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Centenarian John Coffey, makes a donation of €1,000 Niamh Cronin & Ann Marie Ladden Down Syndrome Kerry following the many generous gifts he received from his recent 100th Birthday. Back Row L-R Denis Cronin, Mary O'Rourke, Norma Doherty, Cian McCarthy, Sinead Van Bladel, Catherine Coffey, Orla Trarrant & Noreen Coffey. Front Row L-R Chairperson Kevin Griffin, Niamh Cronin, John Coffey, Ann Marie Ladden & Bernie Cronin. Picture Marie Carroll-O'Sullivan

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EDITOR'S NOTE

An Australian couple were surprised by the addition of a Sika Deer to their wedding photo this week, Killarney centenarian John Coffey donated his generous birthday gifts and its Culture Night in the Kingdom. Recovery Haven are honouring

little heroes who are dealing with cancer, Killarney Cardiac Response Unit held an open night and building works on an accommodation section has begun at the KDYS. We have full coverage of the All Ireland Football Final and the

Kerry Team Homecoming for you in the magazine, so enjoy this week's Killarney Outlook.

Aisling Crosbie, Editor
086 0400958
news@outlookmags.com



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

JOHN CHOSSES CHARITIES CLOSE TO HIS HEART



Centenarian John Coffey, makes a donation of €1,000 to the Killarney Cardiac Response Unit following the many generous gifts he received from his recent 100th Birthday. L-R Mary O'Rourke, Carole Moran, Catherine Coffey & Noreen Coffey. Front Row L-R Mable Counihan, John Coffey & Ann O'Carroll. Picture Marie Carroll-O'Sullivan

Following the recent celebration of his 100th Birthday, Killarney centenarian John Coffey has generously donated gifts he received to two causes close to his heart.

On Friday last, joined by his daughters Noreen and Mary and daughter in law Catherine, Mr. Coffey made a donation of €1,000 to the Killarney Cardiac Response Unit in memory of his son Denis who passed away unexpectedly while golfing on Killarney Golf Course. A further donation of €1000

was made to Down Syndrome Kerry in memory of John's son John Joe who was born with Down Syndrome and passed away at the young age of 14 in 1969.

The remainder of the donation of €1,100 was divided between the Hospice and Recovery Haven.

John Coffey marked his birthday with celebrations at Killarney Golf Club, and mass at Dr. Crokes Clubhouse where Cathaoirleach of Killarney Municipal Area, Michael Gleeson presented him with the President's Cheque.

Oh Deer... Sika steals the show at wedding shoot

An newly wed Australian couple who came to Ireland to exchange wedding vows have gone viral after their wedding shoot was "photobombed" by a sika deer as they posed for Wedding Photographer Adrian O'Neill at Ladies View in Killarney National Park. Melanie Joughalian and Lachlan Porteous were married at Ballyseedy Castle Hotel in

Tralee and choose Killarney National Park as the location for their photographs. They were posing for Adrian of www.staywildimages.com when, much to their delight the cheeky little deer came right up to the couple ensuring possibly one of the most unusual wedding photographs ever.



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Kerry Visual Artists' Showcase launched

Kerry Visual Artists' Showcase opens at 6pm on Culture Night tonight, Friday 20th September at Government Buildings, New Road, Killarney.

A key date in the arts calendar in the county, the selected artists are all from or based in Kerry and are building careers for themselves as artists working in Ireland today.

"It's a wonderful platform for our artists and the standard this year is again very high. Kerry County Council is delighted to be able to directly support the showcase", says Kate Kennelly, the County Arts Officer. "Audiences will see some of the best who are creating art in the county today. It's a wonderful introduction for all ages to art and a great evening out as it is Culture Night in Kerry the same day that we open the show."

There have been seven artists selected for the Showcase this year. Des Fitzgerald is a sculptor and photographer whose work covers a variety of issues such as communication, loss and friendship. Kaye Maahs works in oils and is a painter whose work is rooted in the personal and the local. James Hayes specialises in oil painting and illustration and his draws on personal connections between the individual and the wider world. Julie Lovett's influences derive from her rural upbringing, experiences and sense of place. Lisa Fingleton is an artist whose work is rooted in the autobiographical and deals with socio political and environmental



Launching the second Kerry County Council's second Architecture Kerry Festival at Killarney House and Gardens were from left, Cathaoirleach Kerry County Council, Cllr Niall Kelleher, Emer Corridon, Manager Cahernane House, Chief Executive Kerry County Council, Moira Murrell, Brid Colhoun, Killarney House and Gardens and Victoria McCarthy, Kerry County Council's Architectural Conservation Officer. Photo:Valerie O'Sullivan

concerns. Using paper, Nicole Tilley's work highlights overlooked historical domestic narratives and mental health experiences. Norman McCloskey work is shaped by the landscape of the Beara peninsula which he has explored with his camera for 29 years.

This is the fifth annual Kerry Visual Artists' Showcase. The exhibition will be opened by Cathaoirleach Niall Kelleher. The exhibition

runs from the 20th September until the 31st October this year. Opening hours at the Department are 9am – 5pm. Kerry Visual Artists' Showcase is supported by Kerry County Council, The Arts Council and The Department of Culture, Heritage & the Gaeltacht.

For further information contact The Arts Office, Kerry County Council – 066 7183541 or arts@kerrycoco.ie

DOZENS OF FREE EVENTS FOR CULTURE NIGHT IN KERRY

Kerry County Council Arts Office has been busy co-ordinating Culture Night events again this year along with arts groups and other organisations who are happy to get involved and offer a free night of cultural events to their communities.

EVENTS IN KILLARNEY MUNICIPAL DISTRICT

You can get an early start to Culture Night at St. Brigid's Secondary School who are back with their successful collection of artworks from young artists from 4-6pm, with refreshments.

The fifth Kerry Visual Artists' Showcase will be launched at 6.30pm at the Department of Culture, Heritage and the Gaeltacht, New Road. Light refreshments will be served.

At the newly refurbished Killarney Cultural Centre, DB O'Connor will host an hour of storytelling, sean-nós singing and dancing. At St Mary's Church from 8-9.30pm Afro Trad Ireland will perform their unique blend of songs, stories and drumming. On the railings of the church, artist Betty Rohan will exhibit her work from 5-10pm.

The Kerry Archaeological and Historical Society host a talk on The Wran in Kerry at Killarney Library from 7.30-9pm while from 7-9pm Killarney House and Gardens will tell the stories of the women of the House over the centuries. Declan O'Rourke will be in concert at the

Muckross Schoolhouse from 7.30-9pm and Don Mescall will give a song writing workshop and performance at the INEC from 7.30pm. Kerry Film Festival and Killarney Cinema will screen two short films from 6.30-7pm.

All events and any later additions to the programme can be found on www.culturenight.ie/kerry or phone 066 7183541



Culture Night Kerry Friday 20th September. With the national catchphrase Culture Night, venues and public spaces across Kerry open their doors to host a programme of arts entertainment late into the night. Culture Night is an all-Kerry celebration of arts, heritage and culture. Photo By: Domnick Walsh © Eye Focus LTD ©

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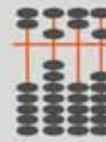
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September 18th – 22nd 2019



For over two decades, nothing has carried the energy, the sensuality and the spectacle of Riverdance the international Irish Dancing phenomenon. Having played over 11,500 performances to over 25 million people throughout 47 countries, the stage spectacular Riverdance comes to the INEC Killarney for a limited run September 18th – 22nd. On the 30th of April 1994 as the interval act of the Eurovision Song Contest, a worldwide audience of over 300 million saw the birth of Riverdance. The 7-minute performance earned a standing ovation from the 4000-strong audience. This, ahead of its time dance piece was then developed into a full stage show by producer Moya Doherty, composer Bill Whelan and Director John McCoolgan. With its fusion of Irish and International music

and dance, Riverdance broke all box office records during its world premières in Dublin, London and New York and continued to set new records in packed theatres and arenas throughout the world.

Staying true to its roots, Riverdance returns to Killarney with a rejuvenated show this Summer. Featuring the unbelievable talent of the Riverdance Lead Dancers, the Riverdance Irish Dance Troupe, the live Riverdance Band and International artists from Russia, Spain and the USA the show is guaranteed to mesmerise audiences of all ages and culture.

The smash hit show will commence its run in the INEC, Killarney on September 18th

For Further information please contact Ceara Scanlon 064 6671531 or ceara.scanlon@inec.ie



Mary Immaculate College Alumni Reunion

Mary Immaculate College (MIC), Limerick is inviting its past students back to the College on Saturday 5 October for the annual Alumni Reunion. This year the College will celebrate those who graduated in 1949, 1954, 1959, 1964, 1969, 1974, 1979, 1984, 1989, 1994, 1999, 2004, 2009 and 2014.

Taking place at MIC (South Circular Road, Limerick) from 2.30pm to 5.00pm, the Alumni Reunion is the College's largest event for graduates and a great opportunity to reminisce with former classmates and network with other Alumni. As the College has undergone significant expansion and development over the years and now counts a student population

of over 5,000, the Alumni Reunion will give graduates the opportunity to tour the campus to see the many changes that have taken place since they graduated.

President of MIC, Professor Eugene Wall, will be in attendance to welcome the returning Alumni. Refreshments will be provided on the day and mass will also be celebrated in the College Chapel (optional).

If you wish to attend the event, please email Alumni@mic.ul.ie to book your place. Please provide your name, programme from which you graduated from and the year in which you graduated.



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Recovery Haven honour Little Heroes



A VERY special event to recognise and reward Kerry's brave little heroes who are dealing with cancer is being organised in Tralee on Sunday, September 29.

Organised by cancer support charity, Recovery Haven Kerry, a special 'Little Heroes' Fun day will take place at Mitchell's GAA Grounds, Tralee from 3-6pm and will coincide with Children's Cancer Awareness Month in September.

The brainchild of Recovery Haven manager, Siobhan MacSweeney, the fun event is a way

of helping our most vulnerable cancer sufferers and their families forget about their illness for a few hours and enjoy a host of special treats laid on for them.

Recovery Haven already offers a range of counselling and group therapy sessions to children dealing with cancer, including the highly acclaimed CLIMB programme, which offers support to children dealing with a cancer diagnosis of a significant person in their life (from siblings to parents to grandparents).

However, Siobhan said that the charity wanted to do something extra special to mark Children's Cancer Awareness Month, while making a big fuss of our own little fighters and their families. "We wanted to show our appreciation for these amazing, brave youngsters right across the county who are enduring some very difficult battles, and what better way to do that than to organise a fun day in their honour," Siobhan explained. "Our Little Heroes day is all about celebrating these wonderful children and their families, while highlighting the growing range of services available for children affected by cancer at Recovery Haven. We want to show them that we are all here for them."

Siobhan explained that the event is not restricted to Recovery Haven clients, but is open to any child going through cancer or dealing with a cancer diagnosis in their immediate families.

Among the fun activities planned for the afternoon will be bouncy castles, vintage fire engine rides, a visit from the garda car, magical fairy fun, a disco with DJ Donal and lots of goodies to give away.

Entry is free and Siobhan is encouraging as many families as possible to come along and celebrate these amazing, brave little fighters.

Meanwhile, anyone else willing to offer their services to make this day extra special is asked to contact Recovery Haven on 0667192122.

Community celebration as Firies Childcare marks 20 years

Firies Community Childcare Centre is celebrating 20 years in business this coming Sunday with a celebration for everyone in the community.

The Centre was established in 1999 by four local Parents who saw the need in the community. The pre-school first opened in the local primary school, thanks to the Principal Jerry Foley and the cooperation of the school staff.

"We then moved to the local community Hall. In 2007 through grant aid a purpose built facility was built, beside the local school. This ensured we were in a position to offer Breakfast Club, 2 sessions of Pre-school and an Afterschool Service" Ivonne Kraemer told the Killarney Outlook.

Located opposite the church and close

to the school the playschool ensures the children attending Breakfast Club and Afterschool have a safe pathway between the centre and the school. Ample car parking is available as we are off the main road ensuring safety for children.

The centre has a beautiful sensory rich playground which the children have access to throughout the day and where they take part in flower gardening during the year.

We would like to take this opportunity to thank all the parents of the community for their ongoing support and we look forward to the next 20 years!

Please join us on Sunday 22nd September at 12pm for a celebration with bouncy castle for the children and Refreshments for everyone."



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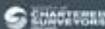
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Price Region: €295,000

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Price €450,000 BER D3



Meentogues, Headford, Killarney P51D7W9

Superbly maintained 5 bedroom detached house on c.0.6 acre site. Located approx 5km from Bannaduff village within walking distance of Meentogues National School. Bright spacious living accommodation extending to 212 Sq.M. / 2,280 Sq.Ft. approx. Turn key home suited to first time buyer / family home.

Price €220,000 BER C3



8 Friary Downs, Park Road, Killarney

3 bed semi detached house located within walking distance of Killarney town centre.

Price €270,000 BER C3



Cloonteens, Kilcummin, Killarney

Large 5 bed detached house with double garage on c.2.22 acres. Located approx 6km from Killarney town

Price €350,000 BER D2



59 Whitebridge Manor, Killarney

4 bedroom semi-detached property situated in this mature residential estate on the edge of Killarney town.

Price €230,000 BER D2



WORK UNDERWAY TO ESTABLISH KILLARNEY AS THE GATEWAY TO THE WILD ATLANTIC WAY



Pictured at the meeting which took place at the Great Southern Hotel in Killarney were...Cathaoirleach Killarney Municipal District, Cllr.Michael Gleeson, Chief Executive Kerry County Council, Moira Murrell, Pat Dawson, Manager, Killarney House and Gardens, Niamh O'Shea, Killarney Park Hotel, Miriam Kennedy, Fáilte Ireland, Bernadette Randles, Dromhall Hotel, Mike Buckley, Kerry Coaches, Danielle Favier, Fáilte Ireland, Etienne Van Vrede, Great Southern Killarney, Timmy O'Donoghue, Killarney Brewing Company, Josephine O'Driscoll, Fáilte Ireland, Ollie Favier, The Shire Bar/4th July Festival, Paul O'Neill, O'Donoghue Ring Hotels, Conor Hennegan, Tourism Consultant. Photo:Valerie O'Sullivan

Fáilte Ireland is currently working with local industry in Killarney to establish the town as the Gateway to the Wild Atlantic Way. At a meeting in Killarney this week, progress was made when Fáilte Ireland met with key stakeholders and businesses to discuss the next steps for a strategy that will establish Killarney as a gateway town for visitors exploring the Wild Atlantic Way.

The meeting took place at the Great Southern Hotel in Killarney and was attended by members of the Killarney tourism industry, Killarney Chamber of Tourism and Commerce, the local authority, the National Parks and Wildlife Service, the Irish Hotel's Federation and local industry representatives, who are all part of a Steering Group for the Killarney Wild Atlantic Way Gateway Strategy.

Killarney was identified by Fáilte Ireland as a Wild Atlantic Way Gateway as it offers visitors a broad range of accommodation, a wide variety of day time visitor attractions and activities, plenty of restaurants and evening entertainment and it is a main transport hub for the area.

"The Wild Atlantic Way has been a phenomenal success and this strategy is a great opportunity for tourism businesses to capitalise on the popularity of the route by enticing visitors to come to Killarney and Kerry, stay in our hotels, eat in our restaurants and experience everything the town has to offer", Bernadette Randles, a local hotelier and Chairperson of the Irish Hotels Federation Kerry branch, who is a member of the Killarney Wild Atlantic Way Gateway Strategy Steering Group said.

"The Wild Atlantic Way has been a phenomenal success and this strategy is a great opportunity for tourism businesses to capitalise on the popularity of the route by enticing visitors to come to Killarney and Kerry, stay in our hotels, eat in our restaurants and experience everything the town has to offer."

Killarney was chosen as one of two pilot towns/cities to test the Wild Atlantic Way Gateway concept alongside Limerick City over a three-year period. The Killarney Wild Atlantic Way Gateway Strategy will be finalised later this year, with recommendations and actions for local industry from 2020 – 2022.

Your Community Needs You....

Killarney Cardiac Response Unit are currently seeking volunteers to become First Responders. The voluntary unit has approximately 40 members who respond to 999/112 emergency cardiac phone calls. The group work alongside and under the

control of the National Ambulance Service and all responders have a pager/radio on them which is linked to a control phone through this service. The team met at The Killarney Plaza Hotel this week to recruit new members and the credentials required are that volunteers are

over 18 years old, live within 6km of Killarney Town Centre, have a full driving licence and access to a fully insured vehicle. If you would like to become a member and save lives call 085-8255280 or email: recruitment@killarneycru.ie



Killarney Cardiac Response Unit assisted Bridanne's father so she was more than willing to attend KCRU's open evening at the Killarney Plaza Hotel on Wednesday evening L-R Eileen Brosnan, Bridanne Cronin & Kevin O'Leary. Picture Marie Carroll-O'Sullivan



Ann Rohan & Ann Carroll pictured at the Killarney Plaza Hotel for their recruitment evening & making a plea to the community to familiarise themselves with the information needed when calling. Picture Marie Carroll-O'Sullivan



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MONEY MATTERS.....

By Dermot Cronin,
Financial Advisor



WHEN CAN YOU ACCESS YOUR PENSION & WHAT ARE YOUR OPTIONS WHEN YOU WANT TO RETIRE?

Many pensions can be accessed from age 60, a lot of the rules depend on whether you are an employee or self employed. If you are coming close to retirement you are probably wondering what options you have when you want to get access to your pension. It depends on what type of pension you have but generally there are four options:

Tax Free Cash : Most people will be entitled to a tax free lump sum, the amount varies however generally you will get at least 25% of the value of your pension in a tax free cash lump sum.

Taxable Cash: You may be able to take sum of your pension in taxable cash.

Annual Pension: This is a guaranteed income for the rest of your life that is purchased with the money left after your tax free lump sum.

Approved Retirement Funds: You may be entitled to keep some of your money in an approved retirement fund, money can be taken from the fund to give you a regular income. It is extremely important that you take your time and have all the options explained to you in plain simple English and that you understand all your options clearly before you make your final decision. As well as the above there is much more to be discussed about your pension. You should discuss your retirement options with a financial advisor who has access to a number of different pension providers before making any decisions, he or she will help you with the above options and any other queries you may have.

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

David
O'Driscoll
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PROPERTIES FOR SALE

PIKE HILL, KILLARNEY

Bed Detached Property with separate 3 Bed Detached Bungalow to the front of the site. Located on the periphery of Killarney Town on the Cork Road, this is an ideal opportunity for an owner occupier to purchase a spacious property close to town.

GUIDE PRICE: €495,000

BER C2



GLANOORAGH HOUSE, DOONRYAN, KILLARNEY

High spec 4 Bed Detached Property located at Lawlors Cross off the Tralee Road in Killarney. This property is in turn key condition with a converted garage laid out as medical offices attached to the property. Viewing comes highly recommended for those looking for a well finished property close to Town in a quiet setting.

GUIDE PRICE: €475,000

BER B3



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BUILDING WORKS BEGIN AT KDYS

eurOg



This week marked the commencement of an exciting phase in the development of Youth programmes in Ireland with works beginning on an accommodation unit at the 'eurOg' Youth Centre in Killarney which is the flagship Centre of the Kerry Diocesan Youth Service.

The Centre was awarded the European Youth Centre Quality Label in 2017 by the Council of Europe, becoming the only Youth Centre in Ireland to receive this accolade and one of only 13 Youth Centres in total out of the 47 member Countries of the Council of Europe.

The Building works taking place in eurOg will see the addition of an accommodation unit – 'STAY@eurOg' -in the KDYS Centre alongside the Friary in Killarney. This new wing will create exciting new opportunities for young people to come and stay in Killarney from all over the County, all over Ireland and internationally.

Overall there will be 47 beds available along with a range of state of the art workshop rooms and meeting spaces. An onsite coffee shop will be open for the public to come in and the Centre will continue to facilitate a range of activities for the wider community of Killarney. The eurOg Centre operates as a social enterprise and all proceeds are used to further develop the Centre and services for young people in the area.

"We are delighted to expand our Service and to introduce this facility as it will connect many young people locally to opportunities across Europe and for continental based young Europeans to come here. It will also create possibilities for young people in Youth Clubs around the County to come and enjoy Killarney as part of their annual programme.", CEO Tim O Donoghue told the Killarney Outlook.

'STAY@eurOg' will cater for groups travelling

with leaders, coming to participate in a variety of programmes aimed at the development of young people in a fun and interactive way. eurOg will act as a bridge to the many initiatives available to young people as citizens of Europe. In late October the Council of Europe expert team will visit Killarney to reassess the Centre with a view to renewing the European Youth Centre Quality Label for a further five years. Tim O Donoghue says, 'the Council of Europe are very impressed with the work of the KDYS and recognise the powerful community support that ensures that our young people benefit from a high quality youth service in their area. We are very proud that a Kerry organisation is leading out these high standards on a national and international stage. The development of 'STAY@eurOg' will take around two months and this will see us into a new and exciting programme in 2020.'

KILLARNEY VTOS Celebrates Success

A graduation night was held recently to celebrate the achievements of all the Killarney VTOS Graduates of 2019. All learners did exceptionally well, achieving QQI Level 3 or Level 4 Major Awards in Information and Communication Technology Skills or Employment Skills. The QQI accredited Level 3 and 4 courses prepare learners to develop new skills for progression to the World of Work or Further Education. An integral part of the course is computer training, which is offered up to ECDL/Advanced ECDL and Expert ECDL standard.

These QQI/ECDL certificates are proof of the commitment, determination and perseverance of the Adult Learners. All the learners were congratulated on their hard work, on getting their QQI qualification which is a wonderful tool in today's world, one that can open many doors of opportunity for them.

The Killarney VTOS Adult Education Centre, under the auspices of Kerry Education and Training Board KETB has been providing quality education in Killarney since 1993. Killarney VTOS recognises the importance of lifelong learning and it provides this in a supportive, friendly



KILLARNEY VTOS GRADUATES 2019

environment for Adult Learners. Personal Development and Career Guidance along with CV Preparation and Interview skills are also delivered. The Work Experience Placement can provide an invaluable opportunity for learners to explore new career directions, build confidence and secure future employment.

KILLARNEY VTOS IS NOW RECRUITING! If you are unemployed and in receipt of a social welfare payment, or a dependent of someone on a payment, you may be eligible. For further information call into the Killarney VTOS Centre which is located in the New Street Car Park next door to the St. Vincent de Paul shop. Or ring 064 66 37757



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KILLARNEY TOWN

4 bed-semi with a 2 bed attached apartment. Close to Tesco shopping centre at Park Road. Suitable for business/family home etc. Front and back garden with ample parking. Needs some refurbishment

**PRICE REGION POA
BER PENDING.**



UPPER LISSIVIGEEN, KILLARNEY.

V. spacious 5 bed detached, modern dormer, (2 en-suite) approx. 2,200 sq. ft. Ideal family home with quality kitchen and solid birch floors. On c. 1/2 acre with excellent mountain views and only 5 mins. drive to Killarney town. Great residential location.

P.O.A. BER PENDING.



KILLORGLIN TOWN

(Ardmoneil) Detached, 5/4 bed on c. 1/2 acre only a few minutes walk to town centre. Further development possible. (subject to planning) Zoned medium density and connected to main sewer. V. spacious with great potential.

**PRICE REGION €300,000
BER PENDING**



3 THE OLD KILLARNEY VILLAGE, AGHADOE, KILLARNEY

3 bed, 1 ensuite, lounge, bathroom, kitchen/dining, utility. Suitable for attic conversion with plenty height and space. On a large site and only 1 mile approx. from town. Brilliant, prestigious location

**PRICE REGION €230,000
BER PENDING**

KILLARNEY TOWN. 4 bed semi with a 2 bed aptm. attached. Close to Tesco shopping centre in Park Road. Suitable for business or family home. Front and back garden with ample parking. P.O.A.

AGADOE KILLARNEY. 3 bed detached, about 1 mile from town, needs upgrading and renovation. Great location. P.O.A. Ber pending.

AGHADOE, KILLARNEY, The Old Killarney village, 3 bed semi with a new slate roof, 2 downstairs bedrooms, 2 ensuite with a very large garden price region €210,000.

UPPER LISSIVIGEEN, KILLARNEY. Spacious, detached, 5 bed dormer on c. 1/2 acre. extremely private, scenic and great residential location. Great family home with good garden to back and front.

8 ACRES OF DEVELOPMENT LAND only a few mins. walk to Killorglin town centre. Zoned residential. Dry, level, roadside, scenic property with great potential.

MANGERTON VIEW, OFF LEWIS RD. Killarney, Store/garage (14.5 ft.X 28ft.) on a site of total measurements 18ft.X100ft. Great location with good access

FIRIES AREA, KILLARNEY Country mansion on c. 39 acres approx of top quality land all in excellent condition.

FIRIES VILLAGE Modern licenced premises with a spacious function room and commercial kitchen. Generous living accommodation, lots of free parking and rear entrance.

KILCUMMIN OR FIRIES area, semi or detached house wanted for cash buyer.

BARLEYMOUNT, KILLARNEY 6.5 acres approx. of rough land.

BARLEYMOUNT, KILLARNEY 1.75 acres approx. field with spectacular views

SPA/KILLARNEY 1 acre site, subject to planning, dry elevated, great location

CARAGH LAKE, KILLORGLIN, New, detached, 4 bed dormer, under construction. Close to n.s. very scenic area. Ber rating of "A" expected. Very modern build.

CARAGH LAKE/GLENCAR/KILLORGLIN area old 2 storey farmhouse on c. 2.5 acres. Very scenic tranquil setting in this very desirable location.

CROMANE VILLAGE Large, detached, 4 bed dwelling house, 4 bed, 2 ensuite, with former P.O. and shop attached. Large site c. 3/4 acre. Needs renovation but ideal family home/ Eirb&b, hostel etc.

KILLORGLIN TOWN (Ardmoneil) Detached 2 storey, 4 bed on c. 1/2 acre, zoned medium residential, with further planning possible. Extremely convenient location.

KILLORGLIN TOWN Modern, detached 3 bed, 2 storey dwelling, concrete build, great location, private, gated development. Price region €240,000 Ber pending.

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

KILLORGLIN TOWN CENTRE Licenced premises. Great location with extensive street frontage. Large building with "spacious Beer Garden." Needs some upgrading but has huge potential for

food, entertainment etc. Attractively priced.

DOOKS, GLENBEIGH. Beautiful, detached bungalow with spectacular views. Very private with electric gates and many special features. Close to Dooks golf club.

CASTLEISLAND TOWN approx. 14 acres of land zoned industrial. Extensive road frontage on the main Tralee road.

FARMS/LAND

FARM FOR SALE AT BALLYVIRRANE, MILLTOWN. C.51 acres with an old dwelling and various farm buildings. Extensive road frontage. Approx. 1 mile to Milltown village and about 9 miles from Killarney.

FARM FOR SALE AT KNOCKREAGH, MILLTOWN c.40 acres of good land in one lot with an old 2 storey dwelling, a slatted unit and barn, with Entitlements of approx. €7,500. About 2 miles from Milltown village and 8 miles from Killarney.

BALLYFINNANE, FIRIES, KILLARNEY. 9 acres approx. in one field. Bounded by a river on one side and fronting the public road.

FIRIES AREA, KILLARNEY Country mansion on c. 39 acres approx of top quality land all in excellent condition.

140 ACRES APPROX. with a detached bungalow at Tullig Beg, Killorglin. C. 110 acres of "cutaway bog" and c. 30 of grazing land with a detached bungalow, v. scenic & on the main Ring of Kerry rd.

FARM OR SALE c.65 acres of good quality land with or without the 2 storey residence thereon. Approx. 4.5 miles from Killarney town. Various sheds and slatted unit. Good access road through the farm. Elevated with panoramic views. Viewing strictly by app. with the auctioneer.

SITES

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

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

FAHA, KILLARNEY, c. 1/2 acre, dry, roadside, great location, bargain.

SITE AT ARDLAHAS, Beaufort c. 0.8 acre.

BALLYHAR AREA c. 1/2 acre site. Nice dry ground and has passed the percolation test. Price region €50,000 o.n.o.

TIRNABOUL c. 1 acre beside the Tirnaboul national school.

GLENBEIGH c. 1 acre in Glenbeigh with sea views.

GARDA glamour on the menu at annual Ball

Donning their dickie bows and designer gowns, the members of the Kerry Division of An Garda Síochána, under the direction of Chief Superintendent Eileen Foster, have launched a Black Tie Gala Ball, to be held in the Killarney Oaks Hotel on Friday the 4th of October 2019

"Last year's garda ball was a huge success that we had profits left over which we donated to the Kerry Mountain Rescue and the Kerry/Cork Cancer Link Bus", Garda Gillian MacEoin, one of the organisers of the event told the Killarney Outlook.

"This year we have chosen to nominate the Kerry Rape Crisis centre as the beneficiary of our Ball. All profits made from ticket sales for our ball this year will go in aid of this centre.", Gillian added.

A champagne and canapé reception will begin at 6.30pm and will be followed by a 5 course sit down meal, while The Bentley Boys Band will ensure that everyone will be on their feet after the meal, dancing into the night.

The Kerry Garda Dress Dance was revived last year following an absence of 26 years of the event. In the past it was a yearly event which attracted a huge crowd.

"We have fabulous spot prizes, kindly donated by many businesses in Kerry, and we will have a



In aid of the Kerry Rape Crisis Centre this year, the Kerry Division Garda Ball will take place at the Killarney Oaks Hotel on 4th October. Tickets are available now and all are welcome L-R Detective Inspector Paul Kennedy, Vera O'Leary (Kerry Rape Crisis Centre), Killarney Superintendent Flor Murphy, Chief Superintendent Eileen Foster, James O'Connor Killarney Oaks Hotel & Sergeant Dermot O'Connell. Picture Marie Carroll-O'Sullivan

professional photographer on hand that night to capture all the glitz and glamour. All guests will then be given a professional photograph of themselves at the ball to keep", Gillian added. Tickets are priced at €70 each and are available

from any of the Kerry Garda Black Tie Gala Ball committee members in any Garda Station in Kerry and the event is open to everyone to attend.

Guten Tag.... Killarney has a new best friend in Germany

KILLARNEY hopes to forge strong new cultural, tourism and business links with a busy area in Germany after agreeing to what is being described as a new "town friendship" with Schlebusch-Leverkusen.

Killarney Chamber of Tourism and Commerce President, Paul Sherry, was the VIP guest at the annual Schlebusch festival at which a friendship pact was agreed and an official scroll signed by the Mayor of Schlebusch, Bernhard Marewski.

Schlebusch has a population of 26,000 people, with 160,000 in the greater Leverkusen area, and it is hoped that the already great relationship can be enhanced going forward for the benefit of both towns.

The friendship pact arose from a visit by a party from Schlebusch to the St Patrick's Day celebrations in Killarney in 2019 and they will be returning again for the March 17 festival in 2021. That group was led by Matthias Hermann, Erin Caraideann and the Irish Friends in Leverkusen and they fell in love with the town and its people.

In addition, another group of 19 people will visit Killarney next March and they are really looking forward to meeting up with great friends already made.

Paul Sherry said Killarney Chamber of Tourism and Commerce was delighted to accept the invitation to attend the festival in Germany and



Killarney Chamber of Tourism and Commerce President, Paul Sherry (centre), signs the friendship pact with the Mayor of Schlebusch, Bernhard Marewski (left) and Matthias Hermann of the Friends of Killarney in Leverkusen.

he is confident it will lead to a very positive and lasting relationship.

"The hospitality shown and the warmth of the people of Schlebusch was amazing and their interest in all things Irish, and especially Killarney, was heart-warming," the chamber president said.

During his visit to the two-day festival, Mr Sherry also met with Paul Cahill who is a key

part of the Global Team in the Irish Business Network and they discussed how links can be built between Killarney and the culture-rich German town.

The chamber president also presented Mayor Bernhard Marewski with a book entitled Beautiful Killarney which features some stunning images of the beauty of the area.



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THROUGH THE KEYHOLE....

A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET

Sherry FitzGerald



Address: 15 Muckcross Close, Muckcross Road, Killarney Exceptionally well finished three bedroom semi-detached home, with stone facade and large rear garden, in quiet cul-de-sac development, off Muckcross Road. The property is conveniently located to all town centre facilities and walking distance to Killarney House and National Park. Ideal family, retirement or investment property.

Agent: ● Michael Coghlan Sherry FitzGerald Coghlan ● 95 New Street, Killarney ● Tel: 064 6631892 / 087 2668591 ● E: info@sfmc.ie

Price Region: €295,000 BER C2

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

Killarney faces at the Listowel Races...

Photos: Don MacMonagle



Mary Kelliher from Killorglin, County Kerry winner, pictured at the McElligott's Honda Ladies Day at Listowel Races in County Kerry.



Finalists in the McElligott's Honda Ladies Day at Listowel Races were from left, Betty McGrath, Listowel, (Jazziest Headpiece), Jozette Harnett, Thurles, Catherine Burke, Tralee, Niamh O'Doherty, Newcastlewest, Mamie Hayes, Limerick, Mary Kelliher from Killorglin, County Kerry winner, Siobhan Kennedy, Tournafoulla, Deirdre Kissane, Limerick, Laura Horgan, Finuge and Jordana Lambadarios, Templeglantine. Photo: Don MacMonagle

Sensational style at Listowel Races

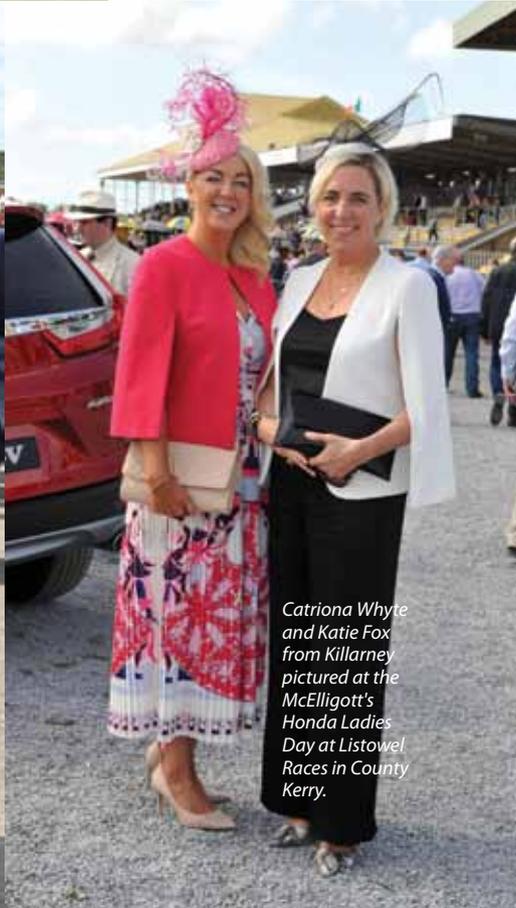
Friday the 13th proved to be very lucky for Mary Kelleher from Killorglin when she was announced as the McElligotts Honda Best Dressed Lady 2019 at Listowel Races Ladies Day.

Wearing a fitted mint green Tina Griffin dress with a matching Carol Kennelly headpiece, she wins a cheque for €3,000 and a Honda Civic for a year. First runner up was Catherine Burke, wearing an embellished blue jumpsuit from Joi Castleisland and she received a cheque for €1,000 and second runner up was Jozette Hartnett from Tipperary, wearing an off the shoulder green dress with a crown

styled headpiece from Hat Trick. She received a cheque for €500. The winner of the McElligotts Honda Jazziest Headpiece was Betty McGrath from Listowel, who wowed in a dramatic French Riviera style headpiece by Listowel Milliner Aoife Hannon. The winners of the Most Stylish Selfie was shared between Sarah Murphy, Emer Lynch and Ian Moloney for their group selfie and they received a cheque for €300. Ladies Day was judged by Celia Holman Lee and Marietta Doran and for the fifth year in a row sponsored by McElligotts Tralee and Honda Ireland.



Mary O'Connor and Jill Duggan, Killarney pictured at the McElligott's Honda Ladies Day at Listowel Races in County Kerry. Photo: Don MacMonagle



Catriona Whyte and Katie Fox from Killarney pictured at the McElligott's Honda Ladies Day at Listowel Races in County Kerry.



Thomas McEllistrim, Tralee and Mary Crean-Scannell Killarney pictured at the McElligott's Honda Ladies Day at Listowel Races in County Kerry.



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KILLARNEY TOWN TALK

IRISH SIGN LANGUAGE CLASSES

Killarney CHIME in association with the Irish Deaf Society are hosting Sign Language Classes every Monday for 15 weeks starting on Monday next, September 23rd from 6.30p.m. - 8p.m. to book a place contact islclasses@irishdeafociety.ie

KILLARNEY ACTIVE RETIREMENT

have resumed meetings in the KDYS (back of Franciscan Friary Bookshop) on Fridays fro 2 to 4PM. New members welcome- no need to join until your 3rd meeting- we have holidays-outings- Exercises-speakers-mini-Bingo-Quiz-Sing-a-Long etc., Short Mat Bowls - Nancy Hegarty 087 7721433

ADULT EDUCATION NIGHT CLASSES

Have now commenced in Killarney Community College, Enrolment now open, please call to school office Monday – Friday 9.30am – 4.00pm. For further details please contact 064- 6632008 or email adulted@killarneycc.ie

GAELSCOIL FAITHLEANN 30TH ANNIVERSARY:

A family picnic and Mass will be held this coming Saturday, September 21st on Innisfallen Island to celebrate the school's 30th anniversary. Mass commences at 2pm . All past parents and pupils are invited to attend. Further information on the school website www.gaelSCOILfaithleann.com Tá fáilte roimh chách arais!

THE IRISH CANCER SOCIETY

is looking for volunteers to drive patients to and from their chemotherapy treatments in all public hospitals nationwide. Volunteers will need their own car but all expenses are paid. If you have 2 free days a month (Monday – Friday)

BLOOD TRANSFUSION CLINIC

The Irish Blood Transfusion Service will hold a Blood Donor clinic in The Dromhall Hotel,



Taking a well deserved breather, the Killarney Race Course Management & Staff, enjoying their end of year celebrations. Picture Marie Carroll-O'Sullivan



A early birthday surprise for Kathleen as friends and family gather for Mark's christening. Kathleen Daly, (seated left of centre) with (L-R) her daughter Siobhan, Granddaughter Julie, Grandson Daniel (kneeling in front), husband Dermot, Son in Law Johnny and newly christened Grand child Mark Quinlan at the International Hotel on Saturday afternoon. Picture Marie Carroll-O'Sullivan



PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

Killarney next week, 23rd – 26th September 2019

Monday 5pm – 8.30pm

TUES, WEDS & THURS

3pm – 5pm & 7pm – 9pm

Blood Donation is essential to ensure Hospital Patients get the treatment they need.

One Donation can save up to 3 Lives

Full details of all clinics and on Giving Blood can be found on www.giveblood.ie

THE OLD FLEA MARKET

The Old Flea Market will take place in the Laurels Hall on Sunday 13th October from 12-5pm with lots of craft art, vintage, handmade jewellery and live music.

CHARITY FAMILY FUN DAY

A Charity Family Fun Day will take place at Muckross Park Hotel & Spa on Sunday 29th September from 12-4pm.

Everyone is welcome for a day of family fun & enjoy a range of family activities:

- BBQ
- Face painting
- Balloon Modelling
- Nail art
- Kids entertainers
- Cupcake making
- Kids disco and so much more...

All proceeds on the day go directly to our charity partner, Down Syndrome Ireland

For further information on this event, please call the hotel directly on +353 64 6623400 or email info@muckrosspark.com

GLENEAGLE GROUP UP FOR BEST HOTEL GROUP

The Gleneagle Hotel Group has been nominated as a finalist in the Best Hotel Group category at the upcoming Hotel & Catering Review Gold Medal Awards.

The hotel group is one of three finalists, and is competing with The Doyle Collection and Maldron Hotels for the coveted title of Ireland's Best Hotel Group. The Gleneagle Hotel is also a finalist in the Family Friendly category.

The winning businesses will be announced and presented with their awards at a black-tie gala dinner on Tuesday, September 24 at The Lyrath Estate Hotel in Kilkenny.



Katie O'Connell, Killarney, daughter of Pdraig and Mary & Patrick O' Connor-Scarreen, Kenmare pictured with Taoiseach Leo Varadkar following their wedding in Kenmare on Friday 13th September. Photo: Dasha Caffrey Photography

KILLARNEY LIBRARY:

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

ANNUAL INVITATIONAL GOLF TOURNAMENT FOR KILLARNEY GOLF & FISHING CLUB

Experience Ireland Golf & Travel is delighted to return to Killarney Golf & Fishing Club for its 3rd Annual Invitational Tournament on Monday 28th October 2019! Nearly 92 golfers, from all over the Irish Tourism Industry and further afield took part in last year's event, in glorious sunshine beside the beautiful lakes of Killarney and we're hoping for similar numbers and definitely similar weather!

This year's Tournament will be a Team of 4 Event with 2 scores to count towards what will hopefully be a winning score! Defending Champions Steve Shine, Daniel Shine, Peter McGrath & Mick Clifford from Killarney are hoping they will defend their title this year.

If you would like to enter a team please info@experienceirelandgolfandtravel.com.

SWAP SHOP SOCIAL

As part of the #secondhandseptember movement started by Oxfam Ireland, OFM are organising another SWAP SHOP SOCIAL on Sunday 22nd September in Social 15.

The idea is to take a minute to Slow Fashion Down...to think about how we clothes shop and how to make more sustainable and ethical choices.

On the day Siobhan Heffernan, a recent graduate of Limerick School of Art & Design, an up and coming designer from Listowel who uses sustainable practices in her designs and Grace Claro, a student from Tralee who is also an artist and photographer with particular focus on fashion photography and who took part in No Buy July will be in attendance.

...and the SWAP...here's how it works...you bring 5 items of clothes (clean, in good repair) and we put them all on the rails, everyone will have a chance to see what's available, then we do a countdown and everyone can take what they would like!

It's a great day out, chatting about all things fashion and sustainability...

Tickets are just €5 from www.eventbrite.ie.

Celebrate your Junior Cert results but select your Leaving Cert subjects carefully



By Billy Ryle

RESULTS ISSUED

Results will finally be issued on Fri, 4th Oct to 62,562 candidates nationwide, including 1,953 (959 female/994 male) candidates from Kerry, who signed up for the Junior Cert exam. It will be a day for candidates to celebrate a significant success in their first public exam, albeit sensibly and safely. The Junior Cert exam is often overshadowed by the more public Leaving Cert exam but it's an important exam in its own right.

VALUABLE

After three years in Junior Cycle, students get their first exposure to a public exam of the State Examinations Commission (SEC). Candidates are awarded a Level 3 qualification on the National Framework of Qualifications (NFQ). This Cert is a valuable document as it confirms that the candidate has successfully completed Junior Cycle education at the subject levels and grades shown on the Cert.

NEW GRADES

Six new grade descriptors - Distinction, Higher Merit, Merit, Achieved, Partially Achieved, Not Graded - are being gradually phased in in the reformed Junior Cycle programme, while the old A, B, C, D, E, F grades are being phased out.

CAREER PROFILE

The broad curricular base of the Junior Cycle gives students insights into their aptitudes, abilities, interests and personality. The exam also measures a candidate's standard at the end of the Junior Cycle. As well as the academic content, subjects like Physical Education, Career Guidance, Social and Health Education (SHE), Civic, Social and Political Education (CSPE), along with a comprehensive programme of extra-curricular activities, develop self-awareness in each student. In short, a personal

career profile begins to emerge during the Junior Cycle.

PASSPORT

With very few students now leaving school after this exam, the Junior Cert is a passport to Senior Cycle education, which lasts for two or three years. Senior Cycle caters for students in the 15 to 18 age group. The optional Transition Year (TY), which follows immediately after the Junior Cycle provides an opportunity for students to experience a wide range of educational inputs, including work experience, during a year that is free from formal exams.

SENIOR CYCLE

During the final two years of Senior Cycle students take one of three programs, each leading to a state exam - the traditional Leaving Certificate (LC), the Leaving Certificate Vocational Program (LCVP) or the Leaving Certificate Applied (LCA).

TRADITIONAL LC

The traditional Leaving Cert exam, a Level 5 qualification, is the terminal exam of post-primary education. Syllabi are available in more than 30 subjects and students usually study seven subjects including Irish, English and Mathematics. All subjects are available at higher and ordinary level. A foundation level paper is also available in Irish and Mathematics.

LCVP

The Leaving Cert Vocational Program (LCVP), also a Level 5 qualification, is similar to the traditional Leaving Cert, with some additional modules called Link Modules, which have a vocational focus.

LCA

The Leaving Cert Applied (LCA), a Level 4 qualification, is a self-contained two-year

course, which meets the needs of students who are not adequately catered for by the other Leaving Cert programs. It is a person-centered course involving a cross-curricular approach rather than a subject based structure.

Good luck to all Junior Cert candidates getting results on 4th Oct. Most schools will now give those moving on to Senior Cycle a few days to firm up their Leaving Cert subject choice. Consider your Leaving Cert subject choice very carefully, think about your course options and the related careers. In the end, select wisely as this is the first step on your path to college.

CHECKLIST

- ✓ The Junior Cert is a very important exam in its own right
- ✓ The Junior Cert is at Level 3 on the NFQ
- ✓ The Junior Cert exam is a test of achievement
- ✓ Six new grade descriptors are being phased in until 2021
- ✓ The Junior Cycle provides students with insights into their aptitudes, abilities, interests and personality
- ✓ The Junior Cert exam is a passport to Senior Cycle education
- ✓ An optional Transition Year is available immediately after the Junior Cycle
- ✓ During the final two years of Senior Cycle students take the traditional Leaving Certificate (LC), the Leaving Certificate Vocational Program (LCVP) or the Leaving Certificate Applied (LCA)
- ✓ Give careful consideration to your Leaving Cert subject choice

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



40 students and 7 teachers from St. Brigids Secondary School Killarney participated in the couch to 5km run as part of our wellbeing program. This program will run till December.



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HER FUTURE STARTS HERE...

New Certificate in Revenue Management Course available through South Kerry Skillnet

A new certificate in Revenue Management, developed by South Kerry Skillnet in conjunction with the IT Tralee and the Hotel Industry has been launched this week.

The certificate course is aimed at organisations who wish to provide continuous support and professional development upskilling existing or potential reservations/revenue managers, requires those participating to attend at the IT Tralee for one day a week for a 12 week period as well as completing an online module. The course is also targeted at general managers and deputy managers as well as members of the sales team. Successful applicants will receive accreditation at a level 7 special purpose award.

Speaking at the launch, South Kerry Skillnet Network Manager Aoife O'Reilly said the course has been developed by South Kerry Skillnet as a response to requests from hotel industry for a focused course on Revenue Management. "There is a skills gap in this area which has been highlighted and coming from a hospitality background I was able to

hold consultation days in order to ensure that the modules and course content were filling this skills gap" Aoife said. She added that in support of this course, they are also including an excel module which will appeal to anyone creating, reading or presenting reports.

Noel Spillane, CEO of South Kerry Development Partnership CLG, through which the South Kerry Skillnet operates, said that Skillnet Ireland's Future Skills Programme (FSP) facilitates such innovation and collaboration in new programme design and industry-based research on the future of work and learning. "This programme also facilitates collaborations between enterprise, academic institutions and industry training providers to develop innovative new programmes that specifically address the future skills needs of businesses and emerging skills gaps within growth sectors, particularly the tourism sector here in Kerry" he added.

The course is due to commence on the 15th of October and the closing date for applications is Tuesday, 1st of October. The cost of the



course is €625. This is being heavily subsidised by South Kerry Skillnet for this year given the normal course cost would be €1,240.

For further information on the course or to sign up please contact Aoife O'Reilly by e-mail aoreilly@skdp.net or go to www.kerryskillnet.ie



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- Desktop Publishing
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- IT Skills
- Food and Nutrition
- Painting
- Maths
- Workplace Safety
- Tourism

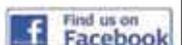
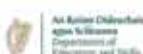
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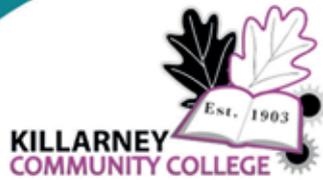
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Autumn 2019

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CERTIFIED COURSES:

- Safety & Health at Work QQI Level 5 5N1794 Component Certificate Tuesday 10 weeks 6:45 - 9:45 p.m. €250
- Palliative Care Support QQI Level 5 5N3769 Component Certificate Thursday 10 weeks 6:45 - 9:45 p.m. €250
- Challenging Behaviour QQI Level 5 5N1706 Component Certificate Thursday 10 weeks 6:45 - 9:45 p.m. €250
- Child Health & Well Being QQI Level 5 5N1765 Component Certificate Tuesday 10 weeks 6:45 - 9:45 p.m. €250
- Early Care & Education Practice QQI Level 5 5N1770 Component Certificate Thursday 10 weeks 6:45 - 9:45 p.m. €250
- Special Needs Assisting QQI Level 5 Component Certificate **FULL** starts Tuesday 24th Sept. 6:45 - 9:45 p.m. 10 weeks €250
- Special Needs Assisting QQI Level 6 Component Certificate **NEW** starts Thursday 26th Sept. 6:45 - 9:45 p.m. 10 weeks €250
- Accounting Manual & Computerized QQI Level 5 5N1348 Component Certificate Tuesday 25 weeks 7:30 - 9:30 p.m. €350

QQI Exam Fees of €20 not included

HOBBY COURSES – TUESDAY

Improvers Computer Course	9 weeks 7:30 - 9:30 p.m. €110
Flower Arranging	Starts 24th Sept 6 weeks 7:30 - 9:30 p.m. €130
Introduction to Digital Photography	7 weeks 7:30 - 9:30 p.m. €90
Circuit Training	9 weeks 6:45 - 7:45 p.m. €60
Pilates	9 weeks 7:15 - 8:15 p.m. €60
Introduction to Interior Design	6 weeks 7:30 - 9:30 p.m. €80
Spanish – Beginner's	9 weeks 7:30 - 9:30 p.m. €110
Acrylics for the More Advanced	9 weeks 7:30 - 9:30 p.m. €110
Intermediate English	9 weeks 7:30 - 9:30 p.m. €110

HOBBY COURSES – THURSDAY

Computers for Absolute Beginners	9 weeks 7:30 - 9:30 p.m. €110
Spanish – Improver's (Level 2)	9 weeks 7:30 - 9:30 p.m. €110
Genealogy - Ancestry & Local History	6 weeks 7:30 - 9:30 p.m. €80
Salsa Dancing	9 weeks 7:00 - 8:00 p.m. €60
Tai Chi	9 weeks 7:30 - 9:00 p.m. €80
Acrylics for Beginners	9 weeks 7:30 - 9:30 p.m. €110
Irish	9 weeks 7:30 - 9:30 p.m. €110

DAY ENROLMENT:

Killarney Community College Adult Education Office - Monday – Friday 9:30 a.m. - 4:00 p.m. (Closed for lunch)
Closing Date 26th September 2019. Places offered on a first come first serve basis. Formation of classes depends on sufficient demand. Classes will commence on **Tuesday 1st October and Thursday 3rd October** (unless otherwise stated) Fees must be paid in full on enrolment. They can be paid by cash or by cheque (payable to Kerry ETB).

All course fees are receipted. Refund of fees is made only where classes are cancelled due to insufficient enrolment numbers.

A refund of your tuition fee will be prepared and forwarded to you at your postal address.

Killarney Community College is registered with QQI to offer programmes leading to QQI awards in the National Framework of Qualifications.



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ARE YOU A MILES PER GALLON OR A MILES PER HOUR TYPE OF PERSON?

Economy of motion is a phrase which I was introduced to, when I was younger, as a fan of the great Bruce Lee. This phrase had meaning beyond good footwork and the idea that the quickest way from point A to point B is a straight line. It was a concept. Applied to the body it would prioritise unrestricted freedom of movement, ensure muscles that are best placed to perform a function do so and eliminate unnecessary motion. This approach wastes no energy, potentially reduces fatigue and reduces the risk of overuse injuries. As therapists and instructors, we call this neuromuscular efficiency. Over the last 2 weeks I've talked about the importance of maintaining flexibility and balance. The next step is to gain balance throughout range of movement or 'dynamic stabilisation'. This can be achieved through basic movements like you would see in Pilates, yoga or when observing a child learning to move, turn, crawl, squat or walk etc. They should be performed as perfectly as possible, as often as possible given the individual's constraints. Like the old saying goes, it is only perfect practice that makes perfect. On this point, if you can experience and learn these movements in a one to one scenario with your therapist or instructor and progress to small group classes or rely on good gym supervision, you will progress quicker than going it alone.



Once a basic movement is mastered after a few hundred or thousand repetitions or remembered in much less, then work on local muscular endurance, strength and power can continue. That may seem like a lot of repetitions but in a typical Pilates class, a participant challenges or moves through a neutral spinal range or 'good posture' in various positions 100 - 150 times. That means, in 20 - 30 classes the position has been repeated 3000 times!! All too often an aspect of flexibility, balance or dynamic stabilisation is skipped on the journey to return to sport or exercise after injury. Simple functional movements can't be underestimated for their influence on stability, motor control and movement empowerment (and that's before we include breathing retraining, which I will discuss next week). It's not all about being the strongest, fastest or biggest, sometimes it's about gaining miles per gallon, at least as a strong foundation.

Kevin Prunty

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

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Is youth strength training safe?

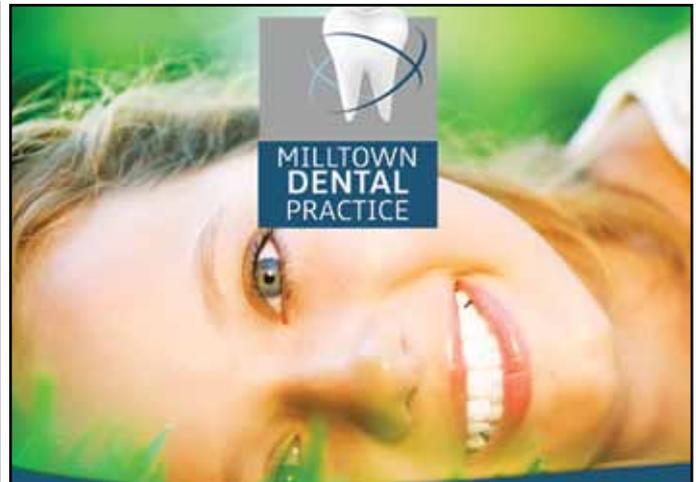
The risk of injury is probably the primary concern of any coach or parent who has a child beginning a strength training program. Any exercise or activity carries with it some risk of injury – even a child running in the backyard can suffer an injury. It is unrealistic, therefore, to assume that injuries will never occur. However, this risk of injury can be minimized substantially by following a few simple guidelines. Specifically, appropriate training and competent instruction/ supervision are the two keys to minimizing all injuries.

Youth strength training can be safe and effective if:

- A competent coach who is skilled in program design supervises every strength training session and,
- Proper technique is taught and required.
- The athletic age and ability of the Youth is taken into account
- No over loading or heavy weights are used
- Avoiding over training too many days in the week, recovery days are needed and overall amount of activity by the youth has to be taken into account and incorporated into the programme
- Mobility & flexibility are incorporated with any prehab or rehab exercises for the individual if needed.
- If it is a sports specific strength & conditioning programme, it is important that the demands of the particular sport are taken into account eg. Basketball- jumping, football- speed & power etc. & exercises to develop & enhance these skills are used in the programme or session.

We offer strength & conditioning programmers to individuals, small groups and teams our team are fully certified strength & conditioning coaches who have different experiences in all aspects of sports and rehabilitation. Give us a call today for more details.

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WHEN WAS YOUR LAST SIGHT TEST?

As well as an eye health check, a sight test may detect signs of underlying general health conditions, such as diabetes, high cholesterol, and high blood pressure. It is especially important in early identification of leading causes of preventable blindness such as glaucoma and diabetic retinopathy. Everyone should have a sight test every two years or more often if recommended.

Attending regular sight tests allows signs of developing retinopathy to be identified

RISK OF FALLS
 Uncorrected vision in older people also increases the risk of falls. Falls are the leading cause of disability and death from injury among people over 75 in the UK

RISKS FOR CHILDREN
 Undetected conditions such as amblyopia (lazy eye) have been shown to affect reading ability and therefore may impact on future educational attainment. Hyperopia, or long sightedness, has also been linked to poorer literacy in young children. Spotting vision problems through regular sight tests is critical to a child's future health and education.

GLAUCOMA
 Glaucoma affects 1-2% of the population, and is a leading cause of sight loss. In the majority of cases, glaucoma is asymptomatic, so regular sight tests are important for detecting glaucoma. The majority of patients with glaucoma are diagnosed following referral from an optometrist. Without regular sight tests, the prevalence of late presentation, sight threatening glaucoma, would rise. Diabetic retinopathy
 People with diabetes are at a high risk of developing retinopathy and possible blindness if untreated.

DRIVING RISKS
 Undiagnosed vision problems can increase the risk of accidents, particularly those that affect distance and side vision.

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

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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!

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From Chemo to the Catwalk....

Jacqui is a Model In Recovery

Friday 13th June 2014

is a day that Jacqui Tangney from Listry will never forget. The childcare worker and mum of two girls, Chloe and Shannon was diagnosed with breast cancer and faced a difficult journey which included repeated rounds of chemotherapy and eight surgeries. However, this Wednesday, Jacqui will take to the catwalk at the INEC for the Model's In Recovery Autumn/Winter Fashion Show in aid of Kerry Hospice in the knowledge that she is five years cancer free.

"I have wonderful support from my two daughters, my family and friends and my workmates at Listry Community Childcare Centre who to this day encourage and support me", Jacqui told the Killarney



Outlook.

All the models on the night are in recovery from cancer and are from all ages and walks of life.

"I am nervous but really looking forward to the night but I will have the support of my two daughters and friends and colleagues so that will make it a little easier", she added.

The highly anticipated Fashion Show will take place in the INEC on Wednesday next, September 25th. TV personality Noel Cunningham is MC on the night and the wine reception begins at 8.30p.m.

All proceeds from the night will go to the Kerry Hospice Foundation services which include an inpatient unit, a daycare unit and a night nursing service.

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Outlook

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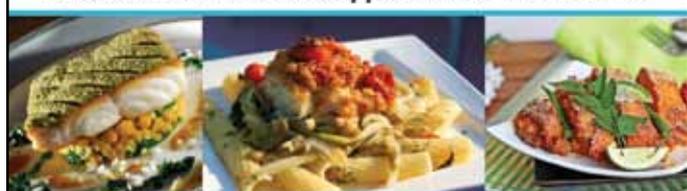


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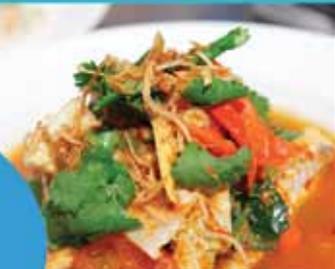
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For more information call me directly 087 2316055 or call my office 064 6685315

CLLR MAURA HEALY-RAE
CONTACT: maurahealyrae@gmail.com
T: 087 7816432

CONTACT DANNY DIRECTLY:
danny.healyrae@oireachtas.ie
T: 087 2316055 / 064-6685315



FIANNA FAÍL
THE REPUBLICAN PARTY

John Brassil TD
Killarney Constituency Office Open Hours:

Thursday 26th & Friday 27th September
from 9.30am - 5.30pm

Address:
The Fairhill Business Centre, The Courtyard, Fairhill, Killarney
(Just behind the Royal Hotel)

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

For advice and representation please feel free to call into the office or clinics
Office: **064 66 94199/083 8541447**
Email: **John.brassil@oireachtas.ie** John mobile: **087 2362330**

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RATHMORE | GNEEVEGUILLA NEWS

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

TEACH ISEAGAIN RATHMORE Last Year we held a Christmas Craft Fair here in Teach Íosagáin on the same day as our annual Santa's Grotto. We had such a great day and we have been contacted by a stallholder to enquire if we are having a Craft Fair again this year. Even though we are only in September the planning of these events has to get underway in the coming weeks.

We are looking for your opinion... Would you like to see a Christmas Craft Fair held in Teach Íosagáin again this Christmas. (If interested in taking a table, please feel free 06477-61000.

CULLEN PIPE BAND: Classes in Piping and Drumming commencing shortly in Cullen Pipe Band Hall. All ages welcome. Enquiries 087-2347651)

MUSIC FOR MARIE FUNDRAISING CONCERT The Collins and O'Connor family would like to express their deepest gratitude with everyone who supported the fundraiser and joined us to celebrate Marie. So far, over €8,000 has been raised for Sudden Adult Death Ireland through ticket sales, contributions and online donations at www.MusicForMarie.com

TG 4 UNDER DOGS congratulations to Rathmore Anthony Darmody who is part of team which is on TG 4 Thursday nights 9.30, Best luck to Anthony.

TUREENCAHILL COMMUNITY CENTRE A Little Reminder Of Just A Few Things Happening In Your Local Community Centre... Kerry ETB Are Running Computer (6Wks) Classes ..Contact 087 1271052

Culture Night 20th September .Plenty Music/ Singing And So Much More... Light Refreshments Served On The Night Bridge Classes Are Running Every Monday Night ..Contact 085 1741551.. New Members Very Welcome.

SPLIT THE POT in Association with Rathmore Community Council with Rathmore 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 €2 each or 3 for €5. Yearly Ticket €90. 3 Yearly Tickets €250. Last week's draw was held in Dan Battys Bar Knocknagree. The winners were Dara Looney who won €205.. Congratulations to Dara.

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.

THE GNEEVEGUILLA COMMUNITY

Development Council in association with the Gneeveguilla Basketball club had our weekly draw for our share the bucket on Friday evening 13/9/2019.

The jackpot €185. Congratulations to Cathy Somers this weeks winner of €185.

Guaranteed winner every week -go to our Facebook page to find out how and where you can play. REMEMBER if YOU are not in you can't win <https://www.facebook.com/gneeveguilla/> Draw takes place every Friday evening @9pm on Facebook live

SYMPATHY: To families & friends of Maurice (Mossie) Brosnan Renasup, Gneeveguilla, May mossie rest in peace

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



Rathmore U11 Team who played Glenflesk in the last game of the Season. Picture: Seamus Healy

KILLARNEY CHRISTMAS TREE COMPANY WELCOMES SWISS FARMERS



Nick Foley from Killarney Christmas Tree Farm welcomes a group of 50 Swiss farmers to the centre at Aghadoe Killarney this week. The farmers were on a fact finding mission about growing high quality christmas trees and got first hand information on how to grow first class christmas trees.. Photo: Don MacMonagle

SPA GAA

Written by: Deirdre O'Sullivan-Darcy

LOTTO Results 09/09/2019

Numbers drawn: 3, 18, 22, 24. No winner and €50 lucky dips going to Linda Doona, Bridie O'Mahony, Colm Lenihan and Kitty Moynihan. Next draw on Monday September 9th in the Torc Hotel and Jackpot is now €8,600! Play online spagaa.com or tickets available at the following locations: Clubhouse Reception; Dalys Supervalu; Centra Muckcross Rd; Killarney Heights Hotel; Torc Hotel; Killarney Oaks Hotel; McSweeney Arms; Arbutus Hotel; Royal Hotel; Jimmy Briens

FAMILY DAY Our annual Family Fun Day will take place at the club grounds on Saturday September 28th from 2pm to 5pm. There will be fun activities for all ages on the day as well as a BBQ and bake sale. Everyone welcome to come along.

SPORTS HALL & MEETING ROOM HIRE Meeting Rooms and Sports Hall available for hire. For enquiries contact Eileen on 0876577312 (after 6pm only) or Ann on 0879403508

KERRY GAA Although the result did not go our way on Saturday, well done to the Kerry team and management on a tremendous year for Kerry football. Special mention to Dara, Liam and Niall for a great year and looking forward to 2020!

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 is for members under the age of 17 on Jan 1st 2020 and Scór na bPaistí is for Primary school children. Scór categories: Figure Dancing, Solo Singing, Recitation/Storytelling, Instrumental Music, Léiriú/Drama, Ballad Group, Set Dancing and Table Quiz

UPCOMING FIXTURES Wednesday September 18th: EK U11 Spa B v Furies B (in Spa at 6.30pm) Sunday September 22nd: Senior Ladies Division 2 Co semi-final v Scartaglen (in Scartaglen at 12noon)

Wednesday September 25th: EK U11 Spa v Gneeveguilla (in Spa at 6.30pm)

O'Donoghue Cup Spa v Glenflesk (in Glenflesk - date tbc)

CALL OUT FOR PHOTOS The club are currently putting up photos around the clubhouse and we are asking anyone with any photos or news clippings they might have from Spa events, teams, games or club members down through the years to bring them along on Wednesday September 25th between 7.30pm – 8.30pm

FOSSA NEWS

FOSSA U11

The Fossa u11 boys played a blitz in Kerry GAA centre of excellence last week, Good, challenging football played by Milltown, Churchill, Furies and Fossa and a great experience for the boys to play there.

WELL DONE to all and big thanks to Furies GAA for organising it.

U 14: congratulations to our u 14 team who

that we can get a copy and display them in our clubhouse. Please contact Club Chairman Michael on 085 8213027 or Club PRO Deirdre on 0851216359 for details.

JUVENILE TRAINING Our ABC, U6, U8 and U10 boys and girls training continues every Saturday morning from 10am. For more information on training times, please contact the Coiste na nÓg Secretary on 0871385612.

U14 EAST KERRY DIVISION 3 FINAL:**Spa 3-15 Furies 4-11**

A very exciting final that came down to the last kick of the game to decide who would win this thriller of a game in Fossa. Our young players played with heart and determination till the very end to snatch a great victory over a gallant Furies team. Furies started very strong scoring 1-1 before Timmy Moynihan registered our first point. Furies scored another point before Spa took control with scores from Joey McCarthy, Aidan Cronin, Oran O'Neill and Timmy Moynihan. However, Furies responded with another goal. Joey McCarthy a great addition to the u14 squad was excellent as the free taker and slotted over two points after fouls on Aidan Cronin and Calvin O'Sullivan. Spa reduced the deficient down to two points until Furies went up the field to score another goal. Luke O'Neill, Oran Daly, Oran O'Neill and Shane O'Sullivan scored to bring us into the lead by one point at the end of the first half.

Furies once again started extremely strong and took the lead in the first five minutes. Our lads were not going to leave this behind and Calvin O'Sullivan scored a great goal. Opposition

replied with three more great points. However, another goal by Timmy Moynihan that just dropped in over the goalies reach. All level again and Furies registered another few points. Luke O'Neill outstanding throughout the entire game with great runs and fielding passed to his cousin, Oran O'Neill to score a valuable goal. We once again took the lead by two. Furies scored a goal and took the lead. They followed once again with another point. Our lads dug deep and pulled off another great point by Timmy Moynihan. A foul on Donal Hickey, found Joey McCarthy slotting over another great score. We were level now and a great score by Calvin O'Sullivan was incidentally the last score of the game. We defended till the end and held possession until referee John Dineen blew the final whistle to the delight of the players and mentors.

MERCHANDISE The Spa Merchandise Shop is now located at the top of the stairs in the main reception. For enquiries contact Mathilda on 087 6487356.

GO FOR LIFE Jim Gleeson (087 6340581) is looking for feedback from members on the Go For Life sport initiative. This initiative provides grants for sport and physical activity for 'older people'. Walking Football in our sports hall has been suggested as a possible activity and is suitable for women and men. Expressions of interest and/or comments are very welcome.

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.



Baby Elsie Mae McGuire pictured at Clonkeen Church on her christening day with her Dad Hugh McGuire & Mum Laura Kelly, family and friends. Picture Marie Carroll-O'Sullivan

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

won their East Kerry league final last Friday Well done to both players and management. Kerry: A big thank you to Peter Keane his management and especially all the players of the Kerry team and to David Clifford who represented the club so well.

FOSSA BRIDGE CLUB

Results for the week of 12th of September 2019 North/South

1.Mary Ryan and Angela McGrath

1.Ciaran Broadbery and Therese McCarthy O'Shea

EAST/WEST

1.Maura Moynihan and Anne Looney

2.Kathleen Guerin and Finola Cronin

Congratulations and well done to all the winners.

KILCUMMIN NEWS

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

NEW KILCUMMIN PARISH OFFICE HOURS

Hours are every Tuesday, Wednesday and Friday from 10.00am to 12noon every week. All parish queries can be made through the Parish Office during these times, 064 6643176.

KILCUMMIN LOOKING GOOD

We would urge everyone to refrain from dumping litter on our roads. It is great to see so many people taking pride in the appearance of Kilcummin and making a big effort in cleaning up the area. The appearance of the village has been commented on by many people and a big thanks to the people who have put time and effort in. We are planning a parish clean-up day on Sat 28th Sept and are seeking volunteers to help with litter picking on all roads on the day. Bags available from the RD Office. Mile Buíochas.

KILCUMMIN LOOKING GOOD WITH THE SUPPORT OF KERRY ETB

Community Education plan to run an introductory Course on Organic Gardening & Basic Horticultural Skills in Kilcummin village from autumn to spring commencing Thur 26th Sept from 1.30 – 3.30pm. If you would like to learn how to create a garden that is both beautiful & productive or to reserve your place please contact Paula on 086 – 3667514.

JUNIOR SET DANCING

Classes will commence at the recreational hall 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 086-1579381.

COMHALTAS

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 contact 087 1191353.

AGM

Kilcummin Comhaltas branch will be holding their AGM on Monday 30th September at 9.30pm in the Rural Development Office. All are welcome.

MUSIC LESSONS

Music Lessons in Fiddle, Banjo and Tin Whistle - one to one tuition by qualified teacher. Contact 087 9253224.

SCÓR NA NÓG

Club members under the age of 17 years 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 Officer Marie O'Leary on 087 4619954.

KILLARNEY COMMUNITY COLLEGE

Enrolment for Adult Education Night Classes now open in Killarney Community College Please call to school office Mon to Fri between 9.30am and 4pm. Please e-mail adulated@killarneycc.ie / 064-6632008

KILCUMMIN GAA**PRESIDENTIAL VISIT**

The planned visit of John Horan to our club to present All Ireland Medals to our senior team goes ahead this Sunday at 1.30pm in Fitzgerald stadium.

MASTERGEEHA FC**LOTTO**

There was no winner of the Lotto on Friday 13th September. Numbers drawn were 3, 4, 10 & 22. Consolation prizes went to the following; €100 Philip O'Leary, Mastergeeha, Kilcummin. €30 Archie Lenihan, Rathanane, Kilcummin. €30 William Healy c/o Lals, €30 Kathleen Cronin, Kilbreen, Killarney. Next draw Friday 20th September. Jackpot €13,400.

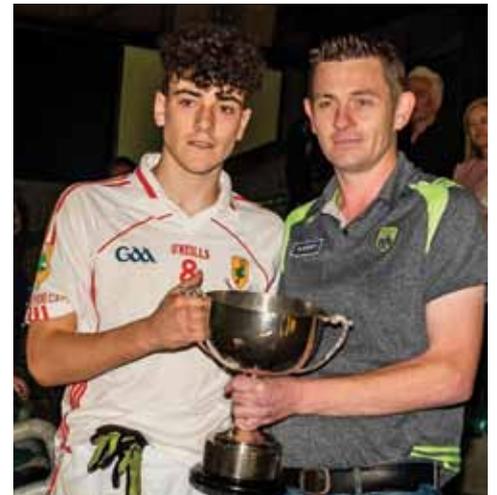
KILCUMMIN SENIOR LADIES will play Milltown/Listry in the Junior A County Championship Final on Sunday 22nd at 1130am at Legions Pitch. All support appreciated.

KILCUMMIN COMHALTAS NOTES

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 contact 0871191353.

Kilcummin Comhaltas branch will be holding their AGM on Monday 30th September at 9.30pm in the Rural Development Office. All are welcome.

We will be holding our annual church gate collection in Kilcummin on the weekend of October 26th & 27th. We will also be collecting at Tesco's Deer Park on the 18th of October. Any support you can offer would be greatly appreciated.



Captain Paudie o Leary accepts the Con Courtney cup After Eoghan Ruadh defeated Mid Kerry in The County District Championship u16 final in Austin Stack Park last Wednesday evening. Photo Seamus Healy

MILLTOWN | CASTLEMAINE NEWS

Written by: Deirdre O'Sullivan

FUNDRAISING LOTTO JACKPOT DRAW:

Huge congratulations to our consolation prize winners from our last draw- all yearly lotto ticket holders. Drawn numbers were 7, 21, 26 and 4 was the bonus ball. €50 each to Ollie Kirwan, Ballyfinnane and Gareth Flaherty, Castlemaine. €25 each to Anthony O'Carroll, Milltown, Anne Marie Murphy, Milltown, Declan O'Connor, Ballyfinnane and O'Sullivan Family, Callinafercy. Our fundraising lotto goes to help with the running costs of our very vibrant and ever expanding club. We sincerely appreciate the continued support of our loyal and valued sellers, buyers and sponsors. Our Jackpot is now €10,000- with €400 for match 3. We will also have six consolation prizes on offer. Next draw is on this Friday September 20th in The Shanty Bar. So head out and buy that lucky ticket!

KIERAN FLYNN BUS HIRE:

Huge thanks to Kieran Flynn Bus Hire for bringing many supporters from our community, safely to and from the All Ireland Final and replay. Special thanks also to his son Conor who was so kind, making sure all passengers were comfortable and accounted for! A very professional service indeed. Well done!

ALL IRELAND FINAL REPLAY:

What a fantastic management team and panel of Kerry seniors 2018/2019 who have given us such enjoyment over the past 12 months in all of their games. Our club here is very proud of your wonderful achievements. Great things to come! Congratulations to Dublin on their 5 in a row and to the Dublin Ladies on their 3 in a row win on Sunday.

LEE STRAND DISTRICT CHAMPIONSHIP FINAL:

Mid Kerry under 16's Final: Please head along to support Mid Kerry on Wednesday evening next and support all the team especially players from our club Anthony Kelliher, Cillian Burke, Shane O' Connor, Patrick O Sullivan and Conor Spillane who are part of the Mid Kerry panel that take on Eoghan Ruadh in the Lee Strand County U 16 District Championship Final. A thrilling game in store! Austin Stack Park at 8 pm is the place to be.

COUNTY CHAMPIONSHIP:

Best of Luck to the Roche brothers David and Stephen as well as Pa Wrenn from our club who are part of the Mid Kerry panel in their County Championship encounter versus St. Kieran's on Saturday September 21st. The game is on in Brosna with a 5 pm start. All support will be very welcome and appreciated.

LISTRY NEWS

Written by: Anne Sugrue O'Brien

MILLTOWN LISTRY CCE.

Junior set dancing classes to begin shortly in Faha on Mondays from 6pm To 8pm. 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.

FLAG BEARER: Congratulations to our U12s Juvenile, Naoishe O Donoghue who was a flag bearer in The All Ireland Football Replay last Saturday in Croke Park.

LOTTO RESULTS: 2,4,5,8
€100 - Kieran Murphy, Ballyvoughtra.

€50 x 2 Liz Tangney, Clash. Donie Bowler, Rockfield.

€25 x 2 Mags Gallagher, Listry. Senan, Estella and Ellie may Wrenn.

Draw Entrant: Tony and Kay Darmody, Faha next Sunday 22nd September jackpot €4,100



Sheila O'Donoghue Lotto Co-Ordinator (left) presenting the Fossa Lotto Chequer for €13,500.00 to Freya Mannix with (right) Dermot Clifford Chairman Fossa GAA Club (back from left) Peter Kelliher Tres., presenting the seller's prize to John Hegarty of Foley's Spar, Fossa, Michael Mannix who bought the winning ticket for his granddaughter and her Father Aiden at Fossa GAA Clubhouse.



Well done to our Listry U12 footballer Naoishe O Donoghue in the All Ireland final replay on Saturday evening in Croke Park.

GLENFLESK NEWS

Written by: Seamus Healy

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

€10,400

COUNTY DISTRICT U16 SEMI FINAL Well done Eoghan Ruadh U16 defeating East Kerry in the Co.District semi final, congratulations to our players, Tommy Bowler, Kevin Bowler, John Kelliher, Josh Lyne, Cian Lynch, Michael Mullane, Killian O'Sullivan, Dylan Roche, Luke Crowley and mentor Jerry Mullane

EAST KERRY LEAGUE U11 Well done to our u11s, a great win over local rivals Rathmore in a lovely sporting game last Wednesday evening

GOLF CLASSIC Glenflesk GAA are holding a golf classic in Kenmare Golf Club this coming weekend, Friday and Saturday, Great prizes to be won, presentation of prizes in Spillanes Bar, Headford at 9 pm on Saturday 21st, contact Paud o Donoghue 0872586448, Johnny Roche 0879054666.

GLENFLESK C.C.E. Music class will resume in St. Agatha's Community Centre on Thursday 26th



Glenflesk U11 Team Team who played Rathmore in the last game of the Season. Picture: Seamus Healy

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.

KILLARNEY BLOOD DONOR CLINIC The Irish Blood Transfusion Service will hold a Blood Donor clinic in The Dromhall Hotel, Killarney Monday 5pm – 8.30pm TUES, WEDS & THURS 3pm – 5pm & 7pm – 9pm 23rd – 26th September 2019 Blood Donation is essential to ensure Hospital Patients get the treatment they need. One Donation can save up to 3 Lives. Full details of all clinics and on Giving Blood can be found on www.giveblood.ie



DR CROKES CLUB NOTES

UNDER 11 BOYS conclude EK League with a fine win v Kenmare

The Under 11 boys concluded their East Kerry League with a superb performance and win over Kenmare. Following on from a narrow defeat by legion and a good win over Kilcummin the boys showed their great potential as a group. Competitive in all games they have improved so much and the future is bright with these young boys in our ranks. Congratulations to the squad Sean Kiely, Mark O' Carroll, Cathal Sugrue, Ben Kelliher, Jack Nash, Brian McCarthy, Darragh o Sullivan, James Ward, Craig Brosnan, Luke O'Shea, Finn o Donnell, Conor Lynch, Conor Clifford, Sean Collins, Oisín Walsh, Darragh o Donoghue and James Dooley

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**

HARD LUCK

Hard 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. It was not our day but they will be back.

DEEPEST SYMPATHIES

Deepest Sympathies to Eleanor and the Joyce Family on the death of Enda Joyce. RIP.

Deepest Sympathies to all the Lyne Family on the death of John Lyne. RIP

Deepest Sympathies to Terry, Agatha, Annie, Michael, Harry and Jade on the death of Terry Potts Senior. RIP

Deepest Sympathies to all the Casey Family on the death of Breda Casey. RIP

LOTTO

Lotto 1, 8, 21, 26 Jackpot E8100 Not Won Match 3 2 by E200. Next draw on Sunday 22nd of

September in Tatler Jack. Jackpot E8400

BALLYHAR-FIRIES GAA CLUB NOTES

ALL IRELAND SENIOR FOOTBALL FINAL:

Jack, the Kerry Team and Management were unlucky in the All Ireland Football Final Replay on Saturday but they all did there parish's and county proud all year long.

COISTE NA NOG: Congratulations to our U9's who travelled to Newbridge in Kildare on Saturday to play in an Inter County Blitz and won all three games against Newbridge



That winning feeling!!! Rathmore minors pictured after their win in the East Kerry Division 1 final v Gneeveguilla. Photo Seamus Healy

Sarsfields Kildare, Killeavy Armagh and Emyvale Monaghan. For the day that was in it and because we were the only Kerry club involved we decided to wear the Kerry strip. The boys did their club and county proud!!!!

SENIOR COUNTY CHAMPIONSHIP

Best of luck to the East Kerry Senior team as they take on St Brendan's Board in round 1 of the Senior County Championship on Sunday 22nd in Austin Stack Park at 1.30pm

LOTTO:

No Drawn 12, 13, 14 & 28

No Winner

€30 Winners were

Margaret Crowley Farranfore

Margaret O'Sullivan Currow

Tommy Foley Headford

Margaret Falvey c/o Centra

Tadhg Foley Leamnaguilla

The draw for next weeks Jackpot of €3,200 will take place in Sherwoods Bar Farranfore on Friday 20th September. 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:

RESULTS:

U12 Girls Div 1 East Kerry Tuesday 10th Furies 5-12 Glenflesk 1-08

U16 Girls Div 2 played Wednesday evening in the first round of east Kerry -winning well Furies 5-14 Beaufort 2-05

HURLING:

Well done to the U12 hurlers won South Kerry division 2 final last week in Farranfore against Kenmare/Kilgarvan

Congrats to Kenmare/Kilgarvan on winning division 1 and Rathmore wining division 3

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

EAST KERRY GAA NEWS

By Michael O' Mahony

East Region Minor League Division 1.

Rathmore 2-9 Gneeveguilla - 13

Rathmore were victorious in this local derby played in a fine spirit in front of a large attendance, the first half was played in splendid sunshine in Rathbeg on Thursday evening.

Rathmore kicked the opening two points from Darragh Rahilly and a long range free from David Dineen.

Gneeveguilla responded with two pointed frees from Paul O Leary and Danny O Callaghan. Both goalkeepers then made fine saves, Tadhg O Connor, Gneeveguilla and Ian O Connor in the Rathmore goal.

Rathmore now edged ahead with points from Rahilly and Dineen again.

Gneeveguilla responded again with a point from a free from Paul O Leary and a superb effort from Eoin Rahilly.

David Dineen pointed again from a free.

Gneeveguilla closed out the half with two brilliant long range points from Paul O Leary and Jamie O Leary to lead 0.6 to 0.5 at half time. Under the floodlights for the second half Rathmore made a tactical change moving Goalkeeper Ian O Connor to the full forward line and placing young goalkeeper William Casey between the sticks.

Rathmore again opened the scoring in this half with Aaron Cronin and Darragh Rahilly points. Paul O Leary replied for the away team.

The third quarter saw Rathmore take the upper hand as Aaron Cronin calmly finished to the Gneeveguilla net after Ian O Connor switched a great pass to him.

Jamie O Leary then kicked a point for Gneeveguilla.

Gneeveguilla were then turned over coming out of defence and Aaron Cronin was again in position to hit the net from close range.

Darragh Rahilly stretched the Rathmore lead to six points before Gneeveguilla enjoyed a profitable period of play.

The introduction of young Paudie O Leary played a big part in their revival as they kicked four points on the trot, two pointed frees from Paul O Leary, one free from Danny O Callaghan and a fine point from David Gleeson.

A fine long distance point from David Dineen helped steady the nerves of the home supporters before Paul O Leary kicked the final point of the game.

Rathmore had fine performances from both their goalkeepers, the Holohan brothers in defence, Dan Murphy, Darragh Rahilly around the middle and Aaron Cronin with David Dineen in attack.

Best on the evening for Gneeveguilla were

Patrick Brosnan, Damien Cronin, Owen Fitzgerald, Eoghan Rahilly, Paul O Leary and Jamie O Leary.

Referee Brendan Brosnan (Glenflesk)

After the game East Kerry Chairman Johnny Brosnan presented winning Rathmore Captain Darragh O Rahilly with Div 1 East Region Minor League trophy.

Glenflesk 0 – 17 Kilcummin 1 – 14 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 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.

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.

Fossa 5.12 Cordal-Scartaglin 1.14

The saying that goals win games was certainly true at Currow on Friday evening as Fossa ran out winners.

Fossa hit two in the first half from Aaron Coffee and an unstoppable effort from Rocco Sheehan after a powerful run through the defence.

Both sides hit seven point each in the first half. Cordal-Scartaglin had points from Captain Jack O Donoghue (3), Shane Kelliher(2) and Luke Mc Shane (2).

In reply Fossa had point scorers in Sam Buckley (3), Luke O Leary (2) and one each from Gavin O Leary and Ted O Gorman.

Half time score was Fossa 2.07 Cordal-Scartaglin 0.07

Fossa introduced substitute Max Leon at half time and he had a big impact immediately, assisting a goal for Luke O Leary and the fisting a goal to the net himself.

Cordal-Scartaglin kept the scoreboard ticking over too with two points from Sam Buckley and had a fine goal from Cillian Reidy.

Two further points from frees saw the gap reduced but Fossa pounced for another fantastic goal after Sam Buckley crashed a bullet to the net.

The closing stages saw the teams trade five

points a piece Luke Mc Shane (2), Eoin O Connor, Jack O Donaghue and Oileáin Walsh for Cordal-Scartaglin with responses from Aaron Coffee, Sam Buckley, Rocco Sheehan, Finn Kennelly and Max Leon.

Fossa deserved their victory on the night but a young Cordal-Scartaglin team can also be very proud of their efforts.

After the game Seán O Keeffe from East Region Coiste na nÓg presented Fossa Captain Sam Buckley with the Div 5 trophy.

He went on to thank Sponsors MD O Shea Killarney, Currow Gaa for the facilities, Referee James Brosnan and his officials and congratulated both teams on a fine sporting game.

HARD LUCK to Kerry great team & Management display but unfortunately it was not our day on Saturday last in Croke Park in All Ireland final replay

Beidh alan lá eile agaibh gan dabht Comhghardeachas

SYMPATHY extend sincere sympathy, on the passing away of East Kerry Vice President and former Vice Chairman, Dermot Moynihan, Kilcummin RIP to his wife, Mary and family, and KilcumminGAA and to Fitzgerald Stadium whom he served with distinction.

Ar dheis Dé go raibh a anam dílis

EAST KERRY U16 CHAMPIONSHIP

Sunday 22nd September

All 11.15 am

Extra Time if necessary in All Games

First Team Named is at Home

(A) Firies v Kilcummin

(B) Fossa v Dr Crokes

(C) Currow v Glenflesk

Sunday 29th 11.15 am

Div 1/2 Semi finals

Killarney Legion v Winner A

Winner C v Winner B

Div 1 Final Sunday October 6th

.....

Div 3 semi final

29th September 11.15am

Loser of C v Loser of B

*Loser of (A) drawn to Div 3 Final on Sunday October 6th 11.15 am.

.....

Div 4,5 semi finals

Sunday September 22nd 11.15 am

Rathmore v Gneeveguilla

Spa v Cordal-Scartaglin

Sun 29th 11.15am

Div 4 final Two winners from above

Div 5 final Two losers from above.

East Kerry GAA Board Monthly Meeting this Tuesday september 24th at Killarney Helights Hotel at 9pm. all Delegates requested to attend

BEAUFORT NEWS

LOTTO Lotto results of Sunday, 15th September for jackpot of €2,400.

Numbers drawn: 5,8,23,25. No jackpot winner.

Consolation Prizes

€80 Seán McCarthy, Tullig/Spa

€50 Olivia O'Brien, Inch, Ronan Spillane, Mary

Kennedy, Portmagee.

Next draw for a jackpot of €2,600 will be in Beaufort Bar on Sunday, 29th September.

Tickets, €2 each or 3 for €5, available from usual sellers and online at www.beaufortgaaclub.com

SENIOR LADIES Best of luck to our Senior ladies who take on Corcha Dhuibhne in the Intermediate Championship Final in Austin Stack Park next Saturday, 21st September.

BEST OF LUCK to the Beaufort members of the Mid Kerry U16 panel who take on Eoghan Rua in the county championship final on Wednesday in Austin Stack Park.

LISTRY GAA

FLAG BEARER: Congratulations to our U12s Juvenile, Naoishe O Donoghue who was a flag bearer in The All Ireland Football Replay last Saturday in Croke Park.

LOTTO RESULTS: 2,4,5,8

€100 - Kieran Murphy, Ballyvoughtra.

€50 x 2 Liz Tangney, Clash. Donie Bowler, Rockfield.

€25 x 2 Mags Gallagher, Listry. Senan, Estella and Ellie may Wrenn.

Draw Entrant: Tony and Kay Darmody, Faha next Sunday 22nd September jackpot €4,100

ALL IRELAND FOOTBALL REPLAY:

Congratulations to Peter Kean and his heroic Kerry football team on a emotional day of drama, passion, skill and commitment, however it wasn't meant to be. The future is bright for our wonderful talented team and no doubt they will go on to experience All Ireland glory in the future. Ciarrai Abu

JUVENILE UPDATE:

Week ending Sunday 15th.

Results for past week.

U14 MID KERRY LEAGUE.

Tuesday. Keel Listry had a convincing win over Laune Rangers B.

FIXTURES for Week ahead.

Tuesday 18th. Keel Listry V Milltown Castlemaine at 6.30 in Milltown.

Final on Sunday next in Killorglin V Laune Rangers A. Time TBC.

Please support our Juveniles.



Naoise O'Donoghue, daughter of Caitriona and Stephen of Donoghue who played with Kerry at half time in the Go Games at Croke Park on Saturday during the All Ireland Final. Naoise is a pupil of Faha National School and is pictured with her principal Jerry Fitzgerald.



Rathmore minor team East Kerry Division 1 winners. Photo Seamus Healy

KEEL NOTES

U16: Best of Luck to Keith Evans, Shane Evans, Tadgh Evans, Lachlan Griffin and Dylan Moriarty who are playing with Mid Kerry on Wednesday night in the U16 Lee Strand County District Football Championship final against Eoghan Ruadh at 8pm in Austin Stack park.

U14: Keel/Listry had a victory over Laune Rangers B last Tuesday evening. They play their final round game away to Milltown this Tuesday evening at 6:30. Mid-Kerry U14 finals are fixed for Sunday in Killorglin.

U12: Well done to all our U12s who played well against a 22-player squad from Annascaul/Lispole on Monday. Training resumes on Thursday. Our next Central Region League match will be against Castleisland Desmonds. Date to be confirmed. The players are to be highly commended for their perseverance in what is age-wise their 'bad' year and furthermore there a number of team members unable to play due to injury. Thanks, as always, to all the parents for their ongoing support.

U10: Congratulations to this week's player of the week Jeff Power. 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 Dara Flaherty and Saoirse O'Neill who were this week's players of the week.

LADIES FOOTBALL: Best wishes to Ciara Murphy, Ailís Murphy, Caoimhe Evans, Clodagh Evans, Zeta Ashe, Katie Pigott, Laura Prendergast and Nichole Griffin who are playing with Milltown/Listry in the County Junior A Club Final against Kilcummin on Sunday.

CLOTHES COLLECTION: We are having a clothes collection on the 24th of September. All bags of clothing can be dropped at the old dressing room from Monday September 23rd. Your support would be greatly appreciated.

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.

ART CLASSES: Children's art classes start back on Mondays from 6:30-7:30 in Keel GAA clubhouse. These classes are about nurturing and developing the child's confidence, creativity and skills in a fun and interactive learning environment. Contact Cathy Giles on 086-6002173 for more information or to book a place.

LOTTO: There was no winner of the jackpot €11,700 on Monday 9th September. The numbers drawn were 9, 18, 19, 31. €50 winner Sean O'Connor, €25 winners Stephen and Siobhan (The Anvil), Billy O'shea, Gavin O'Brien, Ann Foley.

MASTERGEEHA FC

U15 NATIONAL CUP

Mastergeeha 4 Mungret 3

In this close and entertaining game the boys come out on top by the odd goal. Sean Doolan (2), Hugh Lenihan and Alan O'Leary got the goals to ensure this win.

TRAINING

Academy training will start on Saturday the 28th September at 10.45am. All welcome. All other age continues throughout the week for details check the Mastergeeha Facebook page or contact 0864098405.



Rathmore minor Darragh Rahilly breaking away from Gneeveguilla defence in the East Kerry Division 1 Final. Photo Seamus Healy

LEGION GAA NOTES

FIXTURES: Garvey's Club Championship 2019 Sun Sept 22nd @1.30pm

Killarney Legion v Kilcummin @Fitzgerald Stadium

U-11 EK BOYS Our U11 boys concluded their East Kerry GAA league campaign this evening with a short trip up the road to our neighbours in Kilcummin GAA Club. The visitors started brightly, raising a green flag in the first minute. Our hosts responded well gaining the upper hand in the first half and held the lead as the teams swapped sides at half time. The second half was an exciting affair as our boys began to claw back the lead to gain parity with Kilcummin. As the game reached the final stages, our lads did enough to edge ahead and claim the points on the night. Well done to all the players on the field tonight who entertained the parents and supporters on a fine evening for football.

U-12 GIRLS NEWS Well done to our very own U-12 Girls player Laura Healy who had the Honour of being a flag bearer to welcome Kerry onto the pitch on Saturdays All Ireland Football Final Replay. Well done Laura you did us proud.

KERRY NEWS Commiserations to Peter Keane, Brian, Jonathan, James and Danny and the Kerry Seniors on Saturday, ye did us proud all year round and ye will be back again next year stronger.

UNDERAGE ACADEMY The under age academy has re-commenced every Saturday morning at 10:30am at Direen, All boys and girls age 4-10 welcome to attend. Contact Ted for on 087-6678315 for further details.

SHOP MERCHANDISE The shop will be open every Saturday morning at 10:30am at the clubhouse.



SPA GAA

FAMILY FUN DAY

Saturday 28th September

Spa GAA Club; 2pm - 5pm



**BBQ - Tug of War - The Super Spa Junior Bake Off - Fun Games - Races
- Crossbar Challenge - Face Painting - Soak the Coach - Hang Tough
Challenge - Cake Sale - Music - Golf Chip Challenge - Teddy Bear Fashion
Show and much more!**

FREE ENTRY! ALL WELCOME!



KERRY GAA SCENE

REPORT BY LEONA TWISS, PRO



Not this year but the future is bright!

Sam Maguire will spend the next 12 months in Dublin but it won't be long before 'he' is back in Kerry! Congratulations to Dublin on their historic 5 in a row and to achieve the accolade they had to overcome an excellent Kerry side who put it up to Dublin in both games. Of course, everyone is disappointed not to have won, but the impressive work-rate of the Kerry team has left us feeling very positive for the future. Our sincere thanks to Peter Keane, his management team and talented players for giving us entertainment and excitement over the past year. We are looking forward to the start of the League already!

Our thanks to all supporters from all over the world. Thanks to the East Kerry Board for organising a splendid homecoming. Thanks to all those who supported our fundraising efforts over the last few weeks. It is all very much appreciated.

Garvey's Senior Football Championship

Now that the Inter-County action has concluded for the year it is time to focus on the Garvey's Senior Football Championship. All teams are in action this weekend with games fixed for Saturday and Sunday. Our thanks to the Garvey Group for continuing their sponsorship of this fantastic competition. We wish all teams the best of luck, no doubt we will be treated to fascinating games over the next few weeks!

Special Congress in October

A meeting of the GAA's Ard Chomhairle last weekend agreed the agenda for next month's Special Congress in Cork. The meeting will

debate the addition of a proposed new Tier 2 Football Championship, as well as deliberate over the introduction of three new playing rules for the game. Two proposed formats for a possible new Tier 2 Football Championship have been in circulation since late June.

Following discussions, Ard Chomhairle chose to send forward one of these formats for debate and vote at the Special Congress, which will take place at Páirc Uí Chaoimh on October 19. Under this proposal the Provincial Championships will be played as currently. The All-Ireland Qualifiers will be open to teams from Allianz League Divisions 1 and 2 and any Division 3 or 4 teams who qualify for their Provincial Final. This will mean only two full rounds of All-Ireland Qualifiers in future as opposed to four - an additional Preliminary Round is provided for however, in years where more than 8 teams are eligible to participate in Round 1.

It is proposed to then introduce a new straight knockout Tier 2 Championship for all Division 3 and 4 teams that do not reach their Provincial Finals. A range of marketing and promotional supports will be committed to the new competition, as well as the use of Croke Park for semi-finals and finals and a planned increase in TV coverage.

Following a review of the Experimental Rules that were trialed in Gaelic Football during the Allianz League and Provincial Cup competitions, it has been decided to forward three of them for proposed permanent introduction at all levels of the game.

Based on the research carried out by the GAA's Standing Committee on Playing Rules, led by Professor David Hassan, the following are to be voted on at Special Congress:

- The taking of all kick-outs from the 20 metre line
 - The introduction of a 10-minute 'sin bin' for players who receive a black card
 - The awarding of a 'mark' to players who cleanly catch a ball kicked from on or outside the opposition's 45m line, that travels at least 20m and without touching the ground
- The SCPR decided to withdraw the experimental playing rule regarding Sideline kick to be kicked forward, as based on the analysis undertaken by the Committee from the Provincial Pre-Season Competitions and Allianz Leagues 2019 and feedback from players, the impact of the proposed rule was minimal.

Ard Chomhairle also agreed to amend the scheduling of the existing All-Ireland SFC Quarter-Final format for the final year of its trial in 2020. In Round 1 of the group stage of the Quarter-Final, the four provincial champions will be at home against one of the teams who came through the Qualifiers - as was the case in 2019. It was also agreed that for 2020, Round 2 will see the winners of the Round 1 matches play each other, while the losers of the Round 1 matches will also face off.

At present there has been a round of games that are scheduled to take place at Croke Park. It is now planned to give the authority to CCCG to fix these games for venues other than Croke Park - if deemed appropriate. This would require the approval of a full GAA Congress and it is intended to bring forward a motion on this to Congress 2020 next February. If passed, this would come into effect for the 2020 Championship which is the final year of the current three-year trial involving the new Quarter-Final group phase.

TWO KERRY MINORS MAKE ELECTRIC IRELAND MINOR FOOTBALL TEAM OF THE YEAR

Kerry Minors Devon Burns of Na Gaeil and Dylan Geaney of Dingle GAA both impressed during the 2019 Electric Ireland GAA Minor Football Championship, as they are selected as part of the Electric Ireland Minor Football Team of the Year.

The 2019 season featured an incredibly high standard of play, showcasing the bright future of the GAA. Minor players across the country showed their resilience, commitment and dedication this season, proving once again that there is nothing minor about playing Minor. This year's Electric Ireland Football

Team of the Year features four standout players from All-Ireland champions Cork, four players from six-time winners and 2019 finalists, Galway, two players from Munster champions Kerry, two players from Connacht champions Mayo, and one player from each of Kildare, Monaghan and Tyrone. The team was selected by a panel of GAA experts, including former Dublin footballer, Tomás Quinn and Donegal's most decorated footballer, Karl Lacey, and was fed into in part by Electric Ireland's 'Player of the Week' initiative on Twitter. The panel will also select an overall Football Player of the Year

whose name will be announced at the 2019 Electric Ireland GAA Minor Star Awards event.

County Inter-Firm Action

The County Inter Firm Competition is up and running. There are six teams competing in the competition this year:- Group 1 contains Fexco, TLI & Dairymaster. Group 2 contains KUH, Tricel/O'Carrolls Engineering & MD O'Sheas. Results so far:

Fexco 2-16, TLI 0-4

Dairymaster 3-7, TLI 2-9

MD O'Sheas 5-17, Tricel/O'Carrolls 1-14



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KERRY V DUBLIN



Kerry's All Ireland final loss is not the end of the journey - but the beginning of it



Picture Marie Carroll-O'Sullivan

Donal Barry looks back at a special weekend for the young footballers of Kerry and looks at where the road might lead them now

For fans of the series *the Wire*, which was set in the Baltimore projects, there is an apt quote from Omar Little that sums up Kerry's All Ireland final experience.

"Ayo, lesson here, Bey. You come at the king, you best not miss."

Peter Keane's young guns have come a hell of a long way from when the Cahirciveen man admitted last November "we are still just putting names on the back of a piece of paper". Well those names no doubt scribbled in ink are now household names the country over following their two shots at the All Ireland champions Dublin and despite not completing the job on Saturday night against a more astute and ultimately dominant Dublin, Kerry fans certainly know that the light at the end of the tunnel is in sight.

The later start to the day and the fact that it was a Saturday led to plenty planning difficulties for Kerry fans.

But fans of the green and gold are a resourceful gang and as every last bus, train, car and even a few more arrivals to Dublin airport transversed their way to the nation's capital, many gathered on O'Connell Street in the fine summer like conditions underneath the shadow of Daniel O'Connell.

However, it was another Cahirciveen man that they hoped would become the day's liberator as they hoped to see their young men take the five in a row dreams from Dublin.

The swish of green and gold along O'Connell Street wound its way up from the Gresham Hotel as the last few spare tickets were swapped before the Kerry army marched to Croke Park like the many generations before them. Some stopping off at Cassidy's and Barry's

along the way before friends, families and neighbours divided to take make their separate ways to either the Hogan, Davin and Cusack with a few making their way to the Hill to make their stand.

In many ways in must have been a feeling of Custer's last Stand but their pride saw them band together in a corner of the Hill as the Boys in blue gathered late on to welcome Rathmore's Shane Ryan to within earshot before the game started.

Fans of the green and gold are a resourceful gang and as every last bus, train, car and even a few more arrivals to Dublin airport transversed their way to the nation's capital, many gathered on O'Connell Street in the fine summer like conditions underneath the shadow of Daniel O'Connell

Without the customary minor game to gradually built up the atmosphere it was pretty much straight to business, Kerry came out first and headed for the old canal end, while Dublin arrived like a roman legion moments later. The Kings had arrived and despite the large Kerry support, it was evident again that it was going to take something special to quieten the Dublin gathering.

Both sides made the customary one change rendering the €7 programme once again

inaccurate with Diarmuid O'Connor coming in for Gavin White, While Dublin too say them drop Michael Daragh McCauley to the bench in place of Eoin Murchan (Remember the name – it will be used again)

With nothing between them in the epic first All Ireland final, what would be different today? Well Conor Lane was one for sure. The Corkman in many people's minds as one of the best referees in the country. A view that would fall from favour by a few at the end. Johnny Cooper was different too as he headed for the halfback position with James McCarthy going into the middle.

Different too was Kerry's opening tactic of bombing in high balls on top of Paul Geaney. The first five went in but on this occasion they came out just as quickly. Was it an omen for the day ahead? Five?

Soon Dublin were 0-5 to 0-1 up (again that number five) but this Kerry team have had to learn along the way. It's a tough road for youngsters but learning quickly is a trademark of this team and bit by bit, they brought themselves back into the contest.

David Clifford as he has done all year engineered a score from nothing. Geaney got inside and fired his shot over and into the Davin and Adrian Spillane made sure the residents behind the goal had another one to collect as Kerry fought back to 0-7 to 0-4.

By the 25th minute, it was 0-9 to 0-7 with 15 of those scores coming from play as supporters had barely time to gather their breath as each team once in possession went for the big score. There was little time to digest the wonder that was unfolding as the quality was certainly not easy to measure.



KERRY V DUBLIN



Mayor of Kerry, Niall Kelleher, speaks to the crowds of fans at the home coming of the Kerry Team on Sunday afternoon. Picture Marie Carroll-O'Sullivan



TD Michael Healy Rae & Paudie O'Callaghan, awaiting the arrival of the Kerry Team at the Glebe Car Park on Sunday afternoon. Picture Marie Carroll-O'Sullivan

At half time, the sides were level sharing twenty points between them as the teams were roared into the dressing rooms under the Hogan stand at the break.

With so much to discuss and so little time to do it in the stands. Before we knew it, Conor Lane was back out. Before Kerry knew it, Dublin had a goal with Eoin Murchan planting his effort pass Shane Ryan. Before Conor Lane knew it the Dublin corner back travelled half the field with two bounces and one solo but there was still time. It was time to test the experience and Kerry did respond. The chances presented themselves but crucially the radar was now off as the Hill greeted each wayward ball.

Diarmuid O'Connor pulled one to the left; Tom O'Sullivan saw his effort fade away too. David Moran was not immune either, but Clifford and Geaney were hauling their load today. Many felt they did not do their share the opening day. Today however in the biggest battle of them all both men battled to the end, sharing nine points between them and eight from play.

By the 55th minute, there was still just a goal in

it and despite Dublin trying to drain Kerry with their keep ball tactics, like an old pro boxer knowing he was ahead on points with the rounds running out they kept their distance.

The fantastic sight of Gavin Crowley with his seven-week-old son Arlo after the game. Hard to imagine that in his 7 weeks of life the little guy has been to Croke Park on three occasions and while memory of that day will only be captured in a photo, many in years to come will tell him of the efforts that his father Gavin and his band of brothers made

Kerry did get one last chance to plant a blow when Stephen O'Brien, as he did all year for Kerry zipped passed a number of Dublin defenders but the advancing Stephen Cluxton is more than just a ball kicker and he advanced to meet the Kenmare's man's shot. It was blocked and batted away and so too in many Kerry's fans hearts their last chance.

A minute later Paul Mannion kicked his fourth of the day. Niall Scully fired another one over as Jack Barry's counter effort slipped wide of the post. The lead got to six, still were it not for Rathmore's Shane Ryan it may have been more. A wonder late double save of real quality to round off a day when all 23 of his kick outs were retained by Kerry was a sign of the future. However, as they say the future is now and moments later Conor Lane's last act was to blow the final whistle. It was historic to witness, even if it left a sour taste. It's hard to see the team you battled so game fully to wrestle the crown from you, to know that your efforts were just short but on this occasion it would be wrong not to recognise the great team that



Arriving at the Glebe Car Park to welcome home the Kerry Team L-R Rhea, Ivan & Clodagh O'Sullivan. Picture Marie Carroll-O'Sullivan



Awaiting the Kerry team at the Glebe Car Park Eloisha Falvey, Pauline Dennehy, Kelly Dennehy & in front Tiarna Falvey. Picture Marie Carroll-O'Sullivan



KERRY V DUBLIN



Dublin are. Five All Ireland senior titles in a row. Let us salute that one now let us salute our own as well. They played their parts in another epic and they played until they spilled every drop of Kerry blood on the field of dreams that the generations before them would have approved.

What we should not approve is the many Kerry fans who exited before the game was up. When our heroes' needed one last roar, some were busy jumping ship down Jones's road. Still there was few enough on that bandwagon and when it came time to leave the place there was a flood of players and their children on the green grass of Croke Park.

Mostly Dublin but not all. The fantastic sight of Gavin Crowley with his seven-week-old son Arlo after the game. Hard to imagine that in his 7 weeks of life the little guy has been to Croke Park on three occasions and while memory of that day will only be captured in a photo, many in years to come will tell him of the efforts that his father Gavin and his band of brothers made. Like everything, it is the future and the future is certainly bright.

Later for the players it was time to catch up with friends and family in the Burlington as the majority of Kerry fans made their way back to the Kingdom. Many not getting home before 2am. Trains landed back in Tralee and Killarney. The post mortems were carried out. Why was Tommy Walsh so late coming on?, Why was Gavin White dropped, Why did Killian Spillane not get on earlier and why and why and why. It is a question that can torture a soul and many more souls were tortured and taunted on the streets of the Capitol later on in the evening. All in good jest to be fair and as Kerry fans headed to the D2 in Harcourt Street passing the queues for Copper Face Jacks, they gathered to make one final stand with their men as the Kerry team arrived shortly after 1am.

First, to arrive was Jason Foley, who was met by his North Kerry club mates. Tadgh Morley and soon David Moran and before not too long, the team were now amongst their own. A quiet approving smile. A nod of approval a firm shake of the hands all to let them know that we are in this together.



Caoimhe, Geraldine & Finn O'Neill, awaiting the Kerry Team's return at the Glebe Car Park on Sunday afternoon. Picture Marie Carroll-O'Sullivan

And we are, when you see the likes of Barry John Keane, Darren O'Sullivan, Jimmy Deenihan and Colm Cooper all making the effort to attend as well. Before long it was 5am and it was time to head back and take on the battle for Taxi's, as rare as a Mayo man with an All Ireland medal.

They were back in time for the Killarney homecoming where thousands once again lined the streets from Killarney Train station and marched behind the double decker team bus to the Glebe Car Park.

Still however people got back, they were back in time for the Killarney homecoming where thousands once again lined the streets from Killarney Train station and marched behind

the double decker team bus to the Glebe Car Park. With the Killorglin Pipe Band leading the way, just like they did in 2012 when the led the defeated All Ireland finalists Kerry's ladies team up the hill at Croke Park. You see it does not matter in Kerry, as long as you give it your best go. Kerry fan's appreciate the effort and when you win so much, it is the importance of recognising the losing too. One by one, they were welcomed to the stage and as Kerry selector James Foley name called them all, even recognising Peter Crowley's new water technician role, the atmosphere was appreciative. That appreciation will last for a few more days but it will probably change a little as the weekend draws upon us as the band of brothers in green and gold must go back to their clubs and prepare to fight each other for the rightful heir to the Kerry County title. The prize at the end of, the captaincy of Kerry for 2020. Therefore, it begins all over again with many new faces looking to force their way into the class of 2020.

KERRY:

S Ryan; J Foley, T Morley, T O'Sullivan; B Ó Beaglaioich, P Murphy, G Crowley; D Moran, J Barry; D O'Connor, S O'Shea (0-5, two frees), A Spillane (0-1); P Geaney (0-4), 13. D Clifford (0-5, two frees), S O'Brien.

Subs: 19. J Sherwood for Ó Beaglaioich (52 mins), G White for A Spillane (52 mins), T Walsh for O'Connor (56 mins), K Spillane for Murphy (60 mins), J O'Donoghue for Barry (65 mins), D Moynihan for Crowley (72 mins).

DUBLIN:

S Cluxton, E Murchan (1-0), M Fitzsimons, D Byrne (0-1); J Small, J Cooper, J McCaffrey; B Fenton, J McCarthy (0-1) N Scully (0-1), C Kilkenny (0-4), B Howard; P Mannion (0-4), C O'Callaghan (0-4), D Rock (0-3, one 45).

Subs: D Connolly for McCaffrey (half-time), P McMahon for Murchan (55 mins), C Costello for Scully (58 mins), K McManamon (68 mins), C O'Sullivan for Byrne (68 mins), MD Macauley for Howard (74 mins).

Referee: C Lane (Cork)





Kerry Team Home-coming



L-R Rachel Foley, Noelle Shortt, Eoghan Barry, Lillie Foley, Saray Barry, Shane Foley, Karen Foley, Jack Barry, Norma Foley & Jackie Foley, pictured at the Glebe Car Park



Janelle Moriarty & Suzanne Moloney pictured with their children at the Glebe Car Park



Fans applaud the Kerry Team at the Home Coming



Paddy, Micheal, Joanne & Sean McGillicuddy awaiting the Kerry Team for the home coming at the Glebe Car Park Killarney.



Kerry fans at the home coming of the Kerry Team at Glebe Car Park Killarney on Sunday afternoon.



The O'Sullivan's out in force to welcome home the Kerry Team at the Glebe Car Park Killarney L-R Kieran, Tom, Ryan, Alison & Conor.



A hug for Dad as Kerry player Brendan Kealy, boards the stand for the Kerry Teams home coming



Caitlin & Laura O'Donovan, excited to meet the Kerry Team at the home coming



Mary Sheehy Lady Captain (right) presenting first prize in the Ballybunion Exchange Day to winners Anne Moynihan Rudden and Anne Duggan with James Curran Captain, Tom Prendergast Club President, prizewinners Liz Downey 2nd and Margaret O'Donoghue 3rd at Killarney Golf Club.



Timmy O'Donoghue off Killarney Brewing Company Foursomes (fourth from left) presenting the winning prizes to Donie and Alan McSweeney with (left) Shane Horgan Runner Up and (right) James Curran Captain at Killarney Golf Club.

ROSS GC, KILLARNEY

Gents Club - Photo , Results and Fixtures for publication on September 20th .

Photographed at the Presentation of prizes at the recent Captain's Day in the Ross GC are : Front (l to r) Lady Captain Therese O'Keefe, Captain John Cushkelly, Timmy Kelly-Winner, Brenda Cushkelly, Ivo O'Sullivan President.

Back (l to r) Seamus McCarthy, Donie Broderick, Donie Mulcahy, Tadhg McCarthy, Jim Casey, Oliver Butler, Gianfranco Ghidini, Jonathan Casey, Peter Wickham, Michael O'Donoghue.

RESULTS

On Sept 14th/15th we will held an Open S S Competition.

The winner was -

1..... Michael J Casey (18) 36 pts.

Fixtures:-

On Sept 21st our President Ivo O'Sullivan his Presidents Prize, this will be a stableford competition and the entry sheet is available in the Clubhouse until 6pm on Friday .The draw for playing partners takes place at 6 pm on Friday 20th . The golf will be followed by the meal at 8 pm and the Prizegiving at 9 pm .

Nines of Kerry Final :- Commiserations and well done to our Nines of Kerry team who fought a titanic battle with Castlerosse GC in the final of that competition in Kenmare on Sunday Sept 15th. After a series of very tight and tense matches Castlerosse were victorious .

KERRY PITCH & PUTT CLUB NEWS

THERE was no joy for either of the Kerry pairs taking part in Pitch & Putt Ireland's inaugural National Scotch (formerly Mixed) Foursomes Finals in Bellewstown, Co Meath on Sunday although Tralee pair Lisa O'Connor & Tony Blake did finish three points off a prize in the Mixed section with a total of 87 points. Their rounds of 44 and 43 points was 11 off the winning score for the section of 98 points but 90 points won the second session prize for the category Lisa & Tony were involved in.

Deerpark duo Lorcan Martin & Darragh O'Callaghan had a disappointing outing in the Non-Mixed section meanwhile with 71 points, 27 points of the winning score in that section

which was also 98 points.

The Munster Scotch Foursomes Finals will take place on Sunday September 29th in St Stephens in Cork. This weekend meanwhile sees teams from Deerpark and Tralee head to the National Inter-Club Qualifying tournament in Bruff, Co Limerick on Saturday looking to make it to the Knockout Stages of the Nett Mens event.

Two teams from Deerpark and one from Tralee in total are entered as they hope to finish in the top five of the Strokeplay Qualifying event which would guarantee them a spot in next month's Quarter-Finals. The Kerry County Board wishes all three teams entered from the county the very best of luck on Saturday.

BEAUFORT GOLF CLUB (MEN'S BRANCH)

RESULTS

15th September - Round 8 Golfer Of The Year - Sponsored by The Lake Hotel

1st Paul Fahy (12) 72 Nett

2nd Tim Sheehan (12) 72 Nett

3rd James Jones (9) 73 Nett

13th September - Open Friday - Sponsored by Clifford's Ground Care Ltd

Winner: James O'Neill (7) 33 pts

FIXTURES

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

20th September - 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.

CASTLEROSSE LADIES GOLF CLUB

RESULTS: Competitions played on 12th September. 18-hole Strokeplay, 1st Una Moroney, 76; 2nd Mary O'Reilly, 86; 9-hole Strokeplay, 1st Chan Martin, 35; 2nd Rosaleen Kennedy, 40;

MANY CONGRATULATIONS to Castlerosse Ladies, Mary Jo Dowling, Mary Tobin, Chan Martin, Una Moroney and Eileen Sugrue, who were part of Castlerosse Golf Club's first-time win in the final of the Nines of Kerry team event against Ross GC at Kenmare on Sunday 15th.

DEERPARK PITCH & PUTT

CHAIRMAN'S PRIZE: 48 players took part in our Chairman Damien Fleming's prize between the two draws last Friday evening as well as Sunday morning. A great spread of food was put on for all during the presentation. Sean Kelly emerged victorious in the Gents event for the second consecutive year. Results- Men (36 Hole Strokeplay): Overall Nett: Sean Kelly 89, Overall Gross: Denis Looney 99, +3-6 Nett: Adam Kelly 97, 7-15 Nett: Lorcan Martin 92 Ladies (18 Hole Stableford): First Nett: Eileen Switzer 44 points (B9), Second Nett: Mary Murphy 44 points U-16 (36 Hole Strokeplay): Winner: Ryan Neeson 102, Runner-Up: Cillian Courtney, Third: Noah Sexton, Fourth: Tom Cronin, Fifth: Brian McCarthy, Sixth: Joey McCarthy, Seventh: Ryan McCarthy

NATIONAL INTER-CLUB Qualifying: Two teams from the club will travel to Bruff, Co Limerick on Saturday for the Qualifiers for the Nett event hoping to make it through to the Quarter-Finals next month.

RICKY KELLY: This weekend sees our latest staging of this popular event as the event is in aid of our great friend John 'Sully' O'Sullivan. The event is kindly sponsored once more by the Tatler Jack Bar as times of play are from 4pm-5.30pm (Friday), 10am-5pm (Saturday) and 9am-3pm (Sunday). Cost of entry is €90 per adult team with a fee of €30 for U-16 teams. A reminder that all adult teams must contain at least one registered member of Pitch & Putt Ireland as the presentation of prizes will be on Sunday evening in the clubhouse

KILLARNEY GOLF CLUB - LADIES

RESULTS SUNDAY 15th SEPTEMBER very kindly sponsored by DESIRE (nail, hair & beauty) at The Westend

1st: Lorna O Leary (30)	70
2nd: Maire Geaney (21)	71
BG: Anne Moynihan Rudden (5)	82 gross
3rd: Peg Wickham (38)	72 (B9)
4th: Maureen Creedon (14)	72

Congratulations to all the winners !
Next Sunday's competition is sponsored by O Donoghue Ring. Stableford on Killeen.
There is a mixed competition on Saturday 21st

Sales: Cindy 087 1210959

sales@outlookmags.com

kindly sponsored by Muckross House.

We would like to wish the Joe Quinlan team managed by Mary Leacy and Noreen O Mahony the very best in the final against Ballybunion in Tralee on Tuesday 17th Sept at 3.15pm.

Lady Captain Mary Sheehy's charity Day in aid of Comfort for Chemo Kerry will take place on Wednesday 18th Sept on Killeen. It is a team of 4 and booking is available on line.



Claire Courtney (fourth from left) presenting the Pat Courtney Memorial Cup to winners Kathleen and John WQall with James Curran Captain, Padraig Courtney, Mary Sheehy Lady Captain (second row from left) Tom Prendergast Club President, Anne Duggan 2nd, Geraldine and William Tarrant 4th and Marguerita Mulcahy 3rd at Killarney Golf Club.



Aidan O'Keefe (Deerpark Pitch & Putt Club Captain) presenting the prizes for his Captain's Prize (played last month) on Sunday to Mike 'Seve' O'Leary (Winner), with other prizewinners L to R: Sean Kelly, Sean Ashe, Eileen Switzer (Ladies winner), Fiona & Beibhinn O'Donnell (representing both David O'Donnell & James Fleming) and Damien Fleming.



Damien Fleming (Deerpark Pitch & Putt Club Chairman) presenting the prizes from his Chairman's Prize event last Sunday to Sean Kelly (Gents Winner), Eileen Switzer (Ladies Winner) and Ryan Neeson (U-16 Winner). Also included in photo are other prizewinners Tom Cronin, Noah Sexton, Brian McCarthy, Joey McCarthy, John Murphy, Danny Looney (representing his brother Denis) and Mary Murphy



KILLARNEY GOLF & FISHING CLUB

OPEN FIXTURES

MAHONY'S POINT

WED 25TH SEPTEMBER - VISITORS €30

MAHONY'S POINT

MON 28TH OCTOBER - VISITORS €30

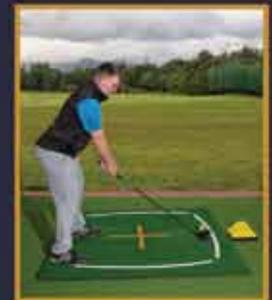
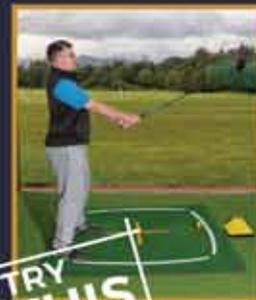
CALL 064 663 1034 | BOOK ONLINE killarneygolfclub.ie

KILLARNEY GOLF ACADEMY

LEARN IMPROVE PERFECT

POSTURE

Posture is a major fundamental in all sports and in golf it is responsible for helping increase clubhead speed and centred striking



TRY THIS

To get the right posture in golf - stand up dead straight with your arms and club out in front of you (see image 1) bend your knees to help alleviate stress in the back, hinge from your hips and when the club hits the ground that's the correct posture to be in.

CONTACT PGA PROFESSIONALS

Mark Heinemann 087 220 9663
Ciaran McKenna 089 494 4266



Sheila Crowley (third from left) presenting the Dano Dennehy Invitational prizes to the winners Shane Horgan and Maureen Creedon with Mary Sheehy Lady Captain (back from left) Tom Prendergast President, Frances Arthur 2nd and James Curran captain at Killarney Golf Club.



James Curran Captain (right) presenting first prize in the EBS Single Stroke Men's competition to winner Harry O'Neill with Tom Prendergast Club President, prizewinners Alan McSweeney and John Curtin at Killarney Golf Club.

OUTLOOK SPORTS

KILLARNEY COUGARS BC

The new season competitions will commence shortly with extra teams we welcome new additions to coaching that completed the recent Basketball Ireland Coaching course in Miltown including Alison, Ciaran, Jack, Tony, Kieran, Jackson and Keith.

The training schedule is now being expanded to include sundays

Mondays

U11 Boys Pres Gym 6 pm
U13 Boys Pres Gym 7 pm

Tuesdays

U16 Girls Parish Hall 6 pm
Seniors Pres Gym 8 pm

Wednesday

U14 Girls Pres Gym 6 pm
U12 Boys Pres Gym 7 pm
U13 Girls Parish Hall

Thursday

U12 Girls Pres Gym 6 pm
U14 Boys Pres Gym 7 pm
U16 & U17 Boys Pres Gym 8 pm

Saturday & Sunday

U18 Boys, U17 Boys U17 Girls, U11 Girls U12 Girls, U14 Girls & Seniors.

Our Friday evening Academy is up and continues on fridays at the Parish Hall .

U8 Girls/Boys 4.45 pm
U10 Girls 5.45 pm
U10 Boys 6.45 pm

REGISTRATION is open online new members are welcome further information on training times go to website www.killarneycougars.com or follow us on Facebook updates.

KILLARNEY BADMINTON CLUB

THE ADULT BADMINTON CLUB is on every Wednesday 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.

GNEEVEGUILLA BASKETBALL CLUB

SHARE THE BUCKET In association with Gneeveguilla Community Development Council .

WELL DONE to Cathy Somers who won this week's jackpot of 185 euro . Please continue to support this valuable fundraiser at local businesses or online @ member.clubforce.com/tickets

FARRANFORE MAINE VALLEY AC

AN RIOCHT 5K

Race 3 of An Riocht 5K series was held on Friday 13th Sept . Well done to David Culloty who improved in his time (17:15) and was first junior series winner. Dermot Dineen also ran very well to get a series best 5K time of 17:35 and winning the O40 category. Aidan McCarthy also ran well with a time of 18:24.

Our Coach and athlete Maria McCarthy competed in the Hardman Olympic Triathlon in Dingle over the weekend. This entailed a 1.5Km swim, 40Km cycle & 10Km run. Maria was second lady overall with one of the best 10Km run times. Well done.

Our Coach and athlete Maria McCarthy competed in the Hardman Olympic Triathlon in Dingle over the weekend. This entailed a 1.5Km swim, 40Km cycle & 10Km run. Maria was second lady overall with one of the best 10Km run times. Well done.

Shauna McCarthy spent the week-end in Banna Resort as part of the Munster Endurance Squad Training. A great experience where you interact with other athletes within Munster and get valuable coaching in Endurance training, Strength, Nutrition, stretching techniques & rehab exercise

We had great turn out to our trail Training on Sunday with the children enjoying the variety of runs through the forest trails. Our first Cross Country races is on Sunday 29th Sept. in The Demense Killarney (beside Playground) First

race is at 11am with Womens Novice, U23 & U18's. This is followed by Mens race. The Juvenile Even Ages (U10, U12, U14, U16) will follow at approx 11:45am.

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 €30. Contact club to reserve table.

CLUB TRAINING: Juvenile U8 to U16 Tuesdays & Thursdays from 6-7pm at GAA Grounds Farranfore. €2.

Maria's Strength, Endurance & Flexibility Exercise Classes commences on Tuesday September 24th starting @ 7pm at the Sports Hall in Farranfore. €5 per class
New Members welcome to participate in training.

ATHLETIC'S FIXTURES

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, Abbotstown

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

GNEEVEGUILLA ATHLETIC CLUB:

LOTTO: No winner of our lotto dated 13/09/2019, numbers drawn were 8, 15, 16 & 19. Sellers prize winner Karen c/o Petro's. €50 y/t prize to John Galvin Killeagh Farranfore, €50 to Catherine Fitzgerald c/o Petros, €40 each to Eilish Coffey 12 Hillview Estate Woodlawn, Frank O' Leary Leam & Timmy Brosnan No 5 Tureenamult. Bonus not won numbers drawn were 5, 6, 7 & 11. Next week's jackpot €5,600 plus €1,000 bonus.

MOSSY BROSAN RIP: This past week was a sad one for the club with the passing of our esteemed president Mossy Brosnan, Renasup. May he rest in peace. The club wishes to thank all those who formed the guard of honour on the evening of his removal and on the day of burial along with the GAA Club and Fry-Cadbury's workers. Mossy will be sorely missed for his help in selling many lotto tickets on a weekly basis and for his work at the lotto each Friday night, what a worker.

RIOCHT 5K: On the final leg of the series Saoirse Tompkins won her category, thus claimed the U16 overall prize. Well done Saoirse.

Gneeveguilla Training 8.00 - 9.00 PM:

IMPORTANT NOTICE - training on Friday night was very poorly attended, only 5 athletes turned up. It will not be possible to continue with this training session unless we have more athletes, we will host training again on Friday 20th and unless we have sufficient numbers we will have no option but to cancel this session until 2020, after all the Hall Manager & Siobhan Collins of Gneeveguilla Basketball club went to

great lengths to secure this hour for the club.

CROSS COUNTRY: Cross country training session in Rathmore on Sunday 15th was well attended. Training will continue in The convent Field Rathmore at 11.00 am on Sunday next.

KERRY CROSS COUNTRY COMPETITIONS: Competition dates are as follows, Sunday 29th September The Demense Killarney, Sunday October 6th Ballaugh @ 11.00 am, October 13th Furies

KILLARNEY RFC NEWS:

MEMBERSHIPS DUE: Memberships are now due for the new season and can be paid by using the clubzap app. Simply download the app and follow Killarney RFC. We will post news items, fixtures and results here and paying membership only takes a few clicks. The club will be enforcing a struck no pay no play policy with regards to matches so all memberships must be paid as soon as possible.

MINIS TRAINING: Our Minis are well and truly back up and running for the new season and are really enjoying being at Aghadoe. Minis rugby is open to boys and girls from 5 to 11 and training takes place Saturday mornings between 10:30 and 12. For details contact Liam Murphy on 087-4145662.

YOUTHS TRAINING: Our boys U14's train Wednesday evenings from 7pm at Aghadoe while our Girls U14's, (6:45) boys U16 and U18.5 train (7pm) on Thursday evenings at Aghadoe. All welcome.

SPLIT THE BUCKET: Don't forget to support our Split the Bucket weekly draw and be in with a chance of winning for only €2. Envelopes available at participating venues or at training.

KILLARNEY VALLEY ATHLETIC CLUB

TRAINING: The Cross Country training will continue every Thursday eve 6-7pm. All members welcome. Bring €2, appropriate clothing, water and plenty of energy. Meet at field beside the playground. The first County Cross Country competition will be held in Killarney on Sunday, September 29th for Even Age, Novice and U23.

STRENGTH & CONDITIONING continues on Monday nights 7-8pm for members only (aged 12 upwards). Bring €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.

KILLARNEY BRIDGE CLUB

RESULTS

9/09/2019

1st Ron Carron & Maureen Lyne
2nd Kathleen Naughton & Tim McCartney
3rd Marie Moloney & Eileen Crehan
4th Mary Murray & Anne Looney
16/09/2019

1st David Clancy & Mary O'Sullivan
2nd Mary Murray & Anne Looney
3rd Joan Lenihan & Pauline Lyne
4th Don O'Sullivan & Tim Corcoran
Bridge continues use every Monday night at Gleneagle Hotel @ 7.15 sharp. New members, beginners and visitors always welcome. Please ring Ursula @ 087 6465416

OUTLOOK SOCCER

KILLARNEY CELTIC NOTES

RESULTS

U15 National Cup Ballymackey 1 Killarney Celtic 3

Josh Bowler (2) and Jack O'Sullivan did the damage in the 1st half to send us through to the next round.

U13 National Cup Mungret 1, Killarney Celtic 2.

Mungret started the game better but Celtic scored against the run of play. A free kick floated in by Oisín Fleming was headed powerfully to the net by Aindi O' Cathasaigh. Mungret then equalised before half time. Celtic back line of Aindi, Ronan Fahy and Tom Purcell defended bravely in the second half with Mark Looney cool under pressure and Diego Abad closing down all attacks in the defensive midfielder role. Mungret were restricted to shooting from far and Liam Spellman in goal handled anything that got through. Leon Bowler and Sean Mahoney were introduced in the second half and helped turn the tide in the last 10 minutes. Leon chased a through ball and pressurised the goalie into a mistake which he calmly finished to the net with

five minutes left.

U12 Premier Killarney Celtic 4, Camp 2.

Celtic started well but found themselves two down when Camp turned over possession and committed numbers and pace to the counterattack. Both their goals were well worked but Celtic reshaped and regrouped putting big pressure on camp immediately. A series of 6 Celtic corners yielded nothing before Dara O'Sullivan reacted to get one back. His 2nd had a good bit of luck when deflected over the excellent camp keeper. Half time finished 2:2. Samuel Scroop played some lovely balls from midfield and the Camp keeper made two great saves. Shay McCormack scored a cracker from outside the box to give Celtic a deserved lead and Eoin Murphy put a pass on a plate for Cillian Slattery late on to add the 4th.

U12 Div 2 MEK B 4, Killarney Celtic B 2

Jack O Grady and James Coffey.

OUR U13 girls travelled to Kenmare today for the National cup blitz, we beat Springfield 1-0 and then played Lakewood which ended nil all, it came down to goal difference and Lakewood pipped us by 1.

CONGRATS to Oisín Fleming U13 who made the KSGM Team of the Week.

CELTIC LOTTO Number drawn 15, 17, 24, 26. No jackpot winner. Match 3 receives €150. Next jackpot €10,200

SCHOOLBOY/GIRL SOCCER

NATIONAL CUP, 12'S BLITZ AND LEAGUE ACTION IN BUSY WEEK:

National Cup 13's Round 1
Shannon Hibs 1-2 Killorglin
Nenagh 4-1 St Brendan's Park

Round 2

Mungret Regional 1-2 Killarney Celtic
Newport 1-10 Tralee Dynamos
Glantine 2-5 Fenit
National Cup 15's Round 1
Carrig Celtic 0-7 Litowel Celtic
Ballymackey 1-3 Killarney Celtic
Fairview Rangers 3-1 Tralee Dynamos
Mastergeeha 4-3 Mungret
JK Sports 12 Premier
Killarney Celtic 4-2 Camp Juniors
JK Sports 12 Division 1
Ballyhar 4-1 Ballyheigue

Park B 2-7 Park C
 JK Sports 12 Division 2 South
 MEK Galaxy 4-2 Killarney Celtic B
 JK Sports 12 Division 2 North
 Listowel Celtic 1-2 Fenit
 Daly's Supervalu 13 Premier
 Fenit 3-3 Park
 Slattery's Carpets /Blinds 14 Division 1
 Dingle Bay Rovers 6-4 Killorglin B

REPORTS

Inter Kenmare was a perfect venue for the South West 12's Girls Regional qualifiers. As well as the hosts the KSBGL was represented by Killarney Celtic . From the Cork Schoolgirls League were Wilton United, Macroom, Lakewood Athletic and Springfield Ramblers. Drinagh made the trip from West Cork.

The 8 team battled it out for 2 places at the National Finals in Dublin on October 19th. And in the end the two Kerry sides were just denied by places in the finals by two Cork sides Wilton United and Lakewood Athletic.

Going into the last game in Group 1 Macroom and Wilton United were on 4 points with Inter on 2. They knew a big win would see them leapfrog to the top of the table if the Corks sides drew. Inter got the win they needed but Wilton got a late winner to qualify.

In the other group Killarney Celtic and Lakewood Athletic met in the decider level on points but with the Cork side having a 1 goal better goal difference. Celtic did everything to take the win including hitting the crossbar but a 0-0 draw was enough for the second Cork side to progress.

Kerry team progress in the National Cup:

The 2019-2020 SFAI Skechers National Cups got underway at the weekend with action in the 13's and 15's age groups.

13's Round 1 and 2: Killarney Celtic won away at Mungret 2-1 thanks to goals from Andi O'Cathasaigh and Leon Bowler to progress to Round 3. Killorglin also had a very good win on the road as they got the better of Shannon Hibs. The Killorglin goal scorers were Darragh Lynch and Aaron Doyle. Listowel Celtic did go out 3-0 to Murroe.

Tralee Dynamos had a big win away at Newport with Pierce Lowth, Nick Lacey, Shayne Stack, Rory O'Halloran and Mathew Rogers amongst the goals. Fenit also enjoyed a big win on the road as they won 5-2 away to Glantine. Aaron Harty hit three with Kealon O'Dowd and Cian McKenna getting the other two goals.

15's Round 1: It was a good day for the Celtic's in the 15's Round 1. Listowel Celtic had a big win on the road defeating Carrig Celtic 7-0. Evan Boyle, Robert Heffernan and Luke O'Neill all scored two each with Robbie Foley added the 7th.

Killarney Celtic's first half dominance saw them lead 3-0 at the break thanks to two goals from Josh Bowler and one from Jack O'Sullivan. The home side did pull one back in the second period but t no avail.

Mastergeeha have also progressed as they came out on the right side of a 7 goal thriller at Kilbrean Park. The home side's goals came from Sean Doolan, Hugh Lenihan and Alan O' Leary with Cian Murray and Kealon O'Shea

impressing for Mastergeeha.

The trip to Limerick was just a step too far for Tralee Dynamos as they went out of the National Cup going down 3-1 at Fairview Rangers.

JK SPORTS 12 PREMIER

Comeback by Celtic give them the points:

Camp Juniors made the perfect start to their JK Sports 12 Premier game at Celtic Park. They went 2-0 up early on thanks to goals from Mikey O'Leary and Robert Keane.

The home side then forced a number of corners which led to Dara O'Sullivan halving the deficit. The same player then levelled matters just before half time when a deflected effort beat the Camp keeper.

Celtic had the momentum and the impressive debutant Samuel Scroop set up Shay McCormack to score from distance and then Eoin Murphy set up Cillian Slattery for Celtic's fourth. Scroop was the best player for Celtic with Camp Juniors keeper Kevin O'Donnell having an excellent game.

Wins for Ballyhar and Park B in 12's

Division 1:

Two goals from Harry O'Connor and one each from Conrad Long and Shane O'Loughlin gave Ballyhar all three points in their game against Ballyheigue at Mort Scott Park. Mathew O'Sullivan scored for the North Kerry side.

The clash of the two Park sides and it was the C's that got the better of the B's. Goals from Dan Crowley, Temituoyo King Chaninomi, Ademola Idowu, Edison Jahiri, Jack Daly, Sean Og O'Connor and Shane Donovan saw the C's taking the points. Maciek Kubick got both goals for the Park B.

Fenit and MEK Galaxy win in 12 Division 2 North and South

In the JK Sports 12 Division 2 North Fenit won 2-1 at Listowel with Cillian O'Brien and Robert O'Shea on the mark. Fionn Byrne replied for Listowel Celtic.

Goals from Killian O'Donoghue, Fionn Kennedy, Danny Murphy and an og were enough to give MEK Galaxy the home win over Killarney Celtic B in Division 2 South. James Coffey and Jack O'Grady scored for Celtic B.

Points shared in 13 Premier:

Fenit and the Park shared the points after an exciting 6 goal thriller. Kealon O'Dowd hit a hat trick for the home side with Oisín Cronin, Sam Slattery and Ciaran O'Connell getting the goals for the Park.

Dingle Bay the winners in 14 Division 1 game:

Dingle Bay Rovers got the perfect start to the season with a 6-4 home win over Killorglin B in the Slattery's Carpet and Blinds Tralee 14 Division 1. James Hoare hit a hat trick for the West Kerry side and these were added to by goals from their best player on the day Paudie Fitzgerald, Conor Corduff and Cian McGearailt. Cian O'Brien, Ryan O'Connor and two from Mathew O'Loughlin were the Killorglin scorers.

Team of the Week:

Brayden Pierce	
Park 13's	
Robbie Foley	James Spillane
Listowel Celtic 15's	MEK Galaxy 12's

Paudie Fitzgerald	Harry O'Connor
Ryan O'Connor	Mathew O'Sullivan
Dingle Bay Rovers 14's	Ballyhar Dynamos 12's
Killorglin 14's	Ballyheigue 12's
Kealon O'Dowd	Oisín Fleming
Fenit Samphires 13's	Killarney Celtic 13's

League looking for Coaches:

The Kerry Schoolboys Girls League are interested in hearing from qualified coaches who would like to get involved with its Emerging Talent Programmes and Inter League teams with both the boys and girls. Please email League Secretary Aidan Murnane (casualandsport@gmail.com) for an application form with the closing date being this weekend.

MEK GALAXY NEWS:

Seniors: An exciting Super Sunday to kick off both teams league campaigns

KDL PREMIER A FIXTURE:

Away, MEK Galaxy A vs Castleisland Sunday 22nd September, 11.30am ko, Georgie O'Callaghan Park, Castleisland (all weather) KDL 2B fixture: Home, MEK Galaxy B vs Windmill B - Sunday 22nd September, 2.30pm ko, Fossa community pitch (grass)

MEK GALAXY U12: The MEK Galaxy Under12s B team, got off to a winning start in the League season with a 4-2 in Lackabane last week against Killarney Celtic B. With most players playing their 1st game at this level they made a dominant start to the game without converting their chances to Goals. With 15mins gone Cillian O Donoghue swept in a free kick and it was deflected to the net by Celtic defender after this Further chances fell to Fionn Kennedy, Caylem Cummins and Killian Fitzgerald but the Celtic defence held out, until a clever finish from Cillian O Donoghue made the Score 2-0,after this Celtic started to create chances of their own and only for the alertness of Sean Clifford in Goal kept the Celtic attack out. The Half time score was 2-0.

The second half started in a similar vain to the 1st but this time Celtic managed to pull a goal back when the MEK Galaxy defence were unable to clear a ball and Celtic converted to bring themselves back into the game.

Chances were now coming thick and fast with both sides making a number of changes with players starting to tire, it was MEK to the fore in this period with Danny Murphy surging forward and firing home and Fionn Kennedy blasting to the Net after a delightful through ball from James O Meara, to put the score at 4-1, Celtic again pulled a goal back capitising on hesitation in the MEK defence to leave the final score at 4-2 to MEK Galaxy.

Man of the Match was James Spillane who made this week's Team of the week.

FIXTURES:

Skechers National Cup Even Ages Round 1-2 September 21st
 12's Round 1
 MEK Galaxy v park 11am.
 u12 Division 2 South Killarney Athletic b v Mek Galaxy B 10.30am
 U14 division 2 Killorglin c v Mek Galaxy



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The obligation is on the landowner or occupier to ensure their hedges or trees do not pose a danger to road-users and liability for damage or injury resulting from such hazards rest with the landowner or occupier.

Kerry County Council seeks the co-operation of landowners in this to ensure that such hedges and trees are safely felled, cut, trimmed or removed.

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APPLES, TEA, AND MODERATION-THE 3 INGREDIENTS FOR A LONG LIFE:

Researchers from the School of Medical and Health Sciences at Edith Cowan University (ECU) analysed data from the Danish Diet, Cancer and Health cohort that assessed the diets of 53,048 Danish people over 23 years and found that people who habitually consumed moderate to high amounts of foods rich in flavonoids, compounds found in plant-based foods and drinks, were less likely to die from cancer or heart disease.

Lead researcher Dr. Nicola Bondonno said while the study found a lower risk of death in those who ate flavonoid-rich foods, the protective effect appeared to be strongest for those at high risk of chronic diseases due to cigarette smoking and those who drank more than two standard alcoholic drinks a day.

"But it's also important to note that flavonoid consumption does not counteract all of the increased risk of death caused by smoking and high alcohol consumption. By far the best thing to do for your health is to quit smoking and cut down on alcohol

"We know these kind of lifestyle changes can be very challenging, so encouraging flavonoid consumption might be a novel way to alleviate the increased risk, while also encouraging people to quit smoking and reduce their alcohol intake" she said.

Participants consuming about 500 milligrams of total flavonoids each day had the lowest risk of a cancer or heart disease-related death.

"It's important to consume a variety of different flavonoid compounds found in different plant based food and drink. This is easily achievable through diet for example: one cup of tea, one apple, one orange, 100 grams of blueberries, and 100 grams of broccoli would provide a wide range of flavonoid compounds and over 500 milligrams of total flavonoids."

Flavonoids have been shown to be anti-inflammatory and improve blood vessel function, which may explain why they are associated with a lower risk of death from heart disease and cancer.

A BELATED WELL DONE TO KINSALE LIFEBOAT CREW:

Last weekend a badly frightened Friesian heifer, who was marooned on rocks after slipping down a narrow path from her field at Castlepark was spotted by a man out on a passing yacht and members of the RNLI in Kinsale were called to the scene.

They took the decision to close the beach when she eventually ended up in the sea in case as a member of the public would have tried to help her and instead could have endangered their life. During the three and a half hour operation the RNLI members involved in the rescue managed to get a rope around a halter that she was wearing and she was gently towed back to safety and enticed into a nearby field by several of the crew. She was then, after some time, loaded up into a trailer and taken home where she was tucked up in her shed, dried off, her cuts and bruises seen to and she enjoyed a good feed of hay.

What a pity the emergency services couldn't have done the same for the cat that was stranded on the chimney of a building in William Street Listowel last March. The 9-month-old kitten's owner had



contacted the Gardaí, the Kerry Fire Service and animal charities asking them for help, but they all replied that they hadn't the correct equipment. Luckily the kitten who had been missing for a week was rescued by an ordinary member of the public who was brave enough to take on the challenge whilst Tigers owner was appealing for help on Radio Kerry's Talkabout.

THIS POLITICAN KEEPS HIS PROMISE:

UN officials reported that Ethiopia's forest coverage has decreased from 35% in the early 20th century to just over 4% in the early 2000s and the Ethiopian Prime Minister Abiy Ahmed promised to fight the nation's deforestation issues by planting at least 4 billion indigenous trees before October.

During one tree-planting event orchestrated by him as a part of his "Green Legacy" initiative to restore natural greenery to the nation Ethiopian officials said that they had successfully planted over 350 million trees in a single day and so far a total of 2.6 billion saplings have been planted across the nation.

The country of India originally set a world record for planting 66 million trees during a 12-hour period back in July 2017 whilst the record for the most number of trees planted in a day by an individual is held by Ken Chaplin of Canada who planted 15,170 red pine seedlings near Prince Albert, Saskatchewan, Canada on June 30th 2001.

ON THIS DATE - September 20th:

1918 - Republican newspapers were banned by the English.

1920 - Kevin Barry was captured.

1932 - Mahatma Gandhi began a hunger strike against treatment of untouchables.

1934 - Birth of Italian actress Sophia Loren.

1946 - The first Cannes Film Festival (Festival international du film) was held in Cannes, France.

1968 - Traffic wardens went on duty in Dublin for the first time.

1970 - The Russian space probe Luna 16 landed on the Moon, the first time an unmanned probe was used to take photos and bring objects back to Earth from space.

1973 - Billie Jean King beat 55-year-old Bobby Riggs in straight sets in a battle-of-the-sexes tennis match watched by a worldwide television audience of 50 million people in 37 countries.

1977 - The first wave of Southeast Asian "boat

people" arrived in San Francisco under a U.S. resettlement programme.

2009 - Singer Glen Curtin of the New Blues, Nevada and Galaxy Band passed away.

FOR THE FIRST TIME IN 17 YEARS, THERE WAS NO WHALING IN ICELANDIC WATERS THIS SUMMER:

Due to a shrinking international market for whale meat and the expansion of a no-fishing coastal zone, both of the nation's major whaling companies decided to abandon their summer hunting season altogether, meaning that no whales of any kind were hunted in Iceland.

IP-Utgerd – a company specializing in harpooning minke whales – said that the expansion of the no-fishing zone would force their ships to travel farther out to sea, making the venture far more costly than usual. The company said that they focused on collecting sea cucumbers (marine animals with a leathery skin and an elongated body found on the sea floor worldwide) for the summer instead.

Hvalur, the other Icelandic whaling company, specializes in harpooning fin whales – an endangered species that is hailed for being the second largest whale in the world. Though the company typically exports 100% of their catch to Japan, a shrinking demand for whale meat prompted them to abandon their summer harpooning.

Though the companies may reconsider their whaling ventures next summer, environmentalists and marine biologists are rejoicing over this year's harpooning respite.

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You can also scatter the seed over the whole bed, and try and leave about a 1/4 of an inch between them and cover them lightly with some compost and water well, but make sure there is a fine rose on your watering can. There is a range of hardy annuals to choose from so make sure you know the heights and spread and, of course, the colour.

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Signposts For Our Times

A Walkabout in the world of John Moriarty



A workshop to nourish the spirit using stories, themes and images from the life of John Moriarty

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Venue: The Meadowlands Hotel, Tralee
 Date and Time: October 5th, 2019 | 10.00am-4.00pm
 Cost: €35 Booking essential
 Tel: 085 7791210 or Email: marymcg2003@gmail.com

A Word of Victory



Welcome back dear reader "weeping may endure for the night, but joy comes in the morning" (Psalm 30:5). Are you going through a season of weeping? God promises that no matter what the ordeal, joy will come as you praise and honour Him. Everyone goes through dark trials in life. Night time can be the hardest, when everything is quiet and we start thinking. But after every night there comes a dawn. It is true friend – whatever the circumstances you are going through light will come. But many things can prevent us from breaking out of darkness, grief and fear. In 1st Samuel chapter 7 the people of Israel were in trouble. Their enemies were terrorising them. Even though they were God's people, they had turned away from His Word and worshipped false gods and trusted in them. Now they were reaping the results of the demonic influence those idols brought. Many people are in dark places today and they have no idea why. They are living with curse, sickness and torment; suffering terribly and are clueless on how to receive healing. But God's Word is very clear - the second commandment tells us that we are not to bow down before images or statues of anyone who is in heaven or on earth, and we are not to worship idols because it brings curse. God is a jealous God and He does not share His glory with anyone (Exodus 20:3-6). His Son Jesus is our Messiah. He is the One Who died on the cross for our Salvation, but He is not on that cross any longer because God raised Him up and He is alive! (Read Romans chapter 6) Samuel told the people that they had offended God with their false god worship and this was the reason they were in turmoil and defeated. The people accepted the rebuke, repented of their sins, and got rid of their idols. God intervened supernaturally and they overcame their enemy. Everything changed as they changed the focus of their worship. Samuel put up a stone of remembrance to remind them of God's deliverance, so they'd never forget to worship only Him. There is no other name by which men can be saved but the name of Jesus (Acts 4:10-31). Taking the cup and bread is our reminder today of God's Salvation, and it's only in Jesus' name that we can approach God the Father (1 Corinthians 11:23-30; John 14:6). Jesus gave His life for your freedom and healing friend - allow His love in to quench the darkness!

More next week...  @WovKillarney 

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Barriers to Success

Do you ever feel that you have more potential that you are realising? Perhaps it seems as if your plans never come to fruition – or you sabotage your own success. Perhaps you lack confidence in your own abilities and doubt your capacity for success. Do you tend to procrastinate or find your great ideas never see the light of day? Then it may well be that you are creating your own psychological barriers to success?

Many of us carry around limiting beliefs and negative habits which hinder our success. These beliefs and behaviours are sometimes so well developed that we don't even realise they are there – and when we do, we don't have the skills or tools to overcome them. Typical barriers to success include: Fear of success and/or fear of failure, low self-esteem, negative thinking, reluctance to seek help, negative past experiences that continue to create emotional blocks, difficulties relating to others, depression, self-doubt and/or lack of self-belief.

However we pay the price for these negative thoughts and self-doubts.

Bring to mind something that you've been wanting to do – and write it down on a sheet of paper. Now think of all of the reasons that stop you from doing this – and write these down. Next review the list and cross off those that are simply not real or true (It may be helpful to enlist the help of a friend here).

Now look at the negative beliefs on your list that can be substituted with something more positive. The brain cannot hold two contradictory beliefs simultaneously – thus try replacing a negative belief (e.g. I could never go to college) with a more positive one (I have the ability to go to college). Better still, write the positive affirmation in the present tense as if it is already happening (I am studying in College and loving every minute of it). Write down your affirmations and put them on your desk or bathroom mirror, repeating them as often as possible. Notice when self-doubts crop up.

When self-doubts and limiting beliefs sneak in – do a reality check and ask yourself 'Is there a rational reason to believe them?' If so, what can you do to change this? Is there something practical we can do to? Sometimes our doubts and negative self-beliefs are rooted in earlier life experiences or childhood traumas. If this is the case, perhaps you could seek the help of a counsellor or coach to overcome these.

Next week we will continue to look at our own personal Psychological Barriers to Success and discuss ways in which these can be overcome.

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

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THE MIRACLE PRAYER

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

Take it dear heart of Jesus and place it within your own broken heart where your Father sees it. Then in his merciful eyes it will become your favour not mine.

Amen.

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

MF

THE MIRACLE PRAYER

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

Take it dear heart of Jesus and place it within your own broken heart where your Father sees it. Then in his merciful eyes it will become your favour not mine.

Amen.

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

MY

1ST ANNIVERSARY & ACKNOWLEDGEMENT

IN LOVING MEMORY OF

**HANNAH
MURPHY
(NEE O'SULLIVAN)**



DOON, KISKEAM
DIED 2ND OCTOBER 2018

As we lovingly remember and deeply miss Hannah, those who truly loved her would like to express their deep appreciation to all those who sympathised with us on our sad loss. Sincere thanks to all our relatives, friends and our loving and caring neighbours who visited her during her illness and who supported us through very difficult days.

Thank you to all who attended the wake, removal, requiem Mass and burial and all those who travelled long distances. Heartfelt thanks to those who sent Mass cards, perpetual enrolments, messages of sympathy, floral bouquets and wreaths and those who telephoned.

To Dr. Mary and all the Doctors and staff of Dr Leaders Surgery for their care, help and support, thank you. To Margaret and Mary of home help. To Sandra and the Public Health Nurse's for their care and kindness. To Murphy's and O'Sullivan's Pharmacies for all their help.

The Doctors, Nurse's and staff of Mallow General Hospital for their care and kindness. To Denis Casey and Family Undertakers, Kiskeam for their help and support.

A special word of thanks to Fr Jim Kennelly, Fr Mulvihill, Fr O'Leary, Fr Buckley and Deacon Teady O'Connor who's funeral Mass gave us great comfort.

To Margaret and Betty, the Clark's for their help. To Joan and Sheila for their lovely music and singing.

Many thanks to the committee of Knocknagree community centre and Anne's Kitchen Boherbue for all the food.

Please accept this acknowledgement as a token of our gratitude and appreciation. Mass has been offered for your intentions.

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