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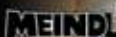






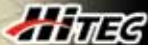












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In a week that saw the Junior Certificate results come out, the town of Killarney celebrated some great achievements. Local nurse Declan Corcoran is the proud recipient of a Pride of Ireland Award, a local woman has got a second chance after life changing weight loss and the White Tailed Eagle Project has announced that 2016 is their most successful year since the reintroduction began. Plans are afoot to run the 4th annual Pitch & Putt Nighttime tournament while staff at The Gleneagle Hotel Group were honoured for their years of service. Killarney Chamber of Tourism and Commerce members gathered for lunch at the newly re-opened Cahernane Hotel and Dr. Crokes are preparing for the Colm Cooper Invitational Tournament. All eyes will be on the Kerry Minor team on Sunday as they hope to retain the Tom Markham Cup for the third year in a row and everyone in Killarney wishes them every success in their quest.

*Aisling Crosbie,
Editor.*

DECLAN IS THE PRIDE OF IRELAND

Killarney man Declan Corcoran has been awarded a prestigious Pride of Ireland award. The Listry nurse was honoured at a gala ceremony at the Double Tree Hilton Hotel in Ballsbridge in Dublin. Declan was chosen for the award after spending 40 minutes doing CPR on a man who collapsed on the street while on holiday in Killarney. 58 year old Gabriel Divilly suffered a massive heart attack on High Street in Killarney in May 2014. Thanks to the quick thinking of Declan's wife Tina who was on the scene, she contacted Declan and he was on the scene in minutes and with the help of Siobhan McAlister who worked in Sceil Eile on High Street, the pair kept working on Gabriel until the emergency services arrived.

The defibrillator used was put in place by the Michael Linehan Heartsafe group in Killarney. Earlier this year Gabriel and his wife Claire came to Killarney to meet the people who saved his life and a group including Declan and his wife Tina, Siobhan McAlister along with Siobhan and Han Linehan enjoyed dinner together. Gabriel was also in attendance at the awards ceremony on Monday night. After Declan received his award he said "its very special to get this award - it really is once in a lifetime. I feel very proud and it is in recognition of all nurses. The award was presented to Declan by Mary Byrne and Linda Martin. Declan is a nurse at University Hospital Kerry and lives in Listry with his wife Tina, sons Oisín and Fionn and daughter Luisne.



HANNA LINEHAN FROM KILLARNEY HEARTSAFE DEFIB CHARITY, DECLAN CORCORAN PRIDE OF IRELAND EMERGENCY SERVICES HERO WINNER AND GABRIEL DIVILLY THE GALWAY MAN HE SAVED IN KILLARNEY.

ENJOYING A CUPPA.....



ENJOYING A CUPPA AND A CATCH UP AT THE ROYAL HOTEL FOR THE KERRY HOSPICE COFFEE MORNING FUNDRAISER L-R PHIL PINKAOW, BETTY KELLY & MARY CRONIN. PICTURE MARIE CARROLL-O'SULLIVAN

NURSES CLIMB THE HILL FOR JACK & JILL



Every year The Jack and Jill foundation face an uphill battle to raise €2.7 million to continue to provide home nursing respite hours to 273 very sick children around Ireland. This month they are asking people to go Up the Hill for Jack and Jill to help raise money for the charity. Three Killarney nurses are answering the call by organising a walk up Torc Waterfall tomorrow Saturday 17th September at 2pm. Sheena O'Sullivan, Karen Lovett and Cathy were all nurses for little Molly Ashe who passed away on November 23rd last year. Molly was almost 2 years old and the girls have decided to do this walk in her memory. "We are asking any adults who would like to join us for a donation of €16 which is the cost of one hour nursing care for the Jack and Jill Foundation", Sheena told the Killarney Outlook. The event will be a family event and everyone is welcome to go along.

IF YOU HAVE A STORY...

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CHAMBER LUNCH HEARS PLANS FOR UPCOMING EVENTS

Kate O'Leary held her last Chamber Lunch as President of the Killarney Chamber of Tourism and Commerce this week. The beautiful Cahernane House Hotel hosted the event, which was sponsored by AIB. Kate outlined events until the end of the year which include the Order of Innisfallen Investiture on Friday October 7th which will see Michael Fassbender receive the coveted honour. This will be followed by a gala dinner in The Europe Hotel. Other events include an open discussion which is due to take place on October 20th at a venue to be confirmed. This is an opportunity for non members of the Chamber to bring their ideas to the table on the future of Killarney.

On November 11th the second Familiarisation Day for front of house staff will take place. Kate also reminded Chamber members about her upcoming fundraiser for Focus Ireland and members dug deep into their pockets to support her as she plans to sleep rough to highlight the plight of the homeless. New members of the Chamber spoke about their ventures and this included PJ O'Sullivan of Auntie Nellies Sweet Shop which is based in Kenmare Place in Killarney, Keith McGuigan from McGuigan & Co. Accountants who are based in Keel and Alice Thompson of



PICTURED AT THE CAHERNANE HOTEL FOR THE KILLARNEY CHAMBER OF COMMERCE LUNCH WERE L-R BRIAN STACK (MICRO TRACK PROJECT), EMMA PHILLIPS (REBBOX BRAND CONSULTANTS), DENIS McMAHON (MACS OF MAIN STREET), CATRIONA O'CALLAGHAN (O'CALLAGHAN COACH TOURS), PHILIP O'CALLAGHAN (O'CALLAGHAN COACH TOURS) & ALICE THOMPSON (EXPERIENCE IRELAND GOLF & TRAVEL). PICTURE MARIE CARROLL-O'SULLIVAN.

Experience Ireland Golf & Travel who organises bespoke golf tours for visitors to Killarney. The new head of the Christmas in Killarney Parade Fiona Crowley was introduced to the full house and Brian Stack from the Community Microtrack Project spoke of their ongoing progress in securing funds along with their

upcoming Killarney 10 Mile Race. Chamber President Kate O'Leary is due to hand over her chain of office to Paul O'Neill at the end of the year. It will mark the end of a hugely successful two year stint by the Killarney businesswoman.



PICTURED AT THE CAHERNANE HOTEL FOR PRESIDENT KATE O'LEARY'S FINAL KILLARNEY CHAMBER OF COMMERCE & TOURISM LUNCH SPONSORED BY AIB WERE L-R BOBBY DWYER AIB, FIONA CROWLEY, KATE O'LEARY, CONOR HENNIGAN & KILLARNEY OUTLOOK EDITOR AISLING CROSBIE. PICTURE MARIE CARROLL-O'SULLIVAN.



PICTURED AT THE CAHERNANE HOTEL FOR THE KILLARNEY CHAMBER OF COMMERCE & TOURISM LUNCH WERE L-R JOHN HEALY (JP HEALY INSURANCES), TRACY COYNE, PATRICIA HEALY (JP HEALY INSURANCES) & PAUL O'NEILL (VICE PRESIDENT KILLARNEY CHAMBER OF COMMERCE & TOURISM). PICTURE MARIE CARROLL-O'SULLIVAN.

TOP VOCAL COACH MOVES TO KILLARNEY



VOCAL COACH ELAINE CANNING.

With a CV that boasts working with the likes of Michael Flatley, The Voice of Ireland and the Junior Eurovision, internationally renowned Soprano and vocal coach Elaine Canning is set to take the vocally talented people of Killarney to a whole new level.

Further her studies. There Elaine graduated with a BMus(Hons) Degree and Postgraduate Diploma in performance. Throughout her career Elaine has received numerous awards most notably the Fitzwilton Trust Award for Exceptional talent, The Chilver Prize, The Bolder Prize both from the Royal College of Music, London and most recently the Best Network Supplier Award in Munster by Southern Brides Wedding Show. As an accomplished performer Elaine can adapt to various vocal styles ranging from classical to contemporary thus allowing her travel the globe as lead singer in Micheal Flatleys "Lord of the dance", Irish Show "Ragus", Irish Artist "Tommy Fleming", The Drawing Room Opera Company, Ireland, " GaelForce", Solo performances at The Purcell Room, London, The Royal Albert Hall, London, The Ray D'arcy Show to name but a few. She has graced many an international stage including , France, Copenhagen, China, Taiwan, Singapore, Israel,

Las Vegas. In recent years Elaine has featured at a number of high profile sporting events in Ireland. Elaine was invited by the GAA to perform the Irish National Anthem at The All Ireland football final at Croke Park Stadium in front of 82,500 spectators, in doing so she became the first female soloist to achieve this honour. Elaine has also performed at The International Rules Series at Parnell Park Dublin and the Gaelic grounds in Limerick singing both the Irish and Australian Anthems. Elaine, who recently moved to Killarney will run vocal coaching sessions in Kilcummin at the Rural Development Office on Tuesdays. She is available to everyone from bands to soloists, musical societies to closet singers. Elaine will give one to one expert advice on all aspects of vocal coaching - places are limited so book early to avoid disappointment. See Advert on Page 11.

The talented singer studied under Dr. Veronica Dunne in Dublin and her outstanding talents were immediately recognised by the Director of Opera at the prestigious Royal College of Music, London where she was handpicked to



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- 6.30am Tralee (Outside the Bus Station)
- 6.30am Kenmare Square
- 7.00am Killarney, O'Callaghan Coach Holidays Base
- 7.00am Farranfore (across from Ullicks)
- 7.10am Castleisland (across from Lidl)
- 7.25am Abbeyfeale (opposite Church)

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Booking Deadline
October 31st

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GUEST APPEARANCES BY LOCAL ARTISTS

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DOORS OPEN 7PM - SHOW STARTS 7.30PM

THE ECLECTIC PICNIC IS BACK IN BEAUFORT

The fourth annual Threshing Cancer charity event on the farm of Brendan Ferris in Beaufort is due to take place on Sunday 25th September. Proceeds from the charity/club event raises money for Recovery Haven, the Oncology Unit at Kerry General Hospital & the Hospice Room at St. Joseph's Home, Killorglin. Since its inception in 2013, Threshing Cancer has raised €76,000 in total for its three beneficiaries. "Everyone is invited to join us by the River Laune but this unique occasion will be of particular interest to historians, teachers, the farming community and those with an interest in heritage and vintage machinery. The threshing event has proven to be popular with overseas visitors with tourists from 11 countries attending since 2013, impressed with the depth of heritage and culture on display. Threshing Cancer's large-scale event encompasses 35 acres", Brendan Ferris told the Killarney Outlook. Along with the threshing equipment we will display three different rare balers from the early stages of baler invention. The connection between the agricultural activities of threshing and the food chain will be demonstrated as unique methods of corn grinding for flour and animal feed will take place as will bread-making and porridge-making from the flour and rolled oats produced. Straw produced in the threshing process is used in thatching houses, rope making and in personal dress for festivals. These



LAST YEAR'S THRESHING WAS A HUGE SUCCESS.

three applications will also be demonstrated on the day as will butter-making to accompany the bread. The event will incorporate guided tours and demonstrations of vintage threshing and agricultural machinery, working horses, and the secondary applications such as thatching. Traditional household artefacts such as butter churns and cream separators will be demonstrated & worked on the day. Threshing Cancer's fundraising day will have something for every member of the family. Live entertainment will play throughout the day along with a dog show and horse show-jumping. A whole host of novelty fundraising

activities for both adults and children such as Digger Bucket Swap, Air Suspension Ball and Sheaf Tossing are sure to test the skills of patrons. This year's day will boast an impressive tribute to the infamous Strong man Butty Sugrue. A full list of activities can be found on our website www.threshingcancer.com The threshing event will be preceded by a fundraising Golf Classic on Beaufort golf course on the Saturday 24th September followed by barbeque. Gates open on Sunday 25th at 1pm with activities continuing until 5pm. Adults €5. Children free admission. Free parking on-site.

FOOD, GLORIOUS FOOD AND LOTS OF FUN IN STORE THIS SEPTEMBER!



PICTURED AT THE LAUNCH OF THE MACROOM FOOD FESTIVAL WERE; RICHARD BALFE (JC MURPHY'S BAR) & AINE DINEEN (TWOMEYS BUTCHERS)
PICTURE: EMMA JERVIS PHOTOGRAPHY.

The Macroom Food Festival just keeps on growing: from the inaugural weekend in 2012, things have come a long way: this year's festival spans four days and will feature new additions such as a Vintage Tea Dance on Thursday to bring back memories of days of yore, Kids' Zone on Saturday morning, a food themed comedy gig on Saturday night with Super Organic Me, Tomie James and an even more jam packed line-up at the massive Outdoor Market on Sunday featuring a food expo upstairs at the Town Hall. The old favourites such as An

Artisan Affair, the Taste Trail, International Food Flavours and live music from the Army Band of the Southern Command are still in the mix too which means another cracking weekend full of fun for all the family is in store.

The event is due to take place over four days from Thursday 22nd to Sunday 25th September 2016. The weekend will kick off with the Vintage Tea Dance on Thursday evening at The Castle Hotel – put your red lippie on, grab your pearls and take a fox trot down memory lane. Friday will mark the official festival opening

at The Riverside Park Hotel followed by An Artisan Affair which showcases the vast array of Macroom's local produce, prepared by Macroom's local chefs, working together to produce a superb tasting menu with a large side dish of wonderful music and entertainment. Tickets are on sale for this event since Saturday 3rd September from The Castle Hotel, Main Street, Macroom. Students will get competitive at the Schools Cook-Off and as always, there will be plenty to eat and drink all round – from local organic burgers to barista style coffee and sticky buns to seasonal produce and everything your palate could desire in between.

Due to the success of the Secret Supper in 2015, we've added some more secret venues to this year's Sunday Evening dining event, for those who like a side dish of surprise with their meals. Tickets are available from Church Lane Restaurant. The festival will close with a massive festival finale party at the Castle Hotel. Festival visitors topped 10,000 in 2015 so the organising committee are working hard to make sure that this year's festival is even bigger, better and busier than years before. The varied line-up, we believe, is enough to whet the appetites of dedicated food enthusiasts, gourmards and fun-seeking families.

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LIFE COULDN'T BE BETTER FOR SHIUBHAN

A Killarney woman is feeling on top of the world after losing 5.5 stone (35kg) with Slimming World in Killarney and has been crowned Woman of the Year 2016 District Finalist. Shiubhan Lewis from Muckcross grasped her second chance with life after being diagnosed with Cancer in 2012.

Encouraged by her inspiration, her daughter Ide, Shiubhan joined Cheryl Kavanagh's Slimming World in The Brehon Hotel.

Here is her story....

"After I had my first child in 1977 I didn't put on any significant weight. That might have had to do with climbing down a cliff face during a camping holiday some weeks before the birth.

"In those early years my husband and I led a very active life. Walking and climbing on Kerry hills, in woodlands, by lake and along the coast. Holidays cycling around the Beara Peninsula. Having a very distressed Brendan (our first) on the back of the bike in torrential rain on the way home from Sneem. Cycling every day during our lunch break.

"Three and four years later there were two further arrivals and my long story of getting heavier appeared to start. While this was very gradual by the time the children had reached First Communion age it was not a pleasant experience looking for something nice to wear. "Since the home birth of number five in 1987 it has been an uphill battle. My increasing weight effected everything I did.

"The difficulty and expense of buying clothes. Eating had become an addiction. My whole feeling of self worth. A particularly low point when I was told in the Post Office "congratulations, you're expecting another baby" - which I was not! "For most of 30 years

I have been joining slimming groups of various kinds. I would loose a stone. But then put it back on again ... and more. Disgusted with myself. "Right through these years I continued to enjoy getting out in the open. Down on the incredibly located beach at Dundag on the Muckcross Lake. But I didn't swim with the children. Rowing to historic Innisfallen. But in stormy weather I was a passenger. When I motivated myself to go walking it was always hugely enjoyable. But now it had to be on the flat ... gardens, lakeside, in the woods on the beach. Mountains were a memory. Cycling was a dream of the past.

"Then in 2012 a culmination of health problems when I was diagnosed with thyroid cancer.

The fear was terrible, there were some awful experiences but the treatment and care were superb and after a year and a half I came through with flying colours.

"This was a second chance at life. Clearly I was now making life and death decisions.

"In June 2015 daughter Ide suggested we should try Slimming World. Although she had no significant weight problem she suggested otherwise. She and I would do this together.

"Then that historic day. Tuesday 7th July 2015 Ide collected me and we went along to our first Slimming World session in the Brehon.

"Over this past year I have had two guardian angels. Our leader Cheryl inspired with her own story, was endlessly helpful, her wit made everything enjoyable. Ide supported, cajoled, threatened. Anybody who says there are no angels doesn't know what they are talking about.

"There were blips. Putting on seven and a half pounds over Christmas and eight and



SLIMMING WORLD WOMAN OF THE YEAR 2016 SHIUBHAN LEWIS.

a half pounds over holidays. But always the encouragement from 'the two' "past is past ... we will get it off again". And we did. Now 35kgs lighter life has been transformed.

"These past months I have started to walk every evening with neighbours Colm and Kathleen - as well as our dog and their two dogs. Walking to the foot of the mountain there is no puffing and panting. Mountains are a real possibility. Maybe even cycling the Ring of Kerry!

"Being told at every turn "you look great" ... "ten years younger" ... "fantastic" ... "you're husband better watch out" - though he doesn't believe that. LIFE COULDN'T BE BETTER.

Thank you Slimming World ... and those two guardian angels ... Ide & Cheryl.

CHARLIE LEADS "SHEDDERS" ON MEMORABLE BOAT TRIP



A GROUP FROM THE KILLARNEY MEN'S SHED ENJOY A BOAT TRIP ON THE LAKES OF KILLARNEY.

A group from Killarney Men's Shed, affectionately know as "shedders" took to the water recently under the stewardship of Charlie Fleming who is a renowned boatman and

author of many good stories. The first stop was Inishfallen Island. This was a first for some of the group, but another member Mike O'Connor and expert on nature was on hand to provide

expert knowledge on the bio diversity on the island. After a relaxing time there, the group went on to Dinis for a while before finally docking at Glena Cottage.

While the day started off in beautiful sunshine, the weather turned bad, but this did not dampen the enthusiasm of the group. In high spirits and wet clothes, the men made their way to Glena cottage to dry off a little and cook some well-earned food. The main lesson to be learned there was to ensure to bring a lighter as the task of getting a fire going proved somewhat difficult to say the least. This was a very eventful outing and those involved and many more can't wait for the next trip which is just on the horizon.

"Killarney Men's Shed" provides a friendly and homely welcome to men of all ages and is open every week day for anyone who may have a few hours to spare and is located on Upper Lewis Road. If you feel you have an interest in joining, be sure to call as there is always a big "Cead Mile Failte" for new members.



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Elaine Canning
Soprano

"Power of voice, with warmth of heart"

EXCITING NEWS!!

Internationally renowned performer and vocal coach Elaine Canning, has moved to Kerry where she will be running one to one vocal coaching sessions at the rural development office in Kilcummin, commencing Tuesday 20th September.

Whether your in a band, a soloist, in a amateur musical society or even a closet singer, Elaine will give you one to one expert advise on vocal stamina, warm up's, posture, stage craft and extend your repertoire.

Elaine has travelled the world as Micheal Flatley's Singer in Lord of the Dance, First female to sing the National Anthem in Croke Park Stadium, GaelForce, Ragus, Soloist at the Royal Albert Hall, London, she has also appeared as guest soloist on Tommy Fleming's Album "Journey home" recorded in the INEC, not to mention her recent appearance as Judge on the highly successful Strictly Come Dancing held in the INEC earlier this year. Her vocal coaching experience includes The Voice of Ireland, TG4 Junior Eurovision, RTE reality show "Meet the McDonaghs", The Ray D'Arcy show, Take the Floor and Radio Kerry.

Elaine is delighted to have been invited to Siamsa Tire to Musically direct and vocal coach TMS Salute to the musicals 30th anniversary show running this November.

Elaine is very excited about sharing her expertise in Kerry as the Kingdom is full of singing talent

For more info: visit www.elainecanning.com
 or 087 7665005



Arrive and Jive

The Grand Hotel Tralee

Starting Monday October 3rd

The Torc Hotel Killarney

Starting Wednesday October 5th

Times of classes:

7pm - 8.15pm

8.30pm - 10pm

4 week Jive Course

Learn to Jive from the beginning

Jiving to Nathan Carter,

Derek Ryan, Mike Denver etc

No Partner Required

Listowel Arms on Sunday's 4pm + 7pm
 Kanturk (Edel Quinn hall) Friday's 9pm

€40 for 4 Week Course

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NIGHT TIME PITCH & PUTT TO RAISE FUNDS FOR THE BUS

A novel fundraiser is set to take place at Deerpark Pitch & Putt Club again this year. The progressive club will be running its spectacular Night Time Pitch & Putt extravaganza for the fourth time on Saturday night September 24th. Started in 2012, the event has proved to be a very popular success since its inception and the proceeds for this year will go to the Kerry/Cork Health Link Bus like it did back in 2013.

Play will be over 12 holes in a Three Ball Scramble format with the tournament being played off scratch this year. Entry is €75 per team with the event getting underway at 8pm on the night of the 24th. LED Golf Balls which light up upon striking will be provided for use by all teams and in the interests of safety players are asked to bring either torch, head or flash lamps along with luminous clothing as an addition to the lighting that will be provided on the night.

This year's event is kindly sponsored by Jimmy O'Brien's Bar and all information on the event



PICTURED AT THE LAUNCH OF THE 2016 DEERPARK PITCH & PUTT CLUB NIGHT TIME PITCH & PUTT EVENT IN AID OF THE KERRY/CORK CANCER HEALTH LINK BUS ARE L TO R: TRISH KELLY, DERRY MCCARTHY (CLUB CHAIRMAN), TOM REIDY, JOHN LOONEY (REPRESENTING EVENT SPONSORS JIMMY O'BRIEN'S BAR), BREDA DYLAND, AIDAN O'DONOGHUE (EVENT COORDINATOR) AND DONAL NELLIGAN.

can be found through event organiser Aidan O'Donoghue at **086 3364705**. Pre-booking is

essential to allow sufficient time for the event to be organised.

STAFF HONOURED AT THE GLENEAGLE HOTEL



STAFF OF THE GLENEAGLE HOTEL PICTURED AT THE RECENT LENGTH OF SERVICE CEREMONY. PICTURE NERIJUS KARMILCOVAS.

A special ceremony to honour staff for their outstanding service took place at The Gleneagle recently. Many of those present have dedicated decades of their careers to working there.

The stars of the ceremony, Niall Doherty and Christy O'Sullivan received standing ovations from their colleagues in recognition of their hard work and dedication having worked at

the hotel over forty-five years and forty years respectively.

Speaking after the event Eileen O'Donoghue, Director of The Gleneagle Hotel said: "It is difficult to describe the level of emotion and pride there was in the room at this very special ceremony. When you are acknowledging staggering levels of service, from five years

which is something remarkable in today's hospitality world, all the way up to forty years for Christy and forty-five years for Niall, it is very hard to find the right words to even attempt to show the regard and esteem you feel for these very special people. Simply put, we are just humbled and grateful." The Gleneagle Group currently employs over 700 people and 400 of those are based at The Gleneagle Hotel. In excess of 130 people, from this 400 strong team, have been with the hotel for between five and fifteen years. Staff members Norma Lynch, Patrick Sheehan, Muiris O'Connor, Noreen Moynihan, Terence McCarthy, Liam Kelleher, Ann McCann, John Drummond, Breffni Ingerton and Derek Lee have worked at The Gleneagle for over twenty years, while Dorothy Daly, Tom Moriarty and Eamonn Quigley have worked at The Gleneagle for over twenty-five years. Mossie Gleeson, Geraldine Tangney and Eileen Doherty have worked at the hotel for over thirty years and Bridget Herlihy, Maura O'Connor and Dan O'Sullivan have all worked there for over thirty-five years.

TRAINING COURSES DELIVERED BY THE COLLEGE OF PROGRESSIVE EDUCATION

The College of Progressive Education has been delivering training in healthcare and childcare for thirty years. This autumn we will be offering the Special Needs Assistant course in Killarney and Tralee as a part time evening course. The course provides the most comprehensive training for the Special Needs Assistant covering all aspects of both the practical and theoretical aspects of working as an SNA. The course is certified by QQI which ensures you have the most up to date qualifications

specifically for the special needs assistant within the classroom. The College is a leading provider of Healthcare courses and this autumn we will be offering the Healthcare Support Major Award QQI Level 5 in Tralee as a part time evening course. Once qualified rewarding career opportunities will be open to you in the expanding healthcare sector, including nursing homes, hospitals, day care centers or in private home care. The College will be offering the Early Childhood Care and Education with Montessori

QQI Level 6 in Tralee part time. This programme has been designed for learners who wish to pursue a career as a Montessori teacher with children in the age range 3-6 years. It provides learners with the all-important ECCE Level 6 qualification which enables the centre they are working in to qualify for the free preschool years ECCE scheme.

For more detailed information on the course above please contact the College of Progressive Education on **01 4884300**

threshing Cancer

Beaufort Threshing Cancer

Sunday 25th September 2016

Gates Open at 12 noon

Brendan Ferris' Farm, Gortnascarry, Beaufort, Killorglin.

Free shuttle bus for patrons will depart from the Manor Inn, Killorglin throughout the day.

email. threshingcancer@gmail.com | twitter. www.twitter.com/ThreshingCancer

Nominated Charities:

- Recovery Haven, Tralee.
- Oncology Unit, Kerry General Hospital.
- St. Josephs Hospice Unit, Killorglin.

Activities Include:

- Several methods of Threshing displays
 - Thatching display using straw
 - Crushing of oats in oaten-meal
 - Making porridge from oaten-meal
 - Baking using freshly milled flour
 - Porridge & hot bread tasting
 - Competitions & fantastic prizes
- Hole in one Golf • Raffles • Skittles
 - Chainsaw Art • Dog Show
 - Blacksmithing

Side Shows:

- Tossing the Sheaf
- Tractor pulling competition
 - Pitching the Horseshoe
 - Barbeque
 - Digger Bucket Swap
- Guess the weight of the Cake / Lamb / Timber

Kids Corner:

- Super Slides • Face Painting • Magic Show
- Many Side Shows • Kiddies Pony rides
- Fun & Games & Much More

IRISH TV WILL COVER THE EVENT ON THE DAY!



Gates open at 11am with activities continuing until 5pm. Adults €5 - Children Free.

Free parking on-site with new traffic plan in place. **PLEASE SUPPORT A WORTHY CAUSE.**

Directions from Killorglin: Exit the town via Annadale Road L4038 & travel towards Beaufort for 3 miles to Meanus Cross (4 road cross). Turn left at Meanus Cross & continue for approx. 1.5 miles where entrance to event will be signposted.

Directions from Beaufort Village: Travel to St. Mary of the Angels & continue on L4038 for 1.5 miles to Meanus Cross. Turn right at Meanus Cross.

For further details contact Brendan on **087 2604566**

SUCCESS AS SIX CHICKS FLEDGED IN KERRY

A total of six chicks fledged at five nests in counties Kerry, Cork and Galway making 2016 the most successful year to date for the reintroduction of this iconic but once extinct eagle. In total eight pairs nested and laid eggs in 2016 with five of these pairs rearing chicks.

To date 13 White-tailed Eagle chicks have fledged from nests in the wild in Ireland since the first successful nesting on Lough Derg near Mountshannon, Co. Clare, in 2013. Nesting in the wild is the next critical stage in the high profile reintroduction programme, which began in 2007 with the release of 100 young Norwegian eagles in Killarney National Park. The White-tailed Eagle reintroduction programme is managed by the Golden Eagle Trust in partnership with the National Parks and Wildlife Service of the Department of Arts, Heritage, Regional, Rural & Gaeltacht Affairs.

The reintroduction programme has shown real signs of progress since 2013 with expansion of the breeding population as far north as Galway and south into West Cork from the release site in Killarney. Perhaps most significant in 2016 was the first successful nesting in Co. Cork in over 120 years when a



pair successfully reared a chick at Glengarriff. On the contrary the eagle pair resident near Mountshannon, Co. Clare, failed to hatch eggs in 2016 after having successfully reared chicks every year since 2013. However, it's highly likely this pair will rear chicks successfully in 2017. The increase in the number of pairs fledging

young and the number of chicks being produced is encouraging although some way yet from achieving the ultimate goal of the reintroduction project: a viable, self-sustaining breeding population. Over the coming years, it is hoped that the small breeding population will increase to fledge 10 chicks or more annually.

NEW APPOINTMENTS AT KERRY COUNTY COUNCIL



CIARA HYLAND, NEW KERRY COUNTY COUNCIL FILMMAKER IN RESIDENCE.

Kerry County Council has appointed a new Filmmaker in Residence.

Ciara Hyland is a documentary director who directed the documentary 'Diarmuid Lynch – The Forgotten Volunteer' about the incredible life of the last man out of the GPO for TG4. She also produces and directs documentary segments for Nationwide on RTE and for Duiche on TG4.

While she currently is focusing on documentary

making, she also has a strong background in drama and fiction filmmaking. Prior to moving into directing she spent several years as a Script Supervisor on Feature films and drama series including productions for Disney, BBC, RTE and the Irish Film Board. Short films she has produced have twice been the recipient of the RTE Short Script Award and have won numerous awards internationally.

'I'm absolutely delighted to be the new Filmmaker in Residence,' says Ciara. 'I'm thrilled to have been given this opportunity and am so looking forward to working with the people of Kerry.'

Meanwhile Máire Holmes is the newly appointed Kerry County Council Writer in Residence (co-funded by the Arts Council).

Máire has a lifetime's experience in literature. She is the author of many poetry books and plays. She has been writer in residence in Mayo, Connemara and the Aran Islands, and most recently in Kerry in 2015.

She is an experienced facilitator of all ages and



MÁIRE HOLMES, NEW KERRY COUNTY COUNCIL WRITER IN RESIDENCE.

levels and is a recipient of many arts awards, and an MA in Writing from NUIG.

In April 2016 her poem Margadh was unveiled on a plaque on Church Yard Street, Galway during the Cúirt International Festival of Literature.



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- Dingle Education Centre, Dingle



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PART TIME EVENING COURSES IN
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Special Needs Assistant Training

AWARD: QQI Level 5 & 6

STARTS: Wednesday 21st September

VENUE: Tralee - Oakview Village Childcare
Killarney - KYDS

Healthcare Support Major Award

AWARD: QQI Level 5

STARTS: Tuesday 20th September

VENUE: Tralee - Oakview Village Childcare

Early Childhood Care & Education with Montessori

AWARD: QQI Level 6

STARTS: 3rd October

VENUE: Tralee - to be confirmed

NOW ENROLLING

For more
information

Call Janet Lucas: (066) 7134020 or (01) 4884300
Email: jlucas@progressivecollege.com
or visit : www.progressivecollege.ie

A NEW START WITH KERRY YOUTHREACH PROGRAMME

Kerry Youthreach Programme is a Partnership Programme between the Kerry Diocesan Youth Service (KDYS) and the Kerry Education and Training Board and facilitates young people out of school aged between 15 and 20 who would like a second chance at education. Here one of last year's students tells the Killarney Outlook about their experience of Youthreach in the KDYS.

I left school at the age of fifteen after I had been diagnosed with depression. I found it difficult to get along with my own peers and became very solitary. I got work in a local hotel and attended an ECDL course but I found it increasingly more difficult to cope with my depression.

I was growing tired of the hotel and had heard of a program called Youthreach running in the KDYS Killarney that offered an education to early school leavers and a way forward, something I badly needed. I rushed to get an interview and sat down with course co-ordinator John Adams, later on that same evening I was told I had a place on the program. The amount of support I was given over the next two years was astounding. My teachers at Killarney Youthreach were so friendly and helpful despite, I'm sure, how difficult I could be at times, they always helped me as much as they could. They ensured I received counselling from a high quality professional from next door (SouthWest Counselling) and helped me through numerous bad spells with depression, alcohol and unsuited medication provided by my GP. I remained shy through my years with them but my teachers gave me confidence and I slowly came out of my shell.

I was far from an ideal student and pulling a "sicky" on a Monday was not above me but I saw the course through and did very well. Well



enough to move on to a course in County Cork where I studied Social Studies. I did incredibly well and moved on to study Social Care in third level - University.

It was in Killarney Youthreach during work placement that I found I loved working with people in need and it helped give me purpose in life. Everywhere I went it was my own experience with my teachers in Youthreach and my worst moments that they guided me through that helped me excel and know just what to do in any circumstance. I'm currently living with my partner of two years, studying to be a care assistant. I've learnt to manage my depression without medication and instead through exercise, healthy living and music. I've completely come out of my shell thanks to Youthreach staff and have many close friends

who never seem to believe I would once just sit in a corner with a book rather than speak with anyone, instead they see a strong, confident person - who can be a little too out spoken, many would say, if only to make up for the quiet years!

Killarney Youthreach gave me back my life and I owe the staff every good thing that's happened since then as it was their time and effort that made it all possible for me.

(Name and some details have been changed in order to protect the identity of the young person.)

If you are you out of school, aged 15 to 20 and would like a second chance at education, please call into the KDYS Youth Centre or ring John Adams at **064 6631748** for more details.

MINDFULNESS WORKSHOP SETS STUDENTS ON THE RIGHT TRACK



STUDENTS AT KILLARNEY COMMUNITY COLLEGE WHO TOOK PART IN A MINDFULNESS WORKSHOP RECENTLY.

Transition Year students at Killarney Community College participated in a Mindful Teens workshop with Harriet McGuigan an accredited psychotherapist (with Irish Association of Humanistic and Integrative Psychotherapists) recently. She worked with the TY students

of Killarney Community College showing them new ways that they could support themselves to help keep some balance in their lives. Teenagers nowadays need support – sometimes they are distracting themselves through substance misuse, cyber bullying, online pornography, online gambling or self-harm to name but a few. Oftentimes they are doing this because they are trying to cope in their world and manage their lives.

Inspired by the quote 'When we know better we can do better' by Maya Angelou, Harriet created and runs the Mindful Teens Programme to inspire and plant a seed in the teenagers she comes into contact with. During the day they listened and often related to Harriet's story, they worked in small groups

and they got to practice and try out the art of different meditations. The group then chatted together about the challenges and what they enjoyed about taking some time out in a more supportive way. According to TY student Jordan O'Connor "I didn't know what the day was going to be like, I thought I wouldn't enjoy it as much as I did, it showed me how to relax and how to keep calm in situations".

According to TY co-ordinator Kerri McCarthy "It was a great start to our TY school term, by introducing mindfulness to our students it equips them with strategies to deal with stressful situations, nowadays students lead such busy lives and sometimes they nearly forget to breathe so by taking the time to meditate proved very worthwhile for them".

IF YOU HAVE A STORY...

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

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TIGHT LINES FOR ANGLERS IN COMPETITION



MEMBERS OF LOUGH LEIN ANGLERS PICTURED ON THEIR RECENT OUTING.

The combined clubs of Lough Lein Anglers & Macroom Anglers fished our penultimate competition recently on Caragh Lake. With light winds forecast for the morning, 20 hopeful

anglers took to the waters. Many boats headed for the lower part of the lake where the Caragh River begins its short journey to the sea. This proved to be a wise move. As the wind picked up during the day, fishing conditions improved everywhere. Boats on the lower end of the river fared best. Thirty nine trout, over the ten inch limit, were presented to the irrepressible weigh-master Phil Horan at 6.00pm. The winner was Phil Dewey with 8 trout. In second place was Alfie Hughes with six fish. 'Dinger' Murphy, 5 trout, finished third.

The prizegiving took place after a hearty meal in The Climbers Inn.

Our final competition of 2016, 'The Local', takes place on September 26th on Lough Lein.

Until then, tight lines & safe fishing to all.

CLLR CRONIN WELCOMES NEWS FROM IRISH WATER



CLLR BRENDAN CRONIN.

Cllr. Brendan Cronin, Mayor of Killarney Municipal Area has welcomed the news that Irish water have finally confirmed that the Kilcummin sewerage scheme will be connected to Killarney as originally requested and that this long overdue project is progressing for the people of Kilcummin.

In a statement from Irish water, the company said:

Irish Water is progressing the necessary studies as part of the preparation of a planning application for the Kilcummin Sewerage Scheme. The proposed project will involve the construction of approximately 8.5 kilometres

of new foul sewers and a pumping station. The proposed new sewer network will be connected to the existing Killarney town sewer system and wastewater treatment plant.

This project will ensure that wastewater from Kilcummin is treated and discharged in compliance with the appropriate National and European standards.

It is expected that the planning application will be lodged before the end of this year.

Once submitted, the planning application may be inspected at the offices of the Planning Authority (Kerry County Council) and accessed online at www.kerrycoco.ie

Irish Water will continue to provide updates on this project in 2016 and will continue to liaise with all relevant stakeholders throughout this period.

MAJOR CHANGES IN KERRY UNDER NEW ROUND OF LEADER FUNDING

Potential applicants are being advised that there are major changes to the process involved in accessing LEADER funding under the new programme that is due to start in Kerry in October. Both South Kerry Development Partnership Ltd. (SKDP) and North, East & West Kerry Development (NEWKD) will be holding a series of public meetings in the coming weeks to advise those interested in applying for funding of the new requirements. Circa €10m is available under the new LEADER programme in Kerry which represents a 60% drop when compared to the last programme.

SKDP's public meetings will be held on Tuesday 20th in Killarney (Travel Inn) and Wednesday 21st in Killorglin (Library Place). All meetings start at 8pm.

Expressions of Interest from applicants will be sought for projects under the headings of Rural Tourism, Enterprise Development, Rural Towns and Basic Services when the programme opens in the county on the 3rd of October. Full details of the LEADER Programme and its operation will be given to potential applicants and both Development Companies are encouraging people to attend.

LETTER TO THE EDITOR

Clasheen,
Killarney.

06 September 2016

A Eagarthóir,

I welcome the decision of Kerry County Council to seek to appoint a Consultant who will have overall responsibility for the development of Áras Phádraig as a centre that will be available to facilitate the public in various ways.

It is intended to have the appointment made before the end of this month and that the



CLLR MICHAEL GLEESON

Feasibility Study and Business Plan will be completed within 6 weeks – i.e. by the end of November 2016.

It is of vital importance that individuals, groups and organisations will interact with the consultant and make their preferences known.

Mise, le meas.

Michael Gleeson (Councillor).

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1 MAPLE DRIVE, ARD-NA-GREINE, MILLTOWN, CO. KERRY.



Fine Semi-Detached family home located in the popular Milltown village, adjacent to the new primary and secondary schools, near shops etc. Popular residential development, suitable for young families, investors etc. **FEATURING:** spacious sitting room, kitchen/dining room, utility room, 4 bedrooms (one ensuite), main bathroom, w.c., oil-fired central heating, P.V.C. double glazed windows, private rear garden and paved barbeque area. **PRICE: €185,000**

8 LARTIGUE COURT, BARRY'S LANE, KILLARNEY, CO. KERRY.



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Killarney

TOWN TALK



NEW LOOK OUTLET CENTRE BRIGHTENS UP FAIR HILL.

BRIGHTENING UP THE TOWN AS THE AUTUMN APPROACHES, MOST ESPECIALLY TO BUS EIREANN PASSENGERS, THE KILLARNEY OUTLET CENTRE, REVAMPED WITH VIBRANCY! PICTURE MARIE CARROLL-O'SULLIVAN.

PAT SHORTT BACK AT THE INEC

Fresh from the success of his award-winning show, 'Selfie' ("Dangerously funny." - onstageblog.com, New York) Pat Shortt returns with a brand new show called How's Tings? In a night of music and mayhem, Ireland's most popular comedian explores all sorts of tings. Big tings and little tings. Personal tings and tings that are not so personal. Important international tings and tings that only affect



KEELIN O'SULLIVAN, FAHA, KILLARNEY WHO GRADUATED FROM UCD WITH A BA IN POLITICS AND INTERNATIONAL RELATIONS.

the parish. In Shortt, it's a funny show about tings.

€4000 FOR THE HOSPICE

A cheque for €4000 was recently presented to Kerry Hospice following the 10th and final Sheila Moynihan Memorial Sponsored Walk, which as usual was held in May.

The committee would like to take this opportunity to thank all who have supported us in any way. Those who have participated in fundraising ventures, those who have financially supported the events, those who have facilitated the ventures, our sponsors, the press who have helped us with advertising and all others who helped in many ways.

The Sheila Moynihan account remains open at Rathmore Credit Union and should anybody wish to make a donation to Kerry Hospice Foundation the staff there will be pleased to assist. Donations can also be made to any committee member.

WEDDING BELLS

Congratulations to Killarney based Physio Katie Purtill from Ballybunion and Auctioneer David O'Driscoll, Blarney who tied the knot recently. Katie is the physio of the Kerry Minor team and will be on duty in Croke Park this Sunday.



THE KILLARNEY SCOUT TROUPE ON A RECENT OUTING.

SCOUTS ARE LOOKING FOR VOLUNTEERS

Killarney Scout Group is looking for leaders for its four sections - Beavers, Cubs, Scouts and Ventures. Beavers are boys and girls aged 6 to 8, Cubs are boys and girls ages 9 to 11, Scouts are boys and girls aged 12-15 and Ventures are young people aged 16 to 18. Each section has one weekly evening meeting in Lissivigeen School or in the outdoors. There are also outdoor activities on some weekends as well as a summer camp. We welcome new leaders who may only be available for some activities as well as new leaders who would be available for all activities.

Scout leaders get as much from Scouting as children and young people. Volunteers often find that their experiences in scouts are useful in their work and personal life. If you are interested contact Mick Moore at **086 6023287**.

CONGRATULATIONS

Congratulations to Killarney couple Fergus and Joanne O'Donoghue on the birth of their new baby girl.

EURO BRIDGE CLUB

The Euro Bridge Club resumes on Tuesday 20th September at 7.30pm in the Malton Hotel. We are looking forward to welcoming all our members back and to a great year ahead.

TONIGHT IS CULTURE NIGHT

Culture Night is taking place tonight, Friday 16th September. To celebrate this unique night Killarney Library will host an evening with Maire Holmes, Kerry County Council Writer in Residence. She will give a brief talk on the aim of her new residency to make an hour-long radio programme based on the writings of Kerry people during the residency. This introduction to the residency will be followed by an Open Mic session. The session runs from 6pm - 7.45pm and will be of particular interest to budding and established writers. Free admission. All welcome.

MONEY MATTERS....

By Dermot Cronin,
Financial Advisor



WHERE CAN YOU GET BETTER RATES OF INTEREST FOR YOUR MONEY??

Firstly interest rates in some banks are better than others, for example one bank at the moment will only give you just over .50% interest for a fixed rate account for 18 months, so for €75000 you would only get €375.00 interest over 18 months and that's even before DIRT tax is deducted. However another bank will give you 1.50% per annum for an 18 month fixed rate account which is €1125.00 interest over 18 months before DIRT tax, that is over €750.00 more in interest that you would earn. In every bank there are customers earning extremely low rates of interest at present. However, by shopping around or getting an independent financial advisor to check up to date interest rates you can substantially increase the amount of interest you can earn by just changing bank accounts, which is very easy to do. Also there are even better rates of interest available for other products such as longer fixed term accounts. This can be done for you by a financial advisor who is authorised to carry out this business for you.

For further information on the above or any other financial matter you can contact **Dermot Cronin QFA** at **064 66 22775** or **dermotcroninifa@eircom.net**

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NEW TO MARKET

27 LANGFORD DOWNS, KILLORGLIN

Very well presented four bedroom detached family home (165 sq. m/1,776 sq. ft.) located within walking distance from Killorglin Town and in close proximity to schools and shops. This well finished property located in quiet estate would be an ideal family home or for First Time Buyer. Accommodation includes: Entrance Hall, Living Room, Kitchen cum dining room, Utility Room, Guest Toilet, Four Bedrooms (master en-suite), Bathroom.



Price Region: **€210,000**

BER C2

'DAWN VILLA', NUNSTOWN, AGHADOE, KILLARNEY

Well located modern four bedroom family home, on large 0.75 acre site. The property which is on three levels over basement has exceptional views towards Killarney National Park, Lough Leane and McGillycuddy Reeks mountains. Accommodation comprises on the ground floor entrance hall, kitchen cum dining room. On the upper level; landing, livingroom, sittingroom cum diningroom. On the lower level four bedrooms (master en-suite), bathroom, office/study and three rooms at basement level.



Price Region: **€390,000**

BER C2

PROPERTY OUTLOOK

THROUGH THE KEYHOLE....

A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET



Address: 54 Bruach na Habhann, Direen, Tralee Road, Killarney. 4 Bedroom (1 ensuite) semi-detached house (1,280 sq ft) within a short stroll to all local amenities & Killarney town centre. Features include oil fired central heating, double glazed PVC windows, concrete first floor, solid teak front door, private rear garden with garden shed, paved driveway. Ideal family home, first time buyer or investment property.

Agent: ● **Gallivan Property Partners** ● College Square Killarney ● 064 66 34177 ● www.propertypartners.ie

Guide Price: **€200,000** BER C2 Ref 924

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

Killarney

TOWN TALK



NOREEN O'SULLIVAN (SEATED CENTRE) HANDING OVER HER PRESIDENTS MEDAL TO CLAIRE BOWLER, THE NEW PRESIDENT OF KILLARNEY SOROPTIMISTS. PICTURE MARIE CARROLL-O'SULLIVAN

DANNY COFFEY MEMORIAL SPORTS DAY

The Danny Coffey memorial sports day will be held in the Old Football field in Fossa on Saturday the 24th of September starting at 1pm. This is open to all children living in Fossa parish. There will be various track and field events for all ages including the ball throw and long jump. The best athlete on the day will take home the Danny Coffey trophy for 2016. It won't all be competitive there will be a few fun novelty races too and parents will get the chance to roll back the years with a few races of their own!

STETSONS & STILETTOS SET TO WOO THE CROWDS FOR AMY

Stetsons & Stilettos a fundraising event organised by Killarney Celtic FC and friends of Amy O'Connor kicks off next Friday at the Inec Killarney to help raise funds for Amy's treatment and St John's Ward CMRF Crumlin. Trevor Smith brings his 'Friends in Low Places' act The Ultimate Garth Brooks Experience to Killarney for one night only. Also featured will be appearances by local artists and will include "Amy's Hoe Down". Amy is a young member of

the soccer club who is battling illness and those behind the event wanted to give something back to the excellent staff in Crumlin and to support Amy and her parents who will have many expenses to bear in the months ahead. A fundraising account has been opened with Killarney Credit Union for anyone who can't make it on the night and who would like to support this call to assist Amy. Bank details are BIC KIROIE21 IBAN IE90KIRO99219363025885 all donations will be gratefully received. Doors open at 7 pm and your MC for the evening will be Brendan Fuller from Radio Kerry. Show starts at 7.30 pm with a number of local acts and maybe a bit of line dancing in between even Brendan has promised he will give it a go. Tickets are priced at €20 for adults and €10 for children / OAP's and Family Tickets 2+2 at €50 are available from the: INEC Box Office – 064 667 1555, Mary on 086 648 5809, Angie on 087 131 1608 and Tim on 087 758 4847.

SHOEBOX APPEAL

Team Hope are hosting an information day tomorrow, Saturday 17th September from 10am to 1pm at the Living Rock Church, Killarney (over Centra on Tralee Road). The event will allow members of the public meet the team behind the shoe box appeal which is held every year.



MARION O'SHEA, CLEENEY, TRALEE ROAD, KILLARNEY WHO GRADUATED FROM UCD LAST WEEK WITH A BA IN PSYCHOLOGY.

So if you want to know more about how a shoebox can put a smile on the face of a child, then pop in for all the details.

GLENEAGLE SHORTLISTED FOR TOURISM AWARD

The Gleneagle Group are celebrating this week having been shortlisted for a major tourism award.

They are one of just two finalists shortlisted in the Best Accessible and Inclusive Tourism category in the 2016 Irish Responsible Tourism Awards. These awards - part of the World Responsible Tourism Awards family - are the most rigorously judged responsible tourism awards in the world. They are designed to celebrate those making a difference in Ireland and using tourism to benefit local communities, economies and the environment.



DR JAMES GREHAN, DR PAULINE O'SULLIVAN, DR MARIA HARRIET STACK KILLARNEY WITH IRELAND'S DEPUTY CHIEF MEDICAL OFFICER, DR COLETTE BONNOR AT THE ICGP IN DUBLIN FOR THE INTENSIVE 2016 GP REFRESHER COURSE THIS INTENSIVE REFRESHER COURSE IS UPDATING GPs IN THERAPEUTICS AND BRAND NEW DEVELOPMENTS IN GENERAL PRACTICE.

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- Bridgefield, Lewis Road • Scrahan Court, Ross Road • The Lime Courtyard, Bellview Woods • The Ash, Avenue • Muckross Close
- New Street • The Beech, Avenue • Park Drive, Park Road • Elm Court • Cahernane Meadows • Marian Terrace • Deireadh Coille, Woodlawn
- O'Sullivan's Place • King's Avenue • Knockanes, Glenflesk • Coolies, Muckross • Coolgarriv, Aghadoe • Ardeneanig • Woodlawn Park
- Main Street • Countess Grove • Scrahan Mews, Ross Road • The Lime, Avenue • Mountain View, Kilcummin • Oakfield, Park Road
- Woodford Manor • Park Court, Beech Road • Hawthorn Avenue • Grosvenor Court, High Street • Castlefalls, Ross Road • Central Point, Park Road • Sunday's Well, Countess Road • Sunnyhill, Lewis Road • The Courtyard • Whitebridge Manor • Lackabane Village • Ath Solas, Milltown

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FOOTBALLS AT THE READY FOR THE COLM COOPER TOURNAMENT

The fifth annual Dr Crokes GAA Club Colm Cooper Invitational Tournament is set to take place on Saturday 24 September, 2016.

This tournament provides an opportunity to honour Colm Cooper, one of the greatest players ever to grace a football pitch and a fantastic Clubman for Dr Crokes.

This is an opportunity for the Club's under 13 players to compete with their counterparts from clubs around the country. Winners from previous years, Corofin from Galway, Skerries Harps from Dublin and Bishopstown from Cork return for this year's event. Clubs from Clare, Meath, Down and Mayo complete this year's participants.

Teams will play in groups to qualify for the Cup and Plate semi-finals and finals. The tournament trophies and medals are sponsored by the Coffey Family in memory of the late Denis Coffey, RIP, a former player and Club Officer with Dr Crokes. Chairman of the Tournament Organising Committee, John O'Shea, said "Apart from being a memorable occasion for the young players, it is a wonderful day for both the Cooper and Coffey families as well as a proud day for Dr Crokes Club."

Games commence at 11.30am and the tournament is scheduled to be completed by 6.30pm. The Organising Committee look forward to another successful tournament and issue an invitation to everyone to come and see



COLM WITH THE COFFEY FAMILY AND HIS ALL STAR AWARDS.

the players of the future. "I really enjoy these games, as the players are very honest and the skill levels seem to improve every year", Colm told the Killarney Outlook.

Participating Clubs include:

Dr Crokes (Kerry), Skerries Harps (Dublin), Castlebar Mitchels (Mayo), Kilmurry/Ibrickan (Clare), Bishopstown (Cork), Ballyholland Harps (Down), Colmcilles (Meath) Corofin (Galway).

PATRICK INTRODUCES PLAYBALL TO KERRY CHILDREN



PATRICK MURPHY.

Patrick Murphy, a father of three from Listry is introducing Playball to the Killarney and Mid Kerry area. PLAYBALL has been operating internationally for over 30 years and in Ireland for 12 years.

"After several years working with children in the community,

I have become acutely aware of the need in the Kerry area for a versatile programme that encourages child development in a new way. So many of the activities offered to younger children in our county are sports specific, which means that kids that don't necessarily have an interest in a particular sport are excluded", Patrick told the Killarney Outlook.

"In PLAYBALL we aim to include all kids that just want to have fun and learn! I am excited to bring this fantastic program to the parents

of children in the Kerry area from September 2016", he added.

PLAYBALL is more than a sports activity and is absolutely unique in its approach and content to any other activity currently being offered in the children's activity sector.

PLAYBALL is first and foremost a development program for children which works on more than just the physical aspect – our programs also work on children's social, emotional and cognitive development. PLAYBALL is the first program to recognise and actively incorporate the development of life skills through sport skills. It is a multi-sport skills program that gives children the chance to learn skills across a broad range of sports, some of which they might not otherwise have exposure to.

PLAYBALL has also been proven to assist greatly with children's academic performance in the classroom, as our methods of teaching include bilateral movement which help to form new pathways in the brain where abstract learning in class can be based.

We work with children aged 2 to 12 years and have 6 individual programs to accommodate each development stage within that age bracket. All classes are age-specific and are progression based. We intentionally keep our child to coach ratios low for classes and the

maximum number of children per coach will be 8-10. This means that children are able to learn in an age-appropriate environment while also getting the individual attention that may not be possible in larger group activities.

The PLAYBALL program is compiled, maintained and updated on an ongoing basis by a wide variety of professionals including teachers, physiotherapists, occupational therapists, sports coaches and child psychologists so our programs are always up to date with current requirements in child coaching and education. It is internationally proven to be at the very top of its field and coaches are fully trained and qualified to deliver all PLAYBALL programs to the highest standards. But best of all, PLAYBALL is fun for your kids – this is an activity that not only entertains children but ensures that they are educated along the way!

Afterschool and preschool classes are beginning from week commencing Monday 19th September at venues in Killarney, Faha/Listry, Beaufort, Milltown and Furies with more venues coming soon! Contact Pa for enquiries and bookings on **087 7943220**. Spaces are limited so contact early to avoid disappointment!



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DESPITE THE WEATHER, THE SHOW MUST GO ON

The weather played spoilsport but nothing could dampen the enthusiasm of the organisers of the South Kerry Ploughing Championships and Harvest Show which went ahead, as scheduled, on Sunday. Determined to get on with the business at hand, the officers, members, volunteers and stewards merely gritted their teeth and got on with the show when the heavens opened and rain and wind descended on Fleming's Farm at Grenagh, Fossa.

Thousands of people had arrived for the eagerly-awaited event, in glorious sunshine, that morning but there was a sudden deterioration in conditions as the afternoon progressed and many visitors opted to call it a day.

But although the elements forced the cancellation of some planned activities, more or less everything went ahead as planned with plenty to keep the many people that remained amused.

Ploughing competitions and demonstrations, sheepdog trials, trade exhibitions, fashion, food zones, fun zones, children's bakery competitions and cooking demos were just some of many attractions that delighted the crowds while there was a stunning collection of vintage and veteran cars and machinery on show.

Proceeds from the event will go to the Irish Pilgrimage Trust, the Kerry-Cork Health Link Bus, the Kerry branch of the Irish Kidney Association and Down Syndrome Kerry.

"Obviously, the weather impacted on what was shaping up to be an incredible family

day out. There was a huge crowd there from early morning but when the skies opened, it changed everything," said Killarney Vintage and Veteran Club Chairman, Tom Leslie.

"Every forecast we had consulted and all the advice we received was that the weather would hold well until around 7 o'clock but it came earlier than that and there was just nothing we could do," Tom added.

He praised all the volunteers, stewards, on-site workers along with the thousands of people that came to support the event on the day.



RIGHT: WATCH OUT.. SOUTH KERRY PLOUGHING CHAMPIONSHIP ORGANISER TOM LESLIE, BEFORE HIS SOAKING CHARITY DUNK AT THE MACRA NA FEIRME STAND, AT THE SOUTH KERRY PLOUGHING CHAMPIONSHIP & HARVEST SHOW WHICH WAS HELD ON THE FLEMING'S FARM IN GRENAGH, KILLARNEY ON SUNDAY. PHOTO: VALERIE O'SULLIVAN



103 YEARS OLD MICHAEL O'CONNOR SETS THE PLOUGHMEN TO ACTION AT THE START OF THE SOUTH KERRY PLOUGHING CHAMPIONSHIPS AT FOSSA, KILLARNEY ON SUNDAY WITH FROM RIGHT, MAYOR OF KILLARNEY & DISTRICT BRENDAN CRONIN, TOM LESLIE, CHAIRMAN, JOHN O'LEARY, CAHER AND DAN O'LEARY, KILLARNEY. PHOTO: DON MACMONAGLE



ENJOYING THE FIRST ANNIVERSARY CELEBRATIONS OF KILLARNEY'S CARDIAC RESPONSE UNIT AT THE KILLARNEY PLAZA HOTEL WERE L-R ELAINE MOORE, TIM COFFEY, NUALA COFFEY, STEPHEN MOORE AND GRACE MOORE. PICTURE MARIE CARROLL-O'SULLIVAN



A NIGHT OF CELEBRATIONS FOR TEAM KILLARNEY CARDIAC RESPONSE UNIT ON THEIR FIRST ANNIVERSARY WHICH WAS ENJOYED AT THE KILLARNEY PLAZA HOTEL L-R MIKE MARSHALL, MABLE COUNIHAN, LEO O'CONNOR, EILISH COFFEY, DAVID TANCRED, ORLA O'DRISCOLL & DAMIEN BAKER. PICTURE MARIE CARROLL-O'SULLIVAN



KERRY ARTISTS PREPARING THEIR WORK FOR 'KERRY VISUAL ARTS PROGRAMME' AT THE DEPARTMENT OF ARTS, HERITAGE AND THE GAELTACHT, KILLARNEY. THE SHOW CASE WILL OPEN ON KERRY COUNTY COUNCIL'S CULTURE NIGHT ON FRIDAY 16TH SEPTEMBER 2016. FRONT ROW, MIRKA PAVELKOVA, DIARMUID O'SULLIVAN, PAT OWEN, BACK ROW FROM LEFT, SHARON O'KEEFFE, KERRY COUNTY COUNCIL, ARTS DEPARTMENT, DEIRDRE MCKENNA, DES FITZGERALD, JOSEPH KEATING, DIANA MULLER AND CAROLINE LYNCH, KERRY COUNTY COUNCIL, ARTS DEPARTMENT. PHOTO: VALERIE O'SULLIVAN



THE CHOCOLATE FOUNTAIN WENT DOWN A TREAT AT KILLARNEY CARDIAC RESPONSE UNIT'S FIRST YEAR ANNIVERSARY CELEBRATIONS AT THE KILLARNEY PLAZA HOTEL L-R MIAMH DORAN, SHANE O'SULLIVAN, RUAIRI DORRIAN & HUGH DORRIAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

*Best of luck to Dara
in the All-Ireland!*





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RATHMORE/ GNEEVUILLA NEWS

by Michael O'Mahony

DEATH: Sympathy is extended to the family & friends of Richard O'Regan, Upper Cloghroe, Blarney, Cork / Meentogues Headford who died recently. May he rest in peace.

RECENT DIOCESAN COLLECTION:

Diocesan Needs Collection taken up at all Masses last weekend raised €1110. Your generosity is greatly appreciated. Thank You.

ACKNOWLEDGEMENT AND THANK YOU:

Catherine, Fred, Eileen, Cathern-Ann & J.J. wish to acknowledge and sincerely thank everyone who so generously donated to Marymount Hospice, Cork in memory of Timmy McGillicuddy, Bounard, Gneeveguilla who died recently. The total donated was €850.

MASS IN PARISH: Next Weekend: Saturday 17th & Sunday 18th September.

KNOCKNAGREE - SATURDAY

10.00 am Mass in GAA Hall - Sunday.

Gneeveguilla Church remains closed till mid - October. The full schedule for September Masses is as follows: To avoid clashing with GAA matches, they will again be temporarily disruption to the Gneeveguilla/Knocknagree weekend arrangements for September.

Saturday September 17th 7.30p.m Knocknagree, Sunday September 18th 10.00a.m Gneeveguilla GAA Hall, Saturday September 24th 7.30p.m Knocknagree, Sunday September 25th 10.00 a.m Gneeveguilla GAA Hall. October schedule: to be clarified later. Apologies to all for the inconvenience

MASS INTENTIONS FOR 2017: It would be very helpful for planning if First Anniversary Masses for 2017 were arranged before October 30th. All other Mass intentions for 2017 will be taken from Tuesday 1st November. You can arrange this by telephoning the Parish Office



JOHNNY CROWLEY, NEWLY ELECTED LORD MAYOR OF GNEEVUILLA PICTURED WITH HIS WIFE MARY AT TEACH MHUIRE RATHMORE WHERE HE MET WITH STAFF AND RESIDENTS.

during office hours.

PILGRIMAGE TO KNOCK SHRINE: Legion of Mary annual pilgrimage to Knock Shrine takes place on Sunday 25th September. Bus leaves at 6.15 am from the Church of the Resurrection, Killarney. Places are limited. Enquiries. Patricia 0879048659

FIXTURES: Gneeveguilla Seniors will play Annascaul on September 25th in promotion playoff with the winner to play St Pats. Well done to Gneeveguilla Juniors for making it to a fifth McElligott Cup Final in a row.

WISHES: Best of luck to Mark Ryan & Brian Friel and management and all players with the Kerry minors this Sunday against Galway in the All Ireland Minor Final in Croke Park this Sunday.

THE LORD MAYOR ELECTION: Thank You: We would like to thank the people of Gneeveguilla and the surrounding area who came out in such large numbers to vote for John in the Lord Mayor Election on Friday 2nd September. We would especially like to thank those directly involved in his successful campaign. We would also like to thank Pat Barry and the Gneeveguilla GAA Committee for organising this event. Thank you all once again

John and Mary Crowley, The Lord Mayor and Lady Mayoress of Gneeveguilla 'Old Friends are Best!'

RATHMORE LADIES GAA: SENIORS:

Congratulations to the Senior Ladies who defeated Scartaglin in the Intermediate County Championship in Glenflesk on Sunday. Poor conditions did not hamper the determination of the players and the half time score was a reflection of what was happening on the field with Rathmore in the lead by 1-12. Scartaglin attempted to pull back in the second half but were unable to do so. The final score was 2-18 to 1-08 with corner forward Noreen Murphy scoring 2-08 for Rathmore. Aisling Desmond and captain Aileen Sheehan had fantastic performances also. Special thanks to trainers Nora O'Connor, Kieran O'Mahony and Tim Sheehan. The ladies will now go forward to compete in Munster. Rathmore Ladies GAA is sponsored by Donagh Hickey Centra Rathmore

NOTES: If you would like to add to the notes, please email Michael O'Mahony (momahony14@gmail.com) or ring or text 0876676817 before 6pm Sunday.

FOSSA NOTES

FOSSA GAA: LOTTO: Numbers drawn were 4, 10, 15, 27. There was no jackpot winner.

SENIORS: The seniors played Listry in Fossa on Sunday afternoon in the first round of the O' Donoghue Cup. Weather conditions were very poor but this turned out to be a very competitive and entertaining game nonetheless. Listry had the elements at their back and they started brightly, pinning Fossa back with Derry Aherne causing all sorts of problems for our defence. Gavin Nolan had the ball in the back of the Fossa net in the 6th minute and they had 1-06 on the scoreboard before Fossa registered their first score through a Donald O' Sullivan free in the 22nd minute. Then Mark Dennehy scored a great goal when he brilliantly continued his run into the Listry square and flicked the ball to the net after the bounce deceived the goalkeeper. Tadgh O'Shea added a point to leave the halftime score, Listry 1-06, Fossa 1-02. Fossa started the second half very well

and they reeled of points from Tadgh O'Shea (0-04), Donald O'Sullivan (0-02) and Mark Dennehy (0-01). They were playing well at this stage, with the defence of Colm Walsh, Kevin McCarthy, Anthony Wharton, Darragh Rice, Shane Malone and Daniel O'Keeffe keeping the Listry attack under wraps. Mark Dennehy and Matthew Rennie were competitive around the middle of the field and Mikey Cronin was playing very well all throughout. Mike Keeffe, Brian Myers and Pdraig Devane worked very hard with Donald O'Sullivan and Tadgh O'Shea leading the attack well. Listry hit a purple patch in the final ten minutes of the half and scored 1-02 without reply, Fossa had a chance right at the end but a punched effort from Chris Myers went wide. Listry held on to win on a scoreline of 2-08 to 1-09.

GOOD LUCK: Fossa GAA would like to wish David Clifford and the Kerry Minor team the best of luck next Sunday when they aim to

complete a hat trick of All-Ireland minor titles, taking on Galway in the decider in Croke Park. David is on course to become the first Fossa player to win an All-Ireland minor medal and become only the second player from the club to win an All-Ireland medal at any grade, the other being Donie Foley who won an U-21 medal with Kerry in 1975.

RACE NIGHT FUNDRAISER: Fossa Gaa are running a race night on Saturday 29th October towards funding the purchase and development of a juvenile playing pitch in 2.1 acres adjoining our current premises in Grotroe. It will be held in The Golden Nugget and over the next month club finance committee members will be asking for your support in the undertaking. Each horse costs €90 which can be bought outright or broken down into three at €30 for owner, €30 for trainer and €30 for jockey. Please support the club in the investment for this and future generations.

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KILCUMMIN NEWS

VACANCY: A vacancy is presently available on the Kilcummin Rural Dev. C.E. Scheme for an Office Administrator. This position is a development opportunity and no experience is necessary. Accredited training will be provided to support your career. Please contact your Local DSP employment services/Intro office to check your eligibility. To apply please forward C.V. for the attention of the supervisor to the Office by post or email to info@kilcumminparish.com. Further information contact John 086-1579381.

KILCUMMIN LADYBIRD UNIT: Are urgently looking for new leaders in order to keep the unit going in Kilcummin. Full training will be provided. The programme is fun and interactive and caters for girls aged between 5-7 years of age. Starting on Monday 3rd October from 6-7pm. For further info contact Rachel 087 4164185

FREE CÉILÍ: Kerry County Council & Comhaltas Chiarraí are holding free Set-Dancing Ceilí with Uí Bhriain Céilí Band at The Community Centre, Fossa on Friday 16th September 2016 at 9pm. Teas/Coffees & refreshments will be served. www.culturekerry.com / www.facebook.com/KerryCoArts

THE KILCUMMIN RAMBLING HOUSE: The Kilcummin Rambling House will open for Culture Night, 16th September at Kilcummin GAA clubhouse from 8.30pm. Admission free, tae, braic, ceol and craic, fáilte isteach.

VOCAL COACHING LESSONS: Renowned coach vocalist Elaine Canning will be running

one to one vocal coaching lessons, starting Tuesday 20th September at the Rural Development Office. Elaine has travelled the world as Michael Flatley's singer in Lord of the Dance. Her coaching experience includes The West End, The Voice of Ireland, TG4, Junior Eurovision and RTE Reality Show Meet the McDonagh's. For more information contact www.elainecanning.com or 087-7665005.

KILCUMMIN PARENT & TODDLER GROUP: Continues on Mondays from 10.30 – 12.30 in the Recreational Hall – all welcome. For further information please contact Maureen on 087-2883479.

PUBLIC SEWER: Irish Water are planning to proceed with the Kilcummin Sewerage Scheme. The project will involve approx. 8.5km of new foul sewers and pumping station, it will be connected to the Killarney town sewer system and wastewater plant. It is expected that the planning application will be lodged by end 2016 and it is hoped there will be no further delays or complications. Danny and Maura Healy Rae welcome this announcement.

COMMUNITY ALERT: Many Thanks to Mr Ben Brosnan who is taking a well earned rest. All future queries re-security alarms for the Elderly & Housebound should be made to Mr Robert Keane (Chairman) on 087-6270677.

KILCUMMIN GAA: LADIES FOOTBALL CO. JUNIOR A CHAMPIONSHIP FINAL AUSTIN STACKS 3-17 KILCUMMIN 2-15

Anyone who was lucky enough to be present in Farranfore on Friday night last witnessed

a game that they will remember for many a day. It was an example of skill, passion and competitiveness played in a truly sporting manner. As the game entered the second half of extra time we are hoping for a replay so that we would again be treated to another day out but it wasn't to be unfortunately from a Kilcummin perspective. Almost in darkness and pushing hard to get a winner Stacks counter attacked and scored a goal to put a flattering five points between the sides at the end. Austin Stacks had the better of the first half but some resolute defending and an Ashling O'Donoghue goal meant we trailed by 2-7 to 1-6 at half time.

Kilcummin had much the better of the second half but despite an Eilish O'Leary goal and points from Debbie Murphy we couldn't put away a resolute Stacks team and found ourselves level 2-11 each at full time. When Donal Casey finally called a halt to this enthralling encounter there was understandable disappointment in the result but great pride in the performance especially as the winners now go on to represent Kerry. Well done to all the players and management team.

UNDER 12 BOYS: Play Glenflesk at home on 21st September at 6.15pm.

UNDER 12 GIRLS: Play Glenflesk at home at 6.30pm on 20th September.

BEST WISHES: To talented young Kilcummin footballer Dara O'Callaghan who will be sharing the spotlight with the Kerry minors on Sunday 18th September when he will take to the pitch in Croke Park on All-Ireland day at half-time.

GLENFLESK NOTES

GLENFLESK SENIORS (Sponsored by the Jarveys Rest): Our Seniors are in action in the O'Donoghue Cup 1st round on Sunday September 25th at home to Kilcummin. The winners will play Gneeveguilla in the quarter final.

GLENFLESK U13S: Well done to our U13s who won the Paddy Mulhooley shield in Rathmore last weekend.

GLENFLESK U14S: Our u14s lost the East Kerry Division 3 final on Monday evening

to Kilcummin. This concludes the season for the U14s. Well done to the players and management on a great year where they won the East region division 5 final and played some great football throughout the year.

KERRY MINORS: Daniel O'Brien will be looking to collect his second All Ireland minor medal on Sunday September 18th when the Kerry Minors take on Galway in Croke Park. Best of luck to Daniel and his team mates.

FLAG DAY: The club would like to thank all our

members for helping with our annual flag day in Killarney last weekend.

GLENFLESK LOTTO: One winner of the lotto of €3,000 which took place in Corner Bar on 12th September. Numbers were 7, 11, 15, 23.

Holly & Minnie c/o Eileen O'Sullivan, Beheenagh, Headford. The next draw will take place in Kerry Way on 26th September and the Jackpot is €2000.

LISTRY NOTES

VOTE OF SYMPATHY: At a recent meeting of Listry Community Council Members a vote of sympathy was passed to the bereaved family, relatives and friends of Brendan Moynihan of formerly Killcummin & New York. Mary Kenny of Ballymac. Mary Bardsley of Kilmoley & U.S.A. Carmel Healy of Dublin & Rockfield. Pat O'Callaghan of Cork. Michael Houlihan (Butcher) of Killorglin & Mary Harlock of England. May their soul rest in Peace.

CHIROPEDIST: Foot health practitioner will attend Listry community center on Wednesday September 21st. Enquirers to Paula at 087

6606585 and cancellations please give 24 hours notice. Please and thank you.

LISTRY SOCIAL ACTION DAY: Listry Social Committee wish to inform Seniors in Milltown/Listry and surrounding areas, they intend organising a day trip to Ballyseedy Garden Centre & Ballyheigue on Tuesday 27th September. Anyone who wishes to travel on this trip should contact Mary 087-2187204. Breda on 087-7442694 or Joan on 086-7944494 immediately. The bus will leave Listry community centre at 10.45am approximately and return 6pm approximately. The small bus

will start collecting t 9.45am.

MEALS ON WHEELS: Do you or someone known to you need a hot meal delivered to your door? A meal on wheels service operates from Listry Community Centre each Monday, Wednesday and Friday. It is a great service for those living alone, the elderly, those convalescing from illness or those not in a position to provide or prepare a meal for themselves. Give Cathriona a ring at 087 9381063. Meals a presently delivered to persons in Listry, Milltown, Faha, & Ballyhar areas.



Kerry Airport Runway 5K Fun Run



Date 7th October 2016

Time: 8.30pm

**In aid of
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**Supported by
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Eating Slowly to Avoid Overeating & ultimately help you shed those extra few pounds. The concept of eating slowly as a means to avoid overeating and ultimately help you loose Body fat, is based on the simple fact that your brain needs about 20 minutes to get the "signal" that you are not hungry anymore and that you can stop eating. Our body needs time for the digestive and hormonal processes to take place at a point or phase far along enough to generate the "satisfied signal". Prior to the invention of convenience food, more chewing and slower eating was normal and therefore people were likely to reach the 20 minute natural stopping signal without having to be conscious of slowing down. However, given our fast food culture, this set point is often missed because the meal is well and truly over before reaching it!

Eating slowly can help you to better understand your real hunger signals and can help you to recognise reasons for faster eating, such as emotions or simply liking the taste of a food. However, eating slowly is not a decision that you make on the spur of the moment; rather, it's a habit that you'll need to persevere with and acquire with practice.

1. Reprogram your mind. Do not even attempt to acquire the habit of eating slowly before mentally rehearsing it in your mind for at least 21 days. Relax and use your imagination to create mental images, virtual pleasant experiences that your brain will register and remember. As part of this visualization process, imagine yourself lean and fit.

MORE TIPS NEXT WEEK...

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HEALTH TIP

STAY AWAY FROM SWEETENED BOTTLE DRINKS especially sodas. All those colas and fizzy drinks are sweetened with sugar and sugar means calories. The more you can cut out on these sweetened bottle drinks, the better for you. So if you must drink sodas, then stick to diet sodas.



Beauty tip

Curls

Brush out your curls with your fingers to give your hair a more tousled look.

Social Dancing Classes

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Wednesday 5th October 2016

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Age 3: She looks at herself and sees a queen!

Age 8: She looks at herself and sees Cinderella!

Age 15: She looks at herself and sees an ugly sister! (Mum, I can't go to school looking like this!)

Age 20: She looks at herself and sees "too fat, too thin, too short, too tall, too straight, too curly" but decides she's going out anyway!

Age 30: She looks at herself and sees "too fat, too thin, too short, too tall, too straight, too curly," but decides she doesn't have the time to fix it, so she's going out anyway.

Age 40: She looks in the mirror and sees "clean" and goes out anyway.

Age 50: She looks in the mirror and sees, "I am" and goes wherever she wants to go!

Age 60: She looks at herself and reminds herself of all the people who can't even see themselves in the mirror anymore. Goes out and conquers the world!

Age 70: She looks at herself and sees wisdom, laughter and ability. Goes out and enjoys life!

Age 80: Doesn't bother to look. She knows she's fabulous. Just puts on a purple hat and goes out to have fun with the world!

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Castleisland Clinic: River Island Hotel
 Last Friday of every month at 9.30pm

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

Kenmare Clinic: Atlantic Bar
 Every Saturday Night at 10.00pm

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

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

Contact Numbers:
 01 618 3363/064 66 85782 E: Michael.Healy-Rae@oireachtas.ie



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John will hold a Clinic in the Killarney Office every Friday from 3pm - 5pm
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 and Cllr. Niall Kelleher 087-6694101 office@niallkelleher.ie

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ALL SMILES ON RECEIVING THEIR JUNIOR CERT RESULTS AT ST BRENDANS COLLEGE L-R LEE DOWNING, EVAN JONES, RONAN DELANEY, GARY CRONIN & JACK ENRIGHT.



PICTURED AT KILLARNEY COMMUNITY COLLEGE ON RECEIVING THEIR JUNIOR CERT RESULTS WERE L-R MEGAN LEAHY, AMY LUCEY, TEACHER DEIRDRE FLEMING & KATE STACK.



PICTURED AT KILLARNEY COMMUNITY COLLEGE WITH THEIR IRISH TEACHER SIOBHAN O'BRIEN (CENTRE) ON RECEIVING THEIR JUNIOR CERT RESULTS WERE L-R GABRIEL P.S, BREDA KELLIHER, DIOBHAN O'BRIEN, AMY KELLY & LEE HEFFERNAN.



PICTURED AT ST BRENDAN'S COLLEGE ON RECEIVING THEIR JUNIOR CERT RESULTS WERE L-R FIONN OLIVER, FRANK MCGUIRE & CALLUM MYERS.



PICTURED AT KILLARNEY COMMUNITY COLLEGE ON RECEIVING THEIR JUNIOR CERT RESULTS WERE L-R JAMIE MCGOUGH, LEONARD GAMBELL & GAVIN O'LEARY.



MIRIAM FLEMING WHO RECEIVED 10 A'S. PICTURE SUPPLIED BY ST. BRIGID'S SECONDARY SCHOOL



ALL SMILES FOR THEIR JUNIOR CERT RESULTS.... FRONT SEATED: L TO R EMMA FINN & LAOISE GEANEY. BACK ROW: L TO R KELLY O'HALLORAN & CIARA MOYNIHAN. PICTURE SUPPLIED BY ST. BRIGID'S SECONDARY SCHOOL



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If you have an area in your garden you would love to screen-off but haven't got the earth to do it you can plant most climbers in containers, a good type of container for this is a quarter barrel as it can fit right up next to a wall or trailing.

As with all plants in containers, make sure that you water and feed regularly.

When choosing a terracotta container, make sure the label says frost proof rather than frost resistant as these can still crack in prolonged frost. There are also imitation terracotta pots made from plastic which are really very practical.

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Kerry ETB Training Centre



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

CAD - 3D Parametric Modelling (ET4R1) - Tralee.

This course is for CAD technicians who wish to develop contemporary 3D parametric modelling skills. **Start Date:** 26th September 2016. **Duration:** 31 weeks. **Certification:** City & Guilds Levels 1 & 2 Awards in Computer Aided Design Parametric Modelling.

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. The learning outcomes are firmly focused on enabling participants to secure sustainable employment in the radio broadcast sector. **Start Date:** 10th October 2016. **Duration:** 50 weeks. **Certification:** To be decided.

MySQL and PHP for Dynamic Websites (ETR81) - Tralee.

This course is for people who are able to build and maintain static websites using HTML and CSS? It offers participants the opportunity to develop their MySQL and PHP knowledge and skills to create dynamic websites incorporating efficient and secure content retrieval from databases. **Start Dates:** 10th October 2016. **Duration:** 24 weeks. **Certification:** Oracle Certified Professional MySQL 5.6 Developer Certificate and W3C Schools certified PHP Developer Certificate.

Food Preparation and Cooking (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:** 17th October 2016. **Duration:** 20 weeks. **Certification:** City and Guilds Level 2 Diploma in Food Preparation and Cooking.

Digital Web Design with Adobe Dreamweaver (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:** 17th October 2016. **Duration:** 22 weeks. **Certification:** QQI Level 5 Component Certificates in Computer Illustrated Graphics, Web Authoring and Work Experience, plus Adobe Associate Certificate in Web Communication Using Adobe Dreamweaver.

MTA Software & Networking Fundamentals (ET1Z4) - Tralee.

This entry level course offers experience on the technical side of software development and computer networks. It's the ideal starter course for people considering a career in information and communication technology. **Start Date:** 24th October 2016. **Duration:** 12 weeks. **Certification:** Microsoft Technology Associate Certification.

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:** 14th 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.

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

This course is for people who wish to enter the digital marketing sector or incorporate digital marketing into their existing range of business skills so as to enhance their career and job prospects. **Start Date:** 21st November 2016. **Duration:** 35 weeks. **Certification:** City & Guilds Level 3 Diploma in Digital Marketing 7513-30.

New Course

Foundation in Media (TR08743) - Tralee.

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OUTLOOK SPORTS NEWS

Editor : Donal Barry

Email : news@outlookmags.com



FITZMAURICE REAPPOINTED AS KERRY MANAGER

KERRY O'SHEA looks back at Eamonn Fitzmaurice's reappointment as Kerry manager

Kerry Senior Football manager Eamonn Fitzmaurice has been given a resounding vote of confidence to continue as manager for another two years by the Kerry GAA. Fitzmaurice's ratification came at a recent meeting of the Kerry GAA committee on the recommendation of County Chairperson Patrick O'Sullivan.

Speaking to the media Fitzmaurice admitted that he had little trouble in making his mind up on taking on the position again.

"I met with Patrick O'Sullivan after the Munster final and we discussed a fresh mandate for the following two years. We met again after the defeat by Dublin.

"The players are still buying into what I hope and want to achieve for Kerry. After the Dublin game I might have been questioning myself for a day or two but I was eager to continue." Born in 1977, the Pobal Scoil Corca Dhuibhne Teacher has guided Kerry to considerable success during his tenure in charge including a memorable win over Donegal in the 2014 All-Ireland SFC final.

A holder of three All-Ireland and two NFL Medals, Fitzmaurice has a unique collection of



Kerry Novice, Junior Intermediate and Senior Medals with his Club Finuge and his district side Feale Rangers.

Fitzmaurice made 48 senior championship appearances for Kerry during his nine-year career from 1997-2006 and has also played at Minor, U21 and Junior level for the county and has made 57 National League appearances. He has also played minor and senior hurling

for Kerry.

At senior level, he has played under three Kerry managers-Paidi O'Se, Jack O'Connor and Pat O'Shea.

Under Fitzmaurice's watch, Kerry have won four Munster Senior titles and reached two All-Ireland finals, winning the 2014 decider against Donegal and losing out narrowly to Dublin last year.

Fitzmaurice's side have suffered just three championship defeats, all at the expense of Dublin.

He served in Jack O'Connor's backroom team following his retirement from inter-county football and was involved with the County U21s as manager for a period before assuming the Senior role in August 2012.

Since then, Kerry have qualified for either the All-Ireland semi-final or the final every year and have enjoyed an unbeaten run through Munster during his term in charge.

Fitzmaurice has also enjoyed considerable success at Colleges level having guided Pobal Scoil Corca Dhuibhne through back to back All-Ireland Colleges SFC titles in 2014 and 2015.

EIGHT OF THE BEST NEWCOMERS

As Eamon Fitzmaurice looks set to strengthen the Kerry panel over the coming months, Kerry O'Shea looks at some of the likely players who will be in the running to catch his eye over the coming months.

SHANE RYAN (RATHMORE)

The Rathmore man was an excellent goalkeeper in Kerry's Minor teams of 2013 and 2014. Ryan has been spoken of as a future senior netminder for Kerry. He has an excellent kickout and is also an option for long-range frees at which he is very successful.



CORMAC COFFEY (KERINS O'RAHILLY'S)

Coffey was another minor who impressed during Kerry's march to the All-Ireland title in 2014 and has continued his good form this year for Kerins O'Rahilly's prior to going to America for the summer.

JACK BARRY (NA GAEL)

With Dingle's Mark O'Connor and Barry O'Sullivan set to figure in the battles for the midfield positions, Na Gael's Jack Barry could be another option here.

Tall, strong and mobile, Jack Barry was a key member of Mickey Ned O'Sullivan's minor sides in 2012 and 2013 and an u21 in 2015.

MATTHEW FLAHERTY (DINGLE)

Flaherty like Paul Murphy, he is equally adaptable in both defence and attack. He played a leading role in Kerry's march to All-Ireland glory at minor level in 2014 and is a definite for the notebook.

KILLIAN SPILLANE (TEMPLENOE)

A son of former Kerry great Tom Spillane, Killian was Kerry's leading scorer in their march to All-Ireland minor honours in 2014, finishing the campaign with 0-39 from 6 games. He inspired Kenmare District to reach the semi-finals of the County SFC last year and continued his good form early in the season with Templenoe in their march to the All-Ireland Junior Club Championship.

CONOR KEANE (KILLARNEY LEGION)

A Kerry minor in 2013, Keane showed tremendous form last year in the U21 ranks, scoring 1-7 against Cork in the Munster semi-final. In 2015, he played a leading part in Legion's march to the County SFC final.

CONOR GEANEY (DINGLE)

Another All-Ireland Colleges Medal winner with Pobal Scoil Corca Dhuibhne under Eamon Fitzmaurice and a cousin of Kerry seniors Paul and Mikey Geaney, Conor Geaney is a deadly poacher and scoretaker. A hard grafter, he was Kerry's leading scorer in the 2015 All-Ireland Minor campaign, compiling 4-27 with 2-4 of that total alone coming in the All-Ireland final decider against Tipperary where he gave a superb display and man of the match performance.

JASON FOLEY (BALLYDONOGHUE)

A key member of last year's all-conquering minor team, Foley continued his excellent form this year in the Junior ranks with an impressive showing against Mayo in the decider in Croke Park. He is a natural full-back, mobile, pacey and athletic.





RANDLES BROS NISSAN LADIES CLUB FOOTBALL FINAL SOUTHERN GAELS BLOW BEAUFORT OFF THE SCALE

**SOUTHERN GAELS 6-12
BEAUFORT 2-6**

An explosive third quarter by an experienced Southern Gaels outfit where they scored 4-6 without reply simply blew Beaufort off course at last Saturdays Senior Club Final played at Legion.

Starting with eight of the team who last won, Southern Gaels their last championship in 2010, the girls from the South were in complete control throughout apart from the final quarter in which Beaufort rallied with two goals.

Beaufort were appearing in their first final since 1998, having reformed a senior team this year and produced some great football to reach the final but they found Southern Gaels a step too far and the task got even more difficult with the loss of 2 time All Star Sarah Houlihan to injury prior to the break. Former county player Deirdre Corridan opened the scoring with a brace before Beaufort's most dangerous forwards Hannah O'Donoghue replied. Another former County player Mary Cronin raised the first green flag of the day on the 12th minute to leave them 1-3 to 0-1 ahead but to their credit Beaufort countered and O'Donoghue again found the target twice to reduce the gap to a goal. It was as close as they were going to get as Anna Galvin struck for another goal on 26



THE SOUTHERN GAELS TEAM, MANAGEMENT AND SUPPORTERS CELEBRATE AFTER THEIR VICTORY IN THE LADIES COUNTY FOOTBALL FINAL.

minutes and they took a 2-5 to 0-3 lead to the break.

Then came the explosive third quarter with Linda Cronin, sister Bernie Cronin, Deirdre Corridan and Mary Cronin all goaling and with the addition of half a dozen points, the Southerners enjoyed a 6-11 to 0-3 lead as the life of the contest evaporated. Hannah Donoghue and Fiadhna Tagney both added late goals with Patrice Dennehy adding a brace of points taking the look off the scoreboard as the South Kerry outfit went on to lift the Caroline Broderick Cup and their fifth county senior title.

Teams: Southern Gaels: Elaine O'Sullivan, Grace O'Connor, Sinead Sheahan, Sinead

Clifford, Caoimhe Teahan, Caroline Kelly, Fiona Keating, Megan O'Connell 0-1, Clodagh Quinlan, Bernie Cronin 1-1, Linda Cronin 1-3, Julie O'Connell, Mary Cronin 2-2, Deirdre Corridan 1-5 (0-1F), Anna Galvin 1-0
Subs: Deirdre O'Sullivan for Quinlan (40), Erin O'Driscoll for Julie O'Connell (40), Patricia O'Sullivan for Sheahan (43)
Beaufort: Anna Maria O'Donoghue, Aisling O'Sullivan, Maura O'Sullivan, Fay O'Donoghue, Sinead O'Connell, Tara Breen, Mary Ann Doherty, Cliona Coffey, Amy Foley, Lisa Dennehy, Hannah O'Donoghue 1-3, Niamh O'Sullivan, Fiadhna Tangey 1-1, Sarah Houlihan, Patrice Dennehy 0-2
Subs: Ellen O'Neill for Sarah Houlihan (28)

STACKS SAVOUR SWEET SEPTEMBER SUCCESS

**AUSTIN STACKS 2-12
DR CROKES 1-14**

Austin Stacks collected their first piece of silverware this year when they captured the Castleisland Mart Co Senior Club FC title, the Michael O'Connor trophy for the third time at the expense of old rivals Dr Crokes in Killarney on Saturday evening.

Both sides exchanged early scores before Ambrose O'Donovan, who was dismissed on a straight red card in the 14th minute, pointed Crokes into the lead.

The Rockies swept downfield and Shane O'Callaghan blasted a high dropping ball from David Mannix to the net in the 11th minute which gave them a 1-1 to 0-2 lead.

Crokes hit back with points from Tony Brosnan, Colm Cooper and the outstanding Kieran O'Leary to move 0-8 to 1-1 clear with 25 minutes gone.

Stacks reacted by switching Kieran Donaghy into full-forward which paid dividends as



Donaghy (2) and David Mannix added three points without reply to leave the Rockies trailing by the minimum 0-8 to 1-4 at the short whistle.

Michael O'Donnell levelled for the Tralee men on the restart but Crokes 'keeper Shane Murphy converted a 45 to put them ahead again.

Gavin White extended the Killarney side's lead before Gavin O'Shea finished a fine move to the net in the 35th minute

Pat O'Shea's side were now in the driving seat but Stacks retaliated with 1-1, the goal from Ferghal McNamara to storm back into contention.

Daithi Casey eased Crokes two clear, David Mannix replied with a brace for the Rockies which left the scores tied at 2-9 to 1-12 with 12 minutes to go. Stacks were now dominant and took the lead when David Mannix converted a free and Pa McCarthy

pointed from a poor Shane Murphy kickout. Crokes came forward in a desperate attempt to wrestle the initiative and almost succeeded but were denied when sub PJ Lawlor's goalbound effort was stopped by Daragh O'Brien. Despite a late Jamie Doolan score, Stacks hung on to claim their third Castleisland Mart title and a first since 2003.

By Kerry O'Shea



BROTHERLY LOVE: TIMOTHY MOYNIHAN WISHING HIS OLDER BROTHER DARA ALL THE BEST IN HIS QUEST FOR ALL IRELAND GLORY NEXT SUNDAY.

GNEEVGUILLA GAA

LOTTO: Numbers 1,15,16,30. Congratulations to Jackpot winner Eileen O'Riordan. Next weeks jackpot €4,000.

GNEEVGUILLA U12 5-11 LISTRY 3-03

MARSHALS NEEDED: To help out with the event "Pieta 100 cycle" on Sunday 25th Sept in Rathmore. Anyone who can help on the day or with contributions, preparing food or manning food stations to contact Marie on 087 948 9594.

GNEEVGUILLA SENIORS: Will play Anascaul on September 25th in promotion playoff with the winner to play St Pats.

WELL DONE: To Gneeveguilla Juniors for making it to a fifth McElliot cup final in a row.

GNEEVGUILLA PLAYED FIRIES IN RD 1 OF THE O'DONOUGHUE CUP ON SUNDAY:

Firies opened the scoring with a strong breeze at there backs before Corneilus Buckley hit 1-02 in quick succession. Corneilus ran on to a good ball from Don Murphy and rounded his marker before firing an unstoppable shot to the roof of the net. Connor Herlihy followed up with a well taken goal of his own after being played in by Shane O'Sullivan to leave it 2-02 to 0-02 after just 16 minutes. Firies came back into it and kicked 3 unanswered points and looked to be dominating. An excellent save by Patrick O'Riordan diving to his left seemed to give Gneeveguilla a wake up call. Again it was Corneilus Buckley who wriggled his way past two defenders before finishing low into the left hand corner of the goal restoring Gneeveguilla's advantage. A point just before half time left Gneeveguilla leading 3-03 to 0-05 at half time. It took 13 minutes for Gneeveguilla to take advantage of the strong breeze in the second half as Shane O'Sullivan Pdraig Doyle, Connie O'Connor and Corneilus Buckley rattled off 4 more points. Danny O'Connor got Gneeveguilla's fourth goal when he followed through on a high ball and rose highest in the

box to put the game beyond doubt. A Micheal Brosnan point followed up by one more from Shane O'Sullivan and Pdraig Doyle sealed the victory as referee Tom Moriarty blew the final whistle. Gneeveguilla now go on to face the winners of Kilcummin and Glenflesk in the next round.

FIRIES COISTE NA NÒG

U6, U8 & U10 BOYS: Our Saturday morning football training academy went on tour on Sunday, 11th September to John Mitchells, Tralee. There was great excitement for this much anticipated match and all cohorts performed incredibly well in a windswept John Mitchells GAA pitch. Many thanks to all the boys, their parents/guardians and coaches/mentors who travelled to support the budding stars. Training resumes as per normal schedule on Saturday, 17th September.

U12 BOYS:

Well done to our U12 boys who were also playing on Sunday, 11th September. Conditions were blustery to say the least, but the Firies troopers had a convincing victory against Spa GAA in Killarney; Spa 1-06 Firies 5-15. Well done boys.

SPA NOTES

COISTE NA NOG We welcome all new members boys and girls. We train all year round indoors and outdoors.

TRAINING: Boys Saturday 11.30-12.30.

U6/U8/U10 and U12.

Girls: U6/U8 and U10 Girls Wednesday 5-6pm.

Further information contact Secretary Bernie Courtney 087 1385612.

EAST KERRY LEAGUE

U12 BOYS V FIRIES: Spa played their first game of the East Kerry league at home to a stronger Firies team. Great skills on both sides.

LADIES FOOTBALL:

U14 GIRLS EAST KERRY LEAGUE

SPA V BEAUFORT: A very close game but Beaufort ran out the winners in this encounter.

U15 GIRLS KNOCKOUT

CHAMPIONSHIP: Spa V Finuge/St Senans.

Played in Finuge and the girls tried their best to a much stronger North Kerry side.

U16 GIRLS: East Kerry Div 2 Semi Final.

Spa away to Laune Rangers September 23rd.

SENIOR LADIES: Ladies are training for two upcoming finals. Junior B final v Finuge/St Senans. Mary Jo Curran Cup Final against neighbours Kilcummin. Best of luck to Senior team Spa/Rathmore in their Munster campaign.

MINORS EAST KERRY SEMI FINAL LEAGUE: SPA 0-9 CORDAL/SCART 4-15

Played at home to a team that looked more hungry and energetic for a win and a place in the final. Eoin Carroll pulled off some great saves. David Spillane, Micheal Kearney, Mikey Moynihan and Jordan Leahy tried hard for the home side.

KERRY MINORS: Best wishes to Dara

Moynihan and his team mates every good wish in the All Ireland Minor Championship next Sunday. Thanks to Dara for giving up his time to meet and give autographs to the younger members of Spa last Sunday.

UPCOMING FIXTURES

U12 Boys:

Spa V Currow away Sunday 18th @12noon.

Senior Men:

O'Donoghue Cup Championship Spa v Scartaglin on Sunday Sept 25th (details tbc).

JUNIOR FINAL COUNTY LEAGUE

Spa V Beaufort Saturday 24th September at 4pm. Venue TBC.

SENIOR LADIES: Final Junior B Final.

Spa V Finuge/St Senans Saturday Oct 15th at 6.30pm.

Mary Jo Curran Cup Final

Spa V Kilcummin October 22/23 V Kilcummin.

LOTTO RESULTS: Draw held in The Killarney Oaks Hotel. Numbers drawn 04, 13, 14, 27. Jackpot €8,600 not won. Lucky dip winners €50 each: Johnny Cronin, Coolcorcoran; Comhaltas Ceoltóirí, Cill Áirne; Gary O'Sullivan, 67 Whitebridge; Ava Flaherty, Knocknagoshal. Next weeks draw will be in The Torc Hotel for a jackpot of €8,800

FLEADH CELEBRATION NIGHT: A night for all that competed in Fleadh at all levels, will take place on Friday, September 16th at 8pm in Spa clubhouse. Everyone welcome. A great night promised. Please contact Ann Mangan 087 9403508 for numbers for food and further information. Thanks to David Rae and Sean Murphy of Celtic Steps Show for inviting the U15 Mixed Set All Ireland winners to dance in their sell out show last Friday night.

CLOTHES COLLECTION: Schools are open and a chance declutter those wardrobes and support the underage structure in Spa. We collect clothes, shoes, bags etc all year round. Bags can be left in Spa after 5pm in the lobby under the stairs. Further information contact Anne Holland 0857780883. Collection will take place in the next few weeks so dont miss your chance to off load unused or unwanted clothing. Your support is greatly appreciated.

HALL RENTAL: Please contact Eileen Casey for availability 087 6577312.

SPA MERCHANDISE: Contact Mathilda for the new range of fantastic gear 087 6487356.

WEDDING: Congratulations to Senior Lady football Katie Purtill, Ballybunion, on her recent marriage to David O'Driscoll, Blarney. Katie is the physio of the Kerry Minor team and will be on duty in Croke Park next Sunday.

EAST KERRY NOTES

WITH ÁINE NÍ SHÚILLEABHÁIN PRO ROUND 1 - AQUILA CLUB O'DONOGHUE CUP, EAST KERRY SENIOR CHAMPIONSHIP

GNEEVGUILLA 4-11 FIRIES 0-7: They say goals win games and this was certainly the case last Sunday when Gneeveguilla took



on Furies, in difficult weather conditions, of rain and very strong wind, in the opening round of this years Aquila Club O'Donoghue Cup. The sides swapped points in the first ten minutes before Cornelius Buckley rattled the Furies net 1-2 to 0-2. Gneeveguilla maintained the pressure, and were denied another goal with a great save by Furies defender, James O'Donoghue, before Conor Herlihy increased the home sides lead with a well taken goal, 2-2 to 0-2. Furies enjoyed a period of dominance notching up 3 points without reply, from the boot of Colm O'Shea, narrowing the gap to a single score 2-2 to 0-5, with 22 minutes on the clock. The visitors maintained the pressure and would have equalised but for a great save by the Gneeveguilla keeper, Patrick Riordan, from point blank range. Gneeveguilla's Donal Murphy then won the kick out, picked out the in form Cornelius Buckley, who sent a rasper to the back of the Furies net, increasing their lead to six points. A point from play left the half time score: Gneeveguilla 3-3 Furies 0-5. On the restart, Gneeveguilla extended their lead with 4 unanswered points in the third quarter, 3-6 to 0-5. The sides both brought on fresh legs. Furies were reduced to 14 players and the momentum was with Gneeveguilla who scored 1-4 to a single point in the last ten minutes, to progress to the quarter final against the winners of Glenflesk V Kilcummin. Final score: Gneeveguilla 4-11 Furies 0-7

Referee: Tom Moriarty (Killarney Legion)

LISTRY 2-8 FOSSA 1-9: Played in a gale force wind and squalls of rain, this local derby at Fossa swung violently from side to side. After 20 minutes Listry aided by the gale, led 1-6 to 0-0, and it looked like the start of a whitewash. Their defence, in particular Danny Wrenn, Kieran Murphy, Eoghan Dermody and John Foley, put the shackles on the Fossa forward division. Derry Ahern opened with a pointed free after 5 minutes. Three minutes later, Gavin Nolan cut through the defence to rifle the ball to the top corner. Aherne, Damien Clifford (0-2), Ronan Buckley, and Paul O'Donoghue pressed home Listry's dominance with further points - 1-6 to 0-0. But local derbys are never say die affairs and so it proved. Fossa launched their comeback when full back Kevin McCarthy attacked to half way. Darragh Rice and Shane Malone drove through midfield and found Domhnall O'Sullivan who pointed his own free. The remaining ten minutes saw Fossa dominant as Rennie, Dennehy, McCarthy and Colm Walsh took the play to Listry. Matthew Rennie plucked the ball from the air at midfield and passed to O'Sullivan who was fouled. His lofted free was misjudged by the keeper and Mark Dennehy had the easy task of hitting the net. Tadhg O'Shea converted a late free to leave the half time score Listry 1-6 Fossa 1-2.

On the resumption, Fossa had the strong gale to their backs and applied pressure from defence to full forward. They struck 7 unanswered points in the third quarter from Tadhg O'Shea (0-4), Domhnall O'Sullivan (0-2) and Mark Dennehy.

That put Fossa into the lead 1-9 to 1-6. By now Listry had gone 30 minutes without a score and the momentum was firmly with the home side. Then Listry's speedy forward Derry Ahern converted a 20m free which saw the initiative swing back to his side. Eoin Darmody and Billy O'Brien worked the ball to Ahern whose pass released Paul O'Donoghue for Listry's second goal and the lead 2-7 to 1-9. Substitute Stephen Brosnan's final point ensured that Listry will meet Dr Crokes in the next round of the East Kerry Aquila Club championship. Full time: Listry 2-8 Fossa 1-9.

THE TATLER JACK EAST REGION MINOR LEAGUE: Scartaglen/Cordal progressed to the Division 2 final of the Tatler Jack East Region Minor league, with victory over Spa in the Semi Final, Cordal/Scartaglen 4-15 Spa 0-9. This means that Cordal/Scartaglen play Currow in the division 2 Final, in Currow. Date TBC.

KERRY SOUTH U14/U15: Kerry South U14 played Galway in Fossa on Saturday. Thirty players got lots of game time with fantastic skill levels on display by all players on the day. Management were delighted with all players efforts during the two games. Kerry South U15 played Galway in Lewis road on Saturday. Thirty players lined out with all players gaining valuable inter county experience during the day. Management observed great improvements by all the players with excellent teamwork in evidence. Thanks to Fossa and Dr Crokes clubs for the use of their excellent facilities, it was much appreciated by all concerned in organizing the days event.

DR. CROKES GAA SENIOR CLUB CHAMPIONSHIP FINAL AUSTIN STACKS 2-12 DR CROKES 1-14

In an analysis of this game it would be the easy way out to say we lost this game because our opponents had a numerical advantage of one for 45 minutes of the match. It however could be pointed out that many games at Club and County level have been won by the team who suffered the same faith as we did. Our lads did however give their all and fell short in the end by one point. We actually scored 6 points without reply in a 10 minute spell in the second quarter and four of these were got when we were a man down. This was an outstanding game and Congratulations to Austin Stacks on their great win. They seemed to have the greater power in the last 10 minutes and outscored us 5 points to 2 points in this period. We opened the scoring into the wind in the second minute but Stacks equalised a minute later. A point for us a few minutes later was followed by a goal by our opponents. We had our most productive period in the game from the 15th to the 25th minute, scoring 6 points without reply. Stacks had a good finish to the half, scoring 3 unanswered points. This gave us a half time lead of 0-8 to 1-4. The teams exchanged scores on 5 occasions in the third quarter. Both scored 1-4 to leave us still a point in front. Our opponents

had 3 points without reply in the next ten minutes as we went into the last five minutes of normal time. The teams exchanged points just before the end of normal time to still leave us 2 points behind as we entered the last 5 minutes of extra time. We reduced the deficit to a point in the 63rd minute. Maybe our opponents had the fresher legs in the last quarter but even in defeat I feel we learned a lot from this typical Championship in 3 weeks time.

Dr Crokes Best Player - Gavin White.

TEAM AND SCORERS: Shane Murphy 0-2 (0-1 45, 0-1 free), David O'Leary, Mike Moloney, Fionn Fitzgerald, Gavin White 0-1, Alan O'Sullivan, Mike Milner, Ambrose O'Donovan 0-1, Johnny Buckley Captain 0-2, Daithi Casey 0-2, Gavin O'Shea 1-0, Brian Looney, Colm Cooper 0-2 (0-1 free), Kieran O'Leary 0-3, Tony Brosnan. Subs: Luke Quinn, Jamie Doolan 0-1, P.J Lawlor, Micheal Burns.

UNDER 12 FIXTURE: Home vs Legion on Friday 16th September.

ACADEMY: The Saturday morning academy welcomed Lissycasey from Clare Under 8 and Under 10 boys. A number of high quality and spirited games were played. All the boys enjoyed the games and the treats after. This Saturday Dr Crokes Under 10 boys welcome Éire Óg from Cork.

UNDER 14 GIRLS: Both ourselves and opponents Glenflesk served up a very entertaining game for the supporters who braved the miserable conditions at Lewis Rd on Sunday evening 11th September.

After a lacklustre showing by our girls in the first half, despite playing with the elements, to a woman they drove into their opponents and the conditions in the second period. The concession of two first half goals ultimately proved our undoing but it took 3 points in the last five minutes by the visitors to provide the winning margin. All 19 squad members showed great heart and no little skill in the driving rain.

SQUAD: Alexandra Buckholz, Leanne Kerins, Jade Potts, Caoilinn O'Donoghue, Miriam Green, Holly Power, Megan Graham, Treasa OSullivan, Julie Delaney, Sarah McMahon, Niamh Stack, Kym Murphy, Ava Sheehan, Lyselle O'Shea, Ellen Moloney, Emma Kelly, Pia Hickey, Shauna White, Jessica Leahy, Sarra Neher.

COLM COOPER BLITZ: The Colm Cooper Invitational Tournament will take place for the fifth year on Saturday 24th of September. Everyone is invited to come along in a tribute to one of the greatest footballers of all time and one of our greatest Clubmen.

BEST WISHES: Best wishes to Crokes representatives on the Kerry Minor Team.

DEEPEST SYMPATHIES: Deepest Sympathies to Childrens Officer Colm O Suilleabhain and his family on the sad death of Michael O'Sullivan.

LOTTO: Lotto 2, 9, 12, 15. Jackpot €8400. Not won match 3 9 by €45. Next draw on Monday 19th of September in Speakeasy. Jackpot €8700.



LISTRY GAA NEWS

WEEKLY LOTTO RESULTS: Sunday 11th September, 2016. Winning Numbers 4, 12, 20, 26. Jackpot €6,350. Not Won.

1 x €100 JJ & Breeda Tangney, Listry.

2 x €50 Senan Wrenn, Lissivane,

Marie O'Mahony, Anglont.

2 x €25 Sean McCarthy, Killarney.

Larry Daly, Killorglin.

Draw Entrant Michelle Keane, Cooleneymore

Jackpot next week Sunday 18th September €6,500.

EAST KERRY SENIOR CHAMPIONSHIP - 2016 AQUILA CLUB O'DONOGHUE CUP

- ROUND 1: Our seniors played away to Fossa in the O'Donoghue cup, last Sunday on a very wet and windy afternoon. Listry dominated the first half, with Derry Ahern scoring the first point four minutes in, this was followed by a goal from Gavin Nolan eight minutes later. Ronan Buckley scored a point quickly after. In the next ten minutes Listry's Derry Ahern, Damien Clifford (2 points) and Paul O'Donoghue scored points, bringing the score to Fossa 0-00 Listry 1-06. Fossa scored their first point ten minutes from half time, followed by a goal by Fossa's Mark Dennehy and the last point of the first half went to Fossa's Tadgh O'Shea. Half Time Score Fossa 1-02 Listry 1-06. In the second half Fossa took control and scored seven points from Tadgh O'Shea and also Mark Dennehy, before Derry Ahern scored a point followed shortly after by Listry's second goal, scored by Paul O'Donoghue, this was a fast paced second half, the last point went to Listry's Stephen Brosnan.

FINAL SCORE FOSSA 1-09 LISTRY 2-08. U6S

U-6's will resume training for a few weeks before the end of the season from next Friday, 16th Sept at 6.30pm.

LEGION GAA CLUB

COUNTY LEAGUE: Our seniors played their final County League game on Saturday, ultimately coming up short against Kenmare in Derreen. With both sides already relegated to Division 2 there was nothing really to play for but the match was keenly contested nevertheless. A bright start by Legion saw them race into a 0-06 to 0-00 lead early on but a spirited Kenmare fightback meant the home side went in at the break leading by just two. Kenmare continued to improve into the second half and with a couple of minutes remaining they were two points clear. A spectacular David O'Sullivan goal looked to have saved the day but Kenmare managed to go straight down the other end and seal the win with a goal of their own. They found the net again with the last kick of the game and so ended a disappointing County League campaign for Legion.

U-14 BOYS: East Kerry Championship Semi-Final: KILLARNEY LEGION 2-14 DR

CROKES 3-09: Our lads fought very hard to claim victory in Fitzgerald Stadium and set up an East Kerry Division 1 Final against Rathmore in two weeks' time, a repeat of last month's Division 1 League Final which Legion won. Legion dominated the first half and went in at half-time 1-09 to 0-05 up. We spurned several glorious chances to raise green flags but a combination of good goalkeeping and poor shooting prevented us from killing off the game. Crokes came back at us at the start of the second half scoring three quick-fire goals and a brace of points to put us on the back foot, turning the game completely on its head. Our lads managed to weather the storm and began to pick off the points with some wonderful team play to close the gap. However we still needed a goal in the last few minutes to secure the win. This was a pulsating match played in ideal conditions by two excellent sides. Well done to everyone involved.

U-12 GIRLS: The U-12 girls built on last week's

win over Glenflesk by beating Kilcummin in Kilcummin.

U-13 BOYS: Well done to our U-13 boys who took part in the Austin Stacks tournament last week. Two draws in a tough group containing Stacks, Nemo Rangers and Ennistymon earned the lads a place in the semi-final of the Plate against John Mitchels but the Tralee side had just enough to advance to the final. A big thank you to all the Legion supporters who travelled and to our coaches Philip Gammell and Paddy Osborne.

GOLF CLASSIC: The Legion Golf Classic takes place in O'Mahony's Point on Thursday, October 6th. There are two shotgun starts (9am and 2pm) and you can enter a team of three for just €200. To book your place at the event, please contact Seán Murphy at 087 2461780 or Tim O'Leary at 087 2608548. Don't miss this great opportunity to play one of the most scenic golf courses in the country and support the club in the process. Many thanks to Micheal O'Donoghue of the Killarney Avenue Hotel for his kind sponsorship of the event.

MASS: There will be a Mass at our clubhouse on Friday, October 14th at 7pm where we will remember our deceased members and also pray for all present and past members and their families. We hope to see past members, children, parents and grandparents, players, supporters and sponsors. Everyone is welcome. Transport will be available if required, just contact any club officer. There will be hymns by some of our Scór team and refreshments afterwards. Please spread the word. Any children with choir experience who would like to be involved please contact Carolann at 086 1709322.

SATURDAY MORNING ACADEMY:

Training continues this Saturday from 10.30am to 12 noon at our home grounds in Derreen. Kids aged 4-10 from the Killarney area are invited to come along and sign up. For more information contact Seán at 087 2225325.



DAVID SPILLANE CONGRATULATING DARA MOYNIHAN IN HIS QUEST FOR ALL IRELAND GLORY NEXT SUNDAY.



INTERMEDIATE CHAMPIONS, RATHMORE SENIOR LADIES WHO DEFEATED SCARTAGLIN IN THE INTERMEDIATE COUNTY CHAMPIONSHIP 2-18 TO 1-08.



KILLARNEY VALLEY AC

ONE WEEK TO GO!!! The 3rd Killarney10 Mile is on next Saturday September 24th fantastic response this year – last minute entries on www.killarney10mile.com

Stewards are needed for a few hours on the day so please step up and help us to build the KillarneyMicroTrack for all of the community. Contact Brid Stack 0872650720 if you can help. Remember this is a not for profit event and all the money made after costs goes directly in the KillarneyMicroTrack building fund.

The KVAC 8 week training program is going very well and the young (and not so young) athletes should see a difference in their fitness levels by this week already! There will be no training on the 24th of September as this clashes with the Killarney10Mile – so that frees you up to help out on the day!

Please check our facebook page for up to the minute news, changes to schedules and photos etc. <https://www.facebook.com/KillarneyValleyAC/>

We are still looking for more help if the indoor training is to go ahead this year – thanks to those who have already volunteered. Please email the club if you can help.

REMEMBER: Athletes MUST wear the club singlet when representing their club. These are available from Brid Stack 0872650720.

If you have any news or photos you would like to include in the notes please email killarneyvalleyac@gmail.com

RESULTS: Results from Farranfore Open Sports last Sunday 11th Sept 2016 in wet and windy conditions – well done to everyone who came Timmy Ryan U9 – 2nd Turbo Jav.

Cian Russell U11 – 1st 80m, 1st Turbo Jav.

Jason O'Reilly U11 – 2nd 80m, 1st 300m, 2nd Turbo Jav.

Kathryn Ryan U11 – 2nd 80m, 2nd 300m, 1st Turbo Jav.

Hannah Ryan U11 – 3rd 300m.

Eoin O'Reilly U14 – 3rd 800m.

KVAC also came 1st in the U14 4x400 relay with KVACs Eoin O'Reilly having joined athletes from An Riocht – well done to them!

KRFC NOTES

MINIS: Our minis continued training last Saturday at Aghadoe between 10:30am and 12 midday. We welcomed back all of our previous players, while we are getting lots of eager children who want to try out rugby for the first time. If you have a child who is interested in playing rugby, why not bring them along to training or contact our Minis Coordinator Liam Murphy on 087-4145662 for any details. Please remember there is a charge of €2 for all children training each week, which goes towards the development of the club.

YOUTHS: Our Youth section continue training this week with our U16 and U18's training from 6:30pm each Wednesday, while our U14's train each Saturday at Aghadoe between 10:30am and midday. Membership is now due for all players and can be paid online at www.krfc.com

club/membership.

MEMBERSHIPS: All memberships are now due for all players at all age grades. Please log on to our website and check out the membership tab for the various options available - player, family etc. We will need to get all players paid up as soon as possible or the players will not be covered by the clubs insurance. We intend to have a cut off date for memberships.

SENIOR XV: Our Seniors took on Castleisland RFC in the final of last seasons much delayed McElligott Cup final. The match took place under terrible conditions in Tralee last Sunday, where Castleisland ran out the victors on a scoreline of 31 points to 12. Hard luck lads. Next Sunday they make the short trip to Listry to take on Killorglin RFC at Ballymalis in the first round of this years McElligott Cup. Let's get out and support the lads!

GNEEVEGUILLA ATHLETIC CLUB

LOTTO: No winner of our lotto draw 09/09/2016, numbers drawn were 2, 14, 21 & 22. Sellers prize winner: Timmy Brosnan, €50 Y/T prize winner: Marguerite O'Connor Rathmore, €50 to William Leader Lisbaby Headford, €40 each to Eamonn Bowler Annaghmore, Dan Corcoran Kilcummin & Christy Moynihan Lacca. Bonus not won, numbers drawn were 2, 5, 10 & 22. Next week's jackpot plus €14,400 plus €1,000 bonus.

TRAINING: All training sessions are up and running, each cross country sessions is at 6.30pm, Monday's Gneeveguilla GAA Field, Tuesday's Boherbue Comprehensive School, Friday's Barradubh New Field. Open to all age categories. County Cross Country competitions beginning Sunday October 2nd.

COUCH TO 5K: Following the success of the last couch to 5K series a new Couch to 5K series is being run in Barradubh Field, commencing Monday October 3rd for 8 weeks. More details next week.

RIOCHT 5K: Well done to Caroline Murphy & John Guerin who ran well in the 1st leg of Riocht 5K last Wednesday night. This Wednesday night sees the 2nd leg of the race.

GNEEVEGUILLA ATHLETIC CLUB: Scariff 10k... Well done to club member Sean Cahillane who finished in 9th place in the Scariff 10k in Co. Clare on Sunday the 11th of September.

WORKMEN'S ROWING CLUB

TRAINING NEWS: Indoor training has resumed during the week as per coaches texts. We also meet at the lakeshore at Reen Pier on Saturday and Sunday morning 10.30am. Workmen's Rowing Club have a huge tradition of rowing in Killarney and we train for different genre of rowing all year round.. from Olympic Sculling, Killarney Sixes to Gig and Coastal. During inclement weather we continue to train onshore and indoors. If you are interested in taking up rowing why not contact us: Contact Mary Moynihan for more information:

086 8098182.

BIRTHDAY GREETINGS: Birthday wished this week to Hugh Rudden who celebrates this weekend, and to Ross McCarthy for the 22nd and Peter O'Shea for the 23rd September. Enjoy the celebrations boys!!

BAG PACKING: Many thanks to all who supported us at our Bag Packing last Saturday. Fantastic turnout by our members to fill the bags, and our appreciation to Tesco, Park Road for hosting us on the day. Well done Pauline O'Brien and Siobhán Bartlett in your organisation of this fundraiser.

For a full list of upcoming rowing events and other information about the sport of rowing, please visit www.rowingireland.ie

Why not keep in touch with us by liking us on facebook: 'Workmen's Rowing Club'.

FARRANFORE MAINE VALLEY ATHLETIC CLUB

On Sunday 11th September the club hosted their Annual Juvenile Open Sports Day in the GAA Grounds. There was a good turnout from local clubs and Limerick considering the dismal weather conditions. The High Jump competition had to be cancelled due to the high winds. Well done to all the participants in competing and we hope to see you all again next year.

At the first race of the An Riocht AC 5Km Road Race series held in Castleisland on Wednesday evening 7th September Maria McCarthy finished 4th lady overall and first in her age category. This is a good event for those preparing for the Cross Country in October. Next races are on Wednesday 14th & 21st September.

CLUB TRAINING: Juvenile Training is on every Tuesday and Thursdays in Farranfore GAA grounds starting at 6pm. Open to all registered juveniles aged 8yrs (Born 2008) and upwards. This will be in preparation for the Cross Country Championships €2 per session.

From Tuesday 13th September at 7pm indoors at Farranfore Sports Hall, Maria has her Cardiorespiratory, Strength, Endurance & Flexibility Exercise Class. The programme is designed to improve all the components of fitness that constitute physical fitness of an individual. From Thursday 15th September our Secondary School/Junior/Senior training starts up at 6:40pm in GAA grounds Farranfore. This is endurance training for cross country preparation. €2 club member, €4 non club member. Coaching Performance Conference in Sprints, Jumps & Hurdles on Saturday 17th September in AIT from 9.30am to 4pm. Details on Munster Athletics website

ATHLETIC'S FIXTURES: Sunday 2nd October. Kerry County Novice & Juvenile Even Age Cross Country, Killarney. Sun 9th October. Kerry County Inter/Masters & Juvenile Uneven Age Cross Country, Furies. Sunday 16th October National Open Cross Country incorporating the British & Irish Masters Trials. Sunday 23rd October Munster Novice/U23 & Juvenile Even



Age Cross Country, Cork Venue.
Sunday 30th October. Kerry County Senior / Junior & Juv. Relays, Cahersiveen TBC.

MUCKROSS ROWING CLUB

OPEN DAYS: Last weekend, the club held the first of two Open Days for all those interested in taking up rowing or curious to learn more about the sport. Our second Open Day is the Sunday 18th September and all are welcome once again to the club's boathouse between 11am and 1pm. We will have club members and coaches on hand to answer all your questions, give demonstrations and help you out with your first strokes on the water, if you wish to try for yourself. The club is suitable for all those aged 12+, boys and girls from underage levels through to men and women from young adult to veteran. Boys and girls aged 12-15: 11am-12noon. Ages 15+ from 12 noon to 1pm. Parents of under 18s also welcome, we will have fishing boats on the lake for spectators (no rowing required!). Adults from 11am to 1pm. A great way to learn a new sport in the most scenic of environments. Make new friends while improving your health and fitness. Rowing is a great non-contact sport that is as challenging as you the rower will make it. Muckross RC has a proud history and is reputed to be the oldest surviving rowing club in the country. The club attends many events around the country year-round from time trials to regattas and has established a strong record of success from the local to international stage. The success of the O'Donovan brothers in Rio brought back fantastic memories of 2004 and 2008 when we watched three Muckross rowers race in the Olympic Games. Could you be the next Paul Griffin, Sean Casey or Cathal Moynihan? From leisure rowing to the highest competitive level and all grades between, rowing offers something for everyone. Enquiries to **087 4482935**. Find us on Facebook or on Twitter @muckrossrc.

NEW SEASON: Following a short summer break, the club will fully reopen for all members on Saturday 1st October as a new winter season begins. Coaches will be in contact with existing members for training times. New members always welcome and if you cannot attend one of our Open Days, be sure to call to the boathouse on a Saturday or Sunday morning

that suits in October. Castleconnell Head Of the River will be the first club's competition of the winter season on Saturday 29th October.

WORLD UNIVERSITY ROWING CHAMPIONSHIPS: Congratulations to UCD and former Muckross rower Aileen Crowley who raced for Ireland at the World University Championships recently in Poznan, Poland. Aileen was part of the Irish Womens Four crew who placed second in the B final to finish eighth overall – a great achievement. Well done Aileen! Aileen was joined by Aoife Feeley (UCC), Siofra Bennet (UCD) and Eimear Lambe (UCD and sister of Rio Olympian Claire Lambe). We also congratulate Killorglin and IT Tralee rower Monika Dukarska who scooped a bronze medal for Ireland in the Womens Scull. It was with great sadness that the club learned of the passing of Limerick native Ailish Sheehan, who suffered fatal injury in a fall following her participation in the World University Championship Regatta. Ailish was a talented rower who was celebrating her bronze medal win for the University of London as part of Team GB. Among her many honours, Ailish had previously won a Senior Irish Championship title in 2013 with St. Michael's Rowing Club of Limerick when she partnered with Rio Olympian Sinead Jennings. Our thoughts and prayers are with the family members and all who knew her. Ar dheis De go raibh a anam usal.

CONGRATULATIONS: Congratulations to Fergus O'Donoghue and his wife Joanne on the birth of their new baby girl. We wish the happy family every health and success.

KILLARNEY COUGARS BASKETBALL CLUB

JUVENILE NEWS: A very busy night at the Parish Hall on Wednesday night last saw registration commence for the U12, U10 & U8 boys and girls. Our Juvenile Academy for the Cougars Cubs Boys and Girls will commence next week on Next Friday at the Parish Hall 23rd September at 5pm for girls and 6.15pm for Boys. Anyone who missed their registration night can contact the secretary to arrange to register at their scheduled training night. The confirmed schedule is available on our website. An increase in juvenile membership will require the club to enter additional teams and secure

extra hall training hours so some additions to the training schedule will be made by October. The Cougars U14 girls and U14 boys have been up and running since August and have been very active and have completed a dozen sessions to date the U12 U16 will all up and running through this week and next. The Cougars will have an U16 Boys team in the Co. League for the very first time with the Boys section of club is now entering their 5th year and continues to grow rapidly. Additional coaches would be welcome if anyone is interested please contact the secretary.

BOYS TRAINING SCHEDULE

U8 Fridays Parish Hall.

U10 Fridays Parish Hall.

U12 Thursdays Pres Gym.

U14 Mondays & Wednesday & Saturdays Pres Gym.

U16 Thursdays & Saturdays Pres Gym.

SENIOR NEWS: Training has commenced for all senior teams and registration will be closing by the end of the month.

SENIOR TRAINING SCHEDULE SEPTEMBER

2016: Monday Men's Pres Gym 7 pm.

Tuesday Women's Pres Gym 8 pm.

Thursday Men's Pres Gym 8 pm.

New members are always welcome and they can contact the Secretary on 087-4175493 or email secretarykillarneycougars@gmail.com Further details on All Killarney Cougars Clubs schedules and events log onto the website at www.killarneycougars.com or find us on Facebook.

FOSSA ROWING CLUB NOTES

CYCLE 2016: Fossa Rowing Club once again will hold a cycle on September 25th. The cycle will commence at 10am with two routes to choose from. Route one is 30km and route two is 60km. Cost of registration is €20 an adult and €10 for under 18's. Each person participating in the cycle MUST wear a high visibility jacket and helmet. Volunteers and stewards will be greatly appreciated on the day. Everyone welcome.

THANK YOU: The club would like to thank everyone who helped and supported us last weekend at the Kerry Ploughing Championships as we challenged the public to a 200M "Pull Like A Dog" race on the rowing machines.



JASON O'REILLY, CIAN RUSSELL, HANNAH RYAN AND KATHRYN RYAN WHO FINISHED 2ND IN THE 4X100M RELAY AT FARRANFORE VALLEY OPEN SPORTS DAY ON SUNDAY.



KILLARNEY RUGBY CLUB U8'S WHO TRAINED AT AGHADOE LAST SATURDAY.

SCHOOLBOY/GIRL SOCCER THE KERRY SCHOOLBOYS LEAGUE IS BACK:

DALY'S SUPERVALU 13 DIVISION 2:

Killorglin B 8-1 Killarney Athletic B.

Dingle Bay Rovers 4-6 Ballyheigue.

13 DIVISION 3:

LB Rovers 2-7 Listowel Celtic C.

KILLARNEY PLAZA 15 PREMIER:

Killarney Celtic 2-0 Killarney Athletic.

15 DIVISION 1:

Ballyhar 3-0 Mastergeeha.

Camp Juniors 4-1 Ballyheigue.

15 DIVISION 2:

Rattoo Rovers 2-1 Fenit.

St Bernards 6-0 Park C.

REPORTS: The Kerry Schoolboys League returned for its new season with a truncated series of fixtures at the Uneven ages. Many clubs will also be playing in mid-week as they get ready for the first rounds of the Skechers National Cups which will take place over the next two weekends. There was no doubt what the highlight of the first weekend was – the winning debut by Rattoo Rovers in the Killarney Plaza 15 Division 2.

MATCH REPORTS: KILLORGLIN B THE FIRST LEADERS IN 13 DIVISION 1:

The opening day of the 2016/2017 season saw plenty of goals in the Daly's Supervalu 13 Division 1. Killorglin were very strong at 12's last season and their B team at 13's opened with a strong win over Killarney Athletic B.

Oisín Lynch hit an opening day hat-trick, Liam Roche got two and these were added to by goals from Joe Langham, Anthony Barrett and Senan O'Meara's wonder strike that was the pick of the bunch. Dara Looney scored for Athletic who tried hard and had some good performances from the likes of Sam Bulger, Marc Long and Jack Maguire. There was a goal fest in Dingle where the home side went down 6-4 to Ballyheigue. Dingle Bay Rovers goals came from Ryan Scanlon Newstead who got 2, James Hoare and Aaron Hughes.

Goals from Bobby Breen, David O'Sullivan and 4 from man of the match Feilim O'Sullivan gave Ballyheigue the three points on the opening day.

LISTOWEL CELTIC C SOLE WINNERS IN 13 DIVISION 2:

There was only one game in Division 2 where Listowel Celtic C made their trip to LB Rovers a winning one. Jack Enright got 4 and Cormac Dillon 3 for Listowel Celtic C while Cian Sheehy hit both for the home side.

CELTIC TAKES OPENING DAY DERBY WIN IN 15'S PREMIER:

The Killarney derby saw Celtic welcome Athletic to Celtic Park for what turned out to be a cracking game. Both teams did well with Terry Sparling's clinical finishing the difference between the sides as he hit both in Celtic's win.

HOME WINS IN 15'S DIVISION 1: Ballyhar opened their account with a first day win at home in Murt Scott Park. They defeated Mastergeeha 3-0 thanks to goals from Jason Brennan, Patrick O'Connor and Craig Boyle.

Camp Juniors also picked up three points at home as they were 4-1 winners over

Ballyheigue for whom Seamie Foran scored. However a Maurice O'Connell hat-trick, as he carried on a great scoring tradition from last season, and one from Adam O'Donnell saw the home side take all three points.

RATTOO WIN ON LEAGUE DEBUT: The League is delighted to welcome new clubs in each year and this year Rattoo Rovers are the newcomers. However they made an instant impact as they enjoyed a 2-1 home win over Fenit.

JP Carroll put Rattoo ahead but Ciaran Ryan equalised. Dylan Moriarty then came off the bench to write his name in Rattoo Rovers history as he hit the winner on a great day for the club that has been an integral part of the Kerry District League for many years.

St Bernard's were too strong for Park C and had goals from Dara O'Connell, Jack Bourke, Mikey Clifford, Ronan Walsh, Oisín Maunsell and Jake Brosnan as they laid down an early marker as one of the teams to watch in this Division.

MASTERGEEHA FC

DIV 1 BALLYHAR 3 MASTERGEEHA 0:

The lads came away empty handed from their opening league game after playing well but failing to take the chances they created. They went close if the first half throw Cian Dineen, Lee Phelan and Darragh O'Riordan but went in 2 down at the break. They started the 2nd half on top with Shane Warren's strike just off target before the home side struck again to take the points. All battled well and they look forward to the season.

SENIORS DIV 1B MASTERGEEHA 2

CLASSIC 1: The seniors collected all three points at home on Sunday morning in this close game. Mastergeeha were two goals up at the break with Tom Templeman and Damien Breen scoring. In the second half Mastergeeha created the better chances with James Nagle, Eoin Horan and Garoid Kerins all going close.

MASTERGEEHA FC LOTTO: There was no winner on Friday 9th September, 2016. Numbers drawn were 2, 4, 11, 13. Consolation prizes were €100 Mary O'Leary, Dooneen, Kilcummin. €60 Diarmuid O'Neill, Mastergeeha, Kilcummin. €30 John & Rhea Kate Devane, Mastergeeha. €30 Flor O'Sullivan, Knockataggle More, Kilcummin. €30 Pa Carroll, Lyreatough, Kilcummin. Jackpot now €2,100.

MEK UNITED F.C

MEK UNITED F.C. ARE BACK FOR THE '16/'17 SOCCER SEASON.

Calling all players, the new season has begun and training schedules are back. These may be subject to change depending on numbers. As per regulations shin guards are compulsory and fee of €2 per person per session applies to cover the costs.

Registration is still open and is available at all relevant training sessions.

FEES: U10's €40, U11's €50 and U12's/13's €60

TRAINING TIMES: U11's/U12's Tuesday 7pm to 8pm.

Details: Pa Murphy on 087 794 3220.

U13's Wednesday 7pm to 8pm

Details: Liam Healy 087 763 9611.

U6's U7's and U8's Saturday 2pm to 3pm

Details: Jerry Hayes 087-272 2859.

U9's and U10's Saturday 3pm to 4pm

Details: Liam Murphy 087 414 5662.

Any parent wishing to assist with coaching is very welcome please contact Pa Murphy on 087 7943220 or Liam Murphy 087 4145662 for further details.

Like our Facebook page for regular updates.

KILLARNEY ATHLETIC NOTES

RESULTS: DENNY PREMIER A

KILLARNEY ATHLETIC 2-1 ST

BRENDANS PARK: 1st game of season had a positive ending for our seniors in Tralee Sunday morning. Goals from Will Courtney and Gary Moynihan put us 2 up before the park pulled a late goal back. A decent start by a young athletic squad.

DENNY DIVISION 1B:

KILLARNEY ATHLETIC 0-2 STRAND ROAD

FIXTURES:

Saturday 17th September

Sfai Sketchers, Under 16, Barry Cup

Round 1

Killmallock Utd v Killarney Athletic 2pm.

JK Sports U12 Premier 2

Iveragh v Killarney Athletic 11am.

Foundation Sports U14 Div.1

Ballyhar v Killarney Athletic 11am.

Sunday 18th September 2016

Munster junior cup prelim round:

Inter kenmare v Killarney Athletic 11-30am.

Denny Division 1B

Killarney Athletic B v AC Athletic B 11-30 am.

300 CLUB: The August and September draws for the 300 club will take place this Friday night 16th September at 9pm in Scott's Hotel.

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 the Killarney Athletic A.F.C Notes please contact Alan Daly on 085-1913244 or aland15@live.ie

KILLARNEY CELTIC NOTES

STETSONS AND STILETTOS: Killarney Celtic in conjunction with the INEC are pleased to announce 'Stetsons and Stiletos' in the INEC on Friday, September 23rd, the ultimate Garth Brooks Experience featuring Trevor Smith and local artists.

CONDOLENCES: Sincere sympathies from all in Killarney Celtic to the Duggan family on their recent bereavement.

KILLARNEY CELTIC GOLF CLASSIC: The Club Golf Classic at Beaufort Golf Club has been changed to Friday October 7th - tee times from 1.30pm and Saturday October 8th from 7.00am. Contact Tim Lyne on 086 0522506 to book tee times. The date has been changed due to unforeseen circumstances. Please support as it is a very important fundraiser for the club.

NEW SEASON: With the new season starting

shortly, the club would love to hear from any partners who would like to be associated with our great club and sponsor a set of gear for one or more of our Underage teams. Killarney Celtic had 16 teams from U11 to U16 in constant action last year, plus our U17 team, non-competitive coaching and blitzes for big numbers from U7 to U10, Football for All, and our Soccer Tots Programme. Contact any executive member or message us on facebook for details.

SCHEDULED TRAINING TIMES: These are the initial training times for the various teams as the season gets underway – please note, these will be subject to change.

Under 7 (2010) Saturday 1.30pm.

Under 8 (2009) Saturday 1.30pm.

Under 9 (2008) Saturday 3.00pm.

Under 10 (2007) Saturday 4.30pm.

Under 11 (born 2006) Wednesday 5.30-7.00pm.

Under 12 (2005) Tuesday 5-6.30pm.

Girls U12 (2005) Monday 19th, 6.00pm.

Under 13 (2004) Thursday 6.30-8.00pm.

Under 14 (2003) Monday 6-7.30pm.

Under 15 (2002) Monday 7-8.30pm.

Under 16 (2001) Thursday 8-9.30pm.

Senior B, Youths and U17 training is back on Tuesday's at 7.30pm and Friday's from 7pm.

Registration will be taken at all training sessions (€50 per child, €90 for two siblings, €120 for three or more).

VOLUNTEERS WANTED: One thing that

Killarney Celtic are badly stuck for this year is help with our teams, especially at underage. Celtic has a proud and long-standing tradition of providing games and teams for players of all ages and abilities. We fielded 19 teams last year, plus non-competitive coaching and blitzes for big numbers from U7 to U10, Football for All, and our Soccer Tots Programme, but in order to continue to do that, we need volunteers to help make sure that everyone is playing in a safe and enjoyable environment. Full training and support will be given.

FIXTURES:

Munster Junior Cup: Killarney Celtic at home to Mitchel's Avenue, Sunday, 11.30am.

U16 FAI Cup: Killarney Celtic away to Avenue United, Ennis, Saturday, 2.30pm.

U14 Premier: Killarney Celtic away to Mastergeeha, Saturday, 11.00am.

U14 Div One: Killarney Celtic B at home to Killorgloin B, Saturday, 11.00am.

U12 Premier: Killarney Celtic at home to Inter Kenmare, Saturday, 10.30am.

U12 Div Three: Killarney Celtic B at home to Tralee Dynamos, Saturday, 11.45am.

RESULTS:

DENNY PREMIER: KILLARNEY CELTIC 5 DINGLE BAY ROVERS 2: A repeat of last year's League Final, but with a very different result! It was 0-0 at half-time but Celtic were the better side and really proved it in a thrilling second half. Supersub Cathal O'Shea came off

the bench to hit the net twice, with Matt Keane, Padraig O'Connor, and Pa McGrath also on target as the hard work and enthusiasm shown in training sessions really paid off.

DENNY PREMIER B: SKELIGA 4

KILLARNEY CELTIC B 1: We played excellently in the first half and should maybe have put away a bit more than Stephen McCarthy's superb goal, but it got harder as Skeliga really lifted their game in the second half and deservedly won out. Nonetheless this was a very encouraging display by Celtic.

U15 PREMIER: KILLARNEY CELTIC 2

KILLARNEY ATHLETIC 0: A superb team display was capped by two goals from Terry Sparling.

LOTTO: Numbers drawn 8, 13, 14, 20. No winner, one x match three, Siobhan Lyne, Arbutus Drive, €150. Next week's jackpot €1800, draw in the Failte on Monday night. Tickets available from all club officers. Yearly tickets available.

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

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.

ST. PAULS WELCOME NEW PLAYERS AT REGISTRATION NIGHT



MUHAREM MUKI VUGDALIC (ST. PAUL'S DIRECTOR OF COACHING) WITH THE ST. PAUL'S U-16 SQUAD AT THE ST. PAUL'S BASKETBALL CLUB REGISTRATION EVENING IN KILLARNEY SPORTS AND LEISURE CENTRE ON FRIDAY NIGHT. PICTURE: EAMONN KEOGH.

The St. Paul's Basketball Club Registration evening in Killarney Sports and Leisure Centre last Friday night was a huge success. It was a very busy evening welcoming new and existing players and the massive the turn-out exceeded all expectations.

Club officers and coaches were present to welcome everybody and special guests included Mayor of Killarney Brendan Cronin and Killarney Chamber of Tourism and Commerce

President Kate O'Leary. A number of club sponsors were also present and their generous support towards the club is most appreciated. Record numbers of boys and girls have signed up with the club for the new season. It looks like St. Paul's will be catering for well over 200 young players this season. The club may also have to enter extra teams in Kerry Area Board competitions and this will require extra coaches and input from parents. The club

still has some very limited availability for players to register. Details of training times at Killarney Sports & Leisure Centre can be found at stpaulskillarney.ie and [facebook.com/StPaulsKillarney](https://www.facebook.com/StPaulsKillarney)

NEW COACH: Former Slovenian basketball international Muharem Muki Vugdalic has arrived in Killarney to take up the position of director of coaching in St. Paul's Basketball Club. Muki has a wealth of international coaching and playing experience and his presence in town should give a huge boost to the continued growth and development of Killarney basketball.

He will oversee all coaching in St. Paul's and will also help out with player development within the club. Muki will also be working in the local schools reaching out to several more young players in the Killarney and East Kerry area. Muki comes from a very sporting family and his brother Muamer Vugdalic is a former professional footballer who played with Slovenia in the 2002 World Cup. He also played with a host of European clubs including high profile Ukrainian side Shakhtar Donetsk while he also played Champions League football with Maribor. Muki and Muamer's father Sabahudin 'Saša' Vugdalić was a professional football goalkeeper in Yugoslavia and Turkey.

FLAG DAY: The St. Paul's Basketball Club annual Flag Day will take place in Killarney this Saturday 17th September. Your support is much appreciated.

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



On the Box

Here's your guide to the must-see moments from your favourite soaps this week.

CORONATION STREET

Mon: Todd is in danger. Sean discovers a secret. Cathy meets Alex's estranged father. Beth begs Kirk to come home.

Wed: Todd is forced to make a deal with the devil. Cathy is enraged by Nigel. Alya shares her concerns with Zeedan.

Fri: Cathy is furious. Sharif makes a big gesture and Alya is suspicious. Freddie makes a final attempt to woo Audrey.

EASTENDERS

Mon: Paul's killers face their hearing. Lauren and Whitney both have worries.

Tues: Pam confides in Claudette following the hearing. Lauren helps Jane.

Thurs: Linda and Mick disagree about Ollie. Louise has serious concerns.

Fri: Sharon has a shock revelation. Denise's troubles worsen.

EMMERDALE

Mon: Robert is intent on revenge and sets a trap for Chrissie. Priya has troubles. Jimmy pretends Nicola is dead.

Tues: Robert's plan backfires. Victoria learns the truth. Tracy has love worries.

Wed: David heads to the hospital for his results. Victoria learns a secret about Chrissie. Sparks fly for Leyla and Pete.

Thurs: David and Tracy's big day dawns. Will Holly and Jai give into their passion? Dan and Jimmy go head to head.

Fri: Dan plans to propose. Pete asks Leyla out. Frank has eyes only for Megan.

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@aifeffachoclita FUN IN THE SUN #mygirl #funwithfriends #lovekillarney



@shell_oleary FUN DAY WITH THESE GIRLS! #lovekillarney

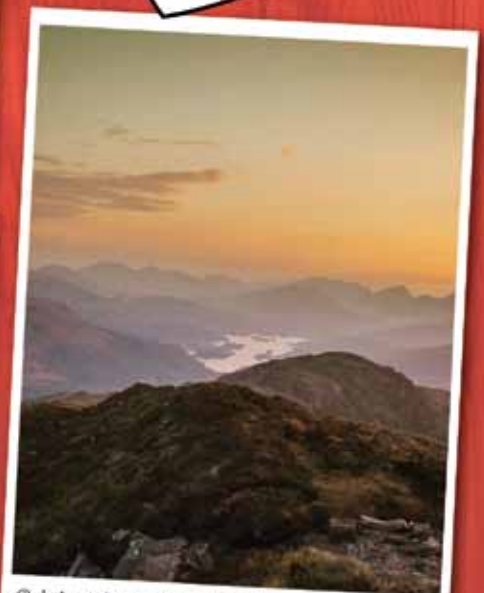


@juleh23 ON THE TOP OF MANGERTON MOUNTAIN (859M) IN THE NATIONAL PARK: LOUGH LEANE AND KILLARNEY IN THE BACKGROUND #lovekillarney



@adrian_heely A LOUDY START TO MY WALK!! #lovekillarney

#lovekillarney



@christopher.fitzgerald ANOTHER ONE FROM THE TOP OF TOKC FROM A FEW WEEKS BACK AT SUNSET #lovekillarney

...share the love with #lovekillarney on





PICTURED AT BEAUFORT GOLF CLUB FOR THE PRESIDENTS PRIZE WERE FRONT LR: IRENE MCCARTHY (LADY CAPTAIN), SARAH KEATING, EDWIN SPENCE (WINNER), GEAROID KEATING (PRESIDENT). MIDDLE ROW: SHANE O'SULLIVAN (CAPTAIN), RENEE CLIFFORD, THERESA CLIFFORD, JOSEPHINE O'SHEA, NOLEEN MACKESSY. BACK ROW: GABHAN O'LOUGHLIN, JOE KENNEDY, JOHN DOHERTY, NIALL KEATING, JOHN LOONEY, TED BRODERICK, BRIAN REGAN. PICTURE MARIE CARROLL-O'SULLIVAN

2nd Renee Clifford (26) 28 pts.
 11th September - President's Prize to Ladies.
 1st Teresa Clifford (28) 33 pts.
 2nd Renee Clifford (26) 29 pts.
 3rd Noleen Mackessy (26) 26 pts.
 Front 9: Peggy O'Riordan (33) 16 pts.
 Back 9: Josephine O'Shea (32) 13 pts.
 17th/18th September - 18 Hole Stableford
 Sponsored by Noleen Mackessy.
 25th September - Swan Day with Killorglin.

ROSS GOLF CLUB.

GENTS CLUB:

RESULTS: On Saturday September 10th our President, Donie Mulcahy held his Presidents Prize. This will be a single stableford competition and we had a very large number of golfers competing for this very prestigious prize in glorious weather. The golf was followed that evening in the clubhouse by the prize giving along with some great food and craic. A good time was had by all and the winner - Sean O'Brien captured his third Presidents Prize in Ross history.

The winners were:

1. Sean O'Brien (23) 39.
 2. Daniel Cronin (12) 38.
 3. Tom Coleman (14) 37.
- Best Gross. Captain Sean Moynihan.
4. Joe Scanlan (23) 37.
 5. Alan Flynn (9) 36.
 6. John Spillane (18) 34.
 7. Seamus O'Donoghue (11) 33.

Past President . Ambrose O'Donovan.
 FN. Tadhg Moynihan.
 BN. Jonathan Casey.

Senior Category winner.. Maurice Coffey.

FIXTURES: On Sunday September 18th we will hold an 18 hole single stableford competition sponsored by the Laurels. The time sheet is now available in the clubhouse so please add your name to it as soon as possible.

9 Hole Weekly Open Competition: The Ross Golf Course weekly 9 hole open competition continues every week. It runs from Monday (am) to Saturday (pm).

Each entry will cost members €5 and you can enter as often as you like. Cost for visitors will be €15 including green fee and visitors re-entry will cost € 10 including green fee.

DEERPARK PITCH & PUTT NOTES

Last Wednesday's Seniors Outing to Newmarket attracted a large turnout of members from Newmarket, Deerpark, Castleisland, GlenEagle and Deerpark.

RESULTS OF THE THREE COMPETITIONS PLAYED ARE AS FOLLOWS:

Competition No 1 Nett Sean Ashe (GlenEagle) and Jim O'Sullivan (Newmarket), Gross Ger Casey and John Murphy, (Deerpark). Competition No 2 Nett Hugh O'Sullivan (Deerpark) and Connie Buckley (Newmarket), Gross Sean Ashe and Mick Long (GlenEagle). Competition No 3 Nett Eileen Switzer (Deerpark) and Connie Buckley, Gross Hugh O'Sullivan and John Looney (Deerpark).

KILLORGLIN GOLF CLUB

LADIES RESULTS: PRESIDENT TOMMY MURPHY'S INVITATIONAL 12 HOLE STABLEFORD: 1. Angela Enright (23) 23 pts (B6). 2. Betty Griffin (36) 23 pts.

SILVER SWANS 12 HOLE STABLEFORD 6/9/2016: 1. Eileen Bell (26) 27 pts. 2. Mary Murphy Garvey (34) 23 pts (B6). 3. Phil Anne Foley (36) 23 pts.

FIXTURE: 18 Hole Stableford sponsored by Committee Member Betty Griffin can be played Saturday 17th, Sunday 18th or Tuesday 20th September. Arrange own time and playing partners.

JUNIOR CLUB: Lady Captain's Anne Kenny Foley's Prize to Junior Girls is on Saturday 17th September. Wishing all the Juniors a great day out.

Beaufort Exchange Day is on Sunday 25th September. Time Sheet in Pro Shop.

BUNKERS BAR & RESTAURANT GOLF SOCIETY: SOCIETY PRESIDENT GER COUNIHAN'S PRIZE: 18 HOLE STABLEFORD MAHONY'S POINT:

Overall Winner: Enda Curtayne (14) 34 pts. **MEN'S:** 1. Andy Billot (13) 33pts. 2. Sean Sheahan (19) 29 pts.

LADIES: 1. Eileen Bell (26) 32pts (B9). 2. Aileen Curtayne (24) 32 pts. **BEAUFORT 4 WEEK EVENT: MEN'S:** 1. Enda Curtayne 94 pts. 2. Andy Billot 84 pts. **LADIES:** 1. Nuala McEnery 82 pts. 2. Eileen Bell 80 pts.

Ger Counihan of Bunkers Bar & Restaurant thanked all for coming and congratulated all the winners. He complimented Killarney Golf Club on their hospitality and the great condition of Mahony's Point.

MENS COMPETITION

KILLORGLIN GOLF CLUB RE TOMMY MURPHY'S PRESIDENT'S PRIZE 2016

- 1st Denis Dennehy 40 pts.
- 2nd Jason Foley 37 pts.
- 3rd Moss Joy 37 pts.
- Gross John McCarthy 81 strokes.
- 4th Joe O'Sullivan 36 pts.

- 5th J. O'Riordan 36 pts.
- Senior Jackie Quirke 35 pts.
- Junior Dan Phelan 30 pts.
- Cat. B Tom Finnerty 35 pts.
- Cat. C J.Foley 31 pts

KILLARNEY GOLF CLUB

LADIES:

Next Sunday's Competition will be sponsored by Reens Garage, singles/sford, Killeen Course. Club Member Mary Sheehy, who was instrumental in helping secure an overall win for the Irish Team in the European Senior Ladies Championship in Poland has once again being selected for the Irish Seniors Team. They will be looking for another major victory here in the Senior Women's Home Internationals which will be played at Alyth Golf Club, Tayside, Scotland from September 27th - 29th. The Members of Killarney Golf and Fishing Club wish Mary all the best in this Tournament.

The Ladies Branch will honour Mary and our other two International Players, Mairead Martin and Valerie Clancy at a reception to be held in the Club House, on Wednesday September 21st. Both Mairead and Valerie were on the Irish Girls Team that won the Home International Teams Tournament in Wales at the beginning of August. This is the first time that an Irish Team has won this prestigious Trophy and both our Girls played an instrumental part in the victory. A presentation will be made to our three International Players to honor their achievements on the International stage. We will hear a lot more about these two Junior Players in the years to come.

BEAUFORT GOLF CLUB

LADIES BRANCH:

3RD/4TH SEPTEMBER - 18 HOLE STABLEFORD SPONSORED BY LADIES BRANCH

- 1st Joan O'Sullivan (22) 31 pts.

Hole-In-One John O'Halloran (GlenEagle). A delicious meal in the club restaurant contributed to the enjoyment of the occasion. A special word of thanks to the Newmarket club for the manner in which they hosted the event and for having to course in such excellent condition.

NIGHT TIME PITCH & PUTT: This year's event which is in aid of the Kerry/Cork Cancer bus will be played on Saturday September 24th with an entry fee of €75 per team. Full details from Aidan O'Donoghue at 086-3304705.

NATIONAL INTER-COUNTY QUARTER FINAL: The draw for same sees our Gents Scratch team down to play Collinstown Westmeath while our Handicap Gents team will play Tullamore in their quarter final. Both games will be played between September 17th and 24th.

INTER -COUNTY: The Kerry team which included John McGrath and Damian Fleming from Deerpark finished in 5th place overall at the weekend with John McGrath having the best individual score.

OUTING TO BRUFF: Best Wishes are extended to our juveniles who are on an outing to Bruff this weekend.

KILLARNEY GOLF AND FISHING CLUB

MEN'S CLUB REPORT AND RESULTS: Club Captain Liam Hartnett in partnership with Club head Professional David Keating represented the Club in the annual Professional/Captain challenge competition which was played at Luttrellstown on Friday 9th of September, the competition which was sponsored by Golf-plan international is open to all Golf Clubs in Ireland

and was played in a fourball/betterball format, and was won by Mannan Castle Golf Club with an outstanding score of 8 under par. Killarney finished in the top twenty with a very creditable score of level par, and it was notable for being the first occasion since last year, that David Keating played a full 18 holes of golf since he endured horrific burns to his hand and which had kept him out of the game completely in the meantime.

The Men's Club Foursomes final was played on the 10th of September, and by all accounts was a game of the very highest standard from a scoring perspective. The finalists were George Vass and Michael O'Donoghue (Countess Road) vs Dermot Roche and John Hickey, Dermot and John were two up after 8 holes before George and Michael hit a "purple patch" and they were 1 under par for the last 8 holes played before finishing the match on the 16th green on Killeen with a closing birdie, George and Michael were only two over par overall for the sixteen holes played, which was really excellent golf.

The M.D. O'Shea sponsored tournament for our Club Seniors was played on Mahony's Point on the 8th of September, and despite being played in very testing winds and rain the scoring was absolutely fantastic, and Tim O'Shea in his speech when presenting the prizes said that the scoring totally belied the weather conditions. Results were as follows, 1st Peter Lawlor 45 points, won on the back nine from 2nd Denis Murphy 45 points, 3rd Enda Curtayne 44 points, 4th Dan Moynihan 43 points, 5th Joe Scally 42 points, front nine John Moynihan, back nine Liam Chute, and best over 70s Dermot Doyle 40 points.

There was a record turnout of 53 competitors



PHOTOGRAPHED AT THE PRESENTATION OF THE PRESIDENTS PRIZE AT THE ROSS GC WERE (L TO R) DONIE MULCAHY, PRESIDENT, SEAN O'BRIEN, WINNER, CAROLINE MULCAHY.

which is a testament to the popularity of this particular competition.

Sunday the 11th September the David Keating sponsored Back Stakes Classic, which is a stroke competition played on Mahony's Point. The competition was played in horrendous conditions, being the tail-end of hurricane "Hermine" which had wreaked havoc from Florida and all the way up the east coast of the U.S. as far as New England before heading eastwards across the Atlantic Ocean.

The winning score was considered incredible taking the conditions into account, so much so, that it was believed that with such poor scoring that the competition may have been considered a non-counting one for handicapping purposes, but it did count.

1st Conor Healy (10) 68, 2nd Tom Sugrue (9) 71, 3rd George Vass (5) 72, 4th Sean Devane (16) 72, 5th Pat Cussen (6) 72, best gross Simon Gallivan (1) 73, category 2 Declan Kelly (9) 75, category 3 Liam Healy (12) 72, category 4 Ciaran Fleming (28) 73, Standard scratch was 74.

KEANE'S KERRY CAN EDGE EXPECTED MINOR THRILLER

KERRY O'SHEA LOOKS AHEAD TO SUNDAY'S ALL-IRELAND MINOR FINAL BETWEEN KERRY AND GALWAY

September Sundays in Croke Park are always special and it's even more special for Kerry football fans when we are involved. This year, the county is represented by Peter Keane's all-conquering minor team who take on Galway in the traditional curtain-raiser.

This is the third time that Kerry and Galway have met in a decider. The first occasion was in 1970 when the Tribesmen defeated a star-studded Kerry side captained by future senior star Ger Power, in a replay by the narrowest of margins while the second occasion was in 1994 when Kerry, skippered by Dingle's Jack Ferriter were 0-16 to 1-7 victors.

This year, Kerry defeated Clare, Waterford and Cork in their Munster campaign before recording impressive wins over Derry and Kildare in the quarter-final and semi-final respectively.

Galway, meanwhile, conquered Connacht, defeating Roscommon and Mayo en route to the knock-out stages where they recorded wins

over Kildare and a strongly fancied Donegal. Former senior star Stephen Joyce is in charge of Galway, a sweet-scoring forward with the Galway sides of the 1980s, he needs no introduction to Kerry fans while Peter Keane is enjoying his first year as Kerry boss, having taken over from Jack O'Connor. Both sides are laced with quality players and in Robert Finnerty, Galway have a real gem. Finnerty, a son of former Mayo star Anthony, was Galway's star in the semi-final win over Donegal, scoring 1-5 of their tally and will take some marking by the Kerry defence.

Others to look out for include Desmond Connelly, who impressed in the win over Mayo and goalkeeper Cormac Haslam.

Keane's Kerry side are hoping to become the fourth team to achieve a hat-trick of All-Ireland titles since the minor grade was introduced in 1929 and join Kerry (1931-33), Dublin (1954-56) and Cork (1967-69) in this unique club. Keane was keen to play down this last week in his pre-

match press conference as his mind is on the task in hand.

The Kingdom have quality players all over the field and in Niall Collins, Daniel O'Brien (a member of last year's team), Mike Breen and Mark Ryan they have a strong central spine. Captain Sean O'Shea and David Clifford have been scoring consistently all year but may find opportunities difficult to come by against this unbeaten Galway side. This encounter promises to be very competitive as both sides play positive, open and traditional football. Galway stand between Kerry and their moment of destiny.

Despite the fact that Kerry have a limited number of tickets for this year's final, our minors be sure all Kerry supporters will be cheering them on as they bid for ultimate glory.



COOKERY CLASSES:

Chef Frank Moynihan is offering a series of night classes this winter on Wednesdays at Tureenahill Community Centre Rathmore. Course will commence on the first week of October for 5 weeks. Duration 2 and quarter hours per night.

For more information please call Frank on 086 2627 855 or e-mail Cookingwithfrank@gmail.com

DOG SHOW IN AID OF IRISH GUIDE DOGS FOR THE BLIND:

Tralee and District Canine Club All Breed Open Show (under License of the Irish Kennel Club) on Sunday, 16th October 2016 at the Community Centre, Currow, Farranfore beginning at 1.30pm.

Entries close on Saturday, 1st October 2016 with Hon. Show Secretary: Mrs Maudie Burke, "Sandwood" Killarney Road, Castleisland.

For entry forms or further information please contact 066 7141 423 or e-mail traleecanineclub@hotmail.com



HELP YOUR SECONDARY SCHOOL STUDENT TO HELP THEMSELVES:

If as parents, you continuously do everything for your children, it could lead to them becoming completely overwhelmed by the world once they reach adulthood. The following are some basic life skills that "experts" believe they should have by the time they reach 3rd level education:

*Make themselves a meal - This point doesn't mean that you have to stop making a meal for your children but they shouldn't have to rely on you to make a simple meal. You should feel confident they're able to feed themselves in the event that you can't be there to do so.

*As much as you might be tempted to keep

waking your children up each morning, you should make it a point to ensure that they can get themselves up, washed and dressed in clean clothes without having to rely on you. Adopting a good habit early on will serve them well once they reach their college years.

*Do laundry - It's not something that any of us particularly like to do, but doing laundry really is an essential life skill. Show your children what they have to do, then watch them do it for themselves. Obviously if they get stuck, then by all means help them, but leave them to their own devices once they seem to have gotten it.

*A person that is licensed to drive, but cannot fill his or her own fuel is frankly ridiculous. For instance you don't want them to fill up a petrol-powered car with Diesel do you? Get them to pump your fuel for you as practice.

*Teach them how to have a respectful conversation with an authority figure and speak up for themselves. Encourage them and tell them they can do it. They also need to get used to the likelihood of such conversations not going the way they want them to. In reality, they just have to learn to cope with this, because not everything in life goes the way we want it to.

(Continued next week).

REHOMING A PET:

Please do not advertise your pet as being free to a good home, this is one of the favourite ways owners of fighting dogs get their bait.

Your pet is helpless and dependent on you for its life, security and happiness. You owe it to the creature that depends on you to make sure that you are delivering it into a safe home. Ask the adopter(s) sign an agreement that if they ever don't want the pet, they will call you and give the dog or cat back to you first. There are just too many animals who are passed from family to family, confused and scared, and who end up chained outside, unwanted, unloved. There are too many cats who are dumped to fend for themselves in hostile environments -- cats who once were loved and petted go hungry and terrified and often have to dodge stones thrown by louts of all ages and even horrific torture.

Follow your own and your pets first instincts, if you do not like the way the prospective new owner and your pet are interacting do not part with your pet, it is far kinder to take your pet to a Vet and have it put to sleep.

If you know anyone who needs to rehome a pet, please share this information with that person.

Prospective owners please remember there is no such thing as a "free" pet - it's not really free. That's because responsible pet owners have their pets seen by a veterinarian, vaccinated, and kept on preventatives (like worm treatment and flea preventatives) to keep them healthy and happy.

QUOTE:

"Humans merely share the earth. We can only protect the land, not own it" - Native American Chief Seattle

ON THIS DATE – SEPTEMBER

16TH:

1400 - Owain Glyndwr proclaimed himself prince of Wales, and launched the last Welsh rebellion against the English.

1736 - Death of Gabriel Daniel Fahrenheit, German physicist, inventor of the alcohol and mercury thermometers and his name is commemorated by the thermometric scale.

1795 - British captured Capetown, South Africa from the Dutch

1810 - Mexico begins its revolt against Spanish rule.

1857 - The song Jingle Bells was copyrighted by Jane Pierpont of Boston.

1905 - The first fully representative New Zealand rugby team to tour the northern hemisphere was known as the 'Originals'. They won 34 of their 35 matches and popularised the 'All Blacks' nickname.

1931 - The last mutiny in the Royal Navy - the Invergordon mutiny over pay cuts - ended peacefully.

1956 - Australia's first TV station TCN-9 begins regular transmission in Sydney

1975 - Papua New Guinea gained full independence from Australia.

1992 - Britain dropped out of the Exchange Rate Mechanism, abandoning steps towards European monetary union.

EVEN THE CATS IN WHITEHALL ARE DISAGREEING:

In February 2011 Larry was adopted from Battersea Dogs and Cats Home and installed as No 10's Downing Street's in order to control the mouse population there. Chief executive Claire Horton at the time described Larry as being very interested in toys, particularly mousey-type toys.

In 2012 Police were forced to step in to break up a fight between Larry the Downing Street cat and his next door neighbour Freya, First Cat of the Treasury. Freya was exiled to the countryside shortly after this event.

In April 2016 the Foreign Office adopted a cat named Palmerston also from Battersea Dogs and Cats home. In July of this year Larry who obviously doesn't believe in "Love thy neighbour as thyself" limped back to Number 10 after a particularly vicious fight with Palmerston, but after veterinary attention made his triumphant return to Number 10. A spokesperson for Downing Street said that the cost of Larry's treatment was covered by donations from Number 10 staff.

And still later in the month Palmerston took his Downing Street ambitions further by sneaking in to Theresa May's new residence while no one was looking, the black-and-white cat, was immediately evicted by police officers.

David Cameron was disappointed to have to leave Larry behind saying "Sadly I can't take Larry with me, he belongs to the house and the staff love him very much - as do I."

Before Larry, the last Prime Minister's cat to live on Downing Street was Humphrey, who retired in 1997 when the Blairs moved in.

SOLAR OVENS ARE CHANGING LIVES IN THE DOMINICAN REPUBLIC:

Forty-one percent of people in the Dominican Republic are living under the national poverty line, according to a 2013 national labour force survey. Petroleum and products made from it, such as propane, are a top import to the island nation, and propane accounted for about \$3.72 million in imports in 2014, says the United Nations. Purchasing gas for cooking takes a toll on most families in the country because of their limited incomes. Families who are even further into poverty use wood as a cheaper cooking material. Inhaling the smoke or standing over the fire can damage the lungs.

The solar movement was initiated by a U.S.-based nonprofit, Solar Oven Partners, which presented workshops on how to use the ovens. Rick Jost, the organisation's director, hopes solar oven use will allow people in the Dominican Republic to save money to better their quality of life and reduce the risks of cooking with wood.

The organisation reported between 200 and 250 solar ovens sold in the Dominican Republic between August 2015 and July 2016. Each oven costs 1,000 pesos, or about \$22. Although funding to build and transport the ovens comes entirely from donations in the United States, the purchase price goes toward running the workshops throughout the country.

Solar Oven Partners worked in Haiti for 14 years before starting in the Dominican Republic in 2015. The organisation sold and distributed almost 10,000 ovens there. The money saved from purchasing other cooking materials can go toward more nutritious meals, medical care, and sending children to school.

SOUVENIR BUYERS ARE DOOMING A 500-MILLION-YEAR-OLD CREATURE:

Humans have for centuries coveted the chambered nautilus for its elegantly spiralled shell. But too much beauty can be a dangerous gift. We buy nautilus shells in unbelievably huge numbers, mostly to gather dust as knickknacks. As a result, chambered nautilus populations appear to be crashing in their deep-sea Indo-Pacific habitat.

Nautilus shells are sold by the basketful in Hawaii tourist shops for as little as €4.50 apiece. If someone has bothered to polish the shells to bring out their pearliness, the price may go up to €8 apiece. You can also get them on Amazon for €23, and the higher-quality ones sought by serious collectors can sell for upwards of €90.

Most of the nautilus catch now comes from the Philippines. With other fisheries there depleted, fishers now set traps 1,000 feet deep to harvest the nautilus but for all the work put into it, the catch has declined 80% since the 1980s.

Most people, on both the buying and selling

sides, have little grasp of what they are dealing in. The nautilus is a cephalopod, related to the squid and the octopus, and people think of squid and octopus being quick to reproduce, but the chambered nautilus is not calamari: Recent research has demonstrated that it is rare in the wild and takes about 15 years to reach sexual maturity.

One other factor makes large-scale commercial exploitation misguided: The nautilus has survived largely unchanged for half a billion years and is thus older than almost anything else alive on Earth. Somehow this type of organism—the ammonoids and nautilus—have lived for 500 million years and have survived five mass extinctions, and now humans are wiping them out.

Later this month, a conference in South Africa will take up the question of what to do about it. Four nations, including the United States, have proposed protecting the nautilus under the Convention on International Trade in Endangered Species. A CITES II listing would not ban the trade but would sharply limit it.

The Centre for Biological Diversity has also petitioned the U.S. Fish and Wildlife Service to protect the chambered nautilus under the Endangered Species Act, which would completely end imports. (The nautilus is found in American Samoa, a U.S. territory. But its range extends from Indonesia to the Philippines.)

DOG IN VANCOUVER HOSPITAL TRACKS ANTIBIOTIC RESISTANT SUPERBUGS:

Clostridium difficile, or *C. diff*, is one of the most common strains of antibiotic-resistant bacteria. It makes its home on previously sterilized surfaces, then reproduces when a human comes in contact with its spores. The CDC estimates *C. diff* kills as many as 15,000 people from digestive tract infection every year, and while medical facilities have been ineffective in slowing its spread, they have

found a means of detecting it.

It took a year and a half of extensive training, but now certified by the Canadian Ministry of Health and outfitted with a hospital ID, Angus, a two-year-old English Springer Spaniel, is walking Vancouver General Hospital's floors on the hunt for *C. diff*.

"We strive to continue to find ways to provide better care, and sometimes the answer is not more technology, but instead, man's best friend," said Canadian Health Minister Terry Lake.

Angus is the first dog in Canada certified to detect infectious disease. It was actually a *C. diff* infection that brought him and his owner and trainer Teresa Zurberg together. Shortly after being treated for a leg wound, Ms. Zurberg began losing weight dramatically, almost died and hospitalised for a week.

Teresa's husband, Markus Zurberg, read about a dog in Amsterdam who was trained to sniff *C. diff*. He relayed the idea to Teresa, who works as a trainer for bomb and drug-detecting dogs.

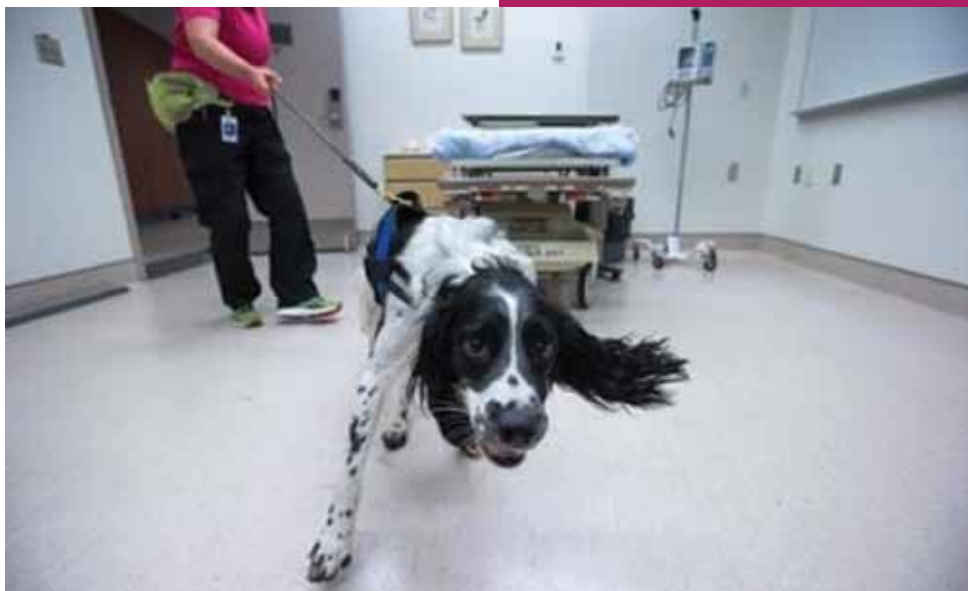
Angus now helps the Vancouver General Hospital find and eliminate *C. diff* with as much as 99.99% certainty, then a specialised cleaning robot is directed to the contaminated areas for additional cleaning with ultraviolet light.

"Angus is just as vulnerable to infection as the rest of the humans in the hospital, but regular veterinary check-ups to make sure he is healthy will substantially lessen that risk" said Dr. Elizabeth Bryce, medical director for infection control with Vancouver Coastal Health.

And of course apart from finding infectious diseases, dogs have been providing comfort to hospital patients for decades now.

FINALLY THIS WEEK:

Did you know that Kiwi eggs take up about 25 percent of the mother's body, making it the largest egg of any bird, relative to its mother's body size. But laying an enormous egg has its benefits; the chick is almost ready to live on its own once it hatches.



BOOSTER SEATS

15kg upwards (from approx. 4 years)

Booster seats are light, easy to fit and popular with children. A happy child is less likely to distract you while you are driving.

There have been significant changes in this group and group 3 over the past few years as child seat manufacturers have developed seats to protect your child in a side impact as well as in a frontal crash. One in four crashes involves side impact so this is an important development.

In the past you might have thought in terms of a shallow-backed booster seat where the back can be removed to convert it to a booster cushion for older children.

Now the market is dominated by adjustable, high back boosters – seats with deep side wings the height of which can be adjusted to provide side impact protection until the child reaches 12 years or 135cm tall.

FEATURES

The adult lap and diagonal seat belt restrains both the child and seat – there's no integral

harness for the child.

In some cases the seat back can be removed and the remaining base used as a simple booster cushion. While it's true to say that a booster cushion is better than an adult belt alone they don't offer any protection against side impact so are best used only for occasional trips where it's not convenient to use the full-sized seat. Some 'booster seats' incorporate a removable, integral five-point harness so that they can be used for the younger weight range too. Look for seats marked Groups 1, 2, and 3.

Look for seats with a wide range of head support adjustment and good protection against side impact

FITTING TIPS

- The diagonal part of the belt should lie across the child's shoulder, not against the neck.
- The lap part of the belt should lie across the top of the child's thighs, not around the abdomen.
- Belts should lie flat on the child – avoid twists, which can increase the loads on the

child in a crash.

- Never pass the diagonal part of the belt under the child's arm.
- Static rather than automatic seat belts must be used for children under three years (i.e. At the lower end of the weight range). Don't worry if you have automatic belts fitted though, many now have a so-called ALR/ELR facility that allows them to be 'converted' to static operation. Check your car's handbook.
- Many seats come with a locking device that effectively converts your belts to static operation. The locking device often acts as a belt guide too, allowing you to adjust the angle and height of the diagonal part of the belt to suit your child's height.
- Booster seats generally suffer less from compatibility problems in relation to the car's seat belt design and geometry compared with two-point mounting seats. They are easier to fit and more likely to be fitted correctly.

QUESTIONS ON DRINK-DRIVING TO BE ADDED TO DRIVER THEORY TEST FROM 10 OCTOBER



The Road Safety Authority (RSA) has announced that from Monday 10 October, questions on drinking and driving will be added to the Driver Theory Test for the Motorcycle, Car and Works Vehicles Driver Theory Test. This is in direct response to a report issued by the RSA earlier this year which showed that drink-driving is still a significant road safety issue, particularly among some young people.

The main Driver Theory Test Question Bank will have 17 new questions on alcohol and driving. Two of these questions will be presented in each of the changed tests from 10 October 2016. The overall format of the test will not change. Learning material on the new

questions is available at www.theorytest.ie Minister for Transport, Tourism and Sport Shane Ross TD said:

"Learning to drive is an exciting, formative time. For many people, this is when safe and positive attitudes to driving are established. Therefore it's critical that we reinforce key road safety behaviours at every stage of the learning to drive process, from theory to practice. The addition of drink-driving as a subject area in the first stage, the Driver Theory Test, will help to remind learner drivers that this behaviour is unsafe, irresponsible and destroys lives."

The RSA Pre-Crash Report on Alcohol showed that between 2008 and 2012, alcohol was a factor in 38% of fatal collisions, claiming the lives of 286 people. 43% of drivers killed who had consumed alcohol were between 16 and 24 years old and 57% of motorcyclists killed who had consumed alcohol were between 25 and 34 years old.

Moyagh Murdock, Chief Executive of the Road Safety Authority (RSA) said it was vital that young people understand the consequences

of driving under the influence of alcohol, no matter how little the amount consumed.

"The report we issued earlier this year dispels the myth that this killer behaviour is a thing of the past. It's not - it is very much still present in communities throughout the country. What's even more worrying is the number of young people who are dying on our roads because of alcohol. We need to use every opportunity we can to help new drivers to understand the dangers and consequences of drinking and driving."

Candidates are advised to use the current versions of the supporting learning materials (The Official Driver Theory Test - Book and CD, 5th or 6th Edition) in addition to the PDF with information on the new section related to drink-driving. The PDF is available on www.theorytest.ie and www.rsa.ie

Those wishing to book a Driver Theory Test are reminded that the official booking website is www.theorytest.ie. Booking through other unofficial websites may incur an additional fee.



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LONELINESS

As social beings, we are hard wired to connect and most of us feel the need for rewarding social contact and relationships. Loneliness is the feeling we get when our need for this type of contact is not met. Loneliness of course is not the same as being alone. We may choose to be alone and live very happy lives without much contact with others. Or indeed we may have much social contact, be constantly surrounded by people, and yet feel very lonely. Loneliness can have a significant impact on our mental health and can contribute to mental health problems, such as anxiety and depression. Loneliness can have many different causes and affects people in different ways. Some people feel lonely due to their personal circumstances (e.g moving to a new area, loss or bereavement). For others however, loneliness can be a deeper more constant feeling that comes from within.

Connecting with the World around us can be a great way to combat loneliness. This may be having a small conversation with the cashier when we pay for our groceries or saying hello to someone we meet in the street. Phoning or sending an email to family and friends can be a good reminder that we do have people in our lives.

Our brain can try to make sense of the feeling of loneliness by telling us things such as 'It is because nobody loves me' or 'There is something wrong with me' These thoughts are not facts – and can make us feel worse. Thus it is important to accept how we are feeling without overreacting. When we feel lonely, the tendency might be to withdraw into ourselves and this can be counterproductive. The healthiest thing to do if we are feeling lonely is to reach out and cultivate friendships. Reaching out can be difficult and at times we will resist it. However, think of it in the way you might approach exercising - whilst we may feel tired or lazy it is a beneficial thing to do.

We need to tackle loneliness one step at a time. It may involve finding a new hobby or joining a club or exercise class. Another skillful way to combat feelings of loneliness is to volunteer as it's a great way to meet new people and also to learn new skills.

Loneliness is a profoundly human emotion and a signal that our need for connection is going unmet. Next week we will discuss loneliness in Older Adults and explore ways we can tackle this.

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

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ANSWER

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Paternity Benefit is paid for two weeks (in one block) and is available for any child born or adopted on or after 1 September 2016. You can start paternity leave at any time within the first 6 months following the birth or adoption placement. If you are already getting certain social welfare payments, then you may get half-rate Paternity Benefit.

You must notify your employer four weeks before you intend to go on paternity leave (12 weeks if you are self-employed). You must provide proof of the expected date of birth (this is a certificate from your spouse's or partner's doctor confirming when the baby is due) or confirmation of the birth if you are applying after the baby has been born. In the case of adoption, you must produce a certificate of placement.

Paternity Benefit is available from 1 September 2016. You can apply online at mywelfare.ie for Paternity Benefit from 5 September 2016 (your payment will be backdated if necessary). You must have a Public Services Card to apply for Paternity Benefit.

You can also claim up to 18 weeks of unpaid parental leave from work (until your child's eighth birthday - or 16th if they have a disability). Both parents have a separate entitlement to 18 weeks' parental leave.

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, Killybeggin 0761 07 7830, Caherdveen 0761 07 7780

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

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A WORD OF VICTORY

Welcome back dear reader last week we discussed two kingdoms; the kingdom of Satan i.e. the world's system where the Devil is god, and the Kingdom of God where Jesus is Lord (2nd Corinthians 4:4; Acts 28:31). We also saw that God gives us a choice as to which kingdom we want to live in and how we want to live – blessed or cursed? (Deuteronomy 30:19) Dear reader this message is for you right now. There are different types of government – (1) a Kingdom is ruled over by a monarch who makes the rules for the population. The monarch is not elected by the people they are born into it. You can also have (2) a dictator e.g. Hitler and we know what they can do! Then there's (3) a Republic or (4) a Democracy. Democracy means people power; a government elected by a majority. A Republic is founded on a Constitution predetermined at the foundation of a State – that's what we have in Ireland. A Democratic government make laws usually to suit the people that voted them into office. When ministers from a Democratic viewpoint are voted in they then try to have the Constitution changed to suit their opinions and desires. This can only be done by Referendum. That is how laws get passed bypassing the Constitution - laws that are not in line with God's Word. This happens when people will not vote, thinking that their opinion doesn't count. But friend not voting is a vote! The people who want to change laws to suit their wants and wishes will always vote and will work hard to persuade others to do likewise. That is how perverse laws come into being. Our Constitution needs to be protected if we are to remain a Republic. People gave their lives and suffered much at the foundation of our State, we do ourselves harm by turning our back on them. When evil laws are passed through referenda the people who didn't vote have no right to complain - their vote could have made a big difference to the outcome. More next week....

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GRATEFUL THANKS

Sacred Heart of Jesus, Our Lady of Lourdes, St. Padre Pio, St. Clare, Our Lady of Mount Carmel, Divine Mercy, St. Faustina, St. Michael Archangel and St. Anthony for health favours received.

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

O Most Beautiful Flower of Mount Carmel, Fruitful Vine, Splendour of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in this my necessity. O Star of the Sea, help me and show me herein you are my Mother. (Make request) O Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succour me in this necessity. There are none, that can withstand your power. O show me herein you are my mother. Oh Mary conceived without sin, pray for us who have recourse to thee (3 times). Say this prayer for 3 consecutive days and then publish and request will be granted to you. This prayer must be published in thanks giving for favours received.

ST. THERESE OF THE LITTLE FLOWER

O glorious Saint Therese, whom Almighty God has raised up to aid and counsel mankind, I implore your Miraculous Intercession. So powerful are you in obtaining every need of body and soul our Holy Mother Church proclaims you a "Prodigy of Miracles... the Greatest Saint of Modern Times." Now I fervently beseech you to answer my petition (mention specifics here) and to carry out your promises of spending Heaven doing good upon the earth... of letting fall from Heaven a Shower of Roses. Henceforth, dear Little Flower, I will fulfill your plea "to be made known everywhere" and I will never cease to lead others to Jesus through you.

Amen.

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.

J.K.O.C.

NOVENA TO THE SACRED HEART

You have said O'Divine Jesus ask and you shall receive, seek and you shall find, knock and the door shall be opened to you. Relying on these promises I come with confidence during the novena to beg of you the favours that I need (make request). From whom shall I ask, Lord Jesus, if not from you whose heart is an unfailing source of graces and merits. Most loving heart of my God I believe in your 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.

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.

THANKSGIVING ST. JUDE

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

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of

BRIDIE O' SHEA (NEE HORAN)

late of Carker Scartaglin, who died on the 19th September 2015
REST IN PEACE

As we lovingly remember our mother on the first anniversary of her passing, we her family would like to express our heartfelt thanks and appreciation to all those who sympathised with us, attended the rosary, removal, funeral mass, burial and those who sent mass cards and food. Thank you to Fr. Dan Riordan, Diarmuid, Mike of Daly's Funeral Home, Dr. Anne Fleming, Kennelly's Chemist, Scartaglin Heritage Centre and all their individual staff for their professionalism and care.

A special thank you to Mom's carers Joan, Margaret and Mag for all the kindness and care that they gave to Mom over the years. Thank you to all of Mom's friends and relatives who visited her and kept in touch by phone, which she really enjoyed. To each and everyone who helped in any way, thank you.

Please accept this acknowledgement as a token of our heartfelt appreciation. The Holy Sacrifice of the Mass has been requested for your intentions.

1st Anniversary Mass on Sunday 18th September at 10.30a.m in Scartaglin Church.

*"We have our memories one by one,
The things you said,
The things you done,
Your presence we miss,
Your memory we treasure,
Loving you always,
Forgetting you never"*

Always loved and remembered by Julia, P.J., Andy, Carmel, Sinéad and Anthony.

Grandma

*"If flowers grow in heaven Lord,
Please pick a bunch for us,
Place them in Grandma's arms,
And tell her they are from us,
Tell her that we love and miss her,
And when she turns to smile,
Place a kiss upon her cheek,
And hold her for a while"*



Lovingly remembered by Kevin, Niamh, Keelin and Lydia.

NOVENA TO ST. CLARE

Ask St. Clare for 3 favours, 1 business, 2 impossible. Say 9 Hail Mary's for 9 days with a lighted candle, and finish with "May the Sacred Heart of Jesus be praised, adored, glorified and loved today and every day throughout the world forever. Amen."

Pray, whether you believe or not. Publish on the 9th day. Your request will be granted no matter how impossible it may seem. Favour often granted on the third day.
K.O.N.

THE MIRACLE PRAYER

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

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. Publication of prayer and favour will be granted.
M.M.

PRAYER TO ST. JOSEPH

O St. Joseph, whose protection is so great, so strong, so prompt before the throne of God, I place in you all my interests and desires. O St. Joseph, do assist me by your powerful intercession, and obtain for me from your divine Son all spiritual blessings, through Jesus Christ, Our Lord. So that, having engaged here below your heavenly power, I may offer you my thanksgiving and homage to the most loving of Fathers. O St. Joseph, I never weary contemplating you, and Jesus asleep in our arms; I dare not approach while He reposes near your heart. Press Him in my name and kiss His fine head for me and ask Him to return the kiss when I draw my dying breath. St. Joseph, Patron of departing souls pray for me. This prayer was found in the fiftieth year of Our Lord and Saviour Jesus Christ. In 1505 it was sent from the Pope to Emperor Charles when he was going into battle. Who ever shall read his prayer or hear it or keep it about themselves, shall never die a sudden death, or be drowned, nor shall be burned in any fire or shall be overpowered in battle. Say for nine mornings for anything you desire. It has never been known to fail, so be sure you really want what you ask for. In thanks for request 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.
S.C.

NOVENA TO THE SACRED HEART

You have said O'Divine Jesus ask and you shall receive, seek and you shall find, knock and the door shall be opened to you. Relying on these promises I come with confidence during the novena to beg of you the favours that I need (make request). From whom shall I ask, Lord Jesus, if not from you whose heart is an unfailing source of graces and merits. Most loving heart of my God I believe in your 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.

NOVENA TO ST. MARTHA

O ST. MARTHA, I resort to thee and to thy petition and faith I offer up to thee this light which I shall burn every Tuesday for nine Tuesdays. Comfort me in all my difficulties thro' the great favour thou didst enjoy when Our Saviour lodged in thy house. I beseech thee to have definite pity in regard to favour I ask (mention favour). Intercede for my family that we may always be provided for in all our necessities I ask thee St. Martha to overcome the dragon which thou didst cast at thy feet. One our Father and three Hail Marys, and a lighted candle very Tuesday and the above prayer made know with the intentions of spreading devotion to St. Martha. Never know to fail.

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 the novena to beg of you the favours that I need (make request). From whom shall I ask, Lord Jesus, if not from you whose heart is an unfailing source of graces and merits. Most loving heart of my God I believe in your 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.

PRAY TO ST. EXPEDITE

Saint Expedite, you lay in rest. I come to you and ask that this wish be granted. **(Mention your urgent request)** Saint Expedite now that I ask of you. Saint Expedite now what I want of you, this very second. Don't waste another day. Grant me what I ask for. I know your power, I know you because of your work. I know you can help me. Do this for me and I will spread your name with love and honour so that it will be invoked again and again. Expedite this wish with speed, love, honour and goodness. Glory to you, Saint Expedite!
Feast Day: 19th April. **Brid.**

NOVENA TO THE HOLY SPIRIT

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

PRAYER TO THE VIRGIN MARY

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

GRATEFUL THANKS

Our Lady of the Sacred Heart, Divine Mercy St Faustina, St Expedite, St Padre Pio, Our Lady of Mount Carmel, Sacred Heart of Jesus, Our Lady of Lourdes for Health favours received. **Brid.**

NOVENA TO THE SACRED HEART

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

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TUESDAY

6.30PM **TOTAL BODY TRAINING**

WEDNESDAY

10.45AM **AQUAFIT**
6.00PM **FEEL THE BURN**

THURSDAY

6.30PM **TOTAL BODY TRAINING**
7.00PM **CARDIO SPINNING**

SATURDAY

10.00AM **CARDIO SPINNING**
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