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MESSAGE FROM THE EDITOR...



It's beginning to look a lot like Christmas in the pages of this week's Killarney Outlook. This weekend sees the National Tourism Forum/Let's Talk Tourism in town with events planned for the entire weekend and some great key note speakers addressing the gathering. The Historic Rally of the Lakes has been launched with the "best of the best" taking part, Beaufort GAA Club had a day out in Croke Park and the restaurants for Dine in Killarney have been announced.

With Christmas In Killarney gearing up to be yet another amazing festival, organisers are giving one lucky family the chance to win a trip to Lapland.

There are lots of christmas gift ideas, christmas party venues and so much more in this week's Killarney Outlook - so sit back, relax and enjoy your weekly read!

Aisling Crosbie
Editor



Win a trip to
Lapland!

22

18

Historic rally launched...



ANNUAL WINE AND ART EVENING

Killarney Rotary Club is again hosting the annual Wine & Art evening in The Malton Hotel on Thursday 30th November at 7.30pm. It is always a joyful evening where you meet new and old friends, and whilst enjoying the evening know you are supporting the local charities and community projects benefitting from the evening.

Killarney Rotary Club appreciates the support given by sponsors Daly's Super Valu and Killarney Breweries. "Thank you to the patrons who attend. We also look forward to welcoming back the artists and craft people every year and it is always nice to meet new artists. If you haven't registered yet please do so as soon as possible", a spokesperson for the Rotary Club told the Killarney Outlook. Space is limited so it is important that you contact killarneyrotaryclub@gmail.com to arrange your registration or send a message through the Killarney Rotary Club Facebook page.

There will have the usual cheese and wine tasting. Some of the charities and organisations benefitting from this years event will have stands and advertise their projects and sell products. Killarney Rotary will also provide



an information stand for those who want to learn more about Rotary or may be interested in becoming a member.

Rotary is an organisation which combines the commitment of their members following the Rotary motto: "Service above self", fun and joy for all visitors. The Wine & Art evening is a great event for Killarney where hundreds of people meet at this important event for raising funds for several LOCAL organisations.

TOURISM CHIEFS PUT THEIR INDUSTRY IN THE SPOTLIGHT

THE great employment and training opportunities available in the tourism and hospitality sector in Kerry will be clearly outlined at a high-profile event in Killarney at the weekend.

One of the key speakers at the Let's Talk Tourism forum at the Brehon Hotel will be Paul O'Toole who is the head of Solas, the state organisation with responsibility for funding, planning and co-ordinating further education and training programmes in the country.

His organisation has been tasked with building the identity and values of a world-class, integrated education and skills sector that is responsive to the needs of learners and the requirements of a changing economy.

"We believe that by providing a further education and training sector that is tailored to the needs of learners, employers and communities, we can harness the individual's skills, strengthen the economy and promote social togetherness," said Mr O'Toole, a former Director General of FÁS who also served as



PICTURED AT THE LAUNCH OF THE NATIONAL TOURISM FORUM / LET'S TALK TOURISM CONFERENCE WHICH TAKES PLACE IN THE BREHON HOTEL KILLARNEY ON NOVEMBER 10TH & 11TH WERE FROM LEFT, JOAN MCCARTHY, KERRY COUNTY COUNCIL, PAUL O'NEILL, PRESIDENT, KILLARNEY CHAMBER OF TOURISM AND COMMERCE, MARGARET CAHILL, CHAIRPERSON, NTF, EMER CORRIGAN, IHF, SEAN HEALY, AIB AND CIARA O'GRADY, NTF.
PHOTO: DON MACMONAGLE

Chief Executive of Tourism Ireland and General Manager of Bord Fáilte.

Other key speakers at the forum will include Fáilte Ireland chief executive Paul Kelly, Mark Henry of Tourism Ireland, Fiona Monaghan, head of the Wild Atlantic Way project at Fáilte Ireland, Guinness Storehouse boss Paul Carty, Minister of State for Tourism Brendan Griffin

and Kerry County Council CEO Moira Murrell.

The forum will commence on Friday morning with an opening address from event chairperson Margaret Cahill and topics on the agenda for the day include the importance of the tourism industry, regionality and seasonality, planning, skills and manpower, digital trends, food tourism, air access and screen tourism.

In addition to the keynote speakers, there will be a frank exchange of views and opinions in a series of expert panel discussions with participants to include John Brennan of the Park Hotel, Kenmare, Adrian Cummins of the Restaurants Association of Ireland, Helena Healy of B+B Ireland, travel writers Eoghan Corry and Pól Ó Conghaile, David McCarthy of AIB and Bernadette Enright of the Hospitality, Education and Training Centre.

Friday night will involve a business networking dinner in the Malton Hotel and on Saturday forum delegates and their guests will enjoy a visit to the Skellig Coast and Valentia Island.

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KILLARNEY BACKS A WINNER WITH EXTRA DAY

Killarney Races has backed a winner in its campaign to extend the racing season at the local track.

It has been confirmed that another day of top quality racing has been approved for 2018 and the flagship July festival is to be extended to a five-day event, commencing on Sunday, July 15.

Securing the additional day of racing had been one of the main priorities set by the new Chairman of Killarney Race Company, Gerard Coughlan, who has been anxious to build on the success of the existing four-day festival that had been attracting record attendances.

"We had been striving for a fifth day of racing in July and the fact that it has been approved is fantastic news for Killarney," Mr Coughlan remarked.

The newly appointed chairman said the races contribute enormously to Killarney's economy with the three festivals in May, July and August, as they stand already, ensuring 80 races over a total of 11 days which will now extend to 12.

"The conservative estimate is that the races are worth in the region of €6.2 million to Killarney with an additional €1.42 million in prizemoney and that is now set to increase with the extra day approved," Mr Coughlan said.

To cater for the increase in racing days, a new 54-unit stable barn, built at a cost of €350,000, was opened this year.

Killarney Races Company has also taken on an



KILLARNEY RACE COMPANY CHAIRMAN, GERARD COUGHLAN, (SECOND FROM LEFT) AND SECRETARY CON O'MAHONY (FAR RIGHT) MAKING THE PRESENTATION TO THE WINNING CONNECTIONS OF THE KILLARNEY WELCOMES FEATURE IN BORDEAUX, FRANCE.

international dimension in recent weeks with a twinning agreement reached with Bordeaux Racecourse in France. That partnership will see Killarney hosting a race to promote Bordeaux and the French track doing likewise for Killarney.

Gerard Coughlan and Race Company Secretary Con O'Mahony attended the recent meeting in Bordeaux to make the presentation to the winning connections at the close of the

Killarney Welcomes race.

Off the track it has been a hugely successful year for Killarney Race Company and premier events included the hosting of delegates to the TBEX conference for a night of entertainment and a major international Buddhist congress in the summertime.

Tickets for Killarney Races 2018 are now available to purchase online by visiting www.killarneyraces.ie

TERESA ELECTED AS NATIONAL SOROPTIMISTS PRESIDENT

A Killarney woman has been elected as the National President of Soroptimists International Republic of Ireland at an event in Wales. Teresa Irwin of the Irwin School of Dancing was bestowed the honour at a ceremony in Cardiff on October 28th.

Teresa was accompanied by members of the Soroptimists International Killarney Club travelled to Cardiff for this auspicious occasion. Teresa joined the Killarney Club 31 years ago and has been an active member both locally and Nationally. She has served as President of the Killarney Club on four separate occasions. During this time she was instrumental in starting the pancake morning fundraiser and the Person of the Year Award. Both initiatives are part of the Clubs activities to this day.

Teresa has served as National Treasurer from 1991 to 1997, National Vice president 2015, President Elect 2016 and is now National President Soroptimists International Republic of Ireland. She is hosting the 52nd Annual Joint North / South conference of Soroptimists International in Killarney next May.



TERESA IRWIN (SEATED 2ND FROM LEFT) WHO RECENTLY RECEIVED THE POSITION OF NATIONAL PRESIDENT SOROPTIMISTS IRELAND PICTURED AT THE GLENEAGLE HOTEL WITH THE KILLARNEY BRANCH. FRONT ROW L-R EMER MOYNIHAN (PRESIDENT OF KILLARNEY SOROPTIMISTS), TERESA IRWIN (NATIONAL PRESIDENT), PEGGY REICHERT & NOLEEN O'SULLIVAN. BACK ROW L-R CLAIRE BOWLER, BRIDIE BROSNAN, MAURA FITZGERALD, SHEILA CASEY, ANNE O'LEARY, ANNE WRENN, MONA LOONEY, CATHERINE GLEESON & EILEEN FOLEY. PICTURE MARIE CARROLL-O'SULLIVAN

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SR ORLA TREACY RECEIVES O'FLAHERTY HUMANITARIAN AWARD 2017



SR ORLA TREACY PICTURED AT THE KILLARNEY AVENUE HOTEL RECEIVING THE HUGH O'FLAHERTY HUMANITARIAN AWARD FROM MAYOR NIAL KELLIHER. PICTURE MARIE CARROLL-O'SULLIVAN



SR ORLA TREACY, SEATED CENTRE, RECEIVING THE AWARD HUGH O'FLAHERTY HUMANITARIAN AWARD AT A CEREMONY HELD AT THE KILLARNEY PLAZA HOTEL ON SATURDAY NIGHT. PICTURE MARIE CARROLL-O'SULLIVAN

The 2017 Hugh O'Flaherty International Humanitarian Award was presented to Loreto Sr Orla Treacy by the Mayor of Killarney Cllr Niall Kelleher at a ceremony in Killarney on Saturday evening November 4th. This is the tenth year of this Award, established in 2008 to commemorate the humanitarian work of Killarney native Monsignor Hugh O'Flaherty, in Nazi occupied Rome during WW2.

Sr Orla is the Principal of a Loreto education and medical mission in Rumbek, South Sudan. In 2004, the Loreto Sisters in Ireland and worldwide started a new movement called 'Courage to Move.' It was an invitation for all Loreto Sisters in different countries to start a new mission, to re-engage with missionary spirit that was reflected in the early foundations, and to try to start a new mission in new countries. Shortly after she was professed as a Loreto Sister, Sr Orla responded to this call and in 2006 travelled to Sudan. In the face of abject poverty, civil war and the absolute oppression of women and in particular young girls, they succeeded in establishing schools and a basic medical centre in the area of Rumbek in central South Sudan.

In accepting the Award, Sr Orla told the large audience, "In 2011, South Sudan gained independence and it was hoped that matters would improve. Following a brief period of relative peace, conditions in South Sudan have returned to those applying pre-Independence and the Loreto Sisters continue to struggle to provide education and minimal medical care for those in their care".

She went on to describe the terrible circumstances facing young girls in South Sudan, with forced marriages while still in their teens, high mortality in childbirth and almost non-existent education, even at primary level.

Concluding on a positive note, she added, "The Loreto sisters are committed to staying the

course and with the help of supporters in South Sudan and at home in Ireland, we will continue to do everything in our power to ensure that the young people of South Sudan will receive an education thus enabling them to climb out of poverty and oppression. The girls and young people we work with in South Sudan fill us with hope for a better future for this country".

In his opening comments, Chair of the Hugh O'Flaherty Memorial Society Jerry O'Grady reminded the audience of the words of Nelson Mandela, "Education is the most powerful weapon which you can use to change the world".

When presenting the Humanitarian Award to Sr Orla, Killarney Mayor Cllr Niall Kelleher spoke of the uncertain future for South Sudan, "In a 2017 international assessment of 178 nations, South Sudan was considered to be the most fragile democracy and the most difficult nation in the world for girls to receive an education". "I appeal to everyone to support the work of the Loreto Sisters in whatever way they can to enable them to continue and further develop their tremendous humanitarian work in South Sudan".

A most welcome new addition to the O'Flaherty Award this year saw students from all the schools in the Killarney Parish present a Bursary to Sr Orla. The Schools Bursary Chairperson Colm O'Suilleabhain said, "This initiative was enthusiastically supported by the students and teachers of the eleven schools in Killarney and they were delighted to be associated with the project".

Sr Orla was accompanied at the Ceremony by her father Blaise Treacy, her brothers and extended family members, friends from her hometown of Bray and some of her Loreto colleagues.



PEARL DINEEN (RIGHT), NIECE TO HUGH O'FLAHERTY, PICTURED AT THE KILLARNEY AVENUE HOTEL PRESENTING THE HUGH O'FLAHERTY MEDAL TO SR ORLA TREACY. PICTURE MARIE CARROLL-O'SULLIVAN



SR ORLA TREACY (LEFT) PICTURED WITH FRANK LEWIS, KILLARNEY CHAMBER OF TOURISM & COMMERCE, AT THE KILLARNEY AVENUE HOTEL HAVING RECEIVED THE HUGH O'FLAHERTY HUMANITARIAN AWARD ON SATURDAY NIGHT. PICTURE MARIE CARROLL-O'SULLIVAN



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GREAT CHOICE FOR DINE IN KILLARNEY

Killarney Restaurateurs wish to say a huge thank you to the locals for their support throughout 2017 and offer an early Christmas Present, a 3 Course Dinner for €25! The dates this year are Thursday 30th November and Thursday 7th December from 6:00 pm - 10:00 pm. Pre-booking is essential, so get in contact now to secure your booking. Participating restaurants this year include:

Cellar One at The Ross, Bricin, The Smokehouse, Kaynes Bistro at The Dromhall Hotel, The Lake Room at The Aghadoe Heights, The Porterhouse, The Garden Room Restaurant at The Malton, Lord Kenmares, Danu at The Brehon Hotel, Desire Kitchen at The West End, Celtic Whiskey Bar & Larder, Hannigans Restaurant at The International, Italian Cuisine, The Failte Restaurant, Killarney Royal Hotel, The Plaza Bar & Grill, The Golden Nugget, No52



High Street Restaurant, The Park Restaurant at The Killarney Park, The Flesk Restaurant, Gaby's Restaurant, Scott's Bar & Courtyard Restaurant.

KERRY PLANS TO BUILD ON SUCCESS OF BERLIN TRIP

A 35 strong group led by Minister Brendan Griffin TD and Mayor of Kerry, Cllr John Sheahan enjoyed a three-day Kerry tourism promotional visit to Berlin last weekend.

The group held a series of engagements with tourism trade, media and consumer groups. They also held a high level political meeting with State President Mr Ralf Wieland in the Berlin Parliament to promote closer economic ties between Kerry, Berlin and the State of Brandenburg.

The visit was in support of the new direct Ryanair flight from Berlin to Kerry and was organised by Kerry County Council, Destination Kerry and Kerry Airport and supported by Tourism Ireland, Fáilte Ireland and the Irish Embassy in Berlin. Trade representatives from all over Kerry formed part of the delegation.

The main events were hosted by the Irish Ambassador, Mr Michael Collins, at the Irish Embassy. There were presentations to the group by Tourism Ireland's Head of Europe Finola O'Mahony and Manager (Central Europe), Zoe Redmond. Over 70 Berlin trade and media attended the Kerry Tourism Showcase event at the embassy where Ambassador Collins, Minister Griffin and Mayor Sheahan spoke and there were presentations by Angela McAllen and John Griffin of Kerry County Council and Conor Hennigan of Kerry Airport.

Minister Griffin, who spoke in German and English, stressed the popularity of Kerry as a holiday destination for German visitors with over 250,000 now visiting the county each year, the most to any Irish county. Currently, these visitors come mainly from northern, central and southern Germany. The potential for growth from eastern Germany is now considerable, he said, with the opening up of the new direct route to Kerry.

'Berlin is a largely new tourism market, from a Kerry perspective,' according to Mayor John



IRISH AMBASSADOR TO GERMANY, MICHAEL COLLINS TAKES MINISTER FOR TOURISM BRENDAN GRIFFIN, MAYOR OF KERRY JOHN SHEAHAN, ANGELA MCALLEN, KERRY COUNTY COUNCIL, MAYOR OF KILLARNEY NIAL KELLIHER, MAYOR OF LISTOWEL JIM KENNELLY, CLLR JIM FINNUCANE, TRALEE AND DEPUTY MAYOR OF SOUTH KERRY NORMA MORIARTY. ON A TOUR OF THE BERLIN WALL AT THE WEEKEND AS PART OF A KERRY BUSINESS DELEGATION PROMOTING TOURISM AND THE INAUGURAL TWICE WEEKLY RYANAIR FLIGHT TO BERLIN FROM KERRY. THE FLIGHT WILL OPERATE BETWEEN KERRY AIRPORT AND BERLIN SHONEFELD EVERY THURSDAY & SUNDAY. PHOTO: DON MACMONAGLE



EVELYN HORVATH, RYANAIR, MAURICE WHELAN, IRELAND WALK, CATRIONA NI CHURRAIN, CLOUGHANE/BRANDON TOURISM GROUP, AINE O'SULLIVAN, GERMAN ROSE OF TRALEE AND NOEL RYAN, KERRY AIRPORT PICTURED AT THE HISTORIC BRANDENBURG GATE IN BERLIN GERMANY. PHOTO: DON MACMONAGLE

Sheahan. 'There are 3.5 million people living in the greater Berlin area and we wanted to present Kerry as an attractive holiday option to them.' In his speech the mayor pointed out

that the flight time from Berlin to Kerry of 2.5 hours is less than it takes to drive from Kerry to Dublin. There was laughter when he said that you also gain an hour when flying west from Germany to Ireland.

The group also participated in consumer promotions at the Irish Embassy and at the Ring Shopping Centre. There was strong interest in English language learning, outdoor pursuits and coastal and cultural activities. 'As Berlin is five hours from the sea, coastal destinations and the Wild Atlantic Way have a particular appeal to them' according to Caroline Boland from Dingle Peninsula Tourism Alliance. 'The challenge now is to build on this success,' according to Brendan Tuohy, Chairman of Destination, 'and continue the momentum through further promotions and engagements.' To coincide with the Berlin promotion Ryanair announced a special seat sale for January on the route for €12.99 to be booked by midnight, 15 November next.

IF YOU HAVE A STORY... CONTACT AISLING ON 086 0400 958

Health Matters...

With Dr. Lynda O'Callaghan

The Killarney Medical Centre

Long Term Reversible Contraceptives (LARC)

LARC is fast becoming one of the most popular methods of contraception regardless of your age due to reliability and reversibility. When compared to standard methods of contraception (Pill/Condoms/Patch/Ring) LARC show superior efficacy with lower failure rates. This is not only due to less user error (ie forgetting to take your pill) but also due to better long term control. The initial cost is greater than the other methods but they become more cost effective with time and over the course of 3-5 years is cheaper than all non LARC methods. Most are readily available at your own doctor's surgery.

Intra- Uterine Systems (IUS)

The first of its kind was the Mirena, but now 3 exist in this category. These are small plastic T-shaped devices that emit a small amount of progesterone daily in the uterine cavity (womb) and prevent implantation. It does not alter your own hormones so while many people will have a much lighter period or none at all, the dose of progesterone is not adequate to interfere with ovulation so the risk of hormonal side effects is much less than with the Pill.

Mirena- lasts for 5 years. This is suitable for any woman who is at least 16 weeks after a normal vaginal delivery and no longer breastfeeding. It can also be used in women who have had a caesarean section or sometimes in women who have never been pregnant but it can be more difficult to insert in these cases. The Mirena is one of the most effective treatments for heavy painful periods irrespective of any need for contraception. 50-65% of women will experience no bleeding at all 6 months post insertion.

Jaydess- this is the smaller than Mirena and last for 3 years. It will lighten periods but usually they do not disappear entirely due to the much lower dose of progesterone. It is designed to be used in women who have never had a pregnancy and wish to avail of IUS.

Kyleena- This is the newest to the range, similar in size to Jaydess but with a higher dose of progesterone and lasts for 5 years. It may be suitable for women who have never had a pregnancy or in women who have but where the Mirena cannot be inserted. It does not lighten heavy bleeding as effectively as the Mirena however.

All these are immediately reversible. They can be removed at any time and return to fertility is rapid. While you have an IUS you continue to ovulate (unlike the Pill that stops ovulation) so conception may occur promptly after removal.

Common side effects include nuisance break through bleeding (especially common in the 6 weeks post insertion), breast tenderness, mild acne (particularly jaw line) and some short lived bloating and cramping after insertion.

Significant complications are very rare. Failure is much less than the pill but if a pregnancy were to occur there is a 1 in 20 chance it will be ectopic. Perforation where the IUS moves outside the womb and into the pelvis or abdomen is a very rare but serious complication and ultimately may require keyhole surgery to resolve and remove the device.

Copper Coils

These remain an effective method of contraception and are entirely hormone free. The disadvantage is copper causes irritation to lining of the uterus and so, makes periods more painful and heavier.

Implanon

The Implanon is a very slim rod approximately 1.5" long (like a matchstick) that is easily inserted into your arm at the beginning of your cycle. It works immediately and lasts for 3 years. It is extremely effective and is only surpassed by surgical methods of contraception (Tubal ligation and vasectomy). It works by inhibiting ovulation and again many women may experience no bleeding while it is in. There is no limit to the number you can have and it can be exchanged for a new one easily after 3 years. Unfortunately it can cause the kind of hormonal side effects people associate with the Pill, including mood changes, acne, libido, abnormal bleeding. It is easily removed at any time and the hormone is rapidly eliminated from your body within days. It can take several weeks for a regular cycle to re-establish however.



Dr. Lynda O'Callaghan
MB BCH BAO LRCP&SI MCGP
Dip. in Women's Health, DCP, DCH

The Killarney Medical Centre
47, New Street, Killarney
T: 064 66 20628



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YOU ARE INVITED TO CREATIVE IRELAND KERRY PUBLIC CONSULTATION MEETING

The Creative Ireland Kerry programme is co-ordinated by Kerry County Council's Arts Office. Cathaoirleach of Kerry County Council, Councillor John Sheahan is inviting the public to attend a consultation meeting about the programme at The Rose Hotel on Tuesday 14th November from 7.30-9.00pm next.

"The 2017 Creative Ireland Kerry Action Plan was informed by public meetings and this approach is set to continue into the future for the programme", Cathaoirleach Cllr. John Sheahan states. The 2017 programme to date has prioritised creative engagement by young people as well as the development of opportunities for artists. It has enhanced programmes in youth choral as part of Kerry Music Education Partnership, has intensified residencies for artists, allowed for showcase exhibitions in visual art and in dance, and helped augment partnership projects in film, festivals, literature and dance. It has further supported the traditional arts, and given rise to heritage projects in schools as well as the development of the Cultural Archive Award which will progress this autumn.

"Having shown a clear and long reaching impact already in the county, we are ready now to seek additional feedback on the next stage

of the project's development", Kate Kennelly, Arts Officer and Creative Ireland Kerry Co-ordinator reiterates. The meeting at The Rose Hotel in Tralee on Tuesday 14th November is aiming to ensure widespread consultation on a strategy for the next phase of the programme. "We want a strategy that is relevant and will have a clear impact on citizen engagement with creativity. One of the key aspects of the programme led by local authorities is to enable creativity in every community", Kate goes on to say. Focus groups meetings and questionnaires will also inform the planning process and will help shape Creative Ireland Kerry in the coming years. Fields of expertise that will be represented on the 14th November at The Rose Hotel include economic and community development, culture and the arts, heritage, archaeology, and libraries. The Creative Ireland Programme gives the county an opportunity to build on Kerry's reputation as a repository of culture and therefore having your say in the development of the programme is important. The Creative Ireland programme budget was increased in the Government's recent Budget 2018 announcements and it is hoped this will impact on the programme in Kerry. Anyone can attend the public meeting



CATHAOIRLEACH OF KERRY COUNTY COUNCIL, COUNCILLOR JOHN SHEAHAN

on November the 14th next at the Rose Hotel and a call is underway to anyone interested in creativity, the arts, heritage groups, Irish language, community groups, artists, festivals, venues co-ordinators, schools, youth and senior citizen groups are all welcome to attend. Everyone is welcome to come along on the night from 7.30pm to 9.00pm. For seating & table arrangements please rsvp attendance to creativekerry@kerrycoco.ie.

CORK YOUTH ORCHESTRA TO PERFORM AT THE RACECOURSE FOR CHERNOBYL

The annual Cork Youth Orchestra Concert in aid of the Friends of the Children of Chernobyl will have a new venue this year.

The theatre at Killarney Race Course on Ross Road will host the musicians on Sunday November 19th at 7pm for what promises to be another amazing concert.

This year there will be two soloists taking part in the show, Mary Hegarty and Joe Corbett.

Tickets are on sale at €10 with concessions for sale for €5.

It is a night not to be missed.



FIRST AID COURSE FOR PARENTS

Ballyspillane Community & Family Resource Centre CLG are holding a First Aid Course on Wednesday next, 15 Nov. The course will take place in the centre from 10am -12pm and will Cost €10 (which is a special concessionary rate being offered by the centre as this course is usually €35)

Whether you are expecting your first child or already have children it is only natural to want to prepare yourself for any emergencies that might arise, our practical course on first aid is the ideal introduction for parents, parents to be and family members to the common injuries and medical emergencies affecting children. This course will give you the confidence and skills to administer first aid to your little



ones if needed. The 2 hour practical Course will cover the First Aid Skills you will need when Responding to Children when you are faced with Burns, Cuts, Breaks, Poisoning and

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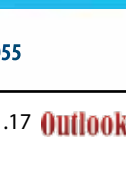
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STUDENTS AND PARENTS WELCOME AT CAREERS DAY

The Kerry Branch of Guidance Counsellors will host its annual Careers Fair on Wednesday the 15th of November, 2015 from 9 am to 1pm in the Malton Hotel, Killarney. The event which is open to the public and to second level schools will feature Universities and Institutes of Technology from around Ireland, the teacher training colleges, agricultural colleges, An Garda Síochána, the Defence Forces, Fáilte Ireland, BIM, CIMA (Chartered Institute of Management Accountants) and the Society of Chartered Surveyors. Several Post Leaving Certificate (PLC) colleges from Kerry, Cork and Limerick will also be in attendance as well as Kerry Education and Training Board. Leibherr Killarney will also be represented. The Careers Fair provides an ideal opportunity for prospective students to meet with representatives from the 3rd level institutions as well as other organisations providing career services to those trying to choose their career path. Such organisations include Qualifax, Classroom Guidance, Careers Portal and The National Learning Network. Representatives from HEAR (Higher Education Access Route) and DARE (Disability Access Route to Education) will also attend.

This year's event sees an increase in the number of Colleges represented from outside of Ireland. Representatives from ENICAS (European University Central Application Support Service) and UCAS (Universities and Colleges Admissions Service in the UK) will be in attendance to answer queries for the increasing number of students who are applying for places in colleges elsewhere in the EU.



FROM LEFT: CARMELLA SHEEHY, GUIDANCE COUNSELLOR, KILLARNEY COMMUNITY COLLEGE, RACHEL HEALY, KAREN RICE, GUIDANCE COUNSELLOR ST. BRENDAN'S COLLEGE, AND NIAMH DWYER, SCOIL PHOBAIL SLIABH LUACHRA, RATHMORE. STUDENTS: RYAN O'KEEFFE, EOGHAN CRONIN, PATRICK O'REGAN, ST. BRENDAN'S COLLEGE AND LOUISE HEALY AND PAUL BROSNAN

Admission to the Careers Fair is €5.00

Information Sessions for Parents and Students on Tuesday Evening, 14th of November, Malton Hotel (Great Southern), Killarney

The huge success of information sessions for parents and students in previous years means that the following sessions will take place as part of this year's event:

7pm: UCAS – Information about applying to colleges in the UK

HEAR – Higher Education Access Route for students from socio-economically disadvantaged backgrounds.

CAO Information Talk for Parents – Supporting students in making career decisions

8pm: EUNICAS – Information about applying to colleges in Europe

DARE – Disability Access Route to Education for students with a disability, significant ongoing illness, mental health condition or specific learning difficulty CAO Information Talk for Parents – Supporting students in making career decisions Admission to the Information Sessions is Free of charge.

KILLARNEY HOTELIERS REACT TO WORLD RUGBY TECHNICAL REPORT

Killarney's hoteliers have expressed their annoyance at the recent report made by World Rugby's Technical Review group, specifically in relation to the comments made about the town's size and its inexperience at hosting large scale events.

Speaking in reaction to the report, Patrick O'Donoghue, Chairman of the Kerry Branch of the Irish Hotels Federation said, "While Killarney's population is smaller than other proposed host cities, the town has a disproportionately high number of hotels and guesthouses. Also, contrary to the report, Killarney has hosted the Irish Open four times." Killarney currently has in excess of 2,500 hotel rooms and has the highest concentration of four and five star hotels in Ireland. There are over 5,200 hotel rooms in Kerry, with many of these located in Killarney's neighbouring towns of Tralee, Kenmare and Dingle. These figures do not take into account the number

of guesthouses, B&Bs, hostels and self-catering accommodation in the county.

The 2010 Irish Open welcomed an attendance of 85,179 over the four days while in 2011 the tally of attendees for the international gold tournament exceeded 86,500. While not an international event, the Kerry town also hosts the Munster Football Final on a regular basis with attendance figures, for the highly anticipated Cork and Kerry clashes, averaging just under 40,000 people.

"Killarney is accustomed to punching above its weight, and anyone that has attending a large-scale sporting event, concert or conference here will testify to that. The atmosphere, safety and professionalism of everyone involved is always second to none," added Mr O'Donoghue.



PATRICK O'DONOGHUE CHAIRMAN OF THE KERRY BRANCH OF THE IHF

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Price Region: **€250,000**

BER G

MONEY MATTERS.....

By Dermot Cronin,
Financial Advisor



CAN I REDUCE THE COST OF MONTHLY INSURANCES I TOOK OUT WITH MY MORTGAGE?

Yes, by comparing and reviewing your mortgage insurances you could reduce your monthly outgoings, the savings can be very substantial for example if you saved €10 per month & you had 15 years left on your mortgage this saving would be €1,800.00 over the remaining term of your mortgage. The insurances many people have include life cover, serious illness cover, house insurance, income protection and repayment protection insurance. Some of these insurances are compulsory and are a condition of your mortgage such as house insurance and life assurance and the others are not compulsory.

To compare and review your insurances is simple:

Get all the info you have on your policies & bring them to an independent financial advisor.

He or she will have access to various banks and insurances companies for some or all of the above products and will do a comparison of these products for you, explain in detail what cover you have & let you know if you may be overpaying for some of these insurances. They will also let you know if your products are good value for money and more importantly if you do not have adequate cover in some areas.

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MEN'S SHED VOLUNTEERS TACKLE RHODO PROBLEM

Over 60 volunteers from the Irish Men's Sheds Association travelled from all over the country to help in the Rhodo Eradication Program last Sunday 5th November. They arrived on Sunday afternoon to team up with Killarney National Park and Killarney Chamber of Tourism and Commerce personnel to help protect a vital part of Killarney's natural heritage. The initiative saw the volunteers involved in a three-day clear-out of rhododendron and all of the volunteers were accommodated and fed, free of charge, for the duration of their stay in Killarney. They were given an official welcome from Mayor of Killarney Cllr Niall Kelleher at a welcome dinner which was held in the Muckross Park Hotel. After the dinner, Tim Cahillane from the National Park and Wildlife Service gave a talk explaining the work that needed to be done and answering any questions. The men assembled at Muckross Park Hotel carpark at 9.30am on Monday where they collected their tools and work equipment and set out on their first days work. That evening the volunteers visited the Killarney branch of Mens Shed where the local members hosted them. On Tuesday the men were divided into two groups, and made for Torc Waterfall and Dinis Cottage. They had lunch both days in the restaurant of Muckross House. On Tuesday night, they dined at The Laurels Pub and Restaurant in the town centre. On Wednesday morning they got straight into work again, finishing up just after lunch. All the volunteers put in a hard weeks work and a big thank you to all the hotels and restaurants who looked after them this week. Killarney National Park has been fighting



MEN'S SHED ASSOCIATION MEMBERS FROM ACROSS IRELAND, ALONG WITH VOLUNTEERS, HAVE DESCENDED UPON KILLARNEY NATIONAL PARK THIS WEEK, TO HELP PROTECT A VITAL PART OF IRELAND'S NATURAL HERITAGE, AND TACKLE THE PROBLEM OF INVASIVE RHODODENDRONS. THE CIVIC AND PIONEERING INITIATIVE IS A JOINT PARTNERSHIP WITH KILLARNEY CHAMBER OF TOURISM & COMMERCE, HAVEN PHARMACY, KILLARNEY MOUNTAIN MEITHEAL GROUP AND KILLARNEY NATIONAL PARK. THROUGH THE GENEROSITY OF KILLARNEY CHAMBER & HOTELIERS, ALL THOSE ATTENDING WERE ACCOMMODATED AND FED FOR THE DURATION OF THEIR STAY IN KILLARNEY. PHOTO: VALERIE O'SULLIVAN

against rhododendrons for over 30 years, and the sheer size of the 10,000-hectare park presents serious challenges, so they need all the help they can get. This initiative represents an innovative approach as it is an attempt to harness the efforts of the whole community against this threat to one of Ireland's most-visited sites. Well done to all those involved.

PICTURED RIGHT: NEILUS O'REGAN, LEFT AND GERRY MCSHERRY, KILLARNEY MEN'S SHED PHOTO: VALERIE O'SULLIVAN



ALL THINGS SCIENCE NEXT WEEK AT THE MUSEUM

The ancient secrets of Killaclohan Portal Tomb will be revealed using 21st century science next week as part of Science Week at the Kerry County Museum. The Tomb in the Lab is a series of discussions, demonstrations and displays taking place during Science Week Ireland.

All events are based on Killaclohan Portal Tomb near Milltown, Kerry's oldest known man-made structure dating to about 3800 BC. The Neolithic tomb underwent a major excavation and restoration programme in 2015 and the artefacts found have been the subject of intensive scientific scrutiny. The techniques used in these tests and the results are showcased for the first time during Science Week, which runs from 12th to 19th November. The event is funded by the Heritage Council and Creative Ireland and supported by Kerry County Council.

Over four days speakers and facilitators will showcase what archaeological science can tell us about our ancestors based on finds from Killaclohan. County archaeologist Dr Michael Connolly will outline the dig, describing tools



KILLACLOHANE PORTAL TOMB, MILLTOWN.

and techniques used. Osteo-archaeologist Dr Linda Lynch will discuss what extraordinary information can be gleaned from a handful of cremated bone found at the dig. US based visiting researcher Kendra Sirak will showcase the ability to extract, sequence and analyse ancient DNA. Ceramicist Lone Beiter O'Reilly will demonstrate how pottery was made thousands of years ago for the purpose of holding the cremated remains of our ancestors

buried at Killaclohan.

These talks will be held at the Museum in Denny Street throughout the week. Please book your event in advance to avoid disappointment:

Monday, 12th November at 4pm: Dr Michael Connolly: Portal to an Ancient World (free admission, booking necessary)

Tuesday, 13th November at 4pm: Kendra Sirak: Decoding the Past (free admission, booking necessary)

Wednesday, 14th November at 4pm: Dr Linda Lynch: How the Dead speak to Us (free admission, booking necessary)

Thursday, 15th November at 4pm: The Family Science Show with Catherine McGuinness (Please note this is a family event suitable for children aged 6-12; cost: €1 per person, booking essential)

Saturday, 18th November, 11am-4pm: Ancient Pottery Making with Lone Beiter O'Reilly (normal admission fee applies: Adults €5, children go free. This event is suitable for children of all ages, no booking required)

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A GROUP INCLUDING KEVIN FLANNERY (CLERK OF THE COURSE) AND MICHAEL O'MAHONEY (RENTOKIL INITIAL MANAGING DIRECTOR) WITH PATRICK O'DONOGHUE, (GLENEAGLE GROUP MANAGING DIRECTOR), PAUL SHERRY (KILLARNEY CHAMBER OF TOURISM AND COMMERCE VICE-PRESIDENT), MIKE AND NOREEN MARSHALL, DERMOT HEALY, JOHNNY HICKEY (PRO), PAUL NAGLE, DENIS MCCARTHY (ASSISTANT COC), ROB DUGGAN, NEIL PHELAN (ACE SIGNS), ALAN BUCKLEY (DEPUTY CLERK OF THE COURSE), DENIS WALSH, MIKE FALVEY (CHIEF MARSHAL), DIARMUID CRONIN (KILLARNEY AND DISTRICT MOTOR CLUB CHAIRMAN) AND MARTIN FARRELL (ASSISTANT COC), AT THE LAUNCH OF THE RENTOKIL INITIAL KILLARNEY HISTORIC RALLY IN SCOTTS HOTEL KILLARNEY ON FRIDAY NIGHT. PICTURE: EAMONN KEOGH



JAMES AND EOIN FLANNERY AT THE LAUNCH OF THE RENTOKIL INITIAL KILLARNEY HISTORIC RALLY IN SCOTTS HOTEL KILLARNEY ON FRIDAY NIGHT. KILLARNEY AND DISTRICT MOTOR CLUB WILL HOST IRELAND'S ONLY EVENT TO CATER SOLELY FOR HISTORIC RALLY CARS AND NIGHT STAGE RALLYING ON SATURDAY DECEMBER 2ND PICTURE: EAMONN KEOGH

Killarney and District Motor Club held the official launch to the Rentokil Initial Killarney Historic Rally on Friday night last in Scotts Hotel Killarney. There were some beautiful rally cars on display and a large crowd in attendance. Officials, Organisers, Sponsors, distinguished guest speakers such as TD Michael Healy Rae, WRC Co Driver Paul Nagle and Dignitaries of Killarney town were on hand to support the event. MC on the night was non-other than Mike Marshall, he introduced Paul Sherry of Killarney's Chamber of Tourism and Commerce who spoke of how important the rally is to Killarney Town, bringing a welcomed revenue boost to the local economy. TD Michael Healy Rae spoke on the commitment and dedication of the voluntary club members involved and their ability to host an event of this magnitude every year. Other guest speakers included Michael O'Mahoney of Rentokil Initial and Patrick O'Donoghue of the Gleneagle Hotel Group who have been involved with rallying in Killarney since 1979.

Killarney and District Motor Club announced details of this year's Killarney Historic Stages Rally. Ireland's only event to cater solely for historic rally cars and night stage rallying is set to run on Saturday the 2nd Dec.

The rally will count as

- First round of the 2018 Clonakilty Black Pudding Irish Tarmac Historic Rally Championship.
- Final round of the 2017 Plasticbags.ie Southern Four Rally Championship.
- Final round of The 2017 HRCR West Wales Rally Spares - Stage Masters Challenge.

Event clerk of the course Kevin Flannery and his Killarney and District Motor Club team have built this year's rally around the competitor and in doing so have selected a route of the most classic famous stages Killarney has to offer. We recognize the competitors attraction to the event and the uniqueness that the Killarney Historic Rally holds worldwide, offering the competitor 110Km of competitive stages, Centralised service area at Liebherr Container cranes Killarney and the popular feature of the final stage to be run in the darkness. Event COC Kevin said: "



PAUL SHERRY (KILLARNEY CHAMBER OF TOURISM AND COMMERCE VICE-PRESIDENT), ALAN BUCKLEY (DEPUTY CLERK OF THE COURSE), MICHAEL O'MAHONEY (RENTOKIL INITIAL MANAGING DIRECTOR), PATRICK O'DONOGHUE, (GLENEAGLE GROUP MANAGING DIRECTOR), KEVIN FLANNERY (CLERK OF THE COURSE), AND DEPUTY MICHAEL HEALY TD AT THE LAUNCH OF THE RENTOKIL INITIAL KILLARNEY HISTORIC RALLY IN SCOTTS HOTEL KILLARNEY ON FRIDAY NIGHT. PICTURE: EAMONN KEOGH

The rally will be backed by Rentokil Initial Ireland as main title sponsor for the 5th consecutive year.

Including additional support from Neil Phelan of Ace Signs and the Gleneagle Hotel Group, who have been supporters of the rally for many years and continue as Associate Sponsors.

The event, which provides a welcome end of season boost to Ireland's tourism capital and is worth millions to the local economy, will once again be hosted at the Gleneagle Hotel as Rally Headquarters, along with supplying some great rally accommodation packages throughout the weekend. We are delighted to confirm extensive TV coverage of this year's event. 1 hour production by Mick Bracken of on the Limit sports, to be televised on RTE, TG4, Setanta Sports, Motors Tv and Skysports throughout the Christmas period. This is a huge attraction to the event and is very beneficial to our Sponsors, Town and Rally.

The rally starts on Friday evening with a Ceremonial start in main street Killarney at 7pm. The real action gets underway on Saturday morning with the iconic "Molls Gap", often rated by rally drivers as being the best and one of the most-challenging stages in the world. Followed by the mountainous Beallaghbeama Pass the crews head into service at Liebherr Container

cranes Killarney. This Loop of Molls Gap and Beallaghbeama is repeated with the addition of the fast flowing Carragh Lake stage. After a well earned service break the crews tackle Carragh Lake for a second time and followed by a new version of the Rockfield stage. Crews return to service once again as they prepare for the night stage and the second run over Rockfield under the cover of darkness.

Top Local Historic competitors include Pat Looney from Kilcummin who will debut his newly built Bda powered Ford Escort Mk1. Rathmore's Mark Falvey returns to the stages after a brief layoff and is sure to be well in contention. Todd Falvey will be out in his beautiful prepared Porsche 911. Southern 4 championship winner Donal O'Connor from Rathmore will also be pushing hard for top local honour. Killarney's Aidan Kennedy and Glenbeigh's Jack O'Shea also head the Mini cooper line up. Leading local crews in the Modified category include last year's winner Rob Duggan, Charlie Hickey, Kevin O'Donoghue, Tadhg O'Sullivan, Noel O'Sullivan, Vincent O'Shea and John Hickey who will all field Ford Escorts. It is fair to say that the "Best of the Best" are coming to Killarney for the final battle of the year. Entries will open shortly: <http://www.shannonsportsit.ie/evo/Login>

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PROPERTIES OF THE WEEK

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COCKHILL, KILMACMIN **Guide Price €130,000**

3 bedroom detached property (approx. 2,170 sq ft) on circa 0.66 acre site with scenic countryside views only 12km north of Killarney Town. Garage fully wired and plumbed for appliances. Oil fired central heating.

Ref 650

BER D1



KILQUANE, HEADFORD **Guide Price €247,500**

4 Bedroom Bungalow (approx 1,680 sq ft) on circa 0.6 acre site in a countryside setting & mountain views. Oil fired central heating, metal garden shed (26 ft x 14 ft) with electricity. Only 1.9km to Barraduff Village.

REF 1062

BER C3



14 PAIRC CHUIMIN, KILMACMIN **Guide Price €200,000**

3 Bedroom (1 ensuite) semi detached (approx 1,261 sq ft) home with private garden & off street parking in this exclusive development only 5km to Killarney Town Centre. Oil fired central heating.

REF 1088

BER C1



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LIFETIME ACHIEVEMENT FOR GEORGINA

Food writer Georgina Campbell has been unveiled as the recipient of the 2017 Listowel Food Fair Lifetime Achievement Award.

Ms Campbell is a founding member, former chair and current President of the Irish Food Writers' Guild. Her food writing career started in the 1970s with a cookery column in the Irish Independent and was quickly followed by food and restaurant columns for the Sunday Tribune and the Sunday Press. She has since written for many other publications and, in 1997 she established Georgina Campbell's Guides, a family run hospitality guide and cookbook publishers that specialises in Irish food, hospitality and travel. 'Georgina Campbell's Ireland - the Best Places to Eat, Drink & Stay' is described by many as Ireland's leading independent hospitality guide and known as "the glovebox bible" - a new, more selective, edition will be available shortly.

"I feel very humbled by this award as it is a privilege to have a career that allows me to travel to every corner of this beautiful country every year, and to meet such an array of wonderfully hospitable and hard working people who are

totally dedicated to providing the very best for their customers, and building Ireland's reputation as a world class destination," the accomplished food writer said. "The changes that I've seen over the years are mainly for the good - it is especially gratifying to see the contribution of small producers getting due recognition, and the exceptional calibre of the food and hospitality in our small country is a constant source of pride to me. That - plus the sheer beauty of Ireland - instils a special kind of joie de vivre that re-energises me on every trip." Founding member and current chair of the Listowel Food Fair, Jimmy Deenihan, said, "Georgina has been extolling the virtues of Irish food and hospitality for almost 40 years. The annual Georgina Campbell Awards are Ireland's longest running independent food and hospitality awards and the most coveted accolades in the industry. It is most fitting that this tireless champion of Irish food, travel and hospitality be recognised for her longterm contribution to improving food tourism and for continuously promoting Irish hospitality and travel within Ireland and globally."



GEORGINA CAMPBELL - 2017 LISTOWEL FOOD FAIR LIFETIME ACHIEVEMENT AWARD.

BEAUFORT GAA CLUB RECEIVES NATIONAL RECOGNITION AT CROKE PARK

Representatives from Beaufort GAA Club attended a special ceremony with governmental representation in Croke Park on Saturday last. The event saw 58 GAA clubs recognised as the first official 'Healthy Clubs' on the island of Ireland.

Thirteen Munster GAA clubs, including Beaufort and Tralee Parnells in Kerry, can now proudly fly a flag above their grounds (endorsed by both Healthy Ireland and the Public Health Agency in NI), letting their members and communities know that they value health and wellbeing as much as leagues and championships.

In January 2016, almost 100 clubs applied to participate in Phase 2 of the project (just 16 participated in Phase 1 between 2013-2015). Many cited the dearth of services in their communities that are tackling issues such as obesity, sedentary lifestyles, mental health and suicide. They wanted to be part of the solution. Clubs engage with their members and community before identifying health themes upon which to focus on. Most common include healthy eating; physical activity for non-playing members; emotional wellbeing; engaging older members of the community; youth development; gambling, drug, and alcohol education; and inclusion and integration. Almost half of the clubs (29) also opted to become completely smoke-free venues as part of their 18-month journey.

Progressive GAA club, Beaufort and Tralee Parnells are the first clubs in Kerry to receive national recognition.

Beaufort GAA Club's various health and wellbeing initiatives have had a tremendous impact on their clubs and wider communities.



FROM LEFT, BRIDGET HARTNETT, LEFT, BEAUFORT GAA, AND ROZ FITZGERALD, TRALEE PARNELL'S HURLING & CAMOGIE CLUB, WITH THEIR OFFICIAL HEALTHY CLUB AWARDS ALONGSIDE SEÁN CAVANAGH, HEALTHY CLUBS AMBASSADOR AND FORMER TYRONE FOOTBALLER. PHOTO BY PIARAS Ó MIDHEACH/SPORTSFILE

"Ring of the Reeks Leisure Cycle" in Beaufort GAA Club is now becoming an annual social event with up to 300 people participating. The cycle covers a section of Ireland's highest mountains, the McGillycuddy Reeks and is aimed at community members with various levels of fitness; beginner (30km), intermediate (65km) and advanced (110km). The initiative has not only encouraged people to get physically active, but has also encouraged plenty of social interaction between the cyclists, fostering a great sense of community spirit around the local area.

The innovative Healthy Club model was developed in partnership with Healthy Ireland, the HSE's health promotion division, the National Office for Suicide Prevention, and is supported by Irish Life through a CSR

investment. In an era of unprecedented societal health challenges, the Healthy Club Project aims to harness the potential of the GAA club setting to deliver evidence-based health promotion information and interventions, backed up by appropriate policies and partnerships. Its potential to be replicated by other sports is currently being explored by a working group involving the FAI, IRFU, and Athletics Ireland. There are numerous benefits to clubs that take part in the GAA HCP including exclusive access to Healthy Club resources and support. The GAA hope to extend the project to 150 clubs in Phase 3 (with expressions of interest to open in early 2018) before opening the project to all interested clubs in 2020. There are 1,600 clubs in Ireland and over 400 abroad.



Kerry Science Festival AT IT TRALEE

Discover the Exciting World of Science,
Technology, Engineering & Mathematics



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INSTITIÚD TEICNEOLAÍOCHTA TRA LEE

STEM ENTERPRISE & CAREERS EXPO

Friday 17th November
6.00pm to 9.00pm

Careers in STEM Exhibition

Meet the many STEM companies based in Kerry and find out more about the STEM jobs market.

Organisations exhibiting on the night include:
Aspen Grove Solutions, Astellas, Dairymaster, Enercon, JRI America, Tricel Killarney, Kostal, IMAr Technology Gateway, Shannon ABC, BorgWarner Tralee Ltd., Fexco, Liebherr Container Cranes, Wazp, TLI Group and BioAtlantis.

STEM Careers Panel Discussion 7.00pm-8.00pm

Speakers include:

Cora Creed - VP Digital

Transformation & Innovation, Universal Music Company NYC

James Murphy - Founder & CEO Lifes2Good

Anthony Maher - Anthony Maher (PhD)

Kerry Senior Footballer & Wyeth Nutritionals

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- Limited places available, early booking advised.

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during Science Week at www.kerryscience.com



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SHOWCASE & FAMILY DAY

Saturday 18th November
11.00am to 5.00pm

Get Into STEM

A variety of interactive workshops to engage and intrigue both children and adults alike and bring to life the world of STEM.



FREE FREE workshops and shows include:
Mathsworld, Lego WeDo, Cell Explorers, Designer Minds, I spy with my little EYE and much more. Workshops are free of charge but must be booked in advance at www.kerryscience.com



Free Kids Entertainment

Fanzini Brothers "Professor Plunger"
from 1.30pm - 2.30pm

Bouncy Castle, Face Painting, Stilt Walkers,
Giant Jenga and Giant Connect 4.



Hackathon

in association with DCU
Inside Centre, Girls Hack
Ireland and Microsoft

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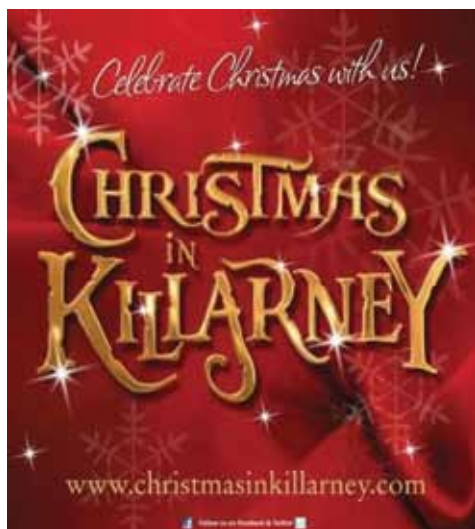


KerrySciTech
SCIENCE & TECHNOLOGY JOBS IN KERRY



Údarás na Gaeltachta

WIN A MAGICAL FAMILY TRIP TO LAPLAND



Christmas In Killarney have teamed up with Sunway Holiday Company, Torc Travel Killarney and Kerry Airport to send one lucky family on a fully expensed trip of a lifetime to Lapland this Christmas-time.

The lucky winning family will enjoy a one night Santa Sleepover family trip to Lapland which will include flights, one night hotel accommodation on a full board basis and transfers, 20kg baggage allowance and the services of a Sunway representative.

One massive prize one very luck family will enjoy and experience the fun of Snow Mobiling, toboggans and Sleigh Rides in this fairy-tale world of snow covered forests with of course

the opportunity to meet Santa himself.

Kate O' Leary chairperson of the Christmas in Killarney Committee said "We are thrilled to be able to bring this fantastic prize draw to the people of Killarney". "This is a truly magical experience and I will be forever grateful to Sunway Holiday Company, Torc Travel and Kerry Airport for allowing us to partner in this promotion".

The prize draw tickets are available from today from Who's 4 Shoes, The Laurels, Kerry GAA Store and Killarney Outlet Centre as well as from Christmas in Killarney committee members. The tickets are priced at a very reasonable €10 and the draw will take place on Saturday 2nd of

December following the Christmas in Killarney Magic Parade. There are a limited number of tickets available and by keeping this promotion local to Killarney the odds of being the lucky winner are much enhanced.

The lucky family must make themselves available to travel from Kerry Airport on Wednesday 13th of December and of course the usual terms and conditions apply see www.christmasinkillarney.com for further details.

For further information on this event or other Christmas in Killarney events go to www.christmasinkillarney.com or follow us on Facebook/ Twitter.

LES SET TO APPEAR ON TV3 SHOW

Popular International Hotel employee Les Brzozka is set to appear on a new TV3 series David McWilliams Ireland.

Les was invited to take part in the Discussion and went to state of art TV3 studios in Dublin for the recording of the program.

"It was a great experience to meet David personally, and to be one of the participants that had a microphone and was guaranteed a few minutes to speak", Les told the Killarney Outlook.

"The beautiful studio, waiting in green room, professional make-up before recording, all wires on me and the lights made it an unforgettable experience", he added.

Economists, broadcaster and author David McWilliams show will explore the big issues facing our society and economy. David McWilliams' Ireland is a brand new current affairs audience programme in TV3 tackling Ireland's most pressing issues in a unique, audience driven format. The programme will combine expert analysis, serious debate, entertainment and comedy in a relaxed setting with an audience of interested parties. David McWilliams will both enlighten and entertain the studio audience with his trademark analysis while the audience will get a chance to tell their stories and enter the debate on National Television. The series includes 4 programs:

- The future of work



LES BRZOZKA PICTURED WITH DAVID MCWILLIAMS ON THE SET AT TV3

- Rural/Urban Divide - How to promote even economic growth
- Why is Ireland so expensive?
- Ireland's Housing Crisis and the Property Market

Les will appear on next Thursday's nights programme on Rural Urban Divide which will be broadcast at 10pm.

Les has been a full-time employee at the International Hotel since 2015, having held a number of previous positions in the hospitality

industry and is known for his high standard of performance with genuinely warm legendary C  ad M  le F  iltea.

Crowned Strictly Come Dancing Champ in 2016 Les is very involved in his local community and reads on Sundays at Mass in Firies church.

Only this month Les was shortlisted for IHF Kerry Branch Employee of the Year.

"I felt proud to represent Kerry which is my home. I hope you will tune in and enjoy that very interesting programme", Les said.

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(Polo, Tiguan, Arteon) Fuel Consumption l/100km: combined 6.4 - 3.8. CO2 emissions g/km: 167-97. increased weight of a vehicle, including higher trim levels and the addition of options may have an effect on the fuel consumption and CO2 emissions produced. The CO2 and fuel consumption figures are the official figures obtained from tests under standardised EU test conditions. *The EcoGrant amount on offer varies per model. The EcoGrant is available to retail customers with orders submitted from 8th September 2017 until 31st December 2017. This offer cannot be used in conjunction with other existing 181 offers. Registration of qualifying cars can be in 2017 or up to 30th June 2018. The EcoGrant is available for owners of all makes of cars and not restricted to Volkswagen owners. Vehicles being scrapped must have been registered in the name of the purchaser of the new car for at least 6 months prior to the date of registration of the new car. Qualifying trade in cars must be scrapped within 60 days (before or after new vehicle registration date) at an approved end of life authorised vehicle treatment facility (ELV). This offer is subject to availability and may be withdrawn at any time. This offer does not apply to fleet sales. For more information visit www.volkswagen.ie. Offers mentioned apply to 181 retail orders before December 31st. Models shown are for illustrative purposes only. Information correct at time of print. See www.volkswagen.ie for details.

6 weeks to go...

WIN a magical family trip to Lapland

with  2 adults and 2 children

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Christmas in Killarney,
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& Kerry Airport

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Tickets
only
€10

One Massive
Prize
One Lucky
Family

Experience the fun of snow mobiling, toboggans and sleigh rides in this fairytale world of snow covered forests with the opportunity to meet 'Santa' himself! From the moment you arrive in the snow clad magical world of Lapland your time is filled with things that dreams are made of.

Prize includes: Flights, 1 night hotel accommodation on a full board basis, transfers, 20 kg baggage and the services of a Sunway representative



Torc  Travel



Tickets Available From

Who's 4 Shoes, The Laurels, Kerry Gaa Store, Killarney Outlet Centre & Committee Members

Terms & Conditions Apply (See www.christmasinkillarney.com for full details)

6 weeks to go..

Christmas in Killarney

3 COURSE
MENU
€25

DINE IN KILLARNEY RESTAURANT NIGHT

THURSDAY 30TH NOVEMBER 2017
THURSDAY 7TH DECEMBER 2017

PARTICIPATING RESTAURANTS

- CELLAR ONE @ THE ROSS HOTEL • BRICÍN • THE SMOKEHOUSE •
- THE LAKE ROOM @ THE AGHADOE HEIGHTS HOTEL & SPA • THE PORTERHOUSE •
- THE GARDEN ROOM RESTAURANT @ THE MALTON HOTEL • LORD KENMARES •
- KAYNES BISTRO @ THE DROMHALL HOTEL • DANU @ THE BREHON HOTEL •
- DESIRE KITCHEN @ THE WESTEND • CELTIC WHISKEY BAR & LARDER •
- HANNIGANS RESTAURANT @ THE INTERNATIONAL HOTEL • ITALIAN CUISINE •
- THE FÁILTE RESTAURANT • KILLARNEY ROYAL HOTEL • THE PLAZA BAR & GRILL •
- THE GOLDEN NUGGET • NO 52 HIGH STREET RESTAURANT •
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www.christmasinkillarney.com



6 weeks to go..

Christmas Party Night at the



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Friday December 8th 2017

Enjoy your Christmas party night at the home of hospitality here in Dingle. Soak up the festive atmosphere on arrival with a Christmas cocktail, enjoy a four course meal in the Coastguard Restaurant and party until late with live music in the Blaskets Bar. Spot prizes and prize for most Festive attire! €45.00 per person.

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Enjoy your party and stay the night on our special party rate which includes your party night and overnight accommodation with full Irish breakfast and late checkout. €95.00pps.

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CHRISTMAS PARTY MENU 2017

Vine Tomato & Roast Pepper Soup, Crispy Chorizo

Dingle Bay Crabcake, Garden Salad,
Pickled Cucumber, Balsamic Dressing

Parfait of Duck Liver, Toasted Brioche,
Plum & Ginger Dip

Tossed Salad Of Boille Goats Cheese, Citrus Fruit,
Cashew Nuts, Pumpkin Seeds, Garlic Cream

...

Roast Stuffed Crown Of Turkey, Savoury Stuffing,
Honey Glazed Ham, Cranberry Compote, Roast Gravy

Grilled Fillet of Turbot, Ribbons of Vegetables,
Bay Shrimp & Champagne Cream

Peppered Roast Rib of Beef,
Roast Root Vegetables, Red Wine Sauce

Open Lasagna of Buffalo Mozzarella, Sun Blush
Tomato, Baby Spinach, Aged Parmesan Cheese

Served with a Selection of
Fresh Market Vegetables and Potatoes

...

Warm Christmas Pudding, Maria's Brandy Butter,
Vanilla Ice Cream

Ice Cream Classic Lemon Tart, Seasonal Berries

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KEVIN DUNDON CHRISTMAS COOKERY EVENT 24TH NOVEMBER 2017

Enjoy an evening with Kevin Dundon where he will demonstrate a selection of Christmas dishes, festive favourites and tips on creating your best Christmas dinner. This is followed by a 3 course evening meal with some of Kevin's Christmas recipes.

**Ticket to Christmas Cookery
Demonstration including 3 course dinner**

€60 per person



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8TH & 15TH DECEMBER

Warming mulled wine reception on arrival

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Dinner for groups from €25pp
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6 weeks to go..


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Killarney

TOWN TALK



MOVIE COSTUME NIGHT AT AUNTIE NELLIES SWEET SHOP KILLARNEY WHERE TD MICHAEL HEALY RAE & DANCING WITH THE STARS CHAMP AIDAN O'MAHONEY CHOSE THE WINNER OF BEST DRESSED. PRIZES INCLUDED AN EXCLUSIVE GETAWAY FOR UP TO 5 PEOPLE TO TRABOLGAN HOLIDAY VILLAGE.
PICTURE MARIE CARROLL-O'SULLIVAN



CAOIMHE SPILLANE.

Picture This will be taking to the stage in Killarney on Friday and Saturday night and the Let's Talk Tourism conference will run over the weekend so it should be a busy one! Don't forget the Dóchas Drama play, Philip and Rowena, at the East Avenue Hotel

will run tonight Friday 10th and tomorrow Saturday 11th at 8pm. Tickets are €10 and proceeds will go to Kerry Hospice Foundation, a great cause. To find out what's happening in Killarney, look no further than the Town Talk Page. If you have any news you would like to share, an event you would like to promote an interesting story about Killarney you can contact towntalk@outlookmags.com

PUBLIC MEETING FOR MICROTRACK

The Killarney community microtrack project would like to invite the public to a meeting regarding the current status of the project on Wednesday 15th of November

at 7.30pm at the Killarney Court Hotel. Help and assistance is required to help construct a revised plan for phase one Athletics track and Astro pitch by mid year 2018. The facility will be of major benefit to Killarney Valley AC, Kerry stars (outdoor pursuits) and the school students of Killarney and beyond.

REMINDER CHRISTMAS FAIR

Killarney Community college will be holding a Christmas Craft fair on Sunday 3rd December from 11-5pm. A great chance for you to pick up some gifts in time for Christmas with art, crafts, and decorations for sale. If you are a crafter and would like to book a table the cost is €20.00 and a small spot prize for the raffle, contact Doreen on 087-6697342 or Annmarie on 086-8902926.

CRAFT FAIR

A Christmas craft fair will be held in Kilcummin on the weekend of December 9th and 10th. Each table costs €20 with table proceeds going to Kilcummin Defibrillator Group. Those interested in selling or showing a craft, can contact Mary Brosnan on 087-6447536. It's an ideal opportunity to advertise your craft within the community and surrounding area.

MUSICAL SHOW

Ruti Lachs will perform her show 'Sideways on Planet Piano' in Courtney's Bar, Killarney on Thursday, November 16th. The 50-minute show, written and performed by Ruti, is comedic and challenging and is influenced by klezmer, folk and blues. Tickets, are €8, are available in advance from 087-660 6118 or at the door on the night from 7.30pm.

CONGRATULATIONS

Congratulations to Killarney woman Noreen Looney-Titmarsh who will be presented with the Killarney-London Committee Person of the Year award at a gala ceremony in the Claddagh Ring in Hendon, London on November 18th. Noreen has strived to promote the links between her home town of Killarney and her long-time place of residence in London. The presentation will be made at a reception attended by Mayor of Killarney, Cllr Niall Kelleher, and Cllr Donal Grady, chairman of the Killarney-London Reunion committee.

STRICTLY COME DANCING

Rathmore GAA and Rathmore Ladies' football clubs will come together again to jointly host Rathmore Strictly Come Dancing – The Icons – for the second consecutive year. Following the success of last year's event, the night is much anticipated by both the local and wider communities. Renowned choreographer Joe Burkett is currently putting the dancers through their paces in preparation for the big night. This event will take place on December 7th at 8.00pm in INEC, Killarney. Tickets are €20 and they are available from The Washbasket, Rathmore and the INEC box office

CRAFT FAIR

A Christmas craft fair will be held in Kilcummin on the weekend of December 9th and 10th. Each table costs €20 with table proceeds going to Kilcummin Defibrillator Group. Those interested in selling or showing a craft, can contact Mary Brosnan on 087-6447536. It's an ideal opportunity to advertise your craft within the community and surrounding area.

ANNUAL GARDA MASS

The Annual Garda Mass for current and deceased members of An Garda Síochána Retired Members Association (Killarney and Cahirciveen branch) will be celebrated on Thursday November 16th at 7:30pm in Killarney Oaks Hotel, Muckross. Families of current and deceased members of An Garda Síochána Retired Members Association are invited to attend. Serving members of An Garda Síochána and their families are also welcome.



ENJOYING THE KILLARNEY CHAMBER OF TOURISM AT COMMERCE FAMILIARISATION EVENING AT THE KILLARNEY PLAZA HOTEL WERE L-R JANA DZURKOVA, CATRIONA O'SHEA, CAOIMHE SPILLANE & DEARBHAIL O'CONNOR. PICTURE MARIE CARROLL-O'SULLIVAN

CHRISTMAS PARADE DATES

The first Christmas in Killarney Parade of 2017 will take place on Saturday 25th November at 6pm. Santa will parade through the town with all the Magical Floats. The parade route is taking in Beech Road -Mission Road- East Avenue Road-College Street- Plunkett Street-Main Street- New Street and as always you'll get a great view of Santa all along the parade route. Santa is being very generous with his time this Christmas by agreeing to take part in a number of parades before he Jets back to Lapland to finalize his naughty or nice list. The parades will take place on December 2nd, 9th, 16th, 23rd and 31st.

SET DANCING WEEKEND

There will be a set dancing weekend in the Torc Hotel from the 17th to 19th November. It will kick off on Friday night with a ceili at 9pm with the Johnny Reidy Ceili Band. Saturday day there will be a ceili workshop with Timmy Woulfe, first session 10:30am -1pm, second session 2-4pm. There will be a ceili that night at 9pm with the Abbey Ceili Band. Sunday sees another workshop followed by an afternoon set with An Striolan Ceili Band. Weekend pass to all ceilis and workshops €35, Ceilis €10, workshops €5, with a reduced rate for students. Live music in the bar Friday and Saturday after the ceilis with complimentary finger food.

DANCE MUSIC GIG

King Kong Company will be playing a gig in the INEC on 9th December. Tickets €20 and doors at 8pm. King Kong Company recorded a session for Dave Fanning on RTÉ 2FM, and despite having some of their tracks edited, they were announced as the most popular radio session for that year. King Kong Company

played at Ireland's first dance festival, Homelands. Other artists on the bill included Underworld, Orbital and Paul Oakenfold. They also played at Glastonbury Festival followed by gigs at Boomtown, Beautiful Days, Amsterdam Dance Event and their largest ever gig in front of 10,000 people at Electric Picnic. The band were also invited to play for a specially invited audience with the President of Ireland Michael D. Higgins in July of this year. They have also sold out the 1,250 capacity Cork Opera House so definitely not a gig to be missed for any music fans.

KILLARNEY PARISH SILVER CIRCLE

Results of Week 4

1st Prize €500: Rena Healy, Kilcummin Post Office

Seller: Rena Healy

2nd Prize €250: Stephen Courtney, Oakwood, Rock Road

Seller: Tadhg Fleming

Winners of €100 each are as follows;

Fr Seamus Linnane, St. John's, Tralee

Seller: Fr Jim Lenihan

Susan Walsh, Coolclogher, Mill Rd.

Seller: Paddy O'Sullivan
Myra & Dan Doona, Green Lawn, New Street
Seller: Maisie O'Sullivan
Louise Bolger, Lewis Road
Seller: Con Griffin
Mary Cussen, Upper Lissivigeen
Seller: Cáit O'Sullivan Darcy
Winners of €75 each are as follows;
Ian Walsh, "Swallow's Nest", Tralee Road
Seller: Martin Walsh
Audrey O'Shea, 6 Coolgreane Park
Seller: Patricia Lyne
Ciara Tangney, Anglore, Castleisland
Seller: Mary O'Shea
Mary Lyne, Holy Cross Gardens
Seller: Parish Office
Sheila Teahan, Woodlawn Avenue
Seller: Tadhg Fleming
John Leen, Dún an Oir, Park Road
Seller: Nanette O'Leary
Noreen O'Connor, Hawley Park, Tralee
Seller: Fr Kieran O'Brien
Betty Moroney, Woodlawn Road
Seller: Bridie Cronin

Congratulations to all winners, and thanks to all who supported, promoted and sponsored the draw this year. Tickets are still available from the Sacristies and Parish Office. This week's prize money is sponsored by: Killarney Oils, Killarney Carpet & Furniture, BBM Secure, Killarney Autos, Daly's Supervalu & Michael O'Callaghan Grass Cutting

KWOTE

KWOTE Killarney women's organisation for training & empowerment monthly meeting will be held on Wed Nov 15th at 8pm in Scotts Hotel. Guest speakers will be Geraldine & Klaus from Flourish Organics, Clonkeen, Killarney.

KILLARNEY OUTLOOK MEMORIES EDITION

We have some lovely old photographs for you in this year's Killarney Outlook Souvenir edition.... if you would like to include some pictures just drop them into our office on High Street and we will scan them and return to you.



MIKE & JADE DALY WITH NEILUS HAYES PICTURED AT CELTIC PARK FOR KILLARNEY CELTIC V MOHER JUNIOR CUP GAME. PICTURE MARIE CARROLL-O'SULLIVAN

RATHMORE/GNEEVEGUILLA NEWS by Michael O'Mahony

WEDDING BELLS

Congratulations & Best wishes are extended to Padraig Murphy son of Eileen & Mike Murphy of knocknaloman and Varina Murphy, daughter of Sheila & Denis Murphy, Coolcorcoran, Killarney, who were married recently in St. Mary's Cathedral, Killarney. The nuptial Mass was celebrated by Fr. John Kerin. Officiated at the ceremony. By Tadhg Fleming parish Clerk Best Man was Philip Dennehy and groomsmen were Tim Long and Seamus O' Sullivan. Bridesmaid were Sheree Murphy with Ann Maire Fleming and Lisa O' Connor. The reception was in the Brehon Hotel. We wish both them long happy life together,

TURENCAHILL COMMUNITY GROUP

Active Retired Diary For Month Of November

Fri 10th ...Art Classes

Fri 17th ...Singing With Mary & Knitting

Fri 24th ...Gentle Exercise With Nora

New Members Always welcome

GNEEVEGUILLA NATIONAL SCHOOL PARENTS ASSOCIATION

"Life is like a cup of tea, to be filled to the brim and enjoyed by friends"

Gneeveguilla National School parents association are hosting a Ladies Tea Party on Saturday 11th November in the GAA Hall from 4 to 7 pm. Music by "Celtra" from 5pm. Round up your friends and family ladies and let's put the talk into the tea! All group sizes catered for. Tickets to be purchased in advance. For ticket sales or further information contact Louise on 087-7616176 or Aine on 087-6874419. Your support is greatly appreciated to help raise funds for school activities throughout the year. Killarney Theatre company proudly present The Rise & Rise of the Healy - Raes A play in two acts written by Ray O' Sullivan, Directed by local man Aidan O'Connor at Rathmore community centre Saturday 11th November 2017 at 8.00pm

For tickets and further information contact Ray 0872279657.

CHRISTMAS CARDS

Kerry Hospice Christmas Cards are now available at Rathmore Post Office, Rathmore Credit Union, Reen's Pharmacy or from Maria Ryan and Donal O'Keeffe. Pack of 10 cards for €7. Your support will be greatly appreciated.

Kerry Hospice 15 bed specialist palliative inpatient unit is due to open at University Hospital Kerry in December. Thank you for the support in bringing this venture to fruition

Rambling House at Heritage Centre Scartaglen Monday 13th November at 8.30 pm. Admission free, raffle and refreshments. All are welcome.

MASS

The 60th Annual Sean Moylan Commemoration will be celebrated in Kiskeam on Sunday 12th November 2017

The mass for Sean Moylan and his deceased comrades will be celebrated in the Church of the Sacred Heart at 12 noon by Rev Father Jim Kennelly.

Mass will be followed by a parade to the graveside, led by Cullen Pipe Band and the



THE POPULAR GLENFLESK RAMBLING HOUSE IS SET TO TAKE PLACE ON SATURDAY 18TH NOVEMBER FROM 8PM TO 11PM IN THE COMMUNITY CENTRE. ORGANISERS ARE PUTTING OUT THE CALL FOR ALL SINGERS, DANCERS AND MUSICIANS TO ATTEND AND ALL PROCEEDS ON THE NIGHT WILL GO TO THE KERRY/CORK HEALTH LINK BUS.

colour party of the Sean Moylan Fianna Fail Cumann. A wreath will be laid at the grave of Sean Moylan and a decade of the rosary will be recited by Donal Og O Leary.

This year's oration will be given by Cork hurling legend Seán Óg Ó hAilpín.

PLAY

Killarney Theatre company proudly present The Rise & Rise of the Healy - Raes A play in two acts written by Ray O' Sullivan, Directed by local man Aidan O'Connor at Rathmore community centre this Saturday 11th November 2017 at 8.00pm. For tickets and further information contact Ray 0872279657.

SYMPATHY

To Breeda Foley and her family, Kathleen, Michael and Robert Gullane, on the death of her husband Bob Foley and sympathy also to his brother Tim and sisters, Noreen, Mary and Kate. May he rest in peace

GNEEVEGUILLA GAA CLUB

The Ladies Committee are hoping to set up a Unislim Class in Gneeveguilla if we can get enough interested we will go ahead, for further information please contact Noreen on 0861210354

KNOCKNAGREE GAA CLUB

DOES LIP SYNC on the 17th of November at a jam packed INEC! Tickets at €20 on sale. Snap 'em up before they sell out! All proceeds in aid of the Field Development Fund.

THANK YOU

The Rathmore Committee of the Friends of the Children of Chernobyl wish to sincerely thank everyone who was associated in any way with the Annual Fashion Show which took place on Thursday 19th October It was a tremendous success.

It is one of our main fundraisers and it enables us to bring Chernobyl Children to Rathmore and surrounding area in July 2018.

BINGO NIGHT

Parent's Committee Holy Family N.S. Rathmore bingo night Saturday November 18th at Rathmore community Hall Great night's entertainment for all the family.

CIVIC RECEPTION

Invitation to The Marian Players Pantomime Group, Rathmore.

In recognition of its contribution and service to the community life of the area for more

than 30 years, Killarney Municipal Council has invited the group to be the recipient of a Civic Reception hosted by them in the board room of Rathmore Credit Union at 12.00 noon on December 6th next.

Acknowledging that this time won't suit everybody, we encourage all those who can, especially the members from the 1980s and onwards, as well as present members who are available to attend.

The Council wishes to send out a written invitation to the attendees. So if any members, past or present, who feel they could be available at midday on Wednesday December 6th next, would text Val Moynihan at 087 2315310 or email him at 'moynihan.val@gmail.com' it would be much appreciated.

NOTES

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

LISTRY NOTES

RAMBLING HOUSE

Listry Community Council and Milltown/Listry Comhaltas will host a Rambling House in Listry Community Centre on Saturday 18th November 2017 from 8pm to 11pm. Music, dance, songs and craic. Everyone welcome. Please spread the word. Thanks.

DRAMA & SINGING CLASSES

Listry Community Council in association with Kerry ETB will offer Drama & Singing Classes for Adults on a Pilot basis for three Saturday mornings during Nov. If there is sufficient interest further Classes will be organised later. If interested please contact Joan immediately on 086 7944494.

ZUMBA TONING

Zumba toning with Lelia in Listry Community Centre every Wednesday 7-8pm.

LISTRY WEEKLY LOTTO

Lotto draw took place Sunday night 5th November 2017.

Jackpot €10,450. Winning No. 5. 6. 17. 22. No winner.

1 x €100. Sharon Champion. Ballymalis.

2 x €50. Senan Wrenn. Lissivane.

Anthony Clifford. Faha.

2 x €25. Mirian & Jean c/o dpt of justice.
Brendan Allman Snr. Rockfield.
Draw Entrant: Tony Darmody. Faha.
Next week Lotto Sunday 12th November 2017.
€10,600.

FOSSA NOTES

LOTTO

Numbers drawn were 2, 7, 15, 16. There was no jackpot winner and the consolation winners were Kathleen Culloty, Currow, Ian Watson, 27 Arbutus Grove Killarney, Pdraig and James Weldon, Barleymount, Pat O'Doherty, Liebherr Cutting Hall and Noreen Myers, Farrenfore.

NEXT WEEKS JACKPOT WILL BE €3,150.

EAST KERRY MINOR CHAMPIONSHIP

Fossa played Glenflesk in the East Kerry Minor championship semi final. This was a tough, close encounter and there was never going to be much in it either way. The first half was nip and tuc all the way, while Glenflesk slightly shaded the possession stakes Fossa remained in touch with some fantastic scores from David Clifford, Emmett O'Shea and Harry Buckley. Glenflesk held the advantage at the break, 0-08 to 0-07. Fossa started brightly in the second half and took the lead courtesy of frees from Emmett O'Shea and David Clifford. Glenflesk hit a purple patch and created a few goal chances but were denied by some brilliant goal keeping by Shane O'Sullivan in the Fossa goal who had a fantastic game all throughout. By the 20th minute of the half, Glenflesk had extended their lead to three points, they were triple marking David Clifford at this stage and Fossa were finding it difficult to break down their defence. Fossa needed some magic to get back into the game and who better to provide it that Emmett O'Shea. After great work by Ruari Doyle, Emmett crashed the ball to the back of the Glenflesk net to revitalise Fossa, from here to the end they played with a spring in their step. Brilliant points from the irrepressible David Clifford and Emmett O'Shea gave Fossa a well deserved one point victory. This was a great win for the team where the aforementioned Shane O'Sullivan was excellent in goal, Gary Cronin and Killian Buckley were outstanding and led the defence very well, Cian O'Shea and Mark Donnellan worked hard around the middle of the pitch, David Clifford showed why he is such a rare talent despite being very tightly marked, young Harry Buckley put in another superb display and Emmett O'Shea was the best player on the pitch, showing yet again what a great prospect this man is. Final score Fossa 1-14, Glenflesk 0-14. They will now face Dr Crokes in the final.

FOSSA/TWO MILE COMHALTAS

Adult Set Dancing Classes every Tuesday in Fossa Community Centre.
Beginners 8.15, Improvers and Advanced 9pm.
All welcome.

Come along to a music and singing session for young musicians and singers in the Travel Inn Fossa on Saturday 11th November 5 - 6pm. This is very much a fun session where the emphasis is on playing music and singing for enjoyment for all ages and abilities. Adult musicians wishing to help are welcome. Further details,



SPA CAPTAIN KATIE O BRIEN BEING PRESENTED THE DIV 3 COUNTY TROPHY, BY KERRY LADIES CO BOARD LAVINIA CUNNINGHAM.

contact Tim on 087 2413116 or Eileen on 087 6284053.

FOSSA SCOUTS

Fossa Scouts are interested in starting a Beaver Scout Section. This is for boys and girls, aged 6 to 8 years. If you have a child that is interested in fun, adventure and the outdoors maybe this is the activity for them. Fossa Scouts have been active since 1982 with existing sections for ages 9 to 25. Call Sean Sweeney on 087 6804247 for more details.

JUNIOR GOLF

Congratulations to Fossa's Patrick Lyons who won the Junior Captains (Darren Mulcahy's) Prize at Killarney Golf and Fishing Club last Thursday. Well done Patrick!

RAMBLING HOUSE

Beaufort Pioneer Council will hold their next Rambling House in Beaufort Community Hall on Saturday, November 25th. More details later.

LOTTO

The next draw for lotto jackpot of €2,400 will be in Galvin's Bar on Sunday, 12th November. Tickets from usual sellers and online at www.beaufortgaaclub.com.

FIXTURES

Under 16 Boys home Keel/Listry, Sat, 11th at 3pm in Mid Kerry competition

Senior men will play Glenbeigh/Glencar in Killorglin in Mid Kerry Senior Championship final on Sunday, 19th November at 2pm.

MINORS

Minors, sponsored by Harpoon Connect, recently won East Region, Div 2 final but were defeated by Laune Rangers in Mid Kerry minor final.

Panel: Sean Coffey, Rory Clifford, Ian McGillycuddy, Kealan Cahill, Liam Curran, Ciaran O'Sullivan, Shane O'Sullivan-Rouse, Jonathan Kissane (Capt), Ciaran Kennedy, Eoin O'Hagan, Dylan O'Sullivan, Jason Coffey-Hallisey, Paudie Coffey, Pdraig Cronin, Jack O'Connor, Patrick Crehan, William Joy, Keith Suter, Jack Sweeney, Michael O'Shea, Oisin O'Connor, Mark Neary, Jack Hallisey, Mark Doona. Mentors: Austin Rooney, Gerry Kelliher, Tim Coffey

CLOTHES COLLECTION

The Club wish to thank everybody who donated to recent clothes collection.

EXERCISE CLASSES

Exercise classes continue in Clubrooms for November. Wed and Thurs evenings at 7pm. Thurs morning at 9.30am. Fri mornings at 11am

for over 50s. Enquiries to Club at 087 9975737.

SPA NOTES

ABC NURSERY

Will resume Sat 11th November @10am. Please note earlier time. This is for u6s only as u8s are taking a break. This is free and would encourage newness to come along to see our fabulous facilities.

SENIOR LADIES CO. CHAMPS DIV 3

Our senior ladies ended their league campaign with a great win over Austin Stacks. The girls started very strong keeping the Tralee side to 3 scores for 25 mins in the first half. We definitely were the stronger team in the first half leading 2-6 to 1-3.

Second half however, Stacks started from the throw in, scoring 1-2 before we settled with great points from Mairead Finnegan and Ciara Moynhan. Brilliant saves from Linda Bruggener kept us in the game and excellent defence work from Elizabeth Stack, Mairead Bennett and captain Katie O'Brien. Stacks managed to draw the game once but our girls Cassandra Buckley and Loretta Maher lorded the centre and kept vital possession. We held our narrowest margin to claim Div 3 title. We are promoted to division 2 next year and also junior A, after our recent wins. A great year winning three titles in 2017. Thanks to management Tim O'Connor and Donal O'Doherty for their time and dedication. Also the the supporters who cheered on the ladies throughout the year.

SCÓR NA NÓG COUNTY FINAL

Best of luck to our dancers in the County final that will take place on 18th Nov at 5.00pm in Killarney racecourse.

Date for Tráth na gCeist tbc.

Figure : Alice O'Donoghue, Aislinn O'Donovan, Leah Murphy, Ailbhe Gallagher, Erin Holland, Kate Lawlor, Laura O'Carroll, Orlaith Spillane.

Set : Erin Holland, Orlaith Spillane, Meghann Cronin, Siona Moynihan, Liam Spillane, Gary O'Sullivan, Cian O'Sullivan, Eoghan Mulvaney.

MERCHANDISE

The Club Shop will be open Saturday mornings 11.30-12.30 or contact Mathilda outside these hours for alternate arrangements 087 6487356. A great gift for Christmas so get your order in now to avoid disappointment.

HALL RENTAL

Enquiries for Meeting Room Hire and Indoor Sports Hall Rental please contact Eileen on 0876577312 after 6pm.

PITCH ENQUIRIES

ALL enquiries for use of the pitch for games or training to be made directly to the Secretary Deirdre on 0876332773 or secretary.spa.kerry@gaa.ie. Requests not made through the secretary will not be accepted

SYMPATHY

To the relatives of Nancy Doyle nee- O'Sullivan, Crosstown, (late of Ballaugh Cross) who passed away during the week. Bob Foley Gullane Cross -husband to Breda O'Donoghue late of Lacca. Also to Sean O'Sullivan & family, Knockragh, on the recent death of his sister in Milltown. May they Rest in peace

BE PRO THERAPY

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Professional Bodywork, Facial & Nutritional Therapy



Amanda Brosnan

Amanda, a former PE Teacher graduated in 2015 with a Bachelor of Science & Physical Therapy from IPTAS. She is a keen sports enthusiast who has a passion for injury prevention & rehabilitation. She has played Gaelic Football for Kerry for the last 10 years. She can provide help with maintenance of the bodies functionality & sports performance with Manual Therapy & Dry Needling as well as assist in post injury rehabilitation.



Elaine Burke

With over 12 years experience, Elaine is known for her hands on touch and high success rate for pain management therapy. As well as specializing in Physical Therapy & Dry Needling, Elaine specializes in Therapeutic Massages for those suffering from anxiety, stress & depression. She provides mobile services for the elderly & those with mobility issues. She also specializes in Cosmetic Acupuncture & Facial Therapy.



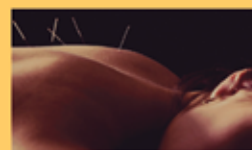
Elizabeth Byrne

Liz is a registered Nutritional Therapist and through Elizabeth Byrne Nutrition clients will be given individualized support & nutritional education so they have confidence in the choices they make to achieve their health goals. Clients will enjoy peace of mind from obtaining the resources to understand the diet suitable to them.

Services

Physical Therapy

Through our bodywork treatments we work with any age client who is suffering with acute or chronic pain. Common issues treated are Rotator Cuff injuries, Hip / Knee / Ankle Pain, Carpal Tunnel Syndrome, Tennis Elbow, TMJ, Migraines / Headaches / Whiplash and neck issues, Upper and Lower back problems etc. We successfully treat and manage many other kinds of musculoskeletal pain issues also. There are many people suffering every day with pain on varying levels. Our goal is to reduce & eliminate this pain from the source and reduce and eliminate the need to be taking excessive pain medication to masquerade these issues.



Cosmetic Acupuncture Facial Therapy

Cosmetic Acupuncture can have amazing results for treating Cystic Acne & Acne Scarring, reducing redness and inflammation associated with Rosacea and reversing the signs of aging. This very natural and ancient method, uses miniscule dermal acupuncture needles to restimulate the growth of collagen fibres, reduce puffiness under the eyes & plump out facial lines and wrinkles. The process naturally produces a reduction in inflammation and can dramatically shrink active cysts and spots and rebalance the skins oil levels. We use only 100% truly natural products made from the purest ingredients sourced in Ireland & Iceland.



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10 AM - 10 PM



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info@beprotherapy.com



Nutritional Therapy

Everyone has their own goals with meeting a nutritionist. There is a lot of information on the internet which can become overwhelming and not every diet is suitable for every person. Receiving one on one nutritional therapy, you will get a personalized plan according to your diet, your lifestyle, your health history and your goals, with follow up sessions to keep you motivated and on track for a healthier, stronger you.



Elizabeth Byrne Nutrition
www.elizabethbyrnenutrition.ie
Email: elizabethbyrnenutrition@gmail.com
Tel: 087 9508252

Mobile Therapy Services for people with Mobility Issues & the Elderly

We also provide mobile services for people with mobility issues and the elderly. We have various treatment options available for those who are post operative, chair or bed bound and those who may just need regular treatments to aid in circulation, pain relief and comfort.

What sets us apart?

Our current success rate and the popularity of what we offer, we are told from our clients, is the superior hands on treatment & professional one on one care you will receive. We blend hands on massage, physical therapy, dry needling (optional) and clinical stretching techniques & home care advice all into one session to maximize results and speed up recovery no matter what the issue.

Elaine Burke opened BE Pro Therapy in Killarney in January 2017 and within its first year of operation we're happy to have had hundreds of happy clients and successful therapy sessions across the range of services offered. Due to demand, we have recently expanded our services offered and now have two Physical Therapists working to ensure prompt appointments when you need them most. We believe in the highest standards of professionalism & your time in the treatment room will be focused entirely on you in a comfortable setting, easily accessible and with free parking right outside the door.

Special Offers

**LITTLE
BLACK
DRESS**
YOU'RE INVITED!



21 day Nutritional Therapy Program plus

**4 Cosmetic Acupuncture Sessions
over 4 weeks for only €300 Total!!**

Our Little Black Dress Programme will get you feeling & looking fabulous for the holiday season.

The 21 Day Little Black Dress Plan includes a delicious fat burning food plan, plus full support from a qualified Nutritional professional.

You will receive 4 cosmetic acupuncture sessions which has proven results to reduce the signs of aging, improve collagen structures, lift the skin, brighten and clarify and all done completely naturally!

Deadline to sign up for this program is Tuesday November 14th. Limited spaces available.



25% OFF

**your first session for
NEW CLIENTS to
BE Pro Therapy, Killarney
with this coupon.**

**Offer valid for any Bodywork
Therapy including
Physical Therapy, Dry Needling
& Sports Massage.**

**Terms & Conditions apply.
Offer Valid until November 30th**



FITNESS EXPERT EDELE DALY GUIDES YOU TO A FIT AND HEALTHY NEW YOU...



THE IMPORTANCE OF WRITING DOWN WHAT YOU EAT TO LOOSE WEIGHT

CONTINUED ...

Without knowing what and how much you're eating – it's difficult to make educated decisions. For example, if your daily calorie budget is 1,600calories and you eat 1,000calories for breakfast, you know you have 600calories left for the rest of the day. At this point it's clear that you're probably eating too many calories at breakfast and it's wise to adjust your food choices. You can adjust the portion size of that meal or the choose different foods that have fewer calories and hopefully more nutrients. Again, it's your decision.

If you still need a reason to track your calories, here it is – you'll get twice the results. A large study spanning almost 3 years showed that people who kept tabs of their daily food intake lost twice as much weight as those who didn't.⁵ In this day and age where food is everywhere any time of day and in very large quantities, you can't afford to be unconscious of your choices. By paying attention to portion sizes, calories and nutrients in foods, you become equipped with new knowledge and therefore, new power to reach and maintain your goals. It is true that knowledge is power, but only if you use that knowledge by taking action. Take action and start logging your food today.

MORE TIPS NEXT WEEK...

FITNESS WITH EDELE **087-7643449**
WWW.FITNESSWITHEDELE.COM

OUTLOOK FASHION

Don't Make your Coat or Jacket An Afterthought:

With all the effort going into the main outfit, it is easy to make the coat or jacket a last-minute decision. Bear in mind, you coat is the first item people will see you in, so do put the effort in! A blazer is simple, classy and can be teamed with most outfits.



KILLARNEY MASSAGE THERAPY CENTRE

Yoga. Massage. Wellness

- Clinical and Sports Massage
- Myofascial Release
- Trigger Point Therapy
- Hot Stone Fusion
- Yoga and Movement 1-1 sessions

Sara is trained to the highest level with a BTEC level 6 (degree) in Clinical and Sports Massage & is the first and only person to hold this qualification in Ireland. Advanced techniques can provide effective relief from most soft tissue pain restriction including but not limited to:

- Neck and Shoulder Pain
- Low back pain
- TMI, head and face pain
- Piriformis syndrome and sciatica
- Leg, knee and foot pain
- RSI's and repetitive strain injuries

Contact Sara 087-2922851

www.killarneymassageandtherapycentre.ie




Astrid Longhurst
Life & Body Confidence Coach



FEELING AMAZING IS UP TO YOU!

It's a funny thing but so many people think that to wake up each day inspired and in love with their lives is something that only other people can do. That it isn't for them! Very often when we see someone who is really happy with where they are and who they are, we think that there must be something special or unique about that person. However, the truth is that anyone can feel that way! The only difference between someone who is feeling positive and joyful about their lives and someone who isn't are the kind of thoughts they are thinking and the actions they are taking!

Like many things, learning to love yourself and your life is a process that takes time. It doesn't happen in a day but over a period of time if you stay committed it DOES happen! Our minds are the most magical tools we have. Rather like Harry Potters wand, you have to know how to use it and direct it to give you what you want.

So, the next time you see someone really happy and living their best life see it as a sign that you can too! We all have this innate ability within us – it's simply your CHOICE whether you use it!

Just a heads up that my new five week Chakranetics (mindful movement class) starts on Monday november 13th at The Malton hotel, Killarney. Time is 7.30 to 8.45pm and the cost is 60.00 euros. Please call me on 0669766374 to book your place.

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Chartered Physiotherapist
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KEEPING WARM AT THE KILLARNEY CELTIC V MOHAR FOR THE FAI JUNIOR CUP GAME AT CELTIC PARK WERE L-R MIA COX, MARY CARROLL & IMOGEN CARROLL KELLY. PICTURE MARIE CARROLL-O'SULLIVAN



SEAMIE O'CONNOR, PEGGY O'CONNOR, PHILIP O'CONNOR, SEAN KELLY MEP AND NORRITA CRONIN AFTER THE SCOTTS LAKERS NATIONAL LEAGUE DIVISION ONE BASKETBALL CLASH IN KILLARNEY SPORTS CENTRE ON SATURDAY NIGHT. PICTURE: EAMONN KEOGH



MRS SHELIA DOONA COOSE LAKE ALONG WITH HER DAUGHTERS MARY & BRIDGET AT THE KILLORGLIN DISTRICT GUN CLUB FUND RAISING DANCE AT THE MANOR INN KILLORGLIN IN AID OF THE HEALTHY HEART FUND AT KERRY UNIVERSITY HOSPITAL. PICTURE BY MICHAEL G KENNY



BAR MANAGER IGGY, SHAKING UP THE COCKTAILS FOR THE EMPLOYEES AT ARDREE HOUSE AT THE KILLARNEY CHAMBER OF TOURISM & COMMERCE FAMILIARISATION EVENING AT THE KILLARNEY PLAZA HOTEL L-R BAR MANAGER IGGY, ANITA JAKUBCZYK, KATARZPNA LACH & JANA DZURKOVA. PICTURE MARIE CARROLL-O'SULLIVAN



ALBERTO MENDOZA (RIGHT), SOMMELIER, AT THE KILLARNEY PLAZA HOTEL PICTURED AT THE KILLARNEY CHAMBER OF TOURISM & COMMERCE FAMILIARISATION EVENING WITH L-R BREDA HEALY, JOHN KING & EVELYN O'SULLIVAN. PICTURE MARIE CARROLL-O'SULLIVAN



KILLARNEY GOLF & FISHING CLUB L-R PAUL MCCARTHY, ELLEN ANN SPARLING, AOIFE NOLAN & PATRICK FLEMING PICTURED AT THE KILLARNEY PLAZA HOTEL FOR KILLARNEY CHAMBER OF TOURISM & COMMERCE FAMILIARISATION EVENING. PICTURE MARIE CARROLL-O'SULLIVAN



MEMBERS OF KILLORGLIN DISTRICT GUN CLUB AND MEMBERS OF THE CARDIAC UNIT AT KUH PICTURED WITH MICHAEL HEALY RAETD AND COUNCILLOR JOHN FRANCIS FLYNN AT THEIR RECENT FUND RAISING DANCE AT THE MANOR INN KILLORGLIN IN AID OF THE HEALTHY HEART FUND AT KERRY UNIVERSITY HOSPITAL. PICTURE BY MICHAEL G KENNY . PICTURE BY MICHAEL G KENNY



LISA FOLEY AND RACHAEL O'CONNOR AT THE LAUNCH OF THE RENTOKIL INITIAL KILLARNEY HISTORIC RALLY IN SCOTTS HOTEL KILLARNEY ON FRIDAY NIGHT. KILLARNEY AND DISTRICT MOTOR CLUB WILL HOST IRELAND'S ONLY EVENT TO CATER SOLELY FOR HISTORIC RALLY CARS AND NIGHT STAGE RALLYING ON SATURDAY DECEMBER 2ND PICTURE: EAMONN KEOGH



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

Wind Turbine Maintenance Technician (TR36R) - Tralee.

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

Surf Instructor and Beach Lifeguard (ET1Z3) - Co. Kerry.

The course offers participants the opportunity to develop the knowledge and skills to work as surfing and outdoor activity instructors. Participants will also receive lifeguarding and aquatic first aid qualifications. **Start Date:** 8th January 2018. **Duration:** 25 weeks. **Certification:** ISA Surfing Skills Instructor Level 1 Certificate, National Beach Lifeguard Qualification, and Aquatic First Aid & Cardiac First Response (PHECC) Certificate.

Marine Angling Guiding (ET09446) - Fenit.

This course provided participants with knowledge and skills to offer a high quality, safe and professional angling guiding service in accordance with relevant statutory legislation. **Start Date:** 15th January 2018. **Duration:** 14 weeks. **Certification:** QQI Level 6 Award.

Bus Driving - D Licence (ET07114) - Tralee.

This course provides participants with the skills and related knowledge in the rules of the road, driving a Large Public Service Vehicle (LPSV), customer service, documentation, first aid, manual handling and fire safety, digital tachograph, technical standards and work experience. Applicants must have a current full Class B Driving Licence and Class D Learner Permit. **Start Date:** 15th January 2018. **Duration:** 14 Weeks. **Certification:** Class D Driving Licence and CPC, Occupational First Aid and CILT Digital Tachograph Certificates.

Construction Ground Work Skills (ET23462) - Tralee.

This course provides participants with the knowledge and skills to construct concrete slabs and paths and to lay kerbs, flags and pavements under various conditions. **Start Date:** 15th January 2018. **Duration:** 13 weeks. **Certification:** QQI Level 4 Award.

Diploma in Hairdressing (TR08674) - Tralee

This course is the ideal starting point for a career in hairdressing. Participants will learn hairdressing theory and practice, gain salon experience and achieve a recognised qualification. **Start Date:** 22nd January 2018. **Duration:** 34 weeks. **Certification:** City & Guilds Level 2 Diploma in Ladies Hairdressing.

Intermediate Welding (ET030) - Tralee.

This course is designed to provide industry with personnel who are highly skilled and certified in carbon steel, stainless steel and aluminium welding. Applicants must have a proven track record in basic welding skills. **Start Dates:** 29th January 2018. **Duration:** 19 weeks. **Certification:** EN 287 Certs in Manual Metal Arc (MMA), Metal Inert Gas (MIG) and Tungsten Inert Gas (TIG) and a QQI Level 5 Award in Abrasive Wheels.

Foundation in Media (TR08743) - Tralee.

This entry level course is an excellent starting point for people who wish to pursue careers in the media industry. It offers the participants a comprehensive foundation in the use of a range of digital media technologies in a supervised environment. **Start Date:** 5th February 2018. **Duration:** 14 weeks. **Certification:** QQI Level 3 Award Media Expressions

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

Kerry ETB Training Centre

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**SouthWest
Counselling Centre**

HAPPINESS IN THE WORKPLACE

For many of us a great deal of our day is spent in the work place – or thinking about work, therefore it makes sense that we would aim to make our working lives a happy and pleasant experience. However, when faced with various frustrating challenges at work our stress levels can increase and lead to anything from burnout to boredom to distraction. Whilst some levels of stress at work are normal, excessive stress can interfere with productivity as well as our physical and emotional wellbeing.

In her book *Real Happiness at Work*, Sharon Salzberg discusses eight pillars of happiness in the workplace. These include balance; concentration; compassion; resilience; communication and connection; integrity; meaning; and open awareness. Throughout the book she presents formal meditations along with mini meditations and practices for the reader to try out. These exercises are simple, small and practical ways in which we can achieve greater calm and satisfaction.

The following includes some of the advice she gives us to have a more peaceful and happier day at work.

1. Before starting a project, meeting or even a conversation, ask yourself: "What do I most want to see happen from this?"
 2. Before starting your day, set an intention. She gives the following example: "May I treat everyone today with respect, remembering each person wants to be happy as much as I do."
 3. Try to perform a simple act of kindness every day. The following are such examples: "holding a door, saying thank you in a sincere manner, or listening to someone with a clear and focused mind."
 4. Pay attention to your feelings. For example, if you're feeling irritated toward a co-worker, pay attention to your irritation, "not so much the story of why you're irritated, but the actual feeling of it." What does it feel like in your body? Where do you feel it? Identifying irritation as it starts helps you prevent an action you might later regret. "With a more immediate recognition of what we're feeling, we have a choice as to how we want to respond in that moment."
 5. Think about the people who make your job possible, such as a housekeeper, caretaker or fundraiser – and thank them.
- These are just some simple measure we can take to generate more happiness in the workplace. Over the next few weeks we will take a closer look at Stress, Workplace Stress and how we can manage it in our lives.

SouthWest Counselling Centre Killarney provides affordable professional counselling to children, adolescents adults and couples – both at its Killarney Centre (Lewis Road) and at Kenmare Family Centre. info@southwestcounselling.ie. Kerry LifeLine provides **FREE counselling and support to anyone feeling suicidal or bereaved through suicide.** info@kerrylifeline.com To make an appointment call 064 6636416. **SouthWest Counselling Centre is a not-for-profit organization. All funds raised through fundraising go directly to service provision.**



TAX MATTERS

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RENTING OUT A ROOM IN YOUR HOME

If you rent out a room (or rooms) in your home to private tenants, the rental income you earn will be exempt from income tax, provided this income does not exceed a certain limit in a tax year. This is called the rent-a-room relief. A self-contained unit, such as a basement flat or a converted garage attached to your home, can qualify for this relief.

The relief applies only to residential tenancies, not to short-term guest arrangements.

The total (gross) rent that you get, which includes sums that the tenant pays for food, utilities, laundry or similar goods and services, cannot exceed €14,000 in the tax year (1 January to 31 December)

You cannot deduct expenses from your rental income while claiming rent-a-room relief.

If you qualify for rent-a-room relief, the income you get from renting out the room is not liable to PRSI, the Universal Social Charge or income tax. However, it must be included on your annual income tax return.

Rent-a-room relief will not affect your mortgage interest relief or your exemption from Capital Gains Tax (CGT) if you sell your home.

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GARDENING OUTLOOK



with John O'Sullivan

FOCUS ON NOVEMBER GARDENING

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

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

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

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

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

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Castleisland Clinic: River Island Hotel
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Killorglin Clinic: Jim Shea's Vintage Bar
2nd Monday of every month at 7.00pm

Kenmare Clinic: Atlantic Bar
Every Saturday Night at 10.00pm

Kilgarvan Clinic: Healy-Rae's Shop 9pm-10pm every Sunday
Healy-Rae's Bar 10pm-11pm every Sunday

Other Clinics held throughout the Constituency on a regular basis and advertised locally

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NATIONAL LEAGUE BASKETBALL DIVISION ONE

LAKERS CRUSH THE TITANS



DYLAN O'SULLIVAN, SCOTTS LAKERS, DRIVES PAST TOM FABRICIUS, GALWAY TITANS, IN THE NATIONAL LEAGUE DIVISION ONE BASKETBALL CLASH IN KILLARNEY SPORTS CENTRE ON SATURDAY NIGHT. PICTURE: EAMONN KEOGH



ANTUAN BOOTLE, SCOTTS LAKERS, AND KEEGAN RYAN, GALWAY TITANS, CONTEST THE JUMP BALL IN THE NATIONAL LEAGUE DIVISION ONE BASKETBALL CLASH IN KILLARNEY SPORTS CENTRE ON SATURDAY NIGHT. PICTURE: EAMONN KEOGH

Scotts Lakers 89 Galway Titans 60

Scotts Lakers returned to winning ways with an emphatic 29 point victory over Galway Titans in Killarney Sports Centre on Saturday night. It was a magnificent all round team performance from the home side and they laid the foundation for this victory early in the second quarter when they went on a 16-0 run to set them up for a comfortable win.

Titans were competitive throughout the first quarter with big American Keegan Ryan leading the way and the visitors were 25-22 in front at the end of the first quarter.

Antuan Bootle already had nine points for Scotts Lakers at this early stage but was rested for long periods of the match as Coach Vojkan Bencic utilised his full bench.

New signing Dan Griffin, Mark Greene, Justin Tuason, Pdraig Lucey, Andrew Fitzgerald, Mihail Kapitanov and Cian Clernon were all on target as Lakers hit 16 unanswered points to open up a 43-29 lead.

The Killarney side stayed in front to lead 50-

33 at half-time and maintained that advantage to stay 68-49 in front at the end of the third quarter.

A Titans comeback was never on the cards and the final quarter was a mere formality. Scotts Lakers finished the match with five local Killarney players all on the court at the same time with young Dylan O'Sullivan outstanding alongside team captain Philip O'Connor, Andrew Fitzgerald and veterans Shane Horgan and Keith O'Grady.

A comfortable 29 point win in the end and it was easily Lakers best display of the season so far. However Titans didn't offer much resistance and much tougher tests lie ahead including an away game in Ballincollig this Saturday.

Scotts Lakers: Mark Greene 17, Antuan Bootle 15, Andrew Fitzgerald 11, Cian

Clernon 11, Pdraig Lucey 11, Dan Griffin 8, Dylan O'Sullivan 6, Mihail

Kapitanov 4, Justin Tuason 3 Philip O'Connor 3 Shane Horgan, Keith O'Grady.

Titans: Keegan Ryan 29, Tom Fabricuss 10, Jan Stec 8

A minute's silence was held before this match



FORMER KILLARNEY BASKETBALL STARS TIM REGAN AND FRANK O'SULLIVAN WITH EILEEN O'SULLIVAN, ANNE O'SHEA AND ANN O'SULLIVAN AFTER THE SCOTTS LAKERS NATIONAL LEAGUE DIVISION ONE BASKETBALL CLASH IN KILLARNEY SPORTS CENTRE ON SATURDAY NIGHT. PICTURE: EAMONN KEOGH

in memory of Neptune and Ireland Under 18 star Liam Chandler, who sadly passed away at the weekend.



THE SCOTTS LAKERS SQUAD OBSERVE A MINUTES SILENCE IN MEMORY OF FORMER NEPTUNE AND IRISH U-18 INTERNATIONAL LIAM CHANDLER BEFORE THE NATIONAL LEAGUE DIVISION ONE BASKETBALL CLASH IN KILLARNEY SPORTS CENTRE ON SATURDAY NIGHT. PICTURE: EAMONN KEOGH



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MEK UNITED FC NEWS

U13 Kerry Schoolboys league Div. 2
Killarney Athletic 4 - 4 MEK United FC
We had a fantastic game today going 1 up within 3 minutes thanks to Cian Fleming, next goal was scored by Sam Buckley after great individual play and superb chip over the keeper. The second half started with another fantastic goal by Finn Kennelly with a beautiful chip over the goal keepers head. In the final 5 minutes Mek went 4, 3 ahead with another great goal by Eoin Mannix. Athletic pulled a goal back with the last kick of the game. Ending a great game at 4 all! Well done to everyone on this cracker of a match and especially coach Richard Walsh for all the hard work with the lads!

U14 FRIENDLY

MEK United FC 3- 2 Killorglin AFC B
MEK travelled to the Dragons Den and were 2- 0 down at half time but we had a real go in the second half and played some decent football. Scorers Sam Griffin Eddie Moroney and Matthew Hunt. Team Dean Sheehan Con Lenihan capt. Conor Crowley Darragh O'Brien Tadhg O'Sullivan Sam Griffin Leo Healy Eddie Moroney Steven O'Brien Scott Drew Kevin Harant Sam Buckley Matthew Hunt

U11 FRIENDLY

MEK hosted Dingle at Lackabane on Saturday for a friendly match, playing some really nice football particularly in the second half against a strong Dingle side. Well done all and Coach Feargal

U10 TRAINING

Due to the high numbers in the U10 (2008) group, we have decided to split the group into 2 smaller groups, BLACK and ORANGE.
U10 ORANGE are training Tuesdays 6-7pm and U10 BLACK are training on Wednesday 5-6pm. Both sessions are at the Fossa Astro Pitch. These 2 split sessions will start the week coming, Tuesday 7th and Wednesday 8th. We apologise if this causes any inconvenience. We want all our players to benefit from a safe playing environment and our top quality coaching. If there are any issues, contact Pa on 087 7943220.

SCHOOLBOY/GIRL SOCCER

November 4th 2017 Results and Reports:

NATIONAL CUP 13'S:

ROUND 2:

Aisling Annacoty B 3 - 1 Park
Tulla 1-3 Mastergeeha
Kilcrush Crusaders 6-1 Camp Juniors
Round 3:
Killorglin 3-1 Iveragh United
National Cup 15's
Round 2:
Janesboro 3-2 Inter Kenmare AET
Fairview Rangers 1 - 2 Camp Juniors
Daly's Supervalu 13 Division 1:
Killarney Celtic B 0-1 Tralee Dynamos
Inter Kenmare 5-1 Dingle Bay Rovers
Division 2:
Mastergeeha B 2-4 Fenit
Killarney Athletic B 4-4 MEK
Park B 3 - 2 Killorglin B
Killarney Plaza 15 Division 1:
Killorglin B 4-0 Fenit

Tralee Dynamos 4-3 Listowel Celtic
15 Division 2:
Windmill United 2-1 Park B
Ballyheigue 6-1 Dingle Bay Rovers
JK Sports 12 Girls League:
Killarney Celtic White 2-4 Camp Juniors
Fenit 0-8 Killarney Celtic Green
Reports:
Killorglin 13's one step away from National Cup
Open Draw:
Killorglin are into Round 4 of the Subway 13's National Cup and only one win away from the Open Draw for the Last 32. They won the all Kerry clash defeating Iveragh United 3-1 thanks to a Jack Lynch hat trick and with captain John Touhy in excellent form.
The Park were too strong for Aisling Annacoty B in Limerick winning 6-0. Dara Cunnane hit 3 with the others coming from Callum O'Sullivan, Odhran Ferris and Venis Jahiri. They are at home to the winners of Connolly Celtic and Ennis Town in Round 3.
Mastergeeha had one of the performances of the day as they saw off Tulla away in Clare. Goals from Eoghan Kelly 2 and Hugh Lenihan gave them a 3-1 win. They will be at Kildimo in the next round.
Camp Juniors National Cup journey is over as they went out to Kilrush Crusaders 6-1 with Darragh Crean getting the Camp Juniors goal. Camp Juniors enjoy great away win in the 15's Round 2:
Camp Juniors are into Round 3 of the 15's National Cup after an excellent 2-1 away win at top Limerick side Fairview Rangers. Oisín Smailes put the Kerry side ahead after he tapped in a super cross from Thomas O'Donnell. Fairview went all out for an equaliser but new Camp keeper Patrick Saunders made a number of important saves.
The home side equalised on 60 minutes but 2 minutes later Camp Juniors were back in front when Smailes got his second after a super free kick. Some excellent defending from Caolan O'Connell and Alain Beaujouan saw Camp hold on for the win.
Camp Juniors will now welcome Janesboro in Round 3 as the Limerick side got past Inter Kenmare after extra time. Eoin O'Shea and Aiden Crowley got the Inter goals who had Mark Casey in outstanding form but they just came up short as Janesboro got the only goal of extra time.
The 15's National Cup is proving to be a good one for Kerry sides with The Park already through to Round 4 and Killarney Celtic and Killorglin meeting to see who also progresses to the round before the open draw.
League Reports:
Opening Round of the 11's:
The opening rounds of the Moriarty's Centra 11's Divisions will be non-competitive before a number of weeks which are used as a grading tournament ahead of next seasons JK Sports 12's Divisions.
This week there were close wins for Killarney Celtic, Killorglin and Killarney Athletic in the Premier South A and B while Tralee Dynamos, Killarney Athletic C and Killorglin C just got over Killarney Celtic C, Inter Kenmare and Listowel Celtic C in Premier C South.

Fenit and Iveragh United could not be separated in Premier D while Dingle Bay were just a bit better than MEK in a thriller.
In the North Division Tralee Dynamos had narrow wins over Camp Juniors in Premier A and B while LB Rovers and Park won a game each.
Inter Kenmare go 3 from 3 in 13's Division 1:
Inter Kenmare made it 3 wins from 3 games in the Daly's Supervalu 13 Division 1 as they defeated Dingle Bay Rovers 5-1 to go above the West Kerry side who remain on 7 points from their 4 games. The game was tied 1-1 at half time with Yago Cornelis scoring for Inter and Sean Roache replying for Dingle Bay.
But it was all Inter in the second half with Cornelis getting his second and this was added to by goals from Darragh O'Sullivan, Vaughan O'Brien and Sean Treyvaud.
Tralee Dynamos will be delighted that their work on the training ground has paid off and they will enjoy their first win of the season after defeating Killarney Celtic B 1-0. Tom Quilligan was the Tralee sides hero.
Fenit now the only unbeaten side in 13's Division 2: Fenit are onto 9 points from their 3 games and top the Daly's Supervalu 13's Division 2. Their latest win came courtesy of a 4-2 away win at Mastergeeha B. Fenit led 2-1 at half time and their goals came from Gearoid O'Connor, Barry Hamilton, Oisín McGibney and Donagh Murphy. Euan Evans and Ryan McGuirl got the Mastergeeha B goals.
Killorglin were unbeaten coming into the days games but lost out to Park B 3-2. Ethan O'Mahoney scored both Killorglin goals in the first half but they were unable to add to these.
Killarney Athletic B and MEK shared the points in a 4-4 goal-fest. MEK went 1-0 up after three minutes thanks to Cian Fleming. Sam Buckley got the next goal for the mid and East Kerry side before half time. Into the second half and Finn Kennelly scored with a great chip before Eoin Mannix scored to put MEK 4-3 ahead into the closing stages. However Killarney Athletic equalised with the last kick of the game. Their goals came from Rocco Sheehan penalty, JJ Sheehan, Sean Wickham and David Sullivan.
Tralee Dynamos up to second in 15's Division 1: Tralee Dynamos got the better of Listowel Celtic in a 7 goal thriller which saw them move up to second place on 4 points from 2 games played, just behind Ballyhar who are on 6 points from their games. Andy Rogers hit two for the Tralee side with Patrick Moravski and Danny Burke getting one each.
Killorglin B had their game against Fenit under control at half time as they led 3-0. They added one extra in the second period to win their first game of their campaign.
Historic win for Windmill in 15 Division 2:
Windmill United were playing their second game since they joined the Kerry Schoolboys Girls League and they made it a winning one defeating Park B 2-1. Eric McMahon and Tomas Sullivan got the historic goals for the Blennerville side.
Ballyheigue continued their good start to the League as they proved too strong for Dingle Bay Rovers. They had goals from Oisín Maunsell, Thomas Gaynor, Seanie Foran and

Gavin Slattery.

Camp Juniors and Killarney Celtic Green enjoy opening day wins:

Camp Juniors enjoyed an opening day win in the JK Sports 12 Girls Premier. Tiarna Murphy hit 2 and Eabhna Lyne and Savi O'Connor one each in their 4-2 win over Killarney Celtic White at Celtic Park. Aine Fitzgerald got both the Celtic goals.

Killarney Celtic Green were a bit too strong for newcomers Fenit who fought to the end. Leah McMahon, Katie Doe and Fiana Bradley – just back for playing with the Munster ETP squad were the standout players for Celtic while Katie Fitzmaurice and Lily Novak were amongst those who did well for Fenit.

U15 Subway Inter League

Kerry 2-1 Waterford

The Kerry u15 ETP side enjoyed a very good win over Waterford in the Subway Inter League tournament played at Kilbreen Park.

The home side had to come from behind to win thanks to goals from Maurice O'Connell and Kian Clancy.

Kerry are now in second place and will take on West Cork in their final group game while Waterford will face group leaders Cork.

MASTERGEEHA FC

U11

Mastergeeha v Killarney Celtic. On Saturday morning the boys had their first outing. They played two games and did well in both.

U13 NATIONAL CUP

Tulla 1 Mastergeeha 3. The boys qualified for the next round of the cup with a good away win in Clare on Saturday. Eoin Kelly (2) and Hugh Lenihan were the scorers in a good team performance.

U13 DIV 2

Mastergeeha 2 Fenit 4. The visitors started better and went two goals up early on but the boy's battle back and Euan Evans scored before half time. In the second half both side created



MEK UNITED U13'S WHO DREW AT THE WEEKEND AGAINST KILLARNEY ATHLETIC B.

some chances with both goalkeepers making good saves. However it was the visitors that scored again. After this Mastergeeha pulled a goal back when Ryan McGuirl scored. In the closing stages Fenit scored again.

U15 NATIONAL CUP

Park 5 Mastergeeha 0. The boys exited this year's cup away to a good Park team.

U17

Mastergeeha 2 Ballyhar 2. Mastergeeha started the better with Sipo O'Neill having a shot cleared off the line in the opening minutes. However midway through the half Ballyhar took the lead. In the second half Mastergeeha pushed forward and got the equaliser when Dylan Murphy converted a penalty after being fouled. Shortly after Mastergeeha when ahead when Dylan Murphy scored again following a cross by Philip O'Leary. In the closing stages Ballyhar equalised. All for Mastergeeha played well.

MASTERGEEHA CLUB GEAR

Club Gear will be on sale at the clubhouse on Saturdays. Track suits, Hoodies, T-shirts, Shorts, and caps available with orders taken on the day for Christmas presents.

MASTERGEEHA FC LOTTO

There was no winner on Friday 3rd November, 2017. Numbers drawn were 4, 12, 22, 26. Consolation prizes were €100 Joan O'Gorman, Coolick, Kilcummin. €30 Makaela & Marie Curtin, Knocklebede. €30 Una O'Leary, Lyreatough, Kilcummin. €30 Frank O'Sullivan, Loor Dromulton, Currow. Jackpot now €3,000.

KILLARNEY CELTIC NEWS

FAI Junior Cup, Killarney Celtic 4, Moher Celtic 0, Playing their 1st game in 3 weeks, Celtic advanced to the next round with goals from Danny Roche (2), Peter McCarthy and Gary Keane. They now travel to Clare to face Newmarket Celtic B in the next round.

CELTIC LOTTO

Numbers Drawn 9,19,21,24. No Jackpot winner, 4 x €40. Jackpot next week €6,800.

Premier B, Mitchels Ave 0, Killarney Celtic 0, The B team gained their 2nd point of the campaign with a strong performance here and could very well have come away with a win.

U16 Div 2, Killarney Celtic B 0, Fenit 1,

U13 Div 1, Killarney Celtic B 0,

Tralee Dynamos 1,

U12 Friendly Killarney Celtic B 3, Killarney



KILLARNEY CELTIC V MOHER AT CELTIC PARK, JUNIOR CUP GAME WHERE CELTIC WON 4-0. PICTURES MARIE CARROLL-O'SULLIVAN

Athletic B 0,
U11 All 3 teams were playing on Saturday resulting in 2 wins over Mastergeeha and a loss to Tralee Dynamos.
U12 Girls Green won 8-0 vs Fenit,
U12 Girls White lost 2-4 vs Camp

FIXTURES

FAI Junior Cup, A team away to Newmarket Celtic B 2.00

Premier B, B team home to Camp 11.30

CONGRATULATIONS

Congrats to Fiana Bradley U12 Girls who played for Munster ETP over the weekend.

Christmas Party Friday December 8 in the Killarney Avenue Hotel.

All kids must be registered and paid up before training, also please ensure that kids wear shin guards and bring €2 to training. Please see our Facebook page for updates on training and matches.

KILLARNEY ATHLETIC A.F.C.

RESULTS

Munster Champions Trophy Semi Final

Killarney Athletic 2 Janesboro 3. After extra time

Full time 3 2 to Janesboro. Great game gave it all. William Courtney the scorer of the 2 goals. Just not to be. Well done to the Athletic Players and management.

Under 13 league Killarney Athletic B 4 MEK 4

There were goals aplenty in Woodlawn on Saturday as Athletic and MEK played out an eight goal thriller. Athletic went a goal down against the run of play but were soon level by way of a spot kick. Athletic then went ahead only to be pegged back and go a goal down before getting back on terms at 3 all with five minutes left, but the drama didn't end there as Athletic went 4 3 down only to equalise in the last minute to tie the game at 4 all. What a game.

FIXTURES

Saturday 11th November

Under 12 Division 2

Killarney Athletic B v MEK 10.00am

Under 12 Premier

Killarney Athletic v St Brendan's Park 11.00am

Under 14 Premier

Tralee Dynamos v Killarney Athletic A 12.00 noon

Under 14 Division 2



KILLARNEY CELTIC, PICTURED AT CELTIC PARK FOR THE JUNIOR CUP GAME AGAINST MOHER ON SUNDAY AFTERNOON. BACK ROW L-R CHRIS O'LEARY, CATHAL O'SHEA, JOHN MCDONAGH (CAPTAIN), BRIAN KELLY, JAMIE SPILLANE & WAYNE SPARLING. FRONT ROW L-R PETER MCCARTHY, GARY KEANE, DANNY ROCHE, MICHAEL DEVLIN & MATT KEANE. PICTURE MARIE CARROLL-O'SULLIVAN



KILLARNEY ATHLETIC UNDER 13 B PLAYING MEK ON SATURDAY LAST WITH THEIR NEW JERSEY'S SPONSORED BY KILLARNEY CREDIT UNION.

Killarney Athletic B v LB Rovers 12.30pm

Girls Under 14

Killarney Athletic v Inter Kenmare 2.00pm

Denny Youth League

Killorglin AFC v Killarney Athletic 2.00pm

Sunday 12th November

Denny Premier A

Listowel Celtic v Killarney Athletic 11.30am

FAMILY QUIZ NIGHT FRIDAY 24TH NOVEMBER KILLARNEY OAKS 7.30PM

Parents & Players please note that there will be a Quiz night on in the Killarney Oaks on Friday 24th November 2017. All under 18's to be accompanied by an adult. Lots of spot prizes on the night to be won. Tables of 4 Adults €40 & Juveniles €20. The support, especially

from parents would be greatly appreciated. Everybody welcome to attend.

300 MEMBER CLUB

Names are now being taken for next year's 300 Club Draw. All support is greatly appreciated. Please contact Mike O'Shea on 087-2226185 or any committee member to enter.

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



U10 MASCOTS FOR KILLARNEY CELTIC AT CELTIC PARK ON SUNDAY AFTERNOON AS THEIR TEAM TOOK ON MOHER. BACK ROW L-R EMILIA CARROLL-KELLY, CORA O'DONOVAN, CLODAGH CLANCY, CAOIMHE O'SULLIVAN, NAOISE O'DONOGHUE & CAOIMHE CRONIN. FRONT ROW L-R KAYSEY O'CONNOR, ALANNA O'BRIEN, KATE O'TOOLE, GRACE COX & PUTTANYA RYAN. PICTURE MARIE CARROLL-O'SULLIVAN



L-R JIMMIE SMITH, NOEL BROSANAN & JOHN DOYLE ENJOYING THE KILLARNEY CELTIC V MOHER JUNIOR CUP GAME AT CELTIC PARK ON SUNDAY AFTERNOON. PICTURE MARIE CARROLL-O'SULLIVAN



KERRY GAA SCENE

REPORT BY JOHN O'LEARY, PRO

CLOSING DATE FOR NOMINATIONS AND MOTIONS TO ANNUAL CONVENTION IS FRIDAY AT 5PM

The annual convention of Kerry GAA will be held on Monday December 11th in the Gleneagle Hotel, Killarney. Motion and nomination papers have been sent to Clubs last week as per rule.

Five officer positions will become vacant at Convention due to the "5 Year Rule" and they are; Munster Council Delegate (2), Hurling Officer, PRO and Cultural Officer while Paudie Dineen (Assistant Treasurer) and Stephen O'Sullivan (Assistant Secretary) have indicated that they are vacating those positions.

This is an ideal chance for anyone with an interest in progressing to County Board level as there is a diverse range of posts becoming vacant ranging from Cultural, to Financial to Administrative to Public Relations. All of those current officers whose 5 year term is up can of course also be nominated for other officer posts other than the one they vacated should they so wish.

Nominations and Motions for County Convention have to be returned to the county secretary no later than 5pm on Friday 10th November. All of those nominated will have until 5pm Monday 13th November to confirm if they wish to contest positions or not.

Motions re internal Competitions will be dealt with at the November Meeting of County Committee which has been put back by a week to November 27th to allow clubs additional time to formulate motions. These motions re internal fixtures and competitions for 2018 have a new deadline for their return which is now Friday 17th November at 5pm.

CLUB FIXTURES FORUM

Kerry County Committee organised a 'Club Fixtures Forum' last evening in the Rose Hotel in Tralee on Friday evening last.

The Forum was designed to give an opportunity to Clubs to review our own fixtures here in Kerry in light of recent changes made by Congress where the National Fixtures Calendar will for the first time feature dedicated periods of the year for Club activity only.

The Kerry Fixtures Calendar will be drafted after the next County Committee meeting which takes place on Monday 20th November and at this meeting Motions regarding competitions for 2018 will be discussed and voted on.

The Club Fixtures Forum provided a great opportunity to ensure that the views of those most affected by fixtures can be taken on board and where necessary be formulated into motions for the November meeting of the County Committee.

There was a good representation of clubs on the night with between 60% to 70% of Clubs



MAURICE JOE O'CONNOR, RATHMORE- WHO HAS BEEN A DELEGATE TO EK COISTE NA NÓG FOR VERY MANY YEARS PICTURED WITH RATHMORE CAPTAIN DARRAGH RAHILLY FOLLOWING THEIR WIN IN THE EAST KERRY U16 CHAMP DIV 1 FINAL.

in the county present. Some good positive discussions took place with a lot of positive ideas being bandied about. There seemed to be full agreement that the various Club Championships should be played off to a finish in the April/May window and a general discussion took place re a preference for say two groups of four teams in the Club Championships or maybe a loser's round rather than the present straight knockout system. There was general agreement that the Minor age group should be reduced to Under 17 for competitions within the county to allow senior fixtures have a free run and it was suggested that an U19 competition be introduced to cater for the 18 to 19 age group. There was a lot of discussion on the availability of county players - particularly in April - for both training and games.

Altogether this was a worthwhile exercise and we will have to wait and see if there are positive changes proposed for the November meeting.

CLUB CHAMPIONSHIP FOCUS SWITCHES TO THE MUNSTER CHAMPIONSHIP

After a hectic few weeks of action within the county the focus on the Club scene now switches to the Munster championship an area that Kerry has enjoyed no little success in recent years. Dr Crokes have Kilmurray-Ibrickane of Clare as visitors

Dr Crokes put their All Ireland Club title on the line once again at Lewis Road on Sunday next when they have Kilmurray-Ibrickane of

Clare as visitors in the semi final of the Munster Club championship (2pm). The Killarney side have an enviable unbeaten record in League and Championship this season and the fact that they came perilously close to exiting the East Kerry championship last weekend when fielding a very weakened team shows very much where their priorities lie. They had a good workout in the quarter final tie against Clonmel Commercials and they are facing a side that are having their first outing in Munster since they defeated Clondegad in the Clare final on the Bank Holiday weekend. Dr Crokes are in a very good place right now and are focused on another successful assault on the Andy Merrigan Cup - It will be a major surprise should they not advance to play Nemo Rangers or Adare in the provincial decider on November 26th.

AN GHAELTACHT IN MUNSTER INTERMEDIATE ACTION

Fresh from their Kerry Intermediate championship victory over Templenoe a fortnight ago, An Ghaeltacht head for the Mallow GAA complex on Sunday next to take on the locals in the Munster semi final in a game that throws in at 1pm. The West Kerry side have the perfect break of two weeks since that exciting game in Austin Stack Park but they take on a side who already have had the benefit of an outing in Munster, that against the Waterford champions who ran them to three points despite having to play two championship games in 48 hours. There is no doubt that the Cork champions are the ones to beat for any club with aspirations of a Munster Intermediate title and on their own home patch a victory for An Ghaeltacht will be hard earned. The Intermediate semi final, which throws in at 1pm will be followed by the senior football semi final between Nemo Rangers and Adare at 2:45pm.

DROMID PEARSES THROUGH TO THE JUNIOR SEMI FINALS

Dromid Pearses are through to the Munster Junior semi finals following a hard earned 0-14 to 0-10 victory over Naomh Eoin of Clare at Cross in the Loop Head peninsula last Sunday. The South Kerry side had reason to be thankful to Niall O'Shea who picked off five points during the course of the game and they now go on to play Galtee Gaels of Limerick in the semi final on the weekend of November 19th at a Kerry venue. Knocknagree, who of course are part of the Rathmore parish, have made it through to the semi finals on the other side of the draw where they face the yet to be crowned Waterford champions.

DR. CROKES GAA

EAST KERRY - O'DONOGHUE - QUARTER FINAL

Played in Lewis Road on Saturday 4th of November

DR CROKES 0-12 KILCUMMIN 0-11

In this O'Donoghue Cup Quarter Final we played second fiddle to Kilcummin for three quarters of the game. Even though we were missing a number of our first team players, some of our replacements put in a good shift and did their selection for future games no harm.

In the first quarter, even though our opponents had more of the play, we matched them on the scoreboard at the end of the first quarter. We both scored four points. We failed to score in the second quarter in a period in which Kilcummin outscored us four points to nil. This left them ahead 0-9 to 0-4 at the interval.

The teams exchanged points on two occasions in the third quarter, leaving us 0-11 to 0-6 behind as we faced the last fifteen minutes. Our management brought on four of our established players at this stage and this contributed enormously to our lads scoring six points without reply in this final quarter. This gave us a one point win and a place in the semi final against Killarney Legion.

In fairness to Kilcummin they had good chances in this last quarter to at least equalise the game. Team and Scorers: Johnny O'Leary, Brian Fitzgerald, Jason Lyne, Cillian Fitzgerald, David O'Leary 0-1, Alan O'Sullivan 0-2, David Naughton Ambrose O'Donovan, Billy Courtney, Paul Clarke, Eoin Brosnan, Shane Doolan 0-1, Tony Brosnan 0-6 (0-2 frees), Mark O'Shea, Jordan Kiely

Subs: Mark Egan, Johnny Buckley, Brian Looney, Micheal Burns 0-1, Daithi Casey 0-1 (free).

PROGRESSIVE 31

Progressive 31 is on every Wednesday night in Crokes Clubhouse. It will start at 8.00pm. You will need to bring money and a partner €5 per person.

LOTTO

Lotto 10, 15, 20, 24 Jackpot €4500 Winner Maura Lyne Knocklebede. Next Draw Sunday 12th of November in Speakeasy. Jackpot €3000

GNEEVEGUILLA GAA

LOTTO numbers 16,20,21,22

No jackpot winner next week jackpot €9,000
€40 Kate & Norman Wilson C/o Bredda McAuliffe

€40 Jack & Bobby Vaughan C/o Topaz

€40 Jerry Hickey C/o Bridge Bar

€30 Paddy O'Keeffe Boalach C/o Lol o keeffe

€30 Rosie Brennan Trimm Co Meath C/o Billy McCarthy

Gneeveguilla gaa AGM Friday December 1st at 8.30pm sharp.

An evening of music chat and tea will be held in the community centre on November 11th between 4 and 7pm.

the ladies committee are hoping to set up a unislim class in gneeveguilla if we can



MILLTOWN/LISTRY GIRLS WHO PARTICIPATED IN THE U15 DEVELOPMENT BLITZ IN MALLOW ON SATURDAY

get enough interest we will go ahead, for further information please contact Noreen on 0861210354 or Sheila on 0876566715

EAST KERRY NOTES

WITH ÁINE NÍ SHÚILLEABHÁIN PRO AQUILA CLUB O'DONOGHUE CUP - QUARTER FINAL

Dr Crokes 0-12 Kilcummin 0-11

Played at Lewis Road, there was little to separate Kilcummin and Dr Crokes in the third quarter final of the O'Donoghue Cup, sponsored by the Aquila Club Gleneagle Hotel. Noel Duggan opened the scoring for Kilcummin before Alan O'Sullivan fisted a point for the home side. Kevin McCarthy and Tony Brosnan then traded points. Tony Brosnan, who was Dr Crokes most dangerous forward on view, had two further fine points from the right wing. Kilcummin goalkeeper, Brendan Kealy, kicked a 45m free over the bar midway into the half before Kevin McCarthy added a close in free. Dan Leary and Shane Sweeney added fine long range points for Kilcummin. Kealy and McCarthy again added points from placed balls for Kilcummin. On the stroke of halftime, Philip Casey scored a fine point to leave the visitors up 0-9 to 0-4.

The second half started with a point from Kilcummin centre forward, Noel Duggan, before Alan O' Sullivan responded for the town side. Tony Brosnan then added 2 point from frees either side of a Noel Duggan point for Kilcummin. This was to be Kilcummin's last score of the game. Trailing 11 points to 7 entering the final quarter, Dr Crokes went to their illustrious substitutes bench from where they could spring Johnny Buckley, Michéal Burns, Brian Looney, Daithi Casey. The impact was immediate with Casey, Burns, David O'Leary and Looney all quickly adding points. This saw the sides level entering an exciting last few minutes. Play flowed from end to end as both sides tried to find a winner. Kilcummin will be left to rue a couple of missed goal efforts late in the game, but it was Dr Crokes who were to have the final say as Tony Brosnan popped up to kick the winning point. Final Score: Dr

Crokes 0-12 Kilcummin 0-11. Dr Crokes meet Killarney Legion in the semi final on Saturday 18th November at 2pm. Neutral Venue TBC.

Dr Crokes: Johnny O'Leary, Brian Fitzgerald, Jason Lyne, Cillian Fitzgerald, David O'Leary(0-1), Alan O'Sullivan(0-2), David Naughten, Ambrose O'Donovan, Billy Courtney, Mark O'Shea, Eoin Brosnan, Shane Doolan, Tony Brosnan(0-6), Paul Clarke, Jordan Kiely. Subs: Johnny Buckley, Michael Burns(0-1), Brian Looney(0-1), Daithi Casey(0-1), Mark Egan

Kilcummin: Brendan Kealy(0-2;45f), Mikey O'Shea, Donal Maher, Damien O'Leary (Capt.), Sean O'Leary, Chris O'Leary, Dan Moynihan, Kevin Gorman, Shane Sweeney(0-1), Kevin McCarthy(0-3), Noel Duggan(0-3), Matt Keane, Dan Leary, Philip Casey(0-1), Kelvin Teahan. Subs: Jamie O'Donoghue, Ian Devane.

Referee: James O'Sullivan (Firies)

THE TATLER JACK EAST KERRY MINOR CHAMPIONSHIP

A&B Quarter Final

Fossa 5-13 Firies 1-11

Although 8 Firies players recorded scores for Firies, it was Emmet O'Shea (1-5) and David Clifford (4-7) who ensured that Fossa took the honours at Fossa last Monday in the Tatler Jack East Kerry Minor A&B Championship quarter final. Fossa progressed to the A Semi Final against Glenflesk, while Firies meet Cordal/Scartaglen in the B Semi Final. The midfield battle between Fossa's Mark Donnellan and Cian O'Shea and Firies Patrick T Daly and Jake Flynn was a highlight of the game. Fossa defenders Eoin and John Talbot, Gary Cronin and Cillian Buckley and Firies defenders Niall O'Donoghue, Diarmuid O'Mahony, Diarmuid and Liam Brosnan contributed hugely to the game. By the tenth minute when Clifford raised his first green flag, the home side led 1-3 to 0-3, Clifford (1-2) O'Shea (0-1) as Firies Shane Kennedy, Donnchadh O'Sullivan and Aaron Flynn kept Firies in touch. But the signs were always ominous for Firies. Within minutes midfielder Cian O'Shea fed brother Emmet for Fossa's second goal. Liam Brosnan and Trevor O'Shea responded for Firies - 2-3 to 0-5 after

15 minutes. The retort from Fossa saw Cillian and Harry Buckley's lightning fast moves set up O'Shea(0-1) and Clifford (1-1) and suddenly in less than 10 minutes Fossa had put the game beyond Furies 3-5 to 0-5. Furies was in a tight grip as demonstrated by a cameo in the 26th minute. Furies corner back Diarmuid Brosnan made a creative break from defence but was tracked by David Clifford and dispossessed on midfield. Clifford hit a 40m accurate pass to Emmet O'Shea who pointed for Fossa. It was sheer magic and enthralled all who saw it. Half time Fossa 3-7 Furies 0-6.

Furies took the game to Fossa on the resumption and hit 3 fine points from county minor Donnchadh O'Sullivan despite stout defence by Fossa. 12 minutes into the half, Clifford took 2 steps up to a 45m free and stroked the ball over the black spot. O'Shea and Clifford made it 3-11 to 0-9 by the 48th minute. Furies star Donnchadh O'Sullivan broke through the Fossa defence and converted the resultant well struck penalty- 3-11 to 1-9. However, hope was short lived. From the kick out, Cian O'Shea and Ruairi Doyle worked the ball to David Clifford. His wizardry took him into the danger zone where he set up Emmet O'Shea and a penalty resulted. David Clifford recorded his 3rd goal - 4-11 to 1-9 with ten minutes left. Cian and Emmet O'Shea added Fossa points while Donnchadh O'Sullivan's point saw the scoreboard read 4-13 to 1-10 with 3 minutes left. Niall O'Donoghue drove forward for Furies and put Liam Brosnan in for a shot on goal well saved by Fossa keeper Shane O'Sullivan. Cillian Buckley and Gary Cronin worked the ball upfield to David Clifford who jinked and waltzed his way into the parallelogram and stroked the ball to the net - 5-13 to 1-10. Substitute Dylan Callaghan pointed the final score for Furies and it finished Fossa 5-13 Furies 1-11.

FOSSA

Shane O'Sullivan, Cian McCarthy, Anthony O'Keeffe, Eoin Talbot, John Talbot, Gary Cronin, Cillian Buckley, Mark Donnellan, Cian O'Shea(0-1), Ruairi Doyle, Ryan Sheehan, David Clifford(4-7, pen,45m), Liam Buckley, Emmet O'Shea(1-5, 0-1 free), Harry Buckley. Subs: Lee Lenihan

FIRIES

John O'Rourke, Diarmuid Brosnan, Niall O'Donoghue(1-0 pen), Shane Burke, Diarmuid O'Mahony, Liam Brosnan(0-1), Harry Doody, Patrick T Daly, Jake Flynn, Shane Kennedy(0-1), Donnchadh O'Sullivan(0-5, 0-4 frees), Sean Cooper, Darragh O'Donoghue(0-1) Aaron Flynn(0-1), Trevor O'Shea(0-1). Subs: Ciaran Flynn, Dylan Callaghan,(0-1) Kevin O'Connor. Referee: Brian Hickey (Rathmore)

A SEMI FINALS

Dr Crokes 1-15 Rathmore 1-10

Dr Crokes reached the Final of the Tatler Jack East Kerry Minor A Championship, against Fossa after a fast moving, skillful game against a young Rathmore side. Played at Lewis Road, Dr Crokes, with the aid of a strong wind, got off to a dream start with a Josh Fleming goal



RATHMORE WHO WON THE EAST KERRY U-16 DIV 1 FINAL PLAYED LAST SUNDAY 5TH NOVEMBER IN FITZGEARLD STADIUM V KILLARNEY LEGION. RATHMORE 3-11 TO LEGION 2-12 FULLTIME SCORE

in the opening minutes. Dr Crokes tagged on 5 unanswered points (Josh Fleming(2), Mark Hartnett and Michael Potts). A scatter of points saw the home side maintain their lead Jack Griffin(2) Rohan Delaney and Michael Potts on target for Dr Crokes. Anthony Darmody(2), Brian Friel(2) and David Dineen pointed for Rathmore. Score at the break: Dr Crokes 1-9 Rathmore 0-5.

On resumption, the sides traded points (Michael Potts, Dr Crokes; David Dineen, Dara Rahilly, Rathmore) before a well worked move saw Aaron Cronin fist to the net for a Rathmore goal on the 10th minute - 1-11 to 1-6. It was tit for tat and Rathmore reduced the margin to a single score with on 20th minute - 1-12 to 1-9, with points from Paul Cremin(2), David Dineen, while the outstanding Josh Fleming pointed for Dr Crokes. In an exciting final 10 minutes, Dr Crokes extended their lead with 3 points - Michael Potts(2) and Josh Fleming to 1 by David Dineen for Rathmore. Final Score: Dr Crokes 1-15 Rathmore 1-10.

Dr Crokes: Adam Kelly, Ryan Casey, Mark Fitzgerald, Mark Cooper, Sean O'Neill, James Kelly, Gary O'Connor, Jack Griffin(0-3), Michael Potts(0-5), Sean Courtney, Rohan Delaney(0-1), Eoin Moynihan, Josh Fleming(1-5), Mark Hartnett(0-1), Michael Linehan. Subs: Liam Kelliher, Fionn O'Doherty, Conor Quirke, Harry Potts

Rathmore: Derry McCarthy, Alan Dineen, Damian Cronin, Fionn Holohan, Trevor Cremin, Timmy O'Doherty, Sean Clifford, Dara O'Rahilly(0-1), Brian Friel(0-2), Paul Cremin(0-2), Don Murphy, Anthony Darmody(0-3), James Darmody, David Dineen(0-2), Dan Dineen Subs: Jimmy Mahony, Aaron Cronin(1-0) Referee: Brian Fleming (Currow)

FOSSA 1-12 GLENFLESK 0-14

Fossa edged Glenflesk by the minimum in an exciting second A semi final. Played at Barraduff Community Field, Glenflesk led by the minimum at the break 0-8 to 0-7. It was nip and tuck in the second half. The pivotal moment came with 10 minutes remaining when Glenflesk, leading by 2 points, were

reduced to 14 men. Fossa took full advantage and a goal by Emmet O'Shea and 2 points from David Clifford saw Fossa advance to the final against Dr Crokes on a final score of Fossa 1-12 Glenflesk 0-14.

B SEMI FINALS

The 2 semi finals in the Tatler Jack East Kerry Minor B Championship saw Gneeveguilla and Furies progress to set up a meeting in the final. Gneeveguilla reached the final with a strong display against Killarney Legion. A Sean O'Keeffe goal gave Gneeveguilla a 1-04 to 0-04 half time lead. Killarney Legion fought back in the second half but Gneeveguilla proved too strong winning 1-12(15) to 2-06(12). In the second semi finals, Furies proved too strong for Cordal /Scartaglen, whower reduced to 14 players early in the game. Final Score: Furies 5-8 Cordal/Scartaglen 1-4. The finals will be fixed for the first available date.

MD O'SHEA EK U16 CHAMPIONSHIP FINALS

DIVISION 1 FINAL

Rathmore 3-11 Killarney Legion 2-12

Played at Killarney's Fitzgerald Stadium this was an entertaining encounter from start to finish with both teams playing open football. Ryan O'Grady had the town side ahead with a point inside the first minute. David Dineen replied with a well taken goal for Rathmore when he applied a fine finish after a strong run. This player dominated the scoring for the rest of the game. David added three further points, including a huge effort from over 40 yards. Niall McGillicuddy responded with a pointed free before David Dineen converted two frees. Killarney Legion kept the scoreboard ticking with points from Ryan O'Grady (2) and one from Darragh Lyne. Rathmore hit a purple patch. Aaron Cronin made no mistake when finishing a fine goal after finding himself in space behind the Legion defence. Three points - David Dineen (2) and Cathal Ryan and a Ben O'Connor goal saw the halftime score: Rathmore 3-8 Killarney Legion 0-6.

The second half started with points from Killarney Legion's Ryan O'Grady and Niall



McGillicuddy. The impressive David Dineen added 3 points midway through the half, but these were to be Rathmore's final points of the game. Killarney Legion were down but not out and they were mounted a brave comeback scoring Three quick points (Eoghan O'Sullivan, Darragh Lyne and Adam Kissane), Niall McGillicuddy applied a cool finish to the net. Ryan O'Grady pointed, then slotted home a penalty, awarded after a scramble in front of goal. However, the comeback ran out of time and this impressive Rathmore team held out for victory, with an outstanding performances all over the pitch. Final Score: Rathmore 3-11 Killarney Legion 2-12

Seán O'Keeffe, East Region Coiste na nÓg presented the trophy to Rathmore Captain Darragh Rahilly

Referee: James O'Sullivan (Firies)

Rathmore: Ian O'Connor, Jimmie Mahony, Fionn Holohan, Tomás Holohan, Daniel Herlihy, Cian Dineen, Donagh Fitzgerald, Darragh Rahilly (Capt), Dan Murphy, Ben O'Connor(1-0), David Dineen(1-10), Pádraig O'Doherty, Aaron Cronin(1-0), James Darmody, Cathal Ryan(0-1) Subs: Kieran Fitzgerald, Liam McSharry, Lee Phelan.

Killarney Legion: Aaron O'Sullivan, Dion O'Neill, Kieran O'Donoghue, Ian Prendergast, Cian O'Leary, Adam Kissane(0-1), Brian Okute, Darragh Lyne (Capt.)(0-2), Evan Smith, Donal Lucey, Eoghan O'Sullivan(0-1), Peter O'Sullivan, Ryan O'Grady(1-6;pen), Tadhg Doolan, Niall McGillicuddy(1-2)

DIVISION 4 FINAL

CURROW 7-8 SPA 3-16

Currow and Spa served up a sporting skilful and fast moving Division 4 Final in the MD O'Shea East Kerry U16 Championship. Played at Spa CLG under lights that resembles Croke Park, Currow and Spa served up a great game with 34 scores, that saw Currow take the victory. The sides exchanged points before Currow stuck a goal and two points. Spa replied with a great goal. However, Currow went on a goal scoring spree and Spa replied with a goal leaving the half time score Spa 2-6 to Currow 4-4. The second half had everything - goals, points and great saves. Currow went on a goal scoring spree scoring 3 goals and 2 points while Spa's 1 goal 10 points reduced the gap and led to an exciting final quarter. Final score Currow 7-8(29) Spa 3-16(25).

East Kerry Coiste na nÓg chairman, Sean O'Sullivan presented the trophy to Currow captain, Conor Sheehan.

Currow: Pádraig Hillard, Alan Horgan, Jason Brosnan, John Curtin, Gearoid Coffey, Mike Daly, Adam Jensen, Nathan O'Callaghan, Garry O'Sullivan, Aaron O'Connor(0-1), Conor Sheehan(Capt)(1-1), Daniel Kelly(0-4), Connie O'Connor (2-0), Aaron Fleming (3-0), Jason Brennan (0-2). Subs: Josh McCarthy (1-0)P.Fleming, Dan Daly, Tony Horgan, Jack Moriarity, David Moriarity

Spa: Adam Kelly, Conor Brosnan, Michael Kearney, Craig McKenzie Vass, Oisín Walsh, Alan O'Sullivan(0-1), Ruairi O'Connor, Darragh



EOIN BROSAN AND AMBROSE O'DONOVAN IN ACTION AT SATURDAY'S O'DONOGHUE CUP QUARTER-FINAL V KILCUMMIN.

O'Leary(0-1), Liam Spillane(Capt)(1-2), Thomas Cronin, Ryan Kelliher(1-7), Michael Horgan, Eoghan Mulvanney(0-1), Cian Murphy(1-3), Paul O'Sullivan(0-1)

Referee: Tom Moriarty (Killarney Legion)

FR GALVIN CUP SEMI FINAL

The semi final of the Fr Galvin Cup, East Kerry Intermediate Championship sees Firies host Fossa on Saturday at 12.30pm, in Farranfore. Extra time if necessary. The winner meets Listry in the Final.

FIXTURES

Saturday 11 November 2017

Fr Galvin Cup-Semi Final

Firies V Fossa-12.30pm -note time change

Venue: Farranfore

Extra time if necessary

Saturday 11 November 2017

O'Donoghue Cup-Semi Final

Rathmore V Gneeveguilla-2pm

Venue: Fitzgerald Stadium

Extra time if necessary

Sunday 12 November 2017

East Kerry U16 Championship

Division 2 Final

Kilcummin V Fossa -11am

Venue: Fitzgerald Stadium

Extra time if necessary

LEGION GAA NEWS

U16 BOYS

The old Irish saying "Tus maith leath na hoibre" would probably sum up this East Kerry Championship Division 1 final in a nutshell. In a striking resemblance to the County League final we contested earlier this year, all the damage was done in the opening period. When James O'Sullivan blew time on the first half Rathmore had plundered 3 goals to go alongside the 8 points they kicked and we went into the dressing room 11 points in arrears. Rathmore forward play was deadly and efficient and there looked like only one winner at its stage. But credit where it's due our lads rallied to great effect and a Niall McGillicuddy goal coupled to a Ryan O'Grady penalty meant the gap was down to 2 points with as many minutes to

go. But Rathmore held firm to land the coveted title. The positives were there for all to see in a tremendous, courageous and battling second half and maybe better decision making on the field at crucial times was a factor. Keeping the scoreboard ticking over when chasing a game is always important and a couple of chances definitely went astray. To sum up the season, even though no silverware was garnered, the lads can be justifiably ranked in the County's top 3 alongside other clubs Rathmore and Austin Stacks. So constant progression, which is imperative, will see the lads compete again for the top honours. They always display a great attitude and are never found wanting for lack of effort. The club is very proud of them and huge thanks to the management team of Paddy Osborne, Diarmaid O'Donoghue, Daithi McGillicuddy and Aaron Benson for their unstinting work and commitment all year.

LEGION LADIES

A Kerry Ladies minor Blitz was held at Ballyrickard recently and Legion drawn in group 1.

In the first game vs Corca Dhuibhne they played well and came out with a nice win. The second game saw them play Finuge /St. Senans and a sound defensive effort kept them scoreless for the entire game.

Game 3 was against Rathmore and a great performance saw us only lose by 3 points in the end.

We qualified for the B final as a result and went down by three points to Miltown Listry. After 4 games fatigue was definitely setting in but a most productive day was definitely had with the girls finishing 4th out of the 11 teams entered.

Legion Ladies Minor panel - Kate McCarthy, Ciara Randles, Ellen Coffey, Sonia Smith, Laura Corlett, Isabelle Murphy, Zena Shine, Deirdre Lyne, Sarah Leahy (Capt), Tara Murphy.

O'DONOGHUE CUP

Our Seniors will face Dr Crokes in the O'Donoghue Cup semi final on Sunday November 19th at 2pm in Fitzgerald Stadium.

AGM

The Club AGM will take place on Friday December 1st at 7.30 in the Club house. All nominations and motions to be sent to the Secretary by no later than Monday November 13th.

SYMPATHIES

The club extends it's sympathies to Dan Joe Lynch and the family of his grandson Christian Mayse on his recent sad passing. May He Rest in Peace.

LOTTO

Sunday November 5th Numbers were 2, 20, 21, 25. No winner Lucky Dips Stephanie Egan, Coolick Andy Regan Caoimhin O'Braonain Dan McCarthy Paul Payne, 47 St Brendan's Jackpot €16,900 Draw Murphys next Sunday 12th Nov 2017

AGM

The AGM of our club will be on Friday November 24th in the clubhouse at 7.30 pm.

As always we will be seeking nominations for

positions within the club.

We are continually seeking volunteers to assist us in the running and management of our ever expanding club.

Getting involved in your local GAA Club is a wonderful way to form new friendships- as well as giving opportunities for skills and expertise to be shared -for the benefit of all in our community.

If you would like to become involved in any aspect of our club, please contact any member of our club executive.

MILLTOWN/CASTLEMAINE GAA NEWS

Our latest Fundraising Lotto Jackpot Draw took place on Friday November 3rd in Karl J's Bar.

Drawn numbers were: 7,22, and 16 with 24 being the bonus number.

We had no winner of our jackpot or a match 3.

Our lucky consolation prize winners were:

€50 each to Seán Horan, Castlemaine and Jimmy and Francie Tangney, Castlemaine.

€25 each to Mary Ellen McGovern , Chloe Horgan, John and Esther Cronin, Caragh Lake and Billy Myles, c/o The Plough Bar.

Special thanks to everybody who continues to support our fundraising Lotto through the selling and purchasing of tickets.

Our Lotto Jackpot is now €17,000.

The next draw will take place in Killorglin Golf Club, on Friday November 24th -with €850 on offer for a match 3.

RACE NIGHT:KNIGHTLYS BAR,



DR. CROKES TONY BROSANAN (MAN OF THE MATCH), TIM RYAN (CHAIRMAN EAST KERRY BOARD) AND STEPHEN BROSANAN SATURDAY'S O'DONOGHUE CUP QUARTER-FINAL V KILCUMMIN.

CASTLEMAINE

Excitement is building for the club's annual fundraising Race Night - scheduled for Saturday December 2nd, 2017.

Finger food will be served and Tote Betting will be available on the night.

The club are seeking your valued support in race sponsorship either as a Full Race Sponsor, a Half Race Sponsor or you also will have the option to purchase a horse.

Sellers will be in touch in the coming weeks.

This is always a great pre festive night out so

we look forward to as many members of our community joining us.

SENIORS

The 2017 season came to a close for Milltown/ Castlemaine on Sunday afternoon as they faced Laune Rangers in the Mid Kerry O'Sullivan Cup Final in Glenbeigh. Final Score:- Laune Rangers 0-18, Milltown/Castlemaine 0-7. Despite M/C's panel and their management team of Linus Burke, and Fr. Kevin O'Sullivan trying their best, an excellent display for Rangers saw them end the 2017 season on a high.



THE FOSSA TEAM WHO WON THE TATLER JACK EAST KERRY MINOR A&B CHAMPIONSHIP QUARTER FINAL V FIRIES.



THE FIRIES TEAM WHO WERE BEATEN BY FOSSA IN THE TATLER JACK EAST KERRY MINOR A&B CHAMPIONSHIP QUARTER FINAL.

BADMINTON NEWS

Killarney Badminton Club meet every Monday & Wednesday at 830pm in the Presentation Gym. People interested in becoming members are welcome to try it out for a night first before joining. Adult membership €110 & student membership €60. Check us out on Facebook or contact Jennifer 083 3347228 or Peggy 087 6486428 for more information.

FARRANFORE MAINE VALLEY ATHLETIC CLUB

Our AGM was held on Thursday 2nd November. Thanks to all those who attended. The club committee remains unchanged from last year. Club Chairman, Jerome Crowley, expressed his gratitude to all committee members, coaches and volunteers who have continued to support the club throughout the year. He reflected on the clubs great achievements at county and national level in what was a very successful year. We will be organising our annual Juvenile Celebration Party towards end of December with the adults night after the New Year. Preparations for our Annual St. Stephen's Day Road Race was discussed with plans well under way.

Dermot Dineen took part in the Dromtrasna 10K Road Race in Abbeyfeale on Saturday last. Dermot finished in fourth place overall with a time of 37mins 27sec.

Four Open Indoor Meetings coming up in the National Indoor Arena in Abbotstown, Dublin. See Athletics Ireland website for all the details. First meet is Thursday November 9th.

On Sunday 12th November is the Munster Senior, Junior & Juvenile Uneven ages (U9,U11,... U19) Cross Country Championships. This is held in Galbally, Co. Tipperary. Best of luck to all those competing.

On Sunday 19th November is the Munster Masters & Juvenile club Relays Cross Country Championships. This will be held in Riverstick, Co. Cork. Please contact club secretary, Mary, 085-1909509 to register in advance.

CLUB TRAINING

Maria's Strength, Endurance & Flexibility Exercise Classes every Tuesday starting @ 7pm at the Sports Hall in Farranfore. €5 per class Juvenile Training is on every Thursday @ 6:30pm in Farranfore GAA grounds. Open to all registered juveniles aged 8yrs (Born 2007) and upwards. This will be in preparation for the Cross Country Championships €2 per session Secondary School/Junior / Senior training on every Thursday at 6:30pm in GAA grounds Farranfore. This is endurance training for cross country preparation. €2 club member, €4 non club member.

ATHLETIC'S FIXTURES

Sunday 12th November : Munster Juvenile Uneven Age & Senior Cross Country Championships, in Galbally, Tipperary
Saturday 18th Nov.: British & Irish Masters Cross Country Championships, Derry
Sunday 19th Nov.: Munster Masters & Juvenile Inter-Club Cross Country Championships, Riverstick, Cork

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

Sunday 3rd December: Munster Juvenile "B", Junior & Intermediate Cross Country Championships, Beaufort, Kerry

Sunday 17th December: National Uneven ages, Novice WIT, Waterford

Please contact club secretary, Mary, 085-1909509 to register for competitions in advance See Kerry & Munster Athletics website for full fixture lists & timetable for events.

GNEEVEGUILLA ATHLETIC CLUB LOTTO

No winner of our lotto draw 03/11/2017, numbers drawn were 11, 15, 21 & 30. Sellers prize winner: The Bridge Bar, €50 Y/T prize to Denny McSweeney Kilsarcon, €50 to Jay Murphy Bridge Bar, €40 to Nora Mai Fleming Mountfalvey, Bernie O' Sullivan Ballinahulla & Michael O' Connell Mount Scartaglin. Bonus not won numbers drawn were 2, 3, 11 & 25. Next week's jackpot €9,800 plus €1,000 bonus. Munster Senior & Uneven age Juvenile: Will be held next Sunday in Tipperary. Best of luck to all athletes travelling.

TRAINING

Resumes this week after Halloween break, a special effort is required to attend training. Tuesdays Boherbue 6.30 pm, Fridays Barraduff 6.30 pm, Saturday at 11.00 am Riocht Track, Castleisland ring tom Joe 0879339087 or Shelia 086 8136523 to arrange transport

CLUB AGM

AGM will be held on Thursday November 23rd at 8.30 pm in Gneeveguilla GAA Club Rooms.

KILLARNEY RFC NEWS

U16

On Saturday we welcomed Kanturk to Aghadoe. The home team opened up with some fine handling and attacking plays. The first attack from the Killarney side produced a try from Tomas Clifford duly converted by Donnacha Grealy who finished the game with 4 conversions. The first half continued with pressure continually being put on the North Cork side with additional tries from John McCarthy(2), Odeniz Koyun, Gary Randles(3) and Evan Mannix. Kanturk did salvage a try towards the end of the half. The second half gave the opportunity for Killarney to use the bench and tries were scored by Craig McKensie Vass, Jose Ferrero, John McCarthy and Brendan O Donoghue. The Killarney side were physical throughout and the quality never dropped for the first to the last minute. The team on the day included Matt McAuliffe who was very physical on his tackling and attacking, Brendan O Donoghue who's line out throws were delivered straight and fast, Odeniz Koyun continues to be a dangerous attacker and effective defender. In the second row Sam Casey and Evan Mannix dominated the line outs. The back 3 of McCarthy, McKensie Vass and Talbot continued to take every opportunity to attack and break the lines. The partnership

of Peter Walsh and Donnacha Grealy was at times telepathic. The Centre duo of Mark Sheahan and Jose ferrero was solid in defense and continued to make inroads through the Kanturk lines. The wings of Tomas Clifford and Jack O Connell were solid and the full back Gary Randles was excellent with 3 tries by full time. The second half saw the debut of Jose Manuel Salinas Sala De Bora at prop, James Kennelly as always solid under the high ball, Adam Cronin at prop, Cian Murphy who was solid with the boot, Adam McSweeney who used his strength and Josh Campbell on the wing.

SENIORS

Killarney RFC 8 - 19 Mitchelstown Played in perfect sunshine at Aghadoe, the home started stronger building up a one point lead at half time through a penalty from Damian Carroll and a try by Mark Griffin. Unfortunately the visitors stepped up a gear in the second half to come away with the win.

GIRLS BLITZ IN TRALEE

Last Sunday our girls travelled to O'Dowd Park (Tralee RFC) to partake in the inaugural Girls only Blitz, which saw teams from Tralee, Killarney, Killorglin, Abbeyfeale and Listowel take part. The morning was perfect for rugby as U10's, U12's and U13's played matches in the sunshine in front of a fantastic enthusiastic crowd and had a brilliant day out. We had girls play at U10 And U12 and it was fantastic to see the girls getting stuck in and making new friends, and continuing friendships forged the previous weekend at the Killarney blitz! All in all a fantastic day was had by all and Killarney were very well represented. Thanks to Morna and all at Tralee RFC for hosting us, to our coaches Denise, Liam, Peter and Fiona for looking after our charges and to the parents for traveling and supporting the event. A huge special thanks to all the girls who took part and thoroughly enjoyed the day and the lovely food afterwards in the clubhouse. These blitzes are scheduled to take place at the start of each month where possible and we will travel to Listowel on the 3rd of December for the next Girls only blitz. We will host such a blitz ourselves in January so keep posted for details.

WORKMEN'S ROWING CLUB

ANNUAL GENERAL MEETING

Our Annual General Meeting took place last Friday 3rd November. It was very well attended and in his address, our Chairman Timmy Moynihan, made reference to our outstanding successes in the last year, especially our two representatives at the Home Internationals in Scotland, Ciara Browne and Ciara Moynihan. While it is an honour to represent your club at National Level , it is indeed the ultimate achievement to represent your country at International Level. His heartfelt words of encouragement were a great boost to all present. He thanked coaches/trainers, parents and all involved for their participation at every level and urged on everyone to keep training and the achievements will follow.

TRAINING NEWS

The good weather of the mid-term meant that

our coaches took full advantage of the time and calm waters to gain some valuable water training. Thanks so much to them for their dedication, as always.

Training continues at the Lakeshore and indoors on Saturday and Sunday mornings, and on weekday evenings. Your coaches will remind you of your squad times. Beginners welcome at 10 am on Saturday mornings.

UPCOMING EVENTS

This Saturday, 11th November: Skibbereen Head of the River (H.O.R.) the Marina, Cork. Best of luck to everyone competing, safe journey to our taxi drivers, and thanks in advance to our coxes, coaches and boat handlers!!

18th November: Irish Trials. National Rowing Centre, Iniscarra, Cork.

25th November: Irish Provinces Indoor Rowing Competition, Sports Arena, University of Limerick.

2nd December: Muckross Head of the River, National Rowing Centre, Iniscarra, Cork.

CONGRATULATIONS

Congratulations to Aodhan Burns on his recent graduation from UCC with BSc(Hons) in Microbiology.

GET WELL WISHES

We wish a speedy recovery this week to Anne Moynihan and Kate Lehane. Hope you're both feeling fighting fit very soon!!!

For further information on the sport of rowing, see rowingireland.ie and like us on facebook at [workmensrowingclub](https://www.facebook.com/workmensrowingclub).

HANDBALL NEWS

IT'S CLUB CHAMPIONSHIP TIME IN HANDBALL:

Glenbeigh's strength in the sport of handball is shown once again as they have qualified for the semi-final of the Munster 40x20 Senior Club Championship.

The team is made up of Dominic Lynch, Jack O'Shea, John Joe Quirke and Rory O'Connell. Glenbeigh will take on Liscarroll in Ballydesmond this week with a place in the Munster final up for grabs.

O'Shea said the players really enjoy this different format of the sport. "Normally we play individual or doubles and it's all about that one match. Here we are part of a team and are there to cheer on and support each other. It is also great to represent the club as a team and hopefully we can take Glenbeigh to another Munster decider.

MUCKROSS ROWING CLUB

SKIBBEREEN HOR

Best of luck to all our crews taking part this Saturday 11 November in the Skibbereen Head Of the River. The all-conquering West Cork club will be hosting their annual time trial once more from the Marina in Cork city and over 30 crews from Muckross will be represented in a competitive field of over 350 boat entries. It will be a busy day for the club with two trailers of boats on the road and crews from Junior 14 to Masters, boys and girls, men and women and competing.



KILLARNEY RFC U10 GIRLS WHO TOOK PART IN A BLITZ LAST WEEKEND IN TRALEE.

CONGRATULATIONS

On behalf of all club members and supporters, we congratulate Brendan Sheehan and Lorraine Moran on their recent engagement.

UPCOMING

Next up on the events calendar after the Skibbereen HOR is the Irish Provinces Indoor Rowing Competition at the UL Area on Sat 25 Nov. Our very own Muckross Head Of the River is set for Sat 2 Dec. This Sun evening 12 Nov, the club will be holding a brief information meeting for parents of junior members regarding the Muckross HOR. The club will be in contact by text with details of venue and time. Enquiries to 087 448 2935.

SPAMUCKROSSCOMMUNITY GAMES

Spa Muckross received a PR award at last Friday night's County Awards. A huge thanks to our county committee for the excellent work they do. None of them are ready to retire yet, but if their own areas fail to elect a committee this year, they will have to step down at county level, as they must be a member of a local committee. If there is no county committee, there is no Kerry Community Games. Hopefully it won't come to that, as has happened in other counties. It's up to the participants' parents to keep it going.

Each of the 41 areas must elect a Chairperson, Secretary and Treasurer, so that's a minimum of 123 parents required in Kerry for 2018.

Statistics from the county website state that 41 areas registered in 2017. A massive 3735 participants competed at county level, many more competed at area level aiming to qualify for county finals. Competitors were able to choose from 12 individual activities & 39 team events events. A total of 289 teams competed.

CRUSADERS CLUB BRIDGE RESULTS

11/10/2017

1st Hazel O'Connell & Marjorie Barton

2nd Eileen Twomey & Neilius O'Regan

3rd Pauline Lyne & Joan Linehan

25/10/2017

1st Eileen Crehan & John O'Shea

2nd Joan Meagher & Kay Clement

3rd Joan Culloty & Garry Leahy

KILLARNEY COUGARS BASKETBALL CLUB

SENIOR NEWS

Women's Div 1

St Josephs 71

Killarney Cougars 53

Cougars travelled to North Kerry for this Div 1 clash as St Josephs Duagh hosted Killarney Cougars and a strong opening quarter by the home side set them up for victory. St Josephs impressed to lead 21-8 after the opening qtr with Anna O'Connell leading the way with 9pts as Cougars were very slow to get into the game. Killarney side had much the better of the second quarter with Emer O'Neill strong on the boards contributing 7pts as well strong defence to limit Mahers dominance with Marion O'Callaghan three point shooting and good baskets by Rheanne O'Shea reducing the arrears to 39-29 at halftime.

The game was put out of Cougars reach in the third qtr as the home side increased the lead to 58-38 with Loretta Maher again dominating on the boards adding 14pts.

Cougars came strong and again with a good final quarter but the home side always responded to maintain the lead and they comfortably held on in the closing stages to secure a deserved victory. The home side had good performances from Loretta Maher and Anna O'Connell with Cougars best performances coming from Louise Ni Mhuirheartaigh, Megan Buckley and

Emer O'Neill.

BASKETBALL IRELAND ACADEMY

Well done to our Cougars U15 player Tommy Bowler on his selection last week to Basketball Regional Academy having come through the southern trials in Cork.

COUGARS ACADEMY

Our U8 & U10 Girls & Boys resume training on this Friday after the mid term break on Nov 10th for our second term term. Girls U8 & U10 at 5 pm, U8 Boys 6 pm, U10 Boys 6.30 pm at the Parish Hall. Next U10 Blitz day Sunday November 19th.

Further details on training schedules, fixtures, results go to our website www.killarneycougars.com or follow us on facebook.

FLESK VALLEY ROWING CLUB

Thanks to everyone who supported the Flesk Valley Rowing Club table quiz which was held in the Killarney Oaks last Saturday night. A great night was had by all. Great to see members of other Killarney rowing clubs in attendance. Winners of table quiz were Tadhg Kelly, Karen Smith, Kevin Smyth and Mary Kelly with the underage prizes going to Sweeney family, Michéal, Saoirse and Cliona. Special thanks to Eamon Courtney and his staff at the Killarney Oaks whose continued support to the Valley through out the years is greatly appreciated. Thanks to everyone of our sponsors who donated prizes on the night.

CONGRATS

Congratulations to Christina and John Grady, who Christened their recent arrival Sarah at the



AT THE PRESENTATION OF PRIZES OF THE GLENEAGLE SQUASH CLUB FIRST MONTHLY COMPETITION OF THE NEW SEASON SPONSORED BY O'KEEFE'S OILS, RATHMORE, WERE FRONT FROM LEFT, MIKE CROWLEY, CHAIRMAN, NOREEN BUCKLEY, JOHNNY DONOVAN, CAPTAIN OF WINNING TEAM, GEORGE O'KEEFE (O'KEEFE'S OILS RATHMORE, SPONSOR) AND KIERAN SOMERS. IN SECOND ROW ARE NEIL KAVANAGH, RUAIRI COUNIHAN, GER FOLEY, DENIS REIDY AND CORMAC BONNER. IN THIRD ROW ARE JOE CARROLL, DONNAGH CROWLEY, MIKE O'DONOGHUE, RYAN KAVANAGH AND JACK BUCKLEY. AT BACK ARE BRENDAN COUNIHAN, RAY O'CALLAGHAN, JOHN MCCARTHY, SEAN MCCARTHY AND KEVIN SMITH. PICTURE: EAMONN KEOGH

weekend.

FOSSA BRIDGE NOTES

After a long absence Fossa Bridge Club is delighted to be back

in Fossa School. Results Nov 2nd :

N/W 1st Anne Looney/Maura Moynihan 2nd

Kay Prendiville/Don O'Sullivan

E/W 1st John O'Shea/Therese McCarthy 2nd
Mary Murray/Ursula Daly

GOLF

Editor: Aisling Crosbie 086 0400 958 or Email: editorial@outlookmags.com Deadline: 3pm Monday

KILLARNEY GC

The following are the results from the Ladies Competition held on Killeen on Sunday 5th November 2017 and kindly sponsored by Castleross Hotel

1st	Sinead O'Shea	(18)	35 Pts
(Bk9)			
2nd	Fiona Leacy	(8)	35 Pts
BG	Eimear O'Donnell	(6)	28
3rd	Muireann O'Farrell	(19)	34 Pts
(Bk9)			
4th	Lora Beth Malloy	(30)	34 Pts
5th	Alicia Burke	(19)	33 Pts
CSS = 35 Stableford Pts.			

Next weeks competition A.I.B. Christmas Hampers, Single Stableford on Mahony's Point

ROSS GC KILLARNEY-GENTS CLUB FIXTURES

On Sat Nov 11th and Sun 12th we will hold the re scheduled Frank Doran Backstages competition. Due to the greens being treated recently this competition was rescheduled. This will be a single stableford competition and the entry sheet is now available in the clubhouse.

AGM

The Club AGM will be held on Thursday Nov 16th at 8 pm sharp upstairs in the Clubhouse

and all members are requested to attend

NEW TEE BOX

Work on the rebuilding of the 3rd tee box is progressing at pace at present.

KILLORGLIN GOLF CLUB

LADIES RESULTS

18 Hole Stableford sponsored by Morrison Tours: 1. Maura O'Boyle (25) 34 pts. 2. Eileen Bell (25) 32 pts. 3. Kathleen Cronin (24) 31 pts. Silver Swans 12 Hole Stableford: 1. Betty Griffin (36) 22pts. 2. Eileen Bell (26) 21-2=19 pts (B2). FIXTURE: 12 hole re-entry Stableford month of November sponsored by Mary Lawlor continues until further notice.

CHRISTMAS HAMPER: The Christmas Hamper sponsored by Laune Pharmacy takes place on Sat 18th November. Entry Sheet on Notice Board. Draw for partners.

KILLARNEY GOLF CLUB - MENS

Club President Breda Duggan will officiate at her last official Club function on Thursday next, the 9th of November when the Annual General Meeting of the Club will take place. Breda wishes to advise all that she really enjoyed representing all Members of the Club, Ladies, Men's and Juniors particularly as a supporter during her year as our President. Breda

reflected on the highlights of her year, and the outstanding Club achievement of her year was the success of the Ladies Club in winning both the Ladies Senior Cup and the Senior Foursomes. Breda wishes to thank all Members for the courtesy and support that she received during the year. Breda will then hand over the Presidency to Jack Buckley.

Jack joined the Club in 1993, his wife Noreen was already a Club member since the late 1980s. Jack and Noreen have two sons, Joe and Michael, and Michael is also a Club Member. Jack took up the game of golf in the mid 1980s, and Jack was Captain of our Club in 2009, and the highlight of Jack's year as our Captain was the success in bringing the Irish Open Championship to Killarney for the following year of 2010.

Jack has represented the Club as both a player and a Team Manager, and he was both when Killarney were beaten by the odd match, by Limerick Golf Club in the Munster final of the Pierce Purcell Shield, and Limerick went on to win that All-Ireland championship that year.

The Club competition on Sunday the 5th of November was the Paul Coghlan sponsored Monsignor Hugh O'Flaherty Cup singles stableford competition played on Mahony's

Point. The competition was mainly played in good weather conditions, and the scoring reflected those conditions. The winner with 40 points was Kevin O'Callaghan, who won with a better back nine holes from Dermot O'Sullivan on the same score.

Full results were 1st Kevin O'Sullivan(9) 40 Pts. 2nd Dermot O'Sullivan(19) 40 Pts. 3rd Sean Goulding(11) 39 Pts.

4th Jonathan Sparling(7) 39 Pts. 5th Fergus McCarthy(23) 39 Pts. Best gross David O'Donoghue(2) 36 Pts.

Cat. 2 Sean Casey(11) 38 Pts. Cat.3 Brian Regan(14) 39Pts. Cat.4 Tim Brosnan(21) 36 Pts. CSS was 38 Pts.

BEAUFORT LADIES GOLF - RESULTS

05/11/17 Christmas Fayre Sponsored by Mary O'Shea

Winner: Catherine Murphy(22) 21 pts.

Second: Margaret O'Connor(24) 16 pts.

Third: Noreen Kinsella (31) 15 pts.

BEAUFORT LADIES GOLF - FIXTURES

Nov 5th -Nov 12th

Christmas Hamper Competition sponsored by Karen & Edwin Spence

Winter League starts 13th Nov 2017

CASTLEROSSE GOLF CLUB

RESULTS

Xmas Prize Competition played Sunday 29th October.

WINNERS

Gintaras Bendaravicius (14) net 42pts, Runner-up, Thomas O'Connor (19) net 41pts, 3rd place, Donal O'Reilly (20) net 38pts, 4th place Ger Casey (12 net) 37pts, 5th Place John O'Reilly (23) net 36pts. Best Front Nine Mick Clifford, Best Back Nine, Roger O'Sullivan. Lowest Gross Score, Daniel Shine.

MIXED SCRAMBLE

played on Saturday 4th November, 1st Place Sally Filby, Daniel Shine & Mike Doody, Runner up: Chan Martin, Gintaras Bendaravicius & Thomas O'Connor, 3rd Place: Mary O'Reilly, Daragh Crehan & Steve Shine.

Prize giving evening which took place at the Castlerosse Hotel on Saturday was a great success and many thanks to all members and the Hotel for a great evening. Golfers were very few on Sunday morning.

FIXTURES

Weekend competition, 18 Hole Stableford to be played on Saturday or Sunday.

MURPHY'S GOLF SOCIETY

4th November, Dooks

Presidents Prize: Seán Murphy

SPONSOR: HEINEKEN

1st Kevin Browne (16) 35 Points

2nd Pat Cussen (5) 33 Points

3rd Con O Mahony (22) 31 Points

4th Seamus Mc Carthy (17) 31 Points

5th Colm O Keefe (21) 30 Points

6th Brian Regan (14) 29 Points

Best Gross: John O Shea (10) 29 Points



JOHNNY COURTNEY (VICTORIA HOUSE HOTEL, SPONSOR) PRESENTING THE DEERPARK PITCH & PUTT CLUB U-16 CLARET JUG TO HIS SON CILLIAN COURTNEY AFTER HIS WIN IN THE CLUB'S U-16 SCRATCH CUP LAST WEDNESDAY. ALSO INCLUDED IN PHOTO STANDING L TO R: KIERAN FITZPATRICK (COMPETITION SECRETARY), GEARÓID CRONIN (U-16 OFFICER), CIAN MURPHY (ST ANNES, RUNNER-UP) AND DARRAGH O'CALLAGHAN (U-16 CAPTAIN). KNEELING ARE EOIN O'RIORDAN LOONEY (U-13 PRIZEWINNER), NATHAN CRONIN (U-11 PRIZEWINNER) AND GLENN TOWLER (ST ANNES, THIRD).

Front 9: Mike Casey (12) 16 Points

Back 9: Anthony Walsh (19) 15 Points

Guest Prize: Johnny Mc Donald

Category Prize: Mossie Foley (23) 29 Points

Nearest The Pins: Mike Quirke, Thomas Mc Closkey

NEXT OUTING

Christmas Hampers, 9th December, O Mahonys, Match Play Final: Brian Regan V Eoghan Donnellan.

BEAUFORT MEN'S GOLF CLUB

- RESULTS

Sat/Sun 4th/5th November

18 hole Stableford Competition

Sponsored by; The Golf Shop, College St.Killarney

Winner: Jim O'Leary (17)36 pts.

Second: Michael J O'Connor (9) 35 pts.

Third: Gabhan O'Loughlin (13)34 pts.

BEAUFORT MEN'S CLUB FIXTURES

Nov 11/12 Start of Winer League or

weather permitting Christmas Hampers Sponsored by Kate Kearney's Cottage.

DEERPARK PITCH & PUTT NEWS

CHRISTMAS HAMPER

Thanks to the 21 players who supported last Sunday's event (sponsored by O'Callaghan's Gala of High St and thanks to Helena and Shirley for the refreshments provided to all players afterwards. Results as follows: Overall Nett: Noel Moynihan 15up, Overall Gross: Jason O'Regan 17up, Second Nett: Mike 'Seve' O'Leary 14up and Ladies Nett: Sheila O'Donoghue 6up.

U-16 SCRATCH CUP

A good turnout of 24 players for this event last Wednesday afternoon which included some visitors from Cork. It was a great day for

our sponsors Victoria House Hotel as Cillian Courtney followed his brother Sean in winning the event with a one shot win over Cian Murphy from the St Annes club in Cork. Results in Full: Winner: Cillian Courtney 100, Runner-Up: Cian Murphy (St Annes) 101, Third: Glenn Towler (St Annes) 104, U-16 Prize: Cian Mulcahy (Collins) 106, U-13 Prize: Eoin O'Riordan Looney 118 and U-11 Prize: Nathan Cronin 136. Thanks to Helena & Shirley again for providing hot food for all players last Wednesday.

SUNDAY COMPETITION

Please note a usual Sunday competition will take place this Sunday with draws at 9.15am and 11.15am but the official start of the Turkey series will not take place until the following Sunday November 19th with Turkey events over the following weekends until the last one on Sunday December 10th. Open to club members aged 15 or over and entry €4 per draw and €7 for both.

OVER 50'S

Results of last Wednesday's event at the club-Winners: Sean Ashe & Pat Mitchell (Castleisland) and Runners-Up: Johnny McCarthy Snr (Castleisland) and Betty O'Brien. Next event Wednesday December 6th in Newmarket.

CLUB ANNOUNCEMENT

At a recent Committee Meeting it was decided over the winter months to implement a 'members only' and competitions policy effective from November 1st until the start of February at the earliest. Pre-arranged bookings for outings will still be accepted by the club however and can be made via either the club phone 087 7823138 or our e-mail: office@deerparkpitchandputt.com



RIVERSIDE PARK HOTEL

JOB VACANCIES

The Riverside Park Hotel Macroom is a busy hotel with 33 bedrooms, strong local food and beverage business and Conference and Banqueting facilities for up to 300. As part of our continued expansion we are recruiting for the following positions:

- :: Sous Chef
- :: Chef de Partie
- :: Accommodation Supervisor
- :: Accommodation Staff
- :: Full Time Food and Beverage Staff
- :: Part Time Maintenance Staff

Apply in writing to info@riversidepark.ie stating in the subject line the position you would like to apply for.

www.riversidepark.ie Killarney Road, Macroom, County Cork



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@BoondockSaintIR RED STAG IN KILLARNEY NATIONAL PARK #lovekillarney



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KERRY COUNTY COUNCIL



Clár Éire Ildánach
Creative Ireland
Programme
2017-2022



Kerry County Council
Invites your input into the forthcoming
Creative Ireland Kerry 5 year strategy

Creative Ireland Kerry will hold a public meeting:
Tuesday 14th November at 7.30pm sharp
The Rose Hotel, Tralee.

If you are interested in **Creative Communities**,
Arts, Heritage, Archaeology, Irish Language,
Culture, Film. Then this meeting is for you!
Roundtable, workshop format, **your ideas**
and vision will help shape Creative Ireland Kerry.

Refreshments will be served.
Queries arts@kerrycoco.ie / 066 7183541
Everybody Welcome

Comhairle Contae Chiarraí

Ba mhór againn aon ionchur uaitse maidir le
Straitéis 5 bliana Éire Ildánach Chiarraí

Tionólfaidh Éire Ildánach Chiarraí cruinniú poiblí:
Dé Máirt an 14 Samhain ag 7.30
Óstán an Róis, Trá Lí.

Má tá suim agat i **bPobail Chruthaitheacha**,
sna hEalaíona, Oidhreacht, an Ghaeilge, Cultúr,
Scannáin, Beidh suim agat sa chruinniú seo! Caint
i bhfoirm shaotharlainne, le go múnlófar
Éire Ildánach Chiarraí le **do smaointe** agus
leis an bhfís agatsa.

Beidh sólaistí ar fáil.
Ceisteanna arts@kerrycoco.ie / 066 7183541
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Clár Éire Ildánach
Creative Ireland
Programme
2017-2022



AULD TRIANGLE

Bar & Restaurant

Require
KITCHEN ASSISTANT

To help in food preparation.
Minimum of 2 years experience.

BAR & WAITING STAFF

Part time.
Minimum of 2 years experience.

Please send your CV to
Eileen O'Flynn, The Auld Triangle,
Killarney Road, Macroom, Co. Cork

Foley's



Fossa

STAFF WANTED

Part-time Shop /Deli Assistant Required

*Experience would be helpful but not required as instore
training will be given. Candidate must be able to work
weekends. Shifts include morning and evening times.*

Apply to the manager at
foleysfossa@gmail.com

**If you have an appointment
or notice
to advertise here,
why not give us a call!**
064 66 70000
Des: 087 6593427

HELP BACK GARDEN ANIMALS PREPARE FOR WINTER

The beginning of Winter is a busy season for animals who are preparing their homes and food stores for the cold months ahead and it's a good time to get your feeding stations ready. Remember, birds and other small animals need food and fresh drinking water, especially in colder months.

Wash and disinfect existing bird feeders and bird baths. Check them for damage, and repair or replace as needed. Plastic, metal and wooden feeders should be cleaned a minimum of once per month, more if the stations are used frequently. If you decide to provide food, please keep the feeder full since many birds will come to rely on it as a regular place to visit and eat.

It's a good idea to put one source of water high up for birds and climbing animals and another lower on the ground for non-climbers like rabbits. If you don't have a birdbath, use a small dish of water or make your own.

Help animals find shelter by making piles of branches and brush in an out-of-the-way corner of the garden for small animals like birds, hedgehogs, and insects to take cover. Birdhouses and bat boxes can also provide much-needed shelter from the elements.

CHILD LABOUR RATES CUT BY ALMOST HALF

According to new data from the International Labour Organisation, child slavery has dropped from 250 million in 2000 to 152 million in 2016 – roughly a 40% decline. The number of children working in hazardous sections dropped by half, and rates also declined across all child labour sectors, including agriculture, industry, factory, and trafficking.

Of the 135 countries that were surveyed on their child labour rates, 61% showed "moderate" to "significant" advancement. The regions that showed the most improvement was Northern Africa with 75% showing improvement, and Brazil, which showed 69% improvement.

The report was created in collaboration with Alliance 8.7, a global partnership dedicated to taking "immediate and effective measures to eradicate forced labour, end modern slavery and human trafficking and secure the prohibition and elimination of the worst forms of child labour, including recruitment and use of child soldiers, and by 2025 end child labour in all its forms".

The organisation states that the decline in child slavery and trafficking is largely credited to countries adopting firmer legislation against child labour, providing adequate funding for enforcement, and encouraging more efficient labour inspections.

WOMAN WINS RIGHT TO USE FAMILY SICK LEAVE TO CARE FOR DOG

An Italian woman has just won a revolutionary court case after stating that she wanted to be given two days of family sick pay while she cared for her dog after surgery.

The woman, who is an academic at Rome's La Sapienza University, was assisted by lawyers from Italy's Anti-Vivisection League (LAV).

Lawyers cited the country's legislation which states that anyone who abandons a pet to

"grave suffering" can be punished by a €10,000 and one year in prison. The woman argued that she should be allotted her sick pay for taking care of her 12-year-old English Setter.

The Court then agreed that the University could list the absence as being caused by "serious or family personal reasons" because animals count as family members.

"It is a significant step forward that recognised that animals that are not kept for financial gain or their working ability are effectively members of the family," Gianluca Felicetti, president of LAV, said. "Now, those in the same situation will be able to cite this important precedent."

THIS MAN IS A HERO

As wildfires blazed through the state of California recently, thousands of people were forced to evacuate to safety, but the flames weren't only threatening people. Thousands of animals were in danger as well, especially those living in zoos and wildlife preserves.

At the Safari West Park and animal preserve in Santa Rosa, California, all employees were told to evacuate immediately as fires sped toward them.

Every single person left - except the 77-year-old owner and founder of the park, Peter Lang.

Peter refused to leave the animals alone and in danger. As the wildfire closed in on all sides, Peter worked tirelessly and single handedly to keep the animals safe.

With no other options, he used regular garden hoses to keep the threatening flames back.

He believed he was responsible for "a thousand souls," and thanks to his hard work and dedication, every animal was preserved and remains safe today.

Sadly, Peter and his wife lost their home and many vehicles in the fire, but they know they are not alone, with dozens of other families facing the same challenges.

A VICTORY FOR MARINE CONSERVATION WORLDWIDE

Chile has announced the establishment of two new national marine parks that will protect roughly 240,000 square miles of ocean from commercial fishing and dangerous human activity and the small South Pacific island nation of Niue converted 40% of its exclusive economic waters into a protected marine park. Exclusive economic zones are oceanic areas in which the country can claim exclusive rights for fishing, drilling, and other economic activities, the Niue parks will provide protection to an impressive 49,000 square miles of ocean.

The total of both marine park additions is a whopping 340,000 square miles of protected ocean – which is roughly twice the size of Germany.

Chile's new marine park alone has become the largest oceanic reserve of its kind in South America and is home to seals, sea lions, albatrosses, penguins, petrels, and whales. The Niue reserves will protect the world's largest population of reef sharks in the world.

QUOTE

'I have sacrificed all my views of life; I have courted poverty; I have left a beloved wife unprotected, and children whom I adored fatherless. After such sacrifice, in a cause which I have always considered as the cause of justice

and freedom - it is no great effort at this day to add the sacrifice of my life!' - A portion of Theobald Wolfe Tone's speech from the dock.

ON THIS DATE – NOVEMBER 10TH

1791 - The beginning of the whaling industry in Australia, in which whales in Australian waters were nearly hunted to extinction before it ended in 1979

1798 - Theobald Wolfe Tone tried and convicted of treason

1841 - Death of Sister Catherine McAuley, founder of the order of the Sisters of Mercy

1871 - Welsh-born journalist Henry Morton Stanley found his quarry, the Scottish missionary and explorer David Livingstone who had been missing for two years, in present-day Tanzania.

1879 - Pádraig Pearse, teacher, barrister, poet, writer, nationalist and political activist, Irish revolutionary and one of the leaders of the 1916 Easter Rebellion, was born in Dublin.

1885 - German Paul Daimler, son of Gottlieb Daimler, became the first motorcyclist when he rode his father's new gas-engined invention on a round trip of six miles.

1908 - 1st Gideon Bible put in a hotel room.

1911 - Andrew Carnegie forms Carnegie Corporation for scholarly and charitable works

1925 - Actor Richard Burton was born in Pontrhydyfen, South Wales (as Richard Jenkins). The son of a coal miner, he came to be regarded as one of the greatest acting talents of his day. He died in 1984 at age 58 of a cerebral haemorrhage.

1945 - Birth of Irish TV and stage actor and co-founder of The Druid Theatre, Mick Lally who is best known for his portrayal of Miley in the long running RTE series Glenroe.

A SINGLE SUPER DAD

After spending years struggling to adopt as a single, gay man, Ben Carpenter became father to his eldest son 10 years ago and since then, has spent thousands of hours caring for his four severely disabled children.

"Jack has autism and Ruby has such complex needs it would take me all day to explain them. Lily is profoundly deaf and Joseph has Down Syndrome" he said and added "that although being a single father is challenging, it's also the best thing in the world".

"People have called me a saint and say what I do is remarkable but I just wanted to be a dad and adopting is my way of becoming a dad," he said.

When he's not looking after the children - which is pretty much all the time Ben finds time to educate other prospective adopters and sits on a local adoption panel.

"I celebrate and promote adoption. It's the most rewarding, satisfying and challenging thing I have done. I am not going to sugar-coat it because it's not for the faint-hearted. You have to be 100% committed. If you are considering adopting, make sure you have childcare experience. If you are not already a parent make sure that it's right for you" is his advice.

Mr. Carpenter had worked with children and adults with complex needs and knew adopting children with additional needs was right for him but that it is not for everybody.

The now 33 year old who doesn't believe biological children are the "be all and end all", is father to Jack, 10, Ruby, 7, Lily, 5, and Joseph, 2. Is it any wonder Mr. Carpenter has been labelled "Britain's Most Inspiring Single Dad"?

PRISONERS IN TEXAS POOLED FUNDS TO DONATE \$53,000 FOR HURRICANE HARVEY RELIEF

Commissary funds are small allowances that are given to prisoners in the US for them to buy hygiene products and toiletries in jail and convicts from several jails and rehabilitation centres across Texas collectively donated \$53,000 of these commissary funds to the American Red Cross for Hurricane Harvey relief. Texas Department of Criminal Justice spokesman Jason Clark said that the average prisoner donated roughly \$8 to hurricane relief. Other inmates donated hundreds of dollars. Regardless of the amount, however, choosing to donate a portion of their meagre allowances was no small gesture for the inmates – and yet they still wanted to do it anyway.

"They were requesting to donate money," Mr. Clark said. "It's just something they chose to do."

CATS MAKE YOU FEEL BETTER

*Caring for your cat and having a cat to cuddle with can reduce emotions such as anxiety, loneliness, depression, or even frustration and adopting a cat from a shelter can provide a feel good buzz for saving an animal in need.

*There is also a sense of connection that is unconditional, attachment provides a purpose for someone who may be feeling depressed and even suicidal; 'who will take care of my cat?' is a question many ask before they do or act on something that could be fatal. Cats are little healers.

*Cats are perfect companions for those who live where dog-friendly spaces are few and far between. If hours at work are longer, the cat will be fine in the home and still be happy to greet his owners when they arrive. For the couch potatoes, it is easy to play with a cat while sitting if you have a pull toy or piece of twine to let the cat chase.

*To pick up your cat, place one hand behind the front legs and another under the hindquarters. Lift gently. Never pick up a cat by the scruff of the neck or by the front legs.

*All indoor cats need a litter box, which should be placed in a quiet, accessible location. In a multi-level home, one box per floor is recommended. Avoid moving the box unless absolutely necessary, but if you must do so, move the box just a few inches per day. Keep in mind that cats won't use a messy, smelly litter box, so scoop solid wastes out of the box at least once a day. Dump everything, wash with a mild detergent and refill at least once a week; you can do this less frequently if using clumping litter. Don't use ammonia, deodorants or scents, especially lemon, when cleaning the litter box.

*Cats need to scratch! When a cat scratches, the old outer nail sheath is pulled off and the sharp, smooth claws underneath are exposed. Provide your cat with a sturdy scratching post, at least three feet high. The post should also be stable enough that it won't wobble during use, and should be covered with rough material.



*Your cat should see the veterinarian at least once a year for an examination and annual vaccination, and immediately if she is sick or injured.

Please don't shop – adopt! There are countless numbers of kittens and cats of all ages in need of good homes, check out notice boards and animal shelters.

MAN WHO HELPED RESCUE KIDNAPPED GIRL GAVE HER HIS \$7,000 REWARD

Earl Melchert first saw 15-year-old Jasmine Block when he returned to his home in Alexandria, Minnesota in order to retrieve a diesel can that he had forgotten to grab earlier that day.

The teenager had only just escaped from a nearby abandoned house after her kidnappers had gone out to eat. After knocking on the doors of several neighbouring homes without any luck, Jasmine swam across a lake and was walking across Mr. Melchert's field when he spotted her.

Mr. Melchert brought Jasmine back to his home where they called the police and organised the arrest of her kidnappers.

Ever since Jasmine first disappeared, law enforcement officials had been offering \$7,000 for any information on her whereabouts. When they handed Mr. Melchert the check for the reward he immediately gave it to Jasmine.

"Today we witnessed an incredible example of kindness," said Alexandria Police Chief Rick Wyffels. "Earl Melchert, the man who made the call everyone was waiting for ... was presented with the reward money that had been offered by the Sarah Block family and an anonymous source." What no one expected was the kindness and generosity that came straight from Earl's heart today. He believes that young lady that came running towards him that September day is the real hero and without hesitation, Earl handed the reward over to her, followed by a big hug."

"The family needs the money," Mr. Melchert explained. "To me, yeah, that's a lot of money, but they need it way worse than I do."

A PUBLIC TOILET IN A CEMETERY SEEMS A

BRILLIANT IDEA

A Portuguese graveyard just got a new public toilet designed by the local architects, the structure, also has an office for the cemetery's support staff.

The green tile that lines the whole facade and roof is meant to help it blend more naturally into its surroundings, including both the cemetery and the church associated with it.

Everything about the boxy, geometric design is made to feel like an extension of the rest of the property. The floors are made with the same Portuguese pavement that the sidewalks around it are so that it barely feels like a closed building at all. The marble sinks are designed to mirror the gravestones outside, and the whole building is lit by skylights. There is no exterior door to the room that houses the men's and women's toilets. Instead, people walk into an open, cutout entranceway at the corner of the building that maintains the structure's unique geometric design.

MAKING THE PUNISHMENT FIT THE CRIME

A judge in Hawaii ordered a man to make up for a string of abusive messages by writing out just as many "nice" ones.

Judge Rhonda Loo ordered Daren Young to write out 144 compliments to his ex-girlfriend after he bombarded her with "nasty" messages in a three hour period and violated a court order.

30 year old Young had been issued with the order in February after the pair split up, the court heard.

Judge Loo said: "It's so childish to think a grown man can be so thumb-happy. I don't know whether I should cut off your fingers or take away your phone to get you to stop texting. You probably shouldn't get a phone, period. I hope she changed her number."

Mr Young pleaded no contest to 16 counts of violating the existing order having already spent 157 days in jail. He was ordered to pay \$2,400 (£2058 approx.) in fines and sentenced to 200 hours of community service and was allowed 144 days to write all the compliments for his ex-girlfriend.

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NEXT WEEK – Mary makes a shocking discovery about Angie.

EASTENDERS
There's huge drama for the Beale and Fowler families this week as Kathy confesses to Ben that Willmott-Brown raped sending the young lad on a destructive path. Meanwhile, Sonia and Martin reel from Gethins confession that he and Bex kissed.
NEXT WEEK – The Murray's head to court, what will the verdict be?

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NEXT WEEK – The White family face a week of huge drama.

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PAUL NAGLE, ROB DUGGAN AND NOEL O'SULLIVAN AT THE LAUNCH OF THE RENTOKIL INITIAL KILLARNEY HISTORIC RALLY IN SCOTTS HOTEL KILLARNEY ON FRIDAY NIGHT. KILLARNEY AND DISTRICT MOTOR CLUB WILL HOST IRELAND'S ONLY EVENT TO CATER SOLELY FOR HISTORIC RALLY CARS AND NIGHT STAGE RALLYING ON SATURDAY DECEMBER 2ND **PICTURE: EAMONN KEOGH**



MIKE DINEEN, ELAINE NI SHE, ALAN CRONIN AND PAT LOONEY AT THE LAUNCH OF THE RENTOKIL INITIAL KILLARNEY HISTORIC RALLY IN SCOTTS HOTEL KILLARNEY ON FRIDAY NIGHT. KILLARNEY AND DISTRICT MOTOR CLUB WILL HOST IRELAND'S ONLY EVENT TO CATER SOLELY FOR HISTORIC RALLY CARS AND NIGHT STAGE RALLYING ON SATURDAY DECEMBER 2ND **PICTURE: EAMONN KEOGH**



KILLARNEY AND DISTRICT MOTOR CLUB FOUNDING MEMBERS MIKE BUCKLEY, MIKE AND NOREEN MARSHALL AND FINNTAN FOLEY WERE FOUR OF THE ORIGINAL 12 PEOPLE THAT MET IN O'SHEA'S BAR MILLTOWN 40 YEARS AGO ON NOVEMBER 10TH 1977 TO FORM THE CLUB. OTHER FOUNDING MEMBERS WERE PAT ALLMAN, REIDIN BUCKLEY, RICHARD FITZGERALD, DONIE MCCARTHY, DES O'NEILL, KEN O'NEILL, JOHN BROSNAN (RIP) AND TIMMY FLYNN (RIP). **PICTURE: EAMONN KEOGH**



DEPUTY MICHAEL HEALY TD, MAURICE O'DONOGHUE (SCOTTS HOTEL), MICHAEL O'MAHONEY (RENTOKIL INITIAL MANAGING DIRECTOR) AND PATRICK O'DONOGHUE, (GLENLEAGUE GROUP MANAGING DIRECTOR), AT THE LAUNCH OF THE RENTOKIL INITIAL KILLARNEY HISTORIC RALLY IN SCOTTS HOTEL KILLARNEY ON FRIDAY NIGHT. KILLARNEY AND DISTRICT MOTOR CLUB WILL HOST IRELAND'S ONLY EVENT TO CATER SOLELY FOR HISTORIC RALLY CARS AND NIGHT STAGE RALLYING ON SATURDAY DECEMBER 2ND **PICTURE: EAMONN KEOGH**



A WORD OF VICTORY

Welcome back dear reader "God is Light, and there is no darkness in Him at all. If we say that we have fellowship with Him, and walk in darkness, we lie and do not practice the truth. But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin". (1 John 1:5-7) We are into the winter season, the clocks have gone back, and for many people this is a dreaded time of year with long dark nights and short days. Be careful friend, don't let the habit that many have of speaking negatively about this time of year allow heaviness and oppression come upon you, as this is exactly what our enemy the Devil wants! It's so easy to get sucked into being down and depressed because of what's going on in the environment around us. But as the Scripture reads above, when we know the Lord we will not be living in darkness but in His light, and light always quenches darkness. Many focus on mourning for the dead in this month but dear reader, that is not written anywhere in the Bible! God sent His Son Jesus to give us "the garment of praise for the spirit of heaviness and the oil of joy instead of mourning" (Isaiah 61:3). It's very hard to move forward after losing a loved one and it's only natural to grieve and be sad, but there is a time when you need to shake off the grief before it overshadows your life (Ecclesiastes 3:4). Your precious departed one does not want you or your family to be shrouded in sadness – I'm sure you would agree that it is better people celebrate life and live it to the full being thankful for each day (John 10:10). Jesus is waiting with open arms to take your ashes (those areas of your life that are hurting right now) and He wants to pour His Light and love into those dark places that are bringing you misery. It is not God's will for us to endure darkness and when we come to Him He leads us by the Light of His Word (Psalm 119:105). Say this prayer with me... Father God You know the pain and darkness that I've been battling. I ask You to give me Your beauty for my ashes, the garment of Praise instead of despair and Your Joy instead of mourning. Lord Jesus You are the Light of the world, please come into my heart and heal me and let me experience Your love and peace, Amen. More next week...


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 Take it dear heart of Jesus and place it within your own broken heart where your Father sees it.
 Then in his merciful eyes it will become your favour not mine.
 Amen.
 Say this prayer for three days. Publication of prayer and favour will be granted.

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NOVENA TO THE SACRED HEART

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

THE MIRACLE PRAYER

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THE MIRACLE PRAYER

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 Take it dear heart of Jesus and place it within your own broken heart where your Father sees it.
 Then in his merciful eyes it will become your favour not mine.
 Amen.
 Say this prayer for three days. Publication of prayer and favour will be granted.

NOVENA TO THE SACRED HEART

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

NOVENA TO THE SACRED HEART

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

1ST ANNIVERSARY



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(NEE RAHILLY)**

Maule, Boherbue, Mallow
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Wife of
JEREMIAH O'CONNOR
(1916 - 1970)



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Diarmuid, Patrick, Eileen, Geraldine,
Daire, Meadhb and Muireann.

"Ar dheis Dé go raibh a h-anam dílis.

NOVENA TO THE SACRED HEART

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

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).
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Amen.
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X

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

L.O.S

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

J.O.B

NOVENA TO ST. ANTHONY

The Saint of Miracles O holy St. Anthony, gentlest of saints, your love for God and charity for your neighbour made you worthy when on earth to possess miraculous powers. Miracles waited on your world which you were ever ready to speak for those in trouble and anxiety. Encouraged by this thought I implore of you to obtain for me my request... (mention request). The answer to my prayer may require a miracle. Even so, you are the Saint of Miracles. O gentle and loving St. Anthony, whose heart was ever full of human sympathy, intercede for me and the gratitude of my heart will ever be yours. Amen.

NOVENA TO THE SACRED HEART

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

B.B

NOVENA TO THE SACRED HEART

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

NOVENA TO THE SACRED HEART

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NOVENA TO THE SACRED HEART

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

THANKSGIVING ST. JUDE

O Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near Kinsman of Jesus Christ, this faithful intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depth of my heart and humbly beg to whom God has given such great power, come to my assistance. Help me in my present urgent petition in return I promise to make your name known and cause you to be invoked.
Three Our Father, three Hail Mary and three Glory Be.
St. Jude and all the Saints pray for us and all who invoke your aid. Amen. **X**

NOVENA TO THE SACRED HEART

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

NOVENA TO THE SACRED HEART

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



Khao is an authentic Asian dining experience which caters for every palate. Only healthy, organic and fresh produce is used in our signature dishes which take inspiration from many areas of Asian cuisine. Eat healthy, feel healthy, stay healthy.



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7 days a week all year round.

*Now taking Christmas party bookings.
We cater for private parties of up to 60 people.*

66 High Street, Killarney, Co. Kerry
Tel: (064) 667 1040

26 Bank Place, Mallow, Co. Cork
Tel: (022) 58255

