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KILLARNEY HOSTS AMAZING WEEKEND AS THOUSANDS FILL THE TOWN

"There isn't a town like it in Ireland" was the mantra for everyone last weekend as the capital of tourism in Ireland enjoyed a bumper few days.

Celebrations for the 4th of July kicked off on Friday afternoon with a full – on 4th of July charity BBQ at Scott's Hotel Scott's Street sponsored by the Henggeler – Moriarty family in association with Scott's Hotel and in aid of The Kerry Cork Cancer Health Link Bus. The BBQ was raided by Desperados from "The Wild West Troupe" who were definitely there to shoot up



CAN CAN GIRLS GETTING THE PARADE UNDERWAY FOR THE 4TH OF JULY CELEBRATIONS.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

the town. They brought with them a fine group of Can Can girls who thrilled the audience with their colourful dancing and outfits.

As the afternoon progressed brass bands from Crumlin, Blarney and the local Gleneagle Band entertained the crowds as the much

anticipated 4th of July Big Parade was awaited. The streets were thronged, huge crowds lined the streets from the Golden Gates right through the centre of the town, even the pouring rain failed to dampen their enthusiasm as the wonderful parade passed to huge applause. Harleys roared, cheerleaders cheered and American footballers played ball with the spectators. Amazing float after amazing float, brass bands, dancers, cowboys and not to forget our own Kerry Rose it had it all and the spectators responded in awe.

The parade wound its way to the Beech Road Car Park and the crowds that followed were entertained by The Swing Cats who really got the atmosphere going and played late into the evening.

It was Good Morning America for Mayor of Killarney Bobby O'Connell who raised the American Flag, to the rousing chorus of The Star-Spangled Banner performed by "A Dawn Chorus" drawn from a number of local choirs at the ceremonial hoisting of the USA Flag over the Town Hall to mark the 4th July Celebrations at 7am on the morning of the 4th and an early



JOSH, WILLIAM, PAUL AND HANNAH SHERRY FROM KILLARNEY ENJOYING LIP LICKIN' BBQ IN SCOTT'S STREET IN AID OF THE KERRY CORK CANCER LINK BUS.

PHOTO BY MAREK HAJDASZ WWW.MHPHOTOS.IE



PICTURED AT THE FINISHING POINT OF THE RING OF KERRY CYCLE WERE TEAM VRON BACK ROW L-R JASON STACK, FRANKIE HILLARY, PAUL O'LOUGHLIN, ALBERT O'LOUGHLIN & SHANE STACK. FRONT ROW L-R NIAMH STACK, JAMIE STACK & KATE STACK. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

start also beckoned for 11,000 cyclists and hundreds of Ring of Kerry volunteers who prepared to take on the mammoth 180km cycle in aid of local charities.

Cyclists began arriving back into Killarney from lunchtime onwards and enjoyed a party atmosphere in the New Street Car Park where numerous tents, stalls, music and entertainment was on hand for all to enjoy.

The town enjoyed a bumper weekend with the culmination being the Munster Final on Sunday which resulted in a replay which is due to take place on Saturday 18th at 7pm in Fitzgerald Stadium.

"There isn't a town like it in Ireland".



GOOD MORNING AMERICA... MAYOR OF KILLARNEY CLLR BOBBY O'CONNELL, RAISES THE AMERICAN FLAG, AS A ROUSING CHORUS OF THE STAR-SPANGLED BANNER PERFORMED BY "A DAWN CHORUS" DRAWN FROM A NUMBER OF LOCAL CHOIRS AT THE CEREMONIAL HOISTING OF THE USA FLAG OVER THE TOWN HALL TO MARK THE 4TH JULY CELEBRATIONS IN KILLARNEY TOWN. PHOTO MAREK HAJDASZ WWW.MHPHOTOS.IE



ON THEIR WAY TO THE KERRY V CORK MUNSTER FINAL AT FITZGERALD STADIUM WERE L-R LIAM SHANNON, JOE SHANNON, MARY SHANNON & LILY MCMONAGLE.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

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STRICTLY RAISES €54,580 FOR VITAL CANCER SERVICES



ALL SMILES AS THE ORGANISERS OF STRICTLY COME DANCING 2015 MYRA BREEN AND JOE BURKETT PRESENT EUGENE O'SULLIVAN AND MEMBERS OF THE KILLARNEY BRANCH OF THE IRISH CANCER SOCIETY WITH A CHEQUE FOR €54,580 PROCEEDS OF THE EVENT WHICH WAS HELD IN FEBRUARY. INCLUDED ARE FRONT FROM LEFT: ELEANOR O'DOHERTY, KATHLEEN O'SHEA, KATHRINE BREEN, EUGENE O'SULLIVAN, MYRA FITZGERALD, JOE BURKETT, KATHLEEN CRONIN AND MARY MACMONAGLE. SECOND ROW: DANCERS LISA RAGOSA, LORRAINE KELLY, BREDA O'CONNOR, MARIE WADE, JOE GAFFEY, GRAINNE O'SULLIVAN, CATH-ERIONA WHITE, NORRITA CRONIN, AISLING CROSBIE AND MICHAEL BERNARD O'DONOGHUE. BACK ROW: SEANIE O'DONOGHUE, JUDGE AND DANCERS MIKE O'LEARY, ADRIAN O'SULLIVAN, PAT O'NEILL, JOHN FENTON, DERRY HEALY, BATTY O'SULLIVAN AND JOHN JOE CULLOTY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE HEIGHTS HOTEL FOR THE CHEQUE PRESENTATION FROM THE ORGANISERS TO THE IRISH CANCER SOCIETY RESULTING THE HUGE SUCCESS OF 'STRICTLY COME DANCING' WERE L-R KATHRINA BREEN (ICS), EUGENE O'SULLIVAN (ICS), MICHAEL BERNARD O'DONOGHUE (WINNER), GRAINNE O'SULLIVAN (WINNER), JOE BURKETT (PREMIER EVENTS & MYRA FITZGERALD (PREMIER EVENTS).

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

From tiny seeds grow giant oaks certainly sums up the experience that was Strictly Come Dancing 2015.

On Tuesday night last the dancers, the choreographer, the producer and the Killarney Branch of the Irish Cancer Society committee gathered in the Killarney Heights Hotel for the cheque presentation.

An amazing €54,580 was handed over to Eugene O'Sullivan, Chairman of the committee by Myra Fitzgerald organiser.

The event, which was held on February 13th first began as a small fundraiser with 300 tickets printed for the show which was to be held at the Killarney Heights Hotel.

However, when those tickets sold out on

the first night - everything was relocated to the INEC where a full house of 2,000 people enjoyed the sell out performance.

All money raised on the night will go towards the provision of services for those living with cancer in the Killarney area, including night nursing and care to drive.

NOW AND THEN.... CLASS OF 1965 MEET AGAIN

An emotional reunion took place in The Malton Hotel on Saturday afternoon last when the class of 1965 from Loreto Convent in Killarney met for their 50th Reunion.

The ladies travelled from different parts of the world to meet up and reminisce and exchange stories. One lady attending the reunion, Philomena McDonnell, who is originally from Castleconnell in Tralee travelled from Philadelphia for the reunion only to discover that herself and two of her former school friends lived within a 90 mile of each other. The ladies enjoyed a lovely lunch at the hotel and sat around for hours afterwards chatting and catching up on old times.



CLASS OF 1965: FRONT ROW FROM LEFT: DYMUNA CLIFFORD, VERONA GILL, BRENDA HUSSEY, MARGARET O'SULLIVAN, NELL MOYNIHAN, HONOR O'LEARY, MARGARET BUCKLEY, HELEN FORDE. SECOND ROW: CATHLEEN COSTELLO, CARMEL O'BRIEN, PHILOMENA SIGERSON, CARMEL RICE, NOREEN COFFEE, ANNE MCCARTHY, MARY TRANT, EILEEN WALSH, NORA HERLIHY. BACK ROW FROM LEFT: ITA CARNEY, MARGARET O'SULLIVAN, MAY CALLAGHAN, ANN MCGUIRE, ANITA LYNE, PHILOMENA ROHAN, PHILOMENA MCDONNELL, NORA ANN O'CONNELL AND KAY O'CONNOR.



CELEBRATING THEIR 50 YEAR REUNION, THE PAST STUDENTS OF LORETO SECONDARY SCHOOL KILLARNEY. INCLUDED ARE NORA HERLIHY, MARGARET O'SULLIVAN, HELEN FORD, DYMUNA CLIFFORD, NELL MOYNIHAN, BRENDA HUSSEY, EILEEN WALSH, HONOR O'LEARY, KATHLEEN HORGAN, ANN MORIARTY, ITA KEARNEY, KAT COSTELLOE, PHIL ROHAN, PHIL SIGERSON, CATHERINE O'SULLIVAN, NORANNE O'CONNELL, TERESA CULLINANE, PHIL MCDONNELL, BETTY CREMIN, MAUREEN SCANNELL, ANNE MCGUIRE, JANE O'DONOGHUE, MARY O'CALLAGHAN, SR. RIONACH AND NOREEN COFFEE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

IF YOU HAVE A STORY...

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*Thanks to everyone who has supported us
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Monday July 27th

MC Billy Donegan

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Tralee & Killarney or

at **www.ticketstore.ie**



ON YOUR BIKE FOR RING OF THE REEKS CHALLENGE

Don't put the bike away yet - the Ring of the Reeks is taking place on Saturday July 25th and it promises to be bigger than ever.

Organised by Beaufort G.A.A. Club and Killorglin Cycling Club the 'Ring of the Reeks', the Caragh Lake Loop and the 'Ring of Beaufort' leisure cycles are set to attract up to 500 cyclists.

This is the third year of event which caters for all levels of cyclists with the choice of three great routes:

The main cycle, The Ring of the Reeks, is a 110 KM loop of Ireland's highest mountains the spectacular McGillycuddy Reeks. The cycle features two significant climbs, Moll's Gap and Ballaghbeama Gap and traverses some of the most scenic terrain in the area.

The cycle rolls out at 9 am from Beaufort G.A.A. Club grounds. Participants can register on the morning of the event from 8:00 am at the Beaufort GAA Clubhouse or online at <https://register.sportstiming.ie/ps/event/RingoftheReeks2015> where route details are also available.

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

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

The Caragh Lake Loop, is a 60km cycle taking



CYCLISTS TAKING PART IN LAST YEARS RING OF THE REEKS.

in Lough Acoose and Caragh Lake before returning to Beaufort. The Ring of Beaufort cycle is a shorter 35 km beginner/youth cycle. Both cycles will start at Beaufort G.A.A. Club grounds at 11 am. Again, participants will be able to register on the morning of the event from 9:30 am at the Beaufort GAA Clubhouse or anytime online at <https://register.sportstiming.ie/ps/event/RingoftheReeks2015>. Full route details for both cycles are also accessible here. There will be a food and water stop at

the Climbers Inn for the 60 km route and at Glencuttane Cross for the 35 km route. There will be hot food and refreshments after the cycle at Beaufort Community Centre.

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

The overall event is approved by Cycling Ireland and is a joint fundraiser for Beaufort G.A.A. Club and Killorglin Cycling Club.

REMEMBERING CIAN



THE LATE CIAN O'DONOGHUE.

The family of talented Killarney artist Cian O'Donoghue, who lost his life in a drowning tragedy two years ago are to remember him in a very special way. Cian's family, his dad Billy and mum Joanie along with his brother Keith and sister Klara are planning a walk

through the National Park, which was one of Cian's favourite parts of Killarney.

The walk will take place on Saturday 18th July, meeting at the Deenagh Lodge at 4.45pm with the walk beginning at 5pm.

The route taken will be the River Walk, Lake Shore, Ross Castle and returning to Deenagh Lodge.

The family are hoping to raise funds on the day for the Killarney Water Rescue - Search and Recovery Unit.

ESB LAUNCHES COMMUNITY FUND

ESB has opened its autumn round of its 2015 'Energy for Generations' community fund. ESB is calling on Kerry not-for-profit organisations, charities as well as community and voluntary organisations to apply.

The fund supports projects whose work falls under the following areas: educational access and support; suicide prevention; care of the homeless. Each year, ESB awards funding to approximately 150 projects across Ireland, working to address these issues.

The closing date for the current round is Wednesday, 19th August 2015.

Full details on applying to the Energy for Generations Fund, including eligibility criteria for projects, can be found here: <https://www.esb.ie/main/community-sponsorship/energy-for-generations-fund.jsp>

STILL GOING STRONG AT 75 CLIFF RICHARD RETURNS TO THE INEC

Pop singer, musician, performer, actor and philanthropist, Cliff Richard returns to the INEC Killarney for the first time since 2009 to open his 75th Birthday Tour on Saturday 26th September. Cliff Richard has been a musical icon for five decades. When he burst onto the music scene in 1958, his raw teenage energy was a breath of fresh air, establishing him as Europe's first authentic rock 'n' roll star.

50 years and a staggering 250 million record sales later, Cliff continues to delight his fans with new music and spectacular live performances. Indeed it is impossible to think of any British entertainer who has spanned the years and the generations and had more

hits all over the world than this unique and much loved man. Tickets will be on sale from Friday 10th July from 10am and will be available from the INEC Box Office.



Inside the Life of a Kerry Footballer!

Lee Strand

TASTE THE FRESHNESS



Kerry defender Jonathan Lyne and brand ambassador for Lee Strand Protein+ Milk talks football, life and sports nutrition.

Q. Jonathan, when did you first start playing football?

A. I was 7 years old when I first started playing for Killarney Legion. My interest in football came about when I learned that my grandfather played for Kerry. He was captain of the 1947 Kerry team that travelled to the Polo Grounds in New York. This was a famous game as it was the first and only All-Ireland Final that was ever played outside of Ireland. Unfortunately they lost to Cavan.

Q. Killarney Legion is your club, how did they get you hooked on the game?

A. We had great trainers, James O'Donoghue's dad Diarmuid a great Kerry footballer was our trainer for years. We always had great fun and tried our best, so it was a great first experience of football. I loved the team element and camaraderie of the club. I am still friends with a lot of the players from the teams I played underage with.

Q. Football is a big part of your life, but if you could play another sport what would it be?

A. A professional golfer.

Q. What is your favourite treat?

A. Four Star Pizza with a BBQ base, topped with pineapple and chicken, after a hard game I like to unwind and relax after all the preparation.

Q. Tell us one thing that some people may not know about you?

A. I grew up on a farm just outside Killarney.

Q. How do you like to spend your spare time?

A. I like to relax and watch a good movie, something like Django Unchained.

Q. What can you not live without?

A. My iPhone and Twitter, it is great for catching up on sports.

Q. If you were lost in a desert island and you were given one phone call to make, what member of the Kerry team would you call to rescue you?

A. I could think of 30 fellas that I wouldn't call!

Q. If you were to host a celebrity dinner party, who would you invite?

A. For a bit of craic I would like to invite Roy Keane, Eamon Dunphy and Ronnie O'Sullivan.

Q. Your profession is teaching, how did you choose this career?

A. I am secondary school teacher of Physical Education and English, they were my two favourite subjects in school. So when I saw the opportunity to study them in college and pursue it as a career I jumped at the chance. It is great that my day job also ties in with my love of sport.

Q. How important is sports nutrition when training?

A. Very important, because we put so much effort into training and recovery it would be silly to neglect the nutritional aspect of sports. I am very conscious throughout the day that all my meals are healthy and will help with my training.

Q. This summer you are working with Lee Strand as a brand ambassador for their new Lee Strand Protein+ Milk, how is that going?

A. I am really enjoying it, it is great to be promoting a healthy product. The sports nutrition market is growing rapidly and I am delighted to be visiting sports events, school sports days, clubs and gyms advising people on the benefits of making Lee Strand Protein+ Milk part of their fitness regime.

Q. Tell us about the benefits of Lee Strand Protein+ Milk?

A. What is great about Lee Strand Protein+ Milk is that it is a natural product made from 100% fresh milk farmed in Kerry. All that is added to the fresh milk is two ingredients - protein and natural flavouring - vanilla or chocolate. There are some products out there that have a very long shelf life, 12 months or more and therefore have a very long list of ingredients with added sugars, sweeteners and ingredients that you cannot even pronounce.



Jonathan Lyne

Q. What about calories or fat content?

A. Lee Strand Protein+ Milk is made from semi-skimmed milk and has only 215 calories per bottle.

Q. Why is it important to read the label?

A. There are many people consuming flavoured milk drinks, thinking they are high in protein. In fact they are just loaded with sugar and there is no additional protein added to the milk either. To be honest you might as well be drinking a glass of milk and adding a few teaspoons of drinking chocolate or sugar! Lee Strand Protein+ Milk has no added sugar and has 25g of protein in every 330ml bottle.

Q. How does Lee Strand Protein+ Milk fit into a sports regime?

A. Athletes and sports enthusiasts have known the benefits of protein for sports recovery for some time. Everyone that participates in any form of sport or fitness should consume protein within 20 minutes for maximum muscle recovery. Lee Strand Protein+ Milk is ideal as it is a convenient ready to drink sports recovery drink, there is no mixing required so you can take it in your sports bag.

Q. Is Lee Strand Protein+ Milk only available in stores or can sports clubs purchase it?

A. Yes, it is available to clubs also in packs of 18. We are offering free samples to all clubs in Kerry and West Limerick at the minute, give us a call on 066 7121084.



NEW Lee Strand Protein+ Milk ...

Now at a store near you!

- 25g Protein per 330ml bottle
- No Added Sugar
- Supports Muscle Recovery after Exercise

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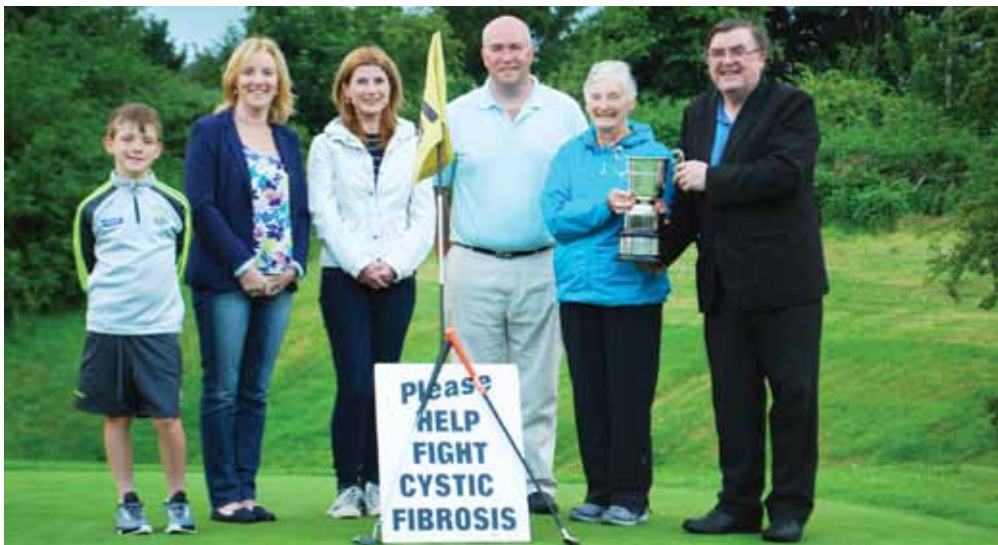
TASTE THE FRESHNESS



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- 100% Natural & Fresh

Lee Strand Protein+ Milk ... the essential part of your fitness regime!

PITCH & PUTT TOURNAMENT TO REMEMBER RICKY



ORGANISERS AND SPONSORS OF THE ANNUAL RICKY KELLY TOURNAMENT WHICH IS DUE TO TAKE PLACE NEXT WEEKEND. L TO R ARE: TJ AND FRANCES O'SULLIVAN (TATLER JACK BAR, SPONSORS), COLLETTE O'DONOGHUE (CYSTIC FIBROSIS), DERRY MCCARTHY (DEERPARK PITCH & PUTT CHAIRMAN), EILEEN SWITZER AND SEAN KELLY.

The annual Ricky Kelly Memorial Pitch & Putt tournament will take place in Deerpark Pitch & Putt Club next weekend, July 17th-19th. Now in its 24th year, the event is held in memory of a former PRO of the club who passed away from Cystic Fibrosis in the early 90's. The event has been well-supported in Killarney down through the last quarter century, with all proceeds from the event going in aid of Cystic Fibrosis. The competition is kindly sponsored once again by the Tatler Jack Bar in Killarney which this year marking the 12th consecutive year of their sponsorship of the event.

Entry is open to all Deerpark and Gleneagle Pitch & Putt club registered members along with non-registered PPUI members. The format is a Three Ball Scramble with entry €100 per team. Those with golf handicaps only will be granted three-quarters of their handicap to a maximum of 12 for Gents and 18 for Ladies. All teams must

include one non-registered member of the PPUI and all players must be 18 years of age or over. The competition begins on Friday 17th at 4pm with play on Saturday dependent on the time of road closures for the Munster Final replay in Fitzgerald Stadium. Play on Sunday will be up until 5pm (last card). Anyone who wishes to play outside of those times is asked to contact the committee in advance with alternative requests for tee-times accommodated where possible. The presentation of prizes will take place on Monday evening (July 20th) at the clubhouse with a barbeque beginning at 6.30pm. There will be music and entertainment on the evening as well. We encourage everyone associated with the club and the charity in general to make an effort to support the competition once again this year to support a very worthy cause. Further information on the event is available from 087 7823138.

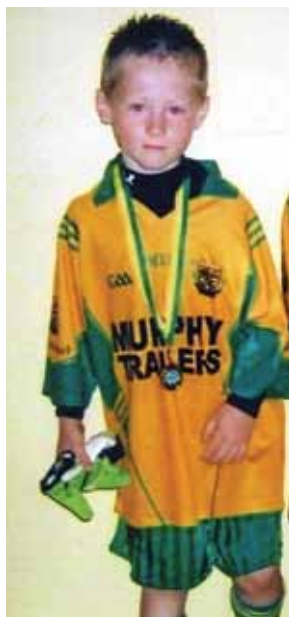
TOURNAMENT TO HONOUR GAA STAR DYLAN

A football tournament to honour the memory of a young Gneeveguilla GAA star will be held this weekend at the club grounds.

The Dylan Crowley Under 11 Invitational Tournament is set to mark Dylans 12th Birthday, second anniversary and his passion for football. Dylan's family have come together to organise the Under 11 Invitational Tournament and have invited ten teams in honour of Dylan. The participating teams are Gneeveguilla, Kilcummin, Scartaglen, Currow, Dromtariffe, Knocknagree, Rathmore, Cordal, Glenflesk and Firies. These teams were close to Dylan as he had played against them on a regular basis. Dylan was a huge football fan and Gneeveguilla GAA Club

was a big part of Dylans life with him looking forward to every training session and game.

The fixtures and timetable for the day are on the East Kerry Website with the finals scheduled for 3.30pm. Everyone Welcome.



THE LATE DYLAN CROWLEY.

CHARITY DANCE

A charity dance in aid of the Irish Cancer Society will take place in Kate Kearney's Cottage on Saturday July 18th at 9.30p.m. With music by Neily O'Connor, there will be lots of spot prizes, door prizes, finger food and a special guest.

The evening is presented by Boots Pharmacy Killarney and for more information contact 087-6410589.

P.O. STAFF LOOKING GOOD

There's a new look in Killarney post office this week as An Post staff don their new range of workwear.

Kerry based An Post retail staff have joined some 600 colleagues across An Post's 51 main post offices and taken delivery of a range of top quality workwear to match the company's ongoing investment in the national post office network. Industry experts and the staff themselves helped to design the new workwear with comfort and a professional look in mind. The final design was given a major 'thumbs up' by staff finding it both smart and stylish.

KNOCKANES NS TO BENEFIT FROM GRANT

Knockanes NS in Headford, is one of five Kerry school's to be added to the list of approvals for the additional accommodation and emergency works grant, to benefit from the emergency works grant under the "Access for All" grant.

AGHADOE SPA WINS AWARD

The Spa at Aghadoe Heights Hotel in Killarney scooped another award this year for Best Specialised Treatment with their 'Expectant Hydrotherm Massage' in the Irish Tatler Spa Awards

This specialised massage which is designed for expectant mums, is beneficial throughout pregnancy.

In 2014, The Spa at Aghadoe Heights won two awards for Hotel Spa of the Year & Best Body Treatment.

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JULY 24TH AND 25TH 2015

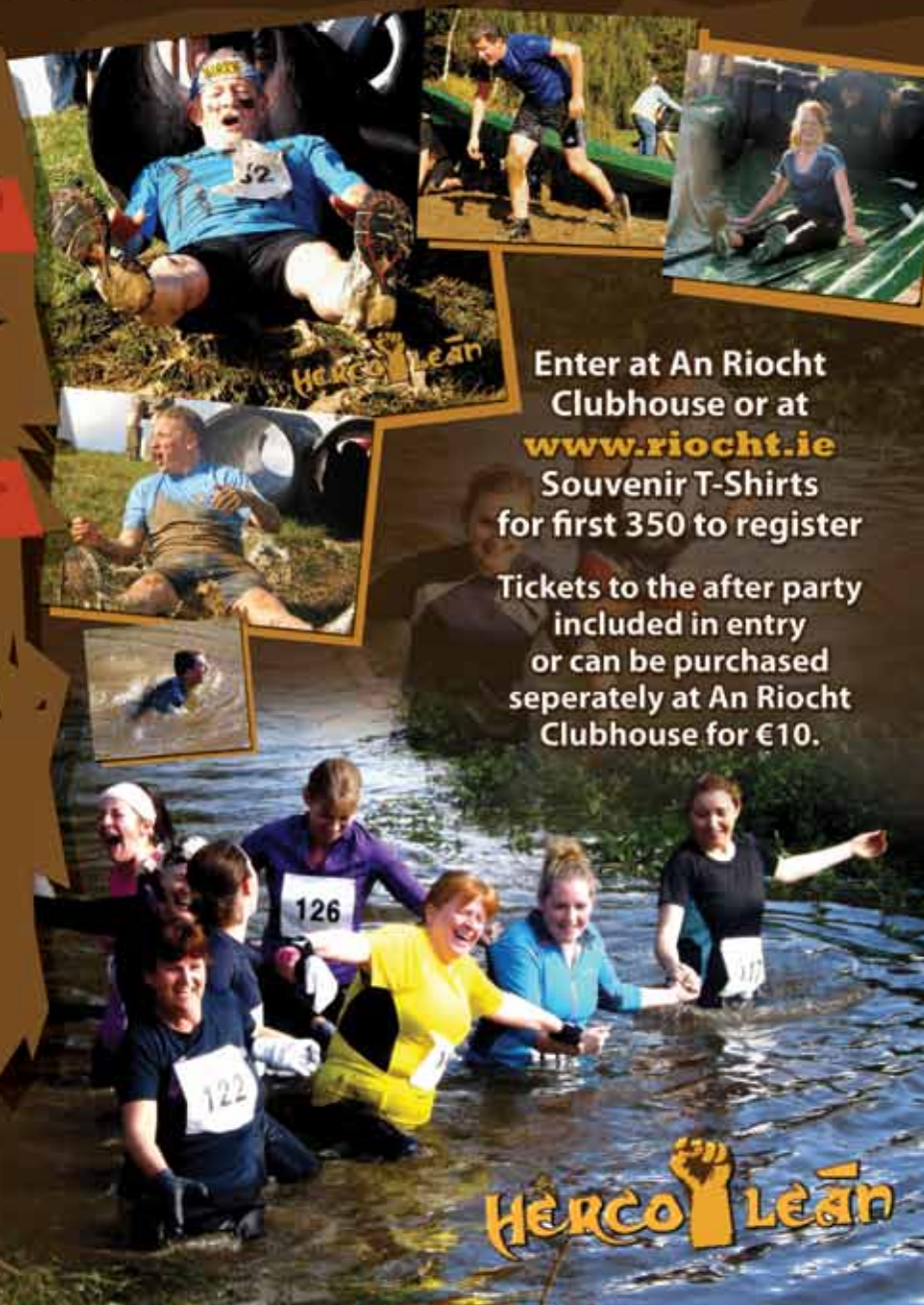
The slip sliding, bale jumping, tyre hopping, river crossing, kinda fun!!

JULY 24TH

EBS
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JULY 25TH

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URGENT CALLS FOR DEER CULL AS SPREAD OF DISEASE CONTINUES TO RISE

Farmers and rural Irish communities have called for greater investment in deer population management amid growing concerns over the spread of disease and risks to car safety.

The rapid growth of the deer population in rural Ireland has led to an increase in car accidents, it has been argued this week, as a number of safety measures continue to be delayed. These incidents include five fatalities in the last two years in Killarney, County Kerry, on one of Ireland's most active tourist routes, with deer being named as primary reason for the crashes. Alongside damage to land and fences, it is thought that the growth in deer population is also adversely impacting Ireland's biodiversity,



particularly in cases of conservation and protecting vulnerable species.

However the most pressing concern for

farmers is the threat of disease to cattle being exacerbated by roaming deer. Studies by the Irish Farmers Association and the Department of Agriculture found that tuberculosis levels in deer are as high as 16%. Fresh questions surrounding a humane deer cull have been raised as recent research indicated that badgers, previously thought to be the main carrier of the disease and recently the subject of a nationwide cull, are in fact more likely to avoid cattle rather than integrate.

Farmers have called for greater emphasis on sufficiently controlling the roaming of deer and managing their repopulation. The current freedom afforded to deer is leading to legal problems for farms as they are causing significant damages without sufficient means of attributing any form of responsibility, due to the colonial nature of the animals. Suggestions to help control the roaming of deer include tagging, increased signage and allocated deer crossings.

Independent TD Michael Healy-Rae has called for urgent action from the Minister of Arts, Heritage and the Gaeltacht Heather Humphreys, condemning the lack of efforts to sufficiently create a safe environment for the deer without imposing upon the safety and welfare of local communities. The Kerry representative cited the growing economic impact of deer and the subsequent threat to productivity as major concerns to rural Irish well-being and agricultural tradition. Healy-Rae's constituency

in Kerry is one of a number of areas across the country, including West Cork, Galway, Wicklow and North

Wexford, considered to be deer hotspots where economic activity and land management operations are regularly impacted by deer activity.

Ireland is host to four known species of deer: the red deer, the fallow deer, the muntjac and the sika deer. It is the latter which is of greatest concern to Irish farmers with sika deer accounting for roughly 50% of the deer population, having seen their numbers more than triple over the last three decades. Their natural inclination to colonise and expand their range is leading to the vast spread of TB and hybridisation with red deer. In cooperation with the Department for Agriculture, Heather Humphreys' department has published a report on deer management and established the Irish Deer Management Forum, which focuses primarily on solidifying management techniques and successfully controlling deer roaming.



INDEPENDENT TD MICHAEL HEALY-RAE.

IT'S CABARET TIME AT THE GLENEAGLE

The famous Gleneagle Summer Cabaret returns this July and August and this year as always features the best of Irish entertainment. Every night from July through August the legendary Gleneagle Hotel Ballroom is occupied by a stalwart of the Irish entertainment industry.

Brendan Shine returns every Tuesday night to help celebrate his 50th year in the entertainment industry and the man from Portumna Mike Denver kicks off his Wednesday night residency from July 22nd. Monday sees one of Ireland's foremost Comedy Hypnotist's Adrian Knight entertain the whole family with his comedy stage show with over two hours

of side-splitting entertainment, packed with fast moving stories and audience participation. Thursday's, Friday's and Saturday feature a veritable smorgasbord of Irish legends with performances from Dickie Rock, Dublin City Ramblers, Red Hurley, Bagatelle to name but a few

Grab your dancing shoes as Country Sunday's returns with performances by Ireland's best loved country stars including Philomena Begley, Declan Nerney & Finbarr Dennehy, Robert Mizelle, Derek Ryan, Michael English, Paddy O'Brien, Trudi Lawlor to name but a few....



DICKIE ROCK.

LEAHY AND WALSH ON MUNSTER TEAM

There was great news this week in Kerry golfing circles as two of the county's finest young golfers were named as part of a six strong Munster team for the inaugural Boys U/14 Championship which will take place at Athlone

Golf Club on July 21st and 22nd Mark Leahy of Tralee Golf Club and Luke Walsh of Killarney Golf Club will join Luke Danaher (Newcastle West) Jack Egan (Muskerry), Max O'Leary (Muskerry) and Daniel O'Sullivan

(Mallow) With the Team Manager also a Kerryman, John Carroll of Ballybunion Golf Club.

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KILLARNEY ROTARY WELCOME DISTRICT GOVERNOR

Rotary Ireland District Governor Declan Tyner visited Killarney Rotary on Wednesday at The Malton to address the club on Rotary Ireland projects and congratulate new Killarney Rotary President John O'Sullivan.

Declan congratulated the club on its many initiatives including the annual fundraising Evening of Wine & Art, Youth Leadership competition, Young Musician of the Year competition and concert and Afternoon Tea at The Malton.

Declan, who took office on June 27, also highlighted the new motto for the year which is "Be A Gift to the World".

"The object of Rotary is to encourage and foster the ideal of service above self," said Declan. He also gave a presentation on his recent visit to Kenya to highlight Rotary's project to provide clean water to communities in Africa.



ROTARY IRELAND DISTRICT GOVERNOR DECLAN TYNER AND HIS WIFE PAT CONGRATULATE NEW KILLARNEY ROTARY PRESIDENT JOHN O'SULLIVAN ON HIS APPOINTMENT. PICTURE: KILLARNEY PHOTOGRAPHIC.

SENATOR MOLONEY WELCOMES NEW SNA POSTS

Senator Marie Moloney welcomes the announcement of significant additional SNA posts from September 2015.

Marie Moloney welcomed the Cabinet decision to approve up to 610 additional Special Needs Assistants from Sept 2015, ensuring that every child with an assessed need has access to a SNA. "The extra posts announced today are as a result of a significant increase in assessed need and will ensure that children with special needs will be supported at school. 55% of the additional posts will be in mainstream classes while 45% will support children in special classes in mainstream schools or in special schools."

"There will be an 18% increase in SNAs in Primary Schools in Kerry, up from 218 to 236. In post primary, the increase is 7.25%, from 74 to 81.

Also there will be two extra posts in special schools in Kerry.

"There has been a significant increase in assessed need, and the Minister has announced a review to ensure the scheme is meeting its objectives, and that the best use is being made of resources. Also the contract of employment for SNA's will be reviewed to help ensure more hours for SNA's and the alternative of redeployment instead of redundancy."



SENATOR MARIE MOLONEY

NOTICE OF MOTION BY CLLR MICHAEL GLEESON



CLLR MICHAEL GLEESON

"At the May meeting of Kerry County Council I highlighted the deplorable condition of the road surface of the N.22 national primary road from the County Bounds through Glenflesk as far as Killarney. It was I stated a hindrance to all accessing Kerry and a particular danger to cyclists.

This week through KCC I received the following communication from the NRA: With reference to your letter of 3rd June 2015 regarding the surface

of the N22 from the County Bounds to Killarney, the scheme has been discussed with the executive of Kerry County Council for immediate design and implementation in 2016.

I very much welcome this very clear commitment by the NRA to the upgrading of the surface of this vital road. The work on completion will make the journey to and from our county much more pleasant for all and will undoubtedly boost visitor numbers."

MUNSTER FINAL REPLAY TO BE SHOWN LIVE

THE SATURDAY GAME LIVE - Saturday 18 July at 6.30pm on RTÉ2

Darragh Maloney will be joined by Colm O'Rourke and Joe Brolly for live coverage of the Munster Senior Football Final replay between Kerry and Cork from Fitzgerald Stadium, Killarney. Commentary from Ger Canning and Martin Carney. Throw-in 7.00pm.

HOUSE PRICES RISE

The price of an average three bedroom semi detached house in Kerry have risen by 8.39% to €168,000 in the second quarter of 2015, according to a national survey carried out by Real Estate Alliance.

The REA Average House Price Index concentrates on the sale price of Ireland's typical stock home, the three-bed semi, giving an up-to-date picture of the property market in towns and cities countrywide.

According to Donal Cullotty from REA Coyne and Cullotty in Killarney, there have been big increases in prices for three and four bed semi-detached homes due to lack of supply in the area.

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There is still time to "get your summer glow on" with Angsana spa at The Brehon and Fitness with Edele.

Last week over 30 new and existing members attended a kick fit class on The Brehon lawn to launch the new partnership for this summer programme.

The programme consist of 3 weeks unlimited classes with Fitness with Edele which will get you focused on achieving your exercise and nutrition goals before that holiday or special event coming up. During the 3 week program Angsana spa has

created your essential beach bag kit to help you glow wherever you are! This includes your take home beach kit bags, stimulating coffee & vanilla body polish, a 30min Trim & Tone massage, a €25 voucher off any extra treatments at the spa. Plus all new sign ups become Club Angsana members! This is a limited offer of €99!! Normally valued at €149! Call the Angsana Spa today for more information. It's not too late. **064 6623980** or contact Edele - **www.fitnesswithedele.com**, call into the Fitness with Edele studio in St Anthony's Place Killarney, call **087-7643449**

HERE I AM EXHIBITION BRIGHTENS UP THE TOWN



THE HERE I AM EXHIBITION WILL BE IN KILLARNEY UNTIL SUNDAY WHEN IT HEADS FOR BRAY CO. WICKLOW. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

Striking images of beautiful children are part of an exhibition which is currently on display around Killarney.

Photographer Dan Murphy photographed a number of children for inclusion in a book which was launched in March in time for World Down Syndrome Day titled Here I Am.

Dan has arranged for a selection of the photos to be put in an exhibition form to compliment the book and bring awareness to a wider audience.

Eleven (11) of these stands travel to branches around the country to continue this awareness raising project and are in Killarney as part of the Ring of Kerry Cycle.

This is a fantastic project that is about celebrating children and creating positive awareness amongst the members of the public. The Here I Am exhibition was exclusively launched on Brendan O' Connor's Saturday Night Show and will leave Killarney on Sunday.

LETTER TO THE EDITOR

A Chara,

I am currently undertaking research on the Impact of Cyclists on Public Road Safety Engineering and Construction in Ireland. Cycling in Ireland is experiencing a resurgence. The current provision of cycling facilities in cities is developing slowly however the development of safe cycling control measures on ALL other roads - road design, construction and maintenance for cyclists is Ad-Hoc and dangerous to cyclists.

This research aims to examine road design, construction, and practices in Ireland to facilitate increased development of cycling as a sustainable safe means of transportation and allowing the safe interaction of all road users reducing accidents, injuries and near misses.

The survey questionnaire link attached below is an excellent opportunity for all cyclists to have their say. The research been undertaken is by me in conjunction with Trinity College Dublin and is envisaged to provide a platform to stimulate debate and change for a National level. If you want to have an input we recommend completing the survey by clicking the attached survey weblink or copying to internet for opening and completion.

The survey questionnaire is completely anonymously and we ask all persons who cycle to be encouraged to complete the survey.

Please do not hesitate to revert back regards any additional information to complete the survey at fogartyengineer@gmail.com or if persons would like to complete the survey on hard copy paper this can also be arranged upon contact.

I am available for direct contact on **087 4181770** or by email **fogartyengineer@gmail.com** to discuss the matter further.

I look forward to your consideration and assistance.

Survey Weblink:

<https://www.surveymonkey.com/s/PC2LLB8>

Regards,
Gerald Fogarty
Killarney



MONEY MATTERS....

By Dermot Cronin,
Financial Advisor



IF YOU HAVE A PENSION WHAT ARE YOUR OPTIONS WHEN YOU RETIRE?

If you are coming close to retirement you are probably wondering what options you have when you want to get access to your pension. It depends on what type of pension you have but generally there are four options:

Tax Free Cash: Most people will be entitled to a tax free lump sum, the amount varies however generally you will get at least 25% of the value of your pension in a tax free cash lump sum.

Taxable Cash: You may be able to take sum of your pension in taxable cash.

Annual Pension: This is a guaranteed income for the rest of your life that is purchased with the money left after you tax free lump sum.

Approved Retirement Funds: You may be entitled to keep some of your money in an approved retirement fund, money can be taken from the fund to give you a regular income.

It is extremely important that you take your time and have all the options explained to you in plain simple English before you make your final decision. As well as the above there is allot more to be discussed about your pension. You should discuss your retirement options with an independent financial advisor before making any decisions, they will help you with the above options and any other queries you may have. To discuss the above or any other matter Dermot Cronin can be contacted at **064 6622775** or **kerrymortgagecentre@eircom.net**

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€185,000

7 ROSEHILL AVENUE, FIRIES, KILLARNEY, CO. KERRY

Spacious open-planned kitchen/living room/sitting room - 3 bedrooms (one ensuite), main bathroom, utility room, private corner garden and lawn. Electric storage heating, P.V.C. double-glazed windows.

€78,000

"SIDHE NA GAOITHE", GORNASCARRY, BEAUFORT, CO. KERRY

Open plan spacious sitting room/living room/dining room, stove fireplace, utility room, kitchen/breakfast room, 3 bedrooms (one ensuite), main bathroom, storage shed at rear, gardens landscaped with an array of trees and shrubs, oil fired central heating, P.V.C. double glazed windows.

€229,500

SLIEVENAMON, MINISH, KILLARNEY, CO. KERRY

Spacious open plan kitchen/living room, utility room, spacious sitting room, 5 bedrooms (2 ensuite), main bathroom, open plan landing/study area, 2 secure storage sheds at rear, landscaped gardens.

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THROUGH THE KEYHOLE....

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

Fianna Fail leader Micheal Martin was on a 2 day visit to Kerry last weekend and took to the hustling's in Tralee and Killarney flanked with his two candidates Cllr John Brassil and Cllr Norma Moriarty and Donal Barry caught up with him to find out what the Fianna Fail leader is offering to Kerry ahead of the next Election.

ECONOMIC DEVELOPMENT ISSUE IS KEY TO KERRY SAYS MARTIN

The forthcoming General Election is either a poisoned chalice or a golden opportunity for Micheal Martin who over the last four years has been trying to build a solid foundation upon what the "new generation" of Fianna Fail will sell their new ideas of a "better Ireland".

Martin took captain of a very unsteady FF ship in 2011 and unfortunately for him headed into a perfect storm. He saw his party receive its worst showing in its 85-year history with a loss of 57 seats and a drop in its share of the popular vote to 17.4%, down from 41.6% in the previous General Election and with it a failure to return a Kerry TD for the first time ever.

Following that defeat the Cork man pledged to renew the party "at every level" so what are the evident signs of that in Kerry? "Well the biggest structural difference is the change in how we elect our candidates. We now have a one-member one-vote system. Many people have said to us that we have had to genuinely show that we are making way for newer fresher candidates to renew the party. In the old days, it was three delegates per cumann and that kept things a little closed. Therefore, the one member one vote has worked" However it has not all being plain sailing as Martin alludes to.

"There has been challenges and there has been complaints in places but the numbers attending conventions prove that it is working to renew the party. I think the local elections in 2014 have certainly being a turning point. We were very happy with the performance and return a lot of first time councillors."

So with new structures and new faces in place what new policies will Fianna Fail be using to convince the Kerry electorate to return a Fianna Fail TD.

"The economic development issue is key to Kerry. There is a recovery of sorts but it is a two-tier one with a disproportionate share ring fenced to the Dublin metropolitan area and not filtering down to the regions actually 48% of all national strategic investment goes to the Dublin area. In the last year, Kerry has had two IDA visits with Dublin over 150 alone. We feel that the IDA should have a specialist unit to actually have a mandate and indeed within enterprise Ireland as well to help small to medium size start-ups that is exclusively focused on the regions."

Martin also believes that the Government has



MICHEAL MARTIN (CENTRE) ARRIVES IN KILLARNEY PRE THE RING OF KERRY CYCLE TAKING SOME TIME OUT TO DO A LITTLE CANVASSING IN KILLARNEY. L-R MARK DALY, NIAL KELLEHER, MICHEAL O'DONOGHUE, MICHEAL MARTIN, NORMA MORIARTY & JOHN JOE CULLOTY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

some important questions to on Kerry.

"Leader funding has been cut in Kerry by €9M", that fall out will be seen in rural Kerry on the ground. There is sense of being left behind. It is something we have noticed on the canvass already. This government has taken its eye off the ball for rural development across a whole range of issues such as education, justice and health."

However policies and candidates aside, his judgement will surely come at the doorsteps and his report card will certainly need to see a Fianna Fail TD returned in Kerry. Is he hopeful? "I believe both my candidates can win, I have told each of them" But the numbers don't stack up? 13.3% in Kerry South last time out and 11.1% in North Kerry West Limerick. Where is the ground to be made up?

"Having belief in yourself, running a proper campaign. There is a strong coordinated team approach and transfers will be key. One of the things we picked up in the recent Carlow/Kilkenny by election is that we were the most transfer friendly party of all the parties at the moment and we will need that to happen in Kerry but I'm very confident that will happen."

Martin has pinned his hopes on John Brassil and Norma Moriarty. Both are the new faces of Fianna Fail in Kerry. Time will tell if they are going to be the new faces of Fianna Fail TD's but confidence is high in the Fianna Fail camp that they are clawing their way back, only time will tell if they can.

Martin on Advice to his candidates

"I tell all my candidates that they can win a seat and I genuinely mean that as well"

A dividing of the area?

"That is all to be worked out, I don't get over exercised obviously there will be a strategic plan put in place in time"

A possible coalition with Fine Gael like on Kerry County Council.


"There is no relationship what so ever between that and national"

On Independents?

"People elected to a political party will have a critical influence after the next general election that is the best way to put Kerry back on the map"

Where FF will be different?


"We will bring back to the cabinet table a Minister for community services whose role is to established sustainable communities in urban as well as rural areas. We did have one prior to this Government a minister for rural affair whose role was to positively discriminate in favour of rural areas with local development funding such as the Clar programme. We are the only political party that has said that we will provide a voice for rural Ireland at the cabinet table – That is something that we did before and something that we will do again."



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Price Region: €250,000



0.25 ACRE SITE, MILL ROAD, KILLARNEY

One of the last remaining zoned residential sites in this prime location with all main services. Site which is just 2km from Killarney town centre has a beautiful natural stone wall to the front and is South facing towards Mangerton to the rear.

Price Region: €160,000



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Stunning detached 4/5 bedroom private residence with spectacular river and mountain views. Situated on a c.4 acre private site sweeping down to the banks of the River Laune, on the Ring of Kerry route, N22, approx 12 kms from Killarney town. Superbly maintained throughout.

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GORTENRUE, FIRIES

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10.07.15 Outlook 19



FIRIES LADIES GINA HERLIHY & NOREEN BROSNAN AT THE TOP OF COOMAKISTA BEFORE FINISHING SATURDAYS RING OF KERRY CHARITY CYCLE.



CELEBRATORY KISS AT THE FINISH LINE, STEFAN & FIONA McMAHON. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



FEITHLEANN SOMMERS, SOPHIE HUSSEY AND AMELIE HUSSEY PICTURED AT THE RING OF KERRY CHARITY CYCLE ON SATURDAY 4TH JULY. THE RING OF KERRY CHARITY CYCLE AND ITS VEHICLE PARTNER ŠKODA WERE DELIGHTED TO SEE OVER 11,000 LEISURE CYCLISTS DESCEND ON THE SCENIC TOWN. PHOTO: SALLY MacMONAGLE.



JASON CLIFFORD, JOHN JOE CLIFFORD AND SHANE MYERS PICTURED AT THE RING OF KERRY CHARITY CYCLE ON SATURDAY 4TH JULY. THE RING OF KERRY CHARITY CYCLE AND ITS VEHICLE PARTNER ŠKODA WERE DELIGHTED TO SEE OVER 11,000 LEISURE CYCLISTS DESCEND ON THE SCENIC TOWN. PHOTO: SALLY MacMONAGLE.



JASON CLIFFORD RECIEVES A COMPLIMENTARY MASSAGE, IN CONJUNCTION WITH ŠKODA AFTER COMPLETING THE RING OF KERRY CHARITY CYCLE ON SATURDAY 4TH JULY. PHOTO: SALLY MacMONAGLE.



DENIS MURPHY WHO CELEBRATED HIS 60TH BIRTHDAY IN BEAUFORT BAR AND RESTAURANT RECENTLY PICTURED WITH FAMILY AND FRIENDS JOSEPH O'SULLIVAN, FIONA O'SULLIVAN, CHRISSIE O'CONNOR SHEILA AND DENISE MURPHY.



PICTURED AT KDYS CENTRE, RIGHT BEFORE PERFORMING THEIR END OF YEAR CONCERT FOR THEIR PARENTS AND FAMILIES WERE THE STUDENTS OF CLEARWAY MONTESSORI WITH THEIR TEACHERS L-R LEONIE NOONAN, KAREN GRAHAM, CIARA MCCARTHY, VERONICA MCCARTHY & LINDA MARTIN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

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This Weeks Gardening Tips

1. Now is the time to trim hedges.
2. Perennials that have flowered earlier e.g. Lupins, Nepata can be cut back to encourage a 2nd flush of flowers.
3. Continue to dead head bedding plants & feed with Miracle Gro / Tomato Food.
4. Thin out clusters of Apples on your trees to 3-4 per cluster



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Their Special Day

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



JOHNNY EVANS AND AMY SHEA, KEEL, WHO WERE MARRIED LAST SATURDAY IN KEEL CHURCH WITH RECEPTION IN KILLARNEY HEIGHTS HOTEL.

PHOTO BY BREDALY PHOTOGRAPHY.



SHANE MURPHY AND MARY CORKERY WHO WERE RECENTLY MARRIED IN ST MARYS CATHEDRAL WITH RECEPTION IN THE EUROPE HOTEL.

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Kerry is a mecca for both outdoor and indoor activities and there is plenty on offer for both adults and children to enjoy this summer.

You can brace the outdoors at Cappanlea or visit Coolwood to meet some of the unusual animals who reside or why not take a trip further afield and take in the delights of Ocean World.

COOLWOOD WILDLIFE PARK AND WILDLIFE SANCTUARY is a 50 acre complex with a children's playground and coffee shop. The park inhabitants are many and varied, many being a long way from home but all enjoying the pleasant surroundings in this thoughtfully managed facility. Here you can meet many animal favourites including monkeys, lemurs, meerkats, raccoons, prairie dogs, agouties, arctic foxes, maras, llama, alpacas, mountjac deer, pygmy goats. Large bird of prey collection.

For the more adventurous **CAPPANALEA CENTRE** focuses on personal development through the medium of adventure sports. The highly qualified instructors offer Summer camps which include the full range of adventure sports and field study activities. All of the programmes make students aware of and

develop their often hidden talents and skills. The programmes use adventure education and outdoor / wilderness experiences to enhance the learning outcomes. Cappanlea is situated outside Killorglin at Oulagh West Caragh Lake.

DINGLE OCEAN WORLD ACQUARIUM is situated in Dingle town and boasts the largest collection of sharks along with a Gentoo Penguin display. There are Sandtiger Sharks, Amazonian Displays, Touch Tanks and a 9m underwater tunnel are among the many facilities available at Ocean World - well worth a trip.



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BENEFITS OF STRETCHING FOR THE MIND

Everyone has stress. A buildup of stress causes your muscles to contract, becoming tense. This tension can go on to have a negative impact on just about every part of your body. Like all types of exercise, flexibility exercises like stretching have powerful stress-busting abilities. Spending just a short amount of time (10-15 minutes) stretching each day can help calm the mind, providing a mental break and giving your body a chance to recharge.

TO GET THE MOST OUT OF YOUR STRETCHING ROUTINE KEEP IN MIND THE FOLLOWING:

SKIP THE PRE-WORKOUT STRETCH

Before you begin your stretching, your muscles should be warm. Do a warm up of light walking, biking or jogging at a low intensity for 5 to 10 minutes. Or better yet, stretch after the workout when your muscles are already warm.

FOCUS ON MUSCLES THAT NEED THE MOST HELP

Instead of trying to stretch your whole body, focus on a key area of the body at a time. Spend longer on each stretch and include more stretches for each area. If you are aware that certain muscles are tighter than others, focus your attention on those as you stretch.

MORE TIPS NEXT WEEK...

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OUTLOOK FASHION TIP:

WASHING OFF MAKE UP

Always wash your makeup off before bed. That morning-after look has never been a good one, for anyone.



DIET TIP

Go for vegetable, chicken or fish dishes over fattier meat dishes and avoid creamy sauces in favour of tomato-based sauces.



Fashion Tip

Ladder in you tights?

You probably already know that you can stop a run in a pair of pantyhose with clear nail polish, but why not just prevent the runs in the first place with hairspray? Give them a quick spray with an aerosol can, paying special attention to the areas that are prone to runs.

SANDWICHES - HEALTHY CHOICES

TOP TIPS

Watch your bread! Ask for sandwiches to be made on two slices of bread from a regular sliced pan (deli slices of bread can be twice as thick as regular slices). Go for wholegrain bread whenever you can. Rolls and baguettes can be very heavy - wraps are a lighter option

Go for 'low-fat', 'low-calorie' or 'healthy option' sandwiches where you can

Many sandwiches, rolls and salads contain hidden ingredients. Check the label for the calorie, fat and salt contents so that you're not misled

The ultimate healthy sandwich is made from wholegrain bread, lean meat, poultry or fish, plenty of salad vegetables and a tablespoon of low-fat dressing

If you put spread or mayonnaise onto your bread slices, then try not to have any more mayonnaise or dressing in the sandwich filling

Have some fruit or a low-fat yoghurt after your sandwich for a really tasty lunch

HEALTHY CHOICES SANDWICHES

Chicken or turkey breast without skin

Roast beef or lean ham

Tuna, prawn, salmon or crab meat without mayonnaise

Egg, Quorn slices, couscous or tofu wraps

Low-fat cheese or cottage cheese

Low-fat dressing, low-fat spread, low-fat

mayonnaise, mustard or ketchup

Extra salad for fibre and bulk

Wholegrain bread, granary bread, pita bread

or tortilla wraps

SALADS

Tomato-based salad

Low-fat coleslaw

Low-fat hummus, salsa or yoghurt dips with freshly cut vegetables

Pasta, rice or noodles with salad

Sushi



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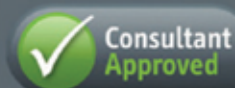
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Kerry ETB Training Centre



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

Sports Recreation & Exercise Course (ETK69) - Killarney.
If you have a genuine interest in sport, exercise and swimming this course is a good choice for you. It's the ideal entry point for those wishing to follow careers as sports coaches, personal trainers, or swimming teachers. **Start Date:** 24th August. **Duration:** 45 weeks. **Certification:** FETAC Major Award in Sports Recreation and Exercise 5M5146, Pool Lifeguard Qualification, Assistant Swimming Teacher Cert and Occupational First Aid Cert.

Java Associate Course (ET0R7) - Tralee.
This entry-level course offers participants the opportunity to take the first step towards a career in Java programming and software development. They will gain an excellent insight into the programming language and learn to develop applications in Java. **Start Date:** 7th September 2015. **Duration:** 50 Weeks. **Certification:** Oracle Certified Professional Java Programmer I & Certified Professional Java Programmer II.

Manual & Computerised Payroll and Bookkeeping (ET0Z5) - Killarney.
This course is for people who wish to develop a range of manual and computerised payroll and bookkeeping skills. It's designed for people with no prior experience in the topics. **Start Date:** 31st August 2015. **Duration:** 10 weeks. **Certification:** FETAC Level 5 Component Certificates in Manual and Computerised Bookkeeping and Payroll.

Computer Applications and Office Skills Course (ET430) - Tralee Training Centre.
This course offers participants the opportunity to develop a broad range of knowledge and skills in general office administration, computer applications, payroll and accounting. It's focused on enabling participants to gain employment as office administrators or progress to year 2 of the Advanced Certificate in Office Information Systems at Tralee IT. **Start Date:** 7th September 2015. **Duration:** 44 weeks. **Certification:** City & Guilds and FETAC Certificates.

Medical Administration Traineeship (TRS08) - Tralee Training Centre.
This course is specifically designed for those wishing to pursue careers as medical secretaries, administrators or receptionists. It covers all the main administration tasks carried out in medical practices, hospitals, clinics and medical companies. **Start Date:** 14th September 2015. **Duration:** 40 weeks. **Certification:** FETAC Level 5 Major Award in Office Administration.

Accounting Technician of Ireland - First Year (ET214) - Tralee Training Centre.
This course comprises year one of the two year Diploma for Accounting Technicians. It covers Financial Accounting, Taxation, Law & Ethics and Business Management. **Start Date:** 14th September 2015. **Duration:** 38 weeks. **Certification:** First Year Certificate for Accounting Technicians

Accounting Technician of Ireland - Second Year (ET21R) - Tralee.
This course comprises year two of the two year Diploma for Accounting Technicians. It covers Advanced Financial Accounting, Advanced Taxation, Management Accounting and Integrated Accounting Systems (IAS). **Start Date:** 14th September 2015. **Duration:** 38 weeks. **Certification:** The Diploma for Accounting Technicians is awarded on successful completion of all first and second year modules plus two years relevant work experience.

Marketing (ET4R9) - Tralee Training Centre.
This course is for people who wish to pursue marketing as a career or incorporate marketing into their existing range of business skills so as to enhance their career and job prospects. **Start Date:** 5th October 2015. **Duration:** 42 weeks. **Certification:** FETAC Level 5 Major Award in Marketing.

Media Techniques - Radio Course (ET283) - Tralee.
This comprehensive course is for people who wish to pursue careers in the radio broadcast sector. Participants will learn how to research, plan and pitch programme ideas for particular target audiences and bring those ideas to fruition. The learning outcomes are firmly focused on enabling participants to secure sustainable employment in the radio broadcast sector. **Start Date:** 5th October 2015. **Duration:** 50 weeks. **Certification:** City & Guilds Level 3 Diploma in Media Techniques (Radio Studio Production).

Digital Web Design with Adobe Dreamweaver Course (ET3Z6) - Tralee.
This course is for people who would like to combine creativity and computer skills to design, build and redesign web sites. The work involves formulating ideas, visualising the finished product and having the technical skills to build and commission web sites. **Start Date:** 12th October 2015. **Duration:** 22 weeks. **Certification:** FETAC Level 5 Component Certificates and Adobe Certified Associate in Web Communication Using Adobe Dreamweaver CS5.

Digital Media Production Course (TRY18) - Tralee Training Centre.
The Digital Media Production course offers participants the opportunity to learn and develop real-world production skills in a broad range of media disciplines. The content of the course includes design, digital imaging, photography, sound, video, digital publishing and media project management. The emphasis is on project led, hands-on practical training. **Start Date:** 19th October 2015. **Duration:** 52 weeks. **Certification:** City & Guilds Diploma in Media Techniques 7601-03.

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To apply or get further information on any of the above courses please contact
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DRIVING FOR WORK SUMMER SAFETY TIPS

THE HSA reminds employers and employees of key seasonal tips for safer work related journeys over the coming months. Summer months bring more bicycles, motorcycles, caravans, agricultural vehicles, visiting tourists and seasonal traffic congestion to our roads. During school holidays, there are more children about, so extra vigilance is needed on journeys, during deliveries and collections as there are vulnerable road users around who are not aware of the dangers associated with vehicles and their actions are not predictable.

We urge employers to bring the following tips to the attention of their employees who drive for work. With school holidays and tourist season in full swing, now is a good time to remind staff of safe driving for work practice in summer.

By following simple guidelines before travelling and en-route, you will ensure your safety while driving for work.

BEFORE TRAVELLING, MAKE SURE YOUR VEHICLE IS ROADWORTHY: even the slightest doubt about how it's running needs checking. Make sure that vehicle maintenance is up to date, and if in doubt arrange to have it looked at by a qualified mechanic.

BEFORE TRAVELLING, MAKE SURE YOUR VEHICLE IS ROADWORTHY: even the slightest doubt about how it's running needs checking. Make sure that vehicle maintenance is up to date, and if in doubt arrange to have it looked at by a qualified mechanic.

THEN, CHECK THE FOLLOWING AT LEAST DAILY (ESPECIALLY IF THE VEHICLE IS HIRED OR LOANED):

- Tyre tread and pressures.
 - Oil, water and fluid levels.
 - Head -, brake - and indicator - lights.
 - Safety equipment including warning-triangle, torch, hi-vis jacket, first-aid kit, sunglasses and maps.
 - Plan the route beforehand, and travel during off-peak periods if possible leaving 'more than enough' time to negotiate the holiday congestion. Check the weather forecast and travel news before and during journeys.
- Timely route and traffic information is available from a range of organisations.

ON THE ROAD, MAKE SURE EVERYONE IS BUCKLED UP, INCLUDING REAR SEAT PASSENGERS, AND DRIVE DEFENSIVELY BY:

- Being prepared for unsafe actions by

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BOWLERS BRAND AMBASSADOR JAMES O'DONOGHUE PICTURED COLLECTING THE ALL NEW MODEL AVENSIS. INCLUDED ARE BRIAN BOWLER, DENIS BOWLER, TOM O'SULLIVAN AND IAN BOWLER.

others or for poor driving conditions.

- Obeying the road signs and signals.
- Never ever use alcohol and drive.

Be extra careful in the early morning or at dusk and during the night, when animals and agricultural vehicles are most likely to be on the road.

IF DRIVING A VAN, TRUCK OR FOUR-WHEEL DRIVE:

- Take extreme care reversing.
- Check carefully for elderly people and children where you make deliveries or collections.
- Slow down in built up areas
- Slow down near cyclists

IF DRIVING A CAR:

- Keep out of others' blind spots.
- BE SEEN:** don't let larger vehicles hide yours from view
- Use daytime running lights.
- Don't give in to the temptation to 'push on'! When you feel tired, have a good sleep. Rest breaks every 2 hours keep drivers alert by promoting blood circulation, make trips more pleasant for you and your passengers, let the vehicle cool down.

Have a good summer, and please put safety first when driving for work



PICTURED ON THE SKODA RING OF KERRY CYCLE PODIUM IN KILLARNEY ON SATURDAY WERE BACK FROM LEFT, RUSHE LYNCH MELBOURNE, AUSTRALIA, LIAM LYNCH LIAM LYNCH SKODA CIARA LYNCH LEOPARDSTOWN, DUBLIN, KEN LYNCH MELBOURNE, AUSTRALIA. AIDAN LYNCH BALLSBRIDGE DUBLIN. TERENCE OHALLORAN, LEOPARDSTOWN DUBLIN. PHYL LYNCH LIAM LYNCH SKODA, AOIFE CLARKE BALLSBRIDGE DUBLIN. FRONT ROW LEFT TO RIGHT. MIA LYNCH MELBOURNE AUSTRALIA. RIAN OHALLORAN LEOPARDSTOWN DUBLIN. CUAN OHALLORAN LEOPARDSTOWN DUBLIN. JACK LYNCH MELBOURNE, AUSTRALIA. PHOTO: SALLY MACMONAGLE



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WHAT A WEEKEND.... KILLARNEY OUTLOOK BUMPER PICTURE SPECIAL



ELLIE GREENE MEETS THE TALL MAN, ONE OF THE MANY FUN HIGHLIGHTS OVER THE WEEKENDS FESTIVITIES. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



BIG PARADE. KILLARNEY 4TH OF JULY CELEBRATIONS. PHOTO BY MAREK HAJDASZ WWW.MHPHOTOS.IE



ENJOYING A DRINK AT JIMMY O'BRIENS BEFORE HEADING UP THE HILL TO FITZGERALD STADIUM L-R MICHELLE MCCOY, ALISON ELLIOTT, DOUG GALBRAITH & DAREEN COFFEY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



MARTHA HEALY WALSH ENJOYING THE 4TH JULY PARADE WITH L-R: AMY HEALY, MARIA BLENNERHASSETT AND LAURA HEALY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



IVAN O'SULLIVAN PICTURED AFTER THE RING OF KERRY CYCLE WITH HIS DAUGHTERS L-R: RHEA AND CLODAGH.



PICTURED AT SCOTTS HOTEL FOR THE 4TH OF JULY BBQ WERE L-R MARIE MOYHIHAN, MC NIAL (BOTTY) O'CALLAGHAN & JERRY CRONIN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



LEONARD SULLIVAN, TOTAL BODY FITNESS, FOR LIDL AND 'ACTIVE RECOVERY', PICTURED AT THE FINISHING POINT AT OF THE RING OF KERRY CYCLE WITH JERRY CRONIN. PICTURE MARIE CARROLL-O'SULLIVAN



PICTURED AT SCOTTS HOTEL FOR THE 4TH OF JULY BBQ WERE BACK ROW L-R JOHN O'SHEA, EAMONN FITZGERALD, DICK HENGGLER. FRONT ROW L-R EABHA DWYER, AISLING BISBIE, NIAHM DWYER, ORAN DWYER & DOIREANN DWYER. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



"A DAWN CHORUS" DRAWN FROM A NUMBER OF LOCAL CHOIRS PERFORMED AT THE CEREMONIAL RAISING OF USA FLAG OVER THE TOWN HALL TO MARK THE 4TH JULY CELEBRATIONS IN KILLARNEY TOWN. PHOTO MAREK HAJDASZ WWW.MHPHOTOS.IE

WHAT A WEEKEND.... KILLARNEY OUTLOOK BUMPER PICTURE SPECIAL



PICTURED AT THE FINISHING POINT OF THE RING OF KERRY CYCLE WERE L-R MARIAN FRIEL, VALERIE HEGARTY-KELLY, ELAINE DOYLE & CORA FRIEL. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT MCSWEENEY ARMS HOTEL IN HIGH SPIRITS BEFORE THE GAME WERE L-R FRANK MCCARTHY, AIDAN MCCARTHY, TIMMY CLIFFORD, JERRY CRONIN, JASON O'CONNOR & KENNETH MCCARTHY AND ON TOP, MARCUS CLIFFORD. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ALL SMILES AT THE FINISHING LINE OF THE RING OF KERRY CYCLE L-R MARK SCALLY, PAUL O'NEILL WITH HIS LITTLE SON FINN AND HIS WIFE GEMMA. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE FINISHING POINT OF THE RING OF KERRY CYCLE WERE L-R ANNA MARIA GALLIVAN, JOHNNY GREENE, GAVIN O'LEARY & KARINA GALLIVAN-GREENE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT SCOTTS HOTEL FOR THE 4TH OF JULY BBQ WERE L-R DARRAGH DOOLAN, PETER O'SHEA, PADRAIG O'SHEA & ALAN O'SHEA AND IN FRONT AMY & LAURA O'SHEA. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



BABY MICHAEL BREEN JUNIOR ALL DRESSED UP FOR HIS FIRST 4TH OF JULY PARADE WITH HIS MUM BREA & DAD MICHAEL. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE 4TH JULY PARADE CIARA IRWIN FOLEY (RIGHT) WITH HER DAUGHTER SIOFRA (LEFT). PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



BIG PARADE. KILLARNEY 4TH OF JULY CELEBRATIONS.

PHOTO BY MAREK HAJDASZ WWW.MHPHOTOS.IE



ENJOYING THE 4TH OF JULY PARADE LISA HEGARTY O'MEARA WITH HER TWIN BOYS, JAMIE & KENNETH. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

WHAT A WEEKEND.... KILLARNEY OUTLOOK BUMPER PICTURE SPECIAL



PICTURED AT SCOTT'S HOTEL FOR THE 4TH OF JULY BBQ WERE BACK ROW L-R ANNE O'SHEA, ABBIE O'SULLIVAN, RHEA O'SULLIVAN, AISLING CROSBIE & MAURA FITZGERALD. MIDDLE ROW L-R MARIA MCCAFFREY, KATE O'SHEA, CLODAGH O'SULLIVAN & RACHEL O'SHEA AND IN FRONT L-R SARAH O'SHEA & DOIREANN DWYER. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



JUST IN FROM 180K'S AND COMPLETING THE RING OF KERRY CYCLE IN RECORD TIME WERE L-R MADELINE HEALY, JONATHAN SHERIDAN & LISA BROSNAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



FRIENDS FOR LIFE BUT BORDERING RIVALS FOR 70 MINUTES.... ON THEIR WAY TO FITZGERALD STADIUM, KILLARNEY & KNOCKNAGREE LOCALS L-R RACHEL SEXTON, HELAN MURPHY & SHARON O'LEARY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ENJOYING THE 4TH OF JULY PARADE L-R MOLLY MCCARTHY, ELLA BARRETT & CLODAGH O'DONNELL. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE FINISHING POINT OF THE RING OF KERRY CYCLE WERE L-R IVAN O'SULLIVAN, STEFAN McMAHON & TOM O'SHEA. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



BANK ROBBERS AND WILD WESTERNERS TOOK OVER REIDYS BAR BUT THE OWNER IS NOT GIVING UP! KILLARNEY 4TH OF JULY CELEBRATIONS. PHOTO BY MAREK HAJDASZ WWW.MHPHOTOS.IE



PICTURED AT THE FINISHING POINT OF THE RING OF KERRY CYCLE WERE L-R MIKE, CAOIMHE & DANNY BROSNAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT SCOTT'S HOTEL FOR THE 4TH OF JULY BBQ WERE BEST FRIENDS RUTH MOYNIHAN & DOIREANN DWYER. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



OUTLOOK SPORTS NEWS

Editor: Donal Barry

Email: news@outlookmags.com



MUNSTER SENIOR FOOTBALL CHAMPIONSHIP



FITZGERALD'S SUPERB LATE POINT SAVES THE DAY

KERRY 2-15
CORK 3-12

What is it with Dr. Crokes players and late late equalisers?

Last season Kieran O'Leary kept Kerry's season alive with a fine late strike against Mayo and if that could not be topped off Fionn Fitzgerald's 73rd minute strike will certainly feature on the next box set of Kerry's golden years. However this was far from a golden performance as Cork left Fitzgerald Stadium with growing confidence and a sense of injustice.

Played in ideal conditions and before a bumper attendance, the game produced five goals, six yellow cards, three black cards, a number of talking points, including a second half penalty awarded to Kerry which James O'Donoghue converted and would ultimately prove decisive in maintaining the Kingdom's unbeaten championship record at Fitzgerald Stadium which stretches back to 1995.

Kerry manager Eamonn Fitzmaurice expressed his relief after the game and said that he had expected a fierce challenge from Cork, which is exactly what the Kingdom got.

A hungry and determined Cork set their stall early when they jumped into a 1-1 to no score lead after 9 minutes, Colm O'Neill, who finished with 1-6 scoring the opening goal and adding the point from a '45.

Bryan Sheehan steadied Kerry's nerves with a pointed free before Donaghy struck for Kerry's opening goal in the 12th minute when he finished to the net after Johnny Buckley intercepted an attempted clearance from Michael Shields.

Cork's cause wasn't helped when they lost a disgusted Paul Kerrigan through a black card in the 20th minute.

Kerry played solidly against the wind in the first half with points from Barry John Keane and Bryan Sheehan (3 each), James O'Donoghue (2), and Johnny Buckley (1) in reply to Cork scores from Donncha O'Connor and Colm O'Neill (2 each) and Kevin O'Driscoll to leave Kerry four clear at the break, 1-9 to 1-5.

Cork started the second half in explosive fashion and immediately cancelled out Kerry's cushion when Donncha O'Connor finished their second goal to the net three minutes into the half.

The loss of David Moran through a black card the early in the second half caused havoc with Kerry's midfield as Cork grew dominant.

Points from Colm O'Neill (3) and Kevin O'Driscoll moved the Rebels three clear, 2-10 to 1-10, and at this stage the Kingdom's hold on the Munster crown was looking perilous.

The Kingdom were thrown a major lifeline when James O'Donoghue netted that by



JAMES O'DONOGHUE BREAKS FREE FROM CORK DEFENDER JAMES LOUGHREY DURING SUNDAY'S MUNSTER SENIOR FOOTBALL FINAL. PHOTO BY PADDY WHITE

now "infamous" penalty in the 51st minute. It will surely be added to the list of infamous incidents for Kerry/Cork Munster final clashes but regardless of its merits or not, O'Donoghue struck it away coolly.

Points followed from substitutes Colm Cooper, Paul Geaney and Anthony Maher, and at this stage, the Kingdom were once again in ascendancy.

Cork rose to the challenge and attacked again in numbers and when Barry O'Driscoll scored their goal to give them a 3-12 to 2-14 advantage with three minutes remaining it looked all over.

Then with the clock ticking past the 72 minutes, the Kingdom surged forward and Fionn Fitzgerald landed the magnificent equaliser.

Teams and Scorers

Kerry: Brendan Kealy; Fionn Fitzgerald (0-1), Marc O'Se, Shane Enright; Jonathan Lyne, Peter Crowley, Killian Young; David Moran, Bryan Sheehan (0-4, 0-3 frees); Stephen O'Brien, Johnny Buckley (0-1), Donnchadh Walsh (0-2); Barry John Keane (0-3, 0-1 free), Kieran Donaghy (1-0), James O'Donoghue (1-2, 1-0 pen)

Subs: Anthony Maher (0-1) for David Moran (43); Colm Cooper (0-1) for Stephen O'Brien (43); Paul Geaney (0-1) for Barry John Keane (48); Darran O'Sullivan for Johnny Buckley (51); Jack Sherwood for Bryan Sheehan (61); Paul Murphy for Peter Crowley (65)

Cork: Ken O'Halloran, Michael Shields Capt, Eoin Cadogan, James Loughrey, Barry O'Driscoll (1-1), Brian O'Driscoll, Stephen Cronin, Alan O'Connor, Fintan Goid, Paul Kerrigan, Donncha O'Connor (1-3, 0-1 free), Kevin O'Driscoll (0-2), Colm O'Neill (1-6, 0-1 '45 0-4 frees), Mark Collins, Brian Hurley
Subs: Paddy Kelly for Paul Kerrigan (Black Card)

(23); Conor Dorman for Stephen Cronin (59); Ruairi Deane for Fintan Goid (61); Daniel Goulding for Donncha O'Connor (62); Colm O'Driscoll for Brian Hurley (67), Jamie O'Sullivan for Colm O'Driscoll (70) (Black Card).

Referee: Pdraig Hughes (Armagh).

DELIGHTED TO GET A SECOND CHANCE

Eamonn Fitzmaurice conceded that Kerry got the rub of the green last Sunday.

"I am delighted we have a chance to get another cut at them again on Saturday week.

We have plenty to work on between now and then. We were lucky to get the penalty when we did. We conceded a big score and we scored a big score. We needed the penalty and James showed great composure to stick it in the corner. It was no surprise to me that Cork had dominance for certain periods of the game. There were perceptions out there that this was going to be a walkover for us. People know now what Cork are like, what we knew they were going to be like. Both sides had periods of dominance."





KERRY SOUTH U 14 FOOTBALL TEAM WHO BEAT TIPPERARY IN WATERFORD.

EAST KERRY NOTES

With Áine Ní Shúilleabháin PRO

FIXTURES: O'Sullivan Cup, sponsored by O'Sullivan Cycles, Killarney.

First named team had home venue

Round 1: Tuesday 14th July 2015 at 7.30pm

Legion V Furies. Extra time if necessary in all games.

O'SULLIVAN CUP - ROUND 1

SCARTAGLEN 1-12 KILCUMMIN 2-07

This first round match of the O'Sullivan Cup championship, celebrating it's 40th anniversary, was a very entertaining game of football from the off, with both teams making great use of their chances. Scartaglen had a five point advantage after the first half with a scoreline of Scartaglen 1-08 Kilcummin 1-03.

Referee: Jimmy O'Shea (Glenflesk)

Kilcummin were the stronger for the first 20 minutes of the second half, putting alot of pressure on the Scartaglen attacks. Kilcummin's John McCarthy and Colm Lenihan did a lot of work to draw the game level scoring 1-4 between them. But two late points for Scartaglen from Hugh Connor and Tom Boyle where enough to seal a hard earned victory.

FINAL SCORE: Scartaglen 1-12 Kilcummin 2-07. **SCARTAGLEN SCORERS:** Sean Tagney (0-02), Brian Hanrahan (1-01), Pat Sullivan (0-04), Denis Lenihan (0-02), Mike Fitzgerald (0-01), Tom Boyle (0-01).

KILCUMMIN SCORERS: John McCarthy (0-07), Colm Lenihan (1-0), John Devane (1-0).

LISTRY 1-10 CURROW 0-9

Currow travelled to Listry last week, for their first round game in the O'Sullivan Cup, sponsored by O'Sullivan Cycles, Killarney. Listry proved the stronger and led from the start, scoring three unanswered points in the opening quarter. Currow opened their account in the second quarter, scoring 3 points to two from Listry. Score at the break Listry 0-07 Currow 0-03.

Listry continued their dominance in the second half, and further increased their lead, with a

goal, from the boot of John Foley and 3 points. Currow responded with 6 points without reply. However, the Listry's lead was too great to reel in and the home side won on a final score of Listry 1-10 Currow 0-09. Listry are through to the quarter final while Currow will compete in the Bill Tangney Cup competition.

Referee: Donal Barry (Kilcummin).

EAST REGION MINOR LEAGUE: The East Region Minor league, sponsored by The Tatler Jack, continues on Thursday the 16th July with round 3. The fixtures are Division 1 (15 a Side): Dr. Crokes V Legion, Spa V Gneeveguilla, Furies Bye. Division 2 (13/15 a side): Rathmore V Kilcummin, Beaufort V Glenflesk. Division 3 (13 a side): Scartaglen/Cordal V Currow, Fossa bye. All games at 7.30pm. First named team had home venue.

UNDER 8/UNDER 10 GO GAMES

BLITZES: East Kerry clubs have completed all U8/U10 Go Games blitzes. Thanks to all players and managers for supporting East Kerry GDA Vince Cooper in the smooth running of the blitzes. The effort and commitment displayed by all clubs during the months of May and June was superb. St Brendans College students continue to give fantastic time and effort during the year to support all local clubs in the District.

MUNSTER UNDER 14, UNDER 15 AND UNDER 16 COUNTY GAMES: KERRY

SOUTH UNDER 14 TEAM: Made the long journey to Waterford to play in the Munster U14 Competition. The group stage paired the lads with Cork East and Limerick. Playing fantastic open football they won both games to progress to a semi final with Clare. Kerry South scored freely in attack to set up a decider with Tipperary. This well balanced team performed superbly to claim the title with a polished team display.

KERRY SOUTH UNDER 15 TEAM: Made the short journey to Dromtarriffe to play in the Munster U15 Competition. Limerick provided stiff opposition in the opening game with extra

time required to separate the teams. Kerry South panel came through in the end to set up a semi final clash with Rebel Óg White. The Cork lads started well, putting the Kerry South team under pressure. Showing fierce drive and commitment the Kerry South lads upped the pace battling all over the field. The teams fought bravely to the end with the Cork team scrapping home by the narrowest of margins over a gallant Kerry South team.

KERRY SOUTH UNDER 16 TEAM: Made the journey to Limerick. Having defeated Waterford in the first round with a powerful team display, the team met Clare in the semi-final. Working hard in all sectors of the field the team scored freely to set up a provincial decider with Cork. This was a repeat of the U15 final last year with the Cork lads hoping to cause an upset. Kerry South took the game to Cork from the first whistle creating fantastic scoring chances with all players working hard linking and supporting the play. Kerry South

took the title with a superb team display giving the large attendance full value for viewing a great team display. Thanks to all players and management teams for working hard to reach such a high performance level. It is a credit to all clubs for producing fantastic players. Thanks to all supporters for making the journey. It was a great weekend for Kerry football.

DYLAN CROWLEY INVITATIONAL

TOURNAMENT: The Dylan Crowley Invitational Tournament, takes place on Saturday the 11th July in Gneeveguilla. The teams were drawn into 2 groups on Tuesday evening 30th June 2015, in Gneeveguilla CLG clubhouse, in an open draw. The 2 groups are- Group A - Gneeveguilla, Rathmore, Cordal, Glenflesk, Furies. Group B - Currow, Dromtarriffe, Kilcummin, Scartaglin, Knocknagree. Each team will play 4 games on a league basis. There will be 3 finals at the end of the leagues. The top team in Group A will play top in Group B in Division 1 final. The 2 second placed teams for Division 2. The 3rd placed teams for Division 3. Start time 10am Final 3:30 approximately. Further details on East Kerry Web site under club news. Enjoy the day.

BEAUFORT GAA NOTES

LOTTO: Next draw for jackpot of €2,400 will be held in the Inn Between on Sunday, 12th July.

BEAUFORT SENIORS: Are scheduled to play Keel in the semi-final of Mid Kerry O'Sullivan Cup in Beaufort on Sunday, 19th July.

BEAUFORT BS: Played Laune Rangers B in the Mid Kerry B Championship in Killorglin on Tuesday evening. Final score: Laune Rangers 2-11 Beaufort 0-15.

BEAUFORT MINORS: Are at home to Glenflesk, Thursday, 16th July at 7.30pm in East League.

BEAUFORT U16S: Are away to Kerins O'Rahillys, Wednesday, 15th at 7.30pm in County League.



BEAUFORT U14S: Have qualified for the Division 3 final of the East League.

BEAUFORT U12S: Will begin the Mid-Kerry Competition shortly.

U12 GIRLS Played Dr. Crokes in the Division 4 County League Final on Monday evening. Report next week.

WELL DONE: To Mike Breen who had a solid game at centre-back for the Kerry Minors who won the Munster Final on Sunday last. Well done to the Seniors who also lived to fight another day against Cork. Roll on Saturday week.

MID KERRY MINORS: Will play St Brendans in Blennerville, Wednesday, 8th at 7pm in Co Minor Championship, Round 1. Extra time. Round 2 or Losers round will be on Tuesday, 14th July at 7pm.

Seeing as the Ring of Kerry is over now the Ring of the Reeks Leisure Cycle is a great follow up cycle. This event will be held on Saturday, 25th July. As we have have 3 different level of routes we hope that everybody including families will come along to support the club and take part in this lovely occasion. Contact Bridget 087 9975737.

LEGION GAA CLUB NOTES

U16 GIRLS: Legion u 16 girls had an impressive win against Na Gael at home 4-18 to 1-09

MUNSTER FINAL: Well done to our three lads, Jonathon, James and Brian in that epic encounter last Sunday against Cork and well done to Fionn Fitzgerald on taking that last score so well.

DEVELOPMENT SQUAD: Well done to all our lads who represented Kerry South development squads at different age levels last weekend, Cian Gamell, Darren Looney, Jack Enright, Jack Hanrahan, Robert Osbourne, Michael Devlin, Daragh Lyne, Tadgh Doolan, Kieran O'Donoghue and Evan Smith.

PRESIDENT: Tuesday 21 July, the club hosts the launch of the All Ireland Championship series with president of the Gaa, Aogan O' Fearghail and RTE in attendance along with representatives from the remaining counties still involved in the Championship. MC for the event will be our own Weeshie Fogarty and the evening will be finished off with a Question and Answer session.

MILLTOWN LISTRY LADIES FOOTBALL

MILTOWN/LISTRY SENIOR GIRLS: Played Causeway in Listry in the first round of the Randles Bros Nissan Championship. Even though all players played their best Causeway were just too strong for them. The final score was Causeway 4:11 to Miltown/Listry 1:4. Great effort by both teams and some nice football



SPA SENIOR LADIES THAT LINED OUT AGAINST FINUGE ST SENANS IN THE JUNIOR B CHAMPIONSHIP KNOCKOUT.

was played.

CONGRATULATIONS: To our U14 Girls who took part in the Féile Blitz in Mallow on Saturday last. The girls played three games against Aghada, Rathmore and Castlemitchel and won the three games to progress to the final. They played Carrigaline in the final and even though they had a great game and played their hearts out they were beaten in the final and were presented with lovely medals. Thanks to Bred O'Mahony, Eoin Flynn and Ivan Hickey for all their excellent mentoring and all the work they have put into the team. Thanks to everyone who traveled to support the girls and to the organisers for a great day!! Thanks to everyone who supported our recent clothes collection, it is greatly appreciated.

WELL DONE: To a wonderful bunch of girls captained by Anna Kerrisk - who bowed out in the semi final of the Under 12 County League in Finuge. Your trainers are so proud of your commitment and 'never give up' attitude. Thank you to all the parents for your wonderful support.

Special thanks also to Ailish and Theresa in Alma's Takeaway-for serving up delicious food to the players.

BEST WISHES: Go to Aine Scott who unfortunately suffered a fracture to her hand in our semi final game. We wish you a speedy recovery Áine and look forward to seeing you back on the playing field. There will be an u13 competition starting after July 21st as well as an East Kerry League in August so we are looking forward to lots more football.

SPA CLUB NOTES

COISTE NA NOG

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

LADIES FOOTBALL:

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

U12 GIRLS: SPA 4-5 FIRIES 3-5

Well done to the girls who secured a semi final slot in Division 2 of the Co. League against Abbeydorney this Tuesday night. The girls

played outstanding football with some of our regular players away on holiday. Emma Morrissey once again was solid between the posts along with defence Erin Holland, Elaine Kelly and Sarah O'Sullivan. While up front Sarah Fleming, Grainne Spillane, Aisling Cahill, Leah O'Donoghue and Eleana O'Donoghue were on target.

U14 GIRLS: Waiting for the semi final fixture against Ballymac tbc.

U19 TEAM: The Spa girls will enter this competition under East Kerry playing 5 games over Tuesday nights with first game fixed for July 14th.

SENIOR LADIES:

JUNIOR B CHAMPIONSHIP KNOCKOUT SPA 2-16 FINUGE ST. SENAN'S 2-10

A brilliant game of football which included all the right ingredients. The skill shown by both teams was superb. A nail biting finish found Cassandra Buckley scoring a point to level the match. Extra time was played and this was definitely all Spa which showed their fitness level was higher than the North Kerry Side.

Linda Bruggener pulled off some great saves and was player of the game. The backs Aoife Hickey, Laura Herlihy, Sinead Cronin, Roisin Kearney, Karol Fleming spearheaded by Katie Gleeson were solid. Midfield duo Loreta Maher and Mairead Finnegan brought their basketball skills into the game and proved very effective. Forward line Cassandra Buckley, Claire Moynihan, Alma O'Mahony, Mags Cronin, Micaela O'Connor and young Katie Cronin registered scores on the night.

GAELIC FOR MOTHERS AND OTHERS:

Great turnouts every Thursday night and open to all moms and ladies over 18 but not playing competitive football. Training at 7.30 for an hour and great fun is had by all. This is open to everyone and come along on the night.

A new initiative and further development in the Club under ladies football. This is non competitive football with a strong emphasis on FITNESS and FUN! Great outdoor workout and fresh air for the summer and beyond. No football experience necessary! You can look it up on the following website <http://ladiesgaelic>.



ie/games-development/gaelic4mothers
Contact Grace O Connor (087) 229 9453.

KERRY TEAMS: Well done to the Kerry Senior, Junior and Minor teams. Special mention to Dan O'Donoghue and Liam Kearney who won another Munster medal with the Kerry Juniors in Pairc Ui Rinn during the week. And to Michael Foley and Evan Cronin who both won a Munster Minor medal in Killarney. Best of luck to the Seniors in the replay 18th July.

FIXTURES: Junior Co League Semi Final Friday 10th July Spa v Kilcummin at home at 7pm.

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

CÚL CAMP: Once again GAA are holding Football Cúl Camp August 3-7th in Spa. You can register online kerrygaa.ie.

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

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

SPA COMMUNITY NOTES: Sympathy is extended to the relatives of Mary Lynch nee Cronin Ballinamagh and late of Kilbreen who died at the weekend. May she Rest in Peace.

VOLUNTEERS: Well done to all who gave up their valuable time over the weekend welcoming the cyclists home from the Ring of Kerry Charity Bike Race.

CRASH BARRIER: Thanks to Cllr. John Joe Culloty who donated his allocation to secure a crash barrier outside Spa Field which was well overdue.

LISTRY NOTES

LISTRY WEEKLY LOTTO: Results Sunday 5th July, 2015. Winning Numbers 4, 7, 23, 24 Jackpot €4,700. Not Won
1 x €100 Eileen Ferris, Faha.
2 x €50 Charlie Coakley, Faha.

Teddy Brosnan C/o Langfords.

2 x €25 Helen Moynihan C/o P. Ahern Cath. O'Connor, Firies.

Draw Entrant Tulip. Jackpot next week Sunday 12th July €4,850.

KERRY ABU: Congratulations to Gary O'Sullivan, Fergus Clifford and the rest of the Kerry Junior team & Management on winning the Munster Junior Championship. Also, Well done to Ronan Buckley and all the Kerry Minors & Management on winning the Munster Minor Championship. And good luck to the Kerry Seniors in the replay of the Munster Senior championship on the 18th of July.

SENIOR COUNTY LEAGUE: Our next game is due to take place at home v Ballymacelligott on Sunday, July 26th. All support welcome.

O'SULLIVAN CUP RESULT

LISTRY 1-10 CURROW 0-9

SUMMER CAMPS: The following are the dates for Summer Camps in Listry this year. Kelloggs Cul Camp July 13th- 17th.

Listry GAA Club Camp Sponsored by 'The Dungeon Bookshop' August 4th-7th.



PICTURED IN TOWN BEFORE HEADING UP TO FITZGERALD STADIUM FOR THE KERRY V CORK MUNSTER FINAL WERE BACK ROW L-R IVAN O'SULLIVAN, KEVIN MYERS & JAMES NORMILE. FRONT ROW L-R RHEA O'SULLIVAN, KAREN COOPER & JASON COSTELLO.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ROBERT OSBORN PLAYING FOR KERRY SOUTH IN A MUNSTER BLITZ IN DRUMTARIFFE IN ACTION AGAINST LIMERICK. THEY BEAT LIMERICK IN THE QUARTER-FINAL. HOWEVER, THEY LOST TO CORK BY A SINGLE POINT IN THE SEMI-FINAL.



SEÁN O'NEILL IN ACTION AGAINST CORK FOR KERRY SOUTH IN A MUNSTER BLITZ IN DRUMTARIFFE.



TOMMY BROSAN (MANAGER), MICHAEL LENIHAN, MARK COOPER, MARK COOPER JNR, GARY O'CONNOR AND KEVIN SMITH (MENTOR)
KERRY SOUTH U 14 FOOTBALL AFTER WINNING THE MUNSTER INTER-DIVISIONAL FOOTBALL TOURNAMENT IN DUNGARVAN ON SAT 4TH JULY.



OUTLOOK SPORTS NEWS

Editor : Donal Barry

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SIX TALKING POINTS FROM THE TERRACE

MORAN A MASSIVE LOSS AT MIDFIELD

Maybe the plan was to introduce Anthony Maher for a tiring Bryan Sheehan early in the second half but with David Moran getting black carded, it threw a spanner in the works. Kerry certainly suffered at midfield when Moran went off and it is an area where Cork's Alan O'Connor dominated for most of the second half. Major repair work needed here. Many felt that Kieran Donaghy could have come to midfield to gather possession considering he got little ball where he was. Some also felt that Sheehan could well have remained at wing forward



FITZGERALD HAS CAPTAIN ABILITY

Maybe a little unfairly last season people questioned at stages the leadership of both Kieran O'Leary and Fionn Fitzgerald as joint captains. After all, it was meant to be the Gooch but following his yearlong absence due to injury,

it was the Crokes players who fill the role as captain. Fitzgerald showed nerves of steel to take on and score Kerry's equaliser almost a copy of what Kieran O'Leary did in the drawn semi-final against Mayo. Time to close the case.

PENALTY OR NO PENALTY?

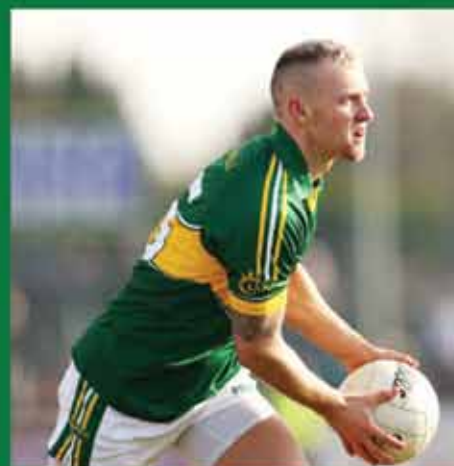
Well that is the question really. In real time on the terrace, it certainly looked like James O'Donoghue was pushed aside and that really is what Padraig Hughes had to go on. Strangely enough, there was little debate about it, until those following the radio commentary got better informed from their headsets. It went from a penalty, to a soft one to definitely not one. Regardless it was awarded and scored and like many other decisions down, the years will remain a talking point.

OLD DEFENSIVE FAILINGS

The Kerry full back have been put under the spotlight once again. To date in their two Munster games they have conceded 4-12 and while some of these may well have been frees conceded by the halfback line, there is now a worry that they have become a target for all future teams that they will encounter. That said Marc O'Se put in a sterling shift and was particularly impressive in the opening half.

KEEPING FAITH WITH BARRY JOHN WAS JUSTIFIED

There was some doubt would the Kerins O'Rahillys start the final. After all with James O'Donoghue and Colm Cooper in the mix, was there a place for Keane. Well he certainly answered his critics with a storming first half



performance and final tally of 0-3. He was lively throughout and a willing worker. His name will surely be the first pencilled in for the replay.

CAN CORK DELIVER IN THE REPLAY?

The sense of injustice among Cork supporters in the terrace was certainly not swept under the carpet. The concession of "That" penalty had them up in arms. However will it be a factor in the replay. Cork will certainly be a renewed team who now will have a stronger belief. They certainly banished last year's hammering but there is still a niggling among many of their supporters as they left Killarney that they still did not leave with the Cup and despite having Kerry on the floor, they still failed to get their first win in Killarney since 1995.

KERRY RETAIN MINOR TITLE WITH EASE

KERRY 2-14

TIPPERARY 1-11

A man of the match performance from Dingle's Conor Geaney, who finished the game with a personal tally of 1-5 sealed victory for Jack O'Connor's Kerry minor side and ensured the Kingdom of a place in the All-Ireland quarter-finals next month.

Kerry led for the majority of the entertaining Fitzgerald Stadium curtain raiser. Tipp enjoyed their best spell in the closing stages of the game when they scored 1-2 without reply.

Kerry laid the foundations for their win in the first-half. Goals from Cormac Linnane and Conor Geaney gave them a comfortable 2-8 to 0-6 interval lead and at this stage the game was as good as over.

Kerry lost Conor Linnane through injury towards the end of the first half which necessitated in four additional minutes of injury time being played.

This was an impressive performance from Kerry, who had eight different players on the scoresheet.

The kingdom, with Jack Morgan and Jason Foley driving them forward from defence at every

opportunity and Darren Brosnan putting in some great tackles, stamped their authority on the game in all areas of the field.

Tipperary did score a consolation goal through Aidan Buckley towards the end of the game but that only put a better gloss on the scoreboard for them.

Teams and Scorers

KERRY: Billy Courtney, Darren Brosnan, Jason Foley, Jack Morgan (0-1), Gavin White (0-1), Mike Breen, Daniel O'Brien, Mark O'Connor, Andrew Barry, Brian O Seanacháin, Cormac Linnane (1-1, 0-1 free), Sean O'Shea (0-2, 0-1 free); Stephen O'Sullivan (0-1), Michael Foley (0-2), Conor Geaney (1-5, 0-1 free).

Subs: Bryan Sweeney (0-1) for Conor Linnane (Inj), Ronan Buckley for O Seanacháin, Dara O'Shea for Mike Breen, Brandon Barrett for Sean O'Shea, Jack Goulding for Stephen O'Sullivan, Tom O'Sullivan for Jack Morgan.

TIPPERARY: Charlie Manton, Tadhg Fitzgerald, Morgan Irwin, Tommy

Lowry, Liam Fahy, Danny Owens (0-1), Jack Skeehan, Jack Kennedy (0-2, 0-1 free), Tommy Nolan, Aidan Buckley (1-2), Brian McGrath, Emmett Moloney, Shane Power, Alan Tynan (0-3, 0-2 frees), Brendan Martin (0-2).



KERRY'S STEPHEN O'SULLIVAN EVADES THE TACKLE OF TIPPERARY'S GAVIN WHELAN IN SUNDAYS MUNSTER MINOR FINAL IN KILLARNEY.



RATHMORE/GNEEVEGUILLA U13 BOYS BASKETBALL TEAM WHO WON THE MUNSTER TITLE AT THE WEEKEND.

RATHMORE/GNEEVEGUILLA COMMUNITY GAMES

MUNSTER FINALS - SATURDAY JULY 4TH

2015: A huge congratulations to our U13 Boys Basketball team, who became Munster champions, after two excellent played matches against Cork in their first game and Tipperary in the final... Some superb display of basketball by some great talent of the future, we wish them and their trainers Loretto and John, all the best as they prepare for their All Ireland finals in Athlone in August. **PANEL AS FOLLOWS:**

Jim Brosnan, Ciaran Cremin, Damien Cronin, Mark Cronin, Padraic Finnegan, Andrew Moynihan, Padraig Murphy, Mark O'Leary, Paudie O'Leary, and Michael Twomey.

OUR SPIKEBALL U14 GIRLS: Team also participated and won a Silver Munster (Limerick won the gold), we are all delighted for them and their coach Mike McGillicuddy, well done and congratulations to the following players:

Aishling Brosnan, Kornelia Cybol, Michelle Fleming, Hanorah Hurley, Ciarraí Jones, Megan McCarthy, Aoife O'Sullivan.

OUR U11 MIXED BASKETBALL TEAM: Also played on the day with five teams taking part in this event. They were drawn against Cork, for a knock out game... It was a close and tense encounter and our players fought a gallant battle, but Cork went ahead to narrowly beat them by just 3 points... Cork went on to beat Limerick and win the Gold in this event... A great experience for our young players to reach the Munster's and they did us all very proud on the day...., Full credit to Mags, John and Jim, their coaches who put a lot of time and effort in to preparing them for this event.

PANEL AS FOLLOWS: Roisin Brosnan, Caoimhe Guerin - Crowley, Tara O'Leary, Orla Cremin, Michelle Cronin, Sean Finnegan, Dara Fitzgerald, Sean Hurley, Fionn Murphy and Ross O'Leary

OUR SKITTLES U14 MIXED TEAM: Played in the last event of the day for our area and the team thoroughly enjoyed their game. Tipperary being the outright winners in all U12/14/16 Skittle events. Again we would like to thank their coach Cynthia for preparing her team for this event. **PANEL AS FOLLOWS:** Liam Brosnan, Donal Daly, Niamh Finnegan, T J O'Leary, Jamie O'Leary, Shane Warren.

We have at this time, the Boys Basketball U13

team, relay and individuals going forward to represent our area and Kerry in the All Irelands in Athlone in August, we would like to wish the children the very best, in their training in the weeks ahead. We will be posting events, names and coaches nearer the time.

MILLTOWN/LISTRY COMMUNITY GAMES

We had 3 of our teams representing Kerry at Munster in UL last Saturday.

OUR U10 DRAUGHTS TEAM: Played Clare in the semi final but unfortunately were beaten and so finished 3rd. It has been a great year for this team and we thank Pat O'Sullivan for coaching this team. **TEAM:** Shane O'Sullivan, Luisne Corcoran, Maura Burke, Aaron Dinham, Freya Mason. In their semi final our U16 Chess team came up a very strong Clare team who have won at All Ireland level. They lost no shame in defeat and so finished 3rd. We thank them and their coach Michael O'Meara for their efforts this year. **TEAM:** Malachy Broadbery, Paudie Horgan, Mark O'Brien, Fionn Nidegger, Jason Dinham, Tom Stephens.

OUR U13 BOYS INDOOR SOCCER TEAM: Played a very fancied Limerick team in their semi final and who had won their q/f convincingly. Our boys played a great game and secured a late winner to win 1-0. They played Waterford in the final and in a great battle were pipped 4-3. Securing silver was still a great achievement and a just reward for the efforts of their coaches Mike Burke and Colman O'Shea. **TEAM:** Cillian Burke, Aaron O'Shea, James O'Dowd, Mich  l Keane, Conor Spillane, Patrick O'Sullivan, Anthony Barrett, Aaron O'Donoghue.

It was a great achievement for our area to have 3 teams competing at Munster level and we sincerely thank all the families who travelled in support. So unfortunately we have no team qualifying for the national finals this year but can look forward to 4 of our athletes representing Kerry in the finals in Athlone next month: Mixed distance relays Shauna McCarthy U12 600m and Cian Spillane U12 600m, Aaron O'Shea U12 Ball Throw event and Saibh O'Brien U14 Swimming,

GNEEVEGUILLA ATHLETIC CLUB

LOTTO: No winner of our lotto 03/07/2015, numbers drawn were 3, 8, 19 and 24. Bonus not won numbers drawn were 5, 8, 17 and 27. Next week's jackpot €11,400 plus €1,000 bonus.

NATIONAL CHAMPIONSHIPS: Tullamore was the venue on Saturday for Day 1 of this event. We had a few juveniles contesting. Jack O'Leary ran well in the 600m U13. Jack did not make the medals but finished well. The same can be said for our Juniors who travelled to the National Junior & U23 Championships in Tullamore on Sunday. Mel O'Callaghan ran well in the 100m

& 200m U23, Mairead O'Neill was 2nd in U23 ladies Hammer. Andrew McCarthy was 3rd in Discus, 4th in shot, & 6th in W.F.D (throwing the ½ CWT). Tomas O'Neill also competed in the Junior Hammer. Next Saturday & Sunday is Day 2 & 3 of the National Championships.

CYCLING NEWS

IT'S ALL ABOUT THE TEAM IN TIME TRIAL:

Club riders do not get many opportunities to ride Team Time Trials so the annual round of the Summer League, run by iBike always draws a big entry and a good crowd of spectators.

Using the regular 20k route from Ballycarty Roundabout to Castleisland and back for the seniors and u16's and a shorter 9k version for the u12's and u14's the Team Time Trial turned out to be a battle between Moda Kingdom Endurance and iBike. And it was the Moda boys, John Brosnan and George Doyle who proved to be the quickest in a time of 27.17. iBike's Paul Horan, Mark Prendeville and Tom Barrett were second in 27.43 with the composite team of Killorglin CC's Michael and Mike O'Shea and Killarney CC's Conor Kissane third in 27.57.

Suzanne O'Sullivan, Currow and Killarney's Ciara McGowan teamed up to be the fastest ladies team in 35.19. The u16's also competed over the full 20k and two young riders in great form, Kingdom's David Fitzgerald and Eoin Blake, Killarney CC were quickest in a very good time of 33.29.

UNDERAGE: Sean Barrett of iBike and Kingdom's Ciaran Coggins were certainly on the same wavelength and made a very good team to take fastest in the u14's in a time of 14.21. Second was the all Killarney CC team of Oisín O'Connor and Eoghan Pathwell who came home in 16.04. Third in this age group was the Kingdom CC duo of Robin Scott and David O'Sullivan in 16.49. It was a case of brothers are best in the u12's where the Galvin boys, Patrick and Shane of Killarney CC, had a time of 17.43 which was enough to be quickest in their age group. Second was the Killorglin pairing of Aona O'Shea and Colm Moriarty in a time of 18 minutes flat. In third was the Killarney CC duo of Ethan Slattery and Lorcan Daly with a time of 18.29.

LEAGUE ACTION IN THE EAST THIS WEEK:

This Thursday night the action in the Kerry Cycling Club's Summer League will be in the East Kerry area. Sliabh Luachra CC are the hosts and sign on is in the Gneeveguilla GAA Clubhouse from 6pm. The u16's will be the first on the road at 6.45pm and will do 3 laps, the u14's set out at 6.50pm over 2 laps and the u12's complete 1 lap from 6.55pm. The seniors set off on their 6 laps at 7.10pm.

DATE FOR THE DIARY: The County Championships are also due to use a variation of the Gneeveguilla circuit this year with August 22nd or 23rd the provisional date. This will be confirmed in the coming weeks.

KILLARNEY ATHLETIC AFC & KILLARNEY CREDIT UNION 7 A SIDE COMPETITION



THE SHISHA TEAM COMPETING IN THE KILLARNEY ATHLETIC/ KILLARNEY CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT THIS WEEK.

PICTURE: EAMONN KEOGH -MACMONAGLE.COM

MONDAY 6TH JULY 2015

PITCH 1

6.45 U14 Park Road Pharmacy 2 O'Connors Day Tours 0
7.10 U14 Man Chest Hair 3 The Graduates 1

7.35 O35 Mackeys Crew 1 Flemings Taxi 1
8.00 Senior AGA Turkish Barber 4 Liebherr Maritime 0
8.25 Senior Tim Jones Butcher 1 Shisha FC 0

PITCH 2

6.45 U16 MacSweeney Arms 1 Baboteletubbies 4
7.10 U16 Goggin United 2 Dyslexia United 5
7.35 U16 MacSweeney Arms 0 Glenflesk Dynamos 2
8.00 Senior Dunboy Greener Homes 1 Berocca Juniors 2
8.25 Senior Mackeys Crew 2 Woodlawn Bicycle Club 0

TUESDAY 7TH JULY

PITCH 1

6.45 U16 Killarney Wolves 2 Glenflesk Dynamos 6
7.10 U14 Manchest-Hair United 1 Late Entry 5
7.35 U16 Dyslexia United 4 Killarney Wolves 0
8.00 Senior Un-Athletic Madrid 1 FC Farcelona 1
8.25 Senior The Brehon 3 The Hobbits 1

PITCH 2

6.45 U16 Goggin United 2 Baboteletubbies 1
7.10 U14 Messi's Minors 2 Flemings Taxi1
7.35 U16 Baboteletubbies 0 Glenflesk Dynamos 2
8.25 Senior The Failte Bar 4 Dunloe Lodge 2

WEDNESDAY 8TH JULY

PITCH 1

6.45 U14 Late Entry V Flemings Taxi
7.10 O35 Mackeys Crew V Liebherr Automation
7.35 U14 Manchest-Hair United V Flemings Taxi
8.00 Senior Athletico Madrid V Brenken
8.25 U14 Manchest-Hair United V Messi's Minors

PITCH 2

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

7 A SIDE COMPETITION UNDERAGE FIXTURES

FRIDAY 10TH JULY

UNDER 10 GROUP:

Aston Vanilla, Mini Messi's, Cutting Hares
Final: 1st V 2nd

UNDER 12 GROUP

The Spar Boys Muckcross
Barterlona
Flurry FC
Flesk Flyers
Daybreakers
Semi-Finals: 1st V 4th, 2nd V 3rd.

PITCH 1

6.00 U10 Aston Vanilla V Mini Messi's
6.25 U10 Aston Vanilla V Cutting Hares
6.50 U10 Mini Messi's V Cutting Hares
7.15 U12 Flesk Flyers V Daybreakers
7.40 U10 Aston Vanilla V Mini Messi's

8.05 U10 Mini Messi's V Cutting Hares
8.30 U12 Barterlona V Flesk Flyers
8.55 U10 Aston Vanilla V Cutting Hares

PITCH 2

6.00 U12 The Spar Boys Muckcross V Barterlona
6.25 U12 Flurry FC V Flesk Flyers
6.50 U12 The Spar Boys Muckcross V Daybreakers
7.15 U12 Barterlona V Flurry FC
7.40 U12 The Spar Boys Muckcross V Flesk Flyers
8.05 U12 Barterlona V Daybreakers
8.30 U12 The Spar Boys Muckcross V Flurry FC
8.55 U12 Flurry FC V Daybreakers

SATURDAY 11TH JULY

PITCH 1

10.00 U12 Semi-Final 1st Placed Team V 4th Placed Team

10.30 U10 Final
11.00 U12 Final

PITCH 2

10.00 U12 Semi-Final 2nd Placed Team V 3rd Placed Team

MONDAY 13TH JULY 2015

PITCH 1

6.15 U16 Goggin United V MacSweeney's Arms
6.45 U14 Park Road Pharmacy V The Graduates

PITCH 2

6.15 U14 O'Connors Day Tours V Man Chest Hair
6.45 U14 Park Road Pharmacy V The Graduates

TUESDAY 14TH JULY

6.15 U16 Goggin United V Killarney Wolves

THURSDAY 16TH JULY

6.15 U16 Goggin United V Glenflesk Dynamos

7 A SIDE COMPETITION SENIOR FIXTURES & KNOCKOUT STAGES

The 8 x top teams in each group qualify for the last 16. The 8 x second placed teams qualify to meet the winners of 3rd and 4th place play-off (last 32).

PLAY-OFF: The 3rd and 4th placed teams will play off (after an open draw of 3rd and 4th placed teams) on Monday 13th July.

LAST 32: The winners of the 3rd/4th place play-off games will play the 2nd placed teams on Tuesday 14th July.

LAST 16: The winners of the last 32 will meet the 1st placed teams from the original groups on Wednesday or Thursday 15th & 16th July.

1/4 FINALS: The last 8 will play off on Monday 20th July with the 4 winners progressing to the Premier semi-finals and the 4 losers

progressing to the Reserve semi-finals on Tuesday & Wednesday 21st & 22nd July. 3rd/4th place play-off

1. Torc Hotel V Mackeys Young Crew
2. Dunloe Lodge V Liebherr RTG
3. Liebherr Maritime V Liebherr STS
4. Paddy Keeffe FC V Dream Team
5. Brenken V Dunboy Greener Homes
6. Berocca Juniors V Last Minute FC
7. The Cleveland Sreamers V Shisha FC
8. UnAthletic Madrid V FC Farcelona

LAST 32

- A. Winner 1 V The Shire
- B. Winner 2 V Woodlawn Bicycle Club
- C. Winner 3 V The Brehon
- D. Winner 4 V Tim Jones Butcher
- E. Winner 5 V The Speakeasy
- F. Winner 6 V MD O'Shea Park Road
- G. Winner 7 V Tricel Killarney

H. WINNER 8 V THE FAILTE BAR LAST 16

A V Connie's Sexy Seven
B V Fossa City
C V Tatler Toffees
D V AGA Turkish Barber
E V Athletico Madrid
F V Currow City
G V Mackeys Crew



KILLARNEY CELTIC NOTES

CONGRATULATIONS to all the Killarney Celtic players who featured on the Kerry senior, minor, and Kerry South U16, U15, and U14 GAA teams recently and did their county proud – three Munster titles and one draw, that's fair going!

MANAGERS WANTED

KILLARNEY CELTIC are now seeking applications for managerial posts for the forthcoming 2015/16 season at all grades. We field 24 teams across all competitive grades for men and women, plus full coaching programmes, including non-competitive blitzes, for Football For All and for U10, U9, U8, U7 and Soccer Tots. No-one who wants to play soccer has ever been turned away at Celtic Park, but in order to keep that true we need people willing to help out in managing teams. Full training and garda-vetting will be provided, you need nothing more than a willingness to help players play in a safe and controlled environment where they can develop to the best of their ability at all grades right up to Premier. Please contact Pdraig Harnett at 087 9878983 or patharnett16@gmail.com or Mike Lyne at 086 0836356 if you can help out.

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

FIXTURE Dominos U17 Cup Quarter-Final: Killarney Celtic away to St. Brendans Park, Thursday, 7.00pm

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

LOTTO RESULTS: Numbers drawn 2, 11, 17, 23. No winner, five x match three, Jerry O'Brien c/o Mary, P C c/o McSweeney's, Pa O'Donoghue c/o Packie, James Raymond Tralee, Daithi McGillicuddy c/o Mary, €25 each. Next week's jackpot €2000, draw in the Failte on Monday night. Tickets available from all club officers. Yearly tickets available.

If anyone has information for the notes contact Jimmy O'Sullivan Darcy 087 9633397 or jimmyosdarcy@gmail.com. Check out www.killarneyceltic.com for Killarney Celtic news, match reports, or photos.

KILLARNEY ATHLETIC A.F.C. NOTES

KILLARNEY ATHLETIC A.F.C. Killarney Credit Union 7 A Side Tournament 2015 Please see main feature for fixtures & results

50TH ANNIVERSARY CELEBRATIONS

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

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

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

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

Thank you: A big Thank you to Ian Trant for his generous sponsorship of the First Aid Supplies. Condolences: Killarney Athletic wish to offer their condolences to Suzanne Scully and extended Scully Family, Woodlawn on the recent death of their Mother. May she Rest in Peace.

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.

MEK UNITED

The club held its AGM a few weeks ago and the new committee are working very hard to get a lot of things in place for next season. Next season will be a very busy one for MEK as we will have a busy Academy for kids from U6 - U10 as this year, but next season we intend to have two teams take part in the Kerry Schoolboy League at U11 and U13 sections. This will be a very busy but also a very exciting time for MEK.

THANKS to the Fossa Community Committee, we have a pitch for next season for the squads taking part in the Kerry Schoolboy League, for our home games. Also, we would sincerely like to thank St. Pats Hurling club for their support as well.

Training will still be in the astro turf pitch for all Academy teams and will still be on Saturday afternoons, starting in September. More details to follow. Keep an eye on facebook for updates also.

U11 & U13 schoolboy teams will hold a registration day on Sat 8th of August, from 2-4pm in Fossa Community Hall. Training will start as soon as possible after registration. Big season for our schoolboy teams. For most of the players, this will be the first time they will be in competitive league football. But I promise, everyone will work hard to make it enjoyable and a good learning experience. **SUPPORT FROM MOM'S & DAD'S IS VERY IMPORTANT FOR OUR HOME GAMES!!!**

We will confirm our team/club sponsors in the coming weeks, but so far, everyone we have approached have been very supportive.

There is a huge amount of work to get through this summer in preparation for September, so don't be shy. We will take any help we can get for the pitch work, registrations, sponsor support just to name a few.

CANT WAIT FOR THE SEASON TO START!!!!

For details: Liam Murphy 087-4145662

Pa Murphy: 087-7943220



THE KILLARNEY BOYS TEAM TAKING PART IN THE KILLARNEY ATHLETIC - CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT THIS WEEK. PICTURE BY MACMONAGLE, KILLARNEY



MACKEY'S CREW OVER 35 TAKING PART IN THE KILLARNEY ATHLETIC - CREDIT UNION 7-A-SIDE SOCCER TOURNAMENT THIS WEEK. PICTURE BY MACMONAGLE, KILLARNEY

KILLARNEY ATHLETIC '69-'75

There is no doubt that the Harrington era was a unique time in the formation and history of the club and after Dan's departure from Killarney in 1969 the club found it difficult to replace him immediately.

Much to the credit of Jim O'Sullivan, Sean O'Donoghue and Donagh Gleeson they filled what were to become the club's first officer positions as chairman, secretary and treasurer respectively. Fulfilling the team manager's role proved more difficult as Brian Gilhooley RIP who was the most natural successor in the role to Dan was more keenly interested in coaching with the Franciscan youth club teams. So the club ended up with different players managing the team as they continued to play in the Desmond league. However, the commitment and ultimately the cost of competing in the Desmond League, where teams had to travel to various parts of West Limerick proved to be difficult to sustain for the club. Thus the club did not re-enter the league for the 1970-71 season although two of the club's more talented players Brian McCarthy and Tom 'Sossy' Mullins did feature with Tralee Dynamos as they finished 3rd in the Desmond League table of that season. Big Jim was also to emigrate to Australia in 1971. Events in 1970 and 1971 proved to have very significant and positive effects on the game of soccer in Ireland for two very contrasting reasons.

'MEXICO '70 The 1970 World Cup finals lit up the world's sporting stage and it was the style and flamboyancy of the tournament winners Brazil that captured everyone's attention. Pele was to win his third World Cup medal as the tournament was broadcasted in colour for the first time to an unprecedented world audience. Soccer had become "the beautiful game" and its impact was felt by the growth of popularity in the game in Ireland.

'THE LIFTING OF THE BAN' What was to have an even greater effect on people's participation of soccer in this country was the decision by the GAA grassroots clubs to remove the infamous 'Ban' under Rule 27 from its rule book thus allowing players the freedom to play Gaelic football and hurling as well as soccer and rugby. This heralded a maturity in Ireland to remove old politically held views from sport. The Formation of the Kerry District League (KDL) Although the club did not compete in any competitive league in the 1970-71 season, the players continued to enjoy participation

in the sport by playing friendly matches in the Half Moon. The venue also hosted an inter-firm 7-a-side competition in 1971 with many of the participating teams also travelling to a 7-a-side tournament in Tralee that year. There were numerous teams from Killarney competing in this competition. One in particular was the Killarney Bartenders team which was comprised of many players that were later to feature with the club as it reformed to become a founding member of the Kerry District League in 1972.

In that team were Donagh Gleeson, Tom 'Sossy' Mullins and Greg Collins who all played for the club in the Desmond League and also included in the team were Denis Hayes, Mike 'Smiler' Maloney and Richard Clifford who suffered a nasty knee injury in the Tralee final replay that was played in the old 'Basin' pitch (that still exists today).

THE FRANCISCAN YOUTH CLUB TEAMS

As previously mentioned in the Harrington article, Brian Gilhooley RIP who also hailed from Cork City and was an ardent Cork 'Hibs' supporter came to live in Countess Road in 1963 through his work with the Ranks Flour company. Brian was to forge a close friendship with Fr. Vivian Molloy, a Franciscan friar with similar keen interest in soccer and a loyal Arsenal supporter. Together they encouraged and organised the Youth Club soccer teams and it was from these teams that many of the club's finest and most dedicated members were to emerge as players and future administrators of the club. These included the late James Gleeson and Peter Gilhooley as well as Donal 'Pro' Casey, Kevin O'Malley, Ger Galbraith, Ritchie O'Connor, Sean O'Connor, Pádraig 'Poggs' Looney and Mike 'Smiler' Moloney (apologies for any exclusion of names).

THE ÁRAS PHÁDRAIG PITCH The 'Áras Pitch' provided an idyllic training ground in the heart of the town for these young players and whereas there was still a certain amount of resentment towards the promotion of soccer in Kerry at the time, the opening of "the Áras" by the Franciscan community to the local youngsters in the late 60s was also another important statement of acceptance of the game in the town. Some local politicians were also attracted to the venue but not for sporting reasons, believing instead that the site would serve as an ideal location for homes for the elderly. Fortunately for the youth of Killarney, Fr. Vivian strongly opposed the proposal and his voice was

respected and listened to, and so the proposal failed to gather support. However the formally known Killarney UDC did get their hands on the 'Áras Pitch' in 1999 and have since turned it into a bus and car park. The sale of the ground marked a sad end for all who had the pleasure of its use as a soccer pitch over four decades. The memories of the novice friars, altar boys, youth club and Killarney Athletic teams as well as the multitude of 7-a-side players and supporters who gathered there every summer will never be forgotten, nor should the contribution it made to the promotion and development of soccer and particularly the Club.

KICK OFF OF THE KDL IN 1972 Due to the enthusiasm and interest in soccer in the county, the Kerry District League officially kicked off in February 1972 and Killarney Athletic were proudly involved and represented by a talented side that included some of the old guard from the 60s team joined by the aforementioned new generation of young players. Once again Donagh Gleeson was to the fore and along with the experience of Brian McCarthy they steered the team in the opening part of the season. Joe Grant took over management of the team for the 1972-73 season with the side winning the Munster Junior area final before narrowly losing out to a good Riverside team from Cork in the quarter-final of the competition.

Athletic won their first KDL trophy with an easy win over a Scartaglen side in the Anchor Shield final in the '73-'74 season. Unfortunately the side were to lose the following 3 finals (2 after extra time) to the Park from Tralee who had the iconic Kerry football star Mike Sheehy 'bagging' goals for them. Great credit is due to Joe Grant who played a key role in the club during this period as a team manager and an outstanding administrator of the club and the KDL. Joe was described by league officials as 'a man before his time'. It should be mentioned that Liebherr also entered the KDL when it was formed in '72 and its impressive pitch donated by 'the Germans' to the local community hosted some great local derbies as both sides displayed the excellent soccer talent that existed in Killarney at the time.

Sean O'Connor took over the manager's role from Joe while also serving as an administrator with club and league. Sean had an outstanding goalkeeping talent that he brought with him from his youth club days - Sean emigrated to Australia for a new life there in 1975.



FRANCISCAN YOUTH CLUB TEAM UNDER THE COACHING EYE OF BRIAN GILHOOLEY RIP (BACK LEFT). PHOTO IS TAKEN IN ÁRAS PHÁDRAIG PITCH AND INCLUDES; FRONT LEFT - PETER GILHOOLEY RIP, RICHY CONNOR, MIKE DALY AND TADGH MORIARTY, BACK LEFT - BRIAN GILHOOLEY RIP, GER GALBRAITH, DONAL CASEY, PAT HEALY AND PADRAIG (POGGS) LOONEY.



ONE OF THE EARLIER KILLARNEY ATHLETIC TEAMS TO PLAY IN THE KERRY LEAGUE IN 1972/73 AND INCLUDES; FRONT LEFT - PADRAIG LOONEY, PETER GILHOOLEY RIP, DONAL HAYES, TOM (SOSSY) MULLINS RIP, RICHARD CONNOR AND DENNY HAYES, BACK LEFT - BRIAN MCCARTHY, DONAGH GLEESON, DONAL CASEY, SEAN O'CONNOR, JAMES GLEESON RIP, JAMES O'CONNOR, AND MIKE (SMILER) MOLONEY.



RING OF KERRY JUNIOR CUP TEAM PICTURED LEFT TO RIGHT EOIN AHERNE, DAVID KERINS, HENK BONS, TOBY STEADMAN AND DYLAN O'DRISCOLL.

KILLORGLIN GOLF CLUB

LADIES: 18 HOLE STROKE SPONSORED BY BILLY DODD: 1. Kathleen Cronin (24) 71 nett. 2. Maura O'Boyle (27) 73 nett. 3. Jenny Pigott (19) 75 nett.

FIXTURE: 18 Hole Singles Stableford sponsored by The Bianconi Inn can be played Saturday 11th/Sunday 12th/Tuesday 14th. Play either day and arrange own time and partners. 12 Hole re-entry sponsored by Handicap Secretary Coral Kiely continues until further notice.

Lady Captain's Prize: The entry sheet for Lady Captain Phil Anne Foley's Prize Day on Saturday 25th July is posted on the Notice Board.

KILLORGLIN GOLF CLUB

MENS: RESULTS OF COMPETITION V.PAR 05/07/2015

- 1st Mike J. O'Sullivan 5 up.
- 2nd John McCarthy 4 up.
- 3rd Aidan Spillane 3 up.
- 4th Rob Kennedy 3 up.

ROSS GOLF CLUB

KILLARNEY - GENTS CLUB

CAPTAINS PRIZE: Our Captain Denis Cronin has rescheduled his Captains Prize to take place on July 26th, more details later.

OUR JUNIOR CUP TEAM: Lost out narrowly recently to their hosts, Ring of Kerry in that competition.

BEST OF LUCK: To the Killarney Race Co for a successful July Racing Festival.

SYMPATHY: We extend our sympathy to Gerry Falvey and Family on the recent death of Seamus R.I.P. and also to the Lynch and Cronin Families on the recent death of Mary Lynch, nee Cronin R.I.P.

BEAUFORT GOLF CLUB

LADIES BRANCH:

4TH/5TH JULY - 18 HOLE STABLEFORD - SPONSORED BY PETER MARKS

- 1st Teresa Clifford (28) 30 pts.
- 2nd Noleen Mackessy (26) 30 pts.

FIXTURES: 11th/12th July - 18 hole Stableford - sponsored by Irene McCarthy. Club Scramble continues on Wednesday 8th July. Meet at Clubhouse at 6.15pm for scramble

starting at 6.30pm. Open to non-members.

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

CASTLEROSSE GOLF CLUB

RESULTS: COMPETITION PLAYED ON SUNDAY 5TH JULY. Winner; Peter McGrath (22) 41pts, Runner-up Ger O'Connor (18) 39pts, Overall 3rd place John O'Halloran (18) 38pts. Results, 3 person mixed Scramble played on Tuesday 30th June best net return, Steve Shine, Jason O'Mahony & John O'Halloran.

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

Scramble 9 hole competition continue each Tuesday at 6.30pm. Open to Ladies & Gents. Away day to Killorglin Golf Club, Saturday 1st August, Ladies and Gents competitions.

BEAUFORT GOLF CLUB

MEN'S BRANCH

27TH/28TH JUNE - 3RD ROUND GOTY - SPONSORED BY INTERNATIONAL HOTEL, KILLARNEY.

- 1st Joseph Bunyan (26) 71 Nett.
- 2nd Keith Cummins (11) 73 Nett.
- 3rd Brian O'Connor (14) 74 Nett.

4TH/5TH JULY - 18 HOLE STROKE (YELLOW TEES) - SPONSORED BY EDDIE SLATTERY

- 1st Sean Mackessy (22) 69 Nett.
- 2nd Michael J O'Connor (10) 69 Nett.
- 3rd Shane O'Sullivan (6) 71 Nett.

FIXTURES: 11th/12th July 18 Hole Stableford (White Tees) - Sponsored by Tralee Credit Union.

Club Scramble continues on Wednesday 8th July. Meet at Clubhouse at 6.15pm for scramble starting at 6.30pm. Open to non-members. Open Fridays from 10th April to 2nd October 2015. Open to Ladies & Gents - Single Stableford Entry Fee €20. Ring Clubhouse on 064-6644440 to book a tee time.

DEERPARK PITCH & PUTT NOTES

SENIORS: Outing at Castleisland 20 members drawn from Castleisland, Deerpark, GlenEagle,

and Tralee turned out for last Wednesday's Senior's Outing to Castleisland and the results are as follows, 1st Nett with 15 Par were the team of Danny Porter (Tralee), Sean Ashe (GlenEagle) and Tom O'Leary (Castleisland) 2nd Gross Team John Murphy and John Looney (Deerpark) and Pat Mitchel (Castleisland) with 12 under Par. Next Outing will be to GlenEagle on Wednesday August 5th followed by an outing to Newmarket on September 2nd.

WEDNESDAY EVENING FOURBALL:

Winners on last Wednesday evening were Nett Ger Casey and Johnny O'Brien. Gross John McGrath and Robbie O'Brien.

RICKY KELLY MEMORIAL ON JULY 19TH:

All club members and former members are invited to support the annual Ricky Kelly Memorial competition on weekend of July 19th. All proceeds will go to the Cystic Fibrosis Charity.

KILLARNEY GOLF CLUB

LADIES

By Eileen Tarrant, PRO

RESULTS OF DOOKS EXCHANGE DAY SUNDAY JULY 5TH

- 1st. Mary Geaney (12), Sheila Crowley (24) Katie O'Connell (29) 71 pts.

- 2nd Mary O'Rourke (21), Sally Cooper (21), Mary C. O'Connor (24) 69 pts.

- 3rd Mary O'Doherty (13), Julie Leonard (24) Mairead O'Sullivan (35) 68 pts.

Lady Captain Patsy Hanley's day is Sunday next July 12th, followed by dinner and very good entertainment in Club House.

RING OF KERRY GOLF CLUB

2-PERSON STABLEFORD TEAM EVENT:

- 1st JP Fletton (8) & Daragh Roche (10) 46pts.
- 2nd Gerald O'Dwyer (12) & David O'Dwyer (16) 43pts.
- 3rd Daniel Taylor (19) & Brian McCarthy (23) 39pts.

Many congratulations to David Kerins and his Junior cup team for winning the West Munster Semi Final Section of the Junior Cup, held at the Ring of Kerry Golf Club this past weekend. The team made up of David Kerins, Henk Bons, Dylan O'Driscoll, Toby Steadman, Eoin Aherne & Rory McHugh, achieved impressive wins over Glengarriff, Ross, Killorglin and Kenmare to win through to the area final.

The final match against local neighbours Kenmare proved a very close fought affair, and in what was a very sporting match, the Ring eventually triumphed by a score of 3-2. The winning putt on the Par3 18th green in front of the many onlookers was sunk by Dylan O'Driscoll - With his Kenmare opponent Paul O'Connor just inches away with his 2nd approach shot, it took nerves of steel for Dylan to roll home a tricky 6ft downhill putt for victory!

UPCOMING EVENTS: Saturday 11th and Sunday 12th July - OPEN Singles Stableford. Tuesday 14th July - Open Singles Stableford.



ROWING TO RIO

The Monika Dukarska
Blog. The story of a
Professional Athlete



Currently I'm in Cork packing for the World Cup III event which is held in Lucerne in Switzerland. I'm departing this Wednesday from Dublin Airport with a long commute ahead of me. We will arrive at our hotel late on Wednesday with two training sessions the following day. The World Cup series is held from May to July every year with a World Cup event once a month. This event is said to be the toughest as it is the last test for many countries before the World Rowing Championships which incorporate the Olympic Qualification Regatta this year.

To make things even more interesting, there is 21 entries in the Women's Pair event. Some of the country are doubling up, suggesting that they test their final crew combinations for team selection before the worlds.

The nations racing in Lucerne include: Australia, Belgium, Canada boat 1 and 2, Croatia, Czech Republic, Denmark, Spain, France, Great Britain boat 1 and 2, Germany boat 1 and 2, Ireland, Italy, Netherlands boat 1 and 2, Poland and lastly the Republic of South Africa.

Some of the countries missing from the above list include China, USA, Argentina or Romania, hence the entry for the World Championships can be greater. At worlds however, each country can enter only one crew per event.

The racing takes place on Friday, with heats in the morning and potentially repechages in the afternoon. On Saturday there are semifinals and finals on Sunday.

Training over the past few days has been very productive. We have hit some top end speeds in our race preparations suggesting an increase in our anaerobic capacity. We have also practiced starts and sprint finish so hopefully we will be able to deliver it on the day. Training conditions were mixed hence we are ready for any weather. Although we don't have many days to acclimatise, as temperatures are above 30 degrees in Switzerland, I think the high humidity over the past few days has served us well.

Again, big thanks to Fexco for undergoing this journey with me. This is my first time in Lucerne. Also, I'm excited to show off some of my new branded gear at the regatta. I'm officially a Fexco athlete, on and off the water.



MUNSTER LGFA FINAL

KERRY V CORK

Saturday 11th July, Mallow 6pm

After the excitement of last week's Munster Final in Killarney, Kerry Ladies face into their own Munster Final on Saturday at 6pm in Mallow against the All Ireland Champions Cork.

The sides met last in the Tesco HomeGrown National League semi final which Cork won, having pulled away in the last 15 minutes of the game. Until that stage the game was very much in the melting pot. Kerry rued some missed opportunities that day and will be hoping to convert more of the chances they might

create on Saturday.

Kerry can report a relatively clean bill of health after the latest round of club championship action, something which obviously was important to manager Alan O'Neill and his management team.

Selecting the team will pose a few good headaches, as the players introduced to the panel during the league have bedded in well and have added an extra dimension to an already experienced and strong panel. Kerry Cork Munster Finals are always very close in both grades, so expect this clash to be no different.



AISSLINN DESMOND AND CIARA O'SULLIVAN AT THE MUNSTER CHAMPIONSHIP LAUNCH IN MUNSTER GAA HEADQUARTERS IN LIMERICK. CORK WILL BE HOPING TO MAKE IT TWO IN A ROW TITLES NEXT SATURDAY EVENING. PHOTO BY TOM RUSSELL.

DEVELOPMENT SQUAD PROGRAMME

Kerry Ladies are delighted to announce that the U12 Development Squad programme will commence on Sat 11th July across three centres in Kerry - North Kerry/Tralee, East Kerry/Killarney & South/Mid/West Kerry.

We have approx. 30 experienced coaches lined up with a training programme to be implemented. The programme will run for 8 weeks and is for players born in 2003. Details forms are on www.kerryladiesfootball.com

IF YOU HAVE A STORY...

Contact Aisling on **086 0400 958**
editorial@outlookmags.com

Tommys Farming Week

The last IFA county executive meeting was addressed by Kevin Lane, CEO of Ornua, formerly the Irish Dairy Board. Kevin is a native of Brosna, learned his trade with Kerry Group and took over responsibility at Ornua in 2010. It is a name that many will not immediately recognise but listening to Kevin discuss their ongoing development strategy it is reasonable to assume that will change. Its turnover of 2.3 billion euro, responsibility for 60% of all Ireland's dairy exports and 3000 employees spread across 110 countries makes it a significant player in this market. Brand development, mergers, acquisitions and increased manufacturing facilities are all on the agenda, he speaks of breaking the 3 billion euro target by 2020. New products are joining old reliables like Kerrygold and market share and margin growth are being achieved. Last year sales to the USA were 110 million euro but Ornua are targeting sales of 250 million euro by 2018, and they are confident of achieving it. Milk prices were mentioned, no good news unfortunately, their view is that there will be no improvement over the next few months. The fact that the US have "played a blinder" and have avoided the worst effects of the price drop was put down to selling down their inventories

before the collapse in price. A factor that will maintain their output for longer than all other dairy producers would have hoped for. The opportunity to "fix" future prices with some of Ornua's customers was touched on, Kevin has plans for this type of "Hedging" and it would certainly reduce the level of volatility going forward. It was not all sweetness and light however, his previous comments regarding the "sustainability" of price paid to farmers by coops were not appreciated and he was asked to refrain from such pronouncements in the future. Brosna men have thick skin and Kevin took that in his stride too. Overall assessment, a safe pair of hands and a strong vision and strategy for the future. Wednesday was open day at Moorepark and the crowds descended. Once again it was obvious why Teagasc commands such respect internationally. Pat Dillon head of animal and grassland research was on hand at the introduction stand, on hand and hands on as always. The crowds moved in groups of around 100 from stand to stand in a well orchestrated fashion, grazing on very specific data for a short period and moving on. The message was clear and focused, the results of practical trials put

into easily understood language and a blueprint for profitable dairying based on best practise established. The basics have not changed much over the years but how they are applied can be the difference between success and failure, the margin therein seems to get tighter every time we visit. The single biggest message was still soil fertility and pH, but too many still refuse to listen. Three words LIME, LIME AND LIME. The innovation stand contained the grass plate meter with access to cloud computing, hopefully Santa will have enough in stock for Christmas. It is only when exposed to what passes for research in other countries that Moorepark can be fully appreciated. 14,000 people attended in a few hours last week, free of charge, courtesy of FBD.



MORE BITE IN CATTLE TRADE

IFA National Livestock Chairman Henry Burns has said there is more bite in the cattle trade this week with factories actively chasing agents for stock.

He said attempts to buy cattle at lower quoted prices late last week and earlier this week failed, with quotes moving back up to €4.25 base for steers and up to €4.30 paid. For heifers, the base quote has moved back up to €4.35 and €4.40/kg being paid to get stock.

Henry Burns said factories are having to chase farmers for cattle much harder this week and are moving outside their usual catchment areas to get numbers. He said the cow

trade has also strengthened with factories freely paying €3.90/kg for mixed loads and over €4.00/kg for Continentals.

He said the recent Bord Bia figures forecasting a reduction in finished cattle supplies in excess of 100,000 head will leave supplies very tight throughout the summer and for the rest of 2015.

Henry Burns said the continuing strength of sterling is leaving returns from our main export market in the UK very positive. He said cattle prices in Britain, our main market, jumped again in the last week by 5p/kg, and are now equivalent to over €5.00/kg.

MACRA MATTERS

Causeway Macra in association with Ballyheigue Summer Festival are hosting a tractor skills competition in memory of Jerry O Regan on Saturday 11th July at 6.30pm on ballyheigue beach. Tractors on the day are kindly sponsored by Nolans Tractors. Teams of 3 required, €15 per team. There will be team prizes of 1st place €150 and a trophy, 2nd €100 and 3rd place of €50. Also there

will be €50 prize for best individual driver for each tractor task. There is plenty of entertainment planned for all age groups with a mini digger hook a duck competition and DairyMaster will also be in attendance where you can try your hand at how fast you can put on 4 clusters. It promises to be a great day out.

CASTLEISLAND CO-OP

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Seller Maurice McCarthy, Lixnaw

10th July

Clearance sale of 10 sucklers cows with LM calves at foot. & 4 year old PB LM bull.

Seller Tim Corbett, Rathmore

Samples prices from last week's sale

			KG	€
Cows	1	LM	695	1620
BULLS	1	LM	1050	2145
HF	1	LMX	550	1415
B.K.	10	AAX	712	1580

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LISTRY NOTES

FIRST STEP CHILDCARE SUMMER CAMPS:

First Step Childcare summer camps takes place from 9.30am-12.30pm on the following weeks: Camp 1 : 13th -17th July. Camp 2 : 20th - 24th July. Camp 3 : 10th - 14th August.

For bookings please ring 064-6624919

or call in for registration form.

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

LISTRY WEEKLY LOTTO:

Jackpot €4,700

Winning numbers: 4 7 23 24

Was not won.

Next weeks Jackpot €4,850

LISTRY SOCIAL COMMITTEE:

We wish to thank all those who travelled to Blarney & Dripsey on Tuesday 30th June. Thanks to the following Kerry, Community transport, Killorglin who provided the transport. We are taking a little break for summer months, so hope to see ye all back in Listry Community Centre in September. Have a lovely summer. Chiropodist.

The next chiropodist day will be changing to a Wednesday 15th July. Enquirers to Paula at 087 6606585.

MILLTOWN/LISTRY PIONEERS annual Pilgrimage to Knock July 19th. There are still some seats available if anyone would like to travel on the day.

Please contact 087-6798129. Please take note of bus times Killarney 5.45am. Beaufort 6am. Listry 6.15am. Milltown 6.30am. & Castleisland 6.50am.



MILLTOWN/LISTRY U13 boys INDOOR SOCCER TEAM WHO WON SILVER AT THE MUNSTER COMMUNITY GAMES FINALS AT THE WEEKEND.

KILCUMMIN

SYMPATHY Extended to the family of the late Mary Lynch, Ballinamanagh who died recently. May she rest in peace.

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

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

KILCUMMIN GAA

JUNIORS Kilcummin bowed out of the O'Sullivan cup in Scartaglen last week by two points while they performed much better two nights later to overcome Listowel Emmets in the co Junior League. This qualifies them for a

semi-final date with Spa this week. One very noteworthy event was the fact that a father and son played on a senior team together - Kieran and Jamie O Donoghue.

CONGRATULATIONS Congratulations to Shane Murphy and Brendan Kealy who represented their county with distinction in two Munster finals.

UNDER 21'S Kilcummin /Rathmore exited the county championship by four points to Kerins O Rahillys in Tralee on Saturday night last.

SYMPATHY Sympathy is extended to the family of Mary Lynch Ballinamanagh who died last week-end. A member of the ladies committee she will be greatly missed. May she rest in eternal peace.

ROSE OF TRALEE Kilcummin GAA club will honour Kilcummin girl Juliet Culloty, current Kerry Rose at a function in the Clubhouse on Saturday 18th July. Everyone welcome to support.

GAA GOLF CLASSIC Kilcummin aim to have a

golf classic in September. Details to follow.

KILCUMMIN G.A.A GOLF SOCIETY Next outing Captains prize in Kenmare Golf Club Saturday July 18th. Tee Time 9.00am to 10.20am. New members welcome More Info Contact Muiris on 086-1614136.

HURLING COACHING GAA Club Hurling Coaching for under 6 to under 12s on the next few Thursdays at Legion GAA grounds at 6pm. All equipment supplied. Contact Garry at 087 2884478

CÚL CAMP Kilcummin's Cúl Camp in 2015 will take place on 20th-24th July. The cost for a child is €55 with second and third children costing €45 and €40 euro respectively. See www.kelloggsulcamps.gaa.ie for further details and for bookings.

MASTERGEEHA F.C. LOTTO There was no winner on Friday 5th July. Numbers drawn were 2, 3, 8, 24. Jackpot now €3,900.

FOSSA

LOTTO Numbers drawn were 5, 7, 16, 19. There was no Jackpot winner and next weeks Jackpot will be €11,700. The €40 consolation prize winners were Paul Cronin Aghadoe, Joan O' Donoghue, 5 O' Kelly's Villas, Anne Anderton Crohane, Eilish Myers Barleymount and Brendan Coffey Fossa. Tickets are on sale at The Golden Nuggett Bar, The Castlerosse Leisure Centre, The Travel Inn, The Old Killarney Inn, Foley's Spar Shop, The Laurels Bar and Committee members. Next draw takes place on Sunday night 12th July at 11pm in the Golden Nuggett. Thanks to everybody who supports our Lotto each week as well as those who sells tickets.

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

KILLARNEY LIBRARY will host a free two-day animation workshop entitled "Animation, Design in Motion". The course will be an introduction to animation and visual story telling, giving participants an insight into the processes of creating a stop-motion animated video. The workshop takes place on Friday 17th July & Saturday 18th from 10.00 am - 4.00 pm and will be

facilitated by Elias Spinn. The target age group is 16-19 years. Prior booking essential as places are limited. To reserve a place please contact Killarney Library on 064-6632655 or killarney@kerrylibrary.ie.

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

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

RATHMORE/ GNEEVEGUILLA NEWS

by Michael O'Mahony

SLIABH LUACHRA CYCLING CLUB: Sliabh Luachra Cycling juvenile club Fundraiser Draw win a Peugeot 208 sponsored by Reens car sales Rathmore prizes include:

1. Peugeot €18,000 208 1.0 16v Active,
 2. €1000 Bicycle from The Little Bike shop Killarney,
 3. €500 Holiday voucher from Abbey Travel Killarney,
 4. 2 nights B&B and one evening meal from the Killarney Oak Hotel,
 5. €250 One4All voucher from Cadbury's.
 6. €200 voucher Denis Moynihan Tyres, Rathmore
 7. €150 Coffee Machine and a Large Hamper from Cadbury's
- Tickets: €10 per Ticket. Limited to 5000 Tickets, Draw Date: 12/12/15. At 8pm. Venue. Reens Rathmore, Proceeds in aid of Sliabh Luachra Cycling Juvenile Club.

RAMBLING HOUSE Rambling House at Heritage Centre Scartaglen. Monday July 13th at 9pm. Admission free, raffle and refreshments. All are welcome.

DYLAN CROWLEY MEMORIAL TOURNAMENT: This very special memorial football tournament will take place on this Saturday July 11th in Gneeveguilla GAA pitches, starting at 10 am. All welcome.

NIGHT AT THE DOGS LAUNCH: Sincere thanks to all who attended and helped in any way in making our fundraising launch night such an enjoyable celebration. The exquisite food and the ceol agus rinne made it a night to remember. report. Míle Buíochas

FRIENDS OF THE CHILDREN OF CHERNOBYL RATHMORE: holding a Cake Sale after 6pm Mass in Rathmore on this Saturday 11th July in Teach Iosagain which will help us fund this summer programme. We acknowledge and sincerely thank everyone for their generosity and support which we receive each year to enable us to bring children to our parish. Thank You

DIOCESE CHANGES Rathmore Gneeveguilla, Shrone, Knocknagree, uses its second priest: Heraclitus said "Change is the only constant in life." And how right he was. Towards the end of last week we couldn't believe the rumours that our Curate was being taken away from us, but by the beginning of this week to our bitter disappointment we knew the rumours were really true and Fr Kevin McNamara is being transferred to Moyvane to become parish priest leaving us with one priest Fr. Pat O'Donnell Parish Priest. Rathmore Parish is large parish with four churches: Rathmore, Gneeveguilla, Knocknagree, Shrone, and 6 National School, Some things to consider: WEEKEND MASS **SCHEDULE:** Currently operates as follows. Priest 1: 6pm Rathmore, 9am Shrone & 11am Knocknagree Priest 2: 7.30 pm Knocknagree/

Gneeveguilla, 10am Gneeveguilla, 11.30 Rathmore.

Fr Pat O'Donnell's views on the situation:

Having met with the other priests in the Pastoral Area we are fortunate that collectively we will be able to maintain one weekend mass in each church (this is not the case in all pastoral areas). Our probable schedule will be two masses Saturday evening, and three masses on Sunday morning (the timings will have to fit in with neighbouring parish schedules) Coverage of 60 funeral masses, Mass in the Day Care Centre, House Masses and various school celebrations. This will be an area requiring huge change? Fr Kevin and I spend two days each month visiting the housebound. With only one priest, and with the likelihood that this ministry could be regularly interrupted by funerals and other unforeseen events, it is important that we have in each area, Eucharistic Ministers, relatives and neighbours who would be available to bring communion to the housebound when necessary

- Instead of asking what will happen to our Churches? Should we not be asking how we can make our churches more vibrant? Just because the priest isn't present all the time doesn't mean there cannot be prayer. We can develop lay led liturgies in the absence of the priest. (again this is already happening in other parishes) We will need to enlist additional parishioners who will be willing to sit on the Boards.

- We need to gather a team of volunteers who will join with the priest in taking care of the Pastoral needs of the Primary Schools and who will also help with Sacramental Preparation. Presently baptisms are available on requested dates, I will consult with others to see how they have dealt with this issue. The flexibility on Baptisms is limited because of the large number of weddings which are already booked (22nd August, 19th September, 26th September, 17th October, 24th October, 31st October, 7th November, 14th November, 21st November, 28th November, 12th December, 19th December, 21st December, and 30th December, is it best to designate a day each month in each Church when Baptisms will be celebrated. FUNERALS: We have a lot of funerals in the year with a similar number of months' mind masses. Creating Bereavement Support teams who will help in the preparation of the Liturgy and offer support to the bereaved families.

- How will it be possible to have individual month's mind masses in all these cases? Some parishes have met this challenge by having a special mass each month for those who have died during that month. Is this worth considering?

ADMINISTRATION: We are very fortunate in Rathmore to have excellent staff members who deal with much of the administration. We have also have every confidence in the various parish committees: Building, Finance, Liturgical etc.

- With the new busier Pastoral Schedule it will not always be possible for Fr. Pat to attend all meetings. SUGGESTION BOX: A suggestion box at each church exit next weekend ... and would

welcome your comments, suggestions, or your advice on these and any other areas that you feel might need to be considered. It would be great if you could leave your name or contact number when making your suggestions, but it is not essential. Alternatively you can email us at rathmore@dioceseofkerry.ie. If any parishioner would like to be involved in any of the aforementioned ministries or if you can help in any way please contact Fr. Pat. We all missed Fr. Kevin with sense of humour and laughter but we wish him well in his new parish of Moyvane as parish priest which is become effective on Wednesday, July 22.

TUBRID WELL: Holy Mass at Holy Tubrid Well Millstreet on Thursday 16th July 2015 at 7.30pm. (Feast at our Lady of Mount Carmel)

With Fr. Sean Tucker. All are welcome

MUNSTER MINOR CHAMPIONSHIP

FINAL: Congratulation to Darren Brosnan, Gneeveguilla, who played and won Munster Minor championship Medal. with Kerry minor who retain their Munster minor championship crown on Sunday last against

Tipperary, final score Kerry 2-14 Tipperary 1-11. Munster Senior Football Final Kerry senior draw with cork with replay on Saturday July 18th in Fitzgerald stadium,

RATHMORE COMMUNITY MARKET: every Saturday 11-2pm indoors

Rathmore community centre

Lots of stalls, food, preserves, crafts, art. They live music every week tea & coffee €1 children's play area everyone welcome! More stalls welcome contact Tony 0831588404.

The Marian Players: are organising their old clothes collection and it's perfect timing for a summer decluttering session.

They are looking for old clothes, curtains, shoes, handbags etc. the more weight the better!

All funds raised are reinvested in the Panto wardrobe :-)

Start gathering now and give to Eilish Coakley 086-1038112, please note that they date of clothes collection has been changed to July 23rd.

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

KERRY ARCHAEOLOGICAL & HISTORICAL SOCIETY: will host a History Outing led by Fr. Sean Tucker & Sean Radley visiting "Clara, Drishane, Kilmeedy Castle & Upper Ballydaly on this Sunday 12th July. Meet at Carnegie Hall at 2.30pm. All welcome

CULLEN & DISTRICT SPECIAL NEEDS ASSOCIATION: Annual old time thrashing & vintage display on Sunday 19th July (Laitiarian Sunday). Fun for all the family. Live music by Tim O'Riordan & Natural Gas.

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

BEAUFORT NOTES

Annual Pilgrimage to Knock A Bus will leave Beaufort Village for Knock on Sunday, 19th July. Main Celebrant will be the most Rev. Eamon Martin, Archbishop of Armagh, Primate of All-Ireland. Come and see the newly refurbished Basicilia, it is a world class building. Further details 064 6644319.

GLENFLESK NEWS

GLENFLESK LOTTO: Glenflesk Lotto draw was held on Monday the 6th of July 2015, in the Kerry Way. Jackpot: €5,800. Numbers drawn: 2, 11, 12, 24. Next draw will be held on Sunday July 19th in John Dan's, Jackpot €6,000.

MUNSTER CHAMPIONS: Last week was a special one, with not one but two Munster championship medals won by Glenflesk men. First up on Wednesday July 1st Jeff O'Donoghue turned in a fine performance at centre-forward for the Kerry Junior team against Cork, scoring six points from play. Then on Sunday July 5th it was the turn of Daniel O'Brien, who played a prominent role from left-half back for the Kerry minors in their victory over Tipperary. Well done to both lads, and here's looking forward to the long summer ahead.

SOUTH KERRY U14S: Well done also to Mark Kelliher and Patrick D'Arcy who were members

of the South Kerry U14 team who won the annual Jim Power tournament in Waterford at the weekend.

RAHEEN NS: The Parents Association would like to thank everyone who supported our recent €2 line raffle. Your support is greatly appreciated. Congratulations to Ann and Stuart Roche who had the winning lotto number 22 on Saturday the 4th of July.

COMMUNITY GAMES: Well done but hard luck to the Glenflesk U12 soccer team who were defeated in the Munster semi-final in Limerick on Saturday despite a valiant second-half comeback. Thanks to their coaches John Crowley and Eamon Bowler for their time and enthusiasm in preparing the team.

RING OF KERRY CYCLE: Well done to all the local cyclists who completed the Ring of Kerry cycle last weekend, especially those completing it for the first time. A special word of thanks to the brilliant volunteers from every part of the Kingdom and from our own club who made the day so enjoyable and safe for everyone.

ROGER BANNISTER: On July 22nd Gneeveguilla Athletic Club will hold the first of their four one-mile summer road races in Barraduff. The course is from the top of the hill in Shronedraugh to the school in Barraduff. This is the perfect opportunity to answer the question - how fast could you run a mile? Entry is just €5 and the race starts at 7:30pm, why



SHAUN, JOHN & FERGAL O'SHEA FROM KILLARNEY PICTURED AFTER COMPLETING THE RING OF KERRY CYCLE.

not give it a go? The series continues in the following weeks in Fossa, Knocknagree and Gneeveguilla.

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

UNDERAGE FESTIVAL OF FOOTBALL SET FOR THE KINGDOM

Feile Peil na nÓg will be held in Kerry next year having last being hosted in the Kingdom in 1994.

This year's event was hosted by Wexford, Wicklow and Carlow and saw 559 games played over three days concluding with 30 finals with the Division 1 boy's title being won by Austin Stacks. An institution in the GAA calendar, the Feile weekend for Under-14 boys and girls will see 6,500 players on 235 teams play.

Taking part in the unique 'Feile Experience' will involve players staying with host families across the county and as well as enjoying a

football festival, they will make new friends from around the country. As well as teams from every county in Ireland playing across ten boys and five girls divisions, there will also be Under-14 teams representing New York, San Francisco and Philadelphia as well as teams from around Britain supplying an International dimension and further illustrating the growth of Gaelic football internationally.

GAA President Aogán Ó Feargháil is already looking forward to the event. Speaking at the official Flag handover in Wexford to the local Kerry committee he said "They do everything

like champions in Kerry and having met with the local committee I am very confident that Feile 2016 will have a very unique feel to it and I'm already looking forward to it"

Kerry Feile Chairperson is Tom Keane and he feels that it will bring out the best in the county. "It will be a great challenge and it is an event that will leave a lasting legacy for all those who take part and I am fully confident that every club will put their best foot forward and showcase their club's spirit.

Feile will take place across Kerry, West Limerick and North Cork on 24th - 26th June 2016.

LORETO NS HAVE THE RIGHT IDEA

If you wanna make the world a better place , take a look at yourself and make a change ..." Michael Jackson

The children of Scoil Bhríde Loreto have been working tirelessly on their sixth Green School theme Global Citizenship with a special emphasis on reducing waste. The Children carried out waste audits,, surveys, organised a KWD talk, art and slogan competition to reduce the school's waste . The winning slogan was coined by Lucy Keane in 2nd class " Bin litter! Don't waste! Make the earth a happy place" . Miss O Reilly's Recycling Rangers collect old mobile phones, print cartridges and batteries each Friday which is designated as "Earth Day " within the school. The Litter Busters from the senior classes ensure the school grounds are in pristine and immaculate condition and The

Energy Detectives from 2nd class monitor our energy use. WOW Days COW Days, National Spring Clean Campaigns , car pooling and Park 'N ' Stride help our school achieve our aim to create a knowledge and understanding about the link between environmental degradation and human rights. The children have learnt about sustainable development and will be enabled to examine the world's interdependency and development in a critical manner in order to create real change by acting locally.

Active Citizenship is also promoted as part of Global Citizenship and Loreto pupils have a strong tradition of helping children in need . The children donated generously to the local St. Vincent de Paul Christmas Food Appeal , the Christmas Shoebox Appeal , The Cardiac

Response Unit No Uniform Day and to their twin Loreto School in Peru.

We are a multi cultural school and we celebrated the Chinese New Year in February and Polaski /Éire festival in March with projects , songs, stories, food sampling and art sessions. The school has also applied to be recognised as an INTO Global Citizenship school. Well done and thanks to all who participated and support our campaigns.

The Green school committee members for Global Citizenship are Chloe Coughlan 6th, Jack Greaney 5th, Caelyn O Grady 4th , Clodagh Lucey 3rd , Leah Clarke 2nd, Luke Courtney 2nd , Cillian Murphy 1st , Paddy Moore Senior Infants, Laura Healy Senior Infants and Leo Keane Junior Infants.

PRIVATE CLASSIFIEDS - COST: Up to 20 words €5

BUSINESS CLASSIFIEDS - COST: Up to 10 words €10 • 10 - 20 words €20

**** No More than 20 words ****

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Call: 064 66 36416 Mon to Fri 10am - 5pm

AVAILABLE

Diggers for Hire. Dumpers self hire available - 6 ton and 12 ton. Grass cutting.

Call: Ian 087 6304241

AWARE SUPPORT GROUP MEETINGS

Aware Depression Support Group meets:

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

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

www.aware.ie.

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Ed 29 BAR STAFF WANTED

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This years new screened turf available by the lorry loads, delivered throughout Kerry.

Call: 087 1413238

OUTLOOK SUMMER RECIPE Spicy Chicken Kebabs

Low in fat & salt but full of flavour!

Ingredients - Serves 4 Adults

- 520g / 1lb 2½ oz. of boneless chicken breasts - around 4 breasts
- 2 medium red onions, peeled and quartered
- 8 green chillies, halved and de-seeded
- Black pepper, to taste

For the Marinade:

- 275ml / 10fl oz. of low-fat, natural yoghurt
- ½ teaspoon of ground cumin
- ½ teaspoon of ground coriander
- ¼ teaspoon of turmeric
- Small bunch of fresh coriander
- 3 garlic cloves, peeled and crushed
- 1 tablespoon of fresh root ginger, peeled and grated
- Black pepper, to taste

Method

- Pour the low-fat yogurt into a large bowl and add the cumin, ground coriander, turmeric, garlic, ginger and some fresh coriander sprigs. Mix everything together and season with pepper
- Cut each chicken breast into 5 chunks and place in the spiced yogurt, mixing everything around so that the chicken is evenly coated. Cover with cling film and refrigerate for at least a few hours or overnight
- Prepare the barbecue - or alternatively pre-heat the grill to its highest setting
- To assemble the kebabs thread an onion quarter, then a piece of chicken, half a chilli, and another piece of chicken. Repeat this again and finish off with a piece of chicken and another onion quarter. There should be 5 pieces of chicken on each kebab when you are finished
- Press all the pieces tight together so they don't separate in the cooking, then season well
- Grill or barbeque on a high heat for at least 10 minutes on each side. Ensure the food is thoroughly cooked, by checking that all juices run clear.



ON THE BOX KILLARNEY OUTLOOKS WEEKLY SOAP COLUMN

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



CORONATION STREET SUMMER PREVIEW

This summer is going to be huge down on the cobbles as a host of storylines are reaching boiling point.

Carla And The New Connors

Carla is set to develop a gambling addiction which in turn will lead to the arrival of Aidan Connor played by pop star Shayne Ward. Aidan will be a distant cousin of Michelle's but it's Carla who leads to his arrival on the street.

Callum Vs The Platts

Callum will continue to scheme against David and Kylie but it's Bethany who is going to get caught in the cross fire. Expect big drama.

Tragedy For Fizz

There is a heart-breaking storyline ahead for Fizz and Tyrone as they learn that Fizz's daughter Hope has cancer. Hope will develop neuroblastoma, a rare cancer which in many cases develops in the adrenal glands. Corrie bosses are working closely with the doctors and parents of children at the Great Ormond Street Hospital to ensure the story is accurate.

Barlow Heartache

This week Corrie said goodbye to one of its much loved characters, Deirdre Barlow. The actress Anne Kirkbride who played Deirdre for 42 years sadly passed away earlier this year. May she rest in peace. In the meantime, Tracy is set to begin a romance with ex-husband Robert but yet again Tracy is the other woman as Robert has remarried and his wife Joni (Girls Aloud star Sarah Harding) is heading for the famous cobbles. Also, Leanne is set to suffer two ordeals as she struggles with step-son Simon's abuse and later in the summer she along with Simon will be held hostage by Liz's new man Dan who used to be a client of Leanne's..

Citizens Information

Know Your Rights: BRINGING A DOG INTO IRELAND

JULY 2015

QUESTION

I am moving back to Ireland after living in France for some years. Am I allowed to bring my dog with me?

ANSWER

There are strict controls about importing pets into Ireland to ensure that diseases such as rabies are not introduced. The EU system of Passports for Pets allows cats, dogs and ferrets to travel between EU member states. If you are moving to Ireland or coming on holiday (or any other non-commercial movement where there is no sale or change of ownership) you may bring your dog with you. Your dog must have an EU Pet Passport. These are available from private veterinary practices.

The Passport certifies that the pet is travelling from an eligible country, is identified by an implanted microchip and has been vaccinated against rabies at least 21 days before travel.

Dogs coming from countries other than the UK, Finland or Malta must be treated against tapeworm between 24 and 120 hours before travel. The time and date of treatment are entered on the passport. Treatment for ticks is not compulsory but it is advisable to get it at the same time as the tapeworm treatment.

Airlines registered with the Department may choose to carry pets complying with the Pet Passport regulations. Compliant pets may travel on any ferry. The pet must travel with its owner or with a person acting on behalf of the owner (unaccompanied pets cannot travel to Ireland under the EU Pet Passport System).

The operator of the airline or ferry company is legally obliged under the Pet Passport (No 2) Regulations 2014 to notify the arrival of the animals to the Department of Agriculture, Food and the Marine by email at least 24 hours before the journey to petmove@agriculture.gov.ie.

Further information is available from the Department of Agriculture, Food and the Marine (agriculture.gov.ie/pets/) and from the Citizens Information Centre below.

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

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




BREAK FREE FROM WHAT HOLDS YOU BACK!

So much of what holds us back in life is simply an illusion. It's not real! And yet these illusions can feel very real when we are gripped in the power of their story. The illusions I am referring to here are the disempowering things we continually tell ourselves about who we are, what we are able to do and how we should live! Some of the greatest and more universal disempowering beliefs are that you are not good enough or that you should be "perfect" in some way! However once you really begin to unravel these negative statements you are able to see them for what they really are – old worn out "stories" from the past that have no relevance to the truth of who you really are! There is a saying that goes, "It's not who you are that holds you back – it's who you think you're not!" I absolutely agree! It is all of the things that we believe about ourselves that are simply not true that keep us stuck and hidden! Break free from your own self-limiting thoughts and beliefs by catching them in action. Listen to the negative things you repeatedly say about you and challenge the thoughts. Ask yourself if it is really, wholeheartedly true and answer from your heart. Your heart always speaks your truth in the moment. Your mind however may simply be running an old habit or programme of learnt behaviour from the past. Listen to your heart!

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SouthWest Counselling Centre

PORNOGRAPHY AND YOUR TEEN

In last week's edition we discussed internet pornography. This week we will talk about what you can do to tackle this issue with your teenager. We have spoken already about 'teachable moments'. Just brief moments when you can make a comment or open up a brief discussion with your teenager. So this week we challenge you to become an empowered bystander – this means challenging a portrayal of sexuality (in the media, jokes, etc) that is disempowering, sexist and extremely unhealthy. We have all heard of 'rape culture'. In brief this means that we live in a culture in which rape, forced sexual activity is pervasive, prevalent and normalised through societal attitudes about gender, sex and sexuality. The visual representation of the rape culture is all around us in mainstream advertising. Fashion spreads for example, often reveal images of women being chased, attacked, beaten and killed. Also, the images of violence are routinely sexualised. Our young people are bombarded and unconsciously absorbing these pornographic unhealthy messages – just think about music videos! Pornography has now become what sociologists call, an 'enabling condition' for men's violence against women where women are sexual objects and men's sexuality is bound up in aggression and violence. So as a parent – become more aware... begin to really look at the images all around you.... begin to question what you see... make a comment to your child/teen.... don't be afraid to have an opinion... begin the dialogue ... in other words, make conscious what is unconscious.... e.g. 'I don't like how women are portrayed in that advert .. what do you think?'. ..

HOW TO APPROACH THE TOPIC OF INTERNET PORNOGRAPHY WITH YOUR TEEN:

Let's say you find your son/daughter has been viewing pornography (maybe they forgot to 'delete history' which is what they tell us they do!!).

- First of all stay CALM, CALM AND CALM!!
- If you react in anger you will have lost the opportunity to connect and influence your child
- **REMEMBER:** sexual exploration is normal and healthy – particularly in young people age 14/15 and young people must not be shamed for exploring – there can be feelings of guilt, regret and embarrassment for your teen... so be mindful
- So the conversation might go: 'I noticed that you have accessed pornography on the computer... (wait and take your cue from them).. I understand you must be very curious about sex and that's healthy and normal at your age!! I'm a bit concerned though about the messages you might be receiving though... can we have a chat about that...'

Another idea – why not give your teen this article to read!!

SouthWest Counselling Centre will be delivering information talks to parents in post-primary schools around the county beginning in the autumn. Also, we will be running a workshop over 2 nights, in October, 2015 on RSE (Relationships and Sexuality Education) For Parents – supporting parents in their role as educators. To book your place call **064 6636416/ info@southwestcounselling.ie**

SouthWest Counselling Centre Killarney provides affordable professional counselling. Kerry LifeLine provides **FREE** counselling and support to anyone feeling suicidal or bereaved through suicide. To make an appointment call **064 6636416**. SouthWest Counselling Centre is a not-for-profit organization. All funds raised through fundraising go directly to service provision.

Health Matters....

With Dr. Michael Moloney

Breast Cancer 3

TREATMENT: Treatment options which may be considered include surgery, chemotherapy, radiotherapy and hormone treatment. Often a combination of two or more of these treatments is used. The type of treatment used depends on the grade and spread of the cancer and the presence or absence of receptors as well as the general health of the patient.

A discussion should be had with the specialist as to the treatment aims. If in the early stages then the overall aim of treatment may be to cure the cancer. In other cases treatment is aimed to slow the progression of the cancer.

SURGERY: Depending on the size of the tumour much of the breast tissue may be conserved. A lumpectomy (wide local excision) are terms used to describe conservation of breast tissue. In some cases the breast may need to be removed. This is referred to as a mastectomy. It is now possible in many cases to reconstruct the breast at the time of surgery. This can also be done at a later stage if preferred. A sentinel lymph node biopsy may be performed. This is a way of assessing if the main lymph nodes draining the breast contain cancer. If they are clear then the remaining lymph nodes in the armpit will not need to be removed. If it is not possible to do this, one or more of the lymph nodes in the armpit may be removed. This helps to stage the disease accurately and to guide the specialist as to what treatment to advise following surgery.

RADIOTHERAPY: Radiotherapy is a treatment which uses high-energy beams of radiation which are focused on cancerous tissue. The aim is to kill the remaining cancer cells or stop them from multiplying. Radiotherapy is often used in conjunction to surgery (referred to as adjuvant radiotherapy).

HORMONE TREATMENTS: Some types of breast cancer are affected by the female hormones oestrogen and progesterone. Hormone treatments used are aimed to reduce the level of these hormones in the body and thus slow cancer growth.

HORMONE TREATMENTS INCLUDE:

There are different type of hormone medication used including Oestrogen blockers (Tamoxifen), aromatase inhibitors (block production of oestrogen) and GnRH analogues.

An alternative which may be considered for women before the menopause is to remove the ovaries (orto destroy them with radiotherapy). This stops oestrogen from being made.



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

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8 GREAT BENEFITS OF ONIONS:



Never mind the tears they bring on—onions are an ace ally in your fight against disease. A prized member of the lily family, they lavish you with health benefits while adding oodles of taste to your food.

A quick glimpse at their incredible health benefits:

*The phytochemicals in onions improve the working of Vitamin C in the body, thus gifting you with improved immunity.

*Onions contain chromium, which assists in regulating blood sugar.

*For centuries, onions have been used to reduce inflammation and heal infections.

*Raw onion encourages the production of good cholesterol (HDL), thus keeping your heart healthy.

*A powerful compound called quercetin in onions is known to play a significant role in preventing cancer.

*Got bitten by a honeybee? Apply onion juice on the area for immediate relief from the pain and burning sensation.

*Onions scavenge free radicals, thereby reducing your risk of developing gastric ulcers.

*Those bright green tops of green onions (Scallions) are rich in Vitamin A.

A SAUDI PRINCE IS GIVING AWAY HIS ENTIRE FORTUNE TO CHARITY:

Prince Alwaleed Bin Talal of Saudi Arabia, one of the world's wealthiest individuals, has announced that he will donate his entire \$32 billion fortune to charitable causes. The massive donation will be gifted to his nonprofit organisation, Alwaleed Philanthropies, which works in 92 countries supporting a variety of development work, including poverty alleviation, educational access, housing, and disaster relief.

Prince Alwaleed has been involved in philanthropy work for more than 35 years, previously donating \$3.5 billion to his foundation, which has partnered with the Gates Foundation and the Carter Foundation. In a country notorious for limiting women's rights, Prince Alwaleed and his organisation will be using the funds to promote women's empowerment, including literacy advocacy and providing courses on how women can run for local government and other initiatives

include providing electricity to rural villages, disease eradication, and building orphanages and schools

MYSTERY FIND:

In 2008 it was reported by several news outlets that a team had made a puzzling discovery at a dig at a sealed tomb dating to the Ming Dynasty in Shangsi, southern China. As one of the coffins was being cleared of soil before being opened, a strange thing happened. When the archaeologists tried to remove the soil wrapped around the coffin, suddenly a piece of rock dropped off and hit the ground with metallic sound, they picked up the object, and found it was a ring. After removing the covering soil and examining it further, they were shocked to see it was a small golden ring, with a watch face on its front, approximately two millimetres thick. Tiny hands on the watch showed time had frozen at 10:06. Most astonishing of all, the back of the diminutive watch was said to have the word "Swiss" or "Switzerland" written in English.

How was it possible that a tomb sealed for 400 years and dating to the Ming dynasty (1368–1644) had come to hold an artefact that could only have been created after the establishment of the present state of Switzerland, previous to 1848 it was known as The Old Swiss Confederacy and the ring-watch is said to date back only a century?

There are many theories as to how a modern-looking Swiss ring with a watch face might have been discovered by Chinese archaeologists from a 400-year-old sealed tomb including that the so-called 'sealed' tomb was not as secure as the Chinese officials and archaeologists had presumed, or did early tomb-raiders or explorers gain access to the tomb? Although there are no reports on any of the ancient Chinese artefacts having suffered damage. Still others comment that if the strange timepiece/jewellery had been dropped in the last century or so, a rodent might have taken it and burrowed into the tomb or was the whole incident a hoax; disinformation from start to finish?

The strange mystery of the tiny metal ring-watch has remained thus far unsolved.

ANSWER TO LAST WEEKS RIDDLE:

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

The roots of a plant / tree etc.

QUOTE:

"The best way to find yourself is to lose yourself in the service of others" - Mahatma Gandhi.

ON THIS DATE – JULY 10TH:

0988 - The City of Dublin was founded on the banks of the river Liffey.

1692 - Bridget Bishop the first Salem 'witch' hanged.

1806 - Death of George Stubbs, English painter.

1815 - The Apothecaries Act banned unqualified medics in Britain.

1863 - Clement Clarke Moore US Writer ('Twas the Night Before Xmas), died at the age of 83.

1866 - Indelible pencil patented by Edson P Clark, Northampton, Mass"

1917 - Eamon De Valera won election to Parliament from Clare as Sinn Fein candidate.

1940 - The Battle of Britain began with German air raids on British ports and shipping.

1985 - The Greenpeace ship 'Rainbow Warrior' was sunk in Auckland, New Zealand, by the French secret service.

1990 - The Dixies Showband's founding member, Chris O'Mahony, passed away in Cork.

THE MOST BEAUTIFUL BOOK SHOP IN THE WORLD?

Completed in 2007 by Merckx + Girod Architecten, the Selexyz Dominicanen Bookstore in Maastricht in the Netherlands is an incredible church conversion that was originally consecrated in 1294. Located between Maastricht's two major squares, the bookstore is run by a large Dutch chain in collaboration with the city council of Maastricht.

The location has not been used as a church for over 200 years. Before becoming a bookstore it served as a bicycle storage, exam hall for students, a Christmas market and venue for various shows and events.

With land being a premium in the country, local governments have opted to convert and restore rather than demolish historic abandoned buildings.

HOW TO ATTRACT BENEFICIAL INSECTS TO YOUR AGRICULTURAL GARDEN:

Some insects eat our crops, but fortunately, there are other insects that eat those plant-eating insects. The trick is to make your garden appeal to them. Just like in the world of mammals, in the insect world, there are plant-eaters and there are animal-eaters. Those species that are referred to as beneficial insects are those with carnivorous tendencies. They are the ones you want in your garden.

You can attract beneficial insects primarily by planting flowers. Even though predation is the goal, most predatory insects also need nectar and pollen as a source of food. That's because they are often predatory in just one stage of their life cycle (most insects go through four stages in their life cycle—egg, larvae, pupae and adult), but need these plant-based food sources in other stages. During their flower-feeding stage, they act as pollinators in your garden.

Select species that bloom throughout the growing season so there is a continual food source for the beneficial insects. The majority

of garden plants bloom in spring and early summer, so go out of your way to include a few that bloom in late summer and autumn. Also, focus on the flowers that are nectar-rich and easy for beneficial insects to access. Most beneficial insects are tiny flying insects during their vegetarian stage and aren't very interested in big flowers with lots of petals (like roses and camellias) because they can't easily access the nectar. Instead, they prefer tiny flowers with short petals. There are scores of species that make effective insectary plantings. Aromatic herbs are among the best, and native wildflowers are always a good choice. In general, avoid the showiest ornamental varieties they are usually bred for larger, more colourful petals, but often have less nectar than wild species.

RIDDLE FOR THIS WEEK:

What 5-letter word becomes shorter when you add two letters to it? Answer next week.

THIS WEEKS TONGUE TWISTER:

Through three cheese trees three free fleas flew. While these fleas flew, freezy breezes blew.

TEACH CHILDREN HOW TO BEHAVE AROUND DOGS THEY KNOW AND DON'T KNOW:

It should not be assumed that children know how to interact with dogs. Teaching kids how to have a safe interaction with a familiar or unfamiliar dog can prevent the child from being hurt or bitten. Most children are drawn to dogs. The following suggestions should be taught to children so they are safe around dogs:

General Behaviour Around Dogs

1. Teach children to avoid putting their face close to a dog's face. This may invade the dog's personal space. Plus, their face is then in the "bite zone."
2. Children should avoid hugging dogs. This makes many dogs uncomfortable. If a dog feels threatened enough to bite, again the child's head is close to the "bite zone."
3. Children should never pull a dog's ears, tail or grab a dog's feet.
4. Children should avoid running away from dogs. Most dogs have some predatory instinct (some more than others). A child running away from a dog may evoke a predatory response.
5. Excessive noise can excite, scare or annoy a dog depending on the breed. Teach children not to yell or scream around dogs.

Approaching Dogs:

1. A child should never approach a dog without permission. Have the child ask a parent, adult or the dog's owner if he/she can approach the dog. Children should be taught to never approach a dog when an adult is not present.
2. When a child sees a dog, they should not run towards the dog. Once receiving permission



to meet a dog, the child should approach it slowly and hold out the back of their hand slightly towards the dog, but not in the face. Then allow the dog to sniff the child. When meeting smaller dogs, a child should stoop down to the dog's level.

3. A dog's personal space should never be invaded. When meeting a dog, allow the dog to meet a child part way.
4. Children should be taught to never approach a dog when it is eating. In addition, children should not bother a dog that is chewing on a treat or toy.
5. Children can easily startle a dog that is sleeping so teach them to wait until the dog is awake before approaching it.
6. Children should always avoid approaching a dog that appears anxious, stressed or fearful. Adults can discern the dog's behaviour by reading the dog's body language.

Petting Dogs

*Children should avoid bringing their hands over a dog's face and head.

*Children should begin by softly petting the dog's chin or chest. Very gentle scratching is also acceptable.

*If the dog is accepting of them then the child could pet or scratch the dog's back and neck in the same direction of the dog's fur.

*Children should instantly stop petting a dog if the dog backs away, snaps, or growls.

Avoiding Danger

If a child sees a strange dog wandering without a leash and owner, the child should not approach the dog. If the dog comes towards the child teach them not to scream or run, which are both hard behaviours for children to learn since either response is a natural reaction. Instead, instruct the child to act like a tree, stand still, and remain calm. The child should not make eye contact with the dog. If the dog keeps approaching, tell the child to use the deepest voice possible to say

"No! Go home!" loudly, but without yelling. If the dog stops approaching the child, the child may then slowly back away and find an adult to help them.

If any dog, even one the child knows, begins to growl, snarl or snap, teach the child to stop what they are doing and freeze. They should then slowly place their hands behind their back and avoid making eye contact with the dog. When it is then possible call an adult for help.

Many of these instructions are difficult, especially for very young children, but if a child is taught and regularly coached on how to become comfortable with these actions and behaviours, children may enjoy pleasant and safe encounters and relationships with dogs – both those dogs they know and others they will encounter when out and about.

IMPORTANT FACTS TO REMEMBER AS YOU GROW OLDER:

Death is the number 1 killer in the world.

Good health is merely the slowest possible rate at which one can die.

Give a person a fish and you feed them for a day. Teach a person to use the Internet and they won't bother you for weeks, months, maybe years.

Health nuts are going to feel stupid someday, lying in the hospital, dying of nothing.


All of us could take a lesson from the weather. It pays no attention to criticism.

In the 60s, people took acid to make the world weird. Now the world is weird and people take Prozac to make it normal.

Don't worry about old age: It doesn't last that long.

FINALLY THIS WEEK:

Give a man a gun and he will rob a bank. Give a man a bank and he will rob the world!



A WORD OF VICTORY

Welcome back dear reader continuing on the subject of Israel and God's prophecies about that land and its' people, it is written that after the return of Jerusalem as Israel's capital city that world governments and powers would try to compel them to give land back to her enemies and force them to divide up the city of Jerusalem. On this matter the Lord warns those nations who would try to divide Jerusalem that He will divide them up instead (Joel 3:2). All this is brewing away like a volcano with false sympathies extended towards Israel's enemies – the reason being that Jesus is coming back to this earth to rule and reign here from Jerusalem for a thousand years. Satan knows well when this happens that is the end of him and his demon powers and so he does not want Jesus to come. Remember the demon possessed man in Scripture saying to Jesus – 'have you come to punish us before our time?' (Mathew 8:29). God has set a time for all this to happen and Jesus told His disciples that only the Father knows this exact time (Mathew 24:36). But the fact that Israel is restored after 2000 years with Jerusalem as its capital warns us that the time of the Lord's coming is at hand (1st Thessalonians 4:15 - 5:4). So, what type of people should we be? What kind of lives should we be living? Scripture says that just as in the days of Noah – when immorality was rampant, people were getting married, making wealth. It was party time, when suddenly – terror came upon them. Only eight people survived and so it will be at the coming of the Son of Man (2nd Peter 3:8-10). Look around friends and listen. Are you ready? Time is running out. Jesus is coming back – you can be sure of this.

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


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Bishop Ray Browne's message on Diocesan Appointments

As the annual list of changes to diocesan appointments is published, I offer the following words of encouragement to all in the diocese.

This summer three of our priests retire after more than fifty years of service each. I pay tribute to their wonderful service to the diocese in every appointment in which they served. Each has continued to carry full responsibility for a parish right up to now. Heart-felt thanks, good health and every blessing to each of them in the years ahead.

This year sees the appointment of new chaplains both at Kerry General Hospital and at the Institute of Technology, Tralee. It is important that we continue these commitments. The availability of a priest to the Pastoral Care team at the hospital honours the importance of having a priest available to all the sick, especially those in the final days of life, or those who are seriously ill or facing major surgery. Our Chaplain at the I.T. Tralee is our only priest working fulltime with youth and young adults. In a real sense the student community at the I.T. are a parish deserving of our care. I congratulate those who have completed the Youth Pastoral Ministry Course and the Kerry Diocesan Youth Service who recently published their 2015-2018 strategic plan, 'Brighter Futures Together'. Our youth and young adults are vital in the Church.

Sadly this year, owing to the decrease in numbers of priests there will be two less priests working in parish ministry. In one situation a parish will be without a resident priest, in the other without a curate. The priests of the Pastoral area, the Pastoral Area Council and the team from the Diocesan Pastoral Centre will work with the communities of these parishes to ensure that they continue to have the fullness of parish life. Overall this year there are a good number of

changes, all seeking to best provide for the whole life of the diocese. I thank our priests for their willingness to uproot and take on new appointments in the interests of the common good of the diocese. I welcome Fr Piotr Delimat from Poland who came to work in the diocese last February.

I am full of admiration for all our parishes and our priests. For many years now our priests have been greatly challenged to find ways of coping with the extra workload involved in having less and less priests, and then to adjust their lives to the full implications of these new ways. At every stage they are supported by the thousands of people in our diocese who are whole-heartedly involved in their own parish and many at Pastoral Area and diocesan level as well.

Look around and see all that is good in our parishes; there is much to give us confidence for the challenges that lie ahead. Please keep in your prayers our four students for the priesthood in Maynooth College and any young men who feel that it may be their own calling in life too. The year ahead has been proclaimed by Pope Francis as a Jubilee Year of Mercy. God's Mercy is there for each one of us. In the year ahead may we all experience and live that Mercy. The rich depths of the Mercy of God the Father is proclaimed in Jesus words:

"Go home to your friends, and tell them how much the Lord has done for you, and how he has had mercy on you". Mk 5:19

Bishop Ray Brown



ACKNOWLEDGEMENT & 1ST ANNIVERSARY



In Loving Memory of

JIM TEAHAN

"Fair Haven"

**Lissivigeen, Killarney, Co. Kerry.
Died July 11th 2014**

Jim's wife Anne, family – Geraldine, Siobhan, Seamus, Kay and Deirdre, together with his brother Denis, sister Mary and extended family, wish to thank most sincerely all those who sympathised with us on our sad loss. We are deeply grateful to all who helped look after Jim over the last couple of years, his GP Dr. Donal Kavanagh and staff, all staff of St. Therese's ward, Mercy University Hospital, Cork. To all members of the home care team who attended Jim throughout his illness, with special thanks to Claire, Gemma and Fiona, for such professional care and support in his final days. To all of our friends and neighbours, your help and support is very much appreciated.

To all who sent Mass cards, letters, messages of sympathy, made donations to St. Therese's Ward, M.U.H. Cork and to Kerry Palliative Care. To all those who called to the house and attended his funeral, especially those who travelled long distances – your support was greatly appreciated. To Canon Michael Fleming and Fr. Michael Doherty for their support. We thank undertaker Tim O'Shea and staff for taking care of Jim's funeral with such dignity and respect. To Father Kieran O'Brien and Maura Reen for making Jim's funeral Mass so special for all of us. To members of an Garda Síochána, we express our gratitude for escorting Jim to his final resting place.

As it would be impossible to thank everyone individually, please accept this acknowledgement as a token of our appreciation and sincere gratitude. The holy sacrifice of the Mass will be offered for your intentions.



**1st anniversary Mass will be celebrated
in the Church of the Resurrection,
Park Road, Killarney on
Sunday July 12th at 11am.**

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.

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Take it dear heart of Jesus and place it within your own broken heart where your Father sees it.
Then in his merciful eyes it will become your favour not mine.
Amen. Say this prayer for three days and your favour will be granted. Never know to fail.
Must promise publications of prayer.

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

O Most Beautiful Flower of Mount Carmel, Fruitful Vine, Splendour of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in this my necessity. O Star of the Sea, help me and show me herein you are my Mother (make request). O Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succour me in this necessity. There are none, that can withstand your power. O show me herein you are my mother. Oh Mary conceived without sin, pray for us who have recourse to thee (3 times). Say this prayer for 3 consecutive days and then publish it and request will be granted to you. This prayer must be published in thanksgiving for favours received.

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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.

x

PRAYER TO ST. MARTIN DE PORRES

Most humble Saint Martin whose burning charity embraces all, but especially those who are sick, afflicted or in need, we turn to you for help in our present difficulties and we implore you to obtain for us from God health of soul and body, and in particular the favour we now ask...

May we, by imitating your charity and humility, find quiet and contentment all our days, and cheerful submission to God's holy will in all the trials and difficulties of life.
Amen.

THANKSGIVING ST. JUDE

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

NOVENA TO ST. CLARE

Ask St. Clare for 3 favours, 1 business, 2 impossible, Say 9 Hail Mary's for 9 days with a lighted candle. Pray, whether you believe or not.

Publish on the 9th day.
"May the Sacred Heart of Jesus be praised, adored, glorified and loved today and always. Your request will be granted no matter how impossible it may seem.
Publication must be promised.

E.D.

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

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

x

THE MIRACLE PRAYER

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13th - 16th July

MON
13th

Family Evening

in association with A Time to Party

(Evening)

TUES
14th

Great Racing

(Evening)

WED

15th

Roses at the Races

(Evening)

THURS

16th

Ladies Day

Sponsored by

Dawn

Judged by:

Glenda Gilson TV Presenter
& **Maria Walsh** Rose of Tralee 2014

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

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