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KILLARNEY ROTARY CLUB BEGIN 40TH ANNIVERSARY CELEBRATIONS

See Page 4

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Aisling Crosbie.

FROM THE EDITOR

With the town decked out in Green & Gold in anticipation of this Sunday's All Ireland Football Final between Kerry and Dublin, our sports columnist Jimmy O'Sullivan Darcy previews the epic encounter.

A new sports centre has been given the green light for Killarney, the Rotary Club have planted an oak tree to mark their 40th anniversary and dedicated followers of fashion turned on the style at Killarney Races.

There was fantastic fun at Flesk Fest, Soroptimist delegates from all over the world visited Killarney and Deerpark Pitch & Putt held their 40th Birthday celebrations.

Final preparations are being put in place for Féile Lughnasadh Festival in Milltown, the coffee cup initiative has been embraced by one local club and a Killarney athlete has done his club and country proud at the European Youth Olympics.

Hope you all enjoy this week's Killarney Outlook!

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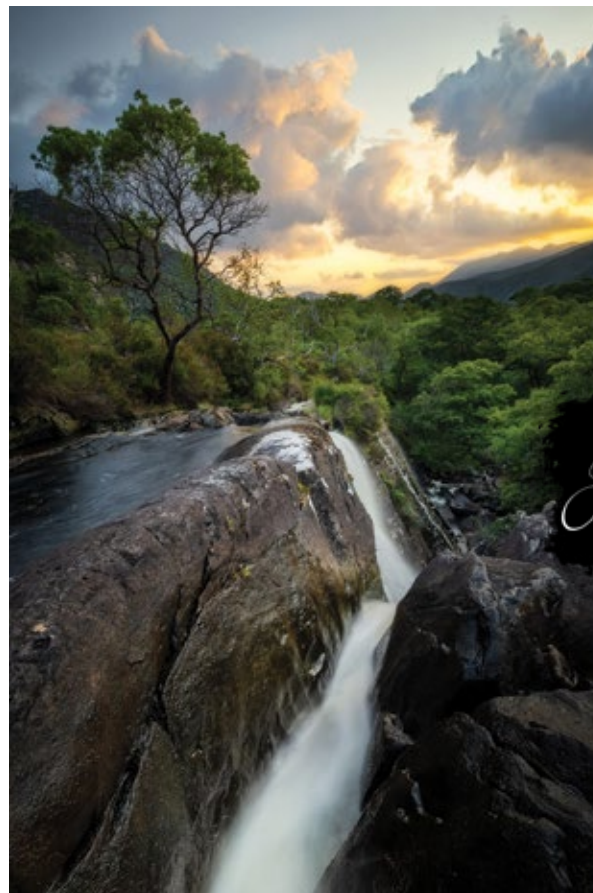
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Planting for a better tomorrow...

Killarney Rotary Club begin 40th Anniversary Celebrations



Pictured at the tree planting are: Kevin Taylor, Anne Alcock, Paul Sherry, Grace O'Neill, John Shanahan, Angela O'Connor, Tom Leslie, Barry Murphy (President), Mike O'Shea, Ciara Irwin Foley, Stuart Watson, Róisín O'Sullivan (Great Southern Killarney) and Rayla Tadjimatova

Killarney Rotary Club have planted an Irish Oak tree to celebrate the Ruby 40th Anniversary of the club. "This is a very proud occasion for all the members and we would like to thank the Great Southern Killarney for permitting us to plant this native tree marking this special year in our Club. The last tree that Rotary planted was marking our 21st. This is quite big now standing at almost 30 feet and is located close to the latest addition on the lawn outside the beautiful Garden Restaurant. This is where the Club members meet on a weekly basis to discuss our various events. The members both past and present have enjoyed watching the first tree flourish and will be able to watch this tree grow over the next 40 years", John Shanahan, one of the founding members of Killarney Rotary Club back in 1983, said.

As Sir David Attenborough said 'Ancient trees are precious, there is little else on earth that plays host to such a rich community of life within a single living organism'

The motto of Rotary "Service Above Self" conveys the humanitarian spirit of Rotary's 1.2+ million members worldwide. Rotary members are volunteers who work locally, regionally and internationally to combat hunger, promote peace, fight disease, provide clean water, sanitation and hygiene, save mothers and children, support education, grow local

economies and protect the environment. The theme for the Rotary year 2023-2024 is 'Create Hope in the World.' The goal is to restore hope - to help the world heal from destructive conflicts and, in turn, to help us achieve lasting change for ourselves.'

This year's Rotary President is Killarney native Barry Murphy said 'The Rotary club in Killarney, not unlike many other community clubs suffered as a result of the Covid19 pandemic. Thankfully that is under control now, and we can revert to a more interactive society that allows us to run events such as the Afternoon Tea party and the very sociable and popular Wine & Art evening, which kicks off the Christmas season in Killarney. These events and many others raise substantial funds for the club, to distribute to the many worthy organisations. I would like to commend the Rotary members past and present along with the associates & friends who have been involved in the many projects over the past 40 years.

It is a fitting gesture to plant one of our native Irish Oak trees, a symbol of kingship, resilience, strength & wisdom, on the 40th anniversary of Rotary in Killarney.

Hopefully Rotary will continue to be a part of Killarney for many years to come - "Spreeóg dóchas ar domhain" (Create Hope in the World).

NEW SPORTS CENTRE FOR KILLARNEY

A new sports centre has been given the green light by members of Killarney Municipal District Council.

The proposed site at Derreen is located on the outskirts of Killarney Town between the sports pitches of Killarney Legion and Killarney Celtic. The community hall will incorporate a new double basketball hall and would facilitate a range of community uses e.g Kerry Stars Special Olympics club, Basketball, Judo, Taekwondo and Tennis.

Along with the two basketball courts, the single story Community Hall will also consist of a multi functional room, a meeting room, a gym, a judo room, changing rooms, toilets & showers, storerooms and a coffee room and will be home to a number of local and community groups.

The development also consists of the construction of an outdoor playground, parking, a raised pedestrian crossing, lighting, footpaths and ancillary services.



The site for the new Sports Centre in Derreen.





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WELCOME FOR NEWS ON IVF TREATMENT

Couples can now access one round of free IVF in Ireland under the new publicly funded assisted human reproduction treatment and Dr Mary Mc Caffrey, of the Scotia Clinic, has warmly welcomed Minister for Health Stephen Donnelly's announcement that fully publicly funded assisted human reproduction (AHR) treatment will commence in September. This long-awaited programme will entitle eligible patients to one full cycle of IVF (in-vitro fertilisation) or ICSI (Intracytoplasmic sperm injection) treatment, initially provided in HSE-approved private clinics of their choice ahead of the opening next year of the first public National Advanced AHR Centre.

Dr Mc Caffrey explained "this is a fantastic first step, we fully recognise that IVF is a significant cost for all couples, and for some sadly this cost has been a barrier for them in being able to access treatment, so we are confident this new programme will make an impactful difference."

There are eligibility criteria which will set out guidelines with respect to the age of the intending parents, the female patients body mass index, the number of existing children and the number of previous IVF cycles accessed. Patients with known clinical causes of infertility and patients where there is no known clinical cause will be eligible for treatment.

Given the complexity of fertility services this programme is being commenced on a structured and phased basis. For instance, treatment involving the use of donated gametes (sperm and eggs) will not be available in September for heterosexual or same-sex couples or single female patients. This treatment will become available as soon as possible.

Dr Mc Caffrey outlined that "due to our 21 years of experience delivering Shared Care IVF through The Scotia Clinic with Irish and European

clinics to assist couples and individuals on the fertility journey, we know that optimising your health, for both women and men from a medical, physical, and emotional well-being perspective will help towards optimising the outcome of your IVF treatment."

"Couples about to embark on this new IVF pathway have time to do everything to give themselves the best chance of success. We will work with them, to make that possible."

This Model of Care for Fertility will take the approach that the patient will present to their primary health care provider or specialist and from there they will be referred to their local Regional Fertility Hub, which provides a range of treatments and interventions for both males and females. Then where necessary, tertiary care (that is, IVF (in-vitro fertilisation), ICSI (intracytoplasmic sperm injection) and IUI (Intrauterine insemination), with patients being referred onwards through structured pathways.

This programme is a much hoped for development for couples or individuals in Ireland who are seeking fertility assistance and up until now have had to cover all financial costs of the treatment themselves. We are hopeful that this programme is the first of many to be rolled out over the coming years.

Dr Mary Mc Caffrey, of the Scotia Clinic



MATTHEW OVERCOMES BARRIERS to Showcase Remarkable Artwork at National Exhibition

Matthew Sexton, a 34-year-old artist with an Intellectual disability (ID) and Autistic Syndrome Disorder (ASD) from Kenmare has exhibited his remarkable artwork at the prestigious Royal College of Surgeons Ireland (RCSI) in Dublin as part of the Connecting Artists 2023 programme.

Matthew has been residing in Cork for several years and holds a deep affection for his family in Kenmare and regularly visits them. Art, painting, gardening, and music bring him joy, and he comes from a family with a strong artistic inclination—his younger brother is an art teacher. Matthew's art shines through his beautiful canvas paintings depicting people and animals. He takes great pleasure in sharing his art as gifts with his loved ones.

Matthew has already participated in three exhibitions in 2013, 2015, and 2018, and now his first national exhibition at the RCSI exhibition in Dublin. Grateful for the opportunity to learn new techniques, connect with other artists, and form new friendships through the Connecting Artists programme.

Matthew is one of ten artists carefully selected from across the country, overcame a brain haemorrhage and left leg paralysis eleven years ago. Finding solace and acceptance in art, he immersed himself in the works of renowned artists, explored exhibitions worldwide, and delved into art literature.

Broadcaster, Miriam O'Callaghan joined the artists and their families at the event, expressing her joy and privilege to witness their stunning art pieces in the fantastic exhibition space.

The exhibition's success has paved the way for further showcases, with the exhibit set to be featured at the University of Atypical in Belfast from Friday, 28th of July until Friday, 25th of August, and seeking locations in Co Kerry to showcase the exhibition in the future.

Stay updated with news and events by following @connectionsartscentre on Instagram.



Matthew Sexton pictured with Miriam O'Callaghan at the exhibition.

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JulyFest

is a winner at KILLARNEY RACES

JulyFest at Killarney Races delivered a fun-filled programme with record-breaking crowds, spectacular views, top-class racing and an atmosphere that was not to be missed.

Monday kicked off the festival with lots of locals arriving to the track. There were celebrations across the track as 200 members of Killarney Racegoers Club celebrated their 40th anniversary in the Maurice O' Donoghue Suite. Members gathered as they reminisced of the years past & present, a check was also presented to Killarney Racecourse Chairman Billy O Sullivan for 1.2 million signifying the memberships contribution over the last 40 years to Killarney Races. Bella Blue Eyes showed her quality in the Irish Stallion Farms EBF Race. The Paddy Twomey trained filly will step up in grade next time and could be one to follow. Beechwood was an impressive winner of the William Hill Pick Your Places Maiden.

Tuesday evening offered top class flat action as the wonderful team from The Art House entertained the kids. On the track, Chally Chute continued his progression in the William Hill Extra Place Races Handicap, with Galway now in sight.

Races n' Roses was the theme on day three. Eight Roses from the International Rose of Tralee festival got to meet their escorts for the first time at the race-meeting and they were joined by last year's winner Rachel Duffy, great fun was had by all. The roses brought colour, glamour and good luck on the day.

On Thursday, jump racing took center stage to a packed crowd of racegoers with TG4 broadcasting live for the track.

Last but no means least, the final day of July-Fest was extraordinary all-round. Rachael Blackmore rode Lady Rita to victory in the 3.05pm Lee Strand Handicap hurdle, trained by Louise G Lyons and owned by K Kinahan. Ladies and gents from all across the country arrived in style as Lee Strand Best Dressed fashion event got underway. The fashion was fierce and celebrity judges Tadgh Fleming and Pamela Uba had a tough challenge whittling down the ten finalists.

Congratulations to the Lee Strand Best Dressed Lady winner Siobhan Murphy from Rathmore, Co. Kerry, who won a specially commissioned



Killarney Races Dressed Winner Brian O'Connor and Siobhan Murphy pictured with celebrity judges Tadgh Fleming and Pamela Uba. Photo: Domnick Walsh

crystal vase and a trip for two to Paris. Siobhan's stunning look was created with an Ollie & Mac bright magenta dress, paired with a rented lime green and magenta headpiece and matching heels from Asos.

On the day Siobhán Murphy said "I am over the moon to have won, there was such a high standard here today. I am in shock and so grateful to be picked by the judges. Thanks so much to Lee Strand and the Killarney Races, I had a great day out."

The Lee Strand Best Dressed Gent winner was a Limerick man who is now living in Tralee, Brian O'Connor. Brian wore a blue blazer from Celsius and it was themed perfectly with a shirt, pants and belt from Suits Select, shoes from Penneys and a hat from Parfois. He won a specially commissioned crystal decanter and a trip for two to the city of Milan.

Brian said "Delighted to win and thankful to the judges for selecting me. It is my first time dressing up as a solo for a race meeting, I usually go as a couple theme for best dressed. I would like to thank my Auntie Mary, as she has inspired me and my girlfriend with our fashion style for the races."

Killarney Races have two more wonderful festivals to look ahead to in August and October, if you're looking for a proper day out then look no further, all details at KillarneyRaces.ie and on social media.



Tim Brosnan, studying the form at the July Race Meeting at Killarney Race Course Wednesday evening flat racing. Photo: Valerie O'Sullivan



Coming up roses... Chairman Killarney Race Company, Billy O'Sullivan, meeting some of the Rose of Tralee Contestants 2023, a special July Race Meeting at Killarney Race Course Wednesday evening flat racing. Photo: Valerie O'Sullivan



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John & Mary Murphy, Killorglin.

Fantastic Fun at Flesk Fest 2023

After months of meticulous planning by the brilliant committee The Flesk Fest took place last weekend. The event was a complete success, the support shown was phenomenal with crowds attending each evening from far and near, young and not so young all in high spirits enjoying themselves. A huge thanks to all the volunteers who worked so hard all weekend. Thanks to the bands who entertained us all, each one as exciting as the next. Thanks also to the caterers and children's entertainers who made this weekend so magical and special. Looking forward to next year!

PHOTOS: SEAMUS HEALY



Conellie and Maisie Sheehan with their dad Pat at the Flesk Fest last weekend.



Joanne and Daisy McGillicuddy and Jennifer Mccarthy at Flesk Fest last weekend.



Aileen O Sullivan, Colm Casey and Emma O Sullivan enjoying the Flesk Fest weekend



Dermot Kelly, Eamon Spillane, Fergal Favier and Pat Duggan enjoying Flesk Fest last weekend



Breda Kelly, Katie Crowley, Joan O Donoghue, Karina Favier, Gleidiane Temoteo and Noellee Murphy enjoying Flesk Fest.



Joanne and Daisy McGillicuddy and Jennifer Mccarthy at Flesk Fest last weekend.



Kate and Conor Darmody enjoying Flesk Fest last weekend.



Mary Lucey, Bernadine Roche and Shan Lucey at Flesk Fest last weekend



Pat and Kathleen O Donoghue with Con Murphy at Flesk Fest last weekend.



Mairead Roche with her daughter Sadie at Flesk Fest last weekend



The O Donoghue sisters setting the atmosphere on Saturday at Flesk Fest



Orlagh, Alan and Laoise Waldron enjoying Flesk Fest.



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It's the talk of the town...

With Anne Lucey



Anne Lucey looks at the positive news happening in the town of Killarney

Concerns over Scale of Building at Busy Junction entering Killarney

A proposal for a three to five storey apartment blocks at the busy junction of the N22 and Ballycasheen Road overlooking Whitebridge is raising local concern.

The plans, by Killorglin building company NKP Ltd, are for a 90-bed nursing home and 18 independent living units in apartment buildings, rising highest on the eastern or N22 side.

'The proposed nursing and independent living units will be accommodated within a three to five storey building in the eastern area of the site and the proposed duplex/apartment residential units will be accommodated within two apartment buildings ranging in height from three to four storeys in the western areas of the site,' according to the planning documents lodged with the council.

The site is around 1.18 hectares, that's around two and a half acres.

Despite the fact that most medical type settings are now grouped more or less together on the northern side of Killarney, the concern among a number of local residents is for the scale, not the nature of the proposal, or the fact it is south of the bypass.

'Locals believe that a nursing home with independent living units that fit into our locality would be welcome. However, the scale of what is planned is five stories high, on the main artery into Killarney and is simply too large,' local man John Ivory said on behalf of a newly formed residents' group.

The inclusion of two apartment blocks is a concern due to the density, he said.

'A five and four story building is also not a good first impression to Heaven's Reflex,' in their view.

With the Macroom bypass open, more traffic will use the N22 in future, it is expected. The Ballycasheen junction with the N22 is already 'the worst traffic bottleneck in Killarney all year round', they also say.

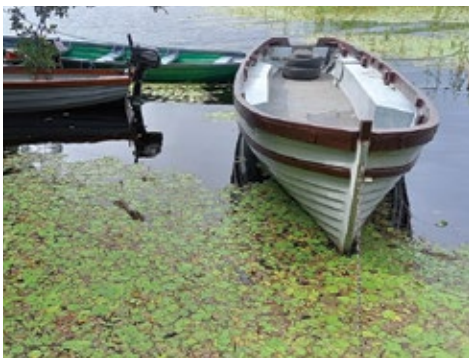
'This development will do nothing to ease that problem. It will also be visible from the railway line due to its height, so that's not ideal either,' John says.

'Our green countryside feeling with a few woods and two rivers on our doorsteps could be replaced with five storeys and more and traffic congestion.' Submissions to the council planning office must be made by August 7th next and the residents are to lodge a formal objection.

Yellow blossoms on lake no angels

Last week we mentioned the bright yellow of noxious ragwort on roadside verges this dull July. Well, imagine my surprise on an especially dull last Sunday to see the waters of the bay all around Bog Island and Ross covered in awasp-yellow flower the colour of ragwort or even bright yellow rape flower.

The 'fringed water-lily' - invasive is a mild description for this *Nymphoides peltata* - is



flowering with vigour. It first appeared in the lake in 2016, was contained, and eliminated, but is now extensive.

A boatman told me tourists don't realise what it is and as with the purple rhododendron are in awe of the lovely colour. But the lily is an invader and a pest, and boats get caught in the weed trying to navigate.

It was brought in by the horticulture and aquatic industry for ponds and apparently is spread also by visiting boats.

I am not sure what can be done about it, but it will have to be tackled if it spreads further along Ross as boats will not be able to get out at all. Rangers tell me it is getting caught in engines already.

It is very difficult to tackle especially in an area like the highly protected Lough Léin part of the national park.

The lily loves tranquil waters and nutrient rich waters. We have already recently highlighted how the waters in the bay around Ross have been found by the EPA to be extremely 'rich' (read poor quality) because of the outflow from the Folies stream which Killarney Waste Water Plant discharges into.

The way fringed water-lily has colonised and is thriving in the bay, is another sign of pollution, and another argument for an overhaul of that other plant - the Killarney WWTP!

And They're Off!

We needed a boost last week and we got it with Ladies' and Gents' Day at the Killarney Races. The rain held off and the well-dressed crowd was in high spirits on Friday. Appropriately, Emily in Paris won in the second race and I had

backed her (I won all of Euro 12.50) so I too got off to a flying start, though partly there for work. The colour this year was astonishing and I couldn't put my finger on any one dominant shade. I met a mother and daughter from Bavaria living in Killorglin in traditional costume; an off-duty garda was in a lovely Tuniisan style blue dress, and I saw some gorgeous cream outfits, and orange dresses, to mention a few. Even white made an appearance.

It was nice to see familiar faces too. I, like many others, feel Killarney has changed so much and we are all in search of its centre or heart these days.

The town's appearance since Covid leaves a lot to be desired and I wish someone would come up with a strong harmonious vision because there are times it reminds me of a down-at-heel Fuengirola- or one of those awfully kitsch Spanish resorts. Killarney is better than that!

There is a lack of harmony with the street furniture and car parking and bins and the chewing gum charred lanes and pavements don't do much for its appearance either.

We also need a few more tourists! I know a message is being put out by some sectors against the odds that all is well, and booming, but my experience is the town is suffering this year. Even Failte Ireland predict a loss of at least 20 per cent for resorts where tourist beds are lost to refugees and Government contracts. And Killarney is unusually quiet this July. Small businesses from jewellers to bike shops to bars to restaurants to sweet shops are not busy-unless they are all lining up to tell me untruths! And it's raining, a time of business normally for this town.

By no means all of the downturn in Killarney is due to refugees in tourist beds, it has to be said. There is also the shut down of Airbnbs after one of the most vigorous crackdowns in the whole state by any local council. I have heard estimates that thousands of beds are gone. These are modestly priced beds which suited weekenders, a mainstay of the night time economy. Weather is a factor too and there is the mass exodus of Irish abroad this summer. I think this long winter we will have a chance to think long and hard and reflect on our town after the perfect storm this summer.



Judges Pamela Uba, Miss Ireland 2021 & Tadhg Fleming, Digital Content Creator selected ten lady finalists and ten gent finalists from the thousands of women and men who attended the Lee Strand Best Dressed 2023. Also pictured were Derry Fleming, Teresa Higgins and Pam Tracy Killarney Race Course Photo By: Domnick Walsh © Eye Focus LTD

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From Monday 31st July, our clinic will be in our new location in Hilliard House Car Park. You can find us via High Street (Speakeasy bar laneway & up the lift) or via Lewis Road (turn right at Mangerton View & enter car park to the top floor).

WE HAVE NEW CLASSES

Within our new clinic, we have two new studios and a jam packed class schedule including Reformer Pilates, Mat Pilates, Yoga, Pregnancy Yoga, Pregnancy Reformer Pilates, Women's Health Reformer Pilates & Post Natal Mat Pilates. Check out our schedule below.

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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	9:30AM REFORMER PILATES	7:15AM REFORMER PILATES		7:00AM YOGA *start 14th Aug	7:15AM REFORMER PILATES	
MORNING	10AM POST NATAL PILATES		9:30AM REFORMER PILATES		9:30AM REFORMER PILATES	9:30AM REFORMER PILATES
MORNING	11AM POST NATAL PILATES					9:45AM YOGA
LUNCH				1PM REFORMER PILATES	12PM REFORMER PILATES	
EVENING	6:00PM YOGA *start 14th Aug	6:00PM REFORMER PILATES	5:00PM REFORMER PILATES	5:30PM REFORMER PILATES		
EVENING	7:00PM REFORMER PILATES	6:15PM PREGNANCY YOGA		6:30PM PREGNANCY REFORMER PILATES		
EVENING	7:00PM MAT PULSE PILATES			7:30PM WOMENS HEALTH REFORMER PILATES		

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The launch of Ted's Opel Vauxhall Run took place at The Gleneagle Hotel where the event will be based.



KILLARNEY BASE FOR TED'S 16TH VAUXHALL RUN

All roads will lead to Killarney for Vauxhall followers when Ted's Opel Vauxhall Run, which is now in its 16th year takes place on Saturday August 12th 2023.

Started by Macroom man Ted O'Connell in 2008 when he noticed that there were no events dedicated to the brand he was interested in, Ted took it upon himself to develop a run, it has gone from strength to strength with thirteen cars on the first run to cars coming from all of the 32 counties. The routes have varied over the years which helps to keep the interest, and the array of awards built up over the years are fantastic. This year it will be based at The Gleneagle Hotel, Killarney. For accommodation contact the Gleneagle Hotel 064 6671504 quoting Ted's Opel Vauxhall Run for the group rate.

Registration takes place on Saturday morning from 9am, there is a fee per car of €20. Each car will receive a starter pack. The First Award of the day will be presented at 10am and the cars depart at 10.30am.

There will be an array of Perpetual and Special Awards on offer throughout the day, and also a raffle for numerous Spot prizes. We are again delighted to have the continued support of Opel Ireland, Cartell.ie. and Casey Caravan Services.

As always we continue our association with the Dogs for the Disabled, a very worthwhile Charity and their work makes such a difference to peoples lives.

The route will take the cars through some of the southwest most scenic landscape and superior rally stages, be it seascape or mountain terrane or iconic stages takes your fancy we have it all. We will leave the Gleneagle Hotel and head over Moll's Gap into Sneem, and on to O'Carroll's Cove Beach Bar and Restaurant where we will stop for lunch. After lunch we will go on to Waterville and over Ballaghisheen Pass and Ballaghbeama Pass before returning to the Gleneagle Hotel via Moll's Gap.

All Opel/Vauxhall / Bedford / GM vehicles are welcome regardless of age. If you have an Opel or Vauxhall, polish it up and bring it out, you might even win an award or a spot prize.

We hope to see you all on the weekend of the 12th August, Come out and give us a wave even if you don't have a vehicle to join us. Further information call Ted;- 086 3256751 or Denis;- 086 3562905 or follow the event on Facebook.



Warm Welcome for SOROPTIMIST DELEGATES from all over the World

Killarney Soroptimist Club welcomed 60 delegates to Killarney this week as part of an Irish Tour.

The Soroptimist International Convention is taking place this week in Dublin and on Monday the members from all over the world gathered in the beautiful surroundings of Killarney House and Gardens where they were warmly welcomed by their counterparts from the Killarney group, along with the Cathaoirleach of Killarney Municipal District, Cllr. Brendan Cronin.

The group were taken on a cultural and historical tour of the house and were treated to a performance by the Irwin School of Dancing following by refreshments.



Members of the Killarney Soroptimist Group pictured with the Cathaoirleach of Killarney Municipal District, Cllr. Brendan Cronin and Carmel Schmidt, Soroptimist International Group, right. From left: Maura Horan, Teresa Irwin, Bridie Brosnan and Noreen Browne.

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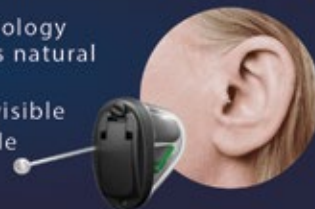
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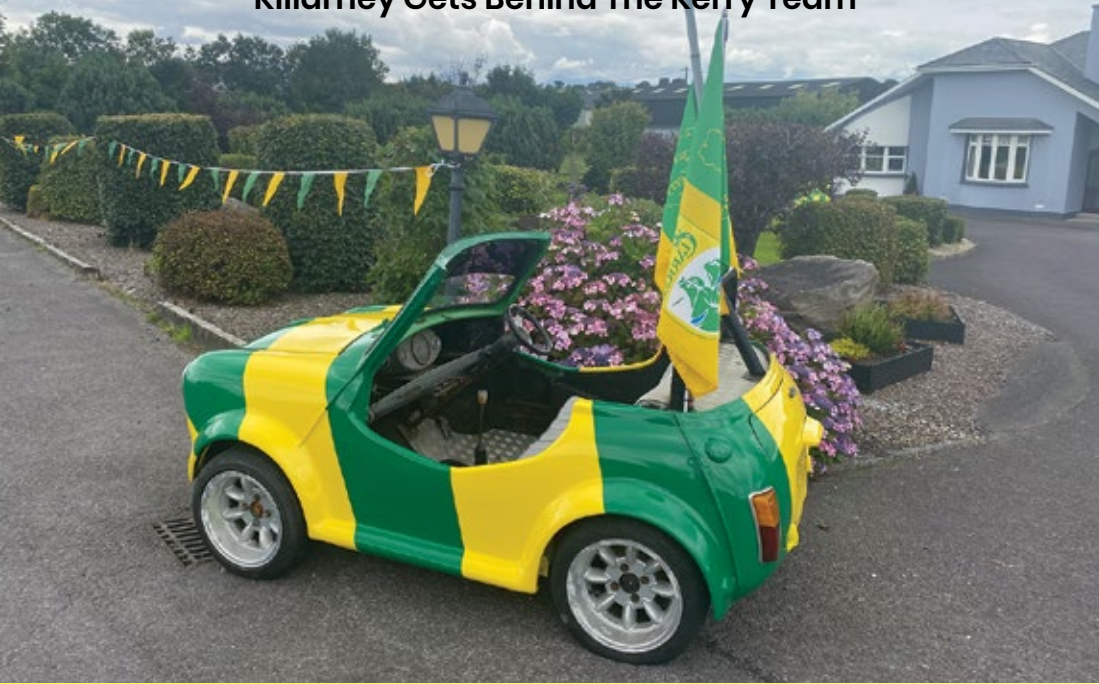


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Great celebrations to mark 50 YEARS AT DEERPARK PITCH & PUTT CLUB

Following a lovely mass celebrated by Fr. Paddy O'Donoghue, members of Deerpark Pitch & Putt Club enjoyed 50th Anniversary celebrations.

"A massive thank you to everyone in last Friday night's intimate celebration of a significant milestone", Club PRO Jason O'Connor told Killarney Outlook.

"Thanks to Fr Paddy O'Donoghue for a lovely mass for our deceased members beforehand and thanks to everyone involved in the catering which was well laid on for everyone who attended. It was great to see so many old faces there and hopefully some future ones too", he added.

The winners of the 10-hole Scramble competition on the night were John McGrath, Stephen McCarthy and Fionn McMonagle while runners-up were John Murphy, Cian Breen and Luke Looney.



Pictured at the Deerpark Pitch & Putt Club 50th Anniversary Celebrations last Friday night were L to R: Michael Murphy (FIPPA -International Body- President), Seanie Breen, Derry McCarthy (Vice President), Mark Keohane (Pitch & Putt Ireland President), Billy Lynch (former Pitch & Putt Ireland President) and Damien Fleming (Club Chairman). Photo: Bobby Kelly



Deerpark Pitch & Putt Club Chairman Damien Fleming pictured receiving a memento from Vice President Derry McCarthy to acknowledge the Lifetime Membership that was bestowed upon him this year at the Club's AGM. Also included in photo is Seanie Breen from the Seapoint club in Louth and a former Irish International player. Photo: Bobby Kelly



Mark Keohane (Pitch & Putt Ireland President) presenting Nathan Cronin with the Munster U16 Boys Matchplay Cup following his recent win in the event in St Stephens in Co Cork. Photo: Bobby Kelly



Jason O'Connor (Deerpark PRO and National Secretary) presenting FIPPA Present Michael Murphy with a commemorative slate from the club marking his recent retirement as General Secretary of Pitch & Putt Ireland. Photo: Bobby Kelly

OISIN DOES CLUB AND COUNTRY PROUD

Representing his country and his club Oisín Lynch from Killarney Valley AC has done everyone proud in the European Youth Olympics where he finished in a 11th place overall, in the 800m on the track.

"Oisín just barely missing a place in the final and running a superb semi final in a swift 1.54, he can be very proud of himself. The young athlete would have preferred a faster first 400m getting Lynch closer to his PB, which would have secured him a final spot", Jerry Grinnin from Killarney Valley AC told Killarney Outlook.

Oisín was accompanied on the trip to Slovenia were his proud parents Martina and Con who is also the distance coach, at Killarney Valley AC.

As this is almost the end of the current track season, Oisín may look for an end of season race possibly over 1500m. It is certain that the Killarney valley ac track star will break the four minute mile barrier in the next few seasons if not before then.

Keep an eye on this young sportsman as he will gain more international caps into the future and podium finishes. Currently a number of colleges in the USA are keeping track of his progress.





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The Week Through The Eye of the Lens



Rose's special day.... Rose Cronin pictured at her Christening with her parents Mark and Kate, brothers Liam and Finn, God parents Kathy O'Shea and Brian O'Sullivan along with family members at St. Mary's Cathedral last weekend.



Races Ready.... Patrick Cahill getting spruced up for the Killarney Races at Julie's Barber Shop with his friend Dan Daly.



At a special presentation to the family of the Late Dermot Ivo O'Sullivan, Killarney Race Course Director, who passed away recently. Dermot Ivo had dedicated over 50 years to the development and success of Killarney Race Course. Chairman of Killarney Race Course Billy O'Sullivan, presented members of the O'Sullivan family, Ivo, Niamh, Una, Anne, with a framed photo collage by Don MacMonagle. It was presented after the 4th race "The Ivo O'Sullivan Snr. Memorial, at the July Race Meeting at Killarney Race Course Thursday evening National Hunt. Also included are Killarney Race Course Directors, Áine O'Donoghue, Kate O'leary, Gerard Coghlan, Michael Doyle, Terence Mulcahy and Jim Fleming. Photo: Valerie O'Sullivan



Molly Mulvihill, left, Lily Hilliard and Ella Hannon, at the July Race Meeting at Killarney Race Course Thursday evening National Hunt. Photo: Valerie O'Sullivan



Members of the O'Callaghan Family pictured at FleckFest last weekend. Photo: Seamus Healy.



Mairead Darmody and Caroline Devaney pictured at FleckFest last weekend. Photo: Seamus Healy.

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Abbey backdrop for FÉILE LUGHNASADH LAUNCH

The organisers of the Féile Lughnasadh festival in Milltown chose the stunning setting of the 13th century Abbey of Killagha this week to publish the finishing touches to the programme of events for the August Bank Holiday Weekend Festival.

The internationally-renowned Frankie Gavin & De Dannan headline on at the community festival with an open-air concert at the Square on Saturday night, 5 August. There will also be gigs from Pólca 4 and Four Winds as well as an open-air céilí with Uí Bhriain and a host of family fun all weekend. The 'Crafty Cailleach' from County Waterford will light the Lughnasadh bonfire following a family parade through the town on Friday night and which will mark the opening of the celebration of the ancient festival of Lughnasadh.

"This is our second festival and there such an incredible buzz last year that we can't wait to get up and running again," said committee PRO, Chris Horan.

"We are providing three days and four nights of entertainment entirely free of charge and the work of our volunteers has been recognised by the response to our online crowdfunding page and our raffle. It's a real community effort led by a fantastic team of volunteers and with the support of the Milltown-Listry Branch of Comhaltas Ceoltóirí Éireann," said Chris.

There is full programme on Sunday with a food and crafts market from noon, a 'cailleach' making workshop at 1pm and family fun and entertainment from 2pm before the céilí at 4pm.

Féile Lughnasadh is supported by local sponsors as well as Kerry County Council's Community Support Fund and the Small Festivals and Events Fund. You can find details on the festival's social media channels.

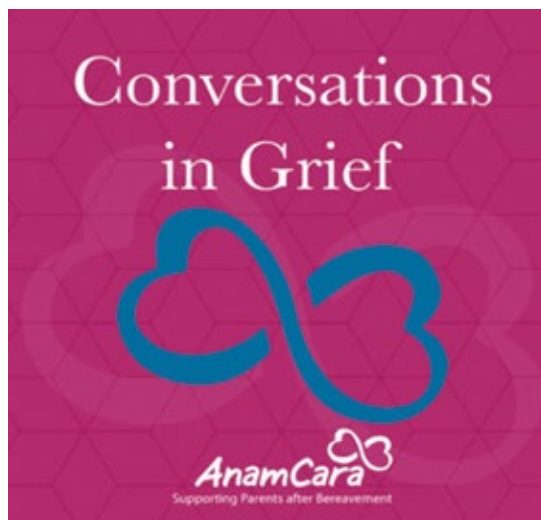


Pictured at the 13th century Augustinian Abbey of Killagha at the launch of Féile Lughnasadh, which celebrates the ancient harvest festival and takes place over the August Bank Holiday Weekend in Milltown, l-r: Neasa O'Shea, Celia O'Shea and Nathan Howe. Photo: Pauline Dennigan.

Bereavement charity, **Anam Cara,** launch Series 2 of their **podcast 'Conversations in Grief'**

National Child Bereavement Charity, Anam Cara, has launched the second instalment of its award nominated podcast series, 'Conversations in Grief', aimed at supporting parents who have lost a child. The episodes share the unique stories of parents who have experienced the death of a child, and how they have moved through the journey of grief, while holding the memory of their child with them.

"After we launched the first series in 2022, the response we received from parents was incredible" says Sharon Vard, Support Services Manager of Anam Cara. "We know the power of parents sharing their stories, that is a key element of our groups across the country. The podcast has allowed parents wherever they may be, and at whatever stage in their grief, to listen to others like them, and to know that they're not alone, and that things do change." Each podcast focuses on a different theme, shared through the stories of parents who have been involved with Anam Cara, including the death of a child abroad; through long-term illness; the loss of an only child; bereavement from suicide; and the death of a child at birth. In one episode of the podcast, Martina Woodlock, shares the story of



losing her son Ben just shortly after birth, and thinking of the life that could have been. "Starting school, first communion, all those challenges, all those new little things, that you never got to experience. So, the loss is continuous. You're not just grieving the loss of the baby, you're grieving the loss of that life that could have been".

Presenter and Producer Sam Whelan-Curtain said "it is a huge privilege to host this podcast – the parents give so much in their honesty and openness, sharing the stories of their children and helping others by doing so". He continued that he "would like to thank all the parents who have spoke to me and shared their stories for this series".

The podcast series, which can be found at www.anamcara.ie and on all major podcast apps, is part of a range of resources that Anam

Cara has developed to support parents, including information sheets, video resources, amongst others. Anam Cara hosts group meetings and bereavement sessions around the country and online, and also provides one to one support.

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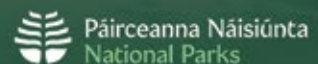


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Dedicated Followers of Fashion at Killarney Races

Photos By : Domnick Walsh © Eye Focus LTD



Siobhan Murphy from Rathmore, Co Kerry was the winner of the style stakes at the Lee Strand Best Dressed at the Killarney Races on Friday, 21st of July, 2023. The Lee Strand Best Dressed Lady won a trip for two to the capital of style Paris and a specially commissioned vase.



Ita Looney and Eileen O'Callaghan from Killarney



Olive Carter from Meath and Bridget O'Keefe from Killarney



Judges Pamela Uba, Miss Ireland 2021 & Tadhg Fleming, Digital Content Creator selected ten lady finalists and ten gent finalists from the thousands of women and men who attended the Lee Strand Best Dressed 2023. Also pictured is Jennifer O'Sullivan from Killarney



Pictured: Kate Barry, Miriam O'Sullivan and Kerry O'Shea.



Mary Stapleton Foley, Tralee and Carol Kennelly Tralee



Rhianna Callaghan, Daniella O'Leary and Nicole Moriarty from Killarney



Alexis Hackett aged 10 and Richard Hackett aged 4 from Meath



Aoife O'Reilly from Limerick and Bernis O'Donoghue from Killarney



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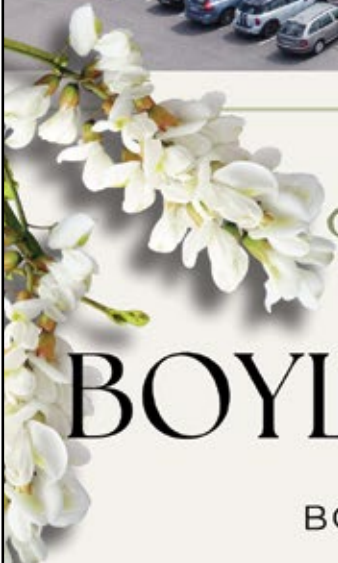
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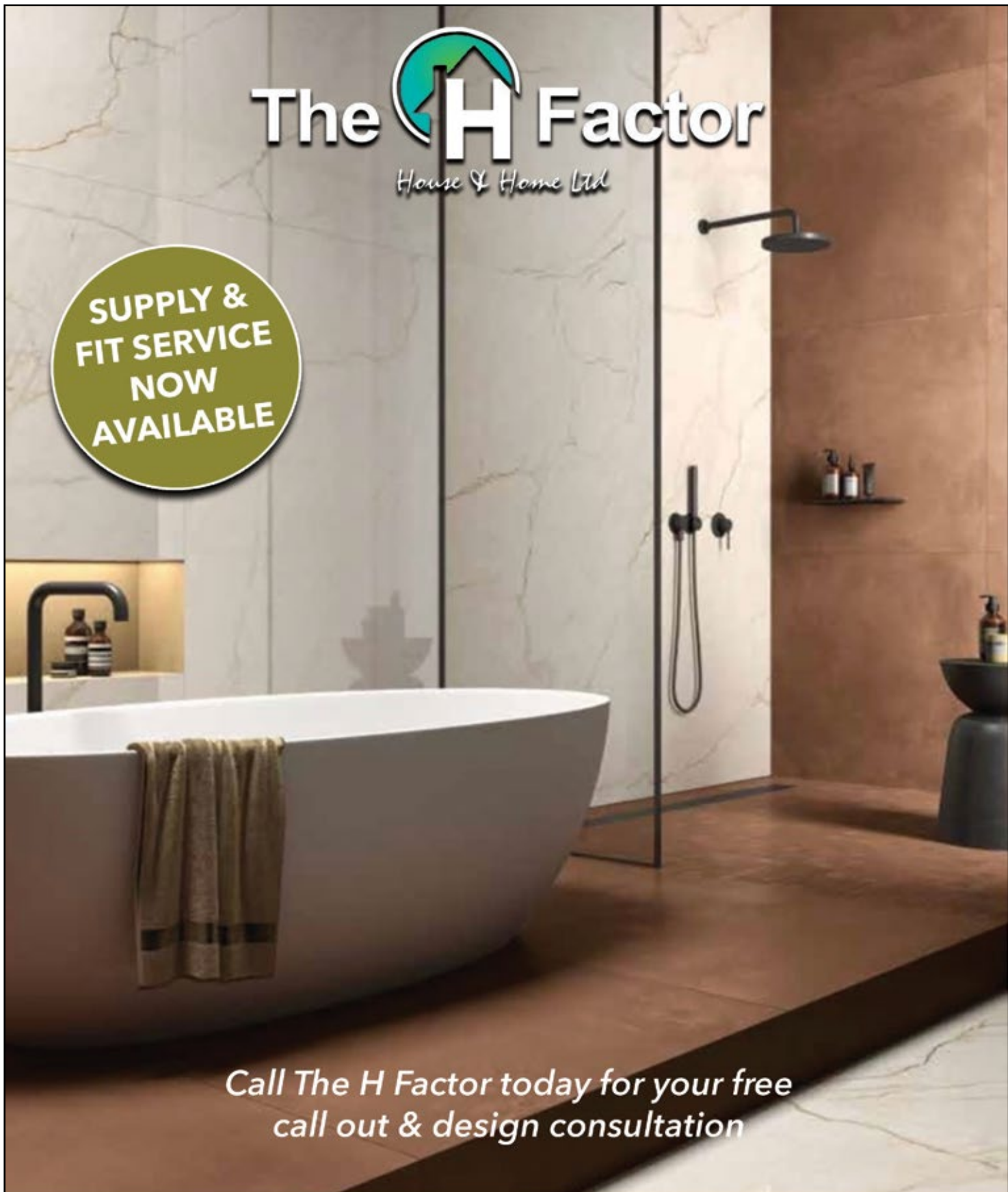




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LIEBHERR INVITE APPLICATIONS FOR APPRENTICESHIP PROGRAMME 2024



Liebherr Container Cranes is thrilled to announce the commencement of its highly anticipated Apprenticeship Programme for the year 2024. As a globally renowned leader in the supply of container handling cranes and related services, Liebherr continues its commitment to nurturing and developing young talent in the engineering industry. The programme offers an exceptional opportunity for school leavers to embark on a journey of skill development, academic growth, and the prospect of a rewarding career with Liebherr Container Cranes.

The Liebherr Apprenticeship Programme is carefully designed to provide participants with a comprehensive training experience, leading to both craft and academic qualifications. Prospective apprentices can choose from one of three diverse disciplines: Electrical, Mechanical Automation and Maintenance Fitter, or Metal Fabricator. Having built on the successes of the past 65 years, the 2024 Apprenticeship Programme has evolved into a prime example of best-in-class apprenticeships. With a continuous focus on development and improvement, this year's offering further enriches the learning experience, ensuring its reputation as a premium programme. Apprentices benefit from a blended approach to training, combining hands-on practical learning within Liebherr facilities and classroom-based education. As part of the academic aspect, the programme is run in collaboration with SOLAS and the Munster Technological University ensuring apprentices receive a Level 6 higher certificate in engineering, in addition to their level 6 craft qualifications. The academic qualification provides apprentices with the first step on the path to further academic qualifications.

Commenting on the programme, Charlie McCarthy Managing Director at Liebherr Container Cranes stated, "At Liebherr, we take great pride in



providing young individuals with a clear and comprehensive pathway into the world of engineering. Our Apprenticeship Programme equips participants with a diverse skill set combining both the practical and theoretical, thereby allowing students to embark on a rewarding and successful career in the industry."

The apprenticeship programme also allows individuals the opportunity to work at Liebherr sites around the globe, gaining exposure to international projects and broadening their horizons. Additionally, the successful candidates will have the chance to participate in an apprentice exchange programme with Liebherr's sister companies in Austria and Germany, fostering a spirit of collaboration and global learning, all while earning and learning.

Applications for the 2024 Liebherr Apprenticeship Programme will be accepted until the 25th August. Interested candidates are encouraged to submit their up-to-date CV, a copy of academic results, and a cover letter specifying their preferred role and the reasons for their interest to apprenticerecruit.lcc@liebherr.com.

For more please see our social media channels.



Pictured are members of the club with their reusable cups.

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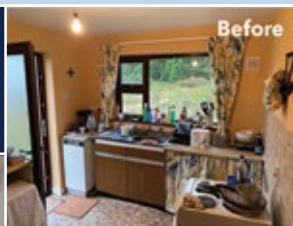
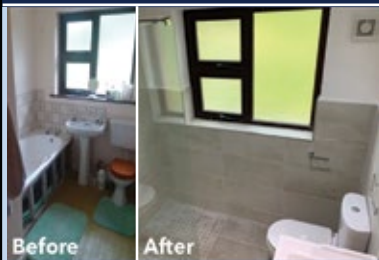
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By Dermot Cronin,
Financial Advisor



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Yes, it can be more difficult. When you are building your family home there are more of risks of things going wrong than purchasing your home especially in relation to the overall cost. The most obvious and biggest risk is of course the risk of you going over your budget to build and finish your property and not having enough money to complete your home. Some lenders have increased their minimum cost to build a home recently. Lenders when assessing your application need to take this risk into account. Lenders will put emphasis on the cost of construction of your property. If you are making your application through a mortgage broker they should spend time discussing the cost of the construction and loan amounts with you to make sure they are realistic and affordable. If these figures are incorrect and especially if they are too low then your mortgage application could be declined and more importantly you may not have enough money to finish the property. A big plus at the moment for people who are first time buyers and are building or buying a new property that is their family home is that there is a Help To Buy Scheme that you can apply for through the Revenue. Thankfully this was extended recently in the budget. There is up to €30,000 available through this scheme, there are terms and conditions attached to this Help To Buy Scheme. Obviously this is very beneficial in terms of reducing your overall cost and reducing your mortgage amount also. Each lenders criteria for self build mortgages is different & you need to know this before choosing a lender that suits your needs best. A mortgage broker who has access to many lenders and has a lot of experience with self build mortgages should be very helpful to you.

If you require any further information on the above or any other matter you can contact Dermot Cronin at dermotcroninifa@gmail.com or 0646622775 or 0872893649.

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GLENFLESK

Written by: Seamus Healy

>LOTTO

There was no winner of Glenflesk Lotto which took place on 24/7/2023 in Glenflesk Hall. Jackpot €4,600 The numbers drawn were : 2, 5, 6, 28 Consolation Prizes of €50 1. Denis O’ Donoghue, Knockanes. 2. Denis O’ Donoghue (Sellers’ Prize) 3. Tony Philips c/o Jimmy Kelly (Yearly Ticket) 4. John Lyne c/o Donie O’ Donoghue . (Yearly Ticket) Next draw will take place in Glenflesk Hall on Tuesday 8/ 8/ 2023. Jackpot will be €4,800 Thank you to all who support our Lotto and to our sellers.

>MINOR CO CHAMPIONSHIP

Well done to East Kerry minors winning by a point against Austin Stacks last Monday evening. Glenflesk players Pearce Moynihan, Jamie Moynihan and Callum Cronin giving a great account of themselves. Quarter Final next Tuesday in Fossa.

>FLESK FEST

After months of meticulous planning The Flesk Fest took place last

weekend. The event was a complete success, the support shown was phenomenal with crowds attending each evening from far and near, young and not so young all in high spirits enjoying themselves. A huge thanks to all the volunteers who worked so hard all weekend. Thanks to the bands who entertained us all, each one as exciting as the next. Thanks also to the caterers and children's entertainers who made this weekend so magical and special. Looking forward to next year!

>ALL IRELAND SENIOR CHAMPIONSHIP FINAL

Kerry will play Dublin in the All-Ireland Senior Championship Final on Sunday July 30th at 3:30pm in Croke Park. Best wishes to the TG4 All-Ireland Senior Championship Ladies semi-final

>Best wishes to Ava Doherty and the Kerry Ladies team playing Mayo in the All Ireland semi final in Semple Stadium Thurles on Saturday July 29th at 5pm.

SPA

Written by: Leanne Cronin

>CLUB CHAMPIONSHIP

In the first round of the Kerry Petroleum Club Championship Spa will play Templeoe in Kenmare on Sunday August 13th at 2pm

>BEST OF LUCK

We want to wish the Kerry ladies the very best of luck as they prepare to travel to Thurles this Saturday July 29th where they will play in the semi-final line-up for the 2023 TG4 All-Ireland Senior Football Championship against Mayo. Throw in is at 5pm in Semple Stadium and will be live on TG4

>ALL IRELAND FINAL

We extend our best wishes to our very own Dara Moynihan and to all the Kerry team, management and background team in the All-Ireland Senior Football Championship Final in Croke Park this Sunday.

Safe travels to everyone that is travelling and enjoy the momentous occasion from near and far

>LOTTO

The Spa Lotto draw takes place on Monday nights. Play online on spagaa.com or tickets can be purchased in Sheahans Centra Muckcross Rd, Dalys Supervalu, The Torc Hotel, Jimmy Briens Bar, Mcsweeney Arms or The Arbutus. Thank you for your continued support.

>ITEMS FOR NOTES

Any items for the Spa notes please contact the club PRO on 085 7762411 or pro.spa.kerry@gaa.ie before 8pm on Sundays

BEAUFORT

By Bridget Hartnett

>FIXTURES

Beaufort senior men will play Glenbeigh/Glencar in the first round of the Intermediate Club championship. Senior Ladies will be home to Scartaglin in the first round of Intermediate Club championship on 17th August

>LOTTO

No jackpot winner on Sunday, 23rd July. Numbers: 6, 11, 16, 18. Consolation Prizes: €80 Bernie O’Sullivan, Lissivigeen Upper, Cliona Coffey, Brookhill, Dermot and Rose c/o Ian, Pat O’Sullivan Greene, Beaufort Valley. The next draw for a jackpot of €14,200 will be in Beaufort Bar on Sunday, 6th August. Thank you to everybody who support the lotto. Tickets are

available from usual sellers, shops, and public houses and online at www.beaufortgaa.com

>**GOOD LUCK** to Hannah O’Donoghue, Fiadhna Tangney and Kerry Ladies senior team and management in the semi-final of the TG4 All Ireland ladies senior championship. Kerry will play Mayo in Semple Stadium, Thurles on Saturday, 29th July at 5pm.

To Mike Breen, Seán O’Brien and Kerry senior team and management in the All Ireland football final on Sunday, 30th July at 3.30pm in Croke Park

>CUL CAMP

Kellogg’s GAA Cúl Camp will be held in Beaufort from Monday, 31st July to Friday, 4th August. It is fully booked out.



ALL SMILES FOR THE CAMERA AT FLESK FEST. PHOTO: SEAMUS HEALY



Congratulations to Cora Joy who recently competed in the European University Judo Championship in Croatia last weekend. Cora fought very well throughout the competition across competitors from Hungary, France and Poland before being eliminated. It was a fantastic experience and we are all very proud of her.

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JULY 30	KEITH, LORRAINE AND FRANKIE MCDONALD	AUG 04	GEORGE MURPHY AND THE RISING SONS
JULY 31	JIMMY BUCKLEY DANCE	AUG 05	ABBAESQUE
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LISTRY

Written by: Colette Leslie

>LOTTO

Numbers drawn 4, 7,11, 20. €100 - Murphy's grandchildren. €50 - Sean Buckley, Lahard. €50 - Eileen Murphy. €25 - Helen Enright. €25- John Joe Tangney. Next draw will be Aug 2nd jackpot €5,700

>MONTHLY MEETING

Listry's next monthly meeting takes place Wednesday 2nd August at 8pm, all welcome.

>SUMMER CAMP

Listry GAA Summer Camp sponsored by The Dungeon Bookshop Killarney and Sports Direct will take place 8th-10th August.

>ALL IRELAND FINAL

Best of luck to Ruairi Murphy, Ronan Buckley and the Kerry team and management who play Dublin this weekend in the All Ireland Football final in Croke Park. Bring home Sam



Aisling Schraewer and her Daughter Alison Schraewer, at the July Race Meeting at Killarney Race Course Thursday evening National hunt. Photo: Valerie O'Sullivan

KILCUMMIN

Written by: Helen Moynihan

>KILCUMMIN COMMUNITY CARE

Kilcummin Community Care will be closed for two weeks on the 8th & 15th August for holidays and will resume on the 22nd of August. Community Care meet every Tuesday from 11am to 1pm in the G.A.A. hall. Hot dinner provided, free transport available. Anybody interested please contact Mary Doyle on 064 663357/ 086 1550803.

>UPCOMING CEMETERY MASSES

Upcoming cemetery masses will be celebrated in the following grounds. Old Kilcummin Mass, Wednesday 2nd Aug @ 8pm. New Cemetery Mass, Monday 7th August @ 7pm. Please pass on these dates to family & friends

>BOG WALKS

Details of these walks which are rich in a variety of flora & fauna, are in the "Kilcummin Walks" brochures (free of charge) which are available at the

Rural Development Office and the Post Office. Why not pick one up and it may inspire you to discover this beautiful amenity which is enjoyed by many already. Please be mindful of keeping this a clean, safe and friendly place to enjoy by bringing your rubbish home, keeping your dog(s) on a lead when you come in contact with fellow walkers or wildlife and respecting the local landowners' property.

>MASTERGEEHA FC

LOTTO

There was no winner on 21st July 2023 of the Jackpot for €2,600. Numbers drawn were 5,17,22,25. Consolation prizes of €50 went to Rhea Kate Devane, c/o Mike Devane; Paul Lenihan, c/o John Lenihan; Betty McSweeney (online); Dan Dwyer, Anabla, Kilcummin;. The next draw will be Friday 28th July for Jackpot of €2,800.

RATHMORE GNEEVEGUILLA

By Michael O' Mahony

>CONGRATULATIONS to Siobhan Murphy from Knocknalomon, Rathmore is Killarney's 2023 Queen of Fashion. She won the style stakes in the Lee Strand best dressed competition at the fifth and final day of the JulyFest on Friday last she won a trip to Paris

>UPDATED INFORMATION ON DIOCESAN PILGRIMAGE TO KNOCK

Our Diocesan Pilgrimage to Knock will take place on Saturday 26th August and thank you to those who have already booked their seats. There is still some availability and we can now confirm all details for the day: Cost per person: €30, this is to cover the cost of the bus only. Bus will depart the Car Park in Millstreet at 6.30a.m. Next stop is Rathmore at 6.45a.m. There will be one stop on the journey up and the bus is scheduled to arrive in Knock at 11.30a.m. The formal programme at Knock is from 2.00p.m. to 4.30p.m. and the bus will depart for home immediately after with one stop on the way down. Please contact any of our Parish offices 064 7761669 to reserve a place. We are asking that full payment is made by Friday 4th August. Payment can be handed into the Sacristan at your Church after Mass

>SYMPATHIES to the family & friends of Colm Clifford, Gneeveguilla whose funeral took place on Monday 3rd July in Gneeveguilla.

To John & Stafan Lyne & their families on the death of their mother Elizabeth (Betty) Mikiel (née Lyne) Mounthorgan Cross & to her brother John B & family. Elizabeths funeral took place in Muckcross on Tuesday 11th July.

To John Joe Scannell, Knocknagree & family on the death of his brother Sonny Denis Scannell, Knocknagree. Sonny's funeral took place on the 14th July in Knocknagree.

To Noel & Marion Fitzpatrick & families on the death of their mother Sheila Fitzpatrick, Knocknagree. Sheila was laid to rest on Saturday 15th July in Knocnagree.

To Noreen Lehane, Knocknagree, Dan Joe Guerin & families Ballydaly on the death of their brother Martin Guerin, Grenagh, l/o Ballydaly. Martins' funeral took place on Friday 14th July in Granagh
May Colm, Elizabeth, Sonny, Sheila, & Martin rest in peace and sympathies



Donagh Hickey Centra presents a set of jerseys to Jodie O'Sullivan Monson on behalf of Rathmore LGFA Club. Donagh has sponsored new jerseys for the senior ladies team, who would like to acknowledge & thank him for his continued support for the Rathmore LGFA Club.

to families of Mike Warren RIP, School Place, Rathmore. May he rest in peace

>ALL IRELAND LADIES FOOTBALL QUARTER FINAL

Best of luck to Kerry Ladies team & managerment & Rathmore's Danielle O'Leary & Mary Collins this Saturday in the Quarter Final in Thurles at 5pm.

>ALL IRELAND SENIOR FOOTBALL CHAMPIONSHIP FINAL

in Croke Park this Sunday. Best of luck to Shane Ryan & Paul Murphy, lets hope they bring back Sam Maguire.

>BEST WISHES to Kate Murphy of the Sliabh Luachra Cycling Club who is representing Ireland in The European Youth Olympics in Slovenia.

>NOTES

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



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BINGO

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Sunday 6th August: **NO DANCE**

Sunday 13th August

Fundraising Dance in aid of the Kerry to Cork and Kerry to Limerick Cancer Bus

Full details of bands on facebook

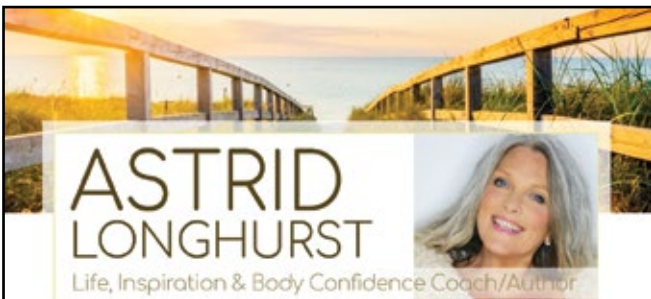
Sunday 20th August

GLEN FLYNN BAND

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ASK YOURSELF THESE 5 FABULOUS SELF-LOVE QUESTIONS

Questions open up windows of potential and possibility in our life. Here are some of my favourites. Each one invites you to slow down a little and really connect into what you desire and who you are.

There is no right or wrong way to answer these questions. Just go with what feels the most "alive" and real for you?

If you love to journal, you may like to use these questions as journal prompts. ... Grab a pen, some paper and your favourite beverage and settle yourself down to reflect on these powerful coaching questions:

What's it like to be me when...

- When I'm not telling myself that there is something wrong with me?
- When I stop telling myself that I should have done more?
- When I allow myself to feel good enough exactly as I am
- When I see myself through the eyes of love?
- When I accept myself

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Noreen

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If you find it hard to get the colours from your mascara to really pop, especially with darker toned lashes, coat your lashes with a white primer first before applying your coloured mascara and apply eyeliner in the



same colour. To make the colour really pop pair it with another contrasting colour, either with an eyeliner or extending it to an eyeshadow for maximum impact. When wearing bright coloured mascara the focus is on your eyes so keep the rest of your face bare and minimal.

Noreen Mangan

Tel: 0646630712

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SETTING YOURSELF UP FOR A FALL

(PART 1)

Goal setting is a key tool we advise most clients to use when embarking on any new fitness or dietary change plan. However, often we see people choosing unrealistic goals and unattainable results in too little time. Hence setting themselves up for a fall!!!! We use the SMART principle when coaching clients about successful goal setting. S- stands for Sizable, M- stands for measurable, A- Stands for attainable, R- stands for realistic, and T-stands for timely. A-R & T we believe are the most important. We always as our clients the following questions when goal setting and we would like you to do the same; When last did you weigh your goal weight? Is it a realistic goal? If you last weighed that weight 20 years ago when you were 18, then this clearly would be an unrealistic goal to start with. Set yourself a realistic weight based on your age, height and body type.

Ask yourself "what is my fighting weight". That is the weight I am happy, comfortable and can maintain. This usually is a fantastic weight loss goal to set to start with. And sometimes it is not uncommon to see someone exceeding their goals over time, but the main message is that they did not set themselves up for a fall of goals or expectations that are too high.

So to summarize, be realistic in your goal setting, time frame, and results and you will not be disappointed or risk falling off track. If you need help with goal setting, mindset, or advice in general of where to start then don't be afraid to reach out to the team in B Well 087-7643449.

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SMOKING AND EYE HEALTH

Why stopping smoking is one of the best steps you can take to protect your vision.

Smoking, and exposure to smoke, significantly increases your chances of developing eye disease and suffering sight loss. It's never too late to benefit from stopping. But the sooner you stop, the better the outcome is likely to be.

Below is a list of five eye conditions that are related to smoking.

1. Age-related macular degeneration (AMD)

AMD is the most common cause of sight loss in Ireland and mainly affects older people. Smokers are up to four times more likely to develop the condition.

AMD affects the central part of your vision and can make everyday activities, such as reading or even recognising faces, difficult or impossible. There are two types of AMD – wet AMD, which can often be treated with injections in the eye if caught early enough, and dry AMD, for which there is currently very little effective treatment. Stopping smoking is the best way to reduce your risk of developing AMD.

2. Cataracts

Smoking doubles your risk of developing cataracts. Cataracts cause the lens inside your eyes to become cloudy.

Smokers tend to develop cataracts at an earlier age than usual. The cataracts develop more rapidly

than normal, and usually affect the central part of the lens.

3. Dry eye

Dry eye can make your eyes feel sore and itchy and cause them to water. Smoking often causes this condition or makes it worse.

4. Uveitis

Smokers are at least twice as likely to develop uveitis – a condition where the middle layer of the eyeball becomes inflamed, causing eye pain and changes to your vision. The condition can also lead to secondary eye conditions, such as glaucoma and cataracts.

5. Diabetic retinopathy

If you suffer from diabetes, smoking increases your risk of developing retinopathy, where the blood vessels in the retina at the back of the eye become damaged. This often causes blurred vision and dark spots and can lead to permanent loss of vision.

Looking after your eyes

Stopping smoking is one of the best steps you can take to protect your vision.

Whether you are a current smoker, an ex-smoker or have never smoked, it is important you visit your optometrist regularly.

We recommend that you have a sight test at least every two years, or more often if your optometrist recommends it.

For more information and honest advice contact us to make an appointment.



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Warning: If you do not meet the repayments on your hire-purchase agreement your account will go into arrears. This may affect your credit rating, which may limit your ability to access credit, a hire-purchase agreement, a consumer-hire agreement or a BNPL agreement in the future.

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€20,000	7.8%	5 Years	260	€92.23	€3,979.24	€23,979.24
€30,000	7.8%	7 Years	364	€105.89	€8,539.73	€38,539.73

Table is for illustration purposes only and does not form the basis for a contract. Figures correct as at 15.06.23. Killarney Credit Union Limited is regulated by the Central Bank of Ireland.

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Caoimhe O'Sullivan (Headford), pictured bottom row 2nd from left, together with the Ireland Senior Womens Sweep rowing group that competed in the Home International Regatta last Saturday.



Muckross Rowing Club supporters including the Daly family, pictured at the Lough Rynn Regatta course in Leitrim, where Muckross rower Daniel Daly raced for Ireland at the Home International Regatta last weekend

FOSSA BRIDGE CLUB

RESULTS

Thursday July 13th

1st: Maura Moynihan And Hanneke Nieman

2nd: Eileen Crehan And Colum Horan

Thursday July 20th

1st: Mary Gleeson And Evelyn O'leary

2nd: Phyllis O'regan And Maura G. Moynihan

Bridge next Thursday 9.45, Ross Cafe, Upper Lewis Road.

MUCKROSS ROWING CLUB

HOME INTERNATIONAL REGATTA

Congratulations and well done to Muckross rowers Daniel Daly and Caoimhe O'Sullivan, who represented Ireland last Saturday at the Home International Regatta. The event is the 'Triple Crown' of rowing and this year, Ireland played host to the visiting crews from England, Scotland and Wales. For the first time, the event was held at the Lough Rynn regatta course in Leitrim. The Irish crews put in a solid performance with Daniel racing to silver in both the Mens Junior Double and Quad events with a third place finish in his final sprint event. Caoimhe raced to second place in the Womens Coxless Four with a third place finish in the Senior Eight and fourth place finish in the sprint. A great achievement for both Daniel and Caoimhe who did their families and all in Muckross very proud.

PORTMAGEE COASTAL

Closer to home, the club contested its first

coastal event for 2023 at the Portmagee Regatta in Ballinskelligs. On Saturday, the club was the winner in the Mens J16 Quad race and second in the Mixed J16 Double. On Sunday, the club competed for the first time in a Beach Sprint event. While outside the podium spots, our crews had an enjoyable experience in the newest branch of competitive rowing. Beach sprints are a recent introduction to the sport of rowing and will be among the new Olympic events in Los Angeles in 2028. Our Mixed Quad crew had the second fastest time to the winning composite crew featuring Olympians Monika Dukarska and Ronan Byrne, who will be bidding for success at the World Beach Sprints in Italy. Muckross was also well represented in the Mixed Double. Well done all!

KILLARNEY CELTIC

THANKS

Many thanks to all who volunteered for our street collection last Saturday in the wet conditions and many thanks to all who contributed so generously.

Many thanks to all the players who came to our summer camps and helped to make them a success.

CELTIC LOTTO

Numbers drawn 2,5,7,27. No jackpot winner. Match 3 winner received €75. Next jackpot €6,200 on Monday July 31st. Tickets available from The Dungeon Bookshop, Hegartys Park Rd,



Portmagee Coastal Regatta: Muckross RC - Silver Medallists in the Mixed Junior 16 Double. L-r: Jack Murphy, Muireann O'Donoghue

club members and online through clubforce.com

CONDOLENCES

The club offers its sincerest condolences to the extended Moloney family following the recent passing of Mary who played with the 1st Killarney Celtic Ladies team.



Daniel Daly (Muckross RC), pictured 2nd from right, racing as part of Irish Mens Junior Quad and Double at the Home International Regatta last Saturday



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TO THE KERRY SENIOR TEAM AND MANAGEMENT

IN THE ALL-IRELAND SENIOR FOOTBALL FINAL V DUBLIN THIS SUNDAY!

Especially to our two Rathmore Players *Shane Ryan and Paul Murphy.*



BEST OF LUCK ALSO TO THE KERRY LADIES
Senior Football Team in their All Ireland Semi- Final this Saturday v Mayo.

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Ciarrai Thoir C.L.G.

Best of Luck to the

KERRY TEAM AND MANAGEMENT

AND CAPTAIN DAVID CLIFFORD

in the All Ireland Senior Football Final

on Sunday 30th July

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From all at Spa GAA



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TO BOTH KERRY TEAMS IN THE ALL IRELAND FINALS.

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BEST WISHES TO THE KERRY TEAM & MANAGEMENT IN SUNDAY'S ALL IRELAND FINAL FROM ALL IN KERRY PETROLEUM : SPONSORS OF THE KERRY CLUB CHAMPIONSHIP.





Best of Luck



to the

KERRY TEAMS

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Best of luck to the
Kerry Team & Management
and especially to our own
Dara Moynihan



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ROSS LADIES GOLF CLUB NOTES

RESULTS - EXCHANGE DAY MAINE VALLEY

Scramble kindly sponsored by Anne O'Leary, The Laurels Pub & Restaurant

Despite the rain, the course was in excellent condition and this was reflected in the good scores. Our thanks to the Management of the Club for giving us the course and to the restaurant staff for the outstanding catering. A great day was had by all our members. Congratulations to all our prize winners & Well done to all who played.

1st: Kaye Cremin, Bronagh O'Sullivan & Mary O'Connor

2nd: Mona Looney, Sarah Scanlan & Maureen Crowley

3rd: Miriam Hickey, Thelma O'Dwyer & Bridie Doyle

COMPETITIONS

Gent's Captain John Ivory's prize to the Ladies competition will be held on Saturday 29th July. Enter via the ClubV1 app. All Members welcome Lady Captain's Day

Lady Captain Mary Moynihan's Captain's Day will be held on 4th August 2023.

OPEN DAY

Killarney Race Company Sponsored Ladies Open Day at The Ross Golf Club Wednesday 30th August 2023. Please contact Ross Golf Club for further information on 064 6631125.

WEDNESDAY MORNINGS

Meet and play every Wednesday morning. Meet in the Club House no later than 10.00am. All members welcome.

GOLF LESSONS

Gordon Howard is available to give golf lessons. Please contact Gordon directly in the Club House.

CASTLEROSSE GOLF CLUB - LADIES

RESULTS OF MAIN VALLEY EXCHANGE DAY

COMPETITIONS

18H

1: Nora Long (40) 39 pts

2: Brid Ui Scanaill (41) 32 pts

9H

1: Kitty O Grady (19) 16pts

2: Margaret Crowley (21) 12 pts

Congratulations to all the winners.

Well done to the Noreen Moore team who defeated Kenmare in the first round of the competition. Good luck in the next round



Photographed at the launch of the Bank Holiday Monday club fundraiser Open Singles day are L-R Captain Kathleen O Callaghan; Mike Bank (Head Brewer); President Barry Wolfe; Kerry Petrie (Master Distiller) and Captain Pat O'Sullivan. The Open day takes place on Monday August 7th; entry fee €25 per person and is open to men & women; with the event sponsored by Killarney Brewing Company & The Europe Hotel. Photo Ian Cronin

against Dooks. Mixed Scramble every Wed at 6pm. Visitors welcome.

KILLARNEY GOLF CLUB - LADIES

22/23 JULY CAHERNANE HOUSE STROKE

COMPETITION RESULT

1: Alicia Burke= 74 - 05 = 69= Overall Winner & Lowest Gross Score

2: Sinead Lynch 89 - 19 = 70 Overall Runner-Up

3: Mege Dalton 83 - 12 = 71 Overall 3rd Last Nine Holes

4: Jane Dwyer 90 - 19 = 71 Overall 4th

5: Anne Moynihan 75 - 03 = 72 Overall 5th Last Nine Holes

FIXTURES

Sat/Sun 29/30 July Killeen Stableford Sponsored by Castlerosse Park Resort

KILLARNEY GOLF & FISHING CLUB

- MEN'S

SINGLES STABLEFORD SPONSORED BY JJ GALVIN DRINKS PLAYED ON SATURDAY

22ND & SUNDAY 23RD JULY 2023

Winner: Donal Considine 41pts (2)

2nd: Jonathan Sparling 40pts (7)

3rd: John Lynch 39pts (10)

Category 1

Winner: Sean Brosnan 39pts (8)

2nd: John Brennan 39pts (7)

3rd: Liam Murphy 37pts (9)

Category 2

Winner: Christopher Twomey 39pts (12)

2nd: Timothy Healy 37pts (10)

3rd: Daniel Doona 36pts (13) bk9

Category 3

Winner: Enda Prendergast 39pts (14)

2nd: Daniel Kelly 38pts (15) bk6,

3rd: Liam Hartnett 38pts (19)

Category 4

Winner: Peter Counihan 39pts (26)

2nd: Conor Kerins 37pts (25)

3rd: Tony Walsh 36pts (20) bk9

BEAUFORT GOLF CLUB - MENS

16TH JULY - STABLEFORD SPONSORED BY

KOSTAL ENGINEERING

Yellow Tees

1st: John Rice (29) 36 pts

2nd: Jim Crowley (18) 33 pts

White Tees

1st: Paul elliher (14) 36 pts

2nd: Martin Downey (10) 35 pts

3rd: Michael A O'Sullivan (18) 34 pts

FIXTURES

28th July - Open Friday - Sponsored by Cliffords Groundcare Ltd.

29th/20th July - Stableford (yellow or white tees)

- Sponsored by Killarney Plaza Hotel

7th August - Club Fundraiser - Single Stableford

- Open to Ladies & Gents (Red/Yellow Tees)

with separate ladies & gents prizes - Entry Fee



Captain Colm O'Shea presents Alan Kelly his prize for winning the Moriarty's Gap of Dunloe Competition at Killarney Golf Club on Sunday evening I-r: Cormac O'Sullivan joint 2nd, Alan Kelly, Pat Carroll Cat 4 winner, Captain Colm O'Shea and Padraig O'Sullivan 2nd joint



Kathleen Brosnan Lady Captain presents the Walsh Print Stableford winner Sharon Ormonde her prize at Killarney Golf Club on Sunday evening I-r: Patricia Walsh, Sharon Ormonde, Kathleen Brosnan Lady Captain Back row: Mary O'Doherty 2nd, Eileen Sugrue Cat 3 winner, Katie O'Connell Cat 2 winner and Aoife Twomey Cat 3 runner up

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BEAUFORT GOLF CLUB - LADIES

16TH JULY - 3TS CHARITY - SPONSORED BY KILLARNEY MEDALS & TROPNIES

Overall: Grainne McShortall (18) 36 pts
Division 1: Laura Furlong (14) 35 pts
Division 2: Kathleen Keating (29) 33 pts

FIXTURES

29th/30th July - V-Par Sponsored by MD O'Sheas

7th August - Club Fundraiser - Single Stableford - Open to Ladies & Gents (Red/Yellow Tees) with seperate ladies & gents prizes - Entry Fee €25. - Sponsored by Killarney Brewing Company, Dunloe Hotel & Ladies Branch Ring Clubhouse on 064-6644440 to book a time.

DEERPARK PITCH & PUTT CLUB 50TH ANNIVERSARY

A massive thank you to everyone in last Friday night's intimate celebration of a significant milestone. Thanks to Fr Paddy O'Donoghue for a lovely mass for our deceased members beforehand and thanks to everyone involved in the catering which was well laid on for everyone who

attended. It was great to see so many old faces there and hopefully some future ones too. The winners of the 10-hole Scramble competition on the night were John McGrath, Stephen McCarthy and Fionn McMonagle while runners-up where John Murphy, Cian Breen and Luke Looney.

SUNDAY DRAWS

Three Player Team, Two Scores Count Each Hole- Nett: Noel Moynihan, Sean O'Brien & John Murphy 78 and Gross: Denis Looney, Sean Ashe & Bobby Kelly 97.

NATIONAL U16 MATCHPLAY

Best Wishes to our U16's who head to Lakeside in Templemore this weekend for this event. We wish them a safe journey.

NATIONAL STROKEPLAY QUALIFIERS

Best Wishes to our club members heading to these in Castleisland on Saturday morning as these are taking place a day early to avoid a clash with the All-Ireland Football Final.

BEST WISHES To both the Kerry Senior Mens and Ladies Football teams this weekend. We were delighted to have the Kerry Ladies play a round on our course Sunday morning after training and we wish Kayleigh Cronin and the rest of the team well against Mayo on Saturday night in Thurles. Best Wishes to David Clifford and the Mens team meanwhile in Sunday's decider with the Dubs.



Anyone's game.... Pictured heading for Skellig Michael and supporting both Kerry and Dublin are Dermot Mc Guckin with Maud Mc Guckin and Patrick Murphy with Idah Matigimu and Anesu Matigimu.



KERRY LADIES | LGFA

ZuCar All-Ireland Minor B Ladies Football Semi-Final

ALL IRELAND FINAL BECKONS FOR KERRY MINORS

Kerry 1-12 Dublin 2-3

Kerry are through to the All Ireland Minor B Final following a deserving win against Dublin in Cahir last Wednesday.

Kerry got off to the perfect start scoring 1-02 without reply. Amy Curtin opened the scoring with a point in the third minute before a Leah McMahon goal in the six minute was soon followed up with a point as the kingdom raced into a five point lead. Despite dominating the scoreboard and general play it was Dublin who registered 2-01 without reply to lead by two points with seventeen minutes gone on the clock. A long ball in by Ashling Nyhan found its way to the back of the net from 35 metres. A free from Nia Hannon in the 15th minute saw Dublin reduce the deficit to one. Soon after Dublin would take the lead for the first and only time in the game. A quick free from Elsa Kearney to Katie Murphy, who found Nia Hannon as she finished camely to the back of the net. It was to be their last score of the half as three unanswered points from Jessica Gill, Julia Curtin (free) and Eabha Ni Laighinn saw Kerry go in at the break a point to the good. Kerry came out in determined fashion in the second half and were determined not to have a repeat of

the mistakes in the first half. Three unanswered points all frees from Julia Curtin and Amy Curtin's second of the night saw Kerry open up a five point lead with eight minutes gone in the second half. As Dublin pressed forward the Kerry defence as a unit stood firm time and time again. Lead by captain Roisin Rahilly as she got back numerous times to disrupt the Dublin attack. It forced Dublin into a trio of substitutions approaching the midway point in the half as Aoife McGinley, Eabha Ni Mhaolagáin, Ellen Joyce and captain Saoirse Loughlin took the game to Kerry in the hope of mounting a comeback. Dublin's first score in the second half didn't arrive till the 18th minute courtesy of a free from Kate O'Toole. A testament to Kerry's hard work throughout the half. Dublin's final score of the game arrived shortly after from substitute Lucy Ahern. It wasn't enough as Kerry closed out the game to win by six with two unanswered points from Julia Curtin and Leah McMahon. Kerry now advance to meet Sligo in the final on Saturday 5th August in McDonagh Park Nenagh at 2:30pm



Leah McMahon, Dr. Crokes and Kerry challenging Hannah McGinnis, Skerries Harps and Dublin in the game last week. Photo Credit: Skerries Harps



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JIMMY O'SULLIVAN-DARCY takes a look at all things sport...

KERRY V DUBLIN

Kerry and Dublin. It feels like it was always an inevitability this year – that's nonsense of course. Hindsight is great, but my top contenders at the start of this year in order were Kerry, Galway, Dublin, Tyrone, and Mayo. Kerry's young talent had become grown men on the field and I felt (I still suspect) that winning one All Ireland is proof that your team can win more. People point now to the malaise of Shane Walsh after his stunning final last year, but I respectfully felt that Comer was always the more dangerous long term and I felt that Galway had great creators behind them – I think the heavy schedule of games caught them rather than any lack of talent. Dublin.... well, after a decade in which they proved themselves the greatest gaelic football team of all time, Dublin have earned their aura of near-invincibility, however much Sean O'Shea's long range accuracy dented it. I'm sure that Kerry supporters will claim that I am disrespecting the Kerry's Golden Years team –grand, lads, now name me the Kerry players on the 1929-32 team, or how about Wexford's four-in-a-row team? Dublin won eight All Irelands in ten years, and that with great Mayo and Kerry teams asking hard questions of them. Best team ever, live with it.

Tyrone surprised me. Tyrone may have gotten a smidgin of luck about the goals that they got against Kerry in 2021, but we played into the hands of their road block half back line and they deserved to win that All Ireland (I never saw Mayo's favourites for that final; I genuinely don't know why other pundits did). But Tyrone fell off a metaphorical cliff after that. 2022 was a disaster for them, with huge numbers walking away, but they never really looked like a formidable long term force this year either. Mayo looked absolutely great all through the league and start of the championship. We got schooled, absolutely schooled, in the Fitzgerald Stadium. Personally I was never as taken with our unbeaten championship record there as others were; it speaks more to the slow decline of Cork as a football power more than anything else. But Mayo? We can be grateful to Shane Ryan that we got out of there with just a five point defeat – it could and should have been in double figures. Pace, physical power, scorers to take advantage (their old fatal flaw). Pure footballers. Again, I think it was the playing schedule. They were playing their full hand a fraction early; there's only so much turbo in any tank. I feared Cork this year (I must have looked like some eejit when they lost to Clare, but the day that this Cork crowd have all their players fit and ready, they will scare a lot of teams, including Kerry) but we owe Cork big time for their win over Mayo. That left us top of the group and Mayo with an uphill battle. I genuinely think that if Mayo had held on to



The Kerry Senior Football Team pictured at the All Ireland Semi Final
by Orla Coyne, Kerry GAA Fans.

win that game, you would be looking at a completely different narrative for the entire rest of the year.

Kerry's Form

Jack never hid that he wasn't going all out for the league. Supporters always read far too much into the National League. It's a great competition down through the ranks – I love the equitability of it given the lopsided provincial championship set-up – any team with real ambitions of Sam use the league to experiment and build. You are filling the tank early on, with heavy training to build muscle and stamina. There is a balance to it. No-one – and I'm talking at the Usain Bolt level – no-one can maintain it all year round. You don't really have much in the way of recovery windows this year – a niggle can curtail a player for the entire championship (Killian Spillane is an obvious case in point).

Kerry has a separate Club and County Championship. We also had two teams reach All Ireland Club Finals. A lot of Kerry players were carrying niggles after that gruelling schedule and Jack was quite rightly not going to hurry any of them back.

That said, we should have beaten Donegal. I know they were without Michael Murphy, the best player of a generation – he just pips James McCarthy in my estimation) but Donegal were a shambles this year and that game was... muck. I'm sorry, but it was muck. Any tourist present that day will never watch another GAA game, and I wouldn't blame them. We looked a lot better against Monaghan – ship steadied? No, we shipped more water after that than our sails caught wind, and we flirted close enough with relegation. We saved ourselves with a one point win over Armagh and one goal win over Roscommon; we weren't really convincing in either. That didn't worry me in the slightest. I was happy with slow and steady; I knew full well that championship would be a different and deadlier animal.

I had two real concerns. None of the new

players had really nailed a starting berth and realistically you need to improve to retain a title (teams have learned counters to the strengths you showed the previous year). Midfield was a worry. I think Jack Barry's competitive work-rate is hugely under-valued (supplemented by Adrian Spillane; I consider him a key player to bolster that area and he's also a front-up type of combative player). Diarmuid can be awesome at times and Barry Dan is a brilliant reader of the game. But none of them were replacing the sheer dominance of David Moran. He owned those midfield skies; our other players were effectively paying rent there, and that scared me.

Munster Championship

Semi-Final: Kerry 0-25 Tipperary 0-5

No disrespect to Tipperary, they have given us plenty to fear down the years, but this game? Move along; nothing to see here.

Final: Kerry 5-14 Clare 0-15

We thought this would be a real test, but Clare were too timid and Kerry too hungry. The Clifford brothers, mourning a hard loss, were at their brilliant best. David had 2-6, much of it set up by Paudie, who scored a goal himself.

Group Stage

Diced enough group, but with three going through? I still think that robs this group stage idea of its potency, despite the lure of a week's break for the team on top. That's a big reward – believe me, it's huge – but it needs to be balanced with risk. Some of the games were surprisingly close, but there were no shock casualties after all the smoke cleared.

Round 1: Mayo 1-19 Kerry 0-17

Let's not even joke about it. They absolutely took us apart. They were stronger, faster, hungrier. Only for Shane Ryan, Mayo would have been much further ahead than their 0-12 to 0-7 half-time lead. Their full forward line of O'Donoghue, Carr, and a revitalised Aidan O'Shea (I admire the man; so often a scapegoat for Mayo's woes) destroyed us while their lightning ball-carriers bewildered us. I do feel

sorry for Dylan Casey – he ran into a top player in top form on his championship debut, but he deserves other days. David Clifford had a few goal chances in the second half and we actually mustered some decent resistance, but the truth is that I was left genuinely wondering if I was deluding myself that this Kerry team could win an All Ireland.

Round 2 Kerry 1-14 Cork 0-15

That left huge questions hovering over Kerry as they head up to Pairc Uí Caoimh. I feared Cork; I never made any secret of that this year. Get O'Mahony, Powter, Sherlock, and Hurley all in synch and Maguire and O'Callaghan bringing their physical power to bear, and that Cork team is a match for anyone. Kerry actually burst out of the blocks here and looked in full control, leading by four at half-time. Cork trimmed that all the way back – they were the better side in the second half, but Paul Geaney won a penalty converted by David and that was crucial. Attempts to manufacture controversy about that penalty are just raucous punditry masquerading as analysis. That was a penalty all day long. A much better question – and one that both Cork and Kerry should consider for the future – is whether Cork should have executed their two clear goal chances when they completely dominated the last twenty minutes.

Round 3: Kerry 5-24 Louth 0-11

The fact that the game wasn't being shown on GAAGO generated far more conversation than the actual game itself tells you everything you need to know.

All Ireland Quarter-Final: Kerry 2-18 Tyrone 0-12

Kerry's most complete performance this year. One of Jack O'Connor's greatest strengths is the ability to assemble and work with a backroom team and I could see Paddy Tally's and Micheál Quirke's fingerprints all over this one (I just don't know enough about Diarmuid Murphy's contribution, but I know there's a reason that he's in the room). It was obvious early on that Kerry were able to steer Tyrone into cul de sacs. They were playing football that had revolutionised the game when introduced by Mickey Harte, but that was twenty years ago. Kerry had all the answers to those questions. A lot of the headlines afterwards were about David Clifford's innovative pass to set Tony Brosnan free, but two takeaways for me were Tony teeing up two goals and Kerry absolutely lording midfield. The question after a game like that is whether Kerry are that good or Tyrone really that bad? The correct answer is usually somewhere in between.

All Ireland Semi-Final: Kerry 1-17 Derry 1-15

I haven't been a fan of this Derry team's style for a while. I saw a good bit of them at minor and colleges – in fairness, that St. Pats Maghera side played awesome football. They weren't negative, just the opposite. Conor Glass and David Clifford were obviously the two best footballers in the country – to this day I have no idea whether Glass deserved a red card or not; it certainly turned that game. But Derry for the past two years have played football

as negatively as anyone, arguably more so. I expected this to be the worst, duller game all year, with Kerry eventually wearing down Derry's fifteen man full back line. I suspect that the Kerry management got suckered a bit as well. Because what actually happened is Derry came out with all guns blazing and produced scintillating football. McKinless cracked home an early goal, Gavin White replied. A black card for Diarmuid cost us as Derry took a three point lead into the break. Stephen O'Brien electrified things on his introduction, but we were still two points in arrears. We finished strongly, five points, as Derry finally ran out of steam, but it wasn't just Derry supporters who applauded them off the pitch.

Dublin's Form

Dessie Farrell must have known that he was taking a bit of poisoned chalice in replacing Jim Gavin. Six in a row champions. Hard act to follow and supporters of a team like that tend to be unfairly intolerant of any defeat. That said, I do think that Farrell struggled to find his feet a bit and some very good players left the fold or were dropped too early. That comeback by Mayo in 2021...look, a manager has to take a certain portion of blame when a game turns like that. Losing by a point last year to Kerry in a game for the ages is far more forgivable, especially without some top guns. National League relegation while he got gametime into the likes of Bugler and Gannon meant that Dublin were facing pressure to deliver in Division Two this year.

They did. It wasn't any cakewalk, far from it. The truth is that Division two was way more fascinating than Division One this year. Both Clare and Cork could and arguably should have beaten Dublin – but there were signs of steel in those games when the chips came down. Kildare lost by just a point; Derry won by the same margin. Dublin most certainly weren't convincing me, far from it – but you'd have to be wary of them. Next year's Division One will be interesting!

LEINSTER CHAMPIONSHIP

Quarter-Final: Dublin 4-30 Laois 2-9

Dublin were ahead by 4-15 to 0-4 at half-time. Any questions? No? Good, we'll move on.

Semi-Final: Dublin 0-14 Kildare 0-12

Dessie Farrell had raised a few eyebrows by including Stephen Cluxton and Jack McCaffrey in the panel for the previous game (Paul Mannion had already returned for the league final) and Cluxton started here. It raised a lot of eyebrows and will probably define Farrell's legacy in terms of genius or desperation. Dublin were very, very slow to get going here. Kildare were winning all the battles and Dublin seemed to have more bodies than brains in a disjointed defence. Kildare led by four early in the second half and still had two in hand with quarter of an hour to go. Dublin finished strongly with four points on the trot, but I'm not sure that the better team won this one; it felt as though Kildare had blinked slightly in the headlights.

Leinster Final: Dublin 5-21 Louth 0-15

It may not be politically correct to say it out loud, but a Munster or a Leinster medal doesn't

carry much weight anymore. They were devalued by the back door, but at this stage they are just trinkets. Leinster were on their way to a 13th Delaney Cup on the trot here and absolutely nobody was expecting Louth to stop them. This one was a very hard sell for the Leinster Council, everybody was just going through the motions. Louth did actually put up a decent early battle before succumbing, but Dublin scoring 1-010 without reply in the second half....you'd have your work cut out to make a highlights reel, to be honest.

Group Stage

Round 1: Dublin 1-11 Roscommon 0-14

Dublin were missing a lot of top players but Roscommon asked hard questions and Dublin laboured to provide answers. They led by 0-9 to 0-5 at half-time and controlled the tempo of a very slow third quarter. Dublin showed patience in not getting flustered and were rewarded with John Small's goal. It was actually Roscommon who needed two late points to earn their draw. For me, a more ruthless team, having gotten the upper hand, would have seen the win out. To be truthful, I looked at this one and thought that Dublin are still a power, but they aren't stopping the likes of Kerry or Galway when it comes to a do-or-die game. Dublin weren't getting enough games against quality opposition (not their fault that Leinster is weak) and I felt that they simply weren't used to enough battles, to digging out the dog-rough ones – quite frankly, the games that they used to get off Mayo and Kerry.

Round 2: Dublin 0-22 Kildare 0-13

More like it. Kildare were expected to give Dublin another hard battle of it. They didn't, and it wasn't because Kildare did much wrong. Dublin had learnt their lessons and gone away from that counter-attack style that hadn't suited them at all. It meant that Cluxton had to make an early save, but it also meant that they were able to use those diagonal kick-passes that they execute so well. Colm Basquel has gone from panel member to cult hero this year, deservedly so, while the likes of Fenton, O'Callaghan, and Rock reminded everyone why their pockets jingle when they walk.

Round 3: Dublin 3-23 Sligo 0-8

Sligo held Dublin for almost twenty minutes – I suspect that Dublin take their time assessing the opposition and probing their strengths and weaknesses before unleashing their full onslaught. In this case that onslaught meant outscoring Sligo by 1-11 to 0-1 by half-time. They could have set a record total if they had really needed to, with Dessie Farrell running his bench early instead.

All Ireland Quarter-Final: Dublin 2-17 Mayo 0-11

Like Kerry, Dublin had avoided the tripwire of a 'pre-quarter-final', and I still can't stress how important that extra week is. Mayo came with the same heart and courage as always into this one. A lot of us thought we would be seeing All Ireland finalists at least emerge from this one, and plenty thought that it could well be the Connaught outfit. I genuinely didn't. Mayo had just barely seen off Galway by a single point in as bruising a game as I saw all year – not a lot

of dirt (definitely some) but really hard belting. Dublin were resting up at the same time. Sure enough, Mayo made a really powerful start, with Dublin needing a Basquel goal to stay in it. However, Dublin kicked 1-7 either side of half-time (like I say, they seem to build slowly into games) and Mayo were clutching at shadows for the rest of the game. This wasn't just about Mayo's low energy reserves; this was Dublin starting to show that they had been holding aces in their hand all along.

All Ireland Semi-Final: Dublin 1-17 Monaghan 0-13

Having seen off a top gun in Kildare, Monaghan were not expected to put Dublin to the pin of their collar. In truth we were all a bit disrespectful to Ulster football when it came down to the final four – there may be an overly heavy emphasis on defensive football up there, but it's still the most competitive province by a long way. Monaghan, like Derry in the other semi-final, came with ambition rather than deference and ran at Dublin. They hit the woodwork three times and were still within a point of Dublin after a fantastic first half. Dublin upped it a gear in the third quarter – but so did Monaghan. They were within touching distance of an All Ireland Final – and absolutely nobody had been listing Monaghan as All Ireland contenders earlier on, even with McManus in hand. Dublin had the final say though, outscoring Monaghan late on by 1-5 to 0-1 for a very flattering winning margin.

MY PREDICTION

I do think this has been the best two teams overall this year. Mayo have hit better individual heights than either – if Mayo can time their run for a bit later next year, it could be very, very interesting. The truth is that Kerry and Dublin both have a huge advantage in that regard. We haven't been much troubled in our provinces for a long time. Despite the stories we tell every year, the truth is that Cork have been under-performing for a long time (lucky enough win in 2020 against a mis-firing Kerry notwithstanding) and it does us enough favours. As for the legendary Meath/Dublin rivalry? The likes of Colm Coyle or Mick Lyons would have assaulted Dublin Castle by hand rather than play in the Tailteann Cup. The likes of Fay, McDermott, Hayes, Flynn, O'Rourke were softer-spoken – but they'd dunt and Dublin player for tuppence as well. No, Kerry and Dublin have a definite advantage in that regard, their path to the knock-out stages is... how shall I put this?... less scenic than of old. In terms of a training regimen, that's gold.

They'll tell you in Dublin about cute Kerry men. Yeah – Dessie Farrell didn't show his hand any too early either. The only exception was the return of Mannion, Cluxton, and McCaffrey. I'd have certainly brought back McCaffrey – give him space on the outside, and he can bury teams. Cluxton? Well, without the injury to Comerford, I don't know. I'm still not sure about the message it sends out to other players. Likewise with Mannion. I wasn't actually all that impressed with his club form last year. He has produced in the jersey, but again I'd wonder what message you are sending to the panel.

Look, the bottom line is always both simple and brutal. Win the All Ireland, and it was a stroke of genius. Lose it, and your decision was both disastrous and foolish. Armchair experts are so used to straddling fences that most of them have haemorrhoids.

Cluxton is the best keeper in the history of the game. Shane Ryan is locked on for an All Star this year. Both of them have high percentages on their restarts this year – Shane's may actually be a new record. I don't really see either side pressing the opposition kick-outs too much. I certainly don't see Kerry going for long options. In theory Dublin hold take midfield, with Fenton and McCarthy out there and personally I'd have Howard from wing forward to back it up, and Lahiff from the bench. Fenton is really coming into peak form and both are very dangerous going forward. I know Jack traditionally does well against Fenton, but Dublin transition with so much pace and accuracy that I really want us disrupting them at source rather than trying to contain their runners.

That's where they can kill us. Costello and Basquel have been flying all year. O'Callaghan hasn't always shone this year but we know the damage he can do. Kilkenny as playmaker; he didn't win any All Irelands out of lucky bags. No way would I start Mannion or Rock. That leaves you choosing Scully or Small for the last berth on the wing. I'd start Small, but pull him if he even looks like getting a yellow.

Jason to pick up O'Callaghan; that's obvious. Graham on Basquel – he's the form player but he won't get too much off Graham. Tom O'Sullivan on Costello favours us, and Tom will get a few chances to break forward. Paul Murphy is a definite wing back for me – he's our back-up linchpin when Tadhg is targeted, and I expect the canny Kilkenny to do exactly that. That sweet spot right there is crucial. If Dublin get time on the ball at speed there, they will slice you open every single time. They don't even think about it anymore, one corner goes sideways towards the flag, one comes out, a wing runs alongside, and suddenly it's three on two at best in the danger-zone. Dublin always try to pull you into one-on-one duels out on the wing but those aren't the main chances that they score.

No prizes for guessing Kerry's not-so-secret weapon. Of course every Kerry player will be targeting David Clifford as option one – and usually through route one. I'd give Paul Geaney some marks as well, people forget how good he is in the air. I'd prefer Seán O'Shea inside rather than coming in from the forty, but can we do without his work-rate out there? Not sure.

Look, the point has been made repeatedly that Dara Moynihan and Asrian Spillane don't contribute hugely on the scoreboard, and that's valid. But I'd argue that neither do Scully or Small. I personally Dublin are making a mistake putting Howard as centre back. I suspect they are trying to replicate that old quarter-back as playmaker role that Cian O'Sullivan made his own. I'd put Howard in midfield (he's their Adrian Spillane) and put McCarthy back.

I'd have Eoin Murphy on the left wing against Dara Moynihan; Murchan is great at scrapping for ball too, and I would start Jack McCaffrey

on the right. He is just deadly with that pace on the overlap. Gavin White is a better overall footballer, but Jack is the fastest player I have seen and uses it simply and efficiently.

Who takes David Clifford? They didn't trust Fitzsimmons on him four years ago, I would have and I think they will this time. Fitzsimmons is good at breaking the ball away. With Paudie Clifford out the field, I think Davy Byrne will pick up Geaney (I rate Byrne) and Lee Gannon will screen in front of David.

Dublin have had more players performing more consistently more often than is the case with Kerry. They have a deeper bench in their forwards and a lighter one in their backs. Kilkenny, Basquel, O'Callaghan, Costello. Neutralise two of that quartet and I see Kerry winning that kind of quality won't be contained by one-on-one duels. I do see Kerry getting better goal chances, and not just through David, but we need to be very careful about an over-use of ball-carriers. We've fallen into that trap before; it's all about end product.

History tells us that Dublin's era of dominance is ending and Kerry's is beginning. They did incredibly well to adapt a team to the loss of the Brogans, MacDaragh McAuley, Philly McMahan, Paul Flynn, Cian O'Sullivan, Connolly and still keep winning. Mick O'Dwyer managed that in the '80s, though he was slow to change. Doing it a third time is unheard of. Paul Murphy is a guaranteed wing back for me – he's our back-up linchpin when Tadhg is targeted, and I expect the canny Kilkenny to Kerry have the best individual match-winner on the field (almost certainly the best individual match-winner of all time) and I do believe that he will do serious damage. It's the supplementary scores that will decide Sam Maguire's destination. We will need one goal, bit I do think we'll get it.

A quick word about the ref. Kerry supporters think there is some sort of history where David Gough has wronged us. It's nonsense. He openly acknowledged that a Dublin player should have been penalised in an All Ireland Final and wasn't – ye know as well as I know that a Kerry player should have been put off the field before that. Dublin beat Kerry in the past decade because they were a better team than Kerry. Nothing else. Not money, not home venue, not referees. Better team football. They should actually have won those games by bigger margins. When it comes to certain Kerry supporters and referees, an old Irish phrase comes to mind, 'ag nasáil'. I wonder how many of ye know what it means.

Look, back in my first column of the year, I made my prediction for the All Ireland winners. I haven't changed my mind – and I didn't tip Dublin.

LIMERICK TAKE FOURTH LIAM MCCARTHY

Go back twenty years ago, and I thought that we were looking at the hardest GAA team of all time in Kilkenny. Great hurlers, truly fantastic skill sets, but for sheer physicality, nobody could live with the likes of Walsh or Tyrell.

This Limerick side make them look like kittens. Kilkenny, eight years of hunger behind them,



Limerick ladies pictured at Flek Fest cheering on their team to 4 in a row. Photo: Seamus Healy

were actually the better side for 45 minutes. I felt that Limerick were over-estimating their own strength. You had Limerick players in possession repeatedly trying to burst past three or four Kilkenny players and getting turned over. In hindsight, I suspect that those repeated body blows had a telling effect later on as limbs began to tire, but that's only hindsight. After Deegan practically burst the net with an absolute bullet of a shot for Kilkenny's goal, I thought they would be able to pick Limerick off from there, especially with the outstanding Eoin Cody, Aaron Gillane, and TJ Reid in this kind of form. The likes of Cian Lynch were outstanding for Limerick, and Gearóid Hegarty was as always a walking nightmare for opponents, a pure trench warrior, but as with a lot of their games this year Limerick were looking a bit laboured.

Until they didn't. Once they started to unleash those long range shots....Diarmuid Byrnes is as much of a wing back as Gearóid is a wing forward, but somehow it works. And as for Casey....did you ever see such shooting. I'll answer that. No, you didn't. That point from under the Hogan...I thought he was an eejit to even be going for it.

Have Kilkenny more in the tank? I'm not convinced. Have Limerick? The age profile is good. The hunger is there – be fair, they were hungry long enough. They weren't fully convincing this year in their former fashion, having to pull games out of the fire more often than not and needing a bit of luck to survive initially in Munster. Mind you, I genuinely think that, like Kerry and Dublin in the football, Limerick aim to peak late and rather than focussing on the earlier games. There is a definite imbalance in the provincial structure of the hurling, Munster is a maelstrom, Leinster is a summer breeze. Personally I think it's time or a bit past time to abandon it, but I know, I know... the Munster Hurling Final is a sacred cow and we're not eating beef for dinner.

In our own County Championship, it's pretty much been either Ballyduff with the Boyles or Kilmoyley with the Bricks in the County Final all

my life. Crotta versus Lixnaw is a novel pairing. Crotta are young but backed by underage success. Lixnaw have been there or thereabouts for a while.

The last time they met, it was 1999 and Lixnaw got a late winner. Paul Galvin was man of the match the same day, Eamonn Fitzmaurice had a solid outing in midfield.

This one will come down to sharpshooters. It may be a bit simplistic, but either Shane Nolan or Shane Conway will probably decide the title. Conway is that bit more accurate but Nolan does more in general play and was superb in the semi-final. I think Crotta actually have a little bit more talent and have a great chance to end their long, long famine – it stretches all the way back to 1968. But the question isn't about what I think – it's whether they believe it themselves. Because I never yet saw a Lixnaw (or Finuge, for that matter) team take the field without self-belief, and the same hasn't always been true of Crotta. Nonetheless I'll give them a tentative nod.

O'SHEA OUT FOR KERRY LADIES

The news that Kerry captain Siofra O'Shea had to pull in training with a torn cruciate, having missed a lot of last year with a similar injury, is a disaster both for the dual star herself (she is also a former Irish international basketballer and intended to line out with St. Pauls). Siofra was well on her way to an All Star. She was the main fulcrum of Kerry's attack and deadly in the square herself, while also allowing Louise Ní Muircheartaigh the space to do inevitable damage. Kerry have a ready-made replacement, with Danielle O'Leary likely to start and Rachel Dwyer to take Danielle's super-sub tag, but there's no denying that this is a real blow for Kerry. I still fancy them to get past Mayo, who are very durable and determined but, like their mens' team for many years, lack that bit of Cora Staunton magic up front.



FIRST HOME WIN FOR KERRY FC

**FAI Senior Cup:
Kerry FC 2
Ringmahon
Rangers 0**

To be honest, Kerry needed this one. Losing to a Munster Senior League side

would have really dented what must be a fairly brittle confidence at this stage. And that showed in a very nervy first half where Kerry looked jittery. Granted, it takes a couple of games for new players to completely gel in a side, but too many of Kerry's basic passes were just that bit off. Ringmahon were actually a little bit more controlled and obviously had their homework done, peppering the Kerry square with long speculative punts that we never looked comfortable in dealing with – it's a well-known weakness of this Kerry side, unfortunately. They created good chances but fortunately weren't quite as clinical in their execution and Kerry survived until half-time – I don't think that 'survived' is too much of an exaggeration.

In fairness to Billy Dennehy, his half-time substitutions inject a bit more pace and urgency, and Kerry looked much better with the strong wind (it was a miserable night weather-wise) in the second half. A goal was an awful long time in coming, though. Daniel Okwute was very lively but not getting much support apart from Leo Gaxha, and when he went down injured my flagging heart sank a little further. In the 73rd minute Seán McGrath steered a deft touch in substitute Ryan Kelliher's direction and the Killarney native showed the difference between the Munster League and the League of Ireland with a perfectly controlled finish. Ten minutes later a tiring Ringmahon struggled to deal with a dangerous low cross from Gaxha – a great penetrating ball – and it fell to Kelliher, who fired it home instantly to double Kerry's advantage.

A tough night, maybe tougher than it needed to be, but a precious home win in the bag and some very positive signs, not least the impressive form of the likes of Ethan Kos and Daniel Okwute.

Kerry FC: Lee Axworthy, Cian Barrett, Ethan Kos, Samuel Aladesanusi, Seán O'Connell, Seán McGrath, Ronan Teahan, Martin Coughlan, Nathan Gleeson, Leo Gaxha, Daniel Okwute . Subs Cian Brosnan (for Nathan Gleeson, half-time), Rob Vasiu (for Cian Barrett, half-time), Ryan Kelliher (for Daniel Okwute, 65 mins), Matt Keane (for Martin Coughlan, 85 mins).

Sean O'Connell attempts to beat his man. Photo: Adam Kowalczyk





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The closing date is **Friday the 25th August**. Applicants to be at least 17 years of age on 01.09.2023. See Liebherr Container Cranes Instagram/Facebook/LinkedIn for more.

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Liebherr Container Cranes in partnership with Munster Technological University (MTU), offer an enhanced apprentice programme. In addition to their craft qualifications, apprentices complete a Level 6 Higher Certificate In Engineering in MTU Tralee. This gives qualified apprentices the opportunity to continue to an Honours Degree in Engineering. (Level 8).



KILLARNEY LEGION

INTERMEDIATE CHAMPIONSHIP

The opening round of fixtures have been released in the Kerry Petroleum Intermediate Club Championship. Farranfore will be the venue on Sunday August 13th for our clash with Currow. 2pm is the designated throw in time. The other game in our game, Kilcummin against Laune Rangers will take place in Beaufort on Saturday August 5th.

LADIES UPDATE

The U10 Girls hosted our neighbours Dr Crokes in Direen and some lovely football was played, aided no doubt by the excellent refereeing of Leah O Grady and Grace Cox, two of our U16 players.

Our Legion U12 Girls White team visited Listowel Emmets on Tuesday last and put in a good performance on a wet cold evening. From the get go, we established a good grip on the game and stayed in control throughout the full game, albeit there were intervals where the focus dropped, and this allowed Emmets to put together some good passages of play.

Our U14 girls made the trip to North Kerry during the week to play Brosna / Knocknagoshel in Division 3 of the County league. The girls came away with a well-deserved victory on a score line of 2-13 to 1-7. They put in a huge effort over the hour but only led by one point at half time due to some wayward shooting. The defence was outstanding throughout but we were far more clinical in front of goals in the second half. Well done to all the girls and a big thank you to Brosna/Knocknagoshel for a very competitive & sporting game. Churchill visited Direen on a damp Sunday evening but adapted much better to the conditions, eventually running our 5-7 to 2-6 victors. We await the results of the remaining games to be played to see if the team will advance to the semi final stage.

The U16 ladies completed their Co League group games at home last night to Duagh/Moyvane. Short of a number of regulars due to holidays it was a night the full panel came to the fore. Playing with the breeze in the first half, our girls took control early dominating possession, but scores were not as freely obtained as we would hope. The score was 0-08 to 0-01 at half time in our favour. We expected a bounce by the opposition in the 2nd half, and it duly came mid-way through the half when they scored 2 quick goals, one from the penalty spot. With the lead now only at 4 pts, we came straight back up the field and scored our own goal to give us a bit more comfort. We finished stronger and won the game 2-13 to 2-04. The team remains unbeaten with a 100% record to date and secured a home semi-final in two weeks' time when the serious business starts. It was a night where we were very thankful for our panel strength, including some U14s who provided cover for the team.

FITZGERALDS STADIUM

The U11 Boys had the experience of playing in the Cathedral of Kerry Football when they participated in a Munster GAA Blitz last Wednesday. An exciting and fulfilling experience no doubt to be playing in the arena that has seen the greats of Kerry football. No doubt the

lads soaked it all in.

BRITISH OPEN GOLF FUNDRAISER

A big thank you to everyone who helped make our British Open Golf Fundraiser such an enjoyable and successful event. And while on the course Brian Harman made sure it was only a matter of formality, all the drama was confined to our leaderboard. Darragh O Doherty courtesy of late birdies by John Rahm and Victor Hovland came with a late surge to deny Chris Flannery, who was left to rue Tommy Fleetwoods late mistakes. The Moriarty's, Tom and Alan, and Emma Murphy kept the outcome in doubt right up to the final stroke.

KERRY

Congratulations to the Kerry minor Ladies who defeated Dublin in Cahir last Wednesday and they now face Sligo in the All Ireland B Final on Saturday August 5th. Recently crowned Club Young Ladies Player of the Year Andrea Murphy is in the panel.

The very best of luck to both Kerry teams in action this weekend. On Saturday the Ladies are in Thurles with a 5pm showdown with Mayo in the TG4 All Ireland championship semi final. While of course on Sunday the male counterparts are seeking their 39th All Ireland title, with 30 time winners Dublin obdurately standing in their path.

LOTTO

Monday July 17th Results. Numbers were 4,15, 21, 24 Bonus 16. Match 3s Lucky Dips: 1. Eileen Buckley 2. Karen Moore 3. Batt Doherty 4. Nora Long 5. Madeleine O Donoghue.

EAST KERRY GAA NEWS

by Michael Healy

ALL IRELAND FINAL

Best of luck to the Kerry team and management in the All Ireland Final against Dublin at Croke Park next Sunday.

TG4 LADIES ALL IRELAND CHAMPIONSHIP

Best wishes to the Kerry Ladies team and management in the All Ireland Semi final against Mayo in Thurles on Saturday.

MD O SHEA'S EAST KERRY UNDER 15 LEAGUE DIVISION 3B

Currow 1 - 17 Spa 1 - 15

KERRY PHYSIOTHERAPY CLINIC EAST KERRY JUNIOR LEAGUES

Round 2

Dr Crokes 1-10 Rathmore 0-11
Glenflesk 2-08 Gneeveguilla 2-17

Division 2 Round 2

Spa 5-07 Kilcummin 0-09
Legion 0-10 Currow 2-13

MUNSTER U11 BLITZES

East Kerry/Kenmare clubs were well represented over three days in Fitzgerald Stadium. Munster U11 Go Games Blitzes took place in Killarney with teams representing all Munster clubs taking part. The standard was

excellent with all players given plenty of game time to develop their skill levels during the small sided games. Thanks to all clubs for supporting the games days. Joe O Connor (Kerry player) took the players on a tour of the ground. Many thanks to Der Brosnan (Fitzgerald Stadium) for his support and to all the referees over the three days. Jamie Moynihan (Glenflesk), Cian Fleming (Listry) and Liam Cooper (Na Gaeil) supported Vince Cooper East Kerry/Kenmare GDA in running the well run event.

EAST REGION U15 LEAGUE DIV 3B FINAL SPONSORED BY MD O SHEA KILLARNEY.

Currow 1.17 - Spa Killarney 1.13 (AET)

Played at Rathmore GAA on Tuesday evening it was Currow that made the faster start.

With the breeze at his back the outstanding Josh Ryan hit 1.04 in the first quarter including 2 points from play and two frees, he also crashed a fine goal to the Spa net.

Spa then replied by kicking four points of their own from Captain JJ O Donoghue and three points from Liam Moynihan including two frees.

The sides traded scores before the break, Currow hitting points from Josh Ryan (2) and Donal Ryan (1), Spa responding with scores from two Mark Moriarty frees.

This left the half time score 1.07 to 0.06 in favour of Currow.

Spa hit the first point of the second half when a JJ O Donoghue raised a white flag from a free, however Currow were about to kick on with four points from the boot of Josh Ryan.

Spa now had to show real spirit and courage and they had points from Ronán Mc Carthy, Maurice Joy, JJ O Donoghue and Mark Moriarty. In a late flurry Spa hit the post twice before JJ O Donoghue latched onto a ball to score from close range to tie up the game at 1.11 a piece.

Extra time saw Currow again start strongly, this time Joey Kelly hit two points as well as three points from Josh Ryan.

A gallant Spa then replied with two JJ O Donoghue frees and they tried hard to force another equaliser however this time a well drilled Currow defence stood firm and there star Centre Forward Josh Ryan added the insurance point to seal the game.

Best on the night for Currow were Josh Ryan, Rory O Connor, Conor Clifford and Joey Kelly. JJ O Donoghue, Dara Wickham, Jonah Casey all battled hard for Spa.

After the game Denis Mc Crohan from East Region Coiste na nÓg presented the Div 3B Shield to winning captain Conor Clifford.



U12 Camogie girls v Causeway on Monday evening 24/07/23



COMHAIRLE CONTAE CHIARRAÍ KERRY COUNTY COUNCIL

BÓITHRE A nDÚNADH GO SEALADACH TEMPORARY CLOSING OF ROADS

ALT 75 d'ACHT NA mBÓITHRE 1993 SECTION 75 OF ROADS ACT 1993

Notice is hereby given that, pursuant to Section 75 of the Roads Act 1993, and the Temporary Closing of Roads Regulations 1994, Kerry County Council **has decided** to temporarily close to public traffic the following road/street:

Road/Street Closed: R-876 Kenmare Place\Main Street (From the Junction Mission Road and Kenmare Place to the junction of Main Street and New Street)

Road/Street Closing Times:

From 12 noon on Saturday, 29th July to 8.00 a.m. on Monday, 31st July 2023

From 12 noon on Saturday, 5th August to 8.00 a.m. on Tuesday, 8th August 2023

From 12 noon on Saturday, 12th August to 8.00 a.m. on Monday, 14th August 2023

From 12 noon on Saturday, 19th August to 8.00 a.m. on Monday, 21st August 2023

From 12 noon on Saturday, 26th August to 8.00 a.m. on Monday, 28th August 2023

From 12 noon on Saturday, 2nd September to 8.00 a.m. on Monday, 4th September 2023

Reason for Proposed Closure: To manage pedestrian footfall during the period proposed in the public interest and the continuance of temporary pedestrianisation measures as previously implemented during the period proposed.

Alternative Routes

L-3909 Beech Road, Traffic can divert from Kenmare Place onto N71 Mission Road onto L-3909 Beech Road and onto R-877 New Street

Padraig Corkery
Senior Executive Officer
Corporate Affairs



U8 Camogie blitz v Causeway on Monday evening 24/07/23



U14 Camogie girls win v Sliabh Luachra last Friday evening 21/07/23

DR. CROKES

U11

Well done to our U11 boys who took part in a Munster blitz in the Fitzgerald Stadium last week. We played games against An Gaeltacht, Listry and Donoughmore from Cork. The boys were then treated to a tour of the changing rooms and warm up area from last years Kerry captain Joe O'Connor. Thanks to our own Pat O'Shea and Joey Carton from Munster GAA and to Donal Daly and Mike Quirke from Kerry GAA for organising the event.

U11 HURLERS

Well done to our U11 hurlers who hosted Newport from Tipperary in a challenge game last week. It was a great evening of hurling and it was great to host everyone for pizza in the clubhouse afterwards.

U12 LGFA

Our U12s were at home to Moyvane in the County League on Wednesday last. Short, of numbers due to holidays etc we had to dig deep. We gave a great display in a cracking game to come out on top 6:10 to 6:08. Every girl played their part in this thriller. We are delighted with the progress this squad is making.

Summer Camp Our annual summer camp will take place on Monday 21st August to Wednesday 23rd August. Keep an eye on our social media pages as we have more details to follow.

DEFIBRILLATOR TRAINING

If you wish to attend this certified course contact Eamonn Fitzgerald on 087-6298606 or fitzgeraldfam48@gmail.com.

LOTTO took place on July 24th. Numbers drawn were 10, 15, 23, 26 Jackpot of €11,300 was not won. 5 patrons matched 3 and receive €80 each. Jackpot for draw on July 17th will be €11,600. We are calling on all members to support our weekly lotto play it online by following the link below and follow https://play.clubforce.com/play_newa.asp?ll_id=734#Anchor

BINGO

Dr Crokes Bingo continues every Sunday night in St. Marys Parish Hall at 8pm. Doors open at 6:45. This week's jackpot is worth a whopping €3,200 with another €2,000 in prizes to be won in 10 games of bingo. Everyone Welcome.

BEST OF LUCK to the Kerry ladies and mens' senior teams in their respective All Ireland semi final and final, especially to our own Kayleigh

Cronin, Gavin White, Tony Brosnan, Micheal Burns and Shane Murphy.

CONDOLENCES to Mike Hickey, Ann Courtney and family on the passing of Mikes mother Anne Hickey, Tippeary Town. Ar dheis Dé go raibh a hanam.

NOTES

If anyone has anything they want to add to our club notes please email pro.drcrokes.kerry@gaa.ie.

KILLARNEY CAMOGIE CLUB

TRAINING

Under 6/8/10 train on Mondays & Fridays from 6-7pm in Spa. Hurlleys & helmets can be provided on a rental basis for the season. Football boots, shin guards & water required.

Under 12s & Under 14s train on Mondays & Fridays (match dependent) from 6-7pm in Spa

Under 16s train on Mondays & Thursdays (match dependent) from 6-7pm in Spa

Under 18s train on Mondays & Fridays from 6-7pm in Spa

REGISTRATION

New members always welcome & registration is done on www.foireann.ie. For any details on registration, please contact Treasurer/Registrar Louise Moynihan or Secretary Sarah Breen. All details on how to register can also be found on our Facebook page.

FACEBOOK

Please check out our Facebook page for all up to date match fixtures & updates – Search for Killarney Camogie Club!

UNDER 10 NATIONAL BLITZ

Our Under 10's are busy preparing for their National Blitz which takes place in Sallins, Kildare on . Clubs at their venue will be Abbeykillix, Bishopstown, Eire Óg Corra Choill, Kilcullen, Monegall and St Thomas' so it is a wonderful opportunity to meet teams from all over the country. Afterwards, they will head to Croke Park for the Camogie Championship Finals!

MILLTOWN/CASTLEMAINE CLUB

LOTTO

Sponsored by Almas Takeaway, Milltown The fortnightly club lotto draw took place on Monday, July 24th at the club grounds. There was no jackpot or Match 3 winner on this

occasion. The numbers drawn were 3, 10, 28 and the bonus ball was 22. Lucky Dip winners were as follows: €50 - Derry Murphy, Dingle. €50 - Joe Sheehy, Tralee. €25 - Pat Flanagan, Firis. €25 - Suzy Doherty, Milltown. €25 - Gene Ferris, Meath. €25 - Ger Morris, Headford Our next club lotto draw is scheduled to take place on Monday, August 7th at 19:30pm in the Clubhouse where the jackpot will be €13,000.

CREDIT UNION COUNTY SENIOR FOOTBALL LEAGUE: DIVISION 6, ROUND 13 RESULT

Milltown/Castlemaine 'B' 0-6

Churchill 'B' 5-16

Hard luck to our Junior team who concluded their 2023 County Senior Football League campaign on Sunday afternoon against a strong Churchill side.

Despite the disappointing finish to the campaign with this result, Milltown/Castlemaine won 6 of their 12 games in this season's competition (one round was a BYE) and finished in a very respectable 6th place on 12 points out of 13 teams. Well done to the players and management for their sterling efforts throughout the campaign.

KEANE'S SUPERVALU COUNTY MINOR FOOTBALL CHAMPIONSHIP: ROUND 1 AND 2 RESULT

Mid Kerry's Minor side have been in Round 1 and 2 action in the Keane's Supervalu County Minor Football Championship last week and this week. In Round 1, the team lost to Austin Stacks on a score of 1-12 to 1-09 in Castleisland whilst against West Kerry last night, the contest

FOSSA GAA

THE SENIOR B TEAM Drew the last game in the country league 3-10 to 2-13 - to finish in a very healthy position in Div 6

LOTTO RESULTS

No winner: Numbers picked 6, 7, 19, 21. Current jackpot: €5,550.€40 Consolation Prizes: Marie Vaughan, Maurice Lyons, Thomas Cronin, Alan & Denise O'Brien and Eddie Doolan.

CUL CAMPS

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ALL IRELAND FINAL

Fossa Gaa wish our captain David Clifford, Paudie and all the team and management all the best on Sunday in the All Ireland final



DANNY HEALY-RAE TD



WEEKLY CLINIC ON:
SATURDAY AT SCOTT'S HOTEL,
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Danny Healy Rae TD - Monthly Clinics

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, Furies
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



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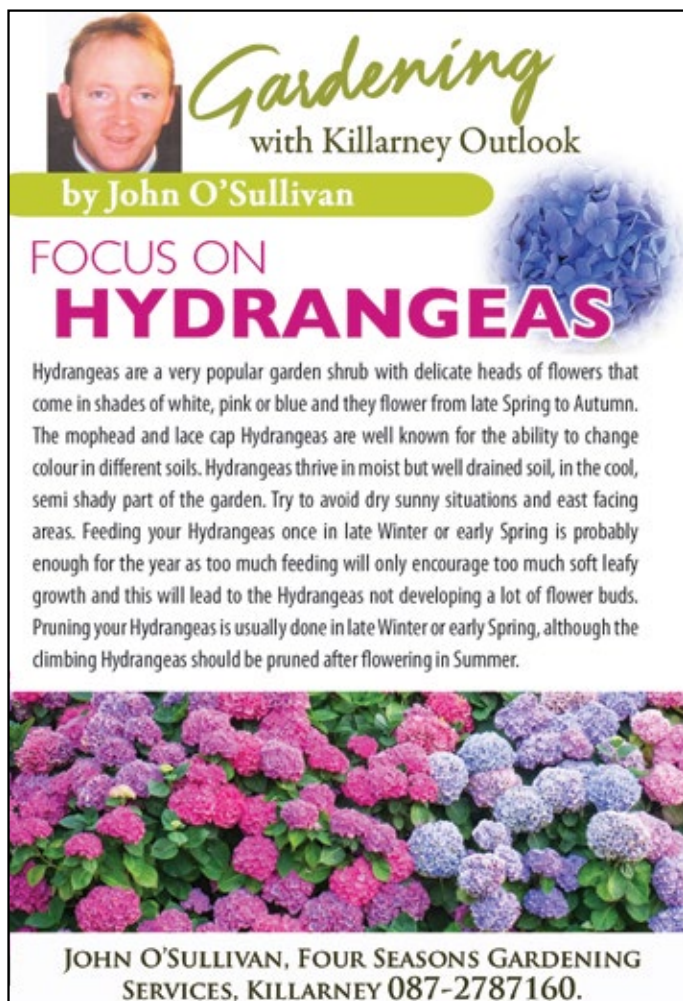


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A Word of Victory

Welcome back dear student "come to Me all you who labour and are heavy laden and I will give you rest" (Matthew 11:28-30). Last week we spoke about finding rest and getting a break. Rest and refreshment can be found in the Presence of God (Acts 3:19). True rest is what Jesus was revealing in this Scripture. The Lord Jesus is the Prince of Peace and the Peace that surpasses all understanding can only be found in Him (Isaiah 9:6-7; Philippians 4:7). How? Humble surrender. We don't like those two words because they symbolise weakness. The truth is that we are weak – we rely on God for our very next breath, but we think we are invincible. In the second part of this verse Jesus goes on to say that if we will partner with Him and learn from Him (that is, cultivate His character through studying and obeying His Word), we will find rest for our souls. The soul is the mind, will and emotions and it's where we feel stress and fear, hurt, grief, anguish, rejection and anger etc. These are toxic if they are not dealt with. Prosecco or Jack Daniels won't help. Many have tried that and woken up with the same or worse problems, and a sick hangover on top of it! God told Paul – "My strength is made perfect in your weakness" (2 Corinthians 12:9). Like the song says "let the weak say I am strong" – well, we are made strong in relationship with Jesus (Joel 3:10).

When a person comes to God in surrender – and confesses ... "Lord Jesus, I believe in You. I'm weak - I've tried doing things my own way to find success and peace. I've tried pleasing people to find favour in my search for happiness. I've tried rituals and religious activities and good deeds to feel satisfaction and completeness, but nothing has been enough to take away the emptiness, the loneliness, the fears or insecurity. Darkness still has the edge on me and threatens to engulf me. Lord Jesus, please come into my life and show me Who You Are; I'm desperate to know that You're real". This is an honest prayer and it's one God answers every time dear friend. Jesus said that He stands at the door and knocks, and if we open the door He will come in (Revelation 3:20). He waits to be invited in, and He needs to know He is wanted. No one feels comfortable around someone who doesn't want to be with them. What makes us think Jesus is any different? Many times, we've been haughty in our attitude towards God, thinking that just because we fulfil quotas of activities that God should be grateful that we graced Him with our presence. Then when life gets sour, many turn and feel vindicated in blaming God for His no-show! This is a manifestation of an unbelieving spirit which relies on self-righteousness for Salvation instead of Jesus, and God likens it to flinging a filthy rag in His face (Isaiah 64:6). But when one truly repents and turns to the Lord desiring to know Him this pleases God because He longs for our hearts to synchronise with His (Jeremiah 29:13; Hebrews 11:6).

God's abundant blessings and protection be upon our wonderful Kerry team and supporters on Sunday. May the Lord bless each one of you and keep you; May the Lord shine His face upon you and be gracious to you and give you His Peace, in Jesus' Name (Numbers 6:24-26). Ciarraí Abú!

Bible Study & Prayer every Sunday @ 11am and Thursdays @ 7.30pm in person and on Zoom at Word of Victory Christian Fellowship Killarney - Eircode: V93V6X4.

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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CHURCH OF THE RESURRECTION CHILDREN'S LITURGY GROUP would like to invite you to the Parish Centre after 11.00am Mass on Sunday the 23rd of July for a cup of tea and a chat. Looking forward to seeing you there. All Welcome

EUCCHARISTIC ADORATION; takes place every Tuesday at the Church of the Resurrection from 5pm—9pm. St Mary's Cathedral every Wednesday at 11.15am—5.30pm. Church of the Holy Spirit, Muckross Thursdays 4pm – 6pm. Franciscan Friary Fridays 2pm—6pm , Holy Hour every Sunday 6pm—7pm.

SINCEREST THANKS: The Parish Finance Committee and the Priests of the Parish express a sincere Thank You for your financial support to Killarney Parish during 2022 Your generous financial support is very much appreciated. The salary for Priests was contributed solely through the Christmas, Easter, November offering and Station dues, as well as offerings for Funerals, Weddings, Baptisms and Chaplaincies. The Priests of the Parish thank you most sincerely for your generous contribution. Each Parish is levied accordingly, which goes towards the administration costs of the Diocese.

UPCOMING GRAVEYARD MASS

NEW CEMETERY MASS: Monday 7th of August at 7pm.

BINGO at St. Mary's Parish Hall, will be held on Thursdays@ 8.30pm

KERRY DIOCESAN PILGRIMAGE TO KNOCK; will take place on the 26th of August leaving St. Mary's Cathedral at 7.00am on Saturday the cost pp is €25 Please Contact Sheila at the Parish Office with names and Contact Details 064 6631014 or email; killarney@dioceseofkerry.ie Please spread the word to those living away who might like to attend.

CONGRATULATIONS

Bishop Ray Browne celebrated his 10th Anniversary as Bishop of the Diocese of Kerry on Friday 21st of July. "Ad Multos Annos"

CATHEDRAL: On this Sunday 23rd of July 50 years ago St Mary's Cathedral was reopened after renovations. We remember with gratitude and appreciation past generations who generously served and worshipped in the Cathedral.

BALLYHAR CHURCH: VOLUNTARY CONTRIBUTIONS FOR THE PAINTING OF BALLYHAR CHURCH WOULD BE GREATLY APPRECIATED. Please drop in your donation in an envelope marked BALLYHAR PAINTING OF CHURCH to Fr. Knelly, The Presbytery, Fries or into the collection basket at the Fries Church Saturday evening Mass at 7.30 pm or the Ballyhar Church 10 am Mass Sunday morning . Thank You.



Ballyhar Church

IN MEMORIAM

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Contact Diarmuid on: 087- 6741190

Everyone Welcome



ANNIVERSARY

THINKING OF OUR DEAR FRIEND

EUGE CARTON

ON HIS ANNIVERSARY



The ones we love don't go away they ride beside us every day

Fondly remembered by your motorbike friends

2ND ANNIVERSARY

IN LOVING MEMORY OF **PAUDIE TWOHIG**



BALLINAGREE, MACROOM, CO. CORK WHO PASSED AWAY ON THE 1ST AUGUST 2021.

*You had a smile for everyone,
You had a heart of gold,
You left so many memories
That we will always hold.
Our thoughts are always with you Paudie.*

Lovingly remembered by Mom, Dad, Tadhgie, Seán, Mairéad and extended family.

ACKNOWLEDGEMENT & 1ST ANNIVERSARY

IN LOVING MEMORY OF

PATRICK V (PADDY) O'SULLIVAN



WOODLAWN PARK, KILLARNEY. 6TH AUGUST 2022.

As we lovingly remember Paddy on his 1st anniversary, Jacquie, Paula, Patrick, Valerie and Jennifer and our extended family wish to acknowledge the many expressions of sympathy and gestures of kindness shown to us during our time of mourning. A special word of thanks to everybody who attended the removal, Requiem Mass and travelled long distances to be with us. Thank you for your cards, letters of sympathy, text messages and online condolences. Thank you for your donations to Muckross Ward, University Hospital Kerry. A sincere thank you to Dr. Barry Moynihan and team at McAuley Unit, Balloonagh, Tralee, for their dignified care of Paddy. To the doctors, nurses and staff of Muckross Ward, University Hospital Kerry, for their wonderful care and kindness. Thank you, to Fr. Kieran O'Brien for making his Requiem Mass so personal and meaningful of Paddy's life. Thank you, to Maura Reen-O'Leary and Anita Lakner for the beautiful choice of music which enhanced the Mass.

Thank you, to Fr. Simon for reciting the rosary and putting us at ease and also for Paddy's dignified burial. Thank you, to our fantastic neighbours and friends for their support and understanding. Thank you, to Paddy's exceptional friends for their loyalty and friendship to him for over 50 years. Thank you, to his colleagues in Teagasc for their faithful companionship. Thank you, to his friends in the Seniors Golf Society for their support and consideration. Thank you, to Mike O'Shea and team, who helped us through this difficult time with professional care and understanding.

It would be impossible to thank everybody individually, so please accept our acknowledgement as an expression of our appreciation of your kindness.

FIRST ANNIVERSARY MASS

Will be celebrated on Saturday, 5th August, 2023 at 6.15 pm in St Mary's Cathedral, Killarney.

FIRST ANNIVERSARY



In Memory of our Wonderful Mother and Nana

EILEEN KELLEHER NEE HORGAN

Coornahilly, Inchigeela Co.Cork .

Formally Kilgarvan, Co Kerry. Who died on 29th July 2022

*Always a welcome,
always a smile
"Pull up a chair, sit down for a while"
Let's have a cup a tea and a chat
Always so eager, to hear what we'd say
Well, tell me now,
what did you do today?"
Always so grateful for anything done..
"Lovely and fine was her reply.
Your beautiful smile
And kindness we will never forget
Lovely happy memories of you
Rest peacefully in Heaven.*

Fond and loving memories from your loving Family and 21 Grand children.



JESUS

May your Sacred Heart Lord Jesus, be praised, glorified and honoured throughout the whole world now and forever. Repeat this 3 times.

PSALM 91

(Read every day for protection)

Whoever goes to the Lord for safety whoever remains under the protection of the Almighty, can say to Him, "You are my defender and protector. You are my God; in you I trust". He will keep you safe from all hidden dangers and from all deadly diseases. He will cover you with his wings; You will be safe in his care; His faithfulness will protect and defend you. You need not fear any dangers at night or sudden attacks during the day or the plagues that strike in the dark or the evils that kill in daylight. A thousand may fall dead beside you, ten thousand all round you, but you will not be harmed. You will look and see how the wicked are punished. You have made the Lord your defender, the most High your protector, and so no disaster will strike you, no violence will come near your home. God will put his angels in charge of you to protect you wherever you go. They will hold you up with their hands to keep you from hurting your feet on the stones. You will trample down lions and snakes, fierce lions and poisonous snakes. God says "I will save those who love me and will protect those who know me as Lord. When they call to me, I will answer them; when they are in trouble, I will be with them. I will rescue them and honour them. I will reward them with long life; I will save them". Amen.

THANKSGIVING

For favours received from Sacred Heart of Jesus, Our Lady of Lourdes, St. Bernadette, St. Martin De Porres, St. Roch, St. Padre Pio, St. Michael the Archangel, St. Perigrine for many favours received and that includes health.



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