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KILLARNEY Outlook

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The Heights Hotel in Killarney, Co. Kerry has been crowned Ireland's best hotel venue in the sixth annual Great Carvery of the Year competition. The winners were unveiled by Irish sporting hero **Katie Taylor** in front of a packed house at the Great Carvery of the Year Grand Final at the Herbert Park Hotel in Dublin.

Launched in 2010 by Unilever Food Solutions Ireland, Great Carvery of the Year is an all-island search for Ireland's best pub and hotel carvery. Speaking at the final, Business Development Chef at Unilever Food Solutions, Mark McCarthy said:

"This year, the standard of entry to the competition was incredible. Each year, the bar gets set higher in what has become a very exciting competition."



Pictured Overall winner & Munster provincial winner, Great Carvery Hotel of the Year: The Heights Hotel, Killarney, Co. Kerry LtoR Bernadette Shanahan, Katie Taylor, Collette Andre, Noreen O'Leary and Jim Reeves, Customer Director Ireland, Unilever Food Solutions.

All of the finalists in the competition proved to be of an exceptionally high standard in terms of food quality and service. A great carvery meal is about much more than just the quality of the food served; it's about atmosphere, value and exceptional customer service and that's what the Great Carvery of the Year competition is all about. I would like to thank The Heights Hotel in Killarney for their excellence in offering the best carvery on the island of Ireland."

Now in its sixth year, the nationwide Great Carvery of the Year competition is firmly established as the premier carvery competition on Ireland and Northern Ireland's culinary calendar. Among the provincial winners in the Hotel of the Year category are Whitford House Hotel, Wexford, (Leinster); The Heights Hotel, Kerry (Munster); The Castlecourt Hotel, Mayo, (Connacht) and Harvey's Point, Donegal (Ulster). In the Public House of the Year category, The 51 Bar, Dublin (Leinster); Bobby Byrne's, Limerick (Munster); The Broken Jug, Mayo, (Connacht) and The Market Yard, Derry (Ulster) claimed the provincial titles. The two overall winning venues will each receive PR and Marketing support to the value of €4,500. The winners' prize also includes a specially-commissioned wall plaque to inform customers that they are about to sit down and enjoy the best carvery in Ireland.

For more details see: www.greatcarvery.com

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Friday 11th - Thurs 17th Sept 2015

<p>THE VISIT (15A) 100m 7 Days 6:40 9:00</p>	<p>LEGEND (18) 135m 7 Days 6:15 8:45</p>	<p>ME AND EARL AND THE DYING GIRL (12A) 115m 7 Days 9:00</p>	<p>MAZE RUNNER THE SCORCH TRIALS (12A) 115m 7 Days 6:20 8:45 Sat/Sun 1:30 4:00</p>
<p>TRANSPORTER (15A) 105m 7 Days 6:30</p>	<p>STRAIGHT OUTTA COMPTON (16) 155m 7 Days 8:30</p>	<p>PAPER TOWNS (12A) 120m 7 Days 2:15 4:30</p>	
<p>PIXELS (12A) 115m Sat/Sun 2:05 4:15</p>	<p>INSIDE OUT (G) 110m Sat/Sun 2:15 4:15</p>	<p>MINIONS (G) 105m Sat/Sun 2:05 4:05</p>	

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FABULOUS NIGHT OF FASHION AND FUNDRAISING

A fantastic night of fashion and fundraising took place in the Gleneagle Hotel in Killarney on Wednesday when Models in Recovery from cancer took to the catwalk to raise funds for a charity close to their hearts.

The show, which was in aid of the Killarney Branch of the Kerry Hospice Foundation was a sell out success and featured many boutiques from Killarney and beyond.

The Chairman of the Kerry Hospice Foundation Pat Doolan told the Killarney Outlook that they were overwhelmed with the support they received from everyone. Among those who modelled was the Kerry Rose Juliette Culloty - who is a fantastic ambassador for young people as she herself underwent treatment for cancer last year.



THE KERRY HOSPICE FASHION SHOW 'MODELS IN RECOVERY' PICTURED JUST BEFORE THE HUGELY SUCCESSFUL SHOW AT THE INEC. BACK ROW L-R MARY REGAN, MARTINA DINEEN, MARGARET KELLY, MARY JOY KELLY & COLETTE LEANE. FRONT ROW L-R BERNIE O'SULLIVAN, KERRY ROSE JULIETTE CULLOTY, SONIA CAHILL, TERESA MCSWEENEY & JANET MORIARTY. PICTURES MARIE CARROLL-O'SULLIVAN 087 391 4808



THE KERRY HOSPICE FASHION SHOW 'MODELS IN RECOVERY' PICTURED JUST BEFORE THE HUGELY SUCCESSFUL SHOW AT THE INEC. BACK ROW L-R MICHAEL O'DONOGHUE, SEAN MOLONEY, PAT DOOLAN & STEPHEN MOLLOY. FRONT ROW L-R MICHAEL WALSH, DERMOT CROWLEY, JOHN HEALY & FRANK O'CONNOR.



PICTURED AT THE KERRY HOSPICE FASHION AFTER HER MAKE OVER, MARY REGAN (CENTRE) WITH MARGARET O'DONOGHUE (LEFT - FOREVER ALOE VERA) WITH JEAN FARRELL (RIGHT - FOREVER ALOE VERA IRELAND MANAGER) WHO GAVE A BRIEF TALK ON THE BENEFITS OF THE FOREVER ALOE VERA PRODUCTS FOR CANCER PATIENTS.



ENJOYING THE KERRY HOSPICE FASHION SHOW AT THE INEC WERE L-R CATHERINE DILLON, DEIRDRE FLEMING AND DENISE MOYNIHAN.



PICTURED AT THE INEC FOR THE KERRY HOSPICE FASHION SHOW WERE L-R KAY SPILLANE, MARIE KEANE, MARY CLAIRE MCCARTY & SIOBHAN KEANE.



ENJOYING THE KERRY HOSPICE FASHION SHOW AT THE INEC WERE THE MORIARTY SISTERS L-R AILEEN, NORMA, DENISE & MARY TERESA.



ENJOYING THE KERRY HOSPICE FASHION SHOW AT THE INEC WERE L-R NORMA MCGUIRE, LOUISE FINNEGAN, NIAHM O'CONNOR, CATRIONA MCGUIRE AND IN FRONT ELLIE FINNEGAN.

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KILCUMMIN QUIZ BUFFS ARE ALL IRELAND CHAMPS



MICHEÁL SWEENEY REPRESENTING KILCUMMIN COMMUNITY GAMES U14 QUIZ TEAM ACCEPTING THE ALL IRELAND CUP FROM MARGARET CULLOTY, NATIONAL EXECUTIVE MEMBER OF COMMUNITY GAMES AT THE VILLAGE INN LAST FRIDAY NIGHT. ALSO INCLUDE FRONT FROM LEFT CONN FLEMING, JASON O'CONNOR, COACH. BACK ROW BEIBHINN BROSNAN, LIADAIN O'CONNOR, JAMES FOLEY PRO, ULICK O'SULLIVAN CHAIRPERSON, PAT O'CONNOR TREASURER, MARIA O'LEARY SECRETARY.

Following their magnificent achievement winning All Ireland glory at the Community Games All Ireland finals in Athlone recently, the Kilcummin Under 14 Quiz team, under the guidance of Jason O'Connor were presented with their trophy.

Margaret Culloty from the National Executive of the Community games made the presentation in the Village Inn in Kilcummin on Friday night last and congratulated all involved in this great achievement.

The team put in trojan work since winning the county title in April and much to the delight of their parents and mentor Jason O'Connor,

came away with the title.

The team were placed second at half time and following a gruelling 160 questions over a three hour period, Kilcummin, representing Kerry were confirmed winners on 124 points, 6 points ahead of second-placed Sligo.

Take a bow Liadain O'Connor, Beibhinn Brosnan, Micheal Sweeney and Conn Fleming - you have done your community and your county proud.

The team would like to give a big 'Thank You' to Jason O'Connor for all his help in achieving their goal.

SWIMMING CERT SMILES

There were smiles all round at the Killarney Sports and Leisure Centre during the week when a group of children with Downs Syndrome received their swimming certificates.

Under the expert guidance of Mags Harty, along with Vicky Dando and Florence O'Mara, the children enjoyed an eight week session learning to swim.

Each child received a certificate on completion of the course at a ceremony attended by family members and friends.



HAPPY FACES AT THE KILLARNEY SPORTS & LEISURE CENTRE.

FLASHING LIGHTS FOR FAHA NS

Kerry County Council have agreed to erect 2 new solar powered School flashing warning lights at Faha National School on the main Killarney-Milltown road. These will replace the old lights which are not working due to a serious problem with the power supply.

Speaking to the Killarney Outlook, Cllr. Brendan Cronin said "It is expected that the new lights

will be supplied and erected in 4 weeks by private contractors. This is a very busy main route and it is vitally important that proper school warning lights are in place for the safety of the large number of pupils attending Faha N.S. And for parents transporting their children to and from the school", he added.

SEWING CLUB RETURNS

Killarney Library's Sewing and Fashion Club returns after its summer break with the first meeting being held today, Friday 11th September from 11am-1pm. Admission is free and this monthly event is open to adults.

JOKER JACKPOT

'Joker 3' commenced in O'Shea's Bar, Milltown last Sunday. There was a jackpot of €2000 which was not won, however the following were winners of: €100 Pat O'Connor, €25 Martha Fleming, Shane and Cliona Quirke. Down to 52 cards and jackpot increased to €2200 with draw in Larkins Bar next Sunday September 13. There is an added incentive this week with some great prizes including 2 All Ireland football tickets as well as a signed Kerry jersey. Thanks to everyone who supports this fundraiser.

PARENT AND TODDLER GROUP

Ballyspillane Family Resource Centre are holding a Parent and Toddler group on Thursday mornings from 10:30am to 12:30pm. Parents/guardians, grandparents and child minders are all welcome to attend.

There are toys and educational equipment for babies and toddlers and purpose built nappy changing facilities.

Why not pop in and have a cup of tea or coffee and relax with other adults while your toddler/child plays in the all weather play area.

Each session costs €3.00, light snacks are provided, everyone is welcome.

For more information contact Michelle at Ballyspillane Family Resource Centre on: 064 6635589.

LUCKY KERRY WINNER SCOOPS €50,000

This week's Prize Bond Star Prize of €50,000 goes to lucky Prize Bond number WA760892 held in County Kerry. The lucky bond was purchased in 2014. There were over 7,700 prizes awarded in this week's Prize Bond Draw, amounting to over €450,000.

MUCKROSS ICA

The monthly meeting of the Muckross guild of ICA resumes on Monday 14th September at 7.45 in Loughguittane NS. New members welcome.

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FRIDAY 11TH - 8.30AM-5.00PM | SATURDAY 12TH - 8.30AM-5.00PM | SUNDAY 13TH - 2.00pm-5pm

SUN SHINES DOWN ON COLM COOPER BLITZ

Played in beautiful sunshine last Saturday, the 4th Annual Colm Cooper Blitz was a huge success. Teams from Cork, Waterford, Limerick, Galway, Dublin and Down descended on Lewis Road to compete in this very prestigious event.

Games began just after the Dr. Crokes Saturday morning Academy finished and continued right through the day.

In two very tight groups Ballyholland Harps and Ballincollig emerged as group winners, followed into 2nd by The Nire and Bishopstown.

The Dr. Crokes boys narrowly missed out of a cup semi-final place on a count back,



COLM COOPER PICTURED ON HOME GROUND FOR THE COLM COOPER TOURNAMENT WITH THE DR CROKES TEAM & TRAINERS TOMÁS O'REGAN (LEFT) & GER O'SHEA (RIGHT). PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED EYEING UP THE TROPHIES AT DR CROKES GAA GROUNDS FOR THE COLM COOPER TOURNAMENT WERE L-R DARA SUGRUE, JACK DONNELLY, DARA GRIFFIN & CATHAL SUGRUE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

however they won the semi-final and final of the Plate.

After two engrossing games both Cork teams came through to contest the Final.

Both teams were lead onto the field by Dr. Crokes senior footballer Mike Milner who also played the national anthem.

An enthralling encounter ensued where there was very little between both sides. This was proved when the game finished level. In the

Final stages of extra time Bishopstown pulled away to win.

"Huge congratulations to all teams involved for partaking in the proper manner, and making this tournament another great occasion", club PRO Aoife Cronin, told the Killarney Outlook.

"Well Done to the organising and events committee for putting on a very special day, our own special tribute to Colm", she added.

CANNONBALL RUN COMING TO KILLARNEY

The Cannonball Run is taking Centre Stage this Saturday, 12th September at 6.00pm where 180 cars will descend on the town.

The Cars will be arriving to Mission Road at 6.00pm. The cars will drive up Main Street – High Street – St. Anne's Road – Lewis Road – finish in Fair Hill Car Park at approx 7pm.

There will be controlled viewing in Fair Hill Carpark from 7pm - 9pm, however there will be

no access to the Car Park after 9pm.

CANNONBALL is the largest organised road trip in Europe and the most exciting motoring and social event of the year. The trip typically features 170 cars including the world's top makes: McLaren, Lamborghini, Ferrari, Aston Martin, Porsche, Masseratti, Rolls Royce and Bentley.



SURPRISE FOR DONAL AS HE RETIRES FROM JOURNALISM



AT A SPECIAL SURPRISE PARTY FOR IRISH EXAMINER REPORTER DONAL HICKEY, WHO RETIRED FROM HIS JOB AS A JOURNALIST WITH THE PAPER WITH MORE THAN 40 YEARS SERVICE. WITH DONAL IS HIS WIFE KATHLEEN, HIS DAUGHTER AILEEN HICKEY, 2ND LEFT, HIS SON TADGH HICKEY AND DAUGHTER IN LAW ANNMARIE. PHOTO: VALERIE O'SULLIVAN.

What was supposed to be a family dinner turned out to be a big surprise for recently retired journalist Donal Hickey.

Donal along with his wife Kathleen and family were dining at the Killarney Plaza Hotel when some of his former colleagues - 60 of them in fact surprised him with a party to mark the occasion.

Organised by Breda Joy, Valerie O'Sullivan and Barry Roche, Donal was presented with a painting by Olivia O'Carra and a basket of West Kerry Seaweed.

Everyone at the Killarney Outlook would like to wish Donal the very best in his retirement.



AT A SPECIAL SURPRISE PARTY FOR IRISH EXAMINER REPORTER DONAL HICKEY. PRESENTING THE FLOWERS WAS JOURNALIST AND AUTHOR, BREDA JOY. THE PAINTING WAS PRESENTED BY FORMER IRISH EXAMINER COLLEAGUE, RAY RYAN, ALSO INCLUDED IS BARRY ROCHE, ORGANISER, IRISH TIMES MUNSTER CORRESPONDENT. PHOTO: VALERIE O'SULLIVAN.

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THRILLING WEEKEND AT THE KERRY WAY ULTRA MARATHON

AN AMAZING 200KM NON STOP ENDURANCE RACE ADDITIVE VIEWING FOR 65,000 VIRTUAL FANS

By Valerie O'Sullivan

Live Tracking of Athletes who competed in The Kerry Way Ultra Marathon, provided a thrilling weekend of additive viewing for fans and family. The Ultra Marathon is a gruelling 200Km non stop Ultra Marathon. Forty-Six Elite runners departed Killarney town and raced solidly for 40 hours! but in 26 hrs and 36 mins later, Barry Murray, Dublin became the first runner home.

Their epic journey of The Kerry Way, had begun, the runners traversed hills, streams, the mountains of the MacGillycuddy's Reeks, bogs, ancient trails, the magnificent scenery of the Iveragh Peninsula, along the Wild Atlantic Way. Even with torches, their night navigation was helped by friendly banter from the local marshals, guiding them through, Waterville, Caherdaniel, Sneem and Blackwater.

The Athletes had their own support crews at various junctions along the route, so the craic and camaraderie provided a great source of entertainment, especially during the night watch. Athletes from Ireland, England, South Africa, Israel, and Europe, endured the most challenging of ultra marathons in Ireland. The Kerry Way Ultra Marathon has already been awarded 4 points by the prestigious Ultra Trail du Mont Blanc (UTMB) which is a testament to the severity of the race.



AT A SPECIAL GATHERING AFTER THEIR GRUELLING 200KM KERRY WAY ULTRA MARATHON, A NON STOP RACE, THAT TRAVERSED HILLS AND MOUNTAINS OF THE MACGILLYCUDDY'S REEKS, ANCIENT TRAILS, AND MAGNIFICENT SCENERY OF THE IVERAGH PENINSULA ALONG THE WILD ATLANTIC WAY. THESE HARDY WONDERFUL ATHLETES WERE TREATED TO BRUNCH BY COURSE DIRECTOR EILEEN DALY, AT THE MALTON HOTEL, KILLARNEY ON SUNDAY. PHOTO: VALERIE O'SULLIVAN.

Speaking about the race, Course Director, Eileen Daly, added, "its phenomenal what all the Athletes have achieved, when you think of the vastness of the course, the friendships forged, and great atmosphere of the runners, marshals, volunteers, land owners. The Kerry Way Ultra Marathon has become such an intimate event, we're all best friends at this stage, over 65,000 people engaged with our live tracking on our Facebook page, during the race. Barry Murray, ran a fantastic race, and Lillian Deegan, a great

friend to Killarney won the Ladies in a time of 37 hrs and 02 mins, we're looking forward to 2017 already"

Local Athletes, included, Tina Reed, whose husband Pat Rodgers, completed the Ultra Trail du Mont Blanc, last weekend (170 km and 10,000 m) Brothers, Paudie and Liam Spillane, Julie Byrne-Hilliard, John Healy, Liam Steinbeck, Chantelle Wilson, Katie O'Connor, and Karl Sloan.



KATIE O'CONNOR, AT MOUNTAIN STAGE, TAKING PART IN THE KERRY WAY ULTRA MARATHON. PHOTO: VALERIE O'SULLIVAN.



THE SPILLANE BROTHERS... PAUDIE SPILLANE AND LIAM SPILLANE, KILLARNEY, TAKING PART IN THE KERRY WAY ULTRA MARATHON. PHOTO: VALERIE O'SULLIVAN.



TINA REED, KILLARNEY, RUNNING, IN THE BRIDIA VALLEY, MACGILLYCUDDY'S REEKS, TAKING PART IN THE KERRY WAY ULTRA MARATHON. PHOTO: VALERIE O'SULLIVAN.

HOSPICE COFFEE MORNING

The annual Coffee Morning for the Kerry Hospice Foundation will be held in the Royal Hotel on Thursday next September 17th from 10am - 12noon.

Why not pop along, have a cuppa and a catch up and support this very worthy cause.

Other venues for Coffee Mornings include Killarney Credit Union on Beech Road, O'Brien's Sandwich Bar on Beech Road and Rathmore Credit Union



TOGETHER FOR THE KERRY HOSPICE FASHION SHOW AND LAUNCHING THEIR COFFEE MORNING ALSO WHICH IS DUE TO TAKE PLACE AT THE KILLARNEY ROYAL HOTEL ON SEPT 15TH WERE L-R MARY FINNEGAN, MARGARET WALSH, PAT DOOLAN (CHAIRMAN), ANGELA CURRAN, KAY SPILLANE & ELISE HEGARTY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

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"CREDIT UNIONS OFFER SAVINGS ON STUDENT LOANS"

With the latest round of CAO offers out, many parents are now considering their finance options when sending their children to college. A recent survey released from the Irish League of Credit Unions (ILCU) stated that approximately six-out-of-10 parents get into debt to cover college costs.

A loan from one of main banks in Ireland can cost over €2,000 more than a credit unions loan (Source: ILCU). ILCU recommends that you consider all your student financing options before choosing which lender is best. "In Killarney Credit Union, we are very aware of the growing costs in third level sector, especially in light of increasing rental costs in many towns and cities for students. We offer a competitive rate of 6.2% APR education loan to help support parents and students in this regard. We are in fact, the cheapest for credit, among all the main lenders" stated Mark Murphy, Manager, Killarney Credit Union. If a student were borrowing €11,000 over a 5 year term, of the high street banks. Bol charges 7.5pc interest on a personal loan of €11,000 - which is €2,148 in interest over five years. Next in line is AIB, which charges 8.73pc interest on a parent student finance loan. At that rate, it will cost €2,509 over five years to borrow €11,000. Killarney Credit Union is more than €400.00 cheaper in interest than the main banks. The most expensive banks to borrow €11,000 from are KBC Bank, Permanent TSB and Ulster Bank. KBC charges 12.7pc interest on a loan of €11,000 (unless you qualify for its discounted rate of 10.5pc). Borrowing €11,000 over five years at an interest rate of 12.7pc will cost you



€3,687 in interest - almost €1,540 more than Bol.

Permanent TSB charges 12.5pc interest on a standard personal loan of €11,000 - which will cost you €3,614 over five years. Permanent TSB also offers cash secured loans with an interest rate of 7.1pc - but you can only get this rate if your entire loan is secured on savings which you hold. Ulster Bank charges 12.3pc on its fixed rate parental student loan - this will cost you €3,569 on borrowings of €11,000. (Source: Irish Independent Business).

Killarney Credit Union is by far the cheapest option for educational lending with a rate of 6.2% APR with interest of €1,732.20 over the 5 year term for a loan of €11,000. In addition, to offering competitive loan rates, Killarney Credit Union is offering an educational bursary of €1,000 to 4 lucky students who are entering 3rd level for the first time. Applicants must be members of the credit union and the closing date for applications is Friday 25th September. Application forms are available from www.killarneycu.ie.

STAR WARS TO RETURN TO SCEILG MCHICHÍL

The Minister for Arts, Heritage and the Gaeltacht, Heather Humphreys TD, has confirmed that she has granted consent for Lucasfilm to return to Sceilg Mchichíl for filming for the Star Wars franchise this month. Minister Humphreys has described the move as a significant boost for Ireland as an international film location. The proposal for filming was finalised at the end of last week, and comes at the end of months of close consultation between the Department of Arts, Heritage and the Gaeltacht and the film production company. Strict environmental and ecological conditions are being put in place to ensure there is



no negative impact on the UNESCO World Heritage Site and its birdlife. An ecologist and specialist staff from the Department's National Parks and Wildlife Service (NPWS) and the National Monuments Service will be present for the duration of the filming and will have the authority to stop or modify filming at any point, should any concerns arise.

ANABLA FAMILY FUN DAY AND RAFFLE

Anabla National School Family Fun Day and Raffle will take place on Sunday, 27th September 2015, 2PM to 6PM at the School Grounds. Lots of fun on the day, bouncing castles, obstacle course, fun sport events, inflatable soccer pitch and bumper balls, inflatable speed cage and radar, raffle, cake sale, barbecue, kids karaoke and lots more. All welcome and great prizes to be given away on the day.

KWOTE

Killarney women's organisation for training and empowerment monthly meeting will be held on Wednesday September 16th 8pm at Scotts Hotel, Killarney. Members €2 Non Members €3. New members very welcome contact Mairead 087 6818473.

BRING YOUR TEDDY TO TOMORROWS WALK

If you are planning in joining in on the Killarney #Walking4Families walk tomorrow, Saturday, September 12th and know of a teddy bear who is need of a little TLC then why not bring it along for a full check up at the Teddy Bears Clinic, where Teddy Nurses will be on hand to examine your teddy's bumps, lumps and bruises!

The walk is being held to raise funds for the Ronald McDonald House at Our Lady's Children's Hospital in Crumlin and is being organised locally by Killarney couple Fiona Fleming and David O'Donnell.

Registration for the walk will take place at The Gleneagle Hotel at 2pm and following the walk through the National Park there will be a family fun day and raffle at the Gleneagle Hotel.

For more information contact Fiona Fleming McDonnell on **087 6403410**.

CALAMITY JANE FOR KMS

Killarney Musical Society have chosen Calamity Jane for their 2016 production.

John O'Brien will be returning as musical director for the show and auditions will be held in the near future.

New members are welcome and for more information check out KMS facebook page.

IF YOU HAVE A STORY...

Call: Aisling on **086 0400 958** or
Email: **editorial@outlookmags.com**

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PROPERTIES OF THE WEEK

RICS Real Estate Institute



4 COILL DOIRE, FAHA EAST
Guide Price €255,000

Completed to Builder's Finish. Superior 4 Bedroom Detached Home (2,008 sq ft). 8kms to Killarney Town Centre. Offers purchasers the opportunity to complete to their own specifications.

REF 684 BER B1



MILL ROAD, MUCKROSS
Guide Price €370,000

Large 4 Bedroom Dormer (2,131 sq ft) on circa 0.5 acre site. West facing garden overlooking the Flesk River. Oil fired central heating. Fully alarmed. Minutes walk to Killarney National Park. Joint Agent with Sherry Fitzgerald Coghlan.

REF 801 BER C3



FLESK RIVER APARTMENTS, MUCKROSS ROAD
Guide Price €160,000

2 Bedroom Ground Floor Apartment (approx 1,000 sq ft) with allocated Car Parking Space. Fully Furnished. Electric Storage heating. Adjacent to Killarney National Park & 5 minutes to Killarney Town Centre.

REF 800 (Ber Pending)

**Best of Luck to
the Kerry Team
from all at
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GREAT ACTION AT AGHADOE AUTOCROSS



HELEN DEVANE PRESENTS OVERALL WINNER IAN BYRNE WITH THE JIMMY DEVANE MEMORIAL CUP.
PIC BY TED O'CONNELL.



HELEN DEVANE PRESENTS DAVID GLEASON (KILCUMMIN) 1ST OVERALL JUNIOR.
PIC BY TED O'CONNELL.

Killarney & District Motor Club held the Jimmy Devane Memorial Autocross event last Sunday. The action took place in Aghadoe Killarney, with over 40 competitors from all over the country taking part and driving a wide variety of cars and special buggies on the day. The weather held off and we had a great day's racing. The track was technical, fast, with some big jumps and required some precision driving set out

by Clerk of the Course Denis Nagle. There was some fierce competition amongst the top local drivers Tommy Daly (Kilcummin) and James Lucey (Ballyvourney) for overall honour and the Jimmy Devane Cup. But it was the unstoppable Dublin man Ian Byrne who was fastest overall and claimed the title for his second consecutive year. A special presentation was also made to Jimmy's wife Helen Devane who was on hand to present the awards at the prize giving.

RESULTS:

Class 1 Jerry Lehané – Honda Civic.
Class 2 Bernard O'Leary – Peugeot 206.
Class 3 Gerard O'Shea – Peugeot 205.
Class 4 Cecil Doake – Metro Special.
Class 5 James Lucey – Subaru Special.
Class 6 Tommy Daly – Semog Buggy.
1st Ladies Ciara Deasy – Subaru Impreza.
1st Junior David Gleason – Fiat Uno.
1st Saloon Owen Murphy – Subaru Impreza.
1st Overall Ian Byrne – Nissan Special.

A special thanks to the Kerry Civil Defence ambulance service, Dr Collette Fall, John Flynn – chief timekeeper and all of our Sponsors for supporting the event. Gene Cronin for the use of his field, whom we are very grateful. A special thanks to Theresa Looney and the members of the Kerry Branch of the Irish Kidney Association who will receive a donation from the proceeds of the event.



OVERALL WINNER IAN BYRNE IN ACTION AT AGHADOE LAST WEEKEND.
PIC BY TED O'CONNELL.



KILCUMMIN'S CLASS 6 WINNER TOMMY DALY PUSHING HARD IN HIS SEMOG BUGGY. PIC BY TED O'CONNELL.

KATIE AIMS FOR TWO IN A ROW

With South Kerry Ploughing Championships and Harvest Show in Killarney due to take place on Sunday, one Killarney woman is bidding to make it two in a row.

Katie O'Connell from Fossa, Killarney will be making a determined bid for the coveted ladies' title when she competes in the two-furrow novice category on Fleming's Farm in Grenagh.

The experienced Katie, who won the ladies' event in convincing fashion last year, is emulating the Kerry footballers by chasing the two-in-a-row.

And her trump card is that she has secured the services of veteran ploughman Michael Leslie, from Droumbrick, Beaufort, who is putting her through her paces with a number of coaching sessions this week.

Katie, a member of Killarney Rotary Cub, is hoping to make her mark on the day and she is anxious to prove that anything the ploughmen can do, the plough women can do even better.



MICHAEL LESLIE PUTS KATIE O'CONNELL THROUGH HER PACES AT PRACTICE FOR THE BIG EVENT. PICTURE: JOHN O'SULLIVAN, KILLARNEY PHOTOGRAPHIC.



Jerome O'Regan

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LAND FOR SALE

SPA/TULLORUM AREA

11.5 acres approx.
c.2.5 mls from Killarney.
P.O.A.



MAUGHANTOURIG GNEEVGUILLA, KILLARNEY.

A delightful detached bungalow in excellent condition throughout. It offers the unique charm of its time, 4 bedrooms, 2 double and 2 single. Bathroom, lounge, kitchen/dining. Dual c/h from oil and also from a very modern solid fuel stove. It benefits from mains water and also its own private well. Standing c.1/3 acre this delightful dwelling offers first time buyers a great opportunity to own their own home at a very affordable price. Extreme well maintained, cosy and comfortable with low maintenance costs. BER Pending.

PRICE REGION €75,000.



CASTLEMAINE, CO. KERRY.

3 bed detached bungalow. Walking distance to Castlemaire village. A short drive to Killarney/Tralee/Killorglin, schools etc. Oil c/h. Needs a little upgrading.

GREAT VALUE.

B.E.R. pending



COILLDOIRE, FAHA, KILLARNEY

Beautiful, detached new dormer bungalow with many unique features. Comprising of c.2,000 sq. ft. 4 bedrooms, 1 ensuite, kitchen, utility room, dining room, lounge, family room, oil fired c/h. Great central location, near schools, sports facilities bar/restaurant etc.

P.O.A.

NEW TO THE MARKET KILCUMMIN AREA, KILLARNEY, BEAUTIFUL DETACHED DORMER. 4 BEDROOMS, 3 ENSUITE, SUN-LOUNGE, MANY EXTRA FEATURES. SPECTACULAR VIEWS. P.O.A.

WAREHOUSE TO LET OR FOR SALE Great access just off the N70. Approx. 1 mile from Killorglin on the Tralee road. Size 110 x 80 ft. x 20 ft. high approx. Modern building, totally sealed, cavity wall with insulated roof.

REEKS GATEWAY TO KILLARNEY Upstairs office space for sale. All services available.

KILLORGLIN TOWN Town centre shop premises to let.

WANTED (due to recent completed sales) Semi-detached house in Killarney. Cash client. Immediate decision.

MAHANTOURIG, GNEEVGUILLA Charming detached 4 bed bungalow on 1/3 acre, dual c/h, excellent condition

CLOONALASSAN, CASTLEMAINE Detached, compact dwelling needing modernisation. Great DIY project, close to village, V. keenly priced, BER Pending

BARLEYMOUNT, KILLARNEY 6.5 acres approx. of rough land.

BARLEYMOUNT, KILLARNEY 1.75 acres approx. field with spectacular views

DOOKS, GLENBEIGH, Old house on 20 acres approx. Extremely scenic and tranquil location. Highly sought after area.

MUCKROSS ROAD/WOODLAWN CROSS, KILLARNEY - c. 1/3 acre site. Superb location.

TIERNABOUL, KILLARNEY 4 bed bungalow, beside N.S. only 2 mls to Killarney town.

TULLORUM/TIRNABOUL KILLARNEY AREA 11.5 acres approx. Close to school etc.

FAHA, KILLARNEY 4 bed 3 ensuite detached dormer.

KILLORGLIN TOWN Large modern warehouse **TO LET.**

CARAGH LAKE, KILLORGLIN. Two storey detached house (requires major repair) on 3.5 acres approx. Beautiful, much sought after area.

FARM WANTED. GOOD QUALITY LAND. 50 ACRES OR MORE. CLOSE TO KILLARNEY OR WITHIN 7 OR 8 MILES FROM KILLARNEY TOWN. TOP PRICE PAID FOR SUITABLE PROPERTY.

WANTED Properties, houses, farms commercial etc. in all areas, for a growing list of genuine buyers.

BALLYHAR, KILLARNEY Beautifully restored 3 bed farmhouse on c3 acres, stables for 4 horses, mature trees and very scenic.

MILLTOWN VILLAGE Magnificent, detached two storey house, approx. 1,800 sq. ft. Building about to commence. Purchaser could make internal changes or put their own stamp on it. Only a few minutes walk to schools, shops etc.

ROSSBEIGH, GLENBEIGH Old style dwelling, Electricity, water, septic tank Only 1 mile from beach. V. scenic and private.

MILLTOWN, KILLARNEY (Ardmeelode area) Partly built detached bungalow.

Nice views. BARGAIN.

GLENBEIGH, RING OF KERRY RD. New detached 4 bed bungalow, stone fronted with spectacular sea views, completed to a very high spec.

CARAGH LAKE, KILLORGLIN New dormer bungalow 4 bed (2 ensuite) set on a large site with mature trees.

GNEEVGUILLA VILLAGE Modern 3 bed semi w/ top energy saving ratings, complete finish

KILLORGLIN, GOLF COURSE ROAD Delightful 2 bed detached bungalow, as new, superb location.

BEAUFORT KILLARNEY, OLD HOUSE on c.2 acres, very elevated, dry, extremely scenic setting, reasonable reserve. UNIQUE PROPERTY.

BEAUFORT, KILLARNEY, on the Main Ring of Kerry road, stunning 8 bed (all ensuite) B&B. Extensive frontage along the river Laune, with fishing rights. Panoramic views.

FARMS/LAND

c.57 acres with old farmhouse and sheds, Currow area, 40 acres recently reseeded.

c.10 acres with good sheds, extremely scenic. Artgalvin, Headford area. 5 mls from Killarney.

c. 35 acres of mixed land in one lot, Ballyhar, Killarney area.

Tullorum, Tirnaboul, (Spa) Killarney 11.5 acres approx. 3 miles from Killarney.

Firies area, Killarney. Country mansion on 39 acres approx of top quality land all in excellent condition.

Dooks/Killorglin area (Ballycleave) 20 acres approx.. with an old house. Mixed quality land with extensive road frontage.

SITES

LOUGHGUITTANE/MUCKROSS area- Site with lake view, roadside.

AGHADOE Site roadside, approx 1 mile from town 1/2 acre selling subject to planning.

BEAUFORT AREA Elevated, scenic site c. 1/2 acre.

BEAUFORT, KILLARNEY 1 acre with full planning.

COOLIES, MUCKROSS, KILLARNEY c. 1 acre, private scenic location.

KILLARNEY 2 MILES APPROX 3 acres or more subject to 1 planning.

ROSSBEIGH, GLENBEIGH Site with full planning for dormer, no residency clause.

Killorglin 1 mile 3/4 acre site. On the main Killarney/Ring of Kerry road. Dry, elevated and scenic. On the main sewer and with all services.

Faha, Killarney, c. 1/2 acre, dry, roadside, great location, bargain.



THOUSANDS RAISED IN BRENDAN'S MEMORY

CONOR CUSACK, CENTRE, KERRY HOSPICE FOUNDATION, IS PRESENTED WITH A CHEQUE OF €3674, BY CAITRIONA HEFFERNAN, ORGANISER, FROM THE PROCEEDS OF 'FLASH MOB' BY DANCERS FROM THE NORRIE KING AND SHEEHAN-MURPHY SCHOOLS OF DANCE. THE AIM WAS TO RAISE FUNDS FOR THE KERRY HOSPICE FOUNDATION AND REMEMBER THE MEMORY OF THE LATE BRENDAN HEFFERNAN, WHO FUNDRAISED TIRELESSLY BEFORE HIS UNTIMELY PASSING IN SEPTEMBER 2013. THE MONIES RAISED WILL GO TO THE CONSTRUCTION OF THE HOSPICE'S 16-BED INPATIENT UNIT AT KERRY GENERAL HOSPITAL. INCLUDED ARE MEMBERS OF THE HEFFERNAN FAMILY AND CLOSE FRIENDS, CLODAGH HEFFERNAN, MILO DONALDSON, GRACE SMITH, DALE SMITH, KATIE RUDDEN, NORRIE KING, ZAC DONALDSON, JACK RUDDEN, SARAH FLEMING, EABHA RUDDEN, JOE RUDDEN, BACK ROW, GAVIN DONALDSON, BRENDAN HEFFERNAN, JNR, GER HEFFERNAN, KATHLEEN HEFFERNAN, SIOBHAN DONALDSON, NOREEN SHEEHAN-MURPHY, DONIE HEFFERNAN, MAIREAD SMITH AND ANNE MOYNIHAN. PHOTO: VALERIE O'SULLIVAN



PICTURED AT THE DROMHALL HOTEL FOR THE 50TH BIRTHDAY OF KILLARNEY ATHLETIC FC WERE L-R MICHAEL O'SULLIVAN, MAIREAD MCCORMICK, MARIE CUMMINS, ROSEMARY O'CONNOR & COLM O'DONOGHUE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE DROMHALL HOTEL FOR THE 50TH BIRTHDAY CELEBRATIONS OF KILLARNEY ATHLETIC FC WERE L-R TARA NAGLE WITH HER MUM GERARDINE NAGLE WITH LEONORA O'LEONAIRD. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ENJOYING THE 50TH BIRTHDAY CELEBRATIONS OF KILLARNEY ATHLETIC FC AT THE DROMHALL HOTEL ON SATURDAY NIGHT WERE L-R LIAM & CATHERINE HARTNETT, MIKE O'SHEA AND MARY & CONNIE O'SHEA. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



SHANE DOOLAN WHO RECEIVED THE SEÁN O'CONNOR AND MARTIN BECKETT MEMORIAL TROPHY FROM SEAN'S BROTHER AND FORMER SENIOR PLAYER PAUDIE AND MARTIN'S SISTERS KERRIE AND MAGS.



DAN HARRINGTON (CENTRE), FOUNDER OF KILLARNEY ATHLETIC, PICTURED WITH HIS NIECES & NEPHEWS AT THE DROMHALL HOTEL TO ENJOY THE 50TH BIRTHDAY CELEBRATIONS OF KILLARNEY ATHLETIC FC L-R MAURA LEE, TRISHA LYONS, DAN HARRINGTON, MAIREAD MURPHY, AINE LYONS & MICHAEL MURPHY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



AILEEN O'SULLIVAN, CURROW, WHO WAS CONFERRED WITH A LLB HONOURS IN LAW PLUS AT THE UNIVERSITY OF LIMERICK.

MONEY MATTERS....

By Dermot Cronin,
Financial Advisor



ARE YOU PAYING TOO MUCH FOR YOUR LIFE COVER?

Yes, you could be paying too much for your life cover. If you took out life cover for any reason personal, business, mortgage etc you need to review this regularly. You need to do this for a number of reasons: The cost of your cover today may be less than what you are paying for it.

Your circumstances may have changed since you took out the policy and you may not need as much cover as what you have at present, this could bring down the cost.

Your premium may not have been compared with premiums from other life companies when you took it out, this can and should be done for you now.

You may have been a smoker in the past and are a non smoker now with over 12 months.

You could have been charged a higher premium in the past for health reasons, this higher premium may not apply now.

If your life cover premium was reduced by €20 per month, over the next ten years that's saving you €2400.00. We are all trying to find ways to save money, this is one way that you could save money, it's easy to check this out. Contact an independent financial advisor who will review your cover and explain the options available to you.

To make an appointment or contact me in relation to the above or any other matter call me at **064 66 22775**.

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

FOR SALE

19 WOODLAWN AVENUE, KILLARNEY, CO. KERRY

Magnificent five bedroomed detached residence located in a peaceful exclusive setting just off the woodlawn Road close to Killarney Town. This fine property is the ideal family residence or investment property in the popular and exclusive woodlawn area close to school and all amenities. Featuring: 2 spacious sitting rooms, 2 kitchen/living rooms, 5 bedrooms, 3 bathrooms and utility room. OPEN TO OFFERS

PRICE €299,500



27 KING'S PARK, MUCKROSS ROAD, KILLARNEY, CO. KERRY

Stunning newly decorated and refurbished semi-detached property located in a tranquil, peaceful cul-de-sac in a popular residential development close walking distance to Killarney town center and all amenities. The property is the ideal family, retirement or investor property. The private, walled-in rear garden further enhances the attractiveness of the property. Featuring: Spacious sitting room, kitchen / dining room, utility room w.c., 3 bedrooms (one ensuite) main bathroom. Patio doors leading to barbeque and patio area.

PRICE €255,000



1 O'SULLIVAN'S PLACE, KILLARNEY, CO. KERRY

Superbly located, newly refurbished house including new roof, new plumbing, new wiring, newly painted and decorated, new concrete flooring, tiling, wooden etc. Setting just off the Lewis Road just 200 metres from Killarney town centre. This property is the ideal large family residence or large investment property for investors wishing to avail of the strong rental market and demand in Killarney town centre. Featuring 4 large bedrooms, 3 bathrooms, 2 kitchens/living rooms, 1 living room, large storage shed at rear. P.V.C. Double Glazed Windows, electric storage heating, front and side entrance

PRICE €245,000



Hennigan Auctioneers 66 New St., Killarney t) 064 6634582 m) 087 2354416 www.daft.ie/hennigan

PROPERTY OUTLOOK THROUGH THE KEYHOLE....

A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET



Address: Mill Road, Killarney. Large 4 Bedroom Dormer property (approx 2,131 sq ft) located on a unique riverbank half acre site just off the popular Muckross Road. Private landscaped rear garden overlooking the Flesk River with a westerly aspect large decked area. Features include gated entrance, tarmac drive, floored attic with stira stairs, oil fired central heating, double glazed pvc windows & is fully alarmed. Only minutes walk to Killarney National Park.

Joint Agents with Sherry Fitzgerald Coghlan

Agent: ● Property Partners Gallivan & its4rent.ie ● College Square., Killarney ● Tel: **064 6634177** ● **www.propertypartners.ie**

Guide Price: €370,000 BER C3 Ref:801

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

IS YOUR ASTHMA WELL CONTROLLED?



DAN AHERN FROM AHERNS PHARMACY

Aherns Pharmacy, Farranfore hosted Mary Nagle, a Specialist Asthma Nurse from the Asthma Society of Ireland on Wednesday 2nd September last, to launch their drive to promote the importance of good Asthma Control and encourage asthma sufferers to get their current asthma control assessed.

During the day Mary undertook fifteen asthma control assessments, including reviewing inhaler technique and provided advice on managing asthma.

Dan Ahern from Aherns Pharmacy speaking to

the Outlook said:

"Autumn signals a time when asthma sufferers can see a deterioration in their asthma control due to the air turning colder and in spending more time indoors.

It is also estimated that up to half of all those being treated for asthma are not well controlled on their medication.

The Asthma Control Assessment is a service we also provide ourselves in store; last year 88% of those we assessed did not have their asthma well controlled.

However, when we followed up with them a month after their assessment with us, over 70% of them had experienced significant improvement in their asthma control - this was particularly the case with children that had been assessed.

The assessment takes only around 20 minutes, and as seen from last year's results, is well worth making the time for."

To learn more about asthma control simply call into **Aherns Pharmacy, Farranfore**, or visit **www.ahernspharmacy.com**.

An Asthma Control Assessment can be arranged by ringing **Aherns Pharmacy** on **066 9764110** or email **office@ahernspharmacy.com**.

ADVERTORIAL

ACADEMY ENROLMENT EVENING

Premier Performing Arts Academy are holding their enrolment evening, this evening, Friday September 11th at Ballycasheen National School at 6.30p.m.

The stage school offers classes in dance, drama and singing for students aged 4 to 19 and also offers students the opportunity to take Musical Theatre exams.

For more information contact **Joe Burkett** on **087-1163812** or check out their facebook page.

FASHION DATE FOR YOUR DIARY

Fossa's Annual Fashion Show will be held on Wednesday 7th October in the Luxurious Hotel Europe.

Featuring the Best Autumn Wear from the Top boutiques and shops, the evening will begin with a Cheese and Wine Reception at 7.30pm.

There will be a door prize, spot prizes and of course a fantastic prize for the Best Dressed Lady

Don't miss it.

JK'S READY FOR ITS NEXT CHAPTER IN THE COMMUNITY

Following on from its recent purchase The Market House – JK's has undergone a huge facelift which has received much favourable comment. This now brightly painted imposing property which commands the pivotal position within the town on lower Main Street, stands proudly as a beacon of the town which it has steadfastly served over the years.

Since being acquired by its new owner UK based local businessman, the property has been completely painted on the exterior. In addition to this, it has been entirely cleared out and all necessary refurbishments have been completed. It now just awaits the installation of its new clock to the front.

This Landmark Retail Property which is now on the market for Rental is set out over three floors and provides accommodation which extends in area to 726 sq mtrs (7,816 sq ft). It is suitable throughout for many types of retail operation. Due to its size it is also suitable for sub division and accordingly may be let in one or more units. In such an eventuality



independent access will be provided as appropriate. All floors are of timber throughout with the ground and first floors both enjoying the benefit of an extensive mezzanine. It is very well served with natural lighting throughout from the many windows which are a feature of this iconic building. Indeed, the views of Castleisland town from the first floor windows are unique to The Market House facing directly up the renowned Main Street.

The property enjoys the benefits of all mains services and it is ideally positioned in close proximity to the town Car Park, Library, Garda

Station and Civic Offices. Castleisland enjoys three hours free parking on Main Street and parking in the Car Park is free of charge.

JK's provides a magnificent opportunity to anyone seeking quality Retail accommodation in Castleisland town. The first floor may prove adaptable to Office Suite, Studio or other such usage, subject to prior planning approval. The Terms and Conditions relating to any potential Lease are fully negotiable and it is being handled by Laura in **Stuart Auctioneers** (066) 7141199.

DNG TED HEALY

11 New Street, Killarney Co. Kerry

FOR SALE



UNDER OFFER

21 Friary Downs, Park Road, Killarney, Co. Kerry. Very well presented 3 bed semi detached house. Located within walking distance of town centre. Recently redecorated. Ideal starter home / investment property.

Price: €190,000 **BER C1**

'Shelton', Ballydowney, Killarney, Co Kerry. 4 bedroom detached residence in an excellent location within minutes walk of Killarney town. Large mature front and rear gardens. Superb opportunity to redevelop a detached family home in an excellent location.

Price: €300,000 **BER G**



UNDER OFFER



NEW TO MARKET

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Price Region: €370,000

Joint Agency: Property Partners Gullivan, College Square, Killarney, Co. Kerry

BER C3

THE KILLARNEY VALLEY HOTEL, FOSSA, KILLARNEY (4 STAR 64 BEDROOM HOTEL)

Property currently trades as a 64 bedroom hotel, which can be converted to accommodate 28 two bedroom apartments and 7 one bedroom apartments or a 98 bedroom hotel by converting existing lounges within suites to bedrooms. Situated on the Ring of Kerry road approx. 3km from Killarney town centre. Ample off street parking for hotel guests. Beautiful views over Lough Leane and McGillicuddy Reeks Mountains.



Price on application

Joint Agency: DTZ Sherry FitzGerald

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'BACK TO SCHOOL' ADVICE

The RSA also has the following 'back to school' advice for parents, guardians and children:

TRAVELLING BY CAR

All children should be restrained when travelling in a car;
Select a restraint that is based on your child's weight and height and is suitable for the type of car;
Remember its safer if children travel in the rear of a car;
Never leave children alone in a car.

WALKING TO SCHOOL

Small children should not cross roads alone. They cannot decide how far away a car is or how fast it is going;
Walk the route to school with them in advance;
Children walking on country roads should wear reflective armbands and bright clothing;
If there is no footpath, walk on the right-hand side of the road facing oncoming traffic keeping as close as possible to the side of the road;
Show your child how to cross the road by example. Choose safe places to cross and take time to explain why i.e. footbridges, zebra or pelican crossings, lollipop lady/man or junior school warden patrol.

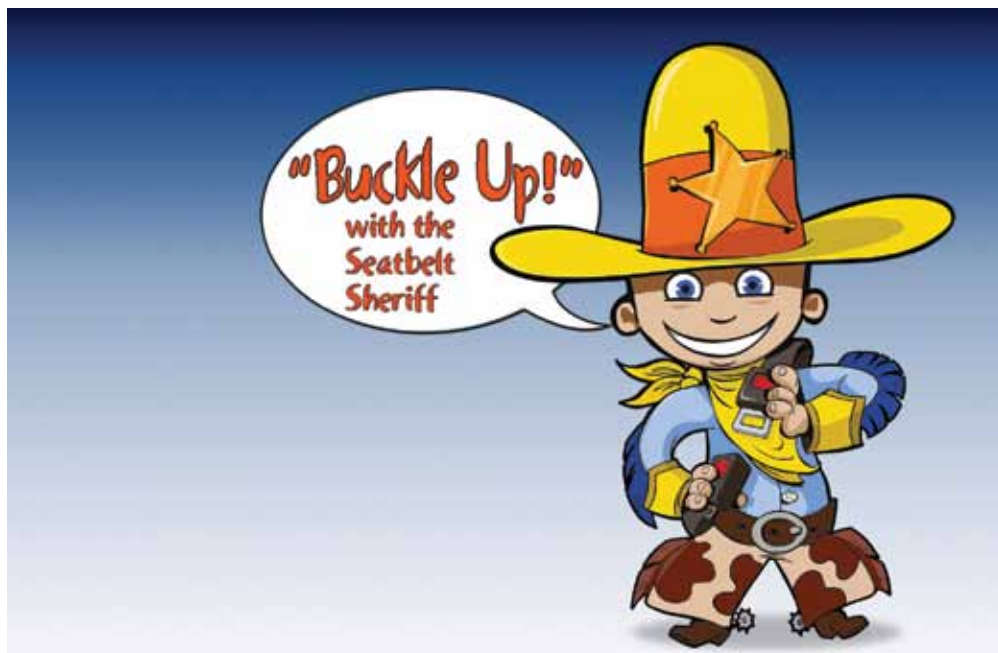
TRAVELLING BY BUS

Teach children to take special care getting on or off a bus or mini-bus;
While waiting for a bus, children should stand well in off the road;
Before crossing the road they should wait until the bus has moved off and they can see clearly in both directions;
If seatbelts are fitted, they must be worn.

CYCLE SAFETY

Make sure they are highly visible by wearing a reflective belt and bright clothes and wear a bicycle safety helmet on all journeys;
Check that the bicycle's brakes, lights, reflector and bell are in good working order.

The 'Back to School' campaign and other Road



Safety Authority Educational Initiatives

Teachers are encouraged to register online for the RSA 'Back to School' Pack for Primary Schools, which contains:

A high visibility vest for every child starting school in partnership with ESB Networks.

'Going to School' leaflets for junior infants entering education. This is a parent's guide to getting children to school safely;

A 'Safe Cross Code' promotional pack including a CD of the song and a poster with the words of the 'Safe Cross Code' song and dance to be taught in the classroom;

The 'Educational News' newsletter;

ESB Networks safety pack which is a fun, exciting and educational way for pupils from Infants to 6th Class to discover the benefits of electricity, while learning to be safe around it

The RSA also has a number of other road safety resources for teachers and students which aims to promote and encourage road safety among children aged five and under.

At primary level, 'Safe Cross Code', 'Street Smart', 'Be Safe', 'Let's Go', 'Seatbelt Sheriff' and 'Hi Glo Silver', teaches young road users how to use the

roads safely.

At secondary level, there is the Junior Cycle resource entitled 'Streetwise' as well as 'Your Road to Safety' for Transition Year. The 'Let's Go' CD, which is a road safety resource for principals and teachers, will be delivered to every secondary school over the coming weeks.

The RSA's Nationwide Road Safety Education Service is available to visit schools to give a comprehensive road safety presentation to students which can be tailored to suit all class sizes, groups and ages. We tackle a range of topics on road safety including road safety at school, pedestrian and cycle safety, urban and rural transport issues, learning to drive and killer behaviours. This service is free of charge.

The RSA Shuttle, Rollover Simulator and 'Street Smart' will begin visiting schools nationwide at the start of the academic year. Since 2013, 36,943 schools have availed of these educational resources.



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LOOKING FOR SOME MOTIVATION TO GET BACK INTO A HEALTHY ROUTINE NOW THAT THE KIDS ARE BACK AT SCHOOL? MY TOP TIP FOR ANYONE LOOKING TO GET STARTED IS "SET YOURSELF REALISTIC GOALS". DON'T OVERWHELM YOURSELF WITH EXERCISE REGIMES OR UNREALISTIC WEIGHT LOSS GOALS IN SHORT TIME FRAMES LIKE A STONE IN 2XWEEKS!!!! THIS IS JUST MADNESS AND NOT MAINTAINABLE LONG TERM.

FOR EXAMPLE FOR A TOTAL BEGINNER OR SOMEONE WHO IS VERY UNFIT I WOULD ADVISE THE FOLLOWING PROGRAMME:

- Start off with getting out for a brisk walk 30mins a day for 5 x days, and pick times and days you will stick to eg. After you have dropped the kids off to school. This is something you have to do Mon-Fri so build your new fitness programme into it and you won't fail! Complete this over a 3x week period, gradually increasing the pace each week.
- After week 3 start stepping it up a bit more by adding longer distances, or maybe introduce a couch to 5k challenge or add in some Hills. Continue this for another 3x weeks.
- After week 6 add in some body resistance exercises that you can do after you walk for about 20mins at home. Eg Squats, Lunges, Wall Press, Chair dips, Plank, Crunches etc. All of these can be found online. Keep working on your technique and increase your reps. If you looking for weight loss aim to loose 2lbs per week and in 4xweeks you will be down over half a stone... in 2xmonth a stone... etc... If you don't want to obsess over the scales, just simply judge it in your clothes or take a pick of yourself to compare with in a few weeks. But give it time Rome wasn't built in a day!

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DIET TIP

EAT SLOWLY! Enjoy your meal and the company. Give your body the time to give you the signal that you are satisfied. Otherwise you may overeat.



Beauty Tip

Befriend your bedhead.

Instead of trying to wrestle messy morning-after hair into submission, work with the rumpled texture. Just scrunch some curl-enhancing mousse into your dry locks to tame frizz and bring out your natural waves.



ARTHRITIS IRELAND ROLLS OUT SELF-MANAGEMENT COURSES IN KERRY THIS AUTUMN

People living with arthritis can learn to reduce their pain and reclaim their life on award-winning course Arthritis Ireland is today announcing that its acclaimed self-management course Living Well with Arthritis is to take place in Kerry this Autumn to help people reduce their pain and reclaim their lives from this chronic, debilitating disease. This 6-week course, developed by Stanford University in the US, will be delivered in the Tralee Education Centre.

Already more than 4,000 people in Ireland have been through the 'Living Well with Arthritis' course over the last eight years, and it has been scientifically proven to reduce the pain and fatigue of arthritis.

In a three-year evaluation of the Living Well with Arthritis course in Ireland, participants:

- Improved their ability to cope with pain
- Experienced a reduction in their fatigue
- Reduced their visits to hospital and reliance on GPs
- Improved their attitude towards living with their arthritis
- Increased their knowledge of their arthritis
- Increased their amount of regular exercise

Arthritis is the single biggest cause of disability in Kerry, affecting around 36,000 people from newborn babies right through to the elderly. It damages joints cause inflammation, pain and sometimes permanent joint deformity. There is no cure, but there is a lot that people can do to reduce the impact of arthritis on their lives. Self-management has been proven to be central to this.

Put simply, self-management is about knowing and using tips and techniques that help a person with arthritis live as full a life as possible. The skills and knowledge gained in areas, such as pain and fatigue management, communicating with health professionals, drugs and treatment, and diet and exercise, complement a person's medical treatment to ensure they have the best possible quality of life.

The 'Living Well with Arthritis' course will take place in the Tralee Education Centre, on Tuesday the 22nd of September of September, 7pm-9.30pm.

People can sign up online (www.arthritisireland.ie) for €30 (€22 for medical card holders) or by phone (1890 252 846) or email (training@arthritisireland.ie) for €36 (€26 for medical card holders).

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Their Special Day



CLODAGH BROSANAN LISTRY AND GARRY FLYNN KILLORGLIN WHO WERE MARRIED RECENTLY IN THE CHURCH OF THE IMMACULATE CONCEPTION LISRTY AND CELEBRATED WITH FAMILY AND FRIENDS IN THE MALTON HOTEL.

PICTURE: WOODARD PHOTOGRAPHY.



PAMELA BOYLE AND DARREN O'SHEA WHO WERE MARRIED IN THE REGISTRY OFFICE IN KILLARNEY RECENTLY. THE COUPLE WERE JOINED BY THEIR CHILDREN AARON AND ELLIE ALONG WITH FAMILY AND FRIENDS FOR THE CEREMONY AND RECEPTION WHICH TOOK PLACE AT FAHA COURT.

PICTURE: LORRAINE KENNEDY.

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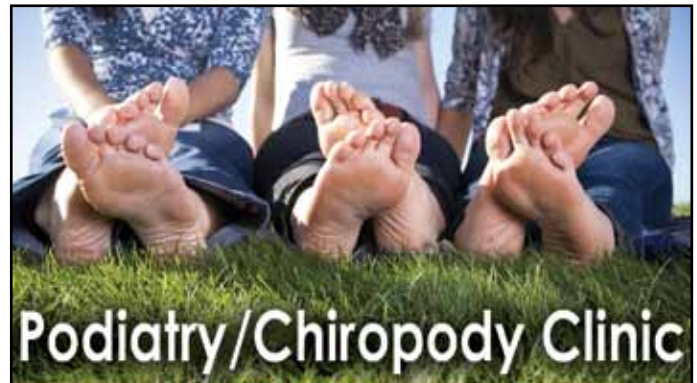
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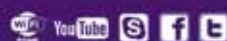
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Foster Carers for children and young people in Kerry are currently being recruited by TUSLA - Child and Family Agency. If you are interested in becoming a Foster Carer or would like to find out more information about what is involved, public information evenings will take place in:

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Monday 21st September 2015, 7.30 - 9.00 p.m.

KDYS (NEAR THE FRIARY), KILLARNEY
Tuesday 22nd September 2015, 7.30 - 9.00 p.m.

LISTOWEL RESOURCE CENTRE (JOHN B. KEANE ROAD), LISTOWEL
Wednesday 23rd September 2015, 7.30 - 9.00 p.m.

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Child and Family Agency

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WORKING FOR YOU

Kerry ETB Training Centre

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

Sports Recreation & Exercise Course (ETK69) - Killarney.
If you have a genuine interest in sport, exercise and swimming this course is a good choice for you. It's the ideal entry point for those wishing to follow careers as sports coaches, personal trainers, or swimming teachers. **Start Date:** To be decided. **Duration:** 45 weeks. **Certification:** QQI Major Award in Sports Recreation and Exercise 5M5146, Pool Lifeguard Qualification, Assistant Swimming Teacher Cert and Occupational First Aid Cert.

Marketing (ET4R9) - Tralee Training Centre.
This course is for people who wish to pursue marketing as a career or incorporate marketing into their existing range of business skills so as to enhance their career and job prospects. **Start Date:** 5th October 2015. **Duration:** 42 weeks. **Certification:** QQI Level 5 Major Award in Marketing.

Media Techniques - Radio Course (ET283) - Tralee.
This comprehensive course is for people who wish to pursue careers in the radio broadcast sector. Participants will learn how to research, plan and pitch programme ideas for particular target audiences and bring those ideas to fruition. **Start Date:** 5th October 2015. **Duration:** 50 weeks. **Certification:** City & Guilds Level 3 Diploma in Media Techniques (Radio Studio Production).

Healthcare Support Traineeship (ETS97) - Killarney.
This course provides participants with the knowledge, skills and competencies to work as part of a multidisciplinary team in the provision of effective and appropriate healthcare supports to clients in a variety of care settings. **Start Date:** 12th October 2015. **Duration:** 41 weeks. **Certification:** QQI Level 5 Major Award in Healthcare Support.

Digital Web Design with Adobe Dreamweaver Course (ET3Z6) - Tralee.
This course is for people who would like to combine creativity and computer skills to design, build and redesign web sites. **Start Date:** 12th October 2015. **Duration:** 22 weeks. **Certification:** QQI Level 5 Component Certificates and Adobe Certified Associate in Web Communication Using Adobe Dreamweaver CS5.

Digital Media Production Course (TRY18) - Tralee Training Centre.
The Digital Media Production course offers participants the opportunity to learn and develop real-world production skills in a broad range of media disciplines. The content of the course includes design, digital imaging, photography, sound, video, digital publishing and media project management. **Start Date:** 19th October 2015. **Duration:** 52 weeks. **Certification:** City & Guilds Diploma in Media Techniques 7601-03.

Food Preparation and Cooking Course (ET20D) - Dingle.
This course is for people who wish to pursue careers in professional cookery. Participants will gain the knowledge and skills to prepare, cook and present a wide variety of commodities and dishes to a professional standard. **Start Date:** 19th October 2015. **Duration:** 20 weeks. **Certification:** City and Guilds Level 2 Diploma in Food Preparation and Cooking.

Surf Instructor and Beach Lifeguard Course (ET1Z3) - County Kerry.
The course offers participants the opportunity to develop the knowledge, skills and competencies to work as surfing and outdoor activity instructors. Participants will also receive lifeguarding and aquatic first aid qualifications. **Start Date:** 2nd November 2015. **Duration:** 25 weeks. **Certification:** ISA Surfing Skills Instructor Level 1 Cert, National Beach Lifeguard Cert, and Aquatic First Aid & Cardiac First Response (PHECC) Cert.

CAD - Computer Aided Draughting and Design Course (ET115) - Tralee.
This course offers participants the opportunity to develop knowledge, skills and competencies in 2D and 3D computer aided draughting and design. Participants must have technical drawing and maths in the Leaving Certificate or have an equivalent level of relevant industrial experience or training. **Start Date:** 9th November 2015. **Duration:** 32 weeks. **Certification:** City & Guilds Level 3 Awards in 2D and 3D Computer Aided Design.

Heavy Goods Vehicle Driving Rigid (HGV) (ET394) - Killarney.
This programme provides participants with skills and related knowledge in the rules of the road, driving a heavy goods vehicle - rigid body, care and maintenance of the vehicle, loading and unloading the vehicle, customer care, and documentation. Applicants must be in possession of a current full Class B Driving Licence and a current Class C Learner Permit. **Start Date:** 16th November 2015. **Duration:** 10 Weeks. **Certification:** Class C Driving Licence, RSA Driver Certificate of Professional Competence, RTTB Counterbalance or Reach Forklift Truck Driving Certificate, and ADR Certification for Drivers.

Milling TRQ235 - Evening Course Tralee Training Centre.
The aim of the programme is to enable the learner develop the knowledge, skills and competence to set up and safely operate, under supervision, a vertical milling machine. **Start Date:** 28/09/2015. **Certification:** QQI Cert. **Duration:** 2 evenings/week for 10 weeks.

Turning TRQ236 - Evening Course Tralee Training Centre.
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FOSSA FOCUS ON FAMILY FUN

IT'S the final countdown for what promises to be the biggest and best family event of the year in Kerry.

All roads will lead to the South Kerry Ploughing Championships and Harvest Show on Fleming's Farm, Grenagh, Fossa, Killarney this Sunday.

The official opening will be performed by MEP and former GAA President Seán Kelly and the two worthy charities to benefit this year are the Kerry branch of the Irish Kidney Association and the Kerry Mountain Rescue Team.

There will be several celebrities in attendance, including Kerry Rose, Julett Culloty, and last year's Kerry Rose, Mary Hickey, who will judge the best dressed lady and man competitions and the bonny baby contest.

The gates will open at 11.00am and patrons are advised to arrive early as there will be so much to see and do.

A major traffic management plan will be in operation on the day and ample free parking will be available on adjacent land owned by the Europe Hotel and Resort.

Traffic not attending the show will be directed to alternative routes via the Faha and Milltown roads. Traffic travelling from Killarney should turn left at the Gap Cross and they will be directed to the main car park. Traffic coming from the Killorglin, Mid Kerry and South Kerry side will be directed to the car park as they approach the former Rosenbluth plant in Fossa.

There will be no parking permitted on the main road and drivers are asked to obey the instructions of Gardaí and stewards.

Over 120 trade stands will be there on the day with the Louis Leslie perpetual trophy to be presented for the best display. There will be seven main car dealers in attendance and in excess of 20 agri dealers and there will be deals on wheels and bargains galore up for grabs.



MEMBERS OF THE KILLARNEY VALLEY CLASSIC AND VINTAGE CLUB WHO HAVE ORGANISED THE SOUTH KERRY PLOUGHING CHAMPIONSHIPS AND HARVEST SHOW. PICTURE: JOHN O'SULLIVAN, KILLARNEY PHOTOGRAPHIC

MD O'Shea's of Killarney and Ballincollig will have a super Stanley display while Boyle's of Killorglin will have the ultimate gardening and landscaping stand.

Those that enjoy good food at great prices are in for a real treat as the Gleneagle Hotel crew will be taking care of catering on the day with a super range of delicious hot and cold meals while Kenmare Ice Creams will have three stations on site.

There will be activities and novelties on the day for people of all ages and interests, including vintage and classic vehicle displays, stationery engines, fashion, cooking demonstrations, gardening exhibitions, live music, train tours, competitions for fabulous prizes and so much more.

While the ploughing itself will be a major attraction, there will be several other great

events, including the county sheepdog trials – with the Michael Fleming perpetual cup for the winner – sheep shearing demonstrations and digger challenges which proved a huge hit last year.

Another big attraction this year will be the pet dog show with a whole host of prizes up for grabs in 12 categories – including a canine fancy dress contest. The entry fee is €5 per dog and it's an event not to be missed.

There will be no shortage of amusements to keep the younger generation enthralled with a special Kid's Zone, a fantastic fun fair and, of course, the incredible Maze in the Maize which will provide the ultimate challenge.

Admission on the day will be €10 and €5 for OAPs while children under the age of 14 will be admitted free of charge.



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ALL SMILES FOR JUNIOR CERT RESULTS



PICTURED AT ST BRENDAN'S COLLEGE JUST AFTER RECEIVING THEIR JUNIOR CERT RESULTS WERE BACK ROW L-R JAMES KELLY, LIAM BUCKLEY, JOHN HANNIGAN, RYAN CASEY & SEAN O'LEARY. FRONT ROW L-R PATRICK O'LEARY, CIAN MCCARTHY & JAKE FLYNN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



DELIGHT AT ST BRENDAN'S COLLEGE ON RECEIVING THEIR JUNIOR CERT RESULTS. BACK ROW L-R ROBERT OSBORNE, MICHEAL DEVLIN, LUKE CASEY, DENIS O'CONNOR & SEAN COURTNEY. FRONT ROW L-R THOMAS O'CONNOR, DARREN MULCAHY, LEE LENIHAN & KEENAN DALY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



THE PICTURE OF HAPPINESS AT KILLARNEY COMMUNITY COLLEGE ON JUNIOR CERT RESULTS DAY. BACK ROW L-R ROBYN SHEEHAN, AMY O'SULLIVAN, LAUREN O'SULLIVAN & CHLOE O'CONNELL. FRONT ROW L-R ALAN LYNCH, OISIN O'SHEA, ERIC LYNCH & TYLER KEOGH. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



DOUBLE DELIGHT FOR THE BROSAN TWINNIES AT KILLARNEY COMMUNITY COLLEGE ON RECEIVING THEIR JUNIOR CERT RESULTS. L-R PAUL & ANDREW. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

ST. BRENDAN'S COLLEGE JUNIOR CERT RESULTS

The Junior Certificate results at St Brendan's were met with expressions of delight by students and staff at the College on Wednesday morning last. Our traditional strengths in Maths and Sciences were reinforced by the performance of the students, results in German, Art Music, History Technical Graphics & Woodwork in particular were worthy of note.

While other subject areas continued to perform strongly. School Guidance Counsellor Karen Rice believed the results were a fair reflection of student effort and offer a gateway to Senior Cycle where students can now specialise in their areas of strength. For those students now in Transition Year these results allow students to explore career options parallel to their identified academic strength.

School principal, Sean Coffey, welcomed the results and recognised the hard work of the students and the staff in the context of the changing landscape at Junior Cycle the presence of a State Examination is an excellent reinforcement of work achieved over a 3-year

period and an excellent preparation for the rigours of the Leaving Certificate Programme. As is now our tradition 100 students from Transition Year, Leaving Cert Applied and 5th Year accompanied staff and parents on a hike on Mangerton. The promotion of healthy activity remains a focus at the College.

Articles for inclusion in
Youth Zone
can be emailed to
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ROCKING IT AT THE KDYS



Supporting young people since 1971

KDYS and Active Music are pleased to announce the return of the Rock-It Programme to KDYS Killarney. Rock-It is a live music project for 11 to 14 year olds, which will run from Tuesday 15th

September 2015, for 9 weeks, at KDYS Youth Centre in Killarney.

To facilitate 2 groups we will commence at 5-6.30pm and the second group will be 6.30-8pm. The young musicians and singers will meet to create, play, and learn music. They will write new songs, develop their music skills, and perform for each other, as well as for a wider audience.

Anyone aged 11 to 14 with an interest in playing music or singing in groups can register for this project. It would be ideal if instrumentalists had their own instrument to practise on at home, but they will also get an opportunity to practice on site and also try at least one new

instrument each.

KDYS has a music room/rehearsal space which houses a full PA, including amps and microphones, and a drum kit, electric guitars and bass guitar, and keyboard, as well as some acoustic instruments.

The total cost for the project is just €20 per person and places are limited.

For further information, or to confirm your place, please contact Geraldine O'Halloran at KDYS 064 6631748, or Ruti Lachs at Active Music www.activemusic.ie.

This project is co-funded by KDYS and Kerry County Council Arts Office, through the Arts Act Grant.



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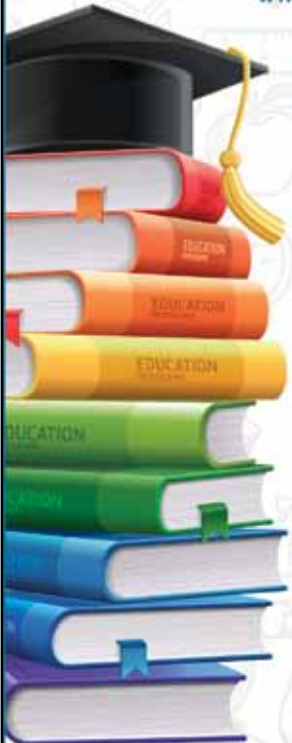
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GEARING UP TO MEET THEIR KERRY HEROS AT FITZGERALD STADIUM WERE L-R TREASA O'SULLIVAN RACHAEL MOYNIHAN, ABBEY O'LEARY, JULIE DELANEY & NIAMH STACK.



FIONN FITZGERALD PICTURED AT FITZGERALD STADIUM WITH KERRY FANS SEAN GUERIN & ROSSA HALLISSEY.



MEETING PAUL GALVIN AT THE KERRY TEAM MEET & GREET AT FITZGERALD STADIUM ON SUNDAY WERE L-R (FRONT) BEN DOWNES, MUM KAREN DOWNES, DANIEL DOWNES WITH CIARA KEANE & CHLOE LEANE.



DELIGHTED TO MEET THEIR HERO COLM COOPER AT THE MEET & GREET OF THE KERRY TEAM AT FITZGERALD STADIUM ON SATURDAY L-R COLM JANOT WITH HIS MUM MARIE AND IN FRONT L-R PAUDIE O'CONNOR, CATHAL O'SULLIVAN & CILLIAN O'SHEA.



CILLIAN YOUNG POSES FOR A SELFIE WITH NIAMH STACK AT THE KERRY TEAM MEET & GREET DAY AT FITZGERALD STADIUM.



PICTURED WITH MARC O'SE AT FITZGERALD STADIUM WHERE THE KERRY TEAM MET THEIR FANS PRIOR TO THE ALL IRELAND WERE L-R CLODAGH DONNEGAN-WARD, RACHEL O'CONNOR, ALANNA DONNEGAN & LUKE COLLINS.



PICTURED AT FITZGERALD STADIUM FOR THE KERRY TEAM MEET & GREET THEIR FANS WERE THE BROSNANS WITH KERRY PLAYER DARREN O'SULLIVAN TOP-BOTTOM, MILLIE, DAD TIM, CONOR & RIAN.



A BIRDS EYE VIEW FOR MIA REEN (LEFT) & SADHBH STACK (RIGHT) ON THE SHOULDERS OF THEIR DADS WILLIAM & JASON AT THE KERRY TEAM MEET & GREET AT FITZGERALD STADIUM ON SATURDAY.



THE CREMIN BROTHERS, BALLYHAR, PICTURED AT FITZGERALD STADIUM AT THE MEET AND GREET OF THE KERRY TEAM AT FITZGERALD STADIUM L-R DENIS, ANTHONY, OWEN & DANIEL.



Contact John for representation or to highlight issues of concern to you.

tel: **087 2362330**

email: **cllrjbrasil@gmail.com**

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A GROUP OF DR CROKES HURLERS AT THE DR CROKES GAA CLUB JUVENILE ACADEMY OPEN DAY AT LEWIS ROAD, KILLARNEY, ON SATURDAY WITH COACHES BILLY COLLINS, PAT MCELLIGOTT AND TOM CLANCY. PICTURE: EAMONN KEOGH (MACMONAGLE.COM)

FOSSA GAA NEWS

With John O'Neill

LOTTO: 6th September 2015. Numbers drawn were 8, 13, 15, 25. There was no Jackpot winner and next weeks Jackpot will be €13,050. Next draw takes place on Sunday night 13th September at 11pm in the Golden Nuggett. Thanks to everybody who supports our Lotto each week as well as those who sell tickets.

SENIORS/JUNIORS: Fossa lost to Dr Crokes in the Bill Tagney Cup on Sunday evening on a scoreline of 1-16 to 0-11. Our Junior team received a walkover from Kilgarvan in the Barrett Cup on Friday evening and are away to Castleisland Desmonds in the next round on Friday, 11th September.

U-12 BOYS: The U-12 Boys teams both lost to Dr Crokes on Wednesday night and are up against Kenmare next in the East Kerry League.

U-14 BOYS: Our U-14 Boys had a great win over Spa in the semifinal of the East Kerry Championship on Monday evening and they now await the winners of Currow/ Spa in the final which is due to be played on Monday week.

U-14 GIRLS: The U-14 Girls played Kenmare in Division 1 of the East Kerry league in Fossa on Sunday evening. This was a very entertaining game, played in the right spirit and with very little between the sides. Fossa started brightly and had Kenmare on the back foot with a constant series of attacks which yielded a goal for Anna and Shelly Clifford, however Kenmare were dangerous when they did attack and scored two goals before the half ended to leave the halftime score, Fossa 2-05, Kenmare 2-01. Kenmare started the second half well and put us under a lot of pressure but the Fossa backs of Sarah Sheehan, Sarah O'Neill, Laura O'Sullivan, Leah Costello, Orla Moynihan and Kate Murphy really defended brilliantly and reduced them to shooting from distance thus preventing goal chances. The switch of Shelly Clifford and Ciara Griffen at midfield worked well with Shelly helping us to get a foothold in this area with her

ball winning ability while Ciara plundered two goals from full forward. Anna Clifford covered every blade of grass during the game and was a constant threat with her pace, in spite of picking up a nasty eye injury midway through the half she battled on and gave everything. The forwards of Maude Kelly, Sadie Myers, Aoife Kissane and Jodie Sheehan worked hard all day and their intelligent running and passing gave the Kenmare defence plenty to think about all through as well as giving the defence options when clearing the ball. Supersub, Danielle O'Brien came on and scored a brilliant goal, one which her grandfather would have been proud of, to seal a great victory on a scoreline of Fossa 6-05, Kenmare 3-06. They will play Milltown on Sunday in the next round of the competition.

U-16 GIRLS: The U-16 Girls are due to play Legion on the County league semifinal, possibly on Sunday evening but this is not confirmed yet.

SPA GAA CLUB NOTES

With Anne Holland

COISTE NA NÓG: Our Under 14s played a very good Fossa team on Monday evening in Spa in very wet conditions. Fossa started brightly but Spa responded with scores from Ian O'Connell and Adam Kelly leaving the half time score at 10pts to 6 to the visitors. In the second half Fossa got a couple of well taken goals leaving the Spa men with an uphill challenge. They fought on but were beaten by the better team on the night. Spa play Currow away next Monday night in the East Kerry semi final.

LADIES FOOTBALL:

EAST KERRY U12 GIRLS: Played a strong Rathmore side in Spa. Our girls played valiantly but lost to a higher divisional side. Sarah O'Sullivan, Laura O'Carroll, Sarah Fleming, Aisling Cahill all played well for the home side.

EAST KERRY U14 GIRLS: Played our back game against Laune Rangers away this past Sunday. Lost on this outing but tried hard.

SENIOR LADIES: Final Junior B Final Spa v Fries Saturday/Sunday 12th/13th September. Time, venue TBC.

GAELIC FOR MOTHERS AND OTHERS: Training continues every Thursday night 7.30-8.30pm. Numbers are great. We have registered our team to enter the All Ireland Competition in Portmarnock in October. Any player that hasn't registered contact Grace.

CLUB U21 CHAMPIONSHIP:

SPA 2-23 LAUNE RANGERS 0-8

A young and understrength Laune rangers put up a gallant battle but were always struggling against the strong home side. Dara Moynihan scored an early 1-2 to put Spa on their way, with Craig Hickey (2), Ciaran Spillane (2), David Carroll and Mike McCarthy reeling off a string of scores to build a 1-8 to 0-2 lead. Hickey, Spillane, Moynihan, and driving wing back Shane Cronin kept up the Spa pressure, with Liam Kearney and Mike McCarthy dominating midfield. Craig Hickey fisted to the net to give Spa a 2-13 to 0-4 lead.

Laune Rangers tried hard to get into the game, but Spa were always in control, and picked off further points to always keep that big lead. Their best performers were Conor Kearney, Shane Cronin, Dan O'Donoghue, Liam Kearney, Ciaran Spillane, Dara Moynihan, and man of the match Craig Hickey, but tougher tests will lie ahead. The game was played in a good spirit, helped by excellent refereeing by Paul Hayes.

UPCOMING FIXTURES:

Weekend 26/27 September
Intermediate Championship
Spa V. John Mitchels Venue TBC.

SCÓR NA NÓG: Club members under the age of 17 years on January 1st 2016 who may be interested in participating in the forthcoming East Kerry Scór na nÓg competitions are invited to contact Spa Scór Officer Sheila McCarthy at 087-7614847.

SCÓR CATEGORIES: Figure Dancing, Solo Singing, Recitation/Storytelling, Instrumental Music, Léiriú/Drama, Ballad Group, Set Dancing and Table Quiz.

SPA LOTTO: No jackpot winner in the Torc. Numbers drawn 2, 15, 24, 27. Next Sundays Jackpot in McSweeneys will be €10,800.

ANNUAL CLOTHES COLLECTION: We are collecting All Year Round. All types of clean (any condition but clean), books (no school text books) cuddly toys, shoes, bags etc... Can be dropped off to clubhouse or contact Anne Holland 085 7780883.

CLUB MERCHANDISE: Please contact Mathilda McCarthy (087) 648 7356 to purchase our new range of Club gear.

HALL RENTAL: Please contact Eileen Casey by text 087 6577312 for availability to book our indoor meeting rooms or Hall.

SPA COMMUNITY NOTES: Sympathy is extended to the relatives of Padraig O'Donoghue Kilbrean who passed away during the past week. May He Rest In Peace.

WEDDING: Congrats to Niamh O'Donnell,



Upper Lissivigeen, on her recent marriage to Peter Earlie, Kanturk.

DR CROKES CLUB NOTES

With Aoife Cronin

EAST KERRY MINOR LEAGUE - FINAL DR CROKES 3-11 SPA 1-9

By virtue of a grandstand, last eight minutes finish, in which we scored 1-4 without reply saw us win this final by eight points. We were first to score in this Final played Spa, a point by Jack Griffin, our opponents got on top in the next ten minutes and led 0-3 to 0-1 at the end of the first quarter. We went ahead in the next five minutes, with three unanswered points. In the last ten minutes of the half we scored one point to Spa's two, to leave the teams level, five points each at half time.

When our opponents sent over the first four score's all points, after half time, our prospects did not look good as we had also lost the services of our star forward Mike Casey, before the end of the first half. Our lads dug deep after this early setback and a goal and a point by both Adam O'Shea and Michael Potts put us four points clear. Spa however were not going to surrender tamely and went through for a goal from a penalty in the 20th minute. Then came our dominant finish which yielded 1-4 and victory by eight points. Our final goal showed Jack Griffin at his courageous best as he got inside our opponents defence to knock the ball into the net. He unfortunately suffered a bad injury in this the last play of the game.

Our best wishes for a speedy recovery to Jack Griffin and Mike Casey.

HURLING: WINNING STREAK CONTINUES: Dr. Crokes Senior hurlers into County Intermediate Hurling Final.

At the beautiful John Mitchels GAA grounds in Tralee on this Sunday our hurlers produced a terrific performance to defeat Lixnaw in the County Semi Final. Despite a slow start during which we lost our experienced centre back Brendan McMahon to a hamstring injury, the lads settled before half time, courtesy of a goal from Sean Morris, to go into the break just two points down with the score line reading Dr. Crokes 1.05 , Lixnaw 1.07. The second half was a very different story and from the start Dr. Crokes took command and put in an excellent 30 minutes of hurling to comprehensively out score Lixnaw and to emerge winners on a final score line of 2.15 to 2.08. This was a really good performance by all our players and a combination of youth, experience, ability and simple hard work made for a one of our best hurling of the season. The support we had at the game was a great help and meant a lot to the team and management. We face Kilmoyley in the County Final on a date and at a venue to be arranged. Finally, congratulations to our young star Jack Lenihan who was a member of the Kerry Minor Hurling All Ireland B winning team that beat Roscommon on Saturday. That is two All Ireland medals for Jack now having been on last years winning side as well.

TIME TO #GETBEHINDTHEBUS AGAIN:

The next few weeks are going to keep everyone in our club busy. As a result of great effort by the players and management, our supporters have many many big games to look forward to - so lets get out and support them.

On Saturday next our ladies play in the County Final of the Junior Championship and later that evening our U21s are at home to Dingle in the 1/4 final of the Club Championship. On Sunday next our Senior team play at home against Castleisland Desmonds in a top-of-the-table clash of the Division County league.

PAINTERS REQUIRED: The year began with a fantastic statement by the members when they installed over 1000 seats in the stand. Next Sunday the members will paint the outside of the clubhouse. The club will provide the paint and members are asked to turn up at 10.00 a.m. with a brush or roller and, weather permitting, the building will get a great facelift.

CONGRATS: To Jack Linehan who won his second All-Ireland minor B hurling medal with Kerry on Saturday last. This is a great achievement for Jack, for his family and for his club.

LOTTO: Lotto numbers 1, 7, 18, 24. Jackpot €11700 not won. Next draw Sunday 13th of September in J C O'Shea. Jackpot €12000.

LEGION GAA CLUB NOTES

With Kevin Griffin

ALL IRELAND TICKETS: Any fully paid up member of the club that wishes to be entered in a draw for All Ireland final tickets must apply in writing to club secretary by no later than this Sunday September 13th.

SATURDAY MORNING ACADEMY: There was a fantastic turnout for last Saturdays return of the underage academy and the boys and girls were delighted to see Brian Kelly and Conor Keane taking time out from their Kerry training to come along and keep an eye on proceedings with more of our Kerry senior stars due to visit over the next few weeks. If you missed last Saturday, dont worry, as you are welcome to come along this weekend again where qualified coaches will be on hand to put the kids through their paces and show them all the skills while having fun at the same time

U12 BOYS: Our u12 teams travelled up the road to Kilcummin for their second round u12 East Kerry fixtures.

Kilcummin are a strong side who outplayed us in earlier u11 EK and u12 county fixtures.

The Green Team coaches have been emphasising improvement in two key areas - ball retention and point taking and these were on show as the lads worked and took scores - running out winners by a score of 1-15 to 3-5 in a high tempo and high passion game.

The white team had to make a big improvement from their Glenflesk outing. A poor start saw them trail by 4 points early on but the responded brilliantly to take a half time lead thanks to a couple of goals. Kilcummin

responded well and the game was even with 2 minutes to go. Kilcummin nosed in front before a final whistle goal on the counterattack gave them a 4 point winning margin. Kilcummin 2:15 - Legion 3:8

Big improvements on both teams - so well done to the lads and thanks to the supporters on a perfect day for football. Thanks to our sporting Kilcummin GAA hosts.

SUPERVALU: Thanks to Dalys Supervalu and O'Neills for their sponsorship of GAA gear for local clubs. At Fitzgerald stadium last week we picked up new balls, bibs, bags and bottles which will be distributed to the under age coaches on Saturday.

Thanks to all club members who supported the collection of tokens in the store.

WEESHIE: Congratulations to broadcaster extraordinaire who has been nominated for yet another PPI award.

MOLYNEAUX CUP: All roads lead to Rathmore this Friday evening when Donal O'Donoghue brings his Junior side to take on the hosts in the semi final of the Molyneaux Cup. All support will be greatly appreciated

CLUB SHOP: The Club Senior team jersey along with all club merchandise is now available to buy in the club shop. Available in all sizes. The shop is open every Saturday morning from 10.30 to 12pm or alternatively contact Maura Mc Carthy at 087 7634372. Cost €50.

BON VOYAGE: Best wishes from all at the club to David Slattery who heads off to Dubai this week to further his culinary skills whilst working with the restaurant owned by the world famous chef, Gordon Ramsey.

BIRTHDAY: The club wishes Liam Wynne a big happy birthday as he reaches a major milestone.

EAST KERRY NOTES

With Aine Ní Shúilleabháin PRO

2015 O'SULLIVAN CUP FINAL - 40TH ANNIVERSARY YEAR

RATHMORE 3-16 FIRIES 3-13 (AET)

Played in Dr Crokes pitch, the Final of the O'Sullivan Cup, sponsored by O'Sullivan Cycles, Killarney, went to extra time after a dramatic two goal haul by Firies, at the end of normal time. It was Firies led by a point at the break in extra time but Rathmore, pulled ahead to lead by three points at the full time whistle. In a fast paced game, play moved from end to end but the Rathmore defence were strong and held Firies to three points in the opening half. A Rathmore goal at the start of the second quarter, from the boot of Mark T Reen, proved for by Michael A Kelleher, after a fast run forward, gave the Rathbeg side the lead, 1-5 to 0-2. A point a piece left the score at the break: Rathmore 1-06 Firies 0-3. Rathmore continued to dominate the scoring in the second half, despite Firies increased pressure on goal. Firies were awarded a penalty after a goal effort, only to have the ball skim wide. However, Firies continued to press forward and Sean



Burke found the net on the twelfth minute to reduce the gap to four points 1-8 to 1-4. The game continued with play varying from end to end and when Shane O'Callaghan goaled for Rathmore, with ten minutes remaining, it looked inevitable that Rathmore would lift the Cup. However, Furies, to their credit showed great belief and kept up the pressure. It paid off when first Con O'Mahony and then Conor Randles netted the ball, for a dramatic equalising goals, bringing the game to extra time. Score: Rathmore 2-10 Furies 3-7.

Rathmore pointed in the opening minute of extra time. Furies notched up four unanswered points, 3-11 to 2-11. Two Rathmore points reduced the margin to the minimum at the end of the first period of extra time Furies 3-11 Rathmore 2-13. Rathmore got off to a dream start in the second period of extra time, with a Patrick O'Callaghan goal. Furies fought back and levelled the game with two points- 3-13 a piece, with six minutes remaining. Rathmore notched up three points to win. Final score: Rathmore 3-16 Furies 3-13. Conn O'Sullivan, son of Owen presented the O'Sullivan Cup to Rathmore captain Brian O'Leary. Conn's son Conor presented the man of the match award to Rathmore's Dean Fitzgerald. Tim Ryan chairman East Kerry Board, congratulated both teams on a great game and congratulated Rathmore on winning. Tim thanked the referee and also thanked Dr Crokes club for the use of their excellent facilities.

BILL TANGNEY CUP SEMI FINAL

DR CROKES 1-16 FOSSA 0-12: Played in Dr Crokes pitch, last Sunday evening, it was the home side who progressed to the Final, against Cordal after a free flowing fast moving game. Dr Crokes dominated the first quarter and opened the scoring with three unanswered points. Fossa opened their account with a point from play, on the fifth minute. Three points for Dr Crokes to one for Fossa, had the home side ahead by four going into the second quarter. Fossa then got the upper hand and notched up three points without reply, 0-6 to 0-5 with seven minute remaining in the half. The sides traded points Dr Crokes pointing from a moved built from defence. A brace of points from both teams, left the score at the break: Dr Crokes 0-9 Fossa 0-7. Fossa opened the second half with a point on the second minute, reducing the gap to the minimum. Dr Crokes responded with a lovely point from play, two points and a Philip O'Connor goal to lead 1-13 to 0-9 with fifteen minutes remaining. Fossa pressed forward and pointed two frees but with five minutes remaining, three points in as many minutes for the home side to one for Fossa saw Dr Crokes progress to the Final against Cordal. Final score: Dr Crokes 1-16 Fossa 0-12.

DR CROKES SCORERS: Killian Fitzgerald (0-1), James Jones (0-1), Brendan Falvey (0-2), Shane O'Neill (0-1), Brian O'Shea (0-6;2f), Tony Brosnan (0-4;2f), Philip O'Connor (1-0), Keith O'Leary (0-1).

FOSSA SCORERS: Tadgh O'Shea (0-8; 2f),

Matthew Rennie (0-1), Brian Myers (0-1), Chris Myers (0-1), Donald O'Sullivan (0-1).
Referee: Donal Donnelly (Kilcummin)

EAST KERRY UNDER 14 CHAMPIONSHIP DIVISION 1 FINAL REPLAY - 7TH SEPTEMBER: DR CROKES

2-08 RATHMORE 0-11: The replay of the East Kerry Under 14 Championship Division 1, Fitzgerald stadium on Monday night, was another great game. Alan Dineen pointed for Rathmore before Kryzstian Kamorska sent a rasper to the net. Dan Murphy (Rathmore) and Michael Lenihan traded points before Sean Mc Gann finished a fine goal to the Rathmore net. Michael Lenihan, Krystian Kamorska and Dan Murphy added points. Half time score, 2-4 to 0-4. The second half saw Rathmore add 3 points from frees (David Dineen, Dan Murphy). Michael Lenihan replied with a point for the town side. As the play flowed from end to end Dr Crokes added 3 points (Sean McGann, Michael Lenihan(2)). Rathmore rallied with points by Dan Murphy, Darragh Rahilly and David Dineen. With time running out an excellent Dr Crokes defence stood firm and held Rathmore to a point (Dan Murphy). This left a kick of a ball between the sides as referee Brendan Brosnan blew the final whistle. These two fine sides gave two great nights entertainment in The Park, and were a credit to their families and Clubs on both occasions. Sean O'Keeffe, East Kerry Coiste na nÓg, presented the Ned Myers Trophy to Dr Crokes captain Sean Mc Gann.

2015 COLM COOPER INVITATIONAL

BLITZ: The Colm Cooper Under 13 Blitz took place in Lewis road on Saturday. The format was 13 aside, games of ten minutes with players limited to one hop one solo. Participating teams came from the four corners of Ireland. The eight teams that took part were divided into two groups of four teams each. Dr. Crokes defeated a spirited Fr. Casey's outfit in the plate decider. The Cup decider was an all Cork affair with Bishopstown defeating a gallant Ballincollig team after extra time. Dr Crokes club pulled out all the stops to run such a fantastic event with all teams delighted to take part on the day. Well done to John O'Shea (Coordinator) and the club patrons for supporting the event. The standard of football was excellent with all teams showing great skills and sportsmanship during the day.

COISTE NA NOG

With Jimmy O'Sullivan Darcy

U16 COUNTY CHAMPIONSHIP QUARTER-FINALS:

EAST KERRY 3-12 EOGHAN RUADH

1-10: Reigning champions East Kerry advanced to the U16 semi-finals at the expense of neighbours Eoghan Ruadh, but only after two late goals by midfielder Aaron McCarthy finally killed off a great challenge by the underdogs. Ian Roche opened the scoring with an Eoghan Ruadh free but a physically stronger east Kerry were getting more hands on the ball

and Michael Potts got the final touch for a goal after keeper Jerry McCarthy, who was superb all through, twice rebuffed goal attempts by David Clifford. Aaron McCarthy and Ian Roche swapped scores before Clifford and Donnacha O'Sullivan put East Kerry ahead by 1-3 to 0-2. Cian Gammell neatly converted a free to stretch the lead and Jerry McCarthy had to make two more good saves, but a resilient Eoghan Ruadh hit back with points from Evan Cronin and Ian Roche. Mark Harnett, with a stylish left leg, made it 1-5 to 0-4 before Darragh Fleming pulled one back. Just before half-time an industrious Niall O'Donoghue made it 1-6 to 0-5 in East Kerry's favour; had they taken all their chances, the gap may well have been wider.

Jerry McCarthy denied Niall O'Donoghue a goal with another tremendous save on the restart before Donnacha O'Sullivan put East Kerry five ahead. Eoghan Ruadh's Sean O'Leary pointed after a brilliant team move involving Pa Warren and Brian Friel and Darragh Fleming added another. Donnacha O'Sullivan stretched his tally with another fine score but Pa Warren replied. David Clifford made it 1-9 to 0-8 and Donnacha O'Sullivan split the posts twice but a brace from an impressive Chris O'Donoghue kept Eoghan Ruadh's hopes alive.

In the end, impressive though Eoghan Ruadh's teamwork and resilience was, it was to no avail after Aaron McCarthy finally pierced a tough rearguard and found the net, adding another goal a minute later.

Brian Friel scored a brilliant penalty for Eoghan Ruadh, but it was too little and too late, and Luke O'Donoghue hit East Kerry's final score.

LISTRY NOTES

With Paula Courtney

LISTRY WEEKLY LOTTO RESULTS:

Sunday, 6th September 2015. Winning Numbers 9, 12, 21, 24. Jackpot €6,050 not won. Next week's jackpot €6,200.

SENIOR COUNTY LEAGUE: Our next game will be at home v Brosna on 29th September.

JUVENILE UPDATES: U16s combined with Keel continued their preparation for the Mid Kerry Championship with a competitive challenge match against neighbours Fossa in Allman Park on Sunday. Our U14s also combined with Keel had a big win over Glenbeigh/Glencar on Friday night last in round two of the Mid Kerry Championship. We play Laune Rangers next Friday night in JP O'Sullivan Park in Killorglin at 7pm in round three. Our U12s had two wins last week. We beat Scartaglin on Tuesday in Allman Park and beat Cordal on Sunday in Cordal. We will probably be at home next Sunday, this to be confirmed. Our U8s and U12s travelled to Milltown on Sunday where they took on the locals. We fielded two teams at both age groups and all four teams played very well. All the boys and girls are improving with every game they play. U6 and U8 play Kilcummin in Allman Park on Friday at 6.30pm & play Beaufort on Sunday morning at 10.30 am. U10s will also have a match on Friday and Sunday but awaiting confirmation on both games.



DR. CROKES ACADEMY WELCOME FUTURE STARS

Dr. Crokes Open Day last Saturday was a huge success with the club welcoming many new and old members to the Academy. The large influx of new girls to the Academy was especially pleasing and the message has definitely gone out that Gaelic Football is a great sport for girls to stay fit and healthy while making new friends. Dr. Crokes, with a large amount of Ladies' Coaches, are well placed to look after the new influx of girls to the Academy. The U 6 Boys and Girls had a great day with refreshments after and it was brilliant to see Kerry All-Ireland winning Manager and All-Ireland winning Kerry player Pat O'Shea and Eoin Brosnan coaching this group. The Hurling Academy also had a great morning with new players learning the skills of the fastest field sport in the world.

The motto for the Dr. Crokes Juvenile Academy is "Stay Fit, Stay Healthy, Have Fun Make New Friends and Enjoy Excellent Coaching and Advice". The club look forwards to a great year ahead.

Pictures by Eamonn Keogh (macmonagle.com)



ADAM BYRNE PRACTICING HIS SKILLS AT THE DR CROKES GAA CLUB JUVENILE ACADEMY OPEN DAY AT LEWIS ROAD, KILLARNEY, ON SATURDAY.



TWINS JAMIE AND KENNETH O'MEARA AT THE DR CROKES GAA CLUB JUVENILE ACADEMY OPEN DAY AT LEWIS ROAD, KILLARNEY, ON SATURDAY.



A GROUP OF DR CROKES UNDERAGE PLAYERS WITH COACHES KIERAN WARD, DONNCHA GALVIN, PAT MCELLIGOTT AND MAURICE O'DONOGHUE AT THE DR CROKES GAA CLUB JUVENILE ACADEMY OPEN DAY AT LEWIS ROAD, KILLARNEY, ON SATURDAY.



A GROUP OF DR CROKES UNDERAGE PLAYERS AT THE DR CROKES GAA CLUB JUVENILE ACADEMY OPEN DAY AT LEWIS ROAD, KILLARNEY, ON SATURDAY.



JAMES WARD, JACK DONNELLY, SEAN KIELY AND TIM MOLONEY AT THE DR CROKES GAA CLUB JUVENILE ACADEMY OPEN DAY AT LEWIS ROAD, KILLARNEY, ON SATURDAY.



MADISON MANGAN, SAOIRSE O'SULLIVAN AND ALI O'DONOGHUE AT THE DR CROKES GAA CLUB JUVENILE ACADEMY OPEN DAY AT LEWIS ROAD, KILLARNEY, ON SATURDAY.



AT THE DR CROKES GAA CLUB JUVENILE ACADEMY OPEN DAY AT LEWIS ROAD, KILLARNEY, ON SATURDAY WERE FROM LEFT, PADDY FOLEY, ALAN DOONA, NEIL O'CARROLL AND CIAN TUCKER. BACK FROM LEFT ARE PAUL O'DONOGHUE, ADIB UDALLO, ANTOIN DONCHEV, CONOR O'SHEA AND MARK SHEEHAN.



DR CROKES FOOTBALLER EOIN BROSAN WITH HIS DAUGHTERS ANNIE, ELIZABETH AND JANE AT THE DR CROKES GAA CLUB JUVENILE ACADEMY OPEN DAY AT LEWIS ROAD, KILLARNEY, ON SATURDAY.



DR CROKES HURLERS LIAM MCELLIGOTT, CATHAL SUGRUE AND ADAM BYRNE WITH COACH PAT MCELLIGOTT AT THE DR CROKES GAA CLUB JUVENILE ACADEMY OPEN DAY AT LEWIS ROAD, KILLARNEY, ON SATURDAY.



ELIZABETH FABIAN, ALISON SCHRAEWEER, ADIBA UDAWLA, MAHEK AHMED AND ALICE AT THE DR CROKES GAA CLUB JUVENILE ACADEMY OPEN DAY AT LEWIS ROAD, KILLARNEY, ON SATURDAY.



AFTER A SUCCESSFUL RING OF KERRY TRACTOR RUN IN AUGUST, MEMBERS OF KILLARNEY VALLEY VINTAGE AND CLASSIC CLUB PRESENTED A CHEQUE FOR €500 TO MEMBERS OF KILLARNEY VALLEY AC WHO ACCEPTED IT ON BEHALF OF THE SCHOOLS AND COMMUNITY TRACK GROUP FOR THE PROPOSED FACILITY AT ST. BRENDANS COLLEGE KILLARNEY! PICTURED ARE MEMBERS OF KILLARNEY AC AT THEIR WEEKLY MILE CHALLENGE IN PREPARATION FOR THE VISIT OF SONIA O'SULLIVAN NEXT SUNDAY 13TH AT 4.30 PM AND AT A RECEPTION IN THE KILLARNEY OAKS AT 7PM! EVERYONE IS INVITED TO RUN A MILE WITH SONIA AT THE FIELD IN KNOCKREER! JERRY GRIFFIN ACCEPTS THE CHEQUE FROM TONY WHARTON AND TOM LESLIE! PHOTO ALSO INCLUDES BRENDAN GRIFFIN AND HIS VINTAGE FAHR TRACTOR WHICH WILL BE ON DISPLAY AT THE SOUTH KERRY PLOUGHING CHAMPIONSHIPS THIS WEEKEND.

COUNTY CHAMPIONSHIP TIME TRIAL ROUNDS OFF CYCLING SEASON

The iBike organised Time Trial County Championships doubled up as the final round of the Time Trial League and drew a big crowd to the Ballycarthy / Castleisland /Ballycarthy circuit. It proved to be a good night for Moda Kingdom Endurance's Denis Dunworth as his time of 26.28 saw him add the title to the Road Race version he won a few weeks ago. Aquablue's Cathal Moynihan was second and Dunworth's teammate George Doyle took third. International team member Josie Knight returned from the World Championships to take the Junior and Women's title in 32.30. Currow CC's Suzaanne O'Sullivan was second and Tralee BC rider Ciara Tierney third.

In the Masters section the Over 40's title was won by George Doyle from Tralee BC's Jerry McCarthy and Mark Prendeville of iBike. The Over 50's race was won by iBike's Tom Barrett with the Chain Gang's Colin Leacy second and Killarney CC's Mike Kissane third.

iBike took the team event thanks to their three riders Mark Prendeville, Tom Knight and Tom Barrett. The 9k and 20k handicap results were worked out to see Ciaran Commene, Kingdom CC and the Chain Gang's Tom Gentleman taking the wins.

Killarney CC had a clean sweep of the u12's with Patrick Galvin, Ethan Slattery and Stefan Dreier taking the 1,2,3. Kingdom's Ciaran Coggins won the u14 County Championship from Killarney's Robbie Scott and iBike's Sam Barrett.

Sarah McGrath was the fastest Girl u12 while twins Tara and Almha Russell Kissane, all from Killarney, were the u14's 1-2 followed by Stefan Dreier.

Tom Knight emulated his sister by winning a County Championship of his own as he took the u16 title. Tralee BC's David Fitzgerald was

second and iBike's Patrick White third.

TIME TRIAL LEAGUE: The Time Trial League was won as expected by Moda's Denis Dunworth who now holds both records – fastest overall 25.47 and fastest in the CC's of 26.28. Moda's George Doyle was second and Jerry Hickey, Tralee BC was third.

Currow's Suzanne O'Sullivan was the Ladies winner with Ciara McGowan of Killarney CC third. The Over 40's and Over 50's top three was the same as the above.

In the underage sections Patrick Galvin, Ethan Slattery and Shane Galvin were the top 3 in the u12's, Kieran Coggins, Sean Barrett and Eoghan Pathwell filled the podium in the u14's. Killarney CC's girls were the medal winners in the u12 and u14's sections with Sarah McGrath taking the younger title and the Kissane twins Tara and Almha took the 14's places.

Tralee BC's David Fitzgerald won a hotly contested u16 section with Patrick White of iBike and Killarney's Eoin Black too third.

DEERPARK PITCH & PUTT NOTES

CAPTAIN'S PRIZE WEEKEND. A special word of thanks to the members of our Grounds Committee, Scheme workers and all who contributed to having the course in perfect condition for our Captain Jason O'Connor's Prize. Also a special thank you to the Competition Secretaries Gearoid Cronin and John McGrath for checking the scores all throughout the event and to John and Catherine Keogh for organising matters from the shop over the weekend.

RESULTS AS FOLLOWS: Adult Overall Nett Michael O'Connor 82, Overall Gross Damian Fleming 92, Second Nett Brian Moloney 84 (On Back Sixes) Senior Nett Conor McCarthy 95, Intermediate Nett Paul Cronin, 84 Junior Nett Hugh O'Sullivan 87, Junior Gross John Looney, 109 Ladies Nett Sheila O'Donoghue 95, Juvenile

results in next edition.

NIGHT TIME PITCH & PUTT: A large turnout is expected for this Saturday's Night Time competition organised by Aidan O'Donoghue with the proceeds being donated to the Irish Kidney Association. Tee times are at 8pm 10pm and 11-30pm. Luminated balls will be available in the Clubhouse.

SENIORS OUTING TO NEWMARKET: Ideal weather conditions and a large turnout all contributed to making last Wednesday's Seniors Outing to Newmarket a most enjoyable occasion and after a full day of non stop play the results were as follows.

Game No One a Three Ball Scramble, Betty O'Brien, Ger Casey (Deerpark) and Connie Buckley (Newmarket).

Game No 2-3 Ball Better Ball, Ger Casey, Betty O'Brien and Sheila O'Donoghue (Deerpark).

Game No 3 Better Ball, Sean Ashe, Andrew O'Callaghan (GlenEagle) and John Looney (Deerpark). A most enjoyable evening followed in the restaurant. A special word

of thanks is extended to the Management of Newmarket for the excellent condition of the course and the hospitality extended to the visitors. Next seniors outing will be to Deerpark on Wednesday October 7th 10am.

INTER -COUNTY IN DOUGLAS: Best wishes are extended to the Deerpark members of the Kerry team John McGrath, Damian Fleming, Jason O'Brien and Conor McCarthy who are competing in the Inter-County competition in Douglas this weekend.

NOTES DEADLINE: Results and other items for the weekly notes can be forwarded to the PRO at kellydoolan@eircom.net, Landline 064 66 32698, mobile 086-3941769 by midday on Monday.

FARRANFORE MAINE VALLEY ATHLETIC CLUB

The club hosted their Annual Open Sports Day on Sunday last. The weather was perfect and everyone really enjoyed themselves. It was a great opportunity for children who are not members of an athletics club to take part in events in a non competitive environment. A special thanks to all the families who attended and to all our volunteers on the day. A special form of gratitude must go to our chairman, Jerome Crowley, who without his dedication and hard work in the background, days like this would be in the past.

Well done to all our athletes who competed in the Dingle Half & Full Marathon over the weekend.

JUVENILE TRAINING: Juvenile training (U8 - U14) will be held each Tuesday & Thursday at 6pm in GAA grounds Farranfore. The main focus will be preparation for the cross country season. Newcomers who would like to participate in cross country competitions are welcome to attend. Training is outdoors, so come prepared for all weather conditions.



The County Athletics Board have also arranged XC training for juveniles on Sundays at 10:30am in Killarney Demense, next to the playground.

ATHLETIC'S FIXTURES: County Novice, U23 and Juvenile Even Ages Cross Country C'Ships - Sunday 4th October in Killarney Demense, starting at 11:00am

County Intermediate, Masters & Juvenile Uneven Ages Country C'Ships - Sunday 11th October in Firies, starting at 11:00am

Keep upto date with athletics on our Facebook & website: www.ffmvac.blogspot.com

GNEEVEGUILLA ATHLETIC CLUB

LOTTO: Nowinner of our lotto draw 04/09/2015, numbers drawn were 2, 6, 26 and 27. Sellers prize winner: Karen O'Mahoney, €50 Y/T prize winner: John Galvin Killeagh, Farranfore, €50 to Callum and Ella Kelly c/o Karen Petros, €40 each to Joan Brosnan Mausrou, Mary O'Donoghue Upper Coom, Alan Cronin Gortglass Scartaglin. Bonus not won numbers drawn were 5, 9, 10 and 25. Next week's jackpot €13,200 plus €1,000 bonus.

TRAINING: Winter training schedule as follows Friday evenings 7 to 8pm in Barradubh New Field, commencing Monday 14th September Gneeveguilla GAA Hall 7.00 to 8.15 pm. Cross country training Sunday mornings at 10.30 am in The Demense Killarney.

CROSS COUNTRY: Dates for your diary Sunday October 4th in the Demense Killarney, juvenile even age and novice at 11am. Sunday October 11th in Firies at 11.00 am juvenile uneven age, Intermediate & Masters.

GNEEVEGUILLA NATIONAL SCHOOL ANNUAL 5KM RUN & WALK: This will be held on Sunday 27th September in Gneeveguilla, more details later.

KILLARNEY VALLEY AC

Final preparations are underway at the moment for the visit of Irelands greatest ever female athlete, Sonia O'Sullivan who will be coming to Killarney to officially launch the new club name. We are all very excited and really looking forward to Sonia's visit as she will be running the last of the mile challenges with the athletes on Sunday at 4.30pm in the Demense, beside the playground. Club members and non-members alike are invited to come along and run the mile with Sonia, and she will be available to sign autographs/singlets with the young athletes. The run in the Demense will be followed by a small function in the Killarney Oaks Hotel at approx 6.30pm where the official launch will take place. For all past present and future athletes, this will be a fantastic opportunity to meet one of Irelands greatest sports ambassadors,

Our Autumn training season is underway now with training in the Demense every Wednesday

at 6.00pm. The location might change from time to time, so please keep an eye on our Facebook page for updates. There is also a County Cross Country training taking place every Sunday in the Demense at 10.30am - this is group training with athletes from Farranfore/ Maine Valley, An Ríocht, Star of the Laune and Gneeveguilla - and will be very beneficial to the young athletes that attend. Indoor training will start when the Outdoor training is finished in approx early November and training for the older athletes will begin in the next couple of weeks - keep an eye on Facebook for all training times.

WORKMEN'S ROWING CLUB

Hopefully everyone is enjoying the break from training and having a well earned rest after a very busy year. There is undoubtedly a whole lot of catching up to be done on life outside the world of rowing and we hope that all our rowers will come back feeling refreshed and ready to row when training resumes. The next event for our juniors will be Skibbereen Head at the NRC on October 17th.

EXAMS: Congratulations to Siobhan Burns, Kamil Kunicki, Kayla McCarthy, Donnacha Ireland, Dylan Bartlett and Ruadhan Mc Curtain who are all celebrating the excellent results they received in their Junior Cert. Well done to all!

SEAMUS CONTINUES ON HIS JOURNEY TO THE TOP



SEAMUS KELLY IS PRESENTED WITH CERTIFICATE FROM NOEL CASEY, CHIEF SENSEI OF JKA IRELAND IN CORK ON FRIDAY NIGHT.

Young martial arts champion Seamus Kelly from Listry has reached another milestone in his sport.

After 4 years of training he has passed his

Karate Black Belt 1st Dan. Being one of the youngest Black Belts in the country at 9 years old Seamus started training with the Killarney Martial Arts Academy when he was only 5 years old and now trains with the Japan Karate Association in Cork twice a week, along with travelling to Tokyo each Summer to train with the JKA Masters.

Seamus has been called up by Irish National squad of the JKA and is now training for the JKA Four Nations Championship which will be held in Surrey next month where he will represent Ireland as they take on teams from England, Scotland and Wales.

Seamus is the son of Mitsuko and Brendan Kelly from Faha where he is a fourth class pupil at the local school.



SEAMUS KELLY IS PICTURED WITH HIS CERTIFICATE WHICH ARRIVED FROM JAPAN AFTER A 3 MONTH WAIT AND HIS COMPETITION MEDALS/ TROPHY FROM THE PAST 4 YEARS WHICH INCLUDE 6 WORLD, 19 NATIONAL AND 11 INTER COUNTY TITLES.

SCHOOLBOY/GIRL SOCCER NEW FORMAT IN THE 12'S GET THE SCHOOLBOYS LEAGUE UNDERWAY: RESULTS:

JK SPORTS 12 PREMIER:

Killarney Athletic 5-0 Tralee Dynamos.

Killorglin A 6-0 Killarney Celtic A.

TRALEE TROPHY 16 PREMIER:

Killarney Celtic A 1-2 Inter Kenmare.

JK SPORTS 12 PREMIER: The 12's League saw the first introduction of the new format under the Player Development Plan introduced by the FAI's High Performance Director Ruud Doktor. The 12's are now 9-a-side and play with small goals and also with the roll on / roll off substitutes all players must now get a pre-determined game plan. Killarney Athletic and Killorglin are the first two winners of the new format. Killarney Athletic had goals from Alex Hannigan 2, Conal Gallagher, Stephen Moynihan and Cillian Courtney in their 5-0 win over Tralee Dynamos. Courtney and Hannigan were Athletic's best players plus Cian Lynch. For Dynamos Sam Callinan, Donagh Stephenson, Maurice O'Connell and Mark Talbot were the best on show.

Killorglin A were 6-0 winners over Killarney Celtic A. Eoghan Hassett got the first hat trick of the new season, Darragh O'Grady got 2 and Jack O'Sullivan were the scorers. Tom Whittleton and Hassett were the best on the day for Killorglin. For Killarney Celtic keeper Rian Kelly was in great form despite being beaten.

TRALEE TROPHY WORLD 16'S: Inter Kenmare are the early leaders of the 16 Premier. They defeated Killarney Celtic A 2-1. Lee Downing and Donal O'Sullivan exchanged goals for Celtic and Inter. Dylan O'Connor wrapped up the Kenmare win from the penalty spot in the second half. O'Sullivan and Tom Murnane were the players of the game for Inter who had manager Michael Fitzpatrick back on the line for the first time in 8 years.

MASTERGEEHA FC LOTTO

There was no winner on Friday 4th September. Numbers drawn were 11, 18, 21 & 22. Consolation prizes were €100 Chris Mangan, Woodlawn Road, Killarney, €60 Pat & Kim c/o Linehans, Killarney. €30 Marian Collins, Village Inn, Kilcummin, €30 D. Will c/o Village Inn, Kilcummin, €30 Sinead Collins c/o Village Inn, Kilcummin. Jackpot now €5,250.

RESULTS: U17 CUP FINAL

MASTERGEEHA 0 PARK FC 0. In this close game defences were on top with Jerry Cronin making some good saves for Mastergeeha. Mastergeeha created some chances throughout with Patrick Warren, Donal Moynihan and Gearoid Kerins have shots saved by the Park goalkeeper. All for Mastergeeha played well with both side meeting again next Sunday in the replay.

SENIORS: In preparation for the new season seniors training continues on Wednesday and Friday at 7.15pm at Kilbrean Park. New Player welcome.

SCHOOLBOYS & GIRLS TRAINING: In preparation for the commencement of the new underage season training continues for schoolboys and schoolgirls teams. Schoolboys season kicks off with even ages groups on Saturday 19th September. New players welcome for all ages. For further information contact: Tadhg Brosnan: Ph. 086-4098405.

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

KILLARNEY ATHLETIC A.F.C. NOTES

50TH CELEBRATIONS: A very special and unique night was had by all at the 50th meal and celebration. With guests from near and as far away as Switzerland, all things good about the club were celebrated in style. The good vibe raced all the way to the early hours and memories will be cherished for many years to come. A huge thank you is due to Bernadette Randles and the Dromhall Hotel for catering to our needs all through the night. We had a splendid meal and evening in a room decorated in the blue and white. To all who contributed to the night in any way thank you - you know who you are! With vice-chairman Joe Daly on capable M.C. duty, we heard congratulatory and celebratory speeches on behalf of the league bodies from our own Geraldine Nagle and also Sean O'Keefe. Chairman Michael O'Shea set out the club's mission for the future and founder Don Harrington reiterated the original vision he had all the way back in 1965 when he spotted a bunch of likely youths playing ball in the Sandpit car park. The scope of the club's achievement in enabling participation in soccer from the youngest of age groups all the way to the professional ranks was given due recognition. It was also noted that the spirit of encouragement and participation was abundant right across the club's ranks. On a more formal note, Mary McCarrick received the inaugural Lady of the Year Award which was presented by Dan Harrington, the founder of Killarney Athletic, in memory of his late wife Monica who was the club's first female member. We were delighted to have Dan over with us from England and an added bonus was the presence of some of Monica's nieces, Aine, Maura, Trisha and Máiréad and her husband, Michael. The Donal Brosnan Memorial Trophy for club person of the year was presented by Gina, Donal's wife and jointly shared by the long-serving Donie Murphy and newly-wed Damien McCormick. Player of the Year, Shane Doolan received the Seán O'Connor and Martin Beckett Memorial Trophy from Sean's brother and former senior player Paudie and Martin's sisters Kerrie and Mags. Many of our deceased members were proudly represented last night by family members and we remembered them with a story and a smile. (If we mistakenly omitted anyone from the programme on the night please let us know and we will amend it on the finished version on the club website.)

Volunteerism is the lifeblood of all clubs and we were privileged to share in an occasion which marked fifty years of service to sport in Killarney. Well done everyone on a great achievement and we look forward to the next half century in anticipation of much more success and friendship!

FIXTURES:

SENIORS: The Senior B team kick off their season next Sunday home to Cedar Galaxy 11.30am.

Youths drawn at home to Celtic in Munster youth cup while seniors away to same opposition.

UNDER 12:

KILLARNEY ATHLETIC 5 TRALEE

DYNAMOS 0: Alex Hennigan 2 goals, Conal Gallagher, Stephen Moynihan and Cillian Courtney with one each. Cillian Courtney got man of the match with Alex Hennigan and Cian Lynch also very good.

ACADEMY: Killarney Athletic Academy. (U6's - U10s). Our Academy is starting up again on Friday's from 5.00pm to 6.00pm for ages 6, 7 & 8's and from 6.00pm to 7.00pm for ages 9, 10 & 11 in Killarney Athletic, Woodlawn. Registration will take place on the night and bring €2 for training. All Players welcome, new and old, bring your friends.

UNDER 12'S TRAINING: Under 12's training is back on Thursday in Woodlawn at 6.30pm until 8.00pm.

CHILD WELFARE COURSE: A child welfare course is to take place in Mounthawk Park on Monday 14th September at 7.00pm. Please contact Damien McCormick on 087 7473405 for further details.

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 Alan Daly on 085 191 3244 or aland15@live.ie.

KILLARNEY CELTIC NOTES

CONDOLENCES: Killarney Celtic wish to extend sincere condolences to the family and many friends of Pádraig O'Donoghue, an encouraging coach of young players, a fantastic photographer who captured the vibrancy of Killarney Celtic for posterity, and most important a warm and gentle soul who befriended everyone he met who bore his final illness with incredible courage. Suabhnaís sioraí do a Anam dílis.

Condolences also to the Williams family on their recent loss.

BEST WISHES: Best wishes for a speedy recovery to Jack Griffin as he recuperates from a leg injury.

GOLF CLASSIC: Our Annual Golf Classic, sponsored by the Killarney Avenue Hotel, was a huge success and we would like to thank all the teams, sponsors, volunteers, and the Killarney Golf and Fishing Club for their fantastic support.

MANAGERS WANTED FOR FOOTBALL

FOR ALL: Killarney Celtic Football For All

provides soccer in a fun and supportive way for children with special needs. This is an integral part of the club and one of which we are all proud. However, in order to provide that safe and supportive environment, we need volunteers to help us with coaching and supervision. Full training will be provided, so all you need are a few hours a week to spare if you would like to help people achieve their full potential. Please contact Jane O'Donoghue on 086 2243435 if you would like to be involved.

TRAINING TIMES: Players must register on the night to be fully covered and to play in the senior or schoolboys Kerry leagues. Everybody is welcome to a testing but fun training environment. We do ask players to wear the proper equipment for safety's sake and to respect the authority of coaches and other trainees. These times may be subject to change as the season beds down.

SENIOR SQUADS AND YOUTHS: Tuesdays,Thursdays (this slot will be switching to Fridays in a few weeks time) 7.30pm. Killarney Celtic Football For All – Thursdays, 5.00 – 6.00pm. U16 – Mondays, 8.30pm.

U14 Boys – Mondays – 7.00pm.
U14, U12 Girls – Thursdays, 6.00pm.
U13 – Thursdays, 6.00pm.
U12 – Mondays, 5.30pm.
U11 – Wednesdays, 5.00pm.
U10 Girls – Saturdays, 11.00am.
U10 Boys – Saturdays, 4.15pm.
U9s – Saturdays, 3.00pm.
U8s – Saturdays, 1.45pm.

U7 training for boys and girls has now started. New players welcome next week. Training takes place at 12.30pm on Saturdays with an emphasis on fun first.

RESULTS: U16 PREMIER: KILLARNEY CELTIC 1 INTER KENMARE 2: Lee Downing scored a great goal to make it all square at half-time in a very good, well-contested battle between two good teams, but an Inter Kenmare penalty saw them take the spoils in the second half.

U12 PREMIER: KILLORGLIN 5 KILLARNEY CELTIC 0: We have a bit of work to do on training ground but in fairness, Killorglin were absolutely superb and full value

for their win, they played a great brand of soccer. Rian Kelly in goal was outstanding for us and Ben Switzer and Luke Crowley did very well.

FIXTURES: U15 Premier: Killarney Celtic away to Killorglin, Saturday, 10.45am.

U13 Premier: Killarney Celtic at home to Camp, Saturday, 11.00am.

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

LOTTO RESULTS: Numbers drawn 6, 7, 14, 19. No winner, five match 3, Cian Tate, PC c/o McSweeney's, Breda Horgan Dalton's Ave., Killarney Tyre Centre, John Scannell c/o Dans, €30 each. Next week's jackpot €3800, draw in the Failte on Monday night. Tickets available from all club officers. Yearly tickets available.

If anyone has information for the notes contact Jimmy O'Sullivan Darcy 087 9633397 or jimmyosdarcy@gmail.com.

Check out www.killarneyceltic.com for Killarney Celtic news, match reports, or photos.

CELEBRATIONS CONTINUE FOR ATHLETIC'S 50TH ANNIVERSARY

KILLARNEY ATHLETIC CLUB MEMBERS GATHER TO WALK TO THE HALF MOON AT THE ENTRANCE TO THE DEMESNE IN CELEBRATING THEIR 50TH YEAR AS A CLUB.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE ENTRANCE TO THE DEMESNE AND CELEBRATING KILLARNEY ATHLETICS 50TH YEAR WERE L-R TOIRDEALBHACH Ó LIONÁIRD, MAIREAD DORNEY, BRIAN GILHOOY HOLDING THE BRIAN GILHOOY CUP, CLUB FOUNDER DAN HARRINGTON & MIKE O'SHEA.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



CELEBRATING 50 YEARS JUST BEFORE THE ORGANISED WALK TO REVISIT THE HALF MOON AT THE ENTRANCE TO THE DEMESNE WERE L-R RYAN PATTEN (GRANDSON OF JOHNNY HEFFERNAN), CLUB FOUNDER DAN HARRINGTON, MIKE O'SHEA & CIAN CALLAGHAN WINNER OF THE U16'S 7 ASIDE PLAYER OF THE YEAR AND THE JOHNNY HEFFERNAN MEMORIAL SHIELD.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ANNE O'LEARY THE LAURELS KILLARNEY (SEATED CENTRE) PRESENTING FIRST PRIZE IN THE LAURELS LADIES COMPETITION TO WINNER KATIE O'CONNELL WITH PATSY HANLEY LADY CAPTAIN (BACK FROM LEFT) HELEN PRENDERGAST 2ND, AMY ARTHUR BEST GROSS, KATHLEEN WALL 4TH, MAUREEN CREEDON 5TH AND SUSAN TONG 6TH AT KILLARNEY GOLF CLUB, KILLARNEY ON SUNDAY.

KILLARNEY GOLF CLUB

MEN'S GENTS SINGLES DOOKS EXCHANGE SINGLES STABLEFORD CALOR GAS DOOKS 6/9/15

1st Pdraig Griffin (18) 40pts.
2nd Donal Considine (2) 37pts.
3rd Der Brosnan (16) 37pts.
4th Con Lanigan (12) 36pts.
5th Don O'Sullivan (13) 36pts.
Category 1 Shane Horgan (3) 35pts.
Category 2 John Cahill (10) 34pts.
Category 3 Sean Clifford (16) 34pts.
Category 4 John C. Curtin (18) 35pts.
C.S.S. 33pts

KGC CHOIR FUNDRAISER, KILLEEN, 2/9/15 MEN

1st James Collins (13) 39 pts.
2nd Simon Gallivan (1) 39 pts.
3rd Eugene McSweeney (21) 39 pts.

LADIES

1st Marie Chawke (27) 37pts.
2nd Ann O'Leary (26) 37 pts.

SINGLES MATCHPLAY FINAL SPONSORED BY AGHADOE HEIGHTS HOTEL PLAYED ON KILLEEN SATURDAY SEPTEMBER 5TH

Dermot Roche defeated Donal Considine.

FOURBALL MATCHPLAY FINAL SPONSORED BY THE MALTON

Dan Doona and Darren O'Doherty defeated Billy Morris and Brendan Keogh.

ROSS GOLF CLUB

GENTS CLUB

RESULT

ON SUNDAY SEPTEMBER 6TH WE HELD
A SINGLE STABLEFORD COMPETITION
KINDLY SPONSORED BY MARK HEINEMANN
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The following were the winners:

1. Donnagh Moynihan (9) 41 pts.
2. Jordanas Jonikaitis (11) 39 pts.
3. John Spillane (21) 38 pts.

FIXTURES: On Sunday September 13th our President, Donie Mulcahy will hold his Presidents Prize. This will be a strokeplay competition.

The entrysheet is now available in the clubhouse so please add your name to it before 5 pm on Saturday as the draw for partners takes place then.

The presentation of prizes will take place at 8pm on Sunday night in the clubhouse. There will be a meal and also some great entertainment to follow.

A good social night is planned and all members are urged not to miss the Presidents Prize day and night.

KILLORGLIN GOLF CLUB

LADIES: PRESIDENT TOMMY MURPHY'S PRIZE TO LADIES 12 HOLE STABLEFORD:

1. Ann Kenny Foley, Vice Captain (32) 24 pts (B3). 2. Eileen Bell (25) 24 pts.

SILVER SWANS: 12 HOLE STABLEFORD: 1. Betty Griffin (36) 24 -1=23 pts.

2. Kitty Galvin (27) 22-1= 21 pts.

9 HOLE SCRAMBLE: 1. Maura Kennedy/Carmel O'Connor/Mary O'Connor 34.2.

2. Kathleen Keating/Eileen Bell/Tyler O'Sullivan/Corinne Schnyder 34.6. 3. Rita Kelleher/Emma Daly/Jemma Key 35.9.

FIXTURE: Lady Captain Phil Anne Foley's week-end away to Woodstock Saturday 12th September. Wishing all the Ladies a great week-end.

Ladies Committee Meeting will take place on Tuesday 15th September.

KILLARNEY GOLF CLUB

LADIES

**RESULTS OF COMPETITION SUNDAY
6TH SEPTEMBER, 2015 SPONSORED BY
CHRISTIE'S STORES, MAHONEY'S STROKE.**

- 1st. Helen Howard (28) 60.
- 2nd Mary O'Doherty (13) 69.
- 3rd Eimear O'Donnell (7) 70 (bk9).

BG Nicola Rainsford (7) 81 gross.

4th Julie Leonard (24) 70.

5th Sinead Galvin (27) 71.

Pat Courtney Memorial Mixed 4 some Competition will be played on Sunday Next, September 13th, shotgun start 9.30 am, prize giving immediately afterwards in Clubhouse. Our Open day will take place on Wednesday 23rd September.

KILLORGLIN GOLF CLUB

RESULTS:

**PRESIDENTS PRIZE (MR. TOMMY MURPHY) KILLORGLIN GOLF CLUB
06/09/2015**

1st Michael Harrington 3 up.

2nd Jason Dinham 6 up.

3rd Moss Joy 3 up.

4th Jerry Sheehan 2 up.

5th Eamon Sheehan 2 up.

CAT B Billy O'Shea 2 up.

Cat C Tom Farrelly 2 up.

Senior Jim McCarthy 1 up.

Junior Colin O'Sullivan 1 up.

Gross Jer Joy 1 up

Guest Tony Brosnan.

CASTLEROSSE GOLF CLUB

RESULTS:

**COMPETITION PLAYED ON SUNDAY 6TH
SEPTEMBER, 18 HOLE STABLEFORD** Winner

John O'Halloran (19) 41pts, Runner up Gene Cronin (16) 40pts, 3rd place Steve Shine (18) 39pts.

Scramble played on Tuesday 1st September, best net return, Gintaras Bendaravicius, John O'Halloran, Denis Tangney and Norma Sheehan.

Next weekend competition is a 18 Strokeplay. Register on timesheet in the Castlerosse. Scramble continue each Tuesday, tee off at 6.15pm. Open to Ladies and Gents.

Open day in aid of St. Mary of the Angels in Beaufort Saturday 3rd October, 2 ball better ball, cost per team of two is 30 Euro. Please support.

ROSS GOLF CLUB

LADIES

OUTING ADARE MANOR GC.: Winners Mary Cronin (20), Noreen O'Mahony (26), Eilish O'Sullivan (29).

UPCOMING EVENTS: President Donie Mulcahy Prize to the Ladies. Saturday 12th September. Timesheet available in Clubhouse.

Photo attached is

Sinead O'Shea's Lady Captains Day

Front Row: President Donie Mulcahy, Mary O'Sullivan 3rd. Noreen O'Mahony 2nd, Lady Captain Sinead O'Shea. Winner Ailish Mulcahy, Captain Denis Cronin.

Back Row: Mary Moynihan 5th, Breda Duggan Female Guest, Michael Moloney Gents 1st, Colm O'Shea Gents Guest, Eileen O'Riordan Front 9, Briedie Doyle Back 9, Eileen Fleming Past Captain.

Photo 2: Lady Captain Sinead O'Shea and winner Ailish Mucahy



MARY CORKERY (FOURTH FROM LEFT) PRESENTING FIRST PRIZE IN THE CORKERY'S RESTAURANT LADIES COMPETITION TO WINNER MAIREAD O'SULLIVAN WITH (FROM LEFT) NOREEN O'CONNOR 3RD, MARY O'ROURKE 2ND, PATSY HANLEY LADY CAPTAIN AND EIMEAR O'DONNELL BEST GROSS AT KILLARNEY GOLF CLUB, KILLARNEY ON SUNDAY.



PATSY HANLEY LADY CAPTAIN (CENTRE) PRESENTING THE PRIZES IN THE CASTLEROSSE HOTEL LADIES COMPETITION TO (FROM LEFT) PAT COLLINS, HELEN HOWARD, MARGARET CAMPION AND SUSAN TONG AT KILLARNEY GOLF CLUB, KILLARNEY.



SINEAD O'SHEA'S LADY CAPTAINS DAY: FRONT ROW: PRESIDENT DONIE MULCAHY, MARY O'SULLIVAN 3RD, NOREEN O'MAHONY 2ND, LADY CAPTAIN SINEAD O'SHEA. WINNER AILISH MULCAHY, CAPTAIN DENIS CRONIN. BACK ROW: MARY MOYNIHAN 5TH, BREDA DUGGAN FEMALE GUEST, MICHAEL MOLONEY GENTS 1ST, COLM O'SHEA GENTS GUEST, EILEEN O'RIORDAN FRONT 9, BRIEDIE DOYLE BACK 9, EILEEN FLEMING PAST CAPTAIN.



SINEAD O'SHEA'S LADY CAPTAINS DAY: LADY CAPTAIN SINEAD O'SHEA AND WINNER AILISH MUCAHY

PICTURE OF THE WEEK....



PAUL SHERRY, MANAGER OF THE KILLARNEY OUTLET CENTRE GOT MORE THAN HE EXPECTED WHEN HE DROPPED INTO THE KERRY GAA STORE WEARING HIS DUBLIN JERSEY. THERE TO GREET PAUL WERE KERRY FOOTBALL STARS, JOHNNY BUCKLEY, MARC Ó SE AND KIERAN DONAGHY, BUT IT WAS KERRY COUNTY BOARD CHAIRMAN, PATRICK O'SULLIVAN WHO TACKLED PAUL ABOUT HIS CHOICE OF JERSEY.... A TASTE OF WHAT'S TO COME IN NEXT WEEK'S ALL IRELAND FOOTBALL FINAL. PICTURE: DES O'CONNOR

PREVIEW NIGHT SET TO DRAW THE CROWDS

A who's who of Kerry GAA will be in Dromhall Hotel on Thursday September 17th for the preview of both the All Ireland Senior and Minor Final. Casting their eye over both matches will be Kerry Legend Seamus Moynihan, two time All Star John Crowley, Multi All Ireland winner Sean O'Sullivan and former Kerry Under 21 and Roscommon manager John Evans.

2014 All Ireland Minor winning Captain Liam Kearney will tell how it feels and what it took to lift the Tom Markham Cup while 1994 All Ireland Minor winner Liam Brosnan who now officiates as an umpire at major inter county matches will give his view on the games.

On the night there will be a chance to win 2 tickets for the big matches and a Kerry football jersey signed by the Kerry Senior Panel.

Weeshie Fogarty will be on hand to oversee proceedings while Kieran Healy will be get the crowds buzzing with a few tunes.

All in all a great night which kicks off at 8.30pm and the good news is that Admission is free.

PAST EXPERIENCE CRITICAL FACTOR IN FARM MACHINERY PURCHASES

New study finds main non-economic factor in purchase decision is farmer's own experience with a brand or machine

The most important factor in determining what agricultural machine a farmer will purchase is their (and their close friends' and colleagues') own experience, and this was reflected in their loyalty to the leading Irish brands.

Farm machinery dealers, on the other hand, took the view that after sales service was the critical factor in the purchase decision. Dealers are the main source of initial information on new machines, but farmers look to their own or their friends' past experience first when making up their mind.

Nevertheless, the research showed that younger farmers are not as brand loyal as their predecessors, and are comfortable buying new brands; their search behaviour is also much more intensive than ever before; they research the market and they want to 'test-drive' or see demonstrations of machines before committing themselves.

This study, just published by Kate Gaynor, MD of paint manufacturer Advanced Coatings, breaks new ground, as no academic or commercial study has ever examined the factors in Ireland that determine a farmer's decision-making process when making a capital purchase of farm machinery.

The most significant structural change in Irish farms has been the increase in farm size and a reduction in numbers employed. It follows that farmers are increasingly dependent on mechanization on the farm and the consistent increase in machinery ownership figures bears this out.

This is a market of key importance, both internationally and nationally. The value of the global market is expected to exceed €196bn (\$220bn) by 2017. The Irish agricultural machinery market is strong, generating exports of over €100m in 2010, and competition is intense among manufacturers and dealers. This study will be of immense value to agri-marketers in helping them to understand purchasing behaviours.

Enterprise Ireland concluded that Irish-made farm machinery 'tends to be more rugged and built to a higher specification' than anywhere in the world – possibly because of the poor quality of land here. As a result products tend to be superior on high quality land in other countries, which is a serious export advantage for Irish manufacturers. It is noteworthy that good quality technology is now expected and taken for granted in this market, making it less of a critical factor in the purchase decision.

"Farmers are complex purchasers who blur the lines between commercial and retail buyers",

said Kate Gaynor who carried out the recent study. "Farmers' capital purchase decisions are not necessarily as objective as they are in the industrial world. They are influenced by many psychological and social factors deriving from their own experience".

"Marketers of farm machinery need to engage more with farmers when they are considering a new purchase. They should use trade shows, live demonstrations, and participate in community activities such as vintage machinery shows, to strengthen that 'word-of-mouth' bond," said Kate. Kate Gaynor is the owner and Managing Director of Advanced Coatings, which is the largest Irish supplier of paint systems to the agricultural machinery market. The objective of the study was to assess the principal non-economic factors affecting the capital purchase of farm machinery in Ireland. Advanced Coatings works with some of Ireland's largest machinery exporters, and supplies high-end paint systems into specialist paint shops nationwide. The company independently tests paint for clients, including other manufacturers' paint, and audits its own customers' painting processes and systems. They compete internationally with companies from the USA and Germany.



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SUNSHINE AND SMILES AT RUGBY CLUB OPEN DAY



TEAM WORK AT THE FOOD STAND AT KILLARNEY RUGBY CLUB'S FAMILY OPEN DAY L-R GER MOYNIHAN, MIKE WALKER, ANN CLIFFORD AND DENIS & EMER CORRIDAN.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



SUPERMAN BRENDAN FULLER PICTURED IN THE DJ BUS WITH QUIZ PRIZE WINNERS ON FAMILY FUN DAY AT KILLARNEY RUGBY CLUB GROUNDS, AGHADOE L-R JOSH CAMPBELL, JACK O'SULLIVAN, STEPHEN WALSH, BRENDAN FULLER & HUGH WALSH. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



JAMES O'CALLAGHAN & JAKE NASH HAVING FUN AT THE FAMILY FUN DAY AT KILLARNEY RUGBY CLUB.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ENJOYING THE ACTIVITIES AT THE FAMILY DAY L-R VALERIE HEGARTY WITH HER TWO DAUGHTERS JENNY & SARAH.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



BABY JENNA GRACE NASH ENJOYING FAMILY FUN DAY AT KILLARNEY RUGBY CLUB WITH HER DAD MIKE AND MUM IRENE.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

KILCUMMIN NEWS

Anyone interested in Music group U12 & U16 and Ballad group U12 & U16 please contact Maria on 086-0537510. Competitors must be over nine years.

ANABLA N.S.: Anabla National School Family Fun Day and Raffle on 27th September 2015, 2pm to 6pm at the School Grounds. Lots of fun on the day, bouncing castles, obstacle course, fun sport events, inflatable soccer pitch and bumper balls, inflatable speed cage and radar, raffle, cake sale, barbecue, kids karaoke and lots more. Great prizes to be given away on the day.

COMHALTAS: Our next branch meeting will be held on Tuesday 15th September at 8.30pm in Kilcummin Rural Development Office. Could all members please try and attend to discuss matters arising over the summer. Anyone interested in joining our branch will also be very welcome.

AGM: Our branch AGM will be held on Tuesday 13th October at 8.30pm in Kilcummin Rural Development Office.

MUSIC SESSION: Our first Sunday session after our summer break will be held on Sunday 27th September from 2.30 to 5pm in Kilcummin Recreational Hall. All musicians from far and near of any age and ability will be very welcome! Refreshments provided for all in the break. We look forward to seeing you all for a catch up and particularly welcome any new musicians to our sessions!

JUNIOR SET DANCING CLASSES: Junior Set Dancing Classes for beginners, intermediate and advanced will commence on Friday 18th

September in the Recreational Hall. Enrolment will take place on Friday 11th September from 7 – 7.30pm at the same venue. Contact Mary 087 9620135 or John 086 1579381 for details. All welcome.

PARENT AND TODDLER GROUP.

Toddler group meet every Monday from 10.30-12.30 in the Recreational Hall across from the church. We are a group of mums, dads and childminders who meet every Monday during school term, for a chat and get together for the Adults and play for the children. All welcome.

KILLARNEY LIBRARY: The next meeting of the Sewing and Fashion Club at Killarney Library will take place on Friday 11th September from 11am-1pm. Free admission.

JUVENILE GAA: Kilcummin GAA Clubs Family Fun Day was as always a great success. Coiste Na nÓg had organised a range of games and competitions throughout the day on Sunday 6th September. As well as the traditional under 12s Parish League competition for boys and girls there were races for all and tugs of war and novelty games as well as special skills competitions in both hurling and football. Many thanks to all who came and took part but particularly to the Ladies Committee who did all the catering on the day. The Juvenile Committee who put a lot of hard work into planning and running the day and mentors and others who helped organise teams, refereed and organised games. The U12 Parish League winners were and mentored by John Finnegan and Timmy Doolan. Captained by Liam Randles

the other players were A Logan (vice captain), D Cronin, J Fogarty, J Williams, AJ Murphy, L Horgan, S Doolan, E Dwyer, TJ Healy and O'Leary.

OTHER RESULTS: U8 HURLING SKILLS: 1st Sabdh O'Halloran, 2nd Billy O'Donoghue; **U10 HURLING SKILLS:** 1st Jack Fogarty, 2nd Fiachra Roarty 3rd Jack Tagney, **U12 HURLING SKILLS:** 1st Michael Sweeney, 2nd Colin O'Leary 3rd Mark O'Shea. A special congratulations to Colin O'Leary who won the overall hurling skills competition.

UNDER 8 BOYS FOOTBALL SKILLS: 1st Ronan O'Connor, 2nd Sean Cox, 3rd Cillian O'Connor. **UNDER 8 GIRLS FOOTBALL SKILLS:** 1st Doireann Dwyer, 2nd Caoimhe O'Halloran, 3rd Nadine O'Sullivan. Joint winner of the Fr Horgan trophy for Under 10 football skills were Olwyn Evans and James Williams. Finally congratulations to Tara Huggard and Charlie Kelliher and their families on winning the Bonny baby competitions.

GAA GOLF CLASSIC: This fund raiser which is vital to meet the day to day costs of running any club is taking place on September 12th in Beaufort Golf Club. Teams of 3 cost €120 and sponsorship of a tee or green is also most welcome. Tee times at this stage are filling up and are limited so please contact Muiris Healy (086)1614136 or Mike Casey (087)7945103 if you would like to play. Contact any member of the Executive or Willie Fleming with Sponsorship on (087) 9284909. Your support will be greatly appreciated and advertised.



STEVEN O'LEARY SECOND FROM RIGHT REPRESENTING THE KILCUMMIN U18 MIXED SET WHO WON THE ALL IRELAND AT FLEADH CHEOIL NA HÉIREANN IN SLIGO MAKING APRESENTATION TO THEIR TRAINER ADRIAN MORIARTY AT THE VILLAGE INN RECENTLY. ALSO INCLUDED FRONT FROM LEFT ARE PATRICK O'CALLAGHAN, CONOR COFFEY, NATHAN COUNIHAN. BACK ROW FROM LEFT AISLING O'CONNOR, NIAMH MCSWEENEY, LYNN BROSNAN AND SIOBHAN MOYNIHAN.



PATRICK O'CALLAGHAN REPRESENTING THE ADRIAN MORIARTY SET DANCING GROUP MAKING A PRESENTATION TO MARION COLLINS, THE VILLAGE INN IN RECOGNITION OF HER SUPPORT TO THE DANCERS THROUGHOUT THE YEAR. ALSO INCLUDED FRONT FROM LEFT ARE STEVEN O'LEARY, CONOR COFFEY, NATHAN COUNIHAN. BACK ROW FROM LEFT AISLING O'CONNOR, NIAMH MCSWEENEY, LYNN BROSNAN, AND SIOBHAN MOYNIHAN.

BEAUFORT NOTES

SOUTH KERRY PLOUGHING CHAMPIONSHIP: Beaufort Pioneer Council invite everybody to their Stand at the South Kerry Ploughing Championship to be held on Sunday, 13th September at Fossa.

PICTURED RIGHT AT BEAUFORT GOLF CLUB ON LADIES CLUB FUNDRAISING DAY WITH THE LADY CAPTAIN & VICE CAPTAIN WERE THE WINNERS & SPONSOR FROM THE DUNLOE HOTEL. FRONT ROW L-R LADY VICE CAPTAIN IRENE MCCARTHY, DUNLOE HOTEL FRONT OFFICE MANAGER SIMON KEATING & LADY CAPTAIN EVE BIRD. BACK ROW L-R PRIZE WINNERS RENE CLIFFORD (3RD PRIZE), MICHAEL JOHN O'CONNOR (3RD PRIZE), JOHN COOPER (1ST PRIZE), PEGGY O'RIORDAN (2ND PRIZE) & JOAN O'SULLIVAN (1ST PRIZE). MISSING FROM THE PHOTO BRENDAN FITZGERALD (2ND PRIZE). PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



HUGE NUMBERS REGISTER WITH ST. PAUL'S

The St. Paul's Basketball Club registration evening in Killarney Sports and Centre last Monday was a huge success with huge numbers of young players turning up. Numbers are particularly high in some age groups and the club may have to enter extra teams in the Kerry Area Board competitions to cater for all players.

Training times have been announced for all teams for the new season and new players are still welcome to come along and register. The club would also appreciate the input of extra coaches as well. Former players and anyone with any basketball background are more than welcome. Parents of any young players are also invited to get involved in club activities.

THE FOLLOWING ARE TRAINING TIMES FOR THE NEW SEASON AT KILLARNEY SPORTS CENTRE

Monday U10 Girls 5pm – 6pm Court 1.

Monday U10 Boys 6pm – 7pm Court 1.

Tuesday U14 Girls (2) 6.30pm – 7.30pm Court 1.

Tuesday U16 Girls 7.30pm – 9.00pm Court 1.

Tuesday U16/18 Boys 8pm – 9.30pm Court 2.

Friday Dribblers 5pm – 6pm Court 1.

Friday U14 Girls (1) 6.00pm – 7.30pm Court 1.

Friday Senior Men 7.30pm – 9.00pm TBC.

Friday U12 Boys 5.30pm – 7.30pm Court 2.

Friday U14 Boys 7.30pm – 9.00pm Court 2.

Saturday U12 Girls 10am – 11am Court 1.



EABHA and AISLING STACK, AVA SHEEHAN and ZENA SHINE AT THE ST. PAUL'S BASKETBALL CLUB REGISTRATION NIGHT IN KILLARNEY SPORTS CENTRE ON MONDAY EVENING. PICTURE: EAMONN KEOGH (MACMONAGLE.COM)

FLAG DAY: St. Paul's flag day is taking place on Saturday September 19th and the club is appealing to all members to help out on the day. Jim Delaney is coordinating the event and is currently taking names and available times from interested members. Jim can be contacted on 087 2844518.

SENIOR LADIES: After an absence of a few years, the club is delighted that plans are at an advanced stage to form a senior ladies team again. James Fleming and Kate Donnellan are in charge of the team and would be delighted to hear from any players wishing to join.

BUSY SCHEDULE FOR KERRY LADIES

Busy weekend ahead in Kerry Ladies calendar as we have 4 finals in the next 7 days. Also the semi finals of the Randles Bros Nissan Dealers Senior Championship also take place.

The first final of the weekend is the Educate.ie U14 Div 1 final between Mid Kerry neighbours Cromane & Miltown/Listry in Beaufort at 1pm. Both teams feature many players who featured with the Kerry U14 team and Cromane players were also involved with the All Ireland winning Killorglin Community teams winning team. So despite their young years they have plenty of experience. A fast game of football & will be a treat for all football fans. The second final of the weekend is the Randles Bros Junior C Final between Currow and Dingle. Game takes place at 4pm in Keel GAA. Currow are an experienced side and are consistent in their performances. While Dingle have many talented players available to them, consistency has been a major stumble block, with a heavy defeat to Causeway in last years semi final evidence of that. However in 2015 they have gained some

momentum & are more consistent with a strong league campaign behind them in the Rhyno Quality Feeds Div 4, however Currow are an experienced side and reached 2 finals last year & are playing in a higher division. However the talent at Dingle's disposal if they are available makes them strong contenders for the title and for promotion to Junior A in 2016. The second final of the weekend sees the Randles Bros Nissan Junior A Final between Corca Dhuibhne and Dr Crokes also in Keel at 6pm. Corca Dhuibhne swept aside Abbeydorney in the semi final & laid a real marker of intent. While Dr Crokes had a more closer encounter with a strengthened Austin Stacks side, which will benefit them. Corca Dhuibhne helped serve up the game of the championship last year in the Junior A decider against Rathmore and will be hoping to go one better this year and annex the title. Both sides feature county players notably Louise Ni Mhuirheartaigh & Eilish Kavanagh for the West Kerry side, while Amanda Brosnan & Rehanne O'Shea feature for



the East Kerry side. Expecting Corca Dhuibhne to shade it with the experience of last year's final standing to them.

The last game in our string of finals is the U13 B Championship between Castleisland Desmonds and Ballymacelligott. Ballymacelligott are coming into the game with confidence as they won the Educate.ie U14 Div 3 Final, with many of the team eligible for U13. However Desmonds are pro's when it comes to finals and no doubt it will be a good game. At time of going to press, game is scheduled for 15th Sept in Furies, please check website etc closer to the time.

Get your weekend off to a **bright** start with the **KILLARNEY Outlook**

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GLENFLESK NOTES

GLENFLESK U21S: The Glenflesk U21 team, sponsored by the Jarvey's Rest, had a good victory over Ballymcelligot\Churchill in the County U21 Shield competition played in Glenflesk on September 2nd, on a scoreline of 2-17 to 1-6. They are due to play the winners of Templehoe and Dromid\Waterville in the semi-final of this competition.

GLENFLESK U12S: The Glenflesk U12s travelled to Dr. Crokes on Sunday September 6th in the second round of the East Kerry league. The first team won on a scoreline of 4-8 to 3-21, while the second team were defeated 3-14 to 3-10. The previous Tuesday night (September 1st) the Legion visited Glenflesk, the first team were held in an entertaining game 4-13 to 5-10, while the second team won on a scoreline of 5-10 to 4-5.

GLENFLESK LOTTO: Glenflesk Lotto draw was held on Monday the 31st of August 2015, in The Kerry way. Jackpot: €6,600. Numbers drawn: 1, 2, 18, 20. No Winner. €50 EURO DRAW: First draw: Micheal and Kathleen Lynch,

Brewsterfield (YEARLY). Second draw: Marlies Reen, 3 O'Donovan Court, High Street. Third draw: Pat Murphy, Barraduff (YEARLY). Fourth draw: Jay O'Donoghue, Shroneaboy. Next draw will be held on Monday 14th in John Dan's. Jackpot €6,800.

SET-DANCING: Set-Dancing classes have recommenced in St. Agatha's hall Glenflesk on Wednesdays at 5.30pm. Age 6+. Beginners welcome. Contact Linda on 087 6423683 or Jennifer on 086 1037496 for further details.

GLENFLESK COMHALTAS: Music Class commencing on the 24th September, 2015 at 7.15 p.m. in St. Agatha's Community Centre, Glenflesk. Registration on the night at 7.00pm. Contact Margaret Creedon on 087 2706390.

ARTS AND CRAFTS GROUP: The group meets every Thursday morning at 10.30am in the Parish Centre at Headford. Everyone welcome.

RAHEEN NS: Congratulations to Lorena O'Connor who had the winning lotto number 40 on Saturday the 5th of September.

GLENFLESK COMMUNITY GAMES LOTTO:

Congratulation to the following winners for the month of July and August lotto: Eileen Doherty, Knockanes. Siobhan Darcy, Clonkeen. Aoife Landers, Iron Mills. Shane O'Riordan, Barradubh. Geraldine O'Brien, Glenflesk. Kathleen O'Connor Fleming, Artigalivan. Brendan Brosnan, Knockanimirish. Tommie Finnegan, Cools. Johnny Roche, Raheen. We wish to thank all those who have participated in the draw in support of the Glenflesk Community Games fundraiser and best of luck in the future draws.

BARRADUFF COMMUNITY FIELD: Don't forget that Athletics for girls and boys aged 6 to 16 continues every Friday night between 7pm and 8pm for the winter months. With a definite emphasis on fun and games this is a great way to introduce your children to athletics with Gneeveguilla Athletic Club. All welcome.

CONTACT: We welcome items of local interest. Please contact PRO Donal on 087 668 7926 or pro.glenflesk.kerry@gaa.ie.

FOSSA NOTES

FASHION SHOW: Fossa Annual Fashion Show in aid of Fossa Community Centre will be held on Wednesday 7th October at Hotel Europe. Tickets and more details available shortly.

COMHALTAS FOSSA/TWO

MILE

COMHALTAS: Adult Set Dancing re-commencing on Tuesday September 29th in Fossa Community Centre. Beginners 8pm, Improvers and advanced 9pm. Further details contact Catherine 087 6799330.

SCÓR: Anyone wishing to take part in Scór na nÓg (u17) please contact Scór Officer Theresa Kissane 087 681 6169 asap

KILLARNEY LIBRARY: The next meeting of the Sewing and Fashion Club at Killarney Library will take place on Friday 11th September from 11am-1pm. Free admission.

ASTROTURF ALL WEATHER PITCH: All weather pitch at Fossa National School. Opening hours Monday/Friday 4pm/10pm,

Saturday/Sunday 10am/10pm. All types of sport are played on this floodlit pitch. Now taking bookings for birthday parties. Contact Ger O'Connor 083 4228977 or email fossaweatherpitch@gmail.com

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



THE DOOLANS CLAN GATHERED IN LARGE NUMBERS AT THE KILCUMMIN GAA CLUB ON SATURDAY TO VIEW THEIR FAMILY TREE HISTORY DATING BACK TO 1750, WHICH WAS COMPILED BY CONNIE DOOLAN (SEATED - FRONT, CENTRE) OVER A TWO YEAR PERIOD.



ATTENDING THE DOOLAN FAMILY TREE HISTORY GATHERING ON SATURDAY. FROM LEFT: SHELIA O'LEARY, (DOOLAN) SHAUNA O'LEARY, TIMMY DOOLAN, ALAN DOOLAN, JOHNNY DOOLAN, CONOR DOOLAN, CONNIE DOOLAN, (RESEARCHER), EMMET DOOLAN AND BILLY DOOLAN.

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RATHMORE / GNEEVEGUILLA NEWS

by Michael O'Mahony

HOLY FAMILY N.S. RATHMORE:

Grand Raffle for All Ireland Final Kerry V Dublin. **FIRST PRIZE:** Two All Ireland Stand Tickets. Two Return Train Tickets Rathmore to Dublin. Two Nights B & B for two people sharing at Mespil Hotel Dublin.

SECOND PRIZE: Signed Kerry Jersey.

Tickets €5 each - Book of 3 for €10.

Tickets available from the school, staff, all families and local businesses. Tickets for sale in Cahill's Bar from 7.30 pm on night of draw.

Draw will take place in Cahills Bar Rathmore on Thursday 17th September at 9.30 pm.

GNEEVEGUILLA NS 5K RUN, JOG OR WALK:

The third annual Gneeveguilla NS 5k fun, jog or walk family fun run, in association with the Gneeveguilla Athletics Club, will take place on Sunday the 27th of September 2015. Training for this event is in progress at the Gneeveguilla GAA grounds. It is being held every Monday, Wednesday and Friday evenings from 7:30 to 8:30 and costs €2 per session. Further information will be given on the next edition of the outlook. You can also keep up to date by following us on face book at Gneeveguilla FiveKrun.

TURENCAHILL COMMUNITY GROUP:

Turencahill Annual B-B-Q will take place on Sunday September 13th at 2pm in School grounds. Top Chef Denis Doody will provide the food followed by music with the O'C TRIO. There will also be a raffle on the day with the top prize being two tickets for the All Ireland Football Final. Tickets €15 Primary School, Children €5. Phone 085 1741551 / 087 0617247

RAMBLING HOUSE AT HERITAGE CENTRE

SCARTAGLEN: Monday 14th September 9pm.

Admission free, raffle and refreshments.

All are welcome.

GNEEVEGUILLA A.C:

Training coaching for all girls and boys from 6 years and older every Friday night at 7pm to 8pm in Barraduff Community field. Everybody welcome.

SYMPATHY:

To the families and friends of late Kathleen (Kate) Conlon (née Kelleher)

Kilcorney, Cork. Sean (John Den) Moynihan, Rathbeg East, Rathmore. Alice Buckley

(née Lucey) Old Chapel, Rathmore, whose deaths occurred last week. May they all rest in peace.

RATHMORE COMMUNITY COUNCIL AND RATHMORE COMMUNITY CENTRE COMMITTEE:

Have recently put two defibrillators (AED) in place, one at the Community Centre and one opposite the Church. These life saving devices can give a person in cardiac arrest an 80% chance of survival even before the arrival of an ambulance. These groups plan to run certified training courses in the near future in CPR and AED use. Anyone interested in these training courses please contact Michael O'Mahoney on Tel: 0876676817

e-mail: momahony14@gmail.com.

BINGO: Rathmore Community centre every Friday night at 8.30pm. Everybody welcome:

SLIABH LUACHRA CYCLING CLUB: Sliabh Luachra Cycling juvenile club fundraiser draw win a Peugeot 208 sponsored by Reens car sales Rathmore Tickets: €10 per Ticket. Limited to 5000 Tickets, Draw Date: 12/12/15. At 8pm. Venue. Reens Rathmore, Proceeds in aid of Sliabh Luachra Cycling Juvenile Club.

BALLYDALY HALL: Set dancing will recommence on Wednesday 16th September at 8.30pm. A 4 week course for beginners will also start on the same night at 7.30pm. All welcome - further details from Kathleen (087) 2846906.

COFFEE EVENING: In aid of Marymount Hospice: in Ballydaly Hall on Friday 18th September between 8.00 and 10.00pm.

GRANDPARENTS PILGRIMAGE: Coach to Knock Shrine on Sunday 13th of September. Contact O'Shea's 066 7180123.

GAA: Congratulations to junior team on winning the East Kerry O'Sullivan cup on Sunday last in the East Kerry O'Sullivan Cup Final (Result AET) Rathmore 3-16 Furies 3-13 and to captain Brian O'Leary and Man of match Dean Fitzgerald. Well done to U-10 Hurlers who won the DR. Bill Mangan Shield Final recently, well done to U-14 Hurlers Tomas Holohan and Owen Fitzgerald who played with the Kerry U-14 Hurling team in the Sonny Walsh tournament in Waterford recently.

HELPFORHUMANSIRELAND CHARITY:

A couple from Rathmore are heading to a refugee camp in Greece in three week's time, and hope to bring a van full of essential items, badly needed by the asylum seekers. Among

the items required are clothes, shoes, sleeping bags, toiletries, tinned food and tents. A number of venues around Kerry have been set up as collection points for donations with our main collection depot at Hollymount Rathmore (beside National School - trailer at gate) for collections. Please check out our page for more information! Thank you! <https://www.facebook.com/helpforhumansireland>

GNEEVEGUILLA BASKETBALL CLUB: Are having a used clothes collection fundraiser on the 13th and 14th of September. Collecting at Gneeveguilla GAA Hall from 5pm to 8pm on the Sunday and up to 5pm on the Monday. Or drop into any committee member before then. Phone 0872685488.

CLOTHES COLLECTION: Knocknagree N.S. Parents Council have organised a clothes collection for Tuesday 22nd September 2015. Clothes can be dropped into the hall the evening before between 8.30pm -9.30pm. And again Tuesday morning between 9am- 9.30am. If you have any queries please contact any member of the parents council, Ellen O'Keeffe, 087-6981764, Michelle Brosnan, 086-1050435. Mairead Brosnan, 087-6152376.

IRD DUHALLOW NEWS: Leader Strategic Plan 2015-2020 IRD Duhallow is currently drafting it's strategic plan for Leader 2015-2020. They have held community meetings but are still accepting submission to be included in the programme. A public meeting will be held on next Wednesday 16th September at the James O'Keeffe Institute, Newmarket at 8pm to provide feedback on the strategy. Everyone from business community, community organisations, farming sector, environment groups, sporting organisations. Youth and actively retired clubs are all welcome on the night.

IRD DUHALLOW CARE OF THE ELDERLY: Duhallow Skillnet will be organising a FETAC Level 5 care of the Elderly Course which will run for 10 Wednesdays from 6.30-9.30pm from the 7th October to the 9th December. The cost of this course is €200. For further information and registration please contact Louise at 029-60633/ email duhallowskillnet@gmail.com

NOTES: Anyone has any information they would like to add to the notes, please email Michael O'Mahony (momahony14@gmail.com) or ring or text 087-6676817 before 6:00 on Sunday,



MEMBERS OF THE KILLARNEY CARDIAC RESPONSE UNIT PICTURED AT A COFFEE MORNING TO RAISE FUNDS FOR THE ARDFERT AND DISTRICT COMMUNITY FIRST RESPONDERS IN ARDFERT AT THE WEEKEND.

INCLUDED ARE PAT O'CONNOR, ETAIN USHER, HELEN DUGGAN, AGNES O'LEARY, SEAN HORGAN AND LISA EDGE.

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AWARE SUPPORT GROUP MEETINGS

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ON THE BOX KILLARNEY OUTLOOKS WEEKLY SOAP COLUMN SELF-CONFESSED SOAP ADDICT, JOE BURKETT TAKES A LOOK AT WHAT'S IN STORE IN THE SOAPS THIS WEEK



EASTENDERS : TRIAL WEEK

It's the beginning of the Lucy Beale murder trial this week in Albert Square as Max takes to the stand to defend himself but will he be found guilty for a crime he didn't commit? Here's our guide to the must see episodes.

Mon Sept 14th: Sharon comes face to face with Kathy.

Lauren returns and reveals she knows who killed Lucy.

Ronnie and Charlie's marriage is over.

Tues Sept 15th: Lauren threatens to tell the truth to save her father but then her waters break. More truths about Kathy emerge.

Thurs Sept 17th: Lauren gives birth as Cora and Abi give their evidence.

Charlie wants custody of his son. Whitney confesses Lee's depression secret to Mick.

Fri Sept 18th: Kathy is left shocked by a familiar face. Charlie plans to run away with Roxy and Matthew. Lee talks to a doctor about his fears.

SOAP SNIPPETS

FAIR CITY

This Changes Everything. I'm sure we've all seen the promo advertising Fair City's upcoming car crash storyline. The must see episodes will air in mid-September with the accident expected to have long term consequences for the residents of Carraigstown.

CORONATION STREET

Ken Barlow will be at the centre of a love triangle as Cathy's sister and Audrey Roberts will battle it out for his affections.

NEIGHBOURS

There is a special three hander episode of Neighbours coming up next week which will feature the climax to the long running love triangle between Terese, Brad and Lauren. Expect fireworks as the affair is finally revealed to Ramsay Street.



HAVE A MIRACLE MORNING!

Mornings matter! They set the feel and energy for the rest of your day! How you wake up each day and your morning routine (or lack of routine) dramatically affects your levels of success in every single area of your life. Focused, productive, joyful mornings invariably generate focused, productive and joyful days - which inevitably create a happier, focused, joyful and productive life! Spend a little time in the morning to set your intention for the day ahead. What do you desire your day to bring you? How do you want to feel and be at the end of your day? This takes about 10 seconds! Get organized the night before so that you aren't rushing around trying to find things. Make breakfast a relaxed and enjoyable part of your day - eat slowly and with attention. Refuse to put the Television on first thing in the morning especially the news! Studies have shown that negative news first thing in the day has the ability to dramatically lower your mood and increase stress. By simply changing the way you wake up in the morning, you can transform any area of your life, faster than you ever thought possible. Mornings are where the magic begins.

Also, just a reminder of my mindful moving meditation classes: (Chakranetics)

Six-week courses at the Travel Inn, Fossa, Killarney

Tuesday 15th September at 10.00am

Monday 21st September at 7.30pm

Also at Collis-Sandes House, Tralee Thursday 24th September at 7.30pm

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Citizens Information

Know Your Rights: CYCLING OFFENCES

QUESTION

I'm a regular cyclist. What are the new cycling offences and what are the fines?

ANSWER

Like other road users, cyclists must obey the existing rules that apply to traffic lights, pedestrian crossings, zebra crossings and cycle traffic lights. You must stop at stop signs and give way at yield signs. There are also rules about the equipment a bicycle must have. These rules are set out in various laws and regulations.

There are no new cycling offences but, since 31 July 2015, certain cycling offences have been declared to be fixed charge offences. The fixed charge system allows you to pay a fixed charge or fine instead of going to court to answer the offence.

The cycling offences to which a fixed charge applies are:

- No front or rear light during lighting-up hours.
- Riding a bicycle without reasonable consideration.
- Failing to stop for a school warden sign.
- Failing to stop at traffic lights when the red lamp is lit.
- Failing to stop at cycle traffic lights when the red lamp is lit.
- Failing to stop at a stop line, barrier or half barrier at a railway level crossing, swing bridge or lifting bridge, when the red lamps are flashing
- Cycling in a pedestrianised street or area.

If you are stopped by a Garda who suspects you have committed a cycling offence you must give your name, address and date of birth when requested.

The fixed charge for a cycling offence is currently €40. If you receive a fixed charge notice, you have 28 days from the date of the issue of the fixed charge notice to pay the fine. If it is not paid within 28 days, the charge is increased by 50%. If it is still unpaid after a further 28 days then court proceedings are initiated. If you pay the fixed charge within the legal time limits and court proceedings are not commenced, you will not have a criminal record in respect of the offence.

Further information is available from the Citizens Information Centre below.

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

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



TEENAGER'S GUIDE TO STRESS MANAGEMENT

For effective teen stress management, it is important for a teenager to understand the value of taking control of life, and not take the easy option of flowing with the current. There are some effective practices that will enhance his/her self confidence and give him/her better control over their life.

- **Eat healthy food**, avoid junk food. Stay away from alcohol, drug abuse and smoking. A strong body has the strength to fight stressful situations, while a weak body will fall ill. You need strength to get ahead in life. Neglecting body health is the deadliest sin.

- **Exercise regularly**, even if it is for a few minutes a day. Walking, jogging, yoga, anything will do.

- **Learn techniques of stress management** and stress relief, for example, time management, goal setting, relaxation exercise, creative visualization, positive thinking. Learn to relax. A relaxed body and mind is better equipped to deal with stresses and tensions.

- **Develop good relationships** and nurture them. Learn the art of networking (not just online), understand its value. This is your support system that will come to your help when you need it, besides giving you a sense of assurance.

- **Sleep well:** Parties, disco, outing and all is fine, but taking a sufficient sleep helps you in keeping a fit body and sharp mind. A good night's sleep gives you the capability to deal with stressful situations in an appropriate and timely manner. You cannot expect a tired mind to come up with constructive solutions. Besides, lack of sleep lowers efficiency, reduces learning power and blunts the memory, giving you more reasons to be stressed about.

- **Take a balanced view:** Teen stress management is also about keeping realistic expectations and keeping in mind your strengths and weaknesses helps. If you commit yourself to too many goals, you are creating a sure recipe for tensions, and anxieties. Be realistic in your expectations and keep some time away for relaxing and enjoyable activities, even if it means spending an hour with other family members.

TEEN STRESS MANAGEMENT AND RESILIENCE: Resilience is the inner strength that helps one to manage stressful situations without getting excessively disturbed, and living life with one's full potential. It is a set of personality traits and qualities that makes one resilient. These include

- Having a supportive network of good relationships
- Expect change. Nothing is permanent in life.
- See things in perspective. Take a long term view.
- Don't overlook or avoid looking at problems.
- Participate regularly in relaxing activities that are enjoyable and fun.

At **SouthWest Counselling Centre, Killarney** we have a team of parenting and adolescent counsellors who can provide valuable support at this time. Call **(064) 6636416** info@southwestcounselling.ie

SouthWest Counselling Centre Killarney provides affordable professional counselling to children, adolescents adults and couples – both at its **Killarney Centre (Lewis Road)** and at **Kenmare Family Centre**. info@southwestcounselling.ie. Kerry LifeLine provides **FREE** counselling and support to anyone feeling suicidal or bereaved through suicide. info@kerrylifeline.com To make an appointment call **064 6636416**.

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

Health Matters....

With Dr. Michael Moloney

FLU VACCINATION INFORMATION

WHAT IS INFLUENZA (FLU)?

Influenza is a highly infectious acute respiratory illness caused by the influenza virus. Influenza affects people of all ages. Outbreaks of influenza occur almost every year, usually in winter. This is why it is also known as seasonal flu.

HOW SERIOUS IS FLU?

Flu is often self limiting with most people recovering in 2-7 days. However, flu can be severe and can cause serious illness and death, especially in the very young and in the elderly. Serious respiratory complications can develop, including pneumonia and bronchitis, to which older people and those with certain chronic medical conditions are particularly susceptible. Pregnant women have also been found to be at increased risk of the complications of flu. Some people may need hospital treatment and a number of mainly older people die from influenza each winter.

HOW DO PEOPLE CATCH FLU?

Flu is a highly infectious illness. A person carrying the virus can spread the illness by coughing or sneezing. A person can spread the virus from 1-2 days before they develop symptoms and for up to a week after symptoms develop.

WHO IS MOST AT RISK FROM FLU?

Anyone can get the flu but it is more severe in people aged 65 years and over and anyone with a chronic medical condition. Chronic medical conditions include chronic heart conditions, chronic respiratory disease, diabetes mellitus and immunosuppression due to disease or treatment. Pregnant women have also been found to be at increased risk of the complications of flu. These groups of people are targeted for influenza vaccination.

HOW CAN FLU BE PREVENTED ?

Flu can be prevented by vaccination. Flu vaccine is a safe, effective way to help prevent flu infection, avoiding hospitalisation, reducing flu related deaths and illnesses.

WHAT IS THE SEASONAL (ANNUAL) FLU VACCINE?

Each year the seasonal (annual) flu vaccine contains three common influenza virus strains. The flu virus changes each year, this is why a new flu vaccine has to be given each year.

CONTINUED NEXT WEEK



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RIDDING YOUR HOUSE OF FLIES

Just in case the long promised warm spell arrives - when the weather's hot, just like people, flies prefer to go indoors feeding on your food, spreading germs and generally annoying you. These unhygienic nuisances can be killed off with toxic solutions but there are other ways to get rid of flies that ensure your home remains pest free and clean.

- Make an anti-fly potpourri - Having potpourri gives a lovely scent to your home. If you mix the right ingredients, they can also keep the flies away.

Mix together cloves, clover blossoms, eucalyptus and bay leaves in a bowl. You can also place them in a netting bag and hang them in locations where flies often buzz about. To help release new bursts of odour crush the leaves occasionally. Every few months refresh the bowl or net bag with new leaves, spices, and blossoms.

- Remove unknown attractants - Make sure your compost buckets are covered so that no flies can swoop in and lay eggs. Maggots can prosper in your well intentioned scrap collection. Similarly, make sure your pets food bowls are not left open when your pet isn't eating. Any uneaten wet food or even dry foods are appealing for flies. Always keep the bowl clean because even crumbs can attract hungry flies.

The next thing to do is make sure your kitchen has no hidden exposed food sources. Flies will linger around the kitchen, waiting if they sense a source of food, so cover any cakes, biscuits or cut fruit. Regularly check the fruit and vegetables you don't refrigerate for bruises or rot. Make sure to scrape leftovers and crumbs into your brown bin (or other closed container if you are feeding the birds etc) straightaway, and instruct all household members to do the same. One person can undo all your hard work by leaving a dirty plate or glass out.

- Plants - Some plants have strong odours that flies really dislike. For people, these herbs and plants provide a fragrant scent to the home, so this solution doesn't require you to have foul odoured plants. Place plants such as mint or basil near the entrance to deter

flies from coming into the home. It's also a good idea to place these plants at the back entrances. You can also keep crushed mint in your kitchen to keep flies away when you're cooking and preparing a meal.

Flies also dislike sprigs of lavender leaves, tansy, pennyroyal, and rue. If you don't like herbs, tomato plants and castor oil are also known to repel flies. It's more effective when these are crushed because the odours are more airborne.

DEVOTED MOTHER DEER DEFIES HUNTER'S ATTEMPT ON HER LIFE

A dedicated mother deer who survived for nearly a year with an arrow lodged in her face has finally gotten the help she so desperately needed.

The doe, named Grace, was first spotted in New Jersey last November carrying that unmistakable relic from a recent near-death experience at the hands of a bow hunter. Incredibly, even after the attempt on her life and the cumbersome arrow it left behind, Grace continued to persevere in the wild, even giving birth to a fawn in her injured state.

Video Footage taken just last month shows Grace continuing to raise her offspring, who appeared well taken care of despite his mother's condition.

Wildlife officials had initially tried to track Grace down to remove the arrow, but their efforts were fruitless. Still, nine months later, the deer's painful plight wasn't forgotten by those who knew she still needed to be helped. A petition was launched on Care2.org urging state Department of Environmental Protection officers to act — and the response was overwhelming. More than 100,000 people from around the world added their signatures on Grace's behalf, an outpouring of support which ultimately spurred officials to take action once and for all.

New Jersey Division of Fish and Wildlife (DFW) have announced that it had succeeded in tracking Grace down and was finally able to help right the wrong she'd been made to endure for so long. After tranquilising her

with a dart, experts carefully removed the arrow shaft from her face, opting to leave the arrow head in place since her flesh had healed around it.

Fortunately, both Grace and her fawn were found to be healthy and were released back into the wild. Though her maternal devotion kept her going despite the arrow she'd had to carry, now she can once again thrive - a happy ending made possible because of folks who refused to stop caring.

DID YOU KNOW?

Around the world, the number of people displaced by war, conflict, and persecution has hit an all-time high, with nearly 60 million forcibly displaced by the end of 2014, according to the United Nations. One in every 122 humans on Earth "is now either a refugee, internally displaced or seeking asylum," the U.N. adds, noting that conflicts in the Middle East, Africa, and Asia have had a major impact in the past five years.

ANSWER TO LAST WEEKS RIDDLE

What gets broken without being held?
A promise.

THIS WEEKS QUOTE

"The environment is God's gift to everyone, and in our use of it we have a responsibility towards the poor, towards future generations and towards humanity as a whole."
(Pope Benedict XVI 'Caritas in Veritate', 2009).

ON THIS DATE – SEPTEMBER 11TH

1653 - Ireland and Scotland were represented by six and five members respectively in the 'Barebones' parliament which was in effect from July 4th to this date.

1773 - The Public Advertiser published a satirical essay titled Rules By Which A Great Empire May Be Reduced To A Small One, which was written by Benjamin Franklin.

1792 - The Hope Diamond was stolen along with other crown jewels when six men broke into the house used to store the jewels.

1847 - Stephen Foster's most well-known song, Oh! Susanna, was first performed at a saloon in Pittsburgh, Pennsylvania.

1922 - Proportional representation for local elections abolished in Northern Ireland.

1922 - The Sun News-Pictorial of Melbourne, Australia was founded.

1940 - World War II: Buckingham Palace was damaged during a German air raid.

1946 - Singer Eileen "Kelly" of the Nevada born in Cork.

2000 - Kenmare completed a unique double by becoming the first town in the country to take the prize as both Ireland's Tidiest Town and Ireland's Best Kept Town.

2008 - The Irish government-owned training yacht Asgard sank in the Bay of Biscay, off

the coast of France. All crew and trainees were rescued by the French coastguard after managing to get onto life rafts.

ELEPHANT SMASHES HOUSE THEN SAVES CRYING BABY

In March 2014 a rampaging elephant smashed a house in an Indian village, but when it heard a crying baby, the animal turned back and carefully removed the debris from the infant's body.

Dipak Mahato and his wife, Lalita, were eating dinner when they heard cracking and crashing sounds coming from the bedroom.

"We ran over and were shocked to see the wall in pieces and a tusker standing over our baby," Dipak said. "She was crying and there were huge chunks of the wall lying all around and on the cot."

The elephant, which forest officials said had killed three people, pulled the rubble from the 10-month-old and then headed back into the forest.

"I can't believe that the tusker saved my daughter after breaking down the door and smashing a wall," Lalita said. "We watched amazed as it gently removed the debris that had fallen on her. It's a miracle."

The couple took their daughter to the hospital where she was treated for external injuries but otherwise found to be in good health.

Conflict has increased in parts of India in recent years because villages have expanded into land that's part of the elephants' migration routes.

Herds routinely raid farms and destroy houses, but rarely attack people.

"Unless people attack an elephant, these gentle giants do not harm human beings. They only come down here in search of food," said forestry official Purulia Prokash.

Six months earlier villagers from India's Madarihat reported that an elephant herd carefully removed a little girl from harm's way before smashing several houses.

A FEW NEWSPAPER HEADLINES THAT SHOULD HAVE BEEN CHECKED BEFORE BEING PUBLISHED

- Federal Agents Raid Gun Shop Finds Weapons.
- One Armed Man Applauds The Kindness Of Strangers.
- Most Earthquake Damage Is Caused By Shaking.
- Former Potato Chip Factory Burned To A Crisp.
- Statists Show That Teen Pregnancy Drops Off Significantly After Age 25.

HOW TO MAKE YOUR AND YOUR DOG'S LIVES EASIER

- Slow down your dog's fast eating by placing

a ball in their food bowl - Some pups just love to gobble their food at the speed of light, which makes them throw up later. Slow down this habit by placing a ball in the bowl. They'll move it around as they eat and this can slow them down.

- Tweezers for ticks - Dog owners all try to protect their pets from ticks, but sometimes they leech onto your dog. When this happens, grab a tweezer and grab the tick with it to pull them off. Twist counter-clock-wise for best results. Your dog's immune system against ticks is strong, but it's still wise to rub the bitten area with some rubbing alcohol.

- Get rid of static electricity on your dog's coat with dryer sheets - Humans may not like the rain and loud thunder caused by thunderstorms, but dogs have another worry. They don't enjoy the static building up in their coats. Remove static electricity by rubbing a dryer sheet along their coats. Lots of hugs are also advised.

- Treat diarrhoea with rice and chicken combo - Calm upset dog stomachs by feeding them a simple diet of chicken and rice for 12 hours. If your dog is vomiting, visit the vet, as dogs can become dehydrated very quickly.

- DIY dog toothbrush - If you want to really get your dog's teeth clean you can take a clean piece of gauze and wrap it around your finger. Use a paste of baking soda and water in equal amounts as the toothpaste. Don't use human toothpaste as it contains xylitol, which causes canine liver failure.

- Treat bee sting with baking soda paste - Here's what to do if your dog gets stung by a bee: First, remove the stinger by scraping it with a credit card. Then apply a paste of baking soda to the area. If your dog shows signs of an allergic reaction, call your vet.

- And after the miserably cold summer we've had let us just hope this tip will not be necessary - Protect paws with Vaseline - Protect your dog's paws from chapping and cracking in the cold, snowy weather and the salt-lined footpaths. Each time you go out with your dog apply Vaseline to their paws. Afterwards use warm water to rinse off any other salt or chemicals your dog might have stomped over.

- Dogs love to chew on sticks, but they are also easy to splinter and choke on, also make sure your dog is not playing with a ball that's too small and that your treats are the right size for your dog and not the right size for choking!

RIDDLE FOR THIS WEEK

With pointed fangs I sit and wait; with piercing force I crunch out fate; grabbing victims, proclaiming might; physically joining with a single bite. What am I? Answer next week!

TONGUE TWISTER

Suzi's sister sews socks for soldiers.

KITTEN RAISED BY A CROW

In 1999, a kitten appeared in the yard of an elderly Massachusetts couple, and it was

so small that Wallace and Ann Collito at first thought it was a rat. The Collitos believed that someone had thrown the black-and-white kitten over the fence into their mobile home park and they worried about its welfare until they noticed the cat's unlikely caretaker, an American crow.

The Collitos watched in amazement as the crow took the kitten - whom they'd named Cassie - under its wing and began feeding it worms and insects. They couldn't believe their eyes as they watched the crow they'd dubbed Moses feeding Cassie, protecting her from other animals and cawing to keep her out of the street. They knew no one would believe the remarkable tale unless they had proof, so they began filming and photographing the playful kitten and its watchful winged guardian.

Eventually, the Collitos were able to coax Cassie indoors with cat food and she spent her evenings enjoying the luxuries of indoor cat life, but every morning at 6 a.m., Moses would peck at the screen door looking for his friend, and Wallace and Ann let Cassie out to play. The unlikely friends spent hours frolicking and wrestling outside, and the Collitos filmed the playful pair's escapades for five years until one day Moses stopped showing up. American crows live only seven to eight years in the wild, so it's thought that Moses passed away. Cassie and Moses' story will continue to touch lives and teach lessons about friendship for years to come, thanks to a children's book by Lisa Fleming. The 48-page book, "Cat and Crow: An Amazing Friendship," shares the story of Cassie and Moses' special bond and includes newspaper clippings and photographs of the two.

FINALLY THIS WEEK

A woman is cooking eggs in the kitchen when her husband comes running in...

Immediately, he sees the eggs and gasps in horror. "Be careful! CAREFUL! Put in some more butter! Oh, my GOSH!" The wife, startled at her husband's violent reaction, dashes to the fridge to get some butter.

"You're cooking too many at once. TOO MANY! Turn them! TURN THEM NOW!"

The wife, concerned by the status of her husband's mental state, forgets about the butter and goes running to the eggs.

"WE NEED BUTTER! Are you CRAZY??? Where are we going to get the butter? They're going to stick! HURRY!" The wife runs to the fridge.

"CAREFUL about the eggs! CAREFUL. You NEVER listen to me when you're cooking! Never! Turn them quickly! Oh not that quickly, don't you know how to cook? Are you insane? Turn the DAMN EGGS!"

At this point, the wife starts crying, since she has no idea what to do. She gasps "What is WRONG with you? I know how to cook eggs."

The husband simply smiles, remarks "I just wanted to show you what it feels like while I'm driving with you in the car", and leaves.



A WORD OF VICTORY

Welcome back dear reader in Mark 16 verse 15 Jesus told His followers (and that includes us today also) to make known the Good news of His coming and His accomplishments to others. Now reader if it is Good News then there can be no bad news. In Psalm 103 the psalmist prayed 'Praise the Lord oh my soul and forget not all His benefits. He has forgiven all our sins and healed all our diseases, He's rescued us from destruction, crowned us with loving-kindness, and filled our mouths with good things so that our youth is renewed like the eagles.' Now when we meditate on the Scriptures our minds are renewed and our hearts are touched by the power of the Words of the Holy Spirit and by mediating and taking to heart these words they eliminate the negative emotions that come from what we hear and see in this world. We humans are emotional beings, what we see and hear and think on have a huge effect on how we feel. Science tells us that thoughts release chemicals within the body that help us to stay in homostatis and balanced. If all we are hearing or experiencing are negative things on a continual basis these negative thoughts will cause chemical imbalance hence the onset of depression, anxiety and stress. We will never find the media who offer so much negativity offering people positive answers to the fear they propagate but in the Good News only found in God's book – the Bible the mind and the spirit pick up good vibes or influence to cause our minds to be positive releasing good chemicals that will allow us to function and be happy and balanced. Jesus said 'the joy of the Lord is our strength'. He also said to be strong in the Lord and in the power of His might. If you have a query on Scripture or any prayer need please call **064-6622950** or email wordofvictory@eircom.net. More next week...

Contact: 064 - 66 22950 Email: wordofvictory@eircom.net

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NOVENA TO THE SACRED HEART

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

THANKSGIVING

Novena to the Sacred Heart:

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

THE MIRACLE PRAYER

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

MEMORARE TO OUR LADY OF LA SALETTE

Remember, Our Lady of La Salette, true Mother of Sorrows, the tears you shed for us on Calvary. Remember also the care you have taken to keep us faithful to Christ, your Son. Having done so much for your children you will not now abandon us. Comforted by this consoling thought, we come to you pleading, despite our infidelities and ingratitude.
Virgin of Reconciliation, do not reject our prayers, but intercede for us, obtain for us the grace to love Jesus above all else. May we console you by living a holy life and so come to share the eternal life Christ gained by his cross Amen.
La Salette Innovation; Our Lady of La Salette, Reconciler of sinners, pray without ceasing for us who have recourse to you.

NOVENA TO THE SACRED HEART

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

NOVENA TO THE SACRED HEART

Dear Heart of Jesus in the past I have asked many favours. This time I ask you this special one, (mention favour).
Take it dear heart of Jesus and place it within your own broken heart where your Father sees it.
Then in his merciful eyes it will become your favour not mine.
Amen.
Promise Publication
Thanking you Sacred Heart of Jesus, for all the favours I have received.

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

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

PRAYER TO THE HOLY SPIRIT

Holy Spirit you make me see everything and show me the way to reach my ideal.
You give me the divine gift to forgive and forget the wrong that is done to me and who are in all instance of my life with me.
In this short dialogue I want to thank you for everything and confirm once more that I never want to be separated from You no mater how great the material desires may be. I want to be with You and my loved ones in your perpetual Glory. Amen. (Say this prayer three consecutive days without stating the request, after the third day the request will be granted no matter how difficult it may be. Promise to publish this as soon as your request is granted. **X**

PRECIOUS MOTHER OF JESUS

Mother of Divine Grace, you can find a way, where there is no way. Please hear my prayer and grant me my request. (Say 6 times daily and your request will be granted).

Anniversary

In loving memory

of our

Dad & Mom

**LARRY AND CATHERINE
WRENN**

Cordal

Castleisland

Also remembering our

brothers

**PATRICK, DENIS
& JAMES**

May They Rest In Peace

*Lovingly remembered by all
the Family.*

PRAY TO ST. EXPEDITE

Saint Expedite, Noble Roman youth, martyr,
You who quickly brings things to pass
You who never delays, I come to you in need:
(Clearly express what you want and ask him to
find a way to get it to you)

Do this for me, Saint Expedite, and when it is
accomplished, I will as rapidly reply with an
offering to you (State your vow or promise)

Be quick. Saint Expedite!
Grant my wish before your candle burns out and
I will glorify your name

Amen. Thank you St. Expedite for answering my
request. I promise publication to spread your
devotion.

For anyone in need say this prayer and your
request will be granted. My request was granted.
Amen. **x**

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Amen. **x**

NOVENA TO ST. CLARE

Ask St. Clare for 3 favours, 1 business, 2
impossible, Say 9 Hail Mary's for 9 days with
a lighted candle. Pray, whether you believe
or not.

Publish on the 9th day.

"May the Sacred Heart of Jesus be praised,
adored, glorified and loved today and always.
Your request will be granted no matter how
impossible it may seem.

Publication must be promised.

G.C.

THE MIRACLE PRAYER

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

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

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

Amen.

Say this prayer for three days and your favour
will be granted. Never know to fail. Must
promise publication of prayer.

C.G.

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You who never delays, I come to you in need:
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Jesus ask and you shall receive, seek and you
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Most loving heart of my God I believe in your
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will become your favor not mine.
Amen. Say this prayer three times
for three days and your favour
will be granted. Never known to
fail. Must promise publication of
prayer. **R**

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NEVER KNOWN TO FAIL

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

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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.

B.O.S.

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