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KILLARNEY Outlook

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Friday 8th - Thurs 14th July 2016

| | |
|---|---|
| <div style="text-align: center;">  TARZAN <small>115 min</small> <div style="background-color: #800080; color: white; padding: 2px;">7 DAYS</div> <div style="display: flex; justify-content: space-around;"> 2:15 4:15 </div> <div style="display: flex; justify-content: space-around;"> 6:40 9:00 </div> </div> <div style="text-align: center;">  ABSOLUTELY FABULOUS <small>100 min</small> <div style="background-color: #800080; color: white; padding: 2px;">7 DAYS</div> <div style="display: flex; justify-content: space-around;"> 6:40 Fri-Sun 9:00 </div> </div> | <div style="text-align: center;">  GHOSTBUSTERS <small>130 min</small> <div style="background-color: #800080; color: white; padding: 2px;">Mon-Thurs</div> <div style="display: flex; justify-content: space-around;"> 4:15 6:15 8:45 </div> </div> <div style="text-align: center;">  ICE AGE <small>100 min</small> <div style="background-color: #800080; color: white; padding: 2px;">7 Days</div> <div style="display: flex; justify-content: space-around;"> 2:15 4:15 6:34 </div> <div style="background-color: #800080; color: white; padding: 2px;">Sat/Sun 12:15</div> </div> |
|---|---|

15A **THE CONJURING 2** 155m **7 DAYS** 8:35

★

12A **INDEPENDENCE DAY** 135m **7 DAYS** 2:05 4:20 8:45 **FRI-SUN** 6:15

★

12A **The Uncountable Laughter of the Sea** 55m **TUES** 7:00

★

PG **JUNGLE BOOK** 100m **7 DAYS** 2:15

★

PG **ALICE THROUGH THE LOOKING GLASS** 155m **FRI-SUN** 4:20

★

12A **CENTRAL INTELLIGENCE** 155m **7 DAYS** 6:45 9:00

★

PG **ALICE THROUGH THE LOOKING GLASS** 155m **SAT/SUN** 12:05

★

PG **ROBINSON CRUSOE** 100m **SAT/SUN** 12:10

★

PG **RATCHET & CLANK** 100m **SAT/SUN** 12:05

★



MARETTE CRONIN

INTERIOR DESIGN

FLOORING - CARPET

Flooring is the largest piece of material used in a house when it comes to decorating. It is also the only thing that directly links from one room to another. There is just about any material available in flooring now, so over the next couple of weeks I will give a breakdown on the most popular choices. This week it's all about Carpet:

Carpet was probably the most popular floor covering for every room apart from kitchens and bathrooms for years. In recent times however it has become a second or even third option. Yes, it is harder to maintain, but, there is still a lot of benefits that should be acknowledged. It's nicer to walk on (esp. barefoot), creates a cosier aesthetic, absorbs sound, has an insulating factor and has an endless design capacity in colour and pattern. The most important points to consider are **UNDERLAY/PADDING**: It is very important to get the right underlay/padding for carpet. It creates a softer cushioning underfoot, levels off uneven flooring and also extends the life of your carpet by creating a barrier to wear and tear of the carpet backing. Ask your carpet provider which underlay/padding e.g. Rubber, foam or wool felt, is more suitable for your carpet choice and area.

STYLE BASICS: There are three groups that carpets fall into; cut, looped or cut and looped. Most styles today combine durability and softness, making them more versatile with everyday dirt and overall wear. Your choice will depend on the suitability for the area it's being used in.

MEASURING AND FITTING: I can't emphasise enough the importance of getting this done by a professional. Ask your carpet provider if they can provide this service or if not who do they recommend?

Hope this has been helpful. If you need some more help, just contact me.

Every design journey starts with the concept of evolving the space into its very own unique masterpiece.

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What a weekend!! It was just amazing from start to finish. Thousands descended on the town for the Ring of Kerry Charity Cycle, the Munster Final and the 4th of July celebrations - and no one was left wanting. Organisers of these events who work quietly and voluntarily behind the scenes must take a bow - all events were run to an amazing standard. There is plenty to keep you entertained on the pages of this week's Killarney Outlook.....not only have we a bumper picture special from the weekend but we have lots of information on events taking place in the coming week like the 231st Regatta and the Killarney July Racing Festival. There is a Pitch & Putt Tournament to remember Ricky Kelly taking place next weekend while the Injured Jockey's Fund will get a much needed boost following an event taking place in the Grand on Tuesday night. There is plenty of action in our sports pages and lots of great deals from all our advertisers - so sit back, relax and enjoy all this and much more in this week's Killarney Outlook.

*Aisling Crosbie,
Editor.*

THERE ISN'T A TOWN LIKE IT IN IRELAND.....

Killarney town was bursting at the seams last weekend as crowds descended for a bumper weekend of entertainment.

Starting on Friday afternoon as participants for the 33rd Ring of Kerry began arriving, the town's shops, hotels, restaurants and hostelrys enjoyed a record breaking weekend of spending.

11,000 cyclists participated in this year's Ring of Kerry Charity Cycle on Saturday morning with the first arrivals back in the New Street Car Park from lunch time onwards.

Live music, food & drink tents and a free Kidz Zone all added to the fun for everyone as the thousands of cyclists and their supporters milled around chatting and congratulating everyone involved.

On Sunday football fans were in town for the Munster Senior Football Championship Final between Kerry and Tipperary and many made their way down town afterwards to enjoy the sunny evening and partake in a drink or two.

It was Good Morning America for the new Killarney Municipal Area Mayor, Brendan Cronin who raised the American flag to a rousing performance of the Star Spangled Banner performed by members of local choirs at 7am. Locals and visitors alike enjoyed a Barbeque in



ALL SMILES AT THE FINISH LINE OF THE 2016 RING OF KERRY CHARITY CYCLE L-R LEANNE CRONIN, ANTHONY KENNEDY, SINEAD CRONIN, MAGS CRONIN, GINA CROWLEY, SIOBHAN O'DONOGHUE & CHRISTINA TANGNEY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

Scotts Hotel on the Monday afternoon while the hugely anticipated 4th of July Parade lived up to its expectations and provided fantastic entertainment for the hundreds lining the streets.

The weekend finished off with an outdoor showing of Top Gun in the grounds of Killarney

House and Gardens and a display of Fireworks which took place around midnight.

Organisers of the events over the weekend can certainly take a bow - everything went off smoothly and there was a smile on everyone's face.

There isn't a town like it in Ireland.



INFUSION X, PART OF THE PREMIER PERFORMING ARTS ACADEMY AT THE 4TH OF JULY PARADE ON MONDAY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



TIM CLIFFORD (2ND FROM LEFT) PICTURED AT FITZGERALD STADIUM AT THE MUNSTER FOOTBALL FINAL WITH HIS TWO SONS MARCUS (LEFT) AND FIONN (RIGHT) AND THEIR SPANISH STUDENT MARC CALBO (FAR RIGHT). PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

KILLARNEY RACES CELEBRATING 80 YEARS RACING

MEDIA PARTNER
Irish Examiner

Killarney

JULY RACING FESTIVAL 2016

11th - 14th July

MON
11th **Family Evening**
Evening Meeting
in association with A Time to Party

TUES
12th **Great Racing**
Evening Meeting

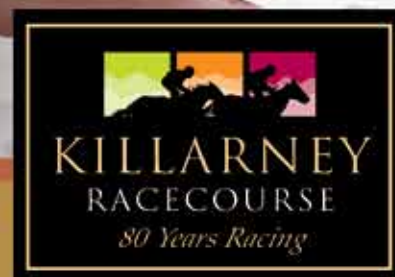
WED
13th **Roses at the Races**
Evening Meeting

THURS
14th *Day Meeting*

Ladies Day

Judged by:
Lisa Cannon
Presenter & Reporter, TV3's Xposé
Judging beginning at 2.00pm

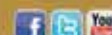
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PITCH & PUTT TOURNAMENT REMEMBERS RICKY

A Pitch and Putt Tournament held annually in memory of Ricky Kelly will take place at Deerpark Pitch & Putt Club next weekend.

The 25th anniversary staging of the popular Ricky Kelly Memorial Pitch & Putt Tournament honours the memory of the late club PRO who sadly passed away in 1991. The event has attracted many participants down through the years with the change of format to a Three Ball Scramble in 2008 adding to the fun element of proceedings. Last year's event was won by the team of Tadghie and James Fleming along with Fiona O'Donnell. Entry at €100 per team is open to all registered members of the Deerpark and Gleneagle clubs along with non-registered members of the Pitch and Putt Union of Ireland (PPUI). Indeed all three person teams must contain at least one non-registered member of the PPUI.

Play officially starts at 4pm on Friday July 15th and continues all the way through to Monday July 18th with 2pm the last official tee-off time. Handicap regulations see those with only golf handicaps get three-quarters of an allowance up to a maximum of 12 for Gents



PICTURED L TO R AT THE LAUNCH OF THE 2016 RICKY KELLY MEMORIAL PITCH & PUTT TOURNAMENT ARE AS FOLLOWS: BOBBY KELLY, DERRY MCCARTHY (DEERPARK PITCH & PUTT CLUB CHAIRMAN), FIONA O'DONNELL (CLUB SECRETARY) ALONG WITH FRANCES AND TJ O'SULLIVAN (TATLER JACK'S BAR, TOURNAMENT SPONSORS)

and 18 for Ladies. The official prizegiving will take place on Monday July 18th as a part of a Barbeque and Entertainment beginning at 6.30pm. The event is kindly sponsored once

more by the Tatler Jack Bar in Killarney who continue an association with the event started back in 2004. Further information on the event is available from 087 9488516.

231ST KILLARNEY REGATTA THIS WEEKEND



THE REGATTA WHICH TOOK PLACE AT KILLARNEY GOLF & FISHING CLUB LAST YEAR. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

This Sunday, July 10th see the 231st Killarney Regatta take place at the Killarney Golf and Fishing Club.

Proceedings will begin at 9.30am and the programme consists of sixteen races catering for all ages from under 16 to veteran. The races will be run over three courses, all rowed in

traditional Killarney six's wooden boats.

Entries for this year's regatta have been received from all six Killarney clubs, Fossa, Workmen, Muckcross, Flesk Valley, St. Brendan's and Commercials.

At the launch which took place in the Killarney Avenue Hotel recently, Chairman Pat Cronin

thanked the sponsors for their generous support over the years and he also thanked everyone who helps to organise and run the regatta along with club trainers who devote endless time training on the lakes.

This year's Regatta Queen contestants were also at the launch and representing their respective clubs are Karen Parker, St. Brendan's; Aoife Farrell, Muckcross, Sara O'Brien, Fossa, Miriam Fleming, Flesk Valley and Leona Browne, Workmen.

Onshore entertainment will ensure something for all the family including music and dancing, bonny baby competition, barbeque, marquee bar and children's entertainment.

The Regatta Dance and Presentation of medals and trophies and selection of the Regatta Queen will take place in the Killarney Oaks Hotel on Tuesday 12th at 9pm.

Tickets can be purchased on the door on the night.

KERRY BUSINESSES STEP UP TO BECOME WILD ATLANTIC WAY CHAMPIONS

Fáilte Ireland has appointed over 350 business owners, managers and staff to become Wild Atlantic Way Champions across the coastal route, including over 50 from Kerry.

The new 'Champions' all recently received an official certificate and specially commissioned

badge to acknowledge their participation at special workshops for the scheme. The initiative seeks to empower local operators as they set out to ensure that visitors will stay just a little longer in an area, spend more and recommend the Wild Atlantic Way globally.



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STYLE TIPS FOR THE DAWN MILK LADIES DAY AT THE KILLARNEY RACES

TV3's Xposé Presenter & Reporter, Lisa Cannon has been announced as the judge of this year's Dawn Milk Ladies Day at the Killarney Races on Thursday next July 14th.

The Dawn Milk Ladies Day at Killarney's four day racing festival in July is renowned across the country as one of the most prestigious ladies day events on the fashion calendar in Ireland. Judge Lisa Cannon, provided some fashion tips for all ladies attending "I am very much looking forward to spending time at the Dawn Milk Ladies Day in Killarney. It is always an exciting day out and this being my first year I can't wait to see all the style and indeed competition. In terms of style tips for ladies day I will be looking for fashion that is both inventive and comfortable. A lady's personality and elegance needs to shine through. As it is one of the biggest race days on the social calendar I am hoping to see lots of stunning colours and takes on fashion that work for shape and style. It is going to be a fantastic day out I am so

looking forward to it!"

The Dawn Milk Queen of Fashion Winner will receive a trip for two to Paris and a specially commissioned vase. The winner of the Dawn Milk Most Stylish Hat will receive a trip for two to Milan and a specially commissioned vase also. A runner-up prize will also be presented in both categories. A total of 10 finalists will be selected by the judges, and ladies are advised to arrive early as the judges will be selecting finalists on the race course from 1.30pm to 3.30pm. All winners will be announced in the parade ring after the 5th race.

Speaking at the launch, John O'Sullivan, General Manager, Dawn Milk commented "Dawn Milk is delighted to sponsor Ladies Day at the Killarney Races for 23 years, making it one of the longest ladies day patronages in Ireland. Top judges have been invited year after year to Ladies Day in Killarney and this year is no different, we are delighted to welcome TV3's Lisa Cannon. Once again this year, top luxury



LISA CANNON, PRESENTER & REPORTER WITH TV3'S XPOSE JUDGE OF THIS YEAR'S DAWN MILK LADIES DAY AT THE KILLARNEY RACES ON THURSDAY, JULY 14TH, 2016.

prizes to the European style capitals Paris & Milan and specially commissioned crystal vases can be won by the most stylish ladies attending the Dawn Milk Ladies Day."

INJURED JOCKEY'S FUNDRAISER AT THE GRAND



An Apres Race fundraiser for the Injured Jockeys Fund will be held at the Killarney Grand on Tuesday next July 12th from 10.00 PM.

The Theme of the event will be Fillies & Jockeys night and will tie in with the popular Tinder Tuesday night in the club.

Top Rock group Deuces Wild will be performing in the main bar and all the proceeds from the event will go to Irish Injured Jockeys Fund which is a very worthwhile cause.

Jockey's Bryan Cooper and David Mullins were in town this week to launch the event.

LAUNCHING THE EVENT AT KILLARNEY GRAND WAS CHAMPION JOCKEY BRYAN COOPER WITH FROM LEFT, RIONA HURLEY, AGNES FITZGERALD, DEIRDRE BROWNE AND JOCKEY DAVID MULLINS. PICTURE: EAMONN KEOGH.

GLENFLESK GAA REUNION

A reunion of the Glenflesk GAA club 1988 Cahill Cup Winners will take place on Friday 15th July in the Kerry Way.

Festivities will begin at 7pm and a night of nostalgia is guaranteed.





Ladies Day at The Ross



Thursday July 14th

See you after the races X

The Pink Lounge Gin & Champagne Bar

The Lane BBQ Gourmet Burgers

Outdoor Mojito Bar

Cellar One Ladies Day Set Dinner Menu

(please call us to book)



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great wine • great food



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TAKE A LOOK AT LIFE IN SPA

A Collaboration of stories and pictures depicting life in Spa has been published by the GAA club.

20 years after the first Spa Review, a colourful 24 page booklet packed with articles and pictures was launched at the club house this week.

From up to date articles and a few from down memory lane, Chairman of the Club Gerard Mangan, thanked everyone involved in the production of the booklet including Donal Hickey, Anne Holland, Deirdre O'Sullivan Darcy and John Kelly.

The booklet is free and available from any of the committee.



PICTURED AT THE LAUNCH OF THE SPA REVIEW ARE FROM LEFT: DONAL HICKEY, JOHN KELLY, GERARD MANGAN, ANNE HOLLAND AND DEIRDRE O'SULLIVAN DARCY.

EXCELLENT SUPPORTS AVAILABLE FOR BUSINESSES IN SOUTH KERRY



NOEL SPILLANE CEO OF SOUTH KERRY DEVELOPMENT PARTNERSHIP.

Excellent supports are available through a number of different organisations for businesses in South Kerry. This was the message from a number of speakers to the large attendance at the South Kerry Back to Work Enterprise Allowance (BTWEA) networking event in Killarney last week.

CEO of South Kerry Development Partnership Ltd. Noel Spillane highlighted the importance of businesses maintaining contact with the SKDP Enterprise Officers in order to ensure they have full details of the supports available to them. "In addition to the supports offered under the BTWEA programme, the new RDP Leader programme will be inviting expressions of interest later in the year and LEADER will provide grant assistance for eligible businesses

to expand further and details will soon be available on the SKDP website" Noel said.

Speakers included Maurice Lawlor of the Department of Social Protection, Aoife O'Reilly of South Kerry Skillnets, Heidi Grimwood of TOA Digital Marketing and Helen Courtney Power from Killarney Credit Union.

Following the formal presentations, those present were encouraged by Noel Spillane to network with the other attendees over tea and coffee as he said it was likely many of those present were dealing with similar issues and facing similar challenges that they could potentially assist each other in resolving. It might also open up new business opportunities Noel concluded

KATHRYN THOMAS IN TOWN TO OPEN NEW APARTMENTS

TV star Kathryn Thomas was on hand to perform the official opening of the "The Reserve at Muckross during the week.

Muckross Park Hotel & Spa has recently opened 18 luxury two bedroom apartments at the hotel complex in Muckross, in the heart of Killarney National Park. iNua Hospitality, owners of the Five Star hotel have invested €800,000 in refurbishing the apartments on the complex.

The interior design of the apartments was completed by "The Interiors Boutique" company based in Killarney. TV Star Kathryn Thomas was on hand to do the official reopening of The Reserve at Muckross during her recent stay at Muckross Park Hotel & Spa.

KATHRYN THOMAS OPENS THE NEWLY REFURBISHED RETREATS AT THE MUCKROSS PARK HOTEL, KILLARNEY.
PHOTO: DON MACMONAGLE





THEATRE *by the Lake*

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JULY 14TH - JULY 31ST 2016

STARTS
JULY 14TH



WEEK 1

Thurs 14th -
Saturday 16th
July | 8pm

THE ARAN ISLANDS

A haunting new play based on Synge's journals
from his time on the Aran Islands
Adapted and Directed by Joe O'Byrne
Starring Brendan Conroy
€20/16 conc



WEEK 1

Sunday 17th
July | 8pm

GOD HAS NO COUNTRY

The true story of Monsignor Hugh O'Flaherty and
his life saving efforts
in World War II
Written and Performed by Donal Courtney
€15 /12 conc



WEEK 2

Tuesday 19th -
Sunday 24th
July | 8pm

GOD BLESS THE CHILD

Acclaimed stage adaptation of Frank
O'Connor's much-loved stories
Adapted for the stage and directed by Pat Talbot
€25/20 conc



WEEK 3

Monday 25th -
Saturday 30th
July | 8pm

THE BIG FELLOW

A powerful new play based on Frank O'Connor's
biography of Michael Collins
Adapted and directed by Declan Gorman
€25/20 conc



WEEK 3

Sunday 31st
July | 9pm

MÁIRTÍN O'CONNOR BAND AND GUESTS

(Colm Murphy, Conal Ó Gráda, Nell Ní Chróinín)
€30
Mairtín O'Connor (TG4, Gradam Ceoil Winner 2015)

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DYLAN'S LOVE OF FOOTBALL LIVES ON

A football tournament to honour the memory of a young Gneeveguilla star will be held in the club grounds this weekend.

The Dylan Clifford Under 11 Invitational tournament will take place on Dylan's 13th Birthday, his 3rd anniversary and his passion for football.

Dylan had a great love of sport and in particular Gaelic football and he wore his Gneeveguilla GAA Club jersey with pride whenever he trained and played a game. The event will be a round robin of games with three finals taking place at the end of the day.

Refreshments will be served on the day and everyone is welcome to attend.



THE HARD WORKING DYLAN CLIFFORD TOURNAMENT COMMITTEE.

ROAD RACE SERIES PROVING A GREAT SUCCESS



PICTURED AT THE FIRST RACE OF THE GNEEVEGUILLA A.C MILE ROAD RACE SERIES - THE O'CONNOR FAMILY FATHER DER, SADBH, CLARAGH SEAN & EMMETT ALL MEMBERS OF GNEEVEGUILLA A/C AND ALL RAN IN THE FIRST RACE IN BARRADUFF.

The Gneeveguilla AC One Mile Road Race series is well underway with week 2 taking place this week in Fossa.

WINNERS OF WEEK ONE WHICH WAS HELD IN BARRADUFF ARE AS FOLLOWS:

Laurence Arthur Derg Co. Clare.
Tony Harty Killarney Valley.
Francis Cronin Gneeveguilla A/C.
Robert Purcell Gneeveguilla A/C.
John Barrett Gneeveguilla A/C.

LADIES: Siobhan Daly Gneeveguilla A/C.
Caroline Mc Carthy No Club.
Patricia Barry Millstreet.
Sinead Lyons Raheen Sharmocks.
Catherine Daly Gneeveguilla A/C.

IN THE JUVENILE SECTION, THE FOLLOWING

Jack O'Leary Gneeveguilla U14 Boys.
Donal Daly Gneeveguilla U15 Boys.
Donal Bourke Millstreet U13 Boys.
Donncha Murphy Millstreet U13 boys.
Michael McSweeney Gneeveguilla U14 Boys.
Oisin O'Leary Gneeveguilla U9 Boys.
Sadbh O'Connor Gneeveguilla U14 Girls.
Sarah Bourke Millstreet U16 Girls.
Delia Foley Gneeveguilla U12 Girls.
Orlaith Buckley Millstreet U16 Girls.
Claragh O'Connor Gneeveguilla U10 Girls.
Wednesday July 13th sees the event take place in Knocknagree, while Ballydesmond hosts the race on the 20th with the final one taking place in Gneeveguilla on the 27th. All events start at 8pm and there is a €5 entry per race.

There is accurate measure and timing and the event is open to all.

RENOWNED HARPIST TO PERFORM IN ST. MARY'S

Renowned harpist Marina Cassidy will perform a recital on 21st & 28th July at 8pm in St Mary's (Church of Ireland) Killarney the Church of the Sloes.

Marina will give a recital and talk on the Irish Harp and its place as the National Instrument and the National Emblem.

"With a broad repertoire that embraces classical, ecclesiastical and traditional Irish music, Marina Cassidy is the foremost Irish harpist/vocalist. The rich, pure quality of her soprano voice and her ability to interpret her material, musically

and emotionally, enhancing the sentiments of each song gives the listener her unique insight, to produce an uplifting and rewarding experience. Her gifted voice combined with her craft as a harpist, weaving a magical web which catches us all within its spell."

The recital is a must for both locals and visitors. Marina will talk about the significance of the Harp in Irish history and culture. She will play a range of ancient and contemporary pieces.

Tickets will be available on the door priced €10.



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WHERE MEMBERS MATTER MOST



CLERICAL CHANGES IN THE DIOCESE OF KERRY



BISHOP RAY BROWNE.

Bishop Ray Browne has made the following diocesan changes which will be implemented on the 20th July 2016.

RETIREMENT:

Fr. Bill Radley PP Glenflesk.

APPOINTMENTS:

Mgr. Sean Hanafin PP St. John's Tralee on Sabbatical until July 2017.

Fr. Tom Leane PP Ballyheigue to be PP Dromtariffe.

Fr. Liam Comer PP Dromtariffe to be PP Ardfert.

Fr. Tadhg Fitzgerald PP Ardfert to be PP St John's Tralee.

Fr. George Hayes Vice-Rector Irish College Rome to be PP Glenflesk.

Fr. Pat Moore to retire as PP of Duagh due to

health reasons.

Rev. Sean Jones newly ordained Deacon to his Pastoral Placement in the Listowel Pastoral area.

Following the transfer of Fr. Tom Leane PP, the parish of Ballyheigue will be served by the priests of the Naomh Bhréanainn Pastoral Area, with Fr. Liam Comer as Moderator.

Following Fr. Pat Moore retiring as PP of Duagh, the parish of Duagh will be served by the priests of the Listowel Pastoral Area with Fr Declan O'Connor as Moderator.

"In the past nine months five priests of our diocese have died, may they Rest in Peace. All were retired and of a good age and had given long years of great faith-filled service", Bishop Browne said.

"Last year three priests of our diocese retired having passed the age of 75. This year one priest retires on this ground. At the moment three of our priests are coping with long-term serious ill-health", he added.

"Within the next year, God willing, Sean Jones will be ordained a priest for the diocese. It will be exactly ten years since our last priestly ordination. Just one priest of our diocese is under forty. Thankfully we have four other students preparing for priesthood. I ask that we all continue to pray for these students and for vocations to the priesthood in the diocese", he said.

KERRY PUNTERS SHARE €50,000 EURO MILLIONS WINDFALL



BoyleSports in Kerry at the weekend paid out a whopping €50,000 to eight punters after Friday night's EuroMillions draw.

The bets, which were placed in BoyleSports shops in Tralee and Killarney - and also online - consisted of the numbers 13, 40 and 50 at odds of 1500/1.

Leon Blanche, Head of Communications for BoyleSports commented "Punters' luck was certainly in around Kerry on Friday and it's not uncommon for family members to choose matching numbers for lottery draws.

He added "We want to offer these Kerry customers our sincerest congratulations on their windfalls and wish them all the best whilst spending their winnings."

THEATRE BY THE LAKE IS BACK



The Theatre by the Lake Festival is back! And this year it is more ambitious and entertaining than ever, with three weeks of the very best in Irish Theatre and Music.

Based at the Gougane Barra Hotel, in Ballingeary in Co. Cork. The festival will take place from Thursday July 14th until Sunday July 31st.

Plays to be performed include The Aran Islands - a new play based on Synge's journals from his time on the islands, starring Brendan Conroy it will be performed for three nights

only from July 14th Saturday 16th

God Has No Country - the true story of Monsignor Hugh O'Flaherty and his Life Saving Efforts in World War II. Written and performed by Killarney actor Donal Courtney it is on for one night only on Sunday July 17th.

God Bless the Child - the acclaimed play adapted from the stories of Frank O'Connor will run for six performances from Tuesday 19th to Sunday 24th July and from Monday 25th to Saturday 31st a

performance of The Big Fellow - an exciting new play about Michael Collins - based on another Frank O'Connor book will take place.

Then on the 31st of July Theatre by the Lake is proud to present the legendary Máirtín O'Connor Band and Guests - a concert not to be missed!

Bookings can be made on **026-47069** or on **www.gouganebarrahotel.com**

RING OF KERRY THANKS

Mary and Freddie Casey would like to thank the entire Scartaglin contingent who took part in last weekend's Ring of Kerry Charity Cycle.

RAMBLING HOUSE

Rambling House at Heritage Centre Scartaglin Monday July 11th at 9 p.m.

Admission free, raffle and refreshments. All are welcome.

HEALY RAE WELCOMES BROADBAND NEWS

Danny Healy Rae is delighted that the Government has accepted the Rural Independents' proposal for the rollout of broadband nationally. Much of it is to be completed in 3 years and all of it will be completed in 5 years."

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-Mairead Quirke, London

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ROWING ENTHUSIASTS GATHER FOR THE RE-LAUNCH OF "THE LOUIS"

Members of Commercial Rowing Club gathered at Ross Castle on Friday evening last for the re-launch of the club boat "The Louis".

The magnificent boat was lovingly re-built by master craftsman Jimmy Doyle who worked tirelessly on it.

The racing boat has now been restored to the condition that it was in 1924 when it was presented to the club by The O'Sullivan Family who owned a business in Main Street – which would later become Hilliards. The boat is named after Tim O'Sullivan's daughter Louis, who was later to marry Dr. Des Hayes of St. Finan's Hospital.

The Commercial Rowing Club was established in 1886 and has a long association with the business life of Killarney and along with being one of the oldest clubs in Killarney it also enjoyed much success in rowing circles in various eras.

Unfortunately due to retirements and other factors, the club became defunct for a 10 year period and at one stage it appeared as if the club had faded from the rowing scene.



MEMBERS OF THE COMMERCIAL ROWING CLUB, PICTURED AT ROSS CASTLE FOR THE LAUNCH OF ROWING BOAT 'LOUIS' NAMED AFTER DES HAYES'S MOTHER AND REBUILT BY JIMMY DOYLE BACK TO ITS ORIGINAL BEAUTY DATING BACK TO 1924. ON THE PIER L-R JOHN JOE HEALY, JOHN KELLY, JIMMY DOYLE, DES HAYES & DJ ROIRDAN. IN THE BOAT L-R JACK MCSHARRY, DANIEL O'DONOGHUE, ERIC WHARTON & KEVIN TANGNEY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

However in 2004 John Kelly and a group of rowing enthusiasts embarked on a revival campaign and with the aid of Sports Capital Funding a new club house was erected.

The club is now fully revived and will have crews competing in the annual Killarney regatta this Sunday July 10th.

POLITICAL OUTLOOK

MUNICIPAL AREA NEWS

ROAD WORKS TO BEGIN



CLLR MICHAEL GLEESON

Councillor Michael Gleeson is pleased to inform that the Municipal Authority will undertake the following works over the next two weeks:
Surface Dressing of the following roads: Dromcarban to Headford and Barraduff to Shronedarragh.

Restoration Maintenance of Crosstown Road; Woodline [Kilbrean] and Gortahoosh to Tullaha
Severe Weather Allocation: Repair of Road slips at Clydagh Valley. Drainage works at Cumeenavrick, Carker Bridge, Gap Cross and Ballinalee.

Repair of Road slip adjacent to Glounanea Cross.

Work on Footpaths at Bridgefield Estate, Whitebridge Manor, Muckcross Road and paving works on Chapel Lane.



CLLR JOHN SHEANHAN - NOTICES OF MOTION – KERRY COUNTY COUNCIL

That Kerry County Council repair the dangerous lag from the top of Ross Road all the way down to Ross Castle, on the right hand side.

Reply: The Severe Weather allocation received by Kerry County Council will facilitate the repair of 300 metres of the Ross Road from Ross Castle towards the Muckcross Road. Further repairs will be carried out if further funding allocations become available.

That Kerry County Council replace the footpath from Demense entrance up to Scrahan Court. The footpath is a maze of cracks and it is only a matter of time before someone trips and gets hurt.

Reply: There is approximately 500m of this footpath on the right hand side going towards Ross Castle from Scrahan Court to the entrance to the race course in need of maintenance. The cost of repairing/replacing that section of footpath would be €72,500. There is no funding currently available to carry out these works. However, some of these works would be suitable for funding through the Councillor Specific MD Operation Fund.

Essential maintenance works will be carried out by the Municipal District.

That Kerry County Council install a pedestrian crossing on the Woodlawn Road next to Ferndale Avenue, for children crossing on the way to Ballycasheen School.

Reply: A pedestrian survey was conducted on 12th April 2016. A report was prepared based on the results of the survey and in accordance with the TII Specification for Pedestrian Crossings. The results indicate that a signal controlled or Zebra crossing would not be justified at this location.

That Kerry County Council remove the islands on the Flesk River adjacent to the Flesk Bridge, Killarney.

Reply: This area of the River Flesk is located in a Special Area of Conservation. Discussions are currently ongoing with The National Parks and Wildlife and Inland Fisheries in regard to what in stream works will be allowed in the river at this location. Kerry County Council will carry out allowable river bank clearing works and allowable clearing works to the island in August 2016.



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Coolnagarrehy, (Finnegans Cross) Kilcummin, Killarney

Semi detached cottage on 0.5 acre site approx. Conveniently located approximately 4 kms from Killarney town. Well maintained with mountain views. Oil fired central heating. 1 Double bedroom, 2 attic rooms.

Price: €150,000 BER E1



8 Gleann Na Greine, Rathmore

4 bed semi within walking distance of Rathmore village. Close to all amenities incl railway station, church, shops and school.

Price: €135,000 BER D2



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HUGE SUPPORT OF STEPHEN LYNE FOUNDATION FUNDRAISER

The first in a series of fundraisers for the Stephen Lyne Foundation was held at the Brehon Hotel this week. The event was a tremendous success with over 150 people turning up to support the Stephen Lyne Foundation and that is not counting all the children that was also there.

"I am truly grateful for the community's support in the Stephen Lyne Foundation's mission to "Change our Community Child by Child" by raising the level of empathy in our children so that they will grow up to be young people incapable of committing a violent act", Stephen's mother Lotte and founder of the Foundation told the Killarney Outlook.

"The Brehon hotel did an outstanding job of hosting the event and there was high praise all around for the food served and the efficiency of the staff was as always spot on", she added.

There was more than 50 door prizes, Auction items and raffle prizes of high standard, all donated from local businesses and also a few individuals.

"A big, big thank you goes out to them for helping make the first Stephen Lyne Foundation fundraiser a massive success, both by helping raise more money but also by making it a great event to attend for the local community" Lotte said.



PICTURED AT THE BREHON HOTEL FOR THE STEFAN LYNE FUNDRAISING COFFEE MORNING WERE BACK ROW L-R ANNE GUERIN & EILEEN O'SHEA. FRONT ROW L-R CIARA IRWIN-FOLEY, CLAIRE BOWLER & TERESA IRWIN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

A total of €3,768.70 was raised on the day and is a big step closer to the Stephen Lyne Foundation's goal of €20,000 by this September, the amount that is needed so that we can implement the "Roots of Empathy" programme into the 3 chosen schools in Killarney. Lotte hopes that the community will continue to support the Stephen Lyne Foundation in the days and weeks to come by going to www.gofundme.com/2afetgs or the website www.stephenlynefoundation.org to donate.

"We will also be grateful for any individual or business that would like to do a fundraising initiative. Contact Lotte on 086 3527606 or email lotte@stephenlynefoundation.org", she said.



LOTTE & DENIS LYNE, PICTURED AT THEIR FUNDRAISING COFFEE MORNING FOR THE STEFAN LYNE FOUNDATION SUPPORTING ROOTS OF EMPATHY PROGRAMME.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE BREHON HOTEL AND SUPPORTING THE STEFAN LYNE FUNDRAISING COFFEE MORNING WERE L-R MICHAEL GLEESON, KARIE O'TOOLE & SCHOOL PRINCIPAL OF THE MON, COLM O'SUILLEABHAIN.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



RORY DOONAN, ALL SMILES AND PICTURED WITH HIS MUM OONAGH AT THE BREHON HOTEL COFFEE MORNING TO RAISE FUNDS FOR THE STEFAN LYNE FOUNDATION SUPPORTING THE ROOTS OF EMPATHY. RORY WAS THE FIRST ROOTS OF EMPATHY BABY IN KILLARNEY AT ST OLIVERS NATIONAL SCHOOL WHEN HE WAS TWO MONTHS OLD. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

K-TOWN OPENS FOR BUSIEST WEEKEND IN KILLARNEY



CO-OWNER KIERAN O'LEARY PULLING A PINT AT KILLARNEY'S NEWEST SPORTS BAR & MUSIC VENUE, "K TOWN". PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT K TOWN BAR ON FRIDAY NIGHT ON OPENING NIGHT WERE ALAN BREEN (CO-OWNER), PAUL DONNELLY (BAR MANAGER), DENIS MCCARTHY (CO OWNER) & KIERAN O'LEARY (CO-OWNER). PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



KATIE WALSH & MARY T MOYNIHAN WORKING HARD AT KILLARNEY'S NEWEST BAR, K TOWN ON OPENING NIGHT LAST FRIDAY.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

MONEY MATTERS....

By Dermot Cronin,
Financial Advisor



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For further information on the above or any other financial matter you can contact **Dermot Cronin QFA** at **064 66 22775** or dermotcroninifa@eircom.net

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THROUGH THE KEYHOLE....

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Killarney

TOWN TALK



THE 'WILD WEST TROUPE' WHO BROUGHT THE SPIRIT OF THE USA TO THE STREETS OF KILLARNEY BRINGING THE WOW FACTOR TO A FANTASTIC 4TH OF JULY PARADE ON MONDAY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

THE CEMETERY MASS

At Aglish Cemetery will take place on Tuesday 19th July at 8pm. The Aghadoe Cemetery Mass will take place on Monday 25th July while the New Cemetery Mass will take place on August 1st.

VOLUNTEERS NEEDED

St. Mary of the Angels and St. John of Gods, Kerry services are looking for volunteers with some computer/IT or Administration skills. If you have a few hours to spare contact Helen on **087-1338702**.

FAMILY FUN DAY

Killarney Celtic will be hosting a Family Fun Day on Sunday, July 10th. With the Greyhound Bar Reply set for this Sunday at 3.30pm the Fun Day and Medal Presentation will take place between 11am and 2pm. This will include presentation of medals, barbecue, bouncing castle, bumper soccer.... loads of fun and games guaranteed! All welcome and any donations of salads, cakes, etc. will be hugely appreciated. All welcome.

STETSONS AND STILETTOS

Killarney Celtic in conjunction with the INEC are pleased to announce 'Stetsons and Stilettos' in the INEC on Friday, September 23rd, the ultimate Garth Brooks Experience featuring Trevor Smith and local artists. Tickets

will shortly be available from all club members.

RING OF THE REEKS CYCLE

Registration has opened for Ring of the Reeks cycle which will be held this year on Saturday, 30th July.

2 routes: 110km Ring of the Reeks and 60km Caragh Lake Loop. You can get all information and register online at www.ringofthereekscycle.com or www.beaufortgaclub.com or www.killorglincycling.com. You can also register on morning of the Cycle at Beaufort GAA Clubhouse from 8am for Ring of the Reeks and 9.30am for shorter cycle.

ENGAGEMENT

Congratulations to Linda O'Mahony from Rathmore and John Lieghio from Dublin who got engaged at the weekend at the Hotel Europe. Linda's son Oisín was on hand to celebrate with the couple who plan to tie the knot in August of next year.

FREE CONCERT TOMORROW

The third in a series of seven FREE Concerts will take place tomorrow, Saturday, July 9th at St. Deenagh Lodge, Killarney.

Trip to the Cottage will take place at 2pm and will feature Michael Brosnan Kilcummin (Accordion) and Dean Griffin (Banjo) Kilcummin, will join Spraoi Chiarraí Producer/Director Tim O'Shea (Guitar /Vocals/ Bodhrán).



AWARD WINNING STORYTELLER RAY O'SULLIVAN

Award winning storyteller Ray O'Sullivan Spa and Currow Young Set Dancers also will be on hand to entertain.

The concerts feature Fiddle, Irish Harp, Accordion, Flute & Whistle, Irish Uilleann Pipes, Guitar, Harmonica, Bodhrán and Vocals as well as Irish Dancing and Irish Storytelling

The aims of Spraoi Chiarraí are:

- To showcase our local young Irish Traditional talent, to mentor and provide a platform for young performers to experience a real concert in a high profile setting

The concerts celebrate the traditional culture of the South West of Ireland and offer a free, quality, family, cultural experience for locals & visitors to Killarney, over the summer months.



A BIRDS EYE VIEW OF THE 4TH OF JULY PARADE L-R JAYDEN HURLEY, KELSEY CUMMINS & ABBIE REIDY.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



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Killarney

TOWN TALK



PICTURED WITH COUNTRY ENTERTAINER OF THE YEAR MIKE DENVER AT THE LAUNCH OF THE FAMOUS GLENEAGLE SUMMER CABARET IN THE BACKSTAGE BAR WERE FROM LEFT, MARY O'SULLIVAN, KATHLEEN MCCARTHY, MARGARET CASEY, MARY O'SHEA, LOUISE GRIFFIN, KAY O'SHEA AND EVELYN MURPHY FROM KILLARNEY.

NEW JOBS FOR KILLARNEY

A Technology company VT iDirect is set to create 30 new jobs over the next five years. The company is based at the Reeks Gateway complex in Killarney. The jobs will be in the areas of software, radio frequency and systems engineering.

"PATRICK" DONATION TO KERRY STARS

Following the huge success of the recent production of Patrick - a musical drama which was written by Kerry journalist Aidan O'Connor a donation has been made to Kerry Stars. The

charity is very close to Aidan's heart as his son Oisín is a member of the club. It is hoped that the show will be staged again in the near future.

DÓCHAS DRAMA GROUP

Presents Words and Music in the Library in Killarney Library on Thursday 14th July 6.30pm - 7.30pm. The performance will include drama extracts, stories and songs. Dóchas will be joined on the night by Singer/Songwriter Ronnie Moore. Free admission. All welcome.



PICTURED AT THE LAUNCH OF THE FAMOUS GLENEAGLE SUMMER CABARET FEATURING FAMOUS SINGERS LIKE DICKIE ROCK, MIKE DENVER, BRENDAN SHINE, RED HURLEY, DEREK WARFIELD TO MENTION A FEW IN THE BACKSTAGE BAR WERE FROM LEFT, ALICE O'SULLIVAN, DEREK WARFIELD AND ANNA MARIE COURTNEY, KILLARNEY.

BUILD OUR TRACK

With awareness building around the Killarney Community Micro Track Project, fundraising is continuing.

"We have had a great response from local businesses", one of the fundraising groups coordinators, Jerry Griffin told the Killarney Outlook.

"We appeal to everyone to donate anything they can from €10 upwards to help bring this project to life, all our group are volunteers and are anxious to make the project a reality", he added.

Your donation will support our young students, athletes and community volunteers to create a legacy for this generation and their health.

All donations received are spent on the facility

HAT-TRICK OF MUNSTER FOOTBALL TITLES FOR KERRY

The last week was a good one for Kerry football sides when they claimed three Munster titles in five days. Kerry Juniors set the ball rolling on Wednesday evening last when they defeated old rivals Cork and then on Sunday, the Kerry seniors and Minors completed the treble with victories over Tipperary and Cork respectively.

If you have any news for Killarney Town Talk - email Aisling at editorial@outlookmags.com or call 086-0400958



A FAMILY AFFAIR AS KATHLEEN O'SHEA (CENTRE) WELCOMES HOME HER HUSBAND JOHN (LEFT) AND SON FERGAL (RIGHT) AT THE FINISHING LINE OF THE RING OF KERRY CYCLE 2016.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



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RATHMORE / GNEEVEGUILLA NEWS

by Michael O'Mahony

RATHMORE COMMUNITY COUNCIL:

Rathmore Cardiac Response upcoming Community Meeting on July 19th.

Renovation of Grotto.

Patrick - a 1916 Story.

Playground Use.

Liaising with Kerry County Council re Rathmore Development, Street Lighting & Bottle Banks.

1916 Memorial Garden Work.

Rathmore based GP Service.

Clean Up Plans, Fundraising Ideas and updates . Finances.

RAMBLING HOUSE: At Heritage Centre Scartaglen Monday July 11th at 9 p.m.

Admission free, raffle and refreshments.

All are welcome.

CORK ROSE 2016: Congratulations to new Cork rose Denise Collins sponsored by Kenya Education Project. Denise Collins is from knocknaloman, Rathmore in the Cork/Kerry border but she most definitely considers herself Cork. She teaches science and maths in Davis College, Mallow and has a degree in biology, physics, agricultural science and mathematics from the University of Limerick. Denise was selected last Saturday July 2nd at Clayton hotel Cork. Denise parents are pat & Margaret, we wish her well in the Rose of Tralee Festival in August.

HOLY FAMILY N.S RATHMORE: Paul Murphy kerry star took time out from his busy schedule during the week to raise the Active Schools Flag at Holy Family N.S. with members of Holy Family's Active Schools Committee. This committee together with there teachers worked extremely hard during the year to earn the schools first Active Schools Flag.

RATHMORE GAA: Lotto Results (27/06/2016)
Numbers drawn: 7.11.14.18. Jackpot Winner of €7,000, this week Eugene O'Callaghan, Tralee. Congratulations. Play online at www.localotto.ie/rathmoregaa and at the usual outlets.



PAUL MURPHY KERRY GAA STAR TOOK TIME OUT FROM HIS BUSY SCHEDULE DURING THE WEEK TO RAISE THE ACTIVE SCHOOLS FLAG AT HOLY FAMILY N.S. WITH MEMBERS OF HOLY FAMILY'S ACTIVE SCHOOLS COMMITTEE. THIS COMMITTEE TOGETHER WITH THERE TEACHERS WORKED EXTREMELY HARD DURING THE YEAR TO EARN THE SCHOOLS FIRST ACTIVE SCHOOLS FLAG.

SYMPATHY: To the family of Hannah Collins (nee Scannell), London, Killarney & Rathbeg. Paddy (Bomber) O'Shea O'Sullivan's Place, Killarney. May they rest in peace.

WISHES: Congratulations to Paul Murphy, & Aidan O'Mahony on winning the Munster Senior championship against Tipperary, final score 3.17 to 2.10. with the Kerry seniors on Sunday last. Congratulations to Mark Ryan, Brian Friel, and Dean Fitzgerald on winning Munster Minor Championship with Kerry minors last Sunday against Cork final score 3.14 to 3.8. and Darren Brosnan Gneeveguilla on winning a Munster Junior Championship with the Kerry juniors, against Cork, final score 14th to 13pt.

CHERNOBYL CHILDREN VISIT THE PARISH: Once again we welcome the children from Belarus to our parish for the month of July. We hope that they will have an enjoyable and safe holiday with us and that the weather will improve for us all. During their stay they will attend a Mass in each Church and the following is the schedule:

- Shrone 9am Saturday, July 9th
- Gneeveguilla GAA Hall Saturday July 16th
- Rathmore 6pm Saturday July 23rd

- Knocknagree.

HAPPY HOLIDAYS: It's the end of year for all the national schools in our parish and with it comes a certain excitement as the children and indeed the teachers and staff look forward to a long summer holiday and well - earned break. So too for our secondary school pupils and staff at Pobal Scoil Sliabh Luachra with the Junior and Leaving Cert completed for some. Wishing you all a safe, enjoyable and sun filled holiday.

CULLEN COMMUNITY CENTRE: Weekly 45 Card Night on Wednesday's in The Community Centre at 9.00p.m. €10 to play.

THE CRYSTAL PROJECT: The community dementia project in North Cork, led by the HSE, are currently looking for volunteers in the area. They are looking for kind, caring & dependable people to join their team of social volunteer visitors. Please contact: Christine O'Riordan (086) 0255205 or Sheena Cadoo (086) 7871818 or visit: www.crystalproject.ie

BINGO: Rathmore centre every Friday at 8.30pm.

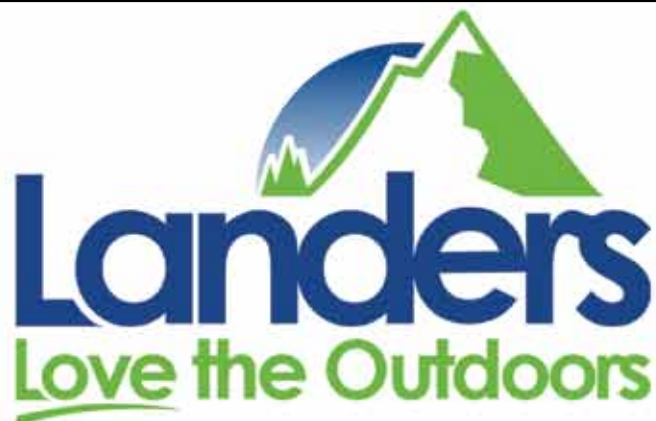
NOTES: If you would like to add to the notes, please email Michael O'Mahony (momahony14@gmail.com) or ring or text 087-6676817. Before 6pm. Sunday.



PUPILS AT HOLY FAMILY NS RATHMORE PICTURED WITH PRINCIPAL DIARMUID MCCARTHY AND DEPUTY PRINCIPAL MAUREEN HICKEY.



U16 BOYS BASKETBALL TEAM, WHO REPRESENTED RATHMORE GNEEVEGUILLA AT THE COMMUNITY GAMES MUNSTER FINALS IN UL ON SATURDAY.



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FOSSA NOTES

FOSSA GAA: LOTTO: 3rd July 2016.

Numbers drawn were 4, 10, 13, 17. There was no jackpot winner and the €40 consolation prize winners were Paul Huggett, Doirean Alaiinn, Kathleen Griffin, Faha, Paul McEnteggart, Lyno and JJ O'Connell, Aughacurreen. Next weeks jackpot will be €8,550. Tickets are on sale at The Golden Nuggett Bar, The Castlerosse Leisure Centre, The Travel Inn, The Old Killarney Inn, Foley's Spar Shop, The Laurels Bar and Committee members.

SENIORS: The seniors played Dr Crokes in Lewis Road in the County league on Saturday evening. Kenneth Clifford opened the scoring before Crokes replied with a point, Fossa then hit a purple patch with points from Donald O'Sullivan, Paudie Clifford and Daniel O'Connell. In the 8th minute Tadhg O'Shea had the ball in the Crokes net following a great run by Daniel O'Keefe which was quickly followed by a Paudie Clifford point. However, after this, Fossa let Dr Crokes back into the game and they chipped away at the lead and only for two points from Tadhg O'Shea there would have been the bare minimum between the teams at half time. Whatever John Evans said to them at half time had the desired effect as they really upped the ante in the second half. Colin Myers pulled off a brilliant save at the start of the half to deny Crokes a certain goal, Tadhg O'Shea scored his second goal of the night, again after great work by Daniel O'Keefe who had a brilliant game. Fossa reeled of a couple of points with a brace from Mark Dennehy and two spectacular efforts from Paudie Clifford and Fintan Coffey. They rapped up the game in the 15th minute when Paudie Clifford scored Fossa's third goal after a lung bursting 40 yard run by Tadhg O'Shea to set him up, Michael O'Keefe completed the scoring with a point to leave Fossa comfortable winners on a score of 3-13 to 0-10. This was a game where the more experienced players stepped up to the mark, Colin Myers, Anthony Wharton, Shane Malone and Daniel O'Keefe were rock solid at the back, Fintan Coffey played very well at midfield and up front, Tadhg O'Shea and Paudie Clifford kicked some great scores while Donald O'Sullivan led the line brilliantly with intelligent runs and always showing for the ball to give his defenders an outlet.

COMMUNITY GAMES: Fossa under 12's soccer team went to UL on Saturday for the community games Munster finals. Having beaten Limerick District after extra time to get to this stage the boys were looking forward to this day for a couple of weeks. The semi final saw us play Lissycasey from Clare. Playing with a strong wind in the first half Fossa started well but failed to convert some early chances. This changed after 13 mins when Max Leon scored from a corner by Ryan O'Leary. Four minutes later a cross from Ryan again found Max, with the same result. On the 25th minute, after a good move, Sean Dineen found the net to make it 3-0. A minute later Lissycasey scored to make it 3-1 at half time. The second half was backs to the wall stuff for Fossa, with Cian Doyle, Peadar



AN TAOISEACH ENDA KENNY TD PICTURED WITH COLLETTE O'DONOGHUE FROM CYSTIC FIBROSIS, KILLARNEY AND FROM LEFT, WILLIE GERAGHTY, GER DEERE, JACK O'DONNELL AND BRIAN MONAGHAN AS THEY SET OFF ON THE ANNUAL RING OF KERRY CHARITY CYCLE TO RAISE AWARENESS OF CYSTIC FIBROSIS AND THE WORK OF CYSTIC FIBROSIS IRELAND. THE 180-KILOMETRE CHALLENGE, NOW IN ITS 33RD YEAR, IS THE BIGGEST ONE-DAY CHARITY FUNDRAISING EVENT IN MUNSTER. THERE ARE APPROXIMATELY 1,200 PEOPLE WITH CYSTIC FIBROSIS IN IRELAND, AND THE COUNTRY HAS THE HIGHEST RATE OF THE DISEASE PER HEAD OF POPULATION IN THE WORLD, AS WELL AS SOME OF THE MOST SEVERE TYPES. DONATIONS CAN BE MADE TO CYSTIC FIBROSIS IRELAND AT WWW.CFIRELAND.IE/DONATE. PHOTO: DON MACMONAGLE

Kelliher and Sam Buckley outstanding. Final score 3-1 to Fossa.

In the final we were up against the Waterford champs Cara and Fossa took command early on. A well-worked move, was finished off by Max after 6 minutes, Eddie Moroney scored a great goal after 11mins and after 20 mins Sean Dineen bundled in a third. At half time Fossa led 3-0. Cara started the 2nd half strongly and scored on the 8th and the 11th minutes to make it 3-2. At this stage Fossa needed something special and Darren Ryan provided it with a great run up the left wing before cutting inside, leaving a trail of defenders in his wake and then chipping the keeper to make it 4-2. Matthew O'Connor was doing a solid job in goal and the defence doing likewise, we needed the midfield to man up and Rocco Sheehan did just that getting tackles in everywhere and on everything (even his own teammates). Then in the last minute Ryan O'Leary broke up the right wing darted inside and was hauled down, penalty. The same man got up and slotted home the best penalty of the day - and that includes the Italy and Germany ones from later in the evening. All over, 5-2 and Fossa are Munster Champs. A fantastic captain Peadar Kelliher accepted the Shield and led the celebrations. Well done to the boys and best of luck in Athlone in August.

TEAM: Matthew O'Connor, Sam Buckley, Cian

Doyle, Peadar Kelliher, Rocco Sheehan, Eddie Moroney, Darren Ryan, Sean Dineen, Ryan O'Leary and Max Leon.

CONGRATULATIONS: Congratulations to David Clifford who produced yet another Man Of The Match performance when helping the Kerry Minor team to a Munster Final victory against Cork in the Fitzgerald Stadium on Sunday. David finished with a personal tally of 1-05 and was involved in most of the Kerry scores with his clever link play and intelligent running, well done to the minor team as a whole who produced an accomplished performance and will be hard to dethrone as champions. Also congrats to Bryan Sheehan and the Kerry senior team who retained the senior title with a good win over Tipperary.

LADIES FOOTBALL: Hard luck to Maud Kelly and Sara Sheehan who were part of the Kerry U-14 Team who lost the All-Ireland final to Kildare on Saturday. They were unlucky to meet a strong Kildare side on the day but they can be proud of their efforts and they have a bright future ahead.

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



WALKERS PICTURED SETTING OFF ON THE KERRY WAY / BREAKTHROUGH CANCER RESEARCH WALK OVER THE SOUTH KERRY HILLS OUTSIDE CAHERDANIEL IN COUNTY KERRY ON SUNDAY. PHOTO: DON MACMONAGLE

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If the qualifying health care is only available outside Ireland, you can also claim reasonable travelling and accommodation expenses. In such cases the expenses of one person accompanying the patient may also be allowed if the condition of the patient requires it. If the patient is a child, the expenses of one parent are usually allowed and, exceptionally, of both parents where it is clear that both need to be with the child.

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KILCUMMIN NEWS

CEMETERY MASSES: Aghadoe - Monday 25th July; New Cemetery Killarney - Monday August 1st; Old Kilcummin - Wednesday August 3rd.

KILCUMMIN LOOKING GOOD: Volunteers meeting every Wednesday evening at 7pm in the Community Park for painting, litter picking, weeding etc. We would like to thank residents for their efforts in having their premises and road frontage looking their best.

SECRETARIAL SERVICES: Kilcummin Rural Development Office provides a full Secretarial Service to all groups and individuals. Assignments, essays, projects, C.V.'s professionally typed, confidentiality assured. Other services include photocopying, laminating (A3 and A4), e-mail, sending faxes paying your motor tax online. Faxes to the Department of Agriculture for the movement of cattle can also be sent from the office. Tel: 064-6643357 or email: info@kilcumminparish.com

KILCUMMIN GAA:

FIXTURE: East Kerry Junior League Div. 2 final Kilcummin v Spa takes place in Farranfore this Saturday at 7 pm.

COUNTY LEAGUE: Our seniors had an impressive victory over Templenoe on Saturday last in the Credit Union Co League. This brought

to an end an amazing run of 26 games without defeat by Templenoe and gives us a bit more confidence in our fight to remain in Div 1.

A very entertaining and sporting game saw a great team performance but special mention of Daniel O'Leary, Shane McSweeney, Sean Brosnan, Noel Duggan and Kevin McCarthy for their performances on the night.

FEILE 2016 KILCUMMIN: The Féile committee would like to thank everyone who made Féile in Kilcummin such a success. A big thanks to the host families for keeping the players, to Denis Healy for use of field for parking, to everyone who helped with Garda vetting, stewarding, car parking, umpires, linesmen, the ladies social committee and the Klub bar for helping with food and refreshments. To Dennis Cronin and his staff for the fantastic BBQ. The lads in rural development for having pitch and facilities in excellent condition and Diarmuid Callaghan for doing the shop. Alan Doolan for doing score board and Shauna O'Leary for starting it all with our National anthem. Thanks also to our sponsors Eddie O'Brien, Plumbing and Heating and Paddy O'Keeffes Gattabawn.

CÚL CAMP: Cúl Camp for children aged 6-13 will take place between July 18th and July 22nd. Cost for 1 child is €55; 2nd child (same

family) €45; 3rd child €40. Register on line at <https://www.kelloggsulcamps.gaa.ie/>. Email Donal.daly.gda.kerry@gaa.ie with enquiries."

FIXTURES: Under 14 boys play Rathmore at home on July 11th in the EK league.

St Pat's U12 hurlers will travel to either the Gaelic grounds or Semple stadium in early August for a blitz. Contact Gary on 0872884478

GAA LOTTO: There was no winner on Monday, 4th July 2016. Numbers drawn were 1, 14, 20, 23. Consolation prizes were €100 Kieran Counihan, Mountain View. €60 Joe Collins, Dooneen. €60 Christy Buckley. €30 Kelvin, Connor & Laura Teahan. €30 Mary Kelleher O'Leary, Ballinamanagh. Next Draw Sunday, July 17th July 2016. Jackpot now €4,750.

MASTERGEEHA FC LOTTO: There was no winner on Friday 1st July 2016. Numbers drawn were 11, 17, 21 & 22. Consolation prizes were €100 The Gang, Our Lady of Lourdes Home, Kilcummin. €60 Sean Culloty, Lyreatough, Kilcummin. €30 Mary Kelliher, Knocklebede, Kilcummin. €30 Eileen Sayers, c/o Joe Doyle. €30 Tom Healy c/o The Village Inn, Kilcummin. Jackpot now €7,650.

GLENFLESK NOTES

GLENFLESK SENIORS (SPONSORED BY THE JARVEYS REST): Our Senior team were beaten on a scoreline of 1-15 to 0-11 in rd 7 of the Co. League on Saturday evening and will need to get a least 2 wins from their last 4 games.

KERRY MINORS: Well done to Daniel O'Brien and the Kerry Minors on becoming Munster champions on Sunday last beating Cork 3-14 to 3-08.

KERRY JUNIORS: Well done to Lee O'Donoghue and the Kerry Juniors on becoming Munster Champions on Wednesday June 29th beating Cork in the final.

KERRY LADIES U14: Well done to Ava Doherty who played in the All Ireland final on Saturday last. Unfortunately they lost out in a cracking game to Kildare but congratulations to Ava and on the team and management on a great campaign.

KERRY PRIMARY SCHOOL MATCH: Well done to Tommy Bowler who performed so well in the primary school game.

GLENFLESK LOTTO: No winner of the lotto which took place in Spillanes Bar on 4th July 2016. Numbers were 5, 19, 22, 23. Prizes of €50 each to: 1. Pdraig & Anne Cronin Brewsterfield (Yearly ticket). 2. Finbarr Herlihy. Seller - Breda Kelly. 3. Hugh Rudden. 4. Geraldine Garvey Newry. 5. Theresa Glynn New York. The next draw will take place in the Corner Bar on 18th July 2016 and the Jackpot is €2,200.00.



GLENFLESK COMHALTAS MEMBERS, L TO R GEAROID HEALY (ENGLISH SINGING), FINN O'SULLIVAN (TIN WHISTLE), GRACE ANGLAND (FIDDLE & PIANO) WHO WILL BE REPRESENTING THEIR CLUB AT MUNSTER FLEADH CEOL IN LISTOWEL JULY 16TH. PHOTO SEAMUS HEALY.

FITNESS AT BARRADUFF COMMUNITY FIELD. Launch of Kerry Fitness Recovery's new studio at Barraduff Community Field on Friday July 15th. Drop in for some BBQ food and a look at the new upgrades. All welcome and your support is much appreciated!

SUMMER CAMP AT BARRADUFF COMMUNITY FIELD: Multi Sports summer camp in Barraduff Community field July 25th to 29th. Primary school children are all welcome.

Monday to Friday 9:30 to 3pm. Registration forms in local shops and you can download from www.activekingom.ie Fully Qualified staff.

RAHEEN NS: Congratulations to Geraldine O'Donahue & Joan Warren who had the winning lotto no. 9 on Saturday the 2nd of July.

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

Spiritual Intuitive Energy Healer

Trisha Moloney



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

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

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



GETTING OUTDOORS ADDING IN SOME RESISTANCE OUTDOORS

This week I'm going to Focus on adding some simple Resistance style exercise into your outdoor activities.

Living in Killarney lends us to a wide range of options for outdoor exercises. Even if you don't want to be an exercise exhibitionist showing everyone your flexed muscles while you perform your push ups and squats, you can always find somewhere quiet and private to drop down and give me 10!!! And lets face it everyone these days is out and about doing some form of exercise outdoors and no one even bats an eyelid at outdoor classes or exercisers any more as they are so common. It is trending these days to be FIT!!!! So bring it on!!!!

Tip 1: Add in challenging Hills to your walks or runs. Some Hills I love in the Demense are the Hill leading up to Knockreer house, and even more intense is the hill beside the Castleross Golf Club. Get yourself up & down these repeating 3-4 sets and you will feel the added resistance of the inclines on those Quads, glutes and Hamstrings.

Tip 2: Pick a park bench and bang out some of the following bench resistance exercises

- Bench tricep Dips
- Bench wide push ups
- Bench Box jumps
- Bench squats

(check out my website www.fitnesswithedele.com for these exercises)

MORE TIPS NEXT WEEK...

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OUTLOOK FASHION

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Shopping for a wedding dress or another big-event outfit? Head to the store with makeup on, proper undergarments, and your hair semi-done to get a better sense of how it'll look.



HEALTH TIP

GO CRAZY ON VEGETABLES.

Vegetables are your best bet when it comes to losing pounds. Nature has a terrific spread when it comes to choosing vegetables. And the leafy green vegetables are your best bet. Try to include a salad in your diet always.



Beauty tip

Moisturiser

For the summer months, you don't want to be caked down in foundation, so try a tinted moisturiser or BB cream instead.



BODY CONFIDENCE MATTERS!

Our bodies are fabulous! Every single body on this entire planet is extraordinary, beautiful, amazing and completely unique! Just look at all of the incredible things we get to experience through and with our bodies. We move, love, walk, dance, talk, read, sing, make cups of tea, watch a breathtaking sunset, cradle a baby, sense the sun on our skins and feel the breeze blowing lightly through our hair. How absolutely marvelous it is to have a body – to be alive! And yet many people are living in despair of their bodies. They judge and dislike the way they look and the things they do. They compare their bodies with other bodies and tell themselves they are not good enough! Body Confidence is fundamental to how we live our lives. When you feel self conscious about any part of your body you pull back from life. There may be things that you want to do but you won't because you're worried about what others might say about the way you look. With the constant scrutinizing of celebrity bodies in the media and the obsession to be "perfect" we have lost the connection between who we are and the wonderful bodies we live in. What if you looked in the mirror and thanked your body for all the living that it has allowed you to experience? What if you stopped telling yourself someone else's "story" of how you should look and just loved the way you do look? What if you asked your body it's opinion on the latest diet fad before your mind decided that this was your last chance at shedding some weight? Make the connection and come "home" to the most wonderful gift you will ever have! YOUR BODY!

For more on life and body confidence please visit my Facebook page and keep in touch!

066 9766374 | life_coachingunlimited@yahoo.ie



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2nd Monday of every month at 7.00pm

Kenmare Clinic: Atlantic Bar
Every Saturday Night at 10.00pm

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

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

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

FIANNA FAIL

THE REPUBLICAN PARTY

John Brassil TD

Killarney Constituency Office
Open Hours:
Thur 14th & Fri 15th July from 9.30am - 5.30pm
Address:
**The Fairhill Business Centre, The Courtyard, Fairhill,
Killarney. (Just behind the Royal Hotel)**

**John will hold a Clinic in the Killarney Office every Friday
from 3pm - 5pm**

For advice and representation please feel free to call into the office or clinics
Office: 083 8541447
Email: john.brassil@oireachtas.ie John mobile: 087 2362330



Citizens Information

Know Your Rights: GARDA VETTING

QUESTION

I have applied for a job in a sports club and have been told that I must be vetted by the Gardaí. What does this mean?

ANSWER

Since 29 April 2016, people working with children or vulnerable adults must be vetted by the Garda Síochána National Vetting Bureau. Workers include staff, volunteers and those on student placements working for an organisation through which they have unsupervised access to children and/or vulnerable adults.

Under the National Vetting Bureau (Children and Vulnerable Persons) Acts 2012–2016, organisations that require Garda vetting of individuals must register with the National Vetting Bureau. These include childcare services, schools, hospitals, health services and organisations providing leisure, sporting or physical activities to children and/or vulnerable people.

If you are applying for a job with a registered organisation, the organisation will send you a vetting invitation form. You must complete the form and return to the organisation with proof of your identity. After validating your identity, the organisation will send you an email with a link to the vetting application form. You then apply to be vetted online using e-Vetting. If you wish, you may apply using a paper form instead. If you are aged under 18 you must submit a signed parent or guardian consent form.

After reviewing your vetting application, the organisation submits it to the National Vetting Bureau. The National Vetting Bureau processes the application and sends a vetting disclosure to the organisation. A vetting disclosure may include details of convictions and pending prosecutions or a statement that there is no criminal record. The organisation will review the disclosure and will send you a copy of it.

You can track the progress of your e-Vetting application online.

Further information is available from the National Vetting Bureau at <https://vetting.garda.ie/> and 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.



Kerry ETB Training Centre



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

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

This course focuses on network infrastructure. It covers switching and routing, wireless access, security and connectivity used in local and wide Area networks. A combination of on-line learning and tutor led workshops are used to deliver it. Previous computer networking experience is a prerequisite for entry to this course. **Start Date:** 8th August 2016. **Duration:** 15 weeks. **Certification:** Cisco Certified Network Associate Certification (CCNA).

CAD - 3D Parametric Modelling (ET4R1) - Tralee.

This course is for CAD technicians who wish to develop contemporary 3D parametric modelling skills. **Start Date:** 15th August 2016. **Duration:** 31 weeks. **Certification:** City & Guilds Levels 1 & 2 Awards in Computer Aided Design Parametric Modelling.

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

This course is for people who are able to build and maintain static websites using HTML and CSS? It offers participants the opportunity to develop their MySQL and PHP knowledge and skills to create dynamic websites incorporating efficient and secure content retrieval from databases. **Start Dates:** 5th September 2016. **Duration:** 24 weeks. **Certification:** Oracle Certified Professional MySQL 5.6 Developer Certificate and W3C Schools certified PHP Developer Certificate.

Medical Administration Traineeship (TRS08) - Tralee.

This course is specifically designed for those wishing to pursue careers as medical secretaries, administrators and receptionists. It covers all the main administration tasks carried out in medical practices, hospitals, clinics and medical companies. **Start Date:** 12th September 2016. **Duration:** 40 weeks. **Certification:** QQI Level 5 Major Award in Office Administration.

Computer Applications and Office Skills (ET430) - Tralee.

This course offers participants the opportunity to develop a broad range of knowledge and skills in general office administration, computer applications, payroll and accounting. Graduates of the course typically gain employment as office administrators or progress to year 2 of the Advanced Certificate in Office Information Systems at Tralee IT. **Start Date:** 5th September 2016. **Duration:** 44 weeks. **Certification:** City & Guilds and QQI Certificates.

Legal Administration (ETS07) - Tralee.

This course 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:** September 2016. **Duration:** 40 weeks. **Certification:** QQI Level 5 Major Award in Office Administration.

Accounting Technicians Ireland 1st Year (ET214) & 2nd Year (ET21R) - Tralee.

These courses comprise year one and two of the two year Diploma for Accounting Technicians. They cover the modules specified in the Accounting Technicians Ireland syllabus. **Start Date:** 12th September 2016. **Duration:** 38 weeks. **Certification:** The Diploma for Accounting Technicians is awarded on successful completion of all first and second year modules plus two years relevant work experience.

Marketing (ET4R9) - Tralee.

This course is for people who wish to pursue marketing as a career or incorporate marketing into their existing range of business skills so as to enhance their career and job prospects. **Start Date:** 19th September 2016. **Duration:** 42 weeks. **Certification:** QQI Level 5 Major Award in Marketing.

MTA Software & Networking Fundamentals (ET1Z4) - Tralee.

This entry level course offers experience on the technical side of software development and computer networks. It's the ideal starter course for people considering a career in information and communication technology. **Start Date:** 26th September 2016. **Duration:** 20 weeks. **Certification:** Microsoft Technology Associate Certification.

Food Preparation and Cooking (ET20D) - Dingle.

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

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

This course is for people who would like to combine creativity and computer skills to design, build and redesign web sites. **Start Date:** 10th October 2016. **Duration:** 22 weeks. **Certification:** QQI Level 5 Component Certificates in Computer Illustrated Graphics, Web Authoring and Work Experience, plus an Adobe Associate Certificate in Web Communication Using Adobe Dreamweaver.

Visit Our New Walk-In Information Service Every Tuesday and Wednesday
At Kerry ETB Head Office, Centre Point Building, John Joe Sheehy Road, Tralee.
(Opposite Tralee Bus and Train Stations).

To apply or get further information on any of the above courses please contact

Kerry ETB Training Centre,

Monavalley Industrial Estate, Tralee, Tel. 066 7149600 | 066 7149638 | 066 7149676,

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



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LEVEL 6*

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*Appropriate Level 5 required to gain access to Level 6

FULL LIST OF COURSES AVAILABLE ONLINE



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WHAT A WEEKEND.... KILLARNEY OUTLOOK BUMPER PICTURE SPECIAL



GOOD MORNING AMERICA...MAYOR OF KILLARNEY MUNICIPAL AREA CLLR BRENDAN CRONIN, RAISES THE AMERICAN FLAG WITH KATE O'LEARY, PRESIDENT OF KILLARNEY CHAMBER OF TOURISM AND COMMERCE WITH DICK AND EIBHLÍN MORIARTY HENGGELER, AND MICHELLE CRONIN, 4TH LEFT, AT THE CEREMONIAL HOISTING OF THE USA FLAG OVER THE TOWN HALL TO MARK THE BEGINNING OF THE 4TH JULY CELEBRATIONS IN KILLARNEY TOWN THROUGH OUT THE DAY. PHOTO: VALERIE O'SULLIVAN



STEPPING IT OUT AT KELLY'S CROSS...CATRIONA CASEY, SNEEM, PERFORMING FOR CYCLISTS TAKING PART IN THE 33RD ANNUAL RING OF KERRY CHARITY CYCLE, THE BIGGEST ONE DAY CHARITY FUNDRAISING EVENT IN MUNSTER, ATTRACTING THOUSANDS OF LEISURE CYCLISTS COMPLETING 180KM OF SPECTULAR KERRY LANDSCAPE, WHILE AT THE SAME TIME FUNDRAISING FOR KERRY BASED CHARITIES. PHOTO: VALERIE O'SULLIVAN/



MICHAEL O'DONOGHUE, AT THE CEREMONIAL HOISTING OF THE USA FLAG OVER THE TOWN HALL TO MARK THE BEGINNING OF THE 4TH JULY CELEBRATIONS IN KILLARNEY TOWN THROUGH OUT THE DAY. PHOTO: VALERIE O'SULLIVAN



CATHERINE DILLON & LOUISE DEVANEY RIGHT AFTER CROSSING THE FINISH LINE OF THE RING OF KERRY CYCLE 2016. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



JERRY CRONIN, IN CHARACTER AT THE RAISING THE AMERICAN AND IRISH FLAG, AS A ROUSING CHORUS OF THE STAR-SPANGLED BANNER PERFORMED BY THE KILLARNEY GOLF CLUB CHOIR, WITH KILLARNEY MUSICAL SOCIETY AND KILLORGLIN LADIES CHORAL GROUP AT THE CEREMONIAL HOISTING OF THE USA FLAG OVER THE TOWN HALL TO MARK THE BEGINNING OF THE 4TH JULY CELEBRATIONS IN KILLARNEY TOWN THROUGH OUT THE DAY. PHOTO: VALERIE O'SULLIVAN



SISTERS LEAH (LEFT) & RACHEL (RIGHT) ALL SMILES ON WELCOMING HOME THEIR DAD AIDAN MOYNIHAN HAVING COMPLETED THE 180KM RING OF KERRY CHARITY CYCLE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



"IN THE LINE OF FIRE" BY TOMÁS CRONIN-MOLONEY, WHO CAMOUFLAGED HIMSELF AT THE STATUE OF LIBERTY AS HE (SIMILAR TO ME) ENJOYED SHOOTING THE CROWDS AT THE 4TH JULY PARADE AS THEY PASSED. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



LITTLE ABBIE RYAN, PICTURED WITH HER MUM PATRICIA FOR HER VERY FIRST KERRY GAME AT THE MUNSTER FINAL IN FITZGERALD STADIUM. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



THRONED STREETS AS LOCALS AND TOURISTS ALIKE ENJOY THE 4TH OF JULY PARADE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

WHAT A WEEKEND.... KILLARNEY OUTLOOK BUMPER PICTURE SPECIAL



ENJOYING THE MUNSTER FINA AT FITZGERALD STADIUM L-R SHAUNNA COMMINS, AISLING QUIRKE, MARIA O'NEILL & CELINA MCSWEENEY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



TEXAS MAN CONOR HALPIN FANCIES HIS CHANCES OF A COUNTRY & WESTERN SHOW DOWN WITH NEWLY MARRIED TOWN MARSHALL, GRAINNE O'SULLIVAN AT THE 4TH OF JULY PARADE ON MONDAY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



THE ORDER OF MALTA AT THE RING OF KERRY 2016 IN THEIR NEWLY PURCHASED FIRST AID TENT. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT MCSWEENEY ARMS HOTEL IN HIGH SPIRITS BEFORE THE GAME WERE L-R FRANK MCCARTHY, AIDAN MCCARTHY, TIMMY CLIFFORD, JERRY CRONIN, JASON O'CONNOR & KENNETH MCCARTHY AND ON TOP, MARCUS CLIFFORD. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE FINISH LINE AT THE 2016 RING OF KERRY CHARITY CYCLE WERE L-R IVAN O'SULLIVAN, KEVIN MYERS, DARRAGH MURPHY, DENIS NAUGHTON & STEFAN MCMAHON. PICTURE MARIE CARROLL-O'SULLIVAN -087 391 4808



SOFIA BROSAN & CLODAGH O'SULLIVAN, PREMIER PERFORMING ARTS ACADEMY, GIVE A ROYAL WAVE AS THEY PASS THROUGH MARKET CROSS AT THE 4TH OF JULY PARADE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE FINISH LINE OF THE 2016 RING OF KERRY CHARITY CYCLE WERE L-R EILISH BLACKWELL, CAROLINE HORGAN-BYRNE, MARIE SLATTERY & PADRAIG SLATTERY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ALANNAH HOLOHAN & CHLOE ANDERSON ALL SMILES AT THE 4TH OF JULY PARADE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

WHAT A WEEKEND.... KILLARNEY OUTLOOK BUMPER PICTURE SPECIAL



PICTURED AT THE RING OF KERRY CHARITY CYCLE FINISHING POINT WERE L-R EDDIE SHEEHY, KATE TWOHIG, CARMELLA SHEEHY & TRIONA SHEEHY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



L-R NEIL KIELY, TED HEALY, DENIS O'NEILL, SHAY NOLAN & PAUL O'NEILL AT THE FINISH LINE OF THE RING OF KERRY CYCLE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE FINISHING POINT OF THE 2016 RING OF KERRY CYCLE BEING WELCOMED HOME BY THEIR FAMILIES. L-R ELIZABETH BROSNAN, MARY BROSNAN, JANE BROSNAN, EOIN BROSNAN, ANNIE BROSNAN, KATE O'TOOLE, BRIAN O'TOOLE, LIAM O'TOOLE, NOELLE O'BRIEN & DARRAGH O'BRIEN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



JENNIFER MCCARTHY (CENTRE) PICTURED CLOSE TO THE FINISHING POINT HAVING FINISHED THE RING OF KERRY CHARITY CYCLE WITH HER MUM MAUREEN (LEFT) AND HER COUSIN DANIELLE FAVIER (RIGHT). PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



MIKE MCCARTHY, PICTURED AT THE RING OF KERRY FINISH LINE WITH HIS FAMILY L-R HAYLEY, NOAH, ERICA, SHARON & FREYA. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



FAMILY & FRIENDS SUPPORT PAUL & KIERAN HAVING FINISHED THE 2016 RING OF KERRY CHARITY CYCLE L-R KENNETH MCCARTHY, OSCAR O'HALLORAN, DEIRDRE O'HALLORAN, PAUL KENNEDY, NIAMH O'HALLORAN, SEAN O'HALLORAN, PAULINE O'HALLORAN, DANIELLE FAVIER & KIERAN O'HALLORAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



KERRY PHYSIOTHERAPY & REHABILITATION CENTRE AT THE FINISH LINE OF THE RING OF KERRY CHARITY CYCLE ON SATURDAY. BACK ROW L-R CIAN MORAN, IRVINE ALLEN, MARK NULTY, PAUL KENNEDY, JOHN BUCKLEY. FRONT ROW L-R NESTOR ALLEN, RUTH ALLEN & KAREN JOY

Their Special Day



LISA FALVEY AND MARK BLENERHASSETT ARE PHOTOGRAPHED WITH THEIR BRIDAL PARTY IN KILLARNEY NATIONAL PARK.

THE COUPLE WERE MARRIED IN THE CHURCH OF IRELAND IN KILLARNEY AND CELEBRATED WITH FAMILY AND FRIENDS IN THE KENMARE BAY HOTEL.

PHOTOGRAPH MICHEÁL OSULLIVAN
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PICTURED LEFT: KILLIAN O'LEARY OF LISSIVIGEEN KILLARNEY AND KAREN QUINN OF LISMORE CO WATERFORD WHO WERE MARRIED RECENTLY IN THE CHURCH OF OUR LADY OF THE WAYSIDE, CLONKEEN.

PADDY O'KEEFFE

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Tiernaboul, Killarney

FOCUS ON SUMMER GARDENING



with John O'Sullivan

LOOKING AFTER YOUR HEDGES

Hedges are an attractive and functional part of any garden. A common mistake is to leave the hedge grow too much before pruning or cutting it, especially if you want a formal hedge as this needs attention from the day you plant it.

You can prune new deciduous hedges when they are dormant in the Winter, while newly planted evergreen hedges need to be planted in the Spring time. Established hedges need to be pruned annually to keep them in shape but before you start pruning any evergreen hedge always check to see if there are birds nesting.

Lastly, remember when you plant a hedge – its up to you how tall or wide you want it to grow – you can keep it to the shape you require by regular pruning and cutting.

LOOKING AFTER YOUR HOUSE PLANTS

Houseplants come in all shapes and sizes. Many are grown for their foliage and others are grown for their flowers.

Most houseplants will need regular watering and feeding but a lot of them don't require much attention.

The majority of house plants like bright light, but it is important to avoid direct sunlight through glass as this can scorch the foliage.

During winter time try to keep house plants in a room where the temperature is the same most of the time rather than going from one extreme to the other.

When watering remember to mist the foliage of tropical house plants rather than over watering. During winter gradually reduce water and feeding except when plants are flowering or growing vigorously.

JOHN O'SULLIVAN, FOUR SEASONS GARDENING SERVICES, KILLARNEY
FOR MORE INFORMATION CALL: **087-2787160**



LAURA DALY PRESENTING HER HUSBAND'S CAPTAIN'S PRIZE TO WINNER JOHNNY BROSNAN WITH (LEFT) SEAMUS MCCARTHY 2ND, SEAN MOYNIHAN CAPTAIN (BACK FROM LEFT) TONY LENIN PAST CAPTAIN'S, IVO O'SULLIVAN BEST GROSS, LARRY DALY 6TH, AMBROSE O'DONOVAN 7TH, DENIS NASH BACK NINE, TOM COLEMAN FRONT NINE, DARREN O'CONNOR GUEST PRIZE AND DONIE MULCAHY PRESIDENT AT ROSS GOLF CLUB, KILLARNEY ON SATURDAY.

MURPHYS GOLF SOCIETY

RYDER CUP 2016, FRIDAY 17TH JUNE
MURPHYS BAR V KILLARNEY HEIGHTS

Murphys Golf Society Retains Title 5½ to 1½

1. Eoghan Donnellan (Captain) & Seamus V Eddie Slattery (Captain) & Donal Hickey (3/2).
2. Mike Casey & Johnathan Casey V Simon Gallivan & Tadhg Gallivan (Won 18th).
3. Chris Collins & Alan Flynn V Eugene O'Sullivan & Alan Nagle (Halved).
4. Podge O'Brien & Brendan Keogh V Matt Leacy and Donal Cronin (2/1).
5. James Curran & Ger Moroney V George Vass & Michael O'Donoghue (2/1).
6. Pat Carroll & Donagh Moynihan V Donal O'Sullivan & James Collins (Halved)
7. Gerry Adams & Sean Goulding V Billy Morris & John Cahill (Halved).

Ryder Cup history was created for the first time a father & son Mike & Johnathan Casey came up against father & son Tadhg & Simon Galvin.

KILLORGLIN GOLF CLUB

LADIES RESULTS: SILVER SWANS 12 HOLE STABLEFORD SPONSORED BY LADY MEMBER KITTY GALVIN:

1. Mary Murphy Garvey (35) 23 pts.
2. Mary Conway (29) 22-2 =20 pts.
3. Coral Kiely (32) 20 pts.

FIXTURE: 18 Hole Stableford sponsored by the Bianconi Inn can be played Saturday 9th, Sunday 10th or Tuesday 12th. Arrange own time and partners.

JUNIOR CLUB: KERRY GIRLS LEAGUE: Congratulations to Tyler O'Sullivan (36) Junior Captain, on winning the 9 Hole Stableford in Waterville with 18 pts also to Ellen Griffin Killorglin with Shona, Waterville and Abbie, Kenmare on winning the 3ball scramble. Well done everyone.

Lady Captain Anne Kenny Foley's Prize Day sponsored by Wood Coatings Ireland, is fast approaching so please enter Saturday 30th July in your diary. Entry Sheet will be available shortly. Draw for partners.

Singles Club Championship 2nd Round starts Saturday 9th July to 30th July. Player on top arranges match.

Wishing the Noreen Moore Team and Managers Good Luck for their match against Dooks in Castleisland on Sunday 10th July at 2.30pm.

ROSS GOLF CLUB

GENTS CLUB

COUNTRY CLUBS: The Ross Golf Club team lost out narrowly to Lisellan GC in this competition in Kenmare on Saturday last.

CLUB SINGLE MATCHPLAY: All first round matches in the Killarney Trophy & Medal Centre Club Single Matchplay championship should now be completed.

Any outstanding matches must be played immediately.

KILLARNEY JULY RACING FESTIVAL: We wish the Killarney Race Company the very best of luck for a successful July Racing Festival from July 11th to 14th, inclusive.

BEAUFORT GOLF CLUB

MEN'S CLUB: This weekend is our Club BBQ/ Sponsor's Day, adults €10, guests €15, children of members under 12 are free. Food will be served at 5pm sharp.

RESULTS: 30TH JUNE: OPEN SENIORS, joint 1st: John Doherty & Gerry O'Shea.

1ST JULY: OPEN FRIDAY - Paul Griffin, (7) 39 pts.

2ND/3RD JULY: 18 HOLE STBFD, BLUES, SPONSORED BY JOHN O'CALLAGHAN.

1st Gabhan O'Loughlin (13) 34pts.

2nd Darragh O'Regan (14) 34pts.

3rd Joe Kennedy (4) 34pts.

FIXTURES: 8th July: Open Friday, singles stableford, entry is €25.

10th July: 3-club competition, stableford, yellow tees, sponsored by our club pro Mark Heinemann.

CASTLEROSSE GOLF CLUB

RESULTS: COMPETITION PLAYED ON SUNDAY 3RD JULY 18 HOLE STABLEFORD

1st Place Ivan Tangney (19) 42pts, Runner-up, Steve Shine (18) 41pts, 3rd place, Stephen Dennehy (18) 38pts.

RESULT OF MIXED SCRAMBLE PLAYED ON TUESDAY 28TH JUNE, best net return Mick Clifford, Pat Doyle, Myra O'Gorman & Roger O'Sullivan.

FIXTURES: Weekend competition, 18 Hole Strokeplay.

Mixed Scramble continue each Tuesday evening draw at 6.15pm, meet at clubhouse. Competition open to all golfers, ladies & gents.

KILLORGLIN GOLF CLUB

MENS COMPETITION SPONSORED BY FRANCIE SHEAHAN'S BAR 3/07/2016

1st Denis Cronin 40 pts.

2nd John McCarthy 39 pts.

3rd Rick Sheehy 39 pts.

Gross Joe Kennedy 76 gross.

4th Larry Daly 39 pts.

Senior Mike Kennedy 38 pts.

Junior Jason Dinham 38 pts.

KILLARNEY GOLF CLUB

LADIES

RESULTS OF COMPETITION SUNDAY 3RD JULY, SPONSORED BY FLESK RESTAURANT, SINGLES, S/FORD, MAHONY'S

1st Sarah O'Brien, (32) 45pts..

2nd Corrina Griffin (23) 40 pts.

BG Ailish Mulcahy (7) 32 gross pts.

3rd Sheila Crowley (24) 39 pts (bk9).

4th Jennifer O'Brien (19) 39 pts.

CSS 40 pts

Next Sunday is the Ladies Club sponsored Regatta Competition.

Our Open day will take place on Wednesday 20th July. Guests can phone in on 087/6004060 to book a tee time.

DEERPARK PITCH & PUTT NOTES

SYMPATHY: Of all Deerpark members are extended to the relatives of Aileen Rohan nee - Ferris late of Muckcross Road and O'Kelly's Villas who died at the weekend. May she rest in peace
WEDNESDAY EVENING FOURBALL: There was a fine turnout for last week's competition which saw three players each recording a Hole-In-One.

RESULTS: Nett Gearoid Cronin, Padraig "Podge" O'Sullivan and John Kelly. Gross Sean Kelly, John O'Brien and Adam O'Sullivan. Hole-In-One to Michael O'Connor, Brian Moloney, and Adam O'Sullivan,

SATURDAY COMPETITION: The club will have a 36 Hole Stableford competition on this Saturday commencing 6pm with an entry fee of €10.

MUNSTER U-16 MATCHPLAY: Best wishes are extended to all our U-16 members who will be competing in the Munster Matchplay competition in Deerpark on this Friday and Saturday.

TRALEE SCRATCH CUP: Best wishes are extended to our members competing in the Tralee Scratch Cup on this Sunday.

RICKY KELLY WEEKEND OF JULY 15TH: The annual Ricky Kelly competition sponsored by The Tatler Jack will be played over the weekend of Friday 15th, Saturday 16th, Sunday 17th finishing on Monday 18th July at 2pm with a Barbeque and presentation of prizes on Monday night. Entry €100, teams of three players to include one non PPUI member.

CAPTAINS PRIZE AUGUST 6TH: Captain John McGrath has arranged for his prize to be played on Saturday August 6th which is a 36 Hole Stableford competition entry fee of €10.

KILLARNEY GOLF AND FISHING CLUB

MEN'S CLUB REPORT AND RESULTS:

Club Captain Liam Hartnett was very pleased to see two of our Men's Club teams make progress in their respective competitions over the course of last weekend, and is very hopeful that both teams can make further progress in their competitions when next they face their respective opponents.

The Junior team were in action in the "National Junior Cup" competition, the first stages of which incorporates part of the West Munster Area, and were being played at the Ring of Kerry Golf Course, on Saturday and Sunday the 2nd and 3rd of July. The Killarney team under the watchful eye of team manager Liam Healy faced Kenmare in the first round on Saturday and the result eventually went Killarney's way, with a 3 matches to 1 win with the 5th match called in, and as is customary that match was called a half. The results were as follows match 1, Matthew Leacy won 4/3, match 2, Finbarr O'Mahony won 6/5, match 3, Brian O'Regan lost 5/4, match 4, Niall McCarthy won

5/4, and match 5, Mark Tuite was called in from the 14th green.

On Sunday morning Killarney faced Berehaven, and again Killarney won by 3 matches to 1 with the last match out on the course being called in, the results were as follows. Match 1, Matthew Leacy won 1 up, match 2, Finbarr O'Mahony was called in while on the 18th green in a very comfortable position of being 1 up and having his tee-shot on the par three green with his opponent's tee-shot in the greenside bunker, match 3, Darren Mulcahy won 3/2, match 4, Niall McCarthy lost 2/1 and match 5, Mark Tuite won 4/3. Darren Mulcahy was called in as a replacement for Brian O'Regan, and proved to be most worthy of the call up.

Sunday afternoon saw Killarney pitted against our "old Friends and Foes", Dooks Golf Club, Dooks had earlier conquered the home favourites by the odd match, winning by a margin of 3/2, but it must be said that a dark cloud was hanging over the Ring of Kerry team as one of their team had a serious accident on the evening before, and was recuperating in Cork University Hospital, Club Captain Liam wishes the young teenager involved a full, and speedy recovery.

Team Manager Liam Healy sent out the same team, and in the same formation for the afternoon match, and the result was a ding-dong affair, with some of the matches keeping all of the supporters who had made the journey, guessing right up until the last few holes as to what the eventual outcome may be.

Once again it went Killarney's way with a 3 matches to 1 win and the last match out on the course being called in. Match 1, Matthew Leacy lost 4/3, match 2, Finbarr O'Mahony won 3/1, match 3, Darren Mulcahy won 2 up, match 4, Niall McCarthy was called in from the 16th green, and once again, anchor man Mark Tuite won by a margin of 4/3, Mark had young Ryan Kelliher acting as his caddie, Ryan is one of the very promising youths in the Club.

It must be said that all of the team played excellent golf on what is a very testing golf course during the day, to record the splendid wins required to progress to the West Munster Area Final in which Killarney will be up against Tralee, and which will be played at Dooks at 3.30 P.M. on Thursday the 14th of July.

Saturday evening the 2nd of July, saw the first outing of the season for the Club's Intermediate Team, when they were out against Castlegregory. The scoring formation for this competition is the overall aggregate margin of holes that produces the winning team, and as a result every putt is a vital one, in this standard fourball competition.

Killarney eventually won by three holes, and the results were as follows.

Dermot Roche and Luke Sweeney won by a margin of 2 holes, Donie MacSweeney and Kenneth Flynn lost by a margin of 2 holes, Philip O'Connor and Pa Fleming won by a margin of 3 holes.

The next outing for Killarney in this competition is, as of yet, to be finalised.

Sunday, the 3rd of July was a Club sponsored Open Day, singles stableford on Killeen, results were,

1st Jonathan Sparling, (9) 40 points,

2nd Paul Murphy (5) 39 points,

3rd Brendan O'Toole, (3) 38 points.

Sunday the 10th will be the "Malone Hegarty Solicitors" sponsored singles stableford competition on Mahony's Point, entry will be via the Club on-line system.

Club Captain Liam Hartnett wishes to convey his own, and the Club's sincere condolences to the wife and family of our long-time member, Paddy "Bomber" O'Shea, to his wife Anne, and to our members Colm and Sinead, and to Paddy's Sister-in-law, and former Lady Captain, Maura Fitzgerald, and to his Son-in-law Karl McMahon, on the sad passing of one of "life's Gentlemen", Paddy was liked and respected by everyone, everywhere.



LIAM HARTNETT CAPTAIN PRESENTING THE JUNIOR SCRATCH CUP TO WINNER FINBARR O'MAHONY WITH (LEFT) ARTHUR HANLEY PRESIDENT AT KILLARNEY GOLF CLUB.



LIAM HARTNETT CAPTAIN PRESENTING THE INTERMEDIATE SCRATCH CUP TO WINNER RYAN KELLIHER WITH (LEFT) ARTHUR HANLEY PRESIDENT AT KILLARNEY GOLF CLUB, KILLARNEY.



SELF ESTEEM I



Self-esteem is determined by how much we value ourselves, and tends to develop from early childhood right into our adult years. Healthy self-esteem is maintained when we achieve a good balance between feeling capable while also feeling loved. Self-judgement or the judgement of others can trigger low self-esteem. Negative self-talk such as 'I'm no good', 'I'll never succeed', 'nobody like me' can all contribute to our low self-esteem. The more we use this negative self-talk the more we begin to believe its fact. There are many ways in which we can raise our self-esteem and begin to feel better about ourselves. These include:

Positive Self-Talk: Why not change the way you talk to yourself by giving yourself positive statements. Replace the negative thoughts with something positive and create positive affirmations. Look at what you do well or what is working in your life and begin to 'change the recording' in your mind to incorporate these.

Positive Self-Care: When we begin to take care of ourselves we begin to feel good about ourselves. This involves eating healthier food and cutting out junk. Exercise is also vital to help us feel good about ourselves and feel energised. Take a walk, run, cycle or dance; do whatever feels good for you.

Do things you enjoy: What do you love to do? Make a list and ensure that you do at least one pleasurable activity each day.

Remember your Success: Look at past successes you have had and draw from these. Reflect on an achievement or a challenge you overcame. Be sure to give yourself credit for this and remember, if you did it once, you can do it again.

Spend time with good people: Be sure to spend time with people who treat you well and try to avoid negative people who put you down.

Don't compare: Comparing ourselves to others can really dent our self-esteem. Instead of focusing on the success of others – we need to focus on ourselves and what we can do better. Comparing ourselves will only bring us down.

Take small steps: Set small achievable goals so you can see your success as it unfolds. This will result in feeling more successful and confident and lead on to greater accomplishments.

Be prepared for setbacks; they are part and parcel of life. However, the way in which we deal with a setback can greatly impact our self-esteem. If you are unable to achieve a goal, try again or change tactic.

Next week we will continue to look at Self Esteem and ways in which we can nurture self-esteem in our Children.

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

info@southwestcounselling.ie.

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



To make an appointment call 064 6636416/064 66364100

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

Many thanks to the organisers, cyclists, volunteers and sponsors of this year's the Ring of Kerry Charity Cycle. What an amazing day, Thank You!



GNEEVEGUILLA ATHLETIC CLUB ANNUAL 1 MILE Road Race Series 2016 (3rd year)

The very progressive East Kerry Athletic Club Gneeveguilla A/C are holding their Annual 1 Mile Road Race Series again this year. While the programme remains the same we have included and extra race in Ballydesmond bringing it to a 5 Race series.

Wednesday July 13th: Knocknagree. Fairfield Tavern 8pm.

Wednesday July 20th: Ballydesmond. Bobs Bar 8pm.

Wednesday July 27th: Gneeveguilla GAA Grounds 8pm

Entry €5 per Race or €20 at race one for the series.

Prizes for those who complete 5 races & 3 races.

Accurate measure & timing

Open to All

All Categories catered for.

Prize giving & refreshments on Wednesday 27th.

FOR MORE DETAILS CONTACT:

T J O'Donoghue: 0647756309 / 0879339087

Sheila: 0868136523 Cynthia: 0860818606

Nora: 0877684595

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



On the Box

MAJOR NEWS ++++ MAJOR SPOILER

CORONATION STREET: AN EXTRA EPISODE

Bosses at Coronation Street have revealed that they will be adding a 6th episode of the hit soap to the schedule next year. Autumn 2017 will see viewers receive an extra slice of Weatherfield action on top of their weekly five episodes. Plans are sketchy at the moment as to when the episode will be slotted into the TV schedule with rumours suggesting it may be either Thursday or Sunday.

Coronation Street: Who Dies?

MAJOR CHARACTER TO BE KILLED OFF

The Callum Logan murder story is gearing up for its dramatic conclusion this summer as Kylie Platt will be KILLED off in a shock Corrie storyline. Actress Paula Lane is leaving the cobbles for good as her character Kylie who is currently caught up in the murder of her ex-boyfriend Callum. Kylie will plead with husband David to leave Weatherfield for good as the police investigation pins Callum's murder on the deceased Tony Stewart. However, Kylie won't make it out of Coronation Street alive as she is killed off moments away from getting her happy ending. Just how exactly Kylie meets her maker is closely guarded secret and won't be revealed until the night the episode is aired.



EAST KERRY NOTES

With Áine Ní Shúilleabháin PRO

THE KILLARNEY CARPET & FURNITURE O'SULLIVAN CUP EAST KERRY JUNIOR CHAMPIONSHIP FIRIES 1 - 11 CURROW 0 - 12

Last week, in a cracking game, in Farranfore, against neighbours Currow, Furies progressed to the quarter finals of the O'Sullivan Cup, East Kerry Junior Championship, sponsored by Killarney Carpet and Furniture Centre. The visitors started well, playing with the wind, but it was the home side who recorded the opening score, with a point from James O'Donoghue. However, Currow pressure paid off, and was rewarded with the next 3 points, a brace from Seamus Brosnan and a forty five from Mike Mc Carthy. Furies kept the scoreboard ticking over, with a Pdraig O'Sullivan point. The sides exchanged points. Furies, through William Courtney and James O'Donoghue, Currow with Jack O'Sullivan and Kevin Daly. Currow, who led by the minimum at the break, might have had a bigger lead but were unlucky in front of goal. Half-time score Currow 0-5 Furies 0-4. After the break, it was tit for tat, with Currow maintaining their lead through Kevin Sullivan. Furies replied with a Pat Browne point, at the end of a well worked move. Points were exchanged through Pdraig O'Sullivan (2) for Furies and Kevin Daly and Pa Mc Carthy for Currow. The turning point came with a quick fire goal and a point from William Courtney, to give Furies a 3 point lead. Currow hit back and reduced the gap to the minimum, with points from Kevin Daly and Seamus Brosnan. The visitors tried hard to equalise but a great defensive effort by Furies held them at bay and James O'Donoghue point concluded the scoring to leave the final score Furies 1 - 11 Currow 12 points. This means that Furies are through to the quarter final where they are away to Glenflesk and Currow play in the Bill Tangney Cup quarter final, away against Cordal. Referee: Tom Moriarty (Legion).

FIRIES TEAM: Gerry O'Sullivan, Denis Kerrisk, Josh Flynn, Pat Browne, Conal Murphy, Dan O'Shea, Adrian Courtney, James O'Donoghue, Eddy O'Rourke, William Courtney, Niall Corbett, Ed Kerrisk, Stephen Flynn, Billy O'Rourke, Pdraig O'Sullivan Sub: Donal Donoghue.

CURROW TEAM: Shane O'Leary, Cathal Daly, Niall O'Sullivan, Damien O'Sullivan, Kevin Sullivan, Pat O'Sullivan, Jer O'Sullivan, Paudie Collins, Shane Brosnan, Seamus Brosnan, Luke Fitzgerald, Jack O'Sullivan, Kevin Daly, Mike Mc Carthy, Stephen Cahill Sub: Pa Mc Carthy.

SPA 1-11 RATHMORE 1-9: The second of the O'Sullivan Cup East Kerry Junior Championship round 1 games, played last week, proved to be a close encounter. The home side led at the break by two points but the visitors Spa had the better of the second half and edged out Rathmore after an entertaining game, with a tight finish. Rathmore started the brightest running up three quick scores, from



GATHERING AT 'THE SHIRE' BEFORE HEADING FOR FITZGERALD STADIUM WERE L-R IVAN O'SULLIVAN, KENNETH MCCARTHY, JOHN O'CALLAGHAN, RONAN O'SULLIVAN & KIERAN O'HALLORAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

Sean O'Riordan, Stephen Lehane and Jack Reen. Jamie Spillane got two early scores for Spa and on the fifteenth minute, after a flowing movement, the evergreen Alfie Giles was on hand to finish the ball to the net. Rathmore responded, on the twenty first minute, with a goal from Tadgh Mahoney after good work from John Hickey. Cormac Cronin replied for Spa to leave the half time score Rathmore 1-6 Spa 1-4

Spa dominated the second half and ran out deserved winners. Jack Reen and Michael O'Riordan scored early for Rathmore while Alfie Giles and Jamie Spillane continued to score for Spa. By the twenty-first minute Spa were two points to the good and Rathmore had a mini revival. However, two missed frees at this point and some tight defending from Spa saw a stalemate on the scoreboard. Spa were the ones to break out and get the insurance point just before full time. Final score Spa 1-11 Rathmore 1-9. This means that Spa play Gneeveguilla, at home, in the quarter final, while Rathmore will compete in the Bill Tangney Cup competition. Referee: Donal Casey Scartaglen.

DYLAN CROWLEY U11 INVITATIONAL

TOURNAMENT: The Dylan Crowley U11 Invitational Tournament takes place next Saturday the 9th July in Gneeveguilla GAA Field at 10am. The teams involved are Gneeveguilla, Rathmore, Scartaglin, Glenflesk, Kilcummin, Fossa, Dromtariffe, Furies, Currow and Kilgarvin. The format of the tournament is 2 Groups of 5 teams. The winners of Group A and B play in the Division 1 Final and the runners up of Group A and B play in the Division 2 Final. Third placed teams of Group A and B play in the Division 3 Final. All finals to be played at approximately 2.45pm.

MUNSTER GAMES: Kerry South U14/ U15/ U16 teams took part in Munster games on Saturday last 2nd July. Kerry South U14 defeated Cork East in the Munster U14 Cup final in Waterford. Kerry South U15 team showed great determination to overcome a strong Cork

East team in the Munster U15 Cup final in Cork. Kerry South U16 team reached the Munster U16 decider losing out to Kerry North in Limerick. Thanks to all management teams and players for delivering such great performances on the day and to the large number of parents that supported the teams all over Munster.

CONGRATULATIONS:

Heartiest congratulations to the Kerry Senior, Junior and Minor teams and managements on winning the Munster Football finals in the last week. Ciarraí Abú

FIXTURES: Kerry Physiotherapy & Rehabilitation Centre EK Junior League.

Replay Division 2 Final

Saturday 9th July 2016 at 7pm.

Kilcummin V Spa

Venue: Farranfore.

Extra time if necessary.

MD O'Shea East Region U14 League

Monday 11th July 2016 at 7pm.

Round 5

Group A

Kenmare V Dr Crokes.

Kilcummin V Rathmore.

Currow - Bye.

Group B

Furies V Legion.

Gneeveguilla V Fossa.

Beaufort V Listry/Keel.

Group C

Furies B V Kilgarvan/Tuosist.

Spa V Glenflesk.

Dr Crokes B V Beaufort B.

Cordal/Scartaglen - Bye.

#lovekillarney



FIRIES COISTE NA NÒG

KERRY ACADEMY SQUADS:

Congratulations to the numerous Furies Coiste na nÒg players who were involved in the various Kerry Development squads in Munster competitions last weekend;

- U14; Cian Ring and Dylan Callaghan represented our club in the U14 Kerry South squad and were victorious on the day.

- U15; Darragh Donohue lined out with the U15 Kerry South team and again were triumphant against Cork West in the final.

- U16; Sean Cooper and John O'Rourke were apart of the Kerry South that unfortunately lost to Kerry North in the final.

This is a marvellous achievement for the players and Furies GAA. It is a testament to both the players and their respective club coaches/mentors for their ongoing and persistent commitment to GAA.

KERRY MINOR MUNSTER FOOTBALL

FINAL: The Club would like to congratulate Niall Donohue on his involvement the Kerry Minor Munster Football win on Sunday, 3rd July, and wish him well as the team progresses in their quest for another All-Ireland.

GNEEVEGUILLA GAA

GNEEVEGUILLA GAA LOTTO NUMBERS:

9, 21, 23, 30. No Jackpot winner next weeks jackpot €12,000.

€40 Karen O'Mahony Petros.

€40 Tom Carmody Gullane West.

€40 Lisa McAulliffe Quarry Cross.

€30 Eileen Fleming Village.

€30 Joleen Looney Quarry Cross.

€20 Tim Murphy Yearly ticket.

Club Bar open for all functions.

DYLAN CROWLEY TOURNAMENT: Will be held next weekend July 9th.

A huge thanks to Noreen Cronin and Julia McCarthy and all those who helped out with Feile 2016.

GNEEVEGUILLA GAA UPCOMING CO LEAGUE FIXTURES AND DATES

July 18 Keel v Gguilla.

July 24 Gguilla v Ardferit.

July 30 Gguilla v St Pats.

Aug 14 Tarbert v Gguilla.

Aug 20 Gguilla v Dromid Pearse.

Aug 27 Beale v Gguilla.

Sept 4 Gguilla v Ballydonoghue.

CONGRATULATIONS: To Darren Brosnan who represented the Kerry Juniors v Cork last Wednesday night in Austin Stack Park.

GNEEVEGUILLA GAA CARNIVAL

WEEKEND: Will be held the first weekend in September.

SENIOR HURLING: Training for the senior hurling team continues each week, Monday's & Friday's at 7:30pm with indoor circuit training on Wednesday's at 7:30pm. First competitive match in the South Kerry Senior Hurling League in 3 weeks time.

DR. CROKES GAA CLUB

JUVENILE HURLING - U12: The U12 hurlers had a hard fought victory over Tralee Parnell's on Friday evening last. Thankfully, the weather improved prior to the throw-in which made conditions ideal for this contest. We performed well as a team, defending strong and consistently threatening the oppositions defence. While we led at half-time, Tralee Parnell's struck early in the second half with two goals to bring them within a point but this was as close as they came. It was also great to see the support for both sides in the stand. This Friday, we are away to Rathmore with throw-in scheduled for 7:00pm.

JUVENILE HURLING - U14: Our U14 hurlers had a bye last weekend. We are away to Crotta O'Neills this Saturday with throw-in scheduled for 6:00pm. Training this Friday evening from 6:00pm - 7:00pm.

UNDER 14 GIRLS: A thunderstorm forced the abandonment of our fixture away to Spa on Sunday 3/7/16.

The game will be replayed in due course and our next scheduled fixture is home to Kerins O'Rahillys the weekend of 9-10/7/16.

JUVENILE NOTES:

UNDER 12: The Under 12 footballers made a great start to their County League Campaigns on Sunday evening with two hard fought victories over Ballymacelligott. The Black team defeated the visitors on a scoreline of 5-6 to 2-9 while the Amber team made a terrific comeback to secure a 5-7 to 3-9 win. Both teams played some fantastic football despite the difficult weather conditions and every player enjoyed some game time.

Both U12 teams are at home to Kilcummin at 6pm on Sunday 10th July.

UNDER 16: It finished all square when the Under 16 boys travelled to Glenflesk for their first game in Division One of the East Kerry League. In Lewis Road, Keel-Listry proved too strong for our second team in their first outing of the year in Division Five.

The Division 1 team are at home to Legion at 7pm on Monday 11th July. The Division 5 team have a bye.

CONGRATULATIONS: Congratulations to St Brendan College Boys on their All Ireland Win on Saturday 2nd of July especially to the Crokes lad on the team and Vince Cooper of the back room team.

LOTTO: Lotto numbers 7, 10, 17, 24. Jackpot €3300 Not won Match 3 15 by €30. Next draw Sunday 10th of July in Tatler Jack. Jackpot €3600.

COUNTY LEAGUE DIVISION 1 -

ROUND 9 - Played in Lewis Road

DR CROKES 1-13 DINGLE 1-13: Two points at the end of game, one in injury time enabled us to draw this game with Dingle on Saturday last. We were on top for the first forty minutes and had gone six points ahead with twenty minutes to go. Our opponents

completely dominated for the rest of the game. For most of the third quarter we couldn't get the ball out of our own half. We conceded six points without reply as Dingle drew level. Many of these points were from frees that we gave away too easily. We had a point to go in front in the 55th minute but a great goal two minutes later put our opponents into a two point lead. We did show a bit of composure at the end and two points from Tony Brosnan equalised the game. We were happy at the end to have forced a draw and still remain unbeaten.

The teams exchanged points on two occasions in the first ten minutes. A goal and a point by Brian Looney at this juncture put us into a four point lead. We went even further ahead by the 25th minute, 1-7 to 0-5 but Dingle had two points before half time to leave us 1-7 to 0-7 ahead at interval.

We were well on top in the first ten minutes of the second half and had three points without reply to go 1-10 to 0-7 in front. Dingle took over completely in the next fifteen minutes, during which period they scored six unanswered points and equality on the scoreboard. We went back in front five minutes from time with a PJ Lawlor point. Dingle attacked from the kick out and got through for a goal and a two point lead. Tony Brosnan came to our rescue with two points, the second one in injury time and a point on the table for both sides.

SENIOR HURLING: We traveled to Kilmoyley to meet the home side on Wednesday last for the Semi-final of the County Hurling League - Division 2. Kilmoyley got off to the better start, opening with points from play. Some strong fielding and accurate passing from Kilmoyley saw them push into an early lead before we could respond. Tim Hourigan did cause Kilmoyley some grief in the square, breaking balls down to the incoming Jack Lenihan to score 2 goals, one in each half. Mike Milner produced some fine points and covered a lot of ground around the middle of the park with Kevin Landers & Brendan McMahon strong in the defence. Kilmoyley's lead became much more substantial following 2 goals before half time. While we pulled together a better second half performance, the home side ran out the eventual winners. This game provided some valuable lessons in anticipation for our Intermediate Championship Quarter Final this Tuesday where we host Lady's Walk in Lewis Road. Throw-in 7:30pm.

BRITISH OPEN CHALLENGE: Entries for the Dr. Crokes US Open Challenge are now open. Entry cards are available from the usual sources or, alternatively, you can go to our website (www.drcrokes.com) and enter online via PayPal. Please support this important fundraiser. Closing date: 10:00pm, Wednesday 13th July

AT THE RACES WITH DR. CROKES GAA: For an evening of fun and entertainment not to be missed as part of this year's July Racing Festival, join Dr. Crokes GAA on Tuesday, 12th July. Ladies, don't forget your hats; gentlemen,



MILLTOWN LISTRY AND ST RYNAGHS FÉILE GIRLS.

grab that bowtie and join us at Killarney Racecourse where you'll be greeted with a champagne reception for the evenings racing. This is a ticketed event, so be sure to get your's early to avoid disappointment. Tickets are €50 and are available from McSweeney Arms Hotel, Vince Casey (087 2461599) & Moriarty's Photo Store.

KELLOGG'S GAA CUL CAMPS: Fitzgerald Stadium will host a hurling camp from 25th July - 29th July. You can register online (www.gaa.ie/kelloggsculcamps) or send the complete application form with appropriate fee to Kerry GAA Cúl Camp Office, Kerry County Board, Austin Stack Park, Tralee, Co. Kerry. Forms can be obtained from the club.

DR. CROKES JUVENILE ACADEMY: Dr. Crokes GAA Grounds was a hive of activity last Saturday morning as we welcomed to Dr. Crokes Kenmare U.8 and U.10 girls for games. The boys and girls from both clubs really enjoyed the games played in a wonderful spirit and also enjoyed their treats after. Big thanks to the Kenmare club and mentors and special thanks to the Dr. Crokes coaches and mentors for looking after the various teams and setting up the pitches which were in terrific order. Football training for Boys U. 6 - U. 8 and U. 10 continues until the end of July and hopefully we will organise more games before we finish for the summer. Well done to all.

DEEPEST SYMPATHIES: Deepest Sympathies to the Family of Philomena Healy and Aileen Rohan (Nee Ferris) RIP.

MILLTOWN LISTRY L.G.F.A.

Well done to everyone involved in the Féile and special thanks to St. Rynaghs Co. Offaly who were our host team and who were so nice and bonded so well with the U 14 Milltown Listry girls. A fabulous weekend was had by all and will be a memory to treasure for ever. Thanks to anyone who helped in any way to make it so special. To our mentors Breda, Lorna, Tommy and Owen for all their hard work. To parents and host families, to those who did home baking and helped with the catering. We would like to thank Milltown Castlemaine G.A.A. Club

for joining us with the Disco and to those in charge of Nagle Rice Community Centre who allowed us the use of this fine facility and is such an asset to the parish. Special thanks to the hard working Féile committee. A special thanks to Phil and Claire for their extra contribution. Mile buíochas to anyone who in anyway contributed to making Féile such a great occasion. Our u14 team did really well beating Laune Rangers, Kilcullin drawing to St Rynaghs and were beaten in the Cup quarter final by Killygarry Cavan. Well done to all the girls in their performance. Congrats to our senior team who beat Beale in Ballybunion on Friday night. Thanks to mentors and to all who travelled to support the girls.

LEGION GAA NOTES

SENIORS: The seniors picked up their first two points of the campaign with an outstanding win over John Mitchels on Saturday. A good start was followed by poor end to the first half and the impressive Mitchels forward line stole in for two well-taken goals. Things really seemed to be getting away from us when Mitchels converted a penalty early in the second to stretch their lead to eight points but an incredible last quarter, during which the lads kicked eleven unanswered points, meant we returned to Killarney with the spoils. Final score: John Mitchels 3-5 Killarney Legion 0-17.

LEGION: KJ Griffin, Alan Moriarty. Danny Sheahan, Ciarán Lyne, Seán McCarthy, Damien O'Sullivan, Donal Lyne, Denis Sheahan, Shaun Keane, Mike O'Sullivan, Billy McGuire, Conor Culloty, David O'Sullivan, Jamie O'Sullivan, Peter McCarthy.

Subs: Rob Leen, Derek Twomey, Finbarr Murphy.

KERRY U-14 GIRLS: Commiserations to Tara Murphy and mentor John Doona who were part of the Kerry team that lost to Kildare in the All-Ireland final. Congratulations on a great run.

LADIES FINAL: The club is delighted to announce that Derreen will be the venue for the Munster Senior Ladies Football Final between Kerry and Cork. The game will take place on Sunday, July 10th at 7pm.

U-12 GIRLS: Hard luck to the U-12 girls who

put in a great display only to be pipped by Kilcummin in the County League semi-final.

SUMMER CAMP: The club summer camp will run again this year from Tuesday, August 2nd to Friday, August 5th. The camp is always a great week of activity with great assistance as always from the club's older juvenile boys and girls. Anyone interested in helping out with camp can contact Enda. The camp will once again be kindly sponsored by Sewells Pharmacy.

GARDA VETTING: Under the National Vetting Act no person will be allowed to undertake any GAA activity with juveniles without being vetted by the Garda Síochána. It will be deemed to be an offence under the terms of the GAA and the law nationally. The GAA has recently launched a new electronic vetting system which replaces the original paper system. The new e-vetting system is aimed at being a more efficient and streamlined way of being vetted. Our children's officer Christina Tangney is on hand to assist anyone not vetted with the new system. The immediate goal of the GAA is to get everyone involved in the Association who is not vetted sorted with immediate effect. Those previously vetted under the old system may then be asked to go through the new process. The club wants to ensure that everyone is vetted in due course. Anyone who needs more information or assistance can contact Christina via email at christina.tangney@mycit.ie or alternatively at 086 1925549.

LOTTO: If you're interested in selling some lotto tickets to help raise vital funds for the club, please contact Seánie Culloty at 087 2225325. Also if you'd like to avail of our Easy Pay system to automatically enter your lotto numbers every week, forms are available from Seánie, Maura McCarthy, Paul Trant, Dan Murphy, Kevin Griffin or any lotto committee member.

CONDOLENCES: Sincere condolences to Elizabeth Mohan on the death of her grandmother Lizzie O'Brien, and also to David Murrell-Musgraves on the death of his grandmother Mary Ita Barrow.



MILLTOWN CASTLEMAINE GAA NOTES

20TH ANNIVERSARY LOTTO

CELEBRATIONS: We are celebrating our 20th anniversary by increasing our Jackpot to an amazing €10,000. Our format has changed slightly, as has been explained to you by your club contact. We would like to take this opportunity to thank all those volunteers who helped out with our Lotto over these 20 years. It is the lotto that keeps our club financially secure and allows boys and girls of all ages to enjoy participating in the GAA. The celebrations will kick off on the 15th of July in Larkin's Bar - where there will be music, food and a special guest. Please come along for what promises to be a wonderful night of celebration and you never know - you just might win or share in that jackpot of €10,000. So head out and buy that lucky ticket!

SENIOR COUNTY CHAMPIONSHIP:

On this Saturday M/C will take on Dingle in Austin Stack Park, at 5 p.m. This will be a really exciting encounter so please come along and encourage our senior panel.

COUNTY LEAGUE: MC were defeated by a much stronger Austin Stacks side on Saturday evening last - in Round 7 of the County League.

CÚL CAMPS: July 11th -15th. For a week of football and fun - along with a chance to make new friends, why not book your place in Cúl Camps, Milltown/ Castlemaine. You can do so on line at: kelloggsculcamps.gaa.ie or just come along on July 11th at 9.45 to the GAA Pitch. Check out the Cúl Camps website for all the details.

ROK: Well done to our club members who completed the ROK - raising funds for the many needy charities in our county.



LEGION U-14 GIRLS TEAM WHO RECENTLY HOSTED COORACLARE GIRLS IN THE FEILE.

KERRY UNDER 14'S: What a fantastic achievement for our three local girls Ella, Clodagh and Ciara -part of the Kerry Under 14 girls, who reached the All Ireland Final on Saturday last. They were very unlucky to be defeated by Kildare.

SYMPATHY: The club extends sympathy to the Flynn and Heffernan families, Kilderry, on the death of Nora. May Nora enjoy the eternal peace of heaven.

M/C U16: Challenge match on Wednesday evening at 7:00pm in Fossa. All players will meet at Milltown GAA pitch at 6:10 p.m. Please let your trainer David Heasman know if you cannot make it.

MUNSTER CHAMPIONS: Congratulations to club members - David Leane, Dylan O'Neill and Alex O'Connor who were part of the Kerry Under 15 team which won the Humphrey Kelleher Cup at the weekend.

INTER COUNTY CHAMPIONSHIPS:

Congratulations to the Kerry Minor, Junior and Senior Panels and their management teams on their great wins over the past week.

COMMUNITY GAMES: Well done to all our members who competed in various disciplines at the Munster Community Games at the weekend. We wish you well in the All Ireland Finals in Mosney in August 2016.

LOTTO DRAW: Our lotto draw for a jackpot of €8,000 was not won at the weekend. Drawn numbers were 2, 23, 24 and 27. The lucky consolation prize winners were:

€50 each to Paul O'Sullivan, Milltown and Eileen O'Shea Dromid Pearses.

€25 each to: Ann O'Carroll, Kiltallagh, Oliver and Mary Mason, Kiltallagh.

Bruddy & Margaret Marshall, Tralee and Shauna Long c/o - Jack Duggan's Bar, Castlemaine.

EMAIL ADDRESSES: We are still in the process of updating our contact details, which includes e-mail addresses of all the new children and adults who joined our club this year. We hope to be able to email our notes to all of you all in the coming weeks. If you have new contact details, or if you are not receiving the notes and would like to- you can private message me (Deirdre O'Sullivan) on my Facebook Page with the new details or email me at navillusodeirdre@yahoo.ie

PLAYER INJURY: PLEASE NOTE - that if a player gets injured at training or in a game, it is the players responsibility to inform the coach /trainer /referee and club secretary / Insurance Officer Mike Carroll immediately. Croke Park must be notified within sixty days of incurring the injury.

Furthermore all Physiotherapy sessions must be paid directly by the player to the therapist. On producing a receipt, the club will then reimburse you the agreed amount per session. This reimbursement is for up to a maximum of eight visits per injury. Please adhere to these guidelines - No exceptions will be made.

REVISED DRESSING ROOM / SIDELINE GUIDELINES: Please note that

A LEGION OF MEMORIES



SPOT THE LEGION LADS, AND OTHERS IN THIS CATHEDRAL CHOIR BOYS TEAM OF 1967.





under age players are not permitted inside the dressing rooms prior to or after a senior game or inside the surrounding fence wire when a senior game is ongoing. This is to protect all parties involved. We ask parents and guardians to continually remind their children of this rule which will be strictly enforced. We appreciate your on going support and cooperation.

APPROPRIATE FOOTBALL GEAR: Can all underage team managers, trainers/coaches please ensure that all players representing Milltown /Castlemaine are dressed in club colours (Green and White socks and togs.) This is to avoid any inconvenience prior to games. We would also ask parents/guardians of players to inform their children of this County Board Rule.

DEFIBRILLATOR: Our club defibrillator is now outside the doors of the clubrooms and is available to the community. As we are all aware, access to a defibrillator can save some one's life. Our club is compiling a list of qualified individuals who are competent in using a defibrillator. You never know that perhaps your own life or the life of your son/daughter/ mother / father/ brother/sister/granny or grandad may be saved some day by someone on this list. Please contact Deirdre on 086/1703332, if you wish to place your name on the list or private message me on FB.

LISTRY NOTES

LISTRY WEEKLY LOTTO RESULTS: Sunday 3rd July, 2016. Winning Numbers 11, 16, 23, 24. Jackpot €4,850. Not Won.

1 x €100 Tara Kennedy, Ballymalis.

2 x €50 Mary McGough, Ballymalis.

Frank Carey, Slieveguara.

2 x €25 Bernie Nolan, Listry Cross.

Tony O'Shea, Lahard.

Draw Entrant Charlie Coakley.

Jackpot next week Sunday 10th July €5,000.

COUNTY SENIOR LEAGUE RESULT

Rathmore 1-12 Listry 2-06.

COUNTY SENIOR LEAGUE: Next game will take place on Sunday 17th July at 2pm at home v Listowel Emmets. All support welcome.

BEAUFORT GAA NOTES

BEAUFORT SENIORS: Sponsored by Maurice Foley of MF Decorating Had a 6 point win over Laune Rangers on Saturday in Division 2, Round 7 of the County League. At Half Time they led Beaufort 0-07 Laune Rangers 0-04 and consolidated their lead in the 2nd half ending up with a 6 point win.

Full Time Score:- Beaufort 0-14 Laune Rangers 0-08. **BEAUFORT:** Mike Moriarty, Michael J. O'Connor, Nathan Breen (Captain), Pdraig Hartnett, Jeremiah O'Sullivan, Ger Hartnett, James O'Reilly (0-01), Ronan Murphy, Sean Foley, Liam Carey (0-02), Francis Courtney (0-05), Shane O'Sullivan (0-01), Niall O'Connor (0-01), Fergal Hallissey (0-04), Daragh Coffey, Brendan Cronin, Pdraig O'Sullivan, Jason Foley,

Pdraig Hallissey, Kevin Ferris, Pdraig Doona, Ronan Ferris, Conor Breen, Sean Fogarty, Gary Coffey, Gary Tangney, Cian O'Sullivan.

SENIOR LADIES: sponsored by The Inn Between play Scartaglin in Scartaglin on Wednesday next in the Mary Jo Curran Cup at 7.30pm. They are due to play Inbhear Sceine Gaels, Kenmare in Kenmare on Saturday, July 16th in the County Senior Championship Semifinal.

BEST OF LUCK: To Bernie Breen, Patrice Dennehy, Sarah Houlihan and the Kerry Senior Ladies who play Cork on Sunday next in the Munster Championship Final in Legion Pitch at 7pm. Support would be welcome.

WELL DONE: To Mike Breen and the Kerry Minors and the Kerry Seniors on retaining their Munster titles in Killarney on Sunday last and also to Kieran Dennehy and Leanne Hayes who both played on the Primary Game on Munster Final Day.

FIXTURES: U12 boys home to Milltown/Castlemaine on Friday, 8th July in Mid Kerry League.

Seniors junior team semifinal v John Mitchell's-date to be confirmed.

Under 14 Boys, Team 1 home Keel Listry, team 2 away Kilgarvan/Tousist, Monday, 11th at 7pm in East Region League.

Under 16 Boys away Spa, Wed, 13th at 7pm in Round 1, County League.

LOTTO: Next draw for jackpot of €5,000 will be held in Beaufort Bar on Sunday, 10th July. Tickets available from usual sellers and online at www.beaufortgaaclub.com

RING OF THE REEKS CYCLE: Registration has opened for Ring of the Reeks cycle which will be held this year on Saturday, 30th July.

2 routes: 110km Ring of the Reeks and 60km Caragh Lake Loop. You can get all information and register online at www.ringofthereekscycle.com or www.beaufortgaaclub.com or www.killorglincycling.com. You can also register on morning of the Cycle at Beaufort GAA Clubhouse from 8am for Ring of the Reeks and 9.30am for shorter cycle.

SPA CLUB NOTES

COISTE NA NOG: Training times.

U6/8 Boys Saturday 11.30am.

U10 Boys Saturday 11.30am.

U12 Boys Saturday 11.30am.

U14 Boys no training this week.

U6/8/10 Girls Wednesday 5-6pm.

U12/U14 Wednesday 6-7pm.

GALTEE ROVERS VISITS SPA: A big thank you to Galtee Rovers, Co. Tipperary, who came to Spa, Sunday morning before the Munster Final. Played our under 12 boys & under 14 girls in two challenge matches. The visitors came out top on both games. Our boys and girls played well. A big thank you to Bernie Courtney and parents who gave up their time and culinary skills for this great occasion.

LADIES FOOTBALL: U16 GIRLS:

SPA 5-6 CURROW 3-6: The girls started back after the break with an impressive win over a great Currow team. Outstanding for Spa was Elizabeth Stack, Mairead Bennett, Eimear Beazley, Meghann Cronin and Aoife Cronin.

UPCOMING FIXTURES:

Senior Ladies, Sunday 10th July, at 12 noon

Senior Co League Div 3 Rd 5.

Austin Stacks v Spa.

Saturday 16th July, 7pm, Junior B,

Annascaul/Castlegregory v Spa.

SENIOR CO LEAGUE: Spa 1-11

Waterville 2-13.

EAST KERRY O'SULLIVAN CUP CHAMPIONSHIP: Final score Spa 1-11

Rathmore 1-9. Juniors meet Gneeveguilla in the next round. Great team effort with excellent work from up front Jamie Spillane, Cormac Cronin. Defence was held solid by Eoghan Cronin and Conor Kearney.

KERRY TEAMS: Well done to the Junior, Minor and Senior Kerry teams on 3 provincial titles won over the week. Special mention to Dara Moynihan with the minor team.

RING OF KERRY CYCLE: Well done to all the cyclists who took part. Also to everyone who helped with the stewarding on the Muckross Road.

THE SPA REVIEW LAUNCH: A free publication covering all aspects of the club over the past number of years was launched last Saturday night in the Clubhouse. A large attendance were present when Chairman Gerard Mangan introduced the new Review. Originally an annual publication, the Spa Review was last issued over 20 years ago. This new edition covers the successful development of the facilities, grounds, teams, committees, Scór successes and the continuing growth in the juvenile sectors, as well as look back over the history and influences that have shaped our local community over the years. Ger thanked everyone involved, especially the committee Donal Hickey, Deirdre O'Sullivan Darcy, Anne Holland and John Kelly. Copies still available in clubhouse.

CHURCH GATE COLLECTION: A big thank you to everyone who gave up their time to help with our annual collection.

CLOTHES COLLECTION: It's summer time and a chance de-clutter those wardrobes and support the underage structure in Spa. We collect clothes, shoes, bags etc all year round. Bags can be left in Spa during the after 5pm in the lobby under the stairs. Further information contact Anne Holland 0857780883



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



CYCLING NEWS

ORAN TAKES TOP SPOT IN SPRINT: Round 5 of the Cycling Clubs of Kerry Road Race League, hosted by Sliabh Luachra CC, saw a cracking finish on the 6.5km circuit starting and finishing in Gneeveguilla. Almost 60 riders took part in the senior race and following the timed start where the A4's got a 2 and 1/2 minute start and the A3's a 1 minute start it all came together on Lap 4 of 6. Just as this happened Oran Pierse (Tralee Manor West iBike) and Leigh Hewerdine (Killarney CC) jumped clear.

And it was Pierse that took the win, coming from behind in a sprint finish to take maximum points in the League. Another Killarney CC rider Conor Kissane took 3rd followed by Tralee Manor West iBike duo Ciaran Slattery and Barry Horgan with Killarney CC's Mike Murphy riding into the final points scoring place on the night.

KILLARNEY AND TRALEE ENJOY UNDERAGE WINS: There was a good spread in the u12's with three clubs represented in the top 3. Killarney CC's Shane Galvin took the win from Killorglin's Aona O'Shea with Kingdom CC's Adam Lenihan in third. Adam's teammates Zac Boyle was 4th and Eoin Hilliard Kingdom while Killarney CC's Josh Hewerdine was 6th to complete a good night for the family.

Sean Barrett, Tralee Manor West iBike, was an impressive winner of the u14 race. His team mate Eoin Maloney came home just behind him. Killorglin CC's Tadhg O'Shea took 3rd just ahead of O'Leary Stone Kanturk rider Ronan Leahy. The final League points went to two Killarney CC riders Stefan Caulfield Drier and Ethan Slattery.

The u16's section on the night was dominated by Tralee Manor West iBike with David Fitzgerald just getting the win ahead of Kieran Coggins. Jake Deering and Robbie Scott enjoyed a good battle with the former taking 3rd.

Host club Sliabh Luachra showed their underage strength with Pat Sheehan and Kieran Dalton taking 5th and 6th.

TIME TRIAL: It's back to Time Trial action this Thursday with the latest round of the iBike Time Trial League. In the last individual round Denis Dunworth equalled the course record but has since been out with a virus. He will be aiming to set a new record before the end of the League.

LACEY LEADS INTO KILLORGLIN GRAND PRIX: The Killorglin CC club is well used to hosting big Cycling Events and the Grand Prix as part of the National Road Race series takes place on Sunday July 17th. It is the 9th of 12 rounds with a prize fund €3000 from Cycling Ireland on offer and €670 going to the winner. There will be action for all ages with the u12's racing over 6.3km. The full lap distance is 16.4km and the u14's complete 1 and the u16's 2 laps. Underage racing starts at 11am with sign on from 9.20am while the Senior racing starts at 1pm. In the Senior races the A1's and 2's will race over 7 laps of the course. On the overall table Tralee's Sean Lacey leads the standings from Conor Hennebery and Daire Feely.

RATHMORE GNEEVEGUILLA COMMUNITY GAMES NOTES

Last weekend, there was more than one Munster Final taking place. Community Games Munster Finals took place on Saturday at the University of Limerick with huge crowds in attendance. Our U14 Girls Spikeball team, represented our area and 'Kerry' but were drawn against a very strong Limerick side. Unfortunately it wasn't our day and even though we kept the momentum going, Limerick were too strong and won the game, they also went on to win first place in this competition. Well done to the following panel of players, the majority of this team are still young enough to play in this competition next year, so we hope to see them back again. Michelle Fleming, Aisling Brosnan, Tara O'Leary, Katelyn O'Leary, Caoimhe Guerin-Crowley, and Emma McGillicuddy. Thank you to all their families for travelling to this event and a big thank you to Mike McGillicuddy, their coach for preparing the team for this event. Our other event was the U16 Boys Basketball competition, which consisted of the following players: Sean Clifford, Lorcan Keane, Donal Hurley, Patrick Brosnan, David Gleeson, Paul O'Leary, Sean O'Keeffe and Charlie Collins. They were up against Limerick in what turned out to be a thrilling match, there was superb skill shown on both sides. Rathmore Gneeveguilla were leading by just a few points going into the final quarter, Limerick scored and pressed ahead of us in the last few minutes but our boys kept it going up until the final whistle. Unfortunately there can only be one winner and it wasn't to be for our boys this year - the end score was 49-45 in favour of Limerick who went on to win this competition. Everyone can be very proud of this team as they showed great resolve on the day and never gave up, Huge credit and thanks to our coaches Cormac Collins and Breda Clifford and a big thank you to all the families that travelled on the day to UL. All that we have left for this year's Community Games calendar is the All Ireland Finals in Athlone and we have three boys taking part and representing our area and 'Kerry' this year, more news on this in the coming weeks!

GNEEVEGUILLA ATHLETIC CLUB

LOTTO: No winner of our lotto draw 01/07/2016, numbers drawn were 3, 12, 13 & 19. Sellers prize winner: Mossy Brosnan, €50 Y/t prize winner Brian O'Connor Forge, €50 to Seamus Murphy Kilderry Milltown, €40 each to Paul Fogarty Quarry Cross, Mary O'Neill Lyre Rathmore, Ashley & Ava Ferris Doyle's Bar. Bonus not won numbers drawn were 1, 7, 25 & 28. Next week's jackpot €12,400 plus €1,00 bonus.

ALL IRELAND U23 & JUNIOR CHAMPIONSHIPS: Held in Tullamore, Mairead O'Neill won the discus U23, Andrew McCarthy 3rd in discus u23, Shona O'Brien 5th in Junior

1500m.

1 MILE ROAD RACES: Got off to a great start on Wednesday in Barradubh. Fossa was the venue for Wednesday 6th, registration was from 7.00 pm in Fossa Community Centre with race commencing at 8.00 pm.

RESULTS FROM LAST WEEK: Men 1st Laurance Arthur O40, Tony Harty Snr Men, Robert Purcell Snr O45, John Barrett O50, U16 Francis Cronin, U15 Donal Daly, U14 Jack O'Leary, Michael Sweeney, U13 Donal Burke, Donnacha Murphy. Women Siobhan Daly Snr, O45 Caroline Murphy, Patricia Barry, O40 Sinead Lyons, U18 Catherine Daly, U16 Sarah Burke, Orlaith Buckley, U14 Sadhbh O'Connor, U12 Delia Foley, U10 Clara O'Connor.

ST. BRENDAN'S ROWING CLUB

KILLARNEY REGATTA: The countdown is finally over, the 231st Killarney regatta will take place this Sunday at O'Mahony's point. St. Brendan's will have crews taking part in races from J16 to veterans. We wish everyone the very best of luck in each of your races. All the time, effort and training will pay off and hopefully we will have something to show for it come Sunday evening.

CLUB MEMBERS LOTTO: Congratulations to our winners of this weeks club lotto 1st place No. 14 Brendan O'Brien and 2nd place No. 41 Valerie Hegarty

BIRTHDAY WISHES: Happy Birthday to Brendan Wall who celebrates his 18th birthday this week. Hope you have a great day.

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

CONTACT: Any enquiries please contact Ciarán Cronin 086 038 0272
Nicola Morgan 086 079 8507
Ciaran Sheehan 085 148 7743 or
email stbrendansrowingclub@gmail.com

MILLTOWN/LISTRY COMMUNITY GAMES NOTES

OUR U14 DRAUGHTS TEAM: Had a great win in the Munster Community Games finals in UL last Saturday by beating Clare in the final 7-3. They will now proudly represent Milltown/Listry, Kerry and Munster in the All Ireland finals in Athlone next month and we wish them the very best of luck in their quest for All Ireland honours. **PANEL:** Patrick O'Sullivan, Aaron O'Donoghue, Peadar Whelan, Brendan Casey, Edward O'Sullivan, Cian O'Connor, Cian Spillane. Thanks to coach Pat O'Sullivan and Dorothy Casey who assisted with training sessions.

OUR U10 GIRLS INDOOR SOCCER TEAM: Played Tipperary in semi final and drew 2-2. They were then very unlucky to lose out on



sudden death penalties. This year has been a great experience for them and we hope to see them playing with us again in the future. **PANEL:** Lily Clifford, Sarah Fitzgerald, Fiana Bradley, Fia Whelan, Kate Cronin, Katie O'Connor, Abbie O'Reilly. Sincere thanks to Fergus Clifford and Conor Bradley for their time in coaching this team.

FIRIES COMMUNITY GAMES

The Munster finals took place in University of Limerick on Saturday 2nd July. This was a huge event in the Community Games calendar with events ranging from badminton, basketball, camogie, chess, draughts, futsal, Gaelic, hurling, soccer, rounders, skittles, spike ball, table tennis and tag rugby. Firies were representing Kerry in U14 skittles competition. In the Munster semi final they played Limerick and this was a very close, nail biting competition with Firies winning and going through to final against Tipperary. Tipperary proved a very strong side winning the competition. Firies picked up the silver medals. The children really enjoyed their day out and had great fun along the way. Congratulations to team of Ciara Kearney, Cian Sheahan, Denis Cremin, Rachel Murphy, Laura O'Connor, Daniel Cremin and Patrick Kearney. The team was managed and trained by Carmel Sheahan. Well done to all the children who took part and to all the parents who helped out in any way. The best of luck to all the children taking part in the Community Games finals in Athlone in August.



FIRIES COMMUNITY GAMES U14 SKITTLES TEAM SILVER MUNSTER MEDALS IN U.L. ON SATURDAY 2ND JULY. BACK L-R TRAINER CARMEL SHEAHAN, LAURA O'CONNOR, CIAN SHEAHAN, CIARA KEARNEY, RACHEL MURPHY, PATRICK KEARNEY. FRONT L-R DENIS CREMIN, DANIEL CREMIN.

injury, Ethan will be in contention for the medals next time out. Thanks to the coaches Cathal O'Brien and Leontia Doody who gave huge support and encouragement to all swimmers over the weekend and who, over just four short years, have brought the club to the point where we are competing, and winning, at national level. Thanks also to all parents for travelling. A great finish to our Club's year.

FLESK VALLEY ROWING CLUB

Well, the weekend is finally upon us. This Sunday the 231st Killarney Regatta will take place at O Mahonys Point with the first race of the day, Juvenile ladies Sixes, commencing at 9.30am. Flesk Valley supporters, young and old are encourage, to wear, their colours with pride, as the club prepare to do battle yet again with the old foes, with what will sure to be a great day out for all the family. All crews and coxes have put in a huge effort on the water over the last few months preparing for the occasion. We hope the weather Gods will be kind to us and everything can be run off smoothly and we will have a successful regatta.

REGATTA DANCE: Presentation of prizes will take place Tuesday night 12th July at the Killarney Oaks Hotel. The Regatta Queen will also be crowned. Best of luck to Flesk Valleys Miriam Fleming who will be hoping to follow in the footsteps of last years winner Ilona O'Donoghue and be crowned Queen.

MONDAY MADNESS: All enquiries to Ester Brosnan 087-6606552

KILLARNEY RFC NEWS

KRFC GOLF CLASSIC: Killarney RFC are hosting a Golf Classic on Friday the 12th of August next in order to raise vital funds for the club. The golf classic will take place on the world famous Mahony's Point course at the Killarney Golf and fishing club. A fantastic day of golfing is in prospect and we are inviting

everyone to take part in what will be a great day for all. There will be a time tabled start, some great prizes and great food on offer on the day as well as a Hole in one competition and longest drive competition. Entry costs €250 for teams of 3 and places can be booked by ringing 087-1240365 or by contacting any committee member.

MUNSTER RUGBY SUMMER CAMP: This years Munster Rugby Summer Camp takes place between the 25th-29th of July at Killarney Community College. The summer camps prove very popular each year with lots of children aged between 6 and 11 making new friends, learning new skills from the best in the business and get a chance to meet some of the Munster Rugby players! Log onto the munster website at www.munsterrugby.ie for details.

FOSSA ROWING CLUB NOTES

KILLARNEY REGATTA: This years Killarney regatta will take place on Sunday July 10th in O'Mahoney's point at 9am. We would like to wish all our rowers the very best of luck and hope all those tough training sessions pay off. Anyone who has a moment to spare, we would greatly appreciate some homemade sandwiches or even a sweet bun to keep all our rowers and supporters energised. All supporters are welcome not forgetting their club colours. We hope everyone has an enjoyable day. C'mon Fossa!

ALL IRELAND COASTAL ROWING: This years All Ireland Coastal Rowing Championships will take place in Ballyshannon, Co. Donegal on 12th-14th of August. Anyone wishing to attend please let club chairman Conor know ASAP. Also anyone participating in this event must register if they are a new member or their old registration is out of date. Anyone who needs to register must bring passport photo, birth certificate and €10 to their trainer as soon as possible. Closing date for this is 22nd of July.

KILLARNEY SWIMMING CLUB NOTES

CONGRATULATIONS: To all our swimmers who took part in the Division II Irish Age Group finals at the University of Limerick last weekend. This is the 'business end' of the swimming season with the most talented young swimmers from all over the country taking part.

Killarney was represented by Ethan O'Neill, Paul O'Leary, Niamh Coffey, Treasa O'Sullivan, Robert O'Brien and Margaret O'Brien. All our swimmers recorded Personal Best times in the Olympic-sized pool which is a marvelous achievement.

Margaret O'Brien carved out a name for herself on the national stage by winning a gold medal in the 400 metres Individual Medley. Margaret also made the final in the 200 metres Individual Medley.

Robert O'Brien, won silver in the 200 metres backstroke, bronze in the 100 metres backstroke and also made the finals in both the 200 metres Individual Medley and the 100 metres breaststroke – a very strong all-round performance by this young Killarney swimmer. Ethan O'Neill also had a fantastic weekend and missed out on a place in the finals of the 100 metres breaststroke by milliseconds. Barring



MUCKROSS ROWING CLUB

KILLARNEY REGATTA 2016: The training is over, the countdown almost complete and final preparations are being attended to onshore this weekend as the club prepares for the 231st staging of the annual Killarney Regatta. The event is steeped in tradition, history and renowned tales of both victory and loss in days gone by. Indeed, the event is reputed to hold a claim to the oldest surviving regatta in the world. While the past two and a half centuries have been witness to dramatic changes, the unique spectacle of the six and four oar battles fought out on Lough Leane continues to firmly hold its special place in the story of Killarney. Poor weather over the past few weeks has made for testing training conditions, but whether seasoned veterans or beginners competing for their first time, all will now be eagerly looking forward to competing for top local honours as the historic contest gets underway once more. A call to all our supporters to come out in force and cheer on our crews. All are welcome to club HQ at the shoreline for refreshments, be sure to call by for a cuppa and catch up. A reminder to all our star bakers and chefs, all donations of food and supplies are most welcome! Finally, we wish to commend all our rowers, coxes and coaches for all their efforts over the past weeks and months. Best of luck to all, c'mon Muckcross!

APRES REGATTA: The club will assemble for its annual post regatta Club Night in the Jarvey's Rest on Sunday evening from 9pm. All members, supporters, family and friends are most welcome to attend. On Tuesday night 12th July, the Regatta Dance and presentation of prizes will take place at the Killarney Oaks Hotel. Tickets available to buy at the door on the night.

REGATTA QUEEN: Best of luck to Aoife Farrell who represents Muckcross RC in this year's Regatta Queen contest, the winner of which will be announced at Tuesday night's Regatta Dance.

EVENTS: Congratulations and well done to all our rowers who have been busy in competition in recent weeks as regatta season reaches its busiest time. At the Cork Regatta held over 25-26 June, Sean Fleming and David Casey were second in the B Final of the Mens Division 2 Double Scull and the fastest J18 crew in their race, just behind the Club 2 Double from Portadown. Sean Fleming was also a strong second in his heat of the Mens Division 2 Scull, but unlucky to finish within one second of the qualifying times for the category finals. Congrats also go to Eimear Beazley and Niamh Coffey who were winners of the C Final of the Womens Division 2 Double over UL and Colaiste Iognaid. The girls also went on to both finish third in separate straight final races of the Womens Junior 15 Scull event. Fantastic racing all round by our J14-J16 Womens Double crews who all succeeded in qualifying from the Division 2 heats with older crews among the competition. Last Sunday, a number of Muckcross crews also competed in the Fermoy

Regatta over a sprint course, with exciting finishes and an impressive haul of gold medals to complete the day. Congratulations go to the Womens Junior 15 Quad crew of Eimear Beazley, Caoimhe O'Connor, Elisha Hanrahan and Hanna Daly who were winners of their final. A big congrats also goes to Eimear Beazley and Oran O'Donoghue who were winners of the Womens and Mens Junior 15 Scull finals respectively. Our youngest crew brought the club its fourth gold medal, with a win in the Womens Junior 14 Quad, congratulations to Claire Joy, Orla O'Connor, Aisling Coffey and Emer O'Dowd. Caoimhe O'Connor and Hanna Daly brought the club its fifth and final win with an impressive victory in the Womens Junior 15 Double. Well done to all on a fantastic club performance.

WORKMEN'S ROWING CLUB

TRAINING NEWS: Training continues as usual for all our underage and adults as per coach's texts. Beginners rowing, U14 and U15 takes place at Reen Pier, Ross Castle every Saturday at 10am. For further information regarding beginners rowing you can call Mary Burns on 086 8098182.

PRESENTATION TO MEMBERS OF KERRY COASTAL ROWING FEDERATION: Our club wishes to thank most sincerely the hard work shown by Joanna King, Mary B and Pat Cuffe, members of the Board of Kerry Coastal Rowing Federation, as they step down from their positions after seven years of selfless dedication to their roles. Presentations were made to them in the clubhouse last week, and their reflections on their observations over the years were truly inspirational to both senior and junior members present on the night. They noted the huge growth in Coastal Rowing in Kerry and wished us the very best in our participation in the All-Ireland Champs in Donegal in August. Go raibh mile maith agaibh a chairde!

KILLARNEY REGATTA: Good luck to all our crews taking part in the Killarney Regatta this Sunday at O'Mahony's Point, Killarney Golf and Fishing Club. Many thanks to Killarney Regatta Club for their organisation of the event and we look forward to some nail biting races and mighty craic on the day in the one and only 'Killarney Sixes' events.

IRISH ROWING CHAMPIONSHIPS: This three day event will take place next weekend, from 15th to 17th July, at the National Rowing Centre, Iniscarra, Co. Cork. Our crews will be barely showered from the Killarney Regatta when they will hop in their singles, doubles and quads for this premier event which will showcase all that is great about Olympic Sliding Rowing in Ireland. Crews from colleges and clubs will battle it out over a 2k course for All - Ireland honours. Best of luck again to all involved.

FUNDRAISING: Our annual Street Collection takes this weekend. A rota of collectors is on

standby and we thank Pauline O'Brien and Siobhán Bartlett for their time and energy in organising this most important fundraising drive this year.

Also bag packing is on 23rd July, at Tesco, Deerpark.

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

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

KILLARNEY SOUTH COMMUNITY GAMES NOTES

Positive news for our under 13 mixed relay team, consisting of Jason Lee, Aaron O'Sullivan, Ellen Moloney, Holly Spellman and Aoibhinn Evans. Having finished second in the Community Games Final, they have been nominated to represent Kerry in the Finals in Athlone in August as the winners, Listowel, are unable to attend that date. This means that Killarney South will have the biggest ever representation in Athlone for the all Ireland Athletic Track Finals, with 13 Athletes qualifying to compete. This is mainly due to the excellent work being done in athletics in the area over the past number of years and we wish all the Athletes well. It is hoped to have a bag-packing weekend in due course and we expect all the parents in the area who had children competing in the various activities - swimming, athletics, indoor soccer etc - to please support this fundraiser and give of their time an hour or two in the local supermarket. Training continues each Monday night in An Ríocht Track, Castleisland, commencing at 7 PM.

KILLARNEY VALLEY AC

As you all know KVAC is one of the driving forces behind the building of the proposed Killarney Community Micro Track in Killarney. Help us build the track for your community by following the link below to donate. We need your donation please! To donate please follow the link below!

<http://www.ntraai.com/.../crowd-funding-proje.../build-our-track/>

The links are also on our facebook page www.facebook.com/KillarneyValleyAC

Don't forget to spread the word about our next big fundraising event for the Killarney MicroTrack Project which is the Killarney10Mile on September 24th - entries on www.killarney10mile.com

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

If you have any news or photos you would like to include in the notes please email killarneyvalleyac@gmail.com and please like our Facebook Page www.facebook.com/KillarneyValleyAC to get our news, photos and updates.

KILLARNEY CELTIC NOTES

FAMILY FUN DAY: Killarney Celtic will be hosting a Family Fun Day on Sunday, July 10th. With the Greyhound Bar Reply set for this Sunday at 3.30pm the Fun Day and Medal Presentation will take place between 11am and 2pm. This will include presentation of medals, barbecue, bouncing castle, bumper soccer.... loads of fun and games guaranteed! All welcome and any donations of salads, cakes, etc. will be hugely appreciated. All welcome.

KERRY PRIMARY GAA TEAM: Well done to U13 stars Kieran Dennehy and Cian McMahon who played for the Kerry school team at half time in the Munster GAA football final. Both lads looked as composed as they do when toggling out for Celtic!

Well done also to Kerry's senior and minor players who won Munster medals on the day, especially the many former Celtic players.

STETSONS AND STILETTOS: Killarney Celtic in conjunction with the INEC are pleased

to announce 'Stetsons and Stilettos' in the INEC on Friday, September 23rd, the ultimate Garth Brooks Experience featuring Trevor Smith and local artists. Tickets will shortly be available from all club members.

KILLARNEY CELTIC FOOTBALL FOR ALL: Killarney Celtic Football For All, Ireland's second best sports club, are currently selling tickets for the Irish Football National Draw, with over 2000 prizes including 4 new Ford Fiestas. Tickets are €10 each and available from any FFA club member; please support.

SOCCER TOTS: Our Soccer Tots Programme continues on Wednesdays at Celtic Park. All welcome.

RESULT: GREYHOUND CUP FINAL: KILLARNEY CELTIC 0 CASTLEISLAND 0 Celtic completely dominated the play but just couldn't get the ball over the line and the sides have to meet again this Sunday.

FIXTURE: Greyhound Bar Cup Final Replay: Killarney Celtic v Castleisland, Mounthawk Park,

Sunday, 3.30pm.

SUPPORTERS BUS: A supporters bus (sponsored by Sean Houlihan) is being put on to ferry anyone interested from Celtic Park to Mounthawk park on Sunday. The cost of a return trip is €5 with all proceeds going to Amy's fund. The bus will leave at 2.30pm after the fun day activities. It should be a great family day. Patrick and the team appreciate any support for the lads!

LOTTO: Numbers drawn 1, 3, 7, 16. No winner, one x match 3, Catherine Morris, Knockragh, Spa, €150. Next week's jackpot €2400, draw in the Failte on Monday night. Tickets available from all club officers. Yearly tickets available.

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

If anyone has information for the notes contact Jimmy O'Sullivan Darcy 087 9633397 or jimmyosdarcy@gmail.com. Check out www.killarneyceltic.com for Killarney Celtic news, match reports, or photos.

KILLARNEY ATHLETIC AFC 40TH ANNIVERSARY 7 A SIDE COMPETITION SPONSORED BY KILLARNEY CREDIT UNION

Monday 4th July 2016

Leviaton 1 Charlie's Angels 2
The Speakeasy-EZ 4 S.V. Hangover 0
GBF/MBM 3 Dunboy 0
O35 Bridge Bar Rathmore 1 Mackey's Crew 3
Celtic Steps 3 The Flesk Restaurant 4
Charlie's Angels 4 O'Connor's Bar 1
Tim Jones and Sons 1 Mustangs 1
O35 Fleming's Taxis 3 Tim Jones Butchers 1

Tuesday 5th July

I Haven't a Kalou 0 The Flesk Restaurant 1
Cronin's Tyres Castlemaine 2
Reen's Cousins F.C. 1
Currow City 0 Dunboy 0
O35 Mackey's Crew 5 Fleming's Taxis 1
MD O'Shea's 5 Expected Toulouse 0
Mackey's Crew 2 Ivory Toast 7
Mr. Price 2 O'Connor's Bar 0
O35 Bridge Bar Rathmore 0 Mackey's Crew 2 - 1

Wednesday 6th July

Tricel 0 Ivory Toast 4
Leviaton 3 Mr. Price 0
The Hobbits 0 The Flesk Restaurant 1
O35 Mackey's Crew 2 - 0 Fleming's Taxis 5
Tricel 1 Corcoran's Furniture 4
The Failte Bar 3 GBF/MBM 1
Dunloe Lodge 0 Charlie's Angels 1
The Failte Bar 4 Dunboy 0
Currow City 1 Tatler Toffees 3

FIXTURES

Pitch 1 MONDAY 11TH JULY

6.20pm U16 iBike v Fredas Boys
6.45pm Playoff A(1) Soupea Stars v Tricel
7.10pm Playoff B(1) Leviaton v Celtic Steps
7.35pm Playoff B(2) Reen's Cousins F.C. v Tim Jones & Sons
8.00pm Playoff B(5) Gordon Buckley Fitness/ Michael Beckett Multimedia v Mustangs
8.00pm Playoff B(6) Expected Toulouse v The Hobbits



THE HOBBITS TEAM COMPETING IN THE KILLARNEY ATHLETIC/KILLARNEY CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT. PICTURE: EAMONN KEOGH.

8.25pm Playoff B(7) A1 v Currow City
8.50pm Playoff B(3) A2 v Dunloe Lodge
Pitch 2
6.20pm U16 Sheffield Thursday v Boo Radleys
6.45pm Playoff A(2) Dunboy v S.V Hangover
7.10pm Playoff A (3) O'Connor's Bar v Mr Price
7.35pm Playoff B(4) I haven't got a Kalou v Ivory Coast
8.25pm Playoff B(8) A3 v Mackey's Crew
8.50pm Over 35 Mackey's Crew v Tim Jones Butchers

Tuesday 12th July Pitch 1

6.20pm U14 AC me Rolling v Scotts Hammers
6.45pm U14 Bayern Neverlossen v Scotts Hammers
7.10pm U16 iBike v Boo Radleys
7.35pm U14 Bayern Neverlossen v Banterloana FC
8.00pm U16 Fredas Boys v Boo Radleys
8.25pm Over 35 Mackey's Crew v Mackey's Crew 2
8.50pm Last 16 B(2) v Corcoran's Furniture
Pitch 2
6.20pm U14 Bombers v Banterloana FC
6.45pm U14 AC me Rolling v Banterloana FC
7.10pm U16 Fredas Boys v Sheffield Thursday

7.35pm U14 Bombers v Scotts Hammers
8.00pm U16 iBike v Sheffield Thursday
8.25pm U16 Beaufort GC v Benteke Fried Chicken
8.50pm U16 Tim Jones Butchers v Killarney Wolves

Wednesday 13th July Pitch 1

6.20pm U14 Bayern Neverlossen v AC me Rolling
6.45pm Last 16 B(1) v Cronin's Tyres Castlemaine
7.10pm Last 16 B(3) v Charlie's Angels
7.35pm Last 16 B(5) v Tatler Toffees
8.00pm Over 35 Mackeys Crew 2 v Tim Jones Butchers
8.25pm Last 16 B(6) v The Flesk Restaurant
8.50pm Last 16 B(4) v The Failte

Pitch 2

6.20pm U14 Banterloana FC v Scotts Hammers
6.45pm U14 Bayern Neverlossen v Bombers
7.10pm U14 AC me Rolling v Bombers
7.35pm Last 16 B(7) v The Speakeasy-es
8.00pm Over 35 Bridge Bar Rathmore v Fleming's Taxis
8.25pm Last 16 B(8) v MD O'Sheas
8.50pm Over 35 Bridge Bar Rathmore v Tim Jones Butchers



OUTLOOK SPORTS NEWS

Editor : Donal Barry

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MUNSTER SENIOR FOOTBALL FINAL

UNIMPRESSIVE KERRY CLAIM YET ANOTHER MUNSTER TITLE

KERRY O'SHEA REPORTS FROM THE MUNSTER FOOTBALL FINAL AT FITZGERALD STADIUM

KERRY 3-17 TIPPERARY 2-10

Kerry claimed their 78th their Munster crown when they defeated Tipperary in a very lacklustre Munster SFC final at Fitzgerald Stadium on Sunday.

The colour and excitement of a traditional Munster final was missing on this occasion as Kerry's dominance was all too evident. The Tipp inside forwards looked threatening on occasions but the fact that they were unable to register their first point from play until the 53rd minute was a major disappointment to their manager Liam Kearins and due to the solidness of the play of Shane Enright, Killian Young, Mark Griffin and Tadgh Morley who were at the heart of the Kerry defence.

In front of an attendance of 21,152, this was an unconvincing display from the Kingdom as Tipperary won the majority of the midfield exchanges and should have pressed Kerry more on the scoreboard.

The Premier County got off to a sensational start when late replacement Jimmy Feehan goaled after 35 seconds following a lovely movement involving Peter Acheson and Philip Austin.

Kerry looked good going forward but Tipp had little difficulty penetrating for their two goals which must be a major worry for Eamonn Fitzmaurice.

Mark Griffin and Killian Young, who scored an excellent first-half point, had fine outings in Kerry's backline, while James O'Donoghue made a long-awaited return to inter-county duty, chipping in with a personal tally of 0-4. Paul Geaney turned in a man of the match performance with a superb 2-3 from play while there were excellent contributions from substitutes Mikey Geaney and Barry John Keane, who both contributed vital scores. Tipperary did trouble Kerry in the opening minutes but once Kerry scored their first goal in the 17th minute, an outstanding individual effort from Paul Murphy, they were never headed.



BRYAN SHEEHAN ACCEPTING THE MUNSTER CHAMPIONSHIP CUP FROM MUNSTER CHAIRMAN JERRY O'SULLIVAN.

Apart from those goals from Murphy and Paul Geaney, Kerry had points from Bryan Sheehan (2), Paul Geaney (2) and one each from Killian Young, Paul Murphy and an out-of-sorts Darran O'Sullivan in reply to Tipp minors from Kevin O'Halloran (3) and Michael Quinlivan pushed Eamonn Fitzmaurice's side 2-7 to 1-4 clear at the interval.

Kerry goalkeeper Bryan Kelly, denied Michael Quinlivan at the start of the second half. It was only a matter of time before Kerry struck again and when Paul Geaney scored his second goal in the 49th minute to push the Kingdom 3-10 to 1-5 clear the result was never in doubt. Kerry were content to play out the remaining time but Tipp kept their hopes alive when the hard grafting Robbie Kiely, who was set up by Michael Quinlivan, scored the Premier County's second goal in the 50th minute. The introduction of James O'Donoghue, who was playing in his first game at inter-county level since last September's All-Ireland final loss to Dublin, was greeted with great applause by the Kerry contingent and it didn't take the Legion man long to leave an imprint on the scoreboard with a fine point from play. O'Donoghue would score three more points in his 14 minutes of action before the conclusion of the game and must be a strong favourite to

regain a starting berth for the quarter-final. Teams and Scorers

KERRY: Brian Kelly; Shane Enright, Mark Griffin, Killian Young (0-1); Brian O'Beaglaioich, Aidan O'Mahony, Tadgh Morley; Kieran Donaghy, Bryan Sheehan (capt) (0-4, 4 frees); Paul Murphy (1-1), Colm Cooper, Donnchadh Walsh; Darran O'Sullivan (0-1), Paul Geaney (2-3), Stephen O'Brien (0-1).

Subs: Michael Geaney (0-1) for Colm Cooper (inj 20); David Moran for Kieran Donaghy (46); Jonathan Lyne for Brian O'Beaglaioich (46); Barry John Keane (0-1) for Darran O'Sullivan (49); James O'Donoghue (0-4, 0-3F) for Stephen O'Brien (58); Anthony Maher for Bryan Sheehan (66).

TIPPERARY: Evan Comerford; Colm O'Shaughnessy, Alan Campbell, Ciaran McDonald; Bill Maher, Peter Acheson (capt), Robbie Kiely (1-0); Jimmy Feehan (1-0), George Hannigan; Josh Keane, Philip Austin, Brian Fox; Kevin O'Halloran (0-6, 0-5 frees), Michael Quinlivan (0-3, 0-2 frees), Conor Sweeney. Subs: Shane O'Connell for Josh Keane (black card 58); Alan Moloney (0-1) for Philip Austin (63); Martin Dunne for George Hannigan (68); Shane Leahy for Colm O'Shaughnessy (71). Referee: David Gough (Meath).



MAN OF THE MATCH PAUL GEANEY TOP SCORED FOR KERRY BAGGING 2-3 FROM PLAY IN A SUPERB PERFORMANCE.

HURLING & FOOTBALL CHAMPIONSHIP FIXTURES

Fixtures for Round 2 of the Garveys Supervalu Senior Hurling Championship

SAT JULY 9 @ 5PM - EXTRA TIME

Ballyheigue v Ballyduff in Kilmoyley

SAT JULY 9 @ 7PM - EXTRA TIME

Causeway v St Brendans in Abbeydorney

SUN JULY 10 @ 1PM - EXTRA TIME

Lixnaw v Crotta in Austin Stack Park

SUN JULY 10 @ 2.45PM - EXTRA TIME

Abbeydorney v Kilmoyley in Stack Park.

Garveys Supervalu Senior Football Championship Round 3

9TH JULY @ 5PM AT AUSTIN STACK PARK

Dingle v Miltown/Castlemaine

9TH JULY @ 6.45PM AUSTIN STACK PARK

Austin Stacks v West Kerry

10TH JULY @ 2PM AT

FITZGERALD STADIUM

St Kierans v Rathmore

10TH JULY @ 3.30PM AT

FITZGERALD STADIUM

Legion v Kerins O'Rahillys



OUTLOOK SPORTS NEWS

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ALL IRELAND LADEIS U14 FOOTBALL FINAL

HEARTBREAK FOR KERRY IN ALL IRELAND U/14 LADIES FINAL

KERRY 2-09

KILDARE 3-10

There was heartbreak for the Kerry Under 14 ladies footballers in the All Ireland final in McDonagh Park Nenagh last Saturday, when they suffered a 4 point defeat to an impressive Kildare side.

On Saturday the Lillywhites were that bit slicker and sharper than their Kingdom counterparts, and on the overall scheme of things probably deserved their victory. The Kildare running game caused a lot of trouble at times, but credit to the Kerry girls for never giving up. In fact Kerry had a couple of chances to snatch victory towards the finish of the game, unfortunately though luck was not on their side.

Played in front of a sizeable crowd, Kerry captain Siofra O'Shea won the toss and elected to play with the breeze. Kerry soon got into their stride and with just 10 minutes on the clock led by 1-4 to 0-1 with the points coming from Danielle O'Leary, Siofra O'Shea and Ella Teahan with two.

Ava O'Sullivan scored a peach of a goal for the Kingdom after a great pass from Rachel Kilgallen, she buried the ball into the top right hand corner of Kildare goalie Eleanor Traynor's net. A great start for the Kingdom.

Kildare began to get a bit more physical around the middle of the field, and this approach helped them to win some vital ball that they had previously failed to secure. Dangerous wing forward Ruth Birchill scored a goal and a point within 5 minutes of each other as the Kildare offence began to completely dominate the exchanges.

Kerry had a let off when Birchill struck the post before Orlaith O'Sullivan pointed to leave Kildare within one score of Kerry 1-4 to 1-3 with 20 minutes gone in the game. Siofra O'Shea eased the pressure on Kerry with a point to push them 2 points up again. The Kerry defence, ably led by Tara Murphy and Ava Doherty, were starting to get to grips with the dangerous Kildare forwards. Kerry were very unlucky not to score a goal when Rachel Dwyer's shot went barely wide at the right hand post. After this let off Kildare attacked again, and when Orlaith O'Sullivan's shot for a point looped into the top corner, they led by 2-3 to 1-5. Further scores from Aoife Rhattigan and Haley McCormack gave Kildare a 2-5 to 1-5 lead at the break.

Kerry needed a good start to the second half but unfortunately it was Kildare who got off the mark first with a point from Gillian Wheeler. From the kick out disaster struck for Kerry when Katie O'Loughlin pounced on a loose ball to rattle the back of the Kerry



THE KERRY U14 LADIES WHO NARROWLY LOST OUT IN THE ALL IRELAND FINAL TO A STRONG KILDARE OUTFIT LAST SUNDAY IN NENAGH.

net. Birchill and Rattigan soon added 2 more points for Kildare to push them 9 points ahead, 1-5 to 3-8. Kerry introduced Gemma Kearney in the 35th minute, with the fresh legs bringing a new sense of urgency and drive to the Kerry side. Ava O'Sullivan and Siofra O'Shea added points to bring Kerry back to within 7 of the Leinster champions with 15 minutes played in the second half. Both defences were in overdrive, harassing, blocking, forcing turnover after turnover. The Kingdom kept pressing and Mary O'Connell, O'Shea and Teahan began to take a firm grip around the middle of the field. A super goal from Siofra O'Shea brought the Kingdom to within 3 points, and from the kick out substitute Aisling O'Connell passed to Danielle O'Leary who pointed to bring Kerry to within 2 points of the Lillywhites. Kildare struck for a point in the 50th minute to push them 4 ahead once more.

Could the Kingdom respond for one last time? Kerry, led by midfielders O'Connell and O'Shea, put their shoulder to the wheel and threw everything at the Kildare rearguard. What appeared to be a blatant penalty wasn't given when Kildare goalkeeper Eleanor Traynor dived on the ball outside the small parallelogram, but referee Keith Delahunty waved play on much to the disgust of the Kerry management and supporters. Kerry drove on once more and Traynor denied Siofra O'Shea with a great save at the expense of a point to leave 3 in it. Kerry's Ciara Butler did likewise at the other end to deny Kildare at the expense of a 45'. Kildare attacked again and Sally Murphy pointed a late free to break Kerry hearts and ensure that Kildare would finish as 4 point victors.

It was a disappointing end for what was an outstanding year for this young Kerry team. Kerry manager Rory Kilgallen and his team of trainers and selectors had left no stone unturned in their quest for All Ireland glory. It wasn't to be but they can be very proud of their panel of 30 players who were a credit to

their county.

Kerry : Ciara Butler (Castlegregory), Tara Murphy (Killarney Legion), Rachel O'Connor (Corcha Dhuibhne), Chloe O'Connor (Furies), Ciara McCarthy (Abbeydorney), Maud Kelly (Fossa), Ava Doherty, (Glenflesk), Mary O'Connell (Na Gaeil), Siofra O'Shea (Southern Gaels)(1-3), Rachel Kilgallen (John Mitchells), Ella Teahan (Miltown/Listry)(0-2), Danielle O'Leary (Rathmore)(0-2), Rachel Dwyer (Southern Gaels), Mary Collins (Rathmore), Ava O'Sullivan (Southern Gaels)(1-2).
Subs; Gemma Kearney (Castleisland Desmonds) for Chloe O'Connor, Aisling O'Connell (Ballymac) for Ciara McCarthy, Aoife Dillane (Austin Stacks) for Mary Collins, Andrea Nolan (Laune Rangers) for Ava Doherty, Clodagh Evans (Miltown/Listry) for Rachel Dwyer.

LEGION TO HOST TG4 MUNSTER SENIOR CHAMPIONSHIP FINAL

TG4 Munster Senior Championship Final between Kerry and Cork will take place in Killarney Legion (7pm) next Sunday 10th. Replay, if necessary, will take place on the weekend of July 23rd/24th.

Munster Champions Kerry have already defeated Cork in the opening round of the round robin 2-14 to 2-9 and secured their place with a 1-14 to 1-7 win over last year's intermediate champions Waterford. Cork ensured their progress to the final with a win over the Deise as well.

All Ireland champions Cork go into the game as this year's League champions having defeated Mayo. Kerry exited to Mayo by a point in the semi-final, so expect a tight affair with some of the best players in the country on show.

WORRYING ABOUT THE EXAM RESULTS?

The first President of the United States, George Washington was faced with a tough choice at 11 years of age when his father died, leading him to courageously quit school to help his family.

Astonishing, isn't it? From his role as a competent military commander to the Commander-in-Chief of the U.S., his intelligence and poise were well beyond what any classroom could teach.

5 TIPS FOR A HOSPITAL STAY:

Anyone admitted to a hospital faces stress and anxiety, often in tandem with pain and trauma. Add into this mix a bombardment of information and instructions from a sea of strangers, and it's easy to become overwhelmed. How can patients and their loved ones keep track of everything they need to know?

1. Bring your home medications or at least a list - When you're admitted, someone will ask you to provide a list of your medications and will put them in your chart. Your attending doctor will decide which to keep you on in the hospital. The hospital pharmacy will provide those you need to continue taking, and ensure that any new medications prescribed are safe and appropriate in combination with your other meds.

2. An extensive team of health professionals, each with his or her own duties to perform, will come and go from your bedside. It isn't always easy to sort out an attending physician from a consulting physician, or a nursing assistant from a certified nurse. If you're ever unclear about who someone is or their role in your care, ask them and if you are well enough write down instructions the person provides.

3. Write down questions as you think of them - It's not always easy to remember all your questions during the doctor's visit. Keep paper and pen handy and write down whatever questions come up between visits.

4. Let your nurse know of any changes in your condition so the information can be relayed to your health care team. Also, if for any reason you're not happy with a member of your health care team, let your nurse know that you'd like to speak with a nurse manager.

5. Leave the equipment to the experts - Hospitals are full of elaborate, high-tech equipment to perform important functions. From IV pumps, to heart-rate monitors, to breathing tubes and more, the equipment often serves a vital purpose. If any equipment begins to beep or if tubes become dislodged, always alert a nurse. Unfortunately, incidents have occurred of patients or family members inflicting irreparable harm when trying to fix things themselves.

REFUGEES WILL BE ABLE TO TURN TO FREE ONLINE COURSES TO BUILD NEW LIVES:

Learning English, computer programming, or how to interview for a job might soon be easier for people who have fled war and sectarian violence, thanks to a new

partnership between the U.S. Department of State and online learning company Coursera. The federal department and the California-based company have teamed up for Coursera for Refugees, a program that allows displaced people to gain job skills by enrolling in any of Coursera's roughly 1,000 online classes.

The partnership will provide access to "career-relevant education at no cost—both to individual refugees and the nonprofits that serve them—offering an employer-validated learning solution with the potential to directly drive success in achieving refugees' goals around the world," Coursera spokesperson Kelsey Nelson said.

The 65 million people around the world who have been displaced from their homes do not have a laptop, tablet, or the internet connection needed to take a course, so to bolster accessibility, Coursera for Refugees takes advantage of the expertise and resources of both the State Department and nonprofits that are already working with those who need assistance.

Government officials will be responsible for suggesting nonprofit partner organizations to Coursera, but other nonprofit refugee aid agencies are also welcome to apply to participate. If their applications are approved, these groups will be given online-class fee waivers for the refugees they serve. They then can choose which courses will best help and improve refugees' job prospects.

This isn't the first time the U.S. State Department has promoted free online learning around the world. In 2013, it launched Massive Open Online Course (MOOC) Camps at U.S. Embassies and Consulates. The camps offer online courses from Coursera as well as from edX, a platform created in 2012 by Harvard and MIT.

If you would like further information please contact the American Embassy.

THE MINATURE DONKEYS OF SICILY AND SARDINIA:

Miniature donkeys are a distinct breed, in their native Sicily and Sardinia, they are not considered miniature.

They are both loyal and affectionate with humans and other animals. They have lovely natures: they're kind, lovable and docile and because of this they are often kept as pets.

At birth a miniature donkey weights 15-29

pounds (7-13 kg). A fully mature miniature donkey will grow to be between 32 and 36 inches tall. (80 – 90cm).

Like other donkeys, mini donkeys are herd animals. They thrive by living with other donkeys - mini or otherwise.

These small statured donkeys are equally capable workers as regular sized donkeys. By 3 years old, they can carry a pack or pull a cart. They love children and are exceptionally kind and careful with them.

Like horses, baby miniature donkeys are called foals. The males are called jacks while females are called jennys.

Appropriately named KneeHi, at a mere 25.29 inches tall (64cm), holds the Guinness World Record for being the shortest donkey.

Donkeys of all sizes bond with other animals too. On farms, they get along famously with sheep and even protect them against canine predators.

Donkey aren't really "stubborn". They have exceptionally good memories and are cautious because they remember things that scared them in the past.

If a donkey brays, snorts or snuffles when they see you, they consider you a friend.

NUCLEAR BOMBS BEFORE AFFORDABLE HOUSING:

The United States Conference of Mayors (USCM), for the 11th consecutive year, adopted a strong resolution in support of nuclear disarmament. The USCM "calls on the next President of the United States, in good faith, to participate in or initiate... multilateral negotiations for the elimination of nuclear weapons as required by the 1970 Nuclear Nonproliferation Treaty."

The resolution commends President Obama for visiting Hiroshima and concluding negotiations with Iran, but notes that "the Obama Administration has laid the groundwork for the United States to spend one trillion dollars over the next three decades to maintain and modernise its nuclear bombs and warheads, production facilities, delivery systems, and command and control," and that "federal funds are desperately needed in our communities to build affordable housing, create jobs with liveable wages, improve public transit, and develop sustainable energy sources." The USCM "calls on the next President and Congress of the United States



to reduce nuclear weapons spending to the minimum necessary to assure the safety and security of the existing weapons as they await disablement and dismantlement, and to redirect those funds to address the urgent needs of cities and rebuild our nation's crumbling infrastructure."

TOMORROW IS INTERNATIONAL SAVE THE VAQUITA DAY:

The first Saturday after the 4th of July has been designated as International Save the Vaquita



Day!! This is intended to be an annual event similar to Earth Day, but with a specific focus on raising awareness and appreciation of the world's most endangered marine mammal, the Vaquita (*Phocoena sinus*). Events around the globe direct the attention of people to the plight of this tiny porpoise species, and what needs to be done to save it from extinction.

The primary goal is to make as many people as possible aware of the vaquita and its plight, and spur them to act. The species is nearly extinct, with only about 60 - 100 individuals left, and declining at 30% per year!

In 2015 Save the Vaquita Day there were 22 venues, most of them in the United States, and a few in other countries, including Mexico, and Hong Kong. Altogether, it is estimated that well over 2,500 people were educated about the Vaquita directly through the various activities on that single day, and many more received brochures or colouring books that would help them spread the message to their friends and family members.

The Vaquita (*Phocoena sinus*) is a small porpoise and one of only seven species of true porpoises, it is the only porpoise species that occurs in warm waters of the eastern Pacific Ocean and is only found in a tiny area in the extreme northern Gulf of California, in the state of Baja California in Mexico. It is a unique species, with a body shape unlike that of any other. It has a tall dorsal fin (for a porpoise) and a beautiful colour pattern on the face, with dark eye rings and lip patches that look like an application of "goth" make-up.

The Vaquita has only been known to science since 1958 and the name means "little cow" in Spanish. At about 5 feet (1.5 m) long, it's the smallest species of cetacean and unlike other porpoises, Vaquitas give birth only every other year, usually in March/April. They live to be only about 20 - 21 years old. Vaquitas have never been held in captivity.

This year on Save The Vaquita Day there are events in Townsville Australia, Vienna Austria, New Dheli India, Napier New Zealand, Honolulu Hawaii, in the USA and Mexico with California again being the main focus, with several sites in the state.

Unfortunately at time of writing no event is planned for Ireland but you can get involved by signing a petition to the Mexican government at www.vivavaquita.org or by visiting any of the Save the Vaquita petition websites.

The Vaquita could go extinct in as little as two years if we do not act NOW.

ON THIS DATE – JULY 8TH:

1497 - Portuguese navigator Vasco da Gama departed on his first voyage and became the first European to reach India by sea.

1776 - Col. John Nixon gave the first public reading of the US Declaration of Independence to a crowd gathered at Independence Square in Philadelphia. The reading was announced by the "Liberty Bell."

1777 - Vermont introduced new constitution making it the 1st US state to abolish slavery.

1800 - Dr Benjamin Waterhouse gives 1st cowpox vaccination in the US to his son to prevent smallpox.

1822 - Chippewas indigenous people of Canada surrendered title to 234,700 hectares in Lambton, Middlesex, and Kent Counties in Canada to the Crown.

1853 - An expedition led by Commodore Matthew Perry on his flagship USS *Susquehanna* arrived in Edo Bay, Uraga, Japan, on a mission to seek diplomatic and trade relations with the Japanese and forced Japan to open its ports with his big gunboats, the steam-powered "Black Ships."

1893 - The New Zealand Racing Conference was formed to control the thoroughbred horse-racing industry in the country.

1906 - In Canada, Winnipeg street cars started making Sunday runs despite church opposition to working on the Lord's Day.

1907 - Florenz Ziegfeld staged his first "Follies" on the roof of the New York City Theatre.

1937 - Imperial Airways flying boat *Caledonia* arrived in Montréal from Southampton, England; inaugurating a new transatlantic air service connecting with Trans-Canada Air Lines, Montréal.

QUOTE:

"The individual is capable of both great compassion and great indifference. He has it within his means to nourish the former and outgrow the latter" - Norman Cousins

COAL-FREE ONTARIO:

On April 8, 2014 the last remaining coal-fired power plant in Ontario, Canada was shut down for good, making Ontario the first jurisdiction in the world to phase out dirty coal-powered electricity completely for health and environment reasons.

For doctors, the benefits were all down to the health of their patients. Family doctors in Ontario had been treating the negative effects of air pollution for years. In 1998, the Ontario Medical Association had declared air pollution to be a public health crisis. Then, a study came out indicating that air pollution from coal

plants alone was killing over 600 Ontarians every year.

The public listened, with increasing numbers of families joining doctors and environmentalists in pressuring legislators to respond. The economist for the Ontario Clean Air Alliance found that a phase out of coal-fired power plants would cost \$1.86 a month, less than a cup of coffee and a donut at the time and the beginning stages of coal phase-out began.

The Ontario coal phase-out is an inspiring example of how individuals can successfully influence policy to protect public health and the environment.

ONE WORKERS JEALOUSY MIGHT COST A CAT HIS HOME:

White Settlement Public Library in White Settlement, Texas has been the home of Browser, a cat, for six years. Browser has served as the resident rodent exterminator and is loved by all the patrons. Recently, the council voted and now it looks like Browser will have to move out.

Library president, Lillian Blackburn said Browser is lovable and gentle, and it is a shame he has to leave. The reason the city council voted to remove Browser was that a city employee complained that it wasn't fair that city employees couldn't bring their dogs to work - but Browser lives at the library.

The White Settlement community showed tremendous support for allowing Browser to stay, but the city council vote resulted in an eviction despite the fact it was a city council vote that won Browser the job as rodent exterminator at the library in the first place.

Mayor Ron White (a nonvoting member of the council) feels that Browser should be allowed to stay, stating that a cat living at the library has nothing to do with an employee bringing a dog to work; Browser has a proven track record of good behaviour he added.

On July 12th, just two days before Browser has to move out; the council will meet again, and the Mayor hopes they reconsider the decision. There are lots of petitions on the net to choose from if you wish to help help Browser including Please help browser the library cat at www.care2.com

FINALLY THIS WEEK:

A young boy had just gotten his driving licence. He asked his father, who was a minister, if they could discuss the use of the car. His father took him to his study and said to him, "I'll make a deal with you. You bring your grades up, study your bible a little and get your hair cut and we'll talk about it."

After about a month the boy came back and again asked his father if they could discuss use of the car. They again went to the father's study where his father said, "Son, I've been real proud of you. You have brought your grades up, you've studied your bible diligently, but you didn't get your hair cut!"

The young man waited a moment and replied, "You know Dad, I've been thinking about that. You know, Samson had long hair, Moses had long hair, Noah had long hair, and even Jesus had long hair...."

To which his father replied...."Yes, and they WALKED almost everywhere they went!"



HOW TO CHANGE A WHEEL SAFELY

To save space and weight, many new cars have a puncture repair kit – sealant and compressor – rather than a spare wheel. If you don't have a spare it's a good idea to familiarise yourself with the kit provided so you'll know what to do if you do get a puncture.

If your car does have a spare it's a good idea to practise changing a wheel at home in the daylight when the weather's warm and dry. Then, if you do suffer a puncture you'll be able to cope more easily, even if it's dark, cold or wet.

Given a safe environment, the right tools and some basic knowledge, changing a wheel on any vehicle should be fairly straightforward. Check the handbook first as this might include vehicle specific advice.

Where the handbook and our advice appear to be in conflict, follow the advice in the handbook.

FOR YOUR OWN SAFETY

Don't try to change a wheel on the hard shoulder of a motorway or at the side of a road. Turn off or pull over well away from the traffic and call for help.

Don't try to change a wheel on soft, loose or uneven ground.

Don't try to change a wheel with passengers still in the car. Move everyone to a place of safety, well away from the vehicle and carriageway.

Don't work under a car while it's raised on a jack.

Don't try to use the jack anywhere other than at the specified jacking points – attaching the jack in the wrong place can cause damage to the car and/or risks it collapsing when lifted.

WHAT YOU'LL NEED

handbook - showing where to attach the jack.
spare wheel - with adequate tread and correctly inflated.

vehicle jack.

wheel-nut wrench with extension bar and locking wheel nut adaptor if fitted.

at least one wheel chock.

gloves – the wheel/tyre will be dirty.

something to kneel on – the ground will be dirty too.

sharp knife or cutters to remove cable ties if these are used to hold wheel trims in place.

torch.

reflective jacket and sensible/strong shoes for



your own safety.

BEFORE LIFTING THE CAR

Plan the job so that the vehicle is raised for the minimum amount of time.

Switch off the engine and turn on the hazard lights.

Apply the handbrake and engage first gear (or 'P' if an automatic).

Chock the road wheel diagonally opposite the one to be replaced.

Remove the spare from the boot/carrier – a carrier under the vehicle may be rusty and difficult to move.

Lay the spare on the ground where it will be convenient for fitting.

Remove the wheel trim (if fitted) – you may have to cut cable ties and/or lever the trim off.

Place the jack in the recommended lifting point closest to the wheel to be removed. Ensure that the jack head engages correctly (as shown in the handbook) and extend the jack until it just starts to lift the car on its springs. Don't lift the car any further yet.

Slacken off the wheel nuts/bolts (most turn anti-clockwise to undo) using the vehicle's wheel brace and locking wheel-nut adapter if required. (There might be a protective cover over locking wheel nuts).

Keep your back straight and body weight evenly distributed on both feet. Apply effort downward and in a controlled way so that when the nut finally 'breaks' you won't lose your balance or fall over. You can achieve greater efficiency by applying controlled effort through the foot, but only if you can support your upper body.

LIFTING THE CAR

Raise the jack to lift the vehicle sufficiently so that the wheel is just clear of the ground.

Remove the slackened wheel nuts/bolts while keeping the wheel in position on the hub using a knee or toe – leave the top one until last so that both hands are free to lift the wheel away from the hub.

FITTING THE SPARE

Fitting the spare is the reverse of the removal procedure – secure the wheel by refitting the top bolt/nut first, and tighten all the nuts by hand first in stages and in a diagonal sequence. Don't oil the bolts/nuts before refitting them, as this will make them more likely to work loose. Carefully lower the wheel to make contact with the ground before fully tightening the wheel nuts – again in diagonal sequence.

Stow the damaged wheel safely. Replace it in the carrier or boot well.

AND FINALLY

If the spare is a temporary-use 'skinny' spare, note any restrictions on use – they're typically limited to 50mph and should be replaced with a normal tyre as soon as possible. Some dashboard lights may come on while a space saver spare is used because systems like ABS, traction control and some automatic gearboxes can be upset by odd tyre sizes.

check/adjust the pressure in the 'new' tyre as soon as possible

get the wheel nuts tightened to the correct torque figure as soon as possible
replace or repair the damaged tyre as soon as possible



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MUNSTER MINOR FOOTBALL CHAMPIONSHIP FINAL

KERRY MINORS MAKE IT 4-IN-A-ROW

KERRY 3-14
CORK 3-08

The Kerry Minor footballers retained the Tadhg Crowley Cup for the 4th year in a row when defeating old rivals Cork in the opener at Fitzgerald Stadium on Sunday last. Kerry had got the perfect start with two goals by Bryan Sweeney and Sean O'Shea, both expertly set up by the magnificent David Clifford. Cork did come more into the game as the half wore on and a goal from their elusive full forward, Mark Buckley meant that there were just four points between the sides at the break. Kerry conceded a goal within a minute of the restart and another major from Buckley again, saw Cork hit the front at the three quarter stage. However, Kerry regained their composure and a great strike by David Clifford who is not yet 17, kick started the Kerry revival that saw them run out deserving winners by six points a scoreline that did not flatter them in the slightest. So Kerry's hopes of making it a hat trick of All Ireland titles are still intact and they will



DAVID CLIFFORD OF KERRY RECEIVES THE MAN OF THE MATCH AWARD FROM KEVIN MOLLOY REPRESENTING ELECTRIC IRELAND FOLLOWING THE ELECTRIC IRELAND MUNSTER GAA FOOTBALL MINOR CHAMPIONSHIP FINAL MATCH BETWEEN KERRY AND CORK.

now meet the Ulster Final losers – Donegal or Derry in the quarter finals on the August Bank Holiday weekend

Kerry: Billy Courtney, Graham O'Sullivan, Niall Collins, Micheál Reidy, Michael Potts, Micheál Foley, Daniel O'Brien, Mike Breen, Mark Ryan, Diarmuid O'Connor, Sean O'Shea 1-4 (0-2f, 0-1 '45), Dara Moynihan 0-2, Brian Friel 0-1, David Clifford 1-5 (0-2f), Bryan Sweeney 1-0,
Subs: David Naughton for Reidy (HT), Cormac Linnane for Sweeney (41), David Shaw for Friel (44) Caolim Teehan for Ryan (59), Ferdia O'Brien for O'Connor (63), Stefan Okunbar (Na Gaeil) for Foley (63)


Cork: Mark White, Aidan Browne, Alan McCarthy, Liam O'Donovan, Rory O'Driscoll, Nathan Walsh, Tadhg Corkery, Jack Ryan, Sean Ryan, Sean O'Sullivan, Kevin O'Donovan, Cathal Maguire 0-2, Damien Gore 0-4 (0-4f), Colm O'Callaghan 1-0, Mark Buckley 2-2,
Subs: Cathal Foley for Jack Ryan (HT) Shane O'Driscoll for O'Sullivan (48) Gearoid O'Donoghue for Sean Ryan (52) Sean Minihane for O'Driscoll (58) Cathal O'Mahony for O'Donovan (58)
Referee: Alan Kissane (Waterford).



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A large advertisement for Outlook Magazines. The background is a vibrant image of a city skyline (likely New York City) with green trees in the foreground. Overlaid on the right side is the text 'THE SECRET IS OUT!' in large red letters, followed by 'KILLARNEY OUTLOOK', 'TRALEE OUTLOOK', and '& SLIABH LUACHRA OUTLOOK' in green, and 'ARE AVAILABLE ON-LINE EVERY WEEK' in large white and green letters. On the left, there are two bullet points in white text on a dark background: '• YOU CAN NOW BROWSE THE PAGES OF YOUR FAVOURITE FREE MAGAZINE FROM WHERE EVER YOU ARE IN THE WORLD' and '• KEEP UP TO DATE WITH WHATS HAPPENING AT HOME WITH ALL THE BEST NEWS, PICTURES, SPORT AND ADVERTISING'. At the bottom left, the website 'www.outlookmags.com' is written in red. In the bottom right, there is an image of a person's hands holding a tablet displaying the Outlook Magazines logo.



A WORD OF VICTORY

Welcome back dear readers in our years ministering to people many have asked what is life all about and where did we come from? Well the Bible says plenty about this - "Before I formed you in your mother's womb I knew you" (Jeremiah 1:5), "Indeed the very hairs on your head are all numbered" (Luke 12:7). God knows more about you than you will ever know yourself (Read Psalm 139). In Jeremiah chapter 29 verse 11 the Lord says "For I know the plans I have for you...plans to prosper you and not to harm you, plans to give you a hope and a future". It is very comforting and reassuring to realise that the One who created everything - the Lord God Almighty sees you and I in this light and He tells us to seek after His plans for us and we will be amazed! (Jeremiah 33:3) Another great truth is this friend - do you realise that the fingerprints you have no-one else, living or dead, has those same prints? It's vitally important that you and I come to know this wonderful Person who is so wise and so much in control of His creation and part-take in His goodness. 3 John verse 2 says "Beloved I desire above all else that you may prosper and be in good health as your soul prospers". I find that many people who are experiencing great hardship believe that God is the author of the bad things they're going through, and that He gives us these troubles to glorify Him. People have been taught that their sicknesses and diseases and trouble are from God to pay for the sins of the world. This is no-where in the Bible and is not true - it is a deception from our enemy the Devil! Through these lies he controls people who are sick or poor (both of which are a curse - see Deuteronomy 28) by having them believe that God is pleased with them accepting and bearing these conditions. We'll delve more into this over the next two weeks....

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THE MIRACLE PRAYER

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

PRAYER TO ST. ANTHONY

Oh gentle and loving St. Anthony in whose arms the infant Jesus love to linger, one word from you and my prayer will be answered oh speak that word and the gratitude of my heart will be yours.

THE MIRACLE PRAYER

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Take it dear heart of Jesus and place it within your own broken heart where your Father sees it.
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Amen.
Say this prayer for three days. Publication of prayer and favour will be granted.

NOVENA TO ST. MARTHA

O ST. MARTHA, I resort to thee and to thy petition and faith I offer up to thee this 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 thy 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.
Never know to fail.

THE MIRACLE PRAYER

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

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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.

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

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

ST THERESE

O glorious Saint Therese, 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 good upon the earth... of letting fall from Heaven a Shower of Roses. Henceforth, dear Little Flower, I will fulfill your plea "to be made known 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.

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of

CHRISTINE LEHANE

Slievareagh, Ballyvourney, Co. Cork. who died on 12th July 2015

As we lovingly remember Christine on her first anniversary, her husband Sean, children Michael, Johnny, Paddy, Helen, Seamus and extended family wish to thank most sincerely all who sympathised and supported us during this sad time. To the huge number of people who called to the house, and travelled long distances to attended the rosary, removal and funeral. To Those who sent Mass cards, enrollments and letters. To our wonderful neighbours and friends who helped out in any way, Thank You.

A special word of thanks to Dr Colette Faul, and all the staff of the Ballyvourney Health Centre who provided exceptional care and kindness to Christine over the years. Sincere thanks to Ellen O'Leary PHN, and Christines many carers for there help and assistance in ensuring that she could remain in the comfort of her home. Without you it would not have been possible. Thank you to all the staff of Deasys Pharmacy. Sincere thanks to the Doctors, Nurses and staff of the CUH Hospital and the South Infirmary-Victoria University Hospital for the wonderful care they gave Christine over the years. Thank you to the Doctors Nurses and staff of Marymount University Hospital who ensured that Christines final days were comfortable and dignified and for the wonderful support they gave us as a family. Also to the wonderful HSE Ambulance staff who cared and transported her to hospital on so many occasions. Sincere thanks to Fr. Joe O'Mahony, Fr. Gerard O'Leary and Fr. Francis Manning for the beautiful ceremony at her funeral Mass, and to Fr Donal O'Brien for all the home visits. To Aileen Flanagan and Michael Bradley and the Set Dancers for the beautiful music, singing and dance at her funeral Mass. To Cyril Casey of Caseys Undertakers for his guidance, professionalism and compassion shown to us at such a difficult time. As it would be impossible to thank everyone individually please accept this acknowledgement as a token of our appreciation.

The Holy Sacrifice of the Mass will be offered for all your intentions.



First Anniversary mass will take place in St Gobnait's Church, Ballyvourney on Sunday 10th July at 11.30am.

2nd ANNIVERSARY



In Loving Memory of

JIM TEAHAN

Fair Haven, Lissivigeen, Killarney who died on 11th July, 2014.

*As each day dawns we think of you.
As each night falls we pray for you.
And throughout our lives no matter where
In our hearts you are always there.*

*We miss your smile your joking ways.
We miss the things you used to say.
And when old times we do recall
It's then we miss you most of all.*



Sadly missed by your wife Anne, children, Geraldine, Siobhan, Seamus, Kay and Deirdre and your grandchildren.

Anniversary Mass -Sunday 10th July at 11am Church of the Resurrection, Killarney.

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NOVENA TO THE SACRED HEART

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

ST. THERESE OF THE LITTLE FLOWER

O glorious Saint Therese, 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 specifics here) and to carry out your promises of spending Heaven doing good upon the earth... of letting fall from Heaven a Shower of Roses.

Henceforth, dear Little Flower, I will fulfill your plea "to be made known everywhere" and I will never cease to lead others to Jesus through you. Amen.

THE MIRACLE PRAYER

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

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

Amen.

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

E.M.K

NOVENA TO THE SACRED HEART

You have said O'Divine Jesus ask and you shall receive, seek and you shall find, knock and the door shall be opened to you. Relying on these promises I come with confidence during the novena to beg of you the favours that I need (make request). From whom shall I ask, Lord Jesus, if not from you whose heart is an unfailing source of graces and merits. Most loving heart of my God I believe in your power, I believe in your knowledge, I believe in your personal love for me and therefore O Sacred Heart of Jesus I place all my trust in you. Our Father, Hail Mary and Glory. Say 3 times for 3 days and request will be granted, Never know to fail. Must publish.

PRAYER TO ST. ANTHONY

Oh gentle and loving St. Anthony in whose arms the infant Jesus love to linger, one word from you and my prayer will be answered oh speak that word and the gratitude of my heart will be yours.

A.D.

NOVENA TO THE SACRED HEART

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PRAYER TO THE HOLY SPIRIT

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

NOVENA TO THE SACRED HEART

You have said O'Divine Jesus ask and you shall receive, seek and you shall find, knock and the door shall be opened to you. Relying on these promises I come with confidence during the novena to beg of you the favours that I need (make request). From whom shall I ask, Lord Jesus, if not from you whose heart is an unfailing source of graces and merits. Most loving heart of my God I believe in your power, I believe in your knowledge, I believe in your personal love for me and therefore O Sacred Heart of Jesus I place all my trust in you. Our Father, Hail Mary and Glory. Say 3 times for 3 days and request will be granted, Never know to fail. Must publish. **M.M.**

NOVENA TO THE SACRED HEART

You have said O'Divine Jesus ask and you shall receive, seek and you shall find, knock and the door shall be opened to you. Relying on these promises I come with confidence during the novena to beg of you the favours that I need (make request). From whom shall I ask, Lord Jesus, if not from you whose heart is an unfailing source of graces and merits. Most loving heart of my God I believe in your power, I believe in your knowledge, I believe in your personal love for me and therefore O Sacred Heart of Jesus I place all my trust in you. Our Father, Hail Mary and Glory. Say 3 times for 3 days and request will be granted, Never know to fail. Must publish.

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