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The Autumn leaves are beginning to turn as the children settle back into school. There is lots happening in this week's Killarney Outlook - Models in Recovery have proved that they are dedicated followers of fashion, the town has kept its Top Ten ranking in the IBAL Awards and a young Listry soccer player is set to make her mark on the Munster scene. We have more photographs of the little ones starting on their school journey, Scotts Lakers Basketball team is being launched, preparations are underway for Culture Night and St. Mary's Cathedral Choir is looking for new members. So sit back, relax and enjoy this week's Killarney Outlook - Out first every Friday!

*Aisling Crosbie,
Editor.*

SPECTACULAR STYLE AS MODELS IN RECOVERY TAKE TO THE CATWALK

The INEC was packed to capacity on Tuesday night last as Models In Recovery took to the catwalk for the annual fashion show in aid of the Kerry Hospice Foundation. Models from all walks of life living in the Killarney area showcased local boutiques including MacBee's, The Pill Box, Kerry's Boutique, Wardrobe, New Look, Penny's, Scarlet Ladies Fashion, Quills, Brian James and Annette's from Abbeyfeale under the watchful eye of special guest TV's Noel Cunningham. Local beautician's What Women Want were joined by hair stylists Ruby Tuesday to ensure that all models were looking their best. There were some fantastic door prizes on offer and local businesswoman Jimm Duggan came away with the Best Dressed Lady Prize. Jill looked amazing in a Ted Baker dress and Karen Millen shoes. Speaking to the Killarney Outlook after the show, Pat Doolan, Chairperson of the Killarney Branch of the Kerry Hospice Foundation said: "I would like to thank everyone who helped in any way to organise this wonderful event and a special thank you to Noel Cunningham who travelled to Killarney to support this wonderful cause".



PICTURED AT THE INEC FOR THE KERRY HOSPICE MODELS IN RECOVERY FASHION SHOW WITH NOEL CUNNINGHAM TV3 & IRELAND AM (CENTRE) AMBROSE DONNELLY, MAGS KELLY, HELEN MOLONEY, NICKY GROVER. MIDDLE ROW: NORMA MURPHY, MADALINE MCCARTHY, NOREEN O'DONOGHUE, JOHN HEALY, MARTHA DINEEN, TERESA MCSWEENEY. BACK ROW: DIARMUID CROWLEY, BERNIE O'SULLIVAN, ANN MANGAN, KATHLEEN RYAN, CATHAL WALSH, MARGARET MURPHY, GERALDINE GUILFOYLE, MICHAEL WALSH, MARY KELLY, MARIE KEARNEY



SUPPORTING THE KERRY HOSPICE MODELS IN RECOVERY FASHION SHOW AT THE INEC WERE L-R CHARLENE BROSNAN, JOAN BUCKLEY, EMER BROSNAN & BRIDIE BROSNAN. PICTURE MARIE CARROLL-O'SULLIVAN



PICTURED AT THE INEC TO SUPPORT THE KERRY HOSPICE MODELS IN RECOVERY FASHION SHOW WERE L-R BETTY MORONEY, MAURA CONNOLLY, JULIE GAFFEY, KATIE CROWLEY & MARGARET O'BRIEN. PICTURE MARIE CARROLL-O'SULLIVAN

TALENTED FIANA SET FOR SOCCER STARDOM

A young Listry girl is making her mark on the Munster soccer scene. Fiana Bradley, a pupil at Faha National School has been a member of Killarney Celtic Football for All for the past few years and started playing mainstream soccer with the Under 12 girls team at the club last year. The talented youngster has had a ball in her hand since she was 2 years old and now Fiana has been selected to represent Kerry on the North Munster Regional Emerging Talent Programme. "Fiana fitted all the criteria for Football for All" Jane O'Donoghue, coordinator of the club told the Killarney Outlook. "She is a really talented girl and even though she is now playing mainstream she still continues to train with us", Jane added. The daughter of Conor

and Hilda Bradley, Fiana now travels to Limerick for training every week. "We would like to say a big thank you to everyone in Killarney Celtic Football for All for the super training, care, support and patience shown to Fiana since she started soccer with them. It is the care shown by coaches Denis, John, Tom, Jimmy, and all the hard work from Jane and Amelia that enabled Fiana to go to Limerick after she was selected to represent Kerry on the north Munster Regional ETP" Fiana's mum Hilda told the Killarney Outlook. "Without the care and support from Football For All, Fiana wouldn't be where she is today. The work you do with the children each week is very special and we are very grateful for all you do", Hilda added.



FIANA BRADLEY



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GEMMA SET TO RAISE THE ROOF AT THE INEC WITH JENNY GREEN

Renowned Killarney singer Gemma Sugrue is coming home to perform at the INEC this December 15th.

After raising the roof at Rankin's Wood at Electric Picnic once again this year, 2FM are bringing Jenny Greene and the 48 piece RTÉ Concert Orchestra along with Gemma and conductor Gavin Murphy to Killarney.

The collaboration has sold out shows all over the country and will perform their last show of 2017 at Ireland's biggest venue outside of Dublin, the INEC Killarney.

2FM Sound of the Nation is taking this live 90's experience to the INEC Killarney for the first time and will feature all the favourites

including Rhythm is a Dancer, Children, Not Over Yet, Everybody's Free and Insomnia along with fantastic new arrangements which will be a surprise on the night! Anyone who has witnessed Jenny Greene in action with the RTÉ Concert Orchestra has witnessed something special and don't miss your chance at the INEC Killarney, December 15th. Tickets for this set at the INEC Killarney go on sale via Ticketmaster this Friday, September 8th from 10am. Doors will open at 7pm with the gig set to start at 8pm at the INEC Killarney - Friday, 15th December 2017

JENNY GREENE AND GEMMA SUGRUE. PHOTO: MICHAEL DONNELLY.



CAFÉ DU PARC UNVEILS BRAND NEW LOOK

The highly anticipated opening of the newly redeveloped Café du Parc, located on the site of the original Killarney House, took place this weekend following a complete rebrand and the first phase of a new makeover.

The popular venue is in the middle of a transformation that is bringing forward an exciting new concept in the café and bar culture of Killarney. Situated in the heart of the action in Killarney, the rebrand was inspired by the hustle and bustle and energy of the cafés in Paris as well as the special location next to the Killarney National Park. The new venue boasts a unique and sophisticated atmosphere catering for all tastes and all times of day and night.

The first phase of the development sees the opening of a new cafe and cocktail bar. Quality is consistent throughout every aspect of Café Du Parc, as only the best of everything is used, from freshly roasted coffee beans, to fresh local ingredients and a special range of drinks, including an extensive rum bar with over 40 different brands.

Bar manager of Café du Parc, Igor Krno stated, "We are very thrilled to introduce new and exciting concepts as part of this refresh of a local favourite. In this phase, we have introduced a new coffee bar featuring Badger and Dodo coffee, under the expert guidance of our new cafe manager Silvia Villena Gasco, new menus featuring homemade pastries, scrumptious toasties and tasting platters as well as 'The Weekend Funky Brunch' every Sunday. At night, we have introduced new drinks menus, a special cocktail list and we have a lineup of some of the best DJs to create a cool and unique atmosphere."

The new look was designed by Quinn Casey & Company, led by their interior designers Myra Costelloe and Eoghan O Cathasaigh. Bordered by the grand oak and beech trees



CAFÉ DU PARC UNVEILS BRAND NEW LOOK. THE HAVANA CLUB TRIO ENTERTAIN CUSTOMERS WITH THEIR UNIQUE STYLE OF LAY BACK MUSIC WHILE CUSTOMERS ENJOY BRUNCH AT THE NEWLY REFURBISHED CAFÉ DU PARC, LOCATED IN THE HEART OF THE ACTION IN KILLARNEY ON SUNDAY MORNING. THE POPULAR VENUE BRINGS FORWARD AN EXCITING NEW CONCEPT IN THE CAFÉ AND BAR CULTURE OF KILLARNEY PHOTO: DON MACMONAGLE

of the National Park on one side, and Killarney town centre on the other, much inspiration was drawn from the beautiful surroundings and incorporated into the design.

One of the standout features in the new design is their outdoor terrace, which they call their "people-watch heaven", a place where people can sit back and relax as they watch the locals and visitors go by.

The next phase of the development will see the introduction of 'Juicery @ Cafe Du Parc' and further refurbishment of the bar.

Speaking about the remaining phase of the development, Igor Krno stated: "I can assure our clientele that they will be pleasantly surprised as we unveil even more exciting changes and more extensive menus in the coming months" Café du Parc is open 7 days a week.

For more information visit @cafeduparckillarney on Facebook, Instagram and twitter.



IGOR KRNO, HEAD BARMAN AND SOPHIA O'BRIEN, MANAGERESS PICTURED LAUNCHING THE NEWLY REFURBISHED CAFÉ DU PARC. PHOTO: DON MACMONAGLE

KILLARNEY IN TOP TEN IN IBAL SURVEY

Killarney has been deemed Cleaner than most European Norms in the latest survey by business group Irish Business Against Litter (IBAL).

Coming in at No. 8 in the country the reported

stated that "Killarney improved to a top ten position at a time of year when it needs to show its best side to many tourists visiting".

The reported stated that 85% of tourists sites surveyed were clean with Muckross House

getting a special mention.

However it did state that "dumping is the new litter" with extreme littering on beaches this year causing concern for the environment.

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A nation's culture resides in the hearts and the souls of its people

KILLARNEY PREPARES FOR CULTURE NIGHT 2017

Killarney will be awash with culture on Friday September 22nd when Culture Night kicks off at 5pm with the annual Visual Artists' Showcase which features an exhibition of art at Government Buildings on New Road. Art works selected this year include drawings and paintings, works that have been digitally produced as well as contemporary photography. Creative Ireland Kerry has a youth choral open session taking place for young people aged 8 to 18 years at Killarney House from 5.00pm and Killarney House itself is open for free tours between 6 and 7pm. Kerry Film Festival have secured a screening of the first Irish short film to be nominated for an Academy Award. The film is called 'Return To Glennascaul' and features Orson Welles. It takes place at Killarney Cinema from 7 to 7.30pm. Killarney Cultural Centre will be a hive of activity this year with events running from 5.30pm through to 10.30pm. PURE-Back to Basics kicks off the schedule and is led by DB O'Connor who promises to offer an insight into sean nós singing and how it is the basis for understanding all forms of Irish



CLLR. NIALL KELLEHER, MAYOR OF KILLARNEY IS JOINED BY KATE KENNELLY, ARTS OFFICER AND MANY KILLARNEY BASED ARTISTS AND EVENT ORGANISERS AT THE LAUNCH OF CULTURE NIGHT IN KILLARNEY THIS WEEK.

music. It will be followed nicely by a traditional session from Killarney Comhaltas at 7pm. At 9pm St. John's Mill Theatre will present 'She Had A Ticket In Mind' which features stories of legendary and contemporary Irish women. Donal Lunny and Andy Irvine will be in concert at Muckcross Schoolhouse & Traditional Farms and all tickets for that must be pre-booked. At the same time a Feast of Folk will take place at St. Mary's Church of Ireland and will feature Tim O'Shea & Spraí Chiarraí.

There are events in Fossa and Castleisland this year and in Scartaglin the launch of the 2018 'Handed Down Series' that is part of the Sliabh Luachra Music Trail will take place. The very best of Sliabh Luachra Talent will also be in performance at Tureencahill Community Centre and in Rathmore, professional actor Margaret O'Sullivan will feature in 'Eclipsed', an award winning performance piece with a story that revolves around a group of women in a Magdalene laundry.

"Culture Night really promises great choice this year and there is something for everyone to enjoy. It's a great way of showing your support for our cultural institutions and the many artists we have in Kerry". Apt words from Kate Kennelly, so remember to 'Switch On Culture Night' on Friday 22nd September. All events are free to enjoy. For more details go to www.culturenight.ie/kerry or www.culturekerry.com or phone 066 7183541

INTERAGENCY TASKFORCE LAUNCHED FOR GAELTACHT AREA

Minister of State for Tourism and Sport, Brendan Griffin, TD, launched a new national Interagency Taskforce this week to address the significant decline in the population of Gaeltacht Uíbh Ráthaigh and to revitalise the area in order to attract enterprise and investment. Minister Griffin was joined by legendary Kerry footballer, Pat Spillane who is the Ambassador for the Action Plan for Rural Development and Mícheál Ó hÉanaigh, Chief Executive of Údarás na Gaeltachta.

The function of the Interagency Task Force is to develop a cross-sectoral action plan for the Uíbh Ráthach Gaeltacht area and the Uíbh Ráthach (Iveragh) Peninsula in general. Outlined in the plan will be the resources required for its implementation and the initiative is a key element of the Government's Action Plan for Rural Development.

If successful, the model could be used to address similar issues in other rural communities countrywide. Recently published independent research by Dr Breandán O'Keefe, Mary Immaculate College Limerick and Shane O' Sullivan, Limerick IT indicated a 41% decline in the population of the Uíbh Ráthach Gaeltacht since the establishment of Gaeltacht areas (1956) a period during which Gaeltacht areas in general saw an increase of 17.51% in



BRENDAN GRIFFIN, T.D., MINISTER OF STATE FOR TOURISM AND SPORT WAS IN BALLINSKELLIGS, CO KERRY, TO LAUNCH THE INTERAGENCY TASKFORCE FOR THE UÍBH RÁTHACH GAELTACHT WITH MICHAEL ÓHÉANAIGH, 4TH LEFT, CHIEF EXECUTIVE ÚDARÁS NA GAELTACHTA, PAT SPILLANE, AMBASSADOR FOR THE ACTION PLAN FOR RURAL DEVELOPMENT, 1ST LEFT, MOIRA MURRELL, CHIEF EXECUTIVE KERRY COUNTY COUNCIL, 1ST RIGHT, JOSEPHINE O'DRISCOLL, 2ND LEFT, FÁILTE IRELAND, CAITHLÍN BREATHNACH, MANAGER, COMHCHOISTE GHAELTACHT UÍBH RÁTHAIGH. PHOTO: VALERIE O'SULLIVAN

population.

Minister of State Griffin in launching the taskforce stated "This taskforce has very important job to do in helping to revitalise the Uíbh Ráthach Gaeltacht and peninsula. The Government has placed a particular emphasis on the revitalisation of Rural Ireland and I am pleased to note that this taskforce is now one of the Governments key actions in the Action Plan for Rural Development. It is significant that this community has chosen not to be silent and have chosen to fight back and do all in their power to reverse the population decline in their area. The success of this taskforce is vital

for the Uíbh Ráthach peninsula."

The Ambassador for the national Action Plan for Rural Development Pat Spillane gave a passionate oration on the issues facing rural Ireland and welcomes the Uíbh Ráthach Interagency Taskforce wholeheartedly, based on the five pillars of the national rural action plan namely Supporting Sustainable Communities, Supporting Enterprise and Employment, Maximising our Rural Tourism and Recreation Potential, Fostering Culture and Creativity in rural communities and Improving Rural Infrastructure and Connectivity.



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SCOTTS LAKERS LAUNCHED AS NATIONAL LEAGUE BASKETBALL RETURNS TO KILLARNEY

National League Basketball will make a long awaited welcome return to Killarney after an absence of nearly a decade and St Pauls Killarney playing under the 'Scotts Lakers' banner will open their campaign with a home game against Dublin Lions on Saturday September 16th at 7.30P.M in Killarney Sports and Leisure Centre.

St. Paul's will launch their new national league campaign for Scotts Lakers in Scotts Hotel, Killarney tonight, Friday, September 8th at 7.30 P.M. An open invitation is extended to everybody to come along and meet the players and enjoy the evening.

The Killarney side have recruited 6'7" power forward Antuan Bootle, formerly of Sam Houston State University Texas. He is joined by Bulgarian point guard Mihail Kapitanov. Andrew Fitzgerald makes a welcome return to Killarney basketball having played with Killorglin, Blue Demons and Castleisland over the past decade. Other players with superleague experience with St. Paul's from ten years ago include former Irish schoolboys internationals Mark Greene and Philip O'Connor.

Details of the full squad of players will be announced at the launch this Friday night.

Serbian native Vojkan Bencic is the new head coach of Scotts Lakers and comes to Killarney with a wealth of basketball experience as a player and coach. He enjoyed a very successful playing career before establishing himself as a



ANTUAN BOOTLE, THE NEW AMERICAN SIGNING WITH SCOTTS LAKERS ST. PAUL'S NATIONAL LEAGUE TEAM, AT THE ST. PAUL'S BASKETBALL CLUB REGISTRATION EVENING IN KILLARNEY SPORTS AND LEISURE CENTRE ON MONDAY WITH MARK AND NEIL O'CARROLL, ELLEN KENNEDY, SHANE O'DONOGHUE AND ORAN KENNEDY. PICTURE: EAMONN KEOGH

top class and well respected coach in several countries including Serbia, Croatia, Tunisia, Bulgaria, Russia, Poland, Slovenia and Hungary. Vojkan's presence in Killarney will also be a huge boost to all the St. Paul's club coaches and underage players.

Under the direction of club Chairman Padraig Weldon and deputy chairpersons Jim Delaney and Elizabeth Switzer, St. Paul's Basketball

Club will continue to cater for its huge juvenile membership that looks after 400 boys and girls at underage level. A new national league committee has been very active in recent months and this is led by Aidan Quirke, Chairman, John Brosnan, Vice-Chairman, Tracey O'Shea, Secretary, Sean Brosnan and Mike Pierce, joint treasurers.

KILLARNEY CREDIT UNION URGES LOCAL YOUTH TO GET INSPIRED WITH ZEMINAR



CREDIT UNION YOUTH AMBASSADORS GARY AND PAUL O'DONOVAN TAKE TO THE STAGE TO DISCUSS HOW THEY ARE INSPIRING THE NEXT GENERATION.

Killarney Credit Union is delighted to announce that they have partnered with Zeminar, a youth-focused summit for 15 to 20 year olds – known as Generation Z. The event, now in its second year, introduces young people to some of the best and most innovative organisations in Ireland, and focuses on issues and topics of specific interest to their age group. The summit will take place over three-days in the RDS, Dublin from 10th to 12th October.

This year Credit Union Youth Ambassadors,

Gary & Paul O'Donovan will take to the stage on the 10th of October to discuss how they are 'Inspiring the Next Generation' and to share their unique brand of wit, banter and observations on life with Zeminar attendees. Guest speakers Anna Geary, Harry McCann, Professor Donal O'Shea and Doireann Garrihy will also headline at the event, amongst many others. Killarney Credit Union is encouraging young people and local schools interested in attending to get in touch for information about

tickets for the hotly anticipated event.

Joy Clifford Vaughan, Youth Officer from Killarney Credit Union said: 'We are delighted to be involved in such a unique and interactive event that informs, educates and inspires an entire generation. At Killarney Credit Union we are very cognisant of our role and responsibility in supporting the youth of our community, and Zeminar will allow us to share ideas on how to engage in a meaningful way with young people. I would urge teachers in local schools and young people themselves to contact us here at Killarney Credit Union and find out how they can avail of tickets for what will be an unmissable event.'

Over 20,000 millennials, parents and teachers are expected to attend the conference, where issues such as mental health, wellbeing and career guidance will be the key focus. The event will also include workshops, motivational speeches and interactive classes. Guest speakers will discuss a wide range of topics including wellness, nutrition, bullying, sport, technology and entrepreneurship. The summit will also feature a number of 'mini-Zeminars' dedicated to careers, extracurricular activities and support networks.

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FITTING TRIBUTE TO VINTAGE EXPERT AT THE PLOUGHING

A fitting tribute to a special man was made at this year's South Kerry Ploughing Championship. Jerry Murphy, from Mangerton Road passed away unexpectedly days before the event and family friend, Gearoid Wynne organised the tribute to honour Jerry's memory.

"Jerry thoroughly enjoyed events like the South Kerry Ploughing Championships, and had exhibited at it in the three previous years", Brendan Griffin, a close friend of Jerry's told the Killarney Outlook.

Known the length and breadth of Ireland for his involvement in Vintage Machinery, Jerry was born in Ballyclough in Mallow in the early 1930's and later moved to Killarney where he reared his family with his wife Kathleen.

He was co-founder of the Old Machinery Rally with Brendan in 1984 and in the run up to their annual event Jerry would work from dawn to dusk ensuring that everything would run smoothly on the day.

"Jerry was the first Irish worker that Hans Liebherr encountered in Killarney", Brendan said.

A bulldozer driver by trade, Jerry was tasked to go to a site in Fossa to make a roadway into the site where the factory is now situated.

When he got there he met with local men, Mackey O'Shea, Dan Kavanagh, County Engineer, William O'Halloran, County Manager and Michael Tim O'Sullivan a local travel agent along with Hans Liebherr and his German Architect. Wearing the first pair of green wellingtons that Jerry ever saw, Hans Liebherr gave Jerry the go ahead to plough down the



JERRY PICTURED ENTHRALLING AUDIENCES WITH HIS FIVE HOOK ROPE MAKER.

ditch into what is now the Liebherr factory.

In later years, Jerry went back to work in Liebherr's where he was a very popular employee. Known throughout Ireland for his knowledge of vintage machinery and rural and farm bygones, Jerry, at 81 years of age made the trip to the National Ploughing Championships two years ago where he enthralled crowds by displaying the art of ropemaking with his Five Hook Rope Maker.

He also demonstrated a Quern Stone which is used to grind wheat to flour, a slow process used years ago - and the great showman that he was he met with great wits on his travels, including one from Cork, at the Upton Steam Rally, who quipped "you'd be in a bad way boy if you got an order for a tonne".

Jerry attended the Vintage Rally in Castlemaine



THE TRIBUTE TO THE LATE JERRY MURPHY AT THE PLOUGHING ON SUNDAY on the Sunday before he passed away and had plans to exhibit at last week's South Kerry Ploughing Championships for the fourth year in a row.

However, it was not to be and Jerry was laid to rest in Aghadoe Cemetery following Mass in St. Mary's Cathedral on Saturday morning.

He is survived by his wife Kathleen, daughter Bernie, sons, Kevin, Brendan and Kieran and their families.

MEDAL HAUL FOR KILLARNEY CYCLING CLUB

Sixteen members of Killarney cycling club Youth Academy travelled to Carlow on the weekend of 26th and 27th of August for The National youth road championships with age categories spanning from U11s to U16s, Killarney CC had riders in all but one.

U11s boys were Calum Steadman Murphy and Bryan Hannifin and representing the girls, Shayna Daly.

U12s, Shane Galvin, Killian Caulfield Dreier and Louis Steadman Murphy. U14s, Patrick Galvin, Stephan Caulfield Dreier, Ethan Slattery, Lorcán Daly and Adam Neary.

U15s, Tadhg O'Shea and Jaden Leane and girls Almha Russell Kissane and Tara Russell Kissane. U16s Sarah McGrath.

The weekend hosted by Carlow CC included three races starting on Saturday morning with a Time Trial, Saturday afternoon a road race and Sunday morning a Criterium on the streets of Carlow. Killarney cycling club youth Academy came home with no less than 22 medals. 4 individual and 18 team medals. Shane Galvin U12 took two gold and became double National Champion when he won both the time trial and the criterium. His Brother Patrick Galvin took Bronze in both of these events also. The U14 Boys swept the board taking best overall team in the Time Trial, Road Race and Criterium.



THE WINNING CYCLISTS PICTURED IN CARLOW AT THE NATIONAL YOUTH ROAD CHAMPIONSHIPS

This was followed by the Girls U15/16s Taking best overall team in the Time Trial, Road Race and Criterium also.

This completes The road race season for 2017

a season that saw Killarney cycling club youth Academy have great success at County, Provincial, National and International levels.



Ionad Culturtha an Dochtúir Ó Loingsigh

Clár an Fómhair Autumn Programme **2017**

» Taispeántais Ealaíne Art Exhibitions



05.09.17 - 02.10.17
An Dochtóir Ó Loingsigh
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05.10.17 - 06.11.17
'Adhmad Síoraí'
le Tony Brunnock



09.11.17 - 19.12.17
'Aisling'
sothair ealaíne
an Athar
Diarmuid Ó Riordáin



» Ranganna an Fómhair Autumn Classes

- » Ranganna ceoil traidisiúnta le **Henry Cronin** (Scoil Cheoil an Chontae)
- » Ranganna flúite le **Conal Ó Gráda**
- » Ranganna consairtín agus bosca ceoil le **Maighréad Ní Luasa**
- » Ranganna fíde le **Muireann Ní Luasa**
- » Ranganna amhránaíochta ar an sean-nós le **Máire Ní Chéileachair**
- » **Tacaíocht** - ranganna dearc-ealaíne do sheanóirí le **Pauline Dodds** ar siúl sa trí Ionad Lae sa cheantar
- » **Béal Beo** - ranganna cúlbíní agus agallamh beirte ar siúl sna scoileanna máguaird le **Eibhlín Ní Lionáird**



Imeachtaí Breise Additional Events

- » **Ceiliúradh an Dochtúra Uí Loingsigh (1842 - 1913)** - léacht le aoi speisialta agus bronnadh na nduaiseanna ar an **Satharn 30/09/17**, i gcomhpháirtíocht le Coiste an Dochtúir Ó Loingsigh.
- » **'Beidh Aonach Amárach'** - camchuairt á dhéanamh ag John Spillane chuig bunscoileanna Ghaeltacht Mhúscraí.
- » **Múrmhairsiú 'Cultúr Mhúscraí'** á dhéanamh ag Cormac Sheil agus Denis O'Reardon.



» Imeachtaí Stáitse Stage Performances



09.09.17
Muintir Mulcahy
le Louise (píobai, flúit),
Michelle (fíde, cruic, consairtín),
Mick (bosca)

15.09.17
**The Tayman,
The Tomcat
& Other Stories**
of Eamonn Kelly,
as told by Jack Healy



06.10.17 - 'Sibling Revelry'
le Máire Ní Chathasaigh (cruic),
Nollaig Ní Chathasaigh (fíde),
Maighréad Ní Chathasaigh (fíde)



29.09.17
Danny O'Mahony (bosca),
Tony Linnane (fíde),
Mick Conneely
(fíde, bouzouki)



20.10.17
The Irish Concertina Ensemble
le Tim Collins, Edel Fox,
Padraig Rynne,
Caitlín Nic Gabhann,
Micheál Ó Raghallaigh

10.11.17
Ceiliúradh Oíreachas na Samhna 2017
le buaitheoirí Oíreachas 2017.



18.11.17 - Danú
le Nell Ní Chroinín (guth, flúit, feadóg stáin), Benny McCarthy (bosca),
Oisín McAuley (fíde, viola, guth), Eamonn Doorley (bouzouki, guth),
Ivan Goff (píobai, flúit, feadóg stáin), Tony Byrne (giotar, guth)



15.12.17 - John Spillane
le daltaí bunscoile Ghaeltacht Mhúscraí



16.12.17 - Ceadal Piano
le daltaí pianó Ailín Ní Fhlannagáin



18.12.17
Ceolchoirm na Nollag
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VOLUNTEERS ENSURE PLOUGHING EVENT WAS A HUGE HIT

The spirit of volunteerism is very much alive and well in Kerry as was clearly demonstrated by the great success of the South Kerry Ploughing Championships and Harvest Show in Killarney on Sunday.

Despite the torrential downpour on Saturday, which caused a major headache for the organisers, dozens of volunteers rallied to the cause to ensure the venue at Fleming's Farm in Fossa, was ready for the influx.

The Killarney Valley Classic and Vintage Club determined that the show must go on and their efforts paid handsome dividends when thousands of people filed through the turnstiles where a fantastic family day out awaited.

"The volunteers drove it over the line and we are so hugely thankful to them. They were just fantastic and I am completely in awe of the massive effort they put in," said Chairman Tom Leslie.

The big winners on the day, of course, were the four charities to benefit – the Irish Kidney Association, Down Syndrome Kerry, the Irish Pilgrimage Trust and the Kerry-Cork Health Link Bus – and since its inception, the event has now raised in excess of €100,000 for local organisations.

The show was officially opened by Killorglin student Jack Nagle, who made his mark at the Young Scientists Exhibition with his invention of a lifesaving tractor safety lock which has won several awards. Also in attendance for the launch were Mayor of Kerry, Cllr John Sheahan, Mayor of Killarney, Cllr Niall Kelleher and the President and Secretary of the Irish Vintage Society John Madden and Sharon Delahunty.



AWARD-WINNING TEENAGE INVENTOR JACK NAGLE CUTS THE TAPE TO OFFICIALLY OPEN THE SOUTH KERRY PLOUGHING CHAMPIONSHIPS AND HARVEST SHOW ON FLEMING'S FARM IN FOSSA ON SUNDAY. ALSO INCLUDED ARE, FROM LEFT, TOM LESLIE, CHAIRMAN, KILLARNEY VALLEY CLASSIC AND VINTAGE, Cllr JOHN SHEAHAN, MAYOR OF KERRY, JACQUELINE LOONEY, KILLARNEY VALLEY CLASSIC AND VINTAGE, JOHN MADDEN, IRISH VINTAGE SOCIETY, JIMMY DENNEHY, FOSSA PARISH CLERK, CANON TOM LOONEY, FOSSA PARISH PRIEST, Cllr NIALL KELLEHER, MAYOR OF KILLARNEY, JACKIE LOONEY, KILLARNEY CLASSIC AND VINTAGE AND SHARON DELAHUNTY, IRISH VINTAGE SOCIETY. PICTURE: JOHN O'SULLIVAN

A formal blessing was given by Parish Priest of Fossa, Canon Tom Looney.

A big attraction this year was that the event incorporated the National Rally of the Irish Vintage Society, showcasing Ireland's great heritage, with vintage tractors and vehicles and static and stationary engines visiting from all over Ireland. This year's show also featured a round of the Irish Tractor Pulling Championships which was a great spectacle.

The event also featured numerous trade stands, traditional and modern method ploughing demonstrations, harvesting demos, machinery showcases and traditional farm practice exhibitions

Two fun zones with rollercoasters and a hugely popular Maze in the Maize – the latter

a fundraiser for Killarney Rugby Club – kept children amused and novelty sideshow events included an all-breed dog show, baking competitions and live music.

The winner of the most stylish woman was Susan Moriarty-O'Callaghan from Kilcummin who caught the eye of celebrity judges Gavin O'Leary, who was the best dressed man at the Killarney Races in July, entertainer Jack Patrick Healy and gentleman farmer Sean O'Donoghue.

The winner of the Bonny Baby contest was Reidín Courtney who will be fully attired in a Kerry GAA playing strip and a distinctive Husky dog named Kuma, owned by David Cronin from Aghadoe, won the overall trophy in the all-breed dog show.



STYLE JUDGES SEAN O'DONOGHUE, JACK PATRICK HEALY AND GAVIN O'LEARY ARE ESCORTED TO THE VENUE BY GLAMOROUS CHARITY REPRESENTATIVES BREDIA LYNCH AND SIOBHAN KELLIHER.



AN EARLY MORNING SCENE ON FLEMING'S FARM IN FOSSA AS TRADE STANDS AND EVENTS ORGANISERS GET READY FOR THE INFUX.

SOLAR POWERED SPEED LIMIT INDICATORS

Following requests from local residents in the greater Listry/Faha area's, two new solar powered speed limit indicators are being provided on both approaches to the school, community centre and the junction on the R563. The total cost amounts to €7,000

for the works, which is being jointly funded by the allocation of €3,500 each by Cllr Brendan Cronin and Cllr John Joe Culloty. It is hoped that this will improve road safety and awareness on the R563.

SHANE COURTNEY MEMORIAL GOLF CLASSIC

The annual Listry GAA Golf Classic is set to take place tomorrow September 9th at Killorglin Golf Club. Held in memory of the late Shane Courtney, the classic is a fundraiser for Listry GAA LISTRY GAA ANNUAL GOLF CLASSIC: Team of 4 e120.00. Tee

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Price Region: **€240,000**
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'WILROSE HOUSE', WOODLAWN ROAD, KILLARNEY


Unique opportunity to purchase large detached eight bedroom home, with detached garage on Woodlawn Road. 'Wilrose House' is excellently located, close to all amenities, including Killarney National Park and St. Oliver's primary school. The property would suit as a family home, investment property or bed and breakfast. The property could benefit from some re-decoration, affording the new owners the opportunity to refurbish to their specifications.



Price Region: **€325,000**
BER E2

MONEY MATTERS.....

By Dermot Cronin,
Financial Advisor



WHY SHOULD YOU REVIEW YOUR PENSION?

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

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BALLYHAR BREEDER HAS SUCCESS AT TULLAMORE SHOW

Adrian Cronin Rathcomane Ballyhar Killarney pictured with Fiona O Sullivan and Irish Hereford Society President Pat McCarthy and his Bull "Racomane Caesar" who was crowned Reserve All Ireland Bull of the Year at the National Hereford Show which took place at Tullamore Show on Aug 13th.

This bull calf has compiled an impressive record of wins this summer taking 1st prize at Cork Summer show, clinching the calf championship at Charleville show, the reserve calf championship at Clonmel Show and also winning the reserve Munster junior bull of the year at Cappamore Show



CALL FOR NEW MEMBERS AT CATHEDRAL CHOIRS

"A magnificent cathedral such as St. Mary's deserves a top class choir" and as Choral Director Aidan O'Carroll enters his fifth year he is sending out a call for new members for both St. Mary's Cathedral Choir and St. Mary's Cathedral Children's Choir.

The choir are planning on welcoming new members from September 12th forward when they resume their rehearsal schedule. New members are the life blood of any organisation. This applies equally to sporting clubs as it does to choirs. St. Mary's Cathedral Choir is a venerable institution spanning back over 150 years.

"Before I took over four years ago, I came incognito to hear the choir, being careful not to be spotted in the Cathedral by members of the choir, many of whom I knew very well. I was impressed by the quality and musicality of the singers and felt that I could really achieve something", Aidan told

the Killarney Outlook.

"My choral experience stretches back over 40 years. I founded the Kerry Choral union which is still going strong. The Kerry Chamber Choir and Orchestra which I founded in 1992 are celebrating their 25th birthdays this year. The Tralee CBS Boys' Choir which I cofounded with Brother David O'Connell and directed for 22 years sang for Pope John Paul II and in many of Europe's most prestigious Cathedrals - Westminster, Canterbury, Cologne, Antwerp and Liverpool and Louvain.

I set about a programme of renewal in all aspects of the Cathedral choir's work. In this I got the wholehearted support of the choir members, organist Ulla Latimer and, of course, Fr. Kieran O'Brien and the other priests as well as Bishop Ray Brown. The choir's repertoire has been completely overhauled and expanded to nearly 200 pieces.

The choir rehearses year round

(except August) in the choir gallery on Tuesday nights from 7.30-9pm and on Sunday mornings from 9.30-10.30am before singing the main Mass. The choir has also undertaken a number of CD and DVD recording projects and has increased its non-liturgical performances and broadcasts significantly.

The Cathedral also attracts quite a few visiting choirs from as far away as Australia and New Zealand and the United States. The Cathedral choir often gives joint performances with these. The annual Carol Concert held on December 8th has become an important event in the cultural life of the town.

The Cathedral Children's Choir was established in October 2014 and is now entering its fourth year. Boys and girls aged 8-12 are welcome. There is no audition and membership is entirely free. The choir rehearses every Tuesday from 6.30-7.15pm in the



Cathedral choir room directly over the sacristy. Children learn a wide repertoire both liturgical and non-liturgical and are taught to read music, something which is very valuable in later life. The Children's choir also takes part in concerts in the cathedral and elsewhere.

Anyone interested in trying out either choir can simply come along on Tuesday 12th at the appropriate time or call Aidan O'Carroll on 0874103220.

KERRY GAA FUNDRAISING GOLF CLASSICS

Two Kerry GAA Fundraising Golf Classics will be held in the lead-in to the All Ireland final weekend where of course the Kerry Minor football team will proudly carry the Kerry colours.

The classics take place on Friday 15th in Killarney Golf Club, and the Kerry Association in Dublin will

organise an outing in Lucan Golf Club. Cost is €700 per team (4 Ball) and this includes 2 Free Tickets for the All Ireland Finals and a meal for four. For further details on the Kerry Classic contact J.P. Brick (087 2583143) and for information on the Dublin event contact Luke Moriarty (087 2577376).

KERRY GAA ANNUAL CHURCH GATE COLLECTION

The Kerry GAA annual church gate collection will be take up at all masses in the county this coming weekend with proceeds going towards the development of coaching in the county. Your contribution would be greatly appreciated.



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

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THROUGH THE KEYHOLE....

A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET



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

RECORDS BROKEN AGAIN! ON THE KERRY WAY ULTRA AND ULTRALITE MARATHONS

REPORT/PHOTOS: VALERIE O'SULLIVAN

The annual 200 KM gruelling Kerry Way Ultra Marathon - a daunting 40 hour, 200km, non stop Ultra Marathon, began at the official starting point at Randles Garage Killarney on Friday morning at 6.00am. The endurance race traverses the MacGillycuddy's Reeks and Iveragh Peninsula, stretching along The Wild Atlantic Way, along ancient trails and old roads and coastal cliffs. Race Director Eileen Daly saw off the 70 Elite runners at dawn. Breaking all known records since the races inception was Barry Hartnett from Kilshane, Tipperary, who ran the race in an incredible time of 22 Hours and 36 minutes, knocking over two hours of the previous records. Second home was Killarney Native, Sean Clifford from Woodlawn in another

blistering time of 27 hours and 18 minutes. The First Woman Home was another record breaker, Carol Morgan, who also finished 4th overall in a time of 27 Hours and 58 minutes. Barry Mullins from Cork was third in a time of 27 hours and 33 minutes. Another Killarney man Kevin Leahy, finished 5th in 28 Hours and 52 minutes. Two Kerryman in the top five! Their epic journey of The Kerry Way, which was closely tracked online manned by Sarah Clinton, Portwest Sports, saw over 75,000 people from across the globe watch the racers progress, as they continued along the Killarney National Park, Black Valley onto the mountains of the MacGillycuddy's Reeks, bogs, ancient trails, through, Mountain Stage, Dromid, Waterville, Caherdaniel, Sneem

and Blackwater, Templenoe, Kenmare, onto the Old Kenmare Road, before arriving home to Killarney. Conditions for the race were at times testing as the amount of rainfall made the terrain difficult.

The Kerry Way Ultra Lite Marathon 55Km, the second race departed at Sneem Village on Saturday morning and continuing the route of The Kerry Way, through Templenoe, Kenmare town, before joining the ancient 'old road to Kenmare' track back to Killarney National Park. Mark Doyle was first home in a time of 5 hours and 44 minutes, followed very closely by Barry Brennan in a time of 5 hours and 45 seconds. Greeta Soderholm was First women home in a time of 6 hours and 41 seconds.

RESULTS

Kerry Way Ultra Marathon

1. Barry Hartnett 22:36:27* New Record

2. Sean Clifford. 27:18:28

3. Brian Mullins 27:33:16

Women

1. Carol Morgan 27:58:22 * New Record

2. Suzanna Bon 31:32:10

3. Simone Durry 33:40:35

Kerry Way Ultra Lite

1. Mark Doyle 5:44:18 *New Record

2. Barry Drennan 5:45:10

3. Brian Buckley 6:32:26

Women

1. Greeta Soderholm 6:41:49 *New Record

2. Joanna Edwards 6:51:43

3. Lorraine Horan 6:56:47



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PROPERTIES OF THE WEEK

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COOLMAGORT, BEAUFORT Guide Price €60,000

Renovation project - Derelict cottage & outhouses on circa 0.25 acre site with stunning countryside views. The property is currently uninhabitable and Services are not connected.

REF 1013 BER Exempt



LISBABE, HEADFORD Guide Price €195,000

4 Bedroom Bungalow (approx 1,340 sq ft) on circa 0.518 acre site with timber gated entrance located 2.4km from Barraduff Village. Westerly facing patio area, metal garden smart shed, oil fired central heating.

REF 1079 BER C3



LISHEENCANNA, BALLYHAR Guide Price €200,000

3 Bedroom Bungalow (approx 1,385 sq ft) on circa 0.5 acre site with gated entrance. South facing rear garden & patio area, oil fired central heating, fully alarmed. Only 6km to Fines Village, 10km to Killarney Town Centre

REF 1080 BER D1



3 KNOCKNASKEHA Guide Price €210,000

4 Bedroom Bungalow (approx 1,490 sq ft) on circa 0.5 acre site. Fully enclosed mature garden, steel tech garden shed (270 sq ft) with electricity. Oil fired central heating. Only 10 minutes drive to town centre.

Ref 1073 BER D1



36 CAHERNANE MEADOWS, MUCKROSS ROAD Guide Price €240,000

4 Bedroom semi-detached home (approx 1,300 sq ft) with private rear garden, south facing patio area & side entrance. Off street parking. Oil fired central heating. Walking distance of Town Centre.

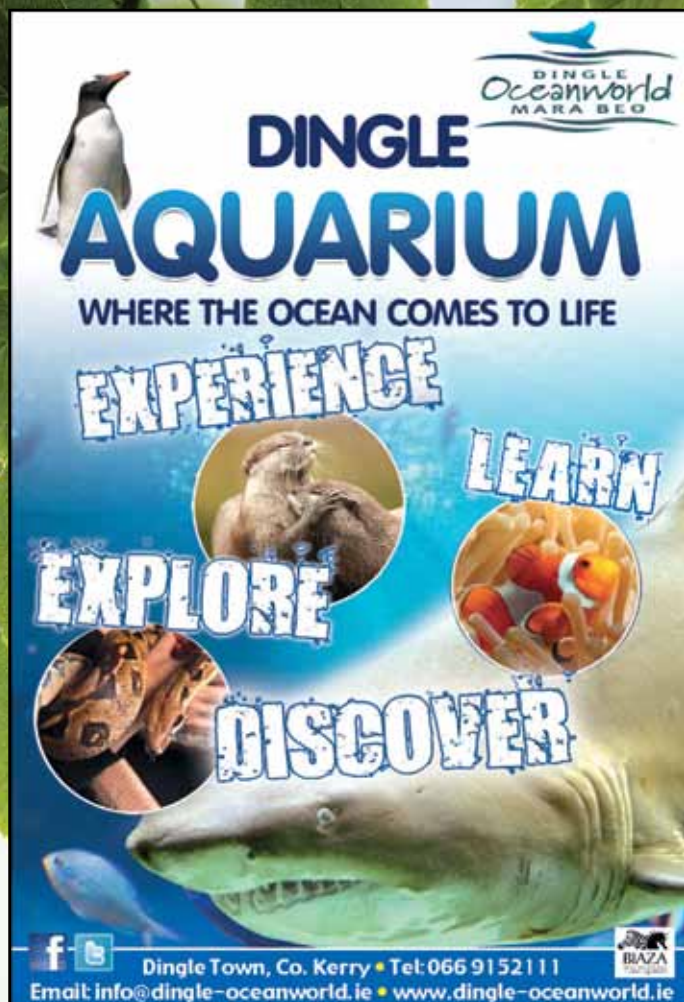
REF 1085 BER C3



9 INNISFALLEN, BALLYDOWNEY Guide Price €265,000

4 Bedroom (3 en-suites) semi-detached property (approx 1,560 sq ft) with private back garden & patio area adjacent to Killarney National Park. Oil fired central heating. Only one mile to Killarney Town Centre

REF 858 BER C1



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BSc. ATHLETIC THERAPY AND TRAINING
Chartered Physiotherapist
Approved by all major Health insurance providers.

Jimmy Galvin MISCPC MCSP
MSC. PHYSIOTHERAPY
PGdip. EXERCISE AND SPORTS MEDICINE
Chartered Physiotherapist
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Hereford Beef Tartare

Radish, Parmesan, Truffled Hollandaise,
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Main Course

Spillane's Stone Bass

Lentils, Fennel, Roots,
Pickled Onions, Autumn Radish

Hereford Beef Rump

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Manor Farm Corn-Fed Chicken

Ballymakenny Tender Stem Broccoli, Corn,
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Killarney

TOWN TALK



LAUNCHING THE ANNUAL MS CHARITY WALK OF THE OLD KENMARE ROAD, WHICH WILL TAKE PLACE ON 8TH OCTOBER REGISTERING AT THE GLENEAGLE HOTEL WERE L-R PAT O'NEILL, JOHN O'SHEA, KATHLEEN SHEEHAN, MARY F O'CONNOR & PAMELA WALSH.



CAOIMHE SPILLANE.

Welcome autumn! With the change in the weather and the kids back in school. There are plenty of goings on in town to get you out and about. You can find out what's happening in Killarney with the Town Talk Page. If you have any news you would like

to share, an event you would like to promote an interesting story about Killarney you can contact towntalk@outlookmags.com

YOGA AT KILLARNEY HOUSE

Nave Yoga is raising funds for Focus Ireland to help prevent families, young people and individuals from having to experience homelessness. Join them for a yoga class at the stunning Killarney House and Gardens on Sunday 10th September at 10am. This class is suitable for beginners as well as experienced yogis. Minimum required donation for the class is €5 per person with all proceeds going to Focus Ireland. Class must be booked via their website at www.naveyoga.com or else contact us on 0872601624. Please bring your yoga mat, water and weather appropriate clothing.

FRANCISCAN FRIARY CONCERT

From September to December, the Franciscan

Province of Ireland will run a series of free concerts at Friaries around the country as a thank you to all the people who have supported the work and ministry of the Franciscans. The date for the concert in Killarney is Friday the 15th of September at 7pm, which will be performed by Vincent Kennedy and Marina Cassidy.

BINGO

Bingo on every Thursday night at 8pm in the Parish hall.

VOLUNTEER TUTORS

Volunteer tutors are needed for 'Fáilte Isteach' - English Conversational classes, training will be provided. This is an informal way for people to gain confidence in speaking English. To be held on Thursday evenings for 8 weeks. Please contact Éadaoin Moynihan, SKDP on 087-1906450 or emoynihan@skdp.net for more information.

GROTTO MASS

A Grotto Mass will be held at the Grotto, Rock Road on Friday 8th September at 7pm. All welcome.

RIPTIDE MOVEMENT

Radio Kerry presents The Riptide Movement at the INEC Acoustic Club, on September 15th

.The Riptide Movement, burst onto the Irish music scene in 2014 with their Number One, gold-selling album 'Getting Through', a string of Top 10 singles and various sold-out headline tours, the four piece – comprising Malachy Tuohy (vocals, piano and guitar), John Dalton (guitar), Gerry McGarry (bass & harmonica) and Gar Byrne (drums & percussion) – will be returning to Killarney after a very busy summer of festivals in Ireland and all over Europe tickets are €20.00 and doors are at 8pm

PHOTOGRAPHIC EXHIBITION

Large ruined houses of Ireland photographic exhibition will take place at Killarney library from Monday 21st August – Saturday 30th September during library opening hours.

AFTERNOON TEA FUNDRAISER

Kerry Rape and Sexual Abuse Centre will be hosting a Fundraiser Event – Afternoon Tea at Muckross Park Hotel on 23rd September from 1 pm - 4 pm. Join them for a wonderful afternoon with welcome drink on arrival followed by the newly launched Mrs Herbert's Afternoon Tea at Muckross Park Hotel & Spa. The Kerry Rape & Sexual Abuse Centre have been providing a free & professional service for over 25 years. Tickets cost €50 join them on the 23rd September to help raise funds for this very worthy cause.

THE MURPHYS

The Murphys return home to The Kingdom for their "Breaking Ground Concert Tour " on the 28th September at 8pm , having forged a name as Irelands most successful young female Country Songwriters. With Self-Penned Hits " Streets Of Promise", "My Connemara Marble Ring", and "The Empty Room". Their debut original album "Breaking Ground" went to #1 ,not once but twice in the iTunes Country Album Charts. The first single from the Album "The Man Who Loved Me First", a co-write with Derek Ryan went to #1 in The iTunes Country Single Charts. Tickets cost €20.00

JOE DUFFY TALK

A talk in The Schoolhouse, Muckross House by author and Broadcaster, Joe Duffy, entitled Children Of The Rising , will take place on Saturday 7th October 2017, 7.30pm. The talk covers the untold story of the young lives lost during Easter 1916. Forty children, aged 16 years and under, were among the 300 civilians killed in the 1916 crossfire. Joe spent three years researching the lives of these children for a documentary and the best-selling book, Children of the Rising. Admission is free but seats must be pre-booked by contacting 064 6670162. Further information: library@muckross-house.ie

RAMBLING HOUSE

Rambling House at Heritage Centre Scartaglen Monday 11th September at 9pm. Admission free, raffle and refreshments. All are welcome.



NOREEN O'DONOGHUE FROM GLENFLESK PICTURED ON THE OCCASION OF HER 90TH BIRTHDAY WITH HER FAMILY. NOREEN IS ORIGINALLY FROM HEADFORD BUT MOVED TO GLENFLESK WHEN SHE MARRIED. THE FAMILY ARE KNOWN AS THE DUNNES FROM GLENFLESK AND NOREEN WAS MOTHER TO 11 CHILDREN. SHE CELEBRATED HER 90TH BIRTHDAY AT THE TORC HOTEL AND WAS JOINED BY HER 28 GRANDCHILDREN AND 15 GREAT GRANDCHILDREN. VERY MUCH REMEMBERED ON THE NIGHT WERE HER DAUGHTERS THE LATE MARY JO O'NEILL AND NOREEN GABRIEL AND HER SON THE LATE TOM O'DONOGHUE.

STORYTIME

Storytime for toddlers and pre-schoolers with their parents or childminder will take place at Killarney Library in September on Saturday mornings at 10.30am. Join in with the music, songs and rhymes. Drop-in. No sign-up required.

FOSSA BRIDGE CLUB

The Winter Bridge Season at Fossa Bridge Club will commence on Thursday Sept 14th @19:30 hrs in The Innisfallen Hotel, Fossa. While the club has many longstanding members it also welcomes new members every year and it is proud of its reputation for being a very friendly club. Should you need a partner please Email mgmkerry@gmail.com

MUCKROSS ICA

Monthly meeting of the Muckross guild of the ICA resumes on Monday next 11th September at 7.45pm in Loughguittane NS New members always welcome.

REDUCING FOOD AND WASTE COMPOSTING

Time for Creation events in the Diocese of Kerry On Tuesday 12th September Donal O'Leary will present a workshop on "Reducing Food Waste and Composting". This takes place in the John Paul II Pastoral Centre in Killarney at 8pm. This workshop will provide suggestions on making your compost work. Pope Francis' states that "everything in the world is connected and that caring for the eco-system requires far-sightedness". This event is free and tá fáilte chuig chuile duine! To register and for more ideas and prayers visit dioceseofkerry.ie.

ROAD CLOSURE

Clr Maura Healy Rae and Danny Healy Rae TD are glad that KCC are proposing to begin the very necessary works at the Railway Crossing at Minish, road users should be aware that KCC intend to close the road at this location from

8pm on October 9th to 4pm on October 13th, and diversions will be in place, Clr Healy Rae says "my father and myself have been asking for this work to be carried out for a long time and welcome the announcement made by KCC"

ACTIVE RETIREMENT MEETING

Killarney Active Retirement will resume weekly meetings on Friday, September 15th from 2 to 4PM in the KDYS (next to Friary Bookshop). New members always welcome - no age limit - retired or semi-retired - you are welcome to become a member on your third meeting with us. For information call Nancy on 087 7721433.

CRUSADERS BRIDGE CLUB

Bridge resumes on Wed 13/09/2017 @ 7.30 sharp at The Brehon Hotel. We look forward to seeing all members. Beginners and new members particularly welcome. If anyone needs a partner feel free to call Berna @ 086 890 4223.

BLOOD CLINIC

The Irish Blood Transfusion Service will hold a Blood Donor clinic in The Dromhall Hotel, Killarney Monday 5pm - 8.30pm Tuesday, Wednesday & Thursday 3pm - 5pm & 7pm - 9pm 11th- 14th September 2017

RADIO KERRY ALL IRISH MUSIC CONCERT

The Radio Kerry All Irish Music Concert takes place on 2nd October at 7:00 pm, tickets cost €25.00 MC for the show is Radio Kerry's Billy Donega, acts include: Trudi Lalor, Annemarie O Riordan, Mick Galvin, Pat McKenna, Johnny Carroll, Paddy O'Brien and Shane Owens, Paddy Joe and Tom McGinty All backed by the Ryan Turner band.

FUTURE SOUNDS

INEC Killarney in association with SPIN South West present 'Future Sounds' Ireland's

newest, Festival experience. Future Sounds returns Sunday October 29th with Spotlight. Building on the success of Future Sounds in February they are once again turning the light on talented home grown musicians already making waves on the Irish and UK music scene. The night will include electro-pop and alternative soundtracks with Overhead, The Albatross, Dáithí, Kormac and Sample Answer all under the one roof.

CULTURE NIGHT AT MUCKROSS HOUSE

Culture Night at The Schoolhouse Muckross, presents Andy Irvine and Donal Lunny in Concert on Friday 22nd September at 7:30 pm We can look forward to a night of Irish traditional from 2 musicians who have performed with acts such as Sweeney's Men, Planxty, The Bothy Band and Moving Hearts. Catch these two legends on stage together for a very special evening of music. Admission is free but pre-booking of ticket essential, please contact 064 6670165 to reserve seat (after 12.30pm daily)

HOSPICE COFFEE MORNING NEXT THURSDAY



ENJOYING A CUPPA AT LAST YEAR'S KERRY HOSPICE COFFEE MORNING WERE L-R PHIL PINKAOW, BETTY KELLY & MARY CRONIN. THIS YEAR'S COFFEE MORNING WILL BE HELD ON THURSDAY SEPTEMBER 14TH NEXT AT 10.30AM - 1PM AT THE ROYAL HOTEL. PICTURE MARIE CARROLL-O'SULLIVAN

RATHMORE/GNEEVEGUILLA NEWS by Michael O'Mahony NEW LORD MAYOR OF GNEEVEGUILLA

Congratulations to Pdraig Doyle Leam who was elected Mayor who take over from Johnny Crowley who has excellent year as Lord Mayor at start of their annual Carnival which was great success, Best of Luck to Declan O'Donoghue of Beheenagh, Headford who will be representing Ireland at the World Triathlon Championships in Rotterdam on the 17th of September 2017.

FATIMA CENTENARY

On Wednesday September 13th at 12 o'clock, a rosary (5 decades) will be recited by the national school children, at the Church of the Holy Rosary Gneeveguilla. Parents and grandparents are particularly invited to this rosary ,which celebrates the 5th apparition of Our Lady at Fatima ,100 years ago on this day.

CULTURE NIGHT

Fri. 22nd September

In Teach Iosagain, Rathmore

7.30pm to 9.00pm

Reading/performance of "Eclipsed"

A play concerning a Magdalene laundry in 1963 with Margaret O'Sullivan and a cast of local talented actors and guests.

Admission Free

WISHES :

Well done to Connie Vaughan, Knocknagree and Joshua O'Sullivan, Ballydaly who competed for Team Ireland in the 2017 World Kickboxing Championships

WEDDING BELLS

Wedding Bells congratulations to Alan Hickey knocknaloman Rathmore who got marraigned to Aileen o'keeffe Currow on Saturday at Currow church by Fr. PAT O'Donnell & followed by reception at Ballygarra House Hotel Tralee enjoy ed by family & firends We wish both them long happy life together

RAMBLING HOUSE

Rambling House at Heritage Centre Scartaglen Monday 11th September at 9pm.

Admission free ,raffle and refreshments .

All are welcome .

SYMPATHY

Sympathy to families relatives & friends of Eilleen Murphy Nee Dennehy Cedarwood House Lisrobin, Kiskeam, Cork, & Eileen O'Donoghue Bhrú Na Sinsear, Rathmore and late of Droumnaheare, Glenflesk and Iona Villas, Dublin, May they all rest in peace

RATHMORE CLEAN UP

We need you! This Tuesday evening September 12th meet at community centre at 7pm. We would love to see as many people as possible for a big Rathmore clean up. It would be great to see old reliable faces as well as some new recruits.. Please bring a high vis vest, brushes, wheelbarrows, gloves, hoes, spades and whatever else you got! Bring a friend or two.

DVDS OF PATRICK There are dvds from Patrick filmed in the INEC for sale locally now in Hickeys, McCarthys, and Reens pharmacy in rathmore as well as on line at www.patrick1916.com

SLIABH LUACHRA COMHALTAS

Junior Set Dancing Classes will return to Teach Fáilte, Gneeveguilla on Wednesday next, 13th of September at 6:15pm. All Welcome. For further information and registration contact our set dancing teacher, Marie Sheehan on 083-0045432.

NOTES

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

FOSSA NOTES

LOTTO

3rd September 2017 Numbers drawn were 4, 20, 24, 26. There was no jackpot winner and the €40 consolation prize winners were Sean Doona, Woodlawn Park, Timmy McCarthy, Dromhall, Donie Murphy, Marian Tce, Danny Lucey, Muckcross Road and William Courtney, c/o Kaynes Bar. Next weeks jackpot will be €4,500.



RENA DALY (LEFT) & PRINCIPAL GILLIAN SHEEHAN PICTURED WITH THE JUNIOR INFANT CLASS ON THEIR FIRST DAY AT KILCUMMIN NS. PICTURE MARIE CARROLL O'SULLIVAN

SENIORS

The senior team played their final round county league game of the year against Brosna on Sunday. While they played well and the game ended in a draw, 2-11 each, Fossa will be disappointed not to have remained in Division 3 for another year. Games were lost by the minimum of margins which showed that it was a really competitive division and the difference between winning and losing was very small. However it's onwards and upwards, with a couple of very good minors due to come into the team next year we look forward with confidence to the future.

BEST WISHES

Fossa GAA Club would like to thank John and Cian Evans for the work they have done with our senior team over the past 18 months. John took over as manager in 2016 and what followed was the most successful year the club has ever had at senior level. We won the County Junior Championship and gained promotion to Division 3 of the County league. He brought a huge level of enthusiasm and professionalism to the job which benefitted the team and the club. We would like to wish John every success in his new role as Wicklow manager and we wish them both the very best for the future.

KILCUMMIN NEWS

GROUP MUSIC SESSION

Group Music with Brendan O'Sullivan and Singing Class with Martina Ryle O'Sullivan will commence shortly. Please contact Irene in the Rural Dev. Office for further details 064 6643357.

JUNIOR SET DANCING

Enrolment for classes will take place on Fri. 8th Sept. from 7 to 7.30pm in the Recreational Hall. Classes will commence at same venue on Fri. 15th at 7pm for beginners & intermediates and 8pm for advanced. This is a great opportunity for your child to learn the art of set dancing, have fun & meet new friends. Further details please contact Mary Moriarty 087 9620135 or John Moriarty 086 1579381.

MUSIC LESSONS

Music lessons available for fiddle, banjo, accordion, tin whistle, piano & keyboard. Classical & traditional music catered for. Fully qualified teachers. If interested contact Liam O'Shea 087 9253224/087 9014681.

VACANCIES

A number of vacancies are presently available in the Kilcummin Rural Dev. C.E. Scheme in Kilcummin & Killarney. They include Community Dev. Worker/Bus Assistant and Kitchen Assistant. These positions are a development opportunity and no experience is necessary. Accredited training will be provided to support your career. Please contact your Local DSP employment service/Intreo office to check your eligibility. To apply please forward C.V. for the attention of the supervisor to the Office by post or email to info@kilcumminparish.com Further info. contact John 086-1579381

PARENT & TODDLER GROUP

Parent & Toddler Group meet Mondays 10.30am - 12.30pm in the Recreational Hall, - all welcome. For further information please contact Maureen on 087-2883479.

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PARISHONERS FROM ALL OVER THE COUNTY PICTURED AT THE WORLD DAY OF PRAYER EVENT IN THE TOWN PARK TRALEE LAST FRIDAY NIGHT

KILCUMMIN GAA SENIOR FOOTBALL

Kilcummins two points victory over Spa on Sunday ensured our Division 2 status for 2018.

We now await Listry in the O'Donoghue Cup and Kerins O'Rahillys in Senior Club Championship relegation play-off.

GLENFLESK NOTES

GLENFLESK SENIORS (SPONSERED BY O'BRIENS TOPOIL AND THE KERRYWAY)

Our Senior team rounded off their Division 2 campaign for 2017 with a disappointing loss to Legion at Barraduff Community field on Sunday last.

FT Glenflesk 2-11 Legion 4-18

GLENFLESK MINORS (SPONSERED BY O'BRIENS TOPOIL AND THE KERRYWAY)

Our Minors are through to the East Region final after a great team performance this evening beating Gneeveguilla, Gearoid O Leary was outstanding in the full back line and Alan Murphy who's been playing great football at midfield this year had a great game once more. Up front Darragh Fleming, Patrick Darcy and Ian Roche were superb with Darragh and Patrick getting the all important goals.

FT Glenflesk 2-15 Gneeveguilla 1-13

GLENFLESK LOTTO:

No winner of the lotto which took place in Kerryway on 28/08/17

Jackpot - €3000

Numbers were 7 15 21 22

1. (Yearly ticket) Phil Ahern Faha

2. Jack o Leary Coracow

(sellers prize) Joan o Leary

3. Michael o Donoghue Killeen

4. Kevin Leahy 68 New Street Killarney

5. Tomas Moynihan Station Rd Headford

The next draw will take place in John Dans on 11/09/17 and the Jackpot is €3200

(COMMUNITY NOTES)

WORLD TRIATHLON CHAMPIONSHIPS

Best of Luck to Declan O'Donoghue of Beheenagh, Headford who will be representing Ireland at the World Triathlon Championships in Rotterdam on the 17th of September 2017.

BLOOD CLINIC

The Irish Blood Transfusion Service will hold a Blood Donor clinic in The Dromhall Hotel, Killarney Monday 5pm - 8.30pm Tuesday, Wednesday & Thursday 3pm - 5pm & 7pm - 9pm 11th - 14th September 2017

CONTACT: We welcome items of local interest. Please contact PRO Paudie on 087 7692220 or pro.glenflesk.kerry@gaa.ie.



FIADH O'SULLIVAN, JUNIOR INFANTS, LISSIVIGEEN NS, PICTURED ON HER FIRST DAY AT SCHOOL.
PICTURE MARIE CARROLL-O'SULLIVAN



NEW JUNIOR INFANTS WITH THEIR TEACHER AND PRINCIPAL CATHERINE NÍ MHUIRCHEARTAIGH ON THEIR FIRST DAY OF SCHOOL AT FYBOUGH NS, CASTLEMAINE. LAST WEEK.



ENJOYING THE SUNSHINE ON THEIR FIRST DAY AT SCHOOL AT HOLY CROSS MERCY NS WERE L-R SHANE COUNIHAN, SNA KAREN SMITH & FIONN O'CALLAGHAN. PICTURE MARIE CARROLL-O'SULLIVAN



LIAM BUCKLEY (RIGHT) & RENA DALY (LEFT) ENJOYING THEIR FIRST DAY AT KILCUMMIN NS.
PICTURE MARIE CARROLL-O'SULLIVAN

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Thursday (6:45 - 9:45 p.m.)

10 weeks €250

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Special Needs Assistant QQI Level 5

Component Certificate

Tuesday (6:45 - 9:45 p.m.)

10 weeks €250

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Certificate in Mental Health in the

Community UCC NFQ Level 6 Special Purpose Award

Thursday (6:30 - 9:30 p.m.) **1 year €900.**

To enrol please contact Brenda Healy (086)8079201 Programme Coordinator

HOBBY COURSES:

TUESDAY

ALL CLASSES ARE 7:30 - 9:30 P.M.

UNLESS OTHERWISE STATED

Cooking

9 weeks - **€150**

Introduction to Digital Photography

7 weeks - **€85**

Genealogy Training in Researching

your Ancestors & Local History

6 weeks - **€75**

Improvers Computer Course

9 weeks - **€110**

Intermediate English

9 weeks - **€110**

Pilates (6:45 - 7:45 p.m.)

9 weeks - **€60**

HIIT (High Intensity-Interval Training)

with Peter (6:45 - 7:45 p.m.)

9 weeks - **€60**

Staying Healthy with Nutrition

9 weeks - **€110**

Introduction to Interior Design

6 weeks - **€75**

Acrylics for Beginners (5:15 - 7:15 p.m.)

9 weeks - **€110**

Acrylics - Advanced

9 weeks - **€110**

Spanish (Beginners)

9 weeks - **€110**

THURSDAY

ALL CLASSES ARE 7:30 - 9:30 P.M.

UNLESS OTHERWISE STATED

Salsa Dancing (7:00 - 8:00 p.m.)

9 weeks - **€60**

Life Wellness Coaching

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9 weeks - **€110**

Beauty, Body & Complimentary Health

9 weeks - **€110**

Tai Chi (7:30 - 9:00 p.m.)

9 weeks - **€80**

Drawing & Sketching

9 weeks - **€110**

Spanish (Improvers Level 2)

9 weeks - **€110**

Irish

9 weeks - **€110**

Computers for Absolute Beginners

9 weeks - **€110**

DAY ENROLMENT:

Killarney Community College office Monday - Friday 9:30 a.m. - 4:00 p.m.

Closing Date 22nd September 2017. Places offered on a first come first serve basis.

Classes will commence on Tuesday 26th September and Thursday 28th September unless otherwise stated.

Fees must be paid in full before beginning classes. They can be paid by cash or by cheque (payable to Kerry Education Training Board).

All course fees are receipted. Refund of fees is made only where classes are cancelled due to insufficient enrolment numbers. A refund of your tuition fee will be prepared and forwarded to you at your postal address.

Killarney Community College is registered with QQI to offer programmes leading to QQI awards in the National Framework of Qualifications.



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EDUCATION OUTLOOK

Set your goals and prepare your strategy for exam success in 2018



(By Billy Ryle)

September marks the beginning of an important academic year for candidates facing into state exams. The key to success is good planning and consistent study. Familiarise yourself with the H and O grading system and set attainable target grades in each subject. Clear goals will focus and motivate you. Then efficiently manage your time, your study and your personal fitness.

Time management means having a regular and disciplined study routine, based on short, medium and long term planning. Commit to a number of hours study each night. At regular short intervals, weekly or fortnightly, review the quality of your work. Medium term planning involves completing a targeted body of work over a longer period, such as a school term. The long-term plan is to be totally prepared for the exam at year's end.

Review your progress regularly. The first term is primarily about completing course work. Your immediate objective is nightly homework of a high standard. Develop the habit of revision as early in the year as possible. Organise your copies of past exam papers. Consider how the exam is structured. Understand the format of each exam paper, the style of questions asked and the topics examined. Know how the marks are allocated and how much time should be spent on each question.

Use a conventional or electronic diary to record each homework assignment. Develop your own study plan, but prioritise, with deadlines in mind. An efficient system is to follow the subject timetable for the following day's classes. This approach gives you variety each night, it keeps you working to deadlines and it provides a safeguard against beginning with your favourite subject each night and, perhaps, relegating a disliked subject until last. Commit to about four hours work nightly, to include homework and some revision. Work in two-hour sessions and take a half hour break between the two sittings. In an exam year, Friday night must be included in the study schedule. Do six or seven hours study over the weekend, which should mainly be revision.

Revise only after you have completed your homework assignments. Try to include all your subjects in your weekly revision plan. Revise in small manageable self-contained units. Revision is effective only if you understand



what you have revised. Study and revision can be tedious. So stay interested by using a reward system to reinforce your progress and to maintain your momentum. The aim of doing well in the exam is your greatest motivator, but short-term rewards give you an immediate sense of purpose.

Good working conditions are vital for effective study. A comfortable private study environment at home is essential. Study on your own in a room where you have peace and quiet. A table and a hardback chair are basic requirements. Make sure the heating and the lighting in the room is satisfactory. Organise your books and materials at the beginning of each study session. Avoid unscheduled breaks and beware of "time thieves" such as excessive TV watching and long telephone calls.

At school, listen actively in class. Participate in class by asking questions, by showing enthusiasm and passion for knowledge. The best information is available at school so attend all your classes punctually and be determined to learn.

Organise your practical materials, such as calculator, books, writing pads, etc. Clear, comprehensible and well-documented notes are an invaluable organisational aid. Ensure that your handwriting is legible, that your diagrams are detailed and intelligible and that your presentation is neat. If you are saving material on your desktop or laptop computer file it carefully for easy access.

Concentration is a by-product of routine and organisation. By arranging it for a set time each day you reinforce your commitment to study. The more focussed and determined

you are then the more your concentration will improve. To aid your concentration during study, develop the habit of doing mild forms of exercise - perhaps a short breathing exercise, or simply close your eyes momentarily to allow your mind and body to relax.

Concentration is considerably aided by a positive attitude, so be confident in your ability to do well in your exam. Keep a good thought about yourself and be success orientated. Self-confidence and positive thinking lead to success. Be single minded and passionate about your objectives. Keep an eye on your personal targets and avoid mental fatigue by taking exercise. With an organised and disciplined approach to your study you will do very well in your exam. Have a good and successful year.

In the next article I'll assess the value of the Junior Certificate.

CHECKLIST:

- Set targets at the beginning of the year
- Have SMART academic goals – specific, measurable, achievable, realistic, time-lined
- Good time management will pay dividends
- The ROCAR (routine, organisation, concentration, application, revision) time management system is effective
- Regularly review and reassess your progress
- Become familiar with the structure of the exam
- Good quality homework is the best form of revision
- A homework diary is essential
- Revise only when you have completed your homework
- Revise in small manageable self-contained units
- Identify and eliminate 'time-thieves'
- Good working conditions are vital aids to effective study
- At school, listen actively in class
- Concentration is a by-product of routine and organisation
- Relax your mind and body for a minute or two between subjects
- Avoid mental and physical fatigue by sensible use of recreation and leisure

Billy Ryle is a Career Guidance Counsellor and freelance writer

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Go Green and Keep it Clean with Myers Recycling



Keeping costs fixed, despite a rise in recycling & waste disposable charges

Kerry's newest household waste and recycling collection service, Myer's recycling; will continue to retain their fixed costs price plans for new and existing customers. Regardless of increases experienced in landfill recycling charges and the potential phase out by the government of the 'all-in-flat rate' charge for household waste, Myers recycling are keeping their promise to customers. There are three fixed price plans for domestic customers to choose from. For a fixed fee, over six months or 12 months or even a monthly direct debit, Myers Recycling will provide four bins - a 360 litre Recycle Bin, 240 litre Waste Bin, 140 litre organic bin and a 10 litre Kitchen caddy.

Not only are Myers recycling providing customers throughout Kerry an affordable waste collection service, but one that is easy and flexible.

There are some handy benefits that are not always part of other waste collection packages;

- No more dragging bins, they'll go to your home
- Grass cuttings and compostable plastic bags accepted in the brown lid bin
- Food bin is 6 times bigger than the average - no need to put your excess in the waste bin, which can cost more when you're paying by weight
- Weekly text message reminder so you won't forget collection days



Great weekend at the Ploughing Championships last weekend in Fossa...

The team at Myers recycling wish to thank everyone who visited there stand at the ploughing championship in Fossa and are delighted to announce their competition winner 'Noreen Collins' from Knocknagoshel who has won six months' of free waste collection. The event was an enjoyable day out for families and a big success in raising a huge amount of funds for four major charities, Irish Pilgrimage Trust, Down Syndrome Kerry, Kerry Branch of Irish Kidney Association and the Kerry-Cork Health Link Bus. The work that goes into organising an event of this kind cannot be underestimated. Myers recycling would like to acknowledge this and thank Killarney Valley Classic & Vintage Club for giving local businesses the opportunity to have a presence at one of the biggest and most enjoyable charity and social events of the year. It is important that we encourage other businesses to be part of this important initiative.



One year in business...

Myers recycling have almost reached their first milestone in business and Denis Myers and Trevor Parry have a few words of thanks for their customers. 'Our customers are our business and we would like to thank each and everyone one of you. You are helping us to create jobs locally in Kerry and enabling us to work in the communities we love, close to our families.'



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8-WEEK COURSE IN MILLTOWN

- Free orientation session: Tuesday September 26th, 7 pm
- Start date: Tuesday October 3rd, 7-9.30 pm
- The course includes a one-day workshop on Saturday November 18th
- Fee: € 350; can be paid in instalments; please enquire about reductions

6-WEEK COURSE IN TRALEE

An in-depth introduction to bring mindfulness to your daily life. For beginners and those who want to refresh their practice. A relaxing and nourishing time for yourself

- Start date: Thursday September 28th, 7.30-9.00 pm
- Fee: € 90 for 6 Thursdays
- Location: All Therapy Centre, Rock Street

For more information and to receive an application form for either course text Eva at 087-271 26 62 or e-mail admin@kalyanacentre.com
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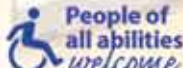

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FEELING LIKE CRAP EVERY MONDAY?

CONTINUED ...

- Here are A few tips I find that help for controlling the weekend carnage;
- Set yourself one treat. Maybe it's one takeaway on Friday night. And make your treat just that one thing. Not a cascade of other treats all weekend
 - Plan out your weekend meals and snacks so you have a routine set and a level of control
 - Don't skip meals. This often happens at weekends, no breakfast or lunch could lead to major snacking and overeating later on so be warned.
 - Limit your alcohol intake. It's easy sip away on a few beers or wine over a weekend and calories will be mounting fast. Not to mind the munching that comes with it
 - Drink plenty of water, often our water routine takes a hit over the weekend and this can leave you feeling hungrier
 - Cook homemade meals on your time off. Often we are mad to get out of house and eat out at weekends, when this is the one time you actually have more time to cook. So make it a treat to cook a nice home made meal from scratch. Make some extra so you can pop in fridge and use for lunch or dinner during the week saving you some time.
 - Get out for some exercise. Often boredom can be a cause of our weekend splurges so get out for a few walks, hikes, cycles etc and you might be less inclined to pick, or at least if you do you have earned it.
 - Getting active at the weekends means you will burn more calories so planning activities with friends and family that involve exercise is a great way of socialising getting fit and earning some reward points for the well deserved treat.

We all deserve something nice over the weekend especially after a hard weeks work. My message is simply not go totally mad and turn the whole weekend into party time. One weekend in a blue moon isn't going to kill you, it's when every weekend ends up like this that our health and mood starts to take the hit. So a little accountability over the weekends and you will tackle Monday mornings much better and you will be thrilled with yourself.

MORE TIPS NEXT WEEK...

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HEALTH TIP

GO EASY ON TEA AND COFFEE

Tea and coffee are harmless by themselves. It's when you add the cream and sugar that they become fattening. Did you know that having a cup of tea or coffee that has cream and at least two cubes of sugar is as bad as having a big piece of rich chocolate cake?

Beauty tip

Curls

To make curls last, make sure hair is completely dry before you begin with the curling iron. Also, use a heat protectant spray with hold on damp hair to keep hair protected.



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MOVE YOUR BODY.... STILL YOUR MIND

A new yoga instructor in Killarney is preparing to begin a new 6 week course beginning on Monday next September 11th.

Faela Kaneswaran is based in her studio in Aghadoe and is offering courses on Mondays from 6.30pm - 7.30pm for beginners and from 8pm - 9pm for all levels. She is also holding a session on Wednesdays from 7pm - 8pm for all levels.

"14 years ago I stumbled across my first yoga class and I was immediately hooked", Faela told the Killarney Outlook.

"However, it wasn't until a few years later, when life became so busy and overwhelming that yoga became my rescue boat. Feeling stressed, tired and burnt out from life, I decided to take control and commit to a weekly yoga class", she added.

Yoga was where I found my calm, where my mind stopped racing and where the stress of the day melted away with each breath. Instead of worrying about the past or feeling anxious about the future, I was training my mind to

live in the present. I was growing physically and mentally stronger, more flexible and fearless, both on and off the mat.

Inspired by the impact Yoga made on my life, I completed my teacher training in YTTC Dublin and since then I have been teaching in Dublin and more recently back in my home town Killarney. Besides group classes, my main passion lies in teaching one to one private yoga lessons. Private sessions are an ideal way to receive personalised instruction and can be highly beneficial for those recovering from injury or requiring special attention, or simply for those who want to build their confidence outside of a group setting.

"Yoga is for everyone. It can cater for every shape, size and fitness level, from athletes to retirees", Faela said.

Start your yoga journey today and feel the benefits for yourself, call or text Faela on 0876471875 or visit www.yogawithfaela.com for more information.



HOW YOGA CAN BENEFIT YOU

Yoga is for everyone. It can cater for every shape, size and fitness level, from athletes to retirees. There is far more to yoga than just a "good workout", so below I have listed some of the key benefits...

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Citizens Information

Know Your Rights: STUDENT GRANT APPEALS

QUESTION

I've applied for a student grant to start a college course this year but I didn't get the grant I was expecting. What can I do?

ANSWER

Applications for the Student Grant Scheme are processed by Student Universal Support Ireland (SUSI). If you are not happy with the outcome of your application, you can ask SUSI to review the decision if there has been a change in your circumstances or if you think your household income wasn't assessed correctly. You can also request a review if you think you should get a special rate of grant or if you think there was an error in assessing the distance between your home and college (which affects whether you get an adjacent or non-adjacent rate).

You can request a review by using the online form on the website susi.ie.

You can also make an appeal to SUSI if you are not happy with your final grant decision or if you request a review and are not satisfied with the outcome. You must make the appeal within 30 days of the original grant decision. This deadline may be extended by a further 30 days if the Appeals Officer accepts that you have reasonable cause.

To appeal, you complete the form, available at susi.ie, explaining why you think SUSI applied the rules incorrectly. The Appeals Officer will notify you of the outcome within 30 days.

If your appeal is turned down you can submit a further appeal to the independent Student Grants Appeals Board, outlining why you believe the scheme has not been interpreted correctly in your case. When you get the written decision of the SUSI Appeals Officer it will include information on how to submit an appeal to the Student Grants Appeals Board.

The Board has 60 days to decide on your appeal and will write to you to let you know its decision. An appeal of this decision on a specific point of law is possible and can be made to the High Court.

Further information is available from the Citizens Information Service below.

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

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

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"What would I do if I truly loved myself?"

This question asks you to seek out the most loving, compassionate part of you and apply this kindness and love to yourself in the moment. It's so easy to put ourselves down or feel that we're not good enough or not capable. However, this kind of behaviour will never uplift, motivate or heal you.

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Killarney Outlook Photographer Marie Carroll O'Sullivan visited schools in Killarney this week to meet the new students on their first day!
More pictures next week...



FOURTEEN JUNIOR INFANTS AT TIERNABOUL NS PICTURED WITH THEIR TEACHER KATIE MURPHY AND SCHOOL PRINCIPAL CONOR GLEESON ON THEIR FIRST DAY AT SCHOOL.



JUNIOR INFANTS 2017 AT FOSSA NS.



ENJOYING THEIR FIRST DAY AT KILCUMMIN NS WERE L-R ELLA LAWLOR & HOLLY TANGNEY.



MUINTEOR RÓISÍN JOHNSTON PICTURED WITH HER JUNIOR INFANTS L-R KELSIE, ABID, MAGDELENA & JOSEPHINE AT HOLY CROSS MERCY NS ON THEIR FIRST DAY AT SCHOOL.



CONOR O'BRIEN, PICTURED AT THE MERCY PRESCHOOL ON HIS FIRST DAY OF SCHOOL WITH HIS TEACHER CASSANDRA BUCKLEY.



SMILES IN THE SUNSHINE FOR L-R RANIA SYAHRANI & ELLIE CAFFREY ON THEIR FIRST DAY AT SCHOOL AT HOLY CROSS MERCY NS.



LITTLE CLAUDIA BRUTON KISSES HER MUM GOODBYE AT THE STEPS OF HOLY CROSS MERCY NS ON HER FIRST DAY AT BIG SCHOOL.



LITTLE GAVIN DUGGAN, PICTURED AT LISSIVIGEEN NS WITH HIS MUM CATHERINE, SCHOOL TRAFFIC WARDEN, ON HIS FIRST DAY AT SCHOOL.



SEAN BROSINAN (LEFT) PICTURED WITH MUINTEOR STEPHANIE WALSH ON HIS FIRST DAY AT LISSIVIGEEN NS.



SENGE, NATALIA & NINA ON THEIR FIRST DAY AT HOLY CROSS MERCY NS.

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TAX MATTERS

With O'Brien Coffey MacSweeney
Accountants & Statutory Auditors

INCOME TAX DEADLINE – A WISE TIME TO MAKE THAT PENSION CONTRIBUTION

The ROS return filing and tax payment date for Income Tax customers is the 14th of November. A pension contribution could reduce your tax liability, while you simultaneously invest in your future.

Pension funds are something that should be considered by all business owners. Protecting your future and securing a comfortable retirement requires some uncomplicated, yet effective, planning.

By making a lump sum pension contribution you will receive relief from income tax at your marginal tax rate subject to maximum contribution limits. These limits vary between 15% and 40% of your earnings depending on your age. There is an allowable earnings ceiling of €115,000.

Returns earned by your pension fund are exempt from tax and you can take 25% of the fund fully tax free at retirement up to a limit of €200,000.

You are required to get a certificate from the pension company showing the details of your pension contribution. In order to ensure your pension contribution is processed on time to claim the tax relief, it is recommended that you complete any contribution a few weeks in advance of the filing deadline.

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To discuss the above, or any other financial matter with one of our advisors contact 064 6632045 or info@obcm.ie

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MASTERGEEHA FC

SENIORS

In preparation for the new season seniors training continues on Wednesday and Friday at 7.15pm at Kilbrean Park.

SCHOOLBOYS & GIRLS TRAINING

In preparation for the commencement of the new underage season training starts for schoolboys and schoolgirls teams shortly. For further information contact: Tadhg Brosnan: Ph. 086-4098405.

UNDERAGE ACADEMY

Training will continue on Friday evenings from 6.30pm to 7.30pm up until 22nd September. Following this training will revert to Saturday mornings at 10.45am starting on 30th September. All welcome.

COACHES VOLUNTEERS

Anybody interested in volunteering, coaching, managing or helping out with the club or a team for the forthcoming season please contact 086-4098405.

MASTERGEEHA FC LOTTO

There was no winner on Friday 1st September, 2017. Numbers drawn were 4, 7, 12, 21. Consolation prizes were €100 Lucy Egan, Dunrine, Kilcummin. €60 Connie O'Sullivan, Lyreatough, Kilcummin. €30 Sheila O'Neill, Mastergeeha, Kilcummin. €30 Billy Breen, c/o Kilcummin PO. €30 Ruth Moynihan, Laccá, Kilcummin. Jackpot now €9,750.

KILLARNEY CELTIC NEWS

GOLF CLASSIC

Thanks to all players, supporters and sponsors who helped make the golf classic a success on a very wet day. A big thanks to the organising committee, Tim Jones, Tim Lyne, Mike Doherty, Mary Lyne, Suzanne Scully and Jane O Donoghue.

Results 1st Prize: Mike Daly Team

2nd Prize: Tom Meehan Team

3RD PRIZE: SPA GAA TEAM

ONLINE REGISTRATION

Membership for 2017/18 can now be paid online in conjunction with Myclubfinances.com Registration forms need to be returned asap especially for underage players.

All players must bring €2 to training and wear shin guards. New coaches wanted to help



KILLARNEY ATHLETIC WILL CELEBRATE THEIR KDL PREMIER LEAGUE AND GREYHOUND BAR KO CUP DOUBLE SUCCESS WITH A CELEBRATION DINNER AT KILLARNEY RACE COURSE THIS SATURDAY NIGHT. INCLUDED IN PHOTO ARE CLUB CHAIRMAN MICHAEL O'SHEA, CENTRE, WITH TEAM MANAGERS ALAN BRADY, LEFT, AND STUART TEMPLEMAN, RIGHT, AND WINNING CAPTAINS CONOR FARRELL AND PAUDIE O'CONNOR. PICTURE: EAMONN KEOGH

maintain the number of teams and level of service provided by the club. If interested please contact the club. Full training and assistance will be provided.

FIXTURES

Sunday Sept 10th A team away to Dingle Bay Rovers 2pm B team away to Tralee Celtic 1.30pm Mounthawk Park Saturday Sept 9th

u12 A at home to Iveragh 11.45

u14 A at home to Killorglin 10.15

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

SATURDAY TRAINING

Academy training resumes this Saturday Sept 9 with following times Born 2010/2011- 1.30

Born 2009 - 2.45 For further training updates please see our facebook page

CELTIC LOTTO

Numbers Drawn 3,6,14,17. No Jackpot winner, 2x €75. Jackpot next week €5,000

MEK UNITED FC NEWS

ACADEMY TRAINING

Our Academy resumed training last Saturday at the Lackabane Pitch in Fossa under the watchful eye of Jerry Hayes and his coaches. The Academy is open to boys and girls up to age 9 and takes place each Saturday between 10am and 11am. For further details contact Jerry on 087-2722859 and keep an eye on our Facebook page.

U10-U13

Our U10's train each Tuesday evening at Lackabane/Old Fossa pitch between 6 and 7pm. Meanwhile our U11-U13 groups train on Wednesday at the same venue between 6-7pm.

As the evening get shorter we will move to the Astroturf pitch so keep posted to Facebook for regular updates.

U14

Our U 14 play their first round of the Kerry District League tomorrow with a match away to LB Rovers. Best of luck to all the lads

SCHOOLBOY/GIRL SOCCER

First weekend of the Kerry Schoolboys Girls League fixtures.

JK SPORTS 12 PREMIER

Killorglin A - Inter Kenmare 10.30

Tralee Dynamos A - Killarney Athletic A 10.30

LB Rovers - Park A 10.30

Killarney Celtic A - Iveragh United 11.45

Division 1: Listowel Celtic A - Castleisland 10.15

Tralee Dynamos B - Killorglin B 10.30

Mastergeeha A - Ballyhar 10.30

DIVISION 2:

Park B - Ballyhar B 10.30

Camp Jrs - Mastergeeha B 11.45

Killarney Athletic B - Listowel Celtic B 12.30

Quills Woollen Mills 14 Premier

Killarney Celtic A - Killorglin A 10.15

Listowel Celtic A - Tralee Dynamos 1pm

DIVISION 1

Inter Kenmare - Ballyhar 11am

DIVISION 2

Listowel Celtic B - Killarney Athletic B 11.30

Fenit - Dingle Bay Rovers 11.30 Asdee Rovers -

Castleisland 11.30 LB Rovers - MEK 11.45

TRALEE TROPHY WORLD 16 PREMIER

Killarney Celtic A - Ballyhar 12.30

LIFE'S A SURF FOR KILLARNEY COMMUNITY COLLEGE STUDENTS

Transition Year students kicked off their year of Tuesday activities on 5th September with Surfing at Inch beach with the Offshore Surf school. Instructors Kieran and Steve taught the students the skills and techniques necessary to stand up on the surf board. According to student Aisling Coughlan "it was a fun activity to begin the year because I got to enjoy it with my friends and I improved my surfing skills". Transition Year co-ordinator Ms. Kerri McCarthy said "Surfing is one of the highlights of their activities calendar which the students really enjoy, it is a wonderful activity at the beginning of the school year because students get to know one another and lifelong friendships begin". A superb day was had by all the students.



ENJOYING THE SURFING AT INCH BEACH ARE FROM LEFT: VERA SCHEFFER, LAUREL O'NEILL, PAULINA KOVALEWSKA, NATALIA SKIBA, KAROLINA GUNIA, PAULA FUNES GENIS, LUCIA DELGADO, EMMA MURPHY, PATRICK DINEEN, ORLAITH MURPHY, BRIAN KELLEHER, KAREN O'DONOGHUE, AISLING COUGHLAN, LILY KENNY.



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FAMILY FUN DAY

Saturday 23rd September 2017 - From 2pm – 5pm

FUN ACTIVITIES, BBQ & REFRESHMENTS

BOYS AND GIRLS NURSERY TO U6 ARE SAT. 11.30-12.15

BOYS U8 AND U10 ARE SAT. 11.30 • BOYS U12 THURS. 6-7 • GIRLS U10/U12 WED. 6-7

WWW.SPAGAA.COM





PICTURED AT THE INEC FOR THE KERRY HOSPICE MODELS IN RECOVERY FASHION SHOW WERE L-R PEG O'MAHONY, GRÁINNE LENIHAN & MARY O'SULLIVAN. PICTURE MARIE CARROLL-O'SULLIVAN



FLOWER POWER: JOE MULVIHILL PICTURED WITH MORE OF HIS GLORIOUS BLOOMING PETUNAS AT HIS HOME ON LEWIS ROAD



DOG SHOW ORGANISER AT THE SOUTH KERRY PLOUGHING CHAMPIONSHIPS KATHLEEN ALLEN PRESENTS THE TOP PRIZE TO TOP DOG KUMA AND HIS OWNER DAVID CRONIN, AGHADOE, KILLARNEY



KEVIN, MICHEAL, JAMES AND TOM LESLIE PICTURED AT THE SOUTH KERRY PLOUGHING CHAMPIONSHIPS ON SUNDAY WITH THEIR VINTAGE TRACTOR.



THE THREE MUSKETEERS... LIAM COURTNEY, BRENDAN CASEY AND JOHN DINEEN PICTURED AT THE SOUTH KERRY PLOUGHING CHAMPIONSHIPS AT THE WEEKEND.



PAT O'SULLIVAN, (SECOND RIGHT) PICTURED WITH HIS FAMILY ON THE OCCASION OF HIS 70TH BIRTHDAY AT FAHA COURT. INCLUDED ARE MARY TWEED, DORA BROSAN, ALAN TWEED AND TIMMY BROSAN.



KERRY BRANCH OF THE IRISH KIDNEY ASSOCIATION VOLUNTEERS HELP FEED THE MASSES



OUTLOOK SPORTS NEWS

Editor : Donal Barry

Email : news@outlookmags.com



KERRY GAA PRO JOHN O LEARY ROUND-UPS THE GAA EVENTS IN THE COUNTY THIS WEEK



SENIOR CLUB CHAMPIONSHIP

Pride of place this weekend goes to the playing of the Castleisland Mart Senior Club Championship final between Dr Crokes and Kenmare Shamrocks which takes place on Sunday in Fitzgerald Stadium at 2:30pm. Dr Crokes are appearing in their 6th final on the trot having won three in a row between 2012 and 2014 but suffering defeat in their last two appearances, to Dingle in 2015 and Austin Stacks last year. In comparison, Kenmare Shamrocks are appearing in their first final having been promoted to the senior ranks this season. To reach Sunday's final they accounted for Kerins O'Rahillys in Strand Road by a point and then defeated Legion in the semi final in Fitzgerald Stadium while Dr Crokes had a good win over Austin Stacks in Round 1 and then Rathmore in the semi final. Given that it is a perfect rehearsal for the county championship encounter, this initial meeting is sure to give value for money with so many young up and coming players on both sides.

INTERMEDIATE CLUB CHAMPIONSHIP

The first of the two Castleisland Mart Intermediate Club Championship semi finals is down for decision this weekend when St Marys play An Ghaeltacht in Killorglin on Sunday at 2:30. These sides clashed as late as last Sunday in the senior football league, a game that finished in a victory for A Ghaeltacht but the stakes on Sunday are a lot higher as All Ireland Intermediate champions from 2016 St Marys, who have defeated Currow and Desmond to get this far, only know too well. An Ghaeltacht, with a young team, have been making steady progress under Marc Ó Sé and defeated Gneeveguilla and Ardferit, both in Gallarus, on the way to Sunday's semi final. The second semi final between Templehoe and Laune Rangers will be played on Saturday 23rd September at 5pm in Fitzgerald Stadium. The Kerry champions are away to the Tipperary representatives on the weekend of October 30th.

JUNIOR PREMIER CLUB CHAMPIONSHIP

There is a big local derby in Cahersiveen on Saturday when South Kerry rivals, Dromid Pearses and Skellig Rangers meet in the Castleisland Mart Junior Premier Club Championship semi final (5pm). The stakes are always high when local sides clash in championship action and the fact that a final place is at stake makes this an eagerly anticipated fixture. Both sides have been successful at Junior level in recent times and have had good League seasons in their respective divisions. Dromid have accounted for Renard and Fossa on their way to the semi final while Skellig Rangers defeated St Pats and then took a major scalp when defeating



A RARE FEAT IN FOOTBALL ACHIEVED BY FATHER AND SON MOSSIE AND KIERAN ENRIGHT WHO WERE BOTH PART OF THE COUNTY LEAGUE WINNING CORDAL TEAM.

Listowel Emmets in the Quarter finals.

The second semi final between Firies and Na Gaeil will be played on September 30th and the Kerry representatives will be in Munster action on November 6th with a home tie against Waterford opposition.

JUNIOR CHAMPIONSHIP

The first semi final of the Castleisland Mart Junior Championship is down for decision on this Saturday at 5pm when two sides from opposite ends of the county, Tuosist and Castlegregory, meet in Derreen. The West Kerry side, who finished just behind the leaders in Division 3, defeated Scartaglen and Duagh on their way to the semi final while Tuosist, languishing in the bottom half of Division 5, have defeated Valentia and Ballyduff. In the other semi final Listry now take on Lissaspole in Strand Road on Saturday 16th which is a week later than originally fixed.

JACK O'CONNOR APPOINTED KERRY UNDER 20 FOOTBALL MANAGER

At Monday night's meeting of the County Committee Jack O'Connor (Dromid Pearses) was appointed Manager of the Kerry Under 20 football team for a two year period. Jack was manager of the Kerry Under 21 side for the last two years and prior to that led Kerry to two All Ireland Minor titles in 2014 and 2015. Former three time All Ireland winner, John Crowley (Glenflesk) replaces Declan O'Sullivan in the backup team which is as follows: Selectors: Micheál O'Shea (Castlegregory), Eamon Whelan (St Senans), John Crowley (Glenflesk).

Trainers: Alan O'Sullivan (Kerins O'Rahillys) and Arthur Fitzgerald (Firies)

KERRY GAA FUNDRAISING GOLF CLASSICS

Two Kerry GAA Fundraising Golf Classics will

be held in the lead-in to the All Ireland final weekend where of course the Kerry Minor football team will proudly carry the Kerry colours.

The classics take place on Friday 15th in Killarney Golf Club, and the Kerry Association in Dublin will organise an outing in Lucan Golf Club.

Cost is €700 per team (4 Ball) and this includes 2 Free Tickets for the All Ireland Finals and a meal for four. For further details on the Kerry Classic contact J.P. Brick (087 2583143) and for information on the Dublin event contact Luke Moriarty (087 2577376).

KERRY GAA ANNUAL CHURCH GATE COLLECTION

The Kerry GAA annual church gate collection will be take up at all masses in the county this coming weekend with proceeds going towards the development of coaching in the county. Your contribution would be greatly appreciated.

KERRY GAA SUPPORTERS CLUB BUS

The Kerry GAA Supporters Club will take their usual coaches to the All Ireland Football finals on September 17th. All seats must be booked by Thursday 14th. Contact Donal O'Leary, John King or Martin Leane.

HURLING NEWS WITH TOMMY O'CONNOR KERRY UNDER 21 HURLERS IN ALL IRELAND FINAL ACTION

The Kerry Under 21 hurlers meet Wicklow in the final of the All-Ireland 'B' championship on this Saturday, 9th September. Venue will be Semple Stadium, Thurles, where there will be a 1.00p.m. throw in. It will be followed by the All-Ireland Under 21 final between Limerick and Kilkenny and both games will be televised live on TG4. The trophy on offer commemorates the former Lixnaw and Kerry hurler, Ritchie McElligott and it was first presented in 2015. Kerry leads the national roll of honour in this competition with 7 titles [2001, 2002, 2006, 2009, 2010, 2011 and 2013]. Team captain is Darragh Shanahan (Lixnaw).

CO. INTERMEDIATE CHAMPIONSHIP

St. Brendan's and Kilgarvan will contest the final of the 2017 Co. Intermediate Hurling Championship Final [Corn Antóin Ó Murchú] on this Saturday, 9th September at 5.00p.m. Venue is Lewis Road, Killarney.

SENIOR HURLING CHAMPIONSHIP

The 2017 Garvey's SuperValu Kerry senior hurling championship semi-finals have been fixed for Sunday, 24th September at Austin Stack Park. St. Brendan's will play Lixnaw at 2.00p.m. followed by Kilmoyley versus Ballyduff at 3.45p.m. The final is scheduled for Sunday, 8th October.

MINOR HURLING CHAMPIONSHIP

Ballyheigue are at home to St. Brendan's on Saturday, 16 September, 4.00p.m.



EAST KERRY NOTES

WITH ÁINE NÍ SHÚILLEABHÁIN PRO TATLER JACK EAST REGION MINOR LEAGUE DIVISION 2 SEMI FINAL

Glenflesk 2-15 Gneeveguilla 1-13

Glenflesk progressed to the Division 2 Final of the Tatler Jack East Region after a close fought semi final against Gneeveguilla. Played at Barraduff Community field on Friday last, the first half was tit for tat. Glenflesk struck for the opening goal from Darragh Fleming and Evan Cronin responded for Gneeveguilla. The sides went in at half time separated by the minimum: Glenflesk 1-08 Gneeveguilla 1-07.

In the second half, Glenflesk continued to have the edge, thanks to a superb midfield display from Alan Murphy. Patrick Darcy scored the crucial second half goal to seal a place in the final, away against top of the league Beaufort. Full time score: Glenflesk 2-15 Gneeveguilla 1-13.

Referee: Tom Moriarty (Killarney Legion)

MD O'SHEA- EAST REGION U13 GO GAMES LEAGUE

The East Region U13 Go Games League final round is fixed for Monday 11th September at 7pm. The rules for U13 leagues are the same as those for the U12 Go Games Leagues, as follows: 11aside (13aside if both clubs agree where bigger panels are available), 1hop, 1solo; 25 min per half, rotating substitutes, small goalposts on the 21s, 5 goal rule. Results please, from the home team, to Louise Moriarty 087-7577447 immediately after the games. East Kerry Coiste na nÓg will appoint referees. The round 5 fixtures are as follows: Division 1- Dr Crokes V Killarney Legion, Kenmare V Fossa, Kilcummin - Bye; Division 2-Cordal/Scartaglen V Gneeveguilla, Furies V Currow, Spa V Rathmore. First named team has home venue.

MD O'Shea East Region U11 Go Games

MD O'Shea East Region U11 Go Games continues next Sunday at 12 noon, with round 5: Scartaglin V Kilgarvan/Tuosist, Currow V Listry, Fossa V Gneeveguilla, Spa V Glenflesk, Rathmore V Kilcummin. First named team has home venue.

CONGRATULATIONS AND BEST OF LUCK

Well done to both Eoghan Ruadh and East Kerry Under 16 teams on progressing to the County U16 Divisional Championship Semi Finals on Saturday 23 September at 1.30pm. The semi final draws will be made on the 13th September. The very best of luck to both teams. Go n-éirí an t-ádh libh.

MILLTOWN LISTRY LADIES FOOTBALL

Milltown Listry L.G.F.A. are holding a Recycling fundraiser in the old Milltown community centre on the 9th of September 2017 from 9.30 to 11.30. As this is one of our main fundraisers for this year we are hoping for good support for the event. We will take Mens, womens and

childrens clothes, soft toys, shoes, handbags, belts and household textiles e.g. towels and curtains. Please support our Ladies Football it will be greatly appreciated.

LEGION GAA NEWS

DIVISION 2 COUNTY LEAGUE CHAMPIONS

Congrats to our Senior men who, by virtue of a 4-18 to 2-11 win over Glenflesk, were crowned Division 2 County League champions. To go through the whole campaign unbeaten, with 8 wins and 3 draws, sealed an emphatic return to the top division and it's one the players and management team can take great pride in. With the unavailability of our intercounty contingent it afforded others the opportunity to step up to the mark in what can be a very tough division. This sets up the lads nicely for the remainder of the year and the O Donoghue Cup which commences in the Autumn.

Well done to team and management!!

SENIOR LADIES SUCCESS

Well done to our Senior ladies who captured their Junior Championship with a fantastic win over a very competitive Cromane team. Cromane struck for early first half goals to build up a lead but our girls, through some great point taking, nudged ahead at half time.

Killarney Legion 0-12 Cromane 2-4

Cromane again started the second half strong and ran into a 3 point lead again before we took over in the last quarter with Denise Lyne and Elizabeth Mohan stealing in for goals. By full time we had ran out 6 point winners on a score of 3-14 to 3-08.

Captain Denise Lyne was presented with the trophy at full time and huge credit is due to the girls and management team of John Doona and Susanne Smith.

This Championship win builds nicely on last year's league triumph and bodes well for the future of ladies football in the club.

A nice early return too for our generous team sponsors Rentokil Initial.

LEGION U12 GIRLS

Our U12 girls opened up their East Kerry campaign with a humdinger of a win over Laune Rangers last week in Direen. In what was a very even game scoring was at a premium which was a tribute to both defences who put in a huge effort. A bit more of a cutting edge on our forward division proved the difference.

YOGA IN THE LEGION

The return of the Saturday Morning Academy also sees the return of the very popular Yoga classes with Gloria.

Run in conjunction with the Academy it gives you the opportunity to unwind and exercise at the same time.

They will run for the next few months so don't worry if you miss a day.

It's 10 Euro per session and all are welcome!!

To book your place contact Gloria at 0876897368

P.S.

With the Autumn coming a flexibility class for

men may also be run depending on demand. Flexibility is very important for any exercise as well as helping to gain strength. Anyone interested again contact Gloria.

LOTTO

Sunday September 3rd

Numbers were 10,17,19,24

No winner

5 Lucky Dips

1. Anthony O Sullivan, New St,

2. Restaurant Staff, Lake Hotel

3. Mike Murphy Rock Road

4. Yvonne Looney Sceal Eile

5. Danny Buckley c/o Killarney Avenue

Next week draw September 10th Jackpot €14200

LISTRY GAA NEWS

GRADUATION

Congratulations to Trish Lynch, Moyvane and Listry Senior GAA Physiotherapist who graduated from the University of Limerick with a 1st class honours Masters in Sports Performance.

LOTTO RESULTS

Numbers drawn 7,11,13,21

e100 - Rosemary O Shea, Valentia

e50 x 2 - Marie Donnelly, Listry. Brendan O Mahoney c/o Conways

e25 x 2 - Pat O Sullivan, Coolbane. Teddy Brosnan, c/o Langfords

Drawn Entrant - Jane O Connor, Furies.

Next Sunday's 10th September e9,200

LISTRY GAA MERCHANDISE

Listry GAA gear available to purchase from Mike (087) 6162786, available are Parnell 1/2 zips, Darwin Side zip, Hoodies and Gear bags in stock. Can be viewed at juvenile training Fri evening.

LISTRY JUNIOR CHAMPIONSHIP

Listry Junior championship semi-final V Lisperle will be held on Saturday 16th at 5pm in Strand Road. Please come and support the team.

COUNTY LEAGUE

Listry Seniors met Waterville in the County League Div 3 on Sunday 3rd in Waterville. Listry 0.13 Waterville 2.10

LISTRY GAA ANNUAL GOLF CLASSIC

Date of your diary in memory of Shane Courtney held on Saturday 9th September in Killorglin Golf Club, Team of 4 e120.00. Tee times 7.30 am - 2.00pm - Contact John Wrenn (087)1273702 Anthony Clifford (087) 2215059

JUVENILE UPDATE

U14 Keel/Listry V Miltown/Castlemaine in Miltown on Friday 1st September. Keel/Listry 3.14 Miltown/Castlemaine 2.12.

U11

V Kilgarvan/Tuosist in Listry on Sunday 3rd, Listry proven too strong for Kilgarvan/Tuosist winning by 10 points. Listry 5.15 Kilgarvan/Tuosist 5.05. Well done to our juveniles.

U11 play Currow away at 12.00 on Sunday 10th September.



CONGRATULATIONS TO THE BEAUFORT U14 LADIES AND MANAGEMENT WHO WON THE U14 COUNTY LEAGUE FINAL AGAINST FOSSA THURSDAY 31ST AUGUST.



THE DR. CROKES U10 HURLING TEAM WITH MENTORS PAT MCELLIGOTT & TOM CLANCY WHO TOOK PART IN A NORTH KERRY BLITZ HOSTED BY TRALEE PARNELL'S IN CAHERSLEE ON SATURDAY MORNING. THEY HAD GREAT PERFORMANCES AGAINST TRALEE PARNELL'S, ST. BRENDAN'S (ARDFERT) AND CAUSEWAY. IT WAS A GREAT OPPORTUNITY AND THEY GAINED EXPERIENCE PLAYING AGAINST THESE NORTH KERRY CLUBS.

DR. CROKES

COUNTY LEAGUE ROUND 11

Played in Lewis Road – Sunday September 3rd 2017

In a game, which was a fact-finding mission for both teams, rather than a County League game, we ran out easy winners. The reason for the game result being irrelevant was that we had already qualified for the final and Glenbeigh were lying in the upper half of the table but having no chance of making the final.

We were the fitter of the two teams as we have been training for the Club Championship Final next Sunday, and our opponents would not be getting ready as yet for the Mid Kerry Championship. It was however a good game for both sides as the game was very open and many players had many kilometres on the clock by games end.

We got off to a great start and a few major scores in the first quarter put us into a good lead. Glenbeigh to their credit did not go over defensive but attacked at every opportunity. At the half time whistle we were well in front.

Glenbeigh were much more competitive in the second half but they were never going to overhaul our lead. Both managements would have been satisfied with the workout but our fitness levels were always going to win the game. We now play An Gaeltacht in the League Final.

As a result of this victory we now have won all our 11 games in the league. I'm not sure it's a record for Division 1 but maybe the outstanding Austin Stacks team of the nineties might have equalled that record. Our top scores were Brian Looney and Micheal Burns who scored 2-3 each.

TEAM: Shane Murphy, John Payne, Mike Moloney, David O'Leary, Shane Doolan, Alan O'Sullivan, Gavin White, Johnny Buckley, Daithi Casey, Micheal Burns, Gavin O'Shea, Brian Looney, Colm Cooper, Chris Brady, Kieran O'Leary.

Subs: Tony Brosnan, Mike Milner, Luke Quinn

UNDER 12 BOYS

Huge Congrats to the Dr Crokes Under 12 boys who won the Ballymacelligott Eric Mason blitz winning all their games v Moyvane, Churchill, Keel and Glanmire in the semi and Churchill again in the final playing superb football. Huge thanks to Dave Slatery Ballymacelligott and the Mason family for the invite and the wonderful hospitality they received.

UNDER 14 GIRLS

Well done to our Under 14 girls who had a super win in the 2nd round of the East Kerry League against Fossa. Final score Dr. Crokes 5-4 to Fossa 3-6.

CONGRATULATIONS

Congratulations to Michelle Moloney and Anthony Loughnane on their recent Marriage.

DEEPEST SYMPATHIES

Deepest Sympathies to the Murphy and Kenny Family on the recent death of Jerry Murphy, Mangerton Road RIP.

LOTTO

Lotto 4, 6, 10,12. Jackpot €3300 not won. Match 3 10 by €40. Next draw Sunday 10th of September in JC O Shea. Jackpot €3600.

GNEEVEGUILLA GAA

lotto numbers 5,7,20,22

No jackpot winner next week jackpot € 6500

€40 Sean Hickey Castleisland

€40 Sean O Keffe Bounard

€40 Billy McCarthy village

€30 Denis Lawlor Gullane

€30 Lyon Dan Linehans

€20 Gneeveguilla NS Yearly ticket

Congratulations to Pdraig Doyle Leam on being elected Lord Mayor of Gneeveguilla.

A big thank you to Julia O Connor Christina O Sullivan and Christopher Horgan.

John Cronin Kilcummin winner of the pony Patty Bingo.

Thanks to everyone who helped out with the Carnival and made it a very successful weekend.

MILLTOWN/CASTLEMAINE

SENIORS

Congratulations to our seniors who defeated

John Mitchel's on Sunday last -September 3rd in their Division 1 County League encounter .This was a very important game for our Division 1 status. We will now face St. Mary's in a playoff. Details were not available at the time of going to press.

MINORS

Congratulations to our minors who have reached the semi-final of the Central Region Competition. We wish them well as they face Castlegregory at home on Monday September 4 Th at 7 p.m. All support will be very much appreciated.

B TEAM

Our B team were away to Cromane in the Mid Kerry O' Sullivan Cup and came away with a victory. Well done to all involved.

UNDER 12'S

Our under 12 A Team had a win over Kerins O' Rahillys on Monday and the B Team recorded a draw. They are at home to Mitchel's on this Tuesday September 5th at 7. This is a rescheduled game.

LOTTO

The next lotto Jackpot draw for 16,000 will be on this Friday 11th September 2017, in The Plough Bar. Match 3 will have a prize fund of €600. There are so many things you could do with a win or share of this jackpot. So head out and purchase a ticket to be in with a chance.

UNDER 8/10 GIRLS

Our underage girls had a fantastic morning on Sunday last at their blitz in Milltown Castlemaine GAA Pitch.

Special thanks to Glenbeigh Glencar, Beaufort, Laune Rangers and Keel for travelling. Well done to Geraldine, Linus and Dorothy for all the work they do with this group of girls.

CHILDREN'S CHOIR

The Children's Choir is delighted to resume singing on Sunday September 10 Th 2017, with children from senior infants and upwards welcome to join.

We will practice on this Thursday September 7 th- 5.15 to 6.00 in Milltown Church.

Enrolment forms will be available on arrival



at the practice which can be completed and handed in when the children are being collected. A brief meeting will be held from 5.50 to 6.00 pm outlining our Code of Behaviour. At least one parent/ guardian from each family is requested to attend.

Any queries to Deirdre on 086/1703332

BEAUFORT

LOTTO

Lotto results of Sunday, 3rd September for jackpot of €2,200. Numbers drawn: 04, 06, 17, 18. No jackpot winner. Consolation Prizes €80 Ronan Curran, Carnahone. €50 Sheila O'Connor, Cappagh, Pádraig Hartnett, Gap of Dunloe, Jack McCarthy, Caherciveen. The next draw for a lotto jackpot of €2,600 will take place on Sunday, 17th September in Galvin's Bar. Tickets are available from the usual premises and sellers and online at www.beaufortgaclub.com.

FIXTURES

U14 Boys home to Glenbeigh/Glencar/Cromane Wednesday, 06th September at 7pm in Mid Kerry Competition. Minor's home Glenbeigh/Glencar/Cromane on Thursday, 07th at 6:30pm in Mid Kerry Championship preliminary round, extra time. Seniors hom to Laune Rangers on Sunday, 10th at 12 noon in O'Sullivan Cup Semi Final - Extra Time - Note change of time.

REPORT

All the credits go to the Beaufort U14 girls as their hard work, determination ability to listen and learn has won them this long waited County League Final. On the last meeting the spoils were shared 6-5 a piece, but the delay of the final meant that Beauforts Kerry star Leanne Hayes was back to full fitness after a nasty shoulder injury played havoc to her early days in a Kerry jersey. Beaufort started brightly putting over 6 points in the first 18 minutes, Fossa added 2 point of their own, then on 23rd and 24th minute we saw the best of Fossa when they added 2-1 to take a 3pt lead now the Fossa crowd were off their seats little did they know we still had 36 minutes to play the seats were quickly filled again when the Beauforts girls dominance, pressure and attacking ability



KILLARNEY CAMOGIE CLUB UNDER 10'S WHO COMPETED IN THE TRALEE PARNELLS BLITZ AT NA GAEIL GAA ON SATURDAY 2ND SEPTEMBER 2017. FRONT (L-R), SHANNON MURPHY, ALICE HICKEY, IVERAGH HOOLIHAN, DOIREANN KELLY, AVA MOORE, KATE CULLOTY. BACK (L-R), ANNE LYNCH (TRAINER), HEATHER CULLOTY, MAGGIE HICKEY, AINE O'SULLIVAN, NIAMH CANTILLON, LAURA GRIFFIN, DOIREANN DINNEEN, EISHA LYNCH, FERGA O'CARROLL (TRAINER).

won out they finished the half with two well finished move resulting in goals for M C Horgan and S Dorrian. The half time score left Beaufort ahead by three points. While the Beaufort girls remained focused throughout the half time break the main objective was to finish out the game in the first 10 minutes of the second half and continue the momentum they certainly did goals coming inside the 1st minutes from M C Horgan and S Dorrian which were well worked and increased Beauforts attacking ability. Leanne Hayes added 2 points, M Kissane comfortably find the target before Hayes struck the candle quencher on the 14th after a fine passage of play rattling the net for Beauforts fifth goal.

With Beauforts backs working tirelessly throughout the evening soaking up all of Fossa attacks H O'Connor marshalling D O'Brien well throughout the game, J Murphy was inspirational for the Beaufort defence her sister Kate and M Kissane working very hard to break down any Fossa attack. Fossa were not willing to give up with D O'Brien S Dennehy and A Burke working hard to breach the Beaufort defence find their first score of the half on the

14th a goal bound shot was well saved by O'Brien and pushed over the bar Fossa added two more well taken points on the 15th and breached the Beaufort defence on the 20th and Beaufort not willing to give up conceded a penalty which was well saved by O'Brien in the Beaufort goal. The game well over as a contest at this stage Beaufort finished out with two well taken points from Meadhbh Kissane and Emma Kissane on the 25th minute. A well deserved win for a hard working bunch of girls, The hooter were blowing and lights flashing from Fossa all the way back to Beaufort village where the girls were treated to some finger food in the Inn Between Bar with a festive atmosphere. Beaufort Team: Orla O'Brien, Hannah O'Connor, Ciara Casey, Ciara Cronin, Kate Murphy, Juliette Murphy, Meadhbh Kissane (0-02), Meadhbh C Horgan (2-00), Kerry Eagar, Addel O'Brien (0-01), Leanne Hayes (1-03), Holly Clifford, Emma Kissane (0-01), Katie Joy (0-02), Cora Coffey, Saoirse Dorrian (2-02). Subs: Cora Coffey, Lauren Foley, Emily Kissane. Lola Eagar, Grainne Clifford, Emily Coleman, Tara Foley, Lucy Breen, Ethain O'Shea. Missing Sinead Barrett.



DR. CROKES JUVENILE ACADEMY'S FIRST SATURDAY MORNING BACK AFTER THE SUMMER BREAK TOOK PLACE LAST WEEKEND. IT WAS A BUSY MORNING OF HURLING, FOOTBALL AND FUN! THE BOYS, GIRLS AND COACHES WERE DELIGHTED TO BE BACK AFTER THE SUMMER BREAK.





HANDBALL NEWS

DOUBLES GO DOWN IN HANDBALL QUARTERS:

The run of Dominic Lynch and Jack O'Shea in the Munster 60x30 Senior Doubles championship has come to an end at the quarter final stage. The Glenbeigh duo were beaten in two games by Tipperary's Ger Coonan and David Hickey. The Kerry doubles opponents went down 21-12 in the first game but they made a great effort to take it to a third game but came up just short 21-19.

CYCLING NEWS

Time Trial Success for Tralee Team:

The final night of the Time Trail action for the summer saw the County Championships taking place in almost perfect conditions. The course was the same as that for the League with the adults and u16's covering 20km and the u12's and 14's racing against the clock over 9.7km.

After all the action was completed it turned into a very good night for the Tralee Manor West iBike club. The top three in the County League were the favourites again and this time it was George Doyle from the Tralee team that took the title in 27.36.4 from the two Sliabh Luachra riders Richard Cleverly and Sean Dineen.

Doyle's teammate Suzanne O'Sullivan warmed up for her World Triathlon Championships appearance by taking the Ladies prize while Tralee Manor West iBike also the Team Title. Doyle was joined by Jerry McCarthy and Tom Gentleman as the three counting riders. Sliabh Luachra was second in team event with Kingdom CC in third.

Pat Sheehan from Sliabh Luachra was the quickest Junior while Doyle also picked up the M40 prize from McCarthy and Gentleman.

Tom Barrett was the quickest in the M50 in 30.16 from Ed O'Mahony while Tom Daly, Killarney CC was the fastest in the M60's.

Sean Barrett was the fastest u16 in 29.57.9 taking the title ahead of Eoin Moloney and Tadgh O'Shea with Faith Hilliard being the quickest girl.

The Galvin brothers completed a great summer by being the quickest in the u12's and u14's. Shane stopped the clock in 16.30.7 from his 9.7km to finish ahead of fellow Killarney CC riders Louise Steadman Murphy and Bryan Hanafin. Unattached rider Nuala Moloney was the quickest girl in the u12's. She won her category from Sinead Barrett and Shayna Daly. Patrick Galvin covered the 9.7km in the u14 section in 15.20 to win from Sliabh Luachra's Ben Murphy with Killarney's Ethan Slattery in third. Tara Kissane was the quickest girl just ahead of Almha Kissane.

Time Trial League and Championship organiser George Doyle thank all the competitors who took part during the summer. He was especially thankful to all the volunteers marshals who ensured the competitions went off with a perfect safety record.



CALLINAFERCY ROWING CLUB WELCOMED HOME IT'S ALL IRELAND COASTAL ROWING HEROES. A TOTAL OF 7 MEDALS; 1 GOLD, 3 SILVER AND 3 BRONZE WERE WON IN DONEGAL WHERE THE COMPETITION WAS HUGE, THIS IN TURN WAS A FANTASTIC ACHIEVEMENT FOR THE CLUB. A LARGE CROWD GATHERED AT THE CLUBHOUSE TO ACKNOWLEDGE THE DEDICATION REQUIRED TO COMPETE WITH THE BEST. WELL DONE TO ALL INVOLVED IN THE TRAINING AND COMMITMENT TO ACHIEVING GREAT ACCOLADES. PICTURE MICHAEL G.KENNY

FARRANFORE MAINE VALLEY ATHLETIC CLUB

The Rose Of Tralee 10K Road Race took place on Sunday 27th August. Organised by Tralee Harriers AC there was a great turnout for this annual event. Aidan McCarthy was the first to finish from our club, finishing in the top 20. Ger Ladden was next home in 24th place overall and second in his age category. Marie McKenna was seventh lady and winning her category. Bernie O'Mahony, Julie Deane Leanne Cronin and Elaina Norris competed in the Last Chance Track & Field meet organised by An Ríocht AC in Castleisland on Saturday 2nd Sept. They both competed in the shot putt with both throwing over 7m.

With the Cross Country Season less than five weeks away, training for club Juveniles & Senior/Masters athletes has started up. Every Tuesday @ 6pm & Thursdays @ 6:30pm for Juveniles and Seniors/Masters on Thursday with warm up starting at 6:30pm. All training sessions at Farranfore GAA grounds. Please come prepared for all weather conditions as training will be outdoors regardless of the weather.

Please continue to support our club in the Tesco Deerpark Killarney as part of the Tesco Community Fund. For another six weeks if members, friends and family could support the club by dropping the blue token into the slot for our club it will help in getting much needed funds raised. Spread the word.

CLUB TRAINING

Juvenile Training is on every Tuesday 6pm and Thursdays 6:30pm in Farranfore GAA grounds. Open to all registered juveniles aged 8yrs (Born 2007) and upwards. This will be in preparation for the Cross Country Championships €2 per session.

Secondary School/Junior / Senior training on every Thursday at 6:30pm in GAA grounds Farranfore. This is endurance training for cross country preparation. €2 club member, €4 non club member.

ATHLETIC'S FIXTURES

Sunday 22nd October: Munster Juvenile

Even Age, Novice & U/23 Cross Country Championships, in Clare.

Sunday 22nd October: Autumn Open Cross Country Festival, Sport Ireland, National Sports Campus.

Sunday 29th Oct.: AAI National Marathon Championships, Dublin

Sunday 12th November: Munster Juvenile Uneven Age & Senior Cross Country Championships, in Tipperary (venue tbc).

Saturday 18th Nov.: British & Irish Masters Cross Country Championships, Derry

Sunday 19th November: Munster Masters & Juvenile Inter-Club Cross Country Championships, Sunday 19th November in Cork (venue tbc).

Sunday 26th Nov.: AAI Senior, Junior & Juvenile Even Age Cross Country Championships, Abbotstown

Sunday 3rd December: Munster Juvenile "B", Junior & Intermediate Cross Country Championships, in Kerry (venue tbc).

See Kerry & Munster Athletics website for full fixture lists & timetable for events.

KILLARNEY RFC NEWS

FAMILY DAY

Our family day takes place tomorrow, Saturday at Aghadoe between 12 and 3pm and we would like to welcome everyone who plays rugby at every age to come along with their families and enjoy the day. We will have a BBQ, a rugby version of footgolf and a giant inflatable dart board as well as many games for all the family including bouncy castles etc. So, why not come along to Aghadoe next Saturday and enjoy the family fun day.

MINIS

Our minis returned to training last Saturday and a huge crowd of both boys and girls aged between 5 and 11 came along to Aghadoe to take part. We have seen girls rugby develop over the last season and the Women's Rugby World Cup has certainly helped raise the profile of girls rugby. This has been the case with our minis where we are seeing more and more girls taking up rugby. It's great to see such an



interest in rugby. Next Saturday we will not have training, however we would ask all our minis and their families to come to Aghadoe from 11:30 and join in the fun of the family day. Be sure to spread the word.

YOUTHS TRAINING

Our u14's had their first training session of the new season last Saturday under head coach Ian Harrington, while our U16's returned to training last Thursday evening at Aghadoe between 7 and 8:30pm and our U18's train every Wednesday at the same time. Check out our website www.krfc.club to keep up to date with all training and news.

MAZE IN THE MAIZE

Last Sunday KRFC manned the Maze in the maze at the South Kerry Ploughing Championships at Fossa. After the rain on Saturday, everyone was delighted with the weather improvement on Sunday as many families took on the Maze. Thanks to the organisers for asking KRFC to take part and to the KRFC volunteers who gave their time so generously for the day. A great day was had by one and all with funds raised going to the club.

WORKMEN'S ROWING CLUB

TRAINING NEWS

Training will be commencing shortly for all crews. Keep an eye out for coaches' texts.

UPCOMING EVENTS

Kenmare Gig Regatta is scheduled to take place this weekend, after it's postponement in August due to bad weather.

The Irish Open, at the National Rowing Centre, has been re-scheduled to the weekend of 14th & 15th October. These are compulsory trials for J16 upwards, wishing to be considered and included in the High Performance pathway. This year, two of our U18 ladies rowed for Ireland at Home Internationals, in LW Womens Double, coming 3rd in their final. We hope to build on this success this year, so best of luck to everyone as they prepare for this event.

FUNDRAISING CEILI

Workmen's are delighted to announce that we will hold a fundraising Ceili on Saturday 7th October at the Killarney Avenue Hotel. Tickets are €10 and are available from all club members, very shortly. We look forward to everyone's support as we strive to support our club.

REMEMBERING BRENDAN HEFFERNAN

Brendan's Anniversary Mass takes place this Sunday morning at 8am in the Cathedral. Thank you to the Heffernan family for their kind invite to share with them, in this mass.

WEDDING CONGRATULATIONS

Heartiest congratulations to Alan Hickey and Aileen O'Keeffe who tied the knot last Saturday.

BIRTHDAY GREETINGS

This week we send out greetings to Dara Moynihan and Aodhán Burns with best wishes for their birthdays. Also belated wishes to Pat O Donoghue who we are sure was treated royally by all the family last Tuesday 5th September.

CONDOLENCES

Sincere condolences to the family of the late Gregory O'Shea R.I.P., and especially Karen, Brendan and Brid O'Shea. Go dtuga Dia suaimhneas siorai do.

GNEEVEGUILLA ATHLETIC CLUB

LOTTO

No winner of our lotto 01/09/2017, numbers drawn were 1, 6, 7 & 9. Sellers prize winner Tom Joe O' Donoghue, €50 Y/T prize winner Richie McAuliffe Gneeveguilla, €50 to John Linehan Scartaglin, €40 each to Derry O' Sullivan Cue Club Killarney, John Scannell Clonkeen & Nora Sullivan Tureencahill. Bonus not won numbers drawn were 9, 10, 22 & 29. Next week's jackpot €8,000 plus €1,000 bonus.

COUCH TO 5K

Our 2nd year of hosing Couch To 5k starts in Barraudbh New Field on Monday October 2nd at 7.30 pm and will continue each Monday, Wednesday & Friday night for 8 weeks. The series will finish with a 5K in Barraudbh on Sunday November 26th. Everyone welcome.

TRAINING

Club Training sessions will commence on Monday September 18th. Gneeveguilla GAA Hall on Monday's, Boherbue on Tuesday, Barraudbh on Fridays. There will be a training session in Riocht track on Saturday mornings at 11.00 am. Encouraging all athletes to attend training sessions.

CROSS COUNTRY

Robert & Andrew Purcell ran well in Cross country in West Limerick.

FATIMA CENTENARY

On Wednesday September 13th at 12.00 o' Clock, a rosary (5 decades) will be recited by the National School Children at The Church of The Holy Rosary Gneeveguilla. Parents and Grand Parents are particularly invited to this Rosary, which celebrates the 5th Apparition of Our Lady at Fatima, 100 years ago on this date.

CALLINAFERCY ROWING CLUB

RESULTS FROM PORTMAGEE REGATTA.

Senior men 2nd uJames O Sullivan James Foley Sean Dinem Aaron Houlihan. U16 mixed 1st Nathan Houlihan Cormac Doyle Niall Murphy Aidan McCarthy. U14 girls 1st Avril Murphy Savannah Clifford Charlotte Orme Elva Clendennen. U18girls 2nd Sarah Kennedy Aoife Murphy Orla Murphy Emma Houlihan. U18 boys 1st Aaron Houlihan Padraic and Cian O Sullivan Killian Kerins and 4th the other crew Nathan Houlihan Colin O Meara Niall Murphy Cormac Doyle. U14 mixed had a great race Pat Murphy Cathal Daly Finnegan O Sullivan Charlie McGillacuddy. U12mixed had a great race Caoimhe O Sullivan Louise Kennedy Fia Whelan Aishling Quirke. U16s girls 3rd Grace O Grady Sarah Kennedy Orla Murphy Aoife Murphy. Senior Women Margot Lawlor Mary I Sullivan Sandra Lambe Sile Hurley. Thanks to



MEMBERS OF KILLARNEY TRIATHLON CLUB, TIM HORGAN, ANGIE O'SULLIVAN AND DECLAN O'DONOGHUE WHO WILL BE REPRESENTING IRELAND IN THE UPCOMING WORLD CHAMPIONSHIPS IN TRIATHLON TAKING PLACE IN ROTTERDAM ON SEPT 17. FOLLOWING MONTHS OF PREPARATION FOR THEIR 1.5K SWIM, 40K BIKE AND 10K RUN THEY STATED "ITS A GREAT HONOR TO BE REPRESENTING YOUR COUNTRY AND INDEED KERRY, BUT EVEN BETTER THAT YOU GET TO DO IT WITH FRIENDS"

John Joe o Sullivan and James O Sullivan.it's the end of a great season for the club well done to everyone for turning up for training and the regatta's.

KILLARNEY VALLEY AC

Welcome back to training!! We hope you all had a restful summer break. Most of the timetable has been decided - please see below. Please check our facebook page for up to the minute changes. Monday nights Strength & Conditioning for 12 year old upwards starts back on 18th September 7-8pm in the Sem Gym. €2 per session.

The Tuesday night High Jump sessions will be replaced by a monthly Jumps/Throws session which will take place on the following dates - 30th September, 4th November and 2nd December Time to be decided but prob 11am but will let athletes know by email. €2 per session. Speed/Endurance session in the Demense every Wednesday (beside playground) commencing 20th September @ 1.45 sharp. ** Indoors, under 12 year olds - beginning Wednesday 16th November - 6-7pm in the Sem Gym. €2 per session

X-Country training with Connie is taking place on Thursdays @6 pm @ Demense beside the playground. €2 per session.

County squad sessions will commence shortly for secondary school students in An Ríocht.

**With the changes that have taken place in the Secondary Schools time-table - School is finished at 1.15 every Wednesday and so we would encourage all our members to take advantage of this session

The upcoming killarney10mile road race on the 23rd of September raises much needed funds to help drive on the project of the MicroTrack that Killarney Valley AC hopes to see built in Killarney in the near future. Please support this either by entering on <http://killarney10mile.com/> or your help on the day would be very much appreciated. To register your interest in helping on the day please contact Jeremiah Griffin on 0876879186 or Brid Stack on 0872650720.



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KILLORGLIN GOLF CLUB

LADIES RESULTS

MacBees 18 Hole Stableford: 1. Marian Kerrisk (32) 38 pts. 2. Maura O'Boyle (26) 36 pts. 3. Christina O'Sullivan (27) 35 pts (CB).

Puck Fair 12 Hole re-entry Stableford sponsored by Peter Keane SuperValu: 1. Jenny Pigott (17) 27 pts (B3). 2. Eileen Devane (27) 27 pts. 3. Joan Cantillon (26) 23 pts.

Silver Swans 12 Hole Stableford: 1. Christina O'Sullivan (27) 22 pts. 2. Agnes O'Connor (36) 21 pts.

FIXTURE: 18 Hole Stableford sponsored by Gallys Bar & Restaurant can be played Sat 9th, Sun 10th or Tues 12th September.

12 Hole re-entry Stableford sponsored by Anne Myers Foley is now in progress until 25th September.

ROSS GC KILLARNEY

Gents Club -results , fixtures and notes for publication on Sept 8th.

RESULTS

On Sunday last we held a single stableford competition .

THE WINNERS WERE

1... Larry Daly (17) 38 pts.

2...Tony Lenihan (17) 38 pts.

FIXTURES

On Friday Sept 8th we will hold a 10 hole open mixed scramble and visitors are most welcome. Entry sheet is on the noticeboard or be in the clubhouse at 5.30 pm as the draw for teams will be at 5.30 pm and tee off at 6.00 pm . This will be followed by food and the prize giving in the Clubhouse .Cost to members will be € 10 including food and non-members will be € 15, including food.

On next weekend Sept 9th & 10th we will hold a single stableford competition. The timesheet is now available in the clubhouse so please add your name to it immediately.

BEAUFORT GOLF CLUB

LADIES BRANCH

3rd September - 18 Hole Stableford - Sponsored by Aileen Ryan

1st Niamh Carmody (8) 32 pts

2nd Teresa Clifford (29) 25 pts

FIXTURES

10th September - Round 6 Golfer of The Year - Stroke - Sponsored by Beaufort Bar

KILLORGLIN GOLF CLUB

Mens President's Prize (Mr.Jimmy Foley) Results 3/09/17

1st Pa Callagan 70 nett

2nd Pat Goulding 71 nett (cb)

3rd Ivan Hickey 71 nett

4th Tom Barry 72 nett
5th Joe Kennedy 72 nett
Gross John McCarthy (3) 77 strokes
Senior Matt Keane 74nett
Past Pres. Tommmy Murphy 76 nett
Cat B Kevin O'Shea 74 nett
Cat C Gerard O'Sullivan 74 nett
Longest Drive Dan Phelan
Nearest to Pin Donie Evans

BEAUFORT GOLF CLUB

RESULTS

01/09/17 Open Fridays

Winner Michael Hawe (15) 43pts.

3rd Sep 18 hole stableford

Sponsor Permanent TSB, Killarney

Winner: David Carmody (20) 37pts.

Runner Up:Darragh Carmody (06) 36pts.

Third: Michael Barry (11) 33pts.

FIXTURES

Wed 6th Sep 5.30pm Club Scramble

Thurs 7th Open Seniors 10am

Fri 8th Open Fridays

Sun 10th Golfer of the Year,Round 6, 18 hole stroke

KERRY PITCH & PUTT

Last Sunday morning the Kerry County Match-Play Finals began in earnest on the beautiful Castleisland course.

The Junior Ladies had only three Tralee players participating with Aisling Quirke and Charlotte Blake playing the semi-final with Charlotte progressing to the final to play Lisa O'Connor. In the final Charlotte took the early lead but was reeled in by Lisa who eventually went on to win the match and Kerry Junior Lady title.

In the Gents Juniors a lot of tight games occurred in the early rounds but in the top half the semi final between Listowel club mates Killian O'Gorman and Rob Heffernan had to be decided on the first play-off hole with Rob progressing to the final. In the other semi Tralee's Tim Scannell found form against a very young and strong Deerpark player Darragh O'Callaghan. In a high scoring game experience eventually prevailed over youth with Tim advancing to the final on a two up score. In the thirty-six hole final both men played solidly and Rob held a slender lead all the way through winning out in the end to win his first County title on a three and two score line.

In the Inters two players stood out early on and they eventually met in the final. Tralee's Eamon Sheehy and Listowel's Chris Curran both dispensed with their semi-final opponents Deerpark's Gearoid Cronin and John O'Brien respectively. In the final however the Listowel man demolished the challenge of Eamon with

a display of Senior quality and won out in the end easily to win his first County title.

In the Seniors some brilliant tight games took place and with both semi-finals going down the last, Castleisland player Shane Brennan just overcame the challenge of Tralee's Jamie Blake while the other semi-final Tralee's Jason Cregan lead Deerpark's John McGrath for the first sixteen holes. However John leveled matters on the seventeenth and won the eighteenth to progress to the final. The final proved to be a one-sided affair with John McGrath whilst coming back from injury and ahead of next week's National Inter County in Ryston, Co. Kildare wanted to put down a marker and show that he is back clinically cast aside the challenge of Shane Brennan winning easily in the end.

This coming weekend Kildare is the destination for teams playing in the National Inter County Finals in Rytton, Co. Kildare. The six man Kerry team travel with injury concerns but with optimism of putting in a good performance on the biggest stage. The Kerry CountyBoard on behalf of all clubs and players wish them the best of luck next weekend.

KILLARNEY GOLF CLUB-LADIES

Results of Competition Sunday 3rd September, sponsored by Visage Beauty Salon, Chapel Place, Killarney,singles/stroke, Mahonys.

1st liz Kelliher (17) 67
2nd Julie Leonard (23) 69 (bk9)
BG Kelly Brotherton (0) 73
3rd Mary O'Sullivan (26) 69
4th Grace Dennehy (30) 70 (bk9)

Next Sundays Competition Single S/ford Killeen Sponsored by Donal Considines Golf Shop, College Street.

Our Junior Foursomes Team were victorious against Castletroy in the Munster Finals held at Cahir Park Golf Club on Friday September 1st. They will play in the All Ireland Finals at Malone Golf Club, Belfast in late September. The Team were, Kelly Brotherton & Mary O'Doherty, Amy Arthur & Deirdre Prendergast, Anne Moynihan Rudden & Fidelma O'Connor, Subs, Emer O'Donnell & Corrina Griffin, Team Manager, Claire Keating.

DEERPARK PITCH & PUTT CLUB NEWS

COUNTY MATCHPLAY

Congratulations to John McGrath on winning his second County Senior Matchplay in Castleisland today and his third in total with four wins today seeing him add to his 2015

success on home turf. Both John O'Brien and Gearoid Cronin reached the Semi-Finals of the Intermediate grade meanwhile with Darragh O'Callaghan reaching the Semi-Final stage of the Junior grade.

DANNY NOLAN MEMORIAL: A big thank you to the 30 players who supported last Tuesday evening's competition. Thanks also to John and Catherine Keogh for the wonderful food afterwards. The winners were the team of Ger Casey, Mike 'Seve' O'Leary and Eileen Switzer with a score of 15 under par giving them a 29 Nett total. Second were the team of Paul Cronin, David O'Donnell and Betty O'Brien with a score of 31 1/3 Nett.

CAPTAINS PRIZE: Unfortunately the weather last Saturday forced us into postponing same. We provisionally intend to re-host the event on Sunday September 24th but that will be confirmed in due course.

U-16 CLUB MATCHPLAY: We reached the Semi-Finals of both the Championship and Plate events last Saturday before the weather forced us to call a halt to proceedings. It will be finished off at a later date.

ADULT CLUB MATCHPLAY: We are down to the Semi-Finals of this competition and in the first Semi-Final Kieran Fitzpatrick will play Brian Moloney while Gearoid Cronin will face John McGrath in the second Semi-Final. The competition will be completed with the agreement of the four players concerned.

WEDNESDAY EVENING: August 30th- Nett: Darragh O'Callaghan & John Kelly 33 1/2, Gross: Robbie O'Brien Snr & Sean Ashe 45. We will have at least one more Wednesday event next week (Sept 13th) with a start time of 6pm.

SUNDAY MORNING: A reminder that the time for the second draw on Sunday mornings is now 11am with the first draw remaining at 9.15am.

BEST WISHES: To Damien Fleming, John McGrath and the Kerry team this weekend in Ryston, Newbridge, Co Kildare at the National Inter-County Championships.

KILLARNEY GOLF CLUB- MENS

Club Captain Declan McCarthy, on behalf of the

entire Club, sends our heartiest congratulations to the Ladies Senior Foursomes team, and to their Team Captain Claire Keating on their success in capturing the Munster Title, played recently, at Cahir Park, and we wish them continued success as they now progress to the All Ireland semi-final. The Competition played on Sunday last was the "Cliffords Cash and Carry" sponsored away day at Dooks G.C. The Competition was played in excellent weather conditions, and the scoring reflected those conditions. The Competition was won by Donagh O'Mahony with 42 points, and in 2nd place was Club Competition Secretary, Tommy Galvin with 41 points. Full results are as follows, 1st Donagh O'Mahony(13) 42 pts, 2nd Tommy Galvin(12) 41 pts 3rd Patrick Buckley(16) 40 pts 4th John Geaney(16) 40 pts 5th Dermot O'Connor(9) 40 pts, best gross Ian Spillane 35 pts, Cat 2 John O'Shea(10) 38 pts, Cat 3 Tadgh O'Keeffe(15) 39 pts Cat 4 John Horgan(21) 39 pts and CSS was on the day was 36 pts. The competition on Sunday next will be the Seamus Weldon sponsored, team of 4 competition on Mahony's.



M J O'SULLIVAN'S CAPTAIN'S DAY 27TH AUGUST 2017
WINNER DONAL MURPHY, KEEL (14) 66 NETT ACCEPTING HIS PRIZE FROM CAPTAIN MICHAEL J O SULLIVAN



F/R JAMIE O SULLIVAN 3RD, DONAL MURPHY WINNER, M J O SULLIVAN CAPTAIN, JASON FOLEY 2ND, JIMMY FOLEY CLUB PRESIDENT. B/R MARK KENNEDY, JAMES O CONNOR, GER JOY, MICHAEL HARRINGTON, MIKE MACARRON, PAT GOULDING, ROBERT GALLAGHER, TOM BARRY, JOE KENNEDY. PHOTOGRAPHY BY BY MARIE KENNEDY



FIANNA Fáil
THE REPUBLICAN PARTY

John Brassil TD

Killarney Constituency Office
Open Hours:
Thurs 14th & Fri 15th Sept from 9.30am - 5.30pm
Address:
The Fairhill Business Centre, The Courtyard, Fairhill, Killarney.
(Just behind the Royal Hotel)

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

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

DANNY HEALY-RAE TD



Scott's Hotel Killarney
Every Saturday 11.30am.
Last Friday of the month
Scartaglin at 8.15pm. Castleisland: River Island Hotel at 9:30pm and Kearneys Bar at 10pm.
Cordal Hughes Bar 10.45pm.
3rd Monday of the month
Walshes Bar Knocknagoshel 9.30pm & Flanagan's Bar Brosna 10.30pm.

CONTACT: dhealysrae@gmail.com - 0872316055

CLLR MAURA HEALY-RAE



CONTACT:
maurahealysrae@gmail.com
0877816432



Kerry ETB Training Centre



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

Business Administration (ET07061) - Tralee.

This course offers participants the opportunity to develop a broad range of knowledge and skills in general office administration. Graduates of the course may progress to year 2 of the Advanced Certificate in Office Information Systems at Tralee IT. Start Date: 18th September 2017. Duration: 47 weeks. Certification: QQI Level 5 Major Award.

Digital Web Design with Adobe Dreamweaver (ET326) - Tralee.

This course is for people who would like to combine creativity and computer skills to design, build and maintain web sites. Start Date: 2nd October 2017. Duration: 22 weeks. Certification: QQI Level 5 Component Awards and Adobe Dreamweaver Certificate.

Construction Ground Work Skills (ET23462) - Tralee.

This course provides participants with the knowledge and skills to construct concrete slabs and paths and to lay kerbs, flags and pavements under various conditions. Start Date: 2nd October 2017. Duration: 15 weeks. Certification: QQI Level 4 Award.

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

This course covers the theory underpinning digital marketing and the skills required to carry out routine digital marketing tasks and implement digital marketing solutions. Start Date: 9th October 2017. Duration: 36 weeks. Certification: City & Guilds Level 3.

Media Techniques - Radio Course (ET283) - Tralee.

This course is for people who wish to pursue careers in the radio broadcast sector. Participants will learn how to research, plan and pitch programme ideas for particular target audiences and bring those ideas to fruition. Start Date: 16th October 2017. Duration: 52 weeks. Certification: City & Guilds Award.

Food Preparation and Cooking Course (ET20D) - Dingle.

This course is for people who wish to pursue careers in professional cookery. It covers the practical skills and underpinning knowledge of safety at work, food safety, menu planning, costing, and preparing, cooking and presenting a wide variety of dishes including healthy foods and special diets. Start Dates: 16th October 2017. Duration: 20 weeks. Certification: City & Guilds Level 2.

Food & Beverage Service (ETS8741) - Killarney.

This course is an excellent starting point for anyone wishing to work front of house in the hospitality industry. Participants will gain the knowledge and practical skills to provide a timely, efficient and professional food and beverage service to customers. Start Date: 23rd October 2017. Duration: 28 weeks. Certification: City & Guilds Level 2.

Traditional Stone Wall and Landscape Gardening Construction (ET4R8) - Tralee.

This is a hands-on course where participants learn the principles and techniques of stone working and dry stone wall construction using hand tools and locally sourced stone. Start Date: 6th November 2017. Duration: 34 weeks. Certification: QQI Level 5 Award.

Angling Guiding (ET09061) - Tralee.

This course provided participants with knowledge and skills to offer a quality angling guiding service in a safe and professional manner in accordance with relevant statutory legislation. Start Date: 6th November 2017. Duration: 14 weeks. Certification: QQI Level 6 Award.

Wind Turbine Maintenance Technician (TR36R) - Tralee.

This course provides participants with the technical knowledge and skills to service and maintain large commercial wind turbines. Applicants must hold a National Craft Certificate or equivalent trade qualification in one of the electrical, mechanical or motor trades or a college qualification in the electrical or mechanical engineering disciplines. Start Date: 20th November 2017. Duration: 36 weeks. Certification: City & Guilds Level 3.

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

This course offers participants the opportunity to develop knowledge, skills and competencies in 2D and 3D computer aided draughting and design. Participants must have technical drawing and maths in the Leaving Certificate or an equivalent level of relevant industrial experience or training. Start Date: 20th November 2017. Duration: 34 weeks. Certification: City & Guilds Level 2 and 3 Awards.

Surf Instructor and Beach Lifeguard (ET123) - Co. Kerry.

The course offers participants the opportunity to develop the knowledge and skills to work as surfing and outdoor activity instructors. Participants will also receive lifeguarding and aquatic first aid qualifications. Start Date: 13th November 2017. Duration: 25 weeks. Certification: ISA Surfing Skills Instructor Level 1 Certificate, National Beach Lifeguard Qualification, and Aquatic First Aid & Cardiac First Response (PHECC) Certificate.

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

Kerry ETB Training Centre,

Monavalley Industrial Estate, Tralee, Tel. 066 7149600 | 066 7149638 | 066 7149676,
www.kerryetbtrainingcentre.ie, E-mail: training@kerryetbtrainingcentre.ie



**SouthWest
Counselling Centre**

SERENITY PRAYER



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

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

Are losing theirs..." A simple but really important example of this, would be the weather. If it is going to rain we can calmly accept that, but make sure we pack the right rain gear for the day ahead. If we keep saying how bad the weather is, we are not really accepting the situation. And in fact we will expend emotional and practical energy trying to change the weather, and so feel exhausted and defeated along the way.

So next part of this prayer, or way of life, is to have the courage to make changes in our lives where we actually can. We often hear people talking about some one having courage, and after we have found that peaceful place, we have to often dig deep to find courage. We think of the Wizard of Oz, the lion needing courage to go on the journey with Dorothy. The literal meaning is doing something you are frightened of. Now apply this to the things in your life you wish you could change, to be more specific, the things you are too frightened of to change, those are the ones you can do something about, if you could imagine holding your hand through that fearful process.

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

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

info@southwestcounselling.ie.

Kerry LifeLine provides FREE counselling and support to anyone feeling suicidal or bereaved through suicide. info@kerrylifeline.com

To make an appointment call 064 6636416/064 66364100

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

TUSLA

Teenage Accommodation

Can you provide a room, an evening meal and a homely atmosphere to a teenager?

The Child and Family Agency are seeking to recruit carers. If interested, please contact Geraldine Lucid, Supported Accommodation Coordinator

064 6636030




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Pastor Shaun Abrahams 0851541673
Associate Pastor Frank Coffey 0851110113
www.communitybaptistchurch.com

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Please forward CV to
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Castlerosse

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BE PART OF OUR TEAM!

The Castlerosse Hotel & Holiday Homes is a 120 Bedroom Hotel and 39 Self Catering Houses, in the picturesque setting on Killarney's Lower Lake. We are looking for applicants who are enthusiastic, with a positive attitude and enjoy working in a customer service led environment.

FULL TIME LIFEGUARD

This exciting role will require the Candidate to be highly motivated, have Good Communication Skills and Outgoing Personality. Ambition and the ability to use and work on own initiative is essential.

Duties & Responsibilities:

- To ensure the smooth running and operation of the Leisure Club, by liaising with the Leisure Club Manager.
- Provide opportunities for children where they learn and love to swim
- Ensure the safety and wellbeing of our guests and members
- Supervise swimming pool area
- Present professional appearance and attitude at all times

Qualifications:

- R.L.S.S. Pool Lifeguard or I.W.S. Pool Lifeguard qualifications required
- Previous experience working as a Lifeguard is essential.
- Gym Instruction desirable but not essential.

To be considered for this role you must be legally entitled to work in Ireland. Castlerosse Hotel & Holiday Homes is an equal opportunities employer. The Castlerosse is an accredited I.H.F. quality employer.

Please submit your application by email to:
markbowe@castlerosse.ie



The Heights Hotel

KILLARNEY

The Heights hotel are inviting applications for

EXPERIENCED BAR STAFF

THE IDEAL CANDIDATE MUST HAVE:

- 2/3 years' experience in a full time bar position in a bar or 3/4 star Hotel
- Cocktail experience
- Excellent customer service,
- Friendly personality
- Serve guests their food and beverage promptly and courteously
- An ability to work as part of a team and on their own initiative
- Be fluent in English
- Ensures that their working area and station are stocked and kept clean and tidy at all times

THE SUCCESSFUL CANDIDATE WILL HAVE:

- Fluency in English
- Can do attitude
- Previous experience in a busy bar environment is essential
- Good working knowledge of bar will be a distinct advantage

Please send CV's to
Noreen O Leary, General Manager,
The Heights Hotel Killarney
Tel: 064 6631158
Email: noreen@killarneyheights.ie

9 WAYS TO LIVE ON A SMALL BUDGET

If you are moving from home for school or work, but you are living on a small, limited budget, there are a few tips that you should follow so that you don't go broke soon after getting there. Moving to an expensive town or city would mean that you need to make huge lifestyle changes if you are going to make it. If you know how to save money and you can stick to a budget, you should be fine.

* If you are aged 12 or over - Studying for a minimum of 15 hours per week, for 12 weeks of the year the International Student Identity Card (ISIC) is your passport to fantastic discounts and services at home and around the world. The ISIC card is the only internationally-recognised student ID and ISIC card holders are members of a truly global club. Every year more than 4.5 million students from 124 countries use their student card to take advantage of offers on travel, shopping, museums and more, worldwide – check out the benefits online.

* Every town/city has neighbourhoods that are more expensive than others. Ideally you should do your research on the least expensive neighbourhoods before you move but it's never too late to change accommodation. The best part is that public transportation runs all over the city, so you don't need to worry about getting to class or work.

* If you want to pay as little as possible for rent, you should consider getting a roommate. If you have a friend looking to share an apartment, that is the best situation. If not, you can advertise to find someone who is willing to split the rent with you. Before you choose a roommate, it is a good idea that you do a background check on the individual that you are considering sharing an apartment with. You want to live with someone you can trust.

* It can be very expensive to eat out. It is a good idea to pack a lunch and buy food to prepare dinner. This may not be as fun as eating out; however, it can save you hundreds of Euros each year.

* One thing about living in the big town or city is that there are plenty of things to do that cost no money at all. If you have nothing to do on your days off and no money to spend, you can spend time at a public park. You can visit the library for free and read the latest publications or rent a new release movie. If you look online, you can find plenty of fun things to do.

* You may be a fitness nut; however, the gym is an additional expense that you may not be able to afford after your move. Luckily, there are other ways that you can work out. Most parks in big cities have walking, biking, and jogging paths. There are plenty of ways to get a good workout without spending any money.

* When it comes to buying clothes, you need to be thrifty if you are going to be living away from home. Most towns and cities have many charity shops that have nice things. Most of these stores won't put clothes on the racks that are stained, torn, or out of style. You can find clothes at these places for a fraction of buying them brand new in a store.

* You may want to have the newest model phone on the market; however, it may not be an option if you are living on a small budget. The bills on pay-as-you-go plans are a fraction of the cost of being on a phone plan. Contact all network providers to discover the best



deals. You may have to go with an older phone without a plan until you have more money in your budget to spend.

* For the first few months, you may not have any money in your budget as you settle into your new home and your new lifestyle. After a few months, you should have an idea as to how much money you can save. It is a good idea to put money into a savings account as often as possible. Having savings will give you the safety net that you need in case of an emergency. Also, you will have money saved if you become financially ready to move to a nicer neighbourhood.

GB TO HOLD FIRST EVER NATIONWIDE QUIET HOUR FOR AUTISTIC SHOPPERS

For a full hour in October, stores and shopping centres across Great Britain will be giving autistic customers a break by hosting a "quiet hour".

All of the stores in GB's 14 Intu shopping centres, Toys R Us outlets, and other retailers will be dimming their lights, quieting their music, and reducing the amount of commotion in their stores for sixty minutes on October 2nd. The initiative is part of a National Autistic Society campaign to raise awareness for the information overload that autistic children experience. According to the organisation, over 700,000 British residents experience autism, and a large majority of these people avoid shopping all together because of the overwhelming environment.

Hopefully, thanks to the National Autistic Society's partnership with Intu, the quiet hour will become a regular occurrence that can give autistic shoppers a break from the hustle and bustle of stressful shopping.

"We are asking every shop, restaurant and leisure brand in our centres to dim their lights and reduce their music for an hour and to raise awareness of autism among their staff and customers," said Intu's corporate responsibility director Alexander Nicoll.

"We hope that launching the National Autistic Society's Autism Hour in our centres will encourage many more organisations across the country to take these simple steps that will make life easier for the millions of people impacted by autism"

QUOTE

"The miracle is this - the more we share, the more we have" - Leonard Nimoy (played Dr Spock in Star Trek).

ON THIS DATE – SEPTEMBER 8TH

1565 - The first Catholic settlement in America was founded by Spaniard Don Pedro Menendez de Aviles at St. Augustine, Florida.

1858 - Abraham Lincoln said in a speech "You may fool all the people some of the time; you can even fool some of the people all the time; but you can't fool all of the people all the time"

1883 - The Northern Pacific Railroad across the U.S. was completed.

1900 - A hurricane with winds of 120 mph struck Galveston, Texas, killing over 8,000 people. The hurricane and tidal wave that followed destroyed over 2,500 buildings.

1933 - The Fine Gael Party was founded following the merger of Cumann na nGaedheal, the National Centre Party and the National Guard, known as the "Blueshirts".

1941 - The German Army began its blockade of Leningrad, lasting until January 1944, resulting in the deaths of almost one million Russian civilians.

1966 - Star Trek's first episode was aired on the television network NBC.

1991 - The Republic of Macedonia became independent from Yugoslavia.

2002 - Kilkenny beat Clare and collected their 27th All-Ireland hurling title.

2005 - Russia flew humanitarian aid to the United States following Hurricane Katrina, landing three Il-76 aircraft at a disaster aid staging area in Little Rock, Arkansas with more than 60 tonnes of medical supplies, rations, tents, blankets and 6 tonnes of drinking water.

ESCAPE THROUGH LITERATURE FOR REFUGEES WAITING TO RELOCATE

For tens of thousands of refugees stuck in Greece for the past two years after European states shut their borders in rapid succession, survival is no longer an issue.

Instead, boredom and creeping despair about their future are their new enemies as they wait for months, even years, for their applications to relocate elsewhere in Europe to be processed. Now, at least two separate initiatives have emerged to help refugees fill the long hours of their day.

One of them is Echo Refugee Library - a minivan fitted with shelves carrying over 1,000 books that does a weekly round of refugee camps in the greater Athens area, plus poorer districts of the capital where many refugees live in UN-rented flats.

The goal of the initiative is to "make culture accessible to all," says 25 year old Esther Ten

Zijthoff, the Dutch-American coordinator of the project.

The books -- in English, Greek, French, Arabic, Kurdish and Farsi have been provided by benefactors in Greece, Belgium, Britain and Lebanon or purchased with money donated online and Agatha Christie is a favourite. Language dictionaries are also in demand, with many readers borrowing them to photocopy and keep close at hand.

In another part of the city centre, a similar initiative draws Syrian and Afghan refugees to the offices of We Need Books, a volunteer group formed last year that also gives language classes in Arabic and French.

We Need Books has the largest collection of Farsi books in Athens, including over 150 sent directly from Afghanistan, says co-founder Ioanna Nissiriou. Here, the most popular book is Arabian Nights. The sole copy in Farsi, delivered in June, is already in tatters, she noted with pleasure.

BRITISH COLUMBIA TO BAN GRIZZLY BEAR TROPHY HUNTING

Starting on November 30th, grizzly bear trophy hunting will be banned in the Canadian province of British Columbia.

"This action is supported by the vast majority of people across our province," said the Forests, Lands, Natural Resource Operations and Rural Development Minister Doug Donaldson. "By bringing trophy hunting of grizzlies to an end, we're delivering on our commitment to British Columbians."

"In particular, we owe it to generations past and future to do all we can to protect the beauty and uniqueness of the Great Bear Rainforest. We believe the action we're taking goes beyond the commitment to Coastal First Nations made as part of the 2016 Great Bear Rainforest agreements."

According to a statement released by the Government of British Columbia, there are currently 15,000 grizzly bears in the province, mostly in the 24,000 sq. mile (6.4m hectare) temperate rain forest along the Pacific coast.

In addition to outlawing trophy hunting, government officials hope to provide further funding for environmental and wildlife conservation.

INDIA HAS THE THIRD BEST PAID MATERNITY LEAVE WORLDWIDE

The Parliament of India has passed a bill extending nationally mandated paid maternity leave from 12 weeks to 26 weeks.

The bill, which will benefit almost two million women in the organised working sector, will apply to all businesses that employ more than 10 workers.

However, the extended paid leave will only apply to the first two children. If a mother gives birth to a third, then the time off is cut back to 12 weeks. The policy change also makes India the third best country in the world for paid maternity leave, trailing only Canada with 50 weeks of paid leave and Norway with 44.

Though Parliament members were arguing for similar benefits to be applied to new fathers as well, certain paid paternity leave policies either already exist at a state level, or are currently under negotiation.

SCIENTIST WANTS TO NAME



A CUTE OCTOPUS SPECIES "ADORABILIS":

Stephanie Bush, a researcher at the Monterey Bay Aquarium Research Institute in California, thinks she's discovered a new species of flapjack octopus and wants to give it an appropriate Latin name — "Adorabilis" — because it's just so adorable.

The little cephalopod, which lives in ocean depths of 450 meters, is only about seven inches across, with big eyes, little fins that look like puppies' ears, and webbing connecting its eight arms.

"They spread that web and just parachute along," Ms. Bush said.

BOY REMEMBERED SCENE FROM FAVOURITE MOVIE TO SAVE DROWNING BROTHER

Jacob O'Connor from Michigan is being credited as a hero after he used a scene from his favourite movie to save his 2-year-old brother Dylan.

Jacob and his brothers were spending the day at their grandmother's house. Jacob was about to start watching TV when he noticed that the door was open — and Dylan was gone.

The youngster went outside and saw his brother floating facedown in the backyard pool.

Jacob immediately thought of a scene from the Hollywood action film San Andreas where the Rock's character uses chest compressions to save his daughter's life.

The 10-year-old started mimicking the actor's motions until Dylan started coughing up water. Jacob then fetched his grandmother and they rushed Dylan to the hospital. Emergency personnel said that Jacob's actions almost certainly saved his brother's life.

After spending just one day in care, the youngster was brought back home to where he can be sure that his superhero brother will always be helping to keep an eye on him in the future.

PIT BULL ELECTED AS TOWN MAYOR IN LANDSLIDE ELECTION

A 3-year-old pit bull named Brynneth Pawltro has just been elected as the new mayor of Rabbit Hash, Kentucky in a landslide election of 3,300 votes.

Brynn managed to best several other candidates, including a donkey, a cat, and a chicken. Since this is the fourth dog in a row that Rabbit Hash has elected as mayor, she will be succeeding a border collie named Lucy Lou. The town's tradition for furry mayors first came about in the 90s when the residents agreed that they had no need for a mayor.

Instead, they decided to start electing animals in a truly representational democratic fashion.



Everyone in the town spends \$1 to vote for the awesome new mayor. Once the election is concluded, all of the money goes right back into the community.

This year in particular, the election funds will go towards rebuilding the town General Store, which burned down in an electrical fire.

KENYA HAS OFFICIALLY BANNED THE USE OF PLASTIC BAGS

The Kenyan government are serious about stopping pollution. They have just imposed the toughest law restricting the use of plastic bags. Any Kenyans found to be producing, selling or using plastic bags risk being imprisoned for up to four years or pay fines of \$40,000.

The law will allow police to go after anyone carrying a plastic bag but initially it will be directed at manufacturers and suppliers. For the time being, law enforcement can only confiscate plastic bags from the public. The law actually took three attempts to be made official over a ten year period.

Many believe that the law is too harsh and has now cost around 60,000 jobs. Kenya is a massive producer of plastic bags. However the problem of plastic pollution is extremely prominent.

"If we continue like this, by 2050, we will have more plastic in the ocean than fish," — Habib El-Habr, an expert on marine litter working with the U.N. Environment Programme in Kenya.

Plastic ends up killing ocean life, by suffocation or starvation. The plastic ends up in the stomach of ocean mammals and fish, preventing them from eating and eventually they slowly starve to death.

Not only ocean life are affected, in Nairobi cows are slaughtered for human consumption and when opened up they have up to 20 plastic bags in their stomachs.

Plastic bags are a massive environmental problem in African countries. Kenya alone uses around 24 million bags a month.

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Brian Kubicki, founder of the Costa Rican Amphibian Research Centre (CRARC), discovered the new species in the jungle, and named the frog after his mother, rather than the most popular green puppet of all time.

The skin on his stomach is transparent, giving them all the opportunity to take a good look at his internal organs without having to cut him open. *Hyalinobatrachium dianae* has been documented online, including a special mention of his horizontally-shaped pupils and its resemblance to a certain Muppet.

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

EASTENDERS

Mon: Linda considers leaving Mick but with Johnny in hospital will she go through with her plan? Bernadette struggles to deal with the loss of her baby.
Karen's actions leave her daughter angry.

Tues: Kush and Denise argue about moving in together. Later, Kush collapses of a heart attack. Bex wants to speak with Gethin. Bernadette grieves for baby.

Thurs: Carmel and Shakil wait for news on Kush while Denise is filled with guilt. Karen confides in Shirley after finally discovering who the father of Bernadette's baby was.
Tom's antics annoy Michelle.

Fri: The Square is tense as the Mayor visits for Fi's champagne reception at the Vic. Michelle is frustrated with Tom.

CORONATION STREET

Sun: Anna has a change of heart with Seb. Toyah's quest for a baby continues.
Robert and Michelle come up with a plan.

Mon: Phelan tries to get Andy to France but crashes en route leading to Andy making a daring escape. Gary decides to go back to Ukraine. Faye is confused by Anna.

Wed: Gary confides in Nicola not knowing who she is. Is there a spark between this unlikely pair? Maria's intrigued by Eva and Adam. Rita's upset with Gemma.

Fri: Eva continues to lie about her pregnancy. Gemma's determined to help Rita.
Kate has harsh words for Rana.

Drop off/Post: Killarney Outlook, 30 High St, Killarney **Tel:** 064 667 0000

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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.

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A WORD OF VICTORY

Welcome back dear reader in Psalm 103 King David wrote the words "Praise the Lord O my soul, all that is within me praise His holy Name...Who forgives all my sins and heals all my diseases". King David through the power of the Holy Spirit was looking into the future when Jesus of Nazareth would come and give His life for all humanity. There, at the scourging pillar, and on the Cross, Jesus provided total forgiveness for all our sins and healing from every type of disease. When Jesus' body was broken (Isa 53:5) it was for the healing of our bodies and the removal of the curse of poverty and when His blood was shed even though we hadn't yet been born or committed sins, His precious Blood washed the sins away. God the Father in His mercy and love towards us provided Himself as a sacrificial lamb for us, replacing the Old Covenant customs of the killing of animals their blood only covering over the sins of the people but never removing them. But Jesus, the Lamb of God, brought His blood into Heaven and presented it to the Father, thus allowing the contract of the New Covenant come into being. This fulfilled what Jeremiah the prophet had foretold that God would forgive our sins and our wicked acts He would remember no more (Jeremiah 31:33-34). So friend no matter what you have done in life, no matter how guilty or ashamed you feel, when you come to Jesus ask and accept forgiveness of those sins they are immediately removed from God's memory, God is not in the business of punishing people as many religions preach. No, He loves us and did this act of kindness for us - and you will agree it was an extreme act of kindness for Him to come in the flesh, take our guilt and shame and the punishment due for sin. God's wrath is over, so be assured of His love for you. Do what the Word says: confess your sins, receive your forgiveness and be grateful for Jesus our Saviour. The bread of Communion is a reminder for us of Jesus' body being broken for our healing and blessings, and the cup of Communion reminds us that our sins are forgiven. In 1st Corinthians 11:23-34 Paul tells us that to take the bread and cup without understanding what they represent is what brings sickness, disease and early death upon those in the church. We will continue this next week....

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

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SOS

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

Three Our Father, three Hail Mary and three Glory Be.
St. Jude and all the Saints pray for us and all who invoke your aid. Amen.

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EB

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NOVENA TO THE SACRED HEART

Our Lady, Sacred Heart, St. Joseph, St. Jude, St. Anthony. And to all of the Saints for favours received. And thanks to the universe.

NOVENA TO THE SACRED HEART

Sacred Heart, St. Jude, St. Anthony. And to all of the Saints for favours received. And thanks to the universe. **X**

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GRATEFUL THANKS

Sacred Heart of Jesus, Our Lady of Lourdes, St. Padre Pio, Our Lady of Mount Carmel, Divine Mercy, St Faustina, The Eucharistic Miracle, St Michael Archangel
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EOS

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Sacred Heart, St Jude, St Anthony. And to all of the Saints for favours received. And thanks to the universe. **X**



LETS PRAY TOGETHER INTO THE WORD



Psalm 141. I pray to you God, please be not slow to respond. I know you will listen to me. Let my prayers rise up to you like incense, I lift my hands up high in worship to you. Please help me Lord to only speak the words you want me to say. Close my lips if the words are not of honour to you. Keep my heart protected from any evil, and my mind from thinking wicked deeds. Prevent me from being involved in the company of ungodly people. Let righteous people change me with their kindness but let them rebuke me when needed. My prayer is continually against unpure things. Let my eyes always be focused on you Lord God, you are my protection, my refuge, you never leave me defenceless! Let the wicked fall into their evil nets of deceitfulness. You Lord are my perfect path. The path I will walk continually with your help Lord Amen
For Prayer Requests
comlaurencewoodley63@gmail.com

Serious Fun Serious Racing **LISTOWEL HARVEST FESTIVAL**

10TH - 16TH SEPTEMBER

SUNDAY 10 SEPTEMBER FIRST RACE: 2:10PM **KERRY GROUP FAMILY DAY**

Kerry Group's biggest and best family day yet, will open the 2017 Listowel Festival. Oodles of FREE kids' entertainment throughout the racecourse will guarantee fun for all the family.

Feature Race: The Dawn Milk Handicap Steeplechase

MONDAY 11 SEPTEMBER FIRST RACE: 2:30PM

Feature Race: The Irish Stallion Farms EBF Premier Nursery Handicap

TUESDAY 12 SEPTEMBER FIRST RACE: 2:10PM

Feature Race: The Liam Healy Memorial Lartigue Hurdle.

WEDNESDAY 13 SEPTEMBER FIRST RACE: 2:05PM **GUINNESS KERRY NATIONAL DAY**

The Listowel Festival and its flagship race, the Guinness Kerry National Steeplechase, marks the start of the national hunt season proper. Watch top-class athletes, both human and equine, performing at their peak. 2014 saw Katie Walsh, the first lady rider to win the iconic race on James Nash's Your Busy. It's a thrilling spectacle!

Feature Race: The €175k Guinness Kerry National Chase

THURSDAY 14 SEPTEMBER FIRST RACE: 2:05PM **EMERALD PROPERTIES & CONSTRUCTION** **BEST DRESSED MAN**

All sharply dressed men are eligible to enter with prizes of €1000 on offer.

Feature Race: The Ladbroke's Island Handicap Hurdle

FRIDAY 15 SEPTEMBER FIRST RACE: 2:05PM **McELLIGOTT'S HONDA BEST DRESSED LADY**

Widely regarded as one of Ireland's most glamorous ladies day events, this year, nearly €6000 cash prizes on offer for McElligott's Honda Best Dressed Lady, €3000 cash and a Honda Jazz for one year, the most glamorous young male and female under 25, the jazziest headpiece, the best dressed couple plus prizes for the best selfie and iconic lady.

Judges: RTE's Maura Derrane and Dáithí Ó Sé

Feature Race: The Guinness Handicap

SATURDAY 16 SEPTEMBER FIRST RACE: 1:40PM **BEST UPSTYLED & VINTAGE OUTFIT** **SPONSORED BY LISTOWEL TIDY TOWNS IN** **ASSOCIATION WITH AN TAISCE**

This fun fashion event wants to highlight authentic vintage outfits or the imaginative re-use, up-cycling and re-styling of racegoers' existing wardrobes. Great prizes are on offer for both men and women.

Feature Race: The MJ Carroll ARRO Handicap Hurdle

ADMISSION

ADULTS: €20

SENIORS & STUDENTS: €12

UNDER 12s: FREE (with adult)

TICKET OFFERS

PRE-BUY 7-DAY TICKET €100 - **SAVE €40**

BUY 20 TICKETS OR MORE - **20% DISCOUNT**

PARTYPACK AVAILABLE MON & TUES FOR GROUPS OF 10+ - **€25pp**

LADIES - 'SAVE YOUR HEELS, WE'VE GOT WHEELS' COMPLIMENTARY SHUTTLE BUS ON FRIDAY - LADIES DAY



To purchase tickets online and to plan your day at Listowel, visit:
www.listowelraces.ie

CALL: 068 21144 / 21172 EMAIL: racingatlistowel@eircom.net