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Craft Shop
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Randles Nissan Garage
Dromhall
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MINION MANIA AS WORLD RECORD IS BROKEN

There were jubilant scenes at the INEC on Sunday last as the world record of 255 minions in one place was broken. 325 minions assembled at the venue along with a crowd of 1000 well wishers for the fun community event which was organised to raise funds for the Micro Track Programme. The event got under way at 11am with lots of entertainment for all the family including the animal roadshow, Trophy roadshow, face painting, colouring competition, bouncing castle, Kenny the Clown, Capoeira workshop and a fantastic display from the Scorchers and from Wilson and his team Capoeira. All in all a great day for a great cause.

Attention now turns to welcoming the great Sonia O'Sullivan who will be in Killarney to launch the Killarney Valley AC and endorsing the microtrack project and the Killarney10mile which takes place on Saturday September 26th.

Entries are being taken on www.killarney10mile.com with a limit of 600 places.

Walkers are also welcome to join in the race



MINION MANIA WORLD RECORD ATTEMPT PARTICIPANTS IN THE GLENEAGLE, KILLARNEY ON SUNDAY.

which is in its second year and which will be started by Olive Loughnane - World Walking

Champion.

WHITE-TAILED SEA EAGLE CHICKS TAKE TO THE WING!



The first White-tailed Sea Eagle nests in Co. Kerry in over 100 years have successfully fledged chicks in 2015! Two pairs, one in Killarney National Park and the other on the Beara peninsula near Kenmare, fledged single chicks at each nest. This was the third attempt to successfully raise a chick by the Killarney pair while the Beara pair succeeded on their first attempt. Since fledging, the Killarney

chick has been closely followed and fed by its parents around the Lower Lake where the trio have been seen by local boatmen and some excited tourists! It's likely that the young eagle will spend the next few months around the Lakes of Killarney before wandering more widely across Ireland. Over the last month four young White-tailed Sea Eagle chicks fledged successfully from nests in counties Kerry, Clare and Galway bringing to seven the number of Sea Eagle chicks to have flown from nests in the wild in Ireland since 2013. Four of the seven chicks have come from one nest at Mountshannon, Co. Clare, on Lough Derg, by far our most successful pair to date. Happily a second pair took up residence on Lough Derg in 2013 and also nested successfully in 2015, raising their first chick. A fifth nest, at Glengarriff, Co. Cork, raised a single chick but sadly this chick died close to fledging. Although its early days, each successful nesting and chick fledged brings the reintroduction project a little closer to its goal: a self-sustaining viable breeding population of White-tailed Sea eagles in Ireland.

KCC NOTICE OF MOTION

"At the July Municipal area meeting, Councillor Michael Gleeson asked if the Council had determined a location at which to provide a pedestrian crossing to facilitate people who wish to cross the very busy road at Fair Hill, Killarney.

The Council replied there is €40,000 available for funding a pedestrian crossing at Fair Hill. A

pedestrian survey will soon be undertaken in order to determine the most suitable location for that crossing.

Councillor Gleeson stated that the crossing will greatly enhance the safety of the very many people who cross this roadway and he urged the council to proceed as quickly as possible with the project."

CHAMBER WELCOMES TK MAXX TO KILLARNEY

President of Killarney Chamber of Tourism and Commerce, Kate O'Leary has welcomed the official news that TK Maxx are due to open in Main Street in Killarney in October.

"It will be a fantastic boost for the town as the footfall on Main Street is set to increase dramatically" Kate O'Leary told the Killarney Outlook.

"Having a retail giant like TK Maxx put such faith in Killarney is a hugely positive thing for the town", she added.

The discount retail chain features stylish brand name apparel, shoes and accessories along with homewares and the Killarney store will be second one to be opened in Kerry.

TK Maxx are currently recruiting up to 60 staff for the new outlet.



KATE O'LEARY PRESIDENT OF KILLARNEY CHAMBER.

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APACHE PIZZA OPENS 100TH STORE

The 2fm Roadshow was in town last week for the opening of the Apache Pizza 100th store in Killarney at Den Joe's newly refurbished restaurant on New Street.

DJ Rick O'Shea entertained hundreds of customers throughout his show live from 2pm as they enjoyed lots of fun and games, great music and of course slices and slices of pizza.

A FUN DAY FOR ALL AS THE 100TH OUTLET FOR APACHE PIZZA WAS LAUNCHED BY 2FM AT DEN JOES, NEW STREET ON SATURDAY L-R ANGELA O'CONNOR, VINCENT O'CONNOR, JULETTE COSTELLO, DENIS O'CONNOR, DJ RICK O'SHEA, PROPRIETOR PATRICIA O'CONNOR, KENNY THE CLOWN AND DRESSED AS A PIZZA SLICE MICHAEL O'SHEA. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



THE O'CONNOR'S TREATING THE PASSERS BY TO APACHE PIZZA AT THE LAUNCH OF THE 100TH STORE NATIONWIDE AT DEN JOES KILLARNEY L-R PATRICIA, RYAN, JULETTE, DENIS & VINCENT.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



WINNING TWO TICKETS TO SEE 'THE SOUND OF MUSIC AT THE BORD GAIS ENERGY THEATRE' & €100 FOR APACHE PIZZA, 2FM WERE PRESENT AT DEN JOES NEW STREET, TO LAUNCH THE 100TH APACHE PIZZA OUTLET NATIONWIDE L-R DJ CORMAC BATTLE, EMER FALVEY, AMY FALVEY (WINNER), JUNE FALVEY, DJ RICK O'SHEA & TED O'CONNELL. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

TRIP OF A LIFETIME FOR AOIFE

A Killarney student has just returned from a trip of a lifetime as a volunteer at the Special Olympics in Los Angeles. Physiotherapy student Aoife Cooper from Lissivigen has written a blog for the Killarney Outlook and here is her take on the games.

"Having arrived in LAX after 24 hours of travelling the group needed a good nights sleep in order to prepare for a day of induction and training the following morning. I was assigned the role of spectator services attendant which involves helping with the general running of events in the LA convention centre the information desk and access control. The convention centre is a hive of activity from morning to night with powerlifting, bocce, table tennis, badminton, roller blading and handball all held in the centre. Other events are held in various locations throughout the city the majority of which we have gotten to visit on our time off. Last Saturday the opening ceremony was held at the coliseum in LA and was without doubt the most moving and amazing event I ever had the pleasure of attending. Celebrities such as Jimmy Kimmel, Michelle Obama, Eva longoria,

Avril Lavigne, Stevie Wonder, Tim and Maria Shriver, Michael Phelps and Colin Farrell among others welcomed the 6,500 athletes from 165 delegations into the stadium. Tim Shriver, a son of the special Olympics founder and nephew to JFK, made a speech which I doubt left a dry tear in the stadium. The hope, pride, determination and love the athletes show everyday is truly inspirational and in the words of Tim Shriver 'we look at the world and see nothing but negativity... people with different abilities look out and see nothing but possibilities'. The whole experience was just amazing and it was because of the athletes and their attitude that we enjoyed the games so much! They smiled and laughed when they won and when they lost it didn't matter to them and I think a lot of people would learn a lot from this.

AOIFE COOPER



AOIFE COOPER PICTURED WITH IRISH ATHLETE BRIAN HOOPER WHO COMPETED IN BADMINTON!



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-This weeks LAMB comes from MICHAEL CAHILLANE, KILLORGLIN



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ITS TIME TO THRESH CANCER

All roads will lead to Beaufort on Sunday August 16th for Threshing Cancer on the farm of Brendan Ferris.

The charity day is set to raise money for Recovery Haven, the Oncology Unit at Kerry General Hospital and the Hospice Room at St. Joseph's Home, Killorglin. Since its inception in 2013, Threshing Cancer has raised €49,000 in total for its three beneficiaries.

Everyone is invited to this year's threshing and family fun day however this unique occasion will be of particular interest to historians, teachers, the farming community and those with an interest in heritage and vintage machinery. The threshing event has proven to be popular with overseas visitors with tourists from 11 countries attending since 2013, impressed with the depth of heritage and culture on display. Threshing Cancer's large-scale event encompasses 35 acres.

It is our intention to display and work all methods of threshing beginning with the scutching block or stone which has been in existence for thousands of years and has been used throughout the ages. The second oldest method of threshing on display is flail threshing, invented by the Chinese for rice and brought to Europe by the Romans for cereals like oats and wheat. The first mechanical thresher was invented in 1784 cranked by hand and by pedal. Historically, the next advancement involved horses turning a gearbox which itself turned a threshing drum. This is used in conjunction with a winnowing machine.

After this, the stationary thresher would have been carted from place to place on horse cart or by hay cart. Driven by oil engine and invented in the early 1900s, the next thresher was a little larger, was moved on iron wheels and could be pulled and driven by a small tractor. The final



LAST YEAR THRESHING CANCER ATTRACTED HUGE CROWDS.

thresher, and the last before the self-propelled combine harvester, weighed four tons and required a large tractor for transport.

Along with the threshing equipment we will display three different rare balers from the early stages of baler invention. The connection between the agricultural activities of threshing and the food chain will be demonstrated as unique methods of corn grinding for flour and animal feed will take place as will bread-making and porridge-making from the flour and rolled oats produced. Straw produced in the threshing process is used in thatching houses, rope making and in personal dress for festivals. These three applications will also be demonstrated on the day as will butter-making to accompany the bread.

The event will incorporate guided tours and

demonstrations of vintage threshing and agricultural machinery, working horses, and the secondary applications such as thatching. Traditional household artefacts such as butter churns and cream separators will be demonstrated & worked on the day.

Threshing Cancer's fundraising day will have something for every member of the family. Live entertainment will play throughout the day along with a dog show and horse show-jumping. A whole host of novelty fundraising activities for both adults and children such as Digger Bucket Swap, Air Suspension Ball and Sheaf Tossing are sure to test the skills of patrons. A full list of activities can be found on our website www.threshingcancer.com

KERRY STYLE AT THE GALWAY RACES



CLODAGH IRWIN OWENS, EMIR O'SHEA, MARY STAPLETON FOLEY FIRIES AND CAROL KENNELLY TRALEE PICTURED AT GALWAY RACES.



SOME OF THE FINALISTS AT LADIES DAY AT THE GALWAY RACES PICTURED WITH KILLARNEY ENTRANTS AGNE KREMENSKIENE THIRD LEFT AND EMIR O'SHEA, FOURTH LEFT. BOTH WERE BOTH WEARING DESIGNS BY KERRY DESIGNERS AND MILLINERS IN THE FINAL.

Irish followers of fashion had all eyes on Galway races last week for the announcement of the prestigious title of winner of Ladies day. The accolade went to Cork girl Alex Butler from Ballyedmond who scooped the coveted title of Kilkenny Best Dressed Lady.

Among those who were invited to the finalists tent were Killarney fashionistas Emir Irwin O'Shea and Agne Kremenskiene. Emir's dress was designed by her sister Clodagh Irwin Owens who also attended the races wearing one of her own designs.

Attentions will now turn to Killarney where Ladies Day will be held on Saturday 22nd August with first prize being an amazing diamond ring sponsored by Keane's Jewellers worth €3,000.



Millstreet Country Park

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www.millstreetcountrypark.com

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16TH OF AUGUST

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ATHLETES BATTLE THE BEAST OF BALLYHOURA

72 HOUR ENDURANCE RACE, 450KM, 4 COUNTIES AND NO SLEEP!

Team Dingle Adventure Race, became Ireland's Leading Adventure Racers, at The Beast of Ballyhaura - Adventure Racing European Championships at the weekend. The Team included Noel O'Leary, Ailise Deane, Caroline Bullard and Stephen Tabb. Teams from 15 different countries, competing in a non stop 72 hour endurance race, with a distance of 450km, which started at the historical 12th century Curraghmore House, Co Waterford. The race continued until Sunday evening in Kilfinane, Co Limerick and included, mountain biking, coasteering, mountain navigation, including the Comeragh Galtee and Ballyhaura Mountain Ranges, kayaking, trail running. The Headquarters of the race is University of Limerick. Team DAR scored an amazing 35140 in a time of 72H and 46M with one hours sleep attained during the four day epic adventure. The winning team were Adidas TERREX from Britain with a score of 36530 time of 71Hr and 23m. Other Kerry Teams who completed the extreme course with little or no sleep were, Team Kerry Outdoor Sports, Ultra Endurance Husband and wife team Pat Rodgers and Tina Reed, with



TINA REED, PAT RODGERS, BRENDAN COAKLEY AND BRIAN HARMON, TEAM KERRY OUTDOOR SPORTS, KILLARNEY, COMPETING IN THE BEAST OF BALLYHOURA. PHOTO: VALERIE O'SULLIVAN.

Brendan Coakley and Brian Harmon. Team Beast Mode Adventure Racing, Owen Cronin,

Ellen Vitting, and Brothers David Keohane and Ken Keohane.



TEAM BEAST MODE ADVENTURE RACING, OWEN CRONIN, ELLEN VITTING, KEN KEOHANE, DAVID KEOHANE, KERRY, COMPETING IN THE BEAST OF BALLYHOURA. PHOTO: VALERIE O'SULLIVAN.



TINA REED, TEAM KERRY OUTDOOR SPORTS, KILLARNEY, COASTERING FROM DUNMORE EAST, CO WATERFORD, COMPETING IN THE BEAST OF BALLYHOURA. PHOTO: VALERIE O'SULLIVAN.



PAT RODGERS, KERRY OUTDOOR SPORT, COASTERING AT DUNMORE EAST, CO WATERFORD, COMPETING IN THE BEAST OF BALLYHOURA. PHOTO: VALERIE O'SULLIVAN.

AUGUST RACING FESTIVAL FOR KILLARNEY



ACTION FROM THE JULY RACING FESTIVAL.
PHOTO BY : DOMINICK WALSH / EYE FOCUS LTD ©

The Killarney August Racing Festival gets underway on Wednesday 19th to Saturday 22nd. with the three days of racing being evening meetings, Wednesday 19th of August features the Vincent O'Brien Ruby Stakes with a prize fund of €45,000. The Racecourse are delighted to announce that the newly crowned 2015 Rose of Tralee will be in attendance on

Wednesday evening along with other Roses and their Families.

Thursday 20th of August is a mixed race card and features The Kingdom Gold Cup with a €50,000 prize fund. Killarney Racecourse looks forward once again to welcoming its French counterparts Bordeaux Racecourse. Two French amateur riders will race later that evening in the Bumper.

Friday 21st, 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 22nd of August will see Killarney Racecourse host its Ladies Day in association with Keanes Jewellers. Ladies will be out to impress Stylist and Ladies Day Judge Lisa Fitzpatrick in a bid to win the fabulous prize of a €3,000 diamond ring sponsored by Keanes Jewellers and coveted title of Best Dressed Lady. Two runners up will

receive a €500 voucher for Keanes Jewellers. Killarney Racecourse Sales & Marketing Manager Brid Lucey, who is busy preparing for the upcoming August Festival said "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 29 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 is at 5.20pm, with Thursdays off at 5.20pm, Fridays off at 4.50p.m. and Saturdays going to post at 1.40p.m. Hospitality & Barbecue Packages are available on all four days. For bookings contact **064-6631125** or visit **www.killarneyraces.ie**

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Killarney

AUGUST RACING FESTIVAL 2015

19th - 22nd AUG

WED 19th THURS 20th FRI 21st

3 Evenings of
Great Racing

*Newly crowned Rose of Tralee
at the Races on Wednesday*

BBQ Nights throughout the festival

SAT
22nd

Ladies Day

Afternoon
Meeting

Sponsored by
Keanes €3,000 Diamond Ring
Jewellers since 1948
2 runner up prizes of €500 Vouchers each

Judged by
**Lisa
Fitzpatrick**

Get your heart racing!

Admission Prices: Adult €15.00/€20.00 Students & OAP's €12.00 (with valid ID)
Children Under 14 free and must be accompanied by an Adult

For Restaurant & Group Packages call 064 6631125

For further information / T&C's or to purchase tickets please visit www.killarneyraces.ie / E-mail sales@killarneyraces.ie



KILLARNEY
RACECOURSE



Photos: Barry McCall / Main: Valerie O'Sullivan

FUN FOR ALL THE FAMILY AT KILLARNEY RUGBY CLUB



PICTURED AT THE NEW RUGBY GROUNDS IN AGHADOE FOR THE LAUNCH OF THE FAMILY FUN DAY ON 6TH SEPT, 1-5PM WHERE ALL ARE WELCOME WERE BACK ROW L-R TOM CAMPBELL, JOHN FRIEL, EAMON O'CALLAGHAN, MIKE SHEA, PAUL MURPHY, GER MOYNIHAN & PAUDIE O'SULLIVAN. MIDDLE ROW L-R PADRAIG SHEEHAN, LIAM MURPHY, STEVIE MURPHY & DAVID KENNELLY. FRONT ROW L-R JOSH CAMPBELL, JENNA MOYNIHAN, ALEX SHEAHAN, GEAROID MOYNIHAN, DONNACHA MURPHY, HARRY MURPHY & JAKE MAHER. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

Killarney Rugby Club are planning a family day at their brand new pitch in Aghadoe. The date for your diary is Sunday 6th September and the day will allow the club to showcase their new home at its very best.

The progressive club purchased a 14 acre site in 2010 and now have the facilities up and running.

They are planning a barbeque, bouncy castles along with lots of fun family games and a display by the mini rugby squad.

The fun day out will commence at 1pm and will run until 5pm.

You can keep up to date with all the club news on their facebook page and website.

READY FOR ROAD - TED'S VAUXHALL RUN THIS WEEKEND

Ted's Opel Vauxhall Run 2015 takes place tomorrow Saturday August 8th. This Annual Run has grown to be one of the country's largest Opel Vauxhall gatherings. Now in it's eighth year the event attracts enthusiasts from all corners of the country. The 2015 base for the event is the Blarney Hotel & Golf Resort, Tower, Blarney, Co. Cork. The route takes the cars from Tower to Ballincollig to Innishannon and stopping at Kevin O'Leary Opel Dealers in Bandon. From there the run continues to the Quality Hotel in Clonakilty for lunch. There are an array of Awards for various categories and along with lots of spot-prizes which will be presented after the lunch. The run then continues to Courtmacsherry, Kinsale, Bishopstown, Carrigrohane and returning to the Blarney Hotel. Once again the organisers are delighted to have the support of our joint Sponsors the Kevin O'Leary Group (Opel Dealer) & Cartell.ie.

Registration will take place from 9am on the morning of the run at the hotel, with the first Award of the day being presented at 10am.



ORGANISERS OF TED'S VAUXHALL RUN PICTURED WITH HOPE THE PUPPY WHICH THEY SPONSORED OUT OF THE PROCEEDS OF LAST YEAR'S RUN. HOPE IS PART OF THE IRISH DOGS FOR THE DISABLED.

The cars will depart from the Blarney Hotel at 10.15am sharp. Registration fee of €20 applies per car and optional lunch at a cost of €15 per person. All Opel / Vauxhall / Bedford / GM vehicles are welcome regardless of age. We welcome you all to come out to see the vehicles, old and new.

For further information contact Ted 086 3256751 or Denis 086 3562905 or email tedsopelvauxhallrun@gmail.com or the event page on Facebook.

ROSS IS ATHLETIC'S GOLDEN BOY

A ten year old all round athlete has won three Gold County Medals in this year's Community Games.

Ross O'Leary who competes with the Rathmore / Gneeveguilla Community Games club won the Boys Under 12

Individual

freestyle swimming competition earlier this year in Tralee by competing against some very competitive swimmers. This was a fantastic achievement due to the fact that he will be in the same aged category again next year.



THREE GOLD MEDALS FOR ROSS O'LEARY IN THIS YEARS COUNTY COMMUNITY GAMES FINALS.

On the same day he won another Community Games Gold medal with his brother Paudie, Cian O'Leary and Donal Daly in the U13 freestyle relay swimming final. Ross has been swimming since a very young age and along with his brother Paudie have represented Kerry, in Athlone on several occasions. Last year, Ross, who is from Leam in Gneeveguilla brought home a bronze All Ireland Individual freestyle swimming medal from the Community Games finals in Athlone last year.

Ross won his third county Gold medal this year by winning the U11 County mixed basketball competition in Duagh, along with his team mates: Roisin Brosnan, Caoimhe Guerin-Crowley, Tara O'Leary, Orla Cremin, Michelle Cronin, Sean Finnegan, Dara Fitzgerald, Sean Hurley and Fionn Murphy, who went on to represent Kerry at the Munsters in UL, recently. Ross will go on to represent Kerry in the All Ireland Individual and relay swimming finals in Athlone on Saturday 15th August.

Everyone involved with Rathmore Gneeveguilla Community Games would like to wish him and the relay team the very best of luck in the finals.



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CANONBALL GETS SET TO ROLL INTO KILLARNEY



PADRAIG HARRINGTON GEARS UP FOR CANNONBALL 2015 TO SUPPORT MAKE-A-WISH FOUNDATION

Killarney town will be infused with an electric atmosphere featuring Brazilian dancers, live music, DJs, The Monster Energy JAM Truck, local entertainers and dignitaries, confetti cannons, lots of Manhattan popcorn, Cannonball official merchandise and, of course, the unmistakable roar of 180 supercars when the cars roll in on September 12th.

Ace golfer Padraig Harrington took time out from the fairways as he joined Ross Bannon (7), Fen Flannelly (5) and Daragh Gorman (5) in an authentic Deorean to support the Make-a-Wish Foundation which is the chosen charity of CANNONBALL 2015 from 11th to 13th of September. The gleaming convoy will drive through 900KM of Irish open roads through Dublin, Leitrim, Sligo, The Wild Atlantic Way, Killaloe, Killarney, Cahir and finishing in Wexford. The spectacular convoy will be more impressive than ever with free family Festivals all over the country and over 150,000

spectators are expected to line the streets all over Ireland.

CANNONBALL, sponsored by Manhattan Popcorn, is the largest organised road trip in Europe and the most exciting motoring and social event of the year with most of the world's top mark cars such as McLaren, Lamborghini, Ferrari, Aston Martin, Porsche, Masseratti, Rolls Royce and Bentley. New in 2015 are the Pagani Zonda, Keonigsegg and Carrera GT. These are 3 of the most unique cars in the world and are being shipped in to Ireland for the event with a combined value of €4 million. This year the start line for CANNONBALL will be at the Point Village, Dublin on Friday September 11th. CANNONBALL 7 will raise money for the Make-a-Wish Foundation which is a children's charity that grants magical wishes to children between the ages of 3 - 17 years with life-threatening medical conditions.

KILLARNEY GARDAI SEEK ASSISTANCE

Gardaí at Killarney Garda Station are continuing to seek the public's help in relation to a burglary which occurred in the Ross Road area of Killarney between Wednesday the 8th of July and Thursday the 9th of July last. This was the Wednesday and Thursday after the Ring of Kerry Cycle and the drawn Munster Football Final match. **The public may be able to assist in a number of ways**

● In particular Gardaí are hoping for information in relation to a silver Mazda hatchback car with 03 registration which was sighted in the Ross

Road area of Killarney. Gardaí are anxious to eliminate this vehicle from their enquiries (Similar type vehicle pictured below). If you have any information in relation to this vehicle, please contact the Gardaí.

- During the course of this burglary a small electronic wall safe was taken which has not been recovered and also a quantity of cash
- This wall safe may have been discarded and members of the public may come across it.
- In general Investigating Gardaí are requesting the public's assistance in relation to any unusual movement of vehicles or persons or any suspicious activity in the Ross Road area of Killarney between the 8th and 9th of July last.
- If you have any information whatsoever in relation to this crime please contact Killarney Garda Station at **064 6631222** and speak in confidence to a member of the investigation team.



BIG PLANS AT MEK FOR THEIR SECOND SEASON

With season one successfully under their belt MEK United are now planning for the season ahead. The club intend running their Academy each Saturday, kicking off in September for players between the ages of 6 and 9. They have secured a sponsor for their Academy shirts and to this end will be offering MEK gear to all players next season. These Academy jerseys are sponsored by Gallivan Murphy Hooper Dolan and the design of the jersey will be available in the very near future.

The club have also secured the sponsorship of Portalis Ltd who are the main club sponsors for the Kerry Schoolboy League teams. "We want to extend huge thank you to John and all at Portalis for their support. We are currently putting the finishing touches to the jersey design but will publish the finished product once we have it", Liam Murphy, PRO for the club told the Killarney Outlook.

The club plan on entering two teams into the Kerry Schoolboy League at U11's and U13's. To this end they will be holding a Registration day for these teams on Saturday the 8th of August, between 2 and 4 pm.

"We would ask that anyone interested in playing to come along and register for what will be a great season", said Liam.

The club will hold training for these squads on Tuesday or Thursday nights at the AstroTurf pitch in Fossa and play our home matches in the Old Pitch at Fossa. Many thanks must go to Fossa GAA and St. Pat's who have been tremendous in helping us organise the use of this facility.

The registration fee is €40 per child and a family discount applies to more than 1 child in a family. This includes Insurance, league fees and club fees. We will be offering training kit (including Jersey, shorts and socks).

If you require any details please contact Pa Murphy on 087-7943220, Liam Murphy on 087-4145662 or check out their Facebook page.



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CHARITIES WIN BIG FROM RING OF BEARA CYCLE KENMARE

Cancer Connect and SouthWest Counselling Centre were the real winners, from the Ring of Beara Cycle Kenmare. Over €30,000 was raised for these deserving charities.

Cancer Connect Service is a free and flexible transport service to Cork Hospitals, from West Cork for people receiving radiotherapy, chemotherapy and related treatments.

SouthWest Counselling Centre provides low cost counselling in a confidential, caring and safe environment for children, adolescents, adults and couples as well as providing parenting and family support, couples counselling, crisis intervention, workshops and seminars in the community. Free Suicide Prevention Counselling and Free Crisis Pregnancy Counselling are also provided. The money raised has gone directly into supporting these services in Kenmare.

In its first year, over 2000 participants all took to their bikes on a bright sunny day around the Ring of Beara on the two challenging, 100km and 140km routes which encompassed the magnificent mountains, valleys and the rugged coastline of the Beara peninsula.

The organisers wish to thank everyone involved for making this an incredible day. Next



SARAH DURKIN (KENMARE MARKETING & EVENTS GROUP) ORGANISER OF THE RING OF BEARA CYCLE PRESENTING THE CHEQUE FOR €31,904 TO DAVID O'BRIEN, (MANAGER OF CANCER CONNECT) AND NIKKI WISSELL (SOUTHWEST COUNSELLING CENTRE) AT THE BROOK LANE HOTEL LAST WEDNESDAY. ALSO INCLUDED ARE CLLR. PATRICK MURPHY, NEILIE O'LEARY, CHAIRMAN OF RURAL TRANSPORT, BACK FROM LEFT: ANNA MARIE O'SHEA, MICKEY NED O'SULLIVAN, JACK McNULTY, LYNNE BRENNAN, TADGH O'SULLIVAN, UNA BRENNAN, DARREN LYNCH AND TARA KANLEY.

year promises to be bigger and better with a maximum 3000 participants, as demand soars for the event which will take place on the 28th

May 2016. Registration for 2016 opens on the 5th of August. Register early to guarantee your place.

KILGOBNET ROAD RACE DRAWS THE CROWDS

Huge crowds gathered in Kilgobnet in Beaufort on Friday evening last for the annual Star of the Laune traditional road race.

Famous mountain runner John Lenihan was at the finish line where he chatted with the runners. The race was held in aid of Kerry Mountain Rescue Team and all competitors received a finishers medal.

PICTURED RIGHT: MARGARET FOLEY, STEPHEN GRIFFIN, SHANE GALVIN, LIZ GALVIN, DARRAGH FOLEY, MICHAEL MANGAN AND ANN MANGAN. PICTURED AFTER THE KILGOBNET 4KM ROAD RACE IN AID OF KERRY MOUNTAIN RESCUE.

PICTURES JOHN O'SULLIVAN KILLARNEY PHOTOGRAPHIC



MAGS CAMBELL, NUALA MURPHY, TERESA COFFEY, EMMA DENNEHY AND CAOIMHE CLIFFORD PICTURED AFTER THE KILGOBNET RACE.



LIZ MCGILLYCUDDY, MARIE KEHOE, OLIVIA FITZGERALD, SIOBHAIN FALVEY, TOMAS STRAKA AND MARY COFFEY AT THE KILGOBNET ROAD RACE.



JAMES DORAN MEN'S WINNER AND NIAMH CLIFFORD LADIES WINNER OF KILGOBNET 4ML ROAD RACE LAST WEEKEND IN AID OF KERRY MOUNTAIN RESCUE.

If you have a picture you would like to publish.

Email to: editorial@outlookmags.com

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QUINLAN'S KERRYFISH CELEBRATE AFTER NETTING TWO GOLD MEDAL AWARDS

Quinlan's Kerryfish is celebrating again after winning two prestigious 3 star Great Taste Awards in the 2015 competition and being placed twice in the top 50 foods in the UK and Ireland. Quinlan's Kerryfish are the only Salmon Smoker in Ireland and the UK to Scoop 3 stars in the awards and it's the second year in a row for Quinlan's Organic Smoked Irish Salmon to win a Great Taste Award.

Quinlan's Organic Smoked Irish Salmon and Quinlan's Organic Smoked Irish Salmon with Atlantic Sea Salt were each awarded the prestigious three-star Gold Great Taste Awards and Top 50 Status. In addition both of Quinlan's Organic Smoked Irish Salmon were served at the 3-star judging dinner and received tremendous compliments from the Judges.

Considering that there were over 10,000 entries, and that only 130 products were awarded a 3* Gold Medal, this is a huge endorsement for Quinlan's.

Judged by over 400 of the most demanding palates belonging to food critics, chefs, cooks, restaurateurs, producers and a host of food writers and journalists, including Masterchef judge and restaurant critic Charles Campion, Great Taste is the most respected food accreditation scheme for artisan and speciality food producers.

The comments from the judges for Quinlan's Organic Smoked Irish Salmon with Atlantic Sea Salt cure included:

"A taste of the coastline, rock pools and sea weed", this evocative smoked salmon's firm texture, fresh taste and well-balanced cure ticked every judging box.

Liam Quinlan, MD, said he was absolutely thrilled to see the reward for our never-ending efforts to improve the high standard of the quality of our products, and to create new mouth-watering varieties. This is hugely exciting and serves as a great testament to the skill and dedication of the entire team and in particular to have Michael Quinlan recognised



BROTHERS FINTAN, LIAM AND RONAN QUINLAN FROM QUINLAN'S KERRYFISH REMOVE FRESH SMOKE SALMON FROM THE SAME OVEN THEIR FATHER USED 50 YEARS AGO AT THEIR SMOKERY IN RENARD, CAHERSIVEEN, COUNTY KERRY ON THURSDAY AS THEY CELEBRATE WINNING TWO GOLD MEDALS AT THE 2015 GREAT TASTE AWARDS FOR THEIR SMOKED SALMON. QUINLAN'S KERRYFISH ARE THE ONLY SALMON SMOKER IN IRELAND AND THE UK TO SCOOP 3 STARS IN THE AWARDS AND IT'S THE SECOND YEAR IN A ROW FOR QUINLAN'S ORGANIC SMOKED IRISH SALMON TO WIN A GREAT TASTE AWARD. PHOTO: DON MACMONAGLE

for his dedication and work since 1960.

Quinlan's Kerryfish, a family business for over 50 years is run by Michael Quinlan and his three sons. Their smokery is based at Renard Point in County Kerry, on the shores of Wild Atlantic Ocean.

Ronan Quinlan - Master Smoker, continues to remark that the Quinlan's team are delighted with the awards; we know our products are exceptionally good and to be recognised as the only Salmon Smoker in Ireland and the UK to get three stars is great not just for Quinlan's but for all our customers, suppliers and Irish Seafood. It is so reassuring to have Quinlan's Organic Smoked Irish Salmon so rigorously tested and to have such great feedback, in particular for our new innovative approach using pure Atlantic Sea Salt and Dill Pollen to flavour our Organic Salmon.

Quinlan's have fresh fish Shops in four locations around County Kerry and three Seafood Bars. The philosophy and guiding principle in all the fish shops and restaurants is to offer the finest fresh fish available.

Quinlan's Kerryfish sell their range of Smoked

Salmon and Fresh Fish direct from the Smokery, online at www.kerryfish.com and at any of their fish Shops in County Kerry. Quinlan's Kerryfish also offer Smoked Salmon at their Seafood Bars in Cork, Killarney and Tralee and to a range of fine eating establishments throughout Europe. With over 50 years of experience the Quinlan family have become the eminent artisan producer of Organic Oak Smoked Irish Salmon. "After careful preparation of the each Atlantic Salmon, we use native Irish oak wood chippings to create Organic Smoked Salmon with a truly brilliant flavour, texture and taste", said Liam Quinlan, MD. "Our Organic Smoked Irish Salmon has achieved a reputation amongst connoisseurs of good food for the excellence of its flavour and for its consistent quality", he continued.

Quinlan's Smoked Salmon can be ordered on-line www.kerryfish.com or ordered by telephone 00 353 66 947 2177 or any Quinlan's Fish shop or Quinlan's Seafood Bar.

For more information: Liam Quinlan, Quinlan's Kerryfish, 00 353 86 8173131

Advertorial.

START YOUR SCHOOLING WITH CREATIVE KIDS

A new preschool - Creative Kids run by Killarney pre school teacher Donna Griffin is set to open this school term.

Based in Tiernaboul NS, Creative Kids Preschool is a home away from home where children learn while having fun.

With 15 years experience working with children, Donna is providing free pre school year with five mornings guaranteed for children born between 2nd February 2011 and 30th June 2012.

The facility also boasts a secure outdoor play area, small numbers and a structured

curriculum in a safe and stimulating environment.

For more information contact Donna on **087-1272781**.



POETRY LAUNCH

A collection of poetry is due to be released in Killorglin tonight, Friday August, 7th. The Puck Poets is a collection of Killorglin poetry and song spanning 3 centuries and contains over 60 unique compositions. It features nationally known writers such as Christy Moore and Pecker Dunne, and local legends Edso Crowley and Peter Joy. Conor Browne is the third generation of his family to write a book about Killorglin and Puck Fair. His grandfather Pa Houlihan published 'Cast a Laune Shadow', his godfather Michael Houlihan published 'Puck Fair, its History and Traditions' and his father Billy Browne along with his uncle Terence Houlihan edited and compiled 'Saint James and Father Tom'. The Puck Poets is to be released Friday August 7th in Kingstons Beer Garden at 9:00pm.

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REF 501 **BER E1**



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ANOTHER SUCCESSFUL KILGARVAN SHOW

Weather conditions didn't dampen the spirits at the Kilgarvan Show on Sunday as hundreds descended on O'Reilly's field for the fun day out.

There was something for all the family with magic shows, best dressed competitions and a tug-o-war along with judging in all animal classes including cattle, sheep, goats, donkeys and a dog show.

The farm and produce section was a huge success as was the home baking and craft categories.

All in all a great day out despite the rain.

PICTURED AT THE PUPPY PARLOUR KENMARE SMALL DOG FINAL AT THE ANNUAL KILGARVAN SHOW. L:R: RIXON O'DONOVAN CLONAKILTY, NATHAN LYONS CLONAKILTY, KATHLEEN SPILLANE KILGARVAN SHOW COMMITTEE, TARA SWEENEY 4TH NORTH CORK AND 3RD LILY MURNANE KENMARE
PHOTO: LISA O'SHEA.



ENJOYING THE 31ST ANNUAL KILGARVAN SHOW ON SUNDAY L:R: SUZANNE HERLICZKA, AARON BUCKLEY AND JACQUELINE TWOMEY, KILGARVAN. PHOTO: LISA O'SHEA.



CHLOE O'SULLIVAN KENMARE WITH HER DOG BLACKIE WINS A PRIZE IN THE BEST CHILD HANDLER DOG CLASS AT THE KILGARVAN SHOW ON SUNDAY. PHOTO: LISA O'SHEA.



ALL SMILES AT THE 31ST ANNUAL KILGARVAN SHOW ON SUNDAY L:R: SARAH GODFREY, AISLING KELLEHER, AMY O'LEARY AND BRIDIE O'CONNOR. PHOTO: LISA O'SHEA.



MAIREAD TWOMEY ENJOYING THE 31ST ANNUAL KILGARVAN SHOW WITH HER DOG TUBBY. PHOTO: LISA O'SHEA.



BETTY CREMIN KILGARVAN WITH HER DAUGHTER TARA AND HER DOG ROSIE AT THE 31ST ANNUAL KILGARVAN SHOW ON SUNDAY. PHOTO: LISA O'SHEA.



AT THE 31ST ANNUAL KILGARVAN SHOW ON SUNDAY CIAN LYNCH BALLYVOURNEY WINNER OF THE ECOFLEECE EWE LAMB ALL IRELAND CHAMPIONSHIP. L:R: JERRY CRONIN KILGARVAN SHOW COMMITTEE, MARY O'SULLIVAN KILGARVAN SHOW COMMITTEE, HELEN O'SULLIVAN CHAIRPERSON OF THE KILGARVAN SHOW, WINNER CIAN LYNCH, DAN LYNCH, DOMNIC MCARDLE ISA AND JOHN CONNOLLY ISA.



PICTURED AT THE 31ST ANNUAL KILGARVAN SHOW MICHAEL CASEY KILGARVAN WINNER IN THE CHAMPION TEXEL RAM CLASS.

PHOTO: LISA O'SHEA.

MONEY MATTERS....

By Dermot Cronin,
Financial Advisor



HAVE YOU REVIEWED YOUR PENSION RECENTLY?

As you have probably seen or read in the news recently pensions are being discussed very often. This shows how important pensions are, so if you have a pension it is very important that you review your pension **NOW**. You may not be contributing to this pension anymore but it still needs to be reviewed. You need to know what kind of pension you have and what funds your pension is invested in. Your pension could be invested in very high risk funds which means that the value of your pension can substantially decrease or substantially increase over a very short period of time. You also need to look at the fees and charges associated with your pension, there may be more competitive options available to you where the fees and charges are less. If you do not review your pension you will not know if your pension is increasing or decreasing in value or if your pension is on track to get you what income you need at retirement. So whether you are currently contributing to a pension or have a pension that you had in the past it is very important that your pension is reviewed now. To discuss this or any other financial matter you can contact Dermot Cronin at **064 6622775** or **087 2893649**.

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PROPERTY OUTLOOK

THROUGH THE KEYHOLE....

A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET



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

PICTURE PARADE

KERRY FANS AT CROKE PARK

Killarney Outlook photographer Marie Carroll O'Sullivan was in Croke Park for last Sunday's All Ireland Quarter Final and captured some of the Kerry fans who were there for the big game.

PICTURE
MARIE CARROLL-O'SULLIVAN
087 391 4808



UP FOR THE MATCH L-R JOHN MURPHY, MARY MOYNIHAN, MAIGHREÁD MURPHY, DONAL MURPHY, SARAH MURPHY & MARY WOODS.



BRANNIGANS, A POPULAR MEETING POINT FOR KERRY FANS BEFORE MAKING THEIR WAY TO CROKE PARK L-R MARTINA MORELY, IVAN O'SULLIVAN, WILLIAM REEN, CLARE MORELY-REEN & SHANE CRONIN.



ANDY BREEN WITH HIS SON CATHAL AT CROKE PARK FOR THE ALL IRELAND QUARTER FINAL, KERRY V KILDARE.



AWAITING KERRY'S ARRIVAL ON THE PITCH AT CROKE PARK WERE L-R AARON CRONIN, NICOLE CRONIN, SEAN CRONIN, JIMMY DALY & JAMIE DALY.



PICTURED AT CROKE PARK FOR THE QUARTER FINAL KERRY V KILDARE WERE L-R JERRY DWYER, PAT CRONIN, JOE MCCARTHY, ADRIAN MCCARTHY & PAUDIE LYNCH.



LIAM O'RIORDAN (LEFT) & DARRAGH O'SULLIVAN (RIGHT), PICTURED JUST OFF O'CONNELL STREET BEFORE HEADING TO CROKE PARK FOR THE ALL IRELAND QUARTER FINAL TO SEE KERRY V KILDARE.



MARIE FLEMING (LEFT) & EILEEN O'SULLIVAN (RIGHT) ON THEIR WAY TO CROKE PARK FOR THE QUARTER FINAL, KERRY V KILDARE.

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This is an established three storey restaurant situated in Killarney's prime restaurant location, close to all bars/restaurants. The property comprises seating for 60 in total - 20 ground floor and 40 in first floor and a fully fitted out stainless kitchen in the third floor. The property has air conditioning throughout.

Viewings strictly by appointment only with Michael Coghlan 087-2668591

Price: Rent €500 per week



FOR SALE: 41 ACRE FARM, LISROE, KILLCUMMIN, KILLARNEY

This 41 acres farm with excellent road frontage is located only 5kms/3miles from Killarney. The lands are split by the main road with 8 acres on one side and 33 acres to the other side of the road. The lands which are part elevated, have excellent views and are good agricultural farming land.

Price Region: €600,000



FOR SALE: 0.366 ACRE SITE, MUCKROSS VIEW, MUCKROSS ROAD, KILLARNEY

Prime infill development site with all main services extending to 0.366 acre within walking distance of Killarney town centre. Site has access to Muckross road and access by registered right of way from Muckross View. It is likely vehicular access will be from Muckross View.

Price Region: €120,000



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LEAVING CERT RESULTS AVAILABLE ON WEDNESDAY

The eagerly awaited Leaving Cert exam results will be issued by the State Examinations Commission (SEC) next Wednesday and will, hopefully, contain good news for all candidates. Assuming that your results go according to plan, you will be entitled to celebrate your achievement. But remember that there are tasks to be undertaken and loose ends to be tied up before you progress to the next stage of the exciting journey through life. During the next few weeks keep a close eye on the important dates and deadlines.

Leaving Cert results will be available early in schools on Wednesday morning and, from 12noon, online at www.examinations.ie. If you wish to view one or more of your marked Leaving Cert exam scripts return your completed application form to your school by Tuesday, 18th August. The viewing of marked scripts will be held on Friday/ Saturday, 28th/29th August. The closing date for receipt by the SEC of Leaving Cert appeal applications is Wednesday, 2nd September. The appeal fee is €40 (LC) or €15.50 (LCA) per subject. Results of Leaving Cert subject appeals will be released in mid-October.

CAO Round One offers and points requirements will be available at www.cao.ie from 6am on Monday, 17th August. CAO Round One offers may be accepted up to 5.15pm on Monday, 24th August. CAO Round Two offers and points requirements will be available at www.cao.ie from 6am on Thursday, 27th August.

CAO Round Two offers may be accepted up to 5.15pm on Wednesday, 2nd September. Thereafter, offers will be issued as necessary until October to fill any vacancies which may arise.

Interviews for Post Leaving Cert (PLC) courses, which are practical and vocational in orientation, take place in the period after the Leaving Cert results are released. If you haven't applied for a PLC course and would like to do so, contact the colleges of your choice. There may be vacancies on a variety of PLC courses. The majority of PLC courses are offered at Level 5. A number are offered at Level 6 and the entire list of PLC courses can be found on www.qualifax.ie.

If you are interested in undertaking an apprenticeship in a trade or a traineeship, register at your local Solas (formerly FAS) Training Centre if you have not already done so. Check the Solas website, www.solas.ie, for further information.

An increasing number of young people are taking a year out after the Leaving Cert to gain work experience or to travel. Many Irish students are young when they enrol in further education. A year out is a maturing experience and allows an extra year to make the transition from second level education. In addition, colleges usually facilitate students who wish to defer taking up the offer of a course for one year.

If you feel that your results didn't do you

justice, it's worth considering a return to school to repeat the exam. Most repeat students considerably increase their points.

Good luck to all candidates who will be getting Leaving Cert exam results on Wednesday.

CHECKLIST

- Be aware of closing dates and read your correspondence
- CAO Round One offers and points requirements are available on Monday 17th August
- To view your marked Leaving Cert exam scripts, return your completed application form to your school by Tuesday, 18th August
- The CAO vacant places facility opens on Tues., 18th Aug. at www.cao.ie
- Accept CAO Round One offer by 5.15pm on Monday, 24th August
- CAO Round Two offers and points requirements are available on Thursday, 27th August
- Viewing of marked Leaving Cert exam scripts takes place on 28th / 29th August
- Accept CAO Round Two offer by Wednesday, 2nd September
- Closing date for receipt by SEC of Leaving Cert appeal applications is Wednesday, 2nd September



Billy Ryle is a Career Guidance Counsellor and freelance writer



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Allied Irish Bank	Student Loan - Variable	10.33%	€126.50	€1,072.16	
Bank of Ireland	Student Loan	9.7%	€125.12	€1,005.94	

Proof of college course acceptance, Proof of Income and 3 months bank statements and a Guarantor is required.

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TIPS FOR SURVIVING YOUR FIRST YEAR AT COLLEGE

Beginning college life can be a huge learning curve for all first year students with most college drop-outs occurring in the first year of College life. Here are a few tips for surviving the first year of college.

Attend Orientation: It may seem an obvious tip but it will be one of the most important things you do as a first year. Orientation is your first chance to meet these people and get to know each other before the year ahead.

Join clubs and societies: Clubs aren't just good for making friends, they're also brilliant for keeping a person active. Many sports teams have gym access, which not only saves you the cost of heading in yourself, but more often than not you'll get priority times on the machines. They're also an excellent way to keeping fit. Societies are great for following a hobby or passion and tend to involve weekends away, trips, etc. that can be partially subsidised by the society itself.

Recycle books: Within the first few weeks of college, you'll attend lectures and slowly gain an idea of what college is all about. Then your lecturers will start telling you your booklist and things you need to succeed in the course. Most colleges have a student union second-hand bookshop, which will sell almost all the books you're looking for at a fraction of the price. If you can't find what you're looking for, then go to the library. It will definitely be there and if

somebody else already has it, put your name on the list.

Budget: For most of us, college is the first time we've had to cook for ourselves, pay bills and essentially gain independence from our families. Universities try to help make this transition as easy as possible; many bills are included in the accommodation fees at the start of the year and most facilities will be near campus to stop you having to travel far for basic necessities.

Don't expect to be spoon-fed: College isn't like school – you are entirely in control of your studies. Nobody will force you to attend tutorials. Nobody will care if you go to a lecture or not. Nobody will assign you homework every single night and check up on your notes to make sure you understood the material. You are responsible for staying ahead so don't abuse this.

Relax. Enjoy yourself: This point is the most important of them all. Enjoy your first year at college. You've just finished your Leaving Cert and have come from a year of intense pressure and non-stop study. This is what you have spent your whole secondary school time working towards – now that you're here, make the

most of it.

University is that brief period where you get to live in a world made up of about 20,000 likeminded people all your own age. It's the world of students and this is your one chance to do it right. Don't place too much pressure on yourself and don't let the lifestyle become too much for you. Relax.

You'll make plenty of friends, you'll have many new experiences and you'll even find that you mature and learn new things about yourself and others that you thought you knew already. You'll gain knowledge in so many different areas and you'll have one massive adventure in doing so. College is an open book. It's up to you what you do with it.



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College Life

GRADUATE STORIES WITH KCFE



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This month we hear from former graduate Breda Dyland, who now works as the Service Manager with the Kerry Cancer Support Group



"My decision to apply for the QQI Level 5 Carers programme at Kerry College of Further Education was born out of a need to upskill and to get back into the workforce.

Years previously I studied Social Care at DIT. Choosing to take time out to raise my family meant I was out of the work place for some time. I knew I wanted to get back out there again. I liked what KCFE had to offer so finally plucked up the courage to apply. I was offered a place following an interview.

I faced many new challenges but I found myself enjoying them rather than fearing them. Class sizes were small with a mix of ages. Everyone had a different perspective and something different to offer. Being mixed in with younger students gave me the push I needed. Staff were so helpful, always there to answer questions and offering lots of encouragement. The course itself offers a wide range of modules. Work experience was invaluable. It opened many doors for me and gave me the confidence I needed to push on.

I went on to study Palliative Care and am now the Service Manager with the Kerry Cancer Support Group. Without taking that initial step of returning to education at KCFE I wouldn't be where I am today."



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FUEL YOUR COLLEGE LIFESTYLE

College students are well known for their unhealthy eating habits. Research has shown that on starting college, fruit and vegetable consumption and physical activity levels decrease and there is an increase in the amount of fast food consumed.

Breakfast is a valuable source of nutrients and people who eat breakfast are less likely to be overweight. Having a breakfast will also give you the energy needed for your morning lectures.

Fuelling your body with a variety of nutrients will give you plenty of energy to stay awake in class, study for exams and spend time with friends

Exercise relieves stress and contributes to good mental health. Choose an exercise you enjoy and start by taking as little as 30 minutes of moderate exercise a day. You can build it up from there. Even walking to and from college helps!

Some easy top tips on healthy lifestyle advice for students:

- Always have breakfast
- Eat three varied meals a day – use the food pyramid for guidance
- Bring a packed lunch with you to college as this saves you money
- Keep treats as treats
- Size matters – bigger portions contain more calories
- Cook extra and freeze into individual portions for other days when you are too tired to cook
- Bulk buying is cheaper in the end, so when shopping buy the larger packs and freeze into individual portions
- Get active – aim for at least 30 minutes of moderate exercise a day.



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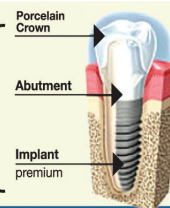
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NOW THAT WE ARE IN THE HOLIDAY SEASON HERE ARE MY TOP TIPS FOR STAYING ON TRACK WHEN ON HOLIDAYS

- Bring your runners and walk as much as you can. Walking is a great way of getting to know the area you are staying in and seeing all the sights.
- Workout in your room, a simple 20mins body resistance circuit of pushups, dips, squats, lunges & crunches etc. can be a great way to keep in shape when traveling. Not sure what to do? Then check out some great workouts on YouTube, or Pinterest etc.
- If you are a Gym bunny then try and pick hotels with Gyms available or nearby.
- If you can swim, use the pool for a few lengths. It's a great way of keeping cool in hot climates.
- If you are away in hot climates, get your workout done early morning or late in the evening when you have less distractions and the temperatures are cooler.
- Avoid too many starchy carbs at meal times. (eg. Bread, pasta, rice, potatoes). Eat plenty of salads and vegetable dishes with lean protein options.
- Eat 1x course per meal not 3!
- Remember to account for the additional calories you may be consuming in alcohol. People often forget about this. And avoid creamy & sugar laden cocktails. They are a sure way of packing on the pounds if drunk in excess.

MORE TIPS NEXT WEEK...
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OUTLOOK FASHION TIP:

HIGH HEELS CAN CHANGE A WHOLE LOOK: We know they can be painful, and we know we've been warned they aren't good for our feet, but heels really can take a look that we're bored with and turn it into something we feel awesome about. Oh, the power of accessories.



DIET TIP

Adapt your favourite recipes to reduce fat, sugar, salt, calories and increase fibre without changing your normal diet radically.



Beauty Tip

Score perfect party legs!

If you don't have enough time for a full in-the-shower shaving session, just smooth baby oil onto your legs before you take the razor to them. The oil protects your skin and will leave your legs feeling extra soft.



WHY CHOOSE THE SANCTUARY BEAUTY ACADEMY FOR YOUR CAREER IN HEALTH & BEAUTY?

The answer is actually in the question!! We train our students for a career in the industry not just a job. Since 2007 The Sanctuary Beauty Academy has developed into one of the most respected training centres in Ireland offering various Internationally Recognised Diplomas, ITEC, City & Guilds and the prestigious CIDESCO Diploma. - Often described as your passport in the industry as it is recognised for its high standards by many employers. Steiner, The Global recruitment agency for beauty and leisure who operate on board approx 125 cruise ships recruit from The Sanctuary Beauty Academy and at present we have 2 recently qualified therapists at sea!! along with another graduate who has now taken up a management position on a cruise ship. Our graduates work in five star facilities such as Nadur, Parknasilla, The Europe, The Plaza, Muckruss Park, The Glam Pod, The Sanctuary Spa, and many more.

Our promise to our students is simple - When you join our College, we will not only offer you the highest standard in training through small class sizes, but will mentor you towards being an asset to any employer, understanding the growing demands of your role within a company and ensure you can take with you the skills to become an Industry Leader in the future. We offer both a Full Time and Part Time Training course schedule cover Beauty & Body Therapies, Electrology, Nail Technology,

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We are delighted to confirm that the Class of 2016 will be afforded the opportunity of work experience at The Sanctuary Spa or The Sanctuary Clinic as part of their training, offering them the experience of working life in the fast paced world of Salon & Spa.

The Sanctuary Beauty Academy is holding an Informal Open Day on Saturday 8th August from 12.30pm at the newly refurbished training facility at NO. 3 The Square, with a presentation on all courses at 3pm.

For further details Tel: 066 7119755
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PHOTO BY BREDAL DALY PHOTOGRAPHY.



EDEL CONWAY AND KEVIN MORIARTY FROM KILLORGLIN PHOTOGRAPHED ON THEIR WEDDING DAY, THE COUPLE WERE MARRIED IN KILLORGLIN AND HELD THEIR RECEPTION IN THE KILLARNEY OAKS HOTEL. PHOTO MICHEAL O SULLIVAN WWW.OSULLIVANPHOTOGRAPHYIRL.COM

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GOOD DRIVING TECHNIQUES

DISTANCE BETWEEN YOUR CAR & THE CAR IN FRONT:

It's a good idea to always keep a minimum three seconds gap between you and the car in front. When it's raining and/or foggy double the distance to six seconds no matter what speed you're doing.

SMOOTH DRIVING:

Don't rush into things. Plan ahead when driving. Make early decisions on braking and accelerating. Change gears and brake smoothly to avoid skidding. This will provide a smoother drive for yourself and your passengers while also providing less wear and tear on the vehicle and helping you save on fuel costs.

KEEP LEFT UNLESS OVERTAKING:

When driving on a dual lane road always keep to the left lane. Use the right hand lane for overtaking, turning right or when roadworks are being carried out and there is no other choice.

INDICATE EARLY:

Always indicate when changing lanes, 30 metres wherever practical, to advise other motorists of what you are doing.

EXPECT THE UNEXPECTED:

Drive with your line of sight parallel to the road not looking down onto it. By doing this you see further into the distance so you can be better prepared if there is a problem ahead. It may even mean you can avoid a crash.

OVERTAKING:

Ensure you have enough room to go past the



vehicle you are overtaking and not cut them off. Pick your time carefully as overtaking can be quite dangerous and making the wrong decision may result in a serious crash.

STOPPING BEFORE THE INTERSECTION:

Always slow down coming to an intersection especially if you are towing a van. Your braking distance will be greater than when you're not towing, so make sure you allow for this. You must stop on a stop sign/line.

DRIVING AT NIGHT:

Driving at night requires more skill & concentration than at daytime due to your restricted vision. Oncoming headlights can

obscure your vision and pedestrians can be near impossible to see. Leave a bigger gap between you and the car in front to allow for your reduced vision and reaction time.

ROAD RAGE:

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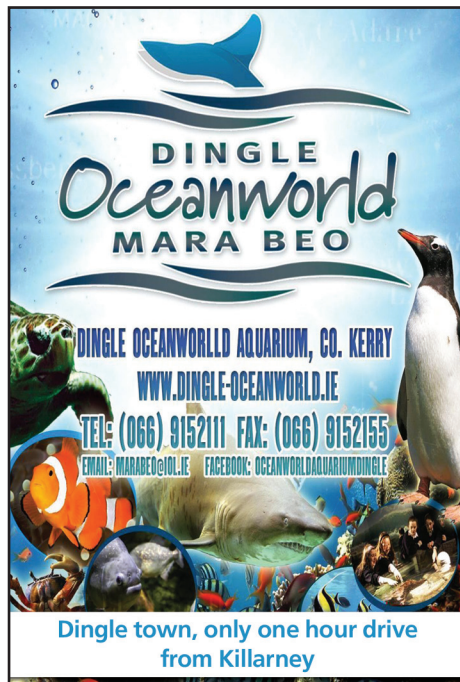
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MILLSTREET COUNTRY PARK

Millstreet country Park is a major visitor and tourist attraction just 33km from Killarney.

The park is operating since 1995 with a Nibble in the Park Café and the Willow & Thyme Restaurant and welcomes visitors from Ireland, Europe, USA and over 62 countries worldwide every year Popular at home and abroad with locals, tourists, walking enthusiasts, nature lovers, day trippers, coach groups, garden clubs, school tours and families for over the last two decades. Millstreet Country Park is equipped with not only scenic views but also with full visitor facilities, beautiful themed gardens and water features, an organic deer farm, native flora and fauna, archaeological sites and a network of signed walking and cycling trails.

Vibrant on the one hand, tranquil on the other, Millstreet Country Park is really a fantastic place to visit with facilities and activities to cater for all ages making your visit a uniquely individual experience. Whether

you are looking for an all action activity outdoor day or a quiet and peaceful break from the stresses of modern living, the range of options are available here.

With over 60 features and attractions on site there really is something for everyone!





AMANDA KELLEHER, SEATED CENTRE, PICTURED WITH HER HENS AT KILLARNEY CREDIT UNION BEFORE BOARDING THE BUS ON A MYSTERY TOUR WHICH ENDED UP IN KILKENNY MAKING A FEW PIT STOPS ALONG THE WAY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



JAMES AND EMMA O'BRIEN AT THE MINION MANIA WORLD RECORD ATTEMPT IN THE GLENEAGLE, KILLARNEY ON SUNDAY.



BABY RUBY MOYNIHAN PICTURED AT THE AGHADOE HEIGHTS HOTEL ON HER CHRISTENING DAY WITH HER MUM CATHY, DAD ALAN, BIG BROTHER KILLIAN AND EXTENDED FAMILY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



NOREEN O'SULLIVAN FROM KILLARNEY, HAS WON ,€ 30,000 INCLUDING A HOLIDAY TO THE GREEK ISLANDS ON LAST SATURDAYS (1ST AUGUST 2015) NATIONAL LOTTERY WINNING STREAK GAME SHOW ON RTE. PICTURED HERE AT THE PRESENTATION OF THE WINNING CHEQUES WERE FROM LEFT TO RIGHT: MARTY WHELAN, WINNING STREAK GAME SHOW CO-HOST; NOREEN O'SULLIVAN, THE WINNING PLAYER; PETER PLUNKETT, HEAD OF IT AT THE NATIONAL LOTTERY WHO MADE THE PRESENTATION AND SINEAD KENNEDY WINNING STREAK GAME SHOW CO-HOST. THE WINNING TICKET WAS BOUGHT FROM KEARNEY'S CENTRA, BALLYDESMOND, MALLOW, CO.CORK. PIC: MAC INNES PHOTOGRAPHY.

DEBUTANTES TURN ON THE STYLE



SAOIRSE HAYES AND DANIEL O'REARDON ENJOYING THE POBALScoil INBHEAR SCEINE KENMARE DEBS AT THE SNEEM HOTEL. PHOTO: LISA O'SHEA.



ENJOYING THE POBALScoil INBHEAR SCEINE KENMARE DEBS AT THE SNEEM HOTEL REBECCA MURPHY AND PATRICK CLIFFORD. PHOTO: LISA O'SHEA



ENJOYING THE POBALScoil INBHEAR SCEINE KENMARE DEBS AT THE SNEEM HOTEL NAKITA RIGTER AND TRAVIS REILLY. PHOTO: LISA O'SHEA.

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

Crowning of a goat and 36 hours of FREE family fun at the famous Puck Fair

Killorglin's Puck Fair, which runs annually from **August 10-12**, is undeniably one of quirkier festivals in the world, and it is Ireland's original and oldest 'Gathering Festival'.

The main celebration surrounds the crowning of a wild mountain goat as a 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 1603 when King James I issued a charter granting legal status to the existing fair in Killorglin.

The 3 days of festivities begin on what is known as '**Gathering Day**', when the main coronation ceremony takes place. The "**Queen of Puck**", who is always a young school girl from one of the local primary schools, crowns the goat "King Puck". The honour this year has gone to local schoolgirl Ciara O'Brien.

The Queen and King Puck will then parade through the town, granting residents and visitors alike the 'Freedom of the Town' for the duration of the festival and this commences three days of entertainment, music, pageantry and traditions.

The parade is set to be the biggest and best yet with more floats and colourful participants guaranteed to entertain the thousands expected to line the streets on the day, and a new route will ensure spectators have a better viewing area. The parade will now begin at the Bridge, go through Lower Bridge Street, The Square, Upper Bridge Street and 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. Buying and selling horses, ponies, donkeys & equipment starts very early in the morning, and continues throughout the opening day of Puck Fair.



The second day, '**Fair Day**', sees the street markets and craft fairs go into full swing. You'll find everything you could possibly hope for among the tented stands, from horse tack to fashion, local crafts and tasty produce. An independently run Cattle Fair, which is not organised by Puck Fair Organising Committee, also takes place on this day from early morning in Langford Street.

The Closing Parade is the main highlight of final day, known as '**The Scattering**', which leads the goat back to his mountain home. The parade will begin at Iveragh Road, and go through Upper Bridge Street, The Square, Lower Bridge Street, ending at The Bridge.

The celebrations will close with a breath-taking fireworks display, which gets bigger and better every year.

There's lots more to see and do over the few days with 36 hours of free entertainment from traditional music and dance sessions, to live open air music, story-telling, workshops, street-theatre, busking, face painting, puppet theatre, a pet show, bonny baby contest, and Ireland's premier funfair, Euroshow. And the pubs stay open until 3am!

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 2015

www.puckfair.ie

 Fáilte Ireland



Puck Fair 2015

GET A GOOD VANTAGE POINT AT THE CROWNING CEREMONY:

Local schoolgirl Ciara O'Brien has been chosen as this year's Queen of Puck, and she will take centre stage on August 10 at the coronation ceremony, which will see a wild mountain goat crowned as King. Following the crowning the Queen of Puck and her goat companion, King Puck, will parade through the town granting the 'Freedom of the Town' before King Puck takes his mantle, centre stage in the town.

The parade is set to be the biggest and best yet with more floats and colourful participants guaranteed to entertain the thousands expected to line the streets on the day, and a new route to ensure spectators have the best vantage points.



'QUEEN OF PUCK CIARA O'BRIEN, PICTURED AT PUCK FAIR 2015, IRELAND'S OLDEST FESTIVAL, WHICH RUNS FROM 10-12 AUGUST IN KILLORGLIN.

HAGGLE AT IRELAND'S OLDEST HORSE FAIR:

Another highlight of the festival is the Horse Fair, which takes place on August 10th. This is the oldest and longest continually running horse fair in the country, and it originally took place on the streets of Killorglin, as was the tradition of many of the fairs in times gone by, but it has since moved to a very large green-field site within walking distance of the town centre (for space & safety reasons). The buying and selling horses, ponies, donkeys & equipment starts very early in the morning, and continues throughout the opening day of Puck Fair.

SNAP UP A BARGAIN AT THE MARKETS AND CRAFT FAIR:

Snatch up hidden gems and score yourself a bargain on the second day, known locally as 'Fair Day' at street markets and craft fairs, as the lively trade reaches its peak – but be prepared to haggle. The fun of shopping, at the hundreds of stalls lining the streets at Puck Fair, lies in the spirited interaction with the stall holders. You'll find everything you could possibly hope for among the tented stands, from horse tack to fashion and crafts, to produce. Shopping at Puck is a unique experience beloved by thousands and is certainly not to be missed.

ENJOY HOURS OF FREE FAMILY FUN:

There's plenty to do for families with face painting, puppet theatre, a pet show, bonny baby contest, and Ireland's premier funfair, Euroshow.

LEARN A NEW SKILL AT A WORKSHOP:

Instead of putting your skills on show, there is always the option to learn some new ones; fun and free workshops are in abundance at Puck Fair. From learning the difference between a jig and reel at the ever popular Irish dance workshop, to tying yourself up in knots with Circus skills - get involved or bring along the little ones for an unforgettable experience that's bound to raise a few laughs.

BE ENRAPPED BY STREET THEATRE AND STORYTELLING:

As well as honing your own talents, the chance to marvel at others is around every corner at Puck. Street

theatre runs throughout each day of the fair and enraptures audiences each year with everything from specially written pieces to cutting edge and modern drama, with some traditional Irish myths and legends thrown in for good measure. Story telling has always been an integral part of the culture of Ireland and is as prevalent at Puck as it was 400 years ago.

LEAVE WITH A SKIP IN YOUR STEPS AFTER ENJOYING MUSIC AND DANCING:

Hundreds of talented musicians are around every corner at the Puck Fair. Live acts are scheduled almost non-stop for 3 days, so there is no way to leave without a skip in your step. Visitors will enjoy free traditional music and dance sessions, busking and late night bars. Live open air music will fill the streets, and this year's line-up includes Irish Country Music star Derek Ryan, Ruaile Buaile, a young Irish based four piece modern day Trad / Pop / Folk group, a Christy Moore tribute, Liam Byrne and many more.

PUCK PUB TRAIL: If you manage to miss out on any of the planned musical performances, there will always be a chance to catch some impromptu sessions on the famous pub trail. With 'craic agus ceoil' guaranteed, this is an opportunity to really get into the spirit of the fair. Hear haggling over horses, lively banter and traditional music in its most organic form at any of Killorglin's

charming pubs. You can get to know the locals who are always more than happy to provide newcomers with tales of the fair's colourful history, or simply lose yourself in your surroundings and watch the festivities come to you.

AMUSEMENT FAIR: For the brave at heart, there is the chance to test your metal on some of the most daring carnival rides the country has to offer! Never fear though, if you are less of an adrenaline junkie there are also tamer attractions. The Euroshow is a must for families attending the fair, as young and old can get together and share in the fun.

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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

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20:00	20:00	20:00
22:00	22:00	22:00
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Deadline: Monday 3pm Email : editorial@outlookmags.com



GLENFLESK TEAM WINNERS OF THE EAST REGION MINOR LEAGUE DIVISION 2 TITLE.

EAST KERRY NOTES

With Áine Ní Shúilleabháin PRO

O'SULLIVAN CUP – QUARTER FINAL GNEEVEGUILLA 1-15 SPA 1-11

Gneeveguilla entertained Spa in the last of this year's quarter finals in the O'Sullivan Cup, sponsored by O'Sullivan Cycles, Killarney. Spa opened with 2 great points but Gneeveguilla levelled as half time approached. A cracking Donie O'Connor goal for Gneeveguilla gave the home side the lead at the break on a scoreline of Gneeveguilla 1-07 Spa 0-08.

In the second half Cian Tobin kept Spa in touch with great points and a cracking goal, but the home side kept the scoreboard ticking over with well taken points and ran out winners on a final scoreline of Gneeveguilla 1-15 Spa 1-11.

GNEEVEGUILLA SCORERS: DJ O'Connor (0-08), Donie O'Connor (1-01), Kevin Coughlin (0-01), Cornelius Buckley (0-03), JJ Herlihy (0-01), Fergus Mc Aulliffe (0-01)

SPA SCORERS: Cian Tobin (1-09), C Courtney (0-02)

EAST REGION MINOR LEAGUE

DIVISION 1

DR CROKES 1-14 GNEEVEGUILLA 1-06

In a round 3 back game, Gneeveguilla were defeated by a very strong Dr Crokes team. Gneeveguilla held the visitors level up to the twenty fifth minute mark points from play. Dr Crokes A O'Shea scored a well worked goal on the stroke of half time. Gneeveguilla 0-05 Dr Crokes 1-06. Gneeveguilla battled hard in the second half as Dr Crokes keeper T. Clifford made three excellent saves. Gneeveguilla kept the pressure and scored a goal through A O'Leary, but it was too late. Referee Jim Fitzpatrick blew the final whistle on a well deserved Dr Crokes victory.

FIRIES 3-14 LEGION 3-06

Legion hosted Firies in the East Region Minor League, round 5, sponsored by The Tatler Jack. Firies raced into an early lead with a goal (Conor Randall) and four points without reply in the opening twenty minutes. Legion narrowed the gap to a point with two goals in quick succession (Rob Leane, Finbar Murphy). A Legion point levelled the game, 2-01 to 1-04.

Firies took the lead again on the stroke of half time with a Ciaran Flynn - Legion 2-01 Firies 2-04.

Firies dominated the scoring in the third quarter, with 7 unanswered points. Legion replied with three points before William Courtney goaled for Firies, in a move involving Conor Randall and Mark Reen, 3-12 to 2-04. Legion, responded with a Stephen McCarthy goal, after a surging run forward. A brace of points from Legion reduced the margin to two scores, with six minutes remaining. However, two Firies points gave the visitors an eight point cushion. Legion to their credit never gave up and it took a great save by the Firies keeper to leave the full time score Firies 3-14 Legion 3-06. This means that Firies, qualified for the semi final against Dr Crokes, in Lewis Road on Sunday next (9th August) at 5pm. The winners play Spa in the final.

Referee: Donal Barry (Kilcummin)

DIVISION 2 FINAL

GLENFLESK 2-09 RATHMORE 0-12

In a classic game of 2 halves, Glenflesk ran out winners of the East Region Minor League Division 2 Final, sponsored by the Tatler Jack. Rathmore were dominant in the opening 14 minutes, and led 4 points to 1. Glenflesk dominated the middle of the field and a purple patch gave the home side a 2-06 to 0-04 lead at the break, the first goal from Lee O'Donoghue. The second, in the last minutes of the half, involving the entire full forward line, fisted to the net by Sean Doherty, after Rathmore goal keeper had batted the ball down.

On the restart, Rathmore dominated the middle area of the field and reduced the margin to 2 points, scoring 6 without reply in the third quarter, Dean Fitzgerald being on target for 5 points and Mark Ryan dominant at mid field. It was a nail biting last quarter, with Donal Moynihan reducing the lead to the minimum with 7 minutes remaining. A great save by keeper Felim Jacob and two Glenflesk points gave the home side a three point win. Final score Glenflesk 2-09 Rathmore 0-12.

Tim Ryan East Kerry Board Chairman presented the Gleneagle Cup to Glenflesk Captain Conor O'Donoghue. Referee: Tom Moriarty (Legion)

UNDER 14 EAST REGION LEAGUE - DIVISION 2 FINAL

FIRIES 7-17 LISTRY/KEEL 3-11

Played in Kilcummin, the last final of this year's East Region Under 14 League, sponsored by MD O'Sheas, played in a great sporting spirit. Firies got off to a dream start with a goal from the throw in, from the boot of Ruairi Murphy. Listry/Keel settled and scored 2 fine goals, Killian Broderick and Gary Murphy on target for Listry /Keel. Two Firies goals and a scatter of points left the score at the short whistle: Firies 3-11 Listry/Keel 2-1.

Listry/Keel made a spirited response in the second half, but Firies kept the score board ticking over and extended their lead to run out worthy winners. Final score: Firies 7-17 Listry /Keel: 3-11. Referee: Donal Donnelly (Kilcummin).

BEAUFORT GAA NOTES

LOTTO: Next draw for jackpot of €2,800 will be held in Kate Kearney's Cottage on Sunday, 9th August.

BEAUFORT SENIORS: Lost to Ardfert in a back game in the County League on Saturday last in Beaufort. Final score: Beaufort 0-15 Ardfert 0-16.

BEAUFORT: Mike Moriarty, Pdraig Hartnett, Ger Hartnett, James O'Reilly, Brendan Cronin, Shane O'Sullivan, Patch O'Sullivan, Ronan Murphy, Francis Courtney, Fergal Hallissey, Danny Healy, Pdraig O'Sullivan, Niall O'Connor, Kevin O'Brien, Darragh Coffey. Subs: Jason Foley and Conor Breen both used. Pdraig Hallissey, Gary Coffey, Gary Tangney, Sean Foley, Alan Courtney.

Round 1 of Barrett Cup, Friday, 7th August. Fixture to follow.

BEAUFORT U16S: Sponsored by Killarney Credit Union were beaten by Austin Stacks in Division 1 County League on Wednesday evening in Beaufort.

WELL DONE: To Kerry Ladies U16s and especially to Fay O'Donoghue, Hannah O'Donoghue, Fiadhna Tangney and Tara Breen who won the All-Ireland Final in Bruff v Galway on Wednesday last. The big Beaufort following saw a brilliant display by this team and our 4 Beaufort girls all put in fantastic displays ably led by captain Fay O'Donoghue at full-back.

DR. CROKES NOTES

LOTTO: 2 6 7 16 jackpot €10200, not won, match 3 10 by €40. Draw Sunday August 9th Tatler Jack jackpot €10500.

MINOR EAST KERRY LEAGUE V LEGION

Played in Lewis Road on Saturday 25th of July we got off to the best possible start in this home game. We scored 2-3 without reply in the first ten minutes and went on to record a comprehensive win. Paul Clarke and John Kerrisk, both of whom started brightly, continued to dominate midfield for the rest



GAA CLUB CALL

Deadline: Monday 3pm Email : editorial@outlookmags.com

of the half and this gave us the platform for numerous attacks and a big half time lead. Legion came into the game a bit more at the start of the second half but found it hard to break down our very tight defence. Our mentors gave game time to many of our fringe players in the second half as we went on to add to our scoring tally and a place in the semi final of the competition against Furies, if we beat Gneeveguilla in our final game.

Best in defence were Brian Fitzgerald, Jack Linehan and David Naughton. Paul Clarke and John Kerrisk were well on top at midfield, our attack combined very well with Adam O'Shea, Mike Casey and Michael Potts emerging as our best offensive players. Adam O'Shea scored 3-4 (0.2 Frees) and Mike Casey 0-9 all from play.

UNDER 16 FOOTBALL: Our under 16 footballers played out a draw against Legion at Direen on 29th of July on a score of Dr Crokes 1-9 Legion 2-6. This result was enough to see us qualify for the County semi-final which is fixed for the 5th of August and this game is away to Furies.

LISTRY GAA NEWS

JUVENILE UPDATES:

U16S: Combined with Keel had a good win in Round 5 of the county league last Wednesday night. They beat Kenmare on Wednesday night August 5th to progress to the County Final.

U14S: Also combined with Keel went down to a strong Furies team in the East Kerry league final last Thursday night in Kilcummin. While the team and management are obviously disappointed with the result it should in no way define their year. This team have played some great football throughout the year resulting in topping their group in the group stages of the league. They showed great character in the manner in which they bounced back from their County League Final defeat to Kilcummin earlier in the season. We are sure they will react the same way to this defeat. The mid Kerry championship is the next challenge. This will commence in the coming weeks.

BEST OF LUCK: To Ronan Buckley and Gary O'Sullivan who are involved with the Kerry Minor and Junior Teams respectively in the week ahead.

LISTRY WEEKLY LOTTO RESULTS: Sunday 2nd August, 2015. Winning Numbers 1, 3, 15, 26. Jackpot €5,300. Not Won.



FIRIES TEAM WINNERS, IN THE EAST REGION UNDER 14 LEAGUE DIVISION 2 V LISTRY KEEL.



KERRY U16 FOSSA GIRLS WHO WON THE ALL IRELAND UNDER 16 TITLE LAST WEEK. L-R HANNAH O'DONOGHUE, ANNA O'REILLY, FAY O'DONOGHUE (C) ERICA MCGLYNN.

Jackpot next week - Sunday 9th August €5,450.

ALL IRELAND JUNIOR FINAL: Best of Luck to Gary, Fergus and Kerry Juniors who are due to play All Ireland Junior Final v Mayo next Saturday, 8th August.

SENIOR COUNTY LEAGUE: Our next game is due to take place on Sunday, 16th August at 2pm away to Annascaul. Please support.

FOSSA LADIES GAA NOTES

KERRY U16 ALL IRELAND CHAMPIONS:

Fossa had four girls involved in the Kerry U16 All Ireland Final victory over Galway in Bruff Gaa Pitch, Co. Limerick last Wednesday evening. Captain, Fay O'Donoghue who was full back on the team while her sister Hannah lined out at full forward. Anna O'Reilly at wing back along with Erica McGlynn, centre forward. Kerry were in control from the off in this game

and lead 3-09 to Galway's 1-02 at the break. On resumption Kerry dominated proceedings with all six of Kerry's forwards getting on the score board. Loose Galway passes were intercepted by Kerry's defence and it was inevitably an up hill struggle for the Galway girls. Final score Kerry 7-15 to Galway's 3-03.

LEGION GAA CLUB NOTES

U16 GIRLS: Pride of place this week goes to four of our up and coming stars, Rebecca Murphy, Sarah Leahy, Elizabeth Mohan and Fiadhna Tangney who were all on the Kerry U16 team that won the All Ireland final last week defeating Galway. The girls have done themselves, their families and their club proud. Added to the celebrations was a big 16th birthday for Sarah during the week.

PICTURES OF US: Well done to Tom Lucey who launched his album "Pictures of us" last Thursday night at the Gleneagle Hotel where he played to over 300 people as he showcased his huge talent as he played many of the songs from his album including recent hit "hope you know" which has a well viewed video online.

U16 BOYS: The U16 side played out a great 2-06 v 1-09 draw with neighbours Dr Crokes last Wednesday. Trailing by three points at halftime, the lads, short a number of regulars showed great heart to earn a share of the points

KERRY GAA: Well done to the local lads Jonathon, James, Brian, Colm, Johnny and Fionn as Kerry put in a classic performance in Croke Park last Sunday and we wish James a speedy recovery from his shoulder injury.

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OUTLOOK SPORTS NEWS

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ALL-IRELAND SENIOR FOOTBALL CHAMPIONSHIP



KERRY O'SHEA REPORTS FROM THE ALL-IRELAND SFC QUARTER-FINAL CLASH BETWEEN KERRY AND KILDARE KILDARE WILT AS KERRY HIT SEVENTH HEAVEN

KERRY 7-16 KILDARE 0-10

Kerry continued their impressive winning streak in the All-Ireland SFC quarter-final series when they clinically disposed of the Kildare challenge at Croke Park last Sunday.

In doing so, the Kingdom recorded the biggest ever win at the quarter-final stage of the competition, and their 13th win in fifteen seasons.

It was also the first time since the 1995 Munster SFC Semi-final against Tipperary that Kerry scored seven goals in a Senior Championship game.

This was Kerry at their clinical best. They were totally dominant, clinical in front of goal, disciplined in defence and they also dominated the aerial battle where David Moran gave a magnificent display of high fielding, aided and abetted by his partner and Kerry's other midfield general Anthony Maher.

This victory was achieved at a cost, as a shoulder injury sustained by Kerry's 2014 Player of the Year James O'Donoghue raised alarm bells for the Kerry supporters.

The injury occurred in the 28th minute of the first half when O'Donoghue was involved in an accidental collision with Kildare goalkeeper Mark Donnellan.

Kerry GAA issued a statement on the County Board's official website on Monday morning confirming that the Kerry medical team realigned O'Donoghue's



KERRY'S DAVID MORAN BREAKS FREE FROM THE TACKLE OF KILDARE'S PAUL CRIBBIN

shoulder and that no injury was sustained. The statement went on to add that O'Donoghue will have a routine MRI scan and a few days rest before making a gradual return to training.

Kerry manager Eamonn Fitzmaurice will not be getting too carried away with this win, as tougher tests lie ahead in the Kingdom's campaign to retain the Sam Maguire.

Colm Cooper, a late replacement for Kieran Donaghy who did not start the game after picking up a groin injury in the pre-match warm-up, chose the occasion to give a tremendous performance, notching 2-3 of Kerry's final tally and having a hand in several other scores as well including a peach of a pass for Darran O'Sullivan's first goal. It was the Gooch, who was marking his 80th championship appearance, at his brilliant best. What a pleasure it was to be in

Croke Park to witness it!

Substitutes Barry John Keane and Darran O'Sullivan also got in on the scoring act. Both made immense contributions when introduced, and scored an impressive 3-4 between them.

Kerry's other goal scorers were Stephen O'Brien and Donnchadh Walsh. O'Brien also scored four sweet points from long range in the first half.

Kerry, with captain for the day David Moran directing operations at midfield, laid the foundations for the win when they led 0-10 to 0-3 at the break.

The floodgates really opened once Donnchadh Walsh was on hand to fire home Kerry's first goal in the 38th minute. Kerry scored at will from there to the finish. Colm Cooper, Darran O'Sullivan and Barry John Keane added further goals as the Kingdom stretched 4-11 to 0-6 clear by the

50th minute. Kildare were shell-shocked as Kerry completed the rout with three more goals from Cooper and Darran O'Sullivan, who both scored a brace on the day, and Stephen O'Brien.

Teams and Scorers

KERRY: Brendan Kealy, Marc O'Se, Aidan O'Mahony, Shane Enright, Jonathan Lyne, Killian Young, Paul Murphy, David Moran, Anthony Maher, Stephen O'Brien (1-4), Bryan Sheehan, Donncha Walsh (1-0), Paul Geaney (0-2), Colm Cooper (2-3), James O'Donoghue (0-3, 0-1 free).

Subs: Barry John Keane (1-3) for James O'Donoghue (31), Darran O'Sullivan (2-0) for Paul Geaney (42), Peter Crowley for Marc Ó Sé (50), Paul Galvin for Walsh (54), Johnny Buckley for Bryan Sheehan (55), Tommy Walsh for Anthony Maher (60).

KILDARE: Mark Donnellan; Ciarán Fitzpatrick, Mick O'Grady, Ollie Lyons (0-1); Kevin Murnaghan, Eoin Doyle (0-1), Emmet Bolton; Tommy Moolick, Paul Cribbin; Eoghan O'Flaherty (0-2), Niall Kelly (0-2), Pádraig O'Neill (0-2); Eamonn Callaghan, Alan Smith (0-2), Cathal McNally.

Sub: Peter Kelly for Callaghan (43); Fergal Conway for Kevin Murnaghan (51); Pádraig Fogarty for Niall Kelly (54); Mark Sherry for Cathal McNally (57). Fionn Dowling (0-1) for Tommy Moolick (62); Gary White for Emmet Bolton (67).

Referee: David Coldrick (Meath).

U21'S HURLERS FACE MEATH

The Kerry under 21 hurlers travel to play Meath on this Saturday, 8th August in the All-Ireland 'B' quarter final. The game goes ahead at Trim, 2.00p.m. The new perpetual trophy for the competition, the Richie McElligott Cup, commemorates the former Lixnaw and Kerry hurler who was a member of the Kerry team that won the All-Ireland junior championship in 1961 and who won a co. senior hurling medal with Lixnaw in 1954. If Kerry are involved, the semi-final will be on Saturday, 22nd August and the final on Saturday, 12th September.

CONWAY STEERS MINOR HURLERS TO VICTORY



SHANE CONWAY WAS IN SPARKLING FORM FOR THE KERRY MINOR HURLERS SCORING 15 POINTS IN TOTAL.

KERRY 2-19 KILDARE 0-13

Well done to the Kerry minor hurlers who defeated Kildare by 2 - 19 to 0 - 13 in the All-Ireland 'B' championship last Saturday at Newbridge. They will now meet Down (away) in the semi-final on Saturday, 15th August. Shane Conway (Lixnaw) scored 15 points of the Kerry total. The other scorers were Fionán Mackessy (St. Brendan's) 0-3, David Egan (Abbeydorney) and Colin Sheehy (Lixnaw) scored a goal each and Eric Leen (St. Brendan's) 0-1.



OUTLOOK SPORTS NEWS

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GEANEY HELPS KERRY ON THEIR WAY

**KERRY 2-12
SLIGO 1-6**

ALL IRELAND MINOR QUARTER-FINAL

Kerry Goals in either half from Conor Geaney and Brian O'Seanachain helped Jack O'Connor's side to a comfortable victory over a gritty Sligo outfit in the All-Ireland Minor Football Championship quarter-final at O'Connor Park in Tullamore on Monday.

Geaney, who is a first cousin of Kerry senior stars Paul and Michael Geaney, turned in yet another star performance as he finished the game with a personal tally of 1-4, with 1-3 coming from play.

Kerry were totally dominant in a wind-ruined game and never looked like losing the advantage.

The Kingdom, with wing-backs Gavin White and Daniel O'Brien impressing and making the scoresheet with 0-2 each, led 1-6 to 0-3 at the break, Brian O'Seanachain the goal scorer.

Kerry full-back Jason Foley from the Ballydonoghue club was another to impress and set up a number of attacks that led to scores.

A 1-1 salvo from Conor Geaney at the start of



CONOR GEANEY WAS AGAIN KERRY'S TOP SCORER AGAINST SLIGO ACCOUNTING FOR 1-4 OF KERRY'S TOTAL

the second half effectively killed the game as a contest, and as a consequence, the Kingdom now advance to a meeting with Ulster champions Derry on August 23.

Teams and Scorers

KERRY: Billy Courtney (Dr Crokes), Darren Brosnan (Gneeveguilla), Jason Foley (Ballydonoghue), Jack Morgan (Austin Stacks), Gavin White (Dr Crokes (0-2)), Mike Breen (Beaufort), Daniel O'Brien (Glenflesk) (0-2), Andrew Barry (Na Gaeil) (0-1), John Mark Foley (Kilgarvan), Brandon Barrett (Ardfert), Brian O'Seanachain (Ballydonoghue) (1-0), Sean O'Shea (Kenmare) (0-2 0-1 free), Stephen O'Sullivan (Templenoe), Bryan Sweeney (Listowel Emmets), Conor Geaney (Dingle) (1-4 (0-1 free)).

Subs: Michael Foley (Spa) for O'Sullivan (44), Tom O'Sullivan (Dingle) for Brosnan (48), Evan Cronin (Spa) for O'Shea (49), Ronan Buckley (Listry) (0-1) for JM Foley (52), James Duggan (John Mitchels) for Barrett (56), Dara O'Shea (Kenmare) for Breen (57).

SLIGO: Conor McGovern, Mark O'Dowd, Eddie McGuinness, Brian Mahon, Nathan Mullen, Darragh Cummins, Michael Gordon, Kevin Banks, Paul Kilcoyne, Liam Gaughan (0-1), Rian Kennedy (0-3, 0-2 frees, Finnian Cawley (0-1), Sean Power, Patrick O'Connor, Kyle Cawley (1-0).

ACORN LIFE UNDER 21 CHAMPIONSHIP FINAL

East Kerry and Kerins O'Rahillys have qualified for the Acorn Life Under 21 Championship Final following rather one sided victories over An Ghaeltacht and John Mitchels respectively. An Ghaeltacht came up against the might of divisional side East Kerry at Killorglin and despite giving it their best shot they still went down to a 2-17 to 0-12 defeat. Goals by Conor Keane and Shane Cronin saw East Kerry lead by 2-9 to 0-5 at the break and despite a much improved third quarters showing by the men from the West led by the likes of Tomás and Dara Ó Sé, East Kerry tacked on the points in the final quarter to ensure victory.

The much anticipated meeting of Kerins O'Rahillys and John Mitchels at Connolly Park meanwhile, turned into a very one sided affair. Wind assisted, Rahillys were quickly into their stride but Mitchels were still in a good place at half time when they trailed by just four points

8 to 4 and wind advantage to come. However, Rahillys, with Jack Savage, who scored eight points, four from play and four from frees, outstanding, controlled the second half and a well worked goal from last year's Kerry Minor, Cormac Coffey sealed a 1-16 to 0-6 victory for the blues.

The final will be played on Tuesday evening next August 11th and while East Kerry will enter the fray as favourites, they would do well not to underestimate the Strand Road team who are very strong in the middle third of the field with captain, Martin Tierney, Cormac Coffey, Diarmuid O'Sullivan, Cian Sayers and Jack Savage while inside, Gearoid Savage is a very effective linkman.

East Kerry can of course call on the likes of Kerry Juniors Dan O'Donoghue, Liam Kearney and Gary O'Sullivan and Paudie Clifford and Kerry Under 21 player Conor Keane, but they will not have it all their own.

KERRY TAKE ON MAYO IN ALL IRELAND JUNIOR FINAL

Kerry Juniors take on Mayo in the All Ireland Junior Final in Croke Park on Saturday evening next (2pm) a game that is a curtain raiser to the two senior Quarter Final ties involving Monaghan/Tyrone (4pm) and Mayo/Donnegal (6pm)K

Kerry, under the guidance of Ardfert's Stephen Wallace, have had an impressive championship to date, defeating Tipperary in their opening game (2-13 to 1-8) and Cork in the provincial decider by a twelve points margin (1-20 to 0-11) after looking in trouble at the break. They then accounted for Wexford with a devastating final quarter that yielded 3-4 to run out comfortable winners of a game they struggled to take control of for a long time (3-13 to 2-9). All of which adds up to a scoring return of 6-46 to 3-28 against Mayo, who like Kerry, are restricted to players who have not played in the county championship in 2014, have not been overly impressive in their three games to date, accounting for Sligo (2-10 to 1-10), Galway in the provincial decider (1-12 to 0-13) and British champions Kilkenny in the semi final (1-12 to 0-8) for a scoring return of 4-34 for, to 1-31 against.



KERRY JUNIOR MANAGER STEPHEN WALLACE

The final is of course a repeat of the 2012 final between the sides played in Ennis which Kerry won on a score of 0-19 to 1-7 to record their 15th title. With eight of last year's panel still involved, Kerry and manager Stephen Wallace, will be keen to make up for the defeat at the hands of Cavan in last year's final and despite the fact that full back, Jack Maguire is rated very doubtful due to an ankle injury that kept him out of the semi final, Kerry are quite capable of being crowned Junior champions for the 16th time.



KILLARNEY VALLEY AC

The final round of the National League took place on Sunday in Tullamore, and the Kerry ladies team finished in a well deserved 3rd place overall. It was a fantastic team effort by all the athletes involved over the three rounds of the league and Sarah Leahy and Christine Cooper played a huge part in their podium finish, so well done to the girls. The An Ríocht mens team were also in the final but were just out of the medals in 4th place by just 5 points so well done to them also. It was a great week all round for Sarah as she was part of the Kerry U16 girls football team that had a great win over Galway in the All Ireland Final that was held in Bruff last week.

A big thank you to everyone that came out to support the Minion world record attempt on Sunday last - we did create a new record and raised money for the Micro Track at the same time and we would like to acknowledge the efforts of everyone that came out and helped in any way on the day. Up to a thousand people came to the event and the actual minion count was 325 which exceeded the previous record by 70, so well done to all involved.

A reminder of the weekly mile challenges that are taking place on Monday evenings at the Demense each week at 6.00pm - the idea is to get the young athletes and their parents out running a mile each night, and to improve the fitness levels of everyone taking part. We would like to see all our members involved and welcome new members to come along and join in.

KILLARNEY SOUTH COMMUNITY GAMES NOTES

TRAINING: Continues for Killarney South U.12 4x100 meter Relay Team, competing in the All-Ireland Finals in Athlone in August. The team consists of Jason Lee, Jack McGuire and Aaron O'Sullivan, and the 3 younger athletes, Daire Looney, Conor Gammell and Alex Hennigan who are all underage again next year and is great experience for all. Alex Hennigan is also part of the Kerry U.12 Community Games Relay Squad taking part in the All Ireland Community Games Finals mid August. Well done to Sarah Leahy - Killarney South - who won an All-Ireland U.16 Football medal with Kerry last week. A brilliant all-rounder, Sarah will be aiming to add another medal to her collection in the Community Games U.16 Sprint Final in the All-Ireland in Athlone in August. Well done to Coach Anthony Greaney who won a phenomenal 4 Gold Medals in the All-Ireland Masters Finals last week. He won the 100m Sprint, Shot Putt and was part of the 4x100 meter and 4x400 meter Relay teams that took Gold.

GNEEVEGUILLA ATHLETIC CLUB

LOTTO: No winner of our lotto draw 31/07/2015, numbers drawn were 16, 18, 19 and 20. Sellers prize went to Tom Joe O'Donoghue, €50 Y/T prize went to John O'Keeffe Kanturk, €50 to Jerry Rourke Ballydesmond, €40 to Denis Lawlor Gullane, Jimmy McGillicuddy Leam & Martin & Dean Crowley Goulane. Bonus not won numbers drawn were 6, 8, 20 and 26. Next week's jackpot €12,200 plus €1,000 bonus.

DIVISION 1 NATIONAL LEAGUE FINALS: Mairead O'Neill was a members of the Kerry Team who contested the Div 1 National league finals in Tullamore last Sunday. She was 2nd in Senior Hammer.

KILGOBNAIT 4 MILER: Held on Friday 31st July, Simon Mangan was 2nd, Robert Purcell was 3rd.

SUMMER MILE SERIES: The 3rd leg of this race will be held in Knocknagree on Wednesday at 7.30pm. Race headquarters will be The Fairfield Tavern. Results from the 2nd leg which was held in Fossa. **SENIOR MEN:** Tony Harty Ríocht, Ed Murphy GG, Martin Dineen Ríocht, Simon Mangan GG, Robert Purcell Snr GG. **U15:** Francis Cronin. **U16:** Andrew Purcell. **U12:** Aron O'Keeffe Mallow. **O40:** Seamus Murphy GG. **O45:** Patrick O'Keeffe M/street. **U13:** Donal Daly GG. **O50:** Kevin Griffin. **U11:** Donal Burke M/street. **U10:** Owen Kelly GG. **O45:** John Guerin GG. **SENIOR LADIES:** Carol Finn Leevalle, Shauna O'Brien, Caroline McCarthy, Caroline Murphy GG, Ursula O'Connor Gg, **U13:** Kimberley O'Brien. **U10:** Delia Foley. **U11:** Reane Galehew. **U14:** Orla Burkly. **U16:** Chloe O'Keeffe. **O50:** Mary Finn. **O40:** Mary O'Connell, **O45:** Patricia Barry.

MUNSTER DEVELOPMENT SQUAD: Francis Cronin has been picked on The Munster Development Squad. Good for him. The first training session is on banna Beach Strand.

NATIONAL SENIOR CHAMPIONSHIPS: Best of luck to Mairead O'Neill who will be taking part in the Hammer competition in this competition next weekend.

FARRANFORE MAINE VALLEY ATHLETIC CLUB

On Sunday 2nd August the National League Final was held in Tullamore where the Kerry Athletics Women's team was in action. The whole team did exceptionally well and they finished in third place overall. Emma Prendiville and Maria McCarthy played a very important role in securing valuable points for the Kerry team. Emma won the race walk and Maria won her 1500m race. Well done to you both and to the rest of the Kerry panel, their coaches and organisers.

On Friday 7th August Maria McCarthy will be competing for Ireland in the World Masters Track & Field Championship 5000m race in Lyon, France. Following her National Masters title win

last week she is in great shape and looking forward to her very first World Championship competition. We wish her the very best of luck. In the local front, Pauline Joseph had a busy week when she competed in the Gneeveguilla AC Mile Race held in Fossa. Pauline completed the mile in a time of 7:11. On Friday she competed in the Kilgobnet 4 miler. Well done also to Kimberley O'Brien who ran the mile in a time of 6:54.

ATHLETIC CLUB FIXTURES: GloHealth Senior T&F C'Ships-August 8th & 9th.

Keep upto date with athletics on our Facebook & website: www.ffmvac.blogspot.com

CYCLING NEWS

RE-FIXED TIME TRIAL TO DOUBLE UP AS COUNTY CHAMPIONSHIP: Due to circumstances beyond the control of the organisers the final round of the iBike Summer Time Trial series did not go ahead. It has now been switched to August 13th where it will double up as the County Championship. Prize giving for both the CCTime Trial and the 6 round summer season will take place afterwards.

As record holder for the 20k course Moda Kingdom Endurance rider Denis Dunworth will be going all out to further reduce the time from his current best of 25.47. However with the race also being the County Championship he will not have it all his own way.

There will also be Ladies and u12, u14 and u16 in what promises to be an exciting night of Time Trial's.

ALL ROADS LEAD TO CURROW THIS THURSDAY: Currow Cycling Club has a long tradition in cycling and has the honour of hosting the final round of the Kerry Cycling Clubs Summer Leagues this Thursday night. Action gets underway at 7pm from the Village with sign-on in the Hall from 6.15pm.

Moda Kingdom Endurance's John Brosnan is the man to catch in the senior section but this section and many of the others will go down to the chequered flag on the night.

COUNTY CHAMPIONSHIP: The Road Race County Championships will take place on August 22nd and will be hosted by the Sliabh Luachra Cycling Club with the action on the Gneeveguilla circuit.

WORKMEN'S ROWING CLUB

GIG REGATTAS: Unfortunately, both Ahakista and Castletownbere regattas fell afoul of the stormy weather over the Bank Holiday weekend. While we were extremely disappointed to miss out on the fun that is absolutely guaranteed with these events, we were also quite appreciative of the break in what has been a very busy rowing calendar.

COUNTY CHAMPIONSHIPS: The Kerry County Championships will take place at Lough Currane, Waterville, next Sunday with first races starting at 1pm. Waterville will also be the venue for the All Ireland Championships will be on the 14th, 15th and 16th of August.



MARIA MCCARTHY WILL BE COMPETING FOR IRELAND IN THE WORLD MASTERS TRACK & FIELD CHAMPIONSHIP 5000M RACE IN LYON, FRANCE

Best of luck to all our crews.

NEW ARRIVAL: Congratulations to Bernard Sweeney and his wife Catriona Kelly on the birth of their wonderful baby son. Baby Benjamin is the first grandchild for our Club President, Bernie Sweeney, and we wish great joy and happiness to his proud parents and grandparents.

KILLARNEY RFC NEWS

FAMILY DAY: Our organising committee held a meeting last Wednesday to commence the planning of our forthcoming family day. The family day will take place on Sunday the 6th of September, between 1pm and 5pm at our brand new pitch at Caher, Aghadoe and will allow us to showcase our club at it's very best, in our new home. After initially agreeing to purchase the 14 acre site in 2010 and finalising the deal in 2012, it will be a great opportunity for the general public of Killarney to visit us and have fun. We are planning a barbeque, bouncy castles and a myriad of fun family games as well as a display by our mini rugby squads. The family day will be a great day of fun an excitement. Keep posted to our facebook page and our club webpage for further details.

SENIORS: Our senior squad are training each Friday evening at 7:15pm and new players are always welcome. Our senior squad will be playing their first match at home against Newbridge RFC in a pre season friendly on the 15th of August. This will be a truly historic date for the club as this will be our very first game at our new grounds and we are looking forward to hosting Newbridge for the weekend! All are welcome to come along to support the lads.

MOSS KEANE BLITZ: Killarney RFC are hosting

the Moss Keane Blitz on the 29th of August, which will see all of the Kerry senior squads partake.

MEMBERSHIP: Membership subs are now due ahead of the new season and can be paid through the very handy online facility at www.myclubfinances.ie or the membership link on our website www.krfc.club. There are various options available on this page and we would encourage everyone to help the club by paying their membership as soon as possible.

MINIS: The minis section will be back training from Saturday the 29th of August. We will be training in our new pitch at Aghadoe. After many years of training at Knockreer and playing and hosting blitzes at Knockreer, it will be amazing to finally have a home to call our own. Mini rugby in Killarney is without a doubt the success story of underage rugby in Kerry. There is a great tradition of strong coaching helping develop the basics as well as the skills required to compete and enjoy rugby at all levels. This can start from the age of 5!. Rugby is a game for all abilities and no better pace to learn, have fun and develop the basic skills, than at Killarney RFC. For details, contact Tom Campbell at 087-2657994



ON THE ROAD TO CROKER FOR KERRY V KILDARE IN THE QUARTER FINAL - BACK ROW L-R KATIE GRIFFIN, MIA REEN & RHEA O'SULLIVAN. FRONT ROW L-R HANNAH REEN & CLODAGH O'SULLIVAN.

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KILLARNEY ATHLETIC A.F.C. NOTES

50TH ANNIVERSARY CELEBRATIONS

TICKETS: 5th September: Celebratory Dinner in the Dromhall Hotel. Tickets on sale now, to purchase please contact Michael O'Shea on 087 222 6185 or Don O'Donoghue on 086 123 4610.

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

KILLARNEY CELTIC NOTES

FOOTBALL FOR ALL: A big thank you to everyone who supported our Football For All Team at the Cork City v Bohs game in Turner's

Cross, especially to the fantastic hosts.

STREET COLLECTION: Thank you also to everyone who supported our Annual Street Collection last Saturday.

JUVENILE LEAGUES: The Premier EVEN ages will start on Saturday, September 5th. All other divisions will start on Saturday, September 19th. The Premier ODD ages will start on the Saturday, September 12th, and the other divisions will commence on Saturday, September 26th.

U12 teams will now be 9 a side and the U11 teams will be 7 a side, this is to give each player greater involvement and encourage skill development.

Girls teams will be under 12/14/16 and will start on Saturday, September 19th. The U12 Girls League will be 9 a side.

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

FIXTURE: Jimmy Falvey Youths Cup Semi-Final: Killarney Celtic v Mastergeeha, Saturday, 7.00pm

LOTTO RESULTS: Numbers drawn 11, 16, 19, 24. No winner.

If anyone has information for the notes contact Jimmy O'Sullivan Darcy 087 9633397 or jimmyosdarcy@gmail.com.

Check out www.killarneyceltic.com for Killarney Celtic news, match reports, or photos.

KILLARNEY ATHLETIC HISTORY – THE 1980S

The early '80s in the club saw Billy Doyle back to the 'helm' of 'A' team management while younger brother Frank played a more active role in the administration side of the club. Tony Fleming took over the 'chair' while Kevin 'Plug' Malley and Tom Ashe continued in their respective administrative roles that they held from the 70s. Antonio Cirillo who joined the club in the late '70s proved to be a very dedicated member of the committee. The organising and running of the 7-a-side had become the major focus of the club for 3 months of the summer as the tournament numbers swelled. The coverage and support of the local media contributed a lot to its increasing popularity.

THE 'MEN FROM THE BOWER'

JOIN ATHLETIC: Another spin off from the 7-a-side was that there were many players getting the appetite to join the Kerry league clubs. Athletic gained with some members joining from the former 'The Bower Rovers' team (Rathmore). They were: Sean Moynihan, Dan Leary, Neily Kerins and the Mulcahy brothers of Donie and DD. Neily also managed teams at schoolboy level for the club and with Sean O'Sullivan had the privilege of managing Brendan Moloney of Nottingham Forest fame. DD Mulcahy was an excellent goal scorer and an outstanding club secretary in the 80s.

Limerick United play in the Half Moon in 1982 Frank Doyle was very keen to raise the profile of the club by bringing some League of Ireland teams to Killarney. And to his credit he succeeded in landing Limerick United, the

1981/82 FAI Cup winners to play a friendly against an Athletic selection in the Half Moon in September '82. The Limerick side who had qualified for European competitions for the 3rd successive year had many big soccer names in the club that season with Mia Dennehy, a former international and English League professional, the best known player while former Irish international manager Eoin Hand was also associated with the club. Needless to say Athletic didn't win the match but scored on 3 occasions.

COBH RAMBLERS V KILLARNEY ATHLETIC

IN 1983: Frank repeated his success in '83, when he attracts Cobh Ramblers the 1983 FAI Cup winners to town that September. This game was played on the St Finan's Pitch that was to become the home ground for Celtic for many years. Bill Davidson a Cobh native managed Athletic on the night and for the early part of that season. Athletic were narrowly beaten by Cobh on a night when the club chairman Tom Griffin lined out in the back four. Bill was also to make an invaluable contribution with Connie O'Sullivan to the club's underage teams over the following years.

THE DUAL PLAYERS: Some of the club's better teams in the early '80s included a number of very good dual players, James Cronin, Connie 'Doc' O'Doherty, Seanie and Pat O'Shea in particular were equally talented players in both codes. Connie also played for the KDL in the Oscar Traynor Cup, while Pat was a 'wizard' with the ball at his feet. Pat also had success as the Kerry team boss that won

the 2007 All-Ireland Championship. Two other talented players of that era were John Casey and Pat Fennell.

'B' TEAM KNOCK 'A' TEAM OUT OF CUP: The 1983/84 season will be best remembered for the quarter-final cup tie between Athletic 'A' & 'B' teams with the 'B' team emerging victorious after a replay thanks to a Vince Casey goal. A good win for the 'boys' but not such a good result for the club! The 'Sossy' managed 'B' team suffered a heavy defeat in the semi-final as they failed to raise their game against a strong Tralee Dynamos team.

THE GROWTH OF SCHOOLBOY SOCCER:

With the Kerry soccer league now 10 years old many clubs were beginning to realise the importance of promoting underage soccer. Athletic's underage 7-a-side tournament held in the 'Áras' pitch was nurturing a great interest in the game locally while Castleisland man George Callaghan was to the fore in promoting school boys soccer in the county. Vince Casey and Tom 'Sossy' Mullins co-managed Athletic's first schoolboy team in the early '80s. The Kerry youth league was also proving to be a very popular competition and contributing to an improvement in the standards of the game in the county. Next article will focus on the late '80s that saw the club moved from the Half Moon, Derry City visiting for pre-season 7-a-sides in the 'Áras' and the outstanding achievement and honour for the club to have our first Schoolboys' International capped player.



KILLARNEY ATHLETIC TEAM FROM '83-'84 SEASON



KILLARNEY ATHLETIC YOUTH TEAM 1985.



KERRY U16S LADIES ARE ALL-IRELAND CHAMPIONS



KERRY U16 CAPTAIN FAYE O'DONOGHUE AND PLAYER OF THE MATCH AOIFE O'CALLAGHAN CELEBRATE WITH THEIR TROPHIES AFTER KERRY'S VICTORY OVER GALWAY IN THE ALL-IRELAND U16 FINAL.

KERRY 7-15 GALWAY 3-03

Congratulations to Kerry U16 team on winning the All Ireland title after a comprehensive victory over Galway on Wednesday. Played in wintry conditions in Bruff with heavy rain gushing down mid-way through the half. It was as a complete team performance Kerry dominated the opening half and led at Half time on a score of Kerry 3-09 Galway 1-02. The Kerry intensity from the first halves continued and with only 11 minutes left on the clock the game at this stage was gone from Galway and with a player sin binned it made things more difficult for the Westerners. Kerry decided to run their bench. But with minutes only left on the

clock Liz Mohan ran through the Galway defence for Kerry's final and 7th goal of the evening. The Game finished Kerry 7-15 Galway 3-03. It was a superb performance from all the Kerry players but standing out in particular was Faye O'Donoghue in defence who mopped all breaking ball and defended strong, Leah Henry and Emma Dineen made a strong midfield partnership while up front the chief tormenters of Aoife O'Callaghan, Hannah O'Donoghue and Fiadhna Tangney made life hard for their markers. In the end it was Aoife O'Callaghan who was awarded Player of the Match for her unselfish running and passing. Captain Faye O'Donoghue accepted the title to the delight of very large Kerry crowd

LADIES FOOTBALL ROUND-UP

Congratulations to Finuge/St Senans, who won the Glebe Kitchens U12 County League Division 3 Final defeating Castleisland Desmonds on Tuesday at the end of a very hard fought game, played in windy conditions at John Mitchell's complex. Finuge/St Senans ran out deserving winners on a final scoreline F/SS 5-06 C.Desmonds 4-06.

County secretary Mary Courtney presented the Division 3 trophy to Finuge/St Senans joint captains Katelyn Stack and Cara Cullen amid scenes of great joy.

KERRY FACE MAYO IN THE QUARTERS

Kerry's opposition in the TG4 All Ireland Quarter Final was confirmed on Saturday after Mayo's comprehensive win over Tyrone on Saturday in Leitrim. Tyrone were unable to handle the fire power of Cora Staunton and an injury to player Niamh Woods also hindered the Northern side. The quarter final takes place on Saturday 15th August at 4pm in Gaelic Grounds Limerick.

ROWING TO RIO

The Monika Dukarska
Blog. The story of a
Professional Athlete



My journey to Rio took a small diversion. A diversion that was perhaps out of my control. The reason why I call it a detour/ diversion is because the goal remains the same – Olympic Qualification – but the way in which I will get there has altered. Last Thursday I raced two races over 1,500 meters to select a new combination for a pair but also to prove that the women's pair boat is quick enough to be sent to the World Rowing Championships in France at the end of August. I won both races coming on top in the stroke seat position. Unfortunately, both combinations were few seconds too slow (based on prognostic gold medal times) to be in the mix to fight for an Olympic qualification in August hence the boat was scratched as a result.

This decision came as a shock, as it is important to train and compete in the toughest of environment to ensure that we constantly progress and challenge ourselves. Now, we are onto Plan B. A plan that I am not fully satisfied with. A plan that forces me to compromise. I will be rowing in a women's four for the forthcoming World Championships. This means that all four of us will be training and competing for, hopefully, medals at the Championships with the aim of forming a quick enough Women's Pair this September.

Thankfully there is another window of opportunity to qualify in May 2016. This will be our route to qualification with 4 places remaining (11 boats qualifies at the championships this year). Rowing in a four will give us an opportunity to get used to one another and adopt a common rowing style which will filter through the boat. This will give us a stronger platform for creation of a smaller boat in September, that is the Women's Pair. Also, if injury or sickness struck – there are spares, which was not the case this season.

The Women's Pair however is not my only option for Rio. Here again is why I think the word 'diversion' describes this situation perfectly. Come September we will know exactly which boats did qualify and which seats are up for grabs. Also, we cannot forget about injuries, sickness and unforeseen circumstances which are present in all kinds of sports. Therefore, I have to be ready for any boat that I will be put into, whether it would be in sculling (single, double) or in sweep (pair).

Of course change like this is not welcomed and cherished, and also a lot of questions come to mind but I know one thing– I fought for so long to be in a position I am right now and I'm NOT going to give up! This is only a beginning of my rowing journey and I will one day become an Olympian – Just Watch Me!





EILEEN QUIRKE PRESENTING HER HUSBANDS CAPTAIN'S PRIZE TO WINNER PHILIP GAMMELL WITH (FRONT FROM LEFT) HAULIE FITZPATRICK BEST SENIOR, EINO O'DONOGHUE 2ND, MICHAEL QUIRKE CAPTAIN, BILLY MORRIS 3RD (BACK FROM LEFT) SHANE HORGAN BEST GROSS, DER BROSNAN 5TH, PETER COUNIHAN 6TH, PADRAIG COLLINS 7TH, FRANCIS COURTNEY 8TH, ENDA CURTAYNE 9TH, RONAN BROSNAN 10TH, NIAL McCARTHY 12TH, CHRIS COLLINS PAST CAPTAIN, LIAM O'LEARY VISITORS PRIZE AND CORMAC FLANNERY AT KILLARNEY GOLF AND FISHING CLUB, KILLARNEY ON SUNDAY.

KILLORGLIN GOLF CLUB

LADIES: 18 HOLE STABLEFORD SPONSORED BY MACBEES: 1. Mary Conway (29) 42 pts. 2. Emma Daly (21) 40 pts. 3. Eleanor McCarthy (25) 38 pts.

FIXTURE: This Saturday 8th August is the Sarah Mangan Perpetual Trophy 18 Hole Scramble sponsored by the Mangan Family and Finbarr and Ann Coffey. Time Sheet in Pro Shop. Choose own team, any combination.

Puck Fair 12 Hole re-entry Stableford sponsored by Peter Keane Supervalu continues for month of August. Open to Green Fees.

SILVER SWANS: 12 HOLE SCRAMBLE SPONSORED BY BRIDGET MCKENNA:

1. Agnes O'Connor/Helen O'Reilly/Kitty Galvin 46.3. 2. Ann Myers Foley/Maura O'Boyle/Eileen Bell 47. 4. Nearest the Pin on 5th Hole Sponsored by Kathleen Keating: Winner: Maura O'Boyle 29 ft.10 Inches. Thanks to Bridget for the lovely Prizes for the Scramble and to Kathleen our new Swan for the beautiful Silver Swans necklace for Nearest the Pin.

WEEK-END AWAY: Entry Sheet and details for Lady Captain Phil Anne's away weekend in September is posted on Notice Board.

EXCHANGE DAY: Ballyheigue Ladies Exchange Day is on Sunday 23rd August. 2pm to 3pm. Entry Sheet.

KILLARNEY GOLF CLUB

LADIES

EILEEN TARRANT, PRO.

RESULTS OF CAPTAIN MIKE QUIRKE'S PRIZE TO THE LADIES MAHONYS - STROKE SUNDAY, AUGUST 2ND, 2015.

- 1st. Katie O'Connell (29) 64.
- 2nd Eimear O'Donnell (8) 67.
- 3rd Margaret Campion (9) 69.
- BG Valerie Clancy (3) 78.
- 4th Sinead Galvin (28) 70 (B9).
- 5th Eileen Galbraith (30) 70.
- 6th Mary B. O'Connor (29) 72 (B9).
- 7th Breeda Duggan (25) 72 (b6).
- 8th Joan Buckley (24) 72 (B3).

- 9th Ciara O'Mahony (14) 72.
- 10th Margaret Brosnan (21) 73 (B9).
- F9 Anne Looney (22) 34.
- B9 Winnie Ryan (22) 34.
- CSS71.

Next Sunday's Competition is sponsored by Visage Beauty Salon, s/ford Killeen.

The Final of the Noreen Moore will take place at Tralee Golf Club on Wednesday August 12th when Killarney play Ballybunion. We wish our Team the best of luck.

Our Senior Foursome Team play in the Munster Semi Final in Dundrum Golf Course Sunday next August 9th, we wish them also the Best of luck.

ROSS GOLF CLUB

GENTS

RESULTS

ON SUNDAY AUGUST 2ND WE HELD A SINGLE STABLEFORD COMPETITION.

The winners were:

1. Jonathan Casey (11) 43 pts.
2. Jimmy Smyth (15) 36 pts.

FIXTURES: On Sunday August 9th we will hold a single stableford competition. The timesheet is now available in the clubhouse so please add your name to is as soon as possible.

BEST OF LUCK: To our Country Clubs team next weekend when they will compete in the Munster semi finals and final of that competition.

Our Dr Billy Team recently visited Ceann Sibéal and took on the locals in that competition but unfortunately they were beaten on the day.

CLUB MATCHPLAY AND CLUB FOURBALL CHAMPIONSHIPS: All players are asked to play their matches in the Killarney Trophy & Medal Centre Club matchplay championship and in the Club Fourball championship as soon as possible.

ROSS GOLF CLUB

LADIES:

RESULTS SUNDAY 2ND AUGUST 18 HOLE

STROKE PLAY: 1st Mary Cronin (20) 82. Sunday 9th August 18Hole Single Stableford Kindly Sponsored by Mary Gorman. Thursday 13th August 3 person Scramble Kindly Sponsored by Killarney Sports and Leisure Centre Timesheets available in Clubhouse.

KILLARNEY GOLF CLUB MEN'S

CAPTAIN'S PRIZE - MR. MICHAEL QUIRKE'S PRIZE

KILLEEN, 01 & 02 AUGUST 2015

- 1st Phillip Gammell (12) 41.
- 2nd Eoin O'Donoghue (10) 40.
- 3rd Billy Morris (11) 40.
- Best Gross Shane Horgan (3) 73.
- 4th Finbarr O'Mahony (5) 39.
- 5th Der Brosnan (17) 39.
- 6th Peter Counihan (25) 38.
- 7th Padraig Collins (10) 38.
- 8th Francis Courtney Jnr (6) 38.
- 9th Enda Curtayne (18) 38.
- 10th Ronan Brosnan (11) 38.
- 11th Damian Hickey (13) 37.

- 12th Niall McCarthy (7) 37.
- 13th John O'Mahony (16) 37.
- Best Senior Haulie Fitzpatrick (20) 36.
- Best Visitor Liam O'Leary (17) 35.
- Past Captain P Chris Collins (10) 37.

BALLYBUNION EXCHANGE SINGLES STABLEFORD

SPONSORED MORIARTY'S GAP OF DUNLOE

- 1st Brendan Keogh (8) 36.
- 2nd Shane Connole (11) 36.
- 3rd Derry McCarthy (5) 35.
- 4th Denis Kiely (5) 35.
- 5th John O'Connor (9) 35.
- Category 1 Eugene O'Sullivan (4) 35.
- Category 2 Conor Stack (10) 32.
- Category 3 Barry Duggan (17) 31.
- Category 4 Tony Walsh (21) 34.
- CSS 34

DEERPARK PITCH & PUTT NOTES

RESULT OF LAST WEDNESDAY EVENING

FOURBALL: Nett John Murphy and Robbie O'Brien, Gross Conor McCarthy and John Kelly. Hole In One - John Kelly.

LISTOWEL SCRATCH CUP: Congrats to Damian Fleming on winning the senior grade in the Listowel Scratch Cup with Conor McCarthy finishing in 2nd place, also to Ger Casey who finished in 2nd place in the Intermediate grade.

KILMICHAEL SCRATCH CUP: Congrats to Michael Cronin who finished 2nd in the Intermediate grade in the Kilmichael Scratch Cup.

COUNTY SCRATCH CUP: Due to the staging of the county Scratch Cup at Deerpark on this Sunday the course will be closed during the duration of the competition.

FORTHCOMING FIXTURES: Captain Jason O'Connor Prize on the weekend of August 28th -29th.

Seniors Outing to Newmarket on Wednesday 2nd September.

Open Scratch Cup Friday 4th September.

Night time Pitch and Putt on September 12th
SYMPATHY: Is extended to the families of Danny Healy Kilcummon and Zoe O'Connor both of whom had links to the club.

PICTURED RIGHT: MICHAEL QUIRKE CAPTAIN KILLARNEY GOLF CLUB PRESENTING HIS CAPTAIN'S PRIZE TO THE LADIES TO WINNER KATIE O'CONNELL WITH (FRONT FROM LEFT) EIMEAR O'DONNELL 2ND, PATSY HANLEY LADY CAPTAIN, MARGARET CAMPION 3RD. (BACK FROM LEFT) VALERIE CLANCY BEST GROSS, SINEAD GALVIN 4TH, EILEEN GALBRAITH 5TH, MARY B O'CONNOR 6TH, BRED A DUGGAN 7TH, JOAN BUCKLEY 8TH, CIARA O'MAHONY 9TH, MAGS BROSNAN 10TH, ANNE LOONEY FRONT NINE AND WINNIE RYAN BACK NINE AT KILLARNEY GOLF AND FISHING CLUB, KILLARNEY ON SUNDAY.



If you want to keep up to date on a daily basis make sure to follow us on @killoutlook

AT THE PRESENTATION OF PRIZES FOR THE RECENT CAPTAIN'S DAY AT THE ROSS G.C. WERE :- FRONT (L TO R) DONNAGH MOYNIHAN, DENIS CRONIN, CAPTAIN, THOMAS O'REGAN, WINNER, MARY CRONIN, SINEAD O'SHEA, LADY CAPTAIN, DONIE MULCAHY, PRESIDENT. BACK (L TO R) TOM COLEMAN, ANDY GOULDING, JIM MORRIS, VIRGINIUS JONIKAITIS, MIKE BROSNAN, DENIS LUCEY, TADG MCCARTHY.



AT THE PRESENTATION OF PRIZES OF THE DR CROKES GAA CLUB ANNUAL GOLF CLASSIC IN JACK C'S BAR, KILLARNEY, FOLLOWING THE EVENT AT MAHONY'S POINT, KILLARNEY ON FRIDAY WERE FRONT FROM LEFT, JOHN KEOGH, DENIS COLEMAN (DR CROKES CHAIRMAN) DER BROSNAN (CAPTAIN OF THE WINNING TATLER JACK TEAM), JOHNNY O'LEARY AND BRIAN O'CALLAGHAN (DR CROKES GAA GOLF SOCIETY CAPTAIN). BACK FROM LEFT ARE MIKE O'LEARY, BRIAN MCCARTHY, SEAN GOULDING (DONAGH HICKEY MOTORS TEAM, THIRD PLACE), MAURICE O'DONOGHUE, SHANE KELLY, (KAYNES BAR TEAM, SECOND PLACE), JIMMY NOLAN (JIMMY NOLAN'S TEAM, FIFTH PLACE), PAT FAVIER (THE SHIRE TEAM, SIXTH PLACE), COLM GALVIN, DONNCHA GALVIN AND JERRY GALVIN (PAT O'SULLIVAN GREENE TEAM, FOURTH PLACE). PICTURE: EAMONN KEOGH (MACMONAGLE.COM).



MICHAEL QUIRKE CAPTAIN KILLARNEY GOLF CLUB PRESENTING HIS CAPTAIN'S PRIZE TO JUNIOR WINNER NIAL McCARTHY WITH (LEFT) PRIZEWINNERS EVA QUINN, ST JOHN KELLIHER AND CORRINA GRIFFIN AT KILLARNEY GOLF AND FISHING CLUB, KILLARNEY ON SUNDAY.

COMPLACENCY AT BEEF FORUM A MAJOR CONCERN - ICMSA.

President of the ICMSA, John Comer, said that he was deeply concerned at the level of complacency in relation to the key issues of concern for farmers and in particular, despite a commitment to review the beef grid, there was no support to commence the review on an issue that ICMSA believes there is widespread support amongst farmers that it needs to be changed and simplified.

While beef and cattle prices are in a good place at present and this is hugely positive, as farmers, history has shown us that this will not last forever, and we should be addressing the key issues of concern now rather than when beef prices are under pressure. The supply situation and the exchange rate is very much in our favour at present, Mr. Comer said, but the reality is that this will not always be the case and the issues raised and agreed at last November's Beef Roundtable remain as valid today and if we fail to address them, it will lead to further problems going forward. ICMSA is particularly disappointed that no significant progress has been made in relation to the many issues of importance to farmers and in particular the review of the beef grid and the over 30 month issue.

In relation to the beef grid, the commitment was simple and as follows "the QPS system will be reviewed, with the assistance of Teagasc, with a view, in particular, to providing a more simple and transparent system, before the middle of 2015". Farmers are very clear of the



PRESIDENT OF THE ICMSA, MR. JOHN COMER

view that the beef grid is way too complex for selling cattle and that it must be simplified. The commitment was simply to simplify the beef grid and make it more transparent for farmers and I am very disappointed that ICMSA got no support to progress this review, said Mr. Comer.

With increased numbers of cattle likely in 2016 and 2017, the beef grid and the other issues will again come centre stage given that we have failed to address them and it is regrettable that the Beef Forum has not progressed these matters at a time when the market is in a strong position, concluded Mr. Comer.

CATTLE PRICES CONTINUE TO RISE

IFA National Livestock Chairman Henry Burns has said the cattle trade remains strong with factories paying a base of €4.30 for steers and €4.40 for heifers and top-ups to both base prices ranging from 3c to 5c/kg extra in places to get numbers.

He said factories are having to pay up to 10c/kg over quoted prices to get very tight supplies. "Some farmers are reporting of factory agents and procurement managers ringing them, offering 10c/kg more for immediate supply on the day or the next morning delivery. Flat prices of €4.50/kg for heifers have been paid this week."

Henry Burns said the change in the strength of sterling to 70p against the Euro lifts Irish returns from the UK market considerably. In addition, he said UK prices are continuing to increase, up another 5p/kg last week and at £3.61/kg for R3 steers, they are now equivalent to €5.42/kg incl vat. He pointed out that at a UK price of £3.61/kg for R3, the recent move on the exchange rate from 72p to 70p on the Euro changes returns from €5.27 to €5.42, an increase of 15.5c/kg.

The IFA Livestock leader pointed out that the official prices from the Department of Agriculture continue to show increases with R3 steers at €4.38/kg for week ending July 19th and heifers at €4.50/kg. Official bull prices are at €4.16/kg for Os, €4.37/kg for Rs and €4.50/kg for Us. Henry Burns pointed that cow price is ranging from €3.75/kg for P+ to €3.80 for Os, €4.00 for Rs and €4.15 for U grades.

On supplies, Henry Burns said Bord Bia has highlighted the fact that finished cattle supplies will remain very scarce for the next 12 months, with AIMS data from June 1st 2015 showing that the number of cattle in the 12 to 36 month age category are back 100,000 head compared to 2014 levels. In addition, this data also shows that calf registrations for 2015 are up 116,000 head, with most of the increase occurring in Angus and Hereford calves from the dairy herd.

In addition, he said the strength of sterling and price returns from the UK continue to be very positive.

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IFA MEETS COMMISSIONER HOGAN'S CABINET TO DISCUSS DAIRY INTERVENTION AND USE OF SUPERLEVY FUNDS

IFA President Eddie Downey and National Dairy Chairman Sean O'Leary were in Brussels this week to meet with members of Agriculture Commissioner Phil Hogan's cabinet to discuss the IFA's case for an increase in the dairy intervention safety net level, and the use of superlevy funds to support dairy farmers. They urged Minister for Agriculture Simon Coveney to work on achieving support from as many fellow Agriculture Council members as possible ahead of their early September meeting to deliver on both issues.

"We have made it very clear that, despite claims by Commissioner Hogan to the contrary, the majority of dairy farmers in Europe and in Ireland, are now producing milk for a price that does not allow them to break even. Growing unrest among French and German dairy farmers is clear evidence of this. The current downturn is lasting longer than anyone expected, and farmers cannot take any further milk price cuts when so many are already in



LIAM MACHALE, IFA DIRECTOR OF EUROPEAN AFFAIRS, TOM TYNAN AGRICULTURE COMMISSIONER'S CABINET, IFA PRESIDENT EDDIE DOWNEY, CARLOS MARTIN OVILODGO AGRICULTURE AND SEAN O'LEARY IFA DAIRY CHAIRMAN.

serious loss making situations," Mr Downey said.

"A significant cause of the current prolonged market slump is the now extended Russian embargo, which is a result of geopolitical sanctions made by the EU in the last year. Farmers should not be left to carry that burden, and it is essential that, in addition to continuing with the Private Storage Scheme, the EU

Commission would offer additional supports to help turn markets around and help farmers cope until prices recover," he said.

IFA National Dairy Chairman Sean O'Leary added: "The EU Commission must accept that first announcing, then carrying out an upward review of the intervention price levels would send a strong message to international dairy buyers that there

is a limit to just how low product prices can fall, and encourage them to buy at more realistic prices again, thereby combating the negative sentiment maintained by GDT and speeding up the recovery in dairy commodity prices to sustainable levels," he said.

"Also unanimously supported by COPA members and the European Parliament is our contention that the superlevy funds collected for 2014/15 must be used to support farmers. The EU Commission has countered that these funds were destined for the general EU Budget. However, the EU 2016 Estimates only factor in €441m to be included in the general EU Budget, and current estimates of the final total EU superlevy fine suggest that is only half of what will be collected, leaving the other half to be used to support dairy farmers," he said.

"Commissioner Hogan must deliver on these issues, and Minister Coveney must lobby fellow EU Agriculture Ministers to secure the necessary support," he concluded.

AUGUST 2015



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Kerry ETB Training Centre



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

Sports Recreation & Exercise Course (ETK69) - Killarney.

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

Manual & Computerised Payroll and Bookkeeping (ET025) - Killarney.

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

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

This course offers participants the opportunity to develop a broad range of knowledge and skills in general office administration, computer applications, payroll and accounting. It's focused on enabling participants to gain employment as office administrators or progress to year 2 of the Advanced Certificate in Office Information Systems at Tralee IT. **Start Date:** 7th September 2015. **Duration:** 44 weeks. **Certification:** City & Guilds and FETAC Certificates.

Medical Administration Traineeship (TRS08) - Tralee Training Centre.

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

Marketing (ET4R9) - Tralee Training Centre.

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

Media Techniques - Radio Course (ET283) - Tralee.

This comprehensive course is for people who wish to pursue careers in the radio broadcast sector. Participants will learn how to research, plan and pitch programme ideas for particular target audiences and bring those ideas to fruition. The learning outcomes are firmly focused on enabling participants to secure sustainable employment in the radio broadcast sector. **Start Date:** 5th October 2015. **Duration:** 50 weeks. **Certification:** City & Guilds Level 3 Diploma in Media Techniques (Radio Studio Production).

Healthcare Support Traineeship (ETS97) - Killarney.

This course provides participants with the knowledge, skills and competencies to work as part of a multidisciplinary team in the provision of effective and appropriate healthcare supports to clients in a variety of care settings. **Start Date:** 12th October 2015. **Duration:** 41 weeks. **Certification:** FETAC Level 5 Major Award in Healthcare Support.

Digital Web Design with Adobe Dreamweaver Course (ET3Z6) - Tralee.

This course is for people who would like to combine creativity and computer skills to design, build and redesign web sites. The work involves formulating ideas, visualising the finished product and having the technical skills to build and commission web sites. **Start Date:** 12th October 2015. **Duration:** 22 weeks. **Certification:** FETAC Level 5 Component Certificates and Adobe Certified Associate in Web Communication Using Adobe Dreamweaver CSS.

Digital Media Production Course (TRY18) - Tralee Training Centre.

The Digital Media Production course offers participants the opportunity to learn and develop real-world production skills in a broad range of media disciplines. The content of the course includes design, digital imaging, photography, sound, video, digital publishing and media project management. The emphasis is on project led, hands-on practical training. **Start Date:** 19th October 2015. **Duration:** 52 weeks. **Certification:** City & Guilds Diploma in Media Techniques 7601-03.

Food Preparation and Cooking Course (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:** 19th October 2015. **Duration:** 20 weeks. **Certification:** City and Guilds Level 2 Diploma in Food Preparation and Cooking.

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

The course offers participants the opportunity to develop the knowledge, skills and competencies to work as surfing and outdoor activity instructors. Participants will also receive lifeguarding and aquatic first aid qualifications. **Start Date:** 2nd November 2015. **Duration:** 25 weeks. **Certification:** Surfing Skills Instructor Level 1 - Irish Surf Association (ISA), Royal Lifesaving Society (RLSS) National Beach Lifeguard Qualification, and Aquatic First Aid & Cardiac First Response (PHECC) Certification.

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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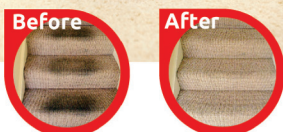
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WORKING FOR YOU

FOSSA

JUNIORS: The Juniors will play Lispolie in the County Junior League final on Friday evening at a venue to be decided.

CONGRATULATIONS: Congratulations to our four Fossa superstars, Fay O' Donoghue, Hannah O' Donoghue, Erica McGlynn and Anna O'Reilly who were part of the Kerry U-16 team who won the All-Ireland on Wednesday last when they defeated Galway in Bruff. They have represented their Club and County with distinction and have a huge future ahead of them.

LADIES FOOTBALL: The U-16 girls will play Austin Stacks in Tralee on Thursday at 5.30 pm, also the U-13 girls will play Kenmare in the County championship on Sunday at 7pm in Kenmare.

WHERE'S THE FLASH MOB? The Norrie King and Sheehan-Murphy Schools of Dance came together in Killarney yesterday, Thursday 6th August to raise awareness of the Kerry Hospice Foundation. In addition, Workmen's Rowing Club will join with Brendan Heffernan's friends and family to remember him as his 2nd anniversary approaches and to collect much-needed funds for the construction of the Hospice's 16-bed inpatient unit at Tralee General Hospital. During Brendan's illness he collected vigorously for many cancer centres helping patients and their families. Watch out for some fun surprises around town on Thursday afternoon and please offer your support to the street collection in aid of Kerry Hospice.

For further information or to support this event contact brendanssistercaitriona@gmail.com

Brendan's anniversary mass will take place on Sunday 6th September at 8am in the Cathedral.

FUNDRAISING SPINATHON: Brendan Heffernan's family, friends and team mates from Workmen's Rowing Club are organising a fundraising spinathon in his memory as his first anniversary approaches. It will take place on Sunday 30th August at Market Cross Killarney from 1 to 9pm, with a street collection in aid of the Kerry Hospice Foundation. Please come along and offer your support. If you would like to help with the street collection please contact brendanssistercaitriona@gmail.com

FOSSA COMMUNITY CENTRE: Volunteers urgently needed to help with the running of the community centre. If you would like to help with a specific task or become a member of the committee please contact any of the following, Derek 086 389 5142, David 086 323 9148, Eileen 087 628 4053, Billy 064 6644391, Tim 087 241 3116. If help is not forthcoming we may be faced with the situation whereby this fine facility may have to be closed.

FOSSA ROWING CLUB NOTES:

NIGHT AT THE DOGS: Fossa rowing club are holding a 'night at the dogs' fundraiser on 22nd August and we would welcome your support. We last fundraiser in 2009 following the loss of boats and equipment during extremely bad weather and high water. We successfully built a secure boathouse and have continued to restore the facilities as far as possible. We have

excess of 100 members and find that we are having to cater for even greater demand as we have substantial catchment of primary and secondary schools close by. To enable us to continue to grow our membership and provide the extra facilities we would appreciate very much everyone's support.

Tickets are €10 each (children under 14 free entry) and are available from each club member. Doors open and 7.00pm with first race at 7.50pm. Prize money of €500 for the holder of a ticket with the winning combination. There will be face painting, bouncing castle and plenty music after the racing so it is guaranteed to be a great night for the family.

BEST OF LUCK: The first regatta of the coastal rowing takes place this weekend in Waterville on Sunday starting at 12am. We would like to wish all our crews the best of luck. G'wan Fossa.

ASTROTURF ALL WEATHER PITCH: all weather pitch @ Fossa National School. Opening hrs. Monday/Friday 4pm/10pm, Saturday/Sunday 10am/10pm. All types of sport are played on this floodlit pitch. Now taking bookings for birthday parties. Contact Ger O'Connor 083 4228977 or email fossaweatherpitch@gmail.com

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.

KILCUMMIN NOTES

SYMPATHY: Sympathy is extended to the family of the late Danny Healy, Kilcummin Post Office who died recently. May he rest in peace.

KILCUMMIN LOOKING GOOD: We are asking all residents to make a special effort to keep the area outside their own homes litter and weed free. Meeting in the village continues every Wednesday night between 7.00pm and 8.00pm.

COMHALTAS: Kilcummin Comhaltas will be holding a cake sale on Saturday 8th August after 7.30pm Mass and also Sunday 9th August after 9am and 11.15am Mass in order to raise funds for the bus to Fleadh Cheoil na hEireann in Sligo. If there are any volunteers who would be interested in baking for this event could you please contact Marie O'Leary on 086 0537510.

KILCUMMIN GAA

GOLF CLASSIC: Beaufort golf Club on September 12th. Teams of 3 for € 120. Please contact Muiris in Post Office for tee times. To sponsor a team or tee box please contact any club officer.

KILCUMMIN RURAL DEVELOPMENT

OFFICE: Kilcummin Rural Development Office provides a full Secretarial Service to all groups & individuals. Assignments, Essays, C.V's, Wedding

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KILCUMMIN GAA LOTTO: There was no winner on Monday August 3rd. Numbers drawn were 14, 17, 21, 24. Consolation prizes were €100 Brid Fleming, Kilcummin, €60 Nathan McCarthy, Kilcummin, €60 Jennifer Casey, Kilcummin, €30 Maureen Murphy, Fossa, €30 John Michael O'Donoghue. Next Draw Sunday, August 16th, 2015. Jackpot now €5,000.

MASTERGEEHA FC:

TOMMY HEALY CUP FINAL - MASTERGEEHA 3 MITCHELLS AVENUE 5

In this final the Tralee side got off to the better start and led three nil at the break. In the second half the seniors battled hard and got a goal back in the 50th minute when Dan Moynihan scored. Mastergeeha pulled a further goal back when John Devane scored after a corner by Derry Ahern. After this Mastergeeha pushed forward but were caught on the counter attack when Mitchell Ave scored in the 75th minute. In the closing stages of the game the Tralee side

added a further goal but the seniors got a goal back with minutes remaining when Joe Joe Fleming scored from a free kick at the edge of the box. All involved tried their best and could not be faulted for effort. Despite this defeat the seniors have had a great season getting promoted and playing in two finals.

MASTERGEEHA FC There was no winner on Friday 31st July. Numbers drawn were 12, 13, 15, 20. Consolation prizes were €100 Maurice & Geraldine Guilfoyle, Rathnane, €60 Tommy Brosnan, Mastergeeha, Kilcummin €30 Kathleen Cahill, Knocklebede, Kilcummin €30 Mike Kearney, 107 Woodlawn Park, Killarney €30 Philip O'Leary, Mastergeeha, Kilcummin. Jackpot now €4,500.

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

SYMPATHY: The club would like to extend sympathy and our sincerest condolence to the Healy Family Kilcummin Post Office, on the death of Danny Healy. May he rest in peace.



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1. Trim back Lavender & Rosemary after flowering.
2. Keep dead heading Roses to encourage new flowers - apply rose fertiliser around each bush.
3. Lift and Pot up Rooted Strawberry Runners.
4. Prune Summer Flowering Shrubs as the Flowers fade e.g. Spiraea & Potentilla
5. Cut back foliage of hardy/Perennial Geraniums to revitalize the plants.



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BEAUFORT NOTES

Beaufort Parish Pastoral Council will host a farewell presentation function for Fr. Donal on Thursday 13th August at Kate Kearney's Cottage commencing at 8.30 pm.

Contributions towards the presentation can be handed to Peggy Walsh, Peggy Lynch or to any member of the Pastoral Council on or before Sunday 9th August. If other groups or organisations in the parish wish to make presentations to Fr. Donal, they will be most welcome to do so on the night.

Finger food and refreshments will be served and we hope to round off the evening with some music and entertainment. The Parish Pastoral Council wishes Fr. Donal good health and the best of luck in his new post as chaplain to I.T. Tralee and we look forward to giving him a memorable send off at Kate Kearney's on Thursday 13th August. Everybody welcome.



MEMBERS OF THE EXTENDED KELLY FAMILY WHO WERE TOGETHER FOR A MEAL AT THE OLD KILLARNEY INN ON SATURDAY.
PHOTO BY BREDA DALY PHOTOGRAPHY.

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RATHMORE/ GNEEVEGUILLA NEWS

by Michael O'Mahony

MARIAN PLAYERS RATHMORE CLOTHES COLLECTION: Wishes to thank everybody that supported their clothes collection. Money raised at this collection will be used to make new costumes for our 29th pantos Babes in the wood in January 2016.

CAKE SALE & COFFEE MORNING /EVENING IN AID OF BRU COLOMBANUS; At Sugar Cafe and Restaurant Rathmore On Tuesday 11th of August from 9am to 8pm. The fundraiser is to show our support for our colleague Katie Cremin.

Bru Colombanus is an independent charity that provides "home from home" accommodation for relatives of seriously ill patients. It allows the Cremin family to be there with Katie and provide that friendly smile when ever she needs it. All donations and baking welcome at any time. For any queries please contact Tonya directly on 087 7637646 or Sugar Cafe on 064 7761822. Please show your support for this worthy cause and enjoy a coffee and a chat.

RAMBLING HOUSE: At Heritage Centre Scartaglen - Monday August 10th at 9 pm. Admission free, raffle and refreshments. All are welcome.

SYMPATHY: To families & relatives and friends of late Marie McCarthy, (née Murphy) Rathfarnham, Dublin / Renmore, Galway Bridie Singleton (née O'Sullivan), Kilnaglorry, Ovens,

Cork / Gneeveguilla, Seamus O'Sullivan Quarry Cross Gneeveguilla, Sheila Ware (née O'Leary) Dundrum, Dublin / Rathmore. Who deaths occurred last week. May they all Rest in Peace

KERRY DIOCESAN PILGRIMAGE TO LOURDES: 2nd-7th September led by Bishop Ray Browne ex Kerry Airport - limited number of seats available. Contact Janice (064) 7758219

CULLEN & DISTRICT SPECIAL NEEDS ASSOCIATION: Wish to thank sincerely everyone who helped, contributed & supported their Annual old time thrashing & vintage display Sunday. July 26th.

RATHMORE COMMUNITY MARKET: Every Saturday 11-2pm. Indoors, more stalls welcome contact Tony 0831588404.

BINGO: Rathmore Community centre every Friday night at 8.30pm. Everybody welcome:

ALL IRELAND A U16 LADIES FOOTBALL CHAMPIONSHIP FINAL: Congratulations to the three Rathmore Players who were part of Kerry U16 Ladies who won become All Ireland champions against Galway recently on score line 7-15 to 3-3

Aoife O'Callaghan, Brid Ryan, Laoise Coughlan, and Aoife O'Callaghan, who got player of the Match.

HURLING CAMP: Rathmore GAA will be holding a Hurling Camp on Monday 17th August - Wednesday 19th 10am - 2.30pm each day in Rathbeg, the cost of the Camp will be €25. Registration Monday 17th @ 9.30 am.

NOTICE OF MOTION & REPLY Raised by Cllr. Niall Kelleher at Killarney Municipal District Meeting 29th July.

CLLR. N. KELLEHER: What is the current position with regard to the upgrading of the Main St. in Rathmore, what were the results of the surveys?

Have plans seeking funding been submitted to the NRA to include the two pedestrian crossings (Dennehy's Corner and Donagh Hickey Motors), footpaths, traffic calming and underground lighting?

REPLY: The Main St. was overlaid in recent times through funding from the NRA. It would be desirable to carry out a plan for the upgrading of footpaths, public lighting and the general amenities of the town. However, this would require substantial funding and at present there is no funding stream available for these works. A preliminary speed survey was carried out in the village recently and indicated instances of speeding infringements in the village. A full speed survey is to be carried out here in the next two weeks to ascertain whether a traffic calming scheme would be suitable for the village. When the results of the speed survey are known, this matter will be discussed with the NRA Safety Officer, and we will revert to the members.

ALL IRELAND SENIOR FOOTBALL QUARTER FINAL: Well done to Paul Murphy & Aidan O'Mahony. And to all Kerry senior players & Management great victory on Sunday last at Croke Park against Kildare. Kerry 7-16 Kildare 0-10.

ALL IRELAND MINOR FOOTBALL QUARTER FINAL: Congratulations to Darren Brosnan Gneeveguilla who played for the Kerry minor against Sligo on Monday last in Tullamore, All Ireland Minor Championship quarter-final Kerry 2-12 Sligo 1-6

NOTES: Anyone has any information they would like to add to the notes, please email Michael O'Mahony (momahony14@gmail.com) or ring or text 087-6676817 before 6:00 on Sunday.

SPA CLUB NOTES

COISTE NA NOG U6 and u8 continue to train every sat morn at usual times.

U12 & U14S Awaiting east Kerry fixtures.

LADIES FOOTBALL: U12 GIRLS County Development continues Saturday Mornings 10-12 for all the girls born in 2003.

U13 CHAMPIONSHIP KNOCKOUT: Played away in Kilgarvan to ISG. Our young squad played excellently throughout the game but fell short on the night to a stronger Inbhear Sceal na Gael side. The majority of this team are still underage next year and that's very promising. Well done girls high scoring game with a superb performance.

GAEIL 4 MOTHERS AND OTHERS: Continue to train Thurs nights at 7.30 for an hour. Please contact Grace 087 2299453. We have registered with Croke Park as a team so full steam ahead with this non competitive initiative by Ladies football.

KERRY TEAMS: Well done to the Kerry seniors on an excellent victory over Kildare in the quarter final Senior Championship. Speedy recovery to James O'Donoghue.

MINOR SQUAD: Best of luck to the team and management in Tullamore, especially our own Michael Foley and Evan Cronin.

JUNIOR TEAM: Best wishes to the Junior team who take on Mayo in the All Ireland Sat 8th August

especially Liam Kearney, Dan O'Donoghue and past player Fergus Clifford.

EAST KERRY: O SULLIVAN CUP JULY 31ST GNEEVEGUILLA 1-15 SPA 1-5 SENIOR CO LEAGUE:

Spa v Glenflesk Saturday August 22nd at 6.30 in Spa.

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

HALL RENTAL: Please contact Eileen Casey by text 0876577312 for availability to book our indoor meeting rooms or Hall.

GOLF CHARITY FUNDRAISER

NRH FOUNDATION GOLF FUNDRAISER: Tom Doherty is holding a charity golf classic, on August 8th at Killeen Championship Course to raise funds for the National Rehabilitation Centre in Dublin. Tom had a serious accident as a child and availed of these services. This centre provides comprehensive rehabilitation services to patients who have acquired a physical disability due to an accident. A team of 4 cost €250. If you would like to sponsor contact Tom 08729460 or email tomkillarney@gmail.com.

SPA COMMUNITY NOTES: Sympathy is extended to the relatives of Michael Galvin, The Park who died recently in Chicago. May He Rest In Peace

WEDDING: Congrats to Mairead Clifford Clasheens on her recent marriage to Sheamus Curran Killorglin,



THE SPA UNDER 13 TEAM

SPA GOLF OUTING AUGUST 14TH: The annual Spa Golf Outing will take place on the Lackabane course on Friday August 14th. All players are requested to assemble at 3pm for a Shot-Gun start at 3.30. Contact the following committee members with official handicaps - Seanie Kelliher 087-6298613, Eileen Magee 086-1522865, Pat Kelleher 064-6633924, Peggy O'Donoghue 087-9187181, John Kelly 086-3941769. Presentation of prizes at the main clubhouse 9pm on day of the Outing.

SPECIAL OLYMPICS: Congratulations to Rita Quirke Lower Lissivigeen who won Silver and Bronze medals in Kayaking at the recent Special Olympics in Los Angeles. Rita a sister to Andella Hayden is originally from Duagh and now resides in Kildare.

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PICTURED LEFT AT TOOL LINE, CASTLEMAINE ARE LINUS BURKE, LINUS OG BURKE AND TOMMY O'CARROLL

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



COMING SOON

Coronation Street

Bosses are Coronation Street are gearing up for the life changing story that will dominate their LIVE episode in September. Presently, it is believed that the story will feature the Platt family as Callum Logan and David Platt are set to have a deadly showdown.

Meanwhile, Shayne Wards character Aidan Connor will be joined on the street by his father and sister. The roles of Johnny and Kate Connor have been cast with the pair due to arrive before summer's end.

Eastenders

Denise Fox will receive a surprise visit from her daughter Libby Fox who is returning to the soap for a two episode guest stint. However, Libby is hiding a secret from her mother which becomes apparent when she receives a call from her sister Chelsea.

Fair City

Fair City is preparing for a very exciting autumn season as it returns for its 26th season on RTE. Executive producer Brigie de Courcy has promised a pretty spectacular and unexpected event in Mid-September that is going to have a huge impact on a lot of lives. Just what this event could be is still unknown.

In other Fair City news, it is believed that a number of former residents of Carraigstown are going to make a comeback this autumn. The residents in question are going to shake up life in Fair City for several of the current residents. Exciting times for the Fair City crew.

Citizens Information

Know Your Rights: STARTING A SMALL BUSINESS

AUGUST 2015

QUESTION

I lost my job last year and I am now thinking of starting a small business. Are there any supports to help me?

ANSWER

Local Enterprise Offices provide supports to local businesses that are starting up or in development. You can find information about their training programmes and start your own business courses on localenterprise.ie. Also, Enterprise Officers in local development companies can offer advice and information on starting your own business.

If you have been getting a jobseeker's payment for 12 months or more, you may be eligible for the Back to Work Enterprise Allowance. This allows you to keep a percentage of your payment for two years. If you are starting a business, you also may get extra supports, such as grants for training, market research, business plans and access to loans to buy equipment.

If you have been unemployed for at least 12 months and you set up a qualifying business, you may be eligible for Start Your Own Business Relief. It provides exemption from income tax on the profits from your business up to a maximum of €40,000 a year for a period of two years.

Often, someone starting a small business does so as a sole trader rather than setting up a partnership or a company. However, as a sole trader, if your business fails, your personal assets could be used to pay your creditors. Your main legal obligation is that you must register as a self-employed person with Revenue. As a self-employed individual you pay tax under the self-assessment system.

You may carry on your business using your own name. If you wish to use a business name you must register it. The Companies Registration Office has information about business names and different business structures on its website, cro.ie.

Further information is available from your local tax office and your Local Enterprise Office.

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

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



WHICH WOULD YOU PREFER?.

- (a) Having the life you want.
- (b) Having the reasons why you can't have that life.

WHICH DO YOU CHOOSE?

Life brings us many opportunities to evolve and grow. Whether we actually do this is up to us. And although it may not feel like it at times the fact is that we always have a choice. A choice between having the life you want or the reasons why you can't. You can choose to respond to the moments of your life in a calm, reassuring and positive way or you can continually be burdened by all the sorrowful incidents and events that happened to you in your childhood or last relationship. You can continue to suffer from your wounds or you can feel uplifted and triumphant that you got through those times and are here to live another day! You can take all that you have learned from your past and turn those life lessons into a marvelous new story that you create day by day! If you want to feel empowered, you need to make a courageous decision to create your most desired dream and practice courage.

As Richard Bach tells us, "Argue for your limitations and, sure enough, they're yours."

Contact Astrid for Personal one to one coaching, group work, motivational speaking, Consultancy.

For more inspiration visit my facebook page and click "LIKE"

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LEAVING CERT – RESULTS TIME

Results Day has finally arrived and you may have been feeling fairly stressed leading up to results day. This is completely normal and in fact a little bit of stress can actually help you to get motivated for dealing with dilemmas and pressure. Lots of students feel stressed around results time for many reasons, including:

- Feeling pressure to get good results for the course or career you want.
- Feeling under pressure from parents and family who may expect you to get good results.
- Feeling overwhelmed by the future and the choices that you have to make.
- Feeling overwhelmed by changes such as starting a new chapter in your life, leaving home, separating from friends.

If the results are not what you wanted them to be, then you may be feeling devastated, stunned, unable to see things logically and struggling to think of the many options available to you. Remember however that you have many options and it is important to remain positive and realise that it is not the end of all your plans and hopes. Some of your options include:

- View Your Script/Results Appeal
- Speak to Your Guidance Counsellor
- Repeat Leaving Cert Year
- Some PLC courses will enable you to access third level.

Talk to others about your worries – Friends may also be going through the same problems and it will really help to talk about it. If you are feeling really down don't suffer in silence, talk to your parents, phone the Samaritans or talk to your doctor. Consider seeing a counsellor. There is a lot of support out there for you and you will get through this difficult time.

The National Parents Council Post Primary operates a helpline for anyone who needs support after the results. The service is provided by Guidance Counsellors who will give advice to both students and their parents. The helpline number is **1800 265 165** and will be available for advice on the first round CAO offers from Monday 17th August 8am – 7pm, Tuesday 18th August 8am-7pm and Wednesday 19th August 8am-1pm.

Remember, if you failed an exam it is not the end of the world. You are not a failure – you are still a good person, just a good person who failed an exam. It may mean that you have to repeat, so there's a delay of plans, your future is still waiting. It may mean that you have to change your plans; being flexible you may just end up doing something you are even more suited to.

At SouthWest Counselling Centre, Killarney we have a team of parenting and adolescent counsellors who can provide valuable support at this time. Call **(064) 6636416** info@southwestcounselling.ie

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**. info@southwestcounselling.ie. Kerry LifeLine provides **FREE** counselling and support to anyone feeling suicidal or bereaved through suicide. kerrylifeline.com To make an appointment call **064 6636416**.

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

HEALTHY OUTLOOK

Health Matters...

With Dr. Michael O'Doherty

HEALTH RISKS FROM THE SUN

Advice if you are planning a sun holiday:

SUN DAMAGE TO THE SKIN

Although sunbathing may be enjoyable and a suntan a status symbol, it must be remembered that excessive sun exposure is a health hazard due to the effect of ultraviolet (UV) radiation on the skin.

UVB causes sunburn which can range from intense erythema to blistering and 'burnt skin' similar to a burn from hot water of fire. Sunburn is more likely when, in addition to direct exposure from the sun, UV is also 'reflected' from water (swimming pools or the sea), white sand or snow. The risk is greater at higher altitudes when there is less protection from the earth's atmosphere. Both ultraviolet A (UVA) and ultraviolet B (UVB) radiation are known to cause pre-mature cancers. Drying of skin can result in exacerbation of facial seborrhoeic dermatitis.

ESPECIALLY VULNERABLE GROUPS

- Babies and children.
- Fair skinned people who often also have red hair or blue eyes.
- Those with certain medical conditions such as albinism or previous skin cancer.
- Those medications such as tetracyclines including doxycycline, oral hypoglycaemic drugs and diuretics.

PRECAUTIONS

- Babies under 9 months should be kept out of direct sunlight.
- Children should wear long sleeved, loose fitting shirts, hats and high-factor sunscreen.
- The greatest risk is from the midday sun, usually from noon until 14.00 hours (15.00 in tropical regions) when precautions are especially important.
- Adults should wear a broad brimmed hat, long sleeved shirts and sunglasses.

SUNSCREENS

- Sunscreens do not replace the precautions described above but they can help absorb UVB and to a lesser extent UVA.
- Waterproof sunscreens can prevent their removal by sweat or water although they should always be reapplied after swimming.
- There is a voluntary star system for sunscreens grading UVA protection; more stars indicating greater protection.
- The Sun Protection Factor (SPF) refers to the protection against UVB (e.g. 'SPF 8' allows approximately 8 times longer sun exposure without burning than with no protection).
- To gain effective protection a cream with an SPF value of 15 or above should be used (less than this provides little protection).
- Sunscreens are expensive – be wary of cheap sunscreens bought abroad which may not give adequate protection.
- Check expiry dates.

If you have any other further queries regarding the above article please do not hesitate to contact us on 0646620628



Dr. Michael O'Doherty,
General Practitioner
and Occupational Health Specialist
The Killarney Medical Centre,
47 New Street, Killarney.
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READERS REQUEST

The benefits of green tea - continued from last week:

Here are 5 further health benefits of green tea that have been confirmed in human research studies.

6. Green Tea Can Kill Bacteria, Which Improves Dental Health and Lowers Your Risk of Infection

The catechins in green tea have other biological effects as well. Some studies show that they can kill bacteria and inhibit viruses like the influenza virus, potentially lowering your risk of infection.

Streptococcus mutans is the primary harmful bacteria in the mouth. It causes plaque formation and is a leading contributor to cavities and tooth decay. Studies show that the catechins in green tea can inhibit the growth of streptococcus mutans. Green tea consumption is associated with improved dental health and a lower risk of cavities and reduced bad breath.

7. Green Tea May Lower Your Risk of Type II Diabetes

Type II diabetes is a disease that has reached epidemic proportions in the past few decades and now afflicts about 300 million people worldwide. This disease involves having elevated blood sugar levels in the context of insulin resistance or an inability to produce insulin.

Some controlled trials show that green tea can cause mild reductions in blood sugar levels. It may also lower the risk of developing type II diabetes in the long term.

8. Green Tea May Reduce Your Risk of Cardiovascular Disease

Cardiovascular diseases, including heart disease and stroke, are the biggest causes of death in the world. Studies show that green tea lowers total and LDL cholesterol, as well as protect the LDL particles from oxidation. Observational studies show that green tea drinkers have a lower risk of cardiovascular disease.

9. Green Tea Can Help You Lose Weight and Lower Your Risk of Becoming Obese

Given that green tea can boost the metabolic rate in the short term, it makes sense that it could help you lose weight. Several studies

show that green tea leads to decreases in body fat, especially in the abdominal area.

10. Green Tea May Decrease Your Risk of Dying and Help You Live Longer. Of course, we all have to die eventually. That is inevitable.

In a study of 40,530 Japanese adults, those who drank the most green tea (5 or more cups per day) were significantly less likely to die during an 11 year period.

Death of all causes: 23% lower in women, 12% lower in men.

Death from heart disease: 31% lower in women, 22% lower in men.

Death from stroke: 42% lower in women, 35% lower in men.

Another study in 14,001 elderly Japanese individuals aged 65-84 years found that those who drank the most green tea were 76% less likely to die during the 6 year study period.

If you are on medication from your Doctor please do not stop taking it but discuss the benefits of taking green tea, or if you think you might be suffering from any of the above health issues please consult your Doctor immediately.

AIRLINE TAKES ON BIG GAME HUNTERS TO PROTECT RHINOS, LIONS, AND ELEPHANTS

Africa's largest airline has banned the shipment of endangered animal trophies on its flights. It just got harder for big game hunters to bring endangered animal trophies back home from South Africa to hang on their wall.

That's because South African Airways (SAA), the continent's largest airline, has banned the transport of endangered rhinos, elephants, and lions aboard its passenger and cargo flights. "SAA will no longer support game hunters by carrying their trophies back to their country of origin," SAA country manager Tim Clyde-Smith said. "The vast majority of tourists visit Africa in particular to witness the wonderful wildlife that remains. We consider it our duty to work to ensure this is preserved for future generations and that we deter activity that puts this wonderful resource in danger."

The news broke on April 25th, when the Professional Hunters Association of South Africa posted internal documents from SAA revealing its embargo plans. The airline then issued a statement announcing that the embargo had gone into effect April 21st on all of its flights. No exceptions will be made, even if the hunter holds a valid permit "issued by the relevant authorities" to transport the animal, the airline spokesperson said.

If all airlines and shipping companies had adopted this policy Cecil the Lion would still be alive.

LEGO-INSPIRED HOMES COULD BE THE FUTURE OF DISASTER RELIEF

The Mobile Factory, founded by 73-year-old Dutch business consultant and sustainability specialist Gerard Steijn, housed inside two shipping containers. It crushes construction debris within its walls, churning out Lego-shaped building blocks that can be easily stacked and snapped into place to build temporary housing in less than a day. Mr. Steijn's goal is to dispatch these small factories around the world so locals can rebuild their communities using debris and waste that's been left behind in the wake of man-made or natural disasters. Mr. Steijn created the Mobile Factory in 2007 after researching waste production in the construction industry for a major Dutch engineering firm. His work brought him to sites around the world, where he witnessed neighbourhoods and communities destroyed by earthquakes, war, development, and urban growth. What started out as research into reducing construction waste evolved into an idea to create more stable housing for impoverished communities. "My research taught me that 85% of the victims of disasters live under the poverty line," Mr. Steijn added.

In places like Haiti and Nepal, where earthquakes have killed hundreds of thousands and displaced millions, the leading cause of death was poor construction of homes, which are often little more than tents or shacks. The 2010 earthquake in Haiti killed 230,000 people and displaced 1.5 million, creating 25 million tons of debris. After five years, that debris still litters the region and remains unused, Mr. Steijn said.

ANSWER TO LAST WEEKS RIDDLE

How much earth is there in a hole that measures two feet by three feet by four feet?
A - There is no earth in a hole.

THIS WEEKS QUOTE

"When I admire the wonders of a sunset or the beauty of the moon, my soul expands in the worship of the creator" - Mahatma Gandhi.

ON THIS DATE – AUGUST 7TH

1711 - The first race meeting at Ascot.
1820 - First potatoes planted in Hawaii
1832 - The British Parliamentary Reform Act increases Irish seats from 100 to 105. 1 Irish urban dweller in 26 and one Irish rural dweller in 116 now had the vote, as compared to 1 in 17 and 1 in 24 in England.
1840 - Britain banned the use of child chimney sweeps.
1917 - British pilot EH Dunning, the first to land an aircraft on a ship, was killed trying another landing.
1955 - Tokyo Telecommunications Engineering, the precursor to Sony, began selling its first Transistor radios in Japan.
1960 - Ivory Coast gained independence from France.
1970 - First computer chess tournament.
1981 - The Washington Star ceased all operations after 128 years of publication.
1998 - Unemployment fell for the 16th month in a row to reach its lowest level in almost eight years.

RIDDLE FOR THIS WEEK

I come in different shapes and sizes. Parts of me are curved, other parts are straight. You can put me anywhere you like, but there is only one right place for me. What am I? Answer next week!

TONGUE TWISTER

Imagine an imaginary menagerie manager managing an imaginary menagerie.

CONTRASTS

- The hottest place in the world - Death Valley National Park, U.S.A. - The highest recorded temperature, was taken on July 10, 1913, and it reached 134°F (56°C).
- The coldest place in the world - Antarctica - In August 2010, the lowest recorded temperature was recorded in the East Antarctic Plateau. The record temperature was -135.8°F (-93°C).
- The most populated city in the world - Shanghai, China - With a population of over 24 million residents.
- *The least populated city in the world - Vatican City - With a population of 842 residents, Vatican City also boasts the title of smallest state in the world.
- The wealthiest city in the world - Tokyo, Japan - The city of Tokyo has the highest GDP (\$1,520 billion) of any other city in the world.
- The poorest city in the world - Kinshasa, D.R.C. - The Democratic Republic of Congo is the poorest state in the world, and its capital, Kinshasa, is the poorest city. It has a GDP of \$55 billion, and most of its residents live on less than \$1 a day.
- The highest place in the world - Nepal - Mount Everest stands at 29,029 ft (8.84km), and is the highest mountain in the world.
- The lowest place in the world (on land) -

Dead Sea, Israel/Jordan - Located at -1,401 ft (-427m) below sea-level, it is also the lowest lake in the world.

- The lowest place in the world (underwater) - Mariana Trench, Pacific Ocean - In a depth of 35,797 ft (10.91km) below sea level, it is known as "Challenger Deep", and has been visited by only 3 humans so far. (More people have visited the moon)
- The most photographed place in the world - Guggenheim Museum, New York, U.S.A. - By running an algorithm that scanned through the internet's immense collection of photos, the Guggenheim was found to be the most photographed place on earth.
- The wettest place in the world - Mawsynram, India - This region in the Indian subcontinent enjoys an average of 467.35 inches (1187cm) of rain per year. (In 1985, it had an amazing 1000 inches, or 25.4 meters of rain!)
- The driest place in the world - Atacama Desert, South America - It may be hard to believe, but the Atacama Desert gets about 4 inches (10cm) of rain every 1000 years. (Yes, 1000 years!)
- The sunniest place in the world - Yuma, Arizona, U.S.A. - Yuma 90% clear and sunny skies every year, with an average of 11 hours of sunshine per day.
- The most expensive city in the world - Singapore - In 2014, Singapore dethroned Tokyo and earned the title "world's most expensive city".
- The least expensive city in the world - Mumbai, India - A stark contrast to Singapore, Mumbai is 2014's cheapest city. On average, a person would need to spend 4 times as much in Singapore, compared to Mumbai.
- The Oldest city in the world (still exists) - Damascus, Syria - While there are many older cities that no longer stand, the city of Damascus has evidence of civilization going back 11,000 years, and is the oldest city that still stands.
- The newest country in the world - South Sudan - The southern part of Sudan, which consists mainly of Christians, split from the northern part (Muslim majority) in 2011, making it the youngest country in the world.
- The most visited city in the world - London, England - London sees 18.69 million international visitors every year, making it the most visited city in the world.
- The most popular country in the world - Germany - In an international survey performed by the BBC, Germany got a 59% positive rating, making it the most popular country in the world.
- The least popular country in the world - Iran - The same poll found that Iran barely got a 15% positive rating.
- *The country that drinks the most coffee in the world - Sweden - The average Swede consumes 388mg of coffee per day.
- The country that drinks the most alcohol in the world - Belarus - On average, every person above the age of 15 drinks 4.62 gallons (17 litres) per year, earning Belarus this dubious title.
- The most bicycle-friendly city in the world - Groningen, Netherlands - Around 50% of

the population of Groningen commutes on bicycles every day, making it the city with the most bicycles per capita.

- The most energy efficient city in the world - Reykjavik, Iceland - All of the energy in the capital of Iceland comes from geothermal power plants and hydropower. The city aims to be completely free of fossil-fuel by 2050.

THE TREE OF 40 FRUITS

Sixteen trees especially cultivated by an artist in the US will soon be heavy with forty different types of fruit as they enter their harvest season. Peaches, plums, apricots, nectarines, cherries and almonds began ripening on the Tree of 40 Fruit in July. To create the plants, New York-based artist Sam van Aken painstakingly collected heirloom stone fruits — which are not commercially available — and fused them onto a single tree using a technique called grafting.

Mr. Van Aken gathered the young shoots from different fruit trees and stored them until spring. He then replaced buds on an existing tree with shoots he had collected.

By noting down when each fruit blossomed, he was able to "sculpt" the tree. The result was trees awash with flowers in hues of pink, crimson and white when in blossom, and will be weighed down by a multitude of stone fruits by autumn. The trees also have a scientific use, he says, with "far-reaching implications for genetic engineering and biodiversity versus food monoculture"

FINALLY THIS WEEK

John went to visit his 90 year old grandfather in a very secluded, rural area of Saskatchewan. After spending a great evening chatting, the next morning John's grandfather prepared breakfast of bacon, eggs and toast. However, John noticed a film like substance on his plate, and questioned his grandfather asking, 'Are these plates clean?'

His grandfather replied: 'They're as clean as cold water can get em. Just you go ahead and finish your meal, Sonny!'

For lunch the old man made hamburgers. Again, John was concerned about the plates, as his appeared to have tiny specks around the edge that looked like dried egg and asked: 'Are you sure these plates are clean?'

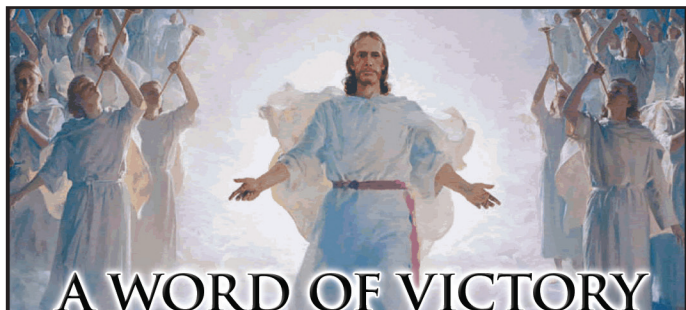
Without looking up the old man said: 'I told you before, Sonny, those dishes are as clean as cold water can get them. Now don't you fret, I don't want to hear another word about it!'

Later that afternoon, John was on his way to a nearby town and as he was leaving, his grandfather's dog started to growl, and wouldn't let him pass.

John yelled and said, 'Grandfather, your dog won't let me get to my car.'

Without diverting his attention from the football game he was watching on TV, the old man shouted!

'Coldwater, go lay down now, yah hear me?!'



A WORD OF VICTORY

Welcome back dear reader last week we looked at the doctrine of faith. Scripture tells us that faith in God's Word produces victory and makes us successful. Importantly, linked to faith is the doctrine on forgiveness. In Mark 11:22-24 Jesus said that if we have faith in God we can speak to mountains (that is any manner of problem facing us) and command them to be gone in Jesus' Name and we will have whatever we say. But then He goes on in verse 25 and tells us that when we stand praying if we have aught against anyone that we are to forgive them or else God cannot forgive us our sins. Now unforgiveness and bitterness is an open door for the Devil to come in and attack us with multiple problems – in our health, our finances, relationships, children etc.... This is one of the main reasons why so many people are sick, why so many marriages break up, why so many people suffer lack because of harbouring bitterness, resentment or unforgiveness against other people who have offended them in some way. Holding offence is the same as someone taking a spoon of poison thinking that it will hurt the person they are mad at. In the natural this would be ridiculous yet this is exactly what happens when we take offence. Our bodies are controlled by our glandular system that secrete various hormones to keep us in balance - for example on hearing good news we feel happy because of the hormones that are released, with bad news we feel sad or miserable again controlled by our hormones - they have a major bearing on our overall health. To remain offended ultimately brings all sorts of sickness. At Word of Victory we have seen many people suffering from crippling conditions completely healed and delivered when taught how to get out of the trap of unforgiveness. If you have any prayer need please call **064-6622950** or email wordofvictory@eircom.net.
More next week...

Contact: 064 - 66 22950 Email: wordofvictory@eircom.net

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STATE MARKS CENTENARY OF O'DONOVAN ROSSA FUNERAL

President Michael D. Higgins lead the official State commemoration of the centenary of the funeral of Jeremiah O'Donovan Rossa in Glasnevin Cemetery, Dublin last Saturday.

The event, which was hosted by the Minister for Arts, Heritage and the Gaeltacht, Heather Humphreys TD, was the first formal State commemoration being held as part of the Ireland 2016 Centenary Programme.

An Taoiseach, Enda Kenny T.D. who attended, said, "Jeremiah O'Donovan Rossa was an iconic figure in Irish history. Even one hundred years after his death his name is synonymous with the Fenians and with Irish Nationalism. The liberation of his country became his life's ambition. His funeral remains one of the pivotal moments in Irish history and was an occasion that would be hugely instrumental in shaping the future of our nation."

Glasnevin Cemetery was the site of many funerals of critical importance to our nationhood in the 20th Century, Griffith, Collins, de Valera to name three; however, the most significant funeral of them all was that of Jeremiah O'Donovan Rossa. The funeral



was overseen by John Devoy on behalf of the family and organised to the minutest detail by Tom Clarke. Nearly 100 people served on the organising committee, with 13 sub-committees. The Irish Volunteers, The Irish Citizen Army, Na Fianna Éireann, Cumann na mBan, Wolfe Tone Association, Irish Transport and General Workers Union, Dublin Trades

Council, Irish Foresters Association were all represented. The individuals involved included all those who had a significant role in the "Rising" but most notably the seven signatories to the "Proclamation" were all on the committee.

21ST ANNIVERSARY



In loving memory of

EILEEN O'DONOGHUE

late of Ballycasheen, Killarney.
who died on the 11th August, 1994.

Our Mum,
Why our Mum we often say
Why she was picked to be that way
Now she has gone and left us here
We all did love her very dear
When she was very ill in bed
She won't pull through the Doctor said
Every time she came out on top
But suddenly it came to a stop
All the nurses we must thank so much
They always had the special touch
To get her well and pull her through
We owe it all to all of you
And also the home-help
They did a lot
Don't worry we never forget
Ye kept her well she- had no pain
And minding her was not a strain
And her friend that was so dear
She never had to live in fear
Of feeling down and all alone
She'd come by and make it home
All the suffering Mom went through
Dad was there
And went through it all
He stood by her through it all
And at the end he took the fall
A bouquet of beautiful memories
Sprayed with a million tears
Wishing God could have spared you
If just for a few more years.

**Loved and remembered by your husband
Sean, son Sean, daughters Norma,
Patricia, Lorraine & Killian, grandchildren
Fionn, Saoirse & baby Oisín,
relatives and friends.**

2ND ANNIVERSARY



Loving memories of

TIMOTHY 'TED' FITZGERALD

Lisheenacanna
Ballyhar Killarney
Died on 5th August 2013

Treasured memories keep you
near,
As time unfolds another year.
Out of our lives you may be gone,
but in our hearts you still live on.



**Always loved and remembered
by your wife Elizabeth and
family.**

PRAYER TO THE HOLY SPIRIT

Holy Spirit you make me see everything
and show me the way to reach my ideal.
You give me the divine gift to forgive and
forget the wrong that is done to me and who are
in all instance of my life with me.

In this short dialogue I want to thank you for
everything and confirm once more that I never
want to be separated from you no matter how
great the material desires may be. I want to be
with you and my loved ones in your perpetual
Glory. Amen. (Say this prayer three consecutive
days without stating the request, after the third
day the request will be granted no matter how
difficult it may be. Promise to publish this as
soon as your request is granted.)

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. **A.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 this
novena to beg of you the favours that I need
(make request). For 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. **M.M.**

THANKSGIVING ST. JUDE

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

Favour granted after 3 days.

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. Pray, whether you believe
or not.

Publish on the 9th day.

"May the Sacred Heart of Jesus be praised,
adored, glorified and loved today and always.
Your request will be granted no matter how
impossible it may seem.

Publication must be promised.

K.R.

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.

THE MIRACLE PRAYER

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

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

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

Amen.

Say this prayer for three days and your favour
will be granted. Never know to fail.
Must promise publication of prayer.

N.M.C.D.

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
J.H.

THE MIRACLE PRAYER

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

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

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

Amen.

Say this prayer for three days and your favour
will be granted. Never know to fail. Must
promise publication of prayer.

J.K.O.C.

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

O Most Beautiful Flower of Mount Carmel, Fruitful
Vine, Splendour of Heaven, Blessed Mother Son
of God, Immaculate Virgin, assist me in this my
necessity. O Star of the Sea, help me and show me
herein you are my Mother. O Holy Mary, Mother of
God, Queen of Heaven and Earth, I humbly beseech
you from the bottom of my heart to succour me in
this necessity. (make request). There are none, that
can withstand your power. O show me herein you
are my mother. Oh Mary conceived without sin,
pray for us who have recourse to thee (3 times).
Holy Mary, I place this cause in your hands, three
times. Thank you for your mercy to me and mine.
This prayer must be said for three days and after
that the request will be granted and the prayer
must be published immediately. **S.O.S.**

THE MIRACLE PRAYER

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

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

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

Amen.

Say this prayer for three days and your favour
will be granted. Never know to fail.
Must promise publication of prayer.

N.M.C.D.

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