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# KILLARNEY Outlook



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Thursday  
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## ALL BOATS READY....

## EVERYONE A WINNER AT KILLARNEY REGATTA

Last Sunday's Regatta held at O'Mahony's Point was one of the most successful in years. And even though high winds threatened the day it did not deter the Killarney clubs and all 16 races went ahead as planned. All clubs secured a win with Muckcross walking away with the Points Cup. The Bonny Baby competition was judged by Lily of Killarney Sarah Dineen. The winners were Freya Casey and Chloe McCarthy.

The Regatta dance was held in the Killarney Oaks on Tuesday, with the presentation of prizes and the crowning of the Regatta Queen with Illona O'Donoghue from Flesk Valley, winning the title this year. The committee would like to thank all those who make our event possible, the Killarney Clubs, our sponsors, civil defence, Inbhear Scein Sub Aqua Club, Mary O'Leary School of Dancing for the entertainment, Killarney Golf & Fishing Club for their continuing support, and many many more.

**RESULTS AND ROUND UP****MC GILLICUDDY POINTS CUP**

Winners: Muckross RC 37, Fossa RC 21, Workmens RC 18 Flesk Valley RC 11/12 St. Brendan's RC 8/9.

- Muckross RC won ten of sixteen races, Fossa RC three and one win each for St. Brendan's, Workmen and Flesk Valley

- Muckross RC defend McGillicuddy Points Cup as best overall club with ten race wins, including a clean sweep in all Senior Mens and Ladies races and three wins out of four in the

underage categories.

- Historic first and second place for Muckross RC in the Senior Sixes. Muckross also first club to win the Novice Mens Sixes for three years in a row.

- Fossa RC win the Junior Mens Six returning the title to the red shore for the first time since 2008. Fossa ladies secure the club's other two wins in the Veteran Ladies Six and Junior Ladies Fours, both of which were last won by Fossa in 2012.

- A return to winning ways for St. Brendan's RC whose Minor Men won the club's first race since 2013. The Minor Mens race was last won by St. Brendan's RC in 1988.

- First win for Workmen's RC in the Novice Ladies Sixes, the newest event introduced to the regatta in 2012. A strong club performance by the rowers of Ross with seven second place finishes.

- Thrilling races and exciting finishes throughout the day, with all podium places hotly contested in many of the races. A photo finish emerged for third place in the Junior Ladies Fours between Flesk Valley RC and St. Brendan's RC.

- Flesk Valley successfully defended the Junior Fours title and capped off the day with second place finishes in both Senior Mens and Ladies Fours.



U16 GIRLS PICTURED AT THE KILLARNEY GOLF & FISHING CLUB TO PART TAKE IN THE REGATTA WERE THE A & B TEAMS OF MUCKROSS ROWING CLUB TAKING 1ST & 3RD PLACE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ENJOYING THE REGATTA AT KILLARNEY GOLF & FISHING CLUB WERE FRONT ROW L-R TOMAS O'CONNELL, TARA O'CONNELL, ALISON COFFEY, SIOBHAN COFFEY, DARA LOONEY, MARGARET COFFEY & YVONNE O'CONNELL. BACK ROW L-R MAGS O'CONNELL, RAYMOND COFFEY SENIOR, PAUL WHELTON & FIONA WHELTON. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ENJOYING THE REGATTA AT KILLARNEY GOLF & FISHING CLUB WERE L-R LINDA DALY, LORRAINE KELLY, AOIFE COOPER, BERNIE MURPHY, VALERIE COURTNEY & ELAINE DALY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



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



PICTURED AT KILLARNEY GOLF & FISHING CLUB TO ENJOY THE REGATTA WERE L-R SAOIRSE COFFEY, AISLING COFFEY, DARRAGH WHELTON & CAOIMHE COFFEY FROM FOSSA. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



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14th

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15th

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(Evening)

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## LÁ NA gCLUB HAILED A GREAT SUCCESS

The annual Lá na gClub which was held at Spa GAA Club grounds on Saturday evening last has been hailed as a great success by organisers.

The club would like to thank all the organisers and volunteers who helped out on the day.

The event, which is one of the highlights of the clubs social calendar was attended by club members and their families from across the parish.

Many familiar faces along with some new and old friends showed up to taste the mouth watering BBQ and watched the medal presentations of U13 Girls, U16 Boys. The festivities continued late into the evening with some excellent music from Jack Healy.

PICTURED RIGHT AT SPA GAA CLUB GROUNDS ENJOYING THE CLUBS DAY OF ACTIVITIES WERE BACK ROW L-R ELAINA O'DONOGHUE, SARAH FLEMING, ROISIN BEAZLEY, HANNAH DALY, EMER BEAZLEY & LAUREN O'CONNOR. FRONT ROW L-R CLODAGH O'CONNOR, LIADH BEAZLEY & SORCHA BEAZLEY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT SPA GAA CLUB GROUNDS ENJOYING THE CLUBS DAY OF ACTIVITIES WERE L-R GERALDINE O'SULLIVAN, NOREEN O'SULLIVAN, MARY CULLOTY & SHIRLEY O'SULLIVAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



L-R SCOTT O'MEARA, CIAN O'SULLIVAN & DONAGH FAHY ENJOYING SPA LÁ NA gCLUB. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ENJOYING THE FUN AT SPA LÁ NA gCLUB WERE L-R ROISIN O'SULLIVAN, KATE LAWLOR AND SISTERS CIARA & AOIFE O'DONOGHUE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

## JOHN TAKES THE CHAINS AT KILLARNEY ROTARY CLUB



CHAIN REACTION... MIKE STACK, OUTGOING PRESIDENT, KILLARNEY ROTARY CLUB, HANDING OVER THE CHAIN OF OFFICE TO INCOMING PRESIDENT, JOHN O'SULLIVAN FOR 2015, AT THEIR WEDNESDAY MEETING WITH MEMBERS OF THE ROTARY CLUB, AT THE MALTON HOTEL, KILLARNEY. PHOTO: VALERIE O'SULLIVAN.

Killarney photographer John O'Sullivan took over the Chain of Office of Killarney Rotary Club on Wednesday at the club's weekly lunch at The Malton Hotel.

The club applauded outgoing president Mike Stack who had a very successful year in office.

Well known in social photography and mountain guiding, John is a voluntary member of Kerry Mountain Rescue, Beaufort Community Council and the MacGillycuddy Peaks Mountain Access Forum.

John, who grew up in the foothills of the

MacGillycuddy Peaks and resides in Beaufort, is also an experienced mountain and hillwalking guide and operates and runs The Lodge and Reeks Guiding Company. He is also one of the organisers of the Killarney Walking Festival. "I am looking forward to my year in office and in strengthening Killarney Rotary Club's involvement in its charity events and community projects," said John.

Coolcaslagh native Mike Stack had a very successful year as president. "I thoroughly enjoyed my year as president, we raised significant funds for deserving charities and am delighted that John is coming in as this year's president," he said.

Mike is the managing director of Tricel, Killarney, and was also a finalist for the EY Entrepreneur of the Year 2014.

In May Tricel announced it is to create 100 new jobs over the next 18 months as part of an expansion of its operations here and abroad. Among those present at the Killarney Rotary ceremony on Wednesday was Rotary Ireland assistant governor Teresa O'Brien.





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## ITS TIME TO CELEBRATE YANKEE STYLE

It's all systems go for this year's 4th of July which takes place this evening. The twist this year is that the main event "The Big Parade" will take place on Friday evening the 3rd of July at 8.30pm to facilitate the Ring Of Kerry Charity Cycle on Saturday 4th July. Down town Killarney will be transformed into Main Street USA. The town will come alive with street entertainment throughout the day. Brass bands and can-can girls will perform on the streets. The very popular celebration charity BBQ starts 2pm at Scott's Hotel, Scott's Street, kindly sponsored by the Henggeler-Moriarty Family in aid of Kerry Cancer Support Group.

The Parade will follow the same route as last year, along Main Street, New Street for the best views. As last year, The Big Parade will wind its way into the Beech Road Car Park where revellers will be treated to a fantastic evening of American Swing Music with "The Swing Cats". The night will finish with a spectacular fireworks display over Killarney Town.

This day long celebration of America's Independence is again being organised by a subcommittee of Killarney Chamber of Tourism & Commerce under the stewardship of Diarmuid Leen and supported by Kerry



The Lone Ranger... Peter Dunlea, Fest.ie, Events Designer, taking hold of the Saloon, for the 'Big Parade'...when 4th of July Celebrations this evening. Photo: Valerie O'Sullivan.

County Council, Failte Ireland, IPB Insurance, O'Donoghue Ring Hotel Group, Heineken Ireland, and The Henggeler – Moriarty Family. On the Morning of the 4th July, a "dawn chorus" of the Star – Spangled Banner will be

performed by The Killarney Golf Club Choir and the ceremonial hoisting of the USA flag over the town hall. This was an incredibly emotional affair last year attended by hundreds of our American visitors and locals alike.

## KILLARNEY NATIONAL PARK CROWNED THE BEST DAY OUT IN IRELAND



GATEWAY TO HEAVEN.... KILLARNEY NATIONAL PARK. PHOTO: PETER O'TOOLE.

Killarney National Park has been named as the Best Day Out in Ireland by The Irish Times. This brilliant day out beat stiff competition from the four other contenders on the final shortlist: The Antrim coast, The Barrow Way in Carlow, Big Day out in Leitrim & Clare Island Adventures. This year The Best Day Out competition which is in partnership with Discover Ireland received more

than 2,000 nominations submitted by members of the public.

Speaking about the winning day out Conor Goodman, Features Editor, The Irish Times and Chair of the judging panel, said, "The Irish Times is delighted to name Killarney National Park as the winner of the Best Day Out in Ireland competition. In the opinion of our panel of judges, no destination in the country combines such a varied and unspoilt natural environment with a wide range of experiences and activities: heritage houses, cycling and boating, walking and exploring.

"We received almost 2,000 nominations for this award from members of the public, and we are grateful to Pat Coffey for nominating Killarney National Park. He wrote: "With a backdrop of Killarney lakes and The McGillicuddy Reeks this is a place you could spend days exploring."

"Congratulations Killarney National Park, a jewel of Irish visitor attractions."

## CIARAN WINS 1ST PLACE

A talented Killarney teenager has been awarded 1st place in Song at the Youth Factor All Ireland final.

Ciaran Quigley who is a talented musician from Muckross Killarney attends the Band Project in the KDYS in Killarney. Ciaran qualified in April to

represent Kerry in the Youth Factor All Ireland Final which took place last Sunday 28th June in the Dean Crowe Theatre in Athlone. It was a fantastic day with so much talent in many categories, but Ciaran's talent showed through when he was awarded 1st place in song.

## FUN JUNIOR GOLF CAMP

Budding golfers will get the opportunity to learn the skills involved in the game at a fun Junior Golf Camp which will be held in the Castlerosse Golf Club on July 13th 14th and 15th. The camp is suitable for boys and girls aged 9-14.

Under the instruction of PGA Qualified Golf Coach, Kieran Crehan, the club will run for three days from 1.30pm to 4.30pm. For more information contact Kieran Crehan P.G.A. Qualified Golf Coach & G.U.I. Kerry County Golf Coach on **087 2748777**



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## KILLARNEY ALLIANCE AGAINST WILD FIRES CONTACT MINISTER



THIS IMAGE TAKEN FROM INNISFALLEN ISLAND SHOWS SMOKE FROM THE FIRES COVERING A LARGE AREA OF THE NATIONAL PARK.  
PICTURE: PETER O'TOOLE.

A group of concerned citizens have written to Ms Heather Humphreys TD, Dept of Arts, Heritage & the Gaeltacht regarding their concerns about the wild fires which destroyed thousands of acres of land in Killarney earlier this year.

Members of the Killarney Alliance Against Wild Fires includes Frank Lewis - Secretary, along with Cllr John Joe Culloty and representatives from Kerry Branch of the ICMSA, Killarney Branch of the IFA, Killarney Chamber of Tourism & Commerce, Killarney National Park Liaison Committee, Muckross Community Association and the Trustees of Muckross House

In an detailed submission the group have outlined their views on how to control wild fires through a managed process.

This process includes the following:

Planned burning is essential and dates for burning must be

- sensible - allow burning until mid April -
- flexible - where weather does not allow burning by mid April and there is an urgent need to burn - this should be readily allowed.
- a practical approach from the Department of Agriculture on land eligibility
- sensitive lands should be monitored in dry weather between mid February and Mid May. Monitoring staff should be capable of dealing with fires that are in the early stages.
- fire lines/breaks are essential within the National Park and on neighbouring commonage and mountains and the development of these need to be state funded.
- it should not be necessary to apply for a permit to burn protective lines adjoining inflammable areas

This was the management process operated by Coillte in the Killarney area for over seventeen years (1972 to 1989) and pre 1960. Because this process has not been in operation for 26 years there is now a highly dangerous situation with

much mountain and commonage so overgrown. It is now necessary to put in place a strategy to bring these areas back to a condition where they can be managed. Our advice is that this is likely to take five years and will need special assistance. The only scientific research done on wild fires in Ireland would appear to be the records kept on those 20 years of Coillte management which found

- there was a significant number of wild fires in or near Killarney national Park every year.
- In an analysis of the wild fires over those 20 years a pattern repeated every year
- 60%/70% of fires were malicious - the fires were started by people who had no vested interest in burning
- 20/30% were landowners clearing their own land
- 10% were accidental
- the analysis of twenty years also found that where there was a firebreak along by a road the incidence of wild fires in that area dropped dramatically - maverick pyrophiles did not want to risk being seen

Planned burning, sensible and flexible dates, a practical approach on land eligibility, monitoring sensitive lands at sensitive times, fire breaks, burning protective lines adjoining inflammable areas when necessary. That was historic practice. It was further validated in the Coillte practice in Killarney from 1972 to 1989 and pre 1960. The current consultative practice has clearly indicated that it is the only realistic way forward. A five year emergency strategy is necessary to get land to a condition where it is possible to implement this management approach

The group are most anxious that the Minister sees the situation on the ground in Killarney to ensure that historic practice and scientific research form the basis for this consultative process.

## KILLARNEY LIBRARY LAUNCHES SUMMER READING ADVENTURE

Killarney Library is one of many libraries across Kerry that are welcoming children to participate in a fantastic adventure that will keep them reading throughout the school summer holidays - the Summer Reading Adventure. Each year Kerry Libraries runs summer reading programmes for primary school children to promote literacy development when schools are closed and to encourage non readers to engage with books. This year Killarney Library is involved in a new pilot Summer Reading initiative called 'Summer Reading Adventure'. The Reading Challenge will run during the summer from 27 June - 22 August and it will take young readers into a magical land where they can discover the joy of reading.

Taking part is easy, just call into to your local library and register. Each child will be encouraged to read 6 books from the available selection (fiction and non-fiction). Each will receive a sticker for each book read and will be presented with a reading certificate and library bag at an awards ceremony in August/September. The challenge will also include an interactive website where participants can play related themed games, review books, communicate with selected authors at: <http://www.librariesireland.ie/summer-reading-adventure/>

All children up to the age of 12 years are invited to take part in this free activity. Through this fun activity Kerry Library hopes to continue the promotion of books and libraries as an enjoyable and rewarding activity throughout the summer.

All Kerry Library branches are open throughout the summer including Saturdays. For more information contact: Kerry Library at **066-7121200** or check out our website **[www.kerrylibrary.ie](http://www.kerrylibrary.ie)** or better still give a call to any of the Kerry libraries.

## FAMILY FUN DAY

A family day will be held at Listry GAA pitch on Saturday 11th July from 2-5.30pm.

There will be lots of fun and games and a BBQ for everyone to enjoy.

This fun day is brought to you by community and sporting groups in the Listry area.

**IF YOU HAVE A STORY...**  
Contact Aisling on **086 0400 958**  
**[editorial@outlookmags.com](mailto:editorial@outlookmags.com)**





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## KILLARNEY OUTLOOK'S WEEKLY COLUMNIST DR. MICHAEL MOLONEY ADVISES RING OF KERRY CYCLISTS ON THEIR LAST MINUTE PREPARATIONS...

### RING OF KERRY PREPARATION TIPS



**For seasoned and novice cyclists it is important to remember these few tips.**

● **PREPARATION:** Anyone with a medical condition should discuss with their GP regarding their ability to race on the day.

● **DAY BEFORE:** Pre fuelling muscles with energy is very important the day before endurance exercise. I normally suggest meals with large amounts of carbohydrates (pasta, rice, bread and potatoes). Sugary drinks including sports drinks are an easy and good way to get large amounts of sugars into the blood stream. This sugar is then stored in the muscle in the form of glycogen. It is important to remember not to eat or drink anything which may make you feel sick.

Meals with large amounts of protein (meat) are best avoided on this day.

I would also suggest drinking plenty in order to make sure your urine is clear in colour. Avoid drinking excessive amounts before bed as this will interfere with sleep.

Get a good night's sleep! (Try and avoid the festivities until after the event!)

● **MORNING OF THE CYCLE:** I would suggest a light breakfast on the morning of the cycle which again is predominantly carbohydrate based. Porridge with honey or sugar is a perfect meal.

● **HYDRATION:** The easiest thing to do and the easiest to forget! Staying hydrated on long cycles is very important. The key to adequate hydration is consistent sipping of fluids. Ideally two bottles (one with water and one with sports drink or juice) would be carried. When exercising for over an hour the body begins to deplete of important salts used to activate your muscles. Many sports drinks (or dioralyte sachets) contain the correct balance of salts required during exercise. Again it is very important that any drinks being used are not new to the cyclist to avoid getting sick on the day. These salts can be received from gummy bears or wine gums and I would suggest grazing on a couple of packets of these throughout the day also.

At any water station remember to top up your bottles!

● **NUTRITION:** All the preloading the days

before the cycle will only get you so far. Ideally for endurance events you should consume the same

amount of calories per hour as you are burning during exercise. During a cycle such as this it would not be unusual to burn 800-1000 calories per hour! (Average daily calorie intake is normally 3000 for a man and 2500 for a woman). From this you can see that it is important to eat large amounts during the cycle but not enough to make you sick!

I normally suggest easy to digest foods such as dried fruit. Couple this with sports drinks and wine gums in order to boost your calorie intake without having a huge volume of food in your stomach!

● **SUN EXPOSURE:** If it is a sunny day wear total sunblock and a hat to prevent sun stroke.

● **AFTER THE RACE:** Repair first and celebrate after! Make sure to rehydrate and eat a meal with protein after the race. Ideally avoid alcohol as this can further dehydrate your body. Have a good night's sleep and congratulate yourself on finishing the race.



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## FIONA TAKES ON NEW ROLE AT THE ANGSA SPA

With a wealth of experience from Spa's around the world, Fiona Collins is set to bring her vast experience to The Angsana Spa at The Brehon where she has just been appointed manager.

"I began work in the health and fitness industry while completing a Sport Science Degree at Surrey University," said Fiona. "I worked in the hub of corporate health and fitness Industry in Blackfriars, London before diversifying into the spa and hospitality industry. I then spent fifteen years working in many of the world's leading spas, including the Jumeirah Hotels and Resorts Group in Dubai."

Since returning from Dubai, Fiona has worked as a consultant on a number projects including brand development on behalf of KIS Lifestyle UK.

"The spa industry in Ireland and the UK has undergone phenomenal growth in the last ten years. More and more people understand and appreciate the holistic benefits of a good spa treatment," explains Fiona.

"All the Angsana therapists have trained at The



FIONA COLLINS MANAGER OF THE ANGSA SPA.

Banyan Tree Academy in Thailand. Banyan Tree graduates are highly regarded the world over. Their exacting standards and skill ensure their customers leave feeling revived and rejuvenated and I am thrilled to be a part of this truly exceptional team."

## SEARCH IS ON FOR KERRY'S BEST YOUNG ENTREPRENEUR



PICTURED L:R: TOMÁS HAYES, HEAD OF LOCAL ENTERPRISE OFFICE, NIAL HARTY, ENTERPRISE EXECUTIVE, LOCAL ENTERPRISE OFFICE, VICTOR SHEAHAN, SENIOR BUSINESS DEVELOPMENT OFFICER, LOCAL ENTERPRISE OFFICE, JOHN BRASSIL, MAYOR OF KERRY, MOIRA MURRELL, CHIEF EXECUTIVE, KERRY COUNTY COUNCIL.

A competition with a total prize fund of €50,000 has been launched by Kerry County Council Local Enterprise Office in a bid to find Kerry's Best Young Entrepreneur.

The money will be invested in winning businesses and entrepreneurs in Kerry. It is part of a €2 million National Competition to find Ireland's Best Young Entrepreneur, where national winners are eligible for further investment of up to €50,000. The competition is open to individuals aged 18-30 and will be judged under three distinct categories:

- Best new idea – Not yet established (€10,000)
- Best start-up business – Less than 24 months (€20,000)
- Best established business – greater than 24 months (€20,000)

### How do you become Kerry's Best Young Entrepreneur?

The first stage will be a county-based competition where up to 15 finalists will be selected, leading to the naming of Kerry's Best Young Entrepreneur. This stage will include an intensive business boot camp with combined mentoring from experienced business owners. This will be followed by regional finals and ultimately national finals with one business-person being crowned Ireland's Best Young Entrepreneur before the end of 2015.

The aim of the initiative is to encourage and support a culture of entrepreneurship among young people in Ireland, to promote entrepreneurship as a career choice, and to encourage the establishment and development of new innovative businesses by Ireland's young entrepreneurs. This is hugely important for job-creation as two thirds of all new jobs are generated by businesses in the first five years of existence – more start-ups and a thriving entrepreneurial culture will lead to more jobs being created.

This project is an integral part of the Action Plan for Jobs 2014 and is supported by the Department of Jobs, Enterprise and Innovation through the Local Enterprise Offices.

### So, how do you enter?

Simply go to the website [www.ibye.ie](http://www.ibye.ie) and complete the online application form before the deadline on July 31st.

## SNAP HAPPY PHOTOGRAPHERS PICK UP AWARDS

The overall photographer of the year competition at Killarney Camera Club was a very closely fought affair with only one point separating 1st and 2nd place going into the final competition of the year. Paul Garnett held on to win the competition on the night and the overall POTY award.

**RESULTS:** Unrestricted Open Print Competition:

1st Paul Garnett Pyramid Lake: 134 points  
2nd Billy Dermody Evening Time: 128 points

3rd Ellen Lynch The Peacock: 124 points

### Photographer of the Year (POTY):

1st Paul Garnett - 129 points

2nd Chris Slattery - 125 points

3rd Billy Dermody - 105 points

Winner of this years Novice Category was Ellen Lynch who won first and second in the Unrestricted Category of our final competition.

Here are the results:

1st Ellen Lynch, 2nd Ellen Lynch

3rd Noel O'Neill.

The overall Novice Photographer of the Year competition was also very closely contested with the final results hinging on the last competition of the year.

Marie Lyne Kelly held on to win the title!

Here are results:

1st Marie Lyne Kelly - 82 points

2nd Jennifer Walsh - 78 points

3rd Mark Webb - 72 points

The club taking a break for the summer months, but will be meeting informally every second Thursday.




WINNING PHOTOGRAPHERS MARIE LYNE KELLY AND PAUL GARNETT.



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## RESCUE FEST A HUGE SUCCESS



KATHY O'SHEA AND SUE WALSH AT 'WALKING ON CARS' PERFORMANCE AT THE INEC KILLARNEY. PHOTO: VALERIE O'SULLIVAN.

Rescuefest - the pop up festival in which big hearted Irish musicians and comedians came together at the INEC over the weekend was a major success.

Not wanting to disappoint their fans, a number of the Irish acts previously lined up to play the cancelled Killarney Festival of Food and Music, performed instead at the INEC and in so doing raised over €8,000 for charity with all proceeds going to the Oncology Unit in Tralee General Hospital and Cuan Counselling Service.

The spontaneous two-day Pop Up festival was organised in just three days and featured performances by Walking on Cars, Mundy, Damien Dempsey, Mick Flannery, Penrose, Moxie, Lisa Seavers, The Little Hours, and The Booka Brass Band along with comedians Jason Byrne, Karl Spain, Barry Murphy and Après Match. "We were contacted by a number of our regular artists last Wednesday, they wanted to play in Killarney and not let their fans down," said Patrick O'Donoghue of The Gleneagle Hotel and INEC. "The team here worked really hard to pull it all together in such a short space of time and great credit is due to them and also to the artists who gave of their time and talents for two very worthy charities." "We also received



JOHN HUSSEY, GRACE O'CONNOR, JAMES FOLEY AND SALLY MACMONAGEL AT 'WALKING ON CARS' PERFORMANCE AT THE INEC KILLARNEY, AS PART OF A SERIES OF POP UP CONCERTS AT THE INEC. PHOTO: VALERIE O'SULLIVAN.

fantastic support from many local businesses. Dingle's own Walking on Cars were the first band to lead the charity charge and nominated Cuan Counselling to receive the proceeds. A band spokesperson said "It was great to see everybody out to support the community, we would like to thank everybody for offering their help and time to make the whole thing possible."

## HUNDREDS CYCLE IN MEMORY OF PAUD AND WILLIE

Hundreds of cyclists took to the highways and byways for last Sunday's Tour of Sliabh Luachra cycle which took place in absolute perfect weather conditions. Cyclists from Kerry, Cork and Limerick came to enjoy the beautiful yet challenging countryside of Sliabh Luachra to take part in the event which raised funds for Millstreet Community Hospital.

"We are planning to run the event again next year and hope that it will grow from strength to strength", said John Reen, one of the organisers

of the event.

"We will be in Killarney this weekend selling tickets for our juvenile club fundraiser", he added.

The cycle was led out by members of the O'Leary and Reen families along with All Ireland final man of the match Paul Murphy who was present on the day.

PICTURED RIGHT THE O'LEARY AND REEN FAMILIES LEADING OUT HUNDREDS OF CYCLISTS IN MEMORY OF PAUD AND WILLIE LAST SUNDAY. PICTURE: GERALDINE DENNEHY.



## YOUNG HURLERS TO TRAIN WITH THE CHAMPIONS



PICTURED AT THE CENTRA COMMUNITY HURLING EVENT IN FITZGERALD STADIUM LAST YEAR. HURLING STAR, SEÁN ÓG Ó hAILPÍN WAS ON HAND TO SHOWCASE HIS HURLING SKILLS AND IMPART VALUABLE ADVICE TO THE YOUNGSTERS. PHOTO BY: DOMNICK WALSH / EYE FOCUS LTD ©

Hurling stars Seán Óg Ó hAilpín and Séamus Hickey are coming to Fitzgerald Stadium to train all the hurling fans out there.

On Saturday, 11th July two of the country's biggest hurling stars, all-time great Seán Óg Ó hAilpín and Limerick player Séamus Hickey, will be on hand to give budding hurlers from local clubs the chance to learn from the best and develop their game.

Sponsored by Centra, the events, which have returned for a fourth year, will see some of the country's finest inter-county hurling stars travel the length and breadth of Ireland to give healthy eating and training tips to the next

generation of hurling stars.

To sign up for the event, register in-store in participating Centra stores, including Centra at The Reeks, Killarney by 4th July. The event commences at 10am on Saturday 11th July in Fitzgerald Stadium. The hurling skills session is open to boys and girls of all standards from age five to twelve.



## DEENIHAN AND GRIFFIN SECURE FG NOMINATIONS

Fine Gael became the latest political party to select their candidates for the upcoming general election which may well come sooner than next year's expected date.

Outgoing TD's Castlemaine's Brendan Griffin and Fingue's Jimmy Deenihan headed off

the challenge from Rathmore Senator Tom Sheahan in a competitive convention held in Killarney. Griffin who impressed on Vincent Browne's "People's Debate" secure 194 votes, with Minister for the Diaspora Jimmy Deenihan receiving 148 with Sheahan a defeated

candidate last time out coming in third with 112.

Sheahan has said it is unlikely that he will be added to the ticket.



## MONEY MATTERS....

By Dermot Cronin,  
Financial Advisor



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If you have any queries in relation to the above or any other matter you can contact Dermot Cronin at **064 6622775** or **087 2893649**.

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## PROPERTY OUTLOOK

### THROUGH THE KEYHOLE....

#### A PICTORIAL LOOK AT PROPERTIES ON THE MARKET

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## ACTION ON AND OFF THE TRACK AT KILLARNEY RACES

Ladies Day at Killarney Races this year promises to be action packed both on and off the track with a host of celebrities attending the Dawn Milk Ladies Day on Thursday, July 16th, 2015. Glenda Gilson, Presenter & Reporter with TV3's Xposé and this year's reigning Rose of Tralee, Maria Walsh have been announced as judges of the Dawn Milk Ladies Day 2015.

The Dawn Milk Ladies Day at Killarney's four day racing festival in July is renowned across the country as one of the most prestigious ladies day events on the fashion calendar in Ireland. The Dawn Milk Queen of Fashion Winner will receive a trip for two to Paris and a specially commissioned vase. The winner of the Dawn Milk Most Stylish Hat will receive a trip for two to Milan and a specially commissioned vase also. A runner-up prize will also be presented in both categories. A total of 20 finalists will be selected by the judges, and ladies are advised to arrive early as the judges will be selecting finalists on the race course from 1.30pm to 3.30pm. All winners will be announced in the parade ring after the 5th race.

Speaking at the launch, John O'Sullivan, General Manager, Dawn Milk commented "Dawn Milk is delighted to sponsor Ladies Day at the Killarney Races for 22 years, making it one of the longest ladies day patronages in Ireland. Top judges have been invited year after year to Ladies Day in Killarney and this year is no different, we are delighted to welcome TV3's Glenda Gilson and Rose of Tralee Maria Walsh. Once again this year, top luxury prizes to the European style capitals Paris & Milan and specially commissioned crystal vases can be won by the most stylish ladies attending the Dawn Milk Ladies Day."

The four day Killarney July Racing Festival commencing on Monday, July 13th in Ireland's most scenic racecourse will combine the very



STYLE CAPITAL... PARIS OR MILAN? DENISE HEALY, LAST YEAR'S WINNER OF THE DAWN MILK LADIES DAY WITH HER FIANCE AIDAN O'MAHONY, KERRY GAA PLAYER AT THE LAUNCH OF THIS YEAR'S DAWN MILK LADIES DAY AT THE KILLARNEY RACES ON THURSDAY, JULY 16TH, 2015. PHOTO: DOMINICK WALSH PHOTOGRAPHY.

best of horse racing with a fantastic festival atmosphere for all racegoers. Family Evening in association with 'A Time to Party' will get the festival off to a winning start on the Monday evening. Bouncy Castles, Rodeo Bull, Face Painting, Activities Area and many more fun activities are planned. Tuesday features the best of National Hunt and Flat racing and on Wednesday Killarney Racecourse will play host to some of the 2015 Rose of Tralee contestants who will be mingling with crowds throughout the enclosure.

Killarney Racecourse Manager Micheál Lucey who is busy preparing for the upcoming Festival said "The lead up to the July Festival is something that I look forward to each year, the course is in excellent condition, there is a great

air of excitement around the town of Killarney and we are ready to welcome large crowds and some great racing."

The Killarney July Racing Festival features 28 races, generously sponsored by local, national and international businesses. There is an impressive total prize fund of over €260,000 on offer which is sure to attract runners from Ireland's top stables. There is a limited number of packages still available on the 3 evenings for the Panoramic Restaurant and also BBQ Packages are available Monday – Wednesday evenings. For bookings contact **064-6631125** or E-mail **sales@killarneyraces.ie** or log on to **www.killarneyraces.ie**

## DISNEY CAMPS KEEP KIDS BUSY



After the huge success of the 2014 Frozen Summer Camps across Kerry, Tralee Performing

Academy are excited to announce the schedule of their 2015 Summer Camps.

The Academy are doing Disney Summer Camps which are sure to prove very popular with kids under the age of 10. Each camp is going to be limited to 50 children, boys and girls between the ages of 4 and 10 years of age. Activities included in the programme at the camps include learning songs and dances from Disney cartoons, acting, fun and games with a Disney theme, arts and crafts, facepainting and a performance on the last day of camp.

The children will be fully supervised all week in the camp venue and will get a lunch break every day. The cost per child is 60euro for the five day camp including a discount scheme for more than one child from the same family.

The camps are on the following dates and venues - all camps 10am – 1pm

27th July – 31st July Killarney (Killarney Sports and Leisure Centre, Bypass Rd) 10 am -1pm

Cyms Hall Killorglin 3pm-6pm

As last years camps were sellouts, early booking is advisable, so please call Tim on **083 4056829**

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UNA FITZGERALD PICTURED AT ST OLIVERS NS, BALLYCASHEEN ON HER RETIREMENT DAY WITH SOME OF HER PAST PUPILS WHO ARE NOW TEACHING AT ST. OLIVERS. FRONT ROW L-R SUSAN MURHILL UNA FITZGERALD CIARA O SULLIVAN. BACK ROW L-R LYNN JONES, RACHEL BOWLER, ELAINE KAVANAGH, SHEILA CURTIN & JOSEPHINE HAYES. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



NEILUS DALY, SEATED CENTRE, PICTURED AT THE WINDOW BAR AT THE KILLARNEY PLAZA HOTEL AS HE CELEBRATES HIS 80TH BIRTHDAY WITH FAMILY AND FRIENDS. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ROSIE CURTIN (SEATED CENTRE) ENJOYING HER BABY SHOWER, PICTURED AT LA RAMBLA WITH FAMILY & FRIENDS. BACK ROW L-R PAM SCOLLARD, MAUREEN FLEMING, ZELIE O'DONOUGHUE, JETTA EGAN, HELENA MCELLIGOTT, ANNE CURTIN, KATHERINE MC CARTHY, MARCELLA DOYLE. FRONT ROW L-R NORMA MORAN, NOR NOLAN, PATRICIA CURTIN, ROSIE CURTIN, KAREN JOYCE, CHLOE JOYCE & LOUISE JOYCE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



MEMBERS OF THE KILLARNEY BAR ASSOCIATIONS PICTURED AT THEIR SUMMER BARBEQUE WHICH WAS HELD IN THE MALTON LAST FRIDAY. INCLUDED ARE :SEATED: JUDGE CARROLL MORAN (GUEST OF HONOUR) MIDDLE ROW: LEONIE HUSSEY O'BRIEN, LORNA LARKIN, LIAM COGHAN, TIM O'LEARY, JANE O'HALLORAN (SECRETARY KBA), CLARE O'DONOUGHUE, JOHN CRONIN. BACK ROW: MARY TWOMEY, ELEANOR LEANE, CONOR MYLES, ANDREW O'CONNELL, COMAN LARKIN, PAT F. O CONNOR (CHAIRMAN KBA), JIM O'SULLIVAN, MICHAEL HICKEY.



EDWINA MOYNIHAN, SEATED CENTRE WITH HER HUSBAND KEVIN, PICTURED AT THE ROSS HOTEL TO CELEBRATE HER 30TH BIRTHDAY WITH FAMILY AND FRIENDS. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



BABY EVELYN O'CONNOR PICTURED AT KILCUMMIN CHURCH ON HER CHRISTENING DAY WITH HER MUM MARGARET, DAD TIM, LITTLE BROTHER DYLAN, FAMILY & FRIENDS. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



GRETTA O'SULLIVAN, SEATED CENTRE, ENJOYING HER 60TH BIRTHDAY CELEBRATIONS AT HER DAUGHTERS HOME IN BALLINAMANAGH, KILCUMMIN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



THE DR. CROKES GAA CLUB US OPEN GOLF CHALLENGE PREDICTION COMPETITION WAS WON BY THE CONDRON CARTEL SYNDICATE. PICTURED FROM LEFT ARE MIKE O'LEARY (THIRD), MALACHY WALSH (TREASURER), PETER O'DRISCOLL (MEMBER OF THE CONDRON CARTEL SYNDICATE), JOHN KEOGH (COMPETITION COORDINATOR) AND FERGUS MORONEY (SECOND). THE NEXT DR CROKES GOLF CHALLENGE COMPETITIONS WILL BE THE BRITISH OPEN IN JULY AND THE US PGA IN AUGUST. PICTURE: EAMONN KEOGH (MACMAGNAGLE.COM)



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**“LET’S KEEP IT CLEAN”**  
Please use Bags provided throughout  
the Stadium for all your litter.



Photo by Don MacMonagle

 **Supporting a Greener, Litter Free Stadium**

**“Please use bags provided throughout Fitzgerald Stadium for this  
coming Sundays Munster Final to help keep it Litter Free”**





A GROUP OF PEOPLE MET AT ROSS CASTLE IN KILLARNEY AT THE WEEKEND IN AID OF RECOVERY HAVEN, TRALEE. THERE WAS MUSIC, POETRY AND EVERYONE HAD THE OPPORTUNITY OF THROWING STONES INTO THE LAKE AS A SYMBOL OF THROWING AWAY THEIR WORRIES. FOLLOWING REFRESHMENTS, DONATIONS WERE COLLECTED FOR RECOVERY HAVEN. PICTURE: TARA DONOGHUE.



KDYS YOUTH CAFÉ MEMBERS PICTURED WITH THEIR WINDOW DISPLAY AND SPRAY PAINTED BMX BIKE. YOUNG PEOPLE AT THE KDYS DECIDED TO WELCOME AND SUPPORT THE CYCLISTS AND COMMITTEE OF THE 2015 RING OF KERRY CHARITY CYCLE BY PUTTING TOGETHER A COLOURFUL WINDOW DISPLAY IN THE KILLARNEY YOUTH CENTRE. YOUNG PEOPLE SPENT HOURS SPRAY PAINTING WHEELS AND A BMX BIKE TO GET INTO THE CYCLING SPIRIT AND BE PART OF THE BIGGEST WEEKEND IN KERRY. EVERYONE AT THE KDYS WISHES THE CYCLISTS, ORGANISERS AND VOLUNTEERS THE BEST OF LUCK.



TIERNABOUL NATIONAL SCHOOL HELD THEIR 6TH CLASS GRADUATION RECENTLY WITH 5 GIRLS RECEIVING THEIR CERTIFICATE OF ACHIEVEMENT, DVD OF MEMORIES AND A PRINTED PHOTO COLLAGE FROM THEIR TEACHER PRINCIPAL CONOR GLEESON. THE GRADUATES WERE CHRISTENED "5 PRINCESSES" BY THEIR PREVIOUS RETIRED TEACHER SHEILA FOLEY INCLUDED MAIREAD O DONOGHUE, ERIN HOLLAND, CAOIMHE CLAFFEY, GRAINNE SPILLANE AND REBECCA HOWE.



QUEENIE A PONY FROM PONY TALES STABLES WHO MADE A VISIT AND PRESENTATION OF €203 TO MISS LORRAINE'S AND SANDRA'S CLASSES FOR THERAPUTIC HORSE RIDING WITH (FRONT) THOMAS O'SULLIVAN, EINO O'SULLIVAN, GARY COFFEY, CORMAC DALY (STANDING) MOIRA CRONIN PRINCIPAL, SANDRA WALSH, DAVID SZABAT, SIOBHAN O'SHEA, KIERAN COCQUYK, MAXEME OPRAM, KAREN LUCEY, DOIREANN O'CONNELL, SIOXSIEU MILLOR, DERMOT O'LEARY, LORRAINE COUNIHAN, RENEE DEMESTER AND TIM CLIFFORD AT CULLINA NATIONAL SCHOOL, BEAUFORT LAST WEEK.



HONORARY MEMBER OF LEGION GAA CLUB, JOANNE O'RIORDAN PICTURED WITH LEGION SUPPORTERS AND COUNTY BOARD CHAIRMAN PATRICK O'SULLIVAN AT THE LEGION V DR. CROKES MATCH ON SUNDAY 28TH JUNE 2015 AT DIREEN. INCLUDED ARE MICHAEL HOWE, JEROME O'REGAN, JOE HOWE, JOANNE DOWNEY, LOUISE DOYLE, PETER O'LEARY AND SEAN O'SULLIVAN.



LISVIGEEN RESIDENTS PICTURED IN A HAPPY MOOD BEFORE THEY SET OFF ON A CRUISE ON THE SHANNON AT KILLALOE LAST THURSDAY. THE GROUP TOOK IN A CRUISE ON THE SHANNON AND LATER VISITED KING JOHN'S CASTLE IN LIMERICK AND ENJOYED A MEAL ON THE WAY HOME ALONG WITH LOTS OF SINGING ON THE BUS. THE TRIP WAS ORGANISED BY LISVIGEEN COMMUNITY ALERT WITH O'CALLAGHAN COACHES KILLARNEY. PICTURE: PAT KELLEHER



DARRAGH CREHAN AND NIALL CAREY CULLINA NATIONAL SCHOOL TEAM CAPTAINS WINNERS IN THE CUMANN NA MBUNSCOIL SIX TEACHER SCHOOL FOOTBALL AND HURLING FINALS WITH THEIR TRAINER PAT FITZGERALD AND PRINCIPAL MOIRA CRONIN AT CULLINA NATIONAL SCHOOL, BEAUFORT.



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**Summer Lingerie & Swimwear**  
*in the Spirit of Femininity...*  
**at Sarah Jayne**  
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# Their Special Day

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



LUCY LOMENDICO AND BILLY JENKINS WHO TRAVELLED FROM SAVANNAH IN THE US TO KILLARNEY FOR THEIR BIG DAY.

THE COUPLE WERE MARRIED IN THE KILLARNEY METHODIST CHURCH AND CELEBRATED WITH FAMILY AND FRIENDS IN THE CAHERNANE HOTEL.

PHOTO MICHEÁL O SULLIVAN  
WWW.OSULLIVANPHOTOGRAPHYIRL.COM



MAIREAD O'SULLIVAN AND JULIE MAY KEANE POSE FOR A PHOTOGRAPH WITH THEIR BRIDAL PARTY ON THE OCCASION OF THEIR WEDDING.

THE COUPLE HELD THEIR WEDDING CEREMONY AND RECEPTION IN THE MUCKROSS PARK HOTEL.

PHOTO MICHEÁL O SULLIVAN PHOTOGRAPHY  
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# Free Preschool



## September 2015

We currently have limited number of FREE preschool places available which start in September 2015.

This is an ideal opportunity for your child to get ready for the demands of "BIG" school and we provide the ultimate preschool programme in Kerrys largest Child Care Facility.



*"Please feel free to call me for full details on the number below"*

*Derek O Leary  
Manager*



Killorglin Community Childcare Centre Ltd., Langford Street, Killorglin, Co. Kerry.  
**0669762525 / [scampsandscholars@eircom.net](mailto:scampsandscholars@eircom.net)**



**Tralee Performing Academy**

# Disney Summer Camps



**Killarney**  
27 - 31st July  
**Venue: Killarney Sports & Leisure Centre, Bypass Road**

€60 per child  
(Discount available for 2 or more)  
Ages 4-10 yrs (Boys/Girls) 10am-1pm

**Call 0834056829**

**Includes**  
**FROZEN**

- Arts and Crafts
- Song and Dance from your favorite Disney Movies
- Fun and Games

**scotts hotel**  
KILLARNEY

**THE 4<sup>TH</sup> OF JULY INDEPENDENCE DAY CHARITY BBQ**

**\*\*\*\*\* AN AMERICAN STYLE BBQ \*\*\*\*\***

**COME JOIN THE FUN!**  
ENTERTAINMENT BY DJ BOTTY

**DATE- 3RD JULY 2015**  
**TIME- 2.00-4.00PM**  
**VENUE- SCOTTS COURTYARD**

**Kerry Cancer Support Group**  
**Kerry Cork Health Link Bus**


All proceeds collected during the BBQ will be donated to Kerry Cork Health Link Bus

scotts hotel- scotts street- killarney - [www.scottshotelkillarney.com](http://www.scottshotelkillarney.com)

## KILLARNEY CREDIT UNION

# HOME IMPROVEMENT LOAN

**Pay Less for Your Loans at Killarney Credit Union**






Comparisons as at 17 <sup>th</sup> June 2015 <small>Comparisons taken from consumerhelp.ie</small>	Killarney Credit Union Personal Loan	AIB Personal Loan	BANK OF IRELAND Personal Loan – Variable Branch	PERMANENT TSB Personal Loan Variable	ULSTER BANK Personal Loan
LOAN AMOUNT	€9,000	€9,000	€9,000	€9,000	€9,000
LOAN TERM- YEARS	5	5	5	5	5
APR	10.5%	13.0%	12.8%	12.5%	12.3%
MONTHLY REPAYMENTS	€191.35	€201.50	€200.68	€199.46	€198.64
TOTAL AMOUNT REPAYABLE	€11,475.61	€12,089.70	€12,040.75	€11,967.38	€11,918.51
TOTAL COST OF CREDIT	€2,475.61	€3,089.70	€3,040.75	€2,967.38	€2,918.51
<b>How much do I save with Killarney Credit Union</b>		<b>€614.09</b>	<b>€565.14</b>	<b>€491.77</b>	<b>€442.90</b>

● Renovations ● Attic Conversions ● Conservatories ● Painting ● Garages ● Tiling  
● Fitted Kitchens ● Bathrooms ● New Heating ● Insulation ● Plumbing ● New Windows

Loans subject to approval. Terms and conditions apply. Killarney Credit Union is regulated by the Central Bank of Ireland

**Killarney Credit Union**

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**PARK ROAD** t: 064 663 7800 f: 064 663 7818  
**KILLARNEY ROAD, Kenmare** t: 064 6642111 f: 064 6642121  
[info@killarneycu.ie](mailto:info@killarneycu.ie) [www.killarneycu.ie](http://www.killarneycu.ie)  

WE LOOK AT THINGS DIFFERENTLY 



*Come along and see Killarney celebrate all things American!*

# Killarney celebrates INDEPENDENCE DAY



*Honouring and celebrating our  
American Friends and Associates*

**BIG  
PARADE**  
**Friday 3rd**  
**at 8.30pm**

**FRIDAY  
3rd JULY**

- ★ BBQ in Scotts Street
- ★ Killarney's own Main Street USA
- ★ Wild West Troupe around town
- ★ Crumlin, Gleneagle and Blarney Brass Bands
- ★ The **BIG PARADE** - Friday 3rd at 8.30pm!

- ★ Outdoor Music Concert
- ★ Fantastic Fireworks Display

*...and lots, lots more!*

**SATURDAY  
4th JULY**

- ★ Morning Reveille in front of Town Hall

*Celebrate Independence Day with Us!*



Fáilte Ireland  
Welcome to Ireland. Discover Ireland. Enjoy Ireland.



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TO CELEBRATE THE SCHOOL HOLIDAYS

## Kids Dine FREE @

FREE child's meal with every adult main course purchased. T&C apply.





FOOD SERVED DAILY FROM 12.30PM

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## T. CRONIN & SONS



### €20 BBQ SPECIAL

- 6 beef burgers
- 6 lamb grill sticks
- 4 chicken kebabs
- 6 bbq sausages
- 30 chicken wings

Good Luck to the Kerry Teams this weekend.  
Safe cycling to all doing the Ring.

9 High Street, Killarney t: 064 66 31181 f: 064 66 37387

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WEDDINGS ALSO CATERED FOR  
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HUGE SELECTION OF THE  
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TRADITIONAL IRISH MUSIC NIGHTLY

**Best of Luck to the Kerry team on Sunday  
WATCH THE MATCH LIVE ON THE BIG SCREEN.**

Contact Nuala or Kris on  
**064 6631640**



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



### STRETCHES FOR INJURY PREVENTION

Hold each stretch for about 15-20secs and repeat 2-3 times

#### BENEFITS OF STRETCHING.... PART 1

##### FOR THE BODY

The most established and obvious benefit of stretching is to help improve flexibility and range of motion. As the body ages, muscles can become tighter and range of motion in the joints can be minimized. A lack of flexibility can cause movement to become slower and less fluid, making an individual more susceptible to muscle strains or other soft tissue injuries. This can put a damper on active lifestyles and even hinder day-to-day, normal motions. An increase in flexibility is accompanied by improved balance and coordination.

Chronically tense and tight muscles can also contribute to poor posture. Stretching helps to ensure correct posture by lengthening tight muscles that pull areas of the body away from their intended position. Stretching the muscles of the lower back, chest and shoulders can help keep the spine in better alignment and improve overall posture.

While it is still widely debated as to whether or not stretching can help prevent injury, it has been proven to help increase blood flow to the muscles. This increase in flow brings with it a greater nutrient supply to muscles, thereby reducing muscle soreness and helping to speed recovery from muscle and joint injuries. The less sore your muscles are, the less painful it will be to work those same muscles and to exercise in general.

**MORE TIPS NEXT WEEK...**  
FITNESS WITH EDELE  
**087-7643449**  
WWW.FITNESSWITHEDELE.COM

## OUTLOOK FASHION TIP:



### APPLYING BRONZER

When applying bronzer, first start by applying it around the perimeter of your face and follow with a light dusting on your forehead, nose and chin.



### DIET TIP

Head down to your local pharmacy and pick up a free tape measure. For women, your waist should be less than 32 inches, for men, less than 37 inches.

## Fashion Tip

### Slip Dress

Embrace the slip dress this summer as your go-to for going out. It's sexy but not clingy — perfect for hot nights.



## TOP TIPS, HEALTHY CHOICES WHEN DINING OUT ON CHINESE FOOD.

### TOP TIPS

Ask for your meal to be prepared without MSG (monosodium glutamate - an artificial flavour enhancer that has a lot of sodium)  
Go for boiled or steamed rice. Avoid egg-fried rice  
Go for stir-fried dishes, not deep-fried ones. Ask for just a small amount of oil to be used  
Don't add salt to your food. A little light soy sauce will add lots of extra flavour

### HEALTHY CHOICES

#### STARTERS

Clear broths like wonton, chicken & sweet corn and hot & sour soups  
Grilled seafood and shellfish

#### MAIN COURSES

Steamed, roast or stir-fried chicken, pork, fillet steak or seafood  
Stir-fried vegetable dishes

Bean sauces such as yellow bean or black bean sauce, oyster sauce, ginger and hoisin or plum sauce

#### SIDE ORDERS

Steamed or boiled rice or noodles  
Bean curd or tofu  
Extra vegetables including snow peas, bamboo shoots, water chestnuts, string beans, bean sprouts, bok choy, mushrooms and Chinese broccoli

#### DESSERTS

Fresh fruit platter  
Rice cakes  
Green tea





# STOP SMOKING IN ONE HOUR

IN KILLARNEY THIS WEEK

Appointments Ph. 0871917840 NOW!

YOUR NEW HEALTHY SMOKE FREE LIFE IS JUST ONE CALL AWAY

## STOP SMOKING GUARANTEED!



[www.totalminddynamics.com](http://www.totalminddynamics.com)

### Scientific Proof

In the largest clinical study ever undertaken involving 72,000 smokers 'New Scientist Magazine' showed hypnosis to be the most successful system. It showed:

- 94% Quit with Hypnotherapy
- 30% Quit with Deep Breathing
- 29% Quit with Aversion
- 25% Quit with Acupuncture
- 20% Quit with Patches
- 10% Quit Nicotine gum

Prescription Drugs showed the following results from European Studies involving 2,000 smokers.

- 22% Quit with Champax
- 16% Quit with Zyban

Drugs pose a serious health risk.

### About Tom Ryan

Tom is a qualified expert in clinical hypnotherapy and NLP. He is a leading specialist in smoking cessation, and is recognised internationally in habit and addiction control. Tom has more than 30,000 hours of direct experience with clients over 20 years. Doctors are so impressed with the medical benefits they are now referring more and more of their patients, who are able to stop smoking effortlessly. You can now become a non-smoker and enjoy those benefits for yourself.

### How would you like to stop smoking now?

You can now stop smoking with the easiest and the most successfully proven system ever. There is no longer any excuse to continue smoking.

Tom Ryan at Dynamic Hypnosis uses a unique system that turns smokers into non-smokers in only sixty minutes. He claims more than a 95% plus success rate, and backs it up with a lifetime guarantee.

As Tom explains "This unique breakthrough technique combines the power of Hypnosis with his unique system that also includes NLP and Parts Integration.

This takes the effectiveness of Hypnosis to a new level in helping people to Stop Smoking and take back control of their lives."

This technique is being used by Tom and other world class

Dynamic Hypnotherapists trained by Tom to help thousands of people to become permanent non smokers.

### MY GUARANTEE

"All you have to do is sit back, relax and enjoy the experience. One hour later you will be a non-smoker for life. This is my guarantee to you.

### 3 STEPS TO SUCCESS

1. Hypnosis on its own is 95% successful. I can improve on that.
2. I add NLP, which brings the success rate way over 97%. There may be still some doubt so I add a final process.
3. That is 'Parts Integration' which brings the rate up to close on 100%." Say's Tom.

When you stop smoking with Dynamic Hypnosis there will be:

- No cravings
- No sense of loss
- No unwanted weight gain
- No replacement habits
- No raiding the fridge
- No more smoking.

Unlike your previous attempts to stop smoking you won't be getting grumpy and irritable with your loved ones, friends or work colleagues.

YOU WILL BECOME a far more relaxed and stress free non-smoker than ever before.

**Make your call to stop smoking now.**

**COST OF SMOKING NOW €10 A PACK!**  
20 cigarettes a day costs €300 per month.

Call us now to stop smoking and save yourself more than €3650 per year!  
Give yourself a big pay rise now!

### FORMER SMOKERS ARE SAYING:

"I tried to stop smoking so many times. I am free of it at last. Hypnosis was the answer." M. J. Cork

*"I still can't believe how easy it was with Toms help"* J.P.K. Galway

"I wish I had known about this, years ago. It was a great experience!" Mick V. Dundalk

*"2 years on I celebrate freedom from smoking daily. There is a real difference in my life and health" Thank you Tom.* Maire C. Dublin

"It's great to be finally free from smoking. I feel so much healthier and free thanks to Tom" Pat M. Tralee.

FOR YOUR KILLARNEY APPOINTMENT

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## Galvin Physiotherapy Clinic

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**Jimmy Galvin** MISCP MCSP  
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**Katie Purtill** MISCP  
Chartered Physiotherapist

Approved by all major Health insurance providers.

## PILATES CLASSES

Beginner & Intermediate available



**Galvin Physiotherapy  
Clinic**



★ DO YOU HAVE ONGOING LOWER BACK PAIN?

★ DO YOU FEEL YOU HAVE A WEAK BACK?

...if this is the case Pilates are an effective treatment and management technique for these and many more conditions.

For further information speak to Katie on: 064 6623100

Men Only Classes Are Available

## Kerry Hypnosis Clinic

Email: [irishhypnosiskerry@gmail.com](mailto:irishhypnosiskerry@gmail.com)

### Quit Smoking

95% Success, No Cravings, No weight Gain

"Off the cigarettes over a year, thanks to juli, so happy it's easy with hypnosis" Noreen O' Connor

### Lose Weight

Tired of diets that don't work?

Lose weight Easily & Permanently

Virtual Gastic Band now Available.

"Hypnosis changed my whole life, my outlook, the way I feel, I have lost 6.5 stone in 8 months" J Houlihan, Kerry

### Fears/Phobias Panic Attacks

Generally 2 to 3 sessions to completely remove.

"I thank God every day I went to Juli, I feel fantastic after hypnosis, I know longer need medication for panic or anxiety" K McCarthy, Kerry

- Depression
- Study Improvement
- Social Anxiety
- Blushing
- Sleep Problems-
- Exam Anxiety
- General Anxiety
- Drugs
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- Self Confidence
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- Many More

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ANGSANA  
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Your Spa Journey Awaits...  
THE BREHON  
KILLARNEY

### Mums To Be

60 minute visit in the Vitality Suite  
60 minute Rhythmic massage  
or 60 minute tender feet.  
30 minutes of Relaxation Time to enjoy  
freshly prepared ginger tea & fruit.  
Mocktail & Lunch

€99<sup>pp</sup> Tues-Thurs ONLY

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60 minute visit in the Vitality Suite  
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& 30 minute mini-facial  
30 minutes of relaxation time to enjoy freshly  
prepared ginger tea & fruit  
Afternoon Tea for Two with a glass of Bubbly

€109<sup>per person</sup> available 7 days a week

Terms & Conditions: all rates and package details are subject to change without prior notice. Packages are valid until August 31st 2015.

For reservations, please contact us on 064-6623980 or email [angsanaspa@thebrehon.com](mailto:angsanaspa@thebrehon.com)



DENTAL  
PRACTICE

## MILLTOWN DENTAL PRACTICE

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Medical Card, PRSI &  
Private Patients all welcome

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[milltowndentists@eircom.net](mailto:milltowndentists@eircom.net) | [www.dentistsskerry.ie](http://www.dentistsskerry.ie)

For more information or to arrange an appointment  
**PLEASE CONTACT: 066 9765635**

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Specialist treatment of soft tissue manipulation for  
the treatment of chronic pain or sports injuries.



1 hour massage only €50

90 minute massage only €70

First massage includes **FREE** consultation and assessment

At KMTC we incorporate a range of advanced bodywork  
techniques such as Myofascial Release, Trigger Point Therapy,  
Sports Stretching, Hot and Cold Therapy and STR (Soft Tissue  
Release) for the effective relief from:

Neck & Shoulder Pain, Low Back Pain, Sciatica, Piriformis Syndrome,  
Headaches, Leg & Foot Pain, Fibromyalgia, Rheumatoid Arthritis, Frozen  
Shoulder, RSI's, Scar Tissue, Pregnancy Related Discomforts & much more.



Call **087-2922851**

to find out how we can help you!

Park Medical & Wellness Centre, (above Daly's Supervalu),  
Park Rd, Killarney

[www.killarneymassagetherapycentre.ie](http://www.killarneymassagetherapycentre.ie)





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www.ahernspharmacy.com

## Be Sun Safe

You can be **SUN-SAFE** and still enjoy the sun as you only need to be getting 10-15 minutes of casual sun exposure per day, as this is all that is required to get the adequate amount of vitamin D3.

It is important to use a suitable sun-care product that will protect you from both UVA & UVB rays from the sun.

**UVA** – These are an all year round threat and are more dangerous as they penetrate the skin and reach the dermis causing permanent damage; A as in "allergies" or "ageing". These rays can penetrate through glass and clothing and cause skin damage/ageing.

This is why you are recommended to wear an SPF all year round on your face to prevent premature aging. An SPF of 15+ should always be used - anything less is not giving your skin enough protection.

If you have fair skin, **SPF50+** should be used or if you have fair/medium skin - **SPF30+**.

**UVB** – These rays hit the surface of the skin which causes immediate visible damage; B as in "burn" or "bronzed skin" stimulate tanning in particular but are also the main cause of sunburn that can often blister or weep.

### LA ROCHE-POSAYS ANTHELIOS SUN-CARE RANGE

is the number one selling brand in Ireland and guarantees superior protection against harmful sun rays. It offers 3 times more UVA protection than is recommended by the EU standard. This is extremely important as UVA damage can cause cancer. All La Roche Posay sun care products are water-resistant and recommended and tested worldwide by dermatologists. They are suitable for sensitive, atopic and allergy prone skin and can be applied to both face and body.



We also stock a wide range of sun creams from **VICHY, NIVEA AND PARASOL**.

Check out [www.SOSsaveourskin.ie](http://www.SOSsaveourskin.ie) to discover crucial advice that could save your life. This is a site dedicated to raising awareness by promoting the early detection of skin cancer. It is in no way a substitute for essential skin examinations that are carried out by your GP or dermatologist, as only an expert can give a diagnosis.

**DON'T FORGET THAT YOU CAN AVAIL OF TRIPLE POINTS ON ANY PURCHASES FROM THESE SUN PRODUCT RANGES THIS SUMMER**



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## CLERGY ON THE MOVE AS BISHOP ANNOUNCES CHANGES

**Bishop Ray Browne wishes to announce the following changes of appointment of clergy of the Diocese of Kerry:**

### RETIREMENTS:

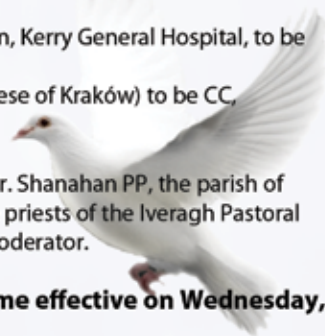
Fr. Brendan Harrington, PP Fossa  
Fr. Patrick McCarthy, PP Ballydesmond  
Fr. John Shanahan, PP Valentia

### APPOINTMENTS:

- ❖ Fr. Tom Looney, PP Dingle to become PP Fossa.
- ❖ Fr. John Lucid PP Moyvane to become PP Kilcummin.
- ❖ Fr. Fergal Ryan, PP Caherdaniel, to be PP Beaufort.
- ❖ Fr. John Buckley, PP Annascaul to become PP Killeentierna.
- ❖ Fr. Joseph Begley, PP Kilcummin to become PP Dingle.
- ❖ Fr. Joseph Tarrant to become Administrator, Ballydesmond.
- ❖ Fr. Kieran O'Sullivan, PP Adrigole to be PP Glenbeigh.
- ❖ Fr. Donal O'Neill on sabbatical.
- ❖ Fr. Kevin Sullivan, Chaplain IT Tralee to become PP Milltown.
- ❖ Fr. Nicholas Flynn PP Killeentierna to become Diocesan Secretary.
- ❖ Fr. John Kerin, PP Waterville, to be PP Tuosist.
- ❖ Fr. Martin Sheehan, PP Tuosist, to be PP Caherdaniel.
- ❖ Fr. Donal O'Connor, PP Beaufort to become Chaplain, IT Tralee.
- ❖ Fr. Jerry Keane, PP Glenbeigh to become PP Annascaul.
- ❖ Fr. Gerard O'Leary, PP Milltown to become Chaplain, Kerry General Hospital.
- ❖ Fr. Kevin McNamara, CC, Rathmore (Gneeveguilla) to be PP Moyvane.
- ❖ Fr. Gerard Finucane, CC, St. John's Tralee, Tralee to be PP Waterville.
- ❖ Fr. Martin Spillane, Chaplain, Kerry General Hospital, to be Administrator, Adrigole.
- ❖ Fr. Piotr Delimat (Archdiocese of Kraków) to be CC, St. John's, Tralee.

Following the retirement of Fr. Shanahan PP, the parish of Valentia will be served by the priests of the Iveragh Pastoral Area, with Fr. Larry Kelly as Moderator.

**These changes will become effective on Wednesday, July 22nd 2015.**





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2

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3

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Over 24 months

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Local Enterprise Office Kerry



Oifig Fiontair Áitiúil  
Local Enterprise Office

For more information log on to [www.localenterprise.ie/kerry](http://www.localenterprise.ie/kerry) or call 066 7183522





## Kerry ETB Training Centre



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

### Outdoor Activity Instructor Traineeship (TRS64) - Co. Kerry.

The Outdoor Activity Instructor Traineeship is designed to provide the outdoor adventure tourism and education sector with personnel who have the knowledge, skills and competencies to work in the adventure sports industry. **Duration:** 44 weeks. **Start Date:** 27<sup>th</sup> July 2015. **Certification:** FETAC Level 5 Certificate in Outdoor Activity Instruction.

### Legal Administration Traineeship (ETS07) - Tralee Training Centre.

This course is specifically designed for those wishing to pursue careers as legal administrators. It covers all the main administration tasks carried out in legal offices and is tailored to meet the needs of the industry. **Start Date:** 10<sup>th</sup> August 2015. **Duration:** 40 weeks. **Certification:** FETAC Level 5 Major Award in Office Administration.

### Wind Turbine Maintenance Technician Course (TR36R) - Tralee Training Centre.

This course is designed to provide the wind turbine industry with personnel who have the technical knowledge and skills to service and maintain large commercial wind turbines. It's aimed at skilled crafts persons who hold a recognised electrical or mechanical trade qualification. **Start Date:** 10<sup>th</sup> August 2015. **Duration:** 36 weeks. **Certification:** City & Guilds Level 3 Diploma in Electrical Power Engineering Wind Turbine Operations & Maintenance (2339-18/53) and a number of tickets relevant to the industry.

### Sports Recreation & Exercise Course (ETK69) - Killarney.

If you have a genuine interest in sport, exercise and swimming this course is a good choice for you. It's the ideal entry point for those wishing to follow careers as sports coaches, personal trainers, or swimming teachers. **Start Date:** 24<sup>th</sup> August. **Duration:** 45 weeks. **Certification:** FETAC Major Award in Sports Recreation and Exercise 5M5146, Pool Lifeguard Qualification, Assistant Swimming Teacher Cert and Occupational First Aid Cert.

### Java Associate Course (ET0R7) - Tralee.

This entry-level course offers participants the opportunity to take the first step towards a career in Java programming and software development. They will gain an excellent insight into the programming language and learn to develop applications in Java. **Start Date:** 7<sup>th</sup> September 2015. **Duration:** 50 Weeks. **Certification:** Oracle Certified Professional Java Programmer I & Certified Professional Java Programmer II.

### Manual & Computerised Payroll and Bookkeeping (ET0Z5) - Killarney.

This course is for people who wish to develop a range of manual and computerised payroll and bookkeeping skills. It's designed for people with no prior experience in the topics. **Start Date:** 31<sup>st</sup> August 2015. **Duration:** 10 weeks. **Certification:** FETAC Level 5 Component Certificates in Manual and Computerised Bookkeeping and Payroll.

### Computer Applications and Office Skills Course (ET430) - Tralee Training Centre.

This course offers participants the opportunity to develop a broad range of knowledge and skills in general office administration, computer applications, payroll and accounting. It's focused on enabling participants to gain employment as office administrators or progress to year 2 of the Advanced Certificate in Office Information Systems at Tralee IT. **Start Date:** 7<sup>th</sup> September 2015. **Duration:** 44 weeks. **Certification:** City & Guilds Level 1 Certificate in Office Procedures, ITQ Certificates for IT Users Levels 1 & 2, FETAC Level 5 Component Certificates in Manual and Computerised Payroll, Bookkeeping and Accounts, and FETAC Level 5 Certificate in Business Management.

### Medical Administration Traineeship (TRS08) - Tralee Training Centre.

This course is specifically designed for those wishing to pursue careers as medical secretaries, administrators or receptionists. It covers all the main administration tasks carried out in medical practices, hospitals, clinics and medical companies. **Start Date:** 14<sup>th</sup> September 2015. **Duration:** 40 weeks. **Certification:** FETAC Level 5 Major Award in Office Administration.

### Accounting Technician of Ireland - First Year (ET214) - Tralee Training Centre.

This course comprises year one of the two year Diploma for Accounting Technicians. It covers Financial Accounting, Taxation, Law & Ethics and Business Management. **Start Date:** 14<sup>th</sup> September 2015. **Duration:** 38 weeks. **Certification:** First Year Certificate for Accounting Technicians

### Accounting Technician of Ireland - Second Year (ET21R) - Tralee.

This course comprises year two of the two year Diploma for Accounting Technicians. It covers Advanced Financial Accounting, Advanced Taxation, Management Accounting and Integrated Accounting Systems (IAS). **Start Date:** 14<sup>th</sup> September 2015. **Duration:** 38 weeks. **Certification:** The Diploma for Accounting Technicians is awarded on successful completion of all first and second year modules plus two years relevant work experience.

### Marketing (ET4R9) - Tralee Training Centre.

This course is for people who wish to pursue marketing as a career or incorporate marketing into their existing range of business skills so as to enhance their career and job prospects. **Start Date:** 5<sup>th</sup> October 2015. **Duration:** 42 weeks. **Certification:** FETAC Level 5 Major Award in Marketing.

For further information, testimonials and application details visit our new website at

[www.kerryetbtrainingcentre.ie](http://www.kerryetbtrainingcentre.ie)

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

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TEL: 066 7149600 | 066 7149638 | 066 7149676, E-mail: [trainee@kerryetbtrainingcentre.ie](mailto:trainee@kerryetbtrainingcentre.ie)



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## REEN'S RATHMORE ANNOUNCE RED HOT 152-OFFERS THIS SUMMER



KERRY FOOTBALLER AND PEUGEOT BRAND AMBASSADOR PAUL MURPHY WHO WILL BE TAKING DELIVERY OF HIS NEW 152 PEUGEOT 308 FROM REEN'S CAR SALES, RATHMORE IN JULY.

Reen's Rathmore, Main Peugeot Dealers, have announced details of their red hot offers for motorists this summer. The Peugeot Trade-In-Ability promotion continues up to the end of July, offering up to €4,500 scrappage allowance on models across the Peugeot passenger car range, excluding the new Peugeot 108, Tepee and RCZ models. Customers who have younger vehicles that don't qualify for scrappage, can avail of our fantastic trade in allowances. They also benefit from a five year extended warranty on all passenger car models, plus there's a low-cost 4.9% APR hire purchase plan on offer on passenger cars. Van customers can take advantage of a 5.9% APR hire purchase plan for Peugeot light commercial vehicles.

Applicable to vehicles registered in or before the year 2007, the Peugeot Trade-In-Ability programme invites customers to upgrade their old model for a new Peugeot and to enjoy huge savings. Under the Trade-In-Ability scheme, a new Peugeot 208 is on offer with a scrappage allowance of €3,000; a 152-Peugeot 2008, 308 or 508, newly refreshed for 2015, are all on offer with scrappage allowances of €3,500; the Peugeot 3008 crossover enjoys a scrappage allowance of €4,000; the Peugeot 5008 7-Seater compact MPV comes with a scrappage allowance of €4,500.

Tim Reen, Dealer Principal at Reen's Rathmore, said, "The Peugeot range has never been so fresh, so appealing. With extremely competitive finance offers, plus a five year extended warranty offer across the Peugeot car range, the Peugeot Trade-In-Ability offer of up to €4,500 scrappage is incredible value for our customers this summer." So call into Reen's Rathmore to view and test drive the full range of Peugeot passenger cars and commercials.

See [www.peugeot.ie](http://www.peugeot.ie) for full details, terms and conditions.



THE STUNNING NEW PEUGEOT 508, REFRESHED FOR 2015, IS NOW AVAILABLE WITH A SCRAPPAGE ALLOWANCE OF €3,500



THE ALL NEW DISCOVERY SPORT BEING PRESENTED TO KERRY FOOTBALLER, DAVID MORAN BY PATRICK McELLIOTT FROM McELLIOTT'S TRALEE. PATRICK McELLIOTT SAID: "WE ARE DELIGHTED TO HAVE DAVID ON BOARD AS OUR BRAND AMBASSADOR; HE'S A WONDERFUL SPORTSMAN AND IT'S ONLY RIGHT THAT WE SUPPORT KERRY FOOTBALL WHICH IS SO CENTRAL TO LIFE IN THE COUNTY AND THE COMMITMENT OF OUR PLAYERS IS AN EXAMPLE TO ALL, ESPECIALLY THE YOUTH".



THE McELLIOTT'S TEAM LINES UP WITH KERRY FOOTBALL STAR DAVID MORAN, THEIR NEW BRAND AMBASSADOR COLLECTING THE KEYS TO HIS NEW LAND ROVER DISCOVERY SPORT.  
PHOTOS BY : DOMINICK WALSH / EYE FOCUS LTD ©



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## GOOD LUCK TO EAMONN AND THE TEAM ON SUNDAY



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Eamonn Fitzmaurice Volkswagen brand Ambassador  
for Divanes takes delivery of his brand new Volkswagen  
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**308 | from €19,215**  
Irish Compact Car of the Year 2015

**3008 | from €25,480**

**5008 | from €28,380**  
7 seater MPV

\*Models are shown for illustrative purposes only. \*Peugeot Trade-in-ability terms & conditions apply. See peugeot.ie for more information. \*5 years warranty is made up of 3 years manufacturer's warranty and 2 years extended warranty. 308 combined fuel consumption ltrs / 100 kms 3.6 - 5.2 CO2 emissions 95-114 g/km, 3008 combined fuel consumption ltrs / 100 kms 4.2-4.9 CO2 emissions 110 -127 g/km, 5008 combined fuel consumption ltrs / 100 kms 4.7 - 5.2 CO2 emissions 123-135 g/km.

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## SUMMER DRIVING ADVICE

### BEING A GOOD PARENT MEANS BEING A GOOD DRIVER

When it comes to children in the car, parents are resigned to the distraction they cause and sceptical of finding a permanent solution. That's why we need to educate parents about the risks of focusing on their children rather than the road.

## TIPS FOR PARENTS

The best advice is to give serious thought to your children's needs before you all jump into the car. One solution in reducing driver distraction, is the correct restraint of children in their car seats.

The RSA sees it regularly at its Check it Fits child car seat service. Think how you would feel on a trip in the car sitting in a seat that's incorrectly fitted, wearing layers of padded clothing and the straps not adjusted correctly so they're cutting into your shoulders? It certainly explains some of the constant crying and trying to get out of the seat behaviour of some children. Australian researchers found the children in their study were in the incorrect position for over 70 per cent of the journey time. Three quarters of child car seats we examine here in Ireland are incorrectly fitted. Ensuring your child is properly restrained in the correct car seat could eliminate a big cause of distraction while driving for parents.

If they do start acting up once the car is in motion, keep your attention on the road. If you feel you absolutely have to intervene, find a safe place to pull over in order to do so, but under no circumstances on the hard shoulder of a motorway. Otherwise stay focused on the driving. Everything and everyone else can wait.

You have spent every waking moment working hard to protect your children, don't jeopardise this because you didn't make in car safety your single-minded priority. If you want to be a good parent in the car, focus on being a good driver.

## TRACTORS ON THE ROAD

Tractor drivers often have sound-proofed cabs or wear ear protectors, so they may not hear approaching cars.

Tractors don't have to be fitted with brake or indicator lights unless used at night so in daylight be prepared for them to stop or turn without warning.

Our country road code

- Keep plenty of distance behind a tractor, in case it stops suddenly – remember the 2-second rule
- A tractor may be longer than it appears - there may be a loader on the front. Make sure you have plenty of room to get past before overtaking
- Slow down if you come across a spillage – a bale of straw hit at speed will cause considerable damage to your car
- Don't park in a gateway or passing place – they are farmers' field access points
- Drive carefully after rain – dry mud can turn roads into a skidpan after a downpour

## GLARE

- Sun glare causes many accidents, particularly under clear skies at dawn or dusk.
- Keep a clean and unscratched pair of sunglasses handy
- Avoid lenses which darken in strong sunlight – the windscreen filters out UV light so the glasses will change only slowly.
- Clean the windscreen regularly, inside and out, to remove smears, which will catch sunlight and impair vision.
- Renew worn or damaged wiper blades will also help to improve vision

## AHERNS BACK KERRY ALL THE WAY

As Kerry prepare to take on their arch rivals Cork in Sunday's Munster Final, everyone at Aherns wish the Kerry team, along with the mentors and supporters the very best of luck.

Brand Ambassador for Aherns Colm Cooper is a welcome return to the team and is sure to play an important role on the day.

Colm recently received the keys of his brand new 152 Opel Insignia.

**For more information contact Ahern's on 066-7143000 or check out their website on [www.aherns.ie](http://www.aherns.ie)**



PICTURED RECEIVING THE KEYS OF HIS BRAND NEW 152 OPEL INSIGNIA IS COLM COOPER WITH PAT AHERN AND PAT BURKE.

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**1st - 31st July**

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Finance Example Mokka SC 1.6 diesel: Retail Price €25,245 • Customer Deposit/Trade-in €8,835.75 • Finance Amount €16,409.25 • 36 monthly payments of €241.07 • GMFV (Optional Final Repayment) €9,593.10 • Total Cost of Credit €1,925.86 • APR\*\* 4.9% • Term 37 Months. \*Excludes delivery & related charges. Model shown for illustrative purposes. \*\*Lending criteria and terms and conditions apply. APR of 4.9% includes documentation fee of €63.49. Minimum deposit of 7% of Retail Price required. Finance is a hire purchase agreement. Credit provider is Bank of Ireland Finance, a registered trading name of Bank of Ireland. Offer applies to New Mokka retail passenger cars ordered 1st - 31st July 2015. Trade-in vehicles must be between 7-12 years old, with NCT, registered in purchaser's name for 6 months. Non-roadworthy vehicles may be refused. Mokka fuel economy (l/100km): urban 5.8 - 8.6, extra urban 4.1 - 5.3, combined 4.7 - 6.5. CO2 emissions 124 - 153 g/km.

## AHERNS

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## ROWING TO RIO

The Monika Dukarska  
Blog. The story of a  
Professional Athlete



Another week has gone by and I am a step closer to my next competition. The last few days I have spent working on my rhythm and positioning at the catch. The catch means a point in time at which the blade enters the water and the rowers changes the direction of movement from stern to the bow (back of the boat). If this is timed correctly, the rower can utilise the already moving boat in result making the stroke more powerful and injecting speed into the stroke. As a stroke person in the boat, I am responsible for timing and rate. I have to 'listen' to the boat and move at the right speed in order to take the full advantage of the already moving boat. It is not easy, as I have to coordinate my lower body that is legs and especially feet to arrive at a specific time simultaneously preparing my upper body to place the oar into the water. This has to be done in a perfect synchronicity so that the flow of the boat is not disturbed. Hence, I cannot be late nor too early at the catch position. It sounds complicated but it is even harder to do in practice. Technical training sessions are used to practice parts of the stroke, which will hopefully lead to a better understanding, and feeling of the boat.

Mechanical changes in the boat require a lot of focus, which make me mentally fatigued. I have to concentrate very hard to move in a particular way. This way is verbalised by our coach and I have to make sense of it, transfer words into a movement and a feeling. Unfortunately, it takes time, patience and practice, as practice makes it permanent.

With all those technical pointers in mind, I am tackling long mileage sessions and already seeing some improvements in speed, which is encouraging and motivates me to work harder. Good weather also makes being on the water more pleasurable. The 20 kilometers outings are great for getting some farmers tan also :-). That rowing suit (the pale part of my body) will never come off; I genuinely think some parts of my body will never tan again. On that note, I had better go back to thinking about that catch positioning.

Please do not forget to vote for me in Nissan Generation Next competition for another week.

<https://www.nissangenerationnext.ie/candidates/view/19>

Thank you in advance!



## SANDRA KEANE UNDER 13 FOOTBALL TOURNAMENT

The North Kerry Ladies Football District Board are delighted to announce the Sandra Keane Invitational Under 13 Tournament will take place on Saturday 18th July. Last year was the first year of the tournament which was a great success, according to Chairman of the North Kerry Ladies Board Rory Kilgallon. "We have teams this year from Cork and Limerick who requested to attend such was the feedback last year from clubs in the district and outside who participated" which is great to hear he added. The tournament to be held in the John Mitchels GAA Complex, Tralee has 11 entrants from the North Kerry District, Southern Gaels, Monaleen of Limerick, Doora Barefield Clare, Mounabbey and Kanturk of Cork. Doora Barefield are returning as Cup Champions and will be hoping to hold onto the title for 2015.

Austin Stacks were the trophy

winners while Ballyduff were the plate winners. The tournament will be played in a blitz format with all teams qualifying a semi-final in either the Cup, Shield or Plate competition. "We would like to thank our competing clubs for their interest in promoting games at this level and we wish all the girls taking part an enjoyable experience. This tournament would not be possible without the whole hearted co-operation of the John Mitchels club and for this we are very thankful." Added Rory

The tournament is being held to honour the late Sandra Keane a very active member of the Kerins O'Rahillys club who played up to U12 despite her illness and when she was forced to hang up her boots she managed that clubs Ladies football was her passion and she epitomised the spirit in which our national games should be played.

## NA GAEIL TOPS IN INTERMEDIATE FINAL

**NA GAEIL 1-16  
RATHMORE 2-10**

Na Gaeil banished the memories of last year's defeat to Desmonds with a late burst to defeat a game Rathmore side who were in their first Intermediate club final last Sunday at Ballymacelligott.

Rathmore playing with the aid of a slight breeze started the brighter and 1-2 to 0-3 midway through the half and remained ahead at the break 2-4 to 1-6

but there was little between the sides.

The lead changed hands a number of times in the second half before Na Gaeil finished strong with Ayesha Roche (2) and Marie Quirke (1) pointing the way for victory.

Riona Kennedy Na Gaeil accepted the title from Paddy White Chairman Kerry Ladies Football board on behalf of sponsors Randles Bros Nissan Dealers.



CHAIRMAN OF THE LADIES FOOTBALL BOARD PADDY WHITE PRESENTS THE INTERMEDIATE CUP TO RIONA NI CINNEIDE AFTER THEIR VICTORY OVER RATHMORE.





## EAST KERRY NOTES

With Áine Ní Shuilleabháin

**SYMPATHY:** We extend the sympathy of the East Kerry Board and all in East Kerry on the passing away of Seamus Falvey, to his wife, Maria and to his family, relatives and friends. Seamus was always part and parcel of the GAA at both club and District Board, particularly the Coiste na nÓg side. Seamus served as Chairman of East Kerry Coiste na nÓg in the 1980's. He managed the Under 14 and Under 16 East Kerry GAA District championship teams and was also a referee. Seamus was a trustee Fíries CLG, his native club. He will be greatly missed. Ar dheis Dé go raibh a anam dílis.

**EAST REGION MINOR LEAGUE:** The East Region Minor league, sponsored by The Tatler Jack, continued with five round 2 games last Thursday evening. In Division 1, Spa retained their winning ways, with victory over Legion and Dr Crokes won their game against Fíries, by the minimum. In division 2 Glenflesk continued their success with a win at home against Rathmore and Beaufort had a one point winning margin against visitors Kilcummin. Hosts Currow, had a convincing win over Fossa. Round 3 will be fixed during the coming week.

### EAST REGION MINOR LEAGUE DIVISION 1

**DR CROKES 1-12 FÍRIES 1-11:** Dr Crokes ran out winners on a one point margin at home to Fíries on Thursday last in round 2 of the East Region League, division 1, sponsored by The Tatler Jack. The sides swapped points on three occasions in the first twenty minutes. The visitors pulled ahead in the last ten minutes of the half, scoring four points to one for Dr Crokes. However, Mike Casey found the net for a great goal just before the break, to leave the teams level at half time on a scoreline of Dr Crokes 1-04, Fíries 0-07. On resumption, the sides exchanged points on twice in the first ten minutes of the half. Dr Crokes dominated proceedings at this stage and three points without reply gave the home side a three point lead going into the last quarter. Dr Crokes held onto this lead going into the last five minutes. However, Fíries struck for a very good goal with four minutes to go to leave the teams level once again. In a nail biting finish, a draw looked likely, but a lovely point from Brendan Coppinger gave Dr Crokes the win. Final score Dr Crokes 1-12 Fíries 1-11.

### DIVISION 2

#### BEAUFORT 4-10 KILCUMMIN 5-06:

Home side, Beaufort recorded victory against Kilcummin in round 2 of the East Region League Division 2, sponsored by The Tatler Jack, last Thursday. The home side got off to a dream start with a goal from the boot of Cian O'Sullivan who reacted to a breaking ball and finished to the net. However, Kilcummin's replied strongly with 2 goals in quick succession, both by Oscar O'Connor, the first from play and the second from a penalty. Dean Cronin extended the Kilcummin lead with a point. The teams

exchanged frees and Kilcummin added four points (Sean O'Leary, Dean Cronin, Eoghan Kennedy, Thomas O'Connor). The visitors were going well and a quickly taken free was finished to the net by Eoghan Kennedy, leaving the score with 10 minutes remaining in the half, Beaufort 1-01 Kilcummin 3-05. Beaufort finished the half the stronger, notching up two Ciaran Kennedy pointed 2 frees and a goal from Jonathan Kissane. Score at the short whistle: Beaufort 2-03 Kilcummin 3-05. Beaufort began the second half with intent, scoring 2 goals (Ryan Sweeney, Ciaran Kennedy) and 9 points, Cian O'Sullivan, Sean Kelliher, Declan Floyd, (2), Ciaran Kennedy (free), Keith Moloney, Joe Glinwood 45m free. Kilcummin's Dean Cronin pointed on the twenty second minute and Oscar O'Connor netted the ball a goal leaving seven points between the sides. Another Kilcummin goal cut the lead to four points and Fionn O'Brien finished to the net, reducing the margin to the minimum, despite Darragh Curran's earlier great save in the Beaufort goal. The closing minutes were anxious for the home side who won on a final score Beaufort 4-10 Kilcummin 5-6.

### O'SULLIVAN CUP - EAST KERRY JUNIOR CHAMPIONSHIP:

The O'Sullivan Cup, East Kerry Junior Championship, sponsored by O'Sullivan Cycles, Killarney, got under way on Tuesday evening the 30th June, with two games, Scartaglen V Kilcummin and Listry V Currow. The remaining round 1 games, Glenflesk V Spa, Gneeveguilla V Dr Crokes and Legion V Fíries, will be fixed by the CCC, as soon as possible.

**EAST REGION UNDER 14 LEAGUE:** All games in the East Region Under 14 League, sponsored by MD O'Shea, fixed for Monday the 29th June, were postponed as a mark of respect. The league continues on Monday the 6th July with division 5 round 5: Kilgarvan/Tousist V Dr Crokes B, Fíries B v Cordal/Scartaglin, Currow Bye. All games at 7.30pm.

**LAUNCH AND DRAWS DYLAN CROWLEY INVITATIONAL TOURNAMENT:** The launch and draw of the 2015 Dylan Crowley Invitational Tournament took place on Tuesday evening, the 30th June 2015 in Gneeveguilla GAA clubhouse. The tournament will take place on the 11th July.

**2015 CLUSTER BLITZES:** East Kerry/Kenmare Primary Schools mixed cluster blitzes were completed this week. The aim of the blitzes was to promote non-competitive games, to all primary school children, using local club grounds. Over 700 boys and girls took part in the blitzes with great support provided by local teachers at the venues. St. Brendan's College students supported local clubs during the blitzes, working closely with Vince Cooper East Kerry/Kenmare GDA.

**EAST KERRY U15 SUPER TOUCH COMPETITION:** Will take place on Friday 10th July. Clubs that wish to play in the competition should contact East Kerry Coiste na nÓg Rúnaí,

Taghie Fleming as soon as possible. Teams must be entered by Friday 3rd July. This competition is being run on the same weekend as the John Egan tournament, so clubs should only participate if they have players at the age of 15. The format of the competition is that there will be 2 groups with the top team to qualify for the final, which is fixed for Sunday 12th July. The winning East Kerry Team will progress to the County Quarter Final of the competition.

## LEGION GAA CLUB NOTES

**SENIOR COUNTY LEAGUE:** Played in resplendant conditions on Sunday afternoon, this local derby, despite the absence of several key players on both sides, served up an entertaining game with plenty of free flowing football. Played in Derreen, the home side started in a determined fashion with Billy McGuire and Shaun Keane, both operating at midfield, opening the scoring with two good long range points in the opening few minutes. McGuire and Alan O'Sullivan then traded scores and despite a slight Legion dominance, a Jordan Kiely point for the visitors was followed by a well taken Andrew Kennelly goal to give the black and amber side a two point advantage midway through the half but barring a Mike Milner point on the twentieth minute, it was all Legion up to the short whistle as they scored the remaining five scores of the half to go in 0-10 v 1-03 ahead at the break. When Kevin Breen continued the homeside scoring on the resumption, the contest was in little doubt and despite great efforts from veterans, Ambrose O'Donovan and Eoin Brosnan, Legion with very strong performances from Billy McGuire, Podge O'Connor, Jamie O'Sullivan and Shaun Keane fashioned a deserved victory for Legion on a 0-15 v 1-08 scoreline. Great to see our good friend Joanne O'Riordan at yet another senior game.

**UNDERAGE HURLING:** Every Thursday from 6pm to 7pm, Derreen is the place to be if you want to improve your hurling skills and all kids from U6 upwards are very welcome to attend. All hurling gear will be provided.

**MINOR:** Minors lost out to Spa on a 2-08 v 2-11 scoreline.

**U16 BOYS:** Austin Stacks 2-21 v Legion 1-05.

**SYMPATHY:** The club sends its sincere sympathy to the family of Seamus Falvey of Curragh, Aghadoe who passed away last week. Ar Dheis De go raibh a Anam.

**LOTTO:** 3, 8, 11, 25. Next weeks jackpot €6200

## BEAUFORT GAA NOTES

**LOTTO:** Results of Sunday, 28th June for jackpot of €2,200. Numbers drawn: 3, 4, 6, 8. No jackpot winner. Next draw for jackpot of €2,400 will be in Inn Between on Sunday, 12th July.

**BEAUFORT SENIORS:** Continued on their winning ways with a hard fought win away to Annascaul. Full-time score Annascaul 0-4 Beaufort 0-7.





DR. CROKES FEILE FOOTBALLERS PICTURED IN NEWBRIDGE AT THE WEEKEND.

**TEAM:** Mike Moriarty, Padraig Hartnett, Ger Hartnett, James O'Reilly, Patch O'Sullivan, Nathan Breen, Shane O'Sullivan, Ronan Murphy, Conor Breen, Fergal Hallissey, Liam Carey, Padraig O'Sullivan, Danny Healy, Kevin O'Brien, Darragh Coffey. Subs: Micheal O'Sullivan, Alan Courtney, Niall O'Connor, Jason Foley, Padraig Hallissey, Brendan Cronin. They are scheduled to play Keel in the semi-final of Mid Kerry O'Sullivan Cup in Beaufort on Sunday, 19th July.

**BEAUFORT MINORS:** Hosted Kilcummin the East Region League Division 2 on Thursday evening. Final score Beaufort 4-10 Kilcummin 5-6. **BEAUFORT:** Darragh Curran, Declan Floyd, Cormac O'Connor, Kevin Coffey, Conor Cronin, Padraig Cronin, Joseph Glinwood, Jonathan Kissane, Ronan Curran, Ciaran Kennedy, Ryan Sweeney, Cian O'Sullivan, Keith Moloney. Sub: Sean Kelliher.

**BEAUFORT U16S:** Hosted An Ghaeltacht on Wednesday evening. Final score Beaufort 2-11 An Ghaeltacht 3-12. **TEAM:** David O'Shea, Michael O'Shea, Ian McGillicuddy, Liam O'Connor, Liam Curran, Kieran O'Sullivan, Kealan Cahill, Ciaran Kennedy, Jonathan Kissane, Jason Coffey, Padraig Cronin, William Joy, Sean Coffey, Paudie Coffey, Eoin O'Hagan. Sub used: Timmy O'Connor.

**BEAUFORT U14S:** Made the short journey to Listry to play Keel/Listry. Full time score: Keel/Listry 5-20 Beaufort 2-17. Beaufort now qualify for the Division 3 final. **TEAM:** Niall O'Brien, Sean Kissane, Mark Neary, Jack Coffey, Timmy Coffey, Sean O'Brien, Shane O'Sullivan-Rouse, Jack Hallissey, Jack O'Connor (0-4), Niall Carey (0-1), Dara Dennehy (0-4), Mark Sheahan, Jack O'Leary (0-4), Keith Floyd (1-1), Oisín Cronin (1-3). Subs used: Oisín O'Connor and Dara Smith.

**BEAUFORT U12S:** Played Milltown/Castlemaine on Sunday evening. Final score: U12 Beaufort 3 - 14 Vs Milltown/Castlemaine 5 - 16. Kieran Johnson (Goal Keeper), Oran Smith, Brendie O'Donoghue (1-3), Sam Roberts, Kieran Dennehy (1-3), Simon Coffey (1-3), Donnacha Crowley (0-2), Timmy Casey, Jack O'Brien, Jack O'Sullivan (0-2), Joshua Coffey & Stefan Caulfield-Dreier (0-1). Mid Kerry Seniors v West Kerry in County Senior Championship in Beaufort, Sunday, 12th July at 6pm.

## RING OF THE REEKS LEISURE CYCLE:

Will be held on Saturday, 25th July. As we have have 3 different level of routes we hope that everybody including families will come along to support the club and take part in this lovely occasion. Contact Bridget 087 9975737.

## FOSSA GAA NOTES

**LOTTO:** Numbers drawn were 3, 6, 14, 26. There was no Jackpot winner and next weeks Jackpot will be €11,550. Next draw takes place on Sunday night 5th July at 11pm in the Golden Nuggett. Thanks to everybody who supports our Lotto each week as well as those who sells tickets.

**SENIORS:** Fossa played St Senans in the County League on Saturday evening in Fossa, prior to the game starting, a minutes silence was observed in memory of Seamus Falvey who passed away on Friday. Even though a draw was a fair result in the end, Fossa will be disappointed to have lost such a sizeable lead and especially as they controlled the game in the first half. The game finished Fossa 2-09, St Senans 1-12.

**U-12'S:** The U-12 Red team had a great win over a strong Ardfer side on Sunday evening while the Red team lost to the same opposition, however this means that Fossa finish runners up in Division 2 of the County league which is no mean achievement, well done to the players and management.

**U-14'S:** The U-14's lost by the bare minimum to Firies in the East Kerry league on Monday evening, going down 2-13 to 2-12.

**U-16'S:** The U-16's recorded a comprehensive win over Churchill on Wednesday evening in the County league, winning 6-12 to 1-12.

**MINORS:** An under strength minor team were well beaten by Currow on Thursday evening.

**RANGLES BROS. JUNIOR C CHAMPIONSHIP:** Fossa were home to Legion in the Randles Bros. Junior C Championship quarter final. Legion making the return to Junior Football after a 12 month absence. Fossa won the toss but scores were hard to secure by both sides until Julie Cronin settled the Fossa girls with two well taken points from play in quick succession. A smart

move by young Anna Clifford who intercepted a Legion pass hit a rasper of a goal to the back of the Legion net. The Legion team had yet to settle and one wondered was it going to be a difficult day for this Legion team who were looking to the experience of center forward Mairead O'Donoghue and midfielder Julie Kelly to settle the ship. Julie Cronin, Anna O'Reilly and Annie Sheehan added 3 points. Erica McGlynn between the posts saw her deny Legion scores after they staged a late rally before the half time whistle. Half time score Fossa 2-5 to Legion 0-0. On resumption Fossa were well settled and continued their winning form adding goals from Katie Talbot and Shelly Clifford. A clash in the middle of the field saw Fossa's Julie Cronin and Legion's Selena Looney taken off for recovery leaving Fossa to resume play with 14 players. Niamh O'Sullivan, Amy Moriarty and Melissa Buckley in defense were outstanding for Fossa. Legion's Kiah Doona must be commended as her handling of the ball and heroic Goalkeeping being called upon again the second time this week against a Fossa team. A late consolation Goal for Legion left the full time score at Fossa 4-8 and Legion 1-0. Fossa await the winners of Currow V Beale.

**TROPHYWORLD U16 COUNTY LEAGUES:** Fossa have four games played in their Division 1 County League campaign which saw them win three out of the four. Last Thursday evening saw the Fossa Girls have an immense victory over Legion. The final score was Fossa 6-19 to Legion 2-6, next game is away to Na Gaeil on July 9th.

**GLEBE KITCHENS U12 COUNTY LEAGUES:** Fossa will play Abbeydorney away in their U12 quarter finals which are scheduled to go ahead next week. Abbeydorney topped the group in Division 2A. Fossa came 4th in Division 2B. Wishing the girls the best of luck.

**U14 GIRLS REGIONAL FEILE:** Our girls traveled to Killavullen, outside Mallow, for the Regional Feile Competition. Having to travel with only 15 players due to injuries and illness. The girls went down to Nemo Rangers and Carrigaline but put in a sterling performance to overcome Clara from Kilkenny. They traveled on to Mallow Gaa Complex to watch the Div 1 final of Carrigaline V Miltown/Listry. Carrigaline





finished the strongest with a 7 point win over Miltown/Listry. Thanks to trainers Pat Sheehan, Amy Moriarty with Fiona Whelton and Erica McGlynn who helped on the day.

**SYMPATHY:** The untimely death took place on Friday of Seamus Falvey of Curragh, Aghadoe. Seamus was a proud Furies man and served as an officer of Furies GAA Club, however when his sons started playing with Fossa, Seamus gave many years as a mentor to our juvenile teams as well as our junior team. He also served as Chairman of East Kerry Board na nOg. He is survived by his wife Marie, daughter, Gobnait and sons Gerry, Michael, John and Brendan. Our deepest sympathies to them at this time.

Sympathy is also extended to the Clifford family, Barleymount on the death of Martin Nolan, Tralee. May they rest in peace.

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

## DR. CROKES NOTES

### COUNTY SENIOR LEAGUE ROUND 7

**LEGION 0-15 DR CROKES 1-8:** Legion started the better with two early points. We got into the game after our lethargic start and scored 1-2 to our opponents one point for a 1-2 to 0-3 lead at the end of the first quarter. The second quarter was completely dominated by Legion who had seven points to our one for a four point interval lead 0-10 to 1-3. We played with much more heart and tenacity in the second half. It was a game we were never likely to win but our display was more championship like and in this thirty minutes both sides scored five points. This may have left us beaten by four points at the end but one would have to be happy with our second half display. Our best players on the day were Mike Moloney, Cilian Fitzgerald, Aaron Murphy, Shane Myers, Ambrose O'Donovan and Jordan Kiely. Dr Crokes best player - Ambrose O'Donovan.

### MINOR EAST KERRY LEAGUE - ROUND 1

**SPA 3-13 DR CROKES 2-11:** In this first round Minor League game in Spa on Sunday 21st of June we went down to Spa by five points. The game was played in very bad weather conditions. Spa started the better and we were always chasing the game in the first half and went in at half time seven points in arrears, on a scoreline of 2-1 to 1-3. We did much better in the second half. In the first twenty minutes of this half we restricted the opposition to just two points and got within a couple of points of them. They however scored 1-4 in the last ten minutes for their five point win. Best in defence were James McAuliffe, David Naughton and Mark O'Shea. We did very well at midfield in the second half. Our attack spring to life in the second half with Adam O'



MILTOWN/LISTRY U14 WHO GOT TO THE FINAL AT FÉILE 2015

Shea finishing with a personal tally of 2-5 and Brendan Coppinger also shining.

### MINOR EAST KERRY LEAGUE - ROUND 2

**DR CROKES 1-12 FIRIES 1-11:** We were at home to Furies on Thursday last and had to pull out all stops for a one point win. The teams exchanged points on three occasions in the first twenty minutes. Our opponents got on top in the last ten minutes of the half scoring four points to our one but a great goal by Mike Casey just before the break had us on level terms at half time 1-4 to Furies 0-7. The teams exchanged points on two occasions in the first ten minutes of the second half. We got on top at this stage and three points without reply gave us the biggest lead by either team, going into the last quarter. We held onto this three point lead going into the last five minutes. Our opponents struck for a very good goal with four minutes to go to leave the teams level once again. A draw looked likely as we approached final whistle but Brendan Coppinger gave us victory with a good point and our first win after two games in this competition. David Naughton, Creagh Courtney and John Kerrisk were best in defence. Paul Clarke and Michael Potts did very well at midfield, with the former giving a great aerial performance. Best in attack were Mike Casey, Adam O'Shea and Brendan Coppinger.

**UNDER 16 GIRLS:** Our under 16 girls turned in a fantastic team performance to beat John Mitchell's 5-13 to 1-3 in Tralee on last Thursday in the county league. The defence was outstanding in closing down in any attacks the Tralee side could throw at us. The tackling by the girls was very evident of the work that has been done in the training sessions lately. Midfield and all our forwards were also outstanding. They created so many chances but they also worked so hard in closing down there defence. Well done to all players on the on a brilliant performance. Next week we have a break, but on Thursday 9th we have Glenflesk away.

**SENIOR HURLERS:** Last Wednesday evening our Senior Hurlers travelled to Kilmoyley to take

on the locals there in a County League Division 2 fixture. We were outplayed by a really good and experienced Kilmoyley outfit and in the end we were at the receiving end of a pretty comprehensive defeat that puts our hopes of reaching the playoff stages in great danger. Nonetheless, we soldier on and the focus now will be the County Intermediate Championship.

### JUNIOR LADIES CHAMPIONSHIP

**DR CROKES 5-8 KILCUMMIN 1-8:** This eagerly awaited championship between two local teams was played on a beautiful Sunday evening at Lewis Road. The first half began with both forwards on top, with lots of attacks from both sides causing problems in defence. Amanda Brosnan got Crokes off the mark with a goal from a penalty. Rianne O'Shea got 2nd goal from a great move. Kilcummin were piling on the pressure with there attacks only for goalkeeper Mags McCormack bringing off some outstanding saves to keep Crokes ahead by a point at half time, halftime. Crokes 2-2 kilcummin 1-4. The 2nd half began with Crokes getting control of the game, 2 quick goals within the first 7 minutes. They also tightened up there defence with some outstanding defending by all players, giving away only 4 points in this half. Midfield were on top and this gave us further Goals from Amanda Brosnan, Siobhan Burns and Kate Stack plus 6 points from play and frees put crokes in a very commanding lead. But Kilcummin never gave up in this contest. Next is the Semi Final v Austin Stacks on July 18/19.

**LOTTO:** Lotto numbers 4, 8, 9, 11. Jackpot €8700 not won match 3 17 by €25. Draw Monday 6th of July Tatler Jack Jackpot €9000.

**CONGRATULATIONS:** To Senior Hurling Selector, Sean Browne, and his wife, Nicola, on the recent birth of their baby boy, Michael.

**SYMPATHIES:** Deepest sympathies to the Falvey Family on the death of Seamus Falvey who died at the weekend.

**BEST WISHES:** Best Wishes to all the Crokes Lads playing with Kerry at the weekend in Munster Football Final in Killarney.





# OUTLOOK SPORTS NEWS

Editor : Donal Barry

Email : news@outlookmags.com



## MUNSTER SENIOR FOOTBALL CHAMPIONSHIP



### NOTHING LIKE A MUNSTER FINAL DAY

#### KERRY V CORK

**Fitzgerald Stadium, Sunday 5th July, 2pm**

The prospect of yet another Munster Senior Football Final between ageless rivals and near neighbours Kerry and Cork is set to draw a bumper attendance to Killarney's Fitzgerald Stadium this Sunday.

A Kerry-Cork Munster final, whether it's in Fitzgerald Stadium or Pairc Ui Chaoimh, is always an occasion to savour and this Weekends final will be no different.

Killarney has a unique atmosphere on Munster final day. The town will be electric from early on Sunday morning as rival sets of supporters begin to arrive at the Kerry tourist capital.

One thing will be on their minds. The prospect of another good game between these ageless rivals. In the week prior to the game, one topic of conversation will dominate all GAA fans, with people asking each other 'are you going to the game, and 'have you a ticket'.

The selection of both teams will of course be eagerly awaited. Kerry manager Eamonn Fitzmaurice goes into the tie with a number of selection headaches.

Will last year's All-Ireland Final man of the

match Paul Murphy, David Moran and James O'Donoghue, who all missed the Tipperary game through injury, claim their starting berths back or will Eamonn Fitzmaurice keep faith with the team which defeated Tipperary in the semi-final, time will answer these questions.

Who will ever forget last year's Munster decider in Pairc Ui Chaoimh when Kerry mesmerised Cork with a scintillating display which ultimately led to Kerry clinching the All-Ireland in September.

Kerry will enter Sunday's final as warm favourites to retain their title, but Kerry fans know that it will not be easy against a Cork side that is still hurting following their National League final drubbing at the hands of the Dubs.

Kerry fans on the other hand, know that it will not be easy against the Rebel County and they will be the first to admit that it never is.

It will of course be a very special day for Skipper Kieran Donaghy. Since he was a little boy, Kieran Donaghy has wanted nothing more than to lead Kerry to All-Ireland final victory.

Can the Rebel County claim their first win in Killarney since 1995?

### MEMORABLE MILESTONES

**First Meeting 1889:** Munster Semi-Final Mallow: Kerry 0-1 Cork 0-2

**First Munster Final Meeting 1890:** Banteer: Kerry 0-1 Cork 1-4, note the first final, which was played in Market's Field in Limerick was abandoned.

**Kerry's Biggest Winning Margin:**

1937 Munster Semi-Final

Killarney: Kerry 6-7 Cork 0-4

**Cork's Biggest Winning Margin:**

Munster Final 1990

Pairc Ui Chaoimh: Cork 2-23 Kerry 1-11

### RESULTS SINCE 2005

**Croke Park August 19 2005:**

Kerry 1-19 Cork 0-9

**2006 Munster Final:** Fitzgerald Stadium

Killarney July 9 2006, Kerry 0-10 Cork 0-10

Munster final Replay, July 16 2006 Pairc Ui Chaoimh Cork, Cork 1-12 Kerry 0-9

**2006 All-Ireland Semi-Final:** August 20 2006 Croke Park, Kerry 0-16 Cork 0-10

**2007 Munster Final:** July 1 2007 Fitzgerald Stadium Killarney, Kerry 1-15 Cork 1-13

**All-Ireland Final September 16 2007:** Croke Park Kerry 3-13 Cork 1-9

**2008 Munster Final:** July 6 2008 Pairc Ui Chaoimh, Cork 1-16 Kerry 1-11

**2008 All-Ireland Semi-Final:** August 24 2008 Croke Park, Kerry 1-13 Cork 3-7 (Draw)

**Replay:**

August 30 2008 Croke Park

Kerry 3-14 Cork 2-13

**2009 Munster Semi-Final:** June 7 2009

Fitzgerald Stadium Killarney

Kerry 0-13 Cork 1-10

**Replay:**

June 13 2009 Pairc Ui Chaoimh

Cork 1-17 Kerry 0-12

**All-Ireland Final September 20 2009:**

Croke Park, Kerry 0-16 Cork 1-9

**2010 Munster Semi-final:** June 6 2010

Fitzgerald Stadium, Kerry 0-15 Cork 0-15

**Replay:** June 13 2010 Pairc Ui Chaoimh: Kerry 1-15 Cork 1-14

**2011 Munster Final:** July 3 2011 Fitzgerald Stadium Killarney: Kerry 1-15 Cork 1-12

**2012 Munster Semi-Final:** June 10 2012 Pairc Ui Chaoimh: Cork 0-17 Kerry 0-12

**2013 Munster Final:** July 13 2013 Fitzgerald Stadium Killarney: Kerry 1-16 Cork 0-17

**2014 Munster Final:** July 6 2014 Pairc Ui Chaoimh: Kerry 0-24 Cork 0-12

### GOT YOUR TICKET? NOW FIND OUT WHERE TO GO?

In order to make life as simple for you on Sunday, The Killarney Outlook have put together a guide for you to get in and around Fitzgerald Stadium and explain the colour coding on your tickets and remember gates open at 10.45 a.m. with the Minor Final to throw in at 12 Noon.

Fitzgerald Stadium is divided into 6 Sections.

1. O'Sullivan Stand - Turnstiles 39 - 47

2. Terrace - Red Section Family Area Turnstiles 1 - 11 Lewis Road

3. Terrace - Red Section Turnstiles 1 - 11 Lewis Road

4. Terrace Blue Section Turnstiles 12 - 23 Upper Lewis Road / St. Finian's Ave.

5. Terrace Green Section Turnstiles 26 - 35 Dalton's Ave

6. Sideline Family Area Seated Turnstiles 36 - 38 Wheelchair Area is located in the O'Sullivan Stand. Wheelchair parking is in Dalton's Ave Car park.







## MILLTOWN/LISTRY COMMUNITY GAMES

**LONG PUCK:** We had 2 competitors in the Kerry Long Puck competition held on Monday 22nd in Abbeydorney. We would like to thank Anthony Barrett and Peadar Whelan for representing our area with Anthony being unlucky as he finished just outside the medals in 5th place. Their participation is very commendable considering neither of the boys are members of any hurling club and with no hurling club in our area. We would like to thank Lisa Barrett and Michael O'Sullivan for travelling in support.

**MUNSTER FINALS:** Now that all the Kerry Track and Field events have taken place, attention now turns to the Munster finals which are being held for all team events outside of the cross country and mixed distance relays. These are taking place this Saturday July 4th in UL in Limerick and this is always a great day with so many events going on. We will have 3 teams participating who won their respective comps at Kerry level: U10 Mixed Draughts, U13 Boys Indoor Soccer and U16 Mixed Chess. They have been practicing over the past few weeks in preparation. We wish them the best of luck in their events and really hope they enjoy the experience.

## GNEEVEGUILLA ATHLETIC CLUB

**LOTTO:** No winner of lotto 26/06/2015, numbers drawn were 7, 15, 22, 25. Bonus not won 3, 13, 15 and 17. Next week's jackpot €11,200 plus bonus €1,000.

**MUNSTER SENIOR & MASTER CHAMPIONSHIPS:** What a great day at the Munster Senior & Master Championships in Templemore last Sunday. Mairead O'Neill won the senior Hammer, Miceal O'Neill was 3rd in senior hammer, Mel O'Callaghan 4th senior 100m, Catherine O'Sullivan O35 1st Long jump, 2nd 100m, Annette O'Brien O40 1st 100m, high jump, long jump & shot. Brid Stack O40 1st 200m & 2nd 100m. Shelia O'Donoghue O40 1st 100m, hammer & shot & 2nd javelin. Eileen O'Riordan O40 1st discus, 2nd hammer & 3rd javelin. The relay team of Catherine O'Sullivan, Annette O'Brien, Shelia O'Donoghue & Brid Stack won.

**SUMMER MILE SERIES:** Dates are as follows: - Barraduff Wednesday 22nd July at 7.30 pm, Fossa Wednesday 29th July, Knocknagree Wednesday 5th August, Gneeveguilla Wednesday 12th August at 7pm followed by prize giving.

**NATIONAL JUNIOR & U23 TRACK & FIELD CHAMPIONSHIPS:** Will be on in Tullamore this coming Sunday. We are hoping to be in the medals there.

**TRAINING:** Training in Riocht Mondays at 7.30 pm and Friday at 6.30 pm. Everyone welcome.

## FARRANFORE MAINE VALLEY ATHLETIC CLUB

The Munster Senior & Masters Track and Field championships were held in Templemore Track, Tipperary on Sunday 28th June.

Jim O'Shea competed in 3 events in his O70 masters category and picked up 3 munster medals. Jim was 2nd in the 100m Dash (15.62sec), 1st in the High Jump (1.25m) & 1st in the Long Jump (4.03m). Jim's long Jump of 4.03m is a new munster championship best. The existing record of 3.94m was set by Jim himself back in 2012. Congratulations to Jim.

Maria McCarthy competed in her O40 masters category and earned herself 2 gold medals. Maria was 1st overall in the 3000m distance (10:30) and 1st in the 1500m (4:58.15) Daniel Clifford was in action in the Senior Field events. It is good to see Daniel back wearing the club singlet again. Daniel finished 3rd in the Discus (37.18m), 3rd in the Shot Putt (11.74m) & 6th in the Hammer. Kayleigh Cronin competed in the Senior Discus where she finished in 6th place with a throw of 35.75m.

**CLUB TRAINING.** Training has finished up for the summer, we will be back again early september.

**ATHLETIC CLUB FIXTURES:** GloHealth National Juvenile Track & Field Championships - Day 1 July 4th in Tullamore.

GloHealth National Junior & U/23 Track & Field Championships - July 5th in Tullamore.

GloHealth National Juvenile Track & Field Championships Day 2 & 3 - July 11th & 12th in Tullamore. Closing date for entries is Friday 3rd July.

GloHealth National Juvenile Relays & National "B" Championships - Day 4 - July 18th in Tullamore. Closing date for entries is Friday 10th July.

Munster Juvenile "B" Track & Field Championships - July 25th in Lee's Road, Ennis. Closing date for entries is Wednesday 15th July.

## RATHMORE/GNEEVEGUILLA COMMUNITY GAMES

**MUNSTER FINALS - SATURDAY JULY 4TH**

**2015:** We have four team events taking part in the Munster finals this Saturday, in the University of Limerick. Our Committee and officers would like to wish all the children, their coaches and their families the very best of luck in each of their events... we know you will all do our area and your families proud!!! The following are the names of the children taking part and their coaches, who we would like to especially thank for all their time and commitment over the last few months... Good luck to all on Saturday !!!

**U11 MIXED BASKETBALL:** Roisin Brosnan, Caoimhe Guerin - Crowley, Tara O'Leary, Orla Cremin, Michelle Cronin, Sean Finnegan, Dara Fitzgerald, Sean Hurley, Fionn Murphy and Ross O'Leary. Coaches: John Hurley, Jim Hughes and

Mags Fitzgerald.

**U13 BOYS BASKETBALL:** Jim Brosnan, Ciaran Cremin, Damien Cronin, Mark Cronin, Padraic Finnegan, Andrew Moynihan, Padraig Murphy, Mark O'Leary, Paudie O'Leary, and Michael Twomey. Coaches: Loretto O'Leary and John O'Leary

**SPIKEBALL U14 GIRLS:** Aishling Brosnan, Kornelia Cybol, Michelle Fleming, Hanorah Hurley, Ciarraí Jones, Megan McCarthy, Aoife O'Sullivan. Coach: Mike McGillicuddy.

**SKITTLES U14 MIXED:** Liam Brosnan, Donal Daly, Niamh Finnegan, T J O'Leary, Jamie O'Leary, Shane Warren. Coach: Cynthia Daly.

## CYCLING NEWS

**CYCLING LEAGUE WIDE OPEN AFTER**

**ROUND 4:** The destination of the title of Kerry Cycling Clubs Summer League champion is still in the balance after Round 4 which was hosted by Killorglin CC and took place on a 7 mile circuit around Dromid in South Kerry. Despite poor weather there was another big turn-out for the race.

Moda Kingdom Endurance's John Brosnan was looking to make it 3 wins in a row and was in pole position on the last circuit when his handlebars became loose and he did very well to continue and take 6th spot.

A group of 6 had established a good lead and on the line Killarney CC's Conor Kissane was the winner by a couple of seconds from iBike's Paul Horan. He was just ahead of Cormac Daly, Tralee BC in third with Currow CC's Hugh McSweeney in 4th. Michael O'Shea from Killorglin CC was 5th and as stated Brosnan was 6th.

Provisionally this means that Brosnan leads the League Table after 4 rounds with 23 points followed by Paul Horan on 20 and Conor Kissane on 18 points.

**UNDERAGE:** In the u16's David Fitzgerald from Kingdom BC took the maximum points from Eoin Blake of Killarney CC.

Kieran Coggins was again the fastest in the u14 section, continuing his great form. iBike's Sean Barrett was second, Oisín O'Connor, Killarney CC was third, Robbie Scott of Kingdom CC was fourth. He was followed home by Killarney's Eoghan Patwell with Eoin Moloney of iBike 6th. Tara Kissane was the first girl home.

Killarney CC dominated the u12's having the first 4 home with Patrick Galvin first ahead of Lorcan Daly, Shane Galvin and Ethan Slattery fourth. Kanturk CC riders were 5th and 6th with Ronan Leahy ahead of Thomas Gould.

The next round of the Summer League is on July 9th with Sliabhra Luachra CC being the hosts.

**CYCLING SHORTS:** Moda Kingdom Endurance's Denis Dunworth was 8th in the National Championships Time Trial in a time of 1.39.35 for the 37km course. The title was taken by Ryan Mullen of An Post Chain Reaction.

O'Leary Stone Kanturk's young star Tom Moriarty was in action in England where he rode with the Irish National Youth team's u14 squad.



## A DAY FULL OF MEMORIES

### Dr. Crokes Chairman Denis Coleman looks back at their Féile Adventure

Our U14 boys footballers, for the first time in almost 10 years won the Division 1 Kerry Féile competition this year. A recent decision at national level dictates that the Division One winners in the so-called "stronger football counties" now attend a Regional Féile Competition which means that Kerry sends its Division Two winners to the National Féile. As a result Dr. Crokes represented Kerry in the National Regional tournament in Kildare on Saturday last where we competed against the best U14s from Dublin, Cork, Tyrone, Kildare, Derry, Down and Galway.

The boys and their parents were busy for the last few weeks getting support for their sponsored walk which turned out to be a massive success. Due to everybody's generous contributions the boys were kitted with fabulous gear and all the trips expenses were covered. Many thanks to all those who supported the Sponsored Walk.

Our aim from the start was for the boys to have a day to remember and I think its safe to say that we achieved our goal. Our club decided to bring all 34 boys from the U14 and U13 section of the club to Kildare as most of them had played their part during the preliminary rounds of the Kerry Féile Competition.

Our day began with a 6.30 a.m. departure to Kildare on Saturday last. Their group games pitted them against two very strong outfits from Dublin and Tyrone. The boys struggled to get their best game on show here. The afternoon session gave them a great opportunity to get something out of the day and they grabbed it with both hands. They had a great win against Nemo Rangers in the semi-final and raised their game to another level against Leixlip in the Plate Final.

Our club is delighted to have had such great ambassadors for the club on the playing field last Saturday - a huge word of thanks to Harry O'Neill Kevin Smith Ger O'Connor and Ger O'Shea who did a great job preparing the boys.



DR. CROKES IN ACTION AT THE FÉILE LAST WEEKEND.

When we consider that the last team that were involved in the Féile from Dr Crokes produced the likes of Johnny Buckley, Fionn Fitzgerald and Daithi Casey as well as a large number of other players who played adult football for the club, the future looks very bright for our current crop of Under 14's.

Many thanks to the parents who coordinated the fundraising and who also turned out in great numbers to support the boys on Saturday. The bus rolled back into Killarney at 10pm on Saturday night - A great day was had by all.

## KILLARNEY ATHLETIC/KILLARNEY CREDIT UNION 7-A-SIDE



THE SHISHA TEAM COMPETING IN THE KILLARNEY ATHLETIC/KILLARNEY CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT THIS WEEK. PICTURE: EAMONN KEOGH -MACMONAGLE.COM

### MONDAY 29TH JUNE 2015

#### PITCH 1

6.45 Fossa City 2 The Shire 0.  
7.10 Mackeys Young Crew 1 Torc Hotel 2.  
7.35 Connie's Sexy 7's 3 Liebherr RTG 0.  
8.00 Un-Athletic Madrid 1 The Brehon 2.

8.25 Tricel Killarney 1  
The Cleveland Streamers 1.

#### PITCH 2

6.45 Dunboy Greener Homes 2  
Mackeys Crew 1.  
7.10 Woodlawn Bicycle Club 1  
Berocca Juniors 1.  
7.35 The Speakeasy 5 Liebherr STS 2.  
8.00 Currow City 1 Paddy Keeffe FC 1.  
8.25 The Hobbits 0 FC Farcelona 0.

### TUESDAY 30TH JUNE

#### PITCH 1

7.10 Dream Team 1 Fáilte Bar 4.  
7.35 Dunboy Greener Homes 2  
Woodlawn Bicycle Club 3.  
8.00 Mackeys Crew 3 Berocca Juniors 1.  
8.25 AGA Turkish Barber 2  
Tim Jones Butcher 1.

#### PITCH 2

6.45 Atletico Madrid 6 Last Minute FC1.

7.10 MD O'Sheas Park Road 1 Brenken 1.  
7.35 Shisha FC 1 Liebherr Maritime 2.  
8.00 The Brehon 0 FC Farcelona 0.

### WEDNESDAY 1ST JULY

#### PITCH 1

6.45 Atletico Madrid 2  
MD O'Sheas Park Road 2.  
7.10 Last Minute FC 1 Brenken 1.  
7.35 Liebherr RTG 2 Tricel Killarney 7.  
8.00 Dream Team 1 Dunloe Lodge 0.  
8.25 Connie's Sexy 7's 3  
The Cleveland Streamers 0.

8.50 Connie's Sexy 7's 3 Tricel Killarney 0.

#### PITCH 2

6.45 Torc Hotel 0 The Shire 1.  
7.10 Mackeys Young Crew 1 Fossa City 2.  
7.35 Currow City 4 Liebherr STS 1.  
8.00 The Speakeasy 5 Paddy Keeffe FC 1.  
8.25 AGA Turkish Barber 5 Shisha FC 3.

## 7 A SIDE COMPETITION FIXTURES

### MONDAY 6TH JULY 2015

#### PITCH 1

6.45 U14 Park Road Pharmacy V  
O'Connors Day Tours.  
7.10 U14 Man Chest Hair V The Graduates.  
7.35 O35 Mackeys Crew V Flemings Taxi.  
8.00 Senior AGA Turkish Barber V  
Liebherr Maritime.  
8.25 Senior Tim Jones Butcher V Shisha FC.

#### PITCH 2

6.45 U14 Manchest-Hair United V  
Messi's Minors.  
7.10 U16 Goggin United V Dyslexia United.  
8.00 Senior Dunboy Greener Homes V  
Berocca Juniors.

8.25 Senior Mackeys Crew V  
Woodlawn Bicycle Club.

### TUESDAY 7TH JULY

#### PITCH 1

6.45 U16 Killarney Wolves V  
Glenflesk Dynamos.  
7.10 U14 Manchest-Hair United V Late Entry.  
7.35 U16 Dyslexia United V Killarney Wolves.  
8.00 Senior Un-Athletic Madrid V FC Farcelona.  
8.25 Senior The Brehon V The Hobbits.

#### PITCH 2

6.45 U16 Goggin United V Baboteletubbies.  
7.10 U14 Messi's Minors V Flemings Taxi.  
7.35 U16 Baboteletubbies V Glenflesk Dynamos.  
8.00 Senior Dream Team V Tatler Toffees.

8.25 Senior The Failte Bar V Dunloe Lodge.

### WEDNESDAY 8TH JULY

#### PITCH 1

6.45 U14 Late Entry V Flemings Taxi.  
7.10 O35 Bunkers Bar V Liebherr Automation.  
7.35 U14 Manchest-Hair United V  
Flemings Taxi.  
8.00 Senior Atletico Madrid V Brenken.

#### PITCH 2

6.45 U14 Park Road Pharmacy V Man Chest Hair.  
7.10 U14 O'Connors Day Tours V The Graduates.  
7.35 U14 Messi's Minors V Late Entry.  
8.00 Senior Last Minute FC V  
MD O'Sheas Park Road.





THE KERRY GIRLS U16 GAYNOR CUP TEAM WHO FINISHED 7TH IN THE COMPETITION THAT WAS HELD IN UL IN LIMERICK OVER THE WEEKEND.

## KERRY SCHOOL GIRLS SOCCER

### KERRY SPOT ON TO TAKE 7TH IN 16'S GAYNOR CUP:

The 2015 u16's Gaynor Cup was the biggest and most competitive in the competitions history with 17 Leagues taking part.

Kerry were drawn in the Group of 5 which saw them playing 4 group games and 2 play-off games over the 3 days. The girls opened with a 2-1 win over Limerick County where Hannah O'Donoghue got both of the goals.

However they were unable to follow that up with a win against Clare in what was probably their only disappointing performance of the competition. Kerry conceded a goal in the second half and chased the game but were caught on the break to go down 2-0.

Kilkenny had been going well and were the next opponents for Kerry and the girls were excellent, recording a 3-0 win. Hannah O'Donoghue got another 2 with Leah Henry netting the other goal.

This set up as final Group game with Limerick County. Amazingly both teams were level on points with both on 6 from 3 games, were level on goal difference, goals scored and goals conceded which ensure a nail biting 50 minutes with both teams playing on adjacent pitches.

Kerry were up against North Tipperary and Limerick County were playing Kilkenny. It started very well for Kerry and they were 1-0 up early on and then just after half time added a second. At this stage Limerick County were drawing 1-1.

However in the last 10 minutes lady luck switched to the Limerick girls. They got the goal they needed to go ahead while North Tipp pulled one back against Kerry. However that would still see Kerry through.

North Tipp then threw everything at Kerry and heartbreakingly in the last minute grabbed an equaliser. With Limerick County winning they advanced to the Cup semi-final while Kerry were into the Plate semi-final and a battle for 6th to 8th positions – by far the best any Kerry

girls side has done at the Gaynor competitions. Kerry faced Waterford in the Plate semi-final and the game ended 0-0 and so into penalties. Unfortunately Kerry lost 3-2 with Leah Henry and Fiadhna Tagney on the mark. As an aside Limerick County were well beaten by the eventual competitions winners Cork in their semi-final.

Great credit is due to the Kerry girls and their management team of Donal Doherty and Carrolann Kissane as they picked themselves up for their final game against the NEC (North Eastern Counties). This game proved to be a cracker ending 2-2 with Fiadhna Tagney and Leah Henry scoring for Kerry.

And so another penalty shoot-out but this time Kerry were unerring scoring all 5 and as the NEC missed their last one Kerry secured a very creditable 7th spot and certainly created a platform for the teams competing in the coming years to match or better.

Kerry ended the tournament with a record of played 6, won 3, drew 1 and lost 2 with one of those being the penalty shoot-out defeat.

### THE KERRY 16'S GAYNOR CUP SQUAD:

Carmel Looney, Mary Barry, Elaina Galvin, Rebecca Murphy, Fiadhna Tagney, Saoirse Kennedy, Elizabeth Mohan, Leah Henry, Isabella Stein, Catie Gunn, Hannah O'Donoghue, Maire Kennelly, Rebecca O'Mahony, Jessica Galvin, Rachel Mulvihill.

## KILLARNEY ATHLETIC A.F.C. NOTES

### KILLARNEY ATHLETIC GOLF CLASSIC:

Killarney Athletic held their Golf Classic on Thursday last which was a huge success. A big thank you to Killarney Golf & Fishing club for their tremendous hospitality and to all the team sponsors and to the sponsors of the tee boxes.

### KILLARNEY ATHLETIC A.F.C. KILLARNEY CREDIT UNION 7 A SIDE TOURNAMENT 2015:

Please see main feature for fixtures & results

### 300 CLUB MEMBER DRAW JUNE RESULTS:

300 Club Member June winners are

€500 David O'Mahoney and €100 each to the following Tom O'Shea, Marie Moynihan, Pat Chawke, Justin Healy and Catriona Doolan. Well done. Next draw on 25th July.

### 50TH ANNIVERSARY CELEBRATIONS:

**5TH SEPTEMBER:** Celebratory Dinner in the Dromhall Hotel. Tickets on sale shortly.

**ARTICLE SERIES:** Anyone who wishes to contribute to the series of articles setting out the club's development since its foundation in 1965 to the present day, particularly former officers or managers, can email [50years@killarneyathletic.com](mailto:50years@killarneyathletic.com) or contact Toirdealbhach (087) 6447603 or Mike (087) 2727173 for more details. The first article "The Harrington Era 1965-1969", a personal account of the foundation of the club by Dan Harrington, is available to view on the club website.

**PHOTOGRAPHS:** The club is also planning a slideshow or exhibition of photographs on the night of the celebratory dinner. If you have a photo that you would like to contribute, please pass it on to Don O'Donoghue (086) 1234610, Mary McCarrick (087) 7750773, Mike O'Shea (087) 2226185, Toirdealbhach (087) 6447603, or indeed email it (or a link to it) to [50years@killarneyathletic.com](mailto:50years@killarneyathletic.com). It will be scanned and returned to you with minimum delay.

This is a brilliant opportunity to celebrate the club's proud and varied history in Killarney so please get involved with your contribution.

**CONDOLENCES:** Killarney Athletic wish to offer their condolences to the Falvey Family on the death of Seamus. Seamus was the father of the late Jimmy, who the Youth Cup is named after. Seamus was an avid sports person and coach. May he Rest in Peace.

**KILLARNEY ATHLETIC WEBSITE:** Please check the website on [www.killarneyathletic.com](http://www.killarneyathletic.com) or facebook for match reports, club information and contact details.

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

## KILLARNEY CELTIC NOTES

**CONDOLENCES:** Killarney Celtic joins with the wider Killarney and Kerry community in mourning the loss of Seamus Falvey, a passionate and popular member and supporter of us and so many other clubs, a muinteoir and nurturer of youth whose greatest teachings were as much outside the classroom as inside it, and some-one who could bring the best out of people with a perfect combination of respect, passion, and enormous humour - something that he shared freely with Celtic teams at all grades and with everyone that he met. Our deepest sympathies and our best wishes in this sad time to all his family.

### INTERNATIONAL CHILDREN'S GAMES:

Well done to Robert Osborne & his teammates who claimed silver at the International Children's Games in Alkmaar, Netherlands in the soccer 6-a-side tournament. They had already beaten New Zealand 2-1 & Romania



8-2 in the group stages as well as a hard earned 4-4 draw against Poland. In the quarter finals they defeated Hungary 6-2, they then beat the Dutch in the semis 4-1 but were unable to overcome an excellent Croatian team in the final. Congrats to all involved.

**WELL DONE:** To former Killarney Celtic and 2013 Kennedy Cup player Kacper Malinowsky who made the U16 Tournament Best 11 in Madrid alongside players from Real Madrid, Barcelona, AC Milan, Sevilla, and Juventus.

**SOCCER TOTS:** Our hugely popular Soccer Tots programme, to introduce children aged from four to seven (born between 1/1/08 and 31/12/11) to the joys of soccer in a completely non-competitive, fun, friendly environment with expert coaches, continues this Thursday at 6.00pm. All welcome.

**RESULTS: U17 LEAGUE SEMI-FINAL: MASTERGEEHA 5 KILLARNEY CELTIC 4**

We came out on the wrong end of a nine goal thriller, but only after a titanic battle between two great teams. We drew first blood when a great Conor McCarthy free-kick into the Mastergeeha box was only partially cleared and Niall O'Donoghue pounced to fire home. There was a touch of luck about our second, as a long kick by Conor caught the hapless keeper fractionally wrong-footed and he ended up palming it into the roof of the net. Mastergeeha dominated possession from then on and Pa Warren and Paul O'Connor posed problems up front, but the Celtic defence held out well until Sean Twomey took a great touch and rifled home to leave it 2-1 at the break.

Celtic were just inches away from goal after a great move involving Stephen McCarthy, Jack Galvin, and Cian Casey, but Mastergeeha again regained control and an equalizer, a very clever and intuitive back-heel to the net by Paul O'Connor, was well deserved. Gearoid Kerins, who excelled for Mastergeeha, cut in on the end-line to give them the lead and his pin-point cross was headed home by Brian Friel to put Mastergeeha in front by 4-2. Celtic remained undaunted and a great flick on by the

excellent Stephen McCarthy picked out Cathal O'Shea with a fraction of space... which is all Cathal ever needs. 4-3, and it was all square two minutes later as Stephen fired home himself. With minutes remaining, Sean Twomey was fouled in the Celtic box and Gearoid Kerins blasted an unstoppable penalty. Well done to two fine teams and our best wishes to deserved winners Mastergeeha for the final.

**KILLARNEY CELTIC:** James McAuliffe, Killian Rice, Evan Cosgrave, Niall O'Donoghue, David Clifford, Conor McCarthy, Cathal O'Shea, Jack Galvin, Stephen McCarthy, Cian Casey, Oran O'Donoghue.

**MASTERGEEHA:** Jerry Cronin, Cian Jenkins, Sean O'Leary, Paudie O'Connor, Padraig O'Connor, Gearoid Kerins, Sean Twomey, Ciaran Sheehan, Brian Friel, Paul O'Connor, Pa Warren. Subs Jamie O'Donoghue, Donal Moynihan, Jake Moynihan

**FIXTURES:** Dominos U17 Cup Quarter-Final: Killarney Celtic at home to Park, Saturday, 2.30pm

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

**LOTTO RESULTS:** Numbers drawn 10, 11, 18, 19. No winner. Next week's jackpot €1800, draw in the Failte on Monday night. If anyone has information for the notes contact Jimmy O'Sullivan Darcy 087 9633397 or jimmyosdarcy@gmail.com.

Check out [www.killarneyceltic.com](http://www.killarneyceltic.com) for Killarney Celtic news, match reports, or photos.

## MASTERGEEHA FC

**FAI SUMMER CAMP:** Places for the FAI summer camp which will be hosted in Kilbreen Park from July 6th - July 10th can now be booked through the FAI summer schools website. Please book early to avoid disappointment at [www.summersoccerschool.ie](http://www.summersoccerschool.ie).

**GREYHOUND BAR CUP SEMI-FINAL: LISTOWEL 1 MASTERGEEHA 0:** In this game the seniors were unlucky to exit

the cup in Tralee on Friday night. In a close game Mastergeeha matched premier finalist throughout with Padraig Nagle, Scott O'Mahoney and Colm Lenihan going closest. However mid-way through the second half Listowel scored the only goal of the game. In the closing stages Mastergeeha pushed forward but could not get the equaliser their play deserved.

**DIV 2 FINAL MASTERGEEHA 0 TRALEE**

**CELTIC 2:** In the opening stages both sides created some chances but defences were on top. However in the closing stages of the half the Tralee side scored two goals in quick succession. In the second half Mastergeeha played much better with Derry Ahern, Joe Fleming and Noel Moynihan going close to getting a goal back. However Tralee Celtic defended in numbers and held out to win the final despite the Mastergeeha best efforts.

**U17 LEAGUE SEMI FINAL - MASTERGEEHA 5**

**KILLARNEY CELTIC 4:** In this close and exciting game the boys qualified for the league final with a hard earned win over Killarney Celtic. The visitors started the better and went two goals ahead early on. However Mastergeeha got a goal back just before the break when Sean Twomey scored following a corner. In the second half Mastergeeha played the better soccer and got the equaliser in the 60th minute when Paul O'Connor scored. After this Mastergeeha scored two goals when Gearoid Kerins and Brian Friel finished well. But in the final quarter Celtic got two goals to tie the game. In the final moments Gearoid Kerins scored from the penalty spot after Sean Twomey was fouled. All involved played well and deserved to reach the final where they will meet Fenit.

**MASTERGEEHA F.C. LOTTO:** There was no winner on Friday 19th June. Numbers drawn were 12, 15, 20, 21.. Draw will take place in The Village Inn Kilcummin every Friday night. Jackpot now €3,750.

## Munster Junior Football Final JEFF O'DONOGHUE IMPRESSIVE IN KERRY JUNIOR VICTORY

**KERRY 1-20 CORK 0-11**

In the end, Kerry crushed Cork to claim their 42nd Munster Junior title in front of just over 1,300 spectators at Pairc Ui Rinn on Wednesday night.

Indeed, it was first blood to the Kingdom ahead of the senior provincial decider between the counties in Killarney on Sunday and ahead

of a possible of three provincial titles with the Minors also in action on Sunday against Tipperary.

A pair of points from Conor Cox and one apiece from Brian Crowley, Jeff O'Donoghue and captain Alan O'Donoghue pushed Kerry into an early 0-5 to 0-0 lead.

But Mark Sugrue's frees helped Cork reel off eight unanswered to lead by 0-8 to 0-5 at the end of a see-saw first half.

Jeff O'Donoghue remained a nuisance to the Rebel defence and he kicked four points early in the second half as Kerry mounted their comeback. Cox's penalty on 49 minutes stretched the holders' advantage to eight points, 1-14 to 0-9, before they closed out a comfortable win.

**Scorers for Kerry:** C Cox (1-7, 1-0 pen, 1 free,

1 45), J O'Donoghue (0-6), B Crowley, T Hickey (0-2 each), A. O'Donoghue, G.O'Sullivan, E Kiely (0-1 each). **KERRY:** S Murphy (Kilcummin); D O'Donoghue (Spa), J McGuire (Listowel), D Culhane (Ballylongford); J Walsh (Knocknagoshel), T Morley (Templenoe), G Crowley (Templenoe); B O'Sullivan (Valentia), L Kearney (Spa); B Crowley (Templenoe), J. O'Donoghue (Glenflesk), P. O'Connor (Cordal); A. O'Donoghue (John Mitchels), C Cox (Listowel), T Hickey (Desmonds).

Subs: G O'Sullivan (Listry) for Kearney (25); E Kiely (Brosna) for O'Sullivan (36); A Barry (Brosna) for B Crowley (54); M Brennan (Churchill) for O'Donoghue (58); G Gibson (Waterville) for G Crowley (59); D Griffin (Ardfert) for J O'Donoghue (59).

Referee: A Kissane (Waterford).





GER WALSH (SEATED SECOND FROM LEFT) PRESENTING FIRST PRIZE IN THE WALSH BROS. ELECTRICAL MIXED COMPETITION TO WINNERS MARY O'CONNOR AND DERMOT ROCHE WITH (LEFT) JOE WALSH, PATSY HANLEY LADY CAPTAIN (BACK FROM LEFT) PRIZEWINNERS BARRY DUGGAN AND MARTINA CUSACK 2ND, SEAN GOULDING AND LAURA BETH MOLLEY 3RD, AILSH MULCAHY BEST GROSS, JULIE O'DONOGHUE AND ENDA CURTAYNE 4TH, PAT AND BERNARD COLLINS 5TH AT KILLARNEY GOLF AND FISHING CLUB, KILLARNEY ON FRIDAY.

## RING OF KERRY GOLF CLUB CORK UNIVERSITY HOSPITAL CHARITY FUND-RAISING WEEKEND 26TH-28TH JUNE / 3-PERSON SCRAMBLE EVENT

1st Rory O'Sullivan (5) Padraig O'Shea (8) & Pearse O'Shea (15) 59.2.

2nd Henk Bons (6) Chris Harrington (25) Joe O'Neill (3) 59.6.

3rd Joe Harrington (21) Geoff Mahony (19) Joe O'Neill (3) 59.7.

4th Dylan O'Driscoll (6) Eamonn O'Driscoll (5) Daniel Taylor (20) 59.9.

5th Mike Meehan (10) Steven Noonan (12) Jason Quinn (13) 60.5.

6th Tom Nash (14) Jerry Kearney Eugene O'Sullivan (22) 60.7.

Best Mixed Team Alan Shaw (20) Vera Shaw (21) Pat O'Dwyer (17) 73.2.

### ALL LADIES TEAMS SPONSORED BY SIMPLICITY KENMARE

1st Kathleen O'Shea (16) Brenda Holden (20) Mary O'Sullivan (23) 73.1.

2nd Daniele Froment (11) Marianne Klopp (21) Laura Hatton (21) 70.7.

3rd Christina Foley (15) Kim Kennedy (15) Maura Crowley (33) 68.7.

Nearest Pin: Team Delia Long.

**UPCOMING EVENTS:** Saturday 4th July – The Ring of Kerry Golf Club is hosting the AIG Irish Junior Cup. Outside of this there is a 2-Person Stableford Team event for members running over the weekend. Members that have entered the summer match play events are requested to arrange completion of their first round matches.

Tuesday 30th – Open Singles Stableford. Visitors €25.

## KILLARNEY GOLF CLUB MEN'S HEINEKEN SINGLES STABLEFORD KILLEEN 28/6/15

1st Alan O'Doherty (15) 42pts.

2nd Phillip Gammell (13) 40pts.

3rd Louis Holland (13) 39pts.

4th Sean Kelleher (10) 38pts.

5th Harry O'Neill (13) 37pts.

Category 1 Mark Tuite (6) 34pts.

Category 2 Niall McCarthy (8) 35pts.

Category 3 Michael O'Doherty (15) 35pts.

Category 4 Arthur Hanley (21) 37pts.

c.s.s 34pts

### SINGLES STABLEFORD, KILLEEN, 24/06/2015

1. Con Healy (9) 39Pts.

2. Phillip O'Connor (12) 39Pts.

3. Shane Horgan (3) 37 Pts.

C.S.S. 36 Pts.

## KILLORGLIN GOLF CLUB

### LADIES:

**FIXTURE:** 18 Hole Stroke sponsored by Billy Dodd can be played Saturday 4th, Sunday 5th or Tuesday 7th July. Please note that the course will be closed to members from 12.15pm on Sunday 5th as the Quarter Finals of the AIG ILGU matches will be taking place in Killorglin. We wish all visiting Teams the Best of Luck. 12 Hole re-entry sponsored by Handicap Secretary Coral Kiely continues until further notice.

**PRESENTATION NIGHT:** Presentation Night will be held in the Club House on this Friday 3rd July at 8.30pm. All Prize winners are asked to attend.

## LISTRY GOLF SOCIETY

On Saturday last June 27th Captain Noel Kennedy led over 70 members and guests over Killorglin Golf Club to compete for his prize. The course was in great shape and though the threat of rain held off a stiff breeze kept all in check but Eileen Devane managed it better than all the others to take first prize with a great score of 39 pts off a handicap of 27. At the prize giving in Faha Court on the night Noel thanked all who played and those who helped make the day such a success. The following is the full list of winners. Winner Eileen Devane (27) 39pts. 2nd John Joe Courtney (21) 38pts. Category 1. 1st Patie Sugrue (11) 38. 2nd Dermot Foley (10) 38. 3rd James Mannix (15) 38. 4th Mairead Sheahan (27) 37. 5th Pat Sheahan (19) 37. Front 9, Darragh O'Regan. Back 9, Tadhg Ahern. Non Prize, Pat Quirke (18) 31, John Joe Tangney (18)

30.

Category 2. 1st Mary Conway (30) 36pts. 2nd Fergus Clifford (22) 36. 3rd Joe Daly (25) 35. 4th Kevin Cronin (24) 34. 5th Denis O'Shea (23) 33. Front 9. Tim Lynch. Back 9. Noel Kennedy. Non Prize. Eamon Leslie (28) 26. Peter Ahern (22) 26. Senior Mike Kennedy (16) 34. Past Captains Mike O'Sullivan (20) 33. Ladies Kathleen Wrenn (19) 31. Guest Paul McKenna (10) 35. 2nd Colin O'Sullivan (25) 30. Longest Drive, Jermy Wrenn. Nearest Pin, Kevin Cronin.

## KILLARNEY GOLF CLUB

### LADIES

By Eileen Tarrant, PRO

### RESULTS OF COMPETITION SUNDAY 28TH JUNE, 2015, CLUB SPONSORED, V-PAR.

1st. Mary B O'Connor (29) 3 up (bk9).

2nd Bridie Doyle (34) 3 up (bk6).

3rd Martina Cusack (21) 3 up CSS 71

Next Sunday's Competition is Exchange day to Dooks, Club sponsored.

### RESULTS OF MIXED 4 SOME'S SPONSORED BY WALSH BROS ELECTRICAL

1st. Dermot Roche (12) Mary O'Connor (24) 40 pts.

2nd Barry Duggan (16) Martina Cusack (21) 35 pts (bk9).

3rd Sean Goulding (11) Lora Beth Malloy (28) 35 pts

BG Ailish Mulcahy (6) Darren Mulcahy (8) 23 gross pts.

4th Enda Curtayne (18) Julie O'Donoghue (13) 34 pts

Next round of the Noreen Moore will take place at Waterville Golf Club on Monday July 6th at 3.00 p.m. when Killarney play Kenmare.

Killarney had a good win to beat Tralee in Castleisland on Saturday June 27th in the Senior Foursomes.

Lady captain Patsy Hanley's day is on Sunday 12th July, see notices.

## ROSS GOLF CLUB

### GENTS CLUB

### RESULT: ON SUNDAY JUNE 28TH WE HELD A STROKEPLAY COMPETITION.

The winners were:

1 Jonathan Casey (11) 70.

2 Jordanas Jonikaitis (14) 72.

Best Gross Alan Flynn (9) 82.

On Sunday July 5th we will hold an 18 hole single stableford competition. The timesheet is now available so please add your name to it as soon as possible.

**WELL DONE:** To our Dr Billy team on their great away win over Castlegregory during the week and we wish them well in the next round of that competition.

**BEST WISHES:** To our members who will be participating in the Ring of Kerry Cycle this weekend and also best of luck to both Kerry teams in the Munster Finals.

## CASTLEROSSE GOLF CLUB

**RESULTS:** Competition played on Sunday 28th June, winner; John O'Reilly (27) 44pts, runner-



up Trevor Shine (15) 42pts, overall 3rd place  
Joe Gaffey (20) 39pts.

**RESULTS 3 PERSON MIXED SCRAMBLE  
PLAYED ON TUESDAY 23RD JUNE** best  
net return, Roger O'Sullivan, Phil Duffy &  
Denis Tangney.

**FIXTURES:** Weekend competition 18 hole  
stableford, please register on time sheet at  
Castlerosse.

Scramble 9 hole competition continue each  
Tuesday at 6.30pm. Open to Ladies and  
Gents.

Away day to Killorglin Golf Club, Saturday  
18th July, Ladies and Gents competitions.

## BEAUFORT GOLF CLUB

### LADIES BRANCH

**27TH/28TH JUNE - 3RD ROUND  
GOLFER OF THE YEAR - SPONSORED BY  
BEAUFORT BAR**

1st Joan O'Sullivan (22) 73 Nett.

2nd Noleen Mackessy (26) 75 Nett.

3rd Aideen Ryan (31) 79 Nett.

CSS 72 both days.

**FIXTURES:** 4th/5th July - 18 hole Stableford  
sponsored by Peter Marks

Ladies Club Open Day Tuesday 7th July -  
sponsored by Dunloe Hotel - 18 hole Single  
Stableford open to Ladies & Gents Categories  
with Separate prizes for each.

Open Fridays from 10th April to 2nd October  
2015. Open to Ladies & Gents - Single  
Stableford Entry Fee €20. Ring Clubhouse on  
064-6644440 to book a tee time.

## BEAUFORT GOLF CLUB

### MEN'S BRANCH

**OPEN FRIDAY - SPONSORED BY CLIFFORD  
GROUNDCARE**

Winner: Brendan Martin Keane (14) 36 pts.

**23RD JUNE - SOUTH MUNSTER SENIORS  
OUTTING**

Category A: 1st Donal Kelleher (14) (Kanturk)  
37 pts.

2nd William Burns (12) (Tipperary) 35 pts.

Category B 1st Denis O'Mahony (17) (Ross)  
43 pts.

2nd Christopher Tanner (18) (Mallow) 39 pts.

Category C 1st Andrew O'Dea (27)  
(Mitchelstown) 39 pts.

2nd Denis O'Driscoll (21) (Cahir) 38 pts.

CSS on the Day 36 pts



RACHEL LEECH (FOURTH FROM LEFT) PRESENTING THE LORD KENMARE'S LADIES COMPETITION FIRST PRIZE TO WINNER JANE DWYER WITH CHRISTINE CARROLL BEST GROSS, NOREEN O'CALLAGHAN 3RD, MARY O'CONNOR 4TH AND PATSY HANLEY LADY CAPTAIN AT KILLARNEY GOLF AND FISHING CLUB, KILLARNEY.

**FIXTURES:** 4th/5th July - 18 Hole Stroke  
(Yellow Tees) - Sponsored by Eddie Slattery.

Ladies Club Open Day Tuesday 7th July -  
sponsored by Dunloe Hotel - 18 hole Single  
Stableford open to Ladies & Gents Categories  
with Separate prizes for each.

Open Fridays from 10th April to 2nd October  
2015. Open to Ladies & Gents - Single  
Stableford Entry Fee €20. Ring Clubhouse on  
064-6644440 to book a tee time.

## KERRY PITCH & PUTT NEWS

The Munster Stroke-Play Championships took  
place last Sunday in Nenagh, Co. Tipperary  
at the Riverdale Pitch & Putt Club. The course  
which was in pristine condition offered fantastic  
playing conditions but the windy conditions  
made scoring more difficult for all players.

In the Junior grade Tralee's Roger Guthrie was  
best of the Kerry players with a one under par  
total, the grade being won by Clint O'Keeffe of  
St. Stephen's in Co. Cork with a brilliant thirteen  
under par total.

Five Kerry Intermediates took part and it was  
Deerpark's Jason O'Brien who was chasing a  
Provincial Match-Play and Stroke-Play double  
put in a brilliant second round to finish on  
eleven under par. this however was just short  
and he had to be content with the runner-up  
spot.

The two Seniors both hailed from Deerpark  
and it was Damien Fleming who shot fifteen  
under par and was only two behind going  
into the final round. However Ireland's No. 1  
ranked player John Walsh of Collins who had  
eleven under par in the final round came from  
behind to win by two with Damien having to  
be content with a bronze medal.

Next up are the Bob Casey Memorial Tralee  
Scratch Cup and the Danny Broderick Memorial  
Castleisland Scratch Cup which will be the last  
two Kerry Inter County trials for all grades  
on Sunday July 12th and Sunday July 19th  
respectively.

## KILLORGLIN GOLF CLUB

### MENS

**COMPETITION RESULTS 28/06/2015**

1st John M. O'Sullivan 41 pts.

2nd Tommy Murphy 40 pts.

3rd Ciaran Doyle 40 pts.

gross Joe Kennedy 75 gross.

4th Moss Joy 40 pts.

Senior Denis Cronin 35 pts.

**12 HOLE COMPETITION**

Week 19/06/2015 Aidan Spillane 28 pts

Week 26/06/2015 Ciaran Doyle 30 pts.



SEAN BROSAN BANK OF IRELAND PRESENTING FIRST PRIZE IN THE BANK OF IRELAND LADIES COMPETITION TO WINNER KATIE O'CONNELL WITH LAURA BETH MOLLEY 2ND, SALLY COOPER 3RD AND PATSY HANLEY LADY CAPTAIN AT KILLARNEY GOLF AND FISHING CLUB, KILLARNEY.



PATSY HANLEY KILLARNEY GOLF CLUB LADY CAPTAIN PRESENTING FIRST PRIZE IN THE PAT O'NEILL LADIES COMPETITION TO WINNER MARGARET CAMPION WITH (FROM LEFT) CHRISTINE CARROLL 2ND AND AILISH MULCAHY BEST GROSS AT KILLARNEY GOLF AND FISHING CLUB, KILLARNEY.



# Tommys Farming Week

May milk cheques have arrived, confirming the price drop we were all anticipating. A base price well below 30 cents/litre is not comfortable reading for any farmer but for a significant number it carries them below the water line. The breakeven price for any individual is dependant on several factors, ranging from farm system to fragmentation to soil type but it is also dependant on the farmer's willingness to react and adapt to price fluctuation. In the brave new world, dominated by global market forces, understanding your cost base is crucial and questioning all costs is a necessity. It is a skill most of us learn as we go, turning away from the exercise is a costly mistake.

Rabobank are well placed to offer an overview on the global dairy market and it is not pleasant reading. We are still producing more than the market requires, China has not re entered the market and the Russian ban remains. The good news is that demand from other Asian markets continues to grow strongly and that low international commodity prices serve some benefit in product promotion. The cracks are appearing in production among our European counterparts and the saying that "the answer to low prices is low prices", will ultimately prove true. The biggest losers from the downturn in

milk price are our New Zealand peers, twenty years ago they were the benchmark to which we all gravitated and we learned much from their management expertise. The rise in world markets has done many of them little favour, it would appear that they took their eye off the ball. They have certainly spent the last few months blaming everyone they can for the current trauma, everyone but themselves.

Twenty years ago New Zealand farmers produced milk at half the cost of their US competitors, today they do so at the same price. It is a lesson we would do well to remember. Undoubtedly some of that increase is due to currency fluctuations but most is due to bad advice and poor planning. Ever before the milk price started falling an assessment of farms showed that those that had not changed their system had made more money over the previous decade, substantially more. However the majority had increased stocking rates and imported feed and machinery, greatly increasing their output of milk. The rising price of milk had masked the lower level of profitability. Now in 2015 the mask is gone and reality can be a harsh teacher. Milk price is halved and may fall another 10%, many high output farms are leveraged to capacity, in cases to 100% and the cost base is non negotiable. There will be

blood before this slump ends. Synlait is a small processor of milk on the south island of New Zealand, it is only eight years old but it has grown rapidly to supply babyfood and niche products like A2 milk and melatonin rich milk to a growing international market. Its latest contract is a step farther down the road of sustainable natural foods, baby formula from grass fed cows. The demand for natural product continues to grow and cows grazing pasture is as natural as it gets. The health benefits include higher levels of CLA in milk produced from pasture. Their partner in the venture is a US company called Munchkin, a young innovative company in its own right. Opportunities always present themselves to those who are looking.



**JULY 2015**

[www.kerryagribusiness.ie](http://www.kerryagribusiness.ie)

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- Castleisland 066 7163205
- Kenmare 064 6641077
- Listowel 068 21055
- Stradbally 066 7139115



## PROPER EQUIPMENT FOR AN EFFICIENT WATER SYSTEM

Water is very important on any Farm and its distribution in most farms is far from satisfactory. The most common pipe size used are 1/2", 3/4", and sometimes 1" pipe. Some farmers fit bigger pumps and increase the operating pressure to improve the flow to the troughs; usually this has little effect as you are still stuck with the flow restriction due to the small-bore pipe. What is important is how fast you can fill your trough and not how big your trough is.

This Friday at Kelleher's Feed and Agri Supplies Ballymullen Tralee will

run a special 10% off sale on Philmac and JFC products which will help you create a better efficiency around water management. The Staff will be on hand to give you the best advice needed and will talk to you on the important factor of pipe size, high flow valves, RXP float valves, the factor of distance and will give you an inside to the full range of Philmac stock proof float valves.

**For more information contact:**  
**Kelliher's feed and Agri Supplies**  
**Tralee on 066 7123446**

## UP TO 9,400 FARMERS CLAIM FARM ASSIST EVERY WEEK

The Department of Social Protection has estimated that an average of 9,400 farmers per week will claim farm assist this year, according to Minister Joan Burton.

The farm assist scheme was introduced in 1999 to replace 'Smallholders Unemployment Assistance' for low income farmers, without the requirement to be available for and genuinely seeking work.

According to Minister Burton the 2015 Estimates for the Department of Social Protection provides for expenditure this year on the farm assist scheme of €88.7m and it is expected that an average of 9,400 individuals will be in receipt of this payment each week.

The farm assist scheme provides support for farmers on low incomes

and is similar to jobseeker's allowance.

Minister Burton said farm assist recipients retain the advantages of the jobseeker's allowance scheme such as the retention of secondary benefits and access to activation programmes.

All recipients of farm assist benefitted from the Christmas Bonus in December, 2014, she said.

She also said all recipients with children are benefitting from the increase in child benefit announced in Budget 2015.

According to the Minister changes introduced in Budgets 2012 and 2013 have brought farm assist into closer alignment with the jobseeker's allowance scheme's treatment of self-employed persons.

## MACRA MATTERS

Calling all young farmers, would you like to represent your county? If so why not enter the FBD Young Farmer of the Year Awards 2015. The FBD Young Farmer of the Year Awards organised by Macra na Feirme in partnership with the Irish Farmers' Association are an opportunity for you to represent your county while receiving an independent review, advice on your farm and a chance to win a county prize. There is also a chance to win a travel bursary and experience farm practices abroad while developing your own skills. To enter the competition farmers must be under 35 years on the 1st January 2015 and a member of Macra na Feirme or the IFA and involved in

the running of the farm on which you currently work for at least three years, either full or part time. The adjudication criteria is based on farm business initiative and innovation, knowledge of your farm's production costs and returns, vision and planning for the future of farm business, farm safety, agricultural knowledge and environmental protection awareness, community involvement and involvement in the agri sector and personal development initiatives. The County round of this competition will be held shortly so if you are interested please contact Louise Flynn, Kerry Macra secretary on 0864461540 for further details.



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Samples prices from last week's sale

		KG	€
Cows	BBX	795	1900
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HF	BB	295	925
B.K.	LMX	745	1745

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## SPA NOTES

**LA NA GCLUB:** A great day was had by all in Spa at Lá na gClub. Thanks to all the organisers and volunteers on the day that helped make it a great success. A valuable social event on the GAA calendar and long may it continue. Many familiar faces along with some new and old friends showed up to taste the mouth watering BBQ and watched the medal presentations of U13 Girls, U16 Boys. Later upstairs for some excellent music from Jack Healy.

**COISTE NA NOG: U10 BOYS:** Are taking a summer break and will be back again in August/September.

**LADIES FOOTBALL: U8/U10:** Are taking a long deserved summer break and will commence again in August.

**U12 GIRLS:** Well done to the girls who defeated Scartaglen in the last game of the league. This win brings them away to Furies in the quarter final at 6pm on June 30th. A few positional changes found Emma Morrissey in goals. Clodagh O'Connor and Erin Holland in the backs and all were outstanding. While up front Eleana O'Donoghue was in excellent striking performance scoring 4 goals.

**U14 GIRLS:** A brilliant win at home to an under strength Beale. This win bids us a place in the playoffs. A great team effort with Elizabeth Stack, Orlaith Spillane, Meghann Cronin, Eimear Beazley, Maeve Fitzmartin and Hannah Daly all playing well on the night.

**U16 GIRLS: SPA/SCARTAGLEN 3-8 DINGLE 0-6:** Played in Scartaglen and the girls resumed their County League campaign with a great win over a very impressive Dingle team. Katie

Cronin, Roisin Kearney, Amy Moynihan and Emily Cronin played well for Spa.

**GAELIC FOR MOTHERS AND OTHERS:** Great turnouts every Thursday night and open to all moms and ladies over 18 but not playing competitive football. Training at 7.30 for an hour and great fun is had by all. This is open to everyone and come along on the night. New members always welcome. A new initiative and further development in the Club under ladies football. This is non competitive football with a strong emphasis on FITNESS and FUN! Contact Grace O'Connor (087) 229 9453.

**SENIOR TEAM:** County League against Glenflesk was postponed due to the death of Seamus Falvey. Our senior player John's Dad. The Club, Management and players all express our deepest sympathies to Seamus's wife Maria, Gobnait, Jerry, Michael and Brendan and John.

**HAPPY FEET SUMMER CAMP:** July 13th - 17th July. Once again Conor Gleeson and John O'Donoghue are offering a fun filled week of games and activities in a safe Environment in Spa GAA Grounds. Camp is €70 with family rates available €50/2nd child. This camp is for children attending National School. All instructors are fully qualified experienced teachers. Please contact Conor 087-2565142 or John 087-9403517.

**CÚL CAMP:** Once again GAA are holding Football Cúl Camp August 3-7th in Spa. You can register online [kerrygaa.ie](http://kerrygaa.ie).

**ENGAGEMENT:** Congratulations to Senior player Mike Stam O'Donoghue and his fiancé Muireann Quane on their recent engagement.

**CLUB MERCHANDISE:** Please contact Mathilda McCarthy (087) 648 7356 to purchase our new range of Club gear.

**HALL RENTAL:** Please contact Eileen Casey by text 087 6577312 for availability to book our indoor meeting rooms or Hall.

**SPA COMMUNITY NOTES:** Sympathy is extended to the relatives of Kitty Rice Minish, Seamus Falvey Curragh, Aghadoe and Tina Maunsell - nee McGillicuddy late of Tiernaboul and Boston who died during the past week. May They Rest In Peace.

**SPA LOTTO:** No jackpot winner in Jimmys. Numbers drawn 15, 16, 18, 19. Lucky dips were John Bowler, Tralee rd, Ian Ahern, Lyracrompane, Jim and Hannah O'Neill, Lisivigeen, John Lyne, Ross Rd. Next week's draw will be on Monday night in The Arbutus for €8800.



ALMA O'MAHONY & RYAN CRONIN ENJOYING SPA LÁ NA GCLUB. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

## GLENFLESK NEWS WITH DONAL KELLY

**COUNTY LEAGUE DIV2:** Last weekend's county league game versus Spa was postponed due to a bereavement. Sympathy is extended to the family of Seamus Falvey, whose son John is a member of the Spa senior team. At the time of writing the next county league fixture is away to Gneeveguilla on the weekend of July 26.

**EAST KERRY MINOR LEAGUE:** The Glenflesk minor team had a good victory over local rivals Rathmore in Glenflesk on Thursday June 25th, on a scoreline of 3-13 to 1-11. This was an excellent all round team performance with the goals coming from Lee O'Donoghue (2) and Ian Roche. See Facebook page for some great photos of the game taken by Seamus Healy. Remember, you don't need a Facebook account to view the Glenflesk page.

**GLENFLESK LOTTO:** Glenflesk Lotto draw was held on Sunday the 21st of June 2015, in the Corner Bar. Jackpot: €5,600. Numbers drawn: 4, 11, 13, 16. No Winner. Next draw will be held on Monday July 6th in the Kerry Way, Jackpot €5,800.

**GUESS THE SCORE:** Please hand 'Guess the Score' cards to club officers or into O'Brien's shop in Glenflesk by 8pm Saturday evening.

**MUNSTER FINAL:** Best of luck to Daniel O'Brien and the Kerry minor team who face Tipperary in the Munster final in Killarney on

Sunday July 5th.

**BARRADUFF COMMUNITY FIELD:** Please support Pat Sheahan who will be cycling on a stationary bike outside The Shire pub in Killarney on Sunday July 5th. Not happy with the challenge of doing 180km on the Ring of Kerry on Saturday July 4th, Pat Sheahan will repeat the feat on Sunday July 5th in aid of the Barraduff Community Field Development.

**RAHEEN NS:** Thanks to everyone who supported our recent Scrap Metal Collection. Congratulations to Mary Galvin who had the winning lotto number 4 on Saturday the 27th of June.

**GLENFLESK COMMUNITY GAMES:** Well done to Jack Rudden who won a silver medal in the U8 80m at the Kerry Community Games finals held in Castleisland recently. Best of luck to the Glenflesk U-12 soccer team who travel to Limerick on Saturday, representing Kerry in the Munster finals.

**RAHEEN COMMUNITY PLAYGROUP:** Congratulations and best wishes to the following "graduates", Orlaith Mackey, Mark Bowler, Niall O'Sullivan and Jack O'Riordan, who will be attending an Gaelscoil Faithleann, Raheen N.S. and Tiernaboul N.S.

**RING OF KERRY:** Best of luck to all the local cyclists taking part in this weekend's Ring of Kerry cycle. Here's hoping for good weather

and a safe day out for everyone.

**WORLD CHAMPION:** Congratulations to Helen Twomey who is the newly crowned world champion in the deadlift, following the World Single Lifts Powerlifting Championships held recently in Telford, UK. Helen lifted a massive 165.5kg on her way to victory, incidentally breaking her own world record. She now holds national, European and World titles and has set two world records!

**GLENFLESK COMHALTAS NEWS:** The County Fleadh Cheoil was held in Caherciveen from the 17th to the 21st June, 2015. This was a very enjoyable weekend and a tremendous success. Congratulations to all the competitors and best of luck at Fleadh Cheoil na Mumhan in Nenagh on the 12th to 19th July. Piano U12 Oisín Dineen 1st; U12 8 hand ceili - Glenflesk 2nd; 12 - 15 4hand mixed ceili - Glenflesk 2nd; 12 - 15 4hand ladies ceili - Glenflesk 1st and 2nd; 12 - 15 8hand ladies ceili - Glenflesk 2nd; 12 - 15 8hand mixed ceili - Glenflesk 2nd; 15-18 8hand ladies ceili - Glenflesk 1st; 15-18 8hand mixed ceili - Glenflesk 1st; 15-18 4 hand ladies ceili - Glenflesk 1st and 2nd; 15-18 4 hand mixed ceili - Glenflesk 1st and 2nd.

**CONTACT:** We welcome items of local interest. Please contact PRO Donal on 087 668 7926 or [pro.glenflesk.kerry@gaa.ie](mailto:pro.glenflesk.kerry@gaa.ie).



## KILCUMMIN NEWS

**KILCUMMIN COMHALTAS:** Thanks to everyone who helped out at our recent Flag Day fundraiser. All monies raised will go towards our branch in the coming year. Well done to all our members who represented our branch so well at Fleadh Cheoil Ciarraí. We had some fantastic results and these can be seen on [kerrycomhaltas.ie](http://kerrycomhaltas.ie).

**KILCUMMIN LOOKING GOOD:** We are meeting at the Community Park every Wednesday night between 7.00pm and 8.00pm to do maintenance work in Kilcummin in order to be ready for the Tidy Towns adjudication. All volunteers welcome.

**SUMMER CAMP:** Anabla's Fun Summer Camp will take place in Anabla N.S. from July 27th to 31st from 10am to 2pm daily. Price €50 per child. To book please contact Christine 086 3726440, or Grace 087 7546162.

**FAI SUMMER CAMP:** Places for the FAI summer camp which will be hosted in Kilbrean Park from July 6th - July 10th can now be booked through the FAI summer schools website. Please book early to avoid disappointment at [www.summersoccerschool.ie](http://www.summersoccerschool.ie).

**KILCUMMIN GAA: GAA CLUB HURLING COACHING:** For under 6 to under 12s on the next few Thursdays at Legion GAA grounds at 6pm. All equipment supplied. Contact Garry at 087 2884478

**KILCUMMIN'S CÚL CAMP 2015:** Will take place on 20th-24th July. The cost for a child is €55 with second and third children costing €45 and €40 euro respectively. See [www.kelloggsculcamps.gaa.ie](http://www.kelloggsculcamps.gaa.ie) for further details and for bookings.

## FOSSA NEWS

**KILLARNEY REGATTA:** Another very enjoyable day was had at the annual Killarney Regatta held at O'Mahoney's Point, Killarney Golf and Fishing Club. Well done to all crews that participated on the day as they did their club proud especially our Junior Men - Michael Allman, Paudie McCarthy, Vincent Griffin, David Blennerhassett, David O'Donovan and Billy Collins coxed by Donal Daly also our Veteran woman - Teresa Wharton, Alison Coffey, Fiona Whelton, Kathleen O'Donoghue, Eleanor O'Donoghue and Martina Counihan coxed by Raymond Coffey and our junior ladies four - Ruth O'Donoghue, Máire Twiss, Noreen Griffin and Annie Sheehan coxed by Pat Tangney who bought home gold on the day. The club would like to thank everyone who helped out on the day in anyway. Thanks to all those homebakers and sandwichmakers for the wide range of food available. We would like to thank all the trainers for being on the water each evening with the crews on the run up to the regatta and to all our coxes on the day. A special word of thanks goes to all our supporters who came on the day to cheer us on and finally to The Travel Inn, Fossa for having us on Sunday evening. Congratulations also to Chloe McCarthy daughter of Christina and Donal and granddaughter of Connie and Angela Daly who won the Bonny baby competition on the day.

**TRAINING:** Training continues for the County Championships Coastal Regatta and the All Ireland Finals which will be held by Waterville in August.



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## RATHMORE/GNEEVEGUILLA NEWS

By Michael O' Mahony

**DIAMOND JUBILEE:** Congratulations to Canon Pat Horgan, our former Parish Priest of the parish of Rathmore & Gneeveguilla and Knocknagree and Shrone who celebrated his Diamond Jubilee recently in the Church of the Resurrection in Killarney.

**GNEEVEGUILLA YOUTH CHOIR:** We take this opportunity to thank all involved in the Gneeveguilla Youth Choir, for enhancing and enriching our liturgies since their foundation many months ago. With schools on holidays at the moment, the choir is taking a well-earned rest and will resume again when the schools re-open. Many thanks to their parents for all the encouragement and help.

**DIOCESAN COLLECTION:** Second collection at all Masses next weekend 4th/5th July for Sick and Retired Priests. We appreciate those parishioners who have direct debits set up and all who continue to be very generous to this collection. This collection supports our sick and retired priests both with medical care and living expenses.

**FUNDRAISER:** The Gneeveguilla NS "Night at the Dogs" took place on Saturday the 20th of June at the Kingdom Greyhound Stadium, Tralee. This fundraising event proved to be a highly entertaining and successful night out for all ages with plenty of bets being placed, bouncy castle and face painting for the kids and a raffle thrown in for good luck. A huge thank you to all our sponsor's, to all who attended and those who supported but could not attend. Finally a special thank you to Siobhan Jones (Chairperson) and the members of the Parents Committee for organising this event which we can safely say was enjoyed by all.

**FRIENDS OF THE CHILDREN OF CHERNOBYL RATHMORE:** It is that time of year again when we welcome 14 children and their 2 interpreters Natasha and Zenia from Belarus to our parish. They arrived on Friday 26th June and are being hosted by our very kind and generous host

families for the duration of their stay which will finish on Thursday 23rd July.

You will get an opportunity to meet them as they will be participating in Masses in our four churches.

Sunday 5th July 11am Knocknagree.

Saturday 11th July 6pm Rathmore.

Saturday 18th July 7.30pm Gneeveguilla.

Sunday 19th July 9am in Shrone.

To coincide with their visit we are holding a cake sale after 6pm Mass in Rathmore on Saturday 11th July in Teach lasagain

**FRIENDS OF KERRY GENERAL HOSPITAL: BENEFIT MEETING:** At Kingdom Greyhound Tralee, 1st Race 7.55pm on this Friday 3rd July 2015. Fundraising for General Hospital Specialised Equipment, Draw For: 1st €300-2nd €100. Also on the night we will be having an auction, auctioned off will be a signed pair of Colm Coopers own football boots, Two Tickets too either the All-Ireland Hurling or football Final and also a greyhound pup will be auctioned on the night

Tickets: €5. Available from 087 6676817 or Reens Pharmacy Rathmore, Nuala's Knocknagree. More info, on Facebook

**CONGRATULATIONS:** To Holy Family N.S. Rathmore who received their 5th green flag recently.

**SLIABH LUACHRA COMHALTAS:**

**FLEADH CHEOIL CHIARRAÍ 2015:** What a fantastic weekend in Caherciveen, well done to C.C.E. Barr na Sráide for hosting a wonderful Fleadh. Congratulations to all of our competitors over the weekend you all did yourselves, your parents, your branch and teachers proud. We had many successes, which will be going on to represent us at the Munster Fleadh in Nenagh in July. Our results were as follows: Concertina (15-18) 3rd rec. Niamh Dalton, English Singing Ladies (12-15) 3rd rec. Aoife O'Sullivan, English Singing Ladies (15-18) 2nd Michelle O'Sullivan, English Singing Men (U12) 2nd Mark O'Leary,

Sean Nós Dancing (U12) 2nd Sean O'Keeffe, Sean Nós Dancing (U12) 3rd rec. Mollie Herlihy. Trios (15-18) 3rd Rec. Niamh Dalton, Cian O'Sullivan, Sean Kelliher - CCE Cill Áirne/Sliabh Luachra, 8 Hand Céilí (Mixed) U12 - 1st, 4 Hand Céilí (Ladies) U12- 3rd rec., 4 Hand Céilí (Mixed) U12 - 1st, Full Set Ladies (15-18) 2nd, Well done to our Ceilí and Set Dancers dancing with neighbouring branches and to our Set Dancers dancing under "Raecaol" taking 1st place in both the O18 Mixed and Ladies sets. Keep up the good work and wishing you all the very best at the Munster Fleadh.

Special thanks to your parents and teachers for their time and dedication in preparing for these competitions. Full list of results can be found on [www.kerrycomhaltas.ie](http://www.kerrycomhaltas.ie)

**RATHMORE SENIOR LADIES:** The Annual 4 Mile Run, Jog or Walk will take place on Sunday 12th July at 1pm in Rathbeg Football ground. Registration open at 11am, electronically timed.

**RATHMORE COMMUNITY MARKET:** Every Saturday 11-4pm indoors Rathmore community centre. Lots of stalls, food, preserves, crafts, art. They live music every week tea and coffee €1 children's play area everyone welcome! More stalls welcome contact Tony 0831588404.

**MUNSTER FOOTBALL FINAL:** Best of luck to Aidan O'Mahony and Paul Murphy, and both senior and Minor players and management this Sunday in the Munster Football final in Fitzgerald stadium in Killarney.

**RING OF KERRY CHARITY CYCLE 2015:** We wish the best of luck to all cycles volunteer everybody that involved this Saturday ring of Kerry cycle. Safe cycling to everybody and safe drivelling to motorists over weekend. If anyone has any information they would like to add to the notes, please email Michael O'Mahony ([momahony14@gmail.com](mailto:momahony14@gmail.com)) or ring or text 087-6676817 before 6:00 on Sunday.

## LISTRY NOTES

**MILLTOWN-LISTRY COMHALTAS:** Congratulations to Katie Howe and Aoibhe Horan on coming third in the Grupai Ceoil at the County Fleadh in Caherciveen recently. The girls played with the Slieve Mish group, and well done to all musicians and group leader Cailin O'Shea. Congratulations also to other musicians and dancers from the area on

their many successes. And remember to keep Sunday, August 2nd free for a great family day put at Killarney Country Club with set dancing, music and singing.

**FAMILY DAY:** A family day will be held at Listry GAA Pitch on Saturday 11th July from 2 - 5.30pm. Plenty activities for all ages including BBQ. This is being organised by many groups

within our community and everyone is welcome

**FIRST STEP CHILDCARE SUMMER CAMPS:** First Step Childcare summer camps will take place in July and August. For bookings please ring 064-6624919 or call in for registration form

## BEAUFORT NEWS

**PILGRIMAGE TO KNOCK:** A bus will leave for Knock from Beaufort Village on Sunday July, 19th. Pilgrims can now see the newly refurbished Basicila, a world class facility. Further details 064-664319.

**CPR AND AUTOMATIC EXTERNAL DEFIBRILLATOR (AED) TRAINING - A SKILL FOR LIFE:**

Beaufort Defibrillator Group is holding CPR and AED training days on Saturday 1st August and Saturday 12th September 2015 in Beaufort Community Hall, 9am til 3pm.

A certificate is given on completion of the course which costs €25 if re-certifying or €40 if new to the course. The cost includes morning coffee, lunch (kindly sponsored by the

Beaufort Bar and Restaurant), pocket mask and certificate. All instructors are voluntary and any remaining funds go towards ongoing running costs.

Book early to avoid disappointment as places are limited.

For further information or to book your place contact Mary: 0872927309 /0861992401



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## BUSINESS

### **SOUTHWEST COUNSELLING CENTRE, KILLARNEY**

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### **AWARE SUPPORT GROUP MEETINGS**

**Aware Depression Support**

**Group meets:**

Killarney – Mondays, KDYS at 8pm (from October 6th) (please note change of time from 7pm)

Aware Support Groups are free to attend, no referral necessary.

**[www.aware.ie](http://www.aware.ie)**

## DID KAITLYN FIND LOVE IN KILLARNEY?

Randles Court Hotel was the backdrop for a special edition of ABC's hit romantic reality series *The Bachelorette* which aired on Monday night last in the States. Featuring Ireland and Killarney as the perfect romantic backdrop the choosing of Killarney and of the four star Randles Court hotel in Killarney will be a major tourism boost for the town as the popular show, now in its 11th season is shown across America. The series features romance, rivalry and quite possibly, true love; where one lucky girl gets the opportunity to find the man of her dreams. This year's *Bachelorette*, Kaitlyn Bristowe is currently in the midst of a romantic journey as she meets 25 handsome and charming men; and as she gets to know each one, she'll continue to narrow the field. Randles Court Hotel Killarney owner, Tom Randles and his team were sworn to secrecy about the filming until now. Tom stated "This is going to be such an amazing opportunity for our team at the hotel, but also for the tourism industry in Ireland, having been given this primetime platform through one of America's most popular TV shows. We were sworn to secrecy up to now, but we will be busy over the next few days to make sure people in the US, as well as the Kerry and Irish diaspora tune in to this special programme that captures the beauty, the heritage, the welcome, and the range of activities right on our doorstep." Tom added "When ABC was looking for a romantic location in Europe and Ireland, it's no wonder that they chose Kerry. Viewers will literally have a fly on the wall view with lots of



KAITLYN BRISTOWE - LOOKING FOR LOVE IN KILLARNEY.



TOM RANGLES, MANAGER OF RANGLES COURT HOTEL WHERE THE TV SHOW WAS FILMED.



KAITLYN'S SUITORS WHO WERE IN KILLARNEY FOR THE HIT US SERIES *THE BACHELORETTE*.

secretive filming in the Hotel and in such awe-inspiring locations such as Ross Castle, Skellig

Rock, Inch Beach, Dingle and Muckross House."



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



### EASTENDERS SUMMER PREVIEW

A double pregnancy shock for Kush, Farewell Carol, Max and Lola and the return of Kathy with her evil husband Gavin in tow.

The love square between Shabnam, Kush, Martin and Stacey will get even more complicated as we race towards Shabnam and Kush's summer wedding. Firstly, Shabs will announce she is 5 months pregnant before Stacey will also discover that she is expecting a baby. But the real drama will unfold as Kush and Stacey struggle to fight their feelings for each other!

There will also be a mass exodus from the square as Lola prepares to make her exit linked into a storyline with Jay. Meanwhile, Carol's son Robbie Jackson will return to tie in with his mother's departure. But it seems Max will have the most explosive exit as rumours suggest he will be arrested and jailed for Lucy Beale's murder.

Meanwhile, Kathy will finally make her return to Walford but she's not returning alone. Kathy will be joined by her new husband Gavin whom she married off-screen. Insiders have described Gavin as an Eastender villain like no other. Rumours persist that Gavin will be revealed as Sharon's biological father and that he could also be connected to Vincent.

Finally Eastenders will tackle the delicate subject of depression as Lee will face a tough few months. To begin with, Lee will try to hide his suffering but his sister Nancy will soon notice that something is very wrong.

Expect romance this summer also as Paul and Ben begin an affair linking in with Les' supposed affair with Claudette.

## Citizens Information

### Know Your Rights: EIRCODES

JULY 2015

#### QUESTION

What is the new Eircode?

#### ANSWER

In 2015 all residential and business addresses in Ireland will be given a unique new Eircode. Residential addresses include every address where post is delivered. Individual Eircodes will be given to each house on a street, each flat in an apartment block, both units in a duplex unit and each house in a rural townland. Eircodes will also be given to commercial addresses such as office buildings, shops, bars, hospitals and public buildings and each unit in a shopping centre or business park.

An Eircode is a unique seven-character alpha numeric code. Each Eircode will consist of a three-digit Routing Key which will identify the area and a four-character Unique Identifier for each address. For example: A65 F4E2

The Routing Key is the first three digits of an Eircode. The first character will always be a letter, followed by two numbers (except for D6W). The letters are not linked to a county or city name – except for postal districts in Dublin which will have their current post codes transferred into a Routing Key format such as D03, D12, D15, D22. The same Routing Key will be shared by several towns and townlands.

The Unique Identifier is a group of four digits and comes after the Routing Key. Each Unique Identifier is different and unique to your home or premises. They are not in sequence. This is to avoid the situation where a new building is created between two existing ones, and the code sequence would be broken, requiring all Eircodes in the area to be changed.

You do not need to change your address, an Eircode is simply added to the end of your address. The use of Eircode is not mandatory, however, it is likely that organisations will ask you for your Eircode, especially those delivering goods or services to your address.

You will be sent a letter in July 2015 informing you of the Eircode for your address and how to use it. Following the launch of Eircode in early July, you can also find or check an Eircode using the Eircode Finder which will be available at [eircode.ie](http://eircode.ie).

Further information is available from the Citizens Information Centre below.

Know Your Rights has been compiled by Kerry Citizens Information Service which provides a free and confidential service to the public. Contact us in Tralee 0761 07 7860, Killarney 0761 07 7820, Listowel 0761 07 7840, Kenmare 0761 07 7810, Killorglin 0761 07 7830, Caherciveen 0761 07 7780

Information is also available online at [citizensinformation.ie](http://citizensinformation.ie) and from the Citizens Information Phone Service, 0761 07 4000.



### WHAT'S IT LIKE IN YOUR WORLD?

There is no such thing as reality. There is only your perception of reality and what it means to you. For instance two people can take the same rollercoaster ride. One will feel exhilarated and thrilled by the experience, the other scared to death! The ride is the same – the experience is different! This is why it's so vital to remember that your view of the world may not be the same as some one else's view. So many problems arise in life when we judge someone else based on our own world view. I often hear people say, "Well, I wouldn't have done what they've done!" Of course you wouldn't – you're not them!

Some of the greatest misunderstandings arise from spending too much time in other people's business and other people's worlds. You are responsible for **YOUR** world only. What you choose to think, eat, believe, say and do are all choices that can only be made by you. Knowing whose world you are living in matters. Carrying around other people's worries, concerns and fears are too heavy a burden and what's more they don't belong to you. This doesn't mean you can't share or help another person with their troubles, just know that your job is to look after your own and then that way you are in a great place to be of real support to someone else.

For more positive coaching tips please visit & Like my facebook page. Many thanks!

066 9766374 | [life\\_coachingunlimited@yahoo.ie](mailto:life_coachingunlimited@yahoo.ie)







## SouthWest Counselling Centre

# PORNOGRAPHY AND TEENAGERS

We now know that young people are first viewing pornography as early as 11 years of age and exposure to this material at a young age can be a confusing and disturbing experience for a child. We also know from research that parents, when given the skills, are the best people to impart sex education to their children. However, most would also say that they need assistance in their role as sex educators. Parents might find the following facts useful in addressing the issue of internet pornography with their teenager.

- In REALITY Internet pornography is highly addictive. It is known as the 'crack cocaine' of sex addiction
- The more one watches porn, the more the brain will wire itself to associate with that activity – in REALITY you will want what you see on the screen in front of you!
- The REALITY is that we now have younger men presenting with sexual dysfunction due to over use of pornography.
- It's important to remember that porn is a movie; it is fantasy; it is not REALITY. Many young lads are worried about living up to what they are viewing!
- Boys and girls often express a dissatisfaction and anxiety with their physical appearance because of pornography. A lot of surgical enhancement goes on in the porn industry and in REALITY our bodies are very different!
- 99.9% of pornography is made by men for men. Some young people tell us that they 'get ideas' about sexual experimentation from pornography!
- We hear first-hand about the confusion young people have around consent – e.g. 'well a person might say no and not really mean it...'. In REALITY 'NO' means 'NO'.
- Women are objectified in pornography. In REALITY women are people with feelings and with boundaries!
- There is no intimacy or love in pornography. In fact pornography is about disconnection. In REALITY relationships are about connection and start hours, days or weeks before sex. Sex is not purely a physical activity happening in an emotional vacuum as we see in pornography!

Gardai are concerned about the prolific use of pornographic sites on the internet and the ease at which they can be accessed by young people. They highlight the increase in sex crimes in Ireland – stating that "Each time a young fella looks at these sites he sees all kinds of sexual activity and expects that this is what's going to happen with girls. Girls are also being groomed into this behaviour"

This is worrying information for any parent – next week we will discuss how you can approach this topic with your teen?

**SouthWest Counselling Centre Killarney** provides affordable professional counselling. Kerry LifeLine provides **FREE** counselling and support to anyone feeling suicidal or bereaved through suicide.

To make an appointment call **064 6636416**.

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

## Health Matters....

*With Dr. Michael Moloney*

### Breast Cancer 2

#### RISK FACTORS FOR BREAST CANCER

Although breast cancer can develop for no reason, there are certain risk factors which can increase the chance of cancer developing.

Increased age, a past or family history of breast cancer, increased alcohol consumption, periods starting at an early age and menopause at a late age all increase the risk of breast cancer. Taking HRT for many years in women over 50 can slightly increase the risk. About 1 in 20 cases of breast cancer are felt to be genetic in origin. If you feel that you have a significant family history of breast or ovarian cancer then discuss this with your GP who may refer you for genetic testing. Breast feeding your babies lowers the risk of breast cancer. Regular exercise and keeping your weight normal has also been shown to be protective against breast cancer.

#### WHAT SHOULD YOU LOOK OUT FOR?

As mentioned earlier your breast consistency and size may change from time to time so it is important to know what is normal for you. The usual first thing that is noted is a painless lump in the breast. It is important to know that most breast lumps are **NOT** cancer. Other symptoms which may be noted are changes in breast shape or size. Dimpling of the skin. Nipple changes including discharge may also indicate underlying breast disease. Painful breasts are normally not a sign of early cancer but should still be discussed with your GP. It is important when examining the breast to examine the armpits for lumps.

#### THE NEXT STEP?

Depending on your breast complaint your GP may refer you to a specialist centre for further evaluation. There is normally no charge for this specialist centre.

The specialist centre may organise a mammogram or another scan (Ultrasound or MRI) of the breast. If there is a lump present a biopsy may be taken. This is a small sample of tissue which can be further evaluated under a microscope.

If you are diagnosed with breast cancer it is important to establish the exact type of breast cancer and the extent of the spread. Awaiting the results of these tests is a very frustrating time for all involved. It is important to get things right at this stage in order to tailor the best treatment plan for you.



**Dr. Michael Moloney,**  
MB, BCh, BAO, BMedSci MMedSci, DOWH, MICGP  
Specialising in Sports Medicine.  
Member of the faculty of sports and exercise medicine.  
Doctor to Ireland Under 17 Soccer Team.

**The Killarney Medical Centre,**  
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## BASIC FOODS ARE "A RIGHT OF ALL PEOPLE"

Tackling financial market speculation on the price of essential food products is necessary if global hunger is to be overcome, Pope Francis said on June 11th.

Speaking to delegates from more than 120 countries at the United Nations Food and Agriculture Organisation (FAO), he emphasised the damage that can be created when speculators drive up basic commodity prices on foods such as grains, rice, and soybeans purely for their own economic interests. The pope added that this is among the major concerns that must be addressed in dealing with food insecurity, hunger and related issues that plague the globe.

"Climate change" is rightly an issue of significant concern in tackling world hunger but "financial speculation must not be forgotten" either, the Pontiff said stressing the importance of food security, good nutrition and reducing food waste adding that the Rome-based UN food agency must work hard to "convince us that the products of the earth have a worth that can be considered 'sacred'". Pope Francis also reminded the FAO, at its 39th biannual conference, that its job is to combat hunger and not just compile statistics, and must not "neglect the obligation to weaken hunger and prevent malnutrition" throughout the world.

Pope Francis reminded delegates of the role of individuals in changing their lifestyles to better protect and use food and water assets. "We must begin with our daily lives if we want to change lifestyles, aware that our small gestures can guarantee sustainability and the future of the human family, the Church with its institutions and its initiatives, walks with you, knowing that the earth's resources are limited and their sustainable use is an urgent need for agricultural development and food security".

## WOMAN WHO RESCUED DOG FROM TRAIN TRACKS MIGHT BE SUED

A woman in Lima, Peru who recently jumped onto train tracks, in order to save a loose dog from being killed, might face a lawsuit for her heroic good deed. The frightening incident took place when another woman's dog escaped from her grasp and fell onto the train tracks.

The good Samaritan could see that the dog was not able to jump back up to the platform, so she jumped down and picked the dog up herself. Soon, both were safely out of harm's way. Though most people have hailed the woman's brave act as heroic and courageous, Metro officials see it as a violation of the law and they may pursue fines or a lawsuit against her because she broke the rules to save the dog. Officials claim that they had stopped all train traffic and the dog was not in danger - they have stated that the woman should have trusted that they would have saved the dog themselves. The lady that rescued the dog says that in the panic of the moment her first thought was to save the dog as she was not aware that the train traffic had been halted.

## DID YOU KNOW ?

Male red foxes aren't just loving mates, but excited and protective fathers. They take on the task of providing food for their mates every few hours for about a month after she gives birth. Then they take on the role of teacher - but teachers who like to take time out to play. Even when it's time to get serious and teach their young how to start finding their own food, fox dads help them out and make sure they don't really go hungry by hiding it near their dens.

## FREE GIFTS/TICKET SCAMS CONTINUE TO FLOOD FACEBOOK

Everyone loves to get something free, but those kinds of contests and giveaways don't happen all the time. Unfortunately, many on Facebook are trying to scam people into believing that they could win a free vacation, gift etc and people just won't stop believing it. You may see a lot of your friends on Facebook sharing posts that state you can win something by sharing, liking, and commenting. What they don't realise is that most of the time; this isn't really the Company putting on these so-called contests. These pages are looking for you to share their posts so they can get access to you, your friends, and your family's information. On the scam pages, they will tell you they're giving away bags like those you see above or have so many free tickets to give away. The thing with these Facebook scams is that they're actually very hard to search for on the site. They rely on one person finding it, sharing it, and then having others share it too. With more attention coming their way, they're more likely to show up in everyone's news feeds. At this point, they get more and more people on to their page and can rely on clicks to spread malware and other information-stealing programs. Here are some things to look for on Facebook to figure out if the contest is legit or not. Simply look at the name of the company - Chances are that a hyphen or period or exclamation point or some other type of punctuation that shouldn't be there has been added in.

Check the actual name of the page and the URL - Usually there are misspellings or added punctuation since they are not "official."

Look at the date founded for the page. Typically, it's within the last couple of days.

Look to see if the page has actually posted anything else at all. If they haven't, it's a fake.

Check to see the contest rules. If they don't have any, it's a fake. The Facebook scam pages know they can't use the actual name, but they will steal some of the profile pics and cover photos from the official pages to make them seem more believable. Don't blindly share something on Facebook just because you think that you'll possibly win a prize. These Facebook scams are all over the place and more pop up daily. Don't fall for them and don't let others fall for them either.

## ANSWER TO LAST WEEKS RIDDLE

What has no beginning, end, or middle? A doughnut.

## QUOTE

"There is more treasure in books than in all the pirate's loot on Treasure Island" - Walt Disney.



## ON THIS DATE

1608 - Samuel Champlain, French explorer, founded Quebec.

1746 - Birth in Dublin of Henry Grattan, politician and campaigner for legislative freedom for the Irish Parliament in the late 18th century.

1806 - Michael Keens exhibited first cultivated strawberry\*

1861 - First Pony Express arrived in San Francisco with overland letters from New York.

1863 - Gettysburg, the largest battle ever fought on the American continent, ended in victory for Union forces.

1886 - The first New York Tribune printing using first commercial linotype machine.

1913 - Common tern ringed in Maine U.S.; found dead in 1919 in Africa (1st bird confirmed to have crossed the Atlantic).

1952 - Bord Fáilte - The Irish Tourist Board, founded.

1954 - Nine years after WW2 ended, Britain was able to end all food rationing.

1996 - The Swiss army's carrier pigeon units were disbanded.

\*It is believed that strawberries have grown in temperate climates all around the world since ancient times. The wild strawberry was known to the ancient Greeks and Romans. Two of the earliest records of the strawberry are found in writings of Roman poets, Ovid and Virgil. The strawberry was included in a first century encyclopedia of nature written by a Roman scholar named Pliny. During the first centuries, the wild strawberry was utilized not only for food, but also as an ornamental flower and as medicine. The leaf, root, and berry were used to alleviate symptoms of depression, bad breath, fever, throat infections, and diseases of blood, liver, and spleen. It is also known that the strawberry was being cultivated by the peoples of the Americas prior to the arrival of the early European explorers and colonists. There are records also of a strawberry plant that produced yellow flowers native to India. The discovery of the modern strawberry's heritage was due to the work of French and English botanists. The French botanist, Antoine Nicholas Duchesne (1747-1827) is recognized for his research in the genus of strawberries, his conclusions remain generally valid today. He began his work at the age of seventeen when he used the pollen of the musky strawberry with the Chilean berry; the result was a fruiting *F. chiloensis*. This was a very rare specimen, since there were no males of the *F. chiloensis* variety in Europe. He was the first to recognize the separation of sexes in some varieties of strawberries such as the *F. chiloensis*. During the late 1700's and 1800's the English involvement in the breeding of strawberries led to the development of many new varieties. One man who largely influenced this movement was Thomas Andrew Knight (late 1700's-1838). He is credited for developing basic breeding techniques used today. He made the first scientific attempt at strawberry breeding on a large scale; two of his most well known

varieties are the Downton strawberry and the Elton. Another Englishman who influenced the progress of the modern strawberry was grower named Michael Keens. He was the first to raise and market a large-fruit strawberry he had developed known as the Keen Seedling. This variety is used in practically all of the more than 100 varieties today.

## THIS WEEKS RIDDLE

You bury me when I'm alive, and dig me up when I'm dead. What am I?

Answer next week.

## TONGUE TWISTER

Green glass globes glow greenly.

## HOW TO KEEP YOUR GLASSES IN GOOD CONDITION

A good pair of glasses can keep your eyes healthier, prevent headaches and generally make life easier. Here are 7 essential tips to keep your glasses scratch-free and in good condition for a long time.

1. Always use both hands when taking them off or putting them on. While it doesn't look as cool as taking them off with one hand, it will keep the frame from bending and losing its shape.

2. Avoid cleaners with Ammonia or Alcohol. Your lenses have a special coating and the harsh chemicals can damage it. It is better to use a solution of water and diluted soap instead. To dry the lenses, only use a microfiber cloth specifically designed for that purpose as other types can scratch the lenses.

3. At the beach? Don't be tempted to clean sand off your glasses in the water. The salt in the water will damage your lenses and speed up the corrosion on the joints. Instead - use bottled water to rinse them.

4. Don't leave your glasses in very hot places (like your car) - The frames are made by pouring hot melted plastic into a mould and the heat can melt the plastic frames and bend them out of shape or ruin them completely.

5. Avoid putting them on your head - the hair contains natural oils that stain the lenses and the angle causes the frame to stretch. Instead either put them down (preferably in a case), or hang them off of your shirt.

6. Stop your glasses from slipping off your nose: Use Wedgees or Nerdwax to keep them where they need to be. "Wedgees" are these small foamy bits you put on the edge of the glasses to make them sit more snugly. "Nerdwax" is a special wax you apply directly to the nose-guard to prevent them from slipping. Remember - glasses that slip can fall and break...

7. Never leave your glasses with the lens-side down - they WILL get scratched. Consider getting a hard case for them.

## WHAT NOT TO DO WHEN YOU BRING YOUR DOG TO THE BEACH

Being a responsible dog owner at the beach can be a bit of a challenge at times, but by knowing a few simple things not to do, it can also be rewarding and, yes, fun! When it comes to bringing your dog to the beach, dogs are either allowed on leash, dogs are allowed off leash, or dogs are not permitted at all. Look for signs near the entryway if you're unsure what the policy is or search online to find out, because it's your job to know the rules and it's up to you and your dog to follow them. This goes without saying, but if a beach does permit dogs to roam off leash, that doesn't mean your supervisory responsibilities sail away. With everything going on at the beach — children at play, other dogs, picnics — the beach can be sensory overload for your pooch, so it's important to constantly monitor him. Not to mention, there are potential dangers. So stay alert out there. At some beaches there are roped off areas where dogs (and humans) are not permitted, and clear signs marking them, when it comes to 'off limits' signs at the beach, please abide by them, because it's best for the environment, as well as your dog's safety. The beach is a sensitive, dynamic environment that provides habitat for a variety of plants and animals. Excessive use of the beach can lead to the gradual degradation of habitat." So unless your dog can read, it's up to you to heed your local beach signs to make sure you and your dog remain on the right path. It is important to remember your dog's paws feel heat extremes, too. To prevent burns and blisters, avoid walking your dog on hot pavement or sand.


It's not just your dog's paws that you have to watch out for when it comes to beach sun. Sunburn can appear as red skin or even hair loss in dogs, and can lead to skin cancer.

**DROWNING IS A CONCERN:** some dogs seem to be natural swimmers, while others have a harder time staying afloat. Never leave your dog unsupervised in or even near the water. When it's time to go for a swim, it's always best to steer your pet toward calmer waters. Scan the area for possible danger spots, or ask a lifeguard for advice on water conditions.

When playing fetch, throw his ball or frisbee near the water, not in it, leaving the decision about whether to go for a dip up to your dog, and he is not pressured to swim out farther than he is comfortable going just to please you, play it safe and don't underestimate the power of water.

**DON'T LET YOUR DOG DRINK THE SEAWATER:** If you're spending hours at the beach, your dog is apt to get thirsty, especially on hot days, and you don't want him or her slurping up seawater. It can irritate its tummy and cause vomiting or diarrhoea and thus dehydration, so remember to bring a water dish and keep the fresh water flowing to avoid temptation.





## A WORD OF VICTORY

Welcome back dear reader last week we looked at God the Father's attitude towards Israel and how He promises to bless those who bless Israel and curse those who curse Israel or speak evil about the Jews (Genesis 12:3). Many stores in Ireland display signs saying 'Israeli goods are not sold here'. Government Ministers have tried to stop Israeli goods from coming into Ireland. These are not wise things to do. All prophecies in the Bible about Israel are now being fulfilled or have been fulfilled in times past even down to the destruction of Jerusalem, and the scattering away of the Jews to the four corners of the earth which took place in 70 A.D. All happened as written previously in Scripture. Also prophesied was that God would show mercy on the Jews and bring them back to their own land – Israel – where He would establish them again as His people with Hebrew restored as the spoken language. This took place in May 1948, and in 1967 Jerusalem was restored as the capital of Israel again as prophesied. Father God promised that any enemies who would rise up against Israel would be dealt with by Himself, and that He would give Israel the power to defeat all their enemies. In the war in 1967 the combined Arab forces of Egypt, Syria and Jordan moved against Israel, a small strip of land with a population of only three million at the time, and in six days this small Israeli army completely and utterly defeated the attackers. An American general was sent to Israel to see how this had happened. He jokingly quipped 'they hired their tanks from Hertz and had to have them back by the weekend!' No folks – God's hand was with Israel and it was He that gave them the victory and beware – His hand is still with them today.

If you have a query on Scripture or any prayer need prayer please call **064-6622950** or email [wordofvictory@eircom.net](mailto:wordofvictory@eircom.net). More next week...

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### NOVENA TO THE SACRED HEART

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

### THE MIRACLE PRAYER

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

### THE MIRACLE PRAYER

Dear Heart of Jesus in the past I have asked many favours. This time I ask you this special one, (mention favour).  
Take it dear heart of Jesus and place it within your own broken heart where your Father sees it.  
Then in his merciful eyes it will become your favour not mine.  
Amen. Say this prayer for three days and your favour will be granted. Never know to fail.  
Must promise publications of prayer.  
**C & M.M.**

### PRAYER TO THE VIRGIN MARY

**NEVER KNOWN TO FAIL**  
O Most Beautiful Flower of Mount Carmel, Fruitful Vine, Splendour of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in this my necessity. O Star of the Sea, help me and show me herein you are my Mother (make request). O Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succour me in this necessity. There are none, that can withstand your power. O show me herein you are my mother. Oh Mary conceived without sin, pray for us who have recourse to thee (3 times). Say this prayer for 3 consecutive days and then publish it and request will be granted to you. This prayer must be published in thanksgiving for favours received. **C & M.M.**

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### PRAYER TO ST. ANTHONY

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

### PRAYER TO ST. MARTIN DE PORRES

Most humble Saint Martin whose burning charity embraces all, but especially those who are sick, afflicted or in need, we turn to you for help in our present difficulties and we implore you to obtain for us from God health of soul and body, and in particular the favour we now ask...  
May we, by imitating your charity and humility, find quiet and contentment all our days, and cheerful submission to God's holy will in all the trials and difficulties of life.  
Amen.  
**C & M.M.**

### THANKSGIVING ST. JUDE

St. Jude come to my assistance in my need that I may receive the consolation and help of heaven in all my necessities particularly (mention request) and that I may praise God with you and the elect throughout eternity. I promise you O Blessed Jude to be ever mindful of this great favour and I will never cease to honour you as my special and powerful patron and to do all in my power to encourage devotion to you. Amen. Say for 3 days and publish immediately.  
Favour granted after 3 days.  
**C & M.M.**



## ACKNOWLEDGMENT 1ST ANNIVERSARY



*In Loving Memory of*

### JOHN CROWLEY

**late of Knockacorrin, Currow, Killarney,  
who died on the 7th July 2014.**

On this the first anniversary of John's sad passing, we his wife Marcella, son Conor and daughter Loraine, together with his parents Danny and Joan, brother David, sisters Mary, Helen and Siobhan and their families, parents-in-law Frank and Kathleen Moynihan, sister-in-law Sandra, and brother-in-law John, wish to thank all those who helped and supported us at that very difficult time and since.

We express our deep appreciation to those who attended John's funeral Mass and burial, those who travelled from near and far, those who sent Mass cards, perpetual enrolments, messages of support and those who kindly donated to the Multiple Sclerosis Society, South Kerry branch, to all who brought food and refreshments to our home, directed traffic for the removal, to our wonderful neighbours and friends thank you all. We would like to express our gratitude to John's consultant Dr. Moore, G.P. Dr. White, M.S. Nurse Siobhan Lynch, and the M.S. Society South Kerry branch for their advice and support down throughout the years.

Sincere thanks to our Friend and neighbour Fr. Martin Spillane for making the funeral Mass so personal, and sincere thanks also to Fr. Dan Riordan, Fr. Sean Horgan, Fr. Joe Begley, Fr. Eoin Mangan, Fr. Nicholas Flynn, Fr. Michael O'Leary, and Fr. John Kerins for concelebrating the Mass, and also to the members of the Clergy for the house calls.

We also wish to acknowledge Bernard Tagney undertaker for his kindness and sensitivity during our sad and difficult time, to John's nephew Thomas for the beautiful music at his graveside and to the many people who assisted in so many ways with the funeral arrangements. As it would be impossible to thank everyone individually, please accept this acknowledgement as a token of our appreciation and gratitude. The Holy Sacrifice of the Mass has been offered for your intentions.

*No words we write can ever say,  
How much we miss you every day,  
No one knows the grief we bear,  
When the family gather and you're not there,*

*We laugh, we talk, we play the part,  
But beyond the sorrow is a broken heart.  
The sorrow we feel, we can never explain,  
And the ache in our hearts will always remain.*

**Always loved and remembered by your  
loving wife Marcella,  
and children Conor and Loraine.**

Anniversary Mass for John will be held on  
Tuesday 7th July at 8.00pm in  
Our Lady of Lourdes Scartaglen.

## ACKNOWLEDGEMENT & BIRTHDAY REMEMBRANCE



*In Loving Memory of*

### SHANE DENNEHY

**late of Bounard Gneeveguilla  
who died on the 25th December 2013  
Aged 29 years.**

As we lovingly remember Shane his family wish to express our sincere gratitude to all those who sympathised and supported us during the sad and difficult time on Shane's passing. We thank especially our kind relatives, neighbours and friends and appreciate those who travelled long distances to be with us. Thanks to those who sent Mass cards, perpetual enrolments and messages of sympathy. Thanks to the Kevin Bell Repatriation Trust who helped us at a very difficult time. Thanks to Fr. Bill Radley for all his help and also to Fr. Pat Hogan and Fr. Michael O'Connor who concelebrated the funeral Mass.

Thanks to John O'Donoghue who organised the music for the funeral Mass. Thanks to Shane's friends and the Gneeveguilla GAA Club for overseeing with the stewarding, their help was invaluable. Thanks also to everybody who took part in the guard of honour. Thanks to Tom Murphy undertaker Barraduff for his help and professionalism. Thanks also to Davy Tarrant undertaker Millstreet for his help. We trust that this acknowledgement will express our heart felt gratitude to each and every person who helped us in any way to get through this most difficult time.

The Holy Sacrifice of the Mass has been offered for all your intentions.

***The memory of your kindness will always  
remain with us.***

## THE MIRACLE PRAYER

Dear Heart of Jesus in the past I have asked many favours. This time I ask you this special one, (mention favour).

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

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

Amen.

Say this prayer for three days.

Publication of prayer and favour will be granted.

**E.M.K.**

## 1ST ANNIVERSARY



*In Loving Memory of*

### JOHN CROWLEY

**Knockacorrin, Currow  
Who died on the 7th July 2014**

*We hold you close within our hearts,  
And there you shall remain,  
To walk with us throughout our lives,  
Until we meet again.*

*So rest in peace dear loved one,  
And thanks for all you've done,  
We pray that God has given you,  
The crown you've truly won.*



**Sadly missed by your father in law  
Frank, mother in law Kathleen,  
brother in law John Francis and sister  
in law Sandra.**

## 1ST ANNIVERSARY



*In Loving Memory of*

### TOM FLEMING

**Mastergeeha, Kilcummin  
Who died on 29th June 2014**

*Memories are precious  
they dont go away,  
We think of you always,  
especially today.*



**Sadly missed by your daughter Lily,  
your son in law David,  
grandchildren and  
great grandchildren.**

## BRACKEN



*Fondest Memories*

*of my  
dear Sister*

**HELEN BRACKEN  
(NEE COURTNEY)**

*whose death occurred in  
Medford, Boston Mass  
and formerly of  
Currow City, Killarney.*

*Rest In Peace*

**Sadly missed by brother  
Michael and wife Eileen**

## 23RD ANNIVERSARY



*In Loving Memory of*

### DOREEN KEOGH

**Knockane, Ballyfinnane, Furies  
Whose anniversary occurs on 8th July**

*We took our vows together  
Said "Until death do us part"  
But when God came and took your  
hand, my whole world fell apart.  
When I look back upon our lives,  
The thing that makes me glad,  
Is that you chose to share with me,  
The precious years we had.*



**Sadly missed by husband Vincent,  
sons John and Vincent Junior.**





**JOHN DEERE**

**EX- Display / Demo Sale**



~~€469~~  
**€320**

**John Deere RUN41**  
41cm Steel Cutting Deck  
Easy to start 2.1kW Engine  
Single Speed Drive  
Mowing Area 800m<sup>2</sup>

3 x Available



~~€565~~  
**€399**

**John Deere RUN46**  
46cm Steel Cutting Deck  
Easy to start 2.1kW Engine  
Single Speed Drive  
Mowing Area 1200m<sup>2</sup>

2 x Available



~~€729~~  
**€524**

**John Deere RUN51**  
51cm Steel Cutting Deck  
Easy to start 2.1kW Engine  
Single Speed Drive  
Mowing Area 2200m<sup>2</sup>

1 x Available



~~€1259~~  
**€890**

**John Deere R54V**  
54cm Alloy Cutting Deck  
2.4kW Engine  
Mowing Area 2500m<sup>2</sup>  
Variable Drive

2 x Available



~~€1476~~  
**€999**

**John Deere PRO47**  
47cm Alloy Cutting Deck  
3.2kW Engine  
Variable Speed Drive  
Mowing Area 2500m<sup>2</sup>

1 x Available



**John Deere X105**  
344cc (10kW) ohv engine  
Comfortable operation, 107cm cut  
width Edge cutting deck, CTV Drive

~~€2750~~  
**€2100**

1 x Available



**John Deere X165**  
656cc (15kW) V-Twin ohv engine, Comfortable operation, 122cm cut  
width Edge cutting deck Auto drive with cruise control, Front bumper,  
high back lumbar and support seat

**High Performance**

**SOLD OUT**

0 x Available



**Rear Collection**

**John Deere X115R**

Fuel Efficient 344cc 10kw  
Single Ohv engine Hydro  
drive, 92cm Twin Blade  
Deck, 300 Litre Box,  
Manual PTO

~~€3356~~

**€2499**

~~2 x Available~~  
1 x Available



~~€6940~~  
**€4800**

The **Z425** is built on a solid and robust frame that ensures smooth and comfortable operation. With a powerful 14.9kW twin cylinder engine the 122cm (48in) mower deck delivers high performance and can be easily converted to mulching or collecting with the addition of optional kits

1 x Available

Seamus Weldon Barleymount, Killarney

Tel 064 66 32328

Sales Tom : 087 2134247

Sales Padraig : 087 2583383

Sale Mike : 087 2488594

[www.mowers.ie](http://www.mowers.ie)

**Hurry Prices Valid till Stock Last | Open till 1 pm this Saturday**