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Move More, Feel Better This Autumn

Last week we talked about nourishing our bodies and minds as we settle into October, and this week I want to encourage you to **move a little more**. As the evenings become darker and the temperatures begin to drop, it can be very easy to stay indoors and become less active. But movement is such an important part of our overall wellbeing. It doesn't have to mean spending hours in the gym or training for a big event. A brisk walk, a cycle, a swim, dancing around the kitchen, gardening or simply getting outside for ten or twenty minutes all counts.

Sometimes the hardest part is simply getting started!

I love using my essential oils to help create a little routine around movement and self-care. Before exercising, **Breathe or Eucalyptus** can provide a fresh, invigorating aroma when used according to the product directions. I also love diffusing **Wild Orange or Lemongrass** at home when I am getting ready to move – both create such an uplifting atmosphere and can help make the whole experience feel more enjoyable.

And then there is the other side of movement – **recovery and looking after our muscles**.

One of my favourite autumn rituals is a lovely warm bath with **Epsom salts and Lavender** after a busy or active day. It is a simple way to slow down, relax and give yourself some much-needed time to unwind. I also love reaching for **Deep Blue** as part of my post-exercise self-care routine. For me, wellness is about looking at the whole picture. Nourishing food and good nutritional support are important, but so are movement, hydration, sleep, relaxation and taking time to look after ourselves.

Caroline's Top Tip

Don't make movement complicated.

Put on your runners and head outside for ten minutes. If you feel like walking for longer, keep going. If ten minutes is all you have, that's absolutely fine.

The important thing is to **start moving** and make it part of your everyday routine.

And remember, movement should be something you enjoy. Find what works for you – walking with a friend, going to the gym, swimming, cycling, playing sport or simply getting out into the fresh autumn air.

Thought for the Week

"You don't have to move perfectly, you just have to move. Every step is a little investment in your future wellbeing."

As we continue through autumn, let's keep nourishing our bodies from the inside, moving them with purpose and kindness, and giving ourselves time to rest and recover too.

Caroline
dóTERRA Wellness Advocate –
North Kerry & West Limerick
087 2921292
Wellness with Caroline Horgan



YOU ARE INVITED TO GAA HEALTH & WELL-BEING INFORMATION EVENING TONIGHT

The County GAA Health & Well-being Committee are holding an information evening this Thursday evening October 8th in the Listowel Arms Hotel from 8pm to 9pm.

Guest speakers will talk on a variety of topics including... inclusiveness, celebrating diversity & belonging, substance use and money muling, Movember, ahead of the game, men's health & mental well-being.

They will also discuss the services and supports available from the HSE to the community. Everyone is welcome, see you there!



ACCLAIMED IRISH COMPOSER MACCANA BEGINS IRISH TOUR IN LISTOWEL

Composer and pianist Maccana (Caomhán Maccana) is bringing his original piano music directly to audiences across Ireland this winter with **The Unseen Growth of Winter**, a 16-date all-island debut tour running from Kerry to Derry. The tour begins in St. John's Listowel on Wednesday October 14th and culminates at St Columb's Hall in Derry on January 30th, 2027.

Among those supporting Maccana ahead of his debut tour is internationally acclaimed Irish composer Patrick Cassidy, whose film credits include *The Tree of Life*, *Kingdom of Heaven*, *Hannibal* and *Calvary*.

The 70-minute solo concert places a composer, a piano and an audience in the same room as the music is performed by the person who wrote it. At a time when so much music and entertainment is experienced through screens, streaming and short-form content, *The Unseen Growth of Winter* offers something deliberately immediate: an evening of original music performed live at the piano.

For younger musicians and piano students, the concerts also offer an opportunity to see an Irish composer performing his own work live, taking music from composition through to performance in front of an audience.

Maccana's cinematic contemporary piano music draws on Celtic, Eastern and classical traditions, combining strong lyrical melody with a distinctive rhythmic and percussive approach to the instrument.

For more information and to book your ticket go to: www.maccana.ie/tour

Pictured at the tour launch in St. Johns during writers week, Listowel - Composer Caomhán Maccana, Elizabeth Stack (Theatre Manager), Jimmy Deenihan and Listowel poet Paddy Glavin



WORLD'S FASTEST GROWING SPORT COMING TO LISTOWEL

The people of Listowel and surrounding areas will have a new hobby to consider in the coming weeks with the imminent arrival of padel, a rapidly growing sporting phenomenon. Padel, which is a combination of tennis and squash, has been a sweeping sensation across Europe over recent years, and now Listowel will have its first collection of courts. The sport is very age inclusive so if you're 10 or 70, you'll be able to play and depending on how people spend their spare time, padel makes the perfect consideration.

A group of six local individuals from Listowel and Moyvane will be opening the state of the art facility to the public in a number of days after many months of planning. The official opening has been pencilled in for early November. Located at Cahirdown, beside Applegreen, the facility features two high-spec double courts sourced from Jubopadel International in Spain and erected by their team of experienced professionals. The courts will also feature high-end custom built lighting, one of its kind in Kerry, to add to the playing experience. Furthermore the group are currently working on adding a modern golf simulator allowing you to play on any golf course around the world in the comfort of Cahirdown!

Speaking ahead of the opening, Padel Listowel member John: "We are very excited to be bringing this new sport to our local town for people of all ages to enjoy. Our slogan is Play, Connect, Belong so our hope is the new venture will bring the community together in a fun and active atmosphere. Bringing this project to fruition was a long time in the making but we wanted to ensure we didn't compromise on quality to accelerate the opening date."

"We have been planning and meeting since early 2026 and after plenty challenges along the way we are very happy with the finished product. We are now confident of a wonderfully positive experience for anyone who wants to use the facility. We were advised that Jubopadel were the number one in the padel court industry and they have certainly matched our expectations. We are also currently in the process of adding a premium golf simulator that will appeal to an even wider audience, strengthening our concept of a community space. We hope to have this completed in the coming weeks."

John finished by adding: "Can I also take this opportunity to thank all the well wishers who have given us some fantastic feedback since we announced our news and we would especially like to thank the business community for their wonderful support. We have been asking businesses if they would like to sponsor an advertising sign within the padel centre and the response has been overwhelmingly positive. We are very grateful for your support and encouragement."

The website and booking software will be up and running very soon but for now you can find out more information on their Instagram page: Padel Listowel.



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SAN RITA WELLNESS

Welcome to San Rita Wellness weekly column... We hope you are safe and well.

No matter what time of the year it is we all have something to look forward to and make plans for various upcoming events in all of our lives. Not to mention Christmas which we hope will bring us all some cheer to end the year.

We all want to look and feel great for Christmas so therefore we can look on Christmas as a target for setting ourselves an overall personal goal. That means we are more likely to achieve it when we have a beginning and an end to that target.

As it is now October this could be an ideal time to set a goal for Christmas. In just over ten weeks it will be Christmas so this could be the right time for you to start making plans as every week will count to help you achieve your goal.

A goal for Christmas may vary from person to person, it could be anything from losing 7lbs in weight, dropping a dress size, seeing a new number on the scales or clothes fitting better.

Know your goals

Once you have decided what changes you need to make to your lifestyle and feel ready to make them, it can be really helpful to set your personal goal. Goals help you focus on making realistic changes that will make a difference to your lifestyle and will be personal to you. That means you are more likely to achieve them.

When setting your goals, make sure they are **S.M.A.R.T.**

- S - Specific** - A specific goal has a much greater chance of being achieved than a general goal.
- M - Measurable** - Measure your progress weekly whether it's the Scales, Clothes, Fitness or Mood.
- A - Achievable** - Make sure your goal is achievable for YOU, that helps to make it more possible.
- R - Relevant** - What will it mean to you when you reach your goal. How will you look, How will you feel?
- T - Timely** - Every goal needs a target date. So there is a beginning and an end.

Now that you have set your goal it is time to recognise the changes you may need to make to your diet and lifestyle.

Here are some tips to help you:

- Eat regular well balanced meals and be aware of mindless snacking as the kettle may always be on the boil with everyone working or schooling from home.
- Include plenty of fruit and vegetables. The recommended daily amount of fruit and vegetables combined is 5 to 7 servings a day.
- Plan your meals ahead of time. You will be a lot more organised and you will get more variety into your meals.
- Drink plenty of water. It is recommended we consume 1 & 1/2 to 2 litres a day. This is important to keep the body hydrated.
- Be active for at least 30 minutes a day, 5 times a week. This not alone helps to tone the body but it is also important for our mindset.

For extra support and for weekly accountability check us out on Facebook **San Rita Wellness** or sanritawellness.com for details of our "In Person Meetings" "At Home Service" or our "One to One Service."

NB - Our weekly "In Person Meetings" take place in the Kerry Writers Museum, The Square, Listowel every Wednesday morning from 10am to 11am and evening from 6pm to 7pm

Give us a call on Sandra 087 6718377, Rita 087 1012174
Until next week Sandra and Rita



Bookmaker Berkie Browne, centre, from Listowel enjoying the company of Denis and Martin Bracker O'Regan with Des Grace also Peter McManus at Glin Coursing on Sunday. Photo Moss Joe Browne

BOOKS OF THE WEEK

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Fergie: The Lost Tapes

Alex Ferguson - Manchester United's Greatest Era Retold

By Wanye Barton



For more than two decades, Sir Alex Ferguson defined dominance in world football. Winning thirteen league titles, two European Cups, five FA Cups, four League Cups and one Cup Winners' Cup, he built one of the most formidable dynasties the sport has ever seen.

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As well as rare recordings from David Beckham, Gary Neville, Roy Keane, Eric Cantona, Bryan Robson, Phil Neville, Arsene Wenger, Peter Schmeichel, Jaap Stam, Brian McClair, Mark Hughes, Cristiano Ronaldo, Wayne Rooney, Ryan Giggs, Nicky Butt, Ole Gunnar Solskjaer, Teddy Sheringham, Rio Ferdinand, Nemanja Vidic, Patrice Evra and more.

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Thomas Ashe Branch Kerry of Óglaigh Náisiunta na hÉireann was represented by Brendan O Rourke, Jim Halpin, Michael Guerin at the Defence Forces National Veterans Day Parade, McKee Barracks Dublin recently.

Pictured L-R: Brendan O Rourke, Jim Halpin seated and Michael Guerin

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BUDGET 2027

SOME RELIEF FOR WORKERS

OVERVIEW

Budget 2027 promises billions in additional spending, tax changes and new supports, but not everyone will feel the benefit. The Fiscal Council refers to the budget as Fast and Loose.

However, with rising costs, housing pressures and stretched public services still dominating everyday life, the big question is whether this Budget will deliver meaningful change — or simply ease the pressure temporarily.

SUMMARY MAIN POINTS

The main discussion points in the budget were as follows:

- Minimum wage increased by 79c to €14.94 per hour
- 40% Tax Band increased by €2,500 to €46,500
- Cigarettes increasing by €1 per pack
- Vape tax of 20c per ml
- Increases in main tax credits
- Main Welfare payments increased by €10 per week
- Reduction in Childcare fees
- New Saving and Investment Scheme

HOUSING

- Help to Buy Scheme increase by €5,000 to €35,000
- €1.3bn fund for climate measures including retrofit grants and a boiler scrappage scheme
- Reductions in Carbon Tax on Kerosene and Natural Gas set at €48.50 per tonne

SOCIAL PROTECTION

- Main Welfare payments increased by €10 per week
- Weekly Fuel allowance increased by €5 to €43
- A new Cost of Disability Payment of €500
- Increased level of income disregard for Carers Allowance
- Living alone allowance increased by €3 per week

PERSONAL TAXATION

- 40% Tax Band increased by €2,500 to €46,500
- Main tax credits increased by €125 to €2,125.
- Home Carer Credit increased by €100
- 3% Band of USC increased by €1,600 to €30,300.
- Rent Tax Credit increased by €150 to €1,150
- Rent a Room limit increased to €16,000

BUSINESS & AGRICULTURE

- Minimum wage increased by 79c to €14.94 per hour
- PRSI threshold rises from €552 to €600
- €15 million allocated to support rural pubs
- Diesel rebate extended
- €31 million in Fertiliser Support for farmers

MOTORING

- Vehicle Registration Tax (VRT) relief on Electric Vehicles extended to the 31st December 2028
- The Restoration of excise on Petrol and Diesel postponed to the 28th of February 2027

FAMILY & CHILDCARE

- Monthly childcare costs reduced to €550 from next September
- Maternity, Paternity, Adoptive and Parent's Benefit increased by €10 per week.
- Child Minders will be able to earn €20,000 Tax Free & the limit of 3 Children will be removed

INHERITANCE TAX & CGT

- Capital Gains Tax reduced by 2% to 31%
- Inheritance Tax Free Thresholds Increased
 - o Category A (Children) €420,000 (Up €20,000)
 - o Category B (Family) €44,000 (Up € 4,000)
 - o Category C (Non Relative) €22,000 (Up €2,000)

EDUCATION

- SUSI Grants increased by 4.5%
- Annual student contribution fees reduced by €150

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BUSINESS REACTION

"It will be a budget for workers".

– Minister Jack Chambers

**"The path we are setting out here today
is an optimistic one for Ireland"**

– Minister Simon Harris

"Failed farmers"– Denis Drennan ICMSA

**"On a worse trajectory by repeatedly
breaking established spending limits
and increasingly relying on high-risk
corporation tax"** - Fiscal Council

**"Changes announced today will help
protect workers from the impact of
fiscal drag"**

- Cróna Clohisey Chartered Accountants



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BALLYBUNION

CONDOLENCES

We extend our deepest sympathies to the family of Noreen Keane (née Collins) Cliff Road. May she Rest in Peace.

CREATIVE KIDS AT THE COTTAGE

Creative Kids is back with a fantastic selection of art classes this October, November & December.

October: Saturday 10th, 17th & 31st

November: Saturday 7th & 21st

December: Saturday 5th & 19th

11.30am – 1.30pm

Cottage Studio Gallery, Cinema Lane A fun and creative morning for children, with plenty of opportunities to get artistic and have fun! For more information, text Marie on 086 066 4435.

BALLYBUNION ACTIVE RETIREMENT

Returns this Wednesday, 7th October, and every Wednesday after. Location: The Room of light - Ballybunion Community Centre. Weekly Meetings: Every Wednesday, 11.30am – 1.30pm. New members are always welcome. Come along and enjoy a wide range of activities, including: Creative writing, Theatre visits, Day trips, Guest speakers, Yoga and most importantly, great company. For more information, contact Pat Buckley at 086 356 1615.

BALLYBUNION TIDY TOWNS

Save the date. Our annual pub quiz 13th November in the Bunker. We will also be presenting awards to our winners in the Garden Awards.

BALLYBUNION MEN'S SHED

Are looking for new members for shed. A great place for tea and a chat any day. Also handymen for small jobs in the shed and community. Follow us on Facebook. Contact Francis Bennett manager 087 246 0491.

TINTEAN THEATRE

We have a fantastic line-up of entertainment coming your way, Friday 16th Oct Gearoid McCarthy, Sat 17th Oct W.O.É Women of Éire. Doors open at 7.30 – Don't miss out – Book your tickets and find out more at www.tintean.ie

BALLYBUNION LIBRARY

Ballybunion Library: Come in with your child and sign up the children that are starting Junior Infants this September. We have a Little Library Bag for each child. It contains some nice books and other goodies that may help the transition to Primary School.

Opening Hours: 10am-1:30pm and 2:30pm-5pm from Tuesday to Saturday Inc.

ballybunion@kerrylibrary.ie 068 27615 www.kerrylibrary.ie Everybody Welcome!

TAEKWONDO BALLYBUNION

Taekwondo Classes – Ballybunion Community Centre. Join our Taekwondo classes in the upstairs hall for all ages and skill levels! Every Wednesday – Beginners (ages 5+), teens & adults & every Friday – Beginner teens & adults. Build confidence, balance & coordination, improve fitness & self-defence skills & Develop self-discipline in a fun environment. Interested? Contact Michael at 087 924 5637 to get started!

BABY & TODDLER GROUP TÍR NA NÓG BALLYBUNION

Community Inclusion International, A friendly and inclusive group for babies and toddlers with their parents or carers. Play, Chat, Connect, Create & Learn. Every Monday & Wednesday 10:00am – 12:00pm, Includes snacks & group outing. For more information Laura: 087 057 3384, Tanya: 089 212 7036

CHAIR BASED FITNESS PROGRAM

Class Chair-Based Exercise in Ballybunion Community Centre every Tuesday 11.00am-12.00pm. Pay as you go classes available also, Please phone to book your chair call Martina on 087 797 3688

BALLYBUNION MEALS ON WHEELS

Delivery Days: Monday, Wednesday, and Friday, Areas Covered: Ballybunion, Lisselton, Asdee, and Ballylongford. Please note: €8 per meal (delivered directly to your door). To arrange delivery, please contact: Eileen Fogarty – 086 2234 965 Con McCarthy – 087 418 4241. Reliable, home-cooked meals delivered with care!

BALLYBUNION BADMINTON

Stay Active with Ballybunion Badminton! Looking for a fun and engaging way to stay fit? Join Ballybunion Badminton for a great cardio workout that improves agility, coordination, and relieves stress. Every Thursday, 8 PM – 10 PM at Ballybunion Community Centre. Strictly over 15s – New members are always welcome! For enquiries, contact us via the Ballybunion Baseliners Facebook page or text 086 166 0682.

BALLYBUNION HEALTH AND LEISURE CENTRE

Opening Hours, Monday – Friday: 8:00 AM – 9:00 PM, Saturday: 9:00 AM – 6:00 PM, Sunday & Bank Holidays: 10:00 AM – 6:00 PM. We offer a variety of exercise and fitness classes, including Hydro Bikes, Aqua Aerobics, and Spinning. Public swimming lessons take place during the week and can be booked by contacting reception. For more information, please call Reception at 068-28111 or follow our Facebook page: Ballybunion Health & Leisure Centre for regular updates.

BALLYBUNION COMMUNITY CENTRE

Ballybunion Community Centre has the perfect space for hosting your sports, groups, classes or parties. The following are the classes take place in the centre, Parent, baby and toddler groups, Taekwondo, Badminton, Yoga Classes, Chair based exercises, Craft circles, Dance fitness, English lessons, Indoor soccer, Drama class, Basketball, Irish language development class for kids, Gymnastics, Ballybunion Youth Club. Please contact 068-27799 or email ballybcomcentre@gmail.com for any information.

POSITIONS AVAILABLE IN COMMUNITY

Community Employment offers paid work, welfare supports, free training courses and an opportunity to get involved in the community. Current part-time positions (19.5 hrs. /wk.) Include: Tinteán Care taker, Leisure Centre Cleaner, Sea Rescue Hut Caretaker, Environmental worker with Tidy Towns. For details, contact Rosaleen on 089-2763786 or email saothairmanabhann@gmail.com

SAN RITA WELLNESS

In Person Meetings take place every Wednesday from 10am-11am & 6pm to 7pm in The Kerry Writers Museum. If you are anxious to make a start now you can join our "At Home Service" where our members love the support, motivation, accountability and also seeing fantastic results on the scales. Call us for more information. Sandra 087 6718377 Rita 087 1012174

GROW SUPPORT GROUP MEETINGS

Grow support meetings on Wednesdays from 7:30pm to 9:30pm in the Seanchai centre, Kerry Writers museum, The Square Listowel. All men and women welcome. For more information either attend or ring Jerry Cronin 0860271990 or www.grow.ie

UNISLIM LISTOWEL

UniSlim – New Class Opening in Listowel. The Kerry Writers' Museum, 24 the Square, Listowel, V31 RD93. Every Thursday 6pm – 8pm. Call or Whatsapp Loraine: 087 678 1862. FREE TO JOIN! Free MIX30 in class, Join today for only €12 and save €13! T&Cs apply. www.unislim.com

BE ACTIVE BE WELL

Are you feeling stuck, ready to move more and feel better. Be Active Be Well is a HSE South West programme to help you make positive changes to move more and feel better. The programme is for any adult who is not currently active. This 5 session programme will take place on the 1st, 8th, 15th and 22nd of October in Listowel Family Resource Centre from 11-1pm. A fifth session will take place on December 11th. To find out more contact Gráinne Woulfe on 087 1880962 or email grainne.woulfe3@hse.ie.

BALLYBUNION NOTES

If you'd like to include an item in The Ballybunion Notes, please send it to ballybuniontouristoffice@gmail.com or message us on the Ballybunion Tourist Office Facebook page by 10:00 AM on Monday. The Ballybunion Tourist Office is funded by the Ballybunion Community Forum and is open all year round.



Josette O'Donnell winner of prize sponsored by Coco Boutique, Listowel at Ballybunion Golf Club with Captain Elaine Molyneux and President Deirdre Dillane and Jennifer Scanlan, Coco Boutique. Photo by Francis Bennett



Captain Elaine Molyneux, President Deirdre Dillane, Sponsor Jim Doolan, Doolan's Painting Contractors present winner Bernie Daly with her prize at Ballybunion Golf Club. Photo by Francis Bennett



Muireann O'Sullivan & June Hayes, winners of competition sponsored by the Healy Brothers with Sean Healy, Captain Elaine Molyneux and President Deirdre Dillane at Ballybunion Golf Club. Photo by Francis Bennett

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LIXNAW

PARISH MASS TIMES

ST MICHAEL'S CHURCH: Saturday 10th October, Mass at 7.30pm for Margaret & P.J. Hunt, Ballygarrett.
RATHEA CHURCH: Sunday 11th October, Mass at 9.30am for Gerald Barry, Tourangeeey; Owen Fogarty & deceased members of the Fogarty family.
IRREMORE CHURCH: Sunday 11th October, Mass at 11.00am for Doreen & Jeremiah Finnerty & deceased family members, Banemore.

ROSARY

During the month of October, the Rosary will be recited every Tuesday evening at 6.30pm at Rathea Church, beginning on Tuesday the 6th October.

ST MICHAEL'S WELL

We celebrated St. Michael's Day last Tuesday the 29th of September. It was a very wet and windy day. Everyone associated with the Well, would like to thank everybody for coming. Our local parishioners, also those who came from other parishes and other counties, the school children from Scoil Mhuire de Lourdes, teachers and all the staff. Thanks to Fr. Anthony for celebrating Mass at midday at the Well and also Mary the sacristan, Gerald who read and Tony on the PA system. Thanks to all who served refreshment, those who manned traffic on a busy road and the parking in the field and the yard. Thanks also to the McElligott family for allowing parking on their land. As the weather deteriorated in the evening, we had the 7.30pm Mass in St. Michael's Church and afterwards many people visited the Holy Well. Thanks also to Gerard, Mitchell and Brendan for all their help.

DEATHS

Maureen (Mary Anne) O'Donoghue (née O'Sullivan) Garrynagore and formerly of the Dale Road, Lixnaw. Sympathy to her sons/daughters: Maria, Gerard, Paul John, Michelle and Thomas; her sister Cautie, and all the extended O'Donoghue/O'Sullivan families. May she rest in peace.

SPLIT THE BUCKET DRAW

Congratulations to Mary Sheehan on winning €67 in this week's Split the Bucket Draw.

LIXNAW GAA LOTTO DRAW

28/09/26 Jackpot €19,400. Numbers drawn were 01, 07, 15, 28. There was one winner of the jackpot of €19,400 – Sean Flaherty, Tullacremine. Congratulations to Sean and thanks to all who supported this epic jackpot journey. We will be resetting the jackpot for next week to €1000. Thank you for your support.

ST SENAN'S GAA CLUB LOTTO DRAW

28/09/26 Jackpot €4,400. Numbers drawn were 05, 20, 25, 30. No Jackpot winner. €30 winners: Ivy Rose, Jonah & Chulainn Barry; John Reidy, Ballymac. €20 winners: Grace Doran, Rathea: Majella O'Dwyer; Tom Dillon, Glenderry. Next week's Jackpot will be €4,500. Tickets €2 each or 3 for €5. Tickets are available at Kelly's Six Crosses, The Halfway Bar, Parker's Bar, Kilflynn, or play online.

41 WEEKLY CARD GAME

The 41 Card game organised by Emmets GAA Club resumed play on September 29th in the Clubhouse at Frank Sheehy Park, Listowel. The game will continue at 8.30 sharp every Monday night until May 2027 and all are welcome. Carry-over Jackpot on week 1 was €260 for 10 games and was not won. Jane Galvin and Margaret Scannell as well as Tony Purcell and Michael O'Donoghue each had 9 games and shared first prize.

Table Prizes: John Joe Flavin and Mike Cox; John McNamara and Seán Galvin; Noel Carmody and Mike Cooper; John O'Donnell and David McElligott. Jackpot for next week will be €270 in ten games. See you there.

ST. MICHAEL'S BASKETBALL CLUB

St. Michael's Basketball Club is delighted to continue its Mother & Others social group, which takes place every Tuesday night in Lixnaw Community Centre. A great way to get active, improve fitness while having fun and making new friendships over the winter months. For further information, please contact Sophie on 087-4645534 or Tara on 086-8386061

MEMORY LANE THEATRE

Memory Lane Theatre presents 'A tribute to Sigerson Clifford' at the Ceolann Cultural Centre on Sunday the 11th of October at 7pm. Entry €15 (cash only). Contact Kathleen on 087-6289635

FINUGE 500 DRAW

Congratulations to Bridie Carroll, our September winner of €500. The October draw will include 500 litres of free home heating oil sponsored by McElligott Oils, Asdee, along with the usual €500. Discount also available from Macoil, if you tell them Finuge GAA sent you. Tickets available from Foleys, Stacks, Post Office, J.J. Walsh Meats, McCarthy's Bar & Jet O'Carroll's Bar, Listowel.

BALLYDUFF

LOTTO DRAW

The results of the weekly Ballyduff GAA Club, Lady's Walk Hurling Club and the Ballyduff Community Games Committee Lotto Draw for Tuesday September 29th are as follows: The numbers drawn were 6, 12, 14 and the Bonus Number was 7. There was no winner of the Lotto Jackpot of €17,100 or Match 3 prize of €400. The €20 consolation prize winners were Anne Guerin, Ardoughter; Corey O'Carroll, Corbally; Paddy Connolly, Online. The Lotto Draw takes place on each Tuesday night at the Ballyduff GAA Clubrooms.

BALLYDUFF CAMOGIE

Well done to our U14 girls on winning the Division 1 shield final against Causeway in a very competitive game on Sunday last. Thanks to Causeway for a great game and thanks to Mike Hennessey for refing and Crotta GAA for use of the pitch. Our joint captains Bethany Purcell and Grainne Maher were presented with the shield by Kerry Camogie Chair Anne Marie Russell. Well done to all the girls and their coaches on a successful season. Special word of thanks to the parents all year for supporting the girls.

CHURCH NEWS

Anniversaries: Mike Condon
Deaths: Christina Carroll; Maureen Moriarty; Maureen O'Donoghue, sister of Cautie Deenihan, the Village

Masses for the week:

Friday October 9th 7.00pm: Mike Condon 1st Anniversary; Anne White Month's Mind.
Saturday October 10th 6.30pm: Denny Dowling; Noreen Hussey; Jimmy Dowling, Danny & Mary Casey, Tom Lynch, Tom Casey & Deceased members of their families
Sunday October 11th 11.00am: Mass in Causeway

National Synodal Gathering Working Document: Has printed the working document containing the proposals to be voted on at the National Synodal Gathering on October 17th. To read and share your thoughts on these proposals, please visit <https://www.dioceseofkerry.ie/natsyn/>
Synod Assembly: In conjunction with the worldwide ecclesial gathering in Rome in October 2028, there is a Synodal Assembly of representatives of Irish dioceses and other church bodies on Saturday October 17th this year in Dublin. We pray that it may give guidance and direction to the Irish Church for the years ahead.

Remembrance Service: For Parents & families who have lost a baby through miscarriage, ectopic pregnancy, foetal anomaly, stillbirth or neonatal death. Sunday October 11th at 2.30pm in the Chapel of Christ the Healer at Kerry University Hospital, Tralee
Cúpla Focail: Continues at the old Post Office, Ballyduff on each Monday night at 7.00pm.

KERRY COMMUNITY AWARDS

Bud's Celebrated for the Beautiful Mind's Sensory Room. Bud's Family Resource Centre, Ballyduff was proudly represented at the Kerry Community Awards by Katie McCabe and Anthony O'Carroll where they accepted the award for our beautiful new initiative — "Beautiful Mind's Sensory Room" made possible through the generous support of TUSLA — Child & Family Agency. So proud — and so grateful to everyone who makes Bud's what it is.

MEALS ON WHEELS

Ten community organisations in Kerry will receive over €525,000 in funding under the 2026 CLÁR Programme - Measure 2. These are fantastic organisations serving our local communities and this is a just recognition of their dedicated service. BUDS Family Resource Centre will receive €29,541 towards a new van for their "Meals on Wheels" delivery service.

HALLOWEEN DISCO

Join us for a Spooky evening of fun! Get ready for a night of dance and delight with Sliabh a'Mhadra National School. Our Halloween Disco will take place at The Hopper Inn on Friday October 23rd from 7.00pm to 8.30pm. Children from Junior Infants to Fourth Class must be accompanied by an adult. Tickets are now

on sale from the School for €7.50 per person. (Adults go free) Don't miss out on the fun. Happy Halloween for the Parent's Association. Please note this is for students of Sliabh a'Mhadra National School ONLY.

PUMPKIN PATCH OPENS IN CLAHANE

A North Kerry farming family, more noted for its pedigree Holstein cattle, has decided to take on a rather unusual seasonal venture this autumn by transforming the farm into a Halloween theme. Ballybunion Pumpkin Patch is the idea of teacher and farmer Lauren Fitzmaurice, who is in the final stages of preparing what will be a unique use of the family farm when the gates open this October to the public keen on enjoying all things Halloween

DEATHS

The death took place of Maureen (Mary) Moriarty (née Riordan), Knopogue, Ballyduff and formerly of Dromerin, Listowel. Her remains reposed at Lawlor's Funeral Home, Ballyduff and the Requiem Mass was celebrated at SS Peter's & Paul's Church, Ballyduff. Burial was in Derrico Cemetery, Ballyduff.
The death took place of Maureen O'Donoghue (née O'Sullivan), Garrynagore, Lixnaw and formerly of the Dale Road, Lixnaw. Her remains reposed at The Day Chapel in St. Bernard's Church, Abbeydorney. Her Requiem Mass was celebrated at St. Michael's Church, Lixnaw and burial was in Kilfeighney Cemetery. Maureen was sister of Cautie Deenihan, The Village, Ballyduff. Sympathy is extended to the families, relatives and friends of the above deceased.

BALLYDUFF SUMMER FESTIVAL COMMITTEE

ANNUAL GENERAL MEETING – WE WANT YOU!
We're delighted to announce that our Annual General Meeting (AGM) will take place on this Wednesday, October 7th at 7.30pm in BUDS Family Resource Centre, Ballyduff. This is an open meeting and everyone is welcome to attend. As we look ahead to 2027, we're hoping to welcome some new faces and new members to our festival committee. After the success of our first year, we're excited to build on it and make next year's festival even bigger and better. Whether you can give a little time or a lot, every helping hand makes a difference. There are lots of ways to get involved, including: Brainstorming and bringing new ideas to the table; Helping organise and get the festival off the ground; Assisting with grant applications and fundraising; Taking on one of the various roles within the committee; Helping out in the lead-up to the festival; Getting involved during the festival weekend itself. We'd love to see people of all ages, from 18+, come along, get involved and become part of the team. You don't need to have previous committee or event experience — just a willingness to get involved and help make a difference. The more volunteers we have, the more we can achieve together. So, if you've ever thought "I'd love to get involved" — now is the perfect time. Wednesday, 7th October at 7.30pm at BUDS Family Resource Centre, Ballyduff. Come along, meet the team, share your ideas and see how you can get involved. Let's make 2027 an even better festival — together. We'd love to see you there!

SCHOOL VICTORY

Huge congratulations to the boys and girls of Ballincrossig Ns who won the North Kerry 2 Teacher Cumann na mBunscoil in Ballybunion. They beat a very competitive Kilconly NS in their final game to win the competition. The children played their hearts out and we are extremely proud of them and we now look forward to the next round of the competition. It was back in 2015 when Ballincrossig Ns last won the title. A huge thank you to Eddie and Bride for their help today and also thank you to Liam from Ross's Centra Ballyduff - Co. Kerry and to Ms O'Carroll for the well-deserved treats.

BINGO

Bingo continues at the Community Centre, Ballyduff on each Friday night commencing at 8.00pm sharp. All are welcome.

BUDS FRC

Thursday: Sewing classes 3.30pm to 6.30pm
Friday: Men's Shed breakfast every Friday from 9.00am to 12pm
Monday: Baby massage classes 10.30am to 12.00pm
Active Retirement Group 2.00pm to 4.00pm
Joe Burkett theatre from 5.00pm to 6.30pm
Tuesday: Buds pantry surplus food for everyone 9.00am to 1pm
Irish Dancing 3.00pm to 4.00pm

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Contact: tarbertnews@outlook.com or telephone Patrick Lynch at 068/36117 on or before 7pm Sunday. Fan slán.

DEATHS

Sympathy to Etta and Parsy O'Connell, Kilpadogue on the death of Etta's sister Sheila Hughes (nee O'Sullivan) of Cordal, Castleisland who died on Sunday 27 September. Her Requiem Mass took place on Wednesday 30 September last at Cordal Church followed by interment locally.

Sympathy also to Joe and Margaret O'Neill, Tieraclea and John Houlihan, formerly of Tarbert on the death of their cousin Maryetta Clifford, Florida, USA and formerly of Foilmore Cahirciveen who died on Friday 25 September. A Memorial Mass will be held in the O'Connell Memorial Church, Cahirciveen on Saturday 17 October.

The death took place of Tony Dillane, Tullahinell, Asdee. Tony who was aged 72 years died at University Hospital Kerry on Saturday 19 September. He reposed at Lynch's Funeral Home, Ballylongford on Monday 21 September. There was a large attendance at his Requiem Mass in St. Mary's Church, Asdee on Tuesday 21 September which was celebrated by Fr. John Buckley, followed by interment in Lislaughtin Abbey cemetery. Tony worked for many years in Kerry Ingredients in Listowel where he was recognised as an able and helpful worker with many friends. He had a keen interest in local history and joined Tarbert Historical Society and rarely missed a meeting or talk and participated in many tours to places of historical interest. Sympathy of the community to his brothers and sister, extended family, relatives and friends.

Sadly, Tony's sister Teresa Gallagher died on Thursday 24 September. Her Requiem Mass took place in St. Senan's Church, Foynes on Monday 28 September followed by interment in Knockpatrick Cemetery, Foynes on Monday last. Sympathy to her husband Michael and family.

KERRY HOSPICE

Tarbert Bridewell are hosting a Coffee Morning in aid of Kerry Hospice on Friday 9 October and your support would be greatly appreciated.

SEMINAR ON HISTORIC HOUSES

Kerry County Council and the Irish Georgian Society will hold a Seminar on North Kerry's 18th Century Historic Houses - Architectural Landscape Treasures at Kerry Writers' Museum, Listowel on Friday next 9th. October from 10.00 am to 4.30 p.m. Among the speakers will be Dr. Declan Downey, Kay Caball and Tom Dillon. Further details on www.kerrycoco.ie HISTORICAL SOCIETY Patrick Lynch, Tarbert will give a talk on Friday 16 October at 8pm in the Bridewell on 'When the Wireless came to Tarbert'. This was the era in the Forties and Fifties before rural electrification when there was no television and people were dependant in the rural countryside on dry and wet batteries for their news and sports on the wireless and its impact on society.

SEANFHOCAIL

Ná déan nós agus ná bris nós.
Don't make a habit or break a habit
Is deacair sean-nós a bhriseadh.
Old habits die hard.

TARBERT ACTIVE RETIREMENT (OVER 55'S)

Is on every Friday in Tarbert Bridewell between 10.30 and 12.00. Different activities every week followed by Tea/Coffee and refreshments and a chat. New Members always welcome.

BALLYLONGFORD

EMMETS 41 CARD GAME:

The 41 Card Game resumed on Monday, September 29th, in the Clubhouse at Frank Sheehy Park, Listowel. Play will continue at 8.30pm sharp every Monday night until May 2027, and all are welcome to come along and enjoy an evening of cards and craic.

The carry-over jackpot of €260 for 10 games was not won on the opening night.

Jane Galvin and Margaret Scannell, along with Tony Purcell and Michael O'Donoghue, each finished with nine games and shared first prize.

Table Prizes: John Joe Flavin and Mike Cox; John McNamara and Seán Galvin; Noel Carmody and Mike Cooper; John O'Donnell and David McElligott.

The jackpot for next Monday night will be €270 for 10 games.

DON'T FORGET - COFFEE MORNING IN TARBERT

Tarbert Bridewell will host a Big Coffee Morning for Listowel Hospice on Friday,

9th October, from 9.30am to 4.30pm. Come along and enjoy a cup of Bewley's coffee and some delicious home baking, while supporting the vital work of Listowel Hospice. Donations are welcome, with every contribution helping to support local hospice care. Everyone is very welcome to come along, enjoy the company and support this worthwhile local cause.

BIG THRIFT EXTRAVAGANZA

Listowel Community Centre is hosting this event on Saturday, October 10th, from 1pm to 5pm. There will be racks of pre-loved and vintage clothing, accessories and plenty of hidden gems, along with a Kids' Preloved Corner, face painting and sweet treats. All are welcome to come along and enjoy an afternoon of bargain hunting and community fun.

BALLYLONGFORD NOTES

The notes are entirely free to use for all and are for the benefit of the community to highlight notices, events, services, etc. If you would like to include something in our weekly notes, please email ballylongfordnotes@gmail.com or phone/WhatsApp 087 930 8223. If you have trouble with electronic submissions, please call me on the above number.

Please note: Deadline for submission is 8pm on Sunday

Presentation Secondary Listowel student Molly Walsh honoured in Kerry Young Historian Award 2026

Presentation Secondary School, Listowel is delighted to congratulate student Molly Walsh, who has been awarded second place in the senior category of the Kerry Young Historian Award 2026.

Molly's essay, *Unsung Heroes of Kerry: The Woulfe Family's Fight for Irish Freedom*, explores the contribution of the Woulfe family to the struggle for Irish independence. She was guided in her research by her teacher, Ms Louise McAuliffe, who complimented Molly's commitment to research and her keen interest in history.

The Kerry Young Historian Award invites young people to become researchers of their own local history. Seven students from schools across Kerry took part this year, all in the senior category. First place went to Cathal Slattery of Causeway Comprehensive School for his essay on Lady Arbella Denny.

The project is led jointly by Claudia Köhler of Kerry County Museum and Victoria McCarthy, Architectural Conservation Officer with Kerry County Council. Both also serve as joint honorary Education Officers with the Kerry Archaeological & Historical Society. The patron of the award is Jimmy Deenihan, former President of the Society, who has supported the initiative and its focus on encouraging the next generation to engage with Kerry's history and heritage.

Claudia Köhler said: "The Kerry Young Historian Award gives young people the opportunity to become researchers of their own local history."

Victoria McCarthy said: "There are so many stories within Kerry's communities, buildings, landscapes and families that deserve to be explored. The Kerry Young Historian Award gives students the opportunity to investigate these stories for themselves and develop a deeper connection with their heritage."

School Principal Katherina Broderick said: "We are immensely proud of Molly. Her essay brings a local family's story to a wider audience, and it reflects both her own dedication and the encouragement of her teacher, Ms McAuliffe. The award is well deserved".

The winning essays will be published in Kerry Magazine, the annual publication of the Kerry Archaeological & Historical Society. Participating schools receive a free visit to Kerry County Museum or a visit from its outreach team, and prize-winning schools are offered a free living-history workshop as part of the annual Architecture Kerry Festival.



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Make sure you have regular sight tests and if your optometrist tells you that you must not drive, you must stop all driving immediately. Driving when you are medically unfit to do so is a criminal offence, and you may be prosecuted if you are involved in an accident.

Driving glasses

If you have been advised to wear glasses for driving, make sure you wear them, even for short trips – and keep a spare pair in the car. Choose glasses with thinner sides for driving as they won't block your side vision as much as thicker ones. If you wear contact lenses, keep a pair of glasses in the car in case you need to take your lenses out. Even if you don't need to wear glasses all the time, you will probably find they are particularly helpful when the lighting is poor, and for driving at night.

Headlights of oncoming traffic can be dazzling when you are driving at night or in poor weather conditions. Special driving lenses designed with a specially-developed glare filter and a contrast-enhancing filter can help reduce reflections and uncomfortable glare from oncoming traffic.

If glare is an ongoing problem for you, make sure your windscreen and headlights are thoroughly cleaned and free from grime and dirt. If you wear glasses, and don't forget to keep them clean too. If you find that problems with glare at night persist, make an appointment to have a sight test.

Sunshine can be dazzling too, particularly when the sun is low in the sky. If you wear glasses, you may find it helpful to have a pair of prescription sunglasses in the car, or to wear clip-on sunglasses over your prescription glasses. Polarised sunglasses are great for driving in bright conditions. Polarised lenses are lenses with a special built in filter to reduce glare and improve vision in bright conditions.

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THERAPY WITH JOHN

John Pio Groarke

INTEGRATIVE PSYCHOTHERAPY
& SOMATIC BREATHWORK

For the month of October, we're teaming up with psychotherapist John Pio Groarke to raise awareness around mental health and the importance of looking after our wellbeing.

John shares:

Lately, I've noticed more clients coming to therapy because they're struggling to sleep. It's something I'm seeing across all ages, from teenagers to people in their 60s and beyond. The latest Healthy Ireland Survey 2025 found that people in Ireland are getting an average of just 6.9 hours sleep on a typical weeknight, while 32% reported getting six hours or less. That figure has increased from 25% in 2019. The HSE recommends that adults get 7–9 hours of sleep each night. Sleep allows our mind and body time to recover, manage stress, and recharge for the day ahead.

Life can be overstimulating today in Ireland. Between work, school, family, money, phones apps, and the media, it can be difficult to properly switch off. We often think of memory as something stored in the brain, but our experiences can also leave lasting patterns in the body nervous system. Over time, this can affect our sleep, relationships, mood and everyday habits.

Many people are going through their day with their foot on the accelerator. Then they get into bed and expect their mind and body to relax. But it doesn't always work that way. Our bodies can become used to stress and being on alert. We can find ourselves in a constant fight-or-flight state without realising it. Part of my work is helping people slow down and become more aware of what is happening in their body.

Tools such as mindfulness, body scans, meditation, breathwork, EFT tapping and psychoeducation can help us understand what our body is telling us and learn how to better regulate ourselves.

This October, perhaps take a moment to check in with yourself.

If you would like to make an appointment, contact
John Pio Groarke on 087 383 0488
or visit www.therapywithjohn.ie.



KILFLYNN

CROTTA LOTTO RESULTS

Herbert's Bar in Kilflynn hosted the Crotta Hurling Club's weekly lotto draw on Monday 5th October. The four numbers drawn from the drum by the independent observer, Graham Harris, Cloun-sillagh, Lixnaw, were 4, 10, 20 and 22. No one won the €9,600 Jackpot.

Congratulations to the following who won €35 in the lucky dip draw: The Dillon Family, Leam, Kilflynn, Matt Flaherty, C/o Foley's Gala Shop, Lixnaw; and Jane Behan, Rathea, Listowel,.

The next draw will take place in Parker's Pub, Kilflynn, on Monday, 12th October, at 10:30 p.m. with an €9,700 jackpot.

Tickets are available: €2 each or 3 for €5 or play online at this link: <https://tinyurl.com/crotta-club-lotto> or at Herbert's Bar/ Village Store, Parker's Pub, Zam Zam Kabab, Foley Shop Lixnaw, Abbeydorney Post Office or from Club ticket sellers. Many thanks to all who contribute to our weekly Club Lotto.

KILFLYNN TODDLER GROUP

The Kilflynn Toddler group meets every Thursday at St. Columba's Centre, Kilflynn from 10 a.m. for Sensory Play, Free Time, and Coffee/Tea. The cost is €3 per child or €5 per family. Our first free course, Language and Play, starts this September for 6 weeks. All are welcome. Contact Maureen at 087 9893847 or Carmel 087 9100476 for further information.

SHANNOW FAMILY RESOURCE CENTRE

QQI Level 3 Spreadsheets – this course is not all about numbers; it can be used to balance your bank account etc. Fridays, 2:15 p.m. to 4:15 p.m. starting 2nd October. Intro to IT & Smartphone Course – Tuesdays 10am to 12noon starting 6th October. Drop-in Forms Clinic in Shannow FRC every Wednesday from 10:00 a.m. to 1:00 p.m. – free confidential service. For further information on any of the above or to book a place contact Shannow FRC on 066 7198018 or 087 7774673 Adult Sewing Classes – Tuesdays 10am to 12noon – suitable for beginners to advanced. For further information or to book contact Nuala on 087 6530585

FERRIS

Playwright Mike O'Halloran's fifth play, Ferris, featuring actors from Kilmoyley, The Spa, Tralee and Glenflesk, will be performed by the Bog Road Theatre at the Abbeydorney Parish Community Hall on Saturday 7th, Sunday 8th, Saturday 14th and Sunday 15th November. Tickets are now available at €15 by TXT for FERRIS (The Martin Ferris Story) to 0863116077

CROTTA GAA

2026 Ask Acorn County U21 Hurling Championship Quarter-Finals Fixture: On Sunday, 11th October at 2:00 p.m., Crotta plays St. Brendan's Ardferit in the sportsfield, Dromakee, Kilflynn. Best of luck to the Crotta players and their mentors.

North Kerry Under 16 'A' Hurling Championship Final

(Thomas 'Son' O'Sullivan Memorial Shield)

Result

Sunday, 4 October played in the sportsfield, Causeway Abbeydorney 2-22 Crotta O'Neill's 2-10. Congratulations to the Abbeydorney players and mentors, and commiserations to the Crotta players and mentors

Congratulations and well done to the Abbeykillix Camogie Club U14s team and management who made history in their club on Sunday 4th October in Hermitage Park, Lixnaw for the first time since their inception, they competed in Division 1 at any grade and won the Cup Final of the County Championship with a 3-05 to 2-03 victory over a gallant Gillard side. Hope you all enjoyed the celebrations.

North Kerry 2-16 -v- Na Gaeil 0-11

North Kerry Senior Footballers produced a superb second-half display to overcome Na Gaeil and book their place in the quarter-final of the Garvey's SuperValu Senior County Football Championship at Austin Stack's Park, Tralee on Sunday 4th October.

Next up is An Ghaeltacht in the county quarter-final on Saturday, 10th October at 5pm in Austin Stack Park. Best of luck to the North Kerry players and mentors.

YOUTH TRAD EVENING

A massive thank you to everyone who came along to our Youth Trad Evening on Sunday 5th October! What a brilliant evening! It was fantastic to see so many young people getting involved, sharing their talent and keeping the music going.

A special thank you to all the young and the experienced musicians who came along and made the evening so enjoyable, and to everyone who came out to support them. Your support means so much!

Here's to many more nights of music, fun and supporting the young talent in our area!

We hope to see you all at our next session on Sunday evening, November 1st, from 6:30 p.m. to 8:30 p.m. All musicians welcome. All Musicians welcome.

ACTIVE RETIRED

The Abbeydorney/Kilflynn Active Retired Group will meet on Wednesday, 7th October, at 10.30am in the Abbeydorney Parish Community Hall.

If you'd like to join our friendly, active and welcoming group, we'd love to see you!

For further information, please contact Marie Williams on 066 713 5831 or 085 252 4028.

ST. MARY'S CHURCH, KILFLYNN

Mass Intentions for the week in St. Mary's Church: Mass will be celebrated on

Saturday 10th October at 6:00 p.m. Declan Lynch, Tullig (A) Ned & Teresa Breen, Knocknacaska (Anniversary)

Kilflynn Altar Society for October: Noreen O'Brien, Maureen Weir, Helen Kelly Fuller

If anyone would like a call, please contact the Parish Office at 066 4018996 or Fr. Jerry Keane 087 2844649.

Adoration of Blessed Sacrament Kilflynn – Monday, 7pm-8pm

ABBEYDORNEY/KILFLYNN CARE GROUP

The Abbeydorney/Kilflynn Care Group Autumn Outing on Sunday 25th October 2026 Bus departs both villages at 12.30p.m, Churchill forge Experince at 1.00p.m, Lunch in Rose Hotel at 3.00p.m followed by Music with Justin at 4.30p.m Tickets are €35 per person

UNIVERSITY HOSPITAL KERRY

University Hospital Kerry Open Invitation Annual Remembrance Service for parents and their families who have lost a baby through miscarriage, ectopic pregnancy, fetal anomaly, stillbirth, or neonatal death. The service will be held in the Hospital Chapel of Christ the Healer on Sunday 11th October at 2.30 p.m.

BLOOD DONOR CLINIC

Castleisland Community Centre - Wednesday 7th & Thursday 8th October - 4:50 p.m. – 8:10 p.m. New donors are welcome at all clinics. It only takes about an hour, but it could save a life. Call 1800 222 111 to book.

KERRY EDUCATION AND TRAINING BOARD

They are offering free classes in Tralee in Computer Skills, Word Processing, and Literacy through driver theory, starting mid-September. Phone Ed on 086 0749786 to apply.

MEMORY LANE THEATRE

Memory Lane Theatre is performing an extra night of their tribute to Sigerson Clifford featuring his plays 'Nano' and 'The Knave of Diamonds' in the Ceolann Lixnaw on the 11th of October at 7pm. Book by calling 087 6289635 or at the door.

SENANS GAA

Club lotto draw Results for Monday 5th October 2026

Numbers Drawn: 15,16,19,24,

Jackpot (€4,500) Not Won

€30 each: Patricia Lyons (on line), John Somers (on line)

€20 each: Johnny Dillon Rathea, Noreen Daughton Tullig Kilflynn, Alice O'Connor (on line)

Next week's Jackpot €4,600

Tickets €2 each or 3 for €5

available at Kelly's Six Crosses, Halfway Bar, Parker's Bar Kilflynn or Play online.

Thank you for your continued support.

MOYVANE

Contact: moyvanenotes@gmail.com

BLOTTO

There was no winner of last Thursday night's Jackpot. Numbers drawn were 17 20 24 32. Lucky Dips: €100: Christine Kissane, Tarbert. €50: Carmel Hudson, Kilbaha, Moyvane. €20 each: Ita O'Connell, Ennismore, Listowel. James Carmody, Ballybunion. Eileen King, Carrickerry. Anthony Teddy Liston, Carrickerry. Michelle Buckley, c/o Noreen O'Connell, Ahalahanna. Free Tickets: Maura Stack, Ballylongford. Teresa Lynch, Newcastlewest. Joan Kelly, Lixnaw. Ciara & Karen Fitzgerald, Lenamore. Michelle Dore, Moyvane. Next draw will be held this Thursday night, October 08 at Bingo in The Marian Hall. Jackpot: €18,000. Bingo starts at 8.00pm. Thank you for your support.

SPIN THE WHEEL

Congratulations to Bernie O'Sullivan, Listowel who Spun the Wheel and won €400 last week. The minimum you can win on the wheel is €300 and the top prize is €2,000.

SPLIT THE BUCKET

Was won last Thursday night by Joan O'Connor. It's a win, win for both sides, the school gets €345 and so does Joan. Envelopes are available in all the usual outlets locally, Holly's Gala, Mike Kennelly's HomeValue Hardware, Noel Stack Butchers, Enright's Bar, The Village Grill, Speedy's Bar, Moyvane. Newtownsandess Co-op Curl up and Dye (Anna Enright Fogarty) and at Bingo in the Marian Hall. €2.00 per entry or 3 for €5.00. Next draw, Thursday, October 14. Thank you all for supporting this very important fundraiser for our local school.

HELLO CARD PLAYERS

Listowel Emmets 41 weekly card game is on in Listowel Emmets Club House at 8.30 p.m. Monday nights. All are welcome and generous prize money is on offer including the jackpot of €260 for 10 games.

MASSES FOR THE WEEK

MOYVANE:

Thursday, October 08 Anniversary Mass at 7.00pm for Joe O'Connor, Kilbaha & deceased members of the Foley & O'Connor families. Eucharist Adoration at 6.00pm. Friday, October 09 Anniversary Mass at 7.00pm for Timothy & Julia O'Flaherty Saturday, October 10 Second Anniversary Mass at 7.30pm for John Lynch and his grandparents, Mary & Joe Lynch also second Anniversary of Michael O'Connell, Ahalahanna and tenth anniversary of Thomas Stack, Keylod.

KNOCKANURE:

Sunday, October 11 Mass at 9.30am.



Lios Tuathail AC's U13 girls team of Elizabeth O'Halloran, Aoileann Collins, Kaya Wolska and Máire Enright were all running up an age group at Brosna Cross Country races last weekend. Kaya led the way with a superb 8th place, and the rest of the team all finished high up the field. Together they took 3rd place in the team event, a fantastic result on such a demanding course

A Seanfhocal A Week

By Kian Lyons
(Listowel Student)



"Filleann an feall ar an bhfeallaire"

This week's seanfhocal "filleann an feall ar an bhfeallaire" means "treachery returns to the treacherous". In other words, what goes around comes around! It teaches us that if you do something bad to someone, there is a good chance it will come back to bite you - or so they say!

The wisdom behind this phrase is simple. The treachery or wrong that a person does to others does not simply disappear once it is done. It has a way of circling back to land upon the very person who committed it. You might think you have gotten away with something, but we all know life has a funny way of bringing things full circle.

This seanfhocal is just as relevant today as it has always been, having been passed down through the years. It is a reminder to respect others and ultimately treat people how you would like to be treated.

Before you do something you might regret, remember these old words of wisdom. Whether karma is real or just an old superstition, you never know when the tables might turn!

BEALE VIEW

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DOORS 7PM | SHOW 8PM



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For a full list of all upcoming shows visit www.Tintean.ie



Kevin Ross, Ballyduff, celebrating his 30th birthday with family and friends at Parkers Pub and Venue Kilflyn on Sat 3rd October



Duagh Sports Complex Split the Bucket... Congratulations to recent winner Connor Keane pictured here with his daughters Clodagh and Olivia, Johnny Lane and Liz Keane



Well done to all Lios Tuathail AC's athletes, who showed real grit on a very tough course at Brosna Cross Country races last weekend. A big thank you to the parents and coaches who made the trip to Brosna. It was another successful and, more importantly, enjoyable day out



Hoping to sell on Thursday at the Listowel October Horse Fair were Tom Collins, Anthony Hannafin with John and Mike Quilligan. Photo Moss Joe Browne



Micheál Lynch Lios Tuathail AC who finished 3rd in The Masters Race at Brosna Cross Country races last weekend



John & Imelda Twomey Kilmorna pictured with jockey Danny Mullins at the recent Listowel Races



St Michael's Basketball Club Lixnaw U12 girls after a very competitive challenge game against Cobras last Friday night



Having purchased a shovel at the Listowel October Fair Brendan Carmody will not go home to Tarbert empty handed also present are Patsy O'Shea, John O'Connor and Jim Foley. Photo Moss Joe Browne



Andrew Sheehy from Ballyduff with his grandson Matthew at the weekend Glin Coursing Meeting. Photo Moss Joe Browne



Listowel Emmets Race Week Split the Bucket Winner on Tuesday 22nd of September was Michael Vaughan from Clare with his cheque for €1,045



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LISTOWEL EMMETS GAA

The 41 Card game organised by Emmets GAA Club continues in the Clubhouse at Frank Sheehy Park, Listowel every Monday night until May 2027 . The game commences at 8.30 sharp and all are welcome.

Results from week 2 are as follows:

Carry-over Jackpot of €270 for 10 games was shared by Michael Dowling and Francis Kennelly along with Eddie Flaherty and Tom Holly. In addition they also shared first and second prize as both partnerships had won 11 games.

Table Prizes: John McNamara and Danno Fitzmaurice; Pete Lyons and Kay Heffernan; Danno Moriarty and Monnie Leahy; Maurice Walsh and Kathleen Kelliher.

Results from Week 1 28th September 2026:

Jane Galvin and Margaret Scannell shared first prize with Tony Purcell and Michael O'Donoghue. Each pair had 9 games.
Table Prizes: John Joe Flavin and Mike Cox; John McNamara and Seán Galvin; Noel Carmody and Mike Cooper; John O'Donnell and David McElligott.

Jackpot for next week returns to €100 in fourteen games. See you there.

LISTOWEL CELTIC

Draw 05/10/26 - Numbers Drawn 12-15-17-20

Jackpot not won - Lucky Dip Winners

- €40 Emma McGlynn, Listowel
- €20 Brian Leahy, Ballygologue Park
- €20 Cindy Broderick - Online
- €20 Rocco & Indie c/o Joes
- €20 Mike Holly, O'Connells Avenue

Next Draw 12/10/26 at The Shebeen - Jackpot €1,200

LISTOWEL RUGBY CLUB

Listowel Minis performed strongly at Castleisland last Saturday, with great fun had by all. Huge thanks to the hosts, Castleisland RFC.

Training continues this weekend, Saturday at 10.30am, at Listowel Town Park. All boys and girls aged 6 to 12 are welcome.

U14 boys training continues this week, Wednesday 7pm at Castleisland RFC and Friday 7pm at St.Michael's Astroturf, Listowel.

U16 Boys Match Report

Castleisland RFC X Listowel RFC v Killarney RFC, Saturday 3rd October
We couldn't have asked for a better start to the season. Castleisland-Listowel U16 team took to the pitch in Castleisland one man light, but it didn't seem to matter. In the glorious sunshine, the fourteen men made it look like there were thirty players in green and gold. Tries were raining in, as were tackles and hard yards. For their first match of the season together, the boys passing, handling and reading of the game was fantastic to watch.

Everyone playing their part and getting involved is all we could ask for. The young men from Killarney never gave up, which was a credit to them, but they couldn't find many gaps in our defence.
Final Score: Castleisland RFC X Listowel RFC 30 v 7 Killarney.

U18.5 Boys Match Report

Castleisland RFC X Listowel RFC v Corca Dhuibhne, Friday 2nd October
Castleisland RFC X Listowel RFC U18.5s suffered a narrow defeat to Corca Dhuibhne on Friday evening. We started well. Philip Brosnan crashed through the midfield defence. Noel Stack then offloaded to birthday boy, Conor Reidy, who drove over for a fine try. Adam Caldwell converted to give us an early 7-0 lead. We unfortunately lost influential forward, Adam Hutchinson, to injury shortly afterwards. Conor Buckley was held up a metre short. Corca Dhuibhne equalised with a try before Jack Fennell was held up on the line after a nice outside break and offload by Jamie Dundon. Adam Caldwell saved a certain try by chasing down the winger for 40 metres and bundling him into touch. Corca Dhuibhne scored with a lovely Crossfield kick to go 12-7 ahead at half time.

We equalised with a try in the corner for Aodhan O'Connor following a quick tap by Adam Caldwell. Corca Dhuibhne retook the lead with a well worked try to go 19-12 ahead. In the final play, Cian Ryan and Ryan Hickey both went close before we were turned over a couple of metres out. Overall, this was a sporting and pulsating game filled with inventive attack play from both teams. Final score: Castleisland RFC X Listowel RFC 12 v 19 Corca Dhuibhne.

Fixtures

U16 Castleisland RFC X Listowel RFC v Corca Dhuibhne
Sunday, October 11. Kick off at 11am in Muirioch, Dingle Eircode: V92 FN76.
U18.5s Castleisland RFC X Listowel RFC v Desmonds
Sunday 11th. Kickoff 11am, Newcastlewes RFC.

Support from the sidelines is always greatly appreciated, so come along and get behind the teams where you can. Keep an eye on our social media pages for any fixture updates or changes.

Your Club, Your Country Draw

It's time for this year's annual Your Club, Your Country draw, and we are looking for your support.

Listowel Rugby Club is working to develop new facilities on land recently purchased, and all monies raised through the draw stay within the club and will support all mini and youth rugby.

Tickets are €10 each and are available through all club members and on our website, listowelrfc.com. Every ticket purchased directly supports the future development of rugby at Listowel RFC, and your support would be very much appreciated.

BEALE GAA

Loads of action to look forward to in coming weeks, with 3 finals, 3 semifinals and the North Kerry Championship all to play for.

Beale minors overcame Northern Gaels in the quarter final of the North Kerry Championship Jotty Holly Cup on Saturday in Páirc de Staic. Played in ideal sunny conditions, we controlled the game from the start and had a comfortable cushion at half time, 1.10 to 0.4. Despite the best efforts of our opponents, our second goal sealed victory. The final score read 2.14 to 0.12. We play Ballyduff in the semifinal. Details to be confirmed.

A North Kerry Senior medal is the pride of any player's collection! Beale seniors got a bye in the opening round of the Bernard O'Callaghan Memorial North Kerry Senior Football Championship. The ball didn't bounce in our favour last year when we lost out to Emmetts in the opening round. We'll be hoping to write a different story this year. Beale juniors got a bye to semifinal of the Kieran Corridan Intermediate Championship and will play the winners of St Senans B /Moyvane B.

A busy end to the year for many of our underage players, with four teams still in the hunt for silverware. Our u14B lads face Listowel Emmetts in the North Kerry Shield final on Sunday, while finals are on the horizon too for our u14 and u16 girls who await details of their North Kerry Shield finals.

Following a thrilling game, Beale u13s and Moyvane still could not be separated after extra time, in the semifinal of the Tommy Madden Memorial tournament, in Asdee on Sunday. We await details of replay to determine a winner.

It's a wrap for our younger teams. The Saturday morning academy has finished, while the u10 and u12 boys and girls have also brought their seasons to a close after a great few months of football. The season ended on a high with plenty of fun, games, and treats at the community centre to celebrate the hard work and enjoyment of the past few months.

The young players developed their skills, made memories and brought great energy and enthusiasm to the pitch every week. Well done to all! A big thank you to the coaches and everyone who helped along the way with their time, support and encouragement, and special mention to all our sponsors. We look forward to seeing everyone back next year for more football, fun and plenty of smiles. Roll on the next season!

North Kerry had a good victory over Na Gael on Sunday in the County Senior Championship. Rob Stack lined out at wing forward, with Daithí Keane Tyrell among the substitutes. North Kerry play An Gaeltacht in the quarter final this weekend.

Sunday night marked the last Beale Lotto draw in Courtney's Bar for a while as they close for the winter months. We wish Ellen and Noel an enjoyable break as they take time out to recharge the batteries. Check out the winning numbers and prize details each week in local newspapers, on our social media platforms or in designated outlets, with details shared as they come in.

The next draw will be held in Kilcooley's on Sunday night, with a jackpot of €3,050. Match all 4 numbers to win or share the Jackpot, and match 3 numbers to win or share €100! Beale Lotto tickets, €2 each or three for a fiver, are available in Cahill's SuperValu, the local pubs and online. We are hugely grateful to everyone who supports and promotes our lotto.

FINUGE GAA

FINUGE 500: Congratulations to our September €500 winner Bridie Carroll. A really hot bonus prize is coming for October in the shape of 500 liters of free home heating oil with thanks to Macoil's of Asdee. This will certainly be a well sought after prize and huge win for the lucky recipient! Entry tickets for each month are available at McCarthy's Bar Finuge, Foleys Your Stop Shop Lixnaw, Stacks Londis Lixnaw, JJ Walsh Bar & Butchers Lixnaw, Post Office Lixnaw and O'Carroll's Bar Listowel. Tickets also available online at www.finugegaa.com or from any club officer.

SENIOR: Main senior team sponsor Buckley Agri of Listowel are on board again this year as principal sponsor and we are delighted to have such a prestigious business involved with our senior team. Cronins Cider are also sponsoring the team and recently provided training gear. A huge thank you to both sponsors who backed this team before anyone and we are delighted to repay that faith by landing the county junior club championship. Next up is the world famous

North Kerry Championship - we await details of the draw this Monday night 5th October at McMunns in Ballybunion.

MINOR: County League div 3 final result: Finuge 1-08; Listowel 3-12. Deferred since early summer, this final went ahead last Saturday in Moyvane. Our opponents got off to a fast start and led by 2-08 to 1-03 at halftime. Much as our men battled in the second half, the gap was just too much to close and Listowel ran out as winners. Our lads should be proud of their performance though. We a team made up predominantly of U15s, U16s and U17s, the team came up against a physically stronger opponent who had their team all as minors. The team now have the NK Championship to look forward to.

U16: Next up for the team will be the North Kerry championship semifinal where the team will meet Ballyduff. This game is set for Ballyduff Saturday the 10th October at 3pm - come along and support the team if you can.

U14: What a great result for our U14s playing with St Senans last Saturday when they played Listowel Emmets in the North Kerry Championship final. 10 points down at halftime the team staged a mighty comeback to win by 6 points! Captain on the day was Jamie Walsh who accepted the trophy with great delight. This brings the curtain down on an eventful year for our U14 players. We would like to thank St Senans for giving our players the opportunity to join with them and ensuring they had plenty good quality football for the year. The team played in four finals, winning two and played at the highest levels in each competition - sure to help develop everyone for the future. The boys involved this year were Dylan Stack, JJ Liston, Robbie & Cian Breen, Aaron Collins, Eoghan Og Galvin, JJ Liston and Jamie Walsh.

U12: Well done to our Finuge U12's on very progressive season in terms of skills and personal development. Thanks to Liam, Toby, Paul, Aoife, Justin, Conor and anyone who volunteered their time in 2026. Thank you to Maurice Lynch for organising the recent medal event. Jimmy Dennihan coached the players on the day and shared his knowledge of the game, thank you. Congrats again to our senior players Shane and Ricky on winning the county championship and for presenting all the players medals. Finally, thank you to jersey sponsor Brian McCarthy.

U10: A massive thank you to Ricky, Shane and Jimmy for taking the time to present the medals to our Finuge U10s recently. It was a lovely way to finish off what has been a fantastic season.

A huge thank you to all the parents for bringing the boys to training and games throughout the year - for your support, encouragement and commitment - it really is appreciated. Most importantly, well done to all the lads. They've put in a huge effort, improved so much and, most of all, have had great fun playing football together. We're very proud of them all.
Thanks everyone for a brilliant year! Fionnúiú abú - Neart Trí Iarracht.

U8: And so our U8s football year comes to an end for 2026 - we celebrated with a presentation of medals and treats. A special thanks to Finuge county champions Ricky and Shane for presenting the medals. We would like to thank all of the parents and guardians for bringing the kids to all of our blitzes and training throughout the year. The improvement in skills was great to see and the future looks bright. Keep up the practicing at home over the winter and we will all get going again in Spring 2027. Finuge Abú - Neart Trí Iarracht.

U6: Our U6 stars have clocked out for 2026! Thank you to Bryan, James, Patrick and everyone who contributed to the U6 team this year. Thanks also to all the other coaches from various groups. The kids have improved massively over the course of the year and we hope to see everyone back next year. Thank you to our county champions Ricky and Shane for presenting the medals to our youngest stars. Fionnúiú abú - Neart Trí Iarracht.

COUNTY CHAMPIONSHIPS: A great win by our U16 district side recently to claim the county championship following a great season. We are delighted to have Finuge represented on the team by Joe Joy, Padraig McElligott, Ruairi O'Brien and captain of the side Daithí Laide. Captain Daithí lifted the winning trophy as the team were crowned champions on Monday night in Austin Stack Park following a great victory over Castleisland District. This was quickly followed up with the county minor championship win and again we had great representation on the North Kerry team through Matthew O'Flaherty and Daithí Laide - resulting in a quick double for Daithí. An exciting game against East Kerry that went down to an injury time score to win the game. And now the senior team are in full action. A comprehensive win over Na Gaeil on Sunday has sent the team into the quarterfinals where they will face An Ghaeltacht this Saturday at 5pm in Austin Stack Park Tralee. Our representative on the team is Gavin O'Keeffe who is putting in his usual calm and collected performances, with Ivan Conway on the panel - best of luck Gavin & Ivan

ASDEE GAA

A classic of a game for Beale vs Moyvane in the Under 13 Semi Final of the Tommy Madden North Kerry Championship. After extra time it ended in a draw final score Beale 4-11 to Moyvane 3-14. The exhibition of scoring and talent is a credit to both teams and their coaches. The huge crowd were treated to a cracker of a match! Replay fixture to be confirmed.

ASDEE ROVERS CELEBRATE 50 YEAR ANNIVERSARY

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To you I have recourse from the depot of my heart, and humbly beg great power to come to my assistance.

Help me in my present and most urgent petition. (Make Your Request).

In return I promise to make your name known and cause your name to be invoked.

St. Jude, pray for us and all who invoked thy aid. Amen.
A.B.

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THE MIRACLE PRAYER

Dear Heart of Jesus in the past I have asked many favours.

This time I ask you this special one, (mention favour). Take it dear heart of Jesus and place it within your heart where

your father sees it. Then in his merciful eyes it will become your own favour not mine. Amen.
Say this prayer three times for three days and your favour will be granted. Never been known to fail. Must promise publication of prayer. **A.B.**

NOVENA TO ST. CLARE

Ask St Clare for 3 favours, one business and two impossible. Say 9 Hail Mary's for 9 days with a lighted candle. Pray whether you believe or not, finish on the 9th day. Powerful Novena.

Say May the Sacred Heart of Jesus be praised, adored, glorified now and forever throughout the world. Amen.

Your request will be granted no matter how impossible it may seem. Favour requested. Publication must be promised. **A.B.**

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Publication must be promised. **B.B.**

PRECIOUS MOTHER OF JESUS

Mother of Devine Grace, You can find a way where there is no way, please hear my prayer and grant my request. Amen. Say 6 times a day for 3 days.

A.B.

UNFAILING NOVENA TO ST. ANTHONY

"Blessed be God in His Angels and in His Saints"
O Holy St. Anthony, gentlest of Saints, your love for God and Charity for His creatures, made you worthy, when on earth, to possess miraculous powers. Miracles waited on your word, which you were ever ready to speak for those in trouble and anxiety. Encouraged by this thought, I implore you to obtain for me (request). The answer to my prayer may require a miracle, even so, you are the Saint of Miracles. O gentle and loving St. Anthony, whose heart was ever full of human sympathy, whisper my petition into the ears of the sweet Infant Jesus, who loved to be folded in your arms; and the gratitude of my heart will ever be yours. Amen. In Thanksgiving. **A.B.**



THE MIRACLE PRAYER

Dear Heart of Jesus in the past I have asked many favours.

This time I ask you this special one, (mention favour). Take it dear heart of Jesus and place it within your heart where

your father sees it. Then in his merciful eyes it will become your own favour not mine. Amen.
Say this prayer three times for three days and your favour will be granted. Never been known to fail. Must promise publication of prayer. **D.W.**

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PRECIOUS MOTHER OF JESUS

Mother of Devine Grace, You can find a way where there is no way, please hear my prayer and grant my request. Amen. Say 6 times a day for 3 days.
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