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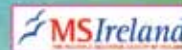
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There were celebrations in the town this week as Killarney retained both its Gold Medal status in the Tidy Towns Competition and the prestigious Purple Flag. There is a mission of mercy convoy of vans heading to Calais, Heartbeat Killarney are asking everyone to Shop for Health and Killarney Gardai came up trumps in their fundraising efforts for Cee Jay McArdle. The Killarney 10mile race was held last weekend attracting over 250 participants and it was all action at the Dr. Crokes GAA grounds for the Colm Cooper Invitational Tournament. The jubilant Kerry minors are visiting schools around the county with the Tommy Markham Cup and Kerry County Council have announced annual funding for the Kerry/Cork Health Link Bus. So sit back, relax and enjoy this week's Killarney Outlook. Out first every Friday.

*Aisling Crosbie,
Editor.*

MISSION OF MERCY AS SALLY AND KIERAN HEAD FOR CALAIS

A Killarney photographer is planning a mission of mercy by organising a convey of vans filled with vital supplies to the refugee camp in Calais. Sally MacMonagle and Kieran Somers have formed Kerry to Calais group in an attempt to gather donations from across the county and transport them to the camp. Over 5000 men, women, children and babies are living in dire conditions and with winter approaching they are in need of warm clothing for children, women and men in all sizes. Tents, tarps, sleeping bags, thermal rests and sleeping mats are also required.

Three Kerry businesses are providing and sponsoring the vans for the trip. Play at Height, Kerry Coaches and Killarney Glass have all stepped up to the mark and are also acting as drop off points for supplies. The last date for donations of clothing and tents is earmarked for October 15th and items can be dropped off at Phonesavers on College Street, Killarney, St Brigid's Presentation Secondary School, Killarney, Park Place Apartments, Killarney, John B's Pub Listowel and Play at Height Dingle. Along with the donations Kerry to Calais are also organising two fundraisers. The Ultimate Kerry Quiz – the Brain of Kerry and a '90's "No Disco" Disco. The ultimate Kerry Quiz will be



KERRY TO CALAIS SPONSORS, MIKE O'SHEA, PLAY AT HEIGHT, JAMES LOONEY, KILLARNEY GLASS, JOHNNY BUCKLEY, KERRY COACHES AND ORGANISERS KIERAN SOMERS AND SALLY MACMONAGLE, PHOTOGRAPHED AT THE LAUNCH OF THEIR FUNDRAISING EVENT. PEOPLE ARE ASKED TO DONATED WINTER CLOTHING AND CAMPING GEAR TO LOCAL DROP OFF POINTS WHICH WILL BE DELIVERED BY THE TEAM, DIRECTLY TO REFUGEES IN CALAIS. PHOTOGRAPH BY DON MACMONAGLE.

held, for the first time kicking off at 7.30pm on 27th of October, a unique quiz challenging some of the main towns across the county on the same night, simultaneously to be crowned the Brain of Kerry with The Killarney Avenue Hotel, Killarney, John B Keanes in Listowel, The Old Forge in Killorglin, Nellie Fred, Dingle all confirmed so far. The flashback '90's "No Disco", Disco' will be held on the 15th of October in Courtneys Bar in Killarney at 9pm. "We are currently looking for spot prizes and volunteers so if you think you or your company could help please let us know", Sally MacMonagle told the Killarney Outlook. "Finances raised will be split between, purchasing new camping equipment

locally in Kerry before we depart and food supplies in France when clothing and shelter drop-off is completed" she added. "This way we can provide 3 van loads of clothing, shelter etc and three vans loads of food etc afterwards, maximising the work we can do within the trip itself", Sally said. Should people wish to donate for the purchase of food hampers or tents/sleeping gear, a credit union account has been opened, until the end of October - all monies raised will go directly to the refugees in Calais - with all trip costs being sponsored and receipts will be made available upon immediate return. Bank details are as follows : B.I.C : KIROIE21 & IBAN: IE42KIRO99219320036446



A YOUNG BOY PICTURED IN CALAIS REFUGEE CAMP.

GOLD AGAIN FOR KILLARNEY

There were jubilant scenes in Dublin on Monday when it was announced that Killarney had retained its gold medal in the Tidy Towns Awards Ceremony. Kerry County Council has congratulated the successful local entrants to this year's Tidy Towns Competition with a total of Five gold medals were awarded to Tralee, Killarney, Listowel, Kenmare and Sneem with Listowel being named Ireland's Tidiest Small Town. Knightstown and Portmagee, meanwhile, received bronze honours. Speaking to the Killarney Outlook, Cllr. Brendan Cronin,

said "I wish to extend my congratulations to all concerned in Killarney being successful in winning gold in this year's Tidy Town competition. In particular I want to thank the Killarney Tidy Towns committee and all the volunteers who put in a tremendous effort and give so much of their time and commitment in keeping Killarney looking so beautiful. I also wish to recognise the work done by the Council staff and Management in Killarney which has again ensured that with broad cooperation and support Killarney town has secured gold

medal status" Director of Services, John Breen, said that Kerry County Council is delighted to work closely with Tidy Towns committees around the county on an ongoing basis. "Tidy Towns groups are the backbone of their local communities, representing all that is best about civic responsibility and love of community. Five gold medals for the county is an exceptional achievement. So too are the results for most of the Kerry entrants who have continued to see an increase in their points tally year-on-year," he said.

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ALL ABOARD.... EMERALD ISLE EXPRESS ROLLS INTO KILLARNEY STATION

50 guests, eight days, four luxury hotels, two Irish castles and hundreds of miles of beautiful landscape, the Emerald Isle Express arrived in Killarney this week for its annual expedition. The guests were in Kerry as part of a seven-night, five-star tour of Ireland, including an overnight stay and dinner at The Park Hotel, Killarney. At a cost of €5,000 per person, the tour is limited to 50 guests who will travel around Ireland on a private, heritage train that has been beautifully and lovingly restored and maintained. Operated by the Railway Preservation Society of Ireland (RPSI), all staff onboard the five-carriage Emerald Isle Express are volunteers; from the barman to the chef, they are all driven by a passion for trains and the preservation of Ireland's railway heritage. This is the third year of the exclusive rail cruise that takes in some of Ireland's most acclaimed five-star hotels, castles and attractions. This is a unique and unforgettable experience that allows a small group enjoy some of Ireland's most beautiful scenic routes from the comfort of their own heritage train. Onboard, guests will enjoy morning coffee, lunch, afternoon tea and a full bar serving premium drinks and to the delight of many, draught Guinness. On this trip guests don't have to choose



KEN FOX, DRIVER OF THE EMERALD ISLE EXPRESS TRAIN WHICH VISITED KILLARNEY THIS WEEK.
PICTURE MARIE CARROLL-O'SULLIVAN

between east and west as the tour takes in both Ireland's Ancient East and the Wild Atlantic Way. The Emerald Isle Express is organised by Railtours Ireland First Class, Ireland's only dedicated operator of hosted rail tours for Irish and international travellers. The Railway Preservation Society of Ireland is a charity that is fully managed and supported by volunteers. All

fees, including those paid by Railtours Ireland First Class go towards keeping Ireland's railway heritage operating for future generations. This tour is operated with the cooperation and assistance of Iarnród Éireann/Irish Rail and for more information on the Emerald Isle Express Tour www.railtoursireland.com

KILLARNEY RETAINS FULL PURPLE FLAG STATUS



CHAIRMAN OF THE PURPLE FLAG WORKING GROUP, PAUL O'NEILL.

The news that Killarney has retained its Purple Flag status was welcomed this week by the chairman of the Purple Flag Working Group, Paul O'Neill. There was a full assessment of Killarney's night-time economy in August and the town has passed the test with flying colours.

Purple Flag is the international accreditation for town centres in the evening and at night

from 5pm to 5am. Like a Blue Flag, centres that achieve the required standards of 30 criteria can fly the flag. Speaking to the Killarney Outlook, Paul expressed his gratitude to a real team effort within the business and wider community: "There really was a fantastic buy-in from the whole town during the adjudication. I have to thank everyone that helped make it a successful examination. "The assessors received a warm Killarney welcome wherever they went. Management and staff were knowledgeable and informative. We have a few little areas to work on for future improvement but that's something to work towards," he said. The assessors were particularly impressed with Killarney House and Gardens and remarked that it will be a major asset in offering a variety of evening services.

"It is another feather in the cap for the town and reinforces what we already know, that

Killarney provides facilities, attractions and a unique atmosphere to be enjoyed by locals and visitors alike," Paul added. The Killarney Purple Flag working group is a joint initiative between the Chamber of Tourism & Commerce and Kerry County Council. Killarney is one of 18 towns in Ireland to attain a Purple Flag. The annual Purple Flag weekend takes place from 7th to 9th October and will feature a family fun day in the town centre on Saturday 8th October. "We want to celebrate the success of retaining our Purple Flag status with everyone. It's a bit of fun for the family so we invite everyone to Main Street from 3pm to 6pm on Saturday 8th next," said Paul O'Neill.



TEE TIME IN KENMARE RAISES OVER €10,000 FOR CANCER

The inaugural Noel O'Brien Memorial Golf Tournament has raised a total of €10,235 for the Irish Cancer Society's cancer research. The tournament was held in Kenmare Gold Club in July in memory of the late Noel O'Brien who passed away from cancer in 2014. Over 60 teams participated in the event and raised the incredible sum of €10,253 to help fund cancer

research. Since 2010, the Irish Cancer Society has invested over €14 million on cancer research making it the leading voluntary funder of cancer research in Ireland. This investment has supported more than 120 cancer researchers, from laboratory researchers to research nurses to population scientists to work on a diverse range of individual or collaborative projects

that will ultimately lead to better ways of diagnosing and treating cancer. Dr Robert O'Connor, Head of Research, Irish Cancer Society said, Thanks to all involved in the Noel O'Brien Memorial Golf Tournament for supporting our vital cancer research, you are making a difference to those who will get that cancer diagnosis in the future."

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KILLARNEY JOINS FORCES WITH GARDAI AT CEEJAY'S COFFEE MORNING

All sectors of the community in Killarney were represented at a coffee morning held by Killarney Gardaí in the Plaza Hotel Window Bar on Tuesday morning.

The fundraiser was held for 4 year old Ceejay Mc Ardle who was diagnosed with leukaemia 2 years ago and has been undergoing treatment for cancer in St John's Ward in Crumlin Children's hospital.

Ceejay always had a huge interest in the Gardaí and police work and would always say he wanted to be a garda when he grows up.

An Garda Síochána took Ceejay under their wing and he now has his own official Garda uniform, custom made to fit him and earlier this year he "graduated" from the Garda college in Templemore, being made an honorary member of the force by Commissioner Noírin O Sullivan who was also in attendance.

Speaking at the coffee morning, Garda Dermot J. O'Connell thanked everyone who attended and donated as did Supt. Flor Murphy and Garda Gillian O'Donoghue who was instrumental in organising the event.



PICTURED AT THE WINDOW BAR OF THE KILLARNEY PLAZA HOTEL FOR THE GARDA COFFEE MORNING WERE L-R GARDA MIKE MILLNER, CLLR NIAL KELLEHER (REPRESENTING KILLARNEY MAYOR BRENDAN CRONIN), LINDA GORDON & GARDA AOIFE TWOMEY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

All the goodies on the day were donated by local businesses and it was a full house at the Plaza as everyone supported this worthy cause. The funds raised will towards sending Ceejay

and his parents to New York so that he can march in the St Patricks day parade with his Garda and NYPD colleagues.

SHOP FOR HEALTH AT THE OUTLET CENTRE



HEARTBEAT KILLARNEY HAS TEAMED UP WITH THE KILLARNEY OUTLET CENTRE, THE PRIMARY HEALTH CARE TEAMS, HSE COMMUNITY WORK DEPARTMENT TO PRESENT A 'SHOP FOR HEALTH DAY' AT THE KILLARNEY OUTLET CENTRE, ON FRIDAY 7TH OCTOBER FROM 10.00AM - 6.00PM. AT THE LAUNCH OF HEARTBEAT 'SHOP FOR HEALTH DAY', FRONT ROW, MONIKA FALLS, HSE, CAROLANN FOGARTY, HSE, MAÍRE O'LEARY, HSE, NOREEN O'SULLIVAN, KILLARNEY OUTLET CENTRE, BACK ROW, MICHAEL F O'CONNOR, ROSEMARY NOLAN, KAY FLEMING, DONAL MCCARTHY, SUE McDONAGH, BILLY DF O'SULLIVAN, HEARTBEAT KILLARNEY, BRENDAN MCCARTHY. PHOTO: VALERIE O'SULLIVAN.

Heartbeat Killarney are teaming up with the Killarney Outlet Centre, the HSE Community Work Department and The Primary Care teams to present a Shop for Health Day on Friday October 7th from 10am to 6pm.

The object of the day is to make easy access to health experts in a relaxed atmosphere and to get people talking about their health and

picking up information that normally might not be as readily available to them.

Among those taking part on the day will be the Citizen's Information Uit, NCBI Sight Loss, Strutters Walking Group, Uni Slim, Kerry Volunteer Group, Medical Mobility, Kerry Stroke Support Group, Recovery Haven, Audiology Medical Services, Bon Secours

Hospital, Diabetes Kerry, Home from Home, Chair Pilates, MS Killarney/South Kerry, Kerry Weight Challenge, Breathing Coach, Eoin Burns, The Carers Association, Erina MacSweeney, The Order of Malta and The Killarney Community Services.

Shoppers will have the opportunity to talk to professionals including diabetes nurse specialist, physiotherapist, speech and language therapist, dietitians and some doctors will attend during parts of the day. The day is designed to give all age groups the opportunity to talk to experts in a relaxed atmosphere and to find out what services and help is out there.

"We are expecting more to get involved between now and the 7th October", Billy DF O'Sullivan of Heartbeat told the Killarney Outlook.

"It is a new dynamic idea and we hope the community will come along and make it a successful and fun day", he added.

Shop for Health Day is reaching out to all ages in the community with advice and information that hopefully be of use to those who participate.

The units in the centre will also be involved with many health orientated offers available on the day.





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6.30am	Rathmore (25th November / 3rd December only)
6.30am	Tralee (Outside the Bus Station)
6.30am	Kenmare Square
7.00am	Killarney, O'Callaghan Coach Holidays Base
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ATHLETES TAKE PART IN KILLARNEY 10 MILE RACE

They came, they ran, they conquered.... athletes from all over the world including the USA, Canada, Spain, Mexico, Chile, the UK and of course Ireland braved the yellow weather warning to take part in the third annual Killarney 10 mile race. The runners joined local runners in a race that has formed part of the fundraising for the Killarney microtrack project over the last three years. With a yellow weather warning issued the previous evening, it didn't deter 250 participants and the stewards who took the decision to progress with the race. After a 9am start and a shower the weather cleared up rapidly for the runners who took to the road and enjoyed a classic race taking in Aghadoe and Killarney National Park and finishing at St. Brendan's college. The atmosphere and welcome by members of the South/East Kerry Rural Recreational Track Ltd, Killarney Valley AC. Athletics in Kerry, Sean Coffey of St. Brendan's College along with friends, family lifted the spirit of all the finishers in an almost mini Olympic cauldron applause for all.

The winner of the event this year was Phillip Harty of West Waterford AC in a solid time of 53:51 for the 10 miles. Already this year Phillip has won the Cork city marathon, Waterford marathon and the Limerick half marathon.

The Women's section, Deirdre Nagle of Eagle AC was first past the winning post in 1:08:43, battling through the early difficult conditions very well.

The greatest individual achievements came from the Killarney Valley AC members 'fit for life' group who completed the 10 mile distance for



ATHLETES AT THE STARTING POINT OF THE 10 MILE ROAD RACE WHICH LEFT FROM PORT ROAD ON SATURDAY MORNING.
PICTURE MARIE CARROLL-O'SULLIVAN

the very first time.

One other notable achievement was Geraldine Clifford wife of the late Richard Clifford, to whom the winners cup is dedicated in Memory of, completed 10 miles for the first time in a time of 1:59:01. Geraldine was joined in the race by her daughter Ashling who also ran very well on the day. For the wider Killarney community, as a result of the entry fee, a sizeable sum was raised for the Killarney community microtrack project and huge thanks must go to sponsors Tricel and Centra at The Reeks. "Runners enter events for many different reasons. But where the motivation of the race promoters in this event are to support grassroots participation in athletics and healthy pursuits through track development it is a great achievement", one of the organisers of the event Jerry Griffin told the

Killarney Outlook. The group would like thank the following:

Alan Ryan Race Director, The order of Malta, Gardaí, Stewards, Killarney Aalley AC, Members of Aai (kerry), Sponsors Tricel, Sponsor Centra at The Reeks, Killarney National Park, Jarveys Participants, St. Brendan's College, Jules Hall Weakley, Sportstiming, Members of the media.

RESULT: Male

1. Phillip Harty West Waterford AC 53:51.
2. Sean O'Sullivan Riocht AC 59:13.
3. Tony Harty Killarney Valley AC 59:33.

FEMALE:

1. Deirdre Nagle Eagle AC 1:08:43.
2. Alison Kirwan Star of the Laune AC 1:10:43.
3. Caitriona Barry Farranfore Maine Valley AC 1:11:04



BRAVING THE ELEMENTS FOR THE 10 MILE ROAD RACE ON SATURDAY MORNING WERE L-R MARK GALVIN, JAMES O'NEILL & TOBI LENHOFF.
PICTURE MARIE CARROLL-O'SULLIVAN



READY FOR ROAD IN THE POURING RAIN AT THE STARTING POINT OF THE 10 MILE ROAD RACE ON PORT ROAD WERE L-R ETHEL MEEHAN, CAROL O'HANLON & NIAMH O'SULLIVAN.
PICTURE MARIE CARROLL-O'SULLIVAN

KWD CELEBRATING 3 DECADES OF SERVICE



KWD Recycling celebrated its 30th anniversary at the South Kerry PloUGHing

was the Murphy Family Massey Ferguson 148 which was fully restored especially for the event and created a lot of interest from Tractor enthusiasts. KWD also had one of its many pop up stations supplying "Food waste caddy liners" Free to customers, and experienced large numbers of people calling throughout the day. Also on show on the day was the "KWD County Clean up" Beetle which highlighted awareness for the annual "KWD County Clean up" that's sponsored by KWD and which has grown from strength to strength over the last number of years, with many other County's now imitating the Kerry initiative. We have come a long way since 1986 and currently

employ over 100 people directly between our service department and our new state of the art Recycling Facility. We cover all of Kerry, West Cork and West Limerick for Domestic and Commercial collections and are dedicated as always to providing the most cost effective and efficient service available. We would like to take this opportunity to thank all our customers for their valued business over that last 30 years and look forward to the next 30 years of service. If anyone would like more information about KWD Recycling's excellent service please log onto www.kwd.ie or call 1850 373737 and one of our operators will be more than happy to hear from you.

"The trees are in their Autumn beauty,
The woodland paths are dry,
Under the October twilight the water
Mirrors a still sky"

W.B. Yeats



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Killarney Kerry

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Friday
October 7th
10am - 6pm

Opportunities to talk to Professionals:

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Physiotherapist / Speech &
Language Therapist / Dietitians /
Blood Pressure Testing
Available with the Irish Heart
Foundation / Community Work
Mental Health / Primary Care
Liaison Nurse /
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G.P. Doctors will attend
during parts of the day.

Citizens Information Service:

NCBI Sight Loss / Strabismus Walk
Group / Lini 91m /
Kerry Volunteer Group / Medical
Mobility / Kerry Stroke Support
Group / Recovery Haven /
Audiology Medical Services /
Bon Secours Hospital /
Diabetes Kerry / Home from
Home Chair Plates & many more.

This day is to give
all age groups the
opportunity to talk
to those experts in a
relaxed atmosphere
and to know what services are
out there to help if needed.

Shop
for
Health
Day

Watch out for special offers in
the outlet centre on the day!

GREAT TURNOUT FOR COLM COOPER TOURNAMENT



COLM COOPER WITH HIS NEPHEW.

There was a fantastic turn out on Saturday last for the Colm Cooper Invitational Tournament which was held in the Dr. Crokes GAA Grounds.

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

The club's Under 13 players got the chance to compete with their counterparts from clubs around the country and this year were successful in winning the Plate while the cup was won by Skerries Harps, Dublin.

Teams played in groups to qualify for the Cup and Plate semi-finals and finals. The



THE COOPER FAMILY PICTURED AT THE TOURNAMENT.

tournament trophies and medals are sponsored by the Coffey Family in memory of the late Denis Coffey, RIP, a former player and Club Officer with Dr Crokes.

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



COLM COOPER WITH KERRY MINOR PLAYERS DAVID NAUGHTON, BILLY COURTNEY, NIALL O'DONOGHUE, DAVID SHAW AND MICHAEL POTTS WITH COLM'S EIGHT ALL-STAR AWARDS.



COLM COOPER WITH THE COFFEY FAMILY, WHO SPONSORED THE PRIZES IN MEMORY OF DENIS COFFEY R.I.P., WHO WAS A DR CROKES PLAYER AND CLUB OFFICER.



DR CROKES TEAM THAT WON THE PLATE COMPETITION.

ANGLERS IN KERRY REMINDED TO STAY SAFE ON THE WATER



INLAND FISHERIES IRELAND AND IRISH WATER SAFETY OUTLINE WATER SAFETY ADVICE IN LIGHT OF 18 ANGLING RELATED DEATHS IN IRELAND IN LAST THREE YEARS

Anglers in Kerry are reminded of the importance of staying safe on the water as they enjoy fishing on Ireland's rivers, lakes and seas. There have been 18 angling related drownings in Ireland since 2014 according to Inland Fisheries Ireland and Irish Water Safety, who have joined forces to highlight water safety to the angling community. Drownings relating to angling are quite common in Ireland

with four deaths reported this year. There were nine deaths reported related to angling in 2015 and a further five in 2014. In total, 122 people drowned in Ireland last year, equating to ten deaths every month with drownings often happening quickly, silently and in shallow water. Irish Water Safety advises anglers to follow these steps to avoid any danger on or near the water:

1. Wear a lifejacket when on or near the water and make sure that it has a correctly fitting crotch strap.
2. Supervise children at all times near water - 30 children aged 14 and under drowned in the last ten years.
3. Check locally concerning dangerous currents and carry an alternative means of propulsion.
4. Train for your aquatic activity at www.safetyzone.ie.
5. Watch for changing weather. Be prepared to

seek shelter in good time.

6. Learn swimming and lifesaving skills, available nationwide for all ages through Irish Water Safety.

7. Avoid alcohol as it impairs judgment, balance and coordination, all of which are essential for boating.

8. In Marine Emergencies, call 112 and ask for the coastguard.

Ireland is a popular destination for angling with 74,000 kilometres of rivers and streams, 128,000 hectares of lakes and over 5,500 kilometres of coastline. There are approximately 273,000 domestic anglers in Ireland with a further 163,000 visitors enjoying fishing during a trip to Ireland in 2015.

For further information on staying safe on the water, visit Irish Water Safety's website www.iws.ie and to find out more about Inland Fisheries Ireland visit www.fisheriesireland.ie.



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Late Night Disco*



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in the INEC

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Join the Party
or
€95^{pps}
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The Kaye Twins
17th December
in the Ballroom

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MAN OF THE MATCH DARA HONoured BY HIS CLUB



DARA MOYNIHAN WITH KERRY MINOR PHYSIO KATIE PURTIL. BOTH DARA AND KATIE ARE PLAYERS WITH THE SPA SENIOR MEN AND LADIES TEAMS. KATIE HAS BEEN BUSY WITH HER PRACTICE AND SHE RECENTLY GOT MARRIED. SHE PUT HER HONEYMOON OFF AS SHE WAS BUSY IN CROKE PARK LOOKING AFTER THE MINORS ON ALL IRELAND DAY. There were celebrations all round on Saturday morning last when Spa GAA Club honoured Kerry Minor champion and Man of the Match Dara Moynihan and his team mates. Gerard Mangan, Chairman welcomed the minors, Patrick O'Sullivan, Chairman Co Board, Tim Ryan, Chairman of East Kerry Board along with the Minor Manager Peter Keane and his backroom staff.



KERRY MINOR AND MENTORS AND OFFICERS. INCLUDED IN THIS PHOTO ARE CHAIRMAN SPA GAA GERARD MANGAN, CHAIRMAN KERRY CO BOARD PATRICK O'SULLIVAN, CHAIRMAN EAST KERRY BOARD TIM RYAN, MANAGER KERRY MINORS PETER KEANE AND MEMBERS OF THE KERRY MINORS.

Dara introduced his fellow All Ireland winners and all were given an outstanding applause. Katie Purtill, physio was also congratulated and acknowledged as a fellow Spa senior lady player. The players were very gracious and put many a smile on everyone present to share in their glory. Great to see senior past and present players and our future when the underage turned up in their Kerry jerseys to take their photos with their heroes. Thanks to all who helped out with this wonderful celebration.



DARA MOYNIHAN WITH HIS PROUD FAMILY - EILEEN, TIMOTHY, DARA, CIARA AND TIMMY MOYNIHAN.

ELIZABETH STEALS THE SHOW AT FOSSA SPORTS DAY



ELIZABETH COFFEY PICTURED WITH HER MEDALS.

A young Fossa athlete has scooped an amazing 5 medals, 4 gold and 1 silver to win the Danny

Coffey Memorial Sports Day.

Nine year old Elizabeth, the daughter of Angela and Ted displayed amazing talents to win the most medals on the day.

The Danny Coffey memorial sports day made a welcome return to the Fossa sporting calendar last weekend and everyone that came along had a good day and the weather behaved itself long enough for officials to run off all the races. Kieran Coffey was there on Saturday representing the Coffey family.

The organisers would like to thank everyone on the Community Games committee who helped organise the event and all the parents who came along and helped on the day. Special thanks to Denis Myers and his crew who got the track and long jump etc ready for Saturday.

All money raised on the day goes to Fossa Community Games and who are selling raffle tickets for a Fossa Jersey (size of your choice) signed by David Clifford.

LETTER TO THE EDITOR

A Eagarthóir,

For many years Killarney Town Council and since its dissolution the Municipal Area Council have been calling for the removal of the relatively recently formed island in the Flesk River on the lakeside of Flesk Bridge, Killarney. For too long their calls were ignored and the island continued to grow.

Many people, particularly the residents of houses on the eastern side of the Bridge, believe strongly that the island's presence increased the risk of flooding of their properties. They have for a long time been calling for remedial action to be taken.

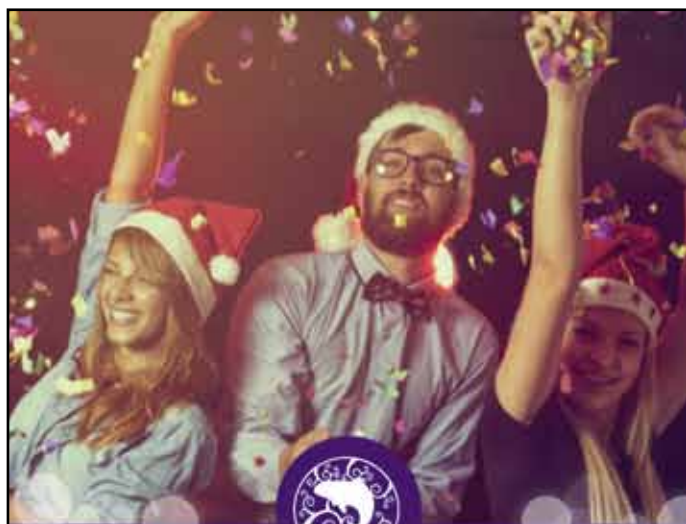
Finally now their pleas have been heard and the various responsible Public Bodies have responded and the island has been removed. This work coupled with works at the Bridges up steam should help to lessen the impact of flooding on individuals and communities in those locations.

Thanks to Kerry County Council, Inland Fisheries Ireland and the Office of Public Works for cooperating in this project.

*Mise. le meas,
Michael Gleeson (Cllr).*

IF YOU HAVE A STORY...

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Friday 2nd & 9th December

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- Spot Prizes throughout the evening
- Live Entertainment (2nd Katsquire, 9th Jason Fallon)
- Dance late into the night with our DJ

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CHRISTMAS Supper Club Party

Saturday 17th December

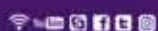
- Brehon Signature Cocktail on arrival
- Help Yourself Fork Buffet
(Main Course & Dessert Buffet with T/C)
- Spot Prizes throughout the evening
- Live Band
- Dance late into the night with our DJ

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Fashion in
Fossa



JUBILANT SCENES AS TOMMY MARKHAM ARRIVES IN RATHMORE

Kerry minors Brian Friel and Mark Ryan received a heroes welcome in Scoil Phobail Sliabh Luachra on Friday last following their recent success with the Kerry minors. Indeed both players follow in the footsteps of former students Darren Brosnan and Shane Ryan, both having won All-Ireland medals with the Kerry minors, Darren in 2015 and Shane in 2016. Mark, who is a younger brother to Shane, comes from a proud footballing family. His sister Brid, has won All-Ireland medals with Kerry at U14 and U16 level in both 2015 and 2016. Mark has now gone to study in college in Mary Immaculate College in Limerick. He achieved a great leaving cert despite the intense training. Whilst Brian is currently studying for his Leaving Cert and will still be committed to both the school football and the Kerry minors team. Both boys have achieved fantastic success in winning the Tommy Markham (3 in a row). Brian started playing Gaelic football with Rathmore GAA U8's. "That's where I learned most of my football skills. The best advice ever "practice with both feet". At primary level I played with Barraduff N.S. and then with Scoil Phobail Sliabh Luachra, Rathmore. The school has a proud tradition of football and I was involved with the Corn Ui Mhuiri last year which reached



ALL-IRELAND WINNING KERRY MINOR FOOTBALLERS MARK RYAN AND BRIAN FRIEL (RATHMORE) BROUGHT THE TOMMY MARKHAM CUP BACK TO SCOIL PHOBAIL SLIABH LUACHRA WHERE THEY RECEIVED A HEROES WELCOME. PICTURE: EAMONN KEOGH.

the Munster Quarter Final, the school's first year in the competition", he told the Killarney Outlook.

Both boys describe the hard work and dedication they put in since last November as worth while and extremely rewarding. Training consisted of gym work, A v's B games, and challenge matches. Training three times a week continued until All Ireland Final week. Their commitment, dedication, discipline,

cooperation, and participation in school both academically and on the pitch shows that they are great ambassadors for their community and Rathmore club. Their balanced and focused attitude to achieving such success is an inspiration to their classmates as great role models for their peers in reaching such goals. Congratulations to both and we look forward to seeing a lot more of both players on the pitch in the future.



ALL-IRELAND WINNING KERRY MINOR FOOTBALLERS BRIAN FRIEL AND MARK RYAN (RATHMORE) RECEIVING A PRESENTATION FROM SINEAD WARREN (STUDENTS COUNCIL) AND SCHOOL PRINCIPAL DENIS KERINS AT SCOIL PHOBAIL SLIABH LUACHRA. PICTURE: EAMONN KEOGH.



ALL-IRELAND WINNING KERRY MINOR FOOTBALLERS BRIAN FRIEL AND MARK RYAN (RATHMORE) BROUGHT THE TOMMY MARKHAM CUP BACK TO SCOIL PHOBAIL SLIABH LUACHRA WHERE THEY RECEIVED A HEROES WELCOME. THEY ARE PICTURED HERE WITH SCHOOL PRINCIPAL DENIS KERINS AND SOME STAFF MEMBERS. FRONT FROM LEFT ARE CATHERINE KIELY, NIAMH DWYER, MARIA HANRAHAN, MARK RYAN, DENIS KERINS, BRIAN FRIEL, PATRICIA MCCARTHY, PAT BROSAN. MIDDLE ROW FROM LEFT ARE MARY O'CONNOR, MARGARET DENNEHY, ANNE CRONIN, LORRAINE DINEEN, CARMEL O'KEEFE, LIZ HEALY, KAREN O'SULLIVAN. BACK ROW FROM LEFT ARE LOUISE COOPER, EILEEN O'RIORDAN, CIARAN DOYLE, SEAMUS O'CONNELL, JOHN BYRNE, JAMES O'HALLARON, NORMA AHERN, DONAL CREMIN, DENIS HICKEY. PICTURE: EAMONN KEOGH.

RATHMORE PUPILS HELP LAUNCH ONE GOOD IDEA



PICTURED AT THE LAUNCH WERE EIMEAR NAGLE; SARAH CASEY; LAUREN O'LEARY; NIAMH FINNEGAN FROM SCOIL PHOBAIL SLIABH LUACHRA; RATHMORE.

Scoil Phobail Sliabh Luachra in Rathmore this

week helped the Sustainable Energy Authority of Ireland (SEAI) officially launch this year's One Good Idea competition. SEAI is encouraging students from right across Kerry to enter the competition. Now in its 9th year, the aim of the One Good Idea is to increase students' understanding of energy efficiency and climate change by encouraging them to take individual and collective responsibility for tackling these important issues. Contestants must come up with creative ideas for an energy awareness campaign to change behaviour and improve energy efficiency in their homes, schools and communities. Open to primary and post

primary school students, participants have the chance to win prizes for themselves and their schools. Entry can be made via www.seai.ie/onegoodidea and the best projects will be showcased at the national finals in Croke Park on the 16th May 2017. Closing date for entries is 11th November 2016. To mark the launch, the 2016 winners have created posters based on their campaigns. The posters will be used in a national advertising campaign on billboards and in AIB branches around the country. A public vote for the nation's favourite poster will be conducted through the SEAI website until 23rd October 2016.

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PROPERTIES OF THE WEEK

RICS The mark of property professionals worldwide



11 PRIORY PADDOCKS, MUCKROSS ROAD

Guide Price €595,000

Unique 6 Bedroom detached residence (approx 3,900 sq ft) standing on c. 0.2 acre site with gated entrance, boundary stone walls, sunken private south facing patio area, paved garden to the front & rear, detached garden shed to the rear, alarm system & oil fired central heating. Located in a quiet residential area walking distance to Killarney Town Centre and all amenities.

Excellent family home.

REF 880 BER B3



5 THE CRESCENT, GREENFIELDS, FIRIES Guide Price €129,000

3 Bedroom semi-detached property (approx 1,240 sq ft) with private rear garden, side entrance, off street parking & gas heating. In a quiet residential estate within walking distance of Firies Village, National School & all amenities.

REF 945 BER B3



13 THE ASH COURTYARD, BELLVIEW WOODS, BALLYDOWNNEY Guide Price €225,000

3 Bedroom end of terrace property (approx 1,250 sq ft including the conservatory) with private rear garden paved with patio slabs throughout & back entrance. Oil fired central heating. Short distance to the town centre.

Ref 946 BER Pending



1 COLL CORRAN, PARK ROAD Guide Price €150,000

Contemporary 2 Bedroom ground floor apartment (approx 800 sq ft) in this exclusive development superbly located just off the Park Road, 5 minutes walk to Town Centre and all amenities. Electric Heating. Private Parking.

REF 952 BER Pending

KILLARNEY COUNCILLOR DELIGHTED WITH HEALTH BUS FUNDING

Cllr. Donal Grady has expressed his delight at the news that Kerry County Council has agreed to provide funding of €10,000 annually to the Kerry-Cork Health Link Bus which provides transport for patients from Kerry attending Cork University Hospital.

The Killarney Councillor who proposed the donation, said he was delighted to have put forward the suggestion of this financial support for such a vital service for those travelling from Kerry for cancer treatment in Cork. The funding of €10,000 was provided through a contribution from each of the four Municipal Districts in the county - from the Community Support Fund - as well as from the Council's funds centrally.

The Cathaoirleach of Kerry County Council, Cllr Michael O'Shea added that there are so many families who have a loved one who has availed of the bus link and that the free service meant so much to those who are being treated for cancer.

"This is such a vital service and is so reliant on fundraising and contributions such as this. Those who use the service speak of the moral support and social benefits from travelling



PICTURED AT THE ANNOUNCEMENT OF THE FUNDING ARE FROM LEFT: CLLR DONAL GRADY, MAYOR MICHAEL O'SHEA, MOIRA MURRELL (KCC CHIEF EXECUTIVE).

together not just on the bus journey but on their cancer journey. We are delighted as a

Council to lend our support to such a hugely valuable facility," said Cllr O'Shea.

OMBUDSMAN SAYS KERRY'S PUBLIC SERVICES CAN LEARN FROM COMPLAINTS

Ombudsman Peter Tyndall said that providers of public services in Kerry should use complaints to improve the delivery of services. The Ombudsman was speaking at a seminar his office hosted in the Rose Hotel Tralee on Friday 23 September.

The seminar, 'Learning from the Kingdom's Complaints', was attended by over 100 public representatives and senior officials in public

service providers.

Speaking after the event the Ombudsman said: "Very often a complaint can be a warning sign that something is going wrong with the delivery of a particular service. It is important that all providers of public services have complaints systems in place to ensure that they learn from complaints they receive. That is why my office has developed a 'Model Complaints

System' that service providers can use."

The seminar was part of a two-day event in Tralee which saw staff from the Ombudsman's Office take complaints, and provide advice and assistance to the public. The Office also provided training to Kerry's Citizen Information Centres on the role of the Ombudsman and on how to take complaints on behalf of the Ombudsman's office.



DEPUTY JOHN BRASSIL, TD., AND COUNTY EXECUTIVE KERRY COUNTY COUNCIL, MOIRA MURRELL WITH OMBUDSMAN PETER TYNDALL, AT A SEMINAR HOSTED BY THE OMBUDSMAN OFFICE IN THE ROSE HOTEL TRALEE ON FRIDAY. PHOTO: VALERIE O'SULLIVAN.



TRISH BERGIN, KIERAN BARRY, DEPT. SOCIAL PROTECTION, FRANCES CLIFFORD, CITIZENS INFORMATION, DAVID NUTLEY, OMBUDSMAN'S OFFICE, AT A SEMINAR HOSTED BY THE OMBUDSMAN OFFICE IN THE ROSE HOTEL TRALEE ON FRIDAY. PHOTO: VALERIE O'SULLIVAN.

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GREAT KERRY STORYTELLER BEING HONoured

Legendary seanchai (storyteller) Eamon Kelly will be remembered in his Kerry birthplace at the weekend. The art of storytelling will be the theme of the Eamon Kelly Weekend, in Gneeveguilla, with children and adults taking part. Kelly, who was born in Gullane, Gneeveguilla in 1914 and died in 2001, was also an accomplished actor who performed many times in the Abbey Theatre, Dublin, and leading theatres overseas.

This Friday night (Sept 30), well-known storyteller of the modern era, Raymond O'Sullivan, Killarney, will set the scene for the weekend with a visit to public houses in Gneeveguilla village and the local GAA club bar. Mr O'Sullivan has also been visiting local schools to get children interested and there will be a children's storytelling session in Teach Failte, Gneeveguilla, on Saturday from 5pm to 6.30pm. The children will also listen to stories and will learn how to construct stories.

At the same venue on Saturday night, there will

be more storytelling, as well as music, song and dance, starting at 8pm. A feature of the night will be an interview with a member of Eamon Kelly's family. On Sunday, Gneeveguilla-born journalist and editor of the Sliabh Luachra Journal Donal Hickey will conduct a bus tour of the area. Starting in the village at 11.30am, the tour itinerary includes stops at the Eamon Kelly statue, his birthplace and the birthplaces of leading local poets Eoghan Ruadh O Suilleabhain and Aodghan O Rathaille. The tour is expected to be completed by 1pm.

The commemorative weekend follows a similar event last October and this time the emphasis is on getting people, young and old, to tell stories. Organising committee chairman Cormac Collins said that, as well as honouring Eamon Kelly, the aim is to keep the storytelling tradition alive in the Sliabh Luachra region.

"The area is already famed for its rich store of traditional music and dance and its poets, but the art of storytelling is also an intrinsic part of



RAY O'SULLIVAN STORYTELLER.

that heritage," he said.

The weekend is supported by Cumann Luachra, IRD Duhallow and the Department of Arts, Heritage and the Gaeltacht.

TUNE UP YOUR FIDDLES AND BODHRÁNS – IT'S TRAD FOR TRÓCAIRE WEEK



Kerry musicians and music fans are asked to support Trócaire and Comhaltas' annual fundraising campaign. Trócaire and Comhaltas Ceoltóirí Éireann are asking trad musicians to tune up their instruments for Trad for Trócaire week, which takes place from Monday 26th September to Sunday 2nd October 2016.

Local trad seisiúns will take place around the country to support Trócaire's work during this national week of 'ceoil agus craic' and Kerry

people are encouraged to support their local session.

Since 2010 over 2,000 Trad for Trócaire events have taken place across Ireland, the UK and even the USA. Money raised supports people living in extreme poverty or facing human rights abuses. Katie Bolger, Trócaire's Fundraising Officer said: "Trad for Trócaire is a real celebration of Irish music culture and of our history of generosity towards the poorest people in times of need. We have been amazed by the warm welcome we have received from Ireland's trad musicians for the last six years and we are looking forward to another great Trad for Trócaire week this year. "We are asking any Kerry musicians, venues and music lovers to join us by supporting Trad for Trócaire week and setting up a local trad music session. No matter how big or small, your event has the power to change lives."

To get involved and order a free fundraising pack visit trocaire.org/trad or call Katie Bolger in Trócaire on **01 6293333**.

WELLBEING EVENING WITH DR FERGUS HEFFERNAN



DR FERGUS HEFFERNAN.

Renowned psychologist and psychotherapist, Dr Fergus Heffernan is the guest of Gaelscoil Faithleann Parents Council for a talk on 'Understanding the

emotional well-being of children, teenagers and the family'. The talk will take place at 8pm on Wednesday next October 5th in the Gaelscoil. Dr Fergus Heffernan is a leading educator in the area of mental health and wellbeing of family and teenagers, and his presentation will look at why our children and teenagers do not have appeared to have developed resilience. Research has found that a quarter of second level students in Ireland self-harm and suffer anxiety disorders and this is now beginning to manifest in the primary school setting. Meanwhile, many young children are not learning relationship skills or empathy as they are only learning virtual relationships via screens. According to Mary Carroll, secretary of the Parents Council, "Dr Heffernan's talk is aimed at parents, guardians and people who play a key role in supporting the emotional wellbeing of teenagers and young children. It will take in how people can look after themselves in these challenging roles. "Dr Heffernan employs a wonderfully honest, heartfelt, practical and often times humorous approach to the subject of mental health and family issues. His listeners will be provided with plenty of material for ongoing reflection," Mary continued. Everyone is welcome to attend, and there is no charge.

RECENT NEWS FROM DANNY HEALY RAE



DANNY HEALY RAE TD

Danny Healy Rae TD welcomes announcement of funding made by Minister Heather Humphreys, of €10,000 for the Sliabh Luachra Music Trail of Kerry/Cork and Limerick and €71,000 to be divided between Listowel Writers Week and Cork Music Festival.

Rathmore, Gneeveguilla and the surrounding areas: Dr. Christina Walsh McCarthy is going to increase her presence in Rathmore to three days a week - Monday, Tuesday and Thursday in two rooms provided by the Social Action Group. House calls will also be provided. I wish to thank all involved - Ger O'Donoghue and his team, Dr. Christina Walsh McCarthy and the HSE. I am glad to have worked hard on this matter for over two years and hope that patients and the entire community are happy with this improvement in service.

GOOD NEWS: Good news for the people of

MONEY MATTERS....

By Dermot Cronin,
Financial Advisor



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If you have any queries on the above or any other matter you can contact Dermot Cronin QFA APA at **064 66 22775** or **dermotcroninifa@gmail.com**

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NEW TO MARKET

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Newly renovated three bedroom detached family home, overlooking green area, within walking distance of Deerpark Retail Park, Aldi and Gaelscoil primary school. The property is not overlooked and would be ideal for first time buyer, family home or investor. Accommodation includes entrance hall, sittingroom, downstairs toilet, kitchen/diningroom, utility, bathroom, three bedrooms, (master en-suite).



Price Region: **€250,000**

BER C3

"TIGIN AN FHIA", MANGERTON, KILLARNEY

Modern three bedroom detached bungalow, in good condition throughout, with beautiful countryside views. The property which is situated directly opposite Killarney National Park, would be ideal for first time buyer, or as holiday home. Ideal opportunity to purchase a family home in walk in condition, in the Muckcross area.



Price Region: **€265,000**

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PROPERTY OUTLOOK

THROUGH THE KEYHOLE....

A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET



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Agent: ● DNG Ted Healy ● 11 New Street ● Tel: 064 6639000 ● E-mail: tedhealy@dng.ie www.dng.ie

Asking Price: €250,000 (Under Offer)

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

CHARITIES BIG WIN FROM RING OF BEARA CYCLE KENMARE

Cancer Connect and SouthWest Counselling Centre were the real winners, from the Ring of Beara Cycle Kenmare 2016. Over €50,000 was raised for these deserving charities by the hard work and pedal power of 3500 cyclists.

The official cheque presentation to the chosen charities Cancer Connect and South West Counselling took place in the Brook Lane Hotel Kenmare on Thursday 22nd September. Committee members and representatives from both charities came out on the night to show their support for both benefiting charities. Manager of Cancer Connect Steve Ellis said "the proceeds raised from The Ring of Beara Cycle Kenmare will help us provide support to the many people that avail of our services and we are extremely grateful for the continued support that the Ring of Beara fundraising cycle provides to us."

Lindsay Fredman, CEO of SouthWest Counselling Centre also spoke on the night and said "These much appreciated funds raised from the cycle will allow us to extend all our services into the Beara region so that we can offer low cost counselling, training and workshops to meet the mental health needs of people across the lifespan." In its second year, over 3500 participants took to their bikes on a bright sunny day around the Ring of Beara



RING OF BEARA CHEQUE PRESENTATION. UNA BRENNAN FROM KENMARE MARKETING AND EVENTS GROUP (FRONT CENTRE) PRESENTING A CHEQUE TO FRONT L-R VICKY RIDGWAY, DAVID O'BRIEN, NEILLIE O'LEARY AND STEVE ELLIS REPRESENTING CANCER CONNECT. PICTURED WITH BACK L-R MICKY NED O'SULLIVAN (ROB COMMITTEE), OLIVER KIRWAN (DIRECTOR OF ELITE EVENTS MANAGEMENT) AND DARREN LYNCH (ROB COMMITTEE). PRESENTATION TOOK PLACE IN THE BROOK LANE HOTEL, KENMARE. PHOTO: MAREK HAJDASZ.

on the two challenging, 110km and 140km routes which encompassed the magnificent mountains, valleys and the rugged coastline of the Beara peninsula. On the night committee member Mickey Ned O'Sullivan thanked the local businesses, groups, clubs and volunteers for their continued support for this unique event. He also said plans are already underway

to make the Ring of Beara Cycle Kenmare 2017 event bigger and better event.

Registration for the 2017 Ring of Beara Cycle Kenmare will open on the 12th October for past participants and the 13th for general public. It is expected to sell out very quickly.

Visit ringofbearacyclekenmare.com for more details.

CREDIT UNIONS EMERGE AS CUSTOMER EXPERIENCE CHAMPIONS



Credit Union

For the second successive year, credit unions have placed in first position in the CXi Ireland Customer Experience Report 2016

Result marks the unrivalled dedication and commitment which credit union personnel give to serving credit union members across the country

The CXi Customer Experience Survey 2016 is a study which measures the level of service which organisations across the country give to their customers. Scoring very highly on empathy, personalisation and integrity,

credit unions led the way, followed by Lush Handmade Cosmetics in 2nd position and An Post in 3rd place.

The 2016 CXi survey was conducted in June 2016 by Amárach Research. A representative cross section of Irish consumers were asked to select from 170 brands across ten sectors. Over 42,000 customer experiences were evaluated as part of the study. The report aims to raise the game of customer experience management in Ireland, to establish a league table by which companies can benchmark their progress in this area and to measure how customer experience in Ireland compares internationally. Commenting on the report, Mark Murphy, CEO of Killarney Credit Union stated:

"This result is testament to the hard work of credit union staff and volunteers who continue to put members' needs at the forefront of everything that we do. Here in the South Kerry area, we are very proud of the service which we provide to members. We work hard to understand what our members' want and do everything that we can to deliver superior

service to them."

Credit unions are deeply embedded in the communities which they serve. While other financial institutions are closing branches and directing their customers, in many instances, to use automated services, credit unions continue to excel in personalisation. This means that they work hard to understand their members and take time to recognise their individual needs and circumstances.

Mark added:

"As member owned organisations, providing excellent service to our members is very much at the heart of everything that we do. As we continue to expand the services which we offer, we will continue to ensure that we put the needs of our members first. Our ethos will never change and our members will remain central to all of the decisions that we make, both now and in the future".

A full copy of the CXi 2016 report is available at www.cxi.ie.

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"I have used Coyne and Culloty Management Services for the past seven years and I am very happy with the management services they provide. They manage every aspect from finding tenants, arranging contracts, liaising with tenants on issues as they arise, on-going inspections and supervising repairs and maintenance. They are the ultimate professionals at what they do and I am delighted that my property is in their care."

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Killarney

TOWN TALK



PICTURED AT THE INEC FOR STETSONS & STILETTOS RAISING FUNDS FOR CRUMLIN CHILDREN'S HOSPITAL WERE L-R CHLOE DUGGAN, TIM COTTER, AUDREY O'LEARY, JACK PATRICK HEALY, SARAH GRIFFIN & PAULINE LYNE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

MICHAEL FASSBENDER TO BE HONoured

Michael Fassbender will be presented with the 2016 Order of Innisfallen Award at a reception in Muckcross House on Friday October 7th.

This will be followed by the inaugural Chamber ball at the Hotel Europe at which the Fossa man will be guest of honour.

PRES GOES GOLD

'Pres goes Gold' a fundraising initiative to support Childhood Cancer Awareness Month. Gold was the theme colour to shine a light on the bravery of children dealing with cancer was held at St. Brigid's Secondary School Killarney

yesterday.

Both staff and students were asked to accessorize with gold or yellow and make a donation of €2 towards this very worthy cause. Well done to all for making the effort.

FOSSA YOUTH CLUB

Fossa Youth Club will be starting back this October. A parent meeting will take place in Fossa Community Centre on Tuesday October 4th at 7.30pm so that parents can register the young people, meet the leaders, sign up for parent rota and hear about plans for the year. There have been some changes brought in by KDYS this year in relation to youth clubs in Kerry so it is important for the parents to know



AMY O'CONNOR (CENTRE) PICTURED AT THE INEC FOR STETSON & STILETTOS FUNDRAISING EVENING FOR CRUMLIN HOSPITAL WITH HER FAMILY AND SOME OF THE ORGANISING COMMITTEE ON FRIDAY NIGHT. BACK ROW L-R ANGIE KISSANE, CATHAL MANSFIELD, MIKE LYNE, BRENDAN O'CONNOR, TRIONA O'CONNOR, WINNIE O'CONNOR, CHLOE DUGGAN & TIM COTTER. FRONT ROW L-R ORIENTE MCGILLYCUDDY, CIAN O'CONNOR, AMY O'CONNOR, ARTHUR O'CONNOR, EMMA O'CONNOR & MARY LYNE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

as much as possible to ensure the safe, smooth running of the club. Leaders: Iseult Conlan, James Houlihan, Nuala Sweeney, Donal Horgan, Aimee Prendergast, Brid Kissane, Susan Forde.

DRAMA TIME FOR DOCHAS

Dochas Drama Group Autumn/Winter season has started in the Killarney Avenue Hotel - every Wednesday at 8pm in the Residents Lounge.

TOASTMASTERS EVENING



Killarney Toastmasters is having an open evening on Tuesday 4th of October at 8pm.

Toastmasters is an international organisation which strives to help people of all ages to gain confidence in a fun and non-judgemental environment. The core values of Toastmasters are Integrity and mutual respect. In addition to that we have great fun and a lot of laughs. In the club you will gain confidence, not only to speak in front of a crowd, but also in many areas where leadership and diplomacy are required. You will acquire the skills needed to have a successful interview, or be heard at business meetings. Whether you are nervous speaking to one or one hundred, Toastmasters can help. We meet every 2nd and 4th Tuesday of the month in the Dromhall Hotel Killarney. You can find us on facebook, phone us on **089 41805440** or email us at **killarneytoastmasters@gmail.com** So please, do come join us on October 4th and see for yourself!

STORYTIME AT THE LIBRARY

Storytime for children will begin at Killarney Library, tomorrow, Saturday 1st October at 3pm.

PRESENTATION OF LIBRARY CERTIFICATES

During the summer, children were invited to participate in the Summer Reading Challenge, a Libraries Ireland scheme which encourages children to read for enjoyment during the school holidays. Participants who complete the scheme receive a certificate & prize pack and the presentation of these certificates and prize packs to children will take at Killarney Library on Saturday 8th October at 11.30am. Certificates will be presented by Cllr Brendan Cronin, Cathaoirleach of Killarney Municipal District.



Make. Learn. Buy.
CRAFT MAKERS

Are you interested in trying something new this Autumn?

<p>LEAVING CERTIFICATE SYLLABUS COURSE IN ART with teacher, artist & designer Rebekah Wall. Tuesday evenings: 11th October 2016 to 11th April 2017 €840 per person for the year including all materials, books and notes. The practical subjects of craft, still life and life drawing will be covered with top tips on impressing and gaining marks.</p>	<p>BEGINNERS PAINTING COURSE with Roisin McGuigan Thursday Mornings: Sept. 29th, Oct. 6th, 13th 20th. 10.30-12.30pm. €105 per person for the four week course. Refreshments provided. An intensive introduction to painting for adults who wish to learn the medium and improve their painting skills.</p>
<p>LIFE DRAWING COURSE with Roisin McGuigan Tuesday 4th, 11th, 18th Oct 7.00-9.30pm €125 for the course. Working from the life model, this course helps you to improve all aspects of your drawing skills: observation, shading, proportions and compositions. An intensive course for intermediate and advanced participants.</p>	<p>DRAWING WITH PENCILS An Introductory Course with Roisin McGuigan Wednesday evenings 5th, 12th, 19th, October. 7.00-9.00pm €80 per person for the full course. Designed for beginners and improvers, this course will show you how to draw and shade with pencils covering simple lessons and techniques.</p>
<p>GALLERY EXHIBITION OPENING 'Unearthing Place' New Works by Roisin McGuigan Thurs. 13th October 7.00pm. Show runs until November 19th An exhibition of new paintings that evoke territories and places which are unknown yet familiar.</p>	<p>FELTING WORKSHOP with Una Ni Shé Friday 21st October. 10.30-12.30pm. Adults only. €20 per person Join Una as she shares with you the joy of working with felt. Titled the 'Birds and Bees' workshop, participants can make dry felt butterflies, finished using wet felting methods as well as experimental felt fabrics using the butterfly theme for inspiration.</p>

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Sunday 30th October 2016

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• Leaving Ballinagree at 12:00pm sharp
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• Quick Pit stop at Moll Carthy's Bridge 2:30pm - 3:00pm
• Arriving back to The Laine Bar Ballinagree for Soup and Sandwiches 4:30pm
• Music and platform dancing with Peter Lane at 5:30pm

For more information call/text 085 7847879
or find us on Facebook

Killarney

TOWN TALK



STELLA MOLONEY & TANJINA HASSAN PICTURED AT THE DROMHALL HOTEL FOR THE SECONDARY SCHOOLS INTERNET SAFETY TALK.
PICTURE MARIE CARROLL-O'SULLIVAN

THE VERONICA STACK MEMORIAL TOURNAMENT

The Killarney Camogie club are hosting the Veronica Stack Memorial Tournament on Saturday 1st October from 10am to 4.00pm at the Dr. Crokes' G.A.A. grounds, Killarney. Over four hundred & fifty camogie players from Kerry and Cork clubs will be participating in what will hopefully be a great day of camogie! Veronica Stack, who was a founding member of the Killarney Camogie Club sadly lost her battle with cancer on 30th September 2013. She was an inspiration to all who had the pleasure of knowing her.

NATIONAL PARK TALKS

The first in a series of Killarney National Park talks will take place on Thursday next, October 6th in the Killarney Plaza Hotel at 8pm. Sean Mac an tSithigh will discuss - The Night Sky in Irish Folklore. Sean is a journalist working with RTÉ, covering the rural areas of the southwest. He previously worked as an heritage officer with a community development organisation on the Iveragh Peninsula, Co. Kerry. His academic background is in the area of folklore and landscape. While studying in University College Cork he completed an MPhil. thesis on placenames and their relationship with community. He has published a number of books and articles on various aspects of Kerry folklore.

PARENT & TODDLER GROUP

A new parent & toddler group is starting in Ballyspillane Family Resource Centre on Thursday 6th October, 10.30 - 12.30. All are welcome.

ACTIVE RETIRED BACK IN ACTION

Killarney Active Retirement have resumed their weekly meetings in the KDYS - next door to the Friary bookshop on Friday's from 2pm to 4pm - new members always welcome.

SUPPORT EVENING

Anam Cara, the organisation that supports bereaved parents is holding a Bereavement Information Evening on Tuesday 4th October from 7.30p.m. to 9.30p.m. in the Meadowlands Hotel in Tralee. This is a free event. If you would like to attend please call **085-2888888**.

MUCKROSS YOUTH CLUB PLAN ACTIVE SEASON

Muckross Youth Club are opening its doors again shortly. Supported by the KDYS the club will provide a very active calendar of events including the Fittest Club challenge on October 23rd.

Muckross Youth Club offers a safe environment for young people from 7.30pm to 9.30 pm in Muckross Community Centre. It caters for ages 13-18 and is an ideal opportunity to socialise



PICTURED AT THE PRES GOES GOLD FUNDRAISER WERE FRONT ROW: LEFT TO RIGHT: MEGAN GRAHAM, Ms. VIVIANNE BUCKLEY & SWAD MASUD. BACK ROW: LEFT TO RIGHT: MS. ROSIE HEALY, MELISSA CARROLL & MS. PEGGY DOWLING.

and meet other young people. Activities include quiz, soccer, basketball, table tennis, club outings and lots more. Volunteers are now needed to make this happen. If you are interested please contact Breeda Daly, Leader on **087-7923945** or Jillian Carroll, KDYS Club Support Worker on **085-8596628**.

GEMMA SUGRUE AT ST. BRIGID'S

On the 26th of September Gemma Sugrue, voice coach and of Electric Picnic fame, came to St. Brigid's Secondary School to teach the different styles of singing ranging from head voice, chest voice, low voice, neutral voice, growl, distortion, breath voice to vibrato! The "call and response" technique was utilised where Gemma sang an extract and the students repeated in different singing styles. She used the piano and you tube to demonstrate various singing styles including opera, jazz style, contemporary and many more. It was a thoroughly enjoyable experience for all!

INVITATION TO PRESIDENT TO ATTEND PERFORMANCE OF 'PATRICK'

An invitation has been issued to the President of Ireland, Michael D Higgins to a performance of the musical drama, 'Patrick' at the INEC Killarney on Thursday 27th October 2016 at 8pm. A response from the President's office is awaited by the Cathaoirleach of the Killarney Municipal District.

DAY & EVENING CLASSES

Commencing October

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RATHMORE/ GNEEVEGUILLA NEWS

by Michael O'Mahony

SLIABH LUACHRA COMHALTAS: Junior Set Dancing classes continue on Wednesdays in Teach Fáilte, for further details contact Marie Sheehan 083 0045432. Music Classes with Nicky McAuliffe, will recommence on Monday 3rd of October at 6pm in Gneeveguilla National School. A celebration of all of our achievements during the year especially our Gold and Silver winners at the All Ireland Fleadh will take place in Teach Fáilte on Saturday 15th October at 9pm. Refreshments will be served. Everyone welcome!! Macalla na hÉireann -2016 Comhaltas Concert Tour of Ireland will take place in Siamsa Tíre on Tuesday 18th of October at 8pm. Tickets are €10 for adults and €5 for u18's, they are available through the branch 087 2871357 or Siamsa Tíre 066 7123055. The AGM of Sliabh Luachra Comhaltas branch will take place on Wednesday 19th October at 9pm. New members always welcome.

SYMPATHY: To the families, relatives and

friends of Kathleen O'Sullivan (née McCarthy) Knocknahoe East, Killarney and formerly of Meentogues, Headford who died recently. May She Rest In Peace.

RATHMORE COMMUNITY COUNCIL: At the recent meeting the following topics were discussed: Official opening of the memorial garden, fundraising, outdoor exercise equipment and groundwork, GP service to Rathmore and cleaning roadsides. If anyone thinks that some other topic should be on agenda contact any member of Rathmore Community Council.

SLEEPING BEAUTY: Preparations are already underway for this year's panto 'The Sleeping Beauty'. Offers of assistance or participation especially for chorus and music are most welcome. Contact any member or follow us on Facebook.

FRIENDS OF UNIVERSITY HOSPITAL KERRY ANNUAL CHURCH GATE COLLECTION: This weekend October 1st & 2nd in Rathmore & Shrone please support.

GNEEVEGUILLA AC: In conjunction with Barradubh Sports Field Committee are holding a couch to 5K series commencing Monday October 3rd, it will run Monday, Wednesday & Friday night for 8 weeks. Upon completion a 5K run will be held in Barradubh on Saturday

November 26th. Everybody welcome.

RATHMORE GAA CLUB: All-Ireland: Huge congratulations to Rathmore lads Mark Ryan and Brian Friel the Kerry team and management on their All-Ireland success recently in Croke Park, you have done yourselves, your club and parish proud well done Mark and Brian.

Well done to our u-8's and u-10's who played Listry in a friendly recently - some lovely football on display by future Kerry stars we hope!

U-12 East Kerry League Rathmore 4-10 to Furies 5-11. U-14 Div 1 East Kerry Championship Rathmore 3-12 to Legion 5-15.

BINGO: Every Friday at 8.30pm in community centre all welcome.

RATHMORE LADIES GAA: U12 Division 2 Rathmore: 5-3 Fossa: 1-04. U15 A championship semi-final, Rathmore: 3-11 Castleisland Desmonds: 1-11.

SENIORS: (Fixture) Rathmore Ladies to play Bantry Blues in the Munster Intermediate Qtr Final in Dromtariff on Saturday 1st October at 2.15. Please support our ladies as they are representing club and county.

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. Sunday'

FOSSA NOTES

FOSSA GAA: LOTTO: Numbers drawn were 8, 19, 23, 24. There was no jackpot winner.

SENIORS: The seniors had a great win over Furies in Listry on Saturday evening to win Div 2 of the East Kerry Superleague. Played in wet and tough underfoot conditions, they had a good second half to win on a scoreline of 0-13 to 1-07. They play Scartaglin in Farrerfore next Sunday, 2nd October in the semifinal of the Junior Championship at 2.30 pm. This is a big game for the club so all support will be welcome.

JUVENILE FOOTBALL: Fossa under 16 boys continued their winning ways with a 2-10 to 0-11 victory over Rathmore in the East Kerry Championship. They next play Dr Crokes in the Division 2 final in Fitzgerald Stadium on Tuesday evening. Fossa under 12 boys were away to Legion on Sunday in the East Kerry league. There was only one game which was unfortunate and because of this a few boys missed out. The game itself proved a great

contest with Fossa going in at half time two points in front 0-11 to 2-3. There was some good scoring in the first half from Harry Kelly, Rian Colleran and Sam Buckley. In the second period the Fossa boys played much better with 1-02 from Sean Dineen and points from Harry Kelly, Darren Ryan, Patrick Lyons and Ryan O'Leary. Dean Sheehan, Robert Brooks and Peadar Kelliher were very strong in defence. The experiment of playing Cian Doyle in goal is also working well. Only two games left and it's great to see that the boys are beginning to work well together.

RACE NIGHT FUNDRAISER: Fossa Gaa are running a race night on Saturday 29th October towards funding the purchase and development of a juvenile playing pitch in 2.1 acres adjoining our current premises in Grotroe. It will be held in The Golden Nugget and over the next month club finance committee members will be asking for your support in the undertaking. Each horse costs €90 which

can be bought outright or broken down into three at €30 for owner, €30 for trainer and €30 for jockey. Please support the club in the investment for this and future generations.

KILLARNEY LIBRARY: Kerry 1916 from the Archives is an exhibition currently running at Killarney Library which displays a collection of 1916 materials from the Kerry Library archive including newspaper extracts and original documents. The exhibition runs until Saturday 1st October during library opening hours. Free admission. All welcome.

FASHION SHOW: The Fashion show in aid of Fossa Community Centre will take place in the Hotel Europe on 12th October 2016 at 7.30pm. All support welcome.

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.



DR CROKES CAPTAIN
CIAN McMAHON WITH
GRANDMOTHER ANNE
O'SHEA AT THE COLM
COOPER INVOLUTIONAL
TOURNAMENT.

CASTLEMAINE NOTES

AGM: Castlemaine Tidy Towns Committee will Hold Its Annual General Meeting On Thursday, October 6th at 9:00pm in Castlemaine Community Centre. All Are Welcome to attend and get involved for the year ahead.

1916 COMMEMORATION MEETING: On this Friday, September 30th at 7:30pm in Castlemaine Community Centre, there will be A 1916 Commemorations Meeting for the area of Castlemaine. All are invited to attend and your support would be greatly appreciated on the night.

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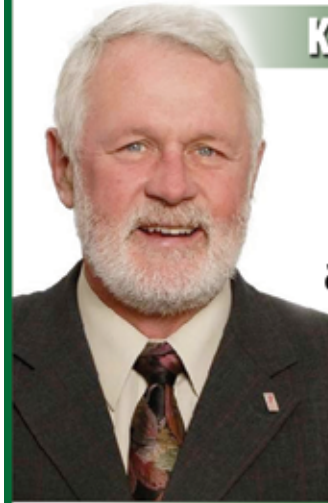
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KILCUMMIN NEWS

KILCUMMIN LADYBIRD UNIT: Parents meeting at 6.15pm on Monday 10th October in the Recreational Hall. Parents of all ladybirds are asked to attend the meeting as it is very important to keep the Unit open. Further information contact Rachel 087 4164185.

M.S. WALK: The 14th Annual MS walk - "Old Kenmare Road, Sunday 9th October. Registration €30 per person between 9am - 10am at the Gleneagle Hotel. Buses leaving Gleneagle hotel car park 10am. Cards also available from John O'Shea 087 2348824 or Ray O'Callaghan 087 2917262 or at the Franciscan

Friary office in Killarney. All Welcome.

COMHALTAS: Our AGM will take place on Tuesday 4th October at 8.30pm. in the Recreational Hall.

BAG PACKING: Our annual bag pack fundraiser will be at Tesco on Saturday 15th October from 10am to 6pm. Could we please ask for any volunteers (over 18's only) who can spare an hour on the day to please contact Marie Lehané on 087 918 973.

SET AND CÉILÍ DANCING CONFERENCE: There will be a set and céilí dancing Adjudicators conference held on Sunday 2nd October in

Cois na hAbhna in County Clare. Registration 9.45am. For more information contact Tony O'Connor on 087 625 8641.

CONCERT TOUR: The concert tour of Ireland will be visiting Siamsa Tire on 18th October. A show not to be missed.

KILCUMMIN GAA: UNDER 12 BOYS

Play Legion away in the East Kerry League on Sunday 2nd October at 12noon.

KILCUMMIN'S RAMBLING HOUSE: Will meet on Friday 7th October. Free admission. All welcome. Please be seated by 8.30pm.

GLENFLESK NOTES

GLENFLESK SENIORS: (Sponsored by the Jarveys Rest). Our Seniors advanced to the quarter final of the O'Donoghue cup with a comprehensive win over Kilcummin on Sunday last. Darragh Roche, Jeff and Lee O'Donoghue all put up impressive scoring tallies and at the back Shane Courtney was outstanding. Full time score Glenflesk 4-15, Kilcummin 0-09. They now play Gneeveguilla in the quarter final on Saturday October 8th at 3.45pm.

GLENFLESK U14 LADIES: Congratulations to our U14 girls on winning the East Kerry division 2 shield on Monday evening last beating Kilcummin on a scoreline of 7-05 to 3-07. Our forwards showed great composure in front of the goals, scoring an impressive 7 goals. Our goalkeeper and defence also had a great night containing the lively Kilcummin forwards.

GLENFLESK LOTTO: No winner of the lotto which took place in Kerryway on 26/09/16.

Jackpot - €2000. Numbers were, 11, 17, 20, 23. 1. (Yearly ticket) Sinead Faviar. 2. (Sellers prize) Sean O'Connor Kilcummin seller Noelle Murphy 3. Derry Kelly Ballagh. 4. Christy O'Leary Kilcummin. 5. Eilish Coakley Rathmore. The next draw will take place in 10/10/16 in John Duns on 10/10/16 and the Jackpot is €2200.

RAHEEN N.S.: Congratulations to Aaron

Murphy who had the winning lotto no. 41 on Saturday the 24th of September.

GLENFLESK COMHALTHAS NEWS: The Comhaltas Concert Tour of Ireland featuring Ireland's leading Traditional Musicians, Singers & Dancers will perform in Siamsa Tire, Tralee on 18th October at 8.00 p.m. Tickets €10.00. Please let me know before 6th October if you require tickets. Margaret Creedon 087 2706390

BARRADUFF TIDY VILLAGE GROUP: One year ago last week, a group of volunteers got together and decided to create the Barraduff tidy village group. Our aim was to improve our beautiful village, which I think we can safely say we have accomplished. The people within the group give their time freely and take on board each and every suggestion that is put to them. I'm proud and beyond humbled to work along side such positive, energetic and dedicated people. Thank you to each and every person who have helped us along the way. We could not continue without your generosity and help. So happy, first year anniversary and many more years to come! Check out our Facebook page to see some of the great work we have done. Warm wishes Diane c/o Barraduff tidy village group.

KILLARNEY LIBRARY: Kerry 1916 from the Archives is an exhibition currently running at

Killarney Library which displays a collection of 1916 materials from the Kerry Library archive including newspaper extracts and original documents. The exhibition runs until Saturday 1st October during library opening hours. Free admission. All welcome.

The presentation of Certificates and prize packs to children who completed the Summer Reading Challenge will take at Killarney Library on Saturday 8th October at 11.30am. Certificates will be presented by Cllr Brendan Cronin, Cathaoirleach of Killarney Municipal District.

GLENFLESK COMMUNITY GAMES - AGM

2017: The Glenflesk Community Games Committee would like to thank all the children, their parents and mentors who participated in the Community Games in 2016. Once again we had huge interest with girls and boys participating in Art, Athletics, Basketball, Chess, Cycling, Futsal, Gaelic Football, Handwriting, Indoor Soccer, Judo, Music, Projects, Recitation, Singing, Swimming and the Quiz. This highlights not only the range of events available in the Community Games but also the range and depth of talent in Glenflesk.

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

LISTRY NOTES

LISTRY SOCIAL ACTION. We wish to thank all those who travelled on the Day Trip to Ballyheigue on Tuesday last. Thanks to the following, Kerry Community Transport and Houlihan's Bus Service, Killorglin who provided the transport, staff of Ballyseedy garden centre & Ballyroe Hotel for the food, and thanks to everybody who helped in any way on the day to make it a very pleasant occasion. We look forward to seeing you all again on Tuesday October 25th.

LISTRY COMMUNITY COUNCIL-CLASSES:

Listry Community Council intend organising the following Classes beginning in early 2017 - Photography, Cookery for men, Drama & Singing. Classes will take place provided there are sufficient participants available. If interested

in any of the Classes please contact Joan on 086 7944494 immediately.

LISTRY RAMBLING HOUSE: The Annual Listry Rambling House session will be held in Listry Community Centre on Saturday night October 15th from 8.30pm-11.30pm approximately.

This will be a night of music, song, dancing, storytelling etc. Anybody who wishes to come along on the night to sing a song, play a tune or perform a dance will be very welcome. Fear an Ti for the night will be Ted Ahern. Light refreshments will be served. A raffle will be held and all proceeds from the night will go towards the care of the elderly in the local Community.

RECENT DEATHS. The death has occurred of William O'Brien, Laharn, Milltown, Kerry. The death has occurred of Joan Fleming (née

Butler) Woodville, Milltown, Kerry. The death has occurred of Ned Counihan, London, Lissabee, Castlemaine and Corpus Christi Terrace, Milltown, Kerry.

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



BAND SENSATION 'PICTURE THIS' WITH RYAN HENNESSY AND JIMMY RAINSFORD PICTURED BEFORE THEY PERFORMED TO A FULL HOUSE AT THE ACOUSTIC CLUB IN THE INEC ON SUNDAY NIGHT WITH CEARA SCANLON, FIONA O'CONNOR AND LAOISE GEANEY FROM THE INEC. THE BAND WAS FORMED IN ATHY EARLIER THIS YEAR AND HAVE BECOME A HUGE INTERNET SELLING OUT ALL THIS GIGS AROUND IRELAND FOR THIS YEAR. PHOTO: DON MACMONAGLE



A CELEBRATION NIGHT WAS HELD IN THE CUE CLUB KILLARNEY LAST FRIDAY NIGHT, RECOGNISING THE ACHIEVEMENTS OF BOTH RICHIE LAWLOR AND PETER CAHILL AFTER THEIR EXTRA-ORDINARY WINS AT THE GRAND PRIX IRISH POKER FESTIVAL HELD IN THE INEC KILLARNEY THE PREVIOUS WEEKEND. PHOTO DON MACMONAGLE



NATIONAL LEARNING NETWORK TRALEE HAS RECEIVED €4,200 IN FUNDING FROM THE KBC BRIGHT IDEAS AWARDS AND HAVE ALSO BEEN SHORTLISTED TO THE FINAL 14. THEIR PROJECT AIMS TO BUILD AN OUTDOOR GYM FOR THE STUDENTS OF THE CENTRE. PICTURED ARE STUDENTS WITH AN INITIAL AWARD.



PAT SHEAHAN SNR, PAT SHEAHAN JNR & JANET TRACEY, ENJOYING THE GARDA COFFEE MORNING AT THE KILLARNEY PLAZA HOTEL. PICTURE MARIE CARROLL-O'SULLIVAN



KILLARNEY CARDIAC RESPONSE UNIT SUPPORTING THE GARDA COFFEE MORNING AT THE WINDOW BAR OF THE KILLARNEY PLAZA HOTEL L-R SUSAN TADDEI, NIKKI TADDEI, FIONA MCMAHON, PETER FOLEY & ANNE O'CONNOR. PICTURE MARIE CARROLL-O'SULLIVAN



THE ANNUAL CONFERENCE OF EDUCATION AND TRAINING BOARDS IRELAND (ETBI) TOOK PLACE IN THE GLENEAGLE HOTEL, MUCKCROSS ROAD, KILLARNEY, CO KERRY, ON WED THURS 22ND SEPTEMBER 2016. THE THEME OF THIS YEAR'S CONFERENCE IS "EQUITY IN EDUCATION". PICTURED LTO R TODAY THURSDAY: MR PAT GILMORE, ETBI PRESIDENT, MINISTER FOR EDUCATION AND SKILLS, RICHARD BRUTON T.D. AND MICHAEL MORIARTY. GENERAL SECRETARY, ETBI.



JAMES TWOMEY, DONOUGHMORE AND LISA STACK, KILCUMMIN, HOME FROM PERTH FOR THEIR WEDDING IN KILLARNEY

FITNESS EXPERT EDELE DALY GUIDES YOU TO A FIT AND HEALTHY NEW YOU...



SKIPPING BREAKFAST

3. Try to eat when you start feeling hungry. The problem with leaving eating until you're starving and feel like eating the proverbial horse, then you're bound to eat quickly and therefore risk eating more than needed. Feeling so hungry that you're dizzy, weak and irritable means that you've deprived your body of much-needed food for too long and the payback will include an inability to eat your food in a relaxed and enjoyable way. Instead, you'll be obliged to shovel in the food to try to alleviate the symptoms of weakness and feeling irritable won't help your cause any!

4. Always relax before you start eating. Take a few deep breaths through the nose and out through the mouth. As you do so, hold your breath briefly and exhale slowly by the mouth. Get rid of the stress before you start eating – in this way, you start to remove any risk of comfort eating, where food is used to alleviate stress and bring yourself to focus on relieving stress independently of food.

- Remind yourself of the rewards (good health, good looks, etc.).
- Look at the clock and mentally add 20 minutes. That is your goal: take at least 20 minutes to enjoy your food.

5. Drink a glass of water and/or eat a small bowl of light soup before your main dish. Drink water with your food. This will help your sensation of fullness.

- Be aware that not everyone advocates drinking during a meal though, as some people believe that this can dilute the nutrients from your meal. However, this theory doesn't convince other nutrition specialists, who believe water actually aids in digestion.[2] In other words, listen to your own body's reaction to consuming liquids during a meal and go with that.

MORE TIPS NEXT WEEK...

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HEALTH TIP

WATCH WHAT YOU EAT
Keep a watchful eye on every thing that goes in. Sometimes the garnishes can be richer than the food itself. Accompaniments too can be very rich.



Beauty tip SPF

Always use a moisturizer with SPF in the morning. Even in the winter!

Social Dancing Classes

for beginners

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Wednesday 5th October 2016

at 8pm - 9pm

8 week course €50

Places limited so book early

No partner required

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Astrid Longhurst
Life & Body Confidence Coach



IT'S ALL ABOUT THE FEELING!

Why do we do anything in our life? Usually the answer is because we desire to feel something from the action we take. And what most of us want to feel is happy, peaceful or content in some way. Many of us have been taught that we need to achieve the thing we desire in order to be happy. However, the reverse is actually true. Happiness is not dependent on having accomplished your goals. Rather, it is a state of feeling that all is well in the moment. Paradoxically, happiness is the very feeling we need in order to be able to make the life changes we desire. But what prevents us from feeling these feelings and being what we want? The answer quite simply is negative limited thoughts that we believe to be true.

Break the habit of negative thinking by:

1. Become the observer of your thoughts. When you are aware that you are judging, being critical or engaging in pessimistic thinking, simply say to yourself, "That's an interesting point of view." Don't attach to the thought – notice it with detachment.
 2. Challenge the thought! Ask yourself if the thought is true? Then ask, "Who would you be without that thought?"
 3. Be in the moment. Notice what is actually happening rather than a projected fearful thought from your mind. Breathe deeply and remind yourself that this is the only moment that matters because it's the one you're living!
- Please visit my Facebook page for more coaching tips!

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PGdip. EXERCISE AND SPORTS MEDICINE

Chartered Physiotherapist

Approved by all major Health insurance providers.



Donal O'Sullivan MISCP MCSP

MSC. PHYSIOTHERAPY
BSc. ATHLETIC THERAPY AND TRAINING

Chartered Physiotherapist

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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)

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Kerry ETB Training Centre



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

Food Preparation and Cooking (ET20D) - Dingle.

This course is for people who wish to pursue careers in professional cookery. Participants will gain the knowledge and skills to prepare, cook and present a wide variety of commodities and dishes to a professional standard. **Start Date:** 17th October 2016. **Duration:** 20 weeks. **Certification:** City and Guilds Level 2 Diploma in Food Preparation and Cooking.

Healthcare Support (ETS97) - Killarney.

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:** 24th October 2016. **Duration:** 41 weeks. **Certification:** QQI Level 5 Major Award in Healthcare Support.

Media Techniques - Radio (ET283) - Tralee.

This comprehensive course is for people who wish to pursue careers in the radio broadcast sector. Participants will learn how to research, plan and pitch programme ideas for particular target audiences and bring those ideas to fruition. The learning outcomes are firmly focused on enabling participants to secure sustainable employment in the radio broadcast sector. **Start Date:** 1st November 2016. **Duration:** 50 weeks. **Certification:** To be decided.

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:** 7th 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.

Tour Guiding (ET20B) - Killarney.

This course is for people who wish to provide local and regional tour guiding services to visitors. Participants will gain the professional, technical, social and administrative skills to offer a quality service to a range of market profiles. **Start Date:** 7th November 2016. **Duration:** 14 weeks. **Certification:** QQI Level 6 Special Purpose Awards in Regional and Local Guiding.

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.

Heavy Goods Vehicle Driving Rigid (HGV) (ET394) - Killarney.

This programme provides participants with skills and related knowledge in the rules of the road, driving a heavy goods vehicle - rigid body, care and maintenance of the vehicle, loading and unloading the vehicle, customer care, and documentation. Applicants must have a current full Class B Driving Licence and Class C Learner Permit. **Start Date:** 14th November 2016. **Duration:** 10 Weeks. **Certification:** Class C Driving Licence, RSA Driver Certificate of Professional Competence, RTTB Forklift Truck Driving Certificate, and ADR Driver Cert.

Reception and Clerical Skills (ET0N1) - Killarney.

If you are a friendly, polite and confident person with good verbal and written communication skills and would like to work as a receptionist this is the course for you. **Start Date:** 14th November 2016. **Duration:** 19 weeks. **Certification:** FETAC Level 5 Component Certs in: Information & Administration, Word Processing and Customer Service.

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.

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.kerryetbtrainingcentre.ie, E-mail: training@kerryetbtrainingcentre.ie

TAX Matters with



HOW ARE SELF-EMPLOYED PEOPLE TAXED?

As a self-employed person you are responsible for paying your own tax through the Self-Assessment system. The tax year begins on 1 January and ends on 31 December. Self-Assessment applies to:

- Self-employed people (i.e. people carrying on their own business including farming, professions or vocations).
- People receiving income from sources where some or all of the tax cannot be collected under the PAYE system, for example: profits from rents, investment income, foreign income and foreign pensions, maintenance payments to separated persons, fees, profit arising on exercising various Share Options/Share Incentives.

PAY & FILE SYSTEM

Individuals who are taxed under self-assessment system must complete the appropriate Form 11 return and make the payment by the 31 October. This due date is extended to Thursday, 10th November 2016 for individuals who file the 2015 Form 11 return and make the appropriate payment through ROS.

SURCHARGE FOR LATE RETURNS

If your Return is late a 'late-filing' surcharge will apply. This surcharge, which, is added on to your tax due, is:

- 5% of the tax due or €12,695, whichever is the lesser, where the Return is submitted after the due date and on or before 31 December 2016,
- 10% of the tax due or €63,485, whichever is the lesser, where the Return is submitted after 31 December 2016.

Allman House, Tralee Road, Killarney, Co. Kerry

T: 064 6632045 E: info@obrien Coffey.ie

W: www.obrien Coffey.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! SOAP SECRETS! Emmerdale

Could Kerry and Dan be about to split following her shock romp with Ross leading to her pregnancy?

Is there a double exit on the cards for Cain and Charity?

Coronation Street

Sharif is set to exit the street off-screen following Marc Anwar's sacking. Sarah and Gary have been getting increasingly close, is there friendship set to turn to romance?

Eastenders

Rumour has it that the Mitchell sisters Ronnie and Roxy are going to be killed off in a shock New Year's Eve storyline.

Aunt Babe is heading out of the square but it seems that Linda is going too. Will either of these Carter women be back?

Fair City

A shock new storyline involving missing Carrigstown resident Katy is set to have the nation talking as her captor is set to be revealed very soon.

Niamh and Paul are heading towards a break-up but will Paul rumble Niamh's plan to leave his penniless first?



Michael Healy-Rae TD
Will Attend Scotts Hotel, Killarney every Saturday at 3.00pm

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

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

Kenmare Clinic: Atlantic Bar
 Every Saturday Night at 10.00pm

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

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

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

Comhaltas Music Classes

Traditional music classes with
Nicholas and Anne McAuliffe
 will recommence on
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PICTURED AT THE DROMHALL HOTEL FOR THE SECONDARY SCHOOLS INTERNET SAFETY TALK WERE L-R CLAIRE HORGAN, NOREEN O'SULLIVAN & BEATRICE COLLERAN. PICTURE MARIE CARROLL-O'SULLIVAN



ORGANISER ANGIE KISSANE (CENTRE) PICTURED AT THE INEC WITH PERFORMERS THADY O'CONNOR (LEFT) AND FERGUS O'SULLIVAN (RIGHT) AT STETSONS & STILETTOS ON FRIDAY NIGHT. PICTURE MARIE CARROLL-O'SULLIVAN



PICTURED AT THE STARTING POINT OF THE 10 MILE ROAD RACE ON PORT ROAD WERE L-R JOHN DALY, DANIEL DOYLE & DONIE O'CONNOR. PICTURE MARIE CARROLL-O'SULLIVAN



TERENCE MULCAHY, PRESIDENT, KERRY BRANCH OF THE IRISH HOTEL FEDERATION PRESENTS A CHEQUE FOR €1500, THE PROCEEDS FROM THE IHF BALL TO CORMAC O'SULLIVAN, WHO ACCEPTED ON BEHALF OF THE CUAN COUNSELLING SERVICES IN WEST KERRY. PHOTO: DON MACMONAGLE



EMMA O'CONNOR GETTING INTO THE SPIRIT OF STETSONS & STILETTOS AT THE INEC ON FRIDAY NIGHT. PICTURE MARIE CARROLL-O'SULLIVAN



KILLARNEY'S ANSWER TO DANIEL O'DONNELL. JACK PATRICK HEALY ENJOYING THE BUCKAROO AT STETSONS & STILETTOS, AT THE INEC ON FRIDAY NIGHT. PICTURE MARIE CARROLL-O'SULLIVAN



LISA POWER AND DARREN WOOLNER WHO WERE MARRIED IN ST FINBAR'S CHURCH IN GOUGANE BARRA AND HELD THEIR RECEPTION IN THE BREHON HOTEL IN KILLARNEY. PHOTO MICHEAL O SULLIVAN WWW.OSULLIVANPHOTOGRAPHYIRL.COM

GARDENING OUTLOOK



with John O'Sullivan

FOCUS ON ROSES

Planting roses this time of the year will give you colour for years to come.

Container grown roses can be planted any time of the year but the autumn and springtime are the best.

Bare rooted roses can be planted from late autumn until around mid March.

Bare rooted roses are plants that are dug up straight from the open ground when they are dormant and best planted or heeled into some earth as soon as possible.

Make sure when you are planting bare rooted roses to heel them in well with the heel of your foot to prevent their roots from being moved in the wind.

Roses are hungry plants so make sure when you're planting to add plenty of manure or a rose fertilizer.

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OUTLOOK SPORTS NEWS

Editor : Donal Barry

Email : news@outlookmags.com



COUNTY SENIOR HURLING FINAL REPLAY

KERRY O'SHEA REPORTS ON LAST SATURDAY'S SENIOR COUNTY HURLING CHAMPIONSHIP FINAL REPLAY.

BRICK HELPS KILMOYLEY CLAIM BACK TO BACK TITLES

KILMOYLEY 1-18 BALLYDUFF 2-13

Veteran Shane Brick has played an important role in many of Kilmoyley's wins in recent years.

Now in his 35th year, Brick, who earlier this summer sensationally returned to the Kilmoyley fold following a spell with Cork club Tracton, turned in another man of the match performance as his side claimed the title in overcoming Ballyduff.

Brick scored three great points, including a brilliant sideline cut and had a key role in Luke Fitzell's first-half goal which put his side on the road to victory.

The game provided neutrals with an exciting spectacle of fast, open hurling and for the first 22 minutes or so, it was competitive as Ballyduff more than matched their rivals.

However, there was a strong inkling that Kilmoyley had the ability to up the pace and this was certainly the case as a golden period of dominance in the eight minutes before half-time where they scored an unanswered 1-5 including Luke Fitzell's goal which came at the end of a flowing move, helped them to a six-point lead at the interval 1-12 to 1-6. This golden spell of sweet hurling was the turning point as Ballyduff struggled to pull back the deficit.

Kilmoyley, managed this year by former Clare Senior star Fergie O'Loughlin, made two changes from the drawn encounter, with Maurice O'Connor and Luke Fitzell coming into the starting line-up.

Both made rich contributions as Kilmoyley successfully defended the title they won 12 months previously.

Ballyduff, with Padraig Boyle and Jack Goulding keeping them in touch on the scoreboard and boosted by Padraig Boyle's first goal in the 11th minute of the first half, enjoyed an early advantage with the scoreboard reading 1-1 to 0-3 in their favour.

Ballyduff's hopes suffered a serious blow when full-back Paud Costello retired injured early in the second half but Kilmoyley's assault was fast and furious and the Ballyduff defence were unable to cope.

Kilmoyley grew in confidence as the game wore on, and in Tom Murnane, Dougie Fitzell, Colman Savage and Sean Dowling, they had heroes in defence.

Paudie O'Connor was a central figure at midfield while Daniel Collins, as in the



MAURICE O'CONNOR GATHERS POSSESSION AHEAD OF HIS MARKER THOMAS SLATTERY AS HE HEADS FOR GOAL IN SATURDAY'S REPLAY.

drawn game, was his side's central attacking figure, posting a personal contribution of 0-8 with the help of Shane Brick and an on fire Luke Fitzell in fact all six Kilmoyley forwards contributed generously to the scoring stakes in a magnificent team performance. Fergie O'Loughlin's side were growing dominant as the second-half wore on and with Tom Murnane playing the role of sweeper to perfection, Ballyduff's assaults on goal were continuously repelled.

Ballyduff had heroes too and apart from Padraig Boyle, their best players were Mike and Liam Boyle and Jack Goulding. Padraig Boyle, who finished the game with a personal haul of 2-8, scored his second goal on the 60th minute to cut the gap to two points but despite the best intentions of Ballyduff's forwards, the Kilmoyley defensive citadel held



KILMOYLEY'S GOALSCORER LUKE FITZELLE BREAKS FREE FROM THE ATTENTIONS OF JACK GOULDING IN SATURDAY'S REPLAY.

firm and repulsed any danger that came their way. The game was played in a tremendous sporting spirit throughout as referee David Copps from Cork kept a tight leash on proceedings.

Following the game, County Committee Chairperson Patrick O'Sullivan presented the Neilus Flynn trophy to Kilmoyley captain Aiden McCabe while Shane Brick was presented with his Man of the Match trophy by Jim Garvey on behalf of Garvey's Supervalu.

Teams and Scorers

Kilmoyley: Aiden McCabe; (capt) Robert Collins (0-1), Colman Savage, Sean Nolan; Sean Dowling, Dougie Fitzelle, Tom Murnane (0-1); James Godley, Paudie O'Connor (0-1), Sean Maunsell (0-1), Shane Brick (0-3, 0-1 sideline ball), Daniel Collins (0-8, 0-7 frees); Maurice O'Connor (0-2), Adrian Royle (0-1), Luke Fitzelle (1-0).

Subs: Jordan Brick for Sean Nolan; James McCarthy for Adrian Royle, Joseph McElligott for Sean Maunsell.

Ballyduff: PJ O'Gorman, Thomas Slattery, Paud Costello, David O'Grady; Eoin Ross, Padraig O'Grady, Anthony O'Carroll, Daniel O'Carroll, Mikey Boyle (0-2), P Boyle (2-8, 0-6 frees), Liam Boyle (0-1), Barry O'Grady, Jack Goulding (0-2), Gary O'Brien, Bobby O'Sullivan.

Subs: Eric O'Connor for Paud Costello, Paul O'Carroll for Barry O'Grady, David Goulding for Eoin Ross.

Referee: David Copps (Cork).



DELIGHTED KILMOYLEY CAPTAIN AIDEN MCCABE PROUDLY HOLDS ALOFT THE NEILUS FLYNN CUP AFTER KILMOYLEY'S VICTORY OVER BALLYDUFF IN SATURDAY'S REPLAY.



OUTLOOK SPORTS NEWS

Editor : Donal Barry

Email : news@outlookmags.com



COUNTY SENIOR FOOTBALL CHAMPIONSHIP

SENIOR CHAMPIONSHIP GETS DOWN TO BUSINESS END

KERRY O'SHEA LOOKS AHEAD TO SOME INTERESTING CLASHES IN THE SENIOR COUNTY FOOTBALL CHAMPIONSHIP.

The Garvey's Kerry SFC has an exciting weekend ahead with all four quarter-finals down for decision with Tralee's Austin Stack Park and Killarney's Fitzgerald Stadium hosting attractive double headers on both days.

The Saturday games which take place in Tralee's Austin Stack Park have been brought forward to avoid a direct clash with the All-Ireland SFC final replay between Dublin and Mayo which takes place later that evening.

KERINS O'RAHILLYS V DR. CROKES

Kerins O'Rahilly's and Dr Crokes play in the first quarter-final which throws in at the earlier time of 1.30pm. This tie has already caught the imagination of Gaelic football followers throughout the county as both sides are laced with quality players.

Dr Crokes are strong favourites to add another Bishop Moynihan trophy to their collection of titles. The Killarney side suffered just one defeat in competitive action this season, the recent club final defeat to Austin Stacks underlines their tag as competition favourites. However, if they are to advance to the last four, Pat O'Shea's side must first overcome Tralee opponents Kerins O'Rahilly's.

O'Rahilly's who are managed by former stars Michael Quirke and Morgan Nix this year were edged out at this stage of the competition twelve months ago by Killarney Legion. They have star players in Barry John Keane, David Moran and Tommy Walsh and in Cian Sayers, Cormac Coffey and Jack Savage they have young stars who are keen to leave their mark on the championship campaign. O'Rahilly's lost narrowly to South Kerry in Round 1 and defeated Killarney Legion in Round 2 to get to this stage while Crokes hammered West Kerry in the opening round. Crokes players need no introduction at this stage. The infusion of younger blood in the form of Bryan and Gavin O'Shea and Tony Brosnan has blended perfectly with



TOMMY WALSH WILL HOPE TO LEAD RAHILLYS TO VICTORY OVER CROKES

household names of Colm Cooper, Johnny Buckley, Brian Looney and Daithi Casey which make Pat O'Shea's charges a very serious side. The midfield battle between Johnny Buckley and David Moran will be fascinating however, Crokes should advance.

Verdict: Dr Crokes KENMARE DISTRICT V AUSTIN STACKS

A mouth-watering contest is certainly in store on Sunday afternoon as Kenmare District play Austin Stacks.

This game will draw a huge attendance to the Killarney venue as the winner would have a major say in the eventual destination of the Bishop Moynihan trophy.

Kenmare District are managed by John Galvin, who has guided South Kerry and Dr Crokes to success in recent years in the competition and are considered dark horses by many shrewd observers.

Two teams from Kenmare District, Kenmare Shamrocks and Templenoe who clash in



KIERAN DONAGHY WILL BE CENTRAL TO STACKS PLANS ON SUNDAY

the County Intermediate Final, provide the majority of players from the Kenmare District side.

In Kerry seniors Stephen O'Brien, Tadgh Morley and Kerry minor skipper Sean O'Shea, Kenmare District have genuine leaders in vital positions while Killian Spillane, Adrian Spillane, Gavin Crowley and Teddy Doyle are superb quality players.

Austin Stacks, who lost to South Kerry before getting their campaign on track by defeating West Kerry, will be looking to Kieran Donaghy as they bid to plunder another championship campaign.

Jack Morgan, who gave an outstanding man of the match display in the recent Club final win over Dr Crokes, David Mannix, Ronan Shanahan and Kerry Junior star Mike O'Donnell, are the key players for the Rockies. Kenmare District reached the County Semi-finals last year and are anxious to go one better this term. Will the District side do the oracle or will the club side prevail? These are the questions that will be answered around 5pm on Sunday evening.

Stacks' success over Dr Crokes in the recent Club final has given them a real lift and they may well be favourites to prevail here, but this Kenmare District side will be a stern test for Stephen Stack's side.

Verdict: Austin Stacks



PLENTY TO WORK ON FOR WARRIORS

Tralee Warriors 77
UCC Demons 92

Kieran Donaghy scored 15 points on his return to Super League basketball and his Warriors Head Coach says they learned a lot from the experience. "We'll be a lot better in about four or five games," said Mark Bernsen. "We weren't as sharp mentally in the second half as we were in the first half and that's something we have to work on." Kerry footballer Donaghy stayed on the floor until the 38th minute of action.

Tralee will have their first home tie of the season next Saturday at the Tralee Complex where Belfast Star will take the court. The Star have already a win on the board defeating UL last time out.

Tralee showed promise last time out against the champions and trailed at half time 46-41. Losing American Trae Pemberton put the Warriors under pressure and Demons stretched out the lead with some clear daylight by the end.



THE TRALEE WARRIORS HUDDLE IN LAST WEEKENDS GAME



LEGION UNDER 14 TEAM - WINNERS OF THE EAST KERRY DIVISION 1 FINAL DEFEATING RATHMORE. FRONT ROW FROM LEFT: AARON O'SULLIVAN, PETER WALSH, JACK MCCARTHY, DONNCHADH WARREN, JAMIE ALADE, DANIEL CARROLL, DION O'NEILL, (CAPT), DARRAGH FLEMING, KIAN MCCANN, OWEN BENSON, DARRAGH DOOLAN. BACK ROW: JACK CORRIGAN, MICHAEL O'MEARA, JAMIE O'SULLIVAN, WILLIAM SHINE, KIERAN PIERCE, PATRYK KOMOSA, JAKE DOONA, BROGAN FLAHERTY, GEORGE GRIFFIN, CIAN O'LEARY, NIALL MCGILLYCUDDY, RYAN O'GRADY, EOGHAN O'SULLIVAN, CHRISTIAN CASEY, MISSING FROM PHOTO: PAUDIE O'DONOGHUE, SEAN O'LEARY AND ADAM KEANE. PICTURE: TOMMY REGAN.

FIRIES COISTE NA NÓG

U6, U8 AND U10 BOYS: The U8 and U10 boys participated in an invitational match against John Mitchells of Tralee on Sunday, 25th September. Both the U8 and U10 boys fielded enough boys for two matches each per age group. The hardworking Furies boys performed exceptionally in tough conditions. Well done boys on the great performances. Our U8 boys have been completing our GAA Academy Skills book since earlier this year and the practice is certainly paying off. This spirited group will be rewarded and presented medals along with certificates by All-Ireland winning Kerry GAA stars on Thursday, 29th September at 6pm in Pairc Eamonn. Players are asked to be at the pitch at 5:50pm. We would ask the players to bring their skills book with them on Thursday and please wear your club colours. Our final match of the season for the U6s and U8s will take place on Saturday, 1st October against Killarney Legion at home at 10:30am. On behalf of the club, we would like to acknowledge the commitment from our hardworking coaches and mentors who constantly exhibit great patience, fun and gamesmanship to all the boys and often sacrificed their own personal itineraries all in the name of our juveniles GAA boys. We hope you will continue again next year.

U12 BOYS: Our U12 boys put in a super effort on Sunday, 25th September playing away in Beaufort in the East Kerry region. Furies 5-15 Beaufort 3-11. This was a fantastic result by the Furies boys in damp conditions. Next on the schedule sees our boys playing away against Templehoe on Sunday, 2nd at 12 noon.

U16 BOYS: Well done to the Furies contingency who played with East Kerry on Sunday, 25th September and won against Feale Rangers.

EAST KERRY NOTES

With Áine Ní Shúilleabháin PRO

DIVISION 1 FINAL MD O'SHEA EAST

KERRY U14 CHAMPIONSHIP: KILLARNEY LEGION 5-15 RATHMORE

3-12: Played in ideal conditions at Killarney's Fitzgerald Stadium the opening half was a finely balanced affair. The sides traded points before Niall McGillicuddy breached the Rathmore defence, after a great run, and crashed a great goal to the net. There were a scatter of points before Aaron Cronin goaled for Rathmore, with midfielder Alan Dineen, who had been moved to the edge of the square, heavily involved in plays leading to the goal. Half time score Killarney Legion 1-7 Rathmore 1-5. The second half began as the first ended with Alan Dineen causing problems for the Legion defence, catching a high ball over his head and dispatching to the Legion net. Rathmore added a number of points. Legion enjoyed more possession, notching up points before Ryan O'Grady sent a bullet of a shot to the Rathmore net on the 41st minute, to lead by 2 points. Rathmore equalised going into the last ten minutes. The sides swapped points. Excitement was reaching fever pitch as Alan Dineen fielded a high ball over his head and finished to the net. Legion counter - attacked immediately and William Shine goaled brilliantly. Legion then pressed high up on the Rathmore kick out and this paid dividends. After a Legion point, Christian Casey came forward from wing back to score a great goal. A brace of points was followed with a great goal, when Legion full forward Ryan O'Grady won a ball and sent a missile to the net from all of 20 metres out. This stretched the winning margin for a very impressive Legion team. A brave Rathmore side, gave their all and battled to the end, losing little in defeat. Final score: Killarney Legion 5-15 Rathmore 3-12. Seán O'Keeffe of East Kerry Coiste na nÓg presented Legion captain Dion O'Neill with the Ned Myers shield. Referee Brian Fleming (Currow).

AQUILA CLUB O'DONOGHUE CUP, EAST KERRY SENIOR CHAMPIONSHIP QUARTER FINAL

RATHMORE 3-13 CURROW 3-06: Currow hosted 2015 Champions Rathmore, in the O'Donoghue Cup quarter final, sponsored by the Aquila Club, Gleneagle Hotel. The visitors made the early running, kicking two pointed frees before Currow opened their account with a point from play. The visitors went on to notch up 6 points to two for the home side. Score at the break: Rathmore 0-8 Currow 0-3. On resumption, Currow pointed a free and the sides exchanged goals. Good attacking Rathmore play led to a penalty, slotted home by Mark Reen. Currow quickly replied. Daniel O'Shea caught a high ball, rounded a defender and slotted a goal past Rathmore keeper. Rathmore then enjoyed a good period scoring a fine goal when Eoin Lawlor finished to the net after a pass from John Moynihan. Two pointed frees gave Rathmore a 9 point lead. However, Currow were never going to lie down. Daniel O'Shea, who caused the Rathmore defence problems around the square, goaled from another long high delivery. As play went from end to end, Colm Kelly calmly found the net, on the end of a swift Rathmore attack. The sides pointed and Currow midfielder Timmy O'Leary goaled, flicking a high ball to the Rathmore net. Two Rathmore points left the Final score: Rathmore 3-13 Currow 3-6. The Man of the Match award was presented to Rathmore's Mark Reen. Referee: Pdraig O'Sullivan (Furies).

ROUND 1

GLENFLESK 4-15 KILCUMMIN 0-9: In an overall great team performance, at home against Kilcummin, Glenflesk qualified for the Aquila Club O'Donoghue Cup quarter final. The sides traded 2 points a piece in the opening quarter. Glenflesk then began to dominate the middle area of the field, and Glenflesk pulled ahead with a brace of points and a well worked Dara Roche goal, provided by Lee O'Donoghue, 1-4 to 0-2, on the 19th minute. Four Glenflesk points to one for Kilcummin left the half time score: Glenflesk 1-8 Kilcummin 0-3. Glenflesk continued to dominate in the second half. Four Glenflesk points to three for Kilcummin kept the scoreboard ticking over. Then, with 18 minutes remaining, Lee O'Donoghue made a surging run from 50 meters, rounded his man and went straight through for a fantastic goal. Glenflesk led 2-12 to 0-06, a commanding position they did not relinquish. Kilcummin pushed forward, but the Glenflesk defence was strong held the visitors to 3 points. In the final quarter, Glenflesk added 2 goals, the first from Jeff, provided by Lee, the second a Lee O'Donoghue converted penalty. Final score: Glenflesk 4-15 Kilcummin 0-9. Glenflesk are at home to Gneeveguilla on 8th October in the quarter final. Referee: Tom Moriarty (Killarney Legion).

SPA 0-14 SCARTAGLEN 1-6: Spa progress to the quarter final after an entertaining fast moving game against Scartaglen. Played in wet windy conditions, Spa led 0-6 to 0-1 on the 28th minute, notching up some great points from distance and difficult angles. A move started by Pdraig Reidy, led to a Scartaglen goal scoring



opportunity and the visitors were awarded a penalty. Scartaglen's Daniel Murphy ably dispatched the penalty, reducing the margin to two points 0-6 to 1-1, on the 30th minute. In the final passage of play, Spa pointed a free. Score at the break: Spa 0-7 Scartaglen 1-1. The sides swapped two points each in the third quarter, 0-9 to 1-3 with 43 minutes played. However, 5 points from Spa to 3 for Scartaglen gave the home side a 5 point victory. Final score: Spa 0-14 Scartaglen 1-6. Spa are away to Killarney Legion in the quarter final on 8th October.

Referee: Tadgh Ahern (Listry).

EAST REGION SENIOR LEAGUE – DIVISION 2 FINAL:

FOSSA 0-13 FIRIES 1-7: Fossa won the division 2 East Region Senior League division 2 Final, sponsored by Frank Doran Safeguard Security, in a sporting game against Furies that was in the melting pot until the final whistle. Played in wet conditions, that were difficult for scoring, it was an end to end affair in the opening half, with both sides defending well and the sides trading points. Fossa led by the minimum, 0-7 to 0-6 as the break approached, when Jack Sherwood put Furies two points ahead with a well worked goal. Score at the break: Furies 1-6 Fossa 0-7. On resumption, Fossa equalised with 2 points from play, and the sides traded points – 0-10 to 1-7 seven minutes into the half. Although Furies continued to press forward, creating scoring opportunities, Fossa defended well and Dan O'Keeffe denied Furies a goal opportunity on the 50th minute, with a great interception in the square. While Furies did not score again in the game, Fossa notched up three points in the last quarter to run out winners on a final score Fossa 0-13 Furies 1-7. Tim Ryan, East Kerry Committee Chairman presented the McGillicuddy/Mc Carthy Cup to Fossa captain, Domhnaill O'Sullivan.

Referee: Eddie Walsh (Rathmore).

BEAUFORT GAA

FIXTURES: Under 14 Ladies also in East League final at date to be decided.

Junior men will play Barrett Cup semi-final against Kenmare in Beaufort weekend 1st/2nd. Mid Kerry Seniors v Rathmore in Co Senior Championship quarter final, Sunday, 2nd Oct at 2pm in Fitzgerald Stadium.

CLASSES: Autumn exercise classes to Mid Term began Friday at 7.30pm. Fridays. 7.30pm-8.25pm. Pilates with Colleen. Thursday mornings conditioning and pilates with Tony from 9.30am-10.30am.

Other classes to be confirmed shortly. Cost €7.50 per class. 5 for €35. 6 for €40.

LOTTO Next Draw for jackpot of €6,200 will be held in Galvin's Bar on Sunday, 2nd October.

SPA CLUB NOTES

KERRY MINOR HOMECOMING ALL IRELAND CELEBRATIONS: Spa GAA Club honoured Man of the Match Dara

Moynihan and his team mates last Saturday morning to a wonderful gathering. Gerard Mangan, Chairman welcomed the minors, Patrick O'Sullivan, Chairman Co Board, Tim Ryan, Chairman of East Kerry Board along with the Minor Manager Peter Keane and his back-room staff. Dara introduced his fellow All Ireland winners and all were given an outstanding applause. Katie Putil, physio was also congratulated and acknowledged as a fellow Spa senior lady player. The players were very gracious and put many a smile on everyone present to share in their glory. Great to see senior past and present players and our future when the underage turned up in their Kerry jerseys to take their photos with their heroes. Thanks to all who helped out with this wonderful celebration.

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

Training: Boys Saturday 11.30-12.30

U6/U8/U10 and U12.

Girls: U6/U8 and U10 Girls Saturday 10-11am. Further information contact Secretary Bernie Courtney 087 1385612.

SPA U-12 BOYS: Played away to Rathmore in the East Kerry league last weekend. The boys lost out on a score of 5-8 to 3-5. Going well in training and showing signs of real potential. Long may it continue. We are at home to Beaufort next Sunday.

O'DONOGHUE CUP RD 1 SPA 0-14

SCARTAGLIN 1-6: Played at home, Spa had the better of the chances in the opening half and went into a six point lead before Scartaglin found the net from the penalty spot. By half time Spa were ahead 0-7 to 1-1. While the sides were more evenly matched in the second half, Spa dominated the final quarter to secure the win by 0-14 to 1-6.

LADIES FOOTBALL

SENIOR LADIES: Best of luck to the senior ladies in their Munster Campaign as they take on the winners of Cork next Sunday. They compete in the Senior Championship with Rathmore.

FINAL JUNIOR B FINAL: Sat Oct 15th

Junior 'B' final Finuge St. Senans v Spa.

Mary Jo Curran Cup Final

Spa v Kilcummin Oct 22/23 v Kilcummin.

Munster Senior Plate Quarter Final (Extra Time If Necessary) Sunday October 2nd

Spa Rathmore v Cork representatives

Dromtariffe (1pm).

GAA YOUTH FORUM 2016 – SATURDAY 29TH OCTOBER 2016 IN CROKE PARK.

Are you a GAA player aged 12 - 21 years old? Would you like to improve your performance as a player? Would you like to learn how to balance the demands of sport and study? Would you like to get inside the minds of some of the top Inter-County players in the country? If so, apply to attend the FREE #GAA Youth Forum! The #GAA Youth Forum is designed by young players, for young players. The Forum will be

fun and informative with a mix of interactive exhibitions, workshops, high profile players and a Q&A session. This FREE event will fill up fast so make sure to apply online asap!

SCÓR NA NÓG AND SCÓR NA BPAISTÍ:

Club members under the age of 17 years on January 1st 2017 who may be interested in participating in the forthcoming East Kerry Scór na nÓg competitions are invited to contact Eileen on 087 9940594. Primary school children (club members) if interested in Scór na bPaistí may also contact Eileen on the number above. Scór categories - Figure Dancing, Solo Singing, Recitation/Storytelling, Instrumental Music, Léiriú/Drama, Ballad Group, Set Dancing and Table Quiz.

LOTTO: Please note: the weekly lotto draw will take place on Mondays from 26th September instead of Sundays at the usual outlets at 10pm. Venues: The Killarney Oaks, Killarney Heights, McSweeney's, Torc Hotel, Arbutus, Jimmy Briens. Tickets also on sale in Supervalu Dalys, Centra Muckross Rd, and Killarney Hardware.

CLOTHES COLLECTION: Schools are open and a chance de-clutter those wardrobes and support the underage structure in Spa. We collect clothes, shoes, bags etc, all year round. Bags can be left in Spa during the after 5pm in the lobby under the stairs. Further information contact Anne Holland 085 7780883. Collection will take place in the next few weeks so don't miss your chance to off load unused or unwanted clothing. Your support is greatly appreciated.

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

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

COMMUNITY NOTES: Sympathy is extended to the Kerins family and the extended relatives of Bridie Costigan Lissivigeen who died at the weekend. Also to the families of Kathleen O'Sullivan, Knocknahoe, has also passed away. May they rest in peace.

WEDDING: Congrats to Shane Kearney, Knocknahoe, on his marriage to Laura Boyle, Glenties, Donegal.

DR. CROKES GAA

UNDER 12: The U12 boys will finish their campaign on Sunday with a home game against Kenmare at 12 noon. The boys have played over 20 matches this year and all the players have improved their skills over the course of the season. Well done to coaches, parents and players for their dedication and support all year.

UNDER 14: The U14's finished off their season by winning the Plate in the Colm Cooper Blitz. It was a fantastic day and the young Crokes players got experience playing against clubs from outside the county again. It has been a long year and enjoyable year for this team and well done to the coaches, parents and players for their efforts over the course of the season.

COLM COOPER INVITATIONAL BLITZ



Congratulations to the Dr Crokes Under 13 boys who won the Coffey Plate at the Colm Cooper Invitational Blitz.

KERRY MINORS: A great night was had in the Clubhouse last Wednesday welcoming home our Kerry Minor heroes.

LOTTO: Lotto results for Monday 19th of September - 5, 12, 20, 21. Jackpot €8700. Not won. Match 3 8 by €50. Draw Sunday 25th of September in Tatler Jack. Jackpot €9000.

Lotto results for Sunday 25th of September 3, 6, 8, 12. Jackpot €9000. Not won match 3 16 by €25. Next draw on Sunday 2nd of October in Tatler Jack. Jackpot €9300.

MILLTOWN/CASTLEMAINE NOTES

WELCOME BACK: Welcome back to our club treasurer John Joe who is back in action after his recent surgery. Special thanks to Tomás Barry who looked after the books in John Joe's absence.

ENGAGEMENT: Comhghairdeas to our senior player - Ciarán Kelliher who recently got engaged to Caroline O'Sullivan, from Listry. Wishing you both much happiness together in the years ahead.

WEDDING: Congratulations to our senior player - Dónal Kelliher and his wife Larkin Ann McCarthy, on their recent marriage in Spain.

We wish you many years of health and happiness together.

BBQ: What a wonderful evening was had at our underage BBQ. All the young footballers from under 6's right up to under 16's enjoyed some delicious burgers and hotdogs, while their parents/guardians were treated to teas/coffees and an amazing selection of home baking. We were overwhelmed with the amount of food which was so generously donated by the adults. A special 'Thank You' to Burkes Butchers for donating all the burgers and sausages for our BBQ. To Larkins Bar who donated a wide variety of sandwiches, along with some delicious 'Larkins Bracks'. To Spar - who donated bottled water and a large box of Maltesers. Mile buíochas to all the people who helped in so many ways. We really do live in a wonderful community - where the spirit of volunteerism is truly evident. Finally, to the young footballers - you were so polite and well mannered.

COUNTY CHAMPIONSHIP: Best of luck to our seniors who play Kilcummin on Saturday next- in their County Championship relegation play off. Throw in is the earlier time of 2 PM in Castleisland Desmond's GAA Pitch. Please come along and support your club. Well done to our neighbours - Listry, who had a one point victory over Foilmore at the weekend. This secures their Division 2 status for 2017.

GOLF: Congratulations to our club players/members who were part of the Milltown Castlemaine Golf Society team which won the 'Ryder Cup' series on Saturday. Captained by

Derek Twiss, they defeated last year's winners -Keel Golf Society.

FROM HOPE TO ACTION: A conference organised by the Irish Association of Suicidology entitled 'From Hope to Action- Interventions that work for Suicidal People' is being held in the Brehon Hotel, Killarney on Thursday 6th & Friday 7th October. People may attend whole days or may also select a section from the Conference Programme that they would like to attend, if interested in a particular speaker. There is a concession for volunteers, voluntary groups, sports organisations, community organisations and charities etc. If you are interested, please contact Deirdre on 086/1703332 and she will email you all the conference details.

LEGION GAA

O'DONOGHUE CUP ¼ FINAL: Legion will face Spa on Saturday, October 8th at 2pm. The match will be played in Derreen.

U-14 BOYS: An excellent performance saw the U-14s run out 5-15 to 3-12 winners over Rathmore in the final of Division 1 of the East Kerry Championship. Congratulations to players and mentors. **LEGION SCORERS:** Ryan O'Grady 2-05, Niall McGillicuddy 1-08, Christian Casey 1-0, William Shine 1-0, Kian McCann 0-01, Donnchadh Warren 0-01.

U-12 GIRLS: The U-12 girls had a great win over Currow in the East Kerry League. They have now qualified for the final where they will play Milltown/Listry.

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

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

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.

GNEEVEGUILLA GAA

Gneeveguilla Gaa lotto numbers 1, 6, 21, 24.

No jackpot winner next weeks jackpot €4,500/ €40 Amy Murphy Village.

€40 Marie O'Leary Petros.

€40 Jamie Mathews Longford.

€30 Scott & Elaine Oz.

€30 Bridget McAuliffe Gneeveguilla.

€20 Stephen Crowley Yearly ticket.

GNEEVEGUILLA SENIORS: Were defeated by Annauscal in the co league Div3 promotion playoff. Gneeveguilla seniors will play Glenflesk in the next round of the O'Donoghue cup. Minor East Kerry league Div1 Final Gneeveguilla v Firies 12.00 noon Sunday 2nd in Gneeveguilla please support.

WELL DONE: To the Gneeveguilla Juniors who captured the McElligiot cup for the fifth time in a row.

Gneeveguilla Gaa will be raffling of a cow box trailer valued at over €3000. We are doing serious upgrades to our field our car park and fencing all around the field. Tickets for the trailer are priced at €5 for 1 and €20 for a book of 5 and can be obtained from any club member.

LISTRY

WEEKLY LOTTO RESULTS: Sunday 25th September, 2016. Winning Numbers 10, 13, 22, 25. Jackpot €6,650 Not Won.

1 x €100 Lyno, Killarney. 2 x €50 Paul Lunney, USA. Patsy Mannix, Faha Court. 2 x €25 Emer Buckley, Beaufort. Clodagh & Gary Flynn. Draw Entrant Margaret Doherty, Listry. Jackpot next week, Sunday 2nd October €6,800.

UPCOMING FIXTURES: Next Sunday October 2nd Junior semi final v Beale in Strand road at 2.30pm. Following Sunday October 9th Fr Galvin Semi final home v Firies at 12 noon.

DIVISION 2: RELEGATION PLAY OFF:

Listry seniors played St. Michaels Foilmore last Sunday evening in Killorglin. This was an important game for both teams as the winners would stay in Division 2. There was some great football played on the night. Half time score Listry 0-07 St. Michael's Foilmore 0-02. Full Time Score Listry 1-08 St. Michael's Foilmore 1-07. Well done to Listry, who will be staying in Division 2.

JUVENILES: Our U6s welcomed Spa to Allman Park on Friday evening. Despite the overcast and damp conditions both teams served up a very entertaining match. Both teams played very well and were cheered on by their enthusiastic parents. We hope that this match is just one of many that these young boys and girls will play for Listry. The future is bright. The future is green and white. Coiste na nóg officers.

KILLARNEY LIBRARY: The presentation of Certificates and prize packs to children who completed the Summer Reading Challenge will take place at Killarney Library on Saturday 8th October at 11.30am. Certificates will be presented by Cllr Brendan Cronin, Cathaoirleach of Killarney Municipal District.



GNEEVEGUILLA ATHLETIC CLUB

LOTTO: No winner of our lotto 23/09/2016, numbers drawn were 7, 14, 20 & 26. Sellers prize winner: Tadhg O'Donoghue. €50 Y/T prize winner: Siobhan Daly Castleisland, €50 to Malachy Scaneell Clonkeen, Eileen Flynn S.P.X, Shelia O'Donoghue Taur, Mary Murphy Tureen. Bonus not won numbers drawn were 14, 19, 21 & 27. Next week's jackpot €14,800 plus bonus €1,000.

CASTLEISLAND 5K: Last Wednesday saw the third and final leg of An Ríocht 5K, Robert Purcell was 1st O40, Andrew Purcell 1st Junior, John Guerin 4th O40, Caroline Murphy 3rd O50.

KERRY COUNTY CROSS COUNTRY: Next Sunday October 2nd sees the first of the cross country races in The Demense Killarney at 11.00 am. Even ages (U10/ U12/ U14 U16 & u18) boys & girls. County Novice will also be run. Sunday October 9th in Fíries will see the Intermediate & Masters races as well as juvenile uneven age.

INTER CLUB CROSS COUNTRY TRIALS: At the inter club cross country trials held in boherbue comprehensive School on Saturday last the following were winners in their respective categories: U7 (B) Ross O'Dwyer Cullen, Daniel O'Carroll Knockaclarig, Paddy Hickey Boherbue, U7(G) Catherine Vaughan boherbue, U8(G) Kate Culloty Knockanes, Daisy Cremin Lissivigeen, U8(B) Daniel McSweeney Boherbue, Adam Counihan Muckcross, Evan Moynihan Boherbue, U9(G) Kate Healy Glenflesk, Zoe Counihan Muckcross, Evie O'Shea Loughitane, Rachel Hickey Boherbue, U10(B) Finn O'Dwyer Cullen, Adam Caroll Knockaclarig, Dylan Moynihan Boherbue, U11(B) Newlius Cronin Barradubh, Diarmuid Murphy Boherbue, U12(G) Delia Foley Meentogues, Saoirse Murphy Boherbue, Danielle O'Riordan Derrinagree, Heather Culloty, U14 (G) Saoirse Tompkins Boherbue, U16 (B) Francis Cronin Cullen, U18(B) Anthony Buckley Newmarket, Senior & Masters; Michael Culloty Headford, John Guerin, Robert Cremin Lissivigeen, Harry O'Donovan Barradubh, (F) Denise Hickey Headford, Eileen Riordan Derrinagree.

GNEEVEGUILLA NS 5K: Sunday 25th was the day for the Gneeveguilla NS 5K road race, results as follows: Senior (M) Martin Dineen Ríocht, John Barrett G/G, Donie O'Connor, Laurence Hickey, Michael Lawlor, Pa Rohan, Senior (F) Julie Purcell G/G, Mags O'Callaghan, Eileen Lyon, Mary V. O'Leary, Breeda Fleming, Noreen McSweeney, U18 (B) Jack O'Leary G/G, Andrew Purcell G/G, Oisín O'Leary G/G, Michael McSweeney, Paudie Murphy, Oisín Hurley, U18 (G) Tara O'Leary, Roisín Brosnan, Katyleen O'Leary, Elaine McSweeney, Kensa Barry, Shauna McCarthy, O40(M) Robert Purcell G/G, Shane O'Leary, Donal Reen G/G, O40 (F) Anne O'Riordan Ríocht, Collette Mallon, Teresa O'Leary. 1st Local M: Jack O'Leary G/G, 1st Local F: Mary V O'Leary.

COUCH TO 5K: Gneeveguilla AC in association with Barradubh Field Committee are

commencing a couch to 5K training on Monday October 3rd at 7.30 pm and each Wednesday and Friday for 8 weeks, Everyone welcome to come along, €2 per session. A great way to meet new friends, get fit and keep fit over the winter months.

WORKMEN'S ROWING CLUB

TRAINING NEWS: Indoor training has resumed during the week as per coaches texts. We also meet at the lakeshore at Reen Pier on Saturday and Sunday mornings at 10.30am.

Workmen's Rowing Club have a huge tradition of rowing in Killarney and we train for different genre of rowing all year round.. from Olympic Sculling, 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 us:

OUR NEWEST ROWERS!! Welcome to all our recent young recruits to Workmen's!! It is wonderful to see such enthusiasm to try something new and our dedicated beginner's coaches: Hannah Majella, Mary and Derva are always happy to encourage these young boys and girls. Many thanks also, to our safety launch drivers, Anthony and Mickey Joe who have been ensuring the safety of all of our rowers on the lake. Contact Mary Moynihan for more information: 086 8098182.

BIRTHDAY GREETINGS: A very Happy Birthday this week to one of our Senior Men, Sylvie Bartlett. We hope you enjoy the celebrations Sylvie!

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'.

FOSSA ROWING CLUB

BEST WISHES: We would like to wish Mike O'Shea a speedy recovery and hope all is going well from all at Fossa Rowing Club.

SYMPATHY: The club extends their deepest sympathy to the family of Brian McMurray who past away recently. Ar deis Dé go raibh a hanam

THANK YOU: We would sincerely like to thank everyone who attended our cycle last Sunday and to all the volunteers who helped out on the day. Your support is greatly appreciated. To all our homemakers and sandwich makers for providing us with a wide range of delicious food. Thank you.

FARRANFORE MAINE VALLEY ATHLETIC CLUB

The third and final race of the An Ríocht AC 5Km Road Race series was held in Castleisland on Wednesday evening 21st September. Maria McCarthy finished 4th lady overall and first in her age category.

The Killarney 10 mile road race took place on Saturday 24th of September it what was meant to be a very wet and windy morning. Thankfully it did not turn out as bad as predicted. The race, in its third year, attracted over 250 participants. It is an element of a fundraising drive now underway to support the development of a 200m micro track and a floodlit all weather pitch area which will be situated on grounds leased from the St. Brendan's Trust (St. Brendan's College Killarney). Our club was well represented, Ger Ladden was first over the line in a time of 70 mins. He was 3rd in his age category. Caitriona Barry (71 mins) was third lady overall. Timothy Horgan finished in a time of 73 mins. Marie McKenna (77 mins) third in her age category and Bernie O'Mahony (84mins) second in her age category.

Cross Country Season kicks off next weekend with the County Novice & Juvenile Even Age Cross Country. This will be held in the Demense, Killarney, field next to the children's playground. First race will be at 11am which is normally the Women's Novice, U23 & U18 race. This will be followed by juveniles U10 with the final race been the Men's Novice & U23.

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. €2 club member, €4 non club member.

ATHLETIC'S FIXTURES: Sunday 2nd October Kerry County Novice & Juvenile Even Age Cross Country, Killarney.

Sunday 9th October Kerry County Inter/Masters & Juvenile Uneven Age Cross Country, Fíries.

Sunday 16th October National Open Cross Country incorporating the British & Irish Masters Trials, Abbotts Town.

Sunday 23rd October Munster Novice/U23 & Juvenile Even Age Cross Country, Ballinahina, Carraig na Bhfear, Co. Cork.

Sunday 30th October Kerry County Senior / Junior & Juv. Relays, Cahersiveen TBC



KILLARNEY VALLEY AC

Thanks to everyone involved for their help in making our 3rd annual 10 Mile a great success. The weather cleared up just in time for over 250 participants who took to the roads at 9 am. The following are the results; Male ; 1. Philip Harty, Waterford AC, 2. Sean O'Sullivan, An Riocht, 3. Tony Harty. Female; 1. Deirdre Nagle, Eagle AC. 2. Alison Kirwan, Star of the Laune, 3. Caitriona Barry, FFMV.

The KVAC 8 week training program is going very well and continues every Tuesday and Thursday at 6pm and Saturday at 2pm in the Demense. The Cross Country season is beginning this Sunday 2nd October with Kerry County Novice & Juvenile Even Age in the Demense, Killarney at 11am and on Sunday 9th October with Kerry County Inter/Masters & Juvenile Uneven Age in Furies. Athletes must wear the club singlet when representing their club. These are available from Brid Stack 087-2650720.

STRENGTH AND CONDITIONING: With Donal will begin next Monday 3rd October from 7-8pm in the Sem Gym Hall for all KVAC athletes age 12 upwards. Cost will be €2. Please remember to bring water to this session.

KERRY DEVELOPMENT SQUADS: Began last Sunday 25th September in an Riocht Track in Castleisland and will continue every Sunday 11am to 1pm. This is open to all club athletes from U13 upwards. Cost for the year is €50. For more information, please see Kerry Athletics Facebook page.

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

KILLARNEY BADMINTON CLUB

Killarney Badminton club runs every Monday and Wednesday evening in the Presentation Hall from 8.30pm to 10.30pm. Badminton is a great way to have fun and get fit. It is suitable for all ages and standards. New members welcome. Coaching available for beginners. Check out our Facebook page for more information. Juvenile club starting this Friday from 6.30pm to 8.30pm, new members welcome.

KILLARNEY COUGARS BASKETBALL CLUB.

ACADEMY NEWS: The Juvenile Academy for the Cougars Cubs Boys and Girls commenced on Friday last at the Parish Hall. Training times are as follows at 5 pm for girls and 6.15 pm for boys. Additional time will be needed to accommodate the increased numbers and this will be agreed by the end of the month. Any late registration may be completed by contacting the club secretary or registrar. Our ages for the Academy Boys & Girls are born 2007, 2008,

2009, 2010. New members welcome.

NEW COACHING APPOINTMENT: Confirmation of the appointment of a new coach for the season saw Basketball Ireland U18 International Coach Liam Culloty coming on board with National Competitions commencing next month and a number of new additions to the panel and younger members coming through Coach Culloty experience will be very welcome for the challenge ahead.

SENIOR CHALLENGES: The Senior women travelled to Limerick on Thursday evening for a early preseason game against Huskies Div 1 at the UL Arena and a close contest proved very worthwhile exercise with little between the sides in a good workout ahead of the opening of the league.

The Senior Men's take on St Anne's in a preseason game on Monday next in their first game of the new season again with a number of new faces on board it should prove beneficial to the new team.

CLUB FUNDRAISER: Club tickets for the fundraising draw will be available in October.

FIXTURES: Senior Mens:

October 3rd Killarney Cougars v St Anne's, Pres Gym.

Senior Women: October 9th Killarney Cougars v St Mary's, Castleisland CC.

Juveniles:

U12 Boys October 6th Killarney Cougars v St Colmans Pres Gym.

U14 Boys October 10th Killarney Cougars v Tigers Pres Gym.

U14 Girls October 8th Killarney Cougars v Bobcats Moyderwell Tralee.

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

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

ST. BRENDAN'S ROWING CLUB

CLUB MEMBERS LOTTO: Congratulations to our winners of this weeks club lotto 1st place No. 40 Greg O'Donoghue and 2nd place No.16 Kathy Brosnan.

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 RFC NOTES:

SENIORS: This weekend sees the welcome return of the Munster Junior League with

the seniors make the trip to Ballyrandle, in Waterford to take on Dungarvan RFC. Ger Moynihan's charges will be looking for a good start to this years campaign, ahead of the season's first home fixture the following weekend against Corca Dhuibhne, as the season kicks in in earnest with fixtures filling the calendar for the next few months. Training continues for the seniors each Tuesday and Friday at 7pm.

LIGHTS: Exciting new developments in Aghadoe as the truck with the lighting poles arrived on site. The next stage involves putting the poles into the concrete and putting the lights up. Exciting time ahead indeed!

YOUTHS: Our youths are due to return to competitive action on Saturday week, (October the 8th) with our U14's kicking off with a home match V Castleisland and taking on Tralee away at O'Dowd Park the following week. Our U16's and U18's are due to return on the 8th also with fixtures to be confirmed over the next few days.

MINIS: There will be no mini rugby training tomorrow as our coaches are taking part in the Munster Rugby Mini Rugby course at the Institute of Technology in Tralee this Friday and Saturday. These courses are very informative and great fun to take part in. Coaches new to coaching rugby will benefit greatly from the course and more experienced coaches thoroughly enjoy the courses and always try to learn something new. This is the first year that this course is taking place in Kerry and with 10 coaches from Killarney taking part, it's a fantastic credit to Killarney RFC and an investment in the minis for the future! So, training will return on Saturday, October the 8th.

TRIM TRAIL EVERY SATURDAY: 'Trim Trails', are hugely popular across Europe and our growing in popularity around Ireland. Our 'Trim Trail' is a series of timber based fitness equipment strategically placed around the perimeter of our new pitches in Aghadoe. It is designed to combine walking and jogging with a well-balanced physical fitness routine for the whole body. Each station on the trail has its own unique challenge which will aid and develop balance and co-ordination as well as strength and muscle tone. You complete each station one after the other with the desired amount of rest time in between. It is envisaged that the 'Trim Trail' will not only be used as an added training tool for many teams that are in the club but to enhance the workout of parents and supporters of the club also. Killarney RFC is committed to providing activity for every age group. It is heart-warming to see so many different age groups enjoying the 'Trim Trail'. Now parents can stay and observe their little ones training while they also get their exercise in too. Come and join us on Saturday mornings and enjoy a well earned cup of tea afterwards.

SCHOOLBOY/GIRL SOCCER FIRST ROUND OF SKETCHES UNEVEN NATIONAL CUP'S:

U13'S NATIONAL CUP:

Ballymackey 1-4 Mastergeeha.
Dingle Bay Rovers 1-3 Carew Park.
Listowel Celtic 3-4 Corbally United.
Killarney Celtic 3-4 Lough Derg AET.
Fenit 0-3 Fairview Rangers.

U15'S NATIONAL CUP:

Camp Juniors 3-0 Ballymackey.
Ballyhar 5-1 Killarney Athletic.
Murroe 3-5 Tralee Dynamos.
Killarney Celtic 5-4 Park.
Nenagh United 0-6 Killorglin.
Knockainey 3-3 Listowel Celtic AET.
Listowel Celtic won 4-2 on pens.

DALY'S SUPERVALUN 13'S

PREMIER: Tralee Dynamos 1-6 Park.

13 DIVISION 1:

Castleisland 1-1 Listowel Celtic B.
Ballyhar 1-4 Iveragh United.

13 DIVISION 2:

Killarney Athletic B 2-4 Inter Kenmare.

13 DIVISION 3:

Fenit 6-1 LB Rovers.
MEK 5-7 Listowel Celtic C.

KILLARNEY PLAZA 15'S DIVISION 2:

Fenit 6-1 Park C.
St Bernards 0-2 Rattoo Rovers.

MATCH REPORTS:

SKETCHERS NATIONAL CUP 13'S

ROUND 1: Mastergeeha keep the Kerry flag flying at 13's: Mastergeeha made the trip to Ballymackey a winning one in the opening round of the Sketchers U13 Cup. The defeated the home side 4-1 with the goals coming from Oran Dwyer, Oisín O'Leary, Dara O'Callaghan and Ryan Daly.

The news was not as good for the other teams involved at this age group. A Ryan Scanlon Newstead goal was only a consolation as Dingle Bay Rovers lost out 3-1 away to Carew Park. The two Kerry Celtic's went out by the odd goal in 7. Listowel Celtic were defeated 4-3 at Corbally United with Robert Stack 2 and Aoife Horgan being their scorers.

Killarney Celtic and Lough Derg finished 3 all after normal time. William Harry, Ceryson Dauter and Sean Fitzgerald got the goals for the Killarney side. But Lough Derg won the game with a goal in the second period of extra time.

SKETCHERS 15'S NATIONAL CUP ROUND 1: 5 through to 15's Round 2:

The all Kerry clash of Killarney Celtic and The Park turned out to be a cracker with Killarney Celtic coming back from 3-0 down to win 5-4. Goals from Mervyn Shalemba, Colin Walsh and Sean McGrath put the Tralee side in the driving seat after 15 minutes. Terry Sparling pulled a goal back before half time and early in the second half two Daniel Okute goals levelled matters. Shalemba scored his second to put the Park back in the lead but Jack O'Connor netted the equaliser, his first goal for the club. And then James Darmody hit what turned out to be the winner with 15 minutes to go. The second all Kerry clash was in Murt Scott Park and the



FOOTBALL FOR ALL TEAM AT CELTIC PARK ON SATURDAY MORNING. FRONT ROW L-R PADRAIG REGAN, FIANNA BRADLEY, STUART SCOTT & JACK O'CONNOR. MIDDLE ROW L-R AMY O'DONOGHUE, SEAN DALY-CULLOTY, THOMAS FLEMING AND DYLAN TUCKER. BACK ROW L-R CONOR BRADLEY, DENIS TUCKER & MAURA CULLOTY. PICTURE MARIE CARROLL-O'SULLIVAN

home side knocked out Killarney Athletic 5-1. On the mark for the home side were Craig O'Sullivan - Boyle 2, Jason Brennan 2 and Nathan O'Callaghan.

Tralee Dynamos also came from behind in their 5-3 away win at Murroe, just outside Limerick. Philip Evans scored inside 10 minutes cancelling out the Murroe lead within 2 minutes of going behind. The home side re-took the lead before half time and then went 3-1 ahead. But Dynamos trusted in their skills and two goals each by Sean Kennedy and Leo Gaxha gave the Tralee side a comfortable 2-0 win in the end.

Killorglin enjoyed a great win away to Lough Derg thanks to a Jack O'Leary hat trick, 2 from Gearoid Hassett and one from Stephen O'Loughlin.

Camp Juniors progressed without ever kicking a ball as they got a walk-over from Ballymackey. Listowel Celtic had the toughest pathway through going all the way to penalties after a dramatic end to their game away at Knockainey. Darragh Lynch hit 2 and Conor Hogan got one to see the game end 3-3 after extra time.

Into penalty shoot out and it was the North Kerry lads that held their nerve to win 4-3 after the spot kicks. Darragh Lynch, Michael Fogarty, Aodain Behan and Conor Hogan were all successful with their penalties to send Listowel Celtic through.

LEAGUE REPORTS:

DALY'S SUPERVALU 13'S:

PARK 2 FROM 2 IN PREMIER: The Park made it 2 from 2 in the Daly's Supervalu 13 Premier after defeating neighbours Dynamos 6-1. Colin Doody, Cianan Cooney, Adam Wharton, Messiah Chirwa, Sean O'Connor and David Feeley were all on the mark for the Park. Andy Rodgers, who had a very good game, got the Dynamos consolation.

JOINT LEADERS IN DIVISION 1: Iveragh United came to Ballyhar, who had won last week, and took the 3 points back to South Kerry. Sean Kennedy scored twice with Mikey Kavanagh and Breece O'Sullivan got one each in the win. James Horgan replied for the home side. Both sides are now on three points.

The points were shared between Castleisland and Listowel Celtic B with Conor Wilkinson

getting the goal for the home side.

INTER WIN IN DIVISION 2: Inter Kenmare looked to be cruising to an easy win over Killarney Athletic in Woodlawn as they led 3-0 at one stage. Goals from Adam Gull, Aidan Crowley and Jamie O'Regan saw the visitors in control. But credit to Athletic they fought hard and Cian Lynch pulled 2 back for the home side. However as they tried to find an equaliser Tommy O'Sullivan wrapped up the win for Inter.

LISTOWEL CELTIC OUT-SCORE MEK IN CRACKER:

Listowel Celtic and MEK hit 12 goals between them with the North Kerry side winning 7-5. Eddie Moroney took the match ball with a hat trick, Rocco Sheehan got 2 and Mark O'Sullivan Rousse the other but it wasn't enough. Listowel Celtic also had a hat-trick hero with Sean O'Mahony netting 3. Jack Enright got two with Stefan Carrig and Cormac Dillon both scoring one each to secure the three points for the Hoops.

Fenit bounced back from their opening day defeat to win at home to LB Rovers. Dylan Ryan, David Dineen, Eddie McCarthy and Bobby O'Connor got the goals for the winners with Mikey Dunworth replying for Rovers.

2 FROM 2 FOR RATT00: Rattoo Rovers followed on from their debut day win to make it two wins from two as they defeated St Bernard's 2-0. Kevin Goulding got both with one from the penalty and the other a free kick, Fenit bounced back from their opening day defeat with a win over Park C. Dara Heim and Conor Gaynor both scored two each with Neil Cassidy and Batt McCarthy getting one each.

MASTERGEEHA FC

UNDERAGE TRAINING: U8, U9 and U10 will recommence on Saturday the 1st October at 10.45am at Kilbrean Park. All welcome.

U13 NATIONAL CUP: BALLYMACKY 1 MASTERGEEHA 4. Away in North Tipperary on Saturday afternoon the boys qualified for the next round of the cup. Leading 2-1 at the break courtesy of goals from Darra O'Callaghan and Ryan Daly the boys pushed on to score two more goals in the second half with Oisín O'Leary and Oran Dwyer getting the goals. All played well.

U15: NENAGH 7 MASTERGEEHA 0: The lads were well beaten by a very good Nenagh side. Although the lads defended well for the first 20 mins, once the 1st goal went in the floodgates opened and it was backs against the wall for the entire game as the home side streamed forward. Darragh O'Riordan stood out for the Kilbreen boys with a great 2nd half performance at right back.

PREM B: MASTERGEEHA 4 KILLARNEY CELTIC 2: In this local derby Mastergeeha took the lead when Scott O'Mahoney opened the scoring however the visitors got back into the game scoring two goals. Mastergeeha got back on level terms when Damien Breen was fouled in the box and Scott O'Mahoney scored again just before the break. In the second half the seniors took the lead early on when Gearoid Kerins scored with a good header. Mastergeeha doubled their lead later in the game when Derek Breen converted.

DIV 1B: LISTOWEL CELTIC 6 MASTERGEEHA 2: In this game the seniors played a strong Listowel side. Mastergeeha battled hard throughout with Colm Lenihan getting the goals.

MASTERGEEHA FC LOTTO: There was no winner on Friday 23rd September, 2016. Numbers drawn were 6, 18, 20, 21. Consolation prizes were €100 Dee McGlynn, Glounanea, Kilcummin. €60 Connie O'Shea, Pinewood, Killarney. €30 Melanie Grace Lynch, Fossa Cross. €30 Eddie Doolan, 105 Woodlawn Pk, Killarney. €30 Anne, Shauna & Amanda O'Connor, Dromid. Jackpot now €2,400.

MEK UNITED FC

Saturday soccer academy training was well attended, all children having fun getting fit and building on their soccer, team and social skills. The Kit shop will be available soon, more details to follow.

MEK UTD VS INTER KENMARE: MEK United welcomed Inter Kenmare to Fossa for the first ever game at our new home ground. This being a big occasion for soccer in Mid Kerry, we had a game to match, end to end skilled football, fantastic saves and lots of goals by both teams delighted a big crowd. For MEK, all our players represented the club with pride, and played with great flair and passion. A special mention has to go to

MEK's Cian Fleming, as well as celebrating his birthday, scored the first hat trick in our home ground. Huge congratulations to all involved for a fantastic event. And a big thanks to Inter Kenmare for making it a great start to our club's history.

MEK UTD V LISTOWEL CELTIC: The first league game of the season took place at the Liebherr Field, in Fossa on Saturday the 24th of September 2016. The game kicked off at 12:00 with our new home ground looking as professional as any premiership ground. Our first home league started off with fireworks, Eddie Moroney getting our first league goal after only 5 mins followed by a cracking strike by Rocco Sheehan a minute later. Listowel hit back quickly with 2 well taken goals to draw level after 20 mins. Our lead was restored on 21 mins by a weaving solo run and strike by Mark O'Sullivan Rouse. Another forage into the Listowel half resulted in a great team passing move to allow Eddie his second goal. Back came Listowel with a fantastic 20 yard strike to leave the score 4:2 to MEK at half time. Breathless stuff indeed. Listowel Celtic started the second half ruthlessly, 3 unanswered goals before Eddie Moroney completed his hat-trick, Listowel ahead now for the first time in the match. Listowel scored a breakaway goal now leading by 2. A host of missed chances and great goalkeeping by the visitors saw out Listowel as the final winners, 7:5. Each and every player played their heart out and gave everything to the cause. A great display of talent and determination by both teams. A great performance by our squad, laying the foundation for a great season. We would like to thank Listowel Celtic for a great game that was played in the true spirit of soccer. Finally a big thank you to everybody involved in the club for making history and we look forward to the rest of the season.

KILLARNEY ATHLETIC

DENNY PREMIER A

KILLARNEY ATHLETIC 4-1 ST BRENDANS PARK

The A's took on The Park at home in their second league game of the season having already won the away fixture 2-1. With Conor Farrell and Shane Lynch missing Cillian Regan and Lukas stepped into the starting line up

and both playing their hearts out. The park to their credit battled well for the first half but didn't have the strength or experience in their very young side to compete with an athletic team that are growing in confidence with each game. Darren Mulcahy came on after 35 mins playing some good balls into the forwards and Lukas started the scoring with a great strike after good pressing from the whole team. Second half started with the boys turning up the pressure and Lukas getting his second and a wonderful solo goal by William Courtney from a tight angle made the game secure. Mark Griffin came on for Garry Moynihan and Mason Ferris on for Chris O'Meara who had worked his socks off all game. Good work by Lukas setup Adam Moynihan to round off a great team performance.

U17: KILLARNEY ATHLETIC AFC 0 PARK 3:

Athletic opened their league season with a loss, but the scoreline doesn't do justice to the Athletic effort. Athletic made all the early chances but couldn't find the net and were made pay when converting a penalty against the run of play. This seemed to shock Athletic for a while and went two down when the ball came off a post straight to a park player who finished from close in. Athletic were denied penalty shortly after this and were awarded one with five minutes to the break but the keeper made a fantastic save and park broke down field to score, and what should have been 2-1 at halftime was 3-0. Play was end to end in the second half but neither side could score again but not for the want of trying. Athletic had a much changed team on duty last Saturday with a couple of last year's team defecting a few more injured, a couple returning to the fold and a few new signings all in all not a bad performance and here's to better days.

U12 NATIONAL CUP: KILLARNEY ATHLETIC 0-1 JOHNSTOWN (NAVAN) (AET):

Athletic Under 12s came up against Johnstown from Navan in the last 32 of the National Cup on Saturday. This turned out to be a fantastic game with both defensive on top throughout. Athletic were very unlucky when after scoring a brilliant goal only to see it given as offside but unfortunately the referee didn't see a defender standing 3-4 meters behind everyone else. 0-0 at full time the match could have gone any way. With 6 minutes left in extra time Johnstown scored the only goal of the game to go through. Heartache for our boys but they will come again. On the day Cian Lynch, Seán Dineen and Matthew Horgan were the best for Athletic with special mention to Stephen Moynihan filling in for Shay O'Meara in goals. A great team effort and this team has all the ability to go further next year. Thanks too all the parents and the club for everything after the game. We wish Johnstown the best going forward.

FIXTURES:

Saturday 1st October 2016
JK Sports U12 Premier 2
Killarney Athletic Blue v Killorglin A 10-30am.
JK Sports U12 Premier 4
Asdee v Killarney Athletic White 11-30am.
Foundation Sports U14 Div.1



MEK UNITED FC PLAYERS: SAM BUCKLEY, BAILEY CARLTON, MASON COURTNEY, CONOR CROWLEY, DARIUSZ DIEBLER, CIAN FLEMING, SAM GRIFFIN, CONOR HARTY, LEO HEALY, MATTHEW HUNT, EDDIE MORONEY, DARRAGH O'BRIEN, STEPHEN O'BRIEN, TADGH O'SULLIVAN, MARK O'SULLIVAN ROUSE, ROCCO SHEEHAN, LIAM TANGNEY

Fenit Samphires v Killarney Athletic 11am.
Trophy World U16 Div.1

Inter Kenmare v Killarney Athletic 10-30am.

Sunday 2nd October 2016

Umbro FAI Junior Cup 2nd Round

2-00 Killarney Athletic v Ballyheigue Athletic.

CHURCH GATE COLLECTION: The annual Killarney Athletic Church gate collection will take place on the 1st and 2nd of October 2016. We would like members to donate 1 hour of their time to help raise funds for the club. Please contact Aaron Quill (087-9403514) or Sean O Donoghue (087-6621066) to arrange a time slot.

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

STETSONS AND STILETTOS: Was all that we had hoped for and much more. Trevor Smith and local artists had the joint rocking all night with the Ultimate Garth Brooks Experience. As well as the superb concert, with proceeds going to little Amy O'Connor, who is bravely battling illness (Amy and her family had a great time), and to the St. Johns Ward at Crumlin Children's Hospital, there were loads of fancy dress and novelty acts with some high profile personalities riding the bull – or trying to, anyway! The winner in that category was Kerry footballer Peter Crowley, and we very much appreciate the huge support we got from the Kerry seniors and minors and all the celebrities on the night and to Michael and Danny Healy Rae and our local councillors.

We are extremely grateful to Angie Kissane and the tireless organising committee, to all our colleagues and friends in the Killarney Fire Service, Killarney Valley Athletic Club, Dr Crokes GAA Club, An Post, Whitebridge Manor Residents Association, Gaelscoil Faithleann Parents Council, and Fiona O'Connor of the INEC Killarney for their support and help in promoting this hugely successful and heartwarming event.

FOOTBALL FOR ALL BLITZ: Killarney Celtic played host to a fantastic blitz with a host of teams from all over Munster. There were a load of games, loads of exciting action, a fabulous atmosphere helped by a fantastic co-operative spirit between players, coaches, officials, and most especially supporters. There was a big feed for everyone, thanks to very generous contributions (a special mention to Lee Strand, special guests Danny Healy Rae and the Cork City mascot Corky and Ladies Player Katie McCarthy presented the medals (of course all participants received one).

Well done to all involved on a great day.

UNDERAGE BLITZ IN ST. BRENDANS PARK: At the same time, Killarney Celtic's non-competitive juvenile teams were also having a great time at St. Brendans Park at their blitz – wonderful hosts as always, and another great time by all. Not all games are about which team wins and which teams lose – these games are all about everybody winning in a fun, safe, and structured environment, and that is a principle that all the Kerry Schoolboys League and all clubs proudly uphold.

KILLARNEY CELTIC GOLF CLASSIC: The Club Golf Classic at Beaufort Golf Club is on Friday October 7th - tee times from 1.30pm and Saturday October 8th from 700am. Contact Tim Lyne on 086 0522506 to book tee times. Please support as it is a very important fundraiser for the club.

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

Under 7 (2010) Saturday 1.30pm.

Under 8 (2009) Saturday 1.30pm.

Under 9 (2008) Saturday 3.00pm.

Under 10 (2007) Saturday 4.30pm.

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

Under 12 (2005) Tuesday 5-6.30.

Girls U10/U12 (2005) Monday 19th, 6.00pm.

Under 13 (2004) Thursday 6.30-8.00pm.

Under 14 (2003) Monday 6-7.30.

Under 15 (2002) Monday 7-8.30.

Under 16 (2001) Thursday 8-9.30

Girls U14/U16 (2000/2002) Friday 6.30-8.00pm

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

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

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

RESULTS: DENNY PREMIER A: KILLARNEY CELTIC 0 CASTLEISLAND 0. Celtic played really well and should have found the net, but full credit to Castleisland, a great team in their own right too, and they proved it yet again.

DENNY PREMIER B: MASTERGEEHA 4 KILLARNEY CELTIC B 2: A great effort by the team, including goals by Cian Casey and Conor Randall, but it wasn't enough against an excellent home side.

U15 NATIONAL CUP: KILLARNEY CELTIC 4 ST. BRENDANS PARK 3: The all Kerry clash of Killarney Celtic and The Park turned out to be a cracker with Killarney Celtic coming back from 3-0 down to win 5-4. Goals

from Mervyn Shalemba, Colin Walsh and Sean McGrath put the Tralee side in the driving seat after 15 minutes. Terry Sparling pulled a goal back before half time and early in the second half two Daniel Okute goals levelled matters. Shalemba scored his second to put the Park back in the lead but Jack O'Connor netted the equaliser, his debut goal for Celtic and a real beauty. With everything on the line, James Darmody nervelessly hit a stunning winner.

U13 NATIONAL CUP: KILLARNEY 3 LOUGH DERG 4: Heartbreak in extra-time after an absolutely cracking game of soccer, really top drawer stuff from both sides. William Harry, Ceryson Dauter and Sean Fitzgerald got our goals and John Kelliher and Ryan O'Leary stood out in a great team display, but Lough Derg got the winner in the second half of extra-time. We are very proud of the lads and we congratulate Lough Derg and wish them all the best in the rest of the competition.

FIXTURES: FAI Junior Cup: Killarney Celtic at home to Newcastlewest, Sunday, 2.00pm.

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

Munster Youths Cup: Killarney Celtic at home to Dingle Bay Rovers, Saturday, 2.00pm.

U16 Premier: Killarney Celtic away to Tralee Dynamos, Saturday, 12.30pm.

U14 Premier: Killarney Celtic away to Killorglin, Saturday, tbc.

U14 Div One: Killarney Celtic B at home to St. Brendans Park B, Saturday, 11.00am.

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

U12 Premier Three: Killarney Celtic B away to Fenit Samphires, Saturday, 12.30pm.

U12 Div One: Killarney Celtic C away to Camp Juniors, Saturday, 12.30pm.

LOTTO: Numbers drawn 4, 5, 14, 21. No winner, one x match three, David Barry, c/o Leibherr, €150. Next week's jackpot €2200, 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.



READY FOR ACTION AT CELTIC PARK WERE TEAM FOOTBALL FOR ALL FRONT ROW L-R CONOR REGAN, SARAH WARREN, CONOR WARREN & LUKE MOYNIHAN. MIDDLE ROW L-R TOM WARREN, AARON DOHERTY & KIERAN HORGAN. BACK ROW L-R LIAM REGAN, TIMMY O'SULLIVAN-D'ARCY, TOM DOHERTY & FIRST TIME MANAGER MARK MCGLYNN. PICTURE MARIE CARROLL-O'SULLIVAN

KILLORGLIN GOLF CLUB

LADIES RESULTS: 18 HOLE STABLEFORD SPONSORED BY COMMITTEE MEMBER BETTY GRIFFIN : 1. Emma Daly (20) 40 pts. 2. Betty Griffin (36) 36 pts. 3. Kathleen Keating (24) 35 pts. (B9).

SILVER SWANS 12 HOLE STABLEFORD 20/09/2016: 1. pts. 2. Betty Griffin (36) 26 pts. 2. Kathryn Kearns (35) 23 pts. 3. Coral Kiely (32) 21 pts.

KERRY LADY CAPTAIN'S INVITATIONAL DAY: 9 HOLE STABLEFORD: 1 Catherine O'Donoghue (18) Dooks 18 pts. 2. Marian O'Connor (24) Castleisland 16 pts. 3. Noreen O'Mahony (26) Ross 15 pts. Lady Captain Anne Kenny Foley thanked all the Clubs for attending and congratulated all the winners.

FIXTURES: 18 Hole Singles Stableford sponsored by Bank of Ireland can be played Sat 1st/Sun 2nd/Tues 4th October. Play either day and arrange own time and playing partners. 12 Hole re-entry sponsored by Ex Officio Phil Anne Foley continues until further notice.

BEAUFORT GOLF CLUB

25 SEPTEMBER: SWOP DAY WITH KILLORGLIN, SPONSORED BY ENTERPRISE IMAGING SYSTEMS.

1st Brian O'Connor (14) 33pts.
2nd Shane O'Sullivan (7) 33pts.
3rd John Eagan (24) 32pts.
CSS: Reduction only.

23 SEPTEMBER: OPEN FRIDAY: Sean Corcoran, Tralee (9) 34pts.

22 SEPTEMBER: OPEN SENIORS: 1st John Doherty, 2nd Donal Carroll.

21 SEPTEMBER: OPEN SCRAMBLE: Gearoid Keating, Aideen Ryan & Donal Carroll.

FIXTURES:
2nd October: Stableford, white tees, sponsored by Quirke's Quarries.
Our weekly Open Scrambles will finish on Wednesday October 5th, tee off time is now 5:30pm
Every Thursday: Open Seniors at 10am.
Every Friday: Open Friday, singles stableford,

entry is €25 with a great prize for the best lady's or gent's card.

Beaufort's Kingdom Challenge Shield intermediate team lost away against Waterville in the semifinal last Saturday in tough conditions, thanks go to everyone who represented the club. Please note that for the next four weekends our competitions will only be on Sunday's as the course is booked each Saturday.

CASTLEROSSE GOLF CLUB.

RESULTS OF PRESIDENT'S DAY COMPETITION, (STEVE SHINE) SUNDAY 25TH SEPTEMBER 2016.

18 Hole Stableford, many thanks to all players. Overall winner, Danny Lynch (20) 42 Pts. Overall runner-up, Mike Leahy (20) 41 Pts. Overall 3rd place, Gene Cronin (14) 40 Pts. Best Gross Score, Daniel Shine. Guest prize, Pat Byrne. Front nine, Donal O'Reilly. Back nine, John O'Reilly. Result of Mixed Scramble played on Tuesday 20th September, best net return Dan O'Connell, Roger O'Sullivan.

FIXTURES: Weekend competition, 18 Hole Stableford format.

KILLARNEY GOLF CLUB

LADIES RESULTS OF COMPETITION SUNDAY SEPTEMBER 25TH SPONSORED BY LIEBHERR (IRELAND) LTD, SINGLES, STROKE/MAHONY'S.

1st MarY Geaney (12) 68.
2nd Alicia Burke (29) 69.
BG Kelly Brotherton (0) 75.
3rd Susan Tong (16) 70.
4th Margaret Curtin (27) 71 (bk9).
5th Ann Stuart (18) 71.
CSS 72.
Next Sunday's Competition will be sponsored by Muckross House, singles/sford, Killeen Course.
Our best wishes go to our Club Member and

Irish International Mary Sheehy, who is part of the Irish Team contesting the Senior Home International Matches taking place at Alyth Golf Club, Scotland, from Tuesday 27th to Thursday 29th of September.

KILLARNEY GOLF CLUB

MENS DERMOT ROCHE WINS THE CLUB CHAMPIONSHIP FOR THE SIXTH TIME. Dermot Roche was playing in his eighth Club Championship final on Saturday the 24th of September, when he lined out against Ger Lenihan, and to whom he was giving 4 shots for their encounter.

Ger won the 1st hole after Dermot visited the lake shore, but Dermot came right back with a birdie on the 2nd and a par on the 3rd to go one up, and he never looked like being overtaken after that and Dermot won the final by a comfortable margin of 4/3. This was Dermot's sixth time winning the Club Championship, he won the Championship for the first time in 1984 when he overcame John O'Shea on that occasion, and his record is unequalled in this Championship.

Sunday the 25th competition was the Liebherr sponsored singles stableford on Killeen. Conditions were good, and this was reflected in the scoring, and the fantastic condition of the greens there, was being commented on by many of those who played, and they are a credit to the Head Course Manager, Enda Murphy, and his staff.

1st John O'Mahony (14) with 42 points, 2nd Ewan MacIndoe (9) 40 points, 3rd Pat Carroll (13) 39 points, 4th Don O'Sullivan (13) 37 points, 5th Declan Glavin (8) 37 points. Category 1 Colm O'Connor (6) 36 points, category 2 Michael Tangney (10) 34 points, category 3 Muir Healy (15) 36 points, category 4 Seamus Doheny (19) 32 points. standard scratch was 35 points. Sunday the 3rd October will be the John C Cooper competition, which will be played off the blue markers on Mahony's Point, and will be a singles stableford competition.

ST. PAUL'S BASKETBALL CLUB NEWS

FIXTURES: The new basketball season commences this week and many St. Paul's club teams are involved in local Kerry Area Board competitions.
01/10/16 Girls U12 Div 2 Pool 2 10:00 St Pauls vs Gneeveguilla at Killarney Sports Centre.
02/10/16 Boys U12 Div 3 11:00 St Pauls vs TK Cobras at Killarney Sports Centre.
03/10/16 Boys U 18 Div 2 19:00 St Pauls vs Gneeveguilla at Killarney Sports Centre.
04/10/2016
Girls U16 Div 2 18:00 St Pauls vs St Josephs at Killarney Sports Centre.
Girls U16 Div 3 19:30 St Pauls vs TK Cobras at Killarney Sports Centre.
Boys U12 Div 2 19:00 St Bridgets vs St Pauls Currow Community Centre
07/10/2016

Boys U12 Div 2 19:00 St Bridgets vs St Pauls Currow Community Centre.
Girls U14 Div 2 19:30 St Pauls vs Rathmore at Killarney Sports Centre.

TRAINING TIMES: St. Paul's have a new Basketball Fundamental training hour on Mondays from 5.00 pm to 6.00 pm for Boys and Tuesdays from 5.00 pm to 6.00 pm for Girls. This is for young players aged 11 to 18 and is particularly aimed at any first time basketballers who want to learn the critical skills to become a better basketball player. The sessions will be run by club coach Muharem Muki Vugdalic.

The following is a list of training times for club teams at Killarney Sports Centre.

Monday (PM)
5.00 pm to 6 pm U10 Girls 5.00 pm to 6 NEW Development hour opened to beginners (Boys). 6 to 7 U11 Girls 6.00 pm to 7 U10 Boys 7.00 pm to 8.30 U12 Girls 8.30 pm to 10 Senior Men DIV 2

Tuesday (PM)

5 to 6 U11 Boys 5 to 6 NEW Development hour opened to beginners (Girls). 6 to 7.30 U16 Girls (T1), 6 to 7.30 U14 Girls (T2), 7.30 to 9 U16 Girls (T2), 7.30 to 9 U16 Boys.

Friday (PM)

5 to 6 Dribblers 6 to 7.30 U14 Boys (T1). 6 to 7.30 U12 Boys, 7.30 to 9 U14 Girls (T1). 7.30 to 9 Senior Men DIV 1

Saturday (AM).

9.30am - 11.00am U18 Girls 11.00am - 12.30am U18 Boys.

Sunday (AM)

09.30am - 11.00am U14 Boys (T2). 11.00am - 12.00am U11B / U12 Boys T2 (for matches)

COACH MUKI: St. Paul's Director of Coaching Muharem Muki Vugdalic has been busy in recent weeks settling into his new role. He has been of great assistance to all club coaches and players and is also making a big impact in the local schools.



EMOTIONAL INTELLIGENCE



Emotional Intelligence (EI) refers to the way in which we manage, perceive, understand and control emotions and relationships – both our own and others. Research has shown that EI is very important in our life – and for many people it is more important for success than general intelligence (IQ). Four different factors have been identified in EI and these include:

1. **The ability to perceive emotions...** in order to understand emotions, we have to first perceive them accurately. This might mean understanding non-verbal cues such as body language and/or facial expressions.
2. **Reasoning with emotions...** Emotions help us to prioritise what we pay attention to and what we respond to.
3. **Understanding emotions...** If someone is expressing emotion, we must interpret what it might mean – emotions can have a wide variety of meaning.
4. **Managing emotions...** Being able to manage our emotions, regulate our emotions and respond to the emotions of others effectively is the key to EI.

In order to recognise an emotion 'as it happens' for us, it is important to develop self-awareness. This involves tuning into our feelings, recognising what they are and the effect they have on us. Self-regulation is also important in helping us to better understand, empathise and negotiate with other people. The ability to recognise how other people feel is important for success. Being able to read other's signals and respond appropriately is key. The better we are at discerning the feelings behind another person's behaviour, the more skilled we become at communicating with them.

The good news is that EI can be learned and developed. Strategies to work on our EI include:

- **Observe:** How do you react to others... Do you rush in to judge before you know all the facts? Do you stereotype people? Take a closer look at how you are interacting with people and try putting yourself in their shoes.
- **Put the focus on others....** Give others a chance to shine- without worrying about getting attention for your accomplishments.
- **Examine how you respond to stress...** Do you get upset, blame others or get angry when in difficult situations. The ability to stay calm and in control when things go wrong is key to success.
- **Take responsibility...** If you make a mistake, apologise.
- **Know how your actions will affect others.**

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

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

To make an appointment call 064 6636416/064 66364100

SouthWest Counselling Centre is a not-for-profit organization.

All funds raised through fundraising go directly to service provision



Citizens Information

Know Your Rights: BENEFITS FOR CARERS

QUESTION

My mother is in hospital and I will need to provide full-time care for at least 6 months when she gets out. What is available for people in my situation?

ANSWER

There are several entitlements available to you. In order for you to qualify, the person you are caring for (your mother) must be deemed to be in need of full-time care and attention. This decision will be made by the Department of Social Protection, based on information provided by your mother's GP.

If you are working at present and will be taking time off to care, you may be eligible for carer's leave of up to 2 years. You must have worked for your employer for a continuous period of 12 months to qualify for this leave.

While you are on carer's leave, you are entitled to get credited social insurance contributions to maintain your PRSI record.

You are entitled to annual leave and public holidays in respect of the first 13 weeks of carer's leave. Your employer cannot dismiss you or victimise you for exercising your right to carer's leave.

You may also be entitled to Carer's Benefit from the Department of Social Protection, if you have enough PRSI contributions to qualify.

If you do not qualify for Carer's Benefit, you may qualify for a means-tested Carer's Allowance. If you get Carer's Allowance, you are entitled to a Free Travel Pass. You may also qualify for the Household Benefits Package if you live with the person you are caring for.

There is also an annual Carer's Support Grant of €1,700, formerly known as the Respite Care Grant, which is paid to full-time carers in June each year. Even if you are not getting any other social welfare payment, you can qualify for this grant if you fulfil the conditions.

Further information is available from the Citizens Information Centre below.

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

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



HOW PEOPLE TREAT WORKERS SHOULD BE CONSIDERED WHEN CHOOSING A FUTURE PARTNER

Friendly people greet staff and say thank you. These are the type of people who see everyone as equal. They recognise that having a high paying job does not make you superior and does not give you the right to treat people badly. They treat all people (loved ones or not) with compassion and empathy.

They accept that every person has a story. The person serving might be the sole breadwinner, or perhaps they are working two jobs. Maybe they are paying for their studies. Whatever their situation, this type of person remains aware of the fact that all humans are equal. They remain kind. Such an interaction signals their ability to work well in a team. They are not judgmental. They like seeing people happy. They are genuinely nice people.

On the other hand have you ever been to a shop or restaurant and seen someone being rude to a server? You know that man or women in the corner who talks to the waitress in a condescending manner to staff? Now it just might be that they are having a bad day. (Of course, that does not give them the right to treat others badly.) Perhaps this is just a one-time incident but for some people this is a regular occurrence. They snap their fingers to get the waitress's or shop floor attendant's attention. To them staff are invisible. Whether this is intentional or unintentional, they perceive the person as inferior based on their job. These individuals are paying customers so they feel that the serving staff should fulfil their needs, regardless as to whether their demands are reasonable. Individuals who demonstrate such behaviour have a demanding personality. They may think they are better than other people. They may feel superior. They may be self-centred. They crave control and power. They may be status conscious and change their behaviour depending on the perceived status of the person they are interacting with; chances are

they will not change and will not make good partners or parents.

A FEW OPTICAL FACTS

The human eye is one of the most complex organs we have in our body and enables the most important sense in our nature: vision. It provides food for our memory, a sharp definition of the world around us, and astounding capabilities that are beyond unbelievable. If you're curious to know more about the human eye – read on:

- Your eyes are about 1 inch across and weigh about 0.25 ounce.
- The average blink lasts for about 1/10th of a second.
- Seeing is such a big part of everyday life that it requires about half of the brain to get involved.
- Around the world, about 39 million people are blind and roughly 6 times that many have some kind of vision impairment.
- Even if no one in the past few generations of your family had blue or green eyes, these recessive traits can still appear in later generations.
- Each of your eyes has a small blind spot in the back of the retina where the optic nerve attaches. You don't notice the hole in your vision because your eyes work together to fill in each other's blind spot.
- Out of all the muscles in your body, the muscles that control your eyes are the most active.
- 80% of vision problems worldwide are avoidable or even curable.

DID YOU KNOW?

One of Kenya's most lucrative industries is horticulture - mainly fresh cut flowers for the international market and 70% of the flowers coming out of Kenya come from Naivasha, where a single flower farm can produce more than a million stems a day, and employ more than 4,000 people.

THE WWF HELPS PEOPLE TO HELP THEMSELVES

Margaret Wanjiru is a farmer in Kenya. Her

hillside farm of nearly 15 acres is large compared to many of her neighbour's properties. But it is dwarfed by the industrial farms that span hundreds of acres along the shores of Lake Naivasha, situated in the valley below her farm.

Decades ago, Lake Naivasha seemed limitless, and companies were expanding quickly. Bigger farms needed more water and more employees – and the growing population needed water, too.

On the small farms above the lake, families like Margaret's cut down trees to build their homes and fuel their cooking fires. Soil eroded from the deforested hillsides into the lake's tributaries. Margaret remembers a year when her whole potato crop was washed away by heavy rain.

Faced with higher water bills and the expense of filtering or treating water, most of the big farms along the lake started improving their water efficiency as a cost-saving measure – they had the resources and expertise to change.

Small-scale farmers like Margaret had neither. The World Wide Fund for Nature (WWF) was talking to the big farm managers, government ministers, local authorities, and the community members. They could see how each one needed the others, and how each one could contribute to protecting the lake. It was just a matter of getting people together.

As a recipient of "payment for environmental services" (PES) from the big flower farms, Margaret was able to completely reorient her farm. Instead of traditional furrows that run down the slope – essentially creating channels for water and soil to run downhill when it rains – Margaret's crops now grow along the contours of the hill with soil-supporting grass strips interspersed among them. As part of the PES scheme, farmers are encouraged to diversify with plants that do double duty. All the grasses and trees retain soil, nutrients and water, but they also provide fodder for livestock, fruit or firewood. Before planting those grass strips, Margaret had to go into the forest to get fodder. Now the cows are giving more milk and she is earning more. She also has fruit to eat, and doesn't have to go to the market to buy them and if there is a surplus, she will sell those at the market.

Five years later with the proceeds from selling fodder grasses from her farm, she has been able to buy a solar panel and build a special pen for her cows that allows her to manage their grazing and further reduce erosion.

QUOTE

"Just because a man lacks the use of his eyes doesn't mean he lacks vision" - Stevie Wonder.

ON THIS DATE – SEPTEMBER 30TH

1738 - Grey Nuns founded nunnery at Montréal.

1878 - A Great Flood hit South Island, New Zealand killing at least three people. Thousands of animals drowned or starved to death, many on the island of Inch Clutha, (downstream from the town of Balclutha) which was almost completely submerged for several weeks before emerging 2 metres higher than before because of the volume of sediment deposited on it. The Clutha gouged out a new outlet

to the sea, leaving the previously thriving Port Molyneux 1 km inland. The total cost of repairing flood damage in Otago alone was estimated at £103,000 (equivalent to NZ\$16 million in 2016).

1898 - The city of NY was established with five boroughs.

1915 - A Serbian Army private became the first soldier in history to shoot down an enemy aircraft with ground-to-air fire.

1928 - The discovery of penicillin by British scientist Alexander Fleming was officially announced.

1929 - Canadian stock index hit 322.6; peak of bull market at the time.

1938 - The British Prime Minister was hailed as bringing "peace to Europe" after signing a pact with Germany when he arrived back in Britain holding an agreement signed by Adolf Hitler which stated the German leader's desire never to go to war with Britain again.

1943 - The underground paper 'Defense de la France' published the first photographs of Nazi concentration camps.

1947 - Canada elected to United Nations Security Council to fill one of the elected two-year terms vacated by Australia, Poland and Brazil; besides the 10 elected, non-permanent members, the Council had five permanent members: Britain, China, France, the USA and the USSR.

1973 - Death of Peter Pitseolak Inuit photographer; (born on Nottingham Island, Northwest Territories - now Nunavut -, Canada, was an artist and writer who recorded Inuit legends and traditions, illustrating them with his own drawings; he acquired his first camera from an Oblate missionary, and documented the igloos and dog teams of the Inuit hunters as the old era ended.

TODAY IS INTERNATIONAL TRANSLATION DAY

Launched in 1953, International Translation Day was established by the International Federation of Translators to pay tribute to the work of translators who endeavour to make the world a slightly smaller place by breaking down language barriers and allowing great literature to be enjoyed far more widely. The work of translators is seen as being of growing importance due to growing opportunities for international travel and globalisation of trade markets.

The event is marked with a series of dedicated events, seminars and symposiums across the world. International Translation Day itself coincides with the feast day of St. Jerome, a Christian scholar and priest who was the first person to translate the Bible into Latin from the original Hebrew, making it accessible for the first time to a far wider audience. St. Jerome is the patron saint of translators.

MAN INVENTS GLOW-IN-THE-DARK TOILET SEAT

When Dave Reynolds' family laughed at him for falling off the toilet in the dark, he created a glow-in-the-dark toilet seat and laughed all the way to the bank.

The Pennsylvania man had been trying to sit on the toilet in a new house and wound up falling into the bathtub. He wasn't seriously

hurt, just a bruised body--and ego.

He called up his friend Tom Fittler and together they came up with a way to manufacture glowing seats that give off just enough light to let you safely navigate any bathroom, without lighting up the whole room.

Their company, Night Glow Seats, has since shipped the invention around the world.

SRI LANKA HAS BEEN DECLARED MALARIA-FREE

On September 13th In a remarkable public health achievement, Sri Lanka was certified by the World Health Organisation on having eliminated malaria, a life-threatening disease which long affected the island country.

"Sri Lanka's achievement is truly remarkable. In the mid-20th century it was among the most malaria-affected countries, but now it is malaria-free. This is testament to the courage and vision of its leaders, and signifies the great leaps that can be made when targeted action is taken. It also demonstrates the importance of grass-roots community engagement and a whole-of-society approach when it comes to making dramatic public health gains," WHO Regional Director, Dr Poonam Khetrpal Singh, said. After malaria cases soared in the 1970s and 80s, in the 1990s the country's anti-malaria campaign adjusted its strategy to intensively target the parasite in addition to targeting the mosquito.

The change in strategy was unorthodox, but highly effective. Mobile malaria clinics in high transmission areas meant that prompt and effective treatment could reduce the parasite reservoir and the possibility of further transmission. Effective surveillance, community engagement and health education, meanwhile, enhanced the ability of authorities to respond, and mobilised popular support for the campaign.

The adaptation/ flexibility of strategies and support from key partners such as WHO and the Global Fund to Fight AIDS, Tuberculosis and Malaria fast-tracked success. By 2006, the country recorded less than 1 000 cases of malaria per year, and since October 2012, the indigenous cases were down to zero. For the past three-and-a-half years, no locally transmitted cases have been recorded.

To maintain elimination and ensure the parasite is not reintroduced to the country, the anti-malaria campaign is working closely with local authorities and international partners to maintain surveillance and response capacity and to screen high-risk populations entering the country.

BRIDE CHOOSES RESCUE PUPPIES OVER BOUQUETS FOR WEDDING PHOTOS

Dog lover Sarah Mallouk Crain knew she wanted to include dogs in her wedding in some way. So when a litter of coonhound/boxer puppies came into the rescue she volunteers with, she knew exactly what to do. Instead of flowers, her wedding party held the adorable, adoptable puppies in all the wedding photos. Sarah, who fosters for and is on the board of Pitties. Love. Peace. in Elizabethtown, Pennsylvania, was hoping the photos would

help the puppies find great homes. When she returned from her honeymoon, her wish came true- her amazing wedding photos went viral! Sarah is now using her social media spotlight to advocate for dog rescue and adoption.

BEACHES AROUND THE WORLD ARE DISAPPEARING

No, the cause isn't sea-level rise, at least not this time. It's a little-known but enormous industry called sand mining, which every year sucks up billions of tons of sand from beaches, ocean floors, and rivers to make everything from concrete to microchips to toothpaste.

In the process, conservationists warn, the sand mining industry is damaging ecosystems, changing coastal water flows, and making beaches and communities less resilient to storm surges and floods as climate change accelerates.

Sand is actually the second-most-used natural resource on Earth, behind water, it's a finite resource, and it's depleting very quickly, but nobody thinks about it. The problem is worst in countries such as Indonesia, Thailand, Laos, and Cambodia, they're basically just sucking the sand up, taking entire coastlines and islands away.

Most of the extracted coastal sand is used to make concrete and glass, the staples of the construction industry. A 2014 report from the United Nations Environment Programme estimated that the construction industry consumed 25.9 billion to 29.6 billion tons of sand in 2012. The numbers are based not on reports of extraction - those reports don't exist - but on how much concrete was used around the world that year. The U.N. called extraction rates "unsustainable" and noted that the rate of sand mining far exceeds the ability of natural systems to replenish themselves.

China's construction industry has grown so large that it used more concrete between 2011 and 2013 than the United States did during the entire 20th century. A recent report from PricewaterhouseCoopers predicts that the global construction industry will grow 85% between now and 2030. China, the U.S., and India, the report found, will account for 57% of that growth with the U.N.'s World Urbanization Prospects report predicting that the cities will add 2.5 billion residents by 2050.

It's not just construction; sand is used in products ranging from glass to microchips to tires, toothpaste to fracking and in many, many ways that are unknown to most.

Some of the sand comes directly from the beach, which can damage habitats for sea turtles and birds, but much of it is dredged up off the seafloor by large ships, that destroys critical breeding habitats for fish and other marine life.

Although much of the industry is legal, sand mining has become so lucrative that illegal activities are rife. Numerous reports out of India carry news of murders and other crimes carried out by "sand mafias" during the course of illegal sand mining activities. Other countries with recent reports of illegal sand mining include Namibia, Morocco, Malaysia, and Israel and in California for example, almost half of the roughly \$45 billion in the coastal economy comes from tourism and recreation.

AUTUMN DRIVING ADVICE

DON'T GET CAUGHT OUT BY THE SEASONAL CHANGE IN DRIVING CONDITIONS

Autumn isn't all about blackberries and crunchy leaves – it also brings many changes for road users, from dazzlingly blinding sunlight to the first icy windscreen of the season. Be prepared – plan ahead to avoid being caught out.

Autumn is particularly bad for dazzle from low sun. Improve vision by making sure that the windscreen is clean – inside and out. Even non-smokers find a hazy film builds up on the inside surface of the windscreen over time. Scratches, abrasions and chips on the outside can intensify the sun's dazzle too.

WINDSCREEN WIPERS

Blades will last for two years at the most. New blades clear the screen more effectively and so help reduce dazzle from the sun. Now is a good time to renew worn blades.

WINDSCREEN WASHER FLUID

Top up and treat with a good quality, purpose-made additive to reduce the chance of freezing. Don't use ordinary engine anti-freeze but do check the handbook carefully to make sure you fill the right reservoir.

BATTERY

This is one of the most common causes of breakdown at any time of year, but particularly in the winter when electrical loads are higher. If there's any sign of the battery struggling now, the likelihood is that it'll let you down at some time during the winter, particularly if it's more than five years old. It makes sense to renew the battery now to avoid the hassle and inconvenience of an unplanned failure later.

BULBS

Check all bulbs regularly (at least once a week) not forgetting brake lights and number plate lights. The handbook will show you how to change bulbs, though some headlight bulbs may require a visit to the garage. Carry some spare bulbs.

TYRES

Check all tyres for condition, pressure and tread depth. We recommend at least 3mm of tread for winter motoring, so if the treads are getting low think about buying new tyres now before the colder weather sets in.

ANTIFREEZE

Not just for winter, antifreeze is important all year round as it contains additives to prevent corrosion and improve summer cooling too. It should be checked as part of the regular service schedule.

A frozen engine is very expensive to repair so if there's any doubt now is a good time to

check the concentration. The handbook will give details of the correct antifreeze to use for your car — there are different types and mixing them could cause engine damage. If in doubt get a garage to check for you — many offer cheap or even free winter checks at this time of year.

DRIVING AT SUNSET

HOW TO REDUCE THE RISK AND POSSIBLE CONSEQUENCE OF BEING DAZZLED

- Keep your windscreen clean inside and out.
- Renew wiper blades if worn.
- Keep a pair of sunglasses in the car, but make use of the sun visor too.
- Slow down immediately if dazzled.

Bear in mind:

- if the sun is behind you, it's in the eyes of those approaching you.
- if the sun is in your eyes it's probably affecting those following you too.
- Use headlights to help others see you.



ROAD-USERS URGED TO GET BEHIND NATIONAL DRIVE TO SAVE LIVES

Irish Road Safety Week takes place nationwide from Monday 3 October to Sunday 9 October. Motorcycle safety, tyre safety, driving for work and vulnerable road-user safety are the focus of this year's 'Irish Road Safety Week' which will see a week of road safety activities taking place

nationwide from Monday 3 October to Sunday 9 October. The Road Safety Authority (RSA) is calling on road-users to get involved in the 'national drive to save lives' and to find ways to be better, safer road-users.

To date this year, 139 people have been

killed on Irish roads, an increase of 21 when compared to the same period last year. The RSA and its partners in road safety are reminding road-users that small changes to our behaviour on the roads can have a significant impact.



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Aware Depression Support

Group meets: Killarney – Mondays, KDYS at 8pm. Aware Support Groups are free to attend, no referral necessary. **www.aware.ie**

KILLARNEY AL ANON

The Killarney Al-Anon meetings are held Tuesday nights at 8.30pm, also Thursday mornings at 11am in St. Claire's, Vincent de Paul Building, Tesco carpark, Beech Road, Killarney

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Contact Breda: 086 3001822

Ed40 11490 MINDFULNESS

A course in MINDFULNESS will commence in Listry Community Centre, Faha on Tuesday 11th October and runs each week until Tuesday 29th November (10 – 12.15 am OR 6.15 – 8.30pm, + 1 full day of mindfulness). This will be facilitated by Ciaran Ryan (Institute of Mindfulness Based Approaches trained). Cost €200. For more information **contact 085-7158019; ciaranryan5@hotmail.com**

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LOCAL UILEANN PIPER, TADHG BUCKLEY, STEPHANIE DHIMA, LEFT, EVENT PARTNERS, MARIE MCKOWN, TOURISM IRELAND, GAVIN O'BROIN, FÁILTE IRELAND, AND COLUMBA O'REILLY, EVENT PARTNERS, AT ROSS CASTLE, KILLARNEY NATIONAL PARK, WITH A GROUP OF 70 TOP INTERNATIONAL MEETING PLANNERS, WHO BRING INTERNATIONAL BUSINESS WORTH OVER €210M ANNUALLY TO IRELAND, ARE TOURING AROUND THE COUNTRY IN BOTH THE WILD ATLANTIC WAY AND IRELAND'S ANCIENT EAST AHEAD OF CONNECT 16 - IRELAND'S LARGEST EVER SHOWCASE FOR THE MEETINGS AND EVENTS SECTOR. AS A TITLE SPONSOR OF CONNECT 16, FÁILTE IRELAND IS USING THE OPPORTUNITY OF HAVING SO MANY KEY INTERNATIONAL OPERATORS IN THE COUNTRY TO HIGHLIGHT IRELAND'S BEST VISITOR ASSETS THROUGH A NUMBER OF PRE-EVENT FAMILIARISATION TRIPS, IN CONJUNCTION WITH TOURISM IRELAND UNDER THE MEET IN IRELAND BRAND.

PHOTO: VALERIE O'SULLIVAN



Come Dine and Dance
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On Friday the **7th October 2016**
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Dining at 7.30pm
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THE BEAUTIFUL TORC MOUNTAIN. #lovekillarney

@christopher.fitzgerald SUNSET AT MUCKROSS
ABBEY GRAVEYARD #lovekillarney

@melaniedineen1 View FROM OUR HOTEL ROOM
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A WORD OF VICTORY

Welcome back dear reader a big mystery many try to deal with is where do we come from, what's life all about and what happens to us after death? In the Book of the prophet Jeremiah chapter 1 verse 5, we get a key that before God formed us in our mother's wombs He knew us – He knew our names, our gender, where we would live etc. In Ephesians 2:10 Father God tells us that He even knew us before He made the earth itself and we are to carry out certain works that were predestined for us before we came into the world. God calls it destiny. So dear reader be certain of this – you are no accident, you are here on this earth for a divine purpose. It doesn't matter what side of the "tracks" you came from, God is committed to your life to bless you. The problem is our enemy Lucifer (the Devil) hates us with a passion and desires to destroy us – and he is hard at work! Just take a look around you and listen to the news. Jesus says in John 10:10 that the enemy comes only to steal and to kill and to destroy but Jesus Himself came that we would have abundant life. Satan got the licence and authority to do his evil works from Adam when he disobeyed God and fell into sin. So as it was the man Adam who gave this world over to Satan it had to be a man take the authority back from him (Read Romans chapter 5). This Man of course is Jesus – God manifested in the flesh. Jesus through His suffering, death and resurrection stripped Satan of his power. He ascended into Heaven and sat down at the right hand of the Father and gave His followers the power and authority to enforce the enemy's defeat and liberate those who are bound by the Devil through the preaching of the Gospel (the Good News) (Luke 10:19; Mark 16:15-18; Hebrews 2:15). Friend, follow this article for more revelation next week....

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

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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 three times for three days and your favour will be granted.


Never know to fail. Must promise publication of prayer.

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THE MIRACLE PRAYER

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

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

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

Amen.

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

PRAY TO ST. EXPEDITE

Saint Expedite, Noble Roman youth, martyr, You who quickly brings things to pass

You who never delays, I come to you in need: (Clearly express what you want and ask him to find a way to get it to you)

Do this for me, Saint Expedite, and when it is accomplished, I will as rapidly reply with an offering to you (State your vow or promise)

Be quick. Saint Expedite!

Grant my wish before your candle burns out and I will glorify your name

Amen. Thank you St. Expedite for answering my request. I promise publication to spread your devotion.

For anyone in need say this prayer and your request will be granted. My request was granted.

Amen. **X**

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 heart where your Father sees it.

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

Amen.

Say this prayer three times for three days and your favour will be granted.

Never know to fail.

Must promise publication of prayer. . **A.F.**

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.

NOVENA TO THE SACRED HEART

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

Most loving heart of my God I believe in your power, I believe in your knowledge, I believe in your personal love for me and therefore O Sacred Heart of Jesus I place all my trust in you. Our Father, Hail Mary and Glory. Say 3 times for 3 days and request will be granted, Never know to fail. Must publish. **A.G.**

THANKSGIVING ST. JUDE

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

Three Our Father, three Hail Mary and three Glory Be.

St. Jude and all the Saints pray for us and all who invoke your aid. Amen.

4TH ANNIVERSARY



In Loving Memory of

MARY FOLEY

Late of Killafadda, Kilgarvan who passed away on the 30th of September 2012.

*Loved with a Love
Beyond all telling
Missed with a grief
Beyond all tears.*

**Dearly loved and sadly missed by
your husband Seán,
daughters Mary Frances and son
in law John, Corrina and Peter,
Caroline and Justin, Siobhán and
Eoghan. Grandchildren
James and Emma.**

**Anniversary Mass for Mary will be
held on Saturday the 1st of October
at 6.30pm in St. Patrick's Church
Kilgarvan.**



GRATEFUL THANKS

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

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

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

2nd ANNIVERSARY



In Loving Memory of

PADDY KERRISK

Late of Avondale House, Countess Road, Killarney, died on the 29th of September 2014.

MISSING

*Your smile, your grin,
your sense of humour,
Your honesty,
your way of making everything better.
Your charm, your scent, your love of family,
Your pride and joy.
From little acorns, great oaks grow,
You were my oak tree and I your flower.
I see you in the sky at night,
twinkling and smiling in paradise.
Anna, John and I smelt the flowers of paradise,
As you took your last breath
cradled in our arms.*



Codladh Sámh Paddy in the New Cemetery.
Your sweetheart Máiréad and
your two darling cherubs Anne and John

xxx

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

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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 immediately. Thank you for favours received. **X**

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.

B.T.

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.

NOVENA TO THE SACRED HEART

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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.

NOVENA TO THE SACRED HEART

You have said O'Divine

Jesus ask and you shall receive, seek and you shall find, knock and the door shall be opened to you. Relying on these promises I come with confidence during the novena to beg of you the favours that I need (make request). From whom shall I ask, Lord Jesus, if not from you whose heart is an unfailing source of graces and merits.

Most loving heart of my God I believe in your power, I believe in your knowledge, I believe in your personal love for me and therefore O Sacred Heart of Jesus I place all my trust in you. Our Father, Hail Mary and Glory. Say 3 times for 3 days and request will be granted, Never know to fail. Must publish.

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 immediately. Thank you for favours received. **X**

PRAY TO ST. EXPEDITE

Saint Expedite, you lay in rest.

I come to you and ask that this wish be granted.

(Mention your urgent request)

Saint Expedite now that I ask of you.

Saint Expedite now what I want of you, this very second.

Don't waste another day.

Grant me what I ask for.

I know your power, I know you because of your work. I know you can help me.

Do this for me and I will spread your name with love and honour so that it will be invoked again and again.

Expedite this wish with speed, love, honour and goodness. Glory to you, Saint Expedite!

Feast Day: 19th April.

LET'S PRAY TOGETHER INTO THE WORD

Give thanks to the Lord for he is God His Love endures forever. God will deliver you from distress. God's love is unfailing. Cry to the Lord when you are in trouble and distressed. He will bring people out of darkness and gloom and break all chains. He sent forth his word and healed them. He will lift the needy out of their troubled situation. Consider the great love of God.

**Our loving father in Heaven hears all prayers and never forgets them.
Amen Psalm 107.**

For prayer requests:
laurencewoodley63@gmail.com

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).

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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, 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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