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THE FAULT IN OUR STARS (12A) 115m Fri ONLY 3:30 6:30	WALKING ON SUNSHINE (12A) 105m 7 Days 9:00 Late Show Fri 11:25	22 JUMP STREET (15A) 120m Fri ONLY 9:00 Late Show Fri 11:30	
MUPPETS (U) 125m 7 Days 2:30 7:15	POSTMAN PAT (U) 70m 7 Days 2:35	MALEFICENT (PG) 105m 7 Days 2:15 4:15 Sat/Sun 12:15	

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THE CELEBRATIONS CONTINUE AT MUCKROSS PARK HOTEL

To celebrate winning Destination Spa of the Year 2013 awarded by Pevonia The Spa at Muckross Park Hotel held a Summer Party recently. These awards are judged across the UK and Ireland and recognise the exceptional quality and services of Spas.

The night was enjoyed by over 100 guests who enjoyed summer drinks, cocktails and were treated to summer Afternoon Tea. Guests were also treated to mini skin scanning analysis and tropical hand treatments. Limited edition Summer Treatments were launched on the night which include ingredients such as Pineapple and Papaya.

A raffle was held on the night whereby money raised on the night of €380 went towards the Irish Cancer Society. The therapists at the



SABRINA HORGAN, SPA MANAGER AT THE CLOISTERS SPA IN THE MUCKROSS PARK HOTEL RECEIVES THE PRESTIGIOUS 'PEVONIA DESTINATION SPA OF THE YEAR 2014' FROM HAYLEY BAKER FROM PEVONIA. ALSO IN PICTURE ARE BACK FROM LEFT, SASAH MAIN, NOREEN O'NEILL, MARY CRONIN, LAUREN STARKEY, MICHELLE HOARE, NORITA DEVANE, NURIA LOPEZ, COLETTE O'SHEA AND ERIN COPPINGER. PICTURE BY DON MACMONAGLE

Spa are trained in specialized touch therapy treatments for people recovering from cancer. Cloisters Spa is open 7 days a week and offers

a full range of spa, beauty and hair treatments.



PICTURED AT THE MUCKROSS PARK HOTEL TO CELEBRATE THE CLOISTERS SPA WINNING THE 'PEVONIA DESTINATION SPA OF THE YEAR 2014' WERE FROM LEFT, NOREEN O'MAHONY, PAULINE O'HALLORAN AND URSULA DALY FROM KILLARNEY. PICTURE BY DON MACMONAGLE.



PICTURED AT THE MUCKROSS PARK HOTEL TO CELEBRATE THE CLOISTERS SPA WINNING THE 'PEVONIA DESTINATION SPA OF THE YEAR 2014' WERE FROM LEFT, GOBNAIT, SHANNON AND SHARON LUCEY, KILLARNEY. PICTURE BY DON MACMONAGLE.



PICTURED AT THE MUCKROSS PARK HOTEL TO CELEBRATE THE CLOISTERS SPA WINNING THE 'PEVONIA DESTINATION SPA OF THE YEAR 2014' WERE FROM LEFT, ANNE-MARIE CLIFFORD, BLACKWATER AND DEIRDRE KELLEHER, KILGARVAN. PICTURE BY DON MACMONAGLE

GONE TO THE DOGS....

The Kerry Diocesan Pilgrimage to Lourdes are holding a Night at the Dogs on Friday the 11th July at Kingdom Greyhound Stadium, Tralee to help raise funds to defray travel costs for the Lourdes Helpers. Without the helpers the group would be unable to bring the 50 or so pilgrims



who need assistance to Lourdes each year. Anybody who has ever been to Lourdes with the Kerry Diocesan Pilgrimage will have witnessed the dedication, kindness and support that the carers give to the Pilgrims in their care. Tickets cost €10 which includes entry for 1 Adult on the Night, entry for Raffle for a Buster Prize of €500, activities for children and music after racing.

Tickets can be purchased on the night at the Track from our designated Lourdes Helpers or in advance by contacting Angie Kissane 087 1311608. Your support would be greatly appreciated.

EXTENSION OF BUS SERVICE

Danny, Johnny and Michael Healy-Rae have announced that Bus Eireann have agreed to extend the bus service for secondary school students going to Milltown and Killorglin schools (from Quinn's shop to Furies village going around the loop at the church).

This extension of this service is very much required and the Healy-Rae's thank sincerely Bus Eireann for agreeing to the request for the extension.

Killarney

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BELIEVE TO SUCCEED

KILLARNEY ENTREPRENEURS URGED TO BELIEVE IN YOURSELF IF YOU ARE TO SUCCEED IN BUSINESS

The importance of the need to believe in yourself if you are to succeed in business was the message given to more than 60 new entrepreneurs at a networking meeting in Killarney on Thursday last. That was the view of Eileen McClure from Kerry Incubator Kitchens who addressed new business owners from the greater Killarney area who have set up their businesses through the Back to Work Enterprise Allowance Programme, operated by South Kerry Development Partnership. The event was aimed at giving them the chance to network and learn from each other in addition to providing them with information on other supports and training that may be available to them.

"There are many trials and tribulations to overcome on the road to developing a successful business and many times, you are robbing Peter to pay Paul" Eileen said. However, she now is beginning to see that the work and long hours she is putting in is for the benefit of her and her family which is progress as she sees it. In addition, she stressed the importance



PICTURED AT THE KILLARNEY COURT HOTEL FOR THE SOUTH KERRY DEVELOPMENT PARTNERSHIP TEAM TALK WERE L-R MICHEAL KENNEALLY (DEPARTMENT OF SOCIAL PROTECTION), AARON LOGAN (BACK TO WORK SCHEME), NOEL SPILLANE (CEO OF SKDP), JOAN GRIFFIN SKDP & ANNE O'RIORDAN SKDP. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

of utilising fully the services of the agencies in order to help in the development of the business and in the need to have proper market research done before starting out.

South Kerry Skillnets Paul Murphy pointed to the opportunities that exist for the business owners to benefit from training so as to help them acquire new skills in order to drive their businesses forward. He also pointed out that they could avail of Skillnets to get training for their staff as the business develops in order to help ensure they have all of the skills to benefit the business fully. They were also advised as to the relatively recent changes around the Enterprise Support grant by Michael Kenneally of the Department of Social Protection.

SKDP's Back to Work Enterprise Allowance Officer Anne O'Riordan said she was delighted with the numbers in attendance and the enthusiasm and support they showed towards and for each other. "Many start-up businesses face similar problems but sometimes they feel like they are totally alone". Events such as this help them to see that they are not in fact alone and helps them to find new ways of overcoming the issues they are facing" Anne added.

For anyone interested in getting more information about the Back to Work Enterprise Allowance is asked to contact Joanne Griffin in Killorglin on 066 9761615 or Anne O'Riordan in Cahersiveen on 066 9472724 or through the SKDP website www.southkerry.ie

SCHOOLS COME TOGETHER TO RAISE PLAYGROUND FUNDS

The Milltown Community Playground Committee have been working over the last 5 years with the aim of delivering a playground of the highest standard for the community of Milltown and its environs. Work is at a very advanced stage with grant funding secured. It is to be located on the site adjacent to the new community centre. Milltown Community Playground Committee are fundraising in conjunction with the Nagle Rice Community Centre in order to raise the required private matching funding for the project. As part of this effort an art competition and non uniform day was organised in 7 area schools; Nagle Rice N.S., Faha N.S., Ballyfinnane N.S., St Joseph's N.S., Kiltallagh N.S., Castledrum N.S. and Fybragh N.S.

Milltown Community Playground Committee would like to sincerely thank the Principals and teachers for facilitating and organising the art competition and non uniform day. They would



PICTURED L TO R: MARGARET HARMON-McHUGH, DARINA BURKE, LISA BARRETT, CHRISTINA O'BRIEN.

also like to thank the parents and children from these schools for participating in and supporting this event which raised over €1,000.

KITCHEN HERO FOR KILLARNEY

RTE's Kitchen Hero, Donal Skehan heads to Killarney on Tuesday night's show to meet Seamus Healy, a chef who worked in hotels here for 50 years.



DONAL SKEHAN RTE'S KITCHEN HERO.

In the dining room of the Malton Hotel Seamus talks to Donal about live as a chef over the last 50 years.

Donal then heads to Muckross Traditional Farms where he learns how to make butter and scones. Watch out for the show: Kitchen Hero: Rediscovering the Irish Kitchen, programme three, Tuesday 8th July 2014 8.30pm RTÉ One.

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CYCLING FUN CONTINUES WITH THE RING OF THE REEKS

Beaufort G.A.A. Club and Killorglin Cycling Club are co-organising the 'Ring of the Reeks', Caragh Lake Loop and the 'Ring of Beaufort' leisure cycles which will be held on Saturday, 26th July 2014

The event offers the participant the choice of three routes:

The Ring of the Reeks cycle is a 110KM loop of Ireland's highest mountains - The McGillycuddy Reeks. The cycle features two significant climbs, Moll's Gap and Ballaghbeama Gap which will test the strength and stamina of the riders. The route is suitable for intermediate and experienced cyclists but all are welcome. The cycle will begin at 9 am from Beaufort G.A.A. Club grounds, Co Kerry. Participants can register on the morning of the event from 8:00 am at the Beaufort GAA Clubhouse or anytime online at www.beaufortgaclub.com. Full route details are also accessible at www.beaufortgaclub.com and www.killorglincycling.com.



CYCLISTS PARTICIPATING IN THE RING OF THE REEKS LAST YEAR.

There will be refreshment and water stops at the Blackwater Tavern, Blackwater and The Climbers Inn, Glencar. In addition, there will be hot food after the event at the Beaufort Community Centre in Beaufort Village.

The cost of the cycle is €25. There is a discount of €5 for Cycling Ireland members.

New to this years event is the Caragh Lake Loop, a 60km cycle traversing some of the most scenic and spectacular terrain in the area. The Ring of Beaufort cycle is a shorter 35KM family or beginner cycle. Both cycles will start at Beaufort G.A.A. Club grounds at 11 am. Participants can register on the morning of the event from 9:30 am at the Beaufort GAA Clubhouse or anytime

online at www.beaufortgaclub.com. Full route details for both cycles are also accessible at www.beaufortgaclub.com and www.killorglincycling.com. There will be a food and water stop at the Climbers Inn for the 60km route and at Glencuttane Cross for the 35km route. There will be hot food and refreshments after the cycle.

The cost of the 60km cycle is €20 and the entry fees for the 35km route is €15 for an Adult and €5 for a juvenile. All juvenile under the age of 16 must be accompanied by an adult.

The overall event is approved by Cycling Ireland.

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aspect of your wedding day preparations with a dedicated member of our experienced team. We welcome you to visit us here at the Heights Hotel at any time to meet with one of our wedding planners, have a guided tour of our hotel or simply including our newly opened wedding garden.

The Heights Hotel will be hosting a Wedding Open Day on Sunday the 6th July

This Open Day will showcase the Hotel facilities and will give prospective couples the opportunity to view the wonderful wedding facilities we have on offer and discuss our packages on a one to one basis with our Wedding Co Coordinator and experienced management Team who will be on hand throughout the day.

The Open day is free of charge and will run from 11 – 6pm
Pre booking is advisable.



MARYMOUNT HOSPICE MEMORIAL EVENT

The annual Liz Lucey Memorial Vintage Run, Walk and Cycle in aid of Marymount Hospice will take place on July 13th in Inchigeela. Great routes have been organised allowing participants view the scenery available locally. This run includes tractors of all ages, cars, cyclists, walkers and Motorcycles.

Registration for tractors, cars, cyclists and Motorcyclists will take place at 11.30am sharp at Inchigeela Hall. Registration for walkers will take place at Inchigeela GAA Pitch at 1pm with scenic walks for all levels from beginners to well seasoned walkers.

Refreshments will be served on the day followed by a huge trad session in the evening along with a raffle with some fabulous prizes to be won including a Cookery Class for two with celebrity chef Neven Maguire in his cookery school in Cavan, 2 tickets for Munster's first home game in Independent Park, a Fourball round of golf at Fota Island Resort, 2 sets of 2 tickets for the National Ploughing Championships in Stradbally Co. Laois and much much more. This is a great day for all the family! Your support would be very much appreciated for this worthy cause and we look forward to welcoming old and new faces to this years event. For more information look out for posters and also follow us on facebook.

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KILLARNEY'S STAR GOLFERS SHINE BRIGHT

Killarney Golf & Fishing Club members Valerie Clancy and Mairead Martin continue to build on their impressive start to the competitive golfing season.

Valerie recently won the Plate final at the Irish Women's Close Championship in Enniscrone. She defeated Sophie Harrison of Killeen Castle on the 18th to claim the Ita Wallace trophy. This was a fantastic achievement by Valerie who is just 13 years of age.

Valerie has also been selected to represent Ireland at the Junior British Open at the West Lancashire Golf Club from July 14th to 16th. Founded in 1994, the Junior Open came under The R&A administrative umbrella in 2000. Staged every two years, the event is closely linked to The Open Championship and played on a nearby course. All golfing nations affiliated to The R&A are invited to enter their best under 16 boy and girl golfers. Mairead Martin, who at 14 years of age, has been selected to play on the Irish Girls's (u18) team in the European Championships. This will take place in Slovakia from the 8th to the 12th July. This event features



MARY LEACY, VALERIE CLANCY, FIDELMA O'CONNOR, DEIRDRE PRENDERGAST (BACK FROM LEFT) CLAIRE KEATING, CORMAC FLANNERY SECRETARY/MANAGER, MARY GEANEY CLUB PRESIDENT AND TEAM MANAGER, DAVID KEATING AND LIAM HEALY ASSISTANT MANAGERS 'LAUNCHING THE INAUGURAL GOLF CLASSIC HOSTED BY THE KILLARNEY GOLF CLUB WHICH WILL BE HELD ON THE 22ND JULY AS PART OF THE SENIORS LADIES TEAM QUALIFYING FOR THE ALL IRELAND FINALS.

teams of six players from each of the European golfing nations.

This follows on from Mairead's excellent achievement in finishing 5th at the Irish Open Ladies Strokeplay championship recently. This event featured the best Irish ladies golfers as well as strong teams from England, Scotland and Wales. Both Valerie and Mairead are members of Killarney Golf & Fishing Club's Ladies' Senior Cup Team. The team were crowned Munster Champions in May and will represent their club and province in the All-

Ireland Finals on August 15th & 16th. The team are under the expert tuition of Killarney Golf & Fishing Club's resident Head Professional David Keating. 'The club is extremely proud of Valerie and Mairead's outstanding achievements. They are both exceptionally talented young golfers and their successes are well deserved,' said Cormac Flannery, General Manager of Killarney Golf & Fishing Club. 'We're sure that this is just the start of wonderful things to come for them both and we wish the girls the very best of luck in the tournaments ahead.'

SPA ROLLS OUT THE RED CARPET



U14 GIRLS OF SAN FRANCISCO AND SPA GIRLS PICTURED AT SPA GAA CLUB.

Spa GAA Club rolled out the red carpet last week to welcome the U14 Feile San Francisco girls to Spa.



MAURICE CASEY (MANAGER SAN FRANCISCO) JOHN JOE CULLOTY (CATHAOIRLEACH/MAYOR OF KILLARNEY) AND GERARD MANGAN (CHAIRMAN SPA GAA) PRESENTING A FRAMED JERSEY OF THE GIRLS TRIP TO IRELAND.

Organised by the Spa Club and the San Francisco U14 Manager, Maurice Casey the challenge games helped to prepare the girls for their trip to the All Ireland Feile in Sligo last week. Also invited were Dr Crokes and Glenflesk to play. Manager Maurice Casey was welcomed back to his native club Spa, where his father was a founding member.

A great evening of entertainment which included a BBQ upstairs. Local Musicians and dancers performed as did the visiting American team. Chairman Ger Mangan and Chairperson Ladies Football Anne Holland presented them with a token on their visit. This evening was a success thanks to all the volunteers on the night especially Social, Ladies, Executive and the parents of the U14 girls. Maurice Casey thanked the club and presented a beautiful framed jersey photo to the club.



KILLARNEY RESIDENT PADDY TURNER LOOKING FORWARD TO THE WEEKENDS FESTIVITIES.

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KILLARNEY WINNERS AT THE FLEADH CHEOIL CHIARRAI

With over 2000 competitors desending on the town, Caherviceen hosted the Fleadh Cheoil Chiarrai in style. Those attending enjoyed glorious sunshine with ceils on the streets, concerts and lots of traditional music sessions.

There was a gig rig on Main Street which attracted lots of live performances and the hard working Fleadh Cheoil Chiarrai Committee can take great pride in the great success of the event.

A full list of winners is available on www.kerrycomhaltas.ie



DEAN O GRIOFA CILL AIRNE 1ST BANJO 15-18 AT FLEADH CHEOIL CHIARRAI IN CAHERCIVEEN.



MICHAEL O DUILLÉAN CCE SLIABH LUACHRA 15-18 BUTTON ACCORDION AT FLEADH CHEOIL CHIARRAI IN CAHERCIVEEN.



CCÉ, CILL ÁIRNE O18 HALF SET TRISH MURPHY, SARAH JANE TAYLOR, GARY DALY, ANTHONY CASEY AT THE KERRY FLEADH CHEOIL IN CAHERCIVEEN.



4 HAND CEILI LADIES CCE CILL AIRNE KATE RUDDEN, EABHA RUDDEN, ERIN DOHENY, SHANNON O'SULLIVAN AT THE KERRY FLEADH CHEOIL IN CAHERCIVEEN.



U/12 LADIES SET CILL AIRNE CCÉ, SPA, KATE O'SULLIVAN, CAMP SET: RACHAEL MOYNIHAN, ISLINN NI CHROÍNIN, KATE O'SULLIVAN, GRÁINNE SPILLANE, LAURA KENNY, EDEL SWEETMAN, SARAH FLEMING, ORLA SPILLANE AT THE KERRY FLEADH CHEOIL IN CAHERCIVEEN.



PATSY HERLIHY GNEEVIGUILLA WHO RETIRED AFTER 17 YRS SCHOOL BUS DRIVING MAKING THE PRESENTATION WAS SCHOOL TRANSPORT MANAGER LIZ O' SULLIVAN AND BUS INSPECTOR TIM COLLINS, ALSO IN PICTURE INSPECTOR SEAN O'CONNOR.

PIC: TONY O BRIEN



ATTENDING THE MARIGOLD FESTIVAL SERIES, CELEBRATING HEALTHY AND ACTIVE AGEING AT THE GLENEAGLE HOTEL, KILLARNEY, FROM LEFT, MO GLOVER, VERA SHAW, KENMARE, AND ANNE CULLOTY HSE. PHOTO: VALERIE O'SULLIVAN.

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MOLONEY WELCOMES COMPENSATION FUND FOR SYMPHYSIOTOMY SURVIVORS

Labour Senator Marie Moloney has welcomed today's government announcement of a compensation fund of 34 million euro for the survivors of symphysiotomy.

"One of the first issues I raised on being elected to the Seanad was the plight of all the women who had been subjected to this barbaric practice between 1920 and as late as 1984. Symphysiotomy was a horrendous procedure carried out on women before or after labour which increased the size of the pelvic area to allow easier delivery of a baby. Many of the women who had the procedure suffer from incontinence, prolapsed organs, walking difficulties and chronic pain. They have fought a long and lonely campaign for justice."

"I have had a number of women in my constituency who have approached me about this matter in recent years and I have rarely, if ever, come across such distressing cases. Having closely monitored this matter and having raised the issue several times I am relieved that a compensation fund of 34 million has been offered to survivors. Over 1500 women had this procedure carried out on them of which there are only 230 women still with us today."

"Although each case and circumstance is



SENATOR MARIE MOLONEY WITH OLIVIA KEARNEY OF PATIENT FOCUS.

different and the level of compensation for each will differ I am very pleased that there will be an approximate payment of €147,000 per survivor. I have just spoken to survivor Olivia Kearney from Louth who has worked tirelessly

with other survivors and Patient Focus, and she has welcomed this announcement. Olivia told me that she will meet with government representatives today to discuss this further."

KILLARNEY CARPET & FURNITURE CENTRE CELEBRATE 35 YEARS IN BUSINESS

Father and son team Andy and Niall O'Sullivan are celebrating 35 years in business at their store in High Street with a massive stock clearance sale which is running over the weekend and into the middle of next week.

The family run store specialises in suites, dining, beds and occasional furniture and is located towards the top of High Street and can be contacted on 064-6631694.



NIALL AND ANDY O'SULLIVAN THE KILLARNEY CARPET & FURNITURE CENTRE. PHOTO: LISA O'SHEA.



PAUL MCBRIDE, 17 ROCK ROAD, WHO WAS THE FIRST PLACE WINNER IN THE SHOT PUTT & 400M WALK AT THE SPECIAL OLYMPICS IN LIMERICK RECENTLY. PICTURED HERE WITH HIS MOTHER JOSIE AT THE GROTTO ON ROCK ROAD. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

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MONEY MATTERS.....

By Dermot Cronin,
Financial Advisor



HOW OFTEN SHOULD I REVIEW MY PENSION AND WHY SHOULD I REVIEW MY PENSION?

There are very many important reasons to review your pension, including: Performance of your pension and what funds you are invested in, this is **VERY IMPORTANT**, if your pension is invested in high risk funds your total pension fund can substantially reduce over a short period of time and if you are coming close to retirement this will result in you having a much less pension when you retire. Is your pension on target to reach the income you want on retirement? This should be checked for you on regular occasions, if your pension is not on target changes can be made to put your pension back on track again. What pension provider is your pension with and how much do they charge you? Pension providers are different in the types of pension products they can offer you. Pension providers offer much more choices to clients now than before and the choices can be easier to understand if explained to you in plain simple English and not by using jargon. Charges are very important because you may be on a very high charging structure that can be decreased. For the above reasons I recommend an annual review of every pension.

To make an appointment in relation to the above or any other matter you can contact Dermot Cronin at **064 6622775** or **kerrymortgagecentre@eircom.net**.

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GREAT DAY FOR THE REGATTA...

TIM O'SHEA

(MUCKROSS ROWING CLUB)

What a day at O'Mahoney's Point last Sunday. A sunny and dry day made for a great day of rowing action for rowers and spectators alike, although increasing winds in the afternoon made for very challenging conditions in the final races. The 229th staging of the world's oldest regatta was a day of high drama with a number of very close races and exciting finishes. The early morning saw the young rowers of Caherdaniel RC race in the colours and boat of Workmens RC, to lead the Juvenile Ladies Sixes race. Two Muckross RC crews were next across the finish line. The entry of visiting rowers to contest Killarney Regatta was the first event of the day to prompt a regatta committee meeting to decide the results. At the time of writing, final results were due to be formally declared at Tuesday night's prize-giving. The Juvenile Mens race saw Muckross regain the under 16 title, following the close silver medal finish from St. Brendan's RC in 2013. Fossa were winners of the Junior Ladies Sixes with Muckross taking second place. A thrilling finish in the Junior Mens Sixes saw Muckross triumph over Fossa in second. The Junior win kicked



THE MUCKROSS JUNIOR CREW PICTURED MID RACE AT THE KILLARNEY REGATTA ON SUNDAY. PICTURE: CHRIS SLATTERY.



THE MUCKROSS AND FLESK VALLEY CREWS DOING BATTLE IN THE JUNIOR FOUR RACE AT THE KILLARNEY REGATTA ON SUNDAY. PICTURE: CHRIS SLATTERY.



MUCKROSS RC JUNIOR MENS SIX (WINNERS) BACK L-R: TIM O'SHEA (5), MICHAEL MCENERY (4), EJOIN GLEESON (3), DAVID MOYNIHAN (STROKE). FRONT L-R: DAVID MCSHERRY (2), MARTIN MURPHY (COX), MICHAEL HORAN (BOW).

off a record streak for the remaining eight Sixes races as Muckross secured wins in all. The Minor Ladies and Mens Sixes were both won in style, with Muckross B also picking up third place in the Minor Mens race. The Veteran Men and Womens crews picked up another double, both in tough contests with Fossa and Workmen. The Senior Mens Sixes saw Muckross command their race to secure an impressive three in a

row, with Fossa in second and Flesk Valley in third. The Senior Ladies packed a powerful punch with a comprehensive first and second place finishing by the two Muckross crews. The newest race to the regatta, the Novice Ladies Sixes, was won by Muckross for the first time while the Novice Men defended the club's win of 2013 with a great performance. A regatta first for a club to win both the Mens and Womens Novice titles in the same year. The final results of the Junior Mens Fours were also subject to adjudication by the regatta committee while Muckross were third in the Junior Ladies Fours to Killorglin in first and Flesk Valley second. In the final two races of the day, Muckross A and B crews were the sole contenders for the Senior Ladies Four, taking gold and silver respectively. The Senior Mens Four was won by Fossa with a final silver medal for Muckross. It was a truly great club performance for Muckross and the club is thrilled to retain twelve titles to match the success of 2013. Twelve regatta wins in two consecutive years is sure to stand proudly in the history and records of the regatta. The club was also delighted to win all Mens Sixes races, thought to be another regatta first, for the modern day race programme at least. Our congratulations to the 100 Muckross rowers and all our coxes who contested the event,



MUCKROSS RC SENIOR WOMENS FOUR A AND B CREWS WHO WERE FIRST AND SECOND IN THE SECOND LAST RACE OF THE DAY. BACK L-R: DENISE CASEY, MICHELLE FLEMING, EADAIOIN MOYNIHAN, AINE SWEENEY. FRONT L-R: ELAINE DALY, SHONA O'SULLIVAN, AOIFE COOPER, FIONA DEVANE.

each contributing to the club's defence of the McGillicuddy Points Cup collected on Tuesday night. There are simply too many names to list for special mention but we must certainly salute our Club President Seamus Guiney who led the club's charges on Sunday and coxed many of the crews to victory once again. Rowers, coaches and coxes alike put in tremendous effort in their training over the past months and year, we hope everyone enjoys the rest from sixing over the coming days and weeks. Congratulations and well done to all.

Get your weekend off to a **bright** start with the **KILLARNEY Outlook**
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AGHADOE HEIGHTS HOTEL SOLD

The Five Star Aghadoe Heights Hotel & Spa has been sold to an unnamed European investor in a private deal. The Davy Group completed the purchase on his behalf.

It is believed that all 70 jobs at the hotel are secure.

Lead by General Managers Pat & Marie Chawke since 2000, the hotel employees have won many plaudits including numerous "Hotel of the Year" awards (the Automobile Association,

Georgina Campbell, The Irish Golf Tour Operators Association, Best Customer Service and many "Hotel Spa of the Year" awards (International Beauty Press Association, Irish Tatler, etc.)

Pat Chawke said "The Hotel is being sold as a "going concern" and the Management and Staff will ensure that it is "Business as usual" for our customers and suppliers. We would all like to thank the O'Reilly family for their

support and commitment for the past 14 years and recognise their significant contribution to the collaborative tapestry that is the Aghadoe Heights Hotel & Spa. The new owner has a tremendous insight into the international luxury travel market and we look forward to a new chapter, a bright future and introducing many more customers to the Aghadoe experience."



MINISTER FOR ARTS HERITAGE AND THE GAELTACHT JIMMY DEENIHAN LEADS FELLOW OIREACTHAS COLLEAGUES, DEPUTY CAOIMHGHÍN Ó CAOLÁIN TD, SENATOR CATHERINE NOONE AND DEPUTY ERIC BYRNE OFF UP CARRAUNTOOHILL MOUNTAIN AS PART OF THE ANNUAL OIREACTHAS HILL WALK IN AID OF CARI.

PHOTO: DON MACMONAGLE.

PROPERTY OUTLOOK

THROUGH THE KEYHOLE....

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Auctioneers who would like to feature on "Through the Keyhole" contact Des on **087-6593427**.

THE *Heights Hotel* KILLARNEY

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The Open day is free of charge
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6th July 2014
from 11am - 6pm
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McSweeney's Pharmacy, The Shopping Centre, Kenmare
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TWO IN A ROW FOR CULLINA NS

For the second year in a row Cullina National School scooped the Mid-Kerry 13-A-Side Football title in Cromane recently.

Played glorious sunshine the boys from 5th and 6th class had an early lead against Scoil Mhuire Killorglin and maintained that lead to the very end.

"It was a lovely way to end the school year and a splendid trophy is ours to hold on to for another year" said the principal Mrs. Cronion. The boys showed great team spirit and worked as a single unit to bring the victory home to Cullina.

Comhghairdeas d'fhoireann Scoil an Chuileannaigh.



CULLINA NATIONAL SCHOOL WHO WON THE MID-KERRY 13-A-SIDE FOOTBALL TITLE.

KATIE FINDS HER FAMILY ON KILLARNEY DOWN MEMORY LANE

When Katie Doolan-Evans decided to trace her roots in Killarney she thought it would be an arduous process.

However, thanks to facebook and in particular Killarney Down Memory Lane – it took less than a day.

Katie took to the social media website in a bid to trace her maternal grandfather Cornelius Patrick Doolan.

She had a little information namely that he was born in December 1920 and raised in Killarney. At some stage he moved to England where he passed away in 1977 – aged 57.

Katie had a memory of being brought to Killarney with her mother when she was three years old where they stayed with her Auntie Kathy, but as Katie's mum died when she was 19 she didn't have much more information.

Within an hour the people of Killarney were on the case and Katie was connected with her cousins the Doolan family who are based in Killarney and Kilcummin.



THE LATE CORNELIUS PATRICK DOOLAN.

Katie is now hoping to visit Killarney to meet up with her new found relatives – something she didn't think would happen so fast!

FEMKE CROWNED TOP NURSE

All Care Veterinary Centre's Femke Bot was recently crowned Ireland's Veterinary Nurse of the Year.

Customers, friends and family have been voting for her due to her love, passion and commitment for the caring and well being of animals. Femke is 100% committed to her job as a Veterinary Nurse and has always loved caring for animals from a very young age. Her commitment and contribution to the work is outstanding and she has recently been promoted to Practice Manager in "All Care Veterinary Centre" on Park Road, Killarney which is owned by Danny O'Sullivan.

Femke is pictured here with a very attentive Archie at All Care Veterinary Clinic.

Picture Marie Carroll-O'Sullivan 087 391 4808



PICTURE PERFECT...



Calling all budding photographers... Killarney Outlook would like to offer you the opportunity to have your photographs published in our new weekly photography section.

If you are a keen snapper then submit your photograph to editorial@outlookmags before 5pm on Mondays.

LEFT: SUNLIGHT ON KENMARE BAY
PICTURE BY NIK HALL.

GOT SOMETHING TO SAY?

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Editor: Aisling Crosbie **086 0400 958** or Email: editorial@outlookmags.com



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A HOLIDAY OF A LIFETIME FOR 17 CHERNOBYL CHILDREN

Families in the Killarney area opened their homes to children from the devastated region of Belarus this week.

17 Children from the Chernobyl region will spend the month of Killarney staying with families enjoying clean air, good food and lots of fun.

The children, who are accompanied by two interpreters, arrived on Sunday last and will enjoy a fun packed month where they will enjoy numerous planned events.

The O'Donoghue family treated the children and their host families to a trip on the Lily of Killarney Waterbus on Tuesday night which was followed by a welcome party at the Dromhall Hotel which was hosted by The Randles family. The children were thrilled when Colm Cooper dropped by the party to welcome them as one of the interpreters introduced him as Ireland's Ronaldo!

The children will enjoy a visit to the cinema followed by a trip to Four Star Pizza on Saturday and will attend Mass in Fossa Church



PICTURED AT THE DROMHALL HOTEL FOR THE CHERNOBYL CHILDREN'S WELCOME PARTY WAS COLM 'GOOCH' COOPER WITH THE 17 CHERNOBYL BOYS AND GIRLS VISITING KILLARNEY, THEIR TEAM LEADERS, HOST FAMILIES AND COMMITTEE MEMBERS.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

this Sunday.

Its off to Dingle on Tuesday for an action packed day including a boat trip to see fungi and a trip to Ocean World all finished off with a run on Inch Beach which is really special as the children have never seen the ocean.

On Friday, Tim O'Shea and Friends are treating them to an afternoon of music and dance at the Gleneagle Hotel while the following Tuesday it's the turn of the Killarney Jarveys, who take them all to Muckcross House, give them lots of treats and then they visit the Traditional Farms before having lunch in the Garden Restaurant. Its off to An Oige Hostel in Aghadoe on Friday where they enjoy a barbeque along with their host families. Their final week starts off with a trip to Buddies on Monday, Celtic Steps at the Gleneagle Hotel on Tuesday and finally a

going away party at the Killarney Oaks Hotel on Thursday.

During their stay the children will visit opticians and dentists and get the necessary work done – all of this, along with any doctor visits to Dr. Gary Stack are generously provided free of charge.

The children go home on Sunday 27th July, with their bags full of new clothes and gifts for their families at home. The month in Killarney will boost their immune system and give them up to two and a half years of good health when they go home.

Their visit is only possible because of the host families and the generosity of the people of Killarney town and for this the families of the children are eternally grateful.



AISLING CROSBIE, WITH HER DAUGHTERS KEELIN AND ABBIE AND THEIR THREE CHERNOBYL GIRLS, OLHA, YANA AND KATYA AT THE WELCOME PARTY AT THE DROMHALL HOTEL.
PICTURE MARIE CARROLL O'SULLIVAN.



THE CHERNOBYL COMMITTEE PICTURED WITH COLM COOPER., FRONT FROM LEFT: BETTY CROSBIE, PRESIDENT, COLM COOPER, AND MARY O'LEARY, CHAIRPERSON WITH AT BACK AISLING CROSBIE, JOAN BUCKLEY, SHEILA GOULDING, FRANCIS O'TOOLE, MARY O'CONNELL, LIZ GRIFFIN, PAULA KAVANAGH, CATHLEEN COLLINS AND MARY O'CONNOR. PICTURE MARIE CARROLL O'SULLIVAN.

LAUNCH OF IRELANDS 1ST RARE DISEASE PLAN

On the day that young Liam Heffernan should have been celebrating his 6th birthday with his mom and dad on the Dingle Peninsula, his father Tony Heffernan was assisting with the launch of Ireland's First Rare Disease Plan which was being formally unveiled by Minister for Health James Reilly yesterday in Dublin.

Tony and Mary Heffernan have had their lives & family ripped apart by rare disease. They understand first-hand the difficulties associated with the health system, the frustration of dealing of misdiagnosis, lack of compassion and understanding the strain of

looking after two highly dependent children with a rare life limiting condition. Both of their children, Saoirse and Liam were born with Batten Disease, a neurological condition. Liam Heffernan passed away just two months ago, on May 4th 2014, at the family home in Kerry and the tender age of 5 years, his big sister Saoirse sadly passed away in 2011, also aged 5. Immediately following the launch of the plan, Tony shall return home to the Dingle peninsula to join his wife Mary to lay a bouquet of fresh flowers and a dinosaur toy on the grave of the couples recently deceased son Liam and sister

Saoirse. The Heffernan's, and their charity, The Saoirse Foundation, recently lodged a planning application with Kerry County Council to construct a state of the art and new National Children's Respite & Hospice Centre in Kerry.

Named after their son, Liams Lodge will be located on a 10 acre green field site in Blennerville, Tralee, Co. Kerry. As well as being Ireland's first NATIONAL respite Centre for children suffering from genetic and rare disorders, Liam's Lodge will also be Irelands 2nd Children's hospice predominately serving Munster and the Mid-West.

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OLD RIVALS MEET AGAIN

KERRY O'SHEA LOOKS FORWARD TO SUNDAY'S MUNSTER SFC FINAL

Kerry and Cork renew their ancient rivalry in the Munster Senior Football Final on Sunday next at Cork's Pairc Ui Chaoimh (throw-in 2pm).

This will be the last Munster Senior Football final to be played in the iconic Cork City venue as it is set for a major facelift in the coming months. When completed, it will be a state of the art venue.

This Sunday's joust will be the 59th occasion the teams have clashed on Cork soil, and the 106th occasion in all between two great teams who have such a special rivalry.

Kerry will be seeking their 76th Munster Crown, while the Rebels will be seeking their 38th Munster Senior title.

Kerry last tasted Provincial Success 12 months ago, defeating Cork 1-16 to 0-17 in a nail-biting Provincial final only to lose the All-Ireland semi-final to Dublin. Cork also lost to the Dubs at the quarter-final stage.

The record books show that Cork's last Provincial Final success over Kerry came back in 2008 on a 1-15 to 1-11 scoreline. Cork's last success in Killarney came back in 1995.

Brian Cuthbert has taken over as Rebels manager this year succeeding Conor Counihan in the role.

He has guided the Cork team through a transition period, introducing many young players who have already made their mark in the National League.

Newcomer Brian Hurley absolutely shone in the League game in Tralee back in April, when



KERRY'S JAMES O'DONOGHUE IN ACTION.



PAUL KERRIGAN

he helped himself to eight points, seven from play, leading Kerry full-back Mark Griffin a merry dance. Cork comprehensively defeated the Kingdom 2-18 to 1-11.

Kerry will have to keep a special watch on

Hurley at every opportunity as he is a proven score getter and provider.

Hurley is one of a number of young players including Conor Dorman and Thomas Loughrey that Brian Cuthbert has introduced to the squad and all have made notable impacts.

Cork also has potent forwards in Paul Kerrigan, a son of the great Jimmy Kerrigan, and veteran Donnacha O'Connor. The return of Colm O'Neill from a career-threatening cruciate injury gives Cuthbert an added attacking force.

Kerry, meanwhile, will be looking forward to Sunday's final with trepidation. The Kingdom have lost stalwarts Tomas O'Se and Paul Galvin to retirement this year.

Colm Cooper's cruciate injury robs the Kingdom of the most potent forward in the game's history.

The absence of James O'Donoghue from the starting line-up against Clare was felt but despite this the Kingdom clung on to a narrow victory.

Kerry manager Eamonn Fitzmaurice is pleased O'Donoghue will be ready to fill his usual corner-forward spot.

Fitzmaurice confirmed that Kerry's marquee forward took part in a full training session behind closed doors last Sunday and showed no ill-effects of the shoulder injury which ruled him out against Clare.

O'Donoghue's return will be a massive boost to the Kingdom, as he is Kerry's leading forward in the absence of the injured Colm Cooper.

Johnny Buckley is also expected to return to the side following the injury which ruled the Dr Crokes man out of the provincial semi-final win with Donnchadh Walsh returning in place of Michael Geaney.

Kerry's heroes against Clare were Paul Geaney, who shot six points from play, goal-scorer and

corner-back Paul Murphy from Rathmore, and Kenmare's Stephen O'Brien, both newcomers to the inter-county set-up this year.

Sunday's game will be incredibly close. Cork will undoubtedly be favourites on home soil and would love to lower the Kingdom's colours. Can Kerry produce an unexpected win, only time will tell! It will be close.

THE TEAM, CAPTAINED BY FIONN FITZGERALD LINES OUT AS FOLLOWS:

1. Brian Kelly Killarney Legion
2. Marc Ó Sé An Ghaeltacht
3. Aidan O'Mahony Rathmore
4. Shane Enright Tarbert
5. Paul Murphy Rathmore
6. Killian Young Renard
7. Fionn Fitzgerald (Capt) Dr Crokes
8. Anthony Maher Duagh
9. Johnny Buckley Dr Crokes
10. Stephen O'Brien Kenmare
11. Bryan Sheehan St Marys
12. Donnchadh Walsh Cromane
13. Paul Geaney Dingle
14. Declan O'Sullivan Dromid Pearses
15. James O'Donoghue Killarney Legion
16. Brendan Kealy Kilcummin
17. Peter Crowley Laune Rangers
18. Darran O'Sullivan Glenbeigh-Glencar
19. David Moran Kerins O'Rahillys
20. Michael Geaney Dingle
21. Mark Griffin St Michaels/Foilmore
22. Kieran Donaghy Austin Stacks
23. Kieran O'Leary Dr Crokes
24. Barry John Keane Kerins O'Rahillys
25. Jonathan Lyne Killarney Legion
26. Daithí Casey Dr Crokes.

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CAITRIONA ROBERTS DAUGHTER OF EUGENE AND MARY ROBERTS CLONKEEN, KILLARNEY AND JAMES O'SULLIVAN SON OF JACKIE AND THE LATE MARY O'SULLIVAN RUSHEEN CASTLEMAINE RECENTLY GOT MARRIED ON 14TH OF JUNE IN OUR LADY OF THE WAYSIDE CHURCH, CLONKEEN, KILLARNEY. THE RECEPTION WAS HELD IN THE MALTON HOTEL KILLARNEY.

THE COUPLE WILL RESIDE IN FARRANFORE.



PICTURED AT THE ROYAL HOTEL, SHEILA O'CONNOR (SEATED CENTRE) WITH HER WORK COLLEAGUES AT GNEEVGUILLA NATIONAL SCHOOL WHERE SHE HAS BEEN TEACHING FOR THE PAST 7 YEARS OUT OF HER 39 YEARS OF SERVICE OF NATIONAL SCHOOL TEACHING. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



DENIS O'RAHILLY KNOCKNAGREE WHO RETIRED AFTER 46 YRS SCHOOL BUS DRIVING. MAKING THE PRESENTATION WAS SCHOOL TRANSPORT MANAGER LIZ O'SULLIVAN AND INSPECTOR TIM COLLINS, ALSO IN PICTURE, INSPECTOR SEAN O'CONNOR. PHOTO: TONY O BRIEN.



KILLARNEY SCORCHERS CHEERLEADERS TRAVELLED TO LIVERPOOL TO COMPETE IN JAMFEST EUROPEAN CHAMPIONSHIPS. JUNIOR LEVEL 1 CAME 10TH, SENIOR LEVEL 2 CAME 5TH AND SENIOR LEVEL 1 TOOK HOME THE 1ST PLACE TROPHY AND TITLE OF EUROPEAN CHAMPIONS. PICTURED HERE WITH THEIR TROPHIES AT BALLYCASHEEN NS WERE THE CHEERLEADERS 'THE SCORCHERS' WITH THEIR TEAM LEADERS L-R ELAINE DOYLE, DANNY FARKAS (HEAD COACH), HAYLEY MURPHY (HEAD COACH) & DEIRDRE NOLAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



AT THE LAUNCH OF GOLF CLASSIC AND MAD HATTERS TEA PARTY ON FRIDAY AUGUST 8TH IN MEMORY OF SARAH MANGAN WERE SEATED: GERALDNE O'SULLIVAN, EILEEN MANGAN, CATHY MANGAN, MARY ENRIGHT. BACK L-R: EILEEN BELL, MARTHA BROWNE, DECLAN MANGAN, MAGELLA MANGAN, DANNY FITZGERALD, GERARDINE CLIFFORD, NIAMH FOGARTY, DOMINIC BELL, MARCUS MANGAN, EILEEN CLIFFORD, ANNE MANGAN, LORNA GANNON, JOHN WRENN, PETER CROWLEY.

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4TH, 5TH AND 6TH CLASSES AT TWO MILE SCHOOL PICTURED AT THEIR RECENT BAKE SALE IN AID OF THE JACK AND JILL FOUNDATION AND SCHOOL FUNDS. FRONT ROW LEFT TO RIGHT: RONAN O'MAHONY, DANIELLE O'BRIEN, DANIEL MC MURRAY, MAEVE LEANE, PAMELA COFFEY, RACHEL DOHERTY, LAURA O'SULLIVAN. BACK ROW (LEFT TO RIGHT) EVE WELDON, JOHNATON FALVEY, SEÁN MC MURRAY, ÉAMON LONG, TYRESE COFFEY, JACK O'REILLY VINCE, SHELLY CLIFFORD AND AARON DUGGAN.



OFF TO BIG SCHOOL... CHILDREN FROM SCALLYWAGS PRE SCHOOL. BACK: LEO KEANE, TADHG O'DONOGHUE, KAYLA O'SULLIVAN DARCY, ADAM COUNIHAN MCGAHON, PADDY O'DONOGHUE. FRONT: DAITHI STACK, JACK O'CALLAGHAN, JAMIE FLEMING, DIARMUID O'SULLIVAN.



THE PRESCHOOL GROUP AT NAIONRA FAITHLEANN CILL AIRNE WITH STAFF MAIRE NÍ LAOIRE AND RÓS UÍ BHLÁCÁIL (AT GAELScoil FAITHLEANN) WHO RECENTLY TOOK PART IN THE BIG TODDLE IN AID OF BARNARDOS CHARITY.



LISTRY YOUTH CLUB U18 QUIZ TEAM CONSISTING OF NIAL O'SHEA, CHRIS O'BRIEN, FIONN CORCORAN AND BRANDON O'MAHONY, WHO REPRESENTED KDYS (KERRY DIOCESAN YOUTH SERVICE) IN YOUTH WORK IRELAND ALL IRELAND QUIZ FINALS, HELD LAST SATURDAY 28TH OF JUNE, THE TEAM PERFORMED BRILLIANTLY AND EMERGED AS ALL IRELAND CHAMPIONS FROM THE EVENT, NO STRANGERS TO VICTORY THESE MEMBERS OF LISTRY YOUTH CLUB NOW HAVE 3 ALL IRELAND QUIZ TROPHIES AT DIFFERENT AGE CATEGORIES. CIAN O'SULLIVAN, MARK O'BRIEN, CONOR BRODERICK AND COLIN O'MEARA FORMED THE U15 QUIZ TEAM AND FINISHED AS JOINT SECOND PLACE FINALISTS IN THE SAME EVENT BY ONLY A VERY NARROW MARGIN, CONGRATULATIONS TO YOU ALL.



THE HOLY CROSS MERCY PRE-SCHOOL CLASS OF 2014 FINISH THEIR YEAR WITH AN AMAZING GRADUATION CONCERT. THE CHILDREN PERFORMED TO A LARGE AUDIENCE OF PROUD AND EMOTIONAL PARENTS, GRANDPARENTS, SIBLINGS AND OTHER RELATIONS AND FRIENDS. 'REACH FOR THE STARS' WAS A FITTING CHOICE OF FINISHING SONG AS THEY NOW BEGIN THEIR JOURNEY IN PRIMARY SCHOOL.



RAHEEN COMMUNITY PLAYGROUP DON CAPS AND GOWNS TO CELEBRATE THEIR GRADUATION. PICTURED; LORENA O'CONNOR AND ORLA MURPHY WITH BACK FROM LEFT; JONAH CASEY, MARK BARTLETT, LAURA GRIFFIN, AND LILY ANN REEN. FRONT FROM LEFT; TADHG SCANNELL, NIAMH BROSNAN, RHEA KATE DEVANE AND KAYLEIGH SCANNELL.

Articles for inclusion in

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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 – from 74 in 2009 to 250 in 2011 – 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?

South West Counselling Centre will run workshops in the Autumn on "Sex Education – What parents can do". To book your place call 064 6636416.

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

EXCESSIVE SWEATING (HYPERHIDROSIS) PART 1

Excessive sweating is a common problem especially of the palms, armpits and soles. It can be distressing and can have a serious impact on your life. Normal sweating helps to keep the body temperature steady in hot weather, during a fever, or when exercising. Excessive sweating (hyperhidrosis) means that you sweat much more than normal. Even when you are not hot, anxious, or exercising, you make a lot of sweat.

Although not a medically serious condition, excessive sweating can be distressing and embarrassing. For example: if you have bad palm sweating you tend to have a 'cold sweaty handshake' and sweat may drip from your hands onto work documents, onto computer keyboards, etc. If you have had bad armpit sweating, you may become embarrassed by the frequent 'wet patch' that develops on clothes under your arms. You may need to change clothes during the day. You may avoid social contact or avoid doing sports because of embarrassment about the condition.

INITIAL TREATMENT OPTIONS FOR HYPERHIDROSIS

The following may be all that you need if the condition is mild.

If you find that soaps irritate the affected skin, use a bland soap substitute such as an emollient (moisturiser) ointment or cream.

If possible, avoid triggers which can make things worse such as heat or spicy food.

If you have armpit sweating:

- Try using 'normal' antiperspirants regularly. (Note; there is a difference between antiperspirants and deodorants. Antiperspirants reduce the release of sweat, deodorants mask unpleasant smells.
- Avoid clothes that more easily show up sweat marks. As a rule, white and black coloured clothes are less noticeable when wet than other colours.
- Wear loose clothing under the armpits. Avoid clothes made with man-made fibres such as Lycra and Nylon.

• Consider using dress shields (also known as armpit or sweat shields) to absorb excess sweat and protect delicate or expensive clothing. These can be obtained via the internet or the Hyperhidrosis Support Group.

If you have excessive feet sweating, it can help to:

- Change your socks at least twice a day
- Use an absorbent foot powder twice daily
- Wear a different pair of shoes on alternate days. This allows shoes to dry fully.
- Avoid sport shoes or boots.

PART 2 NEXT WEEK



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Kerry team members Darran O'Sullivan, Brendan Kealy & Colm Cooper pictured with Dr. Michael Moloney, Team Doctor to Kerry Senior Team and FAI under 17 soccer squad.

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IT'S 4TH OF JULY IN KILLARNEY



THE EAGLE HAS LANDED...FOUR YEAR OLD JAKE DUNLEA, GETS A RIDE FROM THE AMERICAN GOLDEN EAGLE, AS IT ROLLS INTO KILLARNEY TOWN FOR THE FIRST 4TH OF JULY, STREET CELEBRATIONS TO HONOUR AND CELEBRATE KILLARNEY'S LONG ASSOCIATION WITH AMERICAN FRIENDS AND ASSOCIATES. THE DAY OF CELEBRATION WILL KICK OFF AT 7AM WITH A "DAWN CHORUS" OF THE STAR-SPANGLED BANNER PERFORMED BY THE KILLARNEY GOLF CLUB CHOIR AND THE CEREMONIAL HOISTING OF THE USA FLAG OVER THE TOWN HALL. THE TOWN WILL BE ALIVE THROUGHOUT THE DAY WITH AN ALL AMERICAN THEME AND THE MAIN EVENT "THE 4TH OF JULY CELEBRATION PARADE" TAKING PLACE AT 8PM. THERE WILL BE A CELEBRATION CHARITY BBQ AT 2PM, IN SCOTT'S STREET IN AID OF KERRY CORK CANCER LINK BUS, AND A WILD WEST TROUPE WILL ROAM THE STREETS OF KILLARNEY TURNING THE TOWN INTO THE DODGE CITY OF THE SOUTHWEST WITH BANK RAIDS, SHOOTOUTS, AND A COMPETITION TO FIND "THE KID WITH THE FASTEST DRAW IN THE WEST". PHOTO: VALERIE O'SULLIVAN.



MEMBERS OF TRICEL STAFF, KILLARNEY, WHO WILL CYCLE THE ANNUAL RING OF KERRY CHARITY CYCLE ON SATURDAY, STANDING, CON STACK, JNR, DIRECTOR, DARREN O'MAHONY, JAMES BUTLER, MIKE DENNEHY, ROBBIE LARKIN, DAVE COTTER, GERARD O'SULLIVAN, JASON COSTELLOE, TOM MURPHY. PHOTO: VALERIE O'SULLIVAN.



THE GOING AT IRELAND'S MOST SCENIC RACECOURSE - KILLARNEY RACECOURSE LAST SATURDAY WAS 'TOUGH' AND THE 'TOUGH' MOST CERTAINLY GOT GOING AS MORE THAN 700 MEN AND WOMEN COMPLETED A CHALLENGING AND SOMETIMES GRUELLING OBSTACLE COURSE AS PART OF 'TOUGHATHLON'. HUNDREDS OF MEN AND WOMEN DISPLAYED TRUE GRIT AND SERIOUS STAMINA AS THEY COMPLETED THE COURSE IN A GRUELLING, NERVE-TESTING TOUGHATHLON.

IF YOU HAVE A STORY...

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Best of luck to all the cyclists taking part in this years Ring of Kerry Cycle!

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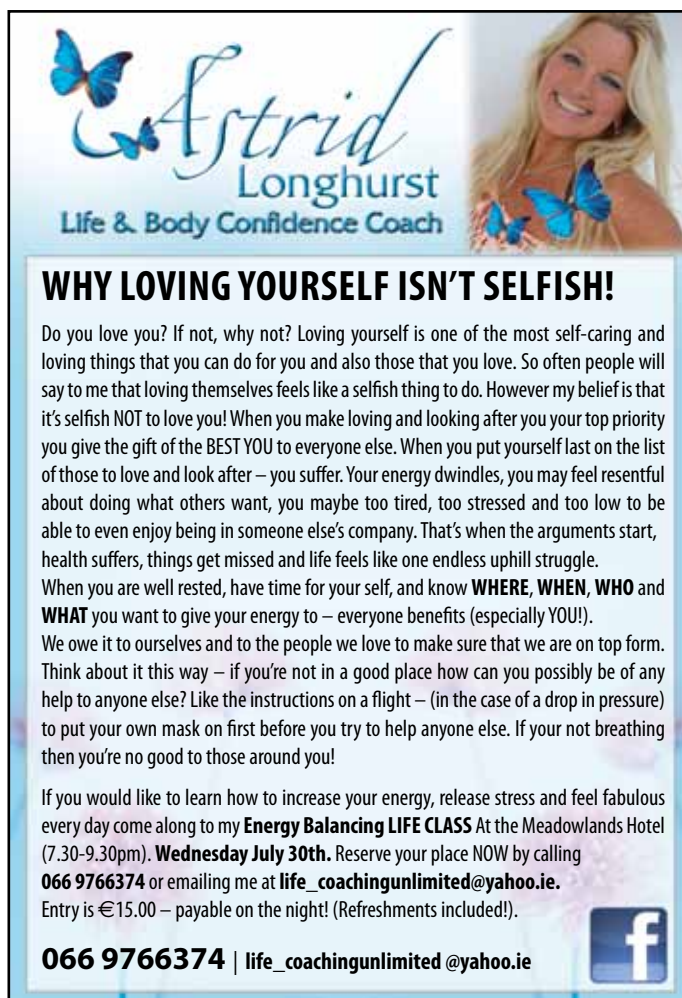
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Do you love you? If not, why not? Loving yourself is one of the most self-caring and loving things that you can do for you and also those that you love. So often people will say to me that loving themselves feels like a selfish thing to do. However my belief is that it's selfish NOT to love you! When you make loving and looking after you your top priority you give the gift of the BEST YOU to everyone else. When you put yourself last on the list of those to love and look after – you suffer. Your energy dwindles, you may feel resentful about doing what others want, you maybe too tired, too stressed and too low to be able to even enjoy being in someone else's company. That's when the arguments start, health suffers, things get missed and life feels like one endless uphill struggle. When you are well rested, have time for your self, and know **WHERE, WHEN, WHO** and **WHAT** you want to give your energy to – everyone benefits (especially YOU!). We owe it to ourselves and to the people we love to make sure that we are on top form. Think about it this way – if you're not in a good place how can you possibly be of any help to anyone else? Like the instructions on a flight – (in the case of a drop in pressure) to put your own mask on first before you try to help anyone else. If your not breathing then you're no good to those around you!

If you would like to learn how to increase your energy, release stress and feel fabulous every day come along to my **Energy Balancing LIFE CLASS** At the Meadowlands Hotel (7.30-9.30pm). **Wednesday July 30th**. Reserve your place NOW by calling **066 9766374** or emailing me at life_coachingunlimited@yahoo.ie. Entry is €15.00 – payable on the night! (Refreshments included!).

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GEARING UP FOR THE RING OF KERRY CYCLE

(By Cora Carrigg, Kerry Recreation and Sports Partnership)

WEEK 12 – Week Beginning June 30th – Day of Cycle: What to Bring

Hey Hey!! The Ring of Kerry Charity Cycle is just around the corner waiting for us to enjoy the experience!! I truly mean enjoy the experience as opposed to the experience daunting you! It's important to be in the right state of mind, as the event is possibly 60% mental and 40% physical. As long as you drink and eat enough, you can almost always continue riding slowly, if your mind is up to it.

So as a means of continuing on from last week's theme "what to bring – day of cycle", I'd now like to look at nutrition.

NUTRITION: Since you will be burning so many calories on the day, you will need to plan appropriately and bring food to refuel, otherwise you may hit the wall, and you don't want that to happen. So here are some tips. ...

EVENING BEFORE EVENT: It is vital that your main meal is carbohydrate based, such as a pasta meal, so as to increase the energy stores, that will be required.

MORNING OF EVENT: A pre-ride breakfast is essential, so don't even tempt of skipping this meal. Ideally the breakfast should entail porridge, weetabix or toast.

DURING EVENT: Plenty of eating and drinking throughout the ride, is essential, so don't forget! It's not a day for loosing calories! Ideally each hour a nutri grain bar should be consumed, so as to keep the required energy store levels up. A mars bar or snickers will not help the cause. In addition a water bottle should be drunk per hour. These bottles can be filled with a combination of water and a carbohydrate based drink, and drank alternatively, as previously mentioned.

NOTE: If you start to feel hungry or thirsty when you're riding, it's too late to recover. Drink before you're thirsty and eat before you're hungry. It's easy to forget to eat because you don't feel hungry and the thought of eating while riding is often unappealing. Bear in mind that granola bars and dry snacks are hard to eat while exercising due to dry consistency; hence I recommend nutri-grain.

POST EVENT: As opposed to going for the celebratory drink, it is very important to refuel within half an hour to an hour after cycling so as to replace the nutrients used up during the ride. Ideally this should be protein based, so a ham or chicken sandwich will work, and a glass of milk. Once consumed, the body will accept the celebratory drink all the better!

Be Prepared - You don't want any surprises on the day of the ring - everything should be tried and tested on your preparation rides: all food, all drink, all clothing, all gear and the bike pumped and checked the night before!

FINAL FEW WORDS OF WISDOM....

•Eat before you're hungry, drink before you're thirsty.

•Add a layer before you're cold; take one off

before you're hot.

•Stay relaxed & loose – keep your body loose and not locked in, by relaxing your shoulders and bending your elbows slightly and moving your hands on the bars.

•Ride within yourself, especially during first hour & not rush it.

•Keep your stops short and few.

Continued Exercise – So to the big question. ... Will you continue cycling after the ring or choose to hang up the bike?! What would persuade you to continue cycling, having fully recovered from the cycling the ring? Perhaps by focusing on the immediate rewards that physical activity provides such as the feeling of well being, happiness and enjoyment might help. Too often people focus on the long term benefits of exercise, such as weight loss, and give up because the poundage is not shifting. The immediate rewards are far more motivating that the distant rewards. Feeling happy and less stress is more motivating than not getting heart disease or cancer, maybe, someday in the future. So that's something to bear in mind.

On a personal note, it has been a joy to write these articles over the past 12 weeks. I hope you the reader enjoyed and gained something from it. I would welcome and indeed love to hear feedback, so by all means drop me a line at, cora.carrigg@kerryco.ie – remember 2 r's and 2 g's in the name!

And don't forget Pedal In The Park takes place Friday 4th July – a family 5k and 10k cycle. As an active parent, there is a greater chance of your child being active, by them seeing you being active, when compared to an inactive parent. So why not bring them along to experience the Pedal in the Park. Registration is from 6:15pm onwards with children's entertainment, and cycle starts at 7pm.

Due to the outlook publication being issued on Thursday's, there will be no training programme issued this week. Ideally we should be having rest days Thursday & Friday before the Ring.

I would like to send all readers the very best of wishes there are as you undertake your personal journey around the Ring of Kerry. Please bear in mind this training and event is all for local charities and the funds raised goes towards very beneficial causes.

And remember....have fun enjoying the Ring of Kerry Charity Cycle!!





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RATHMORE /GNEEVEGUILLA NEWS

By Michael O'Mahony



WELL DONE TO THE 4TH CLASS BOYS AND GIRLS OF HOLY FAMILY NS RATHMORE WHO WON THE DENIS NAGLE MEMORIAL SCHOOLS HURLING TOURNAMENT HELD IN THE RATHMORE GAA GROUNDS ON MONDAY 23RD JUNE.

CONGRATULATIONS: Rathmore's Brian Kelly who was elected to board of IRD Duhallow at western Duhallow elections last week taken one of two seats from communities. Which are held every three years. Brian is very active member of Rathmore community council, and is former Treasurer, and is one of the organisers of the Rathmore St. Patrick Day Parade committee each year. Has been involved with Marion Players panto support Group, we wish Brian well in his new role and hope that it will be a benefit to Rathmore Gneeveguilla Community.

RATHMORE COMMUNITY COUNCIL: Would like to extend our deepest sympathy to the family and friends of the late Frank Buckley. Cahill's Bar Rathmore. Frank, a founding member and former chairman of Rathmore Community Council passed away suddenly on afternoon Monday June 23th. Frank was also at the time of his death Treasurer of Rathmore Community Alert, Chairman of Rathmore St. Patrick Day Parade committee, & fair Day committee, Member of Rathmore GAA Club. A great community man for his parish. Frank was a generous, positive and encouraging person by nature. Quick witted and with a deep sense of humour, he was one of the great characters. The whole community is still in a state of shock. May he rest in peace.

WELL DONE: to the 4th Class boys and girls of Holy Family NS Rathmore who won the Denis Nagle Memorial Schools Hurling tournament

held in the Rathmore GAA grounds on Monday 23rd June. The tournament is made possible by the South Kerry Juvenile Hurling Board's "Hurling in the schools" initiative supported by Munster GAA and the coaches John Moynihan, Sean O'Riordan and South Kerry Hurling GDA David O'Dea.

ENGAGEMENT: Congratulations to Daniel O'Sullivan Gortnahaneboy Rathmore, who got engaged to Sandra Fitzgearld Kilcummin recently. We wish both of them happy life together.

SHRONE CHURCH 1954-2014: Marks the 60th anniversary of the Church of our Lady of Perpetual, Shrone. Major celebrations for any Church are held 25 years (Silver, Golden etc.) nonetheless, it is still important to mark this significant milestone as we remember the generosity and dedication of those who made it possible. Our celebration this year will take place during our Sunday Mass on Sunday July 13th.

SYMPATHY: to family and friends of Frank Buckley Cahills Bar, West End Rathmore, Bridget Hickey (née Slattery) Lisnagrave, Agnes Linehan (née Reen) "Blenheim", Park Road Killarney, and formerly of Corran, Headford, George Curran, Chapelstown, Valentia Island, who died last week. May they all rest in peace.

MARRIED BLISS: Congratulations to, Tim Dennehy Counerough Headford and Kathy O'Connor Knockanes Headford, who were married in the Killarney Oaks Hotel. We wish

both them happy life together.

WELL DONE: To Owen Fitzgerald, Meentogues NS, who played with the winning Kerry team in the Munster GAA Primary Game which was held in Cusack Park, Ennis, Co. Clare on Sunday 22nd June 2014.

THE FRIENDS OF KERRY GENERAL HOSPITAL ARE FUNDRAISING FOR EQUIPMENT FOR THE HOSPITAL:

This year the money will be used to buy equipment which can improve the survival of patients who have had major heart attacks. This includes a machine to massage the heart when it has stopped and also devices to cool the patient to protect the other organs when the heart is not working.

This year's meeting will be held on Friday 4th July, 2014 in the Greyhound Track in Tralee.

If you would like to donate to the fund you can do so by: Nominating a dog (€20 per dog, three for €50), nominators gain entry to the track, are listed in the race programme and enter a draw for €300. Buying a ticket (or tickets) for the meeting at €5 each and enter a draw (1st prize €300, 2nd prize €100).

Making a direct donation.

We hope you can help. In some way.

RATHMORE GAA: The new black training jersey is now in stock in the Club Shop at the Washbasket in Rathmore. Juvenile - €30, Youth - €35 and Adults €37. Club Shop is open every Monday to Saturday from 9:00am to 6:00pm.

RING OF KERRY CYCLE: Best of luck to everybody who is taking part in the Ring of Kerry cycle from the Parish this Saturday July 5th safe cycling to everybody taking part.

MARQUEE - JULY 4TH - TUREENCAHILL! Tureencahill Community Group. On Friday July 4th a special evening of entertainment will take place to kick start the Community Group in raising some funds to maintain the building for its future role. This evening will comprise of a barbecue commencing at 7 pm until 8 pm. At 8.30 pm, a variety concert comprising of all local talent. Singers, dancers, musicians, and seanchaí. This will run until 10 pm. At 10.30 pm a 'sos beag' and free refreshments available. From 10.30 pm to 12.30 am dancing to Martin Williams - the spectacular one man band. Tickets for this incredible night of hospitality and entertainment is €10. Students €5.

LISTRY NOTES

LISTRY WEEKLY LOTTO: Results Sunday 29th June, 2014. Winning Numbers 4, 9, 15, 16. Jackpot €7,850 Not Won. 1 x €100 Ger Tomo, Kilcummin. 2 x €50 Hilda Neville, Faha East. Noel O'Sullivan, Listry. 2 x 25 Emma Dennehy, Beaufort. Rebecca O'Connell, Ballymalis. Draw Entrant Siobhan Ahern, Faha. Jackpot next week Sunday 6th July €8,000

YOUTH CLUB: Congratulations to Listry Youth Club U18 Quiz team consisting of Niall O'Shea, Chris O'Brien, Fionn Corcoran and Brandon O'Mahony, who represented KDYS (Kerry Diocesan Youth Service) in Youth Work Ireland all Ireland Quiz finals, held last Saturday 28th of June, the team performed brilliantly and emerged as all Ireland champions from the event, no strangers to victory these members

of Listry Youth Club now have 3 All Ireland quiz trophies at different age categories.

Cian O'Sullivan, Mark O'Brien, Conor Broderick and Colin O'Meara formed the U15 quiz team and finished as joint second place finalists in the same event by only a very narrow margin, congratulations to you all.

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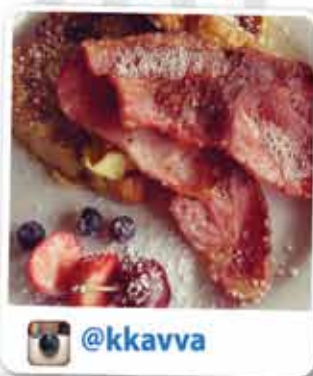


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FOSSA NOTES By Gene Moriarty

FOSSA GAA: Fossa Lotto 29/06/2014:

Numbers Drawn: 6, 17, 25, and 27. Jackpot: €3,600. No Jackpot Winner: Consolation Prizes 5 x €40: Michael Walsh, Fossa; Christy Walsh, Ballydowny; Doreen O'Leary, O'Kelly's Villas; Lyno; Pat J Coffey, Barleymount. New Jackpot: €3,750. Tickets on sale at the Golden Nugget Bar, The Travel Inn, The Old Killarney Inn, Foley's Spar shop Fossa, The Laurels Bar, Killarney and from committee members. Next draw takes place on Sunday night July 6th 2014 at the Golden Nugget Fossa at 11pm.

FIXTURES: Friday minors away to Currow 7:30pm

MINORS: Fossa minors had a hard fought win over Beaufort, Final Score Fossa 3-11 Beaufort 2-12. At Fossa on Thursday June 26th. Niall O'Connor had Beaufort goal shortly after throw in. Goals from Paudie Clifford and Shane Cronin had Fossa 5 points up at the break, Fossa 2-07 Beaufort 1-05. Matthew Rennie was majestic at midfield. Paudie Clifford set up his brother David for a third Fossa goal in the 12th minute

of 2nd half but Beaufort struck back with Niall O'Connor's 2nd goal. It was a titanic struggle as the teams swapped points in the final 8 minutes but Fossa with Maurice Prenderville outstanding between the posts held on for a two point victory.

LADIES FOOTBALL: Fossa Ladies Football wish to sincerely thank Westport Ladies Football for hosting our u14 girls at Feile and for ensuring that all players had the weekend of their lives. We also wish to thank them for their hospitality to our mentors and supporters. Our u14 panel who showed once again what a fantastic, committed, well behaved bunch of girls that they are. They have raised the profile of Fossa GAA on the National stage and have done themselves, their families, Fossa and Kerry proud. We wish to thank the mentors who have put in a huge effort over the past few years with these girls and who once again left no stone unturned in the preparation of the team for this tournament. We wish to thank our fantastic supporters who made the long trip

to Westport and who added immensely to the fun and the occasion. Finally we wish to thank our very generous sponsors and everyone who supported us in our fund raising activities.

ATHLETICS: Gneeveguilla AC will hold Athletics training at the Old Fossa Sports field every Thursday evening from 6:00pm to 7:00pm until further notice. The next session takes place on next Thursday July 10th. All girls and boys born in the year 2005 or any year before that are very welcome to come along and take part.

FOSSA COMMUNITY GAMES: Best of luck to Fossa U10 Community Games Gaelic Football team, who travel to University of Limerick on this Saturday July 5th to represent Kerry in the Munster finals.

FOSSA NOTES: If anybody has any item they would like included in the notes, please email information to Gene Moriarty at genemoriarty2014@gmail.com Please forward information on or before Sunday at 10:30am.

GLENFLESK NEWS WITH DONAL KELLY

INTERMEDIATE COUNTY CHAMPIONSHIP:

The Glenflesk senior team, sponsored by Molly Darcy's, defeated Finuge in the quarter-final of the intermediate county championship played in Glenflesk on Saturday June 28th, on a scoreline of 2-6 to 0-8. Two first half goals from Jeff O'Donoghue and Dara Roche set the foundation for victory and Glenflesk led by 2-4 to 0-4 at half-time. Finuge had plenty of possession in the second half but some wayward shooting and determined Glenflesk defending kept them at bay. This was an excellent all-round performance by Glenflesk with great attitude and endeavour on display throughout. Glenflesk will now play the winners of the remaining quarter-final, between Spa and Listowel Emmets, while Ardfer and Castleisland Desmonds contest the other semi-final.

SENIOR COUNTY LEAGUE DIV 3: Glenflesk are due to play Scartaglin away on the 19th or 20th of July.

O'SULLIVAN CUP: The Glenflesk junior team were very unlucky to lose out to a strong Dr. Crokes team in the first round of the O'Sullivan Cup in Lewis Road on Tuesday June 24th after extra-time. Final score Glenflesk 2-12 Dr. Crokes 2-15.

GLENFLESK GAA LOTTO: Glenflesk GAA Club Lotto draw was held on Sunday the 22nd of June 2014, in John Dan's. Jackpot: €3,800. Numbers drawn: 7, 14, 18, 24. No Winner. €50 EURO DRAW: First draw: Cathy Somers, Shronedraugh. Second draw: Shauna O'Donoghue, Salmon Leap. Third draw: Sheila Myers, Killarney. Fourth draw: Claire Galvin, Annaghmore. Next draw on Monday the 7th of July 2014, in Spillanes, Jackpot: €4,000.

FLEADH CHEOIL CHIARRAI 2014: Congratulations to the following Glenflesk

competitors who qualified from Fleadh Cheoil Chiarrai held recently in Caherciveen to Fleadh na Mumhan: 8 hand ceili ladies U12, 8 hand ceili ladies 12-15, 8 hand ceili ladies 15-18, 8 hand ceili mixed, U12, 4 hand ceili ladies 15-18, 4 hand ceili mixed U12, Mairead Kelliher 2nd Irish and English singing 15-18, Sinead Moynihan 1st Whistling and 2nd Liltin 15-18, Mike O'Dowd 1st Accompaniment Senior.

GLENFLESK COMHALTAS: The Munster Fleadh Cheoil will be held in Killarney from the 18th to 20th July. We need help for stewarding, ticket sales etc. If you have any time to help on Friday 18th July, Saturday 19th July or Sunday 20th July please contact Margaret Creedon on 087 2706390.

RAHEEN COMMUNITY PLAYGROUP: There was great celebration in Raheen Community Playgroup of Headford when eight of their children graduated last Thursday. The ceremony which was attended by over fifty family members and friends entailed a performance by the children, a slideshow highlighting the children's daily activities and major playgroup events, and the presentation of personalised scrapbooks and diplomas to each little "graduate". Best wishes to Rhea Kate Devane who will attend Anablaitha school, Jonah Casey who will attend Tiernaboull school, Niamh Brosnan who will attend Barraduff school, Laura Griffin who will attend Lisivigeen school and Kayleigh Scannell, Tadhg Scannell, Mark Bartlett, and Lily Ann Reen who will attend Raheen school. Also best wishes to Orla Murphy from Barraduff who will continue studies to obtain her B.A. in Early Childhood Care and Education.

FROM RUSHEENMORE TO BRATISLAVA VIA SOUTH JERSEY: Congratulations to Glenflesk man Danny Hickey who as Head Coach guided

Team USA to a bronze medal at the World Junior Street and Ball Hockey Championships held in Bratislava, Slovakia last weekend. They defeated Canada 2-0 in the bronze medal match and making it even more special for Danny was that his son Denis was a member of the team and assistant captain. Danny and Denis are returning to the USA this week via Glenflesk where they will celebrate their success with family and friends.

FREEWHEELING FOR CHARITY: Well done to the Glenflesk-led 'Freewheelers' who completed a 600km cycling odyssey around Munster over three days last weekend, in aid of Children with Special Needs and Cancer Research. They received a great welcome back to Glenflesk on Sunday evening with a special homecoming barbecue in the Kerry Way.

ROUND THE WORLD: Best of luck to Shronedraugh native Niall Healy who is taking part in the final leg of the Clipper Round the World Yacht Race from New York to London, on board the yacht 'Derry-Londonderry-Doire'. The race is due to finish in London on July 12th.

COMMUNITY GAMES: Well done to the Glenflesk U-16 mixed relay team of Keelie O'Connor, Ryan Casey, Emma Dineen and Sean Doherty on winning silver in the recent Kerry County Community Games finals held in Castleisland, and also to Emma Dineen who won silver in the U-16 1500m race.

WEDDING: Congratulations to Damien McCarthy (Gortacoosh) and Marguerite Dwyer (Kilcummin) who were married in Alvor, Portugal on Monday June 23rd 2014.

CONTACT: We welcome items of local interest. Contact PRO Donal at 087-6687926; email pro.glenflesk.kerry@gaa.ie deadline 10pm Sunday.

Citizens Information

Know Your Rights:

BACK TO SCHOOL CLOTHING AND FOOTWEAR ALLOWANCE

QUESTION

My daughter will be 18 years old in August. Can I claim the Back to School Clothing and Footwear Allowance for her?

ANSWER

If she is still in second-level education, you may be eligible for the Back to School Clothing and Footwear Allowance (BTSCFA) for her but you must apply for the Allowance and supply evidence that she is in second-level education.

The Back to School Clothing and Footwear Allowance helps you meet the cost of uniforms and footwear for children going to school. Your children must be aged between 4 and 22 on or before 30 September 2014. If they are aged between 18 and 22 they must be in full-time second-level education in a recognised school or college.

You must be getting a social welfare payment or taking part in a training, employment or adult education scheme. In general, you must be getting an Increase for a Qualified Child with your payment. Also, your total family income must be below a certain level for your family size. The allowance is €100 for eligible children aged between 4 and 11 and €200 for those aged between 12 and 22.

The scheme is open from 1 June to 30 September 2014. The Department of Social Protection pays BTSCFA automatically to many customers. This means that they do not have to apply for the payment. If you qualify automatically, you should get a letter stating when and how your Allowance will be paid. If you do not get an automatic payment you must apply for the Allowance. If any of your children are aged 18 or over you must apply for the Allowance for them and supply evidence that they are in second-level education (even if automatic payments have issued for other children in the family).

Application forms are available in all local social welfare offices and Intreo centres, and on the Department's website, welfare.ie. When a decision has been made on your application you will get a letter informing you of this and whether a payment has been awarded. If your application has been successful, you will also be told when and where you can collect the payment. If the Allowance is refused you can ask for a review of the decision.

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, Castleisland 0761 07 7790, Caherciveen 0761 07 7780

Information is also available online at citizensinformation.ie and from the Citizens Information Phone Service, 0761 07 4000.

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KILCUMMIN NEWS

COMHALTAS: Kilcummin Comhaltas Thanks to all of the competitors who represented Kilcummin so well at the County Fleadh in Cahirciveen. The following competitors qualified for the Munster Fleadh. Liam Randles (Tin Whistle and Singing), Tomás Connolly (fiddle), Kirill Healy (Tin Whistle), Shaun O'Leary (Singing), 4 Hand Ceili U 12 Ladies, Ladies full set 12 – 15, Mixed full set 15 – 18, Half Set Mixed U18 and Full Set Mixed Over 35, Congratulations to all. The Munster Fleadh will be held in Killarney on July 16th to 20th see www.kerrycomhaltas.ie for full programme of events

VOLUNTEERS: Volunteers are needed for the Munster Fleadh in Killarney on July 18th, 19, and 20th. Please contact Grace on 087 9860473.

CEMETERY MASSES: In Muckross Abbey on Monday 7th at 7.30 and Holy Cross Cemetery on Thursday 3rd July at 8pm (please note change of day to Thursday)

MULTI STATION MASS: For Mastergeeha, Glounacopple, Reanlougha, Glounonea, Lacca, Clydine, Knockancore and Toremore will take place in Mastergeeha FC Clubhouse on Wednesday 9th July at 8pm

CONGRATULATIONS: to Timothy Dan O'Sullivan, Mastergeeha who won a gold and bronze medal at the Special Olympics Ireland Games in Limerick. Well done to all who took part.

KILLARNEY LIBRARY: Killarney Library will host the Kerry Cultural Diversity & Integration Exhibition from 1st – 18th July during Library opening hours. This exhibition is an initiative of the Integration Implementation Group, a subgroup of the County Development Board and an action in the Kerry Integration Strategy 2013-2014. This campaign aims to promote Cultural Diversity & Integration in the county. Free admission. All welcome.

CLUB CALENDAR: Club calendars are still available if anyone wants to purchase one for

€5. This month's calendar sponsors are D&D Sound and Lighting and Forest Oaks. Weekly sponsors for the month are DJ Gavin, Doolans steel Ltd; Sean O'Sullivan Ballinamagh and Andy's car valeting.

MUNSTER FINAL: O'Callaghan Coach Holidays are running a coach to the Munster final game Cork v Kerry on the 6th July. For further details please contact 064-6631095.

GAA: GAA Juvenile Academy continues on Saturdays at 10.30am, new players welcome. Hurling/Camogie continues every Thursday evening at 6pm at the club and at Legion's club grounds for all children aged 5 to 10 years.

CO LEAGUE RD 7

MILLTOWN – CASTLEMAINE 0-9

KILCUMMIN 2-10

The two goaling opportunities that we took by Kevin McCarthy and Kelvin Teahan ultimately were the difference between the teams in this physical contest played in Milltown last Sunday. With Sean Brosnan, Daniel O'Leary and Donal Maher in particular playing well in defence Milltown's chances were reduced to frees. Shane McSweeney and Kieran Murphy dominated the midfield area and with Gary O'Leary, Kevin McCarthy, Jamie O'Sullivan and Kelvin Teahan displaying great skill this result was rarely in doubt. Two invaluable points that see us joint top of Div 1 is worth acknowledging. Well done lads.

TEAM: Shane Murphy, Sean Brosnan, Tommy Cooper, Donal Maher, Eric O'Connor, Daniel O'Leary, Chris O'Leary, Kevin Gorman, Shane McSweeney, (0-2), Kieran Murphy, (0-1), Kevin McCarthy, (1-0), Gary O'Leary, (0-1), Noel Duggan, (0-1), Jamie O'Sullivan, (0-5)(1-F) Kelvin Teahan, (1-0). Subs used Damien Doolan, Damien O'Leary, Matthew Keane, Tommy Brosnan and John McCarthy. Next outing Co. Championship v West Kerry in two weeks.

U-21 CHAMPIONSHIP: Kilcummin/ Rathmore combination had a good win at home against

An Gaeltacht on Wednesday night and now face a difficult trip to Kenmare district in the next round.

Final Score Killcummin/Rathmore 3-13 An Gaeltacht 1-11. Kilcummin players Shane Murphy, Donal Maher, Damien O'Leary (Capt), Noel Duggan, Gary O'Leary, Kieran Murphy, Kevin McCarthy, Kelvin Teahan. Subs used Matthew Keane and Darragh McCarthy.

EAST KERRY MINOR LEAGUE: Despite some good saves from Conor Teahan and good football from Fionn O'Brien, Paudie O'Connor and whole hearted effort from Matthew Keane among others we were on the wrong end of the score line. Chris Keane and Oscar O Connor were Kilcummin's goal scorer's on a night that saw the result read.

Kilcummin 2-8 Gneeveguilla 4-14.

GOLF CLASSIC: A word of thanks to all those who played, sponsored teams, teeboxes, and supported this fund raiser in any way. Well done also to all winners. Best of luck Brendan and Shane representing your club and county in your respective Munster finals this week,

MASTERGEEHA F.C. LOTTO: There was no winner on Friday 27th June. Numbers drawn were 8, 10, 21, 24. Consolations prizes were €100 Pat Mc Glynn, Kilcummin, €60 Donie Cronin, 135 Ballyspillane, Killarney, €30 Dermot O'Sullivan, c/o Village Inn, €30 Stephen Cahill, c/o Village Inn, €30 Pat Cronin, Glounacopple, Kilcummin Draw every Friday night in the Village Inn, Kilcummin. Jackpot now €12,450.



BEAUFORT NEWS

COMMUNITY GAMES: The county Community Games athletics were held last weekend in Castleisland. Beaufort was well represented in all the events and the fine weather contributed to an excellent weekend. Beaufort athletes included Alicia Coffey, Lori O'Connor, Marina Eagar, Orlaith O'Sullivan, Juliette Murphy, Ciara Casey, Meadhbh Kissane, Mollie Gabbett, Ellie Mangan, Lola Eagar, Aoibhinn Coffey, Sinead Barrett, Kerry Eagar, Meave Coleman Horgan and Fiona Doyle. Killian Slattery, Éanna Coffey, Thomas Healy, John Murphy, Joshua Coffey, Donnacha Coffey, Niall Carey, Marc O'Sullivan Rouse, Adam Neary, Shane Galvin, Patrick Galvin and Ciaran Doyle. Darragh O'Connor was injured and could not complete.

Athletes who qualified for the finals/semi-finals on Sunday were Niall Carey and Marc O'Sullivan Rouse in the u12 100m, Lola Eagar in the u10

200m, John Murphy and Thomas Healy in u8 80m, Marina Eagar in the u8 80m, Shane Galvin u10 hurdles, Patrick Galvin u12 600m, Kerry Eagar u12 600m and Fiona Doyle u14 800m. The u10 mixed relay team of Donncha Coffey, Josuha Coffey, Aoibhinn Coffey and Lola Eagar also qualified for the semi-finals.

Medal winners were Thomas Healy with gold in the u8 80m, Fiona Doyle gold in u14 800m and silver in the shot putt, Josuha Coffey bronze in the u10 100m and Marina Eagar bronze in the u8 80m. Thomas and Fiona will go forward to represent Kerry in the All Ireland Finals in Athlone in August.

IRISH SCHOOLS ATHLETICS: Well done to Aoife Doyle who who got a gold medal in the discus competition in the Tailteann Interprovincial Track & Field championship which was held in Morton Stadium, Santry on

21 June 2014.

YOUTH CLUB: Beaufort Youth Club are looking for Leaders, to join please contact Rose on 087 247211. Very rewarding.

Youth Club Members We are meeting during the summer months at The Barracks from 7.00-8.30pm on Thursdays going forward. Looking forward to seeing you all there.

PILGRIMAGE TO KNOCK: There will be a Bus leaving Beaufort for Knock on Sunday, July 20th. Further details from 064-6644319.

LADIES U-14 ALL-IRELAND FOOTBALL FINAL: A bus will leave Beaufort on Sunday, 20th July for Nenagh to support the Kerry Ladies U-14 team and our very own Hannah O'Donoghue, Feidhna Tangney and Tara Breen. Anyone interested in booking a seat should contact Siobhan Tangney on 086-8901290.



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PUBLIC CONSULTATION ON THE FUTURE OF THE DRIVING TEST ANNOUNCED

The Road Safety Authority (RSA) has announced the start of a public consultation process on the future of the driving test in Ireland. 2014 also marks the 50th Anniversary of the first driving test in Ireland. The RSA is asking road-users to use the anniversary as an opportunity to voice their opinion on how the driving test should be conducted as we reflect on the progress that has been made in road safety in Ireland over the past 50 years, and look to the challenges of the next 50 years of driver testing.

This consultation will seek the views of the public on suggested reforms to the current driving test. The public, and any interested parties, can have their say on the future of the driving test by commenting on the reforms or by making formal submissions by post or email. More details are available on www.rsa.ie. The deadline for submissions is 18th July 2014. Since March 1964, the driving test has been a rite of passage for many people, young and old, and is today an even more critical stage of driver education that helps to ensure we all share the road safely.

Today, the 140,000 driving tests carried out in Ireland annually form part of the Road Safety Authority's broader driver education programme which emphasises responsible behaviour and empowerment of individuals to ensure they, and their friends and family, share the road safely. Since the RSA took charge of the test in 2006, there have been significant reforms. The new Graduated Driver Licensing system introduced mandatory driving lessons, and the driving instruction industry was regulated in 2009, where we now have 1800 Approved Driving Instructors (ADIs).

- In the year 1964, the number of road deaths was 341, compared with the reduction to 190 road deaths in 2014.
- This is despite there being an increase from 400,000 vehicles on Irish roads in 1964, to 2.4 million in 2014.
- The majority of road deaths and injuries in the 1960s were linked to alcohol, either driver

or pedestrian.

- Since then, Ireland has made great strides in changing public attitudes towards all dangerous driving practices, and in lowering the number of road deaths and serious injuries dramatically.
- France was the first country in the world to introduce a driving test in 1893.
- Our neighbours in the UK followed suit in 1935.
- The first Irish driving test took place in Parkgate St, Dublin, in March 1964, and Minister for local government Neil Blaney TD was one of the first to take the test which he passed.
- In 1964, there were five driving testers operating only from Dublin; today we have 104 testers that operate from 49 test centres nationwide.

ROAD SAFETY AUTHORITY STRESSES SAFETY TO KILLARNEY STUDENTS

Eileen Cunningham, Road Safety Promotion Officer with the Road Safety Authority for the Kerry and Limerick region recently paid a visit to the students of KDYS Killarney Youthreach based in the charities youth centre in fair hill. Eileen stressed safe road behaviour and positive decision making to the 20 young people in attendance.

Eileen's work is part of the RSA's commitment to bringing road safety into all communities; The new initiative is part of the RSAs Nationwide Road Safety Education Service. The RSA covered a range of topics including drink and drug driving, speeding and preparing for the driving test. These are mostly done through the "Wrecked" sessions which utilises real life stories to tell of the true consequences of the many life changing events that happen on today's roads. It features a DVD which holds 19



testimonials recorded by people who recount their experiences of reckless driving. The KDYS Killarney Youthreach was set up in 2001 and one of the 4 Youthreach programmes run by the KDYS in partnership with the Kerry Education Training Board, in order to meet the needs of young people in Kerry who have left school early. John Adams, the Killarney programmes Co-ordinator, said; "We are delighted to have had Eileen come and speak with our students. We really hope the messages of safety on our roads will have an impact on our students and their families. The initiative

is an excellent one and we can hopefully look to have Eileen come and speak with the more KDYS programmes including youth clubs around the county" KDYS Killarney Youthreach is a full-time educational programme offering a range of FETAC subjects allowing students to progress on to further education, training and employment. Expressions of Interest are now being accepted for their full-time programme beginning in September. Please contact John Adams, at 064 6631748 for more details.

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- 09 Ford Focus** 1.6 TDCi, Titanium, Full Ford S/H
- 09 Kia Proceed** 1.6, Alloys, Fogs, 3dr H/B
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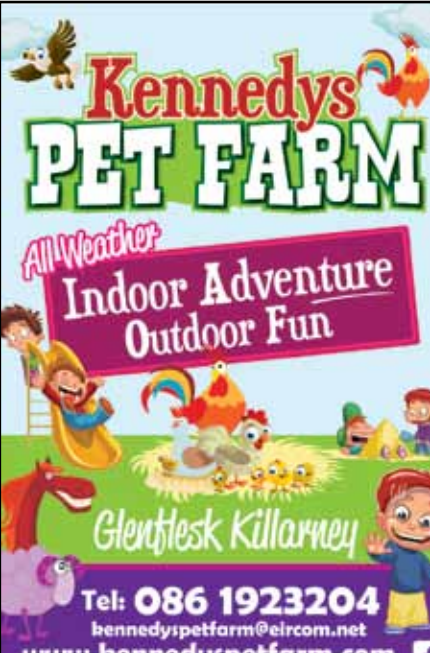


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RATHMORE GAA CLUB NOTES

LOTTO RESULTS FOR 23/06/2014. No's drawn: 2, 12, 20, 26. No jackpot Winner. Next week's Jackpot: €8,400. Consolation Prizes: €40 O'Keeffe's XL Gift Voucher: Don Casey, Coom, Gneeveguilla. €40 each: Mary Dilworth, c/o SAG, Eddie Nagle, Shinnagh. Dan McCarthy, Killarney Rd., Milltown. Joan Finnegan, c/o SAG. Next week's Lotto sponsored by The Bridge Bar.

RESULTS: Eastern League Div.1 U14 Football Rathmore 3-10 Legion 3-24.

Eastern Regional League Div.1 U18 Football Rathmore 2-07 Legion 0-16.

Lee Strand County League Div.2 U12 Football Rathmore 4-15 Legion 5-21.

Lee Strand County League Div.2 U16 Football Rathmore 4-11 Na Gaeil 4-10.

Rathmore GAA would like to wish Aidan O' Mahony and Paul Murphy the best of luck in the Munster Final next Sunday and also the best of luck to Shane Ryan in the Munster Minor Final.

EAST KERRY LEAGUE DIV. 1 U14:

On Wednesday at sun drenched Rathbeg, Rathmore U14s picked up their second win in the East Kerry U14 League (Div. 1) vs Dr. Crokes. Playing into a slight breeze in the first half, Rathmore started brightly. Long range points from Sean Cronin, Sean Clifford and Anthony Darmody established an early lead. Goals from Timmy Doherty, David Dineen, Dan Murphy and Anthony Darmody had Rathmore well ahead at half time.

The second half was evenly contested with Rathmore working well defensively throughout. Some excellent points and a brace of goals from Anthony Darmody to complete his hat trick, was enough for Rathmore to claim victory on a scoreline of Rathmore 6-15 to Dr. Crokes 4-07.

This was a very good team display from Rathmore with stand out performances in every line.

SYMPATHY: Rathmore GAA Club would like to offer the deepest sympathy to the family and friends of our late Club member Frank Buckley who passed away suddenly last week. Frank was a long time member and sponsor of the Club. He will be sadly missed by all in the Club. Ar dheis De go raibh a anam.

NOTES: If anyone has any information they would like to add to the notes, please email Michael O'Mahony (michaellomahony@eircom.net) or ring on 087-6676817 before 6:00pm on Sunday

MILLTOWN/CASTLEMAINE GAA NOTES

LOTTO: There was no winner of last weeks lotto, the numbers drawn were 11, 13, 16, 19. The next draw will take place on the 4th of July in Larkins Bar, when the jackpot will be up to 8,200 euro. Tickets available from local businesses. Thank you for your support.

SENIORS: Milltown/Castlemaine where defeated by Killcumin, in round seven of Senior football County League on a score line of 2-10 to 0-9.

JUNIORS: Play Ardfert next Friday in the Junior League semi final.

U 14'S: Our u14s were away to Dingle Friday the 27th, in the central region, when they came up against a very strong Dingle side, we were a point up at half time, but just fell short at the end, players that played well on the night were Patrick O'Connor, Aaron O'Brien, David Leane, and Darragh Poff, final score Milltown Castlemaine 2 11, Dingle 5 8.

DR. CROKES GAA CLUB

LOTTO: Draw took place in the Tatler Jack on Sunday last. Numbers drawn: 1, 7, 13, 16. The jackpot of €5400 was not won. Match 3, 10 received €40. Next week's jackpot is €5700. Draw will take place in the Tatler Jack.

FIXTURES: Minor Championship: Home vs. Mid-Kerry, Wednesday 9th July, 7pm. Please support.

RESULTS: EK Junior. C'ship: Dr. Crokes 2-15, Glenflesk 2-12. Junior Co. League: Dr. Crokes 0-10, Sneem/Derrynane 0-09. U21 C'ship: Dr. Crokes 2-06, St. Kieran's 2-11. EK Minor League: Dr. Crokes 1-16, Rathmore 2-07. U16 Co. League: Dr. Crokes 2-13, Gneeveguilla 3-08.

U16 CO. LEAGUE ROUND-UP: We kicked off our County League campaign in Connolly Park on Wednesday, 18th June. A very impressive opening half, which saw goals from David Shaw and Brendan Coppinger, saw us run out comfortable winners. We added 2 further goals in the second half to top off a tremendous team performance. Final score: Dr. Crokes 7-11, Austin Stacks 1-06.

The second round of the Co. League saw us line out without some regulars but this win was probably our best of the year. With 10 minutes to go, we trailed Gneeveguilla by 2 points but with grit and determination we clawed our way back into the game. Points from Michael Potts and David Naughton drew the sides level, and 2 by Jack Griffin swung the game in our favour. Final score: Dr. Crokes 2-13, Gneeveguilla 3-08

SATURDAY MORNING ACADEMY: Our Saturday morning hurling academy continues this weekend from 10:00am to 10:40am supervised by fully qualified coaches and all equipment is provided. We had a fantastic day to finish our Saturday Morning Football Academy. Our U6 to U10s had plenty fun & games in the beautiful sunshine. The club would like to thank all our fantastic coaches for their commitment & dedication to these age groups. Thanks also to Jamie Doolan, Tony Brosnan & Bryan O'Shea for presenting the medals to our future stars.

KELLOGG'S GAA CUL CAMPS: The Kellogg's GAA Cúl Camps are a great way for boys and girls aged 6 - 13 to play the games and learn GAA skills in a fun child-friendly

environment - and maybe even help make them a GAA star of the future! Fitzgerald Stadium will host a hurling camp from 28th July - 1st August.

GOLF SOCIETY: Captains (Denis Coleman's) Prize will be held on Killeen Course on Friday, 11th July. Tee times 1.00pm - 3.30pm. Time-sheet now open.

BRITISH OPEN CHALLENGE: The third major of the year, the British Open, will take place from the 17th - 20th July. Challenge cards for this popular challenge are now available from usual sources.

AWARDS NIGHT: The 'Pig on a Spit' mid-summer event has been rescheduled for Saturday, 19th July, commencing at 8:30pm. The various awards for the year 2013 will also be presented on the night. Tickets are €20 and are on sale now.

CLOTHES BANK: There is a clothes bank now permanently located at the rear of the clubhouse. Any old clothes, no longer required, can be deposited in bags at all times. As well as providing valuable funding to our juvenile section, proceeds from the bank also go towards the ISPC.

SYMPATHY: To the family and friends of Agnes Lenihan who passed away recently. Ar dheis Dé go raibh a anam dílis.

BEAUFORT GAA NOTES

LOTTO: Result of Sunday, 29th June for jackpot of €5,000. Numbers drawn: 5,10,16,18. No jackpot winner. Consolation Prizes: €80 Ann Marie O'Connor, Shanavalla. €50 Jerry O'Sullivan, Cappagh, Jerry Foley, Caragh Lake, Alan Courtney, Tomies.

Next draw for a jackpot of €5,200 will be held in Galvin's Bar on Sunday, 13th July. Tickets are available from usual sellers, local shops and bars. Anyone interested in setting up a Standing Order or an annual ticket of €50 should contact any of the sellers or officers.

BEAUFORT U16S: Were at home to Kilcummin on Wednesday 25th at 7.30pm in the 1st Round of the Co League. They won on a score-line of 3-15 to 3-9. Beaufort had lots of possession but failed to convert in the first half but played very well in the second half. Man of the match was Cian O'Sullivan (full back). Beaufort U-14s played Fossa in the Eastern Region League during the week. They lost on a score-line of Fossa 6-15 Beaufort 3-12. Half time: Fossa 4-2 Beaufort 1-7.

BEAUFORT U12S: Were away to Kerins O'Rahillys on Friday, 27th in their last game in the County League. Kerin O'Rahillys were unable to field an U-11 team so they clubs played a 15-a-side game. After a sluggish start Beaufort were behind at half-time 1-5 to 2-4. The 2nd half saw a much improved performance and won comfortably 4-12 to 2-8. They finished unbeaten in the group just drawing one game. Well done to all involved.

SENIOR CO LEAGUE GAME: against Na



Gaël due to be on this week-end July, 5th has been refixed for Saturday, 9th August at 7pm in Na Gaël

THE U12: Travelled to Kenmare on Tuesday evening to play the local side. Short some regulars they put up a good performance, especially in the 2nd half and lost out by 6 points. Full-time score 3-4 to 5-4.

GAELIC FOR MOTHERS & OTHERS: Continue on Monday evenings from 6.00pm to 7.00pm.

MID KERRY U21'S: Were away to Feale Rangers on Wednesday evening and were beaten. There is no losers round in the U21 Championship. Beaufort players involved were Michael John O'Connor, Shane O'Sullivan, Fergal Hallissey, Danny Healy, Ronan Murphy, Brendan Cronin.

MID KERRY MINORS: Are away to Dr Crokes on Wednesday 9th July at 7pm.

BEAUFORT MINORS: Sponsored by Melvin of Carsons Daybreak were away to Fossa on Thursday evening last. Minors will be away to Gneeveguilla this week in round 3 of East Region League

BEAUFORT G.A.A. CLUB AND KILLORGLIN CYCLING CLUB: Have joined forces to bring you the 'Ring of the Reeks', Caragh Lake Loop and the 'Ring of Beaufort' leisure spins which will be held on Saturday, 26th July.

SPA NOTES

COISTE NA NOG: U14 BOYS V KILGARVAN/TUOSIST CO. LEAGUE

ROUND 3: Spa played Kilgarvan/Tousist in an enthralling game at home last Monday night. Early points were exchanged before Spa took control of midfield with sterling performances by Reece Hegarty and Stephen McKenna. Fine scoring by the hardworking Ryan Kelliher, Gary Vaughan and Keelan Deegan resulted in a half time lead of 3-11 to 1-4. The visitors attacks were thwarted by the imperious Rory O'Keeffe at centre back as well as his trusted lieutenants on the wing James Lynch and Cian Murphy. The full back line of Dara O'Leary, Cian Fahey and Shane O'Donoghue were on top through out. Special mention must be given to goalkeeper Oliver Cremin who pulled off a number of point blank saves and steadied the ship through out. All the subs that came on made a great impact and deserve special mention. Sean Cahill who returned especially for this game from the Gaeltacht ended up with a personal tally of 2-1. Spa won out convincingly by a margin of 7-19 to 5-7 and play Beaufort away on July 7th in the next round.

SPA U16 BOYS V KENMARE: Spa came up against a good Kenmare team at home last Wednesday night. A hardworking first half display by the team gave the boys in blue a commanding halftime lead. Kenmare were unlucky with some wayward finishing. However



THE UNDER 21 EAST KERRY TEAM.

Spa finished strongly running out victors on a 5-14 to 1-12 scoreline.

LADIES FOOTBALL: U8 and U10s had an enjoyable few weeks playing in blitzes both home and away. There will be a break for the summer.

U12 GIRLS: SPA 2-4 MOYVANE 3-2

Lost by the narrowest of margins to Moyvane in Spa. Sarah Fleming was the top scorer on the night (2-3) with Marie Courtney scoring 1 pt. Eleana O'Donoghue, Grace Courtney, Jenny Cronin all played well.

U14 GIRLS: We entertained San Francisco Feile girls team along with Dr. Crokes and Glenflesk last Tuesday night in Spa. A great night of football and to top it off a brilliant BBQ upstairs. Thanks to all the volunteers especially the Social, Ladies, Coiste na nOg committees and members of the Executive. A special mention to the u14 parents who really stepped up and helped make the evening a great success. Best of luck to Maurice Casey as the manager of the San Francisco team who competed in Feile and also the CYC which will be held in New York this year.

SENIOR LADIES: Change of date for the senior Co. championship which will now take place on Friday July 18th at 7pm against North Kerry. We are entering a team along with Kilcummin and Dr. Crokes under the name Killarney.

COUNTY LEAGUE DIVISION TWO SPA 2-11

CASTLEISLAND DESMONDS 3-09

A tough physical encounter played in a sun drenched Spa saw Castleisland Desmonds maintain their position at the top of division two. The minimum of winning margins was enough to see them claim victory. The visitors opened the scoring with a well taken point by the ever reliable Kieran Brennan. The next ten minutes produced three goals. Ryan O'Carroll of

Spa received a pass from Michael O'Donoghue to finish calmly to the Desmonds net. An immediate response from Castleisland resulted in goals from the impressive Barry O'Neill and wing back Stan Devane. In a game that ebbed and flowed throughout Spa enjoyed a period of dominance notching up four unanswered points from Michael O'Donoghue and Craig Hickey followed by a great team goal finished by corner back Mike Finnegan. Important scores just before halftime by Maurice Hickey and Barry O'Neill saw Desmonds trailing by just one point at the interval.

A second goal by the energetic Barry O'Neill and points from Brennan and Fitzgerald seemed to be the defining scores of the half. This three point lead could not be clawed back by Spa. The home side rallied hard with points from O'Carroll, Hickey and O'Donoghue. Cian O'Connor had his kicking boots on and kept Desmonds in front with some good free taking. A frantic last couple of minutes and points by Alfie Giles and Michael Foley helped Spa to reduce the margin to the minimum. However, the home side could not break through the strong Desmonds defence and the visitors still sit proudly on top of Division two.

JUNIORS: O'SULLIVAN CUP:

SPA 4-12 CURROW 3-11

Ryan O'Carroll had 2 shots past the keeper within the first 10 minutes followed by another two from John O'Donoghue and Cormac Cronin by the quarter hour mark and the home side went on to win thanks to a great team effort.

EAST KERRY MINOR LEAGUE:

SPA 6-14 LEGION 1-12

A strong Spa side led throughout thanks to first half goals from Fergal O'Donoghue and Mike Foley (3), and two more from Foley and Evan Cronin before the final whistle.

KERRY MINORS: Good luck also to our Spa players on the Kerry minor panel as they face



Cork next Sunday in the Munster Minor Final at 12noon.

LOTTO: No jackpot winner. Numbers drawn 1, 19, 22, 27. Lucky dips Mary & Melissa Mangan, Coolcorcoran. PC Casey, c/o McSweeney, John Carroll, Ballaugh, Julie & Katie Flynn, Ballaugh. €12,000 next Monday July 7th in Oaks.

LA NA GCLUB: Will be held on Saturday August 2nd. To make this a continued success we will need volunteers on the day. A meeting will be held shortly.

VOLUNTEERS: Needed for stewarding next Saturday July 5th for the Ring of Kerry Cycle between 1-4pm. Anyone available to help out for an hour or two (or three!) please contact Deirdre on 0876332773

MID KERRY NEWS

COUNTY MINOR CHAMPIONSHIP RD

1: Sees Mid Kerry travel to Lewis road on Wednesday 9th July to take on Dr. Crokes 7pm (extra time playable)

KELLOGS CUL CAMPS: Will be held in Cromane Monday 7th - Fri 11th July if your child isn't registered he/she can register on the Monday morning.

EAST KERRY NOTES

By: Áine Ní Shúilleabháin PRO

O'SULLIVAN CUP ROUND 1

DR CROKES 2-15 GLENFLESK 2-12 (AET)

Last years finalists, Dr Crokes and Glenflesk were neck and neck when they met in the opening round of the O Sullivan Cup, Junior Championship, sponsored by O'Sullivan Cycles and Outdoor Killarney, in Lewis road. Played under new rules introduced early this year, this was an exciting evenly contested game, with the minimum between the sides at half time on a scoreline of Dr Crokes 1-07 Glenflesk 1-06, the goals coming from Keith O'Leary, Dr Crokes and Lee O'Donoghue Glenflesk. The second half dished up more great scores and it was tit for tat until the 50th minute, when Dr Crokes went 3 points up and tried to defend their lead. A determined Glenflesk came back and equalised, putting the game to extra time. The home side notched up 5 points in the half and the visitors 1-03, the goal by substitute Shane Dennehy. Score at end of normal time: Dr Crokes 1-12 Glenflesk 2-09.

In an exciting period of extra time, Glenflesk scored 3 points to Dr Crokes goal and 3 points, the goal from Ambrose O'Donovan being the difference between the sides at the final whistle. Score after extra time: Dr Crokes 2-15 Glenflesk 2-12. Dr Crokes are away to Spa in the Quarter final.

Referee: Donal Casey (Scartaglen).

CORDAL 0-13 SCARTGALEN 1-07

A very even local match between the two neighbours Scartaglen and Cordal saw Cordal come out with the win after an entertaining contest. Cordal led at half time 0-07 to 0-03. The

second half was a closely contested affair with another good display by both sides but Cordal managed to hold onto their lead for the win on a final scoreline of Cordal 0-13 to Scartaglen 1-07. Cordal play Listry in Currow.

Referee: Donal Donnelly (Kilcummin).

LEGION 5-11 KILCUMMIN 2-13

In the first round game of the O'Sullivan Cup, played in Derreen on Tuesday the 24 June 2014, it was the home side who got off to the perfect start when they were awarded a penalty in the opening minute which was duly converted. However, Kilcummin rallied over the next ten minutes to take the lead midway through the half. As the old saying goes, goals win games and this certainly appeared to be the case as when Legion scored the second of their five goals, they took control of the game and never appeared to be in any danger in the closing stages of the game despite a late Kilcummin goal. Final score Legion 5-11 Kilcummin 2-13. Furies host Legion in the Quarter Final.

Referee: James O'Sullivan (Furies).

GNEEVEGUILLA 2-13 FOSSA 0-06

Fossa hosted Gneeveguilla in Round 1 of the O'Sullivan cup. It was Fossa who got off to the better start with Lawrence Dillon hitting over a 5 minute free. Gneeveguilla had the majority of possession and, with Cornelius Buckley in good form, Gneeveguilla responded. Three frees from Lawrence Dillon and scores from Micheal Murphy and Donal Murphy gave Gneeveguilla a half time lead of 0-05 to 0-04. At the start of the second half, Gneeveguilla emerged a different team. Full forward Don Murphy played a wonderful ball to Donal Murphy who rattled the back of the net. Fossa responded but had 2 goal chances cleared off the line by Timmy O'Leary and DJ Murphy. The game was tied up when substitute Eugene O'Leary rose highest to fist a long ball into the back of the net. Gneeveguilla ran out winners 2-13 to 0-06.

Referee: Mike Brosnan(Spa).

SPA 4-12 CURROW 3-11

Spa hosted Currow in the opening round of the O'Sullivan Cup, Sponsored by O'Sullivan Cycles and Outdoor Killarney. Currow started well and 5 minutes in had 1-2 on the board, the goal coming from David O'Callaghan from the throw in. Spa however replied immediately with two goals from Ryan O'Carroll in 2 minutes. Currow hit over 4 points in quick succession to take the lead again but goals from John O'Donoghue and Mike Murphy gave the home side the advantage and they led 4-3 to 1-8 at the break. On the re-start Currow yet again netted from the throw in but Spa dominated the scoring and despite a goal from Currow's Con Daly in the closing minutes, Spa won out worthy winners.

Referee: Tom Moriarty (Legion).

EAST REGION MINOR LEAGUE

SPA 6-14 LEGION 1-12

Hosts, Spa, dominated the exchanges from the start in this Division 1 Round 2 East Region Minor League game, sponsored by The Tatler

Jack. The home side had an unanswered 2-5 on the board, by the quarter hour mark, the goals coming from Fergal O'Donoghue and Mike Foley. Mike Foley netted two more before the break and although Legion began to notch up scores in the second period, their goal coming from centre-back Dara Doherty, Spa finished well following two late goals from Mike Foley and Evan Cronin. Final score: Spa 6-14 Legion 1-12.

Referee: Denis O'Sullivan (Scartaglen).

GNEEVEGUILLA 4-14 KILCUMMIN 2-8

The first half of this Division 2, Round 2 East Region Minor League game, sponsored by The Tatler Jack, was very evenly contested with just a point between the teams at half time Chris Keane getting the Kilcummin goal and Cornelius Buckley replying with one for the visitors. Half time Score Kilcummin 1-5 Gneeveguilla 1-6. The second half was very much about Gneeveguilla who added further goals from Jamie Brosnan, D.J. Murphy and Cornelius Brosnan converting a penalty. Oscar O'Connor netted for Kilcummin but the visitors ran out easy winners on a final score of Kilcummin 2-8 Gneeveguilla 4-14.

Referee: Pdraig O'Sullivan (Furies).

FOSSA 3-11 BEAUFORT 2-12.

In a sporting game with an exciting final ten minutes, Niall O'Connor got Beaufort off to a dream start with a goal shortly after the throw in. However, goals from Paudie Clifford and Shane Cronin had Fossa 5 points up at the break on a scoreline of Fossa 2-07 Beaufort 1-05. Fossa pulled further ahead on the resumption, when Paudie Clifford set up his brother David for a third Fossa goal in the 42nd minute but Beaufort struck back with Niall O'Connor's second goal. It was a titanic struggle as the teams swapped points in the final 8 minutes but Fossa with Maurice Prenderville outstanding between the posts held on for a two point victory. Final score: Fossa 3-11 Beaufort 2-12.

Referee: Jim O'Connor (Scartaglen).

THE BILL TANGNEY CUP: The Bill Tangey Cup gets under way this week when Kilcummin host Currow in the quarter final. The other 3 quarter final fixtures depend on the outcome of the O'Sullivan Cup Quarter Finals.

EAST REGION UNDER 14 LEAGUE: The East Region Under 14 league round 5 games are fixed for Monday the 7th July at 7pm. The fixtures are Division 1 Cordal/Scartaglen V Glenflesk, Legion V Dr. Crokes, Rathmore - Bye. Division 2 Kilgarvan/Tousist V Kenmare, Beaufort V Spa, Fossa - Bye. Division 3 Listry/Keel V Furies, Currow V Gneeveguilla, Kilcummin - Bye.

REQUEST FOR PHOTOGRAPHS: East Kerry/Region Coiste na nÓg are looking for photographs of East Region Under 14 teams from 10 years ago (2004). Please email to Coiste na nÓg Officers Mary Donnelly or Sean O'Keeffe or Senior PRO, Aine.

EAST KERRY UNDER 21'S: The East Kerry Under 21 Team, sponsored by KWD Recycling,



showed great spirit and determination when they played South Kerry in the County Under 21 Championship, coming from behind to lead going into the last 5 minutes, with wonderful scores. However, it was South Kerry that ran out winners by the minimum after a very exciting game. Final score: East Kerry 3-14 South Kerry 3-15

MUNSTER TOURNAMENT: Best of luck to Kerry South teams taking part in the Munster Under 14, Under 15 and Under 16 tournaments next Saturday. Panels of 24 players travel across Munster to participate. Kerry South Under 14 team to Waterford, Under 15 team to Cork and Under 16 team to Limerick. Management and players have put in a fantastic effort to prepare for the games. East Kerry / Kenmare players will be well represented at all venues. Enjoy the experience.

DYLAN CROWLEY UNDER 11 INVITATIONAL TOURNAMENT: The Dylan Crowley U11 Invitational Tournament will be launched in Gneeveguilla Clubhouse on Monday 7th July at 9.30pm. All welcome.

LEGION GAA CLUB NOTES

U16 BOYS FOOTBALL: On Wednesday 25th June Legions u16 the boys entertained Ardfert in round 2 of the county league. From the throw in Ardfert signalled their intent and scored a fine goal. However our lads showed their resilience and took the game to ardfert. David Musgrave in goal producing numerous saves was effectively protected through out the game by Luke O'Donoghue in an unfamiliar corner back roll, with Thando Dube and Paul Moriarity also putting in excellent displays. Daniel Devlin Stephen McCarthy and Patrick O'Leary provided a solid defensive screen and and a slick counter attacking threat through out the game. David Leen in his first ever game at midfield along with Cian Gammell over came the Ardfert midfield and provided the foundations for a home win. Cain Sheehan, Conor Mc Carthy (1-3) and Mike Cronin worked tirelessly through out the game and dominated the Ardfert half back line. Gavin Moriarity (0-2) continued his excellent form this year. Mike Pierce (4-3) was in outstanding form and gave an exhibition of goal scoring. Micheal Devlin (1-0) proving again his goal scoring instincts with a fine goal. Final score Legion 6-8 Ardfert 2-6. Well done to all next up is an away game to St Senans on 16/7/14.

U16 GIRLS COUNTY LEAGUE: Following a lengthy layoff from competitive football, the girls hit the road last week when they travelled to Connolly park in Tralee to take on Austin Stacks and although they were a little rusty, they still delivered the goods and came away with a fine 0-15 v 0-05 victory. Well done girls.

ACCADEMY FOOTBALL: Also on the road to Connolly park last week were the underage accademy where the club brought a series of their underage teams to play Stacks last

Thursday evening and it was very encouraging to see the progress these teams have made over the last few months from their Saturday morning training sessions.

JUNIOR FOOTBALL: The Junior side are in high season of games at present with both County league and East Kerry championship in full flight, and the continuity of games seems to be suiting this bunch of lads as, last Tuesday they accounted for Kicummin 5-11 v 2-13 to advance to the quarter final of the O'Sullivan Cup and then only five days later they completed their County league Group 1 campaign with a victory over John Mitchels 1-17 v 1-07 to remain unbeaten and thus, qualifying for the County league final against the winners of Rathmore/Austin Stacks.

U14 BOYS FOOTBALL: Confidence was high last Wednesday evening as the boys travelled to Glenfesk to take on the local side, having accounted for Rathmore 3-24 v 3-10 in their previous outing but a more clinical Glenfesk took the points 1-13 v 0-12.

MINOR FOOTBALL: Travelling with the bare fifteen players to Spa was no excuse for the losing of this game as the host side were in control for most of the game.

DISCO: Well done to Desiree Crowley & Co. as they organised another great night in the form of last Friday nights eighties disco, held in McSorleys. A great night was had by all, and then the following morning the same crew were up brighteyed and bushytailed for their annual Tesco bagpacking. Thank you to all who helped in any way.

SENIOR COUNTY CHAMPIONSHIP: Calling on all support for the Senior team for next Sunday weeks [July 13] County championship 3rd round clash with neighbours Dr. Crokes. The game takes place in Lewis Rd with a 6.30 throw in and all support will be greatly appreciated.

LADIES LOSE OUT TO CORK

Kerry ladies commenced their campaign to retain their Munster title with a defeat to Cork in Pairc Ui Rinn on Saturday. Despite being down 7 points at half time Kerry managed to lead by a point half way through the second half but couldn't hold on. Cork as they have in recent ties against Kerry scored a goal in the first 3 minutes giving the Kerry team a mountain to climb. Kerry response was automatic as Louise Galvin ran at the Cork defence & earned a free which was tipped over by Sarah Houlihan. However shortly after Cork struck for a second goal, with their half back line driving forward to create overlaps & options for recycling possession. Louise Galvin struck for a fortunate goal when a point attempt lobbed over the Cork keepers head to keep the Kingdom side in the game. However Cork kicked over some good scores to keep daylight between the sides. Half time Cork 2-08 Kerry 1-04. Kerry made changes at half time & this made an immediate impact. Megan O'Connell who

replaced Lorraine Scanlon at full forward was instrumental in creating a goal which was finished off by Louise Ni Mhuirteartaigh. With Sarah Houlihan proving very efficient from placed balls & from open play Kerry managed to lead by a point mid way through the half. Cork sensing the game was going from them introduced subs of their own to freshen the team, including Eimear Scally who went onto score 1-01 in the dying minutes of the game as Kerry failed to clear their lines. Final Score Cork 3-11 Kerry 2-10. Kerry now meet Clare in the second round of the Munster Championship on Wed 2nd July, where a win for either team will secure their spot in the Munster Final in Rathmore on 12th July. Kerry will have an injury concern going into the Clare game as Sarah Jane Joy came off injured against Cork late in the second half, hopes are that the injury is not serious.

The Senior Championship commences on Friday July 18th with a preliminary game taking place on July 15th between Scartaglin & Desmonds/Duagh. The Junior A Championship also commences on July 15th. All fixtures & details are on the Kerry ladies website.

The U17 Development Squad continues training on Saturday at 11 am in Mounthawk Tralee for players born in 1997 & 1998. U12 Development Squad inter panel friendlies take place on Saturday 12th June, due to Ring of Kerry cycle taking place on Saturday & traffic restrictions that entails. Details will be posted on Kerry ladies website & social media outlets.

Kerry U14 "A" All Ireland Final against Mayo has been confirmed for Sunday 20th July in Mac Donagh Park, Nenagh, Tipperary 4 pm. This is Kerry's first appearance in the final in many years & we are hoping a big Kerry crowd will come & support the team.

Commiserations to Fossa who were the Kerry ladies representatives in Féile, they were defeated by Corofin Galway in the Division 1 Shield Semi Final. However they acquitted themselves very well.

LISTRY GAA NEWS

NEXT MONTHLY MEETING: This will take place in the clubrooms on Monday, 7th July at 9pm.

JUNIOR FOOTBALL LEAGUE GROUP 2:

Friday 4th July 2014 7 30 PM - Venue: Listry Round: Play Off

Listry - v - Gneeveguilla
Come along and support.

SENIOR FOOTBALL LEAGUE DIVISION 2 ROUND: 7 RESULT:

Saturday, 28th Jun 2014

Skelligs Rangers 0-8 Listry 0-6.

SUMMER CAMPS:

Kellogg's Cúl camp in Listry July 7th-11th.

The Dungeon Bookshop Listry football camp August 5th-8th. Application forms for both camps are available to download from Listry GAA website or at training every Friday evening.



SPA MUCKROSS AC

Well done to all our athletes that competed in the U14 to U19 Munster Finals in CIT on Saturday and Sunday, many of them having competed very successfully in the County Community Games finals in Castleisland the previous weekend. One of the standout performances from the athletes was from Christine Cooper, with a double gold performance in the U17 girls 400m and 300m Hurdles races. Dion Marcos was also in winning form with a great win in the U17 boys 400m, as was Dylan O'Sullivan in the U18 boys High Jump. Dylan also won the silver medal in the Long Jump with a new PB of 6.10 while Sarah Leahy won the silver medal in the U16 girls 100m. Other notable performances came from Elizabeth Stack in the U14 girls High Jump where she had a 5th place finish in the final, also getting a new PB of 1.40 and Ruth Courtney and Peter O'Sullivan who both had very good runs with 7th and 6th place finishes respectively in their finals of the U14 80m sprint. Also competing was Mícheál Devlin and Mark Cooper.

COMMUNITY GAMES RESULTS: Gold medals went to Alex Hennigan in the U10 60m Hurdles, Cian Lynch in the U10 200m and Sarah Leahy in the U16 100m while the U10 mixed relay and the U16 mixed relays from Killarney South areas also won Gold. They will now be going forward to represent Kerry in the National Finals in Athlone in August. Silver medals went to Marie Courtney and Shona O'Brien who both had a great battle in the final stretch of their races in U12 600m and U14 800m respectively. Emma Dineen also won the silver medal in the U16 1,500m. Bronze medals went to Darragh Fleming in the U12 600m and Ruth Courtney in the U14 100m. Killarney South won silver in the boys U12 relay, Spa Muckross won the bronze in the U13 mixed relay while Glenflesk won silver in the U16 Mixed relay.

Well done to all our athletes that competed in An Ríocht open sports recently, I don't have any results to hand but I understand that the good weather meant there were some outstanding performances on the night.

PITCH & PUTT NEWS

BY: GERRY O'SULLIVAN

LAST Sunday saw the National Strokeplay Qualifiers take place in Castleisland with a high total of 15 spots on offer across the three Gents grades. In the Seniors Listowel's Declan McCarron led home the field with a total of 19 under par, three ahead of both Deerpark's Damien Fleming and Tralee's Jamie Blake on 16 under. Next came Tralee's Jonathon Goodall on 15 under followed by Deerpark's Conor McCarthy on 14 under par. The final two spots in the Senior grade were claimed by Tralee duo Jason O'Regan and Des Hurley on 12 under par. The Intermediate scoring was of a similar high standard with Deerpark duo Creagh Courtney and St John Kelliher bringing in scores of 13 and 12 under par respectively with Castleisland's Aidan O'Connor getting the final Intermediate

spot with a score of 11 under par. The Juniors saw Deerpark's James Fleming claim the first spot on offer with a score of seven under par and he was followed by club-mate David Harnett on four under par. Castleisland's Paudie Looney and Tralee's Roger Guthrie were the next two qualifiers both on two under par while County Board Secretary David Hobbart from Tralee claimed the last spot on offer in this section with a score of one under par. All 15 will now go forward to the Finals which will take place in Stackallen, Co Meath on the weekend of July 26th and 27th next. Elsewhere the Juvenile fixtures got underway in earnest last Friday with the staging of the County Strokeplay Championships in Deerpark. Michael Cronin was the winner of the U-16 section with a score of 13 under par two ahead of club-mate Stephen McCarthy in second. The U-14 section was won by another Deerpark player, Sean Courtney with a score of six under par, ahead of Conor Quirke in second. The following day (Saturday) at the John O'Riordan Memorial Juvenile Scratch Cup in Rocklodge, Co Cork Michael and Stephen swapped places in finishing second and third overall at the event with scores of 12 and nine under par respectively.

RATHMORE / GNEEVEGUILLA COMMUNITY GAMES

LONG PUCK U12 BOYS: Well done to Padraic Finnegan who competed in this competition on Tuesday last in Abbeydorney.

UNDER 12 RELAY: A correction to last week's notes. Rathmore / Gneeveguilla area has previously had an U12 boys relay team representing Kerry at National finals. In 1992 Thomas Lynch, Michael Brosnan, Conchobhar Cronin & John Buckley proudly represented Kerry.

U12 GIRLS FOOTBALL: The U12 girls football team along with coaches Pat O'Sullivan, Dan O'Leary, Kathleen Dennehy and Brid O'Leary travelled to Abbeyfeale on Tuesday last to play a preliminary games against Monaleen of Limerick. Winning this game guaranteed them a place in the Munster finals on Saturday July 5th. Each girl on the panel contributed to the overall win. Well done to girls and trainers.

MUNSTER FINALS: The Community Games Munster finals will be held in University of Limerick on Saturday July 5th. We have 4 teams from our area taking part. First on the court on Saturday am at 9.30am in the main hall is the U11 mixed basketball team, Padraic Finnegan, Andrew Moynihan, Ciaran Cremin, Jack O'Leary, Michael Dennehy, Ciara Hickey, Roisin McAuliffe, Caoimhe Guerin Crowley, Tara O'Leary and Emma McGillicuddy. Trained by Jameson Hughes, Eithne Hurley, Stephen Lehané and Aisling Collins. Pending success in their game against Limerick, the final is scheduled for 12.30pm in the main hall. Next up will be the U12 girls football team trained by Pat O'Sullivan, Kathleen Dennehy, Dan O'Leary and Brid O'Leary. Having successfully

won their preliminary game on Tuesday last in Abbeyfeale the team are scheduled to play the team from Glanmire at 12 noon in Maguires Field. Again pending success in this game the final is scheduled for 2.00pm. Team members are: Amy O'Connell, Aoife Nagle, Danielle O'Leary, Aisling Brosnan, Megan McCarthy, Leah O'Donoghue, Michelle Fleming, Sophie Nagle, Niamh McSherry, Maura O'Keeffe, Orla Cremin, Michelle Cronin and Theresa Downey. Next up will be our U13 futsal Boys team at 12 noon, they will be playing the winners of the Clare V Tipperary match. The venue for the futsal game is the UL hockey Pitch at the back of the main arena. Again the boys and coaches will be looking for a victory to gain a place in the final. Team members are Cian Dineen, Alan Dineen, James Darmody, Doonagh Fitzgerald, Kieran Fitzgerald, Cathal Ryan, Ian O'Connor and Michael Twomey. Team coaches are Mike Kelly, Mike Dineen and Paul Darmody. Our spike ball team of Paul O'Leary, Lorcan Keane, Anthony Darmody, Sean Clifford, David Gleeson, Owen Fitzgerald, and Donal Hurley are scheduled to play the team from Mitchelstown in Cork at 1.30pm Court 4 in the main hall. Again a victory is necessary to secure a place in the final at 2.30pm. The team is coached by Mike McGillicuddy and assisted by Breeda Clifford. We wish all the players and coaches the best of luck in each of their games. We thank the children and coaches for the time they have given to training for each of their events. This year and over the past years we are indeed indebted to the trainers and coaches in our area who give of their time coaching and preparing the children for so many events. All coaches and children are required to check in at least 30 minutes before competition time at their venue.

BAG-PACKING: Thank you to the parents and children who helped out with bag-packing last weekend in Dunnes Stores, Killarney. Thank you to the management and staff of Dunnes Stores Killarney for allowing us to bag pack. The funds raised are vital for the running of the club.

MILLTOWN / LISTRY COMMUNITY GAMES

BEST OF LUCK: To our U13 Indoor Soccer Girls team who will represent Kerry in the Munster finals this Saturday July 5th in University of Limerick. We will have an early start playing a quarter final game against the Clare representatives at 9.30 am. These are a very dedicated group of girls and we sincerely hope that the girls and their families enjoy their day in Limerick.

KILLORGLIN ROWING CLUB

CORK REGATTA: Last weekend Killorglin rowers took to the water at the National Rowing Centre in Iniscarra, Co. Cork to race in the last Grand League regatta of the season. Racing kicked off Saturday morning with Karen and Veronica both racing in the Women's Division 1 single. Both of the girls rowed well with Karen



coming third in her category of Women's Club single, however, Veronica racing in a tough category of Women's Intermediate single didn't qualify for a place in a final. Next to race was the Men's Junior 14 quad consisting of Connor Murphy, Sean Houlihan, Michael O'Connor and Shane O'Connor and coxed by Tara Lynch, the boys narrowly missed out on 1st place when they were pipped at the finishing line by a bow ball. Connor and Sean later raced in the Men's Junior 14 single against each other, with Sean taking home gold. The Men's Junior 16 double of Kieran O'Sullivan and John F O'Grady qualified into Final A, however, facing strong competition they missed out on finishing in the top three. Sunday's racing started bright and early with Cathal O'Donovan racing in the Men's Junior 16 single. This was Cathal's first race in a single and finished first in his heat. With an impressive row in his heat Cathal qualified for the B final and finished third in the J16 singles, just three seconds from first place. Next up was Emma Murphy in her single, Emma had a tough race on the day but raced well. The last race of the regatta was the Men's Junior 16 quad of Kieran, John F, Cathal and Sean and coxed by Shane. With an impressive win in their heat the boys qualified for the A final. The boys dominated over St. Michael's and Shandon in the final to win gold.

WORLD CUP II REGATTA, AIGUEBELETTE, FRANCE: Well done to Monika Dukarska who represented Ireland and Killorglin at the World Cup II regatta in France. Monika and her partner finished 14th overall in the Women's Double Scull category. Monika is now returning to her single scull to seat race again for the double scull and to travel to the World Rowing Championships in Amsterdam. Best of luck Monika!

IRISH NATIONAL CHAMPIONSHIPS, 11TH -13TH OF JULY: The National Rowing Championships are fast approaching! Two weeks until the big day! Crews are settled and ready to fight for medals. The Club is proud to see Monika racing for the Club at the national level and also the return of our lightweight international athlete Fiola Foley. Fiola who is doing cycling at pro level in Switzerland will team up with Monika in the Women's Double Scull event and will also return to a single for two sculling races at the Championships. The entry will be complemented by our talented junior 14 and junior 16 rowers as well as the senior ladies who will take on the big races. Detailed entry will be published on our blog <http://killorglinrowing.wordpress.com/> and our facebook page: killorglinrowing during the week.

KILLARNEY REGATTA 29TH OF JUNE: Congratulations to all Killorglin athletes racing at the Killarney Regatta at the weekend. All crews performed fantastically! The rowers raced Killarney Sixes as well as the Fours. Congratulations to our Senior Men's Four crew of Fionan Crowley, Cian Clifford, Cathal Clifford and Sean Deinum and our ladies who raced the Junior Ladies race on the day - Maeve



KILLARNEY SOUTH U.10 MIXED RELAY TEAM GOLD MEDAL WINNERS AT KERRY COMMUNITY GAMES COUNTY FINALS. THE TEAM HAS QUALIFIED TO THE ALL IRELAND COMMUNITY GAMES FINALS ON THE 22ND OF AUGUST. TEAM: ALEX HENNIGAN, CONOR GAMMELL, TEDDY MULDOON, PIA HICKEY, AOIBINN EVANS AND ALEXANDRA CASEY.

McGillycuddy, Monika Dukarska, Veronica Kingston and Karen Joy. Both crews were coxed by Siobhan Joy. It was an enjoyable day for all and we look forward to returning to Killarney next year.

GNEEVEGUILLA ATHLETIC CLUB

LOTTO: No winner of our lotto draw 27/6/2014, numbers drawn were 2, 6, 21 and 23. Winner of sellers prize Nuala Riordan Knocknagree, winner of €50 yearly ticket holder was Breeda & Rita Casey Lyre, €50 to Simon Mangan Woodlawn, Killarney, €40 to Eileen Coakley Hollymount, Siobhan Moynihan Ballydesmond and Nuala Riordan Knocknagree. Bonus not won numbers drawn were 1, 3, 25 and 28. Next week we draw €10,800 plus €1,000 bonus. The main action this weekend was the Munster U14 to U19 Championships in CIT. The following were our medal winners who have qualified for the National Championships in Tullamore in August. Sinead Warren 1st in Hammer and 1st in Shott Putt U15, Sinead was only 2cm short of the record in the shott. Tomas O'Neill 2nd in Hammer and 2nd discus U18, Amy Cronin 2nd in 200m and 3rd in 100m U17, David O'Keeffe 2nd in 3,000m U19, Gary Cronin 2nd Hurdles U15. Well done to all of them.

THE WILLIE NEEHAN MEMORIAL 10K ROAD RACE: In Millstreet Maurice Feehan was our top runner in 6th place. Robert Purcell 2nd O45, and with Fergal Barry and John Guerin running on strongly they took 2nd place in the team event. As the most of our track and field championships are now gone for this year we are confining training to Wednesday evenings 6pm to 7pm in Riocht track. Buses will run as usual from Boherbue and Gneeveguilla at 5.30 pm, until further notice. If anybody feel they need special training for throwing the weights contact Shelia (086) 8136523. A special summer Series run by our club will be launched shortly, watch out for details.

WORKMEN'S ROWING CLUB

ANNUAL KILLARNEY REGATTA: Another very enjoyable day at the 229th Annual Killarney Regatta, held at O'Mahoney's Point, Killarney Golf and Fishing Club on Sunday. Congratulations and Well done to all crews and trainers, a big thank you to Pat O'Donoghue for the fantastic BBQ cooked for all the members.

It was very touching to see the Heffernan Family with us on Sunday, still supporting and very much part of the Workmen's Rowing Club. The Regatta Committee paid a lovely tribute by affording a minute silence to Brendan, who passed away after a long battle with cancer in September last year.

BEST WISHES: Go out to the best captain and mentor of Workmen's RC, Pat (Doc) Doherty, continued recovery and strength, hope to see you back at the rowing club, dishing out the orders and the best homemade burgers very soon.

TRAINING: For the National Rowing Championships for all our juvenile crews is well under way, with just two weeks to the All Ireland's, at Inniscarra, it's all systems go down at Workmen's RC. It's also that time for our Annual Street and Church gate Collection, so all members and their families are requested to help out and give a few hours to collect. The money goes to the vital day to day running of the club and also goes towards our insurance and electricity bills. Training also continues for the County Championships Coastal Regatta and All Ireland Finals, which will be hosted by Waterville in August this year. Busy times ahead! Happy Rowing!

LISTRY CYCLING CLUB

The next cycle will take place on Thursday, 10th of July. A meeting took place on Monday, 30th of June at which it was agreed that everyone needs to be covered by insurance. This can be done by joining Cycling Ireland and must be done before the next cycle on July 10th. Also we would like to wish anyone in the club doing the Ring of Kerry tomorrow all the very best!

KILLARNEY CREDIT UNION KILLARNEY ATHLETIC 7 A SIDE VENUE – WOODLAWN

PITCH 1

Monday 7th July

6.20 U16 Tekkerslovakia v Killarney Hotspur
6.45 U16 O'Leary Expert v Thunder Ducks United
7.10 O 35 The Wipeouts V Four Star Pizza
7.35 U16 Tekkerslovakia v Thunder Ducks United
8.00 FC Toba V MD O'Shea's Park Road
8.25 The Brehon V Henderson's Bar Furies
8.50 Tatler Toffees V Kate Kearney's

Tuesday 8th July

6.45 U16 Tekkerslovakia v Killarney United
7.10 U16 Killarney Hotspur v Thunder Ducks United
7.35 Scotts Hotel V Killarney Oils
8.00 The Wedding Guru V O'Callaghan's Bar
8.25 The Wedding Guru V The Ross Inn

Wednesday 9th July

6.20 U14 Aston Vanilla v Queens Park Strangers
6.45 U14 Ballyspillane Community Centre v Unreal Madrid
7.10 O 35 Beaufort Bar V The Wipeouts
7.35 Moriarty Photos V Connie's Sexy 7
8.00 Mustang Sallys V The 98 Bar
8.25 The Blazing Squad V Athletico Glenflesk

Thursday 10th July

6.45 U14 Aston Vanilla v Fairfield United
7.10 O35 Liebheer Cranes V Bunkers Bar
7.35 U14 Unreal Madrid v Fairfield United
8.00 U14 Aston Vanilla v Ballyspillane Community Centre

PITCH 2

Monday 7th July

U16 Bow Wow Panthers v Bayern Munding
U16 Mustang Sallys v TWG
O 35 Beaufort Bar V Fleming's Taxi
CG Killarney V O'Callaghans Bar
Kate Kearney's V Dunloe Lodge
FC Faha Court V Tatler Toffees

Tuesday 8th July

U16 TWG v Bayern Munding
O 35 Liebheer Cranes V Mackey's Crew
U16 O'Leary Expert v Killarney United
FC Polaco V Speakeasy Bar
Bilboa Naggins V Jimmy Briens

Wednesday 9th July

U14 Barca Boys v Glenflesk Dynamos
U14 The Boys from Bavina v The Black Panthers
O 35 Fleming's Taxi V Four Star Pizza
Dunboy Greener Homes V Tricel
Mackey's Crew V Fossa City

Thursday 10th July

U14 Queens Park Strangers v Ballyspillane Community Centre
O35 Mackey's Crew V Tatler Toffees
U14 Barca Boys v The Boys from Bavina
U14 Glenflesk Dynamos v The Black Panthers

RESULTS

Monday 30th June

6.45 FC Faha Court 1 Kate Kearney's Cottage 1
6.45 Jimmy Briens 1 Speakeasy Bar 0
7.10 Hugh's Bar 0 O'Callaghan's Bar 2
7.10 Dennehy's Corner Bar 1 Currow City FC 1
7.35 FC Polaco 4 Bilbao Naggins 3
8.00 CG Killarney 4 The Wedding Guru 1
8.00 The 98 Bar 0 Killarney Oils 3
8.25 Scotts Hotel 4 Mustang Sallys 1

Results Tuesday 1st July

615 FC Toba 0 The Brehon 3
6.15 FC Polaco 0 Jimmy Briens 1
6.45 Athletico Glenflesk 2 Connie's Sexy 7 4
7.10 Moriarty Photo 4 The Blazing Squad 1
7.10 Henderson's Bar Furies 1 MD O'Sheas Park Road 0.
7.35 Mustang Sallys 0 Killarney Oils 1
8.00 CG Killarney 5 The Ross Inn 1
8.25 Scotts Hotel 0 Charlies Angels 3
8.25 Mackey's Crew 3 Dunboy Greener Homes 3
8.50 Tatler Toffees 1 Dunloe Lodge 2

Results Wednesday 2nd July

6.45 Moriarty Photo 0 Athletico Glenflesk 1
7.10 Dennehy's Corner Bar 2 Killarney Medals & Trophies 0
7.10 Killarney Oils 1 Charlies Angels 2
7.35 Bilbao Naggins 1 Speakeasy Bar 3
7.35 Tricel 0 Fossa City 3
8.00 FC Faha Court 2 Dunloe Lodge 1
8.00 O'Callaghan's Bar 1 The Ross Inn 3
8.25 The 98 Bar 0 Charlies Angels 3
8.25 FC Toba 0 Henderson's Bar Furies 4

KILLARNEY CELTIC NOTES

GAYNOR CUP: Kerry's U16 and U14 Girls did themselves proud in the Gaynor Cup Tournament. Huge thanks to allinvolved, especially our great Killarney Celtic representatives.

SUMMER CAMPS: Our Summer Camps kick off very shortly and we wish everyone all the best of fun as well as coaching.

FOOTBALL FOR ALL: Killarney Celtic FC Football For All is a team for children who are not able to play with mainstream soccer teams. All children aged 6yrs-14yrs with intellectual, physical or sensory special needs are welcome. Parents who are interested in bringing their child/children should call Jane on 086-2243435 or John on 086-8177729

FIXTURES

U17 League Final: Killarney Celtic v AC Athletic,

Mounthawk Park, Sunday, 2.00pm

U14 Girls National Cup Quarter-Final: Killarney Celtic will face Peamount (Dublin) in Celtic Park on Sunday at 3.00pm.

RESULTS

U17 Cup Semi-Final: Killarney Celtic 5 Dingle Bay Rovers 0

Celtic pulled out all the stops here in a magnificent performance. Chris Keane slotted home a hat-trick, with further goals from Cathal O'Shea and William Courtney.

LOTTO RESULTS: Numbers drawn 2, 12, 20, 22. No winner, three match 3, James O'Connor Allmans Tce., Pauline Lyne Dennehy's Rd., Brendan O'Donoghue Tiernaboul, €50 each. Next week's jackpot €2,000, draw in the Failte on Monday night. Tickets available from all club officers.

ROLLER COASTER 16'S GAYNOR FOR

KERRY GIRLS: The last of the big 3 Inter League Tournaments, the WFAI 16's Gaynor, took place at the weekend when Kerry joined 14 other Leagues to play for the Jeremy Dee Cup.

The standard of the 16's competition is very high with many Leagues having international players on their squads. This Kerry squad was one of the youngest with the majority underage again next year.

This bodes well for the future as with a few additions from this year's 14's squad Kerry should be very competitive next year.

This year Kerry opened with a 4-0 loss to Midlands despite playing well and only conceding the last two goals in the closing minutes.

They then met the tournament favourites and eventual winners Metropolitan Girls League and in fairness were well beaten. The MGL went

through the tournament unbeaten.

On Saturday Kerry led Limerick County going into the final stages but conceded late to go down 3-1 with Liz Mohan scoring directly from a corner.

Kerry saved their best performance for their last Group game when they drew 2 all with Mayo. Leah Henry scored both Kerry goals which saw them moving above Waterford and Limerick Desmond in the final standings.

There last game was against Limerick Desmond and with the game looking like it was going to penalties (there is no extra time in this competition) Limerick Desmond scored the vital goal.

Coached by Lol O'Leary, Brendan Hogan, Paula Henry and Mary Horgan the squad did the League proud.

Representing Kerry were: Listowel Celtic's Rachael Mulvihill, Abbey McMahon, Rebecca O'Mahony, Saoirse Kennedy, Leah Henry, Meave McAvoy and Mary Berry. Killarney Celtic's Rebecca Murphy, Keeley O'Connor, Killarney Athletic's Eleana Galvin, Jessica Galvin and Liz Mohan, and Tralee Dynamos Leanne O'Brien and Norma O'Connor.

SAVANNA PART OF HISTORY MAKING

TEAM: The Irish under 19 Girls team will make history on the 15th of July when they take to

the field for the first game of the 2014 UEFA U19 Championships. This will be Ireland's debut at the finals after reaching the Elite phase on many occasions.

Ireland open their campaign against Spain on the 15th, England on the 18th and Sweden on the 21st with the top two going forward to the semi-finals.

Listowel Celtic's Savanna McCarthy is an integral part of the squad and Assistant Manager Dave Bell said that the squad is really looking forward to the tournament.

"We know we are up against very good teams but then we are a very good team as well! The girls are working very hard and we aim to give it a real go."

KILLARNEY ATHLETIC A.F.C.

Killarney Athletic A.F.C. Annual 7 A Side Tournament

KICK-OFF: Killarney Athletic A.F.C. Annual 7 A side tournament in conjunction with sponsors Killarney Credit Union has started on Monday 30th June and has drawn great crowds so far and has some great competitive games. Please come down and support for a great evening of sport.

UNDER 10 & 11: The deadline for entry forms

to be submitted for the under 10 & 12 age groups is today Friday 4th July.

See www.killarneyathletic.com for entry forms, information on previous 7-A-Side Tournaments and for updates throughout the tournament.

HELP NEEDED FOR 7 A SIDE: We are looking for volunteers to help out with the 7 A side tournament for the month of July. Could you spare an hour and help with the gate, the pitches, the shop or the fixtures? Let us know on facebook, twitter, via the website (www.killarneyathletic.com) or text or phone Toirdealbhach (087) 6447603. One day a week would be a great boost to help raise funds for the club's ongoing expenses. Don't forget, it's your club and your club needs you

CONGRATULATIONS to Geraldine Nagle on being elected Vice Chairperson of the Kerry Schoolboys/Girls League at their AGM on Monday evening.

BEST WISHES & best of luck in the future to the Gleeson Family on the reopening of their store in College Street from everybody in Killarney Athletic.

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



THE FC FAHA COURT TEAM COMPETING IN THE KILLARNEY ATHLETIC/KILLARNEY CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).



THE JIMMY BRIENS TEAM COMPETING IN THE KILLARNEY ATHLETIC/KILLARNEY CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).



PICTURED BEFORE THE FIRST GAME AT THE OPENING NIGHT OF THE KILLARNEY ATHLETIC/KILLARNEY CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT ON MONDAY NIGHT WERE FROM LEFT, EMMA LOONEY, KILLARNEY CREDIT UNION, ALAN DALY (FAHA COURT CAPTAIN), STUART TEMPLEMAN, REFEREE, GARY TANGNEY (KATE KEARNEYS CAPTAIN) AND MIKE O'SHEA, CHAIRMAN. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY)



THE SPEAKEASY BAR TEAM COMPETING IN THE KILLARNEY ATHLETIC/KILLARNEY CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).

ROSS GOLF CLUB

LADIES

UPCOMING COMPETITIONS: Sunday July 6th 9 hole club sponsored competition.

MIXED FOURSOMES: The 2nd round of the mixed foursomes competition has now commenced.

CONGRATULATIONS: Well done to our Junior Foursomes team members and manager Elizabeth Kelliher who won their match against Castleisland in Beaufort on Sunday June 29th. Their next opposition will be Killarney in Kenmare in the upcoming weeks. A thank you also to the supporters on the day.

We wish the very best of luck to the Intermediate team and their manager Betty O'Farrell who will play against Dooks in Tralee on Sunday July 6th at 2pm. Support for our ladies would be much appreciated.

DEEPEST SYMPATHIES: The ladies club wishes to extend their deepest sympathies to Ross member Ger Linehan and to his children Erin and Jack on the untimely death of his wife Agnes Linehan who was a past Lady Captain of the Ross Club. Our thoughts go out to their extended families.

PARKNASILLA GOLF CLUB

RESULTS LADIES: Saturday stableford: 1st Eileen Doyle (22) 36 pts, 2nd Jackie Flynn (32) 35 pts.

FIXTURES: Ladies Open day, Tuesday July 8th, 18 holes, 3 ball better ball, contact 086 2669428. Cearbhall O'Dalaigh Memorial Classic Golf Scramble, Saturday July 5th and Sunday July 6th, 18 holes, teams of 3, gents/ladies or mixed, phone 064- 6645195 or 087 1377717.

KILLARNEY GOLF CLUB

MEN'S

REGATTA FOURBALL: Betterball Stableford June 29th, Killeen Course

1st Fergus Houlihan (9) & Conor Houlihan (9) 46 pts.

2nd Joey Sheehan (7) & Eamonn O Sullivan (12) 45 pts.

3rd James Devane (10) & John Kelliher (18) 44pts (on back 6).

4th Donald McSweeney (17) & Eugene McSweeney (22) 44 pts.

OPEN DAY: The next Open day is on 2nd July on Killeen. Visitor Entry Fee: €40, Member Entry Fee: €10

Format: Singles Stableford

RING OF KERRY

RESULTS:

1st Gearoid O'Brien (4) 44 pts

2nd Aidan Foley (18) 43pts

3rd Tommy O'Driscoll (1) 42pts

4th Geoffrey O'Mahony (19) 41pts

UPCOMING EVENTS: Every Tuesday open Singles.

Saturday / Sunday 5th & 6th July 2 person betterball

ROSS GOLF CLUB

GENTS

RESULTS: On June 29th we held a single stableford competition.

The following were the winners:-

1. Tadhg McCarthy (24) 41pts.

2. Jordanas Jonikaitis (21) 41pts.

On Sunday July 6th we will hold an 18 hole single stableford competition. The timesheet is now available in the clubhouse so please add your name to it as soon as possible.

DR BILLY TEAM: Well done to our Dr Billy team on their victory over Killarney GC at the Ross during the week on a score of 4 to 1. They will now move onto play Castlegregory away in the next round.

SYMPATHY: We extend our sincere sympathy to Ger Linehan and family on the recent untimely death of his wife, Agnes, R.I.P. a past Captain of the Ross GC.

KENMARE GOLF CLUB

LADIES: 1st Leonie Lyons (34) 39 points.

2nd Breda Murphy (22) 36points.

KILLARNEY GOLF CLUB

LADIES

Killarney beat Tralee in the National Mixed Foursomes which took place in Dooks last Wednesday June, 25th, and they now go forward to play in the Semi Final against Waterford Castle in Dromoland on 9th August.

CHARITY OPEN DAY: Will take place on Wednesday 9th July, on Mahony's, format team of two, in aid of Recovery Haven Cancer support house and Alzheimer's Society of Ireland.

NEXT COMPETITION: Will be Sunday Next July 6th on Killeen, Singles S/Ford, sponsor Desire Hair, Nail and Beauty Salon.

BEAUFORT GOLF CLUB

(LADIES BRANCH)

28th/29th June – 3rd Round Golfer of The Year – Sponsored by Beaufort Bar (CSS 71 both days)

1st Noleen Mackessy (26) 73 Net.

2nd Margaret Guerin (26) 73 Net.

3rd Teresa Clifford (31) 76 Net.

Scramble 25th June

WINNERS: Michael John O'Connor (11), Jerry O'Sullivan (28), Teresa Clifford (30) - 24 1/7th

FIXTURES: 5th/6th July – 3 Club 18 hole Stableford – sponsored by Ladies Branch.

Club BBQ Sunday 6th July from 4pm to 6pm – Book your place by ringing Clubhouse on 064-6644440 before Friday.

Club Scramble continues Wednesday 2nd July at 6.30pm.

BEAUFORT GOLF CLUB

(MEN'S RESULTS)

27th June – Open Friday – Sponsored by Clifford Groundcare.

WINNER: Darragh O'Regan (18) 35 pts.

FIXTURES: 6th July - Club BBQ & 3 Club competition sponsored by M.D. O'Shea will now take place on Sunday 6th July from 4pm to 6pm – Book your place by ringing Clubhouse on 064-6644440 before Friday.

Club Scramble continues Wednesday 2nd July at 6.30pm.

Open Fridays (Single Stableford for Ladies & Gents) continues Friday 4th July.

CASTLEROSSE GOLF CLUB

RESULTS: competition played on Sunday June 29th, 18 hole Stableford, Winner, Daniel Shine (09) 40 pts, Runner up, Gintaras Bendaravicius (19) 39 pts, Overall third, Steve Shine (17) 39 pts.

RESULTS: Scramble played on Thursday 26th June, 3 person scramble, winners Danny Lynch, Daniel Shine & Barth Warren.

FIXTURES: Scramble each Thursday evening at 6.15pm, meet at 6pm in Club House, open to Ladies & Gents, Guests welcome. Come and enjoy 9 holes of golf at very reasonable cost.

Next weekend 18 hole Stableford, play Friday, Saturday or Sunday. Register on sheet at Castlerosse.

Castlerosse away-day Saturday 12th July in Killorglin Golf Club, tee off 12.30pm register on sheet at Castlerosse.

DEERPARK PITCH & PUTT

SYMPATHY: The sympathy of all Deerpark members is extended to the family of Agnes Lenihan Park Road who died unexpectedly at the weekend. May She Rest In Peace.

NATIONAL SCRATCH QUALIFIERS: Congrats to the following who were successful in last weeks, Qualifiers Senior Damian Fleming and Conor McCarthy, Intermediate Creagh Courtney and St John Kelliher. Junior James Fleming and David Harnett. They now go forward to the finals to be held in Co Meath at end of July, U-16 County Strokeplay in Deerpark in Deerpark on last Friday.

CONGRATULATIONS: To Michael Cronin and Sean Courtney who emerged as winners with Stephen McCarthy and Conor Quirke as runners up.

John O'Riordan Scratch Cup on Saturday June 28th.

Congrats to Stephen McCarthy who finished in second place with Michael Cronin in third place.

WEDNESDAY EVENING FOURBALL: Winners on last Wednesday evening were the team of Jason O'Brien, Sheila O'Donoghue and Chris Collins Hole in One Jason O'Brien. Competition continues each Wednesday evening at 7.30pm.

SUMMER CAMPS 7TH TO 9TH JULY:

Application forms for the Summer Camp which will be held in Deerpark from July 7th to July 9th are now available from the Clubhouse, Entry fee is €35 per child, €60 for two children and €90 for three children, Further information from 087 6403417

PLAYERS HANDICAPS: There has been a recent review of player's handicaps. If unsure

of your handicap please make contact with the latest register on display in Clubhouse or alternatively contact Sean at 086 0508686.

RICKY KELLY COMPETITION IN JULY:



The annual Rick Kelly Three man Scramble competition will be held on the Deepark Course on weekend of July 18th, 19th, 20th concluding with the Barbeque on Monday July 21st when the prizes for the various earlier competitions will be presented, Entry fee is €100 per team with the proceeds again being donated to the Cystic Fibrosis fund.

REGISTRATION CARDS: Members who may not have collected their 2014 membership cards are reminded that they are available for collection in Clubhouse.


LADY CAPTAIN'S FUN EVENING: Lady Captaln Mary O'Brien is hosting a Ladie's Fun Evening at Deepark on this Monday July 7th at 7pm to which all current, past and non members are invited. Refreshments will be served.




MIKE KENNEDY, CAPTAIN KILLARNEY GOLF CLUB PRESENTS HIS CAPTAINS PRIZE TO BRUDDY BURROWS ON SUNDAY LAST.



Killarney Outlook
wishes the cyclists
a safe journey on
this years Ring of
Kerry Cycle!



GARDENING OUTLOOK



with John O'Sullivan

ORNAMENTAL GRASSES

Ornamental Grasses can grow in a wide range of conditions. There are grasses to suit damp or dry soils, shady and sunny positions.

Grasses can add great colour to any shrub bed and they also look great in containers.

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Farming Outlook

ENTERPRISE REPORT SHOWS FARM FAMILIES TO SUFFER FROM TTIP

IFA President Eddie Downey said farmers will be deeply suspicious about the absence of any sectoral analysis of the TTIP deal by Copenhagen Economics, which has been commissioned by the Department of Jobs and Enterprise. He expressed serious concern about the early conclusions, saying there were real risks for Irish agriculture. Unfortunately, what we have seen so far is strong on optimism, but short on supporting facts.

He said, "The findings of the report, which have not been made available publicly, are very broad and there appears to be a complete lack of any detailed sectoral analysis. It suggests that the beef and dairy sectors would suffer, but this would be compensated for by an increase in processing output. This is shocking and confirms IFA's position that primary agricultural output would suffer, with the potential loss of thousands of jobs in rural Ireland".

Eddie Downey warned that Irish beef and dairy producers have no interest in producing cheaper raw material for the processing sector. Minister Coveney needs to challenge the report's findings. He said the Irish Government and EU negotiators must ensure that the unique standards and production systems that apply on Irish and EU family farms are not compromised in these discussions.

In a meeting with US Agriculture Secretary Tom Vilsack in Dublin, IFA President Eddie Downey had an open and frank discussion on the real concerns of Irish farmers over the US demands for increased volumes of US beef imports in the TTIP trade negotiations. "Equivalence of standards and end-use control of quotas will have to be strict criteria".

Agriculture cannot become the sacrificial lamb in the EU/US trade negotiations, according to Mr Downey, who said Minister Coveney and our Government must be very strong and forthright in

defending the interests of Irish farmers.

The IFA President said Minister Coveney's focus of opening the US market to Irish beef and lamb is very welcome, but cannot come at too high a price on US beef imports, which have the potential to seriously damage the Irish beef sector.

In addition, Eddie Downey said Minister Coveney must also make it abundantly clear to Secretary Vilsack that Irish and European consumers will not accept any US beef produced with the use of hormones and anabolic growth additives such as ractopamine, substances banned as unsafe in the European Union.

Eddie Downey said Minister Coveney has to insist that there can be no imports from the US which fail to meet EU standards on the key issues of traceability, food safety and environmental standards. "Minister Coveney must make it clear that these are red line issues for Ireland and the EU in the TTIP negotiations."



EDDIE DOWNEY IFA PRESIDENT

SINN FéIN TO TACKLE BEEF CRISIS AT HOME AND IN EU

Sinn Féin has announced a high-level meeting with farmers and dealers in the beef industry, where its MEPs, TDs and MLAs will discuss solutions to the crisis in the industry.

Announcing the meeting, Sinn Féin agriculture spokesperson, North Kerry TD Martin Ferris said: "The crisis in the beef industry has caused hardship and stress among producers recently and it seems that the government and Minister Simon Coveney are happy to let the market rule. The problem is that the market can be manipulated by the beef barons and by the large multiple retailers who change specification and introduce penalties at will, while the minister sits on his hands." He added: "The trade of cattle across the island is a traditional agricultural activity for centuries. This is particularly true of trade between the Six Counties and the West. Farmers and marts depend on this trade and the consequences of this trade being prevented due to the movement from what is deemed as one member state to another is detrimental for numerous beef farmers."

The only way to solve this issue practically is to secure a derogation from Europe in relation to the EU beef labelling rules, which will allow for our unique circumstances and will open the way to free trade across the island. If the government has abandoned the beef farmer, Sinn Féin has not and will do all in our power, North and South and in the EU parliament to help Irish farmers."

The meeting with the trade will take place in Ballinasloe on 11 July 2014. Details of the full list of speakers and time and place of the meeting will be issued next week.



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• Docks should be 8-10 inches high or across.

• Thistles should have 4-10 leaves, or up to 8 inches high.

• Nettles should be 6-10 inches high.

If weeds are gone beyond this stage, or have flowered – it is better to top the field & spray two to three weeks later, when the weeds will be at the correct stage for a good kill.

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GREATER AWARENESS NEEDED OF DANGERS POSED BY SLURRY FUMES

Fine Gael Kerry TD, Brendan Griffin, this week raised with the Minister for Agriculture, Food and the Marine, Simon Coveney TD, the need to take measures to warn farmers of the dangers of slurry gasses. "Already this year, there have been a number farm deaths due to slurry fumes. This is an utter tragedy and the Government needs to do everything possible to prevent any further deaths. The Minister for Agriculture has assured me of his commitment to promoting farm safety and outlined how for the last three years, a farm safety message has been included with the Single Payment application packs, which are distributed each year to over 130,000 farmers. In 2013 that farm safety message, was entirely focused on safe slurry handling with the message that 'one lungful of slurry gas can kill' and also included the list of Safe Agitation Guidelines." Mr. Griffin added: "The pilot Farm Safety Mentor Programme, launched in 2012, enables farmers to become farm safety ambassadors in their own community. This programme includes DVDs which are used by the Farm Safety Mentors and others specifically to help raise awareness of the dangers

of slurry gas. There is a Health Safety Authority DVD containing emotional testimonials from individual farmers who tell us about their experiences of farm accidents which led to either fatalities or serious injury. Farms are extremely dangerous environments. Much of the silage has had its first cut at this stage thanks to the fine weather we've been enjoying for the past few weeks. It now prime time for spreading slurry and it is vital that all farmers are aware of the dangers as we do not want any more deaths on our farms."



BRENDAN GRIFFIN TD

STRONG GROWTH POTENTIAL FOR HIGH PRICE AND QUALITY IRISH LAMB IN SWEDEN AND DENMARK

IFA National Sheep Committee Chairman John Lynskey visited Sweden and Denmark to review the growth potential of Nordic market for Irish lamb exports with Bord Bia. "The Nordic market is now the third most important export market for Irish sheep meat after France and Britain, accounting for €24m worth of sheep meat exports in 2013, an increase of 20% on 2012. Sweden accounts for 75% of this market and Denmark 20%. The growth potential is substantial with the volume of Irish sheep meat to Sweden growing by 58% from 2011 to 2013." The objective of the study visit was to obtain an overview of the Danish and Swedish markets; to gain an insight into the positioning of Irish sheep meat in supermarkets; and to get the views of the meat distributors who import Irish lamb. John Lynskey said having visited the major retailers stores in both Sweden and Denmark, it is obvious Irish lamb is highly regarded when shelf placing and space allocation in comparison to

lamb from other countries and price is assessed. "Irish lamb is not used by the supermarkets in these countries as a low value/price product. Irish lamb is being sold at the higher end of the price spectrum and treated as a high quality product. This is a clear indication that the Nordic market for Irish lamb is very important in terms of a high value export destination for sheep meat." In meetings with the meat importers and distributors in the region, John Lynskey said they made it clear that consumption of sheep meat is increasing and demand for Irish lamb continues to grow, with their biggest concern being guaranteed consistent supplies from Ireland.



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IFA POTATO MARKET REPORT

WHOLESALE EX-FARM POTATO PRICES REPORTED TO IFA

	LOW	HIGH	AVERAGE
Rooster 10kg	€2.40	€3.50	€2.70
Rooster Box	€200	€300	€230
Kerrs Pink 10kg	€2.40	€3.80	€2.90
Kerrs Pink Box	€200	€300	€230
Whites Box	€200	€290	€250
Records 10kg	€3.20	€4.00	€3.60
Golden Wonder 10kg	€2.50	€4.20	€3.20

Not much change again this week with very little free buy in the market. Prices at retail level have dropped again so it remains to be seen if this moves more product. At these prices the consumer is getting excellent value for money. From an industry point of view retail prices for the 10kg should not decrease further. Continued decreases will result in prime producers suffering unduly as it is their margin which is lost and, ultimately they are yet again coerced into selling below the cost of production. Temperatures in Eastern Europe have risen and this has allowed exports to resume this week.



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KERRY FARMERS INVITED TO COMPETE FOR €10,000 PRIZE FUND IN 2014 DIAGEO BAILEYS CHAMPION DAIRY COW COMPETITION

Entries are now open for Kerry Holstein Friesian breeders to compete in this year's Diageo Baileys Champion Dairy Cow Competition. It is expected to attract top Holstein Friesian breeders from across the island of Ireland who will be vying for the Diageo Baileys Irish Champion title which is accompanied by a top prize of €2,500 and a reserve prize of €1,000 when the final takes place at the Virginia Show Co. Cavan on 20th August. North Kerry breeder and previous winner, John Kirby who hopes to enter the competition again this year said: "The Baileys is regarded as the premier show to win in Ireland. It has been a huge asset to us and has raised the profile of our herd to a new level." In addition to the top prize, €1,000 will be awarded to the breeder of the Reserve Champion and €500 for Honorable Mention. There is also a Best Heifer in Milk prize fund of €1,700. 1st place attracts a prize of €500, 2nd place will be awarded €300, and

€200 will go to 3rd place. In addition, €100 will be awarded to entrants from 4th to 10th place inclusively. Trophies will be presented for Highest Protein Content, Best EBI and Best Exhibitor-Bred Cow and there is a Dry Cow fund of €500. The special awards for Best Protein and EBI emphasise important factors in milk production.



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Java Associate Course (ET0R7) – Tralee.

This course is for people who wish to pursue careers in Java programming and software development. It covers part I and part II of the Oracle Certified Professional Java Programming syllabus. The course includes 10 weeks of work-based training in Java programming. **Start Date:** 7th July 2014. **Duration:** 50 Weeks. **Certification:** Oracle Certified Professional Java Programmer I (1Z0-803) and Oracle Certified Professional Java Programmer II (1Z0-804).

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This course is for people who wish to pursue marketing as a career or those who wish to incorporate marketing into their existing range of business skills in order to enhance their career and job prospects. **Start Date:** 25th August 2014. **Duration:** 42 weeks. **Certification:** FETAC Level 5 Major Award in Marketing.

Accounting Technician of Ireland – First Year Course (ET214) – Tralee.

This course is accredited by the Accounting Technicians of Ireland, and it comprises year one of the two year Diploma for Accounting Technicians qualification. The course is designed to provide participants with a solid grounding in business and a strong foundation in accountancy. It covers Financial Accounting, Taxation, Law & Ethics and Business Management. **Start Date:** 15th September. **Duration:** 42 weeks. **Certification:** First Year Certificate for Accounting Technicians

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This course is accredited by the Accounting Technicians of Ireland, and it comprises year two of the two year Diploma for Accounting Technicians qualification. Applicants must have achieved a pass in at least 3 subjects in the First Year Accounting Technicians Ireland course, including both Financial Accounting and Taxation. Year two covers Advanced Financial Accounting, Advanced Taxation, Management Accounting and Integrated Accounting Systems (IAS). **Start Date:** 15th September. **Duration:** 39 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.

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This comprehensive course is for people who wish to pursue careers in the radio broadcast sector. Participants will learn how to research, plan and pitch programme ideas for particular target audiences and bring those ideas to fruition. The learning outcomes are firmly focused on enabling participants to secure sustainable employment in the radio broadcast sector. **Start Date:** 8th September 2014. **Duration:** 42 weeks. **Certification:** City & Guilds Level 3 Diploma in Media Techniques (Radio Studio Production).

Manual & Computerised Payroll and Bookkeeping (ET0Z5) – Castleisland.

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:** 8th September 2014. **Duration:** 10 weeks. **Certification:** FETAC Level 5 Component Certificates in Bookkeeping Manual and Computerised and Payroll Manual and Computerised.

Surf Instructor and Beach Lifeguard Course (ET1Z3) – County Kerry.

The course offers participants the opportunity to develop the knowledge, skills and competencies to work as surfing and outdoor activity instructors. Participants will also receive lifeguarding and aquatic first aid qualifications. **Start Date:** 29th September 2014. **Duration:** 25 weeks. **Certification:** Surfing Skills Instructor Level 1 – Irish Surf Association (ISA), Royal Lifesaving Society (RLSS) National Beach Lifeguard Qualification, and Aquatic First Aid & Cardiac First Response (PHECC) Certification.

Reception and Clerical Skills (ET0N1) - Killarney.

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

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5 WAYS TO PREVENT DOG BITES

If we learn to understand dogs, learn their body language, and empower children with that knowledge, there will be less dog bites.

Dog Owners:

1. Your dog needs to be well socialised and given plenty of exercise and mental stimulation.
2. Your dog needs to receive great, humane force-free education.
3. Teach your family how to be around your dog.
4. Teach visitors, including all children, how to be around your dog.
5. Don't judge a dog by his breed, instead observe his behaviour.

The ASPCA suggests that you have your children recite the following pledges:

1. I will not stare into a dog's eyes.
2. I will not tease dogs behind fences.
3. I will not go near dogs chained up in yards.
4. I will not touch a dog I see loose (off-leash) outside.
5. If I see a loose dog, I will tell an adult immediately.
6. I will not run and scream if a loose dog comes near me.
7. I will stand very still (like a tree), and will be very quiet if a dog comes near me.
8. I will not touch or play with a dog while he or she is eating.
9. I will not touch a dog when he or she is sleeping.
10. I will only pet a dog if I have received permission from the dog's owner.
11. Then I will ask permission of the dog by letting him sniff my closed hand.

ECO-FRIENDLY ACTIVITIES FOR OLDER CHILDREN

Just keep your instruction about environmental topics upbeat and suitable for your child's developmental stage. Then reinforce these ideas with fun green activities based on what kids naturally enjoy doing.

Playing. Introduce kids to online and board

games that promote ecological awareness

Earning. Hand out stickers that will eventually earn a prize to reward youthful efforts in a specific green area.

Thirst for Novelty. Coordinate a "free marketplace" where kids can swap no-longer-wanted items such as used toys, books and/or clothing — with permission from their parents or guardians, of course.

Observation. Encourage 11 year-olds and older to keep a green journal, recording one new example of environmental protection (or its opposite) every day for a specific period of time. Or suggest a multi-media approach that combines writing, photos, video and whatever else the author chooses.

Decision making. Allow older children to have a voice in summer vacation and other leisure plans based on environmental impact. This will work best if you present a limited number of options to be decided upon, rather than leaving the field wide open, and are truly prepared to accept the results of a group decision.

QUOTE FOR THE WEEK

"Do you know why this world is as bad as it is?... It is because people think only about their own business, and won't trouble themselves to stand up for the oppressed, nor bring the wrong-doers to light... My doctrine is this, that if we see cruelty or wrong that we have the power to stop, and do nothing, we make ourselves sharers in the guilt." - Anna Sewell, Black Beauty.

ON THIS DATE – JULY 4TH

1054 - A supernova was observed by the Chinese, and Arabs near the star Tauri, bright enough to be seen during the day for 23 days and remained visible at night for another 633 days.

1608 - Paris' Bureau d'Adresse became the world's first employment agency.

1690 - James II fled to France for assistance after his defeat by William of Orange.

1712 - 11 slaves were executed in New York for

starting an uprising that killed 9 Caucasians.

1776 - Representatives of the 13 colonies in North America met in Philadelphia to sign their Declaration of Independence, declaring themselves free of British rule and taxation.

1802 - US Military Academy officially opened (West Point, New York).

1826 - Former American presidents John Adams and Thomas Jefferson (2nd & 3rd Presidents), died fifty years to the day after the adoption of the United States Declaration of Independence.

1921 - Awaiting truce with the English, Eamon De Valera ordered the American flag flown in Dublin to "emphasise the principle for which we are fighting"

1934 - Death of Marie-Curie, Polish scientist.

1999 - Posh Spice Victoria Adams and England and Manchester United soccer star David Beckham were married at Dublin castle.

GOOD NEWS

It is estimated that more than 110 million active landmines are scattered across 70 countries around the world. An equal number of landmines are stockpiled, waiting to be planted. These landmines remain active for decades and kill thousands of people each month ... most of them women and children.

Colombia is at constant war due to anti-government rebellions and, as a result, a lot of the area is infested with landmines. According to the International Campaign to Ban Landmines (ICBL), Colombia is the second-most mined country in the world after Afghanistan.

Lemur Studio, a Bogota, Colombia-based design firm, has designed a life-saving solution called SaveOneLife. The SaveOneLife boot inserts can detect landmines from a distance of 6.5 feet. The design has already received numerous awards.

SaveOneLife is equipped with tiny microprocessors that pick up electromagnetic signals produced by a large metal object like a landmine. Embedded radio transmitters then send a message to a wristband interface.

The wristband interface alerts wearers if they come within a 6.5 foot radius of a landmine by displaying the exact location of the mine on a small screen, ruling out the need for any guesswork.

Lemur Studio is currently trying to gain much-needed funding for the project by pitching its concept to the military. If successful, this product could soon be saving innocent peoples' lives every day.

DID YOU KNOW...

The yellow cedar is a beautiful, long-lived conifer native to Alaska and common in the Tongass National Forest. Capable of living more than 1,000 years, the cedar is prized by native Alaskan people -- for carving, medicinal and ceremonial purposes -- and by animals like Sitka deer and brown bears.

But over the past century, more than 70%

of yellow cedars have died in many parts of Alaska as climate change has melted the snow that protects the trees' fragile roots from freezing air in winter. And since these ancient trees hold massive amounts of carbon dioxide -- which means they've been helping keep climate change in check even as it has ravaged their population -- the yellow cedar's decline is yet another illustration of climate change's snowball effect.

BABY CRAWLING ON GEORGIA HIGHWAY SAVED BY ADDICT TURNED HERO

Bryant Collins saw what appeared to be a baby out of the corner of his eye as he was driving along Highway 72 in Carlton, slowed down, stopped and found a 15-month old infant nearly in the street.

The infant had made quite a journey, crawling over 300 yards from her parent's home, through a sloped wooded area, and ended up only a few feet from where traffic was zipping by.

Mr. Collins, who disclosed that he himself has been through quite a bit in life, was happy that he was there at the right place and time to rescue the little girl.

The self-admitted ex-convict and former drug addict called it a miracle -- not that he was there to rescue the infant, but that she had crawled all that way without getting seriously injured.

Mr. Collins, an auto mechanic, said he stayed with the baby for approximately two hours while police searched for the parents.

"The baby started crying," Mr. Collins said, "so I turned my phone on and let her listen to some gospel music, and she calmed right down."

The reformed man spoke of his past, and the changes he made: "I did ten years in the federal institution for manufacturing cocaine. When I was in prison, I made a very conscientious effort to change, and I did."

The authorities were told by the girl's mother that she and her husband "left the house and their other children, ages 13, 9 and 5, were supposed to be watching the baby."

The father approached while deputies were investigating and was arrested and charged with child cruelty, reckless conduct and obstruction.

MOOSE MILK

Have an upset stomach? Maybe you should head over to the Russian city of Kostroma -- about four hours outside of Moscow -- and try a glass of warm, salty, moose milk.

Carefully drawn from the teats of these northern giants, this pine-scented delicacy is renowned in the area as a cure for peptic ulcers. High in butterfat (usually coming in at around 10%), loaded with double the amount of essential amino acids as cow's milk and full of lypozyme -- an enzyme that kills ulcer-creating bacteria -- the slightly acidic milk has been used

by Kostroma's Ivan Susanin Sanatorium as a treatment for an array of diseases and disorders for over 30 years.

The sanatorium -- an alternative therapy retreat for people suffering from gastrointestinal diseases -- sources their entire milk supply from the nearby Sumarokovo Moose Farm. Originally established in 1966 and designed to house over 800 moose, the government-owned farm is now home to just under 30 animals.

Much like reindeer husbandry in Sweden, Norway and other northern countries, the moose at Sumarokovo farm spend most of their time freely grazing in the forests surrounding the area. During calving season -- late May to early June -- Sumarokovo's cows return to the farm lured by the promise of tasty oats to have their young.

Within a week of delivery, while the calves are busy frolicking with tourists, (at five days old they can already run faster than the average adult human) Sumarokovo's dairymaids begin harvesting the precious milk. On average, a female moose can produce between 1 and 6 litres of milk per day.

Once a moose becomes comfortable with the dairymaids she will often allow bilateral milking while devouring 2 Buckets of oats in the milking stall.

The farm is the most stable moose-milk provider for medication in Russia, but it is far from economically profitable and remains open largely as a tourist attraction, it is also an ecological education centre and gives the unique opportunity of immediate intercommunication between people and these intelligent forest animals and it is a centre of conservation, it allows reproduction, resettlement and number restoration.

WEARING TROUSERS DATES FROM AT LEAST 3500 YEARS AGO

The remains of two men believed to be nomadic herders were recently excavated from tombs in western China dated back to between 3,300 and 3,000 years ago, making their trousers the oldest known examples of this apparel.

With straight-fitting legs and a wide crotch, the ancient wool trousers resemble modern riding pants, says a team led by archaeologists Ulrike Beck and Mayke Wagner of the German Archaeological Institute in Berlin. The discoveries, uncovered in the Yanghai graveyard in China's Tarim Basin, support previous work suggesting that nomadic herders in Central Asia invented pants to provide bodily protection and freedom of movement for horseback journeys and mounted warfare.

Previously, Europeans and Asians wore gowns, robes, tunics, togas or -- as observed on the 5,300-year-old body of Ötzi the Iceman -- a three-piece combination of loincloth and individual leggings.

A dry climate and hot summers helped

preserve human corpses, clothing and other organic material in the Tarim Basin. More than 500 tombs have been excavated there since the early 1970s.

Earlier research on mummies from several Tarim Basin sites, led by Mair, identified a 2,600-year-old individual known as Cherchen Man who wore burgundy trousers probably made of wool. Trousers of Scythian nomads from West Asia date to roughly 2,500 years ago. The two trouser-wearing men entombed at Yanghai were roughly 40 years old and had probably been warriors as well as herders. One man was buried with a decorated leather bridle, a wooden horse bit, a battle-axe and a leather bracer for arm protection. Among objects placed with the other body were a whip, a decorated horse tail, a bow sheath and a bow.

Each pair of trousers was sewn together from three pieces of brown-coloured wool cloth, one piece for each leg and an insert for the crotch. The tailoring involved no cutting, finished pants included side slits, strings for fastening at the waist and woven designs on the legs.

THE U.S. THROWS OUT \$1 BILLION WORTH OF UNWANTED FISH EVERY YEAR

Not all of the marine creatures that fishermen trap in their nets end up on plates. American fisheries discard about 20 billion pounds of the fish they catch every year. Discarded marine bounty is known as bycatch--fish or other marine species, such as turtles and crabs that are unintentionally caught in fishermen's nets meant for certain other kinds and sizes of fish. Bycatch is either brought to port and thrown out there, or tossed overboard while the fishing vessel is still at sea.

In its report, Oceana estimated the value of certain kinds of fish using the volume discard and the market price of a specific species. In the Southeast U.S. in 2010, fisheries tossed out \$45 million in sea trout, \$27 million in red snapper, \$4.2 million in king mackerel, and \$3.4 million in bluefin tuna. Every year, fisheries in the New England and the Mid-Atlantic region chuck more than \$20 million in sea scallops, \$13.5 million in flounder, and \$7 million in monkfish. In Alaska, fishermen throw out Pacific halibut, cod, and snow and red king crabs when they don't have to meet catch quotas for those species. In California, Oregon, and Washington, fisheries regularly toss spiny lobster, rockfish, and sea bass.

Researchers have long argued that bycatch is a chronic problem with economic consequences for both national and global fishing industries. In 1994, the Food and Agriculture Organisation found that bycatch was costing the U.S. fishing industry billions of dollars. In 2009, the World Bank determined that bycatch mismanagement and overfishing cost the global economy \$50 billion every year

4th Anniversary



Treasured memories today of a
dear husband & father

Thomas O'Connor

Glenbrook House, Currow Village
who passed away on
July 2nd 2010
Rest In Peace

*Remember Thomas with a smile
today,*

*He wasn't one for tears,
Reflect instead on memories
Of all the happy years.
Recall to mind the way he spoke,
And all the things he said,
His strength, his wisdom,
the way he was,
Remember them instead.*

*Loved and remembered by
your wife Eileen;
daughters Brid & Ita-Ann;
son Patrick; daughter-in-law
Maura, brothers & sisters.*

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.

B

THANKS GIVING

Sacred Heart of Jesus, Padre Pio and Our
Blessed Lady, a thousand thank you for
everything and all the Saints and Souls.

THE MIRACLE PRAYER

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many favours. This time I ask you this special
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E.C.

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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.C.

HOLY WATER - A MEANS OF SPIRITUAL WEALTH

HOLY WATER is a sacramental that remits
venial sin, because of the blessing attached to
it, Holy Church strongly urges its use upon Her
Children, especially when dangers threaten,
such as fire, storms, sickness and other
calamities.

Every Catholic home should have always in it
a supply of Holy Water.

WE DO NOT TAKE ADVANTAGE OF THE BENEFITS
DERIVED FROM HOLY WATER.

LET US CULTIVATE ITS USE.

UNTOLD Spiritual Wealth is concentrated in a
tiny drop of blessed water.

AND WE GIVE IT SO LITTLE THOUGHT.

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.

Killarney Outlook Notices

*To assist you in choosing the perfect prayer,
whether it is remembering a loved one,
acknowledging a death, remembering the
birthday of someone special who has passed
away or a prayer of thanksgiving, Killarney
Outlook offer you the following choices:*

Sample Prayers



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**Novena to the
Sacred Heart**

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**Acknowledgement
(Including Picture)**

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**Anniversary
notice or
Birthday
remembrance
(Including Picture)**

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*If you wish to place a notice in the
Killarney Outlook, please call to our
office at 30 High Street, Killarney before
12 noon on Wednesdays.*

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. **P.S.**

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. **T.S.**

DEBT REMOVAL PRAYER

Lord, I confess I've made mistakes, I have accumulated too much debt, and now I cannot imagine overcoming it without your help.
Please Lord, I beg of you to intercede on my behalf. Provide me with the financial means to be able to breath again. Please forgive my sins Lord. Walk with me and help me to make the right decisions throughout my life.
In your name I pray. Amen.
You must say 3 Our Fathers for 7 Days. Must promise publication.
Never Know to fail.

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

O Most Beautiful Flower of Mount Carmel, Fruitful Vine, Splendour of Heaven, Blessed Mother Son of God, Immaculate Virgin, assist me in this my necessity. O Star of the Sea, help me and show me herein you are my Mother. O Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succour me in this necessity. (make request). 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). Holy Mary, I place this cause in your hands, three times. Thank you for your mercy to me and mine. This prayer must be said for three days and after that the request will be granted and the prayer must be published immediately.
M.N.K.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.
Publication of prayer and favour will be granted. **B.K.**

NOVENA TO THE SACRED HEART ST JOSEPH, PADRE PIO, ST ANTHONY, ST THERESA & ST JOSEPH OF CUPERTINO

NEVER KNOWN TO FAIL

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

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. **P.S.**

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. **P.S.**

NOVENA TO THE SACRED HEART ST JOSEPH, PADRE PIO, ST ANTHONY, ST THERESA & ST JOSEPH OF CUPERTINO

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Must publish. **M.O.S.**

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. **M.R.**

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. **M.O.S.**

NOVENA TO THE SACRED HEART

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

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

O Most Beautiful Flower of Mount Carmel, Fruitful Vine, Splendour of Heaven, Blessed Mother Son of God, Immaculate Virgin, assist me in this my necessity. O Star of the Sea, help me and show me herein you are my Mother. O Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succour me in this necessity. (make request). 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). Holy Mary, I place this cause in your hands, three times. Thank you for your mercy to me and mine. This prayer must be said for three days and after that the request will be granted and the prayer must be published immediately.
M.O.S.

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

O Most Beautiful Flower of Mount Carmel, Fruitful Vine, Splendour of Heaven, Blessed Mother Son of God, Immaculate Virgin, assist me in this my necessity. O Star of the Sea, help me and show me herein you are my Mother. O Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succour me in this necessity. (make request). 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). Holy Mary, I place this cause in your hands, three times. Thank you for your mercy to me and mine. This prayer must be said for three days and after that the request will be granted and the prayer must be published immediately.
M.R.

NOVENA TO ST. CLARE

Ask St. Clare for 3 favours, 1 business, 2 impossible, Say 9 Hail Mary's for 9 days with a lighted candle, and finish with "May the Sacred Heart of Jesus be praised, adored, glorified and loved today and ever day throughout the world forever. Amen".
Pray, whether you believe or not.
Publish on the 9th day.
Your request will be granted no matter how difficult it may seem.
Favour often granted on the third day.
L.B.W.

NOVENA TO THE SACRED HEART

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

NOVENA TO THE SACRED HEART

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

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