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With all four seasons making an appearance weather wise this week.... we welcomed the month of August. Killarney town is still bustling with tourists and businesses are preparing for the judging of the Purple Flag which is to take place this weekend. There is lots to keep you busy in the pages of this week's Killarney Outlook. Read about one man's battle with depression and how he has overcome it. There is a free festival taking place at the Aghadoe Youth Hostel this weekend and also news of a new musical which is about to burst onto the stage of theatres across the country with a young Killarney girl taking the starring role. Killarney Athletic celebrated 40 years of the Seven-A-Side while Killarney Golf Club Captain Liam Hartnett celebrated his Captain's Prize weekend. The lakes of Killarney was the venue for an international fly fishing competition while the prestigious Press Photographer of the Year exhibition is due to open in Killarney next week.

So sit back, relax and enjoy this week's Killarney Outlook.... Out first every Friday.

*Aisling Crosbie,
Editor*

LIFE IS A JOURNEY...WE ALL HAVE ONE TICKET!

A Killarney man who has completely changed the course of his life is now turning his attention to helping others. Neil Kelders suffered from depression for over 20 years but over the past two years his life, lifestyle, mindset and outlook has changed dramatically. To cope with his illness Neil decided to take a holistic approach through exercise, nutrition and meditation which also included a complete change in career as he was studying to be a barrister.

"This journey has made me realise there are three main motives that will and have enabled me to live the life I desire", Neil told the Killarney Outlook. "I truly believe nobody can really be happy and satisfied or live life to their full potential unless your body is living fully in every function and unless the same is true of your mind and soul. I, personally, never had all three working in synergy, therefore was never truly happy or complete. I didn't know my point", he said.

"My journey back has allowed me develop my passion as a career, collaborate with people of similar mindsets and provide a support in body, mind and lifestyle to individuals both near and far. We need to focus and live for the body, for the mind, for the soul (what I mean by soul is passion/beliefs/memories). One can't survive without the other, not one of the three – mind, body, soul – can live fully if either of the others are cut short of full potential", Neil added.

"I'm not after sympathy or a pat on the back, I just want to share my story and let people

know how grateful I am to be here to share. I know I am one of the lucky ones.

I have been and continue my journey of accepting, addressing and managing this unwanted condition. I am exploring myself; a new self, to a certain extent my old self but ideally my true self in the here and now.

My path to 'freedom' was a constant battle, one which I tried to fight alone for over 20 years. Losing more than winning, each loss allowing me to seep between the cracks to an inevitable end. Nobody knows, nobody cares, nobody will notice....

I now write a blog (www.neilkelders.com), my life story with depression. However, all my life I was making the number one fundamental error. I wasn't sharing, not confiding, I didn't voice my struggles. Even when I know sharing will bring me around, expedite the change back to my true self, I didn't do it. I listened; I listened to those negative thoughts, those internal parasites. Throughout my two decades with depression and anxiety I have tried and tested many tools in the hope to overcome each individual battle. I failed and failed miserably.

Daily routines suffered, on many occasions my clients were left down last minute, not by a phone call but a weak text without true explanation, not a chance could I face being be out amongst the masses. I curl up in bed, laying foetal, in darkness, stillness, clutching my duvet over my head, phone off, headphones on to dull out the noise of the world and maybe



NEIL KELDERS

those parasites. Life stopped!

My journey is not just about me, it is about those close to me. The impact this revelation has on them is something I will never understand. We are coming at this issue from totally different stand; For me there is no or was no hope, no point to life, the light I see is the 'light of death', that is my freedom, to my loved ones there is always hope, they will protect me and guide me to their light, the 'light of life'. They have been my rock, my reason to overcome all the odds I stacked against myself.

Life is a Journey.....we all have ONE ticket! Visit Neil's facebook page for more on his journey.

KILLARNEY GARDAI APPEAL FOR INFORMATION

Gardaí in Killarney are continuing to appeal for any information in relation to the Post Office Robbery at Waterville which occurred on Wednesday the 3rd August 2016 and the subsequent arrest of two individuals in the Beaufort area.

Gardaí are particularly interested in tracking the movements of a

- Blue three door Ford Ka registered number 99 D 84126. Any sightings of this vehicle on Tuesday evening 02/08/16 or Wednesday morning 03/08/16 prior to or immediately after the raid should be reported to Killarney Gardaí. This car was abandoned and found burning

approximately seven miles from Waterville on the Ballaghisheen Road.

Gardaí are also anxious to trace the movements of a

- Blue Mazda 6 vehicle registered number 03 D 8947. Gardaí believe that this vehicle was also used by the raiders and was found burning at Ardraw, Beaufort at approximately 12.30pm yesterday the 03/08/16

- Gardaí also appealing for any information from garage owners in relation to the unusual or suspicious purchase of petrol prior to the events yesterday. Both aforementioned vehicles were found burnt out after the incident.

Gardaí are also appealing to members of the public, landowners, walkers, cyclists, in the Waterville, Ballaghisheen, Glencar, Beaufort areas in relation to any unusual or suspicious items that may have been discarded to contacted the Gardaí. Superintendent Flor Murphy said: "I also wish to acknowledge the tremendous response and assistance from members of the public in relation to the events on Wednesday which has progressed our investigations".

Any information to Killarney Gardaí on **064 6671160** or on the Garda Confidential Line **1800 666 111**



Horans Healthstores are delighted to announce that they are the '**Official Healthfood partners** of the **Kerry GAA**' for **2016** and the next 3 years. The announcement was made at the launch in the Rose Hotel on Monday 11 July. **Horans Healthstores** look forward to a successful partnership with the Kerry GAA for the coming years.

Included in the picture L:R: Kerry footballer Paul Murphy (Rathmore), Timmy Lane, Michael Horan, Eileen Horan, Dan Horan, Kerry footballer Padraig O'Connor (Killarney Legion) and Seamus O'Sullivan

HUGE DELIGHT AS KAYSEY IS CAST AS SHIRLEY TEMPLE

A young Killarney girl is set for stardom after being cast as Shirley Temple in the new new musical *Mister Bojangles: The Bill Robinson Story* having beaten over 300 hopefuls for the coveted role.

Kasey O'Connor from Ballyspillane came out on top of 300 hopefuls to take the lead role.

"Kaysey is just fantastic. She's a fabulous little singer and actress" said Kaysey's teacher Joe Burkett, Premier Performing Arts Academy told the Killarney Outlook.

"I think the casting directors made an excellent choice in casting Kaysey. She will excel in the role and I'm sure everyone will agree that Kayey is a star much a kin to Shirley Temple herself".

The Search For Shirley began in June when Killarney entertainer Jack Patrick Healy, the writer of the new musical called for an open audition. Those wishing to audition for the part had to send in a video and with over 300 video's to go through, Jack had a tough job on his hands. "The standard was extremely high. We got audition videos from all over Kerry, from many different stage schools and musical societies. We had huge interest from up the country too with people auditioning from Dublin, Kildare and Tipperary" Jack says,

"So after making a shortlist, 15 were given call backs and from them call backs, we got down to our final five".

There were three Kerry hopefuls up for the part. Rhea O'Sullivan, Killarney and Clara Daly, Ardferf joined Kaysey in lining out for the role. All three are students of Joe Burkett. "I couldn't believe it when I found out that three of my students had got down to the final five. Everyone at the Premier Performing Arts Academy has been behind the girls wishing them well". Kaysey is the daughter of Tim and Lorraine O'Connor, a 2nd class pupil at St. Olivers, she has a little sister Charley who has just turned one.

The final audition took place at the Gleneagle Hotel on Friday 29th July. The final five Shirley Temple actresses were put through their paces as Jack concluded his search for Shirley. "I couldn't believe it when Jack said my name. I just burst into tears" Kaysey said, "It was like a dream come true".

Mister Bojangles: The Bill Robinson Story the hit new musical taking the country by storm is gearing up for its opening night. The cast have already begun rehearsals with the show taking



PRESENTING KILLARNEY'S NEWEST STAR IN THE MAKING, KAYSEY O'CONNOR WHO WILL PLAY SHIRLEY TEMPLE IN THE NEW SHOW *MR. BOJANGLES*. KAYSEY PICTURED AT THE INEC WITH HER MUM LORRAINE, STAGE SCHOOL TEACHER JOE BURKETT OF PREMIER PERFORMING ARTS ACADEMY (LEFT) & SHOW WRITER OF *MR. BOJANGLES*, JACK PATRICK HEALY (RIGHT). PICTURE MARIE CARROLL-O'SULLIVAN 087 391 808

to the stage in both Siamsa Tire and the INEC very soon. Keep a look out for more information on the dates of the production.

CELEBRATIONS AND PRESENTATIONS FOR ATHLETIC'S 40TH 7-A-SIDE



CRONIN'S TYRES, WINNERS OF THE KILLARNEY ATHLETIC 7 ASIDE 2016. FRONT ROW L-R LUKE SPENCER, DAVID COFFEY, JAMIE CUNNINGHAM & NATHAN SPENCER. BACK ROW L-R CONOR BERNIE, BRIAN O'SULLIVAN, MICHAEL O'DONOGHUE, PADDY DALY, RYAN O'RRIORDAN & SEAN TURNER. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

Celebrations and awards were in order on Friday night last as members of Killarney Athletic celebrated the 40th anniversary of their 7-A-Side tournament.

The presentation of the winners and runner ups of the Premier, Reserve and Over 35's was

held in McSorley's Bar with accolades going to David Coffey from Cronin's Tyres Castlemaine who won Player of the Tournament. He received the Kieran Cahillane Memorial Perpetual Cup which was presented to him by James and Eileen Cahillane.

Shane Reen from The Failte team received the Reserve Player of the Tournament and Shane Horgan from Fleming's Taxis received the Over 35 Player of the Tournament.

There was a slide show which featured teams who took part in the 7 A Side over the past 40 years. Killarney Athletic would like to thank Pat Sheahan & his family for the venue and the refreshments.



DAVID COFFEY (CENTRE) BEING PRESENTED WITH THE KIERAN CAHILLANE CUP FROM JAMES & EILEEN CAHILLANE AT THE KILLARNEY ATHLETIC AWARDS NIGHT. BACK ROW L-R MIKE O'SHEA, STEPHEN DARMODY (CU HEAD OF FINANCE) & PAT DELANEY (KILLARNEY CREDIT UNION CHAIRMAN). FRONT ROW L-R DON O'DONOGHUE, DAVID COFFEY, JAMES & EILEEN CAHILLANE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

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KILLARNEY GOLF CLUB CELEBRATES A GREAT CAPTAIN'S DAY

MEN'S CLUB PRO VICTOR MULCAHY LOOKS BACK ON A GREAT WEEKEND AT THE CLUB

Club Captain Liam Hartnett can reflect on his Captain's Prize weekend with great pride and tremendous satisfaction, everything went extremely well and even the benign weather obliged despite a forecast to the contrary. The prize presentation evening and festivities commenced at 7.00 P.M. on Sunday, when a drinks reception was followed by a buffet meal which was enjoyed by the over 150 Members and Guests who were in attendance.

The fun began at 9.00 P.M. when the Golf Club Male Choir under the guiding baton of Russ Browne entertained all with their renditions of some old favourites. During the course of the speeches there was much mention of the "friendly" rivalry between the Dr. Crokes and the Legion, Football Club's Captain Liam having been a stalwart of The Dr. Crokes for many years, and a former Captain of that Club, even the choir seemed very mindful of this, as they did not finish off their repertoire with their usual number being "Goodbye" from the "Desert Song" as it contains in its chorus line the words "we'll join the legion".

The highlight of the evening's entertainment followed when "Celtic Steps" took to the stage, and the floor, their principal, and Club Member David Rea led the troupe in what turned out to be an enthralling and hugely entertaining 40 minutes of music, song and the most spectacular dancing ever witnessed in Killarney Golf Club, and suffice to say that they received a standing ovation from their packed



ENJOYING THE CAPTAINS PRIZE AT KILLARNEY GOLF & FISHING CLUB WERE L-R PADDIE KEOGH, BREEDA NEESON, ORNA O'SHEA, PATRICIA McENERY & COLETTE CASEY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



LIAM HARTNETT (BACK RIGHT OF CENTRE), KILLARNEY GOLF & FISHING CLUB CAPTAIN PICTURED ON CAPTAINS PRIZE DAY WITH HIS FAMILY. BACK ROW L-R MARY HARTNETT-CUSSEN, ASHLING, LIAM & NIAMH HARTNETT. FRONT ROW L-R CATHERINE HARTNETT & CON HARTNETT. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

audience who were vying with each other for a good vantage point to watch the mesmerising display of Irish dancing.

Club Vice Captain and "Master of Ceremonies" for the evening Declan McCarthy, then took to the stage and introduced Lady Captain Mary O'Rourke, who, of course, continued with the humorous banter of Dr. Crokes Vs. Legion and finished off by making a presentation of a beautiful bouquet of flowers to Liam's wife, Catherine. Declan then followed up with his own speech, when he outlined much of Liam's career both on the football field and the golf course, and it contained some very witty anecdotes regarding Liam, and his boyhood days in Mangerton View, and continued with the raillery about the rivalry between the opposing football teams in Killarney town.

Declan then introduced Liam, and Liam thanked everybody who had helped out in any way towards making his weekend the success which it undoubtedly had been, Enda Murphy and staff on the course, Paul Cotter for the mid round snack, Cormac Flannery, and all Club house staff, Club President Arthur Hanley, Lady Captain, Mary O'Rourke, and his Men's Committee. Liam paid special mention to his family, and in particular to his wife Catherine, who along with their daughters Aisling and Niamh were there to enjoy the evening, but the



PICTURED AT KILLARNEY GOLF & FISHING CLUB AT THE CAPTAINS PRIZE EVENING WERE L-R BERNIE GALVIN, KATIE O'CONNELL (LADIES WINNER), MARY TREACY & JOAN BUCKLEY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

presence of his dad Con Hartnett was greeted by a resounding round of applause, Con being one half of the duo of "Con and John's, Killarney Hardware store" in College Street for many years.

SEE PAGES 48 & 49 FOR RESULTS OF THE DAY

INVITATION TO ALL FOR FREE FESTIVAL



PARTICIPANTS AT THE YOUNG TEMPLATE OF PEACE CAMP WHICH IS ON IN AGHADOE THIS WEEKEND.

A free festival which is part of a summer camp at the Killarney International Hostel in Aghadoe

is being held tomorrow.

The camp with 120 participants aged from 12 to 70 and from all over the world is taking place in the 18th century mansion of Killarney International Hostel this weekend.

The Young Template of Peace based their camp on a simple way of living. The purpose is to offer people the chance to walk in the surroundings of the Sun and get an idea of the distances and the influences between the planets, for a better and tighter understanding of the vast home we live in.

Everyone is invited tomorrow, Saturday, August 6th from 2pm to 7pm for a festival in collaboration with the Music School of Killarney and Just Forest association.

Workshops, storytelling, live music, dance, high ropes, paintball, bushcrafts and a mindblowing exploration of the Solar Trail in the 75 acres of gardens and forest overlooking the mountains surrounding the National Park. For more information contact the Tourist Office in Killarney or log onto www.ytop.org.

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KILLARNEY HOSTS FOUR NATIONS YOUTH INTERNATIONAL FLY FISHING COMPETITION

Lough Lein in Killarney was the place to be this week to catch this year's 4 Nations Youth International Fly Fishing Competition. Competing in the event were Ireland, Wales, England and Scotland in a competition that dates back to 1985. The hosting for the competition is rotated annually and Killarney has been chosen as the location for this year's prestigious event.

Anglers for all teams had to be under the age of 18 years to participate in the event and though there are no lower age limit for participation in the event, in recent years some participants have been aged as young as 12 years of age. This year's event held in Lough Lein in Killarney will see teams arriving in Killarney on Sunday the 31st of July.

All four teams stayed in Randles Hotel in Killarney on the Muckcross Road. The hotel has been chosen as the ideal location for



SOFT DAY .. LOCAL GILLIES, PAT BUCKLEY, LEFT, MAURICE WILLIS AND JOHN QUILLIGAN, WAITING FOR THE SUMMER RAIN TO STOP TO TAKE TEAM MEMBERS OF THE FOUR NATIONS YOUTH INTERNATIONAL FLY FISHING COMPETITION FOR THEIR FIRST PRACTICE RUN ON LOUGH LEIN, KILLARNEY BEFORE THE MAIN COMPETITION LATER THIS WEEK. PHOTO: VALERIE O'SULLIVAN.



LOCAL GILLIE DENIS CRONIN, WITH TEAM MEMBERS OF THE FOUR NATIONS YOUTH INTERNATIONAL FLY FISHING COMPETITION HOPING FOR A GOOD CATCH FOR THEIR COUNTRY, ON LOUGH LEIN, KILLARNEY. PHOTO: VALERIE O'SULLIVAN.

participants of the event to enjoy the homely, comfortable and relaxing surroundings of Randles Hotel. Randles Hotels has previously hosted teams from the Ladies and Mens Internationals and European Fly Fishing Competitions in previous years that are run. Management of the hotel are delighted it has been selected to host its first Youth Event.

On Sunday 31st of July the participants of the event enjoyed an opening dinner at the hotel and attend a brief welcoming speech. The following two days on Monday the 1st and Tuesday the 2nd of August, the young anglers got the opportunity to practice between 10am to 5pm with their coaches in Lough Lein.

The competition started on Wednesday August 3rd and all teams marched to their boats waving the country's flag they are representing led by a piper. The competition started on 10am and finished at 5pm. Excitement followed when all fish were measured and fish that are longer than 22cm will only be eligible and all anglers catch will be recorded and totalled up to determine the winning team.

The event finished with all teams will attending a Gala dinner for presentation of prizes and medals including prizes for each countries best angler and biggest fish will be presented. A prize for the overall best angler will be presented as well as a prize for the overall biggest fish.

KILLARNEY LIBRARY TO HOST PRESTIGIOUS 'PRESS PHOTOGRAPHER OF THE YEAR' EXHIBITION

The 'Press Photographer of the Year 2016' Exhibition, a collection of winning and shortlisted images from the annual awards of the Press Photographers Association of Ireland, will be on display in Killarney Library, Rock Road, Killarney, from August 8th –August 25th. To celebrate the visit, the Mayor of Killarney District Cllr. Brendan Cronin will officially open the exhibition on Monday, 8th August at 3p.m. Over 2,000 images were entered into the annual awards this year, by 103 photographers from around the country. Awards were presented across nine categories; news, daily life & people, nature & the environment, politics, sports action, sports feature, portrait, art & entertainment and reportage.

Mark Condren, Irish Independent, was named 'Press Photographer of the Year 2016', his fourth time to receive the accolade. The awards

judging panel included Dermot O'Shea, former picture editor of The Irish Times, who chaired the panel; John Giles, photographic editor of Press Association and Sophie Batterbury, head of pictures, The Independent/The Independent on Sunday.

Speaking about the exhibition visit to Killarney Library, Michael Chester, President, Press Photographers Association of Ireland, said; "I am delighted the PPAI exhibition is visiting Killarney, the exhibition's first visit to the South West this year. We would like to take this opportunity to thank Librarian Eamonn Browne and Killarney Library for its support and we hope visitors will enjoy viewing the work of our members."

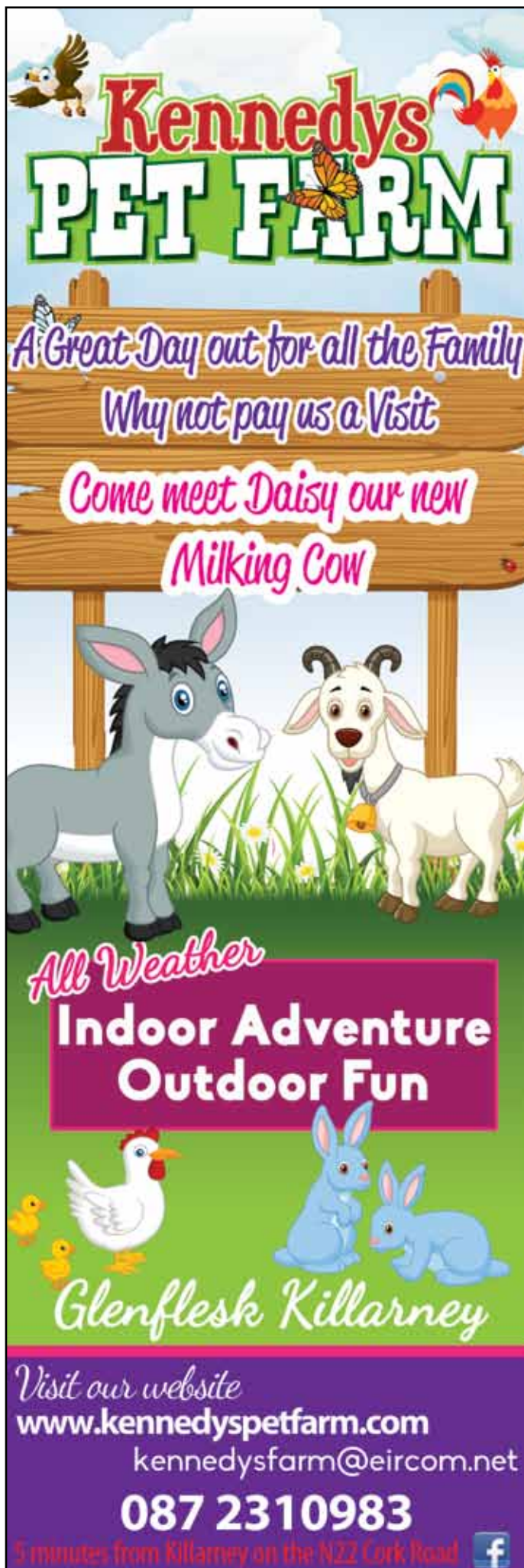
The Press Photographers Association of Ireland 'Press Photographer of the Year 2016' Exhibition, features 122 prints including



THE PPAI EXHIBITION WILL BE OPENED IN THE KILLARNEY LIBRARY ON MONDAY AUGUST 8TH AT 3PM.

photographs from Valerie O'Sullivan and Don MacMonagle from Killarney.

Visit www.ppai.ie for exhibition tour updates and to view the full collection of winning and highly commended images.



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REV. SIMON TAKES UP NEW ROLE

Reverend Simon J Lumby has been appointed as the new Archdeacon of Limerick, Aghadoe & Ardfert.

Bishop Kenneth (of Limerick & Killaloe (Church of Ireland)) made the announcement following the recent retirement of the Venerable Susan Watterson (Archdeacon of Limerick, Aghadoe & Ardfert and also Rector of Tralee).

The Venerable Simon said, "this is a substantial appointment and a great honour for the work of our Church and indeed to the town of Killarney. I'm looking forward to serving the counties of Kerry and Limerick in this important ministry."

Bishop Kenneth said, "I'm delighted that Simon has agreed to undertake this important responsibility in the diocese. He brings a wealth of experience to this role. His installation as Archdeacon will take place in St Mary's Cathedral, Limerick during Evensong on Sunday 18th September."

The Venerable Simon will have responsibility for overseeing the management of the Church of Ireland's ministry in the counties of Kerry and Limerick. He will remain as Rector of Killarney. The Church of Ireland Diocese covers



REVEREND SIMON J LUMBY.

a large area including Kerry, Limerick, Clare and Tipperary North. Ven Simon's role encompasses the ancient Dioceses of Ardfert, Aghadoe, Limerick and Emlly. The role of the Archdeacon is an ancient one dating from the 4th Century and which continues in the Anglican, Orthodox and Catholic traditions of the Christian Church.

An Archdeacon has particular responsibility for buildings, including church buildings, the welfare of clergy and their families and the implementation of diocesan policy for the sake of the Gospel. The Archdeacon, as a senior member of staff, acts on behalf of the Bishop.

DOCHAS HOSTS FINAL SESSION OF WORDS AND MUSIC IN THE LIBRARY



MEMBERS OF DOCHAS DRAMA GROUP PICTURED WITH BRID SUGRUE AND RONNIE MOORE.

From Bloomsday to Bastille Day "Words and Music in the Library" has taken us through a feast of music and song, poetry and monologues, scenes, stories and readings.

Dochas Drama Group have had the usual research on costumes, hairstyles and timelines, explored writings from Moliere to Eamon Kelly, songs from Thomas Moore to Ronnie Moore and poetry across the ages to present the hugely entertaining events.

"We have been reminded of the richness of literature, the entertainment value of humorous pieces and the necessity of new writing", Mary Murphy of Dochas Drama Group told the Killarney Outlook.

"Our explorations in preparation for Bloomsday revealed the length, breadth and depth of the works of James Joyce - It was special to hear Brid Sugrue read a story from the repertoire of her brother, Eamon Kelly and her own poem in

memory of him", she added.

The members of Dochas Drama wish to thank Eamon Browne and his staff at Killarney Library who have been so helpful and welcoming to us, especially John and Hazel who were so willing to help us at all times.

We thank the loyal audiences - those who came to all the performances and those who came to one or two.

"It has been a great pleasure for us to have been joined by a number of our talented and professional friends along the way", Grace Foley delighted us all with songs from her forthcoming album and some of her personal favourites. Her voice, accompanied by Noel O'Sullivan filled the room and sent us home with a song in our hearts and joy in our steps.

Sean Treacy's exceptional skill on the guitar enthralled us and reminded us, not only of the talent in our midst but of the delights and possibilities of the guitar.

Ronnie Moore, equally talented with her paintbrush, entertained us with some of her own compositions accompanying herself on guitar. We were all transported to places in our hearts and minds while listening to her words and music".

"We thank Grace, Ronnie and Sean for sharing their wonderful talents with us.

"Words and Music in the Library" has enriched us all", she concluded.




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Advertorial



KILLARNEY RACECOURSE LAUNCHES AUGUST FESTIVAL OF RACING



CAITRIONA CARROLL LAUNCH KILLARNEY'S AUGUST RACING FESTIVAL. PHOTO BY MAREK HAJDASZ WWW.MHPHOTOS.IE

The much anticipated Killarney August Racing Festival gets underway on Wednesday 17th and is set to run until Saturday 20th.

Killarney Racecourse has announced the details of the festival this week including the very successful Ladies Day in association with Keanes Jewellers.

The first three days of racing are all evening meetings, Wednesday 17th of August features the Vincent O'Brien Ruby Stakes with a prize

fund of €45,000. On Wednesday there will be a 'Turf & Surf BBQ' on the Terrace of the Panoramic Restaurant..... a great opportunity for groups to socialise whilst taking in the breathtaking scenery! Thursday 18th of August is a mixed race card and features The Kingdom Gold Cup with a €50,000 prize fund. Friday 20th, Racegoers will enjoy a National Hunt card. With a prize fund of over €100,000 on offer for the evening some great racing is expected.

Killarney Racecourse's Ladies Days have a long association with style and elegance; Saturday 20th of August will see Killarney Racecourse host its Ladies Day in association with Keanes Jewellers. Ladies will be out to impress fashion blogger and stylist and Ladies Day Judge Pippa O'Connor in a bid to win the fabulous prize of a €3,000 diamond pendant sponsored by Keanes Jewellers and coveted title of Best Dressed Lady. All ten finalists will receive a €100 voucher for Keanes Jewellers.

Killarney Racecourse Sales & Marketing Manager Brid Lucey, who is busy preparing for the upcoming August Festival told the Killarney Outlook "The festival always attracts some great racing and Killarney is well known for its fantastic atmosphere and after a very successful July festival we are very much looking forward to the August Racing Festival."

The Festival features 28 races over the four days, there is an impressive prize fund of over €400,000 on offer which is sure to attract runners from Ireland and UK's top stables. The first race on Wednesday, Thursday & Friday evenings is at 5.20pm, and Saturdays going to post at 1.20pm. 'Turf & Surf BBQ' tickets available for Wednesday, Limited Hospitality Packages available on the Thursday and Barbecue Packages available on all four days. For bookings contact **064-6631125** or visit www.killarneyraces.ie

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KILLARNEY ATHLETIC TO HONOUR FOUNDER

The man behind the successful Killarney Athletic Football Club is set to be honoured at a special event at the club grounds.

Don (Donal) Harrington will attend the unveiling of a commemorative plaque acknowledging him as the founder of the Club in 1965.

At the event at the Clubs' Woodlawn ground Don will also present the Monica Harrington Memorial Cup in memory of his late wife on this the first anniversary of her death. The Memorial Cup will be presented to the lady chosen for her outstanding commitment to the Club. This is the second year of the presentation with Mary McCarrick being the first recipient of the award in 2015.

As a 19 year old, Don joined the Killarney Garda division in 1965 and this proved to be the milestone for the foundation of the first organised and affiliated soccer club in Town. Dons' posting to Killarney was never intended to be for the promotion of soccer in the area at a time when the 'infamous ban' existed on those who played and promoted the 'playing of foreign games', but his enthusiasm for the game linked to his dedication to community service brought him in contact with the youth in Killarney. And the rest as they say is now

documented history on the foundation of the club from such small and humble beginnings. Don and Monica were married in 1967 and the couple resided in Killarney where Don remained stationed until 1969. He then sought and received an offer to join the West Yorkshire Police force where he served for 35 years, reaching the rank of Superintendent.

"Whereas the time Don spent in Killarney was relatively short his contribution as founder of the Club in the spring of 65' established the starting point for so many of us to follow thereafter. And this commemorative plaque is a due and fitting recognition to the contribution Don has made to the existence of the Club", Mike O'Sullivan told the Killarney Outlook.

Don said "I am delighted to be honoured by the Club with this commemorative plaque. The time I spent in Killarney as a Garda and founder as well as player/manager of the Club has always been dear to me. Indeed Monica and I loved our return trips to town where we would catch up with old friends and former colleagues as well as meeting so many people associated to the Club. Sadly Monica (RIP) is no longer with us but the presenting of a Memorial Cup in her name means an awful lot to me and her family". The unveiling of the plaque and presentation



DON HARRINGTON - SET TO BE HONoured BY KILLARNEY ATHLETIC.

of the award will take place in the Killarney Athletic Club grounds in Woodlawn on Thursday the 11th of August at 7.30 pm and all are welcome to attend.

SPA 1966 O'DONOGHUE CUP RE-UNION



SPA SENIOR TEAM O'DONOGHUE CUP WINNERS 1966

FRONT ROW L:R: J. MORRIS, J. GLEESON, D. DOOLAN, J. CRONIN.

2ND ROW L:R: J. DOOLAN, J. FOLEY, S. MOYNIHAN, P. DENNEHY, M. O'DONOGHUE, D. O'SULLIVAN (CAPTAIN), M. CRONIN, B. FENTON, S. MOYNIHAN, J. O'DONOGHUE.

3RD ROW L:R: M. FITZGERALD, C. DOHERTY, T. O'SULLIVAN, N.T. (TRAINER), M. GLEESON, J. MORRIS, M. KISSANE, J. KERRY, P. CASEY, T. O'SULLIVAN, J. McAULIFFE, F. MCCARTHY, D. J. O'SULLIVAN, D. FENTON (SECRETARY)

Members of the Spa team that won the first O'Donoghue Cup title will gather on Thursday August 11th at the Spa clubhouse for a special 50 year re-union to mark what has always been regarded as a historic occasion for the club.

While there was a GAA club in Lissivigeen

dating back to the 1920's which remained active in East Kerry competitions until it became defunct in 1947.

In 1948 it was decided to establish the current Spa club and while still in its infancy this team won both the junior and senior East Kerry

competitions in 1948 and 1949.

However due to emigration, retirements and other factors Spa became temporarily defunct for a four year period but after a Spa/ Glenflesk amalgamation won the East Kerry minor league.

In 1963 a decision was taken to revive the Spa club in 1966 and as happened away back in 1948 the team won the East Kerry senior league for the O'Donoghue Cup in the first year of its revival on August 28th 1966.

At the September meeting of the EKB in 1966 a decision was taken to initiate an knock out championship style competition and again Spa proved victorious in this competition.

For the record this format has prevailed for the O'Donoghue Cup during the interim 50 years during which Spa won the Cup on a further nine occasions.

It is expected that the majority of the team still with us will be in attendance along with representatives of those who have passed away.

At 7pm Mass will be celebrated by Fr Michael O'Donoghue who played on the 1966 team for all deceased members of the Spa GAA club including the deceased members of the 1966 panel and a social evening will follow during which memories and anecdotes will be shared.

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TOWN TALK



THE FRIARY YOUTH CLUB REUNION WHICH TOOK PLACE AT THE DROMHALL HOTEL ON FRIDAY NIGHT.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



CATCHING UP WITH FRIENDS AT THE FRANCISCAN FRIARY YOUTH CLUB REUNION WERE L-R SHEILA GRIFFIN, RITA MORIARTY, MAUREEN WHELAN & MARY O'SULLIVAN.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

OH WHAT A NIGHT

Members of the Friary Youth Club in the 70's gathered in the Dromhall Hotel on Friday night last for a nostalgic reunion.

"It was a magical night, some of us hadn't seen each other for almost 40 years", Kathrina Breen told the Killarney Outlook.

35 people attended the night which was spent catching up and reminiscing, everyone agreed that it was a night to remember.

SHAVE FOR AMY RAISES €25,000

Organisers of Shave for Amy gathered at KTown on Friday night last to present Amy's parents Brendan and Triona with a cheque for €25,000, proceeds of the fundraising event. The family thanked everyone for their support and kindness.

NEW GALLERY ON HIGH STREET

The Gallery of Golf opened its doors on Wednesday of this week at 21 High Street. The gallery which owned by photographers Keith and Evelyn Woodard houses a selection of the most stunning golf holes from Ireland's famous links and parkland courses captured in black and white. Well worth a visit!



KERRY O'SULLIVAN PICTURED WITH PIPPA O'CONNOR.

FREE CONCERT

Spraoi Chiarraí are looking forward to three more great concerts in August. They are August 6th, 13th and finally 20th. Last week the group had a capacity audience of 220 people at St. Mary's! The next concert is tomorrow, Saturday, August 6th at St. Mary's Church of Ireland, Killarney at 8pm. Mairead & Eileen Dineen Ballydaly Milstreet (Accordion, Piano and Vocal) will open the show. Micheal D. Kelliher Fossa (Accordion /Melodeon) and Niamh Dalton Gneeveguilla (Concertina) join Spraoi Chiarraí Producer/Director Tim O'Shea (Guitar /Vocals/ Bodhrán).

CELEBRITY SHOPPER IN TOWN

A Killarney boutique proprietor had a celebrity shopper over the Bank Holiday weekend when fashionista Pippa O'Connor popped in while on holiday in Killarney with her husband Brian Ormond and their two sons.

Kerry O'Sullivan from Kerry's Boutique was delighted to serve Pippa who popped up one of the shirts for sale in the store on instagram. The shirt sold out within a few hours with one customer coming down from Monaghan to shop at the boutique on Plunkett Street. Kerry and her husband Ger recently welcomed baby Scarlett, who is now a regular visitor to the boutique.

RAMBLING HOUSE

Lovers of trad music, song and dance should take a trip to the Rambling House at Heritage Centre Scartaglen Monday August 8th at 9 p.m. Admission is free, there is a raffle and refreshments and all are welcome.

KILLARNEY RAISES €25,000 FOR AMY



PICTURED AT KTown FOR THE CHEQUE PRESENTATION OF €25,000, FOLLOWING 'SHAVE FOR AMY' THE PREVIOUS WEEK, TO BRENDAN & TRIONA O'CONNOR WERE BACK ROW L-R CONNIE O'SHEA, ALAN BREEN, KATHY O'SULLIVAN, DAN BROWNE, PAT FLEMING, SINEAD GALVIN, MARTIN O'GRADY, CHRIS O'RIORDAN & GER SUGRUE. FRONT ROW L-R CONNIE KELLY, RAY O'SULLIVAN, TRIONA & BRENDAN O'CONNOR & DORA BROWNE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

MONEY MATTERS....

By Dermot Cronin,
Financial Advisor



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PROPERTY OUTLOOK :

THROUGH THE KEYHOLE....

A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET

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

Killarney

TOWN TALK



PICTURED AT THE LAUNCH OF THE SEANI MCCARTHY GOLF CLASSIC IN AID OF THE KERRY HOSPICE FOUNDATION, WHICH IS DUE TO TAKE PLACE AT KILLARNEY GOLF & FISHING CLUB ON SATURDAY 3RD SEPTEMBER WERE BACK ROW L-R TOM O'CONNOR, CLUB CAPTAIN LIAM HARTNETT, BRIAN MORIARTY & BRIAN O'LEARY. FRONT ROW L-R JAMES KELLY, MARGARET MCCARTHY & JAMES O'DONOGHUE. ENTRY FEE €240 FOR A TEAM OF 4 ON O'MAHONY'S POINT AND TEE TIMES ARE AVAILABLE BETWEEN 7.30AM-3.30PM. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

ROAD RACE

All roads lead to Kilgobnet on Sunday next August 7th, when the 27th annual roadrace and walk for the Fr Michael Kelliher Memorial Cup, will be held at 12 noon. Always a popular event, this year the proceeds of the race will go to the Clodagh O'Shea fund. Clodagh is a 6 yr old local girl who is awaiting a kidney transplant. The distance is 5km which should suit both beginners and experienced runners.

Each finisher receives a souvenir medal.

LEGION HONOUR THEIR ROSE

Members of Legion GAA club gathered this week to make a special presentation to the 2016 Kerry Rose Danielle O Sullivan. Danielle, is played football with the club was presented with good luck gifts from the club and sponsors.



PICTURED AT KILLARNEY LEGION CLUB HOUSE FOR THE PRESENTATION TO DANIELLE O'SULLIVAN, KERRY ROSE AND FORMER LEGION MEMBER WERE FRONT ROW L-R PAUL TRANT (KEANES JEWELLERS), KERRY ROSE DANIELLE O'SHEA & DYLAN TRANT (SEWELLS CHEMIST). MIDDLE ROW L-R DAVID RANGLES (RANGLES BROS KILLARNEY & TRALEE), DENISE FOGARTY, ENDA WALSH, SEAN MURPHY (LORD KENMARE'S). BACK ROW L-R TINA MOYNIHAN (LELA THAI SPA) & PAUDIE BREEN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

"Many thanks to Dave Randles of Randles Bros, Tina Moynihan of Lela Thai Spa, Sean Murphy of Lord Kenmares, Paul Trant of Keanes Jewellers and Ian Trant of Sewells Pharmacy who presented Danielle with her gifts", Club Chairman Enda Walshe told the Killarney Outlook.

The gifts included her own personalised Legion Jersey. Danielle's coach at juvenile level Paudie Breen was also in attendance at the presentation. The whole club wish Danielle the very best of luck in the upcoming Rose of Tralee Festival.

CIAN'S WALK

Following a successful walk to remember Cian O'Donoghue, all funds raised will go to the Killarney Water Rescue Group and not the Killarney Fire and Rescue Group as stated in last week's Killarney Outlook. Well done to all involved.

TV APPEARANCE FOR KILLARNEY MEN'S SHED

Killarney Men's Shed are set to make their debut TV appearance next week on Irish TV.

Following a very memorable evening held recently in the Shed the film will be broadcast on next Wednesday the 10th August at 7.30pm on channel 191 on Sky. The programme is called "Kerry County Matters".

The evening kicked off with songs and music from the "Killarney School of Music" which was conducted by their inspiring tutor, Padraig Buckley. This was a brilliant beginning to the evening and the Shed members wish to express their thanks to Padraig and all the group for taking the time to attend. This was followed by food which was prepared by the "Ross Café" and our thanks to all involved for their excellent service.

The event would not have been possible without the many beautifully crafted items which were so meticulously fashioned by the members and made an outstanding display. These will make interesting viewing for the upcoming programme.

The event continued with traditional music from Tom Cronin Jnr, Mike Cronin and Paul O Raw along with singing from Frances Healy, Johnny Lehane and Tom Cronin Snr which helped to make it such an unforgettable evening.

The Men's Shed group would like to thank all who attended including Noel Spillane from SKP and to all the musicians and singers who so generously gave their time. It was very much appreciated by all involved.



KILLARNEY MEN'S SHED - SET FOR THEIR TV APPEARANCE NEXT WEEK.



Jerome O'Regan

AUCTIONEER & VALUER

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Email: jeromeoregan@eircom.net | Web: www.jeromeoregan.ie



HOUSE ON 22 ACRES APPROX

COCKHILL, KILCUMMIN, KILLARNEY

A beautiful property containing a detached 2 storey house on approx 22 acres, very scenic and only 7 miles from Killarney town. The house has 3 very large bedrooms, 1 ensuite, one with a large dressing area and sliding, mirror wardrobes, lounge, sunlounge, diningroom and kitchen, oil fired C/H, and a storage shed. The entire house is in good decorative order.

PRICE REGION: €260,000 BER PENDING



ROCKFIELD, FIRIES KILLARNEY.

MODERN end-of-terrace attractive home.

3 bedrooms and finished to a very high spec. Turn key condition. Very central, quiet rural setting.

PRICE REGION €125,000 B.E.R. C2



2 MAPLE DRIVE, MILLTOWN, KILLARNEY, CO. KERRY

This is a bigger-than-usual 4 bed semi-detached house. It comprises of 4 spacious bedrooms, 1 en-suite. It is very convenient for commuting to Killarney, Tralee, Killorglin and Kerry airport.

GREAT VALUE €150,000 BER Pending



BEAUFORT KILLARNEY (ON THE MAIN RING OF KERRY ROAD).

A unique, magnificent property on c.2.75 acres with extensive frontage on the river Laune and breathtaking mountain and river views. Architecturally designed as a B&B or an executive type house, it comprises 8 bedrooms (7 ensuite) reception rooms etc. Newly decorated with a very high quality finish. It comes with a detached aptm/store/garage. Must be viewed.

8 ACRES OF DEVELOPMENT LAND ONLY A FEW MINS. WALK TO KILLORGLIN TOWN CENTRE. ZONED RESIDENTIAL. DRY, LEVEL, ROADSIDE, SCENIC PROPERTY WITH GREAT POTENTIAL.

KILLARNEY Large, detached, dormer type house on c.3/4 acre. Requires refurbishing, extremely private, walking distance to town.

LISTRY/FAHA, KILLARNEY Exceptional property. Modernised, totally renewed stone built farmhouse on 4 acres of excellent land with 2 stone built charming outbuildings/dwellings. Professionally designed gardens. Offering the perfect blend of the old and the new with great style and character. Much sought after location. B.E.R. pending. P.O.A.

UPPER LEWIS ROAD, KILLARNEY 2 storey, semidetached home, Only minutes walk to town centre, much sought after location

SITE LORETO ROAD, KILLARNEY, full planning. Extremely rare opportunity to acquire a property in this prestigious location.

KILCUMMIN AREA, Killarney Beautiful detached dormer. 4 bedrooms, 3 ensuite, sun-lounge, many extra features. Spectacular views. P.O.A.

KILCUMMIN OR FIRIES area, semi or detached house wanted for cash buyer.

COCKHILL, KILCUMMIN, Killarney Detached, 2 storey dwelling on c.22 acres of mixed land. (c.6 acres under forestry). Extremely scenic location. House may be sold separately. Great value.

WAREHOUSE TO LET OR FOR SALE Great access just off the N70. Approx. 1 mile from Killorglin on the Tralee road. Size 110 x 80 ft. x 20ft. high approx. Modern building, totally sealed, cavity wall with insulated roof.

KILLORGLIN TOWN Town centre shop premises to let.

WANTED (due to recent completed sales) Semi-detached house in Killarney. Cash client. Immediate decision.

BARLEYMOUNT, KILLARNEY 6.5 acres approx. of rough land.

BARLEYMOUNT, KILLARNEY 1.75 acres approx. field with spectacular views

SPA/KILLARNEY 1 acre site, subject to planning, dry elevated, great location

TIERNABOUL, KILLARNEY 4 bed bungalow, beside N.S. only 2mls to Killarney town.

ROCKFIELD, FIRIES. Delightful 3 bed two storey (At the old school).

Very attractively priced.

KILLORGLIN TOWN 2 bed apartment, both ensuite, Very modern design, purpose built in a private, gated town centre location.

FARM WANTED. GOOD QUALITY LAND. 50 ACRES OR MORE. CLOSE TO KILLARNEY OR WITHIN 7 OR 8 MILES FROM KILLARNEY TOWN. TOP PRICE PAID FOR SUITABLE PROPERTY.

WANTED Properties, houses, farms commercial etc. in all areas, for a growing list of genuine buyers.

2 MAPLE DRIVE, MILLTOWN, KILLARNEY 4 bed semi-detached house. It comprises of 4 spacious bedrooms, 1 en-suite. It is very convenient for commuting to Killarney, Tralee, Killorglin and Kerry airport. Great Value €150,000

MILLTOWN VILLAGE Commercial street front property. Great location. Good investment opportunity. Price region €125,000.

KEEL, CASTLEMAINE, 4 bed dormer detached, on c. 1/2 acre. 5 star finish with concrete build. Exceptional property. Close to the sea.

CARAGH LAKE/GLENCAR/KILLORGLIN area old 2 storey farmhouse on c. 2.5 acres. Very scenic tranquil setting in this very desirable location.

KILLORGLIN, GOLF COURSE ROAD Delightful 2 bed detached bungalow, as new, superb location.

KILLORGLIN TOWN CENTRE Licenced premises. Great location with extensive street frontage. Large building with "spacious Beer Garden." Needs some upgrading but has huge potential for food, entertainment etc. Attractively priced.

BEAUFORT KILLARNEY, OLD HOUSE on c.2 acres, very elevated, dry, extremely scenic setting, reasonable reserve. UNIQUE PROPERTY.

BEAUFORT, KILLARNEY, on the Main Ring of Kerry road, stunning 8 bed (all ensuite) B&B. Extensive frontage along the river Laune, with fishing rights. Panoramic views.

KENMARE "ASHGROVE" delightful, detached 3 bed bungalow. (Fairy Lawn) Close to The Sheenfalls Hotel. Restorative, restful scenic setting.

FARMS/LAND

BALLYFINNANE, FIRIES, KILLARNEY. 9 ACRES APPROX. IN ONE FIELD. BOUNDED BY A RIVER ON ONE SIDE AND FRONTING THE PUBLIC ROAD.

c.10 acres with good sheds, extremely scenic. Artgalvin, Headford area. 5mls from Killarney.

Firies area, Killarney. Country mansion on 39 acres approx of top quality land all in excellent condition.

DEVELOPEMENT LAND 8 acres approx. zoned residential, only minutes walk to Killorglin town centre. (Sunhill area.) Dry, elevated property.

SITES

LOUGHGUITTANE, MUCKROSS, Killarney, 1 acre site subject to planning permission, €50,000

SITE LORETO ROAD, KILLARNEY, full planning. Extremely rare opportunity to acquire a property in this prestigious location.

AGHADOE Site roadside, approx 1 mile from town 1/2 acre selling subject to planning.

BEAUFORT AREA Elevated, scenic site c. 1/2 acre.

COOLIES, MUCKROSS, KILLARNEY c. 1 acre, private scenic location.

KILLARNEY 2 MILES APPROX 3 acres or more subject to 1 planning.

ROSSBEIGH, GLENBEIGH Site with full planning for dormer, no residency clause.

Killorglin 1 mile 3/4 acre site. On the main Killarney/Ring of Kerry road. Dry, elevated and scenic. On the main sewer and with all services.

Faha, Killarney, c. 1/2 acre, dry, roadside, great location, bargain.

TIRNABOUL/SPA KILLARNEY C. 3/4 acre site. Dry, level and roadside. Close to Spa G.A.A. grounds and community facilities.



MONK'S LOUNGE AT MUCKROSS PARK HOTEL & SPA



The newly refurbished Monk's Lounge at Muckross Park Hotel and Spa, is located close to Killarney town centre and is in the heart of Killarney National Park. Monk's provides the ideal location for a relaxing lunch or refreshments in Killarney.

Monk's Lounge serves morning delights from 11.00am and an extensive lounge menu and afternoon tea from 12.30 – 5.30pm daily. Monk's is a fantastic choice for

drinks & light bites in the evening. Located in the original wing of the hotel, Monk's is full of character with bright welcoming interior, an open fire, a spacious bar area and a cosy snug. The interior design of Monk's Lounge was recently completed by The Interiors Boutique company based in Killarney.

Menu highlights include Smoked Salmon Croque Monsieur and Spiced Prawn Salad with Mango & Chili Salsa, Baby Gem Leaves and crispy Shallots. Some main course dishes include South Indian Chicken Curry, Classic Sirloin Steak Sandwich and Broccoli Asian Salad. A range of fresh lounge options are available including a children's menu.

Monks Lounge also serves Nespresso coffee and a wide selection of handmade desserts. Afternoon teas include traditional, champagne, vegetarian and gluten free. All desserts and pastries are prepared by our French Patisserie Chef.

Monk's Lounge has its own sunlit terrace, ideal for alfresco dining with access to

the Spa Garden and the Blue Pool River. Special Occasions and private events can be arranged with a choice of menus and barbeque options. Muckross Park Hotel is also home to the award winning Spa at Muckross, combining a Spa treatment with afternoon tea in Monk's is a popular choice for our guests.

The Lounge is open until late, serving light dining options including Kerry Coast Seafood Tasting plate, Meat tasting plate and Cheese tasting plate. All evening bites are served with fresh bread and tapenades. Monk's lounge provides the perfect setting for after dinner drinks and is the ideal venue to finish off your evening.

An extensive drinks menu awaits; including gourmet coffees and cocktails. Sample some of Monks Infusions which include Lychee Sour with Bulleit Bourbon Whiskey, Lychee Liqueur, Fresh Lime & Lemon Juice and Egg Whites, all shaken and served over ice. Other infusions include Mint Julip, Whiskey Sour and Elderflower Collins, to name but a few. Monk's also serves a wide array of Signature Specials, Martinis, Cosmo Compilations, Craft Beers and Wines.

To make a reservation please call **064 662 3400** or email **info@muckrosspark.com**.



**MUCKROSS PARK
HOTEL & SPA**

Muckross, Killarney, Co. Kerry

Céad míle fáilte go dtí aonach an phoic Ireland's Oldest Traditional Fair

The Highlights

A fair to remember...

King Puck is set to return to his throne this August

Killorglin's Puck Fair is Ireland's original and oldest 'Gathering Festival'. This year's festival, which runs August 10th, 11th, and 12th, promises as always to be fun-filled and uniquely entertaining. The age-old celebration revolves around the crowning of a wild mountain goat as King in honour of a tradition and heritage that is purported to be ancient, but can only officially be traced back as far back as 1613 when King James I issued a charter granting legal status to the existing fair in Killorglin.

The main coronation ceremony occurs on day one of the festival, otherwise known as 'Gathering Day'. The Queen of Puck, who is traditionally a young schoolgirl from one of the local primary schools, crowns the goat 'King Puck'. This year's honour has gone to 12-year-old local schoolgirl Kerry Lynch from Glounaguillagh National School, Caragh Lake, who will have support throughout the festival from her lady-in-waiting, Blathnaid Ni Chearnaigh from Killorglin. Following the ceremony, the Puck King – who will this year also lay claim to the title of 'King of the Wild Atlantic Way' – and his Queen make their way through Killorglin, granting residents and visitors alike the 'Freedom of the Town' for the duration of the festival and this marks the beginning of three-days of entertainment, music, pageantry and tradition. As for the highlights of the festival's opening day, the 2016 parade promises to be a kaleidoscope of colourful floats and entertainers.

The route, which was changed last year, is designed to allow greater viewing opportunities and will begin at The Bridge and proceed through Lower Bridge Street, on to The Square



and Upper Bridge Street, before finally working its way onto Iveragh Road. Another highlight of 'Gathering Day' is the Horse Fair, which is the oldest and longest continually-running horse fair in the country. The equine festivities include buying and selling horses, ponies, donkeys and equipment. The Horse Fair starts early in the morning and continues throughout the opening day of Puck Fair.

The second day of Puck Fair, traditionally known as 'Fair Day', boasts an impressive line-up that includes a number of free workshops incorporating everything from dance and circus skills to traditional Irish musicianship. The evening schedule is set to be even more fun and fast-paced, with an appearance from DJ Donal from VideodjKerry, street entertainment provided by Monsieur Gusto and music from Two Mikes & Family Ties. Irish country music sensation Mike Denver will round off the day's festivities as he takes to the main stage at 10pm to perform a free open-air concert for fans of all ages.

With the arrival of the final day of Puck Fair, the fun is far from over as the closing Dethronement Parade provides the main highlight of the day. Known as 'The Scattering', the parade marks the journey of King Puck back to his mountain domain. Following this, an exhilarating fireworks display provides a fitting finale for Ireland's oldest festival.

For a list of all to see and do at Puck Fair see www.puckfair.ie

Killorglin, Co. Kerry, Ireland

August 10th, 11th and 12th 2016

www.puckfair.ie

Fáilte Ireland



Puck Fair 2016

CÉAD míle fáilte go dtí Anach an Phaic
IRELAND'S OLDEST TRADITIONAL FAIR

2016 Highlights

Wed. 10th GATHERING DAY Horse Fair Coronation Parade Night time Concert "The Unusual Suspects"	Thur. 11th FAIR DAY Day Time Concerts "Meet the Goat" Night time Concert "Mike Denver"	Fri. 12th SCATTERING DAY Dethronement Parade Night time Concert "Amazing Apples" Fireworks Display
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10th, 11th & 12th August 2016
Killorglin, Co. Kerry

www.puckfair.ie








'This Advert has been kindly sponsored by Killorglin Chamber Alliance'

ALL ABOARD THE SHUTTLE BUS TO PUCK

The annual Puck Fair takes place in Killorglin from August 10th to August 12th. The Fair never fails to entertain but parking comes at a premium. So why not avail of the wonderful service on offer this year from Killarney Shuttle Bus. A return ticket for the day can be purchased for just €10 while a one way ticket is available for €7. You can even bring the kids to Puck as children under 16 travel free of charge when accompanied by a paying adult. The bus departs Kenmare Place early each morning and drops passengers off at Killorglin bus stop beside the fishery. When the fun ends the bus brings you back to Killarney with the last bus departing Killorglin at 4am.



QUEEN OF PUCK: KERRY LYNCH

Killarney Shuttle Bus also provides affordable day tours in Killarney. The original hop on/hop off Killarney Shuttle Bus tour is the best way to go to see all the main attractions. You can take in the sights at Ross Castle, Muckross Abbey, Muckross House, Torc Waterfall and Ladies View. Pickup can be arranged from local hotels and the shuttle bus departs from the Discover Ireland Tourist Office on Beech road and the Bus Station hourly. Killarney Shuttle Bus offers informative

and entertaining day trips at market leading prices.

The Shuttle bus makes two trips daily to the Gap of Dunloe starting from the Bus Station, Tourist office and Ross Castle. The tour allows you to see the age old glaciated valley of the Gap of Dunloe and its stunning scenery. This day trip is not to be missed!



SHUTTLE BUS SERVICE TO PUCK FAIR

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AUGUST



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ONE WAY

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KENMARE PLACE, KILLARNEY

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SHUTTLE BUS TIMETABLE

OUTWARD JOURNEY KENMARE PLACE, KILLARNEY

10TH AUGUST	11TH AUGUST	12TH AUGUST
09:00	-	09:00
10:00	10:00	10:00
13:00	13:00	13:00
15:00	15:00	15:00
16:30	17:00	17:00
19:00	19:00	19:00
21:00	21:00	21:00
22:30	22:30	22:30

(KILLORGLIN BUS STOP BESIDE FISHERY)

RETURN JOURNEY KILLORGLIN BUS STOP

10TH AUGUST	11TH AUGUST	12TH AUGUST
12:30	12:30	12:30
14:30	14:30	14:30
16:00	16:00	16:00
18:30	18:00	18:00
20:00	20:00	20:00
22:00	22:00	22:00
01:00	01:00	01:00
02:00	02:00	02:00
03:00	03:00	03:00
04:00	04:00	04:00

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RATHMORE/ GNEEVEGUILLA NEWS

by Michael O'Mahony

SYMPATHY: To the families & friends of the late Timmy McGillicuddy, Bounard Gneeveguilla whose death was last weekend. May he rest in peace.

EXHIBITION: Killarney Library is delighted to host the "Press Photographer of the Year 2016" exhibition from Tuesday 9th August - Thursday 25th August. The exhibition is a collection of winning and short-listed images from the annual Press Photographers Association of Ireland awards. Free admission. All welcome.

WEDDING BELLS: Congratulations to Eoin Lawlor Rathmore & Siobhan O'Connell Gneeveguilla who got married last Saturday in Rathmore and held their reception in Killarney Oaks Hotel. We wish them both happy long life together.

RATHMORE DEBS: Scoil Phobail Sliabh Luachra debs held recently were a great success. It was held in the Ballyroe heights Hotel Tralee.

BEST WISHES: Congratulations to Tara Collins Knocknaloman Rathmore who won €300. In Nomination a dog at Friends University Hospital Kerry Fundraiser recently.

KERRY DIOCESAN PILGRIMAGE TO



MEMBERS OF RATHMORE LADIES CLUB, BRID RYAN, RACHEL FITZGERALD AND AOIFE O'CALLAGHAN, WHO WERE PART OF THE VICTORIOUS U16 KERRY LADIES TEAM THAT DEFEATED DUBLIN IN NENAGH.

LOURDES: Led by Bishop Ray Browne celebrating the Year of Mercy 2nd - 7th September ex Kerry Airport. Some seats available. Contact Janice 064 7758219 or email joskdp@eircom.net

ALL IRELAND SENIORS & MINORS

FOOTBALL QUARTER FINAL: Congratulations to Aidan O'Mahony & Paul Murphy with the Kerry Seniors on Sunday last victory over Clare in Croke Park and Mark Ryan, Brian Friel, Dean Fitzgerald with the Kerry Minors victory over Derry at in Croke Park. Congratulations to all players in both teams and managements in reaching the All Ireland Semi-Final.

GNEEVEGUILLA GAA CLUB: Cul Camp will be held in Gneeveguilla GAA Grounds between August 8th and 12th.

Gneeveguilla GAA would like to wish Darren Brosnan a speedy recovery, from injury.

RATHMORE LADIES FOOTBALL:

Congratulations to Aoife O'Callaghan, Bride Ryan and Rachel Fitzgerald, in the u16 All Ireland Final Kerry v Dublin in Nenagh recently. A great victory, final score 3.21 to 13pt

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

SPA NOTES

WEDDING: Congratulations to Aileen Hickey Tiernaboul on her recent marriage to Karl McCay, Co Derry.

DEATHS: Sympathy is extended to the relatives of Evelyn O'Leary, Coolcushlough and Valentia who died at the weekend. Also to Paddy O'Keefe and family, Ballaugh on the death of his brother-in-law Tim McGillicuddy, Bounard, Gneeveguilla.

CELEBRATION: Spa to Celebrate 1966 O'Donoghue Cup Victory on Thursday August 11th at 7pm at the Spa Clubhouse - all are welcome!

Following their successful era of the 1950's, due to emigration, retirements and a lack of a proper underage structure, the Spa club went into gradual decline and became defunct for a 4 year period, which saw many of their players assisting St Finian's in East Kerry competitions. The first tentative steps in the revival of the club came in 1963 when a Spa/Glenflesk

amalgamation won the East Kerry Minor League, and this victory, which coincided with the decision by St Finian's not to continue to compete in East Kerry competitions, heralded the revival of the Spa club.

At the club AGM in the old Macra Hall in March 1966 a decision was taken to enter the senior East Kerry League for the O'Donoghue Cup.

After a narrow victory over Currow in their opening game, they were defeated by Listry in the next round and their future in the competition very much hinged on what was to be a crucial clash with Gneeveguilla. Conscious of their plight, the team prepared well for this game and, after a titanic struggle, Spa emerged victorious by the narrowest of margins.

After defeating Rathmore in the next round on July 20th, the scene was set for an O'Donoghue Cup final against a fancied Kilcummin side, and again, after another titanic struggle, and a cracking Paddy Dennehy goal in the 20th minute, the Cup was on its way to Spa for the first time.

At the next EKB meeting, it was decided to initiate a knock-out competition commencing

in early September, and once again a narrow victory over Dr Crokes paved the way for the side to progress to the final on Easter Sunday 1967, and Spa were now winners of both the League and the knock-out competition, which was to be the format for the O'Donoghue Cup competition over the subsequent 50 years - a competition which Spa won on a further nine occasions.

What makes the 1966 victory so special is that it proved to be a motivating factor for the years ahead and those players, who went on to represent the club, developed a sense of achievement and self-belief that helped to sustain them in subsequent years.

On Thursday August 11th the surviving members of the panel, and representatives of those who have passed away in the interim period, will assemble at Spa clubhouse for a special reunion function during which Mass will be celebrated at 7pm by one of the playing members of the side, Fr Michael O'Donoghue. Everyone is welcome to come and join in the celebration.

For creative and eye catching advertising call the experts - Killarney Outlook

Call Des on 087-6593427



KILCUMMIN NEWS

THE SUN IS RISING FOR IRELAND: "The Sun is Rising for Ireland" the 1916 exhibition currently running at Killarney Library has been extended to Saturday 6th August. The exhibition is curated by Conor Doolan. Free admission. All welcome.

COMHALTAS: Well done to all our members who competed in Fleadh Cheoil na Mumhan last weekend. Our 15-18 ladies set and our 15-18 mixed set achieving first place, our 15-18 half set achieving 2nd place and our Senior Ladies coming in 3rd place. Also Liam Randles achieving 3rd place in Feadóg Stain and recommended to Fleadh Cheoil na hÉireann. Good luck to all going forward.

KILCUMMIN GAA:

FIXTURES: U11 Boys play Glenflesk away on 14th August at 12 noon.

U16 Boys play Keel/Listry at home in the

County League at 7pm. They are also due to play Templenoe/Sneem/Derrynane away on Wednesday 10th at 7pm.

Senior Ladies play Causeway in the County League at 12 noon on 7th August.

GAA LOTTO: There was no winner on Monday 1st August, 2016. Numbers drawn were 10, 13, 20, 23. Consolation prizes were €100 Timmie O'Sullivan. €60 Rossco Casey, c/o Kathleen Lynch. €60 Nonie & Louise O'Leary, Mastergeeha. €30 Anna Guerin, FSS. €30 Sarah Daly, Toremor. Next Draw Sunday, 14th August, 2016. Jackpot now €5,250.

MASTERGEEHA FC

SENIORS: In preparation for the new season seniors training starts on Wednesday and Friday at 7.30pm at Kilbreen Park. New Players welcome.

SCHOOL BOYS & GIRLS TRAINING: In

preparation for the commencement of the new underage season training starts for school boys and school girls teams shortly. For further information contact: Tadhg Brosnan: Ph. 086-4098405.

COACHES: Anybody interested in volunteering, coaching, managing or helping out with the club or a team for the forthcoming season please contact 086-4098405.

MASTERGEEHA FC LOTTO: There was no winner on Friday 29th July 2016. Numbers drawn were 2, 13, 15, 18. Consolation prizes were €100 Noreen Nagle, No 2 Churchview, Rathmore. €60 Paul Cahill, Knocklebede, Kilcummin. €30 Tom Ulick O'Sullivan, Kilcummin. €30 Mella Wade, Woodlawn Park, Killarney. €30 Denis Brosnan, c/o The Lodge, Killarney. Jackpot now €8,250.

GLENFLESK NOTES

GLENFLESK U14S: Our U14s finished off the League stage of East Kerry with a 6-19 to 3-09 win over Dr Crokes and have qualified for the final which will be played next Monday August 8th with the Venue yet to be confirmed.

GLENFLESK U16S: Our U16s moved onto 4 points in the Co. league with a 2-17 to 2-08 win over Glenbeigh/Glencar in rd 3.

KERRY MINORS: Well done to Daniel O'Brien and the Kerry Minors on their All Ireland QF win over Derry. Daniel had a great game playing left half back scoring 2 good points from play.

KERRY JUNIORS: Best of Luck to Lee O'Donoghue and Darragh Roche who line out for the Kerry Juniors in Croke Park in the All Ireland

final against Mayo on Saturday August 6th at 2pm.

RAHEEN N.S.: Congratulations to Mary Galvin who had the winning lotto no. 4 on Saturday the 30th of July.

KILLARNEY LIBRARY: Killarney Library is delighted to host the "Press Photographer of the Year 2016" exhibition from Tuesday 9th August - Thursday 25th August. The exhibition is a collection of winning and short-listed images from the annual Press Photographers Association of Ireland awards. Free admission. All welcome.

GLENFLESK LOTTO: No winner of the lotto which took place in Kerry Way on 1-8-16

Jackpot - €2400. Numbers were 10, 11, 12, 19.

1. Tony Phillips c/o Jimmy Kelly (Yearly ticket).

2. Sean Doherty Knockans (Yearly ticket).

(sellers prize)

3. Sean Burns Kerry Way.

4. Ruaidh and Clodagh Dennehy c/o Shane Dennehy.

5. Tim Teahan Irish Rail. The next draw will take place in the John Dans on 15-8-16 and the Jackpot is €2600

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

FOSSA NOTES

LOTTO: Numbers drawn were 6, 11, 20, 22. There was no jackpot winner and the €40 consolation prize winners were Margaret O'Carroll, Dromin, Michael Sheehan, Ards, Barry, c/o Golden Nuggett, Michelle O'Donoghue, 24 Daltons Avenue and Claire Houlihan, Curragh. Next weeks jackpot will be €9,150. Tickets are on sale at The Golden Nuggett Bar, The Castlerosse Leisure Centre, The Travel Inn, The Old Killarney Inn, Foley's Spar Shop, The Laurels Bar and Committee members.

WELL DONE: Well done to the Kerry Minor team and to our own David Clifford who had a great victory over a fancied Derry side in the All-Ireland quarter final on Sunday. David contributed a handsome five points from play and continues to embellish his reputation as one of the brightest prospects in what is a star studded minor side.

LADIES FOOTBALL: Congratulations to our fantastic trio of Anna O'Reilly, Erica McGlynn and Anna Clifford who were all members of the victorious Kerry U-16 team who retained their All-Ireland title against Dublin in Nenagh last Wednesday evening. This is a superb team who have been unbeaten in the last couple of years



L:R: CIAN LYNCH BALLYVOURNEY AND GENE CRONIN FOSSA WITH THEIR CHEVIOT AGED EWES AT THE 32ND ANNUAL KILGARVAN SHOW ON SUNDAY LAST. PHOTO: LISA O'SHEA.

in Championship football and this has been helped in no small way by the presence of our three supremely talented players who bring their considerable talents to the squad.

SYMPATHY: Sympathy is extended to the family of John Harrington, Killowen, Kenmare who died recently. John put a lot of work into Tops of the Clubs and Scór when he lived at the

Grotto back in the 70's. Ar Dheis De a raibh a Ainm.

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



ENJOYING THE KILLARNEY ATHLETIC AWARDS NIGHT AT MCSORELYS ON FRIDAY NIGHT WERE L-R SARAH CUNNINGHAM, NIAMH PIGOTT & DEIRDRE GALWEY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ENJOYING THE KILLARNEY ATHLETIC AWARDS NIGHT AT MCSORELYS WERE L-R LAURA DALY, JOE DALY, LEANNE HERLIHY, CHRISTOPHER MARSHALL & TERESA DALY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



AT THE PRESENTATION OF PRIZES OF THE DR CROKES GAA GOLF ANNUAL GOLF CLASSIC AT KILLARNEY GOLF CLUB SPONSORED BY CHARLIE FOLEY'S BAR, KILLARNEY WERE FRONT FROM LEFT, PETER MCENERY, EILEEN FOLEY, SPONSOR, JOHN MCENERY, (CAPTAIN OF THE WINNING BRENDAN KEOGH/ JMAC OFFICE SOLUTIONS TEAM), STEPHEN KELLIHER AND BRENDAN KEOGH. BACK FROM LEFT ARE DENIS COLEMAN, CHAIRMAN, SHANE O'SULLIVAN, VINCENT CASEY, SINEAD O'SHEA, JOHN O'SHEA, IAN CRONIN, JOHN LOONEY AND COLM FOLEY. PICTURE: EAMONN KEOGH



AINE CARROLL (CENTRE) PICTURED AT THE GLENEAGLE WITH HER FRIENDS & FAMILY AND TAKING CENTRE STAGE AS SUPPORT ACT TO TOM LUCEY WHO LAUNCHED HIS CD ON FRIDAY NIGHT. L-R LINDA CARROLL, SANDRA LACEY, AINE CARROLL, GARY KEANE, JESS LOONEY & AGNES LOONEY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



TOM LUCEY, PICTURED AT THE INEC WITH HIS BACK UP SINGERS AND FAMILY AT THE GLENEAGLE HOTEL ON LAUNCHING HIS NEW CD "UNTOLD STORIES" AT HIS GIG ON FRIDAY NIGHT. L-R DONAL LUCEY, AOIBHE O'CONNOR, ANN LUCEY, TOM LUCEY, MUM JOAN LUCEY, TRACEY KERINS & DAD DANNY LUCEY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ENJOYING THE CAPTAINS PRIZE EVENING AT KILLARNEY GOLF & FISHING CLUB WERE L-R LIAM & CONNIE O'LEARY, DENIS MCCARTHY (VICE CAPTAIN) & NESSA MCCARTHY AND MIKE & EILEEN QUIRKE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE DROMHALL HOTEL FOR THE FRANCISCAN FRIARY YOUTH CLUB REUNION WERE L-R CARMEL LANIGAN, ANN O'CONNOR, CARMEL KEEGAN & DONAL O'RIORDAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



TRYING TO NAME THIS 1975 GROUP PHOTO AT THE FRANCISCAN FRIARY YOUTH CLUB REUNION AT THE DROMHALL HOTEL WERE L-R MIRIAM ASHE, KATHRINA MORIARTY & LOURDA KELLY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



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Injuries will happen if you attempt any form of resistance training being it Body weight or added resistance if you don't master the basics. Don't even dream of joining a heavy weight lifting class if you can't manage any or all of the following.

My top 6 basic exercises to master:

- The Hip hinge (with a stick)
- The Basic plank
- The Body weight push up
- The Body weight squat
- The pelvic tilt & crunch
- Standing Abdominal bracing/ core activation

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MORE TIPS NEXT WEEK...

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IRONING TRICK

If the garment you're ironing has delicate buttons or detailing, cover them with the bowl of a metal spoon and press the surrounding fabric.

HEALTH TIP

TRY TO HAVE FOOD AT FIXED TIMES OF THE DAY

You can stretch these times by half an hour, but anything more than that is going to affect your eating pattern, the result will either be a loss of appetite or that famished feeling which will make you stuff yourself with more than what is required the next time you eat.



Beauty tip

Hair Care

Try to avoid washing your hair everyday. Constant shampooing leaves hair dry and your scalp will create more oils to compensate for the loss of moisture. Instead, use a dry shampoo and style your hair into a braid or ponytail when it's a bit more oily.



FIVE TOP TIPS FOR HEART BASED LIVING!

Living in this world often means that we have to cope with stressful situations or environments, over stimulation, overload in many areas and stress-induced physical, emotional and mental issues. One of the ways in which we can help ourselves to manage and feel full of vitality, health & happiness is to follow the principles of heart-based living.

Follow these five positive and loving ways to live from the heart!

1. Be genuinely appreciative for everything and everyone and increase your heartfelt positive emotions.
2. Generate positive feelings before, during and after any activity or encounter in your life to increase the texture and richness of your life experiences. Look for the good!
3. Practice care, not overcare, for yourself and others.
4. Be aware of negative projections. These are negative thoughts and feelings about you, someone else or the future.
5. Be objective about issues that arise, watch them as if they are someone else's. Step back a little and focus on your heart area and breathe in a positive feeling or attitude. Listen to your heart for solutions.

These tips give you a set of effective tools that deal with whatever the day brings. They also help move you into a state of well-being and heart coherence. Coherence is a highly efficient state in which all of the body's systems work together in harmony. Increasing personal coherence creates an alignment of mind, body, emotions and spirit through the power of the heart.

For Daily Motivational Coaching tips please visit my Facebook page and click "LIKE" to receive!

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Spiritual Intuitive Energy Healer



Trisha Moloney

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

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

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

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EGOPOWER+ HAVE LAUNCHED NINE NEW PRODUCTS!

The next generation of products from EGO Power+ have been unveiled and the expansion of the range will see the brand increase its ever-growing presence in the garden machinery market in 2016. The range of 56 volt lithium-ion products launched in the UK and Europe in spring 2015 and proved incredibly popular. The original range consisted of six core products – a mower, a blower, a chainsaw, a hedge trimmer, a 30cm line trimmer and a 38cm line trimmer. Now for 2016, the range has expanded to include nine new products and two new batteries. Three new lawnmowers have been added to the range and includes a steel deck mower with a 50cm cutting width and the option of self-propel. A 52cm poly deck model with self-propel has also been added to the range to offer a wider alternative to the existing 49cm mower. All four mowers are able to be compactly folded for easy cleaning and vertical storage. Two new line trimmers with brushless motors have been introduced to complement the existing two. These are a 33cm option with a 2mm twin line and two speed functionality and a 38cm option, with a 2.4mm twin line and variable speeds, with a bike handle for extra manoeuvrability and operator comfort. The number of hedgetrimmers has been boosted by the addition of two new models with brushless motors, of 51cm and 65cm, both with an articulating handle for improved user comfort, and a new, more powerful, longer 40cm chainsaw has been added to the range. Finally, the incredibly powerful blower has been made even more powerful, yet lighter, thanks to a new jet turbine fan design that offers improved air intake.

EGO's European Marketing Director, Steve Roskell, commented: "Our 2015 launch season showed us that gardeners are desperately seeking an alternative to petrol and electric products. The popularity of our range immediately showed us that our 56 volt lithium-ion products offer them just that!

"We've almost tripled the amount of products in our core range to give customers more choice whilst still utilising the same battery technology of the old range. We've got high hopes for our new products and we're now ready to convert petrol users and show them that EGO gives them all the power of petrol without the noise, fuss or fumes. New batteries, featuring EGO's patented arc design and "keep cool" cell technology, have also been added to the range with a 5Ah and 7.5Ah being introduced. All batteries are interchangeable across the whole range so users need only buy one battery to maintain their entire garden!

GARDENING OUTLOOK



with John O'Sullivan

FOCUS ON BULBS

Even though it is still early August, you can start thinking about planting bulbs.

Most bulbs are suitable for growing in containers especially the likes of tulips, daffodils, lilies and alliums. When planting up a container or window box with bulbs plant them at about three times their depth and about one bulb width apart and don't forget to water them especially when the foliage is on and they are growing. When planting bulbs in the garden dig over the area well where you are planting and add some compost. Always plant your bulbs in groups of about six depending on the type of bulbs. If you would like to add some colour to some areas of the garden for Spring and into summer, it would be advisable to grow your bulbs now in small pots and grow them on until early spring. You can then plant them in their pots in the areas you want and after flowering you can dig them up and keep them until next spring. A good dwarf daffodil for this is Tete-a-tete.

JOHN O'SULLIVAN, FOUR SEASONS GARDENING SERVICES, KILLARNEY 087-2787160.



CIARA CRONIN BEAUFORT 2ND PLACE WITH HER FRIESIAN HEIFER CALF AT THE 32ND ANNUAL KILGARVAN SHOW ON SUNDAY. PHOTO: LISA O'SHEA.



PICTURED AT THE 32ND KILGARVAN ANNUAL SHOW ON SUNDAY ARE L:R: PADDY, MARY & PATRICK DENNEHY SNEEM. PHOTO: LISA O'SHEA.



ENJOYING THE 32ND ANNUAL KILGARVAN SHOW ON SUNDAY L:R: SARAH TAYLOR, ABBIE MURRE, MOLLY BHAMVRA AND KATIE CRONIN, KENMARE. PHOTO: LISA O'SHEA.



ENJOYING THE 32ND ANNUAL KILGARVAN SHOW ON SUNDAY LAST. L:R: SEAMUS HOGAN LIMERICK, KEVIN CREMIN BLACKWATER AND MAURICE O'NEILL SNEEM. PHOTO: LISA O'SHEA.



AT THE PRESENTATION OF PRIZES OF THE KILLARNEY GOLF CLUB CAPTAINS PRIZE IN THE JUNIOR BOYS SECTION WERE FROM LEFT, RUAIRI COGHLAN, THIRD, ARTHUR HANLEY, PRESIDENT, DARREN MULCAHY, WINNER, LIAM HARTNETT, CAPTAIN AND RYAN KELLIHER, SECOND, AT THE PRIZEGIVING FUNCTION AT KILLARNEY GOLF AND FISHING CLUB ON SUNDAY. PICTURE: EAMONN KEOGH



AT THE PRESENTATION OF PRIZES OF THE KILLARNEY GOLF CLUB CAPTAINS PRIZE IN THE JUNIOR GIRLS SECTION WERE FROM LEFT, CORRINA GRIFFIN, MARY O'ROURKE, LADY CAPTAIN, SARAH O'BRIEN, WINNER, LIAM HARTNETT, CAPTAIN AND SHONA COLLINS AT THE PRIZEGIVING FUNCTION AT KILLARNEY GOLF AND FISHING CLUB ON SUNDAY. PICTURE: EAMONN KEOGH



PRESENTATION OF TROPHY TO FIRIES WINNING TEAM CAPTAIN 2016 EAST REGION U14 LEAGUE DIV 2 FINAL



JOHN O'SHEA PRESENTING THE MAUREEN O'SHEA MEMORIAL CUP TO WINNER URSULA DALY WITH PRIZEWINNERS CORRINA GRIFFIN, ANNE MOYNIHAN, MARY O'ROURKE LADY CAPTAIN (BACK FROM LEFT) MARTINA CUSACK, KELLY BROTHERTON, CHRISTINE CARROLL AND ANGUS CURRAN AT KILLARNEY GOLF AND FISHING CLUB ON SUNDAY.



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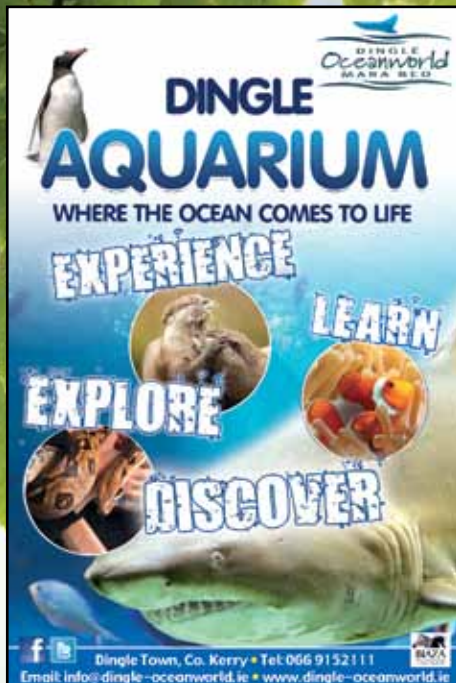
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- If this is your first time barbecuing this year, give the barbecue grill a thorough clean by scrubbing the metal rack with a suitable oven cleaner or a damp brush dipped in bicarbonate of soda. And remember to rinse it thoroughly with warm, soapy water afterwards.
- Light the barbecue well in advance of when you want to start cooking on it. Make sure it's very hot and that the flames have died down before you start to cook.
- When cooking on the barbecue, keep raw meats completely separate from cooked meats and any foods that are ready to eat. Remember to use separate utensils, plates and chopping boards for raw and cooked meat; never put cooked food on a dish that has been used for raw meat.
- Always thoroughly wash your hands after handling raw meat - if you don't, you might pass harmful bacteria from raw meat, poultry and their juices to cooked food; this can lead to food poisoning, something your guests won't thank you for.
- Just because the meat turns crisp and brown on the outside doesn't mean it's properly cooked inside. Chicken, Pork and any meat that is minced or skewered (like burgers, sausages and kebabs) can contain bacteria throughout, so must be cooked all the way through. You'll know it's ready when:
 - it's piping hot all the way through
 - there's no pink meat left, and
 - the juices run clear.

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- Remember to turn food regularly and move it around the barbecue to make sure it's cooked evenly.

For more food safety and healthy eating advice, visit www.safe food.eu



OUTLOOK SPORTS NEWS

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ALL-IRELAND SENIOR FOOTBALL CHAMPIONSHIP

KERRY WIN BUT QUESTIONS REMAIN AHEAD OF SEMI-FINAL

KERRY O'SHEA LOOKS REVIEWS SUNDAY'S ALL-IRELAND SFC QUARTER-FINAL CLASH BETWEEN KERRY AND CLARE

KERRY 2-16
CLARE 0-11

An unconvincing Kerry side progressed to this year's All-Ireland SFC semi-finals as they overcame the challenge of Clare in a disappointing match before an attendance of 29,521 at GAA headquarters on Sunday.

Kerry's comfortable win belies the fact that they looked cumbersome at times and were slow to get any sort of rhythm or pace going. They created plenty of scoring opportunities, 31 from play, but finished the game with 14 wides, several of these were in the last ten minutes when they lost focus.

The Banner county tested the Kerry defence on occasion and created a number of decent goaling opportunities particularly in the second half. However, goals in either half from Donnchadh Walsh and a powerful effort from Darran O'Sullivan eventually cleared the way for Kerry's passage to the last four and a meeting with Dublin or Donegal. Clare tried hard but missed several goal scoring opportunities, the best of these came in the 53rd minute when Aidan O'Mahony, who replaced the black-carded Tadgh Morley in the 45th minute, cleared Jamie Malone's goalbound effort off the line, and in the 66th minute, when Keelan Sexton hit the post with keeper Brian Kelly stranded. Had both of these efforts gone in, it would have made for a very nervy finish.

Clare capitalised on Kerry's short kick outs in the second half when Jamie Malone and David Tubridy scored two quick points and it was also from one of these short kick-outs that Tadgh Morley was black carded. Indeed, the periodic vulnerability of the Kerry defence and the fact that Clare were able to create so many goal scoring opportunities



MARK GRIFFIN SEEN HERE IN ACTION AGAINST DEAN ROCK OF DUBLIN WAS MAN OF THE MATCH IN LAST SUNDAY'S QUARTER FINAL AGAINST CLARE

must be a worry for Eamonn Fitzmaurice ahead of the semi-final clash. That being said, Kerry had heroes at the back, especially man of the match Mark Griffin who put in a sterling effort throughout, Shane Enright who was unlucky to see a goal scoring opportunity graze an upright in the first half, while Peter Crowley and Morley before his black card, turned in solid performances. The early exchanges were even as both sides were level on 0-3 each after 20 minutes. Kerry's opening scores came from Paul Geaney (2) and James O'Donoghue (free) while Clare's were from placed balls with David Tubridy (0-1, from a 45) and Eoin Cleary (0-1) on target. Kerry fans finally had something to cheer about when Donnchadh Walsh was on hand to fire home the game's first goal in the 20th minute when he slid on to Paul Murphy's unplanned pass which bounced favourably for the Cromane man. This was the start of a 1-4 burst without

reply from the Kingdom with the points coming from Darran O'Sullivan (2) James O'Donoghue and Donnchadh Walsh. Clare finished their first-half scoring with a Pearse Lillis effort from play but at the break it was the Kingdom who led 1-8 to 0-4.

Clare needed a good start to the second half and they got it in the shape of a Jamie Malone point after 37 minutes. Then came the decisive moment in the 40th minute when a dazzling effort from Darran O'Sullivan following excellent approach work from Geaney, hit the net. At this stage, the outcome was beyond any doubt. Kerry should have kicked on from here. It was Clare however, who hit back as Tubridy landed two points in a row, one from a poor Brian Kelly kickout. O'Donoghue and Barry John Keane with his first effort pushed Kerry nine clear before Aidan O'Mahony pulled off a miraculous clearance to deny Malone

a certain Clare goal. John Keane (2), Bryan Sheehan, Paul Geaney (free) and O'Donoghue added points as Kerry eased into the last four. Teams and Scorers:

KERRY: Brian Kelly, Shane Enright, Mark Griffin, Killian Young (Capt), Brian O'Beaglaioich, Peter Crowley, Tadgh Morley, Kieran Donaghy, David Moran, Stephen O'Brien (0-1), Paul Murphy, Donnchadh Walsh (1-1), Darran O'Sullivan (1-2), Paul Geaney (0-3, 0-1 free), James O'Donoghue (0-5, 0-3 frees).

Subs: Aidan O'Mahony for Tadgh Morley (black card 45th minute), Barry John Keane (0-3) for Donnchadh Walsh (45th minute), Anthony Maher for Kieran Donaghy (47th minute), Bryan Sheehan (0-1 0-1 free) for David Moran, Marc O'Se for Peter Crowley (both 53rd minute) and Tony Brosnan for James O'Donoghue (66th minute).

Referee: Maurice Deegan (Laois).

A FAMILIAR FOE LIES IN WAIT FOR KERRY LADIES

Not unlike their male counterparts, the Kerry ladies face an familiar foe in the last eight of the TG4 All Ireland ladies Senior championship on Saturday, when Waterford stand in the way for a second time this season. Kerry defeated Waterford, last years All Ireland Intermediate champions, by seven points in Brosna earlier in the Munster championship but after a somewhat surprise victory over Armagh, the Deise

girls get a second bite at Alan O'Neill's side in Birr.

Kerry, who were defeated by Cork in the Munster final will start as favourites but will tread carefully, as last week the Connacht finalists Galway exited at the hands of qualifiers Donegal, so little will be taken for granted and a much tougher encounter is expected.

To date Kerry exited the League stages at Semi-Final's losing by a point

to Mayo and while they did defeat Cork and Waterford in the provincial championship, disappointed somewhat in the Final losing to Cork at home 2-8 to 0-7. Birr is again the venue for the game that will throw in at 3.45pm and is live on TG4 with Mel Kenny taking charge of the whistle.

The winners will face either Cavan/Laois or Cork in the semi-final.



FÍRIES WINNING TEAM 2016 EAST REGION U14 LEAGUE DIVISION 2 FINAL.

SPA GAA CLUB

U14 BOYS: Spa took on a very physically stronger Kilgarvan/Tousist away on Monday evening missing a number on regulars. However Spa showed great tenacity and defended fantastically with Riain O'Neill, Timmy Moynihan outstanding in the fullback line. The hardworking Eoghan Mulvanny was breaking forward regularly setting up wonderful scores for the forwards where Cian Murphy was excelling on the scoreboard. However the towering midfielders of the opposition were hard to stop when going forward and the home team went in at half time 4 points up. Cian O'Sullivan in goal kept Spa in the game with some wonderful saves, and even though Hugh Murrell and Matt McAuliffe were excellent up front a couple of breakaway goals towards the end by the opposition were enough to beat a very spirited Spa Team on a scoreline of 7-9 to 3-9.

O'SULLIVAN CUP SEMI-FINAL: SPA 1-13 DR CROKES 2-5: Our juniors defeated Dr Crokes last Tuesday night in Spa in the O'Sullivan Cup semi-final. Conor Gleeson opened the scoring before Evan Cronin's goal shot was expertly blocked and Jamie Spillane pointed the resulting '45. Evan hit over 6 points in the opening half, added with a point on the quarter hour mark from Mikey Moynihan, and Spa led comfortably 0-9 to 0-1 at the break. Conor O'Riordan pulled off a brilliant save when Brian O'Shea descended on goal at the start of the second half and with three more points from Evan and a point from Cormac Cronin, it was 0-12 to 0-3 going into the final 15 minutes. Brendan Falvey found the net from the penalty spot and moments later a dangerous curling ball landed into the square and bounced over the crossbar to make it 0-13 to 1-4 before Cormac Cronin intercepted a short kick out and after a great run played in to Jamie Spillane who finished to the back of the net. A Crokes goal at the very end made it 1-13 to 2-5 at the final whistle. Spa meet the winners of Listry v Fíries in the Final.

LADIES FOOTBALL

SENIOR LADIES:

SPA 2-8 AUSTIN STACKS 2-3: Ladies had a great win in the Mary Jo Curran Cup in Tralee last Friday night. A mixture of youth and experience brought home a win. Katie Cronin was in excellent form scoring 1-1. Niamh Kearney, Emily Cronin also got on the score board. Midfielder Micaela O Connor reigned supreme in midfield scoring an excellent goal. Marie Lynch and Niamh Hickey pulled off great saves.

U20 LADIES: County board have introduced a new competition for our u20 players in a 7 a side format. Elizabeth Stack, Mairead Bennett, Karol Fleming, Micaela O'Connor, Niamh Hickey, Emily Cronin, Eimear Beazley and Ciara Moynihan all played in the first night of the competition in Glenflesk.

KERRY TEAMS: Well done to the senior and minor Kerry teams. Special mention to Dara Moynihan who had a great game against Derry in the Electric Ireland Minor Quarter final in Croke Park.

MASS FOR DECEASED MEMBERS: August 11th at 7pm

BEAUFORT GAA NEWS

WELL DONE: To our 3 All Ireland Champions who won back to back All Ireland U16 medals in Nenagh on Wednesday last. A devastating display brushed Dublin aside and the result was never in doubt. A great number from the Parish travelled to support the team. Tara Breen was outstanding at full-back, Fiadhna Tangney received Player of the Match playing at wing forward while Hannah O'Donoghue was always dangerous at full forward and a great target.

BEAUFORT U14S: Sponsored by Sean Coffey of Kate Kearneys Cottage & Currow had the honour of playing in Fitzgerald Stadium for the East Kerry U14 (Div 4) Final during the week and what a final it was! Two great sides met and battled hard in a very big pitch for youngsters. Both teams managed it very well and neither side deserved to lose in the end. Currow went ahead quickly, however Beaufort came back strong and at half-time Beaufort

were ahead by a narrow margin of 2 points. Beaufort 2 – 9 to Currow 3 – 4. This was by no means a safe margin and Beaufort came back strong in second half and continued to add to their scoreline. Nearing the full-time whistle, all Beaufort supporters were starting to celebrate as Beaufort were ahead by 6 points and victory looked certain!! However, at 30:46 (less than 1 min into injury time) Currow stuck the ball into the back of the Beaufort net. Surely, we were still ok with a 3 point lead!?! Less than 2 minutes later another goal hit the back of the Beaufort net and all Beaufort supporters looked on in horror. What had just happened? Full-time whistle blew and it was up to the trainers to steady the team and give them some words of encouragement going into extra time. Beaufort 4 – 14 (26), Currow 6 – 8 (26). Another 20 mins of football had to be played to find the winners of this epic battle. After first 10 mins of extra-time Beaufort were ahead by 6 points again. Beaufort 6 – 16, Currow 6 – 10. This time Beaufort defended their 6 point lead and at full time Beaufort won by 6 points. Final score, Beaufort 7 – 18, Currow 7 – 12. A big score for such a young team and their deserving captain Sean O'Brien graciously accepted the trophy on behalf of the team. Well done boys & trainers.

BEAUFORT U16S: Boys sponsored by Killarney Credit Union surrendered a six point advantage mid way through the second half to eventually lose by a seven point margin to North Kerry side, Beale, in this third round County league Division 5 game played in Ballybunion on last Wednesday. Mainly through the accurate finishing of Darragh Dennehy, Jason Coffey-Hallissey and Jack O'Connor, Beaufort built up a five point advantage inside the opening ten minutes of the game but the concession of a penalty at the end of the first quarter brought Beale back into the game. The home side got their noses in front as half time approached but when Jack O'Connor set up William Joy for a great goal it was Beaufort who went in at the interval with a two point advantage (1-8 to 1-6). On the resumption Beaufort completely dominated and with William Joy unerring from placed balls they were six points to the good as the game entered the final quarter. Beale, though, found another gear and started whittling away at Beaufort's lead. When they struck for their second goal eight minutes from time they were back in front. Beaufort briefly levelled but when the home side converted a second penalty, controversially awarded, with four minutes remaining it knocked the stuffing out of Beaufort. Final Score: Beale 4-13 Beaufort 1-15

LOTTO: Next Lotto Draw for Jackpot of €5,400 will be held in Galvin's Bar on Sunday, 7th August

FIXTURES: U16 girls v Listowel Emmets at home on Monday 8th at 7pm.

Senior Ladies home Finuge/St Senan's Friday, 5th at 7.30pm in Mary Jo Curran Cup.

U12 Boys home Milltown/Castlemaine, Friday, 5th at 7pm in Mid Kerry A Competition.



Minors home Currow, Saturday, 6th in final round East League.

U11 Boys away Furies, Sunday, 7th at 12 mid-day in East Region.

Senior men in Mid Kerry Junior Final v Milltown/Castlemaine Tuesday, 9th. Time and venue to be decided.

Senior men are also in Mid Kerry League Senior Final. Date etc to be confirmed.

WELL DONE: To Mike Breen and the Kerry Minors who beat Derry and qualified for the All Ireland semifinal on Sunday. Well done also to the Kerry Seniors who beat Clare and also qualified for an All Ireland semi final.

BEAUFORT MINORS: Sponsored by Harpoon Connect had 2 losses recently. They were beaten by Rathmore 1-13 to 1-9 and lost heavily to Cordal/Scartaglin 4-19 to 1-9.

Good Luck to the Beaufort players and Mid Kerry Minors who play Kenmare District in Minor County Championship in Killorglin on Wednesday evening.

WELL DONE: To all who participated in The Ring of the Reeks and Caragh Lake Loop Cycles on Saturday. Thanks to all who helped in any way.

MILLTOWN CASTLEMAINE GAA

CAMP FOR FUTURE STARS: A Camp to focus on Sports Development of Primary School Pupils (6-13 years) will be held in Milltown/Castlemaine Gaa Grounds from Tuesday August 16th to Friday August 19 2016. Time: 10.30 a.m. to 1.30 p.m. Bookings to be received by August 7th. Cost- €35 if booked by August 5th!

Application forms are available at all retail outlets in Milltown and Castlemaine and from club personnel. Please contact John Hegarty or Eileen Lovett-secretary of Coiste na nÓg- for further details.

See our Face Book page for further updates!

MID KERRY SENIOR LEAGUE: Old rivals Milltown/Castlemaine and Laune Rangers squared up in Milltown in the Mid Kerry League on Saturday night. The game started with a quick point by Cathal Moriathy and 2 minutes later Laune Rangers keeper Jason Browne made a great save from Gavin Horan. In the next 10 minutes, Laune Rangers got a stronghold and put over 3 points without reply. From then on Donal Dennehy, David Roche and Mike Burke got on top around the middle and some good support play all round allowed Milltown Castlemaine kick 7 unanswered points-the pick of them being one from Jeremiah Hayes. Laune Rangers kicked a free at the end to leave the score 8 points to 4 points at half time.

Milltown Castlemaine started the second half on the front foot- out scoring Laune Rangers 3 to 1 in the opening 15 minutes of the second half. Laune Rangers at this stage had a man sent off, and from there an already uphill battle became impossible. Further points from David Roche, Mike Burke, Cathal Moriathy

and a goal from Ciaran Griffin had Milltown Castlemaine running up the scoreboard. Laune Rangers scored 2 further points. The highlight of the night for Milltown /Castlemaine was the evergreen Mike Burke - chipping the keeper to score a wonderful goal. The final score was 2-15 to 7 points - a good win for a young side from Milltown Castlemaine.

LOTTO: Our Lotto Jackpot for €10,200 was not won. Numbers drawn were 19, 23, 32 and the bonus number was 28. Lucky consolation prize winners were: €50 each to Jerome Conway, Killorglin and Pauline O'Connor- Ennis.

€25 each to : Mary Ferris, Beaufort, Ella Sophie Flynn, Ardcanought, Castlemaine.

Tim and Maura O'Shea, Farran (yearly ticket) and Kieran Crowley, Killorglin.

Next draw is on August 15th (provisional date) in The Shanty Bar, Ballyfinnane.

Thank you to each person who has supported our Lotto draw. To all the ticket sellers-your endeavours are very much appreciated too.

UNDER 12'S: The two Under 12 teams had good wins v Glenbeigh/Glencar on Friday last. The A team are away to Beaufort and the B team are away to Laune Rangers on Friday next August 5th, with both games at 7. Head along and show your support for these players and their mentors.

UNDER 14'S: Well done to the management and panel on qualifying for the semi final versus John Mitchel's.

UNDER 16'S: Hard luck to the boys who were defeated by Furies in Round 3 of the County League. Final score was 3/08 to 13 points.

MID KERRY JUNIOR LEAGUE: Milltown/Castlemaine will play in the final Beaufort on Tuesday 9th August at 7pm. Extra time payable. Venue to be confirmed.

Well done to Paul and all the panel.

LISTRY NOTES.

Listry Weekly Lotto Results: Sunday 31st July, 2016. Winning Numbers 4, 18, 22, 26.

Jackpot €5,450. Not won.

1 x €100 John Brosnan, Kilcummin.

2 x €50 Sinead Brennan, Ballymalis.

Marian Scannell, Coolroe.

2 x €25 Pat O'Sullivan, Coolbane, Faha.

Teddy Brosnan C/o Langfords.

Draw entrant, Eileen Prenderville, Boolteens.

Jackpot next week Sunday August 7th €5,600.

SENIOR COUNTY LEAGUE: Our Seniors will be playing their next game next Sunday August 7th at 2pm away v An Ghaeltacht. All support welcome.

O'SULLIVAN CUP EAST KERRY JUNIOR CHAMPIONSHIP SEMI FINAL:

Listry v Furies on Tuesday 9th August at 7pm. Venue: Listry. All support welcome.

SENIOR COUNTY LEAGUE RESULT

Listry v Listowel game was replayed last Saturday evening, on what was a fine summer's evening. Listry scored the first point and Listowel came back with another point soon

after. Listowel scored another 5 points before Listry came back and scored five points. This gave both teams 6 points each at half time. As the second half began Listowel scored a goal followed by another 4 points, there were two more points scored by each team before Listry came back with a goal, Listowel then scored the final point of the game, making the Full time score Listry 1-09 Listowel Emmets 1-13.

U8S & U10S: Our U10 and U8 teams travelled to Lewis road last Saturday morning to play Dr Crokes. We fielded two teams at both ages and all four teams did very well. Thanks to Dr Crokes and Billy Hennigan for the invite and the refreshments afterwards.

U-16 COUNTY LEAGUE: On Wednesday 27th of July 2016, Keel/Listry U-16s played Templenoe/Sneem/Derrynane in the third round of the Co. league. It was a lovely evening and our first game at home in Allman park Listry. Our captain on the evening, Paudie Horgan, won the toss and opted to play against a slight breeze in the first half. We have been slow to start in previous games and the boys were determined to start well. We settled quickly with Seán Foley O'Brien kicking a good point from play. Good pressure on the kick out resulted in a flurry of great scores. Gary Murphy kicked a point, followed by a point from Cian Flynn. Wing forward Killian Murphy was getting on a lot of ball and kicked a great point. Ruairi Murphy in the corner moved nicely into space to kick a point and the hard working Eoin O'Donnell was rewarded with a well taken point. Killian Murphy kicked a second point and then Seán Foley O'Brien scored a great goal after super play from Dean Ladden and Ruairi Murphy. Cian Flynn finished this period of dominance with his second point from play. Our boys had 1-8 on the board before T/S/D got their first score. Templenoe/Sneem/Derrynane had chances at this stage but our backs were defending well and T/S/Derrynane kicked a few wides. Seán Langford was solid in goal our full back of Mark O'Brien, Paudie Horgan and Anthony O'Shea were winning their battles and our half back line of Seamus Giles, Darragh O'Dowd and Liam Clifford were linking well and moved the ball swiftly up the field. Templenoe settled into the game and were rewarded for their hard work with 3 points on the trot. Both sides played good football and scores came at both ends. We had another new pairing at mid-field, Cian Flynn is getting better in every game and kicked 4 points in the first half. His partner was Killian Broderick who had his hands full with Colin Crowley, but, he stuck to the task in a baptism of fire in mid field. Our half forward line of Killian Murphy, Gary Murphy and Eoin O'Donnell worked their socks off in the first half, with Killian kicking 3 points, Gary kicked 1 and Eoin kicked 2 points. Dean Ladden at corner forward created a lot of space, linked up well and was unlucky not to score. Full forward Sean Foley was comfortable on the ball and hit 1-2 in the first half. Corner forward Ruairi Murphy was starting his first game for the U-16s and worked



his way into the game and kicked 1-1 in the first half. Everything went right for us in the first half and Templehoe/Sneem/Derrynane didn't have any luck but showed battling qualities for every score they got. The half time score was Keel/Listry 2-13 to T/S/D 0-7. The second half was a different story. Our opponents played with great heart in the second half. An injury to Colin Crowley resulted in a move to full forward. His team mates seemed to raise their game and with a target man at the edge of the square they had a great period of dominance and scored 1-4 on the trot. Our boys were still working hard, Seamus Giles was getting on a lot of ball, but our forwards lacked cohesion in the second half. We responded with 2 points from Cian Flynn and points from Killian Murphy and Gary Murphy. Cian Lenihan came on at corner back and showed great awareness to snuff out any potential danger around the goal. Cian worked the ball out of defence very efficiently. T/S/D were trying hard and Seán Langford made a great save in goal. Mark O'Brien was lively at corner back and played the ball cleverly out of defence. T/S/D scored a penalty and in fairness to our boys they reacted to the situation and finished the game strongly. Cian Flynn kicked a free that was won by Ruairi Murphy and then Ruairi scored a great goal. Good play from Seán Foley, saw him weave his way through for a good point. The final score of the game was a free to T/S/D. The final score was Keel/Listry 3-19 Templehoe/Sneem/Derrynane 2-13. Our boys will be disappointed with the second half but delighted to get another 2 points in the league. Well done to both teams, the game was played in a sporting manner and excellently refereed by Brendan Twiss from Milltown. We were missing Barry Keane (injured), Gearóid Murphy (injured), Colin Foley (injured), Seán Evans (injured), Dylan Brennan (injured), Diarmuid Kelliher, Micheál Buckley (holidays). Thank you to all the parents for supporting the boys. Up Keel/Listry!

KILLARNEY LIBRARY EVENTS: Killarney Library is delighted to host the "Press Photographer of the Year 2016" exhibition from Tuesday 9th August - Thursday 25th August. The exhibition is a collection of winning and short-listed images from the annual Press Photographers Association of Ireland awards. Free admission. All welcome.

EAST KERRY NOTES

With Áine Ní Shúilleabháin PRO

MD O'SHEA EAST REGION UNDER 14 LEAGUE

DIVISION 2 FINAL:

FIRIES 3-11 DR CROKES 1-14: The MD O'Shea East Region Division 2 Final was played in ideal conditions in Fitzgerald Stadium. Dr Crokes opened with a fine point from Tom Doyle, before Cian Cronin (Firies) equalised. Neil O'Shea (Dr Crokes) and Conor Henderson (Firies) swapped points before Lawrence O'Donoghue's shot took a deflection and

looped over the Firies goalkeeper for Dr Crokes goal. Then Firies hit a purple patch, scoring unanswered 6 points (Cian Cronin (4), Conor Henderson (2)), two being fantastic long range points. However, Dr Crokes regrouped and added 3 points before half time (Cillian Hickey, Evan Looney), the pick of these points from Tom Doyle after a fine run and finish, leaving the sides level at half time: Firies 0-8 Dr Crokes 1-05.

Dr Crokes kept a close eye on Dylan Callaghan, in the first half, but the classy forward kicked the first point of the second half before Tom Doyle added 2 fine points of his own for Dr Crokes. Then Dylan Callaghan provided a moment of magic, winning his own ball he turned at pace and spun away from three Dr Crokes defenders before sending a bullet of a shot to net. A goal worthy of any occasion. Soon after, Firies were reduced to 14 players. Dr Crokes responded, adding points from Neil O'Shea (free) and Harry Byrne. Cian Cronin added another free before Firies were awarded a penalty, Dylan Callaghan stepped up and calmly slotted home for another Firies goal. Dr Crokes quickly cancelled out the goal, kicking three points Tom Doyle (2) and Neil O'Shea free leaving the minimum between the sides entering the last ten minutes. Cian Cronin pointed another free before Brian Burke scored a well taken goal for Firies. Neil O'Shea added two further points for Dr Crokes who were now frantically searching a goal to tie up the game. A brave Firies team withstood fierce pressure in the closing stages and great defending especially from Conor Henderson and goalkeeper Cian Ring saw them safely to the finish line. After the game Seán O'Keeffe, East Kerry Coiste na nÓg, thanked Fitzgerald Stadium, the referee and both teams before presenting the Division 2 shield to Firies Captain Cian Ring. Referee: Brendan Brosnan (Glenflesk).

DIVISION 4 FINAL

BEAUFORT 7-18 CURROW 7-12 (AET):

The Division 4 Final saw Beaufort and Currow serve up a fine game in Fitzgerald Stadium, with long range points, great goals, great saves and huge excitement with the lead changing numerous times. It was tit for tat in the opening ten minutes before a Jack O'Leary goal gave Beaufort a two point lead. A scatter of points and a great Currow goal (Darragh Kelly), provided by Josh Mc Carthy reduced the gap 1-5 to 1-4, on 17 minutes. Currow took the lead when Darragh Kelly finished to the net from a surging run forward by Josh Mc Carthy, 1-5 to 2-4, and increased their lead with a goal by Connie O'Connor, to a point for Beaufort- 3-4 to 1-6. In a fast moving game, Beaufort reduced the margin to the minimum with well taken points and regained the lead when a daisy cutter by Jack O'Connor rattled the Currow net. A Currow point left the half time score: Beaufort 2-9 Currow 3-5. The second half served up more great football with great saves by keepers Pdraig Hillard, Currow and Jack O'Brien, Beaufort. It was neck and neck. Currow

equalised, their keeper made a great save, stopping a penalty shot and Currow led at the three quarter mark courtesy of a David Moriarty goal -2-9 to 4-7. Beaufort picked off points and a Jack O'Leary goal levelled the game on 40 minutes, 3-10 to 4-7. A Jack O'Connor goal seemed to have Beaufort home and dry but Currow showed their fighting spirit and goals from Darragh Kelly and David Moriarty, put the game to extra time: Currow 6-8 Beaufort 4-14. Extra time proved equally skilful and exciting. Two Currow points were followed by 2 unanswered Beaufort goals, (Sean O'Brien, Jack O'Connor), Beaufort led at the break 6-15 to 6-10. On resumption, Currow reduced the margin with a Connie O'Connor penalty. Both teams played with determination and a Jack O'Connor goal and a scatter of points saw Beaufort run out winners. Final score: Beaufort 7-18 Currow 7-12.

Sean O'Sullivan, Chairman East Kerry Coiste na nÓg, presented the trophy to Beaufort captain Sean O'Brien. He complimented both teams and mentors, thanked the referee and Fitzgerald Stadium.

KILLARNEY CARPET AND FURNITURE CENTRE O'SULLIVAN CUP SEMI FINAL

SPA 1-13 DR CROKES 2-5: A youthful Spa team, supported by Andrew Garnett, Andy Fitzgerald, Conor Gleeson and Rory Carroll reached their first Killarney Carpet and Furniture Centre O'Sullivan Cup Final, since 1997 with victory over Dr Crokes in Spa. Dr Crokes created goal chances but it was not their day and were denied by the wood work and great saves by Spa keeper, Conor Riordan. Spa might have been further ahead at the break but for wonderful saves by Dr Crokes goalie, Johnny O'Leary.

Spa opened the scoring with a Conor Gleeson point from play and built a 9 point to 1 lead with 8 Evan Cronin points. Kieran Ward the Dr Crokes scorer. It was tit for tat in the third quarter, with 3 Evan Cronin points to 2 for Dr Crokes, (Brian O'Shea, Paul Clarke), the third Spa point put over the bar in a great save by Dr Crokes keeper, Johnny O'Leary. A Cormac Cronin point increased the home sides lead. However, Dr Crokes pressure led to a penalty, ably slotted to the net by Brendan Falvey. Brian O'Shea pointed, 0-13 to 1-4 with eight minutes remaining. Spa's Jamie Spillane rattled the net, provided by Cormac Cronin. Dr Crokes reduced the margin with a Paul Clarke point and Chirs Doncel goal. Final score: Spa 1-13 Dr Crokes 2-5. Referee: Pdraig O'Sullivan (Firies)

DATE FOR THE DIARY: Spa C.L.G. are marking the 50th anniversary of their first O'Donoghue Cup title, won in 1966 on Thursday the 11th August starting with Mass at 7pm.

RESULTS: BILL TANGNEY CUP SEMI FINALS

Gneeveguilla 2-11 Kilcummin 2-5.

Currow 1-11 Fossa 1-8.

TATLER JACK EAST REGION MINOR LEAGUE: Division 1



Gneeveguilla 4-12 Dr Crokes 2-12.
Division 2
Cordal/Scartaglen 4-19 Beaufort 1-9.
Currow 4-17 Rathmore 4-07.

LEGION GAA

CIARA RANGLES: Well done to our own Ciara Randles and the Kerry U-16 ladies who won the All-Ireland for the second year in a row, comprehensively beating Dublin by 3-21 to 0-10.

U-16 BOYS: Congratulations to the lads who had a great win over Cordal/Scartaglen in Division 1 of the County League. They went in three points down at the break but a superb second half display saw them run out 2-19 to 4-06 winners.

KERRY CONTINGENT: Well done to Brian, James and Jonathan who were part of the Kerry team that defeated Clare in the All-Ireland quarter final. Brian started in goal and James kicked five points.

GARDA VETTING: Anyone who still needs to be vetted can contact Christina Tangney via email at christina.tangney@mycit.ie or alternatively at 086 1925549.

LOTTO: If you're interested in selling some lotto tickets please contact Seánie Culloty at 087 2225325. Also if you'd like to avail of our Easy Pay system to automatically enter your lotto numbers every week, forms are available from any lotto committee member.

MILLTOWN LISTRY LADIES GAA

Well done to Kerry u16 Girls on their recent victory in the All Ireland Final. Special congratulations to our own Ciara Murphy on getting All Ireland medal. Well done to Milltown Listry u13 girls who played Fossa on Wednesday last and who had a great victory. This was a very competitive game with great football from both teams but Milltown Listry proved to be the stronger team in the end. Well done girls and to your mentors. Best of luck in your next game. Our Senior Girls had victory over Firies last Friday. Well done to all involved and thanks to Jeremiah and Jerome and good luck with your next game.

FIRIES COISTE NA NÒG

EAST KERRY REGION U14 LEAGUE

FINAL: Congratulations and well done to our U14 boys who recently won the Division 2 MD O'Shea East Kerry Region U14 League Final against Dr. Crokes in Fitzgerald Stadium in Killarney: Firies 3-11 Dr Crokes 1-14.

SATURDAY MORNING TRAINING

ACADEMY: U6, U8 and U10. Despite the recent abysmal conditions, our academy is still very much operational on Saturday mornings. The academy is scheduled to take place this



LISTRY GAA CLUB UNDER 8'S AND U10'S PICTURED AT DR. CROKES PITCH RECENTLY.

Saturday, 6th August at 10:30am in Pairc Eamonn. If it is a case that conditions aren't favourable, every effort will be made to notify the groups. Check out our Facebook page or twitter handle.

GNEEVEGUILLA GAA

LOTTO: Numbers 10, 12, 16, 23.

No jackpot winner next weeks jackpot €12,800. €40 Norina Fleming Village, €40 Joe Sheehan Faha, €40 Tom Fogarty Dublin, €30 Mick D O'Regan, €30 Dan Nagle C/o Cadburys €20 K&N Wilson Yearly ticket.

Well done to Rachel Fitzgerald who represented Kerry u16 girls on Wednesday in the All Ireland final v Dublin.

Gneeveguilla 2-11 Kilcummin 2-05 Bill Tagney Cup semi final, Gneeveguilla will play either Fossa or Currow in the final.

Gneeveguilla are away to Beale next Friday.

Gneeveguilla minors 4-12 Dr Crokes 2-11 East Kerry.

CUL CAMP: Will be held in Gneeveguilla Gaa grounds between August 8th and 12th.

Gneeveguilla Gaa would like to wish Darren Brosnan a speedy recovery from his injury.

Gneeveguilla were defeated by a strong St Pats team who had Kieran Hurley and Willie Hurley in flying form in the first half. St Pats got the first two scores before a Fergus McAulliffe forty five settled the home side down. St Pats picked off scores with ease as Liam Poff and Liam O'Sullivan delivered ball after ball into the full forward line. A goal by Gary Savage mid way through the half gave St Pats a 1-09 to 0-06 point lead. Gneeveguilla battled hard in the second half with John Fitzgerald making a number of good saves for St Pats. Gneeveguilla kicked their first score of the second half after fifteen minutes of play through Micheal Murphy. Gneeveguilla were given a lifeline when Micheal Brosnan was on the end of a good team move however it was too little too late. Referee Paul Hayes called full time with the

score Gneeveguilla 1-07 St Pats 1-10.

DR. CROKES

ANNUAL GOLF CLASSIC: The Annual Golf Classic was played at O'Mahonys Point on Friday last with 50 teams participating. A sincere thanks to all those who sponsored teams, tee boxes and our Main Sponsor Charlie Foleys. Thanks also to Enda Murphy and his green keeping staff for having the course in magnificent condition and to Paul Cotter for the food which was enjoyed by all half way around. Finally, thanks to all those who helped on the day and to all those who bought raffle tickets.

RAFFLE RESULTS: 1st prize (Four Ball in Tralee Golf Club and lunch) Mike Daly; 2nd prize (A painting by Paul Downey) Padraig Coffey; 3rd prize (€100 voucher) Paud O'Donoghue. The winners of the classic were as follows: 1st Team: Brendan Keogh/ JMac Office Solutions [Stephen Kelliher (2) Brendan Keogh (8) Peter McEnery (11) John McEnery (18)]. 2nd Team: O'Carroll Engineering [Shane O'Sullivan (7) John Looney (13) John O'Shea (17) Padraig Coffey (19)]. 3rd Team: Vincent Casey Life & Pensions [Ian Cronin (8) Ryan Kelliher (9) John O Mahony (13) Vince Casey (15)]

4th Team Bricin [Paddy McGuire (14) Sinead O'Shea, Finian Forde (18) Mary Cronin (18)] 5th Team: Zurich Life [John Whelan (9) Anthony Whelan (14) Philip Sicut (17) Austin Stack (18)]

CLUB SUMMER CAMP: This years summer camp takes place from Tuesday 23rd August to Thursday 25th August. All boys and girls aged 5 - 12 years welcome. All will enjoy fun and games provided by qualified coaches in a safe environment. Cost: €25 per child which includes gift. Don't forget to bring a packed lunch!

LOTTO: Lotto numbers 18, 19, 23, 24. Jackpot €6600 not won match 3 4 by €100. Next draw Sunday 7th of August in Tatler Jack. Jackpot €6900.



GNEEVEGUILLA ATHLETIC CLUB

LOTTO: No winner of our lotto 30/07/2016, numbers drawn were 2, 12, 14 & 18. Sellers prize winner: Timmie Brosnan, €50 Y/T prize winner: Eamonn Bowler Annaghmore, €50 to Sean Horan Shinnagh, €40 to Rob Tate c/o Reens garage, Caitriona & Noel c/o Margaret Hayes, Aiden O'Leary Hollymount. Bonus not won numbers drawn were 2, 3, 8 & 23. Next week's jackpot €13,200 plus €1,000 bonus.

KILLARNEY RACE: Siobhan Daly won the 10K section of this race, some 700 runners took part in this race.

BANNA 10K: Held Sunday 31st John Barrett was 3rd.

MUNSTER B CHAMPIONSHIPS: Held in Waterford on Saturday last, Aisling Byrne was 2nd in shot U12, Jack Greaney 2nd in shot U14, Dylan Scannell also did well.

MUNSTER MASTER & SENIOR CHAMPIONSHIPS: Held in Waterford on Sunday last, Catherine O'Sullivan Moynihan 1st 100m O35, 200m o35 & LJ, Annette O'Brien O40 1st 100m, 1st in High Jump, 1st in Long Jump & shot, Eileen O'Riordan O45 1st Javelin, Hammer & discus 2nd in shot. Shelia O'Donoghue O45 1st in shot, 2nd in Hammer. Norma O'Connor O45 1st in High Jump, 3d in Long Jump. The club were 2nd in 4 x 100m relay. Mairead O'Neill was 2nd in senior Hammer.

SUMMER 1MILE SERIES: The 5 leg series finished on Wednesday last in Gneeveguilla. Results of those who completed 3 races: Senior: 1st Cormac Hickey, 2nd Tim long Riocht, O35: 1st Eamonn O'Neill Millstreet, 2nd John Paul Buckley Mallow, O40: 1st Fergal Barry GG, 2nd Michael Culloty GG, O45: 1st Seamus Murphy GG, O50 1st Padraig Sheahan,

COUCH TO 5K: 1st Michael Foley, U10 Adam Carrolls, John scannell, U12 Jack Buckley, u13 Donnacha Murphy, U14 Ian Buckley, U16 Francis Cronin, Hupho Earroux. **FEMALE**

RESULTS: Senior: Siobhan Daly GG, Lisa Buckley Mallow, Helena Cullinane, O35 Mellissa Culloty, O40 Phyllis Carroll, Pauline Josphe, O45 Caroline McCarthy, Deirdre Sheahan, Colette Mallon, O50 Caroline Murphy, Senior: Shona O'Brien,

COUCH TO 5K: Hannah Kelliher U8 Kate Culloty, Niamh O'Connor, U11 Maeve Buckley, Heather Culloty, U14 Sadhbh O'Connor, Maggie Buckley, U16 Sarah Burke, Orlaith Buckley.

RESULTS OF THOSE WHO RAN ALL RACES (5 /5): O50 John Barrett, O45 Robert Purcell, John Guerin, Der O'Connor, U18 Andrew Purcell, U15 Donal Daly, U14 Jack O'Leary, U13 Donal Burke, Sean O'Connor, U9 Oisin O'Leary, Brandon Burke, U8 Emmet O'Connor. **FEMALE**

RESULTS: Senior: Marian Hickey, Helena Breen, O45 Patricia Barry, Eileen O'Riordan, **COUCH TO 5K:** Una Thompson, Margaret Bradley, U12 Delia Foley, U11 Danielle O'Riordan, U10 Claragh O'Connor. John Barrett was the overall winner of the series.

SPAMUCKROSSCOMMUNITY GAMES

Track suit tops & ID badges for weekend one only can be collected on Tuesday August 9th at John Mitchels GAA complex between 7.30pm & 9pm. New ID badges issued each year.

Swimmers need not attend. ID badges for all swimmers will be collected by swimming manager Josephine Cahill. Same can be collected in Athlone.

All tops must be returned ready for the following week. Individual competitors can give same to a county manager in Athlone.

Weekend two tops & ID will be given out on Wednesday August 17th. Best of luck to everyone competing.

FARRANFOREMAINEVALLEY ATHLETIC CLUB

The Munster Juvenile 'B' Track & Field Championships were held in Waterford on Saturday 30th July. Siofra Foley continues to perform well when she took silver in the U15 Shot with a throw of 7.05m. Liath Lenihan won bronze in the U14 High Jump with a height of 1.25m. Liath will be competing for Kerry in the Community Games Finals in a few weeks. We wish he all the best.

The Munster Senior / Masters Track & Field Championships were held in Waterford on Sunday 31st July. Rossa Foley competing in the Senior events did very well. Rossa took Gold in the Discus with a throw of 28.61m, bronze in the Triple Jump with a leap of 11.99m, Bronze in the Shot with a throw of 8.49m & sixth in the Javelin. In the Masters, Jim O'Shea continues to dominate his O70 category with 1st in the High Jump (1.25m), 1st in the Long Jump (3.91m) and 2nd in the 100m sprint (15.66sec)

John Coleman competing in the O40 category was 2nd in the Hammer (31.14m). Jerome Foley competing in the O50 category took silver in the 400m (1:02.12) and 2nd in the 800m (2:23.31).

The Annual Banna 10K & 5K Fun Run, hosted by St. Brendans AC was held on Sunday 31st July. Over 300 competed. A good number from our club competed in the event. Dermot Dineen was first to finish in a time of 38:41. Garvin Cronin (40:41), Bernie O'Mahony (51:13), Pauline Joseph (57:09). Well done to you all.

ATHLETIC'S FIXTURES: Sunday 7th Aug: Kilgobnet 5K charity road race hosted by Star Of The Laune AC, 12 noon in Kilgobnet.

Sunday 7th August: AAI National Track & Field League Final in Tullamore.

Sunday 7th August: AAI National Half Marathon Championships, Dublin

13th - 14th August: Weekend 1 of National Community Games Finals.

20th - 21st August: Weekend 2 of National Community Games Finals

Sunday 21st August: GloHealth National Masters Track & Field Championships, Tullamore

Full details in Munster Athletics website. Please contact club secretary in advance for registration

CYCLING NEWS

ORAN EXTENDS HIS LEAGUE LEAD: By finishing second in the Lee Strand Tralee hosted round of the Clubs of Kerry Road Race League, Oran Pierse extended his lead at the top of the table. On the night he finished second to his Tralee Manor West iBike team mate George Doyle with Sliabh Luachra's Donie Kelliher in third place.

Tralee Manor West iBike rider took the remaining points on the night with Shane Fleming 4th, Stephen Reidy 5th and Mark Ryatt in 6th.

With many of the u16's in Donegal David Fitzgerald took maximum points in the u16's.

In the u14's and u16's races the Galvin brothers from Killarney CC took the wins with the O'Shea's from Killorglin 2nd. Shane Galvin won the u12's from Aona O'Shea with Kingdom's Adam Lenihan and Eoin Hilliard 3rd and 4th. Jack Breen from Currow CC was 5th.

Patrick Galvin won the u14's with Tadhg O'Shea of Currow second followed by Stefan Caulfield Drier from Killarney CC in third. Kanturk CC's Ronan Leahy was 4th with Kingdom CC's Troy Kennedy and Faith Hilliard finishing in 5th and 6th.

The Senior County Championships will be held in Currow on Thursday August 18th starting at 7.30pm.

ST. BRENDAN'S ROWING CLUB

FUNDRAISING: Reminder, our street collection will take place on Friday 12th and Saturday 13th August. To all club members, please try and keep the dates free as we will need all the help we can get, parents and family members are also welcome to collect. If you or someone you know can give your time please let Geraldine know so we can organise for each slot to be covered.

CLUB MEMBERS LOTTO: Congratulations to our winners of this weeks club lotto 1st place No.4 Noreen Cahill and 2nd place No.45 Dan Cronin

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

CONTACT: Any enquiries please contact

Ciarán Cronin 086 038 0272

Nicola Morgan 086 079 8507

Ciaran Sheehan 085 148 7743

or email stbrendansrowingclub@gmail.com



WORKMEN'S ROWING CLUB

TRAINING NEWS: Training continues as per coach's texts. Beginners rowing, U14 and U15 takes place at Reen Pier, Ross Castle every Saturday at 10am. With so many events taking place at this time of year, times are subject to change, but your coaches will advise of same. For further information regarding Beginners Rowing you can call Mary Burns on 086 8098182.

UPCOMING EVENTS: Fenit Coastal Regatta This Sunday 7th August. Our county qualifier for the All-Ireland Coastal Champs takes place this Sunday in Fenit. We hope that the weather will be kind to us and look forward to some great preparation for Donegal.

ALL-IRELAND COASTAL ROWING CHAMPS This week we make the journey to Ballyshannon, Co. Donegal for the All-Ireland Coastal Rowing Championships. We have 26 crews in total from Under 14s to Masters who have been training hard for this highlight of the Coastal Rowing Year. We wish all of our athletes, their families and supporters the very best of luck, and we thank our organising committee for their

amazing work in organising accommodation, transportation and sustenance for this event. Safe journey everyone.... Donegal won't know what hit it in the coming days!!!

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

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

FLESK VALLEY ROWING CLUB

KENMARE: The rescheduled Kenmare Gig Regatta took place last Sunday and it was success all round for our underage crews. Our U12 boys of Ben Switzer, John Kelliher, Stephen Moynihan and Jack O'Donoghue started the day off a great win. In the U14 category it was a clean sweep for the Valley winning both U14 races with the boys crew of Peter O'Sullivan, Aidan Keane, Sam Casey, Dara Tangney and girls crew of Roisin Wall, Caoimhe Crowley, Ava Doherty, Edel Sweetman putting in great performances to bring home the gold. The

U14 girls B crew of Caitlin Cronin, Ciara Casey, Ellen Hickey and Allison O'Sullivan also putting up a great show. Our U16 girls crew of Orlaith Tangney, Ciara Gleeson, Miriam Fleming and Klara O'Donoghue also had a great race finishing 3rd. Success continued in the U16 boys race with Kian Crowley, Finn O'Sullivan, Evan Kissane and Chris Carey storming to victory and the 'B' boat of Tommy McGuire, Aaron O'Sullivan, Diarmuid O'Donoghue and Peter O'Sullivan also finishing 3rd. In the final two races of the day the Junior and Senior mens, the Valley finished second in both races. All in all a mighty day for the Valley. Special thanks to Denis O'Donoghue, Sean O'Connell, Clara O'Connell and Tadhg Kelly who coxed crews on the day.

CASTLETOWNBERE: Due to adverse weather conditions the Castletownbere Regatta was cancelled last Monday.

FUNDRAISING: The club are currently running a raffle with Great prizes are on offer including a signed Kerry Jersey. Your support is needed and lines are currently on sale from club members.



JOHN BARRETT OVERALL WINNER OF THE GNEVEGUILLA A.C MILE SERIES WITH TOM JOE O'DONOGHUE BEING PRESENTED WITH THE DAN O'CONNELL CUP.



JOHN GUERIN GNEVEGUILLA A.C 2ND 45 IN THE MILE SERIES BEING PRESENTED WITH HIS PRIZE BY PADDY O'DONOGHUE.



PADDY O'DONOGHUE PRESENTING SIOBHAN DALY WINNER IN THE SENIOR LADIES MILE SERIES.



FLEISK VALLEY ROWING CLUB U16 BOYS WHO WON THEIR RACE IN VERY TRICKY ROWING CONDITIONS AT THE ANNUAL KENMARE GIG REGATTA LAST SUNDAY.
FROM LEFT TO RIGHT CHRIS CAREY, KIAN CROWLEY, EVAN KISSANE, FINN O SULLIVAN.
THE CREW WERE COXED BY SEAN O'CONNELL ON THE DAY.



FLEISK VALLEY ROWING CLUB U14 BOYS WHO WON THEIR RACE IN STYLE AT THE ANNUAL KENMARE GIG REGATTA LAST SUNDAY. FROM LEFT TO RIGHT
PETER O'SULLIVAN, DARA TANGNEY, AIDAN KEANE, SAM CASEY.

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MEK UNITED

MEK ARE BACK!: The start of a new season is upon us, and we are looking forward to it. After a fantastic inaugural season, MEK are excited about the prospect of getting a year older and stronger. If the growth of the club continues at the same rate as last year, we will be securing Champions League qualification in the next few seasons!!! But back to the present.

Our club registration day is on from 2-4pm in Fossa Community Hall, this Saturday, 6th August. Registration will be taken on the day for academy and school/girls teams. Please contact Pa (087 7943220) or Liam (087 4145662) or more details.

ACADEMY: We will be continuing with our club Academy on Saturdays, starting in early September. We will accommodate U6 (2011), up to U10 (2007), boys & girls. We will also be participating in blitz formats fun days with other clubs from the around the county. Must be of primary school going age. All new members more than welcome!

SCHOOLBOY/GIRLS TEAMS: This season we hope to add 2 more schoolboy/girls teams to the club. We are currently catering for an U13 (2004) and U14 (2003) boys teams. And with our "academy graduates" from last season, moving up to U11 (2006), it looks like we will have another busy season. But wait... there's more. Its is our hope that we will be able to enter an U12 (2005) girls teams to the league. So if you are interested, contact Pa or Liam for anymore information. Or come along to registration day.

CLUB SHOP: We will be launching a range of club merchandise in the coming week. All will be revelled before the start of the season!

SPONSORSHIP/

COACHING OPPORTUNITIES: If you would like to support your local club, whether it be through sponsorship or if you think you could be the next Jerry Hayes, please contact Pa or Liam on the number above to discuss it further.

GOOD LUCK: Best of luck to Fossa CG U12's soccer team who are representing Kerry in the upcoming Community Games finals. Especially to our MEK representatives, Mathew O Connor and Eddie Moroney. Best of luck lads!! If you have any issue's, you can contact me on 087 7943220. Thanks.

Killarney Celtic Notes

LOTTO: There was no winner of the Lotto from the numbers drawn – 4, 8, 22 and 24. There were 4 Match 3 who each receive €40. They are Thomas McCarthy, Sheila McCarthy, Mary Healy and Tom Meehan. The next Jackpot will be €3,200 and tickets are available from the usual sellers.

CHILD WELFARE COURSE: With the new Schoolboys Girls season only a few weeks away every coach and volunteer working with under 18 players must be Garda vetted and have their Child Welfare Course done.

For those who have not completed the CWC Course the dates for upcoming courses are Monday September 12th, Monday October 10th and Monday November 14th. These courses can be booked on-line by going to the FAI Net Event Calender of through Darren. aherne@fai.ie

Garda vetting forms are available in the Clubhouse and need to be returned to the club's Child Welfare Officer who can be contacted on 087 6778961. 2 forms of ID must also be included – not photo copies.

GOLF CLASSIC: The annual club Golf Classic takes place on the first weekend of September. Tee off is in Beaufort Golf Club with tee times on Friday September 2nd from 4pm to 6pm and on Saturday 3rd. This fundraiser plays a vital part in financing the clubs activities and the MC is asking all our supporters, parents and players to support the Golf Classic.

Teams of 4 cost €200 or we are also inviting tee-box sponsors costing €50. Tee times can be booked on 086 0522506.

STETSONS AND STILETTOS: The crowds are dusting off their cowboy boots and stilettos and polishing their Stetsons for the big country music fundraiser that takes place in the INEC on Friday, September 23rd. The gig, in association with the INEC will feature the ultimate Garth Brooks Experience, featuring Trevor Smith and local artists.

FOOTBALL FOR ALL NATIONAL DRAW: The club's Football for All Committee are selling tickets for the FAI's National Draw, with over 2000 prizes to be won. Tickets are available from any FFA club member.

STREET COLLECTION: The club wishes to thank all those who contributed to our Underage Section Street Collection and to all the members who gave their time to collect.

INFORMATION: For any item to be included

in the Notes please contact Jimmy O'Sullivan Darcy on 087 9633397 or email jimmyosdarcy@gmail.com.

Killarney Athletic Notes

SENIOR TRAINING: Killarney Athletic Senior pre-season training continues next Tuesday evening at 7 o'clock in Woodlawn. Looking forward to seeing new as well as familiar faces.

ACADEMY RETURNS: Date; Friday, August 5th. Venue; Our home grounds, Killarney Athletic A.F.C. Park, Fernadale, Woodlawn Road. Time; Starts at 5 O'Clock, finishes at 6:30, all age groups train at the same time.

Our popular and ever growing Academy returns next week for the new season.

We cater for both boys & girls (U5's to u10's) with emphasis on fun, technical & player development, while all catered for in a enjoyable and safe environment.

Hope to see all the old faces and some new one's too. New players and members are always welcome!

300 CLUB: The results of the July draw are as follows: €500 -James Lyne, €100 - Rosemarie O'Connor, David Rea, Denis Hayes, Killarney Race Company and Mike O'Shea.

KILLARNEY CREDIT UNION KILLARNEY ATHLETIC 7 A SIDE, 40TH YEAR CELEBRATIONS & AWARDS NIGHT:

A great evening was had in McSorleys on Friday evening last. The presentation of the winners and runner ups of the Premier, Reserve and Over 35's was held. The award for Player of the Tournament went to David Coffey player from Cronin's Tyres Castlemaine. He received the Kieran Cahillane Memorial Perpetual Cup which was presented to him by James Cahillane.

Shane Reen from The Failte team received the Reserve Player of the Tournament and Shane Horgan from Fleming's Taxis received the Over 35 Player of the Tournament.

There was a slide show which featured teams who took part in the 7 A Side over the past 40 years. Killarney Athletic would like to thank Pat Sheahan & his family for the venue and the refreshments.

KILLARNEY ATHLETIC WEBSITE: Please check the website on www.killarneyathletic.com or facebook for match reports, club information and contact details.

CONTACT: If you have anything to add to the Killarney Athletic A.F.C Notes please contact Alan Daly on 085-1913244 or aland15@live.ie



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ALL-IRELAND LADIES U16 FOOTBALL FINAL

LADIES SEND DUBLIN PACKING TO RETAIN CROWN

**KERRY 3-21
DUBLIN 0-10**

Kerry retained their All-Ireland U16 Ladies A football crown with a massive 20-point victory over Dublin in this evening's final at McDonagh Park, Nenagh. The Kingdom were outstanding from start to finish, claiming a fourth title in this grade with a clinical display to leave Dublin runners-up for the third time in four seasons. Kerry built the foundations for this victory with a superb first half performance, as they went in leading by 14 points at the break. Graham Shine's young guns were 2-13 to 0-5 clear by the interval, having played with the aid of the breeze from the start. By full-time, the margin had increased as player-of-the-match Fiadhna Tangney and Aoife O'Callaghan collected 1-11 between them. The Kingdom looked capable of scoring a goal whenever they ran at the Dublin defence, even though Jodi Egan was operating in front of her own goal as an extra defender, despite being listed at wing-forward.

Underage soccer international Hannah O'Donoghue showed her striking prowess by roaring through for a 17th-minute goal, a low shot past Aine Ryan. Between them, Tangney and O'Callaghan collected eight points before half-time for Kerry, with O'Donoghue notching 1-1. Kerry picked up where they left off in the second half as O'Callaghan converted a free before burying a 34th-minute penalty for Kerry's third goal, after Tangney was fouled. **KERRY:** L Teahan; A Ni Mhathuna, T Breen, K Maher; C O'Brien, A O'Reilly 0-1, K O'Connor; B Ryan 1-0, N Ni Chonchuir 0-1; F Tangney 0-6, L Walmsley, S Lynch 0-1, E McGlynn 0-2, H O'Donoghue 1-2, A O'Callaghan 1-5. **Subs:** M O'Carroll 0-2 for McGlynn (41), A Clifford for Ni Chonchuir (43), J Lucey for O'Donoghue (51), R Fitzgerald for Ni Mhathuna (56), C Ni Luing 0-1 for Ryan (56). **DUBLIN:** Á Ryan; L Dempsey, L Davies, H Murphy; E Healy, S Fagan 0-2, M O'Dea; G O'Driscoll, N Hetherington; J Egan 0-1; R Brennan, C Murray; C O'Connor 0-2, S McMahon 0-1, C Holland 0-3.



KERRY'S BRID RYAN DRIVES FORWARD IN LAST WEDNESDAY'S ALL IRELAND LADIES U16 FOOTBALL FINAL.

Subs: E McCormack for McMahon (28), H Leahy for Murray (28), E Loughlin 0-1 for Dempsey (h.t.), S Wylde for Egan (54), K McNally for Holland (54).
Referee: G Chapman (Sligo)

CHAMPIONSHIP DOWN TO LAST FOUR

Kilmoyley's bid for back to back Senior hurling titles will see them having to defeat last year's finalists once again, if they are to reach this year's final. The draw for the semi-finals of the Garveys Supervalu Senior Hurling Championship resulted in the following pairings with St Brendan's taking on champions Kilmoyley, while Abbeydorney's reward for the direct route is a meeting with in form Ballyduff. Abbeydorney defeated Crotta after a replay and then champions Kilmoyley on their way to the semi-finals while Ballyduff, defeated by Kilmoyley in the opening Round, regrouped with victories over Ballyheigue and Causeway. The semi-finals will be played on Sunday August 14th



ALL IRELAND JUNIOR FOOTBALL CHAMPIONSHIP FINAL

KERRY TO BATTLE MAYO FOR TITLE

Kerry make the trip to Croke Park on Saturday to take on Mayo in a repeat of last year's All-Ireland Junior Football final hoping to make it back to back titles for the first time in the county's history. Only two teams have put back to back titles together in the Junior grade, Cork in 1989 and 90 and London 1969, 70 and 71. While the rules of the competition have changed over the years, it is particularly difficult to achieve that feat nowadays given that the champions must field a whole new team in the following year's competitions. Stats such as these will hardly be on the minds of players or management come Saturday however as Kerry will want to finish off a tough campaign with a victory. The Kingdom were of course fortunate to survive the opening game against Limerick having to come from behind and snatch victory through Adrian Spillane's late goal but this served as an important wake-up call. Kerry did well to suppress a late Cork fightback in the provincial decider with the Kingdom pipping the Rebels 0-14 to 0-13. The

semi-final was a close affair up until the break but a strong second half display saw the Kingdom defeat Lancashire 4-17 to 3-10. Mayo defeated Sligo to earn a place in the Connacht final where they overcame the challenge of Galway with a 1-11 to 0-12 win over the Tribesmen. However it took two late goals from substitutes Conor Keane and Sean Gaughan to see off Wexford in the semi-final as the men from the West ran out 2-10 to 0-10 winners. Like Kerry, Mayo have been treating the competition as a stepping stone for Minor and Under 21 players as they try to break into the senior squad. It's important to note the team contains more than half a dozen players who played on the All-Ireland winning Under 21 side this year. The game throws in at 2pm and forms part of a triple header at GAA headquarters as Tyrone and Mayo do battle at 4pm before Donegal and Dublin face off in the days final game at 6pm.

By Mark Nolan

KILLORGLIN GOLF CLUB

Ladies Results: Lady Captain Anne Kenny Foley's Prize 18 Hole Stroke.

1. Ann Walker (28) 64 nett. 2. Eleanor McCarthy (24) 70 nett. Gross: Jenny Pigott (17) 93. 3. Mary Garvey (35) 68 nett. Front 9: Maire Ni Loinsigh (24) 35 nett. Back 9: Catherine Mitchell (32) 35 nett. Past Captain: Kitty Galvin (27) 76 nett. Longest Drive on 15th Hole: Kathleen Keating. Nearest the Pin on 5th: Angie Donoghue 32 ft. High Handicap 32-36: Phil Anne Foley (36) 74 nett. 9 Hole Stableford: Jemma Key (36) . Ladies Guest: Bridget Cahillane (29) 39 pts. Men's Guest: Ronan Shire (20) 36 pts. Men's 9 Hole invitation: Brendan Murray (20) 24 pts. Lady Captain Anne thanked everyone for making her Prize Day so successful and enjoyable. She congratulated Ann on winning her Prize and well done to all the other winners.

18 Hole Singles Stableford sponsored by Heartwork Gifts: 1. Ann Walker (29) 41 pts. 2. Kitty Galvin (27) 39 pts. 3. Kathleen Houlihan (27) 38 pts.

Silver Swans: 12 Hole Stableford 27/07/2016. 1. Mary Garvey (35) 27-2=25 pts. 2. Betty Griffin (36) 25 pts. 3. Mary Conway (29) 23 pts.

Fixtures: The Sarah Mangan Perpetual Trophy 18 Hole Mixed Scramble sponsored by Finbarr & Anne Coffey and the Mangan Family can be played Sat 6th August from 2pm to 5pm. 18 Hole 3 Club Stableford sponsored by the Club can be played Sun 7th or Tues 9th August. The Puck Fair 12 Hole re-entry stableford sponsored by Peter Keane SuperValu continues until further notice. Open to Green Fees. Entry sheet in Ladies locker room.

ROSS GC, KILLARNEY GENTS CLUB

RESULTS: On Sunday last we held a single stableford competition.

THE RESULT WAS:

1. Jimmie Smith (14) 44 pts.
2. Michael Courtney (13) 41 pts

FIXTURES On Sunday August 7th we will a single stableford competition. The time sheet is now available in the clubhouse so please add your name to it as soon as possible.

Congratulations to Lady Captain, Lisa Kerfoot on her very good Captain's Day and the very entertaining and enjoyable meal, presentation of prizes and social night that followed in the clubhouse on Saturday . Well done to all involved.

CLUB SINGLE MATCHPLAY: The Killarney Trophy & Medal Centre Club Single Matchplay championship is progressing well however all outstanding matches must be played immediately

9 HOLE WEEKLY OPEN COMPETITION:

The Ross Golf Course weekly 9 hole open competition is continuing and proving very popular It runs from Monday (am) to Saturday (pm).

Each entry will cost members €5 and you can enter as often as you like . Cost for visitors will be € 15 including green fee and visitors re-entry will cost € 10 including green fee.

BEAUFORT LADIES

RESULTS: 31st July - Lady Captains Prize - 18 hole Stableford

1st	Catherine Murphy (28)	39 pts
2nd	Teresa Clifford (30)	38 pts
3rd	Josephine O'Shea (33)	37 pts
Front 9:	Mary O'Shea (34)	22 pts
Back 9:	Agnes Carey (25)	17 pts

FIXTURES 6th/7th August - 18 Hole Stableford sponsored by Ladies Branch

KILLARNEY GOLF CLUB - LADIES

Results of Captain Liam Hartnett's Prize to the Ladies- singles stroke.

1st	Katie O'Connell (23)	66
2nd	Corrina Griffin (17)	67
BG	Kelly Brotherton (+1)	78 gross
3rd	Ann Stuart (19)	67
4th	June O'Brien (21)	67
5th	Maureen Creedon (12)	69
6th	Breeda Duggan (24)	69
7th	Mary B. Lynch (21)	69
8th	Claire Bowler (28)	69
9th	Miriam McFarland (27)	69
10th	Margaret Curtin (27)	70

Front 9 Deidre Prendergast (6)

Back 9 Anne Duggan (12) CSS 70

RESULTS OF CAPTAIN LIAM'S PRIZE TO THE JUNIOR GIRLS ON KILLEEN.

1st	Sarah O'Brien (25)	44 pts
2nd	Corrina Griffin (19)	42 pts
3rd	Shona Collins (36)	26 pts

Our Ladies Senior and Junior Foursomes Teams have reached the Munster quarter final which will be played at Limerick Golf Club on Saturday August 13th against Blarney and Tralee.

Next Sunday's Competition will be sponsored by the Laurels Bar and Restaurant, singles, v-par, Killeen.

KERRY PITCH AND PUTT

Last weekend the National Stroke-Play Finals were held in Tullamore, Co. Offaly. On Saturday morning Kerry had five players in the Junior grade. Deerpark duo of John O'Brien and Hugh O'Sullivan along with Tralee pair Rodger Guthrie and Padraig Hobbert and Castleisland player Timmy Looney Jnr. It was Padraig Hobbert who put in a brilliant performance shooting five under to make the final round and only three shots off the lead. a final round of two under did not close the gap but a fifth place finish was well deserved for the Tralee man.

In the Intermediate grade on Saturday afternoon Kerry had five players with Gavin Carroll shooting one under, Richard Bunyan of Listowel on six under and Deerpark's Creagh Courtney with seven under par. the cut was seven under for the top twelve and it was the Castleisland pair of Aidan O'Connor and James Dignan who prevailed with nine and thirteen under par respectively. In the final round James just two behind the leader could not close the gap eventually slipping back to fifth overall with Aidan slipping to eleventh overall.

On Sunday it was the turn of the Seniors and

if the scoring in the Juniors and Inters was anything to go by the eighty seniors were going to put on a spectacle. Kerry had seven players with Tralee duo of Tony Blake and Steven Conway, Listowel pair Declan McCarron and Mortimer Galvin. It was the Deerpark trio of Damien Fleming, John McGrath and Jason O'Brien who got through to the final round with scores of twelve, twelve and sixteen respectively. Damien Fleming who was in twenty first place got a stroke of luck when a player was forced out due to injury and he took full advantage in the final round shooting twelve under to catapult himself up the field to eventually finish fourth with a twenty-four under par total and gain an automatic spot for next year.

The title was taken by Liam O'Donovan from Bruff, Co. Limerick who shot an opeing round of twenty-two (nine and thirteen under) followed by ten in the final round to finish on thirty-two under (a championship record) seven shots clear of the field.

DEERPARK PITCH & PUTT NOTES

CLUB FOURBALL MATCHPLAY The combination of Adam O'Sullivan and Sean Kelly emerged victorious over Sheila O'Donoghue and Jason O'Sullivan in the final of the club Fourball Matchplay competition on Friday evening..They led 1 up after 18 holes increasing their lead to 3 up before being pulled back level with with seven left to play but Adam and Sean recovered to win 2&1, Congratulations to the winners and to all members who participaed in the competition which witnessed some fine performances in all the matches.

NATIONAL STROKEPLAY COMPETITION Congratulations to Damian Fleming who finished 2nd in the senior grade and to John McGrath and Jason O'Brien on reaching the play-off stages of the National Strokeplay competitions at the weekend in Tullamore .

CAPTAINS PRIZE Captains Sheila O'Donoghue and John McGrath prize day will be on this Saturday August 6th at 5pm and a good turnout of members is expected.

LORCAN MARTIN'S CAPTAIN'S PRIZE Nett winner Nathan Cronin 2nd Robbie Harnett Gross Cilian Courtney U-12 Ryan McCarthy, U-10 Joey McCarthy Spot prize Noah Sexton, Wednesday Evening Fourball August 27th Nett John Murphy & Michael O'Connor Gross Gearoid Cronin and P J Hanrahan

SPORTS PREDICTOR Congrats to Mike Foley on winning the 1st prize of €750 with Kieran McCarthy as winner of 2nd prize of €250

BIRTHDAY CONGRATULATIONS TO KAY Congratulations to club President Kay O'Sullivan who celebrated a special birthday recently.

BEAUFORT GOLF CLUB

Congratulation to Beaufort's 2015 captain Gabhan O'Loughlin on his victory in last weekend's Captain's Prize with an impressive 65 Nett. Captain Shane O'Sullivan was delighted that such a large number of members took

part this year. The course was impeccable and a wonderful day was had by all. The golf was followed later by the Captain's dinner and the music, dancing and craic went on late into the night.

31ST JULY 2016 - CAPTAIN'S PRIZE (Strokeplay, White Tees) Sponsored by Captain Shane O'Sullivan

1st Gabhan O'Loughlin (13) 65 Nett
2nd Pdraig Coffey (19) 68 Nett
3rd Joe McMahon (12) 69 Nett
4th Edwin Spence (15) 69 Nett
5th Barry Woulfe (17) 69 Nett
Best Gross - Joe Kennedy (4) 71 Nett
Cat. 20+ - Fred Kennedy (23) 72 Nett
Front 9 - Brian O'Connor (14) 31
Back 9 - Michael Barry (15) 32.5
Nearest the Pin - Michael Barry
Longest Drive - Joe Kennedy
Past Captain - Michael Quirke
Guest Prize - Stephen Renardson

FIXTURES:

3rd August: Open Scramble at 6pm
4th August: Open Seniors at 10am
5th July: Open Friday, singles stableford, entry is €25 with a great prize for the best lady's or gents card.

6TH/7TH AUGUST - 18 HOLE STROKEPLAY, YELLOW TEES Sponsored by Tralee Credit Union. Captain Shane O'Sullivan's special weekend got off to a great start last Friday when he achieved that most illusive of deeds

in golf, a hole-in-one. It came on the 12th hole on Mahony's Point course at Killarney Golf Club where he was playing in the Dr. Crokes Classic. His teammates were John O'Shea, Pdraig Coffey and John Looney from Beaufort Golf Club.

KILLARNEY GOLF CLUB MENS

CAPTAINS PRIZE Over 300 entered for the Men's section of the competition, and despite some very inaccessible pin positions, it was indicated that the person who made some of those selections must have been having a very bad day indeed when making those selections. The competition was won by Ian Cronin with a great score of 41 points, Ian mentioned in his eloquent speech in accepting the first prize, that he had been preparing for 22 years to make that speech, and Ian dedicated much of what he said to his father, the ever so popular Tim Cronin, who is currently recuperating from surgery, and we all wish Tim a full and speedy recovery.

The Competition results are as follows, 1st Ian Cronin (8) 41 points, 2nd Ian Prendergast (15) 40 points, 3rd Michael Maher (6) 40 points, best gross Greg Lanigan (4) 37 points, 4th Eoin Reen (22) 39 points, 5th Conor Stack (11) 39 points, 6th Chris Twomey (10) 39 points, 7th Tomas

Kelliher (9) 39 points, 8th Daragh Kelly (17) 39 points, 9th Peter McEnery (11) 39 points. Peter O'Brien won the Guest prize with 35 points. Standard scratch was 34 points on Saturday, and 35 points on Sunday.

The Youths section competition was won by Darren Mulcahy with 38 points, and Ryan Kelliher was in second place also with 38 points, but Darren had a slightly better finish to win the prize.

Saturday the 6th of August will see the staging of the Club's Senior Scratch Cup.

The competition on Sunday the 7th of August will be a singles competition on Mahony's Point.

CASTLEROSSE GOLF CLUB, LOWER LAKE, KILLARNEY

RESULTS Competition played on Sunday 31st July 18 Hole Stableford 1st Ger Casey (18) 43 pts, Runner-up, Peter McGrath (22) 40 pts, 3rd place, Michael Leahy (19) 39 pts.

Result of Mixed Scramble played on Tuesday 26th July best net return, Donal O'Reilly, Frank Tobin & Mike Doody.

FIXTURES Weekend competition, 18 Hole Strokeplay. Mixed Scramble continue each Tuesday evening draw at 6.15pm, meet at club-house. Competition open to all golfers, Ladies & Gents.



KILLARNEY GOLF CLUB CAPTAIN LIAM HARTNETT PRESENTS THE GENTS CAPTAINS PRIZE TO THE LADIES TO OVERALL WINNER KATIE O'CONNELL AT THE PRIZEGIVING FUNCTION AT KILLARNEY GOLF AND FISHING CLUB ON SUNDAY. FRONT FROM LEFT ARE CORRINA GRIFFIN, MARY O'ROURKE, LADY CAPTAIN, KATIE O'CONNELL, WINNER, LIAM HARTNETT, CAPTAIN, AND ANN STEWART. BACK FROM LEFT ARE KELLY BROTHERTON, JUNE O'BRIEN, CLAIR BOWLER, MAUREEN CREEDON, MIRIAM MCFARLENE, MARGARET CURTIN, BREDA DUGGAN, DEIRDRE PRENDERGAST, MARY LYNCH, ANNE DUGGAN AND CATHERINE HARTNETT. PICTURE: EAMONN KEOGH



KILLARNEY GOLF CLUB CAPTAIN LIAM HARTNETT AND HIS WIFE CATHERINE PRESENT THE CAPTAINS PRIZE TO OVERALL WINNER IAN CRONIN AT THE PRIZEGIVING FUNCTION AT KILLARNEY GOLF AND FISHING CLUB ON SUNDAY. FRONT FROM LEFT ARE MICHAEL MAHER, ARTHUR HANLEY, PRESIDENT, CATHERINE HARTNETT, IAN CRONIN, WINNER, LIAM HARTNETT, CAPTAIN AND IAN PRENDERGAST. SECOND ROW FROM LEFT ARE BRENDAN KEOGH, GREG LANIGAN, TOMAS KELLIHER, PAT FOGARTY, PAUDIE SHEAHAN, EDDIE COLEMAN AND SEAMUS DOHENY. BACK FROM LEFT ARE CONOR STACK, NIAL McCARTHY, PETER MCENERY, DIARMAID FRASER, NOEL DUGGAN AND DARRAGH KELLY. PICTURE: EAMONN KEOGH



ROSS LADIES GC: RESULTS: LISA KERFOOT CAPTAINS DAY KINDLY SPONSORED BY DAN LINEHAN'S BAR. 1ST MARY O SULLIVAN (28) 35PTS, 2ND BETTY O FARRELL (16) 33PTS B9, 3RD AILISH MULCAHY (7) 33PTS, 4TH EILEEN FLEMING (18) 30PTS, 5TH MARY MOYNIHAN (22) 29PTS, 6TH ANNE O LEARY (26) 25PTS.



THE ROSS LADIES CHARITY DAY WAS HELD ON JUNE 23RD FOR THE 'DONEGAL WOMAN'S DOMESTIC VIOLENCE SERVICES' - THE MONEY RAISED WILL GO TO 'GLORIA HOUSE' IN LETTERKENNY, CO DONEGAL. THE HOUSE IS NAMED AFTER THE LATE GLORIA MCCOLE, THE 29-YEAR-OLD MOTHER OF TWO, WHO WAS MURDERED IN HER HOME IN 1991. THE HOUSE IS A REFUGE FOR WOMEN AND CHILDREN OF DOMESTIC VIOLENCE. IN THE PHOTO IS LADY CAPTAIN LISA AND MEMBERS OF THE MCCOLE FAMILY FROM DUNGLOE, CO DONEGAL RECEIVING A CHEQUE FOR €1200 WHICH SHE PRESENTED TO THEM ON HER LADY CAPTAINS DAY.

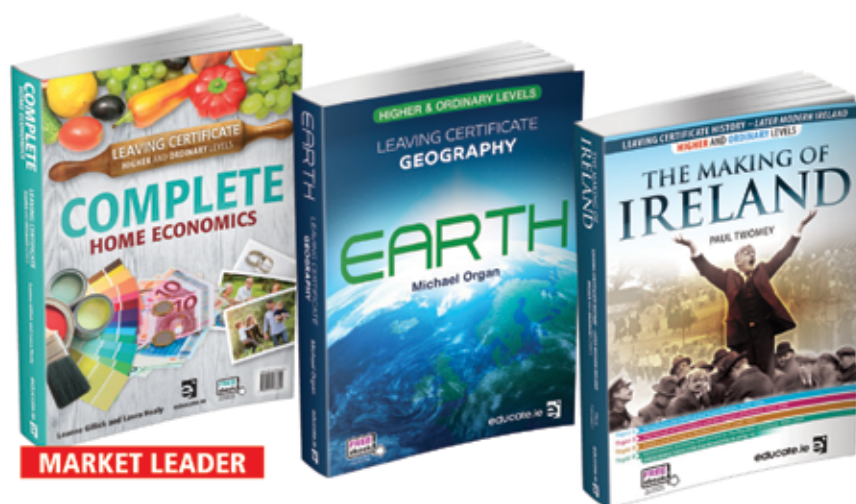
BREAKING NEWS

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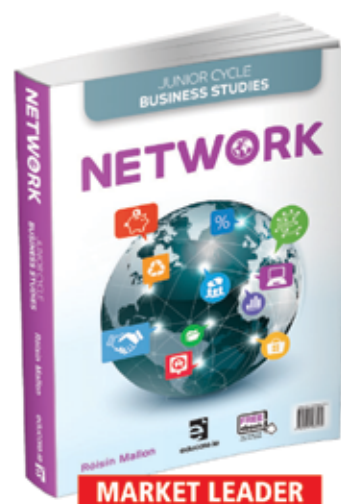


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Kerry ETB Training Centre



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

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

This course focuses on network infrastructure. It covers switching and routing, wireless access, security and connectivity used in local and wide Area networks. A combination of on-line learning and tutor led workshops are used to deliver it. Previous computer networking experience is a prerequisite for entry to this course. **Start Date:** 22nd August 2016. **Duration:** 15 weeks. **Certification:** Cisco Certified Network Associate Certification (CCNA).

Foundation in Media (TR08743) - Tralee.

This entry level course is an excellent starting point for people who wish to pursue careers in the media industry. It offers the participants a comprehensive foundation in the use of a range of digital media technologies in a supervised environment. **Start Date:** 22nd August 2016. **Duration:** 14 weeks. **Certification:** QQI Level 3 Award Media Expressions 3N0792.

Business Admin with Legal (ET07061) - Tralee.

This course offers participants the opportunity to develop a broad range of knowledge and skills in general office and legal office administration. Graduates of the course will typically gain employment as office administrators or progress to year 2 of the Advanced Certificate in Office Information Systems at Tralee IT. **Start Date:** 5th September 2016. **Duration:** 50 weeks. **Certification:** QQI Level 5 Major Award in Business Administration.

Digital Web Design with Adobe Dreamweaver (ET326) - Tralee.

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

Medical Administration Traineeship (TRS08) - Tralee.

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

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

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

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

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

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

This course is for people who are able to build and maintain static websites using HTML and CSS? It offers participants the opportunity to develop their MySQL and PHP knowledge and skills to create dynamic websites incorporating efficient and secure content retrieval from databases. **Start Dates:** 10th October 2016. **Duration:** 24 weeks. **Certification:** Oracle Certified Professional MySQL 5.6 Developer Certificate and W3C Schools certified PHP Developer Certificate.

Food Preparation and Cooking (ET20D) - Dingle.

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

MTA Software & Networking Fundamentals (ET1Z4) - Tralee.

This entry level course offers experience on the technical side of software development and computer networks. It's the ideal starter course for people considering a career in information and communication technology. **Start Date:** 24th October 2016. **Duration:** 12 weeks. **Certification:** Microsoft Technology Associate Certification.

Digital Marketing with E-Commerce (ET08342) - Tralee.

This course is for people who wish to enter the digital marketing sector or incorporate digital marketing into their existing range of business skills so as to enhance their career and job prospects. **Start Date:** 21st November 2016. **Duration:** 35 weeks. **Certification:** City & Guilds Level 3 Diploma in Digital Marketing 7513-30.

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

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

Kerry ETB Training Centre,

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

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

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RENTING OUT A ROOM IN YOUR HOME

If you rent out a room (or rooms) in your home to private tenants, the rental income you earn will be exempt from income tax, provided this income does not exceed a certain limit in a tax year. This is called the **rent-a-room relief**. A self-contained unit, such as a basement flat or a converted garage attached to your home, can qualify for this relief.

The relief applies only to residential tenancies, not to short-term guest arrangements.

The total (gross) rent that you get, which includes sums that the tenant pays for food, utilities, laundry or similar goods and services, cannot exceed €12,000 in the tax year (1 January to 31 December)

You cannot deduct expenses from your rental income while claiming rent-a-room relief.

If you qualify for rent-a-room relief, the income you get from renting out the room is not liable to PRSI, the Universal Social Charge or income tax. However, it must be included on your annual income tax return.

Rent-a-room relief will not affect your mortgage interest relief or your exemption from Capital Gains Tax (CGT) if you sell your home.

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ON THE BOX KILLARNEY OUTLOOKS WEEKLY SOAP COLUMN

SELF-CONFESSED SOAP ADDICT, JOE BURKETT TAKES A LOOK AT WHAT'S IN STORE IN THE SOAPS THIS WEEK



On the Box

BIG RETURNS AND BIG EXITS AND EVERYTHING IN BETWEEN

Eastenders: Grant's Back

Grant Mitchell's blows back into Albert Square next week as he makes contact with ex-wife Sharon Mitchell. While the storyline is being kept secret at the moment, tensions will build in the Mitchell household as both Phil Mitchell and Kathy Beale face Grant.

Emmerdale: Goodbye Andy?

Rumours suggest that Emmerdale legend Andy Sugden is about to exit the Dales for good. After playing the role for over 20 years, it appears actor Kelvin Fletcher will depart on Thursday 11th August. He's currently awaiting trial for shooting Lawrence White but Andy didn't do it. He's been framed by ex-girlfriend Chrissie White. Will Andy be sent down for a crime he didn't commit?

Soap News Round-Up

Over in Summer Bay, soap bosses are lining up a huge plane crash storyline as new family, the Morgan's are targeted by a face from the past who is hell bent on destroying them.

Les and Pam Coker have been axed from Eastenders and will depart the soap this autumn.

Divorce is on the cards for Cain and Moria Dingle as Cain gets back with his ex-girlfriend Charity Macey.





SELF-CONTROL OVER FOODS YOU ACTUALLY LIKE IS THE KEY TO DIET SUCCESS

Positive motivation is so much more effective than negative motivation when it comes to long-term goals. You're far less likely to succeed at a goal by focusing on what you want to avoid. Focusing on what you want to gain will help keep you on track. Researchers recommended that people wishing to lose or maintain their weight by following a healthy diet would be better off incorporating foods they actually like to eat rather than trying to adhere to a diet plan that involves less appealing foods and uncomfortable restrictions.

Here are a few ideas to get you started:

- Create a list of all the healthy foods you enjoy eating and would eat anyway even if you weren't trying to manage your weight.
- Create a second list of all the unhealthy foods you enjoy eating and would struggle to give up even if you tried.
- Next time you go grocery shopping, stock up on all the foods from your healthy list so that 80 to 90 percent of the food at home is healthy.
- Keep your unhealthy foods tucked away out of sight and out of reach, taking up no more than 10 to 20% of your total food at home.
- Focus on eating the healthy foods you actually like, and allow yourself to indulge in small portions of your unhealthy food when cravings strike. This is a much gentler way to shift your eating habits, and over time, you'll probably find that your tastes change in ways that allow you to easily improve your diet even further.

US SPORT STARS HAVE TAKEN A PROACTIVE ROLE ON SOCIAL ISSUES

Members of multiple teams in the Women's National Basketball Association (WNBA), a predominantly Black organisation, recently took to the court wearing special warm up shirts in solidarity with Black Lives Matter. Their activism landed their teams with \$5,000 fines, and additional individual \$500 fines for modifying their uniforms (hefty fines considering that WNBA member salaries are

capped at just over \$107,000 annually, in contrast with their male NBA colleagues and their sometimes multimillion dollar salaries). The events highlighted an issue of growing tension in sports, as athletes exercise their free speech rights and their leagues censure them. However, after considerable outcry, the WNBA reversed the fines. In 2014, members of the St. Louis Rams took the field with their arms in the air in the "hands up, don't shoot" pose that has become iconic. That same year, LeBron James and his colleagues entered the arena in "I can't breathe" shirts, and were condemned for it, but not fined. In 2015, the University of Missouri football team went on strike in solidarity with students, winning an accolade currently presented by the American broadcast television (Espy) in recognition for its actions. At this year's ESPY awards, four prominent Black basketball players spoke out about Black Lives Matter. These are just a few of the athletes who have taken a proactive role on social issues, something athletes point out is actively condoned in some cases, as with displays of pink ribbons in October and rainbows during Pride. The New York Liberty, Indiana Fever and Phoenix Mercury all wore various versions of Black Lives Matter shirts, and were dinged for them until the Washington Mystics stepped up. The team members wore black warm up shirts with no insignia — unmodified, and thus permitted under the rules. After their game, they refused to discuss basketball, holding a "media blackout" and inviting reporters to ask them about social issues instead. The reaction was apparently the straw that broke the WNBA's back, as it suddenly took a conciliatory tone, saying that it "supported" players so much that it would be rescinding their fines.

LEAVING THE BED A RUMPLED MESS CAN ADD UNNECESSARY STRESS TO YOUR DAY

Studies have shown that those who make their beds each morning take on the day with increased productivity and a greater sense of well-being. Most people feel a small sense of accomplishment when they make their bed each day, and are then encouraged to keep up

the trend by completing task after task. Those who make their bed will also tend to feel more rested and energised throughout the day, rather than tired or groggy.

ON THIS DATE – AUGUST 5TH

1583 - Humphrey Gilbert, English explorer, annexed Newfoundland in the name of Queen Elizabeth and founded the first English settlement in the New World.

1664 - After days of negotiation, the Dutch settlement of New Amsterdam surrendered to the British, who would rename it New York. The "Articles of Capitulation" guaranteed free trade, religious liberty and a form of local representation.

1762 - Russia, Prussia and Austria signed a treaty agreeing on the partition of Poland.

1775 - Spanish Lieutenant Juan Manuel de Ayala and his crew of 30 became the first European explorers to sail into the San Francisco Bay. Ayala named Alcatraz Island after a large flock of pelicans, called alcatraces in Spanish.

1807 - Jeanne Baret (b.1740), botanist and the first woman to circumnavigate the world died in France. She had joined the (1766-1769) expedition of Louis Antoine de Bougainville, disguised as a man, enlisting as valet and assistant to the expedition's naturalist, Philibert Commerson, shortly before Bougainville's ships sailed on a voyage to circumnavigate the globe.

1850 - A British Act of Parliament separating Victoria from New South Wales was signed by Queen Victoria.

1853 - Steamship Otter arrives in Vancouver to serve as a tug and trading vessel; first propeller-driven steamship in the North Pacific.

1914 - Canada joined the rest of the British Empire in the war on Germany; the day after the German invasion of Belgium.

1934 - Former Late Late Show host, Gay Byrne born in Dublin.

1944 - Japanese prisoners of war at Cowra, New South Wales, staged a breakout, 4 Australians and 234 Japanese were killed, 309 prisoners were recaptured alive from the surrounding districts over the following week or so.

DOG MEAT CONSUMPTION IS DOWN DURING THE 'BOKNAL DAYS' IN SOUTH KOREA

The 'boknal days' are the three hottest days according to the lunar calendar and mark the days when dog meat is most popular in South Korea. This year they fell on the 17th July and 27th July with the third upcoming on August 16th. On these days, it has become 'custom' for many Koreans - even those who do not usually do so - to consume dog meat stew-

"bosintang"- as it is perceived to have 'cooling effects' to help replenish stamina during Korea's sweltering summer. It is estimated that over the months of the boknal days as many as 60 - 80% of all dogs raised on the thousands of dog meat farms located throughout South Korea are slaughtered...

But this year, the media is reporting that dog meat consumption is down! A Korean newspaper reported, "with the rise of pet animals and global condemnation over cruelty, the culture is disappearing", with experts speculating that widespread pet ownership is behind the fall of boshintang.

"Maybe in the past there was little to eat and our ancestors ate dogs for essential nutrition," Jung Hea-min, 21, a college student said. "However, this is no longer the case. We now have other foods that can substitute for boshintang for the nutrition once needed" and thankfully that is the way most young Korean adults feel also.

TEENAGERS HIRED AND FIRED WITHIN 24 HOURS BECAUSE SHE ASKED WHY SHE WAS EARNING LESS THAN HER MALE FRIEND

Seventeen-year-old Jensen Walcott was hired the day after a good friend of hers, 17-year-old Jake Reed at the Pizza Studio in Legends Outlet Mall, in Kansas City, Kansas, both were delighted they would be working together.

Jake told Jensen, he was making \$8.25 an hour. She was hired for \$8 an hour. The two are the same age, have the same amount of experience and were hired for the same position. Jensen thought it was just a mix up and called her new boss, asking why her wage differed from Jake's. The manager put her on hold. Then the manager got back on the phone and told Jensen she was fired because discussing wages is against its policy. Jake was also fired within hours of this phone call.

Both teenagers say there was never any mention of a policy concerning wage discussion. When the news source called corporate representatives about the incident they said they would get back to them—they didn't.

DID YOU KNOW?

The Kakapo, native to New Zealand, is the world's only flightless parrot, and also its largest. Males make a distinctive booming call that can be heard from up to half a mile away.

THE WORLD'S LAST VCRS WERE MANUFACTURED LAST MONTH

Funai Electric Company — the last known producers of Video Cassette Recorders, or

VCRs have ceased production. VCRs and VHS tapes first hit the shelves in the United States in the 1970s and quickly rose to dominance, acting as the centerpiece technology for late night TV recordings, and screenings of family events and football games. By the 1990s, 95% of American households had one. Just ten years later, though, DVD players were successfully muscling in on this territory, and producers of VCRs and VHS tapes slowly began to give up. The last to give up was Funai, which built their recorders in China and sold them in North America under the Sanyo brand. According to a spokesperson for the company they stopped production at the end of July because of a shrinking market and the difficulty of finding parts.

WILD BIRDS COMMUNICATE AND COLLABORATE WITH HUMANS

When a member of the Yao people make a "Brrr-hm!" sound in Mozambique's Niassa National Reserve, a wild bird species instinctively knows what to do. The greater honeyguide responds by leading the human to a wild beehive, where both can feast on honey and wax. The bird does this without any training from people and since honeyguides reproduce like cuckoos — laying eggs in other species' nests, thus tricking them into raising honeyguide chicks — we know they don't learn it from their parents, either. Honeyguides also actively recruit appropriate human partners, using a special call to attract people's attention. Once that works, they fly from tree to tree to indicate the direction of a beehive. This unique relationship pre-dates any recorded history, and likely evolved over hundreds of thousands of years. It's a win-win, since the birds help humans find honey, and the humans (who can subdue a beehive more easily than the 1.7-ounce birds can) leave behind beeswax as payment for their avian informants. People also recruit honeyguides in other parts of Africa, using different sounds like the melodious whistle of Hadza honey hunters in Tanzania. But aside from that, researchers say the only comparable example involves wild dolphins who chase schools of mullet into anglers' nets, catching more fish for themselves in the process.

AUSTRALIA'S TOP END COASTS ARE DYING

An unprecedented mass death of mangrove forests across Northern Australia's coastline has sent alarm bells ringing, with Limmen Bight in the Gulf of Carpentaria one of the worst hit places. Mangroves are critical to marine ecosystems, acting as crucial nurseries for fish and other marine life. They are also important for our climate, forming critical carbon sinks. Along with the destruction of mangroves, some of the problems include

toxic pollution in Darwin Harbour and popular fish stocks in decline.

FISHERMAN CAUGHT MORE THAN HE BARGAINED FOR IN RUSSIAN RIVER

The Loch Ness monster is just a legend, right? Maybe not! Some fishermen using earthworms as bait caught a strange and rather large fish in the Kama River in central Russia's Udmurt Republic recently! The fish has a huge head and is at least two feet long, and no one has been able to identify it. The fisherman believes it is a mutated freshwater fish that comes from eastern Asia's Amur River called the Chinese Sleeper (*perccottus glenii*). During the 1940's the Chinese Sleeper was a popular pet in Russia, but many Russians reportedly dumped them in rivers and sewers when they outgrew their tanks. Other people claim the fish is a piranha or a mutated eel.

But no one has any idea of what could have caused the mutation. One thing is for sure — this is at least a river monster!

CONSERVATION TOURISM BOLSTERS LOCAL ECONOMIES

As part of the Serengeti-Mara ecosystem, the Naboisho area in southern Kenya sees tens of thousands of wildebeest and zebra pass through the landscape each year. But the area began experiencing pressure from uncontrolled development and overgrazing. With the assistance of a few operators, among them ecotourism operator Asilia, the Maasai landowners in Naboisho formed a conservancy in 2010— eventually transforming a degraded landscape into a prime tourism destination.

Asilia operates multiple lodges in East Africa, creating conservation impact in numerous locations and employs more than 600 people, with each new facility creating 25 to 35 new jobs. 90% of lodge jobs are filled by local staff.

FINALLY THIS WEEK

Please Make Sure You Don't Fund Animal Suffering Whilst on Holiday.... Many attractions keep and exploit animals in ways that cause immense suffering, targeting tourists for their profits. When you're on holiday, please choose the places you visit and activities you support with caution and think about the welfare of the animals involved. If you support an attraction that relies on animal exploitation to make profits, your money will support the cruelty - please be careful. If you can ride, hug or have a selfie with a wild animal, then you can be sure it is suffering abuse. Please help spread the word...

When the demand stops, so will the suffering.

AVOIDING CAR PARK FENDER BENDERS

CHECKLIST FOR SAFE PARKING IN CAR PARKS

Whether it's a crunch, wallop, groan or bang the sound of your car crashing into another vehicle or object is a total misery for any driver.

Unfortunately, as many drivers discover, fender benders happen in car parks on a very regular basis. A recent AA car insurance poll reveals that 25% of drivers in this country have damaged their vehicles while parking over the last three years.

During the poll, of those involved in a car parking incident, 85% of drivers said they damaged their own vehicle, 18% admitted damaging someone else's car, 4% said they drove over their own belongings or those of a family member, 4% admitted to driving over a pet/animal and 2% said they damaged public property.

Of the motorists who admitted to damaging 3rd party property while parking their car, 44% waited to talk to the vehicle's owner/property representative, 35% left a note on the car's windscreen with their car insurance details, 12% left without telling anyone and 4% informed the Gardaí.

If you do damage to someone else's vehicle and leave the scene, even if it's in a car park, in the eyes of the law it's still classified as a hit and run, warn the AA Car Insurance team. If an accident does occur take responsibility for your actions and speak to the vehicle/property's owner.



AVOIDING CAR PARK CRASHES!

To avoid car park fender benders and the hassle of a car insurance claim, we've put together the following motoring advice:

- Slow down. It's a car park not a race track!
- Look out for distracted pedestrians. They will be pushing heavy trolleys, lugging bags of shopping, supervising children, chatting on their mobile phones etc.
- Be patient. Impatience will only lead to careless driving.
- Turn off your car radio when in car parks. It'll distract you and you won't hear other vehicles.
- Give reversing the car your full attention. Don't be checking your texts, tuning the radio or programming your car's SatNav when pulling out of your car parking space. Check and check again that you're clear to reverse your vehicle. And don't forget to check if there's someone about to pull out of the car parking bay directly behind you or else you could have a case of

bumper cars on your hands.

- Park your car in the centre of the parking bay. This will make it easier to reverse your car out when leaving and also will reduce the likelihood of the cars either side of you doing damage to your vehicle.
- Don't squeeze into a parking space which barely allows you to open your car doors just for the sake of being closer the shops. You'll only end up scratching your car of those either side of you.
- Use your indicators. Although not on a main road, you still need to let other drivers know which way you're turning your vehicle.
- Ask your children to be quiet when parking the car.
- Do not block footpaths, be conscious of people with prams and buggies or wheelchairs, and respect disabled only car parking spaces.

DRIVING CAREFULLY AROUND AREAS WITH LOOSE LIVESTOCK

With almost 91,000kms of regional and local roads in Ireland, it is not uncommon for motorists to come across loose livestock. Livestock have been mentioned in many an AA Roadwatch radio report over the years with "horses loose" or "geese waddling" a common occurrence. It may make for a light-hearted listen whether it is deer, swans, cattle, horses, sheep or goats but they all pose a danger for motorists.

Animals don't usually cause that many single vehicle collisions but motorists must be aware how to behave if they do come across livestock. According to the RSA, there were twenty cases of injury and zero fatalities in 2010. This is a relatively low number compared with the

number of single vehicle collisions with ditches. In 2010, there were 23 fatalities and 595 cases of injury.

If motorists come across loose livestock or farmers moving animals; it is imperative that motorists be patient and do not startle the animal.

Always slow down and be prepared to stop when approaching or overtaking animals.

You must obey any signal to slow down or stop given by the person moving animals.

Motorists should avoid using their horn if an animal is in front as it might frighten them.

A warning sign will be in place on roads where animals are common.





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MAKE HAY WHILE THE SUN SHINES



This article explores what the links are between the proverb 'Whan the sunne shynth make hay. Whiche is to say. Take time whan time cometh, lest time steale away.' And no, there are no spelling mistakes, this was written in about 1546, and yes, we can still learn from things written way back then.

In the past farmers could only look at the sky or feel the wind to predict the weather, plus it took much longer to cut, dry and gather the hay and so if it was sunny it was just common sense to make hay while the sun shone. But now, years later what is the link with this and mental health? If you make hay while the sun shines, it means that you take advantage of the chance to do something while conditions are good. In other words, you make good use of your time or make the most of an opportunity while you have the chance.

So the key word here is opportunity, so often we regret later in life that we did not take the opportunity that was presented, maybe fear held us back, maybe we did not feel confident enough. Or maybe we did not trust our judgement, and we let somebody else's voice be louder in our head and heart than ours. So we need to take stock of the situations that present themselves and realise when an opportunity has arisen that we could make the most from, or more than we have believed was possible. It may need us to be creative, to allow our minds to day dream the possibilities so that they can become realities.



The other important aspect of the hay and the sunshine and mental health, especially in Ireland and in farming, is that hay is baled for when the winter comes and to feed the animals that are safely tucked inside the barn to protect them from freezing. Now sometimes we have store up that 'sunshine' or good moment or opportunity to see us through the difficult times in our life. Imagine if we could 'bale' up a happy feeling or moment for when the winter or sadness or painful times crosses our paths. Even better would be to actually plan for the future by taking advantage of the current opportunities. An example of this would be to keep thinking of how we can do positive things, surround ourselves with positive people and things and that way ensure we have a safety net for when things may become difficult.

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

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



Citizens Information

Know Your Rights:

GP SERVICES WITH MEDICAL CARD

QUESTION

I have a medical card but my doctor has recently charged me for a medical certificate and for a blood test? Should I have to pay for these or should they be covered by the medical card?

ANSWER

Doctors provide services to medical card holders under the General Medical Scheme (GMS). This means that they have a contract for these services with the Health Service Executive (HSE). The services provided include consultations with patients and necessary treatments that would normally be provided by a general practitioner (GP). GPs also provide prescriptions for drugs, medicines and appliances as required.

Not all GP services are covered under the agreement. For example, if you need a medical report for a driving licence application you may be charged. You may also be charged for medical certificates for absence from work. If you need a medical report to apply for a social welfare payment, the Department of Social Protection may cover the fee.

If you have a medical card or a GP visit card and you need a blood test to diagnose or monitor a condition, this should be provided free of charge. If you have been charged for a blood test by your doctor, you can complain to the HSE. The HSE deals with these complaints on a case by case basis and will arrange for a refund, where appropriate. You make a complaint by contacting your Local Health Office.

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, Caherdveen 0761 07 7780

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

MUNICIPAL AREA NEWS

CALL FOR GOVERNMENT INTERVENTION ON MOTOR INSURANCE

Clr Michael Cahill has submitted the following Notice of Motion to the next meeting of Kerry county Council.

That Kerry County Council call on the Government to immediately tackle the rising cost of

motor insurance whereby in recent times they have risen by up to 100 & 200% in cases and it is becoming increasingly difficult for many families, individuals and businesses to afford the cost of same.

ROAD WORKS TO BEGIN



Councillor Michael Gleeson has welcomed the following programme of works by Killarney Municipal area council to be undertaken in the next two weeks subject to suitable weather: €66,811 for surface dressing Barraduff

to Shronedarragh; €111,381 for surface dressing Tooreencahill to New Quarter bridge; €62,201 surface dressing Doyle's Cross to Annaghmore; €180,000 final surface dressing Dromcarban to Headford; €72,884 surface dressing Meanus Bridge to Currans Bridge."

GOOD NEWS FOR GNEEVEGUILLA NATIONAL SCHOOL

Following representations by Danny Healy Rae on behalf of Gneeveguilla National School, Rathmore, he is pleased that the Department of Education has granted approval for 2 permanent Special Education Teaching rooms and funding of 60,000 Euro is being provided to facilitate this. The management of the school have been advised to start the process by sourcing consultants through the public tendering process.

UNSIGHTLY VOID AS TREES ARE FELLED

"At the most recent meeting of Kerry County Council, Councillor Michael Gleeson proposed that Coillte and all other forestry harvesters would, when felling forests, allow the front few rows to remain growing until new planting to the rear has filled in the unsightly void left by the felling.

Councillor Gleeson stated that a hillside can, for quite some time, appear very bare, bleak and unattractive following the felling of a mature forest. This detracts from the visual aspect of our county and impacts adversely on the tourism product for the many visitors to Kerry.

He stated that his proposal would not have any long term adverse financial impact on the forestry owner's profit as the those front rows could be felled when the new replacement growth to the rear had reached a reasonable degree of maturity.

The proposal was seconded by the Mayor, Clr Michael O'Shea."

Editor:

Aisling Crosbie 086 0400 958 or

Email: editorial@outlookmags.com

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A WORD OF VICTORY

Welcome back dear reader in Deuteronomy 28 the Lord promised His people great blessings of health, prosperity and protection for carefully obeying and following the commands of His law, but tremendous curse for those who disobey and don't follow the instructions given in the commandments. It would be good for you to read it and take it to heart. The curses mentioned are called the 'curse of the Law'. "The curse without cause shall not come" (Proverbs 26:2) - meaning we have to open the door through disobedience or ignorance for sickness/disease or poverty etc to come upon us. Remember in John 10:10 "the thief comes only to steal, to kill and to destroy but Jesus came that we would have life and have it more abundantly". So it is obvious that there are two destiny-makers operating in the spirit realm wanting to control our fate and we have to choose where we want to live. We were born with a nature to disobey God and follow Satan as Adam and Eve chose to do at the beginning. The spirits we were born with are under the dominion of Satan himself through our flesh nature yielding to every temptation and every evil thing. Jesus spoke of a time coming when people would call things that are evil good and good evil. It's happening right now. Jesus said we must be 'born again' - He was speaking of course of the spirit man living within us. By simply believing that Jesus the Son of God was raised from the dead and confessing Him aloud as Lord and Saviour, our spirits are transferred into the Kingdom of God. Other terms used are 'saved' or 'born again into God's family'. This is a decision of the heart and upon receiving Jesus as Saviour, God the Father accepts us as His children and we can call Him 'Abba-Father' (which means Daddy) and we then move from curse to blessing (Romans 8:15-16). The crossover is easy friend, why not do it now? More next week....

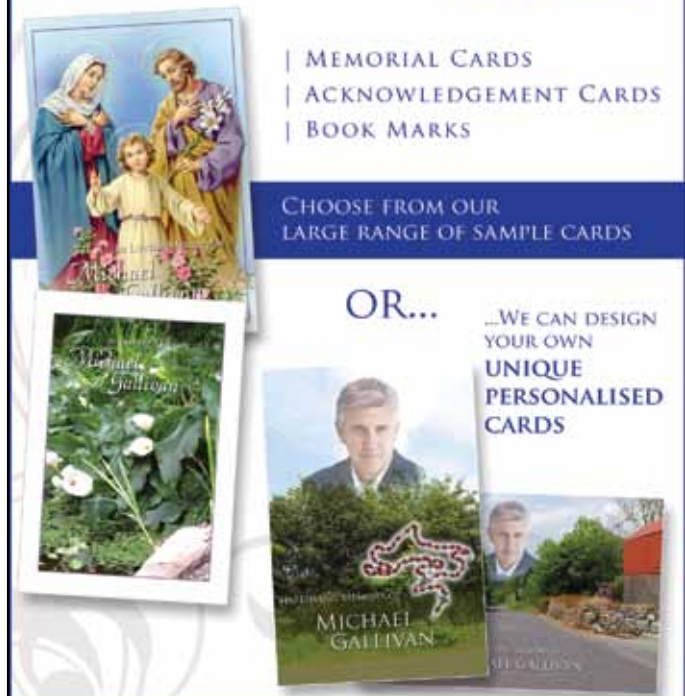
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THE MIRACLE PRAYER

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

NOVENA TO THE SACRED HEART

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

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

NOVENA TO ST. MARTHA

O ST. MARTHA, I resort to thee and to thy petition and faith I offer up to thee this light which I shall burn every Tuesday for nine Tuesdays. Comfort me in all my difficulties thro' the great favour thou didst enjoy when Our Saviour lodged in thy house. I beseech thee to have definite pity in regard to favour I ask (mention favour). Intercede for my family that we may always be provided for in all our necessities I ask thee St. Martha to overcome the dragon which thou didst cast at thy feet. One our Father and three Hail Marys, and a lighted candle very Tuesday and the above prayer made know with the intentions of spreading devotion to St. Martha.
Never know to fail.

PRAY TO ST. EXPEDITE

Saint Expedite, Noble Roman youth, martyr, You who quickly brings things to pass You who never delays, I come to you in need: (Clearly express what you want and ask him to find a way to get it to you)
Do this for me, Saint Expedite, and when it is accomplished, I will as rapidly reply with an offering to you (State your vow or promise)
Be quick. Saint Expedite!
Grant my wish before your candle burns out and I will glorify your name
Amen. Thank you St. Expedite for answering my request. I promise publication to spread your devotion.
For anyone in need say this prayer and your request will be granted. My request was granted.
Amen. **X**

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.
N.M.

NOVENA TO THE SACRED HEART

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

ST THERESE

O glorious Saint Therese, whom Almighty God has raised up to aid and counsel mankind, I implore your Miraculous Intercession.
So powerful are you in obtaining every need of body and soul our Holy Mother Church proclaims you a "Prodigy of Miracles... the Greatest Saint of Modern Times." Now I fervently beseech you to answer my petition (mention here) and to carry out your promises of spending Heaven doing good upon the earth... of letting fall from Heaven a Shower of Roses. Henceforth, dear Little Flower, I will fulfill your plea "to be made known everywhere" and I will never cease to lead others to Jesus through you.
Amen. Say the above for 9 days and you will receive a flower or a rose in some form during or after 9 days as an indication that your request will be granted.

9th ANNIVERSARY



In Loving Memory of

**NÓIRÍN
LYNCH**

**Late of Flesk Grove and Annagh
Headford, Killarney.
Who died on the 5th of August 2007.**

*Will those who think of her today
a little prayer to Jesus say.*

"Noirín"

*Ni imithe Uainn
Ach imithe romhainn.*

**Sadly missed, always loved
by Mom, Dad, sisters, Áine,
Myra & Geraldine and their
Families.**

**Noirín's anniversary Mass
is on Sunday the 14th of
August in the Church of the
Resurrection at 11am.**



NOVENA TO THE SACRED HEART

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

NOVENA TO THE SACRED HEART

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 heart where your Father sees it.

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

Amen.

Say this prayer three times for three days and
your favour will be granted.

Never know to fail.

Must promise publication of prayer.

FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



In loving memory of

JOHN LYNCH

**Macroom and Killarney
who passed away on
10th August 2015**

The family of the late John Lynch wish
to thank most sincerely all those who
sympathised with us on our loss.

We extend heartfelt thanks to everyone
who attended the funeral services, those
who travelled long distances to pay their
respects, those who sent Mass Cards,
Enrolments, Letters of Condolence and
Floral Tributes. We greatly appreciate
each and every act of kindness shown by
everyone. Special thanks to everyone in
Killarney, the Bridge Clubs, St. Vincent
de Paul and all John's great friends and
colleagues. A very special thanks to Mary,
Kevin and their family and to Mary and
Mossie who were always there for John.

Thanks to the Doctors, Nurses and Staff of
Kerry General Hospital, Tralee.

Thanks to the Priests of Macroom Parish
for all their help and support, especially
Fr. Donal Roberts P.P and Fr. Noel Moran
who travelled from Killarney.

Great appreciation to Martin and Bill
Fitzgerald and their staff for the help
and courtesy shown to us at all times.

Thank you.

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

*Look at life with eyes that see
the good and not the bad,
Cherish in your memory
the glad times not the sad.*



Always remembered by Mam, his
brothers Patrick and Michael, his sister,
Gerardine and his family and friends.

John's anniversary Mass will be held on
Saturday 13th August at 7.30pm in
St. Colman's Church Macroom.

NOVENA TO THE SACRED HEART

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

THANKSGIVING ST. JUDE

O Holy St. Jude, Apostle and Martyr, great in
virtue and rich in miracles, near Kinsman of
Jesus Christ, this faithful intercessor of all who
invoke your special patronage in time of need, to
you I have recourse from the depth of my heart
and humbly beg to whom God has given such
great power, come to my assistance. Help me in
my present urgent petition in return I promise
to make your name known and cause you to be
invoked.

Three Our Father, three Hail Mary and three
Glory Be.

St. Jude and all the Saints pray for us and all who
invoke your aid. Amen.

NOVENA TO THE HOLY SPIRIT

O Holy Spirit, you who solve all problems,
light all roads so that I can attain my goal. You
gave me the divine gift to forgive and forget
all evil against me and that in all instances of
my life you are with me. I want in this short
prayer to thank you for all things you have
given me as you confirm once again that I
never wanted to be separated from you in
spite of all material illusions. I wish to be with
you in Eternal Glory.

Thank you for mercy towards me and mine.
This prayer must be said for three days, after
three days the favour will be granted.

PRAYER TO ST. EXPEDITE

When you are in urgent need...

Pray to Saint Expedite

Our dear martyr and protector, Saint Expedite,
you who know what is necessary and what is
urgently needed. I beg you to intercede before
the Holy Trinity, that by your grace my request
will be granted.

(Clearly express what you want, and ask him
to find a way to get it to you)

May I receive your blessings and favours. In the
name of our lord Jesus Christ, Amen.

If Saint Expedite grants your request, place an
ad in the newspaper thanking Saint Expedite,
so that his name and fame will grow.

B.O.M

THE MIRACLE PRAYER

Dear Heart of Jesus in the past I have asked
many favours. This time I ask you this special
one, (mention favour).

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

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

Amen.

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

E.M.C

ST. THERESE OF THE LITTLE FLOWER

O glorious Saint Therese, whom Almighty God has
raised up to aid and counsel mankind, I implore
your Miraculous Intercession.

So powerful are you in obtaining every need of
body and soul our Holy Mother Church proclaims
you a "Prodigy of Miracles... the Greatest Saint of
Modern Times." Now I fervently beseech you to
answer my petition (mention specifics here) and to
carry out your promises of spending Heaven doing
good upon the earth... of letting fall from Heaven a
Shower of Roses.

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

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

O Most Beautiful Flower of Mount Carmel, Fruitful
Vine, Splendour of Heaven, Blessed Mother of the
Son of God, Immaculate Virgin, assist me in this my
necessity. O Star of the Sea, help me and show me
herein you are my Mother. O Holy Mary, Mother of
God, Queen of Heaven and Earth, I humbly beseech
you from the bottom of my heart to succour me in
this necessity. There are none, that can withstand
your power. Oh Mary conceived without sin, pray for
us who have recourse to thee (3 times).

Holy Mary, I place this cause in your hands, three
times. Thank you for your mercy to me and mine.
This prayer must be said for three days and after
that the request will be granted and the prayer
must be published immediately. Thank you for
favours received.

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 every 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
impossible it may seem.

Favour often granted on the third day.

L.B.W.

NOVENA TO THE SACRED HEART

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

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