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Beautiful Models in Recovery, pictured at the official launch of the annual Kerry Hospice Fashion Show which will take place on Wednesday 25th Sept at the INEC. L-R Orlaith Monks, Bernie O'Sullivan, Noreen O'Brien & Linda Ring. Picture Marie Carroll-O'Sullivan



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and his *club colleague Shane Ryan* and the Kerry Team and Management the very best of luck in Saturday's All Ireland Final Replay



Pictured L:R - Paul Murphy Kerry Footballer and Peugeot Brand Ambassador , John Reen and Tim Reen of Reens Peugeot Rathmore.

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EDITOR'S NOTE



s we wait with baited breath for the All Ireland replay between Kerry and Cork on Saturday night, we have an action packed magazine to keep you busy in the run up to the game. The annual Model's In Recovery Fashion Show has been launched, KBN held a hugely successful event and family and friends of popular mechanic John "Sully" O'Sullivan are working hard in an attempt to get him home. The Munster Rugby Team trained at Aghadoe, John McShain has been inducted into the Irish American Hall of

Fame and Cannonball roared into town. Finally, best wishes to the Kerry Team on Saturday. Chiarrai Abú.

Aisling Crosbie, Editor 086 0400958 news@outlookmags.com



IF YOU HAVE A STORY...Contact Aisling on: 086 0400 958 | Email: news@outlookmags.com

Kerry Hospice Model's In Recovery Fashion Show Launched

The highly anticipated Kerry Hospice Model's In Recovery Fashion Show was launched this week and will take place at the INEC on Wednesday 25th September.

The annual fundraiser is now in it's sixth year and has been a fantastic money earner for the Hospice Foundation locally.

All the models in the fashion show, male and female are in recovery from cancer of various types and take to the catwalk for this very worthy cause.

TV personality Noel Cunningham will be on hand again this year to host the event which begins with a wine reception at 7.30p.m.

There will be lots of valuable door and spot prizes on the night with an oversized multicoloured silk wrap by famed designer Don O'Neill being the most sought after.

Models taking part are currently putting in the work on the catwalk to ensure a fantastic night.

The fashion show is one of the biggest fundraisers for the Kerry Hospice and is run by the Killarney Branch of the Foundation.

To continue with the amazing care they provide, the hospice need to raise \in 500,000 per year to run its services which include an inpatient unit, a daycare unit and night during service.

"We really appreciate the ongoing help and support we receive from everyone in the community" Pat Doolan Chairman of the Kerry Hospice Foundation told the Killarney Outlook.

The Kerry Hospice Foundation also provide funding for patients who require palliative care equipment, aids and appliances to enable people to ie more comfortably at home, extra support for patients and their families and ongoing education of nurse specialists and members of the multidisciplinary team in Specialist Palliative Care. Tickets are priced at \in 15 and available from the models,or through

the good offices of Pat Doolan, Chairperson of Killarney Hospice.



John Coffey, seated centre, pictured at the INEC to officially open the Kerry Hospice Models in Recovery Fashion Show which will take place at the INEC on Wednesday 25th Sept. Back Row L-R Mary O'Rourke, Catherine Coffey, Linda Ring, Noreen Coffey, Noreen Collins, Dermot O'Reilly, Noreen O'Brien, Angela Curran & Orlaith Monks. Front Row L-R Cathal Walshe, Patricia Barrett, John Coffey, Pat Doolan & Bernie O'Sullivan. Picture Marie Carroll-O'Sullivan

Coffee morning held to bring 'Sully' home from hospital By: Aileen O'Leary



'Sully's Coffee Mornning' hugely supported by the community at Curious Cat, New Market Lane, on Saturday morning. Sully's family front row L-R Anthony McCarthy, Tracey McCarthy, Klara O'Sullivan, Michelle O'Sullivan, Emma O'Sullivan, Marguerite Whitely & Mary McCarthy. Picture Marie Carroll-O'Sullivan

Friends and family of John 'Sully' O'Sullivan held a coffee morning last Saturday to raise funds to bring the Killarney mechanic home from hospital. The Kerry man is hoping to return to Killarney after changes are made to his family home to accommodate for his care. Last October John O'Sullivan was rushed to the Mater hospital in Dublin from University Hospital Kerry (UHK) after contracting sepsis. After being transferred to Dun Laoighre for treatment he was brought back to UHK where he is currently receiving care. A gofundme page had been set up initially to raise funds and currently it has raised €1,220 of the €3,000 goal. The coffee morning was held in the 'Curious Cat Café' located in Market Lane Killarney.

It has been a long road to recovery for the Woodlawn mechanic, who is hoping to return home. Future events that are currently being planned include a Pitch and Putt tournament (see page 28 for more details and a quiz to be held in November, details have yet to be finalised.

ADVERTISING



ONE MAN AND HIS DOG....

Tom and Tess to represent Ireland at the International Sheepdog Trials



Tom O'Sullivan pictured training his dog Tess for the International Sheepdog Trials.



Tess waits on the whistle from her master as part of her training for the International Sheepdog Trials.

A Kilcummin farmer whose hobby is training his border collie Tess has been chosen on the 15 man Irish team to represent Ireland at this years International Sheepdog Trials. Tom O'Sullivan will take part in the biggest trial of the sheepdog trialing calendar. 60 competitors from Ireland, England, Scotland and Wales will compete at the International for the top prize in Sheepdog trialing, the Supreme Champion.

Tom, who competes in sheepdog trials all over Ireland, recently competed in the National Sheepdog Trials in Co. Down where 150 sheepdog handlers and sheepdogs from all over Ireland attended. "I am delighted to gain a place on this year's team" Tom told the Killarney Outlook, this will be my third time making the Irish team, having previously worked with dogs in 2008 and 2011", he added.

Tom currently works with his 3 year old female border collie, North-Hill Tess and is hoping that following behind the scenes work by local members of the Munster Sheepdog Society that the 2020 Irish National Sheepdog Trials will be held in Killarney in early August next year.

KERRY BUSINESSWOMEN'S NETWORK CELEBRATES KERRY'S HOMEGROWN HEROES

Over 80 people attended an amazing night at the Muckross Park Hotel on Thursday night last when Kerry Business Women's Network hosted their 'Kerry Women Can' event where they honoured Kerry's amazing expats and homegrown heroes.

This year they brought two amazing women home to share their stories; fashion blogger and influencer Erika Fox aka @RetroFlame and Real Estate Icon Rosemary Heard.

Erika is a Fashion & Lifestyle Blogger/YouTuber at Retro Flame who is currently based in New York.

Rosemary Heard, originally from Killarney, but now based in New Hampshire, Rosemary is hugely successful and influential in the Commercial Property and Social Housing Market.

Guests at the event enjoyed a pre-dinner drinks reception, canapes with wine, tea and coffee and entertainment.



Pictured at the Muckross Park Hotel for the Kerry Business Women's Networking evening were L-R Eoin Sorensen (Chair person of KBWN), Rosmary Heard (guest speaker) and Erika Fox (guest speaker).

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Local vintage clothing and accessories boutique, Hazel's Nuts About Vintage, is joining forces with Oh Keira to host 'Swap Shop Social'. The event takes place in Social 15 on Main Street, September 22nd between 3:00pm and 5:00pm. The aim of the event is to reduce fast fashion and encourage shoppers to buy vintage. The event is 'taking a minute to Slow Fashion Down...to think about how we clothes shop and how to make more sustainable and ethical choices..' Hazel O'Malley, one of the organisers, revealed to the Outlook.

There will also be talks on sustainable fashion on the day from Siobhan Heffernan, recent graduate of Limerick School of Art & Design, an up and coming designer from Listowel who uses sustainable practices in her designs. Also speaking at the event is Grace Claro, a student from Tralee who is also an artist and photographer with particular focus on fashion photography.

There will also be sustainable pop up shops on the day, including Ode to Earth, who specialises in minimal waste products; Oracle of Earth will be selling natural skin care products and providing tarot readings; Hazel's Nuts About Vintage, vintage store and Oh Keira, upcycled and organic clothes, as these are pop ups it is encouraged to bring cash to the event.

Tickets for the event are five euro and can be purchased from Eventbrite.ie. Bring along five items you want to swap to the event, these must be clean and in good repair, they are then put on the rails for everyone to have a chance to see what kind of items are available before the countdown and you can pick up whatever you like.

The event promises to be a day of guilt free shopping and fun for #secondhandseptmber.

John McShain inducted into Irish America Hall of Fame

By: Aileen O'Leary

Former businessman and owner of Killarney House, John McShain, was recently inducted into the Irish America Hall of Fame in Wexford. The John F. Kennedy trust and the Irish America magazine jointly bestowed the honour. The event in Dunbrody New Ross, was attended by mayor of Kerry, Cllr Niall Kelleher. Also present at the induction were Betsy Bracken, a niece of the late John McShain and Alice McLaughlin who received a bursary from Mr McShain.

'The Irish America Hall of Fame honours the extraordinary achievements of Irish-American leaders, from their significant accomplishments and contributions to American society to the personal commitment to safeguarding their Irish heritage and the betterment of Ireland'

Known as 'The man who built Washington' McShain's contribution to Killarney is immeasurable. Having acquired Killarney house and the surrounding estate from the Earls of Kenmare in 1959, he and his wife spent years restoring the estate before his death in 1989. The couple donated thousands of acres of land to the people of Killarney including Ross castle and the national park, before Mrs McShain's death in 1998 when Killarney House was transferred over to the State.

McShain was a successful and powerful building contractor in both the US and Ireland, he is responsible for building key structures such as the Jefferson Memorial (1939-41), the pentagon (1941), the reconstruction of the White House (1949-1952) and the John F Kennedy Centre for Performing Arts in Washington DC (1971).



The late John McShain who has beebn inducted into the Irish American Hall of Fame.

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MUNSTER BOSS FULL OF PRAISE FOR KILLARNEY RUGBY

Munster Head Coach Johann van Graan this week praised Killarney Rugby club saying that it was a "positive example of what can be achieved in an area where people who love their rugby play such an active part in the community"

The South African spoke exclusively with the Killarney where he took over 45 Munster players to the newly developed facilities at Aghadoe as the local club opened the gates to witness the session

The two time European Rugby Champions Cup winners were without 12 of their regulars due to their involvement with the Irish Rugby team as they prepare for the World Cup but it did little to dampen the enthusiasm from the almost 400 people that turned up to witness them go through their paces.

"The facilities were excellent. The field was in great nick. We had a nice time inside in the video session and we went through our normal training routine. It is great to be in the countryside, we were welcomed with open arms and it is important for us to get into the community. Community is one of our values that we have. Munster is very close to its community that what rugby is about. It is about relationships and the values of the game. You can see it out here today with the kids and everyone attending. It is great to be in Kerry today"

Speaking to the Outlook Killarney Rugby PRO Liam Murphy said that the club were delighted with the way the whole morning went. "it was great to see so many people attend, especially as it was a school day and I want to thank those schools that attended as well"



Munster Rugby team training at Aghadoe Rugby pitch on Friday morning. Picture Marie Carroll-O'Sullivan



Stephen Archer, Munster Rugby player with L-R Emma Browne, Noelle Browne & Amanda McCarthy at the Munster Rugby training session followed by meet & greet at the Aghadoe Rugby pitch on Friday morning. Picture Marie Carroll-O'Sullivan



Delighted Killarney Community College students L-R Micheal Fitzgerald, Jack Dicker, Sadhbh Stack & Aoibhinn Gleeson meeting attend the meet & greet from the Munster Rugby team at Agahdoe Rugby Club Killarney. Picture Marie Carroll-O'Sullivan



Fans enjoying the Munster Rugby team meet and greet at Aghadoe Rugby pitch on Friday morning. Picture Marie Carroll-O'Sullivan





E B B

Killarney was transformed into Monaco with a Mardi Gras twist last Friday September 6th when €42 million worth of super cars and novelty cars roared into town just after 7pm.

SIBI

The one hundred and ninety car convoy, which features super cars and novelty cars, came to Killarney as part of the National Cannonball tour of Ireland. The Killarney run took place at the Brehon Hotel on Muckross road attracting thousands of car enthusiasts. On Saturday the cars took off for the next stage of the run and headed towards Limerick and then onto Mayo, Sligo and Meath before concluding in Edenderry on Sunday. The Cannonball run was last in Killarney in 2011. Some of the cars that were featured in this year's run include McLaren, Lamborghini, Ferrari, Aston Martin, Porsche, Maserati, Rolls-Royce and Bentley. Forged a decade ago by super car enthusiast Alan Bannon, the idea for the tour was a result of Bannon touring Europe in his own supercar, he had experienced camaraderie, a sense of community and a shared interest during his time touring Europe. Bannon wanted to bring a replica of the tour to Ireland, to recreate the style, sophistication and glamour of the European tour.

"We were absolutely blown away by the welcome we got in Killarney. Very special thanks to the Brehan Hotel and The Gleneagles Hotel for their hospitality. Nothing was a problem for them and they went the extra mile and more. Thanks also to Dermott Healy Cllr for his constant help and support both on the day and the lead up to the event. Thanks to An Garda Síochána and thanks to all of the businesses in the town for supporting the event. Finally, I want to personally thank each and all of the thousands of spectators who came to welcome us. It was an incredible feeling and everybody talked about the warm welcome, generosity to our charity and remarkable friendliness of the people of Killarney. Alan Bannon, founder of Cannonball Ireland said following the event.

In 2009 Bannon started the Irish Cannonball tour and on its tenth anniversary the tour is going from strength to strength. This year's beneficiary is the Irish Cancer Society. The tour is sponsored by Manhattan Popcorn, Circle K Miles Plus, Hone revolutionary energy and Asystec Data Management Solutions. Cannonball official partners include Bonavox, AB Signs, Keanes Jewellers, Ballyseedy, Duke Energy Drinks, Karl Goodwin Motors, Krystle, BMW and Windsor Motors.

This year saw celebrity cannonball drivers/ navigators such as Love Island 2019's Tom Walker, Coronation Street's Ryan Thomas, as well as appearances from 'The Popemobile', superheroes like Spiderman and more.



Tom Walker of 'Love Island' Fame with his grandad Bill Archie is welcomed to Killarney by Mayor of Kerry Niall Kelleher and Sinead McCarthy, General Manager, The Brehon Hotel while taking part in The Cannonball Ireland run at The Brehon Hotel, Killarney on Friday night in aid of the Irish Cancer Society. Photo: Don MacMonagle



The Pope does a grand tour of The Brehon Hotel while taking part in The Cannonball Ireland run at The Brehon Hotel, Killarney on Friday night in aid of the Irish Cancer Society. Photo: Don MacMonagle



Barraduff car enthusiast Mike O'Mahony taking part in The Cannonball Ireland run at The Brehon Hotel, Killarney on Friday night in aid of the Irish Cancer Society. Photo: Don MacMonagle



MONEY MATTERS.

By Dermot Cronin, Financial Advisor



SHOULD YOU BE CONSIDERING SWITCHING YOUR MORTGAGE

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If you have any queries on the above or any other matter you can contact Dermot Cronin QFA at 0646622775 or dermotcroninifa@gmail.com

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NEWSDESK

A cause close to her heart.... Pavers Manager donates €1,000 to Down Syndrome Kerry

The Paver's Foundation has awarded $\leq 1,000$ to Down Syndrome Kerry following an application to the fund from the Killarney Store Manager Denise Smyth as the cause is a charity very close to her heart.

At Pavers each staff member can put forward causes close to their heart which relate to health, education, or community. Since launching, the Pavers Foundation has awarded a total of £541,353. "Down Syndrome is very close to my heart being in my own family and seeing the daily challenges that families face and that have not been funded by the government, I wanted to try to help in any way possible.

While I was pregnant with my own little boy a friend of mine was also pregnant and gave birth to a beautiful little girl Emilie who was born with Down Syndrome. Seeing first-hand the challenges that Simone faces with her little girl, I wanted to reach out to the Pavers Foundation and see if they would help with these challenges, such as occupational therapy and Speech Therapy along with social and educational activities. I know that the £1,000 will be Editor: Aisling Crosbie 086 0400 958 or Email: news@outlookmags.com



Simone Behal with her daughter Emilie accepting a cheque on behalf of DSK (Down Syndrome Kerry) with Store Manager Denise Smyth and Supervisor, Sarah Doherty

put to great use", Denise Smyth, store manager at Pavers in Killarney told the Killarney Outlook.

Down Syndrome Kerry is a parent led organisation that helps families to deal with the diagnosis of their child having Down Syndrome. The organisation is passionate about ensuring that children with special education needs have access to an inclusive learning environment. Down Syndrome Kerry provides a wide range of support, including occupational therapy, physiotherapy and speech and language therapy services for younger persons and employment and education opportunities. The charity also offers recreational services to their members, such as swimming lessons, Zumba, basketball, cookery, cycling lessons and horse riding.

ALL ROADS LEAD TO MACROOM FOOD FESTIVAL 2019

The town of Macroom readies itself for its 8th Annual Food Festival Thursday 19th to Sunday 22nd September. Food, drink & entertainment events will take place at a number of indoor & outdoor venues across Macroom town centre, including the Main Square, The Castle Hotel, various pubs, cafés, restaurants, shops & pharmacies. It will have plenty of food, live music & lots of fun for all the family: Comedy Capers at the Castle Hotel; Meet the Buffaloes at Toonsbridge; Teatime Swing Dance; Macroom's infamous Taste Trail including the Outdoor International Flavours event & Busking Competition; Saturday Night Session on the Square with Hot Guitars & very special guests; Sunday's Monster Outdoor Food Market, Cork & Kerry Schools cookoff competition, interactive children's entertainment, live music & more.

Kicking off with Comedy Capers at the Castle Hotel on Thursday 19th September, the festival will see the town of Macroom come alive with food, drink, music and all sorts of fun entertainment for four jam packed days in September. This year's festival will feature a mix of the old favourites with some new events such as the Comedy Capers event and a Busking Festival to accompany Saturday afternoon's Taste Trail.

On Friday there will be a tour of Macroom Buffalo Farm, an insight into the cheese making process and a delicious tasting of their award winning cheeses. Meanwhile, back in town, C103 will broadcast live from The Castle Hotel, featuring lots of local producers, on-air tastings, interviews and music. Later that evening, we'll be dressing up for a stylish, foot-tapping Teatime Swing Dance spectacular, complete with tea, coffee, light bites and sweet treats at The Castle Hotel.

Saturday morning is one for the kids: the main square will be transformed into the Clowning Around Kids Zone, with Conor the Clown, facepainting, dancing, balloon magic and



Crowds attending the Macroom Food Festival last year.

storytelling. Saturday afternoon there'll be orienteering for taste buds on the Taste Trail – participants follow balloons and bunting to taste their way around sixteen different venues in town. This year, the trail will include a mindfulness station at the Library, special dietary needs stations at a number of pharmacies, the always popular International Flavours and some more surprises, along with the usual favourite tasters.

Macroom Food Festival is also now accepting entries from musicians for their chance to play at a number of Busking Stations around Macroom during the afternoon of Saturday 21st September and will be holding an open voting competition on Facebook over the coming month. First prize winner will also get to open for Hot Guitars later that evening at the Saturday Night Session on the Square. Musicians should send their demo videos now to info@macroomfoodfestival.com

As always, Sunday will see the square transformed into a massive outdoor food market, complete with wacky entertainment from Circus Outside the Box, live music from the Army Band of the Southern Command, face-painting and lots more. Students will get competitive at the Danone Nutricia Annual Schools Cook-Off and as always, there will be plenty to eat and drink all round – from local organic meats to vegetarian and vegan delights, baked treats, seasonal produce, artisan ice cream and everything in between, from Macroom, Cork, Munster and beyond.

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GLENFLESK SCHOOLS JOIN FORCES FOR EUROPEAN PROJECT



Students from Raheen NS and Glenflesk NS who are set to take part in a European Project.

Two small rural schools in the Killarney area will receive funding to participate in an EU Programme aimed at supporting education, training, youth and sport among young people in Europe. The two schools who will be participating in the Erasmus + Programme are from the Parish of Glenflesk - Glenflesk NS and Raheen NS.

The two schools have teamed up with a school from Poland for the project. The title of the Project is "I'm a Super Duper Healthy Trooper" and will last for 2 years in total. The aim of this project is to encourage children to examine aspects of their lives and try to make changes to their lifestyles that will have a lifelong impact. The schools involved will hope to achieve this by getting children, teachers and parents to examine their diets, exercise, interpersonal and intrapersonal skills.

The Irish National Agency, Léargas, was impressed by the application as the schools aim to foster autonomy in all their pupils where they will learn and practice how to look after their minds and bodies. The children will keep a diary for the duration of the 2 year project and this will help them to evaluate their progress. The children will also learn about each other's countries, schools, cultures and localities. The school from Poland is in a town called Jaworzno, near Krakow.

"Glenflesk and Raheen are delighted to be part of this wonderful initiative and both schools are excited about the two year journey. It's a great opportunity for 2 small rural schools in Kerry to be involved at European level. We look forward to sharing experiences with our partners in Poland, learning from each other and making lots of new friends along the way", Paul Favier, Principal of Glenflesk NS has said.

"The most exciting part of the Project for the children will be when the pupils get to visit each other's schools 2 years in a row. 5th and 6th Class pupils from Glenflesk NS and Raheen NS will travel to Poland in May 2020 and again in May 2021 for 5 days to meet their counterparts in Poland. The students from Poland will also visit Killarney to spend time in Glenflesk NS and Raheen NS",

Joan Mullane, Principal of Raheen NS, added.

'Community on Your Doorstep' at Manor West

On Saturday, September 21st, Manor West Shopping Centre and Retail Park will welcome a host of Kerry's local community organisations for its 'Community on Your Doorstep' exhibition. The event will showcase a wide variety of organisations, clubs and services which are right on the doorstep of Tralee and across Kerry.

From 11am to 5pm, the event will allow the local community and visitors to Manor West the opportunity to chat with the various clubs and organisations exhibiting on the day. Those interested in learning more and finding out how they can get involved can chat with representatives directly, answering any questions they may have.

Spaces are still available for community organisations and clubs to attend which is completely free of charge. To book your space email customerservice@ manorwest.ie or call 066-7190755.



Pictured from left; Brian Crean of Banna Sea Rescue with Derek Rusk, Centre Manager, Manor West Shopping Centre and Retail Park and Steve Baker of Banna Sea Rescue who will be attending the upcoming 'Community on Your Doorstep' exhibition at Manor West Shopping Centre and Retail Park on Saturday, September 21st. Pic: Pauline Dennigan

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> Gallivan Murphy Hooper Dolan

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NEWSDESK

Editor: Aisling Crosbie 086 0400 958 or Email: news@outlookmags.com



Pictured at the Kerry Business Women's Networking evening at the Muckross Park Hotel were L-R Claire Moore, Jenny McAuliffe, Ellen Eagan and Marie Panuli.



L-R Nancy Hegarty, Joan & Seamus Coffey pictured outside the Curious Cat supporting Sully's Coffee Morning on Saturday. Picture Marie Carroll-O'Sullivan



Tommy O'Donnell with his family after training with the Munster Rugby team at Aghadoe Rugby Club on Friday morning. Picture Marie Carroll-O'Sullivan



Supporting Sully's Coffee Morning at the Curious Cat on Saturday morning L-R Eileen O'Shea, Ashten O'Meara, Damien O'Meara, John O'Shea, Stephen McCarthy and in front Micheal O'Shea. Picture Marie Carroll-O'Sullivan



Supporting Sully's Coffee Morning at the Curious Cat on Saturday morning L-R Cara Lyne, Phil Lyne, Margaret McCarthy, Claire Randles, Alex Looney & Breda O'Sullivan. Picture Marie Carroll-O'Sullivan



An end of summer get together for the staff of Jam Cafe at Courtneys Bar followed by dinner at the Mad Monk by Quinlanns. Picture Marie Carroll-O'Sullivan



Jordan Tuohy pictured with her family and friends at her 21st Birthday Party at Knightly's Bar in Castlemaine recently.



Aaron & Clodagh Moriarty meeting Sean French, Munster Rugby player at the Aghadoe Rugby grounds where the team trained on Friday morning. Picture Marie Carroll-O'Sullivan

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KILLARNEY TOAST MASTERS CLUB

Killarney Toastmasters meeting are taking place on Tuesday's in The Dromhall Hotel. Be entertained, learn new speaking skills, and make new friends! €5 at the door. Tel James on 0838761718 for more info.

KWOTE WOMEN'S MEETINGS

KWOTE Killarney Women's Organisation for training & Empowerment monthly meetings will resume on Wed Sept 18th at 8pm in Scotts Hotel. New Members are very welcome.

FAMILY FUN DAY

Spa GAA Club Family Fun Day will take place on Saturday 28th September from 2pm - 5pm! There will be games, challenges, bake sale, BBQ, face painting, Junior Bake Off, Teddy Bear Fashion Show and lots more for all ages. Everyone welcome.

MASS INTENTIONS FOR 2020

The Parish Office has requested that if you are booking a 1st Anniversary Masses - you can do this only at the Parish Office on Tuesday Oct 22nd. All others Mass Intentions can be arranged from Wednesday Oct 23rd onwards. Call into Parish Office only on those days - no bookings will be taken over the phone that week.

CULTURE NIGHT AT **KILLARNEY HOUSE**

To celebrate Culture Night 2019, Killarney House are holdig two events on ust to let you know that we have two events on Friday 20th September. The Ladies of Kenmare evening will begin at 7pm. Killarney House Historical Guide Margaret O'Regan invites yu to learn the stories of the women who bought the house to life ove the centuries - where you will meet the characters from the 'sublime to the outrageous". 'Ladies of Kenmare Tour' will take place from 7.00pm-8.30pm, spaces are limited and booking required, 085-8017973.

There will also be an Interpretative Exhibition



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open from 6.30pm - 9.00pm. This tour is self guided and entry is free.

instead of 7.30pm.

STORYTIME AT THE LIBRARY

Storytime for children will take place at Killarney Library every Tuesday in September at 11am and every Saturday in September at 10.30am. Free admission.

PARISH SILVER CIRCLE

It is that time of the year again when we are asking for help in promoting the Silver Circle Draw. The Silver Circle is our only fundraiser during the year, and we will begin on Thurs 10th Oct with the first draw, for 10 weeks. The launch of the tickets will take place next Tuesday night Sept 17th in the Cathedral Presbytery 7.00 p.m. All Promoters are asked to attend to collect their tickets

ALL IRELAND FINAL

Please note that due to the All Ireland Football Final replay there will be a 4.30pm Vigil Mass on Saturday 14th September in St Mary's Cathedral. The 6.15pm Vigil Mass is as normal.

Church of the Resurrection Vigil will be at 8pm instead of 7.30pm

Also Kilcummin Vigil will be celebrated at 8pm



TARA CASEY FROM MUCKROSS ROAD, KILLARNEY WHO RECEIVED HER BATCHELOR OF SCIENCE DEGREE WITH FIRST CLASS HONOURS IN SPORT AND EXCERISE Sciences when she graduated at Limerick University this week pictured WITH HER PROUD PARENTS VINCENT AND BERNADETTE AND BROTHER LUKE.

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CHAIR BASED PILATES

Resumes on Tues 10th Sept at 11.30a In the Parish Centre, Behind the Church of the Resurrection, Contact Emir 087 2258776

ANAM CARA KERRY

the organisation that supports bereaved parents, is holding a Bereavement Information Evening on 10th September at 7:20pm in The Meadow Lands Hotel, Tralee. This is a free event and open to all bereaved parents. As Anam Cara will need to confirm numbers for teas, coffees, etc, please RSVP to info@anamcara.ie before Monday 9th September or call 085 288 8888.

SEAN KEANE SET TO PLAY KILLARNEY

Sean Keane and the forty-piece orchestra will play the INEC this Saturday September 14th at the INEC Killarney. Sean Keane, Irish singer and songwriter, best known for his Sean Nós style is set to play the INEC this weekend. A mixture of traditional, country, blues and folk music, Sean Keane delivers a unique style and tone.

Paired with the forty-piece orchestra this promises to be an incredible night of music at the INEC.

Tickets are €35.00 and are available online and at the ticket desk in the INEC. Doors open at 7:00pm followed by the show at 8:00pm.

CULTURE NIGHT AT KILLARNEY HOUSE

To celebrate Culture Night 2019, Killarney House are holdig two events on ust to let you know that we have two events on Friday 20th September.

The Ladies of Kenmare evening will begin at 7pm. Killarney House Historical Guide Margaret O'Regan invites yu to learn the stories of the women who bought the house to life ove the centuries - where you will meet the characters from the 'sublime to the outrageous". 'Ladies of Kenmare Tour' will take place from 7.00pm-8.30pm, spaces are limited and booking required, 085-8017973.

There will also be an Interpretative Exhibition



LAUNCHING THE 17TH ANNUAL WALK OF THE OLD KENMARE ROAD IN AID OF MULTIPLE SCLEROSIS TAKING PLACE ON 13TH OCT (BOOKINGS IN BY 4TH OCT TO ENSURE TRANSPORT FROM THE GLENEAGLE HOTEL) WERE BACK ROW L-R TOM MCCARTHY, PATRICK O'DONOGHUE, JOHN O'SHEA, NORRIE O'NEILL & DONAL MCCARTHY. MIDDLE ROW L-R KAY FLEMING, PAT O'NEILL & MARY O'CONNOR. FRONT ROW L-R TRACY SHEEHAN & JILLIAN O'SULLIVAN. PICTURE MARIE CARROLL-O'SULLIVAN

open from 6.30pm – 9.00pm. This tour is self guided and entry is free.

BLIND BOY'S LIVE PODCAST IS COMING TO TOWN

Blind boy is bringing his podcast to the INEC, Killarney this September, haven risen to fame in 2010 as part of the Limerick city comedy and hip-hop duo 'Rubber bandits', the duo rose to fame after their track 'Horse outside' went viral. Since then they have appeared on various RTE productions such as 'The Republic of Telly', 'The Rubberbandits Guide' and talk shows such as 'The Ray Darcy show'. Blind Boy is breaking out on his own with his internationally acclaimed podcast series. Having recently shared the stage with fellow RTE alum Doireann Garrihy at Electric Picnic, he is taking his podcast series on tour.

The show is described by Daily Edge as 'Outspoken, informed and empathetic, Blindboy engages his audience with an unusual touch of realism. There is a very authentic feeling of "freedom" he exhumes which allows his listeners and participants to openly speak their mind without judgement and no topic off limits - certainly an air of belonging encircling the space you find yourself in when listening or in company of Blindboy'.

Exam Focussed - Goal setting and good planning will bring exam success in 2020

By Billy Ryle

EXAM CANDIDATE

This is an important academic year for exam candidates. The key to success is good planning and consistent study. Set attainable target grades in each subject. Clear goals will focus and motive you. Then efficiently manage your time, your study and your personal fitness.

TIME MANAGEMENT

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

COURSE WORK

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

STUDY PLAN

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

REVISION

Revise only after you have completed your

homework. Include all your subjects in your weekly revision plan. Revise in small manageable self-contained units. Study and revision can be tedious. Stay interested by using a reward system to maintain your momentum. The aim of doing well in the exam is the ultimate motivator, but short-term rewards give you an immediate incentive.

WORKING CONDITIONS

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

ACTIVE LISTENING

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

ORGANISATION

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

CONCENTRATION

Concentration is a by-product of routine and organisation. By arranging it for a set time each day you reinforce your commitment to study. The more focussed and determined you are then the more your concentration will improve. To aid your concentration during study, develop the habit of doing mild forms of exercise, perhaps a short breathing exercise, or simply close your eyes momentarily to allow your mind and body to relax.

POSITIVE

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

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

CHECKLIST

- \checkmark Set targets at the beginning of the year
- ✓ Have SMART academic goals specific, measurable, achievable, realistic, time-lined
- ✓ Good time management will pay dividends
- ✓ The ROCAR (routine, organisation, concentration, application, revision) time
- management system is effective
- Regularly review and reassess your progress
 Become familiar with the structure of the exam
- ✔ Good quality homework is the best form of revision
- ✓ A homework diary is essential

✓ Revise only when you have completed your homework

- ✓ Revise in small manageable self-contained units
- ✔ Identify and eliminate 'time-thieves'
- ✓ Good working conditions are vital aids to effective study
- ✓ Listen actively in class
- ✓ Concentration is a by-product of routine and organisation

✓ Relax your mind and body for a few minutes between subjects

✓ Avoid mental and physical fatigue by sensible use of recreation and leisure

✓ Junior Cert exam results will be available on Fri, 4th Oct.

Billy Ryle is a Career Guidance Counsellor, author and freelance writer Email: rylebilly@gmail.com Tel: 0879808979



Freephone:1800 71 4040

www.killarneyoutlook.com

SCHOOLS INVITED TO PARTICIPATE IN THE 2019 O'FLAHERTY COMPETITIONS

Schools in Killarney have been invite3d to take part in the annual Hugh O'Flaherty Schools Literary Competitions are scheduled for this Autumn to coincide with the anniversary of the Monsignor's death.

Invitations are issued to students to participate in one of two categorie:

2nd LEVEL SCHOOLS POETRY COMPETITION:

In 1994, poet Brendan Kennelly penned Hugh O'Flaherty's Trees - a poem to mark the planting of a Grove of Italian / Mediterranean Trees in Muckross Arboretum to commemorate the Monsignor's work in Nazi occupied Rome during 1943/44. Students are invited to compose a poem on the theme of Humanitarianism.

2019 entries must be submitted through E-mail by the Friday October 11th to hofcompetitions@gmail.com

PRIMARY SCHOOLS ESSAY COMPETITION:

Students from 5th & 6th Classes are invited to write a short essay, on why Monsignor Hugh O'Flaherty is considered a Hero - using today's world circumstances if possible.

2019 entries must be delivered in hard copy by Friday October 11th to: Hugh O'Flaherty Competitions

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Programme runs Oct 2019 to March 2020. Places limited so early booking advisable. Cost €40 per hour.

More information https://www.mymedia.ie/my-cupla-focal-leaving-cert-coachin



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PLEASE NOTE: to participate in the My Cúpla Focal Programme, students must be studying Higher Level Irish.

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POSITIVE VIBES POSITIVE LIFE

GETTING ARE YOU THE **BALANCE**, **RIGHT**?

Last week I touched some of the benefits of flexibility, regular movement and exercise in preventing common causes of stiffness, premature fatigue and possibly even pain.

This week it's all about balance. Literally. Balance is something that can be maintained largely throughout a lifetime with little effort. Balance is also controlled by the central nervous system which is informed by three sources. Cilia or small hairs in our inner ear, our eyes, and our neuromuscular system.

Although considered a skill related component of fitness, balance is critical to good flexibility, strength and power. If our sense of balance is poor, muscles of the shoulder and hip for example devote more than their fair share of effort, to balancing the body, as well as moving the limb. The resulting increase in tension can cause a reduction in range of motion, overuse injuries and the formation of trigger points.

No flexibility routine can correct this type of restriction and stiffness long term, unless balance is improved. Conversely, it has been shown that fascial restriction or a lack of glide between internal surfaces of the body can alter our sense of balance, so specific manual therapy or movement may be needed. On the extreme end of the scale, the fear of falling can become an influential psychological barrier to maintaining healthy activity levels.

So how do we train balance? Move. We can all immediately challenge our balance by simply closing our eyes. This allows us to be more aware of our remaining sources of information and gives us an opportunity to hopefully fine tune them. For some people, standing on a step is a challenge. For others, standing on one foot while moving the head, arms, trunk and opposite leg are required to provide a challenge. There are also simple and complex pieces of equipment that a good instructor or therapist can guide you through.

Kevin Prunty

Kevin Prunty is a Neuromuscular Therapist in Killarney's Perfect Therapy at The Reeks Gateway.

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Paul Reen

 Qualified in 2015 from Queen Margaret University Edinburgh with MSc Physiotherapy Experience working in Edinburgh for the past 4 years

Keen interest in the prevention and rehabilitation of sports injuries as well as the management of long term conditions



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POSITIVE VIBES POSITIVE LIFE



Life is just so precious ...

Isn't it amazing how so often we forget how magical and precious life is? We are so blessed to be here, to have the opportunity of a new day – a chance to live better than the day before. Life brings us so many opportunities to connect with the wonder and awe of the simple everyday things. The smell of rain on gravel, the rich colours of Autumn, the smile of another, the comforting cup of tea when we need it the most. Our days are filled with hundreds of tiny and beautiful moments of magic. And yet we complain and find things to worry about. We focus on what didn't go right instead of celebrating what did! We judge ourselves and others instead of championing who we all are and our different talents and gifts.

So many people that we love and care about are no longer with us. They would do anything for another moment of life. So, let this call you on. Let this remind you of how precious all of our lives truly are and let's make the very most of them in the very best ways that we can.

Slow down a little, smile more, find the humour in the things that seek to frustrate you, talk kindly to yourself and others, eat foods you love and love you in return, say thank you as many times as you can in a day, breathe in the air, dance under the moon and linger a little longer in the moment because you will never walk this way again...and most of all love it all!

If you would like a new career as a Body Confidence & Wellbeing coach please visit my website at www.instituteforbodyconfidencecoaching.com Applications are now open for September training.





FITNESS CLUB

TIPS TO HELP YOU STAY MOTIVATED

BENEFITS OF STRENGTH & CONDITIONING FOR TEENS INVOLVED IN SPORTS

First of all- Strength and Conditioning for Sport defined;

Strength and Conditioning is the physical and physiological development of athletes for elite sport performance. The role of a strength and conditioning is to use exercise prescription specifically to improve performance in athletic competition. They also help athletes with injury prevention and proper mechanics within their sports performances

Strength and Conditioning is about more than lifting weights - it encompasses the entire development of the athlete and what is needed to improve physical performance. This includes plyometrics, speed and agility, endurance and core stability with strength training being just one piece of the jigsaw.





YOUR LOCAL INDEPENDENT OPTICIANS

BY OPTOMETRIST DIARMUID O'SULLIVAN F.A.O.I. STACK O'BRIEN OPTICIANS

COLOUR VISION DEFICIENCY deficiency?

Most people with a colour vision deficiency (CVD) are able to see things as clearly as other people but they have difficulty distinguishing between some colours. This may have an impact upon a child's performance at school or on the sports field and can also affect career options, for example becoming an electrician or a pilot. As most people with a colour vision deficiency can see some colours. There are some people who are unable to see any colour at all, but this is very rare.

In the normal eye there are three different types of cones. Some cones are best at capturing long wavelength (red) light. Others catch medium wavelength (green) light, while other cones respond best to short wavelength (blue) light. The signals from these cones are sent to the brain where they are perceived as colour. People with CVD are born with one or more cone types absent or different.

Most people with CVD are red/ green deficient, which means they mix up all colours with some red or green in them. For example, a red/ green CVD person will confuse blue and purple because they can't 'see' the red element in purple. This is more severe in some forms of CVD than in others.

Who is affected by colour vision

For more information and honest advice contact us for an appointment.

FOR AN APPOINTMENT CALL US AT STACK O'BRIEN OPTICIANS ON: 064 6636477



Colour vision may be affected by some eye diseases, but the most common cause of CVD is genetic. The gene for this is transmitted on the X chromosome (from your mother) and so it mainly affects men and boys, with around 8% of males and 0.5% of females having CVD. There are around 3 million people in the UK with some kind of CVD.

What are the symptoms of colour blindness?

If someone has CVD they may have difficulties distinguishing between different types of food – for example mistaking chocolate sauce for ketchup. It may also be very hard to get a child with CVD to try green vegetables as they will look unappetising. Older children may confuse the red and green lights on their games console.

If you have any concerns about your child's vision, a sight test is recommended.

How do you treat colour vision deficiency?

There is currently no cure for genetic CVD. Your optometrist may suggest using colour filters on your glasses, or coloured contact lenses. People with illnesses that have led to CVD, may find that their vision returns to normal when their illness has been treated.

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Time to Tee off for Sully's Homecoming

THE 2019 staging of Deerpark's Pitch & Putt Club's Ricky Kelly Memorial Tournament will be one close to the club's heart as it is in aid of a great supporter of the event in John 'Sully' O'Sullivan to help him in his recovery from sepsis. It was around the time of last year's event that John unfortunately became ill with the disease and was sorely missed for the night of the presentation last year as he loved coming to the barbeque associated with the event.

John took up the sport of Pitch & Putt in the early '90's playing alongside his great friend Ger Brennan originally playing out of the Gleneagle club before joining Deerpark. A keen rallying enthusiast as well John loved playing the game and played on teams in the event most years without fail. When the club learned of his condition as well as his treks to Dublin for treatment, there were anxious to try and support him in whatever way they could, hence the decision to donate the proceeds of this year's event to John and his family. John's friends have kindly come on board to help with the staging of this year's event too.

The event will take place from Friday September 20th to Sunday September 22nd with the event once again kindly sponsored by the Tatler Jack Bar who are in their 15th year of sponsorship of the event. The event is open to both members and non-members of Pitch & Putt Ireland with a requirement for one non-registered member of Pitch & Putt Ireland to be on a team. The format returns to a 36-hole Three Ball Scramble this year and the cost of entry this year is €90 per adult team with an U-16 section once more this year for a fee of €30 per team.



Deerpark Pitch and Putt Club will host the annual Ricky Kelly Memorial Tournament from September 20th - 22nd and proceeds will go towards the recovery from illness for John 'Sully' O'Sullivan. Launching the event were front from left, Michelle, Emma and Cialann O'Sullivan, Frances and Laura O'Sullivan, Tatler Jack, sponsor. At back are Bobby Kelly, Teddy Sugrue, Ger Brennan, Dan McCarthy, Tracy McCarthy, Gearoid Nagle, Noel Moynihan, Jason O'Connor, Stephen McCarthy, Joe Quinlan and Donie Kelly. Picture: Eamonn Keogh

Play is scheduled to begin on Friday afternoon September 20th with tee-off times from 4pm to 5.30pm with tee-off times on Saturday 21st

from 10am to 5pm and the Sunday morning of the 22nd from 9am to 3pm (Last Card). The presentation of prizes this year will take place in the clubhouse at 6pm on the Sunday as theclub extends a big invite to former and current members, keen golfers, sharks, scrubbers and complete beginners to support this year's event. A raffle for spot prizes will also be held in conjunction with the event.

The club makes a special request that all teams are paid for on arrival this year in order to make the overall donation to the family in good time. Further information on this year's event and anyone looking to pre-book tee-times can contact the club on 087 7823138 for further information.

Political Outlook

NEW SOLAR POWERED SPEED LIMIT ERECTED

Cllr. Brendan Cronin has announced that a new solar powered speed liit indicator has been erected at the entrnace to the Flesk Grove Estate.

"During the election residents in Flesk Grove and Ballycasheen highlighted to me their safety concerns trying to exit their driveways on to the Ballycasheen road due to the speed of traffic, particularly approaching from the N22", Cllr. Cronin told the Killarney Outlook.

"Following assessment and discussions with the Council's road engineers, I am glad to report that a new solar powered speed limit indicator has been erected to improve driver awareness on the approach to the entrances to Flesk Grove estate, tourist Glamping and private residences. The total cost of this work was €3,076 which I allocated in full and hopefully this will improve safety at this location", he added.

AREA'S IDENTIFIED FOR ROAD IMPROVEMENTS

Cllr. Brendan Cronin has announced that a new solar powered speed liit indicator has been erected at the entrnace to the Flesk Grove Estate.

"During the election residents in Flesk Grove and Ballycasheen highlighted to me their safety concerns trying to exit their driveways on to the Ballycasheen road due to the speed of traffic, particularly approaching from the N22", Cllr. Cronin told the Killarney Outlook.

"Following assessment and discussions with the Council's road engineers, I am glad to report that a new solar powered speed limit indicator has been erected to improve driver awareness on the approach to the entrances to Flesk Grove estate, tourist Glamping and private residences. The total cost of this work was \in 3,076 which I allocated in full and hopefully this will improve safety at this location", he added.



Funded & Supported by the Citizens Information Board

13.09.19 Outlook 12 29

New Bo-Spoke Jurniture designer in Killarney

Always one who never followed trends, furniture designer Joan Farrell has created a bespoke business upscaling old pieces of furniture.

Joan moved to Killarney this year and spends her days decorating old pieces of furniture and giving them a completely new look.

"I love unique, quirky and individual pieces that other people are less likely to have" Joan told the Killarney Outlook.

"I believe your home should be full of things you love that put a smile on your face when you see them. I love to work with people and help them create something unique and beautiful for their home.

Up-cycling not only gives you a one of a kind piece, it is also environmentally friendly by saving something that could possibly end up in landfill & for anyone who is mindful of the paints they bring into their homes I have found a range of organic clay based paints that are environmentally friendly & come in a wide range of colours.

If you have a beloved piece of furniture you couldn't part with but it needs some TLC, I would be happy to help you bring it back to life by giving it a new design made only for you.



To view Joan's work so far, visit: Instagram - @jffurnituredesigns Facebook - @jffurnituredesigns Twitter - @JFDesigns6 "Bringing new life to your old furniture" **Contact Joan Phone 085-1059801 Email jffurnituredesigns@gmail.com**

<u>c</u>

J. F. Furniture Designs

" Bringing new life and form to your old furniture pieces"





Contact Joan on 085 105901 email: jffurnituredesigns@gmail.com Facebook - @jffurnituredesigns | Twitter - @JFDESIGNS6 Instragram - @jffurnituredesigns





Full Carvery Lunches available from 12 noon daily. Homemade Potato Salad and Coleslaw. Apple and Rhubarb Tarts. Scones from "Murphys Bakery " Abbeyfeale bakes in store each day. Large range of Home Cooked Meats : Green Ham, Smoked Ham, Honey Glazed Ham, Turkey, Beef, Home Cured & Home Cooked Ham. Cooked Chickens available fresh each day.

Main Street, Rathmore Tel: 064 77 61539

MEAT DEAL : Only €20

4 Pork Chops 4 Chicken Fillets 1 .5 Lb Mince / Stewing Beef 4 Beef Burgers Tub of Potatoe Gratin 2kg of Whitegate Queens

BREAKFAST DEAL : Only €12

1 Lb Sausages 1 Lb Green / Smoked Rashers Half a doz Eggs 1 black " Kelly's of Newport " Chubb 1 white " Kelly's of Newport" Chubb

Open Monday to Saturday - 8.30am to 6pm Now open every Sunday from 9am to 2pm - Order your Roast for Sunday dinner by 12 noon Saturday and collect after Han

30 Outlook 13.09.19



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ADVERTISING



Killarney Clinic: Scott's Hotel, Killarney Every Saturday 11.00am

PASSPORTS :

If you are planning a trip abroad and your passport has expired contact Eileen 087 9975419 / 064 6685315 for advice before you apply to ensure you get your passport on time.

SUSES TO BELFAST FOR: CATARACT/TONSIL REMOVAL, HIP/KNEE REPLACEMENT CONSULTATIONS Full refund of procedure cost under cross border directive EXTRA BUSES ADDED – PLACES AVAILABLE SEPTEMBER 20TH & 23RD For more information call me directly 087 2316055 or call my office 064 6685315

CLLR MAURA HEALY-RAE CONTACT: mauraheelyrae@gr T: 087 7816432 CONTACT DANNY DIRECTLY: danny.healyrae@oireachtas.ie T: 087 2316055 / 064-6685315



Office: 064 66 94199/083 8541447 i: john.brassil@oireachtas.ie.john.mobile: 087 2362330



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This will not affect your NCT test

THURSDAY 19TH SEPTEMBER

8.30pm at The Castle Hotel



Get ready for a really good laugh at this brand new comedy club! Tickets €10

FRIDAY 20TH SEPTEMBER

MACROOM BUFFALO FARM TRAIL

11.00am



Enjoy a stroll through the farm's pastures & rolling hills, meet Johnny's herd of exotic Water Buffaloes, listen to tales of Buffalo Farming Life & taste the creamy Buffalo cheeses. Kilnamartyra, Macroom, Co. Cork

Bring wellies & warm clothes

Tickets €8 | Booking Essential on www.leevalleytastetrails.ie or 086 8539744

HERBS IN COOKING

11.00am at Macroom Library

A demo with Aurora Plannels Bernat of An Talamh de Luibheanna





TEATIME SWING DANCE

8pm at The Castle Hotel

Dress up for this stylish, foottapping swing spectacular with live music from Riff Raft. Light bites, sweet treats & liquid refreshments. Prizes for best dressed lady & gent. Tickets €10 from The Castle Hotel, Macroom

SATURDAY 21ST SEPTEMBER

CLOWNING AROUND KIDS ZONE

11.00am – 12.30pm, Marquee on the Main Square

- Face Painting.
- · Balloon Magic,
- · Conor the Clown,
- · Story-Time & Dancing.
- Free Entry

Without the support of our steadfast spansors, this festival would not be possible:











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19TH 20TH 21ST

~ A jam-pack

STREET





22ND SEPTEMBER 2019

ed weekend of ~ TABLE OURS OURS MGAROMAS TRAILS

nfoodfestival.com

TASTE & WELLNESS TRAIL

2.00pm - 5.00pm

Follow the taste trall balloons & signs to taste your way around town. €3 per taster at the following participating venues. Keep an ear out for accompanying live music, courtesy of Macroom Busking Festival.

- Vaughan's Café
- Castle Hotel
- Next Door Café
- The Flaming Cook at JC Murphy's Bar
- The Real Olive Company at Golden's Bar
- Clancy's Fresh Fish
- Fitzgerald's Bookshop & Chocolate Café
- Macroom Buffalo Farm at Dineens Bar
- Kieran Hartnett's Quality Meats
- TP Cotters Bar
- Ellen's Elegant Cakes at Enchanted Flowers
- International Food Flavours

A very special experience on the Main Square – foods from around the world, cooked and presented by our international neighbours in Macroom

And some FREE treats for mind, body & home at the following venues:

- Locally Sourced Ummera Honey at Deasy's Pharmacy
- Dandelion Health at Nature's Corner
- Berocca Demo at The Haven Pharmacy
- Sip, Snack & Browse at The Front Porch (12pm – 3pm

SATURDAY NIGHT SESSION ON THE SQUARE WITH HOT GUITARS

7.30pm - 10.30pm, Main Square

Hot Guitars with support from some very special guests. Pop Up Food Market

e Clóna



SUNDAY 22ND SEPTEMBER

MONSTER OUTDOOR FOOD MARKET

11.00am - 6.00pm Main Square

Over 50 stalls from Macroom, Cork, Munster & beyond, selling world class artisan food & drinks. Choose from handmade ice-creams, locally sourced meats, baked goodies, barista coffees



HILARIOUS KIDS' FUN & ENTERTAINMENT

11.00am - 6.00pm Main Square

Face painting, balloon magic and interactive wackiness from Pitch'd Circus Arts Festival | Live music from the Army Band of the Southern Command & some more surprises



DANONE NUTRICIA CORK & KERRY SCHOOLS COOK-OFF

2.00pm & 4.00pm Main Square

Mid Cork Electrical

TWOMEN

FOLLÁIN

Secondary School students from all over Cork & Kerry battle it out in the open air, to prepare a winning dish using local produce.

CONNECTIONS



stival.com | E info@macroomfoodfestival.com

RATHMORE | GNEEVEGUILLA NEWS

MASS TIMES

please note to Mass time changed this saturday evening in Rathmore parish due to All ireland Final replay. There will be no 6pm in Rathmore it will be on at 5pm. In Gneeveguilla they be no 7.30pm it be 8pm. please noted the changes .

SPLIT THE POT in Association with Rathmore Community Council withRathmore Ravens, Sliabh Luachra Cycling Club & Sliabh Luachra Men's Shed. Be in with a chance to win. Tickets available from ticket sellers & in local businesses. Tickets \in 2 each or 3 for \in 5. Yearly Ticket \in 90. 3 Yearly Tickets \in 250. Last week's draw was in Sheehan's Bar Knocknagree. The winners were Mike & Cathy c/o Sheehans Bar who won \in 207. Congratulations to Mike & Cathy.

RATHMORE COMMUNITY COUNCIL.

The bring banks at the back of McCarthy Londis shop – Free Glass, Drink Cans & Aluminium cans recycling for domestic households – are of great benefit to our community. Unfortunately, rubbish is being left and is a cause of great concern. We would ask that anyone using this facility would put the materials in the appropriate bank and to take boxes, bags, etc. away with them and to keep it tidy and clean around the banks. Thank You.

SYMPATHY: To Margaret Cronin, Mounthorgan, on the death of her father Michael Rigney, Belmont, Co. Offaly, whose funeral took place in Belmont on Monday. Gneeveguilla. To Betty Eitel and her daughter Sabrina and son Daniel on the death of her husband Dieter Eitel, Renasup, whose funeral Mass took place on Wednesday in Gneeveguilla. To Carmel O'Connor and family Mausrour, on the death of her mother Nora O'Sullivan, Glencar, whose funeral took place today Saturday in Glencar. May Michael, Dieter & Nora rest in peace

DANCE HERITAGE CENTRE SCARTAGLEN

Dance Social Club Kilbrin, Kanturk Fri. 13th Sept. Uí Bhriain Band Dancing 9 – 11.30pm Clothes Collection in aid of Rathmore Panto Group When: Thursday 19th September Where: Rathmore Community Hall

Items Accepted: Clean Clothes, Blankets, Sheets, Curtains, Handbags and Shoes Contact: Eilish- 08610381 Breda 087-2974431, Mary 087- 124-7373. FASHION SHOW: Charity Autumn/Winter Fashion Show in aid of Killarney Branch Kerry Hospice Foundation on Wednesday 25th September, at the INEC, Killarney – Tickets €15 available at Parish Office Rathmore

CORK AUTISM CONFERENCE 2019 - Autism: No Limits, Just Possibilities, Sunday September 22nd, Clayton Silversprings Hotel, Cork. The conference provides a unique forum for Parents, Families, Caregivers, Autistic Adults, Employers, Educators, Professionals, Agencies, Advocates and anyone with an interest in autism.

Visit www.autismcork.ie or call 089 239 8900 for more info.

RATHMORE LADIES FOOTBALL CLUB

Congrats to Yasmin O'Brien and Chloe McCarthy, two Rathmore LGFA players who were part of the Kerry under 14 Camogie panel who won out the under 14 All Ireland camogie blitz in Dublin last weekend Well done. Well done to Susan Cahill & Ciara Hickey who played for Kerry u15s & u17s against St. Brendan's in Boston. rennily.

Rathmore players Anthony Darmody, Mark Ryan, Darragh Rahilly, David Dineen, Dean Fitzgerald, and selector Aidan O'Mahony, and East Kerry Board PRO Michael O'Mahony, who were part of East kerry Under 21 who won over Feale Rangers last week.

Congrats to Rathmore Senior Ladies on reaching the Senior County Championship Final.

SHARE THE BUCKET

The Gneeveguilla Community Development Council in association with the Gneeveguilla Basketball club had our weekly draw for our share the bucket on Friday evening 30/8/2019. The jackpot €180. Congratulations to Joan O'Mahoney this weeks winner of €180. Guaranteed winner every week -go to our Facebook page to find out how and where

you can play. Draw takes place every Friday evening @9pm on Facebook live

KILLARNEY LIBRARY

Storytime for children will take place at Killarney Library every Saturday in September at 10.30am. Free admission.

Congratulations To East Kerry in the Acorn Life U21 Final beating Feale Rangers on a scoreline of 5-15 to 2-08 & on wining two in row especally to Rathmore players Anthony Darmody ,Mark Ryan, Darragh Rahilly, David Dineen, Dean FitZgerald, & šelector Aidan O'Mahony , and East kerry Board PRO Michael O'Mahony,

well done to shane Ryan & Paul Murphy with kerry team all players & Management on saturday in All ireland Final let hope that they win replay on saturday

NOTES

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

FOSSA NEWS

Notes for inclusion Email: pro.fossa.kerry.gaa.ie

SENIOR MEN :

Fossa seniors finished their division 3 campaign with a loss to Listowel Emmett's.

KERRY:

From all at Fossa GAA we wish the very best of luck to David Clifford the Kerry Senior management and players in the All Ireland Final replay this Saturday.

KILLARNEY 1969 COUNTY HURLING CHAMPIONS:

Nice to see two of our club members being honored last month at halftime of the county hurling final from the Killarney 1969 team Dr. Brendan Lynch and Mick Spillane.

GIRLS U8,U10:

Fossa U8 and U10 Girls had an early start last Saturday morning as they headed to Passage West GAA Club to be part of the biggest under 8's and

under 10's girls football blitz in the Country. There were 133 teams from 14 different counties

This is huge tournament in Ireland, supporting females in sport at a young age.

Hoping our girls enjoyed their day and huge thanks to our trainers for giving their time to the cause. To James O Shaughnessy for going on behalf of the club to referee.

LOTTO:

3/9 2019 1 winner €13,500.00 8/9 2019 no winner 3,150.00 **KILLARNEY LIBRARY:**

Storytime for children will take place at Killarney Library every Saturday in September at 10.30am. Free admission.

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Written by: Michael O'Mahony | Email: momahony14@gmail.com

SPA GAA

Written by: Deirdre O'Sullivan-Darcy

SET DANCING

Junior Set Dancing for beginners/Intermediate recommencing Monday 9th September 5pm to 6pm, contact Tríona 0876808962 for more info GOOD LUCK

Wishing the best of luck to Dara, Liam, Niall and the Kerry team and management in the All Ireland Final replay on Saturday.

SCÓR 2019/2020

Any juvenile club members who may be interested in participating in the forthcoming Scór competitions are invited to contact Spa Scór Officer Eileen Aherne at 087-9940594 by Monday 30th Sept. Scór na nÓg - under age of 17 on Jan 1st 2020 / Scór na bPaistí - Primary school children. Scór categories - Figure Dancing, Solo Singing, Recitation/Storytelling, Instrumental Music, Léiriú/Drama, Ballad Group, Set Dancing and Table Quiz

SPA REVIEW

Our Spa Review booklet is now available from the clubhouse reception and from Dalv's Supervalu. The annual booklet covers all that is happening in our club, from football to Scór, 31 Card Drive, Lily of Killarney, clubhouse developments, Health & Wellbeing, features on some of the people and moments that have shaped our club history and much more. While the Review was a regular publication many years ago, this is the fourth edition of the revised booklet and we would like to thank everyone who has helped in its creation. Special thanks to KC Print, Joanne O'Carroll at The Graphics Effect and all those who contributed through photos, features, articles, interviews and all who have helped in tracing our club history through the years.

FAMILY FUN DAY

Our Family Fun Day will now take place on SATURDAY 28th SEPTEMBER from 2pm – 5pm! There will be games, challenges, bake sale, BBQ, face painting, Junior Bake Off, Teddy Bear Fashion Show and lots more for all ages. Everyone welcome.

LOTTO RESULTS 03/09/2019

Numbers drawn: 1, 3, 14, 24. No winner and €50 lucky dips going to Rose Shine, Noreen Flaherty, Sarah Barry, Norita Cronin and Danny O'Sullivan Junior (annual ticket holder's monthly draw). Next draw on Monday September 9th in the Killarney Oaks Hotel and Jackpot is now €8,300! Play online spagaa.com or tickets available at the following locations: Clubhouse Reception; Dalys Supervalu; Centra Muckross Rd; Killarney Heights Hotel; Torc Hotel; Killarney Oaks Hotel; McSweeney Arms; Arbutus Hotel; Royal Hotel; Jimmy Briens

U11 East Kerry League Spa 3-11 Glenflesk 4-9 This was another exciting encounter in the U11 category between Spa and Glenflesk. All the ingredients were there for a very close game and all to play for the win, down to the last kick. Spa started very strong going 2-03 to 0-2 points up after ten minutes. Both teams exchanged a few more scores bringing it to Spa 2-06 to Glenflesk 1-04 at half time. The second half Glenflesk started the strongest bringing the game to level. Both teams took a 1 point lead on many occasions but in the end Glenflesk came away with a 1 point win.Well done to all the players in both teams in providing a great game of football. We are home again next Wednesday night at 7pm to Gneeveguilla. Our second team travelled to Fossa on the same night and played out another thrilling game, both teams showed great skill and determination, however, Fossa came out winners in the end. Well done to everyone involved.

SENIOR CO LEAGUE RD 11: Spa 2-15 Templenoe 1-7

Spa played their final Co League game at home on Sunday afternoon, and after leading by 2-18 to 0-4 at the break, Spa won out by 2-15 to 1-7. They have finished on 12 points and secured their place in Division 1 for 2020. Team: James Devane, Brian Devane, Brian Lynch, Eoghan Cronin, Ciaran Spillane, Eoin Fitzgerald, Dan O'Donoghue, Shane Cronin, Michael McCarthy, Michael Foley, Niall McCarthy, David Spillane, Michael O'Donoghue, Evan Cronin

HENRY DEANE CUP

Spa Senior men played their Bantry Blues counterparts in the annual Henry Deane Cup on Wednesday, the 4th of September. The game was played in Spa. In a very close and competitive match the sides were level at half-time. The second half saw the forwards of Spa gain control and driven on from the back Spa took a five point lead. Bantry responded well but Spa continued to drive forward and emerged victorious. Michael O Donoghue, Spa captain, lifted the Cup which was presented by the president of Bantry Blues: Fr. Joe McCarthy. Henry Deane, who sadly passed away in 2010, helped forge strong links between both clubs, especially at underage level. The links continue as was seen a year ago when Bantry Ladies played Spa Ladies for the Cup. Furthermore, the links were very evident when Spa U11's were invited to Bantry during the summer for a blitz. Henry, who became close friends with Brian Gleeson, even trekked the country supporting Spa whenever he could. He was in attendance when Spa claimed a Munster Intermediate title in Mallow ten years ago. A GAA fanatic, Henry helped form a friendship between two Clubs on opposite sides of the border and his strong message of supporting Club football lives on each year as we remember him in our games. **GO FOR LIFE**

Jim Gleeson-087 6340581-invites feedback from members re. 'Go For Life' sport initiative. This provides grants for sport and physical activity for 'older people! Walking Football in our sports hall has been suggested as a possible activity suitable for women and men. Expressions of interest and/or comments are very welcome.

DESIGN THE SIGN FOR SPA MERCHANDISE SHOP

The club are running a competition for the best sign for our merchandise shop in its new location at the top of the stairs in reception. The competition is open to everyone and the winner with the best design will receive a \in 50 voucher for the Spa shop. Entries to be dropped to the lotto box in the reception area before 2pm on Saturday September 14th – and mark your name, age (for juveniles) and contact details on the design. Winner will be announced during the club Family Fun Day.

UPCOMING FIXTURES:

Tuesday September 10th: EK U14 Division 3 Final Spa v Firies (in Fossa at 6.30pm)

Wednesday September 11th: EK U11 Spa v Gneeveguilla (in Spa at 7pm)

Sunday September 22nd: Senior Ladies Division 2 Co semi-final v Scartaglen (in Scartaglen at 12noon)

EAST KERRY U21

Congratulations to the East Kerry U21 team and management on their Co Final victory last night over Feale Rangers – special mention to Spa's Niall McCarthy, Conor Stack, David Spillane, Gary Vaughan, Eoghan Cronin and Sean Cronin (selector).

CLUB NOTES

Any items for the club notes please contact Deirdre at pro.spa.kerry@gaa.ie or 085 121 6359 before 8pm on Sundays.

BEAUFORT NEWS

FUNDRAISING EVENT

Beaufort Community Centre are holding a Trash and Treasure fair on Sunday 20th October from 11am - 5pm. Sell all your unwanted items by booking a table with Kim on 087-3588693. There will be great prizes on the day, refreshments, home baking and a raffle. **LOTTO**

Lotto results of Monday, 2nd September for jackpot of $\in 2,200$.

Written by Cliona Coffey

Numbers drawn: 3,9,17,21. No jackpot winner. Consolation Prizes €80 Seán Coffey, Brookhill, €50 RoseAnne Fogarty, Cappaganeen, Pat Foley, Dunloe, Joan Kissane,Shanara. Next draw for a jackpot of €2,400 will be in Inn Between on Sunday, 15th September.

End of July update is as follows

S. Walsh 84, Tim Murphy 76, Con Lynch 74, Paddy Crowley 74, Moss/Oisín 73.

GOOD LUCK

to Peter Keane, Kerry team and management in the All Ireland football final replay on Saturday, 14th Sept. Best of luck to the Beaufort players playing with the Mid Kerry U16 team as they take fave Castleisland District in the county semi final on Wednesday.

COMMUNITY FOCUS

KILCUMMIN NEWS

Written by: John Moriarty Email: info@kilcumminparish.com

SYMPATHY

Sympathy is extended to the family of Dermot Moynihan, Ballinamanagh who died recently. May he rest in peace.

NEW PARISH OFFICE

A New Kilcummin Parish office is now open. Office hours will be every Tuesday, Wednesday and Friday from 10.00am - 12noon every week. All parish queries can be made through the Parish Office during these times, 064 6643176.

ORGANIC GARDENING COURSE

Organic Gardening Course will run from Autumn to Spring on Thursdays from 1.30 – 3.30pm commencing on September 26th. This course is run by Kilcummin Looking Good with the support of Kerry ETB Community Education. If you would like to learn how to create a garden that is both beautiful and productive or for more information or to reserve your place please contact Paula on 086 – 3667514.

PERSONAL DEVELOPMENT COURSE

Certificate in Personal Development being offered in Killarney and Tralee starting in October. For more information or to book a place ring Deirdre on 087-7728089 or check out our web-site on www.socialandhealth.com

PARENT AND TODDLER GROUP

Kilcummin Parent and Toddler Group recommenced in the Recreational Hall Kilcummin on Monday September 2nd @ 10.30am. All welcome every Monday.

SCÓR NA NÓG

Club members under the age of 17 years

MILLTOWN | CASTLEMAINE NEWS

SYMPATHY:

Sincere sympathy to the Mike and Mary Murphy and family on the death Mary's father, Dan Murphy, Barradubh- grandfather to our underage players Pat,Ciaran,Darragh and Laura. We also send our condolences to Pat and Abina O' Sullivan, Callinafercy, on the death of Pat's mother Nora, Glencar- grandmother to underage footballers Padraig and Donnachadh. May Dan and Nora rest in peace.

SENIORS:

Our seniors, sponsored by Kelly's Londis Topshop and Larkins Bar and Restaurant, took on Currow at home on Sunday last in Division 3, Round 11 of the Kerry County Senior Football League 2019. Full time score: Currow: 1/20, Milltown/ Castlemaine 2/12.

UNDER 11'S:

Our under 11 team had a wonderful weekend of football when they travelled to Firies on Saturday last. They started off with two great wins over Listry and Ballymac. However, injuries took their toll and they narrowly missed out on a place in the shield final versus Fossa. Many congratulations to our neighbours Listry who won out the competition. Sincere thanks to Firies for being great hosts and to all the parents for their support. As always, mile buíochas to all the hard working mentors and coaches.

UNDER 13'S:

Our under 13's had a super morning of football at the Lee Strand u 13 Tournament in Bally mac on Saturday September 13th.They had two great wins over Na Gael (4/06 to 2/03) and Ennistymon (4/07 to 2/00) before missing out to St. Enda's of Ballyboden by a score of 1/07 to 1/04. Well done to all players who participated in the tournament as well as a huge thank you to parents, mentors and organisers.

on January 1st 2020 who are interested in

participating in the East Kerry Scór na nÓg

competitions ; Figure Dancing, Solo Singing,

Recitation, Instrumental Music, Ballad Group,

Set Dancing and Table Quiz. Please contact Scór

Enrolment for junior set dancing will take

place on Friday 13th September from 7pm to

7.30pm in the Recreational Hall. Classes will

commence at the same venue on Fri. 20th at

7pm for beginners & intermediates followed at

8pm by advanced. Children are invited to join us

from within & outside the Parish. This is a great

opportunity for your child to learn the art of set

dancing, have fun and meet new friends. For

details please contact Mary 087-9620135/John

Kilcummin Comhaltas are now enrolling for

group music classes for beginner and advanced

and also for singing classes. These classes are

open to all and for more information please

Kilcummin Comhaltas branch will be holding

their AGM on Monday 30th September at

9.30pm in the Rural Development Office. All are

County Champions 2019 Kilcummin players

have acquired quiet a few county championship

medals in the last couple of weeks playing with

Officer Marie O'Leary on 087 4619954

JUNIOR SET DANCING

086-1579381.

COMHALTAS

AGM

welcome.

contact 087 1191353.

KILCUMMIN GAA

GIRLS UNDER 13 A CHAMPIONSHIP FINAL:

What a brilliant win these girls had over Southern Gaels in Killorglin on Sunday afternoon last. Congratulations to all the panel and to their coaches Tim and Mary T for all their wonderful work. Final score was: Milltown Listry 2/09, Southern Gaels: 2/08.

KERRY SOUTH UNDER 14- Congratulations to Ben Downes who proudly represented our club in county colours at the weekend with the Kerry South Development team. They won all their 3 games versus Galway. Well done to our own David Heasman who coaches the Kerry South team.

MILLTOWN LISTRY CCE:

Junior set dancing classes to begin shortly in Faha-Mondays from 6-7 p.m. Suitable for ages 4 and up as well as beginners and advanced. Call 08087/9620135 for details. Music classes also to begin in Faha. To book expert tutor Conor East Kerry. Firstly well done to Paul O Shea, Keith O Leary, Philip O Leary and Cian Foley on winning the County Minor Championship under the stewardship of Kilcummin's Seanie O Leary Inch and secondly to Sean O Leary, James Nagle, Paul O Shea and Keith O Leary who were part of East Kerry's under 21 county championship winners. Tim Ryan Clydine was a mentor with this team. Congratulations to all.

ALL IRELAND

Best wishes to James Foley and Brendan Kealy and the entire Kerry team in the All Ireland final replay this Saturday.

GAA LOTTO

There was no winner of the Lotto on Sunday 8th of September, 2019. The numbers drawn were 5, 14, 16, 19. Consolation prizes went to; €50 Denis Donnelly, Knockancore, Kilcummin, €50 Aisling O'Donoghue, €50 Tadhg Leahy, Brosna, €50 Pat Walsh, Milleen, Kilcummin. Next draw Sunday 22nd September 2019. Jackpot €8,000.00. MASTERGEEHA FC

LOTTO

There was no winner of the Lotto on Friday 6th September, 2019. Numbers drawn were 1, 3, 14, 21. Consolation prizes went to: \in 100 Kathy Dennehy, c/o John Lenihan, \in 30 Anne Sugrue, Kilcummin, \in 30 Ellie Lynch O'Doherty, Ballinamanagh, \in 30 Deboragh Doolan, 11 Woodlawn Park. Next draw Friday 20th September. Jackpot \in 13,200.00.

Written by: Deirdre O'Sullivan



Klara O'Sullivan from Dromin East, Milltown, Killarney, Co. Kerry who recently graduated from UCD School of Veterinary Medicine as a Veterinarian.

Moriarty- (individual and group lessons)-call 087/9698063.

RAINBOWS

Maine Valley Family Centre Castlemaine will run a 9 week Rainbows Programme in October 2019. Rainbows offer a listening and support programme for children who have had a loss through a Bereavement and a programme for loss through Parental Separation. Suitable for ages 7-12 years and this service is free. For further information or to book a place phone Helen/Maine Valley Centre on 066 9767833 or 086 0580019.


Sales: Des 087 659 3427 M des@outlookmags.com

COMMUNITY FOCUS

LISTRY NEWS

MILLTOWN LISTRY CCE.

Junior set dancing classes to begin shortly in Faha on Mondays from 6pm To &pm. Age 4 and up. As well beginner and advanced. Call 087 9620135.

Music classes also to begin at Faha , with expert TUTOR Conor Moriarty with individual and group lessons. Call to 087 9698063 for details.

DEEPEST SYMPATHY: Listry GAA would like to send deepest sympathy to John Lehane and family on the recent death of his father, Sean (Mike) Lehane RIP, Ballyvourney, Co. Cork.

JERRY FOLEY MEMORIAL CUP: Congratulation to Listry U11's who won The Jerry Foley Memorial Cup at the Firies Blitz in Farranfore on Saturday 7th September.

BEST OF LUCK: Best of Luck to Peter Keane, Management and The Kerry Team on the replay of The All Ireland Football Final on Saturday. **EAST KERRY U21S:** Congratulations to our Listry players, Aaron McCarthy and Paedar Keane as part of the East Kerry Team who won The County Final against Feale Rangers last Thursday 5th September.

PIETA HOUSE FUNDRASING: The

O'Sullivan family would like to thank all those who contributed towards their fundraising event held last Saturday 8th September held in their newly opened Bridge Café at Londis, Killorglin.

LOTTO RESULTS 16, 18, 20, 26:

€100- Jeremy Wrenn, Lissivane
€50 X 2 Teresa c/o Suibhan. Seamus
Scannell, Balllymalis.
€25 X 2 Lil O Mahony c/o Fergus.
Eileen Prendeville, Boolteens.
Draw Entrant: Claudia Looney,
Milltown

Next Sunday Jackpot 16th September €3,950

JUVENILE UPDATE:

Week ending Sunday Sept 8th. Results for the past week. U11 East Kerry League



Well done to our U11s who won the Jerry Foley memorial Cup today in Farranfore. Big thanks to the Firies club for running a superb blitz.

Played on Wed 4th. Listry 5.15 Tousist 2.05 U14 Mid Kerry League. Tuesday 10th. Keel Listry V Laune Rangers White in Keel at 7pm. U11 East Kerry League. Wed 11th. Away to Kilgarvan at 7pm.

Please support our Juveniles.

Written by: Seamus Healy

GLENFLESK NEWS

LOTTO

No winner of the Lotto which took place in Spillanes' Bar on 10/9/19 Jackpot €10,200 Numbers were 10, 11, 24, 27

WINNERS

1. Jeremiah Buckley, Kilgarvan 2. O'Reilly's Bar , Kilgarvan. (Sellers ' Prize) 3. Pat T Murphy, Knockanes 4. John Joe O' Donoghue , Shroneaboy The next draw will take place in The Corner Bar on the 23/9/2019 and the Jackpot will be $\in 10,400$

COUNTY DISTRICT CHAMPIONSHIP

Eoghan Ruadh under 16 team were defeated by an extremely efficient East Kerry team in a windy Glenflesk on Wednesday night in a local derby. It was a match where there were some exceptional scores from both sides in spite of the tricky conditions. Glenflesk's representatives on the Eoghan Ruadh team did themselves proud with Tommy Bowler scoring three fine points, Dylan Roche adding two, including one stroked over beautifully with his left foot near the end line, and Luke Crowley also scored a point. The defense also produced some great last ditch blocks to prevent the lethal East Kerry forwards causing more damage. Despite this result the Eoghan Ruadh team still has a great chance of reaching the Semi Final's. **EAST KERRY U11**

Our U11 team started their East Kerry campaign tonight with a narrow 4-9 to 3-11 win over Spa. Well done to all players and to coaches PJ Kelly, Eugene Bowler, Pat Healy and Kieran O'Donoghue.

U21 COUNTY CHAMPIONSHIP

East Kerry under 21's were crowned County Champions after a powerful display against Feale Rangers in Tralee. A huge part of this victory was the Glenflesk contingentEast Kerry Minor Div 2 Final

Glenflesk 0 – 17 Kilcummin 1 – 14

In a match that may be remembered as the Darkness Bowl, Glenflesk and Kilcummin played out a thrilling draw after extra time in the East Kerry **DIVISION TWO FINAL ON MONDAY NIGHT.**

Kilcummin started the better and had a five points to one lead after 15 minute's. They had control in midfield with Paul O Shea and Chris Moynihan dominating. Glenflesk then found their groove and scores arrived from Tommy Bowler, Kevin Bowler and Eoin Moynihan. They managed to get

the scores back level at six points apiece before Kilcummin scored the only goal of the evening after nice build up play. At half time the teams were tied at one seven to ten points.

Kilcummin started the second half strongly and got the first two points of the half. Glenflesk's Patrick Darcy then began to become more prominent scoring three points in quick succession. Mark Kelliher then made a crucial save as he came out smartly to smother a certain goal chance. The game was anyone's at this stage as the back and forth exchanges continued. Glenflesk then had a goal chance of their own that cruelly came back of the post as the tension began to build. Tommy Bowler's free gave Glenflesk the lead but Killcummin replied straight from the kick out to make sure the drama would continue on for a little longer.

As the final whistle blew, there was confusion over what would happen next. Eventually extra time was decided to be played. With only the moon for company the first period began. Both team's tried manfully to get the score that may have decided the game, but nature won out as after seven intense minutes, the decision was made to give both teams another shot at it. It would have a pity for either side to lose due to a mistake made because they could'nt see the ball.

A replay then, will be needed to determine the victor's. On the evidence of the last two matches played between the sides there is likely to be little to separate them. Another gripping encounter awaits. Hopefully played in the bright!!!!

U14 EAST KERRY DIV 2 FINAL

Hard luck to our boys who played their hearts out in a thrilling final in Fitzgeralds Stadium, Congratulations to Kilcummin on their fine victory **GLENFLESK CCE**

Music class will resume in St. Agatha's Community Centre on Thursday 26th September 2019. Registration for beginners and improvers at 7pm followed by class at 7.15pm. Registration for advanced students will be at 7.50pm. For more details contact Martina on 087 2966644 or Margaret on 087 2706390. Set Dancing classes will be held each Wednesday. Beginners 5.00pm to 5.45pm and advanced 5.45pm to 6.45pm. Contact Linda 087 6423683 or Jennifer 086 1037496.All welcome to music and set Dancing classes

Written by: Anne Sugrue O'Brien

OUTLOOK GAA



Rathmore into Ladies Senior Football Final

Rathmore 7-28 Austin Stacks 1-3

Rathmore Senior Ladies footballers will take on Southern Gaels in this years Randles Brothers Senior Ladies Football County Championship.

A simply awesome display of fire power ensured Colin O'Leary's side will head to the final full of confidence. In fact their inside forward line helped themselves to 5-13 of the total as they secured their win with a facile victory over Austin Stacks.

Still Austin Stacks battled away well, especially in the opening ten minutes of the contest and having trailed by four points early, they got back to parity after a cracking goal from Megan O'Brien who was set free by a defenceopening pass from Marina Barry Walsh to make it 0-4 to 1-1 after 10 minutes.

There was a touch of fortune about Rathmore's opening goal on the 12th minute with Noreen Murphy's shot looking like a point but dip below the bar to set them on their way. There was little fortune about Murphy's display over the hour as she would turn in another dominant display with 2-6 and helped with five points from her sister Eileen and 3-2 from the other corner forward Norma O'Mahony Rathmore would run out easy winners.

The victorious Rathmore team.

Ahead at the break 2-13 to 1-3 Rathmore would keep the 2017 Intermediate champions scoreless

Rathmore will now prepare for await Southern Gaels who enjoyed a 5-10 to 3-10 victory over Mid Kerry with the final down for a provisional date of the weekend of 21st /22ndSeptember.

Rathmore:

Sinead Warren, Aileen Sheehan, Elaine Freil, Rachel Fitzgerald, Aislinn Desmond, Laoise Coughlan 0-1, Mary Collins 0-1, Brid Ryan 0-2, Danielle O'Leary, Aoife Coughlan 1-1, Katie Mahoney 0-3, Katie Buckley 1-5, Eileen Murphy 0-5, Noreen Murphy 2-6 (0-2F), Norma Mahoney 3-2 Subs: Caroline Reen 0-1 for Norma Mahoney (36) Lilly O'Brien 0-1 for Elaine Freil (41), Maggie Buckley for Katie Mahoney (50), Susan Cahill for Eileen Murphy (50), Lauren O'Leary for Aislinn Desmond (55)

Austin Stacks:

Jemma O'Connell, Karina Slattery, Clodagh Murray, Sarah Hoare, Rachel Ryan, Sarah Fitzgerald, Aoife Dillane, Meabh McGiveran, Ciara Nix, Emma McCarthy, Lauren Barrett, Megan O'Brien 1-1, Caoimhe Barry Walsh 0-2F, Marina Barry Walsh

Referee: John Hennessy (Ballyduff)

Kerry U14 Camogie Team Tem Capture Michael Kennedy Cup

Our Junior Team were not the only county players in action this weekend.On Saturday, the U14 Kerry girls travelled to Abbotstown to compete in the Micheal Kennedy All-Ireland U14 Blitz. For the first time ever, there were 5 Kerry clubs represented in a county panel, Causeway, Cillard, Killarney, Sliabh Luachra and Tralee Parnells. Their first game was against Derry and the girls got off to a flying start with a 4-5 to 3-1 win. Next up was Antrim, where there defence was solid and Kerry won on a scoreline of 3-4 to 0-0. Their last game in the group stages was against Armagh and they finished the group stages unbeaten. A semifinal loomed and the Kerry Girls girls started to feel the effects of an early start and three intense games! Tiredness and an accumulation of knocks led to their semi-final against Meath being an extremely hard fought battle. Only two scores separated the teams but Kerry held out victorious in the end. On to the final they went with a second game against Armagh.. Armagh were a more physical side than our previous game but some stellar goals in the first half kept Kerry ahead. Final Score was Kerry

3-4 Armagh 0-4. Throughout the day each girl in the panel contributed and gave every ounce of strength, skill and passion. Clubs and county were very well represented by this panel. Well done to Kevin O'Sullivan and all involved. This was a fantastic achievement

so well done, Girls. The girls then took part in the parade that took place at halftime in the Intermediate match at Croke Park.



The Kerry Camogie Under 14 Champions.

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Kerry Capture Premier Junior Title

Kerry 0-11 Limerick 0-8

Kerry faced Limerick in the Premier Junior decider at Croke Park on Sunday hoping to banish the disappointment of their 2018 loss. On a perfect day for camogie, Patrice Diggin launched the first Kerry attack after 25 seconds but her shot was dealt with by Limerick goalkeeper Leah O'Carroll. In the 2nd minute Limerick created a goalscoring opportunity when Michelle Curtin won a ball but her handpass to Ella Whelan who was in a great position was blocked by Elaine Ryall. Seconds later Sara Murphy hooked Ella Whelan as she attempted to raise a white flag. Kerry got off the mark in the 5th minute when Bríd Horan scored a beautiful point. Limerick drew level in the 7th minute when Rebecca Noonan converted a peach of a free from the Cusack Stand side of the pitch. Seconds later Michelle Curtin of Limerick went on a run but her shot went narrowly wide. In the 10th minute Jackie Horgan was fouled and Patrice Diggin converted the free. Great work by Templeglantine's Noelle Curtin was rewarded with a fine point in the 12th minute. In the 14th minute Julianne O'Keeffe struck a beautiful ball to put Kerry back in front. Patrice Diggin scored from play in the 15thminute and followed this with a point from a free in the 17th. The same player found Jackie Horgan in the 21st minute and she put Kerry into a four-point lead, 0-6 to 0-2. Rebecca Noonan converted another free in the 23rd minute. A guick free to Michelle Curtin of Limerick in the 27th minute saw her split the posts and the final point of the half was scored by Rebecca Noonan in the 4th

minute of injury time to leave the halftime score at Kerry 0-6 Limerick 0-5. Kerry made two halftime substitutions. Ann-Marie Leen replaced Jessica Fitzell and Clodagh Walsh replaced Bríd Horan. It did not take Clodagh Walsh long to make her mark as she scored a point within seconds. A lovely strike by Rachel McCarthy in the 37th minute was followed by another Rebecca Noonan converted free in the 38th. Quick thinking by Patrice Diggin in the 43rd minute saw her direct a quick free to Sara Murphy and she raised another white flag to put Kerry three ahead. A Patrice free in the 45th minute was cancelled out by a Rebecca Noonan free a minute later. Limerick substitute Shauna D'Arcy got her name on the scoreboard in the 48th minute. Kerry made their third substitution as Alanna Maunsell replaced Julianne O'Keeffe. Patrice Diggin added another pointed free to her tally in the 54th minute. Limerick tried hard to get an equalising goal but the Kerry backs stood firm to record a historic victory for Kerry Camogie on a scoreline of 0-11 to 0-8. Camogie President Kathleen Woods presented the Kathleen Mills Cup to Niamh Leen amid scenes of great celebration. Limerick can be very proud of their efforts as they never gave up and there is no doubt that this bunch of Treaty Women will be a force to be reckoned with in next year's championship. However, following last year's disappointment, it was a proud day for the Kerry Team and Management. Well done to all involved. Comhghairdeachas libh go leir!

Kerry Scorers: Patrice Diggin 0-5 (0-4f), Bríd Horan, Jackie Horgan, Julianne O'Keeffe, Rachel McCarthy, Sara Murphy and Clodagh Walsh each scored 0-1.

Limerick Scorers: Rebecca Noonan 0-5 (0-5f),

🔭 OUTLOOK GAA

Noelle Curtin, Ella Whelan and Shauna D'Arcy each scored 0-1.

KERRY: Aoife Fitzgerald, Áine O'Connor, Liz Houlihan, Michelle Costello, Niamh Leen, Sara Murphy, Elaine Ryall, Patrice Diggin, Laura Collins, Jessica Fitzell, Jackie Horgan, Rachel McCarthy, Bríd Horan, Julianne O'Keeffe, Olivia Dineen.

Subs: Ann-Marie Leen for Jessica Fitzell (HT), Clodagh Walsh for Bríd Horan (HT), Alanna Maunsell for Julianne O'Keeffe (48).

LIMERICK: Leah O'Carroll, Kate Herbert, Yvonne Lee, Eva Butler, Sarah Shanahan, Aoife Coughlan, Sinéad McElligott, Orlaith Kelleher, Ann Kennedy, Rebecca Noonan, Geri Mai O'Kelly, Noelle Curtin, Michelle Curtin, Grace Lee, Ella Whelan.

Subs: Leanne Browne for Orlaith Kelleher (35), Shauna D'Arcy for Geri Mai O'Kelly (44), Caroline Brennan for Grace Lee (45), Katie Carroll for Noelle Curtin (55).

Referee: Gavin Donegan (Dublin).



East Region u14 div 2 championship final

Kilcummin on top in epic battle

Kilcummin 5-18 Glenflesk 5-15

Played in Fitzgerald stadium it was kilcummin who got off to the better start with the aid of a strong breeze they raced into an early lead after 15 mins they lead 1-6 to 0-4 with the excellent jack fogarty accounting for 1-4 callm Cronin kept glenflesk on the scoreboard in this period as the half progressed kilcummin made good use of the breeze and led at halftime 2-11 to 1-6

As the second half began kilcummin

Struck for 2 goals and a point in the first 3 minutes to put them in a 15 point lead however glenflesk stepped up the pace and taking full advantage of the breeze struck back with 2 goals from eoghan kelly and 2 points from Callum croninand Darragh o Connell Glenflesk dominated the next 10 minutes and reduced the deficit to 2 points at the three quarter stage with a excellent goal from Gearoid Healy

The game was in the melting pot for the last 15 mins and could have gone either way as the side exchanged goals and points in what was a classic contest however kilcummin held on to win by a 3 point margin

There were a lot of heros on the night and all players mentors and officials can take a bow as they produced a spectacular contest East Kerry coiste na nog chairman Sean o keefe presented the trophy to kilcummin captain jack fogarty thanking our sponsors M D o sheas

Fitzgerald stadium the referee and his official's A minutes silence was observed before the game to remember Dermot Moynihan vice president of kilcummin GAA & East kerry GAA Board who passed away earlier on the day



East Kerry Under 14 Champions. Picture: Seamus Healy

KERRY GAA SCENE REPORT BY LEONA TWISS, PRO Saturday Night Fever

We have another chance to become All Ireland Champions on September 14th with the game throwing in at 6pm. If the demand for tickets is anything to judge by, well we can definitely expect a large crowd of Kerry Supporters to be in Croke Park on Saturday. The Players and Management are so grateful for the support shown to them over the last number of months and we ask that you continue to show them this unwavering support in the lead up to this vital game! We are asking people to support #KerryJerseyDay on Friday and wear your colours with pride at school, at work or at home and send us in your photographs!

Conor Lane from Cork has been confirmed as the match referee. This is his third senior final, having previously taken charge of the 2016 final between Dublin and Mayo and the 2018 final between Dublin and Tyrone.

After the game, the team and management will attend a private banquet. Following that, (unless it is another draw) the players and management will attend the Supporters After Party in the DTwo in the Harcourt Hotel in Dublin. Haulie and Giggs will provide the entertainment. Tickets are on sale in the Kerry GAA store in Killarney for 20 Euro and on eventbrite.ie for 20 Euro plus booking fee.

The team will be announced on Friday night at 8pm on the Kerry GAA website. All that remains is for us to wish Peter, his panel and his management the very best of luck and we hope to see them back in Kerry on Sunday with the Sam Maguire!

Kerry GAA Supporters' Bus

The following are the Kerry GAA supporters club bus times for next Saturday for the All Ireland replay - Farranfore 10 o'clock, Tralee 10 .30am and Listowel 11 o'clock.

East Kerry are U21 Champions

Last Thursday East Kerry gave an impressive performance over Feale Rangers to be crowned County U21 Champions. Our thanks to Pius Horgan and Acorn Life for sponsoring the championship. The Cup was presented to East Kerry Captain Peter McCarthy Killarney Legion by County board Vice Chairman Diarmuid Ó Sé. Man of the match for the final was Ryan O'Grady Killarney Legion and he was presented with his award by Pius Horgan.

Healthy Club Conference

The role played by GAA clubs in supporting the health and wellbeing of communities across Ireland will be explored at the 2019 Healthy Club Conference in Croke Park on Saturday, October 5th. Delegates will participate in workshops covering mental health in sport, diversity and inclusion, positive aging, and the importance of physical activity. The themes will be brought to life through practical case studies revealing initiatives rolled out by Healthy Clubs covering these themes. The event, proudly delivered in partnership with Healthy Ireland and Irish Life, will see a further 84 GAA clubs across the 32 counties receive official recognition as 'Healthy Clubs', having completed Phase 3 of the project. The

conference will also see the launch of Phase 4 of the award-winning Healthy Club Project, as the GAA seek to recruit another 150 clubs to participate come January 2020.

Renowned GAA coaching tutor, Paudie Butler, will discuss in his keynote address how the development of the child – including their wellbeing – lies at the heart of all good coaching and is fundamental to the principles of the Healthy Club Project.

For more information regarding the conference please visit www.gaa.ie/community

Congratulations to the Kerry clubs that completed Phase 3 of the Healthy Club Project and will receive official recognition at the conference. They are Ballydonoghue and Dr Crokes.

Underdogs

The first Underdogs programme will air on TG4 on Thursday 12th September at 9.30pm. TG4's legendary GAA series 'Underdogs' is back and is putting a brand-new team of footballers together. A group of men who have enough skill, athleticism, and dedication to take on one of the best Gaelic football teams in the country. This year the management team will have a new line-up, including former Kerry Captain and Manager Mickey Ned O'Sullivan, Gaoth Dobhair legend and former Donegal Footballer Kevin Cassidy and former Cork Ladies Footballer Valerie Mulcahy.

Congratulations!

Everyone associated with Kerry GAA wish to congratulate Kerry Camogie on their historic All Ireland win last weekend. Well done to all involved!



Legion Lotto Winner Derek Pyne being presented the Jackpot Cheque of €12,300 by Eoin O'Carroll, Legion Lotto Committee.



Eye on the ball.... Young supporters art the East Region u 14 div 2 championship final between Kilcummin andd Glenflesk. Picture: Seamus Healy



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KEEL GAA NOTES

SENIORS: Our seniors travelled to Gneeveguilla on Sunday to face the top of the table team for the final round of the Division 3 County Senior Football League. From the beginning Gneeveguilla retained a lot of the possession and were accurate in their scoring of each opportunity they got. However, ten minutes into the first half Martin Burke got Keel's first score who kicked some excellent scores throughout the game. Tommy Buckley and James Foley also put one over each to get some scores on the board for the visitors before half time. Half time score, Keel 0-03, Gneeveguilla 2-10. It was certainly Keel's half in the second half with some excellent work from Aaron Murphy, Tommy Buckley, Martin Burke and Gary Murphy. Tommy Buckley putting 1-03 on the scoreboard in the second half. However, Gneeveguilla proved to be deadlier in attack and maximised every opportunity they gained. The full-time score, Keel 1-13, Gneeveguilla 3-16.

U14: Keel/Listry continue their Mid Kerry campaign with a home game against Laune Rangers white in Keel on Tuesday the 10th. They are away to Milltown/Castlemaine next week. Best of luck to the boys and their management.

U12: Well done to our U12s who played against a very strong Kerins O Rahillys team on Monday the 2nd in tough conditions. The Central Region League continues on Monday the 9th with a home game Annascaul/Lispole at 7pm. Warm up as usual at 6:30. Many thanks to the parents, as always, for their support.

U10: Congratulations to this week's player of the week Paddy O Shea Cournane. Training continues for the U10s on Sunday at 10:30 and Thursday at 6:30.

U8: Training continued Thursday evening with a great turnout from all the boys and girls. There is a number of fixtures coming up in the next few weeks for the U8 to showcase the skills and teamwork they have developed over the summer.

U6: Training continued Thursday evening with a great turnout from all. Congratulations to Megan Murphy and Dylan Clifford who were this week's players of the week.

KERRY SOUTH: Last week at U6, U8 and U10 training, our Kerry Development squad players assisting in coaching the underage groups. Fionnán Griffin, Liam Evans, Marc Murphy, Keith Evans, Shane Evans and Tadgh Evans provided some excellent coaching and advice to underage players. We want to extend out many thanks to the boys for attending. With busy training schedules and other commitments, it was very much appreciated by all. Our underage players dream to wear the Kerry jersey just like them some day. They have had great success this year and we are so proud of them for representing our county and furthermore our club, Keel.

Furthermore, congratulations to Liam Evans, Fionnán Griffin and Marc Murphy who wore the Kerry Jersey on Saturday for the U14 Kerry South team against Galway. They won all three matches.



LADIES FOOTBALL: Congratulations to our Keel girls Laoise Foley, Ella Mangan, Eabha O Callaghan, Tirna Murphy, Tara Ryan and Suvi O Connor who were victorious with Milltown/ Listry against Southern Gaels on Sunday evening in the U13 Division 1 Final. Super achievement!

FREE COMMUNITY CPR PROGRAMME: Hands for life CPR Programme which is sponsored by Abbott and ESB Networks are interested in providing training to various communities around Ireland. Here at Keel GAA we would like to run this programme for the community not just GAA members. It will be a one hour course that will include awareness of how to use an AED, how to help someone who is choking, how to perform CPR on a child, recognising stroke and the difference between cardiac arrest and a heart attack are also covered and all FREE. If you would be interested in carrying out this programme, please contact Donal Ashe or message us on Facebook with your name and contact number by September 20th to show your interest in the programme. We will know further details of dates and times once we have people who are interested. You must be over 18 to attend. Spread the word!

CLUB GEAR: Our new club gear has launched on the O' Neills website. There is a great selection for all ages. You can access it by going to the O' Neill page, clicking 'Clubs and Education', clicking on 'GAA Clubs' and then 'Keel GAA'. The link can also be found on our Facebook and Twitter pages.

LOTTO: There was no winner of the jackpot €11,600 on Monday 2nd September. The numbers drawn were 1, 13, 18, 26. €50 winner Tommy Evans, €25 winners John O Brien, Eileen Flaherty, Jim & Ryan Foley & Willie Murphy.

DR CROKES CLUB NOTES PROGRESSIVE 31

Progressive 31 will start back up on October 23rd and will take place every Wednesday in Crokes Clubhouse. It will start at 8pm. You will need to bring money and a partner €5 per person.

SATURDAY MORNING ACADEMY

The Saturday Morning Academy has recommenced for 2019 and is on every Saturday morning starting with Hurling from 10:00am - 10:40am and Gaelic Football from 10:40am - 12:00pm. Come join in the fun, make new friends and experience the superb coaching on offer. Plenty Fun & Games. NEW MEMBERS ALWAYS WELCOME

OUTLOOK GAA

BEST OF LUCK

Best of luck today to the Kerry Senior Team and Management in the All Ireland Senior Football Final Replay especially the Dr Crokes contingent Gavin White, Micheal Burns and David Shaw.

CONGRATULATIONS

Congratulations to the Kerry Camoige Team who are Premier Junior All Ireland Champions

BALLYHAR-FIRIES GAA

ALL IRELAND SENIOR FOOTBALL FINAL:

Best of luck to Jack Sherwood, Kerry Team and Management in the All Ireland Football Final Replay. Firies Coaiste Na Og raffel of 2 stand tickets side by side, draw in Hendersons tonight at 9.30 pm Tickets €2 or 6 for €10 Tickets on sale in local buisness and from All Club Members.

Be There For The Team.

COISTE NA NOG:

Annual Jerry Foley Memorial Tournament

Our annual U11 tournament held on Saturday last 7th September was a great success.

Firies welcomed 5 teams from neighbouring Ballymac, Fossa, Miltown Castlemaine, Listry and Legion.

Thanks to all the teams, mentors, supporters and volunteers who made the day a great success.

Congratulations to Listry who won the cup getting the better of a gallant Fossa side in the final and congratulations to Legion who got the better of our own Firies warriors in the Shield final Special thanks to the Foley family who support this Tournament every year.

U21 COUNTY CHAMPIONSHIP FINAL

Well done to the East Kerry U21's on their win against Feale Rangers in the County Final, especially to all the Firies Players involved, Niall Donohue, Jake Flynn, Liam Brosnan, Diarmuid Brosnan, Patrick Daly, Padraig O'Connor, Diarmuid O' Mahoney and Manager Jerry O'Sullivan.

OUTLOOK GAA

LOTTO: No Drawn 5, 9, 22 & 27

No Winner

€30 Winners were

Luke Henderson

Carmel McSweeney

Margaret Kelly c/o Airport

Jack Duggan c/o Bridie

Stephen Pendergast c/o Ahern's

The draw for next weeks Jackpot of \in 3,100 will take place in Hendersons Bar Firies tonight. Get your lotto tickets from all the usual sellers, Club Officers, Senior Players or from the stand in Moriarty's Centra, Farranfore.

Thank you all for your continued support.

LADIES FOOTBALL:

U12 Girls Div 1 played Tuesday evening (3rd) in their first game in East Kerry against Cromane Firies 5-5 Cromane 2-9

U14 Girls beat ISG on sunday evening in their first east Kerry game

Firies 4-22 ISG 5-02

U8 & U10s & U12 had a fantastic day in Passage West Over the weekend playing some great football

HURLING:

Hurling academy Training continues in Farranfore on Thursdays at 19.00. All new player welcome.

EAST KERRY GAA NEWS

By Michael O Mahony

EAST KERRY U14 DIV 1 CHAMPIONSHIP.

Rathmore 3.16 Dr Crokes 4.09

This was a pulsating game played on Friday evening in front of a large attendance at Glenflesk Gaa Grounds.

The opening period saw Rathmore get off to a great start, points from Ciarán Collins, Shane Daly and Fionn Murphy and a great goal from Darragh Nagle saw them lead 1.3 to a point, the point from Dr Crokes Robbie Hartnett after eight minutes.

The Rathmore lead could have been greater but for a couple of great saves from Dr Crokes goalkeeper Cathal Kelly.

Dr Crokes were now to enjoy a better period of play, kicking four points on the trot Alex Hennigan (2), Robbie Hartnett and Shay O Meara all raising white flags.

Rathmore Captain Fionn Murphy then took the game to Dr Crokes, kicking a free before beautifully stroking over a 45 and crashing a great goal to Dr Crokes net.

Rathmore added further points from Ciarán Collins, Cian Twomey and Dara Nagle, Dr Crokes responded with a fine goal from midfielder Ryan Neeson.

Leaving the score at the break 2.8 to 1.5.

On the resumption Ciarán Collins and Robbie Hartnett traded points before Rathmore added points from Fionn Murphy (2) and Darragh Nagle.

Jack O Sullivan then added a point and a goal from close range for Dr Crokes.

Fionn Murphy then had a point from play before dashing wing forward Shane Daly palmed a goal to the net, a fine finish to a sweeping move.

Both teams kept the scoreboard ticking over with points from Robbie Hartnett and Jack O Sullivan with Rathmore replying with Ciarán Collins.

🗠 killarneyoutlook@outlookmags.com 🚺 killarney outlook 🎽 @killoutlook

This saw Rathmore lead by nine points with the clock against Dr Crokes, but Dr Crokes were brave to the end as the clawed back two quickfire goals to set up a grandstand finish. These goals came from Robbie Hartnett and

Neil Carroll either side of a Conor Moyinhan point for Rathmore.

The outstanding player on show on the night Fionn Murphy was to have the final say as he eased Rathmore nerves by kicking the final point before the final whistle.

Rathmore had many heros on the night,

Kyle Mc Auliffe in goals and his defence were outstanding, as was Fionn Murphy with Shane Daly, Darragh Nagle and Ciaran Collins starring in attack.

Best performances from Dr Crokes came from Cathal Kelly, Maidhc Lynch, Jack O Sullivan and Robbie Harnett.

Many thanks to all at Glenflesk Gaa for staging the game and their help in making everything run smoothly.

Also to Brendan Brosnan (Glenflesk) for refereeing and his umpires.

At the end of the game Seán O Keeffe from East Region Coiste na nÓg presented Rathmore Captain Fionn Murphy with the Ned Myers Memorial Shield as East Kerry U14 Div 1 champions.

Eoghan Ruadh under 16 team were defeated by an extremely efficient East Kerry team in a windy Glenflesk on Wednesday night in a local derby. It was a match where there were some exceptional scores from both sides in spite of the tricky conditions. Eoghan Ruadh team did themselves proud with The defense also produced some great last ditch blocks to prevent the lethal East Kerry forwards causing more damage. Despite this result the Eoghan Ruadh team still has a great chance of reaching the Semi Final's.

Congratulations To East Kerry in the Acorn Life U21 Final beating Feale Rangers on a scoreline of 5-15 to 2-08 & on wining two in row

ALL IRELAND FOOTBALL FINAL WISHES

Best luck to kerry team & especally to players from Region & Management on this saturday evening in croke park in All ireland Final replay.

LEGION GAA NOTES

RESULTS: MCELIGOTT CUP (SEMI FINAL) KILLARNEY LEGION 0-11PTS GNEEVEGUILLA 1-09PTS

U-11 BOYS EK

Our U11 boys were on the road this evening for their second outing in the East Kerry GAA League. We travelled to Kenmare Shamrocks GAA on a windy evening. The conditions influenced the game but the players adapted well to serve up a thriller of a game. The hosts



Killarney Legion U-11 Boys who won the Jerry Foley Memorial shield today at Firies Gaa Club.

held a slight lead at the break and the second half had echoes of Sunday's epic contest in Croker with the game going right down to the wire. The sides were tied as full time beckoned before the visitors got the final score to edge ahead by the narrowest of margins.

U-12 Girls EK Round 2

Our u12 girls took to the field this evening in direen in round 2 of the east Kerry championship where we hosted Rathmore girls. This was a tough encounter from the off with the Rathmore girls the physically stronger. Our girls went into an early lead when we took a couple of early goal chances but Rathmore picked off a few well taken points. They then struck for a goal and picked off a few more scores to take the lead by 5 points. But Our girls knuckled down well and got a few more scores before half time to go in leading by 2 points.

The second half started as the first ended with our girls in the ascendency. We took some great scores early in the half but then the girls from Rathmore came back at us. They rattled over some great scores to reduce the deficit to the bare minimum. But once again our girls rallied to the challenge and raised another green flag. Our girls ran out eventual winners by 2 points.

There was some great skill on show by both sides on a wet slippery evening for football. Great credit goes to both sets of girls for some great teamwork and some wonderful scores.

EK U-21 COUNTY CHAMPIONS

Well Done To the Management & Players of East Kerry in the Acorn Life U21 Final beating Feale Rangers on a scoreline of 5-15 to 2-08. Well done to our own Legion lads Cian Gammell, Darragh Lyne, Captain Peter McCarthy and Man of the Match Ryan O Grady with a contribution of 1-03 on the board. Also to Peter McCarthy who got presented with his Man of the Match award for his Semi Final Performance. Well done lads ye did us proud. **KERRY SENIORS**

Killarney Legion would like to wish Peter, James, Jonathan, Brian & Danny & The Kerry Seniors the very best of Luck in the Al Ireland Final Replay on Saturday in Croke Park.

UNDERAGE ACADEMY

Due to the All Ireland Final Replay next Saturday, the Legion Academy is rescheduled to Friday evening 5:30-6:30pm. There will be no Academy on Sat 14th, All boys and girls age 4-10 welcome to attend. Contact Ted for on 087-6678315 for further details.

MOTHERS&OTHERS

Please Support our Mothers&Others with their fundraiser being held Saturday 21st of September, tickets can be brought for the raffle from any ladies member.

LEGION LOTTO

Winning No's 4-10-18-22 Bonus No: 28 Winner Derek Pyne (Jackpot €12,300) Well Done Derek Pyne! Next Weeks Jackpot €3,000 plus bonus €10,000. Draw Sunday at Murphys Bar 9pm.



The Acorn Life Under 21 Football Championship Final Five Star East Kerry performance sinks Feale Rangers

East Kerry 5-15 Feale Rangers 2-8

MEven with having to do without Kerry senior players Dara Moynihan and David Clifford, East Kerry's rich pool of underage talent came to the fore yet again, as Jerry O'Sullivan's men added the county Under 21 title to the minor one, they won a week previous.

Feale Rangers who played only one game to get to the final really lacked the match sharpness that they needed in the opening quarter to remain in the contest. A number of wides and a spurned goal chance as early as the 8th minute from Sam Tarrant, may well have served only to take the blank 0-8 to 0-1 look off the half time scoreboard but the North Kerry men did create chances in the opening half.

East Kerry did manage to trail in the contest when Jamie McVeigh fired over the opening score of the contest on the third minute but eight unanswered and all from play set up a bleak second half for the North Kerry men.

It got bleaker three minutes into the second interval when Ian Roche rose highest to punch a goal from a great Ryan O'Grady delivery but the expectant floodgates did not open as Feale Rangers really thundered into the game outscoring East Kerry 0-4 to 0-3 in the next ten minutes as the game began to open up.

When man of the match Ryan O'Grady pointed a free to make it 1-12 to 0-5 by the 47th minute many in Austin Stack Park could not foresee the next 4 minutes of madness as East Kerry hit for four goals.

First O'Grady helped himself to a goal before Kilcummin's Paul Shea struck a brace sandwiched either side of his Kilcummin teammate's effort of James Nagle.



The victorious East Kerry team - Picture Seamus Healy

(Kilcummin) 0-1, Jake Flynn (Firies) 0-1, Darragh Lyne (Legion), Niall McCarthy (Spa) 0-3 (0-1F), David Spillane (Spa), Anthony Darmody (Rathmore) 0-2, Ryan O'Grady (Legion) 1-4 (0-2F), Ian Roche (Glenflesk) 1-1, Darragh O'Rahilly (Rathmore) 0-1 Subs:

Paul O'Shea (Kilcummin) 2-0 for Darragh Rahilly (26), Mark Ryan (Rathmore) 0-1 for David Spillane (Spa) (44), Keith O'Leary (Kilcummin) for Mark Kelliher (Glenflesk) (53) Peader Keane (Listry) for Gary Vaughan (Spa) (53),

Referee: Denis Sayers (Austin Stacks)

Action from the Under 21 Football Championship Final: Picture: Seamus Healy.



Chairman praises clubs for success

After the victory, East Kerry Chairman Johnny Brosnan praised the clubs of East Kerry for the work that they put in to training their players that make them ready for East Kerry.

"The great talent comes from all the clubs who start at under 6's and train all the way up. The parents play a huge role in it as well and then the Schools play a huge role. In addition, Vince Cooper must be recognised for his part. He is fantastic. Winning the double "double" (Minor and under 21 2018 and 2019) happens when winning gets into the system. It becomes a habit and on these occasions, it is a great habit.

So with the minor and the under 21 in the

bag, can East Kerry claim the hat trick with the senior championship around the corner. "That is a good question, it will be tough as East Kerry clubs are very successful a lot of them are on their own but I reckon we can put in a good campaign and we will be there or there about" added Brosnan



OUTLOOK GAA



All Ireland Final Preview

Time to hold the nerve and see it through

The Killarney Outlook looks at the questions that Jim Gavin and Peter Keane have to find answers for next Saturday evening.

No doubt, both Peter Keane and Jim Gavin have had plenty time to think about next Saturday evenings All Ireland final replay. In many ways they would have preferred to go out the following Monday evening and have the matter settled as it is the time in between games that can play the most dangerous games with each manager questioning each decision that they made in the drawn game.

We look at some questions that both managers will have to find an answer for if they are to bring Sam Maguire home with them at the second time of asking.

For Jim Gavin



What to do with Diarmuid Connolly?

Gavin will know that bringing Connolly back into the panel following an apparent exile would certainly ruffle feathers. Names like O'Gara and Brogan certainly lost their place in the 26-man panel with his reappearance. For many it was the coldness of the move that gives Gavin that edge. If it means winning, then it is the right move. Gavin will now have to find a bigger role for Connolly than having him sit on the bench. Will he find that role for him next Saturday?

Will I give Johnny Cooper another go at David Clifford?

Gavin came in for criticism for leaving the now veteran defender on David Clifford having received a yellow card and it is fair to say that the Dublin defender was finding it hard to cope with Clifford's strength and pace. Was it a case of Gavin just getting it wrong or was it a case of that was the only card Gavin could play as Cooper was his best defender.

Can I get a better return at Midfield?

To be fair it was not a case that Brian Fenton had a poor day at the office, it was more of a case David Moran and Jack Barry with the help of Adrian Spillane (especially in the opening 20 minutes) were outstanding. Michael Darragh McCauley neither had the legs or the appetite for the battle as form over loyalty has to become a factor for Gavin at midfield.

Do I have the bench that I thought I had?

Before last fortnights All Ireland Final the Dublin bench was held in high regard but now the doubts are rising. Why did Gavin not use his full bench in the drawn game, especially when they were a man down for so long? Surely, the need for fresh legs was wanted. Then the few replacements he made had little or no impact. Will Gavin shake up the numbers from 16 to 26? He will certainly have to look at it

For Peter Keane



Will I start Tommy Walsh?

The game was not over 5 minutes and some Kerry fans trundling down Jones Road on their way back to Gresham were already asking this question. Walsh's appearance and more importantly performance belied the fact that he can only catch high balls. His assist for the goal and his point were crucial in getting Kerry back into the game. Would he have the same affect if he started as a full forward with David Clifford as a twin tower threat. It would certainly force Dublin's hand in the defence. However, what would happen if Dublin coped very well, what then?

Can I get more from my forwards?

Donegal's Michael Murphy said Kerry needed to score at least 1-22 to have a chance of beating Dublin. The fact that they managed 1-16 against 14 players for over 40 minutes does look a scant return. Was it not for Sean O'Shea and his perfect ten, maybe we would not have stayed in the contest? Now take the 1-2 that the subs added to the scoreboard and all of a sudden, we only have 0-4 from the rest of the starting forwards. With the quality and talent, Kerry will certainly target this area for improvement.

Do I stick to the game plan or do I change?

Big question for Peter Keane here. Do I stick with what worked and see what I can do with Jack McCaffrey or do I change it up completely. Kerry's tactic on pushing up en masse on Cluxton kick outs worked but it was high risk. If Cluxton manages to get one over the three lines of Kerry bodies then they are at the mercy of the Dublin forwards

Can we hold the nerve and see it through this time

Will I need more experience on the field in the closing stages to close it out if we are winning coming down the track. The fact that Kerry failed to score in the last 12 minutes of the drawn game and that fact that Dublin missed three chances to win it, shows you how finely balanced the contest actually was. Will Keane opt to flood a few more experienced heads onto the field with 15 minutes to go? Will we see Killian Young or Shane Enright this time around.



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Good Luck in the All Ireland Final Replay Gavin White, Michael Burns, David Shaw and all The Kerry Team and Management.

Bring Sam Home!

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Kerry Independent Alliance MICHAEL ES

OUTLOOK GAA

wishes the Kerry Team and Management the very best of luck in the All Ireland Football Final Replay. Beir Bua 's Beannacht

Ciarrai Abu

Tel: 087 2130973 michaelgleesonktc@eircom.net



'We're ready for the Replay

By: Aileen O'Leary

As the county prepares for this weekend's All Ireland Football Final replay, additional trains have been organised for Saturday

September 14th. Irish Rail have announced an additional train from Heuston on Saturday night to help fans get home after the match. The final is set to kick off at 6pm in Croke Park, the train service from Heuston is set to leave the station in Dublin at 9pm but will be deferred in the event of extra time in the match, to allow fans to make their way from Croke Park to the station after the game.

Local preparations for the match are also underway. Churches in the Killarney and Castleisland parish have changed mass times to accommodate parishioners who want to watch the game. The following churches, The Church of St Stephen an St John in Castleisland will host mass at 5pm as an alternative to their usual 6.15pm start. St Agathas Church in Glenflesk and Prince of Peace Church in Fossa will begin their masses at 4.30pm in place of their later times as well.

In Killarney the following churches have also changed their mass times ahead of the replay, St Mary's will host a second mass on Saturday at 4:30pm as well as their usual 6:15pm vigil. The Church of the Resurrection will hold mass at 8:00pm on Saturday evening. Mass times in the Friary will not change, mass will be at 7:00pm. The Church of the Holy Spirit Muckross will not host mass on Saturday. In Firies the Church of St Gertrude will host mass at the regular time of 7:30pm.

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KERRY V DUBLIN







Best of Luck

to the **Kerry Team and Management** as they bid to create their own bit of history in Saturday's 2019 All Ireland Football Final Replay

Ciarraí Thoir C.L.G.

"Go mbeadh an bua agaibh - Ciarrai abu"



Best of luck to the KERRY SENIOR FOOTBALL TEAM in this Saturday's All Ireland Final Replay from all at Outlook Magazines



The Killarney Outlet Centre would like to wish both *Kerry Team & Management* the Best of luck in the All Ireland Football Final Replay!



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KERRY V DUBLIN





Best of luck to JACK SHERWOOD, KERRY TEAM AND MANAGEMENT in the All Ireland Football Final Replay on Saturday from all at Firies GAA Club

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The Staff at O'Keeffe's wish Shane Ryan, Paul Murphy and the Kerry Team & Management every success in their bid for glory in this Saturday's 14th September All Ireland Football Final Replay ! Ciarraí Abú •

KILLARNEY LEGION GAA CLUB



JAMES. BRIAN. JONATHAN. DANNY. Peter Keane. Chris Flannery. Katie O'Driscoll And All the Kerry Team On Saturday in the All Ireland Football Final Replay



FROM ALL AT THE LEGION GAA CLUB



SPA GAA CLUB wish the best of luck to Dara, Liam Niall and the Kerry team in the All Ireland Football Final Replay on Saturday

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ROSS GC, KILLARNEY -GENTS CLUB

RESULTS

On Sept 7th/8th we will held the Frank Doran /Safeguard Security Backstakes Open SSCompetition. The winners were -1.... Jonathan Casey (11) 39

2....Donie Broderick (20) 38 3... .Timmy Kelly (17) 35

FIXTURES:-

On Sept 14th/15th we will hold an Open SS Competition and the timesheet is now available in the Clubhouse.

On Sept 21st we will hold our Presidents Prize and this will be a single stableford competition. More details later.

Best of Luck to our Nines of Kerry team who will play the Castlerosse in the final of that competition in Kenmare on Sunday Sept 15th. Support from all members will be welcome on the day.

KERRY PITCH & PUTT CLUB NEWS

DESPITE shooting an impressive 80 under par for their weekend's play, the Kerry Mens Pitch & Putt team finished outside the medals at the National Inter-County Championships in McDonagh, Kildare last weekend and ended up having to make do with a ninth place finish overall.

The team of Deerpark duo Damien Fleming and John McGrath, Tralee's Jamie Blake and Alan Hobbart along with Castleisland's James Dignan and Aidan O'Connor found themselves seven off the lead after the first guarter of the event on Saturday morning with a score of 24 under par for their Scotch Foursomes rounds as both Damien and John went around in 10 under par. Limerick led on 31 under par at that stage but Kerry lost ground in the Singles shooting a combined 19 under par for their best five Singles with Damien on six under and Aidan O'Connor on five under making up the bulk of that total.

Kerry's 43 under par total overnight saw them trail joint leaders Louth and Wexford by 20 strokes as there was some hope that the tough Foursomes format on Sunday might change matters in their favour. Eight under par from Jamie Blake and Alan Hobbart and seven under from Damien and John were part of a 16 under par combined total as Kerry moved to seventh overall ahead of the final 18 hole Singles. Combined, Kerry were better for their Sunday Singles than Saturday's Singles with 31 under par including a round of eight under par from Irish No 1 Fleming. However, their 80 under par total saw them finish 45 strokes behind Dublin who put in a strong Sunday surge for the winning score of 125 under par.

The Kingdom were 26 shots off a medal as Limerick finished third on 106 under as Louth were 10 shots behind Dublin in second. The County Board would like to thank the team alongside substitute Jason Cregan for their time and effort during the year for both the Munster and National events along with team manager Sean Kelly of Deerpark for co-ordinating it all this year both on and off the course.

This weekend sees the National Scotch Foursomes Finals take place in Bellewstown, Co Meath on Sunday and the County Board wish the Kerry pairs of Tralee's Tony Blake and Lisa O'Connor along with Deerpark's Lorcan Martin and Darragh O'Callaghan the very best of luck in proceedings.

CASTLEROSSE LADIES GOLF CLUB

RESULTS: Competitions played on 5th Sept, kindly sponsored by Reens Life Pharmacy. 18 Hole Stableford 1st Mary Jo Dowling 31 pts (31); 2nd Una Moroney 30 pts (27); 3rd Myra O'Gorman 20 pts (37). 9 hole Stableford 1st Chan Martin 16 pts; 2nd Marie O'Brien 13 pts; 3rd Rosaleen Kennedy 10 pts. Competitions played on 29th Aug. 18 Hole Stableford 1st Una Moroney 28 pts (27); 2nd Mary O'Reilly 27 pts (34); 9 hole Stableford 1st Chan Martin 12 pts; 2nd Rosaleen Kennedy 11 pts.

KILLARNEY GOLF CLUB MENS' CLUB

Results of the Sol Golf International Ltd. sponsored stableford competition, held on Mahony's Point on the 7th and 8th of September.

1st Bob Ryan 43pts (19) 2nd Mike Hayes 40pts (14) 3rd Tom Ashe 40pts (16) 4th Colm O'Shea 39pts (12) 5th Donal Dennehy 39pts (13) 6th Padraig Cronin 38pts (23) 7th Nick O'Brien 38pts (22) Category 1 Donal Considine 37pts (1) Category 2 Con Healy 38pts (10) Category 3 Kieran Fleming 38pts (15)

Category 4 Padraig Burke 38pts (20)



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KILLARNEY GOLF CLUB - LADIES

RESULTS MUCKROSS PARK HOTEL MIXED COMPETITION

Friday 6th September 2019

1st: Sean Murphy (19) Maire Murphy (28) 43 pts 2nd: William Tarrant (11) Geraldine Tarrant (27) 40 pts

3rd : John Curtin (17) Margaret Curtin (26) 38 pts 4th: Dermot Roche (12) Mary Geaney (13) 36 pts Congratulations to all the winners!

Pat Courtney Memorial Mixed is on Friday September 13th. Entry on BRS

DOOKS **EXCHANGE** 8TH RESULTS SEPTEMBER 2019 VERY KINDLY SPONSORED **BY DIAGEO**

1st Ann Moynighan- Rudden (5) 39 Pts

Category "A" (1-14) Eimear O'Donnell (6) 35 Pts Category "B" (15-28) Margaret O'Donoghue (20) 37 Pts

Category "C" (29 +) Lorna O'Leary (30) 34 Pts CSS 35 Pts.

Congratulations to all the winners!

Next Competition Sunday 15th September is sponsored by Ladies Desire West End

Lady Captain Mary's charity Day Wed 18th September

DEERPARK PITCH & PUTT CLUB NEWS

NATIONAL INTER-COUNTY: Despite a strong 80 under par total by the Kerry Mens Team in the National Inter-County Pitch & Putt Championships in McDonagh at the weekend, Kerry had to make do with eighth place overall with Dublin posting a winning score of 125 under! Damien Fleming and John McGrath performed admirably for the team while team manager Sean Kelly and Ger O'Connor looked after the team well on both days.

Sunday Draws: Three Person Team, Two Scores

to Count- Nett: Sean Ashe, Aidan O'Keeffe & Dara Moynihan 80, Gross: Gearóid Cronin, Sean O'Brien and John Murphy 103.

CHAIRMAN'S PRIZE: Damien Fleming's event is scheduled for this weekend with a draw on Friday evening @ 5pm and Sunday @ 9.30am and entry €10 per player. The Ladies will have an 18-hole event on Sunday with the presentation on all prizes for this event, the Captains Prize and the Wednesday Scrambles also due on Sunday @ approximately 1pm.

RICKY KELLY MEMORIAL: Scheduled for the weekend of Friday Sept 20th-Sunday Sept 22nd and sponsored by the Tatler Jack Bar in Killarney once more, we hope to see a big turnout again for the event in aid of John 'Sully' O'Sullivan. The competition returns as a 36-hole Three Ball Scramble and the cost of entry is €90 per adult team with a fee of €30 for U-16 teams. All adult teams must include one non-registered member of Pitch & Putt Ireland with presentation of prizes on Sunday 22nd in clubhouse @ 6pm.

BEAUFORT GOLF CLUB (LADIES BRANCH) **RESULTS** -

8th September - Par 3 Fun Stableford -Sponsored by Ladies Branch

1st Stephanie Lane (38) 60 pts

2nd Grainne McShortall (29) 57 pts

3rd Margaret O'Connor (26) 55 pts

FIXTURES

14th/15th September - 18 Hole V Par -Sponsored by Moriarty's Gap of Dunloe 22nd September - President's Prize/Round 6 Golfer Of The Year - 18 Hole Stroke

20th September - Open Friday (18 Hole Single Stableford) - Sponsored by Clifford's Groundcare Ltd - 18 Hole Single Stableford (Open to Ladies & Gents) - Ring Clubhouse on 064-6644440 to book a tee time.

BEAUFORT GOLF CLUB (GENTS BRANCH)

25th August & 1st September - 36 Hole Stableford - Gleasure Cup - Sponsored by **Gleasure Funeral Home, Tralee**

1st Niall Greaney (11) 74 pts 2nd Mike Gleeson (14) 68 pts

3rd Michael Barry (10) 52 pts

8th September - Par 3 18 Hole Stableford -Sponsored by Gents Branch

1st Gerard Collins (30) 65 pts

2nd Timothy O'Neill (17) 64 pts

3rd Johann Brunner (30) 63 pts **Fixtures**

15th September - Round 8 - Golfer Of The Year (Stroke - White Tees) - Sponsored by The Lake Hotel, Killarney

22nd September - President's Prize - 18 Hole Stableford - Yellow tees) - Sponsored by Pat Quill & O'Carroll's Senator Windows

13th August - Open Friday (18 Hole Single Stableford) -Sponsored by Clifford's Groundcare Ltd (Open to Ladies & Gents) - Ring Clubhouse on 064-6644440 to book a tee time.

KILLORGLIN MEMBERS GC (MEN'S SECTION)

Results:

Winners of Club Sponsored Stableford Singles on the 8th September 2019 were as follows:

1st Place - Tommy Murphy (13) 40 Points, 2nd Place - John M. O'Sullivan(18) 38 Points, 3rd Place - Dennis Bird (9) 37 Points, Gross: Shane Collins(6) 78 Strokes. Fixtures:

Next Saturday and Sunday 15th and 16th September is a Stableford Singles Sponsored Singles.

President Rick Sheehy's Day has been postponed. We will be in contact shortly regarding a new date..

BASKETBALL

Eamonn Keogh

Scotts Lakers 84 Garveys Tralee Warriors 98

DESPITE battling bravely for long periods, Scotts Lakers were

eventually overpowered by reigning Super League champions GarveysTralee Warriors in an exciting pre-season challenge match in Killarney Sports Centre on Wednesday night.

Both sides lined out without some some key players with Lakers minus Mark Greene and Toby Christensen due to injury while Tralee were without Kieran Donaghy and Eoin Quigley. New American signing for Scotts Lakers Aaron Jackson made an instant impression from an early stage and looks like being a very exciting addition to the Killarney challenge this season. He scored all 18 points of the Lakers first quarter total as they trailed Tralee 26-18 after the first period.

Warriors interchanged their Americans Keith Jumper and Jonathan Lawton to great effect while European players Daniel Jokubaitis and

Ivan Bogdanovic also impressed and Tralee led 51-40 at half-time. Scotts Lakers responded well with Aaron Jackson leading the way and the Killarney side were 54-53 in front after three minutes of the second half. It was closely contested before Warriors pulled away through Jumper, Bogdanovic and Paul Dick to lead 69-60 entering the final quarter. Warriors stayed in front throughout the closing period and enjoyed a 14 point win in the end. Lakers coach Shane McCarthy ran his full bench with young players Jamie O'Sullivan and Jack Corridan gaining valuable experience. Aaron Jackson was the outsanding player for the home side hitting 38 points including seven threepointers. Victor Martínez , Andrew Fitzgerald, Carlton Cuff and Seamus Brosnan also did well against a star studded Tralee line-up that look strong candidates to retain their superleague title. Amazingly the Lakers missed a whooping 23 free throws sinking 14 from 37 attempts. It was a lot of potential points to miss out on despite hitting ten three-pointers in total. The Warriors sank 11 three-pointers and have exceptional strength in depth and had excellent performances from their four foreign players while their six Irish players all posed a threat.



FARRANFORE MAINE VALLEY AC -NOTES

AN RIOCHT 5K

Race 2 of An Riocht 5K series was held on Friday 6th Sept.Well done to George McCarthy(17:28), David Culloty (17:31), Dermot Dineen (17:48), Aidan McCarthy (18:11) & Brendan Lynch (18:19) who competed. Final Race is Friday 13th Sept. in Castleisland at 7:15pm.

We had great turn out to our Tuesday evening Juvenile training last week. Thanks to all our coaches for volunteering their time. Good to see so many new faces. Our trail Training on Sunday was also well represented with the children enjoying the variety of runs through the forest trails. We have added a Thursday evening 6-7pm, so you should be well prepared come competition day.

JUVENILE OPEN SPORTS DAY

The Club will be hosting their Annual Juvenile Open Sports Day - Multi Events on Sunday 22nd September starting at 12noon in GAA Grounds Farranfore. You do not need to be an athletics club member to participate. Events to choose from are Sprints, Distance, Long Jump & Throws. Events for all age categories. Check out our facebook and website for details. Also on the day we will be having a Jumble Sale with all proceeds going towards the club. Any club members who have sale-able household items to donate please bring to Sports Hall before 11am on the Day.

TABLE QUIZ FUNDRAISER

On October 10th our club will be hosting a Table Quiz Fundraiser in Sherwoods Bar & Restaurant Farranfore from 8pm. Four per table with cost per table of \in 30. Contact club to reserve table.

CLUB TRAINING:

Juvenile U8 to U16 Tuesdays & Thursdays from 6-7pm at GAA Grounds Farranfore. €2. Sunday 11am Trail Training, Poll an Aifrinn in Kilclohane Wood Milltown, V93 YVA4. €2 Suitable for Juveniles and adults

New Members welcome to participate in training.

ATHLETIC'S FIXTURES

Fri 13th Sept: An Riocht 5K Series Race 3, Castleisland @7:15pm

Sun 22nd Sept: Club Juvenile Open Sports -Multi Events, Farranfore 12noon.

Sun 29th Sept.: County Novice, U23 & Juvenile Even Ages XC, Killarney

Sun 6th Oct: County Intermediate & Juv. Uneven Ages, Venue TBD

Sun 13th Oct: County Senior, Junior & Juv Relays

Sun 20th Oct: Munster Juvenile Even Age, Novice & U/23, Limerick

Sun 20th Oct: Autumn Open Cross Country, Abbottstown

Sun 3rd Nov.: County Masters & Juv. "B" XC

Please contact club secretary, Mary, 085-1909509 to register for competitions in advance

See Kerry & Munster Athletics website for full fixture lists & timetable for event



Members of Munster Rugby Club who trained at Killarney Rugby Club on Friday last.



Killarney Rugby Club seniors who took part in the Moss Keane Cup at the weekend.

FOSSA BRIDGE CLUB

RESULTS NORTH/SOUTH

1.Phyllis O'Regan and Marie Moloney 2.Mary Ryan and Angela McGrath EAST/WEST

1.Marie O'Sullivan and Anne Prendiville 2.Mary Lynch and Colum Horan Congratulations and well done to all the winners.

KILLARNEY BADMINTON CLUB

The Adult Badminton club will kick off the season on Wednesday the 18th September at 8.30pm in the Presentation gym. New members of all abilities are welcome! Coaching for beginners available. Further information: Contact Jennifer on (083) 3347228.

Juveniles will start back on Friday the 27th at 6.30pm for all ages in the Pres Gym. Contact Suzanne on (086) 1720770 for further information.

Check us out on Facebook.

KILLARNEY RFC NEWS: MUNSTER RUGBY VISIT AGHADOE:

MUNSTER RUGBY VISIT AGHADOE

Last Friday, history was made as Munster Rugby travelled to Aghadoe to train at our home grounds. A bumper crowd watched as Johan Van Graan put his men through their paces ahead of the start of the new season. The international contingent were understandably missing as they prepare for the start of the world cup in 2 weeks time. It was wonderful to watch so many people witness Munster Rugby train at our home and all the players pose for selfies and give autographs following the training session. The day was the culmination of many years of hard work by a lot of people in Killarney RFC and thanks to everyone the day was a huge success. A special word of thanks to our Club Chairman Ger Moynihan whose trojan work leading up to the day was vital.

MOSS KEANE CUP:

Last Saturday we hosted the Moss Keane Cup at Aghadoe, with teams from Tralee, Corcha Dhuibhne and Killorglin also taking part. A cracking day of rugby with Killorglin beating Killarney in the final. Thanks to everyone for coming and taking part.

MEMBERSHIP NOW DUE:

Membership is now due for the new season and can be paid online using the clubzapp app. All players must be fully paid up members to play and we will have a no pay no play policy strictly enforced this year.

GNEEVEGUILLA ATHLETIC CLUB:

LOTTO: No winner of our lotto draw 06/09/2019, numbers drawn were 8, 11, 16 & 21. Sellers prize winner Lil O' Keeffe. \in 50 Y/T prize to Maurice Feehan Newmarket, \in 50 to Michael A O' Keeffe Bounard, \in 40 each to Caitriona Fleming Tureengarriff, Noreen McCarthy Knockduragh and Brid Stack Coolcaslaugh Killarney. Bonus not won numbers drawn were 8, 15, 21 & 24. Next

OUTLOOK SPORTS

week's jackpot €5,400 plus €1,000 bonus. **TAINING:** Training commencing this week Tuesday 10th September Boherbue gym, there are 2 training sessions 6.00 – 7.00 pm for children born 2011/2012 & 2013, 7.00 – 8.00 pm for children born 2010/2009/2008/2007/2006 and older. Saturday 14thSeptember 9.15 – 10.15 am in Boherbue for Throwers those who have already been with us and newcomers welcome. (A lot of medals were picked up in the throwing section this past season). Friday 13th September 7.00 – 8.00 pm in Barradubh for children born 2013 and older. Friday 13th September 8.00 – 9.00 pm in Gneeveguilla Community Centre for children born 2013 and older.

CROSS COUNTRY: The cross country season is fast approaching. Local Cross country races will be held in The convent Field Rathmore (rear of

Rathmore Cemetry) next Sunday 15th @ 11.00 am. Everyone welcome, juveniles, Junior, senior and masters. There will be a momento for all who compete.

RIOCHT 5K: Saoirse Tompkins won her section in Riocht on Friday night.

GNEEVEGUILLA BASKETBALL CLUB SHARE THE BUCKET

In association with Gneeveguilla Community Development Council ,well done to Joan O Mahony who won last friday nites jackpot of 180 euro . Please continue to support this valuable fundraiser at local businesses or online at member.clubforce.com/tickets .

🗠 killarneyoutlook@outlookmags.com 🚺 killarney outlook 🎐 @killoutlook

KILLARNEY VALLEY ATHLETIC CLUB

TRAINING: The Cross Country training will continue every Thursday eve 6-7pm. All members welcome. Bring $\in 2$, appropriate clothing, water and plenty of energy. Meet at field beside the playground. The first Country Cross Country competition will be held in Killarney on Sunday, September 29th for Even Age, Novice and U23.Strength & Conditioning returns next Monday night September 16th for members only (aged 12 upwards). Bring $\in 2$, water and a mat if you have one.

FUNDRAISING: Anyone who has Track Fundraising Tickets sold and would like to return them, please bring them to training for Brid.

Please keep an eye on your email (if you're a member) and also check our facebook page for any updated information.

OUTLOOK SOCCER

KERRY SCHOOLBOY SOCCER

RESULTS JK Sports 12 Premier Killorglin 7-2 Park 12 Division 1 Castleisland 6-0 Mastergeeha Inter Kenmare 3-1 Fenit 12 Division 2 North Castleisland B 1-5 Tralee Dynamos B 12 Division 2 South Killarney Athletic B 0-2 Killorglin B Slattery's Carpets and Blinds Tralee 14 Premier Killorglin 2-3 Park Killarney Celtic 4-3 Listowel Celtic Castleiland 0-1 Killarney Athletic 14 Division 1 Mastergeeha 3-4 Inter Kenmare 14 Division 2 Park B 1-3 Mastergeeha B Tralee Trophy World 16 Premier Killarney Athletic 1-2 Killarney Celtic 16 Division 1 North Ballyheigue Athletic 0-7 LB Rovers Listowel Celtic 3-4 Tralee Dynamos **MATCH REPORTS**

KILLORGLIN FIRST LEADERS OF 12 PREMIER

Killorglin got their JK Sports 12 Premier campaign off to the prefect start with a 7-2 win at home to the Park B. Brian Mangan led the scoring with a hat trick which was added to be goals from Giovanni McCarthy, Ciaran Birmingham, Eoin Henken and Colm Evans. Brian Heaphy and Tadgh Falvey replied for the Tralee side.

3 POINTS FOR HOME SIDES IN 12 DIVISION 1:

There were home wins for Castlieland and Inter Kenmare in the JK Sports 12 Division 1. At Georgie O'Callaghan Park the home side put 6 past Mastergeeha without reply. The goals came from Josh Ryan 2, Fergal Enright, Jack Foley and Kyle Buckley

Inter Kenmare were 3-1 winners at home to Fenit

Samphires and led 1-0 at half time thanks to a Caoileann Desmond goal. Philip O'Sullivan and Michael O'Mahoney added two more for the home side with Evan Lyons replying for Fenit. **DYNAMOS B LEAD 12 DIVISION 2 NORTH:**

Tralee Dynamos will be happy to take three points on the road from their first game of the season. They travelled to Castleisland and came back with a 5-1 win. Daniel Farmer and Alex Tuohy both scored two each with the 5th being an own goal. Nathan Smyth got the goal for the home side.

KILLORGLIN TAKE THE BATTLE OF THE B'S IN DIVISION 2 SOUTH:

The battle of the B teams was won by the one that was away with Killorglin B winning 2-0 at Killarney Athletic B.

NEW SPONSOR AS 14'S GETS UNDERWAY:

The 14's Divisions are now being sponsored by Slattery Carpets and Blinds Tralee and in the Premier the action opened in mid-week. Sean Corkery got the season underway in impressive fashion hitting a hat-trick in the Park's opening home win over Killorglin at Christy Leahy Park.

There was a cracker when the two Celtic's met in Killarney with the home side taking the points by the odd goal in 7. Killarney Celtic raced into a 3-1 lead but Listowel Celtic fought back to level. However the home took the three points following a late late penalty.

Mikey Murphy and Jamie Moynihan got the first and third goals for Killarney Celtic with Josh Bowler getting the other two goals including that winner from the penalty spot. Evan Boyle 2 and Aaron Carey were on the mark for Listowel Celtic.

Killarney Athletic are also on 3 points after an early Oran Horgan goal saw them defeat Castleisland 1-0.

INTER WIN 7 GOAL THRILLER IN DIVISION 1:

There was another seven goal thriller this time at Kilbrean Park in Division 1 as Inter Kenmare defeated the home side 4-3. Cathal Kelliher got 2 with Zack O'Shea and Ollie Shea getting the goals for Inter while Jack Tagney, Emmet Spillane and Gavin Barry got the goals for Mastergeeha. MASTERGEEHA B GET THE WIN IN DIVISION 2:

Mastergeeha B are the first leaders in the 14's Division 2 as they won 3-1 away to Park B. Mathew Kennedy 2 and Sean McAuliffe were the goal scorers for the Kilbrean side.

CELTIC WIN THE DERBY IN THE 16'S PREMIER

The Killarney derby kicked off the Tralee Trophy World 16 Premier League and Killarney Celtic made the short trip to Athletic a winning one. Callum O'Grady got both for Celtic while keeper Jack O'Donoghue had a big say in the win saving a penalty. Mathew Horgan got the goal for Athletic late on.

LB AND DYNAMOS THE WINNER IN 16 DIVISION 2 NORTH:

LB Rovers are a little more experienced than their North Kerry neighbours Ballyheigue Athletic and took an opening day win thanks to goals from Kieran O'Connell 3, Anthony Kavanagh 2, Jack Mallon, Darragh Fitzgibbon and Liam Connolly. In the third seven goal thriller of an exciting opening weekend of the League Tralee Dynamos brought all three points home from their trip to Listowel Celtic.

Alex Hoare2, Jack O'Donoghue and Luke Horgan were on the mark for Dynamos with Adam Segal 2 and Darragh Carey on the mark for Listowel Celtic.

JK SPORTS 12 PREMIER

Tralee Dynamos and Listowel Celtic opened their JK Sports 12 Premier campaign on Sunday with a 1-1 draw. Fionn O'Dalaigh got the goal for Dynamos with Dylan Costello replying for Listiwel Celtic

In the Tralee Trophy World 16 Premier The Park made the trip to ,Killorglin a winning one thanks to goals from

Clan O'Neill, Sean O'Connor, Luke O'Connell, Sean Healy, Venis Jahiri and Callum O'Sullivan.

OUTLOOK SOCCER

NEXT WEEKEND:

As well as the 13's and 15's League of Ireland sides who play Cabinteely at home on Saturday and Bohemians away on Sunday respectively there is lots of other action.

The first rounds of the 13's and 15's Skechers National Cups take place while Inter Kenmare host the South West Region 12 Girls Blitz qualifier. The home side and Killarney Celtic represent the League with 2 spots from the eight teams involved – the Cork and West Cork Schoolgirls Leagues are also taking part – available at the 12's National Blitz Final in Dublin next month.

MEK GALAXY FC

SENIORS:

KDL Celsius Menswear Challenge Cup : Rattoo Rovers 7

MEK Galaxy 2

MEK Galaxy Goals: Tadhg Fleming John Foley Assists:Breandan Savage Jack O Driscoll Best on the day:

Joe Donovan David McSweeney Ger Foley A bad day at the office for the seniors in Ballyduff today suffering a heavy defeat. The lads went 2 down inside 5 mins with defensive mix ups and a well set up and organised Rattoo side were 3 nil up by half time.

Unfortunately errors put us to the sword in second half before Breandan Savage set Tadgh Fleming who finished well to the roof of the net. A second consolation arrived when Jack O Driscoll crossed well for John Foley to fire home late on in a game that leaves us with plenty more to work on at training.

Back to the training ground to work on a few bits before kicking off Premier A and 2B games where we will hope to be more competitive than today.

U9 AND U11 GIRLS TRAINING BACK:

Our U9 and U11 training is back for the new season. We returned to training last Tuesday and training continues at Fossa Astro every Tuesday between 6 and 7pm.

KILLARNEY ATHETIC

U16 KILLARNEY ATHLETIC1. KILLARNEY CELTIC 2 REPORT. U16 KILLARNEY ATHLETIC 1-2 KILLARNEY CELTIC

Played on a beautiful summers afternoon in Ferndale A solid first half by both sides with the best chance following to Conal Gallagher blocking down the Celtic keepers clearance to bounce agonisingly wide to leave the half time score 0-0. Into the second half, Celtic scored on the rebound after a Matthew Hunt goal line clearance. From the restart, Celtic scored again on the counter to hit a quick fire double. Athletic pushed hard and Conal was fouled inside the box but the keeper made a great save to keep it 2-0. In the dying moments, Matthew Hunt got on the end of a cross to ensure a nail biting finish but it was not to be. Training continues on Thursdays with the team out against Aisling Annacotty in the National Cup in Two Weeks



Killarney Athletic Senior team who played AC Athletic on Sunday.

U12-DIVISION 2. Killarney Athletic 0.

Killorglin 2.

Killarney Athletic 1. Castelisland 0 Report.

in a very sporting and strongly contested game Oran O Neill scored what was to be the winning goal after 2 minutes both teams had chances after that but both failed to find the net great start and a great team performance.

AC ATHLETIC V KILLARNEY ATHLETIC

It was the battle of the Athletics on a dry Sunday evening.

Missing a few players through injury etc we where still able to field a strong team with some very good young players stepping up and doing well in training resently..

Start of the match was an even affair as both team where finding their feet in their first competitive outing of the season.

We found ourselves a goal down after 15 mins when a mistake from a high ball left an easy tap in for AC but credit to our boys they lifted their heads and started playing some lovely football. With Danny Healy making some great runs in behind and midfield getting a hold on the game it wasn't long before we found ourselves in front with two quick goals.

Then came what will surely be the goal of the season for me anyway Tony Brosnan found himself 30 yards from goal with a drop of the shoulder he left his maker moving the ball onto his left dispatch it into the top corner giving the keeper no chance.

1-3 half time.

We started the second half with more of the same and probably should of finish the game off only for the AC keeper and some shooting practice needed by a few at training this week. Tony made it 1-4 with his hat trick goal.

Credit to AC Athletic they have a never say die attitude and with 15 mins remaining the game was up for grabs two goals brought them back into the game 3-4 and squeaky bum time. AC through everything at us high balls into the box and a number of corners causing problems but we held out with some great defending and team work by all.

Man of the match Tony Brosnan

KILLARNEY CELTIC

CELCIUS MENSWEAR LEAGUE CUP

Classic FC 1, Killarney Celtic A 3. Conor McCarthy had the honour of scoring the 1st goal of the season when he netted in the 1st half. Classic levelled to leave it 1-1 at the break. 2 goals in the 2nd half by new signing Adam O'Rourke secured passage to the next round.

KILLARNEY CELTIC B 2, STRAND ROAD 0.

Terry Sparling opened the scoring in the 1st half and Pierce Lyne Roberts netted in the 2nd half for the win.

U16 PREMIER

Killarney Athletic 1, Killarney Celtic 2. 2 goals from Callum O'Grady and a penalty save by captain Jack O'Donoghue gave the U16 team a winning start to the campaign.

MASTERGEEHA FC

Killarney Celtic 4, Listowel Celtic 3.

Josh Bowler (2, 1 pen), Mikey Murphy and Jamie Moynihan got the u14A off to a winning start where they lead 3-1 at the break before Listowel got back to 3-3 but a Josh Bowler penalty eventually gained all 3 points.

Many thanks to all the sponsors, players, supporters and volunteers who helped make the golf classic a fantastic day last weekend. Your support is very much appreciated.

Congrats to Jack O'Donoghue U16 and Cian Forde U14 who both made the KSGL Team of the Week

Celtic Lotto

Numbers drawn 6,16,18,25. No jackpot winner. Match 3 receive €75. Next jackpot €10,000.

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WHY NOT BECOME A FIRST RESPONDER

Who we are - What we do...

The Killarney Cardiac Response Unit is a voluntary Unit of approximately 40 volunteers, from all sectors of society, who respond to 999/112 emergency Cardiac Phone calls.

We are activated once a Cardiac call is made to Ambulance control and cover an area of 6km from the centre of Killarney Town. The Responders have a Pager/Radio on them which is linked in with a control phone through the National Ambulance Service.

We work alongside and under the control of the National Ambulance Service.

We are not here to replace the Ambulance Service but to complement them by providing care and utilising those vital few minutes as every second counts, until The National Ambulance Service arrive on scene.





WANT TO JOIN OUR TEAM?

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- Do you have access to a fully insured vehicle?



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Citizens Information

Know Your Rights:

Know Your Rights: Small Claims Procedure September 2019

Question

I am unhappy with the repair work a builder has done to my house, he hasn't fixed the issue and he refuses to put it right. Do I have any rights in this situation?

Answer

If your builder is unwilling to compensate you, you may be able to make a claim against them using the small claims procedure. The aim of this procedure is to provide an inexpensive, fast and easy way for consumers to resolve disputes without a solicitor. The maximum amount you can claim for under the small claims procedure is €2,000. The small claims procedure is provided through local District Court offices.

If you have purchased goods or services for private use from someone selling them in the course of business, you can make a claim using the small claims procedure. You can make claims for bad workmanship, minor damage to property, faulty goods and for the non-return of rent deposits for certain kinds of rented properties, for example, a holiday home. Businesses can also use this procedure to make claims against other businesses about contracts for goods or services purchased.

To make a claim, you need to complete the application form and submit it and a fee of $\in 25$ to the Small Claims Registrar. You can do this online at the Courts Service Online website, csol.ie. Alternatively, you can download the application form from courts.ie or get a copy from the Small Claims Registrar at the District Court office. Make sure you include the correct name and address of the company or person you are claiming against. You can double-check this information on the Companies Registration Office website at cro.ie.

The Registrar sends a copy of your application to the person you are making the claim against. If the other person does not reply within 15 days of receiving your application, your claim will be automatically treated as undisputed. Then the court will make an order in your favour for the amount claimed, and direct that it be paid within a specific period of time. If your claim is disputed, the Registrar will give you a copy of the reasons why the other person is disputing your claim. The Registrar will try to negotiate a settlement to the dispute. If no settlement can be reached, the matter is set for a court hearing in the District Court.

Further information is available from the Citizens Information Service below.

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 on Tel: 0761 07 7860 Killarney 0761 07 7820, Listowel 0761 07 7840 Kenmare 0761 07 7810, & Caherciveen 0761 07 7780 - Outreach Services; Killorglin weekly, Dingle monthly, please call Tralee for more information. Information is also available online at citizensinformation.ie and from the Citizens Information Phone Service: 0761 07 4000



Tuesday September 10th was deemed World Suicide Prevention Day.

The theme for this year "Take a Minute", is a reminder that suicide impacts on us all in our communities.

Suicide is something we hear about thanks to the recent openness which started some years ago. Talking about it has been and is a challenge as previously we did not consider it something we could be up front about due to the associated stigma. This stigma which is still hanging on for some has its roots deep in our psyche and history. In Greek and Roman times suicide was accepted if life had become impossible and the State even assisted by paying technicians who advised on it. In post Judo Christian tradition, it was looked less kindly on it and St Thomas Aquinas in the 13th century equated it with rejection of God's love so it was prohibited initially by religious precept and then the legal system. Suicide does not discriminate between people of differing faith and no faith.

between people of differing faith and no faith. Most people if they are honest will have had passive suicide thoughts at some time but more active suicidal thinking and planning to commit suicide is most often encountered when we are depressed or experiencing another mental illness or overwhelmed by the enormity of life. People when completing suicide see death as the only alternative and as they become more accustomed to the thought it may gain more currency as a viable option for them.

The evidence is that we can do a great deal to influence people when they are feeling hopeless and if these thoughts are disrupted and the person is facilitated to explore alternative options, the outcome can be different

options, the outcome can be different. People experiencing thoughts of suicide are often withdrawn from friends and family, hopeless and unhappy, they may have disturbed sleep pattern, feel unwanted or that believe they are a burden and are unable to access an alternative in the "stuckness" of the moment.

The priority here is keeping the person safe, allowing them to talk openly without judgement, letting them see you are concerned and want to help and getting them to see their GP or taking them to a place of safety. It's important that they avoid self-medicating with non-prescribed drugs or alcohol as this lessens the natural inhibition and increases risk. People who are feeling suicidal see no point in living but the evidence is that after getting through the hopelessness phase, they regain their previous zest for life.

Thankfully we are inching away from a time when an attempt at suicide would have defined someone moving to a place where we are ready to acknowledge the strength and courage shown by people who talk about it.

Donal Fitzgerald, MSc. Accredited Cognitive Psychotherapist

SouthWest Counselling Centre, Killarney provides affordable professional counselling to children, adolescents adults and couples at its Killarney Centre (Lewis Road). To make an appointment call: 064 6636416/064 6636100 E-infortsouthwestcounselling.ie.

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



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Welcome back dear reader "there is one who speaks like the piercings of the sword, but the tongue of the wise promotes health" (Proverbs 12:18). I'm sure that you have had someone speak hurtful words at some time over your life - but I hope you also have had someone speak blessings upon you dear friend. The tongue can be a vessel of blessing or curse. The pictures represented here describes (1) words so violent that they cause a deep harmful wound, but also (2) a different type of person who uses their tongue to uplift and heal. We all have a choice in how we use the words of our mouths. Proverbs 18:21 tells us that 'death and life are in the power of the tongue and they that love it shall eat the fruit thereof'. The words we speak over others and about ourselves have power in them to kill or to give life. The saying 'sticks and stones may break my bones but names can never hurt me' is a great lie by the devil. Words do hurt - they tear and scar the heart, and plenty of people are today living with the consequences of those wounds from the past. Jesus warns us that we will give an account for every idle word we speak - ever (Matthew 12:35-37). It is important to repent and ask God's forgiveness for any foolish things we have spoken about ourselves, our family members or others because those words have power and will bear fruit. Parents, teachers and those in authority need to be very mindful of this as we rear our young. What a burden of responsibility but equally a precious gift - to be able to shape the life of another through the power of my words! Am I cursing or blessing though? Where there's been a break up in a relationship - be it siblings, a marriage or even a work situation it can be difficult to ever imagine yourself being able to bless those who hurt you with their stabbing words. But Jesus instructs us to bless our enemies (Matthew 5:44). It is what He did on the Cross before He gave up His spirit. "Father forgive them for they know not what they do" (Luke 23:34). Break the power of those negative words spoken, in the name above all names - the Name of Jesus (Philippians 2:9). Forgive that person, and release the offence that came with their words and watch healing come to your life!

See more on wordofvictory.net

More next week...

E: wovkillarney@gmail.com - T: 064-6622950 - wordofvictory.net

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THE MIRACLE PRAYER

Dear Heart of Jesus, in the past I have asked you 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.

DC

PRAYERS TO ST. JOSEPH OF CUPERTINO FOR SUCCESS IN EXAMINATIONS

@WOVKillarney 🔰

First Prayer

O Great St. Joseph of Cupertino who while on earth did obtain from God the grace to be asked at your examination only the questions you knew, obtain for me a like favour in the examinations for which I am now preparing. In return I promise to make you known and cause you to be invoked. Through Christ our Lord.

St. Joseph of Cupertino, Pray for us. Amen.

Second Prayer

O St. Joseph of Cupertino who by your prayer obtained from God to be asked at your examination, the only preposition you knew. Grant that I may like you succeed in the (here mention the name of Examination eg. History paper I) examination. In return I promise to make you known and cause you to be invoked. O St. Joseph of Cupertino pray for me O Holy Ghost enlighten me Our Lady of Good Studies pray for me Sacred Head of Jesus, Seat of divine wisdom, enlighten me. **FF**

THE MIRACLE PRAYER

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

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

A PRAYER TO ST. CLARE FOR HEALING

O Blessed Saint Clare, your life shines like a beacon and casts its light down the ages of the Church to guide the way to Christ. Look with compassion on the poor and humble who call on you for help. As you bow before your Eucharistic Lord in Heaven, speak to Him of my afflicted body and my broken spirit. Ask Him to heal me and to wash away my sins in his precious blood.

Holy and beloved saint, teach me to believe, as you did, that in the Blessed Eucharist I will find Jesus, who has only to say the word that I may be healed.

(Pause and reflect on the power of Jesus to heal us.)

Great servant of Christ, remember the needs of my family and all those I pray for. Defend us from everything that would threaten our Holy Catholic Faith. Hear the cry of the poor and make it a song of intercession rising from your pure heart to the Eucharistic Heart of Jesus, our healer, our Saviour, and our Lord.

ED

THE PRAYER TO OUR LADY OF MOUNT CARMEL

Oh most beautiful flower of Mount Carmel, fruitful vine, splendour of Heaven. Blessed Mother of the Son of God; Immaculate Virgin, assist me in my necessity. Oh, Star of the Sea, help me and show me you are my Mother.

Oh, Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succour me in my necessity (Mention your request here). There are none that

can withstand your power. Oh, Mary, conceived without sin, pray for us who have recourse to thee (3 times). Holy Mary, I place this prayer in your hands (3 times) Amen

ED

THE PRAYER TO THE HOLY SPIRIT

Dear Heart of Jesus, in the past I have asked you 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.

ED

Drive it on again, Cliffy.

Drive for five. Drive for five. Drive for five. Galivan Murphy Hooper Dolan Insurances Ltd trading as GMHD ie is regulated by the Central Bank of Ireland.

G M A D .ie Insurance, because... *it happens.*