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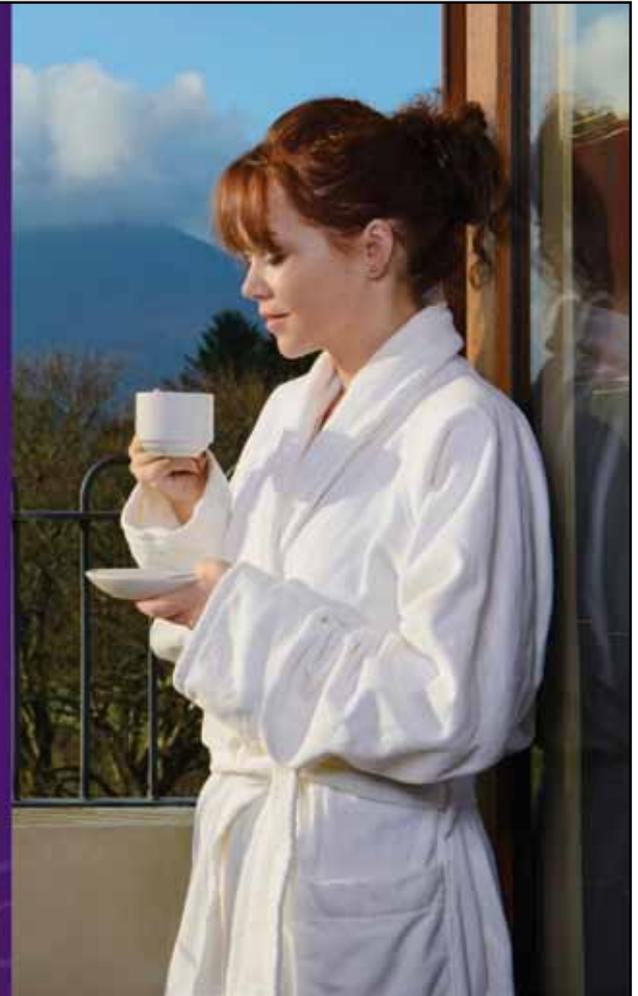
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EDELE'S SIX WEEK CHALLENGE READY FOR THE OFF....

With lots of entries and enquires the winners of the Killarney Outlook - Fitness with Edele competition have been chosen with the challenge is set to begin in earnest this coming week.

Joining Aisling Crosbie on the challenge will be Medical Secretary Breeda Neeson and Clerical Officer, Rochelle O'Shea.

Edele's plans to get the girls fitness levels up include at least five one hour exercise classes or activities a week, lots of healthy eating tips and personal one-on-one training sessions with each of the participants. The goal that the girls have set themselves at the end of their six weeks is to climb "Cardiac Hill" in the Killarney National Park and with this in mind, they plan to try it in the early stages of the challenge to compare how much their fitness levels have risen in the six weeks.

All three girls have desk jobs and busy lives so getting fit and healthy is something they are all looking forward to.

If you would like to join Edele, Aisling, Breeda and Rochelle on the six week challenge to get in shape for Christmas then contact Edele



READY FOR THE CHALLENGE WITH EDELE DALY ARE L;R: AISLING CROSBIE EDITOR OF THE KILLARNEY OUTLOOK WITH COMPETITION WINNERS BREEDA NEESON AND ROCHELLE O'SHEA. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

on 087-7643449 or email her at edeledaly@hotmail.com. www.fitnesswithedele.com.

You can follow the girls progress every week in

the Killarney Outlook and are welcome to join them in their climb of Cardiac Hill at the end of the challenge.

WALKING ON CARS LIVE AT THE INEC



WALKING ON CARS

Dingle's rising stars, Walking On Cars play the INEC, Killarney on Saturday, December 20 as part of the venue's Christmas Carnival of events. The five piece group, who are currently touring the UK, are set to return to their home county for the one-off special Christmas gig in aid of Kerry Childrens Services. One euro of every ticket sold will be donated to Kerry Children Services and used to help fund their vital work in the area of youth mental health.

Walking On Cars rose to national prominence in 2012 when they won the Red Bull Bedroom Jam competition while at the same time enjoying extensive radio play of their infectious melodic debut single, Catch Me If You Can. It reached no.27 in the Irish Charts, stayed there for over 20 weeks and also reached No.1 in the iTunes chart.

Tickets are now on sale.

ROAD REPAIRS IN KILLARNEY NATIONAL PARK

Heather Humphreys TD, Minister for Arts, Heritage and the Gaeltacht welcomed the start of the next phase of priority road maintenance works in Killarney National Park. €125,000 will be invested in these works this year. Discussing the works, the Minister said, 'I am pleased to provide funding for these important works in the National Park. The Park, which attracts over one million visitors every year, showcases the important conservation work of my Department and also contributes significantly to the tourism offering in the South West. The works will be completed this month, and the timing of the works has been planned to best suit the operational priorities for the Park with emphasis on minimising any inconvenience to visitors and other Park users.' The section of roads to be repaired is a 3km ring-road around Muckcross Abbey and taking in Muckcross House, and 1.5km of road by the demesne at Mission Road. During the works, the public will be able to access the areas on foot by the paths provided; however, the areas will be closed to jarvey traffic.



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- Thursday 5th March Cork – Butter Museum, Shandon Bells & Farmer's Market.
- Thursday 12th March Snippets of Kerry.
- Saturday 14th March & Sunday 15th March Ballymaloe Country House.
- Thursday 19th March Cork – Dripsey, Cork City Gaol and The English Markets.
- Saturday 28th March Cobh & Spike Island.

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RUGBY CLUB LAUNCH NIGHT AT THE DOGS

Tralee Greyhound Stadium is the venue for a major fundraising event to raise funds for Killarney Rugby Club. The night at the dogs will take place on Saturday November 22nd from 7:00pm onwards.

It will be a night of excitement and fun for all the family with 11 races on a packed card including 'Buster' races. A 'Buster' race is one where punters have a chance to buy a random order in which the 6 Dogs will finish the race. There are 720 possible combinations that the dogs could finish the race. Buster tickets are on sale from all club members or contact Paul Murphy on 087 267 6377 to order tickets or to be a sponsor. The Buster ticket is also a family entry to the track plus a race card. Family is two adults and up to 3 children U12. Enter the Buster race for just €20 and you could win €500 and have a great night's entertainment.

The club still has a few opportunities to sponsor a race, a dog, or ads in the programme. The club has already invested over €750,000 in building its first ever home for the sport in Killarney with a history that spans back to 1880s. Another €500,000 has to be raised to complete this facility which will include: clubhouse, 2 senior and youth pitches, a juvenile pitch, all-weather training paddock, and a 'Trim-Trail', which is a fitness and training track around the perimeter of the grounds with all-weather exercise stations. This facility will be available to the public community to use and plans are already afoot to try to fundraiser for this.



LAUNCHING THE "NIGHT AT THE DOGS" AT THE NEW CLUB GROUNDS AT AGHADOE ARE: FRONT LEFT: GER MOYNIHAN (CLUB CAPTAIN); KEITH O'LEARY (VICE-CAPTAIN). BACK LEFT: JUNIOR FINNEGAN (CHAIRMAN); PAUL MURPHY (FUNDRAISING COMMITTEE); MIKE FULLER (PRESIDENT); PAUDIE SHEAHAN (CHAIRMAN, GROUNDS DEVELOPMENT COMMITTEE).

Killarney rugby club is an affiliated member of the Irish Rugby Football Union and currently has some 400 members of which 230 are active playing and coaching members, ageing from 6 to adulthood. The club has fantastic support from all over the community, especially all codes of sports. The success of Munster in recent decades has played a huge part in the promotion of the sport. Television exposure of the game has given sports people an insight

into the complex rules of the scrum and rucks and mauls. It is a great example of sporting discipline to which many codes now wish to aspire and this is part of the attraction to the game when parents consider what sport they would like their son or daughter to learn and enjoy. The present club was reformed in 1983 and the new grounds will stand as testimony to all that the club has finally come of age.

FAMILY AND FRIENDS REMEMBER JOHN B ON CHARITY WALK



ALL SET FOR THE JOHN B DOONA CHARITY WALK.

The family and friends of the late John B Doona are organising a charity walk in memory of him and their loved ones in aid of Crumlin Children's Hospital.

The walk will take place on Sunday next, November 2nd at the car park at Lisleibane, Beaufort at 10am.

The walk will take place around the loop in the Hags Glen with an option to visit the engine of the plane that crashed in 1943.

For more information contact: 087-2267621/ 087 9286679.

WOODLAWN RESIDENTS MASS

The annual Woodlawn Residents Mass for the sick and deceased will take place at the Dromhall Hotel on Tuesday next, November 4th, at 8pm.

ANNUAL GARDA MASS

The annual Garda Mass for current and deceased members of An Garda Síochána Retired Members Association Killarney/Caherciveen Branch will be celebrated on Thursday November 6th at the Killarney Oaks Hotel on Muckcross Road. Serving members of An Garda Síochána are invited to attend.

Family members of current, deceased and serving members are also welcome.

#lovekillarney

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Caherciveen: 066 9473026, Valentia Rd, Cahersiveen, Co. Kerry.

Pictures for illustration purposes only (Terms & Conditions Apply)

PARISHIONERS ENJOY FINAL NIGHT OF A MISSION IN A MILLION

Killarney Parishioners filled the seats of St. Mary's Cathedral on Friday for the final night of the Parish Mission which was conducted by the Redemptorist Mission Team.

Christ Our Hope was the theme that was celebrated and enjoyed by the large crowd who were representative of all aspects of the community.

FR SEAMUS ENRIGHT WITH KILLARNEY PARISHIONERS WHO BROUGHT INCENSE SMOKE AND WATER FROM THE LOCAL LAKES, RIVERS AND HOLY WELLS TO THE ALTAR TO BE BLESSED BY BISHOP RAY BROWNE AT THE CLOSING CEREMONY OF THE KILLARNEY PARISH MISSION IN ST. MARY'S CATHEDRAL KILLARNEY AT THE WEEKEND. THE WEEK LONG PARISH MISSION ENCOURAGED PARISHIONERS TO COME TOGETHER, TO REFLECT ON THEIR LIVES IN THE LIGHT OF THE GOSPEL, TO CELEBRATE THEIR FAITH AND DEEPEN THEIR SENSE OF BELONGING IN THE KILLARNEY PARISH COMMUNITY. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).



AT THE CLOSING CEREMONY OF THE KILLARNEY PARISH MISSION IN ST. MARY'S CATHEDRAL KILLARNEY ON FRIDAY NIGHT WERE FRONT FROM LEFT, FR KIERAN O'BRIEN (KILLARNEY PARISH ADM), BISHOP OF KERRY RAY BROWNE AND FR SEAMUS ENRIGHT. BACK FROM LEFT ARE FR NIALL HOWARD, FR PADRAIG BREHENY OFM (FRANCISCAN FRIARY GUARDIAN), NIAMH O'NEILL, FR DEREK RYAN AND FR JIM LINEHAN. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).



PARISHIONERS PRAYING AT THE CLOSING CEREMONY OF THE KILLARNEY PARISH MISSION IN ST. MARY'S CATHEDRAL KILLARNEY AT THE WEEKEND.

PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).



KILLARNEY PARISHIONERS BRING INCENSE SMOKE AND WATER FROM THE LOCAL LAKES, RIVERS AND HOLY WELLS TO THE ALTAR TO BE BLESSED BY BISHOP RAY BROWNE AT THE CLOSING CEREMONY OF THE KILLARNEY PARISH MISSION IN ST. MARY'S CATHEDRAL KILLARNEY AT THE WEEKEND. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).



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BROTHER SEAN MURPHY CARRIES THE CROSS OF ST. FRANCIS TO SYMBOLISE THE PRESENCE OF THE FRANCISCANS IN KILLARNEY WHICH DATES BACK TO 1448 DURING THE CLOSING CEREMONY OF THE KILLARNEY PARISH MISSION IN ST. MARY'S CATHEDRAL KILLARNEY AT THE WEEKEND. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).

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KILLARNEY HOTELS – READY TO DO BUSINESS IN LAS VEGAS

Killarney Hotels were among thirty one tourism enterprises from Ireland who travelled to Las Vegas to join Tourism Ireland for this year's IMEX America.

Now in its fourth year, IMEX (International Meetings and Events Exhibition) America is an important event targeting decision-makers in the lucrative MICE (meetings, incentive, conferences and events) industry. Almost 3,000 buyers from North America, and elsewhere around the world, attended the three-day show – which provided valuable business and networking opportunities for the participating Irish tourism operators.

Business tourism is the most lucrative form of tourism, with visitors travelling here for business purposes spending about 2.5 times more than the average visitor.



BILLY CONDON, TOURISM IRELAND; GERRY BROWNE, THE EUROPE HOTEL & RESORT, KILLARNEY; MARY ROSE HICKEY, KILLARNEY HOTELS; AND LYNNE SCHUELER, THE PRINCIPAL FINANCIAL GROUP, DES MOINES, IOWA, ON THE TOURISM IRELAND STAND AT IMEX AMERICA IN LAS VEGAS.

PINK RIBBON WALK MOVEMENT RAISES AN AMAZING ONE MILLION EURO



MONSIGNO

The Kenmare Pink Ribbon Walk played an important part in the Fundraising Milestone for Irish Cancer Society's Action Breast Cancer Programme.

The Kenmare Pink Ribbon Walk committee and

all the people that took part in the walk this year have plenty of cause to celebrate after helping to raise one million euro to benefit the Irish Cancer Society's Action Breast Programme. To date, over 10,000 people have walked 1,500 kilometres in 15 Pink Ribbon Walks in four different regions to raise one million euro in sponsorship money for the Irish Cancer Society. Keep an eye too on www.pinkribbonwalk.ie for a series of new blog posts from cancer survivors and some practical advice on reducing your risk of breast cancer and to view a Pink Ribbon Walk video to mark this fantastic fundraising achievement. You can also sign up to find out more information about next year's Kenmare Walk on Sunday May 17th 2015 and become part of the Pink Ribbon Walk movement.

- Pink Ribbon Walk: Visit www.pinkribbonwalk.ie or contact Kenmare Pink Ribbon Walk on **085 850 9829** or email admin@kenmareprw.ie
- National Cancer Helpline Freephone **1800 200 700**

BE AWARE OF YOUR ELDERLY NEIGHBOURS AT HALLOWEEN

Halloween a particularly stressful time of year for older people and Senior Help Line is urging the public to remember their older neighbours this Halloween and to make sure that they are safe. Halloween can be a very stressful time for older people, particularly those on their own. Bonfires, children trick-or-treating and loud bangs from fireworks can all contribute to making older people feel anxious and nervous in their own homes. Older people who are worried or feeling lonely can call Senior Help Line on **1850 440 444** at any time, not just at Halloween. For the price of a local call, Senior Help Line volunteers will talk through any issues on a confidential basis. Volunteers are also older people, so callers can be sure of an understanding response. Senior Help Line is open every day of the year from 10am to 10pm.

GOLD STANDARD AT BON SECOURS HOSPITAL

Bon Secours Health System have announced that both Munster based hospitals in Cork and Tralee have achieved 'Reaccredited Hospital' status by Joint Commission International (JCI). The Bon Secours Hospital group, which also includes Dublin and Galway, are the first group in Ireland to be reaccredited by JCI, which is widely recognised as the international gold standard for acute care hospitals.

KMRT RESCUE WOMAN ON MANGERTON MOUNTAIN

Kerry Mountain Rescue team came to the rescue of a woman who spent the night on Mangerton Mountain in dreadful conditions.

Mai Murphy from Gneeveguilla was walking alone on

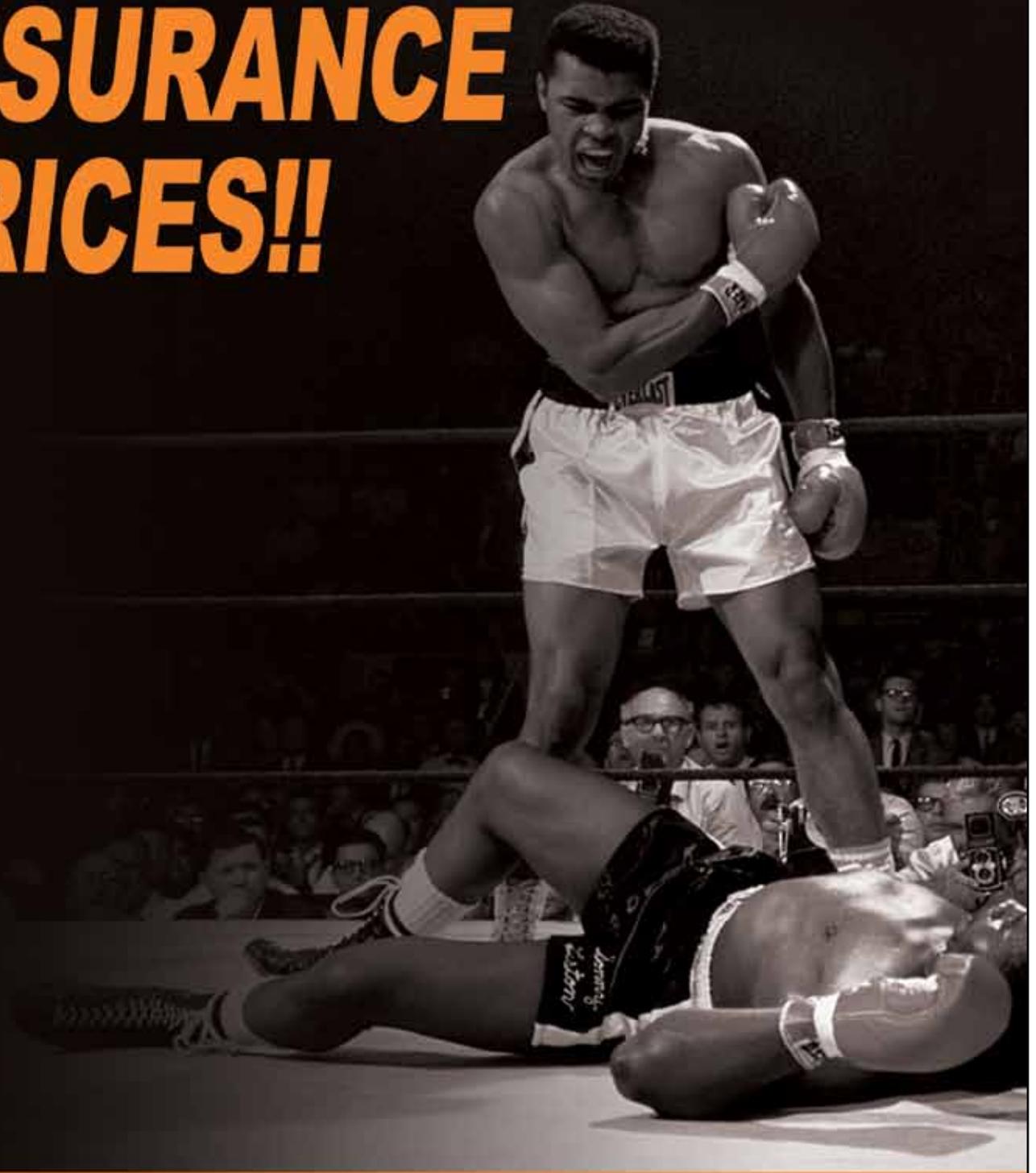
Mangerton on Bank Holiday Monday last and raised the alarm when she was unable to descend the mountain due to weather conditions.

The KMRT kept in touch with her during the night by phone

and rescuers reached her at first light on Tuesday morning in an area known as Horses Glen.

The woman, who is a regular walker was uninjured.

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FASHION EXTRAVAGANZA IN RATHMORE

A spectacular Fashion Show in aid of the Rathmore Branch of the Friends of the Children of Chernobyl took place in the beautifully transformed Community Centre in Rathmore recently with almost 350 attending on the night.

Each summer the local Chernobyl group bring children from Belarus for a month and local woman Martina Drew approached the Committee with the idea of a Fashion Show as a fundraiser to help with the expenses involved. Doors opened at 7 pm and on the night, guests were treated to a wine and cheese reception. The Fashion Extravaganza began at 8pm with latest styles from Lady Lydia Kanturk, Linehans Newmarket, Niche Killarney, Noirins Millstreet, Wisteria Killarney, The Pillbox Killarney, The Washbasket Rathmore, Paco Killarney, and Grá mo Chroí Gneeveguilla. A feast of wonderful designs was showcased by local models who did justice to the local shops collections. All the models looked fabulous on the night and tread the catwalk with elegance and style. Also on the night some local GAA stars graced the catwalk to show off the local club gear. MC on the night was Diarmuid McCarthy who



MODELS GRACE THE CATWALK AT THE RATHMORE FASHION EXTRAVAGANZA.

kept the crowd entertained with his usual wit which proved to be a real crowd pleaser. All in all a great night, stunning models, amazing clothes put together by a team of people who

should be very proud of themselves for pulling off such a brilliant show. The community in Rathmore are already looking forward to next year's event.



ALL STYLE AT THE FASHION EXTRAVAGANZA IN RATHMORE



CLLR. GLEESON RAISES CONCERN ABOUT DOG FOULING IN THE COUNTY

At the October 2014 monthly meeting of Kerry County Council, Councillor Michael Gleeson asked:

● That Kerry County Council would examine the feasibility of authorising litter wardens to ask people walking their dogs if they have on their person a pooper- scooper or other appropriate mechanism for removing their dogs' excrement from footpaths and roadways as such material is both unsightly and dangerous particularly to wheelchair users and to the visually impaired.

Kerry County Council replied that it is the responsibility of the person walking a dog to collect any faeces deposited by the dog. If a litter warden has reasonable grounds for believing that a person is committing an

offence under the 1997 Litter Act they can legally ask that person for a name and address. There is, however, no legal requirement for a person to carry with them a pooper- scooper or other appropriate cleaning utensil.

Pooper-scoopers are available at Area Offices, Public Libraries, Blue Flag Beaches and some designated walking routes.

Councillor Gleeson stated that dog fouling presents a serious hazard to people with disability. It detracts from the overall appearance of an area and in extreme cases it can be a health risk, particularly to children's eyesight.

REHEARSALS UNDERWAY FOR GHOST THE MUSICAL

Following on from the very successful auditions held recently, Killarney Musical Society are now set to begin rehearsals. The first Chorus rehearsal will take place next Thursday night, November 6th. at 7.30p.m. at Holy Cross National School.

The invitation is there to come along and join the group for what will be an amazing year. The society are celebrating their 30th year and will stage the Irish Premiere of GHOST THE MUSICAL, in March 2015 at the INEC.

For any further information or queries check us out on Facebook or the website www.killarneymusicalsociety.ie

PROPERTIES FOR SALE

WANTED - PROPERTY FOR SALE/TO LET IN KILLARNEY & SURROUNDS



84 CAHERNANE MEADOWS, MUCKCROSS ROAD, KILLARNEY. 3 Bed Terraced (Master En-Suite). Overlooks Large Green Area, Cul De Sac Setting. Walking Distance of Killarney town
BER Rating: d2. **Guide Price: €149,000**



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Guide Price: €239,000



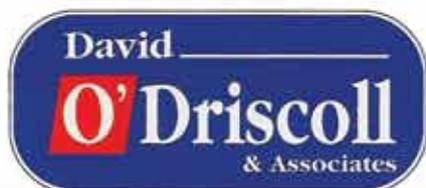
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STUDENTS AT DANU CHILDCARE RATHMORE CELEBRATING HALLOWEEN.



STUDENTS AT DANU CHILDCARE RATHMORE CELEBRATING HALLOWEEN.



GEARING UP FOR CHRISTMAS AT HALLOWEEN! KILCUMMIN NS ARE THINKING AHEAD AND ARE ALL READY TO SEND A SHOE BOX PER FAMILY TO TEAM HOPE THIS CHRISTMAS. L-R LIAM KERRISS, KEELAN O'SHEA, ADAM MURPHY, SEAN DOOLAN, CIAN LYNCH, JACK FOGARTY AND PRINCIPAL GILLIAN SHEEHAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



THE STUDENTS OF THE AFTERNOON CLASS AT CLEARWAY MONTESSORI ON HALLOWEEN DRESS UP DAY. BACK ROW L-R VERONICA MCCARTHY, DAN BARRY, DANIEL QUINLAN, RALPH PENGGOI. FRONT ROW L-R ON WORK EXPERIENCE FROM THE PRES CONNIE LYNCH, SZYMAN KIEVEL, CARL HORGAN, PAUL MCGRATH AND MONTESSORI TEACHER CIARA MCCARTHY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



SELECTED BY THE PARENTS COMMITTEE AT KILCUMMIN NS FOR BEST HALLOWEEN COSTUME ON DRESS UP DAY WERE BACK ROW L-R ELLA KEHOE, MAUREEN FLEMING (PARENTS COMMITTEE), KIRILL HEALY, MICHAEL SWEENEY, MAIREAD O'SULLIVAN (PARENTS COMMITTEE). MIDDLE ROW L-R AOIBHE O'SULLIVAN & CLAIRE CULLHANE. FRONT ROW L-R ALISON PIGGOTT, AILBHE MOYNIHAN & CLIONA DOOLAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



POPULAR KILLARNEY MAN PADDY TURNER ALL READY FOR HALLOWEEN.



KAYLEIGH O'SULLIVAN FROM KILLARNEY PICTURED AT THE KILLARNEY OUTLET CENTRE HALLOWEEN COMPETITION ON SUNDAY. PICTURE BY SALLY MACMONAGLE.

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MONEY MATTERS.....

By Dermot Cronin,
Financial Advisor

OVER 75% OF SAVERS UNHAPPY WITH POOR DEPOSIT RETURNS

A recent survey of more than 1,000 people reveals more than three quarters of depositors think current deposit interest rates are a poor return on their money. Ninety two per cent of savers aged 55-64 think deposit rates are bad value. 78% of people have a deposit savings account. The average Irish person has €25,500 on deposit. Just over a third or 35% know what interest rate is paid on their deposit. Investment returns vs deposits in the last five years: Investors who kept long term funds on deposit for the last few years may be licking their wounds with the average managed fund returning 12% per annum over five years. With some demand deposit rates paying less than 1% and taxed at the higher rate of 41% from January 1 this year, some investors are only receiving 0.5% or less, after tax. Some may not even beat the annual inflation of 0.2%. There has been a significant number of consumers move from deposits to higher yielding long term investments and there is a huge choice of investment options available to people at the moment.

For more information or to make an appointment to discuss the above contact **Dermot Cronin APA**, at 064 66 22775 or 087 2893649.

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CANADIAN COUPLE THANK THEIR MYSTERY "GOOD SAMARITAN"

A Canadian couple who visited Killarney in September as part of a five week trip to Europe have praised the generosity of a local man who helped them out while they were here.

Gene and Marie Grey are looking for their mystery "good Samaritan" who came to their aid when they hit a kerb and had a blow out while driving a rental car.

According to Marie, "A lovely man (our angel) drove by and said to himself "I should stop and help but I have to be somewhere) then decided, fortunately for us, that he needed to turn around and come back to help. He pulled up and in a no-nonsense and friendly Irish manner, proceeded to help my husband to change the tyre, then we followed him to a garage where

more friendly fellows put us at ease and fixed the tyre for us. We didn't even get the fellow's name but wondered if the Killarney Outlook could print this and hopefully the fellow will recognize it, she said. "He does not realize it, but he saved our holidays, and we stayed in Killarney for the remainder of the week instead of travelling on and fell in love with the people of Killarney. Looking back on our trip through Europe, Ireland was definitely the highlight for us and we will share this experience with our friends and family".

The good Samaritan can get in touch with the Killarney Outlook and we will pass on Marie and Gene's details as they would like to write and thank him.



MARIE AND GENE GREY PICTURED AT TORC WATERFALL DURING THEIR HOLIDAY TO KILLARNEY.

ISPCA ASK PET OWNERS TO PROTECT THEIR PETS THIS HALLOWEEN

It's nearly Halloween and a fun time for all the family but there are a few things to look out for to keep your furry friends safe this Halloween.

We all know some pets become terrified from the noise of fireworks and can sometimes be driven to extreme behaviour. The ISPCA recommend you should always have effective pet identification such as an ID tag on your pets collar plus a micro-chip in the event your pet escapes.

It is important to highlight sweets and especially chocolate are highly toxic for pets as

they contain Xylitol which is poisonous.

HERE ARE SOME TIPS ON KEEPING YOUR PETS SECURE THIS HALLOWEEN.

DOGS AND CATS: ● Steps can be taken to minimise the stress caused to pets by training them in the run up to the Halloween festivities. The use of dog appeasing pheromones can also be effective. Consult your vet or animal behaviourist for advice.

● If children will be calling to your door trick-or-treating make sure your pets are securely confined so they cannot stray through an open

door or react negatively to scary costumes.

● Pets should have somewhere to hide where they feel secure if frightened by the noise of bangers or fireworks so a quiet room in the house will help with closed curtains and music playing to mask the noise of fireworks.

● Keep pets away from any dangerous or flammable items including candles, bonfires and fireworks.

● Keep pets away from decorations and sweets that could be harmful if ingested. Remember that chocolate is dangerous for your pets.

PROPERTY OUTLOOK

THROUGH THE KEYHOLE....

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IRISH CALL UP FOR TALENTED BASKETBALLERS



EWAN WELDON AND JORDAN LEE WHO HAVE BEEN SELECTED FOR THE IRISH U-15 SCHOOLBOYS BASKETBALL SQUAD. THE BOYS PLAY WITH ST. BRENDAN'S COLLEGE AND ST. PAULS BASKETBALL CLUB KILLARNEY.
PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).

Jordan Lee was born with one hand but he was determined it would never deprive him of his ambition to become a major force on the basketball courts. Missing his left arm from the elbow down, he had to work exceptionally hard to perfect the skills of the game but he applied himself to the task fully and adopted a personal mantra of practice makes perfect.

Shooting guard Jordan started playing basketball when he was four years old following in the footsteps of his Dad, Jarlath, a former superleague basketballer who played for Gleneagle Lakers/St Pauls.

Although he has a prosthetic arm, Jordan doesn't use it when playing basketball as he has developed his own style to enable him to dribble and shoot.

Ewan Weldon is also one of the most exciting young basketball prospects to emerge on the Killarney basketball scene in recent years. Standing at 6 foot three inches, he is a particularly tall player for a 14 year old and gives a great advantage to any team he plays with. Basketball has been a huge influence on Ewan from a very young age and he has received expert guidance along the way from his uncle James Weldon, one of the most successful and respected coaches in Irish basketball circles in recent years.

St. Brendan's College basketball coach Andrew Fitzgerald was full of praise for Jordan and Ewan: "They are very committed players and never miss a training session and have even been doing extra training in recent weeks. Both of them work so hard on their game and are always willing to learn and their selection for the Ireland squad is fully deserved."

St. Paul's Basketball Club Chairperson Tricia O'Shea also congratulated the boys on their achievements: "It is a huge honour for them, their school and club and they are a credit to their families. Killarney basketball has a proud history with many Irish Internationals over the

years and it is fantastic to see Jordan and Ewan continuing this great tradition."

Both Jordan and Ewan travel to Gormanston College, Co. Meath, this weekend for further trials and training with the Ireland squad. They are both thrilled and excited with the call-up but fully realise that there is a long road ahead to keep their place on a very talented and competitive squad. The boys have received great encouragement and support from their school, club and families and friends.

Jordan's mother Mary is very proud of his phenomenal progression while his father Jarlath is also delighted and has been a personal basketball coach to Jordan since he started playing. Hilda and Mike Weldon are also very proud parents of their son Ewan and the incredible success he has enjoyed in such a short space of time.



JORDAN LEE AND EWAN WELDON WHO HAVE BEEN SELECTED FOR THE IRISH U-15 SCHOOLBOYS BASKETBALL SQUAD. JORDAN AND EWAN PLAY SCHOOLBOY BASKETBALL WITH ST. BRENDAN'S COLLEGE, KILLARNEY AND CLUB BASKETBALL WITH ST. PAULS KILLARNEY. ALSO INCLUDED FROM LEFT ARE JORDAN'S FATHER JARLATH LEE, SEAN COFFEY (ST. BRENDAN'S COLLEGE PRINCIPAL), ANDREW FITZGERALD (ST. BRENDAN'S COACH) AND EWAN'S FATHER MIKE WELDON.
PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY)

TALENTED Killarney basketball players Jordan Lee and Ewan Weldon have been called up to the Ireland Under 15 development squad preparing for next year's European basketball championships.

Jordan and Ewan (both 14) play together with St. Paul's Basketball Club and St Brendan's College, Killarney. Following impressive performances with the South West Ireland schools team, the boys received the call-up for Ireland.

It is a great achievement for two players from the one club and school to make the Irish squad. The story doesn't end there and for one of the players it is particularly remarkable.

FILMING OF THE GIFT TAKES PLACE IN KILLARNEY



THE KILLARNEY SCOUTS (6TH KERRY) ARE TO STAR IN THE GIFT, THE NEW FILM BEING SHOT IN KILLARNEY AND DIRECTED AND CO-WRITTEN BY DAMIAN O'CALLAGHAN. FILMING TOOK PLACE LAST FRIDAY IN THE SCOUT DEN. THERE ARE OVER 30 SCOUTS IN THE TROOP IN THREE PATROLS BUFFALO, COBRA AND EAGLE PATROLS. THE TROUP ARE PICTURED WITH STARS ALAN DEVINE (VIKINGS, KING ARTHUR. VERONICA GUERIN) AND UNA KAVANAGH (GARAGE, THE CLINIC, FAIR CITY). INCLUDED ARE RYAN FITZGERALD, SEAN AUSTRIDGE, MOLLY COFFEY, JACK FITZGERALD, MEABH O'CONNELL, OISIN URWIN, DECLAN MULLEN, LAUREN AUSTRIDGE, NAMEJS BALODIS, NATALIA SKIBA, ARAN SHAW, MARY NASH SCOUT LEADER, EOIN O'CONNELL, ALONG WITH CREW MEMBERS. PICTURE BY: KONRAD PAPROCKI PHOTOGRAPHY

CHARITY CAR RUN THIS SUNDAY

A charity car run Car in aid of the Marie Keating Foundation will take place this Sunday 2nd November.

Everyone with a rally car, sports car or vintage car is invited to join the trip.

Leaving the Brehon Carpark at 10.30am the group will head up Molls Gap, into Kenmare and over the Healy Pass and into Glengarriffe where there will be a stop for lunch.

The group will return through the tunnell and down into Kenmare, over Molls Gap and back to the Dromhall Hotel where there will be spot prizes.

For more information contact Kevin on 087-2901215 or Tony on 087-2287557.



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HALLOWEEN HORRORS AS WIZARDS, WITCHES, GOBLINS AND GHOULS TAKE OVER THE OUTLET CENTRE

PICTURES BY SALLY MacMONAGLE.



TEAGAN O'SULLIVAN AND BRODIE O'BRIEN FROM KILLARNEY PICTURED AT THE KILLARNEY OUTLET CENTRE HALLOWEEN COMPETITION ON SUNDAY.



GODA GEDVILAITE, TERESE ANDERSON, PETER, ISABELLE AND CONOR SUGRUE FROM KILLARNEY AT THE KILLARNEY OUTLET CENTRE HALLOWEEN COMPETITION ON SUNDAY.



BEN O'BRIEN FROM KILLARNEY ONE OF THE WINNERS AT THE KILLARNEY OUTLET CENTRE HALLOWEEN COMPETITION ON SUNDAY.



ALAN AND KAYLEE O'LEARY AND OWEN COLLINS FROM KILLARNEY AT THE KILLARNEY OUTLET CENTRE HALLOWEEN COMPETITION ON SUNDAY.



ADRIENNE, OISIN AND FIONN WALSH FROM KILLARNEY AT THE KILLARNEY OUTLET CENTRE HALLOWEEN COMPETITION ON SUNDAY.



GRETTA McMAHON, MAEVE AND AOIFE O'LEARY FROM KILLARNEY WHO WERE WINNERS AT THE KILLARNEY OUTLET CENTRE HALLOWEEN COMPETITION ON SUNDAY.



ANNASTASIA POIZNOVA FROM KILLARNEY AT THE KILLARNEY OUTLET CENTRE HALLOWEEN COMPETITION ON SUNDAY.



BEST DRESSED WINNERS, EVA AND KAYLEIGH O'SULLIVAN AND BEN O'BRIEN FROM KILLARNEY PICTURED RECEIVING THEIR BICYCLE PRIZES FROM SPONSORS PAUL SHERRY, KILLARNEY OUTLET CENTRE, DB O'CONNOR, KILLARNEY GHOST BUS TOUR AND ALBERT SHOR, WORLD OF WONDER TOYS AND 'DRACULA' AT THE ANNUAL KILLARNEY OUTLET CENTRE HALLOWEEN COMPETITION ON SUNDAY.



BERNADETTE KISSANE FROM KILLARNEY PICTURED AT THE KILLARNEY OUTLET CENTRE HALLOWEEN COMPETITION ON SUNDAY.



Are you interested in helping to organise this great Charity Event?

The Ring of Kerry Charity Cycle is the largest one-day fundraiser of its kind in Ireland raising €1.569 million Euro in 2014 for Kerry based Charities. The organisation of the Charity Cycle is done on a purely voluntary basis by a dedicated, multi-disciplinary team of people working together to make this unique event possible.

The management committee are now inviting "Expressions of Interest" from people interested in offering their services on a **voluntary basis** for the 2015 event in the following areas:

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- Cost Accounting

All interested people are asked to send a written submission expressing their interest and outlining their areas of expertise to: *Ring of Kerry Charity Cycle Ltd*, PO Box 115, New Street, Killarney, Co. Kerry or email to office@ringofkerrycycle.ie

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Kenmare Clinic
Atlantic Bar 10pm Every Saturday Night
Kilgarvan Clinic
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HALLOWEEN HORRORS AS WIZARDS, WITCHES, GOBLINS AND GHOULS TAKE OVER THE OUTLET CENTRE

PICTURES BY SALLY MacMONAGLE.



BEST DRESSED WOMAN, BERNADETTE KISSANE FROM KILLARNEY PICTURED WITH SPONSORS PAUL SHERRY, KILLARNEY OUTLET CENTRE, DB O'CONNOR, KILLARNEY GHOST BUS TOUR AND ALBERT SHOR, WORLD OF WONDER TOYS AND 'DRACULA' AT THE ANNUAL KILLARNEY OUTLET CENTRE HALLOWEEN COMPETITION ON SUNDAY.



SAOIRSE AND BRENDAN CASEY FROM KILLARNEY AT THE KILLARNEY OUTLET CENTRE HALLOWEEN COMPETITION ON SUNDAY.



AOIFE AND DAITHI O'CALLAGHAN, KILLARNEY AT THE KILLARNEY OUTLET CENTRE HALLOWEEN COMPETITION ON SUNDAY.



KIERAN AND FEITHLEANN SOMERS, KILLARNEY AT THE KILLARNEY OUTLET CENTRE HALLOWEEN COMPETITION ON SUNDAY.



PATRICIA DUNDON AND EMILY MENZUK KILLARNEY AT THE KILLARNEY OUTLET CENTRE HALLOWEEN COMPETITION ON SUNDAY.



AOIBHE O'SULLIVAN FROM KILCUMMIN WHO WERE WINNERS AT THE KILLARNEY OUTLET CENTRE HALLOWEEN COMPETITION ON SUNDAY.



GRETTA McMAHON, MAEVE AND AOIFE O'LEARY FROM KILLARNEY WHO WON THE FAMILY COMPETITION AT THE KILLARNEY OUTLET CENTRE HALLOWEEN COMPETITION ON SUNDAY PICTURED RECEIVING THEIR PRIZE FROM DB O'CONNOR OF KILLARNEY GHOST BUS TOUR, SPONSOR.



PICTURED LEFT: GREGORY AND ANNASTASIA ZYLA FROM KILLARNEY AT THE KILLARNEY OUTLET CENTRE HALLOWEEN COMPETITION ON SUNDAY.

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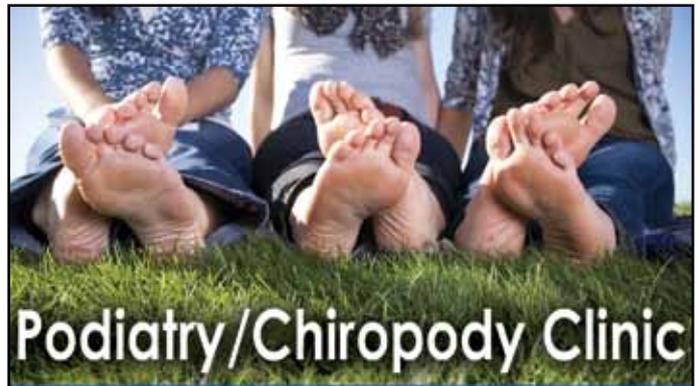


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National Infertility Awareness Week

28th October - 3rd November



INFERTILITY.. WHAT YOU CAN DO

The aim of National Infertility Awareness Week is, quite simply to:

- Highlight the extent and impact infertility has on people's lives
- Explain what options exist for people struggling to conceive
- Change the conversation and get more people talking about infertility

We want to raise the level of understanding about infertility from the debilitating

emotional impact and the overwhelming feelings of sadness, helplessness and grief, to the important fact that this is a medical condition and not something to be ashamed of!

We also want to encourage people to think about their own fertility, the best time to start planning a family, the time it can take to conceive and the help available when natural conception just isn't an option.

CORK FERTILITY CENTRE IS THE FIRST CLINIC IN IRELAND TO PROVIDE THE MOST ADVANCED FERTILITY TREATMENTS SUCCESSFULLY.

Dr Tim Dineen Head of Laboratory Services at Cork Fertility Centre is delighted that the first birth following Pre-Implantation Genetic Diagnosis (PGD) carried out in Ireland has been achieved by Cork Fertility Centre. "We are delighted by today's success; it is the result of a lot of hard work over the past few years validating and perfecting the underlying laboratory processes".

PGD is the most technically challenging treatment in assisted reproduction; it requires expertise in clinical embryology and genetics and laboratory staff must be highly skilled. The following disorders are just some of the conditions we can test for, cystic fibrosis, muscular dystrophy, fragile X, batters disease and disorders resulting from inborn errors of metabolism and chromosomal anomalies.

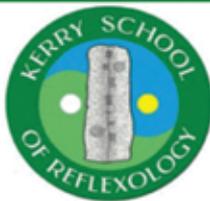
A healthy baby girl, Brigid was delivered safely at Cork University Maternity Hospital (CUMH) earlier this year by Dr John Waterstone, Consultant Obstetrician at CUMH and Medical Director at Cork Fertility Centre. Brigid's Parents Lisa and Patrick, had a one in two chance of having a baby affected by Cystic Fibrosis and opted for IVF with PGD, which allowed screening of their embryos prior to implantation. One in 19 Irish adults is a carrier of the altered gene that causes Cystic Fibrosis and approximately one in four hundred couples are at risk of having an affected baby, there are currently 1200 people in Ireland affected with the condition.

Cork Fertility Centre also provides Preimplantation genetic screening (PGS) also known as aneuploidy screening; this is a process of screening embryos to examine if they have the right number of chromosomes and to look for structural abnormalities. Embryologists can now combine information gained by routine microscopic examination with the results of PGS before they select embryos for transfer or freezing. Embryos with a normal number of chromosomes have a higher chance of implantation and the resulting pregnancies have a lower chance of miscarriage.

Pre-Implantation Genetic Diagnosis (PGD), allows couples at risk of a specific inherited condition to avoid passing it on to their children. Couples undergoing PGD try to conceive using IVF treatment; embryos created in the process are screened for the disorder and the biopsied cells are sent for genetic analysis. Embryos unaffected by the condition are identified and the scientific team arrange for embryo transfer in order to achieve a healthy pregnancy.

PGS may be offered to women where there is a higher risk of having a baby with a chromosome problem or where there is a history of recurrent miscarriage or repeated unsuccessful cycles of IVF.

For further information visit www.corkfertilitycentre.com or contact 021 4865764 to make an appointment.



Joan O'Reilly, MNRRi. LicICHM. ISHom. BFRP. T.A.Th. Registered Reflexologist, Homeopath & Bach Flower Remedy Practitioner & Trainer;

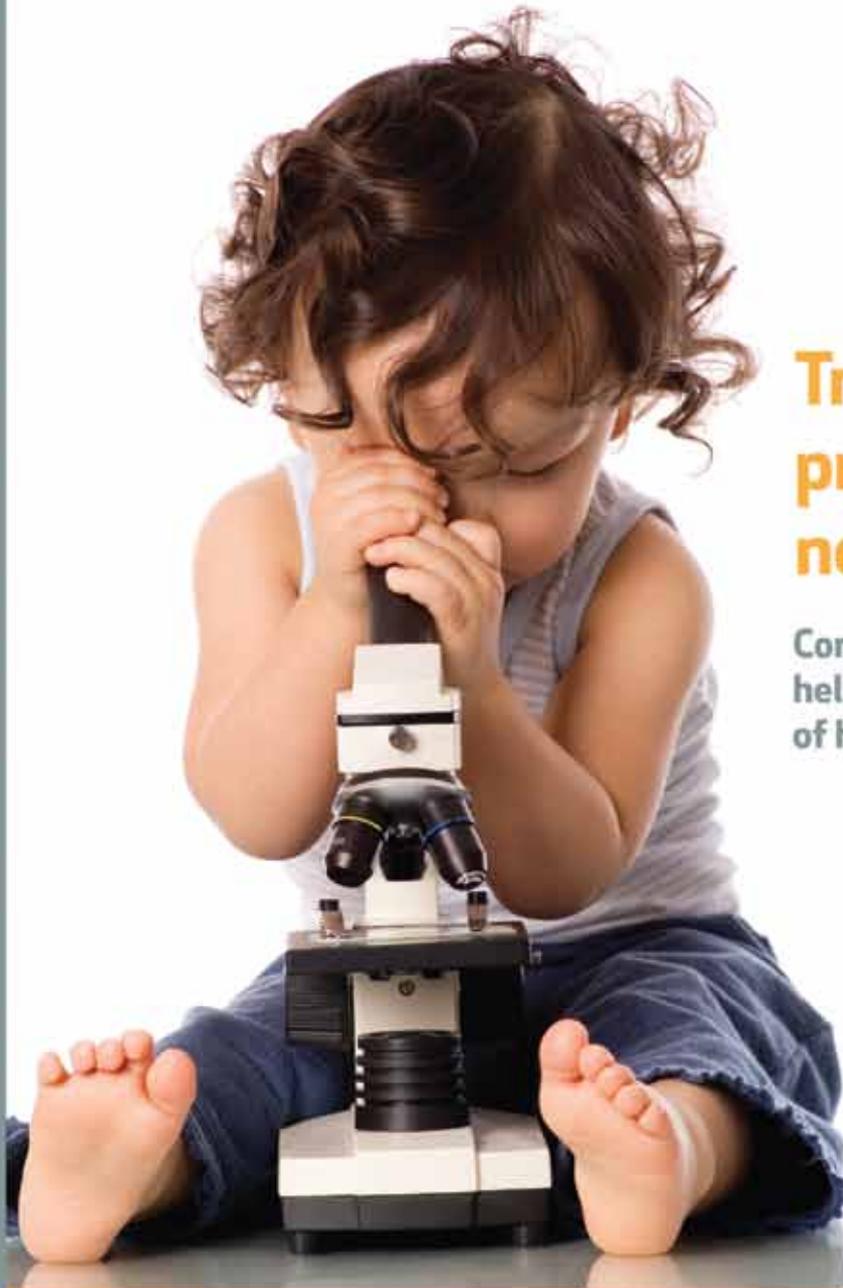
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PGD was first introduced 25 years ago and is used routinely throughout Europe and the USA. Couples in Ireland were only able to avail of such services by travelling typically to the UK and Belgium which added extra stress and cost to the couples involved. Cork Fertility Centre was licensed to provide PGD in late 2012 which marked an important milestone for Irish reproductive medicine.



DR. TIM DINEEN



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E: advice@limerickfertility.ie

Waterford

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Canada Street
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F: 051 306012
E: advice@waterfordfertility.ie



National Infertility Awareness Week



IT'S TIME TO

FACE INFERTILITY

28th October - 3rd November

Outlook
MAGAZINE

FERTILITY & REFLEXOLOGY

World Health Organisation figures currently state that one in six couples experiences infertility, so though it's little consolation, know that you're not alone. Any couple trying to get pregnant will understand what a difficult time this can be. It's hard to keep hopes up when you feel you're faced with a wall of frustration and disappointment, and this can bring about stress in any relationship.



Eileen can help alleviate that stress and work on improving conditions for a pregnancy to occur. Her experience as a midwife informs her skills in reflexology as she works on regulating the menstrual cycle, increasing sperm count and motility, and improving hormone levels to enhance a couple's chance of conceiving. Eileen also focuses on relaxing your body and reducing anxiety, which in turn improves your sleep patterns so that you benefit from raised energy levels. She looks at diet too, and any weight issues that may

impede success. Her treatments may also be effective in bringing on ovulation, even if you have polycystic ovaries. Additionally, reflexology can reduce the pain caused by endometriosis. Quite apart from the obvious benefits of Eileen's fertility reflexology, an added advantage is that it works in harmony with IVF treatment, so you don't have to worry about any possible interference. Eileen works with your body and your mind, because at this time in your life as a couple, it is all about you.



DR JOHN WATERSTONE OF THE CORK FERTILITY CLINIC WITH BABY BRIDGID.

ACUPUNCTURE & FERTILITY

Traditional Chinese Medicine (TCM) has a long history (3,000 yrs +) in treating health problems. Infertility treatment is part of TCM with texts from 200BC describing gynaecology, obstetric & fertility treatment procedures. Today TCM specialists have adapted and incorporated these successful traditional applications into modern fertility treatments. This has resulted in

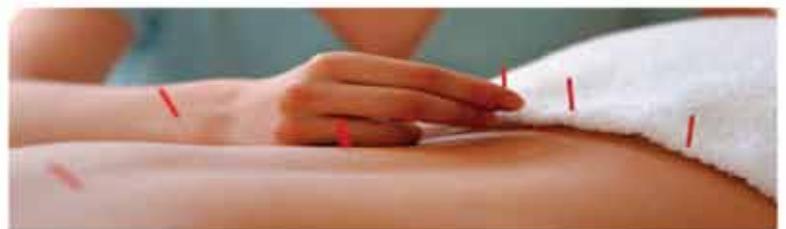
independent clinical research findings showing acupuncture significantly enhances fertility. (Recent Tel Aviv University study report: 'Acupuncture increases conception rates by 26%') to view the latest research on acupuncture and fertility visit: www.acupunctureivf.com.au/pages/research_and_reviews.php.



BENEFITS OF REFLEXOLOGY FOR INFERTILITY

Eileen Hoaly
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National Infertility Awareness Week

BEING FERTILITY AWARE- PLANNING FOR THE FUTURE



It is Infertility Awareness Week. You may not be planning to have a baby at this moment in time but knowing the facts can be useful to decide what you might need to do to have a healthy baby in the future.

KEY FACTS: • Approximately 1 out of 6 couples will experience difficulties conceiving. There is a perception that in most situations the problem lies with the woman. However in 40% of cases there may be both male and female issues co-existing.

• Female fertility diminishes with age. A woman is born with a lifetime egg reserve; this will reduce over time and that process may be affected by lifestyle factors.

For example, ovarian reserve is affected by smoking, toxins in our environment, alcohol. Healthiness and lifestyle changes are as important as medical interventions.

Blood tests such as Anti Mullerian Hormone (AMH) and ultrasound scans can assess ovarian reserve.

• A condition called Polycystic Ovarian Syndrome (PCOS) can be associated with difficulties conceiving. PCOS is present in approximately 10% of women and may present with irregular periods, acne, facial hair, difficulties with weight management and a pattern of polycystic ovaries on pelvic ultrasound. Nutrition is a key part of the management of PCOS.

• Traditionally it was thought that male fertility does change with

age. We now know this is not the case. Sperm quality and quantity is also affected by toxins, alcohol ingestion, toxins, being overweight and some medications. Vitamin and mineral supplements can improve male fertility as certain lifestyle changes.

WHAT TO DO: Couples should seek advice from their doctor if they fail to conceive after twelve months of trying. In couples over 35 it can be valuable to seek advice sooner.

Women should commence Folic Acid at least three months prior to conceiving; women with a higher BMI will need a higher dose.

Changing to a healthier lifestyle can be all that is needed.

Nowadays there are numerous options to consider for couples. However we always recommend that couples sit down with a medical person interested in the area of fertility so that they can be advised on making the right decision.

Dr. Mary McCaffrey FRCOG is a Consultant Obstetrician / Gynaecologist at The Scotia Clinic and Kerry General Hospital



DR. MARY MCCAFFREY



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ALL IRELAND FINALS BECKON FOR KILLARNEY STUDENTS

Third Ellen Cronin and Jennifer Murphy both fifth year students from St. Brigid's Secondary School in Killarney will be heading to Lyrath House, Kilkenny for the All Ireland Final of the YADA Awards on Saturday, November 1st. The girls are only one of 9 acts nationwide, and the only act from Kerry who have qualified for the final where they will perform their original song "Leave me Alone". The YADA (Young Artist Development Award) is a development and award programme throughout Second Level Schools. It's aim is to give students an opportunity to gain insight into the music industry as a career while providing a platform to present their original work which is then critiqued in a positive manner. On Saturday night 9 finalists will perform to a panel of 3 industry professionals who will choose the recipient of the award which comes with a support package valued at €25,000 including the opportunity to record their own material. This mega event takes place at the Lyrath Estate Hotel and includes special performances by Brendan McCahey (2014 winner of the Voice of Ireland) and Ryan Thomas (2013 YADA Award winner).



ELLEN CRONIN AND JENNIFER MURPHY ALL READY FOR THE ALL IRELANDS

GO-AHEAD FOR THERAPY PROGRAMME FOLLOWING SPONSORSHIP

A special Occupational Therapy programme has received the go ahead at Faha National School thanks to the generosity of Corcoran's Furniture and Carpets Ltd. The Board of Management at the school

would like to extend a huge 'Thank you' to the company who have generously donated two brand new mattresses to help establish this special programme. The mattresses will be of great benefit to the

children, who will use them for exercises to help them reach their full potential. This programme will be run under the supervision of a professional Occupational Therapist.



STAFF AT CORCORAN'S FURNITURE PICTURED WITH JERRY FITZGALD, PRINCIPAL AT FAHA NATIONAL SCHOOL.

SEM STUDENTS ARE HIGH ACHIEVERS

St. Brendan's College students, Cian Buckley O Sullivan and Kuba Labecki have been selected by the State Examinations Commission as high achievers in Maths and Science in the 2014 Junior Certificate examination. From this pool of talented students an international team of 12 students will be selected to represent Ireland at a European

and World competition. The boys will attend the National Selection process in D.C.U. on 1st November, 2014. Teacher, Ms. Marie Lawlor, complimented the boys on their achievement, noting that being involved in this selection process is a reward in itself. Cian is currently in Transition Year while Kuba is a 5th year student in the College.

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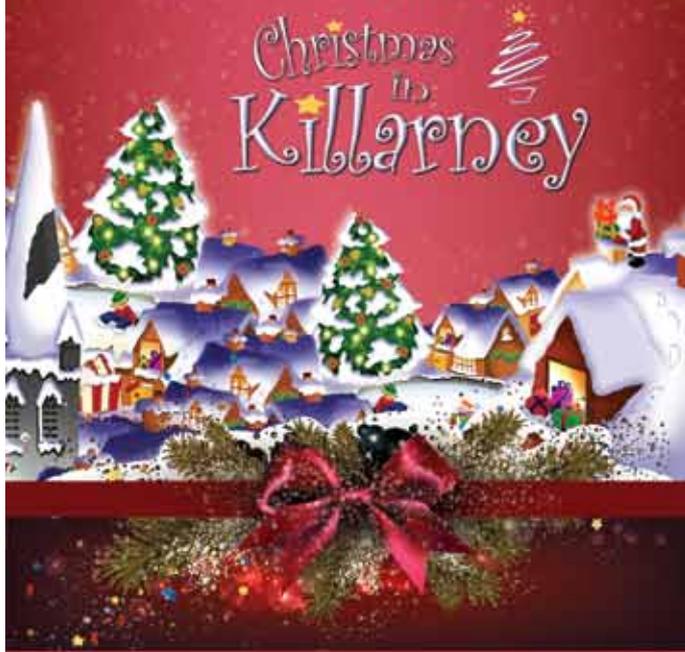
The winner will not be the biggest window or the retailer who has spent the most money but will be chosen by the best use of the window size available to them and judges will be looking for the most innovative and unique display.

Judging will take place on the **FRIDAY 12th DECEMBER** with the winner being announced in the **BUMPER CHRISTMAS ISSUE** of the **KILLARNEY OUTLOOK** on **DECEMBER 19th**.

The competition is a great opportunity for businesses in the area to go the extra mile and reinforce the message to "Buy Local"

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Their Special Day

A look at the Wedding's taking place in Killarney.



DEBORAH MULVIHILL AND PHILIP COE WHO WERE MARRIED AT THE PRINCE OF PEACE CHURCH, FOSSA AND HELD THEIR RECEPTION AT THE BREHON HOTEL KILLARNEY.

PHOTO BY TARA DONOGHUE PHOTOGRAPHY.



LINDA MCCARTHY, TWO MILE SCHOOL KILLARNEY AND DAVID CONNOLLY, CO. CAVAN WHO WERE RECENTLY MARRIED IN FOSSA CHURCH WITH RECEPTION IN THE MALTON HOTEL.

PHOTO BY BREDAL DALY PHOTOGRAPHY

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KILCUMMIN NEWS

KILCUMMIN LOOKING GOOD: AGM will be held on Tuesday November 4th at 8pm in the Rural Development Office. All Welcome.

WINE AND ART NIGHT: Wine and Art Night at the Malton Hotel on Thursday 27th November. Tickets €20 on sale in Post Office. Supporting Local Charities and Community Projects.

PARISH RETREAT: One Day Parish Retreat to the Ardferret Retreat Centre on Sunday 16th November. Further info contact Siobhan 064-6643177 or Joan 064-6643211

ICA MONTHLY MEETING: The Monthly Meeting will be held on Wednesday 5th November in the Rural Development Office at 8pm. This is our Charity Night-Calico Dolls for Temple St., Hospital and knitting for newborn African babies. Patterns supplied on the night. Come and join us.

KILCUMMIN COMHALTAS: Kilcummin Comhaltas would like to invite parents of Junior Set Dancers born in 2005, 2006 and 2007 to contact the Branch Secretary (Marguerite) on 086-0810208 if you would like your child to be considered for entering competitions.

SENIOR SET DANCING: If you are interested in dancing in a Senior Kilcummin Comhaltas set for the coming year please contact Marie Sheahan (083) 0045432.

MEMBERSHIP: Membership is now due for Kilcummin Comhaltas. Child €6, Adult €12, 2nd Adult €8, Family €20. Please contact Timmy Lane (086) 0587047 or Grace Fitzgerald (087) 9860473.

THE 2ND ANNUAL CHIEF O'NEILL FESTIVAL: The 2nd Annual Chief O'Neill festival will be held in Bantry, Co. Cork from Thurs 13th - Sun

16th November - For full details visit www.chiefoneillfestival.com.

KILCUMMIN NATIONAL SCHOOL: Parents Association will hold a coffee morning fundraiser immediately after the 11.15am Mass on Sunday 9th November in the Recreational Hall Kilcummin. Everyone most welcome and we thank you in advance for your support

KILCUMMIN GAA: COUNTY CHAMPIONSHIP RELEGATION PLAY - OFF: Kilcummin play Currow on this Saturday at 2.30pm in a bid to keep their senior club status. The venue Dr Crokes pitch. This will be the third championship meeting this year between the two neighbours and this will be very evenly contested as were the other two.

SET DANCING CLASSES: Continue on Wednesday nights in GAA clubhouse under the direction of Marie Lehane. A great social and learning event. Come alone or bring a friend.

RAMBLING HOUSE: In GAA clubhouse on this Friday and the first Friday of every month. Come along and sing, dance play or just listen. Great night's entertainment guaranteed.

MOLYNEAUX CUP FINAL KILCUMMIN 0-7 V DR CROKES 3-9

Dr Crokes repeated their victory of last year in this competition with an easier win this time around. Kilcummin despite the lions share of possession in the first half failed to capitalise on it and were over run in the second half by a superior team. **TEAM:** Darragh McCarthy, William Maher (0-1), Kieran O'Donoghue, James Devane, Eoin Lane, James Devane, Daniel Kelly, (0-1) Richie O'Connor, Colm Lenihan, Jer Sheehan (0-2), John McCarthy, David Brosnan

(0-1), Ben Brosnan, Eamonn O'Donoghue (0-1) D.J. Fleming (0-1). Subs used Muiris Healy, Denis O'Sullivan.

JUVENILE: HURLING will continue indoors from Thursday 6th November in Killarney Community College. All are welcome. Cost is 2 euro per session. Contact Garry on 087 2884478

LADIES GAA CLUB FUNDS: Volunteer parents and children needed for bag packing on Friday 31st October and Saturday 1st November. Contact Niamh on 087 6619503.

GAA LOTTO: There was no winner on Sunday 26th October. Numbers drawn were 8, 20, 23, 26. Consolation prizes were €100 Phil Doolan Inchicullane, €60 Anthony Heery, Knockerragh, €60 James Mulchinock C/o Darby, €30 Clare Stack C/o John Lenihan, €30 Damien Doolan Inchicullane. Next Draw Monday 10th November Jackpot now €12,750

MASTERGEEHA U14 GIRLS SOCCER: Mastergeeha FC starting soon. If interested contact Kathleen O'Leary (087 9569524) or Donal Hannigan (087 9697171)

MASTERGEEHA F.C. LOTTO: There was no winner on 24th October. Numbers drawn were 7, 11, 12, and 19 Consolation prizes were €100 Kathleen Hobbins, C/o Julie Looney, Mastergeeha, €60 Mary Kavanagh, Muckcross Road Killarney, €30 Seamus Darcy, C/o Patie Nagle, Mastergeeha, €30 Michael Kearney, 107 Woodlawn Park Killarney, €30 Declan McCarthy, c/o The Village Inn Kilcummin, Draw Every Friday night in the Village Inn, Kilcummin. Jackpot now €1,650.00.



EMMA MURPHY, KEEL CELEBRATING HER 21ST WITH FRIENDS AND FAMILY IN MURPHYS BAR KEEL LAST SATURDAY NIGHT. PHOTO BY BREDA DALY PHOTOGRAPHY.

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FOSSA NEWS

FOSSA GAA: Fossa Lotto 26th October 2014
Numbers Drawn: 1, 6, 13, and 18. Jackpot: €6,150. No Jackpot Winner:

Consolation Prizes: Eugene O'Doherty, Listry; Owen Lawlor, Station Rd, Rathmore; Pearl O'Connell, Aghacurreen Fossa; Kevin McCarthy, Dromkerry; Miriam O'Connell c/o JJ.
New Jackpot: €6,300.

Tickets on sale at the Golden Nugget Bar, The Travel Inn, The Old Killarney Inn, Foley's Spar shop Fossa, The Laurels Bar, Killarney and from committee members. Next draw takes place on Sunday night November 2nd 2014 at the Golden Nugget Fossa at 11p.m. Thanks to everybody who supports our Lotto each week as well as all those who sell tickets.

MONTHLY MEETING: The November meeting of Fossa GAA Club takes place on Thursday next November 6th at 8:00pm.

SENIORS: Our senior footballers travelled to Valentia on Saturday October 25th to play the islanders in the semi final of the County Novice Shield. The home side got off to a better start and we trailed by 1-06 to 0-01 after 15 minutes. At the half time break Valentia were 9 points ahead 1-08 to 0-02. A Mikey Cronin goal in the 25th minute of the second half narrowed the gap to 5. Fossa were awarded a penalty on the stroke of full time, but the Valentia goalkeeper managed to keep out Paudie Clifford's shot. Final score Valentia 1-16 Fossa 1-11. Next game is an away fixture against Na Gaeil in round 11 of the County League on Sunday November

9th.
MINORS: On Monday 27th our minors qualified for the East Kerry B Championship final with a 3-16 to 3-09 win over Glenflesk at Fossa. They now meet Rathmore in the final, date to be decided.

SYMPATHY: Sympathy is extended to Donie O'Sullivan and family Groin on the death of his mother Kathleen, to the Kissane and McGlynn families of Knockasarnett on the death of Joan, and to the Sheehan family of Crohane on the death of Eamon. Ar dheis De go raibh a-nam.

FOSSA WAY: The extension of the Fossa Way to Fossa Cross opened to the public on Friday last October 24th. A great amenity for walkers, cyclists, and those who want to admire the scenery. Well done to all involved in this project.

ASTROTURF ALL WEATHER PITCH: All weather pitch@fossa national school. Opening hrs, Monday/Friday 4pm/10pm, Saturday/Sunday 10am/10pm. All types of sport is played on this floodlit pitch. Now taking bookings for birthday parties. Special rates for Saturday and Sunday. Contact Ger O'Connor 083 4228977 or email fossaweatherpitch@gmail.com

FOSSA YOUTH CLUB: There is no meeting of Fossa Youth Club today, Friday 31st of October. The next Fossa Youth Club meeting will be on Friday November 7th from 8.30pm to 10.30pm in the Fossa Community Centre. New members are always welcome but must be in 1st year and upwards in secondary school. It costs €20 to register for the year and €3 per night thereafter.

Thanks to our volunteer leaders for all the hard work in re-establishing this club. Special thanks to Tim Kissane and James Houlihan for the encouragement to do it and to Geraldine O'Halloran of KDYS for her support."

FOSSA/TWO MILE COMHALTAS: Fossa/Two Mile Comhaltas will hold their AGM on Thursday 6th November at 8pm in the Community Centre. New members most welcome.

Adult set dancing continues in Fossa Community Hall on Tuesdays. Beginners 8pm, improvers and advanced 9pm. All welcome. Contact Catherine Joy at 087 6799330 or Tim Kissane 087 2413116. Junior Set dancing classes on Fridays from 6 to 7pm in Fossa Community Hall. All levels welcome. Contact Norita 087 7424468.

KILLARNEY LIBRARY: A number of events will take place at Killarney Library as part of the Monsignor Hugh O'Flaherty Memorial Programme. From 28th October to 15th November inclusive a Photo & Memorabilia Exhibition will take place during library opening hours with the Official Opening of the Exhibition on Thursday 30th October at 10.30am. Also, on Thursday 30th October a presentation of the research on "O'Flaherty Genealogy" will take place at 7pm. On Monday 10th November the Literary and Art Award Winners Presentation & Exhibition will take place at 11am. Free admission. All welcome.



PICTURED AT THE DROMHALL HOTEL FOR THE LAUNCH OF 'FOREVER LIVING' ALOE VERA PRODUCTS ARE MARGARET WALSH PRESENTING A HAMPER OF PRODUCTS TO MARY CRONIN, LADY CAPTAIN AT ROSS GOLF CLUB. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ANGOUS O'DONOGHUE FROM PHYSIQUE FITNESS STUDIO PICTURED WITH ONE OF HIS FITNESS CLASSES WHO CAME TOGETHER TO RAISE AWARENESS AND DONATE FUNDS RAISED FOR BREATHROUGHT CANCER AWARENESS - THE FIGHT FOR THE GIRLS CAMPAIGN.



JOAN DEVANE WAS THE WINNER OF MASTERGEEHA SOCCER CLUB'S BIGGEST EVER LOTTO JACKPOT PRIZE OF 14,700 EURO AFTER IT HAD ROLLED OVER FOR 88 WEEKS. PICTURED AT THE PRESENTATION IN THE VILLAGE INN KILCUMMIN WERE FRONT FROM LEFT, JIMMY DEVANE, CHAIRMAN, JOAN AND MIKE DEVANE. BACK FROM LEFT ARE MARIE DEVANE, KATHLEN O'LEARY, JOE DOYLE (TREASURER) AND MARIAN COLLINS (THE VILLAGE INN).

PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).



FRIENDS: PICTURED AT THE SEAN KEANE CONCERT IN THE OLD MUCKROSS SCHOOLHOUSE, KILLARNEY ON FRIDAY LAST. L/R: SEAN KEANE, CON DENNEHY (OUTLOOK MAGAZINES), MARIE AND JOHN O'SULLIVAN (BEAUFORT).

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30 High Street where we will scan it and return it to you immediately
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appreciate all the photographs that are given to us so we can share them with everyone.*

*See last years Souvenir issue on
www.outlookmags.com*

RATHMORE /GNEEVEGUILLA NEWS By Michael O'Mahony

CONGRATULATIONS: To the Holy Family N. S Rathmore who Defeated Kilcummin in the Co 6 to 8 teacher Allianz Cumann na mBunscol football final last week. Final score 5-10. 3-04, winning the title for 3 time in row. We'll done to all involved and trainer Paudie Dineen.

THE SHANE DENNEHY BIRTHDAY MEMORIAL WALK: Shane Dennehy birthday memorial walk which was held on June 29th 2014, raised €6,450,00 for The Kevin Bell Repatriation Trust. The family would like to thank all who took part on the day and to those who also made donations. We would like to thank all the bus drivers for their time and for the use of their buses. Thank You to Saphire Signs, and to all those who gave spot prizes. Thanks to the Bridge Bar for the use of their facilities. We would also like to thank all those who helped out with refreshment on day. A cheque for €6,450,00 was presented to members of KBRT in Bridge bar on July 3th 2014 which was Shane's 30th birthday. Once again thank you for your support.

RATHMORE COMMUNITY COUNCIL: Work done: seating along path, ground clearance, provision of top soil, planting near the Station, Woodview, Forge Cross, junction up to Health Centre. Ongoing work: seating at the grotto. Future work planned to upgrade the grotto environment. It was carried out by Rathmore Community Council in conjunction with IRD Duhallow. If anyone has any suggestions on work that could improve the Rathmore area please let us know.

SYMPATHY: To the family, relatives and friends of Maurice (Mossy) Lynch, Gullane, Gneeveguilla, Hannah Maria O'Leary (nee) Herlihy of Toureencahill, Gneeveguilla. Kathleen O'Sullivan, Ballydaly, Cullen and Cahirbanagh Rathmore. Denis O'Connell, Two Mile Borries & Bealandeega and John Joe Murphy, Rossmore, Cork who died recently. May they all rest in peace.

SLIABH LUACHRA MACRA NA FEIRME: Come and join us! Calling all young people aged 17 to 35 who are interested in getting involved in sports, travel, music, drama and debating or just want to meet new people and have some fun. Joining our Club is a great way to make new friends locally and countrywide. We also have plenty of nights out throughout the year! Like our page on facebook and see for yourself or come along to a Club meeting.



HOLY FAMILY N. S RATHMORE WHO DEFEATED KILCUMMIN IN THE CO 6 TO 8 TEACHER ALLIANZ CUMANN NA MBUNSCOL FOOTBALL FINAL LAST WEEK. FINAL SCORE 5-10. 3-04, WINNING THE TITLE FOR 3 TIME IN ROW.

New members are always welcome! For more information contact Eileen on 0851270822

GNEEVEGUILLA GAA CLUB: Halloween Fancy Dress Party this Friday October 31st, at 10pm in club Bar. Spot prizes on the night, everyone welcome.

GYM: Open 7.30 to 9 on Monday night for woman. Contact Gobnait for information 087 3983559.

CONGRATULATION: To Kerry and Rathmore star Paul Murphy on been awarded a GAA GPA All star this year.

LIAM LAWTON: Knockanes NS; The Parents Association in Knockanes national school are hosting an evening of reflection with Liam Lawton in the Sacred Heart Church Barraduff on Sunday the 30th of November at 8pm. Tickets, priced €20 per seat, are on sale by calling 087 2707899 or 086 8736532. Limited availability-tickets available by advance booking.

BARRADUFF NS FASHION SHOW: Take place on Saturday the 22nd of November at the Killarney Oaks Hotel Tickets will be available locally shortly- more details in the coming weeks.

KERRY GENERAL HOSPITAL: The Annual

November Mass for patients (Including those died by stillbirth and miscarriage) who died in Kerry general hospital during the year will be celebrated in the hospital chapel on Monday 3rd November 2014 at 7.30pm. Relatives and friends invited.

THE KERRY ASSOCIATION DINNER & DANCE 2014: On the 24th October last Kerry player and Rathmore's Aidan O'Mahony kindly donated the boots he wore during the All Ireland final. The Association auction off the boots on night which went for an estimated €25,000 thanks to the generosity of a handful of Kerry London businessmen. The proceeds will go to the Killarney based charity Home from Home. The boots will be returned to charity later this month by Association.

CONGRATULATIONS: To Sean Radley Millstreet on winning the 2014 Google silver Surfer hobbies on net award.

NOTES: If you would like to add anything to these notes please email Michael O'Mahony (momahony14@gmail.com) please note change of email address or ring or text 087-6676817 before 6:00 on Sunday.

Killarney Outlook

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1.20 1.4 odi



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09 Nissan Qashqai
Acenta model, Titanium, E.S.H. 1.300



10 Ford Galaxy
2.0L, Titanium, One Owner, Full Ford Service History 85k



11 Ford Mondeo
2L Titanium X, 90k, 1030kg, 1 owner, Full Ford service history



2011 Skoda Octavia
2.0 Tdi elegance

DIESEL CARS

- 12 Hyundai IX 20 1.4 CRDI 69 klm
- 11 Ford Focus 1.6 TDCi, 44k
- 11 Ford Mondeo 2.0L, Zetic, 1 owner, full Ford S/H
- 11 Kia Ceed S.W. Manufacturers warranty to 2017
- 11 Audi A4 2.0TDI, Black
- 11 Peugeot 5008 1.6 HDI 7 Seater
- 10 Ford Focus 1.6 TDCi, sports, 83k, full Ford S/H
- 10 Ford Galaxy 2.0, Titanium, Full Ford S/H, 80k
- 10 Kia Ceed Sports Wagon 1.6 CRDI, Silver
- 09 Nissan Qashqai Acenta
- 09 Ford Focus 1.6TDCi, Titanium, 97k
- 08 VW Golf 1.9TDi, 70k, White, left hand drive

- 07 Renault Megane Scenic 2yr Test
- 06 VW Passat 1.9TDCi, Black, NCT Tested
- 06 Citroen C5 1.6HDI, 106k, 1yr Test
- 05 Opel Mireva 1.3CDTi, left hand drive
- 05 Ford Focus 1.6 TDCi
- 04 Opel Zafira 1.7 Dsl, 1yr Test
- 03 Citroen C3 1.4 HDi
- 03 Skoda Octavia 1.9 TDi, silver, 1 owner
- 11 VW Golf 1.6 TDi, blue motion, Black
- 11 Ford Focus 1.6 TDCi, Zetic (new model)
- 05 Citroen C414 3dr
- 00 VW Golf 1.9 GTDi Very clean NCT

- 141 Ford Focus 1.6 TDCi - Choice
- 141 Hyundai 1x35 - 14k
- 2010 Toyota Avenis 2.0L DUD Alloys - Fogs
- CARS**
- 12 Ford Fiesta 1.2
- 09 Toyota Yaris 90klms, black
- 08 Kia Rio 1.4, Automatic
- 07 Renault Megane Cabriolet 1.6, full leather
- 07 Nissan Almera 1.5 SXE, alloys, air con
- 07 Renault Megane Full Leather
- 05 Suzuki Liana NCT Tested
- 05 V.W Golf 1.4 Comfort Line
- 04 Opel Zafira 1.6 Club, 7 seater, 1 owner, €2,700

- 03 Toyota Avenis Allows, Fogs, As New
- 03 Nissan Micra 1.0L
- 04 VW Golf 1.4L
- COMMERCIAL**
- 10 Opel Combi 1.3CDTi, 1 owner, 57k, 1yr DOE
- 11 Citroen Berlingo Full service history
- 11 Citroen Dispatch
- 09 Opel Combi Van 90klm
- 08 Opel Combi 1.3CDTi
- 05 Mitsubishi Pajero Sport Silver, 2.5, very clean



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GLENFLESK NEWS WITH DONAL KELLY

EK MINOR CHAMPIONSHIP: The Glenflesk minor team, sponsored by the Jarvey's Rest, were defeated by Fossa on a scoreline of 3-16 to 3-9, in the division 2 semi-final of the East Kerry minor championship played in Fossa on Monday October 27th.

GLENFLESK LOTTO: Glenflesk GAA Lotto draw was held on Sunday the 26th of October 2014, in Spilllanes. Jackpot: €2,200. Numbers drawn: 5, 19, 21, 24. No Winner. €50 EURO DRAW: First draw: Tim Kelly, Shronedraugh (YEARLY ticket). Second draw: Daniel and Joan Cronin, Barraduff (YEARLY ticket). Third draw: Eoin O'Brien, Inch. Fourth draw: Eabha Murphy, Shrone. Next draw on Sunday the 9th of November 2014, in the Corner Bar, Jackpot: €2,400.

COISTE NA NOG U8 AND U6: The U6/U8s boys and girls rounded off their year with a trip to Ballyvourney on Saturday last October 25th to play the local side, followed by a party in the hall in Glenflesk. Thanks to their mentors for arranging the day and for all their time and dedication throughout the year.

COISTE NA NOG U10: On Sunday November 2nd the re-fixed U10 invitational tournament will commence at 12noon in Glenflesk (weather permitting).

GLENFLESK AG RITH: Congratulations and well done to Margaret Furlong and Brendan Brosnan on their fantastic achievement of completing the Dublin City Marathon in fine style on October 27. There must be something

in the water in Knockanimirish!

BLOOD DONOR CLINIC: 510 Donors attended our recent Killarney Blood Donor Clinic. Your generosity and commitment to helping hospital patients is very much appreciated. This precious gift brings life and hope to the patients and to their families and friends.

PILATES IN GLENFLESK: Pilates classes with Denis Corridan will re-start on Wednesday November 5th at 7pm and 8pm in St. Agatha's community hall Glenflesk. Classes are open to women and men of all ages and fitness levels. €50 for 7 classes, all welcome. Contact Mary on 087-6952003 to book your place.

PARISH BAZAAR: The Annual Bazaar in aid of church funds will be held in Glenflesk GAA Hall on Sunday November 23rd beginning at 3 o'clock. Raffle tickets have been distributed throughout the parish. Members of the Parish Council will call for your contribution. Should you miss them your contribution may be left at the parish centre, or at any shop in the parish. Your support is greatly appreciated.

RAHEEN NS THANK YOU: We would like to thank everyone who supported our recent bingo. Thanks to the Parent Association for organising and running a very successful Halloween party for the children. Congratulations to Gerard Warren who had the winning lotto number 43 on Saturday 25th of October.

LIAM LAWTON IN BARRADUFF: The Parents'

Association in Knockanes national school are hosting an evening of reflection with Liam Lawton in the Sacred Heart Church Barraduff on Sunday the 30th of November at 8pm. Tickets, priced €20 per seat, are on sale by calling 0872707899 or 0868736532. Limited availability – tickets available by advanced purchase only.

BARRADUFF NS FASHION SHOW: Barraduff NS Parents' Association will once again host what promises to be a spectacular fashion show in the Killarney Oaks Hotel on Saturday November 22nd from 7:30pm, with celebrity guests, fabulous spot prizes and of course amazing fashion to appeal to all ages and tastes. On the night there will also be special prizes for the best dressed lady and gent. Tickets priced €12 are now available from committee members. Contact Marie 0873584472 or Stuart 086 1297200 for more details.

RAMBLING HOUSE RETURNS: Don't forget that the Rambling House returns to St Agatha's GAA Community Hall, Glenflesk on Saturday the 15th of November 2014, from 8pm to 11pm. Further information from Neily Moynihan on 087-9831655 or Derry Healy on 087-2707899. A great night's entertainment is in store - everyone welcome.

CONTACT: We welcome items of local interest. Contact PRO Donal 087-6687926; email pro.glenflesk.kerry@gaa.ie deadline 8pm Sunday.

FAMILY GATHERS FROM THE FOUR CORNERS OF THE WORLD



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BATTERY BREAKDOWNS

Most common cause of breakdown at any time of year but particularly in winter

Battery faults are the most common cause of breakdown. Batteries can die at any time of year but it's more likely in winter when cold temperatures hit car batteries with a triple-whammy:

power output drops ability to accept a charge drops, so the battery doesn't recharge as quickly when you're driving load increases – lights, blowers, wipers, heated seats, rear-screen heater etc are all used more
Add in the fact that many cars stand unused over the Christmas holiday and it's no surprise

that the first day back to work after New Year is always one of the busiest of the year for the AA. Battery problems can be avoided

The garage that services your car should check that clamps and connections to the battery are secure and free from corrosion, but there are a few simple tips you can follow to reduce the chance of your battery letting you down in the depths of winter;

Age

If the battery is more than five years old and there's any sign of it struggling to start the car, get it replaced. Some will struggle on for a bit but many won't. It's much better done at your convenience than as a roadside emergency.

Charge

If you mostly do short journeys or leave the car standing for days at a time, invest in a modern battery conditioner/intelligent charger. These can be left connected to the battery indefinitely and can prolong its life without overcharging it.

Load

Check that everything electrical is turned off when you park up – even an interior light, boot light, or radio left on overnight can kill a battery when it's cold.

Give the battery a chance

Switch off everything electrical and dip the clutch to reduce the load on the battery when you start a cold car.

PEDESTRIAN SAFETY

Road-wise pedestrians are safe pedestrians. Find out how to put your best foot forward and stay safe on Irish roads.

If there is a footpath use it.

If there is no footpath, walk/run/jog on the right hand side of the road, facing oncoming traffic and keeping as close as possible to the side of the road.

Walk no more than two abreast and if the road is narrow or there is heavy traffic, walk in single file.



BETTER SAFETY, STEP-BY-STEP

In 2008, 49 pedestrians were killed and 1,124 injured on Ireland's roads. That's 18% of all fatalities and 12% of all casualties from road collisions in the country.

INCREASE YOUR VISIBILITY

More than two-thirds of fatal pedestrian collisions happen at night. Although you can hear a car coming and see its lights, the driver may not see you (and certainly won't hear you).

To protect yourself make sure you:

Always wear a pair of reflective armbands, high-visibility belt or other reflective or fluorescent clothing which will help you to be seen from a distance.
Carry a torch on country roads.

had one too many, don't attempt to walk – hail a taxi, use public transport or get a lift from a (non-drinking) friend.

Pubs and clubs also have a responsibility to prevent intoxicated customers walking out on public roads where they could be hit by passing vehicles, or cause a crash through their own behaviour. To prevent this happening, bar staff or anyone serving alcohol should decide if the person is fit to walk. If not, they should arrange to get them home safely.

THE BASICS

Although you can't be responsible for the way people drive, you can take a number of steps to make yourself safer as a pedestrian:

Stop, look and listen

Don't try to cross the road between parked cars
If possible, cross at a pedestrian crossing or traffic lights.

Never cross at a bend.

SOBERING FACTS

Drunken pedestrians are a source of danger to themselves and other road users. If you have



JAMES IS GAA/GPA PLAYER OF THE YEAR.

KERRY FOOTBALLER JAMES O'DONOGHUE WITH HIS 2014 GAA GPA ALL-STAR PLAYER OF THE YEAR AWARD PICTURED AT THE CONVENTION CENTRE, DUBLIN.



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142	Opel Insignia SRI 2.0 Diesel 140 BHP	Red	1k	€31,950	€29,995						
141	Opel Zafira Tourer SE 7 seater 2.0 Diesel	Silver	15k	€29,950	€28,950	2011	Opel Insignia SRI 2.0 Diesel 160 BHP	Silver	125k	€19,950	€17,950
141	Opel Insignia SC 2.0 Diesel	Grey	19k	€27,950	€26,950	2011	Opel Insignia SC Auto 2.0 Diesel	Grey	73k	€19,950	€17,950
141	Opel Astra SE 4 door 1.3 Diesel	Silver	1k	€23,850	€22,950	2011	Nissan Qashqui 5 door	Grey	65k	€18,950	€17,750
141	Opel Zafira Club 7 seater 1.7 Diesel	Silver	9k	€25,950	€24,950	2011	Citroen C4 Picasso 1.6 Diesel	Blue	24k	€15,950	€14,950
141	Opel Mokka SE 5 door 1.7 Diesel	Black	19k	€26,950	€25,950	2011	Ford Focus 5 door 1.6 Diesel	Black	101k	€14,950	€12,950
141	Opel Astra SE 5 door 1.3 Diesel	Black	2k	€23,500	€21,500	2011	Renault Fluence 4 door 1.5 Diesel	Red	44k	€14,950	€13,000
141	Opel Corsa Excite 5 door 1.3 Diesel	Black	22k	€17,950	€16,950	2010	Opel Insignia S 5 door 2.0 Diesel	Black	130km	€14,950	€13,950
132	Opel Insignia S 4 door	Blue	9k	€25,950	€24,950	2010	Renault Megane Coupe	Grey	125k	€12,950	€11,950
132	Ford B Max Titanium 5 door MPV 1.5 Diesel	Gold	20k	€20,950	€18,950	2010	Renault Clio 5 door 1.5 Diesel	Gold	72k	€10,950	€9,950
131	Opel Corsa SC 5 door 1.3 Diesel	Silver	30k	€17,950	€15,950	2009	Opel Corsa 3 door 1.2 Petrol	Silver	60k	€8,950	€7,950
2012	Kia Ceed Estate 1.4 Diesel	Grey	35k	€17,950	€16,950	2007	Opel Astra Sxi 3 door 1.4 Petrol	Red	97k	€8,950	€7,950
2012	Opel Corsa Sxi 3 door Automatic 1.4 Petrol	Black	92k	€11,950	€9,950	2007	Opel Vectra Club 5 door 1.6 Petrol	Silver	146k	€6,250	€5,500
2012	Seat Leon 1.6 Diesel	Red	45k	€16,950	€14,950	2001	VW Beetle 1.6 Petrol NCT 05/15	Silver			€2,500
2012	Ford Galaxy MPV 2.0 Diesel	Silver	92k	€30,950	€28,950						
2012	Opel Astra Sxi 3 door 1.7 Diesel	Black	52k	€17,950	€16,950						
2011	Opel Meriva SE 1.7 Diesel	Gold	56k	€15,950	€14,950						
2011	Opel Astra S 5 door 1.7 Diesel	Silver	92k	€15,950	€13,950						
2011	Opel Corsa SC 5 door 1.2 Petrol	Silver	42k	€11,950	€10,950						

Commercials at Aherns

141	Astravan 5 door 1.3 Diesel	Silver	1k	€14000 + VAT
141	Opel Combo 1.03 Diesel	White	1k	€12500+ VAT
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SouthWest
Counselling Centre

THE IMPORTANCE OF COMMUNICATION

When people come along to counselling, and begin talking about their problems, it sometimes becomes apparent that some of their difficulties may be down to the challenge of communicating with the other people in their lives.

This can apply to any of us. Whether discussing issues in our relationship with a partner or other family member, or with friends or colleagues, we are quite likely to say 'He knows how I feel about this', or 'She knows how difficult I find that', or 'I'm not going to ask them for help because I shouldn't need to ask, they should just know what to do', and so on. Sound familiar?

All this ignores a fundamental reality – we cannot assume other people know what we think, or how we feel, or what we need, unless we tell them. We are all equipped with a degree of intuition, and some people can be very 'tuned in' to the thoughts and feelings of others. But we cannot always rely on intuition alone. For example, someone may long for their partner to open up about a shared difficulty in their lives, while the partner may want exactly the same thing, but feel they 'shouldn't go there' because they think this would be unwelcome. Two people, who long to connect with each other, may grow further apart because of a gap in communication.

Of course we all need, and are entitled to, our privacy. We don't have to wear our heart on our sleeve all the time. What we are thinking about here is building bridges and sustaining connections with the significant people around us, rather than seeing those connections weaken through a lack of communication, with all the misunderstandings, frustrations, conflict, hurt and loneliness that can ensue.

As children, we may have been fortunate enough to have an adult around who 'tuned in' to our feelings and tended to our needs, before we were old enough to put those feelings and needs into words. Even if we don't realise it, perhaps a bit of us still quite naturally longs for that sort of automatic understanding from others. But, as adults, we probably need to play our part in making ourselves known and understood. The counselling process can offer a safe space where we can start putting things into words, gradually find our own voice, and become more confident about making ourselves known to another person.

SOUTHWEST COUNSELLING Centre Killarney provides affordable professional counselling to children, adolescents adults and couples – both at its **Killarney Centre (Lewis Road)** and at **Kenmare Family Centre**.

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

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

Health Matters....

With Dr. Michael O'Doherty

URINE INFECTION IN CHILDREN

A urine infection is caused by bacteria that get into the urine. Most urine infections are due to bacteria that normally live in your own bowel but manage to get in to the urine. Some bacteria thrive in urine and multiply quickly to cause infection.

The infection is commonly just in the bladder (when it is called cystitis), but may travel higher up to affect one or both kidneys as well.

Nearly 1 in 20 boys, and more than 1 in 10 girls, have at least one urine infection by the time they are 16 years old. Children aged under five years are the most commonly affected. Most urine infections in children are just "one of those things" and there is no underlying problem to account for it. However in some cases there may be an underlying cause for the infection. Retaining some urine in the urinary tract may play a part. When we pass urine, the bladder should empty completely. This helps to flush out any bacteria that may have got into the bladder. However, some abnormalities or problems that affect the urinary tract can make some urine stay in the urinary tract. This may allow any bacteria to multiply as urine is a good food for some bacteria. Some children suffer from constipation and emotional issues in passing bowel motions. Both can lead to hard stool pressing on the bladder and thus causing the retention of urine.

An abnormality of the urinary tract may lead to retention and improper drainage of urine. One common condition is called vesico-ureteric reflux. Infected urine can travel upwards towards the kidneys potentially causing kidney infections and scarring. Other rare problems that may be found include kidney stones, or congenital abnormalities of parts of the urinary tract.

Neurological (nerve) or spinal cord disorders may affect the bladder emptying and thus lead to infections.

It can sometimes be difficult to tell if your child has a urinary infection. Young children, toddlers and babies can have various symptoms including fevers and going off feeds. Older children may say that they have pain when they pass urine, and pass urine frequently.

A urine sample needs to be tested confirm the diagnosis. This can be difficult to attain in children.

Young children - the usual way is to catch some urine in the specimen bottle whilst they are passing urine. Just be ready with the open bottle as the child passes urine. (Be careful not to touch the open rim of the bottle with your fingers as this may contaminate the specimen with bacteria from your fingers.)

Babies – A urine bag or pad can be used to collect urine. If no pad or plastic bag is available, the following might work. Take the nappy off about one hour after a feed. Tap gently with a finger (about once a second) just above the pubic bone. (This is the bone at the bottom of the stomach above the genitals.) Quite often, within about five minutes, the baby will pass urine. Try to catch some in the bottle.

If you collect a sample at home, take it to the doctor or clinic as soon as possible after collection. If there is a delay, store the urine sample in the fridge.

What is the treatment of a urine infection in children?

A course of an antibiotic will usually clear the infection within a few days. Give lots to drink to prevent dehydration. Also, give paracetamol to ease any pains and high temperature.

FURTHER TESTING MAY BE ADVISED BY YOUR DOCTOR. FOR EXAMPLE:

- Children over the age of six months who have a one-off urine infection which promptly clears with treatment do not usually need any further tests.
- Children with a severe infection, or with an infection with unusual features, may need tests.
- Children who have two or more infections of any severity may need tests.

The tests that are advised may vary depending on local policies and the child's age. There are various tests (scans, etc) that can check on the structure and function of the urinary tract (the kidneys, ureters, bladder and urethra).

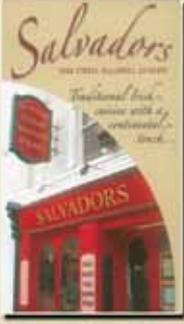


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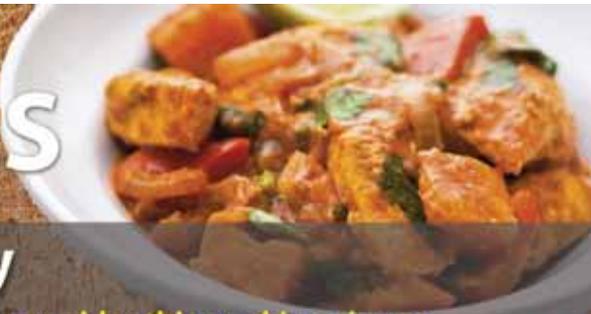
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OUTLOOK RECIPES



Chicken Curry

Fitness expert Edele Daly provides this week's recipe to prepare for our 6 week challenge.

number of servings: 2
Prep time: 5mins Total time: 15mins approx
calories: approx 330 cals per person (not including brown rice)

Ingredients

- Chicken fillets x 2
- Peppers 1/2 Green, Red & yellow pepper
- Onion x1
- * ADD ANY VEG OF CHOICE eg. COURGETTE, MUSHROOMS ETC.
- Pineapple chunks (approx 2-rings)
- Raisin (handful)
- Curry Powder (2 x tablespoons)
- Olive Oil (2x tablespoons)

*add brown rice if required (if watching calories & wanting to lose weight keep the portion size of the rice to no more then a fist sized cooked, approx 2-3 tablespoons)

Method

- heat oil in wok, & add chicken diced up small. Cook through until golden brown on all sides
- Add in all the veg. Cook through for a few minutes
- Add in curry powder & pineapple & raisins
- Add water (about a cup full) & allow to simmer on low heat for about 10mins.
- Add salt and pepper to taste at end to your liking.

Special Dietary Information
This recipe is Gluten free (provided the curry powder has no flour in it so check back of labels)

TIP OF THE WEEK: BATCH COOK
If you are struggling with time to prepare healthy meals mid-week or at weekends, then why not try batch cooking! On your days off or when you do have an hour or 2 to spare, whack on the oven and get cooking. You can then freeze these meals for the evenings or lunches that you are busy and don't have time to cook

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THOMAS MURPHY WAS THE LUCKY JACKPOT €15,000 WINNER WHEN HE PURCHASED THE WINNING TICKET FROM PATRICK CRONIN OF CRONIN'S SHOP, CURTINS CROSS, KILLARNEY. INCLUDED IN PHOTO GENE CRONIN AND PATRICK CRONIN (CRONIN'S SHOP), ASSUMPTA O'DONOGHUE (TREASURER), GERARD MANGAN (CHAIRMAN SPA GAA), THOMAS MURPHY (WINNER), DEIRDRE O'SULLIVAN DARCY (SECRETARY) AND TADHG HICKEY (CHAIRMAN SPA LOTTO).

EAST KERRY NOTES

Áine Ní Shúilleabháin PRO

EAST KERRY MINOR CHAMPIONSHIP SEMI FINALS

Aquila Club O'Donoghue Cup

The East Kerry Senior Championship, the Aquila Club O'Donoghue Cup, sponsored by the Aquila Club, Gleneagle Hotel, continues next Sunday, 2nd November, with two quarter finals, Spa V Listry and Rathmore V Dr Crokes. First named team has home venue. Throw in is at 2pm and there will be extra time if necessary. The winners of these two games will meet in the semi final. The second semi final, Legion V Kilcummin, is fixed for Sunday 9th November in Fitzgerald Stadium at 2pm.

EAST REGION UNDER 12 COMPETITION

The East Region Under 12 competition is due to reach completion this week with the final round, in Group C fixed.

CONGRATULATIONS Well done to the Kerry players on winning All Star awards, and especial mention for all the East Kerry players who received nominations and to Rathmore's Paul Murphy on the All Star and Legion's James O'Donoghue, All Star and 2014 Player of the year. Wonderful achievements.

EAST KERRY CUMAINN NA MBUNSCOIL FINALS

The East Kerry Primary Schools finals took place over the last few weeks. The 2 Teacher games were divided into two groups with a well drilled Raheen NS team defeating a young Meentogues NS team in the final. In the 3 Teacher final Knockanes NS defeated Barraduff NS in a close game. Loreto NS played open football to overcome a gallant Gneeveguilla NS side in the 4/5 teacher final. Holy Family Rathmore retained the 6/8 teacher crown overcoming a spirited Kilcummin NS outfit. Presentation Monastery NS progressed to

the Urban final losing out to Tralee CBS in a fantastic match. Thanks to all schools for the support in completing the games programme in a short period of time. Clubs continue to provide excellent assistance to the school football teams. Best of luck to all East Kerry teams in the county competitions.

Date Change East Kerry Board Delegates Meeting

The October meeting of the East Kerry Board has been put back a week due to a clash with the County Committee meeting. The East Kerry Delegates meeting will now take place on Tuesday the 4th November 2014 at 9pm in the Killarney Heights Hotel.

Spa 3-15 Legion 1-02 Legion hosted Spa in the Division 1 Semi Final of the East Kerry Minor Championship, sponsored by the Tatler Jack. Spa proved the stronger and led 2-07 to no score at the half time whistle. Michael Foley and Liam Kearney being the goal scorers. Legion showed great spirit and Lee O'Callaghan found the net in the second half while Mikey Moynihan goaled for the visitors. Spa ran out convincing winners on a final scoreline of Spa 3-15 Legion 1-02. Spa meet Dr Crokes in the Division 1 Final. Date and venue to be arranged.

SYMPATHY The East Kerry Board extends sympathy to the Fleming and O'Donnell families on the recent passing away of baby Eabla. Ar dheis Dé go raibh a h-anam dílis.

EAST KERRY MINOR CHAMPIONSHIP SEMI FINALS

Fossa 3-16 Glenflesk 3-9 Fossa reached the final of the East Kerry Minor Championship Division 2, sponsored by the Tatler Jack, on Bank Holiday Monday when they had seven points to spare over visitors Glenflesk at Fossa. After a slow start, Fossa built up an eleven point lead at half time. When Paudie Devane increased the Fossa lead to fourteen points immediately after the

resumption, the game looked over as a contest, but to the credit of Glenflesk, they upped their performances and succeeded in reducing the margin to seven points at full time.

Glenflesk had the brighter opening ten minutes when they led 0-3 to 0-1 – their scores coming from Lee O'Donoghue (0-2) and Daniel O'Brien while Paudie Clifford replied for Fossa. However, Fossa controlled the rest of the half scoring 1-6 without reply as they put relentless pressure on the Glenflesk goals. Despite a good save from Tom Doherty, Adrian Cronin toe poked the rebound to the Glenflesk net in the eleventh minute. There followed a string of points for Fossa from brothers Paudie and David Clifford, Michael O'Keefe, Matthew Rennie and Adrian Cronin to see Fossa lead 1-7 to 0-3 with five minutes remaining. Glenflesk added a point from a Lee O'Donoghue free but Fossa continued to press home their advantage. David and Paudie Clifford added points. On the call of half time, a quick free from Paudie Devane found Paudie Clifford inside the Glenflesk defence and the latter raised a green flag. Half time Fossa 2-9 Glenflesk 0-4.

On the resumption Paudie Clifford won the throw in and in combination with his midfield partner Killian Bellew they worked the ball towards goal. A fine save by the Glenflesk keeper Doherty rebounded to Paudie Devane who made no mistake for Fossa's third goal. It left Glenflesk with a mountain to climb as the scoreboard read Fossa 3-9 Glenflesk 0-4. Glenflesk moved Luke O'Sullivan to midfield and his side began to put good attacks together. Over the next twenty minutes, they outscored Fossa by 8 points. A Glenflesk goal from Daniel O'Brien was followed by a Lee O'Donoghue pointed free – 3-9 to 1-5. Glenflesk had points from O'Donoghue(0-2), Daniel O'Brien and Luke O'Sullivan while Paudie Clifford and Mikey O'Keefe responded for Fossa. After twenty minutes, Glenflesk midfielder Eoin O'Meara soloed through the Fossa defence. His pass to Lee O'Donoghue on the edge of the square brought goal number two for Glenflesk - 3-11 to 2-8 with ten minutes remaining. From an unassailable position, the Fossa lead was under threat. However, the impressive Matthew Rennie together with the Clifford brothers, full back Colm Walsh and centre back Diarmuid Burke steadied the Fossa ship. Points from Mikey O'Keefe, Paudie Clifford and Matthew Rennie restored a good margin but when Daniel O'Brien pumped a long ball into the Fossa square, it was Lee O'Donoghue who reacted best to finish to the net - 3-14 to 3-8 with minutes remaining. From the kick out Daniel O'Brien added a Glenflesk point but Fossa finished strongest with points from Matthew Rennie and Paudie Clifford. Final score Fossa 3-16 Glenflesk 3-9. Fossa play Rathmore in the Final. Date and venue TBC. Referee Donal Casey Scartaglin.



Fossa Team: Maurice Prendeville, Jonathon Coffey, Colm Walsh, Cathal Talbot, Matthew Rennie(0-3), Diarmuid Burke, Brian Myers, Paudie Clifford (Capt)(1-6, 0-1 f), Killian Bellew, Michael O'Keefe(0-3), Paudie Devane(1-0), Conor Murphy, David Clifford(0-2), Daniel O'Connell, Adrian Cronin(1-2).

Glenflesk Team: Tom Doherty, Michael O'Donoghue, Shane Courtney (Capt), Jack Spillane, Cathal Dineen, Fionan O'Donoghue, Sean Lucey, Eoin O'Meara, Daniel O'Brien(1-3), Finian Wall, Philip O'Donoghue, Liam Warren, Ian Roche, Luke O'Sullivan(0-1), Lee O'Donoghue(2-5, 0-4 f). Sub: Darragh Lynch Spa 3-15 Legion 1-02

Legion hosted Spa in the Division 1 Semi Final of the East Kerry Minor Championship, sponsored by the Tatler Jack. Spa proved the stronger and ran out convincing winners on a final scoreline of Spa 3-15 Legion 1-02. Spa meet Dr Crokes in the Division 1 Final. Date and venue to be arranged.

EAST KERRY UNDER 16 CHAMPIONSHIP FINAL The East Kerry Under 16 Division 3 Championship Final, Furies V Scartaglen / Cordal, sponsored by MD O Shea, is fixed for Friday evening the 31st October 2014 in John Mitchels complex, Tralee at 6.30pm under lights.

LISTRY NOTES

LISTRY WEEKLY LOTTO Results Sunday 26th October, 2014

Winning Numbers 5, 15, 19, 20

Jackpot €10,400 Not Won

1x€100 Richard Connolly, Ballybrack

2x€50 Anita Galvin, Killorglin
Michael O'Sullivan, Faha

2x€25 Mary Kelliher, Milltown
Cora McGillicuddy, Faran

Draw Entrant Eileen Gray, Lahard

Jackpot next week

Sunday 2nd Nov €10,550

Next Monthly Meeting

This will take place on Monday, 3rd November @ 9pm in the clubrooms.

O'DONOGHUE CUP Listry Seniors will play away to Spa in the O'Donoghue Cup on Sunday, 2nd November at 2pm. Please come along and support.

MINOR CHAMPIONSHIP SEMI FINAL RESULT Keel/Listry minors played Glenbeigh/Glencar/Cromane in Glenbeigh yesterday and had a good win. Keel/Listry 5-20 Glenbeigh/Glencar/Cromane 1-07.

Keel/Listry through to Final details to be confirmed.

KILLARNEY LIBRARY EVENTS A number of events will take place at Killarney Library as part of the Monsignor Hugh O'Flaherty Memorial Programme. From 28th October to 15th November inclusive a Photo & Memorabilia Exhibition will take place during library opening hours with the Official Opening of the Exhibition on Thursday 30th October

at 10.30am. Also, on Thursday 30th October a presentation of the research on "O'Flaherty Genealogy" will take place at 7pm. On Monday 10th November the Literary and Art Award Winners Presentation & Exhibition will take place at 11am. Free admission. All welcome.

MILLTOWN /CASTLEMAINE NOTES

LOTTO There was no winner of last weeks lotto , the numbers drawn where 01,04,25,28. Consolation prizes where

€50 Kieran & Fiona Flynn , Killorglin

€50 Eddie Wren , Brackhill

€25 Ashley Casey , Cromane

€25 Eileen Barry c/o Tom Barry

€25 Joe McAuliffe, Cork

€25 The Counihan's , Castlemaine

The next draw will take place on the 7th of November in the O'Sheas Bar , when the jackpot will now be massive 10,000 euro .

Tickets available from local businesses .Thank you for your support

UNDER 10 Had their last outing of the year and had a great day in Kenmare. They won the cup after going undefeated in the Cup round robin. The Shield team just missed out on the final and had some great performances in very even games. They then played Kenmare in the Cup final where our boys played their best football of the year to win the Cup. Thanks to the players for a great effort today. Thanks to Kenmare For the invite and organising an excellent day

LEGION GAA CLUB NOTES

GAA PLAYER OF THE YEAR Hearty congratulations to James o Donoghue on receiving his second All Star award in a row and then followed it up by scooping the GAA FOOTBALLER OF THE YEAR AWARD . A richly deserved award by a player who has lit up the footballing season and ignited Kerrys charge at the All Ireland title this year .. A great honour for himself , his family and the entire club to see him be the first Kerry player since 2009 to win this award . Well done James.

U12 GIRLS FOOTBALL Legion V Glenflesk Our Legion U12 girls took to the pitch in Glenflesk last Sunday afternoon with determination in their hearts from the outset. Captained by Tara Murphy, they started as they meant to go on with a 2 point lead within the first couple of minutes. All players played to their full potential on the day. Goalkeeper, Deirdre Lyne ended her year in style with some great saves and her kick outs reached their targets, midfielders Tara Murphy (0-1) and Orla Cronin, who worked tirelessly, covering the pitch from post to post. Our Defence was rock solid with Amy Myers, Kate Mc Carthy, Orlaith O' Connor, Evie Culloty, Caoimhe Fleming and Eve Crowley, all of whom played their part in working hard to keep the Glenflesk girls

out of scoring range .Our Full Forwards, Ellen Farandon, Niamh O' Leary, Lauren Horgan, Ailbhe Gammell, Shona Doody (2-1) and Kerri-Ann Hanrahan (0-7) worked as team to put the vital scores on the board, with some beautiful points being scored and two well fought for goals.

Our Subs made a massive impact when they came on the pitch and into weather conditions that had seriously deteriorated for our team: Clodagh Sheahan, Aishling Stack, Sarah Moriarty, Leah Dickinson and Rebecca Doyle .

Our girls played with great heart and fight to reach a grand finale of 2-9 to 1-7. Our Club should be very proud of them!

We would like to sincerely thank parents for their support throughout the year and for turning up in such large numbers to cheer on the girls on Sunday. Well done to all!

MORAN CUP FOOTBALL Well done to our young Legion players, Robert Osborne, Micheal Devlin, Jack Enright, Barry Slattery, Darragh Lyne & Darren Looney who lined out for the winning 'Sem' team in the quarter-final of the Moran Cup (Under 15A) Football competition. The 'Sem' were sluggish in the first-half but got their act together in the second-half and thoroughly deserved their victory. St Brendans Killarney 1-15 PS Chorca Dhuibhne 2-2.

SATURDAY MORNING ACADEMY Saturday Academy - sponsored by Keanes - is a great hive of fun and football on a Saturday morning.

We have been very lucky with the weather too! Sean Culloty and the Coaches have agreed to extend the coaching sessions until Nov 8th.

Given that many of the coaches worked with the kids from March through to July, then ran blitzes and Tuesday evening football into August before the Autumn term started in September, I'm sure parents of the u6 to u10 boys & girls in the club really appreciate their dedication and that of the off-the-field volunteers.

O DONOGHUE CUP DRAW We have been paired with Kilcummin in the semi final of this years O Donoghue cup with that game to be played on November 9. the other semi sees Spa awaiting the winners of Rathmore v Dr Crokes.

SPA NOTES

COISTE NA NOG

Our u8 and u10 boys had enjoyable fun Games in legion last Saturday. Underage will be moving indoors to train shortly.

Training times for boys.

U10 Friday at 6pm. U12 Friday at 7pm. U6/8 Saturday at 11.30am.

Please note new day and time for girls. U6/U8/ U10 Girls Wednesday 5.00-6.00 pm indoors (please bring runners) starting Wednesday 5th November.

UPCOMING FIXTURES O' Donoghue Cup Quarter final Spa v Listry on Sunday Nov 2nd



at 2pm

CONGRATULATIONS to Thomas Murphy on his great windfall of €15,000 in our spa Gaa lotto. The biggest jackpot to date. Thomas purchased the winning ticket from Patrick Cronin of Cronins shop. Thanks to Patrick and Gene Cronin who are one of our biggest selling outlets.

SCOR NA NOG Upcoming Fixtures for Scor na nOg. Quiz County Finals : November 22nd in Carnegie Killorglin at 7pm

Scór na nOg County Finals: Sunday 30th November in Tinteán Theatre Ballybunion at 2pm

Annual Awards Night Saturday November 29th Our social event will be held in Torc Hotel (Darbys) @ 7.30pm on Saturday Nov 29th. Tickets are €15 for Buffet/Dance. There will be senior men, Senior Lady, Junior, Young Player of the Year, Scor and Guest of Honour awards presented on the night. Tickets are limited and will be on sale shortly.

CLOTHES/BOOKS/OLD PHONES DRIVE COLLECTION We collect all year round. All proceeds goes towards the underage section of this club. Time to clear those wardrobes and can be dropped off to Spa clubhouse during the day or in the evening. All clothes any condition (clean), belts, bags, shoes and books (no school text books) and any old phones can be collected. Contact Anne Holland 0857780883 or John O Donoghue 087 9403517.

DR. CROKES GAA CLUB NOTES



PATRICK O'DONOGHUE, GLENEAGLE GROUP MANAGING DIRECTOR, PRESENTS A NEW SET OF PLAYING GEAR SPONSORED BY THE AQUILA CLUB AT THE GLENEAGLE HOTEL TO DR CROKES MINOR FOOTBALL CAPTAIN MICHEAL BURNS. ALSO IN PICTURED ARE FROM LEFT STEPHANIE EGAN (AQUILA CLUB), GER O'SHEA (DR CROKES CHAIRMAN), BRIAN McMAHON (DR CROKES MINOR TEAM MANAGER) AND JORDAN KIELY. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY)

LOTTO: Draw took place in the Tatler Jack on Sunday last. Numbers drawn: 4, 14, 15, 18. The jackpot of €10,500 was not won. Match 3, 7 received €60. Next week's jackpot is €10,800. Draw will take place in the Jack C's.

FIXTURES: O'Donoghue Cup Qtr. Final: Away vs. Rathmore, Saturday 1st Nov. 2:30pm. U21 Club Final: vs. An Ghaelteacht, Fitzgerald Stadium, Sunday 2nd Nov., 1:00pm. Please

support.

RESULTS: Mnr. C'ship Final: Dr. Crokes 2-03, Dingle 1-09. Molyneaux Cup Final: Dr. Crokes 3-09, Kilcummin 0-07.

MINOR C'SHIP FINAL: The ball was thrown in with the first use of the wind coming for us. The story of the first half is easily told with all the action crammed into the final three minutes of play. Both sides swapped early points, Jordan Kiely opening our account. The next score did not come for another 18 minutes when Micheál Burns put us ahead from a free. In between, with both sides using the possession game, there were numerous turnovers, we missed a few scoreable frees and Billy Courtney's shot required a great save from the Dingle goalkeeper in the 25th minute. Suddenly the game came to life when Dingle finished to the net after an initial shot was well saved by Johnny O'Leary. On resumption, play switched to the opposite end where Micheál Burns converted a penalty after a foul on Paul Clarke. At the break it was 1-02 apiece. Dingle now had use of the wind in the second half. Chris Doncel scored one of the finest points of the day which was followed shortly after by a second penalty when Jordan Kiely set up David Naughton who was pulled to the ground in the 15th minute. Micheál Burns struck the post with his shot but Jordan Kiely was first to react, booting the rebound to the net put Dr. Crokes ahead 2-03 to 1-04. But this proved to be our last score as Dingle took control of the middle third of the field. Geaney and Flaherty pointed to level the game for Dingle with 7 minutes remaining and after pushed on to give Dingle victory. Full-time score: Dr. Crokes 2-03, Dingle 1-09.

SATURDAY MORNING ACADEMY: The Saturday Morning Academy had a brilliant finish to the year last Saturday with a fantastic party!! Coach Sarah presented the boys and girls with their medals!! Big thanks to all the U6 coaches Megan, John, Pat, Sarah, Amy and UCC girls Zoe, Amy and Leah!!! Big thank you to all the parents who generously brought treats and especially the two Annes and Deborah Ann for organising the refreshments!!!! Great to see senior trainer Martin doing the hoovering and tidy up after an all rounder!!!

SCÓR NA NÓG: We are now also looking for our talented members to take part in Scor Sinsear & Scor na bPaisti (Primary Schools) early in the New Year. Anyone who would like to get involved in any way please contact Theresa Hickey on 086-3487671 or Aine McMahon on 087-2890527

CLUB MASS: a mass for deceased members will be held in the clubhouse on Wednesday, 12th November at 7:30pm.

CLOTHES BANK: There is a clothes bank now permanently located at the rear of the clubhouse. Any old clothes, no longer required, can be deposited in bags at all times. As well as providing valuable funding to our juvenile section, proceeds from the bank also go towards the ISPC.

CONGRATULATIONS: to Killarney Legion's James O'Donoghue on his Footballer of the Year and All-Star 2014 Awards.

SYMPATHIES: to the family and friends of the late Con O'Connor and Eabha O'Donnell. Ar dheis Dé go raibh na hanam dílis.

BEAUFORT GAA NOTES

CHAMPIONS - Beaufort U12s sponsored by Maurice Foley of MF Decorating travelled to Templeoe for their last game of the season. Like all year Beaufort put up a high score of 5-14 to 5.7. This result left them winners of their Division as they remained unbeaten throughout. Well done to all concerned and to their management of John Brendan O'Brien, Tim Carey, Vinnie Sheehan and Donal O'Connor. Team: Timmy Casey, Sean Kissane, Max Doyle, Oisín Cronin, Ethan Doyle, Sean O'Brien, Jack O'Connor, Mark Sheahan, Niall Carey, Kieran Dennehy, Jack O'Leary, Simon Cronin, Oran Smith, Jack O'Brien.

LOTTO Next draw for jackpot of €2,200 will take place in Galvin's Bar on Sunday, 2nd November. As this is the main income for the Club on a regular basis we ask for members support. Tickets available from usual outlets which include local shops, bars and regular sellers. Standing Orders can also be set up if people are interested.

BEST OF LUCK to Mid Kerry seniors who play Austin Stacks on Sunday next 2nd November in the replay of the Senior County Championship Final. Beaufort are well represented on the panel with Mike Moriarty, Michael John O'Connor, Gerard Hartnett, Ronan Murphy, Liam Carey, Fergal Hallissey, Sean Fogarty and Danny Healy.

KERRY LIFELINE at SouthWest Counselling Centre held a seminar 'Reaching out to the Community', the aim of which is to promote positive mental health amongst our people took place on Friday in Clubrooms. This was well presented and interesting but unfortunately it was not well attended.

Gym opening hours from 1st October will be from 7am to 10pm

CLASSES Autumn Exercise Class Programme continues as follows: Thursday, 7.15pm to 8.15pm Quickfit. toning, strength and conditioning.

Friday 10 am to 11am Intermediate pilates.

Friday 11.10 to 12.10 Active retired gym, pilates. Minimum 10 per class. Information from Bridget 087 9975737

BEAUFORT SENIORS sponsored by Maurice Foley of MF Decorating will play their last County League game on Sunday, 9th November.

BEAUFORT MINORS sponsored by Melvin of Carsons, Daybreak are provisionally due to play Milltown/Castlemaine in Beaufort on Saturday, 1st November at 2.00pm.



STALEMATE AS AUSTIN STACKS AND MID KERRY HAVE RETURN BOUT

**AUSTIN STACKS 1-13
MID KERRY 2-10**

KERRY O'SHEA REPORTS FROM

AUSTIN STACK PARK

Austin Stacks and Mid Kerry will have to do it all over again following their draw in a pulsating Garvey's Kerry SFC decider at the Austin Stack Park Tralee last Sunday.

The game was afterwards described by supporters of both sides and neutrals alike as one of the best county senior football deciders in recent memory. The large crowd and the good natured banter between both sets of supporters ensured a wonderful atmosphere at the Tralee venue not to mention the Austin Stacks army of supporters who added their own colour and flair to the proceedings. The playing surface, despite all the recent heavy rain, was in mint condition, the credit for this must go to groundsman Vincent Linnane and his team. Both sides had chances to win the game. Gavan O'Grady, who turned in a magnificent performance for Mid Kerry, was narrowly wide, missing a 15 metre free with three minutes remaining, then in the final play, Shane Carroll's attempt from a 47 metre free drifted well wide of the target. In between, Kieran Donaghy's goal attempt which was taken off the line by a Mid Kerry defender at the start of the second half was also vital. A goal at that stage would have spelt curtains for Mid Kerry's challenge, but in truth, a loss for either side would have been particularly cruel. When they reflect on this game, Austin Stacks will feel that this was one that slipped away. They led by four points just after half-time and with the aid of the swirling wind appeared set for victory, but a resilient and determined Mid Kerry refused to lie down and inspired by a fortuitous goal from county man Donnchadh Walsh, lived to fight another day. **THE PLAY, FIRST HALF:** Both sides seemed to cope better when playing against the elements. Mid Kerry got off to a great start when their main scoring threat Gavan O'Grady, the top scorer in this year's championship race, stole inside the Stacks defence to bury a super goal following a peach of a kick pass from Gary Sayers with five minutes gone on the clock. Austin Stacks, slowly but surely, got to grips with the game and started to dominate around midfield with Daniel Bohan turning in a super performance at wing-forward poaching two points. Austin Stacks dominated from the eighth to the 21st minutes of the first



MID KERRY WHO PLAYED AUSTIN STACK FOOTBALL TEAM IN THE GARVEY'S SUPERVALU SENIOR COUNTY FOOTBALL CHAMPIONSHIP FINAL 2014 AT AUSTIN STACK PARK, TRALEE ON SUNDAY

half, scoring 1-5 during this period, the goal from Kieran Donaghy and the points from Pa McCarthy, Shane Carroll(3), and Daniel Bohan, his second point of the game a real beauty which appeared to be going wide but curled over at the last second. Mid Kerry's first-half points came from Gavan O'Grady (2), Darran O'Sullivan, Donnchadh Walsh and James Long. At half-time, Stacks led by 1-8 to 1-5 and with the aid of the breeze for the second half, things certainly looked good for Stephen Stack's side.

SECOND HALF: Stacks led by four points, 1-9 to 1-5 when Pa McCarthy pointed after just 13 seconds, but Mid Kerry, with Kerry minor Liam Carey now in the action and causing the Austin Stacks defence plenty of problems, answered superbly with two points from Gavan O'Grady frees both won by Carey, and a fortuitous goal from Donnchadh Walsh to draw level, 1-10 to 2-7, with 40 minutes gone. Gavan O'Grady from a free eased Mid Kerry back ahead with 15 minutes left to play, a score which was cancelled at the other end by Stacks' Mikey Collins. Shane Callaghan and Kieran Donaghy added points to give Stacks a two-point margin entering the closing stages, however, Mid Kerry showed wonderful resilience and late points from Gavan O'Grady earned James Sheehan's side a draw. Ironically, the last time Stacks and Mid Kerry met in a final was back in 1975, that game also finished level, with Austin Stacks winning the replay.

Can history repeat itself, only time will tell. Finally, well done to Coiste na nOg Ciarrai on the production of an excellent Co Final Programme, a real collector's item!

BIG MATCH FACTS: MAN OF THE MATCH: Daniel Bohan (Austin Stacks). There were several worthy performances on both sides, Mid Kerry had heroes in Gavan O'Grady, Gary Sayers and Liam Carey, when he was introduced, while Austin Stacks best were Kieran Donaghy, Wayne Guthrie and Shane Callaghan, but we opt for Daniel Bohan who was a towering influence throughout. **SCORE OF THE MATCH:** Gavan O'Grady's first goal in the 5th minute was superb. O'Grady took delivery from a long Gary Sayers punt and stuck the ball over the head of

advancing Stacks keeper Darragh O'Brien. The point of the game was Daniel Bohan's second in the 10th minute from distance, which dipped over at the last minute.

**AFTER MATCH INTERVIEWS
Stephen Stack (Austin Stacks)**

"We put ourselves in a pretty good position at half-time, we should have been further ahead. A draw was probably a fair result. I was very proud of the lads with the way they fought back after conceding the two goals. They are a strong running team, we had chances to win it, yet it's fantastic to be still involved in another county final next Sunday."

"James Sheehan (Mid Kerry)

"It was a repeat of 08 against O'Rahilly's, we coughed up three goal chances in the first half, we need to rectify a few areas but I have to hand it to my lads, they showed great character in coming from three points down against that wind, we trusted ourselves and believed in our ability and we have to build on that again for the next day."

SCORERS: AUSTIN STACKS: Shane Carroll (0-5, 0-4 frees), Kieran Donaghy (1-1), Pat McCarthy, Daniel Bohan (0-2 each); Shane Callaghan, David Mannix, Mikey Collins (0-1 each). **MID KERRY:** Gavan O'Grady (1-6, 0-4 frees); Donnchadh Walsh (1-1); Darran O'Sullivan, Gary Sayers, and James Long (0-1) each. **TEAMS: AUSTIN STACKS:** Darragh O'Brien; Fergal McNamara, Barry Shanahan (capt), Ronan Shanahan; Pa McCarthy, Conor Jordan, Greg Horan; Wayne Guthrie, William Kirby; Shane Callaghan, Shane Carroll, Daniel Bohan; David Mannix, Kieran Donaghy, Mikey Collins. **MID KERRY:** Michael Moriarty (Beaufort); Michael John O'Connor (Beaufort), Fergal Griffin (capt) (Glenbeigh/Glencar), Ger Hartnett (Beaufort); Ronan Murphy (Beaufort), Pa Kilkenny (Glenbeigh/Glencar), Aaron Cahillane (Glenbeigh/Glencar); Colin McGillycuddy (Glenbeigh/Glencar); Tomas Ladden (Keel); Gary Sayers (Keel), Darran O'Sullivan (Glenbeigh/Glencar), Donnchadh Walsh (Cromane); Gavan O'Grady (Glenbeigh/Glencar), James Long (Keel), Kieran Courtney (Glenbeigh/Glencar).



KILLARNEY RUGBY CLUB NEWS

U14S - SUNDAY 26TH OCTOBER KILLARNEY RUGBY U14'S V CASTLEISLAND U 14'S.

This was a very sporting and entertaining game with both teams showing great skills and commitment. Killarney aided by a strong wind in the first half scored a well taken early try, when Adam Walsh took a well timed pass from Conor Sheahan to score in the corner. Another good piece of interplay by the backs saw Sean Murphy loop and take a nice pass from Diarmuid O'Donoghue to show great pace to score in the same corner. Conor Sheahan converted with a fantastic kick from the touch line. After great work by the forwards Conor Sheahan again cut through to score under the posts converted by Sean Murphy. The forwards, led by Finn O'Sullivan and supported by Ciaran O'Brien, Michael Horgan (making his debut), David Kennelly and Matt Mc Auliffe forced a scrum close to the Castleisland line. A good pick up and run by the no 8 Richard Wallace saw him score near the posts converted by Sean Murphy. This left the score at 26 - 0 to Killarney at half time. In the second half against a strong wind and a determined Castleisland team Killarney found it hard to get out of their own half. Mark Woodard and Jack O'Connell made good tackles to keep Castleisland out and Diarmuid Cahill and Jaden Leane worked hard in the tight exchanges. After more good work by the forwards Dion O'Neill made a typical scrum half break and ran 30 metres only to be stopped short of the line. From the resulting play Conor Sheahan took a great pass from Sean Murphy to score a well taken try out wide, converted by Sean Murphy. Castleisland to their credit never gave up and scored two well taken tries and converted one, making the final score Killarney 33 pts Castleisland 12pts. This was a great team effort by the Killarney boys who are improving with every game.

MINIS: Killarney RFC minis are now up and running, with the 2014/2015 season well underway. We will be hosting our round of the West Munster mini festivals on Saturday the 1st November and expect strong numbers from Listowel Castleisland and Kenmare, the under 12s will play in the field next to the playground all other ages will play across the road next to the Cathedral. We really need as much help as possible from parents etc, especially in the canteen afterwards, we would also be most grateful if parents could bring along with them some sandwiches etc.

We would also welcome any adults who would like to get involved at any level irrespective of their knowledge or experience of rugby union. Queries Dora 087/2196569 <tel:087/2196569>.

NIGHT AT THE DOGS: Tickets now on sale for the big fundraiser. Please give a hand to spread the word and get tickets sold. Saturday 22nd November from 7:00pm

FIXTURES: Saturday 1st November Minis host

a festival at Knockreer from 10:30am to 12pm. Help for Tom and co would be great.

U16S: Are away to Corca Dhuibhne Dingle. Bus from 9:15 at high street car park. Contact Feargal Courtney for details 087 6177825.

U18S: Are now amalgamated with Killorglin. Last Saturday they travelled to Midleton. They played very well and led at half time. A few simple errors were punished by the home side and we conceded two soft tries to end the contest. The U18s play in Killorglin tomorrow at 12.15pm. Contact Phil Edmonds for details.

SENIORS: Are home to Waterford City RFC in the league this Sunday at 2:30pm.

SYMPATHY: The Club expresses our deepest sympathies to the Flannery and Sullivan families on the sad passing of Elaine Flannery (nee Sullivan), of Blarney, Cork and formerly of Coolroe, Ballyhar, Killarney. Our thoughts and best wishes go to her mother Kay, brothers Ben, Kevin and Dee, Sisters and the extended family. Elaine is survived by husband Dave, and her 5 children, Sarah, Michael, Brian, David and Eamon. A gentle and gifted Mother, may she rest in peace

KILLARNEY DARTS TOWN LEAGUE

KNOCK OUT CUP SPONSORED BY O'NEILL'S PLUNKETT ST, KILLARNEY.

RESULTS:

Mustang Sally's B 4 - Dan Linehan's 5.
Avenue Heros 4 - Golden Nugget Old timers 5.
Dunloe Lodge B 1 - Lals Bar 5.
Old Killarney Inn v Murphys Bar - Postponed
Corkerys 2 - Kenmare Rooms 7.
98 B 5 - Charlie Foleys B 3
Teddys Bar 4 - Jimmys Jokers 5.
Jimmy Briens 5 - Charlie Foleys A 0.
98 A 5 - Mustang Sallys A 4.
klub Bar 5 - Nugget Night Owls 0.
Tatler Jack 5 - Murphys Pinters 0.

CONGRATULATIONS: To all the teams that made it through to the last 16. There will be a draw again to see who is playing who, when that is done, we will publish it in the Killarney Outlook and facebook.

MILLTOWN/LISTRY COMMUNITY GAMES

AWARDS EVENING: Please note our Awards Evening will take place in Milltown Community Hall on Sunday November 9 at 6 pm. We are inviting all children and their parents who were involved with us this year to attend and also an open invitation to others who intend getting involved with us in the coming year. Kerry Co. Secretary Margaret Culloty has kindly offered to come to our evening to present the awards. We are planning to put on display a share of old photos and news items and this should revive memories for some of our older members! If any of our former members have any old photos or

news items please contact Denis 087-9662332 and we would be delighted to borrow them for the evening. Refreshments will be served for all.

AGM: With enthusiasm still flowing from the Awards Evening the evening before we are holding our AGM at Milltown/Castlemaine GAA Clubhouse on Monday November 10 at 9 pm sharp. We encourage as many parents as possible to come along if possible as this time last year our continued existence was in doubt. A strong committee is essential to the continued success and growth of the Community Games in our Area and we would very much welcome more volunteers to assist us in the year ahead.

MUCKROSS ROWING CLUB

AGM 2014: The AGM of Muckross Rowing Club Ltd. was held on Thursday 23rd October at the Killarney Oaks. In his address, Chairman Maurice Coffey reflected on a most successful year for the club and thanked the coaches, oars people, committee and all the parents that supported the club and fundraising events. The hard work and pride of members in their club was noted for enabling the collective achievement of the past year - achievement not just measured in silverware but through participation of over 80 members, male and female, young and older. In particular the continued progression of junior members stands as testament to the club's success. Maurice commended the junior 18 squad and coach Aine Sweeney in particular, with silver medals at the Irish Championships and four green jerseys to cap the year. The assembled members were reminded of the great success of Kara O'Connor, Holly Hickey, Aine O'Sullivan and coach Aine Sweeney on their selection to the Irish squad for the Home International Regatta. The Muckross Head Of the River was noted as a great success in December 2013, made possible with assistance of parents and a little help from the weather on the day. The Gap Boat Trip, Barbeque and Summer Camp were also noted as terrific events for the club. The 2013-14 season had numerous competitive highlights - with Muckross RC strongly represented in regatta and time trial events up and down the country. Killarney Regatta was once again an outstanding success for Muckross crews across the board. The AGM was reminded of the ongoing financial commitment to sustain the voluntary sporting efforts of the club and Maurice expressed his thanks for the support of the Muckross Lottery and all fundraising events of the past twelve months. As always, renewed effort and support for the club's ongoing fundraising activities will be required through 2014-15. The new season also promises to deliver an exciting development in Muckross, as the extension of the Community Centre nears completion. Maurice asked all members to support the Community Association in their fundraising efforts including the upcoming Street Collection on 1st November. Further to



his Financial Report, Mike Walker was thanked for his presence at a busy time of the year. We again wish to sincerely thank Mike and all the team at Curran & Moore for their continued professional advice and support. Membership fees for the coming year were discussed and agreed by the AGM attendees followed by the Election of Officers. The Honourary Club Officers were re-appointed en bloc. President: Seamus Guiney. Vice Presidents: Maurice Coffey Senior, Dan Kelleher, Margaret O'Riordan, Jerry Murphy, Kathleen Murphy. Election of Officers. Chairman: Maurice Coffey Junior. Vice Chairperson: Linda Daly. Acting Secretary: Eadaoin Moynihan. Treasurer: Elaine Daly. Assistant Treasurer: Roisin O'Donoghue, Captain: Eadaoin Moynihan. PRO: Tim O'Shea. Children's Liaison Officers: Alan Lyne (boys). Girl's Officer to be appointed by the incoming committee. Safety Officer: Pat Murphy. Community Association Representative: Margaret Joy. Killarney Regatta Representatives: John Beazley, Alan Lyne, Denise Casey. Committee Member: David Moynihan. We again wish to thank the outgoing members of the committee. Firstly our special thanks to outgoing Club Secretary Sharon Cooper, who has given years of service to the committee and provided leadership through one of the most successful periods for the club. Special word of thanks also to Bernie O'Sullivan who has given equal commitment, time and effort to the committee in her role as Children's Liaison Officer (and unofficial Head of Catering!) Finally sincere thanks to Ellen Cagney, Fiona Devane and Susan O'Donoghue who have contributed to the club's success in recent years as committee members, providing vital support to make the organisation of the club and all our events a reality.

THANK YOU: Our thanks again to Eamonn and Valerie Courtney and all the staff and management of the Killarney Oaks Hotel who facilitated the AGM. At the end of our season, it is fitting to acknowledge the continued generosity of the Courtney family in their support for the club throughout the year. Whether in hosting meetings or fundraisers, social gatherings or providing event supplies, the support is unwavering and very often behind the scenes. We cannot thank enough the Courtney family and Oaks team whose contribution has helped to fuel all of the club's success highlighted at the AGM. Mile buiochas.

TRAINING & EVENTS: Winter training has resumed for all crews and beginner groups will be in full swing from this Sunday, weather permitting. New members always welcome. Enquiries to Eadaoin Moynihan 086 1529476. The Skibbereen Head Of the River scheduled for 18th October was cancelled due to inclement weather. Upcoming events include the Castleconnell Head Of the River this Saturday 1st November. Our very own Muckcross Head Of the River takes place on Saturday 6th December.

CENTRE EXTENSION: The extension works

at the Muckcross Community Centre continue apace and we eagerly look forward to its full reopening. The club kindly requests your support for the Community Association's Street Collection this Saturday which will support the outstanding costs of the development. Majority funding has been granted from South Kerry Development Partnership which will deliver greatly enhanced facilities, space and storage for all users.

GNEEVGUILLA ATHLETIC CLUB

LOTTO: No winner of our lotto 24/10/2014, numbers drawn were 9, 13, 14 and 22. Sellers prize winner: Lil O' Keeffe Bounard, €50 Y/T winner: Chris Crowley Gullane, €50 to Joan Crean Gneeveguilla, €40 each to Ann Vaughan Alps, Eily Mai Fleming Turengarriffe, Michelle & Mairead Breen Coom. Bonus not won numbers drawn were 2, 4, 5 and 21. Next week's jackpot €4,200 plus €1,000 bonus.

MUNSTER CROSS-COUNTRY: Top marks this week to Francis Cronin U14 boys, who had an outstanding race last Sunday in The horse & Jockey, Co Tipperary at the Munster Even Age Cross Country Championships. Francis came 2nd overall out of 140 runners and thus qualified for the All Ireland's next month. Francis looks like to be following in the footsteps of Sean Og, Patrick Warren, David O' Keeffe and Dean Crowley who were top notch at this type of running. Jack O'Leary was best of the Gneeveguilla gang who had Michael Foley driving the bus. Thanks to Michael. The next race is Munster Uneven Age Championships & Masters on Sunday November 9th.

CROSS COUNTRY RELAY: The teams for the cross country relays have been selected. We will be training the weekend.

TRAINING: Monday evenings Gneeveguilla GAA Hall 7.00 – 8.20 pm. Monday nights Fossa Hall commencing Monday 3rd November 7.45-8.45 pm. Circuit training will be commencing in Gneeveguilla Gaa Hall Friday night 7th November 7.00 – 8.00 pm, all children encouraged to attend.

KILLARNEY COUGARS BC

SENIOR LADIES DIV 1

KILORGLIN CYMS 37

KILLARNEY COUGARS 38

Last seasons top two ladies teams met at the Kilorglin Sports Complex on Wednesday last and the Cup holders Cougars defeated the current League Champions in a tense low scoring contest. The last time the sides met was the Cup Final in March with extra required on that occasion to separate the sides and with defenses on top here extra time looked likely in the closing stages. Neither side played to their potential with the games turning point coming in the closing quarter with Kcymys Kerry O'Sullivan having dragged her side

from five points down into the lead with her contribution of five points and some excellent assists in the final quarter before being forced to withdraw through injury. Cougars with two consecutive baskets by Allyson Caggio and a three pointer each by Cassandra Buckley and the excellent Marian O'Callaghan in the closing stages restored Cougars lead as they just held out in the final minute to give the visitors the points. Best for Cougars were Katie O'Brien, Allyson Caggio, Marian O'Callaghan.

Top scorers Cougars Marian O' Callaghan 14 pts, Kcymys Cora Conway 11pts.

SENIOR MEN'S DIV II

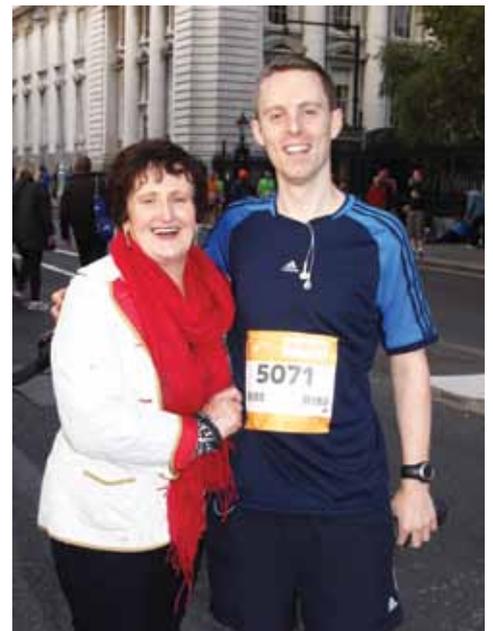
TRALEE TIGERS 53

KILLARNEY COUGARS 59

Both teams went into this game in good form having won their opening league games and a competitive and entertaining contest saw Cougars come from behind to take the points at Cuman loasef. Tigers made a strong start to lead 13-9 with Tomas Collins and new European signing Mario impressing with good early baskets. Cougars found their range in the second quarter with the experienced Alan Flynn on target with 3 three pointers to see Cougars ahead at halftime 24 20. The teams could not be separated in the second quarter as they went basket for basket with Cougars holding on to the lead 39 35. Cougars finished the stronger in the final quarter with Eugene Bowler, Dan Doonan and Niall O'Brien impressing on the boards despite the best efforts of Maurice Daly and James McAuley for the home side.

Top scorers Tigers Mario 24 pts, Cougars Flynn 18 pts.

Full list of Fixtures available on the website www.killarneycougars.com



RUNNER: PICTURED AT THE START OF THE DUBLIN MARATHON ON MONDAY LAST WERE MARGARET DENNEHY (CURROW) AND HER NEPHEW DIARMUID O'SULLIVAN (BEAUFORT).

PIC BY OUTLOOK PICS.

KILLARNEY CELTIC NOTES

KILLARNEY CELTIC HALLOWEEN 7 A SIDE TOURNAMENT: Killarney Celtic will be running a juvenile 7 a side Tournament this weekend for U12 (born 2003) and U10 (born 2005), entry fee €50 per team. Contact Eugene Cosgrave 086 2950021 for details. Entry forms can found at clubhouse, all entries should be addressed to Eugene Cosgrave, Killarney Celtic, Celtic Park, Ballydribbeen, Killarney.

KILLARNEY WHITE COLLAR BOXING:

Killarney White Collar Boxing will be hosting a series of bouts in Mustang Sallys this Saturday night, in aid of Kerry Lifeline. Tickets are available from Southwest Counselling and from sporting outlets in Killarney and on the door. This is a fantastic cause and a well-organised event by Paudie Looney in aid of suicide prevention, and a special highlight of the night should be the clash of the titans between Brian Spillane and Karl McMahon.

KDL AWARDS: John Delaney, FAI CEO, will present the KDL 2013/14 Awards at the Greyhound Stadium in Tralee on this Saturday at 7.30pm, including the U17 Cup to Killarney Celtic.

CLUB SHOP: Killarney Celtic's shop is now up and running on Saturdays from 12 noon to 2.00pm. We have a full new range of fantastic merchandise to suit every age, size, gender, and especially budget. Savings Club and Gift Vouchers available. Contact Mags on 089 2164639 or Mary on 086 6485809 for details

VOLUNTEERS BADLY WANTED: It takes a lot to keep a club going, but most of all we need people who can volunteer their time. We have a long-standing and proud policy of providing support and games for anyone, regardless of ability, but we badly need sufficient adults to provide supervision and support. No training is necessary and child protection training will be provided. Anyone willing to help out with a team is asked to contact Mike Lyne on 086 0836356

FIXTURES:

Munster Junior Cup: KILLARNEY CELTIC 2 LISTOWEL CELTIC 2

(Killarney Celtic won 4-3 on penalties) A thriller, and we had to reach deep into our reserves to come through a really tough test. Kevin O'Sullivan and Peter McCarthy had us 2-1 up at the break, but Aidan Quinn scored his second for Listowel Celtic to take it to the dreaded penalty shootout. 17 year old David O'Carroll was standing between the posts in his debut for us and no veteran could have acquitted themselves better.

Denny Premier B: BALLYMAC GALAXY 2 KILLARNEY CELTIC B 0

Celtic put in a great effort but full credit to an excellent Ballymac side who fully deserved their win.

U16 National Cup: KNOCKLONG HOSPITAL 0 KILLARNEY CELTIC 7

Knocklong battled bravely but in fairness Celtic were simply on fire on the day. David Clifford, Oran O'Donoghue, and Luke O'Donoghue all scored twice, with Mark Harnett icing the cake

with a beauty near the finish.

U16 Div Two: KILLARNEY CELTIC B 3 LISTOWEL CELTIC B 0

Lee Downing and Nacho Po had us 2-0 in front before Micheal Devlin and Nicklaus Littman combined to seal a convincing victory. Oran Claffey, Daniel Horgan, Kane Filan, Jake Daly, and Ryan Casey all sparkled for Celtic.

U14 National Cup: KILLARNEY CELTIC 3 CORBALLY 0

Another fantastic team display. Patrick Darcy, Ryan Kelliher, and Mike Lenihan got the goals, while Eanna Coleman, Peter O'Sullivan, and Darragh Dennehy also stood out with some sparkling skills and tremendous hunger.

U14 Div One: BALLYHAR 2 KILLARNEY CELTIC B 2

Short a number of regular starters, Celtic pulled out all the stops and goals from Adam McMahon and Evan Lyne, plus an absolutely stunning performance by unquestioned man of the match goalkeeper Oliver Cremin Murray earned us a deserved share of the spoils.

U12 Div One: KILLARNEY ATHLETIC B 1 KILLARNEY CELTIC B 3

A super performance by two fine teams, with Celtic just getting the edge on this occasion.

FIXTURES:

FAI Youths League: Kerry League away to Desmond League, Saturday, Askeaton, 3.00pm

U17 League: Killarney Celtic away to Killarney Athletic, Saturday, 3.00pm.

Denny Premier: Killarney Celtic away to Killarney Athletic, Sunday, 11.30am.

Denny Premier B: Killarney Celtic B away to Mastergeeha, Sunday, 2.30pm.

U15 Premier: Killarney Celtic at home to Tralee Dynamos, Saturday, 12.30pm.

U15 Div One: Killarney Celtic B at home to Inter Kenmare, Saturday, 10.30am.

U15 Div One: Killarney Celtic C at home to Park B, Saturday, 12.30pm.

U13 National Cup: Killarney Celtic at home to Inter Kenmare, Saturday, 10.30am.

U13 Div One: Killarney Celtic B away to Park B, Saturday, 10.30am.

U11 Group One: Killarney Celtic A at home to Park A, Saturday, 10.30am.

U11 Group Two: Killarney Celtic B at home to Park B, Saturday, 10.30am.

U11 Group Three: Killarney Celtic C at home to Park C, Saturday, 10.30am.

U7/8 Blitz: Celtic Park will be hosting a U7/8 Kids Blitz on Saturday at 2.00pm between ourselves, Killarney Athletic, Mastergeeha, and Inter Kenmare. All support and volunteerers appreciated. It goes without saying that these are non-competitive blitzes where fun for all participants is the only priority.

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

LOTTO RESULTS: Numbers drawn 5, 7, 15, 23. No winner, five match three, Jerry Fitzgerald c/o Breda Doona, Bernard Doyle c/o Ray, Katie O'Connor c/o Packie, John Scannell c/o Linehans, Pauline Lyne Dennehy Rd., €30 each. Next week's jackpot €3600, draw in the Failte on Monday night. Tickets available from all club

officers. Yearly tickets available.

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.

KILLARNEY ATHLETIC A.F.C. NOTES

FIXTURES:

Kerry Schoolboys/Girls League

Saturday 1st November 2014

League Fixtures

Under 7's & 8's Mini Blitz

Venue 3 Celtic Park 2.00pm

Killarney Athletic / Mastergeeha

Moriarty's Centra Under 11 Group 3

Iveragh v Killarney Athletic 11.00am.

Daly's Supervalu Under 13 Division 1

Mastergeeha v Killarney Athletic 10.30am.

Killarney Plaza Under 15 Division 1

Killarney Athletic v Killorglin 12.30pm.

Senior Fixtures

Sunday 2nd November 2014.

Senior A

Killarney Athletic v Killarney Celtic 11.30am.

Senior B

Killarney Athletic v QPR 2.30pm.

Seniors

Denny Premier A

KILLARNEY ATHLETIC 4

DINGLE BAY ROVERS 1

A brilliant performance and result by our senior team on a wet and windy day back in Dingle. Every single one of the players and subs were magnificent and our passing, movement and energy were a joy to watch. Gavin O'Shea scored to give us a half time lead. Mike Milner on his return to the side scored an absolute peach, and 2 more goals from Cillian Fitzgerald and Ryan O'Carroll sealed a great day for the blues. Rafa was great in goal, while Ryan O'Carroll, Mike Milner, Lukas and Gavin O'Shea made standout performances in a great overall team display.

JK Sports Under 12 Division 1

KILLARNEY ATHLETIC 1

KILLARNEY CELTIC 3

This was Athletics second outing of the season and it was a big improvement. Athletic opened brightly and played some lovely football in the first half during which they scored through Darragh Looney and also missed a penalty. The second saw Celtic come more into the game and two deflected goals didn't help Athletic's cause. Overall a great team performance.

Kerry District League

The Kerry District League will hold its annual awards night tonight October 31st in conjunction with a benefit night for the KDL at the Kingdom Greyhound Stadium. The awards ceremony will start at 8.00pm and guests of honour for the evening will be John Delaney Chief Executive of the Football Association of Ireland and hopefully another special guest on the night. The Athletic youths will be awarded their trophy and medals on the night. All welcome to attend. Tickets for the event are

€5 and with sufficient numbers, a bus may be organised. If you wish to buy a ticket, contact Damien 087-7473405 before they sell out.

300 MEMBER CLUB DRAW: Killarney Athletic A.F.C. are delighted to announce their 300 member club draw will be starting up again in the coming weeks. For €10.00 per month you could be in with a chance to win prize money each month. The money raised will be used to further develop the facilities at Killarney Athletic A.F.C.'s grounds. More information to follow.

GIRLS TRAINING: Girls training Wednesday night at the pitch from 6.30pm. All girls from under 10 upwards invited. Girls that wish to play up to under 10 level train with the academy on Fridays. Contact sec@killarneyathletic.com for further information.

MERCHANDISE: Killarney Athletic merchandise can now be ordered from Martin on 087-9261196.

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

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

SCHOOLBOY/GIRL SOCCER

7 Up for Kerry:

Evens National Cup:

12's Round 3: Charleville 1-3 Killorglin

Camp Juniors 2-3 Listowel Celtic

Mastergeeha 1-8 Aisling Annacotty

14's Round 2: Park 6-0 Fairview Rangers

Killorglin 4-3 Regional

Killarney Celtic 3-0 Corbally

16's Round 2: Tralee Dynamos 0-0 Nenagh

Tralee Dynamos win 5-4 on pens

Knocklong Hospital 0-7 Killarney Celtic

Park 0-2 Limerick FC.

REPORTS: 7 out of 9 Kerry teams have progressed to the next rounds of the Evens National Cup and only one round away from the Last 32 and the Open Draw.

12'S NATIONAL CUP: In the 12's the all Kerry clash between Camp and Listowel Celtic was a 5 goal cracker with the visitors just getting the better of Camp. Adam Farrell put Listowel Celtic ahead before Stephen Smith Galvin equalised.

Listowel Celtic took over and went 3-2 ahead thanks to goals from Aoife Horgan and Cian Clancy. They stayed ahead mainly thanks to their keeper Jack Shine who had a great game. Caoilan O'Connor pulled one back for Camp but they just couldn't find the equaliser. Well done to Camp Juniors who produced an excellent programme to mark their 20th anniversary.

Killorglin had a very good 3-1 away to Charleville. Dylan Murphy scored 2 and Adam Owens the third to see the mid Kerry boys progress to the 4th round.

Mastergeeha were beaten by a very good Aisling Annacotty side at Kilbrean Park. Brendan O'Leary got the goal for the home side.

14'S NATIONAL CUP: All three Kerry sides progressed in the 14's which shows the strength in depth at this age group. The Park were 6-0 winners at home to Fairview Rangers in Christy Leahy Park. Sean McGrath top scored with 3 while Leon and Marvin Shambala got one each as did Alfie Christie straight from a corner.

Killorglin went 2-0 down at home to Regional United but turned it around thanks to 2 Jack O'Connor goals either side of half time. Martin Foley then put the home side ahead before Dylan O'Neill wrapped up the win.

Killarney Celtic put 3 past Corbally at Celtic Park without reply. Patrick Darcy, Ryan Kelliher and Mike Lenihan were the scorers.

16'S NATIONAL CUP: Tralee Dynamos were in a nail biting encounter with Nenagh that remained score-less all the way through extra time. Into penalties and Dynamos were faultless with Rian O'Sullivan, Dara Divine, Dan O'Connor, Kevin Williams all scoring as did Eoin McElligott who showed no nerves to wrap up the win. Donagh McKiveran saved one from Nenagh to send Dynamos through.

Killarney Celtic travelled away to Knocklong / Hospital and came through thanks to doubles from David Clifford, Oran O'Donoghue and Luke O'Donoghue. Mark Harnett added a 7th to wrap up the win in style.

Unfortunately The Park went down 2-0 to Limerick FC at Christy Leahy Park.

LEAGUE RESULTS / REPORTS:

JK SPORTS: 12'S:

Premier: Tralee Dynamos 0-4 Park.

12 Division 1:

Killarney Athletic 1-3 Killarney Celtic B.

12 Division 2: Asdee 3-0 Park C

Camp B 0-4 Park B

Foundation Sports 14's: Premier

Tralee Dynamos 3-2 Listowel Celtic.

Division 1:

Ballyhar 2-2 Killarney Celtic.

Iveragh 0-7 Mastergeeha.

Camp A 6-1.

Division 2:

Fenit 8-0 Tralee Dynamos B.

Tralee Trophy World 16's:

Division 1

Camp 5-2 Inter Kenmare.

Fenit 2-6 Ballyhar.

Division 2:

Killarney Celtic B 3-0 Listowel Celtic B.

Castlemaine 1-3 Park B.

REPORTS:

JK Sports 12's: In the JK Sports Premier St Brendan's Park made the short trip across the road a winning one as they defeated Dynamos 4-0. Leon Gallagher hit 2 with Armin Heinrich and Martin Laucher both scoring once.

12's Division 1: Killarney Celtic B brought the 3 points back from their trip across town as they defeated Killarney Athletic 3-1. Darragh Looney scored for Athletic.

12's Division 2: Leaders Park made it 3 from 3 with an away win at Camp. They defeated Camp B 4-0 with goals from Mark Brick, Mark Healy 2 and Robert Vassiu.

Asdee continued their good start to the League with a 3-0 win at home to Park C. Peter O'Sullivan, Oran O'Neill and Daithi Twomey got the goals.

Foundation Sports 14's: Premier:

Tralee Dynamos were 3-0 winners at home to Listowel Celtic. Leo Gaxha, Cody Dauti and Sean Kennedy were the Dynamos scorers.

Division 1: Ballyhar and Killarney C drew 2 all in Murt Scott Park. The home side were 2-0 down as Adam McMahan and Evan Lyons scored for The Hoops. But the home side pulled the 2 back thanks to goals from Darragh O'Donoghue and Dylan O'Callaghan.

Mastergeeha defeated Iveragh United in Kilbrean Park thanks to goals from Dylan Murphy and Paul O'Shea who scored 2 each with Sean Brosnan, Niall O'Connor and Daniel Keane scoring 1.

Camp defeated Inter Kenmare thanks to hat tricks from Killian Falvey and Cian Wall. Tom Murnane replied for Inter.

In Division 2 Fenit defeated Tralee Dynamos B.



LAUNCHING THE NEW SQUASH SEASON AT GLENEAGLE SQUASH CLUB, KILLARNEY, WERE FROM LEFT, MIKE CROWLEY, CHAIRMAN, GEORGE O'KEEFFE (O'KEEFFE'S OIL, SPONSOR OF MONTHLY COMPETITION), EOIN HORAN (GLENEAGLE AQUILA CLUB), JAMES CAHILL, NEIL KAVANAGH, DONIE MURHILL AND LIAM SHINE.

PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY)



PICTURED AT THE PRESENTATION OF PRIZES FOR THE CHRISTMAS HAMPERS AT KILLARNEY GOLF CLUB ON SUNDAY WERE FRONT FROM LEFT, MAUREEN CULLOTY, LADY CAPTAIN, SIOBHAN BROSNAN (FIRST PRIZE), MARY CHUTE (SECOND PRIZE), MARY DOHERTY ON BEHALF OF SPONSOR AIB, MARY LACEY AND MARY GEANEY. AT BACK, NOREEN COFFEY, URSULA DALY, ANGELA O'CONNOR, LORA BETH MALLOY (THIRD PRIZE), AMY ARTHURS. PICTURE BY SALLY MACMONAGLE.

RING OF KERRY GOLF CLUB

RESULTS 2-PERSON HALLOWEEN SCRAMBLE

1st: Donal Murphy (17) & Jerry Kearney (17) 67.2pts.

2nd: Toby Steadman (5) & John O'Connor (14) 69.2pts.

3rd: Brendan Breslin (9) & Mike Harper (14) 69.4pts.

UP COMING FIXTURES

Saturday 1st / Sunday 2nd - 2-Person Scramble.

CASTLEROSSE GOLF CLUB

RESULTS OF COMPETITION PLAYED ON SUNDAY 26TH OCTOBER, 18 HOLE STABLEFORD.

Overall winner Daniel Shine (06) 37 pts.

Overall Runner-up Trevor Shine (15) 34 pts.

Overall 3rd Place Michael Leahy (18) 34 pts.

FIXTURES: This weekend 18 Hole Stableford, play Friday, Saturday or Sunday. Xmas Hampers Sunday 16th November, A.G.M. afterwards in the Castlerosse.

DEERPARK PITCH & PUTT NOTES

The Sympathy of all Deerpark Members is extended to Fiona and David O'Donnell and the extended Fleming and O'Donnell families on their recent sad bereavement.

CLUB MATCH-PLAY: After two closely contested Match Play semi finals which saw David Harnett narrowly defeat Conor McCarthy and in a nail biting finish St John Kelliher just edged out Ger Casey. The final proved to be again a close affair with David Harnett joining two up midway through the contest but St John Kelliher demonstrated all his experience to come from behind to clinch victory 3-1. Full marks to all four contestants for a most sporting and entertaining encounter and

congratulations to the eventual winner St John Kelliher. A special word of thanks to Murphy's Bar and Guesthouse who sponsored the competition.

SCHOOLS PITCH & PUTT COMPETITION: Well done to Michael Cronin, David Harnett and Creagh Courtney who finished in 4th place in the All-Ireland School's competition in Newbridge on Friday.

SENIORS OUTING TO KILMICHAEL: The final Senior's Outing of 2014 will be to Kilmichael on next Tuesday November 4th at 10am (Weather permitting).

XMAS HAMPERS: The Xmas Hampers competition has been provisionally fixed for November 8th. Further details in next week's edition.

PRESENTATION OF PRIZES: The presentation of all prizes for the 2014 competitions will take place in Squires on Friday December 5th at usual time.

SCRAP METAL COLLECTION: A special word of thanks to all who supported the Scrap Metal Collection fundraiser on Saturday and to the committee members who supervised and co-ordinated the collection.

WINTER MEMBERSHIP: The club is currently offering winter membership at reduced rates and all interested are invited TO APPLY to Sean Kelly at 086 - 0508686 or Colm O'Dowd at 087-7673742

KILLARNEY GOLF CLUB

MEN'S: TEAM OF 4. 26/10/14, O'MAHONY'S POINT

1) D O'Sullivan (8), G. Moroney (8), Jas. Curran (12), B. Curran (12) 102 Pts.

2) F. Reen (15), Ml. Feeley (17), P. Lawlor (15), P. Sheahan (12) 98 Pts.

3) S. Nolan (15), S. Treacy (16), N.Collins (19), I. Collins (19) 98 Pts.

PARKNASILLA GOLF CLUB

RESULTS: IRISH LIFEBOAT:

1st F Moran, P Moran and V O'Sullivan,
2nd T O'Leary, L McCarthy and S McCarthy.
3rd Ml O'Leary, D Goaklin and P Cronin.

HALLOWEEN HAMPER: 1st Ladies Mgt Christian, 2nd Th O'Leary, Men 1st S Mc Carthy, 2nd S Looney.

FIXTURE: Ongoing Turkey competition until December 14th, 12 holes stableford, ladies and men, confined to club members.

November 15th: Captain's Dinner and Dance at Parknasilla Resort at 8.30 pm. Tickets available from Mgt Christian at Mace Foodshop in Sneem, phone 064 6645116

ROSS GOLF CLUB

LADIES NOTES:

RESULTS: SUNDAY OCTOBER 26TH CLUB SPONSORED 10 HOLE SCRAMBLE,

the winners were Mary Cronin Lady Captain, Anne O'Leary and Mary O'Sullivan 29 2/7 and 2nd Elizabeth Kelleher, Noreen O'Mahony and Bridie Doyle 30 2/7

UP COMING COMPETITIONS: Sunday November 2nd 10 hole club sponsored 9 hole competition.

Sunday November 9th Christmas Hampers competition and festivities in the club house following golf. Details for competitions in the locker room.

DATE FOR DIARY: AGM Monday 17th November 8pm at The International Hotel.

ROSS GOLF CLUB

GENTS:

RESULT: ON SUNDAY OCTOBER 26TH WE HELD THE O'DONOGHUE RING HOTELS SPONSORED CHRISTMAS HAMPERS SINGLE STABLEFORD COMPETITION

in very testing weather conditions. We had a large field of competitors and the scoring was very keen. The following were the winners.

1. Joe Scanlan (23) 37 pts.

2. Denis Cronin (12) 37 pts.

3. Renaldas Bendikas Jnr (13) 36 pts.

4. Seamus O'Donoghue (13) 34 pts.

5. Ian Millis (13) 34 pts.

6. Virginius Jonaikitis (22) 33 pts.

FIXTURE: On Sunday November 2nd we will hold a V Par competition on the green course and the timesheet is now available in the clubhouse. Please add your name to it as soon as possible.

KENMARE GOLF CLUB

MIXES FOURSOMES:

1st John Sweeney (11) & Maureen Harrington (32) - 48 pts.

2nd Paul Sutton (14) & Mary O'Sullivan Roger (23) - 47 pts.

HALLOWEEN CLASSIC SPONSORED BY CHARLIE FARRELL, BALLINCOLLIG:

1st J.B. Doran (20), Der Brosnan (16) and John O'Reilly (25) - 66 pts.

2nd Denis O'Mahony (17), Mossie McCarthy (21) and Frank Herlihy (12) - 62 pts (24/38).

3rd J.B. Doran (20), Dave Kelly (18) & Cyril Murphy (25) – 62 pts (27/35)

BEST LADIES TEAM:

Danielle Froment (11), Marianne Klopp (22) and Laura Hatton (24) – 58 pts.

JOHN JOE COURTNEY, CENTRE, PRESENTS THE WINNERS OF THE SHANE COURTNEY GOLF CLASSIC WITH THEIR TROPHIES. THE WINNERS WERE DONAL BROSANAN, IAN TWISS, GAVIN QUILIVAN, JESSIE MC CORMACK.
PICTURED ARE DONAL BROSANAN (LEFT) JOHN AND IAN TWISS (RIGHT).



NEWS FROM THE KERRY LADIES CAMP

It was a busy weekend on the development front with approx 130 girls in the U13 & U15 Development squads wearing the Kerry jersey the weekend. The U13's participated in a Munster blitz in Mallow with 4 teams & all teams played with distinction. The U15's were in Rathkeale in a blitz organized by Limerick & the 3 teams played with distinction. Many thanks to the large team of mentors who travelled with the squads. Training continues on Saturday for the U13 squads details on social media later the week. While the U15 squads travel to Mallow for the Munster blitz, travel details on the website etc.



THE UNDER 15 KERRY DEVELOPMENT SQUAD.

The Rhino Quality Feeds Co. League Div 2 final between Na Gaeil & Rathmore takes place on Sunday at 12 noon, venue TBC. Rathmore have made steady progress the past few years winning back to back promotion in both league & championship. However Na Gaeil are an experienced team & will be hoping to put the Intermediate final defeat to Castleisland behind team & hoping to add the Division 2 title to the honor call. If the injury list for Na Gaeil has cleared up expect a tight game & maybe their experience could swing it for them. However if they are still carrying injuries to key players then Rathmore fitness & strong

forward play would sway it in the East Kerry team's favour.

Best of luck to Castleisland Desmonds who head to Edinburgh to take on Dunedin Connollys in the Tesco HomeGrown Intermediate Club Championship quarter final the weekend. Dunedin had a good run in last years Junior Club Championship where they went all the way to the final but came up against a very strong Na Gaeil side who annexed the title. The long travel maybe a factor for Castleisland but they have a dearth of talent in the panel

& you would be confident that after a battle they will find their stride & book their semi final spot. The prize would be a possible home semi final against the Leinster Champions on the 15th/16th November.

The Mary Jo Curran Cup is reaching its concluding stages with Semi Final's in the A & B section. In the A section Southern Gaels host Inbhear Sceine Gaels in Derrynane 12 noon & in the B section Finuge/ St. Senans host Corca Dhuibhne. Both games take place on Sunday. All details TBC later in the week.



CELEBRATING NOEL BRENNAN'S 30TH BIRTHDAY, AT THE BREHON HOTEL, KILLARNEY, HILARIOUS MURDER MYSTERY DINNER THEATRE 'MURDER ON THE MENU' AT THE WEEKEND FRONT ROW, KAREN LENNON, NOEL BRENNAN, KITTY BRENNAN, BACK ROW, ANTHONY FEE, OLIVIA FLYNN, EDEL BRENNAN, JOHN BRENNAN, MICHELLE O'DONOGHUE AND GAVIN O'DONOGHUE.

PHOTO: VALERIE O'SULLIVAN



**YOUNG SCIENTIST AWARD WINNERS
REVOLUTIONISE SEED HARVESTING**
(BY TOMMY ROCHE, CASTLEISLAND)

Only a couple of weeks ago a trio of Cork schoolgirls wowed the European science world with their "BT young scientist" project. A week later they went a step farther and overcame some incredible competition to win first prize at the Google Science Fair. Their third award in a month came when they were named amongst Time magazine's 25 most influential teenagers. Huge praise and a world profile in so short a time would make one wonder just what incredible discovery have these three made. It is as much a rediscovery as an innovation but it is one whose time has come. All farmers are aware of the nitrogen fixing properties of certain plants, for countless generations they were used as part of a crop rotation or as a symbiotic partner in a permanent pasture. The commercial benefits of rhizobia were never explored or exploited in cereal crops, why that is the case, we could surmise it is because nobody saw real potential in developed countries. Emer Hickey, Ciara Judge and Sophie Healy Thow were looking at a different market. Inspired by a geography lesson on famine, they set out to examine the effects of these soil bacteria, which absorb atmospheric nitrogen, on crops like wheat, barley and oats. The girls spent three years on their experiment, testing 13,000 seeds; they started in the spare room, moved into the kitchen then the sitting room, the conservatory and eventually the garden. A control site followed and the results are impressive. The treated seeds germinated 50% faster than the untreated seeds and the output of barley was 70% greater than the untreated. Applying bacteria to

seeds is nothing new, the much maligned Monsanto produce Bt corn, incorporating naturally occurring bacteria to ward off a maize pest, the European corn borer, with great success. The plant as a result produces a protein that kills the borer larvae. The need for sprays on these crops is reduced by 90%, resulting in much less collateral damage, so that other "innocent" species of insects can continue to thrive.

The Google win could well be described as the meeting of science and serendipity. The world of very wealthy, influential and visionary philanthropists meets that of three passionate young scientists. An idea that could dramatically reduce world hunger and famine almost overnight meets the means of funding such a programme. There would need to be rigorous trials done first, but the potential to increase yields in regions of the world without access to artificial nitrogen and indeed perhaps in regions not so remote cannot be dismissed easily. Organic farmers the world over will be watching this development for their own benefit. What about grassland farming here in Kerry, the view of these three girls is that any plant that contains flavonoids can trigger the bacteria. Ryegrasses fall into that category. Is it possible that we will see a day when spreading nitrogen on pasture is unnecessary; we will follow developments with interest. The opportunities for this technology are endless but for now our trio must content themselves with a trip to the Galapagos Islands, astronaut training and \$75,000 in prize-money and scholarships. I have a feeling we will hear from them again.

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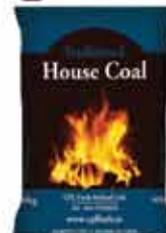


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STRONG TURNOUT AT BEEF PRICE PROTESTS HIGHLIGHTS ANGER OVER €350 PRICE GAP WITH UK

IFA President Eddie Downey said the strong turnout of thousands of farmers at meat plants around the country today in support of IFA's 24-hour beef price protests illustrates the level of anger over the massive €350 per head cattle price gap that has now opened up with our main export market in the UK. He said, "At their peak on Tuesday, the protests were attended by over 10,000 farmers who turned out to voice their deep frustration with the factories. They have had a very tough year. Our main markets have recovered strongly and farmers are not prepared to tolerate loss making prices any longer." Eddie Downey said nobody can explain to farmers why our beef prices are €350 behind those paid to farmers in our main UK market. In the last number of weeks, prices in the UK have increased by over €100 without any increase in Irish prices. Irish prices are now below the EU average. This is very unfair and farmers are right to react with protests across the country. The IFA President said for the past 12 months, farmers have been hammered with loss-making prices and specification cuts that have decimated their incomes. "Farmers cannot continue to sell cattle at a loss. Teagasc figures show that on our most efficient farms, producers need a base price of at least €4.00/kg." Eddie Downey said farmers are very determined that beef prices at the factories must rise to fairly reflect the very strong

increase in UK cattle prices, where Irish beef sales are up 20% this year. Current prices in Britain for R grade steers are running at the equivalent of €4.74/kg incl vat, which is €1/kg higher than the €3.73/kg Irish price. He called on the meat factories to reflect the improved market situation in beef prices to Irish farmers without any further delay. IFA National Livestock Chairman Henry Burns said livestock farmers are very angry with the failure of the Minister of Agriculture Simon Coveney to tackle the factories on the beef issues that have seriously damaged the sector and farm incomes

since last January. He said farmers feel let down on the beef specification issues and the Minister's failure to insist that the factories implement the Quality Payment System or price grid in a fair way in line with their agreement with suppliers. Henry Burns said IFA has repeatedly requested Minister Coveney to deal with a number of issues on beef including resolving the problems for the live trade to the North, the need for more competition and transparency in the trade and for increased monitoring and controls on carcass trim, weights and classification for farmers in the factories.



IFA BEEF PROTEST AT AIBP RATHKEALE ON MONDAY 27TH BY KERRY IFA MEMBERS.



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IT, TRALEE AGRICULTURAL ENGINEERING STUDENTS TAKE ON A PROJECT FOR SWAZILAND

'Give a person a fish, but better still teach them to fish', were the words of the Anglican Bishop of Swaziland when she visited Ireland in June 2013. Since 2010 the United Missionary Society of Ireland have been working with the Diocese of Swaziland to turn unused church land into a vegetable farm project. Besides thousands of cabbages, broccoli, cauliflower, butternut squash, beetroot and maize, the farm now produces some 2,500 kilos of carrots per week. First the carrots were washed by hand, then in a modified cement mixer, but with increasing demand from local supermarkets and a profitable export market in South Africa for quality vegetables, a more efficient method of washing carrots was urgently required. The Board of Mission for the United Dioceses of Ardfert, Limerick and Killaloe have been supporting the Luyengo Farm Project in Swaziland since 2011. Together they approached the staff of the Agricultural Engineering Department at the IT, Tralee, to design and build a carrot washer. Based on the Departments knowledge and experience of making equipment for Africa since 1985 they agreed

to take on the project. Two third year students Brenda O'Sullivan from Farmers Bridge, Tralee and John Doyle from Beaufort, Killarney both studying for the Ordinary Degree in Agricultural Engineering volunteered to design and build a carrot washer as their major project. Commenting on the project Dr Joseph Walsh, Head of School, School of Science, Engineering, Technology & Mathematics (STEM) said: "With hard work and assistance and advice from the technician staff of the Agricultural Engineering Department, they were able to complete their objective, to produce a machine which is not only a novel method of washing carrots but also capable of washing a wide range of vegetables. The vegetable washer was handed over to Ms Linda Chambers, CEO of the United Missionary Society, at a presentation/blessing service held in the Institute earlier this month. In December it will be packed into a container along with other much need items for schools and medical care centres throughout the Diocese of Swaziland and if all goes to plan, be washing carrots by the end of February 2015".



THIRD YEAR AGRICULTURAL ENGINEERING STUDENTS AT IT, TRALEE WHO DESIGNED AND BUILT A CARROT WASHER FOR THE LUYENGO FARM PROJECT IN SWAZILAND. (L-R): REVEREND JANE GALBRAITH, DR. DANNY BUCKLEY ITT, DENIS O'MAHONY ITT, DR. BRENDAN O'DONNELL, HEAD OF DEPT - STEM, ITT, FRANCIS GRIFFIN ITT, MRS. HESTER HILL, PA MCINERNEY ITT, LINDA CHAMBERS, CEO US IRELAND, CON O'CONNOR ITT, REVEREND WAYNE CARNEY, DR. JOSEPH WALSH, HEAD OF SCHOOL - STEM, ITT, DAVID FRIZELLE, ADRIAN HILLIARD, REVEREND JOE HARDY, JOHN DOYLE ITT, BRENDA O SULLIVAN ITT, AIDAN O CONINOR, JOHN P O'CONNOR ITT, JOHN DALY ITT, MICHAEL O'CALLAGHAN ITT, TOM BLENNERHASSETT.

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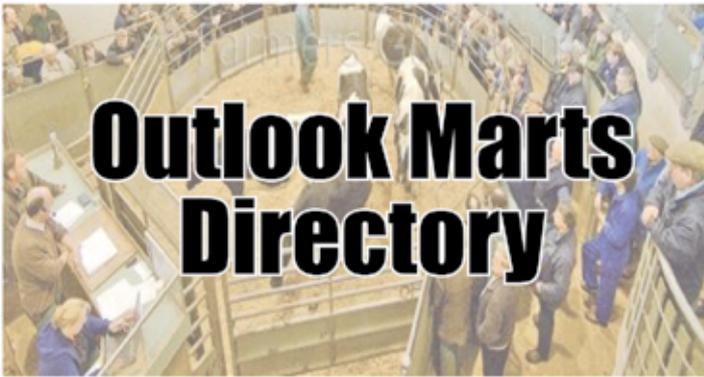
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CISCO Certified Network Associate (CCNA) Certificate - Online Tutor Support & Workshops Course (ETL62).

This course provide participants with the knowledge, skills and competencies to install, configure, operating and troubleshoot medium sized, routed and switched computer networks. It's aimed at people with previous networking experience. A combination of on-line computer based learning & tutor led workshops are employed to deliver the course. Workshop dates are decided on the first day of the course. **Start Date:** 24th November. **Duration:** 15 weeks. **Certification:** Cisco Certified Network Associate (CCNA) Certification.

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Beauty Therapy Traineeship (TRSS2) – Tralee.

This traineeship offers participants the opportunity to develop the knowledge, skills and attitudes required to work as beauty therapists in a variety of settings. It offers a rich learning opportunity integrating theory, practice and industry experience so that participants gain a clear understanding of the various treatments and therapies practiced in the industry. **Start Date:** 26th January 2015. **Duration:** 51 weeks. **Certification:** I.T.E.C Beauty Specialist Diploma, ITEC Diploma in Facial Electrical Treatments, ITEC Diploma in Holistic Massage, ITEC Diploma in Epilation, ITEC Diploma in Anatomy and Physiology, ITEC Diploma in Body Therapy, CIDESCO International Diploma, and CIBTAC International Diplomas in Aesthetics, Epilation, and Body Therapy.

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This traineeship is specifically designed for those wishing to pursue careers as legal administrators. It covers all the main administration tasks carried out in legal offices and is tailored to meet the needs of the industry. **Start Date:** 9th February 2015. **Duration:** 41 weeks. **Certification:** FETAC Level 5 Major Award in Office Administration.

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MASS IN KERRY GENERAL HOSPITAL:

The annual November Mass for patients (including those who died by stillbirth and miscarriage) who died in Kerry General Hospital during the year will be celebrated in the hospital chapel on this Monday November 3rd at 7.30pm. Relatives and friends are invited.

HALLOWEEN SAFETY TIPS

- If you have to leave your pet alone, turn on the radio or TV to help deaden the sound of fireworks.
- Halloween treats are for humans, not pets! Chocolate in all forms can be very dangerous for dogs and cats.
- Candy containing sweetener xylitol can cause problems for pets. Keep them away from all candy!
- Pumpkins and decorative corn can upset pet's stomachs. Make sure they don't eat them!
- Dressing your pets up? Be sure costumes fit and there are no loose bits for pets to choke on.
- Pets should be kept away from the front door. Too many strangers can be scary/stressful for pets.
- Keep wires and cords from electric lights and other decorations out of reach of your pets.
- Exercise caution if you choose to add a candle to your pumpkin. Pets can easily knock it over!
- Make sure your pet has proper ID. If your pet escapes and becomes lost it can be a lifesaver.

HAVING A BONFIRE?

Every year, an unknown number of hedgehogs and other animals are burned alive because bonfire piles are not being checked before being lit.

To help protect hedgehogs, stick to these guidelines when building your bonfires: Build your bonfire on the day it is to be lit so there is less chance of hedgehogs taking up residence in your pile. Make your pile of material elsewhere and re-site the entire stack before lighting. Always search the bonfire for hibernating

creatures by lifting the base of the pile with a broom handle and using a torch to look inside. Listen carefully for hissing sounds when investigating your pile — this is the noise hedgehogs make when disturbed.

If you find a hedgehog or any live animal move them somewhere safe and away from the fire. Once common, hedgehog sightings are now becoming a rare occurrence. Down from an estimated 36 million in the 1950s, there are now thought to be fewer than one million hedgehogs left in Great Britain and Northern Ireland.

Their dramatic decline in numbers is largely due to habitat loss, development pressures, road traffic and loss of food sources caused by intensive farming and use of slug pellets. Hedgehogs are a creature we all need to work to protect as every single one is precious.

BACK TO THE FUTURE

Teff, is a diminutive ancient grain that's been feeding Ethiopia for 5,000 years, it's drought resistant, easy to harvest and cook and helped to drag Ethiopia out of the 1983 famine, which ravaged the war-torn nation for three years. Subsistence farming became a necessity for rural families in the wake of the crisis, which killed an estimated 400,000 people. Teff's high nutrient density—it contains 26 grams of protein per cup—and high yields made it a staple crop during scarce times.

"There was nothing to eat. There was not any food even to see," said one Ethiopian farmer "To prevent it from happening again, we must work hard and take care."

The Ethiopian government has the good sense to prohibit the export of any raw teff product, so it can't be shipped from a poor nation half a world away.

Some American farmers are taking note of the ancient grain's resilience and believe it could be a useful tool in mitigating the effects of drought on livestock. At New Mexico State University's Agriculture Experiment Station, cows and horses are fed a rotating diet of alfalfa and teff, cutting the facility's water usage by 25%. It is also being grown as a consumer crop by The Teff Company in Idaho's Snake River Valley

where the long summers, intense heat spells, and basaltic soil mimic the climate and geology of East Africa.

WILL THERE BE ANYTHING LEFT FOR THE CHILDREN OF THE FUTURE TO SEE?

*Vaquitas are tiny, curious-looking porpoises that live only in Mexico's Gulf of California and are now teetering on the brink of extinction. A mere 97 of the animals remain, down from 200 in 2012; scientists say they may be extinct by 2018.

Illegal fishing is driving them into oblivion. Vaquitas are getting caught in fishing gear and killed — especially in nets set for another endangered species called the totoaba, a giant marine fish. It's illegal to fish or export totoaba, but there's a growing black market for the fish's bladder, which is used in China to make a purportedly fertility-boosting soup. A single totoaba bladder can sell for \$14,000 — a business so lucrative that Mexican drug cartels have joined the totoaba bladder trade.

*Because of habitat destruction, pesticides, climate change and other human-driven causes, nearly 1 in 4 amphibians and reptiles globally is at risk of extinction. They've been around for hundreds of millions of years, but are now dying off at up to 10,000 times the historic rate. This loss is deeply alarming, not only for the sake of the creatures themselves but because they play important roles in the natural places where they evolved.

*Pinto abalone — ocean snails with iridescent shells — were once common along rocky coasts from Alaska to Baja California, but some populations along the West Coast have plummeted by up to 99%. The primary culprits are climate change, ocean acidification, overfishing and poaching.

*The northern white rhino is in a perilous situation. Only seven existed in the world, but recently, that number was brought down to six when Suni, one of only two males who was of age to breed, was found dead in his pen. Although there have been no reports as to what caused the death, conservationists note that it wasn't poaching. Living at the Ol Pejeta conservancy park in Kenya, he was 34 years old at the time of his death. Most northern white rhinos live up to 40-50 years, although it's not unheard of for them to die in their mid-thirties. The situation gets even worse: even though there are six northern white rhinos left in the world, only three are able to breed. One male rhino and two females are the only hope this subspecies has left. Females don't reach sexual maturity until 6-7 years of age, while the males generally have to wait until they are 10-12. If they mate, offspring is not always produced. If the female does become pregnant, gestation can take up to a year and a half and only produces a single calf.

THIS WEEKS QUOTE

"The biggest tragedy of life is the utter impossibility to change what you have done" John Galsworthy.

ON THIS DATE – 31ST OCTOBER

1795 - Birth of John Keats, British poet.

1815 - Humprey Davy patented his safety lamp for miners.

1838 - General Sir William Frances Butler, soldier and author, was born in Suirville, Co. Tipperary. He had a remarkable and often controversial military career spanning over 50 years. During the Land War he became a great personal friend of Charles Stewart Parnell and campaigned for tenants' rights and Home Rule. Late in 1900 Sir William was promoted to Lieutenant General, a rank he held until his retirement in 1905. The last five years of his life were spent at Bansha Castle among his own people. He died in Bansha Castle on June 7 1910 and his funeral to Killaldriffe was one of the largest seen in the region.

1845 - A committee was formed to examine the extent of the potato crop failure and suggest remedies.

1863 - The Maori Wars resumed as British forces in New Zealand led by General Duncan Cameron began their Invasion of the Waikato.

1892 - Arthur Conan Doyle published The Adventures of Sherlock Holmes.

1908 - 4th modern Olympic games ended in London.

1926 - Magician Harry Houdini died of gangrene and peritonitis that developed after his appendix ruptured.

1951 - The first Zebra crossing opened, in Britain.

2006 - Demolition work finally got under way at the former high-security Maze Prison, where thousands of republican and loyalist paramilitary inmates were detained during the Troubles.

WELL DONE

This weeks well done goes to Valentia Coast Guard and Toe Head Glandore Coast Guard for the rescue of 4 young dogs from a 100ft mine shaft in Cork.

The dogs were out hunting with their owners on Monday October 20th when they fell through a hole into the mine shaft between Leap and Glandore, two beagle pups and a terrier were lifted to safety on Monday, after Cliff Rescue Coastguard Volunteers abseiled down the mineshaft and used a bucket and rope to deliver the dogs to safety. The pups, Peggy, Megan and Cracker were reunited with their owners, but the fourth pup, a 12-month old beagle named Taylor, escaped the clutches of the Toe Head Glandore Coast Guard team by running further down the disused shaft during the initial attempts to save her.

As the new rescue bid for Taylor began on Tuesday, a Valentia Coast Guard spokesman said they had received old plans for the structure, "It was quite a large mine. It's a big drop with the shaft running at least 80ft-100ft north and south of the hole."

Coastguard volunteer Will Gander, a rock climbing instructor with eight years experience, guided Taylor's owner down the mineshaft during Tuesdays rescue mission, so the dog could hear a familiar voice. "The dog was cowering and growling and barking at us, she was really scared. The first day she ran

from us so having her owner there made a big difference. He was very calm and relaxed and did exactly as he was instructed," Mr Gander said.

Richard Hurley, the officer in charge of the team, said: "The pup came running and he put him in a bag and brought him up.

A spokesperson for the Coastguard said: "With things like this there is a danger of owners trying to rescue the dog or pet themselves and that leads to very dangerous situations. We have a cliff climbing team and a boat so we are well trained to deal with cases like these."

FOR THE SEASON THAT'S IN IT - DRACULA'S AUTHOR

Abraham "Bram" Stoker was born on 8 November 1847 at 15 Marino Crescent, Clontarf, on the northside of Dublin. The third child of seven children of Abraham Stoker (1799-1876), from Dublin, and his wife Charlotte Mathilda Blake Thornley (1818-1901), who was raised in County Sligo. Abraham and Charlotte were members of the Church of Ireland Parish of Clontarf and attended the parish church with their children, who were baptised there.

Bram Stoker was a bedridden child who never stood upright until the age of seven and was often at the point of death as a baby.

During his lifetime, Stoker was not known as a novelist but as the personal assistant of actor Henry Irving and the business manager of the Lyceum Theatre in London, a post he held for 27 years. Among his first books was a bureaucratic nonfiction legal administration guide, "The Duties of Clerks and Petty Sessions in Ireland." Stoker began writing novels in 1890 as director of the Lyceum Theatre, beginning with "The Snake's Pass" in 1890 and "Dracula" in 1897.

The original 541-page manuscript of "Dracula" had been lost until it was unearthed in a barn in Pennsylvania during the 1980s. Though the manuscript itself was typed, the title was handwritten "The Un-Dead." The title of the worlds most famous vampire novel, it turns out, was changed at the last minute as was the name of the novel's central character, "Count Dracula," which was originally "Count Wampyr." Unlike most adaptations, which typically appear years after the novel on which they are based, the theatrical adaptation of "Dracula" was written by Stoker himself and presented before the novel's publication. It debuted at the Lyceum Theatre where Stoker worked under the title, "Dracula, or The Undead," and was performed only once.

Following that first theatrical adaptation, and of course, the novel itself, came a flood of Dracula-inspired films. The Internet Movie Database estimates some 217 films have been released featuring Dracula in a main role and some 300 films, foreign and domestic, inspired by Dracula.

After reading a historical account of the Romanian regions of Wallachia and Moldavia, Stoker became fascinated with the name "Dracula." The name itself is a personal name based on the given name of one's male ancestors. The descendants of Vlad II, Duke of Wallachia, adopted the name "Dracul" after joining the chivalric Order of the Dragon in 1431.

In 1878 Stoker married Florence Balcombe from Newcastle, County Down. She was a celebrated beauty whose former suitor was Oscar Wilde. The Stokers moved to London and on the 31st December 1879, Bram and Florence's only child was born, a son whom they christened Irving Noel Thornley Stoker.

After suffering a number of strokes, Bram Stoker died at No. 26 St George's Square, London on 20 April 1912. Florence Stoker died on the 25th

HALLOWEEN

Ireland is believed to be the birthplace of the Halloween festival. The Irish tradition dates back to the eighteenth century.

Halloween takes its roots from the old Celtic festival Samhain Eve, when it was believed that the link between the worlds of living and dead was at its strongest.

Many of the Celtic Halloween traditions live on in Ireland today and were brought to America by Irish immigrants in the nineteenth century. Traditionally an Irish Halloween dinner would include boiled potatoes, cabbage and raw onions. Cleaned coins were wrapped in baking paper and hidden in the potatoes for the children to find and keep.

The barnbrack cake is traditionally served for dessert. It is a fruitcake that before health and safety used have a rag, ring, piece of a timber match, a pea and coin hidden within. The rag represents a doubtful financial future, the ring represents impending romance and happiness, the timber represents a coffin, the pea crossing water (emigration) and the coin represents prosperity. It is believed that the individual that finds the hidden treasure will also find that respective fate.

People would dress in ghost and goblin costumes to confuse the spirits that wandered the Earth on this night, so that they would not be taken by them.

The legend of the Jack O'Lantern also goes back to the eighteenth century, it was said that an Irish blacksmith called Jack was denied entry to Heaven after he has was found to have colluded with the Devil. He was condemned to wander the Earth and his only light was a burning coal inside a hollowed out turnip. The villagers believed that placing a Jack O'Lantern in their window would keep the damned soul of the wandering blacksmith away.

When the Irish emigrants arrived in America and carried on the tradition they resorted to using pumpkins instead of turnips.



GARDENING OUTLOOK



with John O'Sullivan

FOCUS ON PRUNING APPLE TREES

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

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

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

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

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

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



Citizens Information

Know Your Rights: PAYING FOR WATER

QUESTION

I live with my 2 small children in a standard town house. The water meter was installed this summer. How much will my water bills be? Can I get tax relief?

ANSWER

Irish Water provides two services – water supply and wastewater (sewage) services. As you are in a town house, I presume that you use both services, so the charge is €4.88 per 1,000 litres in your case.

There is a free allowance of 30,000 litres per year for every household. This is worth €146.40 per year to you. If you are getting Child Benefit for your children, you can claim two free child allowances of 21,000 litres per year. These are worth €102.48 each per year.

You apply to Irish Water for these allowances, either on the form that has issued to every household, online at water.ie or by phone at 1890 448 448. You will need to provide your own Personal Public Service Number (PPSN) and your children's PPSNs. Irish Water will use these numbers to check that you are entitled to the allowances.

In general, you will be billed for the amount of water you use each quarter, but your first three bills, starting in January 2015, will be capped at standard assessed charges. These assessed charges are based on the standard assessed consumption for each household size.

This capping means that the most you can be charged on these first three bills is the standard assessed charge for your family size – one adult and two children, based on standard quarterly usage of 27,000 litres. Of course, if you use less than this amount of water, you will only be charged for the metered amount.

As you are using both water supply and wastewater services, the assessed charge will be €527.04 for a full year before allowances.

Your free allowances add up to €351.36, giving an annual assessed charge, after allowances, of €175.68. This leaves a quarterly charge of €43.92, so the most that you can be charged for the first three quarters is €43.92 per bill.

If you pay income tax, you can claim relief at 20% on the water charges, up to a maximum of €500 per year. This equates to a maximum tax credit of €100.

Read more about water charges on citizensinformation.ie. 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, Caherciveen 0761 07 7780

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



HUG YOUR MONSTERS!

I remember as a child being terrified of my bedroom curtains! They always hung in a way that looked as if someone was hiding behind them. I would have to ask my Mum to make sure that no one was there and she would have to shake them free of the odd shapes they made. As a child our fears can seem very real but all it takes is someone to reassure us that it's really just a curtain or that there isn't a monster hiding underneath the bed to make our fears disappear. As adults, the monsters we create are often hiding in our own minds. They come in all shapes and sizes and disguise themselves as self-doubt, not feeling good enough, anxiety for the future, regrets about the past, stress of what others might be thinking about us and fear of failure (and also success!). The interesting thing about them is that they too are usually created in childhood and all belong to the fear family!

The other thing to know about these monsters is that they are illusions – they're not real! And, just like the shadows that scared us as children, these monsters simply don't stand up in the light of day or conscious and curious questioning.

THREE STEPS TO BANISHING YOUR MONSTER!

- Face it! Get clear on what this fear is and how it stands in the way of your happiness
- Challenge and dispute it by asking yourself questions about the fear it brings... Say to yourself, "Really is that true?"
- Tell the truth about what you want and what you desire. Very often our monsters are really only our own inner voices within us just asking to be heard.

And finally just like any fear that has been left alone to gather cobwebs and linger in the dark, all it really needs is a loving and kind embrace as you reassure yourself that everything is okay and always will be. Happy Halloween! For Daily Motivational Coaching tips please visit my Facebook page and click "LIKE" to receive!

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A VERY POWERFUL PRAYER

Say nine Our Father's every day for God's will to be done on earth Please promote.

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 heart where your Father sees it. Then in his merciful eyes it will become your favour not mine. Amen.
Say this prayer for three times for three days
Publication of prayer and favour will be granted.

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

O Most Beautiful Flower of Mount Carmel, Fruitful Vine, Splendour of Heaven, Blessed Mother 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. (make request). 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). 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. **x**

NOVENA TO ST. CLAIRE

Ask St. Claire for 3 favours, 1 business, 2 impossible, say a Hail Mary's for 9 day's with a lighted candle and finish with "May the Sacred Heart of Jesus be praised, adored, glorified and loved today and everyday throughout the world forever. Amen. Pray whether you believe it or not. Publish on the 9th day. Request will be granted no matter how difficult it may seen. Favour after granted on the third day.
S.O.S.

NOVENA TO ST. MARTHA

O ST. MARTHA, I resort to thee and to thy petition and faith I offer up to thee the light which I shall burn every Tuesday for nine Tuesdays. Comfort me in all my difficulties thro' the great favour thou didst enjoy when Our Saviour lodged in thy house. I beseech thee to have definite pity in regard to favour I ask (mention favour).

Intercede for my family that we may always be provided for in all our necessities I ask thee St. Martha to overcome the dragon which thou didst cast at they feet. One our Father and three Hail Marys, and a lighted candle very Tuesday and the above prayer made know with the intentions of spreading devotion to St. Martha. This miraculous Saint grants every thing before the Tuesdays are ended. No matter how difficult. **S.O.S.**

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 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.

PRAYER TO THE HOLY SPIRIT

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

NOVENA TO ST. CLAIRE

Ask St. Claire for 3 favours, 1 business, 2 impossible, say a Hail Mary's for 9 day's with a lighted candle. Pray whether you believe it or not. Publish on the 9th day. May the Sacred Heart of Jesus be praised, adored and glorified today and always. Request will be granted no matter how impossible it may seen.
Publication must be promised.

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.
N.M.

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

O Most Beautiful Flower of Mount Carmel, Fruitful Vine, Splendour of Heaven, Blessed Mother 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. (make request). 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). 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. **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. **M.H.**

NOVENA TO THE SACRED HEART ST JOSEPH, PADRE PIO, ST ANTHONY, ST THERESA & ST JOSEPH OF CUPERTINO

NEVER KNOWN TO FAIL

You have said O'Divine Jesus ask and you shall receive, seek and you shall find, knock and it will open to you. Relying on these promises I come with confidence to beg of 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 perfect love for me and therefore I place all my trust in your.
Our Father, Hail Mary and Glory.
Say 3 times for 3 days and request will be granted, Never known to fail.
Must publish. **E.O.B.**

MIRACULOUS INVOCATION TO ST. THERESA, THE LITTLE FLOWER

Oh glorious St. Theresa, whom Almighty God has raised up to aid and counsel mankind. I implore your miraculous intercession. So powerful are you in obtaining every need of body and soul our Holy Mother Church proclaims you a "prodigy of miracles the greatest Saint of modern times".
Now I fervently beseech you to answer my petition (mention here) and to carry out your promises of "spending Heaven doing upon earth... of letting fall from Heaven a shower of Roses". Henceforth dear little flower, I will fulfill your plea "to be made know everywhere" and I will never cease to lead others to Jesus through you. Amen. Say the above for 9 days and you will receive a flower or a Rose, in some form during or after 9 days as an indication that your request will be granted. **C.H.**

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

Sacred Heart and Our Lady a thousand thanks. And to all of the Saints for favours received.
x

THANKS

Grateful thanks to the Sacred Heart of Jesus "Our Lady of Lourdes", St Padre Pio, St Clare, St Roch, St Michael the Archangel for many favours received. Lord without ye I can do nothing.

Christmas Menu

THE Height's Hotel KILLARNEY

Starters

Homemade Vine Tomato, Roasted Pepper & Basil Soup

Killarney Oak Smoked Rosette of Salmon served with Lemon & Caper Dressing with Homemade Brown Bread

Smoked Chicken and Baby Pear Salad served with Cos Lettuce, Crispy Bacon Lardons, Garlic Croutons, Black Olives, Parmesan Cheese and Creamy Caesar Dressing

Diced Chicken Fillet and Mushrooms in a rich White Wine & Spring Onion Sauce served in a Puff Pastry Cup.

Mains

Roasted Free-range Turkey & Tralee Baked Ham served with Sage & Onion Savoury Stuffing and a Red Wine & Thyme Gravy

Grilled 8oz Sirloin Steak served with Sautéed Mushrooms & Onions and Black Pepper & Brandy Sauce or Garlic Butter

Baked Free-range Breast of Chicken filled with a Mushroom & Chive Duxelle, wrapped in Smoked Bacon, served with a White Wine, Mushroom & Thyme Sauce

Pan Fried Fillet of Fresh Seabass served with a Smoked Salmon & Chive Sauce

Penne Pasta tossed with Mushrooms, Scallions and Spinach, served with Pine Nuts, White Wine & Fresh Cream, topped with Parmesan Cheese

All of the above are served with Fresh Market Vegetables and Potatoes or French Fries and Chefs Tossed Salad

Desserts

Chefs Medley of Desserts

Warm Christmas Pudding served with Brandy Custard and Vanilla Ice Cream

Iced Lemon Meringue served with Fresh Fruit and Raspberry Coulis

Homemade Vanilla, Coffee and Chocolate Ice Cream Cake served on a Chocolate Biscuit base, topped with Whipped Cream, Hot Chocolate Sauce and Roasted Walnuts

Followed by Freshly Brewed Tea or Coffee

Four Course Dinner **Only €30.00 PP**

Four Course Dinner Including Wine **Only €45.00 PP** *(One bottle per two people)*

Accommodation (B&B) & Four Course Dinner - **Only €79.00 PPS**

(Subject to Availability)

Remember . . .

BOOK NOW
Small or large parties welcome

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