



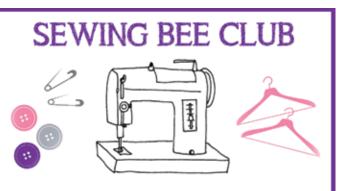
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CINEMAKILLARNEY East Avenue Rd, Killarney, Co.Kerry
Friday 28th Oct-Thurs 3rd Nov 2016
THE LIGHT BETWEEN THE OCEANS Les Thurs 8:40 THE LIGHT BETWEEN THE OCEANS 140 mins 140 mins THE LIGHT BETWEEN 125 mins 125 mins 1
MARY BOYLE: THE UNTOLD STORY The cumpeding story of frelands youngest and longest running missing child case.
INFERNO 135 mins 2005 555 4:15 TROLLS 505 mins 505 mins 505 mins 505 mins 515 mins 515 mins 215 4:15 TROLLS 515 mins 515 mins 215 4:15 Comparison 215 mins 215 4:15 Comparison 215 mins 215 mins
 FINDING DORY 100m SAT-THURS 2:10 SAT/SUN 12:10 BRIDGET JONES BABY 135m 70AYS 8:55 FRI,SUN-THURS 6:35 - Not Saturday DEEPWATER HORIZON 12:00 SAT-THURS 2:05 THE YOUNG OFFENDERS 55m 70AYS 6:30 9:00 THE GIRL ON THE TRAIN 12:05 SAT-THURS 2:15 4:15
KIDS CLUID KUBO and the TWO STRINGS Secret Life of Pets



Are you creative and up for a challenge? A 7 week sewing course starting Monday, 7th of November to December the 19th. For beginners / intermediate level!

The course includes:

- Design
- Pattern drafting
- Upcycling
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- Socialising
- · Tips and tricks

 Venue:
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 Time
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 Cost:
 €90

 Contact:
 Fin on 086-8451490 for information and booking (BA Fashion Design, Post Grad Knit Technology)

"Halloween kids camp" from 10 - 1pm, the 2nd to the 4th November for budding fashion designers contact Fin for further details

Killarney Outlook





"Every leaf speaks bliss to me fluttering from the autumn tree" - Emily Bronte

With the autumn leaves turning all shades of gold and mother nature on her best behaviour, there is lots to keep you up to date with happenings in the town, in this week's Killarney Outlook.

Meet the heroes of the Hogan Cup who celebrated at the weekend and read our preview on Dr. Crokes bid for their 6th Munster title. The Skellig Ring has been included in Lonely Planet's Top Ten places to travel in the world and Kerry County Council has published a new strategy for growth in the tourism industry.

Scoil Phobail Sliabh Luachra honoured their students at an awards ceremony, Firies GAA are gone to the dogs and the Gardai are on the lookout for young achievers. Keep an eye on your elderly neighbours over Halloween and make sure to keep your pets indoors if there are fireworks. Killarney has never looked more beautiful that it does at the moment..... make sure to get out and enjoy it this Bank Holiday weekend!

Aisling Crosbie. Editor

HOGAN CUP HEROES CELEBRATE SUCCESS

Following a year of fantastic football, the heroes of the Hogan Cup team took their place on the podium for a night of celebration on Friday last.

The Killarney Oaks Hotel was the venue for the occasion which saw the St. Brendans College Senior Football team presented with their All Ireland Colleges Hogan Cup Medals. St Brendans who were crowned All Ireland champions in April this year when they won their third Hogan Cup were joined by representatives from both the 1969 and 1992 winning teams with the respective team captains John O'Keeffe and Niall Mangan presenting the medals to the current holders. Fr Dan O'Riordan former President of St Brendans College presented the Clann Bhréanainn award to Vince Cooper, Dr Gary Stack and JC O'Shea in recognition of their contribution to the success of the team.

Also in attendance was Mr Sean Kelly MEP, former President of the GAA and teacher in St Brendans College and indeed one of the selectors from the 1992 winning team. He was joined by his brother Fr Larry Kelly, Fr Jim Linane and Mr Pat Moynihan as they reminisced on their own winning campaign.

Fr Jim Linane former President of the St Brendans College and trainer of the winning



THE ST. BRENDAN'S COLLEGE FOOTBALL SQUAD, MANAGEMENT AND BACKROOM TEAM AT THE HOGAN CUP VICTORY CELEBRATION IN THE KILLARNEY OAKS HOTEL ON FRIDAY NIGHT. PICTURE: EAMONN KEOGH.

holders.

1969 team was also present to share in this special night.

The hugely successful year was marked by the presentation of medals to the winning team who are current Kerry Colleges O'Sullivan Cup holders, Munster Colleges Corn Uí Mhuirí holders and All Ireland Colleges Hogan Cup Team Captain Dan O'Brien from Glenflesk made a presentation on behalf of the team to the management; Garry McGrath, Arthur Fitzgerald and Hugh Rudden.



At the St. Brendan's College Hogan Cup victory celebration in The Killarney Oaks Hotel on Friday night were front from left, Canon James Linnane (1969 Manager and former President), John O'Keeffe (1969 Captain), Niall Mangan (1992 Captain), Dan O'Brien (2016 Captain) and Monsignor Dan O'Riordan (former President). Back from left are Fr Larry Kelly (1992 joint manager), Sean Coffey, Principal, Fr Jim Kennelly (1992 joint manager), Pat Moynihan and Sean Kelly (1992 selectors) Garry McGrath (2016 Manager), Hugh Rudden and Arthur Fitzgerald (2016 selectors). Picture: Eamonn Keogh.



Arthur Fitzgerald (selector), Sean Coffey (Principal), Dan O'Brien (St. Brendan's captain), Garry McGrath (Manager) and Hugh Rudden (selector), at the St. Brendan's College Hogan Cup victory celebration in The Killarney Oaks Hotel on Friday night.

PICTURE: EAMONN KEOGH.

Sales: Des 087 659 3427 or Email: killarneyoutlook@outlookmags.com



TO RUSSIA WITH LOVE.... CHERNOBYL GROUP VISIT BELARUS

Two members of the Killarney Branch of the Friends of the Children of Chernobyl have just returned from a week in Belarus.

Following a decision two years ago not to bring children to Killarney, Betty Crosbie and Mary O'Leary visited the schools supported by the people of Killarney to ensure that all funds raised are being well spent.

"It was a very busy time", Betty Crosbie told the Killarney Outlook. "We took the decision to



The New Floor, tables and chairs in the Mental Hospital which was funded by the Killarney group.

not to bring children to Killarney for a number of reasons, mainly it was becoming more and more difficult to get families to host the children and also the cost of the airfares". While on the trip, Mary O'Leary who has the dual role of National Chairperson of the group and also Chairperson of the Killarney Branch of the Friends of the Children of Chernobyl visited all the schools in the area and a number of

families which are supported by the group. "Instead of bringing the children to Killarney every July, we now pay to send them to holiday camps which has turned out to be a great success", Mary said.

For the money spent on bringing up to 20 children for a month, the group can now send 250 children for 20 days holiday camp in July, 6 days in November, 10 days at Christmas and 6 days at Easter. At the camps the children get three meals a day and are well looked after.

The Killarney group also paid for petrol for the school bus to bring the children on trips during the camps.

"It was great meeting some of the children we had in Killarney and to hear they were very happy with the camps", Betty added.

Another part of the trip was a visit to the Goredshi Mental Hospital which accommodates children who have turned 18 in the orphanages



Children from one of the schools who attended holiday camps with funds raised in Killarney.

and have no where to go.

The facility, which is very run down, needs a lot of work done and during the visit funds collected in Killarney were given to tile a long hall and some of the wards. The Killarney group have already painted and tiled the kitchen at the hospital and provided tables and chairs for the dining room.

The group continues to fundraise in Killarney on a regular basis with the annual visit by the Cork Youth Orchestra planned for next month.

SKELLIG RING INCLUDED IN LONELY PLANET'S TOP 10 LIST



LONELY PLANET - TOP 10 TRAVEL REGION FOR 2017: THE MONASTIC ISLAND; SKELLIG MICHAEL FOUNDED IN THE 7TH CENTURY; FOR 600 YEARS THE ISLAND WAS A CENTRE OF MONASTIC LIFE FOR IRISH CHRISTIAN MONKS. THE CELTIC MONASTERY; WHICH IS SITUATED ALMOST AT THE SUMMIT OF THE 230-METRE-HIGH ROCK BECAME A UNESCO WORLD HERITAGE SITE IN 1996. IT IS ONE OF EUROPE'S BETTER KNOWN BUT LEAST ACCESSIBLE MONASTERIES. PHOTO; VALERIE O'SULLIVAN.

The Skellig Ring has been included in Lonely Planet's Top 10 Travel Regions for 2017.

The honour comes in Lonely Planet's 'Best in Travel 2017,' the bestselling collection of travel trends, destinations and experiences for the year ahead.

The influential travel brand describes the Skellig Ring as 'perhaps Ireland's most charismatically wild and emerald stretch of coastline' with Skellig Michael dubbed a 'remote, wavepounded hunk of rock rising out of the Atlantic like a giant triangle.'

Welcoming the news, Cllr Michael O'Shea, Cathaoirleach of Kerry County Council, said the inclusion of the Skellig Ring in such a prestigious list was a wonderful accolade for the area.

"Coming after all the international attention on the south Kerry area following the filming of Star Wars on Skellig Michael, this is another wonderful accolade for the area and particularly the jewel that is the Skellig Ring.

"The inclusion in the Lonely Planet list is a great testament to the work that the local community in the south Iveragh area is doing to promote the region as a location for visitors.

"Just days after Kerry County Council published a new seven-year strategy for tourism in the county, this honour is further evidence of the enormous potential of our tourism product here in Kerry and emphasises how we must continue to work to protect it and grow it further," he said.

Lonely Planet's Best in Travel picks are compiled by writers, editors and its online community of bloggers and tweeters.

SO SUE ME AT THE BREHON



Kerry ladies were treated to a fabulous day of beautv tips, tricks and pampering picks at Suzanne Jackson's So Sue Me Style Secrets Workshop which took place The Brehon, in Killarney recently. Suzanne Jackson

SUZANNE JACKSON PICTURED AT THE BREHON WITH GENERAL MANAGER BRIAN BOWLER.

is one of Ireland's leading beauty and fashion bloggers.

Her blogs attract over 1.1 million international readers per month, she has 200k Facebook fans and 146k Instagram followers. Suzanne uses her exclusive workshops to share firsthand beauty, makeup, skincare and tanning techniques as well as her fashion and style tips. As well as hearing Suzanne's style secrets, guests enjoyed afternoon tea and received a luxury goodie bag. The Brehon has also hosted workshops by Pippa O'Connor, Marissa Carter and the Blog Squad and, with all of these events selling out in a matter of minutes.

IF YOU HAVE A STORY... Call: Aisling on **086 0400 958** or Email: editorial@outlookmags.com



BUSINESS WOMEN SHARE THEIR ROAD TO SUCCESS

The Brehon Hotel was the venue for 'National Women's Enterprise Day' with more than 120 businesswomen joining forces to celebrate the major event. The Local Enterprise Office Kerry was amongst 31 LEOs in local authorities all over the country which participated in inspiring National Women's Enterprise Day gatherings which saw innovative female entrepreneurs share their "road to success".

Guest speakers, including Barbara Moynihan, On Your Feet; Clodagh McCarthy, Bright Sparks Coaching; Antoinette Butler of Ireland Host Family; Julia Lynes, Eazy City; Rosie Mansfield, Go Cambio; Maura Hunter, MH Designs; Valerie Kingston, Glenilen Farm; Helen Hourihane, Health & Safety Authority; Greg Canty, Fuzion Communications; Caroline McEnery, The HR Suite and Kieran O'Connor, Bullseye Marketing in association with Enterprise Europe Network, revealed to a packed room their business success secrets, and gave inspired and motivational presentations on how women can make it in the business world.

Last year, Local Enterprise Offices all over Ireland supported over 11,000 female entrepreneurs through training, mentoring, direct financial assistance and networking. They are trying to encourage even more local businesswomen to access enterprise supports available to them in 2016.



THURSDAY WAS NATIONAL WOMEN'S ENTERPRISE DAY IN IRELAND, WITH AIMS TO INSPIRE, MOTIVATE AND SUPPORT WOMEN AND TO ENCOURAGE EVEN MORE WOMEN TO SET UP THEIR OWN BUSINESSES ACROSS THE COUNTRY IN BUNNING THEIR OWN BUSINESS. AND RECOGNISE THE ESSENTIAL BOLE PLAYED BY IRELAND'S FEMALE ENTREPRENEURS. FROM LEFT, JRI AMERICA TEAM, EMMA MURPHY, BARBARA DUFFY, EMER O'CONNOR, TIFFANY SCANNELL, ANGELA MALOUF, MOIRA MURRELL, COUNTY EXECUTIVE KERRY COUNTY COUNCIL, 2ND LEFT, LIZ MAHER, CHAIRPERSON KERRY BUSINESSWOMEN'S NETWORK, 1ST RIGHT, PHOTO: VALERIE O'SULLIVAN.

Looking ahead to the future, Fiona Leahy, Business Advisor with Local Enterprise Office Kerry added: "Our National Women's Enterprise Day event was a hugely important platform for aspiring female entrepreneurs. By learning from experienced businesswomen, they now hopefully feel encouraged to develop their own business ideas to start their 'road to success'"

National Women's Enterprise Day is an annual initiative of the Local Enterprise Offices and is supported by Enterprise Ireland and the Local Authorities Network. Further information on the supports available to small businesses and start-ups is available through www.localenterprise.ie.

KILLARNEY PARISH SILVER CIRCLE WINNERS

RESULTS OF WEEK 2

1st Prize €500: Kit O'Keeffe, Lissivigeen. Seller: Mary O'Sullivan Darcy. 2nd Prize €250: Kate O'Sullivan, Main St. Seller: Anne O'Leary. Winners of €100 each are as follows;

Teresa Kelly, Aughacureen. Seller: Maisie O'Sullivan. Joan & Áine O'Connor, Roseville Ave. Seller: Sheila Morris. Edward Stack, Dromhale Close. Seller: John Dwyer. Peggy O'Leary, Gloundaeigh, Currow. Seller: Mary Kavanagh. Richard Clifford, Bridgefield, Lewis Road Seller: Parish Office.

Winners of €75 each are as follows;

Sheila Murphy, Park Drive. Seller: Martin Walsh. Brighid O'Leary, Hussey's Bar, High Street.

Seller: Anne O'Leary. Joe O'Shea, Woodlawn Seller: Eileen O'Connor. Tim & Bina Spillane, Countess Grove. Seller: John Dwyer. Siobhan, Judy & Brenda, Marian Terrace. Seller: Eileen O'Connor. James Looney, Killarney Glass, Woodlands Seller: Con Griffin. Shay Switzer, Dalton's Avenue. Seller: Fr. Kieran. Adam Smyth, Ardaneanig. Seller: Mary Kelly.

Congratulations to all winners, and thanks to all who supported, promoted and sponsored the draw this year. Tickets are still available from the Sacristies and Parish Office.

This week's prize money is sponsored by: Quills, Castlerosse Hotel, Urban Optics, Randles Garage, Killarney Autos and Dalys Supervalu.

CLLR. CULLOTY SEEKS ASSURANCE ON LEEWOOD HOUSE

On Friday last, 21st October, Cllr. John Joe Culloty met with Officials from the HSE, and asked for assurance that the same level of services will be provided in the soon to be open Leewood House, as is currently being provided in Lantern Lodge. "While there are welcome improvements in Leewood House, such as extra consultation rooms and therapy rooms, I was disappointed with plans to change the arrangements regarding provisions of meals

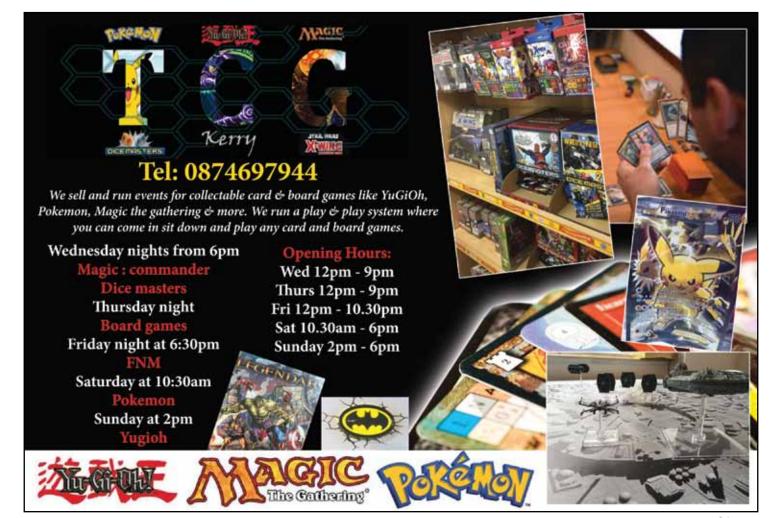
to some of the people who will be using this facility", Clr. Culloty told the Killarney Outlook. "These proposed changes would have the effect of reducing the number of meals which are currently being provided at Lantern lodge. I requested that they revert back to the original process, and I await a response. I will continue to work towards making the transition to Leewood House as easy as possible for all involved", he added.

BE MINDFUL OF OLDER NEIGHBOURS THIS HALLOWEEN

ALONE, the charity that supports older people to age at home, is asking people to be mindful of vulnerable older people over the Halloween period. For many older people Halloween can be a distressing time with people calling to the door or setting off bangers and fireworks. ALONE are asking parents, who may be out with children trick-or-treating, to keep an eye on their older neighbours. While many older people may welcome trick or treaters and want to engage in the fun of Halloween while others may not like to answer calls to their homes after dark. What a young person may consider to be harmless fun can be very frightening to someone who already feels vulnerable. Children and teenagers should be reminded not to disturb and upset people who may be fearful. ALONE can be contacted on (01) 679 1032 for those who have concerns about their own wellbeing, or the wellbeing of a vulnerable older person in the community or visit www.alone.ie The charity, which depends on donations from the public, has staff and volunteers ready to act on calls and requests for assistance.



Opening hours Monday – Saturday 9am – 6pm, Sunday 1pm – 6pm. Unit 2 Park Village Shopping Centre (Opposite Daly's SuperValu) Park Road | Killarney | Co. Kerry. Contact: **064 6635730**



KILLARNEY COMMUNITY COLLEGE HOST SUCCESSFUL OPEN NIGHT

Potential students and their parents were greeted by the sound of sweet music and the smell of freshly baked scones when they attended Killarney Community College's 2016 "Open Night recently.

The school now boasts four brand new uber modern light-filled classrooms and all its bathrooms have been renovated to a high standard. Open Night means that parents and children are free to walk around the school and sample the learning that is on offer. Science rooms bubbled with experiments, the woodwork rooms echoed with hard work and the music room sang to Ms. Hughes piano. All subjects were on display with teachers talking to parents and students about any aspect of their particular subject. Stella Loughnane (Acting Principal) in her address to the 400 plus crowd explained how Killarney Community

College is a very progressive school. It is the only school in Killarney to have adopted one hour classes which based on educational research is considered best practice. Killarney Community College provides students with a wide variety of optional subjects such as Home Economics, Metalwork, Woodwork, Music, Art and Technical Graphics as well as the traditional core subjects of Irish, English and Maths. The principal went on to explain how the school provides excellent learning opportunities



crowd explained how Killarney Community Some of the potential students at Killarney Community college pictured on their open Night.

and extra-curricular activities alike. Killarney Community College has a House System which actively encourages students from all years to work and play together in an effort to win points for their house. The college is to the fore in implementing change having been a pilot school for the new Junior Cert.

Killarney Community College fully embraces new technologies and has recently implemented the innovative computer system Microsoft 365 which will help the student be prepared for the future world of learning and work. Parents on the night commented on the ease of movement around the school and the very obvious connection between teachers and students that is a hallmark of Killarney Community College. Overall Monday night was a wonderful success due to the hard work and dedication of the management and staff of the college.



TEACHER MAIRE KEANE PICTURED WITH STUDENTS IN THE HOME ECONOMICS ROOM.



TEAQCHERS MICHELLE MAHONEY AND DENISE O'SULLIVAN PICTURED WITH STUDENTS IN THE ART ROOM.

JESSICA THE WINNER IN GMHD COMPETITION



Pictured at Gallivan Murphy Hooper Dolan Insurance for the cheque presentation of €1,500 to prizewinner Jessica Ryle were L-R Gavin O'Leary, Denis Murphy, Jessica Ryle, Frank O'Donoghue & Kevin O'Callaghan. Picture Marie Carroll-O'Sullivan.

Insurance company Gallivan Murphy Hooper Doolan recently ran a competition for young drivers and one lucky entrant has walked away with €1500 worth of car insurance.

"As the cost of motor insurance continues to rise at an alarming rate, we decided to run a competition to give one lucky young driver free insurance to the value of €1500. Young drivers are often the worst-affected when it comes to rising premiums so we thought it was about time someone gave them a break", Kevin O'Callaghan of GMHD told the Killarney Outlook. The competition itself was run through the company website, GMHD.ie, and every driver aged 17-24 who took out a policy between July 7th and September 30th was automatically entered into the draw. Six random entrants were picked out and the overall winner was decided by a roll of a die. Jessica Ryle from Tralee was the lucky winner and she was

delighted to walk away with \in 1500 worth of car insurance.

"As always we're 100% committed to giving the very best service to our customers. Our experienced team have market knowledge which is second to none and will always strive to find the best policy and price for our clients. We cater for all insurance needs, big or small", Kevin added.

Drop in, give us a call or visit GMHD.ie today. With our easy online application process you can get a Quick Quote in just 60 seconds, and we compare over twenty insurers to make sure you get the best deal on the market. And don't forget to follow us on Facebook to find out about our latest news, deals and competitions.



SCOIL PHOBAIL SLIABH LUACHRA HONOURS THEIR STUDENTS

The annual Scoil Phobail Sliabh Luachra awards were held on Friday 21st of October. Students received awards for academic excellence in both the Junior Certificate and Leaving Certificate, sport, arts, active citizenship, endeavour, innovation, and creativity. Former past pupil and primary school teacher, David Saunders presented students with their awards. At the beginning of the award ceremony, David have a very inspirational speech during which he detailed the difficulties he had to overcome growing up when he was diagnosed with a serious illness and which left him with his left leg amputated. In spite of adversity, David went on to achieve great success in amputee football and represented Ireland at the Amputee World Cup in Mexico in 2014. David gave some inspiring words to students during which he spoke of the importance of believing in yourself and following your dreams.

Active Citizenship Award 2016 Paul Sheerin.

Junior Certificate Student of the Year 2016 Kieran Dalton.

Academic Excellence in the Junior Certificate 2016: Bríd O'Connor, Rafal Harasienski, Derry McCarthy, Cathal Collins & Elana Friel.

Transition Year Student of the Year 2016 Diarmaid Nagle.

Anne Casey Memorial Trophy Katie Horgan.

Exceptional Excellence in Activities Outside of School: Emma-Rose Byrne and Sinéad Warren.

Exceptional Excellence in Activities Outside of School: Bríd Ryan, Aoife O' Callaghan & Rachel Fitzgerald.

Exceptional Excellence in Activities Outside



DENIS KERINS (PRINCIPAL), MARGARET DENNEHY (MUSIC TEACHER) AND DAVID SAUNDERS (GUEST SPEAKER AND PAST PUPIL) WITH RACHEL AND LAURA MCGILLICUDDY, MICHELLE AND AOIFE O'SULLIVAN, MICHELLE BROSNAN AND JOAN BROSNAN, RECIPIENTS OF THE SLIABH LUACHRA CULTURAL AND ARTS AWARD 2016 AT THE ANNUAL SCOIL PHOBAIL SLIABH LUACHRA AWARDS ON FRIDAY. PICTURE: EAMONN KEOGH.



Denis Kerins (Principal) and David Saunders (guest speaker and past pupil) with Basketball players Ronan Collins, Lorcan Keane, Paul O'Leary and David Gleeson at the annual Scoil Phobail Slabh Luachra awards on Friday. Picture: Eamonn Keogh.



STUDENTS WHO ACHIEVED IN EXCESS OF 500 POINTS IN THE LEAVING CERTIFICATE WERE ACKNOWLEDGED AND COMMENDED AT THE ANNUAL SCOIL PHOBAIL SLIABH LUACHRA AWARDS ON FRIDAY. FRONT FROM LEFT ARE LAOISE COUGHLAN, DAVID SAUNDERS (GUEST SPEAKER AND PAST PUPIL), FERGAL O'CONNOR, LEAVING CERTIFICATE STUDENT OF THE YEAR 2016, MARIA HANRAHAN (VICE-PRINCIPAL), SHANNON O'LEARY AND DENIS KERINS (PRINCIPAL). BACK FROM LEFT ARE CIARAN SHEEHAN, RYAN O'BRIEN, J.J. HERLIHY, RACHEL BROSNAN, MICHEAL O'LEARY, SARAH MURPHY, DANIEL O'KEEFFE, MAIREAD O' MAHONY AND NIAMH MCSWEENEY. PICTURE: EAMONN KEOGH.

of School: David Gleeson, Ronan Collins, Paul O'Leary & Lorcan Keane

Sliabh Luachra Cultural & Arts Award 2016: Michelle & Aoife O' Sullivan, Laura & Rachel Mc Gillicuddy, Joan Brosnan & Michelle Brosnan Innovation Award: Niamh Finnegan, Eimear

Nagle, Lauren O'Leary & Sarah Casey. **Creative Award:** Joe Mc Auliffe.

Leaving Certificate Student of the Year 2016 Fergal O'Connor.

Academic Excellence in the Leaving Certificate 2016: 15 students who achieved in excess of 500 points in the Leaving Certificate were acknowledged and commended. Laoise Coughlan Economics & Maths in UL;

Ciarán Sheehan, Electric & Electronic



FERGAL O'CONNOR, LEAVING CERTIFICATE STUDENT OF THE YEAR 2016, WITH HIS MOTHER EILEEN O'CONNOR, DAVID SAUNDERS (GUEST SPEAKER AND PAST PUPIL) AND MARIA HANRAHAN (VICE-PRINCIPAL) AT THE ANNUAL SCOIL PHOBAIL SLIABH LUACHRA AWARDS ON FRIDAY. PICTURE: EAMONN KEOGH.



Joe MCAULIFFE, RECIPIENT OF A CREATIVE AWARD FOR DESIGNING AND MANUFACTURING A SOLID MAHOGANY HALL TABLE, WITH HIS PARENTS BERNIE AND MIKE MCAULIFFE, SEAMUS O'CONNELL (WOODWORK TEACHER) AND DENIS KERINS (PRINCIPAL) AT THE ANNUAL SCOIL PHOBAIL SLIABH LUACHRA AWARDS ON FRIDAY. PICTURE: EAMONN KEOGH.

Engineering in UCC; Patrick Warren, Radiography in UCD; Daniel O'Keeffe, Finance in UCC; Sarah Murphy, Nutritional Science in UCC; Niamh Mc Sweeney, Primary School Teaching in Mary I; Rachel Brosnan, International Business in UL; Ryan O'Brien, International Business in UL; Michéal O'Leary, Engineering in UL; J.J. Herlihy, Materials & Architectural Technology in UL; Niamh Dalton, Primary Teaching in Mary I.; Jason Murphy, Engineering in CIT; Mairéad O' Mahony, General Nursing in UCC; Shannon O' Leary, Genetics in UCC.

Endeavour Award 2016: Niamh Dalton. **Exceptional Achievement in the LCA** Donnagh Nagle, Séan Lucey & Damien Murphy.



David Saunders (guest speaker and past pupil), Denis Kerins (Principal) and Mary Woods (teacher) with Innovation Award recipients Eimear Nagle, Niamh Finnegan, Lauren O' Leary and Sarah Casey at the annual Scoil Phobail Sliabh Luachra awards on Friday. Picture: Eamonn Keogh.



NIAMH DALTON ENDEAVOUR AWARD RECIPIENT AND HER BROTHER KIERAN DALTON (JUNIOR CERTIFICATE STUDENT OF THE YEAR 2016), WITH THEIR FATHER DAMIEN DALTON, DAVID SAUNDERS (GUEST SPEAKER AND PAST PUPIL) AND MARIA HANRAHAN (VICE-PRINCIPAL) AT THE ANNUAL SCOIL PHOBAIL SLIABH LUACHRA AWARDS ON FRIDAY. PICTURE: EAMONN KEOGH.



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GARDAI ON THE LOOKOUT FOR YOUNG ACHIEVERS

The official launch of the Lee Strand/Kerry Garda Youth Achievement Awards 2016 was held this week at Lee Strand, in Tralee. Since 1998 the awards have acknowledged the achievements of young people from Kerry between the ages of 14 years and 19 years. The winners will be announced at a celebratory function in the Ballyroe Heights Hotel, Tralee on Friday, January 27th, 2016. Awards will be presented for the Overall Winner, Certificates of Distinction, Certificates of Merit, a Voluntary Group Award and the Hall of Fame Award. Speaking at the launch Chief Superintendent Con Cadogan stated "An Garda Síochána are delighted to be associated with the Lee Strand Kerry Garda Youth Achievement Awards. We often underestimate the worth of our youth who are both innovative and important to our future. It is important to recognise their charities or caring for a relative or friend. The \int_{0}^{K} awards have a positive effect on our wider community and I would like to extend our appreciation and thanks to Lee Strand for their continued sponsorship and support over the years. A special thank you also the media for publically recognising and promoting the awards on our behalf." John O'Sullivan, General Manager, Lee Strand stated "Lee Strand has a strong commitment to supporting initiatives within the local community and we are delighted once again to support the Kerry Garda Youth Achievement Awards. The awards provide a great opportunity to



excellence in the area of sports, arts, culture, At the launch of the Lee Strand Kerry Garda Youth Achievement Awards 2016 were: Sergeant Eileen O'Sullivan, Rob Lee, charities or caring for a relative or friend. The Killarney, Leona Stack, Abbeydorney, Garda Aidan O'Mahony, Ross Sugrue, Tralee, Holly O'Donnell, Cloghane, Brendan Coppinger, Killarney and Garda Catherine Murphy. Photo By: Domnick Walsh © Eye Focus LTD.

celebrate and recognise the achievements of the young people of Kerry, who have made a positive impact within their local community. This year we are also calling for nominations for the Hall of Fame Award. This award will recognise the community service of individuals of all ages who have made a positive impact working with Kerry's youth over the years." The closing date for receipt of nominations is Monday, December 5th, 2016. Any member of the public can nominate a young person whom they feel has made a contribution to their local area. Nominations are accepted from individuals, community and voluntary groups, schools and youth clubs/organisation. The winners will be selected by a panel of five judges who are community volunteers from around the county under the chairmanship of Chief Superintendent Con Cadogan, An Garda Síochána. Nominations are available from any Garda Station in Kerry; K.D.Y.S. Office in Tralee, Killarney and Listowel or by contacting Tralee Garda Station on 066 7102311. Nomination forms are also available to download on **www.leestrand.ie**

IT TRALEE LAUNCHES FIRST KERRY SCIENCE FESTIVAL



ALL SET FOR THE SCIENCE FAIR. PICTURE: DOMNICK WALSH EYE FOCUS

Broadcaster Dr Aoibhinn Ní Shúilleabháin among list of experts participating in the busy week-long program of events at the inaugural year of the Kerry Science Festival; a week-long schedule of science events taking place across the Kerry region. From Sunday 13th to Sunday 20th November, people of all ages will be invited to enjoy and participate in a programme of free public engagement events, community talks, exhibitions, shows and school workshops. Families with children of all ages are also in for a treat on the day, with many free workshops and shows like Mathsworld, Lego WeDo, Cell Explorers, Designer Minds and Spec in a Suitcase featured on the jam-packed agenda. These interactive workshops will engage and intrigue both children and adults alike and will bring to life the world of STEM. To add to this exciting schedule of events, Saturday 19th November is also the date for the very first Girls Hackathon in Kerry, which will take place in association with Microsoft. The event aims to enlighten more young women about the opportunities in the digital technology sector and encourages them to get creative with code. Also featured on the Kerry Science Festival calendar is a variety of industry and community groupled events, demonstrating STEM across Kerry. Kerry Education and Training Board schools across the county have been twinned with local companies and will jointly host events.

The list of partnerships includes Coláiste na Sceilge in Cahersiveen and Met Eireann, Killarney Community College and Liebherr Cranes, Killorglin Community College and FeXco and Gaelcholáiste Chiarraí Trá Lí and Raidió na Gaeltachta to name but a few. Companies operating in the STEM sector are also encouraged to consider hosting their own events as part of the festival, showcasing where STEM can be found in what they do. Details on all of the events as part of Kerry

Science Festival will shortly be found at

www.kerryscience.com. Kerry Science Festival events are free, but many will require registration as places on interactive workshops are limited. If you are interested in hosting such a Local Kerry Science Festival event, please contact Dr Noel Mulligan, Head of Department Biological & Pharmaceutical Sciences at IT Tralee by emailing

noel.mulligan@staff.ittralee.ie.



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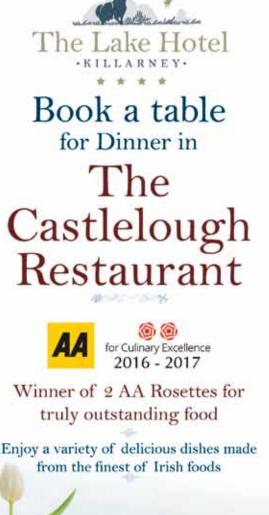
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COUNCIL PUBLISHES NEW STRATEGY FOR TOURISM WITH 272 ACTIONS TO GROW THE INDUSTRY IN KERRY

With an emphasis on seven key areas, Kerry County Council has published a new sevenyear action plan for tourism in Kerry which was launched at St John's Theatre in Listowel by the Leas-Cathaoirleach of the Council, Cllr Liam Purtill. The County Kerry Tourism Strategy and Action Plan 2016-2022 comes following the most widespread consultation and in-depth analysis of tourism ever undertaken in the county.

The new report sets out 272 specific actions to be implemented across seven key areas over the short, medium or long term, including: • Adventure

Branding and Marketing

Community Tourism, Events & Festivals
 Education

Enterprise and Innovation

Environment, Natural & Cultural Heritage
 Infrastructure

The prioritisation of the extensive number of projects which were agreed following full public consultation was based on the need to: • Extend the tourism activity into the shoulder season

• The promotion of Kerry's green and clean image

• Further development of the Wild Atlantic Way and connected loops

• The development of projects with significant visitor appeal

"Kerry is Ireland's premier regional tourist destination," said ClIr Purtill. "It has been welcoming visitors for generations and today attracts 1.7m overseas and domestic holidaymakers which generate over €420m in tourist-related income for the county. Kerry boasts some of Ireland's most iconic scenery



KERRY COUNTY COUNCIL PUBLISHED A NEW SEVEN-YEAR ACTION PLAN FOR TOURISM IN KERRY WHICH WAS LAUNCHED AT ST JOHN'S THEATRE IN LISTOWEL, ON FRIDAY, BY THE LEAS-CATHAOIRLEACH OF THE COUNCIL, CLLR LIAM PURTILL. SEATED FROM LEFT, JANE MURPHY, WOODLANDS CARAVAN PARK, TRALEE, FAILTE IRELAND SOUTH WEST WILD ATLANTIC WAY, JOSEPHINE O'DRISCOLL, INSTITUTE OF TECHNOLOGY TRALEE, MARY ROSE STAFFORD, KILLARNEY PARK HOTEL, NIAMH O'SHEA, BACK ROW, PADRAIG TREACY AND MIKE BUCKLEY, KILLARNEY CHAMBER OF TOURISM AND COMMERCE, KILLARNEY PLAZA HOTEL, MARY HARTNETT, TRALEE CHAMBER OF TOURISM ALLIANCE, KIERAN RUTTLEDGE, REGIONAL MANAGER NATIONAL PARKS AND WILDLIFE, PAT DAWSON. PHOTO: VALERIE O'SULLIVAN.

like the Lakes of Killarney, Skellig Michael, Slea Head Drive and the golden beaches of North Kerry and has the longest section of the new Wild Atlantic Way touring route. It also has vibrant cultural, food and craft sectors and a rich natural, built and linguistic heritage," he said.

Kerry currently attracts 13% of all overseas visitors to Ireland and one in three American visitors includes Kerry on their itineraries. It has the greatest concentration of tourist accommodation outside of Dublin - up to 50,000 beds in the approved and unapproved sectors. Kerry is also more dependent on

tourism than any other county with over 20% of its workforce employed in tourismrelated enterprises and has over 9,000 people directly employed in the accommodation and hospitality sectors.

The vision set out in the strategy is "to maximise, in a sustainable manner, tourism's contribution to the quality of life, economy, employment and local community development, paying particular attention to nurturing and protecting the natural, built, cultural and linguistic heritage of the county."

ARA - THE PERFECT WINTER BOOT



Ara is all about fashion and comfort this season with their fantastic Winter boot range. As with all Ara styles you are guaranteed smooth leathers, soft cushioned inner socks and light weight soles providing extreme comfort making you feel you are walking on cloud 9. The new trends this season are both glamorous and striking with eye catching details such chains and as rhinestones finishes on the tip or heel area. Also in the range there are exciting new two tone combinations. Many styles go



perfectly with the new skirt lengths. See for yourself on **arashoesireland.com**

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MEDICAL CARDS In a recent Dail question to the Minister for

Health Deputy Michael Healy Rae raised the query about Medical cards and how many have been granted to people nationally and in Kerry to date compared to the same date last year. Michael Healy Rae says "it is not surprising that the figure for cards granted is lower this year that last year as people are being put through so many hoops when applying that they sometimes just give up and I have raised this issue on numerous occasions in the Dail with the Minister. It is an outrageous situation that someone who is suffering from Cancer be refused a medical card." When a person is over the income limit they can still be reviewed under what is known as a discretionary medical card where they provide medical evidence to support their application.

Michael Healy Rae says "Sadly I have calls to my office everyday from people suffering from cancer being refused a medical card after submitting a letter from their oncology consultant outlining their illness and this to me is disgraceful and needs to be addressed. Only 4,321 discretionary cards have been granted in Kerry to date and sadly Im sure more people deserve them but have been refused," he said.

16 Outlook 1/2 28.10.16



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FIRIES GAA GONE TO THE DOGS

A large contingency from Firies and further afield came to Kingdom Greyhound Stadium, Tralee to support Firies GAA efforts' to kickstart their commencement of the juvenile pitch in Ballyvarrig, Firies. Large crowds descended on Saturday, 22nd October to avail of the activity packed evening. Our younger members, along with their parents/guardians were encouraged to attend. Tim Clifford of the organising committee endorsed this familyfriendly evening stating "the clubs new venture is for the benefit of the younger generations and their presence really recapped the clubs intentions." He continued to reaffirm the clubs' gratitude towards the eleven race sponsors"Our race sponsors have been extremely charitable, without so, the event would not be able to take place. They include; Killarney Mechanical

Services, Liam Lynch Motors, Gallivan Financial, Gallivan Murphy Hooper Dolan, Greyline Ltd UK, Solid.ie, Kevin Moynihan Scaffolding, Little Stars Childcare, Donagh Hickey Rathmore, Hendersons Shop & Bar Firies, The Flynn Family Skahies, O'Sullivan Bike Shop, Killarney, Kerry Group, Jimmy Briens and K-Town Killarney. Tim went on to thank the copious amount of businesses and our club members who supported the night by purchasing tickets and adverts on the programme and donated spot prizes.

Bridie Breen, Chairperson of Firies GAA, also conveyed her appreciation "Together with the generosity of our benefactors and clubmembers, we have begun to make some advancement for members and the club regarding the its future and catering for their



Fires supporters pictured enjoying themselves at the Greyhound Stadium.

needs. The club as a whole will endeavour its' necessity to be as proactive as possible about the clubs advancement and evolution.



DAN AHERN AND EUGENE COSGROVE ENJOYING A NIGHT AT THE DOGS.



YOUNGSTERS ENJOYING THE RACE NIGHT.

KERRY U 15 HURLERS CELEBRATE MUNSTER SUCCESS



KERRY U15 HURLING MEDAL PRESENTATION OCTOBER 2016.

Kerry U 15 Hurlers were presented with their Munster Shield winners medals at an special Awards Night held in the Meadowlands Hotel, Tralee last Friday night 21st October. Special Guest Speaker on the night was the newly appointed National Hurling Development Manager, Martin Fogarty who also presented the players with their medals and awards.

Martin is a proud Kilkenny man and served as a Mentor/Selector with Brian Coady for 8 years from 2005 to 2013 during which time the Cats won 6 All-Ireland Senior Titles.

Therefore, it was great for the lads and their parents to listen to a very knowledgeable and experienced Coach who has seen it all.

Martin also promised that in his new role which will cover spreading the gospel over the entire country will visit us again early next year to assist us with a few coaching sessions.

Others in attendance were Ger McCarthy, Kerry County GAA Hurling Officer and Amy Phelan (Physio), who gave a brief talk on the importance of life-style, proper nutrition and looking after injuries and getting adequate rest. The squad will recommence in-door strength and conditioning training in John Mitchels GAA Gym in early November.

CORINNA TO RUN IN NYC MARATHON TO RAISE FUNDS FOR ROCKMOUNT

Local woman, Corinna O'Halloran has secured a spot in the prestigious New York City Marathon, taking place Sunday, November 6th. The daughter of Sheila and Mike Buckely of Mike's Takeaway, Corinna is currently fundraising for the Rockmount Daycare Centre, Kilgarvan. Speaking of the facility, Julie McGowan told Killarney Outlook "We find Rockmount Centre fantastic. My mother uses it five days a week and it is invaluable to both her and our family". All proceeds raised will be going directly to the cause and are greatly appreciated. Donations can be made by calling into Amanda at Mike's Takeaway or by contacting Julie McGowan at **087 6378207**

PROPERTY OUTLOOK



COMMUNITY GAMES CELEBRATE ANOTHER SUCCESSFUL YEAR

Kerry Community Games held its annual Awards Night on Friday night at the Riverisland Hotel in Castleisland with 150 guests in attendance. Special guest of honour on the night was Senator Mark Daly, Kenmare. This event is a highly enjoyable night which is an opportunity to honour and give due recognition to our areas for all their hard work and dedication over the year. Good food, good company, wonderful entertainment by our talented National participants and County Champions were the order of the night - with former Community Games Chairperson, Patsy O'Connell, the MC for the night. Patsy would be well known in Community Games circles due to holding the office of County Chairperson and also Vice-Chairperson and for co-ordinating our County Talent competitions for many years. Margaret Culloty, our esteemed Secretary was also very

involved on the night to welcome all our areas and volunteers and the success of the night is largely due to her great organisation skills. Our Exec Board members were also on hand to assist on this very special night for Kerry Committee Games.

We were also delighted to have Senator Mark



MAURA CULLOTY PRESENTING THE MARTIN CULLOTY MEMORIAL CUP TO GERARD LADDEN OF KEEL KILTALAGH AREA.



Youth Awards Winners Aoife Fleming Glenflesk, Cassandra Myers Keel Kiltalagh and Megan O'Connell Caherciveen with Margaret Culloty County Secretary.

Daly of Kenmare involved in our Awards night and he kept everyone enthralled with stories of his father's interest in sport and in particular his involvement with Community Games.

The following is the full list of awards which were presented to areas for their achievements on the night – congratulations to all our areas. **Athletics:** 1st Kenmare, 2nd Spa Mucross, 3rd Killarney South.

Cultural Events: Blennerville/Ballyard. **Swimming:** St Brendans/Oakpark.

Owen White Award (Most improved Area): Moyvane/Knockanure.

Merit Athletics: Boherbee/Cloghers/Manor. Merit Participation: Ballydonoghue/Lisselton.

Field Events (Martin Culloty Memorial Cup): Keel/Kiltalagh.

PR Awards: 1st Milltown/Listry; 2nd Rathmore/ Gneeveguilla; 3rd Brosna.

Special Presentation: Kit Horan.

Youth Awards: 1st Cassandra Myers Keel/ Kiltallagh; 2nd Aoife Fleming, Glenflesk; 3rd Megan O'Connell, Caherciveen.

Paud O'Leary Memorial Trophy (2016 Volunteer): Sean Daly, Kenmare. Best Overall Areas: 1st Kenmare; 2nd Ardfert/

Best Overall Areas: 1st Kenmare; 2nd Ardfert/ Kilmoyley; 3rd Listowel.

A huge thanks to all who were involved in making our Annual Awards Night such a success and a sincere well done to all our areas and volunteers who worked so hard during the year. We look forward to another great year of participation in Community Games in 2017 which is an extra special year for Community Games being our Golden Jubilee. We will combine Sean Daly words "Do your best – do your almightly best!" and our own "enjoy and have fun!".

FORMER EDITOR APPOINTED TO UNIVERSITY OF LIMERICK

Well-known former editor of The Kerryman, Ger Colleran has been appointed Adjunct Professor of Journalism at UL.

The former editor and Managing Director of The Irish Daily Star, Ger Colleran will give master classes to UL's Journalism and New Media students as part of his new role.

"The one thing young student journalists need to set aside is the cloud of fear that has hit the media industry over the past 10-15 years because of the massive disruption caused by digital. Technology is merely a delivery vehicle; the basic human demand for stories doesn't change at all," he said.

"Whether it's stone tablets from Mount Sinai; gossip at the end of the medieval village; print; telephone; television or digital; it is immaterial. People are still interested in stories about people and the world around them. "The delivery vehicles may alter, but there are certain basic standards that need to be upheld: accuracy and integrity; and the need to challenge and question. That sort of rigour needs to be encouraged," Mr Colleran continued.

Mr Colleran co- GER COLLERAN. authored a book on the

Kerry babies case and previously worked as editor of The Kerryman newspaper.

A TV3 presenter and newspaper columnist Mr Colleran played a central role in the political negotiations on the new Defamation Act.

FOSSA GAA TO HOST RACE NIGHT

Fossa Gaa are running a race night this Sat 29th Oct towards funding the purchase and development of a juvenile playing pitch in 2.1 acres adjoining our current premises in Grotroe. It will be held in The Golden Nugget.

Each horse costs $\in 90$ which can be bought outright or broken down into three at $\in 30$ for owner, $\in 30$ for trainer and $\in 30$ for jockey. Please support the club in the investment for this and future generations.







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PROPERTY OUTLOOK



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50TH ANNIVERSARY CELEBRATIONS FOR KERRY MOUNTAIN RESCUE TEAM

Kerry Mountain Rescue Team celebrated its 50th anniversary on Saturday last, 22nd October with an open day taking place at the Mountain Rescue Station (on the grounds of Killarney Garda Station).

ALAN WALLACE, PRO FOR THE KERRY MOUNTAIN RESCUE GROUP TOLD THE KILLARNEY OUTLOOK THE HISTORY OF THIS AMAZING GROUP OF PEOPLE.

The Team was formed in Easter 1966 following a tragic holiday period in Kerry. Within a few days of one another, a student from University College Dublin and a teenage member of an English school party were killed in separate incidents on Carrauntoohil, Ireland's highest peak. It was as a direct result of these two tragedies that the Kerry Mountain Rescue Team was formed in July 1966, largely as a result of the vision and energy of Frank Lewis of Killarney. The Team at that stage consisted of a group of concerned people, not expert rock climbers, but men and women who knew the mountains and were prepared to set their own lives at risk to help others in distress. The original nucleus of the Team were found in

Killorglin, and the early members included Paddy O'Callaghan, Stan Brick, Gearóid O'Sullivan and Richard Morrison, along with Killarney representatives such as Terence Casey and John McGuire. Meetings were held around the fireplace in Paddy's house, and as Gearóid O'Sullivan recalled "It didn't matter whether we had high heels or mountaineering boots at the time - those questions weren't even asked then". The Team had an early 'baptism of fire' in the form of the July 1967 all-night rescue of Bill Collins, after whom Collins' Gully is named (see link below for archive newspaper articles and photographs). This was the Team's first major rescue and to this day remains one of the most epic ever undertaken in Kerry. In the words of Paddy O'Callaghan, "The rain was dreadful that night and we weren't even sure about where we were going. The terrain was desperate



Pictured at Killarney Garda Station for the Kerry Mountain Rescue open day were Back Row L-R Padraig O'Connor, Sinead O'Connor, Geraldine Casey, Micheal O'Connor & Terrence Casey. Front Row L-R Dan Murphy, Billy O'Donoghue & John O'Sullivan. Picture Marie Carroll-O'Sullivan.

and we had no helmets and only minimum equipment. We could have been killed or injured ourselves but the mission was a success and we went on from there". And go on from there they certainly did. Although shortage of funding, and therefore equipment, has always been a problem for the Team, the efforts that Team Members have put in over the years have gradually built up the Team's resources, and in 1979 the Team acquired its first ambulance. Another major milestone came in 1983 when the Country's first dedicated Mountain Rescue station was opened in Killorglin, after Team Members raised three quarters of the £15,000 cost of the base. In 1990 Klaus Noelke, honorary German Consul, presented the Team with an ex-army Mercedes Unimog field ambulance and 'troop carrier', which was the Team's main operational vehicle. Also in 1990, the first two specially trained search and rescue dogs in the country took their place in the Team, along with their handlers Mike McCarthy and Don Murphy. This has enabled the Team to search large areas much more quickly and efficiently than would be possible using manpower alone.

In recent times Mountain Rescue came under



Pictured at Killarney Garda Station for Kerry Mountain Rescue Open Day were L-R Marguerite Brosnan, Maureen O'Reilly, ¹ Maureen Chevens, Patricia Chevens & Dermot Reen. Picture Marie Carroll-O'Sullivan.

the remit of the Irish Coast Guard, who now provide a proportion of the Team's annual running costs, the remainder being comprised of a grant from Kerry County Council



and the considerable fundraising efforts and generous donations of private individuals and community groups. The Team's current base at Killarney Garda Station was opened in 2004. The opening of the base marked another major milestone in the development of the Team. Over the years there have been many notable callouts. Apart from the Collins Rescue mentioned above, there was the weekend in 1986 which resulted in the hospitalization of three Cork climbers after an avalanche, followed immediately afterwards by the death of a young female walker after a slip close by. Another callout which has become a 'legend' was the huge but unsuccessful 1989 search for a missing walker whose body was eventually found over six months later. Sadly, the Team has attended over 50 fatalities over the years, many in the immediate Carrauntoohil area. This is an unfortunate but necessary part of the job which members take on when they join the Team.

On a lighter note, many of the early Team members still enjoy a chuckle over the 'missing' honeymoon couple, who were eventually found tucked up safe and well in their tent after trying to get away from the crowds. As one Team member said, "It was hard to know

whether it was us or them who had the reddest face when we unzipped the tent!" A selection of archive newspaper articles and photographs are available from our website.

http://www.kerrymountainrescue.ie/team/ history.html <u>MONEY MATTER</u>

By Dermot Cronin, Financial Advisor



WHY SHOULD YOU REVIEW YOUR PENSION?

1 To check the performance of your pension and what funds you are invested in. This is VERY IMPORTANT, for example, if your pension is invested in high risk funds your total pension fund could substantially reduce over a short period of time and if you are coming close to retirement this could result in you having much less of a pension when you retire.

2 Is your pension on target to reach the income you want on retirement? This should be checked on regular occasions, at least annually, if your pension is not on target changes can be made to help put your pension back on track again.

3 What pension provider is your pension with and how much do they charge you? Charges are very important because you need to make sure that your pension charges are competitive on a like for like basis with other pension providers.

Pension providers offer much more choices to clients now than before and the choices can be easier to understand if explained to you in plain simple English and by not using jargon. An independent financial advisor should help you understand your pension and your pension options better.

For the above reasons I recommend at least an annual review of every pension with an independent financial advisor.

To discuss the above or for any other queries you can contact Dermot Cronin QFA APA at 064 6622775 or email at dermotcroninifa@gmail.com

PROPERTY OUTLOOK

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PROPERTY OUTLOOK THROUGH THE KEYHOLE.... A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET



Address: BATTERFIELD, FIRIES. NEW TO THE MARKET this week with DNG Ted Healy is this Delightful 3 bedroom detached property on c.0.33 acre site located close to Firies village. The property is positioned approx 2km from Firies Village and within easy reach of Kerry Airport, Killarney & Tralee. Internally the living accommodation is spacious with an open plan living/kitchen/dining area. There is a ground floor double bedroom with ensuite facilities. The remainder of the ground floor comprises of utility room, office & bathroom. The first floor consists of 2 large double bedrooms and family bathroom. The property has Oil heating, PVC double glazed windows and is fully Alarmed.

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illarney TOWN TALK



Pictured at the INEC for the cheque presentation to the Kerry Hospice Foundation having raised over €18,000 resulting the recent fashion show were the committee L-R Pat Doolan, Elsie Hegarty, Ted Moynihan & Margaret O'Donoghue. Picture Marie Carroll-O'Sullivan.

HOSPICE FASHION SHOW RAISES OVER €18,000

An amazing €18,101 was raised at the recent Models in Recovery Fashion show at the INEC. "We are delighted with the success of our "Models in Recovery" Fashion Show which raised this fantastic sum of money", Pat Doolan, of the Kerry Hospice Foundation told the Killarney Outlook.

"We greatly appreciate the generosity of all

who attended on the night and those who purchased tickets but were unable to attend. A big thank you to the courageous models, participating shops, hair and makeup stylists, our sponsors, INEC staff, ticket sellers, our hard working committee and all who assisted us in any way. Grateful thanks also to our special guest and compere Majella O'Donnell and fashion designer Don O'Neill for the fantastic designer outfit donation", he added.

We would like to take the opportunity of



Members of the victorious St. Brendan's College Hogan Cup winning team from 1969 at the St. Brendan's College victory celebration in The Killarney Oaks Hotel on Friday night. Front from left are John O'Keeffe (1969 Captain), Canon James Linnane (1969 Manager and former President) and Ger O'Keeffe. Back from left are Pat Lucey, Niall Brosnan, Tom Looney Tom Hanafin and Jim Cremin. Picture: Eamonn Keogh. expressing our condolences to the O'Connor family, Tralee on the sad passing of Tommy Frank O'Connor. Frank had been with us since the first show three years ago and, though in failing health, had courageously come on board as a model again this year. To his wife Sheila and their children we express our heartfelt sympathies. Ar dheis De go raibh a anam dhilis."

ANNUAL GARDA MASS

The annual Garda Mass for current and deceased members of An Garda Siochana Killarney/Caherciveen branch will be celebrated on Thursday November 3rd at 7.30p.m. at the Killarney Oaks Hotel, Muckross Road, Killarney.

Serving members of An Garda Siochana are invited to attend. Family members of current, deceased and serving members are also welcome.

ASTRID TALKS TO HEARTBEAT

Body Confidence Coach Astrid Longhurst will talk about Chakranetics; the ultimate mindful movement system she has developed to help people through stressful times. Astrid will be at the Serenity Centre at 8pm on Monday October 31st. This promises to be a night full of energy of mind and body. See you there at this free event.

KIERAN DONAGHY BOOK SIGNING

Following his appearance on last Friday's Late Late Show Kerry star Kieran Donaghy will sign copies of his new book titled "What do you think of that" in Easons Killarney on November 19th.

80'S V 90'S NIGHT

Killarney RFC is holding a fundraising night at the Killarney Grand on Friday the 18th of November next. The theme of the night will be an 80's v 90's theme and all are invited to come along for what will be a great night of great music and craic. The cost is \in 10 on the door or \in 7 if you come in fancy dress on the night! So, dust off the denim jackets and leg warmers and get along to what will be a fantastic night in aid of our club. Keep posted to facebook for more.

KILCUMMIN CHRISTMAS CRAFT FAIR

Kilcummin Christmas Craft Fair will be held in Kilcummin Recreational Hall on the weekend of Saturday evening the 10th and Sunday morning 11th of December. Each table cost €20 with table proceeds going to Palliative Care. If you are interested in selling or show casing you craft. Contact Mary Brosnan on 087 6447536. It's an ideal opportunity to advertise your craft within the community and surrounding area.









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illarney **TOWN TALK**



Mountain Rescue dog Syd pictured at the Kerry Mountain Rescue open day at the Garda Station. L-R Tina Walker, Liam Walker, Jarlath Folan, Syd, Abi Slattery & Dara Lynch. Picture Marie Carroll-O'Sullivan.

€200,000 SCRATCH CARD WIN FOR KILLARNEY MAN

It was a memorable Monday for Killarney man, Ljatif Saiti who won the top prize of €200,000 on his All Cash Spectacular scratch card which he purchased in Healy's Newsagent on New Street.

'This is an unbelievable win for our family,' said Ljatif who was coming to terms with his good fortune this week.

Ljatif, who moved to Killarney from Kosovo with his family in 1999, discussed the moment he knew that his luck was in with his scratch card, 'I would treat myself to a scratch card every week and I would always bring them home to scratch them. This time however, I scratched it there and then in the shop and I saw my number matching up with the €200,000 prize.



WINNER ALRIGHT.... LJATIF SAITI; PICTURED HERE WITH HIS SON SAHITI WHEN HE COLLECTED HIS WINNINGS HE IS ORIGINALLY FROM KOSOVO; WAS JOINED BY HIS FAMILY AS HE COLLECTED HIS WHOPPING €200; 000 PRIZE AT NATIONAL LOTTERY HEADQUARTERS IN DUBLIN THIS WEEK. PIC: MAC INNES PHOTOGRAPHY.

I quickly handed it back to the shop keeper to check that I wasn't dreaming,' he smiled.

Discussing his plans for his winnings, Ljatif said, 'This is all still new to us. We will enjoy the win first and then we will decide on what to spend the money on. We have four beautiful children so it is important that their future is the priority.'

KDYS FLAG DAY TODAY!

Today, Friday 28th October 2016 is the annual KDYS "Flag Day" for Killarney. "This year we have designated our Killarney Flag Day to raise much needed money to upgrade computers for the young people attending Youthreach in our Centre", Tim O'Donoghue, CEO of the KDYS told the Killarney Outlook.

"The hope is that Killarney citizens' donations will allow us to purchase new IT equipment and software to assist in meeting the needs of our learners in Youthreach. Young people urgently need quality computers and up to date software in order to get the most out of their courses and IT activities. Please look out for volunteers around the streets of Killarney and we hope you will support to this worthy cause."



MASS OF REMEMBRANCE

A Mass of remembrance and a celebration of life will take place at Kate Kearneys Cottage on Friday 4th of November at 7.30pm to raise



In the Frame..... The queues were still forming during lunchtime as popular Killarney Photographer Valerie O'Sullivan signed copies of her latest book 'The MacGillycuddy's Reeks' at Eason's Killarney where she is photographed with staff members, from left, Tanya O'Shea, Sarah Hunt, Alan Murphy, Frances Neeson and Kerry Breen. Photo Don MacMonagle.

money for Beaufort parish funds.

Memory cards available from Kate Kearneys, Margaret O'Sullivan and Peggy Walsh and cost \in 5. Music by The Two Mikes and raffle for great prizes and finger food served on the night. If anyone has any unwanted unopened gifts at home the organisers would be delighted for any donations for the raffle.

GOD HAS NO COUNTRY FOR THE INEC

As part of the upcoming 2016 Hugh O'Flaherty Memorial Weekend, Killarney's own Donie Courtney returns to the INEC Acoustic Club with his one man play "God Has No Country". Based on the daring humanitarian exploits of Msgr Hugh O'Flaherty in Nazi occupied Rome during WW2, the demand for this play is growing with performances scheduled in early November for Dublin and in the spring of 2017 for New York and Philadelphia.

The Killarney performance will be in the INEC Acoustic Club on Sunday evening November 6th at 7.30p.m - doors open at 6.30. Tickets are €10 and can be booked with the INEC Boss Office 0646671555.

COFFEE MORNING

Kerry Diabetes Support Group in Killarney are hosting a Coffee Morning on Friday 4th November 2016 10am to 12pm in the Royal Hotel to Celebrate Diabetes Month.

As November is World Diabetes month we would like to raise awareness of Diabetes and help support others by having public meetings about 3/4 times a year when we bring in professional health care providers ie Podiatrists, Dietitians, Nurse Specialists, Doctors etc to speak to our group and hold a question and answer session which proves very popular.



CTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

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

Spooky Halloween Specials



Join us to celebrate the end of the harvest season and the beginning of winter!

An evening of Traditional Irish Music, and delights cooked by our Chefs on arrival. Five Course Festive Samhain Menu. Sit back and relax after dinner with a festive inspired Cocktail and enjoy an evening of storytelling and folklore with our Seanchaí, Ray O'Sullivan.

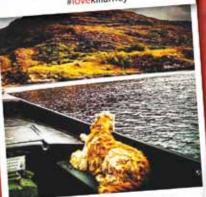
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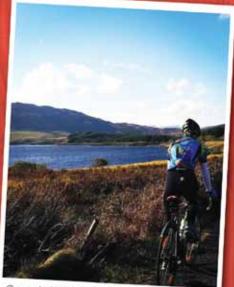




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RATHMORE/ GNEEVEGUILLA NEWS by Michael O'Mahony

SLIABH LUACHRA COMHALTAS: Many thanks to everyone that came to your celebration night last Saturday, a very enjoyable night was had by all. Thanks to the Teach Failte Committee for the use of their facility. Ceol an Gheimhridh competitions 2016/2017, for U13 and U17 age groups, taken from the 1st of January 2016, will take place over the weekend of the 12th and 13th of November. Music/Singing/stortytelling on the 12th in the Tralee IT (North Campus) and Dancing on the 13th in Fossa Community Centre,Closing date for entries to Katie (087 2871357) is Tuesday 25th October 2016.

Following our AGM on the 19th of October, the following officers were elected Chairperson: Siobhan McGillicuddy, Vice-Chairperson: Christy Cronin, Secretary: Katie O'Sullivan (Sliabh Luachra Comhaltas number 0872871357), PRO: Maureen Dalton, Treasurer: Patsy Crowley, Assistant Treasurer: Carmel O'Connor, Auditor: Joe O'Sullivan, DLP Officer: Conor Crowley, Irish Officers: Michelle O'Sullivan, Rachel McGillicuddy and Martina O'Connor, Youth Officers: Conor Crowley, Ciaran O'Sullivan, Niamh Dalton. County Board Delegates: Martina O'Leary and Katie O'Sullivan.

Membership for the coming year 2016/2017 is now due \in 20 family, \in 12 Senior, \in 6 Junior, contact Katie for membership forms and details.

Wishes: Congratulations to Denis Reen station Road Rathmore who trained Kiskeam to win the Cork Intermediate Championship on Sunday last against Fermoy final score 2.14 to

KNOCKNAGREE NOVENA LOURDES FUND:

14pt.

The \in 1665 which was collected during the 2016 Novena was used to sponsor a parishioner and another fare on the September Diocesan Pilgrimage to Lourdes. The remaining monies went to the Helpers fund. Sincere thanks to all for your generosity.

LOURDES: The Irish Pilgrimage Trust are now accepting applications for their Easter Pilgrimage to Lourdes. Young people aged 11-30 yrs with a variety of special needs including physical and medical conditions like epilepsy or diabetes, learning difficulties or a young person who may have experienced some challenge in their life like a bereavement are all eligible to apply. This pilgrimage provides respite care for parents and guardians and a free trip for the young person. The closing date for application

is the 31st of October. Further information can be found on the

website: http:// www.irishpilgrimagetrust.com or from Ashley on 086 1030740 or Ruth on 087 2809833.

THANK YOU: Holy Family N.S. Bingo Night Holy Family N.S. Bingo fundraiser was held on Saturday Oct 15th at Rathmore Community Centre. It was a tremendous success

N.S. KERRY HOSPICE CHRISTMAS CARDS: are now available at Rathmore Credit Union, Rathmore Post Office, Reen's Pharmacy, Maria Ryan and Donal O'Keeffe. Packs of 10 for €7. Your support would be greatly appreciated.

NEXT WEEKEND: GNEEVEGUILLA CHURCH RE-OPENS ON SUNDAY 30TH OCTOBER 10AM: Mass Arrangements in our Parish for All Saints and All Souls Day Tuesday 1st & Wednesday 2nd Nov. (Please note Tues. 1st November is a Holy Day of Obligation) Mon. October 31st – Knocknagree - 7.30pm (Vigil for All Saints) Tuesday 1st November - Rathmore – 11.30am Gneeveguilla – 7.30pm (All Saints Day) Wednesday 2nd November - Knocknagree - 9.30am Rathmore - 6.30pm Gneeveguilla -7.30pm (November Lists)

KNOCKNAGREE NOVENA LOURDES FUND: The €1665 which was collected during the 2016 Novena was used to sponsor a parishioner and another fare on the September Diocesan Pilgrimage to Lourdes. The remaining monies went to the Helpers fund. Sincere thanks to all for your generosity.

ANNUAL NOVEMBER MASS: University Hospital Kerry, Chapel of Christ the Healer Annual November Mass for Patients, (Including those who died by stillbirth and miscarriage) who died in Kerry General Hospital during the year will be celebrated in the Hospital Chapel on Monday 7th November at 7.00 pm. Relatives and friends invited.

Rathmore Community Council The new Outdoor exercise equipment installed in between two Rathmore's they will be great benefits to Community as people can use them free of charge whenever they wishes.

BENEFIT NIGHT KISSANE FAMILY BENEFIT NIGHT: Gneeveguilla GAA Club Saturday December 3th 2016 at 9pm. Prizes mystery Action Raffle, Draw, entertainment by Mike Cronin & Tim Gleeson, The Sunday Cure band, Special Guest Liam O' Connor, Tickets £10, from all local shops. & Tickets sellers Aislinn Herlihy 0879017510. Frankie O' Leary 0876731808.

COFFEE MORNING: Kerry Hospice coffee morning held in gala shop Gneeveguilla Rennlity they wishes to thank everyone that organised & contributed to event and gala who allowed it to held in their shop which was great success,

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

KILCUMMIN NEWS

BUSINESS DIRECTORY: Kilcummin Rural Development Office are creating an up to date Parish Directory of all local businesses in the Parish. If you would like your business included please drop your details into the office or email to info@kilcumminparish.com

COMHALTAS MEMBERSHIP: Membership of the Branch for the coming year is now due. The fee is as follows; \in 20 Family, \in 12 1st Adult, \in 8 2nd Adult, \in 6 Junior. Membership will be taken up at all classes in the coming week.

CEOL AN GHEIMHRIDH: The County final of Ceol an Gheimhridh will take place on Saturday 12th November at the IT, North Campus, Tralee for music and singing while the dancing competition will go ahead in Fossa Community Centre on Sunday 13th.

KILCUMMIN CLUB MERCHANDISE: Anybody wanting to order Kilcummin Merchandise for Christmas please contact Marie Lehane on 087

9181973.

UNIVERSITY HOSPITAL KERRY: The annual November Mass for patients (including those who died by stillbirth and miscarriage) who died in Kerry University Hospital during the year will be celebrated in the Hospital Chapel on Monday 7th November at 7.00pm. Relatives and friends invited.

KILCUMMIN CHRISTMAS CRAFT FAIR: Kilcummin Christmas Craft Fair will be held in Kilcummin Recreational Hall on the weekend of Saturday evening the 10th and Sunday morning 11th of December. Each table cost $\in 20$ with table proceeds going to Palliative Care. If you are interested in selling or show casing you craft. Contact Mary Brosnan on 087 6447536. It's an ideal opportunity to advertise your craft within the community and surrounding area. Please share if you know anyone that would be interested. **KILCUMMIN GAA CHILD WELFARE:** An anti-bullying course for mentors, parents and the general public will take place in the GAA Clubhouse on Wednesday 9th November at 7.30pm. All welcome.

GAA CLUB MERCHANDISE: Anybody wanting to order merchandise for Christmas please contact Marie Lehane on 087 9181973.

KILCUMMING RAMBLING HOUSE: Will be open on Friday 4th at 8.30pm. As always there will be storytelling, song ceol, tae agus braic. Fáilte isteach.

GAA LOTTO: There was no winner on Sunday October 23rd, 2016. Numbers drawn were 13, 15, 17, 18. Next Draw Sunday, November 6th, 2016. Jackpot now €6,750.

MASTERGEEHA FC LOTTO: There was no winner on Friday 21st October, 2016. Numbers drawn were 3, 17, 19, 23. Jackpot now €3,000.

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

Cracking Christmas Offers



FOSSA NOTES

LOTTO: Numbers drawn were 3, 5, 8, 10. There was no jackpot winner.

SENIORS: Our seniors played Firies in the Fr. Galvin Cup Final in Rathmore on Saturday evening. While the weather was cold, it was a perfect day for football with good underfoot conditions. This was a cracking game with great scores on both sides and played in a very sporting spirit. Paudie Clifford opened the scoring inside the first minute, Firies replied with two points but Darragh Rice and Donald O' Sullivan restored the lead after six minutes of play. Fossa had the aid of the wind in this half and used it well with direct ball to the inside forward line. Donald added another free and then Tadgh O' Shea kicked three points on the trot, one of these being a brilliant effort off the outside of the boot after selling a few dummys. Firies were always dangerous on the break and scored five points from play in the latter stages of the half, however, a brace of frees from Tadgh O' Shea and Donald O' Sullivan left Fossa leading at the break, 0-10 to 0-09. Against the wind, Fossa needed to up the work rate and what a performance they gave in the second half. Colin Myers went short with his kickouts which worked really well, Colm Walsh got to grips with his marker and had a storming half, the defence as a whole worked very hard and tackled ferociously giving the Firies attack little room. Fintan Coffey and Matt Rennie won some great ball in the middle of the field and with Mikey O' Shea working his socks off

in the half forward line it gave Fossa a great platform. Donald O' Sullivan and Matt Rennie scored early in the half and in the 11th minute, Tadgh O' Shea had the ball in the Firies net after a great passing move. Donald O' Sullivan and Tadgh were leading the inside line brilliantly, showing for and winning every ball that went in and Paudie Clifford gave an absolute exhibition at wing forward. His vision and passing ability was incredible and he scored two 45's which Bryan Sheehan would have been proud of. In spite of conceding a late goal, Fossa held on the win on a scoreline of 1-16 to 1-14. Donald O' Sullivan was presented with the Fr. Galvin Cup by the Tim Ryan, Chairman of the East Kerry Board who also presented the Aquila Club Man-of-the-Match award to Paudie Clifford.

EAST KERRY BOYS U16 DIV 2 FINAL

FOSSA 2-14 DR CROKES 2-15: All those who showed up in Glenflesk on Saturday for this East Kerry U16 final were witness to a superb absorbing game of football. Fossa will be highly disappointed in losing this one and in a game where the ref left the play flow we were treated to some excellent scores from both sides. This bunch of Fossa players have given their all since last January and had won the county league Div 4 earlier in the season. To the victors we have to say well done. They played an excellent brand of football and the depth of their panel shone through in the end.

Finally a big thank you to trainer Adrian Sheehan who has improved this team immensely

through the year and the players will now have a well earned rest after a great year.

CONGRATULATIONS: Well done to David Clifford who won a County Minor Championship medal with East Kerry on Sunday afternoon when they defeated Mid Kerry, 3-16 to 0-09. This is the culmination of a fantastic year for David who has won every accolade in the game at this level.

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

CLUB GEAR FOR CHRISTMAS: If anyone wishes to order Club gear for Christmas, can you please contact Rhona Buckley on 087 6685952 asap, she needs to place the orders very shortly with O' Neill's as there is quite a long delivery time, especially at this time of year.

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

GLENFLESK NOTES

EAST KERRY MINORS: Well done to our contingent who won a County Minor Championship on Sunday last with East Kerry, beating Mid Kerry in the final. Seamus Moynihan and John Crowley were part of the management team and we had 4 players on the panel, Daniel O Brien, Christopher O Donoghue, lan Roche and Oran O Donoghue. Daniel had a fantastic game playing center back and picked up the Man of the match award and lan Roche made a big impact off the bench scoring 1-02. **COISTE NA NOG:** Our Coiste Na Nog youngsters had their end of season party on Saturday last at Kennedy's Pet Farm and a great

LISTRY NOTES

RURAL SOCIAL SCHEME: It was announced in the budget that there would 500 additional places to come available on the Rural Social Scheme, South Kerry Developement

BEAUFORT NOTES

LOTTO: The next draw for lotto jackpot of €2,000 will be in Inn Between Bar on Sunday, 30th October.

FIXTURES: Minors sponsored by Harpoon Connect will have bye in Mid Kerry time was had by all. A big thank you must go to Jerry Kennedy and everyone one at Kennedy's pet farm for being such great hosts. Big thanks also to all our coaches and to everyone on the Coiste Committee who have done such great work throughout the year.

GLENFLESK RAMBLING HOUSE: Our 10th rambling house will take place on Sunday October 30th from 8-11pm in Glenflesk GAA hall. A Great night has been organised with songs from a renowned Killarney singer and a visit from a newly elected Lord Mayor

RAHEEN N.S.: Fun Fund raising Bingo Bank Holiday weekend Saturday the 29th of October at 8.30 pm in the school hall. $\in 10$ a book this includes refreshments. Raffle on the night. All welcome!!! Congratulations to Ann Cronin who had the winning lotto no. 35 on Saturday the 21st of October

GLENFLESK LOTTO: No winner of the lotto which took place in Spillanes on 24/10/16 Jackpot - \in 2400 Numbers were 4, 7, 18, 22 The next draw will take place in the Corner Bar on 7/11/16 and the Jackpot is \in 2,600.00

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

Partnership CLG envisage that they would be in a position to secure some of the places avaialable. I you are interested in participating on the Rural Social Scheme please contact

Championship next weekend. SENIORS sponsored by Maurice Foley of MF Decorating home Keel, Saturday, 5th at 2.30pm in round 1, Mid Kerry senior championship. Extra time. U16 Boys sponsored by Killarney Credit Union home Laune Rangers, Sunday, 6th at 11.30am in round 1, Mid Kerry competition (change date). Hard luck to Mid-Kerry Minor players and Breda O'Shea Killarney Area Supervisor or call South Kerry Development Partnership Office on (064)6636572 for further information.

management who lost their County Final to East Kerry on Sunday last in Fitzgerald Stadium, Killarney.

BEAUFORT RAMBLING HOUSE: Next session will be held in Beaufort Community Hall on Saturday November 19th. More details later.



Cracking Christmas Offers



For further information contact O'Callaghan Coach Holidays, Rockfield, Tralee Rd, Killarney T: 064 6631095 • E: info@ocallaghancoachholidays.ie • W: www.ocallaghancoachholidays.ie



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Have you ever considered that it may actually not be what you are eating that is the problem but how much of it. "too much of a good thing can also be a bad thing ". When we take a healthy food like nuts for example; yes they are a fantastic clean healthy snack & rich source of protein, good fats etc, however if we eat too many of them we will easily tot up our daily calories quiet easily and end up scoffing half our daily calorie requirements in a few handfuls. And that is not to say this is a reason to stay away from nuts... Far from it.... Just make sure that your portion is a handful or if you want to be more accurate physically weigh your portion and check out the calories on the packet and count them up.

This is why counting your daily calories consumed & keeping a food diary can be a fantastic "habit change" for getting healthy and tracking what is going into our mouths daily. At the end of the day weight loss & fat loss is a bit of a maths equation. However it is important to not abuse this math and under eat as this has serious complication and side effects to overall health and if that doesn't scare you enough just remember it will slow down your metabolism so you will be at risk of gaining much more weight when you do return to normal eating . So keep it realisistic and within the guidelines. You will be at more risk of falling off the band wagon anyway and binging if you opt for a starvation diet so please dont try the quick fix option as there are not maintainable or realistic for long term success.

MORE TIPS NEXT WEEK... FITNESS WITH EDELE **087-7643449** WWW.FITNESSWITHEDELE.COM



CONTACT DES: 087 6593427



WASH NEW JEANS

Wash new jeans twice before taking them to the tailor. Why? Because jeans will always shrink in length when washed.

HEALTH TIP

TRY TO STICK TO BLACK TEA/COFFEE. Black tea or coffee can actually be good for you. But personally I would like to recommend tea rather than coffee. The caffeine in the coffee is not really good for you because it is an alkaloid and can affect other functions of your body like the metabolism.





Beauty tip Donest Neglect Your Elbours

It's easy to forget about your elbows, but they need just as much protection and care as other parts of your body. Cure dry elbows by massaging Bio-Oil onto them daily. You'll see and feel softer elbows in at least two days.



MOVE ON - DON'T HOLD ON!

There is a saying that goes, "Everything will change when your desire to move on exceeds your desire to hold on!" This is so true. So often in life we say that we want to make positive life changes but find ourselves repeating the same old habits, relationships, and "stories" over and over again. There are many reasons for this but the simplest one is that we're just not ready to live our lives without that habit or pattern. Our desire for something new is not greater than the desire to hold on to the old. Very often there is a fear in who we might be if we change and how that might affect others around us. When you are truly ready to live in a new way the change often happens in a much easier way than you have ever experienced before. The desire to change encompasses your mind, body and soul and you know that there is no going back – you simply have to move on!

You often see people making great changes when something happens in their life that really matters to them. For example, illness can be a huge catalyst for change. Suddenly, the desire to be healthy and well takes on an entirely different meaning and becomes the most important thing in your life. However, the key is not to wait until you are faced with a life crisis and begin to make choices on what really matters to you NOW and how you truly desire to live.

See more on my facebook page!

066 9766374 | life_coachingunlimited @yahoo.ie



32 Outlook 1/2 28.10.16

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Spiritual Intuitive Energy Healer

Trisha Moloney

Trisha Moloney is a Spiritual Intuitive Energy Healer, who is a native of Co. Kerry. She is holding workshops in Killarney this month.

Trisha works weekly in Tralee and Killorglin and has now started working in Killarney. Trisha says "my unique energy healing is a non-invasive treatment, very gentle yet powerful, life changing but very effective with immediate results. It treats everything from chronic anxiety, depression, emotional behavioural issues in kids, autism, ADHD, anger issues, digestive fatigue, low self-esteem issues (in teens), arthritis, trauma, headaches, migraine, back problems, to name a few."

Angels only philosophy is love.

Advice is also given on nutrition if required and Trisha also practices Cognitive Behavioural Therapy (CBT)

Opening New Healing Centre Soul Aurora in Tralee this October, across from Hennebery's Sports Shop.

Call: Trisha 085 1625095



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girl's Night Out!

Saturday, November 12th, 6.30pm

Join Us at THE BREHON For An Evening of Fun, Fashion & Food

Enjoy:

- · A glass of wine & Tapas
- · Anne Semonin shares tips on skin saves for the Winter months
- · Fuchsia Makeup Party Night Demonstration
- · Hair Demonstration by Pat O'Neill Style Suite
- · Beauty at the Brehon introducing CND nails
- · La Sultane de Saba age-old rituals & sensory experiences including a Gold Treasure Hunt
- · Discover new and exciting treatments at Angsana Spa
- Verso fashion from Cork will host a fashion show from their vast range of exclusive labels
- · Gifting ideas for Christmas
- · Special Offers on Retail and Spot Prizes throughout the evening
- · Our Thai therapists will be on hand to spoil you with sample mini treatments

Take home a luxury gift bag with our compliments. End the evening with Entertainment with DJ John Carlos in The Brehon Bar.





MC Mary O Donnell



Kerry ETB Training Centre



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

Digital Web Design with Adobe Dreamweaver (ET3Z6) - Tralee.

This course is for people who would like to combine creativity and computer skills to design, build and redesign web sites. **Start Date:** November 2016. **Duration:** 22 weeks. **Certification:** QQI Level 5 Component Certificates in Computer Illustrated Graphics, Web Authoring and Work Experience, plus Adobe Associate Certificate in Web Communication Using Adobe Dreamweaver.

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

This course is for people who are able to build and maintain static websites using HTML and CSS? It offers participants the opportunity to develop their MySQL and PHP knowledge and skills to create dynamic websites incorporating efficient and secure content retrieval from databases. **Start Dates:** 14th November 2016. **Duration:** 24 weeks. **Certification:** Oracle Certified Professional MySQL 5.6 Developer Cert & W3C Schools PHP Developer Cert.

Surf Instructor and Beach Lifeguard (ET1Z3) - Castlegregory.

The course offers participants the opportunity to develop the knowledge and skills to work as surfing and outdoor activity instructors. Participants will also receive lifeguarding and aquatic first aid qualifications. **Start Date**: 7th November 2016. **Duration**: 25 weeks. **Certification**: ISA Surfing Skills Instructor Level 1 Cert, Royal Lifesaving Society National Beach Lifeguard Qualification, and Aquatic First Aid & Cardiac First Response (PHECC) Cert.

MTA Software & Networking Fundamentals (ET1Z4) - Tralee.

This entry level course offers experience on the technical side of software development and computer networks. It's the ideal starter course for people considering a career in information and communication technology. **Start Date:** 28th November 2016. **Duration:** 12 weeks. **Certification:** Microsoft Technology Associate Certification.

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

This course covers the theory underpinning digital marketing and the skills required to carry out routine digital marketing tasks and implement digital marketing solutions. **Start Date:** 21st November 2016. **Duration:** 35 weeks. **Certification:** City & Guilds Level 3 Diploma in Digital Marketing 7513-30.

Traditional Stone Wall Construction (RT4R8) - Tralee.

This course offers participants the opportunity to develop the knowledge and skills required to build a variety of traditional stone walls. It's a hands-on course where participants learn the principles and techniques of stone working and dry stone wall construction using hand tools and locally sourced stone. **Start Date**: 9th January 2017. **Duration**: 25 weeks. **Certification**: FETAC Special Purpose Level 5 Award in Traditional Stone Wall Construction.

Healthcare Support (ETS97) - Tralee.

This course provides participants with the knowledge, skills and competencies to work as part of a multidisciplinary team in the provision of effective and appropriate healthcare supports to clients in a variety of care settings. **Start Date:** 23nd January 2017. **Duration:** 41 weeks. **Certification:** OOI Level 5 Maior Award in Healthcare Support.

Manual & Computerised Payroll and Bookkeeping (ET0Z5) - Tralee.

This course is for people who wish to develop a range of manual and computerised payroll and bookkeeping skills. **Start Dates:** 13th February 2017. **Duration:** 10 weeks. **Certification:** FETAC Level 5 Component Certificates in Manual and Computerised Bookkeeping and Payroll.

Cisco on-line Blended Learning (ETL62) - Tralee.

This course focuses on network infrastructure. It covers switching and routing, wireless access, security and connectivity used in local and wide Area networks. A combination of on-line learning and tutor led workshops are used to deliver it. Previous computer networking experience is required this course. **Start Date:** 13th February 2017. **Duration:** 15 weeks. **Certification:** Cisco Certified Network Associate Certification (CCNA).

Digital Media Production Course (TRY18) - Tralee.

The Digital Media Production course offers participants the opportunity to learn and develop real-world production skills in a broad range of media disciplines. The course covers design, digital imaging, photography, sound, video, digital publishing and media project management. **Start Date:** 20th February 2017. **Duration:** 52 weeks. **Certification:** City & Guilds Diploma in Media Techniques 7601-03.

Fibre Installation Technician (ET08632) - Tralee.

36 Outlook 28.10.16

This course is designed to provide the communications cabling industry with personnel who have the specialist knowledge and skills to install, fault find, repair and test fibre optic and copper communications networks. **Start Date:** 27th February 2017. **Duration:** 24 weeks. **Certification:** City & Guilds Level 2 Award in Communications Cabling (3667-02).

To apply or get further information on any of the above courses please contact Kerry ETB Training Centre,

Monavalley Industrial Estate, Tralee, Tel. 066 7149600 | 066 7149638 | 066 7149676, www.kerryethtrainingcentre.ie , E-mail: training@kerryethtrainingcentre.ie





TAX Matters with



HELP TO BUY (HTB) INCENTIVE

A Help to Buy incentive is being introduced which is designed to assist first-time buyers with obtaining the deposit required to purchase a home or, first-time home owners looking to build their own home (self-builds).

The incentive will only be available in respect of principal private residences.

The relief will take the form of a rebate of an amount equal to income tax (including DIRT) paid over the previous four tax years.

The maximum rebate available will be up to 5% of the purchase price of a new home valued at up to €400,000. Where a new home is valued between €400,000 and €600,000, the maximum rebate (i.e. €20,000) will continue to be available. No rebate will be available for new purchases costing over €600,000 or new-builds valued at over €600,000.

The relief will be linked to a mortgage being taken out for a minimum of 80% of the purchase price, or in the case of a self-build, 80% of the valuation approved by the mortgage provider.

Relief will be provided at deposit stage (signing of contract) or, in the case of a self-build, following the drawdown of the first tranche of the relevant mortgage.

The incentive will be available, where all of the conditions are met, in the period commencing on 19 July 2016 and ending on 31 December 2019. Claimants will be able to apply online to Revenue for the relief from January 2017.

Allman House, Tralee Road, Killarney, Co. Kerry T: 064 6632045 E: info@obriencoffey.ie W: www.obriencoffey.ie

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



On the Box

Soap News Round Up

CORONATION STREET

News: There's murderous drama on the horizon for Maria Connor. When Caz Hammond mysteriously disappears over Halloween, Maria finds herself in the frame for her supposed murder.

This Week: Alex is smitten with Gemma, Peter and Simon bond and Yasmin discovers Sharif's affair.

EMMERDALE

News: Bosses at the Dales based soap are planning the wedding of the New Year as Robert Sugden and Aaron Dingle prepare to walk down the aisle. The wedding will take place early in 2017 but will everything go to plan?

This Week: Dan learns that Kerry cheated with Ross then she kisses Sam, Zak cheats with Lisa and Priya and Rakesh's marriage ends.

EASTENDERS

News: Lee Carter and Whitney Dean's nuptials are now upon us but are Eastenders planning a surprise exit as well as a surprise return. Whitney's brother Ryan is on his way back but with Lee set to depart the Square very soon, will Whitney get her happy ending?

This Week: Dot makes a confession to Patrick, Belinda and Masood grow closer and Phil's will causes chaos.

Killarney Outlook



SOLAS

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NDP

Construction Skills



Know Your Rights: **FLU VACCINATION**

QUESTION

I have been told I need to get a flu vaccine. Can I get it for free?

ANSWER

The Influenza, usually known as the flu, is highly infectious and anyone can get it. However some groups are at greater risk of complications if they get the flu. This includes people over the age of 65, pregnant women and people who have a chronic medical condition.

The flu vaccine can help protect you from getting the flu. The flu virus changes every year and this is why there is a new vaccine each year. Vaccination is strongly recommended if you:

• Are aged 65 and over

· Have a long-term medical condition such as diabetes, heart, kidney, liver, lung or neurological disease

• Have an impaired immune system due to disease or treatment

- Have a body mass index (BMI) over 40
- Are pregnant
- · Live in a nursing home or other long-stay institution
- Are a carer or a healthcare worker
- Have regular contact with poultry, water fowl or pigs.

You can get the vaccine from your GP (family doctor) or pharmacist. Children can get the vaccine from a GP. The vaccine itself is free of charge if you are in one of the recommended groups.

However, doctors and pharmacists may charge a consultation fee when they give you the vaccine.

If you have a medical card or GP visit card you can get the vaccine without being charged a consultation fee.

Further information is available from the Citizens Information Centre below.

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

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

SouthWest Counselling Centre UNHEALTHY RELATIONSHIP PATTERNS

Do you find yourself repeating similar patterns in different relationships or in a particular relationship over time. Perhaps you often feel lonely or jealous in your relationships. Maybe you try to earn the other person's attention by being overly nice or giving without paying heed to your own needs or desires. Do you fear rejection or being abandoned? Could it be that you choose partners who are distant and can make your feel and/ or believe that you're not good enough. Do you focus so much on your partner that they feel stifled? Often these patterns can reflect our inner experiences and our beliefs about ourselves and our emotional availability to others.

Psychologist John Bowlby defined attachment as a 'lasting psychological connectedness between human beings' and attachment theory can help us to understand the ways in which we connect with others – particularly those who are emotionally significant to us. We develop our attachment style in childhood - and the way in which our parents and/or caregivers responded to us will impact on our relationships.

For example, a child who believed that the only way he/she could be loved was when they were doing something for others, may grow up believing that they need to earn the attention and love of others. Adults who believe they are inadequate and unworthy of love may have learned this in their early years - which will inevitably lead to difficulties in their relationships. They may believe that the other will leave them or that they are going to disappoint the other – leading to them clinging to the relationship and/or getting jealous easily.

However, the good news is that with awareness we can discover our own attachment style and learn to cultivate healthier relationships. Some of the ways in which we can bring more awareness to our relationship patterns include the following:

1. Bring your awareness to your bodily sensations. How do you feel in your body? Being aware of this can help you to understand how you are feeling and/or thinking.

2. What thoughts are you thinking about you/ the other? How do these thoughts impact on your feelings and emotions?

3. Which emotions do you struggle with - how do these emotions affect your thoughts and beliefs about yourself?

4. Are you overly self-critical? Can you show yourself some selfcompassion, support and care the way you might a close friend or a small child?

5. Learn to communicate more directly about your thoughts, feelings and needs. Once you become aware of what these are then you can express them more fully to others.

Next week we will focus on the importance of communication and how counselling can help us to find our own voice, and become more confident as we make ourselves known to another person.

SouthWest Counselling Centre Killarney provides affordable professional counselling to children, adolescents adults and couples – both at its Killarney Centre (Lewis Road) and at Kenmare

Family Centre. info@southwestcounselling.ie. Kerry LifeLine provides FREE counselling and support to anyone feeling suicidal or bereaved through suicide. info@kerrylifeline.com To make an appointment call 064 6636416.



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

Killarney Outlook



PICTURE PARADE



Sheila O'Regan Derryquin Sneem daughter of Mary and Barry O'Regan who married Andy Savage Sneem/ Lake District England son of Beryl and John Savage. Pictured with their wedding party at D O'Sheas Bar Sneem L:R: Stephen Smith, Paul Ireland, Amy Lee O'Regan, and Carmel Dunne. Photo: Lisa O'Shea.



Pictured at the Arbutus Hotel for the Active Retirement Coffee morning raising funds for Killarney Cardiac Response Unit were L-R Annette Sheehan, Bridie O'Carroll, Mary Ryan (Chairperson of Killarney Active Retirement), Tim Kelleher, Ann O'Sullivan & Kathleen O'Leary. Picture Marie Carroll-O'Sullivan



LISA (LEFT) & MAUREEN HEGARTY (RIGHT) PICTURED WITH THEIR MUM NANCY HEGARTY OF KILLARNEY ACTIVE RETIREMENT WHO RECENTLY HELD A COFFEE MORNING AT THE ARBUTUS HOTEL RAISING FUNDS FOR KILLARNEY CARDIAC RESPONSE UNIT. PICTURE MARIE CARROLL-O'SULLIVAN

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



Jacintha O'Connor Killorgan and Martin Lyne Kilcummin got married on 23rd Septemebr in Our Lady of Lourdes Church Kilcummin and held their receptions in the Towers Hotel Glenbeigh



PICTURED AT THE ARBTUS HOTEL FOR THE KILLARNEY ACTIVE RETIREMENT COFFEE MORNING WHICH WAS HELD TO RAISE FUNDS FOR KILLARNEY CARDIAC RESPONSE UNIT BACK ROW L-R NIKKI & SUSAN TADDEI (KCRU). FRONT ROW L-R TRACY MCCARTHY, KAY KELLEHER, MARY MCCARTHY & MIKE MCCARTHY (KCRU). PICTURE MARIE CARROLL-O'SULLIVAN



KERRY DEER SOCIETY OUTING ON OLD KENMARE ROAD, TOOK PLACE IN BEAUTIFUL WEATHER LAST SUNDAY.

RATHMORE LAUNCH STRICTLY COME DANCING

Rathmore Strictly Come Dancing takes place on 8th December at 8pm in the INEC, Tickets are $\in 20$ each and are available from the Washbasket in Rathmore, from the INEC ticket office.

They will also be available from any Rathmore club officer and all dancers. Rehearsals are already underway with Joe Burkett at the helm and the show promises to be a great nights entertainment for all. Visit the Facebook page, Strictly Come Dancing Rathmore to view the dancers and for any other information.



THE DANCERS TAKING PART IN RATHMORE STRICTLY COME DANCING.



THE KENMARE BAY HOTEL & RESORT WAS THE OVERALL WINNER OF THE BOOTS MATERNITY & INFANT AWARDS 2016 BEST FAMILY HOTEL/ HOLIDAY DESTINATION. THE AWARDS TOOK PLACE IN THE ROYAL MARINE HOTEL, DUN LAOGHAIRE, CO. DUBLIN RECENTLY. PICTURED ARE THE STAFF AT THE KENMARE BAY HOTEL: SILE, DANI, HELEN, MICHAELA, LEE, ALAN & ESME.



Deadline: Monday 3pm Email: editorial@outlookmags.com

TOUGH CLARE TEST AWAITS FOR DR CROKES

AIB MUNSTER SENIOR CLUB FOOTBALL CHAMPIONSHIP QUARTER-FINAL

Kilmurry / Ibrickane (Clare) v Dr. Crokes (Kerry)

Sunday October 30th at 1pm VENUE: Ouilty

Pat O 'Shea will lead his Dr Crokes side back into Munster Senior Club action this week as the Killarney go in search of a 6th Munster title. Kilmurry/Ibrickane are no stranger themselves to the Munster Club scene having captured titles in 2004 and 2009 as well as a losing a final in 2008.

Since Crokes captured their first title in 1990,

they have gone on to win in 1991, 2006 before a golden period saw them record a three in a row, winning out in 2011, 2012 and 2013. Indeed their last victory in 2013 came at the expense of the Clare side Cratloe when relief was the order of the day with a 0-13 to 0-12 win.

Clare sides have proven exceptionally awkward for Kerry champions over the years with very little between the sides. In 2003, a strong An Ghaeltacht side had only two points to spare over St. Senan's Kilkee 1-8 to 1-6. In 2009, Kerins O'Rahillys lost out by a point to Kilmurry / Ibrickane in 2009

Crokes will head into the game as most

people's favourites especially on the back of their fine performance in County final when they rather easily dismissed the challenge of Kenmare District. This year they have seemed a little fresher and with a number of their players back to full fitness from injuries over the past few years, they look set for a charge for the Munster title. Kilmurry / Ibrickane will pose a real danger on Sunday as they too have regained their county crown and with the Clare club football always at a high standard expect little to separate the sides.



THE DR. CROKES TEAM WHO GO IN SEARCH OF THEIR 6TH MUNSTER TITLE ON SUNDAY.

MOYNIHAN'S MARVELS' DOMINATE SECOND HALF SHOW

EAST KERRY 3-16 MID KERRY 0-9

Former Kerry team-mates Seamus Moynihan and Sean O'Sullivan were on opposite sides of the fence as they led their sides into combat in the Keane's Supervalu County Minor Football Championship decider at Fitzgerald Stadium on Sunday with Moynihan enjoying his first successful foray into management as his side recorded a convincing win over Mid Kerry.

Nine Kerry minors were on duty for both sides so hopes were high that this final was going to be a cracker.

Yes, Mid Kerry certainly did pose plenty of problems for East Kerry in the early stages but it wasn't until the second half when they got the necessary scores that East Kerry began to dominate.

East Kerry, with the aid of the breeze in the first half were slow to settle as Mid Kerry made the early running and posed plenty of questions for the favourites.

It wasn't until David Spillane scored their first goal on the quarter-hour mark following magnificent approach work from Mark Ryan and Shane O'Sullivan that Seamus Moynihan's side gained a vital advantage.

Points from Spillane and David Clifford (2 each) and one each from Dara Roche, Daniel O'Brien and Shane O'Sullivan in reply to Mid Kerry scores from Caolim Teaham, Neil O'Brien, Fiachra Clifford (f), Patrick Daly (f) and Ciaran Kennedy gave East Kerry a 1-7 to 0-5 interval lead.

Mid Kerry scored in the early stages of the 2nd half when Ciaran Kennedy pointed but East Kerry with Kerry minor sensation David Clifford with four points in a row, pushed clear.

With the scoreboard reading 1-12 to 0-6 with 14 minutes remaining in East Kerry's favour, the boys from Sliabh Luachra could sense that this was their day.

Seamus Moynihan rang the changes at this stage of the game and it was very noticeable that subs Niall McCarthy and Ian Roche both made major contributions when introduced and scored 2-2 between them, while first-half sub, Dean Fitzgerald managed two points as well, one in each half. Teams and Scorers

EAST KERRY: Conor McCarthy; Chris

O'Donoghue, Eoghan Cronin, Cian Gammell; Connie O'Connor, Daniel O'Brien (0-1), Pa Warren; Mark Ryan, JJ Herlihy; Dara Moynihan (0-1), David Spillane (captain 1-2), Aaron McCarthy; John O'Leary, David Clifford (0-7, 0-5 frees), Shane O'Sullivan (0-1).

SUBS: Dean Fitzgerald (0-2) for JJ Herlihy (25 mins); Niall McCarthy (1-1) for John O'Leary (half-time); Dean Crowley for Eoghan Cronin (half-time); Sean O'Leary for Connie O'Connor (40 mins); Ian Roche (1-1) for Shane O'Sullivan (47 mins), Damian Cronin for Aaron McCarthy (56 mins).

MID KERRY: Cormac Leane (capt); Jonathan Kissane, Cormac Coffey, Ciaran O'Connor, Caolim Teahan (0-1), Neil O'Brien (0-1), Patrick Carey; Oisin O'Connor, Mike Breen; Fiachra Clifford (0-1, 1 free), Ciaran Kennedy (0-5, 0-2 frees), Patrick Daly (0-1); Dara Cleary, Dara Casey, Darragh O'Connor.

SUBS: Jamie Clifford for Dara Cleary (40 mins); Ian McGillycuddy for Oisin O'Connor, Cian O'Shea for Pa Daly (53 mins) Cian Bradley for Neil O'Brien (53 mins).

Referee: Eamonn Moran (Ballydonoghue).







DR CROKES U16 TEAM, EAST KERRY CHAMPIONS.

FIRIES COISTE NA NOG U16 DIVISION 4 EAST KERRY FINAL:

Congratulations to our U16 boys who had a comprehensive victory against Currow in the U16 Division 4 East Kerry Final on Sunday, 23 October 2016. Played in optimal conditions in Cordal, our young men came home with the spoils on a scoreline of Firies 4-11 Currow 2-12 Well done to all the boys, their coaches and mentors

GNEEVEGUILLA GAA

GNEEVEGUILLA GAA LOTTO: Numbers 15, 24, 27, 30. No jackpot winner next weeks jackpot €5,000.

GNEEVEGUILLA GAA HALLOWEEN FANCY DRESS PARTY: Is on October 30th in the club bar. Live music on the night and loads of spot prizes everyone welcome.

RATHMORE GNEEVEGUILLA GUN CLUB: are holding there annual fundraiser on 1st of November in Gneeveguilla club bar in Aid of Gneeveguilla Renewal Fund followed by music on the night. Any queries contact Flor O'Riodan at 0873852276, M Foley at 0879061778.

GNEEVEGUILLA SENIORS: Will play Dr Crokes on November 5th at 2pm in fitzgerald stadium please support.

GNEEVEGUILLA LADIES COMMITTEE RAMBLING HOUSE: November 5th in the hall everyone welcome.

AGM: Gneeveguilla GAA AGM on December 2nd at 8pm sharp

DR. CROKES GAA O'DONOGHUE CUP QUARTER FINAL

DR. CROKES 0-15 LISTRY 0–6: Despite the nine points victory by us, this was not a one sided game. Listry were very competitive throughout and made us work hard to gain possession and record scores. We did however score from long range better than them, and had six players on the score sheet.

We got off to a good start and had four unanswered points in the first seven minutes. Listry had a point in the 9th minute but the last twenty minutes belonged to us as we sent over six points without reply from six different scorers, to go in at half time 0-10 to 0-1.

In the first few minutes of the second half our opponents had two points to our one. For the next five minutes we again got a grip on the game, scoring three points and went into an eleven point lead. With twenty minutes to go, Listry had their most productive time in the game. In the next fifteen minutes they sent over three points without reply. The final score of the game fell to our Tony Brosnan, a point in the last minute. Our Mentors would have been happy with our display as we approach next weekend's Munster Club Championship game, away to the Clare winners.

DR. CROKES SENIOR LADIES COUNTY LEAGUE CHAMPIONS 2016: Our senior

ladies claimed the division 3 county league with an emphatic display of clinical football and wonderful never say die attitude. The girls came from 5 points down in the first half to win the game with plenty to spare. This is a young team and the future looks to be bright for ladies football in the club. The game played in Listry against Kilcummin who had beaten the girls in an early round but they learned and made sure it was not going to happen again. Dr. Crokes pressed up and turned over ball regularly and the unselfish running by all the team made it impossible for Kilcummin to get near them. Some wonderful scores from Kate Stack, Amanda Brosnan, Edel Cronin, and the wonderful passing by Reanne O'Shea. Liz Moloney and Megan Buckley was a joy to watch. The half backs found Christine Cooper running freely and the imposing Kayleigh Cronin were a huge barrier to Kilcummin getting anywhere near the Crokes goal. We led the game The half time score was 1-6 to 0-10 in favour of Dr. Crokes. The second half was more productive and the girls drove their advantage. Edel Cronin scored 1-2 and Megan Buckley also goaled to kill the game as a contest. Points from Kate Stack and a final goal from Marian O'Callaghan meant the contest was well and truly over. Some wonderful defending by Siobhan Burns in particular who was tested in lots of ways by Kilcummin but always had the answers for them, and ably assisted by Roisin Doherty, Edel Carroll, superb keeper at the tender age of 14 was astonishing all season and captain Karina O'Leary kept Kilcummin to 5 points in the second half with 3 of those frees. Megan Kiely was introduced early in the game and was a terrific outlet for the defence. Manager and coach Brendan O'Connor hailed the girls for their hard work all year and indeed the girls rewarded his unselfish efforts with a truly worthy performance, The final score Dr. Crokes 3-14 Kilcummin 1-11 selectors Mark Cooper, Catherine Keogh and Jason Stack are to be commended for their work as well. On a sad note it was to be the final performance by a ladies stalworth - Edel Carroll who is heading to Australia for a time - we wish her all the very best she will be hugly missed and will strengthen a team in Aussie of that there is no doubt.

U16 EAST KERRY CHAMPIONS: After 160 minutes of football, two drawn games and extra time, the Dr Crokes' boys dug deep and with great resolve and no little skill, drove out a fantastic victory over Fossa by the narrowest of margins 2-15 to 2-14 to claim the U16 East Kerry Championship. What a game, what a win and no more than this team deserved.

With the aid of a good breeze, Crokes entered an early lead, primarily through the boot of Seán Magann. Roan Delaney created trouble up front and was double-marked. Meanwhile, David O'Mahony kept our onion bag safe and our full-back line of Mark Cooper, Caolan Ryan and Ger Cronin kept the opposition's firing power at bay. The major score in the first half followed a good piece of flowing play from the Crokes' side that ended in a shot, which was parried, only for Josh Fleming to pounce and rattle the net. Playing against a stiff wind in the second half, our first half lead was lost. Although Captain Fionnbharr Hickey, Seán O'Neill and Gary O'Connor mastered at midfield and nullified the opposition danger from that source. Harry Potts and Lorcan O'Hare Wyatt made a huge impact on the game with man of the match Fionn O'Doherty sweeping up everything that came his way. At full-time the sides were still level and extra time was called. Lee Downing and Eoin Moynihan kept the pressure on and a fantastic goal was manufactured, brilliantly finished off by Michael Lenihan. A late easy penalty against us left the last few minutes with a lot of defending to do. But Crokes defended solidly with confidence and finished the game off with a well-deserved win to become East Kerry Champions.

HALLOWEEN PARTY: Fancy dress party for kids on Friday 28th at 6.30pm in Clubhouse. Prizes on the night. All Welcome.

A DATE TO KEEP IN MIND: Crokes Social for this year will be on December 29th - More detail to follow.

PROGRESSIVE 31: Progressive 31 returns on Wednesday 9th of November at 8pm. Everyone welcome. Bring €5 and a partner.

LOTTO: Lotto results for Monday 17th of October - 12 15 18 20. Jackpot \in 9900. Not won. Match 3 3 by \in 135.

Lotto results for Sunday 23rd of October - 3, 17,



Deadline: Monday 3pm Email: editorial@outlookmags.com

18, 23. Jackpot €10200. Not won match 3 9 by €45. Next draw on Monday 31st of October in Tatler Jack. Jackpot €10500.

SPA CLUB NOTES EAST KERRY MINORS ARE COUNTY

CHAMPIONS: Well done to East Kerry minors on a great victory over Mid Kerry. Red hot favourites going into the final but Mid Kerry gave it their all throughout the game. East Kerry just had the edge all over the field and when the subs were introduced all contributed to the victory. Legion Goal keeper Conor McCarthy, was solid between the posts and pulled off three excellent saves along with the excellent fielding on the goal mouth. Dan O'Brien, Glenflesk, was excellent and with his skill and experience and deserved his accolade of Man of the Match. Captain, Spa man, David Spillane was superb from start to finish, scoring 1-2 with numerous assists. A proud day for the club bringing home the Frank King Cup to Spa. A bon fire welcomed the young team to Spa to a great crowd. Spa Chairman, Gerard Mangan thanked everyone and said it was great to host the Captain's homecoming to Spa. Manager Seamus Moynihan praised all his players, paying special tribute to the five Spa players: David Spillane, Dara Moynihan, Eoghan Cronin, Niall McCarthy and Dion Marcos. Seamus said that the players took pride in their East Kerry jersey and the talent in East Kerry is in a really strong at the moment. Well done to East Kerry Board and hopefully this is the start of many more accolades to come.

UPCOMING FIXTURES: O'Donoghue Cup Semi Final. Spa v Rathmore home Saturday November 19th at 2pm.

East Kerry Minor Championship.

Saturday 29th October at 3pm. Quarter Final Spa v Cordal/Scartaglen.

HOP BALL: Coiste na nÓg fundraiser at 8pm on November 11th in the Torc Hotel. A lively questions and answers night with GAA stars hosted by Dara O'Cinneide. Panels on the night include former club legends who played for Kerry Mick Gleeson, Donie O'Sullivan, Paudie O'Mahony and Mike McAuliffe. Also on stage will be our 5 all Ireland winning minors of the last three years. Headlining the event will be special guests from Dublin Brian Fenton and Ciarán Kilkenny, as well as current Kerry players, Donnchadh Walsh and Darran O'Sullivan who will all renew rivalry on stage. The event is being generously sponsored by Simply Suits. Tickets are limited and now on sale €15 from the Torc Hotel and Simply Suits as well as Ivor Flynn, Tadhg Hickey, Stam O'Donoghue and Andrew Garnett.

LADIES FOOTBALL: U-6/U-12 girls will not have any training on the 29th October and 5th November due to mid term. We will recommence training again on Saturday 12th November 10-11am.

SENIOR LADIES: Hard luck to the ladies when they were defeated by Kilcummin in the Mary Jo Curran Final. A determined team who fought a great battle but lost out to Kilcummin in the end. Speedy recovery to Katie O'Brien who suffered an ankle injury. A well deserved rest for the players and management of Timmy Fleming, Tim O'Connor and Tom Doherty.

SCOR NA NÓG: Scor Na nÓg: Best of luck to our competitors in East Kerry on Saturday 29th October at 2.30pm in the Race Course (Celtic Steps) Set dancing: Aine Brosnan, Ava O'Sullivan, Erin Holland, Meghann Cronin, Kianan O'Doherty, Liam Spillane, Gary O'Sullivan, Cian O'Sullivan.

Figure Dancing: Alice O'Donoghue, Aislinn O'Donovan, Lia Murphy, Ailbhe Gallagher, Erin Holland, Ava O'Sullivan, Meghann Cronin, Aine Brosnan, Kate Lawlor.

LOTTO: No winner in the Killarney Heights. Numbers drawn: 11, 13, 16, 24.

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

SPA MERCHANDISE: Contact Mathilda for the new range of fantastic gear 087 6487356. WEDDING: Congratulations to former Senior player Tomas Lynch who married Amy Govett recently. They reside in Melbourne, Australia.

EAST KERRY NOTES **AQUILA CLUB O'DONOGHUE CUP** DR CROKES 0-15 LISTRY 0-6: Fresh from

County Championship victory, Dr Crokes received a guard of honour from Listry before their O'Donnoghue Cup encounter last Saturday, sponsored by The Aquila Club, Gleneagle Hotel. This was Colm Counihans last game for Listry and he was accorded a similar tribute after the game. Dr Crokes ran up a 0-10 to 0-1 scoreline in the first half. By the 10th minute, Dr Crokes had raised 5 white flags from Kieran O'Leary (2), Daithi Casey (2) and Bryan O'Shea while a 30metre free by Derry Aherne was Listry's sole reward. Intriguingly, for the next 10 minutes. Dr Crokes didn't penetrate the Listry defence, but the continual pressure eventually yielded another 5 points for O'Leary, Tony Brosnan, Jordan Kiely, Bryan O'Shea and a 45 from keeper Shane Murphy. Listry had a few chances, the best of which took a top class save by Shane Murphy from a Joe Clifford goal attempt. Half time Dr Crokes 0-10 Listry 0-1.

To Listry's credit, they continued to compete and had a more productive second half where honours were even on the scoreboard. Derry Aherne and Paul O'Donoghue added 2 Listry points with Daithi Casey (2) and Bryan O'Shea responding for Dr Crokes to leave the score at 0-13 to 0-3 at the end of the third guarter. Listry continued to work hard in defence and for the next 15 minutes managed to repel numerous onslaughts to hold Dr Crokes scoreless. Derry Aherne (2) and a well taken 45metre free by Damien Clifford brought the score to 0-14 to 0-6 as full time approached. Jordan Kiely had the final score of the game to see the Dr Crokes side into semi final against Gneeveguilla on a score of Dr Crokes 0-15 Listry 0-6. Daithi Casey

was the Aguila Club Man of the Match. Referee: Donal Donnelly, Kilcummin. **FR GALVIN CUP – FINAL**

FOSSA 1-16 FIRIES 1-14: Fossa won the Fr Galvin Cup, named after their former parish priest, on Saturday after a very entertaining, closely fought game, sponsored by The Aguila Cub, Gleneagle Hotel. The sides were level on 6 occasions and it might have been a 1 point win for Firies but for a great save by Fossa keeper late in the game. Fossa opened the scoring 35 seconds from throw in. Firies went 2 points ahead but Fossa levelled after 5 minutes. The sides exchanged points to remain level on the 12th minute. Fossa dominated around the middle area of the field and profited with 3 points, Fossa 0-8 Firies 0-5 after 25 minutes. However, Firies hit a purple, scorng 3 points - all square at 0-8 approaching half time. A scatter of points had the minimum between the sides at the break: Fossa 0-10 Firies 0-9

On resumption, Firies ran at the Fossa defence winning close frees and levelled the game within a minute. It was tit for tat. Fossa replied and pulled ahead. The sides traded points and the score read Fossa 0-13 Firies 0-11 ten minutes into the half. Then came the decisive score. A Firies kickout was knocked down by Fintan Coffey and collected by Mikey Shea; O'Sullivan raced out for the pass and whipped it across goal to Tadgh O'Shea who made the net billow. 1-13 to 0-11 in the winners favour. Firies then took the game to Fossa, but saw goal shot skim narrowly wide. Fossa widened the gap to 6 points 1-15 to 0-12 with 10 minutes remaining. However, Firies never yielded and after a point from play Firies attacked from the kickout. Colm O'Shea powered through to the square, hitting a rasper. Keeper Colin Myers parried the shot but Ed Kerrisk pounced and goaled for Firies. Game on. Fossa leading 1-15 to 1-13 with 6 minutes left. Firies attacked again, Conal Murphy worked his way into the danger zone but was denied by a great save from keeper Colin Myers. In an intense finish Fossa and Firies each pointed a long distance free. Final score: Fossa 1-16 Firies 1-14

East Kerry Chairman Tim Ryan presented the Fr Galvin Cup to Captain Domnhaill O'Sullivan and the Aquila Club Man of the Match award to Paudie Clifford, Fossa.

Referee: Denis O'Sullivan Scartaglen.

CONGRATULATIONS: Heartiest congratulations to the East Kerry Minor team and management on winning the County Minor Championship title on Sunday.

EAST KERRY U16 CHAMPIONSHIP REPLAY- DIVISION 2 FINAL DR CROKES 2-15 FOSSA 2-14 (AET)

Dr. Crokes came out winners by the minimum when Fossa and Dr. Crokes served up a great game which went to extra time, in the replay of the MD O'Shea, EK U16 Championship Division 2 Final. This game had everything. Good scores, great blocking and great heart. Fossa opened the scoring with 2 points from play. Three Dr.







LEGION UNDER 16 TEAM THAT WON THE EAST KERRY DIVISION 1 CHAMPIONSHIP FINAL AGAINST CORDAL/SCARTAGLIN PLAYED IN FOSSA. FRONT ROW: CIAN O'LEARY, JACK ENRIGHT, IAN PRENDERGAST, CONOR LUCEY, MICHAEL DEVLIN, CONOR O'LEARY, BARRY SLATTERY, PETER O'SULLIVAN, TADGH DOOLAN, JACK HANRAHAN (CAPT), KIERAN O'DONOGHUE, OWEN BENSON. BACK: DION 'NEILL, DAMIEN MURHILL, ADAM KISSANE, EVAN SMITH, DARREN LOONEY, DARRAGH LYNE, ROBERT OSBOURNE, RYAN O'GRADY,

Back: Dion 'Neill, Damien Murhill, Adam Kissane, Evan Smith, Darren Looney, Darragh Lyne, Robert Osbourne, Ryan O'Grady, David Culloty, Niall McGillycuddy, Donal Lucey and Jack Corridan. Photo: Tommy O'Regan.

Crokes points put the Lewis road side ahead before they struck for a goal from Fionbharr Hickey 1-3 to 0-2. A Ryan Sheehan goal for Fossa reduced the gap to the minimum 1-3 to 1-2. A Fossa point to four for Dr Crokes left the halftime score: Dr. Crokes 1-7 Fossa 1 -3.

In the second half, Fossa came out with renewed determination. Play continued at pace with the sides evenly matched. Fossa notched up 10 points to 6 for Dr Crokes, leaving the sides level 1-13 a piece at the end of normal time. In the first period of extra time Dr. Crokes pulled ahead with a point and goal from Josh Fleming – 2-8 to 1-3 at the break. Fossa fought back In the second period of extra time, with a Cian O'Shea goal and a point. With the final whistle approaching excitement was at fever pitch and Dr. Crokes pointed to win by the minimum 2-15 to 2-14. Sean O'Sulivan, EK Coiste na nÓg, presented the trophy to Dr. Crokes captain Fionnbharr Hickey.

DIVISION 1 FINAL: KILLARNEY LEGION 2-16 CORDAL/SCARTAGLEN 1-9:

Played in Fossa in near perfect conditions, it was Killarney Legion who got off to the better start as they raced in to an early lead with 4 points - Michael Devlin (2f), Ryan O' Grady, Peter O'Sullivan. Cordal/Scartglens replied with an Eddie Horan pointed free 0-6 to 0-1 after 15 minutes. Cordal/Scartaglen came into game In the second guarter and had reduced the gap to a single point, by the 26th minute after Eddie Horan converted a penalty. However, Legion responded with a goal from Darragh Lyne in the 28th minute after good team work. Half Time score Killarney Legion 1-9 Cordal/ Scartaglen 1-4. On the restart, Legion guickly added points, (Ryan Grady, Darragh Lyne, Jack Enright). Eddie Horan replied with 3 points - 1-14 to 1-7 in favour of Legion going into the last quarter. Ryan Grady struck for Legions second goal in the 48th minute and took control for the remainder of the game. Cordal /Scartaglen tried hard but Legions work rate in defence was excellent. Final score: Killarney Legion 2-16 Cordal/Scartaglen 1-9. Sean O'Sullivan, EK Coiste na nÓg presented the trophy to Legion captain Jack Hanrahan.

EAST KERRY SCÓR NA NÓG FINALS:

East Kerry Scór na nÓg Finals, sponsored by Killarney Credit Union, Saturday at 2.30m in Killarney Racecoure.

AWARD 1 YOUTH COACHING COURSE:

East Kerry/ Kenmare clubs are invited to send one coach to the Award 1 Youth Course taking place in Firies GAA club. Club coaches working with players between U14 - U18 age groups will gain valuable experience on the course. The course content will be a mix of theory and practical. It is hoped that all clubs will be represented on the course. The following are the dates and times: Wednesday 9th November 7 pm to 10 pm. Saturday 12th November 11 am to 3 pm. Saturday 19th November 11 am to 3 pm. Closing date for coaches to apply is Friday 4th November 2016. The cost of the course is €25. Contact Vince Cooper East Kerry/ Kenmare for further details.

LEGION GAA NEWS U-16 EAST KERRY DIVISION 1 FINAL

Bright sunshine with a cool breeze greeted the large crowd at Fossa where the football certainly raised the autumn temperatures. A quick start from the Legion forward line saw them race into an early lead with Micheal Devlin and Ryan Grady especially prominent. The hard work of Tadhg Doolan, Darragh Lyne, Peter O'Sullivan and Jack Hanrahan led to the creation of chances while Darren Looney and Jack Enright foraged long and hard. Ryan O'Grady stole in for a goal but the Horan brothers-inspired Cordal/Scart fought back to stay in touch at the break. Half time score: Killarney Legion 1-9 Cordal/Scart 1-4. The second half started in similar fashion with Barry Slattery and Kieran O'Donoghue anchoring the defence. The forward line continued to move the ball well and early in the second half a Cordal/Scart player was red carded. This was the cue for Legion to up the ante and Ryan O'Grady slalomed through for a breathtaking goal and from then on it was a steering job. That said the defence with the two Conors, Lucey and O'Leary, Adam Kissane and Evan Smyth holding firm had to withstand a late rally. When the final whistle blew the scoreline read 2-16 to 1-9 and Legion had given the bench a welldeserved run. Full marks to Donal Donoghue, Conor McNiece, John O'Leary and Mike Hanrahan with Noel Kelleher assisting. They had their troops in top order at the end of a long and busy year.

EAST KERRY MINORS: Huge congrats to Cian Gammell, Conor McCarthy, Mike Pierce and the unfortunately injured Peter McCarthy who all played a huge part in East Kerry's minor County Championship win over Mid Kerry in Fitzgerald Stadium last Sunday. After a tight first quarter East Kerry took over to run out convincing winners. County Championships in Kerry aren't easily won so well done to our Legion quartet.

VOLUNTEERS: With an ever-increasing playing population, the club is always anxious to ensure that every player is given the best possible coaching and education for the game. We are always thankful for the hard work and dedication of our members who volunteer to help out and assist with each team. As always we are looking for new people to become involved. The 2016 playing season is almost complete and has been both rewarding and busy. All this would not be possible without the input of our volunteers. With this in mind and looking ahead to 2017 we would like to invite anyone who would be interested in getting involved in any team at any level to let us know. "Many hands make light work". A committee of four is now in place with the task of putting together for ratification by the Club Executive juvenile management teams for next year. Paddy Osborne, Barry Slattery, Seán Culloty and Tommy Galvin comprise this committee. If you are interested in any way, big or small, please contact one of the committee members. Thank you.

SCÓR NA NÓG: We are currently looking for contestants for Scór na nÓg which runs up to U-17 level. The categories are ballad, recitation and quiz. Any willing musicians, singers or brain boxes out there can contact Scór Officer Carolann Spellman at 086 1709322. With a great showing at Scór na bPáistí earlier this year we are striving to equal or better it at Scór na nÓg. The event takes place at the end of the month.

SATURDAY MORNING ACADEMY

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

CONDOLENCES

The club would like to pass on its condolences to the family of the late Carmel McCarthy (née O'Connor) who passed away last week. Carmel's grandson Darren and granddaughter Carmel are current players with our underage teams while Selina, who also played with our club, is a trainer with our ladies team. Ar dheis Dé go raibh a hanam.

KILLARNEY SPORTS

Deadline: Monday 3pm Email : editorial@outlookmags.com

SPA MUCKROSS COMMUNITY GAMES COUNTY AWARDS: Were held last Friday

night in Castleisland. Spa Muckross were 2nd in the County for Athletics this year. Trainer Connie Lynch was on hand to accept the award. Well done us! Huge thanks to Connie for the contribution he made in training the athletes.

AWARDS EVENING: All children who qualified at County level, in individual and team events, are invited to our annual Awards evening at 6pm on Friday 28th October in Spa. Following success at county competitions, there were 20 children in total from the Spa Muckross area eligible to compete in the National competitions in a range of activities - Track Athletics, Cross Country, Gymnastics, Judo and Swimming. We look forward to seeing you all there.

AGM: Our AGM is scheduled for Tuesday 1st November at 8pm in Spa. Our current committee members are nearing the end of their tenure. Their children have either long since finished competing, or have only one or two years remaining before they turn 16. These parents are ready to hand over the reins to a new batch of parents. Every area MUST have a Chairperson, Secretary and Treasurer to be eligible to compete. If the vacant positions of Secretary and Treasurer are not filled, we cannot register, and children in the Spa Muckross area will not be able to enter ANY competitions in 2017.

KILLARNEY SWIMMING CLUB NOTES

CONGRATULATIONS: To all our senior swimmers who took part in the Dolphin Open Gala held recently in the Mayfield Sports and Leisure Centre. This was our first gala of the new swimming season and our swimmers excelled in the pool bringing home some tasty medals from Cork in the process.

Under 13 Boys – Charles O'Brien had a great day out continuing his fine form from last season by taking bronze in the 100 metres breaststroke.

Under 16 Girls – Well done to Niamh Coffey and Margaret O'Brien in this age group. Niamh won a beautiful silver in the 100 metres butterfly while Margaret, who specialises in the longdistance events, took a silver in the 200 metres butterfly and a bronze in the 400 metres Individual Medley.

Under 17 Boys – Robert O'Brien was in flying form winning a superb silver medal in the very technical 100 metres breaststroke.

Over 18 Boys – As always, Shane Courtney turned on the style, powering his way onto the podium with a display of passion and strength which won him a bronze in the 100 metres butterfly - the hardest race in the toughest age group.

Thanks to our coach, Niamh O'Sullivan, who



SPA MUCKROSS COMMUNITY GAMES TRAINER CONNIE LYNCH ACCEPTING THE AREA'S 2ND PLACE COUNTY AWARD FOR ATHLETICS THIS YEAR.

gave wonderful support and encouragement to all our swimmers on the day. Thanks also to all parents for travelling and for taking part in the timekeeping.

GNEEVEGUILLA ATHLETIC CLUB

LOTTO: No winner of our lotto 21/10/2016, numbers drawn were 3, 11, 23 & 26. Sellers prize winner Tom Joe O'Donoghue, €50 Y/T prize winner Garrett Thompson Gloungriskeen, €50 to Tadhg Collins Gneeveguilla, €40 each to Sean Murphy Rockchapel, Eithne Reen Counerough & Martin Crowley Gullane. Bonus not won numbers drawn were 4, 7, 9 & 18. Next week's jackpot €4,600 plus €1,000 bonus.

MUNSTER NOVICE & EVEN AGE CROSS COUNTRY: Held in Carrig Na Bhfear on Sundy last, Francis Cronin, Claragh O'Connor & Danielle O'Riordan all participated, all ran well on the day.

KERRY COUNTY SENIOR & JUNIOR CHAMPIONSHIPS & JUVENILE RELAYS: This competition is down for decision next Sunday October 30th in Caherciveen at 11.00 am. The club expects to contest all races on races on the day. Best of luck to all that will be competing in what is the final county championship for 2016. **COUCH TO 5K:** The Couch to 5K in Barradubh is going from strength to strength, it is held on each Monday, Wednesday & Friday at 7.30pm sharp. If anyone else wants to join feel free to come along before its too late.

FARRANFORE MAINE VALLEY ATHLETIC CLUB

The first Munster Cross Country Championships of the season was held in glorious weather conditions in Ballinahina, Carraig na Bhfear, Co. Cork on Sunday 23rd October. It was the Munster Novice / U23 & Juvenile Even Ages which brought an impressive number of athletes competing.

The club had no juveniles competing in the

Even Age group. In the Novice Women's race we had a club team made up of Caitriona Barry, Marie McKenna, Bernie O'Mahony & Pauline Joseph. A total of 66 women competed in this years race. Caitriona Barry ran well to finish in tenth place overall and was also part of the Kerry team to take bronze. Marie McKenna, competing at Munster level for the very first time ran consistently and towards the end picked off a few places to finish in 42nd. Bernie O'Mahony following her competitive race last weekend, came in just behind Marie in 46th place. Pauline ran a very good race is shows signs of improvement when she finished in 59th place. No team medal for the girls, but it was great to see the club colours flying high in Cork.

Next weekend we will have the County Senior / Junior & Juv. Relays (U/10, U/12, U/14 & U/16), Cahersiveen starting at 11am with the women's senior race. Best of luck to everyone competing. **CLUB TRAINING:** Juvenile training is on every Tuesday and Thursdays in Farranfore GAA grounds starting at 6pm. Open to all registered juveniles aged 8yrs (Born 2008) and upwards. This will be in preparation for the Cross Country Championships €2 per session.

Cardiorespiratory, strength, endurance and flexibility exercise Class every Tuesday at 7pm indoors at Farranfore Sports Hall, Coached by Maria McCarthy, this programme is designed to improve all the components of fitness that constitute physical fitness of an individual.

Secondary School/Junior/ Senior training every Thursday starts at 6:40pm in GAA grounds Farranfore. This is endurance training for cross country preparation. $\in 2$ club member, $\in 4$ non club member.

ATHLETIC'S FIXTURES: Sunday 30th October. Kerry County Senior / Junior & Juv. Relays (U/10, U/12, U/14 & U/16), Cahersiveen.

Sunday 13th November Munster Juvenile Uneven Age, Junior & Senior Cross Country C'ships, Limerick Race Course.

Sunday 20th November Munster Juvenile Inter-Club Cross Country Relays (U/10, U/12, U/14 & U/16) & Masters Cross Country Championships,

KILLARNEY SPORTS

Deadline: Monday 3pm Email : editorial@outlookmags.com



LAUNCHING THE NEW SQUASH SEASON AT GLENEAGLE SQUASH CLUB, KILLARNEY, WERE KEVIN SMITH AND CONNIE DOYLE IN FRONT. SEATED FROM LEFT ARE ARTHUR MURPHY, NOREEN BUCKLEY, GEORGE O'KEEFFE (O'KEEFFE'S OILS RATHMORE, SPONSOR) AND MIKE CROWLEY, CHAIRMAN, BACK FROM LEFT ARE RAY O'CALLAGHAN, CIAN MCCARTHY, KEN MALONE, MICHAEL BUCKLEY, LIAM SHINE, RYAN KAVANAGH, MIKE O'DONOGHUE AND DONIE MURHILL. PICTURE: EAMONN KEOGH>

St. Augustine's College, Dungarvan, Co. Waterford.

Sunday 27th November GloHealth National Juvenile Even Age & Inter-Club Cross Country Championships, National Sports Campus, Abbotstown, Dublin.

All Events need to be pre-registered. Please contact club secretary if you are wishing to compete.

KILLARNEY VALLEY AC

Congratulations to the athletes who represented KVAC at the Munster XC event in Carraig na bhFear in Cork last Sunday 23rd of October on a cool sunny Autumn day perfect for running. There were large fields in each category and competition was fierce. We weren't in the medals but gained good experience for Limerick in 3 weeks time.

Photos from Carraig na bhFear are on our Facebook page and thanks to Linda Russell for them.

The juvenile relays take place on Sunday 30th October in Cahersiveen. In line with Munster and national relay events, age groups have been amended to even ages U10, U12, U14, U16 and U18. Teams of 4, each running 500m. There are still places available on the Kerry squads which take place at An Riocht in Castleisland every Sunday from 11am to 1pm. Registration fee is \in 50 for which athletes will benefit from 30 or more coaching sessions with some of the best coaches in Kerry. Disciplines covered include sprint, middle distance, long jump, high jump and all throwing events.

A meeting was held on Monday to discuss indoor training times etc. Please check our facebook page for up to the minute news, changes to schedules and photos etc. https:// www.facebook.com/KillarneyValleyAC/

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

email the club if you can help killarneyvalleyac@ gmail.com

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

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

WORKMEN'S ROWING CLUB

UPCOMING EVENTS: Skibbereen Head of the River, over 3km, The Marina, Cork, Saturday 12th November.

Interprovincial Indoor Rowing Championships, U.L.Limerick. Saturday 26th November.

TRAINING NEWS: Indoor training continues during the week as per coaches texts and at the lakeshore at Reen Pier on Saturday and Sunday mornings.

WOULD YOU LIKE TO TRY ROWING?

Workmen's Rowing Club have a huge tradition of rowing in Killarney and we train for different genre of rowing all year round.. from Olympic Sculling, All-Ireland Indoor Ergometer Rowing, Traditional Killarney Sixes to Gig and Coastal Rowing.

During inclement weather we continue to train onshore and indoors. Beginners are always welcome, adults and boys and girls from 12 years of age or older can come along, talk to our coaches, try out the rowing machines and sit in with other beginners or more experienced rowers, to experience this fabulous sport. If you are interested in taking up rowing why not contact: Mary Moynihan: 086 8098182.

Thanks, as always, to our coaches and our safety launch drivers who put in fantastic work to encourage and keep our rowers safe at all times.

CONGRATULATIONS: Birthday Greetings this week to one of our newest members, Aoireann Moriarty, who celebrated her birthday on Thursday 27th. Meanwhile all the Senior Men

are flexing their muscles for the joint Birthday bumps of Mickey Joe Burns and Brendan Joy next weekend!

GOLD AT THE WORLD COASTAL ROWING CHAMPIONSHIPS: Amhrán Na bhFiann sounded in Monaco last weekend for Ireland's Monika Dukarska, in the Women's Solo at the World Coastal Rowing Championships. Killorglin Rowing Club must be still celebrating Monika's outstanding 26sec win ahead of the Greek rower. Well done to Monika and to Killorglin Rowing Club on such a fantastic achievement.

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

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

KILLARNEY COUGARS BASKETBALL CLUB

U12 BOYS LEAGUE: ST ANNE'S 15

KILLARNEY COUGARS 20: The Cougars travelled to Farrenfore on Thursday last and in a very entertaining game the visiting Killarney Cougars came away with the points in a game that was in the balance until a late basket by Ted O'Gorman for the Cougars made the game safe. Their was little between the teams with Kian Lazarus opening the scoring for the home side with Cian Farndon and Colum O'Mahony both on target for Cougars. The third qtr was the best spell of the game with Luke Ring and Colin O'Callaghan both contributing good scores for St Anne's with Nathan Cox and the impressive Ted O'Gorman responding for Cougars.

Their was just a basket between the sides early in the final quarter with the Cougars just holding on with O'Gorman's late basket giving Cougars the win before a good attendance

U16 BOYS: ST BRENDANS TRALEE 35

KILLARNEY COUGARS 32: The Moyderwell Gym was host to St Brendans and Cougars and a entertaining game saw the Tralee side come from behind to secure the win. Cougars lead 22-19 at half time but defences got on top in the second half and scores were hard earned as the Tralee side made home advantage count. Cougars had good performances for the first game of the season from Colm Talbot, Eoghan Myers, Eoin Talbot and David Bartlett.

JUVENILE ROUND UP: This week Cougars have a busy schedule to complete October the U14 girls will look to continue their good start as they travel to face Lixnaw away with the U12 girls and boys both having their first home games. The U16 boys meeting Tralee Tigers and the boys U14 A & B teams are both in action with the Div 1 team heading away to the Bobcats and the Div II hosting St Brendans. The Academy boys host St Brendans.

ACADEMY TRAINING: The Juvenile Academy for the Cougars Cubs Boys and Girls has completed Term 1 and resumes after the Midterm Halloween Break. No training Friday



KILLARNEY SPORTS

Deadline: Monday 3pm Email : editorial@outlookmags.com

October 28th and November 4th. Enjoy the short break.

FIXTURES: JUVENILES

October 28th

U14 Bobcats v Killarney Cougars John Mitchells Gym.

October 29th

U16 Killarney Cougars v Tralee Tigers Pres Gym. U14 Killarney Cougars v St Brendans Pres Gym. **November 3rd**

U12 Boys Killarney Cougars v Kenmare Kestrels Pres Gym.

SENIORS

November 3rd

Womens Div II Killarney Cougars v Tralee Imperials Pres Gym .

New members are welcome and they can contact the Secretary on 087-4175493 or email secretarykillarneycougars@gmail.com

Further details on All Killarney Cougars Clubs schedules and events log onto the website at **www.killarneycougars.com** or find us on Facebook.

MUCKROSS ROWING CLUB

AGM 2016: The club wishes to notify all members that the Annual General Meeting of the Muckross Rowing Club Ltd. will take place on Thursday 10th November at 8:00pm in the Muckross Community Centre. This is a very important meeting for the organisation of the club during the year ahead and we encourage all our members and parents of junior members to attend. Club membership fees for 2017 will be agreed by those in attendance further to election of club officers and committee members. Any advance enquiries regarding the AGM, please email to muckrossrowing@gmail. com or contact a committee member no later than Sunday 6 November.

WINTER TRAINING: Last weekend, crews enjoyed some great rowing on the lake in the autumn sunshine, though cooler temperatures have prompted the return of the woolly hats ahead of the winter months. It is great to see all our new beginner junior rowers taking the water with such enthusiasm, in addition to our returning junior and adult members. Keep it up guys and girls! New beginners are always welcome, why not give it a go? With the club's first competitive event of the year taking place this Saturday, there will be no beginner rowing on Saturday. However all are welcome at 11:30am this Sunday morning to the boathouse. Coaches will be in contact with current members regarding training times over the Bank Holiday weekend and school midterm break.

EVENTS: Best of luck to all our crews competing in the Castleconnell Head Of the River this Saturday at O'Briensbridge. The 3.2km time trial event is the first competitive outing of the new rowing year 2016/17 for the club and we wish all those taking part every success. The Skibbereen Head Of the River is scheduled for Saturday 12 November at the Marina in Cork. The Provincial Indoor Rowing Championships is set for the UL Arena on Saturday 26 November. Our very own Muckross Head Of the River will hopefully make its return on Saturday 3 December at the National Rowing Centre in Cork, following cancellation in recent years due to bad weather.

MUCKROSS LOTTERY: Results of Muckross Lottery for Saturday 22 October 2016. Numbers drawn: 3, 7, 8, 22. Lucky Number: 21. Match 3 Winners: DJ Fleming, Margaret Cahill, Conor McSherry, Dano Coffey, Mary Moynihan. Next draw Saturday 29 October 2016 at the Jarvey's Rest. Jackpot: \in 1,750. Match 4 plus Lucky Number in panel 2: \in 2,750.

KILLARNEY RFC NEWS:

MINIS: Next Saturday, our minis travel to Listowel RFC to take part in the first round of the West Munster Minis Blitzes. We will field teams at all ages from U8 - U12 and will take on teams from Iveragh RFC, Listowel RFC and Rugbai Corcha Dhuibhne. The bus will leave our pitch at Aghadoe on Saturday morning at 9:15 sharp and should return to Aghadoe at about 3pm. The cost for the bus is €5 per person and gumshileds are essential. No gumshield no play. There will be training for our U7's this Saturday.

YOUTHS: Our U14's continued their winning ways with a fantastic team performance seeing off a strong Abbeyfeale side, last Sunday at Aghadoe. The home side ran out winners on a scoreline of 47 points to 12 at Aghadoe, to win their third match in a row. This was the day after the U14's travelled to Thomond Park to watch Munster Rugby take on Glasgow Warriors in the European Cup. The lads thoroughly enjoyed their trip to Thomond Park and felt privileged to be able to be there for what was a huge tribute to Anthony Foley, who passed away the week before.

OUR U18'S: Played Kanturk under lights in Castleisland last Thursday in the next round of the U18 league. The lads put up a brave fight but lost on a 22-7 scoreline with Alan Lynch scoring Killarney's try and Kieran O'Connor converting. Next Sunday the lads travel to Killorglin.

FLAG DAY: Killarney RFC will hold a Flag Day this Saturday and we are looking for volunteers who have an hour to spare. If you have some time to spare please let Paul Murphy know on 087-3745351. The flag day is a very important fundraiser for the club and is a great way to raise some vital funds for the club.

80'S V 90'S NIGHT: Killarney RFC is holding a fundraising night at the Killarney Grand on Friday the 18th of November next. The theme of the night will be an 80's v 90's theme and all are invited to come along for what will be a great night of great music and craic. The cost is \in 10 on the door or \in 7 if you come in fancy dress on the night! So, dust off the denim jackets and leg warmers and get along to what will be a fantastic night in aid of our club. Keep posted

to facebook for more.

RATHMORE GNEEVEGUILLA COMMUNITY GAMES

The Community Games county awards night took place last Friday night at the RiverIsland Hotel, Castleisland. We are delighted to announce that Rathmore Gneeveguilla won 2nd place in the PRO category and our PRO Ann O'Leary was presented with this award for 2016.

The Paud O'Leary memorial trophy was also presented by Owen O'Leary to Mark Daly, on behalf of his father Sean Daly.

A great night was held, with entertainment from children from Kilcummin, Glenflesk and Tralee.

We would like to thank all the committee who attended on the night and a big thank you to all the families who supported Community Games in our area in 2016.

SQUASH CLUB NEWS

The squash season kicked off in earnest this month with the O'Keeffe's Oil (Rathmore) monthly competition for October. 65 players are competing in the first event of the season with a noted increase in the number of beginners taking up the sport. The Gleneagle Squash club is always looking for new members and it is a great way to get in an intense and fun workout in just 40 minutes! Games for beginners can be arranged by contacting the club on (064) 6634063. The season runs right up until April 2017.

Junior coaching for boys and girls under 16 takes place on Friday nights from 7:20. Please call the club for further information. All new members welcome.

The Chairman of the Senior club for the 2016/2017 season is Mr Mike Crowley and and Chairwoman of the Junior club is Mrs Noreen Buckley.

ST. BRENDAN'S ROWING CLUB

CLUB MEMBERS LOTTO: Congratulations to our winners of this weeks club lotto 1st place No. 9 Andrew Hegarty and 2nd place No. 29 Pat Doherty.

NEW MEMBERS: New members are always welcome for both sliding and sixing so if you think rowing might be the sport for you why not come and give it a try. Please contact any of the numbers below if you would like to arrange a practice session.

CONTACT: Any enquiries please contact Ciarán Cronin 086 038 0272.

Nicola Morgan 086 079 8507.

Ciaran Sheehan 085 148 7743.

or email stbrendansrowingclub@gmail.com

KILLARNEY SOCCER

Editor: Aisling Crosbie 086 0400 958 or Email: editorial@outlookmags.com Deadline: 3pm Monday



MEK UNITED U13s PICTURED AFTER THEIR GAME AGAINST FENIT SAMPHIRES.

SCHOOLBOY/GIRL SOCCER ACTION IN THE UNEVEN AGES PLUS THE

INTER LEAGUE OPENER: Daly's Supervalu 13's:

Premier: Killarney Athletic 1-2 Tralee Dynamos. Listowel Celtic A 2-0 Park A.

Killorglin 8-1 Park B.

13 Division 1: Listowel Celtic B 1-5 Mastergeeha. Castleisland 4-4 Ballyhar. Iveragh United 2-2 Killarney Celtic A
13 Division 2: Killarney Celtic B 3-1 Killorglin B. Dingle Bay Rovers 1-1 Inter Kenmare. Killarney Athletic B 2-5 Ballyheigue.

13 Division 3: MEK 4-4 Fenit.

Park C 4-1 Listowel Celtic C.

Killarney Plaza 15's: Premier:

Dingle Bay Rovers 6-2 Killarney Athletic. **Division 1:** Mastergeeha 3-1 Ballyheigue. Camp Juniors 2-2 Park B. **Division 2:** Park C 1-9 Rattoo Rovers. St Bernards 1-0 Castleisland. Inter Kenmare 2-6

Killarney Celtic B. Subway 15's Inter League:

North Tipperary – Kerry.

MATCH REPORTS: Action in the Moriarty's Centra 11's: In keeping with the FAI's Player Development Plan the Moriarty's Centra 11's is non - trophy but that certainly does not mean its non-action. 10 clubs were in action at the weekend with many having multiple 7 a side team on duty. The match ups saw Killorglin meeting Killarney Celtic, The Park at home to Killarney Athletic and Castleisland visiting Listowel Celtic. LB Rovers welcomed Tralee Dynamos and Camp Juniors played Iveragh United.

Leaders drop points in 13 Premier: Listowel Celtic's 2-0 win over The Park saw the Tralee side dropping their first points of the season. Aoife Horgan was the Listowel Celtic hero as she hit both the goals to give them an opening game win. The Park remains joint leaders on 6 points. Killorglin moved level with The Park as they proved too strong for the second Park side in the Division the Park B. Killorglin won 8-1 with Conor Kirby getting the Park B's consolation. The Tralee Dynamos players got their rewards

from working hard in training as they picked up their first win over Killarney Athletic 2-1. Thomas O'Brien and Andy Rogers scored for the Tralee side.

Mastergeeha the only winner in day of draws in Division 1: Mastergeeha were the only winners in 13's Division 1 as they beat Listowel Celtic B 5-1 to win their opening game. A Colin Callaghan hat trick and one from Steven Palmer were enough to give Ballyhar only a share of the points in a 4-4 draw with Castleisland. Redmond O'Neill, Jack Greaney, Mathew Broderick and Alex Kipp got the Castleisland goals.

Killarney Celtic had to come from behind to earn a 2-2 draw away to Iveragh United. Sean Kennedy scored twice to give Iveragh United a 2-0 lead. Jack O'Donoghue then saved a penalty to keep Celtic in the game and two goals from Peader Kelliher saw Celtic take a share of the points.

Ballyheigue and Killarney Celtic B move onto 6 points in Division 2: Ballyheigue lead the 13's Division 2 after a 5-2 win away at Killarney Athletic B. Jack McGuire and Caoilte Cronin got the goals for the Woodlawn side.

Killarney Celtic B are also on 6 points after their 3-1 win over Killorglin B for whom Senan O'Meara scored. Dingle Bay and Inter Kenmare shared the points in a 1 all draw. James Hoare scored for Dingle with Aidan Crowley getting the Inter goal.

Goals galore in 13's Division 3: Bobby O'Connor scored twice with Ethan Murphy and Rob Monaghan one each as Fenit hit 4. But so did their opponents MEK as the sides shared the points in a 4-4 draw. Goals from Lasha Bekaus, Ray McGrath and Dara Cunnane 2 gave Park C a 4-1 over Listowel Celtic C.

Dingle Bay open with win in 15 Premier:

Dingle Bay Rovers opened their 15 Premier campaign with a 6-2 win over Killarney Athletic. Aodain Divine 2, Cathal O'Muirceartaigh, Dylan Geaney and Mark Manning were the Dingle scorers.

Camp and Park B level in Division 1: Camp Juniors and Park B could not be separated on the field as they drew 2 all and are also level on the table as both have 4 points. Conor O'Sullivan and TJ McMahon were the Park scorers. Mastergeeha were 3-1 winners over Ballyheigue with Nathan Guiney getting the North Kerry side's goal.

Rattoo Rovers only unbeaten Schoolboys team: In the Killarney Plaza 15 Division 2 Rattoo Rovers continue their unbeaten start to their first season and are now on 4 wins from 4. Goals from JP O'Carroll, Kevin Goulding, Dylan Moriarty, Dara Quinlan, Shane O'Sullivan and Padraig Sullivan all got on the Rattoo scoresheet.

St Brenards are doing their best to keep pace with Rattoo as they are on 9 points from their 4 games. Mathew Burke got the goal in their 1-o win over Castleisland.

Goals from Oisin Walsh, Harry Buckley and Kasper Presak, who all scored 2 each saw the Park defeat Inter Kenmare.

SUBWAY 15'S INTER LEAGUE: Kerry's Subway Inter League competitions started with the 15's travelling away to North Tipperary in what turned out to be a goal fest. Kerry were 3-0 up thanks to 2 from Sean Kennedy and one from Mervyn Shalemba before the home side pulled one back.

Kerry added three more goals early in the second half with Kennedy completing his hat trick, Sean McGrath and Junior Ankomah on the mark. North Tipperary staged a mini-comeback thanks to two converted penalties but Junior's second wrapped up a 7-3 win for Kerry.

Kerry's next game is set to be a home tie with the Desmond League.

SEAN'S HOPE TO MAKE SQUAD: Tralee Dynamos Sean Kennedy and Sean McGrath from the Park are heading to the Irish u15 training camp next weekend. They players are hoping to make the squad of 18 who head to Poland next month.

GIRLS 14'S CUP DRAW: The draw for the next round of the 14's Girls National sees Listowel Celtic home to Carragiline while Killorglin are away to Wilton.

MEK UNITED F.C.

MEK UTD V FENIT SAMPHIRES: Our 2nd league game of the season took place at Fossa community pitch at 12:00 on Saturday the 22nd of October 2016. The conditions were perfect and now with the added bonus of having dressing rooms at our new home ground.

Before the start of the match, a minutes silence was observed by everyone to respect and honour the sad loss of Anthony Foley. A true Irish and Munster sporting hero. The game started off a cagey affair with both teams cancelling each other out until a fierce long distance strike by Fenit found the top corner. This was followed up 15 mins later by a second by Fenit, again a long strike nestling in the bottom corner of the net. The first half finished 2:0 to Fenit but we were unlucky in front of goal not to have clawed at least one back. The second half was a more open affair and as we pushed for a response, Fenit hit again. Two goals scored in guick succession left a mountain to climb. Down by 4 goals, caution was thrown to the wind and we began to string passes together. A great move down the left wing resulted in Sam Buckley firing a wonder

KILLARNEY SOCCER

strike into the back of the net. This lifted the team and 10 mins later a forceful run and follow up by Charlie Keating produced another top quality finish. A valiant effort in the last 10 mins was rebelled by Fenit who ran out deserving 4:2 winners. Great credit to both teams for serving up a great game.

The development of our squad is clear to see and with a bit more composure in front of goal we felt we could have gotten more from the match. We would finally like to thank Fenit Samphires for a great game that was a joy to watch and also our match referee for the day.

MEK United FC would like to take this opportunity to publically thank Kerry County Council for their financial support, through the Community Support Fund 2016, in assisting the club to purchase a set of full size goalposts. This contribution of \in 1,000 through the CSF was vital in purchasing this equipment. MEK United FC are looking forward to the coming season with our new purchase.

The MEK United U12's are home to Camp Juniors, this Saturday the 29th of October, Kick off @ 12 noon.

TEAM: Charlie, Mason, Eddie, Daragh, Stephan, Dariuz, Bailey, Mark, Tadgh, Conor C, Conor H, Sam B, Sam G, Cian, Matthew C, Matthew H, Leo, Rocco, Dean, Jack. Coaches Liam, Jerry, Thomas, Ger, Gerard.

KILLARNEY ATHLETIC NOTES RESULTS: F.A.I JUNIOR CUP KILLARNEY ATHLETIC 5-0 COOLE F.C:

Goals Adam Moynihan, Lukas and Mike 'Stam' O Donoghue gave us a 3-0 halftime lead while further goals from Darren Mulcahy and William Courtney in the 2nd half helped us run out comfortable winners against a competitive Clare side . Well done lads.

U17: KILLARNEY ATHLETIC 4-3 KILLORGLIN: Athletic got their first points of the season with a hard earned victory over well organised Killorglin outfit. One all at halftime. The second half saw a lot more goals with Athletic coming out on top of a second half goal fest, with each member of the squad playing their part.

U15: The U15 team went West to Dingle and came away with nothing. Overall a poor performance on the day despite being 2-2 at half time. The breeze was with the home side in the second half and this proved vital with Dingle taking all 3 points. Plenty of points and home games to be won. A big thanks to parents that drove to games.

U13: KILLARNEY ATHLETIC 1-2 TRALEE

DYNAMOS: In our first game of the year we got off to the worst possible start giving away two silly goals in the first half. Our touch, passing and general play was way off. The second half was much better but could only score the one goal through Cian Lynch. Better to come from this group of boys. Best on the day were Sean Dineen, Darren Ryan and Connor Gammell.

U13B: KILLARNEY ATHLETIC 2-5 BALLYHEIGUE: Our boys did very well against a strong Ballyheigue team. Coilte Cronin and Conal Gallagher scoring. Best for Athletic were Sean O'Brien, Josh Clarke, Jack McGuire and David O'Donoghue.

FIXTURES: Saturday 29th October 2016. LEAGUE FIXTURES:

JK SPORTS U12 PREMIER 2:

Killarney Athletic Blue v Dingle Bay Rovers 12-30pm.

Listowel Celtic v Killarney Athletic White 10-30am.

FOUNDATION SPORTS U14 DIV.1;

Killarney Celtic B v Killarney Athletic 10-30am Sunday 30th October 2016.

DENNY PREMIER A: Castleisland F.C V Killarney Athletic 11-30am.

DENNY DIVISION1B: Inter Kenmare B V Killarney Athletic B 11-30am.

CONDOLENCES: We at Killarney Athletic AFC would like to offer their sincere condolences to the McCarthy family on the passing of Carmel, may she rest in peace.

CHRISTMAS QUIZ/AWARDS NIGHT:

The Christmas Quiz will take place on the 18th November 2016 in the Killarney Oaks Hotel. Player of the Year awards Will be handed out on the night also. More Details will follow in the coming weeks.

KILLARNEY ATHLETIC WEBSITE: Please check the website on www.killarneyathletic. com or facebook for match reports, club information and contact details.

CONTACT: If you have anything to add to the Killarney Athletic A.F.C Notes please contact Alan Daly on 085-1913244 or aland15@live.ie

KILLARNEY CELTIC NOTES

CONDOLENCES: Everyone at Killarney Celtic sends condolences to Joe and all the McCarthy family on the sad passing of his mother Carmel. Ar dheis De go raibh a anam dilis.

CONGRATULATIONS: Well done to the East Kerry minors, especially the many Celtic players involved, on winning the County Minor Championship.

GIRLS TRAINING: There will be no girls training on next Monday night, October 31st. Training will resume as normal the following Monday.

RESULTS: FAI JUNIOR CUP: KILLARNEY CELTIC 1 MITCHELS AVENUE 0: Celtic had to be at their best here in a very tough, wellcontested game, with Wayne Sparling making the vital breakthrough.

DENNY PREMIER B: KILLARNEY CELTIC

2 CAMP UNITED 4: Celtic, with some young players on board, battled hard but struggled to contain a veteran-packed and sharp Camp side. The visitors made the breakthrough thanks to Johnny Driscoll and added a penalty through Genie Farrell to make it 2-0 at the break. They doubled their advantage through Gearoid O'Shea and Vincent Herlihy but the introduction of player/manager Vladimnir Sirotiak really energised Celtic, with Derek Twomey, Conor Keane, Farouk Aminu, and the Sheahans Denis and Cathal really taking the game to the visitors and Vlad cracking home two superb goals.

U15 PREMIER: KILLARNEY CELTIC 2 TRALEE DYNAMOS 2: Niall McGillicuddy put Celtic up but Dynamos equalised and then took the lead, only for Jack O'Connor to hit a dramatic equaliser in injury time. Both teams deserved something from a superb game.

U15 DIV TWO: INTER KENMARE 2 KILLARNEY CELTIC B 6: The turning point came when a blistering Celtic already led 2-0. Kenmare were awarded a penalty but a fantastic save saw the ball swiftly travel down the pitch to end up in the opposite net, a two goal swing effectively, and Celtic never looked back after that.

U13 PREMIER: IVERAGH UNITED 2 KILLARNEY CELTIC 2: Celtic trailed 2-0 at the break but a terrific second half, inspired by a brilliant penalty save by Jack O'Donboghue, saw Peadar Kelliher strike twice to earn a share of the points against a fine Iveragh side. Best for Celtic were Jack O'Donoghue, Jack O'Neill, John Kelliher, Timothy Moynihan, Robert Brooks, and outstanding misdfielder Sean Fitzgerald.

U13 DIV ONE: KILLARNEY CELTIC B

3 KILLORGLIN 1: Congratulations to U13 goalkeeper Jack O'Donoghue on making the Kerry Schoolboys/Schoolgirls Team of the Week.

FIXTURES Denny Premier: Killarney Celtic at home to Killorglin, Friday, 7.30pm.

Denny Premier B: Killarney Celtic B at home to AC Athletic, Saturday, 7.00pm.

U17 FAI Cup: Killarney Celtic away to Newmarket Celtic, Saturday, 2.00pm.

U16 Premier: Killarney Celtic at home to Mastergeeha, Saturday, 1.00pm.

U14 National Cup: Killarney Celtic at home to Fairview Rangers, Saturday, 2.30pm.

U14 Div One: Killarney Celtic B at home to Killarney Athletic, Saturday, 10.30am.

U12 National Cup: Killarney Celtic at home to Granville Rovers, Saturday, 1.00pm.

U12 Div One: Killarney Celtic C away to Killorglin B, Saturday, 12 noon.

LOTTO: Numbers drawn 5, 11, 15, 21. One winner, Kevin O'Sullivan Darcy, €2800. Next week's jackpot €1600, draw in the Failte on Monday night. Tickets available from all club officers. Yearly tickets available.

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

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

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



If you want to keep up to date on a daily basis make sure to follow us on @killoutlook

KILLARNEY GOLF

Editor: Aisling Crosbie 086 0400 958 or Email: editorial@outlookmags.com Deadline: 3pm Monday

At the presentation of the St Paul's Basketball Club Golf Classic in Charlie Foley's Bar following the outing at Beaufort Golf Club on Saturday were front from left, Colm Foley (Charlie Foley's Bar, sponsor), Sinead O'Shea and Neilus Hayes of the winning Flemings Taxis team and Noreen Coffey. Back from left are Shane Horgan, Karl McMahon, Philip O'Connor, Brian Clarke, Pat Casey, Paul Sheehan and Paul Corridan (Loch Lein Country House team, second place). Picture: Eamonn Keogh.

KILLORGLIN GOLF CLUB

LADIES RESULTS: 18 HOLE 3 CLUB STABLEFORD SPONSORED BY VICE CAPTAIN ANN WALKER: 1. Angela Enright (23) 33 pts. 2. Paula O'Sullivan (21) 29 pts. 3. Kathleen Cronin (24) 29 pts (B9).

FIXTURE: 18 Hole Stableford sponsored by Joan Carter can be played Sat 29th, Sun 30th or Tues 1st Nov. Arrange own time and playing partners.

SILVER SWANS 12 HOLE STABLEFORD 18/10/2016: 1. Kathryn Kearns (35) 27 pts. 2. Mary Conway (29) 16 pts - $\frac{1}{2}$ = 15½ pts. 3. Phil Anne Foley (36) 15 pts (B6). Presentation Night will take place on Friday 28th October at 8.30pm.

ROSS GOLF CLUB

GENTS CLUB: RESULTS: ON SUNDAY OCT 23RD WE HELD A SINGLE STABLEFORD COMPETITION. THE WINNERS WERE: 1 Daniel Cronin (12) 41 pts.

2 Alan Flynn (8) 37pts.

3. lan Millis (14) 37 pts.

FIXTURE: On Sunday Oct 30th we will hold the Maurice O'Donoghue Memorial Cup competition. This will be a single stableford competition .The time sheet is now available in the clubhouse so please add your name to it as soon as possible.

On Sunday Oct 23rd we held a presentation of prizes for some recent competitions. This was very well supported and an enjoyable evening was had by all. We wish to acknowledge the continued support and generosity of our sponsors and last Sunday's prizes were for the competitions sponsored by the International Hotel and the Laurels.

BEAUFORT GOLF CLUB

23 OCT: STABLEFORD, YELLOW TEES, SPONSORED BY M.D. O'SHEA'S & SONS.

1st Ted Broderick (16) 36pts. 2nd Brian Regan (17) 35pts. 3rd Gerard Collins (27) 35pts. 20 OCT: OPEN SENIORS: 1st Edwin Spence, 2nd Pat Quill. **FIXTURES:** 29-31 Oct: 3 person re-entry Halloween Charity Rumble, yellow tees, supported by Edwin & Karen Spence. Prizes are separate to the main Captain's Rumble. Every Thursday: Open Seniors at 10am.

KILLARNEY GOLF CLUB

RESULTS OF COMPETITION SUNDAY 23RD SPONSORED BY CHRISTY'S STORES, KILLARNEY.

SINGLES / SFORD, MAHONY'S

1st Ann Stuart (18) 41 pts. 2nd Sheila Crowley (23) 40 pts. BG Kelly Brotherton (0) 36 pts. 3rd Margaret O'Donoghue (21) 39 pts (bk9). 4th Clare Keating (8) 39 pts. 5th Liz O'Connor (25) 38 pts (bk9). css 71 - 39 pts. Next Sunday's Competition will be sponsored

by Chateau Restaurant, Killarney, singles s/ford, Killeen.

BEAUFORT GOLF CLUB

RESULTS: 23RD OCTOBER - XMAS HAMPERS - SPONSORED BY LADIES BRANCH

Winner: Catherine Murphy (24) 30 pts.

FIXTURES: 29-31 Oct: 3 person re-entry (Any combination) Halloween Charity Rumble, yellow tees, supported by Edwin & Karen Spence. Prizes are separate to the main Captain's Rumble.

Winter/Spring League - 9 hole re-entry. Play anytime.

DEERPARK PITCH & PUTT NOTES

The Willie Parker competition attracted a fine turnout of members from Deerpark & GlenEagle on Sunday morning and results as follows

Overall Nett Sean Kelly 21 Up. Overall Gross Damian Fleming 17 UP. 2nd Nett Jason 0'Sullivan 20 Up. 3rd Nett Ger Casey 14 Up Ger edged out Noel



JOE HURLEY, JAMES LYNCH AND KIERAN MCCARTHY (JIMMY BRIENS BAR) TAKING PART IN THE ST PAUL'S BASKETBALL CLUB GOLF CLASSIC AT BEAUFORT GOLF CLUB ON SATURDAY. PICTURE: EAMONN KEOGH.



MAURICE O'DONOGHUE, MARGARET O'DONOGHUE AND BRIAN MCCARTHY (SCOTT'S HOTEL TEAM) TAKING PART IN THE ST PAUL'S BASKETBALL CLUB GOLF CLASSIC AT BEAUFORT GOLF CLUB ON SATURDAY. PICTURE: EAMONN KEOGH.

KILLARNEY GOLF

Moynihan and Michael O'Connor in back nine.

OPEN SCRAMBLE & SCRATCH CUP: Deerpark will host the Open Scramble and Scratch Cup this weekend, details as follows Open Scramble Friday 12 Md and last card at 4pm. Saturday commencing 9am with last card at 4pm. Monday commencing 9am with last card at 2pm.

Sunday Scratch Cup commencing 8am with last card 12md. 36 Holes for Intermediate and Junior and 54 Holes for Seniors with play off for top 12 at 3-30pm. Entry €10.

SENIORS OUTING: Next Seniors Outing will be to Deerpark on next Wednesday November 2nd 10.15 am.

CO CHAMPIONSHIP: Congrats to East Kerry and our club member Conor McCarthy who turned in a fine goalkeeping performance in last Sunday's county minor final.

KILLARNEY GOLF AND FISHING CLUB

DECLAN MCCARTHY BECOMES THE 79TH CAPTAIN OF THE CLUB AT MAHONY'S POINT.

At the Men's Club AGM on Friday the 21st of October Declan McCarthy became the 79th Captain of the Club since the Club moved from Deerpark to the new course location at Mahony's Point in 1939. Outgoing Captain Liam Hartnett in his farewell speech, thanked everyone who was involved in assisting him and the Club in making his year of Captaincy the success that it has been, the Club is certainly in a much better place as a result, and the future certainly looks much brighter. We all thank you Liam for a fantastic year. Declan in his acceptance speech paid tribute to Liam and his team, and to the Management Council of the Club, and all of the Club Staff for the way



PHILIP O'CONNOR AND RIAN WELDON, IN FRONT, WITH CONOR HEALY, PADRAIG WELDON (ST. PAUL'S CHAIRMAN) AND SHANE HORGAN (MOC SERVICES TEAM), TAKING PART IN THE ST PAUL'S BASKETBALL CLUB GOLF CLASSIC AT BEAUFORT GOLF CLUB ON SATURDAY. PICTURE: EAMONN KEOGH

that the Club has progressed over recent years. Declan who joined the Club in 1986, outlined his personal experiences since becoming a member, and paid tribute in particular to James O'Neill who introduced him to the game, and to recently deceased and former Club Captain, Tommy Doran.

Declan then outlined what he hopes to see achieved over the coming year, and in particular the continued progress of the Junior section of the Club, our future depends on them, he said, and it will be one of his priorities to nurture the Junior section which Declan is very passionate about assisting. Declan went on to say that that a highlight for 2017 would be to see one, or more of our Club Team's bring Provincial and National honours to the Club once more, and restore our Club to the list of winners of such titles. Declan continued by thanking his Men's Club Committee for the way that they have been shown their willingness to put their collective "shoulder to the wheel" so to speak for 2017, towards helping us all have a Club that we will all feel justifiably proud of, and Declan finished off by wishing the incoming Lady Captain, Amy Arthur and incoming Club President, Breda Duggan every success for the coming year. We wish Declan every success for the coming year, and we will assist him towards achieving his goals which have been outlined above.

On Friday the 21st outgoing Club Captain Liam Hartnett won his first competition of the year when he was playing in the "Captain's Challenge" competition which was played for by Members of The Men's Committee, The Club Council, some of the Club Teams Management and some further invitees. Liam hand picked his fellow team members, and his team was comprised of Club Secretary/Manager Cormac Flannery, Club Course Manager, Enda Murphy, and Mark Bradley, a visiting Professional golfer from the U.S.

Mark is the father of Keegan Bradley who is a former Ryder Cup competitor, and also a former winner of the U.S. PGA Championship in 2011. No wonder Liam was in the winners enclosure, when he was supported by such talent.

Sunday the 23rd of October competition was a Club sponsored singles stableford played on Killeen, it was played in very trying conditions, and the scoring reflected those conditions.

Results were as follows, 1st Jim Sheehan (16) 36 points, 2nd Brian Looney (5) 35 points, 3rd Conor Healy (9) 34 points, 4th John Lynch (11) 34 points, 5th Eugene O'Sullivan (4) 34 points, category 1 Mark Tuite (5) 33 points, category 2 John M. Culloty (11) 33 points, category 3 Patrick Buckley (16) 34 points, category 4 Con O'Connor (20) 31 points, standard scratch was 33 points, handicap reductions only.





CONNIE O'SHEA, BERNARD BROSNAN AND EAMON O'BRIEN (EAMON O'BRIEN ACCOUNTANT TEAM), TAKING PART IN THE ST PAUL'S BASKETBALL CLUB GOLF CLASSIC AT BEAUFORT GOLF CLUB ON SATURDAY. PICTURE: EAMONN KEOGH.

MARGARET'S RAMBLINGS



TIME CHANGE

Please remember to adjust all timers, clocks etc backwards by one hour this Saturday night before you go to bed. It's that time of year again when we will have longer hours of darkness and less of daylight but it will probably be bright when you are going to work or school.

STRESSED OUT BY CURRENT EVENTS?

There's a lot of ugly stuff out there right now. And while it has never been more important to be an involved citizen and to actively work on the issues that matter to you, nobody needs to do it 24 hours a day, 7 days a week. To be mentally healthy and effective at whatever you do — not to mention keeping up with your paid work and other obligations — you need to take some time away from the stress of reality.

A healthy escape has always been found in books. So turn off the TV, put down your phone and pick up a book instead. Reading novels has proven benefits for the brain and can help you become a more compassionate person as you read about others' lives.

Both fiction and nonfiction can take you to another time and place and help put things in perspective, in fiction the people are invented by the author but in most cases the background has been thoroughly researched and in historical novels especially you can learn about the times that were, while being immersed in the main characters life.

FOLLOW THESE TIPS TO A GOOD HOUSE GUEST

• Make sure your host knows to expect you, and when. Be clear about the time you plan to arrive and make sure it's a convenient one for your host. If you are going to be more than 15 minutes late, ring your hosts.

 Don't ask your hosts to pick you up super late or super early, arrange your own transportation.

• If you really want to be a good guest, offer to pitch in with the groceries — go to the store with the shopping list, or pay for a grocery trip. If your host has prepared a meal, clear and wash up afterwards. Offer to take your hosts out to dinner or babysit while they go out.

• Leave your room spotless. That means the bathroom, too. Empty the rubbish cans and make (or even strip) the beds, too.

• Bring your own shampoo, conditioner, toothpaste, shaving cream, etc. If you forgot something, ask your host where to buy some new.

• Unless you're visiting your best friend who also has a dog and she would just love for you to bring yours so the pups can play, make other arrangements for your animal companion.

• Whether you are a guest for a few hours or several days over a week-long vacation, be sure to bring a gift.

• Be completely transparent with your plans — you are a guest in someone else's home and should apprise them of your plans. If you intend to go for a jaunt during your stay, be up front about it — your host may or may not want to tag along, but at least they'll appreciate the invite!

Don't overstay your welcome.

QUOTE

"We need Christians who make God's mercy and tenderness to every creature visible to people today" – Pope Francis.

ON THIS DATE - OCTOBER 28TH

1492 - Christopher Columbus discovered Cuba and claimed it for Spain.

1538 - The first university in the New World, the Universidad Santo Tomás de Aquino, is established on Hispaniola.

1646 - First Protestant church assembly for Native American Indians (established in Massachusetts).

1741 - Fish glue first made in Québec.

1813 - A poor black man Sancho Byers was hanged in Charlottetown, Prince Edward Island for stealing a loaf of bread and a pound of butter.

1828 - Josiah Henson arrived in Upper Canada from Maryland with his wife Nancy and four children on the Underground Railway. The escaped American slave became pastor of a local church and started a technical school, and founded the Dawn Settlement. He is the model for the hero of Harriet Beecher Stowe's famous novel Uncle Tom's Cabin, the book that Abraham Lincoln said ignited the US Civil War.

1848 - The first railroad in Spain - between Barcelona and Mataró - was opened.

1914 - Under the War Measures Act, the Canadian War Cabinet ordered the registration of all 'alien enemies,' specifically Germans and Austro-Hungarians, including Ukrainians; provided for establishment of 'concentration camps' to house internees and their families in exchange for work such as clearing bush and cutting timber in the national parks.

1922 - Benito Mussolini took control of Italy's government.

1938 - DuPont announced its new synthetic polyamide fibre would be called "nylon".

LITTLE BOY CAUGHT 'STEALING' HUGS FROM NEIGHBOUR'S DOG GETS A NEW FRIEND

Josh Breaux is a 9 year old that was caught on a security camera sneaking into his neighbour's garage to get hugs from her dog every day after school. Rather than get in trouble, Josh got loads of praise from dog lovers around the world - unlike the Duke and Duchess of Cambridge who were criticised from all quarters by over the top animal welfare advocates when their generous and handsome 3 year old son George was photographed offering an ice cream to the family's dog, Lupo last July. It all started a few months ago when Hollie Mallet was checking her garage security camera and got the surprise of her life. She didn't find thieves, but she did find someone trespassing on her property - and she couldn't have been happier about it. It turns out; Josh had been stopping at her house nearly every day after school to give her dog, Duchess, a hug. Sometimes he even stayed for a quick game of fetch. At the time, Ms. Mallet didn't know who Josh was, but she wanted to tell him that he didn't need to sneak in those hugs — he was welcome to stay and play with Duchess anytime. So Ms. Mallet posted the video to Facebook, asking her neighbours if they could identify the young boy. The video has been viewed more than 4 million times on Facebook and shared on news outlets around the world. Among the millions of people who watched the video was Ginger Breaux, Josh's mother. Naturally, she recognised her son right away. According to Ginger, Josh has been heartbroken since their family dog passed away from old age. He had been asking for another family pet, but Ginger didn't think the family had time to care for a new addition. But thanks to Ms. Mallet's video, fate intervened. Another neighbour had a puppy that they were no longer able to care for when their son left for college, and Josh's wish was granted.

It's safe to assume that this 4 month old pup is in for a lifetime of hugs in his new home, but lets hope the young man will also keep visiting his friend in his neighbours yard.

EMERGNCY SHELTER – BUT ONLY FOR THE RICH

Some people take end of the world warnings more seriously than others. One of them is the American company, Vivos who has built the Europa One Shelter, located in Breitenstein, Germany, it is an underground complex reminiscent of a billionaire's mansion, only several times the size and far, far safer. The entire complex is 227,893 square feet (21,172 square meters), all made of reinforced materials and houses a water desalination facility, which includes large water reservoirs and power generators, as well as advanced climate control equipment, the ground within also contains several swimming pools, theatres, gyms, restaurants, bars, designer apartments, large open spaces, and even a helipad. However, the main feature of this installation is that it can withstand nuclear detonation, chemical warfare, earthquakes, tsunamis, and any other disaster you can imagine. Each luxury apartment in the complex is 2,497 square feet (232 square meters) in size and can be designed according to the owner's specifications, it can include a prayer room, a wine cellar or even a private cinema or any other luxury you require.

Owners will pay the basic sum of purchasing an apartment, as well as the monthly cost of upkeep. To move between the different parts of the complex, residents will go through dozens of secure, reinforced tunnels. At this time, the price of each apartment in the complex is kept secret, but the property value alone is estimated at \$1.1 billion. In an emergency such as an earthquake or war, residents will land at nearby airfields before being transported to the complex in helicopters. They will be provided with everything they need, and once the doors are sealed, no-one will be allowed to enter or leave. When asked why they have set up this ambitious project, Vivos replied that: "It is clear that we live in a dangerous and ever-changing world. We can't always predict potential disasters, but we can be prepared for them." The Complex will also house people who work in and maintain the facilities. Their quarters have not been revealed yet, but undoubtedly they will be less impressive than those of the richer inhabitants. So if you're afraid of the end of the world and have a few million dollars to spend, you're welcome to secure a place at the Europa One Shelter. If not, at least now you know such a place exists.

DANIEL THE THERAPY DUCK

We've heard of plenty of therapy dogs, and even therapy cats, but this is the first time I have read of a registered therapy duck. Carla Fitzgerald of Wisconsin, who suffers from PTSD after a terrible accident, found Daniel at a fear market "Without Daniel L would stave

a flea market. "Without Daniel, I would stay home for the rest of my life," Ms. Fitzgerald says. "I would never leave the house because I can't. He can tell when I'm about to have a PTSD moment and goes with me everywhere in the car."

The Indian Runner Duck even migrates with her on airplanes, giving Ms. Fitzgerald the confidence to step out of her comfort zone. Because he is registered, the duck is allowed to board an aircraft.

Ms. Fitzgerald says living with Daniel is like living with a 4-year-old human "When he's quiet, he's into something he ought not be into," she says and he loves macaroni and cheese.

FAST FOOD RESTAURANT REFUSED A HOMELESS WOMAN WATER

Jonathon Pengelly stopped in a McDonald's in Cardiff, Wales, after a night out and witnessed a homeless woman ask for a cup of hot water. When the woman was declined the drink, Jonathon decided to step in and help.

He spoke to her and told her to order what she wanted, expecting her to order everything. He was shocked when she asked for a single cheese burger and that was it but Jonathon bought as much as they could carry so he knew she wasn't going to be hungry.

He said he couldn't just leave this lady go, she was so warming and so lovely, so he sat with her, on a cold hard floor, in the middle of winter while people walked passed and laughed at them. He also met Polly's mate and when they began talking he says he was genuinely shocked at their story and how educated they were! So full of life and enthusiasm and they literally have nothing! He invited them both back to his house and they all cooked enough food to feed them and their friends for the next few nights.

HALLOWEEN TRADITIONS AND CUSTOMS

• Halloween costumes originated from the Celts when they lit huge bonfires and celebrated Samhain by dressing up in elaborate animal skins and heads to disguise themselves as spirits and demons so that the real ones couldn't distinguish them as being human. Their ceremonies consisted of dancing, telling stories, and reading fortunes. The traditions of carving jack 'o lanterns also originates with the Celts. A miserable man named Jack, tricked the devil. Unable to enter heaven or hell after his death, he was destined to roam the earth endlessly. Jack placed a piece of coal into a carved-out turnip and used it as a lantern to lead people astray and to keep the evil spirits away from himself.

• The custom of trick or treating evolved in Ireland, centuries ago. In preparation for All Hollow's Eve, the poor would call upon the rich folks and request money, gifts and food. The food was gathered for a huge feast and celebration.

FOR THE SEASON THAT'S IN

A man was standing on the side of the road hitchhiking in the middle of a thunderstorm on a dark and moonless night. Time passed slowly and no cars went by. It was raining so hard he could hardly see his hand in front of his face.

Suddenly he saw the headlights of a car coming towards him over a nearby hill. The car was approaching very slowly, appearing ghostlike in the rain. It slowly and silently crept towards him and stopped.

Wanting a ride real bad the man jumped in and closed the door. Only then did he realise there was nobody behind the wheel and no sound of the engine to be heard over the rain. Again the car crept slowly forward and the man was terrified, too scared to think of jumping out and running. The man saw that that the car was approaching a sharp bend and still too scared to jump out he started to pray for his life, as he was sure the ghost car would go off the road and into the river and he would surely drown.

But just before the bend a shadowy figure appeared at the driver's window guiding the car safely around the bend. Then just as silently the hand disappeared and the hitchhiker was alone again.

Paralysed with fear the man watched the hand reappear everytime they reached a bend. Finally the man scared to near death had all he could take, jumped out and ran to town.

Wet and in shock he went into the nearest bar and told everybody about his supernatural experience. A silence enveloped the room and everybody got goosebumps when they realised the man was telling the truth about the strange car and the ghostly hand that guided it on its way.

Just then two men walked into the bar. They were dripping wet and as they were taking off their rain gear they looked around the room. Their eyes came to rest on the hitchhiker.

"Look" said one of the men "there's the eejit that jumped into our car when we were pushing it in the rain"!

Finally this week I would like to welcome all visitors to the area and wish all readers, advertisers, correspondents and all at the Killarney Outlook Office a safe and pleasant Bank Holiday weekend. Animal owners please make sure all your animals are secure and cannot escape over the next week. In case your pet escapes please make sure it has visible identification - at least a phone number and contact Kerry Co. Council Dog Pound at 066 - 7183700, also listen in to or read Radio Kerry's classified Ads on the net and also listen to Kerry Radio Programmes as the presenters are brilliant at reporting lost and found pets. If you find a stray please try to take care of it and contact any or all of the above in the hope of reuniting it with its owner.

MOTORING OUTLOOK

DRIVING IN FOG STAY SAFE WHEN VISIBILITY IS REDUCED BY FOG, RAIN OR SPRAY

According to the Highway Code, you must use headlights when visibility is seriously reduced – generally when you cannot see for more than 100 metres (328 feet) or the length of a football pitch.

There's no obligation to use fog lights but if your car is involved in an accident in reduced visibility and its fog lights weren't on, then it may be queried by an insurer. If you do use fog lights they must be switched off when visibility improves. This applies equally to front and rear fog lights. When there's fog around visibility can seriously deteriorate in a matter of seconds. Be extra vigilant and drive only as fast as conditions allow and maintain a greater distance between you and the car in front.

FOG LIGHTS: Use common sense when it comes to fog lights. Some drivers are worried about dazzling other motorists, and some simply don't know how to turn them on.

Generally it's better to be safe than sorry, so use them when appropriate. Don't keep switching them on and off, though – this can be a distraction, so wait for a consistent improvement in visibility before switching them off - front and back.

AUTOMATIC HEADLIGHTS: Don't rely on automatic lighting in fog during the day.

In fog the ambient light level can be high enough to stop automated lights coming on even though your vision and your vehicle's visibility may be reduced to dangerous levels. According to the AA-Populus Motoring Panel (October 2015) almost one in ten drivers have



automatic lights and rely on them entirely. In other words, when it's foggy every tenth car on the road could be virtually invisible.

AA advice

• Use dipped headlights at all times along with wipers and demisters.

 Familiarise yourself with your front and rear fog lights – know how to switch them on and off – and use them when appropriate.

 Don't rely on automatic lights – they may not come on in fog

• Beware of other drivers not using headlights.

Don't rely on Daytime Running Lights alone
 they only light the front

• Only drive as fast as conditions allow and maintain a greater distance between you and the car in front. Follow a three-second rule.

• Tailing someone's rear lights can give a false sense of security and is dangerous.

• If the road has street lights on, then you probably don't need your fog lights on.

• Be able to stop within the distance you can see clearly – this is particularly important on motorways and dual carriageways, as vehicles are travelling faster.

 Don't accelerate to get away from a vehicle that is too close behind you.

• Check your mirrors before you slow down.

• At a junction with limited visibility, stop, wind down the window, and listen for traffic. When you are sure it is safe to emerge, do so positively and do not hesitate in a position that puts you directly in the path of approaching vehicles.





Clearway Montessori supporting the Road Safety Athority's request to educate Pre School children the importance of road safety. Ciara McCarthy (right) & Linda Martin (left) pictured with their students at the KDYS on National 'Beep Beep' day.

PICTURE MARIE CARROLL-O'SULLIVAN.



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Aware Depression Support

Group meets: Killarney – Mondays, KDYS at 8pm. Aware Support Groups are free to attend,

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KILLARNEY AL ANON

The Killarney Al-Anon meetings are held Tuesday nights at 8.30pm, also Thursday mornings at 11am in St. Claires, Vincent de Paul Building, Tesco carpark, Beech Road, Killarney Contact Mairead **087 7808106**

ALCOHOLICS ANONYMOUS

If you think you have a problem with alcohol please contact **066-7128720** or **087-0522911.**

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_	2nd Monday of every month at 7.00pm
Kenmare Clinic:	Atlantic Bar
	Every Saturday Night at 10.00pm
Kilgarvan Clinic:	Healy-Rae's Shop 9pm-10pm every Sunday
-	Healy-Rae's Bar 10pm-11pm every Sunday
Other Clinics held throughout the	Constituency on a regular basis and advertised locally

Contact Numbers:

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



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FOCUS ON PRUNING APPLE TREES

Apple trees should be pruned every winter if you want a good crop of fruit the following season. If you don't prune your apple trees every year, they can become congested with a lot of old branches and don't produce as much fruit as it would when pruned.

It is not a very difficult job to prune an apple tree. All you need to remember is that you want to create an open centre with about half a dozen main branches. You should prune your apple trees when they are dormant, that is between November and early March.

When you start pruning your apple trees always use a sharp pair of secoteurs, loppers or pruning saw.

The point branches to start are those that are diseased, dead or damaged, then start by pruning those that are crossing each other.

Try to remember to keep the centre of the tree open even if you have to remove large branches.

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If you have an old picture of Killarney or its residents you can bring it into our office at

30 High Street where we will scan it and return it to you immediately or email them to editorial@outlookmags.com

Our Souvenir edition is very popular with Killarney people at home and abroad and we appreciate all the photographs that are given to us so we can share them with everyone.

Deadline for receipt of pictures is FRIDAY 18th NOVEMBER









See last years Souvenir issue on www.outlookmags.com

We're Hiring Childcare Assistants / Early Years Educators

We are currently recruiting a number of Childcare Assistants / Early Years Educators for

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Scamps I Scholars

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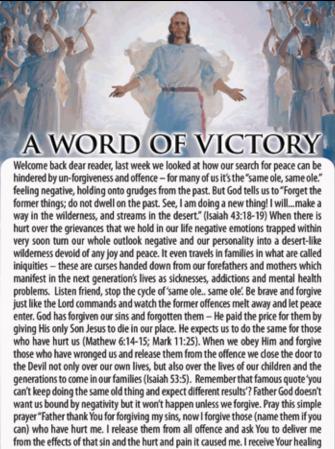


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Killarney Outlook



and Your peace in the Name of the Lord Jesus. Amen. More next week

Contact: 064 - 66 22950 E: wovkillarney@gmail.com

THE MIRACLE PRAYER

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

THE MIRACLE PRAYER

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

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NOVENA TO THE SACRED HEART

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



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THANKSGIVING ST. JUDE

O Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near Kinsman of Jesus Christ, this faithful intercessor of all who nvoke your special patronage in time of need, to you I have recourse from the depth of my heart and humbly beg to whom God has given such great power, come to my assistance. Help me in my present urgent petition in return I promise to make your name known and cause you to be invoked.

Three Our Father, three Hail Mary and three Glory Be. St. Jude and all the Saints pray for us and all who invoke your aid. Amen. S.O.B.

THE MIRACLE PRAYER

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

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

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

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

M.D.

THE MIRACLE PRAYER

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

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

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

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

Contact: Des 087 659 3427 or Email: killarneyoutlook@outlookmags.com



CO. Kerry. Who died on 31st October, 2015. On the first anniversary of our mother's death, her daughters Martina, Helen and Mary and the family of the late Eileen O'Connor (nee Flahive),

Churchtown, Castleisland, wish to thank most sincerely all those who sympathised with us in our bereavement; those who called to our home; those who attended the removal, Mass and funeral: those who sent Mass cards and those who brought food and refreshments. Thanks to Fr. Dan O'Riordan, who attended to Mam in her home and to Fr. Pat Crean Lynch, who celebrated Mam's funeral Mass. We thank Rita O'Connor for leading us in prayer during the Rosary. We thank most sincerely Bernard and Anne Marie Tagney for their professionalism and advice in managing the funeral arrangements and Helen Lyons for the music and singing during the funeral Mass. To the grave-diggers who prepared Mam's grave. To Maurice, Dan and Daniel Casey and Garda Connie Murphy for their presence and the respect and dignity shown to Mam in our home. To Dr. Dave Geaney and Dr. Anne Fleming for their medical attention to Mam. To Margaret Carmody and her sister Breda, who cared for Mam over the past number of years. There were many people, who regularly called to Mam in Churchtown - your care for and kindness to Mam was very much appreciated. Many thanks to our relatives, kind neighbours and friends, who helped in so many ways before, during and after Mam's funeral. Your support and kindness will never be forgotten. It would be truly impossible to thank everyone individually. We trust that this acknowledgement will be accepted by all as a token of our deepest appreciation. Mass has been offered for your intentions.

Mam's first anniversary Mass will take place on Saturday 29 October at 6.15pm in St Stephen and St John's Church Castleisland.

THE MIRACLE PRAYER

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

H.H.

2ND ANNIVERSARY



EAMON Sheehan

Crohane, Fossa, Killarney. Who passed away on the 26th of October 2014.

When I must leave you for a little while. Please do not grieve and shed

wild tears And hug your sorrow to you

through the years, But start out bravely with a gallant

smile; And for my sake and in my name

live on and do all things the same, Feed not your loneliness on

> empty days, But fill each waking hour in useful ways,

Reach out your hand in comfort and in cheer

And I in return will comfort you and hold you near;

And never, never be afraid to die, For I am waiting for you in the sky!

Lovingly remembered by your wife Annette, daughter Tracy and son Peter.

Anniversary Mass for Eamon will be on Sunday the 30th of October in Fossa Church at 11.00am.



NOVENA TO THE SACRED HEART

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

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

MEMORIALS & REMEMBRANCE

THE MIRACLE PRAYER

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

POWERFUL NOVENA

Κ

This novena never fails. Say it on the hour for 9 hours. Jesus who has said, ask and you shall receive, see and you shall find, knock and the door will be open to you. Through the intercession of Mary, the Most Holy other, I knock, I ask that my prayer will be granted (Make your request). Oh Jesus, he said all you ask the Father in my name, he will grant through the intercession of Mary, the Most Holy Mother. I humbly beg and urgently ask the father in thy Name that my prayer be granted (Make request here). Oh Jesus who has said Heaven and Earth shall pass away but my word shall not pass away through the intercession of Mary, the most Holy Mother. I feel confident my praver shall be answered. (Make request). This novena is to be said at the same time every hour

for nine consecutive hours - one day. Promise publication, never know to fail. **S.B.**

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. 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 Mary conceived without sin, pray for us who have recourse to thee (3 times). Holy Mary, I place this cause in your hands, three times. Thank you for your mercy to me and mine. This

prayer must be said for three days and after that the request will be granted and the prayer must be published. Thank you for favours received.

GRATEFUL THANKS

To our Lady, Sacred Heart, St Faustina, St Padre Pio, St Anthony and Infant of Prague, St Rita, St Theresa, St Joseph, Mother of Perpetual Help, Michael Archangel, Archangel Gabriel, My Guardain Angel. Thank you for favours received. S.B.

LETS PRAY TOGETHER INTO 압 THE WORD 압

Praying is talking to God. And by doing this we draw nearer and get to know who our Father in Heaven is. By praying (talking) we are directed by God. We should pray in the right way and this will change our lives more than we can imagine. People pray when there is a difficult problem or situation. Every person seems to have, deep down the urge to pray. We should ask God for teaching in the way we pray. (luke 11(1). Jesus gave us the Lords Prayer mathew 6(9-13). Is not the Lords Prayer worth spending deep study on! It comes from Jesus Gods Son. Amen.

For Prayer Requests. laurencewoodley63@gmail.com

NOVENA TO THE SACRED HEART

You have said O'Divine

Jesus ask and you shall receive, seek and you shall find, knock and the door shall be opened to you. Relying on these promises I come with confidence during the novena to beg of you the favours that I need (make request). From whom shall I ask, Lord Jesus, if not from you whose heart is an unfailing source of graces and merits. Most loving heart of my God I believe in your power, I believe in your knowledge, I believe in your personal love for me and therefore O Sacred Heart of Jesus I place all my trust in you. Our Esthor. Hail Manneard Cleav. Guid times fund

Father, Hail Mary and Glory. Say 3 times for 3 days and request will be granted, Never know to fail. Must publish. **S.B.**

THE MIRACLE PRAYER

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

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

Amen.

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

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.

NOVENA TO THE SACRED HEART

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

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