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# KILLARNEY Outlook

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With all the acts in Killarney's First Lip Sync battle putting the finishing touches to their performances, the event is gaining momentum and ticket sales are increasing by the day. All proceeds from this event will go towards helping Anthony Morris Fighting Chronic Lyme Disease. This isn't the only charity event taking place in the coming weeks and once again the people of Killarney are up with the best when it comes to helping their own. There is a Walk for Amy, a brave little girl is currently battling cancer, taking place on Saturday August 27th and models in recovery are set to take to the catwalk for the annual Hospice Fashion Show which will be held in the INEC.

Daniel O'Donnell was in town along with over 10,000 of his fans for his sell out shows, King Puck has been crowned and there is a meet and greet with the Kerry team at the Kerry GAA Store tomorrow. Busy times in the town of Killarney....

*Aisling Crosbie,  
Editor.*

## ITS ALL TO PLAY FOR AS LIP SYNC REACHES FEVER POINT

The competition is hotting up as 10 brave acts put the finishing touches on their acts as they prepare to take part in Killarney's first ever Lip Sync Battle in aid of Anthony Morris Fight with Chronic Lyme Disease. The event will take place on the 25th of August in the INEC with doors open at 7.30pm show starting at 8. Acts will be battling it out in groups, pairs and individuals for those brave enough to battle it alone. The first of many acts is Ciaran McCarthy from Fossa, this larger than life character will sure to have people jumping and dancing all night long as he take to the stage for the first and hopefully not the last time. The INEC's very own Fiona O'Connor who has always been behind the scenes will be swapping roles for one night only as she will be joined by Dr.Crokes midfielder Ambrose O' Donovan who will be looking to lead the pair to further success and to add another accolade to his ever expanding trophy cabinet. Ruth Allen of Kerry Physiotherapy & Rehabilitation Centre has been using her magic touch to help many but now, both her and local teacher John O'Donoghue, will be looking to put their magic touch to use and mesmerise the audience with their unique act. The first of our boy band's are four local legends consisting of Andrew O'Sullivan a hugely popular teacher who will not only follow in his father Batty 'The Skip' O'Sullivan's shoes but take him on to see who really is the man of the house. He will be joined by John Cronin from Cronin's Restaurant College street, who returns from a year working in America. Kevin O' Regan of Boru Barber's



SWAPPING THEIR HAIRDRESSING TALENTS TO LIP SYNC AT THE INEC ON 25TH AUG WERE WHAT FAMOUS BAND?? L-R TRIONA O'SHEA, PAT O'NEILL, SEAN TAAFFE & ELYSE BROSAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

on Plunkett Street will be adding his skills to this band of merry men. The fourth member of this band is Michael Finnegan Fossa's very own wonder teacher, following in the teaching footsteps of his father Denis, Michael will be looking to whip this group into shape and lead them into victory. The last group consists of well respected and talented hair dressers such as, Elyse Brosnan of Elyse's Hair Salon situated behind Dunnes Stores. Elyse has been putting her own unique style and grace to the women of Killarney for a number of years now. This brown eyed beauty will have you mesmerized with her dancing boots from start to finish. Another woman styling the men and woman of Killarney for numerous years is Triona O'Shea of Triona's from high street, this sweet curly sue

is going to have you dancing in the aisles. Pat O'Neill of The Style Suite from the Brehon Hotel, one of the most sought after hairdressers for blushing brides will be looking to add his own creative touch on the night. Finally the multiple award winning Sean Taafe whose very own empire is ever expanding with locations in Tralee, Killorglin & Killarney. He will be looking to stretch his talents to the stage for that all important vote. Further updates can be found on [www.facebook.com/killarneylipsync](https://www.facebook.com/killarneylipsync) Tickets are going fast and are on sale from Charlie Foleys new street, Who's 4 Shoes high street, KTown bar, INEC box office & from each participant. Next week the remaining 5 acts will be revealed.



DR CROKES AMBROSE O'DONOVAN & INEC'S FIONA O'CONNOR PREPPING FOR THEIR LIP SYNC PERFORMANCE ON 25TH AUG TAKING A VERY FAMOUS DUO TO THE INEC STAGE FOR KILLARNEY'S FIRST LIP SYNC BATTLE AND HELPING TO RAISE MUCH NEEDED FUNDS FOR LOCAL MAN ANTHONY MORRIS BATTLING LYMES DISEASE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



FLYING THE FLAG FOR FOSSA, CIARAN MCCARTHY, WHO WILL GO IT ALONE ON THE INEC STAGE IN WHAT CAN ONLY BE DESCRIBED AS AN EPIC PERFORMANCE OF WHAT ICON SINGER?? PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



SPA MAN JOHN O'DONOGHUE & KERRY PHYSIOTHERAPY'S RUTH ALLEN WILL TAKE TO THE INEC STAGE TO PERFORM AN ICONIC DUO LIP SYNC. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



TAKING TIME OUT FROM THEIR HECTIC BOY BAND SCHEDULES ARE IN FULL SWING FOR L-R JOHN CRONIN, KEVIN O'REGAN, ANDREW O'SULLIVAN & MICHAEL FINNEGAN. PICTURE MARIE CARROLL-O'SULLIVAN





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# KING PUCK REIGNS AGAIN AT ANOTHER GREAT FESTIVAL!

The annual Puck Fair festival comes to an end today - Scattering Day and once again this year it has proved to be a huge hit with locals and tourists alike.

Visitors from all over the globe made their way to the Killorglin to witness the crowning of a wild mountain goat as 'King Puck' and to enjoy all of the merriment that ensues. From street entertainment, market stalls and activities for the kids to the unique experience that is Ireland's longest-running Horse Fair, all of the wild and wonderful events of this year's Puck Fair have once again been the talk of The Kingdom and beyond, as festival goers soak up the atmosphere during this legendary 3-day Irish event.

Organisers of the festival expect to welcome over 100,000 visitors over the duration of the festival, which began on Wednesday 10th August and runs until Friday 12th August. Aside from getting the opportunity of meeting King Puck and his Queen, those attending Puck Fair will also be entertained by a host of fabulous musical acts, including Irish country music sensation Mike Denver, who will perform at 10pm on Thursday night on the festival's main stage.

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-



RINCEOIRÍ AN TÍ CURROW, KERRY PICTURED AT PUCK FAIR 2016, IRELAND'S OLDEST FESTIVAL, WHICH RUNS FROM 10-12 AUGUST IN KILLORGLIN, CO. KERRY. THE THREE DAY FESTIVAL ATTRACTS VISITORS FROM ALL OVER IRELAND AND THE WORLD, WHO COME TO SEE THE CORONATION OF THE WILD MOUNTAIN GOAT AND ENJOY 36 HOURS OF FREE FAMILY ENTERTAINMENT

fed. Speaking to the Killarney Outlook about the event's main attraction, the chairman of the Puck Fair committee, Declan Mangan, said: "When the goat is crowned at 6pm it's an automatic release of tension - it's like the beginning of the Olympics!" He added: "Around the streets and amid the beautiful craft stalls at Library Place here in Killorglin there's music in the background and you can feel the build-up heading towards 6pm when the goat will be crowned."

This year's festival is particularly special for 12-year-old local schoolgirl Kerry Lynch from Glounaguillagh National School, Caragh Lake, as she was recently crowned Queen of Puck Fair. Kerry, and her lady-in-waiting Bláthnaid Ní Cearnaigh, have already been making the most of the experience, meeting and greeting local tourists as they gear up to take their royal places at some of the festival's most prominent events.



JIM KIELY FROM LIMERICK PICTURED AT THE ANNUAL HORSE FAIR ON GATHERING DAY OF PUCK FAIR 2016, IRELAND'S OLDEST FESTIVAL.



PUCK KING, THE 413TH OF HIS NAME. THE THREE DAY FESTIVAL ATTRACTS VISITORS FROM ALL OVER IRELAND AND THE WORLD, WHO COME TO SEE THE CORONATION OF THE WILD MOUNTAIN GOAT.



(L-R) MICHAEL O'BRIEN, JOHN POWER, MICHAEL AND CIAN O'BRIEN PICTURED AT THE ANNUAL HORSE FAIR ON GATHERING DAY OF PUCK FAIR 2016, IRELAND'S OLDEST FESTIVAL.



QUEEN OF PUCK FAIR, KERRY LYNCH FROM GLOUNAGUILLAGH NATIONAL SCHOOL, CARAGH LAKE, AND DECLAN MANGAN, CHAIRMAN OF THE PUCK FAIR COMMITTEE, PICTURED AT PUCK FAIR 2016.



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## MAJELLA O'DONNELL FOR HOSPICE FASHION SHOW



The annual Models in Recovery Charity Autumn/Winter Fashion Show is set to take place at the INEC on Thursday 1st September. Organised by the Killarney Branch of the Kerry Hospice Foundation, special guest on the

night will be Majella O'Donnell who herself has recovered from breast cancer.

Local men and women who have recovered from cancer will take to the catwalk to model from boutiques in the Killarney area.

Boutiques include MacBee's, The Pill Box, Quills Menswear, Kerry's Boutique, Wisteria Boutique, Weardrobe, New Look, Annette's Abbeyfeale, Brian James and Deirdre's Fashions along with Shirley's Unique Head Pieces.

The show will commence at 7.30pm sharp and there will be a wine reception at 7pm.

Tickets at €15 each are on sale from all participating shops and from Pat Doolan, chairman of the Killarney Branch of the Kerry Hospice Foundation. There are some fantastic door prizes on the night including a mid week 2 nights B&B for 2 at the Killarney Avenue Hotel, A €200 voucher for O'Keeffe's Rathmore, €200 voucher for the Killarney Oaks Hotel, and a four



MAJELLA O'DONNELL.

course dinner for two at Victoria House Hotel, Killarney.

There will be prizes for the best dressed lady and gent along with a raffle for a Designer Gown created by Don O'Neill.

A great night's entertainment for a great cause.

## HUGE SUCCESS ON WORLD STAGE FOR WE BANJO 3

A Killarney Recording Studio is celebrating this week after a band which recorded all four of their albums reached the No. 1 slot on the US Billboard world music charts.

Sonas Recording is based in Lough Guitane in Killarney and is owned and operated by musician Tony O'Flaherty. The studio has been in existence since 1994, and since then has worked with the best of musicians, local, national and international. This week We Banjo 3, a band from Galway, that plays a blend of traditional Irish, old time, and bluegrass music they call Celt Grass reached the No. 1 slot in the prestigious US Billboard world music charts.

The band is composed of two sets of brothers, Enda and Fergal Scahill and Martin and David Howley, and frequent substitute Garry O'Meara. Earle Hitchner, music writer for The Wall Street Journal, described their playing as a "freshness and finesse bordering on the magical," and Live Ireland proclaiming them "the hottest group in Irish music..." Their debut album Roots of the Banjo Tree was released

in 2012 and was named "Traditional Music Album of the Year" by The Irish Times. This was followed by the release of Gather the Good in 2014. Siobhan Long, music critic for the Irish Times, said "We Banjo 3 are a musical Betty Ford Clinic, almost single handedly rehabilitating the much maligned banjo in 4 short years." In 2016 the band released their chart topping fourth album String Theory. All the albums have been recorded by Tony who told the Killarney Outlook "The band are from Galway and are great musicians..... they're getting very popular in the US. They've recorded all of their 4 albums with me at my studio ". The studio is set in a 2000 sq. ft house, used exclusively for the purpose of recording. It includes a control room & three live rooms, allowing musicians to play live together with complete separation between instruments. Three of the four recording rooms provide a stunning view of lake & mountains. The equipment used has been carefully chosen to provide the ultimate signal path from mics to pres to conversion. We



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Other musicians who have recorded at Sonas include Niamh Ni Charra, Frankie Gavin & De Dannan, John Spillane, Dolores O'Riordan, Christy Moore and Ronnie Wood. The title music for John Creedon's Wild Atlantic Way series was also recorded at Sonas.

## TOP AMERICAN COACH IN TOWN



JAMES WELDON AND SYLVIA HATCHELL LEGEND OF USA LADIES BASKETBALL.

Well known Killarney basketball coach James Weldon met up with Sylvia Hatchell, one of legends of USA ladies basketball, during her visit to Killarney this week. Sylvia Hatchell is the head coach of the women's basketball team

at University of North Carolina. Hatchell and her squad were in Ireland this week and played two matches against Ireland in Dublin and Cork.

Coach Hatchell, an American Basketball Hall of Fame recipient, has been named national coach of the year three times in the USA and coached the United States women's basketball team to a gold medal win in the 1988 Olympics. James Weldon is a FIBA Europe Coaching Certificate (FECC) approved basketball coach and one of only 300 coaches in the world who have this qualification. He is a former superleague player with St. Pauls Killarney and coached the St. Pauls ladies team through an impressive stint in the top flight before going on to enjoy incredible success with the all conquering University of Limerick Huskies

superleague and national cup winning team. He coached UL to ten national titles in four seasons and was honoured with the Irish Basketball coach of the year award on three different occasions. His talents have also been recognised with his appointment as head coach to a number of Irish teams.

The North Carolina group enjoyed a three night stay in The Lake Hotel Killarney and availed of the opportunity to enjoy the local scenery and tourist attractions. Coach Hatchell posted several photos on social media of her stay in Killarney including a boat trip on the lakes and a pony ride in the Gap of Dunloe. She was lavish in her praise of the local scenery and described her stay in Killarney as the trip of a lifetime.





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## THE APPRENTICE.... LOCAL FIRM BACK GOVERNMENT APPROVED PROGRAMME

Gallivan Murphy Hooper Dolan Insurances, part of the Hooper Dolan Group has announced its plans to hire an insurance apprentice into its office in Killarney, as part of a new nationwide, government-approved programme. The Killarney office is one of six branches in the Hooper Dolan Group that has committed to taking on apprentices.

The Insurance Practitioner Apprenticeship was announced by the government last year and is Ireland's first apprenticeship that allows participants work towards an honours degree while earning a salary. The programme is structured around on- and off-the-job training, with apprentices working as paid employees in insurance brokers or companies, learning valuable work place skills while also studying towards a BA (Hons) in Insurance online. The programme has been developed with involvement from industry organisations and



DENIS MURPHY, MANAGING DIRECTOR OF GALLIVAN MURPHY HOOPER DOLAN.

the degree portion will be delivered online in a distance learning environment by the sector's educational body, The Insurance Institute, along with IT Sligo. 100 places are available in various insurance organisations across the country for 2016, with this number expected to grow next year.

"This programme is exactly what the insurance industry needs to address skills gaps and attract dynamic new talent into the sector," commented Denis Murphy, Managing Director of Gallivan Murphy Hooper Dolan, which is located at Upper High Street, Killarney. "We're looking for an enthusiastic school leaver, graduate or career changer who is eager to

learn and who wants to create a long-lasting career in this innovative industry."

Gallivan Murphy Hooper Dolan are accepting applications by email to [hr@hooperdolan.ie](mailto:hr@hooperdolan.ie). Minimum entry requirements include two honours in the Leaving Cert and a pass in four additional subjects including English/Irish and Maths. For those over 23 on 1 January of the year of entry, interviews and other selection tools may be used to assess, replacing Leaving Cert entry requirements.

Interested applicants can register their information at [iii.ie/apprenticeships](http://iii.ie/apprenticeships) to receive details of other employers who are recruiting apprentices.

grow next year.

## DANIEL IN TOWN FOR HIS SELL OUT SHOWS



BRIAN BOWLER, GENERAL MANAGER ENJOYING AFTERNOON TEA WITH DANIEL O'DONNELL AT THE BREHON, KILLARNEY. PHOTO: NERIJUS KARMILCOVAS.

to chat with Brian Bowler, General Manager of The Brehon, at the weekend. Daniel, who is currently staying at The Brehon, began his weeklong residency at the INEC on Tuesday. Over 10,000 tickets sold out in just a few hours last December for the concerts which take place on August 9th, 10th, 12th, 13th and 14th.

"We are delighted to welcome Daniel to Killarney," said Brian. "We are really looking forward to his concerts, as are the thousands of visitors from all over the world currently arriving in Killarney just to see him perform." Daniel last performed in Killarney in August 2014 when over 10,000 tickets were sold across five nights of concerts. He was also inducted into the Order of Inisfallen in recognition of his contribution to the local economy in Killarney.

Ahead of his five sell out concerts, Daniel O'Donnell took time out of his busy schedule

## ECO EVENT A HUGE SUCCESS

A local and global development educational project took place in Killarney at the weekend. The event took place at the Killarney International Hostel in Aghadoe.

A workshop incorporating Just-Forests hands on along with a Wood of Life Exhibition and an international tree hugging event were just some of the items on the agenda.

At the end of a very successful day, 50 people from 24 countries hugged a tree for ecological peace.

The event was organised by the Young Template of Peace who base their ethos on a simple way of living.

Over 120 participants aged from 12 to 70 took part in the festival.



PADRAIG BUCKLEY FROM THE KILLARNEY SCHOOL OF MUSIC PICTURED AT THE WORKSHOP IN AGHADOE ON SATURDAY LAST.



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## JAMES IS CHOSEN AS AN ESCORT FOR THIS YEAR'S ROSE OF TRALEE

Wedding Coordinator and duty manager at Muckross Park Hotel and Spa James O'Connor has been selected as a Rose Escort for this year's Rose of Tralee International Festival. There were celebrations at the Killarney Hotel when the news was announced and the hotel decided to sponsor James for this year's festival and wish him the very best of luck for the exciting weeks ahead.

The Rose of Tralee International Festival is one of Ireland's largest and longest running festivals, celebrating 57 years in 2016. The festival brings young women from around the world to celebrate Irish culture and ultimately, crown the Rose of Tralee. The primary role of a Rose Escort is to look after his Rose and ensure her time at the Festival is a memorable and enjoyable experience.

More than 200 men applied to become Rose Escorts at this year's Rose of Tralee, with only 65 places available. Following a detailed interview process, the 65 were chosen and all Rose Escorts were put through a special Boot Camp in Kerry earlier this year.

The Boot Camp sets out to test their endurance and help them to cope with the demands of a very busy few weeks. James O'Connor was not phased by the Boot Camp experience, describing it as "so much fun" and "a great way



MUCKROSS PARK HOTEL AND SPA DUTY MANAGER & WEDDING CO-ORDINATOR JAMES O'CONNOR WITH MANAGEMENT AND STAFF OF THE HOTEL WISHING THEIR COLLEAGUE EVERY SUCCESS AS A ROSE ESCORT AT THE UPCOMING ROSE OF TRALEE FESTIVAL. PHOTO DON MACMONAGHE.

to get to know all the Rose Escorts".

James is due to graduate with a Hotel Management Degree this October, is originally from Tralee and has been living and working in Killarney for over four years. He is no stranger to the lime light and has performed in the Austin Stacks GAA Club's Strictly Come Dancing in 2012. James is thoroughly enjoying the

experience so far and is looking forward to the upcoming festival.

The Rose of Tralee International Festival takes place in Tralee from 17th – 23rd August and includes street entertainment, carnival, live concerts, theatre, circus, markets, funfair, fireworks, fashion show and Rose Parades.

## CYCLING FESTIVAL SET TO TAKE YOUR BREATH AWAY



TAKING A BREATH ALONG THE BREATHTAKING SKELLIGS RING, ALONG THE IVERAGH PENINSULA AND WILD ATLANTIC WAY. THE KILLARNEY CYCLING FESTIVAL WILL TAKE PLACE ON SATURDAY, AUGUST 27TH 2016, THE DONAL WALSH LIVELIFE FOUNDATION IS THE OFFICIAL CHARITY OF THE KILLARNEY CYCLING FESTIVAL. PHOTO: VALERIE O'SULLIVAN.

A truly spectacular route is set to take your breath away for the Killarney Cycling Festival. The event will take place on Saturday, August 27th and if the climbs don't take your breath

away the scenery certainly will!

Cyclists can choose from two tantalising routes, the Wrong Way Round or the gruelling Hard Way Round. Both routes circle the spectacular

Iveragh Peninsula, taking in some of the most spectacular vistas on the planet.

The Donal Walsh LiveLife Foundation is the official charity of the Killarney Cycling Festival. Cyclists have the option of donating directly to the charity when registering. Registration costs €55 and includes access to the food stops and the post cycle party at The Gleneagle Hotel with live entertainment and a barbeque.

The Wrong Way Round is 160 km long. It departs from The Gleneagle hotel and tackles Molls Gap first before heading for the scenic South West via Sneem. From there on the route is familiar passing Waterville, Cahersiveen, Glenbeigh and Killorglin.

The more challenging Hard Way Round is 180 km long and diverges from the Wrong Way Round by taking a right for Ballaghbeama through the heart of Kerry to Ballaghasheen Pass, then there's a further detour around the stunning Skellig Ring before rejoining the main troop on the road to Cahersiveen.

Bring the cycling season to a close with either one of these truly rewarding cycles.

To register visit [www.killarneycyclingfestival.com](http://www.killarneycyclingfestival.com) for more information email [info@killarneycyclingfestival.com](mailto:info@killarneycyclingfestival.com)

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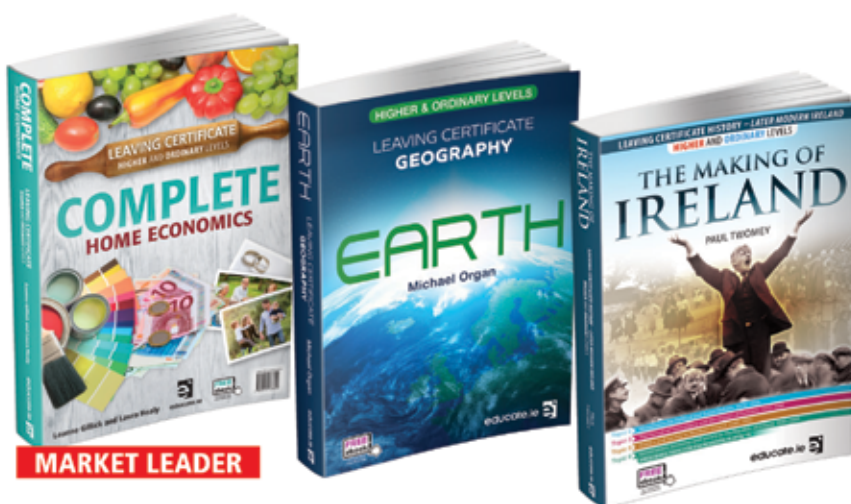
## BREAKING NEWS

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Educate.ie, your local textbook publisher, is introducing a new policy with some textbooks in the first year of publication only.

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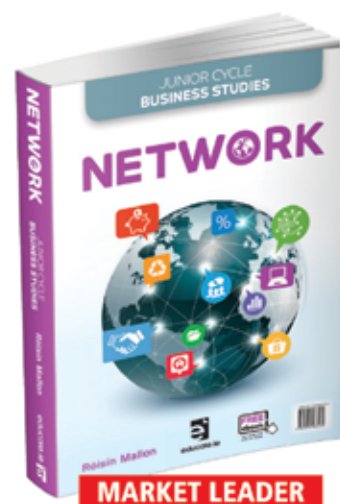


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## KILLARNEY ROWERS HEAD FOR THE CHAMPIONSHIPS

Rowing crews from Killarney will be among 2,700 rowers who will descend on Ballyshannon in Co. Donegal this weekend for the All Ireland Coastal Rowing Championships.

Donegal Bay Rowing Club are hosting the event at The Lakeside Centre, Ballyshannon, Co Donegal from today, Friday 12th August, to Sunday 14th August 2016.

Donegal town will also be celebrating its inaugural Donegal Bay Maritime Festival.

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.

The Opening ceremony and Association Awards will take place in Surfers Bar at the Sandhouse Hotel, Rossnowlagh, at 7.30pm on the Friday evening. Guest Speaker will be renowned Jason Black - Irish leading Adventurer, endurance athlete & mountaineer.

Speaking about the event, well known event PRO Mary B Teahan, said "It is so fantastic to see a new club like Donegal Bay Rowing Club, hosting this years event. Competitors from along our Wild Atlantic Way from Cork to Donegal, from Wexford to Antrim will be



ALL AT SEA ON THE WILD ATLANTIC... MEMBERS OF PORTMAGEE ROWING CLUB, TRAINING FOR THE ALL-IRELAND COASTAL ROWING CHAMPIONSHIPS WHICH WILL BE HOSTED BY DONEGAL BAY ROWING CLUB, AT THE LAKESIDE CENTRE, BALLYSHANNON, CO DONEGAL, THIS WEEKEND, FRIDAY 12TH TO SUNDAY 14TH AUGUST 2016. STROKE, DAVID HUSSEY, FERGUS KEATING, MADIE TAYLOR AND THOMAS HUSSEY. PHOTO: VALERIE O'SULLIVAN.

participating in this years championships. A weekend filled with passion, pride and fantastic competition, battling it out on the water. A total of 40 heat races will be rowed on the Saturday. The finals take place on Sunday, Club Colours are worn with pride, the club support out in force, the intense rivalry, the referees

decision, the photo finish, the factions, club picnics, and maybe the old splash of rain" The type of boat used in the Coastal Rowing Championships is called a 'One Design' - fibre glass boat, fixed seat, a crew of four and cox.

## NEW PITCH FOR KILCUMMIN



PICTURED AT KILCUMMIN GAA CLUB SIGNING THE CONTRACT WITH KELLY CONTRACTORS ARE L:R: NELIUS MCCARTHY, DENIS CASEY, WILLIE FLEMING, SEAN KELLY (CONTRACTOR), BILLY DOOLAN, EUGIE MCSWEENEY (CHAIRMAN), EOGHAIN MORIARTY, PAT O'CONNOR AND DARA LEHANE.

Kilcummin GAA Club has entered a new era this week with plans to construct a second senior pitch.

Contracts were signed this week the Kelly Building Contractors.

"It has been a long journey in terms of meetings and administration with plans going on since 2004", a spokesperson for the club told the

Killarney Outlook.

Work on the new pitch is due to commence with in the next two weeks with a completion date in Mid September planned.

This is great news for both the club and the parish as it will provide much needed training facilities for all age groups from 2017.

## KERRY AND DUBLIN IN SEMI FINAL SHOWDOWN

Kerry senior footballers face All Ireland champions Dublin in an All Ireland semi final showdown on Sunday August 28th following the Metropolitan's five points victory over Donegal at Croke Park on Saturday last. It was a game that



Dublin never looked like losing though they did make heavy weather of it in the final third of the game. Dublin of course have had the Indian sign over Kerry in recent meetings between the sides with two finals and a semi final victory over the Kingdom in recent years. No doubt, Kerry manager, Eamonn Fitzmaurice and his management team will be eager to reverse that trend and the availability of the likes of Colm Cooper and Johnny Buckley, both of whom picked up injuries last month, will be central to their plans. The game will certainly be a sell-out fixture and tickets will be at a premium. The curtain raiser to the senior game will be the meeting of Kerry and Kildare in the Minor semi final. Kildare have been very impressive en route to this stage of the competition and will prove a stern test for the Kerry boys who are attempting to reach their third final in a row.

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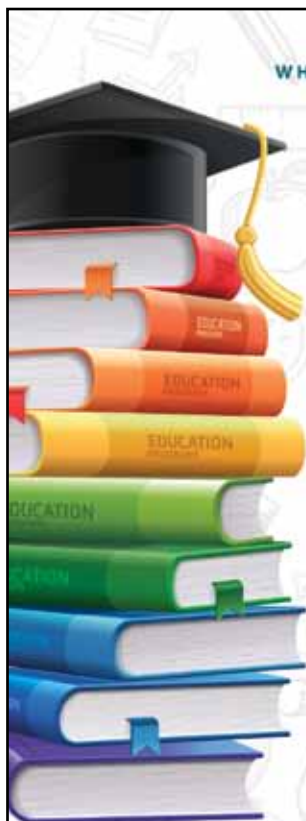
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See [www.killarneycu.ie](http://www.killarneycu.ie) for more details and  
application form.



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## OPEN DAY TO SUPPORT YOUNG ADULTS WITH CANCER

A nationwide group that supports young adults who have been diagnosed with cancer is to hold an open day tomorrow, Saturday August 13th at Recovery Haven, Tralee.

YouCan Ireland was founded in February 2015 by a group of volunteers who themselves have been diagnosed with cancer as young adults and who wished they had somewhere to turn when they heard the words 'you have cancer'. YouCan Ireland is supported by the Irish Cancer Society and St. Luke's Hospital, Rathgar and is in the process of registering as a charity with the Charity Regulatory Authority.

Cancer is a disease that doesn't discriminate. Regardless of your age, gender or creed, when it decides to take hold, life as you know it changes forever. When this happens in early adulthood, where do you turn? With a severe lack of services specifically designed for young adults, it was evident that something needed to change, not only was there a need for support but also for a voice, so YouCan Ireland was established.

The purpose is simple; to provide a nationwide support system for young adults with cancer,

advocate for consistent and age appropriate respectful care that supports young adults with a cancer diagnosis, educate the public and medical profession on the experiences of young adults with cancer, and to be the face of young adult cancer. YouCan Ireland is a nationwide service for young adults in their 20s, 30s and 40s and their families to get that much needed support in their fight against cancer.

As we are a nationwide support network and want to be accessible to young adults in all parts of the country, YouCan Ireland is travelling around Ireland, hosting open days in cancer support centres nationwide during 2016. We will be hosting our next open day in Recovery Haven, 5 Haigs Terrace, Killerisk, Tralee, Co. Kerry on Saturday August 13th, 2016 from 2pm-5pm. There will be a guest speaker, discussing issues experienced by young adults who have or have had cancer. It will also be an opportunity to meet the YouCan Ireland team and other young adults who have experienced a cancer diagnosis. All of the YouCan Ireland team know what it is like to receive a cancer diagnosis. We



have been in the position of having cancer as someone in their 20s, 30s or 40s.

For more information on YouCan Ireland, we can be emailed or found on social media:

- Email: [youcanireland@gmail.com](mailto:youcanireland@gmail.com)
- Facebook public page: YouCan Ireland
- Facebook private forum: YouCan Young Adult Cancer Support Network
- Twitter: @youcanireland
- Instagram: @youcanireland

## HELP AT HAND FOR THIRD LEVEL STUDENTS



With the Leaving Cert results and CAO offers coming out in the next week, many families will see their child or children off to college for the first time. For these families, this can be an extremely stressful time, as the cost of third level education continues to spiral, having a huge impact on family budgets and household spending.

Killarney Credit Union would like to remind their members that the credit union is here to help and have this week launched a new education loan at 6.2 % APR\* which can help families in the South Kerry area cover these costs.

According to 2015 ILCU research in the Republic of Ireland, 94% of parents were supporting their children financially through college, up from 74% in 2014. These parents were contributing an average of €453 per child per month to cover college related expenses. 72% of parents supporting their children through 3rd level education were struggling to cover these costs with 59% of parents getting into debt to cover college costs. In 2015 €5,030 was the average debt per child per annum and parents were saving for an average of 8 years to put their child (children) through college.

This week Killarney Credit Union announced the opening of its 2016 Bursary Award which will give a €4,000 bursary to four third level students to attend college this academic year.

The bursary is open to all members of Killarney Credit Union who are attending college for the first time and is also open to students studying abroad and mature students.

Speaking about the awards, Joy Clifford-Vaughan, Youth Officer with Killarney Credit Union said "last year we had over 60 applicants for the awards and the lucky winners were Brian Myers, Sarah Courtney, Rebecca Smith and Natalia Makowska who each received an award for €1,000.00 each. With the increased costs of attending third level, this bursary is a welcome financial aid for meeting those costs" she concluded.

Application forms are available in all branches and on the website [www.killarneycu.ie](http://www.killarneycu.ie). The closing date is Friday 23rd September at 5pm. Proof of acceptance on course must be provided in advance of payment of bursary.

Mark Murphy, CEO, Killarney Credit Union said:

"The significant cost of third level education puts phenomenal pressure on both parents and students starting or returning to 3rd level education this year. The student registration fee combined with monthly rent and bills, books and materials, food and day to day expenses are a significant financial burden to many families.

Mark added, Killarney Credit Union is available to support both parents and students as they prepare for the academic year. We offer a very competitive student and education loan rate of 6.2 % APR. We encourage anyone who is looking to finance their education or who simply want some advice on planning ahead or budgeting to call into their local credit union and speak to a member of staff. We are here to support families through our Bursary Award also, so make sure to apply before the end date" he concluded.





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REF 926 BER Pending



### AUGHALEEMORE, TWO MILE SCHOOL Guide Price €270,000

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### 17 KNOCKLYNE, KILLORGLIN Guide Price €190,000

3 Bedroom bungalow (approx 1,200 sq ft) in a prime residential development walking distance of Killorglin town. Stairs to floored attic, oil fired central heating. Easy reach of Dooks, Rossbeigh beach & Killarney

REF 917 BER Pending

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# MAKE THE RIGHT MOVES WITH YOUR LEAVING CERT RESULTS WHICH ARE AVAILABLE NEXT WEDNESDAY

By Billy Ryle

The eagerly awaited Leaving Cert exam results will be issued by the State Examinations Commission (SEC) next Wednesday, 17th August, and will, hopefully, contain good news for all candidates. By all means celebrate your achievement but also keep a close eye on the important dates and deadlines. There are tasks to be undertaken and loose ends to tie up before you progress to the next stage of the exciting journey through life.

Leaving Cert results will be available early in schools on Wednesday morning and, from 12noon, online at [www.examinations.ie](http://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, 23rd August. The viewing of marked scripts will be held on Friday/ Saturday, 2nd/3rd September. The closing date for receipt by the SEC of Leaving Cert appeal applications is Wednesday, 7th 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](http://www.cao.ie) from 6am on Monday, 22nd August. CAO Round One offers may be accepted up to 5.15pm on Monday, 29th August. CAO Round Two offers and points requirements will be available at [www.cao.ie](http://www.cao.ie) from 6am on Thursday, 1st September. CAO Round Two offers may be accepted up to 5.15pm on Wednesday, 7th September. Thereafter, offers will be issued as necessary until October to fill any vacancies which may arise. Interviews for Post Leaving Cert (PLC) courses, which are practical and vocational in orientation, take place in the period after the Leaving Cert results are released. If you haven't applied for a PLC course and would like to do so, contact the colleges of your choice. There may be vacancies on a variety of PLC courses. The majority of PLC courses are offered at Level 5. A number are offered at Level 6 and the entire list of PLC courses can be found on [www.qualifax.ie](http://www.qualifax.ie).

If you are interested in undertaking an apprenticeship in a trade or a traineeship, register at your local Training Centre if you have not already done so. Check the Solas website, [www.solas.ie](http://www.solas.ie), or Kerry Education and Training Board website, [www.kerryetb.ie](http://www.kerryetb.ie), for further information.

If a career in agriculture and horticulture appeals to you, then contact Teagasc, which provides a variety of courses in the agricultural and horticultural areas. The agri-food industry is the fastest growing sector of the Irish economy and offers excellent career prospects at all levels. Teagasc website address is [www.teagasc.ie](http://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](http://www.cao.ie), for vacant places. Failte Ireland website address is [www.failteireland.ie](http://www.failteireland.ie).

An increasing number of young people are taking a year out after the Leaving Cert to gain work experience or to travel. Many Irish students are 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 waiting is over and the precious Leaving Cert results are in your hand, don't take your eye off the ball. Be aware of closing dates, carefully read your correspondence and take the appropriate steps to allow a trouble free passage on your education journey. Good luck to all candidates

who will be getting Leaving Cert exam results on Wednesday.

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, 17th August.
- CAO Round One offers and points requirements are available on Monday 22nd August.
- To view your marked Leaving Cert exam scripts, return your completed application form to your school by Tuesday, 23rd August.
- The CAO vacant places facility opens on Tues., 23rd August at [www.cao.ie](http://www.cao.ie)
- Accept CAO Round One offer by 5.15pm on Monday, 29th August.
- CAO Round Two offers and points requirements are available on Thursday, 1st September.
- Viewing of marked Leaving Cert exam scripts takes place on 2nd/3rd September.
- Accept CAO Round Two offer by Wednesday, 7th September.
- Closing date for receipt by SEC of Leaving Cert appeal applications is Wednesday, 7th September.
- 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**



BILLY RYLE CAREER GUIDANCE COUNSELLOR AND FREELANCE WRITER

## CAMP FOR FUTURE STARS

A Camp to focus on Sports Development of Primary School Pupils (6-13 years) will be held in Milltown/Castlemaine GAA Grounds from Tuesday August 16th to Friday August 19th 2016. Time: 10.30a.m. to 1.30p.m. Bookings to

be received by August 7th. Cost, €35 if booked by August 5th!

Application forms are available at all retail outlets in Milltown and Castlemaine and from

club personnel.

Please contact John Hegarty or Eileen Lovett-secretary of Coiste Na nÓg- for further details. See our Face Book page for further updates.

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Superbly located 2-bedroom modern ground floor apartment in the centre of the thriving tourist town of Killarney, close to all amenities. This is a superb investment opportunity as there is currently huge rental demand and shortage of rental properties in Killarney town. The property is also suitable for a young couple getting on the property ladder.  
**PRICE: €125,000**



**FARRANFORE, KILLARNEY,  
CO. KERRY**  
Magnificent property finished and furnished to an exceptional standard in a central location between Tralee, Killarney, Castleisland and Killorglin. The property is within 10 minutes' drive from the beautiful tourist town of Killarney. Kerry Airport, Farranfore Train Station and Bus Service is located within 5 minutes' drive. The property features 4 bedrooms and is situated on a half acre site.  
**PRICE: €298,000**



**Celebrating 20 Years in Business**

**Hennigan Auctioneers 66 New St., Killarney t| 064 6634582  
m| 087 2354416 [www.daft.ie/hennigan](http://www.daft.ie/hennigan)**



# Killarney

## TOWN TALK



EMMA O'CONNOR, PRIONNCAIS MACCURTAIN, EILIS AND AOIFE CRONIN AND BRID STACK AT THE LAUNCH OF THE WALK FOR AMY WHICH WILL BE HELD ON THE 27TH AUGUST STARTING AT THE GLENEAGLE HOTEL, KILLARNEY AT 10AM.

### EVERYONE INVITED TO WALK FOR AMY

As the fundraising continues for little Amy O'Connor who continues her brave battle against a rare form of cancer, six groups in the Killarney area have come together to organise a walk.

The event will take place for Saturday August 27th at 10am and will take place from the Gleneagle Hotel to Muckross Abbey and back. The groups involved are Killarney Valley Athletic Club, Killarney Valley Vintage and Classic Club, Gaelscoil Faithleann, Killarney Celtic, Dr. Crokes and the Communication Workers Union.

Amy, who is the daughter of Brendan and Triona O'Connor is nine years old and is a third class pupil at Gaelscoil Faithleann.

### MEET THE KERRY TEAM AT THE KERRY GAA STORE

Kerry GAA supporters are invited to a meet and greet session in the Kerry GAA Store in the Outlet Centre Killarney tomorrow Saturday between 12:30 and 2pm where members of the Kerry team will be in attendance. This is a special promotion with free handouts, autographs, photographs, draws and other promotions.

### GAELIC FOR ALL - A TASTER COURSE IN FOOTBALL

Dr Crokes, Killarney Legion and Spa GAA clubs are hosting 'Gaelic for All' - a 6 session taster

course in football, for primary school children who are not currently involved in a club. It includes two coaching sessions per week for two hours on Monday and Wednesday evenings, rotating between the three clubs on different evenings. 'Gaelic for All' starts in Spa on Monday evening the 15th August at 6.30pm and runs to Wednesday the 31st August.

Invitations have been issued to all households in the Ballydribeen Estate, Dóirín Álainn, Willow Close and Bruách na hAbhann areas of Killarney, the initial target areas for this initiative, by the Kerry County Board of the GAA and South Kerry Development Partnership with the support of Kerry County Council Community Support Fund. The initiative is aimed at reaching out to communities who may not have the same opportunities to enjoy sporting activities. Light refreshments will be provided for everyone including parents. Application forms have been distributed and can be returned to South Kerry Development Partnership Reception at 37 High Street, Killarney, before the 10th August. For Further information contact Bernie Reen, Kerry GAA at 087-2020143.

### FANTASTIC ACHIEVEMENT BY YOUNG GOLFERS

Killarney Golf and Fishing club are celebrating the huge achievements of club members Mairead Martin and Valerie Clancy who were both members of the victorious Irish Girls International Team which played in the Home



VALERIE CLANCY.

International Championships which was played in Wales.

This was the first occasion on which Ireland were the winners of that competition, and what made it all the more special for Killarney was the fact that the Club was the only Club with two representatives on the Team.



MAIREAD MARTIN.

### TURNING 50

Congratulations to Tom O'Sullivan originally from Mill Road and now living in Glenflesk who celebrated his 50th Birthday with his family at the Royal Hotel recently.

Tom is a big motor enthusiastic and is known by everyone as Tom Dynamo.

### ROSE BUD DELIGHT

There is huge excitement in the Bartlett household in Fries as little Aoibhe is preparing for her debut as a rosebud.

The daughter of Adrian and Susan, Aoibhe is Rosebud to this year's Leitrim Rose, AnneMarie Keegan and can't wait for the festival to start.





## MONEY MATTERS....

By Dermot Cronin,  
Financial Advisor



### WHERE CAN YOU GET BETTER RATES OF INTEREST FOR YOUR MONEY??

Firstly interest rates in some banks are better than others, for example one bank at the moment will only give you just over .50% interest for a fixed rate account for 18 months, so for €75000 you would only get €375.00 interest over 18 months and that's even before DIRT tax is deducted. However another bank will give you 1.50% per annum for an 18 month fixed rate account which is €1125.00 interest over 18 months before DIRT tax, that is over €750.00 more in interest that you would earn. In every bank there are customers earning extremely low rates of interest at present. However, by shopping around or getting an independent financial advisor to check up to date interest rates you can substantially increase the amount of interest you can earn by just changing bank accounts, which is very easy to do. Also there are even better rates of interest available for other products such as longer fixed term accounts. This can be done for you by a financial advisor who is authorised to carry out this business for you.

For further information on the above or any other financial matter you can contact **Dermot Cronin QFA** at **0646622775** or **dermotcroninifa@eircom.net**

95 NEW STREET,  
KILLARNEY, CO. KERRY  
T: 064 6631892 F: 064-6634652  
M: 087 2668591 E: INFO@SFMCI.E  
WWW.SHERRYFITZ.IE & WWW.DAFT.IE

Sherry  
FitzGerald  
Coghlan

### TO LET

#### 'GALVINS' BAR, BEAUFORT VILLAGE, KILLARNEY

Well established thriving village bar, with good custom in heart of Beaufort Village, with bar, lounge and on site car parking to let. Accommodation comprises; entrance foyer, main bar/lounge, ladies & gents toilets, rear lounge, rear hall/smoking area, kitchen, staff room and on the first floor four stores and bathroom



Rent: On Application

### FOR SALE

#### 10 ARLINGTON HEIGHTS PARK ROAD KILLARNEY

Well presented conveniently located three bedroom semi-detached house is mature residential area just off the Park Road. House is within walking distance of train and bus stations, Killarney Outlet centre, Deerpark Shopping Park, Aldi, Tesco and Killarney town centre and all amenities. The property which is in walk in condition comprises entrance hall, sittingroom, kitchen cum dining room, utility, three bedrooms with en suite to master bedroom and bathroom.



Price Region: €220,000

BER C3

## PROPERTY OUTLOOK

### THROUGH THE KEYHOLE....

#### A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET



**Address:** ARDWYN, TOURNANONAGH, KILLARNEY, CO. KERRY. Perched on an elevated site with stunning views of the Kerry Paps Mountains this modern bungalow (1,340 sq. ft.) approx. constructed in 2002 set on 0.6 acres and enhanced with beautiful landscaped gardens with manicured lawns and an array of shrubs and trees is the ideal family or retirement residence just 8 miles from Killarney town. The property is stylishly decorated internally and maintained to an impeccable standard. Featuring: Spacious sitting room (feature cast iron fireplace), wood flooring, large kitchen/dining room, utility room, 3 bedrooms (one ensuite), main bathroom/shower room, separate garage, greenhouse, oil fired central heating. NO ONWARD CHAIN

**Agent:** ● **Hennigans Auctioneers** ● 66 New St., Killarney ● Tel: **064 6634582 / 087 2354416** **www.daft.ie/hennigan**

**Asking Price:** €250,000

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



# Killarney

## TOWN TALK



DR PATRICIA MANGAN LAUNCHING THE DR BILL MANGAN MEMORIAL HURLING TOURNAMENT 2016 WITH YOUNG PLAYERS DAVID DARMODY, GEAROID SUGRUE, ALEX RIORDAN, GAVIN O'SULLIVAN, CATHAL SUGRUE (BACK FROM LEFT) TODDY DOYLE MANAGER MUCKROSS TRADITIONAL FARMS, DAVID O'DEA SOUTH KERRY HURLING GAMES DEVELOPMENT ADMINISTRATOR, AND MICHAEL O'KEEFE AT MUCKROSS TRADITIONAL FARMS, MUCKROSS, KILLARNEY.

### FREE CONCERT

The second last in a series of free Summer concerts is set to take place tomorrow, Saturday, August 13th at Deenagh Lodge, Killarney.

Beginning at 2pm the concert will feature Michael (Accordion, Melodeon and Vocal) & Seán Kelliher (Banjo / Harmonica) both brothers from Fossa will join Spraoi Chiarraí Producer/Director Tim O'Shea (Guitar /Vocals/

Bodhrán). The Currow Set Dancers and (Storyteller) Ray O'Sullivan will also join the show.

Last Saturday the organisers enjoyed a capacity audience of 175 people at St. Mary's Church of Ireland and also performed over the three days of Puck Fair.



PICTURED AT THE OPENING OF THE PRESS PHOTOGRAPHERS OF IRELAND EXHIBITION OF AWARD WINNING PHOTOGRAPHS IN THE KILLARNEY LIBRARY ON MONDAY WERE SEATED FROM LEFT, CLLR. BRENDAN CRONIN, CHAIRMAN, KILLARNEY MUNICIPAL AUTHORITY WHO OFFICIALLY OPENED THE EXHIBITION, MICHAEL CHESTER, PRESIDENT, PPAI AND KATE O'LEARY, PRESIDENT, KILLARNEY CHAMBER OF TOURISM & COMMERCE. AT BACK, PHOTOGRAPHER DOMINICK WALSH, TRALEE, TOMMY O'CONNOR, KERRY COUNTY LIBRARIAN, PHOTOGRAPHER MARIE CARROLL-O'SULLIVAN, KILLARNEY, CLLR. MICK GLEESON, EAMONN BROWNE, KILLARNEY LIBRARIAN AND PHOTOGRAPHER DON MACMONAGLE, KILLARNEY. THE FREE EXHIBITION IS OPEN TO THE PUBLIC UNTIL AUGUST 25TH. PHOTO: SALLY MACMONAGLE.

### TEEN DISCO

McSorleys night club are launching the first in a series of Teen Discos next Friday, August 19th. The disco's will be strictly alcohol and drug free and will be fully supervised.

Speaking to the Killarney Outlook, Pat Sheahan Jnr of McSorleys Kilarney said "We are delighted to be launching McSorleys Teen Discos with our first event fast approaching on Friday 19th August. We will be organising these monthly Discos with the aim of providing a well managed event within a safe controlled environment, and most importantly that they will be great fun for all who attend. Teens can find all Details on our Facebook page, McSorleys Teen Discos, while parents are invited to contact 087-0993628 with any queries. Admission to the event is €10.

### FITZGERALD STADIUM NAMED IN WORLD CUP BID

With Ireland bidding to host the 2023 Rugby World Cup, the Fitzgerald Stadium has been confirmed as one of the twelve venues in Ireland to host games should the bid be successful.

Killarney is the ideal place with its facilities and the number of beds it can provide tournament supporters.

A final decision of where the event will be held will take place in 2017.

### THEY SAID I DO....

Congratulations to Lisa Dennehy from Beaufort and Bernard Murphy from Glenbeigh who were married last weekend in St. Mary's Church, Beaufort. The happy couple were joined by family and friends afterwards for a reception at the Killarney Heights Hotel.

Another couple to exchange vows recently were Helen Enright from Askeaton in Co. Limerick and Nigel Anderton from Fossa who were wed in Beaufort and held their reception in the Dunloe Castle Hotel.

### MICHAEL HEALY RAE TO OPEN AUNTIE NELLIE

Kerry TD Michael Healy Rae will show off his sweeter side later this month when he officially opens Auntie Nellie's in Kenmare Place, Killarney.

In a change of pace from the cut and thrust of Dáil Éireann the Kilgarvan TD will be a kid in a candy store when he performs the official launch of the popular Killarney sweet shop on Sunday August 28th.

Auntie Nellie's opened its doors earlier this year creating five new full and part time jobs, and has proven to be a great addition to shopping in Killarney.

Everyone is invited to come along on the day and to join our celebration, it has been a busy few months for us so this is our opportunity to say a BIG thank you to everyone who has supported us," Store Manager PJ O'Sullivan told the Killarney Outlook.



IRELAND'S MOST SCENIC RACECOURSE

MEDIA PARTNER  
**Irish Examiner**

# Killarney

## AUGUST RACING FESTIVAL 2016

17th - 20th AUG

WED

17th

THURS

18th

FRI

19th

3 Evenings of  
**Great Racing**

**BBQ Nights**  
throughout the festival

SAT

20th

# Ladies Day

Afternoon Meeting

Sponsored by  
**Keanes**

Jewellers since 1948

First Prize  
**€3,000 Diamond Pendant**  
9 runner up prizes of €100 Vouchers  
for Keanes Jewellers

Judged by  
**Pippa O'Connor**

*Get your heart racing!*

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

For Restaurant & Group Packages call 064 6631125

For further information / T&C's or to purchase tickets please visit [www.killarneyraces.ie](http://www.killarneyraces.ie) / E-mail [sales@killarneyraces.ie](mailto:sales@killarneyraces.ie)



  
**KILLARNEY**  
RACECOURSE  
80 Years Racing



# PILGRIMAGE TO LOURDES

## 2ND - 7TH OCTOBER 2016

JOIN SPIRITUAL DIRECTORS

Fr. Kieran O'Brien Adm, Killarney & Fr. Brendan Walsh PP, Causeway & Ballyduff.

### Itinerary:



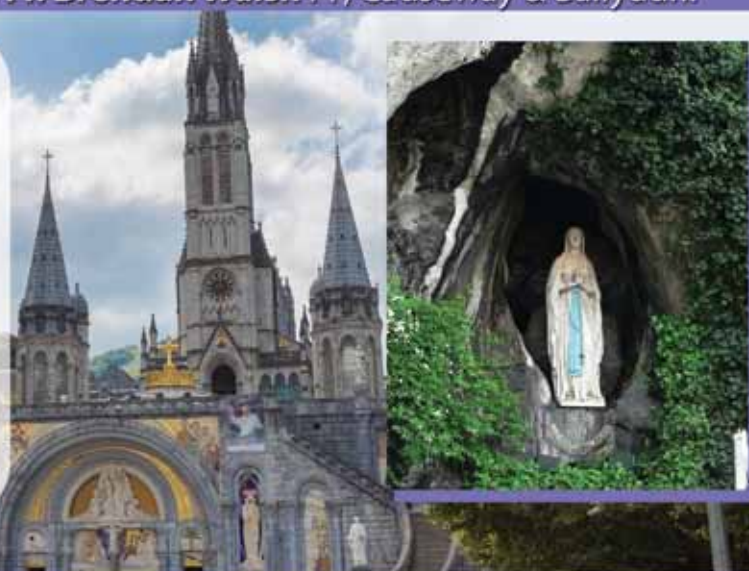
- Direct Flights from Kerry
- 5 Nights Full Board in Astoria/Solitude Hotel
- Full Religious Programme
- Experience the High and Low Stations of the Cross
- Take part in the candle light procession
- Mass in the village of Bartres (optional)

Price **€740** per person sharing (incl Travel Insurance)

Single Room: **€915** (incl Travel Insurance)

A non-refundable deposit of €100 will secure your place.

**Limited Availability**



For more information or to book Contact: Sol Travel Tel: **066-7124111** or **066-7185940**

Email: [rita@sol2travel.com](mailto:rita@sol2travel.com)

45 Bridge St, Tralee Co. Kerry.

Liston's Of Dingle

## GoCoach

Now Accepting the FREE BUS PASS



### DINGLE TO KILLARNEY

Stop	Location	Mon - Sun	Mon - Sun	Mon - Sun	One Way	Return
Dingle	Behind SuperValu	09.15	13.15	17.15	€10	€15
Annascaul	Crossroads west of town	09.35	13.35	17.35	€10	€15
Inch Beach	Beach Entrance	09.42	13.42	17.42	€10	€15
Castlemaine	Post Office	09.57	13.57	17.57	€8	€12
Miltown	Opp. Post Office	10.02	14.02	18.02	€8	€12
Aghadoe	Opp. Youth Hostel	10.15	14.15	18.15	€3	€5
Killarney	Rock Road	10.20	14.20	18.20		
Killarney	Coach Park, Lewis Rd	10.30	14.30	18.30		

Seats available on a first come, first served basis

### KILLARNEY TO DINGLE

Stop	Location	Mon - Sun	Mon - Sun	Mon - Sun	One Way	Return
Killarney	Coach Park, Lewis Rd	11.15	15.00	19.15	€10	€15
Killarney	Rock Road	11.20	15.05	19.20	€10	€15
Aghadoe	Youth Hostel	11.25	15.10	19.25	€10	€15
Miltown	Post Office	11.40	15.25	19.40	€10	€15
Castlemaine	Kelibers	11.45	15.30	19.45	€8	€12
Inch Beach	Beach Entrance	12.02	15.47	20.02	€5	€8
Annascaul	Crossroads west of town	12.10	15.55	20.10	€5	€8
Dingle	Behind SuperValu	12.35	16.20	20.35		

[www.GoCoach.ie](http://www.GoCoach.ie)

# WALK FOR AMY

Everyone Welcome

**SAT. AUG. 27TH AT 10AM**



**REGISTRATION FROM 9A.M.**

**STARTING AT THE GLENEAGLE HOTEL TO MUCKCROSS ABBEY**

**ENQUIRIES EMMA 086 0508583**



**Teen DISCO**

*McSorleys*  
KILLARNEY

**PROFESSIONAL & FULLY SUPERVISED**

**NEWLY LAUNCHED**

**DRUG FREE & ALCOHOL FREE**

**€10 ADMISSION**

**Friday 19th August**

**Tickets on sale from 3-6pm**

**in McSorleys Sat 13 Aug**

**Follow us on  McSorleys teen discos**

**or contact**

**087 0993628 for details**



## RATHMORE/ GNEEVEGUILLA NEWS

by Michael O'Mahony

**MILLSTREET AND KANTURK HOSPITALS FUNDRAISING DANCE:** Charity Dance in Edel Quinn Hall Kanturk on this Friday 12th August in aid of Millstreet and Kanturk Hospitals – 7 Bands – Dancing 8.30pm to 12.30pm. Full details on Facebook page Millstreet and Kanturk Hospitals Fundraising Dance or 087 9735113

**SIGN LANGUAGE CLASSES:** John Patrick Doherty Chaplain for Deaf People is running 8 week, Irish Sign Language Classes in the diocese. For more information contact: [johnpatrick@ncdp.ie](mailto:johnpatrick@ncdp.ie) or text: 087 9062947 or visit [dioceseofkerry.ie](http://dioceseofkerry.ie).

**DIOCESAN COLLECTION:** Diocesan collection for Pastoral and Retreat Centres in our Diocese will be taken up at all Masses this weekend 13th & 14th August. Your support will be greatly appreciated.

**RECENT CHURCH GATE COLLECTION: FOR KERRY EMIGRANT SUPPORT HOUSING ASSOCIATION LTD:** Taken up at all Churches on 30th /31st July raised €1157.39. Your support was appreciated.

**CORK ROSE:** Best of luck to Cork rose Denise Collins. Denise is from Knocknaloman, Rathmore in the Cork/Kerry border but she most definitely considers herself Cork. She teaches science and maths in Davis College, Mallow and has a degree in biology, physics, agricultural science and mathematics from the University of Limerick. Denise attended Hollymount N.S. Her parents are Pat and Margaret, we wish her well in the Rose of Tralee Festival in August 17th to 24th.



NIGEL FOLEY CELEBRATING HIS 30TH BIRTHDAY RECENTLY SURROUNDED BY FAMILY AND FRIENDS IN THE LANE BAR, KILLARNEY.

Good luck also to Kaylee O'Leary who was selected as a Rose Bud for the Rose of Tralee International Festival 2016. She is from Caherbarnagh, Rathmore, age 9 years old and goes to Hollymount NS school. She will be Rose Bud for the Western Canada Rose, that's a new Rose entering this year.

**BINGO:** Rathmore Community centre every Friday at 8.30pm.

**TOPS OF THE PARISH:** The Tops of the Parish is returning in October with four teams competing in a Variety Show for the top prize. Any profit made will be given to St Joseph's Day Care Centre.

**SYMPATHY:** To the families relatives and friends of Joan Earley (née O'Regan) Wilton Gardens, Wilton, Cork & Gneeveguilla, Eileen White (née Riordan) Clounts Cross, Rathmore, Kerry & Cork. May they both rest in peace.

**WISHES:** Congratulations to the Kerry Junior team and players, management and Darren Brosnan Gneeveguilla who was part of panel

but who was injured for the final on winning the back to back All Ireland Junior title on Defeating Mayo in croke park on Saturday last. Final score 2.18 to 2.11.

**RATHMORE LADIES FOOTBALL:**

Seniors: Mary Jo Curran Cup Round 5 Inbhear Sceine Gaels: 3-15, Rathmore: 4-4.

U13s: Semi final of B championship

Rathmore: 4-2 Scartaglin: 2-9.

Rathmore Ladies GAA is sponsored by Donagh Hickey Centra Rathmore.

**RATHMORE COMMUNITY COUNCIL: GP**

**SERVICE:** Dr. Christine Walsh - McCarthy operates a GP service from Bleak House Heath Centre, Rathmore every Thursday by appointment only. Appointments can be made through 029-70124.

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

## KILCUMMIN NEWS

**SYMPATHY:** Is extended to the family of the late Katherine Sheehan late of Clashnagarrane and Jib who died recently. May she rest in peace.

**SOCIAL HEALTH EDUCATION PROJECT:** Part-time courses commencing in September, (1) Personal Development, (2) Social Awareness & Community Empowerment, in Killarney and Tralee. Applications being accepted now, - closing date Sept. 9th. E-mail [deirdre.osullivan@socialandhealth.com](mailto:deirdre.osullivan@socialandhealth.com) Call: Deirdre 087-7728089.

**SECRETARIAL SERVICES:** Kilcummin Rural Development Office provides a full Secretarial Service to all groups and individuals. Assignments, essays, projects, C.V's professionally typed, confidentiality assured. Other services include photocopying, laminating (A3 and A4), e-mail, sending faxes

paying your motor tax online. Faxes to the Department of Agriculture for the movement of cattle can also be sent from the office. Tel: 064-6643357 or email: [info@kilcumminparish.com](mailto:info@kilcumminparish.com)

**KILCUMMIN GAA: SENIOR FOOTBALL CREDIT UNION CO LEAGUE:**

Austin Stacks v Kilcummin in Tralee on Sunday at 2pm.

**TRAINING PITCH COMMENCEMENT:** The contract has been signed with Kelly contractors and work is expected to commence in the coming weeks.

**MASTERGEEHA FC**

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

**SCHOOL BOYS & GIRLS TRAINING:** In

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

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

**MASTERGEEHA FC LOTTO:** There was no winner on Friday 5th August 2016. Numbers drawn were 1, 5, 10, 22. Consolation prizes were €100 Marie Curtin, c/o Bertie. €60 Declan McCarthy, c/o Jimmy's Killarney. €30 Emma, James Finnelly, Tullyhill, Roscommon. €30 Ciara Moynihan, c/o Lals bar, Kilcummin. €30 K O'Donoghue, Kilcummin. Jackpot now €8,400..

IF YOU HAVE A STORY...

Call: Aisling on **086 0400 958** or Email: [editorial@outlookmags.com](mailto:editorial@outlookmags.com)



## GLENFLESK NOTES

**GLENFLESK SENIORS (SPONSORED BY THE JARVEYS REST):** Our Senior team play Rd 10 of the Co. League on Saturday evening at 7pm in Glenflesk Vs Spa. We sit on 8 points and will need to collect 1 point from our final 2 games to be safe from relegation. Our final game is away to Laune Rangers.

**GLENFLESK U14S:** Our U14s had a great win over Kilgarvan/Tuosist in the East Kerry Division 6 final. It took a great team performance to beat a good Kilgarvan/Tuosist team who had some very good forwards but our midfielders Emmet Finnan and Owen Moynihan provided great leadership to lead us to a 5-13 to 4-08 victory.

**GLENFLESK U16S:** Our U16s were well beaten in Round 4 of the Co. league away to Dingle and remain on 4 points.

**KERRY JUNIORS:** Lee O'Donoghue and Darragh Roche became the latest players from the Club to become All Ireland champions on Saturday last when they won the Junior All Ireland with Kerry beating Mayo in the Final 2-18 to 2-11. Congratulations to Lee and Darragh.

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

Jackpot - €2400. Numbers were 10, 11, 1, 19.

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

2. Sean Doherty Knockanes (Yearly ticket).

(sellers prize)



THE GLENFLESK TEAM WHO BEAT KILGARVAN/TUOSIST IN THE EAST REGION U14 LEAGUE DIVISION 5 FINAL ON MONDAY.

3. Sean Burns Kerry Way.

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

5. Tim Teahan Irish Rail.

The next draw will take place in the John Dans on 15/8/16 and the Jackpot is €2600.

**BARRADUFF 300 CLUB:** August Winners

€500: Tim Mikelo Sullivan Kilquane.

€100: Gene & Joan Bowler Annaghmore.

€100: James & Mags Furlong Knockanimirish.

€100: Michael Donoghue (Shop) Barraduff.

€100: Jamie Daly Kilquane.

Thanks to everyone who supported us.

Next draw September 4th Spillanes Bar.

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

**CONTACT:** We welcome items of local interest. Please contact PRO Paudie on 087 7692220 or [pro.glenflesk.kerry@gaa.ie](mailto:pro.glenflesk.kerry@gaa.ie).

## FOSSA NOTES

**LOTTO:** 7th August 2016. Numbers drawn were 12, 22, 23, 25. There was no jackpot winner and the €40 consolation prize winners were Abbey, May, Lily and Kate, Rathmore, Anne Peters, Ferndale Avenue, Derek Bates, Yew Tree Cottage, Aghadoe, Marie Sweetman, c/o Kaynes and Barbara Doody, Listry. Next weeks jackpot will be €9,300. Tickets are on sale at The Golden Nugget Bar, The Castlerosse Leisure Centre, The Travel Inn, The Old Killarney Inn, Foley's Spar Shop, The Laurels Bar and Committee members.

**SENIORS:** The seniors play Skellig Rangers in their final home game of the County League on Saturday evening at 7.30pm, all support welcome.

**MINORS:** The minors are due to play Kilcummin in the East Kerry Division 3 league final next Sunday evening, time and venue to be confirmed.

**U16 COUNTY LEAGUE:** Fossa started brightly and had an early goal from the penalty spot by Cian O'Shea after a foul on Eamonn Murphy. Three more goals for Fossa - two from Emmett O'Shea and another solo effort by Cian O'Shea after a fine catch in the middle of the field and a strong run through the centre. Half time score 4-3 to 0-5 in favour of Fossa. In the 2nd half the visitors controlled the game and struck for 4 goals and 8 point - 2 goals from the penalty

spot and the points coming from a series of frees. This left a final score of 4-8 to 4-13 in favour of the Tralee side

Fossa will ask themselves how they lost this one - Eamonn Murphy played well at full forward and scored 2 excellent points but overall it was a performance that left a lot to be desired.

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

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



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



JOHN & PHILOMENA O'NEILL MEANUS BEAUFORT WHO CELEBRATED THEIR 30TH WEDDING ANNIVERSARY LAST WEEK WITH A BLESSING IN BEAUFORT CHURCH BY FR DONAL O'CONNOR AND LATER CELEBRATED WITH FAMILY IN DUNLOE HOTEL. PIC JOHN O SULLIVAN KILLARNEY PHOTOGRAPHIC.





JOHN DALY OF DALYS SUPERVALU PRESENTED THE SPA CLUB WITH NEW JERSEYS TO SOME TEAMS DURING THE WEEK. THE SENIOR MEN, SENIOR LADIES, JUNIOR, U16 BOYS AND YOUTH JERSEY, ALL RECEIVED A NEW SET OF JERSEYS. PICTURED ARE THE SENIOR MEN JOE SHANNON SENIOR MANAGER, JAMES DEVANE, JOHN DALY, MICHAEL FINNEGAN CAPT, GERARD MANGAN SPA GAA CHAIRMAN AND TOM TOBIN SELECTOR.



JOHN DALY OF DALYS SUPERVALU PRESENTED THE CLUB WITH NEW JERSEYS TO SOME TEAMS DURING THE WEEK. THE SENIOR MEN, SENIOR LADIES, JUNIOR, U16 BOYS AND UOUTH JERSEY, ALL RECEIVED A NEW SET OF JERSEYS. JAMES DEVANE, SENIOR TEAM, PAUL RUSSELL, CAPT JUNIOR TEAM, SAOIRSE HOLLAND, SENIOR LADIES, IVOR FLYNN CHAIRMAN COISTE NA nOg, JOHN DALY SPONSOR, GER MANGAN CHAIRMAN SPA GAA, MAGS CRONIN, CAPT SENIOR LADIES, MICHAEL FINNEGAN, CAPT SENIOR, CONOR O'RiORDAN JUNIOR PLAYER DANIEL HORGAN, U16 JJ O'DONOGHUE, JOEY MCCARTHY, AND IAN O'CONNELL (U16)



JOHN DALY OF DALYS SUPERVALU PRESENTED THE SPA CLUB WITH NEW JERSEYS TO SOME TEAMS DURING THE WEEK. PICTURED ARE THE SENIOR LADIES MAGS CRONIN CAPT, TIMMY FLEMING MANAGER, JOHN DALY AND SAOIRSE HOLLAND.



PICTURED AT KILLARNEY LIBRARY FOR THE PRESS PHOTOGRAPHER OF THE YEAR EXHIBITION WERE BACK ROW L-R TOMMY O'CONNOR (COUNTY LIBRARIAN), PHOTOGRAPHER SALLY McMOANAGLE, MICHAEL GLEESON & LIBRARIAN EAMON BROWNE. FRONT ROW L-R PHOTOGRAPHER DOMINIC WALSH, MAYOR BRENDAN CRONIN, PRESIDENT OF THE PPAI MICHAEL CHESTER, KILLARNEY CHAMBER OF COMMERCE & TOURISM KATE O'LEARY & PHOTOGRAPHER DON McMONAGLE. PICTURE MARIE CARROLL-O'SULLIVAN



PICTURED AT THE PRESENTATION OF PRIZES FOR THE TROPHY WORLD TRALEE SPONSORED DEERPARK PITCH & PUTT CLUB U-16 MATCHPLAY COMPETITION HELD LAST MONTH WERE L TO R: CONOR MCCARTHY (DEERPARK U-16 OFFICER), CIAN MURPHY & ROBBIE HARNETT (SEMI-FINALISTS), PADRAIC LOONEY (WINNER), CILLIAN COURTNEY (PLATE WINNER) AND ERIN MOLONEY (PLATE RUNNER-UP). ABSENT FROM PHOTO: GERARD CRONIN (OVERALL RUNNER-UP).



JOHNNY COURTNEY (VICTORIA HOUSE HOTEL, SPONSOR) PRESENTING IAIN AHERNE FROM BALLINLOUGH IN CORK WITH THE CLARET JUG AS WINNER OF THE 2016 DEERPARK PITCH & PUTT CLUB SCRATCH CUP LAST SATURDAY. ALSO INCLUDED IN PHOTO IS JACK MCCARTHY (RUNNER-UP), CILLIAN COURTNEY (10-13 PRIZEWINNER), CIAN O'MAHONEY (LAST 18 PRIZE) AND CONOR MCCARTHY (DEERPARK U-16 OFFICER).



PICTURED AT THE PRESENTATION OF PRIZES LAST SATURDAY NIGHT FOR THE DEERPARK PITCH & PUTT CLUB CAPTAINS JOHN McGRATH (GENTS) AND SHEILA O'DONOGHUE (LADIES) PRIZES ARE AS FOLLOWS: L TO R: COLM O'DOWD (JUNIOR NETT), DANNY LOONEY (SECOND NETT), JOHN & JOSHUA McGRATH, GEOROID CRONIN (GENTS WINNER), SHEILA O'DONOGHUE, BETTY O'BRIEN (REPRESENTING JASON O'BRIEN, SENIOR NETT WINNER) AND MARY MURPHY (LADIES WINNER). ALSO INCLUDED IN PHOTO IS NATHAN CRONIN (REPRESENTING CREAGH COURTNEY (INTERMEDIATE NETT WINNER)).



EXAMINING SOME OF THEIR FAVOURITE IMAGES AT THE PRES PHOTOGRAPHER OF THE YEAR EXHIBITION AT KILLARNEY LIBRARY WERE COUNTY LIBRARIAN TOMMY O'CONNOR, KATE O'LEARY, CLLR MICHAEL GLEESON, PRESIDENT OF THE PPAI AWARDS MICHAEL CHESTER, MAYOR BRENDAN CRONIN & LIBRARIAN EAMON BROWNE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808





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### IMPORTANCE OF MASTERING THE BASICS NOT ONLY FOR YOUR WORKOUTS BUT FOR EVERY DAY ACTIVITIES.

#### PART TWO

In my experience once you have mastered these basics it will form an excellent core foundation for all other forms and types of exercises. For example:

- The hip hinge is the first part of the squat, we slightly go into a hip hinge before we squat down. It keeps our back straight, abs engaged and chest tall so we are not leaning forward into the squat and using our backs to lower instead of our legs and hips
- The push up position is the starting position for many high intensity exercises such as mountain climber or for a lot of the TRX workouts. Also if learned correctly it can help with a weighted barbell bench chest press.
- The hip hinge technique and squat is essential for any deadlifts. The very basic things you will have to master are the hip hinge to keep the back protected and the squat technique for picking up and lowering the bar.
- The hip hinge technique is essential for any kettlebell swing.
- A good plank hold and abdominal bracing is essential for a lot of TRX exercises to prevent the lower back hurting due to the hips dropping in the exercises.

Check out my website [www.fitnesswithedele.com](http://www.fitnesswithedele.com) for video tutorials on all these exercises.

## OUTLOOK FASHION

Use hairspray to remove a lipstick stain



## HEALTH TIP

TRY TO HAVE BREAKFAST WITHIN ONE HOUR OF WAKING

It's always best to have breakfast within an hour of waking so that your body can charge itself with the energy it needs for the day. The idea is not to wait for your self to get really hungry. Breakfast is the most important meal of the day but that does not mean that it should be the most filling meal of the day.



## Beauty tip

### Allergy Season

The antihistamines in allergy medicine dry out the skin, so skip heavy foundation during allergy season. Instead, use a tinted moisturizer.



## THE SECRET OF A HAPPY LIFE

There was a time, long ago in my life when I didn't want to get out of bed and face another day. I was stuck in negativity, fear and doubt. And although I had such great dreams and hopes, I just couldn't seem to make them a reality in my life. I used to think there had to be something wrong with me. I know now that there was never anything wrong with me - I just didn't know how to navigate my life and look after me! We aren't taught how to live our best lives. We are not born with a manual showing us how to access our greatest hopes, dreams and callings. This is probably why I do the work I do today as a Life & Body Confidence Coach and mindful movement teacher. One of the things that I would love to share with you to create more happiness is to begin to develop a loving relationship with **YOU!** This is the cornerstone of every single life experience that you will ever encounter.

### LOVE YOU - LOVE YOUR LIFE!

Acceptance is the key to developing a loving relationship with yourself. Stop judging or being critical with what you do or who you are. Instead, begin to see yourself with compassion and kindness. Become interested in what you do, what you want and where you constantly stand in your own way. The more you are able to practice this loving kind awareness, the more your life will open up to you. Spend two minutes each morning and night being grateful for **ALL** of **YOU!** Find at least five things that you are thankful for in your life and allow yourself to really **FEEL** this emotion coursing through every cell in your body. This is the number one healing emotion that can change every aspect of your life!

For more on life and body confidence please visit my Facebook page and keep in touch!

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

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 and Cllr. Niall Kelleher 087-6694101 [office@niallkelleher.ie](mailto:office@niallkelleher.ie)

For advice and representation please feel free to call into the office or clinics  
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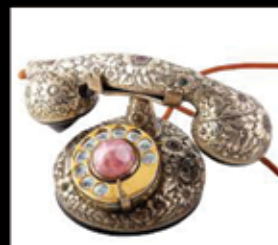
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## GARDENING OUTLOOK



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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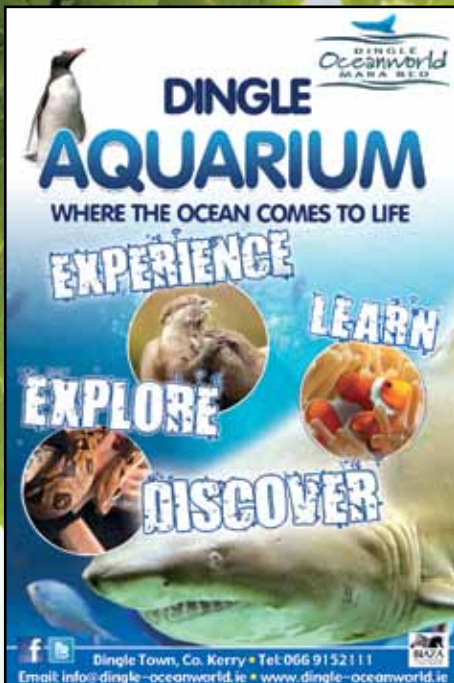
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## KERRY BOG PONY NATIONAL SHOW AND SALE



The 10th annual Kerry Bog Pony National Show and Sale will be held at the Red Fox Inn Glenbeigh at 11am Saturday 20th August. The importance of the Kerry bog pony is that they are only about 650 ponies in Ireland and 200 pony owners

This little pony is very hardy and well built for our wild country side. Long ago these ponies were used for the bog bring out the turf ... collecting the seaweed for the shore and going to mass was mainly used by the lady of the house Also they were used for the creamery and doing the butter run to Cork because these little ponies were small and could take the mountain roads to the butter factory. The pony is a standard height 102cm to 112cm for the mare the stallions are height 102cm to 117cm

The colour is whole and are generally brown ,bay black,gray and dun with the coat of the pony is long and dense and easily capable to withstanding harsh winter conditions without shelter

Kerry is a county of wetlands mountains and coastlines. The pony adapted to these

conditions and is closely linked to this area of region Some of the ponies are now used for carriage driving and children show jumping. "This year we are having a class in show for young handlers from age 10 to 15yrs to encourage the next generation to get involved with showing kerry bog ponies and a lead rein class of young riders under 10 yrs old to be lead by an adult", Mary McGrath, Chairperson told the Killarney Outlook. "So no matter what age you are there is a class for you. We are also having a Dog Show and bouncy castle for the kids and also rare breed animals Vintage machinery display also", she added. The final of the kerry bog pony mare championship will be held at the show Qualifiers are be held all over the country and there should be some lovely mares on show. There is also a stallion class and a show championship for the best pony excluding the finalists in the mare championship . The show is being opened by Special guests on the day, Celtic Steps and Recovery Haven will also be there on the day. There will be plenty of attractions on the day including Brendan Ferris is demonstrating some old machinery worked by a pony, Ger's Mobile Farm will be there for the kids to play with the animals. There will also be a Art and photograph competition with all categories to suit all ages. A kerry bog pony or ponies must feature somewhere in the submissions All in all a great day out.





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TOM CROWLEY OF THE INN BETWEEN, BEAUFORT, PRESENTING A SET OF JERSEYS TO NORA HALLISSEY, TRAINER OF THE NEWLY FORMED SENIOR LADIES FOOTBALL TEAM IN BEAUFORT. ALSO IN THE PHOTO ARE MEMBERS OF THE TEAM AND SELECTORS GERRY HOULIHAN AND MAURICE FOLEY.

## GNEEVEGUILLA GAA

**LOTTO:** Numbers 6, 20, 22, 23. No jackpot winner next weeks jackpot €13,000  
 €40 Dan Joe O'Sullivan New Quarter.  
 €40 Mike Coughlan Rathmore.  
 €40 M & L O'Keeffe Bounard.  
 €30 Mairead Breen Gortnaprocess.  
 €30 Kathleen Poff Tralee.  
 €20 Micheal Matheus Yearly ticket.

**GNEEVEGUILLA 0-11 BEALE 1-08:** Co League Division 3. Thanks to the large numbers who travelled to support the seniors. Gneeveguilla seniors next Co League game is at home to Dromid Pearses on August 20th. Gneeveguilla Gaa Lord Mayor will be on Friday night September 2nd more details to follow.

## MILLTOWN LISTRY LADIES FOOTBALL

Milltown Listry and Kilcummin played in Beaufort in Girl's U-13 'C' Championship Final. This was a very exciting and competitive game but Milltown Listry proved too strong for Kilcummin and the final score was Milltown/Listry 7-10 to Kilcummin 3-2. Milltown Scorers were Liath Lenihan 3-6, Dearbhla Foley 2-1, Sinead Nagle 1-1, Anna Kerrisk 1-0, Fiana Bradley 0-1 and Natasha Myers 0-1. Well done to all the girls and to their captain Natasha Myers. Special thanks to their mentors - Tom Corbett, Tom O'Dowd, Breda O'Mahony for all the work they put into the team. Thanks to all parents and supporters who came along to support the girls

## FIRIES COISTE NA NÒG

**U11 BOYS EAST KERRY LEAGUE:** Our U11 boys had a marvellous win against Beaufort last weekend; Firies 5-26 Beaufort 1-06 in the East Kerry Competition. Note that the previously postponed match against Spa is rescheduled to take place on Sunday, 14th August in Pairc Eamonn at 12noon. Best of luck boys!

## LEE STRAND U16 COUNTY FOOTBALL

**LEAGUE:** Firies U16 boys are progressing superbly well in the County League registering an impressive win over an Gaeltacht; Firies 3-11 an Gaeltacht 1-07. Next on the schedule, the boys are away to Castleisland Desmond's. Check out our Facebook; search Firies Coiste na nOg for the latest updates. Best of luck boys!

**MINOR COUNTY CHAMPIONSHIP:** Congratulations to the Firies Minors and Management who overcame West Kerry last week to the County Minor Semi-final. This was a tremendous battle with the boys in blue coming out eventual winners after extra time on a score line of 2-14 to 3-14. This win is a major one for the Firies Minors as it is their maiden voyage in the Minor County Championship. We wish them well in the later stages of the competition.

## EAST KERRY NOTES

With Áine Ní Shúilleabháin PRO

### 2016 MD O'SHEA EAST REGION U14 LEAGUE FINAL

#### DIVISION 5:

#### GLENFLESK 5-13 KILGARVAN-TUOSIST

**4-07:** The division 5 Final in the MD O'Shea, East Region U14 League, was played in ideal conditions at a sunny Fitzgerald Stadium on Monday evening and the two teams served up a thrilling game of open attacking football. Glenflesk's Owen Moynihan opening the scoring with a well taken point inside the first minute. The sides then traded goals. Firstly for Kilgarvan-Tuosist, when Ronan Foley finished a well taken goal to the net after a fine run, then Glenflesk struck for a great goal from the boot of Emmet Finnan. The same player then added a point from a free before Kevin Bowler kicked a classy point with the outside of the boot. In a purple patch midway through the half, Glenflesk added a further 1-3, points from Emmet Finnan (2), Dara Tagney and a well finished goal from Sam Casey. Once more the sides traded goals, Caleb Brosnan for Kilgarvan/Tuosist and Tommy Bowler goaled for Glenflesk after referee Bryan Crowley played an excellent advantage and allowed the play to develop. On

the stroke of half-time, Glenflesk goalkeeper Dylan Doona made a heroic save, while on the ground injured from the previous play he somehow managed to deflect the ball over the bar for a point from the rebound. It was his last act in the game as he had to be replaced with an injury. This left the half time score 3-6 to 2-4 in favour of Glenflesk.

Kilgarvan-Tuosist stormed out in the second half. Ronan Foley finished a goal after a great run through the defence before the same player neatly tucked away a penalty to complete a hat-trick of goals giving Kilgarvan/Tuosist the lead. Foley increased the Kilgarvan/Tuosist lead with a point from play. However, Kevin Bowler added a Glenflesk point after which it was Emmet Finnan's time to shine as he added five points, four from play. Dara Tagney added a well taken goal for Glenflesk before Corey Murphy and Tommy Bowler swapped points as the game started to run away from a brave Kilgarvan-Tuosist team. Dara Tagney added a further goal for an impressive Glenflesk team before the final score of the game came from a Dylan O'Sullivan point. Glenflesk 5-13 Kilgarvan-Tuosist 4-07.

Seán O'Keeffe of East Kerry Coiste na nÓg, presented Glenflesk Captain Peter Cronin with the division 5 trophy. He congratulated both teams and mentors are for the way their teams went about the game in an open and fair manner. He thanked the referee and Fitzgerald Stadium and congratulated Glenflesk.

Referee: Bryan Crowley (Rathmore).

**GLENFLESK TEAM:** Dylan Doona, Ivan Crowley, Killian O'Sullivan, Mike Mullane, Josh Lyne, Peter Cronin (Capt), Owen Moynihan (0-1), Emmet Finnan (1-8), Peter O'Sullivan, Kevin Bowler (0-2), Tommy Bowler (1-1), Dara Tagney (2-1), Sam Casey (1-0). Subs: Ronan O'Donoghue, Michael O'Leary, Joe Rudden, Damien Switzer, John Kelleher, Ben Switzer, Stephen Moynihan.

Manager: Declan Tagney, Trainer: Seamus O' Brien, Selectors Peter O'Sullivan, David O' Donoghue

**KILGARVAN-TUOSIST TEAM:** Sean O'Shea, Eoin O'Shea, Darragh Creedon, Darragh Murphy, Eugene O'Sullivan, Phoenix Randles, Gary Randles (Capt), Kieran Harrington, Caleb Brosnan (1-1), Mark Torpey (0-1), Tadgh O'Donoghue, Ronan Foley (3-3), Corey Murphy (0-1). Subs: Dylan O'Sullivan (0-1), Dan Twomey, Richard Lehane, Tomas Creedon, Shane O'Sullivan, Darragh Breen

Mentors: John Foley, John Creedon, Ger Murphy.

#### DIVISION 6

#### CORDAL/SCARTAGLEN 6-21 SPA 4-5

In an open sporting game, played in Fitzgerald stadium, Cordal/Scartaglen got off to a dream start, in this East Region U14 Division 6 league final, and built a lead in the first ten minutes. Cordal/ Scartaglen opened the scoring with points and followed with Keelan O'Donoghue and Conor Kerins rattling the net twice in the first ten minutes, giving the Spa defence no





chance on front of goal. There were a scatter of points before Cian Murphy opened the Spa account with a point and a well taken goal after a fast upfield move, early in the second quarter – 2-9 to 1-2. Cordal/Scartaglen increased their lead with a scatter of points, before Spa's Eoghan Mulvaney made a surging run forward and sent an unstoppable shot to the net. A second Spa rasper just skimmed wide. Cordal/Scartaglen responded immediately. Keelan O'Donoghue burst forward and after a penetrating solo, picked out Tommy Boyle who goaled. A Spa point left the score at the break: Cordal/Scartaglen 3-14 Spa 2-3.

On resumption, both sides came out with renewed determination. Cordal/Scartaglen pulled further ahead with a number of points and a Keelan O'Donoghue goal, in the third quarter while Spa's Eoghan Mulvaney found the target for a goal and a point. However, it was Cordal/Scartaglen's night. A Conor Kerins goal, added to further points, increased the Cordal/Scartaglen lead. As full time approached, Taylor O'Donoghue netted the ball for Cordal/Scartaglen's sixth goal. Spa, to their credit, played with determination to the final whistle and were rewarded with a Ruairi O Connor goal. Final score: Cordal/Scartaglen 6-21 Spa 4-5.

Sean O'Sullivan, chairman East Kerry Coiste na nÓg, presented the trophy to the Cordal/Scartaglen team joint captains, Nathan O'Rourke and Sean O'Connor. He thanked the referee and Fitzgerald Stadium and praised both teams for the sporting game and congratulated the winning Cordal/Scartaglen team. Referee: Jimmy O'Shea (Glenflesk).

**CORDAL/SCARTAGLEN TEAM:** Nathan O'Rourke (Joint capt), Kevin O'Donoghue, Alex O'Leary, Cian Walsh Murphy, Bryan Daly, Eric McCarthy, Darragh Buckley, Conor Kerins (2-4), Seán O'Connor (Joint Capt) (0-4;1f), Rory O'Connell (0-3), Seán O'Sullivan (0-4;1f), Keelan O'Donoghue (2-3), Tommy Boyle (1-0), Taylor O'Donoghue (1-3), Conor Walsh. Subs: Luke Regan, JJ O'Connor, Paddy Brosnan, Patrick Fitzgerald, Pat O'Mahony, Alan Kerins, Sean Fealey.

Management: Tom Boyle, Seán Óg Ó Ciardubháin, Domo Ó Ciardubháin, Mike Fitzgerald

**SPA TEAM:** Cian O'Sullivan, Bailey O'Sullivan, Timothy Moynihan, Josh Moore, Eoghan Mulvaney (2-1), Rian O'Neill, Jack O'Connell, Ethan O'Neill (0-1), Cathal Higgins (0-1), Oisín Walsh, Cian Murphy (1-2), Ruairi O'Connor (1-0), Craig McKensie Vass, Matt McAuliffe (Capt), Paul O'Sullivan. Subs: Nathan Moynihan, Hugh Murhill, Sean O'Sullivan, Luke O'Neill, Gary O'Sullivan, Diarmuid Cahill

Team Mentors: Robert Cremin, Neily Kerins.

**COUNTY CHAMPIONSHIP:** Three East Kerry teams took to the field in the County Championship last week. In a local derby, East Kerry hosted Dr Crokes in Rathmore in the quarter final. The first half was a close affair, and East Kerry led by the minimum at the break,

0-6 to 0-5. East Kerry made changes and took the momentum in the second half to run out winners 2-13 to 1-7. Furies played 2 games, winning both- their round 3 back game, away against Dingle and quarter final against West Kerry. Many thanks to Rathmore CLG for the use of their facilities, in particular to Donal Murphy, Chairman, Michael Cronin, Runai and Dermie Moynihan for the hospitality and help. Special thanks also to Denis Mc Crohan, Derry Mc Carthy and Tony Moynihan for all the great assistance, including with presentation for the game.

**CONGRATULATIONS:** Well done to the Kerry Junior team and management on winning the All Ireland Junior Football Final and especially to the players from East Kerry

**RESULTS:** Tatler Jack East Region Minor League, Division 2 – Back game  
Currow 2-16 Beaufort 2-7.

**FIXTURE:** Tatler Jack East Region Minor League. Division 3 Final.

Sunday 14th August 2016- at 12 noon  
Fossa V Kilcummin. Venue: TBC.

## DR CROKES

**SENIOR HURLING:** The Crokes Senior Hurlers will meet Kilgarvan away in the Semi-Final of the South Kerry Hurling Championship on Wednesday, 17th August.

**UNDER 11:** The Under 11's put in an excellent team performance to overcome Legion in a sun-drenched Lewis Road on Sunday morning. A big crowd gathered as the young players battled it out in an exciting end-to-end game. Both sides enjoyed spells of dominance but it was the home side that left victorious on a scoreline of 5-09 to 4-07.

**UNDER 16:** The Crokes picked up another two points in Division 2 of the County League on Friday evening in Lewis road. The black and amber boys scored an impressive 4-18 against the travelling Castleisland Desmonds side. Final score - 4-18 to 1-11.

**CLUB SUMMER CAMP:** This years summer camp takes place from Tuesday 23rd August to Thursday 25th August. All boys and girls aged 5 - 12 years welcome. All participants will develop skills under the guidance of qualified coaches in a safe and fun environment. New members welcome. Time: 11:00am to 2:30pm. Cost: €25 per child which includes gift. Don't forget to bring a packed lunch!

**WALK FOR AMY:** Calling all members to support Walk for Amy on Saturday August 27th at 10am. We would like to see all members participate - walkers, buggies, bikes, babies all can come!

**LOTTO:** Lotto numbers 1, 11, 17, 19 . Jackpot €6900 not won match 3 11 by €45. Next draw Sunday 14th of August in JC O'Shea. Jackpot €7200.

## SPA CLUB NOTES

### COISTE AN NOG:

**U16 BOYS:** Spa played St Mary's at home last Wednesday night missing a few regulars and put in a excellent performance. The boys in blue were tenacious in defence with imperious Ruairi O'Keeffe standing out and Adam Kelly in goals pulling off fantastic saves. The first half was tit for tat with only 2 points separating the teams at half time. However, on the resumption the Spa midfield took over with Evan Jones netting 2 goals and Sean Cahill getting another. At wing forward Tomas Cronin was now getting on the end of a lot of ball scoring 4 points from play. A further goal by Michael Horgan put the game beyond doubt giving the home side a well deserved victory of 4-10 to 1-09 to go top of the table. Spa play Ardfert away next Wednesday night at 7pm.

**EAST KERRY:** East Kerry progress to the semi final of County Minor Championship with a 2-13 to 1-7 win over Dr Crokes last Wednesday in Rathmore Well done to all especially our Spa players Eoghan Cronin, David Spillane (capt), Dara Moynihan, Dion Marcos and Niall McCarthy! All played well on the night.

**UPCOMING FIXTURES:** Senior Co League  
Spa v Finuge Saturday August 20th at 7pm.

**SPONSORSHIP:** Dalys Supervalu presented some with new jerseys during the week. John Daly was on hand to present the senior men, senior ladies, juniors, u16 boys and underage jerseys. We are grateful for their continued support and long may it continue.

**LADIES FOOTBALL:** Senior ladies played Kilcummin in Rd 7 of the County league away. Lost to a stronger team.

**U16 GIRLS:** Travelled to Dingle last week winning with a very impressive scoreline over Dingle/Castlegregory.

**MASS FOR DECEASED MEMBERS:** Was held last night, August 11th at 7pm.

**CELEBRATION:** Spa celebrated the 1966 O'Donoghue Cup Victory last night, Thursday August 11th at 7pm at the Spa Clubhouse.

Following their successful era of the 1950's, due to emigration, retirements and a lack of a proper underage structure, the Spa club went into gradual decline and became defunct for a 4 year period, which saw many of their players assisting St Finian's in East Kerry competitions. The first tentative steps in the revival of the club came in 1963 when a Spa/Glenflesk amalgamation won the East Kerry Minor League, and this victory, which coincided with the decision by St Finian's not to continue to compete in East Kerry competitions, heralded the revival of the Spa club. At the club AGM in the old Macra Hall in March 1966 a decision was taken to enter the senior East Kerry League for the O'Donoghue Cup. After a narrow victory over Currow in their opening game, they were defeated by Listry in the next round and their future in the competition very much hinged on what was to be a crucial clash with Gneeveguilla. Conscious of their plight, the





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

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

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

Last Thursday August 11th the surviving members of the panel, and representatives of those who have passed away in the interim period, assembled at Spa clubhouse for a special reunion function during which Mass was celebrated at 7pm by one of the playing members of the side.

## BEAUFORT NEWS

**LOTTO:** Results of Sunday, 7th August for jackpot of €5,400. Numbers drawn: 3,17,20,26. No jackpot winner.

**CONSOLATION PRIZES:** €80 Inverary Syndicate. €50 Liz McCarthy, Galvin's Bar, Brendan Breen, Shanacloon and Lyno, Killarney. Next draw for jackpot of €5,600 will be held in Inn Between on Sunday, 21st August.

**FIXTURES:** Under 11 Boys are away to Legion, Sunday, 14th at 12 midday.

Under 12 Boys sponsored by Maurice Foley of MF Decorating due to play Cromane in Cromane, Sunday, 14th at 7pm.

Senior men sponsored by Maurice Foley of MF Decorating in Mid Kerry Senior League final, Saturday 20th at 5pm at venue to be decided.

Senior Ladies sponsored by Tom Crowley of The Inn Between are due to play Southern Gaels in the County League on Sunday morning at 12 noon.

**REPORTS:** Beaufort U16 Boys sponsored by Killarney Credit Union picked up their second victory in Division 5 of the County Football League with an unexpected fourteen point victory over Finuge in Lixnaw on last Friday evening. This result means that with one match remaining in their division they now have a real chance of making the semi-final stages.

This match was really won in the first half as Beaufort, displaying wonderful teamwork, built up an eleven point lead by half time

with no less than eight players getting on the scoresheet. Centre half forward, Sean Coffey, struck for Beaufort's first goal in the 8th minute and midfielder, Ian McGillicuddy, struck for a great individual goal in the 23rd minute. Beaufort led 2-9 to 0-4 at half time.

For a long stretch in the second half Finuge made a real fight of it but when Oisín O'Connor fisted a William Joy cross to the net in the 50th minute their resistance faded though they did blast a penalty over the bar with the last kick of the game. Final Score: Beaufort 3-16 Finuge 1-8

**TEAM:** Patrick Crehan, Mark Neary, Jack Hallissey, Jack Coffey, Keith Suter, Kieran O'Sullivan (0-4), Oisín O'Connor (1-0), Ian McGillicuddy (1-1), Liam Curran (0-1), Eoin O'Hagan (0-3), Sean Coffey (1-1), William Joy (0-3), Jack Sweeney (0-1), Keith Floyd, Darragh Dennehy (0-2).

**BEAUFORT JUNIOR:** Team had a fine win over John Mitchells in the semi-final of the Junior League on Tuesday evening. Final Score: John Mitchells 0-14 Beaufort 2-9. They play Milltown/Castlemaine in the Mid Kerry B Championship Final on Tuesday evening. Result next week.

**BEAUFORT SENIOR LADIES:** Sponsored by Tom Crowley of The Inn Between had 2 good wins during the week. They beat Na Gaeil 3-11 to 2-4 in the County League on Monday evening and beat St. Senans/Finuge 5-13 to 1-13 in the Mary Jo Curran Cup on Thursday evening.

**BEAUFORT MINORS:** Sponsored by Harpoon Connecct were beaten by Currow in the East Region League on Saturday in Beaufort.

**BEAUFORT U16 GIRLS:** Sponsored by Marie and Derry Coffey of The Coffee Pot, Gap of Dunloe received a walk-over from John Mitchells on Thursday.

**BEAUFORT U12 BOYS:** Sponsored by Maurice Foley of MF Decorating lost to Milltown/Castlemaine on Friday evening in the Mid Kerry Championship.

**WELL DONE:** To the Mid Kerry Minors who beat Kenmare District in the County Championship Quarter Final on Wednesday last.

Well done to Bernie Breen, Sarah Houlihan and the Kerry Ladies team who beat Waterford in the All Ireland Qualifiers thus qualifying for the All-Ireland quarter final on Saturday week against Monaghan. Sarah contributed 9 points and received Player of the Match, while Bernie scored 1-1 from mid-field. Patrice was unavailable due to her sister's wedding. their quarter final is on in Birr.

**BEST OF LUCK:** To the senior ladies player Lisa Dennehy and Glenbeigh/Glencar senior player Bernard Murphy who got married on Saturday last.

## LISTRY GAA

**WEEKLY LOTTO RESULTS:** Sunday 7th August, 2016. Winning Numbers 12, 16, 19, 24

Jackpot €5,600 Not Won.

1 x €100 Seamus Doherty, Barleymount.

2 x €50 Jerry Sheehan C/o K.G.C.

Tim Allman, Ballincarraig.

2 x €25 C.R. & D.O. Regan, Listry.

John Allman, Furies.

Draw Entrant Saibh Reidy, Listry.

Jackpot next week. Sunday August 14th €5,750

### SENIOR COUNTY LEAGUE RESULT:

Seniors played away to An Ghaeltacht last Sunday afternoon. Half time score An Ghaeltacht 0-04 Listry 2-08. Full time score An Ghaeltacht 0-10 Listry Gaa 2-11. It was a very good game and Listry came away with a well deserved 2 points. Well done Lads!

**U16S:** Keel/Listry travelled to Kilcummin on a wet, cold and windy evening for round four of the U-16 County League on Wednesday the 3rd August 2016. This was a top of the table clash and recent history would suggest that it was going to be a close game. Our captain on the evening Cian Flynn won the toss and opted to play with the wind in the first half. Killian Broderick opened the scoring with a nice point from wing back. Kilcummin responded with a point from a free which was quickly cancelled out after Barry Keane scored a free for Keel/Listry. Kilcummin had a good patch and kicked a goal and 2 points. Then our boys had a good period when good play from Barry and Seán Foley resulted in points when goals should have been scored. The hard working Micheál Buckley kicked a good point and Eoin O'Donnell chipped in with a super point. Kilcummin kicked three more points in the first half that also saw Barry convert 3 frees. Our backs were defending well towards the end of the half, an excellent block down from Liam Clifford epitomised the spirit of the defence. Seán Langford was solid in goal. Mark O'Brien, Paudie Horgan and Anthony O'Shea made up a good full back line. Killian Broderick, Gary Murphy and Liam Clifford had to be vigilant with a lively half forward line and all the boys moved the ball nicely out of defence. Cian Flynn and Gearóid Murphy were again this week a new pairing in midfield. The boys were under pressure defending but when on the ball both Cian and Gearóid were comfortable. Killian Murphy won a lot of ball on the wing and carried it well. Barry Keane was strong on the forty and linked well with the inside line. Eoin O'Donnell was industrious as ever on the wing and always available to support a team mate. Dean Ladden made his man work hard and good running from Dean created space for others to score. Seán Foley O'Brien at full forward had a good first half and with a bit of luck could have scored a few goals. The towering Micheál Buckley at corner forward was a constant threat and used his height and roaming ability to great effect. So after a half when we missed a lot of scoring opportunities the half time score was Kilcummin 1-6 Keel/Listry 0-9. Kilcummin blitzed us at the start of the second half and we were 9 points down before we knew what was happening. In all the games our boys have





shown great heart and we had to dig deep to turn this around. We got back into the game after a fortuitous goal from Barry Keane and this was followed by another soft goal from Cian Flynn. With pressure on the kick out and our confidence growing Barry scored a great goal and we were back in the game. Darragh O'Dowd came on at centre back and Gary Murphy was released to the forwards where he used his pace to great effect. Kilcummin are a fine team and responded with a point. Gearóid Murphy was winning the kick outs and this possession released Mark O'Brien and Killian Broderick up the wing to set up attacks. Killian Murphy was rewarded with a well taken goal after great play and then we had a spell where everything went right for us. Barry Keane, back after a three week break kicked 4 points on the trot. Sean Foley kicked his second point of the evening and the hard working Liam Clifford was rewarded for a good evenings work with a great point after good work from his fellow wing back Killian Broderick. Gearóid Murphy was getting stronger as the game wore on and kicked a wonderful point to boost his confidence. Killian Murphy finished this period of dominance for Keel/Listry with his second goal of the half. Kilcummin are a good side and battled to the end. They scored another 1-2 to finish the game and were always a threat going forward. Our defence was strong in the final quarter, Paudie, Mark and Anthony in the full back line were tenacious. Seán Langford was dependable in goal. Wing backs Liam and Killian were driving forward and youngsters Darragh O'Dowd, Cian and Dylan Brennan didn't put a foot wrong. A funny second half, a great game played in a sporting manner by two teams that are evenly matched. Well done to our boys and best of luck to Kilcummin in the remainder of the competition. The score in the second half was Keel/Listry 5-7 Kilcummin 2-6 and the final score was Keel/Listry 5-16 Kilcummin 4-12, great entertainment and well refereed. Thanks boys and thank you to all the parents for supporting the team.

**LISTRY SUMMER CAMP:** Listry GAA Club ran a very successful Summer Camp from August 2nd to 5th. The Dungeon Bookshop were sponsors of the camp again this year. Thanks to all the coaches who gave their time



LISTRY GAA CLUB SUMMER CAMP. PICTURED ARE ALL THE PARTICIPANTS ALONG WITH DEREK TWOMEY REPRESENTING THE DUNGEON BOOKSHOP - SPONSORS OF THE CAMP.

throughout the week. Thanks also to all our participants who were very attentive and well behaved throughout the week. Listry Abul!

## LEGION GAA NOTES

**SUMMER CAMP:** A message from our chairman, Enda Walshe:

Great week again at the club summer camp. Thanks to all the boys and girls who had great fun and games. To our juveniles who assisted at the camp, Ellen Coffey, Sonia Smith, Isabelle Corridan, Rebecca Walshe, Rebecca Osborne, Rachel McCarthy, Caoimhe Ivors, Ciara Randles, Darragh Lyne, Donal Lucey, Conor Lucey, Conor O'Leary, Niall McGillicuddy, Eoin O'Sullivan, Ryan O'Grady and Donncha Warren, thanks for the help. Great job. Big thanks also to Chris Flannery, Noel Kelleher, Seán Culloty and Fergal Moynihan who oversaw the week, and to Maura McCarthy, the ever-efficient administrator, who looked after the camp bookings and the gear. And finally to Ian Trant of Sewells Pharmacy, a most generous sponsor, without whose help the camp wouldn't run.

**U-16 BOYS: COUNTY LEAGUE (DIVISION 1): KILLARNEY LEGION 1-11**

**LISTOWEL EMMETS 1-10:** A tremendous effort from our lads in the second half earned them an invaluable win that will hopefully secure a place in the semi-finals. Legion went in at half-time down seven points despite playing

with a strong wind but great credit is due to the boys for not giving up. They dug deep in the second half and snatched the victory in the dying minutes. Well done to the team and their management.

**DANIELLE O'SULLIVAN:** The 2016 Kerry Rose Danielle O'Sullivan played football with Killarney Legion and at a reception during the week we presented her with a good luck gift from the club and sponsors. Many thanks to Dave Randles of Randles Bros, Tina Moynihan of Lela Thai Spa, Seán Murphy of Lord Kenmares, Paul Trant of Keanes Jewellers and Ian Trant of Sewells Pharmacy who presented Danielle with her gifts. Also present was her coach at juvenile level Paudie Breen. The whole club wish Danielle the very best of luck in the upcoming Rose of Tralee Festival.

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

**LOTTO:** Winning numbers: 9, 14, 19, 24. No winner. Lucky Dip: Joan Doran (St Brendan's Place), D O'Donoghue (Scrahan Court), Joe Huggard (c/o Lake Hotel), Liam Kelly, Lynda Horgan (67 Ardschanavooley). If you're interested in selling some lotto tickets please contact Seán Culloty at 087 2225325. Also if you'd like to avail of our Easy Pay system to automatically enter your lotto numbers every week, forms are available from any lotto committee member.



THE SPA TEAM WHO WERE BEATEN BY CORDAL/SCARTAGLEN IN THE EAST REGION U14 LEAGUE DIVISION 6 FINAL ON MONDAY 8TH AUGUST.



THE CORDAL SCARTAGLEN TEAM WHO BEAT SPA IN THE EAST REGION U14 LEAGUE DIVISION 6 FINAL.





## MILLTOWN/LISTRY COMMUNITY GAMES

**NATIONAL FINALS:** The national finals are taking place over the next 2 weekends in Athlone and it's great for our area to have competitors taking part on both weekends. This weekend August 12-14 we have most of our competitors taking part.

It is the first time in a good many years that we have a team from our area representing Kerry in the national finals in Athlone. This honour falls to our U14 draughts team who won the Kerry comp last March. **PANEL:** Patrick O'Sullivan, Aaron O'Donoghue, Peadar Whelan, Brendan Casey, Edward O'Sullivan, Cian Spillane and Cian O'Connor. Coach is Pat O'Sullivan.

In the mixed distance relays and being members of Kerry teams, we will have Shauna McCarthy on the U13 girls team and Cian Spillane on the U12 boys team. They qualified to represent Kerry from the local Kerry competition held in Beaufort last May and have been training with Kerry squads over the past 2 months.

In swimming we will have Saibh O'Brien representing Kerry in the U14 backstroke event. Saibh won her event at Kerry finals held last May in Tralee Sports Complex. We will have Cathal O'Donoghue representing Kerry in the U12 handwriting. Cathal won gold in the Kerry competition last March.

We would like to wish the very best of luck to all who are representing us and Kerry and hope they and their families have a very enjoyable and memorable weekend.

## WORKMEN'S ROWING CLUB

### ALL-IRELAND COASTAL ROWING CHAMPS:

This weekend we have re-located 'en-masse' to Ballyshannon, Co. Donegal for the All-Ireland Coastal Rowing Championships. We have 26 crews in total from Under 14s to Masters who have been training hard for this highlight of the Coastal Rowing Year. We wish all of our athletes, their families and supporters the very best of luck, and we thank our organising committee for their amazing work in organising accommodation, transportation and sustenance for this event.

For some, it will be their first All-Ireland Coastal Championships, and for some others it is just a re-location of previous years' racing and triumphs. A special word of thanks to our team of coaches who have prepared our crews day after day and night after night, and then hopped in the boat themselves to take their own seat among their own crew for a bout of training. We appreciate all of those long hours of commitment to our club and are sure we can represent Workmen's with great pride this weekend.

**BIRTHDAY GREETINGS:** Extra special greetings are sent all the way to Donegal this weekend ... we hope that Mary Moynihan and Pauline O'Brien enjoy their birthday celebrations on Sunday and Monday respectively... there'll be

plenty of hands available for the bumps girls!!! Also a Very Happy Birthday to Oonagh Neilan on the 19th.

For a full list of upcoming rowing events and other information about the sport of rowing, please visit [www.rowingireland.ie](http://www.rowingireland.ie) Why not keep in touch with us by liking us on facebook: 'Workmen's Rowing Club'.

## CYCLING NEWS

**CONOR TAKE'S WIN IN CORDAL:** The final round of the Clubs of Kerry Road Race League took place in Cordal and was hosted by Moda Kingdom Endurance. With places on the final table up for grabs there was there was lots of exciting action and in the end it was Killarney CC's Conor Kissane that took his first win of the season. He was followed home by Manor West iBikes Oran Pierse and George Doyle. Killarney Cycling Club had a good night with Leigh Hewerdine in 4th and Marcus Treacy in 6th. They were split by Killorglin's Michael O'Shea.

**THE LEAGUE TABLE:** The provisional League table shows that Oran Pierse is the overall winner. Leigh Hewerdine's 4th place in Cordal puts him in contention for a top 5 place and the only non Manor West iBike rider to break their stranglehold on the top of the table. The full results will be published next week.

**UNDERAGE DOUBLE UP:** The underage cyclists had lots to ride for in Cordal as the race counted as a round of the League and also the County Championships.

The Road Race League runs at the even ages and here in the u12's Killarney CC's Aona O'Shea took the win from Killarney CC's Shane Galvin with Kingdom's Adam Lenihan in third. Taking the final three points scoring places were Eoin Hilliard (Kingdom), Jack Breen (Currow) and Josh Hewerdine from Killarney CC.

Eoghan Patwell of O'Leary Stone Kanturk was the winner of the u14's followed by Tralee Manor West iBikes Sean Barrett and Eoin Moloney. Killarney CC's Patrick Galvin was 4th, Tadgh O'Shea Killorglin 5th and Faith Hilliard from Kingdom CC 6th. In the u14 Girls Kingdom CC's Faith Hilliard beat off the challenge of Almha and Tara Russell Kissane.

Kieran Coggins from Tralee Manor West iBike took the u16 win with Fergal Murphy from Killarney CC second, Robbie Scott, Manor West iBike third and David Fitzgerald from the same club in 4th.

**COUNTY CHAMPIONSHIP WINNERS:** The County Championships are raced for at each age group from u11's to u16's. It was a good night for the Galvin family from the Killarney Cycling Club as Shane won the u11's and Patrick the u13's. Second behind Shane in the u11's was Kingdom's Eoin Hilliard with Currow CC's Jack Breen third. Patrick beat off Kingdom CC's Ciaran Commene and Ronan Leahy from O'Leary Stone Kanturk in the u12's.

In between the 11's and 13's was the u12 race which was won by Killorglin CC's Aona O'Shea. Kingdom's Adam Lenihan was the runner up

followed by Killarney CC's Josh Hewerdine.

O'Leary Stone Kanturk's Eoghan Patwell is the u14 County Champion as he just got the better of Tralee Manor West iBike's Sean Barrett and Eoin Moloney. The u14 Girls result is the same as the Road Race with Hillard seeing off the two Russell Kissane girls Almha and Tara.

As expected the u15's was a battle of the Manor West iBike riders with Kieran Coggins taking the win from Robbie Scott. In the u16's Killarney CC's Fergal Murphy beat off David Fitzgerald to take the win with Fitzgerald unlucky to have break issues. Jake Deering also had no luck as his chain broke as he was going well.

**SENIOR COUNTY CHAMPIONSHIPS:** The Senior County Championship's will take place in Currow on Thursday August 18th. All riders that are from Kerry or are a member of a Kerry cycling club are eligible to take part once they have not taken part in another County Championship in 2016.

Gold, silver and bronze medals will be given out in the following categories:

First 3 men overall, first 3 women overall, first 3 A2's, A3's and A4's, first 3 Juniors and Masters over 40, 50 and 60 as well as the team section with teams of 4 to count.

The racing starts at 7.30pm on the circuit used for the County League.

## GNEEVEGUILLA ATHLETIC CLUB

**LOTTO:** No winner of our lotto 05/08/2016, numbers drawn were 7, 14, 29 & 30. Sellers prize winner: Mossie Brosnan, €50 Y/T prize winner: Brid Kelliher Knocknagree, €50 to Sharon Duggan c/o O' Sullivan's Bar, €40 to Paddy Breen Coolnageragh, Scartaglin, John O' Connor Ballydesmond & Helen Doyle Jib. Bonus not won numbers drawn were 3, 17, 25 & 29. Next week's jackpot €13,400 plus €1,000 bonus.

**COMMUNITY GAMES NATIONAL FINALS:** Best of luck to Jack O'Leary, Jack Greaney, Shona O'Brien & Donal O'Sullivan all club members who are travelling to the Community Games National Finals representing their respective areas over the next two weekends.

**KILGOBNAIT 4 MILER:** Congrats to Robert Purcell who won the Kilgobnait 4 mile road race on Sunday. Caroline Murphy was 3rd, Joan O'Sullivan was 1st O60.

**NATIONAL LEAGUE FINALS:** Held in Tullamore Mairead O' Neill won the hammer, she was part of the Kerry Team.

## FARRANFORE MAINE VALLEY ATHLETIC CLUB

The GloHealth National League Final took place on Sunday 7th August in Tullamore. The Kerry ladies team was in action competing in Division 1. Coming into the final they had highest points, but in the final they were down a number of athletes due to other competitions





held over the same weekend. The team just missed out on 3rd place by an absolute whisker. Although scoring 87 points, the same number as Donore Harriers AC, they were beaten into 4th place on the count back. In the league final we had Niamh De Hora who won the 1500m earning the team 9 points (4:48.87) and was part of the 4x400m relay team earning 3 points. Elaina Norris picked up 2 points in the Javelin with a throw of 11.81m. Well done to all who took part over the three rounds.

Shane Hand played a part for the men's An Ríocht team earning them 6 points in the Hammer (42.16m) and Michael O'Connor competed in the 3000m race walk also earning the team 6 points with a time of 17:49. The An Ríocht team finished in 7th place overall with 71 points.

**CLUB SOCIAL OUTING:** The club has organised a guided walk for all club members of the Muckross Peninsula in Killarney for Saturday 3rd September. It is a great opportunity for members to get to know each other. Meet at entrance to Muckross Traditional Farm for 11am. Track & Trail walk which is 6/7Km low level, suitable for everyone of 8yrs and over. Duration 1.5/2 hrs. Wear comfortable footwear (trainers) and rain jacket. Bring a packed lunch for after the walk.

**CLUB TRAINING:** Juvenile Training will start up on Tuesday 6th September in Farranfore GAA grounds starting at 6pm. This will be in preparation for the Cross Country Championships which will kick off first week in October. €2 per session

Pole Vault & Triple Jump Coaching Weekend, Saturday 10th & Sunday 11th September from 10am to 5pm in Templemore Track. Refer to Munster Athletics website for full details.

**ATHLETIC'S FIXTURES:** 13th - 14th August: Weekend 1 of National Community Games Finals

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

Sunday 21st August: GloHealth National Masters Track & Field Championships, Tullamore Full details in Munster Athletics website. Please contact club secretary in advance for registration

## KILLARNEY RFC NEWS

**GOLF CLASSIC:** Killarney Rugby Club has something to focus the minds of those playing golf in this Friday's Rugby Club Golf Classic at Mahony's Point course. A novel Hole-in-One competition on the iconic, picturesque 18th hole will certainly challenge even the best. Open to both ladies and gents as part of the Classic, the first player who strikes a hole-in-one will win a top of the range bicycle and gear from O'Sullivan's Cycle worth up to €5,000! What a way to finish a wonderful day of good fun and friendly rivalry. The Rugby Club has had a fantastic response from the business community once again and with over 50 teams



PICTURED L-R: GER MOYNIHAN - CLUB CAPTAIN, JUNIOR FINNEGAN, PAUL MURPHY - CHAIRMAN, DAVID O'SULLIVAN (O'SULLIVAN CYCLES), LIAM MURPHY - KRFC MINIS, MIKE FULLER - PRESIDENT AND GEAROID MOYNIHAN.

of three taking part it promises to be a great day out. Great sponsors have supported the event from the off and with a mighty BBQ lunch midway through the golf, and so the back nine will be a formidable test!

The club wishes to thank the many sponsors and supporters in establishing this event. It is planned as an inaugural event on the local annual calendar and the club has great support from all sporting codes in the locality again and this just shows you how stone mad for sport and 'craic' we are in Killarney and Kerry.

The Hole-in-One will cap a series of great prizes including 'Nearest the Pin'; 'Longest Drive' and a monster Raffle throughout the day for a bundle of great surprises. The club also thanks Killarney Golf & Fishing Club for their generous accommodation in 'Heaven's Reflex' and to Paul Cotter and his catering team at "The Chapel". So fun for all those involved and who knows we may have a brand new cyclist in next year's Ring of Kerry!

**MINIS RESTARTING:** Our Minis section are due to begin their new season on Saturday, the 03rd of September at Aghadoe. Rugby has really become a popular sport in the Killarney area and this is due in no small part to the very hard work and dedication of our amazing coaches. As the club grows and we have more and more children from age 5 upwards playing at our fantastic pitches at Aghadoe, we are looking to recruit new coaches for the new season for all ages up to U 18!. If you have the time and an interest in Rugby, why not give Minis coordinator Liam Murphy a shout on 087-4145662. No major experience is necessary, only an interest in rugby. We will provide the training, the equipment and experience to develop our coaches all in a fun environment. Sure, give it a 'Try'!!

## RATHMORE GNEEVEGUILLA COMMUNITY GAMES

On behalf of Rathmore Gneeveguilla Community Games we would like to wish the following children the very best of luck at the All Ireland Community Games competitions taking place in Athlone, this weekend.

We have two brothers, Jack and Oisín O'Leary taking part in two separate events. Jack will be taking part in the U14 Mixed Distance 600m / 800m Kerry County Relay event - Jack's team won Gold in this event last year so we wish him the very best of luck again this year.

His younger brother, Oisín will be taking part in the U10 Art competition after winning the county Gold at the County Finals in Listowel in February. This is Oisín's first time competing in Athlone so we wish him the very best of luck.

Their first cousin, Paudie O'Leary, no stranger to the Community Games All Ireland competition will take place in the Solo U14 swimming competition on Sunday. We also wish Paudie the very best of luck in this very competitive event and we will be keeping our facebook page Rathmore/Gneeveguilla updated with results for all these events and we will update you further next week.



BROTHERS, JACK AND OISÍN O'LEARY TAKING PART IN TWO SEPARATE EVENTS REPRESENTING GNEEVEGUILLA AC IN ATHLONE.





## ST. BRENDAN'S ROWING CLUB

**FUNDRAISING:** Thank you to everyone who has generously donated their time to help with our street collection this Friday 12th and Saturday 13th August.

We will have members collecting at different locations in town from 10am to 4pm. All donations given will greatly help our club.

**CLUB MEMBERS LOTTO:** Congratulations to our winners of this weeks club lotto 1st place No. 40 Greg O'Donoghue and 2nd place No.9 Andrew Hegarty.

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

**CONTACT:** Any enquiries please contact Ciarán Cronin 086 038 0272 Nicola Morgan 086 079 8507 Ciaran Sheehan 085 148 7743 or email stbrendansrowingclub@gmail.com

## FOSSA ROWING CLUB NOTES

It's been a busy few weeks at Fossa RC with excellent performances from all crews at the Sneem time trials, Kenmare gig regatta and on last Monday evening we were treated to an excellent evenings rowing courtesy of Cromane RC. Thanks to Mary B and all the crew in Cromane for excellent hospitality and great racing !!

Unfortunately poor weather saw the cancellation of the Castletownbere gig regatta and the County Championships in Fenit last weekend.

**HAPPY BIRTHDAY:** The club would like to wish our club chairman Conor and assistant treasure Alison a very happy belated birthday.

**CONGRATULATIONS:** The club would like to congratulate our vet lady Kathleen on becoming a granny recently to her beautiful grandson Killian. Happy babysitting Kathleen!

**ALL IRELAND COSTAL ROWING CHAMPIONSHIPS:** The biggest weekend of the year is finally here as all roads lead to Ballyshannon, Co. Donegal for the All Ireland Costal Rowing Championships 2016. We would like to wish all of our 14 crews the very best of luck and hope all those tough training sessions

pay off. To their families and supporters, we hope you have an enjoyable weekend with us with your voice box charged up and club colours at the ready. We wish you all safe and pleasant journey there and back. G'wan Fossa!

**SPECIAL THANKS:** Thanks to coxes and trainers and particularly Andrew Wharton for logistical support and all round assistance and also Maire Twiss for the hard work in ensuring registrations and documentation are all in order. We would like to thank Cormac Flannery, Killarney Golf and Fishing Club management and members for the excellent facility afforded to us in this past season while we have had difficulty in accessing our boathouse. These difficulties have not had an adverse effect on the Clubs performance and we will continue to push on and keep the tradition of rowing alive and well in Fossa.

Thanks to all our friends for the support in the last year and a particular word of thanks to Fr. Tom Looney, PP Fossa who carried out a blessing of our boats recently.

**NEW MEMBERS:** Are always welcome – just get in touch with any club member or drop us a line on our Facebook page.

Editor: Aisling Crosbie 086 0400 958 or Email: editorial@outlookmags.com  
Deadline: 3pm Monday

## KILLARNEY SOCCER

### SCHOOLBOY/GIRL SOCCER

**GALWAY CUP REVIEW:** The Kerry Schoolboys Girls League had three teams competing in the 2016 Galway Cup, based as usual in Salthill Devon's ground in Drom. Kerry had two squads in the u13 Competition divided into the 2003 Premier and Elite sections and in the u15's Competition in the 2001 Club section. The action got underway on Wednesday the 2003 Elite team going down to Carlow 1-0 and 7-1 to Donegal with William Shine getting Kerry's goal from a cracking free kick.

The 2003 Premier side were beaten 3-0 by the hosts while the 2001 Club side drew 0-0 with Nenagh.

Onto Day 2 and the 2001 got the action underway with a comprehensive 5-0 win over Salthill Devon. The goals came from Seb Vassiu, James Rusk, Dylan Murphy, Paddy O'Rourke and Ryan Kelliher.

The 2003 Premier side were involved in a 1 all draw with Roscommon. The goal came from Adam Joy while the Elite side were beaten 3-0 by Athlone.

Friday was playoff day and the 2003 Elite side were the stars of the day. They defeated Longford 5-4 on penalties following a 0-0 draw which Kerry dominated but just could not break down the Longford massed defence. Earnan Ferris scored the winning penalty to send them through to the Shield final.

The 2003 Premier side drew 1 all with WVEC while the 2001 side lost out in the Plate semi-final 5-4 on penalties after a 1 all draw. Ryan Kelliher scored the winning goal.

Saturday was the final day of action and unfortunately the 2003 side lost out in the Shield final 0-1 going down to second half penalty.

The 2001 side won the Plate Play Off 2-1 thanks to goals from Seb Vassiu and Peter O'Sullivan and the 2003 Premier side also ended their campaign with a good win. They defeated Roscommon 4-0 with Cian Doe, Cory Murphy, Gavin Slattery and Leon Gallagher.

### KILLARNEY ATHLETIC NOTES

**SENIOR TRAINING:** Senior training

continues Tuesday and Thursday Evenings at 7pm in Woodlawn. Everyone welcome.

**ACADEMY RETURNS:** Venue; Our home grounds, Killarney Athletic A.F.C. Park, Fernadale, Woodlawn Road.

Time; Starts at 5 O'Clock, finishes at 6:30, all age groups train at the same time.

Hi folks, hope you're enjoying the summer!

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

We cater for both boys & girls (U5's to u10's) with emphasis on fun, technical and player development, while all catered for in a enjoyable & safe environment. Hope to see all the old faces and some new one's too.

New players and members are always welcome.

**KILLARNEY ATHLETIC WEBSITE:** Please check the website on [www.killarneyathletic.com](http://www.killarneyathletic.com) or facebook for match reports, club information and contact details.

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

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Call Des on 087-6593427





## KILLORGLIN GOLF CLUB

### LADIES RESULTS: SARAH MANGAN PERPETUAL TROPHY. 18 HOLE SCRAMBLE.

Sponsored by Anne & Finbarr Coffey, Rivers Edge, Killorglin & The Mangan Family. 1. Bernard Doyle (24), Danny Brosnan (13), Michael J. O'Sullivan (9) Vice Captain 63.4. 2. Moss Joy (14), Eleanor Dowd (23), Maura O'Boyle (24) 64.9. 3 Betty Foley, Lady President (36), Bridget McKenna (36) Jer Joy (11) 65.7. Lady Captain Anne Kenny Foley thanked all who took part, the sponsors for the great prizes and congratulated all the winners.

### 12 HOLE RE-ENTRY MON OF JULY SPONSORED BY HON. SEC. EILEEN BELL: 1. Mary Garvey (36) 30 pts. 2. Eileen Conway (29) 27 pts. 3. Betty Griffin (36) 26 pts.

The Puck Fair 12 Hole re-entry stableford sponsored by Peter Keane SuperValu continues until further notice. Open to Green Fees. Entry sheet in Ladies locker room.

### 12 HOLE 2 PERSON TEAM EVENT 2/8/16.

1. Carmel Daly/Christina O'Sullivan 30 pts. 2. Mary Quillinan/Agnes O'Connor 26 pts. 3. Coral Kiely/Marian Dore 25 pts. 4. Betty Griffin/Breda Murphy 22 pts. 5. Phil Anne Foley/Nancy Powell 18 pts. High H/C: Best score over 4 weeks. 1. Marian Dore. 2. Breda Murphy. 3. Nancy Powell.

**FIXTURES:** 18 Hole Singles V Par sponsored by Kerry Photo Stores can be played Saturday 13th, Sunday 14th or Tuesday 16th August. Arrange own time and partners.

**LADY PRESIDENT'S PRIZE:** The entry sheet for Lady President Betty Foley's Prize day on Saturday 3rd September is posted on Notice Board. Draw for partners.

## ROSS GOLF CLUB

### GENTS CLUB

### RESULTS: ON SUNDAY LAST WE HELD A SINGLE STABLEFORD COMPETITION KINDLY SPONSORED BY MARK HEINEMANN/GETGOLFING.IE.

The winners were :

1. John Cuskelly (23) 45 pts.
2. Rolandas Bendikas (16) 39 pts.
3. Ivo O'Sullivan (13) 38 pts.

**HAPPY RETIREMENT:** On August 4th we held a very well supported 4 person scramble to mark the retirement of Denis McCarthy from the Ross G.C. This was a very enjoyable evening of golf and it was followed by food and craic in the clubhouse. Presentations were made to Denis by both the Ladies and Gents clubs. We wish him a long, healthy and happy retirement and we look forward to seeing him on the golf course very often in the future.

### 9 HOLE WEEKLY OPEN COMPETITION:

The Ross Golf Course weekly 9 hole open competition continues every week and is quite popular. It runs from Monday (am) to Saturday (pm).

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

**AUGUST RACING FESTIVAL:** Best of luck to the Killarney Race Company for good weather

and large crowds for their upcoming Racing Festival from August 17th to 20th.

## BEAUFORT GOLF CLUB

**4TH AUGUST:** Open Scramble: Josie O'Shea, Donal Carroll and Edwin Spence.

**5TH AUGUST:** Open Seniors: 1st John Doherty, 2nd Fred Kennedy.

**6TH AUGUST:** Open Friday: Thomas Foley (11) 38pts.

### 6TH/7TH AUGUST: 18 HOLE STROKE, YELLOW TEES, SPONSORED BY TRALEE CREDIT UNION.

1st Dwayne Hunt (21) 68 Nett.

2nd John Doherty (26) 69 Nett.

3rd Padraig Coffey (17) 70 Nett.

CSS: Saturday 69, Sunday 70.

**FIXTURES:** Every Wednesday: Open Scramble at 6pm.

Every Thursday: Open Seniors at 10am.

Every Friday: Open Friday, singles stableford, entry is €25 with a great prize for the best lady's or gents card.

13th/14th August: Gleasure Cup - stableford, blue tees. Sponsored by Michael Quirke, Conserve-A-Sash. Restricted times on Saturday, please book before 10am or after 3:30pm.

Kingdom Challenge Shield squad practice Tuesday nights at 6pm, handicaps between 10 and 17, all welcome.

## DEERPARK PITCH & PUTT NEWS

**SENIORS OUTING:** Last Wednesday's Outing in Deerpark attracted a fine turnout of members from Castleisland, Newmarket, GlenEagle and Deerpark.

**RESULTS:** Nett Jim O'Sullivan (Newmarket) and John Kelly (Deerpark), Gross Johnny McCarthy (Castleisland) and John O'Halloran (GlenEagle). Next Outing to Newmarket on Wednesday September 7th 10-15 am followed by a social evening in clubhouse. Challenge Newmarket v Deerpark on Saturday September 17th in Newmarket

**CAPTAIN'S PRIZE:** Our Lady and Gents Captains John McGrath & Sheila O'Donoghue held their respective Captain's Prizes on Saturday evening in what was a very enjoyable evening. A big thank you to the 31 players who supported the event and our Chairman Derry McCarthy along with John & Catherine Keogh for the wonderful BBQ we enjoyed afterwards. Well done to Gearoid Cronin and Mary Murphy on their wins. Gearoid's win completes an interesting father and son double as both himself and his son Nathan won the Gents and U-16 Captains Prizes this year.

### RESULTS IN FULL (STABLEFORD)

John McGrath (Gents).

Overall Nett: Gearoid Cronin 87 points.

Overall Gross: John McGrath 82 points.

Second Nett: Danny Looney 85 points.

Senior Nett: Jason O'Brien 83 points.

Inter Nett: Creagh Courtney 83 points.

Junior Nett: Colm O'Dowd 84 points.

Sheila O'Donoghue (Ladies).

Winner: Mary Murphy 75 points.

Runner-Up: Eileen Switzer 71 points.

**U-16 SCRATCH CUP:** This event (sponsored by The Victoria House Hotel) was also held last Saturday and for the first time since 2010, the Claret Jug is going outside the club with Iain Aherne from Ballinlough in Cork the winner ahead of our own Jack McCarthy in second. Cillian Courtney won the 10-13 prize with Cian O'Mahony winning the Last 18 prize.

**CLUB MATCHPLAY:** All first round games are now complete and we are down to the Last 16. Please note all matches must be completed by Sunday August 21st.

### MUNSTER INTER-COUNTY & U-16'S:

We will have plenty of representatives this weekend coming at the Munster Inter-County and U-16 Championships in Tramore, Co Waterford. We have eight U-16's in the Munster Singles Strokeplay while in the Inter-County competitions we have representatives on all four Kerry teams taking part. On the Kerry Senior Gents team we have Damien Fleming, John McGrath and Conor McCarthy, while on the Intermediate team we have Ger Casey with Johnny O'Brien also on the Junior team. The Kerry U-16 team meanwhile is an all Deerpark side once more as Cillian Courtney, Colm Cagney, Padraic Looney, Jack McCarthy, Cian Murphy and Cian O'Mahony represent us in the event. Best of luck to all involved.

**INTER-CLUB:** Well done to our Handicap team who were successful on home turf against Collins of Cork on Sunday. That win puts them top of the group and into the quarter-finals of the competition. The Scratch team have also qualified for the quarter-finals of their grade after finishing second in their group.

## CASTLEROSSE GOLF CLUB

### RESULTS: COMPETITION PLAYED ON SUNDAY 7TH AUGUST 18 HOLE

**STROKEPLAY:** 1st Michael Leahy (19) 68 net, Runner-up, Stephen Dennehy (17) 69 net, 3rd place, Mick Clifford (21) 73 net.

**HOLE IN ONE:** Well done to Michael Leahy on scoring a "Hole in One" on the ninth green in this weekend competition.

**RESULT OF MIXED SCRAMBLE PLAYED ON TUESDAY 2ND AUGUST:** Best net return, Donal O'Reilly, Ger Casey & John O'Reilly.

**FIXTURES:** Weekend competition, 18 Hole Stableford.

Mixed Scramble continue each Tuesday evening draw at 6.15pm, meet at clubhouse. Competition open to all golfers, ladies & gents.

## KILLARNEY GOLF CLUB LADIES

### RESULTS OF COMPETITION SUNDAY AUGUST 7TH V-PAR, KILLEEN COURSE.

Sponsored by Laurels Bar and Restaurant, Monies from Competition and Raffle went to Breast Cancer Research, the ladies played in Pink.

1st Sinead Galvin (22) 2up (B9).

2nd Mary O'Neill (22) 2 up.

BG Kelly Brotherton (0) 1 down.

3rd Ailish Mulcahy (7) 1 up (B9).





ANNE KENNY FOLEY CELEBRATING HER LADY'S CAPTAINS PRIZE DAY HELD ON THE 30TH JULY 2016 IN KILLORGLIN GOLF CLUB SURROUNDED BY ALL THE PRIZE WINNERS ON THE DAY.

4th Anne Maria Gallivan (20) 1 up.  
5th Eileen Tarrant (30) all square.  
Next Sunday's Competition is Singles Stroke Killeen Course

**CONGRATULATIONS:** To Valerie Clancy and Mairead Martin who were part of the Irish Girls Team who won the Home International for the very first time. It was wonderful to see the two Killarney girls on an Irish Team that has made history.

## KILLARNEY GOLF AND FISHING CLUB

### MEN'S CLUB REPORT AND RESULTS.

Club President Arthur Hanley and Club Captain Liam Hartnett were present when one of our last Club Teams exited from the National stages of inter-club competition on Friday last when our team went down by a very narrow margin to Nenagh in the Munster semi-final of the J.B. Carr Diamond Trophy.

Captain Liam who is now entering the home-straight of his year of Captaincy can reflect on many notable performances which saw three of our teams reach the Munster semi-final stages and despite some titanic efforts by all of our teams involved they eventually succumbed to better opposing teams. Liam can be very proud of the many such performances by teams who gave it their all. The J.B. Carr team were carrying a very large deficit from their away game against Nenagh, of 4 matches to 1 and team managers, Nick O'Brien and Connie Brosnan knew that a different strategy was required if they were to stand any chance of winning their home encounter by at least a similar margin, and they fielded a new-look team with this end in mind, but unfortunately they came up just the odd match short. Match 1:

Derry O'Connor and John Wall won 2/1, match 2 Sheamie O'Connor and John Clifford lost 4/3, match 3 Dermot Roche and Enda Curtaigne won 5/4, match 4 John Hickey and Padraig Griffin lost 3/2, and match 5 Brian Fitzgerald and Donie MacSweeney were called in when they were in a good position to win their match.

The Killarney Scratch Cup, sponsored by The Killarney Plaza Hotel and Spa, was played on Saturday the 6th of August, a good entry of 60 contended for this prestigious trophy which has been won in the past by some golfing legends such as Joe Carr (who sponsored, and gave his name to the trophy mentioned above) and by Killarney's own Michael Guerin.

The morning round was played on Killeen course and a clear leader emerged in the form of former Irish international Peter O'Keeffe, of Douglas Golf Club, who shot a very commendable 73, indeed anything less than 80 would have been good, given the weather conditions, Peter was in the very first group out and he posted a 72 on Mahony's Point in the afternoon, and a score of 1 over par overall was going to be hard to beat, but it was beaten by Cathal Butler of Kinsale who shot a 69, and with a 76 in the morning he equalled Peter O'Keeffe's score, and won by virtue of the better back 18 holes. This was Cathal's third scratch cup win this year, and he is a name to watch out for in the future. In third place came Killarney's Shane Horgan who also played great golf and came up with just one shot more than the winning score, and equalled the winning score of last year.

results were, 1st Cathal Butler, Kinsale, 76 and 69 total 145, 2nd Peter O'Keeffe, Douglas, 73 and 72 total 145, 3rd Shane Horgan, Killarney, 146. Best score Killeen, Anton O'Callaghan, Douglas, 76, best score Mahony's Point Gary O'Flaherty, Cork Golf Club, 69, best nett overall Con O'Callaghan, Kanturk, 144.  
Sunday the 7th was a singles stroke competition

on Mahony's Point sponsored by Calor Gas, results were,

1st Patrick Buckley (12) 66, 2nd Ian Twiss (14) 66, 3rd Derek Twiss (22) 67, 4th John P. O'Shea (14) 68, 5th Joseph Sheehan (6) 69, category 1, Matthew Templeman (5) 73, category 2, Michael Crossan (11) 70, category 3, Michael O'Doherty (15) 73, category 4, Teddy Bowler (18) 71.

Footnote, Sunday the 7th was the Lady Captain Mary O'Rourke's charity fundraising day, Mary chose Breast Cancer Research as her chosen charity and mostly all played in pink apparel to signify this very worthy cause. Captain Liam encouraged the Men's Club members to also play in pink in solidarity with the Ladies Club, and a good number of those who played did so, Mary remarked afterwards that the Male members had also generously contributed to her charity raffle, and were to be commended for their efforts in helping towards raising awareness of this most deserving cause, which has afflicted so very many of our membership.

## MURPHY'S GOLF SOCIETY

### 6TH AUGUST, KILLEEN

Captains Prize: Jimmie Smith.

Sponsor: Guinness.

1st Sean Moynihan (6) 40 Points.

2nd Conor Mc Neice (7) 39 Points.

3rd Jim Morris (22) 37 Points.

Best Gross: Pat Cussen (6) 34 Points.

4th Tom Coleman (15) 37 Points.

5th Niall O'Mara (10) 37 Points.

6th Sean Goulding (12) 34 Points.

Front 9: Seamus Doheny (20) 18 Points.

Back 9: Brendan Keogh (7) 19 Points.

Past Captain: Pat Cussen (6) 28 Points.

Category Prize: Pat Casey (27) 31 Points.

Guest Prize: Declan Elliot (18) 32 Points.

Nearest The Pin: Mike Casey.

Longest Drive: Tom Coleman.

**NEXT OUTING:** 5th November, Waterville.



ANNE KENNY FOLEY (LADY CAPTAIN) WITH THE WINNER OF THE LADY'S CAPTAIN PRIZE ANN WALKER IN KILLORGLIN GOLF CLUB.

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## ALL-IRELAND LADIES FOOTBALL CHAMPIONSHIP

### KERRY LADIES REACH QUARTERS FOR NINTH SUCCESSIVE YEAR

**KERRY 3-19  
WATERFORD 3-10**

Sarah Houlihan was the scourge of Waterford again as Kerry stormed into the TG4 All-Ireland ladies senior football quarter-finals for a ninth successive year.

Houlihan collected 1-6 when the sides met in the Munster championship and she was on song again in Birr, notching seven of her nine points from play.

Bernie Breen, Emma Sherwood and Louise Ní Mhuircheartaigh chipped in with goals for the Kingdom as they set up a last-eight clash with Ulster champions Monaghan on 20 August. But it wasn't until the second half that Kerry pulled away as Waterford trailed by just two points at half-time — 1-7 to 1-9 — but they needed to be closer or ahead having played with the breeze from the start.

And Kerry unloaded with a run of 1-7 without reply in an 11-minute spell after the break to move out of danger.

While Kerry will be happy with the tally of 3-19 they racked up, the concession of 3-10 is a cause for concern.

And they got off to the worst possible start when Gráinne Kenneally, who scored goals in both halves, netted for Waterford with just 25 seconds on the clock.

Kerry's response was good, however, as they reeled off three points to level and the sides were deadlocked on four occasions within the first 15 minutes.

The Kingdom didn't get ahead for the first time until the 12th minute, when Houlihan pointed, and the prolific Beaufort ace had four points on the board by half-time, including



KERRY'S BERNIE BREEN SCORED 1-1 LAST WEEKEND IN THE ALL IRELAND LADIES FOOTBALL CHAMPIONSHIP.

three from play.

Kerry's crucial first-half goal came from midfielder and former skipper Breen, who was on hand to slot the ball home from close range after an extremely patient build-up. Ní Mhuircheartaigh provided the killer pass and Breen stayed cool to side-step a defender and find the net in the 16th minute.

At the other end, Edel Murphy pulled off an excellent double-save as Caoimhe McGrath and Kenneally threatened and Kerry had their biggest lead of the half, 1-9 to 1-5, six minutes before the break.

By the 22nd minute, Kerry had five of their six forwards on target and Laura Rogers tried her luck at goal from an acute angle but Katie Hannon comfortably saved.

Kerry stepped on the gas after the break, with Emma Sherwood goaling in the 39th minute after hard-working Rogers provided the assist. And there were more goals to come as goalkeeper and captain for the day, Katie Hannon, finally opened Waterford's second-half account with a 43rd minute penalty goal after Kenneally was fouled.

Ní Mhuircheartaigh was the next player to raise a green flag three minutes later, reacting quickest after Houlihan's shot was saved by Hannon, but Kenneally replied in kind within a minute as Waterford kept plugging away. But Kerry comfortably kept Waterford at bay during a ten-minute spell when Denise Hallissey was off the pitch — the wing-back sin-binned for the foul on Kenneally for Waterford's penalty.

And Waterford, without the Ryan sisters due to a family wedding, had Kenneally sin-binned in the final minute as their championship season ended with a heavy defeat.

Scorers for Kerry: S Houlihan 0-9 (2f), L Ní Mhuircheartaigh 1-2, B Breen 1-1, E Sherwood 1-0, L Rogers 0-3, L Scanlon 0-2, J Lynch & A Murphy 0-1 each.

Scorers for Waterford: G Kenneally 2-0, M Delahunty 0-6 (3f, 1 45), R Tobin 0-2, L McGregor & N Fennell 0-1 each.

**KERRY:** E Murphy; A O'Connell, A Desmond, K O'Sullivan; D Hallissey, C Kelly, E Lynch; B Breen, E Sherwood; L Rogers, L Scanlon, J Lynch; S Houlihan, A Brosnan, L Ní Mhuircheartaigh.

Subs: A Galvin for Brosnan (39), A Leonard for E Lynch (48), C Buckley for J Lynch (54), A Murphy for Rogers (54), C O'Sullivan for Houlihan (54).

### FARNEY GIRLS NEXT UP FOR KERRY LADIES IN THE QUARTERS

So with Waterford dispatched, Alan O'Neill's side now progress to the last eight with Ulster Champions Monaghan standing in their way. Kerry will have been greatly encouraged by their performance over Waterford, who overcame fancied Armagh in an earlier round and while Kerry would have been seen as favourites for last weekend's game, the concession of 3-10 will be seen as somewhat of a concern. Kerry found the aggressive Waterford inside forward line difficult to deal with but their first half performance against the wind help them cement their victory. In defence Caroline Kelly was once again consistent,

Edel Murphy's double first half save underlined her as one of the top goalkeepers in the country. At midfield both Bernie Breen and Emma Sherwood were in control without either having to move into top gear. The fact that both ended up with goals showed their willingness to get forward and support. Breen's goal in particular came at the end of a movement that started with Edel Murphy and included 13 passes before Breen rounded the Waterford keeper.

Lorraine Scanlon caught the eye on the '40' with her strong running and marvellous fielding while Laura Rogers and Sarah Houlihan bounced back to

their best following a difficult Munster Final outing. Houlihan ending the day with nine points.



SARAH HOULIHAN





# OUTLOOK SPORTS NEWS

Editor : Donal Barry

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## ALL-IRELAND JUNIOR FOOTBALL CHAMPIONSHIP

### BACK TO BACK ALL IRELAND TITLES FOR JUNIORS

**KERRY 2-18**  
**MAYO 2-11**

A stunning run of 2-8 without reply before the break proved to be the corner stone of Kerry's historic All Ireland junior victory last Saturday. While back-to-back titles were recorded in the past, the occasion was historic as Stephen Wallace successfully built a complete new team from last year and proved that the supply line of young Kerry talent is very much alive and well. Kerry were slow out of the blocks not unlike all their previous games and trailed 0-3 to 0-1 after the opening quarter and had to wait until the 24th minute for their first point from play. Then came the magic from Niall O'Shea first on the 20th minute and then ten minutes later when the Dromid player hit the net twice as Mayo began to struggle from the constant Kerry attacks.

Aided with An Ghaeltacht's Sean Micheál Ó Conchúir who picked off 0-4 in the first-half Kerry breezed in at the break 2-10 to 0-4 with a hand on the Cup.

Mayo regained their pride and with more red and green filling up Croke Park ahead of their senior team's date with Tyrone, the westerners began to mount a recovery.

Darren Coen and Conor Keane began to trouble Kerry as both hit a brace of points apiece. Goals came as well with Michael Forde and substitute Robert Holian raising green flags and Mayo were back in contention as they trailed 2-11 to 2-8 heading down the back straight.

However, it was as close as they were to come as Kerry began to slowly refund form and

confidence and added the next five points without reply to seal the deal.

**Kerry:** Darragh O'Shea (Ballydonoghue), Fionán Clifford (Waterville), Jason Foley (Ballydonoghue) 0-1, Cathal Ó Lúing (An Ghaeltacht), Patrick Clifford (Templenoe), Andrew Barry (Na Gaeil) 0-1, Robert Wharton (Renard), Adrian Spillane (Templenoe) 0-1, John C. O'Connor (Kerins O'Rahilly's), Brian Ó Seanacháin (Ballydonoghue), Paul O'Donoghue (St Mary's) (0-1f, 0-1 '45), David Foran (St Senan's) 0-3 Niall O'Shea (Dromid Pearses) 2-0, Kieran Hurley (St Pat's) 0-3, Sean Michéal Ó Conchúir (An Ghaeltacht) 0-5 (0-2F)

Subs: K O'Sullivan (Kenmare) for Clifford (39), D Roche (Glenflesk) 0-1 for Hurley (47), L Bastible (John Mitchels) for Foley (49), D O'Shea (Kenmare) for Ó Seanacháin (54), M O'Donnell (Austin Stacks) for Spillane (57), A Barry (Brosna) for Foran (62)



THE KERRY JUNIOR FOOTBALLERS SEEN HERE CELEBRATING THEIR MUNSTER WIN HAVE ALSO WON THE ALL-IRELAND JUNIOR TITLE DEFEATING MAYO IN THE FINAL, THE SAME OPPOSITION THEY DEFEATED IN LAST YEARS FINAL.

## MUNSTER CHAMPIONSHIP TITLE FOR KERRY GOLFER



MUNSTER UNDER 15 CHAMPION 2016 LUKE WALSH (CASTLEISLAND) REPRESENTING KILLARNEY GOLF CLUB ACCEPTING THE MUNSTER UNDER 15 AMATEUR GOLF CHAMPIONSHIP CUP FROM MR. JIM LONG HONOURARY SECRETARY MUNSTER GOLF BRANCH AT CARRICK-ON-SUIR GOLF CLUB.

Luke Walsh from Castleisland and a member of Killarney Golf and Fishing Club won the Boys Under 15 Munster Close championships at the weekend. Walsh captured the Munster Boys under 15 Championship with a score of 75 gross over the long and very hilly parkland Carrick-on-Suir course at Carrick-on-Suir. In a tense day of completion Luke saw off the challenge of Daniel O'Sullivan from Mallow by a single shot, with Ronan Feerick, also Mallow in third place a further shot back.

Walsh has been playing golf for five years and has represented Killarney Golf and Fishing Club at National inter-club level for two years already in the senior inter-club competitions.

Speaking to the Outlook, Killarney Club Captain Liam Hartnett said "on behalf of

the entire club we are delighted to be in a position to congratulate Club Member Luke Walsh on his fantastic achievement on winning the Boys under 15 Munster Close Golf Championship recently played at Carrick-on-Suir Golf Club. Luke was a member of both the Junior Cup and Jimmy Bruen Shield teams this year, the Junior cup team who narrowly lost out to Tralee in the regional final at Dooks, and Luke won his match on that occasion."

Walsh also formed part of the Jimmy Bruen Shield team that lost the the Munster semi-final against Muskerry, which was recently played at Douglas Golf Club.

Liam believes that if Luke's golf game continues to progress at the current rate then he is destined for achievements at the highest levels that the game can offer.





## Andrew Fitzgerald (IRISH INSTITUTE OF PHYSICAL THERAPY)

Activ8 Physical Therapy Clinic,

located at TOTAL BODY FITNESS on Main Street, Killarney

highlights the importance of injury prevention in sport.



"With Football injuries in particular, so prevalent this time of year we'll be focusing how we can help improve our chances of avoiding them, in the coming weeks.

One of the most common injuries occurring this season is the dreaded ankle sprain. Anyone who has suffered this injury, knows how restricting it can be, and not only that if not rehabilitated correctly, how it can onset problems like planter fasciitis, achilles tendinopathy etc.

Instead of talking about how to deal with this sometimes unavoidable injury after it's happened, let's try and bulletproof our ankles as much as possible and reduce the risk of it occurring in the first place.

Our ankles and feet are an amazing spring like mechanism, unfortunately most of us never unlock their true potential. Our feet and ankles have become glued together missing their true ranges of motion, creating power leaks throughout our movement.



Fascia is the connective tissue that wraps up and separates our muscles. See how easily it slides on the back of your hand, as you move your fingers.

Can the same be said of the skin on your feet as you move your toes? What about the skin around your Achilles tendon?

There are many reasons for this, including some high-tech running shoes that act like casts, weakening and rendering our feet lifeless. We need to get our toes moving and working to strengthen the arches of our feet, which act as shock absorbers as well as increase the stability the foot.



We need to strengthen our ankle ligaments, by working on our proprioception, through balancing and other 'improper alignment exercises' that help you get comfortable in uncomfortable positions. It doesn't take a lot of time to develop this strength, but it must be done carefully and gradually. If you are interested in adding some of these drills to your warmup, check out **ACTIVE8** Physical Therapy on Facebook, to see some of these exercises. **ACTIVE8** Physical Therapy clinic specializes in injury prevention methods, as well as injury management. **ACTIVE8** uses mobility development systems to optimize human performance not only in sport but in everyday life."

Andrew Fitzgerald

Contact Andrew for further information on 086 1293104





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## WORRYING ABOUT THE EXAM RESULTS?

At last the long wait is nearly over and I would like to congratulate all of you that will do as well or even better than you hoped for. But for those of you who will be disappointed on Wednesday – please do not let it get you down – this is only a stumbling block and there are several options you can take that will set you firmly on your academic path and remember Abraham Lincoln the 16th President of the U.S. was a Stone Mason.

## MUSLIMS ATTENDED CATHOLIC MASSES ACROSS FRANCE TO SHOW SOLIDARITY

Muslims have attended Catholic Masses in churches and cathedrals across France in a gesture of solidarity after the killing by two teenage attackers of 85-year-old Father Jacques Hamel while he was celebrating Mass in Saint-Etienne-du-Rouvray, Normandy. Muslims and Christians also prayed together at a mosque in the French town where St Therese church adjacent to the mosque had sold the plot to the Muslims for a symbolic sum so they could build a house of worship.

## A CRITICALLY ENDANGERED FEMALE GIRAFFE HAS BEEN BORN IN ENGLAND

The Rothschild's calf that was born to first time parents Valentino and Lunar is the first to be born at Port Lympne Reserve in Kent for eight years. Despite being less than a month old, the calf is already over five feet tall and has been exploring her enclosure at the reserve near Ashford. The animal park is part of a European breeding project designed to save the Rothschild's breed. Only around 750 Rothschild's giraffes are thought to remain in the wild.

## ON THIS DATE – AUGUST 12TH

1658 - The 1st US police corps formed in New

Amsterdam (now New York).

1753 - Thomas Bewick, artist (British Birds, Aesop's Fables) was born in England.

1762 - The British captured Cuba from Spain after a two month siege.

1833 - Chicago incorporated as a village of about 350.

1851 - Isaac Merritt Singer was granted a patent on his lockstitch sewing machine. In 4 years he expanded to Scotland becoming the first American international company.

1895 - Minnie Dean became the first (and only) woman to be hanged by law in New Zealand. Known as the 'Winton baby farmer', she had been convicted of the murder of baby Dorothy Edith Carter.

1920 - Arrest of Terence MacSwiney Lord Mayor of Cork "for possession of seditious documents and of a cipher key to coded messages used by the R.I.C."

1928 - The 9th modern Olympic Games closed in Amsterdam. During the games several women collapsed at the end of the 800-meter run. This led to a 32-year ban on women running in Olympic races over 200 meters.

1944 - \*Death of US Airforce Pilot Joseph P. Kennedy Jr\*.

1932 - Birth of Porter Wagoner, country singer, who also discovered Dolly Parton.

\*Joseph Patrick Kennedy Jr. was born on July 25, 1915, in a Hull, Massachusetts, in a house his parents had rented for the summer. The older brother of President John Fitzgerald Kennedy, he was the firstborn child of Joseph P. and Rose Fitzgerald Kennedy. Joseph Jr. graduated from Choate, a boarding school in Wallingford, Connecticut, in 1933. After Choate, he headed to the London School of Economics briefly before entering Harvard University. He graduated cum laude in 1934 and began studying at Harvard Law. With World War II underway, he left law school and joined the U.S. Navy in June 1941 and was awarded his aviator wings a year later.

He began flying Caribbean patrols soon after, until he was sent overseas to England in September 1943 to join a B-24 squadron. Within the British Naval Command, he was among the first pilots to fly B-24s, which were large bombers. As the war went on, he became one of the most experienced combat fighters in the ranks of the navy, and the sheer amount of missions he had flown gave him

the chance to return to the United States, but he refused to go back, instead persuading his crew to stay on and fly more bombing missions. June and July of 1944 found him continually in the air, running bombing strikes against the Axis forces, and as August approached he was given the opportunity to head home once again. This time, he decided to stay but told his crew to head back to the States. Joseph Jr. opted to remain in Europe so that he could volunteer for a dangerous, top-secret bombing mission, called Operation Aphrodite, over Normandy, France. On the night of August 12, 1944, he and his crew flew a drone loaded with 21,170 pounds of explosives into the skies over a German V-2 rocket-launching site. At some point, he and the crew were to bail out once two "mother" planes had taken control of the drone via remote control which would then be flown remotely into the German launch site after the crew in the drone had parachuted to safety. However, the explosives in the Kennedy-piloted drone detonated prematurely in flight, and the aircraft exploded, killing all aboard instantly. After his death, he was awarded the Air Medal and Navy Cross for heroism. In December 1945, the navy commissioned a destroyer and named it the USS Joseph P. Kennedy Jr. A year later, Joseph Jnr's younger brother Robert briefly served aboard the ship.

## RESCUED BABY POSSUM FOUND A NEW HUMAN 'MUM' AT TARONGA ZOO

A tiny yellow-bellied glider who survived a collision with a barbed wire fence has found a surrogate mum at Taronga Zoo on the shores of Sydney Harbour. The 10-week-old joey arrived with her mother at the zoo's hospital in July after being rescued by wildlife carers after the mother was found with a series of injuries, with the joey still inside her pouch, after becoming entangled in a barbed-wire fence. Hospital staff had to step in to care for the baby glider when her mother stopped producing milk. Felicity Evans, Taronga vet nurse, has been providing round-the-clock care, carrying a makeshift pouch and feeding her six times a day from a dessert spoon.

"She gets really excited about food and can be quite a messy eater," Ms. Evans said. "She grabs hold of the spoon and pulls it down so she ends up with milk all over her paws and stomach, I have to carefully clean her fur afterwards and wipe off her little milk moustache." "She's got a big personality for such a tiny animal," Ms. Evans added. "She climbs all over me and is very vocal if I have to wake her up for a feed. She doesn't like being interrupted during sleep." Thanks to Ms. Evan's care the joey has made a remarkable recovery, growing from 48 grams to 80 grams in two weeks. The joey's mother is also recovering at Taronga Wildlife Hospital, where she continues to receive antibiotics and treatment for her wounds.



## THIS MAN MUST BE WONDERING IF HONESTY REALLY IS THE BEST POLICY

Chicago-based Uber driver Jose Figueroa noticed a wallet in the back of his vehicle after dropping a man, who'd just arrived into the country from Ukraine, to an apartment complex in the city. According to Uber, their app deletes any passenger information after the fare ends and that left Jose with no way of contacting the owner of the wallet. Jose had to fight the temptation to keep the money but being of strong Christian faith, felt he had to do all he could to reunite the passenger with his lost wallet – which also contained the man's immigration documents; he returned to the complex and rang every door bell until he found the man. His perseverance paid off as finally the passenger's sister opened the door and there he returned the wallet to a very grateful Volodymyr Kytsknuik. Mr. Kytsknuik who had sold his business in Ukraine and had come to the U.S. looking for work, immediately handed Jose \$100 and insisted he stay for dinner as a thank you.

## HOW PEANUTS GROW

Many people are surprised to learn that peanuts do not grow on trees like pecans or walnuts. Peanuts are legumes, not nuts. The peanut plant is unusual because it flowers above ground but the peanut grows below ground. Planted in the early spring, the peanut grows best in calcium rich sandy soil. For a good crop, 120 to 140 frost free days are required. Farmers harvest the peanuts in the fall. The peanuts are pulled from the ground by special machinery and turned over to dry in the fields for several days. The combine machines then separate the peanuts from the vines and blow the tender moist peanuts into special hoppers. They are dumped into a drying wagon and cured by forcing warm air through the wagons. Afterwards, the peanuts are taken to buying stations where they are inspected and graded for sale.

## IT DOESN'T ALWAYS PAY TO BE A HERO IN AUSTRALIA

Brayden Mitchell had driven to the Queen Elizabeth Avenue floodway south of Perth in mid-July with his girlfriend to check out the state of the flooding, when he noticed a woman throwing a toy to her dog who then ended up in the water. The woman tried to rescue her dog but she was dragged in by a strong current from the recent heavy rain and was being swept out to sea. The teenage surfer did not hesitate and jumped in to help the woman but the water was freezing and very rough and they were being swamped by waves, he eventually managed to get the woman close to shore and his girlfriend pulled them both out of the water. Witnesses of the incident called an ambulance, both were taken

to hospital and treated for mild hypothermia and Mr Mitchell was released after an hour and was presented with a bill for \$932 to cover the cost of the ambulance call out! A friend of Mr Mitchell's family set up a Go Fund Me page to help him pay the bill as the teenager is only on an apprentice wage.

The fundraising page raised more than \$1400 in three days from residents of the small town who wanted to thank the teenager for his heroic efforts, and the dog is also home safe and well.

## ARE YOU LOOKING FOR WORK

The Antarctic Heritage Trust is looking for four seasonal workers to spend the Antarctic summer - from November to March - at Port Lockroy on Goudier Island, Antarctica. You'll run the post office, shop and museum as well as carry out maintenance. Recruiters are looking for skills including co-ordination, retail experience and environmental awareness.

If you will be happy not to shower for up to a month, live in close proximity to three people and 2,000 penguins for five months, don't mind the cold and living without mains power then you could be just the person they are looking for. The Port Lockroy jobs are advertised in February on The Antarctic Heritage Trust website, and full details of the job and how to apply will become available at that time. Short-listed applicants must be able to attend a two-day selection event held in the UK in May at their own cost. If you are successful you will get an all expenses trip to the other side of the world, where you'll also be paid more than £1,000 per month and be employed from November to March on a six month contract. Port Lockroy was established in 1944 and was operated as a British research station until 1962. It was made a historic site and monument and in 1996 it was restored as a "living" museum. About one or two ships arrive each day during the short summer period, with a total of about 18,000 visitors. Workers in the post office have to handle 70,000 items of mail over the season.

Further information and job application forms will be available in February 2017 on the Antarctic Heritage Trust website and the post is open to people of all nationalities.

## NEW ZEALAND TOWN WITH 'TOO MANY JOBS' AND HOUSES IS LOOKING FOR NEW RESIDENTS

About 800 people live in the town of Kaitangata on the South Island of New Zealand and it certainly has a problem that is unknown in Ireland - too many affordable houses and job opportunities and not enough people to fill them. Now the officials and residents of Kaitangata have teamed up with local businesses to offer discounted home-

buying legal costs and new job opportunities to entice people to the area, saying there is almost 1,000 job vacancies in the wider Clutha region. At the moment there are job opportunities in nursing, building and the military to name but a few and some starting salaries begin at NZ\$50,000 (€31,250).

Amenities include a local primary school, a bar and a pizza parlour. Many rural areas in New Zealand are facing similar issues and a scheme was launched in Auckland, recently paying people who need social housing to move out of the city.

## WOULD YOU LIKE TO BUY A TOWN NEAR LOS VEGAS?

70 miles south of Las Vegas a town containing a casino, diner, supermarket, 10-room motel, motor home park and a mile-long airstrip is for sale for \$8m. The town of Cal-Nev-Ari was founded in 1965 by Nancy Kidwell and her late husband, Slim, but now at the age of 78 the owner believes "It's time for someone else to do something with it." It doesn't have tarred roads, but it does have deep-water wells, a sewer system and a utility company and for 8 million dollars you will own everything except about 350 residents, some privately owned homes, the small community centre and a volunteer fire station. For further information just enter the towns name in your search engine!

## FINALLY THIS WEEK

It's 2016 and the modern world has brought us smartphones, broadband internet, and cheap international travel but incredibly when it comes to forced labour we're stuck in the past. 189 countries are yet to take an easy step that would update an international law from 1930 and protect us from slavery today. Although the original convention created protections for large parts of the global population, it also stipulated caveats which meant that for many countries where colonial rule existed – forced labour was still sanctioned and today almost 21 million people are victims of forced labour – 11.4 million women and girls and 9.5 million boys and men. Almost 19 million victims are exploited by private individuals or enterprises and 4.5 million of these are victims of forced sexual exploitation. Migrant workers and indigenous people are particularly vulnerable to forced labour and domestic work, agriculture, construction, manufacturing and entertainment are among the sectors most concerned. Forced labour in the private economy generates US\$ 150 billion in illegal profits per year.

The good news is Ireland signed the international law in 1931 but that doesn't mean there are no slaves in Ireland – if you believe there is something suspicious going on in your neighbourhood please let the Gardaí know.



## 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.

## 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'.



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## SouthWest Counselling Centre

### AFTER YOU GET YOUR EXAM RESULTS

The day has finally come and once you get your exam results, the immediate stress may be reduced. Congratulations! Now you can consider your next step. Some people will be celebrating; others may be a bit disappointed but it is important to consider the following:

**YOU ARE MORE THAN YOUR LEAVING CERT RESULTS.** Your performance in the exams is a judgement of your knowledge on certain subjects NOT a judgement about you the person and NOT a judgement of your own self worth. Disassociate your performance from who you are, everyone has different abilities and skills.

**PERSPECTIVE** If your results are what you expected, great but if not, remember that the Leaving Cert is a stepping stone on a journey to something bigger. The exams are not just goals in themselves; they can be a means to a goal. The stepping stones are very important but the main thing is to use them productively to arrive at where you want to be. The points should not be the main goal – they only help you reach the next level or to get closer to your chosen career.

If you are disappointed about your results, remember that your goal does not need to change but how you reach it may be different. If the results aren't all you wanted it to be, remember you do have options, these include:

**RESULT APPEALS:** If you are not happy with your exams results and feel they do not reflect your work or ability you can arrange to appeal. Talk to your school about how to do this.

**Speak to a qualified career counsellor:** Take advice, talk to your Career Guidance Teacher. They know the Leaving Cert system so they should be a great help. You can also go to your local careers office, youth information centre and ask for advice. There are also excellent website e.g. headsup which even has information on goal setting.

**QUERIES ABOUT RESULTS:** If you have any queries in relation to your results, the National Parents Council (Post-Primary) provides a free helpline that provides advice and guidance to students. The helpline number is 1800 265 165 and will be available during results time and also following the issue of the CAO offers next week.

**REPEAT THE LEAVING CERT:** this may not have been part of your original plan and you may initially be reluctant to delay things but it is only for one year and it shouldn't be dismissed too quickly. You would be older and maybe wiser and you know that you have got through the Leaving Cert once. You're young and one year won't make a huge difference, especially with the way the economy is, you still have plenty of years ahead.

**EXPECTATIONS** Remember that everyone has different expectations of themselves and goals in life. One person's disappointment is another person's success. Be mindful of this during the exam results period.

**TRUST YOURSELF** After you receive your results, have the confidence to know that you have done your best. It is not useful to look back and think that you could have done more. Retrospective thinking may not always be the same as realistic thinking. **CONTINUED NEXT WEEK....**

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](mailto:info@southwestcounselling.ie)

**Kerry LifeLine provides FREE counselling and support to anyone feeling suicidal or bereaved through suicide.** [info@kerrylifeline.com](mailto:info@kerrylifeline.com)

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• **Additional requirements:** All interested persons should be Garda vetted, hold a driving license, have own transport and public liability insurance and will be expected to demonstrate a very high level of proficiency on any/all instruments listed in their CV.

• CVs should be posted to **The Principal, Kerry School of Music, High St. Tralee, Co. Kerry** or emailed to [kerrymusicschool@eircom.net](mailto:kerrymusicschool@eircom.net)

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## Citizens Information

### Know Your Rights:

## BACK TO SCHOOL CLOTHING AND FOOTWEAR ALLOWANCE

### QUESTION

What is the Back to School Clothing and Footwear Allowance?

### ANSWER

The Back to School Clothing and Footwear Allowance (BSCFA) helps you meet the cost of uniforms and footwear for children going to school. You must be getting a social welfare payment or taking part in a training, employment or adult education scheme. In general, you must be getting an Increase for a Qualified Child with your payment.

Your children must be aged between 4 and 22 on or before 30 September 2016. If they are aged between 18 and 22, they must be in full-time second-level education in a recognised school or college. Also, your total family income must be below a certain level for your family size. The allowance is €100 for eligible children aged between 4 and 11 and €200 for those aged between 12 and 22.

The scheme is open from 1 June to 30 September 2016. The Department of Social Protection pays BSCFA automatically to many customers. This means that they do not have to apply for the payment. If you qualify automatically, you should receive a letter stating when and how your Allowance will be paid.

If you do not get an automatic payment you must apply for the Allowance. If any of your children are aged 18 or over, you must apply for the Allowance for them and supply evidence that they are in second-level education (even if automatic payments have issued for other children in the family).

You can get application forms in all local social welfare offices and Intreo centres, and on the Department's website, welfare.ie. When a decision has been made on your application, you will get a letter informing you of this and whether a payment has been awarded. If your application has been successful, you will also be told when and where you can collect the payment. If the Allowance is refused, you can ask for a review of the decision.

**Further information is available from the Citizens Information Centre below.**

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

Information is also available online at [citizensinformation.ie](http://citizensinformation.ie) and from the Citizens Information Phone Service, 0761 07 4000.

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### EMPLOYEE EXPENSES FLAT RATE (EMPLOYMENT) EXPENSES

These are expenses that are incurred in the performance of the duties of the employment and are directly related to the 'nature of the employee's employment'. A standard flat rate expenses allowance (deduction) is set for various classes of employee. A full list of flat rate expenses is available on the revenue website. The amount of the deduction is agreed between Revenue and representatives of groups or classes of employees (usually the employees are represented by trade union officials). The agreed deduction is then applied to all employees of the class or group in question.

### ROUND SUM EXPENSES

Round-sum expenses payments (lump sum expenses payments) whether paid weekly, monthly, yearly or otherwise, which are paid to the employee to cover expenses, must be treated as pay and taxed accordingly. An example of a round sum payment is where an employer agrees to pay, say €150 per month in addition to basic salary in order to cover expenses. This €150 must be treated as pay and taxed accordingly.



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### ON THE BOX KILLARNEY OUTLOOKS WEEKLY SOAP COLUMN SELF-CONFESSED SOAP ADDICT, JOE BURKETT TAKES A LOOK AT WHAT'S IN STORE IN THE SOAPS THIS WEEK



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Here is your guide to the big moments coming up your favourite soaps over the coming weeks

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Elsewhere, Michelle MacDonald is pregnant and Leanne Tilsley is leaving the street for good to live with her sister.

#### EASTENDERS

Babe Smith has chalked up a lot of enemies in her time on the Square and one resident is going to attack and take revenge. But who exactly attacks Babe is a secret at the moment? But whoever it is does a good job as Babe is rushed to hospital **SPOILER:** Buster Briggs is departing the show but will Shirley Carter discover his affair before he goes?

Elsewhere, Dean Wick's trial takes place but what will the verdict be?

#### EMMERDALE

Belle Dingle has gone missing and her family are distraught with worry. Following her pregnancy lie being exposed, Belle has disappeared. Will they find the poor girl? **SPOILER:** Andy Sugden is set for a shock exit just how will he leave and will he be back?

Elsewhere, Charity Dingle scams Cain Dingle and Robert Sugden is eyeing up ex-wife Chrissie White as he takes revenge.



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## Chef

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BUSY RESTAURANT IN MACROOM  
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- Minimum 2 years Experience
- Fluent English

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## Kerry ETB Training Centre



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

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

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

### Foundation in Media (TR08743) - Tralee.

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

### Business Admin with Legal (ET07061) - Tralee.

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

### 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:** 5<sup>th</sup> September 2016. **Duration:** 22 weeks.

**Certification:** QQI Level 5 Component Certificates in Computer Illustrated Graphics, Web Authoring and Work Experience, plus Adobe Associate Certificate in Web Communication Using Adobe Dreamweaver.

### Medical Administration Traineeship (TRS08) - Tralee.

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

### Accounting Technicians Ireland 1<sup>st</sup> Year (ET214) & 2<sup>nd</sup> 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:** 12<sup>th</sup> September 2016. **Duration:** 38 weeks. **Certification:** The Diploma for Accounting Technicians is awarded on successful completion of all first and second year modules plus two years relevant work experience.

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

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

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

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

### Food Preparation and Cooking (ET20D) - Dingle.

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

### MTA Software & Networking Fundamentals (ET1Z4) - Tralee.

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

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

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

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

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

Kerry ETB Training Centre,

Monavalley Industrial Estate, Tralee, Tel. 066 7149600 | 066 7149638 | 066 7149676,  
[www.kerryetbtrainingcentre.ie](http://www.kerryetbtrainingcentre.ie), E-mail: [training@kerryetbtrainingcentre.ie](mailto:training@kerryetbtrainingcentre.ie)



## Be part of our team!

We are looking for someone who is enthusiastic, a positive attitude and enjoy working in a customer service led environment for the 2016 season.

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Full time & part time positions available.

### Food & Beverage Personnel

A position is available in a traditional Hotel Bar as well as in our Restaurant.

A strong knowledge of food and beverage service is required.

### Duty Manager

Good communication skills and outgoing personality and highly motivated, Front Office experience desirable.

### Bar Food Chef

Part time & full time.

**FLUENT ENGLISH IS REQUIRED FOR ALL POSITIONS**

Please submit your application in writing to:

Mark Bowe, Castlerosse Hotel & Holiday Homes,  
Lower Lake, Killarney, Co. Kerry  
Or Email: [markbowe@castlerosse.ie](mailto:markbowe@castlerosse.ie)

## We're Hiring Childcare Assistants / Early Years Educators

We are currently recruiting a number of  
Childcare Assistants / Early Years Educators for  
the coming school year  
(September 2016 - June 2017).


The ideal candidate should hold a minimum  
FETAC level 6 in Childcare / Montessori or  
equivalent. Experience & further qualifications  
would be an advantage.



Apply with cover letter and CV to:  
Scamps and Scholars Childcare Centre,  
Langford Street, Killarney, Co. Kerry.

Closing date for applications is August 18th 2016  
[scampsandscholars@eircom.net](mailto:scampsandscholars@eircom.net) / 0669762525





## A WORD OF VICTORY

Welcome back dear reader Scripture speaks of a time when evil would abound upon this earth just by listening to the news clearly this is happening right now. But God says that as evil (sin) is abounding His grace will abound even more (Romans 5:20). It's all leading to the soon coming great event i.e. the return of the Lord Jesus back to earth to rule and reign for a thousand years (Revelation 19 & 20). He will rule from the City of Jerusalem in Israel, and a lot of prophecies have had to be fulfilled for this to happen. In 70 A.D. the Romans attacked Israel and destroyed the temple, rounded up the Jews and scattered them to the ends of the earth, leaving Israel desolate. But God promised a time to come when He would bring His people back from captivity to Israel and establish them there in their own land, speaking the Hebrew language with Jerusalem as the capital. This is now firmly in place. The Devil wants to stop all this from happening because he knows that when Jesus returns, he and his demons will be cast into the bottomless pit. So he wants to do everything in his power to destroy Israel so that Jesus can't return. But thank God for Scripture that reveals Satan's end and Jesus' victory over all evil. Imagine living with no war, no sickness, no evil of any kind; but total peace and tranquillity. Friend that time is quickly approaching and it is good news indeed. Again, to qualify to live in this dimension we must have made the decision to renounce Satan and evil, and accept Jesus as Lord and Saviour. We are called to pray for the peace of Jerusalem and to love the Jewish people because they are Jesus' kinsmen. If you haven't already made Jesus your Lord and Master now is the time – don't put it off. Jesus is waiting for you to make your commitment. He gave His life for us so that we would be saved. More next week....

**Contact: 064 - 66 22950 E: [wovkillarney@gmail.com](mailto:wovkillarney@gmail.com)**

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### THE MIRACLE PRAYER

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

### NOVENA TO THE SACRED HEART

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

### 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.  
**C.C.**

### 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.

### PRAY TO ST. EXPEDITE

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

### 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.

### NOVENA TO THE SACRED HEART

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

### ST THERESE

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



## 22ND 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

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

Take it dear heart of Jesus and place it within  
your heart where your Father sees it.  
Then in his merciful eyes it will become your  
favour not mine.

Amen.

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

Never know to fail.

Must promise publication of prayer.

## POWERFUL NOVENA

This novena never fails. Say it on the hour  
for 9 hours. Jesus who has said, ask and you  
shall receive, see and you shall find, knock  
and the door will be open to you. Through  
the intercession of Mary, the Most Holy other,  
I knock, I ask that my prayer will be granted  
(Make your request). Oh Jesus, he said all  
you ask the Father in my name, he will grant  
through the intercession of Mary, the Most Holy  
Mother. I humbly beg and urgently ask the  
father in thy Name that my prayer be granted  
(Make request here). Oh Jesus who has said  
Heaven and Earth shall pass away but my word  
shall not pass away through the intercession of  
Mary, the most Holy Mother. I feel confident my  
prayer shall be answered. (Make request). This  
novena is to be said at the same time every hour  
for nine consecutive hours - one day. Promise  
publication, never know to fail. **N.O.S.**

## PRAYER TO THE VIRGIN MARY

### NEVER KNOWN TO FAIL

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

## NOVENA TO THE SACRED HEART

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

**BARRADUFF  
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## NOVENA TO ST. MARTHA

O ST. MARTHA, I resort to thee and to thy  
petition and faith I offer up to thee this light  
which I shall burn every Tuesday for nine  
Tuesdays. Comfort me in all my difficulties  
thro' the great favour thou didst enjoy when  
Our Saviour lodged in thy house. I beseech  
thee to have definite pity in regard to favour I  
ask (mention favour). Intercede for my family  
that we may always be provided for in all our  
necessities I ask thee St. Martha to overcome  
the dragon which thou didst cast at thy feet.  
One our Father and three Hail Marys, and a  
lighted candle very Tuesday and the above  
prayer made know with the intentions of  
spreading devotion to St. Martha.

Never know to fail. **B.X.**

## NOVENA TO THE HOLY SPIRIT

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

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

## PRAYER TO ST. EXPEDITE

When you are in urgent need...

Pray to Saint Expedite

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

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

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

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

## 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.

## ST. THERESE OF THE LITTLE FLOWER

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

Amen. **B.X.**

## PRAYER TO THE VIRGIN MARY

### NEVER KNOWN TO FAIL

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

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

## NOVENA TO ST. CLARE

Ask St. Clare for 3 favours, 1 business, 2  
impossible, Say 9 Hail Mary's for 9 days with  
a lighted candle, and finish with "May the  
Sacred Heart of Jesus be praised, adored,  
glorified and loved today and every day  
throughout the world forever, Amen."

Pray, whether you believe or not.

Publish on the 9th day.

Your request will be granted no matter how  
impossible it may seem.

Favour often granted on the third day.

## NOVENA TO THE SACRED HEART

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





# BRIAN JAMES



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