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KILLARNEY Outlook

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PICTURE MARIE CARROLL-O'SULLIVAN

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In a week that saw the appointment of Aidan O'Mahony as Cultural Ambassador for the county, his former Kerry team mates are preparing for their All Ireland Semi Final clash against Mayo. Puck Fair is in full swing, Declan McCarthy held a hugely successful Captain's Day at Killarney Golf Club and Killarney town is looking its best as the Tidy Towns volunteers power on. The ticket arrangements for the All Ireland Semi finals have been announced and there was victory for both the Kerry Juniors and the Minors last weekend. Lots to catch up on in this week's Killarney Outlook - Out first every Friday!

*Aisling Crosbie,
Editor.*

KILLARNEY LOOKING ITS BEST AS VOLUNTEERS POWER ON

The Tidy Towns Committee have been hard at work on the streets of Killarney to make sure the town is looking its best and the group are bringing out the best in locals and showing great community spirit. Killarney Tidy Towns and Killarney Looking Good Committee, put in a great effort annually to secure our place as Ireland's Tidiest Town. They are a team of volunteers dedicated to maintaining a clean and safe environment in Killarney, and enhancing the beauty of our world-famous town. Last Monday night on 7th of August the group did a general clean up in the Muckcross Road Area and met afterwards in the Cahernane Hotel for some well deserved refreshments compliments



SPICK AND SPAN.... KILLARNEY IS LOOKING ITS BEST.

from the Management of The Cahernane Hotel. In 2011, Killarney was named Ireland's Tidiest Town. Due to the committee's hard work, Killarney has constantly maintained a high result in these competitions. Killarney has regularly won gold medals, regional awards and awards for best kept large town. Each year, the Tidy Towns Committee is committed to maintaining a high standard and has seen a rise in volunteer numbers who are fundamental to the constant upkeep of our beautiful town. All Volunteers are welcome to come to the aid of the Tidy Towns Support Group. You can contact them on Facebook or the website www.killarneytidytowns.com

AIDAN ANNOUNCED AS CULTURE NIGHT AMBASSADOR

Popular Rathmore Guard, former Kerry footballer and Dancing with the Stars champion, Aidan O'Mahony has found his inner rhythm once more as Kerry's Local Culture Night Ambassador. Aidan will represent his home County as an ambassador promoting the arts on Friday September 22nd as Culture Night takes place right across Ireland between the hours of 5.00 and 11.00pm.

Aidan has become a passionate supporter of the art form stating 'Dance is a tonic for the brain and the body, hugely enjoyable and a powerful way of expressing your creativity'. He says he is calling out to all ages and especially to young people 'to get involved, to check out the programme and take part in an arts event, there's huge choice'. Trying something different, visiting a gallery, theatre, museum or arts centre, is the message and 'our arts and cultural venues offer up a wonderful

mix of free events that are fun-filled and very family friendly', says Kate Kennelly, Arts Officer at Kerry County Council, whose responsibility it is to develop the Culture Night offering for Kerry.

The variety on offer ensures there is something for everyone with free events, tours, talks & performances that suit all tastes and ages. Culture Night is an easy-going, relaxed way of enjoying arts and culture locally. In Tralee and Killarney, visitors can go from venue to venue, sampling art, music, film, literature and dance...while from Listowel to Kenmare there are multiple events to choose from across all the art forms.

Remember Culture Night on Friday September 22nd. All events are free for the people to enjoy. For more details go to www.culturenight.ie/kerry or www.culturekerry.com or phone 066 7183541. See Page 8.



SPICK AND SPAN.... KILLARNEY IS LOOKING ITS BEST.



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PUCK FAIR KICKS OFF 3-DAY EXTRAVAGANZA

Puck Fair, Ireland's oldest annual festival, has kicked off once again in true style, with visitors from all over Ireland and the globe flocking to the town of Killorglin to celebrate the crowning of King Puck. This year's festival is especially meaningful for Irish emigrants using the 3-day extravaganza as a great opportunity to return to the green grass of home, with many Irish natives living abroad delighted to be #BackForPuck. Yesterday, Thursday, was the first day of the festival and is fondly referred to as 'Gathering Day'. Initial proceedings began in the early hours of the morning, with buyers, traders and revellers alike coming together for Ireland's longest-running Horse Fair at Evan's Field on the Tralee Road. The day will continue in true exhilarating Puck Fair fashion, with street entertainers and musicians roaming the town's busy square and performing on street corners, much to the delight of festival-goers. A brand new addition to this year's Puck Fair is the installation of a pop-up archives office in the town square, which contains hundreds of photos taken over the years at the many festival celebrations. This office will be open from 12pm each day and will provide a wonderful source of information for tourists and local history buffs. Throughout the day, entertainment was provided by acts such as Wobbly Circus, Sproai Chiarrai and Squawkabout, while the Kingdom Party Pals will provide a fabulous surprise for the excited children in attendance, who will be invited to pose for snaps with their favourite Disney characters. Later in the evening, guests are expected to gather in their droves along the bridge and around the main square in

anticipation of the Coronation Parade and Ceremony, during which a wild mountain goat will be crowned as King Puck. The honour of this coronation will this year be handed over to the Queen of Puck, Caitlin Horgan, a pupil of Scoil Mhuire in Killorglin. Her Lady-in-Waiting, who will be working closely with the Queen over the course of the festivities, is Lily-Sue Evers of Douglas National School on the outskirts of the town. Organisers of the festival expect to welcome over 100,000 visitors over the duration of the festival, which began today (August 10th) and will run until Saturday 12th August. Aside from getting the opportunity to meet King Puck and his Queen, those attending Puck Fair over the course of the three days will also be entertained by a host of fabulous musical acts, including The Elvis Spectacular Show and The Ultimate Garth Brooks Experience, appearing on the town square main stage on Friday 11th and Saturday 12th August respectively. As usual, King Puck is being given the royal treatment at this year's festival. Aside from enjoying a sumptuous diet of ash tree branches, water and cabbage, he will be checked on at regular intervals by experienced handlers to ensure that he is comfortable and very well-fed, until he returns to his mountain home following his Dethronement Ceremony on Saturday 12th August. For pictures and live updates, follow the conversation with #BackForPuck, check out www.facebook.com/puckfair or [twitter @puck_fair](https://twitter.com/puck_fair) and visit YouTube to view [puckfairofficial](http://www.puckfairofficial.com) videos. For updates and the full programme of events, visit www.puckfair.ie



PICTURED AT THE ANNUAL HORSE FAIR ON GATHERING DAY OF PUCK FAIR 2017 WERE TERENCE AND MAURA MCGOUGH FROM KILLARNEY. PHOTO: DON MACMONAGLE



PICTURED AT THE ANNUAL HORSE FAIR ON GATHERING DAY OF PUCK FAIR 2017 WERE CAROLINE, PAT AND CAROL FOLEY FROM KILLARNEY. PHOTO: DON MACMONAGLE



PICTURED AT THE ANNUAL HORSE FAIR ON GATHERING DAY OF PUCK FAIR 2017 WERE CELINE RYLE, KILLARNEY AND AOIFE DOODY, FOSSA. PHOTO: DON MACMONAGLE



PICTURED AT THE ANNUAL HORSE FAIR ON GATHERING DAY OF PUCK FAIR 2017 WERE REIDIN AND GEAROID COUGHLAN FROM MUCKROSS, KILLARNEY WITH THEIR PONY SILVER. PHOTO: DON MACMONAGLE

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TICKET ARRANGEMENTS FOR ALL IRELAND SEMI FINALS

A semi final Double Bill has been confirmed for Sunday August 20th in Croke Park
Kerry v Mayo 3.30pm
Kerry v Cavan 1.30pm

Ticket Prices as follows:

Hogan Stand (No Concession) - €45
Cusack Stand - €45
Terrace - €30

FAMILY TICKETS

Family Tickets- Cusack and Davin Stands
Adults - €45 Juveniles - €5
Students & Senior Citizens (Cusack & Davin Stand Only):
Purchase full price tickets and get rebate of €10 with valid I.D. at Block D, Stiles 1 to 5 in the Cusack Stand (Rebate can only be claimed on entry into the stadium via BLOCK D)

Tickets are now on Sale

Tickets are now available to purchase from participating Centra and SuperValu stores, including all Garveys SuperValu Stores around the County and online at tickets.ie
Tickets are also available from the Kerry GAA Store in the Killarney Outlet Centre.



Ticket Sales in County Board Office Tralee
Tickets will go on general sale in the County Board Offices in Austin Stack Park Tralee on Tuesday 15th, Wednesday 16th, Thursday 17th August from 2.00pm - 5.30pm
Friday 18th August 2.00 - 4.00pm



SWITCH ON CULTURE AS CULTURE NIGHT RETURNS ON SEPTEMBER 22ND

Ireland's annual nocturnal cultural extravaganza returns on Friday September 22nd. Showcasing the vibrant arts and creative scene of towns, villages, islands and cities across the country, thousands of participants are gearing up for an evening of culture, creativity and celebration as they get ready to switch on Culture Night 2017. The programme for this, the twelfth Culture Night, was revealed today and is now available on www.culturenight.ie

There are some amazing events taking place across the county including the best of Sliabh Luachra talent, Bioversity in Kerry, Creative Ireland Youth Choral session, a cultural evening at the KDYS, Donal Lunny and Andy Irvine in Concert, A Feast of Folk Music, film screenings, poetry readings, gallery open nights and tours of Killarney house to name a few.

Museums, galleries, cathedrals, studios, libraries, parks, government buildings, theatres and more, across the country will throw open their doors late into the night for FREE visits, tours, workshops, readings and performances. Organisers are hoping to build on last year's phenomenal turn-out of over 400,000 nationwide. With thousands of individual events there is free family fun across the country; captivate the kids with creative art workshops, wax lyrical with spoken word sessions, relive hidden histories in historical tours, immerse yourself in music, dance like no one is watching with classes and performances of all genres, explore visual art in all its forms..... ALL FREE.

Heather Humphreys TD, Minister for Culture, Heritage and the Gaeltacht said: "Culture makes an invaluable contribution to our country, both to our economy and to the lives



SWITCH ON CULTURE AS CULTURE NIGHT RETURNS ON SEPTEMBER 22ND. IRELAND'S ANNUAL NOCTURNAL CULTURAL EXTRAVAGANZA RETURNS ON FRIDAY SEPTEMBER 22ND. DAGMARA JERZAK(RIGHT), DANCE IRELAND, PORTOBELLO AND LAURA SARAH DOWDALL, DANCE IRELAND, BLACKROCK. PHOTOGRAPHY: SASKO LAZAROV/PHOTOCALL IRELAND

and wellbeing of our citizens. It is who we are and what we do. Culture Night is a night like no other on this island, helping to make our rich and varied culture more accessible to all. It has grown from strength to strength each year and 2017 promises to be bigger and better than ever. There's a huge choice of venues open and events programmed this year from national cultural institutions, iconic and historical venues to smaller, more intimate settings. As the twelfth Culture Night approaches I encourage everyone to come out and get closer to culture and explore what is happening in your area, or perhaps arrange to

visit another part of the country and discover what is happening elsewhere. Whether it's one-off performances or catching a glimpse inside some of our most beautiful, historic buildings, Culture Night offers some cultural discovery for all ages and interests. Culture Night also chimes perfectly with what the Government is aiming to achieve through the Creative Ireland programme, and so I was delighted to increase funding for Culture Night 2017."

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LEGION TAKE THE SPOILS AT DR. CROKES GOLF CLASSIC



AT THE PRESENTATION OF PRIZES OF THE DR CROKES GAA CLUB ANNUAL GOLF CLASSIC AT KILLARNEY GOLF CLUB ON FRIDAY SPONSORED BY CHARLIE FOLEY'S BAR, KILLARNEY WERE FROM LEFT, PAUL DOWNEY (DR CROKES SECRETARY), DENNY MURPHY, COLM FOLEY, SPONSOR, JOHN BOWLER (CAPTAIN OF THE CENTRA THE REEKS/ FOUR STAR PIZZA TEAM), SEANIE CULLOTY AND ENDA MURPHY. BACK FROM LEFT ARE HARRY O'NEILL, LIAM HARTNETT, JOHN KEOGH, VINNIE AND PAUDIE SHEAHAN, DER BROSAN, JOHN MCENERY, BRIAN O'CALLAGHAN, MIKE O'DONOGHUE AND BRENDAN KEOGH. PICTURE: EAMONN KEOGH



AT THE PRESENTATION OF PRIZES OF THE DR CROKES GAA CLUB ANNUAL GOLF CLASSIC AT KILLARNEY GOLF CLUB ON FRIDAY SPONSORED BY CHARLIE FOLEY'S BAR, KILLARNEY WERE FROM LEFT, DENNY MURPHY, JOHN BOWLER (CAPTAIN OF THE CENTRA THE REEKS/ FOUR STAR PIZZA TEAM), COLM FOLEY, SPONSOR, SEANIE CULLOTY AND ENDA MURPHY. PICTURE: EAMONN KEOGH

It was a Legion team that came out on top at the weekend when Dr. Crokes GAA Club held their annual golf classic.

Sponsored by Charlie Foley's the club would like to acknowledge and thank all those who took part in the annual event.

"We thank especially those who sponsored Teams, tee boxes, food, prizes and who made many other important Contributions, not least those who supported our raffle.

"We also thank our members who organised the event namely Vince Casey and his events committee,

the members of Dr Crokes finance committee as well as the members of Dr Crokes golf society", a spokesperson for the club told the Killarney Outlook.

"Huge thanks also to the management and staff of Killarney Golf and fishing club under the leadership of general manager Cormac Iannery as well as course superintendent Enda Murphy put the course at our disposal in superb condition", he added.

The funds raised on the day are extremely important to us and will help enormously in reducing

the huge expense involved in the preparation of teams to the standard needed to compete at the highest level.

Congratulations to all the prizewinners and particularly the team in first place, made up of four members of our good neighbours Killarney Legion GAA club.

The results are as follows:

1st. TEAM: Centra The Reeks/ FOUR STAR PIZZA (107 pts) Denny Murphy, (16) Seanie Culloty (15) Enda Murphy (11) John Bowler (19)

2nd. TEAM ZURICH LIFE (106

pts) Austin Stack (15) Shane O'Connor (20) Martin Goggin (20) Eoin Buckley (14)

3rd. TEAM ML SHEAHAN & SONS (100pts) Paudie Sheehan (14) Vinnie Sheahan (18) Mark Sheahan (20) Michael O'Neill (13)

4th. TEAM ENERGIA. (100pts) Seamie O'Connor (12) John Keogh (18) John Brosnan (5) Paudie Lynch (13)

5th. TEAM AIB (99pts) Conor McNeice (7) MI O'Donoghue (12) Martin Counihan (16) Ed Stack (20)

HELP IS HERE FOR THOSE LIVING WITH TYPE 2 DIABETES

Kerry people living with Type 2 Diabetes are being invited to take part in a free six-week education course this September.

The XPERT course will be run by HSE Cork Kerry Community Healthcare Community Dietitians. Patients can be referred by GPs and practise nurses.

The group-based course is run over six weeks and each session runs for 2 ½ hours. It is delivered locally by a community dietitian. It is reported that there are 200,000 people in Ireland with Type 2 Diabetes and 80% of those who are diagnosed are overweight. This is an ideal course to help the participants understand diabetes more, manage their weight, prevent diabetes health problems and improve their overall well-being.

Recommending the course,



Dingle based Dr Clodagh Kenny said "The Xpert Diabetes Course is a sociable and interactive way to learn the science behind diabetes and also how to manage diabetes through diet and exercise. It is run by dietitians and the bit that stands out for me is the clever use of props. These are used to explain the more complex medical effects of diabetes. It's a really fantastic way to learn. All diabetic patients and health

care professionals partaking in diabetes care should get involved with the Xpert diabetes course." Long-term lifestyle changes can make all the difference in preventing any unwanted complications such as problems with poor blood glucose readings, problems with the heart and circulation, feet, eyes, kidneys and so on. All of these complications can be avoided if it is effectively managed and treated and this is

what the course aims to do.

This is an interactive course and participants are welcome to bring a partner or family member for support. It is held in local community or HSE venues.

There has been very positive feedback from participants and GPs involved.

It is an enjoyable and fun learning experience and has proven very successful in the past.

XPERT will be run in the autumn in Tralee, Listowel, Dingle and Killarney.

Courses begin in the first two weeks in September, and participants need to register by the end of August.

For more details and to book a place on a free course in your area log onto www.hse.ie/xpert or phone 1850 24 1850.

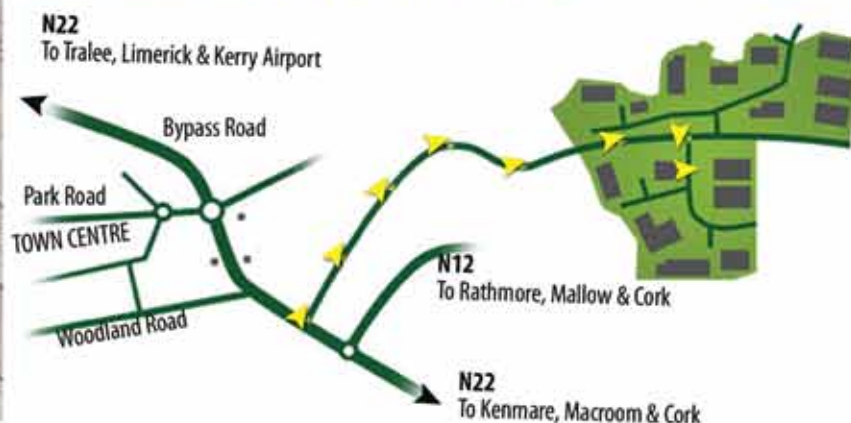
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CASTLEGREGORY MAN FEATURES IN LATEST GUINNESS TV AD CAMPAIGN

As the 2017 GAA All-Ireland Senior Championships enter the final stages, GUINNESS has launched its latest TV advertising campaign, 'Behind Every Great Town' featuring life-long Castlegregory GAA club volunteer Maurice Spillane. The captivating 30" film celebrates the everyday GAA volunteers, who willingly give their time in communities across Ireland all year round.

The advertisement, which will go live on digital channels on 10th August and debuts on TV on 13th August across the Island of Ireland, features Maurice Spillane and three other real GAA volunteers from Inishbofin, Co. Galway, Slaughtneil, Co. Derry and Ongar, Dublin 15. Together, they represent the thousands of people throughout the Island of Ireland who find enrichment, enjoyment and a sense of community by immersing themselves in their local GAA club.

Maurice Spillane has been helping as a volunteer with Castlegregory GAA Club for fifty years. He took on the role of Chairman of

Castlegregory GAA Club at the age of 23 and has been helping out ever since. Maurice has also been treasurer, helped to run the GAA Lotto, was senior player registrar and his block-building skills can be seen all over the re-developed Castlegregory GAA grounds, which was re-opened in 2003.

Speaking about his passion for the GAA, Maurice said; "The GAA was a social outlet for me as a young adult. I was quite shy growing up and the GAA helped me in a way to get the shyness out of me. I remember it was 1970, I was 23 years of age and I was asked to go to a GAA meeting in the old Pearse Memorial Hall in Castlegregory village. Things were bad with emigration at the time. It was the AGM and there were only five or six people at it. Somebody said to me, 'Maurice, will you do chairman?'. Up to then, I had never been involved in any type of administration, but I said 'OK' and I've been knee deep in the club ever since." The TV advert opens on a beautiful aerial view of Maurice driving through



PICTURED IS LIFE-LONG GAA VOLUNTEER MAURICE SPILLANE FROM CASTLEGREGORY, CO. KERRY, WHO FEATURES IN THE LATEST GUINNESS TV ADVERT 'BEHIND EVERY GREAT TOWN' WHICH CELEBRATES GAA VOLUNTEERS, WHO ARE RECOGNISED AS THE LIFE AND SOUL OF THE ORGANISATION. ENJOY GUINNESS SENSIBLY VISIT DRINKAWARE.IE PIC JULIEN BEHAL PHOTOGRAPHY.

the countryside from his home outside Castlegregory to the club grounds to mow the field with his ride-on mower, a job he has done on many occasions through the years.

In Maurice's film, he tells, in his own words, his personal volunteer story to the backdrop of various landmarks in the Castlegregory area.

THE PEARLY GATES OF MUCKROSS BY NICKY BARRY

*They say to enter heaven you must pass through pearly gates,
It's quite the same at Muckross, where Killarney's Lakes await.*

*Before you lies a paradise of Tomies, lakes and sky,
You think this must be heaven - but you know you haven't died!
On either side lie meadows leading to the Herbert Bridge,
And then onto Muckross Abbey, where holy men once lived.
Franciscans prayed and chanted here ere Cromwell's
round-heads came,
And the monks fled to the mountains which gave
Friar's Glen its name.*

*Queen Victoria graced the precincts with her courtly retinue,
They sipped tea above the Long Range, so they called it Ladies View.
Word of her trip went round the world, and to this very day,
The whole world comes to Muckross, and would dearly love to stay.
On the silver waters of Loch Lein boatmen cast for trout,
And by the lakeside Jarveys drive to ride beguiled folk out
To see the gushing cascade spilling down Torc Waterfall,
And dazzle them with folk-lore and the wonder of it all.*

*Above you towers Torc Mountain,
sweeping down to Muckross Lake,
Where rhododendrons red and mauve a purple picture paint.
Rainbow roses scent the gardens in the shadow of the house,
Where the gentry dwelt in splendour until time passed them out.
They bequeathed to us their heritage, a gesture nobly done,
For destiny had beckoned, this was their setting sun.
Fortune's wheel forever spins, fate turns lives around,
God's heath belongs to Everyman, He treads on hallowed ground.*

Picture: Peter O'Toole



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2780 ROWERS ON A CREST OF A WAVE

Rowing In Ireland is on a crest of a wave as Deputy, Brendan Griffin, TD, Minister of State at the Department of Transport, Tourism and Sport, launched this years All Ireland Coastal Rowing Championships at Inch Strand, Co Kerry. The Championships will take place at The Lakeside Centre, Ballyshannon, Co Donegal, the weekend of Friday 18th August, 19th to Sunday 20th August 2017. Donegal Bay Rowing Club in conjunction with the Irish Coastal Rowing Federation are hosting this event. 2780 rowers will descent on the magnificent Wild Atlantic ways oldest town in Ireland.

More than 500 rowing crews from Cork, Kerry, Wexford, Wicklow, Dublin, Antrim, Belfast, Donegal, will each be competing for medals and a trophies, in the most coveted of Rowing Championships.

Guest of Honour on Friday nights opening ceremony is Irish Rower, Donegal's own, Sinéad Jennings, a member of the lightweight women's double scull which qualified the boat for the Rio Olympics in 2016.

Speaking about the event, PRO, Mary B Teahan, said "Coastal Rowing has gained such



ROWING IN IRELAND IS ON A CREST OF A WAVE AS DEPUTY, BRENDAN GRIFFIN, TD, MINISTER OF STATE AT THE DEPARTMENT OF TRANSPORT, TOURISM AND SPORT, LAUNCHED THIS YEARS ALL IRELAND COASTAL ROWING CHAMPIONSHIPS AT INCH STRAND, CO KERRY, WITH JOHANNA KING, TREASURER AND MARY B TEAHAN, PRO, IRISH COASTAL ROWING FEDERATION. THE CHAMPIONSHIPS WILL TAKE PLACE AT THE LAKESIDE CENTRE, BALLYSHANNON, CO DONEGAL, THE WEEKEND OF FRIDAY 18TH AUGUST, 19TH TO SUNDAY 20TH AUGUST 2017. DONEGAL BAY ROWING CLUB IN CONJUNCTION WITH THE IRISH COASTAL ROWING FEDERATION ARE HOSTING THIS EVENT. 2780 ROWERS WILL DESCENT ON THE MAGNIFICENT WILD ATLANTIC WAYS OLDEST TOWN IN IRELAND. PHOTO: VALERIE O'SULLIVAN

momentum in Ireland, particularly in rural clubs and villages along the Wild Atlantic Way and East Coast of Ireland. The growing trend of this sport has touched the hearts and minds of everyone. It tends to be more family and fun orientated and very seasonal. That doesn't take from the rivalry and passion

between the clubs and Counties competing. The Finals are Sunday are intense, the battles take place on the water, giving way to plenty of banter and celebrations on dry land"

A live stream link for the finals on the Sunday is www.crvlive.com and this has been huge for

promoting coastal rowing and for those over seas and those who can't make donegal on the weekend tens of thousand tune in.

The type of boat used in the Coastal Rowing Championships is called a 'One Design' - fibre glass boat, fixed seat, a crew of four and cox.

AID WINGING ITS WAY TO CHERNOBYL AS THE WORK CONTINUES HERE



UNITED IN HELPING THE LESS FORTUNATE, SOME OF THE COMMITTEE MEMBERS PICTURED WITH JUST A FEW BAGS OF WHAT THEY HAVE ACCUMULATED AS HUMANITARIAN AID FOR THE CHILDREN OF CHERNOBYL WHICH WILL BE SHIPPED IN THE COMING DAYS. L-R JOAN BUCKLEY, MARY O'CONNELL, PAULA KAVANAGH & BETTY CROSBIE. PICTURE MARIE CARROLL-O'SULLIVAN

While the children have stopped coming to Killarney, the work continues tirelessly behind the scenes for the committee of the Killarney Branch Friends of the Children of Chernobyl.

The committee continue on a regular basis to collect, pack and send humanitarian aid to orphanages, schools AND a psychiatric hospital and this week, a convoy of aid will make its way to Belarus. "When the air flights became so expensive, we took the hard decision not to bring the children to Killarney anymore", Betty Crosbie, President of the group told the Killarney Outlook. "Now instead of hosting up to 20 children IN KLU, we are able to send up to 225 children to a holiday camp four times a year where they get three meals a day, medical check ups and days out", she added.

The humanitarian aid sent out by the group goes directly to those in need and it makes life a little

easier for those affected by the Chernobyl disaster.

The committee collect humanitarian aid on a year round basis and this aid is distributed between the two schools, a psychiatric hospital families in the area. Chairperson of the Killarney Branch of the Children of Chernobyl, Mary O'Leary visits the region twice yearly and is accompanied by members of the committee on some of these journeys. "The poverty in Belarus is very hard to witness, but the help we give goes directly to those in need and brings families some comfort. The committee have decided to focus their fundraising efforts on making daily life easier on the children. The group will also continue to feed a number of families on a weekly basis with the help of interpreters who have visited Killarney in the past.

The next fundraiser is the group's flag day which will be held on Friday 25th of August in Killarney.

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OPEN SUNDAYS



CAPTAIN FANTASTIC HOSTS HUGELY SUCCESSFUL WEEKEND

Between the sunshine and the showers Killarney Golf Club Captain Declan McCarthy enjoyed one of the most successful Captain's Prize weekends that the Club has ever witnessed. The Men's Club entry of 361 players was a justifying testament to Declan's popularity as Captain, and although the weather went against those who were playing on the Sunday, the scoring was excellent nonetheless.

The competitions commenced earlier in the week when Declan's prizes to the Junior Boys and girls Clubs were played, and the Junior boys section results were as follows, 1st Gavin McCarthy(17) 46pts, 2nd Jay Steadman(12) 44pts & 3rd John Joe Buckley(24) 42pts. The time-sheets for both Saturday and Sunday were filled to almost total capacity, and the scoring was a true reflection of the numbers who took part. Sunday evening was the highlight of the weekend and the festivities commenced at 7.00 P.M, and a drinks reception was followed by a buffet meal at the Clubhouse. The Golf Club Male Choir gave a most pleasant repertoire of many of the favourites from the Silver screen, with a mixture of old and new tunes. The speeches and presentation followed, and Club President

Breda Duggan and Lady Captain Amy Arthur paid due tribute to Declan for his work and diligence in ensuring that our Club was run

in a successful an appropriate fashion. Men's Club Vice-Captain Derry McCarthy then followed and Derry gave us a witty and informative resume of Declan and his lengthy career in our Club spanning some 30 years.

Declan followed and he commenced by being fulsome in his praise and appreciation of his Men's Club Committee, and he went on to outline some of the highlights that he has enjoyed during his year of Captaincy. The presentation of the Men's Club prizes ensued, and the principal prize-winners were as follows. The winner with a fantastic score of 41 points was Robert Cussen playing off of 6 handicap, Robert's back nine of 25 points was just simply incredible and included 5 birdies, including 3 over the last 3 holes, those same holes were the downfall of many other scores over the weekend. The full results were 1st Robert Cussen(6) 41pts, 2nd Ted Healy(13) 39pts, 3rd George Vass(4) 39pts, 4th Niall McCarthy(5) 38pts, 5th James Curran(8) 38pts, best gross Shane Horgan(3) 37pts, 6th Gavin McCarthy(15)

37pts, 7th Neil Coffey(6) 37pts, 8th Donal "Gap" O'Sullivan(9) 37pts, 9th Stephen Broderick(15) 37pts, 10th Liam Murphy(16) 37pts, Past Captain's prize winner Michael Quirke(12) 37pts. SS was 71 on Saturday & 72 on Sunday.



L-R PHIL COURTNEY, CAPTAIN DECLAN MCCARTHY & EDMOND MEEHAN AT THE CAPTAINS PRIZE, KILLARNEY GOLF & FISHING CLUB OVER THE LONG WEEKEND. PICTURE MARIE CARROLL-O'SULLIVAN



ENJOYING THE CAPTAINS PRIZE AT KILLARNEY GOLF & FISHING CLUB WERE L-R PETER WALSH, RYAN KELLIHER, JOHN CURTIN, DECLAN MCCARTHY, MARK TUIE & CHRIS COLLINS. PICTURE MARIE CARROLL-O'SULLIVAN



PICTURED AT KILLARNEY GOLF & FISHING CLUB FOR THE CAPTAINS PRIZE WERE L-R ADRIAN BRENNAN, SEAMUS COFFEY, DERRY MCCARTHY, BRENDAN FOLEY, CAPTAIN DECLAN MCCARTHY, BEN CAREY, STEPHEN O'BRIEN, JIM MORRIS & DECLAN KELLY. PICTURE MARIE CARROLL-O'SULLIVAN

KIDS GO FREE ON LOCAL LINK

Local Link Kerry is delighted to announce the "Kids Go Free" Campaign which will run from the 14th August to 27th August. This campaign allows Kids to travel for free on all scheduled Local Link Services. This means that all children and young people up to 19 years of age will go free—under 3's go free as normal. It will run for 2 weeks from the 14th August to 27th August and is a great opportunity for parents, grandparents, aunties, uncles, siblings, baby-sitters and carers of children to squeeze in some fun filled days out in the Kingdom, just before the kids go back to school. It is a great chance to


venture to parts of Kerry you have never been to, to have a day out in a different town or to have a picnic in a new spot. Local Link is the National brand for Public Transport services in local and rural areas of Ireland. The Local Link Kerry service, co-ordinates and manages the delivery of safe, secure and reliable bus transport services in county Kerry. Local Link Kerry (LLK) has over 140 bus services operating in the county every week and carried over 131,000 passenger journeys in 2016. Their service offers a combination of scheduled Public and Community Transport Services as well as contracted bus

services for a range of Agencies and Organisations. All services are provided by Private Bus Operators as LLK do not own any buses. All routes and a full timetable can be found on www.locallinkkerry.ie/timetable so you can get planning a big day out with the kids!




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Price Region: **€390,000**
BER D2

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Price Region: **POA**
BER C1

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By Dermot Cronin,
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PICTURED AT THE ANNUAL HORSE FAIR ON GATHERING DAY OF PUCK FAIR 2017 WAS CONOR COFFEY FROM KILLARNEY WITH HIS SKEWBALD PONY 'HIDALGO'. PHOTO: DON MACMONAGLE



PICTURED AT THE ANNUAL HORSE FAIR ON GATHERING DAY OF PUCK FAIR 2017 WERE PADHRAIC MOYNIHAN, JOHNNY O'BRIEN, GLENFLESK AND SIONA MOYNIHAN, KILLARNEY. PHOTO: DON MACMONAGLE



JOINT CELEBRATIONS AT THE KILLARNEY AVENUE HOTEL AS THE HOWE'S CELEBRATE A JOINT 21ST & 50TH BIRTHDAY L-R BRENDAN (50), LORCAN (21), REBECCA, SHANE & MARGUERITE. PICTURE MARIE CARROLL-O'SULLIVAN



CAPTAIN DENIS MCCARTHY, PICTURE WITH LADY MEMBER EILEEN TARRANT AND THE LADY'S PRIZES AT THE CAPTAINS PRIZE, KILLARNEY GOLF & FISHING CLUB. PICTURE MARIE CARROLL-O'SULLIVAN



PICTURED ON GATHERING DAY OF PUCK FAIR 2017 WERE GERRY COLEMAN, SIOBHAN WOODS, AMY WOODS, ANNE WOODS AND GAVIN COLEMAN FROM KILLORGLIN. PHOTO: DON MACMONAGLE



WRITER NANCY O'NEILL-WALDRON FROM KILLORGLIN WITH HER NEW CHILDREN'S BOOK 'HOPPER- KING OF PUCK FAIR' WHICH SHE LAUNCHED ON GATHERING DAY OF PUCK FAIR 2017 . PHOTO: DON MACMONAGLE



HAPPY BIRTHDAY TO BILLY BREEN WHO CELEBRATED HIS 10TH BIRTHDAY RECENTLY.




SHEILA AND DENIS BREEN PICTURED WITH SINGER LISA MCHUGH AT HER RECENT CONCERT IN CASTLEISLAND.

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REF 1076 **BER D1**



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Guide Price €200,000

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REF 1006 **BER D1**



27 THE DEMENSE, ROSS ROAD

Guide Price €420,000

6 Bedroom dormer bungalow (approx 2,518 sq ft) on circa 0.33 acre site adjacent to Killarney's National Park & within a five minute walk to Town Centre. Private garden with shed. Oil fired central heating.

Ref 975 **BER B3**



3 MUCKROSS GROVE, MUCKROSS ROAD

Guide Price €260,000

3 Bedroom Bungalow with adjoining garage (approx 1,450 sq ft) & private rear garden only 200m from pathway leading to Killarney National Park. Ideal retirement/investment property. Oil fired central heating

REF 1021 **BER E1**



BUYING A USED CAR

Tips on what to watch out for Buying a used car is an intimidating prospect for many consumers. The fear of dodgy deals and the fact that you could be buying someone else's problems make the hunt for honest value seem daunting. The AA advises all potential used car buyers to avoid side-of-the-road sales and go to SIMI dealers, to buy an AA Autocheck car or failing that to have the vehicle professionally inspected before purchase. No reputable seller will object to an independent inspection. Many publications carry ads offering secondhand cars for sale. Most are genuine but unfortunately there are still unscrupulous dealers posing as private sellers. If you decide to make contact, say that you are asking about 'the car for sale'. If he has to ask you which car then he is a dealer. Having blown his cover, steer clear of his car! Never buy a car in the dark as this easily conceals various blemishes and possibly even evidence of accident damage. A key fact that you want to be sure of is that the car has not been involved in an accident. No matter whether its from a private individual or from a dealer ask the critical question, preferably in front of a witness "has the car ever been crashed or had any bodywork repairs carried out whatsoever". The response given has significant legal implications. The National Car Test (NCT) was introduced to Ireland in January 2000 and since then the quality of used cars in Ireland has improved greatly in recent years. All cars now need to undergo and NCT after four years initially and



after two years thereafter. This has meant that it is no longer possible to run 'rolling wrecks' on Irish roads. There is very good value to be found in the second-hand market. For every new car bought in Ireland almost 2.5 second-hand ones bought and most people are happy with the results. You have to look out for the pitfalls, do the homework and remember the maxim caveat emptor – let the buyer beware. What to look for in a second hand car - pro tips Check the body lines for consistency Look for any evidence of repainting, such as overspray on window rubbers or any inconsistency in the

paintwork Check for uneven tyrewear Look out for different makes of headlights Watch for different consistencies of stonechips over the front of the bonnet compared to the adjacent wings. Examine carefully the wear at the pedal rubbers, the gear stick and the steering wheel Closely examine the odometer for any sign of interference Make sure the keys provided operate in all of the locks and that there is a spare set. Try all keys provided in the ignition and make sure that they start the engine – as occasionally a 'cut' key is not a 'transponder key' or microchipped to work in the ignition.

GOOD DRIVING TECHNIQUES

DISTANCE BETWEEN YOUR CAR & THE CAR IN FRONT:

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

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

KEEP LEFT UNLESS OVERTAKING: When driving on a dual lane road always keep to the

left lane. Use the right hand lane for overtaking, turning right or when roadworks are being carried out and there is no other choice.

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

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

OVERTAKING: Ensure you have enough room to go past the vehicle you are overtaking and not cut them off. Pick you time carefully as overtaking can be quite dangerous and making the wrong decision may result in a serious crash.

STOPPING BEFORE THE INTERSECTION: Always slow down coming to an intersection especially if you are towing a van. Your braking

distance will be greater than when you're not towing, so make sure you allow for this. You must stop on a stop sign/line.

DRIVING AT NIGHT: Driving at night requires more skill & concentration than at daytime due to your restricted vision. Oncoming headlights can obscure your vision and pedestrians can be near impossible to see. Leave a bigger gap between you and the car in front to allow for your reduced vision and reaction time.

ROAD RAGE: Stay relaxed and try not to let other people's driving skills or decisions worry you. If another driver makes a mistake don't get angry just concentrate on your own driving skills, behaviour and safety. If another driver is courteous towards you, then acknowledge the good deed with a wave.

RELEASING BUCKLES

HOW TO STOP CHILDREN UNDOING THEIR SEAT BELTS

Most children will eventually find they can undo their seat belt. So why don't they make seat belts that can't be undone by a child? This is because it must be possible to release the belt in an emergency, quickly and easily. At worst this might be with a car inverted in a ditch at night, with access at arm's length through a window, or by a person in shock, unfamiliar with such equipment. Any form of 'Chinese puzzle' is out. The catch cannot be hidden, must be obvious and accessible and must not require a

large force to release it. A different type of catch, perhaps a friend's seat, may not be undone as easily as one with which a child is familiar but this is usually only temporary. Given the right conditions they will soon get the knack. Don't be tempted to make additional security attachments to the buckle. Anything like this will inevitably compromise safety and again tends to be only temporarily effective, presenting a new challenge rather than solving the problem. Diverting the child's attention Rather than trying to persuade your child that the buckle cannot be undone, try persuading them that there is no advantage in doing so. These are techniques you

might like to try. Show that the car does not go (or soon stops) with the belt undone. The best time to start this approach is when you get a new seat (or perhaps when a car is changed). But remember to do it when there is no deadline for the journey. If the child is old enough to really want to get somewhere, that's ideal. Try telling the child that unless the seat belt is fastened, they won't get to the party, zoo, etc. A raised seat can also be some help, as it will increase your child's field of view. A 'play tray' attachment can provide some distraction and may make the buckle less tempting.

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Killarney

TOWN TALK



BABY MICHAEL CULLOTY PICTURED AT ST MARY'S CATHEDRAL ON HIS CHRISTENING DAY WITH HIS MUM & DAD GAVIN & JEAB CULLOTY, GODFATHER CONOR LAWLOR (LEFT), GODMOTHER SHAUNA CULLOTY & FR KIERAN O'BRIEN. PICTURE MARIE CARROLL-O'SULLIVAN



CAOIMHE SPILLANE.

Puck Fair is on this weekend, and there is a full list of events so it is definitely worth a trip over to Killorglin. You can find out what's happening in Killarney with the Town Talk Page. If you have any news you would like to share, an event you would like to promote or an interesting story about Killarney you can contact towntalk@outlookmags.com

CONGRATULATIONS

Congratulation to the winners of our Cabaret Competition. The facebook winners are....Hazel Norris and Kathy Doolan. The magazine winners are: Breda Horgan, Bridget O'Donoghue and Mary O'Connor who will all enjoy a night at the Wolfe Tones at the Gleneagle Hotel.

KILCUMMIN GROUP

HISTORICAL

Kilcummin Historical Group are hosting a talk for Heritage Week 2017. "Glimpses of the Past in Old Kilcummin Graveyard" will take place on Saturday 19th August 2017 at 3.00pm. They are currently recording gravestones and wish to share their genealogical and historical findings to date. For more information contact 087-1527050 or email : kilcumminhistoricalgroup@gmail.com

PILGRIMAGE TO LOURDES

The Kerry Diocesan Pilgrimage to Lourdes led by Bishop Ray Browne will take place from 2nd - 7th September from Kerry Airport. Some

seats are still available. Contact Janice 064 7758219 email: joskdp@eircom.net

ORDER OF MALTA SAY THANKS

The Officers and Members of the Killarney Order of Malta deeply appreciate the generosity of all those who contributed to their recent annual collection. Your donations help them to continue to serve the people of the Killarney region, and assist them to defray the costs of ongoing First Aid Training and Ambulance Service.

REMINDER GOLF CLASSIC

St Mary Of The Angels Beaufort & St John Of God's (Teams of 4 €200). Takes place today Friday 11th Aug in O' Mahony's Point, Killarney Golf Club. Contact 087 1338702.



FIONNBAR WALSH, FATHER OF THE LATE INSPIRATIONAL DONAL WALSH, LEADING THE CYCLISTS IN THE LAST YEAR'S CHALLENGING RING OF KERRY 180KM CYCLE IN THE OPPOSITE DIRECTION 'THE WRONG WAY ROUND' - PHOTO: VALERIE O'SULLIVAN

KILLARNEY AUGUST RACES

The Killarney Autumn Racing Festival takes place on Wednesday 23rd to Saturday 26th of August 2017. The first three days of racing are all evening meetings. Saturday 26th of August will see Killarney Racecourse host its second Ladies Day of the Season.

THE WRONG WAY ROUND CYCLE

Cycle The Ring Of Kerry The Wrong Way Round Or The Hard Way Round For The Killarney Cycling Festival On Saturday, 26th August 2017. Now in its fourth year there are two routes on offer. Depart from Killarney on the Wrong Way Round and tackle Molls Gap before heading for Sneem. From there on the route is familiar passing Waterville, Cahersiveen, Glenbeigh and Killorglin. Or take the challenge and cycle The Hard Way Round taking a right for Ballaghbeama through the heart of Kerry to Ballaghoeishin, a detour around the stunning Skellig Ring before rejoining the main troop on the road to Cahersiveen. Cross the finish line at the festival headquarters - The Gleneagle Hotel Killarney, where a barbecue and live entertainment will be ready and waiting. There will be food stops dotted along the 160km & 180km routes and official festival road captains to accompany and guide you along the way. The registration fees will be used to finance the running of the event and any surplus made will also be donated to the Donal Walsh LiveLife Foundation.

BUSKING AT THE MARKET CROSS

Congratulations to everyone who took part in last Monday's busking session at the Market Cross. The annual charity event in aid of the Killarney and South Kerry MS branch and Killarney Community Services, sees musicians and dancers from across Killarney donating their talents free of charge. Well done to all involved.

RAMBLING HOUSE

Rambling House at Heritage Centre Scartaglen Monday 14th August at 9pm. Admission free, raffle and refreshments. All are welcome.



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Killarney

TOWN TALK



THE GLENEAGLE BAND PICTURED ON THEIR TOUR OF THE SOUTH OF FRANCE.

KILLARNEY PARK RUN

A timed and measured 5k run which takes place at Muckross house every Saturday morning at 9.30am. Best of all it is a free event open to all, both adults and children. It is a social event which attracts everyone from the fastest runners to beginners and to those just looking for an excuse to walk 5k in the wonderful National Park. The only requirement is to register at <http://www.parkrun.ie/register/> and bring the barcode with you on the morning you wish to take part. The run starts and finishes at the Campervan area in the carpark at Muckross House. It is a free event and is organised entirely by volunteers upon whom we are reliant. We are very active on social media while further information can also be found at our website below.

THE WOLFETONES

The legendary Wolfe Tones return as part of the Gleneagle Summer Cabaret for what promises to be a memorable summer show on Thursday 17th August. They raise the roof with the songs and ballads that have made them one of Ireland's most iconic groups. From My Heart Is In Ireland to The Streets of New York, Joe McDonnell to Celtic Symphony, plus many more, this is a show not to be missed by all fans of Irish folk and ballad music. Tickets : Adults €30, children €10. Under 16's must be accompanied by an adult. Doors 8.30pm, Show 9.30pm

GLENEAGLE BAND ON TOUR

Killarney's Gleneagle Band have been showcasing their talents in the south of France as they have embarked on a joint concert tour

with the Blarney Brass and Reed Band. The band, now in its 36th year, is performing in two open air concerts in Monaco and Cannes under band conductor Vincent Condon. The Gleneagle Concert Band and School of Music is currently enrolling new students for September 2017 for children aged eight upwards. High quality instruments are supplied, free of charge, on a first come first served basis to students. Individual instrumentals lessons and music theory classes are provided by professionally qualified teachers on clarinet, flute, saxophone, trumpet, trombone, euphonium, drums/percussion, singing and piano.

KILLARNEY MUSICAL SOCIETY

The Killarney Musical Society has announced next Spring's production, they have chosen Sweet Charity as the production for 2018. The smash hit musical, tells a story based on the colourful life of dancer-for-hire Charity Hope Valentine. Auditions for the Killarney production will take place soon and an official launch night is being planned.

KERRY CULTURE NIGHT AMBASSADOR

Kerry Footballer and Dancing with the Stars champion, Aidan O'Mahony will take up the role of Kerry's Culture Night Ambassador. The five-time All-Ireland medal winner will represent the county to promote the arts on Friday, September 22nd Culture Night takes place right across Ireland from 5.00pm to 11.00pm. The Rathmore man, a Garda based in Tralee, is calling out to all ages, and especially

to young people, to check out the programme and take part in an arts event such as visiting a gallery, theatre, museum or arts centre with a wonderful mix of free events that are fun-filled and family friendly. For more details go to www.culturenight.ie/kerry or www.culturekerry.com.

BROADBAND ANNOUNCEMENT

Good news for Killarney residents as fibre optic broadband will be available in Killarney town by November of next year. SIRO, a joint venture between ESB and Vodafone, presented their plan to a recent meeting of the Killarney Municipal District. SIRO uses the existing electrical supply lines to provide an internet connection. The commercial company is currently surveying the Killarney town area, and plans to have fibre optic connections in place within 16 months. The first areas in the town to be served will be Rock Road, the town centre, New Road and St Margaret's Road.

REMINDER GLENFEST

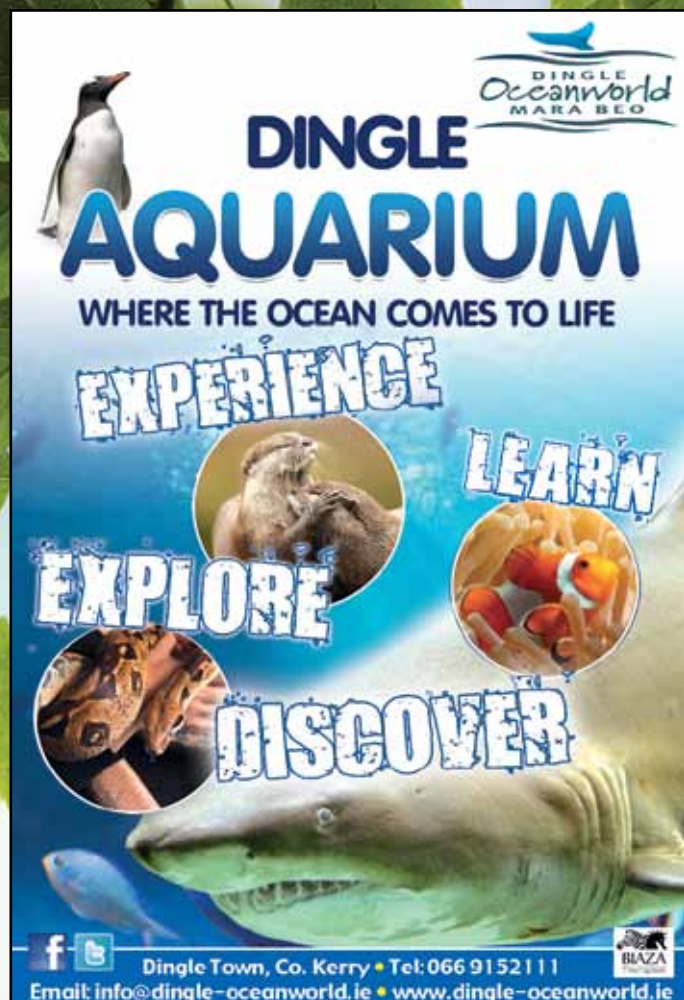
There will be a full day of celebrations to mark 40 years of Glenflesk GAA's pitch on Sunday, August 13th. The Rentokil Initial sponsored celebration – GlenFest – will be the last event at the venue before the pitch is dug up and redeveloped for future generations. A huge programme of events and entertainment is planned and it's all free. It all kicks off at 2.00pm with an open-air Mass. There will be Zumba and face-painting for the kids, a marquee, a gig-rig, barbecue and entertainment from the Clonkeen Youth Choir. There will be a wellington and horseshoe throwing contests and a hole-in-one golf event and a historical section. There will be films screened in the adjoining hall. The premiere of the official DVD of the hit musical drama Patrick – filmed live at the INEC and featuring numerous local performers – will be screened at 8pm.

ROAD WORKS

Councillor Maura Healy-Rae is glad that resurfacing and drainage works have begun on the Park Hill from Coolcorcoran to the Park Cross. This work has been long sought for and Deputy Danny Healy-Rae TD made many representations over many years to ensure this work was completed.



BROGAN AND JAYDEN MCCARTHY FROM GNEEVIGUILLA VILLAGE PICTURED WITH THEIR HERO DAVID CLIFFORD IN PORTLAIOISE AFTER THE KERRY MINRO TEAM WON THE ALL IRELAND QUARTER FINAL.



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RATHMORE/GNEEVEGUILLA NEWS by Michael O'Mahony

RECENT CHURCH GATE COLLECTIONS

The Rathmore Branch of Kerry Parents and Friends Association would like to thank all who contributed to their Church Gate Collection. The total amount collected was €1600.

Your generosity is greatly appreciated. Kerry Emigrant Support Housing Association Ltd. would like to thank everybody who supported their recent church gate collection for their support and generosity – total collected €1368.76.

FATIMA CENTENARY GNEEVEGUILLA

For the fourth apparition (water only) from 5pm. On Friday August 18th to 5pm. On Saturday August 19th for the salvation of souls.

For those who cannot do this a sacrifice to the best of your ability is requested. The Rosary will be Rited at the Grotto in Gneeveguilla on Saturday August 19th at 4pm.

Weather permitting, otherwise in the Church.

COUNCIL NEWS

Councillor Maura Healy-Rae would like to welcome the allocation of €9,280, under the Outdoor Recreation Infrastructure Scheme 2017, to the Old Road Walk, Rathmore in order to upgrade the walkway.

DIOCESAN COLLECTION this weekend. Diocesan collection for Pastoral and Retreat Centres in our Diocese will be taken up at all masses this weekend 12th & 13th August. Your support will be greatly appreciated.

ALLOCATION

Cllr Niall Kelleher Mayor of Killarney Municipal District welcome the allocation of €9,280, under the Outdoor Recreation Infrastructure Scheme 2017, to the Old Road Walk, and to repair the road to Shrone Lake.

RAMBLING HOUSE

Rambling House at Heritage Centre Scartaglen this Monday 14th August at 9pm. Admission free, raffle and refreshments. All are welcome.

CULTURE NIGHT AMBASSADOR

Congratulations to Aidan O'Mahony Dancing with the Stars champion and All-Ireland winning footballer Aidan O'Mahony who has been named as Kerry's Culture Night Ambassador.

As an Oíche Chultúir ambassador the Rathmore Garda will promote the Arts on Friday September 22nd as Culture Night takes place across Ireland between the hours of 5pm and 11pm.

Aidan has become a passionate supporter of dance, describing it as 'a tonic for brain and body and a powerful way of expressing creativity'.

Culture Night takes place on Friday September 22nd, all events are free – more details go to culturekerry.com or 066 7183541.

NOTES

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

SPA NOTES

COISTE NA NÓG

ABC Fun Club continues Saturdays 11.30-12.15 in our fabulous facilities both indoors and outdoors.

New members very welcome as this is free to everyone 3-5 years old.

Underage Training 6-10 boys and continues as normal on Saturday.

U-12 Girls born (2005/2006) training continues with the U-12 boys Wednesday 6-7.

JUNIOR CO LEAGUE FINAL

Spa 1-14 Kerins O Rahillys 2-15

Kerins O Rahillys registered 2 points before Niall McCarthy registered our first 2 scores to level. Cian Tobin brought us ahead by a point. Tralee side scored four unanswered points until Eric O Donoghue scored a brilliant point after soloing up the field from the back line. It was all Spa for next 10 mins when Cian Tobin found the net ably assisted by Ryan O Carroll. Tralee side with their never say die attitude answered with their first goal. Took control and added another two more points. Cian Tobin added to his tally with another two and Jamie Spillane scored a free to draw the sides level. Strand Road scored the final score in the first half leading by two into the second half. Cormac Cronin narrowed the gap to one point. The opposition scored another 1-1 and after this score Spa were chasing the opposition. We were very unlucky with some chances and never gave up but Strand Road ran out the winners in this classic final.



THE MID KERRY CRUISERS HELD AN 80'S DISCO FUNDRAISER AT THE RED FOX AND RAISED €800 FOR MS SOUTH KERRY. PICTURED AT THE PRESENTATION OF THE CHEQUE ARE BACK ROW LEFT JOHN MULVIHILL, IAN ROBERTSON, DAVID GRIFFIN, MARK CRONIN, TIM CLIFFORD & PAT FOLEY FRONT ROW LEFT SCARLETT MULVIHILL, TARA O'DONOGHUE, LISA CORKERY, PAT O'NEILL & PAULINE LYONS.

TEAM Aaron Farrell, Eoin Fitzgerald, Paul Russell, Eoghan Cronin, Shane Fenton, Shane Lynch, Eric O Donoghue, Hugh O Donoghue, Andrew Fitzgerald, Ryan O Carroll, Rory O Riordan, Cormac Cronin, Cian Tobin, Jamie Spillane, Niall McCarthy. Subs: J Falvey, B Lynch and M Moynihan.

EAST KERRY O SULLIVAN CUP QUARTER FINAL

Spa 6-12 Furies 5-4

A very exciting game with scores level throughout the game until the last quarter, when Spa pulled away to win this enthralling encounter.

Team: D Carroll, E O Donoghue, B Lynch, E Fitzgerald, E Cronin, D Spillane 1-0, S Fenton, H O Donoghue, A Fitzgerald, C Cronin 1-1, J Spillane 2-3, R O Carroll 0-1, C Tobin 0-1, R O Riordan 2-2, N McCarthy 0-4. Subs: A Mulvaney and C Spillane.

LADIES FOOTBALL

Senior Ladies Spa 8-10 Legion 1-10

The ladies after a long break had a great victory over Legion. The younger players Meghann Cronin, Mairead Bennett, Ciara Moynihan and Caoimhe Claffey all registered scores and contributed greatly to this high scoring game. Great to see Laura Herlihy, Joanne Lynch and Loretta Maher back home and in outstanding form.

UPCOMING FIXTURES

East Kerry Minor Div 3 Final

Senior Co League Sat 12th Aug @6pm

Spa v Kenmare @6pm

Ladies Football

Senior Ladies Fri 18th Aug Jnr B Championship S/F

Spa away to Currow.

GOLF OUTING

Thanks to all the organisers and everyone who competed in this golf outing.

KERRY JUNIORS

Congratulations to Niall O Mahony on their All Ireland victory.

LOTTO

Numbers drawn in the Arbutus 7,14,18,24 No winner. Lucky Dips Marian Izzy, Karen Smith, Coolgarraiv, Cian/Oran Lynch, Kilbrean, John Kelliher, Gneeveguilla Draw next week Killarney Heights Jackpot €8,600

FOSSA NOTES

FOSSA GAA: LOTTO

Numbers drawn were 18, 22, 23, 26. There was no jackpot winner and the €40 consolation prize winners were Donie The Farmer, Terence Moriarty Jnr, Lackabane, Catriona Carroll, Ballagh, Karl Foley, Barleymount and Jane O'Callaghan, Newmarket Co. Cork. Next weeks jackpot will be €3,900.

MINORS

Our minor team recorded a good win over Currow on Thursday night in the semifinal of the East Kerry League. Cian O'Shea expertly dispatched a penalty after 5 minutes, this was followed by goals from Ruari Doyle and Emmett O'Shea which left Fossa with a commanding lead at the half time break. Further second half goals from Daniel Talbot and Emmett O'Shea along with a brace of points from team captain, Liam Buckley gave Fossa a comfortable win on a score of 5-18 to 2-12. In truth this was a very solid team display with good performances in every line of the pitch, they now



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face Spa in the final in Spa next Thursday evening.

U-13 LADIES COUNTY CHAMPIONSHIP

Fossa and Laune Rangers played their U-13 County Championship Final in Beaufort on Tuesday, August 1st. The spectators were not disappointed it was an absolute thriller. The game started out as a cagey affair and it took all of 7 minutes for the first score to be registered being a point by Laune Rangers. Fossa equalised with a great point from Ava O'Neill and Fossa took the lead with a wonderful goal from Alana Brady. The first half was nip and tuck but a brace of points from Chelcy O'Connor and Elizabeth Coffey answered what the Killorglin girls were offering. Fossa's defence were doing trojan work with the full back line of Charlotte O Shea, Ellen Kennedy and Alicia Cummins providing excellent cover for the brilliant Bianca Lejwoda in Goals. Fossa's full forward line of Alison Butler, Aimee Coffey and Elizabeth Coffey had the Rangers defence in all sorts of difficulty. The difference between the sides at half time was the goals by Fossa's Aimee Coffey and Abbey Murphy, after a searing solo run saw her cut open the LR defence. Laune Ranger's goal coming from Laura Lesley. Half Time score Fossa 3-4 Laune Rangers 1-5. The second half started explosively for Fossa with two rapid goals in quick succession to open a fine lead. Sophie Dennehy won the throw in, found wing forward, Alana Brady who coolly slotted it home. Aimee Coffey took full advantage of a high ball rebounding off the crossbar and slipped the ball pass the LR goalie. Fossa's midfield of Sophie Dennehy and Abbey Murphy were dominating their areas with some fantastic runs being made by both players with fine fielding on show as well. However Laune Rangers never gave up and scored 2 goals of their own through Edel Griffin and Laura Griffin to bring this contest down to the wire. Fossa's wing back line of Tara Donnellan, Ella O'Connor and Andrea Rennie put in tireless work to stem the tide, helped in no small measure by the wing forwards of Ava O'Neill, Chelcy O'Connor and Alana Brady who showed great character to retain the momentum, as did the introduction of the tireless workings of Meadhbh Bennett. Fossa's Shauna Myers, Lucy O Sullivan and Katie O Driscoll were on their feet shouting encouragement to their teammates. The final 10 mins was nail-biting stuff with the outstanding Ellen Kennedy, reaching high and winning vital possession ensuring Fossa stayed in front. Fossa saw the game through to win by 5 points in the end. In reality this was a fabulous team effort from the girls 1 to 20 who have a wonderful never say die attitude to knuckle down and do the hard work and subsequently reap the rewards. Alicia Burke was instrumental in getting to the U-13 Final but missed out due to holidays. Final Score Fossa 5-8, Laune Rangers 3-9. John Doona presented the U-13 County Championship trophy to joint Captains Ella O'Connor, Chelcy O'Connor and Sophie Dennehy to much celebration.

SENIOR LADIES

Well done to our senior ladies who recorded a great win over Furies in the East Kerry League on Thursday, missing a number of players, our girls showed a lot of grit and determination to fashion a fantastic victory on a score of 4-18 to 4-08

SYMPATHY

Fossa GAA Club extends it's deepest sympathy to the Doherty family of Barleymount East, on the death Owen, RIP. Ar dheis Dé go raibh aAnam.

KILCUMMIN NEWS

COMHALTAS

GROUP MUSIC SESSION

Will commence with Brendan O'Sullivan in September (date to be confirmed). Please contact Irene in the Rural Dev. Office for further details 064 6643357.

JUNIOR SET DANCING

Will commence in early September for further details please contact Mary Moriarty 087 9620135 or John Moriarty 086 1579381.

"SING TOGETHER"

Pop, Musical Theatre, Traditional and Church. Junior "Sing Together Choir" for children 6 to 12 year of age and Senior "Sing Together Choir" for children 13 to 18 years of age with Elaine Canning. Vocal technique, singing in harmony, arrangement, telling a story through song, song writing and musicianship. Classes will run weekly for 1 hour duration. Pay by term, - 5 terms at €50 per term. Venue Kilcummin new Parish Office. Commencing Thursday 14th September. Junior Choir from 6 to 7 p.m. and Senior Choir from 7 - 8 p.m.

Registration Day on Sunday 10th September at 12 noon in the Parish Office. For further information please contact Elaine Canning, BMus(Hons) PGDip, 087 7665005 or www.elainecanning.com

'GET IN STEP'

The organising committee would like to thank everyone who attended last week's summer camp and made it such a great success. A number of items were left, including a shoe, 2 hoodies, a cream cardigan and a Moriarty School of Dancing top - these items can be collected at Kilcummin Rural Development.

THANK YOU

A word of appreciation to the committees involved in preparation of the cemeteries of Holy Cross and Old Kilcummin for our annual Masses. Thanks to everyone involved in the preparation and celebration of the Mass, to those who provided car parking, helped with grass cutting and the support of Kerry County Council. Well done to everyone.

BOG WALK

Brochures of the walk are available from the **RURAL DEVELOPMENT OFFICE**.

CERTIFICATE IN MENTAL HEALTH IN THE COMMUNITY

This certificate is a part-time recovery education programme delivered on UCC campus and outreach centres nationwide. Designed for the community participant, the curriculum aims to cultivate capacities of individuals and communities that encourage greater social activism on topics of mental health and empower students to advocate for mental health and wellbeing in their communities. This course is for Peer workers, Advocates, Family members, Community Educators, Activists, Social Care, Mental Healthcare Professionals, Housing, Homeless, Disability and Addiction Service Providers. The course contains concepts of Mental Health, Mental Health Policy and Practice as well as Community Approaches Models and Interventions. Contact Brenda Healy, Programme Coordinator 086 - 8079204 or 021 4904700.

GLENFLESK NOTES

GLENFLESK SENIORS (SPONSERED BY O'BRIENS TOPOIL AND THE KERRYWAY)

Our Senior team play Rd 10 of the Co. League away to Kilcummin on Friday August 18th at 7pm.

GLENFLESK LOTTO:

No winner of the lotto which took place in Spillanes Bar Jackpot - €6,400 Numbers were 12, 24, 29, 30 1. Jack Favier Westmeath (Yearly ticket) 2. Jim Mahony The Bower 3. Pat Carey Clonkeen 4. Donie O'Donovan 5. Pdraig O'Leary Coracow. The next draw will take place in Corner Bar on 14/08/17 and the Jackpot is €6,600

KERRY U17S

Best of luck Sean Doherty and the Kerry U17s when they take on Roscommon in the All Ireland semi final on Saturday August 12th at 2pm in Ennis.

KERRY JUNIORS

Congratulations to Jeff O Donoghue and Daniel O'Brien who won an All Ireland with the Kerry Juniors on Saturday last, defeating Meath in the final 2-19 to 1-14.

KERRY MINORS

Congratulations to Christopher O Donoghue and the Kerry Minors on reaching the All Ireland semi final where they'll play Cavan.

GLENFLESK PITCH REDEVELOPEMENT

We are delighted to have the support of Rentokil initial for the Pitch closing down day on August 13th M.E.P and former GAA President Sean Kelly and some other well known Politicians and Senators will be toggging off in Glenflesk on Sunday August 13th for a fun filled three legged race and a wheelbarrow challenge as part of a day long celebration to mark 40 years of Glenflesk's main pitch. The day will begin with a mass and continue at the club house with loads of activities for kids and adults alike, the day will finish with the first screening of the "Patrick" DVD.

A fantastic family day has been organised and everyone is welcome. The Rentokil Initial sponsored event kicks off at 2pm.

RAHEEN N.S.

Congratulation to Joan Warren who had the winning lotto no. 42 on Saturday the 5th of August.

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

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START YOUR OWN BUSINESS RELIEF

The Start Your Own Business scheme provides for relief from Income Tax for long term unemployed individuals who start a new business. The scheme will provide an exemption from Income Tax up to a maximum of €40,000 per annum for a period of two years to individuals who set up a qualifying business; having been unemployed for a period of at least 12 months prior to starting the business. It runs from 25 October 2013 to 31 December 2018.

Who qualifies for this relief?

You may qualify for this relief if:

- (a) you have been unemployed for twelve months or more, and
- (b) during that period you were in receipt of any of the following:

- crediting contributions
- jobseeker's allowance
- jobseeker's benefit
- the one-parent family payment
- partial capacity payment

Periods of time spent on certain training courses and schemes will be treated as part of a period of unemployment. If you were entitled to jobseeker's allowance or jobseeker's benefit immediately before starting on the training course or scheme, then any allowance paid for attending such a course will be treated as if it were jobseeker's allowance or jobseeker's benefit.

Examples of training courses and schemes would include FÁS training courses, Community Employment Schemes, Job Initiative and Back to Education Schemes.

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School Around the Corner...

It may only be August but parents across the county are preparing to get their children back to school.

In this week's Killarney Outlook we look at some of the best offers available.



Who's **4** Shoes? **First Step Footwear**
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- Criminology with Security Studies
- Languages and European Studies
- Multimedia with Graphic Design
- Office Administration with Computer Applications
- Pre-University Law
- Reception and Customer Care
- Retail Selling
- Secretarial Studies – Medical and Legal
- Software Development
- Tourism and Business

Level 6:

- Advanced Software Development
- Business and Marketing Management
- Diploma in Accounting and Business (ACCA)
- Entrepreneurship
- Entrepreneurship and Project Management
- Office Management

DEPARTMENT OF CHILDCARE AND YOUTH WORK:

Level 5:

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- Special Needs/Classroom Assistant
- Youth Work

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- Advanced Montessori and Childcare Management
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- Unemployed?
- Left school early and need qualifications?
- Wishing to change career direction?



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Level 6:

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Level 5:

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- Coaching and Sports Development
- Hotel and Catering
- Professional Cookery
- Research and Study Skills – A Transition Year to College
- Sport, Recreation and Exercise
- Sports Nutrition

Level 6:

- Advanced Art, Craft and Design
- Advanced Professional Cookery

DEPARTMENT OF PERFORMING ARTS:

Level 5:

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- Dance and Performance Studies
- Music and Theatre Studies
- Music Performance
- Music Technology





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- Carers
- Emergency Services
- Nursing Studies
- Nursing Studies with Maternity Care Skills
- Nursing Studies with Palliative Care Skills
- Sports Therapy

Level 6:

- Health Services Supervisory Management

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EDUCATION OUTLOOK

Make the right moves with next Wednesday's Leaving Cert results



(By Billy Ryle)

The State Examinations Commission (SEC) will issue the eagerly awaited Leaving Cert exam results, based on the new H (Higher) and O (Ordinary) grading system and the new CAO common points system, next Wednesday, 16th August. I sincerely hope that the results will contain good news for all candidates. By all means celebrate your achievement but keep a close eye on the important dates and deadlines. There are tasks to be undertaken and critical decisions to be made before you progress to the next stage of your journey.

Leaving Cert results will be available early in schools on Wednesday morning and, from 12noon, online at www.examinations.ie. If you wish to view one or more of your marked Leaving Cert exam scripts return your completed application form to your school by Tuesday, 22nd August. The viewing of marked scripts will be held on Friday/ Saturday, 1st/2nd September. The closing date for receipt by the SEC of Leaving Cert appeal applications is Wednesday, 6th September. The appeal fee is €40 (LC) or €15.50 (LCA) per subject. Results of Leaving Cert subject appeals will be released in mid-October.

CAO Round One offers and points requirements will be available at www.cao.ie from 6am on Monday, 21st August. CAO Round One offers may be accepted up to 5.15pm on Monday, 28th August. CAO Round Two offers and points requirements will be available at www.cao.ie from 6am on Thursday, 31st August. CAO Round Two offers may be accepted up to 5.15pm on Wednesday, 6th September. Thereafter, offers will be issued as available until 18th October when the offer season ends.

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

If you are interested in an apprenticeship or a



traineeship, register at your local Training Centre if you have not already done so. Check the Solas website, www.solas.ie, or Kerry Education and Training Board (KETB) website, www.kerryetb.ie, for further information.

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

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

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

If you feel that your results didn't do you justice, it's worth considering a return to school to repeat the exam. Most repeat students considerably increase their points. A more competitive result in the Leaving Cert exam

might be in your best interests in the long run.

So, even though you'll be relieved when the precious Leaving Cert results are in your hand, don't take your eye off the ball. Be aware of closing dates, read your correspondence carefully and take the appropriate steps to allow a trouble free passage on your education journey. Good luck to all candidates who will be getting Leaving Cert exam results on Wednesday.

In the next article, I'll explain the procedure for viewing

marked scripts and for submitting an appeal to have your exam scripts remarked. I'll also give details of the IGC phone help lines and how to apply for a vacant CAO place.

TIMELINE

- Leaving Cert Results are available next Wednesday, 16th August
- CAO Round One offers and points requirements are available on Monday 21st August
- To view your marked Leaving Cert exam scripts, return your completed application form to your school by Tuesday, 22nd August
- The CAO vacant places facility opens at noon on Tues., 22nd Aug. at www.cao.ie
- Accept CAO Round One offers by 5.15pm on Monday, 28th August
- CAO Round Two offers and points requirements are available on Thurs., 31st August
- Viewing of marked Leaving Cert exam scripts takes place on 1st/2nd September
- Accept CAO Round Two offer by Wednesday, 6th September
- Closing date for receipt by SEC of Leaving Cert appeal applications is Wed., 6th Sept.
- CAO offer season end on 18th October at 5.15pm
- Results of Leaving Cert subject appeals will be released in Mid-October
- Many Post Leaving Cert (PLC) Courses still have vacancies
- Apply now to State training agencies such as SOLAS, TEAGASC, FAILTE IRELAND and BIM, which offer a variety of training courses for school leavers
- Many schools cater for repeat Leaving Cert students

Billy Ryle is a Career Guidance Counsellor and freelance writer

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EFFECTS OF EXERCISE ON YOUR IMMUNE SYSTEM

Continued...

However there is a negative side and like everything, Exercising Too Much Can Hurt Your Immune System. While it's obviously beneficial to give your immune system a boost by exercising, you also need to be aware of the fact that you could actually hurt your immune system if you don't give your body enough rest.

Too much exercise can actually cause your immune system to weaken. It's one of the reasons that you may feel very rundown and weak if you're training for a marathon or doing a lot of exercise during a short window of time with very little of any recovery days. In order to avoid having this effect on your immune system, make sure that you get enough rest for your body. Rest days should be built in weekly depending on the fitness level of the individual, but as a general rule of thumb I give my clients 2x recovery days. These may be a gentle walk, a stretching day or a complete rest. In higher level exercisers I would even recommend every 6-8 weeks taking a week off (again where lighter activities may be practiced to allow the body to recover from a few weeks of very high intensity workouts)

Improving Your Immune System by Exercising

The truth is that you don't have to be a super athlete to boost your immune system through exercise. All you need to do is walk for a half hour every day or find time to hit the gym a few times every week. By speeding up the cells in your immune system that fight off bacteria, you can get healthier in no time. Studies have also shown that people who work out often take half as many sick days per year as those that don't work out. Try to incorporate more exercise into your day to help strengthen your immune system over time.

MORE TIPS NEXT WEEK...

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HEALTH TIP SMART CHOICES

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



Beauty tip

Prep your lids!

Before you apply any eye makeup, blend a creamy concealer onto your lids and into the inner corners of your eyes. This will give your shadow a base to stick to and conceal any redness.



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<input checked="" type="checkbox"/>	- talking on the phone	<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/>	No batteries to change	<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/>	No device repairs required	<input checked="" type="checkbox"/>
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245 KERRY PEOPLE AVAIL OF FREE BLOOD PRESSURE CHECKS

New figures from Irish Heart's Mobile Health Unit service show that a total of 245 people from Kerry have availed of its free blood pressure checks in its first full year of operation. This figure is made up of 101 men and 144 women who attended the unit – which is supported by Bank of Ireland and Medtronic – when it visited the county.

Officially marking its first anniversary, Irish Heart is taking the opportunity to appeal to men, in particular, to get checked for high blood pressure. The plea follows findings from a national sample survey of attendees which showed a greater prevalence of high blood pressure in men – the silent risk factor for stroke and heart attack.

According to the national heart and stroke charity, the benefits of the public engaging in a one-to-one interaction with Irish Heart nurses delivering the mobile health service acts as a vital prompt to attendees to consider the full aspects of health and lifestyle in reducing their risk of heart disease and stroke.

People already diagnosed with high blood pressure are also being encouraged to visit the free Mobile Health Unit service following findings from the survey that showed 63% of people who attended the unit, and who knew they had a history of high blood pressure, still tested high. According to Irish Heart, it is important to continue having regular checks with a doctor to ensure blood pressure is well managed. A normal blood pressure reading is



MARTY MORRISSEY WITH NURSE MARY ROSE JORDAN IRISH HEART MOBILE HEALTH UNIT. PHOTO: SASKO LAZAROV/PHOTOCALL IRELAND

120 over 80.

High blood pressure is estimated to affect almost one million people in Ireland and is a major risk factor for cardiovascular disease and, significantly, it is the biggest risk factor for stroke. Eighty per cent of premature cardiovascular disease is caused by adverse lifestyle behaviours such as smoking, an unhealthy diet, a lack of physical activity, and harmful alcohol use. These risk factors also contribute to high blood pressure but by making positive changes to these lifestyle factors, people can reduce their risk of high blood pressure and improve overall cardiovascular health.

Irish Heart's mobile health unit incorporates two professional consultation rooms where attendees can avail of free blood pressure checks which are entirely non-invasive. Nurses

will provide individual/tailored lifestyle advice and information on next steps including managing blood pressure and following up with a GP, if necessary. For details of Irish Heart's mobile health unit current locations, visit www.irishheart.ie

To speak in confidence with trained specialist nurses for expert one-to-one advice and support, call the National Heart & Stroke Helpline on Freephone 1800 25 25 50 (Monday to Friday, 9am to 5pm, Thursday until 7pm) or email helpline@irishheart.ie

Blood Pressure Top Tips from Irish Heart

1. Know your BP

Get your blood pressure checked and know what a healthy reading should be.

2. Get physical

Try to do at least 30 minutes of moderate-intensity activity every day.

3. Watch your weight

Aim to keep your weight at a level which is right for your height and build. Even losing 10% of excess weight can help lower your blood pressure.

4. Eat healthily

Add more vegetables and fruit to your diet and cut down on salt consumption.

5. Drink less

If you drink alcohol, stick within the recommended limits.

6. Take your medicines

Don't stop taking your medication without consulting your GP first.



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www.killarneymassageandtherapycentre.ie






STOP CHASING NEGATIVITY!

Have you ever just listened to the conversations that you hear going on around you all day? So much of what we say and project into our lives is negative. You rarely (if ever) hear someone say that they feel fabulous when you ask them how they are. The usual response is somewhere between "mustn't grumble" to "Not so bad!" I have never heard anyone tell me that they think that breaking a habit will be easy and a joy to do! The usual response is "I know this is going to be tough!" or "I'm not sure if I can do it - it's been there a long time, it'll probably take years to undo!"

We have bought into a belief culture that says life is hard; you've got to struggle for what you want. One of my friends believes it's her duty as a mother to worry about her children. I disagree. . . . I believe it's her role to project the best most positive thoughts about her kids and know that she will be able to manage if anything comes up that needs handling! Listen to the news. . . not only do you hear what is NOT right with the world (and very little of what is) but conversations are dedicated to the "what if" scenario. We hear all of the most possible negative outcomes being discussed again and again. Listen to what YOU say! Do you chase negativity? What are you telling yourself on a daily basis about your life, your health, your relationships, your work, the world, and other people? It can be a real eye opener when you begin to become aware of what you are saying, thinking and doing! Whenever you next catch yourself saying something like, "It's going to be hard" or "That's going to be tough!" Challenge yourself by asking, "Really? Is it? It may be a lot easier than you think it's going to be!"

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In the short-term, eating well can help us to feel good, look our best, help us manage our weight. And in the long-term, a healthy, balanced diet can reduce our risk of: heart disease, diabetes, osteoporosis, some cancers.

In simple terms, to eat a balanced diet you need to combine several different types of foods - from each of the main food groups - in the right amounts so your body gets all the nutrients it needs while maintaining a healthy weight. You require foods from each of the food groups in different amounts e.g. we need lots more fruits and vegetable than protein foods in our diets.

- Plenty of fruit and vegetables
- Plenty of bread, rice potatoes, pasta and other starchy foods choose wholegrain varieties wherever you can
- Some milk, cheese and yoghurt
- Some meat, fish, eggs, beans and other non-dairy sources of protein
- Just a small amount of foods and drinks high in fat and/or sugar
- Remember to pick options that are lower in fat, salt and sugar when you can.

Most people in Ireland and Northern Ireland are missing out because they are not active enough. All of us (including those who are already at a healthy weight) can benefit from getting more active.

Did you know that physical activity can:

- Improve your blood pressure and cholesterol
- Help you to stay at a normal, healthy weight
- Help build strong and healthy bones
- Improve your physical fitness and endurance
- Increase your physical strength and flexibility
- Tone your muscles and improve your shape
- Provide you with a general sense of well-being and improve your mood
- Build your self-esteem
- Give you a chance to mix socially and can be fun!

REMEMBER: there is nothing to stop you from continuing with your healthy weight goals where you left off.

Think about why your slip-up happened. If you know, you can stop it happening again.

Maybe you ate unhealthy foods because you were bored or upset, or you missed your evening walk because of something on the telly. Find the reason why you went off-track.

Think about what you'll need to do differently next time to avoid making the same mistake.

Next time you're bored, could you phone a friend, read a book or take a walk instead of snacking? If you don't feel motivated to do any exercise in the evening, perhaps you need to buddy-up and find a partner who will do it with you.

There is no need to dwell on the slip-up now that you have a plan in place to deal with it next time you are tempted. Move on, and expect that things will work better for you this time.

- Experts recommend more activity – 60 to 90 minutes a day
- You can start off slowly building at least 30 minutes of activity into your day
- Increase this to 60-90 minutes over time
- Two 15-minute, or three 10-minute bursts of activity are just as good as one 30-minute

You can reach a healthy weight on your own, but getting support can help you over any trouble spots'. Family and friends, trained professionals or other people who are trying to achieve a healthy weight can help:

- They can keep you motivated when times get tough
- They can be the difference between success and failure
- They are someone to share your successes with and to give you a pep talk when you feel you're going to slip
- They can give you practical support: someone to exercise or swap recipes with.
- Don't be shy! Explain to people that you are committing to a new healthier lifestyle and that their support is important to you
- Ask a friend at work to be a buddy. Ask them to join you for lunchtime walks or to share healthy lunches with you
- Neighbourhood watch. Get together with a supportive neighbour or friend for some exercise that will motivate and encourage you
- Learn to say no. Don't accept every invitation to dinner or drinks. Suggest activities like a weekend hike or dance lessons!
- Join in. If there are local healthy weight groups or sports teams, give them a go. Pick an enjoyable activity suited to your level of fitness
- Spread the word! Encourage those around you to join you in your healthy weight efforts. Pass on the many benefits of reaching a healthy weight. Maybe you'll get some company and support on the way!
- What's done is done. There's nothing to gain from beating yourself up over a mistake made.
- Negative feelings could turn your slip-up into a much bigger thing; you may feel like ditching the plan entirely.



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KILLARNEY CELTIC NEWS

CELTIC LOTTO

Numbers Drawn 4,13,14,18. No Jackpot Winner,

3x €50 winners, Next weeks Jackpot €4,200

FAI SENIOR CUP

Killarney Celtic travel to Cobh next Saturday to play Cobh Wanderers in the First Round of the FAI Senior Cup. Kick off is at 4pm in the Old Church Park.

SUPPORTERS BUS

A Pre Paid Bus is being run to Cobh for the FAI Cup. Contact Ramona on 087 6615532.

Golf Classic

Killarney Celtic Golf Classic takes place on Saturday September 2nd at Beaufort Golf Club from 7am to 4pm. Contact Tim Jones 087 9771302 or Tim Lyne 086 0522506 for details.

KILLARNEY CELTIC REGISTRATION

Membership for 2017/2018 is now open online in conjunction with MyClubFinances.com

FUN DAY

There is a Fun Day and medal presentation

to last season's winning teams on Saturday August 26th.

PITCH BOOKINGS

Contact Mary Lyne 086 6485809 to book our All Weather Full size pitch or training area.

Check out Killarney Celtic Facebook page for Killarney Celtic news, match reports or photos.

MEK UNITED NEWS

NEW SEASON

Following on from a fantastic season last year, our new season gets underway in earnest over the new couple of weeks. This season we will be fielding a brand new side - MEK U14, who will compete in the Kerry District League along with our U12 and U13 sides. Busy times ahead! Our Academy (U7-U9) start their new season from Saturday the 2nd of September next with training taking place between 10am and 12 midday, at the Astroturf pitch in Fossa.

Meanwhile our U10's are starting back on Tuesday the 15th of August between 6pm and 7:30pm at Liebherr field.

Our U11, U12 and U13 train at the same time as the U10's on a Tuesday but their season starts from Tuesday the 22nd of August.

Finally our U14's commenced training last Thursday night between 6:30 and 7:30pm.

All are welcome to come along and anyone looking for details can contact Pa Murphy on 087-7943220.

We are also looking for coaches to join us. No experience is necessary as all training will be given. Again contact Pa for details.

MASTERGEEHA FC

MASTERGEEHA FC LOTTO

There was no winner on Friday 4th August, 2017. Numbers drawn were 2, 4, 7, 18. Consolation prizes were €100 J&E Coffey, c/o Martina Lyne. €60 Ian O'Leary, 26 Mountain View, Kilcummin. €30 Mossy Pierce, c/o Jimmy Briens Bar. €30 Elaine McGlynn, Glounacopple, Kilcummin. €30 Kieran Nagle, Mastergeeha, Kilcummin. Jackpot now €9,150.

INTERNATIONAL LIGHTHOUSE AND LIGHTSHIP WEEKEND



CROMWELL POINT LIGHTHOUSE

The Kerry Amateur Radio Group based in Co. Kerry, Ireland will participate in this year's International Lighthouse & Lightship Weekend from Saturday 19th August to Sunday 20th August.

This event coincides with International Lighthouse Heritage Weekend which intends to raise the profile of lighthouses, lightvessels and other navigational aids, promoting maritime heritage. Details of which can be found at <http://www.illw.net> and at <http://www.alk.org.uk/events/ilhw.html>

The radio communication station will be set up at the Cromwell Point

Lighthouse on Valentia Island, Co. Kerry by the Expeditionary Radio Team of the Kerry Amateur Radio Group and will be operated by club members. Two HF radio stations as well as a VHF, DMR and DATA radio stations will be set up this year on the site and it is anticipated that our members will be very busy making radio contacts with Amateur Radio operators and other participating lighthouses and lightships as we are a registered station with the event organisers.

The Kerry Amateur Radio Group have been participating in this

annual event for over 13 years and look forward to welcoming the many tourists, locals and Amateur Radio operators who visit our station at the lighthouse. So far over 378 lighthouse or lightship stations have registered to participate in 41 different countries around the world.

Visitors to our station can listen to and are welcome to participate in various forms of radio communications such as Morse code, Voice and DATA to communicate with stations, participating lighthouses and lightships from all over the world. Cromwell Point Lighthouse is

open to the public and details can be found of opening times and admission charges at <http://www.greatlighthouses.com/lighthouses/valentia/>

The Kerry Amateur Radio Group are looking forward to working as many stations as possible as well as having an enjoyable weekend at the station.

More information regarding the Kerry Amateur Radio Group can be found on the club webpage at <http://kerryamateurradiogroup.com> and the groups QRZ.com page using our callsign EI1K.

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OUTLOOK SPORTS NEWS

Editor : Donal Barry

Email : news@outlookmags.com



ALL-IRELAND JUNIOR FOOTBALL CHAMPIONSHIP FINAL

KERRY JUNIORS DELIVER THREE IN A ROW

KERRY 2-19
MEATH 1-14

Kerry delivered a strong display to deliver a third All-Ireland Junior Football title in succession, with an eight-point win over Meath in O'Moore Park, Portlaoise on Saturday.

Conor Cox impressed throughout, and finished with 1-8 to his credit, while Tomás Ó Sé fired Kerry's other goal, in a game where the bulk of the side claimed their second All-Ireland medals at this level, with a large number of those previously involved in their 2015 success.

Meath entered this game chasing their first title since 2003, and a fifth overall. Kerry were level with Munster rivals Cork at the top of the Roll of Honour on 17 titles each, and took the lead in that regard with a very impressive display this afternoon. Manager Jimmy Keane felt that it was a superb game of football.

"It was a great game of football I think. The boys really played very well today and I'm delighted with that performance," he said. "There were a few question marks after the Leitrim game, but we asked the questions of them in the two weeks since then and they turned up today. I am really delighted for them."

Kerry signalled their early intent with a superb point from Pa Kilkenny after a bursting run. Tomás Ó Sé and team captain Killian Spillane followed up with well-taken points to ensure a 0-3 to 0-0 lead after three and a half minutes.

Meath got a much required score from their captain Daire Rowe, before Kerry continued to look sharp, with James Walsh and Ó Sé



combining, before Spillane finished over the cross-bar.

An excellent score from Eánna Ó Conchúir saw Kerry move four points clear, after a frantic opening.

Meath bounced back with a brace of much needed scores, including one from Ben Brennan, but were also guilty of two wides by the 13th minute.

It wasn't long before Kerry bagged their opening goal, a well taken effort from Conor Cox from 13 metres out to move 1-5 to 0-3 clear.

As heavy rain prevailed, Brennan and Cox traded points, before Kerry's defence had to be fully alert, with two Meath efforts sent out for 45's.

Firstly Roibeard Ó Sé put in a fine block on Adam Flanagan, with Brennan converting, and then Tomas Mac an tSaoir denied Neil Shorthall, with Brennan again slotting over from the 45 metre spot.

The sides were well balanced at this stage, but Kerry got the final two scores of the half,

as points from Cox and Philip O'Connor pushed them 1-8 to 0-7 ahead at the break.

Kerry continued to impress early on the restart, with a brace of Conor Cox scores pushing them six points in front four minutes into the second half.

Meath responded well with points from Ben Brennan and James Conlon, but Kerry added 1-2 without reply including Ó Sé's goal to take a 2-12 to 0-9 lead after 43 minutes.

The Royals fired back with a point, but again Kerry came good, with a trio of Cox scores ensuring an 11-point lead with 11 minutes to go.

Meath responded with four unanswered points – Brennan, Shorthall, Damien Healy on target, but yet again Kerry came strong.

Philip O'Connor added his third point, before Ó Sé and substitute Ivan Parker added fine scores.

Meath gained some consolation with a Seán Reilly goal, but Spillane ensured an eight point win with a late score.

Killian Spillane accepted the cup after the game as Kerry claimed their 18th All-Ireland Junior Football crown.

KERRY: T Mac An tSaoir; E Kiely, J McGuire, B Sugrue; J Walsh, P Kilkenny, D O'Brien; R Ó Sé, B O'Sullivan; P O'Connor (0-3), J O'Donoghue, E Ó Conchúir (0-1); K Spillane (0-3), C Cox (1-8, 3f), T Ó Sé (1-3). Subs: L Carey for O'Donoghue (38); M Foley for Kilkenny (51); S O'Sullivan for Cox (58); I Parker (0-1) for O'Sullivan (58); PJ Mac Laímh for Walsh (60); DJ Murphy for Kiely (63).

By Coilin Duffy.

KERRY LADIES FOOTBALL & KERRY CAMOGIE FIXTURES

SATURDAY IS VERY MUCH LADIES DAY

Next Saturday is certainly Ladies day with the counties Camogie and Football teams both in action in their respective All Ireland championships.

The footballers will face Armagh in Nowlan Park in Kilkenny at 6.30pm, a game which will be shown live on TG4 and the newly crowned Munster Champions will be looking to go a step further than last season when Ulster opponents Monaghan knocked them out in devastating fashion.

Armagh come into the quarter finals through the back door having beaten Westmeath and

will pose a serious threat to the Kingdom. Earlier in the day in the Gaelic Grounds in Limerick at 5pm, the Kerry camogie girls will seek to reach Croke Park by beating a formidable Dublin team in the All Ireland Junior semi-final. Kerry reached the semi final by winning all three round robin games with wins over Armagh, Roscommon and Clare and hopes are high that this talented bunch can make the breakthrough.

Right: Kerry camogie captain Aoife Behan in action against Clare will be hoping to lead her team to victory over Dublin.





JOHN O'LEARY KERRY GAA PRO

Kerry GAA PRO John O'Leary looks back at the week in sport KERRY SENIORS TO PLAY MAYO

Mayo made no mistake at the second time of asking when routing Roscommon in the All Ireland Quarter final Replay at Croke Park on Bank Holiday Monday last. It was a big statement by last year's All Ireland finalists and all their big names were back on song with Aidan O'Shea leading by example. They also did the business without Lee Keegan who sat out the game due to an injury but rest assured the Westport man will be back for the showdown with Kerry on Sunday week. Stand tickets for that game which has a 3:30 throw-in, are going to be in heavy demand and of course the Kerry V Cavan minor semi final will be the curtain raiser (1:30) and with Cavan in close proximity to Croke Park that game could add a sizeable contingent to the attendance.

While it is unlikely that the game will be a sell out it is very likely that the attendance will exceed the 52,500 that attended the drawn semi final between the sides at the same venue in 2014 (Replay 36,256 in the Gaelic Grounds)

KERRY GAA SUPPORTERS CLUB

The Kerry GAA Supporters Club will take buses to the All-Ireland Semi-Finals on August 20th. All seats must be booked by Thursday the 17th of August. For bookings please contact; Martin Leane, John King or Donie O'Leary. All persons travelling must have a valid membership car

KERRY UNDER 17S IN ALL IRELAND SEMI FINAL ACTION THIS WEEKEND

Cusack Park in Ennis is the venue on Saturday for the Under 17 All Ireland semi final between Kerry and Roscommon, a game that has a 2pm throw-in time. With an overlap of three or four players between both the Kerry Minor and Under 17 teams, and the Kerry Minors in action seven days later in the All Ireland championship semi final, there will have to be a delicate balancing act performed

by manager Peter Keane and his management team of Tommy Griffin, James Foley, John Dillon and Colm Whelan. The likes of goalkeeper Deividas Uosis, centre back Eddie Horan and half forward Donal O'Sullivan, are all featuring with the Minors as well as the Under 17s. The Under 17 competition is not a championship of course rather it is a competition to cater for the fact that this year's Under 17 players would miss out at intercounty level given that the Minor age limit will be reduced to 17 next season. Kerry opened their campaign with a 3-11 to 1-6 victory over Tipperary in Austin Stack Park and then went on to defeat Cork in the provincial final by five points on a 15 points to 10 score-line. On that occasion they had to do without the injured Donal O'Sullivan and on Saturday they will have to get on without the suspended Michael Slattery who is also on the Minor panel.

Roscommon defeated Leitrim by 1-14 to 0-11 in their opening game and then defeated Galway by 2-8 to 1-8 in the provincial final a game Galway had to play without their minor players who were involved in the Connaught final that same weekend.

The other semi final between Meath and Tyrone will take place in Breffini Park on this Wednesday. Extra time will apply in the event of a draw and if the teams are still level then a free taking competition will decide the outcome on the day. The final of the competition is scheduled for August 27th as a curtain raiser to the Minor and Senior semi finals in Croke Park.

GARVEYS SUPERVALU SENIOR FOOTBALL CHAMPIONSHIP DRAW

The draw for the Garveys Supervalu Senior Football Championship was made on Radio Kerry last Saturday in the presence of Kevin McCarthy representing Garveys Supervalu and Peter Twiss Runai of the Kerry County Committee. The draw resulted in the following pairings:

Dr. Crokes vs Kenmare Shamrocks
Kerins O'Rahillys vs East Kerry
Austin Stacks vs West Kerry
Rathmore vs South Kerry
Obviously, fixtures for these games will depend on Kerry's progress in the All Ireland Championship. Round 10 of the Credit Union

Senior Football League this weekend

It's Round 10, the penultimate round of the Credit Union Senior Football League this weekend and there are a number of important games affecting the race for promotion and relegation in all divisions. In Division 1, there is a full fixture list this weekend. Dr Crokes are in the final being four points ahead of the pack on 18 points followed by An Ghaeltacht on 14 and Rathmore and Glenbeigh-Glencar who are both on 12 points. At the other end of the table, Desmonds are relegated to Division 2 for next season. Austin Stacks are in big danger of relegation on 4 points as they have to play An Ghaeltacht this Sunday and then Rathmore in their final game, and Milltown-Castlemaine are on 6 points above them. There are no back games in Division 1. In Division 2, Legion are in a good position to make a quick return to Division 1 on 15 points, Spa are on 13 with Beaufort Beaufort, Kenmare who play Spa this weekend, are on 12 following their win over Listry in a back game and with a game in hand. At the bottom Listry are in danger of slipping to Division 3 having lost a back game to Beaufort last week by 3-10 to 0-7. St Pats and Kilcummin are on 5 with Waterville on 6. Ardfert vs Kenmare is a back game to be played. The Beaufort V St Pats and Kilcummin V Glenflesk games go back to August 18th.

In Division 3, Dromid Pearses are on 16 points, Na Gaeil and Ballymacelligott both on 15 are in pole position for the three promotion places but at the other end of the table St Michaels-Foilmore, while still not relegated officially will need a miracle to avoid the drop with just 1 point on the table. Fossa are on 4 points and Gneeveguilla are on 5. St Senans also move on to 5 points following a 4-11 to 0-10 victory over Annascaul last weekend. The Lune Rangers Vs Ballydonoghue game goes back to August 23rd and Laune Rangers Vs St Senans on August 19th is an important back game.

In Division 4, Skellig Rangers on 16 points are followed by Keel and Lispolie who lead the chasing group on 15 points. Dr Crokes are on 14 points and the promotion

places are between these four with the big game of the weekend being the clash of Keel and Skellig Rangers on Sunday.

At the bottom of the table Scartaglen look doomed to Division 5 football next season on just 1 point, Sneem-Derrynane are on 3 points, Beale are on 4 and Duagh on 5. There are no outstanding games.

In Division 5 Ballylongford are on 20 points, Cordal are on 18 and then you have Moyvane, Cromane and Churchill all still in the mix fighting it out for a place in Division 4.

Junior Football Leagues - Fixtures & Results

The county Junior Football Leagues are nearing a conclusion with three of the finals played last weekend. The following is a resume of fixtures and results.

GROUP 1

Strand Road defeated Spa in the final in Castleisland on Friday last by 2-15 to 1-14

GROUP 2

John Mitchels play Moyvane in the final on Friday 18th August.

GROUP 3

Milltown-Castlemaine defeated An Ghaeltacht on a score of 2-11 to 2-08 in the final in Annascaul on Friday last.

GROUP 4

Beaufort play Glenbeigh - Glencar in the final on a date to be fixed.

GROUP 5

Dr. Crokes play Skellig Rangers in the semi final on Friday 18th August with the winners playing Waterville in the final.

GROUP 6

Castleisland Desmonds play Clounmacon in the final on Friday 18th August.

GROUP 7

Fossa play Listry in the final on Thursday 17th August.

GROUP 8

Tarbert play Ardfert in the final on a date to be confirmed.

Keanes Supervalu Killorglin Minor Football Championship semi final draw The semi final draw for the Keanes Supervalu Killorglin Minor Football Championship will see St Brendans, St Kierans, East Kerry and Kenmare District go into the hat when the draw is made on Kerry GAA TV on Thursday evening between 8:30pm and 9pm. The semi finals will be played on August 23rd.

KERRY MINORS ON TRACK FOR FOUR IN A ROW

All-Ireland MFC Quarter-Final

Kerry 1-22 Louth 2-9

By C  il  n Duffy

Kerry Minor footballers quest for four-in-a-row of Electric Ireland All-Ireland titles is very much still on track, after a well-worked 10-point win over Louth in this quarter-final at O'Moore Park, Portlaoise on Saturday.

In the curtain raiser to the All-Ireland Junior Final, the Kingdom were relatively impressive throughout, with David Clifford top-scoring with nine points – six from play, while Donnchadh O'Sullivan bagged the only goal in an opening quarter which Kerry were dominant.

Kerry manager Peter Keane felt his side made a great start.

"We did start very well and we were happy with that, but obviously you are looking for a performance over the entire 60 minutes and we probably eased off a bit in that second quarter and that's something we have to work on. "I think we turned off and we can't afford to do that. But there were plenty of pleasing aspects. "I thought we worked very well on their kick-outs. I thought Barry Mahony done some fantastic fielding in the middle of the field, and we kicked some nice scores.

"We got 1-22 – 23 scores in a 60-minute game. There's nothing wrong with that."

Keane says it's great to see such competition for places among the squad.

"There is. I suppose in the Munster final and the other two games previously all of the guys who came off the bench have contributed and I think they contributed as well today.

"There's an Under 17 All-Ireland semi-final on next Saturday against Roscommon and another one to look forward to next weekend with the Minors so at the moment it's all good." Kerry looked good throughout, with Fossa

clubman David Clifford solid.

The Kingdom led by 1-3 to 0-0 early on, with Donnchadh O'Sullivan netting an eighth minute goal, before Louth opened their account.

Louth's inexperience at this level told, with the Wee County contesting their first ever All-Ireland quarter-final, and aiming to reach the last-four for the first time since 1953, having contested a first Leinster decider since 1971 this Summer.

Kerry scored 1-6 between the sixth and 15th minutes, and this provided a solid basis for this victory.

Brian Friel moved to centre-half-forward, and would finish with five points, including four from play.

Diarmuid O'Connor and Barry Mahony provided a solid fulcrum at midfield, and with Kerry strong they weren't to trail this game.

Ciaran Keenan netted for Louth just before the break, but Kerry led by 1-11 to 1-5 at half-time. John Gallagher doing plenty of hard work, as Kerry's defence were left exposed for a rare occasion in this game, setting up Keenan who sent the ball past Kerry keeper Deividas Uosis. Kerry fired three unanswered points on the restart, before Louth lost Conor Morgan to a black card.

Conor Nicholson was introduced for Morgan, and he had a hand in Louth's second goal.

Nicholson providing the final pass to Eoghan Callaghan who fired to the net to leave a six-point gap 10 minutes into the second half, but Kerry continued to impress.

The Kingdom pushed 10 points clear after 48 minutes, with Clifford and Ryan O'Neill among those on target.

John Gallagher kept Louth in touch from frees, but Kerry had done plenty to advance to the last-four with Fiachra Clifford also impressive.



Cavan are next up for Kerry in the All-Ireland semi-finals in a fortnight at Croke Park, on the same billing as the Kerry Seniors.

KERRY: Deividas Uosis; Sean O'Leary, Chris O'Donoghue, Cian Gammell; Michael Potts, Eddie Horan, Niall Donohoe (0-1); Barry Mahony, Diarmuid O'Connor, Adam O'Donoghue, David Clifford (0-9, 3f), Donal O'Sullivan (0-3, 1f), Fiachra Clifford (0-2), Donnachadh O'Sullivan (1-1), Brian Friel (0-5, 1f). Subs: Dylan Casey for S O'Leary (41), Patrick Warren for Donoghue (46), Ryan O'Neill for Horan (47), Michael Slattery (0-1) for Donal O'Sullivan (52), Ciaran O'Reilly for Donnachadh O'Sullivan (54) and Michael O'Leary for Potts (56)

LOUTH: Alan McGauley; Alan Connor, Dean McGreehan, Dan Corcoran; Leonard Grey, Nicky Browne, James O'Reilly; Liam Jackson, Conor Morgan; Gerry Garland, Conor Gillespie, Eoghan Callaghan (1-0); Ben Mooney, Ciaran Keenan (1-3, 2f), John Gallagher (0-6, 4f). Subs: Conor Nicholson for Moran (BC, 35), Fergal Malone for Gillespie, Jack Murphy for Browne (both 47), Shane Hickey for Garland (50), Keelan O'Neill for Mooney (58)

REFEREE: Martin McNally (Monaghan)



RATHMORE UNDER 13 B COUNTY CHAMPIONS 2017

THE WINNING TEAM: BACK ROW: CIARA O'KEEFE, MICHELLE CRONIN, FIONA NAGLE, ROISIN BROSAN, NORMA LEADER, REBECCA O'SULLIVAN, KATELYN O'LEARY, MIRIAM DINEEN, NICOLE CRONIN, CIARA HICKEY. FRONT ROW: TARA O'LEARY, ORLA CREMIN, MEGAN O'DONOGHUE, MARION NAGLE, CAOIMHE GUERIN, DELIA FOLEY, MUIREANN HUGHES, LAURA PHELAN, TARA BUCKLEY, CHLOE BREEN AND CHLOE MCCARTHY.



LEGION ARE UNDER 14 CHAMPS

Well done to our U14 boys team who became the 4th Legion team in the last 4 years to win the highly competitive East Kerry Division 1 League. Having been successful in 2014, 2015 and 2016 this year's team came out on top in a very difficult group stage where they advanced to beat Glenflesk in the final. The collective effort by the players and management saw the team turn in a match winning performance against a very competitive and gallant Glenflesk. The lads needed to be at their best to win that game and the win was due reward for the hard work done by both team and management. As a club we are very proud of our 4 in a row in what is our opinion the best district competition in the county.

The lads enjoyed a celebration at our generous team sponsors Four Star Pizza and no doubt attention will now turn to keeping this panel together and continue to improve and progress as they climb up the Juvenile ranks..

FIRIES COISTE NA NOG

ANNUAL JERRY FOLEY U11 MEMORIAL BLITZ

The annual Jerry Foley U11 Memorial blitz is on schedule to take place on Saturday, 19th August. Blitz specifics will be posted on our social media closer to the date.

Congratulations

Congratulations to Furies GAA minors; Niall Donohue & Donchadh O'Sullivan and their team mates in the Kerry Minor squad in their notable effort to secure a place in the All-Ireland Semi-final on Saturday, 5th August.

Saturday Morning Training Academy; Boys U6, U8 and U10

Saturday morning training for Furies U6s, U8s and U10 boys reconvenes as per normal schedule on Saturday, 12th August at 10:30am in Pairc Eamonn, Farranfore.

EAST KERRY NOTES

KILLARNEY CARPET AND FURNITURE CENTRE O'SULLIVAN CUP

Spa 6-12 Furies 5-04

Spa progressed to the semi final of the Killarney Carpet and Furniture Centre O'Sullivan Cup, East Kerry Junior Championship, after a fast moving game against Furies. Played in Spa, Furies got off to a strong start, with Padraig O'Sullivan notching up 3 goals in the first quarter to lead 3 -0 to 0-3. The first goal came when Liam Brosnan made a surging run forward, found Seamus Barry and set up Padraig O'Sullivan who rattled the Spa net in the 4th minute. The second goal started with Padraig O'Connor and Ed Kerrisk combining to provide Padraig O'Sullivan. Within a minute Furies had recorded a third goal. William Courtney intercepted the ball, sent a nice cross to the edge of the square and Padraig O'Sullivan found the net on the 15th minute. Spa then dominated the middle area of the field and levelled the game, scoring



LEGION U14 BOYS TEAM WHO BECAME THE 4TH LEGION TEAM IN THE LAST 4 YEARS TO WIN THE HIGHLY COMPETITIVE EAST KERRY DIVISION 1 LEAGUE.

three points without reply followed by a well taken goal. A Rory O'Riordan shot was saved by the Furies goalie but Jamie Spillane reacted quickest to the rebound and netted the ball 1-6 to 3-0 in the 20th minute. Two Furies points to 1 for Spa had the visitors ahead by the minimum at the break: Furies 3-2 (11) Spa 1-7 (10).

Spa got off to a great start in the second half, and took the lead with 2 goals and a point in the opening 8 minutes. A Cormac Cronin goal in the second minute provided by Cian Tobin was followed with a pointed free. Then Ryan O'Carroll won the ball made a surging run forward, picked out Jamie Spillane with a precision pass. Jamie Spillane drove forward and sent a rocket to the corner, high into the net. Spa led 3-8 to 3-2. Furies reduced the gap to a single score with an Ed Kerrisk goal, in a move that started when a Spa goalwards ball came off the upright and Ed netted for Furies at the end of a fast upfield move 3-8 (17) to 4-2 (14). A period of Spa dominance saw the home side notch up 1-2, David Spillane the goal scorer. Furies had a purple patch and responded with 1-2 Colm Murphy on target for the Furies goal 4-10 (22) to 5-4 (19) wit 5 minutes of normal time remaining. However, it was Spa that had the upper hand in the closing minutes. Two Rory O'Riordan goals and 2 points saw Spa progress to the semi final against Fossa on a final scoreline of Spa 6-12 Furies 5-4.

Referee: Brian Hickey (Currow)

Spa: David Carroll, Eric O'Donoghue, Brian Lynch, Eoin Fitzgerald, Eoghan Cronin, David Spillane (1-0), Shane Fenton, Hugh O'Donoghue, Andrew Fitzgerald, Cormac Cronin (1-1f), Jamie Spillane (2-2;1f), Ryan O'Carroll (0-1), Cian Tobin (0-1f), Rory O'Riordan (2-2), Niall Mc Carthy (0-4) Subs: Aydan Mulvanny, Kieran Spillane

Furies: Bill O'Rourke, Padraig O'Mahony, Pat Browne, Denis Kerrisk, Liam Brosnan, Padraig O'Conor, Diarmuid O'Mahony, Con O'Mahony, Jake Flynn, Mike Daly (0-2), William Courtney, Seamus Barry, Ed Kerrisk (1-1), Padraig O'Sullivan (3-0), Colm Murphy (1-1). Subs: Diarmuid Brosnan, Evan Cosgrave

GNEEVEGUILLA 1-9 RATHMORE 0-10

Gneeveguilla played at home to Rathmore in the Quarter finals of the O'Sullivan Cup East Kerry Junior Championship. It was Rathmore who

got off to the better start with two early points from B Cronin and D McCarthy. Gneeveguilla responded with points from Padraig Doyle and Padraig O'Sullivan. Rathmore hit the crossbar and the Gneeveguilla had goalie Micheal Fleming to thank for stopping a shot from Stephen Lehane, keeping the sides level. Rathmore hit three unanswered points on the trot with Dean Fitzgerald finding his range in front of the posts. Gneeveguilla stayed in touch with Conlon O'Leary and Padraig Doyle tapping over to leave it 0-04 to 0-05 in favour of Rathmore at half time.

Rathmore got the opening score of the second half and looked set to dominate the game. However Gneeveguilla never gave up and a Kevin Coughlan interception laid on Jack Cremin to make a run into the square and pass it to Eugene Kelleher who stuck it in the back of the net. Rathmore drew level mid way through the second half. Padraig O'Sullivan, Jack Cremin and Padraig Doyle scored three more for Gneeveguilla, and due to the home sides excellent defence, Rathmore were unable to get the vital goal they needed. Full Time score: Gneeveguilla 1-09 Rathmore 0-10. Gneeveguilla host Dr Crokes in the semi final. Referee: Tom Moriarty (Killarney Legion)

DR CROKES 4-10 LISTRY 3-12

Listry hosted Dr Crokes in the third quarter final. Dr Crokes, playing at a fast pace, dominated the opening half and were denied a goal in opening minute by a great save from Listry's Colm Counihan. Aaron Murphy pointed the resultant 45m free. Derry Ahern levelled the game. However, Dr. Crokes notched up 3 goals (Bryan O'Shea and Chris Brady) to 1 by Sean O'Sullivan for Listry and a scatter of points saw the half time score: Dr. Crokes 3-5 Listry 1-5

The Listry team came out with renewed determination for the second half and reduced the gap with 2 goals early in the half, while both teams picked off points. The first goal came in the 6th minute, when Sean O'Sullivan netted the ball. The second Listry goal came shortly afterwards, with Kevin Murphy on target, further narrowing the margin. Dr Crokes recorded a 4th goal Listry reduced the gap to 1 point into the final few minutes of the game. However, it was not to be for the home



side, Listry narrowly missed a point in the last minute and Dr Crokes progressed to the semi final on a full time score Dr Crokes 4-10 Listry 3-12. Dr Crokes are away against Gneeveguilla in the semi final.

Referee: Denis O'Sullivan (Scartaglen)

Listry: Colm Counihan, Brian Kennedy, Darragh Lehane(0-1), Darragh O'Shea, Senan Wrenn, Paidi Lehane, Conor O'Sullivan(0-1), Jimmy O'Leary, Stephen Brosnan, Derry Ahern(0-9), Paul O'Donoghue, Damien Clifford, Peadar Keane, Anthony Sweeney(0-1), Sean O'Sullivan(2-0). Subs: Billy O'Brien, Joe Clifford, Cian O'Donoghue, Kevin Murphy (1-0), Danny Wrenn

Dr Crokes: Johnny O'Leary, David Naughten, John Kerrisk, Mark Egan, Brendan Coppinger, Cillian Fitzgerald, Creagh Courtney, Mike Milner, Jason Lyne, Chris Doncel(0-1), Aaron Murphy(0-3), Dan Healy, Bryan O'Shea(2-3), Chris Brady(2-1), Michael Casey. Subs: Keane O'Neill (0-2)

TATLER JACK EAST REGION MINOR LEAGUE

Rathmore 2-12 Furies 2-10

Furies hosted Rathmore in Farranfore in the Tatler Jack East Region League playoff. The first half was a tightly contested affair, which ended with the sides level on 2-4 a piece. Both Furies goals came from Aaron Flynn, while Rathmores goals were scored from play by David Dineen and Anthony Darmody from the penalty spot. In the second half points were traded and the game continued a pace. In an exciting end, Rathmore had a 2 point lead, with the full time whistle approaching. In the final minute, a Furies penalty to win the game was saved by Derry McCarthy, putting Rathmore through to the semie final, on a full time score of Rathmore 2-12 Furies 2-10. Rathmore play Kenmare District Clubs in the semi final on Thursday 10th August at 7pm in Kilgarvan

Referee: John Dineen (Fossa)

FOSSA 5-18 CURROW 2-12

Fossa progressed to the division 3 final of the Tatler Jack East Region Minor League, when they proved the stronger at home against Currow. Fossa got off to a dream start with 3 goals in the first quarter, despite some great saved by the Currow goal keeper. The first goal came when Fossa were awarded a penalty, ably converted by Cian O'Shea. The sides swapped points an Emmett O'Shea rasper was saved by Currow goalkeeper but Rory Doyle pounced on the rebound and goaled. Currow played with determination and both sides slotted over 2 points. However, on 15 minutes, a Cian O'Shea daisy cutter found the corner of the net for Fossa third goal, giving no chance to the Currow goalie. The sides traded points. Currow began to dominate the middle area. Sean Brosnan sent a lovely ball to the far corner of the square, Adam Manley passed to the well positioned Con O'Connor, who sent an unstoppable shot to the corner of the net and followed immediately with a point from play - 3-4 to 1-5 in the 22nd minute. A scatter of points saw the



UNDER 14 MILLTOWN GAA TEAM PICTURED AFTER WINNING THE DIVISION 3 KELLIHER'S TRALEE CENTRAL REGION FINAL ON WEDNESDAY EVENING LAST IN CASTLEGREGORY. THEIR OPPONENTS WERE AN GHAELTACHT. TEAM PHOTO TO FOLLOW. THE FINAL SCORE WAS 3:14 TO 3:11. WELL DONE TO IAN, JOHN, COLIN AND DAMIEN FOR ALL THE WORK WITH THIS GREAT BUNCH OF BOYS.

score at the break: Fossa 3-8 Currow 1-8 On resumption, the home side further extended their lead with 5 points without reply and sealed the victory with a Rory Doyle goal. Adam Manley replied with a Currow goal. A brace of points saw Fossa lead 4-13 to 2-10 going into the last quarter. Both teams played with spirit and skill to the final whistle and notched up a number of points. Dan Talbot rattled the net for Fossa's fifth point, to ensure a meeting with Spa in the Final, on Thursday 10th August at 7pm in Spa. Final Score: Fossa 5-18 Currow 2-12.

Referee: Mike Brosnan (Spa)

TATLER JACK EAST REGION MINOR LEAGUE

Beaufort and Gneeveguilla took the league points in round 4 of the Tatler Jack East Region Minor League division 2 last week, when the took on Cordal Scartaglen and Killarney Legion respectively. Round 5 is fixed for Thursday next with Beaufort at home to Killarney Legion, Cordal/Scartaglen hosting Glenflesk and Gneeveguilla bye. All games at 7pm. Beaufort is topping the league table on 6 points. Glenflesk and Gneeveguilla have 4 points each, while Cordal/ Scartaglen have 2 league points. With Gneeveguilla having played all their games, it is all to play for i the game between Cordal / Scartalen and Glenflesk.

BILL TANGNEY CUP

The semi finals of the Bill Tangney Cup see Glenflesk entertain Cordal and Currow at home to Furies. The Finals are fixed for Tuesday the 15th August at 7pm at a neutral venue.

CONGRATULATIONS

Heartiest congratulations to the Kerry Junior Team and Management on winning the All Ireland Junior title, with special congratulations to all those involved who are from East Kerry. Well done to the Kerry Minor Team and Management on reaching the All Ireland Semi Final V Cavan and best of luck to the U17's next Saturday.

LEGION GAA NEWS

FAMILY FUN DAY

The heavy showers on Saturday morning gave little hint of the excellent weather to follow in the afternoon which was exactly what the doctor ordered for our Family fun day and BBQ. A fine turnout - many of whom were new families to the club - relaxed in the ideal conditions as the children covered every blade of grass in Derreen. One could not have asked for more and it's due to the diligent work of Brian Moriarty and his Social Events Committee who are fast becoming experts at these important club occasions. Facepainting, treasure hunt, raffles, target ball, pitch and putt along with live music from Tom Lucey all melted together to make the whole event a great day out. Not for the first time though central to the success was the culinary skills of professional chefs Connie Carroll and Timmie Brosnan who gave so generously of their time and expertise to keep the crowd fed with the tastiest of BBQ food. They were ably assisted by Margaret Reen, Joanne Downey who is a regular at every match and event run by the club and without these willing volunteers the G.A.A. would be much the poorer (special thank you to Shane, Cassie and Émear). A big míle buíchos to everybody involved and who attended and look forward to many more social events in the future.

CLUB SHOP

We are delighted to say that Maura McCarthy our most able merchandise and shop director has brought in a whole new range of high quality club gear. Ranging from light shirts right up to warm winter jackets there is certainly something there for all ages from juvenile right up to those who remember black and white television. Ideal gifts for all occasions Maura will put you right and it won't break the bank.

KERRY MINORS

Congratulations to Cian Gammell, Peter Keane and Chris Flannery as they yet again qualified



for another All Ireland minor final, hopefully there will be two Kerry teams in Croke Park on the day.

LEAVING CERT

The very best of luck to all those who will be receiving their Leaving Cert results next week.

LOTTO

Draw held on Monday 31-7-17 (due to Kerry game)

Winning no's - 1,13,15,17. No winner. Lucky dips - (1) Daniel Grimes, London (2) Doreen O Leary, 16 O Kelly's Villas (3) Nicola Lynch, Aghadoe (4) Aaron Healy, Farranaspig, Aghadoe (5) Brigitte Whelan, c/o Speakeasy. Jackpot carried forward €12,700. Play online at www.legiongaa.com

MILLTOWN/CASTLEMAINE NEWS

CAMP FOR FUTURE STARS: MILLTOWN CASTLEMAINE GAA GROUNDS

The date is fast approaching for our annual camp-commencing on next Tuesday August 15th at 10.30 a.m. and finishing at 1.30 on Friday August 18th with a delicious BBQ for all participants. Registration forms are available at local shops - you can also register on Tuesday morning at the camp. Each child will receive a complimentary pair of shorts and socks after the camp. Further details from Ian on 087/2521053. Apologies for incorrect number in last week's notes.

UNDER 14'S

Congratulations to our Under 14's (sponsored by Norman Foley Spar and John Burke-Butchers) on their fantastic victory over An Ghaeltacht on Monday evening last in Castlegregory. Ian, Colin, John and Damien have done tremendous work with this group of players over the past while and all their hard work was well rewarded. The parents also deserve great credit for their wonderful support throughout the campaign. There was much excitement when Captain Cillian Burke (son of senior player Mike Burke) returned to Milltown/Castlemaire GAA Clubhouse on Monday night with his team mates. The players and parents were treated to some delicious refreshments at the homecoming. Special thanks to Podge, Caroline and Damian McCarthy along with Eileen Spring for organising the homecoming and to Alma's for delivering the tasty hot food to the club house.

JUNIOR TEAM

Our junior team also had a fantastic victory on Friday last, when they overcame An Ghaeltacht in a thrilling game in Annascaul, in the Junior County League Final. The final score was MC: 2:15, An Ghaeltacht: 2:08. Captain Donal Dennehy accepted the shield on behalf of the jubilant team. Well done to the management team of Fr. Kevin, Linus, Ger and Brendan Dennehy for all their work with this team.

GAA FUNDRAISING LOTTO

Our Lotto Jackpot is now at 15,600 euro with 500 euro for a match 3. Tickets available in local shops and businesses.

Sincere thanks to you all for your continued support.

COUNTY MINOR AND JUNIOR PANELS

Congratulations to the Kerry Juniors on their All Ireland victory last weekend. In particular, we salute Pa Kilkenny and Liam Carey from our neighbouring Mid Kerry Clubs who both played in the final.

Well done to Peter Keane-Keane's Supervalu, Killorglin and his troops who advanced comfortably to the All-Ireland Minor semi-final last Saturday.

LEAVING CERT RESULTS

An anxious week lies ahead for all the leaving cert students who await their results on August 16th next. It's important to remember that there is life outside CAO, college etc. 'What's for you won't pass you by' so stay positive!

UNDER 13 TOURNAMENT

The club's U 13 ladies participated in this North Kerry Board competition, run off in the John Mitchel's Complex on July 29th. With 16 teams competing, Dr. Crokes were grouped with Rathmore, Abbeydorney, and John Mitchels, and topped their group to qualify for the semi final and after a most exciting game v Beaufort, reached the Cup final. Unfortunately after a spirited performance, their only loss of the day was to their last opponents Austin Stacks. Congratulations to all our girls who 'flew the flag' over their five matches. Faith Lockett kept goal with distinction throughout all five games. Emma Kelly and Rocha Clifford were close to impenetrable all day long and along with the dashing Debbie Maye, Katie McCarthy and Selina Thawiset Collins had defence turning to attack time after time. Laura O'Shea, played on every line of the team over the five games, and Niamh O'Donoghue, Cara O'Sullivan and Alicia Keane demonstrated their skills base by playing both in the forwards and backs whenever they were needed. The mid field combination of Kelly O'Sullivan and Pia Hickey must have run the distance between Killarney and Tralee, over the day. Ella Galvin's crucial goal and Ali O'Donoghue timely block down were what put daylight between the teams in the semifinal. Leah McMahon led the teams attack from centre forward and her combination with Sinead Oliver at full forward, and Lucy O Leary, on the wing, had their teams total score for the day at 8 goals and 20 points. Sincere thanks to all the parents who were able to make it over to Tralee to support the girls. To Sinead Galvin for her discernment between freeze gel and deep heat, and to Brendan and Pádraig who looked like they knew what was going on at all times.

UNDER 16

The Crokes secured a 2-7 to 1-5 victory over the Legion in their final round of the County League on Wednesday evening.

They will now face Austin Stacks at home in the County Semi Final.

LOTTO

Lotto results from Monday 31st of July - 7, 19, 20, 22. Jackpot €5700. Not won Match 3 6 by

€70. Jackpot €6000. Lotto results from Sunday 6th of August - 1, 14, 20, 24. Jackpot €6000. Not won Match 3 2 by €200. Jackpot €6300.

GNEEVEGUILLA GAA

lotto numbers 3,12,28,29

No Jackpot winner next weeks jackpot €5,750

€40 Margaret Dillane Quarry Cross

€40 Fionn C/o Mai Murphy

€40 Grandad & Ryan C/o Gobnait

€30 Bill & Pipa Murphy Banard

€30 Aine Brennan Trim

€20 David O'Leary Yearly ticket

Gneeveguilla 1-09 Rathmore 0-10 O'Sullivan cup Quarter final result.

Gneeveguilla Gaa carnival is on September 1st to 3rd. Congratulations to DJ Murphy who won the junior all Ireland with Kerry.

Well done to Patrick Warren and the Kerry minors on qualifying for the All Ireland semi-final.

LISTRY GAA CLUB NEWS

JUVENILE UPDATE

Our U16s finished their group stage of the county league with a narrow away defeat to Kerins O Rahillys on Wed evening last. Despite this minor hiccup they still finish on top of their group. They now face Gneeveguilla on Wed evening next Aug 9th in Allman Park in the division 3 semi final at 7pm. Please come out and support the lads in what will be a tough game. Our U14s are back in action this Friday evening August 11th at 7pm when they cross the Laune to play Beaufort in the Mid Kerry Championship. Our U8s played Milltown on Friday evening in Faha. Two good competitive matches took place.

SENIOR FOOTBALL UPDATE

Listry V Dr Crokes last Tuesday 1st August in Fr. Myles Allman Park in the O Sullivan Cup Quarter Final, Listry narrowly lost the match by losing by 1 point, great performance and fantastic comeback in the second half. Listry 3.12 Dr Crokes 4.10

Listry V Beaufort last Thursday 3rd August in Listry in Senior Football League Div 2. Listry put up a fighting chance showing skill and determination, however Beaufort victoriously won the match. Beaufort 3.10 Listry 0.07

LOTTO RESULTS

Number drawn 6, 11, 14, 21

e100 - Gerald Breen Lahard

e50 x 2 Patsy Carroll Killarney. Kathleen Devane c/o P. Ahern

e25 x 2 Josh Hewardine Ballytrasna. Sean Courtney Furies

Draw Entrant: Linda and Kieran Foley Furies

Next week Sunday's jackpot €8,400

KERRY MINORS

Congratulations to Peter Keane, Ballymalis, management and the Kerry Minors who have sealed a All Ireland semi final spot after defeating a battling Louth side by ten points Kerry 1.22 Louth 2.09



HANDBALL NEWS

KERRY TRIO PROGRESS BUT THEN ONE GOES OUT IN 60X30 HANDBALL COMPETITIONS:

In midweek Glenbeigh's Dominic Lynch bagged another Munster title when he defeated Tipperary's David Hickey 21-11, 21-6 in the 60 x 30 Over 35 A singles decider. The game was played before a big crowd in Ballymac and Dominic was happy with his performance.

"It was good to have the game in Ballymac and after a tight opening I did pull away a little. However I know that Mayo's Joe McCann will be a tough opponent in the next round – the last 16 in the country."

And Dominic was proved right as his campaign ended in the Last 16 of the All Ireland's losing out to McCann 21-14, 21-14.

In the Munster 60x30 Junior B doubles quarter final the Ballymac duo of Daire Keane and Cian Couihan travelled to Cullen to take on Cork's Shane Lynch and Jonathan Lucey and came away with a win following a cracking game that went all the way to a decider.

The Kerry duo lost the first game, 18-21 and were under pressure. But they showed great heart and skills to level the match with a 21-17 win and wrapped things up after another tight game winning 21-18. They will now face John Horgan and James Moakley of Cork in Hospital, County Limerick in mid-week.

This Sunday Jack O'Shea will bid to make the All Ireland 60x30 Junior A Singles final. He faces Cormac McMahon of Cavan at 1pm with a place in the decider the prize.

CYCLING NEWS

Killarney CC's Conor's the King of the Road:

Following 6 rounds of the Clubs of Kerry Road Race League Killarney CC's Conor Kissane has been crowned as the League champion. The action began with Killorglin's round in May and ended this week with the final round hosted by Killarney CC in Beaufort.

Conor went into the final round with a 5 point lead over George Doyle of Manor West iBike and had enough club mates to control matters to ensure he took home the Sean O'Connor Memorial Cup and the League title.

On the overall table Conor took the title ahead of Doyle with Fergal Murphy of Killarney CC's Fergal Murphy and Tralee Manor West's Jake Deering sharing 3rd place. Cian Leahy (Kanturk) was 4th, Tralee Manor West's Shane Fleming in 5th and Sean O'Riordan of Valley Wheelers taking the 6th spot.

Two out of Three Underage title for Killarney CC:

Cycling at underage level is certainly in a healthy state if the numbers competing in the League is a barometer. All three categories were hotly contested with many the final League places still to be decided going into the last round.

Once the racing ended in the u12's the ultra-consistent Shane Galvin (Killarney CC) was crowned the League winner ahead of club



AT A VERY SPECIAL UNVEILING OF A PLAQUE TO THE LATE BRENDAN HEFFERNAN, TREASURER OF WORKMEN'S ROWING CLUB, KILLARNEY, WHO PASSED AWAY IN SEPTEMBER 2013, HIS PARENTS DONIE AND KATHLEEN HEFFERNAN, UNVEILED A PLAQUE IN HIS MEMORY AT THE BOATHOUSE, ALSO INCLUDED IS CLUB CHAIRMAN TIMMY MOYNIHAN AND WORKMEN'S RC PRESIDENT MARY MOYNIHAN. THE CLUB ALSO NAMED THEIR NEW DOUBLE SKULL 'CAITRIONA' BRENDAN'S SISTER, WHO HAS WORKED TIRELESSLY FOR THE WORKMEN'S ROWING CLUB FUNDRAISING INITIATIVES FOR THE KERRY HOSPICE FOUNDATION. PHOTO: VALERIE O'SULLIVAN

Hilliard and Killarney CC's Sarah McGrath.

Killarney Results: After a tough night's racing in Beaufort where the late rain made the finish tricky Tralee MW iBike's Jake Deering took the win from Killarney Fergal Murphy and Sliabh Luachra's Pat Sheehan. The points were rounded out by Killian Malarge from Team Cote de Granit Rose John Brosnan and eventual League winner Conor Kissane, both of the Killarney CC.

Killarney CC dominated the u12's taking the top 3 in the following order Shane Galvin, Louis and Callum Steadman Murphy. NewcastleWest CC's Shauna Finn was 4th, Kingdom CC's 5th and Sliabh Luachra's Sean Hurley 6th.

Sliabh Luachra's Ben Murphy took the u14 race ahead of Kingdom CC's Adam Lenihan and Killarney CC's Lorcan Daly. Killarney CC riders Almha Kissane, Tara Kissane and John Hewerdine took the rest of the points for 4th, 5th and 6th.

Showing the strength and diversity of underage cycling 4 clubs were represented in the top 4 of the u16's. Tom Moriarty of O'Leary Stone Kanturk took the win from Killarney's Tadgh O'Shea with Robbie Scott of Tralee Manor West iBike in third and Sliabh Luachra's Denis O'Connor 4th. Eoin Moloney (Tralee Manor West) took 5th and Sliabh Luachra's Dan Murphy 6th.

FARRANFORE MAINE VALLEY ATHLETIC CLUB

The Munster Juvenile "B" T&F Championships Day took place in Templemore on Saturday 29th July. Well done to Cormac Costello who won bronze in the U13 600m. He was also 5th in the Long Jump

His sister, Grainne competed in the U10 Long Jump finishing in 11th place and was 8th in the 500m. The three McCarthy sisters were also competing. Shauna was 7th in the U14 800m, Eabha was 5th in the U12 80m sprint and Rhian was also fifth in the U10 500m. Well done to you

in the Gneeveguilla AC mile series. There was some great performances with Dermot Dineen, Aidan McCarthy & Jerome Foley breaking the 5mins for the mile in more than one occasion. Well done also the Marie McKenna who did extremely well also in breaking the 6min for the mile.

St. Brendan's AC hosted their annual 5K & 10K Banna Road Race on Sunday 6th August. Maria McCarthy was first lady in the 10K and her daughter Shauna was third lady in the 5K distance. Also competing from our club was Aidan McCarthy & Dermot Dineen.

ATHLETIC'S FIXTURES

Sun 13th Aug; Liscarroll A.C. Open Track & Field Sports, @ 1pm sharp in Liscarroll GAA Grounds.
Sun 13th Aug: AAI National Half Marathon Championships, Dublin

Sat / Sun 19th/20th Aug: National Athletic Community Games, Dublin

Sun 20th Aug; National League Final, Tullamore
Sun 20th Aug.; Rose Of Tralee 10K

See Kerry & Munster Athletics website for full fixture lists & timetable for events.

GNEEVEGUILLA ATHLETIC CLUB LOTTO

No winner of our lotto draw 04/08/2017, numbers drawn were 8, 10, 21 & 25. Sellers prize winner Mossie Brosnan, €50 Y/T prize winner Mary T McCarthy Gneeveguilla Cross, €50 to Dermio Fitzgerald Scrahanagullane, €40 each to Sean Sullivan Shrone, Ger Crean Sliabh Luachra & Margaret McCarthy Gneeveguilla PO. Bonus not won numbers drawn were 1, 6, 23 & 28. Next week's jackpot €7,200 plus €1,000 bonus.

1MILE SUMMER SERIES

Our 1mile series is over for another year. The final leg was held in gneeveguilla on Friday evening last. Club runners who did well on last Friday night were Robert Purcell 1st 045,



Maggies buckley 1st U15, Delia Foley 1st U13, Danielle O' Riordan 1st u12, Caroline Murphy 1st O50. Those club members who qualified for the overall prizes were as follows: Hannah McCarthy 2nd Senior Lady, Norma O' Connor 1st O45, Eileen O' Riordan 2nd O45, Caroline Murphy 2nd O50, Claragh O' Connor 1st U11, Danielle O' Riordan 1st U12, Delia Foley 1st U13, Maggie Buckley 1st U15, Emmet O' Connor 1st U9, Jack Buckley 1st U13, Sean O' Connor 2nd U14, Andrew Purcell 1st U19. The club wishes to thank all who supported the mile series. Thanks to all our officials who helped out. To ye all ye are the pride of our club.

CORK ROAD RACE

Nora Flynn & Mary O Connell were place neicely in the biff road race in Cork last week.

FATIMA CENTENARY

For the fourth apparition of Fatima , there will be a fast (water only) from 5. 00 pm on Friday August 18th to 5.00 pm on Saturday August 19th for the salvation of souls. For those unable to do the fast a sacrifice to the best of your ability is requested. The Rosary will be recited at The Grotto in Gneeveguilla on Saturday August 19th at 4.00 pm, weather premitting, otherwise it will be held in The Church.

WORKMEN'S ROWING CLUB

COASTAL ROWING

The Sive County Championships took place last weekend. Congratulations to all of our crews who took part and came away with a host of 1st second and third place medals. Saturday saw our U18 to Seniors rowing, whereas our U14 to U16s rowed in challenging windy and wet conditions on Sunday. Many thanks to Sive Rowing Club who hosted this event and to all of our boat handlers, coxes, coaches and parents who helped out all weekend.

CONGRATULATIONS KENMARE

A hearty congratulations to Georgia O'Brien ,Kenmare Rowing Club, and her coach Noel Casey, on her Gold Medal win for Ireland, during the Coupe de la Jeunesse in Belgium.

AN APPRECIATION TO MUCKROSS

We would like to thank Muckcross Rowing Club for their generosity in loaning their quad to us for the season. Also we congratulate their own Womens J14 quad on their Golden win at the Champs in July. Comhghairdeachas a chailini.

REMEMBERING BRENDAN

A lovely night was had by all at the clubhouse, as we remembered Brendan Heffernan last week , while a plaque was unveiled by his family and our new double scull was blessed and named after his sister Caitriona, in recognition of their support for the club and Cancer Services at Mercy Hospital.

Fundraising

Our annual Church Gate Collection took place last weekend. Many thanks to our volunteer



AT A VERY SPECIAL UNVEILING OF A PLAQUE TO THE LATE BRENDAN HEFFERNAN, TREASURER OF WORKMEN'S ROWING CLUB, KILLARNEY, WHO PASSED AWAY IN SEPTEMBER 2013, HIS PARENTS DONIE AND KATHLEEN HEFFERNAN, UNVEILED A PLAQUE IN HIS MEMORY AT THE BOATHOUSE. THE CLUB ALSO NAMED THEIR NEW DOUBLE SKULL 'CAITRIONA' BRENDAN'S SISTER, WHO HAS WORKED TIRELESSLY FOR THE WORKMEN'S ROWING CLUB FUNDRAISING INITIATIVES FOR THE KERRY HOSPICE FOUNDATION, INCLUDED ALSO ARE, CAITRIONA'S DAUGHTER SARAH, CLUB PRESIDENT MARY MOYNIHAN, PAULINE O'BRIEN, TREASURER, MIKEY JOE BURNS, HEAD TRAINER, GERARD HEFFERNAN, BRENDAN HEFFERNAN, JNR, DONIE HEFFERNAN, TIMMY MOYNIHAN, CHAIRMAN WORKMEN'S RC AND KATHLEEN HEFFERNAN. PHOTO: VALERIE O'SULLIVAN

collectors and to all of our generous supporters. Birthday Greetings

A very Happy Birthday to three amazing ladies, who celebrate their birthdays this week. To Mary Moynihan, Pauline O'Brien and Noreen O'Donoghue, enjoy your special days as ye pack for the Coastals in Donegal!!!!

To keep in contact with all of our news, why not like us on Facebook: Workmen's Rowing Club.

FLESK VALLEY ROWING CLUB

SIVE

The Sive County Coastal Championships took place last weekend over the course of two day in Cahersiveeen, with the men and women taking to the water on Saturday and the underage doing there part on the Sunday. Yet again it was a hugely successful regatta for the Valley. Our under 12 girls crew, who were only competing in there second regatta, stormed to victory and this was followed up with our U16 boys crew once again doing the business and winning their race. There were several other notable preformances with silver medals going to our U18 boys, PreVet Men and PreVet mixed crews. While bronze medals went to our U14 boys and U16 girls crews. Also in the medals was a Flesk Valley/Templenoe Composite crews who won the Senior men and were second in the Vet Men and Vet mixed race. Well done to all who competed over the weekend. And as always thanks to all who help out with the

transport of boats, crews, coxing and coaching

KILLARNEY RFC NOTE

FAMILY DAY

We are holding a family day at Aghadoe on Saturday the 9th of September next, between 12 and 3pm. We will have many different games, fantastic food and entertainment for all the family and a great day out is guaranteed. So why not come along and bring all the family along to Aghadoe and have a great day of fun.

MEMBERSHIP

Memberships are now due and can be paid online at www.krfc.club/membership. The closing date for paying memberships is the 30th of September.

MINIS RETURNING

Our minis will return to training on Saturday the 2nd of September at Aghadoe between 10:30 and 12 midday. Mini rugby is open to boys and girls aged between 5 and 11 and is fantastic fun for all children where we learn to play rugby in an inclusive environment and fun is the keyword. For details contact Liam Murphy on 087-4145662.



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

IF YOU HAVE A STORY... Call: Aisling on **086 0400 958**
or Email: editorial@outlookmags.com



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CASTLEROSSE GOLF CLUB

Results,
Competition played on Sunday 30th July
Sponsored by the Castlerosse Hotel, 18 Hole
Stableford 1st Place, Roger O'Sullivan (13) 43
pts, Runner-up, Donal O'Reilly (20) 41 pts, 3rd
place, Alan O'Meara (21) 41 pts.
Competition played on Sunday 6th August 18
Hole Stableford, 1st Place, Peter McGrath (22)
41 pts, Runner-up, Michael Leahy (18) 40 pts,
3rd place, Roger O'Sullivan (12) 39 pts
Mixed Scramble played on Wednesday 26th
July, best return Steve Shine, Dan O'Connell &
Mick Clifford.
Mixed Scramble played on Wednesday 2nd
August, best return Steve Donal O'Reilly,
Stephen Dennehy & Denis Tangney.
Well done to Gintaras Bendaravicius & Stephen
Dennehy on winning the Holmpatrick NCBI
Kerry qualifying competition on 26th July. One
step closer to finals at St Andrews.

FIXTURES,

Weekend competition, 18 Hole Stableford to
be played on Saturday or Sunday.

CASTLEROSSE LADIES RESULTS;

"Pieta House" charity day, 3 ball best ball (18
Hole) played Thursday 27th July, 1st place
Patricia Barrett, Teresa Barret & Molly O'
Connor net 52 pts (BB9), Runner up: Adrienne
McDonald, Ger Owens & Ger Dennehy net 52
pts, 3rd Place Lisa Kerfoot, Marie Murphy &
Eileen Sugrue net 47 pts.

18 Hole Stableford played Thursday 3rd August,
1st place Mary Jo Dowling (34) 28 pts, Runner
up: Mary Tobin (26) 28 pts.

9 Hole Stableford played on Thursday 3rd
August, 1st place Patricia Barret (36) 15pts.

Mixed Scramble continue each Wednesday
evening draw at 6.15pm, meet at clubhouse.
Competition open to all golfers, Ladies & Gents.

KILLORGLIN GOLF CLUB

LADIES RESULTS

Captain Michael O'Sullivan's Prize to Ladies 18
Hole Stableford: 1. Anne Kenny Foley (33) 43
pts. 2. Eileen Devane (27) 41 pts. 3. Eileen Bell
(25) 39 pts (B6).

12 Hole re-entry Stableford sponsored by Lady
President Betty Griffin: 1. Mary Murphy Garvey
(29) 31 pts. 2. Mary Conway (28) 30 pts. 3.
Kathleen Keating (24) 28 pts.

Silver Swans 12 Hole Stableford 1/8/2017:
1. Maire Ni Loinsigh (24) 26 pts. 2. Marian
Kerrisk (31) 23 pts. 3. Phil Anne Foley (36) 22 pts.

FIXTURE

18 Hole Singles Stroke Sat 12th/Sun 13th/Tues
15th sponsored by Bunkers Bar & Restaurant.
Play either day and arrange own time and

playing partners.

Puck Fair 12 Hole re-entry Stableford sponsored
by Peter Keane Supervalu is now in progress
and continues until Monday 28th August. Open
to Green Fees.

The entry sheet for Lady President Betty Griffin's
Prize day on Saturday 26th August is poster on
the Notice Board.

KILLARNEY GOLF CLUB - LADIES

Results of Eileen Murphy Foursomes Sponsored
by Muckross House Team of 2, 27th July.

1st Susie Tong / Muireann O'Farrell (17)
38 pts

2nd Helen Prendergast / Maureen Creedon
(19) 35 pts (bk9)

Maureen O'Shea Memorial Competition Singles
s/ford Killeen Course

1st Sinead Galvin (22) 40 pts

2nd Siobhan Brosnan (10) 38 pts (bk9)

BG Kelly Brotherton (0) 36 pts

3rd Claire Keating (7) 38pts

4th Lora Beth Malloy (31) 37 pts

Captain Declan's Prize to the Ladies, Sunday 6th
August, singles/stroke Mahonys

1st June O'Brien (20) 69

2nd Sarah O'Brien (16) 65 (Junior)

BG Kelly Brotherton (0) 75

3rd Helen Howard (25) 70 (bk9)

4th Fidelma O'Connor (11) 70

5th Lady Captain Amy Arthur (8) 70

F9 Maria Chawke (26) 31

B9 Lora Beth Malloy (31) 32.5

CSS 71

Next Sunday's Competition Hayes Cup
sponsored by Diageo, singles s/ford Killeen.

ROSS GC, KILLARNEY -

GENTS CLUB -

RESULTS :-

On Sunday last our Captain Jimmie Smith held
his Captains Prize.

The winners were :-

1... John O'Sullivan (20) 72.

2....Renaldas Bendikas (9)72

3...Tony Lenihan (18) 72

Best Gross.. Sean Moynihan (6) 78

4..Jonathan Casey (9) 72

5..Terence Mulcahy (12) 72

6..Ambrose O'Donovan (14) 72

7...Oliver Butler (18) 73

FN .. Michael Courtney

BN ...Donnagh Moynihan

Past Captain ...Con O'Mahony.

CAPTAINS PRIZE TO THE LADIES:-

1.. Kaye Cremin.

2.. Ann O'Leary

3..Bridie Brosnan

The golf which was held in poor weather
conditions was well supported with a large
number of golfers seeking to win this coveted
prize and this is borne out with the very
competitive scores .

Later in the evening we were treated to some
fine food and some beautiful desserts. The
social evening and prize giving was excellent
and thoroughly enjoyable with lots of
craic, fun and enjoyment. A good night was
had by all. Special mention to the Caraway
Kitchen for the food and compliments to
Suzanne Smith for the desserts.

Fixtures:-

On Saturday August 12th and Sunday
August 13th we will hold a single stableford
competition kindly sponsored by the Golf Shop,
College St.. The timesheet is now available in
the clubhouse so please add your name to it
immediately.

On Friday August 18th we will hold a 10 hole
mixed open scramble and visitors are most
welcome . Entry sheet on the noticeboard or be
in the clubhouse at 6 pm as the draw for teams
will be at 6 pm and tee off at 6.30 pm . This will
be followed by food and the prize giving in the
Clubhouse at 8.30 pm approx.Cost to members
will be € 10 including food and non-members
will be € 15, including food.

DEERPARK PITCH & PUTT

LISTOWEL SCRATCH CUP

Congratulations to our Chairman Damien
Fleming on adding another Scratch Cup to his
collection on Monday in Listowel as he finished
with 22 under par to lead home the field after
54 holes. Michael Cronin just missed out on
victory in the Intermediate grade on countback
meanwhile as he tied for the winning score of
six under par in a 36 hole event.

COUNTY U-16 STROKEPLAY

Well done to our U-16's on a great showing in
the County Strokeplay in Deerpark last Friday
as all six prizes were won by club members.
Results in Full- Boys 14-15: 1st Adam Kelly 105,
2nd Erin Moloney 110, Boys 11-13: 1st Cillian
Courtney 103, 2nd Eoin O'Riordan Looney
113, Boys 8-10: 1st Noah Sexton 123, 2nd Joey
McCarthy 140.

Sunday Morning Results: Overall Nett- Sheila
O'Donoghue & Paddy Murphy 41, Gross-
Michael Foley & Willie O'Keeffe 49, Second
Nett- Sean Ashe & Noel Moynihan 42.

Wednesday Evening Results: August 2nd: Nett-
Michael Cronin & Noel Moynihan 35, Gross-
Jason O'Brien and Robbie O'Brien Snr 44 (B9)
Hole-in-One- Robbie O'Brien Jnr.

CHAIRMAN'S PRIZE: Our Chairman Damien

Fleming's prize takes place this Friday evening (August 11th) with the U-16's teeing off at 4pm followed by the adults at 6.30pm. Entry €5 for U-16's and €10 for Adults.

CLUB MATCHPLAY

A reminder to all entrants that all First Round games must be completed by next Wednesday August 16th. Please note that all matches are over 36 holes.

MUNSTER INTER-COUNTIES

Best Wishes to our Kerry representatives on the various inter-county teams in Castleisland this weekend. On Saturday in the Junior Ladies Eileen Switzer and Sheila O'Donoghue will be donning the county colours while on Saturday Damien Fleming and John McGrath will play on the Senior Mens team and James Fleming on the Intermediate Mens. The U-16 team meanwhile is made up of all Deerpark players in the form of Adam Kelly, Cillian Courtney, Erin Moloney, Robbie Harnett, Darragh O'Callaghan and Jack McCarthy.

KILLARNEY GOLF CLUB -

MENS

CAPTAIN'S PRIZE WEEKEND.

For a full report see page 16.

Captain Declan wishes to congratulate John Cahill on winning the Club Championship, John overcame a very Dogged Alan MacSweeney on the 18th green in a ding-dong encounter, and only with good use of one of his Strokes received. In the semi-final John had defeated 6 time Champion Dermot Roche, while in the other semi Alan over-came the in-form Brian Holden. Congratulations John on adding your name to a long and illustrious List of winners of this most prestigious competition which is possibly one of the hardest of all, to become the Champion in, in our Club.

BEAUFORT GOLF CLUB - RESULTS

Club Scramble, Wed. 2nd Aug 2017, Winners No-

reen Kinsella, Ken West & John Egan
Presidents Prize, (Gearoid Keating) 18 hole
Stroke, Sun 6th August
Sponsored by: The Heather Restaurant & Moriarty's Gap of Dunloe
Winner: Darragh Carmody (9) net 67
Runner Up: Stephen Barry (14) net 68
Third: Mike Barry (12) net 69
Fourth: Michael Doyle (17) net 69
Fifth: James Coughlan (15) net 71
Best Gross: Joe Kennedy (05) net 71
Visitors: John English (09) net 71
Nearest PIN 2nd hole: John Egan
Longest Drive 17th hole: Mike Barry
BEAUFORT GOLF CLUB - FIXTURES
Wed 9th Aug Club Scramble 5.30pm
Thurs 10th Aug Open Seniors 10am
Open Fridays 11th Aug contact Clubhouse 064-6644440
Sat/Sun 12th & 13th Aug 18 Hole Stableford
White Tees Sponsored by PK Supervalu, Killorglin



NEASA MCCARTHY PRESENTING HER HUSBAND'S CAPTAIN'S PRIZE TO THE MEN'S WINNER ROBERT CUSSEN WITH (FRONT FROM LEFT) GEORGE VASS 3ND, TED HEALY 2ND, DECLAN MCCARTHY CAPTAIN, BREDA DUGGAN CLUB PRESIDENT (BACK FROM LEFT) NIAL MCCARTHY 4TH, JAMES CURRAN 5TH, NEIL COFFEY 7TH, GAVIN MCCARTHY 6TH, DONAL G O'SULLIVAN 8TH, EOIN O'DONOGHUE 11TH, MIKE QUIRKE PAST CAPTAIN, PATRICK FLEMING 13TH, IVAN O'SULLIVAN 17TH, LUKE SWEENEY 18TH AND MARK CHUTE 19TH AT KILLARNEY GOLF CLUB, KILLARNEY ON SUNDAY.



DECLAN MCCARTHY CAPTAIN KILLARNEY GOLF AND FISHING CLUB PRESENTING HIS CAPTAIN'S PRIZE TO THE LADIES WINNER JANE O'BRIEN WITH (FRONT FROM LEFT) AMY ARTHUR LADY CAPTAIN 5TH, SARAH O'BRIEN 2ND, BREDA DUGGAN CLUB PRESIDENT (BACK FROM LEFT) PRIZEWINNERS KELLY BROTHERTON BEST GROSS, HELEN HOWARD 3RD, FILDALMA O'CONNOR 4TH, SIOBHAN BROSNAN 6TH, KATIE O'CONNELL 7TH, MARTINA CUSCK 8TH, JANE DWYER 9TH, MAUREEN CREEDON 10 AND LORA-BETH MALLOY BACK 9 AT KILLARNEY GOLF CLUB, KILLARNEY ON SUNDAY.



DECLAN MCCARTHY CAPTAIN KILLARNEY GOLF AND FISHING CLUB PRESENTING HIS CAPTAIN'S PRIZE TO JUNIOR GIRLS WINNER CORRINA GRIFFIN AND BOYS JUNIOR WINNER GAVIN MCCARTHY WITH HIS WIFE NEASA AND BREDA DUGGAN CLUB PRESIDENT (BACK FROM LEFT) JOHN CURTIN CLUB JUNIOR OFFICER PRIZEWINNERS RYAN NEESON AND DARREN RYAN AT KILLARNEY GOLF CLUB, KILLARNEY ON SUNDAY.



AT THE PRESENTATION OF PRIZES FOR JIMMIE SMITH'S CAPTAINS DAY AT THE ROSS GC ARE :-
FRONT (L TO R) JIMMIE SMITH, CAPTAIN, SUZANNE SMITH, JOHN O'SULLIVAN, WINNER, TERENCE MULCAHY, PRESIDENT. MIDDLE (L TO R) JONATHAN CASEY, BRIDIE BROSNAN, ANN O'LEARY, MONA LOONEY (ON BEHALF OF KAYE CREMIN) RENALDAS BENDIKAS. BACK (L TO R) IVO O'SULLIVAN, CON O'MAHONY, AMBROSE O'DONOVAN, TONY LENIHAN, DONNAGH MOYNIHAN, SEAN MOYNIHAN, MICHAEL COURTNEY



Citizens Information

Know Your Rights: LEAVING CERTIFICATE RESULTS

QUESTION

Can I have the marking of my Leaving Certificate exam papers rechecked?

ANSWER

Yes, if you are not satisfied with the marks in one or more of your Leaving Certificate exams, you can appeal them to the State Examinations Commission (SEC). Before you make the decision to appeal a result, you can view your exam paper. The SEC will send your school personalised application forms for you to view your exam papers and to appeal your results. (If you were an external candidate, not attending a school, these forms are enclosed with your examination results.) To view your papers, you must return the completed form to the school where you sat the examination by 22 August 2017. The Organising Superintendent will assign you to one of the viewing sessions, which will take place on Friday 1 September and Saturday 2 September 2017. There is no charge for viewing your papers.

To appeal your results, complete the application form, indicating the subjects you wish to appeal. The fee per subject is €40 for the Leaving Certificate Established and €15.50 for the Leaving Certificate Applied. Appeal fees must be paid in advance and will be refunded to you if your result is upgraded.

The closing date for the SEC to receive applications to appeal is 6 September 2017.

Your paper will be re-marked by an appeal examiner, who will be different from the examiner who originally marked your work. The same marking scheme is used for re-marking. Your result may be upgraded, left the same or downgraded as a result of an appeal.

There is further information about the appeal process on the website of the State Examinations Commission, examinations.ie.

If you are not happy with the outcome of your appeal, you may request a review by the Independent Appeals Scrutineers. Application forms for an appeal review are provided with your appeal results.

Further information is available from the Citizens Information Service 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.



SouthWest Counselling Centre

LEAVING CERT – RESULTS TIME

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

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

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

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

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

The National Parents Council Post Primary have operates a helpline for anyone who needs support after the results or check the website <http://www.npcpp.ie/>

The service is provided by Guidance Counsellors who will give advice to both students and their parents. The helpline number is 1800 265 165 and will be available for advice on the first round CAO offers from Monday 21st August. For up to date information check the CAO website <http://www.cao.ie>

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

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

info@southwestcounselling.ie



Kerry LifeLine provides FREE counselling and support to anyone feeling suicidal or bereaved through suicide. info@kerrylifeline.com

To make an appointment call 064 6636416/064 66364100

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



Kerry ETB Training Centre



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

Outdoor Activity Instructor Traineeships Level 5 & Level 6 (TRS64) - Killorglin.

These courses are designed to provide the outdoor adventure tourism and education sector with personnel who have the knowledge and skills to work in the sector. **Start Date:** 24th July 2017. **Duration:** 46 weeks. **Certification:** QQI Level 5 and QQI Level 6 Awards.

Radio Broadcasting Foundation (ET41Z) - Tralee.

This entry level course is an excellent starting point for people who wish to pursue careers in the radio broadcasting industry. Participants will gain a foundation in a number of the everyday tasks carried out in radio stations. **Start Date:** 14th August 2017. **Duration:** 8 weeks. **Certification:** City and Guilds.

Retail Skills Health and Beauty Traineeship (ETS95) - Tralee.

This traineeship offers participants the opportunity to develop the knowledge, skills and competencies required to work in the retail sector, particularly in pharmacies and in health and beauty outlets. **Start Date:** 21st August 2017. **Duration:** 39 weeks. **Certification:** QQI Level 4 Major Award.

Medical Administration Traineeship (TRS08) - Tralee.

This course is designed for those wishing to pursue careers as medical secretaries, administrators and receptionists. It covers all the main administration tasks carried out in medical practices, hospitals, clinics and medical companies. **Start Date:** 4th September 2017. **Duration:** 42 weeks. **Certification:** QQI Level 5 Major Award.

Fibre Installation Technician (ET08632) - Tralee.

This course is designed to provide the communications cabling industry with personnel who have the specialist knowledge and skills to install, fault find, repair and test fibre optic and copper communications networks. **Start Date:** 4th September 2017. **Duration:** 24 weeks. **Certification:** City & Guilds Level 2 Award.

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

These courses comprise year one and two of the two year Diploma for Accounting Technicians. They cover the modules specified in the Accounting Technicians Ireland syllabus. **Start Date:** 11th September 2017. **Duration:** 40 weeks. **Certification:** Year 1 Certificate for Accounting Technicians and Year 2 Diploma for Accounting Technicians.

Business Administration (ET07061) - Tralee.

This course offers participants the opportunity to develop a broad range of knowledge and skills in general office administration. Graduates of the course may progress to year 2 of the Advanced Certificate in Office Information Systems at Tralee IT. **Start Date:** 18th September 2017. **Duration:** 47 weeks. **Certification:** QQI Level 5 Major Award.

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

This course is for people who would like to combine creativity and computer skills to design, build and redesign web sites. **Start Date:** 2nd October 2017. **Duration:** 22 weeks. **Certification:** QQI Level 5 Component Certificates and Adobe Dreamweaver Certificate.

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

This course covers the theory underpinning digital marketing and the skills required to carry out routine digital marketing tasks and implement digital marketing solutions. **Start Date:** 9th October 2017. **Duration:** 36 weeks. **Certification:** City & Guilds Level 3 Diploma in Digital Marketing.

Food & Beverage Service (ETS8741) - Killarney.

This course is an excellent starting point for anyone wishing to work front of house in the hospitality industry. Participants will gain the knowledge and practical skills to provide a timely, efficient and professional food and beverage service to customers. **Start Date:** 23rd October 2017. **Duration:** 28 weeks. **Certification:** City & Guilds Level 2 Diploma.

Food Preparation and Cooking Course (ET20D) - Dingle.

This course is for people who wish to pursue careers in professional cookery. It covers the practical skills and underpinning knowledge of safety at work, food safety, menu planning, costing, and preparing, cooking and presenting a wide variety of dishes including healthy foods and special diets. **Start Dates:** 16th October 2017. **Duration:** 20 weeks. **Certification:** City & Guilds Level 2 Diploma.

Traditional Stone Wall Construction (ET4R8) - Tralee.

This course offers participants the opportunity to develop the knowledge and skills required to build a variety of traditional stone walls. It's a hands-on course where participants learn the principles and techniques of stone working and dry stone wall construction using hand tools and locally sourced stone. **Start Date:** 6th November 2017. **Duration:** 34 weeks. **Certification:** QQI Level 5 Special Purpose Award in Traditional Stone Wall Construction.

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

Kerry ETB Training Centre

Monavalley, Tralee, Tel. 066 7149600 | 066 7149638 | 066 7149676,

<http://kerryetbtrainingcentre.ie>, e-mail: training@kerryetbtrainingcentre.ie



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USEFUL HINTS

- *Repurpose an old rake as a wineglass holder.
- *Use a pop up tab from a can as a photo frame hanger.
- *Keep your wrapping paper tidy with toilet paper roll centres to keep them from unravelling.
- *Fill your water bottle half way, freeze it on its side and then fill the other half with water. It will keep your water cold for hours.
- *Use a paper clip to help put on a bracelet when you don't have anyone around to help. Open out one half of the clip, hold the end of the bracelet with the wide end, hold the wire between your fingers and close the clasp with your other hand.

MAYA MAHAJAN WAS WILLING TO PAY OUT OF HER OWN POCKET ANY FINANCIAL LOSS FARMERS SUFFERED IF HER ORGANIC TRIAL FAILED

Last week I wrote about Maya Mahajan, a PhD scholar from Coimbatore who researched the impact of invasive alien weeds on native flora and ecology in various forests in her native India and came up with the idea of making eco-friendly and cheap furniture from lantana camara - an exotic weed of South American origin.

During her project, Maya also noticed that the tribal people of Sadivayal, Singampathy and Sarkarporathy hamlets that are located in the pristine forests of Siruvani hills of the Western Ghats, were reluctant to do agriculture due to frequent elephant raids and water scarcity. By reviewing the overall situation with the help of a team from Amrita University, she decided to promote crops that don't attract elephants and introduced organic farming methods in these villages.

Awareness programmes were conducted in all the three villages about the importance of organic farming and the ill effects of chemical pesticides and fertilisers on land, environment and health.

Several training programmes on the actual process of organic farming were conducted, followed by on- field training/implementation programmes. Organic crops such as turmeric, chilly, cow peas, ground nut, black gram, tomatoes, ladies finger and rice were cultivated in a total of 45 acres of land.

Farmers were trained in making Panchgavya (an organic product that promotes growth and provides immunity in plants) and Jeevamritam (an organic fertiliser) and the land was prepared using cow dung, green mulching and goat manure. Farmers were also trained on bio-insecticides using leaves and cow urine. There were many people who pointed out that converting to organic was not that easy and initially the farmers may have to face losses. But Maya was determined to do this.

"It was a huge responsibility on me. Even the farmers were not sure, but I asked them to just trust me. I told them that I was going to pay whatever loss there was, from my own pocket. But when the crop was ready, everyone was overjoyed - especially me. The yield was almost double, and moreover, it was organic, so the farmers got a better price than before. This was one of the best moments of my life," said Maya. At the end of the year, 45 tonnes of organic rice



SPA GOLF OUTING MON AUG 7TH: THE 3 MAN SCRAMBLE TRIP WERE TADHG HICKEY PAUL CASEY AND KIERAN HERLIHY. THANKS TO JIM GLEESON AND SEAN KELLIHER FOR ORGANISING THIS EVENT. ALSO A GREAT CROWD PARTICIPATED AND MILE BUIOCHAS FOR THE CONTINUED SUPPORT OF OUR SPONSORS. PRESIDENT OF THE CLUB FR TIM O SULLIVAN AND FR MICHAEL O DONOGHUE PRESENTED THE PRIZES TO ALL THE WORTHY WINNERS. WINNERS OF GOLF OUTING TADHG HICKEY, PRESIDENT OF SPA GAA CLUB FR TIM O SULLIVAN, PAUL CASEY AND KIERAN HERLIHY.

and 5 tonnes of turmeric were produced and were sold at a premium price in the market. The farmers made double the profit compared to the previous year.

ON THIS DATE – AUGUST 11TH

1858 - First official ascent of the Eiger in the Bernese Alps in Switzerland.

1874 - Harry S Parmelee of New Haven, Connecticut patented the sprinkler head.

1885 - \$100,000 raised in the US for the pedestal for the Statue of Liberty

1927 - In the Free State general election on June 9th, Éamon deValera's Fianna Fáil party won 44 seats to make them the largest party; Fine Gael and the Farmers' Party formed the government. 1927 - The Electricity Supply Board (ESB) was established to control the Shannon hydro-electric scheme and take over all existing projects for the electrification of Ireland.

1944 - The city of Florence was liberated from Nazi occupation by Canadian and British troops in Italy.

1960 - Chad in West Central Africa declared its independence from France.

1972 - The last U.S. ground combat unit departed South Vietnam

1981 - The IBM PC, an early personal computer, was introduced.

1998 - It was declared by the Fine Gael Party that many Irish farmers had the worst fodder harvesting weather for 20 years and asked the Government (Fianna Fáil + Progressive Democrats + support of four Independent TDs) to adopt a strategy to help them out.

DOG RAN AWAY AND FOUND MISSING ELDERLY WOMAN

It's always scary when a pet runs away from home. However, the Ward family in Durham, England, had an extra joyful reunion with their dog, Flash, after he disappeared overnight. While away from home, Flash managed to find a woman who had been missing since the day before!

The elderly woman disappeared on Saturday, July 22nd. Police began searching for the woman at the request of her family. The search involved a search and rescue team, members of the public, a police helicopter, and more than 20 officers. As one officer noted, "The whole community chipped in." However, it was a ten-month-old Patterdale Terrier, Flash, who ended up the hero.

Sergeant Barry Evans said, "a dog [Flash]

belonging to a local resident had accompanied officers as they searched the fields. Flash went and lay down near a hedgerow...This led a family member of the missing person to discover the woman." She was "apparently unhurt from the overnight exposure although a little distressed."

PC Karl Heseltine assisted with the search and confirmed Flash's importance in finding the woman. On the Durham Police's website he is quoted as saying, "The dog definitely played a part. Without Flash, she might not have been found so soon."

The daughter of the woman asked to remain anonymous but expressed her gratitude for everyone who helped find her mother, giving Flash a special mention by saying he "was absolutely lovely."

Elijah Ward, Senior told the police, after Flash's return home "We went straight out and bought him lots of treats. He's a little hero really. We're just glad of the outcome." Thirteen-year-old Elijah Ward, Junior added, "He's amazing. I'm so proud."

THE HOUSE THAT DID ITS OWN HOUSEWORK

For decades, Frances Gabe did not clean her house, nor did anyone clean it for her. Yet for all that time, it was spotless.

Born on June 23, 1915, Ms. Gabe, who was once a celebrated inventor died in obscurity in a hospice in Newberg, Oregon late last year at the age of 101, she was the creator, and long the sole inhabitant, of the world's only self-cleaning house.

More than half a century ago, incensed by the housecleaning that was a woman's chronic lot, Ms. Gabe began to dream of a house that would see to its own hygiene: tenderly washing, rinsing and drying itself at the touch of a button. And so, with her own money and her own hands, she built just such a house, receiving United States patent 4,428,085 in 1984. Yet her remarkable home - a cinder-block bungalow of about a thousand square feet, completed in the 1980s, at a cost of \$15,000, after more than 10 years of work and decades of planning - remained the only one of its kind ever built.

In each room, Ms. Gabe, tucked safely under an umbrella, could press a button that activated a sprinkler in the ceiling. The first spray sent a mist of sudsy water over walls and floor. A

second spray rinsed everything. Jets of warm air blew it all dry. The full cycle took less than an hour.

Runoff escaped through drains in Ms. Gabe's almost imperceptibly sloping floors. It was channelled outside and straight through her doghouse, where the dogs were washed in the bargain.

The house, whose patent consisted of 68 individual inventions, also included a cupboard in which dirty dishes, set on mesh shelves, were washed and dried in situ.

To deal with laundry Ms. Gabe designed a tightly sealed cabinet. Soiled clothing was placed inside on hangers, washed and dried there with jets of water and air, and then, still on hangers, pulled neatly by a chain into the clothes closet. Her sink, toilet and bath were also self-cleaning.

The floors were coated with multiple layers of marine varnish. Furniture was encased in clear acrylic resin. Bedclothes were kept dry by means of an awning pulled over the bed before the cascade began. Upholstery was made from a waterproof fabric of Ms. Gabe's invention, pictures were coated in plastic and knickknacks displayed behind glass. Papers could be sealed in watertight plastic boxes; books wore waterproof jackets invented by Ms. Gabe. Electrical outlets were covered.

The daughter of Frederick Arnholz and the former Ernestine Ganske, Frances Grace Arnholz was born on a ranch near Boise, Idaho. Her father was an architect and builder, and the family moved wherever his job took him: Frances wound up attending 18 elementary schools. Watching the builders she learned much of their craft. She graduated from Girls Polytechnic High School in Portland at 16 and at 17 married Herbert Grant Bateson. The couple ran a repair business in Portland for years. Ms. Gabe divorced Mr. Bateson in the 1970s. After her marriage ended, Ms. Gabe coined a new surname by combining the initials of her middle, maiden and married names, plus a final "e"

For years, Ms. Gabe toured the country with a working scale model of her house — the model alone took her a year to build — lecturing at museums, universities and women's clubs, but she was happiest at home in the company of her 3 Great Danes.

Though she dreamed of entire villages awash in self-cleaning houses, along with self-cleaning office buildings and hospitals, her vision was not to be. Maintaining a patent takes money, and Ms. Gabe had none and by 2002 her patent had lapsed.

About eight years ago, her family arranged for her to move to a nursing home. Her property was sold and the house still stands but today it is just an ordinary house.

EX-CON SKIPS JOB INTERVIEW TO HELP A CAR CRASH VICTIM

On July 13th just seven days after his release from prison, 32 year old Aaron Tucker from Bridgeport, Connecticut, was on his way to a job interview at a nearby Dinosaur Bar-B-Que. While on the city bus, he was startled to see a car hit a tree and flip over. The bus driver quickly hit the brakes and came to a stop. "Are you going to help?" he shouted to the bus driver. "No, but if you get out I'm going to leave," the driver replied, explaining that he had to stick to his route.

Mr. Tucker jumped off the bus and sprinted toward the wrecked car, which was upside down and spewing smoke. He knelt down next to the passenger-side window and saw the driver covered in blood. He unbuckled the man's seat belt and dragged him away from the vehicle as it started to catch on fire.

Mr. Tucker missed his job interview in order to stay with the man until an ambulance arrived. The man was taken to Norwalk Hospital to recover from his injuries.

"I feel like a job can come and go, but a life is a onetime thing," Mr. Tucker said. "The job just wasn't in my mind at that time."

Community members who read a local news story about Mr. Tucker's heroic rescue decided to help the man turn his life around. They set up a GoFundMe page, raising more than \$50,000 in just three days.

Mr. Tucker said any money he makes will go toward taking care of his family. "I got locked up three weeks before my son was born," he explained. "When he was born, I got a phone call from the hospital. I heard my son crying in the background, and right then and there I made a decision to change my life."

ZOO STAFF WOULDN'T SAVE DROWNING CHIMP DUE TO "DANGER," BUT ONLOOKER CAME TO THE RESCUE

Rick Swope was spending a day at the Detroit Zoo and was watching two chimps chase each other around when one of them slipped and fell into a moat that surrounded the animal exhibit. The chimp looked helpless, and he was. According to Dr. Linda Brent who runs a chimpanzee sanctuary, they can't swim. While humans have fat on their bodies that help us to float in water, chimps don't really have fat on their bodies so they often drown.

"This chimp had his hands up and his head was sticking out of the water," Mr. Swope said "He was looking at the crowd. It was like he wanted someone to rescue him."

The zoo's staff refused to jump in and help the drowning chimp because they said afterwards that Chimps are seven times stronger than humans, territorial and can be extremely dangerous.

However, Mr. Swope knew that no one else was going to try and help and despite knowing the risk he was taking the husband and father of three flung himself into the 6-ft. deep waters to save the chimp named Jojo.

The water was dark and dirty, so he couldn't see where he was swimming and had to rely on the others in the zoo to tell

him which direction to go in. Following their lead, he swam to the bottom of the moat and felt around for Jojo. He finally grabbed him and pulled the chimp onto the shore.

"He was pretty lifeless, but you could see he was still alive," Mr. Swope said "He was looking at me. I think he knew what was going on".

The entire episode was Videoed by other visitors at the Zoo and footage shows Jojo making it up the bank on his own almost immediately after the rescue, frequently stopping and looking back at the hero that had saved his life.

MOCHA MILKSHAKE TRAVELLED 400 MILES TO FULFILL A LAST WISH FOR HOSPICE PATIENT

Over the last 50 years, Tommy's Restaurant in Cleveland Heights, Ohio has served up thousands of milkshakes, but none as meaningful as one mocha shake last month.

50 year old Emily Pomeranz, was in hospice in Virginia with a second bout of pancreatic cancer when her high school friend Sam Klein visited and asked if she needed anything.

"I wish I could have one more Tommy's mocha milkshake," Emily told Sam, and Mr. Klein immediately contacted Tommy Fello the restaurant owner, in an effort to grant Emily what would be one of her last wishes.

"This was my first request like this," Tommy said "I wasn't even sure if we'd be able to do it" but with

lots of dry ice, a frozen mocha milkshake, a \$123 UPS overnight bill and nearly 400 miles later, Emily had her milkshake. The drink reached her bedside four days before she passed away.

GARDENING OUTLOOK



with John O'Sullivan

GARDEN MAINTENANCE IN AUGUST

It is important at this time of year to do some pruning in the garden. Climbers such as wisteria and pyracantha should be pruned back now after flowering. Rambling roses can also be pruned back if they too have finished flowering. shrubs like hebes should be given a light pruning at this time of year as the flowers are fading in them.

You can also give your hedges a final trim until next year as they will be putting on very little growth from now on. Don't go too hard especially with coniferous hedges as that would leave them with dead looking patches for the winter.

Also the time is right to deadhead your roses as this will keep them flowering into early autumn. Roses that aren't looking too good now and have lost some of their foliage can be cut back a bit further to encourage new growth.

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PICTURED AT THE ANNUAL HORSE FAIR ON GATHERING DAY OF PUCK FAIR 2017 WERE MAEDBH O'SHEA, SHANNON FOLEY AND ELLEN MAHER FROM KILLORGLIN. PHOTO: DON MACMONAGLE

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TOM MURPHY PROPRIETOR

BARRADUFF, KILLARNEY

TEL: 064 7754021/064 7754262

MOB: 087 2598664

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.

J.K.O.C

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A WORD OF VICTORY

Welcome back dear reader the Word of God tells us that we must study to show ourselves workers approved by Him, rightly dividing the Word of truth (2 Timothy 2:15). We humans consist of three parts – a spirit, a soul (which is our mind, will and emotions) and the physical body and these we need to develop in order to become mature. Our human spirit is the real person, made in the image of God. We educate our spirit when we meditate on Scripture, read and study it, and do what it says and Holy Spirit, who is our teacher, brings revelation of God's will for our lives to us. Following the death of Moses when the Jewish people were entering the Promised Land, God told Joshua to meditate on His Word day and night and be sure to do what it said, and then he would prosper and have good success (Joshua 1:8). It's the same command for all of us today. People are without excuse, the Bible is readily available, and truly everyone should own one and put in quality time studying and receiving revelation from the Lord. The Word also instructs our minds and our thinking to help us understand the way we should go. Scripture tells us that the Word of God is "a lamp to our feet and a light to our path" and it is also "life and health to all our flesh" (Psalm 119:105 & Proverbs 4:20-22). We are to renew our mind daily with God's Word - it's also called living water - so by constant study we wash out 'stinking thinking' and replace it with the truth (Romans 12:2). As we follow the Bible's instructions we will find victories coming instead of defeat in areas we've struggled with. We need to have wisdom to discern right from wrong and to know the truth from lies – "know the truth and the truth (that you know and understand) will set you free. (John 8:32). The Book of 3 John verse 2 tells us "beloved I pray that you may prosper and be in good health as your soul prospers", so clearly being broke or being sick is not God's best for us - in fact it's an offence to Him. Many who are broke and sick walk in darkness and that's why curses of poverty, fear and illness attack them. Only knowing the truth can set us free. Be encouraged friend, set your heart to know the truth – you will be glad! More next week...

Contact: 064 - 66 22950 E: wovkillarney@gmail.com

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THANKSGIVING ST. JUDE

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

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

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

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N.M

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NOVENA TO THE SACRED HEART

Our Lady, Sacred Heart, St. Joseph, St. Jude, St. Anthony. And to all of the Saints for favours received. And thanks to the universe. X

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ACKNOWLEDGMENT AND 1ST ANNIVERSARY



In Loving Memory of

PATRICK GALVIN

**Ballinamanagh, Kilcummin,
Killarney**

**Who passed away on 14th August
2016**

As we lovingly remember Patrick on his first anniversary, we his family and extended family, would like to express our sincere thanks and gratitude to everyone who supported and sympathised with us on our sad loss. A special thank you to our families friends and neighbours, for their support and regular visits.

Thanks to all who called to our home, attended the rosary, removal, Mass and burial. Those who travelled near and long distances, to be with us, thank you to all who sent Mass cards, perpetual enrolments, messages of sympathy and all who gave contributions to Irish Cancer Society. Our sincere thanks to the late Fr John Lucid and Fr. Niall Howard who officiated at Patrick's Requiem Mass and Burial.

Thanks to Sacristan Siobhan McSweeney, John and Geraldine Lucey who sang so beautifully and those who did readings and prayers of the faithful.

To Mike and staff of O' Sheas Funeral Home for their approachability, professionalism and courtesy and to those who prepared Patrick's final resting place.

We are especially grateful to Dr Laura Malone, Dr Breda and staff.

The ambulance service, Dr Banbury and staff of University Hospital Kerry.

Professor O' Reilly, doctors and nurses of Cork University Hospital and nurses and staff of Killarney Community Hospital for the care and compassion shown to Patrick.

We would also like to thank Kennelly's Pharmacy and Killarney Royal Hotel staff for their lovely meal.

To those who helped in any way, your contribution made our loss more bearable. As it would be impossible to thank everyone individually, please accept this acknowledgement as a token of our appreciation and gratitude. The Holy Sacrifice of the Mass has been offered for your intentions.

*Our thoughts are ever with you,
though you have passed away,
and those who loved you dearly,
are thinking of you today.*

**Patrick's 1st Anniversary Mass on Saturday 12th
August at 7:30pm in Our Lady of Lourdes Church,
Kilcummin.**

2ND ANNIVERSARY



In Loving Memory of

BETSY ELIZABETH BOERMA-TIMMER

**Who passed away on
14th August 2015**

*In Loving Memory of Betsy Boerma-Timmer
Words cannot describe the sense of loss of a
mother and grandmother.*

*How much you are missed everyday.
After a long illness which you fought with grace,
you passed across the rainbow bridge in to the
Other world,
On the Eve of the Ascension of Our Lady.*

*You would have been 90 years old this
September,
we will celebrate this as if you were still
amongst us.
We love you where ever you may be, and we
pray that somehow,
with time our grief may make place for
gratitude
for having had you with us for so long.
May you rest in everlasting Peace.*

*With sincere Thanks and Gratitude to All the HSE
staff and Management,
who went above and beyond the call of duty in
their caring of our mother
and grandmother Betsy.*

*Particular thanks to the HSE Killarney Home
help dept., HSE Killarney Community Hospital,
the District and Heatherward staff in the years
2009-2015, when Betsy was there.*

You were an inspiration.

*With Kindness,
Margot Boerma; Liz Keeman and Family.*

ACKNOWLEDGMENT AND 1ST ANNIVERSARY



In Loving Memory of

KATHLEEN CRONIN

**Scrahan Court, Ross Road, Killarney
Who died on the 15th August**

*As we lovingly remember Kathleen,
on her first anniversary,
Her husband Jim, son Denis, daughter Geraldine,
and their families, we wish to extend our most
sincere gratitude to all who sympathized with
us.*

*Our appreciation to Fr Kieran O' Brien, who
celebrated her Funeral Mass, assisted by Fr.s
Simon Twomey, Jamie Mannix,
Charlie Meagher and Paddy O' Donoghue.
Thanks to Thadg Fleming and the Cathedral
Choir, also O' Sheas Funeral Home, the staff at
Rockmount Day Centre,
St Josephs Home Killorglin, Dr Andrew O'Regan,
and staff at Deenagh Medical Centre, Noreen
Leslie, the staff at the Dromhall Hotel, friends
in St Vincent De Paul Society.*

*Thanks to our neighbours, family and friends,
especially all who travelled long distances. It
is impossible to name and thank everyone
individually.*

*Please accept this acknowledgement as an
expression of our appreciation,
for your kindness and compassion.*

Mass has been offered for your intentions.

**First Anniversary Mass for Kathleen Cronin in
Cathedral Tuesday 15th August 2017 at 6:15pm**

23RD ANNIVERSARY



In loving memory of

EILEEN O'DONOGHUE

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

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

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

NOVENA TO THE SACRED HEART

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Amen.

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LET'S PRAY TOGETHER INTO THE WORD



Get peace refilled. Deuteronomy 31(8) . It is the Lord God who goes before you, he will march with you, he will not fail you, or let you go, or forsake you. How many times do christian believers go out into the world and act angrily. We need peace in our hearts before we step out into the world. We need to get straightened out

Lord God , through your Holy Spirit protect me , go before me, take away any anger that is in me , and replace it with your perfect peace. Straighten me out Lord God, so I can be a better witness , disciple for you in this world, that desperately needs to know you ,and love you and give their lives to your Son Jesus Christ, Lord and Saviour.

Amen

For Prayer Requests
comlaurencewoodley63@gmail.com

172 - SUMMER SENSATION DAYS

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