KILLARNEY Outlook

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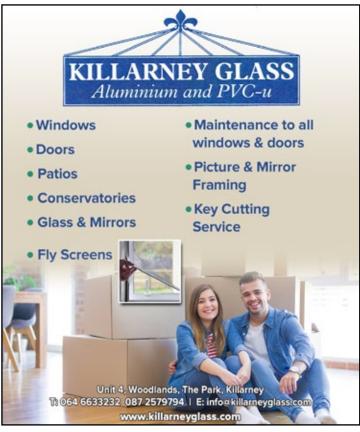
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Well its Kerry and Galway for the Biq game in Croker - Kerry Rose Edaein O'Connell and Galway Rose Clare Ann Irwin and Escorts from the International Festival enjoy a evening of racing at Race Week in Killarney . Photo By: Domnick Walsh © Eye Focus LTD







THIS WEEK

15:07:22

KILLARNEY CARDIAC RESPONSE UNIT RECOGNISED AS OVERALL COMMUNITY HEROES

See Page 4



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FROM THE EDITOR



Aisling Crosbie.

With the country set to bask in glorious sunshine over the next few days we have a busy magazine for you. A Community Hero has been honoured, the Aghadoe Graveyard Mass has been rescheduled and there has been a fantastic week of racing in Killarney. Killarney Valley Classic and Vintage have launched their show, the countdown is on for Féile Lughnasadh in Miltown and a key member of Killarney Athletic has been remembered on his first anniversary. The countdown is on to the All Ireland Football Final between Kerry

of the game from our Sports Reporter Jimmy O'Sullivan Darcy. We have a photofest for you this week with lots of photos from the Kerry Supporters in Croke Park, punters at Killarney Races and from East Kerry Presentation night.

and Galway at Croke Park on 24th July and we have a full analysis

Enjoy this week's Killarney Outlook and remember - Be Sun Smart!

HELPFUL CONTACT NUMBERS

COVID-19 SUPPORT LINE FOR OLDER PEOPLE

T: 0818 222 024

ALONE has launched a national support line and additional supports for older people who have concerns or are facing difficulties relating to the outbreak of COVID-19 (Coronavirus). Professional staff are available to answer queries and give advice and reassurance where necessary. The support line is open Monday to Friday, 8am-8pm, by calling 0818 222 024. Hours may be extended to meet the demand.

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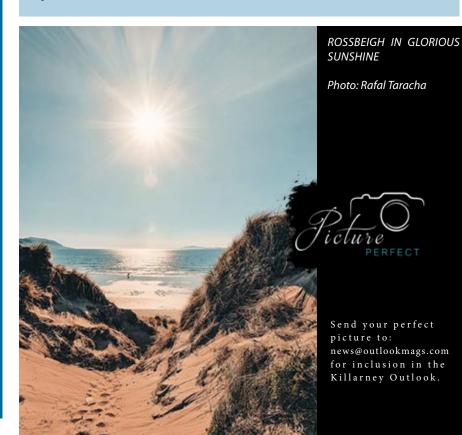
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KILLARNEY CARDIAC RESPONSE UNIT RECOGNISED AS OVERALL COMMUNITY HEROES

A community hero who has put her heart into the Killarney Cardiac Response Unit has received national recognition.

Bridget Delaney of the Killarney Cardiac Response Unit has been unveiled as the MACE Unsung Heroes Overall Community Award winner in recognition of the support for the National Ambulance Service in Killarney in responding to calls relating to heart attacks, cardiac arrests, choking and stroke. The MACE Unsung Heroes Overall Community Award is reserved for that person or team who do truly remarkable things for the betterment of their community.

Bridget Delaney is one of the members who was nominated for a MACE Unsung Heroes award and has been a volunteer with the responders group since it first started in 2015. She has been involved in many roles including training, treasurer, public access aed, assisting other schemes but all this is secondary to the volume of calls and the dedication she and the team have given to the community and given assistance to those in need no matter what

time day or night.

Kerry was successful on the double this year as the MACE Kilgarvan team was selected to receive the MACE Store Team Award for their work within the Kilgarvan community.

The nationwide MACE

Unsung Heroes Community Awards were initially launched in 2020 by Ireland rugby star Johnny Sexton to stimulate community spirit. Following its remarkable success MACE was excited to go to the country once again this year and ask communities to nominate that special someone who goes the extra mile to make a difference, so they get the recognition they deserve.

Commenting, MACE Sales Director Peter Dwan said, "I want to congratulate Bridget and all those in Killarney Cardiac Response Unit for the heroic work they do. It must be a great source of relief to those in Killarney knowing that this group of dedicated volunteers are there

i looking after them and looking out for them.

I also want to congratulate Juliette, Eileen and the team in MACE Kilgarvan for their being presented with the MACE Store Team Award." In total, MACE presented five category Unsung Heroes Community awards with each individual category winner being rewarded with cheques for €1,000. Each winner was contacted personally by Johnny Sexton to inform them of their win.

As the overall MACE Unsung Heroes Community Award winner, Bridget of the Killarney Cardiac Response Unit was presented with a cheque for €5.000.



AGHADOE GRAVEYARD MASS RESCHEDULED

The Annual Aghadoe Graveyard Mass has been rescheduled to Tuesday 26th July.

The mass was previously planned for Monday 25th, however when the final whistle blew in Croke Park following Seanie O'Shea's historic point, the Graveyard Committee decided to change the date as the Kerry Team Homecoming is planned for Monday evening.

There will be a free bus running from 6pm from the High Street Car Park and the Mass will begin at 8pm.

It's going to be a scorcher

a sunburn.

erry is set to bask in sunshine over the weekend with highest tempertures likely to come between Sunday and Tuesday.

Met Eireann has issued a weather advisory for the expected hot spell with day time temperatures expected to reach the high twenties, possibly exceeding 30 degrees in some locations. While the sunshine will be welcome to most, it is important to realise that the heat will have significant impacts for many members of society. While the day time temperatures are expected to hit the high 20's, it is expected to remain uncomfortably warm overnight too.

Evelyn Cusack, head of Forecasting at Met Éireann said that people needed to be careful of high UV rays and heed water safety advice.

When the UV index is 3 or above you need to protect your skin so it is important to heed the following advice from the HSE"

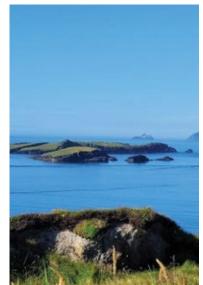
Slip on clothing: Cover skin as much as possible, wear long sleeves, collared t-shirts, clothes made from close-woven material that does not allow sunlight through.

Slop on sunscreen with a sun protection factor (SPF) of at least 30+ for adults and 50+ for children, with high UVA protection and water-resistant. Reapply regularly. No sunscreen can provide 100% protection, it should be used alongside other protective measures such as clothing and shade.

Slap on a wide-brimmed hat: Protect your face, ears and neck.

Seek shade: Sit in the cover of trees to avoid direct sunlight. Use a sunshade on your buggy or pram. Keep babies and children out of direct sunlight. Slide on sunglasses: Guard your eyes against harm

by wearing sunglasses with UV protection. Do not deliberately try to get a suntan. Avoid getting



Valentia Island in glorious sunshine captured by Elerena Bowler Leslie

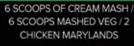


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UHK EXTEND DEFERRAL

OF SOME APPOINTMENTS

niversity Hospital Kerry Management : having considered the continuing associated with difficulties increasing Covid-19 numbers and the associated staffing challenges, have taken the decision to extend the deferral of Out Patient Scheduled appointments (exceptions below) and to also postpone Elective surgery, with the exception of time critical surgery for today, Friday 15th

Exceptions to the above cancelled clinics

Orthopaedic Trauma Clinics;

Infusion Clinics;

Dressings Clinic

Cardiology Out Patient scans & procedures; Radiology Out Patient imaging/procedures; Virtual Clinics;

Antenatal Clinics;

Oncology and Palliative Care Clinics;

Colposcopy & Hysteroscopy Clinics at Cíll Ide;

Time critical Endoscopy's

Saturday's Gynaecology Clinic

Other than the above listed clinics, University Hospital Kerry is kindly requesting that patients do not attend scheduled outpatient and elective surgery appointments UNLESS you receive a call from UHK staff. cancelled appointments are being worked on presently with a view to early rescheduling. Should you have an urgent query in relation to an appointment, please contact the relevant Consultant's secretary.

Hospital Management have also requested that, where appropriate, the public contact GPs/South Doc in the first instance and explore all other options available to them prior to presenting to the Emergency Department.

Hospital visiting also remains restricted to one visit per patient per week and those on compassionate grounds only. We would like to remind the public that UHK has in place some alternative means of keeping contact with loved ones [Details below].

Keeping Contact Initiative: UHK has set up a specific email address so that patients can



receive direct messages. Communications from friends & family can be of great comfort to patients during these times and can be e-mailed to: uhk.keepingcontact@hse.ie Be sure to include on the subject line the Patient's Full Name, Ward Name (if known) and the first line of the patient's home address.

Virtual Visits: UHK have an initiative to facilitate Video Calls using WhatsApp on Digipads for patients who do not have SMART phone/ devices. Please contact Ward Manager/Nurse in Charge to request video call with your loved

UHK would like to extend a very sincere 'Thank You' in anticipation of the public's co-operation with these arrangements.



FIRST RESPONDERS LAUNCH RECRUITMENT **DRIVE**

Kerry CFR link, a collaboration of response to life threatening incidents community first responder schemes including stroke, heart attack and cardiac throughout Kerry are launching a recruitment campaign for volunteers throughout the county.

First Responder Schemes operate in a number of locations including Tralee, Killarney, Castleisland, North East Kerry, Glenbeigh, Milltown, Waterville, Kells, Sneem, Valentia, Portmagee, Lixnaw, Causeway, Beal & Asdee. With a number of additional schemes expected to be launched in the future.

These schemes provide an emergency

arrest in the vital first few minutes prior to Ambulance arrival. Volunteers are alerted through the National Ambulance Service who provide support and advice to schemes alongside CFR Ireland.

Volunteers are provided full training, equipment and support.

For more information on your local scheme, how to become involved or support visit www.kerrycfrlink.ie or the national CFR website www.becomeacfr.ie

PLAYGROUND UPGRADE WELCOMED

he Looking Good Committee are delighted to have been able to contribute to a minor upgrade of the Deerpark playground where a new swing and additional play facilities have been installed. This followed from discussions between parents who approached the Looking Good Committee for assistance in upgrading the playground. The past 2 years has highlighted the importance of outdoor infrastructure on the health and wellbeing of all, particularly children. "The Committee was delighted to work with Kerry County Council and the local community on this project. The Committee would like to acknowledge funding from the Community Support Fund and the Community Enhancement Progragramme of the Department of Rural and Community Development towards this worthwhile project", Kathleen Foley told Killarney Outlook.





Roses & Escorts enjoy a day at the Races 🧐





Roses: Waterford Helen Geary, Wexford Joy Quigley, Killkenny Molly Coogan, Kerry Edaein O'Connell, Galway Clare Ann Irwin and Cork Jennifer Byrne and Escorts Brendan McSorley, Jamie Flannery, Gearoid McCarthy, Patrick Murphy, Sean Peyton and Shane McHugh from the International Festival enjoy a evening of racing at Race Week in Killarney. Photo By: Domnick Walsh © Eye Focus LTD



Roses: Wexford Joy Quigley and Cork Jennifer Byrne and Escorts Jamie Flannery and Brendan McSorley from the International Festival enjoy a evening of racing at Race Week in Killarney. Photo By: Domnick Walsh © Eye Focus LTD.



Roses: Kilkenny Rose Molly Coogan Waterford Helen Geary from the International Festival enjoy a evening of racing at Race Week in Killarney. Photo By: Domnick Walsh © Eve Focus LTD.

Kerry teachers on Brussels trip

Agroup of 21 Irish primary school teachers visited Brussels from 11 to 13 July to see the European Commission and the European Parliament they **Commissioner Mairead McGuinness** and Irish MEPs. They also visited the Permanent Representation of Ireland to the EU.

The teachers participate in the Blue Star Programme, which teaches children aged 5-12 all about the EU and is run by European Movement

The programme is funded by the Irish Department of Foreign Affairs and supported by the European Commission and the European Parliament.

Pictured right: Commissioner Mairead McGuinness with Karen Trench, teacher in Dromclough NS Listowel, and Emer O Shea, teacher in Loughfouder NS, Knochnagoshel.





Hats, flags and headbands.... Kerry is gearing up for the All Ireland Football Final v Galway on July 24th. Pictured is Tommy Ward at his stall selling Kerry flags at Deerpark Road Killarney this week.



Smiling faces at the July Races

The Note with Paging Commentator Jerry

Former Broadcaster and Politician Ivan Yates with Racing Commentator Jerry Hannon, at the Killarney Summer racing festival at Killarney Race Course on Tuesday evening.



Pat Somers, left, Billy O'Sullivan, Killarney Race Course Board of Directors, Peter Cronin, at the Killarney Summer racing festival at Killarney Race Course on Tuesday evening.



Richard Greenaway, with his sons, Sam, Will, Saul, and Josh Greenaway, at the Killarney Summer racing festival at Killarney Race Course on Tuesday evening.



Kathleen Byrne, left, Anne Fleck-Byrne, Clare Day, Stuart Day, at the Killarney Summer racing festival at Killarney Race Course on Tuesday evening.



Mackenzie Cerniglio, left and Julia Reitz, Enjoying the Killarney Summer racing festival at Killarney Race Course on Tuesday evening.



Mary O'Leary and her Daughter Aisling O'Leary, Bandon, enjoying the Killarney Summer racing festival at Killarney Race Course on Tuesday evening.



Yvonne Savage, left, Elaine Groves, and Orla Galvin, at the Killarney Summer racing festival at Killarney Race Course.



Thirsty work...John Downing, at the Killarney Summer racing festival at Killarney Race Course on Tuesday evening



Coffee break...Roberto Soares, working at the Killarney Summer racing festival at Killarney Race Course on Tuesday evening.



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THIS WEEKS BEEF COMES FROM CAHILLANES MEATS KILLORGLIN. THIS WEEKS LAMB COMES FROM CAHILLANES MEATS KILLORGLIN. Anne Lucey looks at the positive news happening in the town of Killarney

TOURIST ACCOMMODATION BEING "SHORT-CHANGED"

cabinet has agreed to stronger controls on "short-term lets" by making it an offence for Airbnbs and other platforms to advertise accommodation that has no planning permission for tourists.

The only accommodation these agencies can advertise in rent pressure zones from September 1st are ones with planning permission, or special exemptions, is the proposal.

There's no point looking at the opposition for anything "opposite" on this - in May Sinn Fein introduced a bill to regulate and criminalise misfortunates letting a few rooms to tourists.

During Covid there was "a flood" of long-term accommodation being advertised because of course there was no tourism and this gave Darragh O'Brien the Housing minister the idea for the crackdown, I am reliably informed.

It might work for Dublin. But where is the proof that erasing lets from Airbnb in rent pressure zoned Killarney will resolve the local housing crisis and high rental prices? Or that it won't simply erode an important foundation stone of tourism in Killarney?

The letting platforms on the internet has facilitated the shorting trend, according to Housing Minister O'Brien's well-hyphenated press release.

I find it interesting that in Minister O'Briens's

press release, the word "tourism" is mentioned only once. Instead, "short-term" is used throughout. I asked about the input of the tourism minister Catherine Martin and I was told how " given the scale of the housing challenge, Minister Martin recognises the need to encourage more accommodation to return into use in the long-term rental sector..". She was overseeing the new register by Failte Ireland, her department said.

In other words, she is not fighting the corner for tourism. Surprise, surprise. As I have previously stated, Minister Martin seems to have little interest in driving the tourism part of her huge brief of media, arts, sport etc - apart from travelling business class, perhaps.

Earlier in the week, at the "Killarney parliament". the municipal council, Brendan Cronin found uncovered there have been 201 investigations into "short term lets", (abbreviated as STLs because our council loves abbreviations, though not hyphens); 192 warning letters, four enforcement notices and 67 files remaining under investigation.

This is the heavy hand of the law at work.

(I would love to know what has gone on with the 145 files the council says is closed. Have the houses been sold? Have they got permission to tourist let? At time of going to press, I still have not been told.)

The 90 day planning exemptions for tourist accommodation where you can let rooms to tourists in principal private residences are supposed to work alongside the new legislation. But will thev actually?

Failte Ireland have not fully drawn up the register of approved Mr Darragh O'Brien TD premises. And I cannot



see the global Airbnb company chasing minor officials from Kerry County Council for absolute clarity whether the house Jack is letting to tourists was built by Jack and is being lived in by Jack before they risk putting Jack's House up on its site.

My guess is these global agencies won't bother. The only accommodation that will feature on their platforms will be premises that have full and documented planning permission for tourist purposes. And with several of the ordinary hotels and questhouses in Killarney closed in order to house refugees, where are the tourists seeking a break in Killarney to stay from September?

The Chain of Command

y interest recovering the Annals of Inisfallen from the Bodleian library in Oxford for their true home in Killarney is endless as the annals. And I was delighted to see the new mayor of Killarney Cllr Niall Kelleher set their rehoming as his "number one" priority as mayor, as the chain of command passed from CIIr Moloney. There was a chink in the door now, as never before, the new mayor said.

"The time is nigh and the opportunity is now," said Mayor Kelleher of not giving up on the return of the annals . (I could hear Blondie echoing in the background).

His motion was to find out what had happened to his request to set up a committee.

Mayor Kelleher was assured by director of services John Breen that since the people thought the return of the annals was "doable", the executive will support the effort.

"This is in the interests of Killarney and the people of Killarney," the new mayor said.

The Elgin marbles was mentioned by

Cllr John O'Donoghue, seconding the motion.

But staying with the mayor, the chain of command has passed, in more ways than one.

Outgoing mayor Marie Moloney said the last thing she did as mayor was to get reassurance that the historic Killarney Town Council chain would be brought back for Killarney. It has been "borrowed" by Dingle/Castleisland and they have had it with three years. "Do not engrave any names from outside this area! If they do, the links will be removed," Cllr Moloney, of the venerable tradition of putting the chairman's and mayor's name on the

Cllr Moloney must get credit for a lot of things. But one of her outstanding achievements was her determination and success in finally honouring women in Killarney. Under her direction, Killarney town has the first ever plaques to women in 130 years of constantly changing chairs and mayors in Killarney.

Killarney needs a walk-in health

unit for tourists and locals alike

The utterly sensible call recently by Maura Healy Rae, councillor, to keep Killarney Community Hospital as a health unit has particular resonance at the height of the tourist season.

The old district hospital "is a prime location" with sufficient parking and it should remain as a health facility," Cllr Healy-Rae said.



Maura Healy Rae

Two tales this week of American tourists being unable to get to see a doctor in Killarney - one went to Tralee, and a second had to wait until after 6 pm and went to

South Doc have been brought to my attention. We need a walk-in health facility for tourists, as well as locals. And with up to 1500 Ukrainian refugees now in Killarney

alongside the 15,000 or so permanent population, and no increase in medical services, access to health professionals is a huge concern.

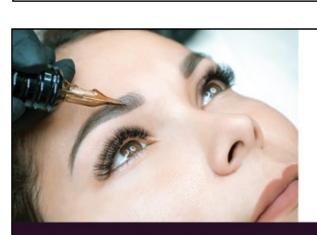
We need more GPs. But we can't get them and partly because the system is so closed, we don't train enough of them.

My own experience has been that an experienced nurse, and an experienced chemist, is as good if not better than a lot of doctors.

So why not put an experienced nurse and pharmacist in charge of a walk-in diagnostic and small injury treatment unit in the Community Hospital?

This would be a great comfort for people and a filter for both local GPs, and the Emergency Department in Tralee.





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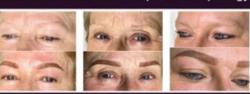
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Scotia

KERRY TO FEATURE ON THE TENTH SEASON OF TRACKS & TRAILS



Discover Kerry is thrilled to announce that Tracks & Trails returns for its 10th season this month and County Kerry's breathtaking trails feature in this season's lineup.

Best-selling author Cathy Kelly presents the final episode of the season which explores two of Kerry's walking routes which are among the most scenic in Ireland. Viewers are taken along trails with Cathy to explore heart-stopping Wild Atlantic views of the Ventry, Slea Head and Blasket Islands to the soaring majesty of the mountains on the lakes in Killarney National Park, Muckross Waterfall and Ross Castle.

Along these routes, Cathy encounters locals who give a deeper insight into the trails that she traverses including local historian and manager of the Blasket Centre Lorcán Ó Cinnéide, Dingle Way Walks Officer Liadain Slattery, multi-talented Kerry sports star Louise Galvin and Killarney local Donal O'Donoghue from the Gap of Dunloe Traditional Tour Boats. Members of Kerry County Council Niamh O'Sullivan and Mayor of Kerry John Francis

Flynn; Mike McCarthy-Larkin and Ciara O'Grady Kerry Tourism Industry Federation; Josephine O'Driscoll Fáilte Ireland; Sam Adeyemi Dingle Peninsula Tourism Alliance and some of the lucky locals Louise Galvin, Donal O'Donoghue and Lorcán Ó Cinnéide who will make a TV appearance where they give Cathy some fantastic insider tips were celebrating in the stunning Slea Head on the Dingle Way Trail.

"Tracks & Trails has a long affinity with filming their show in County Kerry and it is with great pleasure that we, as a crew and a Park family, were able to return to County Kerry to shoot this very special episode to close Season 10," says the show's producer Clíona Sherwin.

"We would like to thank Kerry County Council, Kerry Tourism Industry Federation and all those involved who helped make this one of our most beautiful shows. The only problem we had was choosing which trails to feature as the choice is endless in Kerry. With our crew and

Author, Cathy Kelly Tracks & Trails Presenter in Killarney National

our presenter Cathy Kelly, we hope we have presented these two parts of Kerry in a way that will make the locals proud and will make viewers want to drop everything and take to these trails to explore."

Tune into RTÉ One on Thursday 21st July at 7pm for the final episode of the newest series of Tracks and Trails, filmed in County Kerry and presented by Cathy Kelly.



Fruit ripening and fields of grain turning gold can mean only one thing- Féile Lughnasadh is almost upon us! The free, family-friendly, four-day festival in Milltown will begin on July 28th, bringing a spectacular line up to the stage, including Sharon Shannon, Jiggly, The Rising and much more. The festival marks Lughnasadh, the ancient Celtic celebration of the beginning of the harvest and the god Lugh, provider and protector. This festival will bring the local community and the county together to celebrate our music and culture over the four days. Lugh will be honoured at the opening parade, where local kids will be in costume as the Celtic god Lugh and the goddess, Tailtiu, both providers of good harvests.

MILLTOWN TRAD FESTIVAL -

Féile Lughnasadh Programme Finalised!

And it won't be just the concerts as there will be street entertainment, kids' events, open music sessions in local bars as well as the festival club in the Community Hall and the outdoor céili on Sunday afternoon. Organizer Owen O'Shea says this could be Milltown's best festival

ever. "We've brought the best in trad to the streets of Milltown over the years and this year's line-up is up there with the best of them". Vincent Prendergast said, "this is a festival not to be missed. It's for all the family, the performers are the best in the business and it's totally free." Louise O'Shea added, "there's something for everyone, with the parade, the food and crafts fair on the Sunday, the street entertainment competition, the music sessions and céili, there's just so much happening and it's all free and open-air."

If you would like to help, you can come along to a fund-raising quiz in Killorglin Golf Club on Friday, July 15th at 8pm for a fun night out and while supporting the festival. See you there!



KILLARNEY VALLEY CLASSIC AND VINTAGE CLUB

launch their show

Sharing the date with the All Ireland Football Final will be no problem for the organisers of the Killarney Valley Classic and Vintage Club as they have acquired a giant big screen to ensure that all visitors to the show won't miss **out on the All Ireland Football Final clash between Kerry** *Pictured are members of the club who are organising the upcoming car show* and Galway.

The launch of their upcoming Classic and Vintage Car Show took place last Wednesday evening with the show taking place on on Sunday July 24th in Killarney Racecourse.

"It will be a family fun atmosphere" Tom Leslie told Killarney Outlook and there isn't a better place outside of Croke Park to watch the game", he

All cars, jeeps and motorbikes, twenty years and older are welcome. Cars & other vehicles on show can arrive from 10am, with the event opening to the public from 11am. Killarney Valley Classic and Vintage Club are delighted to team up with Killarney Racecourse again this year who will be supplying refreshments on the day. This show is a family friendly event. Admission is €5 per adult & children are free. The club's newly restored 1982 Toyota Starlet will also be on show on the day and with €10 tickets on sale you could be in with a chance of winning this car.

This show hasn't been held for the last three years so there is great excitement ahead of this years event. It is sure to be a great day with some rare cars, jeeps and motorbikes on show.



The newly restored Toyota Starlet wo;; be raffled at the show. Pictured are: L-R Sean O Sullivan, Padraig Healy, Tom Leslie, Padraig Buckley, Paddy Lawlor, Paul Shea.

KERRY'S LINK WITH GERMANY STRENGTHENED

DURING VISIT TO FRANKFURT

Ilr. Patrick Connor Scarteen, Chairman, Kenmare Municipal District, was in Frankfurt at the weekend to promote the county and meet with the Kerry County Council's Partners in Frankfurt-Hoechst. The original link with Frankfurt was made with Tralee in 2009 and extended countywide in 2014. The Vereinsring Hoechst promote Kerry at their various events including their month-long Castle Festival or Schlossfest which takes mid-summer and Christmas Market in November. The group also organise the Germany Rose of Tralee selection event and members visit the county regularly.

Cllr. Connor Scarteen met with officers of the Verinesring, with the new Consul General of Ireland, Ms. Anne-Marie Flynn, and held a separate meeting with Ms. Nadine Lehmann, manager of the German speaking markets of Germany, Austria and Switzerland, who is based in Frankfurt. He was accompanied by the Council's Tourism Officer, John Griffin.

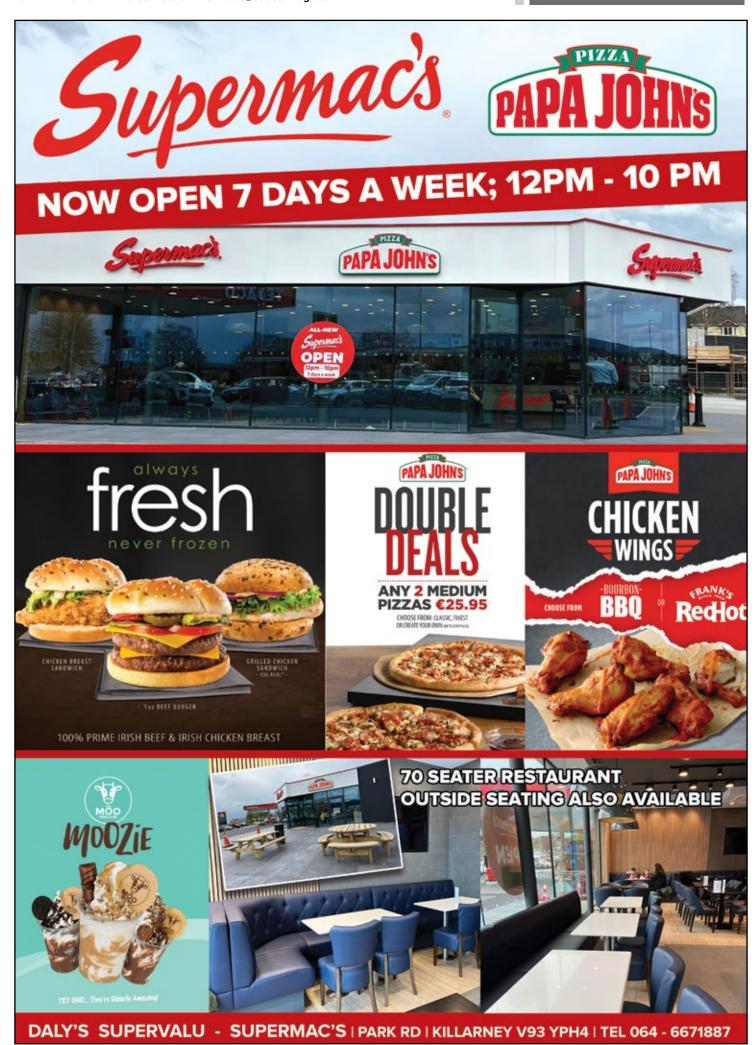
Ms. Lehmann said that consumer and trade interest in Kerry was already up following the DER TOUR Academy Workshop in Killarney in April where over 200 travel agents experienced Kerry at first hand. Cllr. Connor Scarteen stressed the importance of supporting the Frankfurt-Hahn to Kerry air link. A number of tourism initiatives were discussed which will be advanced during the coming months.



Promoting Kerry at the Frankfurt Castle Festival. Photo (I to r) Christoph Brum, Vereinsring Hoechst, Bern Scheu, MD, Vereinsring Hoechst, Cllr. Patrick Connor Scarteen, Chaitman, Kenmare Municipal District, Kerry County Council, Ms. Anne-Marie Flynn, Consul General of Ireland, Frankfurt, and Holger Vonhoff, Vereinsring Hoechst and 'Frankfurter Allaemeine' newspaper.



Cllr. Patrick Connor Scarteen. Kenmare Chairman, Municipal District, Kerry County Council, presents Ms. Nadine Lehmann, manager of the German speaking markets, with a new book on Kerry. and John Griffin (right), County Tourism Officer, Kerry County Council after their meeting in Frankfurt to discuss new tourism initiatives to benefit the county.



Owner of Killarney's newest Health Store on New Street, Tina Tynan pictured at the official opening of Anam Cara on Friday. Picture Marie Carroll-O'Sullivan

A new Health store was officially opened in Killarney last Friday July 8th.

Anam Ćara Healthstore is located at the end of New Street and is owned and operated by Tina Tynan who has years of experience in the industry.



Sisters Tina Tynan (left) & Noreen Snell (right) pictured at Anam Cara, New Street Killarney for the official launch of the store which is owned by Tina. Picture Marie Carroll-O'Sullivan

Anam Cara NEW HEALTHSTORE OPENS IN KILLARNEY

Supporting local, national and international businesses, Anam Ćara Healthstore is a safe and welcoming space for every customer.

"We strive to provide the customer with access to the very best products from around the world, while supporting local businesses which is the fundamental ethos of a local Healthstore", Tina told Killarney Outlook.

"Each supplement, skincare and food product has been carefully selected with the best ingredients and the most ethical background", she added The store was officially opened by Mayor of Killarney Niall Kelleher and was attended by nutritionists, herbalits, skin care specialists and local bakers to name a few.

Anam Ćara Healthstore stocks an array of products including Supplements, Skincare, Whole Foods, Household products, Local honey and Gemstones and more.

"I want to say a big thank you to Niall Kelleher for marking the occasion and also to my lovely friends, family & customers for the continuous support", Tina said adding that she will continuously update the shop with everything you will need for a healthy and happy life.



Claire Lyne, Solzie Soaps & Candles, stocks up at shop owner, Tina Tynan's new health store on New Street, Anam Cara, 69 New Street Killarney. Picture Marie Carroll-O'Sullivan

THOMAS WILL ALWAYS BE A PART OF KILLARNEY ATHLETIC

The memory of a much loved young man will live forever in the hearts of his team mates at Killarney Athletic

Thomas Healy died in a road traffic accident a year ago this month and this week the club launched a new set of jerseys for his team mates.

"The sponser is Balon Sports and Paul Breen is the agent and it was his idea to honour Thomas", Ger Nagle from the club told Killarney Outlook.

"He asked me what could he do to

Honour Thomas I said a set of Jerseys", Ger added. "We agreed to discretely put Thomas' initials in watermark on the sleeve meaning he would always be part of the team", Ger said, saying that Thomas will always be remembered at his club along with his heart broken Mom and Dad, Julie and Ger, his brothers Jack, Danny and Michael.



The late Thomas Healy



Above and below: Members of the Healy family pictured with Paul Breen from Balon Sports and teammates of Thomas Healy at the launch of their new jerseys at Killarney Athletic.



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All Smiles in Croke Park as KERRY make it to the final



Kerry Fans Kathleen and Pat O'Donoghue pictured with their daughter Marlene and grand sons Ryan and Jacob.



Family rivalry - The O'Gorman family wth Dub Dad Paul and his Kerry family. Breda, Ted, Derek, Ross and Julia



Danny Healy Rae and proud father of Paudie and David, Dermot Clifford pictured at the game on Sunday.



 $Final\ whiste\ delight....\ Donie\ and\ Cian\ O'Sulivan\ pictured\ with\ Stephen\ Donohoe.$



Breda Lynch and her daughter Connie pictured at Croke Park on Sunday



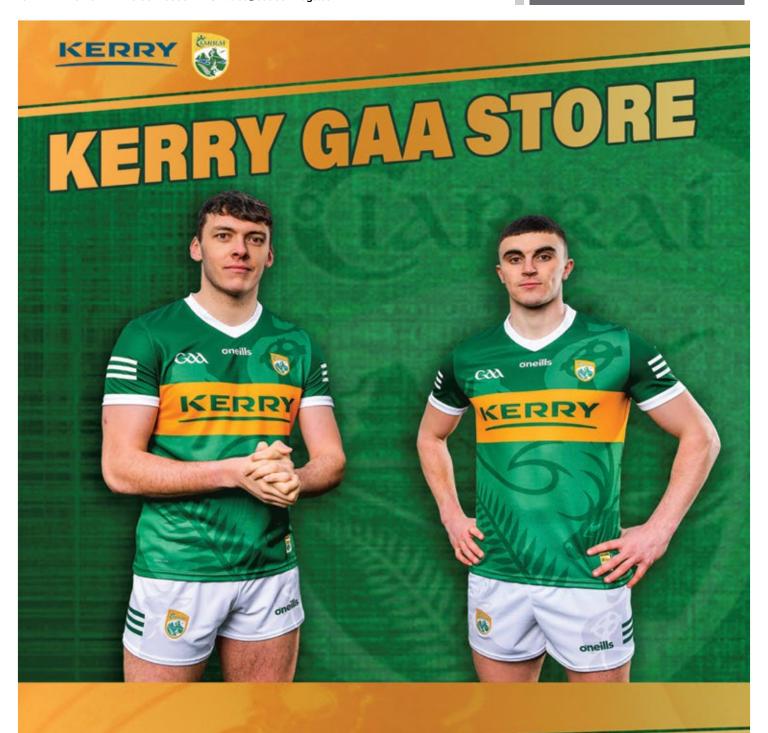
Emir O'Shea pictured with her daughter Abbie and son Liam at Croke Park



The smile says it all... Charlie MacSweeney pictured on her firt trip to Croke Park.



Martyn Rosney and his son Jack enjoying the game on Sunday.



KERRY V GALWAY **ALL IRELAND FOOTBALL FINAL SUNDAY 24TH JULY**

Paint Croke Park green and gold with the official Kerry home jersey. Shop all merchandise in store:

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All proceeds go to the training of our Kerry football and hurling teams.





KERRYGAA.IE (F) (S) (S) KERRYGAASTORE.IE

Kasey is crowned Miss Kerry

/ asey McCormack (18) from Tralee will represent Kerry this year at the 75th Miss Ireland, proudly sponsored by TanOrganic. The 37 finalists vying for the coveted Miss Ireland 2022 title were revealed at a sparkling white party last week for this, the 75th Diamond Jubilee of the competition. The finalists arrived to House on an open top bus to celebrate in style and begin their Miss Ireland 2022 journey. Kasey is 18 years old and currently living in Tralee. Kasey has recently just completed her leaving cert and hopes to pursue a career in nursing studies with a view to specialise in eating disorders. Kaseys hobbies include show jumping and she is keen fitness enthusiast. Kasey is very passionate about mental health issues and advocates for individualised care requirements.

The winner of Miss Ireland 2022 will receive a lucrative agency contract and a host of prizes including jewellery, gowns, professional photo shoots, beauty and hair products and then jet off to represent her country at the Miss World Festival which is televised in over 100 countries around the world. The winner will also enjoy an all-expenses paid trip to the Maldives to do a photoshoot later in the autumn. See www. miss-ireland.ie or on the new Miss Ireland App, available from Apple App Store or Google Play





MUCKROSS ROWER TO REPRESENT **IRELAND** AT HOME INTERNATIONAL REGATTA

member of Muckross Rowing Club is set Atto represent Ireland at the Home International Regatta. Ethan O'Neill is part of the club who are currently at the peak of the rowing season with the Irish Rowing Championships taking place this weekend at the National Rowing Centre in Cork.

Ahead of the country's top national contest, the club is celebrating success for accomplished rower, Ethan who has, since the autumn of last year, been progressing through a series of demanding trials, both on land and on the water and was brought forward to the final round of selection trials held at the National Rowing Centre in Cork on Saturday 2 July. On the day, Ethan competed in the single scull, racing against some of the top junior scullers in the country for one of the final four places in Ireland's sculling selection for the Triple Crown event of rowing.

Ethan, son of Brendan and Lynn O'Neill, completed his Leaving Cert exams in June and has shown great commitment to both his studies and training over the past year. The selection process of Rowing Ireland placed incredible demands on the young rowers aiming to race in the green jersey, however, Ethan rose to the occasion with a determined race in his final trial event to finish second overall. Ethan will be joined by Aidan Kearney of St. Michael's RC (Limerick), David Ross Chu of Shandon Boat Club (Cork) and Lachlan Crooks, Neptune RC (Dublin) as the four male sculling rowers to represent Ireland at the Homes Regatta. The Ireland squad also includes four Junior Women scullers and 20 junior sweep rowers.

Before donning the green jersey, the focus for Ethan this weekend remains the Irish Rowing Championships where he will compete for the Muckross club in both the Junior 18 Single and Intermediate Double events. There will be little rest afterwards as Ethan will report to Castleconnell Boat Club in Limerick on Monday, which will be the base for his squad before the prestigious Homes event.

The Home International Regatta is an annual rowing contest for the four rowing federations of Ireland and Great Britain. This year's regatta is being hosted by England and will be held on Saturday 23 July at the London Docklands Regatta Centre. Muckross RC is immensely proud of Ethan's achievements and to all who have supported Ethan in coaching and onshore over the years. The club wishes him every success in training and in competition in London.





SPECIAL MASS

FOR TRAVELLER PRIDE WEEK



mass to celebrate Traveller Pride Week Awill be held on Tuesday 19th July at 5pm in St. Mary's Cathedral.

Traveller Pride Week begins tomorrow, Saturday 16th July and celebrtes the Traeller culture experience which is rapidly changing.

This year's Traveller Pride Week is about coming together to acknowledge and embrace their heritage with pride. The mass will also remember all the people who have died from suicide in Ireland.







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EAST KERRY GAA HONOUR THEIR FORMER MEMBERS

ast Kerry GAA launched the O'Donoghue Cup Senior Championships at The Gleneagle Hotel on Thursday evening last.

The East Kerry Senior championship, the O'Donoghue Cup sponsored is sponsored by the O'Donoghue Family & The Aquila Club

A presentation also took place to former officers for their dedication to the board.

The presentations were made by by Chairman Johnny Brosnan to Pat O'Brien former Treasurer, Aine ni Shuilleabhain former PRO, Amy Ni Riada Former Scor officer and Gary O' Halloran former Hurling officer.

Photographs by Seamus Healy.

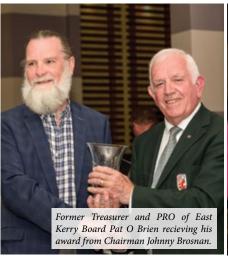


















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DAN MCCABE SUNDAY 17TH JULY TICKETS FROM €33.50



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BRENDAN SHINE TUESDAY 19TH JULY TICKETS FROM €20.00



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THE JOE DOLAN SHOW SATURDAY 23RD JULY TICKETS FROM €25.00



THE KILKENNYS SUNDAY 24TH JULY TICKETS FROM €22.90





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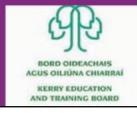
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VALENTIA ISLAND HAS BEEN NAMED AS ONE OF THE '20 BEST PLACES TO **HOLIDAY IN IRELAND 2022'**

Valentia Island has been named as one of the '20 Best Places to Holiday in Ireland 2022' and is now in the running for the overall title following the publication of the long list of contenders at the weekend. The island was among hundreds of locations which were nominated by close to 1,200 people from across the 32 counties for the title.

Valentia, which is one of three islands to be selected – the others are Inisbofin and Achill - received eight nominations.

The Irish Times 'Best Place to Holiday in Ireland' competition, which is being run in association with Fáilte Ireland, began at the end of April when members of the public were invited to nominate their favourite place to holiday for the award. The competition last took place in 2013 with the Loop Head Peninsula in County Clare emerging as the eventual winner.

As on that occasion, each of the nominated locations in this year's competition was considered by a panel of judges on a range of criteria including natural amenities, built environment, sustainability, tourism services, diversity, a welcome for visitors, transport links, accommodation supply, cost and of course the X factor.

In the nomination selected by the judges as best representing everything which is great about Valentia, Clodagh Cahill wrote;

"In the summer, when the three island pubs are buzzing, the restaurants and cafes are firing out cake and chips it's fantastic; children jumping off the pier, kayaks in the harbour and the sun beating down. We can show off our island in its best light. However, I am overwhelmed by the beauty of this place in the winter."





Huffin' and Puffin.....

Skellig Michael, the 6th century monastic island, off the coast of Iveragh Peninsula, Co Kerry, is home to thousands of Atlantic Puffins. These colourful enigmatic

seabirds spend their summers island, breeding and fattening their chicks on sand-eel and sprat. **Puffins Nest in colonies** on coastal colonies and offshore Islands, and are also known as 'sea parrots'.









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NEWS BITES.....

SAVE THE LANDS FOR THE CHILDREN OF MILLTOWN

Cllr. Michael O'Shea from Milltown is calling on everyone to contact the Planning Department at Kerry County Council to save land in the Milltown area for the benefit of the children.



"Strategic lands at Balloughtragh North Milltown, adjacent to the Nagle Rice Primary School currently zoned for the expansion of Educational Facilities / Community are under severe threat as a commercial planning application is received by the Planning Department of Kerry County Council for these exact lands", Cllr. O'Shea told Killarney Outlook. "If these lands are lost to commercial development, it will have catastrophic consequences for both education and the future development of our town. Please make your concerns known to the Planning Department of Kerry County Council before the 29th of July 2022", he added.

KEEP DOGS SAFE AND WELL ON HOT DAYS DOGS TRUST ISSUE PLEA TO BE #CoolToBeKind

Be sure not to over exercise your dog and bring plenty of fresh water with you if you're going for a walk.

Make sure your dog has access to plenty of cool, fresh water

Make sure your dog has shaded areas to cool off in, both indoors and outdoors.

Place a damp towel in a shaded spot for your dog to lie on to keep them even cooler. Don't forget to replace or rewet it regularly though as it can dry out quickly, and never place a towel over your dog as this could increase their temperature.

Don't allow your dog to get too much sun. Just like people, they can get sunburnt too - especially dogs with white or very thin coats. Dogs with black coats also need to be vigilant as their dark coat absorbs the sunlight. Areas to be particularly mindful of are the tips of the ears, and bridge of the nose

Be extra vigilant with very young, old, and overweight dogs. Dogs with shorter muzzles or flatter faced dogs and dogs with breathing difficulties are more prone to overheating.

Freezing some of your dog's favourite toys in water or making a dog friendly ice-pop



with frozen treats inside will encourage them to lick the ice which will hydrate them!

MEP KELLEHER WELCOMES **KERRY COUNCILLORS TO EUROPEAN PARLIAMENT**



reland South Fianna Fáil MEP Billy Kelleher welcomed a group of local government representatives from Kerry to the European Parliament this week to ensure that the voices and ideas of county and city councillors are heard at the heart of the European institutions.

The Councillors met with representatives of the EU's Committee of the Regions, the Renew Europe political group, in which Fianna Fáil MEPs operate, and officials from various directorates of the European Parliament.

Commenting after the visit, Billy Kelleher MEP said, "It was wonderful to be able to bring 30 members of local government from Munster and South Leinster to the European Parliament. "Due to the Covid 19 pandemic, this was the first opportunity for me to welcome my Fianna Fail councillor colleagues, and I believe they gained immensely from the visit, and I hope they can bring what they learned here back to their communities," concluded Kelleher.

"WE MUST DO BETTER FOR DISABLED **DRIVERS**"

eputy Michael Healy Rae TD has challenged the Minister of Finance to "do a lot better" when it comes to dealing with drivers availing of the Disabled Drivers and Disabled Passengers Scheme who have been adversely affected by the price hike in fuel prices.

"Currently the scheme provides relief from VRT and VAT on the purchase and use of an adapted vehicle and an annual fuel grant of 2000 litres of fuel but over the last

year due to the cost of fuel at the pump, the allowance valued has diminished so much that it hardly helps at all" Deputy Michael Healy Rae stated as he quizzed the Minister on the matter in the Dail

To qualify for a Primary Medial Certificate (PMC) an applicant must be permanently and severely disabled and satisfy at least one of six medical



criteria.

"These people are the most vulnerable of road users and some now are finding it impossible to put fuel into their cars due to the high cost of fuel. For a lot of these drivers, a social spin out of their house can help immensely but now they are opting to stay at home as it simply costs too much.

Deputy Michael Healy Rae TD has called on the allowance to be increased at least in the meantime with the cost

of living crisis which is affecting everyone.

"While everyone is feeling the pinch, we must as legislators always try and do what is right by the most vulnerable and Disabled Drivers are a section of society which almost forgotten at times"

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Sherry FitzGerald

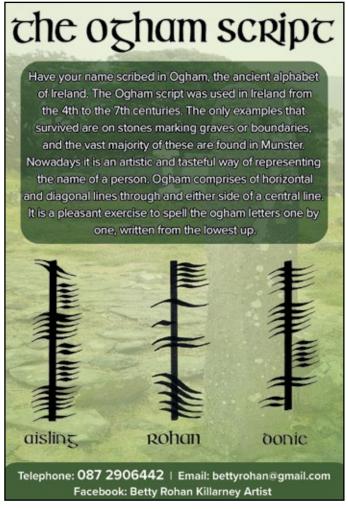


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It is located 10 minutes drive from Killarney town centre and near to the famous and scenic Ring of Kerry driving route. Located in the grounds of Killarney Country Club, which also has a traditional bar on site, gardens with seating areas, and is

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By Dermot Cronin, Financial Advisor



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> GUIDE PRICE: €395,000 BER: C3



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0.5 acre site (to be sold subject to planning permission) excellently located opposite Tiernaboul Primary School 2 miles from Killarney town and all amenities. Ample road frontage and all main services excluding sewage i.e esb and water passing the site.

GUIDE PRICE: €89,500



Full Details Selling Agent Hennigan Auctioneers 064-6634582/087-2354416

Hennigan Auctioneers 66 New St., Killarney t | 064 6634582 m] 087 2354416 wwww.henniganauctioneers.com



PROPERTIES FOR SALE

4 HEATHER CLOSE, CUMMEEN, KILLARNEY

- 3 Bed 3 Bath Detached Property on c.0.56 Acre Site
- 1 of 5 Detached Homes overlooking a green area
- Minutes Drive of Killarney town
- Development potential S.P.P
- Ideal Family Home

GUIDE PRICE: €265,000 +





LISSIVANE EAST, MILLTOWN

- Large 4 bed Detached Bungalow on 0.62 Acre Site
- South facing Rear Garden
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- Potential to extend for 2nd reception room (S.P.P) if required
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Muckross Road, Killarney, Co. Kerry. Tel: 087 - 7958386 Email: info@dodriscoll.com | www.daft.ie/davidodriscoll SPA Written by: Deirdre O'Sullivan-Darcy

>CO LEAGUE RD11 SPA 1-9 AUSTIN STACKS 1-10

Spa welcomed Austin Stacks on Saturday evening in final round of the 2022 Senior Co League. It was a close competitive game throughout with the Tralee side edging the win by a single point. Well done to our senior panel and the management - Aidan O'Shea, Aidan Cahill, Alfie Giles and Patrick Cronin - on a successful League campaign to finish in 5th place in Division 1. Wishing a speedy recovery to all our injured players. Senior Club, County and District Championship dates to be confirmed.



Spa U7s enjoyed a fun blitz last Saturday against Kenmare

>EAST KERRY CHAMPIONSHIPS

The East Kerry 2022 Championship Draws took place last week as follows - 2022 O'Sullivan Cup Junior Championship: Gneeveguilla (BYE), Crokes (BYE), Fossa (BYE), Kilcummin (BYE) and Rathmore (BYE). Rd1 - Currow v Listry, Legion v Glenflesk, Spa v Firies. Quarter Finals - Rathmore v Gneeveguilla, Legion / Glenflesk v Spa / Firies, Fossa v Currow / Listry and Kilcummin v Crokes. The draw for the 2022 O'Donoghue Cup Senior Championship: Fossa (BYE), Glenflesk (BYE), Legion (BYE) and Crokes (BYE). Rd1 - Rathmore v Spa, Gneeveguilla v Firies, Currow v Listry and Kenmare v Kilcummin. Quarter Finals - Legion v Kenmare / Kilcummin, Gneeveguilla / Firies v Glenflesk, Crokes v Fossa and Rathmore / Spa v Currow / Listry.

>DEVELOPMENT LEAGUE DIVISION 2 SHIELD FINAL

The Kerry GAA Development League Division 2 Shield Final between Spa B and Kilcummin B has been rescheduled to Friday July 15th (7pm in Direen). Please come & show your support

>U13 CO LEAGUE DIVISION 4 FINAL SPA 2-7 KILCUMMIN 2-8

Played in a sunny but windy Fitzgerald stadium, both teams served up a thrilling game of football. It was a great advert for the game with only the barest of minimum between the teams at the end. Playing in to scoreboard end and against the breeze Spa more than held their own. Playing some great passing movements to counter the breeze. Half time score 1-4 v 0-7. Second half Spa had a few chances to build on their lead but the break through came 10 minutes into the second half after when they scored a goal following a great passing move. With a little over 10 minutes remaining Spa were 5 points up and again just missed a few chances to extend their lead. Kilcummin came up the field and snatched 2 quick goals in succession with only 3 minutes to go. Spa tried hard to get an equaliser but unfortunately it was not meant to be on this occasion.

A super effort by the players on the night and throughout the phase 1 and 2. Afterwards the players and parents came together for some pizzas and refreshments at the clubhouse. A big thank you to all who helped on the night.

Training continues for this group on Tuesday and Friday nights 6-7 pm. The East Kerry competition will be announced in the coming weeks.

>SPA GAA GOLF CLASSIC

Congratulations to the Spa Golf committee on organising another great classic last weekend at O'Mahony's Point at Killarney Golf & Fishing Club. Well done to everyone who took part and thank you to all the sponsors who supported the event, including main sponsors Killarney Oils, Tricel and the Killarney Oaks Hotel.

>EAST KERRY JUNIOR LEAGUE

East Kerry Junior League this Tuesday July 12th with Spa home to Kilcummin (7.30pm).

>ALL IRELAND SEMI-FINALS

Congrats to Dara Moynihan, Dan O'Donoghue, Arthur Fitzgerald and the Kerry senior team and management on an epic win over Dublin on Sunday to go through to the All Ireland Final on Sunday July 24th against Galway (3.30pm in Croke Park).

>KERRY LADIES INTO THE ALL IRELAND SEMI FINALS

Wishing the best of luck to Cassandra Buckley and the Kerry Ladies team and management in the LGFA Senior Championship All Ireland semi-final against Mayo this Saturday July 16th at 4pm in Croke Park.

>SPA GAA LOTTO

Lotto Results 04/07/22: Numbers Drawn 6, 20, 23, 25. No winner and €50 Lucky Dips to JD O'Sullivan c/o The Village Inn, Timmy Horgan c/o Brendan Cronin, Connie Doolan, Ballinamanagh, Anna & Roddy O'Donoghue c/o John O'Donoghue and Brendan Spillane c/o Anne Holland (Annual Ticket Holders Monthly Draw). Next week's JACKPOT is €5,800 and tickets on sale online on spagaa.com or in usual outlets. Thank you for your continued support.

>ITEMS FOR NOTES

Any items for the Spa notes please contact the club PRO on 085 1216359 or pro.spa.kerry@gaa.ie before 8pm on Sundays.

THE WAYS OF THE KINGDOM

By Nicky Barry

Munster is a hurling province, with five outstanding teams, Who also play a bit of football, but winning's just a dream. They send out fifteen lads each year, who strive might and main, To try and beat the Kingdom, but it's usually in vain. There's the Banner, and the men from Tipp, and Waterford and Cork,

But recently the Limerick lads, have risen to the top.
But where is Kerry, you might ask; well, they hurl a bit,
But football is their chosen sport, in their famed Kingdom kit.
They are the kings of Munster, and all Ireland too,
For they are artists on the ball, and know what to do..
They have tradition on their side, which cannot be bought,
For it's earned in battle, on the green sward of Croke Park.
Every parish in the county, has at least one team,
And every kid that kicks a ball, only has one dream.
At first they make the minor team, to wear the green and gold,
And if they show promise, then they will make the fold.

This fold is a special place, where legends all abound, For they are big ball heroes, from every town around. They walk the streets of Kerry, and are revered by everyone, For when they were tested, they played with pride and won!









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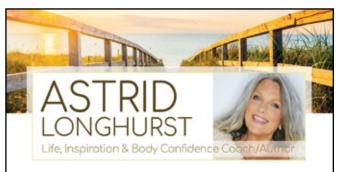


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HOW TO REST AND RESET THIS SUMMER

Summer is a beautiful time for allowing ourselves to slow down a little and appreciate the longer lighter days and warmth in the air. Enjoy these three top tips for resetting your mind, body and spirit as we move into the second half of the year.

- Spend as much time out in nature as you can. Being in nature can have a calming effect on how we feel. The colour green uplifts our hearts whilst the earthy tones of brown can help ground us. When skies are blue, we are flooded with a sense of
- Think of movement more than exercise. Bring an awareness of how you move throughout your day, rather than thinking in terms of just doing exercise at a specific time. This helps your body to stay in flow, energetically, mentally and physically.
- Imagine and dream more. Everything is created within our minds and imagination first before it becomes our physical experience. Spend time allowing your thoughts to drift to beautiful places and indulge in your wildest dreams. Even just imagining yourself somewhere beautiful helps to calm your nervous system and release those positive mood boosting endorphins.

Have a beautiful summer!

www.astridlonghurst.com



Should I up my SPF to 50 in the sun?

A higher factor like spf50 will give you more protection against sunburn but not unless you reapply it every 2 hours while in the

Factors 15 - 50 offer similar protection against UVA rays and DNA destruction but factor 50 blocks out 98% of UVB rays while spf30 blocks out 97% and spf15 blocks 93%.

SPF (Sun Protection Factor) is essential to prevent your skin aging and skin cancers. You should look for a "Broad Spectrum" Sunscreen to protect against UVA - Aging rays and UVB - Burning rays and protection from HEV - High Energy Visible light. This is blue light emitted from sun, screens, laptops and phones.

Apply your sunscreen 20 minutes



before going in the sun and reapply every 2 hours after for full protection. Remember to use water resistant sunscreen if you are in water or sweating from exercise.

Do not just rely on your SPF wear a wide brimmed hat and sunglasses with UV protection. Clothing with built in sun protection is great with sunscreen especially for children.

Noreen Manaan Tel: 0646630712 www.whatwomenwant.ie



WHY IT'S IMPORTANT TO EXERCISE AS WE GET OLDER

As an older adult regular exercise is one of the most important things that you can do for your overall health. Regular exercise will help to improve strength, flexibility, mobility, balance & coordination.

Studies have shown that physical activity is the number one contributor to longevity, even if you don't start until you are older. So it doesn't matter when you start, the important thing is that you start. Exercise will help improve cardiovascular fitness, muscle strength, muscle flexibility, improve joint mobility and increase bone density.

Sometimes older adults feel that exercise is beyond them at a certain point in their lives, but as the saying goes - whether you think you can or can't then you are right! We can achieve anything we put our minds to.

You don't need to feel like you will be stuck in a class of people half your age. There are options out there for the older age groups and it is about seeking them out, get a feel what is being offered and maybe remove all your own self doubts and go along and try it out.

Physical activity has been shown to help reduce the risk of high blood pressure, Type 2 Diabetes, Parkinson's Disease just to name a few.

Prevention is better than cure so why not get yourself out the door and start exercising. For those interested our Move Forward into Wellness programme has just started at B Well Fitness Club so contact us now for more details, we look forward to helping you reach your goals

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EYES IN THE SUN

Too much sun can damage the eyes. As with skin damage, it is the ultraviolet (UV) radiation from the sun which causes problems.

There are two types of UV rays: UV-A and UV-B.

Over time, the effects of UV rays may help cause several eye problems.

UV-A

can hurt your central vision. It can damage the macula, a part of the retina at the back of your eye.

The front part of your eye (the cornea and the lens) absorbs most UV-B rays, but these rays may cause even more damage to your eyes than UV-A ravs.

WHAT EYE PROBLEMS CAN UV **RAYS CAUSE?**

Macular Degeneration

UV rays may lead to macular degeneration, a leading cause of vision loss for older people.

Cataract

UV rays, especially UV-B rays, may also cause some kinds of cataracts. A cataract is a clouding of the eve's natural lens, the part of the eye that focuses the light we see.

Pterygium

Another UV-related problem is a growth called pterygium. This growth begins on the white of the eye and may involve the cornea. Eventually, the growth may block

vision. It is more common in people who work outside in the sun and wind.

Skin Cancer

Skin cancer around the eyelids is also linked to prolonged UV exposure.

Corneal Sunburn

sunburn. Corneal called photokeratitis, is the result of high short-term exposure to UV-B rays. Long hours at the beach or skiing without proper eye protection can cause this problem. It can be very painful and may cause temporary vision loss.

PROTECTING YOUR EYES FROM **THE SUN**

If you are spending time outdoors, especially in the summer or on holidays abroad, make sure that you and your children have good quality, dark sunglasses with UV protection. Look for the British Standard (BS EN ISO 12312-1:2013) or the CE mark, which is the manufacturer's assurance that the sunglasses have been made to the appropriate safety standards. You can also protect your eyes by making sure to wear a hat with a brim or a sun visor in bright sunlight.

more information and honest advice contact us for an appointment.









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GLENFLESK Written by: Seamus Healy

>FLESK FEST GLENFLESK GAA

Glenflesk GAA are hosting a fundraising event for the upgrading of their facilities to take place in The Kerry Way Steak House and Bar on Saturday 16th July. Kicking off at 4.00pm with The fantastic Co Tyrone band All Folk'd up followed by another amazing band Super Ceili. There will be a BBQ on the day and a raffle with great prizes to be won. We also have a hang tough challenge which is always very competitive and great sport. Tickets €15.00 and can be bought from any club Committee member or online at https://member.clubforce.com/tickets

>COUNTY LEAGUE DIVISION 3 ROUND 11

Glenflesk 2 – 12 Ballydonoghue 0 – 15

After an hour of engrossing football, Glenflesk completed the perfect season in Division 3 of the County League, overcoming Ballydonoghue's fierce comeback, as they tried desperately to keep their promotion hopes

On a perfect evening for football, it didn't take long for the attacking player's to get into their grove. Tommy Kennelly's pinpoint pass found Jack Kennelly, who fired over his first point of the evening. Darragh Roche responded for Glenflesk, gliding past defenders before firing over with his left foot. With full forward Paul Kennelly also on top form for the visitor's, firing over four effortless points from long range, the scoring continued at a relentless pace. Roche was then denied a goal by a great save from Darragh O Shea. He then got hold of a high ball near the goal. Before he could shoot he was hauled down for a penalty. He stepped up to take it himself, finding the corner of the net to start a surge of Glenflesk scores. Patrick Darcy and Jeff O Donoghue added scores as Glenflesk headed to the break with a seven point lead.

As the Glenflesk under 9's thrilled the large crowd with their skills during the break, Ballydonoghue returned to the field in determined mood. Their hopes of a comeback looked to be in trouble almost straight away. After a blocked shot looped towards the Ballydonoghue goal, Dylan Roche was first to react, ghosting inside before fisting the ball to the net. Jeff O Donoghues long range effort increased the lead further, and when Chris O Donoghue pointed after good work from Emmet Finnan and Ian Roche, it looked like Glenflesk would ease to a comfortable win. Things began to chance though. Firstly Kevin Bowler received a black card. Then as Ballydonoghue forced turnovers and frees, Jack Kennelly calmly converted the resulting frees. A Jack Sheehy point from play reduced the deficit to just two. Glenflesk needed a score badly to turn the tide. Full forward Roche was the man to provide it, firing over an audacious free from miles out the field. Ballydonoghue could not find the goal they needed to salvage their season, and Glenflesk held on to complete perfection.

Afterwards Captain Daniel O Brien accepted the Division 3 Shield on behalf of his delighted team. A wonderful achievement for the Club who had to overcome all types of situation's across the eleven games. They did that with both grit and style, and can look forward to the rest of the year withconfidence extremely high. Report by Michael Healy

Glenflesk 3 – 11 Spa 3 – 10

A superb finish to the match enabled Glenflesk to gain their first win in Division 3A of the U15 East Kerry League.

Glenflesk started the match well, with Pearce Moynihan blasting in an early goal. Spa responded with a goal of their own soon after. Liam O Brien's point just before half time left Glenflesk ahead by 1, after a superb opening half of football.

It looked like Spa would take over early in the second half, as they began to dominate territory and pocession. Moynihan's second goal kept Glenflesk in touch, but another Spa goal soon after looked like it would be decisive. Moynihan though responded with his hat trick goal, and added further points to bring the sides level. Glenflesk then created one more opportunity. James Kelly took the shot, and it split the post's putting Glenflesk one point up. Spa's final effort went well wide, and Glenflesk held on to win.

A super win, crafted with passages of great football. The team now await the result of the Cordal V Kilcummin game to see where they will finish in the table. This win will give them great confidence going forward.

Report by Michael Healy

>LOTTO

No winner of Glenflesk Lotto which took place on 11/7/22 in Glenflesk Hall. Jackpot €8,200 The numbers drawn were 10, 22, 23, 29, There was no winner. Consolation prizes of €50. 1. Noreen Healy, Barraduff, 2. Mike (Sellers' Prize). 3. Pat Casey, Shroneaboy (YearlyTicket) 4. M. Dennehy, Couneragh. Next draw will take place in Glenflesk Hall on Wed 27/7/2022 Jackpot will be €8,400. Thank you to all who support our Lotto and to our sellers.

>KILLARNEY CREDIT UNION

Glenflesk GAA are delighted to have the Credit Union on board. At this time it is very important that local businesses and clubs support each other. If you are in the market for any type of loan, or a very competitive current account and debit card please consider the Credit Union. Contact directly on 064 6631344 or www.killarneycu.ie. Thank you.

RATHMORE GNEEVEGUILLA

>RATHMORE GAA CLUB

Only one week to draw for All Ireland Final Weekend Package for yearly ticket holders Prize includes Two Match Tickets, Two Train tickets & Accommodation. Yearly ticket price €90 or three for €220 Buy online or contact George (087)7448954 or Donal @Washbasket (087)3552021

➤ CONGRATULATIONS to Shane Ryan & Paul Murphy Rathmore and Pa Warren on their win over Dublin In All-Ireland semi Final Best of luck in

All-Ireland Final

Congratulations to Daniel O'Leary, Kerry on win over Armagh Best of luck in All-Ireland semi Final v Mayo

By Michael O' Mahony

>WEDDING BELLS

To Marie Cronin Gneeveguilla & Timothy Fleming Also Gneeveguilla who married recently. We wish both of them happy long life together

BEAUFORT

>RESULTS

Beaufort 2.12 Glenbeigh/Glencar 0.08 in Co League, round 11 Beaufort 0.12 Killarney Legion 1.11 in Co League, Div. 6 Shield >LOTTO

The next lotto draw will be on Sunday, 24th July. Tickets available from usual sellers, shops, public houses and online at www.beaufortgaa.com. Thank you to everybody who support the lotto. It is the main fundraiser for the day to day running of the Club

>HEALTHY CLUB 5

Beaufort will be taking part in Phase 5 of the GAA Healthy Club Project in 2022/2023. Its aim is to promote Health and Wellbeing in the Club and Community. If you have any ideas on Health and Wellbeing promotion activities which it might be feasible to run, please contact the Club at 087 9975737.

>MEMBERSHIP

Beaufort G.A.A. Club membership is now due. Please go to www.foireann. ie, or www.beaufortgaa.ie to pay membership online or contact Patie at 087 2515311.

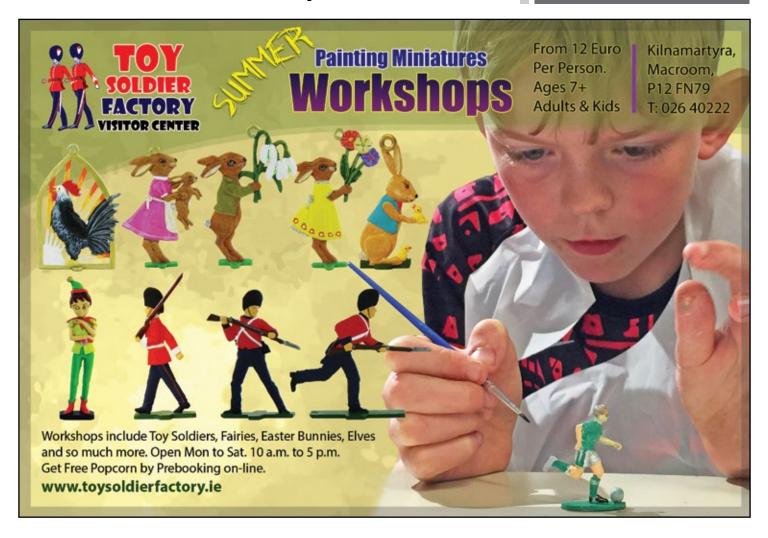
>ALL IRELAND FINAL TICKETS

Kerry will play Galway in the All Ireland football final on Sunday, 24th July. Any member wishing to be in the draw for All Ireland final tickets should contact the Club at 087 9975737

>WIN A HOUSE IN KILLARNEY WITH KERRY GAA

Kerry GAA is in their last few days of their fundraising draw, first prize being a house in Killarney. Tickets are €100 and can be purchased at www.kerrygaa.ie.

Tickets also available in the Club from Neil Doherty at 087 2114059.







RATHMORE GAA ALL-IRELAND FINAL PACKAGE DRAW

Win 2 match tickets to the All-Ireland Final

- + 2 Return Train Tickets
- + A One Night Stay in The Gresham Hotel To enter, purchase a Red Circle Yearly Lotto Ticket before 8pm Monday 18th July

Other benefits of yearly lotto ticket:

- Entry into all weekly lotto ticket draws (jackpot currently €12,200)
- Entry into special Red Circle draw in 2023 for €1,000 cash prize
- Weekly draw for 4 x €40 prizes where jackpot not won
- Cost: €90 per ticket, or 3 tickets for €220

To enter, contact George 087 7448954 / Donal 087 3552021 or online at: clubforce.com/clubs/gaa-rathmore-gaa-club-kerry/ (If buying 3 tickets through Clubforce, use discount code "Rathmore 220" to avail of the discount)



KILCUMMIN Written by: John Moriartty

>SYMPATHY

Sympathy is extended to the family of the late Denis (Will) Fleming, Milleen, and to the family of Kristina Coffey, Rockfield who died recently. May they rest in peace.

>CONGRATULATIONS & FAREWELL

To Fr .Jim & Fr. Niall who have been with us here in our parish for the past three years as part of the Pastoral Area team. We want to wish them health & happiness in their new appointments. We want to thank them for their dedication and commitment to all our needs here in the parish.

>KILLARNEY FAITH SUMMER CAMP

18th-22nd July. Ages 5-12. Activities include drama, art & craft, music, sport, prayer & games. €40 per child (siblings €25). Contact Sheila on 0877796966

>TRIPS TO KNOCK

O'Callaghan Coach Holidays have two trips to Knock coming up shortly: Sunday July 24th: Grandparents Day in Knock return day trip (https:// ocallaghancoaches.com/products/grandparents-day-in-knock/) Sunday August 21st - Mon. Aug. 22nd: Peggy Lynch's Knock & Lough Derg (https://ocallaghancoaches.com/products/peggytour. lynchs-knock-and-lough-derg-pilgrimage/)

If you have any queries, we can be contacted here at O'Callaghan Coach Holidays on 064 6631095

>CEMETERY MASSES

Cemetery Mass will take place in Old Kilcummin Graveyard on Wednesday 3rd August 2022. Please pass on the date to family and friends.

>KILCUMMIN GAA

CREDIT UNION CO LEAGUE: Desmonds 2-12 Kilcummin 1-11

A goal straight from the start of the second half by Desmonds put them in the driving seat and although we tried manfully to recover from a six-point deficit we lost out on our opportunity to be Div.2 champions. Kevin McCarthy played his last game before emigrating and we wish him and Rachel all the best in the future. While this loss is a disappointment

for team, mentors and supporters alike we mustn't forget the huge efforts they made to secure promotion to Div.1 and only missing the title by a single point. Congratulations to Castleisland Desmonds. Team: Brendan Kealy, Kevin McSweeney, Chris O' Leary, Eoghan O' Donovan, Philip O' Leary, Dara O'Callaghan, Dan Moynihan, Kevin Gorman, Gary Leary, Shane McSweeney, Kevin McCarthy, Mark O 'Shea, Philip Casey, Paul O 'Shea, Noel Duggan, Subs used James Devane, Danny Cronin, Donal Maher. **DEVELOPMENT LEAGUE**

FINAL FIXTURE

Kilcummin play Spa in the Shield final on this Friday July 15th @ 7pm in Dirreen

>MASTERGEEHA FC

LOTTO

There was no winner on Friday 8th July 2022 of the Jackpot for €2,000. Numbers drawn were 13, 17, 18, 21. Consolation prizes of €50 went to Helen Healy, c/o Post Office, Micheal O'Connor, Glounonea, Sylvester Dwyer, Glounacopple, Kieran Nagle, Mastergeeha.. Next Draw is Friday 15th July 2022, for a Jackpot of €2,200.



Tina Tynan pictured at the opening of her new store Anam Cara on New Street with her son Jayden and





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RUGBY CLUB

MUNSTER **RUGBY SUMMER CAMPS - 1 WEEK** TO GO

Only 1 week to go to the hugely popular Munster Summer Rugby Camps which take place at Aghadoe

from the 25th to the 29th of July next. A fantastic week of rugby fun, coached by fully accredited and vetted coaches, the summer camp is very popular with kids of all ages. Check out the Munster Rugby page for details and places cost €80. Places are filling up fast so get booking now! **TAG TUESDAYS**

Our Tag Tuesdays continues for the summer. Tag rugby takes place every Tuesday evening at Aghadoe between 7pm and 9pm and all are welcome. No experience necessary and a great way to build fitness or stay fit over the summer. For details give Ger Moynihan a ring on 087-1240365.

SENIOR AND U18 PRESEASON

Our U18's and Seniors have started preseason training at Activate Gym in Killarney and a huge thanks to Brian Foley for all the hard work with the lads. New players always welcome. Contact John O'Connell on 086-8525116 for Seniors or Stephen O'Brien on 086-3484337 for U18.

KILLARNEY SWIMMING CLUB

Two members of the Killarney Swimming Club spent this week competing in the National Division 2 Competition in the UL Sport Arena in Limerick.

Ella Cremin (13) from Lissivigeen and Ian Coffey (16) from Muckross have been training hard with Killarney Swimming Club all year. Ian had two excellent swims where he got two PBs in the 200M Freestyle and 100m Breastroke.

Ella came home with two gold medals and one silver. Ella came first in the 100M Backstroke and the 50M Freestyle, and also came second in the 200M IM

This is a huge achievement for Ella and Ian and for Killarney Swimming Club!



Ian Coffey



Ella Cremin

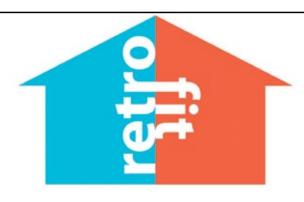
MUCKROSS ROWERS COMPETE IN ROWING IRELAND 1K CLASSIC Muckross Rowing Club junior members who took part in the inaugural Rowing Ireland 1k Classic on Saturday.



uckross Rowing Club junior and master members took part in the inaugural Rowing Ireland 1k Classic on Saturday. Everyone who put on the club colours on the day put in a brilliant performance and showed that all the hard work and dedication throughout the year paid off.

Well done to all the coaches and members who put in a massive effort on the day to get crews in and out of the water in very hot conditions. The club had great results on the day with TWO wins, FOUR second place, FOUR third place finishes. Thanks to Seán Real who towed the boat trailer.





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ROSS LADIES GOLF CLUB NOTES

RESULTS

CHALLENGE CUP

Hard luck to our Challenge Cup team who lost to Dooks in Dooks on Friday last. A beautiful day for golf.

COMPETITIONS

Noreen Moore Trophy League

Our ladies travel to Ballybunion on Tuesday, July 19th, to meet Ballybunion on the Cashen Course. Tee times are from 12 noon. Best of luck to the players, caddies and managers. Supporters welcome.

Men's Captain Donie Broderick prize to the Ladies will be held on 16th July. Kindly sponsored by Bricin Restaurant & Craft Shop. Enter via the ClubV1 app.

Lady Captain's Prize

Lady Captain Breda O'Farrell Captain's day will be held on 30th July. Shot gun start at 11.00am. Enter via the ClubV1 app.

Meet and Play

Each Wednesday morning meet at 10.15am for 10.30am. All members welcome.

KILLARNEY GOLF CLUB - LADIES

HAYES CUP - STROKE ON MAHONYS PT. **KILLARNEY**

1st: Margaret Sheehan (31), 66 2nd: Nuala Meade (27) 68 B9 Best gross: Mairead Martin (+03) 70 3rd: Nicola OMahoney (29) 68 4th: Mary O Neill (24) 68 B9

CASTLEROSSE LADIES GOLF CLUB

LESSONS

Always time to refresh the golf swing ...Lessons Wednesday 11.00-12 noon.Saturday 10.30-11.30am. Members and Non Members Welcome

RESULTS - 18 HOLE STABLEFORD

1st: Kitty O'Grady 31pts (45) 2nd: Mary O'Reilly 30pts (37)

Congratulations Ladies

RESULTS FROM LAST WEEK'S MIXED CLUB SCRAMBLE IN MEMORY OF OUR DECEASED MFMBFRS

1st Place: Michael Leahy, Simon Coffey, Brid Ui Scanaill

NINES KFRRY COMPETITION

Congratulations to our team John M, Chan, Stephen, Mary Martin, Helen, Daniel, Roger, Una and Marie on taking on Ross Golf Club. A hard fought victory. Congratulations everyone.

FORTHCOMING COMPETITION CHANGE OF DAY THIS WEEK - 9 HOLE **MIXED SCRAMBLE** WEDNESDAY **13TH JULY**

Open to Members and

Non-Members. Draw for Partners at 6pm Sharp. Sign in at Clubhouse before 6pm OR sign in on BRS (tee times do not apply)

SAT. 16TH JULY

Lady Captains Day Nuala Ward. Sign in on BRS by Monday 11th July. Draw for partners 15th July 2022. Format 18 Hole Stableford

SAT. 30TH JULY

'Play in Pink' In Aid of Breast Cancer Research BRS is open for names and please pull out all your pink style for the day.

The weather is picking up, so its out with the clubs...Happy Golfing

DEERPARK PITCH & PUTT CLUB

COUNTY U16 STROKEPLAY

Well done to Brian McCarthy (Overall Runner-Up), Noah Sexton (13-15 Section Winner) and Nathan Cronin (13-15 Section Runner-Up) on winning prizes at last Saturday's County U16 Strokeplay in Listowel.

NATIONAL U16 MATCHPLAY

A safe and enjoyable journey from those in the club to Ryston in Newbridge, Co Kildare this weekend for this event.

TIM SCANNELL INTER-CLUB MATCHPLAY

Another disappointing 6-3 loss for us on Tuesday July 6th last against Newmarket in Listowel. It is out of our hands now in terms of trying to make the final in our last game against Castleisland in

after last Saturday's County U16 Strokeplay Championships in Listowel. Newmarket on Tuesday night July 19th next. **SUNDAY DRAWS**

> Two Ball Scramble- First Nett: Aidan O'Keeffe & John Murphy 351/2, Gross: Aidan O'Keeffe & Adam Kelly 47 and Second Nett: Sean Ashe & Noel Moynihan 39. Hole-In-One: Sean Ashe (4th Hole)

FRIDAY NIGHT SCRAMBLE

Deerpark Pitch & Putt Club members Noah Sexton (13-15 grade winner), Brian McCarthy

(Overall Runner-Up) and Nathan Cronin (13-15 grade runner-up) pictired with their prizes

A very scrappy affair last week that came down to the last hole between the competitors! Winners: Jason O'Connor & Mary Murphy 42 1/2

NATIONAL 055'S STROKEPLAY

Best Wishes to Ger Casey as he heads to Bellewstown in Meath on Saturday to take part in the Intermediate O55's event.

CASTLEISLAND SCRATCH CUPS

Best Wishes to club members heading to these events on Sunday in Castleisland. We encourage our members to support these events which are back for first time in three years.

BEAUFORT GOLF CLUB - MENS

RESULTS - 10TH JULY - CAPTAIN'S PRIZE -SPONSORED BY MENS BRANCH

1st: Derek McAllister (23) 64 Nett 2nd: Humphrey Kerins (23) 66 Nett

3rd: Stephen Keating (18) 66 Nett

4th: Mark O'Shea (27) 67 Nett 5th: Robert White (37) 68 Nett

6th: Con O'Sullivan (13) 68 Nett





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Saturday August 13th @ 9am Leaving from John Mitchell's Football Club

FOCUS ON GOLF

7th: Kenneth O'Connor (12) 69 Nett Best Gross: Denis P Galvin (9) 77 Past Captain: Sean Coffey (29) 74 Nett Back 9: Seamus O'Brien (16) 34 Nett Front 9: Michael B Coffey (23) 29.5 Nett Longest Drive: Niall Thompson Nearest The Pin: Tim Sheahan Guest Prize: James Jones

FIXTURES

15th July - Open Friday - 18 Hole Single Stableford - Sponsored by Cliffords Groundcare Ltd

16th/17th July - 3 Ts Charity (Turning The Tide of Suicide) - 18 Hole Stableford (White Tees) - Sponsored by Killarey Trophies

1st August - Club Fundraiser - Single Stableford - Mens Sponsor - Killarney Brewing Company -Ladies Sponsor: The Europe Hotel & Resort.

BEAUFORT GOLF CLUB - LADIES

RESULTS - 10TH JULY - LADY CAPTAIN'S COMPETITION - SPONSORED BY LADIES BRANCH

1st: Eimear McShortall (46) 70 Nett 2nd: Ciara Lowe (19) 70 Nett 3rd: Patricia O'Connor (28) 70 Nett 4th: Mary Garvey (29) 72 Nett 5th: Sheila O'Connell (33) 73 Nett Best Gross: Laura Furlong 83 Past Captain: Mary O'Shea (36) 71 Nett 36-54 Handicap: Rosaleen Kennedy (36) 74 Nett Back 9: Marie Flood (30) 38 Nett Front 9: Colleen Coffey (25) 33.5 Nett Nearest The Pin on 10th: Karen Tess Nearest The Pin on 15th: Noeleen Mackessy

Guest Prize (Male): Noel Kennedy (24) 91 Nett

Guest Prize (Female) Mary Conway (34) 70 Nett

8TH JULY - OPEN FRIDAY - SPONSORED BY CLIFFORDS GROUND CARE LTD

Winner: Noreen Walsh (36) 43 pts **FIXTURES**

16th/17th July - 18 Hole Stableford - Sponsored by JR Spares

BEAUFORT GOLF CLUB-

MENS

10TH JULY - CAPTAIN'S PRIZE - SPONSORED BY MENS BRANCH

1st: Derek McAllister (23) 64 Nett 2nd: Humphrey Kerins (23) 66 Nett 3rd: Stephen Keating (18) 66 Nett 4th: Mark O'Shea (27) 67 Nett 5th: Robert White (37) 68 Nett 6th: Con O'Sullivan (13) 68 Nett 7th: Kenneth O'Connor (12) 69 Nett Best Gross: Denis P Galvin (9) 77 Past Captain: Sean Coffey (29) 74 Nett Back 9: Seamus O'Brien (16) 34 Nett Front 9: Michael B Coffey (23) 29.5 Nett Longest Drive: Niall Thompson Nearest The Pin: Tim Sheahan



Beaufort Golf Club Captain Mike Barry presenting flowers to Lady Captain Maura

Guest Prize: James Jones

BEAUFORT GOLF CLUB CAPTAIN'S PRIZE

On July 10th, Captain Mike Barry and Lady Captain Maura Kennedy held their Captain's Prize competition in Beaufort Golf Club and were blessed with glorious sunshine for participants. Men's prizes included Tipperary Crystal and wedge. Ladies prizes included a range of handbags and a commissioned framed picture of the 18th hole by photographer lan Cronin. A wonderful meal was provided by management of Beaufort Golf Club for family and friends of the Captains and celebrations continued into the night.



Beaufort Golf Club Captains Prize: I-r Noel Kennedy (Guest) Laura Furlong, Mary Conway (Guest), Lady Captain Maura Kennedy, Eimear McShorthall, Noeleen Mackessy, Patricia O Sullivan, Rosaleen Kennedy, Coleen Coffey, Mary O Shea, Patricia O Connor, Meave Quirke



Beaufort Golf Club Lady Captain Maura Kennedy presenting first prize to Eimear McShorthall



Beaufort Golf Club Captains Prize: Stephen Keating, Con O Sullivan, Captain Mike Barry, Derek McAllister, Niall Thompson, Denis P Galvin.







KILLARNEY CELTIC NOTES

CELTIC LOTTO

Numbers drawn 11,14,22,24. No jackpot winner. Match 3 winners received €75. Next jackpot €6,400 on Monday July 18th. Tickets available from The Dungeon Bookshop, Hegarty's Park Rd, club members and online at clubforce.com.

CAMP

Week 2 of our summer camp Monday July 18th - Friday July 22nd is available to book through clubforce.com.

THANKS

Many thanks to all who supported our flag day last weekend. Your generosity is vital to the running of the club. Big thanks to those who collected on the day.

CONGRATULATIONS

Well done to Lucy O Connor who has been called up to attend the FAI Girls National Goalkeeper Academy training.

U17 LEAGUE

Tralee Dynamos 5, Killarney Celtic 3



Summer Camp Fun at Killarney Athletic



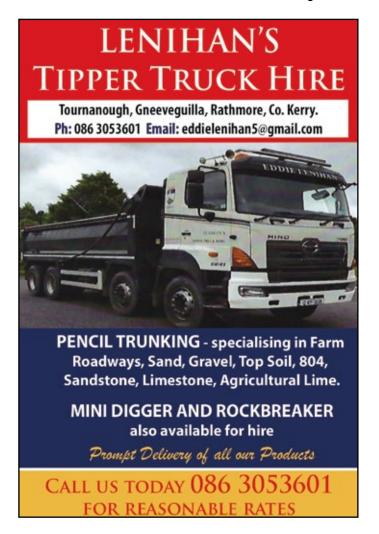














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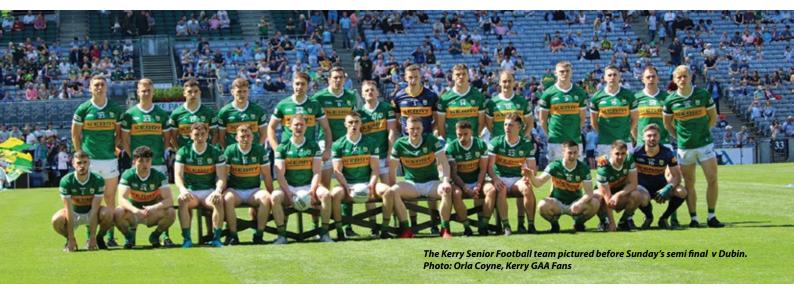
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JIMMY O'SULLIVAN-DARCY

takes a look at all things sport...



KERRY WIN AN ALL-TIME CLASSIC

All Ireland Semi-Final: Kerry 1-14 Dublin 1-13

I was a teensy bit sceptical about the attempts to hype it up. To listen to pundits, you'd think Kerry would be forced to give up football if they didn't win this one, it was a bit over the top. I've been saying all year that people have been writing Dublin's epitaph way too fast (I was right). The League is the League. Great entertainment and grand as an anvil, but it's not the real measure of teams.

In fact, I was a bit curmudgeonly all week. The sale of poor tickets early on Croke Park/ ticketmaster and poor tickets to clubs and season holders is a bit amateur hour and unnecessary. As for the speculation about selections...as far as I am concerned, if you make a change to your named team, you have used up a substitution. Kerry used to be as guilty as anyone of naming dummy teams and not naming substitutes, a trick that Dublin pulled again. It's tiresome and demeaning. Frankly, Croke Park should be imposing proper ground rules for naming teams. I was definitely nervous. No, I'll be truthful. I still feared that Dublin team, especially with James McCarthy in the mix. Some warrior.

But all of that evaporated like mist as the action kicked off. Dublin opened us neatly and corner back Lee Gannon finished nicely. Seán O'Shea replied with an equally good Kerryscore. Game on!

Brian Fenton and Ciarán Kilkenny both saw very scorable efforts tail off in the wind. Dublin were pressing our short kick-out and profiting, but those are really bread and butter scoring chances at this level.

Then the tension exploded into life. Kerry launched a high ball in - something you don't see a lot of these days (frankly, I thought Kerry could have done more of it in this game,

especially with David's form - Dublin's full back line let it bounce onto Seán O'Shea, who dummied to the outside before cutting in for a great finish. 1-1 to 0-1.

Dublin hit back fast and hard. Dean Rock popped a free, a James McCarthy effort from an angle was well saved by Shane Ryan, and Brian Howard slotted a good point. Two things were already evident – Kerry had a strong blanket in place, Morley again a magnificent linchpin, and Dublin were strictly playing the percentages. No hit and hope chances here - the likes of Diarmuid Connolly would have been filling his boots, but Dublin's discipline in retaining possession was seeing them ignore all but high percentage shots.

David Clifford pointed an easy free won by John Small holding Seán O'Shea, who was drifting into the full forward line to good effect. Well spotted by Paddy Neilan, who had a superb game overall. A good press saw Kerry turn over the kick-out and Kerry recycled until Tom O'Sullivan could fire over. David added a free after a late challenge on Seán O'Shea. 1-4 to 0-3

Seán Bugler, another of Dublin's relative newcomers, got in for a point too easily after a one-two with Kilkenny – he could have gone for goal. John Small added a fine score.

Graham O'Sullivan launched another homing missile down onto the full forward line, and David Clifford took a great mark. He scored that, and then added a superb point from play Dublin have no shooter like this. Come to think of it, nor does anybody else.

It was Kerry's turn to be spotted holding inside, with Dean Rock converting an easy free. Seán O'Shea finished a well worked Kerry move to put us four points clear again. Dublin were down a player by now, John Small with a black

Then came high drama. David shot for a point but it crashed down off the post and Gavin White reacted like lightning, but was fouled -

a flailing attempt at a tackle by Lorcan O'Dell. Nothing malicious, but a clear penalty all the

I was worried as Sean O'Shea stepped up to it. I'd have given it to Paul Geaney. The fact is that our penalty conversion rate has been appalling for years now. He struck it without conviction, Evan Comerford saved well, and Seán followed up but accidentally caught the keeper, who had bravely smothered the rebound shot. The keeper got injured and Dublin players took umbrage – I'd say Kerry might have reacted the same way, but it's a bit of codology all the same. Paddy Neilan again did well, booking Murchan and Geaney for their reactions. Kevin McStay made a few forlorn attempts at generating controversy about the incident - we all know one former commentator who would doubtless have been in paroxysms of faux outrage - but in fairness to RTE, they have matured. They did call out Evan Comerford for what looked like a fair amount of time-wasting to render the black card moot

John Small should really have pulled one back for Dublin but dropped it short, and Cormac Costello had another bad miss for them. David Clifford showed how it's done, taking on and beating three Dublin players to open an angle and popping it over the bar.

Half-time Kerry 1-8 Dublin 0-6. It was definitely flattering - our defensive shield had faced plenty of pressure and Dublin had left at least four points behind them. Of course, Kerry were rueing that penalty chance, but it stings a lot less when you are five points up, and I had confidence in Kerry's bench.

I was roaring for a penalty as loud as anyone when it looked like Stephen O'Brien was fouled in the square, but in fairness he had picked it off the ground - another great call by Neilan or his officials.

David Clifford is on fire here, twisting a hapless Fitzsimmons in knots before splitting the posts again.





Dean Rock uncharacteristically missed a scorable free. The kick-out goes awry, with the just introduced Paddy Small setting up Brian Fenton for a fine score. Fenton and Lahiffe were just about edging midfield overall, but his usual penetrating runs were being met by a green and gold wall.

Small was outstanding for Dublin and brought fresh energy, but Dara Moynihan did the same for Kerry and added a fine point as well. They were two of the best players on the field when they came on. 1-10 to 0-7.

At this stage I was actually very confident - too caught in the momentum to remember the lessons of history. Dublin gave me sharp and rapid reminders! Paddy Small joined his brother John on the scoreboard. Kerry had control from the kick-out, but a bad pass saw Dublin snaffle up possession while our defensive line had stretched forward. They cut us open with fast forward passes, going straight for the jugular, and Cormac Costello, completely marshalled by an excellent Graham O'Sullivan until then, hit a precision shot past Shane Ryan. Great goal, in all honesty, and the Hill erupted. Suddenly Dublin had their heads up and hunting like the team of recent years, like sharks smelling blood. David Clifford hit a wide (only Kerry's second of the game) and Dublin sliced in again, the ball recycled to Kilkenny, who took a calm point when he could have gone for goal. Back to a one point game, 1-10 to 1-9, and Dublin with all of the momentum.

Killian with a good effort that went wide (hawkeye was understandably out of use). It had been the correct decision to shoot, but it felt like Kerry were feeling a bit of desperation – remember the colossal heat, a not insignificant factor.

Kerry showed great game discipline to repeatedly recycle possession - much to the Hill's frustration - and patiently build up until Paudie Clifford, dynamic as always, fisted oer. That was a crucial score to nudge us two ahead again.

Dublin regrouped in their own half to wait for a turnover and break at speed. Kerry used to be caught by Tyrone at that trick, but it's an old trope nowadays. All Kerry had to do was keep possession without going into that crowded area and coughing up a turnover - let's face it, we had given enough cheap turnovers for one day! Dublin eventually realised (I say 'eventually' - minutes felt like hours at this stage) that they had to come out and chase Kerry. It all killed time on the clock, but it was a lot too early to be fighting for seconds like that - Dublin had plenty of time. Dublin realised that they had to emerge from their shell. It didn't create a lot of space, but it did open a tiny sliver. Brian Ó Beaglaíoch, a revelation in the jersey once he was put back in defence (like Jonathan Lyne before him, he was never a natural wing forward), sliced through the gap and laid off for Paudie Clifford to hit a precious point. 1-12 to

Dublin are Dublin. That's a special team, and James McCarthy is a special player. That wa a stunning point. The kick-out went wrong under Dublin pressure and again, Kilkenny's cool head prevailed as he pointed. One point in it. Dublin sent another dangerous ball in, but Shane caught it beautifully and cleared his lines.

Diarmuid O'Connor had a chance to double our lead, but the shot lacked power and Comerford gathered comfortably. Dublin were pushing hard and Paddy Small gathered a very dangerous ball inside. The path to goal was instantly smothered, but he got it out to Kilkenny, who took the point. Niall Scully had a shot to put them in front – it was never on, he should have recycled, but wisdom comes easy in the Hogan Stand – it's a lot harder standing on grass!

Dar Moynihan with a good ball in that was allowed to bounce and Seán O'Shea got his hands on it - people forget how good a ballwinner he is. Lee Gannon gave away the foul, but Seán duly slotted the free. Seventy minutes gone, and Kerry in front.

Not for long. Brian Fenton to Paddy Small, and a good mark. Actually a free, which meant anyone could take it. With Dublin, 'anyone' is Dean Rock, and he doesn't miss those. We're headed to extra-time surely.

One last foray up the field. A long accurate ball to David Clifford, and Davy Byrne ploughs into him. Definite free, but it's a very long way out and that swirling breeze isn't doing any favours. Seán O'Shea stands facing the hill. He waves away Shane Ryan - there's only one player taking this kick. Evan Comerford is trying to shake the goalpost – arrah, desperation makes men do strange things, and we won't judge harshlv.

The right player. I thought he had missed it, too far to the right. Mind you, my judgement was suspect in the moment; his wasn't. It curled



Full time at Croke Park Photo: Orla Coyne, Kerry GAA Fans

beautifully. I was at the wrong angle to tell if it had gone over, but I could actually feel it in the reaction of people even before the shouting began. It was up there with the best kicks ever, some of which I saw, more I only heard of. Wexford's Jim Byrne scored a late goal from a free to kickstart their four in a row in 1915. John Joe Landers' fifty in '38 that should have won the drawn game - the ref blew the final whistle with the ball in flight. Mick O'Connell in the '62 final against Roscommon; even people who had seen Tadhqie Lyne at his best were marvelling. Mikey Sheehy's equaliser against Monaghan in '85. Maurice with the 'hail Mary' kick late in the '97 final. Bryan Sheehan against Cork in 2014, that was an impossible angle. His kick in the '09 County Final against Crokes was even better. Cluxton – let us whisper it – in '11. Seán O'Shea in 2022, casting a Dublin monkey off our backs and put Kerry back as favourites in an All Ireland Final for the first time in a very, very long time. Pressure? Arrah, to quote Joanne Downey, pressure is for tyres. The job is only half done, though, and the euphoria has to be ephemeral. Galway - and we know them of old too - stand in our way.

Dublin over a decade have been the best gaelic football team ever - surpassing those truly great teams of the 1970s and the 1920s/'30s. I'll paraphrase the great Paddy 'PF' Foley, whose word in 'The Kerryman' was the final arbiter of football for many decades. He said it of a different team, but it is just as true of this Dublin side, "they died the death of champions".

As for Kerry? I was lucky enough to hear Tim Moynihan and Ambrose O'Donovan's opinion in the immediate aftermath - Radio Kerry put it up on social media. It wouldn't be the most eloquent or coherent of phrasing by two masters of the art – but by God did it sum up what it meant to Kerry.

Kerry: Shane Ryan, Graham O'Sullivan, Jason Foley, Tom O'Sullivan (0-1), Gavin White, Tadhq Morley, Brian Ó Beaglaíoch, David Moran, Jack Barry, Diarmuid O'Connor, Seán O'Shea (1-4, 2f), Stephen O'Brien, Paudie Clifford (0-2), David Clifford (0-6, 1f, 1m), Paul Geaney. Subs Dara Moynihan 0-1 (for Stephen O'Brien, 41 mins), Killian Spillane (for Paul Geaney, 41 mins), Adrian Spillane (for David Moran, 51 mins), Paul Murphy (for Graham O'Sullivan, 62 mins), Joe O'Connor (for Gavin White, 66 mins) Dublin: Evan Comerford, Eoin Murchan, Mick Fitzsimons, Lee Gannon (0-1), Jonny Cooper, John Small (0-1), James McCarthy (0-1), Brian Fenton (0-1), Tom Lahiff, Brian Howard (0-1), Ciarán Kilkenny (0-3), Seán Bugler (0-1), Cormac Costello (1-0), Dean Rock (0-3, 3f), Lorcan O'Dell. Subs Paddy Small 0-1 (for Lorcan O'Dell, 39 mins), David Byrne (for Jonny Cooper, 42 mins), Seán McMahon (for Eoin Murchan, 57 mins), Niall Scully (for Brian Howard, 61 mins), Cian Murphy (for Mick Fitzsimons, 71 mins) Referee: Paddy Neilan (Roscommon)

ALL IRELAND SEMI-FINAL:

Galway 2-8 Derry 1-6 I'm always wary of teams that come in under the radar, and Galway have definitely come in under the radar. After what must still count as the best game of the year against Armagh (Kerry v Dublin was the most sensational, but neither side really performed to their peak and there were a fair few mistakes on both sides, to be truthful) Galway won out what must surely have been the worst game of this year's championship - and it hasn't been a great championship. Derry won the Ulster Championship with a top-heavy defence, but also a lot of dash and flair in attack. That flair and ambition was lacking in the broader environs of Croke Park, Derry looked too afraid of making a mistake to allow a game of football to develop. It was suggested to Pat Spillane at half-time that the 0-4 apiece scoreline meant that "the game had fans on the edge of their seats". Pat, a straight talker always in his thirty years on the microphone, was having none of it. "Anyone who is on the edge of their seats watching this game", he retorted, "is being pushed from behind". Frankly, the biggest excitement was for a clear mistake by hawkeye - they'd actually be better off without that confusing graphic that bears little relation to reality. Derry's roving goalkeeper was caught in absentia late on for a soft enough goal by Damien Comer (and Kerry defence take note: Comer is quite capable of scoring much harder goals). I was one of those who praised Armagh's Rafferty for emerging to play as an auxiliary outfield player, I'll not ridicule Derry's Odhran Lynch for trying it. But I'm not watching any replay of that match, once was enough. It wasn't the worst I ever saw, that honour still belongs to Dublin v Donegal in

TAILLTEANN CUP FINAL: Westmeath 2-14 Cavan 1-13

The first Taillteann Cup since 1932 was a cracker.



An absolute thriller from start to finish. Cavan made the better start, marshalling John Heslin well, but Ronan O'Toole was cutting wreck as a playmaker for Westmeath. There were complaints about their opening goal late in the first half. It'd be nice if pundits took the time to learn the rules - Luke Loughlin, as the player in possession, was perfectly entitled to strike the ball once - it's rule 1.2 (ii). 1-8 to 0-9 at halftime, despite having been mostly outplayed by a narrow margin. Cavan took control in the third quarter, Pádraig Faiulkner's goal giving them a 1-13 to 1-10 lead. However, a red card for talismanic Thomas Galligan saw Westmeath take over and draw level. Every single score was hard fought for, none more so than Kieran Martin's goal. You don't see players have the self-confidence/effontery to just turn into a massed defence and slice through them before unleashing a bullet. That's easily the Goal of the Year, and I don't expect to see it beaten (or properly rewarded). Ronan Wallace tacked on another point and the Lake County were deserving champions. The Taillteann Cup has been a phenomenal success, not least because teams have lacked the defensive mindset of Sam Maguire contests.

ALL IRELAND JUNIOR FINAL:

Kilkenny New York

It isn't what it was, having been reduced to four teams. A pity – in it's latter years, Kerry won five in a row without any player from a senior club, and we got great players out of it-Dan O'Donoghue, Darragh Roche, Adrian and Killian Spillane, Tadhg Morley, Paudie Clifford, Gavin Crowley, Jason Foley, and plenty more. Dublin can say the same – the likes of Dean Rock, Mick Fitzsimmons, Denis Bastick, Jonny Cooper, Eoghan O'Gara, Darren Homan, Darren Daly...

It's a four team competition now, and Kilkenny played New York in the curtain-raiser to last Sunday's game (let's be honest, it wasn't going to eat into the ticket allocation too much). Kilkenny, managed by Christy Walsh of Kilmoyley – the great Kerry hurler and one time Kerry junior footballer is resident in Kilkenny and managing their footballers for a long time now – won it by 3-12 to 1-9.

One of the huge highlights for me came in the aftermath of their victory. The Kilkenny team went around the pitch on a lap of honour. Canal End – polite applause. Hogan Stand – polite applause. Nally Stand-polite applause. And there he was, on a very sparsely populated Hill 16 as yet. One lone Kilkenny supporter, standing proudly down near the wire, wearing his black and amber jersey and cheering for the team. You can only guess how many times he stood on sidelines, cheering them on valiantly

but vainly. And as one, the Kilkenny players ran to the wire....and they applauded him. There's something of the very essence of sport about it.

KERRY LADIES REACH ALL IRELAND SEMI-FINAL

The men may have made most of the headlines last weekend, but the Kerry Ladies did the county more than proud as well, defeating slight favourites Armagh for the second time this season to qualify for the All Ireland semifinal against Mayo this weekend.

This was a cracking game all through, a ferocious contest from start to finish. It was also tough – Kerry have put an awful lot of work into their strength and conditioning and needed every bit of hit. Armagh hit hard and fair, and on this occasion Kerry were able to hit back just as hard and equally as fair. If you are one of the "ladies glow; they don't perspire" brigade, please hurry back to the nineteenth century where you belong. This was an out and out contest all the way and Kerry had to work ferociously from start to finish to win this one. Plenty of honest belts and bruises mixed in with superb skill, and that's how it should be.

No prizes for guessing Kerry's top scorer, with Louise Ni Muircheartaigh winning and converting a free for the opening score. Aoife Lennon, who shared an enthralling duel with Julie O'Sullivan all through, opened their account. Kerry were fast out of the starting blocks and a great team move saw Niamh Carmody produce a very neat finish past the hapless Andrea Carr. Back came Armagh with equal speed – Aimee Mackin's shot could easily have been under rather than over the crossbar. She quickly added a free and Armagh had a rocket bounce back off the crossbar -a let-off for Kerry. To be honest, Mackin was my player of the game, a phenomenal threat.

Anna Galvin was driving Kerry on and picked off a great point to make it 1-2 to 0-3, but



Niamh Ní Chonchúir of Kerry, right, celebrates with teammates Louise Ní Mhuircheartaigh, left, and Rachel Dwyer after their side's victory in the TG4 All-Ireland Ladies Football Senior Championship Quarter-Final match between Armagh and Kerry at O'Connor Park in Tullamore, Offaly. Photo by Piaras Ó Mídheach/Sportsfile

2011.



Lauren McConville of Armagh in action against Cáit Lynch of Kerry during the TG4 All-Ireland Ladies Football Senior Championship Quarter-Final match between Armagh and Kerry at O'Connor Park in Tullamore, Offaly. Photo by Piaras Ó Mídheach/Sportsfile



Aimee Mackin of Armagh in action against Eilís Lynch of Kerry during the TG4 All-Ireland Ladies Football Senior Championship Quarter-Final match between Armagh and Kerry at O'Connor Park in Tullamore, Offaly. Photo by Piaras Ó Mídheach/Sportsfil

Mackin coolly replied in kind. A wonderful move involving Louise and Siofra O'Shea saw Danielle O'Leary slot over, and Lorraine Scanlon's lightning reactions saw her scoop up a loose ball and tee up Katie Brosnan for another. An Aimee Mackin free made it 1-4 to 0-5, but great strength and determination by Danielle O'Leary saw Lorraine Scanlon put a goal between them. That put us back to level pegging - a bit against the run of play, really, but Armagh weren't finished yet!

Armagh almost closed that gap instantly, with Ciara Butler making a superb close-range save to deny C Marley. It was a brief delay - Armagh strung another superb move together that ended with Aoife McCoy rattling the net. A great goal, in fairness. Aimee Mackin added a stunning left leg point from distance, evergreen Caroline O'Hanlon added another, and Mackin made it 1-8 to 1-5 with a rapid turnaround. Kerry needed to pull something out of the bag here to slow their momentum, and Louise Ní Muircheartaigh as always obliged with a goal after good work by Aishling O'Connell and Siofra O'Shea. They closed out the first half with another whirlwind move. Niamh Coleman laid off to Aoife Lennon, whose rocket was well parried by Ciara Butler, but Coleman had kept running and neatly finished it. A real hammer blow, or so it felt.

Half-time Armagh 2-8 Kerry 2-5

I'm not sure that some Kerry teams in the past would have had the character and experience to come back from that, especially with Aimee Mackin opening the second half scoring. Kerry's response was emphatic, Siofra O'Shea with a beautiful bottom corner finish and Louise adding another free. 3-9 to 2-9 in our favour, but a long way to go yet!

Armagh were hitting full stride and picked off three good points in a row, two by Mackin sandwiching a Kelly Mallon free. Louise nudged Kerry back in front with a free and Erica McGlynn justified her introduction with a great score. Aime Mackin brought it back to a one point game and minutes left on the clock. Kerry were impressively unperturbed, winning a penalty coolly converted by Louise. Aimee Mackin trimmed the gap back to a goal, but Kerry were in charge now and closed it out with another Louise free to seal a memorable victory and a last four berth for the first time in a long time.

Dublin won't be in the semi-final for the first time in the bones of a decade, falling to Donegal goals

Nor will our old nemesis and Munster champions Cork, bowing out by two points to Mayo. Meath, champions two years ago after coming up from Intermediate, seeing off Galway with a last minute point by Emma Duggan and maybe a small smidgin of luck.

Kerry: Ciara Butler, Kayleigh Cronin, Eilís Lynch, Julie O'Sullivan, Aishling O'Connell, Emma Costello, Ciara Murphy, Lorraine Scanlon (0-1), Cáit Lynch, Niamh Carmody, Siofra O'Shea, Anna Galvin, Katie Brosnan, Danielle O'Leary, Louise Ní Muircheartaigh (2-7, 1 pen, f). Subs Paris McCarthy (for Katie Brosnan, 30 mins), Erica McGlynn 0-1 (for Danielle O'Leary, 46 mins), Caoimhe Evans (for Niamh Carmody, 55 mins)

MKL GAELS

Best wishes to the MLK Gaels U12 team who have been announced as one of the teams to feature at half-time in the All Ireland Final hopefully they won't be the only Kerry team there!

BASKETBALL

Well done to Leah McMahon of St. Pauls, who has become a rock solid member of the Irish U16 panel who have been enjoying a year to remember, and added to it with some superb displays in Luxembourg in the Dussman Trophy. They beat the Netherlands by 68-66 in double overtime in probably the best game of the whole tournament. They followed that up with a convincing 70-58 victory over hosts Luxembourg, before finally going down by 76-68 to Portugal.

Congratulations to Aivaras Uosis of Tralee Imperials on making the Irish U18 team.



Ireland U16 Team, with St.Pauls' Leah McMahon third from left in the front







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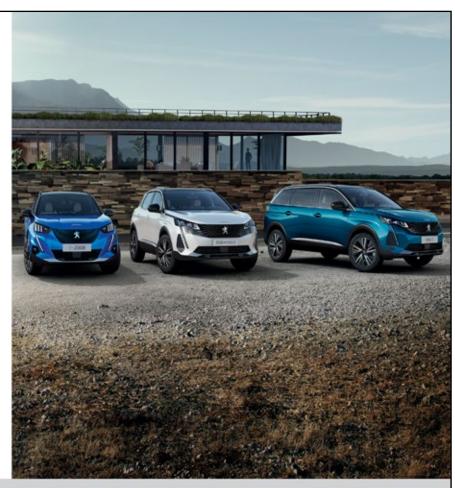




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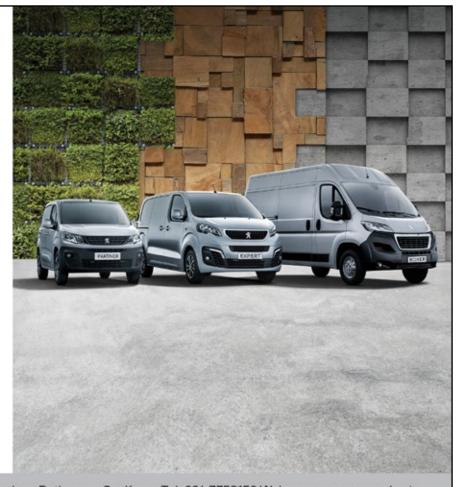
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KILLARNEY LEGION GAA CLUB

SENIOR MENS UPDATE

Well done to our Senior B Team who captured the Division 6 Shield competition last Friday night by virtue of beating Beaufort in their own patch. Played in benign summer conditions the home side made much the better start leading 0-9 to 0-5 at half time. Keeping us in touch were Luke O'Donoghue with two points supported by Cian McCann, Tadgh Doolan and Evan Smyth. Starting the second half in a determined manner further points by Jamie Alade and Gavin Moriarty put the wheels in motion and a fine Luke O'Donoghue goal certainly helped matters. Tom Cronin put us on level terms while the positioning of Cain Sheahan managed to negate the promptings of Beauforts main influence. Although briefly trailing again a monster free from goalie Aaron O Sullivan gained parity before two late Luke O Donoghue frees secured the points. The result left us in top spot and a huge well done to both management and players.

Best wishes also to Evan Smith who suffered a facial injury during the course of the game.

The Senior Men rounded off their County League campaign with a 2-16 to 1-11 victory over Ballymacelligott in Direen on Saturday evening. Ballymac entered the weekend with the threat of a possible relegation looming over them but An Gaeltacht's defeat to Dingle meant they were secure in Division 1. Legion on the other hand were looking to continue their recent good form and maintain momentum with the East Kerry Superleague Final vs Dr Crokes up next Friday July 15th in Fitzgerald Stadium at 7.30.

Ryan O Grady back fully integrated into the panel following his Kerry U20 exploits took advantage of his starting place hitting 1-5 while cousin Finbarr Murphy also put in a productive hour charging through for a second half goal to add to his two first half points. Considering the start, pointless after three games, the remaining eight games saw five wins, two draws and one defeat. Nice positive momentum heading into the business part of the season and it's good to see the teams progress rewarded with League points.

U15 BOYS

The U15 Boys made it two wins from two in the East Kerry League with a great win over Rathmore in Direen. When football is played the way it was by these two young sides there is very little wrong with it. Fourteen goals and twenty one points were shared, thankfully the majority in Legions favour but it's nights like these that football is the winner...F.T Score Killarney Legion 8-12 Rathmore 6-9.

O SULLIVAN / O DONOGHUE CUP DRAW DETAILS

The draws have been made for the blue riband East Kerry competitions with Glenflesk being the visitors to Direen for the first round of the O Sullivan Cup. The winners of the Kenmare vs Kilcummin first round tie will face our Seniors in the quarter final of the O Donoghue Cup. The time and date for these home fixtures will be announced in due course.

KERRY LADIES

What a great performance from the Kerry Ladies as they edged Armagh in the All Ireland quarter final played in Tullamore last Saturday. They join Mayo , Donegal and All Ireland champions Meath in the last four with those games being played this coming Saturday July 16th in Croke Park. Standing in the way of a place in the final is Mayo with throw-in at 4pm. And it's live on TG4!! GET WELL SOON

I'm sure everyone in the club will join us in wishing former player and stalwart supporter Fred Murphy a speedy recovery following recent surgery. We hope it won't be too long before Fred is patrolling the terraces of GAA grounds around the county.

DEEPEST SYMPATHIES

The Club extends its sympathies to the family of Noreen Downing. Noreens grandchildren are very active members of our Saturday Morning Academy and her niece is our Honourary Life Member Joanne O Riordan.

May She Rest in Peace.

DR. CROKES

CO. LEAGUE DIV. 1 DR.C ROKES 5-15 KENMARE SHAMROCKS 1-04.

On Saturday evening we travelled to Kenmare for a one sided affair. Billy Courtney got our scoring underway in the first minute of the game with a point from play. It wasn't until the 8th minute that Kenmare opened their scoring. Daithi Casey converted a penalty 8 minutes before the half time whistle, helping to give us a 1-07 to 0-02 lead at the break. We came out even stronger in the second half, with goals from Mikey Casey, Michael Potts and Brian Looney. As we have finished on top of the table along with Austin Stacks and Dingle, there will be a three way playoff. The first play-off game will take place next Saturday evening.

Co. League Div. 3 Dr.Crokes 0-05 Piarsaigh Na Dromoda 2-15. Our second team went down to a stronger Piarsaigh Na Dromoda team at home on Saturday last. We got off to a slow start in very hot conditions. Unfortunately, we never looked like winning the game but the boys worked hard throughout and never gave up.

SHC DR. CROKES 1-12 KILMOYLEY 3-25 Despite the margin on the scoreboard, this game was by no means a one sided contest. We got off to a good start despite two first half goals from Kilmoyley. In the 27th minute Jack Lenihan found the back of the net after a Mark Heffernan long range free dropped into the square putting us two points ahead at the half time whistle. Kilmoyley came out like a new team in the second half, scoring 3 points in the first 70 seconds of play. It was always going to be a tough battle, particularly when we were missing a number of our key men.

U21 CO. CHAMPIONSHIP DR.CROKES 1-12 EAST KERRY 2-20

Our U21 team travelled to Spa where they faced a very strong East Kerry team. We were missing a large number of our panel through injury and unavailability. We lined out with a very young team on the night. The boys fought

hard and put up a brilliant display, trailing by just 4 points at half time. We continued to put pressure on our opponents in the second half with great performances from Evan Looney and Erin Moloney. East Kerry started to pull away in the last 10 minutes of the game. Overall, it was a fantastic display by a very young team with a bright future.

SUMMER CAMP

Our very popular Summer Can will be taking place from the 22nd to the 24th of August from 9am - 1pm for boys and girls aged 4 to 11. Info from the academy coaches. Booking can be done through the following link https:// member.clubforce.com/memberships_cart_m. asp?LL_ID=2545&intMF_ID=10516#Anchor **LOTTO TOOK PLACE ON July 11th July Numbers** drawn were 08, 19, 26, 27 Jackpot not won. 2 patrons matched 3 numbers receive €200. Jackpot for draw on July 18th will be €7 400. We are calling on all members to support our weekly lotto as this represents one of the main sources of revenue for the club. With activity likely to recommence on the fields over the next few weeks we need people's support to maintain our facilities in Lewis Road. We have made a number of alterations to make things easier for members to play the easiest one being to play it online by following the link below and follow instructions attached

https://play.clubforce.com/play_newa.asp#Anchor

DR. CROKES SHOP

You can now shop worldwide on our online shop.

BINGO

Dr Crokes Bingo continues every Sunday night at 8pm. Doors open at 6:45. Everyone Welcome. WIN A HOUSE IN KILLARNEY Kerry GAA County Board "WIN A HOUSE IN KILLARNEY" tickets are available from Dr. Crokes GAA Club. Tickets are €100 each. Contact any club executive member for details.

MATCH TICKETS

It is important to note that tickets must be pre purchased for all Senior County Hurling Championship games and all U21 County Football Championship games. Tickets are available on https://www.universe.com/users/kerry-gaa-VLF1SR

ALL IRELAND FINAL

If you would like to be entered into the draw for All Ireland Final tickets please contact the club secretary or chairman before the draw for tickets next week. Tickets are available for members only.

WELL DONE to Patrick, Gavin, Shane, Tony, Micheal, Harry, Jimmy, John C and the Kerry Senior Team in their All Ireland Semi Final win over Dublin, and to Kayleigh and the Kerry Senior Ladies Team in the All Ireland Quarter Final win against Armagh over the weekend.

CONGRATULATIONS TO Shane Doolan and Elena Fleming who were married over the weekend and to John Payne and Denise on the birth of their son Oran.

CONDOLENCES TO the family of Denis 'Will' Fleming, Mileen, Kilcummin, who dies earlier this week. Denis won a County Championship medal with the Dick Fitzgerald team in 1951. Ar dheis Dé go raibh a anam



CLASSIC CAR SHOW

SUNDAY 24TH JULY @ 11AM KILLARNEY RACECOURSE



BALLYHAR-FIRIES GAA

LOTTO

Numbers drawn were: 3, 6, 10, 20. No jackpot winner. 5x€30: Jim Staunton, Firies. Pats T O Sullivan, Farranfore. Bridie Breen. Dara Quinn, c/o Bridie. J Crowley, Farranfore. Next weeks jackpot €2200. Thanks to everyone who purchased a ticket and don't forget to get one for next week!! Get your lotto tickets online via the Firies page on Clubforce or tickets are also available to purchase physically in some of the local shops incl. Aherns Pharmacy, Farranfore, Sherwood Bar and Restaurant Farranfore, Sheehans Shop Farranfore, Moriarty's Centra Farranfore, Bridies Shop Firies, Hendersons Shop and Bar Firies and from all the usual sellers. We thank these businesses for their continued support. Thank you all for your continued support.

THE BIG DROP

We are very excited to announce our new Club Fundraiser, "THE BIG DROP". On Saturday, 1st October at 2pm, the clubs' home turf will be virtually divided into a grid format and Taking advantage of the clubs' close proximity to Kerry Airport, a helicopter will fly over Pairc

Eamonn, dropping ten balls. When one purchases a €50 ticket, the purchaser is randomly allocated a grid box and if the ball lands on your allocated grid box, you could be the lucky recipient to share in 25K in prize money. There are ten cash prizes available on the day; six €1K, one €1.5K, one €2.5K and the ultimate prize of €10K. Tickets are now on sale either on-line viahttps://pallaslotteries.ie/firiesbigdrop or in paper format from any club member.10% of all profits form the big drop will go to the Air Ambulance to acknowledge the phenomenal work that is undertaken not only in Firies but beyond our rural club. For anyone who buys a ticket before July 15th, they will be entered into an extra early bird draw of two All-Ireland Football Tickets and overnight accommodation in Dublin

ALL-IRELAND FOOTBALL TICKETS

If any club members are looking for all Ireland Final Tickets, can they please make contact with Brendan Spring by Sunday 17th July.

RESULTS

Men's Senior County League Div 3 Rd 11 Firies 4-13 Skellig Rangers 1-07

WIN A HOUSE IN KILLARNEY WITH KERRY **GAA**

For €100 you could win a stunning new build A-rated 3 bedroom house superbly located just off the Park Road in Killarney, Co Kerry. Follow the link on social media and on the Kerry GAA Website. Don't forget to mention Firies GAA when you enter the draw to help the club.

EAST KERRY GAA NEWS

By Michael O'Mahony

EAST KERRY O'DONOGHUE CUP Senior Championship launch at Gleneagle Hotel. East Kerry Senior Championship O'DONOGHUE CUP sponsored by Dr O'DONOGHUE FAMILY & The Aquila Club

A presentation to former officers



Congratulations to MKL Gaels U12 White team and management who had a fantastic win in the Div 1 C final V ISG

appreciating to board on behalf East Kerry : GAA Board by chairman Johnny Brosnan to Pat O'Brien, former treasurer. Aine ni Shuilleabhain, former PRO. Amy Ni Riada, former scor officer. Gary O' Halloran, former Hurling officer.

East Kerry O'Donoghue Cup Draw sponsored by DR O' Donoghue family & Aquilla Club RD 1 - ollowing teams got bye in RD 1 Fossa, Glenflesk, Killarney Legion, Dr Crokes

FIRST RD GAME

First Team Named are at home Gneeveguilla v Firies. Rathmore v Spa. Currow v Listry. Kenmare v killcummin

QUARTER FINALS

First Team Named are at home Killarney Legion v Kenmare or Kilcummin Gneeveguilla are Firies v Glenflesk

Dr Crokes v Fossa

Rathmore are Spa v Currow are Listry **KERRY INTERMEDIATE**

CHAMPIONSHIP

Fr. GalvinCup sponsored by Aquilla Club RD 1. Listry v Cordal

Semi-Finals First Team Named are at home Fossa v Kilgarvan

Scartaglin v Listry are cordal

EAST KERRY JUNIOR CHAMPIONSHIP O'Sullivan Cup sponsored by Killarney Carpet & Furniture Centre Killarney

Following Teams have Bye in RD1

Gneeveguilla, Dr Crokes, Fossa, Kilcummin, Rathmore

Firist RD First teams are at home

Currow v Listry. Killarney Legion v Glenflesk. Spa v Firies

QUARTER FINAL

Rathmore v Gneeveguilla. Legion v Glenflesk are Spa are Firies. Fossa v Currow are Listry. Kilcummin v Dr Crokes

East Kerry Board C.C.C.will fix fixtures **FIXTURES**

East Kerry Senior League Final Division 1 This Friday evening at Fitzgerald staduim at 7-30 DR CROKES play Killarney Legion

ALL IRELAND SEMI FINAL

Congratulations to Kerry Team & management on their win over Dublin last Sunday. Kerry Ladies All Ireland Senior semi final, congratulations on their win over Armagh. Best of luck in All Ireland semi final against Mayo this saturday in Croke Park.

EAST REGION U15 LEAGUES

Sponsored by MD O Shea Killarney Kilcummin B 4.12 Gneeveguilla 4.11 Listry-Keel B. 2.03 Scartaglin 4.18 U 17 EAST KERRY LEAGUE DIVISION 3 FINAL.

LEGION 7-6 GNEEVEGUILLA 2-14

Goals proved the difference in Barradubh, as Legion raised seven green flags as they overcame Gneeveguila to win the Division 3 East Kerry League title for 2022.

After Legion got an early goal, the teams swapped scores to leave Legion 3 points up after the first 15 minute's. Legion then grabbed their second goal, with Tom Benson bursting forward and blasting to the net. Gneeveguilla replied with superb points from Sean Finnegan and David O Leary. At half time Legion held a four point lead, on a score of 2 – 4 to 6 points.

After half time the pattern continued. Gneeveguilla continuing to kick some fine points, from the likes of James Doyle and Gavin Barry. Legions thirst for goals though went unabated, with Josh Bowler, Darragh Murphy and Liam Cronin all finding the net. When Oisin Fleming goaled late on, any chance of a Gneeveguilla comeback ended. They kept going, but two late goals came too late to chance the outcome. Legion were deserved winners, with Captain Alex O Callaghan the man to lift the trophy afterwards. Credit to both teams for producing such an entertaining game.

MILLTOWN/CASTLEMAINE CLUB

Sponsored by Almas Takeaway, Milltown The fortnightly club lotto draw took place on

Monday, July 11th at the club grounds. There was no jackpot winner on this occasion. The numbers drawn were 11, 12, 26 and the bonus ball was 21.

Lucky Dip winners were as follows:

€50 - Willie O'Shea, Milltown. €50 - Mary Ashe, Keel. €25 - Michael O'Shea, Milltown. €25 -Emily Twiss, Callinafercy. €25 - Amanda Keane, Milltown. €25 - Gene Ferris

Our next club lotto draw is scheduled to take place on Monday, July 25th at 8:00pm where the jackpot will be €12,600. Get your draw tickets or renew your yearly tickets online on Clubforce or get your tickets for the next draw from all the usual local outlets. Mile búiochas do gach duine for playing Milltown/Castlemaine Clubs Fortnightly Fundraiser, the money raised is vital to the day to day running of our club and your support is sincerely appreciated.

CONGRATULATIONS

Huge congratulations to both the Kerry Mens and Ladies Senior Football sides who were victorious over the weekend against Dublin and Armagh respectively in the All-Ireland Senior Football Championship Semi-Final and TG4 All-Ireland Ladies Senior Football Championship Ouarter-Final, Ciarraí Abú!

CAMP FOR FUTURE STARS 2022

After a break of two years the Club is delighted to announce the return of our CAMP FOR FUTURE STARS for 2022

- Offering four fantastic days packed with GAA Skills, games and loads of fun.
- Our camp will take place from Tuesday, Aug 16th to Friday August 19th, from 10:00 to 14:00 at our wonderful facilities in Paddy Burke Memorial Park, Milltown.
- Each year, this camp gets better and better with much fun to be had and friendships to be made.
- Registration for the camp has moved on-line and can be accessed via Clubforce https://member.clubforce.com/memberships_cart_m.asp...
- With the Milltown/Castlemaine CUL Camp having sold out in two days; please register early as places are limited in each category.
- For any questions or queries, please contact lan Twiss: 087 252 1053 or Liam Doherty: 086 041 3593

CREDIT UNION COUNTY SENIOR FOOTBALL LEAGUE: DIVISION 2, ROUND 11 RESULT

Milltown/Castlemaine 'A' travelled to Killeen, Tralee last Thursday evening, July 7th where they met Na Gaeil in Round 11 of the Credit Union County Senior Football League, Na Gaeil required a positive result to stay alive in Division 2 and were quick out of the blocks leading 0-6 to 0-4 at the half time interval. It was the home side who ended up victorious on a score of 0-12 to 0-07 after a strong finish saw them take the points on offer. Milltown/Castlemaine have now concluded their county league campaign for the 2022 season and will look forward to life in Division 1 next season with promotion secured after winning 7 and drawing 1 of their 11 games in Division 2. Well done to the players and management who will now set their eyes on the Intermediate Club Football Championship in a few weeks time.

CREDIT UNION COUNTY SENIOR FOOTBALL LEAGUE: DIVISION 6 CUP, ROUND 4 RESULT

Well done to our Junior side who travelled to Gneeveguilla on a very warm evening last Saturday and ran out 11 point winners to conclude their County Senior Football League campaign for 2022.

MID KERRY JUNIOR FOOTBALL LEAGUE: Round 2 Result and Round 3/4 Fixtures

Well done to our Junior Football side who began their Mid Kerry campaign last Wednesday



Catherine Marley of Armagh in action against Anna Galvin of Kerry during the TG4 All-Ireland Ladies Football Senior Championship Quarter-Final match between Armagh and Kerry at O'Connor Park in Tullamore, Offaly. Photo by Piaras Ó Mídheach/Sportsfile

evening with a good victory away to Keel. Keel came into the contest on the back of a win against Beaufort last week whilst our lads had a bye in the competition for Round 1.

On a lovely evening for a game, there wasn't much separating the sides after the first quarter with Milltown/Castlemaine leading by the bare minimum at 0-5 to 0-4. A very strong second quarter however which seen Conor Spillane raise a green flag and an exhibition of long range scores from midfielder Sean Hogan with points also coming from Donal Kelliher, the aforementioned Spillane and Jack Teahan meaning we held a commanding 1-11 to 0-04 interval lead.

As one would expect, Keel battled hard in the second half and gradually reduced the deficit with some fine points from the boot of Cian Flynn, Sean Foley and Dylan Prendergast amongst others seen them trail 1-15 to 0-10 as we entered the last quarter. Our second half scores came from John Dennehy, Jonathan O'Sullivan, Conor Spillane and CJ Cronin. The hosts did finish with a bit of a flurry as Gary Murphy buried to the back of the net and Dylan Prendergast closed out the games scoring with a fine pointed effort but it was our lads who took home a deserved victory having led all through on a final score of 1-15 to 1-11.

MILLTOWN/CASTLEMAINE 'B' will be away to Glenbeigh/Glencar 'B' at 7:00pm in Glenbeigh In Round 4 next Saturday evening, July 16th U-11S BLITZ ARRANGEMENTS

Milltown/Castlemaine will host their Annual Invitation Blitz next Sunday, July 17th following a two year break due to COVID-19. The Parade before the tournament begins will get underway at 10:30am. This will be an 11-a-side tournament and first games will start at 11:00am.

As in previous years, all money raised goes to a local organisation. This year, we have decided to raise funds for our local GAA 4 All footballers, the first GAA 4 All group in Kerry.

Our GAA 4 All group provide football training for all players in our area with additional needs.

Our hard-working coaches work with our group each week having lots of fun and improving their football skills, giving all children in our area the opportunity to play football, exercise, progress and of course, fun and enjoyment in a safe environment.

U-15S: CENTRAL REGION DIVISION 2, ROUND 3 RESULT AND ROUND 4 FIXTURE

Milltown/Castlemaine's U-15 side travelled to take on Churchill last Wednesday evening in Round 3 of the Central Region. They came home victorious on a scoreline of 4-12 to 2-07. This was their first game in competition as their Round 1 match was rescheduled and in Round 2 they had a Bye. Great win on the road for the team. Keep up the good work lads!

U-9S

Milltown/Castlemaine's U-9s welcomed North Kerry opposition in the form of St Senan's GAA to the Paddy Burke Memorial Park on a glorious Tuesday evening last week for some action in the Go Games Series. All teams played three fifteen minute games with some brilliant skills on display as the boys continue to show great improvements each week.

U-7S

Milltown/Castlemaine's U-7 side were away to Fossa last Saturday morning. Fossa were great hosts and very well organised. There were 3 entertaining games played. Brilliant football on show by both teams in lovely sunshine. Well done to the players, management and parents/guardians for travelling in such strong numbers. U-8 GIRLS

Milltown/Castlemaine's U-8 Girls have a challenge match scheduled for next Sunday, July 17th as they take on Castleisland Desmonds at 10:30am.

U-10 GIRLS

The girls hosted Castleisland Desmonds on a splendid Thursday evening last week for a challenge match. Some great football was on show and it was a very enjoyable run out in the sunshine. Well done girls.

Fencing Stakes- creosote, long life and tantalised Larch Post and Rail. Wire & Accessories.





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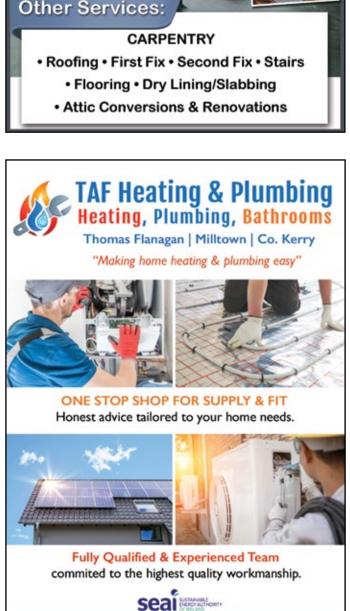


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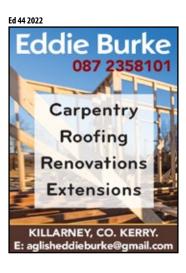
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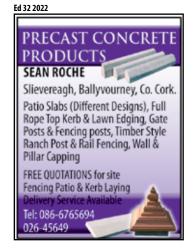


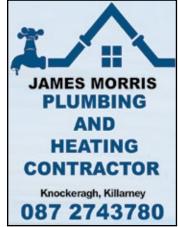






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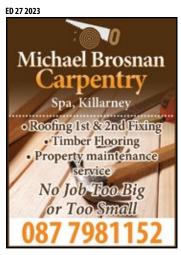












Ed 30 2022

Ed22 2023

















CONTACT OLIVER





Back to School

Fianna Fail Councillor Michael Cahill has welcomed the announcement by the Minster for Education in regard to school going children.

"I am delighted to advise that our own Minister for Education, Norma Foley has announced increased supports for families who have school going children" said Councillor Cahill.

They include:

School Transport Ticket: Anyone who has applied for and receives a school transport ticket for the academic year 2022/23 will not be charged a fee for their school bus ticket this year. This will provide families with savings of up to €500 on the cost of tickets.

The Back to School Clothing and Footwear Allowance: Is being increased by €100 for each eligible child under the scheme. Consequently, the amount being paid for each qualified child aged 4-11 years will be €260 and the rate payable for each eligible child aged 12 and over will be €385. It is estimated that some 151,000 families will benefit from this measure in respect of over 262,000 children. This is a one off measure for 2022 to assist families with back to school costs in the current year



School Meals Programme: The 310 newly designated DEIS schools can avail of the school meals programme this year, benefitting almost 60,000 additional children. This includes over 270 additional primary schools who may provide hot school meals to their pupils in the next school year. "This is a positive response to the Cost of Living pressures these families are experiencing at present" said the Rossbeigh based Councillor.

"As I have previously stated the rising Cost of Living along with the Housing crisis are the 2 greatest issues that our people are facing and I will continue to lobby Government Ministers to do everything humanly possible to assist" added Councillor Cahill.

MEP KELLEHER ASKS WHETHER PROFIT MARGINS AT ELECTRIC IRELAND ARE BEING MAINTAINED DESPITE PRICE HIKES

Tianna Fáil MEP Billy Kelleher has said that Electric Ireland must confirm if their proposed electricity and gas price hikes include a profit margin for the company.

Kelleher was commenting after the company announced 29% and 11% increases in gas and electricity prices respectively due to international energy markets fluctuations.

Electric Ireland provides electricity to over 40% of residential customers.

"Obviously, companies, if their wholesale prices are increasing, need to review their customer price rates. However, if these price increases include a high level of profit for the company, questions need to be asked by the Irish Government.

"At a time when consumers are seeing overall inflation of over 9%, state-owned companies have an obligation, I believe, to do everything they can to lessen the burden on hard pressed consumers and families.

"Last year, ESB, the parent company of Electric Ireland, made a profit after tax of €266 million. The question today is should the company be operating and charging customers in such a way to maintain former profit margins?

"The Irish Government owns 95% of the company, with employees owning the remaining 5%. Energy Minister, Eamon Ryan should, I believe, direct the company to operate on a break-even basis for 2022 and 2023 to enable the company to lower prices for consumers.

"While I generally believe the State should leave its semi-state enterprises to their own devices, we are in an emergency and families are hurting. Governments across Europe are coming up with new and innovative ways of addressing the energy cost crisis.

"France, for example, has decided to fund their main electricity provider, EDF, to keep their prices low. I also believe there is a realisation



at EU level that interventions of this nature are required to support families and consumers," concluded Kelleher.

MINISTER FOLEY WELCOMES **OVER €400,000 IN FUNDING FOR MTU KERRY**

Minister for Education and Kerry TD Norma Foley welcomes the awarding of €435,000 in funding for MTU Kerry to facilitate its expansion of electrical apprentice training.

This builds on the €20 million Apprenticeship Capital Fund investment in 2021 across both the further and higher education sectors.



Currently, electrical apprenticeships at MTU Kerry only reach a phase 4 training qualification.

This tranche of funding will enable the necessary changes to be made

to the electrical training centre at MTU Kerry so that it can cater for the provision of both phase 4 and phase 6 training.

Minister Foley said: "I welcome this funding which is further evidence of government's commitment to enhancing and expanding the apprenticeship system. This funding will ensure that MTU Kerry continues to provide quality, sought-after qualifications which

will further strengthen and sustain a myriad of much-needed professions in key industries."

IF YOU HAVE A STORY... Contact Aisling on: 086 0400 958



DANNY **HEALY-RAE** TD

WEEKLY CLINIC ON:

SATURDAY AT SCOTT'S HOTEL, KILLARNEY AT 11AM

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CIIr MAURA **HEALY-RAE**



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Danny Healy Rae TD - Monthly Clinics

| 4-4 Manday | Dathman & Consequelle | 2nd Friday | Cootleidand Avec |
|---------------|----------------------------------|--------------|----------------------------------|
| 1st Monday | Rathmore & Gneeveguilla | 3rd Friday | Castleisland Area |
| 8.15 PM | Top of the Hill, Rathmore | 7.30 PM | River Island Hotel, Castleisland |
| 8:30 PM | Bridge Bar, Rathmore | 8.00 PM | The Kingdom Bar, Castleisland |
| 9.00 PM | Dennehy's Bar, Rathmore | 8.15 PM | The Crown Hotel, Castleisland |
| 9.30 PM | Richie McAuliffe's, Gneeveguilla | 9.00 PM | Hughes Bar, Cordal |
| 1st Wednesday | Killarney Area | 9:30 PM | Lyon's Bar, Scartaglen |
| 8.00 PM | Torc Hotel, Lissivigeen | 4th Thursday | Killorglin Area |
| 8.30 PM | The Village Inn, Kilcummin | 7:00 PM | Golden Nugget, Fossa |
| 9.00 PM | Old Killarney Inn, Aghadoe | 7.30 PM | Galvin's Bar, Beaufort |
| 9.30 PM | The Golden Nugget, Fossa | 8:15 PM | O'Grady's Bar, Killorglin |
| 1st Thursday | Glenflesk & Barraduff | 8.45 PM | Larkin's Bar, Milltown |
| 8.30 PM | The Kerry Way, Glenflesk | 9.15 PM | Griffins Bar , Castlemaine |
| 9.00 PM | Spillane's Headford | 9.45 PM | Anvil Bar, Boolteens |
| 9:30 PM | Murphy's Bar, Barraduff | 4th Friday | Kenmare & Sneem Area |
| 10:00 PM | Sweeney's Bar, Barraduff | 8.30 PM | The Roughty bar, Kenmare |
| 1st Friday | Tuosist & Lauragh | 9.30 PM | Riney's Bar, Sneem |
| 9:30 PM | Sailors Bar, Killaha West | 10.00 PM | Blackwater Tavern |
| 10:00 PM | Helen's Bar Kilmacalogue | 10.45 PM | O'Connor's Bar Kenmare |
| 10:30 PM | The Lake House Tuosist | Last Monday | Farranfore Area |
| 3rd Monday | Knocknagoshel & Brosna | 8:00 PM | Ulick's Bar, Farranfore |
| 8.30 PM | O'Connor's Bar, Knocknagoshel | 8:30 PM | James Daly's Bar, Farranfore |
| 9.00 PM | Walsh's Bar, Knocknagoshel | 9:00 PM | Cunniffe's Bar, Currow |
| 9:30 PM | Kate Pat's Bar, Brosna | 10:00 PM | John Hendersons, Firies |
| 9.45 PM | Sportsfield Bar, Brosna | | |

PLEASE CONTACT

Danny **087 2316055** Office **064 6685315** Maura **087 7816432** Johnny **087 2354793** Eileen **087 9975419**

Email: danny.healyrae@oireachtas.ie | johnnyhealyrae@gmail.com | maurahealyrae@gmail.com





Hollywood superstar Will Ferrell, star of movie blockbusters 'Anchorman', Elf, The Shrink Next Door and many more pictured on holidays in Killarney, County Kerry on Wednesday night where he visited top local restaurant 'Harrow' and posed for pictures with staff members, Agnes, Siobhan, Shane. Z, Blair, Bart and head chef John. The actor is currently touring Ireland with friends. Photo: MacMonagle, Killarney





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Bar & Restaurant

Due to continued growth, the long established, Auld Triangle, Killarney Road, Macroom, Co. Cork are now hiring for a

SENIOR SOUS CHEF

We are looking for a talented individual to join an ever growing and exciting kitchen team here at the Auld Triangle, working closely alongside our Head Chef.

The Sous Chef will play a key role in supporting the restaurant vision for high quality food and ensuring that it is delivered, with a hands-on approach, in a professional, safe, and efficient manner.

If you have the relevant qualifications, would like to work within a busy kitchen and have a real passion for food we have an excellent opportunity for you.

This is a full-time position with an excellent remuneration package on offer.

The position would suit applicants with at least 2 - 3 years' prior experience in a busy restaurant environment.

If interested please send your CV to auldtrianglecv@gmail.com, call us on 026-41940 or feel free to call in to see us in Macroom, Co. Cork.

We can't wait to hear from you.



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BECOMING SELF-EMPLOYED

What does being self-employed mean?

When you start working for yourself, you are classed as 'self-employed' and a 'sole trader'. A sole trader is when you set up a business on your own.

In general, you are a self-employed sole trader if you:

- Run your own business and are responsible for its successes and failures
- Have several customers
- Regularly sell goods or services to make a profit
- Are paid for the service you provide
- Decide how, when and where you work

If your business fails, your personal assets could be used to pay back people or organisations that your business owes money to. If you want to keep your personal assets and business assets separate, you can set up a 'limited company' instead

How can I become a sole trader?

To legally become a sole trader, you must register as selfemployed with Revenue. You do not have to use a business name.

But, if you choose to use a business name, you must register your business name with the Companies Registration Office (CRO)

How do I pay tax as a self-employed person?

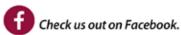
You must register for income tax with Revenue as a selfemployed sole trader, using the Revenue Online Service (ROS). When you are registered with Revenue as a selfemployed person, you pay incometax, PRSI and the Universal Social Charge under the self-assessment system rather than the PAYE system (which is used for employees). Selfassessment means that you are responsible for making your own assessment of tax due.

Read more about becoming self-employed and paying tax as a self-employed person on https://bit.ly/3kRMXQW or you can call a member of the local Citizens Information Service in Kerry on 0818 07 7860. The telephone lines are staffed from 10am -4pm from Monday to Friday. The National Phone Service is available on 0818 07 4000 Monday to Friday 9am – 8pm. Alternatively, you can email on tralee@citinfo.ie or log on to www.citizensinformation.ie



Welcome back dear student "....Are any of you sick? You should call for the elders of the church to come and pray over you, anointing you with oil in the name of the Lord. Such a prayer offered in faith will heal the sick, and the Lord will make you well. And if you have committed any sins, you will be forgiven. Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results" (James 5:14-16 NLT). This is God's protocol for healing. When Jesus went back to the Father He left a mandate for healing and mercy with those who believe in Him (Matthew 10:8; Mark 16:17-20). Healing comes through the forgiveness of sin - both our own sins which are forgiven by God through the atoning blood of Jesus, and the sins others have committed against us which are our responsibility to forgive and release (1st Peter 2:24; John 20:23). This is a vital component to healing. Because sin and unforgiveness wraps like a band of iron - holding a person bound. But repentance and forgiveness is a key like a release valve. "Praise the Lord, my soul and forget not all His benefits - Who forgives all your sins and heals all your diseases, Who redeems your life from the pit and crowns you with love and compassion, Who satisfies your desires with good things so that your youth is renewed like the eagle's" (Psalms 103:1-5 NIV). Jesus paid for our redemption from sin with His own Blood. The understanding of (a) what He was doing on the Cross for us, and (b) the fact that He is the only way to God, helps us receive the many benefits that, by His death and resurrection, He won for us. ".. And you know how God anointed Jesus of Nazareth with the Holy Spirit and with power, Who went about doing good and healing all who were oppressed by the devil for God was with Him" (Acts 10:38). For our part all we have to do is believe that Jesus is God's Son and Messiah, repent of our sin, acknowledge Him as Saviour and Lord, and forgive those who have hurt us - in obedience to His Word. The benefits of living a life yielded to the Lord Jesus means we get to experience firsthand - His love, His peace, and His promises of a blessed life, healthy and strong in every area. "Seek first the Kingdom of God and His righteousness and all these things shall be added to you" (Matthew 6:25). There is a way to receive healing. Many people look to the world, medicine, and the new age for answers that man does not have. Only God is the One Who brings true healing and restoration. The woman with the issue of blood who approached Jesus in the crowd found this out. She had gone everywhere for help but found none. She was left penniless and exhausted from her search for healing (Mark 5:25-34). She heard about Jesus and came to touch just the hem of His garment, believing she would be healed by getting close to Him. She was healed instantly - but more than that she was made whole. Jesus never does things by half whole means made completely sound in body, spirit and soul (1st Thessalonians 5:23). It's there for you too friend!

You can listen to our podcasts on Spotify. Find the links on our Facebook page - Word of Victory Christian Fellowship Killarney, or on Twitter - @WOVKillarney.



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by John O'Sullivan

FOCUS ON BULBS

Even though its only July, you can start thinking about planting bulbs. Most bulbs are suitable for growing in containers especially the likes of tulips, daffodils, lilies and alliums. When planting up a container of window box with bulbs, plant them at about three times their depth and about one bulb width apart and don't forget to water them especially when the foliage is out and they are growing. When planting bulbs in the garden dig over the area well where you are planting and add some compost. Always plant your bulbs in groups of about six depending on the type of bulbs. If you would like to add some colour to some areas of the garden for Spring and into Summer, it

would be advisable to grow your bulbs now in small pots and grow them on until early spring. You can then plant them in their pots in the areas you want and after flowering you can dig them up and keep them until next Spring. A good dwarf daffodil for this is Tete-a-tete.





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NOVENA TO ST. CLARE

IN THANKSGIVING

Novena to St. Clare. Ask for three favours, one business, two impossible. Say nine Hail Mary's for nine nights with lighted candles. Pray whether you believe or not. Publish on ninth day. Powerful novena.

Say may the Sacred Heart of Jesus be praised, adored glorified and loved today and everyday throughout the whole world now and forever. Amen Your request will be granted no matter how impossible it may seem. E.F.

NOVENA TO ST ANTHONY

O wonderful St. Anthony, glorious on account of the fame of your miracles, and through the condescension of Jesus in coming in the form of a little child to rest in your arms, obtain for me of His bounty the grace which I ardently desire from the depths of my heart . (State your intention) You who were so compassionate toward miserable sinners, regard not the unworthiness of those who pray to you, but the glory of God that it may once again be magnified by the granting of the particular request (State your intention) which I now ask for with persevering earnestness. Amen Pray one Our Father,

one Hail Mary, and Glory Be to the Father, in honor of Saint Anthony. Saint Anthony, pray for us!

E.F.

NOVENA PRAYER TO ST JOSEPH

O Saint Joseph, whose protection is so great, so strong, so prompt before the throne of God, I place in you all my interests and desires.

O Saint Joseph, assist me by your powerful intercession and obtain for me from your Divine Son all spiritual blessings through Jesus Christ, Our Lord; so that having engaged here below your heavenly power, I may offer my thanksgiving and homage to the most loving of Fathers.

O Saint Joseph, I never weary contemplating you and Jesus asleep in your arms; I dare not approach while He reposes near your heart. Press Him in my name and kiss His fine head for me, and ask Him to return the Kiss when I draw my dying breath. Amen

E. F.

2ND ANNIVERSARY

IN LOVING MEMORY OF Noreen O'Donoghue



LATE OF ANNEMORE GLENFLESK & 13 Church Place Rathmore Who Died 19th July 2020

Sadly missed along life's way Quietly remembering every day No Longer in our lives to share But in our hearts you're always there Please accept this acknowledgement as an expression of our deep gratitude.

Lovingly remembered by daughter Rose, George and Craig McKenzie Vass.

2ND ANNIVERSARY

IN LOVING MEMORY OF Noreen O'Donoghue



LATE OF ANNEMORE GLENFLESK & 13 Church Place Rathmore WHO SADLY PASSED AWAY ON JULY 19 2020

> You always had a time to share A laugh a joke, a time to care These are the memories We have of you.

Sadly missed by son Michael, Annette, Micheal, Mark, Shauna, Mairead, Lily and Grace.

9TH ANNIVERSARY

In Loving Memory of CIAN O'DONOGHUE



BORN INTO ETERNAL LIFE on 19th of July 2013

> Deep are the memories Precious they stay No passing of time Can take them away They bring a smile Sometimes a tear But always a wish That you were still here.

Sadly missed and lovingly remembered by your Auntie Siobhan, Cousin's Cassandra and Ellen.

> A silent thought, a quiet prayer For a special person in God's care.

PRAYER TO THE LITTLE **FLOWER ST THERESE**

O Little Therese of the Child Jesus, please pick for me a rose from the heavenly gardens and send it to me as a message of love. O Little Flower of Jesus, ask God to grant the favors

I now place with confidence in your hands..

(mention in silence here)

St. Therese, help me to always believe as you did in God's great love for me, so that I might imitate your "Little Way" each day. Amen

E.F.

THE 3 DAY NOVENA PRAYER TO **OUR LADY OF MOUNT CARMEL**

Oh, most beautiful flower of Mount Carmel, fruitful vine, splendor of Heaven. Oh, Blessed Mother of the Son of God; Immaculate Virgin, assist me in my necessity. Oh, Star of the Sea, help me and show me you are my Mother. Oh, Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succor me in my necessity (mention your request here). There are none that can withstand your power.

Oh, Mary, conceived without sin, pray for us who have recourse to thee. (say three times). Holy Mary, I place this prayer in your hands. (say three times). Amen.

E. F.

EVENTS OVER THE COMING MONTHS

KILLARNEY BURIAL GROUND MASS: Monday 11th of July @7.30pm. Aghadoe Cemetery Mass booked for Tuesday 26th July @ 8pm. New Cemetery Mass: Monday 1st of August at 7pm.

TIDY TOWNS: Tidy Towns volunteers please meet at the High Street Car Park at 6pm on Monday July 18th. New Volunteers are welcome to help in keeping Killarney looking good.

REEK SUNDAY 2022: The annual Reek Sunday pilgrimage takes place on Sunday July 31st at Croagh Patrick. Confessions on the summit 7:30am - 2:00pm. Mass hourly from 8:00am - 2.

KILLARNEY LEGION OF MARY: Rosary will be recited in the front green area in Ardshanavooly Estate, Killarney at 3pm on Sunday 17th of July. There will also be a general blessing of the homes in the area.

IN MEMORIAM

TO PLACE A MEMORIAL ON THE KILLARNEY OUTLOOK

Please email details to: graphicdesign@outlookmags.com and the verse and photo you would like to include.

If it is a repeat anniversary we will have your photo and verse on file, just call Emma on: 087 7160372

Please include a contact name, address and telephone number.

Full Column: €20 2/3 Column: €15 1/3 Column: €10 Prayers: €10 each

payment can be made via credit card by calling **1800 71 40 40**



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.

J.K.O.C

ACKNOWLEDGEMENT & 1ST ANNIVERSARY

In Loving Memory of BERNARD



KNOCKANIMIRIS, HEADFORD, KILLARNEY, CO. KERRY. WHO PASSED AWAY ON THE 16TH OF JULY 2021

Cherished memories of our much-loved son, brother and uncle, Bernard.

Bernard filled our lives with joy, laughter and love. On his first anniversary, his mother Mary, sisters Ann Marie and Liz, brothers Tim, Donal, Pádraig, Declan, Brendan, Dermot and Gerard, nieces and nephews, sisters-in-law, brothers-in-law, aunts and uncles would like to express our profound gratitude to all who sympathised with us on our sudden and sad loss.

Our sincere thanks to the emergency services, including the Cardiac Response Unit, the ambulance service and An Garda Síochána for their rapid and professional response on the evening of 16th July 2021. We extend our deep appreciation to the staff and management of Bird's Amusements and O'Shea's Funeral Home for their kindness on that evening.

We wish to thank everybody who attended Bernard's funeral and those who watched remotely via live stream. We are indebted to our extended families, and kind friends and neighbours, for all the wonderful help, support and generosity received from them. We extend our gratitude to all those who travelled long distances to be with us, sent sympathy cards, Mass cards, letters of condolence, and who made phone calls or sent texts. We thank those who brought food and refreshments over the period of the funeral, and those who made donations to the Kerry Parents and Friends Association. We would like to thank all those who lined the route on Bernard's final journey from the church to Aghadoe Graveyard, in particular his many friends and staff from Park Court and the Kerry Parents and Friends Association.

We want to gratefully acknowledge the kindness and support provided by Fr. George Hayes, and also Fr. Bill Radley who celebrated Bernard's funeral Mass. We greatly appreciate the professionalism and attention of Murphy's lindertakers.

As it would be impossible to thank everyone individually, please accept this acknowledgment as an expression of our deepest gratitude. The Holy Sacrifice of the Mass has been offered for your intentions.

Bernard's First Anniversary Mass will be celebrated in Sacred Heart Church, Barraduff on Sunday 17th July 2022 at 11.00am.

FIRST ANNIVERSARY

REMEMBERING WITH LOVE ON HIS FIRST ANNIVERSARY MY WONDERFUL FATHER

NOEL LUCEY



Curraglass, Glenflesk who sadly left us on the 19th of July 2021.

> Today's the anniversary Of the day that I lost you, And for a time it felt as though My life had ended too.

But loss has taught me many things And now I face each day, With hope and happy memories To help me on my way.

And though I'm full of sadness That you're no longer here, Your influence still guides me And I still feel you near.

What we shared will never die It lives within my heart, Bringing strength and comfort While we are apart.

Love you & miss you always Daddy, your daughter Áine, Richard, Tyler, Hudson Brooke & Carter xx

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.

J.K.O.C

ACKNOWLEDGEMENT & 1ST ANNIVERSARY

IN LOVING MEMORY OF NOEL LUCEY



LATE OF CURRAGLASS, GLENFLESK, KILLARNEY AND FORMERLY OF HOLLYBROOK, CARAGH LAKE, KILLORGLIN WHO PASSED AWAY ON THE 19TH JULY 2021.

Remembering too at this time his wife Mary and his daughter Linda.

On this the First Anniversary of our beloved father Noels death, his daughters Karen, Sandra, Deirdre and Áine, his sons in law, Patrick, Dermot, Richard and Colin, his 16 grandchildren and extended family would like to take this opportunity to express our sincere thanks to everyone who has supported and sympathised with us at our time of great loss. Our sincere thanks to all those who visited our home, attended the funeral mass and burial, those who were able to travel to be with us, those who tuned into his funeral mass via live stream, to those who sent mass cards, floral tributes, online condolences and expressed their support in many different ways.

A special thank you to Fr. Kieran O Brien for his kindness, support, words and prayers at the mass and burial were of great comfort to us all. To Derry and Rosie Healy for your beautiful music- sincere gratitude. We would like to give special thanks to O'Shea's Funeral Directors for their kindness and professionalism. Thank you to his compassionate neighbours and friends who visited Noel, supported us and gathered on the roadside to pay their respect to Noel on his final journey to Glenflesk church and Aqhadoe graveyard.

A heartfelt thank you to the doctors and staff at Ross medical practice and Sheahans pharmacy. A special word of thanks to the wonderful management and nurses of the Palliative Care Team, for their kindness and respect at all times, as well as the caring and gentle night nurses of the Irish Cancer Society who stayed to support Noel and his family in his last few days. To our local football club Glenflesk and Noels former club Laune Rangers, thank you for your guard of honour. As it would be impossible to thank everyone individually, please accept this acknowledgement as an expression of our deepest gratitude. The Holy Sacrifice of the Mass will be offered for your intentions.

Anniversary Mass will be on Tuesday 19th July 2022 at 7.30pm in Glenflesk Parish Church.





