEA.

It's time to get in the frame for one of the most exciting nights out on Killarney's social calendar as Killarney Rotary Club launched its annual Evening of Wine & Art on Wednesday. The 11th annual Evening of Wine & Art, held in association with sponsor Daly's SuperValu, will take place in The Malton on Thursday, November 27. The club is delighted to present proceeds to local charities and community projects. Over a thousand people are expected to attend the event where artists and also craft artists will showcase their work. "The Killarney Rotary Evening of Wine & Art has raised well in excess of €200,000 over the last 11 years

which has gone to support local charities," said Killarney Rotary President Mike Stack.

Artists who would like to showcase their work at the event should email [killarneyrotaryclub@gmail.com](mailto:killarneyrotaryclub@gmail.com)

Wine, cheese and beer-tasting opportunities will be on offer and the night also features a charity auction of artwork. Huge attention to detail has been paid to the selection of wines, with premium quality labels available, thanks to Daly's SuperValu. Amongst the charities and community projects being supported by this year's Killarney Rotary Evening of Wine & Art are South/East Kerry Rural Recreational Micro Track Ltd (development project); St Oliver's National School Ballycasheen (development project); Gaelscoil Faithleann, Killarney (development project); Irish Wheelchair Association (Killarney branch); Irish Kidney Association (Killarney branch); Coolick National School Kilcummin (development project) and Killarney Rugby Football Club (development project).

Others that benefit on the night are the Irish Pilgrimage Trust (raffle), Kerry Stars Special Olympic Club (cloakroom proceeds) and Kerry Hospice Foundation (sale of Christmas cards). Tickets cost €20; for further details email [killarneyrotaryclub@gmail.com](mailto:killarneyrotaryclub@gmail.com)

# ARE YOU TOUGH ENOUGH TO RUN THE GAUNTLET?

A race that has been voted 30 out of the Top 50 Outdoor Events in 2011 by Outsider Magazine is taking place in the Gap of Dunloe on Sunday 16th November.

All finishers who run the Gauntlet will get a special medal with the profile of the route carved into the top of it and the mark of Tyr on the front, the ancient god of single combat, victory and heroic glory! All finishers will receive custom made sweat wicking t-shirts!

But only the Bravest Finishers under 2 hours will receive a special coveted prize Black T-Shirt and Sub 1hr 45min Finishers will receive a special red T-Shirt.

To celebrate the 6th year of the race the organisers are giving away a Soleus GHS watch worth €125 to the 125th person to email a special code which can be found in their event description on the Sports Events Calendar App – which is now available for free on iTunes or you can download it on [www.SportsEventsCalendar.eu](http://www.SportsEventsCalendar.eu)

At the end of the event refreshments will be served at Kate Kearney's Cottage.



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**Gap of Dunloe**  
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[www.RunTheGauntlet.ie](http://www.RunTheGauntlet.ie)



# SANTA ON THE RUN FOR CHRISTMAS IN KILLARNEY

Grab your running shoes, Christmas hat and most importantly your Christmas Spirit, and join in The Christmas In Killarney 5km Santa Fun Run on the 14th December. It is the perfect opportunity for you, your family, friends and work colleagues to get out and be active this Christmas while supporting two worthwhile charities.

All levels of fitness are welcome to run or walk this festive 5km. The race will start at Market cross at 12 noon and follows a jolly route through the streets of Killarney town, taking in the beautiful Killarney National Park. After the run there will be Christmas banter, entertainment and finger food available at the Kerry Parents & Friends centre on Port road.

Prizes for best dressed Santa and many more spot prizes to be won on the day. All proceeds from the Santa run will go to Kerry Parents & Friends and KDYS.

Registration will take place at the Laurels Bar, Market Cross between 10.30am-11.30am on Sunday 14th December. We advise to pre-register by calling into Feet First, High St. Killarney or Elite Events at Rockfield, Tralee Rd. Killarney.



HUNDREDS OF SANTAS GATHER ON MAIN STREET, KILLARNEY LAST YEAR TO TAKE PART IN THE CHRISTMAS IN KILLARNEY SANTA FUN RUN THROUGH KILLARNEY NATIONAL PARK. PICTURE BY DON MACMONAGLE.

Register now and support the Christmas in Killarney 5k Santa fun run. For all the

information contact [info@eliteevents.ie](mailto:info@eliteevents.ie)

## KILLARNEY FILM TO HIT CINEMAS IN SPRING



WALKING ON CARS

Filming of The Gift concluded this week in Killarney with the final scenes shot in the Gap of Dunloe and St. Mary's Cathedral, Killarney. The multi-talented Brendan Grace was on set for the final day of filming along with stars Alan Devine who has had roles in Veronica Guerin and King Arthur as well as the highly-rated Una Kavanagh who has starred in Garage and The Clinic.

The Gift has been developed by Damian O'Callaghan, the man behind the hit short film Bouncers, which he has written with Dublin writer Paul Fitzsimons, who has also wrote the screenplay.

Others to have significant parts in Damian's project included Dawn Bradfield, Siobhan Manson and Killarney actor and writer Donie Courtney.

Damian O'Callaghan independent director has confirmed that Henry Bartlett and Richard Wilkins directors of Independent Irish Health Foods Ltd. are the sponsors of his latest project "The Gift."

"It's great to have a truly unique and independent company supporting an independent filmmaker."

The Gift will hit Irish cinemas next spring.

## BUDDING ARTIST WINS OUTLOOK PRIZE

Congratulations to Jennifer Buckley from Nohoval, Rathmore who won the Outlook Magazines Halloween Colouring Competition.

Jennifer, who is 7, spent four days perfecting her entry and wins free entry to Buddies for herself and her three friends along with a delicious kids meal. Well done Jennifer.



JENNIFER BUCKLEY, NOHOVAL, RATHMORE RECEIVES HER PRIZE FROM AISLING CROSBIE AT THE KILLARNEY OUTLOOK OFFICE. PHOTO: LISA O'SHEA.



# STOP SMOKING IN ONE HOUR

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

#### Scientific Proof About Tom Ryan

In the largest clinical study ever undertaken involving 72,000 smokers 'New Scientist Magazine' showed hypnosis to be the most successful system. It showed:

- 94% Quit with Hypnotherapy
- 30% Quit with Deep Breathing
- 29% Quit with Aversion
- 25% Quit with Acupuncture
- 20% Quit with Patches
- 10% Quit Nicotine gum

Prescription Drugs showed the following results from European Studies involving 2,000 smokers.

- 22% Quit with Champax
- 16% Quit with Zyban

Drugs pose a serious health risk.

Tom is a qualified expert in clinical hypnotherapy and NLP. He is a leading specialist in smoking cessation, and is recognised internationally in habit and addiction control. Tom has more than 30,000 hours of direct experience with clients over 20 years. Doctors are so impressed with the medical benefits they are now referring more and more of their patients, who are able to stop smoking effortlessly. You can now become a non-smoker and enjoy those benefits for yourself.

#### FORMER SMOKERS ARE SAYING:

"I tried to stop smoking so many times. I am free of it at last. Hypnosis was the answer." M. J. Cork

*"I still can't believe how easy it was with Toms help"* J.P.K. Galway

"I wish I had known about this, years ago. It was a great experience!" Mick V. Dundalk

*"2 years on I celebrate freedom from smoking daily. There is a real difference in my life and health"* Thank you Tom." Maire C. Dublin

"It's great to be finally free from smoking. I feel so much healthier and free thanks to Tom" Pat M. Tralee.

#### How would you like to stop smoking now?

You can now stop smoking with the easiest and the most successfully proven system ever. There is no longer any excuse to continue smoking.

Tom Ryan at Dynamic Hypnosis uses a unique system that turns smokers into non-smokers in only sixty minutes. He claims more than a 95% plus success rate, and backs it up with a lifetime guarantee.

As Tom explains "This unique breakthrough technique combines the power of Hypnosis with his unique system that also includes NLP and Parts Integration.

This takes the effectiveness of Hypnosis to a new level in helping people to Stop Smoking and take back control of their lives."

This technique is being used by Tom and other world class Dynamic Hypnotherapists trained by Tom to help thousands of people to become permanent non smokers.

**COST OF SMOKING NOW €10 A PACK!**  
20 cigarettes a day costs €300 per month.

**Call us now to stop smoking and save yourself more than €3650 per year!**  
**Give yourself a big pay rise now!**

#### MY GUARANTEE

"All you have to do is sit back, relax and enjoy the experience. One hour later you will be a non-smoker for life. This is my guarantee to you.

#### 3 STEPS TO SUCCESS

1. Hypnosis on its own is 95% successful. I can improve on that.
2. I add NLP, which brings the success rate way over 97%. There may be still some doubt so I add a final process.
3. That is 'Parts Integration' which brings the rate up to close on 100%." Say's Tom.

#### When you stop smoking with Dynamic Hypnosis there will be:

- No cravings
- No sense of loss
- No unwanted weight gain
- No replacement habits
- No raiding the fridge
- No more smoking.

Unlike your previous attempts to stop smoking you won't be getting grumpy and irritable with your loved ones, friends or work colleagues.

YOU WILL BECOME a far more relaxed and stress free non-smoker than ever before.

**Make your call to stop smoking now.**

## FOR YOUR KILLARNEY APPOINTMENT

# PHONE 087 1917840 NOW!



## A GOOD YEAR FOR A BEER.... TORC BREWING OPENS IN KILLARNEY

The first brewery in over 120 years in Killarney is set to serve up its first beer this November, as Torc Brewing opens its doors.

The brewery is a labour of love for local man John Keane, who has christened his brewery "Torc Brewing". The inspiration for this local business was born from John's passion for great beer and his love of home brewing. Long hours of practice, planning and perseverance have paid off, and with help from family and friends John has achieved his dream of developing a 'Killarney' craft beer. John is currently managing the business on his own but hopes to employ 4 people over the next year.

Commenting on the launch, Torc Brewing founder John Keane says: "Small batches of beer produced in a state-of-the-art brewhouse allow Torc Brewing to deliver better, fresher beer to Killarney.

There is a global shift towards local craft beer and there are now over 40 craft breweries operating in Ireland but this global trend can now convert into local jobs here in Kerry. We're launching with a belgian-style easy to drink Wheat Beer and an Amber ale, but we have lots of other great recipes coming down the line". Ireland was once supplied by hundred's of



JOHN KEANE PICTURED AT TORC BREWING WHICH IS SET TO SERVE UP ITS FIRST BEER IN KILLARNEY THIS MONTH.

local breweries, and there is a notable shift back in that direction, so in many ways this local brewery heralds a return to a traditional craft, with local craft suppliers servicing local demand. Torc Brewing is named after Torc Mountain and Waterfall, both synonymous with the Killarney area.

Torc Brewing will generate huge interest in the Killarney area, amongst both the growing base of craft beer fans and those who recall an era of local brewing serving the local community. Anyone wishing to stock Torc beer can contact John on 0876595858 or 064 6625061

## A CHRISTMAS CARNIVAL OF ENTERTAINMENT AT THE INEC



IMELDA MAY CELEBRATES THE NEW YEAR IN CONCERT AT THE INEC, KILLARNEY ON NEW YEARS EVE LAST YEAR. PHOTO: VALERIE O'SULLIVAN.

The best ever line-up entertainment will take place in the INEC this festive season. Dubbed A Christmas Carnival, some of the biggest names in music will appear at the Kerry venue as part of the Christmas schedule and the gigs are selling out fast.

"Hozier sold out in less than five minutes and we expect many of the other gigs to do the same in the coming weeks," says Patrick O'Donoghue, Managing Director of the INEC, Killarney. "Our Box Office is inundated with calls and it is little wonder when the likes of Imelda

May, David Gray and Nathan Carter are all set to perform here."

The jam packed schedule also includes performances by Shane Filan, Walking On Cars, Declan O'Rourke, Paddy Casey, Damien Dempsey, Mick Flannery, Hermitage Green, Jack L, Mary Black, Reeling in the Showband Years and The Elvis Rocks weekend.

There are also plenty ideas for Christmas gifts for 2015 with performances by comedians Jason Byrne, Brendan Grace, Conall Gallon and Pat Shortt all lined up in the New Year.

## PSYCHOTHERAPY ON THE MOVE

Psychotherapist, Michele O'Brien has relocated to Kenmare where she has new counselling rooms in the former surgery of the late Dr Denis O'Connor at the Stone Arch, Munster & Lenister Bank in Shelbourne Street. Michele is an accredited Psychotherapist and Supervisor who works from a Humanistic and Integrative perspective. Originally from Yorkshire, Kenmare has been home to her for over 25 years. Following her training with Dublin Counselling and Therapy she worked as a counsellor in SouthWest Counselling Centre for many years, moving then into private practice. Michele is planning a series of workshops over the coming weeks including: ● "Approaching Work with Ease" a series of 1 day workshops for those in the helping and caring professions such as teachers, adult education facilitators, nurses, health care professions, community workers and anyone involved in frontline work.

November dates: Friday 14th and Saturday 22nd. ● "Meaningful and Mindful Living" offering a contemplative approach to life as a resource for emotional well-being. A five week program on Tuesday mornings, beginning Tuesday 18th November. For further information and enquires please contact Michele: Mobile: 0872564189 Telephone: 064 6642503 eMail: mob11@eircom.net



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## CD LAUNCH

# THE TRÍ TONES

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& Stephen Rooney

SATURDAY 15TH  
NOVEMBER  
@ 8.30PM



Courtney's Bar & Venue  
Plunkett St. Killarney.

Traditional evening of Music,  
Song & Dance.

Admission Free. All Welcome



# DON'T SPARE THE BUTTER....

UCC has developed a new cookbook to help cancer patients put on weight as malnutrition and weight loss are important contributors to the death of cancer patients. The majority of patients with advanced cancer experience involuntary weight loss which is related to increased morbidity, decreased quality of life and poor survival.

The book has been developed by the Nutritional Sciences Department in University College Cork with culinary lecturers from Cork Institute of Technology in collaboration with Breakthrough Cancer Research. Recipes were submitted from dietitians, nurses, doctors, celebrity chefs and cancer patients. The recipes in the book are family favourites but the ingredients have been enhanced to maximise the calorie intake in small volumes. The project was funded by the Health Research Board (HRB) and allowed for the production of 19,000 copies which are available free of charge to cancer patients. A cookery demonstration using recipes from the new cookery book will take place in the Department of Tourism and Hospitality, Cork Institute of Technology on Thursday 6th November at 7pm.

Creating the cook book was a team effort that included UCC's Dr Aoife Ryan and Ms Éadaoin Ní Bhuachalla, with input from Dr Derek Power, Consultant Medical Oncologist, Cork and Mercy University Hospitals and Ms Anne O'Connor



DR AOIFE RYAN, LECTURER IN NUTRITIONAL SCIENCES, UCC, DR DEREK POWER, CONSULTANT MEDICAL ONCOLOGIST, CORK AND MERCY UNIVERSITY HOSPITALS, MS ANN O'CONNOR, LECTURER IN CULINARY ARTS, CORK INSTITUTE OF TECHNOLOGY AND MS ÉADAON NÍ BHUACHALLA, RESEARCH DIETITIAN, UCC

and Jane Healy, lecturers in the Culinary Arts in the CIT. The cookbook includes information, advice and a bank of nutritious recipes to combat weight loss. Targets for main meals were set at >800 calories and 23g protein and at >300 calories and 5g protein for snacks and desserts.

The book will be available and from oncology centres across Ireland as well as online at [www.breakthroughcancerresearch.ie](http://www.breakthroughcancerresearch.ie) or [www.cancercookbook.ie](http://www.cancercookbook.ie). The book is free but individuals or cancer patients who wish to make a donation to cancer research can text BCR to 50300 to donate €4.

## NATIONAL GEOGRAPHIC ACCOLADE FOR THE RING OF KERRY

BY ADELE O'SULLIVAN



The breathtaking Ring of Kerry route has been chosen by National Geographic to be included on a notorious list of the world's most scenic drives.

The Ring is ranked 57th in the world, along with the drive through the Sperrin Mountains in Northern Ireland, which was ranked at number 88 and is the only other Irish drive to feature.

Tourism Ireland said that a drive around the Ring is an unforgettable way to experience the best that the awe-inspiring landscape has to offer.

Fáilte Ireland launched a survey recently, which revealed that car hire was the most popular way to see the Ring of Kerry.

The Cape Breton drive in Canada has been selected as the best in the world.

## LANGUAGE & PLAY PROGRAMME FOR CHILDREN

Ballyspillane Community & Family Resource Centre Ltd. are hosting a free language & play programme which is aimed at the parents and carers of children aged 0-3 years. Running for 6 weeks, it will focus on the importance of talk, routines, out and about, books and story telling, songs and rhymes, mark making, identifying the importance of scribble. The programme will take place in Ballyspillane Family Resource Centre on Thursday, November 20th at 10:30 – 12:30pm.

For further information, contact Michelle Moore 663589/0873907478.

## KERRY TO REMEMBER VICTIMS OF ROAD COLLISIONS

On Sunday 16 November, the victims of road collisions internationally will be remembered on 'World Day of Remembrance for Road Traffic Victims'. To mark the day, the Road Safety Authority (RSA), Kerry County Council, members of An Garda Síochána and the Emergency Services are joining forces to urge people to consider their behaviour on the

roads as a mark of respect to those who have lost their lives on Ireland's roads.

Masses, services and commemoration events will also take place around the country on the weekend of the 16 November to remember the lives that have been lost on our roads. A special memorial mass is taking place in St Mary's Cathedral Killarney, Co Kerry at

12noon on Sunday 16 November. A full list of the events taking place to mark 'World Day of Remembrance' is available on [www.rsa.ie](http://www.rsa.ie). In addition, the RSA will have a 'Wall of Remembrance' on its Facebook page [www.facebook.com/RSAireland](http://www.facebook.com/RSAireland).



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## PROPERTIES OF THE WEEK



**GORTROE HOUSE, GORTROE, FOSSA**  
**REF 651**

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Requires complete renovation/modernisation. (BER Pending)



**75 CAHERNANE MEADOWS, MUCKROSS ROAD**  
**REF 658**

**Guide Price €185,000**

3/4 Bedroom (1 ensuite) Semi-detached House (1,340 sq ft). Rear garden with block built garden shed and side entrance. Oil Heating and PVC double glazed windows and doors. Short stroll to all local amenities & Killarney Town Centre.

(BER Pending)



**UPPER LEWIS ROAD, KILLARNEY**  
**REF 648**

**Guide Price €200,000**

4 Bedroom detached property (approx 1,500 sq ft) on approx 0.5 acre mature garden on an elevated site. This property requires complete modernisation/re-decoration. Outside garage/utility room. (BER Pending)



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# THE TRI TONES RELEASE NEW CD

Ireland's new and exciting three piece band, The Tri Tones are setting pulses racing with their innovative melodies and heart warming songs. Playing tunes that boast their intricate and flamboyant style of playing between accordion and fiddle, accompanied by the imaginative and pulsating rhythms from Rooney on guitar, The Tri Tones are creating a sound that is very unique. They consist of Conor Moriarty from Kilcummin on button accordion, Tara Breen from County Clare on fiddle and Stephen Rooney from County Down on Guitar and vocals. All three are All Ireland champions at Fleadh Cheoil na hÉireann and individually are some of the leading musicians on their respected instruments.

The Tri Tones are launching their album in Courtney's bar/venue (upstairs) on the 15th November at 8.30pm and admission is free! This set to be a fantastic night of music, song and dance not to be missed!

Their debut album is set to be released into all good music stores across the country and also online from the 10th November. For more info regarding upcoming launches/ gigs



THE TRI TONES.... CONOR MORIARTY, TARA BREEN AND STEPHEN ROONEY WHO ARE LAUNCHING THEIR NEW ALBUM IN COURTNEY'S BAR, KILLARNEY.

check out 3tonesmusic.com or on Facebook/ The Tri Tones.

# HOLA! SPANISH-IRISH EXCHANGE AT KILLARNEY LIBRARY

With an increasing number of Spanish people moving to the Kerry area and as Spain is the number one destination for Irish holiday makers, Killarney Library is delighted to host a Spanish-Irish Cultural Exchange.

The aim of the cultural exchange is to share the historical and cultural links between the two countries, to showcase different aspects of Spain, and to act as a meeting point where Spanish and Irish people can exchange experiences and practice their respective languages. The cultural exchange will encompass the literary, historical, educational, culinary and other aspects of both Irish and Spanish cultures with an exploration of Kerry-Spain links such as the Spanish Armada.

The first meeting will be an introduction to the cultural exchange exploring the historical links between Kerry and Spain. A brief overview of different cultural aspects such as food, literature, language, cinema, sport, music, dancing will also be explored on the night. The



cultural exchange is organised by Lina Alonso, a native of Madrid, who is a Killarney-based Spanish language teacher and linguist.

The first meeting will take place on Thursday 13th November at 6.30pm and the club will continue to meet on the 2nd Thursday night of each month with the next meeting taking place on Thursday 11th December. Adults with an interest in Spain are welcome to attend.

For further information please contact Killarney Library at 064- 6632655 or email killarney@kerrylibrary.ie

# KERRY BUSINESS WOMENS NETWORK TO HOST CHRISTMAS PARTY WITH A TWIST IN TRALEE

Its party time and the Kerry Business Womens Network are getting the festive season off to an early start when they host a Christmas Party for all the ladies around Kerry. The fun event is taking place on November 20th at Fels Point Hotel, Tralee starting at 8pm. Tickets are €10 and includes wine, canapés, spot prizes and music by 'Rouge and The Rat Pack'. All profits from the evening will be donated to two charities, Multiple Sclerosis and Breast Cancer Awareness. The Kerry Business Womens Network are calling on retailers and businesses to put a team of 6 ladies together to participate in 2 of the 3 fun events on the night. These events include the 3-Legged Knickers Relay in aid of Multiple Sclerosis and the Bra Strap Tug of War in aid of Breast Cancer Awareness. Organisers of the Party Night are asking that when putting your team together you challenge another business in the Bra Strap Tug of War! If you don't wish to participate in the events just come along and join the fun. To reserve your ticket contact Kerrybusinesswomen@gmail.com or Book Online with Eventbrite or click this link: <http://www.eventbrite.ie/e/pink-knickers-bust-up-tickets-14136367255>



# MAYOR CULLOTY TO PRESENT AWARDS

Mayor John Joe Culloty (Killarney Municipal Area) will present the prizes for the 2014 Hugh O'Flaherty Literary & Art Competitions this coming Monday November 10th at 11.00.a.m. in Killarney Library. The winners from the four categories (Open Art + Open Poetry + Secondary School Essay + Primary School Essay) come from across Kerry i.e., Killarney, Dingle & Glencar.

**Open Poetry Winner** - Maria Ni Mhurchu (Dingle)

**Open Art Winner** - Katie Mai Moloney (Killarney)

**Secondary School Essay** - Aoife Nic Bhloscaidh (Dingle)

**Primary School Essay** - Aaron Broderick (Glencar)

Special Merit Award - Boheshill NS



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# KERRY STARS SHINE AT BLACK TIE BALL

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE MALTON HOTEL FOR THE KERRY STARS BALL WERE L-R ROSARIA O'LEARY, BRED A O'SULLIVAN, TIM O'SULLIVAN, TIMMY O'SULLIVAN, EMMA BRADY, KATHLEEN BRADY & SANDRA McSHARRY.



PICTURED AT THE MALTON HOTEL FOR THE KERRY STARS BALL WERE L-R MICHAEL, MARTINA & SHEILA MCCARTHY.



PICTURED AT THE MALTON HOTEL FOR THE KERRY STARS BALL WERE THE DOYLES L-R MADELINE, EMMA, JAMES, TERESA & PATRICK.



PICTURED AT THE MALTON HOTEL FOR THE KERRY STARS BALL WERE L-R JANE CURRAN, ANNE O'KEEFE, CLAIRE ROHAN & ANGELA CURRAN.



PICTURED AT THE MALTON HOTEL FOR THE KERRY STARS BALL WERE L-R JOAN O'SULLIVAN, JOHN PAUL DOYLE & DELLA DOYLE.



PICTURED AT THE MALTON HOTEL FOR THE KERRY STARS BALL WERE THE STAFF AT DALY'S SUPERVALU WITH STAR GUEST SAM MAGUIRE. L-R MARY MCGILLICUDDY, HILDA HURLEY, ANN GALVIN, SANDRA DALY, VERA HEALY, ROSE CROWLEY, DENIS MCCARTHY, AINE GRIFFIN AND ANNE MARIE O'SULLIVAN-DARCY.



PICTURED AT THE MALTON HOTEL FOR THE KERRY STARS BALL WERE L-R RICHARD CODY, LINDA O'MAHONY, OISIN O'MAHONY, ELAINE NAGLE, KIERAN NAGLE & MEGAN O'CONNOR.



PICTURED AT THE MALTON HOTEL FOR THE KERRY STARS BALL WERE L-R SHARON O'CONNOR, CONNIE O'CONNOR, MARTINA CRONIN, DENIS DOOLAN, AOIFE COOPER & GRAHAM FLEMING.





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# MONEY MATTERS....

By Dermot Cronin,  
**Financial Advisor**



**75% OF ADULTS HAVE A DEPOSIT ACCOUNT BUT MAJORITY DON'T KNOW 41% TAX IS PAYABLE ON INTEREST EARNED.**

Two out of three say deposit returns are bad value. A recent survey of more than 1,000 people reveals three quarters of adults (75%) have a deposit account but over six out of ten adults (61%) don't know what rate of deposit interest retention tax (DIRT) is payable on the interest earned. Two thirds think current deposit rates are bad value for money. This is especially true for those aged 65+, of whom eighty eight percent consider deposit rates to be poor value.

**INVESTMENT RETURNS VS DEPOSITS LAST FIVE YEARS:**

People who kept long term funds on deposit for the last few years may be unhappy to know that the average Managed fund returning 12% per annum over five years. Tax on deposit interest earned can be up to almost half because DIRT of 41% is payable as is 4% PRSI for certain savers. Many depositors are now earning as little as 1% or roughly half that after taxes. The average Irish person has €20,500 on deposit. Almost 1/5 Irish adults (17%) has between €10,000 and €50,000 on deposit. If you have money on deposit or invested it is important that you speak to a financial advisor who can make you aware of all the different options that are available to you today.

For more information or to make an appointment to discuss the above contact **Dermot Cronin APA**, at **064 66 22775** or **087 2893649**.



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# TAHILLA LADIES CLUB PACK SHOE BOXES OF HOPE

The proactive Tahilla Ladies Club in Sneem have been busy over the past weeks filling boxes for needy children for the Hope Foundation.

The group who meet weekly in the winter months have been supporting local, national and international charities for the past 31 years and enjoy a great social life. The collection is for Team Hope Ireland.

Team Hope is an Irish, interdenominational Christian development aid charity, working with children, and through them, into their families and communities in Eastern Europe, former Soviet Union and Africa. They transport donated Christmas boxes to disadvantaged children.



TAHILLA LADIES CLUB MEMBERS PREPARING THEIR CHRISTMAS BOXES AS PART OF THE TEAM HOPE'S CHRISTMAS SHOEBOX APPEAL, L:R: MARY SUGRUE, CATSY LOONEY, MARY O'SHEA, EVA LETTANEUR, HEATHER SMYTH, MONICA O'SHEA, BRED A O'NEILL, BRIDIE FITZGERALD, NOREEN O'SHEA, SUSAN O'SULLIVAN AND BRIDIE SHEEHAN. PHOTO: LISA O'SHEA.



## EAST KERRY SCOR BALLAD GROUP WINNERS

REPRESENTING FIRIES GAA CLUB. LEFT TO RIGHT: MIRIAM GOULDING, AINE BARRY, EVA COFFEY, FIONA FELL AND RACHEL HOCTOR.

PICTURE BY TONY O'BRIEN



## EAST KERRY SCOR SOLO SINGING WINNER

FIONA FELL REPRESENTING FIRIES GAA CLUB WITH OVERALL BEST EAST KERRY CLUB TROPHY

PICTURE BY TONY O'BRIEN.

## PROPERTY OUTLOOK

# THROUGH THE KEYHOLE....

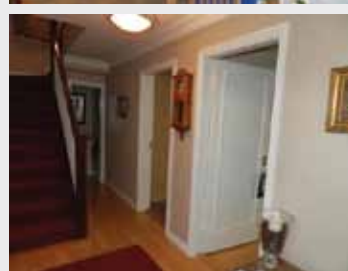
A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET



**Address:** 75 Cahernane Meadows, Muckross Road, Killarney. 3/4 Bedroom (1 ensuite) Semi-detached House (1,340 sq ft) located off the popular Muckross Road and within a short stroll to all local amenities & Killarney Town Centre. Rear garden with block built garden shed and side entrance. Oil Heating and PVC double glazed windows and doors.

**Agent:** ● Property Partners Gallivan ● College Square, Killarney ● Tel: 064 66 34177 [www.propertypartners.ie](http://www.propertypartners.ie)

**Guide Price:** €185,000 BER Pending



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# GREAT TURN OUT FOR GLENFLESK BLITZ

A great day's football was had in Glenflesk on Sunday last November 2nd when the U10 blitz played for the Patsy O'Donoghue memorial cup took place.

Despite the odd downpour the day was a great success and well done to all in Coiste na nOg and their team of volunteers for putting together such a well-run tournament.

The club would like to thank all the participating teams and their mentors, from Glenflesk, Kilcummin, Gneeveguilla, Kenmare, Dr. Crokes, Fossa and their neighbours from across the county bounds, Ballyvourney. A special word of thanks to the referees, Brendan Brosnan, Jimmy O'Shea and Christy Crowley; and to Kerry star Paul Murphy for presenting the medals to the players and giving so much of his time on the day. For the record Glenflesk won the Patsy O'Donoghue memorial cup while Dr. Crokes won the shield competition.



ALL ACTION AT THE U10 GAA BLITZ IN GLENFLESK. PHOTOS BY: SEAMUS HEALY.

## THE BREHON SCOOPS NATIONAL AWARD



THE BREHON HOTEL, KILLARNEY, WHO WON THE BEST BUSINESS HOTEL IN THE NATIONAL HOSPITALITY AWARDS HELD IN DUBLIN THIS WEEK, WITH THE COVETED AWARDS, WERE MEMBERS OF THE BREHON MANAGEMENT, FROM LEFT, LOUISE FLEMING, LORRAINE SALMON, GREG LEJWADA, MARY O'CONNELL AND PATRICK O'DONOGHUE, MD GLENEAGLE HOTEL GROUP. PHOTO: VALERIE O'SULLIVAN.

The Brehon, Killarney scooped the award for Best Business Hotel at the National Hospitality Awards which took place in Dublin's Four Seasons Hotel on Monday.

This is the latest in a string of accolades for the hotel, having already won a Silver Merit at The CIE Excellence Awards, a Gold Medal at the IASI Awards and also having featured in Trip Advisor's Travellers Choice Awards earlier this year.

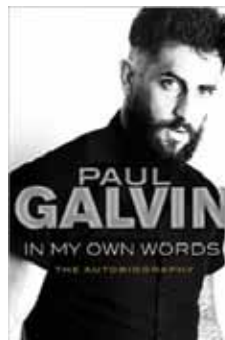
The Brehon was also one of three finalists in the category for Best Over All Hotel which was awarded to The Europe Hotel.

"This award is testament to the fantastic team at The Brehon. We are celebrating ten years

in business this year and to win Best Business Hotel and be a runner up in the Best Overall Hotel reflects the hard work put in over the past ten years," says Patrick O'Donoghue, Managing Director of The Gleneagle Group.

"This award acknowledges our dedication to our business and corporate clients and the world-class facilities we have on offer. This year alone we have installed one of the best Wi-Fi systems in the world, we have carried out a complete refurbishment of our banqueting suite and we have introduced new integrated audio visual systems in all of the boardrooms."

## PAUL GALVIN TELLS IT IN HIS OWN WORDS



THE man with the honour of being named the 1000th All Star will be at Easons Killarney, tomorrow, Saturday November 8th to sign copies of his new book "In My Own Words".

Those visiting the Main Street store at 12 noon on

Saturday will have the opportunity to meet with the GAA star and have their book signed by the man himself.

Over the course of a career marked by courage, physicality and an intense passion for the Green and Gold, Paul has become one of the greatest GAA footballers of the modern era, winning four senior All Ireland medals with Kerry and eight Munster championships, in addition to being a three-time All Star and 2009 Footballer of the Year. In this fiercely honest and well written autobiography, Paul offers – in his own words – a compelling, unflinching account of a fantastic career that has fascinated football fans for over a decade.

The Paul Galvin Book Signing at Eason Killarney is at 12.00 on Saturday. The book is on sale for €16.99 and is part of Easons "3 for 2 Mix and Match" deal which is now running.



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ELAINE O'SHEA, LISA HEGARTY AND KAREN O'SULLIVAN AT THE PRES GIRLS REUNION NIGHT OUT.



SHIRLEY O'DONOGHUE AND GER COOPER AT THE PRES GIRLS REUNION NIGHT OUT.



MARGUERITE HORGAN AND FIONA HALLISSY AT THE PRES GIRLS REUNION NIGHT OUT.



DENISE MCGILICUDDY, TRACY EAGER, GERALDINE KEARNEY AND MARY O'SULLIVAN AT THE PRES GIRLS REUNION NIGHT OUT.



MIRIAM O'SULLIVAN, KATHLEEN MYERS, DOROTHY O'GRADY AND CLODAGH IRWIN AT THE PRES GIRLS REUNION NIGHT OUT.

If you have a picture you would like to publish

Email to: [editorial@outlookmags.com](mailto:editorial@outlookmags.com)



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# AUTUMN 2014 SAVERS

OFFERS START 11<sup>TH</sup> OCT TO 31<sup>ST</sup> DEC 2014

**COAL** AUTUMN FUEL HOT OFFERS

<p><b>40KG PREMIUM POLISH</b> (1000) €18.<sup>20</sup> per bag</p> <p>3 BAGS €50.<sup>50</sup> (€16.<sup>83</sup> per bag)  10 BAGS €165 (€16.<sup>50</sup> per bag)  1 TONNE €400 (€40.<sup>00</sup> per tonne)</p>	<p><b>25KG PREMIUM POLISH</b> (1000) €11.<sup>30</sup> per bag</p> <p>5 BAGS €55 (€11.<sup>00</sup> per bag)  10 BAGS €105 (€10.<sup>50</sup> per bag)  1 TONNE €405 (€40.<sup>50</sup> per tonne)</p>
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**WOOD LOGS**

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## BOOTS FOR BELARUS JUST KEEP COMING IN...

The Friends of the Children of Chernobyl Used Shoe Campaign at First Step Footwear and Who's 4 Shoes on High Street is continuing with second hand shoes being handed into the shop on a daily basis.

The girls are inundated with shoes from generous mums who are delighted to pass on their children's second hand shoes to children in Belarus.

The idea was the brain-child of owner Grainne O'Sullivan who came up with the idea when she was kitting out the visiting Chernobyl children during the Summer with their new school shoes.

Since then two consignments of shoes have been sent directly to needy children in

orphanages and schools in the devastated area. Grainne wants to send out a big thank you to everyone who has supported this initiative and she will be more than happy to accept shoes right up until Christmas.

At the moment Chairperson of the Killarney Branch of the Friends of the Children of Chernobyl Mary O'Leary and committee member Frances O'Toole along with her daughter Aoife are in Belarus visiting the schools and orphanages.

If you would like to help this deserving charity and get a home for those "still perfect" boots or shoes then just pop into Grainne on High Street in Killarney and she will look after them.



THE CHERNOBYL USED SHOE CAMPAIGN CONTINUES, THANKS TO MICHELLE O'CONNOR (LEFT) AND GRAINNE O'SULLIVAN (RIGHT) PICTURED HERE AT WHO'S 4 SHOES PRESENTING CHILDRENS USED SHOES TO CHERNOBYL CHILDREN COMMITTEE MEMBER AISLING CROSBIE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

## SEAN RETIRES FROM SCOIL BHRIDE



FR. KIERAN O'BRIEN, CHAIRPERSON OF BOARD OF MANAGEMENT AND ANITA MURPHY, PARENTS' ASSOCIATION MAKING PRESENTATIONS TO SEÁN AND ANNE KELLIHER ON THE OCCASION OF SEÁN'S RETIREMENT AS CARETAKER OF SCOIL BHRIDE, LORETO N.S. ALSO INCLUDED IN THE PHOTO MARY O'SULLIVAN PRINCIPAL, MARY MOYNIHAN DEPUTY PRINCIPAL, PUPILS SHANE DOOLAN, MOLLY REIDY, BETH LUCEY, RIAN KELLY AND CAOILINN O'DONOGHUE.

Caretaker at Scoile Bhríde, Loreto NS, Sean Kelliher, who has been described as "a friend to everyone" has retired.

Sean was thanked for his friendship and support and his many years of hard work and dedicated service to the school by Principal Mary O'Sullivan. "It has been a pleasure and a privilege working with him. He will be truly missed – but we know he won't be far away if we need to call on him", she said at a recent

presentation to Sean and his wife Anne.

"On behalf of all the children, staff and parents of Loreto, I would like to congratulate Seán on his retirement, to thank him for his friendship and support and his years of hard work and dedicated service to our school. We wish Sean and Anne every health and happiness as he begins a new chapter in his life. Seán is one of life's true gentlemen, she added.



STAFF MEMBERS SAY FAREWELL TO SEÁN: MARGARET O'SULLIVAN, MARY O'SULLIVAN PRINCIPAL, SEÁN AND ANNE KELLIHER AND MARY MOYNIHAN DEPUTY PRINCIPAL. STEPHANIE WALSH, EDWARD LOONEY, ROSEMARIE BROSAN, GRÁINNE LENIHAN AND ESTHER O'CONNELL. MISSING FROM PHOTO: JOAN FOLEY, CLAIRE O'MEARA, EVELYN O'REILLY AND ROISIN LOONEY.

## SONGS FOR ALL AGES CONCERT

The residents of St. Columbanus Nursing Home are in for a treat when children from St. Oliver's National School perform "Songs for all ages Concert" for them on Tuesday November 18th.

Under the watchful eye of music teacher Ruti Lachs the concert will begin at 10.30am and is funded by Kerry County Council Arts Office and Killarney Arts.

## TROCAIRE THANKS THE PEOPLE OF KERRY

Aid agency, Trocaire, has thanked the people of Kerry for helping Filipino people to rebuild their communities on the first anniversary of Typhoon Haiyan, which struck on 8th November 2013.

The organisation raised over €3 million last year through donations, a national church collection and support from the Irish government, to carry out life-saving emergency relief in the immediate aftermath of the disaster.

Typhoon Haiyan was the most powerful storm to have ever made landfall. Cyclonic gusts, heavy rains, landslides and tidal waves devastated the coast lines, killing approximately 6,000 people and leaving 4 million homeless.

"This time last year millions of Filipino people saw their lives torn to pieces," said Eamonn Meehan, Executive Director of Trocaire. "Millions of people were left with literally nothing but the clothes on their backs.

"Thanks to generous and speedy support from people in Kerry, Trocaire provided emergency food, water and sanitation immediately after the typhoon.





## November / December Special Offers at the Angsana Spa

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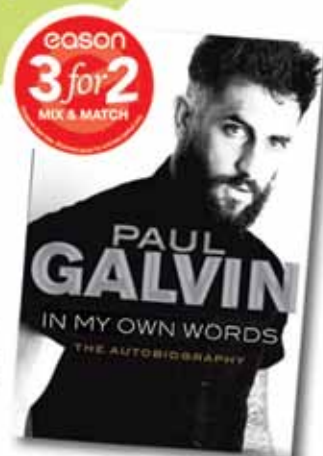
O'Doherty's Opticians, New Market Lane, Killarney 064 6632289  
Tuesday 11th November 10.00am - 1.00pm

McSweeney's Pharmacy, Kenmare Shopping Centre 064 6679880  
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# KERRY MODELS STEAL THE SHOW AT AWARDS EVENT

The Norma O'Donoghue Model Agency hit centre stage in Dublin last Sunday at the Hilton Hotel with an audience of over 1500 people for the annual ALFAPARF Awards Event. With presenter Brendan Courtney, models from the Top Kerry model agency wowed the audience with their stunning performance wearing specially commissioned gowns by award winning designer Marion Murphy Cooney.

"I so delighted with got the contract with ALFAPARF, it's a huge accolade for the agency and we beat of other leading agencies from around the country. The models are so hard working and professional and represented Kerry so proudly" Norma said.

The models left Kerry at 5am Sunday morning and worked all day with the ALFAPARF team from Ireland and UK.

Top choreographer from X Factor Lucie Pankhurst was flown in from London to work



MODELS FROM THE NORMA O'DONOGHUE MODEL AGENCY... L TO R; AOIFE BEGLEY, JOANNE O'CONNOR, SARAH JANE TAYLOR, MAGS KELLIHER, ELAINE HOWARD, OLIVIA NOVAES, JENNIFER LENIHAN, AIDEEN O MAHONY, JESSICA DUNNE AND NIAMH COMERFORD.

with the models from the agency and the models rocked her routine on stage.

The boss of ALFAPARF booked the Kerry based agency again for next years event and has also confirmed only last Tuesday morning that the

models will also feature in all their up coming adverts and promotions.

The Kerry based agency made a huge impression in Dublin and will be working nationwide again next year.

## DOCUMENTARY SCREENING TO TAKE PLACE IN KILLARNEY



GERRY GREGG AND TOMIN REICHENTAL IN BERLIN PICTURED DURING FILMING IN BERLIN. PRODUCTION STILL COURTESY OF PRAXISPICTURES.

Killarney people are being offered the opportunity to meet one of Ireland's premier producers, Gerry Gregg of PraxisPictures at a screening of his highly acclaimed documentary "Close to Evil".

After the screening, which takes place in the Killarney Plaza Hotel, Gerry Gregg will host a Question & Answer session with the audience on the making of the documentary.

This highly acclaimed documentary tells the story of Holocaust survivor Tomi Reichental. Tomi was only years old when he and his entire

family were rounded up by the Nazis and sent to Bergen-Belsen Concentration Camp. By the time the Camp was liberated by the Allies in 1945, eight of Tomi's family had perished. This highly emotional and incisive television documentary follows Tomi as he seeks to reconcile with his former captors and jailers. The documentary will be screened at 7.00.p.m. on Friday evening November 14th in the Killarney Plaza Hotel. Admission is Free.

## MUCKROSS ICA

The monthly meeting of Muckross guild of the ICA will take place next Monday, November 10th 2014 in Lough Guitane National School at 7.45. For any enquires, please contact Claire on 087-6111749.



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## FAMILY CELEBRATE THE BAPTISM OF RALPH VINCENT L. NISNISAN

VINCENT & LYNDY NISNISAN CELEBRATED THE BAPTISM OF THEIR SON RALPH VINCENT L. NISNISAN ON THE 25TH OF OCTOBER, 2014 AT ST. MARY'S CHURCH OF IRELAND, KILLARNEY. THE CEREMONY WAS OFFICIATED BY THE BABY'S GRANDFATHER, REV. FR. ELMER R. NISNISAN WHO FLEW IN FROM PHILIPPINES FOR THE OCCASION ALONG WITH HIS WIFE AND GRANDMOTHER OF RALPH, MRS. LINDA NISNISAN. REV. SIMON LUMBS CHURCH OF IRELAND ALSO OFFICIATED AT THE CEREMONY. A RECEPTION WAS HELD AFTERWARDS IN THE KILLARNEY HEIGHTS HOTEL WHERE THE FAMILY WERE JOINED BY FRIENDS TO CELEBRATE THE OCCASION.



MICK AND MARY O'SHEA, TAHILLA SNEEM, WHO CELEBRATED THEIR 70TH BIRTHDAYS RECENTLY IN THE SACRE COEUR RESTAURANT, SNEEM. PHOTO: LISA O'SHEA.



PICTURED AT MUSTANG SALLY'S AND BOXING FOR SUICIDE AWARENESS IN RAISING FUNDS FOR KERRY LIFELINE WERE THE ORGANISING COMMITTEE L-R PAUDIE LOONEY, MARGARET LOONEY, TOMMY COOPER & NIAL O'CALLAGHAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

## HALLOWEEN TRICK OR TREAT AT LISTRY GAA CLUB



Listry GAA Club held a Halloween Party at their clubrooms for all their members. The children enjoyed a disco and there were lots of treats for



both themselves and the adults who attended. All the parents brought some goodies and the whole event was overseen by volunteers Liz



Tangney and Ursula Flynn along with Kay, Kate and Tracy who served up the tea and coffee.





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Coaching can be useful for everyone, whether you have a goal or issue you are working through or you just need to talk to someone. By asking powerful questions the coach helps the client explore an issue or patterns and uncover areas where action and change is needed. Often people find it difficult to be completely open and honest when talking to loved ones and they skim over the issue but this is where a coach comes in, we dig deeper and get to the root. So give it a try, who knows what you might discover!

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PIC OF THE WEEK!

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#lovekillarney WHAT A STUNNING DAY IN KILLARNEY TODAY

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THAT'S SATURDAY NIGHT SORTED! #daraobriain #crowdtickler #inec#lovekillarney #comedian @dominikanemcakova



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OH WOW, LOTS OF WATER IN TORK WATERFALL TODAY! #lovekillarney #sunday

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ANGELS SPOTTED RECENTLY IN MUCKROSS ABBEY! #maryneesonceramics #lovekillarney #MuckrossAbbey



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## WHEN A RELATIONSHIP BREAKS UP

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

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

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

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

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

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

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

## Health Matters.... With Dr. Michael O'Doherty

### PROSTATE CANCER

As part of our Blue September series on Men Health - This week we discuss Prostate Cancer.

Most people in Ireland know someone who has been affected by prostate cancer. We want to encourage men to be more comfortable with an area of their health that is often neglected or ignored:

- Over 2,500 men are diagnosed with prostate cancer in Ireland each year.
- After skin cancer, prostate cancer is the leading cause of cancer in men.
- Prostate cancer is often a slow growing cancer, particularly in older men, and symptoms may not occur for many years.
- Prostate cancer is 90% curable if it is treated in its earliest stages.
- The cumulative risk of a man developing prostate cancer before the age of 50 is 1 in 485. Before the age of 70 is 1 in 13.
- All men over the age of 50, or men over 40 who have a first degree relative with

#### What are the symptoms of prostate cancer?

Prostate cancer is often slow-growing. There may be no symptoms at first, even for years. As the tumour grows, it may press on and irritate the urethra, or cause a partial blockage to the flow of urine. Symptoms may then develop and can include one or more of the following:

- **Poor stream.** The flow of urine is weaker, and it takes longer to empty your bladder.
- **Hesitancy.** You may have to wait at the toilet for a while before urine starts to flow.
- **Dribbling.** A bit more urine may trickle out and stain your underpants soon after you finish at the toilet.
- **Frequency.** You may pass urine more often than normal.
- **Urgency.** You may have to get to the toilet quickly.
- **Poor emptying.** You may have a feeling of not quite emptying your bladder.

#### Diagnosis

First, visit your GP if you are worried about any symptoms. Your GP can examine you and do some blood tests. If your GP is still concerned about you, he or she can refer you to a hospital specialist called a urologist for more tests.

#### Tests for prostate cancer

**The PSA test:** This is a blood test to measure the PSA level in your blood. PSA is a protein made by the prostate gland that can be found into your bloodstream. Sometimes a raised PSA level can be a sign of prostate cancer. But more often it is caused by something less serious like an inflamed prostate or an enlarged prostate that comes with ageing.

A single PSA test cannot show you if a prostate cancer is present or if it is slow or fast growing. At present, a normal result is anything up to 4ng/mL. The rate at which the PSA doubles is important too, so PSA levels should be compared regularly. For example, if your PSA was 2 last year and 4 this year, it may need to be **checked out**.

**Digital Rectal Exam (DRE):** This involves your doctor putting a gloved finger into your back passage to feel your prostate. This test can find cancers that are in nearby tissues, but overall it can find less than half of prostate cancers. The test may be a little uncomfortable but is quick

#### Treatment for prostate cancer

The treatment of prostate cancer can vary. It depends on the stage, grade and size of the tumour, the PSA level, your age, general health, lifestyle, and likely side-effects of treatment.

#### Some ways to treat prostate cancer include:

- Active surveillance/watchful waiting
- Surgery
- External beam radiotherapy
- Hormone therapy
- Chemotherapy



**Dr. Michael O'Doherty,**  
General Practitioner  
and Occupational Health Specialist  
**The Killarney Medical Centre,**  
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t: 064-6620628.



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**OUTLOOK RECIPES**

**Vegetable Omlette**  
Fitness expert Edele Daly provides this week's recipe for week 1 of our 6 week challenge.

number of servings: 2  
Prep time: 5mins Total time: 15mins approx  
calories: approx 280 cals per person

**Ingredients**

- eggs x 4
- Olive Oil (1 tablespoon)
- Peppers (1 x cup chopped)
- Onion x 1
- Cherry Tomatoes (4-5 cut in half)
- Flaked Almonds (2 x tablespoons)
- Mixed herb seasoning, salt & black pepper

**Salad Ingredients:**

- 1/2 cup Broccoli, 1 x Carrot, Rocket & Spinach, Balsamic Vinegar

**Method**

- Turn oven on to preheat (medium to high heat)
- Heat oil in non stick pan, & add chopped onion & cook for 1min
- Add in all remaining veg. Cook through for 2-3 minutes
- Whisk eggs & add mixed herbs.
- Spread the veg evenly across the frying pan & pour over the whisked egg evenly.
- Add the halved cherry tomatoes & sprinkle over the flaked almonds evenly over the top.
- Add a pinch of salt & pepper to taste.
- Allow to cook gently underneath for about 2-3mins
- Then place in oven & leave to go golden brown on top. Be careful not to cook on too high a heat as the almonds will burn.
- Remove from oven. Allow to cool slightly and remove from flying pan. Cut in half & serve with side salad of fresh rocket & spinach, grated broccoli, carrot & a drizzle of balsamic vinegar

**TIP OF THE WEEK: BATCH COOK**  
Bulk up every meal with loads of fresh Veg. This will not only add some color & variety to your meals but will fill you up & provide you with plenty of added vitamins, fibre & nutrients your body needs. Vegetables are also at lot lower in calories than adding carbohydrates such as potatoes, rice or pasta to bulk up your meals so get chopping!!!



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## GREAT START FOR ST. BRENDANS SOCCER SQUAD

**St. Brendan's 4 -v- Charleville 0**  
**Report by Mark Cooper 1st year student**

The soccer season started on Wednesday for our first year panel. The game was played on the Astroturf pitch in Killarney Celtic. The starting team was Dylan Doona in goal, Aaron Flynn and Ian Prendergast at wing back, Paul O'Shea and Darragh Donohue at centre back, Ruairi Doyle at left mid, Caolan Ryan at right mid, Niall McGillicuddy and Michael Lenihan in centre mid and Dylan Murphy played up front with Cristian Marchetti. St. Brendans

were in control for most of the game, despite Charleville's best efforts. Michael Lenihan opened the scoring with a great assist from Dylan Murphy.

The score at remained 1-0 until after the break when Christian Marchetti stuck a powerful shot into the back of the Charleville net. Shortly afterwards he scored the goal of the game, running through the Charleville defence with ease after a great pass by Caolan Ryan and knocking it past the goalkeeper to make it 3-0. Substitutions were then made and

Adam Kissane's corner found Eanna Coleman who laid it off for Mark Cooper who beat the keeper with his weaker foot to further extend St. Brendan's lead. The game ended 4-0 with every panel member getting some game time. The substitutes were Darragh O'Leary, Mark Cooper, Eamonn Long, Padraic Looney, Eanna Coleman, Adam Kissane, Matthew Maye, Liam Kelliher and Adam Kelly.

The coaches were Trevor Nagle and Joseph Hurley.

## PUMPED SCHOOLS' VIDEO AWARDS FOCUSING ON HEART HEALTH

St Brigid's Secondary School, Killarney, Urges Other Schools and Students to Get Involved. 409 People Died from Cardiovascular Disease in Kerry in 2013

Against a backdrop of 409 people dying from cardiovascular disease in Kerry in 2013, the

Pumped Schools' Video Awards, supported by Bayer in partnership with the Irish Heart Foundation, the Federation of Irish Sport and RTÉ news2day, have been launched to encourage young people to create mini-movies on a heart health theme.

The competition invites participants to unleash

their creative juices and explore the science behind physical activity, diet and smoking, the impact of these on health and well-being, and produce compelling 90-second videos that inspire viewers to act. With a prize fund of €10,000, there are three categories in which to enter – "Smoking Stinks", "Active Teens—Healthy Hearts" and "Weighty Matters". The awards are open to all post-primary students between the ages of 12 and 16 years with the winner of each category winning €3,000 for their school's sports department and each individual student receiving a €100 voucher. More information can be found at [www.pumped.ie](http://www.pumped.ie)



RAHEEN SCHOOL FOOTBALL TEAM WHO RECENTLY WON THE EAST KERRY FINAL OF THE CUMANN NA MBUNSCOL COMPETITION. PICTURED ARE : TOMMY BOWLER, TOM WARREN, DONAL MURPHY, EVAN LUCEY, SHANE WARREN (CAPT.) DANIELLE O SHEA, MADDIE CONNOLLY. BACK ROW; LILLIE CONNOLLY, MICHAEL MULLANE, DYLAN ROCHE, KEVIN BOWLER, JACK LEADER, AMY MCCARTHY, CIARA FAULDS, EMIR CRONIN, KALIN PATERSON, EILIS MULLANE.



STUDENTS FROM RAHEEN NATIONAL SCHOOL WELCOMED SHANE RYAN THE KERRY MINOR GOALKEEPER WHO CAME TO VISIT WITH THE TOMMY MARKAM CUP. PICTURED ARE LILY ANN REEN, OSCAR LOVETT, CHRISTOPHER MURPHY, MARK BARTLETT, TADHG SCANNELL, NICOLE WARREN, ANNA ROCHE, SEAN O SULLIVAN, DYLAN BOWLER, PATRICK MULLANE, KAYLEIGH O SULLIVAN, CONOR WARREN, CAOIMHE CRONIN, SARAH WARREN.

1ST ROW; SHANE RYAN KERRY MINOR GOALKEEPER, JOHN SCANNELL, OWEN REEN, ADAM HOBBS, ELIZABETH ROCHE, RACHEL MURPHY, CLODAGH MCCARTHY, SETANTA O CALLAGHAN, AARON MURPHY. 2ND ROW; DYLAN ROCHE, AMY MCCARTHY, EILIS MULLANE, DANIELLE O SHEA, LILLIE CONNOLLY, EMIR CRONIN, JACK LEADER, EVAN LUCEY, DONAL MURPHY, TADHG QUINN, TOM WARREN. BACK ROW; SHANE WARREN, MICHAEL MULLANE, KEVIN BOWLER, TOMMY BOWLER, JAMIE O CONNOR, ALEX QUINN, CIARA FAULDS, MADDIE CONNOLLY, KALIN PATERSON.

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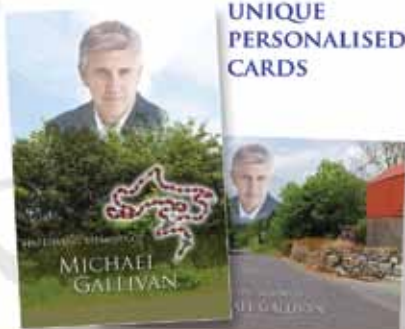


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# Their Special Day

A look at the Wedding's taking place in Killarney.



MICHELLE BROSINAN AND PATRICK REIDY WHO WERE MARRIED RECENTLY AT ST STEPHEN AND ST JOHN'S CHURCH CASTLEISLAND WITH THEIR RECEPTION AT THE KILLARNEY HEIGHTS HOTEL.

PICTURE BY TARA DONOGHUE PHOTOGRAPHY.



NORMA HOGAN AND RAYMOND O'NEILL, MILLTOWN WHO WERE MARRIED RECENTLY IN BALLYSEEDY CASTLE IN TRALEE.

PHOTO BY BREDAL DALY PHOTOGRAPHY.

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# Outlook

MAGAZINES

## KILLARNEY OUTLOOK

*invites traders in the town  
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**Killarney Outlook**

## Best Christmas Window Display

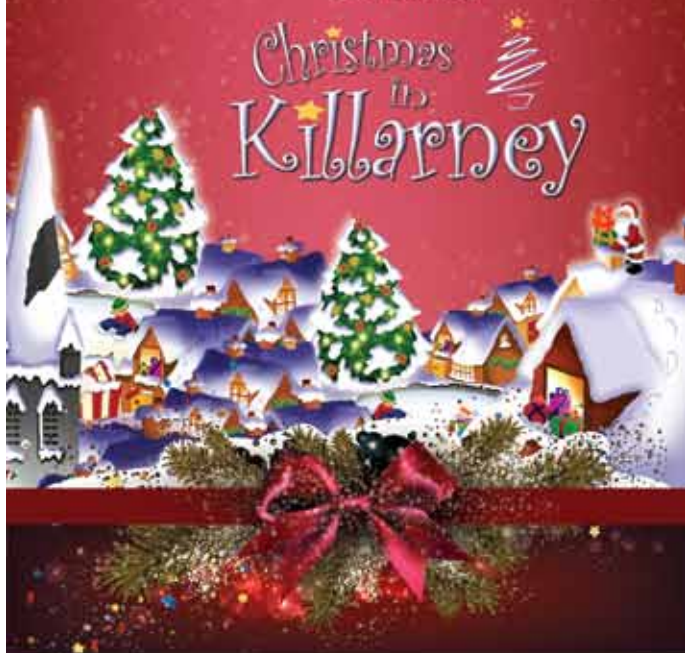
The winner will not be the biggest window or the retailer who has spent the most money but will be chosen by the best use of the window size available to them and judges will be looking for the most innovative and unique display.

Judging will take place on the **FRIDAY 12th DECEMBER** with the winner being announced in the **BUMPER CHRISTMAS ISSUE** of the **KILLARNEY OUTLOOK** on **DECEMBER 19th**.

The competition is a great opportunity for businesses in the area to go the extra mile and reinforce the message to "Buy Local"

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# KILCUMMIN NEWS

**WINE AND ART NIGHT:** Wine and Art Night at the Malton Hotel on Thursday 27th November. Tickets €20 on sale in Post Office. Supporting Local Charities and Community Projects.

**PARISH RETREAT:** One Day Parish Retreat to the Ardferret Retreat Centre on Sunday 16th November. Further info contact Siobhan 064-6643177 or Joan 064-6643211.

**KILCUMMIN COMHALTAS:** Kilcummin Comhaltas would like to invite parents of Junior Set Dancers born in 2005, 2006 and 2007 to contact the Branch Secretary (Marguerite) on 086-0810208 if you would like your child to be considered for entering competitions.

**SENIOR SET DANCING:** If you are interested in dancing in a Senior Kilcummin Comhaltas set for the coming year please contact Marie Sheahan (083) 0045432.

**BRANCH MEETING:** The next branch meeting for Kilcummin Comhaltas will take place on Monday 10th November in the Rural Development Office at 8pm.

**CHURCH GATE COLLECTION:** Thank you to the people of the parish for their continued support in the Church Gate Collection.

**MEMBERSHIP:** Membership is now due for Kilcummin Comhaltas. Child €6, Adult €12, 2nd Adult €8, Family €20. Please contact Timmy Lane (086) 0587047 or Grace Fitzgerald (087) 9860473.

**CHIEF O'NEILL FESTIVAL:** The 2nd Annual Chief O'Neill Festival will be held in Bantry, Co. Cork from Thursday 13th - Sunday 16th November - For full details visit [www.chiefoneillfestival.com](http://www.chiefoneillfestival.com).

**KILCUMMIN N S PARENTS ASSOCIATION:** Kilcummin National School Parents Association will hold a coffee morning fundraiser immediately after the 11.15 am Mass on

Sunday 9th November in the Recreational Hall Kilcummin. Everyone most welcome and we thank you in advance for your support.

**KILCUMMIN GAA:** County Championship relegation play - off. Kilcummin retained our Senior Club status on Saturday with a good win over Currow in Lewis Road. Our lads were in control of this game throughout but a combination of bad shooting and misplaced passes meant the result was in doubt to the final whistle. In appalling conditions Kilcummin were forced to start without a number of regulars but went about their business immediately. Shane McSweeney scoring a splendid point within the first minute set the tone for the rest of the game. Good defensive displays from Donal Maher, Sean Brosnan and Tommy Cooper in the first half ensured Currow were kept to only three points at the break while points from Jamie O'Sullivan, Gary O'Leary, Chris O'Leary, Noel Duggan and a 45 meter free from Brendan Kealy accounted for our three point advantage. The second half was much of the same with further points from Jamie and Gary and a lovely effort from the ever influential Tommy Brosnan left us in a comfortable position until two late points from Currow kept us on tender-hooks until the very end. In the second half Kelvin Teahan, Gary O'Leary, Enda O'Sullivan and James Devane in particular impressed but Kevin Gorman would be many peoples man of the match for his enormous contribution throughout. Daniel Kelly, Kieran Murphy and Ian Devane during their playing time all contributed to a significant victory. Kilcummin now look forward to an O'Donoghue cup semi-final against Legion at the week - end safe in the knowledge that they will face an 18th consecutive season in the

Senior County Championship. Well done to the players but in particular to the management team of Seanie, Willie and Mark.

**SET DANCING:** Set Dancing classes continue on Wednesday nights in GAA clubhouse under the direction of Marie Lehane. A great social and learning event. Come alone or bring a friend.

## MOLYNEAUX CUP FINAL

### KILCUMMIN 0-7 V DR CROKES 3-09

Dr Crokes repeated their victory of last year in this competition with an easier win this time around. Kilcummin despite the lions share of possession in the first half failed to capitalise on it and were over run in the second half by a superior team. **TEAM:** Darragh McCarthy, William Maher (0-1), Kieran O'Donoghue, James Devane, Eoin Lane, James Devane, Daniel Kelly, (0-1) Richie O'Connor, Colm Lenihan, Jer Sheehan (0-2), John McCarthy, David Brosnan (0-1), Ben Brosnan, Eamonn O'Donoghue (0-1), D.J. Fleming (0-1). Subs used Muiris Healy, Denis O Sullivan.

**SYMPATHY:** Is extended to Ciara Scanlon and Mark Moynihan on their recent bereavement of Ciara's father Martin Scanlon of Dingle.

**U14 GIRLS:** Play Dr Crokes in the East Kerry League final at 6pm in Lewis Road on Wednesday 5th November.

**RAMBLING HOUSE:** Kilcummin's Rambling House is held in the GAA club every first Friday of the month. The next Rambling House will be next Friday 7th November at 8.30pm. All are welcome for what is proving to be a great night of music, craic and chat.

**JUVENILE HURLING:** Will continue indoors from Thursday 6th November in Killarney Community College. All are welcome. Cost is €2 per session. Contact Garry on 087 2884478.

## FAMILY HISTORY PRESENTED TO THE O'FLAHERTY FAMILY



AT THE PRESENTATION ON THE FAMILY HISTORY OF MONSIGNOR HUGH O'FLAHERTY IN KILLARNEY LIBRARY WERE FROM LEFT, RACHEL FOLEY (ANCESTORS FROM IRELAND), SENATOR PAUL COUGHLAN (MONSIGNOR HUGH O'FLAHERTY MEMORIAL COMMITTEE), JERRY O'GRADY (CHAIRPERSON OF MONSIGNOR HUGH O'FLAHERTY MEMORIAL COMMITTEE), PEARL DINEEN (NIECE OF MONSIGNOR), CORMAC DINEEN (GRAND-NEPHEW OF MONSIGNOR), CANON PAT HORGAN (MONSIGNOR HUGH O'FLAHERTY MEMORIAL COMMITTEE) AND EAMON BROWNE (LIBRARIAN). PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).



# Saint John of God Community Services Ltd

## Saint John of God Kerry Services

*Saint John of God Kerry Services provides a range of programmes and services for adults and children with an intellectual disability in the Kerry region. A person-centered approach to service delivery is promoted in accordance with the Order's values and ethos and in keeping with its commitment to the continuing development of community based services.*

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- Acting as an advocate for residents and promoting social interaction with the community.

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- Should be able to work as part of a team and also on own initiative
- Enthusiastic, hardworking and self-driven

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*If you believe you have the necessary enthusiasm, competencies and experience to bring to this role please forward your letter of application along with your Curriculum Vitae to Human Resources Department, Saint John of God Kerry Services, Monavalley Industrial Estate, Tralee or email [Dolores.parker@sjog.ie](mailto:Dolores.parker@sjog.ie) before 5.00pm on Friday 14th November 2014.*

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# GLENFLESK NEWS

WITH DONAL KELLY

**GAA LOTTO:** Next Club Lotto Draw will be held on Sunday the 9th of November 2014, in Corner Bar, Jackpot: €2,400. Tickets available: on request, in local shops and bars. If you have difficulties purchasing a ticket contact Jimmy O'Shea at 085 1741219 or Denis O'Donoghue at 087 2257915.

**WELLIE RECORD CELEBRATION:** To mark the success of the world-record breaking Wellie Run a special night of celebration has been organised in the Muckross Park Hotel on Friday November 14th. There will be a drinks reception and finger food from 7:30pm, followed by a great night's entertainment. Admission is free and all are welcome, BUT tickets must be booked in advance as numbers are limited, and entry on the night is by ticket only. Call Danielle 0876667706 or Cathy 0872900476 to secure your tickets before Sunday November 9th. All welcome!

**PATSY O'DONOGHUE U10 BLITZ:** A great day's football was had in Glenflesk on Sunday last November 2nd in the U10 blitz played for the Patsy O'Donoghue memorial cup, despite the odd downpour. Well done to all in Coiste na nOg and their team of volunteers for putting together such a well-run tournament. Thanks to all the participating teams and their mentors, from Glenflesk, Kilcummin, Gneeveguilla, Kenmare, Dr. Crokes, Fossa and our neighbours from across the county bounds, Ballyvourney. A special word of thanks to the referees, Brendan Brosnan, Jimmy O'Shea and Christy Crowley; and to Kerry star Paul Murphy for presenting the medals to the players and giving so much of his time on the day. For the record Glenflesk won the Patsy O'Donoghue memorial cup while Dr. Crokes won the shield competition. Find Glenflesk GAA on Facebook for some great photographs of the day's action courtesy of Seamus Healy.

**NATIONAL GAA DRAW:** The national GAA

club draw takes place once again this year, with a fantastic array of prizes including holiday packages with the 2015 All-Star tour, shopping vouchers to the value of €1,000 and All-Ireland final weekend tickets and hotel accommodation. The full proceeds of all tickets sold by the club go directly to the club. The draw will take place on February 27th 2015 at the GAA national Congress. Tickets cost €10 each and will be widely available in the coming weeks from club officers and players. Your support is greatly appreciated.

**GLENFLESK COMHALTAS AGM:** Glenflesk Comhaltas AGM was held on October 29th. The following officers were elected: President: Maire bn Ni Mhuineachain, Chairperson: Margaret O'Sullivan, Vice Chairperson: Donough Spillane, Secretary: Margaret Creedon, Treasurer: Nora Kelliher, PRO: Noreen Cashman, Irish Officer: Tadhg Creedon, Auditor: Marian Favier, DLP: Noreen Cashman. We would like to take this opportunity to acknowledge the huge commitment given to Glenflesk Comhaltas by outgoing treasurer Maureen McCarthy for the past 18 years.

**RAMBLING HOUSE REMEMBERS THE SEANACHI:** The ever popular Rambling House returns to St Agatha's GAA Community Hall, Glenflesk next weekend - Saturday the 15th of November 2014 from 8pm to 11pm. Music, song, dance and stories by the wealth of local talent and a friendly 'Cupán Tae'. This year the Rambling House will be remembering 'the seanachi', Eamon Kelly, on the 100th anniversary of this birth. Further information from Neily Moynihan on 087-9831655 or Derry Healy on 087-2707899. Everyone is welcome.

**FASHION SHOW:** Tickets for the Barraduff NS Fashion Show priced €12 are now available from committee members. The fashion show takes place in the Killarney Oaks Hotel on Saturday November 22nd from 7:30pm, with

celebrity guests, fabulous spot prizes and of course amazing fashion to appeal to all ages and tastes. On the night we will also have special prizes for the best dressed lady and gent. Contact Marie 087 3584472 or Stuart 086 1297200 if you have any difficulty getting or for more details.

**CHURCH GATE COLLECTION:** The annual church gate collection in aid of Glenflesk GAA takes place this weekend, November 8th and 9th.

**PARISH BAZAAR:** The Annual Bazaar in aid of Church funds will be held in Glenflesk GAA Hall on Sunday November 23rd beginning at 3 o'clock. Raffle tickets have been distributed throughout the parish. Members of the Parish Council will call for your contribution. Should you miss them your contribution may be left at the parish centre, or at any shop in the parish. Your support is greatly appreciated.

**RAHEEN NS:** Congratulations to Teresa Bowler who had the winning lotto no. 37 on Saturday the 1st of November.

**ALL-IRELAND SCHOLARSHIP:** Congratulations to Roisin Houston, Stagmount, Headford, daughter of Tony and Kathleen Huston who will receive a prestigious JP McManus All-Ireland Scholarship at a ceremony in the University of Limerick on Saturday November 8th 2014. The scholarship will be presented by Minister of Education Jan O'Sullivan and Martin O'Neill the Republic Of Ireland soccer manager will also attend the ceremony. Roisin is a part-time staff member at O'Donoghue's Costcutter Barraduff.

**CONTACT:** We welcome items of local interest. Contact PRO Donal 087-6687926; email pro.glenflesk.kerry@gaa.ie deadline 8pm Sunday.

## GLENFLESK RAMBLING HOUSE

All roads lead to the Parish Hall in Glenflesk on Saturday November 15th when a Rambling House will be held from 8pm to 11pm.

Dancers, singers, storytellers, musicians and all others are welcome to attend. For more information contact Neily on 087-9831655 or Derry on 087-2707899.

Photo courtesy of Seamus Healy.





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## RATHMORE /GNEEVEGUILLA NEWS By Michael O'Mahony

**TABLE QUIZ:** Thank You to everyone who took part in the Top of the Hill Bar Annual Table Quiz held recently in aid of South Kerry Multiple Sclerosis and to our very generous sponsors spot- prizes - too many to mention. Thank you to Pat O'Neill for speaking on behalf of M.S. Society on the night. To Tony Moynihan for giving his time on the night, being Quiz Master. Thanks to all the background people who helped to make the night possible. Thanks to Knocknagree community centre for the tables and chairs for the night. A big thank you to all involved. Total amount raised: €830.00.

**SLIABH LUACHRA COMHALTAS:** The Annual General Meeting of Sliabh Luachra Comhaltas, took place on Wednesday 15th of October in the Le Cheile Room, Gneeveguilla. The Officers for the coming year 2014/2015 were elected: Chairperson: Siobhan McGillicuddy.

Vice Chairperson: Christy Cronin.

Secretary: Maureen Dalton.

P.R.O.: Katie O'Sullivan.

Treasurer: Patsy Crowley.

Assistant Treasurer: Carmel O'Connor. Auditor: Joe O'Sullivan.

Irish Officers: Marion O'Connor and Niamh Dalton.

Youth Officers: Conor Crowley, Ciarán O'Sullivan and Niamh Dalton.

County Board Delegates: Martina O'Leary, Katie O'Sullivan, Carmel O'Connor.

Child Protection/D.L.P. Officer: Damien Dalton  
Memberships for the coming year are now due - €20 Family, €12 Senior and €6 Junior County Board. For information on Comhaltas around the County, visit [www.kerrycomhaltas.ie](http://www.kerrycomhaltas.ie)

### GNEEVEGUILLA COMMUNITY COUNCIL

**ANNUAL COLLECTION:** In Gneeveguilla Church on the 8th/9th November. Please support.

**GNEEVEGUILLA GAA AGM:** Will be held on Friday 21st November in Club Bar everyone welcome.

**RATHMORE COMMUNITY COUNCIL: Work done:** Seating along path, ground clearance, provision of top soil, planting near the Station, Woodview, Forge Cross, junction up to Health Centre. **Ongoing work:** Seating at the Grotto.

**Future work planned:** Upgrade the Grotto environment. The two bus shelters are back in church place and at community centre Work was carried out by Rathmore Community Council in conjunction with IRD Duhallow. If anyone has any suggestions on work that could improve the Rathmore area please let us know.

**SYMPATHY:** To the family, relatives and friends of Sr Nuala O'Leary, Ard Muire Rathmore, and Tralee, whose death occurred last week. May she rest in peace.

**BARRADUFF NS - FASHION SHOW:** Take place on Saturday the 22nd of November at the Killarney Oaks Hotel Tickets will be available locally.

**RATHMORE G.A.A. CLUB: LOTTO RESULTS:** For 27/10/2014 numbers drawn: 10, 13, 22, 30. No Jackpot Winner. Next week's Jackpot: €4,600. Consolation Prizes: €40 O'Keefe's XL Gift Voucher: Eileen O'Connor c/o SAG. €40 each: Breda and Patrick Moriarty, Muckross, Killarney. Tom Stack, Ardfert. Michael Mahony, C/O SAG. Michael Dennehy Snr., Couterough, Rathmore. Next week's Lotto is sponsored by

the Bridge Bar, Rathmore.

**RATHMORE GAA:** Would like to congratulate Paul Murphy on collecting his first All Star Award. This award capped an outstanding first year for Paul on the Kerry Senior Panel with plenty more to come.

### RESULT:

**EAST KERRY O' DONOGHUE CUP QUARTER FINAL:** Final score Rathmore 2-7pt. Dr Crokes 2-6pt. Well done to Michael O'Riordan who was selected Aquila Club Man of Match.

**LADIES FOOTBALL:** Rathmore ladies' football club would like to thank everyone who helped out with our recent "4 Mile Run Jog Walk". A special thank you to Gneeveguilla Athletic club to Paddy and Tom Joe O'Donoghue, Mike Dineen, Elaine Cronin, Nora Flynn, Brid Stack, Mary O'Sullivan and Joan Warren for their help and guidance. A big thank you once again to Rathmore GAA for the use of their excellent facilities and for the on going help they give us. A big thank you to all who provided food and baking, and who helped with the distribution of refreshments on the day. Thanks to all the stewards both for the race itself and for the fun events that took place in the GAA pitches. Finally a big thank you to everybody who, despite the inclement weather participated and contributed to making the first Rathmore ladies' football "4 miller" a great success.

**NOTES:** Anyone has any information they 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 6:00 on Sunday.

## BEAUFORT NEWS

**BEAUFORT'S RAMBLING HOUSE:** Beaufort Pioneer Council wish to express their most sincere thanks to everybody who helped make the recent Rambling House Session such a success.

### BEAUFORT PARENT AND TODDLER GROUP: CHRISTMAS SHOEBOX COLLECTION:

Beaufort Parent and Toddler Group had a Christmas shoebox collection at Beaufort

Community Hall on Tuesday last 4th November. The collection is for Team Hope Ireland. Team Hope is an Irish, interdenominational Christian development aid charity, working with children, and through them, into their families and communities in Eastern Europe, former Soviet Union and Africa. They transport donated Christmas boxes to disadvantaged children.

Gemma Robins, Chairperson of the group, said, "Our children are so lucky, so we thought this was a nice way to do something positive, as Christmas time approaches, for less fortunate children around the world."



MEMBERS OF THE BEAUFORT PARENT'S AND TODDLER GROUP PICTURED WITH THEIR SHOE BOXES.





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- 11 Ford Mondeo 2.0L, Zetec, 1 owner, full Ford S/H
- 11 Kia Ceed S.W. Manufacturers warranty to 2017
- 11 Audi A4 2.0TDI, Black
- 11 Peugeot 5008 1.6 HDI 7 Seater
- 10 Ford Focus 1.6 TDCi, sports, 83k, full Ford S/H
- 10 Ford Galaxy 2.0, Titanium, Full Ford S/H, 80k
- 10 Kia Ceed Sports Wagon 1.6 CRDI, Silver
- 09 Nissan Qashqai Acenta
- 09 Ford Focus 1.6 TDCi, Titanium, 97k
- 08 VW Golf 1.9 TDI, 70k, White, left hand drive

- 07 Renault Megane Scenic 2yr Test
- 06 VW Passat 1.9 TDCi, Black, NCT Tested
- 06 Citroen C5 1.6 HDi, 106k, 1yr Test
- 05 VW Golf 1.9 TDI, Black, Alloys
- 05 Opel Mireva 1.3 CDTi, left hand drive
- 05 Ford Focus 1.6 TDCi
- 04 Opel Zafira 1.7 Dsl, 1yr Test
- 03 Citroen C3 1.4 HDi
- 03 Skoda Octavia 1.9 TDI, silver, 1 owner
- 11 VW Golf 1.6 TDI, blue motion, Black
- 11 Ford Focus 1.6 TDCi, Zetec ( new model)
- 05 Citroen C414 3dr
- 00 VW Golf 1.9 GT TDi Very clean NCT

- 141 Ford Focus 1.6 TDCi - Choice
- 141 Hyundai 1x35 - 14k
- 2010 Toyota Avenis 2.0L DUD Alloys - Fogs
- 12 Ford Fiesta 1.2
- 09 Toyota Yaris 90klms, black
- 08 Kia Rio 1.4, Automatic
- 07 Renault Megane Cabriolet 1.6, full leather
- 07 Nissan Almera 1.5 SXE, alloys, air con
- 07 Renault Megane Full Leather
- 05 Suzuki Liana NCT Tested
- 05 V.W Golf 1.4 Comfort Line
- 04 Opel Zafira 1.6 Club, 7 seater, 1 owner, €2,700

- 03 Toyota Avenis Allows, Fogs, As New
- 03 Nissan Micra 1.0L
- 04 VW Golf 1.4L
- COMMERCIAL
- 10 Opel Combi 1.3 CDTi, 1 owner, 57k, 1yr DOE
- 11 Citroen Berlingo Full service history
- 11 Citroen Dispatch
- 09 Opel Combi Van 90klm
- 08 Opel Combi 1.3 CDTi
- 05 Mitsubishi Pajero Sport Silver, 2.5, very clean



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## KERRYDRIVERS AT THE READY!

Brand new ŠKODA Fabia preview event on Friday, 14th & Saturday, 15th of November

Liam Lynch Motors, ŠKODA's Kerry dealership has announced Friday, 14th and Saturday, 15th of November as the eagerly anticipated date the brand new ŠKODA Fabia will be available for preview for Kerry drivers.

The new ŠKODA Fabia will not arrive in Ireland until mid-December however Liam Lynch Motors will be showcasing the new Fabia during an exclusive preview event in the dealership on Friday 14th and Saturday 15th of November. Motorists are encouraged to call in to see the new model.

The third-generation Fabia model comes with innovative technology more usually featured in higher vehicle classes, a new design, more fuel efficient engines and 5-star NCAP safety rating. The new Fabia is up to 65 kg lighter and up to 17 per cent more efficient than the previous model. In fact, the lightest Fabia weighs just 980 kg. In typical ŠKODA fashion, the car has the biggest boot in its segment at 330 litres and optimum functionality with many 'Simply Clever' features. The new ŠKODA Fabia will be available for test drive in December and will be



available for the 151 registration plate.

Speaking ahead of the event, Liam Lynch of Liam Lynch Motors said "The Fabia is going to be a big car for 2015 and we are offering local motorists a sneak preview of the car on Friday, 14th & Saturday, 15th of November. We'll have refreshments and competitions to celebrate the New Fabia's arrival. It's an event not to be missed!

In addition to our new Fabia reveal we also have exciting offers on all our other models in the range. ŠKODA Finance rates start from 3.9% APR equating to lower monthly repayments which can include the cost of routine servicing. Over the period we are also offering excellent trade-in allowances and product upgrades such as free leather interior and Satellite navigation on selected models."

## KILCUMMIN TEAM UP WITH AHERNS OPEL CASTLEISLAND AND OPEL KIT FOR CLUBS

Kilcummin GAA Juvenile teams with Aherns Opel Castleisland and Opel kit for clubs have received a brand new set of training equipment.

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For more information log onto [www.opelkitforclubs.com](http://www.opelkitforclubs.com) or contact aherns on 066 7143000. Pictured right is Pat Ahern of Aherns, Eoghan Moriarty and James O'Sullivan, along with Kerry senior panel players Brian Kelly, Peter Crowley and Jonathan Lyne and of course Sam Maguire.



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To learn more about how you can drive a new ŠKODA in 2015 and again in 2018, call in to your local ŠKODA Dealer during our Open Event from November 8th.

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Terms and conditions apply. \*Available with Superb Ambition and Elegance models only. Images used for illustrative purposes only. Finance example quoted is not model shown. Typical Finance example: Citigo DTRP €11,365. Deposit / Part Exchange €3,889.33. 36 monthly payments of €129 (including Service Plan). Optional Final Payment €4,806. Total hire purchase price €32,093.69 including acceptance fee (€75) and completion fee (€75). Minimum deposit is 10%. Subject to lending criteria. This offer is made under a hire purchase agreement. ŠKODA Finance is a trading style of Volkswagen Bank GmbH Branch Ireland, authorised by the Federal Financial Supervisory Authority in Germany and regulated by the Central Bank of Ireland for conduct of business rules.

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## MARKET LEADER VOLKSWAGEN PLANS TO GROW MARKET SHARE WITH NEW MODELS AND REVISED PRICING ACROSS THE RANGE

### AVAILABLE THROUGH S DIVANE & SONS LTD, CASTLEISLAND

Volkswagen Ireland has announced news of model upgrades and new finance offers which it will launch across its network of 36 dealers for January, to support its plan to grow its market share in 2015.

The Upgrade Packs are available at S Divane & Sons Ltd, Castleisland free of charge and are worth from €400 to over €2,500 depending on the model in question.

Plans for 2015 also include a range of competitive finance offers, with APR rates of 1.9% to 5.9% available on PCP finance from Volkswagen Bank. Volkswagen customers will now be able to get more Volkswagen for their money, with higher spec models and mid-range models available on lower PCP rates of 1.9 and 3.9%. This means that for some models, the monthly payment is the same regardless of the grade chosen. This compares with variable rates of between 9% and 11% APR currently offered for car loans by the mainstream banks. Retail customers can also avail of 3 year's free servicing on 151 cars ordered before November 30th.

Commenting on the new offers, Paul Burke, Operations Director, Volkswagen said: "We have ambitious plans to grow our market share in 2015. In order to bring our most competitive

offers to consumers we have reviewed our pricing across key models and car buyers can now get a higher spec model for less if they visit their local Volkswagen dealer."

The Volkswagen up! is now available for €12,895, or monthly payments of €139 at 3.9% APR, through a PCP plan with Volkswagen Bank Ireland. The new look Polo is available from €15,915 or €169 per month at 3.9% APR. The new model Passat which will arrive in the

Irish market in January 2015 will be available from €29,690 or €329 per month, with the Volkswagen Golf available from €249 per month.

Volkswagen has increased its market share to over 12% in 2014 (August YTD), outstripping Toyota by approximately 1500 units. 59% of private Volkswagen owners are now purchasing their cars through Volkswagen Bank finance.



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# FOSSA NEWS

**FOSSA GAA:** Fossa Lotto 2nd November 2014 Numbers Drawn: 19, 23, 24, and 28. Jackpot: €6,300. No Jackpot Winner: Consolation Prizes: Karen Murphy; Derek Rennie, Crohane Fossa; Mary Corbett, Firies; Margaret McLennon, Ardshanavooley; Michael Talbot.

New Jackpot: €6,450.

Tickets on sale at the Golden Nugget Bar, The Travel Inn, The Old Killarney Inn, Foley's Spar Shop Fossa, The Laurels Bar, Killarney and from committee members. Next draw takes place on Sunday night November 9th 2014 at the Golden Nugget Fossa at 11p.m. Thanks to everybody who supports our Lotto each week as well as all those who sell tickets.

**SENIORS:** Next game is an away fixture against Na Gaeil in round 11 of the County League on Sunday next November 9th throw in 2pm. Please come and support our team.

**COISTE NA NOG:** Our under 10s travelled out to Glenflesk on Sunday 2nd November to take part in their tournament. Victories against Kilcummin and Ballyvourney got us into the

final against the hosts, who proved to be better team on the day. Well done to the Glenflesk club for an excellently organised tournament. Rian Colleran, Dean Sheehan, Harry Kelly, and Patrick Lyons were most prominent for Fossa on the day.

**SYMPATHY:** Sympathy is extended to Mary, Anne Marie, and Alan Ring of Aghaleemore on the death of Joe RIP. Ar dheis De go raibh a anam.

**ASTROTURF ALL WEATHER PITCH:** All weather pitch@fossa national school. Opening hrs, Monday/Friday 4pm/10pm, Saturday/Sunday 10am/10pm. All types of sport is played on this floodlit pitch. Now taking bookings for birthday parties. Special rates for Saturday and Sunday. Contact Ger O'Connor 083 4228977 or email fossaweatherpitch@gmail.com

**THRESHING CANCER:** Will hold a Presentation Night on Saturday 8th November in Galvin's Bar, Beaufort at 8.30pm where the presentation of cheques to the beneficiary cancer support organisations will take place. Music, raffle &

spot prizes on the night. All welcome.

**FOSSA YOUTH CLUB:** The next Fossa Youth Club meeting will be on Friday next November 7th from 8.30pm to 10.30pm in the Fossa Community Centre. New members are always welcome but must be in 1st year and upwards in secondary school. It costs €20 to register for the year and €3 per night thereafter. Thanks to our volunteer leaders for all the hard work in re-establishing this club. Special thanks to Tim Kissane and James Houlihan for the encouragement to do it and to Geraldine O'Halloran of KDYS for her support."

**FOSSA/TWO MILE COMHALTAS:** Adult set dancing continues in Fossa Community Hall on Tuesdays. Beginners 8pm, improvers and advanced 9pm. All welcome. Contact Catherine Joy at 087 6799330 or Tim Kissane 087 2413116. Junior Set dancing classes on Fridays from 6 to 7pm in Fossa Community Hall. All levels welcome. Contact Norita 087 7424468.



RECENTLY MARRIED IN PORTUGAL, RORY & LISA O'SULLIVAN, SEATED CENTRE WITH THEIR DAUGHTER MAIREAD, RETURN TO THE KILLARNEY OAKS HOTEL FOR AN AFTER PARTY WITH FAMILY & FRIENDS. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE MALTON HOTEL FOR THE KERRY STARS BALL WERE L-R MICHELLE KING, CIARAN FITZGERALD, MOIRA KING FITZGERALD & TOM TOBIN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



A HIDDEN GEM... AT THE OPENING OF THE ANCIENT RITUAL TATTOO AND ART GALLERY AT CHAPEL LANE, KILLARNEY, FROM LEFT, CIAN O'DONOGHUE, APPRENTICE, ANDREAS GOMEZ, PROPRIETOR, DEN O'MAHONY, PROPRIETOR AND EMMA BROSAN, APPRENTICE. PHOTO: VALERIE O'SULLIVAN.





## ROCK STARS

### AUSTIN STACKS 2-13 MID KERRY 1-7

'It was the best of times' for Austin Stacks' who had to wait 20 years for County SFC glory. The Rockies did it in style as they comprehensively defeated Mid Kerry in a one sided replayed Garvey's Kerry SFC decider at Fitzgerald Stadium in Killarney last Sunday afternoon. Before an attendance of 7,100, Austin Stacks were totally dominant throughout the tie, and led from the first kick of the ball to the last. Kieran Donaghy was once again a central figure in Austin Stacks' triumph. Lining out at full-forward, Donaghy's imprint was all over this win, as he was here, there and everywhere in a man of the match display, winning possession, creating scores and finishing with a personal tally of 1-2 just as he did in September's All-Ireland final win. It was Austin Stacks' first Kerry SFC win since 1994, and it maintains the club's proud record of never having lost a replayed County Final.

The win crowns a memorable year for Donaghy, who now adds a first County SFC medal to his collection of honours.

Mid Kerry full-back Fergal Griffin simply could not handle the big man, who is now odds on to be Kerry senior captain next year. Austin Stacks were dominant in practically all areas of the field. Manager Stephen Stack obviously learned from the draw the previous week and freshened up his squad making four changes from the published line-out with Conor Jordan, William Kirby, Fiachna Mangan and David Mannix not starting and replaced by John Dennis, Denis McElligott, Daniel Bohan and Darragh O'Brien. The changes worked wonders as the Tralee side dominated all areas of the field. Donaghy, who was placed on the edge of the small square, was hugely influential from the off and caused havoc in the Mid Kerry defence every time he won possession.

The Austin Stacks half-back line of Pa McCarthy, John Dennis and Greg Horan were totally dominant, snuffing out every Mid Kerry attack, while Wayne Guthrie and Denis McElligott ruled the air at midfield. This win was long overdue for the Tralee side, which have come close on a number of occasions in recent years as Kieran Donaghy said afterwards it will mean an awful lot to a lot of people, not least the group of Austin Stacks players and their management.

Last year, Austin Stacks suffered a 16-point mauling at the hands of Dr Crokes, and subsequently lost the Co League final to their great Tralee rivals Kerins O'Rahilly's. Now, the Tralee club are just 60 minutes away



AUSTIN STACK FOOTBALL TEAM V MID KERRY REPLAY IN FITZGERALDS STADIUM.

from completing a League/Championship double, as they are also in the County SFL final, and will have a shot at Munster glory later this month playing Cork representatives Ballincollig almost certainly in Tralee.

This was a superb win for Austin Stacks' manager Stephen Stack, who took over from Wayne Quillinan in 2013, and his management team of Paul Lucey, who was involved as manager when Stacks last won the Bishop Moynihan Cup in 1994, John Joe Sugrue and physical trainer Kieran McCabe, who came on board earlier this year.

It was a wonderful day too for veteran players like William Kirby and Darragh Long, who have given tremendous service and dedication to the Rock, this was also a first Co SFC medal for William and Darragh.

#### MAN OF THE MATCH

Kieran Donaghy (Austin Stacks)

'Star's imprint was all over this win, and he was a deserving winner of the Man of the Match Award, although Mikey Collins, Pa McCarthy, Shane O'Callaghan and Wayne Guthrie were other leading contenders for the honour.

**TEAMS: AUSTIN STACKS:** Darragh O'Brien, Ferghal McNamara, Barry Shanahan, Ronan Shanahan, Pa McCarthy, John Dennis, Greg Horan, Wayne Guthrie, Denis McElligott,

Shane O'Callaghan, Shane Carroll, Daniel Bohan, Darragh O'Brien, Kieran Donaghy, Mikey Collins.

**SUBS:** David Mannix for Darragh O'Brien; Conor Jordan for Ronan Shanahan, Fiachna Mangan for Daniel Bohan, William Kirby for Greg Horan, Darragh Long for Mikey Collins, Ciaran O'Connell for Pa McCarthy.

**MID KERRY:** Michael Moriarty (Beaufort); Pa Kilkenny (Glenbeigh/Glencar), Fergal Griffin (capt) (Glenbeigh/Glencar), Ger Hartnett (Beaufort), Danny O'Sullivan (Glenbeigh/Glencar), Ronan Murphy (Beaufort), Aaron Cahillane (Keel); Colin McGillicuddy (Glenbeigh/Glencar), Tomas Ladden (Keel), Gary Sayers (Keel), Darran O'Sullivan (Glenbeigh/Glencar), Liam Carey (Beaufort), Gavan O'Grady (Glenbeigh/Glencar), Donnchadh Walsh (Cromane), Kieran Courtney (Glenbeigh/Glencar).

**SUBS:** Rory O'Connor (Glenbeigh/Glencar) for Michael Moriarty, Martin Burke (Keel) for Colin McGillicuddy, Sean O'Sullivan (Cromane) for Gary Sayers, Fergal Hallissey (Beaufort) for Kieran Courtney; James Long (Keel) for Martin Burke.

**Referee: Pdraig O'Sullivan**



PICTURED AT FITZGERALD STADIUM FOR THE REPLAY OF AUSTIN STACKS V MID KERRY WERE BACK ROW L-R MARIA RYAN & KAY O'CONNOR. FRONT ROW L-R CLARE McMAHON, JAKE O'CONNOR & RYAN McMAHON.  
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 480





FIRIES TEAM CUP WINNERS OF THE EAST KERRY U16 DIV 2 CHAMPIONSHIP 31 OCTOBER.

## EAST KERRY NOTES

By: Áine Ní Shúilleabháin PRO

### AQUILA CLUB O'DONOGHUE CUP QUARTER FINALS

#### RATHMORE 2-07 DR CROKES 2-06

Last Saturday, in heavy rain and strong wind, home side Rathmore was the third team to qualify for the Aquila Club O'Donoghue Cup semi final, when they won the quarter final against Dr Crokes, by a single point. Dr Crokes build up a lead in the first half but Rathmore narrowed the margin to 2 points, with a number of points and a penalty goal before lopping a ball into the goal in injury time, to give Rathmore victory by a point.

The opening 14 minutes were tit for tat with three points for Rathmore (Michael O'Riordan (2) and Mark Reen) to 2 for Dr Crokes (Johnny Buckley and Gavin O'Shea). Dr Crokes, began to open a lead as the game moved into the second quarter, with a goal, on 15 minutes when a fast move from the kick out, was finished to the net by Brian Looney, score 1-2 to 0-03 for Dr Crokes. The sides continued to create scoring chances but it was Dr Crokes who took their scores for the remainder of the half, Johnny Buckley, with a converted free, Alan O'Sullivan a point from play and a Gavin O'Shea goal and a point from Brain Looney, giving the visitors a 2-05 to 0-03 lead at the break.

The scoring success was reversed in the second half. Rathmore's Michael O'Riordan, helped by substitute Shane Reen, who was involved in setting up many scoring chances, notched up 4 points without reply, in the third quarter, including a pointed free from distance. Rathmore keeper, Padraig McCarthy made a great save on a goal bound shot by Michael Milner as the game moved in to the final quarter. Dr Crokes maintained pressure but Brian O'Leary won the ball back and started a Rathmore attack. In the 27th minute, George O'Keefe won a penalty ably converted by Eoin Lawlor. This reduced the margin to 2 points. As the game went into injury time, Dr Crokes won

the ball and pressed forward but the Rathmore defence was strong. Dr Crokes, reduced to 14, pressed forward again but the home side won time running out, Captain Mark Reen, lopped the ball into the Dr Crokes goal, giving the home side a 1 point lead. Dr Crokes won the kick out but Rathmore won the ball back and the referee signalled full time. Final score Rathmore 2-07 Dr Crokes 2-06. Johnny Brosnan, East Kerry Board Vice-chairman presented the man of the match award to Rathmores Michael O'Riordan.

#### SPA 3-15 LISTRY 1-09

In Sunday's Aquila Club O'Donoghue Cup quarter final, it was again the home side (Spa) that went through to the semi final against Rathmore. In the first half, Listry created many scoring chances but the Spa defence was too strong and the home side pulled away in the second half to run out convincing winners.

The game started with a Derry Aherne a point in the first minute for Listry. Home side Spa scored 2 points (Andrew Garnett, Evan Cronin). Three goals in the next 4 minutes, 2 for Spa to 1 for Listry, was the start of the homes side pulling away from the visitors. The first goal came ten minutes into the game from the boot of Shane Cronin, and this was quickly followed with a Michael O'Donoghue point. Listry responded with a goal, from a move started by John Foley who drove forward, found Derry Aherne and then took the return pass and blasted the ball to the net, Score: 1-03 to 1-01 in favour of Spa. However, with Andrew Garnett winning a lot of ball at mid field Spa continued to create scoring chances and Michael O'Donoghue drove up-field and found the net for a second Spa goal on the 15th minute. There were a scatter of points. Joe Clifford set up Derry Aherne who pointed, followed by a Gary O'Sullivan point both for Listry. Spa responded with 3 points Michael O'Donoghue (f), Cormac Cronin and Craig Hickey, and were denied a goal by a good save from the Listry goalkeeper. Score at the short whistle: Spa 2-06 Listry 1-04.

The sides scored 4 points a piece in the first

14 minutes of the second half, Michael O'Donoghue (3), Craig Hickey for Spa and Joe Clifford (4) points for Listry. However, on the 15th minute, the home side gave Listry a mountain to climb with a well taken goal, by Pat Cronin set up by Evan Cronin who won the kick out. Spa maintained pressure, and would have a further goal but for a great block from Danny Wrenn. Andrew Garnett continued to win great ball at mid field and combined with Michael O'Donoghue for another Spa point. The Listry goalie, Colm Counihan, made a number of saves in the second half but points from Andrew Garnett, Michael O'Donoghue, Shane Cronin and Evan Cronin to one from Derry Aherne for Listry left the full time score: Spa 3-15 Listry 1-09. East Kerry Board Chairman Tim Ryan presented the Man of the Match Award to Spa Michael O'Donoghue.

### EAST KERRY U16 CHAMPIONSHIP DIVISION 2 FINAL

#### FIRIES 3-13

#### CORDAL / SCARTAGLEN 3-08

Cordal/Scartaglen and Firies dished up an exciting, sporting game in the East Kerry Under 16 Championship Final, sponsored by MD O'Shea, last week. Cordal/Scartaglen were the first off the mark with a point from Eddie Horan. Firies's Donnacha O'Sullivan soon put Firies on the board with point. Cordal/Scartaglen pulled ahead with 5 T.J. O'Connor points, 1-01 from Eddie Horan corner back, Padraig Brosnan, scoring a superb point. Firies kept applying pressure and went on to score 1-05 before half time with the help of Donnacha O'Sullivan (0-02), and Cathal O'Shea (1-03). As the whistle sounded the score stood at Cordal / Scartaglen 1-08 Firies 1-06.

Firies pushed it up a notch in the second half and with a penalty taken by Firies's Niall Donohue, soon had it in the back of the net. Firies would continue to dominate with points coming from Cathal O'Shea (0-02), Donnacha O'Sullivan (0-04), Diarmuid O'Mahony (0-01) and a goal from Niall Donohue. Cordal / Scartaglen continued to try to make a come back with two goals in the final minutes of the game from Hugh O'Connor and Shay Walsh, but Firies held on and were the winners. Final score Firies 3-13 to 3-08 Cordal / Scartaglen.

Chairperson of the East Kerry Bórd na nÓg, Seán O'Sullivan congratulated both teams for a great game of football before he presented the Cup to Firies's Captain Padraig O'Connor.

#### EAST KERRY UNDER 13 COMPETITION:

The East Kerry Under 13 competition get under way on Sunday, 9th November with games in Divisions 1 and 2. The rules of the competition have been sent to the clubs The first round fixtures are as follows: Sunday November 9th at 12 noon, Division 1 - Firies v Legion; Rathmore v Glenflesk; Bye - Dr Crokes. Division 2 - Kilcummin v Spa; Bye - Listry/ Keel.

#### EAST KERRY MINOR CHAMPIONSHIP DIVISION 1 FINAL: Dr Crokes V Spa Saturday,





the 8th November 2014 at 2pm. Venue to be decided.

## DR. CROKES GAA CLUB NOTES

**LOTTO:** Draw took place in Jack C's on Sunday last. Numbers drawn: 9, 11, 12, 21. The jackpot of €10,800 was not won. Match 3, 9 received €45. Next week's jackpot is €11,100. Draw will take place in the Speakeasy.

**FIXTURES:** Senior County League - Div 1: Home vs. Waterville, Sunday 9th November, 2:00pm. Senior County League - Div 5: Away vs. Moyvane, Sunday 9th November, 2:00pm. Please support.

**RESULTS:** O'Donoghue Cup Qtr. Final: Dr. Crokes 2-06, Rathmore 2-07. U21 Club Cup Final: Dr. Crokes 0-11, An Ghaeltacht 2-10.

**U21 CLUB CUP FINAL:** We faced An Ghaeltacht in the U21 Club Cup in the curtain raiser to the Senior C'ship Final at Fitzgerald Stadium on Sunday last. Wind assisted, An Ghaeltacht dominated the opening quarter with an early goal in the 3rd minute. By the 10th minute, An Ghaeltacht had increased their lead to six points (1-04 to 0-01) with Bryan O'Shea opening our account. An Ghaeltacht continued to pick off the points and at the break they were in a comfortable position when they led by 1-07 to 0-03. Bryan O'Shea and Jordan Kiely began to chip away at the An Ghaeltacht lead which saw the deficit cut to 4 points at the three quarter stage. Following points from Tony Brosnan and a long range point from Bryan O'Shea with five minutes to go, there was a precarious two point difference between the sides. An Ghaeltacht lived off their nerves in the remaining time when Dr Crokes had a goal disallowed for a square ball. A foul on an An Ghaeltacht player in our square in the 63rd minute, which was converted, was to be the final piece of action in the game. Full-time: Dr. Crokes 0-11, An Ghaeltacht 2-10.

**SCÓR NA NÓG:** We are looking for our talented members to take part in Scor Sinsear and Scor na bPaisti (Primary Schools) early in the New Year. Anyone who would like to get involved in any way please contact Theresa Hickey on 086-3487671 or Aine McMahon on 087-2890527

**CLUB MASS:** A mass for deceased members will be held in the clubhouse on Wednesday, 12th November at 7:30pm.

**CLOTHES BANK:** There is a clothes bank now permanently located at the rear of the clubhouse. Any old clothes, no longer required, can be deposited in bags at all times. As well as providing valuable funding to our juvenile section, proceeds from the bank also go towards the ISPC.



JOHNNY BROSAN, EAST KERRY VICE CHAIRMAN PRESENTING THE MAN OF THE MATCH AQUILA CLUB AWARD TO MICHAEL O'RIORDAN, RATHMORE AFTER THEIR AQUILA CLUB O'DONOGHUE CUP, SENIOR CHAMPIONSHIP QUARTER FINAL VICTORY OVER DR CROKES.

## LEGION GAA CLUB NOTES

**THE BIG COOK OFF:** The countdown is on for the much anticipated celebrity cook off between 2014 footballer of the year James O'Donoghue and legion stalwart and media legend Weeshie Fogarty which will take place on Wednesday November 26th at the Dromhall Hotel at 8pm. This event will take place as part of a fantastic nights cookery demonstration with top chef Mark Doe cooking up a variety of dishes on the night. This promises to be a great nights entertainment and a club fundraiser that we hope is well attended. Entrance fee is €10 and food tasting is included in the price.

**O'DONOGHUE CUP:** Our semi final of this years O'Donoghue cup takes place this Sunday in Fitzgerald Stadium at 2pm verves Kilcummin. All support greatly appreciated

## LISTRY NOTES

**LOTTO RESULTS:** Sunday 2nd November, 2014. Winning Numbers 5, 10, 20, 24. Jackpot €10,550. Not Won.

1 x €100 Kathleen Hobbins, Coolroe.

2 x €50 Clodagh & Jerry Brosnan.

Padraig Spillane, Muckross Grove.

2 x €25 Lorraine Kennedy, Ballymalis.

Mary Conway, Faha.

Draw Entrant Jason O'Sullivan, Killorglin.

Jackpot next week Sunday 9th November €10,700.

**COUNTY LEAGUE:** On Sunday 9th, November at 2pm, Listry Seniors will be playing away to Desmonds in the County League. Come along and show your support.

**NOVICE FINAL 2014:** Listry will be playing against Lispole in the final on Sunday, 16th November at 2.30pm. Venue to be confirmed. Please support.

**O'DONOGHUE CUP RESULT:** Listry Seniors

played away to Spa in the O'Donoghue Cup quarter final. Final Score Listry 1-09 Spa 3-15.

## THRESHING CANCER PRESENTATION

**NIGHT:** This will take place on Saturday 8th November in Galvin's Bar, Beaufort at 8.30pm where the presentation of cheques to the beneficiary cancer support organisations will take place. Music, raffle & spot prizes on the night. All welcome.

## SPA CLUB NOTES

**COISTE NA NOG:** Our u8 and u10 boys had enjoyable fun Games in legion last Saturday. Underage will be moving indoors to train shortly.

**TRAINING TIMES FOR BOYS:** U10 Friday at 6pm. U12 Friday at 7pm. U6/8 Saturday at 11.30am. Please note new day and time for girls. U6/U8/U10 Girls Wednesday 5.00-6.00 pm indoors (please bring runners) starting Wednesday 5th November.

## EAST KERRY MINOR CHAMPIONSHIP SF: SPA 3-15 LEGION 1-2

Well done to our minors who defeated Legion in the Minor Championship semi-final last Monday. They now progress to the Final against Dr Crokes, Saturday the 8th of November 2014. Venue to be decided. **TEAM:** David Carroll, Eoin Fitzgerald, Dan O'Donoghue, Conor Kearney, Aydan Mulvaney, Shane Cronin, Timmy Hussey (0-1), Liam Kearney (C) (1-0), Mike McCarthy (0-3), Mikey Moynihan (1-0), Dara Moynihan (0-1), Ciaran Spillane (0-1), Michael Foley (1-2), Evan Cronin (0-6), Corey Doyle. Subs: John McKenna (0-1), Eric O'Donoghue.

## AQUILA CLUB O'DONOGHUE CUP QUARTER FINAL:

### SPA 3-15 LISTRY 1-09

A mixture of youth and experience was good enough to see Spa progress to the Aquila Club





CORDAL SCARTAGLIN TEAM EAST KERRY U16 DIV 2 CHAMPIONSHIP FINALISTS.

O'Donoghue Cup semi-final. A number of players were unable to tog due to injuries and illness. However, the lads that took to the field were more than capable of filling these absent boots. Spa got off the mark with scores from Andrew Garnett, Michael O'Donoghue and Evan Cronin. A goal from John Foley of Listry reduced the deficit. The home team responded well with two excellent goals within three minutes of each other. Shane Cronin calmly finished after a great team move while Michael O'Donoghue was involved in a quickly taken free to rattle the Listry net. Cormac Cronin and Craig Hickey added to the scoreboard to leave the halftime score Spa 2-06 Listry 1-04.

The commencement of the second half saw the impressive Michael O'Donoghue and Joe Clifford exchange points. Ciarán Spillane and Mike McCarthy equipped themselves very well in defence. Pat Cronin popped up on the fifteenth minute to get Spa's third goal and this seemed to ensure their place in the semi-final. Further points by the outstanding Andrew Garnett, Shane Cronin and Evan Cronin left the full-time score Spa 3-15 Listry 1-09.

**SPA TEAM:** J. Devane, D. O'Donoghue, A. Cahill, M. Finnegan, C. Spillane, S. Cronin (1-01),

E. Cronin, A. Garnett (0-02), H. O'Donoghue, C. Cronin (0-02), P. Cronin (1-0), N. O'Mahony, Evan Cronin (0-02), M. O'Donoghue (1-06), C. Hickey (0-02).

Subs: M. McCarthy for H. O'Donoghue, A. Giles for N. O'Mahony, S. Fenton for C. Hickey, P. Russell for M. Finnegan, B. Lynch for E. Cronin.

**SCÓR NA NÓG:** County final takes place on Sunday 30th November. Due to cancellation of Co. semi-finals, successful East Kerry competitors go straight through to the Co. final. Quiz Co. final on Sat 22nd November at 7.00pm in I.S.K. Killorglin. Scór na nOg County Finals: Sunday 30th November in Venue TBC.

**ANNUAL AWARDS NIGHT:** Saturday November 29th. Our social event will be held in Torc Hotel (Darbys) at 7.30pm on Saturday November 29th. Tickets are €15 for Buffet/Dance. There will be senior men, Senior Lady, Junior, Young Player of the Year, Scor and Guest of Honour awards presented on the night. Tickets are limited and will be on sale shortly.

**LOTTO:** No winner in the Heights. 10, 13, 22, 24. Lucky dip winners were Paddy and Theresa O'Sullivan, Mill rd., Gerry Cronin, Pinewood, Mary Fitzgerald, Rathmore, Shane Prenderville, c/o Killarney Oaks. Annual ticket holders draw

winner Danny Cahill, Clash. €3400 next week in the Oaks.

**CLOTHES/BOOKS/OLD PHONES DRIVE COLLECTION:** We collect all year round. All proceeds goes towards the underage section of this club. Time to clear those wardrobes and can be dropped off to Spa clubhouse during the day or in the evening. All clothes any condition (clean), belts, bags, shoes and books (no school text books) and any old phones can be collected. Contact Anne Holland 085 7780883 or John O'Donoghue 087 9403517.

**VOLUNTEERS:** Thank you to all volunteers who helped out with the removal of trees, branches and cuttings at the club grounds last Saturday. If anyone is available to help out, the club will continue clearing the trees by the roadside next Saturday November 8th, starting at 9am, and all help is greatly appreciated.

**COMMUNITY NOTES:** Sympathy is extended to the O'Donnell and Fleming families on the recent death of Eabha O'Donnell.

**LISSIVIGEEN COMMUNITY ALERT:** Will hold their AGM at the Torc Hotel (formerly Darby's) on Wednesday 12th November at 8 pm. New members welcome.

## MILLTOWN /CASTLEMAINE NOTES

**LOTTO:** Our Lotto Jackpot has now reached €10,000. Don't miss out on the chance to win this massive Prize for just €2 entry. Get your tickets in local shops and bars.

There was no winner of last weeks lotto, the numbers drawn where 01, 04, 25, 28. Consolation prizes where

€50 Kieran and Fiona Flynn, Killorglin.  
€50 Eddie Wren, Brackhill.  
€25 Ashley Casey, Cromane.  
€25 Eileen Barry c/o Tom Barry.  
€25 Joe McAuliffe, Cork.  
€25 The Counihan's, Castlemaine.

The next draw will take place on the 7th of November in the O'Sheas Bar.



PICTURED AT MUSTANG SALLY'S AND BOXING FOR SUICIDE AWARENESS IN RAISING FUNDS FOR KERRY LIFELINE WERE BRIAN SPILLANE (LEFT) AND KARL MCMAHON (RIGHT) WINNER IN THE HEAVY WEIGHT CATEGORY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT MUSTANG SALLY'S AND BOXING FOR SUICIDE AWARENESS IN RAISING FUNDS FOR KERRY LIFELINE WERE PADRIAG DE BRIUIN & MICHAEL BURNS. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808





## KERRY AREA BASKETBALL BOARD NEWS AND REPORTS MENS DIVISION 1

### ST PAUL'S RUN INTO A BRICK WALL

#### ST PAUL'S 56 KCYMS 60

St Paul's opened their season in Killarney Sports Centre with a game against KCYMS on Wednesday 29th October. The game was fast paced from the very first whistle and St Paul's opened the scoring with a basket from Jack O'Donoghue. Declan Wall got KCYMS on the score sheet shortly after with perfect accuracy from the free throw line, and at the end of the quarter, St Paul's led by 4. Although St Paul's maintained the lead until a few minutes from the final whistle, they were never more than a basket or two between the sides and in the final few minutes KCYMS got on top of the game and finally won on a scoreline of 60 to 56. There was very little between the two sides on the night, and because of the fast pace, both teams made great use of the bench. With these teams being drawn against each other in the Cup, it should make for an entertaining next fixture.

**TOP SCORERS: St Paul's** - Shane Horgan (13) and John Paul O'Callaghan (11):

**KCYMS** - Darragh Jones (18) and Declan Wall (13)

#### GIRLS U16 DIV3:

#### GNEEVEGUILLA (2) 19 - ST MARY'S (2) 40

St Mary's took a 10-4 1st quarter lead, and built on that lead throughout the game. Aoife O'Sullivan (9pts), Ella Kerin, Hannah O'Connor, and Ellie Daly (6 pts each) were top scorers for the winners. Gneeveguilla battled well, and improved their offence as the game progressed. Scoring for them were Lorna O'Sullivan, Brenda Murphy, Rachel McGillicuddy, Gemma Fitzgerald, and Grainne O'Sullivan.

#### BOYS U12:

#### ST MARYS CASTLEISLAND 35

#### KILLARNEY COUGARS 31

St Marys hosted Cougars in the Castleisland

Community Centre for this important U12 Pool game on Saturday evening. Cougars went into this game on the back of two good wins to lead the Pool and made the better start to lead 12-8 by the end of the opening quarter with great scores by Daire Murphy and Tommy Bowler. The home side totally dominated the second quarter to lead by five points at halftime thanks to great play and good baskets by Micheal O'Shea. Cougars regained the lead in the third quarter but St Marys again responded well and the sides finished level 27 - 27 at the end of a great third period. St Marys made home advantage count in the final quarter as they edged ahead and Cougars missed very good opportunities as the Castleisland boys finished ahead at the final buzzer following a very competitive contest, with the lead changing sides throughout this entertaining game.

Best performances from the home side came from John Ahern, Shane McGaley and Micheal O'Shea with Cougars having good performances from Tommy Bowler, Jack Clifford, Cian Power and Daire Murphy.

**BOYS U-14:** Cahillane's late scoring spree decisive for Cougars

#### KILLARNEY COUGARS 42

#### BALLYBUNNION WILDCATS 24

Cougars Boys U14 made a winning start in what was their first game of the season and their first ever at the U14 grade at the Pres Gym. The first quarter saw Cougars dominate possession, but not on the score board as the Wildcats proved determined opponents with Cougars ahead by just a point. Cougars finally clicked in the second quarter to lead by 9 points thanks to good baskets by David Bartlett, Mark McGlynn and Ruairi Murphy. The visitors responded well in the third quarter to reel Cougars back to trail by just a basket by the end of the third 22 -20 thanks to some great baskets by Daithi Twomey, John Micheal and Jamie Hannon, to bring the Wildcats back into contention, to the delight of the good travelling support.

Cougars sprung into life in the final quarter with the excellent Joe Cahillane hitting 7 points to restore Cougars advantage, as they finished the final with a flourish to stun the Wildcats in what an enjoyable game and keenly fought

contest throughout.

#### BOYS U16 DIV 2:

Ravens swoop and do damage in opening half

#### GNEEVEGUILLA 23:

#### RATHMORE RAVENS: 43

A great start to the season for the Rathmore U16 boys, as they beat local rivals Gneeveguilla. In the first quarter Rathmore led 2-14 and at the end of the 2nd quarter were ahead 7-32. Big performances by Sean Clifford and Anthony Darmody kept Rathmore in control. Michael Mahoney was the leading scorer closely followed by Anthony Darmody and Sean Clifford. Both Darren O'Connor and Derry McCarthy also impressed in this game but Gneeveguilla fought back well in the second half scoring 16 points. Gneeveguilla's outside shooting was very good getting most of the scores from here. Overall this was a very good performance.

#### BOYS U14 DIV 3:

Two periods of overtime required before the Saints win

#### RATHMORE RAVENS: 33: ST. MARYS: 36

This turned out to be an epic game, with 2 periods of extra time required to separate the teams. The first quarter was a fast moving, low scoring quarter. St. Mary's led 3-6 at the end.

The second quarter saw The Ravens picking up their scores with Ian O'Connor, P.J. McAuliffe contributing. The 3rd quarter was another close affair and ended with Rathmore leading by 24-22, great scores by Dan Murphy, Sean Burke O'Donoghue and Ian O'Connor. The 4th quarter was basket for basket and the game ended 30-30, and so to overtime. Two periods were needed to find the winner, with St. Marys running out winners of a competitive sporting game. Alan Dineen was the leading scorer for the Ravens with 9 points.

Fixtures and results are published on a daily basis on the Kerry Area Basketball Board Facebook page.

**NEW PRO AND CONTACT DETAILS:** Murt Murphy has been appointed as the PRO for the Kerry Basketball Board and all results and reports should be emailed to him at moth1960@gmail.com or text to 087-2373377

## KILLARNEY TOWN DARTS LEAGUE

Points after games played on or before 30/10/14

#### GROUP 1: Lals Bar = 24

Dunloe Lodge B = 17

Sportsmans Bar = 16

Murphys Pinters = 16

Jimmys Jokers = 15

Kenmare Rooms = 10

Golden Nugget Old Timers = 10

#### GROUP 2: Tatler Jack = 26

Murphys Bar = 22

Dunloe Lodge A = 18

Dan Linehans = 15

Corkerys = 15

Klub Bar + 10

Jimmy Briens = 8

#### GROUP 3: Mustang Sallys A = 24

Old Killarney Inn = 20

Avenue Heros = 18

Teddys = 18

98 A = 11

Charlie Foleys A = 11

Nugget Night Owls = 6

#### GROUP 4: Klub Bar Reserves = 11

Mustang Sallys B = 11

Charlie Foleys B = 10

Team Danny Mann = 8

Scruffys Bar = 7

98 B = 7

Draw for KnockOut Cup to be played on 13th

November and is sponsored by O'Neill's, Plunkett St. First named teams have home advantage,

98 A v Scruffys Bar

Team Danny Mann v Golden Nugget Old Timers

Kenmare Rooms v Jimmys Jokers

Tatler Jack v Dunloe Lodge A

Dan Linehans v Jimmy Briens

Klub Bar Kilcummin v Murphys Bar

Lals Bar v Sportsmans

Klub Bar Reserves v 98 B

TEXT RESULTS TO - **087 2239141**





## GNEEVEGUILLA BASKETBALL CLUB

### MEN DIV 1.

#### **GNEEVEGUILLA 63-ST BRENDAN'S 76.**

Five 3-pointers from Liam O'Sullivan and 28 points in the paint from 7ft centre Cian O'Sullivan helped the Tralee team take and then keep the lead throughout. Gneeveguilla made several comebacks, led by Don Murphy (27 pts), and Stephen Lehane and Padraig O'Sullivan (13 pts each), but the closest they got was a 3-point deficit, late in the 3rd quarter.

### **BOYS U12 POOL 4.**

#### **GNEEVEGUILLA 59 - CAHERSIVEEN 14.**

Gneeveguilla's top scorers on the day were Mark O'Leary 16 points with both Paurigh Finnegan and Jim Brosnan with 10 points. Super rebounding by Jack O'Leary and super passing by Paudie O'Leary won the game for Gneeveguilla. Gneeveguilla always seemed to have control in the game from the start and never seemed to look back. Cahersiveen gave 100% effort in the game and never gave up.

### **BOYS U16 DIV 2.**

#### **GNEEVEGUILLA (2) 23 - RATHMORE 43.**

Rathmore got off to a very good start and were well up at half time. Gneeveguilla fought back well in the second half scoring 16 points. Gneeveguilla's outside shooting was very good getting most of the scores from here. Overall this was a very good performance.

### **BOYS U14 DIV 1.**

#### **ST BRIDGETS 45 - GNEEVEGUILLA (1) 47.**

This was a very exciting game from start to finish, with never more than 3 or 4 points between the teams. Bridget's led 16 - 13 at the end of the first quarter. David Gleason kept the score board moving for Gneeveguilla but some excellent outside shooting from Daniel Kelly kept Bridget's in front.

At half time Gneeveguilla led 27 - 23, some very strong defending and shooting from Danny O'Callaghan made this a very strong quarter for Gneeveguilla. In the third quarter Gneeveguilla closed down the outside shot well with Patrick and Jack Brosnan doing some excellent defending, but struggled to penetrate the Bridget's defence and went in down 37 - 35.

It was all to play for going into the last quarter, and with 2 minutes to go Gneeveguilla were down 2 points. A 3 point shot from Ronan Collins put Gneeveguilla up 1, the next 90 seconds were very tense with turn over's on both sides. With 10 seconds to go Paul O'Leary got 2 free shots scoring the first one to put Gneeveguilla up 2. Gneeveguilla held on for a very exciting win.

### **GIRLS U16 DIV3.**

#### **GNEEVEGUILLA (2) 19 - ST MARY'S (2) 40.**

St Mary's took a 10-4 1st qtr lead, and built on that lead throughout the game. Aoife O'Sullivan (9 pts), Ella Kerin, Hannah O'Connor, and Ellie Daly (6 pts each) were top scorers for the winners. Gneeveguilla battled well, and improved their offence as the game progressed. Scoring for them were Lorna O'Sullivan,

Brenda Murphy, Rachel McGillicuddy, Gemma Fitzgerald, and Grainne O'Sullivan.

Girls U16 Div 3.

### **GIRLS U 12 POOL 3.**

#### **BALLYBUNION 28 - GNEEVEGUILLA (2) 25.**

Our young girls made the long trek to Ballybunion and came up short after a heroic battle. Ballybunion got off to a better start and Gneeveguilla trailed 12-2 after the 1st quarter. The 2nd quarter was more evenly matched with the half time score 22 -12. Gneeveguilla made a fantastic comeback in 3rd quarter with a fantastic buzzer shot by Roisin Brosnan to finish 3rd quarter 23-22 ahead. The final quarter was nick and tuck until the final buzzer when we just ran out of time and lost on a score line of 28-25. Top scorers for Gneeveguilla were Tara O'Leary with 8 pts and Ciara Hickey with 6 pts. Great defence by Emma McGillicuddy and Delia Foley.

## MILLTOWN/LISTRY COMMUNITY GAMES

**AWARDS EVENING:** Reminder that our Awards Evening will take place in Milltown Community Hall on this Sunday November 9 at 6 pm. We are inviting all children and their parents who were involved with us this year to attend and also an open invitation to others who intend getting involved with us in the coming year. Kerry Co. Secretary Margaret Culloty has kindly offered to come to our evening to present the awards. We are planning to put on display a share of old photos and news items and this should revive memories for some of our older members! If any of our former members have any old photos or news items please contact Denis 087-9662332 and we would be delighted to borrow them for the evening. Refreshments will be served for all.

**AGM:** Reminder also that our AGM will be held the following night at Milltown/Castlemaine GAA Clubhouse on Monday next November 10 at 9 pm sharp. We encourage as many parents as possible to come along if possible as this time last year our continued existence was in doubt. A strong committee is essential to the continued success and growth of the Community Games in our Area and we would very much welcome more volunteers to assist us in the year ahead.

## SPAMUCKROSS COMMUNITY GAMES

Our awards evening was held on Sunday 26th October. A big thanks to the Hotel Killarney for the use of their facilities. Awards were presented to all members that represented Kerry in the 2014 National Finals in Athlone. Keep an eye on our Facebook page for upcoming events and also check out [www.kerrycommunitygames.ie](http://www.kerrycommunitygames.ie) for a full list of activities in which children can participate. There are a number of new events in 2015, so there is something for everyone; in addition

to the sporting events, there are competitions in Art, Handwriting, Chess, Drama, Singing, Recitation, and many more. Our street collection is taking place on Saturday 22nd November, we would be grateful of any assistance on the day.

## GNEEVEGUILLA ATHLETIC CLUB

**LOTTO:** No winner of our lotto draw 31/10/2014, numbers drawn were 6, 11, 13 and 28. Winner of sellers prize: Paddy O'Donoghue, Y/T winner Tom Fleming Scartaglin, €50 to Ann McCarthy Inch Kilcummin, €40 each to Shane Guerin c/o Mgt Hayes, Mike Daly Gullane Cross, Bryan Dineen Knocknagree. €1,000 bonus, numbers drawn were 3, 9, 17 and 29, one lucky winner Kathleen McCarthy Gullane. Next week's jackpot €4,400 plus €1,000 bonus.

### **MUNSTER CROSS COUNTRY**

**CHAMPIONSHIPS:** The uneven age & Intermediate Munster Cross Country Championships will be held on Sunday 9th in Newmarket On Fergus, Co Clare. The club will be well represented there. Wishing all runners the best of luck.

**TRAINING:** Training continues Monday 5.00 - 6.00 pm in Cullen Community Centre, Monday 7.00 - 8.20 pm in Gneeveguilla GAA Hall, Monday 7.45 - 8.30 in Fossa Hall, Friday 7.00 - 8.00 Circuit Training in Gneeveguilla Hall.

## KILLARNEY COUGARS BC

### **BOYS U14 LEAGUE DIV II**

#### **KILLARNEY COUGARS 42**

#### **BALLYBUNION WILDCATS 24**

Cougars boys U14 made a winning start to the season in what was their first game of the season and their first ever at the U14 grade at the Pres Gym. The first quarter saw Cougars dominate possession but not on the score board as the Wildcats proved determined opponents with Cougars ahead by just a point. Cougars finally clicked in the second quarter to lead by 9 points thanks to good baskets by David Bartlett, Mark McGlynn and Ruairi Murphy. The visitors responded well in the third quarter to reel Cougars back to trail by just a basket by the end of the third 22-20 thanks to some great baskets by Daithi Twomey, John Micheal and Jamie Hannon to bring the Wildcats back into contention to the delight of the good traveling support. Cougars sprung into life in the final quarter with the excellent Joe Cahillane hitting 7 points to restore Cougars advantage as they finished the final quarter with a flourish to stun the Wildcats in what an enjoyable game and keenly fought contest throughout. Best for Cougars Ruairi Murphy, Joe Cahillane, Mark McGlynn, David Bartlett, Eoin O'Donnell and Eoin Talbot. Coaches Mike Cahillane and Phil Young

### **BOYS U12 POOL 1**

#### **ST MARYS CASTLEISLAND 35**

#### **KILLARNEY COUGARS 31**





St Marys hosted Cougars in the Castleisland Community Center for this important U12 Pool game on Saturday evening. Cougars went into this game on the back of two good wins to lead the Pool and made the better start to lead 12 8 by the end of the opening quarter with great scores by Daire Murphy and Tommy Bowler. The home side totally dominated the second quarter to lead by five points at halftime thanks to great play and good baskets by Micheal O'Shea. Cougars regained the lead in the third quarter but St Marys again responded well and the sides finished level 27 27 at the end of a great third period. St Marys made home advantage count in the final quarter as they edged ahead and Cougars missed very good opportunities as the Castleisland boys finished ahead at the final buzzer following a very competitive contest with the lead changing sides throughout this entertaining game. Best performances for Cougars came from Tommy Bowler, Jack Clifford, Simon Coffey, Cian Power and Daire Murphy. Coaches Pa Murphy and Eileen O'Mahony.

## **TRALEE IMPERIALS 19 KILLARNEY COUGARS 23**

Cougars U12 Boys travelled to Mounthawk for their second away Pool U12 game on Monday last. Cougars came away with the points with a good team performance. Cougars led throughout the game but were never able to make the game safe as the Tralee boys kept up the pressure throughout the game. Cougars led by four at the end of the first quarter and maintained a lead to the very end. Best performances for Cougars having good performances from Tommy Bowler, Jack Lynch, Tom Cahillane, Cian Power and Daire Murphy.

## **CORK LADIES BASKETBALL BOARD U15 DIV 1 CLBB**

### **BALLINCOLLIG 28**

### **KILLARNEY COUGARS 48**

Cougars U15 Girls travelled to Colaiste Choilm Ballincollig for the first ever League game involving a Kerry Side in the CLBB Juvenile League. The ambitious Killarney girls coached by the experienced James Fleming turned in an impressive performance to defeat the Cork side in a keenly contested game despite the comfortable winning margin at the finish. The home side went in front with the opening baskets but Cougars responded well to the challenge to lead 15 7 at the end of the quarter with a great spread of scores and pushed further ahead by halftime 33 15. The sides went basket for basket through the second half with Cougars comfortably holding onto their advantage to record back to back wins to make it an impressive start to their travels in the Cork League. Best performances on the day came from Shelly Clifford, Kate Maher, Grace Cahillane, Kelly Ahern and Erica McGlynn. Coaches James Fleming and Mike Cahillane.

**CONDOLENCES:** The club wishes to extend its sympathy to the McGlynn and Kissane family on their recent bereavement.

A full and up to date list of fixtures and results is

available on the Cougars website.  
www.killarneycougars.com

## **KILLARNEY RUGBY CLUB NEWS**

### **U14 LEAGUE: KILLARNEY 18 -**

**CASTLEISLAND 15:** This was another great win for the Killarney u14 team who are playing great rugby at the moment. Players to stand out were centres Conor Sheahan, Mark Woodard, wings Jack O'Connell and Damien Switzer, Sean Murphy was solid at out half and Adam Walsh dependable as ever at full back. Dion O'Neill a player who is beginning to look the business at scrumhalf. All three front row players were rock solid Matt McAuliffe, Diarmuid Cahill and Michael Horgan; a sound second row Finn O'Sullivan and Craig McKenzie, and a rampaging back row of Mark Neary, Richard Wallace and Chris Carey. Next Saturday we are away to Listowel in the league so let's hope the boys continue the hard work in training and get another positive result.

### **U16 WEST MUNSTER LEAGUE: CORCA DHUIBHNE 24 KILLARNEY 64:**

Killarney opened their league account with a long trip to West Kerry. This year Killarney are fortunate to have some Castleisland players join us. Neither of them, Moss Callaghan or Eric Sullivan disappointed with both playing an excellent game. Corca Dhuibhne were under strength and Killarney had numerical advantage as well as the wind and hill advantage in the first half. Special mentioned to the younger players Calum Myers, Conor McCarthy and Colm Hickey who soldiered well until the end. Tougher games await Killarney but a good start.

**KILLARNEY RFC MINI SECTION:** Held our round of the 2014/2015 West Munster festivals on Saturday last at Knockreer and St Brendan's college. We hosted Castleisland, Kenmare, and Listowel at all age groups from Under 12s down to Leprechaun (under 7). Unfortunately in spite of all the preparation that went into organising this event the weather let us down, with heavy showers and windy conditions. The commitment shown by all the kids involved was fantastic and again given the difficult weather conditions the standard of rugby played was exceptional. The consolation for all involved including the players parents and coaches was a bowl of hot soup provided by the catering staff from St Brendan's college, which is most graciously appreciated, additionally praise must also go to all the Moms and Dads who provided sandwiches, buns biscuits etc, and who helped to feed in excess of 200 hungry kids! Many thanks also to our guests from Castleisland, Kenmare and Listowel who proved to be worthy opposition. As always thanks to all the parents who supported and the coaches who made the event possible from the go. Training next week as usual.

### **MUNSTER JUNIOR LEAGUE DIV. 2 - KILLARNEY 3 WATERFORD CITY 17:**

Killarney were expected to do well against this

side who had been languishing on 2 points at the foot of the table. The home side minus a few regulars welcomed back Ger Moynihan. Moving Rob Leen to No. 10 and keeping Hallissey at No. 8 while adding Brian O'Sullivan to the second row. The locals started well and after 20 minutes were ahead from the boot of Michael Sheahan. Waterford then got on top in the scrum and from here Killarney had no answer as possession turned into giving away penalties and therefore hard fought territory was lost time and again. The lineout was solid enough on our throw, but it was only in the final 10 that we contested any of their throws with any conviction. This was a pity because their throwing was appalling. Waterford missed two kicks as did Michael before half time but the home team were well in it until mid-way into the second half. Waterford scored a try to take the lead but the combination of poor decisions and handling with some errors by the referee in open play gave the initiative back to Killarney time and again. The second try compounded poor defence by Killarney when two went for the same man in centre and a very soft try was conceded from 60 metres. Waterford would use their mauling power to score in close with 3 minutes remaining and to be fair Killarney were lucky not to have conceded the bonus point. A disappointing show to be honest and with 6 teams on the foot of the table now with only 1 win apiece it will be a dogfight over the remaining 9 league games to separate teams. Killarney travel away to Ennis who were drubbed by Clanwilliam at the weekend. Kick off in Ennis on Sunday will be at 2.30pm.

Killarney RFC has won a chance to operate a food stall at the Aviva for the South African Autumn Series match in Dublin tomorrow. The club is providing 8 'workers' who will run the stand and will get a share of the profits on the day. They are heading off with bunting, banners and other merchandise to help sell their wares and increase turnover. Another Liam McGuire competition success - this time Elaine McGuire entered and won the slot - Thanks Elaine! Anytime we can make a few hundred Euro we should jump at it! Well done. Liam, Ger & Jenna will accept the Coca-Cola "Thank You" prize in Dublin in the near future. He's on a roll.

**NIGHT AT THE DOGS:** We seriously need to make a huge push over the coming fortnight to sell tickets for the night out. We have just 2 full weeks left to get out there and push the event. €20 for a family ticket of 2 adults and 3 kids with entry and card and a chance to enter a Buster race. We have 11 teams nominated to sell races we need race sponsors at €1,000; Get a nominator for each dog in the race - 6 dogs so 6 nominators at €100 each; Sell 66 Buster tickets @ €20 each - there are 70 buster tickets in a race covering all of the possible winning combinations for the dogs; Sell 50 admission tickets @ €10 each, Sell 5 pages of advertisements in the brochure at €100 per page or €60 for a half page.



## MASTERGEEHA F.C.

**LOTTO:** There was no winner on 31st October. Numbers drawn were 2, 7, 19, and 23.

**U14 GIRLS:** In preparation for the season ahead U14 girls training will begin shortly. Please contact Donal (0879697171) for details.

### RESULTS:

#### U11: MASTERGEEHA 8

**INTER KENMARE 3.** Mastergeeha had many stars on the day with this good home victory. All played well.

#### U13: MASTERGEEHA 1

**KILLARNEY ATHLETIC 4.** In this game Mastergeeha played well in the first half and were unlucky to be down a goal at the break. In the second half the visitors scored again but the boys got a goal back when Nathan Mc Carthy scored. Athletic scored goals late on to ensure the win.

**U15: MASTERGEEHA 1 LISTOWEL 3.** The boys started slowly in this game and were a goal down at the break. In the second half Mastergeeha equalised when Darren Looney crossed for Conor O'Leary to finish well. After this the boys went close to taking the lead with Dylan Murphy and Sean Cahill having good efforts on goal. In the closing stages the visitors took the lead and as Mastergeeha pushed for an equaliser scored again late in the game.

#### U16: MASTERGEEHA 6 LISTOWEL 2.

The boys earned a good and deserved win on Friday at home to Listowel. Patrick Warren (3), James Nagle, Darren Mucalhy, and Brian Friel were the scorers in an excellent team performance.

**U17: MASTERGEEHA 7 FENIT 1.** In poor conditions the boys continued their good start to the season at home on Saturday. Patrick Warren (3), Pdraig O'Connor, Shane O'Sullivan, Ciaran Sheehan and Gearoid Kerins were the scorers.

### SENIORS PREM B

**MASTERGEEHA 4 KILLARNEY CELTIC 1.** In this local derby the seniors got a deserved win. Damien Breen (2), Corey Mitchell and Derry Ahern got the goals in a good team performance.

### SENIORS DIV 2

#### MASTERGEEHA 2 TRALEE CELTIC 3.

In this game the seniors were disappointed to not get at least a draw. Leading 2-1 with 10 minutes remaining thanks to goals from Richie O'Connor and Eoin Horan, however the Tralee sides scored the equaliser from the penalty spot. In the final minute the visitors scored the winner and despite their efforts the seniors could not get the equaliser.

**CLUB GEAR:** Club gear will be on sale at the clubhouse on Saturday 8th November. Track suits, hoddies, t-shirts and shorts available with orders taken on the day for Christmas presents.

## KERRY SCHOOLBOY/GIRL SOCCER

Killarney Celtic 13's one step from open draw:

### NATIONAL CUP:

Killarney Celtic 4-0 Inter Kenmare.

### LEAGUE RESULTS:

#### JK SPORTS 12'S: DIVISION 1:

Killorglin B 3-2 Ballyhar.

#### DALY'S SUPERVALU 13'S: PREMIER:

Camp Juniors A 1-8 Park A.

Tralee Dynamos 3-0 Listowel Celtic A.

#### DIVISION 1:

Park B 3-3 Killarney Celtic B.

Mastergeeha 1-4 Killarney Athletic.

#### DIVISION 2:

Camp Juniors B 2-2 Ballyheigue.

Fenit 5-1 Listowel Celtic B.

Park C 0-7 Dingle Bay Rovers.

#### FOUNDATION SPORTS 14'S:

##### DIVISION 1:

Killorglin B 1-7 Camp Juniors.

##### DIVISION 2:

Fenit 2-1 Listowel Celtic B.

#### KILLARNEY PLAZA 15'S:

##### PREMIER:

Mastergeeha 1-3 Listowel Celtic.

Camp Juniors 0-6 Park.

##### DIVISION 1:

Killarney Celtic C 5-9 Park B.

Killarney Athletic 6-5 Killorglin.

Killarney Celtic B 3-3 Inter Kenmare.

#### TRALEE TROPHY WORLD 16'S:

Mastergeeha 6-2 Listowel Celtic.

### REPORTS:

**UNDER 7/8 BLITZ:** Some of League's future stars took part in the first of a planned series of Blitz's and rally enjoyed their day out. Playing at Celtic Park were the home club, Park, Tralee Dynamos and Inter Kenmare. Asdee hosted the other blitz and up against the home club were Listowel Celtic, Park and Camp Juniors. Well done to all the players and coaches.

**MORIARTY'S CENTRA 11'S:** The Park and Killarney Celtic had two teams each in action at Christy Leahy Park with both sides sharing a win each. In Group 3 Mastergeeha just got the better of Inter Kenmare while Group 4 saw Fenit pipping Camp Juniors in another close encounter.

**13'S NATIONAL CUP:** Killarney Celtic progressed from the all Kerry Round 2 clash with a 4-0 win over Inter Kenmare at Celtic Park. Rory Doyle, John McCarthy, Christian Casey and a late Cian Dineen strike see The Hoop progress to Round 3. They will welcome Shannon Town to Killarney for a place in the Last 32.

### LEAGUE REPORTS:

#### JK SPORTS 12'S DIVISION 1:

This mid-week fixture saw Killorglin B defeat Ballyhar 3-2 at home. Brian Burke and John Power got the goals for the visitors.

#### DALY'S SUPERVALU 13'S:

**PREMIER:** St Brendan's Park opened their League campaign and proved too strong for Camp Juniors and brought home the 3 points thanks to goals from Sean McGrath, Conor O'Sullivan, including a penalty, Liam Tobin and Mervyn Shalemba. Eoghan Lyne replied for the home side direct from a corner.

Tralee Dynamos made it two wins from two with a 3-0 home win over Listowel Celtic A. Leo Gaxha, Darragh Broderick and Sean Kennedy got the goals.

**DIVISION 1:** Killarney Celtic B and The Park

B were involved in a cracker with the sides sharing 6 goals at Christy Leahy Park. Terry Sparling scored twice for Celtic with Harry Buckley getting the third. Elliot Lynch, Nick Izahi and Kieran O'Brien were on the mark for The Park. Celtic are now on 4 points from 3 games with the Park picking up their first point in their second game.

**FOUNDATION SPORTS 14'S:** There was mid-week action in the Foundation Sports 14's with Camp Juniors defeating Killorglin B in Division 1 thanks goals from Cian Wall, Jack Farrell and Colm Murphy who all scored twice and Killian Falvey who got the other goal.

In Division 2 it finished Fenit 2-1 Listowel Celtic B where Cian Donnellan and Jack Falvey were on the mark for the winners.

#### KILLARNEY PLAZA 15'S:

**PREMIER:** Listowel Celtic got their League campaign off to a winning start at Kilbreen Park with a 3-1 win over Mastergeeha. Cillian Spillane, Jack Sheehan and Jake Kelly scored for the North Kerry side with Conor O'Leary replying for Mastergeeha.

The Park made it 2 from 2 with a win away to Camp Juniors. Niall Sertutxa got 3, Mike Slattery 2 and Matt Lucko the other in the win.

**DIVISION 1:** There was a record number of goals in the 15 Division 1 games. Leaders Killarney Celtic B were held to a 3-3 draw at home to Inter Kenmare. Jordan Leahy equalised after Dylan O'Connor had put Inter ahead. Conor Lucey and goalkeeper Trevor O'Shea from the penalty spot had Celtic ahead but Dylan O'Connor completed his hat-trick to earn his side a good point.

The Park B made the trip to Celtic Park a winning one where goals from Conor Higgins, David Oba, Jamel Ismail and Shane Jordan brought their tally to 9 as against 5 from the home side. Alec Starcak, Mathew Mloch, Brian Courtney and Kevin O'Connor were the Celtic scorers.

There was 11 goals in the game between Athletic and Killorglin with the Killarney side hitting 6. Jason Coffey had another day to remember with 5 and Liam Curran got the other. Mark O'Connor got 3 for Killorglin with Jack Clifford and Liam Butler also on the score-sheet.

#### GIRLS INTERPRO NOVEMBER 7TH -

**9TH:** The Girls Interpro Tournament, which sees teams picked from schools and is the start of the process for picking the squad for next seasons International Bob Doherty tournament, takes place in the AUL from November 7th to 9th.

Munster play Leinster in the opening game at 3.30 pm on the 7th with the draw for the rest of the weekend taking place afterwards.

Two Killarney Celtic girls, Hannah O'Donoghue (Pobalscoil Inbhear Sceine) and ISKillorglin's Fiadhna Tangney, have made the squad after a rigorous selection process.

## KILLARNEY CELTIC NOTES

**CONDOLENCES:** Killarney Celtic wish to extend sincere condolences to the families and many friends of former player Anthony Battles and Dylan McCarthy, and also to the family



and friends of Sylvester Grady. May they rest in peace.

## KILLARNEY WHITE COLLAR BOXING:

Huge congratulations to everybody who attended the White Collar Boxing at Mustang Sallys last night to see some great boxing by great friends for a great cause - the clash between Karl and Brian would gladden the heart of many a KDL referee! Who won? Everybody and anybody who feels a bit alone and lost and might have been tempted to turn to tragedy but hopefully realises that we are all subject to that and there are a whole host of people willing and eager to help. There were great competitors and no losers. Thanks to Paudie Looney, Karl, Brian, a host of volunteers, coaches, and brilliant supporters, Kerry Lifeline won. A huge thank you to all involved.

**KDL AWARDS:** John Delaney, FAI CEO, presented the KDL 2013/14 Awards at the Greyhound Stadium in Tralee last Saturday, including the U17 Cup to Killarney Celtic.

**FIXTURES: FAI Junior Cup:** Killarney Celtic at home to Broadford, Sunday, 2.00pm.

**Denny Premier B:** Killarney Celtic away to Classic, Sunday, 11.30am.

**LADIES LEAGUE:** Killarney Celtic at home to Inter Kenmare, Sunday, 11.30am.

**YOUTHS LEAGUE:** Killarney Celtic away to Killarney Athletic, Saturday, 3.00pm.

**U16 NATIONAL CUP:** Killarney Celtic at home to GB Rovers, Saturday, 2.00pm.

**U16 DIV TWO:** Killarney Celtic B away to Castlemaine, Saturday, 11.30am.

**U14 NATIONAL CUP:** Killarney Celtic away to Park, Saturday, 2.00pm.

**U14 DIV ONE:** Killarney Celtic B away to Camp, Saturday, 11.30am.

**U12 PREMIER:** Killarney Celtic away to Park, Saturday, 11.30am.

**U12 DIV ONE:** Killarney Celtic B away to Inter Kenmare, Saturday, 11.00am.

**U12 DIV TWO:** Killarney Celtic C away to Asdee, Saturday, 12 noon.

**U9/10 BLITZ:** Celtic Park will be hosting a U9/10 mini-blitz for Killarney Celtic, Killarney Athletic, Mastergeeha, and Inter Kenmare on Saturday at 12 noon.

## RESULTS:

**DENNY PREMIER: KILLARNEY ATHLETIC 0 KILLARNEY CELTIC 1**

We just about managed to get the upper hand on our neighbours after a close and exciting game in Ferndale. It was 0-0 at the break and in fairness, we had slightly more of the play but Athletic had the better chances - Paudie Clifford, Roy Kelliher, and especially a superb David Hayes had been kept very busy! We were able to lift the tempo in the second half and dominate possession, with Joe Hurley giving a masterclass in the middle of the field, but it still took a simply magnificent free kick by Jamie Spillane to give us the win.

**DENNY PREMIER B: MASTERGEEHA 4 KILLARNEY CELTIC B 1:** A great effort by the lads but Mastergeeha's A team played some scintillating soccer and deserved their win.

**U17 LEAGUE: KILLARNEY ATHLETIC 4 KILLARNEY CELTIC 4:** A great battle

between two excellent sides and a draw was a fair result.

**U15 DIV ONE: KILLARNEY CELTIC 3 INTER KENMARE 3:** A thriller from the very first minute to the last. We went 1-0 down but Jordan Leahy and Conor Lucey score to put us 2-1 up. Back came Inter Kenmare with an equalising goal. Goalkeeper Trevor O'Shea was as cool from the penalty spot as he is between the posts and made it 3-2 but a long shot into the Celtic box took a deflection for an equaliser, something that no-one at Celtic would begrudge a top class and very sporting Kenmare side.

**U13 NATIONAL CUP: KILLARNEY CELTIC 4 INTER KENMARE 0:** A brilliant display against a good Kenmare team. Cian Dineen scored early on and Ruairi Doyle made it 2-0. Jack McCarthy got the third and Christian Casey wrapped it up. Celtic's defence of Neil O'Shea, Tom Doyle, Jason Kerins, and man of the match Alan Dineen were superb. As well as the result, we were also able to give every sub some game-time, something that we always hope to do as a club but isn't always possible.

**U13 DIV ONE:** Killarney Celtic B away to Park B, Saturday, 10.30am.

**U11:** Inclement weather meant that there were two games instead of three, but they were absolutely cracking high-scoring games against two great Inter Kenmare squads. We won one and lost one game, but more importantly had two very sporting games and the rain didn't dampen any enthusiasm in the slightest.

**U7/8 BLITZ:** Celtic Park hosted a U7/8 Kids Blitz on Saturday between ourselves, Killarney Athletic, Mastergeeha, and Inter Kenmare, where a fantastic time was had by everyone despite the weather. A big thank you to all the clubs and the wonderful volunteers.

**LOTTO RESULTS:** Numbers drawn 2, 15, 18, 21. No winner, two match three, Dominic Dixon, Niamh Casey Countess Rd., €75 each. Next week's jackpot €3800, draw in the Failete on Monday night. Tickets available from all club officers. Yearly tickets available.

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

## KILLARNEY ATHLETIC A.F.C. NOTES

### FIXTURES: KERRY SCHOOLBOYS/GIRLS LEAGUE

Saturday 8th November 2014

#### Mini Blitz Under 9 & 10

Venue 3; Celtic Park 12.00 noon.

Killarney Athletic / Mastergeeha.

Inter Kenmare / Killarney Celtic.

#### JK Sports Under 12 Division 1

Killarney Athletic v Killorglin B 10.30am.

#### Foundation Sports U14 Premier

Killarney Athletic v Tralee Dynamos A 11.00am.

#### Trophy World Under 16 Division 1

Killarney Athletic v Camp 12.30pm.

**Youths Fixture:** Saturday 8th November

Killarney Athletic v Killarney Celtic 3.00pm.

#### Senior Fixture: Denny Premier A

Sunday 9th November.

Tralee Dynamos v Killarney Athletic 11.30am.

#### SENIOR A: KILLARNEY ATHLETIC 0 KILLARNEY CELTIC 1

We entertained our neighbours on Sunday morning last in Woodlawn and just fell short in a typically tight hard fought derby. Credit to both teams for a hard fought match. Best for Athletic Rafa, Martin Crowley, Shane Doolan and Ryan O'Carroll.

#### SENIOR B:

#### KILLARNEY ATHLETIC B 1 QPR 1

A very tight and even game held on a beautiful Woodlawn pitch ensured the points would be shared in this division 1A clash. With 9 members of the 15 man panel under 21 and many of the regular squad players missing, it is ensuring a great headache for managers Gary and Damien. Damien, JP and Dylan and Shane ensuring that some old dogs still have their day too.

#### UNDER 17: KILLARNEY ATHLETIC 4 KILLARNEY CELTIC 4

On a very wet Saturday afternoon in Woodlawn we put in a fantastic performance against our neighbours to get a point in a pulsating 4 - 4 draw. Fantastic effort by everyone from Chris McElliggott who had to go off with cramp to Blake Bolster who was lively when introduced but Dion Marcos just gets the nod for man of the match.

#### UNDER 13 DIVISION 1: KILLARNEY ATHLETIC 4 MASTERGEEHA 1

Switzer scores on debut. Our under 13's had a very good win against Mastergeeha on Saturday on a scoreline 4 - 1. Damien Switzer scored two wonder goals on his debut for the club, other scorers were Owen Benson and Owen Mulvaney. We were slow out of the blocks for the first 20 minutes and indeed could have been behind only for good defending by our defence and goalie Max. As the game went on we settled down and took control with some very good patient soccer, our patience was rewarded and we pushed ahead to win 4 - 1. It was a very good overall team performance and we deserved the win. Man of the Match was centre back Killian Hickey. Well done to all.

**300 MEMBER CLUB DRAW:** Killarney Athletic A.F.C. are delighted to announce their 300 member club draw will be starting up again in December. For €10.00 per month you could be in with a chance to win prize money each month. The money raised will be used to further develop the facilities at Killarney Athletic A.F.C.'s grounds. Please contact Lorraine Fleming on 087 9646484 for entry forms or any club officer.

**GIRLS TRAINING:** Girls training Wednesday night at the pitch from 6.30pm. All girls from under 10 upwards invited. Girls that wish to play up to under 10 level train with the academy on Fridays. Contact sec@killarneyathletic.com for further information.

**CONTACT:** If you have anything to add to Killarney Athletic A.F.C. notes please contact Mary McCarrick on 087 7750773 or mccarrickmary@hotmail.com





KILLARNEY CAPTAIN MIKEY DALY, DAVID HUNT, WINNER OF THE KILLARNEY PLAZA SENIOR SCRATCH CUP, IGOR VAN RIEL AND ORLA O'DRISCOLL, KILLARNEY PLAZA HOTEL.

## KILLORGLIN GOLF CLUB

### MENS RESULTS:

#### FAHA COURT BANK HOLIDAY WEEKEND 18 HOLE V PAR

- 1st Tommy Pembroke (16) 5 Up.
- 2nd David Pembroke (17) 2 Up.
- 3rd Tommy Murphy (14) 1 Up.
- Gross Joe Kennedy (5) 82.
- 4th Tom Finnerty (12) 1 Up.
- Senior Brendan Campbell (21) Level

#### TOP 20 COMPETITION SUNDAY 2ND NOVEMBER:

- 1st Joe Kennedy (6) 39 Pts.
- 2nd Tommy Murphy (14) 37 Pts.
- 3rd Aidan Spillane (7) 36 Pts.

#### 18 HOLE CLUB SINGLES SATURDAY 1ST / 2ND NOVEMBER

- 1st Jimmy Foley (20) 35 Pts.
- 2nd Mark O'Sullivan (13) 35 Pts.
- 3rd Liam O'Leary (17) 34 Pts.
- 4th Pa Callaghan (12) 33 Pts.

#### WEEK NO 1 - 12 HOLE

- 1st Liam O'Leary (17) 27 Pts.

#### UP-COMING COMPETITION

##### SUNDAY 9TH NOVEMBER

P.K Supervalu Christmas Hamper - Shot-gun

start at 10am.

Weekly 12 hole re-entry competition.

## CASTLEROSSE GOLF CLUB

### RESULTS: COMPETITION PLAYED ON SUNDAY 2ND NOVEMBER, 18 HOLE STABLEFORD, WINNER:

Daniel Shine (20) 39 pts. Runner-up Gene Cronin (16) 39 pts. Overall 3rd place Michael Clifford (22) 39 pts.

Next weekend competition, 18 hole Stableford, play Friday, Saturday or Sunday. Xmas hampers on Sunday 16th November, Annual General Meeting in the Castlerosse in the same afternoon.

## KILLORGLIN GOLF CLUB

### LADIES: 18 HOLE STABLEFORD SPONSORED BY THE BIANCONI INN:

- 1. Eileen Bell (24) 37 pts.

- 2. Mary Conway (32) 35 pts.

- 3. Maura O'Boyle, Lady Captain (27) 32 pts.

**FIXTURE:** 18 Hole Stableford sponsored by Kerry Photo Stores can be played Saturday 8th, Sunday 9th or Tuesday 11th November. Arrange.

12 Hole re-entry sponsored by Joan Carter continues for November.

**JUNIOR CLUB:** Junior Captain Tyler O'Sullivan's Prize to Junior girls is this Saturday 8th November.

## PARKNASILLA GOLF CLUB

**FIXTURE:** Ongoing Turkey competition until December 14th, 12 holes stableford, ladies and men, confined to club members.

**CAPTAIN'S DINNER AND DANCE:** November 15th at Parknasilla Resort at 8.30 pm. Tickets available from Mgt Christian at Mace Foodshop in Sneem, phone 064 6645116.

## KILLARNEY GOLF CLUB

### MEN'S: AIB HAMBERS 13+ KILLEEN, 02/11/2014

- 1 George Lenihan (13) 44 pts.
- 2 Michael O'Donoghue (14) 39 pts.
- 3 John T (2) Murphy (17) 36 pts.
- 4 Harry O'Neill (13) 36 pts.
- 5 Frank O'Rourke (27) 35 pts.
- 6 Shane Treacy (16) 35 pts.
- 7 M Jnr Treacy(M01) (17) 35 pts.
- 8 John Horgan (21) 34 pts.
- 9 Pat Favier (13) 34 pts.

CSS 35 pts

### KILLARNEY PLAZA SENIOR SCRATCH CUP SINGLES STROKE. MAHONY'S POINT.

25/10/14

- 1st David Hunt, Nenagh (0) 73.
- 2nd Sean Alley, Dundrum (0) 73.
- 3rd Stephen Kelliher, Killarney (3) 73.

## KENMARE GOLF CLUB

### RESULTS

#### LADIES:

#### MINI XMAS HAMPER SPONSORED BY

### PATSY MILES:

- 1st Noreen Crowley [14] 36 pts.
- 2nd Kathleen O'Shea [17] 33 pts.
- 3rd Breda Murphy [22] 31 pts.

**MEN: FIXTURE:** Jimmy & Mary Duggan Xmas Hamper.

**AGM:** Mens' Sunday 9th at 5.00pm.

## KILLARNEY GOLF CLUB

### LADIES:

### RESULTS OF SUNDAY'S COMPETITION SUNDAY 2ND NOVEMBER, 2014 SINGLES S/FORD MAHONY'S POINT. SPONSORED BY TIM JONES COUNTRY MEATS.

- 1st Mary Geaney (12) 39 pts (bk9).
- 2nd Peggy O'Donoghue (18) 39 pts.
- 3rd Noreen O'Callaghan (15) 39 pts.
- B.G. Claire Keating (7) 30 pts.
- 4th Nuala Meade (21) 38 pts.
- CSS 71 (39 pts).

Next Sunday's Competition will be Club Sponsored - Killeen Course.

## RING OF KERRY GOLF CLUB

### RESULTS:

#### 2-PERSON SCRAMBLE (16 HOLES)

- 1st: Michael O'Sullivan (13) & Henk Bons (6) 54.2pts.
- 2nd: Simon Stauch (12) & Joe Harrington (20) 57.6pts.
- 3rd: Paudie Corkery (13) & Charlie Foley (9) 58.6pts.

Correction to last weekends 2-Person Scramble 1st: Michael Kirby (16) & Michael Veldhoen (19) 67.0pts.

- 2nd: Donal Murphy (17) & Jerry Kearney (17) 67.2pts.

- 3rd: Toby Steadman (19) & John O'Connor (16) 69.2pts.

**UP COMING FIXTURES:** Saturday 8th / Sun 9th - 2-Person Better Ball Open event Visitors €20

Please call 064 66 42000 to book

## MURPHY'S BAR GOLF SOCIETY

### RESULTS CAPTAINS PRIZE (MIKE CASEY).

- 1st. John O'Shea (12) 38pts.
- 2nd. Jimmy Smith (14) 37pts.
- 3rd. Niall O'Mara (11) 36pts.
- Best Gross. Ger Moroney (8) 35pts.
- 4th. Matthew O'Connor (12) 33pts.
- 5th. Jonathan Casey (11) 33pts.
- 6th. Timmy O'Donoghue (19) 32pts.
- Front Nine Sean Murphy (16) 18pts.
- Back Nine Mossy Foley (22) 17pts.
- 18 And Over Denis Nash (21) 26pts.
- Past Captains Prize John O'Shea (12) 38pts.
- Guest Prize. Daniel Cronin. (12) 30pts . Next Outing Sean Murphy. (Presidents Prize.) Saturday . November 22nd. Venue .Mahonys Point . Time 10.00-11.30. The Society Would Like To Wish Michael Quirke Past Captain Of Murphys Golf Society The Very Best In His Year As Captain Of Killarney Golf And Fishing Club.



## DEERPARK PITCH & PUTT NOTES

**By: John Kelly**

Winners of Sunday, morning's Two-Ball Scramble John Murphy & John Kelly with 381 1/2

**XMAS HAMPERS ON SUNDAY 9TH:** The club Xmas Hampers 36 Hole competition will take place on next Sunday morning, November 9th, Tee times 9am to 10 AM. Entry fee is €10 per player and only members who have participated in the required number of competitions as agreed at the AGM will be eligible for the prizes.

**TURKEY COMPETITION:** The annual Turkey competition will take place on Sunday November 16th, Tee times to appear in next edition.

**JOHNNY KELLY SCRAMBLE:** The annual Johnny Kelly Scramble will take place on St Stephen's Day.

**PRESENTATION OF PRIZES:** The presentation of all prizes for the various competitions in 2014 will take place in Squires on Friday December 5th

## BEAUFORT GOLF CLUB

**MEN'S BRANCH:**

**1ST NOVEMBER '14 CLUB SCRAMBLE AND PRIZE GIVING**

**RESULTS:**  
SCRAMBLE

John Cooper, Timmy Lyne, Peggy Riordan.

**GOLFER OF THE YEAR** Shane O'Sullivan (7).

**SINGLE MATCH PLAY:** Johnny Doolan (18).

**MIXED MATCH PLAY:** Simon Rainsford (7), Joan O'Sullivan (24).

**1ST ROUND WINTER LEAGUE:**

1st Johnny Doolan (18) 27pts.

2nd John O'Callaghan (17) 27pts.

3rd James Jones (8) 24pts.

**FIXTURES:** Winter League: (Turkey Competition) 2nd November - 30th November €5

Re-entry Yellow Tees.

## ROSS GOLF CLUB

**LADIES: SUNDAY NOVEMBER 2ND 9 HOLE COMPETITION KINDLY SPONSORED BY**

**AILISH MULCAHY:** Winner Eileen Fleming (19) 17pts.

**UP COMING COMPETITION:** Sunday November 9th Christmas Hampers team competition. Names to be entered by Saturday 8th 12 noon. Prize giving and festivities in the club house after play.

**AGM:** Monday November 17th at The International Hotel 8pm

## ROSS GOLF CLUB

**GENTS CLUB**

**FIXTURE:**

On Sunday November 9th we will hold the rescheduled V Par competition on the green course which was postponed from last

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

## MURPHYS GOLF SOCIETY

**CAPTAINS PRIZE MIKE CASEY**

**KILLEEN, SATURDAY 1ST NOVEMBER 2014**

1. John O'Shea (12) 38.

2. Jimmy Smith (14) 37.

3. Niall O'Mara (11) 36.

4. Matthew O'Connor (12) 33.

5. Jonathan Casey (11) 33.

6. Timmy O'Donoghue (19) 32.

Front Nine: Sean Murphy (16) 18 points.

Back Nine: Mossy Foley (22) 17 points.

Best Gross: Ger Moroney (8) 35.

Category: Denis Nash (21) 26 points.

1st Guest: Daniel Cronin (12) 38 points.

**NEXT OUTING:** Presidents Prize, Mahonys Point.

Saturday 22nd November 10am to 11.30am.

## GLENEAGLE PITCH & PUTT

**By John O Halloran**

Last Sunday we had a 4 ball better ball competition and the winners were Mick Long and Sean O'Brien, gross Sean Ashe and Sean O'Brien.

This Sunday we will have Steve Shine's Captains prize, one draw at 9.45am.

## KERRY LADIES ROUND UP

**DESMONDS**

**SECURE HOME TIE IN SEMI FINAL**

Congratulations to Castleisland Desmonds who had a tricky quarter final tie in the Tesco HomeGrown Intermediate Club championship. They defeated Dunedin Connollys Edinburgh to secure a home semi final against Leinster Champions Kilmacud Crokes 15th/16th November. Desmonds were against the wind in the first half and started extremely well with two goals in quick succession by Andrea Murphy which set the team up for the victory. This was followed by 2 points from Leanne Mangan and one by Stephanie Murphy. The Scottish side upped the anti then as Elaine Guiney corner back saved what could have been a goal. This was followed by 2 points and then a goal for Dunedin & they proceeded to add 2 more points. Castleisland started feeling the pressure a little. Fortunately Leanne Mangan and Lorraine Scanlon stepped up to the mantle & scored a point each before half time to give a half time score of 2-5 to 1-4 to Castleisland Desmonds. The second half started tit for tat with both sides pointing; Leanne Mangan for Desmonds. Things looked settled for the Desmonds when they added further points by Stephanie Murphy, Rachel Cronin and Leanne Mangan. However with the journey perhaps taking effect & perhaps an eye on the next game it started to look shaky when Dunedin put away another goal - leaving just

4 pints between the teams. Dunedin had the momentum and Castleisland were lucky when they hit the side netting. A point from Marion shine helped steady things. This was followed up by Leanne Mangan with 2 more points and Lorraine Scanlon 3 points. Dunedin had 2 last attacks with Melissa Holland in goals pulling off a great save, the final attack adding a point. Castleisland hung on in the end. Final score of 2-14 to 2-6.

**WIN FOR RATHMORE**

Congratulations to Rathmore who defeated Na Gaeil to win the Rhyno Quality Feeds Div 2A title & gaining promotion to Division 1 next year. Rathmore have progressed steadily the past few years & have gained back to back to promotion in both league & championship. The foundation to the Rathmore win was their dominance in the middle third area with Laoise Coughlan & Jodie O'Sullivan in the half back line cleaning up a lot of ball & providing the first line of defense. Also Caroline Reen in the half forward line was pretty unstoppable winning primary possession & scored some wonderful long range scores & also ran at the Na Gaeil defense to win crucial fees. Rathmore opened up a decent lead in the early stages of the first half but Na Gaeil kept plugging away & were rewarded with a goal from Ayesha Roche to get them back in touch of Rathmore at the mid way point. This startled Rathmore &

they replied with points from Caroline Dineen & Caroline Reen. They also had some goal chances but as always Laura Fitzgerald the Na Gaeil keeper was up for the challenge. However Rathmore did eventually get a goal near the end of the first half to give them a comfortable lead, as Caroline Reen followed up the quickest after a great save from Laura Fitzgerald. Half time score Rathmore 1-08 Na Gaeil 1-03. Na Gaeil with nothing to loose threw everything they had into attack & Rathmore were under fierce pressure to clear their lines. Na Gaeil were rewarded for their efforts mid way with a goal from Kate Anne O'Connor & this was followed up with a great point from a Marie Quirke free. Sensing danger Rathmore half forwards funneled back to help defense & win kick outs. It was a strategy that worked as Rathmore broke up an attack & the ball was moved down field at pace. Na Gaeil full back became entangled with Noreen Murphy who quickly transferred the ball to Eileen Murphy Captain who hit a powerful shot to the back of the net, despite the great efforts of the keeper with the power carrying it over the line. Na Gaeil attacked the opposition looking for a goal chance but unfortunately it didn't come. Final score Rathmore 2-11 Na Gaeil 2-08. Pat Hartnett Chairperson presented to Rathmore Captain Eileen Murphy.





## THE FARMING WEEK (BY TOMMY ROCHE, CASTLEISLAND)

On Tuesday the 28th of October Dairy farmers in Britain blockaded Adams food manufacturing facility in Staffordshire in England. Adams Foods is a subsidiary of the Irish Dairy Board and it was targeted specifically because its produce was deemed to be undermining the price of English cheese. It doesn't matter whether the blockade has any merit really but what it highlights is a market that responds to supply and demand. Some days earlier I read an opinion piece by a Scottish Beef farmer wondering how long the record high prices in the UK would last.

On Tuesday the 28th of October Irish beef farmers picketed factories in Ireland over beef prices. Farmers in Britain, a market into which we supply 50% of our produce, were receiving a price almost 30% higher for the same product.

The rhetoric has been flying all week about the merits of the comparison, to the uninitiated, if it held their attention long enough, it must have been hard to follow. A quick explanation is as follows; cattle are graded on quality and classified by one of several numbers. Almost 50% of Irish steers grade R, this band forms the basis for the comparison spoken about. In Britain these animals command a price of 4.75Euro/kg while in Ireland they command a price of 3.75Euro/kg. On a finished animal it is the equivalent of E350. Considering that over the last decade that difference was an average of E80 then the cause of this conflict is clear. If this market was working properly, then British and Irish prices should have converged, as with the Dairy industry and the aforementioned UK Beef farmer would not have been so positive. Our minister for Agriculture sees no discrepancy, if there is evidence of a cartel, he says, produce it. It is a safe

comment. He knows that proving the existence of a cartel is impossible without state involvement in the investigation. But it is clear that a market that has a long commercial history is not responding to supply and demand, as it should. There are two losers here, Irish producers and British consumers; somebody is pocketing a substantial bonus in the middle. The lack of knowledge surrounding this bonus is not by chance, the third secret of Fatima is more accessible than processors factory data. This episode cannot be taken in isolation; farmers need periods of profitability to ensure they can survive the downturns when they occur. If the opportunity to profit at times like these is removed then they will be very vulnerable in the next reversal.

There is a case for market manipulation to be made in Europe on this episode, the explanations do not stack up, the discrepancy is too significant, but are our farmer representatives prepared to pursue this in Brussels. If they feel strongly enough to picket factories across the country, can they justify not seeking an official review of the trade. A popular definition of insanity goes along the lines of "doing the same thing every day and expecting a different result". If we do not see a definitive resolution of this saga then Beef farmers would do well to remember it.



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## KERRYGOLD TO DELIVER IRISH MILK TO WORLD'S LARGEST MARKET & UNVEILS NEW CHINESE TRADE MARK

The Irish Dairy Board (IDB) has today announced a major product expansion into the Chinese market with the launch of Whole Milk under its new Kerrygold Chinese trade mark, pronounced 'Jin Kai Li'. The new product and trade mark was unveiled by the Minister for Agriculture, Food & the Marine, Simon Coveney TD at a ceremony in Beijing during the Irish Trade Mission to China.

This announcement is a key part in IDB's strategy to develop premium dairy products for markets in milk deficit regions. China will be an immediate route to market for additional milk Irish farmers will produce when milk quotas are removed in April 2015. Kerrygold Whole Milk will be sold through major Chinese retailers, regional shopping networks and e-commerce retailers and supported by a marketing campaign that focuses on 'Craftsmanship'. Extensive consumer insight research found that Chinese shoppers responded positively to the image of Ireland as a pure, green island, with clean family farms, where the tradition of craftsmanship is married with

the modern technology required to ensure high standards of safety and quality production. The Chinese liquid milk market is estimated to be worth €18 billion with an annual growth rate of over 10%. Over 11 billion litres of liquid milk are consumed in China each year, compared with just 670 million litres in Ireland. The milk market incorporates 28% of milk volume and 45% of the value of the market. It is estimated that this market segment includes over 186 million households in China.



KERRYGOLD MILK UNDER THE NEW CHINESE TRADE MARK 'JIN KAI LI' ENTERS THE CHINESE MASS MARKET. PICTURED AT THE LAUNCH IN BEIJING IS MINISTER FOR AGRICULTURE, FOOD & THE MARINE, SIMON COVENEY TD.

## BANK OF IRELAND HELPING SMES CONNECT DURING ITS ELEVENTH NATIONAL ENTERPRISE WEEK

Bank of Ireland's eleventh National Enterprise Week will run from Friday, 14 November until Friday, 21 November 2014. Themed "Lets Connect" the Bank will focus on supporting Ireland's SMEs, Start-ups and the Agri sector to connect with each other and help foster business growth and development in the Irish economy.

During National Enterprise Week the Bank will host "Show Your Business" events in its branches across its

entire network. Local branches will be acting as a pop-up shop for customers throughout the week, giving businesses the opportunity to promote and sell their product or service within the branch. Customers can contact their local branch or log on to [www.bankofireland.com/enterprise](http://www.bankofireland.com/enterprise) and become one of the thousands who have successfully taken part in previous National Enterprise Week's Show Your Business activity.

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## INNOVATION AWARD FOR GENTLEMAN AGRI PRODUCTS

Gentleman Agri Products have developed an innovative new product for restricting cow or heifer movement in the milking parlour. The product was exhibited at the National Dairy Show in Millstreet winning the Silver Award for Dairy Innovation. The Multi Parlour Restriction Bar prevents the sideways movement of a cow/heifer in the parlour. Its primary application is in situations when the parlour isn't completely full. The mechanism can be quickly attached beside the last cow, thus eliminating the problem of having to

temporarily tie a rope or chain beside her. When attached beside the animal it automatically locks in position once they put pressure against it. It has a quick attach design enabling the farmer to attach the device to the rail in seconds from the safety of the pit. This makes the milking process a safer operation as the farmer doesn't have to leave the pit to tie a rope or a chain to restrict the animal. If you require any further information or details we can be contacted on 0879545711



SILVER AWARD WINNER OF THE NATIONAL DAIRY SHOW INNOVATION AWARDS, TREVOR, FRANK, AND BILLY GENTLEMAN OF GENTLEMAN AGRI PRODUCTS AND THEIR PRODUCT, THE MULTI PARLOUR RESTRICTION BAR, PICTURED AT THE RECENT SHOW HELD IN THE GREEN GLENS ARENA, MILLSTREET.

## Let's Connect

Bank of Ireland Agri Seminar  
National Enterprise Week

**"PRUDENT EXPANSION  
POST QUOTA ABOLITION"**

Date: 13th November  
Location: Ballygarry House Hotel  
Time: 8pm - 10pm

1. Eamon Fitzmaurice, Kerry Manager  
Topic: "Leading a successful team"
2. Gerard Courtney, Teagasc Dairy Advisor  
Topic: "Technical aspects of expansion"
3. Pat Byrne, BOI Agri Development Manager  
Topic: "Bank perspective"
4. Denis Brosnan, Founder and former CEO of Kerry Group PLC  
Topic: "Lessons from the past"

# All Welcome

Finger Food 7.30pm - Starting @ 8.00pm

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## Kerry ETB Training Centre



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

### Digital Web Design Course (ET3Z6) – Dingle.

This course is for people who would like to combine creativity and computer skills to design, build and redesign web sites. The work involves formulating ideas, visualising the finished product and having the technical skills to build and commission web sites.

**Start Dates:** 10<sup>th</sup> November 2014. **Duration:** 15 weeks. **Certification:** FETAC Level 5 Component Certificates in: Computer Illustrated Graphics, Web Authoring, and Work Experience.

### MTA Software & Networking Fundamentals Course (ET1Z4) – Tralee.

If you wish to get started in a career in ICT this entry level course offers experience in the technical side of software development and computer networks. It's the ideal sample course for people considering a career in information and communication technology. Graduates of the course may progress to the IT Support Specialist Traineeship or Java Associate course.

**Start Dates:** 24<sup>th</sup> November 2014. **Duration:** 17 weeks. **Certification:** Microsoft Technology Associate Certification (MTA) in Software Development Fundamentals, .Net Fundamentals, and Networking Fundamentals.

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

This course is for people who wish to pursue careers as CAD technicians. It offers participants the opportunity to develop knowledge, skills and competencies in 2D and 3D computer aided draughting and design. CAD technicians need to have an eye for detail and an aptitude for maths, drawing and computer skills. Course participants must have passed technical drawing and maths in the Leaving Certificate or have achieved an equivalent level of relevant industrial experience or training. **Start Date:** 5<sup>th</sup> January 2015. **Duration:** 32 weeks. **Certification:** City & Guilds Level 3 Awards in 2D and 3D Computer Aided Design.

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

This course provide participants with the knowledge, skills and competencies to install, configure, operating and troubleshoot medium sized, routed and switched computer networks. It's aimed at people with previous networking experience. A combination of on-line computer based learning & tutor led workshops are employed to deliver the course. Workshop dates are decided on the first day of the course. **Start Date:** 26<sup>th</sup> January 2015. **Duration:** 15 weeks. **Certification:** Cisco Certified Network Associate (CCNA) Certification.

### Heavy Goods Vehicle Driving Rigid (HGV) (ET394) – Tralee.

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 for this course must be in possession of a current full Class B Driving Licence and a current Class C Driving Permit. **Start Date:** 9<sup>th</sup> February 2015. **Duration:** 10 Weeks. **Certification:** Class C Driving Licence, RSA Driver Certificate of Professional Competence, RTTB Counterbalance or Reach Forklift Truck Driving Certificate, and ADR Certification for Drivers.

### Legal Administration Traineeship (ETS07) – Tralee.

This traineeship is specifically designed for those wishing to pursue careers as legal administrators. It covers all the main administration tasks carried out in legal offices and is tailored to meet the needs of the industry. **Start Date:** 9<sup>th</sup> February 2015. **Duration:** 41 weeks. **Certification:** FETAC Level 5 Major Award in Office Administration.

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

This traineeship offers participants the opportunity to develop the knowledge, skills and attitudes required to work as beauty therapists in a variety of settings. It offers a rich learning opportunity integrating theory, practice and industry experience so that participants gain a clear understanding of the various treatments and therapies practiced in the industry. **Start Date:** 9<sup>th</sup> March 2015. **Duration:** 51 weeks. **Certification:** I.T.E.C Beauty Specialist Diploma, ITEC Diploma in Facial Electrical Treatments, ITEC Diploma in Holistic Massage, ITEC Diploma in Epilation, ITEC Diploma in Anatomy and Physiology, ITEC Diploma in Body Therapy, CIDESCO International Diploma, and CIBTAC International Diplomas in Aestheticienne, Epilation, and Body Therapy.

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

Entry requirements and other information on our courses are available at [www.solas.ie](http://www.solas.ie)



## Saint John of God Community Services Ltd

### Saint John of God Kerry Services

*Saint John of God Kerry Services provides a range of programmes and services for adults and children with an intellectual disability in the Kerry region. A person-centered approach to service delivery is promoted in accordance with the Order's values and ethos and in keeping with its commitment to the continuing development of community based services.*

### INTERN CARE ASSISTANT

**Contract Type:** Fixed Term – 2 years.

**Hours of work:** 39 hours per week

#### Duties will include:

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- Acting as an advocate for residents and promoting social interaction with the community.

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*If you believe you have the necessary enthusiasm, competencies and experience to bring to this role please forward your letter of application along with your Curriculum Vitae to  
Human Resources Department,  
Saint John of God Kerry Services,  
Monavalley Industrial Estate, Tralee  
or email [Dolores.parker@sjog.ie](mailto:Dolores.parker@sjog.ie) before 5.00pm  
on Friday 14th November 2014.*

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## CARING FOR WILD BIRDS

Why should we feed wild birds in our garden? For the simple reason 'we owe them'. Every year a little more habitat that our native and visiting birds called home is destroyed through development. Most housing estates, retail parks, roads etc are built on land that once contained a source of food and shelter for birds. The over use of pesticides reduced and contaminated their food source. Modern farming practises also led to declining habitats, though in recent years, increased awareness has led to improvements. So the least we can do is supply them with a little food to help them survive. And if that doesn't convince you than just try it for the sheer pleasure!

Looking after the birds in your back garden is simple, rewarding and great fun for children. Birds like us, require food all year round. During the winter months when it is cold they require high energy (high fat) foods to keep up their fat reserves to help them through the frosty nights. During the summer months they require high protein foods. Avoid fats completely. They require a fresh supply of water all year round.

● **SEEDS:** when choosing a packet of mixed wild bird seed check the back of the packet to see what's in it. Many of the cheaper brands contain lots of wheat or corn which will not attract many birds as they find it hard to digest. Black sunflower seed is a great food for wild birds as it is extremely nutritious, being high in oils and energy values.

● **NUTS:** Peanuts are hands down the most popular food for feeding garden birds. Always buy quality peanuts as mouldy ones can kill birds. During the spring and summer always put the peanuts in a mesh feeder as whole peanuts can be harmful to young birds.

● **FAT:** Fat balls are a great way to help the birds during the winter months. These can be bought or made at home. Using an old can as a mould pour some melted fat over bread and add in some seeds, dried fruit and oatmeal.

● **FRUIT:** You don't even need a fancy feeder, just cut a pear or apple in half and place it on the ground. Blackbirds and Thrushes will love it. Even grapes will be snapped up! For something a little different, cut a coconut in half and hang it from a tree.

It is best to have some nearby cover such as trees or hedges, try not to place the food in too close to shrubs etc; the birds may be in danger from cats. Bird tables are handy and decorative. These are great for hanging seed and peanut dispensers. Many birds also like to feed from the ground, so scatter a little seed out in the open.

## DIGITAL DEMENTIA

This is the term now used to describe the negative mental effects - shorter attention span, memory problems, etc. - that are thought to arise when an individual spends too much time staring at their smartphone, tablet or computer screen.

Several new scientific studies shed light on how people of all ages can make the most of their memory:

● **BE CURIOUS:** Curiosity may not have been the best thing for the proverbial cat, but it turns out that this trait can do wonders for human memory capacity. "Curiosity may put the brain in a state that allows it to learn and retain any kind of information, like a vortex that sucks in what you are motivated to learn, and also everything around it.

● **PUMP SOME IRON:** As long as you're doing the right exercises, twenty minutes in the gym may be all it takes to boost your brainpower, according to a recent study from the Georgia Institute of Technology.

● When a group of healthy men and women in their 50s and 60s were given a drink containing either 10 milligrams or 900 milligrams of flavanols—plant compounds found naturally in tea, cocoa (chocolate) and certain vegetables—over the course of three months, those who were drinking the high-flavanol drink had a much better memory capacity than those who were consuming fewer flavanols. Flavanols, are also found in apples, green tea, grapes, broccoli, blueberries and onions.

## POLICE OFFICER RETURNS \$120,000:

After finding a huge bag of money sitting

unattended on the road, the California Highway Patrol (CHP) law official decided to give it all back without hesitation so it might be returned to its proper owner.

The patrolwoman is rightfully deemed by many a true and honest hero for her selfless act after the discovery.

The police officer says that she has had hard financial times recently but that would be no excuse for her to "steal" that money, when the officer first spotted the \$120,000 the unguarded bank deposit bag apparently left on the side of a road, she said that it was one of the biggest shocks of her life. She couldn't believe she had discovered something like it, calling the experience "unreal."

## LOOKING FOR A JOB?

In England a Lake District weather forecasting service is advertising for a "fell top assessor" to climb Helvellyn, the third highest peak in the lakes, every day.

One "fell top assessor" is already in post, but Weatherline is looking to recruit a second, then working seven days on and seven days off, the two will take it in turns to make the daily climb up the 950m (3,118 feet) peak, often having to brave temperatures as low as -16 Celsius.

Candidates must have "considerable winter mountaineering experience and skills, preferably with a mountaineering qualification," according to the job advert.

Other skills required include the ability to write concise reports, assess snow and ice conditions and use a map and compass.

Knowledge of countryside crafts is also listed as a desirable attribute for potential applicants. The successful candidate will provide information and advice to other fell users to ensure safe and responsible use of the mountain and will also identify and carry out basic rights of way maintenance on the routes. The job comes with a salary of between £21,394 and £25,240 pro rata and runs from December through to April, but is not without risk as several walkers have lost their lives on the peak in recent years.

Weatherline, a phone and online service that keeps visitors and locals informed about Lake District weather conditions, is used by half a million people every day including local communities and farmers.

## THIS WEEKS QUOTE

Our task must be to free ourselves... by widening our circle of compassion to embrace all living creatures and the whole of nature and its beauty - Albert Einstein.

## ON THIS DATE – NOVEMBER 7TH:

1730 - The Danish East India Company ship, Golden Lyon, was stranded near Ballyheigue, Co. Kerry.

1783 - Britain's last public hanging.

1791 - The Customs House opened.

1878 - Margaret Cousins, née Gillespie, suffragist and India's first female magistrate, was born in Boyle, Co. Roscommon.

1879 - Death of Leon Trotsky, Russian



revolutionary.

1963 - 12 people were arrested at a Beatles concert in the Adelphi, Dublin.

1980 - Death of Frank Duff, founder of the Legion of Mary.

1990 - Clancy Brother Tom Clancy passed away in Cork.

1999 - Dublin's Millennium pedestrian bridge was put into position over the River Liffey.

2000 - A call was made to ban Red Bull, the stimulant soft drink.

## COURT RULES THAT RED BULL DOES NOT IN FACT GIVE YOU WINGS

The Austria-based drinks maker is to settle US lawsuits out of court, brought by a long-time user, Benjamin Careathers, who sued the biz in New York for false advertising. Two others subsequently filed cases in California.

Careathers claimed that after a decade of drinking the stimulant soft drink, he did not have wings, or an improved athletic or intellectual ability, meaning Red Bull had deceived users into parting with their cash.

Lawyers acting on behalf of Careathers said they are "seeking to redress the pervasive pattern of fraudulent, deceptive, false and otherwise improper advertising, sales and marketing practice that the Red Bull defendants have engaged in".

Red Bull decided the best course of action was settle out of court, agreeing to refund \$10 in cash or \$15 worth of product to anyone that has bought the drink since 2002.

The deal will cost Red Bull \$13.5m in total, \$6.5m of which will go to an estimated 1.4 million people.

"Red Bull settled the lawsuit to avoid the cost and distraction of litigation," a spokesman said. "However, Red Bull maintains its marketing and labelling have always been truthful and accurate, and denies any and all wrongdoing or liability".

The company will also change future advertising to stamp out the offending slogan, just in case people continue to consume its energy drinks with vastly inflated ideas of the potential after effects.

## ESCAPED BIRD RESISTS ARREST

The flightless 5 - foot tall bird later identified as a Rhea native to South America was walking on an exit ramp of a motorway when officers from the Indiana State Police arrived, following calls from concerned motorists, but the bird outsmarted five state troopers and could not be apprehended until an animal control officer could arrive despite the fact some drivers even got out of their cars to assist in the pursuit.

When animal control arrived the rhea was shot with a tranquilizer dart, but the dart didn't immediately take. The bird then fled into traffic, causing the 4 lane road closure for about 10 minutes.

The Rheas owner was called out and eventually

they were able to tackle it to the ground. The owner had been looking for the bird since its escape a few days previously.

## AN L.A. WOMAN WENT TO JAIL FOR WEARING SLACKS IN COURTROOM

A 28 year old Kindergarten teacher named Helen Hulick made Los Angeles court history — and struck a blow for women's fashion — in 1938.

Ms. Hulick arrived in a downtown Los Angeles court to testify against two burglary suspects. But the courtroom drama immediately shifted to the slacks she was wearing. Judge Arthur S. Guerin rescheduled her testimony and ordered her to wear a dress next time.

She returned to court five days later — in slacks — infuriating the judge, he again refused to let her testify as a witness while dressed in green and orange leisure attire saying "The court hereby orders and directs you to return tomorrow in accepted dress. If you insist on wearing slacks again you will be prevented from testifying because that would hinder the administration of justice. But be prepared to be punished according to law for contempt of court."

The next day, Ms. Hulick showed up in slacks. Judge Guerin held her in contempt. She was given a five-day sentence and sent to jail.

Miss Hulick was released on her own recognizance after her attorney obtained a writ of habeas corpus and declared he would carry the matter to the Appellate Court.

Hundreds sent letters of protest to the courthouse. Guerin's contempt citation was overturned by the Appellate Division during a habeas corpus hearing and Ms. Hulick was free to wear slacks to court.

## 10-YEAR-OLD ENTREPRENEUR HAS BIG PLANS TO CHANGE THE WORLD

Vivienne Harr has already started two successful businesses, raised hundreds of thousands of dollars to end child slavery, rung the New York Stock Exchange bell, and most recently raised millions of dollars in venture capital funding for her latest endeavour — a new philanthropic crowd funding platform.

It all started two years ago when Vivienne saw photographs of two young Nepalese brothers carrying heavy stones down a mountain and discovered they were slaves. It was then that the young girl was inspired to put an end to child slavery and started a lemonade stand to raise money for the cause. Charging "whatever's in your heart," Vivienne's lemonade stand was open every day rain or shine, raising money little by little while attracting lots of attention online. Her story traveled all the way to New York City where then Mayor Michael Bloomberg invited her to come to New York

City and sell her lemonade in Times Square. In one day, she raised more than \$100,000.

Vivienne is far from done. Wanting to give and do more, her family has launched StandApp, a "mobile-first" crowd funding platform described as "Instagram For Good," which promises to make standing up for what you believe in fast, easy and fun. Just as Vivienne's story demonstrates how one person can change the world, the Harrs want to empower even more people to follow in their daughters' footsteps.

The app, allows users to set up a crowd funding campaign for a charity in just 60 seconds. Select a charity, post a picture, send to friends. It's that easy. Campaigns are designed to be shared through social media sites like Facebook or Twitter, making the reach truly exponential.

## CLIMATE CHANGE IS HURTING ANIMALS ON LAND AND SEA

Climate change is, sadly, mostly our fault. While we feel and hear about the consequences every day, we often turn a blind eye to how our damage is hurting those who can't speak for themselves. From the land to the sea, climate change is affecting all the animals on this planet.

- Temperature Increases, Alpine Goat Body Size Decreases - Researchers have studied the goats, formally known as Alpine Chamois, for 30 years. Amazingly, the current goats are 25% smaller in body size than their counterparts of the same age in the 1980s.

- Damage to Sea Turtles' Eggs and Populations - Six species of sea turtles are already endangered, but increased sea levels from climate change are eroding the beaches where they lay their eggs. Warmer weather might be too hot to incubate the eggs and sand temperature determines the sex of the turtle, with warmer temperature producing females. If things keep getting hotter, then there will be no males for the females to reproduce with.

- Warmer Water Makes Breathing Difficult for Lobsters - Lobsters may look resilient, but they aren't immune to the consequences of climate change. For cold-blooded animals like lobsters, higher temperatures mean that they have to expend more energy for simple things, like breathing. Temperatures above 69 degrees F make breathing so hard for lobsters that they can enter physiological stress. When so much energy is spent just trying to breathe, other important things, like reproducing and looking for food, aren't a priority.





## GARDENING OUTLOOK



with John O'Sullivan

### FOCUS ON NOVEMBER GARDENING

Now that November is here, it is a great time of the year for planting bare rooted trees, hedging, fruit bushes, roses and rootballed conifers.

The bare rooted planting seasons lasts from November until March. The reason for this is that the trees and hedging are dormant at this time of the year, so you can't really do any damage when you are lifting or planting.

When planting bare rooted as a general rule, plant about three plants per metre, roses can also be purchased and planted bare rooted as can fruit trees and fruit bushes.

The main thing when planting bare rooted trees and hedging is that when you purchase them and if you are not going to plant them straight away you will have to heel them into the ground; by this, I mean you will just have to dig a hole and put the plants in and cover the roots with earth to stop the roots drying out.

With hedging plants, roses and fruit bushes, they will usually come in bundles and will be tied together, so you don't have to separate them, just put the whole bundle in the ground.

**JOHN O'SULLIVAN, FOUR SEASONS GARDENING SERVICES, KILLARNEY 087-2787160.**

## Citizens Information

### Know Your Rights:

### SOLUTIONS FOR PROBLEM DEBT

#### QUESTION

We borrowed a lot to pay for our children's college fees and weddings, when we both had good incomes. We now earn less than before and find it very hard to cover our debts. We're afraid to open letters or answer the phone in case it's another demand for payment. Is there any help for people like us?

#### ANSWER

You are clearly in financial difficulty and struggling with your debts. There are many people in a similar situation. Three debt solutions have been set up to help people with serious debt problems to sort out their situation and get protection from their creditors. They are the Debt Relief Notice (DRN), Debt Settlement Arrangement (DSA) and Personal Insolvency Arrangement (PIA).

The appropriate solution for you depends on the size of your debts and whether or not you have a mortgage. You apply through an Approved Intermediary for a DRN and through a Personal Insolvency Practitioner for a DSA or PIA. These qualified insolvency professionals are supervised by the Insolvency Service of Ireland (ISI).

When the solution has been put in place, your creditors cannot contact you while you stick to the agreed arrangements. Depending on your situation, some or all of your debt can be written off.

Many Money Advice and Budgeting Services (MABS) companies have been authorised as Approved Intermediaries to help people on low incomes, with debts under €20,000, through the Debt Relief Notice (DRN) process.

For a DSA or PIA, which generally cover larger debts, your creditors must agree to the solution proposed by your Personal Insolvency Practitioner. If they don't agree, you then have the option of bankruptcy.

You can get further information from MABS on 0761 07 2000 (Monday to Friday, 9 am to 8 pm), from [mabs.ie](http://mabs.ie), from the ISI's helpline 0761 06 4200 (Monday to Friday, 9 am to 6 pm) and from [isi.gov.ie](http://isi.gov.ie).

The ISI also has a new website [backontrack.ie](http://backontrack.ie) for people who are struggling with debt.

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

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



### SHALL I STAY OR SHALL I GO?

I am in contemplative mood today as I write this piece. Outside, the wind is blowing hard and the leaves are falling from the trees. So easily they fall and are whisked away to tear around the garden. And then, there is one leaf still clinging for all it's worth to the bare branches of the tree. Holding out it's own quiet protest against the advancing winter days. It refuses to be swept away and clings tenaciously as the wind does it's best to shake it free. It makes me think that we are a little like those leaves and life is like the wind that calls us to move and shake free or hold tightly to where we are.

The art of living your authentic life is knowing when to let go and when to hold tight for all you are worth! For me this means knowing what you value and what brings you joy and happiness. There are many decisions we make every day about what to let go and what to keep. Every moment brings us opportunities to either speak up or remain silent. The problems only arise when we continue to hold on to something that we truly needed to let go of. This could be anything - a hurtful thought, a negative habit, a relationship that is over, a regret etc. Life has it's seasons and like the seasons we too move through periods of time where we grow and flourish and also times when we need to let go in order to rebuild, regain our inner strength and bloom even brighter!

"In the depth of winter, I finally learned that within me there lay an invincible summer."  
Albert Camus

Have a beautiful November!

For Daily Motivational Coaching tips please visit my Facebook page and click "LIKE" to receive!

**066 9766374** | [life\\_coachingunlimited@yahoo.ie](mailto:life_coachingunlimited@yahoo.ie)





## ACKNOWLEDGEMENT & 1ST ANNIVERSARY



*In Loving Memory of*

## TIM O'KEEFFE

### Presbytery View

Mary Agnes and all the O' Keeffe family wish to express their sincere thanks to all those who attended the rosary, mass and burial of Tim. A special thanks to our relatives neighbours and friends for all their help and support during the wake at his residence and funeral. Thank you to Father Pat and all who concelebrated and participated in the funeral mass also Fr Kevin who received his remains to the church. Thank you to John D and O'Keeffe's undertakers for their professionalism. Thank you To Rathmore GAA, Rathmore Credit Union, Marion players and ESB staff for a wonderful Guard of honour. Thanks to Betty Casey and all volunteers who did the catering in Teach iosaigain. Thanks to all medical staff who cared for Tim during his illness.

***As it would be impossible to thank everyone individually please accept this as a token of our appreciation. The holy sacrifice of Mass has been offered for your intentions.***

***Anniversary Mass Saturday  
8th November 6pm.***

## NOVENA TO ST. CLAIRE

Ask St. Claire for 3 favours, 1 business, 2 impossible, say a Hail Mary's for 9 day's with a lighted candle and finish with "May the Sacred Heart of Jesus be praised, adored, glorified and loved today and everyday throughout the world forever. Amen. Pray whether you believe it or not. Publish on the 9th day. Request will be granted no matter how difficult it may seen. Favour after granted on the third day. C

## NOVENA TO ST. CLAIRE

Ask St. Claire for 3 favours, 1 business, 2 impossible, say 9 Hail Mary's for 9 day's with a lighted candle. Pray whether you believe it or not. Publish on the 9th day. May the Sacred Heart of Jesus be praised, adored and glorified today and always. Request will be granted no matter how impossible it may seen. Publication must be promised.

**L.B.W.**

## NOVENA TO THE SACRED HEART ST JOSEPH, PADRE PIO, ST ANTHONY, ST THERESA & ST JOSEPH OF CUPERTINO

### NEVER KNOWN TO FAIL

You have said O'Divine Jesus ask and you shall receive, seek and you shall find, knock and it will open to you. Relying on these promises I come with confidence to beg of 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 perfect love for me and therefore I place all my trust in your.

Our Father, Hail Mary and Glory.

Say 3 times for 3 days and request will be granted, Never known to fail.

Must publish.

## A PRAYER TO SAINT PEREGRINE FOR SICK RELATIVES & FRIENDS

O great St. Peregrine, you have been called "The Mighty", "The Wonder Worker" because of the numerous miracles which you obtained from God for those who have turned to you in their need. For so many years, you bore in you own flesh this cancerous disease that destroys the very fiber of our being.

You turned to God when the power of human beings could do no more, and you were favored with the vision of Jesus coming down from His cross to heal your affliction. I now ask God to heal these sick persons whom I entrust to you: (Here mention their names.)

Aided by your powerful intercession, I shall sing with Mary a hymn of gratitude to God for His great goodness and mercy. Amen. J.C.

## 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. C.M.O.C.

## MIRACULOUS INVOCATION TO ST. THERESA, THE LITTLE FLOWER

Oh glorious St. Theresa, whom Almighty God has raised up to aid and counsel mankind. I implore your miraculous intercession. So powerful are you in obtaining every need of body and soul our Holy Mother Church proclaims you a "prodigy of miracles the greatest Saint of modern times".

Now I fervently beseech you to answer my petition (mention here) and to carry out your promises of "spending Heaven doing upon earth... of letting fall from Heaven a shower of Roses". Henceforth dear little flower, I will fulfill your plea "to be made known everywhere" and I will never cease to lead others to Jesus through you. Amen. Say the above for 9 days and you will receive a flower or a Rose, in some form during or after 9 days as an indication that your request will be granted.

## NOVENA TO THE SACRED HEART

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

Take it dear heart of Jesus and place it within Your own 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.

**M.C.**

## PRAYER TO THE VIRGIN MARY

### NEVER KNOWN TO FAIL

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

## THE MIRACLE PRAYER

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

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

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

Amen.

Say this prayer for three days.

Publication of prayer and favour will be granted. E.D.

## PRAYER TO THE VIRGIN MARY

### NEVER KNOWN TO FAIL

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

## 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.) X

## THE MIRACLE PRAYER

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

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

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

Amen.

Say this prayer for three days.

Publication of prayer and favour will be granted.

## NOVENA TO THE SACRED HEART

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

X

## THANKS

Grateful thanks to the Sacred Heart of Jesus "Our Lady of Lourdes", St Padre Pio, St Clare, St Roch, St Michael the Archangel for many favours received. Lord without ye I can do nothing.





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