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Dunnes
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Killarney Golf Club
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Kilgobnet Breen's Shop
O'Sullivan's Shop

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Milltown Farmer's Market (old church)
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EARTH TO ECHO (PG) 100m 7 Days 4:30	3D GUARDIANS OF THE GALAXY (12A) 135m 7 Days 2:05 8:45	2D GUARDIANS OF THE GALAXY (12A) 135m 7 Days 4:25 6:30 Thurs 6:45 11:15	
2D DAWN OF PLANET OF THE APES (12A) 135m 7 Days 6:15 8:45 Late Show Fri 11:15	THE PURGE (16) 110m 7 Days 6:40 9:00 Late Show Fri 11:30	STEP UP (PG) 120m 7 Days 6:40 9:00 Late Show Fri 11:30	
PUDSEY (PG) 95m 7 Days 2:25 12:15 Sat/Sun 12:15	2D HOW TO TRAIN YOUR DRAGON 2 (G) 115m Fri-Wed 2:30 4:15	MRS BROWN'S BOYS D'MOVIE (15A) 105m 7 Days 6:50 9:00 Late Show Fri 11:30	

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2700 ROWERS - 530 CREWS - ONE GIGANTIC ROWING WEEKEND

Lough Currane in Waterville will host the All Ireland Coastal Rowing Championships on the weekend of Friday, 15th to Sunday 17th August 2014. More than 2700 rowers will descend on the picturesque village of Waterville, which lies on the Iveragh Peninsula, 530 crews each competing for a medal and a trophy, in the most coveted of Rowing Championships. The Kerry Coastal Rowing Association will be hosting the championship event. There are over 20 coastal rowing clubs, involved in the mammoth task of organising a fantastic programme of rowing and entertainment during the weekend. A total of 25 categories of rowing from the Under 12s crews to Master/Veteran crews.

Speaking about the event, well known event PRO and Organiser Mary B Teahan, said "This regatta is the biggest regatta in the country and promises to be full of passion, pride and fantastic competition, where the best in the country will come to take on the might of each other. It's a celebration of rowing. Crews from Donegal, Antrim, Belfast, Dublin, Wicklow, Wexford, Cork, and Kerry, will battle it out on the water and be assured of best of Kerry 'Cráic' during the event. It's also a showcase of what this part of the Iveragh Peninsula has to offer, in terms of tourism and promotion of the Wild Atlantic Way... it ticks all the boxes"

The event begins with a blessing of the boats, on the Friday evening at 4pm. Then the real rowing action begins. Speaking more about the event Mary B. added "The opening ceremony promises to be a taste of Kerry, a lot of effort and time been put in to prepare for this prestigious event with the coastal rowing clubs, fund raising throughout the winter. The



LAUNCHING THIS YEARS ALL IRELAND COASTAL ROWING CHAMPIONSHIPS WHICH TAKES PLACE ON LOUGH CURRANE, WATERVILLE, ON THE WEEKEND FRIDAY, 15TH TO SUNDAY 17TH AUGUST 2014. FROM LEFT, KAREN JOY, KILLORGLIN RC, LIANE TEAHAN, CROMANE RC, PAT CUFFE, CHAIRMAN KERRY COASTAL ROWING, AND WORKMEN'S RC, CLLR NORMA MORIARTY, WATERVILLE RC AND ALISON O'SULLIVAN, CAHIRCIVEN RC. PHOTO: VALERIE O'SULLIVAN

board has driven the preparations forward with the local rowing clubs and GAA in Waterville all helping out for the weekend. There is nightly entertainment in the green in the village with an array of bands and music and our nominated charity kindly stewarding we want everybody to support them Recovery Haven cancer services"

A total of 40 heat races will be rowed on the Saturday. The finals take place on Sunday, the atmosphere is more akin to that 3rd Sunday in September in Croke Park, Club Colours are worn with pride, the club support out in force,

the intense rivalry, the referees decision, the photo finish, the factions, club picnics, and maybe the old splash of rain!

The type of boat used in the Coastal Rowing Championships is called a 'One Design' - fibre glass boat, fixed seat, a crew of four and cox. Another fine showcase to watch out for is The Seine boat crews of Mid and South Kerry, the toughest of men, rowing the toughest of races, 12 man crew, with a cox, racing high pressure for over 18Kms...real iron men!

SWALLOW SETS UP HOME AT THE KILLARNEY OUTLOOK



This swallow was taking no chances that she would miss her favourite weekly magazine - The Killarney Outlook - so she set up home in the eaves at the back of the High Street office. Her nest has now become home to five newborn

chicks and our pictures shows Mother Swallow feeding the hungry swallow chicks. She has even on occasion taken a short cut through the main office to get to her chicks much to the amusement of customers and staff.

CONCERTS CONTINUE AT ST. MARY'S

St. Mary's Church of Ireland Concert, Saturday August 16th 2014.

St. Mary's 2014 Concert Season continues on Saturday August 16th when they welcome from the United States, the New England Irish Harp Orchestra. Under the Directorship of Regina Delaney, the Orchestra's programme will include traditional Irish dance tunes, slow airs and songs. Members range in age from mid twenties to mid-eighties and come from Maine, New Hampshire and Massachusetts. The Orchestra has previously performed across the States.

Given the wonderful Church's acoustics and the concert programme, this promises to be another wonderful evening's entertainment!

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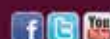
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TINA AND PAT TAKE ON THE BEAST OF BALLYHOURA

Well known Killarney Artist Tina Reid and her new husband Pat Rodgers had honeymoon with a difference when they took part in Ireland's Toughest Adventure Race - The Beast of Ballyhoura over the August Bank Holiday Weekend from August 2nd to 4th. The Beast of Ballyhoura is team event comprising a mix of men and women. The goal is to be the first team to get all four members across the finish line together. Teams Mountain Run, Mountain Bike, Kayak, Abseil, Orienteer, Climb, Run, Walk, Night Navigate, Swim, Archery, and Shoot over a period of 40 hours non stop and over 400km on a predetermined route through the low lands and uplands of Tipperary, Limerick and Cork. Teams will have to navigate the best route and determine the optimum level of



HONEY MOON IS OVER... NEWLY WEDS, TINA REID AND PAT ROGERS, KILLARNEY, BIKING UP MILLENNIUM CROSS, CO CLARE, COMPETING IN THIS YEAR'S BEAST OF BALLYHOURA, A 40 HOUR NON STOP ADVENTURE RACE. PHOTO: VALERIE O'SULLIVAN



equipment, food and pace to win. Disciplines included, Canyoning in the Clare Glens, Co Tipperary, night Swim and kayaking on Lough

Derg, Co Clare, mountain biking over mountain terrain, archery, night navigation on The Galtee Mountains.

TEAM 27 THE PATSY'S, SEES KILLARNEY'S TINA REID, COMPETING IN THE CANYONING SECTION IN CLARE GLENS, CO TIPPERARY, IN THIS YEAR'S BEAST OF BALLYHOURA.

PHOTO: VALERIE O'SULLIVAN.

RACHEL OFFICIALLY OPENS HEATHER RESTAURANT AT THE GAP



TV CHEF RACHEL ALLEN, WHO OFFICIALLY OPENED "HEATHER", ARTISAN RESTAURANT AND TIERED GARDENS AT MORIARTY'S, THE GAP OF DUNLOE, KILLARNEY CO KERRY, ON THURSDAY AFTERNOON, WITH MEMBERS OF THE MORIARTY FAMILY, DENIS PIO, AILISH AND HEIDI MORIARTY. PHOTO: VALERIE O'SULLIVAN.



THE SELFIE...TV CHEF RACHEL ALLEN, WHO OFFICIALLY OPENED "HEATHER", ARTISAN RESTAURANT AND TIERED GARDENS AT MORIARTY'S, THE GAP OF DUNLOE, KILLARNEY CO KERRY, ON THURSDAY AFTERNOON, WITH LOCAL CHILDREN, EDEL SWEETMAN AND CARRIE O'CONNOR. PHOTO: VALERIE O'SULLIVAN.



TV CHEF RACHEL ALLEN, WHO OFFICIALLY OPENED "HEATHER", ARTISAN RESTAURANT AND TIERED GARDENS AT MORIARTY'S, THE GAP OF DUNLOE, KILLARNEY CO KERRY, ON THURSDAY AFTERNOON, WITH TIM AUSTIN, GARDEN DESIGNER, LEFT AND PROPRIETORS, DENIS PIO AND AILISH MORIARTY. PHOTO: VALERIE O'SULLIVAN.

UNION J TO PERFORM AT THE ROSE FESTIVAL

Former X Factor performers, Union J who have over 1.5 million followers on Twitter (@UnionJworld), will perform live on Denny Street on Friday 15th August.

Union J, the latest in the manufactured pop Boy Band mould to perform live at the Rose of Tralee International Festival, will kick-start this year's out. The free and affordable music, whether it's pop or trad, on the entertainment schedule since 1959, has seen a range of groups perform to massive crowds who throng the streets of Tralee and the Dome every year. The Union J Concert, featuring guests RYAN DOLAN, TAKEN and more, will get underway at 7pm on Friday 15th August. It will be a fully-enclosed and secure event and access to the event location will be restricted for Health and Safety reasons and is subject to Licence.

Hometown, the latest Louis Walsh Boy Band to woo young girls everywhere, will also make an appearance during the first televised night of the Rose of Tralee selection on Monday 18th August.

Pre-Queuing for Union J will start at 4pm and the Entry Gates will open from 7pm. All concert-goers will enter the event from Denny Street.

Tickets are only €10 from www.roseoftralee.ie Byrnesworth in The Square and from the Rose of Tralee Box Office which is located at the Ashe Memorial Hall on Denny Street.



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STRONG FAMILY TIES AT THE GLENEAGLE HOTEL

Considered one of the best employers in Killarney, The Gleneagle truly is a family-run business with many of its newest recruits following in the footsteps of their parents and grandparents by joining the team at the hotel.

The Gleneagle Hotel which first opened for business as a twelve bedroom hotel back in 1957 now employs over 300 people and seven of these are the grandchildren of former and current employees.

Receptionist Danielle Weber is the granddaughter of Con O'Keeffe who began working part-time in the hotel in 1959. "I'm delighted that Danielle is working in The Gleneagle, I have many fond memories of working there and I'm sure Danielle will enjoy her time there too," says Con. "Myself and my good friend Tom O'Sullivan started work in The Gleneagle back in 1959, we had great camaraderie. We have been lifelong friends ever since."

Tom has two grandsons now working in the hotel, Jamie O'Sullivan is working in the bar and is also studying Hotel Management and his cousin Tomás O'Sullivan is working in the shop and is studying Arts in UCC. Tom was unable to attend the mini reunion due to



FAMILY TIES... THE GLENEAGLE HOTEL, KILLARNEY, HAS ALWAYS PRIDED ITSELF BEING THE PERFECT FAMILY HOLIDAY, AND BEHIND THE GREAT FASCADÉ, MANY FAMILY GENERATIONS HAVE BEEN EMPLOYED BY THIS POPULAR KILLARNEY HOTEL. NOW IN IT'S FOURTH GENERATION OF 'FAMILY TIES', THE GENERATIONS CAME TOGETHER THIS WEEK TO CELEBRATE, ABOVE ALL THE LOYALTY AND COMMADRERIE, SITTING FROM LEFT, MRS MARGARET O'DONOGHUE, WITH HER GRANDCHILDREN, PETER AND EVE O'DONOGHUE, MRS UNA O'CALLAGHAN AND HER GRAND DAUGHTER MICHELLE O'CALLAGHAN, MICHAEL CAREY AND HIS GRAND DAUGHTER KAREN HARRINGTON, BACK ROW, THE O'SULLIVAN BROTHERS, GRANDSON OF TOM O'SULLIVAN (MISSING FROM PHOTO), TOMÁS AND JAMIE O'SULLIVAN, CON O'KEEFFE WITH HIS GRAND DAUGHTER DANIELLE WEBER.

PHOTO: VALERIE O'SULLIVAN.



PICTURED FROM R TO L: TOM O'SULLIVAN, CON O'KEEFFE AND THE LATE MAURICE O'DONOGHUE

illness.

Receptionist Karen Harrington is the granddaughter of Michael Carey who has worked part-time in The Gleneagle since 1969. "I've had many jobs during my time here; I worked in the Ballroom for twenty five years setting up for the dances and I also worked as a doorman, gardener, bus driver and in general maintenance."

Una O'Callaghan joined The Gleneagle team back in 1976 and worked in the ticket office until 2002, her granddaughter Michelle is following in her footsteps and has been working in The Gleneagle for the past six years. "I used to live

next door so working in The Gleneagle was very convenient, I loved working there and we all treated it as if it were our own business, we were never late and worked very hard," says Una.

Margaret O'Donoghue is joined in the family business by her grandson Peter and granddaughter Eve who are both working while on holidays from secondary school. Peter and Eve are the fourth generation of O'Donoghue's to work in The Gleneagle as the hotel was first open by their great grandparents Paddy and Sheila O'Donoghue and later run by their grandparents Maurice and Margaret.

PICTURE PERFECT...



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

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

LOUGH LEIN SUNSET BY GERARD McAULIFFE, RATHMORE

GRANTS FOR YOUNG SCIENTIST EXHIBITION

Schools in Kerry have received over €13,400 in aid from BT to help them enter the BT Young Scientist & Technology Exhibition.

The company has reinforced its commitment to support schools across Ireland to enter the BT Young Scientist & Technology Exhibition with a €75,000 accommodation grant. Since introducing the scheme in 2006, BT has distributed 1,115 grants to over 330 schools across the Republic and North of Ireland, amounting to a total figure of €488,700. To date, schools in Kerry have received €13,400 in financial aid from BT under the Grant Scheme.

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ALL ROADS LEAD TO KILLARNEY THIS WEEKEND FOR THE SEVENTH TED'S OPEL VAUXHALL RUN.

This Run is the highlight of the Opel / Vauxhall calendar in Ireland attracting in the region of eighty vehicles to the event. There are numerous Awards and Trophies with an additional Award added this year presented by Opel Ireland. The major prizes will be presented after the lunch with the "Special Awards" presented at various stops along the route.

The route leaves Killarney and heads to Dingle, continuing on to Ventry with the lunch stop at the renowned Páidí Ó Sé's Bar. It then continues around Sleah Head, over the Connor Pass to Camp, over Bóthair na gCloch, on to Boolteens and returning to the Hotel Killarney.

The event finishes up with a great social night in the Hotel Killarney Bar.

All Opel / Vauxhall / Bedford / GM vehicles are welcome, Old or New so if you are an



ORGANISERS PICTURED AT THE LAUNCH OF THE OPEL VAUXHALL RUN AT THE HOTEL KILLARNEY.



enthusiast why not call to the Hotel on the morning to see the cars before the head off. Cars will be leaving the Hotel at 10am tomorrow, Saturday 9th August. This year's event is once again co sponsored

by the Kevin O'Leary Group Opel Dealers and Cartell.ie and the group's chosen charity is the Irish Dogs for the Disabled, for whom they will sponsor a puppy named Hope for the sum of €15,000.

READY FOR THE OFF.... THE 7TH TED'S OPEL VAUXHALL RUN TAKES PLACE THIS WEEKEND.

AUGUST RACE MEETING BECKONS AT KILLARNEY

The Killarney August Racing Festival gets underway on Wednesday 20th and will run until Saturday 23rd. Littlewoods Ireland Ladies Day will take place. The first three days of racing are all evening meetings, Wednesday 20th of August features the Vincent O'Brien Ruby Stakes with a prize fund of €40,000. The Racecourse are delighted to announce that the newly crowned 2014 Rose of Tralee will be attendance on Wednesday evening along with other Roses and their Families. Thursday 21st of August is a mixed race card and features The Owens McCarthy Claims Specialists Kingdom Gold Cup with a €50,000 prize fund. Killarney Racecourse looks forward once again to welcoming its French counterparts Bordeaux Racecourse. Three French amateur riders will race later that evening in the Bumper. Friday 22nd, Racegoers will enjoy a mixed card which will feature The At The Races Handicap Hurdle. 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 23rd of August will see Killarney Racecourse host its Littlewoods Ireland Ladies Day. Ladies will be out to impress TV3's Ireland AM presenter Sinead Desmond the Littlewoods Judge to win the fabulous prize of a €1,500 Littlewoods Ireland shopping spree and coveted title of



2014 ROSES WILL ATTEND THE FESTIVAL THIS YEAR.

Best Dressed Lady. Nine stylish runners up will receive a €100 Littlewoods Ireland spending spree. Killarney Racecourse Manager Micheál 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 our most 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 5.10pm, with Thursdays off at 5.10pm, Fridays off at 5p.m. and Saturdays going to post at 1.45p.m. Hospitality & Barbecue Packages are available on all four days. For bookings contact 064-6631125 or visit www.killarneyraces.ie

WORK BEGINS ON CUH WARD

Work finally began this week on the construction of a new 20 bed inpatient respiratory ward at Cork University Hospital. The driving force behind the project is Castleisland man Joe Browne who founded the cystic fibrosis charity Build4Life which has been fundraising for the project for a number of years.

Following prolonged negotiations and the delay of the project, Build4Life were finally guaranteed that CF patients will have access to four beds with up to 10 available on an emergency basis.

ORDER OF MALTA SAYS THANKS

The Members of the Order of Malta Ambulance Corps, Killarney Unit, would like to sincerely Thank everyone who contributed to our Annual Flag Day and Church Gate Collection on Saturday 26th & Sunday 27th July. It is very much appreciated.

WRESTLING WINNERS

Two lucky winners of Killarney Outlook Wrestling competition enjoyed the show at the Killarney Sports & Leisure Centre last weekend. The lucky winners are Brendan O'Reilly, Gransha Upper, Castlemaine and Edward Fitzgerald, Raheen, Rathmore.



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GREAT TURNOUT FOR KDMC AUTOCROSS

Large crowds descended on Aghadoe last weekend for the Killarney & District Motor Club Jimmy Devane Memorial grass surface Autocross event.

The action took place with over 40 competitors from all over the country taking part and driving a wide variety of cars and special buggies on the day. The weather held off and we had a great day's racing. The track was technical, fast, with some big jumps and required some precision driving set out by Clerk of the Course Denis Nagle. There was some fierce competition amongst the local drivers for overall honour and the Jimmy Devane Cup. Congratulations to Ian Byrne Dublin taking 1st overall and claiming the title for his first year.

RESULTS:

Class 1 Shane Lenihan – Honda Civic.

Class 2 Donagh Crowley – Toyota Starlet.

Class 3 Gerard O'Shea – Peugeot 205.

Class 4 Jerry Lehane – Subaru Impreza.

Class 5(A) William Cavanagh – Suzuki Buggy.

Class 5(B) Jimmy Lucey – Rover Special.



CLASS 2 WINNER DONAGH CROWLEY FROM GNEEVIGUILLA IN ACTION IN HIS TOYOTA STARLET AT THE JIMMY DEVANE AUTOCROSS IN AGHADOE OVER THE WEEKEND.



1st Ladies Mary O'Shea- Peugeot 205.
1st Novice Lukasz Czarnik Peugeot 206.
1st Junior David Gleason – Fiat Uno.
1st Saloon Damien Doolan – Vauxhall Nova.
1st Overall Ian Byrne – Nissan Special.
Also a special thanks to the Kerry Civil Defence ambulance service, Dr Rauf without whose assistance the running of this event would not

be possible. Mike Marshal-chief timekeeper and All of our Sponsors for supporting the event. Gene Cronin for the use of his field, whom we are very grateful. A donation will be made to Kerry Branch of the Motor Neuron Disease Charity from the proceeds of the event.

OVERALL WINNER OF THE JIMMY DEVANE CUP IAN BYRNE FROM DUBLIN PICTURED HERE IN ACTION IN HIS NISSAN SPECIAL BUGGY

IRISH NIGHT AT THE INEC

The Kerry Friends of Motor Neurone are holding a free night of Irish Music, Song, Dance and Storytelling as a thank you to all who took part in the 2014 Ring of Kerry Charity Cycle.

The INEC Acoustic Club at the Gleneagle Hotel is the venue on Friday August 15th and doors open at 8pm.

All cycle participants and all who supported the group, along with the general public are invited to the event.

It promises to be an energetic night of traditional Irish music with the Lynch family from Ovens in Co. Cork and renowned Kerry seanchai Batt Burns with other special guest performances.

All welcome.



CAROLINE HENNESSY, MANAGER AND AINE O'CONNOR, ASSISTANT MANAGER RECEIVE THE KEYS OF THE DOOR FOR THEIR NEW STORE DV8 WHICH OPENED IN THE KILLARNEY OUTLET CENTRE AT THE WEEKEND FROM PAUL SHERRY, GENERAL MANAGER. DV8 SPECIALISES IN MENS AND LADIES CLOTHES AND SHOES WITH TOP LABELS SUPERDRY AND CONVERSE AMONG THEIR MANY BRANDS. PICTURE BY DON MACMONAGLE.



PICTURED IS SEANACHAI, AUTHOR AND FORMER TEACHER, BATT BURNS ENTERTAINING A GROUP OF LOCAL CHILDREN IN SOUTH SQUARE SNEEM L: R LIAM BREEN, JACK AND KATIE RINEY. PHOTO: LISA O'SHEA.

GOT SOMETHING TO SAY?

Tell the Killarney Outlook :: Advertising – News – Sports

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CASTLEMAINE**
REF 579

Guide Price €235,000.

4/5 Bedroom Detached House set on circa 0.3 acre site. Large detached garage. Solar/oil heating.

BER B3



**MILLFORD HOUSE, FOSSA,
KILLARNEY**
REF 565

Guide Price €170,000.

4 Bedroom Bungalow (1,200 sq ft) on circa 0.25 acre site. Requires re-decoration and modernisation.

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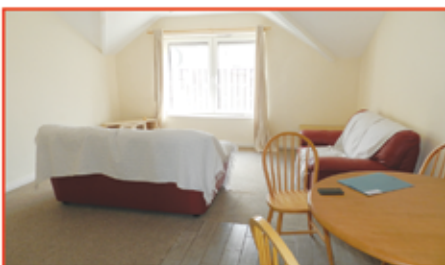


**20 CAHERNANE MEADOWS,
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**12 LARTIGUE COURT,
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**APARTMENT 4 BARRADUFF
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MUNSTER RUGBY PLAYERS ENJOY TOURING KILLARNEY AND KENMARE

Fans of Munster Rugby were in for a treat recently when the team members visited Killarney and Kenmare where they enjoyed the sites and mingled with the locals. In Killarney the team enjoyed a trip on Killarney Big Red Hop-on bus tour while Dermot Healy of Healy Motors took Felix Jones, Ronan O'Mahony and Johnny Holland on a chopper flight to see the new Killarney Rugby Club grounds in Aghadoe and across the lakes to Lady's View. They then took the breathtaking trip through the spectacular Gap of Dunloe. The team stayed at O'Donoghue-Ring Hotels, where Michael O'Donoghue and his staff did a magnificent job of finding rooms for the players who had to stay together in their bonding session.

In Kenmare, team members stayed at the Kenmare Bay Hotel where according to Sile



CATHAL O'GRADY KILLARNEY TOUR BUS WITH MUNSTER RUGBY TEAM PLAYERS.

Browne at the Hotel, they were a great laugh and enjoyed every moment of their visit to the town. CJ Stander and Robin Copeland even

posed as a Bride & Groom to promote the Kenmare Bay Hotel as a Wedding Venue, much to the delight of management and staff there.



THE MUNSTER RUGBY TEAM 6 AT THE KENMARE BAY HOTEL- STEPHEN ARCHER, CIAN BOHANE, DUNCAN CASEY, ROBIN COPELAND, JAMES CRONIN, PAUL O'CONNELL, CATHAL SHERIDAN, CJ STANDER AS WELL AS SILE BROWNE, THE SALES & MARKETING MANAGER AT THE KENMARE BAY HOTEL & ANDREW REES, GENERAL MANAGER.



SOME OF THE MUNSTER RUGBY BOYS ADMIRING ROBIN COPELANDS VEILOUTSIDE THE KENMARE BAY HOTEL.



MIKE FULLER KRC IN FRONT OF THE KILLARNEY TOUR BUS .

PICTURED LEFT: DONNACHA RYAN MUNSTER RUGBY PLAYER WITH VALERIE, CATHAN, EIMEAR AND CIARA HARRINGTON.

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MONEY MATTERS.....

By Dermot Cronin,
Financial Advisor

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

There are very many important reasons to review your pension, including: Performance of your pension and what funds you are invested in, this is **VERY IMPORTANT**, if your pension is invested in high risk funds your total pension fund can substantially reduce over a short period of time and if you are coming close to retirement this will result in you having a much less pension when you retire. Is your pension on target to reach the income you want on retirement? This should be checked for you on regular occasions, if your pension is not on target changes can be made to put your pension back on track again.

What pension provider is your pension with and how much do they charge you? Pension providers are different in the types of pension products they can offer you. Pension providers offer much more choices to clients now than before and the choices can be easier to understand if explained to you in plain simple English and not by using jargon. Charges are very important because you may be on a very high charging structure that can be decreased.

For the above reasons I recommend an annual review of every pension.
TO MAKE AN APPOINTMENT in relation to the above or any other matter you can contact **Dermot Cronin at 064 66 22775**
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KILLARNEY MODELS WOO AUDIENCES AT THE RDS

Top Kerry Models from the Norma O'Donoghue Model Agency took centre stage at this year's prestigious Blossom Hill Ladies Day at the RDS yesterday, August 7th. With close on 1000 attendees watching the fashion show on the main stage, Norma's models showcased the new Autumn/Winter collection from Lennon Courtney. Designers Brendan Courtney and Sonya Lennon hosted the fashion show with fellow designer world renowned milliner Philip Treacy also on stage on the day. It is the first time ever at the RDS that a Kerry based agency has taken part in this annual fashion slot, it was a lot of hard work and team effort on behalf of the models and I'm delighted and proud of them all" said Norma.

"This is a huge boast for us as it's usually Dublin based agencies that do this gig and I was thrilled when it was confirmed a few months ago. The models are so amazing on the catwalk and have great stage presence and they deserve this fabulous opportunity at the RDS".

The Norma O'Donoghue model agency has become a household name in fashion houses the length and breadth of the country and Norma herself has gained a cast iron reputation as one of the countries leading fashionistas. The agency has travelled from Kerry to Donegal and back this year taking part in fashion shows and events and have become a firm favourite with boutiques, milliners and designers nationwide. This year has been a fantastic one for the agency with some more fashion surprises confirmed for Autumn/Winter and some new faces joining them in September.



NORMA O'DONOGHUE PICTURED WITH SONYA LENNON AND BRENDAN COURTNEY ALONG WITH MODELS FROM THE NORMA O'DONOGHUE AGENCY WHO TOOK CENTRE STAGE AT THE RDS FASHION SHOW YESTERDAY.

"I'm thrilled to confirm we will be working with fashion royalty Joanne Hynes, Helen Cody, Claire Garvey to name a few in the coming season and we will be hosting some of the top fashion events in the county at venues like the Aghadoe Heights, Sheen Falls etc so the fashionistas have loads to look forward to", said Norma.

Among the models taking part are Joanne O'Connor from Killarney. JoJo has been with the agency from the very start. Next up is Aine Doherty and Sarah Jayne Taylor both from Killarney. Brendan Courtney had compared

Aine's look to that of Sharon Stone and has also compared Sarah Jane to Lily Cole!!! Also modelling is Mag's Kelleher from Rathmore who has also been with the agency from the start. Garda Elaine Howard from Limerick, and finally Dublin based model Sarah Wickham.

The models travelled in convoy from Killarney at 5am on Thursday morning to be at the RDS for rehearsals at 9am sharp with hair and make up after with their styling team for what was a long day but one that has put the Norma O'Donoghue Model Agency firmly on the map.

KILLORGLIN ALL SET FOR PUCK FAIR



GOATCATCHERS PAT CAHILL AND JOHN MCGRATH PICTURED OVERLOOKING DINGLE BAY ON TUESDAY WITH A CAPTURED WILD MOUNTAIN GOAT WHO WILL BE CROWNED 'KING PUCK' AT THE ANNUAL PUCK FAIR IN KILLORGLIN WHICH BEGINS NEXT SUNDAY AUGUST 10TH, 11TH 12TH. THE WILD MOUNTAIN GOAT WHO WILL BECOME THE 401ST 'KING OF IRELAND' WILL 'REIGN' FOR THREE DAYS AND THREE NIGHTS BEFORE BEING RELEASED BACK INTO THE MCGILLYCUDDY REEKS MOUNTAINS ON TUESDAY EVENING. PICTURE BY DON MACMONAGLE

MINISTER THANKS "TEAM IRELAND" FOR SUPPORT OF STAR WARS FILMING

Heather Humphreys, TD, Minister for Arts, Heritage and the Gaeltacht has acknowledged the wonderful reception and support the Star Wars production received from the people of Kerry and, in particular, in the village of Portmagee and the surrounding areas. She thanked all the State agencies which supported the two days of filming activity on Sceilg Mhichíl (Skellig Michael). She also thanked JJ Abrams and his team for choosing Ireland as one of the international locations for the film production.

She also acknowledged the important work of the National Parks and Wildlife Service, the National Monuments Service, the Office of Public Works, the Navy, An Garda Síochána, the Coastguard, Tourism Ireland, the Irish Aviation Authority and the many Government Departments involved in making this project a reality.

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ALL SMILES AT THE MILLTOWN DEBS

DRESSED TO KILL AT THE MILLTOWN DEBS IN BALLYROE HEIGHTS HOTEL, TRALEE ON WEDNESDAY NIGHT.

L/R: MICHAEL WILKINS (LISTRY), MICHELLE CARROLL (KILLARNEY), NORMA COURTNEY (LISTRY) AND CIARAN GRIFFIN (CASTLEMAINE).

IRISH CANCER SOCIETY LAUNCHES KERRY MINI-MARATHON APPEAL

The Killarney Women's Mini Marathon - 20th of September 2014

With over 1,300 people in Kerry diagnosed with cancer each year, the Irish Cancer Society is calling on the public in Kerry to get active and help beat cancer during this year's race season. With four Mini-Marathons taking place in the coming weeks, the Society is appealing to the women of Kerry to join 'Team Irish Cancer Society' for the upcoming events.

The Mini-Marathon season in Munster takes place in the Autumn with four races in Kerry, Cork, Tipperary and Limerick. They include:

The Killarney Women's Mini-Marathon,

Saturday, 20th September, Killarney town and Killarney National Park

The Evening Echo Women's Mini Marathon, Sunday 28th September, Cork City

The Tipperary Mini Marathon, Sunday 28th September, Thurles

The Limerick Women's Mini-Marathon, Sunday

26th October, University of Limerick Campus

People of all fitness levels can get involved in these events which promise a fun day out for all the family and provide a good incentive to increase physical activity. All funds raised by those who choose to fundraise for the Society will go towards the provision of free

services to cancer patients and their families all over Ireland. These include nursing services, cancer information services, transport to chemotherapy treatment and counselling to deal with the emotional effects of a diagnosis. As the leading voluntary founder of cancer research in Ireland, the funds will also be used to support the Society's world-class collaborative cancer research efforts into finding new ways of preventing, diagnosing and treating cancer. To join team Irish Cancer Society today - Call Save 1850 60 60 60, email fundraising@irishcancer.ie or visit www.cancer.ie/minimarathon and get your fundraising pack today.

PROPERTY OUTLOOK

THROUGH THE KEYHOLE....

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SUN SHINES AND CROWDS FLOCK TO THE 30TH KILGARVAN SHOW

PICTURES: LISA O'SHEA



WINNER OF THE OSMONDS ECOFLEECE EWE LAMB CHAMPION PAIR, DANNY LEE MCCARTHY RECEIVING HIS PRIZE FROM THE CHAIRPERSON OF THE KILGARVAN SHOW HELEN O'SULLIVAN, ALSO PICTURED L:R: JERRY CRONIN KILGARVAN, MARGARET AND NORA MCCARTHY KEALKILL, MARY O'SULLIVAN COMMITTEE MEMBER AND JUDGE PATSY RANGLES.



KEVIN O'CONNOR KENMARE WINNER OF THE OVERALL AND RESERVE CHAMPION BEEF BREED, AT THE KILGARVAN SHOW ON SUNDAY LAST.



PICTURED AT THE KILGARVAN SHOW ON SUNDAY L:R: COLLEEN, GRACE AND OLIVIA ANGLAND AND NOIRIN HEALY GLENFLESK.



DEIRDRE FOLEY LETTERFINISH SNEEM WINNER AT THE KILGARVAN SHOW ON SUNDAY.



PICTURED AT THE KILGARVAN SHOW ON SUNDAY L:R: KAY WALTON KENMARE AND GEMMA O'BRIEN SNEEM.



PICTURED ENJOYING THE KILGARVAN SHOW ON SUNDAY L:R: PADDY AND DAVID O'LEARY, SNEEM.



ENJOYING THE KILGARVAN SHOW ON SUNDAY L:R: SEAMUS HOGAN LIMERICK AND MAURICE O'NEILL SNEEM.

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ELAINE MURRAY FROM BALLINGEARY AND GERARD O DONOVAN FROM CO. WATERFORD WHO WERE MARRIED IN BALLINGEARY AND HELD THEIR RECEPTION IN THE BREHON HOTEL IN KILLARNEY.

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GERALDINE GRIFFIN FROM FOILMORE AND DAVID HEWSON FROM CO. TIPPERARY PHOTOGRAPHED IN KILLS BAY ON THE OCCASION OF THEIR WEDDING.

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CALL 999 AT THE FIRST SIGN OF STROKE IS THE MESSAGE FROM FAIR CITY DUO JIM BARTLEY WHO HAS EXPERIENCED STROKE IN REAL LIFE AND TOM HOPKINS WHO IS CURRENTLY BATTLING STROKE ON-SCREEN. THEY ARE PICTURED AT THE LAUNCH OF THE IRISH HEART FOUNDATION'S ANNUAL FAST AWARENESS WEEK, 11-17 AUGUST. THE IRISH HEART FOUNDATION IS TARGETING MORE THAN 250 LOCAL FAST CAMPAIGNS TO HAPPEN ALL AROUND THE COUNTRY NEXT WEEK IN HOSPITALS AND COMMUNITIES DRIVING HOME THE LIFESAVING IMPORTANCE OF CALLING 999 WITHOUT DELAY WHEN STROKE STRIKES. FAST STANDS FOR: F - HAS THEIR FACE FALLEN ON ONE SIDE? A - CAN THEY RAISE BOTH ARMS? S - IS THEIR SPEECH SLURRED? T - TIME TO CALL 999 IF YOU SEE ANY ONE OF THESE SIGNS. SEE WWW.STROKE.IE REGARDS. PHOTO: LEON FARRELL/PHOTOCALL IRELAND.



KRISTIN MCKENZIE-VASS WITH LITTLE JOCKEY KATIE MCCARRON AND KERRY ROSE MARY HICKEY WITH JOCKEY JAMIE KELLY ON 'FELIX' PICTURED AT THE LAUNCH OF THE ANNUAL LISTOWEL RACES IN COUNTY KERRY WHICH WILL TAKE PLACE FROM SUNDAY 14TH TO SATURDAY 20TH OF SEPTEMBER. AS PART OF THIS YEAR'S PROGRAMME, THE RACE COMPANY HAS LAUNCHED A NEW PHOTOGRAPHY COMPETITION, ENTITLED "LOVING LISTOWEL RACES". ENTRIES ARE NOW OPEN TO SUBMIT PHOTOGRAPHS (ORIGINALS OR DIGITAL IMAGES) THAT CAPTURE THE MAGIC, EXCITEMENT AND AMBIENCE OF A DAY'S RACING IN LISTOWEL. THEMES CAN INCLUDE RACING, FAMILY, FRIENDS, FASHION, HUMOR, SCENERY AND HISTORY. THE PHOTOGRAPHY COMPETITION IS OPEN TO EVERYONE OF ALL AGES, AND CAN INCLUDE IMAGES FROM PAST RACE MEETINGS, OR SPECIALLY SHOT IMAGES THAT CAPTURE THE MAGIC OF RACING IN LISTOWEL. THERE ARE A NUMBER OF PRIZES TO BE WON, PLUS 30 OF THE FINALIST'S WORK WILL BE SHOWN AT AN EXHIBITION AT THE COURSE OVER RACE WEEK. JUDGES WILL INCLUDE CELEBRATED KERRY BASED PHOTOGRAPHERS, DON MACMONAGLE AND PAT HEALY. FOR MORE INFORMATION AND AN ENTRY FORM, EMAIL: LISTOWEL@UPFRONTGROUP.EU OR DOWNLOAD A PDF OF ENTRY FORM FROM WWW.LISTOWELRACES.IE PHOTO: DON MACMONAGLE

If you have a picture you would like to publish

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CALLING ALL UNEMPLOYED PEOPLE..... TRALEE COMMUNITY COLLEGE HAS A PLC COURSE TO SUIT YOU

Tralee Community College is calling on those who are currently unemployed or those who left school early and wish to gain valuable qualifications to consider applying for a place on their broad range of PLC courses which will commence in September. Having a Leaving Certificate is not an entry requirement for mature students provided the applicant demonstrates a genuine interest and are deemed suitable for the area of their choice.

Course areas of particular interest to the unemployed include Hotel and Catering, Childcare, Furniture Making and Construction, Office Administration/Secretarial, Art & Craft, Computer Programming, Special Needs/Classroom Assistants etc. There are over thirty courses on offer (all incorporating high quality work experience) and not only do these courses provide employment opportunities but they also provide the means to access third level education in Institutes of Technology and Universities afterwards.

There is never an ideal time to return to



education, one just needs to make the decision to do it. The commitment will pay off and make one much more employable. It really is an investment in ones future. Because courses start at 9am and run until 4am each day they are ideal for those who may have children in school and want to use that time to retrain and prepare to get back into the workforce. The courses follow the usual academic year calendar so participants are off during all the usual school breaks. It is a very feasible option for those interested in upskilling. The unemployed or mature student may qualify

for a Back to Education Allowance and details are available from local social welfare offices or from www.susi.ie

Anyone who wishes to find out more information on courses at Tralee Community College can do so by logging on to www.traleecc.com where they can also make their online application. They are also very welcome to call into the college where they will be given any information or assistance they require. Alternatively, you may telephone 066 712 1741. Interviews will be held at the end of August.

HELP IS AVAILABLE, MOLONEY TELLS KERRY LEAVING CERT STUDENTS

Ahead of next week's Leaving Cert results, Labour Senator Marie Moloney is urging students and parents to avail of a free helpline which will offer advice and support on the CAO process.

"Run by the National Parents' Council, this free service is there to help during this difficult and stressful time for students who are receiving

their results. It is important that students know that help is available for them, for any query they may have once they receive their Leaving Cert results.

"The phone service will see experienced guidance counsellors ready to handle a huge volume of calls over the next two weeks from students who are wondering about

their options. Last year the service dealt with thousands of queries from all over the country. "With this helpline, students and parents should be reassured that expert advice is just a phone call away. The Freephone number to keep close to hand in the days ahead is 1800 265 165, and will be open from morning to evening for three days next week and the week after."

NATIONAL PARENTS' COUNCIL POST PRIMARY LEAVING CERT HELPLINE 2014



DON MYERS (PRESIDENT OF NPCPP) PICTURED WITH MINISTER FOR EDUCATION AND SKILLS, JAN O'SULLIVAN T.D.

The long wait for students who sat the Leaving Cert and Leaving Cert applied exams last June will be over next week. On next Wednesday August 13th the Leaving Cert results will be

made available to the 52,767 students who took the Leaving Certificate exams, and 2,810 at Leaving Certificate Applied Programme exams last June. We all know the anticipation, the unease and the dreaded moments before receiving the results. The examinations would have been an emotionally and physically demanding time for students and parents. Much thanks and appreciation has to be given to the State Examination Commission (SEC) who oversee the state exams and results process. Also word of thanks to all the teachers who prepared all the students throughout the country for these very important exams in a student's life over the last five or six years.

The National Parents' Council Post Primary Leaving Cert Helpline will open on Wednesday 13th August 2014 the day the Leaving Cert results are issued. The helpline is sponsored by eircom and the Irish Independent. Members of the Institute of Guidance Counsellors (IGC) will staff this service who will offer advice, information and support to Leaving Cert

students receiving their exam results. Students, parents and teachers all avail of this service. NPCpp have observed that in recent years, calls to the helpline have increased which shows the need for the service offered. Also a noticeable increase on calls last year was proof of the decrease in guidance counsellor allocations in schools. The counsellors will endeavour to give the best advice to all callers. If you need support or advice on any matter related to the results just pick up the phone and ring the dedicated helpline number.

Leaving Cert Helpline 1800 265 165

The leaving Cert Helpline details are as follows:
Wednesday: 13th August, 10:00am – 7:00pm
Thursday: 14th August, 10:00am – 7:00pm
Friday: 15th August, 10:00am – 1:00pm
The Helpline for the "first round CAO offers" are as follows:

Monday: 18th August, 8:00am – 7:00pm
Tuesday: 19th August, 8:00am – 7:00pm
Wednesday: 20th August, 8:00am – 1:00pm



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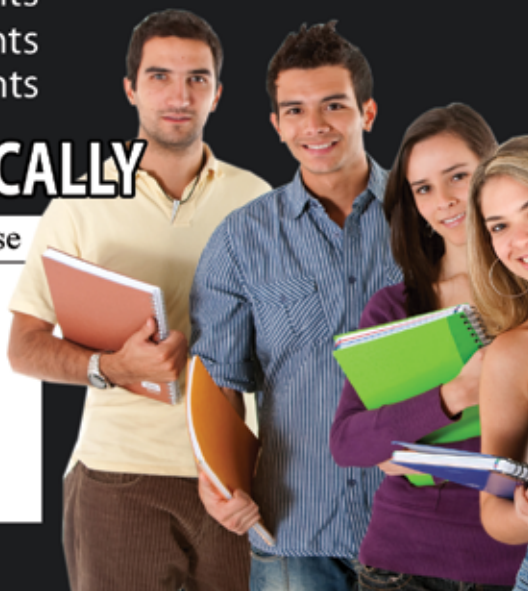
Points	National %	Brookfield %
550-600	3.0	11.7
500-545	6.4	10.6
450-495	11.0	19.1
400-445	13.3	18.1

- :: 22 % of our students got over 500 points
- :: 60 % of our students got over 400 points
- :: 93 % of our students got over 300 points

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Name	Points 2012	Points 2013	Increase
R.K.	575	605	30
R.D.	490	565	75
M.O.S.	425	540	115
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C.D.	225	435	210
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*Average Increase for our repeat students
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LEAVING CERTIFICATE RESULTS WILL BE AVAILABLE ON WEDNESDAY

(By Billy Ryle)

The keenly awaited Leaving Certificate Examinations results will be issued by the State Examinations Commission (SEC) next Wednesday and will, hopefully, contain good news for all concerned. Assuming that your results go according to plan, you will be in the mood to celebrate your achievement and to enjoy the moment. 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. Stay focussed during the next few weeks and keep an eye on the important dates and deadlines. Leaving Cert results will be available early in schools on Wednesday morning and, from 12 noon, online at www.examinations.ie and by telephone at 1530716016. 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, 19th August. The viewing of marked scripts will be held on Friday/Saturday, 29th/30th August. The closing date for receipt by the SEC of Leaving Cert appeal applications is Wednesday, 3rd 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, 18th August. CAO Round One offers may be accepted up to 5.15pm on Monday, 25th August. CAO Round Two offers and points requirements will be available at www.cao.ie from 6am on Thursday, 28th August. CAO Round Two offers may be accepted up to 5.15pm on Wednesday, 3rd 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 training course, 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.

If a career in agriculture and horticulture appeals to you, then make contact with Teagasc, which provides a variety of courses in the agricultural and horticultural areas. The agri-food industry is the fastest growing sector of the Irish economy and offers excellent career prospects at all levels. Teagasc website address is www.teagasc.ie.

If you are interested in a career at the craft level of work in the Hotel and Catering Industry make contact with Fáilte Ireland if you have not done so already. Many Fáilte Ireland craft courses are in the CAO application system. However they may not all fill and they also have a range of other training courses to suit a variety of circumstances. Keep an eye as well on the CAO website, www.cao.ie, for vacant places. Fáilte Ireland website address is www.failteireland.ie.

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 very 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 accommodate 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 is worth considering a return to school to repeat the examination. Most repeat students significantly increase their points. A more competitive result in the Leaving Cert Exam might be in your best interests in the long run. So, even though you'll feel a sense of relief when the waiting is over and the precious Leaving Cert results are in your hand, don't take your eye off the ball. Be aware of closing dates, carefully read your correspondence and take the appropriate steps to allow a trouble free passage on your education journey. Good luck to all candidates who will be getting Leaving Cert exam results on Wednesday. Bonne chance!

In the next article, I'll explain the procedure for viewing marked scripts and for submitting an appeal to have your examination scripts remarked. I'll also give details of the IGC phone help lines and how to apply for a vacant CAO place.

Billy Ryle is a Career Guidance Counsellor and freelance writer



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PERSONAL BARRIERS TO SUCCESS

Frequently we sabotage ourselves by feeling that we don't deserve success or happiness. Fear of failure can prevent us from moving towards a desired goal. However, this is often to do with our sense of not being enough – more than loss of money or time or reputation. If you have a fear of failure you may be holding some negative belief about yourself which is repressing you. To understand what your barrier may be, fill in the following blank for yourself: "If I try and don't succeed, everyone will know I'm"

Another helpful way to identify our blocks to success is to write down, without censoring, the specific thoughts and feelings you have that hold you back. This will help you to identify child-like or vulnerable feelings that may be unconsciously controlling your behaviour. In the same way that a parent might reassure (and not ridicule) a scared child, learn to parent yourself – and assure the vulnerable part of you that you'll take charge and that you have their back.

Perfectionism can hinder our success, leading us to focus more on avoiding failure than accomplishing our goals. Begin to see mistakes as opportunities for learning and not reasons to beat yourself up about something. If you don't get the result you wanted, this doesn't make you a failure. Look at the event as a learning experience and ask what you can take from the situation. Assess if it could have been prevented and ask what you can do differently next time. It is also vital that we not take things too personally and separate what we do from our overall sense of identity. Shifting our focus in this way can be difficult – and is a practice that we can perfect over time.

Self-limiting thoughts or beliefs can be particularly damaging as they limit the possibilities for change and success. If you find yourself thinking a limiting thought – turn it into a question. Rather than thinking "I can't do this – it's impossible", ask "How can I do this?" or "How is this possible?". Simply changing the statement to a question opens us up to finding new possibilities and sounds more hopeful.

Getting to where you want to be takes many small steps. It is important to begin by firmly establishing in your mind what you want to achieve. Write this down and believe with certainty that it can be accomplished. It can also help to visualise yourself attaining this goal. Continue to take meaningful steps towards your destination until you have reached your goal.

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. info@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.

Health Matters.... With Dr. Michael Moloney

NON-SPECIFIC LOWER BACK PAIN IN ADULTS *PART 1*

About 8 in 10 people have one or more bouts of low back pain. In most cases, it is not due to a serious disease or serious back problem, and the exact cause of the pain is not clear. This is called non-specific lower back pain. The usual advice is to keep active, and do normal activities as much as possible. Painkillers can help until the pain eases. In most cases, the pain clears within a week or so but may recur from time to time. Chronic (persistent) pain develops in some cases, and further treatment may then be needed.

Understanding the lower back

The lower back is also called the lumbosacral area of the back. It is the part of the back between the bottom of the ribs and the tops of the legs.

Most of the lower back is made up from muscles that attach to, and surround, the spine. The spine is made up of many bones called vertebrae. The vertebrae are roughly circular and between each vertebra is a disc. The discs act as shock absorbers and allow the spine to be flexible.

Strong ligaments also attach to adjacent vertebrae to give extra support and strength to the spine. The various muscles that are attached to the spine enable the spine to bend and move in various ways.

The spinal cord, which contains the nerve pathways to and from the brain, is protected by the spine. Nerves from the spinal cord come out from between the vertebrae to take and receive messages to various parts of the body.

What are the types of low back pain?

Non-specific low back pain

This is the most common type. About 19 in 20 cases of acute (sudden onset) low back pain are classed as non-specific. This is the type of back pain that most people will have at some point in their life. There is no specific problem or disease that can be identified as to the cause of the pain.

Nerve root pain – often called sciatica

This occurs in less than 1 in 20 cases of acute low back pain. Nerve root pain means that a nerve coming out from the spinal cord is irritated or pressed on. You feel pain along the course of the nerve. Therefore, you typically feel pain down a leg, sometimes as far as to the calf or foot. The irritation or pressure on the nerve may also cause pins and needles, numbness or weakness in part of a buttock, leg or foot.

About 9 in 10 cases of nerve root back pain are due to a prolapsed disc – What happens is that part of the inner softer part of the disc bulges out (prolapses) through a weakness in the outer harder part of the disc.

Cauda equina syndrome – rare, but an emergency

Cauda equina syndrome is a particularly serious type of nerve root problem. This is a rare disorder where the nerves at the very bottom of the spinal cord are pressed on. This syndrome can cause low back pain plus: problems with bowel and bladder function (usually unable to pass urine), numbness in the saddle area (around the anus) and weakness in one or both legs. This syndrome needs urgent treatment to preserve the nerves to the bladder and bowel from becoming permanently damaged.

PART 2 NEXT WEEK



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The Highlights

Sunday August 10th: Gathering day

- Horse Fair
- Coronation Parade and Ceremony
featuring a performance by Sean O'Se
- Night time concert featuring "Liam O'Connor"

Monday August 11th: Fair Day

- Night time concert with 'The Kilkenny's'
& Support act 'Comic Book Heros'
- Day time concerts with 'Dreams of Freedom',
'Leas Ainm' and 'The 2 Mikes'.

Tuesday August 12th: Scattering Day

- Dethronement Parade
- Night time Concert with 'The Classic Beatles
Tribute Band'
- Fireworks Display



Recitals over the 3 days with "Killorglin & District Pipe Band", "Fanfare Piston" from France and "M. Jazz Invaders" from Germany along with numerous street entertainers and walkabouts, puppet shows, circus workshops, live bands and the old reliables i.e. Bonny Baby, Pet Show and Fancy Dress

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Killorglin, Co. Kerry, Ireland

August 10th, 11th and 12th 2014

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ALL SET FOR PUCK AS FAIR ENTERS ITS FIFTH CENTURY



GOAT CATCHER FRANK JOY PICTURED NEAR CARAGH LAKE WITH A WILD MOUNTAIN GOAT. PICTURE BY DON MACMONAGLE.

Puck Fair takes place once more for the 401st and more time this August 10th to 12th in Killorglin. It's Ireland's oldest fair and the three days will be packed with family-fun entertainment - and it's all free.

And for 2014, the programme is the busiest yet - from Irish Dancing Workshops to the Finale Fireworks display, the streets of Killorglin will be packed as more than 80,000 people are expected to descend on the town.

It all starts with the Horse Fair on Gathering Day the 10th from early morning and in Library Place there'll be free entertainment for all the family kicking off with Hakuna Matata from 11.30. Staples of the Puck Fair programme each year return again, including a fancy dress show, a pet show and a bonny baby competition.

Birds Euroshow will have all the fun of the fair and at 6pm the 401st King Puck coronation will of course take place in the Square. This year His Majesty will be crowned by Puck Queen Rebecca Coffey from Sunhill in Killorglin.

The programme will also feature free workshops in Children's Circus Skills and Irish Dance as well as the Birds Euroshow fun fair, a daily Treasure Hunt, Craft Market, and the Guinness Music Trail.

Night time entertainment includes three free open air concerts with one of Ireland's top groups. On Sunday night it's the inspirational Liam O'Connor while on Monday the 11th, the Kilkennys take to the Stage Truck. The Classic Beatles will ensure it will be a great day's final night before the Final Fireworks Display marks the end of yet another mammoth festival.

But it's the traditional elements of the festival - one of Ireland's largest horse fairs, the coronation parade, the crowning of 'King Puck' and the hundreds of stalls - that make Puck Fair so unique and special.

Puck Fair 2014 is also looking for volunteers to help with festival as well as inviting applicants to take part in the coronation parade as a group or a float. To volunteer, or to participate in the parade contact the Puck Fair Festival by emailing info@puckfair.ie

The Puck Fair Organising Committee would like to thank corporate sponsor Diageo, and platinum sponsors FEXCO, Tweak.com, Euroshow and Splash Designs and all its other supporters for their continued support.

For more information on this year's festival log onto
www.puckfair.ie



HARRY MEEHAN, TRALEE, RECEIVED A BIG WELCOME AT HIS ARRIVAL TO PUCK FAIR. PHOTO BY JOHN CLEARY.



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SUNDAY 10TH AUGUST

WHAT

Horse Fair
Hakuna Matata
Dreams of Freedom
FREE Irish Dance Workshop
Leas Ainm
Guido Fanzini Street Show
The Great Gaspacho!
Puppet Show
Fanfare Piston
The 2 Mikes
Guido Fanzini Walkabout
Hakuna Matata
Clown Noir
Spraoi Chiarrai & Killorglin Comhaltas
FREE Children's Circus Workshop
Recital by Killorglin Pipe Band
Puppet Show
Bryan O'Leary & Friends featuring Seán Ó Sé
Coronation Parade
Coronation Ceremony
The Great Gaspacho!
Keltic Kats
Liam O'Connor

MONDAY 11TH AUGUST

WHAT

Afro Trad Ireland
Wobbly Circus Street Show
Gorgeous Granny Stilts
Fanzini Brothers Cannonball Circus
FREE Irish Pipe & Drum Workshop
Dreams of Freedom
Bonny Baby
FREE Children's Circus Workshop
Wobbly Circus Walkabout
Meet King Puck
Fancy Dress
Clown Noir
Hakuna Matata
Keltic Kats
Gorgeous Granny Stilts
FREE Children's Circus Workshop
Wobbly Circus Street Show
Leas Ainm
Hakuna Matata
DJ Donal
Fanzini Brothers Walkabout
Fanfare Piston
The 2 Mikes
Comic Book Heroes
The Kilkennys

TUESDAY 12TH AUGUST

WHAT

FREE Irish Dance Workshop
Fanzini Cannonball Circus
Fanfare Piston
Puppet Show
FREE Afro Irish Workshop
Jazz Invaders
Pet Show
Wobbly Circus Street Show
Meet King Puck
Keltic Kats
Meet Queen & Lady in Waiting
The Great Gaspacho!
Puppet Show
Gorgeous Granny Stilts
Fanzini Brothers Walkabout
Bryan O'Leary & Friends
Jazz Invaders
Wobbly Circus Street Show
Killorglin Pipe Band
Dreams of Freedom
Afro Trad Ireland
Clown Noir
Dethronement Parade
Neily O'Connor
The Classic Beatles
Countdown to the Fireworks with DJ Donal
O Fireworks Display

WHERE

Evan's Field, Tralee Road
Library Place (Aldi)
Puck Fair Stand
CYMS Main Hall
Library Place Stage
Library Place (Aldi)
The Square
Library Place
The Square
Library Place Stage
Library Place
Library Place (Aldi)
The Square
Library Place Stage
CYMS Main Hall
The Square
Library Place
Puck Fair Stand
Route: Bridge, Lower Bridge St. The Square, Langford St.
Puck Stand
Library Place (Aldi)
Library Place Stage
The Stage Truck

WHERE

The Square – Mobile Stage
Library Place (Aldi)
The Square
Library Place (Aldi)
Council Buildings
The Square – Mobile Stage
Library Place Stage
CYMS Main Hall
Library Place
Puck Fair Stand
Library Place Stage
The Square
Library Place (Aldi)
Library Place Stage
Square & Library Place
CYMS Main Hall
Library Place
Library Place Stage
Library Place (Aldi)
Puck Fair Stand
The Square/Library Place
Library Place Stage
Library Place Stage
The Stage Truck
The Stage Truck

WHERE

CYMS Main Hall
Library Place (Aldi)
The Square
Library Place
Council Buildings
Library Place Stage
Puck Fair Stand
Library Place (Aldi)
Puck Fair Stand
Library Place Stage
The Square – Mobile Stage
Library Place (Aldi)
Library Place
The Square
Library Place
The Square – Mobile Stage
Library Place Stage
Library Place (Aldi)
The Square
Puck Fair Stand
Library Place Stage
The Square
Route: Iveragh Road, Upper Bridge Street, The Square, Lower Bridge Street
Library Place Stage
The Stage Truck
Puck Fair Stand
Can be viewed from The Square and various locations up town

WHEN

Early AM
11.30am
11.30am
12.00pm
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9.45pm
11.45pm
12.00am

SHUTTLE BUS SERVICE TO PUCK FAIR

10TH/11TH/12TH
AUGUST



SHUTTLE BUS TIMETABLE

OUTWARD JOURNEY

KENMARE PLACE, KILLARNEY

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

(KILLORGLIN BUS STOP BESIDE FISHERY)

RETURN JOURNEY

KILLORGLIN BUS STOP

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



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RATHMORE /GNEEVEGUILLA NEWS By Michael O'Mahony

Join us for a historical walk of Rathmore. The route is being organised by Rathmore Community Council in conjunction with local groups, and will encompass local landmarks. Local historians will be at hand to provide information on what is the meaning behind our place names and how they changed over time, on Sunday 10th August 2014. Starting at 2.00pm at the Community Centre. Entry is Free. On return to the Community Centre light refreshments will be served. Guest speakers will provide everyone with a detailed account of these sites on walk route, a video display on local archaeological sites, as well as information on the development of Irish place names.

Part of Day in Region by IRD Duhallow.

KERRY HOSPICE FOUNDATION: A cheque for €5000 was presented recently to Kerry Hospice Foundation (Killarney Branch) proceeds from the Sheila Moynihan Memoria Walk held in Rathmore in May.

SHEILA MOYNIHAN MEMORIAL FUND: Since the inception of the Sheila Moynihan Memorial Fund 8 years ago following Sheila's untimely death a total of €158,000 has been raised by various ventures for Cancer Support Projects. The generous support of all those who participated, facilitated and contributed to these ventures is greatly appreciated.

The committee would like to take this opportunity to thank our regular sponsors for their generosity and commitment.

RATHMORE BRANCH KERRY PARENTS AND FRIENDS: Wish to thank all who contributed so generously to their recent church gate

collection which raised the huge sum of €1501.40. Your support is greatly appreciated.

JIM O'KEEFFE RIP: The death of a great Sliabh Luachra Fiddle Player, Jim O'Keeffe Ballinahilla Ballydesmond occurred last weekend. Jim was a pupil of Padraig O'Keeffe. He played much of his music in the Kanturk Duhallow area where he spread the Sliabh Luachra style around, and influenced many musicians there including the then young Jackie Daly. He was regularly involved with sessions organised by Sarah O Connor in the Edel Quinn Hall as well as at the cross road dances at Inchwell Road organised by the late Bill Sullivan who was also a native of Ballydesmond.

GNEEVEGUILLA SUNDAY MASS: Please note that as from August 31st Sunday morning Mass in Gneeveguilla will be at 10 o'clock. All those who have booked Masses for the customary 10.15 am Mass are being notified of this change. We ask you to be aware of the starting time on August 31st and also to remind people from outside the parish of this change. Thank You for your support and understanding.

GNEEVEGUILLA GAA: Would like to congratulate Sinead Warren, Rachel Fitzgearald, Brid Ryan and Aoife Callaghan on their All Ireland U14 Ladies Football win.

SYMPATHY: To family and friends of Jim O' Keeffe Ballinahilla Ballydesmond, Seamus O'Sullivan, Rathduane, Rathmore, whose deaths occurred last week. May they rest in peace.

SLIABH LUACHRA CCE: Congratulations and well done to everyone from our branch that

took part in Fleadh Cheoil na Mumhan, our prize winners, especially to those qualifying to the All Ireland Fleadh in Sligo (1st, 2nd and 3rd rec.) Mark O'Leary - 1st English Singing Men (U12), Michael Dillane - 3rd rec. Button Accordion (15-18), Aoife O'Sullivan - 3rd English Singing Ladies (U12), 4 Hand Ceili Ladies (15-18) - 3rd rec.

Danielle Vaughan, Louise Lynch, Mary Lynch, Shona Gleeson

4 Hand Ceili Ladies (O18) - 1st Cliona Daly, Margaret Browne, Mary Monica Sheehan, Rachel Murphy. Well done also to our dancers, dancing in the Set and Ceili Competitions with neighbouring branches also qualifying to the All Ireland. For full results go to www.kerrycomhaltas.ie Thanks to our tutors and parents and for their continued dedication in getting ready for these Competitions. A special word of thanks to everyone that helped out in any way over the weekend stewarding, street entertainment etc, your time and commitment helped to make Fleadh na Mumhan a great success.

RATHMORE COMMUNITY COUNCIL: Rathmore native Mary Hickey Kerry Rose 2014, is planting a Rose at Rathmore Playground this Friday August 8th at 4.30pm.

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

FOSSA NOTES By Gene Moriarty

FOSSA GAA: Fossa Lotto 03/08/2014:

Numbers Drawn: 1, 2, 13, and 24. Jackpot: €4,350 No Jackpot Winner: Consolation Prizes 5 x €40: Brendan Coffey, Fossa; Finn Kennelly, 33 New Street; Geary McCormack, Curragh Aghadoe; Noel Maher, Kilcummin; Michael Barry, Aghadoe. New Jackpot: €4,500.

Tickets on sale at the Golden Nugget Bar, The Travel Inn, The Old Killarney Inn, Foley's Spar shop Fossa, The Laurels Bar, Killarney and from committee members. Next draw takes place on Sunday night August 10th 2014 at the Golden Nugget Fossa at 11p.m.

FIXTURES: Sunday August 10th Under 11 East Kerry League, Fossa v Kilcummin at Fossa 7:00pm.

SENIORS: Fossa senior footballers qualified for their first Fr Galvin Cup final since 2009 when they had a good win over Cordal at Currow on Thursday 31st August. They await the winners of the other semi final between Listry and Furies in the final

MINORS: Our minors got back to winning ways with a good win over kilcummin in East Kerry Regional League on Friday August 1st.

LADIES FOOTBALL: Fossa u16's have qualified for the Co League Div 2 final after giving a great team performance in beating Kilcummin in the semi-final on Thursday evening. Ana Bellew gave an excellent performance in goal, with Fiona Kissane and Elizabeth O'Neill doing great defensive work in the full back line. Half backs of Grace Cahillane, Katie Talbot and Claudia Osterloh gave great displays with Niamh O' Sullivan and Faye O'Donoghue (0-1) excellent and hard working in midfield. Up front Lauren Rintoul scorer of 2-3 and Hannah O'Donoghue with 5-4 led the attack with great assistance from Molly Kelly, Shelly Clifford (1-0) and Ciara Griffin (0-1). Michelle Moynihan and Sarah O'Neill also played very well when introduced. Final Score Fossa 8-9 Kilcummin 3-11

ATHLETICS: Gneeveguilla A.C. Summer Mile Series: Next races on tonight Friday August

8th 7:30pm, assembling at Fossa Church. Races from Under10s boys and girls to Over 60s Mens and Ladies. Best three performances count for prizes each race. For enquiries 0647756309 mobile 0879339087. Entry €3 a race.

FOSSA/TWO MILE COMHALTAS: Congratulations to our Senior Ladies Set Dancers, Caroline & Leanne Costello, Norita, Sarah & Karen Cronin, Amy Moriarty, Ciara O'Doherty & Casey O'Donoghue who took part in the Munster Fleadh Cheoil in Killarney and qualified for the All Ireland Fleadh Cheoil to be held in Sligo on the 16th August. The Munster Fleadh was a huge success and thanks to all volunteers from Fossa who helped with stewarding.

FOSSA NOTES: If anybody has any item they would like included in the notes, please email information to Gene Moriarty at genemoriarty2014@gmail.com

Please forward information on or before Sunday at 10:30am.

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COMHALTAS: Fundraisers for Kilcummin Comhaltas and Raecaol competitors going to All Ireland Fleadh Cheoil: A cake sale will take place after Masses on the weekend of August 9th and 10th of August in The Recreational

Hall. Also a night of entertainment and a raffle will be held on Friday August 8th in The Village Inn at 8:30pm. Entertainment on the night by Neily O'Connor and local musicians, singers and dancers. All are welcome and great prizes to be won.

BUS TO KNOCK: Grandparent's Day in Knock Sunday 14th September €75pp includes luxury coach, expert driver/guide, Tea/Coffee and scones plus a 3 course evening meal. To book your seat or for further details please contact 064 - 6631095

GAA: LADIES COMMITTEE: Anyone interested in helping the ladies to cater for the many events in particular the family day on August 10th. Please give Carmel a ring on 087-9490372.

GAA GOLF SOCIETY: Captains Prize (Denis Casey) This Saturday August 9th in Kenmare. Tee Time 9.30-11.30. Contact David on 087-9321364 or Denis 086-3480075

GAA FAMILY DAY: It will be held on 10th August. The family day will focus on fun and games for the young people of Kilcummin and their families. Events will include 3 legged races, sack races, tiny tots races, obstacle course, adult races and challenges. There will be a BBQ and novelty prizes throughout the day and we will

round it all off with a night of music at the Klub. Everyone welcome.

GAA JUVENILE ACADEMY: Continues on Saturdays at 10.30am, new players welcome.

SUMMER CAMP: The club summer Camp will run from 10-1pm on the 12th, 13th and 14th of August. Contact Nessa on 087-2897321 for information.

GAA LOTTO: There was no winner on Monday 4th August. Numbers drawn were 11, 15, 16 & 21. Consolation prizes were €100 John Dunlea; €60 Micheal & Jennifer Leane; €60 Nessa Brosnan; €30 Nuala McDonnell; €30 E. Doolan, Rathanane. Next draw Sunday 17th August. Jackpot now €11250.

MASTERGEEHA F.C. LOTTO: There was no winner on Friday 1st August. Numbers drawn were 1, 12, 16 & 18. Consolation prizes were €100 Muiris Healy, Kilcummin Post Office; €60 Trish Dillon, c/o John Lenihan, Inchicullane; €30 Miriam O'Sullivan, Knocknahoe, Killarney; €30 Pdraig & Anna Lenihan, Glenflesk; €30 Con & Noreen Mahoney, Kilcummin. Draw every Friday night in the Village Inn, Kilcummin. Jackpot now €13200.

LISTRY NOTES

MILLTOWN/LISTRY PIONEERS: Milltown/Listry Pioneers would like to thank everyone who joured with them to Knock on 20th July. Special thanks to Beaufort Pioneer centre, also to all singers to Margaret Sweeney for reciting the roaseries. Thanks also to O Callaghan s coaches for their lovely comfortable bus and special thanks to their very capably driver Oliver. A wonderful and prayerful day was enjoyed by all.

SUMMER CAMP: Listry GAA club held it's annual football camp from the 4th to 8th August 2014. This year the camp was sponsored by the Dungeon Bookshop Killarney. Every kid received a T-shirt and 10% discount in the Dungeon Bookshop. Michael O'Sullivan from O'Sullivan's store Beaufort bridge sponsored a goody bag for all 95 kids that attended. Parents from Listry gave spot prizes and provided a party for all on the final day. Legion footballer

Podge O'Connor and Kerry players Aidan O' Mahony and Brian Kelly attended on the final day to add to the excitement. All the coaches were from Listry GAA club and the camp was superbly organised by coaching officer Colman O'Shea.

GAA: Fr. Galvin Cup semi-final due to take place today, Friday 8th August between Listry v Firies has now been postponed due to a Bereavement.



TOM McBRIDE LAUNCH 2014

PICTURED AT THE LAUNCH OF THE TOM McBRIDE EDUCATION BURSARY WERE FROM L-R: JULIEANN LANE, EDUCATION OFFICER WITH SKDP AND ANGELA HEALY WHO BENEFITED FROM THE BURSARY IN 2013.



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2009 & 2011 x2



09 Nissan Qashqai

Acenta model, 1 owner, E.S.H. 1.300



11 Ford Focus

Sport, Alloys, privacy glass, Sat Nav, Fog Lamps, Full Ford Service History



11 Ford Mondeo

2.1 Titanium X, 80k, 1630kgs, 1 owner, Full Ford service history



10 Citroen C4 Grand Picasso

25k miles, 1.6 VTR Plus, 7 seater

DIESEL CARS

- 11 Ford Focus 1.6 TDCi, 44k
- 11 Ford Mondeo 2.0L, Zetec, 1 owner, full Ford S/H
- 11 Kia Ceed S.W. Manufacturers warranty to 2017
- 11 Audi A4 2.0TDi, Black
- 10 Ford Focus 1.6 TDCi, sports, sat nav, bluetooth, alloys, fogs, 83k, full Ford S/H
- 09 Nissan Qashqai Acenta
- 09 Audi A4 2.0TDi 92k, Black, Full Audi S/H
- 09 Ford Focus 1.6 TDCi, Titanium, 97k
- 09 Ford Focus 1.6 TDCi, Titanium, Full Ford S/H

- 09 Kia Proceed 1.6, Alloys, Fogs, 3dr H/B
- 08 Audi A4 2.0TDi, silver, full Audi Service History
- 08 Ford Focus 1.6 TDCi
- 08 Citroen C4 Grand Picasso 7 seater, 1.6 VTR Plus
- 07 Ford Focus 1.6 TDCi
- 07 Renault Megane Scenic 2yr Test
- 06 VW Passat 1.9 TDCi, Black, NCT Tested
- 06 Citroen C5 1.6 HDi, 106k, 1yr Test
- 04 Citroen Picasso 1.6 HDi, 138kms
- 04 Opel Zafira 1.7 Dsl, 1yr Test
- 03 Audi A4 Full body kit, NCT Tested

- 03 Skoda Octavia 1.9 TDi, silver, 1 owner

CARS

- 12 Ford Fiesta 1.2
- 11 Audi A4 2.0TDi, SE, Blue
- 11 Audi A4 2.0TDi, SE, Silver
- 09 Toyota Yaris 90kms, black
- 08 Kia Rio 1.4, Automatic
- 07 VW Golf 1.4 TSi, full leather, 1 owner
- 07 Renault Megane Cabriolet 1.6, full leather
- 07 Nissan Almera 1.5 SXE, alloys, air con
- 05 Suzuki Liana NCT Tested

- 04 Opel Zafira 1.6 Club, 7 seater, 1 owner, €2,700

COMMERCIAL

- 13 Citroen Berlingo 1.6 HDi, 34k, sliding door
- 11 Citroen Dispatch Choice White or Black
- 11 Citroen Berlingo 3str, 55k, full service history
- 11 Citroen Berlingo Full service history
- 11 Citroen Dispatch Vat
- 09 Opel Combi Van 90kms
- 08 Opel Combi 1.3 CDTi
- 05 Mitsubishi Pajero Sport Silver, 2.5, very clean
- 03 Citroen Dispatch 2.0 HDi



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BUYING A USED CAR



Tips on what to watch out for

Buying a used car is an intimidating prospect for many consumers. The fear of dodgy deals and the fact that you could be buying someone else's problems make the hunt for honest value seem daunting.

The AA advises all potential used car buyers to avoid side-of-the-road sales and go to SIMI dealers, to buy an AA Autocheck car or failing that to have the vehicle professionally inspected before purchase. No reputable seller will object to an independent inspection.

Many publications carry ads offering second-hand cars for sale. Most are genuine but unfortunately there are still unscrupulous dealers posing as private sellers. If you decide

to make contact, say that you are asking about 'the car for sale'. If he has to ask you which car then he is a dealer. Having blown his cover, steer clear of his car!

Never buy a car in the dark as this easily conceals various blemishes and possibly even evidence of accident damage. A key fact that you want to be sure of is that the car has not been involved in an accident. No matter whether its from a private individual or from a dealer ask the critical question, preferably in front of a witness "has the car ever been crashed or had any bodywork repairs carried out whatsoever". The response given has significant legal implications.

The National Car Test (NCT) was introduced to Ireland in January 2000 and since then the

quality of used cars in Ireland has improved greatly in recent years. All cars now need to undergo an NCT after four years initially and after two years thereafter. This has meant that it is no longer possible to run 'rolling wrecks' on Irish roads.

There is very good value to be found in the second-hand market. For every new car bought in Ireland almost 2.5 second-hand ones bought and most people are happy with the results. You have to look out for the pitfalls, do the homework and remember the maxim caveat emptor – let the buyer beware.

What to look for in a second hand car - pro tips

Check the body lines for consistency

Look for any evidence of repainting, such as overspray on window rubbers or any inconsistency in the paintwork

Check for uneven tyrewear

Look out for different makes of headlights

Watch for different consistencies of stonechips over the front of the bonnet compared to the adjacent wings.

Examine carefully the wear at the pedal rubbers, the gear stick and the steering wheel. Closely examine the odometer for any sign of interference

Make sure the keys provided operate in all of the locks and that there is a spare set.

Try all keys provided in the ignition and make sure that they start the engine – as occasionally a 'cut' key is not a 'transponder key' or micro-chipped to work in the ignition.

RELEASING BUCKLES



How to stop children undoing their seat belts

Most children will eventually find they can undo their seat belt. So why don't they make seat belts that can't be undone by a child? This is because it must be possible to release the belt in an emergency, quickly and easily.

At worst this might be with a car inverted in

a ditch at night, with access at arm's length through a window, or by a person in shock, unfamiliar with such equipment.

Any form of 'Chinese puzzle' is out. The catch cannot be hidden, must be obvious and accessible and must not require a large force to release it.

A different type of catch, perhaps a friend's seat, may not be undone as easily as one with which a child is familiar but this is usually only

temporary. Given the right conditions they will soon get the knack.

Don't be tempted to make additional security attachments to the buckle. Anything like this will inevitably compromise safety and again tends to be only temporarily effective, presenting a new challenge rather than solving the problem.

Diverting the child's attention

Rather than trying to persuade your child that the buckle cannot be undone, try persuading them that there is no advantage in doing so. These are techniques you might like to try.

Show that the car does not go (or soon stops) with the belt undone.

The best time to start this approach is when you get a new seat (or perhaps when a car is changed). But remember to do it when there is no deadline for the journey.

If the child is old enough to really want to get somewhere, that's ideal. Try telling the child that unless the seat belt is fastened, they won't get to the party, zoo, etc.

A raised seat can also be some help, as it will increase your child's field of view.

A 'play tray' attachment can provide some distraction and may make the buckle less tempting.



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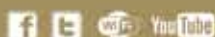
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WIN TICKETS TO THE ROSE OF TRALEE AUTUMN/WINTER FASHION SHOW

International designer and Ballyheigue native Don O'Neill will be showing his new Fall/Winter THEIA collection at the Rose of Tralee International Festival in the Festival Dome on Sunday August 17th.

Tralee Outlook, Killarney Outlook and Sliabh Luachra Outlook, are offering readers the chance to win a top prize of two tickets to the Fashion Show plus pre show dinner in the magnificent Stonehouse Restaurant, Tralee.

To be in with a chance to win this great prize answer the following question and sent it to Outlook Magazines, Castleisland, Co. Kerry or drop the entry to The Killarney Outlook, 30 High Street, Killarney before 12 noon on Monday August 11th.

Name the 2014 Kerry Rose?

Answer: _____

Name: _____

Address: _____

Email: _____

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Outlook

GARDENING OUTLOOK

with John O'Sullivan

FOCUS ON HERBS

Most herbs are very easy to grow. They can be grown in the garden in vegetable beds or raised beds or in containers like a window box on a window sill.


There are a lot of different types of herbs but the most commonly grown herbs for culinary use are basil and dill which are annuals and have to be sown every year.

Parsley and chervil, which are biennials and last for two years while herbs like fennel, mint, tarragon are perennials.

If you want to grow mint make sure you plant it in a container and not in the ground as it is a very invasive herb.

Even if you are not using your herbs for culinary use, it is important to pick them regularly otherwise they tend to go to seed very quickly.

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



OUTLOOK RECIPES



CALLING ALL FOODIES...

If cooking is your passion and you have a signature dish that you would like to share with everyone... why not email us the recipe and a picture of the finished gourmet delight and we will publish it along with your details in our new weekly foodie column. All details can be sent to editorial@outlookmags.com by Mondays at 5pm - and if you would like to drop a sample into our High Street offices - we won't say no to that!

Grilled Cajun Salmon

Your oily fish portion for the week!

Salmon is a quick-cook food, rich in healthy omega-3 fats and vitamin D. It is recommended we eat two portions of fish a week, including one portion of oily fish by health experts.

Ingredients - Serves 4 Adults

- 400g / 14 oz. of salmon fillets, around 4 fillets
- 1 teaspoon of olive oil
- tablespoon of Cajun spice mix

Method

- Preheat the grill for 10 minutes at a medium heat.
- Rub a little olive oil over each salmon fillet.
- Then add the Cajun spice to the salmon and leave to marinate in the fridge for 5 minutes.
- Cook the salmon gently for 8 to 10 minutes, turning occasionally.



Melon-Lime Smoothie

Ingredients

- 1 lime
- 2 cup(s) diced cantaloupe melon
- 1/3 cup(s) diced peach
- 1 tablespoon(s) honey
- 3 ice cubes

Method

- From lime, grate 1/2 teaspoon peel and squeeze 2 tablespoons juice.
- In blender, combine lime peel, lime juice, cantaloupe, peach, honey, and ice and blend until mixture is smooth and frothy. Pour into 1 tall glass.



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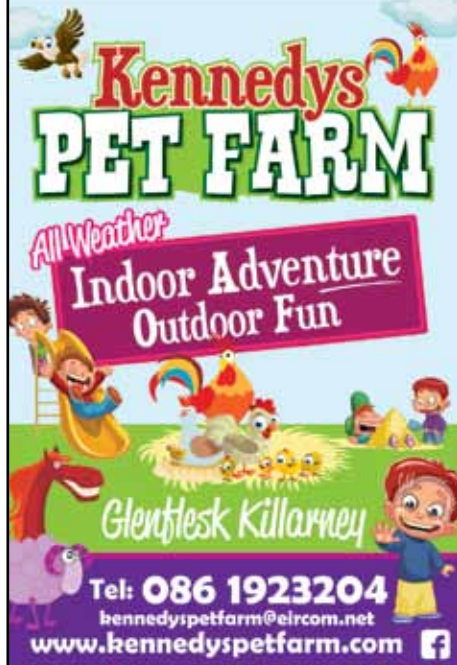


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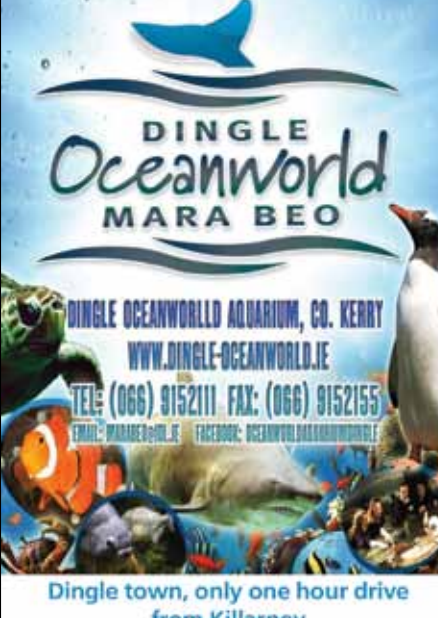
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THE CORTAL TEAM WHO WERE DEFEATED BY FOSSA IN THE FR GALVIN CUP SEMI FINAL IN CURROW.

EAST KERRY NOTES

By Áine Ní Shúilleabháin PRO

RESULTS

East Region Minor League
Sponsored by The Tatler Jack.
Gneeveguilla 3-19 Fossa 1-12
Firies 2-13 Rathmore 1-08
Glenflesk 2-14 Gneeveguilla 1-06
Fossa 4-15 Gneeveguilla 1-06

FIXTURE: Fr Galvin Cup Semi Final

Sponsored by the Aquila Club
Friday 8 August 2014 at 7.15pm
Firies V Listry.
East Region Minor League
Friday 8th August 2014 at 7.00pm
First named team has home venue
Kilcummin V Glenflesk.
Currow V Beaufort.
Semi Finals – Divisions 1, 2 & 3
Sunday 10th August 2014
Division 1, Spa V Firies.
East Kerry U14 Championship
Sponsored by MD O Shea
Division 3
Spa v Kilcummin.
Gneeveguilla v Firies.
Division 2
Fossa v Dr Crokes.
Cortal/Scartaglen v Glenflesk.

FR GALVIN CUP SEMI FINAL

FOSSA 2-14 CORTAL 1-06

The first Semi final of the 2014 Fr Galvin Cup Intermediate Championship, sponsored by the Aquila Club, Gleneagle Hotel, was played in Currow last Thursday evening when Cortal played Fossa, who ran out winners. Fossa got off to a great start and scored an unanswered goal and 3 in the first ten minutes. The goal was scored by Fintan Coffey at the end of a move started by Midfielder Mark Dennehy who sent a long ball into forwards. Cortal put up a good defence but Fossa showed patience and Fossa recycled the ball until Dara Rice saw an opportunity and passed the ball to Fintan Coffey, who put the ball to the back of the net for a lovely goal. Brian Walsh, Dan O'Keeffe and Tadhg O'Shea scored the points. Cortal had a period of dominance and Philip O'Connor

reduced the margin to a point at the end of the first quarter, scoring two points and a goal for the home side. Fossa replied with a very strong team performance in the second quarter and scored 6 points (Tadhg O'Shea (3f), Kenneth Clifford, Paudie Clifford and Brendan Walsh) to one for Cortal from a Philip O'Connor free. Anthony Begley denied Fossa a goal with a great save. Man of the match Tadhg O'Shea, pointed a free for Fossa with the last kick of the half. Score at the break: Fossa 1-09 Cortal 1-03. The visitors got off to a dream start in the second half with a point by Fintan Coffey within 30 seconds quickly followed with a goal. Matthew Rennie punched the ball across the goal mouth and Tadhg finished to the net two minutes into the half. Cortal responded with two points, Thomas Reidy from play and captain Philip Griffin converted a free, reducing the lead to 5 points. However, Fossa pulled away with four well taken points, the first from the boot of Paudie Clifford, two by Tadhg O'Shea and one by Dan O'Keeffe. Cortal who showed great spirit throughout, had the last score of the game, a Philip Griffin pointed free. Final score: Fossa 2-14 Cortal 1-06.

East Kerry Board Chairman, Tim Ryan presented the man of the match award of a years membership of the Aquila club to Tadhg Ryan, Fossa who is an automatic nominee for the 2014 Fr Galvin All Star Award, sponsored by The Kerryman. Fossa await the outcome of the second semi final, Firies V Listry which is fixed for Friday evening at 7.15pm in Farranfore.

EAST REGION MINOR LEAGUE: The East Region Minor League, sponsored by The Tatler Jack, semi finals are fixed for Sunday the 10th August. The Division 1 semi final sees Spa host Firies. The winners will meet Dr Crokes in the Final. The Division 2 semi finals are between the four teams who top the league table, with the format 1 V 4 and 2 V 3. First and Second placed team share home venue for the semi final. With five teams in the running to qualify for the 4 places, Divisions 2 is in the melting pot. Two back games remain to be played (Kilcummin V Glenflesk and Currow V Beaufort). These pivotal games are fixed for Friday at 7pm. The remaining two teams contest the Division

3 league competition with Scartaglen/Cortal (11 or 13 a side).

GOLF CLASSIC: The St Pats East Kerry Hurling annual Golf Classic is arranged for Saturday August 9th at the Ross Golf Club Killarney. It's a 3-man scramble over 18 holes. Cost is €120 per team and will include a BBQ & goody bag for each player. Tee box adverts cost € 50. Call club Chairman Pat O'Brien on 087 415 8773 or any member.

EAST KERRY UNDER 14 CHAMPIONSHIP:

The Under 14 East Kerry Championship games, Sponsored by MD O'Shea, have been fixed a week later than originally planned due to the Kerry Teams involvement in the All Ireland Quarter Finals over the bank holiday weekend. The Division 2 and 3 semi finals are now fixed for Monday the 11th August 2014 at 7pm. The fixtures are Division 3: Spa v Kilcummin, Gneeveguilla v Firies. Division 2: Fossa v Dr Crokes, Cortal/Scartaglen v Glenflesk. Could all clubs who won Under 14 championship trophies last year please return them as soon as possible.

EAST REGION UNDER 11 GO GAMES:

Two rounds of the East Region Under 11 Go Games have been played. These were great sporting and enjoyable games with all the wonderful skills of Gaelic football on display. Well done to the players and mentors. The next round takes place on Sunday the 10th August at 6pm.

BEST OF LUCK: Best of luck to the East Kerry Minor team and to the East Kerry Club teams, Dr Crokes and Spa in Thursdays County Championship games.

WELL DONE: Congratulations to the Kerry Senior team on reaching the All Ireland Semi Final versus Mayo.

LISTRY NEWS

By Paula Courtney

Listry Weekly Lotto Results, Sunday 3rd August, 2014. Winning numbers 8, 9, 11, 22.

Jackpot €8,600, not won.

1 x €100 Nora Mai Brosnan, Kilbonnane.

2 x €50 Billy & Sharon O'Mahony, Anglont, Willie Murphy, The Mall, Keel.

2 x €25 Tommy Cronin, Saoirse Michaela Flynn, Knockreagh. Draw entrant, Noreen Hickey, Lahern. Jackpot next week Sunday 10th August €8,750

Bill Tangney Cup Semi-Final Result

Played Monday, August 04

Listry 1-16 Rathmore 2-08

FR. GALVIN CUP SEMI-FINAL

Game postponed due to bereavement.

SPA NOTES

By Anne Holland

COISTE NA NOG

U14 EAST KERRY CHAMPIONSHIP: A very under strength Spa played cross town



rivals Dr Crokes at home on Monday night. From the throw in Crokes raced into a commanding lead leaving the Spa lads with a impossible task at half time. However special mention must be made of the never say die attitude of Reece Hegarty, Michael Kearney and Gary Vaughan who took the game to the Crokes in the 2nd half. But with too much of a deficit to make up the result was never in doubt. Spa play Kilcummin at home on August 11th at home in the next round of the East Kerry Championship.

LADIES FOOTBALL:

U12 GIRLS: Well done to the team on reaching the Co. Final on August 11th against Moyvane. This game promises to be a cracker as Moyvane defeated the home side by the narrowest of margins earlier in the league. Time and Venue TBA.

U13 GIRLS CHAMPIONSHIP:

SEMI FINAL:

SPA 6-6 BALLYMAC 4-9

A very high scoring and nail biting game that literally came down to the last play of the match. The girls dug deep against an equally impressive Ballymac team. Erin Holland started the goal fest scoring 2 goals in the first half assisted by Meghann Cronin with another one bringing the score at half time 3-3 to 2-4 in favour of Spa. The second half brought equally impressive scores. Megahnn Cronin registered her 3rd goal of the night. Sarah Fleming registered the rest of the goals hitting the top right of the net twice. This was a great team effort with Elizabeth Stack outstanding at centre back along with Maeve Fitzmartin and Louise Healy. Welcome back Aoife Cronin who held defense steady but special mention to the solid Goalkeeping efforts of Marie O'Donoghue whose kickouts were accurate and her goalstopping were top class. Mairead Bennett had another great outing in mid field along with Marie Courtney. Eimear Beazley who now is synonymous with her long solo runs was also dangerous on the night through Ballymac defense. Management Tim O'Connor, Kieran McCarthy and Des Spillane deserve a huge Mile Buíochas as they take charge of 3 teams this year U12, U13 and U14 and thats not including the boys teams. Well done and its great to see great volunteers and their teams doing so well.

UPCOMING FIXTURES:

Senior Co League

Home to Listry August 17th.

INTER-COUNTY TEAMS: Best wishes to our Spa players Liam Kearney and captain Dan O'Donoghue who are part of the Kerry minor squad that faced Kildare last Monday in the All Ireland QF, and to Spa players Andrew Garnett and Shane Lynch with the Kerry Junior squad that play Sligo in the All Ireland SF next Saturday in Ennis.

MERCHANDISE SHOP: Will be open on Friday evenings from 6.45pm to 8pm and on Saturday mornings from 11am - 12.15pm. Sale now on with up to 30% off on selected items.

Any enquiries please contact Mathilda on 0876487356.

SPA COMMUNITY NOTES:

WEDDING: Congrats to former Spa footballer Adam O'Reilly, Ardaneanig on his recent marriage to Jacqui O'Sullivan Pinewood Killarney.

FLEADH ALL IRELAND: Best of luck to all the participants in the All Ireland Fleadh which takes place in Sligo town this year. Best wishes to all the dancers, musicians and teachers.

DR. CROKES GAA CLUB NOTES

FIXTURES: Senior County League: Away vs. Rathmore, Friday 8th August, 7:00pm. Senior Hurling C'ship QF: Home vs. Kilgarvan, Friday 8th August 7:30pm. Please support.

RESULTS: U16 County League - Div. 1: Dr. Crokes 5-12, Listowel Emmets 4-09. U16 County League Div. 8: Dr. Crokes 3-05, Kerins O'Rahilly's 1-06.

SATURDAY MORNING ACADEMY:

Our Saturday morning football and hurling academies have finished up for the summer. Both codes will be starting up again after the summer break.

CENTRA COMMUNITY EVENT: As proud sponsors of the GAA Hurling All-Ireland Senior Championship, Centra are bringing together the brightest stars of hurling to fun community events all around the country. They have 16 exciting events planned and to win a family pass, all you have to do is enter in your local Centra. The community event will take place in Fitzgerald Stadium on Saturday, 23rd August. Kids must be aged between 5 and 12 years to participate and a great day of fun is planned for all the family. For kids they can meet their hurling heroes, take home a goody bag, learn some key hurling skills as well as enjoying the best the Irish summer has to offer... the GAA Championship!

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

CONGRATULATIONS: To the Kerry teams and Dr. Crokes club members who won their All-Ireland Senior & Minor Football Quarter Finals over the weekend.

BEST WISHES: To Aaron Murphy, Shane Lyne, Chris Doncel, Jack Lenihan and the Kerry Minor Hurling team who play Wicklow in Arklow, 3:00pm this Saturday, 9th August in the Electric Ireland All-Ireland Minor B Hurling Championship Quarter Final.

LEGION NOTES

CONGRATS: To our Under 16 boys who convincingly defeated Milltown/ Castlemaine 2-13 to 1-06 in Division 2 of the County league. The lads have now guaranteed themselves a semi-final place with home advantage. Our lads are back in action this coming Wednesday when they take on Ardfert in the County semi final. Well done also to the management.

U12 BOYS: Well done to the U12 Green and White teams. The Div 1 county champs had challenge matches with Austin Stacks in Direen. Our Green Team faced a Stacks outfit who have a nice balance of physicality and skill. A high standard of link up play by both teams was on display with our lads prevailing.

The White team enjoyed superiority over a Rockies team clearly missing a few players. The progress of this group of players was evident again and a few of the u10s who have been supplementing the U11 team gave a great account of their skills.

7-A-SIDE WINNERS: Congrats to our own Robert Osbourne and Cian Gammell who were on the winning side in the Killarney Athletic 7-a-side u16 final last week.

KERRY SENIORS: Well done to Brian, James and Jonathon on helping Kerry seniors to make it into the All Ireland semi final v Mayo which will take place on Sunday 24 August in Croke Park

CAIRDE AN LEIGIUN: With over 21 teams on the pitch every week the club is a hive of activity and we are grateful to the volunteerism of our members. We are delighted to be in a position where we can offer the community a healthy and character building activity.

All this would not be possible without the support of our members and of course our sponsors. We would like to thank all our sponsors for your kind patronage towards the club in the past. In order for the club to remain on its current path we are conscious of the need for constant progression. We, this year, have put in place a development plan which, for the next 5 years, maps out the path the club hopes to take.

As we value all our sponsors, we are also aware of the need to ensure that those businesses gets the maximum exposure within the club. With this in mind we are endeavouring to set up a "patrons wing" in the club. It is to be called "CAIRDE AN LEIGIUN". This will give our sponsors a platform in the club for showcasing their business. "CAIRDE AN LEIGIUN" will be launched in the near future where the club membership will be invited to attend. More details to be announced in the near future

FIXTURES: U14 East Kerry semi final 18 August v winners of Scart/Cordal and Glenflesk U21 Club championship away to Listry /Keel Wednesday August 13.

SYMPATHIES: The club sends its deepest sympathies to the family of Monsignor Noel Brosnan of Park Drive. Having spent many



FOSSA TEAM WHO BEAT CORDAL IN THE SEMI FINAL OF THE FR GALVIN CUP IN CURROW.

years living and working in San Antonio, Texas, a lifelong GAA fan, he was laid to rest in his native Killarney. Ar Dheis De go raibh a Anam.

LOTTO: Lotto for Sunday 27 July. Numbers drawn 4, 19, 21, 22. No jackpot winner. Lucky dip each receive 50 euro, Mark Moriarty c/o Brian, Patricia Clifford Caherdaniel, Jane O'Donoghue c/o Lord Kenmares, Gerry Mangan Knocknagree, Aine Coakley c/o Ger McGillicuddy. Next weeks jackpot 6800 euro.



KERRY LADIES PROGRESS IN STYLE

Kerry ladies breathed a sigh of relief after referee Des McEnery blew the final whistle after extra time as they defeated Donegal by 5 points. In an extremely defensive style game where both teams had bodies behind the ball it was due to smart decisive runs of Patrice Dennehy and player of the match Sarah Houlihan that Kerry came out on top. Kerry's forwards all round contributed with fine scores & that was the difference between the sides. Kerry started the game without taliswoman Louise Ni Mhuirteartaigh due to slight injury concerns & she was replaced by Denise Hallissey. Donegal got the first score of the game from danger woman Geraldine McLaughlin who along with Sarah Jane McDonald and Karen Guthrie were at the centre of Donegal's scores & thorns in the Kerry side. Kerry's first score came from Lorraine Scanlon. The teams traded a few early scores but Kerry did build up a 3 point cushion which was wiped out when Emma McCrory 13 bravely challenged for a ball in the air and punched to the net. Kerry added a few scores, which again were wiped out when Geraldine McLaughlin hit for Donegal's second goal moments before half time. Kerry 0-9 Donegal 2-04. Donegal similar to first half got the first score of the half but Sarah Houlihan tapped 2 over the bar for the lead. All through the half, neither team were

able to lead by more than 2 & frequently the lead changed hands. Both teams emptied the bench with Kerry introducing Megan O'Connell, Laura Rogers & Louise Ni Mhuirteartaigh, with Laura Rogers scoring a crucial point to level the game to bring it to extra time Score Kerry 0-15 Donegal 2-09. Kerry started the period of extra time much brighter with 4 points to Donegal's 1 before Louise Galvin effectively ended the tie with a goal – all in the first period of extra time. Edel Murphy was quickly called into action in the opening minute of the second period punching the ball away for a 45. Donegal tried hard to get back into the game with some scores but Kerry replied to keep their lead. Final score: Kerry 1-22 Donegal 2-14. Sarah Houlihan won Player of the Match award for her tireless work & scores at crucial moments. Kerry opposition in the quarter finals will be known on August 9th.

CONGRATULATIONS: To Laune Rangers who defeated Dr Crokes to win the U16 Co. League last Thursday in Beaufort. Laune Rangers got off to a flying start and following a Lisa Mangan point, some great play led to a Cliona Coffey goal but Crokes responded with a three-pointer of their own. Lucy Knight pulled off a great save in the Killorglin goal to keep Rangers in front. As the half time whistle drew

near, Ciara O'Brien scored two goals in quick succession to give her side a commanding advantage, while Crokes managed to add on two points before the break. At half time, the score was Laune Rangers 3-6, Dr Crokes 1-3. Dr Crokes were on an all out attack after the break, but Rangers net minder Lucy Knight was in stellar form, with three super saves in the third quarter but the Killarney side then got a goal & a point to bring the difference in score back to 5 points. Ciara O'Brien completed her goal hat-trick as well as notching up two more points. Dr Crokes managed to find the net for their third goal, but the final whistle came to give Rangers a deserved win and the title of County League Champions. The final score in Beaufort was Laune Rangers 4-10, Dr Crokes 3-6.

U 17 DEVELOPMENT SQUADS: Will recommence with a NEW phase on Sat 9th August in Mounthawk at 11.00. Players who were unable to do Phase 1 are encouraged to join in with this phase as games etc are planned. The final phase of the U12 development squads commence on Saturday as follows: South/Mid Kerry Cromane 10.00-11.30; North Kerry/Sliabh Luachra Currow GAA 11.15-12.45; East Kerry/Killarney Legion GAA 10.00-11.30; Tralee/West Kerry – Tralee venue TBC.



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ALL IRELAND SENIOR FOOTBALL CHAMPIONSHIP QUARTER FINAL: KERRY BOOK SEMI FINAL SPOT

KERRY 1-20 GALWAY 2-10

Kerry set up an All-Ireland semi-final against Mayo in three weeks' time when they defeated Galway in the first of this year's All-Ireland SFC Quarter-finals in Croke Park last Sunday.

Unlike the Kingdom, Galway failed to make proper use of their possession and in the first half they shot 10 wides, some from easy positions, in contrast to the Kingdom, who shot just two. David Moran was a more than adequate replacement for Bryan Sheehan, who was taken off injured in the first five minutes.

Once again, all six Kerry forwards scored and another notable statistic to emerge was that all but two of Kerry's final tally came from play.

James O'Donoghue gave yet another man of the match display. The Killarney Legion man is Kerry's marquee player this summer in the absence of Colm Cooper, and he scored 1-5 from play to bring his tally in two championship games in this campaign to 1-15.

Kerry had notable performances too from Paul Geaney and Donnchadh Walsh, while Barry John Keane, and Kieran O'Leary scored four points between after being introduced late in the second half. Kerry led 1-8 to 1-3 at half-time, James O'Donoghue was their first-half goal scorer, while Thomas Flynn scored a solo goal for Galway when the Kerry defence failed to track him.

Michael Lundy scored Galway's second goal early in the 2nd half, and when Shane Walsh added a point from play the gap was down to two points (1-11 to 2-6), but Kerry weathered this early storm, the introduction of Barry John Keane, plus some fine play from the defence, in particular Fionn Fitzgerald and Shane Enright, plus an outstanding save from goalkeeper Brian Kelly which almost certainly denied Galway a certain third goal brought Kerry the victory they deserved..

MATCH FACTS

MAN OF THE MATCH

James O'Donoghue (Kerry)

O'Donoghue shot 1-5 in another scintillating display which lit up Croke Park.

Speaking after the game Eamon Fitzsmaurice (Kerry Manager):

"We probably didn't hit the heights today, but I was delighted with our attitude and the way we dug in when there were certain parts of the game when we were under pressure."

TEAMS AND SCORERS:

Kerry: Brian Kelly (Killarney Legion); Marc O'Se (An Ghaeltacht), Aidan O'Mahony (Rathmore), Shane Enright (Tarbert); Paul Murphy (Rathmore), Killian Young (Renard), Fionn Fitzgerald (Dr Crokes, Capt); Anthony Maher (Duagh), Bryan Sheehan (St Mary's Cahersiveen);



JAMES O'DONOGHUE MAN OF THE MATCH

Michael Geaney (Dingle) (0-1), Johnny Buckley (Dr Crokes) (0-2, 0-1 free), Donnchadh Walsh (Cromane) (0-2); Paul Geaney (Dingle) (0-4, 0-1 free), Declan O'Sullivan (Dromid Pearses) (0-1), James O'Donoghue (Killarney Legion) (1-5).

Subs: David Moran (Kerins O'Rahilly's) (0-1) for Bryan Sheehan; Darran O'Sullivan (Glenbeigh/Glencar) for Declan O'Sullivan; Barry John Keane (Kerins O'Rahilly's) (0-3) for Johnny Buckley; Kieran O'Leary (Dr Crokes) (0-1) for Donnchadh Walsh, Mark Griffin (St Michael's/s Foilmore) for Marc O'Se.

GALWAY: Thomas Healy; Donal O'Neill, Finian Hanley, Joss Moore; Gareth Bradshaw (0-2), Gary O'Donnell, Paul Varley; Fiontan O'Curraoin, Thomas Flynn (1-0), Michael Lundy (1-1), Shane Walsh (0-5, 0-3 frees), John O'Brien; Michael Martin, Paul Conroy (0-1), Danny Cummins.

Subs: Damien Comer (0-1) for O'Brien; Sean Armstrong for Danny Cummins; Keith Kelly for Joss Moore; Eddie Hoare for Michael Martin; Cathal Mulryan for Paul Varley.

Referee: Eddie Kinsella (Laois).

ALL HANDS ON DECK FOR LISTRY SUMMER CAMP

Listry GAA Club held their second annual Summer Camp this week and did so with the help of parents and youth members at the club. Under 16 team members, Senan Wrenn, Niamh Cronin, Ciara O'Shea, Sean O'Sullivan, Barry Keane and Roman Gallagher were on hand to help out over the four days of the camp - with the emphasis being on fun and games.

They were joined by parents Paula and John Courtney, Liam Healy, Liam Murphy, Kathleen

Courtney and organisers Colman O'Shea and Ann O'Brien along with Juvenile Chairman Murt Broderick.

The camp which had almost 100 participants was sponsored by the Dungeon bookshop who offered every participating child a 10% discount on their school books.



CAMP LEADERS, PAULA COURTNEY, SEAN O'SULLIVAN, BARRY KEANE, ROMAN GALLAGHER AND KATHLEEN COURTNEY. BACK LIAM HEALY, SENAN WRENN, NIAMH CRONIN, JOHN COURTNEY, CIARA O'SHEA, COLMAN O'SHEA AND LIAM MURPHY.



PARTICIPANTS AND LEADERS AT THE CAMP IN LISTRY.



PITCH & PUTT NEWS

By Jason O'Connor

A BUMPER week of Pitch & Putt activity concluded last Monday in Listowel as the club played hosted to its first Scratch Cup competition in over six years (sponsored by Spar Listowel). Last Monday, as back in 2008, Tralee's Jonathon Goodall was the winner with a 19 under par total for 54 holes, one ahead of Bruff's Patsy Farrell on 18 under with another Tralee player Jason O'Regan third on 14 under par. Deerpark's St John Kelliher was the winner of the Last 18 prize with Tralee's Martin Hobbart and Jack Whelan from the host club winning the Intermediate and Junior Gents prizes respectively. Castleisland's Julianne Broderick won the Senior Ladies prize with Tralee's Lisa O'Connor winning the Junior Ladies. Saturday at the Kilmichael course in Cork was a good day for the Deerpark club as James Fleming won the Junior Scratch Cup competition with club-mate Hugh O'Sullivan second. Michael Foley was third in the Intermediate equivalent with Conor McCarthy runner-up in the senior event. The Bank Holiday weekend also saw the make-up of the Kerry Gents teams for the upcoming Provincial and National Championships decided. The Gents team for the Provincial and National Inter-County is made up of a quartet of Deerpark players namely Damien Fleming, Conor McCarthy, Jason O'Brien and St John Kelliher along with Tralee duo Jonathon Goodall and Jamie Blake. The Intermediate and Junior teams for the new graded competitions are as follows: Intermediate - James Dignan and Aidan O'Connor (Castleisland), Creagh Courtney, Jason O'Brien and St John Kelliher (Deerpark) along with Tralee's Gavin Carroll, Junior - Paudie Looney (Castleisland), James Fleming and David Harnett (Deerpark), David Hobbart, Aidan O'Sullivan and Roger Guthrie (Tralee). The first named team make their debut this Sunday in the Munster Inter-County at Tipperary Hills alongside the Kerry Juvenile team of Michael Cronin, Stephen McCarthy, Sean Courtney, Conor Quirke and Mark Harnett (Deerpark) and Eamon Sheehy (Tralee). On the Juvenile front itself, the County Matchplay Championship last played in Tralee last Tuesday with victory for Michael Cronin over Mark Harnett in the decider with Sean Courtney defeating Eamon Sheehy in a third place playoff. We wish the Juveniles of Deerpark and Tralee the very best of luck this Saturday at the Munster Juvenile Strokeplay Championships which also take place at the Tipperary Hills course.

DEERPARK PITCH & PUTT NOTES

ANNUAL MASS: The annual Mass will be celebrated in the clubhouse on next Monday evening August 11th 8pm.

CLUB SINGLES MATCHPLAY: The selected team for the Club Singles MatchPlay are now posted on the notice board in clubhouse, first

named player to arrange match.

LISTOWEL SCRATCH CUP: There was a good turnout of Deerpark members in Listowel for their annual Scratch Cup which saw St John Kelliher winning the last 18.

MUNSTER STROKEPLAY: Best wishes are extended to our representative at the Munster Strokeplay in Tipperary town this weekend, which are as follows - Gents Damian Fleming, St John Kelliher, Jason O'Brien, Juveniles, Michael Cronin, Stephen McCarthy, Sean Courtney, Conor Quirke, Mark Harnett,

KILMICHAEL SCRATCH CUP: It was another successful outing for Deerpark members at the Kilmichael Scratch Cup with James Fleming winning the Junior, Hugh O'Sullivan 3rd Michael Foley 3rd in Intermediate and Conor McCarthy runner up,

WEDNESDAY EVENING FOURBALL: Winners last week were Jason and Robbie O'Brien, competition continues each Wednesday evening at earlier time of 7pm.

SENIORS OUTING IN DEERPARK: Winners of this month's competition were as follows.-- Overall Gross Johnny McCarthy, Sean Hickey (both Castleisland), Ger Casey Gross 41.- Sean Ashe (GlenEagle), Pat Mitchel (Castleisland) and John Kelly Nett 33. Next seniors outing will be in Gleneagle on Tuesday September 2nd 10.30am.

WEDDING: Best Wishes are extended to Adam O'Reilly and Jacqui O'Sullivan on their recent marriage

KILLARNEY RUGBY CLUB NEWS

COMMUNICATIONS: We are working on a new system for managing both the Club memberships and communications. Clubman John McKeon of Portalis on Scott's Street, is currently piecing a software package together which will hope to tie in a communications system for all members which will incorporate regular contact emails, texts and general information for all members. It should also hope to link messages posted on social media including our club website. This is a major undertaking but one we hope will help parents, supporters, officials and friends get more out of our club. Information on Membership will be issued soon and will include details on public liability insurance of the club and personal insurance, which players are recommended to take out a policy to cover any issues where injury prevents work etc for a period.

SENIOR TRAINING: Continues now again at Dirreen off the bypass. Tuesday and Friday nights from 7:30pm. Numbers are good thus far and Coach John Nikora is pushing all ballwork presently and building the intensity for the players during full-on sessions. The feedback is very positive and we welcome any new players in the area who want to go along and see if they like the sport.

Thanks to Junior Finnegan, Liam McGuire and the committee members who did great work in welcoming the Munster crew (7) to our

town. Sincere thanks too to the kind sponsors of the event namely the Killarney Hop-on bus tour, Dermot Healy of Healy Motors, and O'Donoghue-Ring Hotels, where again Michael O'Donoghue and his staff did a magnificent Houdini job of finding rooms for the players who had to stay together in their bonding session. Dermot Healy crowned off the visit by taking Felix Jones, Ronan O'Mahony and Johnny Holland on a chopper flight from our new grounds in Aghadoe across the lakes to Lady's View where they had photos. They then took the breath-taking trip through the spectacular Gap of Dunloe, which blew their socks off altogether. Brilliant stuff Dermot. Healy Motors have also given great support to the field development during construction. Field development is going at full steam with so much being done to the second field presently. A GPS guided bulldozer is laying out the field with space technology pin-point accuracy. It is a very exciting time seeing the pitches becoming a reality. We are planning an open day later in mid-September - your ideas and input is very welcome please so give Mike Fuller a buzz on 087 6489 628 with any notions. We will have to wait on further developments to see how the fields progress under weather etc to see if it is viable to open the grounds this side of Christmas - even for the Minis - so we will keep you posted.

KILLARNEY GOLF CLUB: In support of the golf club, we are manning divotting and general tidy maintenance from 6:30pm every Tuesday evening. Those interested in golf are asked to volunteer in support of the club. KRFC has agreed to manage both 17th Holes on Killeen and O'Mahony's Point. It should take about an hour depending on numbers. The idea behind it is to help fellow sports clubs but also to enhance opportunities for future fundraising events for Rugby at the golf club. There are plans afoot to host a Munster or IRFU Clubs golf outing at some stage in the near future in Killarney. Every little helps! To lend a hand contact Chairman Junior Finnegan on 086 057 2403.

WORKMEN'S RC

This weekend we remember fondly our beloved Brendan Heffernan, who's Birthday occurred on Wednesday, please keep his family and friends in your thoughts and prayers.

Yet again we had our favourite annual trip to West Cork, joining Ahakista Gig Regatta on Sunday and Castletownbere Gig Regatta on Monday. In good time honoured tradition, always the Workmen's favourite regattas of the year!! the rowing is merely incidental, much more important was the swimming, set dancing, singing, fab food and weather topped off by a trip to the fun fair in Bantry on the way home.

RESULTS: As follows U14 girls Annie, Ciara B, Leona and Ciara M 2nd, U14 boys Donnacha, David, Ciara B and Ross 1st, U16 boys Mikey O, Tom, John Greene, Dylan 2nd, U16 girls Siobhan, Kayla, Roisin, Ciara M 2nd, U18 boys



Dara, Mikey O, Tom and John 2nd, U18 girls Lauren, Kayla, Siobhan and Roisin 2nd, Junior Ladies Ann, Pauline, Oonagh and Derva 1st, Senior ladies Pauline, Oonagh, Hannah and Ann 1st. Temperatures were a little cooler on Monday in Castletownbere but with our Killarney neighbours Flesk Valley and Fossa rowing clubs competing, great to see our neighbours across the lake also enjoying the fun. **RESULTS AS FOLLOWS**, Novice girls 1st, Novice boys 1st, U14 boys 1st, U14 girls 2nd, U16 girls 2nd, U16 boys 2nd, Minor boys 2nd, Junior ladies 1st, Junior men Mike Quirke, Kieran, Paudie and Dylan 2nd, Senior ladies 2nd, Senior men Timmy, Kieran, Hugh and Mike Quirke 3rd. Dervla Ireland, was quick to point out, with so many trophies won over the past few weeks Pauline (ever vigilant Treasurer) has decided that any more crews winning trophies will have to buy their own silver polish so be warned!

Hanna Madge is under severe pressure trying to house his Son Mikeyo's ever increasing collection of medals for coxing, so, she's asking all crews to take it easy The All Ireland Coastal Rowing Championships in Waterville later this Month. Special mention to Ross Mc Carthy who won gold in the novice boys at the weekend. The culinary award goes to Oonagh for her supply of fresh melon, grape and strawberry delight! Sincere thanks to Timmy who did the hard work of drawing the boat on both days. Well done to all!

FOSSA ROWING CLUB NOTES

Well done to all crews that participated in the

Castletownbere Gig Regatta last weekend. Also good luck to all crews who are taking part in the final Kerry County Championship of 2014 on Sunday in Waterville. First Race is at 1pm. We hope to see lots of support on the day wearing club colours.

TRAINING: Training continues every evening at 7.30 pm in preparation for the All Ireland which is being held on the 16th and 17th of August in Waterville.

GNEEVEGUILLA AC

LOTTO: No winner of our lotto on Friday August 1st, numbers drawn were 13, 15, 23 and 30. Sellers prize went to Gala Shop Gneeveguilla, €50 yearly ticket prize to Eileen O'Leary Mountcain, €50 to Pat O'Sullivan Gneeveguilla Cross, €40 each to Shelia O'Donoghue Taur, Mark Coffey Cue Club Killarney, Alex & Sofie Hickey Mountcain. Bonus not won numbers drawn were 21, 25, 26 and 28. Next week's jackpot €4,600 plus €1,00 bonus.

The club had a very busy August week end, starting on Friday evening in Kilgobnet with their annual road race. Simon Mangan was 1st and Andrew Purcell 3rd to make it a great start to August. On Sunday morning at the Banna 10K that man again Simon Mangan was 3rd overall. Our ladies team were in Tullamore on Sunday for the final of the National League. The Gneeveguilla AC womens team finished a very credible 5th at the Division 1 National League Final in Tullamore on Sunday the 3rd of August 2014. This was the first time that the club had qualified for the competition. Between all of the mens and womens teams at the event,

Gneeveguilla was the only club from Kerry and one of the few from Munster. Fantastic performances from our Ladies throughout the 3 days. Well done to team manager Elaine Cronin and her team of athletes - Annameria Costelloe, Sheila O'Donoghue, Brid Stack, Anette Wedig, Elaine Cronin, Lauren Kennelly, Rita Casey, Amy Cronin, Hannah O'Sullivan, Mairead O'Neill, Catherine Kiely and special guest throughout the event Siobhan Daly. Special thanks to team manager Elaine Cronin, well done to all competitors who did the club proud. Next up is the Munster Championships and we will have a strong team here. We will also be contesting the Munster "B" Championships on Sunday August 31st. Any juvenile wishing to be entered phone or text entries to (086)0818606. The second round of our Summer 1 Mile Series will be held on Friday August 8th at 7.30 pm in Fossa, registration in Fossa Community Centre from 6.30 onwards.

With the Munster "B" approaching we will have training each Wednesday evenings 6.00 – 7.00 pm in Riocht, buses will travel.

GLENEAGLE PITCH & PUTT

By John O Halloran

Last Sunday we had a two ball scramble and the winners were Mick Long and Michael O'Leary, 2nd Andrew O'Callaghan and Michael O Leary. Last Tuesday the over 50's was held at Deepark and the winners were Sean Ashe, Pat Mitchell and John Kelly, Gross John McCarthy, Ger Casey and Sean Hickey.

This Sunday we will have our usual competition.

SIOBHAN AND SHARON..... ON TOP OF THE WORLD RUGBY STAGE

Irish eyes were smiling on Tuesday evening following a spectacular display by the Irish Ladies rugby team who created World sporting history with a three-point win over the four-time World Cup champions, New Zealand, in their second Pool B World Cup game in Paris. The team did what the Irish men's rugby team have been trying to do since 1905. Unbeaten for the past 23 years, New Zealand were the red-hot favourites, with Ireland predicted to put in a brave

showing. However the script was rewritten by the Irish side that included Munster and Currow star Siobhan Fleming, who was introduced in the second half, and Castleisland and Leinster player Sharon Lynch. Ireland, fresh from their win last week over the USA, play Kazakhstan, who were beaten by New Zealand 79-5, on Saturday 9th (TG4, noon) in the final Pool B game and a probable place in the World Cup semi-final, a first for Irish rugby as the men's side have not advanced past the quarter-final stages since they started playing in the World Cup competition in 1987.

Castleisland native Sharon plays her rugby with Leinster. A talented all round sports star she played gaelic football with Scartaglin and basketball with St. Mary's BC before immigrating to Australia. When she returned 8 years ago she set up base in Dublin. She was selected

for Leinster in 2011 with the side winning the Inter Provincial series. Currow star Siobhan Fleming is a former Kerry GAA star. She was part of the Irish team that won the Grand Slam in last years 6 Nations Championship. Siobhan was selected as the Munster Player of the Year for 2010-2011. An interesting Currow connection with New Zealand rugby took place in 1978 when Moss Keane was a member of the Munster men's side that became the only Irish team, including the Irish national team, to have won a match in 105 years of competition between the countries.



SIOBHAN FLEMING, CURROW AND MUNSTER.



SHARON LYNCH CASTLEISLAND & LEINSTER.



MARK MURPHY, KCU, PRESENTING JOHN O'BRIEN WITH THE SUPPORTER OF THE YEAR AWARD 2014 AT THE KILLARNEY CREDIT UNION SEVEN A SIDE SOCCER FINALS. ALSO IN PHOTO DON O'DONOGHUE, PAT DELANEY, KCU AND MIKE O'SHEA, CHAIRMAN.
PHOTO: DON MACMONAGLE

KILLARNEY ATHLETIC A.F.C. NOTES

CLUB REGISTRATION: Club registration will take place at the clubhouse, Woodlawn on the 8th, 15th and 22nd August from 7 to 9pm. Academy under 6 - 11 (Born after 1st Jan 2004 - 2009), Schoolboys under 11 - under 16 teams, Schoolgirls Teams - Youth, under 17 - under 18 teams, Junior soccer teams (Senior A and B) Academy Director of Coaching Robin O'Day & JP Mullins UEFA B Licence coaches. Hope to see old and new faces there. Let's play soccer in a fun and enjoyable environment. Further information can be got by emailing sec@killarneyathletic.com or private messaging our Facebook.

GOLF CLASSIC: Killarney Athletic A.F.C. Golf Classic will be held on Saturday 6th September in Beaufort Golf Club. €150.00 per team of 3 pax.

OPEN DAY: Open invitation to all our members, new members and families on Sunday 7th September for Killarney Athletic's Open Day. Everyone is welcome for what will be a really fun day out.

KILLARNEY CREDIT UNION KILLARNEY ATHLETIC A.F.C. 7 A SIDE: Killarney Athletic A.F.C. would like to thank our sponsors the Killarney Credit Union, Scotts Hotel and all the teams who participated in the tournament and their sponsors. A big thank you to the referees and to all the committee who helped throughout the tournament. To Colette Casey who helped to organise the tournament and to John O'Donoghue who helped with the fixtures, to Lorraine Fleming who organised the shop throughout the tournament and also organised the barbeque for the underage tournament. A big Thank you to Pat O'Neill for sponsoring the Over 35 Cup. He has been a great supporter of the 7 A side for the past 38 years. Also thanks to the local press, radio Kerry and photographers for their fantastic coverage of the tournament. This year was a tremendous success and we look forward to your support again for next year.

MERCHANDISE: Killarney Athletic merchandise can now be ordered on merchandise@killarneyathletic.com

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

information and contact details.

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

KILLARNEY CELTIC NOTES

GOLF CLASSIC: Killarney Celtic's Annual Golf Classic will be played on September 27th and will be limited this year to the first 40 teams to enter, so this would be a good time to give Mike Daly a call on 086 8516915!

NATIONAL FOOTBALL DRAW: Tickets now on sale for the Irish National Football Draw - they are €10 each and is a new fundraiser for our club, there are local, regional and national prizes, over 2000 prizes. Proceeds from tickets sold go to the club. Please support, contact any club member, Suzanne 086 8449082 or May 086 6485809

STREET COLLECTION: Mile buiochas to everyone who helped and supported our Street Collection, which was a great success again thanks to the volunteers and to people's generosity.

REGISTRATION AND AWARDS DAY: Our awards for the 2013/2014 playing season and registration for the coming season is postponed a week to accommodate the replay of the Youths Cup Final and will now take place on Sunday week, August 17th from 2.00 to 4.00pm.

TRAINING TIMES: Starts **MONDAY** August 11

5.30-7.00pm Under 13 (born 2002).

7.00-8.30pm Under 15 (born 2000).

8.30-10.00pm Under 17 (born 1998).

TUESDAY

5.30-7.00pm Under 12 (born 2003).

7.00-8.30pm Under 14 (born 2001).

8.30-10.00pm Seniors/Youths.

WEDNESDAY

5.00-6.30pm Under 11 (Born 2004).

THURSDAY

8.30-10.00pm Under 16 (born 1999).

FRIDAY

Seniors and Youths 7.30-9.00pm

It takes a lot to keep a club going, but most of all we need people who can volunteer their time. Anyone willing to help out with a team is asked to contact Mike Lyne on 086 0836356

RESULTS:

U17 CUP SEMI-FINAL:

LISTOWEL CELTIC 3

KILLARNEY CELTIC 2

A Kerry Hoops derby and in fairness, Listowel played magnificently, nothing else could have beaten a Killarney Celtic team who deservedly left the field with their heads high.

YOUTHS CUP FINAL:

KILLARNEY CELTIC 1

TRALEE DYNAMOS 1

We took a deserved lead when William Courtney superbly slotted home after a great through ball from Lee O'Callaghan. Dynamos upped it a gear in the second half and equalized through Vinny Horan. Celtic won a penalty when Chris Keane was brought down in the box but his effort flashed just wide and we needed two fantastic saves by Conor Teahan to earn a replay. A brilliant game by both sides and a hugely entertaining spectacle. The replay is this Sunday at 2.30pm in Mounthawk Park, it should certainly be another cracker.

FOOTBALL FOR ALL AT TURNERS CROSS:

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

Killarney Celtic Football For All teams will be playing at half time at Turners Cross for Cork City vs St.Pat's. We will be travelling with 17 children, 6 coaches and 26 supporters. This is an amazing opportunity for the teams to play at a league of Ireland game.

PITCH BOOKINGS: Killarney Celtic's All Weather has seen all our teams complete a full schedule of games, regardless of the weather, in a top class facility conducive to top quality soccer. Killarney Celtic have decided to offer the pitch, dressing rooms, kitchen facilities, to any club looking to complete adult or juvenile games for €120. Anyone interested in renting our full-sized All Weather should contact Noel Brosnan at 087 2340981.

There are still some slots remaining for our popular All Weather Training Pitch (also ideal for children's parties). Contact Mary Lyne 086-6485809

LOTTO RESULTS: Numbers drawn 3, 15, 17, 18. 4 x match three, Katie Cahill, Kilcummin, Scully c/o J O'Brien, Alan Doolan Leibherr, Mary Lyne, €40 each. Next week's jackpot €1800, draw in the Failte on Monday night. Tickets available from all club officers.

LOTTO SELLERS / YEARLY LOTTO: The club is calling on all members to sell at least 5 Lotto tickets. We have all seen the cost of running the club in the financial reports so upping the Lotto sales would ease this burden. Also anyone who wishes to buy a Yearly Lotto ticket and ensure they are in the 52 draws in one go can contact Der Lyne on 086 3787738. If anyone has information for the notes contact Jimmy O'Sullivan Darcy 087 9633397 or osdarcy@gmail.com. Check out www.killarneyceltic.com for Killarney Celtic news, match reports, or photos.

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Know Your Rights: THE CYCLE TO WORK SCHEME

QUESTION

In 2009, I bought a bike under the Cycle to Work tax scheme but it was stolen last week. Can I use the scheme again when I buy a replacement bike?

ANSWER

The Cycle to Work Scheme is a tax incentive scheme which aims to encourage employees to cycle to and from work. Under the scheme employers can pay up to €1,000 for a bicycle and bicycle equipment for each of their employees. The repayment for the bicycle and equipment is then deducted from your gross salary (this means before income tax, PRSI, pension levies or Universal Social Charge are deducted) over a period of up to 12 months.

You can only avail of the scheme once in a five-year period. So if you got your bike in December 2009 and were granted the tax relief in 2009, you can claim it again, if you want to buy another bike in 2014 or later.

You must use the bicycle and safety equipment mainly for qualifying journeys. This means the whole or part (for example between home and train station) of a journey between your home and your normal place of work.

If you buy a replacement bike in 2014 you cannot get another bike under the Cycle to Work Scheme until 2018. If you are concerned about another theft you could insure your new bike under your household insurance policy or you could use a special cycle insurance scheme. There is a list of frequently asked questions about the scheme on revenue.ie.

Further information is available from the Citizens Information Centre below.

Know Your Rights has been compiled by Kerry Citizens Information Service which provides a free and confidential service to the public. Contact us in Tralee 0761 07 7860, Killarney 0761 07 7820, Listowel 0761 07 7840, Kenmare 0761 07 7810, Killorglin 0761 07 7830, Castleisland 0761 07 7790, Caherdiveen 0761 07 7780

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

CASTLEROSSE GOLF CLUB

LOWER LAKE, KILLARNEY.

RESULTS: COMPETITION HELD ON SUNDAY 3RD AUGUST 2014, 18 HOLE STABLEFORD.

Winner; Daniel Shine (09) 42 pts, runner up Roger O'Sullivan (12) 39 pts, overall 3rd place Michael Leahy (18) 37 pts.

RESULT, SCRAMBLE PLAYED ON THURSDAY 31ST JULY:

Winner 3 person scramble, Ivan Tangney, Roger O'Sullivan and Daniel Shine.

FIXTURES: Regular Thursday evening scramble competition this week, guests welcome, ladies and gents, come & enjoy 9 holes of enjoyable golf.

Next weekend fixture, 18 hole Strokeplay, play Friday Saturday or Sunday.

KENMARE GOLF CLUB

RESULTS: CAPT MR CYRIL MURPHY'S PRIZE:

1st Conor McSwiney 64 nett.

2nd Angus Dick 65.

Best Gross John Duggan 73.

3rd Brian Holden 66.

4th Aindriu O'Sullivan 66.

5th Tommy Crowley 66.

Past Capt Eugene O'Sullivan 71.

Front 9 Tom Carey 31.

Back 9 Jerry Walsh 30.

FIXTURE: 18H Medal.

KILLARNEY GOLF CLUB

RESULTS: OF MIXED FOURSOME SPONSORED BY KILLEEN HOUSE HOTEL.

1st Anne Courtney (28), John Culloty (11) 35 pts (BK9).

2nd Liz O'Connor (26), Eamon O'Connor (5) 35 pts.

3rd Kathleen Wall (22), John Wall (20) 34 pts.

B.G. Ailish Mulcahy (6), Darren Mulcahy (12) 24 gross pts.

4th Winnie Ryan (22), Con Healy (8) 33 pts (bk9).

5th Susan Tong (16), Donal Considine (3) 33 pts.

NEXT COMPETITION: Sunday 10th August, Singles Stroke, Sponsor - Mac Bees, Mahonys Course.

CONGRATULATIONS: To Catriona Griffin on her fantastic wins at the Connaught and Munster Girls Championships. In early July she also won the Munster Girls Senior Open De Courcy Trophy. Congratulations to Mairead Martin on her outstanding victory at the Leinster Senior Ladies Championship on July 27th. The event saw Mairead at just 14 years of age, defeat highly experienced Irish Internationals. Mairead has also been selected for the Irish Team in the Girls Home Internationals, this tournament will take place in Donabate 6th - 8th August. Valerie Clancy, Catriona Griffin and Mairead Martin have been selected for the Munster Girls Interprovincial Team. We wish them continued success.

KILLORGLIN GOLF CLUB

LADIES RESULTS: SILVER SWANS:

1. Maura O'Boyle, Lady Captain (28) 30pts.

2. Eileen Bell (23) 29 pts.

FIXTURE: The Puck Fair 12 Hole re-entry Stableford sponsored by Peter Keane Supervalu continues and is open to Green Fees. Visitors pay Green Fee to Pro Shop and entry for 12 Hole to ladies desk in Main Hall. Please sign entry sheet in ladies locker room. Arrange own time and partners.

PARKNASILLA GOLF CLUB

RESULTS: TERESA WALSH'S VICE LADY

CAPTAINS PRIZE: 1st Therese Crotty (31) 43 pts, 2nd Mairin Martin (14) 41 pts, 3rd Therese Hurley (31) 40 pts, 4th Liz McCarthy (22) 39 pts, 5th Margaret Miley (33) 39 pts

FIXTURES: Saturday August 2nd to Friday Aug 8th: Jackie Moriarty Memorial Trophy, 18 holes stableford, open, ladies and gents.

Saturday August 9th: Mr Dermot O'Mahoney's Presidents Prize to the ladies 18 holes stableford. Sunday August 10th: Mr Dermot O'Mahoney's Presidents Prize, 18 holes stableford.

KILLARNEY GOLF CLUB

GENTS

SINGLES STABLEFORD

TRALEE EXCHANGE

3/8/14

1st Sean O'Donoghue (13) 37 pts

2nd William Tarrant (12) 36 pts

3rd Niall O'Mara (11) 36pts

4th Donal Considine (3) 36

5th Crohan Fitzgerald (12) 36

CAT 1 (0-6) Paul Murphy (5) 33

CAT 2 (7-11) Neil Coffey (7) 35

CAT 3 (12-17) Austin Buckley (17) 35

CAT 4 (18+) Ned O'Callaghan (20) 34

OPEN DAY

The next Open day is on Mahony's Point 13th August, Visitors Entry fee: €30 Member Entry Fee: €10

Format: Singles Stableford

To book your tee time, please call reservations on 064 6631034

ROSS GOLF CLUB

LADIES

SUNDAY JULY 27TH IT WAS LADY CAPTAIN MARY DAY, STARTING WITH AN 18 HOLE SINGLE STABLEFORD COMPETITION.

The winner was Lisa Kerfoot (18) 39pts, 2nd Sinead O'Shea (22) 38pts, 3rd Mary Gorman (36) 36pts, 4th Mary Moynihan (25) 34pts, 5th Noreen O'Mahony (27) 33pts, F9 Betty O'Farrell 17pts, B9 Anne O'Leary 15pts, Past Lady Captain Eileen Fleming (19) 31pts and guest prize went to Ursula Daly (12) 36pts. Later in the evening Lady Captain Mary celebrated with a barbaque followed by her prize giving, fantastic music, songs and dancing in the clubhouse. Congratulations to Mary on a most enjoyable and memorable evening and the ladies wish Mary all the best for the remainder of her time as Lady Captain.

SUNDAY AUGUST 3RD CLUB SPONSORED 18 HOLE SINGLE STABLEFORD COMPETITION

1st Elizabeth Kelliher (21) 37pts B9 and 2nd Ailish Mulcahy (6) 37pts.

FIXTURES: Sunday August 10th club sponsored 9 hole competition. Time sheet in the locker room.

At 3pm on Wednesday August 13th there will be a three person scramble kindly sponsored by Killarney Sports and Leisure Centre. Entry sheet in the locker room.

On Wednesday August 27th Ross Ladies Club will be having a Charity three person team competition in aid of Palliative Care. This competition is kindly sponsored by Our Lady of Lourdes Nursing Home. Ring Ross golf club at 064-6631125 to book a tee time.

AUTUMN LEAGUE: The draw has taken place for the Autumn League. Check the notice board for team members and oppositions and avail of the sunny days to get matches started.

BEST WISHES: The very best of luck to the manager of our Junior Foursomes team Elizabeth Kelliher and her team mates as they head for Thurles on Sunday August 10th to play against Kenmare at 8.58am in the quarter final of the Munster Cup. It has been a great achievement for the Ladies and our best wishes go with them in the hope that they will make it all the way to the final.

ROSS GOLF CLUB

GENTS

RESULTS: On Sunday August 3rd we held a club sponsored single stableford competition.

The following were the winners:-

1. Virginijus Jonikaitis 40 pts.

2. Andy Cole 38 pts.

3. David Hennebry 37 pts.

On Sunday August 10th we will hold the Maurice O'Donoghue Memorial Cup. This will be a strokeplay competition and the entry sheet is now available in the clubhouse. Please get your name on the entrysheet by 5 pm on Saturday as the draw for playing partners takes place then. The presentation of prizes for this competition and some other recent competitions will take place on Sunday night in Scotts Hotel at 9pm. The draw for the club Fourball Matchplay will also take place that night. All members are urged to attend.

BEST OF LUCK: To the Ladies who will be playing in Thurles next Sunday.

KILLORGLIN GOLF MENS

RESULTS

Saturday 2nd, Sunday 3rd and Monday 4th 2 man scramble. Sponsor: Ahern/Crowley/Healy Solicitors

1st Eugene Kennedy (8) Dermot McKenna (9) 64 1/6 Nett.

2nd Billy T. O'Sullivan (15) Eamon O'Sullivan (12) 64 3/6 Nett.

3rd Dennis Bird (7) Michael Harrington (16) 66 1/6 Nett.

Next Competition is Puck Fair Re-entry from 5th to 16th August sponsored by Astellas.

Open Competition for men on Tuesday 12th August sponsored by Billy Dodd.

Re-entry Open Competition for ladies on Tuesday 12th August, the 19th August and Tuesday 26th of August sponsored by Billy

Dodd. The best ladies score over these 3 Tuesdays' will win 1st prize of a weekend away in a luxury holiday apartment on Valentia Island (subject to Terms & Conditions).

MARY GEANEY CLUB PRESIDENT AND MAUREEN CULLOTY LADY CAPTAIN (SEATED RIGHT) PRESENTING THE PRIZES IN THE KILLARNEY GOLF CLUB GOLF CLASSIC TO WINNERS JERRY, DIARMUID, CLAIRE AND EDDIE COLEMAN (BACK FROM LEFT) JACK BUCKLEY, BERNIE GALVIN, HELEN HOWARD, SINEAD GALVIN, MAIREAD O'SULLIVAN, VERONICA O'CONNOR, ANN COURTNEY, SHEILA CROWLEY, MAIREAD MARTIN, LIAM HEALY AND MARY LACEY AT KILLARNEY GOLF CLUB ON TUESDAY.



PICTURED AT BEAUFORT GOLF CLUB FOR CAPTAINS DAY WERE L-R GEAROID KEATING (CAPTAIN), BILLY MOYNIHAN (4TH PRIZE), ROBIN SUTER (5TH PRIZE), GABHAN O'LOUGHLIN (2ND PRIZE) AND IN FRONT FIRST PRIZE WINNER JAMES JONES. MISSING FROM THE PHOTOS WAS 3RD PRIZE WINNER DEREK LYTTLE. PRIZES BY LOCAL ARTIST PHIL O'GRADY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



MARY GEANEY CLUB PRESIDENT AND MIKE DALY CAPTAIN PRESENTING THE RACING CUP TO (CENTRE) WINNER ANN MOYNIHAN AT KILLARNEY GOLF CLUB, KILLARNEY.



PICTURED AT BEAUFORT GOLF CLUB FOR CAPTAINS DAY WERE L-R GEAROID KEATING (CAPTAIN), SHANE O'SULLIVAN (FRONT 9), JOHN LOONEY (BACK 9 & LONGEST DRIVE), EAMON REIDY (PAST CAPTAINS), MATT TEMPLEMAN (GUEST PRIZE), TOM BARRY (2ND GUEST PRIZE) AND IN FRONT JAMES SUTER (JUNIOR PRIZE). PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT BEAUFORT GOLF CLUB FOR CAPTAINS DAY WERE L-R GEAROID KEATING (CAPTAIN), FIRST PRIZE WINNER JAMES JONES WITH HIS FIANCEE LAURA HORGAN. PRIZES BY LOCAL ARTIST PHIL O'GRADY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



KERRY IFA SEEKS REDUCTION IN PROPERTY TAX FROM LOCAL AUTHORITIES

In a submission to Kerry County Council, IFA Chairman and Castleisland based farmer Sean Brosnan, has sought a reduction in the property tax to reflect the level of services provided and to ensure that there is no further erosion of competitiveness and loss of income for farm families.

"The purpose of the property tax is to support the provision of local services, with the majority of the proceeds of the tax accruing to local authorities. While this should provide more autonomy to local authorities to provide appropriate services, there can be no change in the rate of the tax to compensate for a reduction, or lack of funding from other sources," said IFA Chairman Sean Brosnan.

"IFA believes that the local property tax must reflect the level of local services provided, which are significantly lower in rural Ireland than those provided

in urban areas. There is a strong argument, therefore, for a reduction in the property tax to reflect the lower level of services provided in rural areas." He concluded, "In addition, the burden of taxation on farm families has, in common with other sectors, increased significantly in recent years. Marginal rates of tax are at a very high level and lower income farmers have been negatively affected through the introduction of the USC and the reduction in personal tax credits. Increases in the rates of capital taxes and reductions in tax-free thresholds have added to the costs of investment and asset transfer. To encourage investment and enterprise and to support overall economic recovery, there must be a reduction in the overall taxation burden and I am calling on Kerry County Council to reduce the property tax next year."

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PRUDENT CASH FLOW PLANNING REQUIRED FOR THE LAST YEAR OF SUPERLEVY

Milk supplies to the end of June exceeded quota by a record 7.05%, the Department of Agriculture has announced, and January to May production was up 8.5% according to CSO. IFA National Dairy Committee Chairman Sean O'Leary said strong profitability, exceptional weather conditions and good availability of high quality fodder would push Ireland's milk supplies over quota and into a potential record superlevy situation for the last year of the quota regime.

He said this would impose a high cost on farmers, which they needed to plan for prudently, with assistance from advisors, co-ops, and banks to first minimise, and then finance this extra cost of expansion without damaging cash flow or herd potential.

"Irish milk supplies reflect the global trend of exceptionally fast output growth, and for the same reasons: conditions and on-farm profitability are both good. However, farmers need to remember that superlevy is with us for one last year – and production looks set to exceed our

quota quite considerably over the coming months, as farmers gear up for the end of the regime," he said.

"Our efforts in Brussels will continue, but even in the increasingly unlikely event that sufficient agreement can be achieved between member states, the best farmers can expect is the equivalent of a 2% improvement in the size of their quota – with superlevy having to be paid in full on the excess," he stressed.

"It is crucial that farmers would seek assistance from their Teagasc or private advisor to adopt husbandry and production techniques which will allow them minimise their production surplus without impeding the future potential of their herd," Mr. O'Leary said.

"It is also vital that farmers be assisted by their co-ops and banks in financing the superlevy bill a very large number will face next year. This must be planned as early as possible, and the cash flow of farmers protected as much as possible in the process," he concluded.



JACK O'DONOGHUE TRALEE WINNER OF THE DONKEY CLASS IN THE KILGARVAN SHOW RECEIVING HIS PRIZE FROM PAT TWOMEY BALLINGEARY CO. CORK. PHOTO: LISA O'SHEA.

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TEAGASC SAFETY SURVEY FINDINGS

•2,000 injuries occur on Irish farms each year.

•75% of all accidents are associated with:

Tractors and machinery; Trips and falls; Livestock. Ireland has over twice the incidence of farm accidents as other European countries.

Public Safety

* Ensure that there is good visibility at access points onto public roadways.

* Ensure that livestock fencing and gateways along public roadways are stock-proof.

* Ensure that public roadways are kept free of hazards. Place warning signs on the road margins when farm activity is in progress.

* Vehicles and equipment should comply with the Road Traffic Acts.

PREPARE A SAFETY STATEMENT

The Safety Health and Welfare at Work Act requires that a safety statement be prepared for all workplaces, including farms. This is a plan to manage safety on your farm. A format for preparing a safety statement is available from Teagasc or the Health and Safety Authority.

Accidents are preventable

•Most accidents are preventable if practical safety measures are taken - examine your farm, identify the hazards and take control measures. Discuss safety with your family, persons who work on your farm, contractors and visitors and ensure that safe standards and practices are used.

THINK SAFETY AND TAKE ACTION

Tractors, Machinery, Workshop Equipment

* Ensure that all machinery and equipment is in safe working order. Consult the operator's manual. Keep all safety guards in place.

* Make sure that all operators are competent and work in a safe manner.

* Always turn off the PTO and stop the engine before attempting to free a blockage. Watch out for bystanders.

LIVESTOCK: All animals can be dangerous. Keep the temperament of animals, especially bulls, under constant review. Ensure that children, in particular, are safe when cattle are being herded. Bulls should have a ring and trailing chain attached. Where a bull is present, place a warning sign at field entrances with public access. Check that your livestock handling, housing and loading facilities are safe and easy to use.

TRIPS, FALLS AND BLOWS

•Keep all walkways and work areas free of tripping hazards.

•Rushing is the cause of many accidents - work at a steady pace.

•When gaining access to heights, use a sound and properly secured ladder. Never walk on a fragile roof, use adequately supported crawler boards or roofing ladders. Ensure that lofts and stairways are sound and have adequate guard-rails fitted. •Fit sliding doors or ensure that doors can be secured. Heavy swinging doors or gates are highly dangerous, especially in windy conditions.

Children

•Look out for and eliminate particular hazards to children on your farm.

•Provide a safe and secure play area for young children.

•Supervise young people working on your farm. A young person must be 14 years old to operate a tractor on the farm and over 16 years of age to do so on public roads. Read the Health and Safety Authority guidelines on child safety on farms.

SLURRY

•Ensure that all slurry and effluent tanks are fenced or covered.

•Only agitate and move slurry when there is a lot of air movement. Pick a windy day. Evacuate all people and stock from sheds. Open all doors and outlets.

•Adding silage effluent to slurry greatly increases the level of poisonous hydrogen sulphide gas produced.



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LIFTING AND CARRYING

- Prevent back injuries by using mechanical methods of lifting, e.g. loaders, hydraulic jacks, trolleys, wheels under heavy farmyard gates.
- Before lifting - assess the load. Use the correct technique by having a well-balanced stance, bend your knees, keep your back straight and keep the load close to your body.
- Ensure that heavy weights are well secured and that proper stacking takes place.

Electrical Installations

- Have a competent electrician examine the electrical installations on your farm and upgrade if necessary. Be familiar with the standards of electrical installation. Read the ESB leaflet "Farm Well, Farm Safely".

- Ensure that all plugs are correctly wired and that cables are sound. Only use waterproof fittings in damp locations. All sockets should be protected by a 30 milliAmp Residual Current Device (R.C.D.).

- Lookout for overhead cables and observe safe clearance distances.

PESTICIDES

- Store all pesticides and farm chemicals in a secure, bunded store, made of non-flammable material. Identify the store with the correct safety warning sign. The store should be isolated from flammable materials such as hay or straw.

- Wear suitable protective equipment - wellingtons, coveralls, pesticide gloves, a face shield and where necessary a respirator.

- Ensure that the sprayer is in safe working order. Operators should receive training. Consult the Teagasc Code of Practice for further information.

YOUR HEALTH

- Wear protective equipment where the situation requires it: goggles, gloves, veterinary gloves, ear defenders, a facemask or respirator.

- Atmospheres with mould, dust or fumes are injurious to health. Where these

arise, ventilate the area thoroughly. A facemask (EN 149 Type P2) gives a high level of protection against dust and spores.

- Adopt high standards of hygiene and cover all cuts and wounds with waterproof plasters. Keep a first aid box and attend a first aid course.

FARM FIRES

- Ensure that combustible materials such as hay, straw, fuel/oils are separated from livestock buildings and dwelling houses. Hay/straw should be stored 18 metres or more from other buildings.

- To allow access for a fire brigade, entrances and gates should be at least 3.0 metres wide. A fire brigade may have only 2,000 litres (400 gallons) of water aboard. Check that a farm water supply is available to fight a fire.

Ensure that all emergency phone numbers are in view at the phone. Have suitable fire extinguishers on the farm and in the home. Additionally, smoke alarms and a fire blanket should be fitted in the home.



FERGAL Ó SÉARD A BHOIR, VENTRY AT THE KILGARVAN SHOW ON SUNDAY PICTURED WITH HIS WINNING EWE LAMB.
PHOTO: LISA O'SHEA.

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IFA CALLS ON FARM FAMILIES TO RE-DOUBLE EFFORTS TO IMPROVE FARM SAFETY

IFA President Eddie Downey has again called on farm families to make safety a top priority on their farms and to think safety and farm safely at all times.

Tragically, 17 lives have been lost to farm accidents so far this year, which is more than all of 2013.

Eddie Downey said farming is a high-risk occupation, but accidents and injuries can be prevented by taking time and working safely. "Being tired, distracted and stressed is often a reality on busy farms and every effort must be made to avoid shortcuts. At the peak of this busy summer season on farms, safety must come first".

As with IFA's National Farm Safety Awareness Day last month, the IFA President appealed to farm families to dedicate time to thinking about health and

safety on their farms; to identify potential danger areas; and, to consider ways to minimise risks.

"By taking time with family members and farm staff to review or complete a risk assessment, farmers will not only reduce the risks to themselves, their families, employees and farm visitors but will also ensure they are complying with Health and Safety legislation".

The IFA has a dedicated 'Farm Safety' section on its website www.ifa.ie, which provides farm safety videos, booklets, links and information. This will complement a range of initiatives, including messages in the IFA calendar, text alerts to our members and regular updates through our County Executive network.

RDP KNOWLEDGE TRANSFER DISCUSSION GROUP PAYMENT MUST BE MADE DIRECTLY TO FARMERS IN FULL



FLOR MCCARTHY

IFA Rural Development Chairman and Kenmare based farmer Flor McCarthy has called on the Minister for Agriculture, Simon Coveney to amend the RDP proposals on Knowledge Transfer as the Department of Agriculture plan to make €500 of the farmer payments directly to facilitators including Teagasc is both excessive and anti-competitive. Flor McCarthy said as it stands the Minister has proposed to the EU Commission that farmers will get a payment of €750 while the facilitator, which can be Teagasc or a private Planner, will get €500 for each participating farmer up to a maximum of 15 farmers (10 in the case of Poultry). This proposed payment to the facilitator is much higher than what farmers were paying Teagasc and Planners under BTAP, STAP and DEP as it was done in a competitive environment. Mr. McCarthy said paying a standard fee is unacceptable and goes against a policy of having competitive tendering. Farmers are also being asked to make an additional payment to a vet in preparing an animal health and welfare report as part of their Plan requirement. Continuing, Flor McCarthy said the following areas

needed to be addressed before the Knowledge Transfer measures are implemented. These include:

The payment level to farmers should be increased to €1,250 with the farmers paying the facilitator a competitive rate for the work done.

* The Knowledge Transfer measure which will apply to Beef, Sheep, Dairy, Tillage, Poultry and Equine must be extended for Pigs. In addition, a special Hill Sheep Measure (HSTAP) must be introduced.

* Farmers who have both a Cattle & Sheep enterprise should be allowed to be members of 2 groups as is currently the case. Many farmers have dual enterprises and should be allowed to join both as the Knowledge Transfer measure in each enterprise is important for improving their farm income.

Concluding, Flor McCarthy said it was vital that the Knowledge Transfer measure worked for farmers as the group advisory concept has worked successfully through the various discussion groups over the last 4 years. However changes are needed before implementation of the new programme.

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- Don't over exfoliate as you might in winter. Exfoliating removes the top layers of skin making it extra susceptible to sun burn.
- Try not to shampoo daily. Instead, use a dry shampoo to soak up any extra oils. Your hair will be healthier.
- No need for a heavy moisturizer in summer. A light one should do you.
- Instead of tanning your face, use bronzer. Your 50-year-old self will thank you a few years down the road.



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TREES SAVE LIVES:

While trees are just standing around – swaying in the breeze and providing shade – they are also up to seriously noble work. While most of us know that trees take in carbon dioxide and release oxygen, they are quietly providing another important service as well. Namely, they remove deleterious pollutants from the air, according to new research from the United States Forest Service.

The study found that trees are actively diminishing air pollution. The researchers examined four pollutants in particular: nitrogen dioxide, ozone, sulphur dioxide and particulate matter less than 2.5 microns (PM2.5) in aerodynamic diameter. Health problems from these pollutants include harm to pulmonary, cardiac, vascular, and neurological systems. In the U.S., an estimated 130,000 deaths were related to PM2.5 and another 4,700 to ozone in 2005.

The scientists looked at how trees remove air pollution by the interception of particulate matter on plant surfaces and the absorption of pollutants through the leaf stomata; they concluded that trees in the U.S. are saving the lives of more than 850 Americans a year. And that's not all – they are preventing 670,000 incidents of acute respiratory symptoms and saving a whopping \$7 billion a year in health costs by reducing respiratory illness.

And all that just by improving air quality by less than 1 percent.

Not surprisingly, the amount of trees in an area has an effect on the benefits. While the average tree cover in the U.S. is estimated at 34.2% overall, it ranges by area from 2.6% in North Dakota to 88.9% in New Hampshire.

SHEILA MOYNIHAN MEMORIAL FUND:

A cheque for €5000 was presented recently to Kerry Hospice Foundation (Killarney Branch) proceeds from the Sheila Moynihan Memorial Walk held in Rathmore in May.

Since the inception of the Sheila Moynihan Memorial Fund 8 years ago following Sheila's untimely death a total of €158,000 has been raised by various ventures for Cancer Support Projects. The generous support of all those who participated, facilitated and contributed to these ventures is greatly appreciated.

The committee would like to take this opportunity to thank our regular sponsors.

POPE FRANCIS & ECUMENICAL PATRIARCH APPEAL FOR RESPECT OF CREATION:

Pope Francis and the Ecumenical Patriarch, Bartholomew I, held private talks in Jerusalem on 25th May 2014 and signed a Common Declaration in which they pledged to continue on the path towards unity between the Catholic and Orthodox Churches.

They also called for Christians to live in a way that protect God's world: "It is our profound conviction that the future of the human family depends also on how we safeguard – both prudently and compassionately, with justice and fairness – the gift of creation that our Creator has entrusted to us. Therefore, we acknowledge

in repentance the wrongful mistreatment of our planet, which is tantamount to sin before the eyes of God. We reaffirm our responsibility and obligation to foster a sense of humility and moderation so that all may feel the need to respect creation and to safeguard it with care. Together, we pledge our commitment to raising awareness about the stewardship of creation; we appeal to all people of goodwill to consider ways of living less wastefully and more frugally, manifesting less greed and more generosity for the protection of God's world and the benefit of His people."

It's time to start preparing for Creation Time! Once again, Christians throughout the world will be taking time from 1st September to 4th October to reflect on the wonder and mystery of God's Creation and consider ways they can relate better to the living earth – ways that reflect God's ways of justice and peace.

This year's theme – God, Whose Farm is All Creation – ties in with 2014 being the UN International Year of Family Farming.

Creation Time started in the Orthodox Church in 1989 and since then has been supported by a growing number of churches throughout the world and the World Council of Churches. It was endorsed at the European Ecumenical Assembly in Sibiu, Romania in 2007, when it was agreed that the period "be dedicated to prayer for the protection of Creation and the promotion of sustainable lifestyles that reverse our contribution to climate change".

The Irish Catholic Bishops also encourage the observation of Creation Time in their excellent 2009 pastoral, *The Cry of the Earth*, which has recently been updated and will be re-launched during Creation Time this year. The pastoral also recommends that all parishes enrol in an environmental programme, like Eco-Congregation Ireland.

RESTORE YOUR FAITH IN HUMANITY:

At a time when tragedy dominates world affairs, it's easy to despair at the path some 'leaders' have led us down. But if you're worried about losing faith in humankind, despair not: we have the antidote.

Rich or poor; young or old; Irish, Australian, Chinese or Brazilian – the world over one universal trait truly unites us all: kindness.

Courageous deeds caught on film can sweep across the world in an instant, but it's acts of kindness, that don't get any airtime, that change the world every day.

* When a young Himalayan blue sheep, known as a Bharal, was left stranded from his flock in the Nangqen county of Tibet, an 11-year-old girl vowed to protect him – feeding him and keeping him company, until he grew old enough to rejoin his companions.

* Since 2009 a former Chinese chef, Li Zongwen, has single-handedly adopted 140 stray dogs who had been abandoned on the streets of Wuhan, China. Skilled at catering for large

numbers, Mr Zongwen prepares a massive amount of freshly cooked dog food every day — using a giant pan and a garden shovel!

The 59-year-old man put a roof over their heads, but admits he couldn't afford to feed all of them, without donations from other local animal lovers.

*A boy in Bangladesh risked his life when he jumped into a flood-swollen river to save a fawn from drowning. The boy, Belal, disappeared and onlookers feared the worst - until he resurfaced, holding the tiny fawn safe above his head. Belal's heroism would have gone unnoticed if an international wildlife photographer hadn't been on hand to document the scene!

*Two Camels Albert and Einstein, as they have been named (camels are terrifically clever), are happy now, but life wasn't always so cheery for them. Born in the wild, they were rounded up and torn from their mothers before they were even a year old. Destined to be sold at auction to an uncertain fate — Emma and the kind people at Brightside Farm Sanctuary stepped in and whisked them away to safety. All they have to worry about now is smiling for the camera.

*It's not your average stroll along the beach when Hassan Kasskin takes his dogs walking in Gaza. Horrified by the death toll of shipwreck victims off the coast, Mr Kasskin has given his two brave German Shepherds lifeguard lessons - training them to swim out into the choppy Mediterranean waters to rescue drowning people.

*A pig born without hind legs has become a celebrity in the Henan Province of China. Known as Zhu Jianqiang - which means 'Strong-Willed Pig' - her carer, Wang Xihai, taught her to walk on her front legs, despite calls from his wife to get rid of the special little piglet. 'She proved to us that no matter what form life is it should continue to live on,' Mr Xihai said.

*A photo shoot turned into a dramatic rescue mission on the island of Giske, Norway when friends Erik and Torvald risked their lives to save a young lamb from drowning in the ocean. Torvald grabbed Erik to keep him from slipping down a slippery rock-face into the rough waves of the freezing waters as the pair hauled the stricken animal to safety.

People like you are making the world a collectively kinder place. If today you chose the meat-free meal; or lent your voice to an animal who has none; or cuddled your rescued companion animal; or shared an inspiring message with a friend - your act of kindness may never be acknowledged or repaid - but it will mean the world - to someone.

THIS WEEKS QUOTE:

"No act of kindness, no matter how small, is ever wasted." — Aesop

ON THIS DATE:

117 - Hadrian, famous for his wall, became Roman emperor.

1296 - The Stone of Scone – on which Scottish kings had been crowned for centuries – was seized by King Edward I of England.

1781 - James Gandon moved from London to Dublin; the first stone of his Customs House was laid on this date

1786 - The first successful ascent of Mont Blanc.
1923 - The Civic Guard was renamed the Garda Síochána

1953 - The library of Alfred Chester Beatty, containing his unique collection of oriental manuscripts, opened in Dublin

1963 - The 'Great Train Robbery' in Britain.

1981 - Thomas McElwee, Irish political prisoner, died on the 62nd day of his hunger strike in Maze Prison, Northern Ireland.

2000 - A leading figure in the Young Ireland Movement, Edward Walsh, poet, folklorist, song writer and teacher, was remembered on the 150th anniversary of his death

2001 - The Taoiseach and Tánaiste urged Irish workers and employers not to panic as computer giant Gateway signalled a shutdown of Irish operations with 900 job losses.

THE WORLDS BEST MOTHER?

The ultimate goal of all species on the planet is procreation, the act of making anew. And many species go to great lengths to set their progeny off on the right path: orangutan mothers have been known to breast feed for eight years, the father emperor penguin braves the brutal Antarctic winter to warm a single egg, while the mother wolf spider carries her dozens of offspring wherever she goes. However, few could contend with a deep-sea octopus, known as *Ganeledone boreopacifica*, which researchers observed guarding its eggs for four-and-a-half years (53 months), before likely succumbing to starvation soon after.

Each of the 18 times the marine biologists visited the 1,397 meters (4,583 feet) deep sea site in the Monterey Submarine Canyon off of central California, they found the same octopus clinging to the vertical rock face, arms curled, covering her eggs. Continuous growth of the eggs provided evidence that it was the same clutch throughout and the octopus was also easily identifiable by her tell-tale scars. In the Autumn of 2011 the eggs hatched.

Many octopus mothers, such as the giant Pacific octopus (*Enteroctopus dofleini*), are known to lay eggs only once in their lives. They guard and care diligently for the eggs, all the while losing weight and weakening due to a lack of food. They also change colour, usually taking on a ghostly pallor. The mothers often die soon after the eggs hatch, essentially sacrificing themselves for the success of their children. The researchers believe *Ganeledone boreopacifica* acts similarly.

There is no evidence that [*Ganeledone boreopacifica*] females feed while brooding. Potential prey in the form of Lithodid crabs and Pandalid shrimps were frequently in close attendance around the brooding female, however, the only interactions the biologists

observed were when she pushed these crustaceans away, the mother even refused food when they offered her pieces of crab. The scientists also never observed the mother away from her eggs during the 18 visits over the years and said while she occasionally shifted her position slightly, or uncurled and lifted one or two arms, the female always remained centered over the clutch of eggs.

NOAH'S ARK THEME PARK:

The governor of Kentucky has promised generous tax incentives to a group of entrepreneurs who plan to construct a full-size replica of Noah's ark, load it with animals and actors, and make it the centerpiece of a Bible-based tourist attraction called Ark Encounter. The theme park was conceived by the same Christian ministry that built the Creation Museum in Petersburg, Kentucky has drawn 1.2 million visitors in its first three years — proving that in the U. S. at least there is a sizable paying audience for entertainment rooted in a literal interpretation of the Bible.

The developers of Ark Encounter, who have incorporated as a profit-making company, say they expect to spend \$150 million, employ 900 people and attract 1.6 million visitors from around the world in the first year. With the Creation Museum only 45 miles away, they envision a Christian tourism corridor that would draw busloads from churches and Christian schools for two- and three-day visits. The park will include a 100-foot Tower of Babel, a first-century Middle Eastern village and a journey through the Old Testament, with special effects depicting Moses, the 10 plagues and the parting of the Red Sea. For children, there will be a petting zoo, live bird and animal shows and a play area with ziplines and climbing nets - all Bible-themed.

83 YEAR OLD WILLIAM SHATNER INJURED IN HORSE RIDING ACCIDENT:

"Star Trek" icon and legendary Canadian actor William Shatner rolled into the 45th annual Comic-Con International celebration of the popular arts in a wheelchair. The 83-year-old actor, who became known around the world for his role as Captain Kirk in the series "Star Trek," had to be pushed onstage for his appearance at the Legends of TV Land panel.

Mr. Shatner was in a wheelchair due to an unfortunate horse-riding accident he had been in the previous weekend. He explained that he was in a great deal of pain and was unable to walk, but there was no way he was going to miss the event.

Mr. Shatner told the crowd, In a couple of days I'll be fine, but right now I'm in a lot of pain." He added..."I was riding a horse and had an accident. The horse got off scot-free. I did not. I wrecked my leg."

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ONE MAN'S TRASH IS ANOTHER MAN'S TREASURE...

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20TH 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, daughters Norma, Lorraine,
Patricia, son Sean Jr., Fionn and baby
Saoirse, relatives and friends.*

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. x

NOVENA TO ST. CLAIRE

Ask St. Claire for 3 favours, 1 business, 2 impossible, say a Hail Mary's for 9 days with a lighted candle. Pray whether you believe it or not. Publish on the 9th day. May the Sacred Heart of Jesus be praised, adored and glorified today and always. Request will be granted no matter how impossible it may seem. Publication must be promised.

T.W.

THANKS

Sacred Heart,
Lady of Lourdes,
Holy Spirit,
St. Therese

NOVENA TO THE SACRED HEART

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

x

THE MIRACLE PRAYER

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

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

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

Amen.

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

NOD

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. 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. Amen. Say this prayer for 3 consecutive days. Must publish prayer and it will be granted to you.

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. **M.M.**

NOVENA TO THE SACRED HEART

You have said O'Divine

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

THE MIRACLE PRAYER

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

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

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

Amen.

Say this prayer for three days.

Publication of prayer and favour will be granted.

A

PRECIOUS MOTHER OF JESUS

Mother of Divine Grace you can find a way, where there is no way. Please hear my prayer and grant me my request.
(Say 6 times daily and your request will be granted).

THANKSGIVING

Sacred Heart of Jesus, St. Jude,
Our Blessed Lady,
a thousand thank you for everything and all
Saints and Souls.

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

NOVENA TO THE SACRED HEART

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

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

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

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

In thanksgiving.

M.C.

NOVENA TO THE SACRED HEART

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

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

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

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

In thanksgiving.

J.K.O.C.

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