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Professional darts player Gary Anderson (centre) pictured with local legend Ian O'Connell, Ian's cousin Abbie May Scannell and her Mum Trina Scannell at the Gleneagle Hotel for the Ian O'Connell Darts Fundraising evening on Saturday.
PICTURE: MARIE CARROLL-O'SULLIVAN

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Storm Ali not a patch on knockout glove

A gala fundraising ball and charity auction is set to take place this weekend to celebrate the 50th anniversary of the foundation of The Irish Haemophilia Society.

The event which is set to take place in Dublin has received a very special donation for the auction – valued at thousands of euro – a very rare collector's item in the form of an autographed boxing glove signed by the great Muhammad Ali.

The glove is framed with a legendary snapshot of the colourful former world heavyweight champion during his famous 1965 Phantom Punch fight with Sonny Liston which Ali won with a first round knockout. It also comes with a souvenir card outlining details of all of Ali's world championship bouts.

The Irish Haemophilia Society is spearheaded by Killarney man Brian O'Mahony.

The collector's item was donated to the Irish Haemophilia Society by a member and a reserve of €2,500 has been placed on the item before it is auctioned in the Castleknock Hotel in Dublin on Saturday night. Bids in advance of the auction are being taken on 01-6579900 or 087-2515325.



Killarney man Brian O'Mahony, Chief Executive of the Irish Haemophilia Society, with the collector's item signed Ali glove.

"It's a wonderful item and we expect it to be in big demand. It would be a real treasured keepsake for anybody with even a passing interest in boxing or for a sports venue or pub to hang on the wall," said IHS chief executive Brian O'Mahony, a native of Killarney.

The master of ceremonies for the ball and auction is comedian and actor Simon Delaney and other sporting memorabilia

to be auctioned will include a signed Ireland Grand Slam jersey, a ball autographed by last season's Liverpool Champions League final team, signed Kerry, Dublin, Kilkenny and David Clifford jerseys and a rugby ball autographed by rugby legend Paul O'Connell. Neckties autographed by party leaders Leo Varadkar, Micheál Martin and Brendan Howlin, a scarf autographed by Mary Lou

McDonald and a signed Michael Healy-Rae trademark cap will also come under the hammer.

Also being auction at the €100-a-head black tie gala are luxury weekend breaks in Killarney's Killeen House, Lake, Plaza and Muckross Park hotels, a guided ascent of Carrauntoohil and a day in the Dáil with Deputy John Brassil.

EDITOR'S NOTE



Aisling Crosbie | EDITOR

As we celebrate Culture Night, we have lots for you in this week's Killarney Outlook.

The Models In Recovery Fashion Show was a huge success, there was a Hero's Welcome for the

Sem Boys and Heart of Killarney get behind a young woman's fight against cancer.

A Kerry hotel is leading the way with virtual reality technology, Kerry is set to celebrate Health & Wellbeing Week and Killarney rolled out the red carpet for a group of German students.

As we recover from Storm Ali and prepare for Storm Bronagh – take care on the roads this weekend.

IF YOU HAVE A STORY...

Contact Aisling on: 086 0400 958

Models In Recovery - Take a Bow....



The fifth annual Model's In Recovery Fashion Show took place in the INEC this week and the event was, once again, a resounding success.

The Fashion Show is one of the main fundraisers for the Kerry Hospice and this year a record 1300 people attended.

Brendan Fuller took over the role of MC as Storm Ali stopped Noel Cunningham from travelling from Donegal – and as always he did a fantastic job.

The models were the star of the show – each of them are recovering from cancer and they took to the catwalk with style much to the delight of all their supporters.

All in all a fantastic show and huge congratulations must go to the organising committee for all their amazing work.

The 25 models in recovery who took to the catwalk at the INEC raising funds for Kerry Hospice at their annual fashion show.

PICTURE: MARIE CARROLL-O'SULLIVAN

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Chamber expresses concern over Traffic Management in Killarney

This week, Paul O'Neill, President of the Killarney Chamber of Tourism & Commerce issued the following statement:

Killarney Chamber of Tourism and Commerce has real concerns about the unacceptable delay in implementing a proper and practical traffic management system in and around Killarney.

We welcome recent concerns expressed by the elected members regarding the town not being adequately prepared or best positioned to cope with demand in terms of required traffic flow, parking requirements and congestion issues.

Almost two years since Killarney Municipal District Council took delivery of a traffic management review, it is a significant worry that the gridlock experienced in the summer of 2018, by locals and visitors, was unprecedented.

While Chamber acknowledges the efforts of the elected members and management of Killarney Municipal District Council, it would appear that progress is being hindered by the absence of a clear parking management strategy and the recommendations of the report not being implemented.

Killarney Chamber, has, in its meetings with the Killarney Municipal District management, since 2015, continually highlighted the traffic management issue as the top priority for our members.

This year Killarney Chamber carried out a

TEIR One (Tourism Economic Impact Report), which projected a conservative 3% growth over the next decade. There is a clear and present threat that the Killarney brand will be significantly damaged if the local authority does not act, as a matter of priority, to solve the town's traffic problems and implement the main findings of the traffic management review.

Killarney Chamber of Tourism and Commerce, a representative body of 200 local businesses, accepts that there is no silver bullet solution to the gridlock but there is absolutely no doubt that some proposed short to medium-term measures can be put in place to help tackle the problems being experienced. There seems to have been little or no progress on short-term remedies such as the proposed inner relief road at St Mary's Terrace/Monsignor Hugh O'Flaherty Road, the development Rock Road car park or the relief road at Deerpark.

Given the ordeal endured by motorists this summer, it was quite alarming to hear senior local authority officials indicate that the reality is it will be a minimum of 10 to 12 years before the gridlock in the town can be adequately tackled when – or if – an outer relief road is approved.

It is quite clear that greater expediency is required, that a new parking strategy must be



implemented as a matter of extreme urgency and that facilities for parking are provided as an immediate priority.

Killarney Chamber of Tourism and Commerce is managing growth in the tourism sector through proper forward planning and analysis and the hope now is that Killarney Municipal District Council can do likewise in terms of traffic management.

Chamber is willing and able to play its part and to engage fully in the process but a firm commitment is now required on the part of Kerry County Council.

The growth of the entire county of Kerry depends on Killarney, as the premier tourist destination, continuing to prosper but it will be unable to do so without adequate traffic management. This is essential in order to future proof Killarney as one of Ireland's top visitor destinations.

"Castleisland of the Future – Making it happen"

Economic Forum to take place this weekend

Castleisland Chamber Alliance will hold an economic forum on September 22nd in the Riverisland Hotel from 2.30pm to 5.30pm to discuss opportunities for the Castleisland Area. We are inviting Castleisland people at home and abroad to attend and contribute to Castleisland's future. Miriam O'Callaghan will direct proceedings and we have been able to secure several high profile guests with Castleisland connections to discuss their vision for the area. All but one of the guests are from the Castleisland area and have become significant players in their sectors, the only "non native" on the panel is Con Lynch who chose Castleisland as the location for his successful international business. The event will consist of a brief presentation from each guest followed by a panel discussion and question and answer session which Miriam will moderate. The panel for the forum will consist



of; David Walsh, Group CEO, Netwatch. Liz Shanahan, Member of the Global Irish Economic Forum and current London Kerry Person of the Year. Stephen Reidy, C.I.O. Three Ireland. Suzanne McElligott, C.E.O. of IAB Ireland and Bord Member of Advertising Standards Authority for Ireland. Con Lynch, C.E.O. Compound Feed Engineering. Orla Burke, Partner and EMEA Healthcare Lead. FleishmanHillard John Brosnan, Co-Founder and

C.E.O. Netfort. The Chamber will also hold an event in the morning focusing on three young entrepreneurs, all alumni of the local secondary schools, who will make presentations of their businesses. This session will be supported by the secondary school principals and while the target audience is primarily students, all are welcome to attend. The panel for the morning event will consist of; Shane McAuliffe, McAuliffe Pig Farms and European Pig Producers Ireland. Shane O'Leary, Cordal Cheese. Ciara

Murphy, Be You tiful, Beauty Salon. The event promises to provide unique ideas from our very successful panelists which we expect to help Castleisland plan for a successful economic future. Tickets from Eventbrite -<https://www.eventbrite.ie/e/castleisland-economic-forum-tickets-48590519552>.

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RING OF BEARA CYCLE 2019 SELLS OUT WITHIN 24HRS

The Ring of Beara Cycle Kenmare 2019 took less than 24hrs to sell out completely this week. Over 4200 spaces for the event were snapped up by eager cyclists who have secured the date in the diary for 2019. The popularity of the event is not only testament to the great reception riders receive all along the Beara Peninsula but also the state of cycle tourism in Ireland. Mickey 'Ned' O'Sullivan of the Ring of Beara Cycle Kenmare Organising Committee said,

"It's great to see the event selling out so quickly again this year. We've had four brilliant years to date and I have no doubt 2019 will be set to match them. The event receives great support from the communities along the route and the fantastic volunteers who make the event possible. We're looking forward to May already!" Participants choose between 110km or 140km routes for the cycle when the event went on pre-sale for past-participants on Wednesday and opened to the general public on Thursday.

Last week the Ring of Beara Organising Committee presented cheques totalling €53,000 in donations to Castletownbere Community Hospital, Castletownbere Day Care Centre, Kenmare Family Resource Centre, Kenmare Special Olympics, Kenmare Special Needs Group and St John of God Services Kenmare. If anyone is interested in volunteering for the event next year, please email info@elitevents.ie

St. Brigid's Students Scale New Heights



Fifth Year students in St. Brigid's started their senior school year on a high with a hike into the Hag's Glen and a climb up Ireland's tallest mountain, Carrauntoohil. They were accompanied by their year head

and teachers and guided by climbers from Kerry Climbing who ensured that students arrived at the peak safely. Conditions were ideal for climbing and the girls were exhilarated when they scaled the top.

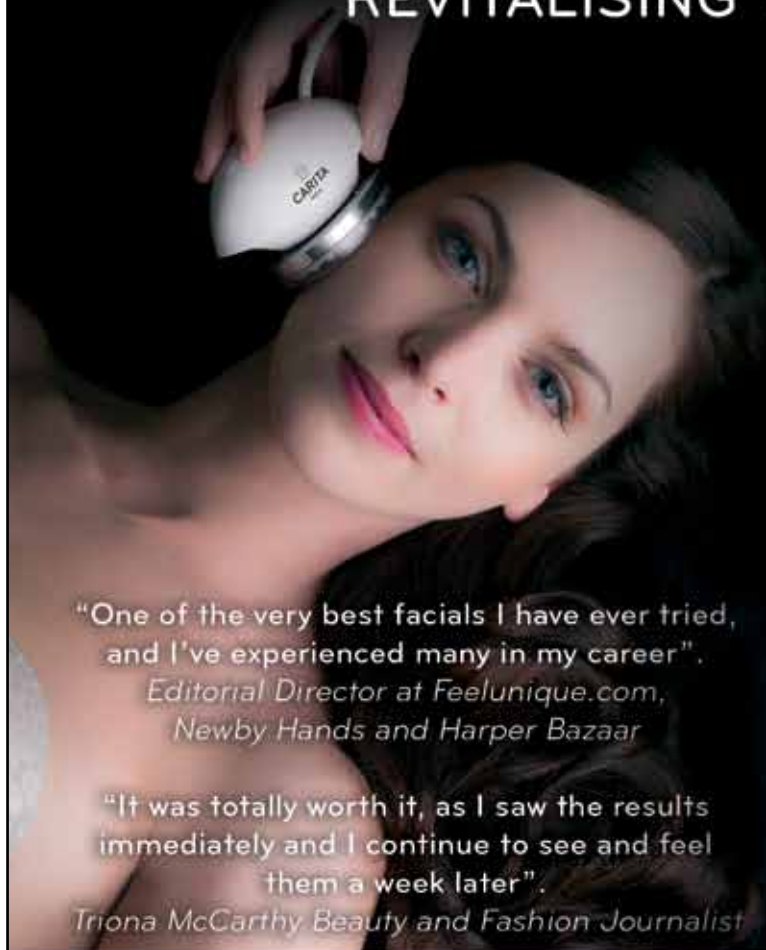
Call for a healthier environment

"At the September 2018 monthly meeting of Kerry County Council, Councillor Michael Gleeson asked that the Council as a signal of commitment to a cleaner, safer and healthier environment in Kerry would promote and co-ordinate an Environmental Enhancement Week of being as free as possible from the use of plastics and polystyrene. Kerry County Council replied that it can co-ordinate an awareness raising event around the use of single use plastics with particular focus on communities, businesses and schools in the county. The Council also committed to work closely with Tidy Towns Groups, Green Schools and Environmental Groups. It will also organise a one day seminar with all of the above groups where those groups can showcase their work in this area through presentations, talks and workshops. Councillor Gleeson welcomed this initial commitment and hoped that it will inspire all in Kerry to become more aware of the terrible threat to health and environment from the proliferation of plastic waste."

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Killarney Golf & Fishing Club To Target Business Around Tee Time

Clubs from across the country, including Aoife Nolan from Killarney Golf & Fishing Club, joined an educational workshop at Fáilte Ireland headquarters this week.

Fáilte Ireland has teamed up with Golfbreaks.com, one of the world's largest and longest established golf travel companies, to provide Irish golf businesses with the latest expertise on how to expand their offer to international golf tourists, both on and off the course.

While there, the group were provided with the latest insights into how to showcase their product to the international market, in a way that generates increased sales, by tapping into the latest consumer demands and behaviours. With the modern golf tourist increasingly expecting to be presented with packages which cover every element of the holiday experience, from top quality accommodation, food and hospitality to bespoke golfing itineraries, today's workshop provided the Irish golf trade with the tools to effectively market to overseas golfers and drive revenue for their business.

Fáilte Ireland has teamed up with Golfbreaks.com, one of the world's largest and longest established golf travel companies, to provide Irish golf businesses with the latest expertise on how to expand their offer to international golf tourists, both on and off the course.

Golf tourism is an extremely lucrative sector for Ireland with golfers being amongst the highest yielding visitors to Ireland. Over 200,000



Fáilte Ireland has teamed up with Golfbreaks.com, one of the world's largest and longest established golf travel companies, to provide Irish golf businesses with the latest expertise on how to expand their offer to international golf tourists, both on and off the course. Clubs from across the country joined an educational workshop at Fáilte Ireland headquarters today where they were provided with the latest insights into how to showcase their product to the international market. Pictured at the workshop were Keith Mitchell, GolfBreaks.com; Aoife Nolan, Killarney Golf Club and Martin Donnelly, Fáilte Ireland. PICTURE: COLM MAHADY

overseas visitors take part in golf during their visit to Ireland every year, contributing almost €270 million to the economy and driving over 1.7 million bed nights right across the

country. Working with Tourism Ireland, Fáilte Ireland is focused on growing these numbers by targeting those markets with greatest potential.

Hearts opening in support of Miriam



Edwina Duggan and Leo O'Connor, Heart of Killarney (left) with kiosk manufacturer Tommy Hassett and Miriam Joy's brother Eoin.

The team behind the ground-breaking phone kiosk defibrillator project has devised a novel but hugely innovative way of raising funds for a very worthy Kerry cause. They are to raffle a kiosk and an AED with all donations generated going to support popular teacher Miriam Joy,

from Castleisland, as she undergoes a hugely expensive new treatment to help in her battle with triple negative breast cancer.

Medical professionals have told mum-of-two Miriam that her only chance of survival is a change of direction with her treatment but the required immunotherapy will cost a staggering €7,000 every three weeks for an indefinite length of time.

Businessman Tommy Hassett, who manufactures the €3,500 phone kiosks that house the AEDs, is a friend of the Joy family and he has teamed up with the Heart of Ireland crew and Ce-Tek Medical to donate a kiosk and a defibrillator to raise funds.

The AED kiosks are proving in huge demand all over the country since a pilot scheme was introduced in Killarney some years ago

Heart of Ireland Project Development Lead, Damien Baker, said the organisation is glad to be able to help Miriam and her family.

"It is being made possible by the generosity of Tommy donating a phone box and Ce-Tek Medical donating an AED and cabinet," he said.

Leo O'Connor of Heart of Ireland added: "We would like to wish Miriam and her family the best during this difficult time and we hope that this small act of generosity makes a difference".

The raffle will run until October 17 and tickets, priced at €20, are available on the raffle link on the Heart of Ireland Facebook page.

Ger Hickey, General Manager of Limerick based company Ce-Tek Medical, said: "We take our social responsibilities very seriously. We are delighted to be able to support the Miriam Joy Fund by donating a defibrillator and outdoor defibrillator cabinet to this great cause"

Meanwhile, Miriam Joy's brother, Eoin, said the family is hugely grateful to all involved for the remarkable gesture of generosity.

"Their incredible generosity, work and vision in the development of this project has given great support to Miriam as well as providing a lifesaving device to a community. Their efforts and goodwill have blown us away," he stated.

Miriam, who lives with her husband, Pat Fitzgerald, and their two sons, Noah (10) and Joshua (5), in Castleisland, was diagnosed in May 2017 but the treatment she received was not successful and the cancer has now spread to her brain and lungs.

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Home are the Hero's



European Bronze medal winner Jordan Lee (right) with All Ireland Football Minor Captain Paul O'Sheat, Kevin d'Darcy, Michael Lenihan, Kieran O'Donoghue, Keith O'Leary, Mark Cooper, Daragh Lyne with some St Brendan's College students at St Brendan's College.

Talented athletes at St Brendan's College received a hero's welcome when they brought the Tom Markham Cup and a European Championship Bronze Medal to the school recently.

Members of the Kerry Minor Football team who are all students at the school were greeted with cheers when they held the Tom Markham Cup aloft

Captain Paul O'Shea was joined by fellow team mates Kieran O'Donoghue, Patrick d'Darcy, Daragh Lyne, Michael Lenihan, Keith O'Leary and Mark Cooper for the occasion.

The team were joined by past pupil Jordan Lee who won a bronze medal at the recent European Para Olympics in Berlin.

The boys are pictured here with the biggest hero of them all Ian O'Connell.



European Bronze medal winner Jordan Lee (right), Kerry's All Ireland Football Minor Captain Paul O'Shea, Kieran O'Donoghue, Kevin d'Darcy, Daragh Lyne, Michael Lenihan, Keith O'Leary and Mark Cooper with Ian O'Connell at St Brendan's College, Killarney.

Peter Casey secures his first council nomination from Kerry County Council

Presidential hopeful and businessman Peter Casey has secured his first endorsement from Kerry County Council this week in his bid for Presidency.

Mr Casey is an Independent Candidate and said it was an honour to secure the backing of Kerry County Council as his first nomination.

"I am absolutely delighted that Kerry Council have nominated me for this important position. We were very late getting into the race but even now we are receiving more and more support from Councillors and the public too. This puts me right on course to get on the

presidential ballot."

"I am honoured that the Councillors of Kerry endorsed me and grateful in particular to Michael Cahill who nominated me and Johnny Healy-Rae who seconded me, Sam Locke (Ind) and to Pat McCarthy who broke the Fine Gael Whip. I hope to repay their faith in me very soon. I am asking the remaining Councils and Councillors, regardless of party affiliation, to give me the opportunity to go before the people and let them decide if they agree with my vision. I am a truly independent candidate and I can promise everyone here and now

that I will put the same amount of energy and commitment into the role of President of Ireland as I have done in every job or business I have worked in."

The businessman, who recently stepped down as CEO of Claddagh Resources, is proposing a more purposeful Presidency. Under the campaign banner, Small Country; Big Nation, Casey plans to leverage the economic and social resource represented by Ireland's extensive diaspora.



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Price Region: **€415,000**
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Price Region: **€265,000**
BER C2

MONEY MATTERS.....

By Dermot Cronin,
Financial Advisor



WHY SHOULD YOU REVIEW YOUR PENSION?

As you have probably seen or read in the news recently pensions are being discussed very often. This shows how important pensions are, so if you have a pension it is very important that that you review your pension regularly. You may or may not be contributing to your pension anymore but it still needs to be reviewed. You need to know what kind of pension you have and what funds your pension is invested in. Your pension could be invested in very high risk funds which means that the value of your pension could substantially decrease or substantially increase over a very short period of time. You also need to look at the fees and charges associated with your pension, there may be more competitive options available to you where the fees and charges are less. If you do not review your pension you will not know if your pension is increasing or decreasing in value or if your pension is on track to get you the income you need at retirement. So whether you are currently contributing to a pension or have a pension that you paid into in the past it is very important that your pension is reviewed by a pension advisor regularly.

To discuss this or any other financial matter you can contact Dermot Cronin QFA APA at 0646622775 or dermotcroninifa@gmail.com

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CHARTERED SURVEYORS RICS

Killarney rolls out the Red Carpet for German Students

A group of 18 German Office Administration Students are preparing to say goodbye to Killarney after spending two weeks on a work experience programme and among them was Jana Klisch who spend her two weeks at the Killarney Outlook.

Almost a year ago Josef Miehling former Mayor of Pleinfeld (which Killarney is twinned with) contacted Sean Counihan, Chairperson of the Town Twinning Committee with a request to bring students to Killarney for work placements under the European Erasmus Plus Programme. Taking on the organisational role, Sheila Dickson and Michael O Leary, former town clerk, both of whom are members of the Town Twinning Committee agreed to look for work placements and host families for the group and co-ordinate the students who attend a college in Gunzenhausen, a town in the Weißenburg-Gunzenhausen district in Bavaria, Germany. Pleinfeld is also in the

same district and is the largest town.

The 18 students are accompanied by 2 teachers Ulla Enzigmüller and Stephanie Kwapill.

The students are in apprenticeships and close to having degrees in either office management or industrial management and fourteen local businesses facilitating their 10 day work placements.

The group are all staying with host families in Killarney and enjoying the town and surrounding areas.

The twinning committee are very grateful to the business's that so readily agreed to facilitate the work placements for the group and also to the Killarney School of English for assisting with the host families.

Josef has already brought a group of 30 locals from Pleinfeld to Killarney in April and he has another group of 30 arriving in Killarney on the 25th September for 8 days.



A warm welcome to 18 German Clerical Students at the Killarney Plaza Hotel from Killarney Town Twinning. The students will enjoy Killarney whilst work in local business throughout the town. PICTURE: MARIE CARROLL-O'SULLIVAN




My internship in Ireland


By Jana Klisch




Last week on Sunday me and some other students from Germany arrived at Kerry Airport. The smallest airport I've ever seen. All of us are doing an internship for two weeks in different companies to practice our English skills. Some are working in hotels others in youth centers and I'm at the Killarney Outlook. So I'm telling you something about my journey and the things I've experienced so far. After our arrival in Killarney we met our host families and the contact persons of our firms at the Plaza Hotel. After that I gained a lot of impressions and experienced many things. Another girl, called Marie and I live in the same family. Still on our first day we visited the National Park and the Killarney Castle together. During the week we had to go to work. One task was to meet up with another girl from the group, to walk around Killarney to do our own sightseeing and to take some photos for an article. On other days I had typing work or I sorted magazines by date and stapled

them. The Riverdance Show on Wednesday was brilliant. It was great to see a bit of the Irish culture. On Friday we went together with our hosts to the brewery for having some pizza and beer. On Saturday we were in Killarney town for shopping and having milkshakes. Afterwards we went to Muckross House there we saw a wild deer which was very trustful so we were able to rub it. Then we went to Torc Waterfall and it began to rain heavily so we were soaking wet when we arrived there. On Sunday we went to Dingle. During the way we stopped at Inch Beach. I've never seen such a beautiful and quiet long, clean beach. The way back home we passed another beach and the waves there were so high that we got very wet. On Wednesday we went to the Stonechat with the whole group. The rest of the trip is not planned yet but I'm sure it will be just as nice as what I have experienced so far.



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THROUGH THE KEYHOLE....

A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET

Sherry FitzGerald
Coghlan



Address: "Glen View", Coolnagarrahy, Lawlors Cross, Kilcummin. Spectacular well presented three bedroom executive family home with detached garage on 1 acre site, within minutes drive of Killarney town and convenient to Kerry Airport and Tralee. This modern property boasts many features including Scanalini kitchen, with integrated appliances, plaster coving to all rooms, timber flooring to livingroom and all bedrooms and tiling to all remaining rooms, en suites to all bedrooms, ACV pressurised system and concrete first floor floors/walls. Accommodation includes on the ground floor entrance hall, livingroom, kitchen cum dining cum living room, conservatory, toilet. On the first floor there are three bedrooms all of which are en suite and bathroom.

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Price Region: €415,000

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

KERRY SET TO CELEBRATE FIRST HEALTH AND WELLBEING WEEK

Workshops, seminars, coffee mornings, film screenings and sports events will form part of the first ever Health and Wellbeing Week in Kerry, which is being organised by the HSE and Kerry County Council. The week will coincide with World Mental Health Day and runs from 6th to 14th October at venues across the county.

The first of its kind in Kerry, the Health and Wellbeing Week aims to promote a positive sense of wellbeing and will highlight mental health services and supports which are available to people in need in the county. Everyone is encouraged to take time out to learn, talk, reflect, and engage with others around the topic of mental health and wellbeing, and to encourage anyone with mental health issues to reach out and avail of supports and services available.

The programme of events has come together with the support of all the local statutory agencies working together with the very positive input of community and voluntary groups all over Kerry.

Kerry's first Health and Wellbeing Week was launched today by Mary O'Mahony, Director of Nursing of the HSE and the Cathaoirleach of Kerry County Council, Cllr Norma Foley. The events are supported by Cork-Kerry Community Healthcare, through Connecting



Organisers of the first ever Health and Wellbeing Week in Kerry, which is being organised by the HSE and Kerry County Council.

for Life, and by Kerry County Council, through Healthy Kerry. Among the highlights of the week will be a showing of the film, Pilgrim Hill, a panel discussion on the changing role of women in Kerry, workshops on workplace wellbeing, park runs, awareness sessions and more. Full details of the programme of events are now available at local libraries,

health centres and Family Resource Centres throughout the county.

The full events list is also available on www.healthykerry.ie (where a day-by-day list of events is available) and on Kerry County Council and HSE websites.

Mindful Teens at Killarney Community College

On Tuesday 11th September 2018, at Killarney Community College, Transition Year students participated in a Mindful Teens workshop with Psychotherapist Harriet McGuigan. She worked with the TY students of Killarney Community College showing them new ways that they could support themselves to help keep some balance in their lives. Teenagers nowadays need support – sometimes they are distracting themselves through substance misuse, cyber bullying, online pornography, online gambling or self-harm to name but a few. Often times they are doing this because they are trying to cope in their world and manage their lives.

Inspired by the quote 'When we know better we can do better' by Maya Angelou, Harriet created and runs the Mindful Teens Programme to inspire and plant a seed in the teenagers she comes into contact with. During the day they listened and often related to Harriet's story, they worked in small groups and they got to practice and try out the art of different meditations. The group then chatted together about the challenges and what they enjoyed about taking some time out in a more supportive way. According to Harriet "A lot of the teens opened up pretty quickly, sharing their concerns and challenges as teenagers growing up in Co. Kerry. Hot topics discussed were: support in relation to safe use of social

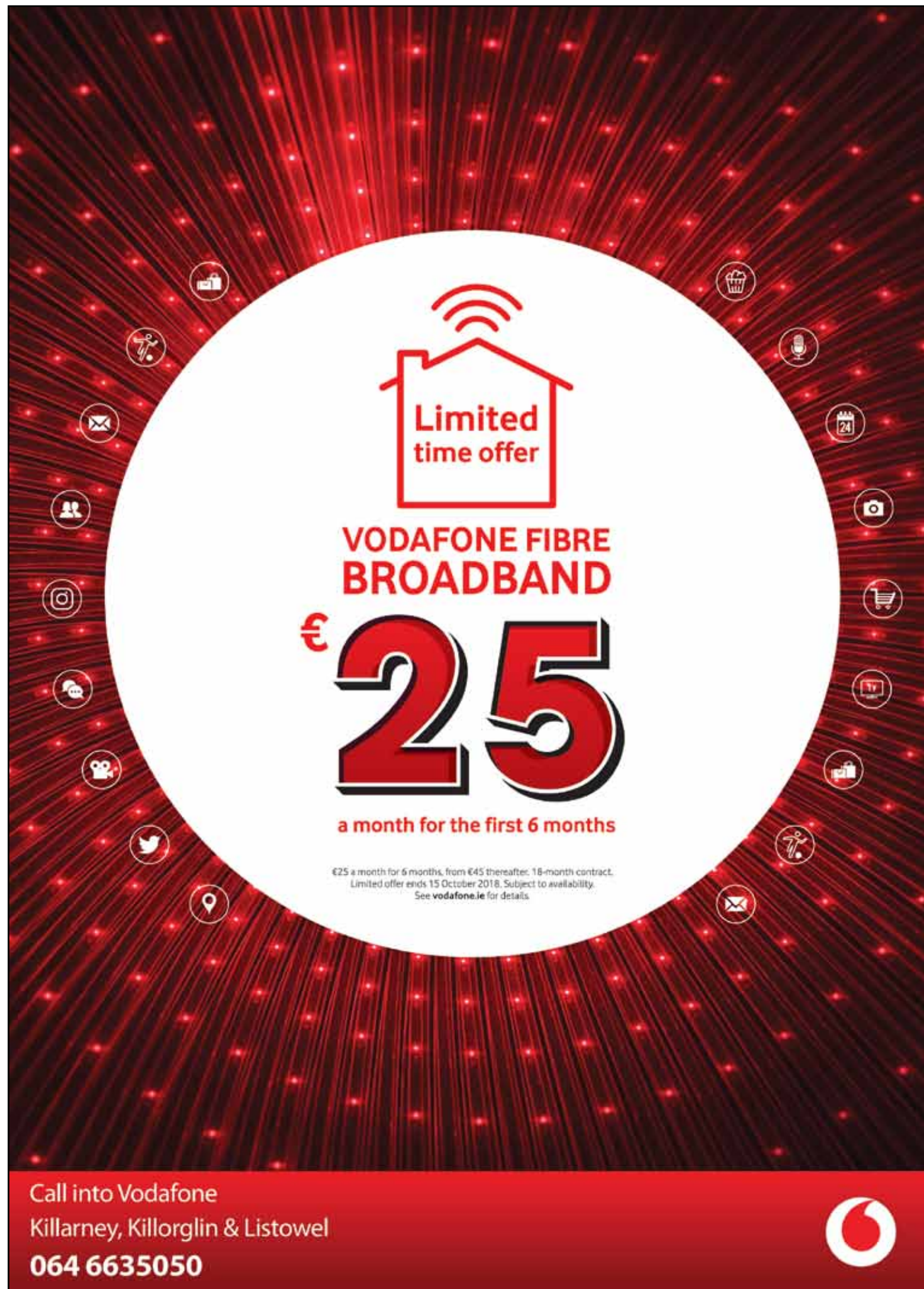



Transition Year students participated in a Mindful Teens workshop with Psychotherapist Harriet McGuigan.

media, maintaining relationships and how to manage anxiety.

According to TY co-ordinator Kerri McCarthy "It was a great start to our TY school term, by introducing mindfulness to our students it equips them with strategies to deal with stressful situations, nowadays students lead such busy lives and sometimes they nearly

forget to breathe so by taking the time to meditate proved very worthwhile for them". Some of the teens had never meditated before Tuesday and were shocked to have successfully done so for 25 minutes and begged Harriet for more...One girl reported that 'what she had been anxious about previously had completely disappeared!!'




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Kerry Hotel Leads the Way with Virtual Reality Technology



The Brehon in Killarney is among the first hotels in Europe to introduce new cutting-edge, virtual reality technology which enables people anywhere in the world to take a tour of the hotel's facilities. And couples set to celebrate their wedding at The Brehon were the first people to experience the new technology at a special coffee morning on Sunday. Sharon Devine, 3rd left, Wedding Sales Manager at the Brehon, introducing the virtual reality technology to Maria Sullivan and Eoin Murphy, also included is Caitriona Ashe, Wedding Co-ordinator. PHOTO: VALERIE O'SULLIVAN

The Brehon in Killarney is among the first hotels in Europe to introduce new cutting-edge, virtual reality technology which enables people anywhere in the world to take a tour of the hotel's facilities.

And couples set to celebrate their wedding at The Brehon were the first people to experience the new technology at a special coffee morning on Sunday.

"Our new Virtual Reality Tour is specifically designed for people planning their wedding celebrations. Rather than just trying to imagine their wedding day, this tour enables couples to experience, from the perspective of the bride and groom, what The Brehon is like on a wedding day," explains Weddings Sales Manager Sharon Devine.

The immersive 3D experience takes users on an animated show-around of the hotel from the red-carpet arrival reception right through to the gourmet wedding banquet. By simply donning a headset, users will be able to view three dimensional, animated images of the hotel. "We have created this tour to help couples get a sense of how their Brehon wedding will unfold. Instead of sending you a brochure or asking you to view an image online we can now put you in the picture," says Sharon. "We can immerse you in our beautiful surroundings and let you experience what it is like to celebrate your wedding at The Brehon. It will be particularly useful for couples planning their wedding from abroad."

The Brehon virtual reality tour travels to the Wedding Journal Show which takes place in Dublin's Citywest Convention Centre on September 22nd and 23rd. Couples attending the show are welcome to come along to stand D5 and give it a try. The Brehon team will also attend the Brides of Kerry Show in The Great Southern on Sunday, September 23rd.

To celebrate their new virtual reality experience, The Brehon team are offering 25% off any wedding booked to take place between January 1st and March 31st 2019 (Terms and Conditions apply).

Your last-minute guide to Culture Night!

For the last-minute planners among us, Culture Night this year takes place tonight, Friday 21st September. It is possible to go to an event in each corner of the county so why not try and do the following. The night kicks off about 5pm with many events running until late. It's all clean family fun with events to suit all ages. Your planner can be found on (www.culturenight.ie) but if you want some suggestions here goes.... Start in Killarney at 5pm in Killarney at the annual Kerry Visual Artists Showcase in Government Buildings, a significant exhibition of work by artists in Kerry. A commissioned event titled 'The Landed Gentry & the Help' takes place at Killarney House at 7pm and will be delivered by musician and composer Criostóir O' Loingsigh who will bring the audience through a history of music that was listened to by the owners and workers at Killarney House throughout the centuries. Drive back to Tralee for 'Ceilí Afro Dabke' a world music ceilí which includes a performance of 'It takes A Village' by Catherine Young and the Welcome Project. That kicks off at 8.30pm. Do that drive though via Castleisland, and take in artist Marjorie Cunningham's 'Our Space' Installation at the corner of An Riocht on Main Street. After Tralee hit the road for Listowel for 'Poetica Illumina' which will light up the Town Square with a wonderful poetry projection, not



Culture Night Kerry Friday 22nd September. With the national catchphrase Switch On 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. Pictured Jane Maria Cantwell, Sean Cantwell Roisin Cantwell, SORCHA Casey and Alan Cantwell from Tralee. PHOTO BY : DOMNICK WALSH

seen in the county before. To round it off drive on to Ballybunion for 'Ceol Agus Craic By The Sea' and do the pub trail which features music, song and dance at Bunkers Bar, Feale Bar and Tinteán Theatre...there really is a lot of choice and multiple ways to spend the evening. Remember 'Culture is Catching' on Friday 21st

September. All events are free to enjoy. For full programme details go to www.culturenight.ie or www.culturekerry.com or phone 066 7183541. Culture Night Kerry is brought to you by the Department of Culture, Heritage and the Gaeltacht and the Creative Ireland programme in partnership with Kerry County Council.



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For more information or to book a VR tour contact Sharon Devine our wedding sales manager on weddings@thebrehon.com or call 064-6630700.

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Autumn Series



KILLARNEY HOUSE AFTERNOON TEA

Introducing our new Killarney House Afternoon Tea Menu, inspired by the flowering sights and fruitful tastes of the newly restored gardens, The Killarney House Afternoon Tea menu will offer delicious savoury classics, delectable floral pastries and is available daily in our lobby.

FOUR SPECIAL SATURDAY AFTERNOONS AT THE PARK RESTAURANT

This Autumn on four select Saturdays we will throw open the doors of The Park Restaurant where guests can enjoy the Killarney House Afternoon Tea accompanied by the sounds of the hotel's resident pianist and each guest will depart with a memento of their afternoon experience.

Available from 2pm to 5pm on October 6th & 20th and November 3rd & 17th only.

Prebooking will be essential so call us on 064 66 35555.



Life is a Circus...



The National Circus Festival of Ireland returns once again to Tralee to celebrate its 17th year in the town. This week, the festival confirmed its lineup release for 2018, running from the 8th - 11th of November, with a host of International and Irish acts showcasing their skills. Throughout the weekend, there will be a full programme of adult and children's workshops, including aerial and acrobatics, on offer that are included in the ticket prices, from people looking to learn a new circus-based skill, advanced level workshops for the seasoned festival goer, as well as workshops for children throughout the weekend.

There will be pop up performances, shows nightly at the Festival club, the ever popular Circus Siamsa shows on Saturday, as well as a festival parade trailing through the streets of Tralee, looking for the people of Kerry to release their inner clown and join in the madness.

The festival was founded in 2001 by Con Horgan of Fanzini Productions and is supported by the Arts Council of Ireland, Kerry County Council, Fáilte Ireland, IOMST and Tralee Chamber Alliance. It is the national showcase for contemporary circus in Ireland with workshops, shows, on-street entertainment and more available throughout the weekend. Tickets for National Circus Festival of Ireland are on sale via Siamsa Tíre Theatre at (066) 7123055 or online at www.siamsatire.com/. Early Bird convention tickets are now on sale at €65. Family convention tickets are available with prices starting from €90.

Information on tickets, workshops and events throughout the weekend can be found on www.circusfestival.ie

Caitlin & Damien exchange Wedding Vows



Caitlin Holohan & Damien O'Carroll, pictured on their wedding day at Cullen Church and held their reception at the Castleross Hotel. PICTURE: THE LITTLE MEMORY GALLERY.



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Castleisland Clinic: River Island Hotel
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Killorglin Clinic: Jim Shea's Vintage Bar
2nd Monday of every month at 7.00pm
Kenmare Clinic: Atlantic Bar
Every Saturday Night at 10.00pm
Kilgarvan Clinic: Healy-Rae's Shop 9pm-10pm every Sunday
Healy-Rae's Bar 10pm-11pm every Sunday
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Friday, 19th October

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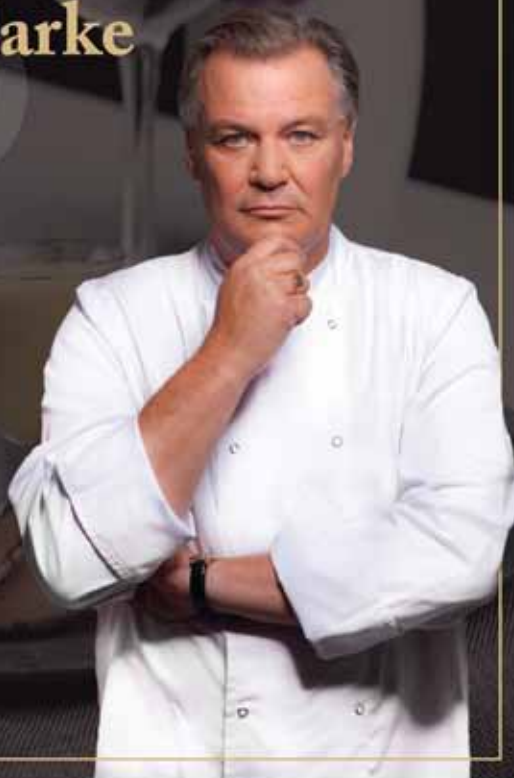
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KILLARNEY TOWN TALK



CAOIMHE SPILLANE

Well, it's lovely to be back, thank you to everyone for all the well wishes! I attended the Models in Recovery Fashion Show on Wednesday night and just want to say a huge congratulations to those who organized and those who took part in the show. It

was a fantastic night for a great cause! Tonight is culture night so be sure to check out all the events in town this evening, there is something for everyone. To find out what's happening in Killarney, look no further than the Town Talk Page. The page is a great way to celebrate the town and support local events. If you have any news you would like to share, an event you would like to promote or an interesting story about Killarney you can contact

towntalk@outlookmags.com

CULTURE NIGHT

Tonight, Friday September 21, is Culture Night and there are lots of events happening in town. The now annual Kerry visual arts event will open at 5.00pm at Government Buildings on New Road and it will feature Kerry artists Deirdre McKenna, Dermot McCarthy, Jaqueline O'Driscoll, Marie Kelliher, Tina Reed, Kathy Hurley, Martine Moriarty, Mieke Vanmechelen and Rebecca Carroll. Art works selected this year include paintings and photography, mixed media and drawings and the show will be opened by the Mayor of Kerry, Cllr Norma Foley. A commissioned event, titled 'The Landed Gentry and the Help', will take place at Killarney House at 7.00pm and it will be delivered by musician and composer Criostóir Ó Loingsigh who will bring the audience through a history of music that was listened to by the owners and workers at Killarney House throughout the centuries. There will also be an art exhibition and art demonstrations from 6.00 to 8.00pm at the Art House Studio and Gallery in Upper Park Road and will feature Cork based artists John Flynn.



SUSAN & LINDA BARTLETT PICTURED AT THE GARDENS OF ST COLUMBANUS'S FUSCHIA WARD PRESENTING A CHEQUE FOR €3,630.87 TO MAIRE FLYNN, DIRECTOR OF NURSING FOLLOWING MANY FUNDRAISING EVENTS LOCALLY IN MEMORY OF THE LATE TIM BARTLETT. THE MONEY WILL BE USED TO PURCHASE A SPECIAL CHAIR WHICH WILL BE ENGRAVED IN TIM'S MEMORY. PICTURE MARIE CARROLL-O'SULLIVAN

IRISH DOCUMENTARIES

Killarney National Park and The Broadcasting Authority of Ireland are presenting the last in the series of Irish documentaries at Killarney House. On Thursday 27th September at 7pm there will be a screening of Ireland's Ocean – Jewels in the Shallows. Explore the wonderful and often hidden biodiversity in our seas and discover the marine species and habitats that inhabit the shore and shallows around Ireland. This documentary is a fascinating ocean wildlife series which explores the spell-binding diversity of the marine life living around the Irish coast and asks some thought-provoking questions about the wildlife that share our waters. For more information see www.killareneynationalpark.ie

KERRY FILM FESTIVAL

The Gala opening night film of the Kerry Film festival has been announced and will be screened at Killarney cinema on October 17th at 7:30pm., 'Tradition' directed by Damian O'Callaghan was shot on location in Killarney. Tradition is the second feature film from OC Productions after their first feature The Gift, which was released nationwide in April 2017. Tradition tells the story of a Judge who, on his

last day on the bench, finds himself presiding over the most controversial case that his court and his town has ever seen. Tradition is a feel good family friendly comedy drama that is best described as a modern day version of The Quiet Man. Starring Paul Ronan (Veronica Guerin, The General), Pascal Scott (The Young Offenders), Brendan Grace, Marty Morrissey and Micheál Ó Muircheartaigh

AUTUMN TALKS SERIES

There will be a series of Autumn talks in the Garden Room of Killarney House commencing on the 4th October with The Salmon, a species under threat by Prof. Tom Cross. On the 11th October there will be a talk with Dr Barry O'Donoghue entitled Curlews in Crisis :Could we really lose the curlew in Ireland? On the 18th October there will be a talk about the Valentia Trans Atlantic Cable project with Michael Lyne. Dr Rory Harrington will give a talk on the 25th October about the Integrated Constructed Wetland Concept. On the 1st November there will be a talk about the restoration works of Killarney House by Niall Parsons. And finally on November 8th, there will be a talk by Dr Juanita Brown entitled ;Where have all the insects gone? All talks start at 8pm and admission is free.

VINO & VINTAGE NIGHT MARKET

The Vino & Vintage Night is a pop up night market in the lovely surrounds of Cafe du Parc on October 26th from 6-9pm. Treat yourself to a glass of wine and have a look at vintage and jewellery pop ups.

EVERYDAY HERO

Fionn Oliver is currently fundraising for a charity sky dive in aid of Recovery Haven Cancer Support Services. He created a page on www.everydayhero.com because he wants to make a difference. He said 'I'm inspired by the work of Recovery Haven Cancer Support House and wanted to support them by raising money. Please help me help them by giving whatever you can. Thank you in advance for your generosity, it means a lot.' Recovery Haven Kerry is a support service for those who have to deal with the trauma of cancer. An experienced oncology nurse, trained listeners and other therapists will provide information and emotional support to those who are dealing with cancer and their family or carers in a safe and calm environment. All services will be delivered to the highest professional standards and approved by the Irish Cancer Society and all appropriate agencies. Recovery Haven is a registered charity and all services will be provided free of charge. All support is greatly appreciated.

KDYS CULTURE NIGHT

Tonight the group from the "Rooted" project, funded under the European Youth Initiative Fund, will showcase and share the project and the best of African Culture through dance, music, fun and food. For the past 6 months KDYS and the Irish Refugee Council have been supporting young people from direct provision to explore their connection to themselves using creative processes such as art, drama and dance, as well as their connection to Kerry- their new home. The event takes place between 6pm and 8pm in the KDYS European Youth Centre, Fairhill and is free to the public. Come along and experience the best of African culture on your doorstep!

FIONNS LIVE MUSIC AND QUIZ NIGHT

On Friday the 19th of October there will be a Charity event in aid of Cork University Maternity Hospital's Neonatal Unit and Bru Columbanas at



PICTURED AT THE GLENEAGLE HOTEL FOR THE IAN O'CONNELL DARTS FUNDRAISING EVENING ON SATURDAY EVENING THE ORGANISING COMMITTEE L-R NORA & MICK O'CONNELL, IAN O'CONNELL, PROFESSIONAL DARTS PLAYER GARY ANDERSON, CONOR GLEESON, ADRIAN O'SULLIVAN, EMMA COOPER, DANNY BUCKLEY & ANGELA BUCKLEY. PICTURE MARIE CARROLL-O'SULLIVAN

K-TownBar and Grill. The event kicks off at 8.30pm and consists of live music from some amazing local talent, a pub quiz and a raffle. Music on the night will be provided by four amazingly talented local singers; Tom Lucey, Donal Lucey, Lily MacMonagle Shannon and Cathal Flaherty. There will be fantastic prizes up for grabs at the raffle. Tickets will be available on the door that night, 4 people per table at €40. The event is organized by Fionn's parents as Fionn was born extremely premature at 23 weeks, the survival rate for being born at this gestation is usually about 30%. Fionn was born Friday the 25th of November at 11.01am weighing a tiny 700grams (less than a bag of sugar). Fionn was admitted directly to CUMH's Neonatal ICU where he spent 168 days. They have organized the night to show their gratitude to the nurses, doctors and staff in the Neonatal unit. During this difficult time they were very lucky to have a home from home right across the road from the hospital in Bru Columbanas. Bru Columbanas offers accommodation to parents whose children are in the neonatal unit in CUMH, as well as other families whose family member is in CUH and the Mercy hospital in Cork and live too far away to travel to see them. It's an amazing service, which is run completely on charitable donations. For those who can't attend on the night and would like to donate to the cause, please go to <https://www.gofundme.com/fionns-live-music-and-quiz-night>

KERRY MENTAL HEALTH TALK

Dr. Anne Hill HSE, will give a talk and information Session on Infant Mental Health which refers to how well a child develops socially and

emotionally from birth to age three years. The talk takes place on Thursday 11th October from 11am. This includes their capacity to express and regulate thoughts. The talk is part of the Kerry Mental Health & Wellbeing Week Talks at Killarney Library

KNOWING NATURE TALK

Killarney House & Gardens are holding a day of free informative talks and activities called 'Knowing Nature' on 29th September. Talks from groups include KerryLIFE, Irish Wildlife Trust, Institute Technology Tralee, Maharees Conservation Group, and Clean Coasts. The Botanical Society of Britain and Ireland (BSBI) will give a walk about wildflowers. The Education Centre for Killarney National Park will also be on hand to do a mixture of family nature activities which will run simultaneously to the talks. Also, we will have nature objects for participants to touch and learn more about at their 'touch table'. It promises to be a fun filled day for all. Free admission and all are welcome.

FUN RUN

It's not a Killarney Event but it is probably one that Killarney Folk will be interested in... Causeway Macra na Feirme are hosting a 5K/10K Fun Run in aid of Down Syndrome Kerry taking place from An Tochar Adult Education Centre, Causeway on Sunday, 30th September 2018.

On the day, registration will take place from 11am, with the run starting at 12 Noon Sharp. The cost is €10 per person to complete the 10K route and €5 per person to complete the 5K route.

Letter to the EDITOR

Are you on a waiting list to have a cataract removed?

A Chara,

On Friday 7th September I organised a bus of 14 patients to go to Belfast to have their cataracts removed and Saturday 8th all 14 were discharged successfully.



Some of these people had already been waiting for up to 2 years with still no hope of being called in the South. It is a disgrace that we have to resort to such measures.

It makes no sense, that we carried 14 people to Belfast as the HSE cannot facilitate them in the South, yet, the HSE will refund them the money, it baffles me.

I will continue to bring people to Belfast for as long as I have to and with that, the next bus will be going on the 3rd of November, but it is a poor reflection on this government and more so on the Minister that this is the action required to save elderly people from going blind.

I cannot commend the hospital staff in Belfast enough for their efficiency on the day we were there and everyone was dealt with swiftly and with no delay and 14 procedures were carried out from 830am to 1pm which is a fantastic service and is a shame that we have to go to Belfast to receive this level of service.

I wish to highlight a few questions people have asked me in the past few weeks

1. Do you need health Insurance to use this service? No
2. Must I pay for this myself? Initially yes but the HSE refund the money once you return home afterwards
3. How much does it cost? Cataract operation £1500, Hip/Knee replacement £9850 and the HSE reimburse this amount once you return home
4. What is involved in the trip to belfast on the bus to have my cataract removed? Leave Kerry Saturday Morning and return home on Sunday evening
5. How long will I be waiting to be called for operation? Literally a few weeks as next Bus organised is Nov 3rd
6. Can I travel up myself to have a cataract removed? Yes this also possible and can be booked direct with the Hospital
7. Is there an overnight stay involved for Cataract removal? Yes but one night in a nearby hotel at your own expense
8. How long will I be in Hospital for knee/hip replacement? 3- 4 nights depending on recovery

Regards

Michael Healy-Rae T.D.
Sandymount, Kilgarvan Co.Kerry
Office Number :01 6183363

Unique crafts proudly made in Kerry

Tralee native, David Condon, is a woodturner who loves seeing nature's patterns come to life on the lathe. A carpenter by trade, David picked up basic Woodturning skills during the mid 90's and he slowly taught himself until finally seeking professional tuition from a Master Woodturner named Glenn Lucas from Carlow. David's style of Woodturning differs from others as he doesn't like to replicate designs, he uses mostly fallen native Irish hardwoods like Ash, Beech but also works with other species too, he tries to use as much of the wood as possible with little wastage. Most of his work is freehand and he likes to let the wood dictate the shape and reveal unique designs, ensuring each piece is one of a kind. In an effort to save fallen trees from being used as firewood he has an open offer to the public where he will take the usable wood away and make something beautiful for the tree owner in return. The only fee for this is to keep the bulk of the wood for his own use. This helps him get cost effective wood supplies and helps teach the public that trees are not just for burning. David turns bowls, platters, Christmas tree decorations, hollow forms, pens, wine bottle stoppers, egg cup holders, candle holders, spinning tops and garden tools. All of which are ideal and unique gifts for occasions like Weddings, Christmas, Housewarmings or any event which needs a special handcrafted gift. He is always adding to his list of products! David is a member of The Design and Crafts Council of Ireland and the Original Kerry Craft group, which is a network of highly skilled craftspeople in Kerry. His products can be found on his website www.davidcondonwoodcraft.ie and through the Original Kerry shop on Green Street in Dingle, Maddens of Milk Market Lane Tralee and on display at the Tourist Office in the Ashe Memorial Hall Denny Street, Tralee. You can also find him on Facebook -David Condon Woodcraft. If you are looking for an original, handmade gift, rich with culture then be sure to contact David as he has gifts for all occasions!





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EDUCATION OUTLOOK

An exciting time to be a First Year student at second level



(By Billy Ryle)

Incoming students to second level education will spend a few weeks adjusting to the major changes associated with a new school environment. Post-primary schools are exam focussed and provide a curriculum with a broad range of subjects and extra-curricular activities. First year students are arriving at second level at a time when the Junior Cert is being replaced by the Junior Cycle Profile of Achievement (JCPA). Six new grade descriptors - Distinction, Higher Merit, Merit, Achieved, Partially Achieved and Not Graded - are replacing the old ABC grades between now and 2021. The JCPA also records student achievements in class room based assessments under five descriptors - exceptional, above expectations, in line with expectations, yet to meet expectations and not reported. The JCPA will also be used to record other achievement in areas such as sport and debating.

Students are usually more excited than anxious about moving into second level and adapt seamlessly to the transition. Having been the senior students in primary school, they start again on the first rung of the ladder as new first years. They arrive into a big school, with a large student population, from the familiar primary school where they were secure and comfortable. They must adjust to a subject specialist teaching system where not only the subject and teacher changes, but where movement to different classrooms is involved.

They must adjust from the single class teacher system of primary education. At second level, students are taught by nine or ten different teachers, each with a different style and personality. Students, who have been in the same class in primary school, often find themselves in different classes in first year. They initially miss the companionship of their close friends and look forward to meeting them at mid-morning break, at lunch time and at extra-curricular activities. While the separation does inevitable cause concern for some students, most of them take it in their stride and enjoy making new friends.

By now, new students will have had an Induction Day when they were given a tour of the facilities and a chance to find their bearings. The rules and timetable were clarified. Many schools also have a mentoring system where a senior student assists a first year student.

First years quickly come to terms with the demands of secondary education. They adapt to the class period system, the new subjects, the formal house exams and the sheer size of population and physical infrastructure. The long busy school day causes fatigue during the initial weeks and students look forward to the home comforts in the evening. Many students have to travel longer distances to school. That



Students from St. Brigid's Killarney who received their Junior Certificate Results last week.

means an early start and a late return in the evening. Homework then has to be completed for the following day's classes.

First year is one for developing time management and study skills. The ROCAR system works well in first year. Establish a daily ROUTINE for studying at home. ORGANISE your books and materials, your study room and the time you allocate for study. CONCENTRATE on your study by removing any distractions such as mobile phone. APPLICATION means devoting two and a half hours per night on the five week nights to your study. REVISION is a vital skill for doing well in exams. Basically, it means regularly going back over material which you have covered earlier in the year.

Parents play a key role in their child's move into second level. Provide a secure home environment with plenty of psychological and emotional support. Invest time in your child and be there when you're needed. Let your child know that s/he is loved and valued irrespective of her/his shortcomings. Give your child lots of encouragement and set realistic targets that s/he can reach. Avoid comparisons with siblings, cousins or neighbours' children. Take interest in your own child's work and praise the effort not just the performance!

On a functional level, provide good study facilities for your child. Check her/his homework diary from time to time to confirm that the work is done. Help out where you can but under no circumstances, should you do your child's homework. Keep the channels of communication with your child open. Dialogue and an occasional expression of interest maintain a good relationship.

Attend the parent/teacher meetings and information meetings at the school. Most schools have a parents association, which organises

activities to support the school. Join up, get involved and make a contribution. With the school, the parents and the student working in harmony, transition from Primary to Post-Primary can be very smooth indeed!

CHECKLIST

- ✓ Students are usually more excited than anxious about moving into second level
- ✓ First years must adapt to a subject specialist teaching system at second level
- ✓ First year students enjoy making new friends
- ✓ Many schools have an excellent mentoring system in place
- ✓ First years quickly come to terms with the demands of second level education
- ✓ First year is one for developing time management and study skills
- ✓ ROCAR system (routine, organise, concentrate, apply, revise), works well in 1st year
- ✓ Parents have a key role to play in their child's move into second level
- ✓ Invest time in your child and be there when you're needed
- ✓ Encourage your child and set realistic targets that s/he can reach
- ✓ Parents join up, get involved and make a contribution to the Parent Associations
- ✓ Applications for review of Junior Certificate exam results must be received by the State Examinations Commission (SEC) no later than 5pm on Friday, 12th Oct, 2018
- ✓ The review fee is €32 per subject which will be refunded if a result is upgraded
- ✓ Applications for review are accepted only from a school authority

Billy Ryle is a Career Guidance Counsellor and freelance writer

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TAX MATTERS

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CONSTRUCTION INDUSTRY

Travel and subsistence payments (country money)

It is important that employers in the construction sector are fully aware of the conditions that apply to the payment of tax-free expenses.

Employees in the construction industry are often required to travel to work at different sites. Expenses of travel and subsistence may be paid tax free to a site-based employee, up to the 'country money' rates below. This only applies where the employee is working at a site that is 32km (20 miles) or more from the employer's base.

Construction Industry Federation Agreement

€181.68 per week for more than four days
€36.34 per day for four days or less

Electrical Contractors Association Agreement

€168.26 per week for more than four days
€33.65 per day for four days or less

Exclusions

Expenses may not be paid tax free where the employee is:

- provided with transport to and from the site by the employer
- provided with board and lodgings by the employer
- recruited to work at one site only

Records relating to the payment of country money should be held by the employer for six years.

'Eating on site' allowance

An 'eating on site' allowance is paid to site-based employees in some sectors, including construction. If this allowance is paid it may be tax free if:

- facilities for making tea or coffee are not provided on the site by the employer
- the employee does not receive another tax-free subsistence payment
- the employee works on the site for at least 1.5 hours before and 1.5 hours after normal lunch break
- the allowance is no more than €5 per day.

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To discuss the above, or any other financial matter
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Citizens Information

Know Your Rights:

QUESTION

My partner and I are planning to get married abroad next year. What do we need to do?

ANSWER

You should contact the civil registration office in the country in which you plan to marry to find out what you need to do. The legal validity of your marriage depends on the laws of the country in which you marry. The legal formalities abroad are usually different to those in Ireland. For example, a church marriage abroad is usually a purely religious ceremony with no legal effect. You may decide to have a civil marriage in Ireland followed by a religious ceremony abroad.

Although you must meet the requirements of the country you are marrying in, you are still bound by Irish law in relation to the capacity to marry. For example, if you ordinarily live in Ireland and one or both of you is aged under 18, you must have a Court Exemption Order to marry. If you marry abroad without this, your marriage will not be recognised under Irish law.

Marriages that take place outside the State are not normally registered in Ireland. They are usually registered in the country where they take place. Your foreign marriage certificate will usually be accepted for official purposes in Ireland if you need to show evidence that you are married. If the certificate is in a foreign language, you must provide an official translation or a translation from a recognised translation agency.

You may require a Certificate of Freedom to Marry to get married in some foreign countries. This may also be called "Certificate de Coutume" or "Certificate of Nulla Osta". You apply online to the Department of Foreign Affairs and Trade for a Certificate of Freedom to Marry. You should apply at least four months before the date of your marriage. It normally costs €60 per person. However, if you apply 28 days or less before the date of your marriage, the fee rises to €120 per person.

Further information is available from the Citizens Information Service below.

Further information is available from the
Citizens Information Centre below.

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

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

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James Weldon, Killarney, and Sharon Ahern, Killorglin, celebrated their engagement party with family and friends in The Killarney Plaza Hotel on Friday night. Picture: Eamonn Keogh



Artists getting ready to hang their masterpieces for Culture Night on Friday, September 21st at 5pm at the Department of Culture, Heritage, & the Gaeltacht, Government Buildings, New Road, Killarney. Kerry Visual Artists Showcase features the work of Dermot McCarthy, Marie Kelliher, Jacqueline O'Driscoll, Rebecca Carroll, Martine Moriarty, Mieke Vanmechelen, Kathleen Hurley. Photo: Valerie O'Sullivan



The organising committee of the Kerry Hospice Fashion Show 2018 which was a huge success at the INEC again this year. Picture Marie Carroll-O'Sullivan



Darts fans Tara Carmody (left) & Tracey Brosnan (right) pictured at the Ian O'Connell Fundraising evening with Scottish professional darts player Gary Anderson. Picture Marie Carroll-O'Sullivan



The Gobnait Galz pictured with Model on the night Mike Buckley at the INEC, selling tickets at the annual Kerry Hospice Fashion Show. Picture Marie Carroll-O'Sullivan



Pictured at the INEC for the annual Kerry Hospice Fashion Show were L-R Madeline McCarthy, Sheila McCarthy, Maura Gallivan & Margaret O'Brien. Picture Marie Carroll-O'Sullivan

"This procedure saved my life"



Peter is originally from New Zealand and moved to Fircles, Co. Kerry with his wife Helen in 2001. Pete and Helen have two boys Isaac (9) and Ryan who is 8. Peter is involved in his local GAA club where he helps train the up and coming under 6 team.

During a family excursion to Killarney in 2011, Peter began to experience what he thought was indigestion. However, when this did not resolve with over the counter medication he decided to visit his GP. Peter was admitted to the Bon Secours Hospital Tralee under the care of Dr Louis Keary, Consultant Cardiologist, and his team.



"After running some tests, the Cardiology team in the Bon Secours told me that I had suffered a heart attack. I was immediately admitted and I had a coronary angiogram where two stents were inserted. This procedure saved my life.



Dr Louis Keary and his team diagnosed Peter with heart disease and advised him to have yearly check ups.

"Dr Keary kept a good eye on me and two years after my first two stents were inserted, I had a further stent inserted. This year during my annual check up, I had a positive stress test and had a fourth stent was inserted.

The yearly trips to the Cardiology Department of the Bon Secours is made somewhat easier for Peter as the majority of the staff he met in 2011 are still in place and know him so well.

"All heart problems are comprehensively evaluated at the hospital and we can pick up early on any problems.

We have screening for patients who due to family history, may be at risk of developing heart problems.

There are great resources available in the Bon Secours to help people. A GP can refer patients directly for diagnostics in order to establish a good baseline of understanding.

We assess all aspects of heart trouble such as weight, blood pressure cholesterol and lifestyle.

Dr Louis Keary, Consultant Cardiologist, Bon Secours Hospital Tralee.

To learn more about our Cardiology service:

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- Itchy, gritty eyes
- Sore, red eyes
- Short term blurred vision
- Fatigued eyes at the end of the day
- Watery eyes, as if you are crying

Dry eye syndrome occurs when the eye either doesn't make enough normal (lubricating) tears or the tears that are produced are of poor quality. When this happens it can cause the tears to dry up too quickly and the front of the eye to become dry and irritated.

Dry eye is much more common in people over the age of 50. This is often because the glands that make the normal tears tend to become less effective as you get older.

The condition is also more common in windy, cold, dry and dusty conditions. If you're concentrating on your computer or smartphone for long

periods of time without a break, this may also make your eyes feel dry.

Dry eye doesn't tend to cause serious damage to the eyes, but it can be very uncomfortable. Most cases of dry eye tend to be a long-term condition, meaning that you'll need ongoing treatment. Treatment includes lubricating eye drops, which can soothe irritation and reduce discomfort. There are lots of different types of drops and gels that can help your eyes feel more comfortable. During an eye examination we can advise you and may be able to offer other treatment options.

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Getting that man in your life fitter, stronger, and leaner

PART TWO

Cut out something you know is unhealthy week 1 and replace with something healthy. Start with 1 per week and over a month you will notice a big overhaul in diet without shocking the system. Eg swap crisps at lunch time with yoghurt & fruit. Swap chocolate after dinner with stewed apple (no added sugar) and cinnamon with a sprinkle of crushed nuts. Week 2 you could work on smaller portions. And week 3 you could increase your water. Week 4 you could reduce alcohol. Small changes make a massive difference. Especially for men. You will see big changes in your waistline when you start to make a changes in the right direction. Again if you are struggling with your diet speak to a trainer or nutrition advisor to point you in the right direction.

Don't do too much too soon. Going from zero to hero in a week could cause a crash in week 2 where you are back to zero. Feeling deflated, exhausted, and starving. Don't engage in a diet or fitness regime you cannot sustain or maintain and gradually build on for the foreseeable future. Pick exercises you enjoy, and food you like. Then you will keep it up long term. 3-6months from now you will be a new man! Wait and see.

Neilus is now taking bookings for men's personal training and classes for more details please contact neilus direct on 086-0633314

MORE TIPS NEXT WEEK...

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

OUTLOOK

Beauty

Sunscreen Is Important:

Sunscreen is essential at any age all year round, even in our dull winter weather. Never go out without it. Sunscreen that contains an SPF of 30 or more is ideal for women above 30. If you use a foundation, choose one that contains SPF. It will protect you against the harmful sun rays.



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J YOGA



Previously on:
Countess Road Killarney

Now moved to:
28B Grosvenor Court, High Street, Killarney
(Laneway opposite Killarney Furniture Centre)



SPECIAL OPEN DAY

Saturday 22nd September

drinks, snacks, informal chat
1pm to 4.30pm

All Welcome

Group Class Yoga
Private Class Yoga
Yin Massage
Meridian Massage

Contact:
087 4312467
jtyoga2017@gmail.com

Astrid Longhurst
Life & Body Confidence Coach



Boost your body confidence with these three top tips!

1. **Accept yourself.** This doesn't mean that you give up caring about how you are – it means you care more! When you accept something it means that you have it. By having it you can work with it. Many people never accept themselves in any way, shape or form and as such live in a constant denial of who they really are. Acceptance is one of the first steps to really working with and loving your body.

2. **Never Ever put yourself down by words or actions!**

3. **Never use negative criticism to motivate you!** Telling yourself that you are stupid or have huge thighs is counter productive. It may work in the short term to achieve some result but long term it fails and damages your body image. Instead do things because you truly care about you in the most positive way. Eat foods that make you feel full of energy and health, get enough rest because you love to feel really fresh when you wake up. Exercise because you love the feeling it gives you – not because you hate your belly!

If you have a passion for health, wellbeing and living your best life please check out my Body Confidence & wellbeing Coach Certification Training course. You can visit www.institutebodyconfidencecoaching.com or call me on 066 9766374.

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RATHMORE/GNEEVEGUILLA

by Michael O'Mahony

LISTOWELL RACES LADIES DAY WINNER

Siobhan Coakley, from Rathmore, was announced as the McElligotts Honda Best Dressed Lady at the Listowel Harvest Races on Friday 14th of September. Judged by actress and presenter, Aoibhin Garrihy and fashion MC and stylist, Marietta Doran, Siobhan won a Honda Civic for a year and a cheque for €3,000. Resplendent in a super stylish blush pink brocade suit from Topshop with a matching headpiece by Kerry milliner Aine Kremenskiene, her hair was done by katelynn hair Design rathmore, & her make up by Blushing Beauty Rathmore, Siobhan was presented with her prize by Patrick McElligott, Managing Director of McElligotts Tralee.

ST PADRE PIO

The Mass in Gneeveguilla at 7.30 this Friday septembrer 21st will commemorate d 50th anniversary of St Padre Pio's death and the 100th anniversary of the Stigmata.

THANKS

Mike Lenihan of Tournonough Gneeveguilla celebrated his 70th birthday last week wishes to thank all who contributed to his fundraiser in aid of the Children's Ward at Kerry University Hospital. A great night was had by all in Flemings Bar where the birthday boy had his party. The amount raised to date is heading for €3000 And may well exceed that sum in the end. Well done Mike

CULTURE NIGHT in Association With Kerry County Council Arts Office & Creative Ireland Kerry In Tureencahill Community Centre Friday 21st @ 7.30pm...Great Evening of Music Dancing and Much more ...All Very Welcome

WEDDING BELLS: Congratulations To Louise Casey Shinnagh Rathmore who married Alan O'Connor Tullig Millstreet. We wish both them long happy Life together.

MUSIC

A night of music, story & song In The Old Schoolhouse, Foyle, Balydesmond on Saturday 22nd September Concert with Donie Nolan and Liam Flannigan followed by regular Irish Night. This is a free event and we invite anyone who wishes to perform to attend or just come to listen. Refreshments will be served. Concert starts @ 8.30pm sharp. All welcome

FUNDRAISER

A fundraising Health & Wellbeing Afternoon will take place at An Ríocht, Castleisland this Sunday, September 23rd from 12pm-3.30pm in aid of Kerry Hospice Palliative Care Services (University Hospital Kerry). Lots of events are happening on the day such as meditation, zumba and pilates classes and talks on Stress Management and Family Health. Mini-treatments of various complementary therapies will be available. There will be plenty of children's entertainment also. The event is organised by Ann Murphy of Scartaglin, owner of Scíthe Health & Relaxation (based at An Ríocht). Ann also works as a complementary therapist in the Palliative Care Unit at University Hospital Kerry. Support for this very worth cause is greatly appreciated. For further details

contact Ann Murphy on 0879138807.

RATHMORE RAVENS BASKETBALL CLUB- will hold a Used Clothing event in support of The National Council for the Blind. Drop off times are Tuesday September 25th 7.30 -8.30pm and Wednesday September 26th 8.30-9.30am to Rathmore Community Centre, accepted items are Clothing, Linen, Curtains, Belts, Handbags and Shoes (Paired), NO Cushions, Duvets, Pillows, Socks or Underwear.. Your support would be really appreciated.

CD LAUNCH

Paudie MacAuiiffe Rathmore launch shades of country CD Launch New CD of Green Grassy Hills CD this Sunday September 23th at star Trax Music venue Knocknagree. Dancing from 2.30pm. To 5.30pm. Adm. €10. Children & Students free

TEAM OF YEAR

Congratulations To Daragh Rahilly (Rathmore)& Owen Fitzgerald (Gneeveguilla) both for making thé Electric Ireland Minor team of year, **MINOR COUNTY CHAMPIONSHIP FINAL** East Kerry v St Kierans at Austin stacks park this Sunday September 23th at 2pm.

NOTES

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

SPA NOTES

COISTE NA NOG

ABC and U6,U8 continues each Saturday 10-11am. New members welcome. Coiste na nOg Annual General Meeting Will be held earlier this year on Thursday 27th Sept. Time TBC

CO. BARRETT CHAMPIONSHIP CUP S/F

Spa 2-11 Na Gaeil 1-8 Well done to the juniors through to the Barrett Cup final. Great to see Niall O Mahony back in action and a great addition to the team.

Upcoming Fixtures

U12 Boys Sun @12noon Sept 23rd

Spa v Rathmore away

Senior Ladies: Junior A final v Milltown/Castlemaine Sun 23rd

Ek O Donoghue Cup Sat 22nd Sept @2pm: Spa away to Scartaglin

Senior Co Championship

29/30th Sept: East Kerry v South Kerry

SCÓR 2018/2019

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 Friday 21st Sept.

CLOTHES COLLECTION

Last chance to get rid of old, unused clothes. Please drop off to clubhouse by Friday 5th Oct to the clubhouse. Further info contact Anne Holland 0857780883.

LOTTO

Nos 5, 11, 22, 23. No winner. lucky dip winners Tim Corcoran, N O'Flaherty, Michelle Sweeney, Ella Moynihan. Next weeks jackpot €8,700 in McSweeney Arms.

SYMPATHY Is extended to all the family and friends of Peggy Cronin new Carroll, Kilbrean.

Peggy was a great supporter of everything Spa and her family continues to keep our club vibrant in the community both on and off the field. May she rest in peace.

FOSSA NOTES

LOTTO

16th September 2018

Numbers drawn were 7, 9, 19, 27. There was no jackpot winner and the consolation winners were Mike O'Shea, Cleeny Fossa, Norma Naughton, Curragh Aghadoe, Karen Leane, c/o Kayne's Bar, Chris Foley, c/o Mick Clifford and Timmy Cronin, Woodlands Aghadoe. Next weeks jackpot will be €6,150.

SET DANCING

Junior Set Dancing Classes will commence in Fossa Community Centre on the 17th September from 5 - 6pm. For further details contact Ciara at 086 1997535.

KILLARNEY LIBRARY

Storytime for children will return to Killarney Library on Saturday 15th September at 10.30am and will run at 10.30am every Saturday until 20th October. Free admission.

Ciorcal Comhrá (Conversational Irish Exchange) will take place at Killarney Library on Thursday 27th September at 6.30pm and will run every Thursday night at 6.30pm until 8th November. Free admission.

A two-day mental health workshop will take place at Killarney Library on Thursday 27th and Friday 29th September from 10am to 4pm. The Wellness Recovery Action Plan is designed to develop strategies to enhance mental health and is organised by the HSE. Free admission but prior booking essential.

SYMPATHY

Fossa GAA Club extends it's deepest sympathy to the Michael O'Donoghue, The Lost Ball, Gortroe on the death of his mother Maureen O'Donoghue, Rath Caherdaniel. Sympathy is also extended to the Moriarty family of Lackabane, on the death of their brother James in Plymouth England and to Geraldine Shallow and family of Crohane on the death of Matt. Ar dheis Dé go raibh a n-anamacha.

BEAUFORT NOTES

LOTTO

Lotto results of Sunday, 16th September for jackpot of €5,400.

Numbers drawn: 3,11,21,25. No jackpot winner.

Consolation Prizes

€80 Luke and Carla Savage, Carnahone

€50 Chloe and Amy O'Connor, Cooleenig, Susie Breen, Shanacloon, Cian and Aine, c/o Denis Next lotto draw for a jackpot of €5,600 will be in Kate Kearney's Cottage on Sunday, 30th September.

FIXTURES:

Beaufort minors are scheduled to play Laune Rangers in Killorglin on Saturday, 22nd Sept at 5pm in preliminary round of Mid Kerry minor championship. Extra time if necessary. Beaufort senior men are in the O'Sullivan Cup semi-final at date and time to be arranged. They will play the winners of Keel v Laune Rangers in the Mid Kerry senior championship semi-final.

KILCUMMIN NEWS

KILCUMMIN I.C.A.

The Guild are in their 40th year and to mark the occasion Mass will be celebrated on Friday 21st September at 7.30pm. All are welcome to participate. A special invitation is extended to past Officers and Members. Memories will be shared and Tea and Refreshments will be served in the Parish Centre.

VACANCIES

Vacancies presently exist on the Kilcummin Rural Development C.E. Scheme for Maintenance of GAA grounds and Office Administration duties in the Rural Development Office. These positions are a development opportunity and no experience is necessary. Accredited training will be provided to support your career. Contact your Local Intreo Office to check your eligibility. To apply please forward your CV for the attention of the Supervisor to the Rural Development Office by post/email; info@kilcumminparish.com. Further information contact John 086 1579381.

JUNIOR SET DANCING

Junior Set Dancing continues every Friday night in the Recreational Hall. Full details contact Mary 087 9620135.

COMMUNITY GAMES

Anyone interested in U12 & U16 Solo music, U12 & U 16 Group Music, U12 & U 16 Solo singing, U12 & U16 Group singing please contact Maria on 087 4619954.

KILLARNEY LIBRARY

Ciorcal Comhrá (Conversational Irish Exchange) will take place at Killarney Library on Thursday 27th September at 6.30pm and will take place every Thursday night at 6.30pm until November 8th. Free Admission.

MENTAL HEALTH WORKSHOP

A two day mental health workshop will take place at Killarney Library on Thursday 27th and Friday 28th September from 10am to 4pm. The Wellness Recovery Action Plan is designed to develop strategies to enhance mental health and is organised by the HSE. Free Admission but prior booking essential.

LOOKING FOR AN OPPORTUNITY TO UPSKILL AND RETRAIN?

This September Killarney VTOS is celebrating its 25th Anniversary, - that is 25 years of providing quality Adult Education. If you are in receipt of a Social Welfare payment than you may be eligible. So don't delay contact Killarney VTOS to find out more about our QQI Level 4 Major award in Information Technology Skills or Employment Skills. Career Guidance, Work Experience and Personal Effectiveness are also offered as part of this course. The VTOS academic calendar is very similar to Primary/post primary calendars making our programme very suitable to people with young children. Limited places still available at Killarney VTOS Email: info@killarneyvtos.ie, 064-6637757 - Mary O'Connor Co-ordinator.

SAVE THE DATE

AGM Comhaltas Kilcummin on Tuesday 25th September at 8.45pm in the Rural Development Office

KILCUMMIN PARENT AND TODDLER GROUP

Kilcummin Parent and Toddler Group



Lily of Killarney Carmel O'Leary pictured with Ian O'Connell at the Darts Fundraiser on Saturday night at The Gleneagle.

meet every Monday from 10.30am – 12.30pm in the Recreational Hall. All welcome. Contact Maureen on 087-2883479.

SCÓR NA NÓG

Club members under the age of 17 years on January 1st 2019 who are interested in participating in the East Kerry Scór na nÓg Competitions; Figure Dancing, Solo Singing, Recitation, Instrumental Music, Ballad Group, Set Dancing & Table Quiz. Please contact Kilcummin Scór officer Marie O'Leary on 087 4619954.

COOLICK PRE-SCHOOL

Places available for afternoon session from 12:30 pm – 3:30 pm. Children taken 2.8+ for free Pre-School year. Any queries, please contact Ciara Moynihan on 087 1181993.

COMHALTAS TOUR OF IRELAND CONCERT

Comhaltas Tour of Ireland Concert is being held in Our Lady of Lourdes Church in Kilcummin Village on Oct 18th at 8pm. Each Comhaltas Concert Tour consists of a fine mix of established artistes together with up-and-coming young stars. These are blended together into fast-moving and colourful shows of music, song and dance which appeal to both the connoisseurs and peripheral fans of Irish traditional culture. The Tours showcase all that's best in Irish traditional entertainment. The performers, in all fields, display the high standards and regional styles that have become synonymous with these events down through the years. Tickets €12 Adults and €5 Under 16's are available to purchase in the Post Office and the Rural Development Office.

GLENFESK NOTES

GLENFLESK SENIORS (SPONSERED BY O BRIENS TOPOIL AND THE KERRYWAY)

Glenfesk 2 13 Listry 2 14.

The season ended in dramatic fashion for our Senior team last Sunday when a goal in the 7th minute of injury time gave the win to Listry in the O Donoghue 1st rd. This was a hard way

to end the year but it was a season of many positives and some fantastic performances particularly in the Intermediate Championship. Well done to the team and management

EAST KERRY

Best of Luck to our players involved with East Kerry when they take on South Kerry in the Co. Championship quarter final on the weekend of 29/30th of September.

GLENFLESK LOTTO

No winner of the lotto which took place in The Corner Bar on 10/09/2018 Jackpot €5,000.00 Numbers were 3, 19, 21, 28

- 1.Eileen O Donoghue, Coracow
- 2.Seamie O Reilly Co. Cavan
- 3.Niamh Leonard Moran, Knockanes
- 4.Paudie Horan, Curreal

The next draw will take place in The Kerryway on 24/09/2018 and the Jackpot is €5,200.00

GLENFLESK COMHALTAS

Music classes will resume on Thursday 27th September in St. Agatha's Community Centre preceded by registration at 7pm. For more details contact Margaret Creedon 0872706390

RAHEEN N.S.

Congratulations to Eugene Bowler who had the winning lotto no. 38 on Saturday the 15th of September

SYMPATHY

Sincere Condolences to Mary O Sullivan/Woodcock on the recent passing of her mother Kathy Woodcock, Kilkenny, May she rest in peace.

CONTACT: We welcome items of local interest. Please contact PRO Paudie on 087 7692220 or pro.glenfesk.kerry@gaa.ie.

"Barraduff community field organization wish to publicly thank and acknowledge €1000 from Kerry Co Council 2018 Community Support Fund. This money is very much appreciated and is put towards covering flooring area and hall way of meeting rooms in our facility."

GNEEVEGUILLA ATHLETIC CLUB

LOTTO

No winner of our lotto draw 14/09/2018, numbers drawn were 4, 7, 10 & 25. Sellers prize winner Tom Joe O' Donoghue, €50 Y/T prize winner Mary T McCarthy Gneeveguilla, €50 to Denis Breen Knocknagree, €40 to Moss O' Keeffe Bounard, Maurice Feehan Newmarket & Sarah Dineen Knocknagree. Bonus not won numbers draw were 1, 9, 11 & 12. Next week's jackpot €12,400 plus €1,000 bonus.

RIOCHT 5K: A very successful 3 x 5K series of road races was held by Riocht Club in Castleisland. Our club did very well there, running from the club were Siobhan Daly, Michelle knee, Caroline Murphy, Robert Purcell, Cheryl Carmody & Norette O'Riordan.

LEE 10 MILE: Catherine Kiely ran a brilliant race in The Lee 10 mile. Seamus Murphy, Nora Flynn & Mary O'Connell are running very well in the road race circuit.

CROSS COUNTRY: The cross country season kicks off September 30th in The Demense Killarney. Keep an eye out for more updates. Couch to 5K: Commences in Barradubh Monday 17th at 7.30 and each Monday and Thursday night. Do come along and join up.

MASS: St Padre Pio: At the 7.30 pm mass in Gneeveguilla on Friday 21st, the 50th anniversary of St Padre Pio's death will be commemorated and the 100th anniversary of the Stigmata

FARRANFORE MAINE VALLEY AC

The final race in the An Riocht AC 5K series took place in Castleisland on Friday 14th Sept. There was a great turnout on this popular route. Dermot Dineen was placed sixth with a time of 17:26. Cian Spillane was first U16 (18:25), Brendan Lynch 19th (18:51), Caitriona Barry was third overall in ladies category with a finish time of 20:12.

Well done to Dermot Dineen who was overall winner in the Puck Warriors 5K Summer Series held in Killorglin

The County Cross Country Fixtures have been set for this year. Changes to note is that the Women's race starts at 11am immediately followed by the men's race. Juveniles will follow with an estimated start time of 12noon. This is to allow more volunteers to support the juvenile races. Events will be on three consecutive weeks starting from Sept. 30th. See fixtures for further details.

CLUB TRAINING:

Juvenile Training: Sundays @11am in Killaclohane Wood. Last Sunday session on Sept. 23rd. Tuesdays (from 25th Sept.) & Thursdays @ 6pm in Farranfore GAA grounds. Open to all registered juveniles aged 8yrs (Born 2010) and upwards. This will be in preparation for the Cross Country Championships €2 per session.

Secondary School / Senior training on every Thursday at 6:30pm in GAA grounds Farranfore.

This is endurance training for cross country preparation. €2 club member, €4 non club member

Maria's Strength, Endurance & Flexibility Exercise Classes commences on Tuesday September 26th starting @ 7pm at the Sports Hall in Farranfore. €5 per class New Members also welcome.

ATHLETIC'S FIXTURES

Sun. 30th Sept: County Novice & Juv. Even Ages XC, Killarney @11am

Sun. 7th Oct: County Intermediate, Masters & Juv. Uneven ages XC, Cahirsiveen, @ 11am

Sun 14th Oct: County Senior & Juv. Furies @ 11am

Sun. 21st Oct: Munster Juvenile Even Age, Novice & U/23 XC, Beaufort, Kerry

Sun. 21st Oct: Autumn Open XC, Abbottstown, Dublin

Sun 28th Oct: National Marathon, Dublin

Sun 11th Nov.: Munster Juvenile Uneven Age & Senior XC, Waterford

Sat 17th Nov.: British & Irish Masters XC, Swansea

Sun 18th Nov.: Munster Masters & Juv. Inter-Club XC, Clarecastle, Co.Clare

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

KILLARNEY RFC NEWS

SENIORS:

This Sunday our Seniors get the first round of the new Munster Junior League - Division 3, under way taking on neighbours and fellow Kerry team Tralee RFC at Aghadoe. Peter Kelly's men have completed a busy preseason and will be rearing to go on Sunday. Kick off is 2:30pm and we would ask all KRFC supporters, committee, players etc to get to Aghadoe and support the lads in this local derby!

MINIS:

Our Minis continue training every Saturday at Knockreer. Training takes place every Saturday between 10:30am and 12 midday and is open to boys and girls aged between 5 and 12. for details contact Liam Murphy on 087-4145662.

KILLARNEY BADMINTON CLUB

Killarney Senior Badminton Club will start back on the 24th September and is on every Monday and Wednesday from 8.30pm to 10pm in the Presentation Convent Gym. Membership fee is E 110 for the season. New members very welcome! Coaching will be available for new players. Junveniles will return on Friday the 29th September from 6-30 to 8pm for all age groups. Contact Suzanne Smith (086) 1720770 for more information.

Looking forward to seeing everyone back along with some new faces! Check us out on facebook. Contact Jennifer Keane (083) 3347228



The Killarney Scorchers Cheerleaders performing at the Scotts Lakers against Fr Mathews clash in the national league division one in Killarney Sports Centre on Saturday night. PICTURE: EAMONN KEOGH

WORKMEN'S ROWING CLUB NOTES

TRAINING

Beginners Training continues at 10am on Saturday mornings at Reen Pier, Ross Castle. Anyone who is 12 or older is welcome to come down and meet our coaches, and sample the sport of rowing. We row Olympic Sculls, Killarney Sixes, Gig and Coastal Boats, all year round, with indoor training continuing during the winter if the weather is inclement. Further Information from Mary at (086) 8098182. Training for our U14s, U16s, U18s, Club Level and Adults continues as per coaches texts.

UPCOMING EVENTS

All Ireland Youth and Open Regatta next weekend at the N.R.C.

Cork Head of the River, Saturday 13th October.

OPEN DAY

We are delighted to announce that we will be hosting an Open Day for anyone who wishes to come down to view our club facilities and meet our Coaches on Sunday the 28th of October.

More details to follow!!!

CEILI TIME

Keep the date... Saturday the 13th October at The Avenue Hotel. Tickets on sale very soon!! Last year proved such a success that we simply must gather the dancers and have another twirl. All welcome for this social night in aid of Club Funds.

CONGRATULATIONS

A very Happy Birthday to Ross Mc Carthy and Shane Mc Allister who celebrate their birthdays this Saturday. Also to Peter O'Shea who celebrates this Sunday. We also have many of our senior men who share birthdays this month.. Hugh Rudden, Niall Lehane, Kieran Kennedy , Alan Hickey and Aodhan Burns. We send our very best wishes to all of these stalwarts of the Club!!!

All of our Leaving Cert students are now settled into their routines at Third Level. We wish you all the very best and look forward to seeing you when you're home at the weekends.

KILLARNEY COUGARS BASKETBALL CLUB

JUVENILE NEWS

Reminder our registration is open online and should be completed by Sept 30th. See the registration link on our Facebook page.

Cougars Academy Training

Our Girls and Boys training continues on Friday at the Parish Hall as follows

U8 Boys & Girls 5 pm

U10 Girls 5.45 pm

U10 Boys 6.45 pm

New members welcome Further details email secretarykillarneycougars@gmail.com

TRAINING SCHEDULE UPDATES.

U16 Girls Sunday

U14 Boys Saturday , U14 Girls Wednesday

Senior Womens Tuesdays , Senior Mens Tuesdays

U8 & U10 Girls & Boys Fridays , U11 Girls Fridays

Contact coaches for confirmation of times.

Further information available on the website www.killarneycougars.com and the club facebook page .

KILLARNEY VALLEY ATHLETIC CLUB

TRAINING

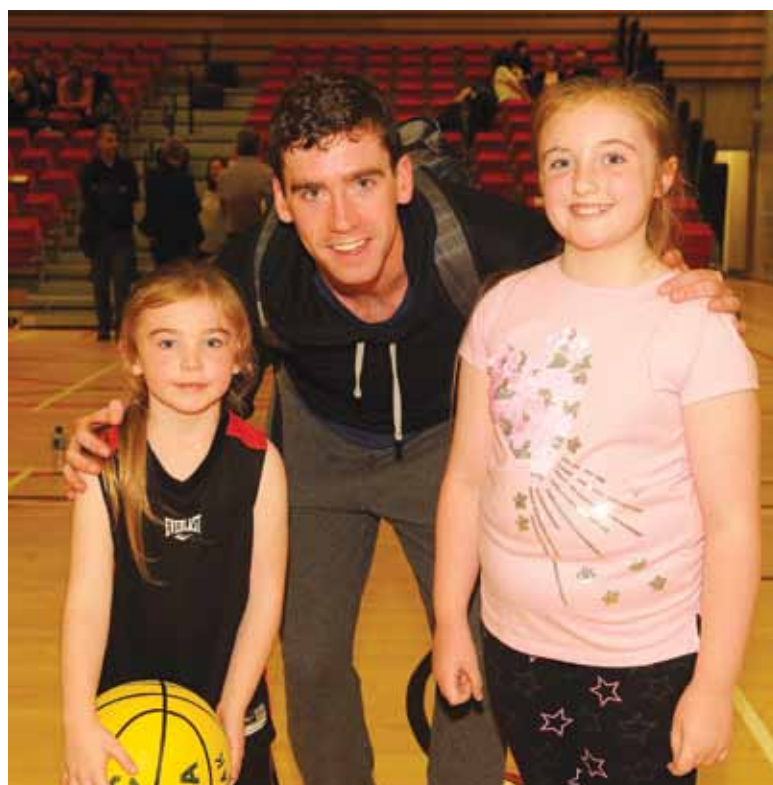
Outdoor Training for the winter season will continue every Thursday evening at 6pm for all our members, meeting at field beside playground. Bring water and €2 and loads of energy! The Cross Country Season will commence on Sunday 30th September with the first competition in the Demense in Killarney.

Strength & Conditioning returns Monday nights at 7pm in the Sem Gym for all members age 12 upwards. Bring €2, water and a mat if you have one.

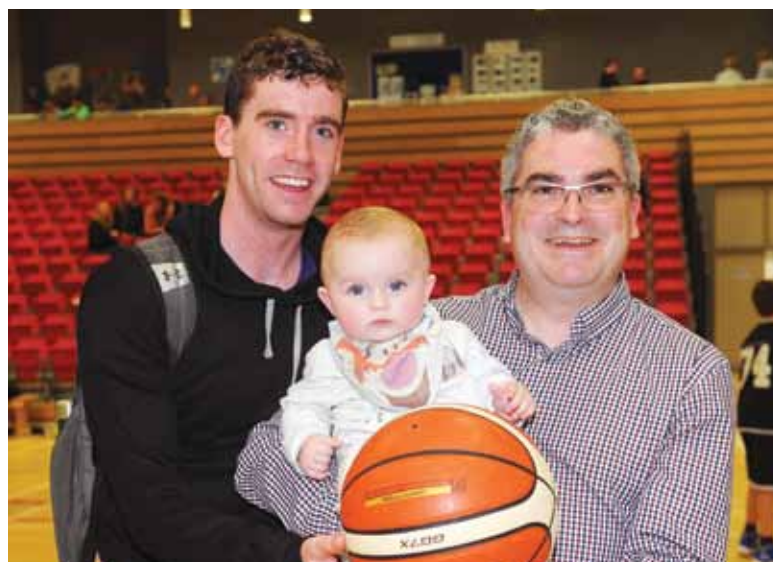
Please check our facebook page <https://www.facebook.com/KillarneyValleyAC/> for information on our autumn/winter training schedule.



St. Paul's Basketball Club chairman Paul Sheehan with local athlete and talented basketball player Jordan Lee who was honoured with a presentation at half time last Saturday night to mark his bronze medal achievement in the high jump at the recent European Para Athletics Championships in Berlin. PICTURE: EAMONN KEOGH



Scotts Lakers star player Sean O'Brien with Laura and Alison Hickey after the national league division one basketball clash in Killarney Sports Centre on Saturday night. PICTURE: EAMONN KEOGH



Scotts Lakers star player Sean O'Brien with Noah and Damien Switzer after the national league division one basketball clash in Killarney Sports Centre on Saturday night. PICTURE: EAMONN KEOGH

BEAUFORT GOLF CLUB (GENTS BRANCH)

15th/16th September - V Par (Yellow Tees) - Sponsored by Treyvaud's Restaurant & Daly's Supervalu, Killarney

1st Damien Callinan (20) 3 Up

2nd Barry Woulfe (19) 3 Up

3rd Michael Barry (12) 1 Down

14th September - Open Friday - Sponsored by Clifford's Groundcare

Winner: Aiden Carroll (14) 37 pts

FIXTURES

22nd/23rd September - 18 Hole Stroke - White Tees - Sponsored by Pat & Joe Tangney Construction

Every Friday - Open Single Stableford - Sponsored by Cliffords Groundcare - open to gents and ladies - Entry Fee €25 - Ring Clubhouse on 064-6644440 to book a tee time.

BEAUFORT GOLF CLUB (LADIES BRANCH)

Dates of last competition changed to 16th and 17th September - Results next week.

FIXTURES

22nd/23rd September - 18 Hole Stableford - Sponsor: Mulvihill Pharmacy, Killorglin

KILLARNEY GOLF CLUB - LADIES

RESULTS

Tuesday 11th September 2019, 11 Hole Step Aside Scramble, very kindly sponsored by "Nua Wellness" - Mag's Brosnan

1st Fiona Leacy 38.2 pts

Geraldine Collins

Margaret O'Connor

2nd Eileen Whelan 41.5 pts

Joan Buckley

Mary Sheehy

3rd Winnie Ryan 41.7pts

Geraldine Tarrant

Elaine O'Sullivan

Congratulations to all the winners and many thanks to "Nua Wellness" & Mag's Brosnan for sponsoring today's competition.

RESULTS SUNDAY 16TH SEPTEMBER,

Very kindly sponsored by Dan Horan Fruit & Veg Stroke Competition on Mahonys Point

1st Ann Ladd (12) 68 nett

2nd Mary O'Doherty (13) 71 nett bk 9

BG Kelly Brotherton (00) 72

3rd Amy Arthur (6) 71 nett bk 6

4th Maureen Creedon (13) 71 nett

5th Sinead O'Shea (15) 72 nett

Congratulations to all the winners!

September 23rd 2018 ladies competition is kindly sponsored by Desire and Beauty Kitchen at West End Singles Stableford on Killeen



Paul Earley of Aghadoe Heights Hotel Killarney (third from left) presenting first prize in Aghadoe Heights Single Matchplay to winner Eddie McSweeney with (left) Shane Horgan runner up, Derry McCarthy Captain (back from left) Jack Buckley President, Donal Dennehy and James O'Neill Semi-finalists at Killarney Golf Club, Killarney.



Carmel Daly of Home Instead Senior Care (third from left) presenting first prize in the Tim Healy sponsored competition to winner Christine Carroll (left) Amy Arthur best gross, Sheila Crowley Lady Captain (back from left) Miriam McFarlane 3rd and Fiona Leahy 4th at Killarney Golf Club.

KILLORGLIN GOLF CLUB

Ladies Results: 18 Hole Stableford in Macroom Golf Club sponsored by Moriarty's The Gap. Week-end away Cup sponsored by Mary Conway. 1. Jenny Pigott. 2. Eileen Devane. 3. Marian Healy.

Front 9: Mary Conway. Back 9: Maire Ni Loinsigh. Best on Par 3's: Maria Pigott. Longest Drive: Emma Daly.

SILVER SWANS: 9 Hole Stableford 12/09/2018: 1. Maire Ni Loinsigh (24) 19 pts.

FIXTURES: 9 Hole Stableford Qualifier sponsored by Ex officio Ann Walker can be played Sat 23rd or Tues 25th September. Arrange own time and partners.

OPEN DAY: 50's & over Open Day sponsored by The Castle Inn takes place this Saturday. Ring Pro Shop at 0669761979 for tee times.

KILLARNEY GOLF CLUB - MENS

On Sunday last one hundred and seventy seven players took part in the David Keating Golf sponsored Singles Stableford (Golfer of the Year) competition, which was played on the magnificent Killeen Course. Once again, scoring was of the highest order and Castleisland's Tony Walsh came out on top on the day with a brilliant return of 41 Points, which was good enough for a one point margin of victory over Baden Maher who returned an excellent 40 points. Full Results: Winner Tony Walsh (17) 41 Points, Runner Up: Baden Maher (5) 40 Points, 3rd David O'Callaghan (4) 39 Points, 4th Donal Considine (3) 37 Points, 5th Michael Maher (5) 37 Points, Category 1 David O'Donoghue (3) 36 Points, Category 2 Chris Twomey (10) 37 Points, Category 3 John Hickey (13) 36 Points, Category 4 Padraig



OUTLOOK GOLF SCOREBOARD

In association with
Mark Heinemann PGA & Getgolfing.ie
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Griffin (19) 36 Points. Standard Scratch on the day was 35 Points. Next Sunday there will be a singles event on Mahony's Point, please see BRS for full details.

KERRY PITCH & PUTT NOTES

THERE was no joy for Tralee duo Lisa O'Connor & Tony Blake last Saturday at the National Mixed Foursomes in Lakeside, Templemore as their score of 1up saw them finish well behind the winning score of 15up posted by the winning pair of Dave Towler & Mairead Manning from Cork.

This weekend meanwhile sees qualifying for two major events take place. On Saturday, Deerpark will be one of 15 teams bidding to reach the knock-out stages of the National Inter-Club Inter/Junior event when they travel to Collins in Cork for qualifying. The Top 8 will be qualifying for the Quarter-Finals which will be held in the month of October.

Sunday meanwhile sees the Munster Matchplay Qualifiers take place in Castleisland with a 12pm start. A total of 18 players comprising four Seniors, six Intermediates and eight Juniors will go forward for the Finals the following weekend in Fermoy Co Cork. The event is a dress code competition and will be played as 36 Holes Strokeplay.



Donal Considine (third from left) presenting first prize in the Golf Shop Scratch Matchplay 2017 to winner David O'Driscoll and semi-finalist John Kerrisk with Derry McCarthy Captain at Killarney Golf Club, Killarney.

DEERPARK PITCH & PUTT CUB NEWS

Ricky Kelly Memorial: 46 teams took part in this year's event in aid of the Ian O'Connell Trust and we would like to acknowledge everyone's support of same. As well as the players we would also like to thank those who contributed to the Barbeque on Sunday evening namely Musgrave Foods as well as Martin and his staff from Dingle Street Food for cooking it on the night. We must also acknowledge the

musicians who played on the night. Thanks to our competition sponsors the Tatler Jack Bar, the Kelly Family, our Grounds Committee, Michael Keogh and those involved in running the competition for their support of another successful staging. We hope to be able to confirm the amount that will be donated to the Trust in due course.

Ricky Kelly Results: Overall Winners: Killarney Heights Hotel- Noel Moynihan, Kieran Fitzpatrick & Murt O'Shea 30, Inter-Firm Winners: Liebherr- Darragh O'Callaghan, Cian Murphy & Micheal Horgan 32 and Sports Club Prize: Inniscarra GAA- Damien Fleming, David O'Donnell & Sharon Fleming 30 1/3. Juvenile Results- Winners: Erin Moloney, TJ O'Sullivan & Darragh Moynihan 34 and Runners-Up: Ryan Neeson, TJ O'Sullivan & Noah Sexton 34 2/3.

National Inter-Club Competition: Our Inter/Junior team head to Collins in Cork this Saturday to try and qualify for the Quarter-Finals of this event next month.

Munster Matchplay Qualifiers: These take place this Sunday in Castleisland at 12pm. Players from the club will be taking part in all three Gents Grades looking to qualify for the Finals the following weekend in Fermoy.

Club Fixtures: We hope to be able to confirm remaining fixtures in due course. Members will be informed via club text as well as the club website and social media in due course.



Ian Stuart of EBS (third from left) presenting first prize in EBS Single Stroke Mens competition to winner David Reen with (left) Jack Knoblauch 2nd, Derry McCarthy Captain (back from left) Jack Buckley President, Sean Casey 3rd, Ciaran Fleming 6th and Tom Collins best gross at Killarney Golf Club, Killarney.



Noreen Middleton Spa Manager at the Muckross Park Hotel (third from left) presenting first prize in the Muckross Park Ladies competition to winner Joan Buckley with Sheila Donnellan accepting 4th prize for Jane O'Brien, Fiona Leahy best gross and Sheila Crowley Lady Captain at Killarney Golf Club, Killarney.

SCHOOLBOY/GIRL SOCCER

FIRST ROUND OF SKECHERS EVENS NATIONAL CUPS 2018:

12' Round 1: Shannon Hobs 3 -0 Tralee
Dynamos

Shelbourne 3-0 Inter Kenmare A

12's Round 2: Abbeyfeale 5-2 Listowel Celtic

Carew Park 1-0 Killorglin

Killarney Celtic - Killarney Athletic Thur 20th
6.30pm

14's Round 1: Killarney Athletic 0 -5 Kildimo

Mastergeeha 5-0 Killiavilla United

14's Round 2: Park 3-0 Caherdavin

Pike Rovers 7-2 Tralee Dynamos

Holycross 1-7 Iveragh United

Birdhill 0-5 Listowel Celtic

Inter Kenmare TBC Fairview Rangers

16's Round 1: Listowel Celtic 3-0 Burren United

Park 3-0 Inter Kenmare

Killorglin 3-2 Ballyhar AET

Caherdavin 4-4 Tralee Dynamos AET

Caherdavin win on penalties

Shelbourne 1 -4 Killarney Celtic

Aisling Annacotty B 1-5 Mastergeeha

Cullen- Lattin - Camp Juniors

Lough Derg 4-1 Killarney Athletic

VITHIT League: JK Sports 12 Division 1:

Killarney Celtic B 1-1 Mastergeeha

Tralee Dynamos B 1-0 Park

Inter Kenmare B 2-9 Killarney Athletic B

12 Division 2 South: Killorglin 3-1 Inter Kenmare

Mastergeeha 1 -5 MEK

12 Division 2 North: LB Rovers 6-2 Camp
Juniors

Daly's Supervalu 13's Division 1:

Dingle Bay Rovers 4-0 Killorglin

Quills Woollen Mills 14 Premier

Killarney Celtic 3-0 Inter Kenmare

Park 3-0 Killorglin

14's Division 1: Fenit 3-2 Park

14's Division 2:

Killarney Athletic 1-8 MEK

Killorglin 2-2 LB Rovers

Killarney Plaza 15 Division 1:

Mastergeeha 3-1 Ballyheigue

Tralee Trophy World 16 Division 1

Dingle Bay Rovers 1-5 Rattoo Rovers

REPORTS

KILLARNEY CELTIC HEAD FOR FAI

WOMEN'S 12'S GIRLS FINALS:

The FAI Women's 12's Girls qualifiers took place in Drinagh in West Cork for the first time with 9 teams from the three Leagues in the South West Region - Kerry, Cork and West Cork. Camp Juniors, Killarney Celtic, Fenit and Inter Kenmare were the representatives of the League at the Blitz.

And the plaudits certainly go to Killarney Celtic who won their 4 games including the decider against Ringmahon from Cork. The game was tied 0-0 at half time and then Katie Doe put Killarney Celtic ahead. A great penalty save by Aoibhin Kelly and a second from Fiana Bradley saw Celtic progress unbeaten. This was a great team effort by the girls who didn't concede a goal and are now in 15 other teams at the National Finals.

Inter Kenmare were very unlucky to go down to a late goal from Group winner Midleton in their deciding game following wins over Drinagh

and Fenit.

Both Camp Juniors and Fenit who are new to competing level gave very good accounts of themselves on the day.

NO JOY FOR KERRY SIDES IN SKECHER 12 NATIONAL CUP:

The draw was not kind to the Kerry sides as they were all drawn away. Killorglin travelled to Carew Park in Limerick. In a tight game it always looked like one goal would be enough. And it was the Limerick side that got it in the second half. For the Kerry side Adam O'Neill, Alex Garry and Sean O'Sullivan were the best on show.

Tralee Dynamos and Inter Kenmare also had games away in Limerick with both going down 3-0 to Shannon Hibs and Shelbourne respectively.

Listowel Celtic had a shorter trip but they are also out going down 5-2 at Abbeyfeale.

Killarney Celtic were the only side drawn at home and they are due to face neighbours Killarney Athletic on Thursday night.

THREE THROUGH IN THE 14'S:

Iveragh United's 7-1 away win at Holycross was one of the stand-out performances of the day. Zac Fayen hit 3 with Ben O'Donoghue, Ian O'Sullivan and Ruairi O'Donnell all getting on the mark with the 7th being on og.

Listowel Celtic were also impressive as they went to Birdhill and won 5-0. Cormac Dillon 2, Evan Boyle 2 and Sean Mahoney got the goals with Rory Whelan putting in a great display for the North Kerry side.

Mastergeeha were also 5-0 winners as they saw off Killiavilla United at Kilbrean Park with the goals coming from Jack Fogarty who hit a hat-trick, Sean Doolan and James Williams. Eoghan Kelly put in a Player of the Match display for Mastergeeha.

The Park are also through as they got past Caherdavin 3-0 but Tralee Dynamos went out to Pike Rovers in Limerick and Killarney Athletic lost to Kildimo in Woodlawn.

The Inter Kenmare versus Fairview Rangers game was called off earlier in the week due to bereavement in the Limerick club.

Kerry well represented in 16's Round 2:

Listowel Celtic were already through to Round 2 getting a walk-over earlier in the week. They were joined by The Park who were 3-0 winners over Inter Kenmare with David Callaghan, Dan Fisher and Earnan Ferris getting the goals while Ferris was also the Player of the Match.

Killarney Celtic are also into Round 2 thanks to a 4-0 win away at Shelbourne in Limerick. Mastergeeha will be very happy with their trip to Limerick as they knocked out Aisling Annacotty B 5-1. Brendan O'Leary, Kevin Bowler, Cian Foley, Cian Murphy and Andrew Lowin got the goals for the Kilbrean side.

Camp Juniors were very unlucky as they came back from 2-0 down to draw level thanks to 2 goals from John O'Connor. But they were hit by a sucker punch by the home side Cullen / Lattin. Jason Lee scored for Killarney Athletic but it wasn't enough as they went down 4-1 away to Lough Derg.

Tralee Dynamos were in a cracker with Caherdavin as the game ended 4-4 after extra time. Philip Evans 2, Daniel Burke and Cody Clifford got the goals but the Tralee side went

down on penalties.

In the all Kerry clash on Sunday Killorglin needed extra time to see off Ballyhar who had been 1-0 up through Peter Cosgrave. Killorglin's Dylan Moriarty who was excellent on the day scored twice to put his side 2-1 up but an Aaron O'Shea goal at the death saw Ballyhar equalise. However it was the home side that got the only goal in extra time to take the win with Cathal Crowley's 30 yard effort hitting the net via the underside of the crossbar. Killorglin's Oran Smith was also impressive stepping up from the B team.

LEAGUE REPORTS

ATHLETIC THE EARLY LEADERS IN 12'S DIVISION 1;

Killarney Athletic B got their JK Sports 12 Division 1 campaign off to an impressive start as they were too strong for Inter in Kenmare. Luke Doolan hit four goals for the Killarney side with David Butler getting 2 and Killian White one with the other being an own goal. Sean Casey and Ethan O'Sullivan replied for Inter B who battled to the end.

Any day you score a goal to win a derby is a good day and it was Mollie Duggan who hit the only goal of the game to give Tralee Dynamos a 1-0 win over neighbours the Park. Duggan had a very good game in midfield and got the goal with 10 minutes to go.

Leon Bowler scored for Killarney Celtic in their 1-1 draw with Mastergeeha at Celtic Park.

3 from O'Donnell gives Killorglin the win in Division 2 South:

Goals in the 20th, 34th and 45th minutes gave Killorglin a 3-1 home win over Inter Kenmare who also had a good performance from Ruairi Coakley.

MEK were 5-1 winners away to Mastergeeha with their goals coming from the outstanding James Clifford who hit 3 with Noah O'Shea and Jamie Daly hitting one each.

LB the boys in 12 Division 2 North:

Two goals each from JJ O'Rourke and John Curtin and one each from Oran O'Sullivan and Paddy Diggins gave LB Rovers a 6-2 win over Camp Juniors.

CELTIC AND PARK WIN IN 14'S PREMIER:

Both Killarney Celtic and The Park were 3-0 winner over Inter Kenmare and Killorglin respectively in the Quills Woollen Mills 14's Premier.

Fenit just in 14's Division 2:

Fenit just came out on the right side of a 5 goal thriller in the 14's Division 1 as they beat the Park 3-2.

One win and one draw in 14's Division 2:

MEK had a great away win to start their 14's Division 2 League run defeating Killarney Athletic in Woodlawn while in the other game Killorglin and LB Rovers shared the points.

Park win in mid-week in 15 Premier:

St Brendan's Park were winners in the Killarney Plaza 15 Premier as they defeated Killarney Athletic 6-2. For the Tralee side Sean O'Connor hit 3, Cillian Murphy 2 and Samule Abubaker got the other goal with Ben Hannafin having a great game at left back..

Darren Ryan and Karl McCarthy got the two goals for Killarney Athletic.

Listowel Celtic win on the road in 15's Division 1:

Goals from Darragh Casey, Sean Keane and Tony Bowland gave Listowel Celtic a 3-1 win over Killorglin B for whom Sean Browne got their goal.

Mastergeeha also won 3-1 beating Ballyheigue with the goals coming from Colin O'Leary, Donagh Foley and Mark O'Shea.

Rattoo win the battle of the Rovers in 16's In the Tralee Trophy World 16's Division 1 goals from Sean McGrath, Darragh Quinlan, Martin Brosnan, Emmet Kelly and Jordan Goggin gave Rattoo Rovers a 5-1 win over Dingle Bay Rovers with Ryan Newstead scoring for the West Kerry side.

MEK UNITED FC NEWS

U12'S: MASTERGEEHA 1 - 5 MEK:

Last weekend our U12 squad took on Mastergeeha in the first round of the U12 Division 2 South league at Mastergeeha. The first half was very evenly matched but Jamie Daly broke through mid way through the half to put MEK 1-0 at half time. In the second half MEK went up a level and a second half hat trick from James Clifford and one from Noah O'Shea settled the match. Clifford and O'Shea superb throughout. In defense Rory Foley and Thomas Coffey were rock solid. Final Score 5-1, great work rate from all players, they could all have easily got a mention. Well done lads

U14'S: MEK 8 - 1 KILLARNEY ATHLETIC:

Another fantastic result for MEK this weekend with our U14's winning against a depleted Athletic side. Scorers for MEK Max Leon and Sam Buckley (2 each) and a goal each by Owen Mannix, Cian Fleming, Sean O'Brien and Darragh O'Neill. Well done everyone!

MASTERGEEHA FC

U12 DIV 1 Killarney Celtic 2 Mastergeeha 5

In a good team performance the boys got all three points. Sean Mc Auliffe and Matthew Kennedy got two each with Ronan MC Carthy getting the other.

U12 DIV 2 Mastergeeha 1 MEK 4

The boys tried their best against a strong mid Kerry side. Thomas Myers got the Mastergeeha goal.

U14 National Cup Mastergeeha 5 Killvilla 0

The boys qualified for the next round of the cup with a home win against the Tipperary side. Jack Fogarty with a hatrick, Sean Doolan and James Williams were the scorers.

U15 Mastergeeha 3 Ballyhigue 1

The boys made a good start to the league with a home win on Saturday morning. Donagh Fahy, Mark O'Shea and Colin O'Leary were the scorers.

U16 Ashling Annacoty 1 Mastergeeha 5

The boys had a good away win in Limerick on Saturday. Brendan O'Leary, Cian Foley, Kevin Bowler, Andrew Lowin and Cian Murphy got the goals. All played well.

MASTERGEEHA FC LOTTO

There was no winner on Friday 14th September, 2018. Numbers drawn were 10,11,19,22.

Consolation Prizes. €100 Sinead Nagle, Mastergeeha, Kilcummin. €30 Breedra Hurley, Minish, Killarney. €30 O'Leary Family, Deerpark, Killarney. €30 JD O'Sullivan, Milleen, Kilcummin. Next Jackpot €3,000.

KILLARNEY ATHLETIC A.F.C.

REGISTRATION

Online registration is now open online for all age groups. Go to www.killarneyathletic.com and Click on MY CLUB FINANCES link. All players / non-playing members need to pay online. This payment covers insurance and affiliation costs with the club and league. This needs to be done before training and matches in the club can commence. To ensure you get the latest news and information from the club, use your mobile number as contact and ensure you click on the privacy box. Any queries, email sec@killarneyathletic.com

GIRLS SOCCER

This year, will see the return of girl's soccer. We will cater for soccer tots while also competing in the local Kerry schoolboys and girls League at under 12,14 and under 16 level of sufficient numbers. If you have any interest in joining one of our teams, email sec@killarneyathletic.com

FIXTURES

Saturday 22nd September

Under 13 Round 1

Listowel Celtic v Killarney Athletic 11.45am

Under 15 Round 2

Killarney Athletic v Shannonside 2.00pm

Under 13 Division 2 South

National Cup

Ballyhar v Killarney Athletic B

Under 15 Premier

National Cup

Killarney Athletic v Killarney Celtic A

Denny Under 17 League

Ballyhar Dynamos v Killarney Athletic 2.00pm

Sunday 23rd September

Denny Premier A

Killarney Athletic v Tralee Celtic 2.00pm

RESULTS

Denny Premier A

Fenit Samphires 1 Killarney Athletic 2

Scorers were William Courtney & Sean Cournane.

Killarney Athletic Senior B

Castlegregory 5 Killarney Athletic B 1

Scorer for Athletic was Chris O'Meara

Youths

Killorglin 2 Killarney Athletic 1

Scorer for Athletic was Harry Potts

Under 16 National Cup

Lough Derg 4 Killarney Athletic 1

Scorer for Athletic was Jason Lee

Under 14 National Cup

Killarney Athletic 0 Kildimo 4

Under 14 B

MEK 8 Killarney Athletic 1

Scorer for Athletic was TJ O'Sullivan

Under 12 Division 1

Kenmare B 2 Athletic B 9

Our 2nd team got off to a great start to the new season with a very impressive performance in Kenmare on Saturday morning. Goals from Luke Doolan (4), David Butler (2), Killian White (2) and An OG. Killarney Athletic Website: Please check

the website on www.killarneyathletic.com or Facebook for match reports, club information and contact details.

Contact: If you have anything to add to Killarney Athletic A.F.C. notes please contact Mary McCarrick on 087 7750773 or mccarrickmary@hotmail.com

KILLARNEY CELTIC NOTES

All players must be fully registered and fees paid before being allowed to play for the club. The dates with training times for our teams are as follows

Senior A + B Tues,Fri 7.30

Youths/17 Friday 5.30pm

U16 born 2003+ U15 born 2004, Tuesday 6pm

U14 born 2005, A squad Wed 7pm, B squad

Thurs 7pm,

U13 born 2006, Wed 6pm

U12 born 2007+ U11 born 2008, Thurs 6pm

U10 born 2009, Mon 6pm

U9 born 2010, Sat 2.45pm U7 +U8 born

2011,2012 Sat 1.30pm

Girls U12 + U14 Mon 6pm

Boys U7/U8 return this sat at 1.30pm and Boys U9 return at 2.45pm

Premier A, Killarney Celtic 3, Tralee Dynamos 2.

Pa McGrath and Danny Roche (2) got us over the line here with Robert Osborne also making an important save late on when the game was tied at 2-2. Premier B, Classic FC 3, Killarney Celtic B 2, Ryan Kelliher with our goals.

U16 National Cup, Shelbourne (Limerick) 1, Killarney Celtic 4. Cian McMahon (2), Jack McClain, Killian O'Sullivan (pen) were our goalscorers in a hard fought encounter.

U14 Premier, Killarney Celtic 3, Inter Kenmare 0.

Luke O'Neill (2) and Calvin O'Sullivan got the goals.

U12 Div 1, Killarney Celtic B 2, Mastergeeha 5

Leon Bowler and Colm Janot found the net here.

Congrats to our U12 Girls who were named team of the week after their wins in the qualifying group of the south west region in the national cup. Next up is a trip to Dublin in October.

Killarney Celtic Football For All participated in a blitz in Newcastlewest over the weekend..

Celtic Lotto. Numbers drawn 7,16,18,24. No jackpot winner. 4 match 3 winners receive €40. Next jackpot winner €8,000.

Open Coaching Meeting:

The Kerry Schoolboys Girls League is hosting an Open Meeting at the Rose Hotel on Monday night September 24th at 8pm for all those interested in coaching Kerry's best soccer players. This meeting is open to present and new coaches and is for information purposes to introduce our new ETP Director and to outline the opportunities available within the Leagues various programmes.

No commitment will be looked for on the night so if you think you have the qualifications and attributes needed to coach the counties best young soccer talent please come along.



KERRY GAA STORE



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GNEEVEGUILLA GAA

There was no winner of last weeks lotto numbers drawn were 1,13,18,24. Lucky dip winners were €40 Jack, Sean, Ollie, Tadhg and Kate, €40 Eilish Carroll Jib, €40 Catherine O Connor c/o Brendan, €30 Liam Fleming Kilcummin, €30 Batt O Connor Dripsey, €20 Christy Murphy. Next week jackpot €6,500 thank you for your continued support and thanks to all our ticket sellers. Congratulations to Owen Fitzgerald for making the Electric Ireland Minor team of the year, also huge thanks to all who turned up in community centre last Sunday to welcome some of the victorious Kerry minor team. Also thanks to all who helped out in any way last Sunday evening. O Donoghue cup result: Furies

3 16 Gneeveguilla 3 17



Killarney Camogie Club Under 12 A County Champions for the first time in the clubs history. Front (l-r), Katie Culloty, Ceara Moore, Maggie Hickey, Niamh Cantillon, Ava Moore, Meghan Gillespie, Eabha Lynch, Gloria Ratto. Middle (l-r), Heather Culloty, Allannah Holohan, Faye O' Carroll, Yasmin O' Brien, Kathryn Ryan, Hannah Ryan. Back (l-r), Mark Moore, Paul O' Brien, Fergal O' Carroll.

LEGION GAA

CLUB FACILITIES DEVELOPMENT

The club have made good use of our facilities in Derreen since it opened and they served their purpose well during that period. That said time and needs change and we as a club have to move to match the growth and changes in our town. With this guiding necessity in mind the club is embarking on a major fundraising plan which is being launched this Sunday September 23rd in Randles new showrooms at 7 p.m. The steering finance committee have put in a tremendous amount of preparatory work and from Sunday onwards it will be all systems go! The plan incorporates an upgrade of current facilities as well as an ambitious series of new developments which will greatly enhance the experience for all our members as well as the greater Killarney community.

CLUB DAY OUT

The club will hold a day out on Sunday 23rd. September starting from Ross Castle with a boat trip to Lord Brandons Cottage at 10 a.m. There follows a 10km walk through the Gap to the famous Kate Kearneys and there the group will be bussed back to Ross with the courtesy of Pat Moynihan who targets 4.30 p.m. as departure time. Tea and sandwiches are available but should you so choose to you may bring your own lunch. Wet weather gear and good walking shoes /boots advised (it might just rain!). Total cost €10 per person. Please book and pay either Tuesday Sept. 18th. 8 - 9 p.m. in the clubhouse or alternatively on Sat. 22nd. between 10.30 a.m. - 12 midday. A trip made by many thousands of tourists to Killarney but surprisingly few locals have so this is your chance to tick it off the bucket list.

CO.CHAMPIONSHIP 1/4 FINAL

Killarney Legion V Dr. Crokes, weekend 29/30th Sept.

LOTTO

Winning no's - 4,13,16,24. No winner. Lucky dips - (1) Sandra Lucey, Killarney, (2) Daire Murphy, Mangerton Rd., (3) Derry Mangan, Countess Grove, (4) Caitriona O Connell, c/o Kevin Griffin, (5) Paddy O Shea, c/o Pat Kissane. Next weeks jackpot €13,500

LISTRY GAA NEWS

MARY JOE CURAN FINAL

Congratulations to the Senior Ladies Miltown/ Listry especially to our Listry Players - Ciara Tagney, Emma Tagney, Niamh Broderick, Ciara Kennedy, Lorraine Kennedy and Mairead Lehané who won the Mary Joe Curran Final in Fitzgerald's Stadium V Laune Rangers on Monday 10th, Miltown/ Listry 2.5 Laune Rangers 0.6.

EAST KERRY O'DONOGHUE CUP:

Congratulations to Listry on a very exciting finish in Round 1 - O'Donoghue Cup East Kerry Senior Championship on Sunday 16th. Listry 2.14 Glenflesk 2.13

U16 COUNTY CHAMPIONSHIP FINAL:

Well done to our East Kerry team representing Listry were Ruairi Murphy, Jack Walsh, Colin O Sullivan and Aaron O Shea who got defeated by Mid Kerry last Thursday 13th in Austin Stack Park - East Kerry 2.15 Mid Kerry 2.18

JUVENILE UPDATE: Week ending Sunday Sept 16th

U14 Mid Kerry Championship

Keel/ Listry 2.09

Miltown /Castlemaine 2.12 played Friday 14th

Keel/ Listry 3.11

Gbeigh/ Glencar/ Cromane 3.04 played on Sunday 16th

B Final due to be played next Sunday in Beaufort. Time and opposition TBC

U12s away to Dr. Crokes next Sunday at 12 in Div 2 in East Kerry League.

U10s had a busy weekend, They travelled to Barraduff on Friday to play Glenflesk and to Banry on Sunday am to take on Banry Blues. Great skill was on display at both venues.

Please support our Juveniles

KILLARNEY CAMOGIE CLUB

Under 10's - Well done to Mellissa Culloty and her fantastic squad of players who performed so well in the Cillard blitz last Saturday.

Under 12's - Last Sunday night in Crotta O' Neills GAA pitch our under 12 team made history by winning the A county title for the first time in the clubs history. On the night we defeated our North Kerry rivals Cillard on a scoreline of 4-03 to 3-00. Killarney won the toss and played with the aid of a strong wind in the first half. After a slow start we grew into the game and had the better of things and led at half time by a score of 2-02 to 1-00. Cillard came strong early in the second half and at the midway point of the second half the gap was only 2 points. However, our girls regained their composure, struck 2 goals and defended like demons to see out an historic victory. Team and scorers on the night, Maggie Hickey, Yasmin O' Brien (2-0), Eabha Lynch, Kathryn Ryan,

Heather Culloty, Hannah Ryan, Allannah Holohan (1-0), Megan Gillespie, Anne Hickey (captain) (1-3), Ava Moore, Niamh Cantillon, Faye O' Carroll and Gloria Ratto. Trainers were Ceara Moore, Mark Moore, Paul O'Brien and Fergal O' Carroll. We were well supported on the night by other age grade players, parents and grandparents. Club colours were proudly on display and our fans were hoarse from shouting support. To all the players, trainers, club mentors and parents, a massive thank you from the club for all the effort put in over the course of the year. It was certainly worth it when the final whistle sounded last Sunday.

Training continues for all age groups at 6.30 every Monday evening in Spa GAA. Preparations are ongoing for the Veronica Stack Memorial Tournament being held on Saturday the 29th of September in Spa GAA.

DR CROKES CLUB NOTES

KERRY COUNTY CHAMPIONSHIP - ROUND 3

Dr Crokes 3-28 An Ghaeltacht 2-14
Played in Fitzgerald Stadium

This game was very evenly contested in the first quarter. We were behind 1-2 to 0-4 at the end of this period. We were playing against the strong breeze and when our opponents lost a player to a red card their task became very formidable. We got on top with five points without reply and when we rattled the net in the 25th and 29th minute we were helped to an interval lead of 2-12 to 1-6,

An Ghaeltacht to their credit came out all guns blazing and had a goal at the start of the second half. We were always able to add to our scoring tally and scored 1-16 to our opponents 1-8 in the second thirty minutes.

Over the hour we had eight different scorers, with corner forward Tony Brosnan hitting 1-13. The forwards did combine well for the scores and our attacking game was good for the most part. This is not to say that this was a dream display. We were lethargic at times especially in the first ten minutes of the game. Our overall display in the quarter final will have to be several notches higher if we want to advance further in the competition.

Never the less it was encouraging that this display was an improvement on the earlier rounds and I feel that there is still a good bit left in the tank.

Team and Scorers: Shane Murphy, John Payne (Capt), Mike Moloney, David O'Leary, Shane Doolan, Fionn Fitzgerald, Gavin White, Johnny Buckley 0-2, Daithi Casey, Micheal Burns 0-3, Gavin O'Shea, Brian Looney 0-2, Kieran O'Leary 2-2, David Shaw 0-4, Tony Brosnan 1-13.

Subs: Michael Potts, Alan O'Sullivan 0-1, Jordan Kiely, Brian Fitzgerald, Jason Lyne, Billy Courtney 0-1.

DEVELOPMENT FUND

Dr Crokes Club are embarking on a fundraising initiative to help upgrade the current facilities of our grounds as it has been 12 years since serious work has been carried out. There are fantastic prizes to be won with the first prize a Nissan Pulsar Executive Class Car and second prize is a four night stay for two people in New York



Sunday's County Championship game v An Gaeltacht. Dr Crokes won 3-28 to 2-15. Pictured are Captains Padraig Ó Sé (An Gaeltacht) and John Payne (Dr Crokes) with Referee Seán Joy.



The East Kerry Under 16 team who were defeated by Mid Kerry.

including flights. We have 10 prizes in total and the draw will take place on December 20th 2018. Tickets are €10 each or a book of 6 for €50. There will be an additional draw of €1000 for those who purchase a full book for €50. Tickets can be purchased in the Tatler Jack, Club members or Kerry Shop in Killarney Outlet Centre

SCOR

Scor na nOg will be starting up for children who will be under 17 years old on 01.01.2019. Contact Ger Lyne on 086 1541840 for more information.

LOTTO

Lotto 6, 14, 18, 25. Jackpot E15600 Winner Pat Sullivan Blenerville. Next draw Sunday September 23rd in Tatler Jack. Jackpot E3000.

MILTOWN/ CASTLEMAINE NEWS

FUNDRAISING LOTTO JACKPOT DRAW:

Our jackpot now stands at €6,200 with €650 on offer for a match 3. We had six lucky consolation prize winners in our latest draw which took place on Friday night last. Drawn numbers were :10,17,21 and the bonus number was 6.

Congratulations to our winners :

€50 each to: Jim O' Connor, Abbey lands, Milltown and Liam Griffin, Croughmore, Fries, €25 each to :Annie Carroll, Kiltallagh, Amy McCarthy, Ardmelode, Patrick Heffernan, Callinafercy and Martina Madden, Ballydonoghue. Our next draw is on this Friday, September 21st, in Knightly's Bar, Castlemaine.

Sincere thanks to you all for your continued support.

COUNTY CHAMPIONS:

Congratulations to Anthony Kelliher and Cillian Burke who were part of the Mid Kerry U.16 team that won the County Championship on Thursday last. Their opponents were East Kerry. Well done to all the panel and management team.

GARVEY'S SENIOR CHAMPIONSHIP:

Our club was well represented on the Mid Kerry side, in Round 3 of the Senior Championship versus St.Brendans on Sunday last, in Fitzgerald Stadium. Senior player Paul Carroll was training the team and Gary Murphy was a selector. The panel included:Cormac Leane, David Roche, Gavin Horan and Stephen Roche. Despite playing their hearts out, they went down to St. Brendan's on a final score line of: Mid Kerry -1/18 St. Brendan's -3/18.

LISTRY GAA CLUB

MARY JO CURRAN FINAL:

Congratulations to Milltown Listry Senior Ladies on a thrilling victory over Laune Rangers in Fitzgerald Stadium, on Monday evening last. Trained by senior club players, Damian Murphy and Nigel Wrenn along with Phil Tangney from Listry, this team is putting in some fantastic performances on the field. Team captain- Lorna Hickey, accepted the cup on behalf of her jubilant team mates from Mary Jo.

GAELIC FOR MOTHER'S AND OTHERS:

We send sympathy to one of our trainers- Tanya Joy, on the recent death of her grandfather - John Coffey. May his soul rest in peace.

WEDDING BELLS:

Comhghairdeas to Ciarán Kelliher, Castlemaine, and Caroline O' Sullivan, Listry, who got married on Friday last. We wish you many years of health and happiness together.

EAST KERRY GAA NEWS

By Michael O'Mahony PRO

DR O'DONOGHUE CUP- ROUND 1

Listry 2-14 Glennflesk 2-13

Listry progressed to the quarter finals of the Dr O'Donoghue Cup, sponsored by The Aquila Club and Dr O'Donoghues family, in a fast paced, skillful championship game, against home side Glennflesk, on Sunday. In a closely contested affair, that went to down the wire, Glennflesk led for most of the opening half. It was a well worked goal that stood between the sides at the short whistle.

Early in the second half, Glennflesk pulled further ahead with a second goal. However, credit Listry, they never gave up, clawed back the lead in the second half and snatched a last minute goal to take the lead and win by the minimum, setting up a meeting with Kilcummin in the quarter final.

Listry opened the scoring with an Anthony Kennedy point from the throw in. Glennflesk responded with 3 unanswered points- Jeff O'Donoghue (2) and Darragh Roche on target for the home side- 0-3 to 0-1 on the 6th minute. The sides exchanged points - Joseph Clifford and Anthony for Listry, Stephen O'Donoghue and Darragh Roche for Glennflesk - 0-5 to 0-3 going into the second quarter. Jeff O'Donoghue extended the Glennflesk lead with a pointed free. However, Listry narrowed the gap to the minimum notching up 2 points without reply one each from Cain Bradly and Gary O'Sullivan. In what looked like a game changer, Glennflesk struck for a well worked goal, on the 25th minute.

A fast upfield move, involving Brian O'Donoghue and Jeff O'Donoghue, saw Ian Roche provide to his brother Darragh who set a rasper to the corner of the net, giving the Listry goalkeeper no chance- 1-6 to 0-5. Both sides defended strongly, with great blocks throughout the half. A brace of points each (Anthony Kennedy for Listry and Padraig Healy and Darragh Roche, for Glennflesk) saw the half time score: Glennflesk 1-08 Listry 0-07

On resumption, Glennflesk got off to a dream start, with an Ian Roche goal in the opening minute, from a precision pass by Alan Murphy. Glennflesk made a number of substitutions during the half.

The sides swapped points - Darragh Roche pointed free for Glennflesk and Anthony Sweeney from play for the visitors. Listry began to dominate the middle area of the field, won the kick outs and created repeated attacks. On the 42nd minute, Listry were awarded a penalty, ably converted by Anthony Sweeney who slotted the ball to the corner of the net -



Action from Sunday's County Championships Game Dr Crokes v An Gaeltacht.

2-9 to 1-8. The sides traded points- Darragh Roche (Glennflesk) and Anthoney Sweeney (Listry). Listry were gaining the upper hand and narrowed the gap to 2 points, Anthony Sweeney (f) and Aaron Mc Carthy - 2-10 to 1-11 in favour of Glennflesk. Excitement rose to fever pitch. Both defences worked hard and turned over ball, turning defence into attack repeatedly in the next 10 minutes and confining scoring to a brace of points each - Anthoney Sweeney and Ronan Buckley for Listry, Darragh Roche(2) for Glennflesk. As the game moved into added time, a Joseph Clifford point from play reduced the margin to the minimum.

A Gavin Kelly point gave the home side comfort but Listry was not for giving up. On winning the kick out, they sent high ball in to the edge of the square. Glennflesk goalkeeper made a great save, the ball came off Ronan Buckley and Aaron Mc Carthy, with quick reflexes, deflected the ball to the net. Listry won by the minimum. Final Score: Listry 2-14 Glennflesk 2-13.

Referee: James O'Sullivan (Furies)

Listry Team: Tadhg Ahern, Danny Wrenn, Kevin Courtney, Cain Bradley(0-1), Billy O' Brien, Anthony Kennedy, Conor O' Sullivan, Jimmy O'Leary, Stephen Brosnan, Ronan Buckley(0-1), Gary O'Sullivan(0-1), Aaron McCarthy(1-1), Peadar Keane, Anthony Sweeney(1-8;4f), Joseph Clifford((0-2). Subs: Cian O'Donoghue, Paul O' Donoghue, Roman Gallagher, Kieran Murphy, Colm Counihan(SG)

Glennflesk Team: Kenny Cronin, Gearoid O'Leary, Shane Courtney, Chris O'Donoghue, Ciaran O'Mahony(0-1), James McCarrick, Cian Horan, Kieran Murphy(Capt), Padraig Healy(0-1), Alan Murphy, Brian O'Donoghue, Stephen O'Donoghue(0-1), Ian Roche(1-0), Darragh Roche(1-6;1f), Jeff O'Donoghue(0-3;2f). Subs: Sean Doherty, Gary O'Donoghue, Gavin Kelly(0-1), Donal O'Sullivan.

GNEEGEGUILLA EDGE PAST FIRIES

Gneeveguilla 3-17 Furies 3-16 (AET)

It took extra time last Saturday, to separate the

sides when Furies hosted Gneeveguilla in an exciting encounter for a place in the quarter finals of the Dr O'Donoghue Cup, jointly sponsored by the Aquila Club and Dr O'Donoghues family. After extra time, Furies ultimately came up one point short against Gneeveguilla in what proved to be an exhilarating competition.

This result means that Gneeveguilla take on winners of Dr Crokes v Fossa in the quarter final. This game will be fixed for the first available date. Although the home side started the quicker, with frees from Donnacadh O'Sullivan and points from play from Edward Kerrisk and Niall O'Donoghue, Furies were playing catch-up for most of the game. Points from DJ O'Connor and Shane O'Sullivan kept Gneeveguilla in touch with 15 minutes on the clock. Gneeveguilla hit a purple party before half time, and took the lead, which they did not relinquish. Gneeveguillas scores came from DJ O'Connor, Con Buckley and Conlan O'Leary. Furies answered back with points from Donnacadh O'Sullivan and Niall Donoghue.

Then just on stroke of half time, a well worked move ended with a goal from the impressive Pa Warren leaving the half time score: Gneeveguilla: 1-7 Furies: 0-7.

On the restart, John O'Leary got an early point from play for Gneeveguilla but then went 13 minutes without a score.

Meanwhile, Furies notched up points from Niall O'Donoghue and Padraig de Brún to reduce the deficit. However, Gneeveguilla's DJ O'Connor, rattled the Furies net on the 45th minute, to increase the away sides lead to 4.

A Donnacadh O'Sullivan a goal from the penalty spot for Furies, reduced the gap to the minimum. It was game on. The teams exchanged points and, in a nail biting end to normal time, Gneeveguilla increased the lead to 3 points, with full time whistle approaching. However, with minutes left to go Furies hit back of the net, putting the game to extra time, with a scoreline of 2-11 each.



Action from Sunday's County Championships Game Dr Crokes v An Gaeltacht.



Milltown/Listry winners of the East Kerry Under 12 Division 1A. The beat Glenbeigh/Glencar/Cromane on a scoreline of 4-11 to 5-7.

Both sides made a number of changes for the opening half of extra time. Gneeveguilla came out of the traps with determination and had points from Pa Warren, Pdraig Doyle and Conlan O'Leary. Furies replied with scores from Mike Daly and Niall O'Donoghue, leaving the visitors ahead by 2 points at the break: Gneeveguilla 2-15 Furies 2-13.

Furies rallied in the second half of extra time, before Gneeveguilla's, Brian Brosnan scored a goal. This looked like it had secured Gneeveguilla's place in the quarter final. The visitors were reduced to 13. and with minutes left to go Jake Flynn netted a goal for Furies to leave the minimum between the teams. Gneeveguilla, showed true determination and held on to win by a point. Final score: Gneeveguilla 3-17 Furies 3-16.

Gneeveguilla team: Patrick Riordan, Connie O'Connor, Eoghan Lawlor, Darren Brosnan, Patrick Warren, Phip Cremin, Shane Crowley, Michael Murphy, Pdraig O'connor, John O'Leary, Cornelius Buckley, Mark Sheehan, Conlan O'Leary, DJ O'connor, Shane O'sullivan, Furies team: Billy O'Rourke, Pdraig O'connor, Dan O'Shea, Josh Flynn, Liam Brosnan, Niall Donohue, Diarmuid Brosnan, William Courtney,

Shane O'Donoghue, Edward Kerrisk, Pdraig DeBrun, Diarmuid O'Mahony, Donnacadh O'Sullivan, Jake Flynn, Mike Daly, Referee: Tom Moriarty (Killarney Legion)

EAST KERRY GAA COMMITTEE MONTHLY MEETING

This Tuesday September 25th at Killarney Height Hotel at 9pm. All Delegates requested To attend.

MINOR COUNTY FINAL

Best of Luck to East Kerry team and to clubs with st Kierans in co, final this Sunday,

FIXTURES

Minor County Championship Final East Kerry v St Kierans at Austin Stacks Park this Sunday September 23rd at 2pm.

Lee Strand U16 Co, District Championship Final Con Courtney Memorial Cup Venue: Austin Stack Park, Tralee 13th Sept 2018

East Kerry 2-15 Mid Kerry 2-18

Although there was only three points that separated both teams in the end the victory was well deserved by Mid Kerry.

They were the superior team on the night and maybe with a bit more time the result could be different but East Kerry left it too late and were always on a catch up to the victors. East Kerry should be applauded for clawing their way back

and never say die attitude. This young team has great potential with outstanding talent in the panel. However, Mid Kerry's midfield duo were instrumental in this victory especially my man of the match Sean O'Brien (Beaufort).

Mid Kerry started the game as they meant business, controlling the first quarter of the game with great scores, holding possession and dispossessing their opponents. East Kerry took a while to settle until the 16th minute when they were awarded a free, scored by Emmet O'Shea. Shortly, followed another from play by Pdraig Looney. Full forward Gearoid Hassett from Mid Kerry added another two points to put them two in front. Mid Kerry's centre forward, Matthew Lelsie, was a thorn in East Kerry's side and was running and slicing through our defence, punishing us each time by scoring frees and from play.

Ryan O'Grady of East Kerry scored a beautiful point from play to bring the half time score to East Kerry 0-5 Mid Kerry 0-11

On resumption of the second half, Mid Kerry were first off the mark scoring another two points. However, East Kerry were not going to be beaten easy and midfield won some great marks and found the target man, Emmet O'Shea from Fossa. He was outstanding in the second half when he was given possession. However, Mid Kerry found the back of the net twice within five minutes pulling them away to double the scores. The next few minutes East Kerry took control and picked away to reduce the deficit. Once again our forward line all worked together and passing was spectacular when impressive Emmet O'Shea, scored the first goal for East Kerry. Capt Eoghan O'Sullivan of Killarney side added another point, quickly followed Dylan O'Callaghan (Furies). Mid Kerry were awarded frees and slotted over expertly by Matthew Leslie. The gap was getting smaller and East Kerry's full forward, Ryan O'Grady rattled the net once again. Mid Kerry knew that if our forwards got possession they were in trouble of losing.

Once again midfielder Sean O'Brien stepped up and scored another point from play and Anthony Kelliher added another. Referee, James Brosnan, blew the final whistle deep into injury time and Mid Kerry was both delighted and relieved to hear that sound.

A well deserved victory with amazing talent from both squads.

East Kerry team showed a lovely gesture to acknowledge Niall McGillicuddy (Legion) by not wearing the No 11 jersey as he continues to recover from illness.

East Kerry: Cian Ring (Furies), Jack Coridan (Legion), Danny Cronin (Furies), Cian O'Leary (Legion), Conor Henderson (Furies), Terry Sparling (Dr Crokes), Ruairi Doyle (Fossa), Colm Talbot (Fossa), Jason Kerins 0-1 (Dr Crokes), Darragh Brosnan 0-1 (Furies), Dylan O'Callaghan 0-1, (Furies), Eoghan O'Sullivan, 0-2, Capt (Legion), Pdraig Looney 0-2, (Dr Crokes) Ryan O'Grady 1-2 (Legion), Emmet O'Shea 1-5 (Fossa).

Subs Used: Tomas Clifford (Furies), Evan Looney (Dr Crokes) William Shine (Legion) and Liam Randles 0-1 (Dr Crokes)

Management: Mike Devlin (Legion) Manager, Donal O'Doherty (Spa) Trainer and Donal McCarthy (Furies)



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KERRY GAA SCENE

REPORT BY LEONA TWISS, PRO

GARVEY'S SENIOR FOOTBALL CHAMPIONSHIP

The draw for the Quarter Finals of the Garvey's Senior Football Championship was made last Sunday evening in Fitzgerald Stadium by Jim Garvey and Peter Twiss. Four mouth-watering ties emerged from the draw! CCC met on Monday night to set the fixtures which are as follows - on Saturday the 29th its Austin Stacks V Dingle at 6pm and Kerins O'Rahillys V St Brendans at 7.45pm, both in Austin Stack Park.

Then on Sunday in Killarney at 2pm it's Killarney Legion versus Dr Crokes and that's followed at 3.45pm by East Kerry versus South Kerry.

The Semi Finals are fixed for the weekend of Oct 13th/14th and the County Final will be played on Sunday October 28th.

2019 MUNSTER CHAMPIONSHIP DRAWS

The draw for the 2019 Munster Senior Football Championship will take place on October 11th in conjunction with the other Provincial Senior Football Championship draws. The draw for the 2019 Munster Under 20 Football Championship will take place at the next Munster CCC meeting scheduled for Thursday November 29th.

Child Welfare Meetings

Club Senior Chairpersons and Child Welfare Officers are required to attend the September Child Welfare meetings. Please bring each of the following items to the meeting:

1. Names of coaches and team mentors for all your club teams, from Under 6 to Senior team.
 2. Club Risk Assessment- please bring a printed copy of the Club Risk Assessment which you sent to the County Child Welfare Officer.
- Wednesday Ballyduff
Thursday Castleisland
Friday Listowel
Monday Austin Stack Park, Tralee
Please contact Children's Officer Bernie Reen for further information.

2019 MUNSTER MINOR FOOTBALL CHAMPIONSHIP

A new format for the Munster Minor Football Championship has been confirmed on a one-year trial basis. Phase 1 will see a round-robin format involving Clare, Limerick, Tipperary and Waterford with each county getting 3 games.

The top two teams will then play the Phase 1 Final. The winner of the Phase 1 Final will join Cork and Kerry in a Phase 2 round-robin format, with the top 2 teams qualifying for the



David Clifford who has been nominated in the All Star Football Awards.



Gavin White who has been nominated in the All Star Football Awards.



Pat O'Shea who has appointed Munster Games Development Manager.

Munster Final. The purpose of the new format is to ensure that the developing counties of Clare, Limerick, Tipperary and Waterford get at least three games against teams of a similar standard.

The Phase 1 Final winner will have played four games before progressing to meet Cork and Kerry.

MINOR AND ALL-STAR AWARDS

Ahead of the Minor Star Awards, Electric Ireland has named the Football Team of the Year, which includes four Kerry Minor Footballers – congratulations to the selected players Owen Fitzgerald, Colm Moriarty, Darragh Rahilly and Paul Walsh. A few other players will rightly feel that they too deserved to be named but they can rest assured that they too have a bright future ahead in Kerry football!

In the PwC All-Star Football Nominations, both Gavin White and David Clifford have been nominated. David has also been nominated for Young Footballer of the Year along with Brian Howard (Dublin) and Michael McKernan (Tyrone). The winners will be presented with their awards at a gala black-tie banquet in Dublin's Convention Centre on Friday, November 2nd.

KEANE'S SUPERVALU MINOR CHAMPIONSHIP

The final is between East Kerry and St Kierans and it is fixed for Austin Stack Park on Sunday 23rd September at 2pm.

MOLYNEAUX CUP

On Saturday, Dr Crokes were crowned Molyneaux Cup Champions after defeating John Mitchels 16 points to 1-7. Christy Killeen presented the Molyneaux Cup to Dr Crokes' Captain Seán Coppinger. A special word of thanks to Colm Kirwan and the Castleisland Desmonds committee who had the grounds looking immaculate for the final.

MUNSTER FOOTBALL APPOINTMENT

Congratulations to Pat O'Shea, Dr Crokes who has been appointed Games Development Manager with responsibility for Football Development. Pat will work with the six Munster counties on the development of Gaelic Football including development squads, club coaching and school structures.

BASKETBALL: NATIONAL LEAGUE DIVISION ONE

Lakers secure first home victory

**Scotts Lakers St Paul's 93
Fr Mathews 70**

Report and Pictures: Eamonn Keogh

Despite trailing by 15 points at one stage Scotts Lakers bounced back to take complete control and secure a comprehensive 23 point victory over Fr Mathews from Cork in Killarney Sports Centre on Saturday night. A capacity crowd filled the Killarney venue for this opening home game of the season and didn't go home disappointed. It was a match where Scotts Lakers outstanding new American signing Sean O'Brien was the difference between the sides. A game high of 37 points combined with a tremendous all round display on both sides of the court meant he stood out from any other player on view. The Killarney side have certainly secured the services of a quality American player in O'Brien and his presence will be a huge boost to the Lakers challenge this season.

It was the visitors who started much better with American Deon Baker Jnr and Mike McGinn leading the way and Mathews led 13-2 after four minutes. The Lakers only return in these opening minutes was two points from the free throw line. It was a full four minutes of before Dailian Mason scored the home side's first basket from play. Mathews led 20-5 with four minutes left in the first quarter as the Lakers struggled to make any impact.

The introduction of veteran assistant coach Shane McCarthy helped to make a big difference for the Lakers. His smart assist play opened up opportunities for Sean O'Brien, Papito Hersisia, Mark Greene and Dailian Mason as the Lakers powered their way back into contention to trail 23-25 at the end of the first quarter.

The home side continued to impress in the second quarter with big three-pointers from O'Brien, Greene, Hersisia and McCarthy and they led 44-36 with four minutes left in the half.



Former Gleneagle Lakers team manager Neillie Griffin, right, with his wife Mary and grandson Karibasketballers to Tangney and St. Paul's Basketball Club President Christy Sheehan, left, at the Scotts Lakers against Ireland in 1979. His Fr Mathews clash in the national league division one in Killarney Sports Centre on Saturday night.



A one minute's silence was observed in memory of Killarney basketball legend Paudie O'Connor before the Scotts Lakers against Fr Mathews clash in the national league division one in Killarney Sports Centre on Saturday night.

They maintained control with further scores from Andrew Fitzgerald and Mark Greene to lead 57-43 at half time.

Fr Mathews tried everything in the third quarter to narrow the gap but Sean O'Brien led the Killarney challenge to great effect. His superb ball handling skills and smart intelligent play beat the Fr Mathews full court press every time as the home side continued to dominate and led 74-56 entering the final quarter.

The gap was stretched to 91-62 with four minutes left in the final period. O'Brien left the action with less than three minutes remaining. He had scored 37 points at that stage despite the slow start and the other times he sat out during the course of the game.

It was a mere formality in the end with Scotts Lakers cruising to a 93-70 victory. It was a big improvement on the team performance from the win over Limerick IT the previous week. The alarming stat of one from 27 three-point attempts from that match improved significantly last Saturday night with eleven converted from 29 attempts. The outstanding Sean O'Brien hit four of those while Mark Greene played a captain's part sinking four from five three-point attempts.

A minute's silence was observed before the match for Killarney and Irish basketball legend Paudie O'Connor, who passed away last May. Capped over 100 times for Ireland, Paudie was the only Irish player ever selected on a European All Star five and brought the first American



Philip O'Connor, Scotts Lakers, in action against Darko Bucan and Darragh Fleming, Fr Mathews in the national league division one basketball clash in Killarney Sports Centre on Saturday night.

nephew Philip O'Connor is a current Scotts Lakers player and carries on the tradition of Killarney's most famous basketball family.

St. Paul's Basketball Club also honoured local athlete and talented basketballer Jordan Lee with a presentation at half time to mark his bronze medal achievement in the high jump at the recent European Para Athletics Championships in Berlin.

Scotts Lakers St Paul's Killarney: Sean O'Brien 37, Papito Hersisia 18, Mark Greene 14, Dailian Mason 12, Andrew Fitzgerald 5, Shane McCarthy 4, Cian Clernon 2, Justin Tuason 1, Philip O'Connor, Dylan O'Sullivan, Marko Bencic, James Murphy. Fr. Mathews : Deon Baker Jnr 25, Michael McGinn 21, Paul O'Driscoll 11.

HOME GAME

Scotts Lakers are at home again this weekend welcoming UL Eagles to Killarney Sports Centre on Sunday September 23rd at 3.00 pm. It is the second fixture of a busy double header weekend with the Lakers travelling to play Waterford IT Vikings on Saturday 22nd September in WIT Sports Hall at 7.00 pm.

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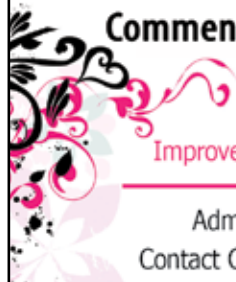
Adult Set Dancing Classes **resume**
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FUNDRAISER FOR PALLIATIVE CARE (UNIVERSITY HOSPITAL KERRY)

A fundraising Health & Wellbeing Afternoon will take place at An Ríocht, Castleisland this Sunday, September 23rd from 12pm-3.30pm in aid of Kerry Hospice Palliative Care Services (University Hospital Kerry). Lots of events are happening on the day such as meditation, zumba and pilates classes and talks on Stress Management and Family Health. Mini-treatments of various complementary therapies will be available. There will be plenty of children's entertainment also. The event is organised by Ann Murphy of Scartaglin, owner of Scíthe Health & Relaxation (based at An Ríocht). Ann also works as a complementary therapist in the Palliative Care Unit at University Hospital Kerry. Support for this very worthy cause is greatly appreciated. For further details please contact Ann Murphy on 087 913 8807.

ENTRIES NOW OPEN FOR DOG SHOW IN AID OF GUIDE DOGS FOR THE BLIND

Tralee & District Canine Club All Breed Open Show in aid of the Guide Dogs for The Blind (under License of the Irish Kennel Club) on Sunday 14th October at the Community Centre, Currow, Farranfore. Judging at 1.30 sharp.

All dogs entered must be registered with the Irish Kennel Club.

Entries close on Thursday 27th September, with Hon. Show Secretary: Mrs Maudie Burke, "Sandwood", Killarney Road, Castleisland. Tel / Fax 066 7141 423. E-mail traaleecanineclub@hotmail.com

Entry Fee €5 First Dog all other entries €3.

Perpetual Cups and trophies for all Group Winners/ Best Puppy/ Veteran/ Best Un-Beaten/ Reserve Un-Beaten. Rosettes 1st, 2nd, 3rd, 4th in all Classes.

CLYDESDALES KEEP NURSING HOME RESIDENTS COMPANY

At visiting time at Rathgar Lodge Aged Care facility at Ulmarra, on the banks of the Clarence River on the New South Wales north coast, two of the world's biggest horses are regular guests to the facility.

When the horses arrive at Rathgar Lodge, a steady procession of wheelchairs and walking frames move into the courtyard.

It takes a little longer to get Ron Jones's bed out. He doesn't want to miss out but mobility is an issue for Ron who suffers from Parkinson's disease and is bed-ridden. The Clydesdales are the spark in his day. It all began with a misunderstanding when activities officer Kay Britchard said yes to an equine visit from Scott Naylor's Clydesdales. She is the first to admit she doesn't really know horses and in her mind she was thinking Shetland pony size. The Clydesdales' owner, Scott Naylor, works as an aged care nurse at Rathgar Lodge. He said it was the residents who roped him into the idea — one that he was initially nervous about.



"They are such a big animal, they've got big feet and they've only got to step and tread and they may do damage," Mr Naylor said. "But after the first five minutes, I realised the horses knew that they weren't allowed to do that and they just stood there. "They have like a sixth sense where they know that these people are frail and they are such a gentle animal."

"When they see these horses, I think it brings back a lot of memories because a lot of people in country areas worked with horses and seeing these big horses, they remember them pulling the milk cart up the driveway," Mr Naylor said.

Activities officer Kay Britchard said animals were especially therapeutic for those who could not get out of their beds. Studies have shown how our emotional health improves around animals.

"The smiles on their faces and they talk about it for days, especially our high care patients — they absolutely love it," she said.

ON THIS DATE - SEPTEMBER 21ST

1784 - 1st daily newspaper in America (Pennsylvania Packet & General Advertiser).

1915 - Englishman Cecil Chubb bought the English prehistoric monument Stonehenge at auction for £6,600, he later passed it into public ownership via a deed of gift and it is now under the care of English Heritage, a registered charity that manages over 400 of England's historic buildings, monuments, and sites.

1922 - Following a number of poor harvests in Canada and the interruption of the war, Canada will have it's best harvest for over a decade and it is hoped that in the next couple years harvests will return to pre-war levels.

1937 - J.R.R. Tolkien's "The Hobbit," was first published

1938 - A hurricane with winds reaching 185 miles per hour landed on seven new England States causing the deaths of nearly 700 and property damage estimated in the hundreds of millions, resulting flooding left over 60,000 homeless.

1949 - The Communist People's Republic of China is proclaimed under Mao Tse Tung.

1955 - Britain annexed Rockall a rocky islet 423.2 kilometres (263.0 miles; 228.5 nautical miles)

northwest of Ireland; to stop the Soviets spying on missile tests, the British Admiralty announced. 1996 - Son of U.S. President John F. Kennedy and magazine publisher John F. Kennedy Jr. (35) wed Caroline Bisset (30) at the First African Baptist Church in Cumberland Island, Georgia.

2007 - The Australian wheat crop failed due to severe drought and combined with the problems of an outbreak of new crop diseases in Europe and the Americas, wheat prices reached a new 10 year high with Australian wheat fetching £169 a tonne.

2016 - A Genomic study finding that Australian Aboriginal were the oldest known civilisation on earth was published in "Nature" magazine.

A SHEEP'S COAT AT SUNRISE, A MAN'S COAT BY SUNSET

A new record time was set for shearing sheep and producing a wearable coat from the freshly shorn wool, all between sunrise and sunset on a single day.

The feat was first performed in June 1811 at Newbury, Berkshire when John Coxeter, a mill owner, was boasting that with his new mill machinery he could perform such a task. His boasting was overheard by Sir John Throckmorton, a baronet, who set a wager of 1,000 guineas that it could not be done.

The work day began at 5 o'clock in the morning Sir John Throckmorton, presented two Southdown sheep to Mr. Coxeter. The sheep were immediately shorn, the wool sorted and spun, the yarn spooled, warped, loomed and woven. The cloth sheared and pressed.

The cloth having been made in 11 hours it was then put into the hands of the tailors at 4 o'clock in the afternoon, who completed the coat at 20 minutes past six. Mr. Coxeter then presented the coat to Sir John who appeared with it the same evening at the Pelican Inn. It was said that upwards of 5,000 people were assembled to witness this unprecedented performance which was completed in the space of 13 hours and 20 minutes. Sir John and about 40 gentlemen sat down to a dinner provided by Mr Coxeter who spent the evening with the utmost satisfaction at the success of the undertaking.

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Saint John of God Community Services CLG, Kerry Services

Saint John of God Kerry Services provides a range of programmes and services for adults and children with an intellectual disability throughout the Kerry region. A person-centered approach to service delivery is promoted in accordance with the Organisations values and ethos and in keeping with its commitment to the continuing development of community based services. If you are looking for a new exciting challenge and share best practice, the following role might be of interest:

CHILDREN AND ADULT SERVICES CO-ORDINATOR

(Permanent Contract of Employment)

Candidates must have a recognized qualification as follows:

Qualification in any of the following areas

- Qualified Nurse and must be registered with An Bord Altranais
- Degree/ Diploma in an Allied Health / Health and Social Care profession
- Must have a minimum of 5 years post qualification experience at which three needs to have been at supervisory/management level.
- Have at least 3 years post qualification experience of working with adults with an intellectual disability.
- Previous relevant experience of working with adults and or children with a range of intellectual disabilities.
- In depth knowledge of all relevant and appropriate legislation, statutory regulations and publications in the area of intellectual disability.
- Proven experience and ability to properly discharge the functions of the role
- A full clean driver's license for manual vehicles is essential.

Personal Attributes:

- Excellent leadership, communication and organisational skills.
- Have ability to co-ordinate and motivate staff in service delivery.
- Enthusiastic, hardworking and self-driven.
- Be available to work flexible hours when required.

Interested candidates should apply by forwarding a Cover letter and Curriculum Vita, including written explanation for any gaps in employment, to the Human Resources Department, Saint John of God Community Services CLG, Human Resources Department, Monavalley Industrial Estate, Tralee, Co. Kerry, Ireland or by email to: sjogkerry.recruitment@sjog.ie Closing Date for receipt of applications is Friday 28th September 2018 at 5pm

Shortlisting will be based on information that candidates provide in their application in line with above requirements. A panel may be formed from this campaign from which further vacancies which may arise during the lifetime of the panel will be filled.

**Informal enquiries to: Ms Sheila Marie Fitzgerald
Programme Manager.
Tel: 066 7124333**

Saint John of God Kerry Services provides a range of programmes and services for adults and children with an intellectual disability throughout the Kerry region. A person-centered approach to service delivery is promoted in accordance with the Organisations values and ethos and in keeping with its commitment to the continuing development of community based services. If you are looking for a new exciting challenge and share best practice, the following roles might be of interest. Applications are invited for the following posts within our Day Services supporting adults with an intellectual disability.

INSTRUCTOR COMMUNITY INTEGRATION & DAY SERVICES

(Full Time, Part Time Perm & Specified Term Contracts)

The successful candidate must have:

- A relevant Third Level Qualification in Education, Social Care, Health and Leisure, Community or other. (FETAC Level 7 or higher) ;
- Minimum one years' experience of supporting adults with an intellectual disability;
- An ability to facilitate, instruct and support service-users in a variety of service and community based programmes;
- Previous experience in delivering Arts & Craft programmes advantageous;
- Previous experience in training and community development e.g. QQI with a creative approach to service delivery;
- Proficient IT skills and report writing;
- Excellent communication, teamwork, interpersonal and organisational skills.
- Full Clean Driver's license.

If you believe you have the necessary enthusiasm, competencies and experience to bring to the role, please forward a cover letter and Curriculum Vitae to Human Resources Department, Saint John of God Kerry Services, Monavalley Industrial Estate, Tralee, Co. Kerry or by email to: sjogkerry.recruitment@sjog.ie

**Informal enquiries to: Ms Cait O' Leary Co-ordinator
Day Services at (066) 7124333**

**Closing Date: 5.00pm
Wednesday 28th September 2018**

Applicants may be shortlisted based on the information supplied in the Curriculum Vitae.

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A Word of Victory



Welcome back dear reader, last week we spoke of how the Lord Jesus yearns to be your best friend. He is more than a confidante or a casual buddy. He is the One Who brings peace and wholeness to your entire life. Have you a sickness or a disease in your body? When they took Jesus to the scourging post He was whipped thirty nine times, with a leather whip that had shards of glass and nails embedded in it for maximum damage to the flesh. He took those lashes for the healing of your physical body – 'by His stripes you are healed' (Isaiah 53:5). He was bruised and beaten and had His beard pulled out by the mob of soldiers who tortured and stripped Him naked. This was for the iniquities, guilt, shame and pain plaguing your life. They wove a crown of twisted giant thorns and drove it into His skull. He took this for the relief of torment from your mind, so that you could have peace in the midst of every circumstance. He endured mocking, shame, rejection, abuse, severe mental distress and torment going to the Cross where He was humiliated, naked and exposed for the jeering crowds to taunt Him with the words "If you are the Son of God...save Yourself" as they nailed Him to the cross (Matthew 27:40). Jesus, the Son of God, came as a humble servant and took all of this upon Himself to pay the penalty for your sins and mine. He endured the abuse, pain, rejection and torment so that we could be healed from every sickness and disease, be set free from depression and anxiety, and be delivered from the demonic powers of darkness. Then God raised Him from the dead and broke the power of death over us, so that whoever would believe in Jesus and accept Him as Saviour could inherit eternal life. When we take the Covenant meal of the bread and the cup, this is what we are remembering! (1 Corinthians 11:26) We could never make a worthy sacrifice so Jesus made the ultimate sacrifice "...our High Priest offered himself to God as a single sacrifice for sins...once...for all time" (Hebrews 10:12). He gave His life so that we could live free from the punishment due for sin, free from sickness, disease and curse; free from pain, sorrow and grief, free from mental oppression and distress; and free to rejoice that because of faith in Him, we will instantly go to be with Him upon death to worship Him forever, washed and cleansed by His blood! Friend, no greater Love exists. (John 15:13) [see more on wordofvictory.net](http://www.wordofvictory.net)

More next week...

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Word of Victory is a paid advert and does not represent the editorial views of this magazine.

SouthWest Counselling Centre

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 – both at its Killarney Centre (Lewis Road) and at Kenmare Family Centre. info@southwestcounselling.ie

Kerry LifeLine provides **FREE** counselling and support to anyone feeling suicidal or bereaved through suicide. info@kerrylifeline.com.

To make an appointment call: 064 6636416/064 6636100
SouthWest Counselling Centre is a not-for-profit organization.
All funds raised through fundraising go directly to service providers.



Gardening with Killarney Outlook

by John O'Sullivan

FOCUS ON FILLING WINTER CONTAINERS

Now is the time to start filling your winter containers, pots and baskets. First thing to do is empty your pots of the summer display including compost and give it a quick wash inside. Then put some gravel around the drainage hole at the bottom of the pot. Now add some new compost and fill it about 2 inches from the top of the pot and firm it down but not too hard. Next it's time to choose what plants you're going to use, first plant what will be your centre piece, which could be anything from a conifer to a grass, such as a phormium or if it's a very large pot or container you could choose something like a pyramid or a standard bay-tree which is a bit more expensive but you will have them for a long time. Next plants to choose would be something trailing such as ivy or a Vinca and plant three of them like a triangle in the pot, in between these you can plant some primroses, polyanthus, winter pansy, cyclamen, etc and also you can plant some tulip or daffodils as well. After planting remember to water in well.

JOHN O'SULLIVAN, FOUR SEASONS GARDENING SERVICES, KILLARNEY 087-2787160.



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PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

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

NOVENA TO ST. ANTHONY

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

PRECIOUS MOTHER OF JESUS

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

NOVENA TO THE SACRED HEART

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

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

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PRAYER TO THE HOLY SPIRIT

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

THANKSGIVING

Praise and thank you Father in heaven your loving son Jesus, and the Holy Spirit for all the blessings you have given me and my family. Praise and thanks to our Lady of the Sacred Heart, our Blessed Mother, St. Joseph, St. Padre Pio, St. Martin, St. Anthony, St. Theresa of the little flower, St. Faustina, the Holy Souls. our Guardian Angel and all the Angels for their inter sessions to the good Lord for us. I trust in this wonderful Prayer, O Jesus I surrender myself to to you, take care of everything, thank you Jesus. I believe in the power of prayer.

NOVENA TO ST JUDE

May the Sacred Heart of Jesus be Adored, Glorified, Loved and revered throughout the whole world, now and forever. Sacred Heart of Jesus, please pray for us. Saint Jude, worker of miracles, please pray for us. Saint Jude, helper of the hopeless, please pray for us. Say this prayer nine times daily and by the end of the 8th day your prayers will be answered. Say it for nine days, publication must be promised. It has never been known to fail. **A.G.M**

GRATEFUL THANKS

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

THE MIRACLE PRAYER

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

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NOVENA TO THE SACRED HEART

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

NOVENA TO THE SACRED HEART

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


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