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DRACULA UNTOLD (15A) 100m 7 Days 6:40 9:00	DOLPHIN TALE (10) 110m Sat-Thurs 6:30 12:15 Sat/Sun 2:15 4:15	THE EQUALIZER (16) 140m 7 Days 8:45	
A WALK AMONG THE TOMBSTONES (16) 120m Sat-Thurs 8:50	NOBLE (15A) 110m Fri/Mon-Thurs 6:40	BOXTROLLS (PG) 105m Sat/Sun 12:15 2:15 4:15	
2D GUARDIANS OF THE GALAXY (12A) 135m Sat/Sun 2:05	THE NUT JOB (10) 100m Sat/Sun 4:30		

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€1.5 MILLION FOR LOCAL CHARITIES..... THANKS TO THE 2014 RING OF KERRY CHARITY CYCLE

It's official..... the Ring of Kerry Charity Cycle is one of the biggest fundraising events in Europe. Last Friday night the organisers hosted the annual dinner dance in the Gleneagle Hotel Killarney where the highlight was the announcement of this years overall amount of money raised from the 112 mile cycle. There were gasps of shock and surprise when the figure was announced shortly after 11pm..... more than €1.5 million was raised for local charities. This was the most money the 31 year event has ever raised, surpassing last year's total of €1.2m. "We were shocked and delighted with this figure. It shows the amazing kindness and goodwill of Kerry people who dig deep each year for charity. For people to go out and raise almost €1.6m is the stuff of dreams and is a testament to the goodwill of everyone who takes part and goes out to train hard, raise money and cycle 180km for Charity. We want to thank the public, the cyclists, sponsors and volunteers for making the 2014 cycle one of the highlights of the year," said Cathal Walsh, PRO of the Ring of Kerry Cycle. The nine charities benefiting from the 2014 Cycle were Ard Cúram Day Care in Listowel, Acquired Brain Injury Ireland (Castleisland), Irish Red Cross (Tralee), Kerry Hospice Foundation, Kerry Parents &



PICTURED AT THE GLENEAGLE FOR THE RING OF KERRY CYCLE GALA DINNER WERE CATHAL WALSH, DAN MCCARTHY (COMMITTEE), GRACE MCCRAE, JACK MCCRAE & MICHAEL MOYNIHAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

Friends Association, Kerry Stars, Kerry Friends of Motor Neurone, Pieta House (Castleisland) and Valentia Island Hospital.

Guests at the event on Friday night included Bishop of Kerry, Ray Browne and Mayor of Killarney Municipal Area, John Joe Culloty. "More than 10,500 cyclists took part in the 2014 event. The average age of cyclists taking

part was 40, with entrants from more than 19 countries. In a survey distributed to the participants, over 96% rated the cycle as either excellent or very good, while 98% said they would recommend it to a friend. Over 85% said they would register for the 2015 cycle."



PICTURED AT THE GLENEAGLE FOR THE RING OF KERRY CYCLE GALA DINNER WERE L-R JOAN O'SULLIVAN, JOAN O'CONNOR, BREDHEALY, KATHLEEN MCCARTHY, JOHN JOE CULLOTY & BETTY ROHAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE GLENEAGLE FOR THE RING OF KERRY CYCLE GALA DINNER WERE L-R SHEILA CASEY, PAT O'CONNOR, MARY LEHANE & CHRISTY LEHANE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE GLENEAGLE FOR THE RING OF KERRY CYCLE GALA DINNER WERE L-R JANE KEHOE, JOHN O'SULLIVAN, MARIE KEHOE-O'SULLIVAN & EILEEN CRONIN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE GLENEAGLE FOR THE RING OF KERRY CYCLE GALA DINNER WERE KERRY HOSPICE L-R MARIE MCSWINEY, MAIREAD MORIARTY, PEARL BROWNE, BRIDIE O'CONNOR, CATHAL WALSH & MARGARET CREAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE GLENEAGLE FOR THE RING OF KERRY CYCLE GALA DINNER WERE L-R AISLING CROSBIE, CON & MARGARET DENNEHY & IN FRONT ABBIE O'SULLIVAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

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CAMOGIE THE WINNER AT VERONICA'S TOURNAMENT

A great day of camogie was held at the Fitzgerald Stadium last Saturday when the Killarney Camogie Club hosted the Veronica Stack Memorial Tournament.

Over two hundred girls from Kerry and Cork camogie clubs participated in what was a great day of camogie!

The Kerry clubs were victorious on the day with Cillard narrowly defeating Clonakilty for a position in the Cup Final whilst Causeway defeated St. Colum's, Bantry to gain their position in the final. Causeway proved too strong for Cillard & comfortably won the Veronica Stack Memorial Cup.

Killarney fittingly won the Veronica Stack Memorial Shield which was presented to the Killarney Captain, Veronica's daughter, Kate. The Killarney Camogie Club would like to extend their gratitude to all who helped to make the day such a success & in particular



KILLARNEY CAMOGIE CLUB U13 TEAM WHO TOOK PART IN THE VERONICA STACK TOURNAMENT ON SATURDAY MORNING. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

to Der Brosnan and the Dr. Crokes' G.A.A Club.



KILLARNEY CAMOGIE CLUB U8'S TEAM WHO TOOK PART IN THE VERONICA STACK TOURNAMENT ON SATURDAY MORNING. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



KILLARNEY CAMOGIE CLUB COMMITTEE AND ORGANISERS OF THE VERONICA STACK TOURNAMENT AT FITZGERALD STADIUM L-R JASON STACK (CHAIRMAN), ANN LYNCH, MARGARET HICKEY & DAVID O'LEARY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

KILLARNEY WOMAN IS TOP BLOGGER

Killarney native Caitriona Foley, now based in Co. Galway, has won a national award for her successful wedding blog at the Blog Awards Ireland, which took place in Kildare on the 4th October.

Caitriona's blog, True Romance Weddings, beat almost 70 other blogs to take home the 'Best Lifestyle Blog' trophy at the gala awards dinner in the Westgrove Hotel in Clane, which featured on TG4 this week.



CAITRIONA FOLEY PICTURED RECEIVING HER AWARD.

KERRY'S ALL IRELAND HEROES IRISH TV HOMECOMING SPECIAL

Kerry fans can catch a very special look back at the homecoming of their All Ireland champions on Irish TV this Friday night, October 10th.

The Mad for Sam homecoming special on Irish TV captures the two different emotional extremes from the Donegal and Kerry camps and it airs at 10pm on Sky channel 191, Freesat 400, all free-to-air boxes, Eircom's eVision 191 and online at www.irishtv.ie.

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Evening Mission Themes at St. Mary's Cathedral, Killarney.

Sunday 19th 7.00p.m.

The Gift of Community



Monday 20th 7.30p.m.

Prayer & Spirituality



Tuesday 21st 7.30p.m.

Forgiveness & Reconciliation



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Thursday 23rd 7.30p.m.

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Niamh O'Neill

Killarney Parish Mission 2014
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TALL TALES IN THE VILLAGE OF SNEEM

Storytellers and story lovers are invited to wend their way to Sneem for the 3rd annual International Storytelling & Folklore Festival which is taking place from 7-9 November.

The festival ethos is to stimulate interest and engagement among young and old in the rich art of storytelling and the folklore tradition of the South Kerry area, home to some of Ireland's most revered storytellers through the centuries.

A highlight of this year will be a presentation of the ultimate Kerry adventure story; the award-winning play 'Tom Crean – Antarctic Explorer', written and performed by Aidan Dooley on the Saturday night. Along with internationally renowned Sneem seanchai Batt Burns, the festival also features Cork's Pat Speight & Teddy Black, North Kerry's Sonny Egan, Dublin's Nuala Hayes, Michael Harvey from Wales and Mike Mazur from Ohio, USA.

Patrons can look forward to storytelling workshops and lectures, a storytelling pub trail, lunchtime theatre and 'Story Swap', where members of the public can swap stories with each other over the weekend.

For walking enthusiasts, you can take a storytelling walk into the countryside with a stop at an 18th century farmhouse to be entertained by Dublin storyteller Nuala Hayes



PICTURED AT THE LAUNCH OF THE SNEEM INTERNATIONAL FOLKLORE & STORYTELLING FESTIVAL WHICH TAKES PLACE FROM THE 7TH - 9TH OF NOVEMBER IN SNEEM CO. KERRY IS SEANCHAI, AUTHOR AND FORMER TEACHER, BATT BURNS ENTERTAINING A GROUP OF LOCAL CHILDREN IN SOUTH SQUARE SNEEM L:R LIAM BREEN, JACK AND KATIE RINEY. PHOTO: LISA O'SHEA.

or do the village walk with a local historian finishing in a local hostelry.

The Gala concert on Friday night in the Sneem Hotel will feature all storytellers and

interspersed with the oral tradition will be performances from musicians of the renowned Slabh Luachra area on the Cork/Kerry border.

DUTCH FANFARE CONCERTS



FANFARE THE EENDRACHT WHO WILL PLAY TWO FREE CONCERTS IN KILLARNEY.

Fanfare the Eendracht invites you to the Killarney concerts at Sunday 12th October – 3pm – Muckross House and Wednesday 15th October – 8pm – St. Mary's Church of Ireland. Admission is free for both concerts.

Fanfare de Eendracht are from The Netherlands and are travelling to Ireland in October. In their programme they will let the audience hear what Celtic Music sounds like, played by a typical Dutch fanfare Orchestra. Also they will perform music especially written for fanfare

orchestras (traditional fanfare music) and some swinging power music.

A fanfare orchestra is a type of brass band with a slightly different instrumentation that is mainly seen in The Netherlands and Belgium. In the fanfare you will see more flugelhorn, trumpets, french horns and saxophones. The Eendracht from Den IJp exists of about 45 amateur musicians from the region Amsterdam in the age of 14 to 65.

NEW WEDDING COORDINATOR AT THE BREHON

The Brehon, Killarney's premier wedding venue has appointed a new Wedding Coordinator.

Kelly Ann O'Connor joins the team at The Brehon having previously worked as a Wedding Coordinator in Las Vegas, Chicago, Limerick and Dublin.

Kelly Ann joins The Brehon at an interesting stage in the hotel's history as it celebrates ten years in business this year. As part of the celebrations the Banqueting Suite at The Brehon has undergone a fabulous refurbishment with new carpet, lighting and curtains.

Kelly Ann has spent many years working in the industry and has worked on all sorts of weddings.

"I have worked on every type of wedding you can imagine, from elaborate, lavish weddings with limitless budgets to intimate family gatherings where simplicity was key. Yet every wedding I have ever worked on has had one common theme and that is making sure the wedding guests have an enjoyable evening. This is the advice I give couples; be sure to create a memorable evening for both you and your guests."



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GREAT TURNOUT FOR KILLARNEY ADVENTURE RACE

This year's Helly Hensen Killarney Adventure Race 2014, attracted a record number of Athletes, over 2300 competitors braved the sunshine and scattered showers in a one day multi adventure sport race, competitors competed in disciplines of mountain running, cycling and kayaking in the MacGillycuddy's Reeks and Killarney National Park, before finishing after a gruelling day at the Gleneagle Hotel, Killarney. First Competitor in the 70KM Expert Race was Dessie Duffy from Cavan, in a record time of 03:48:30, second home was Limerick Man Eric Wolfe in a time of 03:48:55, First Woman home was Moire O'Sullivan.



ANNE KELLY, KILLARNEY, COMPETING IN THE HELLY HENSEN, KILLARNEY ADVENTURE RACE 2014.
PHOTO: VALERIE O'SULLIVAN.



MICHAEL COUGHLAN, KILLARNEY ATHLETE, COMPETING IN THE HELLY HENSEN, KILLARNEY ADVENTURE RACE 2014, ONE DAY MULTI ADVENTURE SPORT RACE, COMPETITORS COMPETED IN DISCIPLINES OF MOUNTAIN RUNNING, CYCLING AND KAYAKING IN THE MACGILLYCUDDY'S REEKS AND KILLARNEY NATIONAL PARK, BEFORE FINISHING AFTER A GRUELLING DAY AT THE GLENEAGLE HOTEL, KILLARNEY. PHOTO: VALERIE O'SULLIVAN.



ATHLETE PAULA MCELLIGOTT, KILLARNEY, COMPETING IN THE HELLY HENSEN, KILLARNEY ADVENTURE RACE 2014.
PHOTO: VALERIE O'SULLIVAN.



ATHLETES, COMPETING IN THE HELLY HENSEN, KILLARNEY ADVENTURE RACE 2014.
PHOTO: VALERIE O'SULLIVAN.



EIMEAR CASEY, RUTH MURPHY, MAGGIE DOHERTY AND JOSIE O'CONNOR AT THE ELECTRIC CEILI BAND GIG AT THE GUINNESS AMPLIFY GIG IN THE KILLARNEY GRAND ON SUNDAY NIGHT.
PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY)



PICTURED AT THEIR HOUSE IN CLOONTEENS, EOIN BARRY (SEATED CENTRE) ENJOYS HIS 40TH BIRTHDAY CELEBRATIONS WITH FAMILY & FRIENDS.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

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KILLARNEY WELCOMES 700 TOP ADVENTURE SPECIALISTS

Killarney put on its best face this week as it welcomed 700 international delegates who attended the Adventure Travel World Summit in the INEC. This was the first time ever for Ireland to host this high profile event and as expected it was a fantastic opportunity to sell the country to the most influential players within the adventure tourism sector - one of tourism's fastest growing sectors.

Festivities included entertainment on the streets from the Killarney School of Music throughout the day with food on offer supplied by Cully and Scully, Dingle Ice Cream and Scotts Hotel amongst others. Delegates and members of the public can also engage with a specially arranged climbing wall, try their hand at abseiling down the side of Scotts Hotel or take part in some hurling and football-themed activities.



MOIRA MURRELL, CHIEF EXECUTIVE, KERRY COUNTY COUNCIL WITH CHRIS DOYLE, PRESIDENT ADVENTURE TRAVEL & TRADE ASSOCIATION WITH MEMBERS OF SIAMSA TIRE, THE NATIONAL FOLK THEATRE OF IRELAND, ON INNISFALLEN ISLAND THE 6TH CENTURY MONASTIC SETTLEMENT ON LOUGH LEIN, KILLARNEY NATIONAL PARK, PAYING HOMAGE TO THE MONKS OF INNISFALLEN IN A SPECIAL PERFORMANCE TO MARK THE OPENING OF THE ADVENTURE WORLD TRAVEL SUMMIT TO KILLARNEY THIS WEEK. KERRY COUNTY COUNCIL HOSTED THE EVENT. PHOTO: VALERIE O'SULLIVAN.

The group enjoyed many different activities during the week including cycling, kayaking

and trips around the county to show off the magnificent facilities on offer.



ROSS CASTLE, ON LOUGH LEIN, KILLARNEY NATIONAL PARK, THE 15TH CENTURY CASTLE, WAS THE VENUE FOR THE OPENING CEREMONY OF THE ADVENTURE WORLD TRAVEL SUMMIT TO KILLARNEY. PHOTO: VALERIE O'SULLIVAN.



PICTURED LEF: DELEGATES AND ORGANISERS FROM THE ADVENTURE WORLD TRAVEL SUMMIT, ENROUTE TO INNISFALLEN ISLAND, FOR A SPECIAL CEREMONY ON THE 6TH CENTURY MONASTIC ISLAND BY SIAMSA TIRE, THE NATIONAL FOLK THEATRE OF IRELAND, INCLUDED ARE CHRIS DOYLE, PRESIDENT, ADVENTURE TRAVEL & TRADE ASSOCIATION, MOIRA MURRELL, CHIEF EXECUTIVE, KERRY COUNTY COUNCIL, JOHN MCCARTHY, TOURISM DEVELOPMENT OFFICER, KERRY COUNTY COUNCIL, CLLR JOHN JOE CULLOTY, MAYOR OF KILLARNEY, JOSEPHINE O'DRISCOLL, FÁILTE IRELAND, MICHAEL GIBBONS, ARCHAEOLOGIST, JENNY DE SAULLES, FÁILTE IRELAND, MIKE BUCKLEY, ADVENTURE STEERING CHAIRMAN, AND KILLARNEY BOATMAN, JOHN MICHAEL LYNE.

PHOTO: VALERIE O'SULLIVAN

MS WALK THIS WEEKEND



REMINDER: THE M.S. WALK ANNUAL FUNDRAISER WILL TAKE PLACE THIS SUNDAY WITH REGISTRATION FROM 8.45AM AND THE LAST BUS WILL LEAVE THE GLENEAGLE HOTEL AT 10AM TO WALK THE OLD KENMARE ROAD. BACK ROW L-R KATHLEEN SHEEHAN, JIMMY O'CALLAGHAN (SPONSOR), PAT O'NEILL. FRONT ROW L-R KAY FLEMING, MARY O'CALLAGHAN, NOREEN PIGGOTT & JOHN O'SHEA. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

MUCKROSS ICA

The next meeting of Muckross ICA will take place on Monday 13th October next 2014 at 7.45 in Loughguittane National School, Muckross, Killarney.

New members are always welcome.

For more information please contact Claire on 087-6111749.

KWOTE

KWOTE (Killarney Women's Organisation for training & Empowerment) monthly meeting will be held at the Killarney Heights Hotel on Wednesday October 15th at 8p.m. Guest speaker Tara Collins from Corcoran's Interior design teams will be joining us for a chat on interior design - how to decorate your home, included will be demonstrations followed by Q & A. Members €2. Non Members €3.

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MONEY MATTERS.....

By Dermot Cronin,
Financial Advisor



PENSIONS

Do you have a pension? If so there is some very important information that you need to know about your pension, such as.... What is the present value of my pension? What funds is my pension invested in? Who manages my pension and how much am I being charged to manage my pension? These are just some of the important questions you need to know the answers to. You need this information in order to compare your pension to what is available in the market place today from pension companies who may be able to get you a better return for your money and therefore getting you a higher lump sum and income on retirement. So whether your pension is from an ex employer, you were self employed in the past or are self employed now it is very important that you have your pension reviewed and assessed by an independent advisor now.

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



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KARATE STAR SEAMUS STRIKES GOLD AGAIN

A young Killarney Karate champ is taking the martial arts world by storm.

8 Year old Seamus Kelly from Flintfield in Faha competed in the Funakoshi Shotokan Karate Assoc (FSKA) World Championships in Almada, Portugal last week and came back with a Gold and a Silver medal coming first in the 7-8 year old category and 2nd in the 9-10 year old category.

Seamus who is the son of Mitsuko and Brendan Kelly is a third class pupil at Faha National School and a member of the Killarney Martial Arts Academy.

It is there that Seamus does his training under the watchful eye of Shihan Niall Wright and Blackbelt Tom Stevens.

Seamus is now the proud winner of 10 national titles and 6 world titles including 2 gold, 3 silver and 1 bronze.



SEAMUS KELLY FROM FAHA PICTURED AT THE WORLD CHAMPIONSHIPS IN PORTUGAL.

INTO LAUNCH 'ROOM TO BLOOM' CAMPAIGN TO REDUCE CLASS SIZE



PICTURED AT THE INTO'S 'ROOM TO BLOOM' CAMPAIGN BRIEFING IN DUBLIN WERE: KERRY INTO REPRESENTATIVE GERY DOYLE WITH TOM FLEMING TD, SHEILA NUNAN, GENERAL SECRETARY, INTO. THE CAMPAIGN IS CENTRED ON ENHANCING THE PRIMARY EDUCATION SYSTEM TO ALLOW ALL CHILDREN TO REACH THEIR FULL POTENTIAL.

The Irish National Teacher's Organisation (INTO) has launched a campaign to highlight the importance of limiting class size so that children can fully realise their potential, and develop socially through co-operation with others in schools. The campaign is called 'Room to Bloom'.

As part of the INTO's 'Room to Bloom' campaign, the INTO held a briefing event for TDs and Senators in Dublin at the start of October (2.10.14).

Classes in Irish primary schools are among the most overcrowded in the EU, with an average of 25 pupils per class compared to an EU average of 21 per class. More than 125,000 pupils in Ireland are in classes of 30 or more.

In County Kerry alone, there are 21.9 per cent of classes where pupil numbers are 30 or more. The majority of classes in the county comprise pupil numbers between 20-30.

MILLTOWN YOUTH CLUB

Milltown Youth Club are open and looking for members. They run every Friday night from 8.30pm until 10.30pm. There is a registration fee €15.00 and a weekly charge for Club Night of €3.00.

According to the organisers it promises to be an exciting year for everyone.

HOLISTIC FAIR AT THE TRAVEL INN

Soshelp.ie presents their first Health, Well-being and Holistic Fair at the Travel Inn, Killarney Saturday 18th October 11am - 4pm, all are welcome.

There is plenty on offer for the day including Hawaiian Lomi Lomi Massage €1 per minute - your opportunity to experience a little piece of Hawaii here in Kerry! There are 2 Reiki masters working in tandem with Crystal Therapy and Sound Healing (Tibetan and crystal bowl), Clinical Reflexology 30 minutes taster session €20, Indian Head Massage 15 minutes €10, Tarot Card Readings plus much more and gift items for sale.

Entrance is free simply register online at <https://www.eventbrite.ie/e/health-holistic-well-being-event-tickets> or contact Heidi to book your place.

If you wish to become an exhibitor please contact Heidi on 085 7330038 or Mags 086 3464979

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KERRY LEAD THE WAY WITH 11 ALL STAR NOMINATIONS

The GAA, GPA and Opel have announced the nominations for this year's All-Star football awards with Kerry leading the way with 11 nominations. They are followed by beaten All-Ireland finalists Donegal who, along with Dublin, earn nine. Connacht champions Mayo receive six and Monaghan's season is acknowledged by the inclusion of four of their players on the short list of 45. The inclusion of representatives from Armagh (two), Tipperary, Derry, Cork and Galway (all one each) mean no fewer than ten counties feature on this year's nominations list.

In all 10 of the players who received awards last year are nominated. The nominations and the short lists for the Young Player of the Year and Player of the Year are selected by GAA journalists.

The GPA membership will vote on the short lists for the two individual awards and all of the awards will be presented at the annual All-Stars banquet which takes place in the Convention Centre in Dublin on Friday October 24.

2014 NOMINATIONS

Goalkeepers: Paul Durcan (Donegal), Rory Beggan (Monaghan), Stephen Cluxton (Dublin).

FULL BACKS: Fionn Fitzgerald (Kerry), Keith Higgins (Mayo), Éamonn McGee (Donegal), Neil McGee (Donegal), Andy Mallon (Armagh), Rory O'Carroll (Dublin), Philip McMahon (Dublin), Paul Murphy (Kerry), Drew Wylie (Monaghan).

HALF BACKS: Aidan O'Mahony (Kerry), Peter Crowley (Kerry), James McCarthy (Dublin), Frank McGlynn (Donegal), Dessie Mone (Monaghan), Jonny Cooper (Dublin), Colin O'Riordan (Tipperary), Colm Boyle (Mayo), Lee Keegan (Mayo).

MIDFIELD: Neil Gallagher (Donegal), Michael Darragh Macauley (Dublin), Odhrán MacNiallais (Donegal), Anthony Maher (Kerry), David Moran (Kerry), Séamus O'Shea (Mayo).

HALF FORWARDS: Johnny Buckley (Kerry), Diarmuid Connolly (Dublin), Paul Flynn (Dublin), Aidan O'Shea (Mayo), Ryan McHugh (Donegal), Michael Murphy (Donegal), Donnchadh Walsh (Kerry), Shane Walsh (Galway), Mark Lynch (Derry).

FULL FORWARDS: Kieran Donaghy (Kerry), Paul Geaney (Kerry), Conor McManus



JAMES O'DONOGHUE LIFTS SAM MAGUIRE AT THE ALL IRELAND FINAL. PHOTO BY: DOMINICK WALSH / EYE FOCUS LTD ©
TRALEE PHONE MOBILE 087 / 2672033

(Monaghan), Cillian O'Connor (Mayo), James O'Donoghue (Kerry), Brian Hurley (Cork), Kevin McManamon (Dublin), Tony Kernan (Armagh), Paddy McBrearty (Donegal).

YOUNG PLAYER OF THE YEAR NOMINATIONS:

Ryan McHugh (Donegal), Shane Walsh (Galway), Paddy McBrearty (Donegal).

PLAYER OF THE YEAR NOMINATIONS

James O'Donoghue (Kerry), Diarmuid Connolly (Dublin), Neil McGee (Donegal),

PROPERTY OUTLOOK

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GOLD FOR WEESHIE AND TERRACE TALK AT PPI AWARDS

Killarney broadcaster Weeshie Fogarty who hosts Terrace Talk on Radio Kerry is celebrating this week with the announcement that he has won the gold award for Sports Programme of the Year 2014. This is the third PPI award for the popular Killarney man.

Known as the Oscars of the radio world, Weeshie was up against such well known programmes as Today FM's Premier League Live, RTE Radio 1's Sunday Sport, Newstalk's Off the Ball and Galway Bay FM's Looking Back.

Weeshie's award is one that is also shared with great pride by the programme team, producer Ciarán O'Regan, sound operator Sinead Prendergast and show receptionist Eileen Moynihan.

Of Terrace Talk the PPI judges said "Regardless of the sport, Weeshie's interviews were excellent. His passion and love of sport really connected with the listener". In response Weeshie said that it's a great honour to represent Radio Kerry at the ceremony, to be nominated and of course to win. He paid tribute to the entire Terrace Talk team.

In a year where the Kerry Minor and Senior Football Teams brought both All Ireland Championship titles back to Kerry this award for Radio Kerry brings further glory to the Kingdom. The Station was also successful in two further categories with Terrace Talk named at



WEESHIE FOGARTY, TERRACE TALK, RADIO KERRY, HAS WON THE SPORTS PROGRAMME AWARD AT THE PPI RADIO AWARDS 2014 CEREMONY. PICTURED RECEIVING THE AWARD FROM TOM MCGUIRE (LEFT) ARE, WEESHIE FOGARTY AND CIARAN O'REGAN. PICTURE CREDIT IAIN WHITE

Sports Programme of the Year while JJ O'Shea won Silver in the Specialist Music Broadcaster Category.

During his playing days Weeshie played with the Legion Club in Killarney Legion where he had great success as both a player and trainer. He was part of the East Kerry team that won County, Munster and All Ireland titles during

the 60's & 70's and also played with Kerry at all levels. Also a referee, officiating at the highest level, Weeshie was also a top class basketball player and has represented his county in that sport also.

The awards were presented at the annual PPI National Radio Awards Ceremony at the Lyrath Estate in Kilkenny last weekend.

HUGH O'FLAHERTY MEMORIAL PROGRAMME LAUNCHED



'MON' BOYS EVAN O'CALLAGHAN, DARREN COUNIHAN AND CEILIM O'SULLIVAN WITH MONSIGNOR HUGH O'FLAHERTY'S SCHOOL REGISTER IN THE MONASTERY, KILLARNEY ON THURSDAY WHEN DETAILS OF THE ANNUAL HUGH O'FLAHERTY MEMORIAL PROGRAMME OCTOBER 30TH - 16TH NOVEMBER 2014 WILL TAKE PLACE IN KILLARNEY. ALSO IN PICTURE ARE FROM LEFT, CANON PAT HORGAN, JERRY O'GRADY, COLM O'SULLIVAN, SCHOOL PRINCIPAL AND JOHNNY MCGUIRE, PRESIDENT, KILLARNEY CHAMBER OF TOURISM & COMMERCE WHO LAUNCHED THE PROGRAMME. PICTURE BY DON MACMONAGLE

The 2014 Hugh O'Flaherty Memorial Programme was launched yesterday, Thursday 9th October by Johnny McGuire, President of Killarney Chamber of Commerce, in the Presentation Monastery National School (The Mon). The Mon school is the Monsignor's Killarney "Alma Mater", he was a student there

from 1909 to 1914 and subsequently he was employed as a "Monitor" (Trainee Teacher) for a further two years. As in previous years, the Memorial Programme also includes:

- An O'Flaherty Trail Coach Tour on the morning of Saturday November 15th - Booking 064 6637928
- An extended Memorabilia Exhibition in Killarney Library running from October 30th to November 15th.
- A Commemorative Mass at 10.30.a.m in the Cathedral on Sunday November 16th.
- The Hugh O'Flaherty Perpetual Cup Golf Competition in the Killarney Golf Club from 8.00 a.m. on Sunday morning (Details from Killarney Golf Club 064 6631034)

Like most of the events and activities during the Memorial Week, admission to the Documentary Screening and to the Humanitarian Award Ceremony is free of charge; places are limited and can be reserved in advance through the Killarney Chamber Office on Beech Road (064) 6637928 / e-mail chamber@killarney.ie

More details on the Memorial Weekend as well as detailed information on the Monsignor's life and work can be found on www.hughoflaherty.com

FASHION EXTRAVAGANZA IN FOSSA

Celebrating 25 years of fashion, Fossa Community Centre are hosting their annual fashion show in the Hotel Europe on Tuesday night next, October 14th at 7.30pm.

With the latest in fashion from Wisteria, Wardrobe, The Pillbox, MacBee's, New Look, Kerry's Boutique, Bijou Boutique, Pennys, Jasmine and Formerly Yours, tickets are on sale for €15.

There will be a cheese and wine reception along with a raffle and door prize and the coveted award for the Best Dressed Lady, which is sponsored by Keane's Jewellers.

A night not to be missed.



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- 5p.m. - CALL BACKS

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NEW

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Yoga Courses

All courses will be delivered by Sara Cooper who has over 14 years experience of yoga practice, meditation, mindfulness, in-depth anatomy and bodywork training and a self proclaimed wellness junkie since her teens. These courses represent the accumulation of years of practice and learning and will be delivered to help you find freedom and wellness in your body and mind no matter the course you choose.

Tuesday 14th October - 6.30pm - Beginners Course
This is a 6 week course suitable for the complete beginner to yoga and also for those who would like a refresher. This course will serve as a perfect introduction to yoga asanas, (learning safe alignment for each posture and including both active and passive postures for strength building and also deep relaxation), meditation, breathing practices, relaxation and yoga philosophy. This will be a progressive course leaving you feeling confident with the fundamentals.

8pm - Mindful Flow: This class will be a slow mindful flow with an individual theme each week, suitable for all levels and for people who are looking to be gently challenged, but who also want to leave feeling blissfully relaxed.

Wednesday 22nd October - 6.30pm - Back Care Course
This is a great class if you have any concerns about your back or just want to join a class where this area of the body is catered for. We will discover what really constitutes "the core", learn corrective exercises, self massage and learn correct alignment for you and your back. This course will offer modifications to suit any level and will be respectful of your physical boundaries at all times whilst looking to increase your mobility, health and awareness of your spine.

8pm - Prenatal Yoga: A brand new 6 week course delivered in a completely different format than ever before. During this course you will learn optimal postural alignment, the myths surrounding the pelvic floor will be revealed, self massage, yoga postures both active and restorative, breathing techniques, relaxation and so much more. If you want to not only enjoy your time during pregnancy but to thrive this is the course for you.

Sunday 19th October - 6.30pm- Rest and Restore Sunday Sanctuary: Ahhh!! This class is the perfect antidote to modern life and is ideal if you're looking for a gentler approach to yoga. This class is geared towards complete relaxation where we will be looking to "yoga citta vritta nirodha" (progressively quieten the fluctuations of the mind) through passive yoga postures, gentle movement, breathing techniques, mudra, meditation and relaxation.

8pm - Active Recovery: Whether you are an athlete, weekend warrior or just someone that likes to stay active and busy this course of classes will be a wonderful cross-trainer to your chosen sport/activity and will challenge your body/mind with physical posture, proprioceptive and corrective exercises. During the course of classes you will also learn the benefits of passive yoga and relaxation to counteract the high intensity training that you do.



All above courses are held as 6 week courses at **The Travel Inn, Fossa** and investment for each course is €60 except the Prenatal Yoga course which is €70.

Limited number of places are available for each course and class sizes will be kept small for individual attention.

**To book your space please
CALL SARA 087-2922851**
www.killarneymassageandtherapycentre.ie

WHAT DOES BUDGET 2015 HAVE IN STORE FOR YOUR BUSINESS?

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

OCKT Ltd, a leading Kerry Chartered Accountancy firm, will hold a Budget Briefing at 1.00pm on Wednesday 15th October 2014 at The Malton Hotel, Killarney to examine the implications of the Budget for businesses in Kerry. In conjunction with Killarney Chamber of Commerce, OCKT Ltd is hosting the briefing to share its thinking on the key developments from Budget 2015 with clients and members of the Kerry business community. The briefing will explain the salient points from the Budget in direct relation to businesses, as opposed to individuals, and will outline tax planning initiatives that can be taken prior to 31st December, so businesses are primed to tackle the budgetary changes as they are introduced. Speaking at the briefing will be Director of OCKT Ltd, Marcus Treacy, who specialises in corporate finance and corporate recovery. "This briefing will be a good opportunity for businesses to stay ahead of the budgetary measures, no matter what the outcome on October 14th. We are holding this forum to discuss the implications for businesses specifically, as historically media coverage comprehensively documents implications for individuals and not always those for SMEs themselves.



DIRECTOR OF OCKT LTD MARCUS TREACY

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

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

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

T: 064 6633444 ● F: 064 6634166

E: info@ockt.ie ● W: www.ockt.ie

CHAMBER MEMBERS ENJOY LUNCH

Members of Killarney Chamber of Tourism and Commerce gathered at the Dromhall Hotel yesterday, Thursday 9th October for their monthly lunch and to celebrate the fact that the Randles Family are celebrating 50 years of excellence in hospitality.

Another family to celebrate yesterday was the O'Callaghan Family who launched their new Coach Tours Brochure at the hotel.

Speaking at the lunch, President Johnny Maguire congratulated the Randles family and also spoke briefly about issues facing the town including rates. He also spoke about the

success of the Adventure Race and ATWS which were both held in the town over the past week. Terence Mulcahy speaking on behalf of Christmas In Killarney discussed plans for this year's festival and spoke about the need for sponsorship to ensure the event is as successful as always.

Finally Bernadette Randles addressed the group and outlined her families association with the Chamber over their 50 years in the hotel business and thanked everyone for their support in this important year for them.



ATTENDING THE LAUNCH OF 'CONNECT' MAGAZINE AT THE BROGUE INN ON THURSDAY NIGHT, LEFT ANNE LEANE, ARDFERT, CAOIMHE SCANNELL, (OUTLOOK MAGAZINES) DANNY LEANE, ARDFERT, AND KATHERINE MCCARTHY, (OUTLOOK MAGAZINES).

PHOTO BY JOHN CLEARY.

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Will I Lose weight?

The body wrap was designed to take off inches rather than pounds and we have never claimed weight loss with our wrap - but you will certainly feel firmer and slimmer.

How long does the wrap treatment take?

You should allow approximately 2 hours for the treatment. You will actually be in the wrap for 60 minutes, during which time you will be able to rest or have a relaxing treatment such as an Indian Head Massage or a Facial. The remaining time is taken up with undressing, measuring, wrapping etc.

How many wraps will I need?

It depends on what your goals are but we usually recommend 3 wraps for the rest results for accumulative inch loss.

What will the wrap do for my skin?

The wrap cleanses the skin all over the body, and our clients tell us that their skin feels much smoother and tighter. Many have not needed to lose the weight but simply to tone up certain areas. Clients with stretch marks will see real improvements immediately after being unwrapped, the stretch marks become less noticeable as the skin tightens.

Is there anyone who could not have the Universal Contour Wrap done?

We are unable to wrap clients that are pregnant, have emphysema or phlebitis. We ask you to fill in a simple health questionnaire before the treatment commences and many people who have had our body wrap have varicose veins, heart conditions, diabetes, asthma etc. There is nothing in the ingredients of the sea clay solution that will aggravate any condition, the Universal Contour Wrap is a totally natural and safe treatment that is used in hundreds of established salons.



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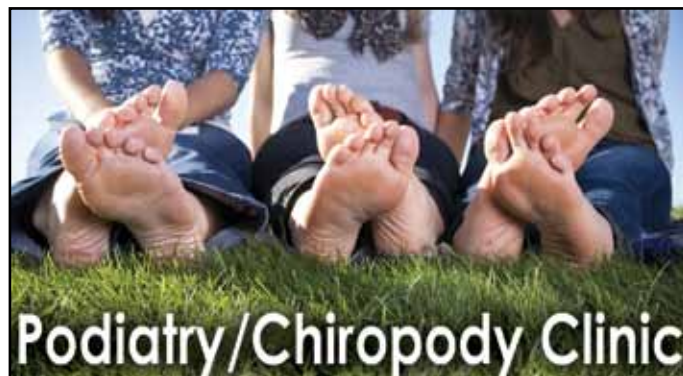
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Email: marie.moloney@oir.ie



EDDIE'S HARD WORK REAPS REWARDS IN KENYAN VILLAGE

Charity Champion Campaigner Eddie Sheehy and his daughter Triona spend their twelfth successive year with the The Kenya Education Project in the village of EmbulBul on a three week visit this summer.

With many negative pictures of Kenya making the news headlines in the past year but thankfully this year's trip was incident free and both Eddie and Triona were made very welcome by everybody in the village and felt safe at all times.

Fundraising efforts this year has allowed Eddie to support 41 students in primary and secondary school which continues to grow, giving young people the opportunity to attend school, a basic human right that is not accessible to all children in Kenya. This year saw the fruits of last year's fundraising with new desks and chairs purchased for the secondary school and tables and chairs provided for a dining hall in the primary school where last year children sat on the floor to eat their food. It is hoped

this year to use funds to furnish a library and computer room.

This year there was great excitement in Bro. Beausang School when the boy's soccer team qualified for the National Play-offs, a huge achievement for a new school which the Kenya Education Project has supported each year with the provision of playing gear and footballs. It was encouraging to meet past pupils of the school, either now in college or working knowing that having completed second level education they now have a brighter future. One such student is Stephen Oechieng who has been sponsored through secondary school and computer training courses by the project and who obtained a job with a computer company recently. He now rents his own flat, supports his mother with a monthly donation and enjoying the freedom of independent living.

As in so many years past, the work of the project would not be successful without the support of many groups and individuals in Fossa, Killarney



TRIONA SHEEHY PICTURED WITH SOME OF THE CHILDREN FROM THE VILLAGE OF EMBULBUL

and Kerry. To all who continue to support the Project so generously. Asante Sana all.

LEGION AND KEANES TEAM UP

Killarney Legion GAA club members will be looking very dapper when they don their new jerseys which are being sponsored by Keanes Jewellers in High Street.

The new shirt will be worn by all the children who attend the Saturday Morning Academy at their pitch in Direen.

This year Keanes Jewellers also teamed up with Killarney Legion and Kerry star James O'Donoghue who is the stores brand ambassador in Killarney.

The Keanes logo will now be emblazoned on the front of the Academy jersey in the club shop. To celebrate this new partnership between the club and Keanes Jewellers the powers that be at the club have teamed up with O Neills Sportswear, and bearing in mind the cost of replica jerseys in the retail market they are delighted to announce that the new Keanes Jewellers jersey will be available in the club shop for the unbeatable price of just €15.



KERRY STARS BRIAN KELLY AND JAMES O'DONOGHUE PICTURED WITH AMY WALSH.

HOPE AND HELP FOR PEOPLE WITH ADDICTION

Tiglin, a group who support life beyond addiction and offer help on Drugs, alcohol, self harming, depression and gambling are hosting a free open meeting on Saturday October 18th.

The meeting is open to everyone including people who have or know anyone with an addiction as well as parents who may need help or advice on addiction.

If you need free information for friends or your children or family members why not go along and hear real life stories of people who have walked free from addiction!

The meeting will take place on Saturday the 18th October @ 7 pm@ Killarney Court Hotel all welcome contact-

For more information contact New Beginnings Killarney 087 - 9743497 - 087 -7068533.

80TH ANNIVERSARY OF THE DEATH OF REV. PATRICK S. DINNEEN M.A. D. LITT.

Fr. Patrick S.Dinneen, the renowned lexicographer, poet and playwright - a native of Rathmore, Co. Kerry, died on the 29th September 1934. As a member of "Conradh na Gaeilge", he laboured unceasingly for the revival of the Irish language, when it was almost extinct at the beginning of the 20th century. Among his published works were three large volumes of "Foras Feasa ar Eirinn" - "A History of Ireland" by Geoffrey Keating, the edited works of the


Four Notable Kerry Poets, Aoghan O'Rathaille, Eoghan Rua O'Suilleabhain, Pierce Ferriter and Geoffrey O'Donoghue, together with the edited works of Tadhg Gaelach O'Suilleabhain and Sean Clarach Mac Domhnaill. He is reputed to have written the first historical novel in Irish "Cormac Ua Conaill". However, his greatest achievements were his two large dictionaries (1903 and 1927). He left an indelible mark on Irish literature through his 1927 dictionary. It

has been used by scholars both in Ireland and internationally, even up to this present time. He was awarded a Doctor of Literature for his lexicographical work and on his death he was granted a state funeral by the government. We are very grateful to U.C.C. for creating a digital form of the dictionary on the internet.

PEOPLE OF KERRY REMINDED TO 'STRAIGHTEN UP' THIS OCTOBER


Chiropractic Association of Ireland launch a week long campaign to improve posture and overall wellbeing Ireland, 24th September 2014: The Chiropractic Association of Ireland (CAI) is encouraging adults and children in Kerry to 'straighten up' during the sixth annual 'Straighten Up Ireland' Week. The campaign will begin on Monday 13th October and run for a full week to include World Spine Day, on Thursday 16th October. To further raise awareness on World Spine Day, the CAI is asking people to take a 'spine selfie' and share via social media using #worldspineday and #spineselfie. For a full list of Kerry CAI members and activity taking place in your local area for 'Straighten Up Ireland' Week please visit www.chiropractic.ie. 'Straighten Up Ireland' aims to raise awareness of spinal health among adults and children and encourage improved posture to help the people of Kerry to look and feel their best. The CAI has developed a series of simple everyday exercises, which will act to improve posture, stabilise core muscle groups, enhance health and prevent spinal disability. Taking a mere three minutes to complete, the exercises can be undertaken by people of all ages with a special program tailored for children. With fun descriptions like 'twisting star', 'the hummingbird', 'the rocker' and 'shaking loose', the whole family will be keen to get involved! Please visit www.chiropractic.ie for more information on the Chiropractic Association of Ireland, 'Straighten Up Ireland' Week and information leaflets advising how to do the exercises are also available for download.



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Their Special Day

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



MARIA O SULLIVAN FROM BALLAUGH CROSS KILLARNEY AND KEVIN O SULLIVAN FROM KNOCKEENDUBH TRALEE RD KILLARNEY WHO WERE MARRIED IN ST MARYS CATHEDRAL IN KILLARNEY AND HELD THEIR RECEPTION IN THE MALTON HOTEL IN KILLARNEY. PHOTO BY LANDYPHOTO.COM



MARIA O SULLIVAN FROM BALLAUGH CROSS KILLARNEY AND KEVIN O SULLIVAN FROM KNOCKEENDUBH TRALEE RD KILLARNEY WHO WERE MARRIED IN ST MARYS CATHEDRAL IN KILLARNEY AND HELD THEIR RECEPTION IN THE MALTON HOTEL IN KILLARNEY, MARIA SEEN HERE WITH ALL HER FRIENDS AT THE MALTON HOTEL.



MARIA O SULLIVAN FROM BALLAUGH CROSS KILLARNEY AND KEVIN O SULLIVAN FROM KNOCKEENDUBH TRALEE RD KILLARNEY WHO WERE MARRIED IN ST MARYS CATHEDRAL IN KILLARNEY AND HELD THEIR RECEPTION IN THE MALTON HOTEL IN KILLARNEY, KEVIN SEEN HERE WITH ALL HIS MATES AT THE RECEPTION.

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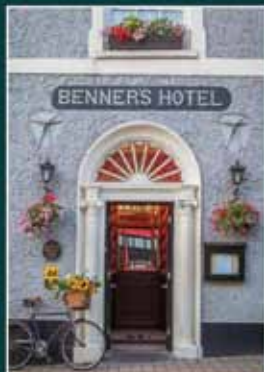



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OPEN NIGHT AT KILLARNEY COMMUNITY COLLEGE

Killarney Community College opened their door to prospective students and parents in the Killarney area this week on a night that was a tremendous success. Queues formed outside the college well before the evening was scheduled to begin. Once the doors were opened the college was heaving with excitement and anticipation. Parents and students of

both 5th and 6th class were scheduled on guided tours that were given by the teachers in the school. They got to see the classrooms, practical rooms, 4 IT suites and facilities that the college has to offer. Individual and practical presentations were given in the classrooms to the tour groups, this provided a great opportunity for parents to ask any questions that they

might have.

Parents and students enjoyed the warmth and friendly atmosphere that was evident throughout the evening from the teachers and students in the college. Enrolment will be accepted on Friday 10th October 2014 between 2pm-5pm and will close on Friday 24th October at 4.30pm.



MS. CARMELLA SHEEHY, MR. DONAL BROSNAV



CIARAN QUIGLEY, JACK TEAHAN, SEAN KELLIHER, ROSSA FOLEY, EIMEAR BURKE

MARK POLLOCK VISITS ST.BRENDAN'S

The adventurer, advocate and all round inspiration Mark Pollock visited St. Brendan's on Monday last. Students from 3rd, TY, 5th & 6th year viewed the recently released documentary film "Unbreakable" which charts the series of exceptional events which led Mark to lose his sight at 22 and in 2010 sever his spinal cord in a tragic accident. Filmed by his friend, Ross Whittaker, the documentary is at once heart-breaking and inspirational. Mr. Pollock participated in a Question and Answers session with the assembled students. Highlighting his role as an advocate

for research and development in the robotics, pharmacology and electrical stimulation which could serve as the avenue of hope for those who suffer from paralysis, Mr. Pollock underplays the incredible will power, determination and spirit so evident in his personal character which was so evident to all present. His visit offers a seminal message to us all in developing our own personal resilience. It was an incredible experience for all present at the Assembly. "Unbreakable" is on limited release nationally.



THE AUDIENCE AT ST. BRENDAN'S ENTHRALLED BY THE INSPIRATIONAL MARK POLLOCK

AUTHOR AT KILLARNEY LIBRARY

As part of Féile Leabhar na Paistí the Children's Book Festival 2014 Killarney library will welcome Author Erika McGann On Thursday, 23 October at 9.30 a.m. The reading is for 5th and 6th classes and places are limited.

For bookings please phone (064) 6632655



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Kerry ETB Training Centre



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

Wind Turbine Maintenance Technician Course (TR36R) – Tralee

This course is designed to provide the wind turbine industry with personnel who have the technical knowledge and skills to service and maintain large scale commercial wind turbines. It's aimed at skilled crafts persons who hold a recognised electrical or mechanical trade qualification and have a number of years hands-on practical experience in one of the related areas. **Start Date:** 3rd November 2014. **Duration:** 36 weeks. **Certification:** City & Guilds Level 3 Diploma in Electrical Power Engineering Wind Turbine Operations & Maintenance (2339-18/53).

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

If you wish to get started in a career in ICT this entry level course offers experience in the technical side of software development and computer networks. It's the ideal sample course for people considering a career in information and communication technology. Graduates of the course may progress to the IT Support Specialist Traineeship or Java Associate course. **Start Dates:** 24th November 2014. **Duration:** 17 weeks. **Certification:** Microsoft Technology Associate Certification (MTA) in Software Development Fundamentals, .Net Fundamentals, and Networking Fundamentals.

Manual & Computerised Payroll and Bookkeeping (ET0Z5) – Castleisland.

This course is for people who wish to develop a range of manual and computerised payroll and bookkeeping skills. It's designed for people with no prior experience in the topics. **Start Date:** 10th November 2014. **Duration:** 10 weeks. **Certification:** FETAC Level 5 Component Certificates in Bookkeeping Manual and Computerised and Payroll Manual and Computerised.

Heavy Goods Vehicle Driving Rigid (HGV) (ET394) – Killarney.

This programme provides participants with skills and related knowledge in the rules of the road, driving a heavy goods vehicle - rigid body, care and maintenance of the vehicle, loading and unloading the vehicle, customer care, and documentation. **Start Date:** 3rd November 2014. **Duration:** 10 Weeks. **Certification:** Class C Driving Licence, RSA Driver Certificate of Professional Competence, FETAC Minor Award for Counterbalance or Reach Forklift Truck Driving, and ADR Certification for Drivers.

Surf Instructor and Beach Lifeguard Course (ET1Z3) – County Kerry.

The course offers participants the opportunity to develop the knowledge, skills and competencies to work as surfing and outdoor activity instructors. Participants will also receive lifeguarding and aquatic first aid qualifications. **Start Date:** 3rd November 2014. **Duration:** 25 weeks. **Certification:** Surfing Skills Instructor Level 1 – Irish Surf Association (ISA), Royal Lifesaving Society (RLSS) National Beach Lifeguard Qualification, and Aquatic First Aid & Cardiac First Response (PHECC) Certification.

Reception and Clerical Skills (ET0N1) – Killarney.

If you are a friendly, polite and confident person with good verbal and written communication skills and would like to work as a receptionist this is the course for you. **Start Date:** 13th October 2014. **Duration:** 15 weeks. **Certification:** FETAC Level 5 Component Certificates in: Information and Administration, Word Processing, and Customer Service.

Information & Communication Technology Course (ET45R) – Killarney.

This course is an excellent starting point for people wishing to develop their knowledge, skills and competence in a range of information and communication technologies. It's an entry level course for people who are eager to work with computers and learn a range of practical computing skills. **Start Date:** 20th October 2014. **Duration:** 20 Weeks. **Certification:** FETAC Level 3 Major Award in Information and Communication Technologies.

Digital Web Design Course (ET3Z6) – Dingle.

This course is for people who would like to combine creativity and computer skills to design, build and redesign web sites. The work involves formulating ideas, visualising the finished product and having the technical skills to build and commission web sites. **Start Dates:** 24th November 2014. **Duration:** 15 weeks. **Certification:** FETAC Level 5 Component Certificates in: Computer Illustrated Graphics, Web Authoring, and Work Experience.

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

Kerry ETB Training Centre,

Monavalley Industrial Estate, Tralee,

TEL: 066 7149600, E-mail: training@kerryetbtrainingcentre.ie

Entry requirements and other information on our courses are available at www.solas.ie



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Budget 2015 Lunch Briefing Invitation



Date: Wednesday 15th October 2014
Venue: The Malton Hotel, Killarney
Time: 1.00pm – 2.00pm

In association with Killarney Chamber of Commerce.

The Briefing will explain all of the main points from the Budget and, where possible, suggest any tax planning initiatives that can be taken prior to 31 December 2014.

Please pre-book your place by Monday 13th October by email at info@ockt.ie or by phone on 064 6633444.

We look forward to seeing you there.

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- Get free information for friends or your children or family members !

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Free open meeting on **Saturday the 18th October at 7 pm**
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HEALTH, WELL-BEING & HOLISTIC DAY

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LOCATION: TRAVEL INN, KILLARNEY
DATE: SATURDAY 18TH OCTOBER
TIME: 11 AM-4 PM

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KILCUMMIN NEWS

KILCUMMIN COMHALTAS: We would like to thank all of our members who represented Kilcummin Branch so well at the County, Munster and All-Ireland Fleadhanna. Our AGM will be held on 13th October at 8pm in the Rural Development Office, all welcome.

GARDENING COURSE: Kilcummin Looking Good in conjunction with Kerry ETB are organising a 12 hour Course in Gardening. Fee €20. For further info contact John on 086-1579381.

COOLICK/BALLINAMANAGH WATER SCHEME: The takeover of the above Scheme is near completion. New connections/repairs please contact Kerry Co. Council / Irish Water. Tel: 066-7183503. Members of above are getting water from the Public Water Main. This information is for the purpose of completing the Irish Water Application Form for allowances.

ICA: A Knitting session will be held on Wednesday 15th October at 8pm in the Rural Development Office.

GAA NEWS:

GOLF: Billy Doolan's Presidents prize held in Beaufort Golf Club on last Saturday proved to be a great success with a big turnout and some great scoring on a challenging course. Well done Tony Sugrue who captured the main prize with 38 pts followed closely by Micheal Doolan (2nd), Joe Scanlon (3rd) and Tadgh Kelly (4th). Philip O'Connor (Fr.9) Humphrey Kerins (Bk 9)

O'DONOGHUE CUP PRELIMINARY RD:

Scartaglen 0-8 Kilcummin 4-13.

O'DONOGHUE CUP QUARTER FINAL

Kilcummin V Currow this Sunday October 12th in Kilcummin at 3.30pm

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

RAMBLING HOUSE: In the GAA clubhouse on first Friday of every month. Come along and sing, dance play or just listen. Great nights guaranteed.

EAST-KERRY MINOR LEAGUE DIV 3 FINAL:

Cordal / Scartaglen 0-6 Kilcummin 2-3.

A goal in either half proved decisive in this hard fought final played in very difficult conditions



KILCUMMIN GAA GOLF SOCIETY PRESIDENTS DAY PRIZE PRESENTATION IN THE GAA CLUB ON SATURDAY NIGHT. L. TO R: TADGH KELLY 4TH, DENIS CASEY "CAPT" PHILIP O'CONNOR NEAREST THE PIN, AND BACK NINE. TONY SUGRUE "WINNER" EILEEN DOOLAN, JOHNNY DOOLAN (REPRESENTING 2ND PAGED MICHAEL DOOLAN,) JOE SCANLON 3RD, HUMPHREY KERINS FRONT NINE, BILLY DOOLAN PRESIDENT.

in Scartaglen last Sunday. This was a good team performance with some great passages of play from our lads and great credit goes to them and their management team for this win in what was a long difficult year.

SCÓR NA NÓG: Commences on 18th October. Further information contact Frances on 0860773722

U12 BOYS: We play Glenflesk in the East Kerry League on Sunday 12th at 12 noon in Glenflesk. U12 Girls play Firies away in the East Kerry League final on Saturday 11th at 5pm.

PHOTO SHOOT: Photo Shoot at the GAA Academy on Saturday 11th for the club's 2015 calendar. All players are asked to wear club colours on the day.

CONGRATULATIONS: To a very talented under 12 girls squad. In the under 12, County Final, Kilcummin defeated Laune Rangers on Saturday 4th October with a score line of 3:5 - 1:7. Eabha Dywer was resilient in goal for Kilcummin while Ava Leslie, Liadain O'Conner and Claire Staggs held up the full back line with commitment and fantastic determination. The combined energies of Aisling Burke and Ailbhe Brosnan ably assisted the heroic Jessica O'Neil in the half back line. Bébhinn Brosnan and Anna Hannigan worked long and hard in midfield. Abby O'Leary, Jenny Healy and Elena Doherty were outstanding in the half forward line while Olwyn Evans, Shauna O'Donoghue,

Aoireann Moriarty showed skill and tenacity in the full forward line.

Laune Rangers opened the game strongly with an early lead and held on to that lead until just before half time. Points from the Kilcummin full forward line and a goal just before the interval from the brave Kilcummin girls made the game level at half time. In the second half Lillie Foley came on at centre back and steadied the ship with Jessica O'Neil moving to midfield. Despite two early points from Laune Rangers Kilcummin struck back with two goals to win the game at full time. Well done to both teams for a brilliant display.

SYMPATHY: Sympathy is extended to the family of the late Patrick Culloty, Rathanane who died recently. May he rest in peace. The Club extends its sympathy to the relatives of Michael O'Sullivan who died during the week.

MASTERGEEHA F.C.

LOTTO: There was no winner on Friday 3rd October. Numbers drawn were 10, 20, 21 & 23. Consolation prizes were €100 Marie Curtin, Knocklebede, Kilcummin; €60 Dermot Clifford, FSS, Dept. of Justice; €30 Noreen Murphy, Clonkeen, Killarney; €30 Kay O'Leary, Mastergeeha, Kilcummin; €30 Nora Murphy, FSS, Dept. of Justice. Draw every Friday night in the Village Inn, Kilcummin. Jackpot now €14,550.



Killarney Outlook
Supporting Breast Cancer Awareness

STAFF MEMBERS FROM PAVERS SHOES IN THE OUTLET CENTRE SPENT SOME OF THEIR TWO WEEKS OFF, WHILE THE STORE WAS BEING REFURBISHED, VISITING RESIDENTS AT OUR LADY OF LOURDES NURSING HOME IN KILCUMMIN.

THE GIRLS BROUGHT TREATS AND PRODUCTS FROM THE STORE ON THEIR VISIT AND SPENT TIME CHATTING TO THE RESIDENTS AND STAFF.

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Home insulation has many benefits that we are usually not aware of. You could ask: "Does insulation really make such a difference to a house?". The answer is "Yes". The warm air created by heating your house attempts to continuously exit the house through the windows, doors, floors and walls. This means that your heating setup has to work even harder and this ends up with wasted energy consumption. Insulating your house can create far greater warmth and can indeed make a very big difference. It can make a 20% reduction in household electrical bills. If you fail to insulate properly you can lose up to 50% in consumption all the time, especially in cold weather when you really need that extra warmth. From a maintenance point of view, the more insulated the house, the better the long-term maintenance of it is. Insulation takes away the problem of dampness and condensation inside and outside the building. This results in less re-

painting and re-plastering. From the point of view of the environment, badly or non-insulated houses end up using more coal, wood, peat and other non-renewable fossil fuels. This increases further amounts of fossil fuels and their chemical byproducts in the atmosphere. There are less carbon emissions in your house if it is well insulated as it will need less non-renewable fuels. So, once again, the answer to the question of whether insulating your house really makes a difference is that it does - and it will save you money and prevent more harmful contributions to the environment!



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FIVE WAYS TO PREVENT DRAFTS FROM WINDOWS AND DOORS

We all know how upsetting and cold drafts can be. Cold breezes are bad for colds, flu, bronchitis and your general physical comfort and are especially unpleasant during the Winter, which is just around the corner!

1. Windows and Doors Draft Snakes: The old favourites! All sorts are available in hardware stores and other shops, and are an excellent (if ancient!) method to keep those drafts out. You can even make your own by filling an old knee sock with cloth or rice.



2. Window Insulator Kit: Available from manufacturers like 3M, these are very effective ways to trap heat and prevent draft leaks through your windows. It's made of a clear, plastic material and placed over the window and you use the included double-sided tape around the window edges to seal it.

It's a great, cost effective way to trap heat and prevent it from escaping and cold breezes coming in.

3. Applying Self Adhesive Foam Weather Stripping: This is an excellent way to seal your house's doors and windows. If your windows or doors are leaking heat or receiving drafts, this rolled up product is easy to install. You just apply it to the outside edge of a doorframe or at the bottom of a leaking window pane. Choose the smallest quantity that will seal the spaces and then just peel and stick. Make sure you don't make the foam piece too big as you could have trouble closing the door or window.



4. Window Film: This can be used to insulate the entire pane of glass. This product can be found in any hardware store and come in a variety of styles. Several of the products are to be stretched across the frame from the inside, then shrunk into position and proper fitting with the use of a hair dryer. Some others insulate from the outside. Decorative styles are available, particularly the frosted effect style film.



They come usually in rolls and can be cut to requirements of size.

5. Layered or Insulated Curtains: These, or curtains made from heavy thick fabric, over draft prone windows are very effective. They are especially effective when used with other methods of draft exclusion, such as window film. Black out curtains, which completely keep light from shining through the curtain, also help keep out drafts due to their heaviness. If you are preparing for a Winter like last years, and are already experiencing drafts from your door and windows, make sure you use some of the above steps and products to help keep those drafts and heat in!



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**Contact: Tom 0868138252
Patrick 0874177070**

Fitzgibbon Interiors have been Kerry's leading stove and fireplace specialist for over 25 years. For this 2014 Winter heating season we once again aim to cater for all your heating needs. In store you can find the latest range of Irish and UK stoves including leading brands such as Henley, Stovax, Stratford, Dimplex, Esse, Yola, Dru and Trinity Stoves. We also supply the exquisite Bertoneri marble fireplace range and a full professional fitting service is available.

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**"We have a wide range for this 2014 Winter Season &
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The Gardai have suggested the following steps to prevent theft of the contents of your fuel tank.

1. Where possible try to take

smaller and more regular oil deliveries.

2. Check your oil levels frequently.

3. Erect fencing and trees or shrubs to block the tank from public view.

4. Install automatic sensors and security lighting around or close to the tank.

5. Be vigilant....thieves may return to steal replacement oil after an initial theft.

6. Note suspicious vehicles registration numbers and report them to Gardai.

8. Install and use lockable gates and erect lockable fencing around your tank especially over the top.



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FOSSA NEWS

FOSSA GAA: Fossa Lotto 5th October 2014. Numbers Drawn: 3, 9, 19, and 24. Jackpot: €5,700. No Jackpot Winner: Consolation Prizes 5 x €40: Johnny Culloty, O'Sullivan's Place Killarney; Pat Griffin, Two Mile School; Geraldine Keane, c/o Dept of Justice; Valerie Foley, Ballagh Beaufort; JDAGL, c/o Golden Nugget. New Jackpot: €5,850. Tickets on sale at the Golden Nugget Bar, The Travel Inn, The Old Killarney Inn, Foley's Spar shop Fossa, The Laurels Bar, Killarney and from committee members. Next draw takes place on Sunday night October 12th 2014 at the Golden Nugget Fossa at 11p.m. Thanks to everybody who supports our Lotto each week as well as all those who sell tickets.

SENIORS: Currow emerged victorious over our seniors in the preliminary round of the O'Donoghue Cup at Fossa on Saturday October 4th. Five points separated the sides at the final whistle Currow 2-17 Fossa 1-15. The decisive scores were the two Daniel O'Shea goals for Currow in the 23rd minute of the first half, and the defining one just after the restart. For the Fossa goal in the 21st minute Fintan Coffey won the kick out, soloed along the left wing and passed accurately to Paudie Clifford, whose fast pass found Tadhg O'Shea at the edge of the square and O'Shea made no mistake for the game's first goal to put Fossa 1-6 to 0-7 ahead. Within a minute Daniel O'Shea collected at the edge of the square from a John Daly pass to raise a Currow green flag. At half time Fossa were 3 points behind 1-10 to 1-07. During this half Colin Myers made a number of impressive saves in the Fossa goal. With 15 minutes to go Fossa were eight adrift but fought back strongly. The defence worked hard and kept Currow scoreless. Currow worked hard to defend its lead as Fossa piled forward in waves. A string

of points from Fintan Coffey, Tadhg O'Shea, Paudie Clifford and Lorcan Daly saw Fossa finish strongest. Next up for Fossa is the final of the East Kerry Intermediate Championship (Fr Galvin Cup) v Listry on Sunday next October 12th at 12:00 noon, venue to be decided. On Sunday October 19th we travel to Valentia for the semi final of the County Novice Shield.

MINORS: Fossa travelled to Currow on Sunday morning October 5th and recorded a good 5-17 to 4-05 win over the locals in the East Kerry Championship. Good team performance after long layoff. Good work rate shown by all the players, Great to see Daniel O'Connell back in flying form. They next meet Glenflesk in the semi final, the date for this game has yet to be decided.

COISTE NA NOG: Both under 12 teams had good wins over Kenmare in Group A of East Kerry at Fossa on Sunday morning last. On next Sunday morning October 12th we will host Killarney Legion throw ins at 12 noon.

LADIES FOOTBALL: Fossa U15 Ladies played Legion in the A championship final on Sunday evening in Fossa. Despite the atrocious conditions with strong winds and heavy rain, both teams played fantastic football on the day. Fossa started brightly and led at half time by 4 points. Legion fought back strongly and the game was level with 10 mins to go at 5-4 each. But Fossa were not to be beaten and finished with 2 great goals from Ciara Griffin and Hannah O'Donoghue to win our first ever Under 15 championship. Lauren Rintoul accepted the trophy as team captain. Team mentors - Mike Moynihan, Batt McGlynn and Fiona Whelton have done incredible work with this bunch of girls not just this year but over the past 4 years, Well done to all involved.

SCÓR: East Kerry Scor na Nog will take place

in Fossa Community Centre on Saturday week 18th October starting time 1pm.

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

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

FOSSA COMMUNITY HALL FASHION SHOW: The Annual Fossa Community Hall Fashion Show will be held in the Hotel Europe on Tuesday next 14th October. The show will feature the latest fashion from Wardrobe, Pillbox, Bijou Boutique, Penneys, Jasmine, Macbee's, New Look, Kerry's Boutique, Wisteria and Formally Yours. The best dressed lady prize will be sponsored by Keane's Jewellers Killarney, there will a door prize and raffle prizes. Cheese and wine reception at 7.30pm and show at 8pm. Tickets are €15 and available from participating shops, Jaspers Beech Rd., and Tim Kissane 087 241 3116.

FOSSA NOTES: If anybody has any item they would like included in the notes, please email information to Gene Moriarty at genemoriarty2014@gmail.com Please forward information on or before Sunday at 10:30am.

BEAUFORT NEWS

BEAUFORT RAMBLING HOUSE: The next session will take place on Saturday, October 25th in Community Hall in Beaufort. Doors open at 8.30p.m. Great evening of music and song, craic and story telling. Teas and Refreshments served.

GAA: Lotto results for jackpot of €2,600 was held in Kate Kearney's Cottage on Sunday, 5th October. Numbers drawn: 2, 6, 20, 23, Congratulations to William O'Shea, Keel who was lotto jackpot winner.

KERRY LIFELINE AT SOUTHWEST COUNSELLING CENTRE: Seminar 'Reaching out to the Community', the aim of which is to promote positive mental health amongst our people has to be postponed until later in October. New date will be available next week. This seminar is for parents, players, coaches and the wider community. Time of seminar will be available next week.

GYM: Opening hours from 1st October will be from 7am to 10pm.

CLASSES: Autumn Exercise Class Programme begins this week. Thursday, 7.15pm to 8.15pm Quickfit, toning, strength and conditioning. Friday 10 am to 11am Intermediate pilates. Friday 11.10am to 12.10 Active retired gym, pilates. Minimum 10 per class. Information from Bridget 087 9975737

MID KERRY SENIORS: Will play in the semi-final of the Co Senior Football Championship after a good win over Laune Rangers on Sunday last.

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- **GET FIT FOR THE FESTIVE SEASON WITH EDELE AND THE KILLARNEY OUTLOOK**
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- From Fun Get Fit Classes to nutritional and motivational advice
Fitness expert **Edele Daly** will be on hand to guide you through the six weeks.
- **To be in with a chance to win this great prize •**
Just let us know why you would like to get fit, have fun and look good in less than 400 words.
- Everyone who enters this competition will receive a special rate for Edele's classes.



Entries can be sent to the Killarney Outlook Office,
30 High Street, Killarney before Friday October 17th
Terms and conditions apply.

RATHMORE /GNEEVEGUILLA NEWS By Michael O'Mahony

FASHION SHOW: Fashion show in aid of Friends of the children of Chernobyl Rathmore at community centre Rathmore on Thursday 16th October 2014 Tickets €10 Available from Host Families, Committee Or Tel (0876323922/ 086 0663369/ 086 2439645, spot prizes.

80TH ANNIVERSARY OF FR. PATRICK S. DINNEN: Monday the 29th September last was the 80th anniversary of the death of famous lexicographer Fr. Patrick S. Dinnen, of Corran, who died on 29th September 1934. He labored unceasing for the revival Of the Irish language. As a reward for his great work he was honored with a state funeral. His 1927 Irish-English Dictionary is used internationally by students studying the Irish language. May he rest in peace.

SLIABH LUACHRA COMHALTAS: The Annual General Meeting of sliabh Luachra Comhaltas will take place this Wednesday 15th October at 9pm in the Le Ceile Room, Gneeveguilla. All members are asked to attend and new members are always welcome. Memberships for the coming year 2014/2015 are now due-€20 family. €10 senior and €6 junior, this can also be paid on night of A.G.M. Membership forms are available from the secretary Maureen Dalton, 0872871357. Many thanks to everyone that supported our recent cloths collection and also thanks to the Gneeveguilla GAA. For the use of the hall.

RATHMORE CREDIT UNION ART COMPETITION: This week the credit union deliver the posters for Art Competition to all schools. The closing date is the 22nd October. This competition allows children self expression, imagination and creativity so we look forward to a big entry of posters. We thank especially the parents and teachers for their co-operation in taking part in the competition.

SYMPATHY: To the family, relatives and friends of Mary Frances Cussen (née Teahan)

Gortskeagh, Charleville, Cork / Gneeveguilla, whose death occurred last week. May she rest in peace.

32ND NATIONAL DAIRY SHOW: National dairy show Saturday 18th October 2014 from 9.00am. Green Glens Arena, Millstreet, the show will be opened by Darragh McCullagh of " Ear to the Ground" RTE Cameras will be there on the day to film for an episode of " Ear to the Ground". Farm Model Displays, Artisan and Food Village, Face painting, Kids corner, Bouncing castles and lots more. Ireland top holstein Friesian and jersey cows. Zoetis farm forum. Getting you house in order". Large Exhibition of Trade stands. National Dairy innovation Awards.

Great family event, all indoors - Family tickets available! check out www.nationaldairyshow.com

RATHMORE LADIES FOOTBALL: Rathmore played Fermoy in the Munster Junior Semi Final last weekend. Despite playing fantastic football the young Rathmore side were 1 point down with 4 minutes left, but a lucky goal from the physically strong Fermoy side was the defining moment in the game. Fermoy won on a scoreline of 3 goals 8 points to Rathmore 1 goal 10 points. Well done to all the girls who played fantastic football all year winning the Junior A County and just coming up short last weekend. Rathmore qualified for the Div County U16 A Final by defeating Listowel. Rathmore 4 goals 13 pts Listowel 4pts.

RATHMORE GAA CLUB: Lotto results for 29/9/2014 number draw 4, 7, 17, 29. No winner of the jackpot. Next week's jackpot is €3,800 consolation. Prizes €40, O' Keeffe's XL gift voucher: Paudie O'Mahony c/o Karen O' Mahony, €40 Ciara and John c/o Old Chapel Bar. €40 Stephen Heelan Knocknagree. €40 Jerry Kelliher c/o Local-lotto. €40 Dan Shine c/o Mike Murphy.

EK O'DONOGHUE CUP

FIXTURES: Rathmore play Glenfesk this Sunday October 12th at 2pm.

RESULTS: East Kerry Minor Div 2 Championship semi-Final Rathmore 2-11. Gneeveguilla 2-8 Final score after extra time, played in Gneeveguilla on Sunday last.

EOIN HERLIHY KNOCKNAGREE: Would like to thank all of the people who gave sponsorship to him when he did Treasna na nGleannta 65 km cycle on Sunday. It was in aid of the CUH, cork and stroke. 100 euro was raised. Eoin Herlihy.

RAFFLE WINNERS IN THE DECLAN O'DONOGHUE EUROPEAN AND WORLD TRIATHLON FUNDRAISER:

1. All Ireland tickets - Jamieson Hughes, Rathmore.
2. B & B Ross Hotel - Trevor Grattage, Tralee.
3. Dinner for 2 Aghadoe Heights - John Coleman, Millstreet.
4. Dinner for 2 in Dail Eireann - Margaret O'Leary, Castleisland.
5. Leisure centre membership - Siobhan O'Leary, Headford.
6. Spa Voucher - Kevin Cronin, Ballyhar.
7. Dinner for 2 in the Royal Hotel - Anne Devane, Tralee.
8. Dinner for 2 Lord Kenmares - Donal Murphy, Ennis.
9. Breakfast for 4 Arbutus Hotel - Patrick Culloty, Killarney.
10. 50 euro voucher Scotts hotel - Ann Shiels, Tipperary.

Declan would like to extent his sincere gratitude to all those who supported this raffle.

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

SPA NEWS WITH ANNE HOLLAND

SYMPATHY: Is extended to Celine Healy and family, Kilbrean on the death of her brother Michael O'Sullivan late of Daltons Avenue who passed away at the weekend. Michael was a former playing member of the Legion GAA club and also played minor football for Kerry. Both Michael and his family had a long involvement with Commercial Rowing Club. May He Rest In Peace.

WINNING STREAK: Congrats to Spa footballer

Jim Morriss The Park on his successful appearance on the National Lottery Winning Streak programme at the weekend, Jim managed to scoop in excess of €30,000.

PARISH MISSION: All clubs and organisations in Killarney Parish are invited to participate in the Parish Mission which commences on Sunday October 19th.

KERRY COUNTY BOARD WILL BE RUNNING

AN AWARD 1 ADULT FOOTBALL COACHING

COURSE IN NOVEMBER: The course will run for 6 nights and is aimed at coaches involved with teams from Minor upwards - coaches that attend will be certified with an Award 1 Adult Coaching Qualification. If you are interested in doing the course please contact Club Secretary on 087 6332773 before Friday 10th October. Places are limited. Cost of the course is €25 per person



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GLENFLESK NEWS

WITH DONAL KELLY

INTERMEDIATE CHAMPIONSHIP SEMI-FINAL:

The Glenflesk senior team, sponsored by the Jarvey's Rest, were defeated by Spa in the semi-final of the Intermediate county championship, played in Fitzgerald Stadium on Saturday October 4th, on a scoreline of Glenflesk 0-13 Spa 4-13. The first-half was evenly contested and there was just two points between the sides at half time, Glenflesk 0-7 Spa 1-6. Despite the final-score, Glenflesk remained in contention for most of the second-half, thanks in no small part to the free-taking of Lee O'Donoghue. However, the concession of three second half goals proved decisive and Spa were deserved winners on the day. A young Glenflesk side can take heart from their achievement in reaching this stage of the competition and their development augurs well for the future.

GLENFLESK GAA LOTTO WINNER:

Glenflesk GAA Club Lotto draw was held on Monday the 29th of September 2014, in the Kerry Way. Congratulations to Denis Hickey (Rusheenmore, Glenflesk) who won the jackpot of €5,200. Numbers drawn: 3, 10, 18, 20. Seller:

Ruairi O'Sullivan. Next club lotto draw will be held on Sunday the 12th of October 2014, in John Dan's, Jackpot: €2,000.

O'DONOGHUE CUP: Glenflesk play Rathmore in the first round of the East Kerry Senior Championship in Glenflesk, on Sunday next, October 12th at 2pm.

COISTE NA NÓG U10: The Glenflesk U10s played in the Tommy Kelliher memorial tournament on Saturday October 4th in Rathmore. They had good victories over Gneeveguilla, Ballydesmond and Kenmare, before losing out by a single point to Kilcummin in the final. Well done to all the players and their management team of Ian Harrington, Patrick Lucey and Pat Healy.

LADIES FOOTBALL U14: Congratulations to the Glenflesk U14 girls team who defeated Furies in the East Kerry final played in Glenflesk on Sunday October 5th, on a scoreline of 6-4 to 3-5. Well done to both teams for braving the very wet and windy conditions.

U10 TOURNAMENT: Glenflesk Coiste na nÓg are organising an U10 invitational tournament in Glenflesk on Saturday October 18th from


10am.

RAHEEN BINGO: Fun, fundraising bingo on the Bank Holiday weekend, Saturday October 25th at 8:30pm in Raheen school. €10 per book including refreshments. All welcome. Congratulations to Eamon Bowler who had the winning lotto number 6 on Saturday October 4th.

LIAM LAWTON - KNOCKANES NS: The Parents' Association in Knockanes national school are hosting an evening of reflection with Liam Lawton in the Sacred Heart Church Barraduff on Sunday the 30th of November at 8pm. Tickets, priced €20 per seat, are on sale by calling 087 2707899 or 086 8736532. Limited availability – tickets available by advanced purchase only.

RAMBLING HOUSE: Don't forget the Rambling House returns to St. Agatha's Community Hall Glenflesk on Saturday November 15th.

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



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

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'SLEEP DISORDERS' MAIN TOPIC OF SAFETY LECTURE TO MARK IRISH ROAD SAFETY WEEK

The Road Safety Authority (RSA) held their fifth Annual Academic Road Safety Lecture, marking the first day of 'Irish Road Safety Week' which runs until Sunday 12 October. The theme of the lecture was 'Fatigue, Sleep Disorders and Driving Risk' and was attended by over 100 road safety stakeholders.

The 7th annual 'Irish Road Safety Week' is taking place nationwide this week. The RSA is urging people to get involved in this national drive to save lives, as statistics show that road fatalities are almost as high as last year, when we experienced the first increase in road deaths since 2005.

Speaking at the lecture, Ms Moyagh Murdock, CEO of the Road Safety Authority said: "The lecture brings together road safety stakeholders to learn from national and international experience of how sleeping disorders, in particular sleep apnoea and sleepiness, impact on our ability to drive. Evidence suggests that driver fatigue and sleepiness is a factor in 1 in 5 collisions, and for those suffering from sleep apnoea, the risk of falling asleep at the wheel is up to 7 times greater than the general population. In a recent RSA Survey of Driver Attitudes & Behaviour (2013), 1 in 10 Irish motorists admitted they have fallen asleep at the wheel. The lecture will explore these challenges presented by sleepiness and sleep disorders and examine ways to mitigate driver risk."

Prof Walter McNicholas, who presented at lecture, said: "Untreated sleep apnoea is associated with high levels of sleepiness, which makes driving incredibly dangerous. When treated effectively, sleep apnoea is incredibly manageable, so awareness of the signs and early diagnosis is key. International literature from a number of different countries shows an average of 20-25% of all collisions on motorways are caused by excessive sleepiness. If you are tired behind the wheel, the best

intervention is to pull over and sleep for 15-20 minutes. However, this is a short term measure, and will only revive a driver for up to an hour." To date this year, 146 people have been killed on Irish roads, a decrease of 1 when compared to the same period last year. This week, road safety activities will take place around the country to promote the need to stay safe on the roads. A full list of these activities is available on www.rsa.ie



TOP 10 TIPS FOR WINTER DRIVING

Taking a number of simple precautions can ensure safety on Irish roads during winter. Don't get caught out if severe weather hits, make the necessary checks on your vehicle now.

There are a number of simple precautions the RSA advises for driving over the winter months:

1. Check your tyres... they are your only contact with the road. Tyres should be at least the minimum legal tread depth of 1.6mm but need to be changed before they get this worn. Tyres need to be to the correct tyre pressure to give the motorist the best chance in extreme conditions.

2. Use your lights. As we come into the winter months, motorists are advised to use dipped head lights during the day so you are easily seen. Headlights and taillights should be in working order.

3. Understand your brakes. Check your car manual and find out if your vehicle has safety assist technology such as Electronic Stability Control (ESC) or Anti-Lock Braking System (ABS). Learn how these technologies can assist your driving in harsh weather conditions.

4. Safe Distance. It takes longer to stop a car during the winter weather so slow down and allow extra distance between you and the car

in front.

5. Make sure you can clearly see. All too often motorists do not de-fog or de-ice windows and mirrors which can compromise visibility. This winter ensure windows and mirrors are clear, and carry a de-icer and screen scraper. Do not use boiling water as this can crack the windscreen.

6. Beware of "Black Ice". Black Ice is one of winter's biggest hazards as it is difficult to see. Watch out for sheltered/shaded areas on roads, under trees and near high walls.

7. Be prepared. During these winter months it is advised that motorists carry a number of essentials in the boot of their car.

- 1) High visibility vest
- 2) Spare fuel
- 3) Appropriate footwear in case you need to leave your vehicle e.g. boots
- 4) A hazard warning triangle
- 5) Spare wheel (Check that your spare wheel is in good condition and is fully inflated. Some cars may have an inflation repair kit instead of a spare wheel. Make sure that you know how to use it.)
- 6) Tow Rope
- 7) A shovel

8) De-icing equipment (for glass and door locks)

9) Spare bulbs

10) First aid kit

11) A fire extinguisher

12) A working torch

13) A car blanket, additional clothing & some food and water

8. In the event of a breakdown. Drivers need to ensure their vehicle is well in off the road so as not to obstruct other vehicles. The driver should also put on their hazard warning lights. If the vehicle breaks down on the motorway pull in as far as you can, alerting traffic behind you with hazard lights. The driver should leave their vehicle, get behind the barrier (on the embankment) and call the Gardaí, on their mobile phone or roadside telephone.

9. Keep up to date. Listen to local weather and traffic reports. Pay heed to the weather warnings alerting drivers of unsafe and dangerous driving conditions.

10. Check out the RSA's publication 'Severe Weather Advice for Road Users' for more detailed advice on what to do if severe weather strikes!





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WELL DONE EMMA

CONGRATULATIONS TO EMMA DINNEEN FROM ST. BRIGID'S SECONDARY SCHOOL, KILLARNEY, WHO PLAYED WITH THE IRELAND U16 BASKETBALL TEAM DURING THE SUMMER AND WILL BE ON THE TEAM TO PLAY AGAINST ENGLAND THIS OCTOBER. EMMA PLAYS BASKETBALL LOCALLY WITH ST. MARY'S CASTLEISLAND.

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OUTLOOK RECIPES

Pear , Chocolate and Almond Traybake

Submitted by Kathy Brosnan, Applecroft, Killarney
and enjoyed by all the staff at the Killarney Outlook

Ingredients

- 225g softened butter
- 225g caster sugar
- 1 tsp vanilla extract
- Zest of one lemon
- 4 free range eggs
- 225g self-raising flour
- 3 tbsp milk
- 3 pears – peeled, cored and sliced
- 3 tbsp raisins
- 3 tbsp flaked almonds
- Honey to glaze
- Dusting of icing sugar



Method

- Preheat oven to 180° and grease and line a 9-inch square tin.
- Place the butter, sugar, extract and lemon zest into a large bowl and whisk together until pale and creamy.
- Gradually beat in the eggs.
- Sift over the flour and fold in with a metal spoon adding the milk.
- Pour the mixture into the tin and level the mixture with a spatula.
- Arrange the pears and chocolate chips on top, pressing them in gently.
- Scatter over the raisins and almonds.
- Bake for 45-50 minutes until risen golden and firm to the touch.
- Brush all over with a little heated honey.
- Leave to cool in the tin, then dust all over with icing sugar.
- Cut into squares and enjoy.

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KILCUMMIN MINOR TEAM WHO WON THE EAST REGION LEAGUE DIV 3 FINAL ON SUNDAY 5TH OCTOBER.

EAST KERRY NOTES

By: Áine Ní Shúilleabháin PRO

FIXTURES: Aquila Club O'Donoghue Cup

Sponsored by The Aquila Club, Gleneagle Hotel

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11th October 2014 First Round:

Gneeveguilla V Spa at 4pm.

Quarter Final: Firies V Legion at 4pm.

12th October 2014

First round: Glenflesk V Rathmore at 2pm.

Quarter Final: Kilcummin V Currow.

Fr Galvin Cup Final

Sponsored by The Aquila Club, Gleneagle Hotel

Extra time if necessary. Listry V Fossa

Venue TBC.

AQUILA CLUB O' DONOGHUE CUP – FIRST ROUND

CURROW 2-17 FOSSA 1-15

This was a most enjoyable competitive game, in the first round of the Aquila Club O'Donoghue Cup, senior championship, sponsored by the Aquila Club, Gleneagle hotel. Played at Fossa on Saturday evening, there were no more than three points between the sides in the first half. The sides were level at 0-2 apiece after seven minutes and on the twentieth minute, the sides were level again at 0-6 apiece. Fossa took the lead with a well worked goal finished to the net by Tadhg O'Shea. Currow replied with a Dan O'Shea goal. Currow pressed forward, but a top class save from Colin Myers denied Dan O'Shea a second Currow goal. Half time score: Currow 1-10 Fossa 1-7.

The defining score of the game came on the resumption when Dan O'Shea rattled the Fossa net putting six points between the sides. Over the next ten minutes, the sides traded points as Fossa contained the forward march of Currow. However, Currow again edged further ahead with 5 unanswered points to lead 2-16 to 1-10 at the three quarter stage. Fossa launched a final determined effort. The defence worked hard and kept Currow scoreless. Currow worked hard to defend its lead as Fossa piled forward in waves. A string of points saw Fossa

finish strongest but the Currow lead was insurmountable. Final score: Currow 2-17 Fossa 1-15.

LISTRY 1-12 CORDAL 0-5

Listry won the first round game against an under strength Cordal to proceed to the quarter final of the Aquila Club O'Donoghue Cup. Cordal had a bright opening ten minutes taking the game to Listry and going 0-2 to 0-1 ahead when Philip O'Connor and Philip Griffin raised white flags to Gary O'Sullivan's reply. As O'Sullivan began to dominate midfield for Listry, Cordal came under pressure and points from Joe Clifford, Sean Lehane and Paul O'Donoghue saw Listry lead 0-4 to 0-2 after fifteen minutes. A Sean Óg Ó Chiardubháin free in the sixteenth minute was to be Cordal's last score of the half as Listry added four more from Joe Clifford (0-2), Sean Lehane and Paul O'Donoghue. Half time Listry 0-8 Cordal 0-3

On resumption, Listry continued to press forward and were rewarded 2 points (Eoghan Darmody and Joe Clifford). Philip O'Connor moved to midfield and set up Mossie Enright for Cordal's fourth point as Listry led at the three quarter stage 0-10 to 0-4. A Ronan Buckley 45metre free rebounded from the upright and full forward Jimmy O'Leary was quickest to flash the ball to the net – 1-10 to 0-4. Listry saw out the game with a further two points from Joe Clifford and Gary O'Sullivan while Cordal's corner back Daniel O'Connor pointed. Full time score: Listry 1-12 Cordal 0-5

KILCUMMIN 4-13 SCARTAGLEN 0-06

Scartaglen hosted Kilcummin in this first round game in the Aquila Club O'Donoghue Cup. This young Scartaglen team, in transition, were competitive in the first 15 minutes with both sides taking their scores, Kilcummin led 1-04 to 4 points, the goal by Noel Duggan. However, a Kilcummin purple patch put the outcome beyond doubt as the visitors notched up 3 goals in as many minutes, from the boots of Jamie O'Sullivan, Kelvin Teahan and Noel Duggan. Score at the break Kilcummin 4-08 Scartaglen 0-05.

The second half saw Kilcummin build on their

lead with 5 points. Denis Lenihan 0-1 for the home side. Full time score: Kilcummin 4-13 Scartaglen 0-06. Kilcummin play Currow in Kilcummin next Sunday at 3.30pm in the quarter final.

EAST REGION MINOR LEAGUE FINAL KILCUMMIN 2-3

SCARTAGLEN/CORDAL 0-6

The East Region League Division 3 Final, Scartaglen/Cordal V Kilcummin, sponsored by The Tatler Jack, played in Scartaglen last Sunday, proved an entertaining game. The sides traded points (Sean O'Leary, Kilcummin; Kieran O'Donoghue, Cordal/Scart), before Kilcummin's Sean O'Leary found the net on the ninth minute, giving the visitors a 4 point lead. A Kieran O'Donoghue point narrowed the gap to a single score. Early in the second quarter, the home side created a great goal chance but credit, Conor Teahan, the Kilcummin keeper, who made a great save and the second shot rebounded off the upright and went out. TJ O'Connor pointed to reduce the margin to 2 points. Kilcummin had a goal bound shot skim wide. Half time score: Cordal/Scartaglen 0-03 Kilcummin 1-02.

Kilcummin got off to a dream start in the second half with a well taken goal from Oscar O'Connor after three minutes. The home side responded with 3 unanswered points (Kieran Herlihy, TJ O'Connor and Sean O'Connor) and Kilcummin's defence denied the home side a number of goal chances. Gearoin Kerins notched up 2 points for the visitors who won by 3 points. Full time score: Kilcummin 2-03 Scartaglen/Cordal 0-06.

Tim Ryan, East Kerry Board Chairman, presented the Cup to the Kilcummin captain, Dan Moynihan.

EAST KERRY MINOR CHAMPIONSHIP DIVISION 1 SEMI FINAL

DR CROKES 4-13 FIRIES 1-13

Dr Crokes travelled to Farranfore of this Division 1 semi final, in the East Region Minor Championship, sponsored by The Tatler Jack. The opening 10 minutes was an even with both teams exchanging points. However a goal by Jordan Kiely led to a period of Crokes dominance where they scored 4 unanswered points. Another Dr Crokes goal on the stroke of half time by Jason O'Leary left Firies with a mountain to climb in the second half. Half time score Dr Crokes 2-07 Firies 0-03. In the second half, Firies rallied and brought the game to the Dr Crokes team, with points from Eddie O'Rourke and Sean Burke. A converted penalty by Firies William Courtney left 4 points between the sides. However, Dr Crokes responded with 2 goals from the boots of Jordan Kiely and David Shaw, and they took Dr Crokes out of reach. Final score: Dr Crokes 4-13 Firies 1-13. Dr Crokes will meet the winners of Legion V Spa in the Final.

DIVISION 2

FOSSA 5-17 CURROW 4-05

Currow took on Fossa at home on Sunday, in



the East Kerry Division 2 Minor Championship, quarter final. Fossa got off to a strong start and built up a 2-04 lead in the first quarter. The very young Currow team fought back and by half time the score was Fossa 3-10 Currow 2-02. Both sides found the net twice in the second half and a number of points left the final score Fossa 5-17 Currow 4-05. This means that Fossa will play Glenflesk in the Semi Final.

RATHMORE 2-11

GNEEVEGUILLA 2-08 (AET)

Last Sunday, Gneeveguilla hosted Rathmore in an East Kerry Minor Championship Division 2 Semi Final, sponsored by The Tatler Jack. This was a cracking game between two evenly matched teams. The home side led by the minimum at half time on a scoreline of Gneeveguilla 1-03 Rathmore 1-02 and the sides were level at the end of full time, Gneeveguilla 2-06 Rathmore 1-09. The Gneeveguilla goals came from Adam O'Leary and a Eamon Herlihy penalty and Rathmores goal from Dean Fitzgerald. The game went to extra time and both teams continued to play very attractive football despite difficult weather conditions. With the minimum between the sides at half time in extra time, Gneeveguilla 2-07 Rathmore 1-11, the result was down to the wire. An Ian Cremin goal in the last kick of the game sealed the victory for Rathmore. Final score Rathmore 2-11 Gneeveguilla 2-08. Rathmore will meet the winner of the Fossa V Glenflesk semi final.

UNDER 12 COMPETITION: The East Region Under 12 Go Games, sponsored by MD O'Shea, is nearing completion. Groups A and B have the last round games on Sunday and group C has three rounds remaining to be played. These are fixed for the next 3 Sundays.

SPA GAA NEWS

COISTE NA NOG:

TRAINING TIMES BOYS:

U10 Friday at 6pm. U12 Friday at 7pm. U6/8 Saturday at 11.30am.

U6/U8/U10 Girls Friday 5.30-6.30pm.

U12 GIRLS EAST KERRY FINAL

SPA 3-8 BEAUFORT 3-8

This was probably one of the best games the girls played this year. Beaufort played brilliantly all night and lead the whole game till the end. Down by 8 points at one stage and a huge deficit to come back from. The management trio Tim O'Connor, Kieran McCarthy and Des Spillane worked their half time magic as Sarah Fleming opened the second half with a well executed goal. The Courtney twins Marie and Grace were solid throughout the centre and created and took their scoring chances. This ignited the team and the defense work of cousins Grainne and Orlaith Spillane along with the excellent goal keeper Caoimhe Claffey minimised the scoring chances of Beaufort. Aoibhe O'Doherty, Elaine Kelly and Clodagh O'Connor were tight on the half back line. Erin Holland was the trojan worker Donnacha



SPA GAA CLUB ARE DELIGHTED TO REACH THE INTERMEDIATE CO. FINAL AGAINST ARDFERT. THEIR MAIN SPONSOR JOHN DALY OF SUPERVALU PRESENTED THE SENIOR TEAM WITH NEW JERSEYS. PICTURED ARE GERARD MANGAN (CHAIRMAN), MIKE O'DONOGHUE, LIAM KEARNEY, JOHN DALY SPONSOR, SHANE LYNCH (CAPT), EOIN CRONIN AND CONOR GLEESON (SENIOR MANAGEMENT).

Walsh of the night and picked up all loose ball and passed to the eagerly awaiting forwards Mairead O'Donoghue, Eleana O'Donoghue and Liadh Beazley. Sarah Fleming once again had a great game and was a thorn in Beauforts side to win out this epic battle. Replay next Friday night October 10th at 6pm sharp in Beaufort.

U14 EAST KERRY GIRLS FINAL: Sunday October 12th at 4pm away to Laune Rangers.

SPA 4-13 GLENFLESK 0-13

This intermediate semi final was a closer affair than the score suggests. It wasn't until mid way through the second half that Spa began to stretch their lead. The game began at a frantic pace with both sides exchanging scores. A great team move and a well timed run saw Aidan Cahill fisting the ball to the net. Bryan Russell dropped back into the defence to offer his experience and calmness. He put in a great performance aided by Mike Finnegan and Dan O'Donoghue. The young duo of Liam Kearney and Shane Cronin increased the Spa lead with well taken points. Craig Hickey chipped in with two points and the evergreen Pat Cronin popped over a lovely score before the interval. However, Glenflesk brothers Lee and Jeff O'Donoghue notched up a number of scores to leave the half-time score Spa 1-06 Glenflesk 0-7.

Glenflesk started the second half strongly. Spa's Andrew Garnett and Liam Kearney began to stamp their authority around the middle. This seemed to energise the whole team and it was our minor Evan Cronin that did all the damage again. Cronin was just on the field a few seconds when he won possession and ran thirty yards to finish stylishly to the Glenflesk net. Eoin Batt Cronin was busy all day and his workrate was rewarded with two individual scores. Andrew Garnett treated us to one of his long range scores. Evan Cronin tormented the defence and he scored a cracking second goal. Jamie Spillane slotted Spa's fourth goal to the net. Liam Kearney caught some great kick outs during the day. Ciaran Spillane's work rate and pace did not go unnoticed. Spa introduced experienced players Shane Fenton and Paul Russell to help steady the ship and ensure Spa's

progression to the final. Great credit is due to all the players on our panel. The management team Sean Moynihan, Willie Cahill and Conor Gleeson deserve great credit for finding the balance of experience with young energetic and dedicated players. A huge thank you to everyone that came to support us. We would like to wish Ivor Flynn, Michael O'Donoghue, Alfie Giles and Niall O'Mahony a speedy recovery.

UPCOMING FIXTURES: O'Donoghue Cup EK Championship Spa are away to Gneeveguilla at 4pm on Saturday October 11th. Intermediate Championship Final Spa v Ardfer to be played on weekend of October 18/19. Minor EK Championship Spa v Legion in Direen tbc.

SENIOR MEN CELEBRATIONS: After their impressive win on Saturday night to claim a spot in the Co. Intermediate final the celebrations took place for Hugh O'Donoghue on his engagement party to Ciara Murphy and 21st birthday for Jamie Spillane.

SCÓR NA NÓG: East Kerry final takes place on 18th October in Fossa Community Centre at 1.00pm. Best of luck to our competitors in solo singing, figure and set dancing.

LOTTO: No jackpot winner. Numbers Drawn 1, 3, 14, 16. Lucky dip winners, Mike O'Sullivan Chestnut Drive, Martina Tagney, Donal Herlihy Artgallivan, Mags O'Sullivan Clash.

Next weeks Jackpot €14,800 in McSweeneys.

KEEP THE DATE: INAUGURAL AWARDS

NIGHT: We are having a social event on Saturday November 29th in Torc Hotel at 7.30pm. More information on this event over the next few weeks.

MILLTOWN /CASTLEMAINE NOTES

LOTTO: The next draw will take place on the 10th of October in the Shanty Bar, when the jackpot will be up to 9,600 euro. Tickets available from local businesses .Thank you for your support.

U14: Our U14s defeated Glenbeigh Glencar in the Mid Kerry B Final in Cromane on a scoreline



of Milltown Castlemaine 5.06 Glenbeigh Glencar 0.04

Well done to all the players and management.

U16: Milltown/Castlemaine U16s 1-9 Laune Rangers 1-8.

MID KERRY GAA NEWS

GARVEYS SUPERVALU SENIOR COUNTY FOOTBALL CHAMPIONSHIP:

Saw Mid Kerry advance to the semi finals defeating Laune Rangers on a scoreline of 2-14 to 1-09. Hard luck to our neighbours & well done to Mid Kerry. Semi finals are due to be played next weekend on Sunday 12th October.

MID KERRY MINOR CHAMPIONSHIP: 1st semi final sees Glenbeigh/Glencar/Cromane take on Keel/Listry Saturday next 11th October at 5pm in Cromane (extra time playable).

LISTRY NOTES

Listry Weekly Lotto Results 5th October, 2014
Winning Numbers 4, 6, 7, 20. Jackpot €10,000 Not Won

1 x €100 Caitlin O'Sullivan, Rockfield West.

2 x €50 Robert Gallagher, Rockfield.

Aoibhinn & Sarah Coffey.

2 x €25 Noreen O'Riordan, Ballymalis.

Hannah Wharton, Fossa.

Draw Entrant: Eileen Harrington, Kerry's Villas
Jackpot next week Sunday 12th October €10,100.

NEXT MONTHLY MEETING: This will take place on Monday, October 13th at 9pm in the clubrooms.

FR. GALVIN CUP FINAL: The game between Listry v Fossa is fixed for next Sunday, 12th October at 12 noon in Fitzgerald Stadium. Please show your support next Sunday. Come along and bring your colours.

2014 AQUILA CLUB O'DONOGHUE CUP PRELIMINARY ROUND RESULT

LISTRY 1-12 CORDAL 0-5

SHANE COURTNEY MEMORIAL GOLF CLASSIC:

Listry Gaa are holding the Shane Courtney Memorial Golf Classic on bank holiday Monday, 27th October at Killorglin Golf Club. Team of 4 costs €120. Individuals also more than welcome and we will make up teams for those that wish. Proceeds will be used to cover the cost of sanding our pitch. To book a tee time or any info please contact John Wrenn 087 1273702, Noel O'Sullivan 085 1743351 or Anthony Clifford 087 2215059.

DR. CROKES GAA CLUB NOTES

LOTTO: Draw took place in Jack C's on Sunday last. Numbers drawn: 7, 9, 14, 23. The jackpot of €9600 was not won. Match 3, 19 received €25. Next week's jackpot is €9900. Draw will take place in the Speakeasy.

FIXTURES: Snr. Co. Lge - Div. 5: Away vs. Asdee, Sunday 12th October 2:00pm. Please support.

RESULTS: EK Mnr C'ship S/F: Dr. Crokes 4-13, Firies 1-13. Snr Ladies Co. Lge. Final: Dr. Crokes 3-12, John Mitchell's 2-03. Mnr. Co. Hurling C'ship: South Kerry 1-09, Lixnaw 3-18.

MINOR CO. HURLING C'SHIP: This final took place in Abbeydorney on Saturday last where a strong South Kerry outfit met a fancied Lixnaw side who defeated the favourites, Causeway, in the opening round. This was truly a game of two halves, the second being South Kerry's undoing with a strong wind to Lixnaw's backs. South Kerry won the toss and decided to play with the wind. Lixnaw opened their account first but a free from Patrick O'Shea levelled matters. Mid-way through the half, South Kerry took control, points coming fast from the forwards. Lixnaw made a break for goal which was well-saved by Patrick McCarthy. Down the opposite end, Chris Doncel struck for goal but was denied by the keeper only for Aaron Murphy to follow in and kick to the back of the net. John Mark Foley cleaned up Lixnaw's puck-outs in centre-back for the remainder of the first half with great fielding. At half time, it was the South Kerry men who were leading the way, 1-08 to 0-06. However, early second half goals from Lixnaw, gave them a lead they were never to lose with a strong wind to their backs. They proceeded to dominate the game with a succession of points, both from frees and play, despite the best efforts of the South Kerry side. Micheál Burns made defence splitting solo runs but was unlucky not to come off with a goal. Best for South Kerry were John Mark Foley at centre back, ably assisted by Patrick O'Shea, Aaron Murphy and Shane Lyne. Full-time: South Kerry 1-09, Lixnaw 3-18. This is undoubtedly a team to watch out for in the future. The oppositions wealth of hurling during the year helped them secure victory on the day. If this South Kerry team get more training and contest more competitive games in the year, they will progress to a standard of hurling which South Kerry has never seen before.

SATURDAY MORNING ACADEMY:

Our Saturday morning hurling and football academies continue this weekend: Hurling from 10:00am to 10:40am, followed by football 10:45am to 12 noon. Both codes are supervised by fully qualified coaches and all equipment is provided. Any child living in Killarney is very welcome to come along and join in our FREE Academy. Just come to Lewis Road. Any enquiries regarding any part of our Juveniles, contact our Coaching Officer John O'Shea 087-2488768.

SCÓR NA NÓG: Dr. Crokes Scór na nÓg is starting up again. Competitions will be commencing soon and we need to get competitors together and entries in. Those interested in taking part, please contact Teresa Hickey on 086-3487671.

CLOTHES BANK: There is a clothes bank

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

CONGRATULATIONS: To the Dr. Crokes Ladies football team who won the Senior Ladies Co. League Final on Saturday, defeating John Mitchells 3-12 to 2-03.

SYMPATHIES: To the families, relatives and friends of the late Paddy Kerrisk, Lil MacMonagle, Jeremy O'Neill and Mick O'Sullivan. Ar dheis Dé go raibh na hanam dílis.

LEGION GAA CLUB NOTES

U12 EAST KERRY FOOTBALL: Mixed fortunes last week in Lewis Road for our Under 12 'Green' & 'White' teams as they took on Dr. Crokes in the 3rd round of East Kerry. The 'Greens' were looking to make it 3 wins from 3 but we knew we were going to be up against tough opponents in this local derby. The match was played at an extremely high tempo in a very sporting manner by both teams. We managed to come out on top at the final whistle. Full-time score: Legion 1-15 Crokes 2-05.

In the other game our 'White' team came up short after leading at the small whistle by a single point. We seemed to lose our way in the second half and were punished, conceding a couple of goals late on. The boys will be rightly disappointed but they have put in some great performances already in this competition & I have no doubt that they'll bounce back.

WEESHIE: Congratulations to our own Weeshie Fogarty who along with his team, this week was awarded the PPI Sports Programme of the Year award for the now famous TERRACE TALK programme that he presents on Radio Kerry every week. A fantastic programme and a well deserved award. Well done Weeshie.

SENIOR COUNTY CHAMPIONSHIP:

After capturing the County league Division 2 title the previous weekend, unfortunately our senior side exited the County Championship last Saturday evening at the quarter final stage at the hands of Dingle. A cruel way to lose any game as we were leading by 2 points well into injury time when Kerry minor Matthew Flaherty puts the ball in the net with the second last kick of the game. Its a through saying that a two point lead is a very dangerous lead. But our year is far from over despite this defeat as we have the O'Donoghue cup quarter final this Saturday away to Firies with a County Club Championship final the following weekend against Dr Crokes in a game that may yet determine what club will represent Kerry in the Munster club series depending on the outcome of the County Championship final. So plenty to look forward to .

SATURDAY MORNING ACADEMY: The Academy continues every Saturday morning for boys and girls from ages 3 to 10. All new kids



very welcome where they will be looked after by qualified coaches who will teach them all the skills of Gaelic football in a fun environment. From time to time some of our Kerry senior stars pop in to see how everyone is progressing and to pass on some of their tips.

CLUB GEAR: Killarney Legion GAA club are delighted to announce Keanes Jewellers High Street Killarney as the new shirt sponsor for our Saturday Morning Academy. To celebrate this new partnership between the club and Keanes Jewellers we have teamed up with O'Neills Sportswear, and bearing in mind the cost of replica jerseys in the retail market, we are also delighted to announce that the new jersey will be available in the club shop for the unbeatable price of just €15. The new jerseys are now available in the club shop or from Shop Manager Maura McCarthy at 0877634372. Sizes start as young as six months

LOTTO: Lotto for Sunday September 28th. Numbers drawn 15, 16, 17, 20. No jackpot winner. Lucky dip winners of 50 euro. Kay Murphy, Donal and Linda O'Donoghue, Mike Lyne, Faugh, Beirne O'Shea c/o Ger McGillicuddy, Maura McCarthy Ross Rd.

MICK "THE GUN" O'SULLIVAN: The club bade farewell to Mick "the gun" O'Sullivan last week, a great legionaire who played minor for Kerry in 57 and 58 winning Munster medals both times before going on to win O'Donoghue cup medal with his beloved Legion in 1967. To his family, we send our sincere condolences.

SYMPATHIES: The club also sends its deepest sympathies to the family and friends of Jeremy O'Neill of Muckross Rd who was laid to rest last Sunday. Jeremys son Denis was an underage star with the club.

Condolences also to the family of Paddy Kerrisk who passed away last week. Ar Dheis De go raibh a Anam Dilis.

BEAUFORT GAA NOTES

LOTTO RESULTS: For jackpot of €2,600 was held in Kate Kearney's Cottage on Sunday, 5th October. Numbers drawn: 2, 6, 20, 23, Congratulations to William O'Shea, Keel who was lotto jackpot winner.

UNDER 16'S: Sponsored by Killarney Credit Union played at home to Milltown/Castlemaine on Wednesday, last in Mid Kerry Championship. They had a good win.

BEAUFORT JUNIORS: Are awaiting the fixture for the final of the Barrett Cup. They will play St. Pats, Blennerville. This is provisionally fixed for Saturday, 18th October.

U12 GIRLS: Sponsored by Anthony Foley Decorating played Spa on Friday evening and after a great game it ended in a draw. The replay is fixed for Beaufort on Friday evening next at 6.00pm sharp.

U12 BOYS: Sponsored by Maurice Foley of MF Decorating had a 2 good wins in the East

Kerry League when they defeated Cordal and Kilgarvan to keep their 100% record in the Competition. In Beaufort on Sunday Beaufort had to be at their best to beat Kilgarvan and after a close first half Beaufort kicked some fine scores to win well in the end. Driven on by Jack O'Connor and Sean O'Brien who had a great duel with his opponent and a solid goalie in Timmy Casey they look forward to their next game against neighbours Listry. Good to see Ethan Coffey back after his injury.

KERRY LIFELINE AT SOUTHWEST COUNSELLING CENTRE: Will hold a seminar 'Reaching out to the Community', the aim of which is to promote positive mental health amongst our people has to be postponed until later in October. New date will be available next week. This seminar is for parents, players, coaches and the wider community. Time of seminar will be available next week.

GYM OPENING HOURS: From 1st October will be from 7am to 10pm.

CLASSES: Autumn Exercise Class Programme begins this week. Thursday, 7.15pm to 8.15pm Quickfit, toning, strength and conditioning. Friday 10 am to 11am Intermediate pilates. Friday 11.10am to 12.10 Active retired gym, pilates. Minimum 10 per class. Information from Bridget 087 9975737

MID KERRY SENIORS: Will play in the semi-final of the Co Senior Football Championship after a good win over Laune Rangers on Sunday last.

KERRY LADIES GAA ROUND UP

MIXED SUCCESS FOR KERRY CLUBS:

Mixed success for Kerry clubs who were in Munster action the weekend. On Saturday 12 noon Castleisland Desmonds were in action against Stradbally Waterford in the Intermediate clash. Despite missing some key players they possessed too much firepower for the Waterford outfit & ran out comfortable winners on a final score line 5-12 to 0-04. Scorers Jane Lynch 0-1, Tina Mangan 0-2, Andrea Murphy 0-3, Stephanie Murphy 1-2, Leanne Mangan 2-2, Aine O'Connor 1-1, Cait Lynch 0-1, Melissa Holland 1-0 (penalty). They now face the Clare Champions St Michaels Kilmihill, on Sunday 19th October in the Munster Final, time & venue TBC.

On Saturday evening Rathmore faced Fermoy of Cork in the Junior Club semi final. The Kerry side are quite young and have eight U16 players on their team. But they got off to a great start with a goal within 2 minutes from full forward Noreen Murphy. The first half was an even affair with the young Rathmore team giving a great display of football against the more physically strong Fermoy side. Half time score Fermoy 2 -05 Rathmore 1-05 with the goal coming from county star Aislinn Desmond. The second half

was pulsating as the action swung from one of the field to the other. Rathmore down 1 point with just 4 mins left but Fermoy got a lucky goal which turned out to be the defining factor. Rathmore played exciting fantastic football with an outstanding performance by the whole team but fell short in the end. Final score Fermoy 3 - 08 Rathmore 1 - 10. On Sunday morning Scartaglin faced a tough task in the Senior Plate as they faced former kingpins & previous All Ireland Champions Donoughmore. Scartaglin battled hard & defended very well, but they found the Cork side defence very tight and hard to work exceedingly hard for their scores. In the end Donoughmore ran out winners, final score Scartaglin 0-09 Donoughmore 1-16. On Sunday evening in a wind battered Neville Park in Rathkeale Desmonds/Duagh faced The Banner of Clare in the Munster Senior B S/F. Many of the team had been in action 24 hours previously with Castleisland Desmonds in the Intermediate & some players had picked up injuries. The Banner are an experienced team and have been at this stage previously & were able to use that experience to battle both the weather conditions & the Kerry combination side. The Banner played with the very strong breeze in the first half & built up a strong lead to which they defended resolutely in the second half. Final Score: Castleisland Desmonds 2-06 The Banner 6-07. Scorers: Eibhlis Dillon 1-4, Andrea Murphy 0-2, Stephanie Murphy 1-0. It was a busy weekend on the domestic front also at home with many finals contested. On Saturday morning in Kilcummin the home side made that advantage count in the Glebe Kitchens U12 Div 4 final as they defeated Laune Rangers. Final Score Kilcummin 3-05 Laune Rangers 1-07. On Saturday afternoon the Rhino Quality Feeds County League Division 3 Final took place in Fries GAA. It was a battle of the towns as Dr Crokes Killarney faced John Mitchels Tralee. The Killarney side who were top of the table proved their worth as table toppers as they defeated the Tralee side, with Amanda Brosnan pulling the strings & dominating possession. John Mitchels who were missing one of their key forwards through illness struggled to get scores. Final Score Dr Crokes 3-12 John Mitchels 2-03. On Sunday morning the U16 Division 4 final took place between Moyvane & Kerins O'Rahillys in Kerins O'Rahillys as they won the toss. Moyvane were the much stronger team unit & despite the great work of Emma McCarthy at midfield & Norma O'Connor & Jodie O'Halloran in defence they struggled to get scores up front. Moyvane who had the greater spread of players came away victorious in the end. Final Score: Moyvane 1-09 Kerins O'Rahillys 1-04. Lisa Stackpoole accepted the title from county secretary Mary Courtney on behalf of her team.



SPA MUCKROSS AC

SPA MUCKROSS COMMUNITY GAMES

The AGM of Spa Muckross Community Games will take place in Spa Clubhouse on Monday 13th October at 8.00pm. We would encourage parents of all participating children to attend, and even if your children are no longer involved in Community Games, your attendance would be very much appreciated. Our children did extremely well this year in a wide variety of events and we hope that we can continue with that success over the coming year. We look forward to seeing you on Monday.

CONGRATULATIONS

Congratulations to all the runners that took to the start line of the Killarney 10 Mile race last weekend. The event was a great success on its first year and many of the runners are already looking forward to next year's race! The Evenage cross country championships were held in the Demense on Sunday last and the club had a great turnout. They are out again next Sunday in Kenmare for the Uneven Age competition so we would like to wish them the very best of luck there.

MILLTOWN/LISTRY COMMUNITY GAMES

FUNDRAISING

We would sincerely like to thank all our sponsors for their generous donations.

If you would like to sponsor our local Community Games please contact Denis O'Mahony (Chairperson) 087-9662332 or Pa Murphy (Secretary) 087-6447788

Further donations will be acknowledged on receipt.

The monies raised will be used to further provide opportunities for children and young people in our area to grow and develop in a positive and healthy way while experiencing a wide range of sporting and cultural activities.

UPCOMING EVENTS

We are planning to have an Awards Night in the coming weeks. We have had a very successful year and would like to acknowledge significant contributions and achievements in our Area during the year. More details in the coming weeks. We also plan to have our AGM and we will be seeking volunteers to assist us. Our Committee is quite small in number and we would appeal to parents especially those who have children participating to assist us in making our Area a vibrant group for the promotion of Community Games.

KILLARNEY RUGBY CLUB NEWS

MUNSTER JUNIOR LEAGUE DIV. 2 - KILLARNEY 13 MALLOWS 23 - After a mighty performance last week in Crosshaven the home side failed to get going against a strong MalloWS

side at home. The visitors started the better and were up 10 - 3 at the break. Killarney started the second half well and exchanged penalties. They finally got some movement when a good combination between Paul O'Sullivan and Brian O'Sullivan ended with Padraig Hallissey breaking through the defence close in to give the home team new life. Michael Sheahan added the points. Sadly at this early stage in the season Killarney were not tight enough up front and the lineouts which worked well in Crosshaven were ineffective. MalloWS added another good try and a penalty to run out comfortable enough winners. The squad know exactly what is required. To win games like this more work needs to be done. A fresh approach was called for after the final whistle and the response was positive.

FIXTURES: Saturday Minis: Training from 10:30 am to 12pm at Knockree. Under 16s are at home tomorrow at 11:00am against MalloWS. Under 18s at home v Killorglin at 12.30pm both games at Dirreen. The following week both teams are away to Dolphin in Cork.

SUNDAY 12TH OCTOBER - SENIOR DIV. 2 LEAGUE Killarney are away to Youghal who have been on the end of 2 heavy defeats thus far. We expect a tough encounter but a renewed commitment and a good performance.

FOSSA ROWING CLUB NOTES

FAMILY BBQ

A big thank you to all who attended our end of year BBQ on Sunday and to all who helped out in anyway whether it was bringing some buns or just coming to join the fun. A special word of thanks goes to head chief Connie Daly on sourcing and cooking the food, I'm sure the 5 star hotels will be in contact with him shortly to sign him up!

CONGRATULATIONS

Congratulations and best wishes to Christina and Donal on the birth of their baby girl Chloe during the week and their her grandparents Connie and Angela Daly. Also a big congrats and best wishes to Aoife and Niall on the birth of their baby Cillian. Lets hope we will see these two on the water in a few years.

BEST WISHES

Best of luck to Lucie Pidmanova who is going back home to Czech Republic next week. Its not goodbye its until we meet again and hopefully it will be very soon when she is back on the water.

KILLARNEY BRIDGE CLUB

It was with great sadness that on a Sunday evening late in August we heard of the passing of former Killarney Bridge Club member Donal Culloty. Donal spent a great part of his bridge life as an active member of the club and greatly enjoyed playing his game of cards and the social side of the evening. Over the years he had many long term bridge partners and won

many competitions with them. The memory of his courtesy, tolerance, advice and his jovial personality will be with us always. The club would like to extend their very deepest sympathy to his wife Maureen, his sons and daughters, brother Frank, sister Carmel and all his extended family and friends.

May he Rest in Peace.

RECENT RESULTS:

Sept 22nd: 1st Eileen Crehan and John O'Shea, 2nd Marie Moynihan and Mai Corcoran
Sept 29th: 1st Hazel O'Connell and Marjorie Barton, 2nd Eileen Crehan and Ursula Daly

COMMERCIAL ROWING CLUB

Sympathy is extended to the relatives of Michael O'Sullivan late of Daltons, Avenue and Ardshanavooley who died at the weekend. The extended O'Sullivan, Healy, Moynihan and Sugrue Families have a long association with Commercial Rowing club and figured on many of the club's winning crews. Michael was also a former member of Legion GAA club and was a member of a Kerry minor football side during the 1950's. May He Rest in Peace.

KILLARNEY COUGARS BC.

JUVENILE NEWS

The end of September brought an end to the pre-season training with the games expected to come thick and fast over the coming weeks and the past week has seen a hectic start for all our girls teams who were first into action, with the Senior Mens and boys in action this week.

COUGARS JUVENILES SET TO HIT THE ROAD TO CORK

Cougars girls U15 have been received permission and accepted by Cork Ladies Basketball Board

to compete in the U15 competitions this season and become the first girls juvenile team from Kerry to enter the Cork Leagues and Championship. Cougars will be the Kerrys first representatives to compete and will join teams from Limerick, Waterford as well as Cork biggest clubs such as Fr Mathews, Brunell and Glanmire. Cougars will play the games on Saturday evenings at the Presentation Gym and some exciting contests are eagerly anticipated

A full list of fixtures for the coming week for Seniors and Juveniles is available on the website. www.killarneycougars@gmail.com

#lovekillarney



DINGLE SNATCH IT AT THE DEATH

KERRY SFC QUARTER-FINALS ROUND-UP

Following the heroics of the County's Minor and Senior Teams, the Garvey's Kerry SFC resumed action in a big way with the quarter-finals of the Garvey's SFC which was played at two venues, Tralee's Austin Stack Park and Killarney's Fitzgerald Stadium over the weekend.

DINGLE 2-9

KILLARNEY LEGION 2-8

The second game of the Austin Stack Park double header was a poor affair between two sides who are capable of producing much better.

The expected thriller and shoot-out between County Colleagues Paul Geaney and James O'Donoghue never materialised as Dingle literally stole the tie at the death.

With the game deep into injury time, Killarney Legion were leading by a two-point margin and seemingly heading into their first County Championship semi-final since 1998, but Dingle had other ideas.

Kerry minor Matthew Flaherty goaled following through from a rebound after Paul Geaney's initial shot was saved by Kerry netminder Brian Kelly with the game deep into injury time to clinch an unlikely win.

Killarney Legion, powered by a superb performance from Jonathan Lyne, and two Conor Keane goals, one of them sublimely finished, led 2-3 to 0-7 at the break, and at this stage another surprise was on the cards.

Centre-back and Kerry minor Mark O'Connor goaled 6 minutes into the second half for Dingle but Legion regained the initiative with a brace of points from James O'Donoghue. Flaherty's late goal sealed an unlikely win for Dingle and stunned the Killarney side and their supporters.

SCORERS: DINGLE: Paul Geaney (0-3, 2 frees), Marc O'Conchuir, Maitiu O'Flaharta (1-0 each), Conor Geaney, Michael Geaney (1f) (0-2 each), Darragh O'Sullivan and Barra O'Sulleabhain 0-1 each.

KILLARNEY LEGION: Conor Keane (2-0), James O'Donoghue (0-4, 2 frees), David O'Sullivan (3f) (0-3), Jonathan Lyne (0-1),

MID KERRY 2-14

LAUNE RANGERS 1-9

Mid Kerry, previous winners in 2008, were very impressive in seeing off the challenge of local rivals Laune Rangers in the first of the Fitzgerald Stadium games on Sunday afternoon, the Mid men winning on a 2-14 to 1-9 scoreline.

Inspired by a man of the match performance from Kerry Junior star Gavan O'Grady, who finished with a personal haul of 1-4 and County seniors Darran O'Sullivan and Donnchadh Walsh, who scored 0-4, Mid Kerry romped to a comfortable win.

Mid Kerry laid the foundations for their win in the first-half when they led by eight points, 1-7 to 0-2 after 15 minutes, Gavan O'Grady's 4th minute goal from a penalty when James Long was fouled, the key score, but a game Rangers outfit, with veteran Mike Frank Russell on target, cut the deficit to four points, 1-9 to 0-8 at the break.

The Rangers management moved County star Peter Crowley, who started at wing-forward to a more accustomed centre-back role at the restart and the move appeared to work. Rangers held their opponents scoreless for the first 10 minutes, but they themselves failed to avail of two gilt-edged goal-scoring opportunities during this period.

Ryan Keane converted a penalty when John Sheehan was fouled with seven minutes to play to cut the gap to three, 1-11 to 1-8.

A second goal from Gary Sayers minutes later, and points from former Kerry star Sean O'Sullivan and Kerry minor Liam Carey effectively killed the game off as a contest.

SCORERS: MID KERRY: Gavan O'Grady 1-4 (1-0 pen, 0-2 frees), Gary Sayers 1-3, Donnchadh Walsh 0-4, Darran O'Sullivan, Liam Carey and Sean O'Sullivan 0-1 each.

SCORERS FOR LAUNE RANGERS: Mike Frank Russell 0-3 (0-2 frees), Ryan Keane (1-0, 1-0 pen), John O'Shea (0-2), Shane McSweeney, Pa Joy, Chris Riordan, Daniel Costello (0-1 each).

* Semi-final draw is as follows, Austin Stacks v Dingle, Mid Kerry v Shannon Rangers, ties to be played next Sunday, October 12th.



THE KILLARNEY LEGION TEAM WHO COMPETED IN THE SENIOR COUNTY FOOTBALL CHAMPIONSHIP AT AUSTIN STACK PARK.

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SCHOOLBOY/GIRL SOCCER

UNEVEN NATIONAL CUP'S THE HIGHLIGHT OF THIS WEEKEND:

13's National Cup:

Ennis Town 5-2 Ballyhar.
Burren United 3-0 Camp.
Inter Kenmare 3-2 Askeaton.
Killarney Athletic 3-5 Killorglin.
Nenagh 1-5 Killarney Celtic.
Pike Rovers 4-1 Listowel Celtic.
Mastergeeha 1-5 Murroe.
Tralee Dynamos 0-3 Park.

15's National Cup:

Killarney Athletic 2-1 Ennis Town.
Camp 3-0 Coole w/o.
Killarney Celtic 3-0 Holycross.
Listowel Celtic 5-0 Avenue United B.
Mastergeeha 2-7 Nenagh.
Aisling Annacotty 3-0 Tralee Dynamos.

REPORTS: 13'S NATIONAL CUP:

A minimum of 2 Schoolboys League sides were always going to progress to Round 2 of the 13's National Cup due to the fact of 2 all Kerry clashes. 2 goals from Sean McGrath and one from Melvyn Shambala saw The Park defeat neighbours Tralee Dynamos at Christy Leahy Park. There were 8 goals in the Killarney Athletic versus Killorglin game with the visitors taking the spoils 5-3. Dylan Moriarty 2, Gar Hassett, Dylan Frances and Aaron Broderick were all on the mark for the visitors and winners while Simon Barthez, Robert O'Shea and Jack Cooper scored for Athletic. Thankfully a number of other teams also made it through. Inter Kenmare had a very good win at home to Askeaton with Colin Crowley scoring 3 late goals in the second half to overturn a 2 goal deficit. Killarney Celtic made short work of their trip to Tipp as they defeated Nenagh 5-1. Getting the goals were Evan Looney 2, Emmet O'Shea, Rory Doyle and Padraig Looney scoring for The Hoops who were 4-0 up inside 35 minutes. Unfortunately Ballyhar went out 5-2 away to Ennis Town where Patrick O'Connor and Dylan Callaghan scored. Camp were beaten 3-0 away in Clare while JP O'Carroll scored for Listowel Celtic but to no avail as they went down 3-1 away to Pike Rovers. Mastergeeha went 1-0 up early on through Darren Lehane but Murroe were level by half time and the Limerick side took over in the second half scoring 4 without reply.

15'S NATIONAL CUP: 4 out of 6 Kerry sides in the 15's have qualified for the next round. Camp had the easiest progression of all as they got a walkover from Coole FC. Killarney Athletic were 2-1 winners over Ennis Town in Woodlawn. Jason Coffey and Finbarr Hickey got the goals for Athletic. Killarney Celtic were also at home and defeated Holycross 3-0 at Celtic Park. Sean Doherty, Ian McGillicuddy and Ryan Kelliher got the goals for The Hoops. Listowel Celtic were also drawn at home and made no mistakes as they knocked out Avenue United B. Michael Kennedy, Darragh O'Donoghue, Shane Hughes, Fergal Wall and Cillian Spillane all scored once each to ensure their side progressed. Mastergeeha had goals from Dylan Murphy and Sean Cahill but they went down to Nenagh at Kilbrean Park while Tralee Dynamos

were defeated 3-0 away to Aisling Annacotty in Limerick.

LEAGUE ROUND UP:

JK Sports 12 Division 1:

Killarney Celtic B 7-0 Killarney Celtic C.
Daly's Supervalu 13's Division 1:
Killarney Celtic C 5-3 Killarney Celtic B.

Division 2:

Dingle Bay Rovers 4-4 Camp B.
Ballyheigue 3-0 Listowel Celtic B.
St Bernards 5-0 Fenit.
Castleisland 9-0 Park C.

Foundation Sports 14 Division 2:

Park B 6-0 Tralee Dynamos B.

Killarney Plaza 15 Division 1:

Killarney Celtic C 1-5 Killarney Celtic B.
Killorglin 2-1 Castleisland.
Park B 6-3 Iveragh United.

REPORTS: Moriarty's Centra 11's:

The 11's made their seasonal debuts with Listowel Celtic and Killorglin winning in Group 1 over Tralee Dynamos and Killarney Celtic. In Group 2 it was Listowel Celtic B and Killarney Celtic B who got the wins defeating Tralee Dynamos B and Killorglin B. Killarney Athletic and debutants Iveragh United took the victories from Killarney Celtic C and Ballyhar in Group 3 while Castleisland just got the better of Camp in a cracker.

JK Sports 12 Division 1: Killarney Celtic have 3 teams in this age group and the C's got the better of the B's in the opening round of games. Josh Livingston hit 3 with Erin Moloney and Ankel also on the mark.

Daly's Supervalu 13 Division 1: Here again it was a case of Killarney Celtic C's against the B's with the former coming out on top 5-3.

Division 2: Dingle Bay Rovers were playing their first game back in the League and were involved in a cracker back west drawing 4 all with Camp B. Dara and Cathal O'Beaglaioi scored 3 between them, with Dara getting 2 and the other goal came from Padraig O'Cearna. Camp scored from 2 corners with Oisín Smailes getting one and other being an OG. Stephen Galvin Smith and Maurice O'Connell got the others. The other newcomers Ballyheigue also picked up 3 points but not in the way they would have wanted as Listowel Celtic B were unable to field a team. St Bernards are always tough to beat at home and proved it once again with a 5-0 win over Fenit. Mikey Clifford took the match ball with a hat trick which was added to by Gavin Slattery and Michael O'Sullivan. Castleisland were too strong for the Park C with Connie O'Connor netting a hat trick. Adam Broderick, Don McSweeney, Dylan Curtin, Jordan Coffey, Colm Roche and Daniel Kelly all got one each.

Foundation Sports 14 Division 2: The Park were too strong for the Dynamos after goals by Matthew Dziedziuch, Tony Duggan, Daniel Fok Seang, Brad Teahon, Tyson Esbare and Samson Ayassi got the Parks goals.

Killarney Plaza 15 Premier: In a midweek encounter the Park travelled to Celtic Park to face Killarney Celtic. Goals from Michael O'Gorman, Mike Slattery and Matt Lukco saw the Park pick up a very valuable 3 points.

15 Division 1: Killarney Celtic B's Eamon Murphy had a day to remember hitting 4 goals

with Pierce Lyne Roberts adding another in their win over Celtic. Killorglin's 2-1 win over Castleisland came after goals from Dylan Fitzgerald and Mark O'Connor. The Park were too strong for Iveragh United who were playing their first game back in the League. Ed O'Sullivan, Shane Jordan, Jamal Ismail, Conor Higgins 2, David Oba and James O'Connor all got their names on the score-sheet.

INTERNATIONAL PATHWAY: 3 players from the League are under scrutiny of Irish management at present. Regular wearer of the green Rian O'Sullivan and newcomer to the International set-up Kevin Williams, both from Tralee Dynamos and Listowel Celtic's Leah Henry are training with various teams at the AUL. There are also 3 Killarney Celtic girls in line for a place on the Munster Schools squad so squad announcements will be given extra scrutiny in the coming weeks.

GIRLS DRAWS: The draws for the Umbro Women's FAI Cups were made this week and in the u14's Listowel Celtic will travel to Carrigaline on the weekend of November 2nd.

In the under 16's Killarney Celtic will be at home to Adare in the 1st round on November 16th.

KILLARNEY ATHLETIC A.F.C. NOTES

RESULTS: SENIORS

KILLARNEY ATHLETIC 2 LISTOWEL CELTIC 4

Disappointing result for our seniors in the Munster junior cup v Listowel. Having conceded an early goal the boys in blue struck back with 2 goals from Lubo Simai, his 5th in 4 games. A harsh handball call against Athletic allowed Listowel equalise from the spot just on half time. We never got going in the 2nd half and Listowel were deserving winners in the end. Best for Athletic Kevin Breen, Martin Crowley and Lubo Simai.

KILLARNEY ATHLETIC B 2 CASTLEMAINE 3

We started the game well but Castlemaine got a break for the first goal of the game this spurred on Athletic to immediately reply from the tip off through goal-scorer supreme Chris O'Meara after good play by debutant Julian Iff and Cillian Fitzgerald. Some poor marking by Athletic let Castlemaine take a 2-1 lead at half-time. We started the second half with a lot more intensity in our play and pressing with Connor McGill and JP Mullins to the fore. Against the run of play Castlemaine got their 3rd and with only 10 minutes left captain fantastic JP unleashed a piledriver from 30 yards straight into the top corner but it was too little too late for Athletic. Great effort by all the lads especially Sam Tamir and Sean O'Donoghue at the back JP, Conor and Cillian in midfield.

UNDER 15:

KILLARNEY ATHLETIC 2 ENNIS TOWN 1

This was Athletics first outing of the season and what a way to start. Athletic opened brightly and came close to going ahead before Jason Coffey did open the scoring for the home side. The Clare boys started to come more into the

game but the Athletic rearguard held firm. Athletic were unlucky not to go 2 up when a Fionnbharr Hickey screamer came back off the cross bar and away. 1 nil at the break. The second half saw play swing from end to end and again David O'Mahoney free kick clipped the cross bar. With time running out Ennis equalised but with extra time looming up popped Fionnbharr Hickey to put Athletic into the next round. The club would like to thank all the parents that supplied food on the day and helped to serve it

UNDER 11: KILLARNEY ATHLETIC 3

KILLARNEY CELTIC 2: Killarney Athletic under 11 got the year off to a great start in Woodlawn on Saturday last against a strong Killarney Celtic winning 3-2. The first half was very close but a great strike from Darren Ryan left Celtic ahead. A few changes at half time saw Athletic up their game with goals from Alex Hennigan, Conal Gallagher and Sam Benson playing some great football. Well done to all the boys involed it was a great team effort.

FIXTURES: Kerry Schoolboys/Girls League

Saturday 11th October 2014

JK Sports Under 12 Division 1

Inter Kenmare v Killarney Athletic 11.00am.

Foundation Sports Under 14 Premier

Park A v Killarney Athletic 11.30am.

Trophy World Under 16 Division 1

Killarney Athletic v Fenit 12.30pm.

TRAINING TIMES: Academy

Fridays 5.00pm – 6.00pm (under 6 – 8) 6.00pm

– 7.00pm (under 9 - 11) optional Sunday TBC.

Under 11 Fridays 6.00pm – 7.00pm optional

Sunday TBC. Under 12 & Under 13 Thursdays

6.00pm – 7.00pm. Under 14 Wednesdays

7.00pm – 8.00pm. Under 15 Thursday 7.00pm –

8.00pm. Youths, under 17 & under 16 Thursdays

7.00pm – 8.00pm. Seniors Fridays 6.30.

Girls Wednesdays 6.00pm – 7.00pm.

CONDOLENCES: Sincere Sympathy is extended to the O'Neill family on the sad passing of Jeremy R.I.P.

CHURCH GATE COLLECTION: A big Thank You to all who donated to our annual church gate collection and to all who helped to collect the money to provide valuable funds for the club.

CLUB REGISTRATION: Club registration still being taken. Academy under 6 - 11 (Born after 1st Jan 2004 - 2009), Schoolboys under 11 - under 16 teams, Schoolgirls Teams - Youth, under 17 - under 18 teams, Junior soccer teams (Senior A and B). Academy Director of Coaching Robin O'Day & JP Mullins UEFA B Licence coaches. Hope to see old and new faces there. Let's play soccer in a fun and enjoyable environment. Further information can be got by emailing sec@killarneyathletic.com or private messaging our Facebook. New Members welcome.

MERCHANDISE: Killarney Athletic merchandise can now be ordered from Martin on 087-9261196.

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

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

KILLARNEY CELTIC NOTES

CONDOLENCES: Killarney Celtic wishes to express its sympathies to the Huggard family on the death of their aunt in Dublin.

KDL AWARDS: John Delaney, FAI CEO, will present the KDL 2013/14 Awards at the Greyhound Stadium in Tralee on October 31st at 7.30pm, including the U17 Cup to Killarney Celtic, and the club have been given 20 free tickets for our U17 panel.

CLUB SHOP: Killarney Celtic's shop is now up and running on Saturdays from 12 noon to 2.00pm. We have a full new range of fantastic merchandise to suit every age, size, gender, and especially budget. Savings Club and Gift Vouchers available. Contact Mags on 089 2164639 or Mary on 086 6485809 for details

KILLARNEY WHITE COLLAR BOXING:

Killarney White Collar Boxing will be hosting a series of bouts in Mustang Sallys on Friday, 31st of October, in aid of Kerry Lifeline. Tickets are available from Southwest Counselling and from sporting outlets in Killarney. This is a fantastic cause and a well-organised event by Paudie Looney in aid of suicide prevention, and a special highlight of the night should be the clash of the titans between Brian Spillane and Karl McMahon.

VOLUNTEERS BADLY WANTED: It takes a lot to keep a club going, but most of all we need people who can volunteer their time. We have a long-standing and proud policy of providing support and games for anyone, regardless of ability, but we badly need sufficient adults to provide supervision and support. No training is necessary and child protection training will be provided. Anyone willing to help out with a team is asked to contact Mike Lyne on 086 0836356

RESULTS: DENNY PREMIER: KILLARNEY CELTIC 8 RATTOW ROVERS 1

A Gary Keane corner was headed home by Alex Courtney and Stephen Devane and Peter McCarthy (2) had us firmly in the driving seat before a superb long chip from the left wing by Paudie Clifford made it 5-0. Rattoo pulled one back but Stephen Hayes, Presley Dube, and Cathal O'Shea wrapped it up in the second half. There is a full match report on www.killarneytoday.com

DENNY PREMIER B: KILLARNEY CELTIC B 4 INTER KENMARE 2

Another great performance against a strong Kenmare outfit kept the three points in Celtic Park.

DENNY LADIES LEAGUE: KILLARNEY CELTIC 1 TRALEE DYNAMOS 4

The better side won but Celtic played very well in their first game of the season, especially Catsby O'Sullivan with a cracking goal.

U17 LEAGUE: Killarney Celtic away to Iveragh United, Saturday, 3.00pm

U15 NATIONAL CUP: KILLARNEY

CELTIC 3 HOLYCROSS 0: Celtic got on top in the first half with goals from Sean Doherty, Ian McGillicuddy, and Ryan Kelliher, and could well have added to our tally in the second half. Photos courtesy of Pdraig O'Donoghue are up on facebook.

U15 DIV ONE: KILLARNEY CELTIC B

5 KILLARNEY CELTIC C 0: A convincing display by our B team and despite the best efforts of the Cs, Eamonn Murphy and Pierce Lyne Roberts found the net.

U13 NATIONAL CUP: NENAGH 1

KILLARNEY CELTIC 5: A magnificent performance on a long trip away, with Evan Looney (2), Emmett O'Shea, Ruairi Doyle, and man of the match Pdraig Looney getting our goals.

U13 DIV ONE: KILLARNEY CELTIC B 3

KILLARNEY CELTIC C 5: A very good test of both teams, with Terry Sparling and Tino Martinez among the goalscorers

U11 A: KILLARNEY ATHLETIC 2 KILLARNEY CELTIC 3

U11 B: KILLORGLIN 2 KILLARNEY CELTIC 4

U11 C: KILLORGLIN 0 KILLARNEY CELTIC 6

Among the many players who stood out on the day were Darren Ryan, Cian Doyle, Conor Gammell, Rian Kelly, and Tristan O'Brien, but it is important to remember that this is a non-competitive league designed to foster skills and teamwork in a fun and friendly environment and a spirit of encouragement, and we thank Killorglin and Athletic for approaching these games in that spirit. That, not any scorelines, is what this grade is all about.

FIXTURES:

Denny Premier A: Killarney Celtic at home to Tralee Dynamos, Friday, 7.45pm.

Denny Premier B: Killarney Celtic B away to Fenit Samphires, Sunday, 11.30am.

Munster Youths Cup: Killarney Celtic away to Fenit Samphires, Saturday, 3.00pm.

U16 Premier: Killarney Celtic at home to Killorglin, Saturday, 12.30pm.

U16 Div One: Killarney Celtic B away to Iveragh, Saturday, 1.00pm.

U14 National Cup: Killarney Celtic at home to BT Harps, Saturday, 2.00pm.

U14 Div One: Killarney Celtic at home to Mastergeeha, Saturday, 12 noon.

U12 Div One: Killarney Celtic C away to Ballyhar, Saturday, 10.30am.

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

LOTTO RESULTS: Numbers drawn 9, 12, 17, 21. No winner, 2 x match three, Nora Kissane Pinewood, Sean Nolan Tiernaboul, €50 each. Next week's jackpot €3000, draw in the Failte on Monday night. Tickets available from all club officers. Yearly tickets available.

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

KILLORGLIN GOLF CLUB

LADIES: 18 HOLE V-PAR SPONSORED BY THE CLUB:

1. Mary Conway (33) + 5. 2. Eleanor McCarthy (25) + 1.

FIXTURE: Dooks Exchange Day, 18 Hole Single Stableford, sponsored by Kerry Photo Stores is on Sunday 12th October. Time Sheet in Locker Room.

SILVER SWANS: 12 Hole Stableford 30/09/2014: 1. Mary Conway (33) 28-2 = 26 pts.

KENMARE GOLF CLUB

LADIES: CLUB CUP SPONSORED BY MCSWINEYS EXPERT:

1st Kim Kennedy [16] 71.

2nd Breda Murphy [22] 74.

Best Gross Danielle Froment [11] 89.

MEN: FIXTURE: 18H Sford Last GOTY of 2014.

ROSS GOLF CLUB NOTES

LADIES RESULTS: Sunday 5th October 18 hole competition kindly sponsored by Noreen O'Mahony and Bridie Doyle, the winner was Lady Captain Mary Cronin (22) 33pts.

AUTUMN LEAGUE: Congratulations to Sinead O'Shea, Noreen O'Mahony and Han Linehan on winning the Autumn League competition.

UPCOMING COMPETITION: Sunday October 12th 18 hole competition. This will be the final competition for Golfer Of The Year.

BEAUFORT GOLF CLUB

MEN'S BRANCH

4TH/5TH OCTOBER 2014 - 18 HOLE STABLEFORD - SPONSORED BY GOLF PRO MARK HEINEMANN

1st Shane O'Sullivan (7) 34 pts.

2nd Kevin O'Brien (17) 33 pts.

3rd Brian O'Connor (13) 33 pts.

3RD OCTOBER - OPEN FRIDAY - SPONSORED BY CLIFFORD GROUND CARE:

Winner: Michael Doyle (13) 33 pts.

FIXTURES: 11th/12th October 2014 - 18 hole stableford (White Tees) - sponsored by Lynch Bradley Solicitors.

Captains Charity Rumble sponsored by John O'Callaghan has been extended until the 12th October.

Open Fridays (Single Stableford for Ladies and Gents) has been extended and will continue to 31st October (weather permitting).

BEAUFORT GOLF CLUB

LADIES BRANCH: 4TH/5TH OCTOBER - 18 HOLE STABLEFORD SPONSORED BY LADIES BRANCH:

1st Noleen Mackessy (27) 26 pts.

2nd Joan O'Sullivan (24) 25 pts.

FIXTURES: 11th/12th October - 18 Hole Stableford - Sponsored by Ladies Branch.

1st October 2014 to 31st March 2015 - 9 Hole re-entry league (best 4 scores to count) - sponsored by Ladies Branch.

Open Fridays (Single Stableford for Ladies and Gents) continues on Fridays to end of October (weather permitting).

RING OF KERRY GOLF CLUB

RESULTS:

OPEN SINGLES STABLEFORD (GOTY)

1st: Toby Steadman (5) 41pts ocb.

2nd: Derek Maher (16) 41pts.

3rd: Daniel Taylor (24) 39pts.

Winners of the 2-Person scramble event were Geoffrey Mahony and Paudie Kelleher

UP COMING FIXTURES: Saturday/Sunday

OPEN 2 - Person Scramble - This event is a fundraiser for the Kenmare Family Centre.

Entry is €25pp, which includes a two course lunch.

Tee Box sponsors are greatly welcomed.

Please book in to the time sheet by calling

064 66 42000.

KILLORGLIN GOLF CLUB

KILLORGLIN GOLF CLUBS EXCHANGE DAY WITH DOOKS WEEKEND RESULTS:

1st - Andy Billot and Jackie Quirke 42 pts.

2nd - Gerry Fleming and Mike Harrington 41 pts.

3rd - Donie Evans and Mike Lawlor 41 pts.

4th - Aidan Spillane and Mike Ladden 40 pts.

PARKNASILLA GOLF CLUB

FIXTURES: LIFEBOAT CLASSIC: Continues until Sunday October 12th. 12 hole scramble, teams of three, mixed ladies-gents.

Phone 064 6645195 or 087 1377717

ROSS GOLF CLUB

GENTS RESULTS: On Sunday October 5th we held a single stableford competition kindly sponsored by the Laurels Bar & Restaurant and the following were the winners:-

1. Damian Greer (16) 42 pts.

2. Jordanas Jonaikitis (16) 41 pts.

3. Tony Lenihan (15) 37 pts.

CLUB MATCHPLAY COMPETITIONS: All participants are asked to ensure that all matchplay competitions are brought up to date as soon as possible.

Winter rules will come into force with effect from October 11th.

SYMPATHY: We extend our sympathy to President Ambrose and to all the Kerrisk Family on the recent untimely death of Paddy R.I.P.

KILLARNEY GOLF CLUB

MEN'S SINGLES STABLEFORD KILLEEN, 5 OCTOBER 14 CALOR GAS SPONSOR.

1st Denis O'Donovan (19) 39pts

2nd Mark Bowe (6) 38pts.

3rd Jason Arthur (6) 36pts.

4th John V Lynch (11) 35pts.

5th Matt Leacy (5) 34 pts.

Div 1 Stephen Kelliher (4) 34 pts.

Div 2 Barry O'Leary (10) 34pts.

Div 3 Marco Taddei (12) 33pts.

Div 4 Michael Dennehy (20) 33pts.

Css 33 pts

KILLARNEY GOLF CLUB

LADIES RESULTS: OF GLENEAGLE HOTEL

GROUP MIXED COMPETITION (INC. KILLARNEY CUPS)

SUNDAY 5TH OCTOBER, 2014

1st Donal Considine (2) Amy Arthur (9) 42 pts.

2nd Dermot Roche (11) Kathleen Griffin

(23) 40 pts.

3rd Derry O'Connor (9) Noreen Coffey (11)

39 pts.

B.G. Shane Horgaon (4) Anne Rudden (7)

29 gross pts.

4th Tim O'Meara (16) Tina O'Sullivan (19) 38 pts.

Next Competition Sunday next 12th October,

Sponsor Pat O'Neill, Hairdressing,

Format v.par.

A.G.M. Of the Ladies Club will take place at the Clubhouse on Thursday 16th October, at 7.00 p.m.

CASTLEROSSE GOLF CLUB

RESULTS: AWAY DAY COMPETITION PLAYED AT MACROOM GOLF CLUB ON

SATURDAY 4TH OCTOBER, 2014, 18 HOLE

STABLEFORD. Winner, Steve Shine, Runner

up Dan O'Connell, 3rd Place Donal O'Reilly, 4th

Place Daniel Shine, 5th Place Stephen Dennehy,

6th Place Ivan Tangney, 7th Place Donal Power,

8th Place Frank Tobin, 9th Place Trevor Shine.

Results, competition played on Sunday 5th

October, 18 hole Stableford, overall winner,

Donal O'Reilly (21) 42pts, Overall runner-up

Daniel Shine (07) 38pts, Overall 3rd place Steve

Shine (17) 33pts.

LADY CAPTAINS DAY THURSDAY 2ND OCTOBER 9 HOLE STABLEFORD.

1st Prize Geraldine Cullinane (36) 15pts.

2nd Prize Noreen Sheehan (36) 14pts.

3rd Prize Olive Sheehy (29) 13pts.

VISITORS:

1st Prize P Fitzgerald Bandon G.C. (24) 18pts.

2nd Prize B Fitzgerald Killarney G.C. 17pts.

BEGINNERS PRIZE: A McNeice.

FIXTURES: Saturday scramble with beginners.

Next weekend, competition play Friday,

Saturday or Sunday, 18 Hole Stableford format,

register on time sheet in Castlerosse.

NEW MEMBERS: Invited to join Castlerosse Golf club, a challenging parkland course, please contact 064 6631144 for details.

LEGION GOLF CLASSIC

THURSDAY 2ND OCTOBER 2014

1ST SCOTTS HOTEL 92 POINTS.

Maurice O'Donoghue (11).

John O'Sullivan (13).

Dermot Graham (18).

2ND TEAM PAT HEALY 92 POINTS

Pa Fleming (16).

Enda Curtane (18).

Tim O'Meara (16).

3RD TEAM JOHNNY CULLOTY 91 POINTS

Johnny Culloty (14).

Denis Murphy (18).

Con Healy (8).

4TH TEAM BEAR & BROS 91 POINTS

Padraig Brosnan (14).

Daniel Cronin (11).

Denis Nash (22).

Nearest Pin 18th Joey Sheehan.

Longest Drive 8th Peter O'Leary.

PITCH & PUTT NEWS

THIS weekend is a busy one for the county's Juveniles as we approach the end of the Pitch & Putt season. Friday sees three teams from Killarney Schools take part in the Munster Schools competition at the Cunnigar course in Dungarvan, Co Waterford. Included in these are members of the St Brendan's and Killarney Community College teams who were first and second in last year's event in Nenagh. Creagh Courtney and Michael Cronin were on last year's winning team with David Harnett replacing Jason O'Brien to make up the third member.

The Killarney Community College meanwhile have brothers Conor and Stephen McCarthy involved from the team that finished second last year with Adam O'Sullivan replacing Kieran Fitzpatrick as the third player on the team. Adam's brother Jason is on the other Kerry School taking part in this event from St Brendan's which includes Sean Courtney and Mark Harnett (also brothers of the aforementioned players). They tee-off at 1pm on Friday in a 'shotgun start' with all teams finishing in the Top Nine qualifying for the National Finals at the Ryston course in Newbridge, Co Kildare two weeks later.

On Saturday and Sunday meanwhile, the Munster Juvenile Matchplay makes a welcome return to the calendar with nine Kerry players seeking to be the first winner of it since Deerpark's Kieran Looney did so at the last staging of the event back in 2009 in Deerpark. Four of Friday's competitors, Mark, Michael, Sean and Stephen along with Deerpark club-mates Conor Quirke, Lorcan Martin, Cillian Courtney and Jack McCarthy along with Tralee's Eamon Sheedy will be the nine representatives from the Kingdom at the event which takes place at the St Stephens course in Cork City. The County Board would like to wish all competitors in both the Schools and Matchplay events the very best of luck this weekend.



SHIVAUN SHANAHAN LADY CAPTAIN DOOKS GOLF CLUB (RIGHT) PRESENTING HER LADY CAPTAIN'S PRIZE TO WINNER NOREEN COFFEY AT DOOKS GOLF CLUB.

DEERPARK PITCH & PUTT NOTES

By: John Kelly

SYMPATHY: Is extended to the relatives of Paddy Kerrisk Countess Road and Jeremy O'Neill Plunkett Street who died at the weekend. May they Rest In Peace.

MUNSTER MATCH-PLAY: Best wishes are extended to our juveniles who compete in the Munster Match-Play at St Stephen's this weekend.

3-BALL GOLF SCRAMBLE AT ROSS THIS WEEKEND: A 10 Hole 3-Ball Golf Scramble involving Deerpark and GlenEagle members will take place at the Ross Golf Course on this Saturday October 11th 9-30am. All players to be at clubhouse at 9am. A special appeal to the members of both clubs to support this outing.

EUROPEAN RULES ON WEEKEND OF OCTOBER 18TH/19TH: The European Rules (3-Club) competition will take place at Deerpark on weekend of October 18th/19th, with the

Scramble on Saturday and Singles on Sunday.

PARISH MISSION: All clubs and organisations in Killarney Parish are invited to support the Parish Mission which will take place from October 19th to October 24th.

SPORTS PREDICTOR: The results of the Sports Predictor which concluded last week are as follows - winner Brian O'Neill, runner up Harry O'Neill, and third Michael Scanlon. A special word of thanks to all who supported this valuable club fundraiser.

MURPHYS GOLF SOCIETY

NEXT OUTING: Date, Saturday 18th October, time 10.30am - 11.30am venue, Waterville. Time sheet on display in Murphys Bar. Bus leaves Murphys at 8.45am.

SYMPATHY: It was with great shock and sadness that we heard of the death of our past captain and friend Paddy Kerrisk last week. The society extends our sincere sympathy to the Kerrisk family.



ANN O'LEARY OF THE LAURELS BAR AND RESTAURANT (FOURTH FROM LEFT) PRESENTING FIRST PRIZE IN THE LAURELS LADIES COMPETITION TO IRMA CLIFFORD WITH (LEFT) NOREEN COFFEY BREST GROSS, MAUREEN CULLOTY LADY CAPTAIN AND MARY GEANEY PRESIDENT AT KILLARNEY GOLF AND FISHING CLUB, KILLARNEY.



MAUREEN CULLOTY LADY CAPTAIN (SEATED LEFT) PRESENTING THE KILLARNEY CUPS SPONSORED BY THE GLENEAGLE HOTEL KILLARNEY TO WINNERS DONAL CONSIDINE AND AMY ARTHUR WITH (LEFT) MARY GEANEY PRESIDENT (BACK FROM LEFT) KATHLEEN GRIFFIN AND DERMOT ROCHE 2ND, NOREEN COFFEY AND DERRY O'CONNOR 3RD, TINA O'SULLIVAN 4TH AND SALLY COOPER 5TH AT KILLARNEY GOLF AND FISHING CLUB, KILLARNEY.



THE PUBLIC VIEW OF AGRICULTURE

(BY TOMMY ROCHE, CASTLEISLAND)

All too often in the public view of agriculture today, the difference between reality and perception becomes blurred. Blame it on specialisation, disinformation, degrees of separation but the gulf in understanding between those who farm and those who don't, continues to grow. The effects in the future, I expect, will become more dramatic but even now that lack of understanding can be frustrating. A couple of generations ago the link between urban and rural was tangible. Cattle were even walked through and penned for export in inner city Dublin, locals made their living out of the trade, the sight of a herd of cattle walking through the streets of any town was not unusual. Urban areas were smaller and more people were involved in agriculture. It is very different today, right across the developed world. These are two stories I came across from "Down Under" recently, both related to the dairy industry and the outsiders interpretation of its workings.

Two years ago a couple on a high altitude farm in New Zealand had a spot inspection and ran into trouble with the inspector. By way of introduction, it needs to be said that in most cases New Zealand farmers out-winter all stock, housing is not normally a requirement. If the country were in the Northern Hemisphere it would run from North Africa to somewhere in central France. The climate is generally kind to both man and beast. However if the winds blow from the Antarctic, they can be pretty severe; animals have frozen to death if caught out without shelter. It was after circumstances similar to this that the farm inspection took place. Whilst no animal had



died the inspector deemed that the cows on the farm were not being cared for properly and were suffering from malnutrition. The farmer was informed that he would be prosecuted for mistreating his animals. His defence enlisted the farm extension services, the equivalent of Teagasc, to assess his animals. Their expert witness, a farm-systems specialist, determined that the farm was well run, on difficult terrain, that the animals were not malnourished and that their condition score was adequate. Their dishevelled state was due to exposure to the natural elements. The stage was set for a showdown. Shortly before the court date, the case was settled. The farmer signed a form effectively stating that he would follow best practise in looking after his stock and the charges against him were dropped. The parties would pay their own costs, which after a year of preparation for trial were substantial. A bitter but pragmatic pill to swallow for the farmer who felt he had done nothing wrong. It would appear that an extreme weather event can absolve most industries of blame but not a farmer.

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KERRY MACRA NA FEIRME ATTEND LEADERSHIP DISTINCTION AWARDS CEREMONY


Macra members from across the country received Leadership Distinction Awards at a special awards ceremony as part of County Officer Training at a banquet in the Brehon Hotel, Killarney. The event was attended by more than 180 people including members of Kerry Macra na Feirme. Macra members, who displayed leadership in their role, were presented with Leadership Distinction Awards from Macra National President, Kieran O'Dowd at the special awards ceremony. The awards scheme recognises the hard work and achievements of county officers working on a voluntary basis within Macra, with Gold, Silver or Bronze

Awards being presented to officers who achieve preset targets and pass an interview. The training weekend took place in the Gleneagle Hotel, Killarney, and included training for Chairpersons; Secretaries; PROs; Treasurers; Young Farmers; Development; Sports, Social & Travel; Competitions and National Council Reps. Macra National President, Kieran O'Dowd, who presented the awards, said: "Congratulations to all our Leadership Distinction Award winners who were recognised for their hard work and dedication to their clubs, their counties."


NEW €250K FUND TO SUPPORT AGRI-BUSINESS SECTOR IN IRELAND

The Minister for Jobs, Enterprise and Innovation, Richard Bruton TD, has launched the new Enterprise Ireland €250,000 Competitive Feasibility Fund aimed at stimulating new start-ups in the agri-business sector. This fund, which can provide up to €25,000 per project, is now open for applications, and will remain open until Tuesday, 21st October 2014. The announcement marks the delivery of a key measure under the Government's Action Plan for Jobs, and is aimed at meeting the needs of the agri-business industry and supporting the growth of modern and dynamic start up agri-business companies in Ireland. The Competitive Feasibility Fund will support new start up companies or individual entrepreneurs to investigate the

viability of a new significant growth oriented business or proposition in the agri-business sector. The funding will enable the promoters to reach firm conclusions regarding the project's viability and strategies for developing and commercialising the innovative product or service on international markets. The fund is open to applications from individuals, early stage companies or prospective businesses operating in the agri-business sector including: machine design & manufacturing; fabrication, engineering & technical activities; life sciences products with application in the agri-sector; farm related software and related services; vet-pharma, animal health & chemical products.




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MINISTER COVENEY MUST CHANGE KNOWLEDGE TRANSFER DISCUSSION GROUP PAYMENT IN FAVOUR OF FARMERS

IFA Rural Development Chairman, Flor McCarthy has called on the Minister for Agriculture, Simon Coveney to amend the RDP proposals on Knowledge Transfer to pay farmers the full amount and to allow farmers, in turn, to pay the consultants. Flor McCarthy said as it stands the Minister has proposed to the EU Commission that farmers will get a payment of €750 while the facilitator, which can be Teagasc or a private planner, will get €500 for each participating farmer up to a maximum of 15 farmers (10 in the case of poultry). This proposed payment to the facilitator is much higher than what farmers were paying Teagasc and planners under BTAP, STAP and DEP in a competitive environment. The IFA Rural Development Chairman said paying a standard fee is unacceptable and goes against a policy of having

competitive tendering. Flor McCarthy said the following areas need to be addressed before the Knowledge Transfer measures are implemented:

- * The payment level to farmers should be increased to €1,250 with the farmers paying the facilitator a competitive rate for the work done.
- * The Knowledge Transfer measure which will apply to Beef, Sheep, Dairy, Tillage, Poultry and Equine must be extended for Pigs. In addition, a special Hill Sheep Measure (HSTAP) must be introduced.
- * Farmers who have both a Cattle and Sheep enterprise should be allowed to be members of 2 groups, as is currently the case. Many farmers have dual enterprises and should be allowed to join both as the Knowledge Transfer measure in each enterprise is important for improving their farm income.



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FOOD SAFETY AUTHORITY OF IRELAND ADVISES CAUTION WILD MUSHROOMS

The Food Safety Authority of Ireland (FSAI) has strongly advises people not to eat any part of a mushroom found in the wild without first seeking the advice of an expert mushroom forager. It warns of the serious risks posed by poisonous mushrooms and, in particular, the need for parents and guardians to ensure children do not consume wild mushrooms that may be growing in gardens or fields.

The warning coincides with the start of the foraging season and an increase in enquiries to the National Poisons Information Centre of Ireland in relation to wild mushroom consumption. In 2013, 19 cases of poisoning related to wild mushrooms were notified to the Centre, involving seven adults and twelve children. To date this year, 18

cases have been notified, involving seven adults and eleven children. All of the children had accidentally eaten wild mushrooms.

There are 14 native species of mushrooms growing in Ireland that can cause food poisoning and a further 13 species that are highly dangerous and can cause hepatic and renal toxicity and ultimately, can be life threatening. The FSAI states that if people do gather mushrooms in the wild, they need to be aware of the risks they are taking and should always enlist an expert for advice.

Consumers with food safety queries about wild mushrooms can contact the FSAI Advice Line on 1890 33 66 77 or the Poisons Information Centre of Ireland on 01-8092166 or at www.poisons.ie

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AT MACRA'S LEADERSHIP DISTINCTION AWARDS IN THE BREHON HOTEL, KILLARNEY ARE KERRY MACRA WITH MACRA NATIONAL PRESIDENT, KIERAN O'DOWD, (CENTRE). PICTURED ARE (LEFT TO RIGHT) NIAL LYNCH; THERESE O'SHEA; KEVIN O'CONNOR; JAMIE COOPER; SHANE Randles; NIAL FLAHERTY AND NIAL RIORDAN. 36 MACRA MEMBERS RECEIVED LEADERSHIP DISTINCTION AWARDS AT THE BANQUET.



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GARDENING OUTLOOK



with John O'Sullivan

FOCUS ON WINTER BEDDING PLANTS

With most of the summer bedding displays in hanging baskets, containers and window boxes nearly finished now is the time to start replanting them with a winter selection of bedding plants. Even though you won't have as much of a selection of winter bedding as you have in the summer, there is still a large range to choose from. When you are choosing your winter bedding plants, try to pick the biggest and the strongest as they don't grow during the winter.

The good thing about winter displays in containers is that you can choose what you want as a centre piece, because you will probably get a few seasons out of it in the container and you can plant it somewhere in your garden afterwards.

Some good centre pieces for containers are large, ie: Phormium, Cordyline, (green or purple), Variegata, Holly or Bay Tree.

Small, ie: Carex Algold, Heuchara, Euonymus, Azalea, but just make sure when choosing that the plant is evergreen. There is also a good selection of flowering winter bedding such as Violets, Pansy, Primrose, Polyanthis, Cyclamen, Ornamental Cabbage.

Next week, planting your baskets and containers for winter.

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Citizens Information

Know Your Rights:

LOCAL PROPERTY TAX AND THE LOCAL ADJUSTMENT FACTOR

QUESTION

What is the local adjustment factor for the Local Property Tax and how will this affect me?

ANSWER

Until now, Local Property Tax (LPT) rates have been the same nationwide - 0.18% for properties valued up to €1 million and 0.25% on any balance over €1 million. However, from 2015 on, a local authority may vary these basic rates within its own area by a maximum of 15%. This means that your local authority can either increase or decrease the rates of LPT payable in its area in 2015 by up to 15%. This is called the local adjustment factor. While the local authority has the power to vary the rates, the LPT will still be collected by Revenue.

The elected members of a local authority must consider the issues and decide whether to apply a local adjustment factor for 2015. To do this they must have passed a formal resolution to vary the rates and must have notified Revenue on or before 30 September 2014. If they reduce LPT rates by 15% in 2015, for example, this will result in a corresponding reduction of 15% in the amount that the local authority gets from the central LPT fund in 2015. (Each local authority will retain 80% of LPT to fund public services in 2015. The remaining 20% will be redistributed to provide top-up funding to certain local authority areas that have lower property tax bases than others because of the variance in property values across the State.)

The introduction of the local adjustment factor means that residential properties of the same value in different local authority areas may pay different amounts of LPT from 2015 on, depending on whether the local authority has applied a local adjustment factor or not.

For example, if your house is valued under €100,000, you will have paid €90 LPT in 2014. If the LPT rate in your local authority area is increased by 15%, you will pay €103.50 LPT in 2015 and if this rate is decreased by 15%, you will pay €76.50 LPT in 2015. Your LPT record will be updated in October 2014 to include your 2015 LPT charge. You will be able to confirm your LPT rate for 2015 by accessing your online LPT record.

Further information is available from the Citizens Information Centre below.

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

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



YOU'VE GOT TO HAVE A DREAM...

The New York Times did a recent piece about Max Levchin who in 1998 at the age of 27 created the online payment service called PayPal. eBay reportedly paid 1.5 billion dollars for it of which Levchin received 100 million. What is fascinating about this story is that Levchin said that the year following the sale was the worst of his life! He felt worthless and stupid and completely baffled by the thought of what he was going to do with the rest of his life. Apparently he even considered going back to college to do a Doctorate Degree. These days, although he possesses a fortune he is back to spending most of his time creating new start up companies.

I loved this story as it highlights for me how vital it is for us to have a dream and once we have achieved that dream that we go on to create another and another. Our minds need to be stimulated and creative, our hearts desire to beat with passion and our imaginations yearn to soar! As Max Levchin discovered, when you have all the money in the world you have to know what truly makes you happy... that for me is the ultimate richness in life!

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AWARE SUPPORT GROUP MEETINGS

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www.aware.ie.



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TOXIC FLOWERS FOR PETS:

The effects of toxic flowers can cause extreme depression, vomiting, diarrhoea, abdominal pain, hyper salivation, tremors, and potentially fatal organ failure. If you believe your animal has consumed a toxic substance please contact your Vet. immediately.

Common flowers toxic to dogs:

Aloe, Holly, Baby's Breath, Bird of Paradise, Carnations, Chamomile, Daffodil, Dahlia, Daisy, Eucalyptus, Calla Lily, Stargazer Lily, Geranium, Hydrangea, Iris, Mum, Peony, Poinsettia, Rhododendron, Tulip.

Common flowers toxic to cats:

Aloe, Holly, Azalea, Baby's Breath, Bamboo, Bird of Paradise, Calla Lily, Gerber Daisy, Jungle Orchids, Buttercup, Carnation, Chamomile, Aster, Cinnamon, Chrysanthemum, Daffodil, Dahlia, Azalea, Eucalyptus, Iris, Mum, Petunia, Poinsettia, Rhododendron, Tulip.

The above list is by no means complete and the only way to try to keep your pets safe is to keep all cut flowers and pot plants out of their reach. Other seasonal plants, such as mistletoe and aloe, are also not so great to have in your home. These plants can be detrimental to the intestinal tract of your animal and can result in permanent damage to your pets' vital organs.

COULD YOU LIVE WITHOUT OIL?

How do you keep yourself clean without the help of oil? We use it in our water heaters, and even in the cleansing products we use. The truth is, if you're determined to have a hot shower from the tap, it's almost impossible to free yourself from oil completely. However, for the dedicated there are some options.

Bucket showers or sponge baths with water collected from rainwater storage can keep you clean and green. For those in cold climates, heating the water can be done through solar panel heaters. And for those worried about the chemicals/petroleum in the products they use,

there are a range of all natural soaps that can be used on hair and body and come in a variety of green packaging.

For clothes, there's no better method than the bucket wash, along with drying clothes on a line. It is time consuming, and it's not nearly as convenient as a washing machine. However, it can cut gallons off water waste and save a tonne on electricity. Also just another small benefit: toned arms.

It is likely that your primary consumption of oil comes from your method of transportation. Even public transport, with few exceptions, uses petrol in their vehicles. So while mass transit is a good solution, it does not help one live an oil free life.

Enter the bicycle. Not only is it an efficient way to get around that millions around the world use daily, but it's environmentally friendly and a wonderful form of daily exercise. In countries such as Holland they are used daily by those in every strata of society. For difficult rides to formal workspaces, a change of clothes and wet washcloth can provide the level of professionalism necessary.

However, an even better option is to try to live near your place of work. Of course it's not always an option, but it's worth checking out. Not only is it a refreshing way to start your morning, but walking to work introduces you to local shops and cafes you might have otherwise passed by in your car.

When it comes to buying food with a low oil factor, it is imperative to buy local. Researching who produces the local cheeses, dairy, meats, vegetables and flours should be your number one goal. Of course what you buy will be influenced heavily by your diet, but eating with a low oil impact just means learning how to produce your own basics. It might sound hard, but most of our grandparents could cook bread from scratch, dehydrate their own meats and can their own produce, which are all skills that are worth knowing. It also means buying fresh produce and meats, and cutting down on plastic packaging (which is made with oil).

If you have room, starting a garden can be a great approach to sustaining your own food source. However, for those who live in apartments indoor vegetable and herb gardens are a great alternative. As an added bonus, learning how to preserve your own veggies can help you eat locally year round.

In terms of cooking, this can be a stretch. Whether you use gas or electricity you'll be using oil. However, you can cut this down considerably. Using pressure cookers can reduce cooking times by more than 60%. Also cooking large batches at once and using efficient equipment (such as glass instead of metal) can help reduce cooking times. For the very dedicated, solar cookers are available.

When it comes to electricity, the most obvious solution might be solar panels, for those who live in cities this is likely your best option. If you live in a rural area, it might be possible to use wind as well.

Keeping appliances unplugged when not in use, switching to energy efficient items and sizing down your appliances will also help. For instance, if you are single, you might not need a full size fridge.

If you use a computer, it is made with parts that require electricity and petroleum. Yet many companies including Apple, Dell and HP have come out with green computer models that use recycled parts that can later be recycled again after you upgrade to a new model. Also don't forget to ensure your computer uses power saving modes, like hibernate, when not in use (read: no screen savers).

If you are reading this, you realise it is impossible to not engage the petroleum sector at all. After all

It has been said that all oil does is give us the illusion of an easy life, free of work. Yet our everyday choices can still have a drastic impact on how much petroleum we do use. With a little knowledge, and a tiny bit of effort, we can all reduce our oil waste considerably.

THIS WEEKS QUOTE:

"Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured" - Mark Twain

ON THIS DATE – OCTOBER 10TH:

1711 - The Linen Board met for the first time.

1771 - During his visit to Ireland, Benjamin Franklin attended a meeting of the House of Commons. 1813 - Birth of Giuseppe Verdi, Italian composer.

1845 - In Annapolis, Maryland, the Naval School (later renamed the United States Naval Academy) opened with 50 midshipmen students and seven professors.

1873 - The earliest recorded sheepdog trials, in Bala, Wales.

1875 - The Universal Postal Union was formed in Berne, Switzerland.

1899 - Irish Transvaal Committee formed to aid Boers against the English.



1903 - The Women's Social and Political Union was founded by Emmeline Pankhurst.

1969 - The Hunt Committee Report on Ulster police recommended abolition of the B-special troops and the creation of the Ulster Defence Regiment

1981 - Fureys reached Number 14 in the British charts with "When You Were Sweet Sixteen"

GOOD NEWS:

The thousands of homeless pets in animal shelters could use all the earthly help they can get when it comes to finding loving new families — but a little divine support certainly doesn't hurt either.

In a special Catholic ceremony to mark the Feast of Saint Francis of Assisi, the patron saint of animals, dozens of unwanted and abandoned pets were invited to St. Patrick's Cathedral in New York City to receive a blessing from Cardinal Timothy Dolan, the Archbishop of New York.

36 shelter dogs, cats and a lone rabbit, were on hand for the event. Along with them was a small crowd of dedicated animal caretakers from the Mayor's Alliance for New York City Animals and the Humane Society; they got a special mention in the blessing for the good work they do.

"Francis is the saint who reminded us that God's love is revealed through creation and creatures," Cardinal Dolan said. "We ask you to bless these pets and the people who rescue them and take care of them."

WELL DONE TO THE HEALTH WORKERS RISKING THEIR OWN LIVES IN FIGHT AGAINST EBOLA:

The world's most pervasive outbreak of Ebola remains at a critical level as the number of cases continues to grow. More than 2,200 deaths have now been reported in four countries, a number the World Health Organization (WHO) warns is likely to be grossly underestimated. WHO forecasts that reported cases could soar to 20,000 before the outbreak is contained.

Health workers on the front lines have borne the brunt of the crisis. More than 225 have contracted the virus and nearly 130 have died since the outbreak began in March. According to Ruwan Ratnayake, an epidemiologist with the International Rescue Committee (IRC) Medical staff don't currently have adequate changes of personal protection equipment and are handling patients with trash bags for gloves and wrapping bits of cloth around their face instead of using proper equipment.

In Liberia and Sierra Leone, the IRC is redoubling efforts to procure and distribute protective personal equipment for use at health facilities, training health workers on the proper protocols and procedures to prevent infection. These protective kits include masks, rubber boots, safety glasses, gloves, chlorine, scrub sets, aprons and coveralls.

"Of all the emergencies going on in the world, this is the easiest one to contain," adds Srikanthan. Ebola only spreads through direct and substantial contact with the bodily fluids of someone carrying the disease. With the proper precautions, supplies and protocols, the virus generally is easier to contain than airborne diseases like influenza or tuberculosis. The supplies they need to contain the outbreak aren't expensive, but there just aren't enough available," says Srikanthan.

The IRC is supporting 41 health units in Lofa County, Liberia, and has reached 121 health units in Kenema District, Sierra Leone. They have trained more than 2,500 health care workers in both countries. In Monrovia, the capital of Liberia, they are leading a consortium of five humanitarian aid groups providing infection protection equipment and trainings at 240 clinics. In Sierra Leone, the IRC is coordinating efforts with other organizations and the local government to scale up infection protection and control activities in all 1,200 peripheral health units in Kenema.

KINDNESS CRUSADERS:

Farm animal sanctuaries do a lot of good for mistreated farm animals; they allow animals to have a second chance at a wonderful, rewarding life. Some farm animal sanctuaries take their well-meaning actions to another level and reach out to communities, allowing the joys that happy animals bring to reach far and wide. One sanctuary in particular has made a personal mission of bringing happiness and peace to nursing homes.

Edgar's Mission farm animal sanctuary, in Victoria, Australia, extends its compassion to humans in need. A few animals from the sanctuary travel around the country, bringing joy and companionship to the elderly at nursing homes. The animal group, appropriately named "kindness crusaders," makes the nursing home residents smile and laugh while gingerly taking food from their hands. The group is made up of a goat, Miss Chief; a chicken, Ginger Chicken and a sheep, Timmy.

The farm sanctuary takes the concept of 'therapy animals' to a whole new level. The

kindness crusade shows people, including the elderly, that any happy animal can bring joy and peace to a person's life. The animal does not have to be a dog or a cat to inspire hope; in fact, farm animals are a very fitting subject for hope for a more rewarding life.

35,000 WALRUSES INVADE ALASKA BEACH:

With Arctic sea ice coverage at its sixth lowest level recorded since 1978, Pacific walruses, dependent on ice surfaces for breeding and hunting, are coming ashore to find resting places.

Record numbers of the walruses—a estimated 35,000—were spotted on a beach in northwest Alaska 700 miles northwest of Anchorage, according to the National Oceanic and Atmospheric Administration (NOAA). The assessment was part of the agency's annual arctic marine mammal aerial survey.

Summer temperatures cause the edge of the sea ice to recede north. Mothers and newborn babies ride the sea ice north, depending on the shallow water of the Chukchi Sea for feeding. But when the ice recedes as much as it did this year, they find themselves in waters too deep for them to dive to the bottom to hunt.

When clustered so closely, young walruses are vulnerable to stampedes caused by hunters, polar bears or airplanes.

About 10,000 walruses have also come ashore at Cape Schmidt in Chukotka, Russia, reports RIA Novosti World Wildlife Fund (WWF) Russia "polar bear patrol" project leader Viktor Nikiforov. There the walruses have taken over the entire eastern shore of the cape and started to scramble up the cliffs.

"The massive concentration of walruses onshore—when they should be scattered broadly in ice-covered waters—is just one example of the impacts of climate change on the distribution of marine species in the Arctic, the sharp decline of Arctic sea ice over the last decade means major changes for wildlife and communities alike" said Margaret Williams, managing director of the Arctic program at the World Wildlife Fund (WWF).





LOOKING AFTER YOUR MENTAL HEALTH

Today, **October 10th** is **World Mental Health Day** and we reflect on what we can do to look after our mental health? Having good mental health means that we enjoy a sense of overall wellbeing. We function well in our everyday life and feel confident and secure in ourselves. There will be times in our lives when we will need to boost our mental health and wellbeing and the following tips can help us to stay on track.

1. **Connect with Others.** Building and sustaining good relationships with others can support and enrich our lives. Good quality relationships impact positively on our wellbeing and bring great rewards.
2. **Participate in life and share interests.** Being part of a group of people with similar interests can greatly enhance our sense of belonging and is good for our mental health.
3. **Look after yourself.** Eat well and keep active. Doing activities that we enjoy such as dancing, walking or gardening can all help us to feel good about life
4. **Volunteering** is a great way to meet people and also a great way to learn new skills. One study showed significant health benefits for those who volunteered 100 hours or more a year. Another study showed older generations had less of a decline in health and lived longer when they volunteered!
5. **Having a sense of purpose.** Knowing what's most meaningful in your life and clarifying what is important means you will spend less time focusing on unimportant things and eliminate stress.
6. **Let go** and accept what you cannot control.
7. **Deal with Stress.** Know what stresses you and how you react. Avoid stress triggers if you can and if they are unavoidable learn how to manage them. Maintaining a balanced lifestyle will help you to cope with stress. Try yoga, meditation or breathing exercises to keep stress at bay.
8. **Challenge yourself.** Take on a new challenge or learn a new skill. Learning and developing new skills enhances our 'mental fitness', gives us greater confidence and a sense of achievement.
9. **Gratitude.** Being grateful for what is working well in our lives and for what we have is important for our mental health.
10. **Practice mindfulness.** Focusing our attention on the present moment helps us to not get caught up thinking about the past or worrying and planning for the future.

If you are worried about your own mental health, speak to a GP or a professional. Drop in today to SouthWest Counselling Centre to talk to a professional.

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**.

Health Matters.... With Dr. Michael Moloney

BREAST CANCER

WEEK 2

RISK FACTORS FOR BREAST CANCER

Although breast cancer can develop for no reason, there are certain risk factors which can increase the chance of cancer developing.

Increased age, a past or family history of breast cancer, increased alcohol consumption, periods starting at an early age and menopause at a late age all increase the risk of breast cancer. Taking HRT for many years in women over 50 can slightly increase the risk. About 1 in 20 cases of breast cancer are felt to be genetic in origin. If you feel that you have a significant family history of breast or ovarian cancer then discuss this with your GP who may refer you for genetic testing. Breast feeding your babies lowers the risk of breast cancer. Regular exercise and keeping your weight normal has also been shown to be protective against breast cancer.

WHAT SHOULD YOU LOOK OUT FOR?

As mentioned earlier your breast consistency and size may change from time to time so it is important to know what is normal for you. The usual first thing that is noted is a painless lump in the breast. It is important to know that most breast lumps are **NOT** cancer. Other symptoms which may be notes are changes in breast shape or size. Dimpling of the skin. Nipple changes including discharge may also indicate underlying breast disease. Painful breasts are normally not a sign of early cancer but should still be discussed with your GP. It is important when examining the breast to examine the armpits for lumps.

THE NEXT STEP?

Depending on your breast complaint your GP may refer you to a specialist centre for further evaluation. There is normally no charge for this specialist centre.

The specialist centre may organise a mammogram or another scan (Ultrasound or MRI) of the breast. If there is a lump present a biopsy may be taken. This is a small sample of tissue which can be further evaluated under a microscope.

If you are diagnosed with breast cancer it is important to establish the exact type of breast cancer and the extent of the spread. Awaiting the results of these tests is a very frustrating time for all involved. It is important to get things right at this stage in order to tailor the best treatment plan for you.

PART THREE NEXT WEEK...



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NOVENA TO ST. CLARE

Ask St. Clare for 3 favours, 1 business, 2 impossible, Say 9 Hail Mary's for 9 days with a lighted candle, and finish with "May the Sacred Heart of Jesus be praised, adored, glorified and loved today and ever day throughout the world forever. Amen".
Pray, whether you believe or not.
Publish on the 9th day.
Your request will be granted no matter how difficult it may seem.
Favour often granted on the third day.

THE MIRACLE PRAYER

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

NOVENA TO ST. CLAIRE

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

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

NEVER KNOWN TO FAIL
You have said O'Divine Jesus ask and you shall receive, seek and you shall find, knock and it will open to you. Relying on these promises I come with confidence to beg of the favours that I need (make request). From whom shall I ask, Lord Jesus, If not from you whose heart is an unfailing source of graces and merits. Most loving heart of my God I believe in your perfect love for me and therefore I place all my trust in you.
Our Father, Hail Mary and Glory.
Say 3 times for 3 days and request will be granted, Never known to fail.
Must publish. **M.C.G.**

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. **A**

PRAYER TO THE VIRGIN MARY

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

THE MIRACLE PRAYER

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

THE MIRACLE PRAYER

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

NOVENA TO ST. CLARE

Ask St. Clare for 3 favours, 1 business, 2 impossible, Say 9 Hail Mary's for 9 days with a lighted candle, and finish with "May the Sacred Heart of Jesus be praised, adored, glorified and loved today and ever day throughout the world forever. Amen".
Pray, whether you believe or not.
Publish on the 9th day.
Your request will be granted no matter how difficult it may seem.
Favour often granted on the third day.

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.

PRAYER TO THE VIRGIN MARY

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

NOVENA TO THE HOLY SPIRIT

O Holy Spirit, you who solve all problems, light all roads so that I can attain my goal. You gave me the divine gift to forgive and forget all evil against me and that in all instances of my life you are with me. I want in this short prayer to thank you for all things you have given me as you confirm once again that I never wanted to be separated from you in spite of all material illusions. I wish to be with you in Eternal Glory. Thank you for mercy towards me and mine. This prayer must be said for three days, after three days the favour will be granted.
C.H.

NOVENA TO THE SACRED HEART

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

NOVENA TO THE SACRED HEART

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

DEBT REMOVAL PRAYER

Lord, I confess I've made mistakes, I have accumulated too much debt, and now I cannot imagine overcoming it without your help. Please Lord, I beg of you to intercede on my behalf. Provide me with the financial means to be able to breath again. Please forgive my sins Lord. Walk with me and help me to make the right decisions throughout my life.
In your name I pray. Amen.
You must say 3 Our Fathers for 7 Days. Must promise publication.
Never Know to fail.

NOVENA TO THE SACRED HEART

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

NOVENA TO THE SACRED HEART

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

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22200	Golf 1.6 tdi Van	Silver Met	142 KY 646
17000	Polo 1.0 Petrol TrendLine	Silver Met	142 KY 641
17000	Polo 1.0 Petrol TrendLine	Silver Met	142 KY 640
25800	Golf 1.6 tdi 5 door TrendLine	Tungsten Silver	142 KY 644
29000	Jetta 1.6 tdi HiLine Model Choice	Black Met	142 KY 642
28700	Passat 1.6 tdi Trendline	Silver Met	142 KY 502
28700	Jetta 1.6 tdi ComfortLine Extras	Black Met	142 KY 645

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141 D 13210	Passat ComfLine 2.0 140Bhp	Brown Met	27900
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141 D 17698	Golf Trendline 1.6 Dsl 5 Door	Black	22450

2nd Hand / Used Vehicles

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142 KY 322	Polo 1.0 Petrol	Silver	17000
141 KY 1424	Golf 1.5 Dsl Trendline 5 Door	Limestone Grey	25800
141 KY 1425	VW UP 5 Door	Black Met	12950 SOLD
141 C 4635	Polo Dsl ComfortLine 11000KM	Grey Met	18500 SOLD
141 KY 1821	Caddy Van 102 BHP	White	15500
141 KY 1324	Passat 1.6 tdi Dsl TrendLine	Blue Met	26950

2nd Hand / Used Vehicles

Reg	Model	Colour	Price
132 KY 324	Golf Trendline 1.6 tdi Dsl 5 door	White	20500
131 KY 1364	Jetta 1.6 tdi ComfortLine	Silver	22950
131 C 2117	Polo 1.2 Tdi Dsl	Silver Met	17500
131 KY 55	Passat 1.6 tdi Dsl TrendLine	Blue Met	22500
12 KY 957	Golf Petrol 1.2 Tsi		15750
12 LK 2101	Passat ComfLine 1.6 Fdi Dsl	Black	21750 SOLD
12 C 2252	Toyota Rav Dsl 2wheel Drive	Grey Met	22500
12 C 1388	Toyota Auris 1.4 dsl	Silver	16750
12 KY 911	Polo 1.2 Trimline	Grey	12500
11 C 9072	Nissan Qashqai Top Spec		17500
11 KY 2638	Golf Trendline & Sport Pack Dsl	Black	16500
11 KY 2539	Jetta 1.6 tdi Dsl Trendline	Silver Met	17500
10 D 9493	Polo 1.2 Petrol 5 Door	Silver	10500
10 C 3055	Golf Highline		12750
10 KY 2932	Jetta Dsl ComfLine	Grey Met	
10 C 10153	Golf 1.6 dsl 5 Door	Black	14500
09 D 6402	Passat ComfLine Dsl Low Mlge	Red	12950
09 KY 2103	Passat 1.9 tdi Dsl Estate	Silver	13750
08C 19399	BMW 520 Dsl	Gold Met	14950 SOLD
08KY 3913	Toyota Corolla 1.4 Petrol		7950
08 KY 1940	Transporter LWB Van Dsl	Black	11950
08 KY 2711	Ford focus style	Blue	8500
08 LK 996	Passat ComfortLine Dsl	Blue Met	8950
07 KY 1678	Jetta 1.9 tdi Dsl	Silver Met	9500
07 LK 6388	Passat 1.9 tdi Dsl	Black	7500
07 D 91712	Ford Mondeo Dsl	Blue	3500
07 KY 461	Toyota LandCruiser 5 WB	Blue	11950
07 KY 4568	Mazda RY8	Black	4900
06 KY 2801	Hyundai Tucson 2.0 dsl Automatic		6500
06 LK 1933	Peugeot 407 Dsl	Silver	4500
06D 12732	Golf 1.4 5 door	Black Sport	6750
06TS 1132	Ford Focus 1.4 H/B	Blue	6250
04 LK 2957	Boro 1.9 tdi Dsl	Red	2850
04 KY705	Polo 1.2 5 Door	Silver	3250
03 KY 1529	Passat Dsl ComfortLine	Black	3500
03 C 22724	Passat Dsl ComfortLine Auto	Black	3800
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